

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>																			
2 - 5.....	206	1567	(58.2)	54.7	(2.70)	204	(8.3)	94	(5.1)	13.1	(0.94)	60.5	(2.43)	20.1	(0.83)	20.0	(0.94)	13.7	(0.85)
6 - 11.....	301	1894	(44.4)	63.2	(1.31)	248	(6.6)	111	(5.5)	14.4	(0.55)	73.6	(2.23)	25.1	(1.00)	23.8	(0.81)	16.7	(0.60)
12 - 19.....	366	2297	(61.2)	83.8	(2.58)	282	(8.3)	120	(4.0)	17.1	(0.47)	93.5	(2.28)	31.9	(0.79)	30.9	(0.76)	20.6	(0.76)
20 - 29.....	196	2354	(117.5)	94.8	(4.79)	254	(11.2)	101	(7.2)	16.2	(0.87)	100.7	(7.11)	32.0	(2.88)	34.8	(2.75)	22.9	(1.18)
30 - 39.....	286	2368	(60.4)	89.3	(3.51)	263	(8.7)	99	(4.9)	18.9	(1.38)	97.1	(3.21)	32.1	(1.50)	31.9	(0.99)	22.6	(0.90)
40 - 49.....	260	2499	(75.8)	97.6	(3.03)	281	(10.4)	118	(6.2)	17.8	(0.79)	101.1	(3.52)	33.0	(1.39)	34.3	(1.10)	22.5	(1.03)
50 - 59.....	316	2373	(66.1)	89.1	(2.40)	265	(8.9)	120	(5.8)	17.0	(0.71)	97.8	(3.54)	30.7	(1.14)	34.0	(1.22)	22.6	(1.25)
60 - 69.....	545	2248	(57.6)	85.4	(2.68)	240	(6.2)	100	(3.3)	18.0	(0.70)	97.2	(3.49)	30.8	(1.10)	33.9	(1.30)	22.2	(0.96)
70 and over.....	512	2077	(51.4)	77.3	(2.07)	234	(4.1)	104	(3.2)	17.9	(0.54)	88.8	(3.51)	28.1	(1.20)	30.9	(1.34)	20.3	(0.86)
2 - 19.....	873	2013	(42.2)	71.0	(1.61)	255	(5.2)	112	(2.8)	15.4	(0.42)	80.1	(1.88)	27.2	(0.65)	26.3	(0.61)	17.9	(0.59)
20 and over...	2115	2330	(25.9)	89.3	(1.25)	257	(3.1)	107	(1.6)	17.7	(0.50)	97.4	(1.37)	31.2	(0.58)	33.3	(0.53)	22.2	(0.32)
2 and over...	2988	2252	(19.6)	84.8	(0.97)	257	(2.3)	108	(1.4)	17.1	(0.42)	93.2	(1.07)	30.2	(0.40)	31.6	(0.41)	21.2	(0.34)
<b>Females:</b>																			
2 - 5.....	192	1495	(47.5)	50.3	(1.79)	195	(6.7)	88	(3.2)	12.4	(0.48)	58.2	(2.47)	20.0	(0.82)	18.9	(0.88)	12.8	(0.71)
6 - 11.....	308	1861	(57.3)	60.1	(1.79)	243	(10.0)	109	(6.1)	15.1	(0.75)	73.5	(2.45)	25.5	(0.82)	23.3	(0.80)	16.7	(0.91)
12 - 19.....	392	1731	(45.9)	57.5	(2.11)	216	(6.7)	92	(3.6)	13.6	(0.67)	71.1	(2.87)	24.0	(0.97)	22.8	(0.95)	16.9	(0.95)
20 - 29.....	262	1939	(74.0)	72.7	(2.68)	223	(12.2)	88	(2.4)	16.3	(2.03)	82.2	(2.65)	25.7	(0.88)	27.5	(1.04)	20.2	(0.63)
30 - 39.....	370	1757	(46.9)	66.8	(1.96)	200	(5.2)	83	(3.1)	15.0	(0.82)	73.8	(2.46)	23.6	(1.12)	24.6	(0.66)	17.4	(0.60)
40 - 49.....	335	1817	(78.9)	68.3	(3.08)	213	(11.7)	93	(6.8)	15.8	(0.88)	76.2	(3.16)	24.6	(1.08)	25.8	(1.14)	17.5	(0.86)
50 - 59.....	420	1723	(31.4)	64.6	(1.53)	194	(4.2)	85	(3.3)	14.4	(0.68)	74.3	(1.66)	24.5	(0.89)	24.8	(0.61)	17.0	(0.50)
60 - 69.....	723	1673	(15.5)	60.5	(0.74)	189	(3.1)	83	(2.6)	14.4	(0.36)	72.1	(0.80)	23.0	(0.34)	24.4	(0.33)	16.9	(0.27)
70 and over.....	573	1657	(34.5)	60.7	(1.45)	189	(3.8)	85	(2.0)	14.2	(0.34)	71.2	(1.84)	23.6	(0.87)	23.8	(0.51)	16.2	(0.45)
2 - 19.....	892	1728	(26.7)	57.0	(1.16)	221	(4.5)	97	(2.5)	13.8	(0.45)	69.4	(1.58)	23.7	(0.50)	22.2	(0.56)	16.0	(0.61)
20 and over...	2683	1760	(25.1)	65.6	(1.05)	201	(3.3)	86	(2.0)	15.0	(0.57)	75.0	(1.10)	24.2	(0.46)	25.1	(0.33)	17.5	(0.30)
2 and over...	3575	1753	(20.4)	63.7	(0.94)	206	(2.9)	88	(1.5)	14.8	(0.53)	73.7	(0.90)	24.1	(0.34)	24.5	(0.30)	17.2	(0.29)
<b>Males and females:</b>																			
2 - 19.....	1765	1875	(26.2)	64.2	(1.08)	238	(3.5)	105	(1.6)	14.6	(0.39)	74.9	(1.40)	25.5	(0.46)	24.3	(0.48)	17.0	(0.47)
20 and over...	4798	2036	(20.7)	77.1	(0.90)	228	(2.7)	96	(1.3)	16.3	(0.51)	85.8	(0.95)	27.6	(0.42)	29.1	(0.32)	19.8	(0.21)
2 and over...	6563	1999	(16.1)	74.1	(0.73)	231	(2.2)	98	(1.0)	15.9	(0.45)	83.3	(0.75)	27.1	(0.29)	28.0	(0.26)	19.2	(0.23)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Males:</b>																		
2 - 5.....	210	(16.9)	335	(14.7)	440	(25.3)	199*	(61.6)	1105	(200.0)	80	(14.2)	3943	(629.8)	760	(65.2)	1.19	(0.045)
6 - 11.....	229	(13.2)	383	(19.2)	516	(28.7)	356*	(110.9)	1372	(282.0)	71	(12.1)	3865	(367.3)	798	(52.7)	1.45	(0.051)
12 - 19.....	305	(17.9)	429	(15.1)	582	(25.4)	407	(91.6)	1591	(217.8)	61	(5.6)	5434	(372.2)	905	(66.3)	1.79	(0.089)
20 - 29.....	394	(44.0)	420	(60.4)	558	(70.3)	278	(60.4)	1480	(178.7)	72	(9.3)	4814	(617.1)	1211	(129.7)	1.63	(0.117)
30 - 39.....	364	(27.9)	397	(24.3)	592	(29.7)	419	(98.8)	2088	(321.4)	84	(13.3)	5227	(788.5)	1358	(175.5)	1.79	(0.097)
40 - 49.....	377	(13.8)	453	(25.3)	625	(29.7)	310	(40.4)	1873	(139.5)	64	(7.4)	5641	(535.1)	1537	(140.3)	1.83	(0.059)
50 - 59.....	366	(21.3)	362	(20.9)	615	(33.9)	533	(94.0)	2715	(378.9)	103	(13.5)	5162	(829.6)	1951	(434.8)	1.62	(0.052)
60 - 69.....	360	(14.1)	411	(14.3)	663	(21.8)	485	(75.9)	2731	(249.4)	110	(15.3)	4875	(492.6)	1598	(137.4)	1.60	(0.044)
70 and over.....	342	(20.4)	402	(15.3)	642	(19.9)	504	(47.5)	2589	(167.6)	103	(11.6)	3987	(292.2)	1505	(119.6)	1.56	(0.033)
2 - 19.....	260	(9.4)	394	(11.4)	531	(16.1)	347	(59.1)	1418	(148.7)	68	(5.4)	4610	(282.3)	840	(41.4)	1.55	(0.050)
20 and over...	368	(9.3)	407	(9.5)	614	(16.6)	420	(34.0)	2232	(131.3)	89	(5.2)	4991	(269.1)	1526	(101.8)	1.68	(0.036)
2 and over...	341	(7.3)	404	(7.7)	594	(11.7)	402	(22.9)	2034	(94.3)	84	(4.3)	4898	(232.5)	1358	(77.9)	1.65	(0.035)
<b>Females:</b>																		
2 - 5.....	199	(17.5)	406	(66.8)	518	(73.4)	276	(71.8)	1150	(204.2)	88	(13.1)	3458	(742.8)	740	(80.6)	1.17	(0.050)
6 - 11.....	227	(7.6)	363	(14.2)	484	(19.7)	257	(28.8)	1279	(164.4)	70	(12.9)	4115	(529.4)	886	(49.0)	1.31	(0.036)
12 - 19.....	219	(16.5)	292	(15.4)	430	(16.1)	336	(77.2)	1451	(171.9)	71	(11.1)	4410	(813.5)	882	(120.6)	1.22	(0.046)
20 - 29.....	272	(12.0)	317	(28.4)	504	(43.9)	295	(47.3)	2062	(243.6)	70	(11.9)	4723	(522.6)	1771	(482.0)	1.50	(0.125)
30 - 39.....	302	(17.7)	358	(16.9)	582	(38.5)	436	(56.6)	2438	(324.4)	70	(10.0)	4162	(385.0)	1467	(128.5)	1.25	(0.043)
40 - 49.....	270	(14.3)	331	(18.4)	538	(30.7)	442	(50.7)	2233	(220.8)	67	(7.1)	3410	(266.9)	1360	(123.1)	1.26	(0.062)
50 - 59.....	284	(14.2)	333	(18.9)	548	(28.9)	476	(98.3)	2306	(216.6)	81	(6.4)	3628	(336.4)	1331	(92.6)	1.27	(0.036)
60 - 69.....	266	(9.7)	389	(77.3)	586	(80.6)	340	(24.7)	2154	(167.3)	95	(8.2)	3727	(325.4)	1490	(123.7)	1.17	(0.017)
70 and over.....	262	(11.9)	381	(17.5)	619	(22.6)	459	(51.3)	2591	(177.9)	85	(7.7)	3250	(297.5)	1515	(124.0)	1.22	(0.023)
2 - 19.....	218	(8.0)	338	(15.1)	465	(15.9)	298	(39.3)	1335	(111.0)	74	(6.9)	4127	(409.5)	856	(58.5)	1.24	(0.027)
20 and over...	277	(5.5)	351	(16.3)	563	(22.5)	408	(28.1)	2296	(114.0)	78	(3.0)	3831	(201.7)	1489	(111.6)	1.28	(0.026)
2 and over...	264	(4.9)	348	(12.7)	541	(18.5)	384	(24.2)	2083	(110.8)	77	(3.1)	3897	(196.1)	1348	(92.2)	1.27	(0.024)
<b>Males and females:</b>																		
2 - 19.....	240	(6.3)	367	(9.0)	499	(13.4)	323	(30.7)	1378	(101.7)	71	(3.3)	4376	(287.5)	848	(39.1)	1.40	(0.030)
20 and over...	321	(5.9)	378	(11.3)	588	(17.0)	414	(19.4)	2265	(109.1)	83	(3.1)	4393	(165.6)	1507	(99.6)	1.47	(0.027)
2 and over...	302	(4.7)	376	(9.3)	567	(13.6)	393	(16.6)	2059	(93.3)	80	(2.7)	4389	(152.8)	1353	(78.9)	1.46	(0.025)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Males:</b>																		
2 - 5.....	1.45	(0.055)	15.1	(0.59)	1.29	(0.046)	121	(6.2)	139	(14.1)	343	(18.5)	233	(12.6)	3.18	(0.160)	0.35	(0.044)
6 - 11.....	1.68	(0.043)	18.9	(0.61)	1.47	(0.061)	160	(7.0)	148	(4.5)	418	(14.1)	248	(7.8)	3.53	(0.157)	0.43	(0.061)
12 - 19.....	2.01	(0.090)	25.0	(1.01)	1.91	(0.075)	200	(11.7)	190	(7.2)	528	(26.1)	316	(13.2)	4.64	(0.137)	0.60	(0.105)
20 - 29.....	2.13	(0.165)	30.8	(2.07)	2.51	(0.207)	163	(22.0)	210	(13.1)	486	(44.0)	389	(31.8)	5.94	(0.850)	1.33	(0.373)
30 - 39.....	2.38	(0.092)	31.7	(2.21)	2.64	(0.268)	179	(11.7)	246	(19.4)	549	(27.7)	376	(18.5)	5.64	(0.486)	1.73	(0.416)
40 - 49.....	2.51	(0.097)	32.9	(1.58)	2.66	(0.179)	175	(8.2)	246	(10.1)	542	(18.0)	400	(10.8)	6.81	(0.547)	1.45	(0.326)
50 - 59.....	2.18	(0.087)	28.3	(0.89)	2.06	(0.099)	136	(7.9)	239	(7.7)	469	(17.6)	384	(15.8)	4.35	(0.317)	0.53*	(0.221)
60 - 69.....	2.16	(0.074)	26.2	(0.97)	2.09	(0.093)	129	(6.5)	239	(8.3)	458	(14.3)	387	(11.2)	4.75	(0.247)	0.64	(0.144)
70 and over.....	1.94	(0.056)	22.0	(0.44)	1.83	(0.039)	127	(5.8)	221	(6.7)	435	(10.7)	360	(13.9)	4.18	(0.179)	0.43	(0.040)
2 - 19.....	1.79	(0.053)	20.9	(0.65)	1.64	(0.050)	170	(5.8)	165	(4.5)	454	(13.2)	277	(6.9)	3.97	(0.090)	0.49	(0.061)
20 and over...	2.23	(0.037)	28.9	(0.54)	2.32	(0.072)	153	(3.9)	234	(6.3)	494	(10.9)	383	(6.6)	5.32	(0.188)	1.06	(0.121)
2 and over...	2.12	(0.032)	27.0	(0.39)	2.15	(0.056)	157	(3.6)	217	(5.1)	484	(9.9)	357	(5.9)	4.99	(0.147)	0.92	(0.083)
<b>Females:</b>																		
2 - 5.....	1.42	(0.049)	14.1	(0.52)	1.20	(0.042)	118	(7.2)	136	(6.4)	335	(14.5)	221	(14.3)	3.29	(0.316)	0.35	(0.061)
6 - 11.....	1.55	(0.036)	16.8	(0.54)	1.33	(0.059)	140	(6.6)	167	(11.9)	404	(16.5)	243	(7.4)	3.24	(0.135)	0.24	(0.029)
12 - 19.....	1.40	(0.056)	18.6	(0.75)	1.42	(0.083)	131	(8.2)	148	(6.0)	371	(17.0)	223	(11.0)	3.09	(0.193)	0.55	(0.114)
20 - 29.....	1.67	(0.090)	23.4	(1.08)	1.87	(0.130)	130	(11.3)	215	(27.6)	436	(43.6)	283	(9.4)	3.87	(0.164)	0.81	(0.131)
30 - 39.....	1.62	(0.054)	20.5	(0.73)	1.79	(0.114)	118	(7.4)	198	(8.1)	399	(19.5)	297	(11.4)	3.72	(0.154)	0.74	(0.111)
40 - 49.....	1.69	(0.075)	20.4	(0.91)	1.61	(0.091)	107	(7.6)	201	(11.5)	381	(21.1)	278	(12.4)	3.56	(0.264)	0.50	(0.105)
50 - 59.....	1.61	(0.057)	18.6	(0.52)	1.44	(0.043)	112	(5.4)	184	(6.3)	374	(10.6)	281	(7.3)	3.25	(0.162)	0.36	(0.049)
60 - 69.....	1.59	(0.041)	17.8	(0.30)	1.41	(0.026)	99	(3.9)	186	(4.1)	354	(6.3)	275	(8.0)	4.01	(0.814)	0.38	(0.067)
70 and over.....	1.63	(0.038)	17.2	(0.32)	1.37	(0.037)	103	(4.0)	179	(7.2)	354	(10.2)	279	(7.6)	3.23	(0.118)	0.33	(0.038)
2 - 19.....	1.45	(0.029)	17.1	(0.41)	1.35	(0.047)	131	(4.5)	152	(5.4)	375	(10.3)	229	(5.9)	3.18	(0.113)	0.41	(0.059)
20 and over...	1.63	(0.038)	19.7	(0.36)	1.58	(0.040)	112	(3.3)	194	(7.0)	383	(11.5)	282	(3.9)	3.61	(0.179)	0.52	(0.036)
2 and over...	1.59	(0.031)	19.1	(0.32)	1.53	(0.037)	116	(2.9)	185	(6.2)	382	(10.7)	271	(3.6)	3.51	(0.140)	0.50	(0.033)
<b>Males and females:</b>																		
2 - 19.....	1.62	(0.029)	19.1	(0.32)	1.50	(0.025)	151	(4.2)	159	(3.9)	415	(10.0)	254	(4.5)	3.59	(0.068)	0.45	(0.042)
20 and over...	1.92	(0.034)	24.2	(0.34)	1.94	(0.043)	132	(2.6)	213	(6.5)	437	(10.1)	331	(4.4)	4.44	(0.128)	0.78	(0.066)
2 and over...	1.85	(0.030)	23.0	(0.27)	1.84	(0.035)	136	(2.4)	201	(5.4)	432	(9.2)	313	(3.8)	4.24	(0.106)	0.70	(0.047)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males:</b>																
2 - 5.....	101.3	(8.84)	5.4	(0.29)	7.0	(0.42)	0.6*	(0.20)	55.1	(4.14)	855	(33.5)	1064	(48.6)	215	(10.7)
6 - 11.....	90.9	(6.06)	5.2	(0.24)	7.8	(0.25)	0.7	(0.18)	63.9	(3.37)	938	(30.3)	1200	(25.8)	232	(5.8)
12 - 19.....	79.9	(6.94)	5.7	(0.22)	9.3	(0.41)	0.9*	(0.28)	85.2	(5.05)	1129	(39.4)	1488	(40.2)	295	(6.8)
20 - 29.....	78.6	(8.10)	4.9	(0.59)	11.1	(0.72)	1.3	(0.38)	105.3	(9.57)	1020	(60.9)	1523	(86.6)	328	(18.5)
30 - 39.....	65.6	(5.71)	5.0	(0.57)	9.8	(0.43)	0.6	(0.15)	113.9	(7.10)	1033	(42.0)	1504	(54.2)	332	(10.2)
40 - 49.....	79.7	(5.75)	6.1	(0.53)	11.1	(0.53)	1.3	(0.35)	125.5	(10.47)	1076	(54.0)	1620	(59.4)	349	(11.5)
50 - 59.....	78.5	(5.68)	4.0	(0.37)	9.9	(0.40)	0.2*	(0.09)	142.5	(14.28)	911	(33.9)	1419	(40.5)	328	(9.9)
60 - 69.....	88.0	(4.20)	5.5	(0.38)	10.5	(0.51)	0.9*	(0.36)	126.7	(8.66)	976	(30.2)	1442	(45.0)	334	(10.9)
70 and over.....	85.8	(4.01)	5.4	(0.27)	9.6	(0.33)	0.7	(0.13)	122.5	(8.78)	892	(36.2)	1344	(42.5)	302	(6.5)
2 - 19.....	87.9	(3.40)	5.4	(0.13)	8.3	(0.26)	0.8	(0.18)	72.0	(3.19)	1010	(24.5)	1306	(30.1)	258	(5.3)
20 and over...	78.7	(2.33)	5.1	(0.20)	10.3	(0.24)	0.8	(0.07)	122.6	(4.75)	988	(16.4)	1480	(18.9)	330	(6.1)
2 and over...	80.9	(2.17)	5.2	(0.16)	9.8	(0.21)	0.8	(0.07)	110.3	(3.70)	994	(12.0)	1437	(15.9)	312	(5.3)
<b>Females:</b>																
2 - 5.....	90.4	(5.81)	5.0	(0.20)	6.5	(0.47)	1.0*	(0.42)	55.8	(4.32)	864	(36.4)	1023	(32.1)	197	(6.8)
6 - 11.....	86.8	(5.69)	4.6	(0.25)	7.8	(0.45)	0.4	(0.09)	76.2	(5.29)	906	(32.0)	1150	(37.0)	230	(7.3)
12 - 19.....	65.4	(4.57)	3.3	(0.18)	7.5	(0.28)	0.7	(0.17)	78.4	(6.69)	751	(22.5)	1008	(31.1)	218	(6.3)
20 - 29.....	84.0	(11.16)	3.8	(0.28)	9.9	(1.01)	1.5*	(0.55)	141.9	(27.13)	825	(35.5)	1204	(52.1)	280	(27.2)
30 - 39.....	74.2	(4.12)	3.9	(0.34)	8.6	(0.37)	0.8	(0.16)	120.7	(10.28)	826	(32.9)	1117	(34.8)	266	(7.9)
40 - 49.....	74.5	(5.14)	3.9	(0.22)	9.0	(0.54)	1.1	(0.22)	110.2	(9.40)	832	(30.7)	1149	(50.4)	277	(11.5)
50 - 59.....	71.7	(2.74)	4.0	(0.37)	8.8	(0.51)	1.2	(0.21)	108.5	(6.19)	776	(20.5)	1098	(24.6)	256	(7.9)
60 - 69.....	75.5	(3.48)	3.8	(0.25)	8.2	(0.19)	0.9	(0.14)	117.7	(9.03)	751	(17.1)	1053	(17.7)	252	(4.3)
70 and over.....	75.5	(4.15)	4.4	(0.20)	8.2	(0.33)	1.2	(0.27)	117.9	(9.32)	809	(23.7)	1088	(25.4)	252	(5.8)
2 - 19.....	77.4	(3.10)	4.0	(0.15)	7.4	(0.25)	0.6	(0.13)	73.3	(4.29)	824	(15.5)	1058	(15.7)	218	(3.2)
20 and over...	75.9	(2.80)	4.0	(0.13)	8.8	(0.28)	1.1	(0.13)	119.5	(6.82)	803	(15.5)	1118	(20.4)	264	(6.7)
2 and over...	76.2	(2.38)	4.0	(0.11)	8.5	(0.25)	1.0	(0.12)	109.3	(5.57)	807	(12.1)	1104	(16.9)	254	(5.6)
<b>Males and females:</b>																
2 - 19.....	82.8	(2.64)	4.8	(0.12)	7.9	(0.17)	0.7	(0.12)	72.6	(2.60)	920	(17.5)	1186	(18.5)	238	(3.4)
20 and over...	77.2	(2.17)	4.5	(0.14)	9.5	(0.24)	1.0	(0.08)	121.0	(5.36)	893	(12.6)	1293	(16.1)	296	(5.7)
2 and over...	78.5	(1.99)	4.6	(0.11)	9.1	(0.20)	0.9	(0.08)	109.8	(4.23)	899	(9.5)	1268	(13.3)	282	(4.7)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Males:</b>																		
2 - 5.....	9.8	(0.37)	7.1	(0.32)	0.8	(0.03)	73.4	(3.23)	1969	(90.4)	2308	(133.2)	5.2	(1.33)	29.3	(4.24)	--	--
6 - 11.....	12.3	(0.49)	8.4	(0.31)	0.9	(0.03)	91.2	(1.67)	2018	(46.8)	2762	(48.4)	11.2	(1.73)	53.2	(4.91)	--	--
12 - 19.....	14.9	(0.54)	11.0	(0.33)	1.1	(0.03)	115.9	(4.05)	2460	(45.8)	3513	(133.3)	28.8	(4.11)	51.8	(3.46)	--	--
20 - 29.....	13.8	(0.96)	12.2	(0.87)	1.3	(0.08)	137.8	(9.94)	2673	(157.9)	3899	(191.6)	93.3	(10.19)	32.4	(5.39)	--	--
30 - 39.....	14.9	(0.60)	11.2	(0.38)	1.2	(0.06)	128.1	(5.49)	2584	(119.6)	3887	(152.8)	165.9	(18.33)	34.6	(4.14)	--	--
40 - 49.....	15.2	(0.47)	13.0	(0.31)	1.3	(0.05)	138.6	(3.90)	2887	(88.8)	3953	(126.0)	175.0	(17.49)	35.0	(6.24)	--	--
50 - 59.....	13.7	(0.43)	11.0	(0.39)	1.2	(0.04)	122.7	(5.30)	2850	(89.4)	3719	(105.7)	218.5	(17.24)	46.8	(4.87)	--	--
60 - 69.....	14.5	(0.65)	11.2	(0.43)	1.3	(0.06)	119.7	(3.37)	2932	(78.3)	3473	(86.6)	199.1	(12.86)	36.5	(3.33)	--	--
70 and over.....	14.2	(0.57)	10.2	(0.28)	1.2	(0.04)	109.6	(3.89)	2711	(68.7)	3139	(64.7)	155.6	(6.94)	36.8	(3.14)	--	--
2 - 19.....	13.0	(0.35)	9.3	(0.22)	1.0	(0.02)	99.0	(2.30)	2213	(37.9)	3016	(89.7)	18.1	(2.39)	47.6	(2.92)	--	--
20 and over...	14.4	(0.18)	11.5	(0.15)	1.3	(0.03)	126.6	(2.02)	2768	(45.5)	3703	(47.4)	168.5	(7.00)	37.0	(1.22)	11.8	(0.57)
2 and over...	14.0	(0.16)	11.0	(0.12)	1.2	(0.03)	119.9	(1.70)	2633	(39.4)	3535	(39.6)	131.8	(5.62)	39.6	(1.29)	--	--
<b>Females:</b>																		
2 - 5.....	9.6	(0.35)	6.3	(0.20)	0.7	(0.03)	68.4	(3.71)	1820	(56.0)	2115	(85.0)	4.9	(0.87)	31.0	(4.00)	--	--
6 - 11.....	11.3	(0.31)	7.7	(0.25)	0.9	(0.05)	84.7	(2.13)	2034	(82.3)	2653	(86.8)	12.7	(1.94)	57.3	(5.78)	--	--
12 - 19.....	11.0	(0.46)	7.3	(0.31)	0.9	(0.04)	83.3	(3.37)	1841	(82.3)	2649	(99.5)	32.7	(3.59)	50.6	(11.37)	--	--
20 - 29.....	11.5	(0.80)	9.1	(0.45)	1.1	(0.09)	106.8	(6.16)	2292	(141.2)	3200	(123.3)	89.6	(6.32)	30.9	(3.76)	--	--
30 - 39.....	11.2	(0.42)	8.7	(0.22)	1.1	(0.03)	92.7	(2.95)	2141	(66.6)	2836	(98.1)	115.2	(11.60)	36.8	(3.78)	--	--
40 - 49.....	11.3	(0.69)	8.7	(0.36)	1.1	(0.05)	92.4	(4.38)	2232	(97.4)	2794	(127.3)	145.1	(13.06)	39.1	(5.37)	--	--
50 - 59.....	10.9	(0.39)	8.2	(0.24)	1.0	(0.04)	94.0	(2.49)	2168	(50.5)	2676	(74.5)	151.2	(8.50)	35.4	(2.14)	--	--
60 - 69.....	10.4	(0.17)	7.9	(0.14)	1.1	(0.13)	83.3	(1.43)	2192	(43.5)	2509	(37.5)	149.9	(5.84)	38.3	(4.43)	--	--
70 and over.....	10.9	(0.24)	7.9	(0.20)	1.0	(0.03)	88.5	(3.32)	2211	(44.4)	2472	(61.0)	132.5	(8.19)	40.9	(3.48)	--	--
2 - 19.....	10.8	(0.24)	7.2	(0.19)	0.9	(0.02)	80.9	(2.04)	1901	(48.7)	2547	(62.4)	20.7	(1.98)	49.0	(5.85)	--	--
20 and over...	11.0	(0.26)	8.4	(0.16)	1.1	(0.04)	93.0	(1.50)	2205	(42.5)	2750	(42.3)	130.4	(4.73)	36.8	(1.74)	4.7	(0.33)
2 and over...	11.0	(0.22)	8.1	(0.15)	1.0	(0.03)	90.3	(1.24)	2137	(41.0)	2705	(37.1)	106.0	(4.23)	39.5	(1.89)	--	--
<b>Males and females:</b>																		
2 - 19.....	11.9	(0.20)	8.3	(0.14)	0.9	(0.02)	90.2	(1.67)	2062	(29.0)	2789	(61.5)	19.4	(1.93)	48.3	(3.10)	--	--
20 and over...	12.7	(0.19)	9.9	(0.12)	1.2	(0.03)	109.3	(1.59)	2478	(38.6)	3212	(38.3)	148.9	(4.28)	36.9	(1.02)	8.1	(0.32)
2 and over...	12.5	(0.16)	9.5	(0.10)	1.1	(0.03)	104.9	(1.32)	2381	(34.4)	3113	(32.1)	118.7	(3.89)	39.6	(1.11)	--	--

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>																
2 - 5.....	0.39	(0.024)	0.28	(0.017)	0.26	(0.023)	0.48	(0.028)	0.70	(0.052)	1.85	(0.110)	10.92	(0.466)	4.39	(0.214)
6 - 11.....	0.45	(0.032)	0.32	(0.025)	0.33	(0.045)	0.57	(0.046)	1.04	(0.121)	2.24	(0.142)	13.54	(0.533)	5.74	(0.206)
12 - 19.....	0.58	(0.029)	0.40	(0.024)	0.34	(0.023)	0.67	(0.033)	1.31	(0.132)	2.90	(0.122)	17.14	(0.400)	7.39	(0.185)
20 - 29.....	0.55	(0.081)	0.36	(0.057)	0.28	(0.037)	0.59	(0.084)	0.93	(0.125)	2.74	(0.354)	17.85	(1.489)	7.53	(0.640)
30 - 39.....	0.52	(0.030)	0.38	(0.025)	0.33	(0.024)	0.65	(0.041)	1.35	(0.126)	2.87	(0.166)	17.41	(0.777)	7.37	(0.391)
40 - 49.....	0.53	(0.037)	0.38	(0.026)	0.33	(0.028)	0.66	(0.046)	1.28	(0.145)	2.96	(0.175)	17.97	(0.682)	7.67	(0.303)
50 - 59.....	0.47	(0.042)	0.33	(0.026)	0.28	(0.019)	0.57	(0.036)	1.04	(0.097)	2.50	(0.142)	16.93	(0.633)	7.39	(0.252)
60 - 69.....	0.50	(0.024)	0.36	(0.016)	0.30	(0.016)	0.60	(0.028)	1.13	(0.070)	2.65	(0.110)	16.81	(0.575)	7.27	(0.282)
70 and over.....	0.45	(0.031)	0.32	(0.021)	0.27	(0.013)	0.54	(0.029)	1.04	(0.051)	2.36	(0.115)	15.29	(0.662)	6.76	(0.304)
2 - 19.....	0.50	(0.018)	0.35	(0.014)	0.32	(0.018)	0.60	(0.020)	1.10	(0.071)	2.46	(0.073)	14.67	(0.365)	6.23	(0.154)
20 and over...	0.50	(0.017)	0.36	(0.013)	0.30	(0.010)	0.61	(0.020)	1.14	(0.040)	2.69	(0.078)	17.11	(0.295)	7.35	(0.130)
2 and over...	0.50	(0.013)	0.36	(0.010)	0.30	(0.011)	0.60	(0.016)	1.13	(0.037)	2.64	(0.056)	16.51	(0.208)	7.08	(0.096)
<b>Females:</b>																
2 - 5.....	0.38	(0.023)	0.27	(0.013)	0.24	(0.030)	0.46	(0.029)	0.87	(0.166)	1.86	(0.108)	10.81	(0.407)	4.31	(0.172)
6 - 11.....	0.48	(0.018)	0.34	(0.012)	0.28	(0.018)	0.56	(0.023)	1.07	(0.097)	2.34	(0.081)	13.73	(0.496)	5.76	(0.189)
12 - 19.....	0.41	(0.029)	0.29	(0.020)	0.27	(0.030)	0.50	(0.033)	1.10	(0.164)	2.12	(0.121)	12.80	(0.546)	5.63	(0.306)
20 - 29.....	0.41	(0.031)	0.29	(0.024)	0.25	(0.016)	0.50	(0.034)	0.98	(0.053)	2.20	(0.123)	14.26	(0.494)	5.86	(0.174)
30 - 39.....	0.39	(0.028)	0.27	(0.021)	0.24	(0.024)	0.48	(0.038)	0.94	(0.119)	2.07	(0.148)	12.94	(0.547)	5.37	(0.207)
40 - 49.....	0.44	(0.027)	0.32	(0.020)	0.27	(0.016)	0.54	(0.031)	1.06	(0.081)	2.25	(0.116)	13.17	(0.541)	5.60	(0.288)
50 - 59.....	0.42	(0.030)	0.31	(0.024)	0.30	(0.025)	0.54	(0.040)	1.28	(0.125)	2.27	(0.142)	12.89	(0.399)	5.67	(0.192)
60 - 69.....	0.41	(0.012)	0.28	(0.009)	0.23	(0.008)	0.47	(0.014)	0.81	(0.036)	2.02	(0.046)	12.55	(0.169)	5.37	(0.102)
70 and over.....	0.44	(0.024)	0.31	(0.017)	0.26	(0.014)	0.51	(0.027)	0.95	(0.071)	2.13	(0.108)	12.70	(0.418)	5.50	(0.205)
2 - 19.....	0.43	(0.016)	0.30	(0.010)	0.27	(0.019)	0.51	(0.018)	1.04	(0.105)	2.14	(0.064)	12.72	(0.319)	5.42	(0.168)
20 and over...	0.42	(0.013)	0.30	(0.009)	0.26	(0.007)	0.51	(0.014)	1.01	(0.041)	2.16	(0.057)	13.08	(0.226)	5.56	(0.118)
2 and over...	0.42	(0.009)	0.30	(0.006)	0.26	(0.006)	0.51	(0.010)	1.01	(0.029)	2.15	(0.040)	13.00	(0.171)	5.53	(0.100)
<b>Males and females:</b>																
2 - 19.....	0.46	(0.012)	0.33	(0.009)	0.30	(0.015)	0.56	(0.015)	1.07	(0.080)	2.31	(0.057)	13.72	(0.261)	5.83	(0.123)
20 and over...	0.46	(0.013)	0.33	(0.010)	0.28	(0.006)	0.55	(0.015)	1.07	(0.025)	2.42	(0.057)	15.03	(0.213)	6.43	(0.089)
2 and over...	0.46	(0.010)	0.33	(0.007)	0.28	(0.006)	0.56	(0.011)	1.07	(0.024)	2.39	(0.040)	14.73	(0.150)	6.29	(0.072)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>														
2 - 5.....	0.77	(0.051)	18.98	(0.898)	0.23	(0.010)	0.02	(0.002)	12.36	(0.779)	1.10	(0.080)	#	
6 - 11.....	0.93	(0.051)	22.57	(0.767)	0.27	(0.010)	0.02	(0.002)	14.98	(0.545)	1.39	(0.059)	0.01	(0.002)
12 - 19.....	1.28	(0.034)	29.29	(0.738)	0.37	(0.017)	0.02	(0.002)	18.41	(0.700)	1.76	(0.072)	0.01	(0.002)
20 - 29.....	1.58	(0.168)	32.66	(2.574)	0.40	(0.033)	0.04*	(0.016)	20.36	(1.035)	1.90	(0.106)	0.01*	(0.005)
30 - 39.....	1.33	(0.054)	30.21	(0.942)	0.37	(0.014)	0.03	(0.003)	19.82	(0.783)	2.12	(0.124)	0.01	(0.004)
40 - 49.....	1.44	(0.056)	32.36	(1.032)	0.44	(0.043)	0.07*	(0.030)	19.83	(0.926)	2.00	(0.098)	0.02*	(0.009)
50 - 59.....	1.37	(0.061)	32.04	(1.168)	0.40	(0.014)	0.03	(0.002)	20.04	(1.105)	2.03	(0.139)	0.01	(0.002)
60 - 69.....	1.35	(0.038)	31.92	(1.290)	0.46	(0.026)	0.13	(0.040)	19.64	(0.869)	1.92	(0.089)	0.01	(0.002)
70 and over....	1.20	(0.051)	29.22	(1.295)	0.34	(0.015)	0.03	(0.003)	17.87	(0.759)	1.91	(0.093)	0.01	(0.001)
2 - 19.....	1.06	(0.026)	24.94	(0.581)	0.31	(0.011)	0.02	(0.001)	16.03	(0.539)	1.50	(0.057)	0.01	(0.001)
20 and over...	1.38	(0.027)	31.43	(0.508)	0.41	(0.010)	0.06	(0.008)	19.65	(0.282)	1.99	(0.030)	0.01	(0.002)
2 and over...	1.30	(0.019)	29.85	(0.401)	0.38	(0.009)	0.05	(0.006)	18.77	(0.305)	1.87	(0.035)	0.01	(0.001)
<b>Females:</b>														
2 - 5.....	0.73	(0.034)	18.04	(0.847)	0.21	(0.015)	0.01	(0.002)	11.57	(0.660)	1.02	(0.049)	0.01	(0.001)
6 - 11.....	0.94	(0.044)	22.13	(0.755)	0.26	(0.013)	0.02	(0.002)	14.96	(0.812)	1.46	(0.094)	0.01	(0.001)
12 - 19.....	0.85	(0.036)	21.67	(0.898)	0.26	(0.014)	0.02	(0.004)	15.07	(0.845)	1.50	(0.091)	0.01	(0.001)
20 - 29.....	1.13	(0.051)	26.02	(1.015)	0.34	(0.013)	0.02	(0.002)	17.84	(0.543)	1.82	(0.082)	0.01	(0.002)
30 - 39.....	1.02	(0.045)	23.31	(0.630)	0.27	(0.008)	0.02	(0.001)	15.33	(0.548)	1.62	(0.064)	0.01	(0.002)
40 - 49.....	0.97	(0.040)	24.48	(1.107)	0.30	(0.015)	0.02	(0.002)	15.46	(0.799)	1.57	(0.073)	0.01	(0.002)
50 - 59.....	0.97	(0.025)	23.49	(0.594)	0.28	(0.009)	0.02	(0.003)	14.88	(0.442)	1.59	(0.053)	0.01	(0.003)
60 - 69.....	0.95	(0.016)	23.10	(0.321)	0.27	(0.007)	0.02	(0.003)	14.84	(0.256)	1.60	(0.032)	0.01	(0.002)
70 and over....	0.92	(0.024)	22.51	(0.495)	0.26	(0.009)	0.02	(0.001)	14.16	(0.409)	1.55	(0.038)	0.01	(0.002)
2 - 19.....	0.86	(0.018)	21.12	(0.538)	0.25	(0.008)	0.02	(0.002)	14.35	(0.547)	1.39	(0.059)	0.01	(#)
20 and over...	0.99	(0.013)	23.81	(0.322)	0.29	(0.005)	0.02	(0.001)	15.42	(0.279)	1.63	(0.028)	0.01	(0.001)
2 and over...	0.96	(0.010)	23.21	(0.290)	0.28	(0.004)	0.02	(0.001)	15.19	(0.262)	1.58	(0.029)	0.01	(0.001)
<b>Males and females:</b>														
2 - 19.....	0.96	(0.017)	23.09	(0.463)	0.28	(0.007)	0.02	(0.001)	15.22	(0.423)	1.45	(0.050)	0.01	(#)
20 and over...	1.18	(0.017)	27.50	(0.312)	0.35	(0.006)	0.04	(0.004)	17.47	(0.187)	1.80	(0.022)	0.01	(0.001)
2 and over...	1.13	(0.012)	26.48	(0.255)	0.33	(0.005)	0.03	(0.003)	16.95	(0.207)	1.72	(0.027)	0.01	(0.001)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>								
2 - 5.....	0.07	(0.005)	0.01	(0.003)	0.01	(0.002)	0.01*	(0.006)
6 - 11.....	0.09	(0.005)	0.03*	(0.013)	0.02	(0.005)	0.04*	(0.017)
12 - 19.....	0.12	(0.006)	0.03	(0.005)	0.03	(0.002)	0.03	(0.007)
20 - 29.....	0.14	(0.011)	0.05*	(0.019)	0.03	(0.006)	0.07*	(0.023)
30 - 39.....	0.13	(0.008)	0.07*	(0.023)	0.05	(0.010)	0.09*	(0.033)
40 - 49.....	0.14	(0.006)	0.10*	(0.034)	0.05	(0.008)	0.13*	(0.044)
50 - 59.....	0.13	(0.004)	0.03	(0.007)	0.03	(0.003)	0.05	(0.011)
60 - 69.....	0.13	(0.006)	0.07	(0.015)	0.04	(0.006)	0.09	(0.020)
70 and over.....	0.11	(0.005)	0.04	(0.006)	0.03	(0.002)	0.07	(0.008)
2 - 19.....	0.10	(0.004)	0.02	(0.005)	0.02	(0.002)	0.03	(0.007)
20 and over...	0.13	(0.002)	0.06	(0.007)	0.04	(0.003)	0.08	(0.009)
2 and over...	0.12	(0.002)	0.05	(0.006)	0.04	(0.002)	0.07	(0.008)
<b>Females:</b>								
2 - 5.....	0.07	(0.004)	0.01*	(0.004)	0.02	(0.001)	0.02	(0.004)
6 - 11.....	0.08	(0.004)	0.01	(0.002)	0.02	(0.001)	0.01*	(0.004)
12 - 19.....	0.09	(0.005)	0.02	(0.005)	0.02	(0.002)	0.02	(0.007)
20 - 29.....	0.11	(0.004)	0.04*	(0.011)	0.03	(0.005)	0.06*	(0.017)
30 - 39.....	0.10	(0.004)	0.05*	(0.015)	0.03	(0.006)	0.07*	(0.021)
40 - 49.....	0.10	(0.006)	0.04	(0.010)	0.03	(0.004)	0.05	(0.014)
50 - 59.....	0.10	(0.005)	0.06	(0.016)	0.03	(0.007)	0.07	(0.021)
60 - 69.....	0.09	(0.004)	0.05	(0.011)	0.03	(0.005)	0.06	(0.015)
70 and over.....	0.09	(0.003)	0.04	(0.009)	0.03	(0.004)	0.06	(0.012)
2 - 19.....	0.08	(0.003)	0.02	(0.003)	0.02	(0.001)	0.02	(0.004)
20 and over...	0.10	(0.002)	0.05	(0.005)	0.03	(0.002)	0.06	(0.007)
2 and over...	0.09	(0.002)	0.04	(0.005)	0.03	(0.002)	0.05	(0.006)
<b>Males and females:</b>								
2 - 19.....	0.09	(0.002)	0.02	(0.003)	0.02	(0.001)	0.02	(0.004)
20 and over...	0.11	(0.001)	0.05	(0.004)	0.03	(0.002)	0.07	(0.006)
2 and over...	0.11	(0.001)	0.05	(0.003)	0.03	(0.001)	0.06	(0.005)



**Symbol Legend**

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

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

# Indicates a non-zero value too small to report.

**Abbreviations**

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

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

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

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

**Suggested Citation**

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

**Symbol Legend**

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

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

**Abbreviations**

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

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

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

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) August 2021-August 2023. The 24-hour dietary recalls were conducted via telephone by trained interviewers using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2021-2023 [www.ars.usda.gov/nea/bhnrc/fsrg](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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**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																			
2 - 19.....	540	1827	(54.7)	63.6	(2.13)	231	(7.3)	103	(3.9)	13.5	(0.43)	72.1	(2.63)	24.2	(1.04)	23.7	(0.90)	16.4	(0.67)
20 and over.....	892	1914	(35.2)	70.9	(1.45)	226	(5.1)	100	(3.7)	13.9	(0.22)	77.0	(1.46)	25.5	(0.72)	25.8	(0.48)	17.2	(0.28)
2 and over...	1432	1888	(30.3)	68.7	(1.06)	228	(4.4)	101	(2.8)	13.8	(0.19)	75.6	(1.29)	25.1	(0.55)	25.1	(0.38)	17.0	(0.34)
<b>131-350% poverty:</b>																			
2 - 19.....	584	1915	(45.8)	64.6	(1.65)	242	(6.7)	110	(4.2)	14.1	(0.43)	77.4	(2.04)	26.5	(0.79)	25.0	(0.70)	17.5	(0.60)
20 and over.....	1577	2047	(40.9)	76.0	(1.57)	230	(5.0)	99	(2.7)	15.5	(0.40)	86.8	(1.93)	28.0	(0.78)	29.3	(0.63)	19.9	(0.38)
2 and over...	2161	2015	(32.2)	73.2	(1.30)	233	(4.2)	102	(2.5)	15.2	(0.31)	84.5	(1.41)	27.6	(0.59)	28.3	(0.46)	19.3	(0.30)
<b>Over 350% poverty:</b>																			
2 - 19.....	435	1906	(38.0)	65.2	(1.81)	244	(5.0)	103	(3.6)	15.6	(0.56)	76.0	(2.27)	25.8	(0.85)	24.6	(0.71)	17.4	(0.59)
20 and over.....	1774	2111	(33.4)	81.4	(1.25)	232	(5.2)	93	(1.6)	18.3	(0.94)	90.3	(1.26)	28.6	(0.43)	30.8	(0.46)	21.3	(0.35)
2 and over...	2209	2073	(28.3)	78.4	(1.05)	234	(4.8)	95	(1.8)	17.8	(0.83)	87.6	(1.19)	28.0	(0.38)	29.7	(0.43)	20.6	(0.38)
<b>All Individuals<sup>2</sup>:</b>																			
2 - 19.....	1765	1875	(26.2)	64.2	(1.08)	238	(3.5)	105	(1.6)	14.6	(0.39)	74.9	(1.40)	25.5	(0.46)	24.3	(0.48)	17.0	(0.47)
20 and over.....	4798	2036	(20.7)	77.1	(0.90)	228	(2.7)	96	(1.3)	16.3	(0.51)	85.8	(0.95)	27.6	(0.42)	29.1	(0.32)	19.8	(0.21)
2 and over...	6563	1999	(16.1)	74.1	(0.73)	231	(2.2)	98	(1.0)	15.9	(0.45)	83.3	(0.75)	27.1	(0.29)	28.0	(0.26)	19.2	(0.23)

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	260	(19.0)	357	(15.6)	470	(15.8)	257	(35.9)	1176	(91.6)	73	(5.6)	4244	(489.0)	863	(54.0)	1.39	(0.049)
20 and over.....	301	(15.8)	370	(40.6)	524	(42.0)	295	(49.8)	1664	(151.1)	69	(6.3)	4181	(265.0)	1154	(58.0)	1.37	(0.032)
2 and over...	289	(12.6)	366	(29.1)	507	(31.0)	284	(42.7)	1518	(113.8)	70	(5.1)	4200	(191.9)	1067	(39.5)	1.38	(0.028)
<b>131-350% poverty:</b>																		
2 - 19.....	236	(8.2)	392	(17.6)	517	(27.2)	320	(49.8)	1300	(148.4)	68	(5.9)	4372	(658.2)	818	(83.5)	1.37	(0.039)
20 and over.....	320	(8.1)	368	(11.7)	551	(14.3)	363	(30.0)	1977	(112.7)	73	(3.8)	3941	(204.7)	1336	(65.4)	1.46	(0.035)
2 and over...	299	(6.7)	374	(11.1)	543	(15.0)	352	(25.2)	1810	(104.0)	72	(3.0)	4047	(239.0)	1208	(58.7)	1.43	(0.031)
<b>Over 350% poverty:</b>																		
2 - 19.....	241	(14.5)	370	(12.7)	527	(18.8)	365	(68.2)	1668	(208.6)	79	(9.0)	4770	(497.0)	907	(45.0)	1.50	(0.057)
20 and over.....	328	(9.3)	392	(12.3)	654	(23.3)	516	(32.6)	2833	(172.9)	99	(6.9)	4987	(329.2)	1862	(190.5)	1.56	(0.045)
2 and over...	311	(8.1)	388	(9.8)	630	(17.6)	488	(29.8)	2617	(147.7)	95	(5.9)	4946	(260.8)	1685	(152.1)	1.55	(0.046)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 19.....	240	(6.3)	367	(9.0)	499	(13.4)	323	(30.7)	1378	(101.7)	71	(3.3)	4376	(287.5)	848	(39.1)	1.40	(0.030)
20 and over.....	321	(5.9)	378	(11.3)	588	(17.0)	414	(19.4)	2265	(109.1)	83	(3.1)	4393	(165.6)	1507	(99.6)	1.47	(0.027)
2 and over...	302	(4.7)	376	(9.3)	567	(13.6)	393	(16.6)	2059	(93.3)	80	(2.7)	4389	(152.8)	1353	(78.9)	1.46	(0.025)

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	1.62	(0.078)	18.8	(0.71)	1.48	(0.060)	156	(11.0)	153	(5.5)	419	(22.6)	265	(13.1)	3.49	(0.162)	0.42	(0.050)
20 and over.....	1.67	(0.039)	23.1	(0.75)	1.86	(0.075)	134	(7.6)	181	(7.1)	409	(15.3)	300	(10.9)	4.62	(0.492)	0.90	(0.142)
2 and over...	1.66	(0.040)	21.9	(0.59)	1.74	(0.062)	141	(7.3)	173	(5.1)	412	(14.4)	290	(8.6)	4.28	(0.357)	0.76	(0.103)
<b>131-350% poverty:</b>																		
2 - 19.....	1.64	(0.048)	19.3	(0.61)	1.53	(0.064)	147	(6.0)	150	(5.9)	400	(12.9)	252	(5.9)	3.70	(0.147)	0.42	(0.067)
20 and over.....	1.93	(0.036)	24.4	(0.60)	1.99	(0.079)	131	(4.4)	207	(6.6)	428	(12.8)	328	(8.6)	4.44	(0.190)	0.85	(0.127)
2 and over...	1.86	(0.030)	23.1	(0.49)	1.88	(0.061)	135	(3.8)	193	(5.4)	421	(10.2)	309	(6.7)	4.25	(0.142)	0.74	(0.093)
<b>Over 350% poverty:</b>																		
2 - 19.....	1.67	(0.034)	19.8	(0.56)	1.50	(0.042)	158	(6.8)	172	(6.6)	439	(15.1)	255	(9.6)	3.60	(0.192)	0.53	(0.078)
20 and over.....	2.07	(0.047)	24.9	(0.51)	1.97	(0.054)	134	(3.7)	236	(11.9)	464	(17.0)	347	(6.6)	4.42	(0.154)	0.73	(0.081)
2 and over...	2.00	(0.039)	23.9	(0.43)	1.88	(0.044)	139	(3.9)	224	(10.1)	459	(16.2)	329	(5.7)	4.26	(0.147)	0.69	(0.065)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 19.....	1.62	(0.029)	19.1	(0.32)	1.50	(0.025)	151	(4.2)	159	(3.9)	415	(10.0)	254	(4.5)	3.59	(0.068)	0.45	(0.042)
20 and over.....	1.92	(0.034)	24.2	(0.34)	1.94	(0.043)	132	(2.6)	213	(6.5)	437	(10.1)	331	(4.4)	4.44	(0.128)	0.78	(0.066)
2 and over...	1.85	(0.030)	23.0	(0.27)	1.84	(0.035)	136	(2.4)	201	(5.4)	432	(9.2)	313	(3.8)	4.24	(0.106)	0.70	(0.047)

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	83.0	(6.65)	5.0	(0.23)	7.2	(0.23)	0.5	(0.12)	68.1	(4.10)	927	(30.5)	1186	(40.6)	236	(6.2)
20 and over.....	70.1	(3.56)	4.1	(0.24)	8.2	(0.24)	1.0	(0.22)	94.5	(3.71)	816	(29.7)	1190	(25.6)	260	(5.1)
2 and over...	73.9	(3.04)	4.3	(0.17)	7.9	(0.20)	0.9	(0.16)	86.6	(2.84)	849	(18.6)	1189	(19.5)	252	(3.7)
<b>131-350% poverty:</b>																
2 - 19.....	80.8	(3.94)	4.9	(0.24)	8.0	(0.24)	0.8	(0.18)	72.2	(4.83)	937	(34.8)	1190	(30.4)	237	(5.3)
20 and over.....	75.9	(3.28)	4.4	(0.19)	9.0	(0.24)	0.7	(0.08)	112.6	(5.09)	895	(18.4)	1272	(27.0)	284	(5.2)
2 and over...	77.1	(2.83)	4.5	(0.16)	8.7	(0.19)	0.7	(0.06)	102.6	(4.36)	905	(17.5)	1252	(22.3)	272	(4.3)
<b>Over 350% poverty:</b>																
2 - 19.....	90.1	(4.79)	4.5	(0.25)	8.5	(0.26)	0.9	(0.22)	77.5	(4.14)	915	(18.1)	1198	(25.4)	242	(4.8)
20 and over.....	80.8	(3.44)	4.8	(0.18)	10.7	(0.30)	1.1	(0.13)	142.8	(8.81)	933	(20.7)	1370	(25.8)	324	(9.5)
2 and over...	82.6	(3.14)	4.7	(0.18)	10.3	(0.26)	1.1	(0.12)	130.7	(6.68)	929	(17.6)	1338	(22.3)	309	(8.3)
<b>All Individuals<sup>2</sup>:</b>																
2 - 19.....	82.8	(2.64)	4.8	(0.12)	7.9	(0.17)	0.7	(0.12)	72.6	(2.60)	920	(17.5)	1186	(18.5)	238	(3.4)
20 and over.....	77.2	(2.17)	4.5	(0.14)	9.5	(0.24)	1.0	(0.08)	121.0	(5.36)	893	(12.6)	1293	(16.1)	296	(5.7)
2 and over...	78.5	(1.99)	4.6	(0.11)	9.1	(0.20)	0.9	(0.08)	109.8	(4.23)	899	(9.5)	1268	(13.3)	282	(4.7)

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	11.6	(0.49)	7.9	(0.27)	0.9	(0.03)	90.6	(3.28)	2034	(48.8)	2758	(101.7)	19.3	(3.47)	37.7	(3.42)	--	--
20 and over.....	11.5	(0.27)	9.1	(0.17)	1.1	(0.08)	103.0	(3.67)	2188	(49.9)	2990	(56.6)	115.1	(5.72)	31.2	(1.88)	6.5	(1.29)
2 and over...	11.5	(0.27)	8.7	(0.15)	1.0	(0.06)	99.3	(2.94)	2142	(33.3)	2921	(47.5)	86.5	(4.85)	33.2	(1.90)	--	--
<b>131-350% poverty:</b>																		
2 - 19.....	12.1	(0.46)	8.5	(0.25)	0.9	(0.03)	89.4	(2.42)	2075	(56.9)	2824	(88.5)	22.7	(2.94)	55.5	(8.42)	--	--
20 and over.....	12.5	(0.22)	9.7	(0.24)	1.1	(0.02)	107.7	(2.44)	2417	(45.6)	3195	(71.2)	153.4	(7.15)	37.0	(2.79)	8.1	(0.94)
2 and over...	12.4	(0.20)	9.4	(0.21)	1.0	(0.01)	103.1	(1.91)	2333	(41.8)	3103	(56.9)	121.1	(4.98)	41.5	(3.08)	--	--
<b>Over 350% poverty:</b>																		
2 - 19.....	12.3	(0.32)	8.4	(0.17)	1.0	(0.03)	93.7	(3.57)	2058	(38.7)	2852	(97.9)	16.4	(2.30)	46.7	(2.79)	--	--
20 and over.....	13.5	(0.36)	10.5	(0.20)	1.3	(0.04)	115.1	(2.41)	2692	(64.2)	3354	(63.3)	167.6	(6.07)	38.4	(1.14)	9.0	(0.67)
2 and over...	13.3	(0.32)	10.1	(0.16)	1.2	(0.04)	111.1	(2.04)	2574	(56.8)	3261	(58.2)	139.5	(6.52)	39.9	(1.24)	--	--
<b>All Individuals<sup>2</sup>:</b>																		
2 - 19.....	11.9	(0.20)	8.3	(0.14)	0.9	(0.02)	90.2	(1.67)	2062	(29.0)	2789	(61.5)	19.4	(1.93)	48.3	(3.10)	--	--
20 and over.....	12.7	(0.19)	9.9	(0.12)	1.2	(0.03)	109.3	(1.59)	2478	(38.6)	3212	(38.3)	148.9	(4.28)	36.9	(1.02)	8.1	(0.32)
2 and over...	12.5	(0.16)	9.5	(0.10)	1.1	(0.03)	104.9	(1.32)	2381	(34.4)	3113	(32.1)	118.7	(3.89)	39.6	(1.11)	--	--

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	0.43	(0.025)	0.30	(0.019)	0.24	(0.013)	0.50	(0.025)	0.89	(0.063)	2.13	(0.107)	13.30	(0.569)	5.52	(0.254)
20 and over.....	0.41	(0.024)	0.30	(0.017)	0.25	(0.014)	0.50	(0.026)	0.99	(0.071)	2.22	(0.101)	13.83	(0.332)	6.05	(0.161)
2 and over...	0.42	(0.017)	0.30	(0.012)	0.25	(0.011)	0.50	(0.018)	0.96	(0.056)	2.19	(0.072)	13.67	(0.264)	5.89	(0.123)
<b>131-350% poverty:</b>																
2 - 19.....	0.47	(0.024)	0.33	(0.017)	0.33	(0.035)	0.58	(0.031)	1.20	(0.191)	2.39	(0.120)	14.17	(0.425)	6.11	(0.242)
20 and over.....	0.47	(0.020)	0.33	(0.015)	0.26	(0.009)	0.55	(0.022)	0.97	(0.028)	2.45	(0.094)	15.41	(0.419)	6.54	(0.175)
2 and over...	0.47	(0.015)	0.33	(0.011)	0.28	(0.010)	0.56	(0.016)	1.02	(0.055)	2.44	(0.073)	15.10	(0.323)	6.43	(0.153)
<b>Over 350% poverty:</b>																
2 - 19.....	0.49	(0.018)	0.34	(0.014)	0.30	(0.011)	0.57	(0.021)	1.09	(0.093)	2.36	(0.093)	13.82	(0.437)	5.85	(0.206)
20 and over.....	0.48	(0.014)	0.34	(0.011)	0.31	(0.009)	0.60	(0.017)	1.25	(0.045)	2.53	(0.060)	15.41	(0.229)	6.54	(0.090)
2 and over...	0.48	(0.010)	0.34	(0.009)	0.31	(0.007)	0.59	(0.014)	1.22	(0.037)	2.50	(0.046)	15.11	(0.201)	6.41	(0.094)
<b>All Individuals<sup>2</sup>:</b>																
2 - 19.....	0.46	(0.012)	0.33	(0.009)	0.30	(0.015)	0.56	(0.015)	1.07	(0.080)	2.31	(0.057)	13.72	(0.261)	5.83	(0.123)
20 and over.....	0.46	(0.013)	0.33	(0.010)	0.28	(0.006)	0.55	(0.015)	1.07	(0.025)	2.42	(0.057)	15.03	(0.213)	6.43	(0.089)
2 and over...	0.46	(0.010)	0.33	(0.007)	0.28	(0.006)	0.56	(0.011)	1.07	(0.024)	2.39	(0.040)	14.73	(0.150)	6.29	(0.072)



**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>														
2 - 19.....	0.96	(0.048)	22.45	(0.843)	0.29	(0.015)	0.02	(0.002)	14.74	(0.615)	1.32	(0.052)	0.01	(0.001)
20 and over.....	1.08	(0.020)	24.34	(0.453)	0.31	(0.012)	0.03*	(0.012)	15.27	(0.276)	1.48	(0.018)	0.01	(0.002)
2 and over...	1.04	(0.015)	23.78	(0.357)	0.30	(0.012)	0.03	(0.008)	15.11	(0.318)	1.43	(0.023)	0.01	(0.002)
<b>131-350% poverty:</b>														
2 - 19.....	0.99	(0.031)	23.78	(0.670)	0.29	(0.010)	0.02	(0.003)	15.70	(0.543)	1.49	(0.070)	0.01	(0.001)
20 and over.....	1.22	(0.037)	27.67	(0.599)	0.35	(0.013)	0.05	(0.009)	17.59	(0.339)	1.81	(0.039)	0.01	(0.001)
2 and over...	1.16	(0.030)	26.71	(0.440)	0.33	(0.009)	0.04	(0.007)	17.12	(0.264)	1.73	(0.034)	0.01	(0.001)
<b>Over 350% poverty:</b>														
2 - 19.....	0.93	(0.050)	23.39	(0.658)	0.29	(0.010)	0.02	(0.002)	15.54	(0.509)	1.52	(0.073)	0.01	(0.001)
20 and over.....	1.19	(0.017)	29.16	(0.449)	0.37	(0.008)	0.03	(0.003)	18.72	(0.307)	1.99	(0.049)	0.01	(0.001)
2 and over...	1.14	(0.017)	28.09	(0.419)	0.35	(0.008)	0.03	(0.002)	18.13	(0.331)	1.90	(0.050)	0.01	(0.001)
<b>All Individuals<sup>2</sup>:</b>														
2 - 19.....	0.96	(0.017)	23.09	(0.463)	0.28	(0.007)	0.02	(0.001)	15.22	(0.423)	1.45	(0.050)	0.01	(#)
20 and over.....	1.18	(0.017)	27.50	(0.312)	0.35	(0.006)	0.04	(0.004)	17.47	(0.187)	1.80	(0.022)	0.01	(0.001)
2 and over...	1.13	(0.012)	26.48	(0.255)	0.33	(0.005)	0.03	(0.003)	16.95	(0.207)	1.72	(0.027)	0.01	(0.001)

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>								
2 - 19.....	0.10	(0.005)	0.02	(0.004)	0.02	(0.002)	0.02*	(0.006)
20 and over.....	0.11	(0.002)	0.05	(0.008)	0.03	(0.002)	0.06	(0.010)
2 and over...	0.11	(0.002)	0.04	(0.006)	0.03	(0.002)	0.05	(0.007)
<b>131-350% poverty:</b>								
2 - 19.....	0.10	(0.003)	0.02*	(0.007)	0.02	(0.003)	0.02*	(0.009)
20 and over.....	0.11	(0.003)	0.05	(0.008)	0.03	(0.003)	0.06	(0.010)
2 and over...	0.11	(0.003)	0.04	(0.006)	0.03	(0.002)	0.05	(0.008)
<b>Over 350% poverty:</b>								
2 - 19.....	0.09	(0.004)	0.03	(0.004)	0.02	(0.002)	0.03	(0.007)
20 and over.....	0.11	(0.001)	0.06	(0.005)	0.04	(0.002)	0.08	(0.008)
2 and over...	0.11	(0.002)	0.05	(0.004)	0.03	(0.002)	0.07	(0.007)
<b>All Individuals<sup>2</sup>:</b>								
2 - 19.....	0.09	(0.002)	0.02	(0.003)	0.02	(0.001)	0.02	(0.004)
20 and over.....	0.11	(0.001)	0.05	(0.004)	0.03	(0.002)	0.07	(0.006)
2 and over...	0.11	(0.001)	0.05	(0.003)	0.03	(0.001)	0.06	(0.005)

### Symbol Legend

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

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

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>2</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 5. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Sample size <sup>2</sup>	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Males:</b>																	
2 - 5.....	206	1567	(58.2)	14	(0.3)	53	(0.8)	34	(0.7)	11	(0.3)	11	(0.4)	8	(0.3)	--	--
6 - 11.....	301	1894	(44.4)	13	(0.2)	53	(0.5)	34	(0.5)	12	(0.3)	11	(0.2)	8	(0.2)	--	--
12 - 19.....	366	2297	(61.2)	15	(0.3)	49	(0.5)	36	(0.3)	12	(0.1)	12	(0.2)	8	(0.2)	--	--
20 - 29.....	196	2354	(117.5)	16	(0.3)	45	(1.5)	37	(1.1)	12	(0.6)	13	(0.5)	9	(0.3)	--	--
30 - 39.....	286	2368	(60.4)	15	(0.3)	45	(0.9)	36	(0.7)	12	(0.4)	12	(0.2)	8	(0.3)	--	--
40 - 49.....	260	2499	(75.8)	16	(0.5)	45	(0.6)	36	(0.5)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	316	2373	(66.1)	16	(0.4)	45	(0.8)	37	(0.8)	11	(0.4)	13	(0.3)	8	(0.3)	--	--
60 - 69.....	545	2248	(57.6)	15	(0.2)	43	(0.4)	38	(0.5)	12	(0.2)	13	(0.2)	9	(0.2)	--	--
70 and over.....	512	2077	(51.4)	15	(0.2)	45	(0.7)	38	(0.7)	12	(0.3)	13	(0.3)	9	(0.2)	--	--
2 - 19.....	873	2013	(42.2)	14	(0.1)	51	(0.3)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2115	2330	(25.9)	16	(0.1)	45	(0.3)	37	(0.2)	12	(0.1)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	2988	2252	(19.6)	15	(0.1)	46	(0.2)	37	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>Females:</b>																	
2 - 5.....	192	1495	(47.5)	14	(0.3)	53	(0.9)	35	(0.7)	12	(0.3)	11	(0.3)	8	(0.2)	--	--
6 - 11.....	308	1861	(57.3)	13	(0.2)	52	(0.8)	35	(0.6)	12	(0.3)	11	(0.2)	8	(0.3)	--	--
12 - 19.....	392	1731	(45.9)	14	(0.2)	50	(1.1)	36	(1.0)	12	(0.3)	12	(0.3)	9	(0.4)	--	--
20 - 29.....	262	1939	(74.0)	15	(0.2)	46	(0.9)	38	(0.7)	12	(0.3)	13	(0.2)	9	(0.3)	--	--
30 - 39.....	370	1757	(46.9)	16	(0.3)	45	(0.6)	38	(0.4)	12	(0.3)	13	(0.1)	9	(0.2)	--	--
40 - 49.....	335	1817	(78.9)	16	(0.4)	47	(0.6)	37	(0.7)	12	(0.3)	13	(0.3)	8	(0.3)	--	--
50 - 59.....	420	1723	(31.4)	16	(0.2)	45	(0.5)	38	(0.5)	12	(0.4)	13	(0.2)	9	(0.2)	--	--
60 - 69.....	723	1673	(15.5)	15	(0.3)	45	(0.4)	38	(0.4)	12	(0.1)	13	(0.1)	9	(0.2)	--	--
70 and over.....	573	1657	(34.5)	15	(0.2)	46	(0.5)	38	(0.4)	12	(0.2)	13	(0.2)	9	(0.1)	--	--
2 - 19.....	892	1728	(26.7)	13	(0.2)	51	(0.7)	36	(0.6)	12	(0.2)	11	(0.2)	8	(0.3)	--	--
20 and over...	2683	1760	(25.1)	15	(0.1)	46	(0.2)	38	(0.2)	12	(0.2)	13	(0.1)	9	(0.1)	2	(0.1)
2 and over...	3575	1753	(20.4)	15	(0.1)	47	(0.3)	37	(0.3)	12	(0.2)	12	(0.1)	9	(0.1)	--	--
<b>Males and females:</b>																	
2 - 19.....	1765	1875	(26.2)	14	(0.1)	51	(0.4)	35	(0.4)	12	(0.1)	11	(0.2)	8	(0.2)	--	--
20 and over...	4798	2036	(20.7)	16	(0.1)	45	(0.2)	37	(0.2)	12	(0.1)	13	(0.1)	9	(0.1)	3	(0.1)
2 and over...	6563	1999	(16.1)	15	(0.1)	47	(0.2)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	--	--

**Footnotes**

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

<sup>2</sup> Sample size and mean energy includes individuals (n = 7) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

**Abbreviations**

SE = standard error.

**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.

**Suggested Citation**

U.S. Department of Agriculture, Agricultural Research Service. 2024. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 6. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Sample size <sup>2</sup>	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	1943	(33.5)	14	(0.1)	51	(0.4)	36	(0.5)	12	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over.....	2969	2084	(25.8)	15	(0.1)	44	(0.2)	38	(0.2)	12	(0.2)	13	(0.1)	9	(0.1)	3	(0.2)
2 and over...	3685	2057	(21.0)	15	(0.1)	46	(0.2)	38	(0.2)	12	(0.1)	13	(0.1)	9	(0.1)	--	--
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	1688	(40.7)	14	(0.4)	51	(1.2)	35	(0.9)	11	(0.4)	12	(0.4)	9	(0.2)	--	--
20 and over.....	555	1892	(53.6)	16	(0.4)	46	(0.8)	37	(0.6)	11	(0.1)	13	(0.3)	9	(0.2)	2*	(0.4)
2 and over...	816	1842	(43.6)	15	(0.3)	47	(0.7)	37	(0.5)	11	(0.1)	13	(0.3)	9	(0.2)	--	--
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	1832	(80.6)	14	(0.4)	53	(1.0)	34	(0.9)	11	(0.4)	11	(0.3)	7*	(0.4)	--	--
20 and over.....	199	2163	(185.3)	15	(0.4)	50	(0.5)	34	(0.4)	10	(0.3)	12	(0.2)	8	(0.2)	1*	(0.2)
2 and over...	322	2055	(127.4)	15	(0.3)	51	(0.6)	34	(0.4)	11	(0.2)	12	(0.2)	8	(0.3)	--	--
<b>Hispanic:</b>																	
2 - 19.....	513	1837	(74.9)	15	(0.2)	51	(0.7)	35	(0.7)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
20 and over.....	776	1914	(52.1)	16	(0.3)	47	(0.6)	35	(0.6)	11	(0.2)	12	(0.2)	8	(0.1)	2	(0.2)
2 and over...	1289	1890	(41.2)	16	(0.2)	48	(0.6)	35	(0.5)	11	(0.2)	12	(0.2)	8	(0.1)	--	--

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

**Percent:** 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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

<sup>2</sup> Sample size and mean energy includes individuals ( $n = 7$ ) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

### Abbreviations

SE = standard error.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America, NHANES August 2021-August 2023*.

**Table 8. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level<sup>2</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Sample size <sup>3</sup>	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	1827	(54.7)	14	(0.2)	51	(0.7)	35	(0.6)	12	(0.3)	11	(0.2)	8	(0.3)	--	--
20 and over.....	892	1914	(35.2)	15	(0.2)	48	(0.5)	36	(0.4)	12	(0.2)	12	(0.1)	8	(0.1)	2	(0.4)
2 and over...	1432	1888	(30.3)	15	(0.2)	49	(0.5)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
<b>131-350% poverty:</b>																	
2 - 19.....	584	1915	(45.8)	14	(0.2)	51	(0.6)	36	(0.6)	12	(0.2)	12	(0.2)	8	(0.2)	--	--
20 and over.....	1577	2047	(40.9)	15	(0.1)	46	(0.4)	38	(0.3)	12	(0.2)	13	(0.1)	9	(0.1)	2	(0.3)
2 and over...	2161	2015	(32.2)	15	(0.1)	47	(0.4)	37	(0.3)	12	(0.1)	12	(0.1)	9	(0.1)	--	--
<b>Over 350% poverty:</b>																	
2 - 19.....	435	1906	(38.0)	14	(0.2)	51	(0.8)	35	(0.6)	12	(0.3)	12	(0.2)	8	(0.1)	--	--
20 and over.....	1774	2111	(33.4)	16	(0.1)	44	(0.4)	38	(0.4)	12	(0.2)	13	(0.1)	9	(0.1)	3	(0.2)
2 and over...	2209	2073	(28.3)	15	(0.1)	45	(0.5)	38	(0.4)	12	(0.2)	13	(0.1)	9	(0.1)	--	--
<b>All Individuals<sup>4</sup>:</b>																	
2 - 19.....	1765	1875	(26.2)	14	(0.1)	51	(0.4)	35	(0.4)	12	(0.1)	11	(0.2)	8	(0.2)	--	--
20 and over.....	4798	2036	(20.7)	16	(0.1)	45	(0.2)	37	(0.2)	12	(0.1)	13	(0.1)	9	(0.1)	3	(0.1)
2 and over...	6563	1999	(16.1)	15	(0.1)	47	(0.2)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	--	--



**Footnotes**

- <sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.
- <sup>2</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.
- <sup>3</sup> Sample size and mean energy includes individuals (n = 7) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.
- <sup>4</sup> Includes persons of all income levels or with unknown family income.

**Abbreviations**

SE = standard error.

**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.

**Suggested Citation**

U.S. Department of Agriculture, Agricultural Research Service. 2024. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	51 (4.1)	23 (3.3)	21 (3.0)	23 (3.1)	24 (3.3)	20 (2.7)	25 (3.7)	24 (3.7)	23 (3.5)	28 (4.5)
6 - 11.....	73 (3.6)	29 (2.5)	29 (2.6)	30 (2.6)	33 (3.0)	29 (2.0)	29 (2.5)	28 (2.4)	28 (2.7)	32 (2.6)
12 - 19.....	55 (2.1)	23 (2.0)	21 (2.1)	23 (2.1)	26 (2.4)	21 (2.2)	22 (2.0)	21 (1.9)	22 (1.9)	26 (2.7)
20 - 29.....	70 (3.5)	37 (2.6)	34 (2.7)	36 (2.7)	40 (3.9)	30 (2.2)	38 (3.1)	36 (2.9)	40 (3.4)	37 (3.5)
30 - 39.....	63 (4.2)	29 (3.0)	27 (2.9)	28 (2.7)	31 (2.9)	26 (2.3)	30 (3.5)	28 (3.5)	30 (3.3)	32 (4.1)
40 - 49.....	64 (4.1)	31 (3.3)	29 (3.3)	31 (3.5)	36 (4.5)	28 (3.4)	31 (3.4)	30 (3.0)	30 (3.6)	35 (3.9)
50 - 59.....	62 (4.6)	28 (2.1)	26 (2.1)	27 (1.8)	26 (1.5)	28 (3.1)	29 (2.4)	28 (2.3)	30 (2.6)	30 (2.5)
60 - 69.....	50 (3.3)	20 (1.5)	19 (1.7)	21 (1.4)	21 (1.9)	18 (1.5)	20 (1.5)	19 (1.5)	20 (1.5)	23 (1.7)
70 and over....	43 (2.7)	20 (2.2)	20 (2.0)	18 (2.2)	16 (2.1)	16 (2.1)	21 (2.3)	21 (2.2)	21 (2.4)	24 (2.6)
2 - 19.....	60 (1.8)	25 (1.3)	23 (1.3)	26 (1.4)	28 (1.7)	24 (1.3)	25 (1.3)	24 (1.4)	24 (1.3)	28 (1.4)
20 and over...	59 (1.7)	28 (1.0)	27 (1.0)	27 (1.0)	29 (1.0)	25 (0.9)	29 (1.0)	27 (1.1)	29 (1.0)	31 (0.9)
2 and over...	60 (1.4)	27 (0.9)	26 (1.0)	27 (1.0)	28 (0.9)	24 (0.9)	28 (1.0)	27 (1.0)	28 (1.0)	30 (0.9)
<b>Females:</b>										
2 - 5.....	62 (5.8)	27 (3.0)	25 (3.2)	27 (3.0)	28 (3.6)	27 (3.8)	27 (3.1)	26 (3.2)	28 (3.2)	31 (3.0)
6 - 11.....	74 (4.2)	34 (2.2)	32 (2.3)	34 (2.1)	34 (2.5)	31 (2.3)	34 (2.7)	32 (2.8)	34 (2.5)	38 (3.2)
12 - 19.....	64 (3.0)	32 (2.1)	30 (3.0)	32 (2.1)	32 (1.8)	30 (2.6)	32 (2.5)	30 (2.5)	32 (2.5)	35 (3.2)
20 - 29.....	60 (5.1)	29 (3.6)	28 (3.8)	28 (3.5)	34 (2.8)	23 (4.9)	29 (3.8)	28 (3.3)	29 (3.9)	30 (4.4)
30 - 39.....	58 (4.0)	29 (2.1)	27 (2.1)	28 (2.3)	31 (3.1)	23 (1.8)	29 (2.1)	28 (2.2)	29 (2.1)	32 (2.7)
40 - 49.....	63 (3.2)	30 (2.1)	28 (2.1)	31 (2.5)	32 (3.8)	29 (1.7)	30 (2.1)	30 (2.5)	29 (2.1)	32 (1.9)
50 - 59.....	57 (2.4)	26 (2.9)	27 (3.0)	25 (3.1)	25 (3.4)	23 (3.2)	28 (2.9)	27 (3.0)	27 (2.9)	29 (2.9)
60 - 69.....	48 (1.8)	22 (1.2)	22 (1.3)	21 (1.1)	20 (1.1)	21 (1.1)	23 (1.2)	22 (1.2)	23 (1.4)	25 (1.7)
70 and over....	43 (3.0)	19 (1.5)	18 (1.6)	18 (1.4)	16 (1.4)	16 (1.7)	20 (1.6)	19 (1.5)	20 (2.0)	22 (1.9)
2 - 19.....	67 (2.5)	32 (1.6)	30 (1.9)	32 (1.6)	32 (1.6)	30 (1.7)	32 (1.7)	30 (1.8)	32 (1.6)	35 (2.1)
20 and over...	55 (1.5)	26 (1.0)	25 (1.0)	25 (1.0)	26 (1.0)	22 (1.2)	27 (1.1)	26 (1.0)	26 (1.2)	29 (1.2)
2 and over...	58 (1.3)	27 (0.9)	26 (0.9)	27 (0.9)	28 (1.0)	24 (1.0)	28 (0.9)	27 (0.8)	27 (1.0)	30 (1.0)
<b>Males and females:</b>										
2 - 19.....	63 (1.7)	28 (1.2)	26 (1.4)	28 (1.1)	30 (1.3)	26 (1.0)	28 (1.3)	27 (1.3)	27 (1.3)	31 (1.5)
20 and over...	57 (1.3)	27 (0.7)	26 (0.8)	27 (0.8)	28 (0.6)	24 (0.9)	28 (0.7)	27 (0.8)	28 (0.7)	30 (0.6)
2 and over...	59 (1.2)	27 (0.7)	26 (0.8)	27 (0.8)	28 (0.7)	24 (0.8)	28 (0.7)	27 (0.7)	28 (0.7)	30 (0.7)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	22 (5.8)	22 (3.5)	20 (4.7)	19* (7.7)	21 (3.3)	22 (3.7)	21 (2.8)	19 (2.6)	21 (3.7)
6 - 11.....	25 (2.9)	29 (2.6)	25 (4.8)	22 (4.5)	28 (2.9)	32 (3.2)	29 (3.3)	28 (2.8)	25 (2.5)
12 - 19.....	19 (2.5)	22 (3.3)	29 (7.4)	25 (5.3)	21 (2.2)	23 (2.7)	23 (2.6)	22 (2.8)	18 (2.1)
20 - 29.....	32 (3.5)	35 (4.8)	37 (4.7)	34 (4.8)	34 (2.4)	36 (2.4)	37 (2.6)	37 (3.0)	32 (2.7)
30 - 39.....	22 (2.8)	25 (3.3)	30 (7.5)	14 (3.7)	24 (2.6)	31 (3.0)	33 (3.1)	35 (4.1)	23 (2.6)
40 - 49.....	28 (4.5)	30 (4.1)	31 (5.0)	24* (8.6)	29 (3.0)	34 (3.7)	34 (3.5)	36 (3.6)	27 (3.3)
50 - 59.....	28 (2.1)	27 (2.1)	32 (4.7)	23 (4.7)	26 (2.4)	28 (2.6)	28 (2.3)	27 (2.5)	28 (2.8)
60 - 69.....	19 (2.3)	15 (1.9)	16 (3.5)	19 (3.2)	19 (1.4)	19 (1.9)	21 (1.9)	21 (2.1)	18 (1.2)
70 and over....	24 (3.0)	16 (1.8)	15 (3.1)	17 (3.8)	19 (2.0)	17 (1.7)	20 (2.0)	17 (1.8)	18 (2.0)
2 - 19.....	21 (2.1)	24 (1.9)	26 (4.4)	23 (3.8)	23 (1.4)	25 (1.8)	24 (1.5)	23 (1.6)	21 (1.4)
20 and over...	26 (1.4)	25 (1.4)	26 (1.8)	22 (2.6)	26 (1.2)	28 (1.4)	30 (1.4)	30 (1.9)	25 (1.2)
2 and over...	25 (1.3)	25 (1.3)	26 (1.8)	22 (2.3)	25 (1.2)	28 (1.2)	29 (1.3)	29 (1.7)	24 (1.2)
<b>Females:</b>									
2 - 5.....	22 (5.0)	32 (9.0)	29 (6.6)	36 (9.9)	24 (2.7)	25 (3.1)	28 (3.2)	23 (2.7)	25 (3.2)
6 - 11.....	26 (3.0)	30 (2.6)	32 (4.0)	32 (4.6)	32 (2.3)	32 (2.0)	34 (2.3)	29 (1.9)	30 (2.2)
12 - 19.....	27 (4.1)	27 (2.7)	25 (3.2)	25 (3.4)	28 (2.5)	29 (2.8)	32 (3.1)	31 (3.8)	27 (2.7)
20 - 29.....	28 (3.5)	26 (4.4)	27 (6.7)	25 (5.4)	27 (4.8)	28 (3.5)	32 (4.1)	35 (5.1)	23 (4.2)
30 - 39.....	26 (2.9)	25 (2.6)	24 (3.9)	22 (5.3)	26 (2.2)	27 (2.1)	33 (2.4)	36 (4.2)	24 (2.1)
40 - 49.....	26 (2.8)	26 (2.7)	25 (3.6)	32 (6.3)	29 (2.1)	30 (2.4)	31 (2.7)	32 (3.1)	28 (1.8)
50 - 59.....	27 (3.2)	24 (2.7)	27 (3.1)	27 (6.6)	25 (3.2)	25 (3.0)	27 (3.0)	26 (3.2)	23 (3.2)
60 - 69.....	20 (1.9)	16 (2.1)	18 (1.9)	27 (3.5)	22 (1.2)	19 (1.0)	23 (1.4)	21 (1.2)	22 (1.5)
70 and over....	22 (2.5)	16 (1.8)	17 (3.1)	20 (4.3)	18 (1.5)	16 (1.4)	19 (1.8)	17 (1.7)	19 (1.6)
2 - 19.....	26 (1.8)	29 (2.7)	28 (2.7)	29 (3.5)	29 (1.9)	29 (1.7)	32 (2.1)	29 (2.2)	28 (2.1)
20 and over...	25 (1.1)	22 (1.5)	23 (1.7)	25 (2.6)	25 (1.3)	24 (1.1)	28 (0.9)	29 (1.0)	23 (1.1)
2 and over...	25 (0.8)	23 (1.3)	24 (1.4)	26 (2.2)	26 (1.2)	25 (0.9)	29 (0.9)	29 (1.0)	24 (1.1)
<b>Males and females:</b>									
2 - 19.....	23 (1.8)	26 (1.8)	27 (2.7)	26 (3.0)	26 (1.4)	27 (1.4)	28 (1.5)	26 (1.6)	24 (1.3)
20 and over...	25 (0.9)	23 (1.1)	25 (1.2)	23 (2.1)	25 (1.1)	27 (1.0)	29 (1.0)	30 (1.3)	24 (0.9)
2 and over...	25 (0.8)	24 (0.9)	25 (1.2)	24 (2.0)	25 (1.0)	27 (0.9)	29 (1.0)	29 (1.3)	24 (0.9)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	21	(4.2)	20	(3.5)	21	(3.0)	17	(3.1)	22	(3.0)	24	(4.0)	21	(2.9)	21	(3.1)	19	(2.6)
6 - 11.....	28	(2.8)	31	(2.6)	32	(4.6)	29	(2.6)	28	(2.1)	28	(3.3)	32	(2.7)	31	(2.4)	30	(2.2)
12 - 19.....	21	(2.1)	21	(2.3)	23	(3.6)	16	(2.5)	25	(2.0)	21	(2.5)	21	(2.2)	22	(2.1)	21	(2.0)
20 - 29.....	33	(3.0)	38	(4.7)	34	(3.0)	29	(3.5)	38	(4.4)	34	(4.1)	31	(1.9)	34	(2.3)	35	(2.7)
30 - 39.....	25	(2.7)	31	(3.9)	27	(3.1)	21	(2.8)	29	(2.9)	30	(4.8)	25	(2.7)	26	(2.8)	30	(2.6)
40 - 49.....	28	(3.6)	32	(4.1)	29	(3.9)	25	(3.9)	31	(4.4)	30	(3.5)	28	(2.5)	29	(2.8)	29	(3.2)
50 - 59.....	27	(2.2)	29	(3.8)	25	(3.0)	24	(2.6)	29	(2.8)	26	(3.9)	27	(2.1)	27	(2.2)	26	(2.3)
60 - 69.....	19	(2.0)	20	(2.6)	15	(1.6)	17	(3.7)	20	(1.9)	18	(2.0)	18	(1.5)	19	(1.7)	19	(1.4)
70 and over....	21	(2.4)	18	(2.1)	12	(2.0)	17	(3.1)	21	(2.2)	19	(2.0)	16	(1.8)	19	(2.0)	16	(1.7)
2 - 19.....	23	(1.6)	24	(1.4)	26	(2.3)	20	(1.7)	25	(1.1)	24	(1.9)	24	(1.5)	24	(1.3)	23	(1.3)
20 and over...	26	(1.1)	29	(2.0)	24	(1.0)	22	(1.4)	28	(1.1)	26	(1.3)	25	(1.0)	26	(0.9)	26	(0.9)
2 and over...	25	(1.0)	28	(1.8)	24	(1.0)	22	(1.3)	28	(1.0)	26	(1.1)	25	(1.0)	26	(0.8)	26	(0.8)
<b>Females:</b>																		
2 - 5.....	24	(3.9)	29	(6.7)	29	(7.3)	21	(2.9)	26	(3.8)	25	(4.1)	22	(2.2)	24	(2.7)	25	(3.0)
6 - 11.....	28	(2.3)	32	(2.7)	31	(3.0)	26	(2.9)	33	(2.5)	30	(3.2)	30	(2.2)	32	(2.2)	32	(2.1)
12 - 19.....	29	(3.2)	33	(4.0)	31	(3.6)	24	(3.8)	31	(2.6)	27	(3.4)	30	(2.9)	31	(3.0)	29	(2.4)
20 - 29.....	27	(3.5)	27	(3.6)	21	(4.4)	21	(3.8)	29	(5.8)	22	(6.2)	25	(3.2)	27	(3.9)	26	(4.7)
30 - 39.....	26	(2.5)	33	(3.5)	26	(2.6)	27	(4.7)	26	(1.8)	26	(3.2)	24	(2.3)	26	(2.1)	25	(2.1)
40 - 49.....	28	(2.4)	34	(5.1)	27	(2.3)	27	(4.8)	29	(1.8)	25	(2.0)	28	(2.4)	29	(1.9)	29	(2.0)
50 - 59.....	26	(3.0)	26	(3.8)	27	(3.7)	20	(3.6)	24	(3.2)	25	(2.6)	25	(2.9)	26	(3.2)	24	(3.1)
60 - 69.....	20	(1.5)	17	(3.6)	19	(1.5)	18	(1.6)	24	(1.5)	22	(1.9)	20	(0.8)	22	(1.1)	21	(1.0)
70 and over....	19	(1.9)	17	(2.2)	16	(2.3)	11	(1.7)	18	(2.3)	21	(3.1)	15	(1.2)	17	(1.4)	15	(1.5)
2 - 19.....	28	(1.7)	32	(2.9)	31	(2.3)	24	(2.3)	31	(1.9)	28	(2.2)	28	(1.9)	30	(1.9)	30	(1.7)
20 and over...	24	(1.0)	26	(1.4)	22	(1.4)	21	(1.2)	25	(1.6)	24	(1.6)	23	(1.2)	25	(1.2)	24	(1.2)
2 and over...	25	(0.9)	27	(1.3)	24	(1.3)	21	(1.1)	26	(1.3)	24	(1.5)	24	(1.0)	26	(1.0)	25	(1.1)
<b>Males and females:</b>																		
2 - 19.....	25	(1.5)	27	(1.7)	28	(1.8)	22	(1.6)	28	(1.3)	26	(1.6)	26	(1.4)	27	(1.3)	26	(1.0)
20 and over...	25	(0.7)	28	(1.4)	23	(0.9)	21	(1.1)	27	(1.1)	25	(1.2)	24	(0.9)	26	(0.7)	25	(0.9)
2 and over...	25	(0.7)	28	(1.3)	24	(1.0)	22	(1.0)	27	(1.0)	25	(1.0)	24	(0.9)	26	(0.7)	25	(0.8)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																
2 - 5.....	21	(3.3)	20	(3.0)	20	(2.7)	21	(3.9)	20	(2.5)	24	(4.8)	19*	(6.5)	--	--
6 - 11.....	27	(2.6)	28	(2.3)	30	(1.8)	28	(2.2)	31	(2.8)	29	(2.5)	19	(4.1)	--	--
12 - 19.....	20	(2.2)	21	(1.6)	21	(2.0)	20	(2.0)	23	(2.1)	23	(2.2)	35	(5.2)	--	--
20 - 29.....	34	(2.5)	36	(2.9)	36	(3.0)	34	(3.2)	34	(2.6)	36	(2.6)	40	(8.3)	--	--
30 - 39.....	24	(2.5)	28	(3.2)	29	(2.5)	27	(3.1)	28	(2.8)	27	(3.2)	38	(5.6)	--	--
40 - 49.....	29	(3.8)	31	(4.1)	31	(3.8)	30	(3.3)	29	(3.1)	31	(3.5)	33	(6.8)	--	--
50 - 59.....	26	(2.1)	27	(1.8)	26	(2.3)	26	(2.2)	26	(2.0)	29	(2.3)	27	(2.8)	--	--
60 - 69.....	17	(1.3)	19	(1.7)	19	(1.5)	19	(1.8)	20	(1.5)	21	(1.5)	25	(5.0)	--	--
70 and over.....	17	(2.0)	18	(1.9)	15	(1.8)	21	(2.3)	17	(1.9)	23	(2.3)	18	(2.5)	--	--
2 - 19.....	22	(1.4)	23	(1.1)	23	(1.3)	23	(1.3)	25	(1.4)	25	(1.5)	31	(4.2)	--	--
20 and over...	25	(1.2)	27	(1.1)	27	(1.1)	27	(1.1)	26	(0.9)	28	(1.1)	30	(1.7)	31	(3.1)
2 and over...	24	(1.1)	26	(1.1)	26	(0.9)	26	(1.1)	26	(0.9)	28	(1.1)	30	(1.6)	--	--
<b>Females:</b>																
2 - 5.....	26	(3.2)	24	(2.6)	27	(3.3)	25	(3.4)	25	(3.1)	26	(2.8)	16	(3.7)	--	--
6 - 11.....	32	(2.5)	32	(2.3)	32	(2.2)	33	(2.8)	31	(2.0)	33	(2.6)	30	(6.0)	--	--
12 - 19.....	27	(2.8)	31	(2.8)	29	(2.5)	29	(3.1)	32	(3.3)	32	(2.9)	37	(5.1)	--	--
20 - 29.....	24	(3.8)	27	(3.8)	26	(4.6)	27	(4.2)	27	(4.0)	27	(3.5)	45	(7.1)	--	--
30 - 39.....	24	(2.1)	26	(2.5)	26	(2.1)	27	(2.4)	26	(1.7)	29	(2.3)	33	(2.6)	--	--
40 - 49.....	27	(1.8)	28	(2.1)	30	(2.1)	29	(2.6)	29	(1.8)	29	(1.9)	29	(4.3)	--	--
50 - 59.....	23	(3.2)	26	(3.3)	27	(5.0)	28	(3.4)	26	(3.4)	29	(2.7)	20	(3.8)	--	--
60 - 69.....	20	(1.2)	22	(1.1)	19	(2.8)	23	(1.4)	20	(1.0)	24	(1.3)	17	(1.6)	--	--
70 and over.....	17	(1.5)	18	(1.7)	16	(1.4)	19	(2.1)	16	(1.4)	21	(1.6)	12	(1.8)	--	--
2 - 19.....	29	(2.2)	30	(2.0)	30	(1.9)	30	(2.1)	30	(2.1)	32	(1.9)	34	(4.1)	--	--
20 and over...	23	(1.0)	25	(1.2)	24	(1.6)	26	(1.2)	24	(1.1)	27	(1.0)	25	(1.3)	33	(3.5)
2 and over...	24	(1.1)	26	(1.0)	25	(1.4)	27	(1.2)	25	(1.0)	28	(0.9)	25	(1.4)	--	--
<b>Males and females:</b>																
2 - 19.....	25	(1.3)	26	(1.3)	26	(1.1)	26	(1.5)	27	(1.4)	28	(1.5)	33	(2.9)	--	--
20 and over...	24	(0.9)	26	(0.9)	25	(1.0)	26	(0.9)	25	(0.8)	28	(0.9)	28	(1.4)	32	(2.4)
2 and over...	24	(0.9)	26	(0.9)	26	(0.8)	26	(0.9)	25	(0.8)	28	(0.9)	28	(1.4)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item away from home.

### 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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**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Percent reporting <sup>3</sup>		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																				
2 - 19.....	69	(2.5)	31	(1.5)	29	(1.7)	31	(1.6)	32	(1.9)	30	(1.1)	31	(1.6)	28	(1.6)	31	(1.6)	35	(2.0)
20 and over.....	58	(1.7)	28	(0.9)	26	(0.8)	27	(1.0)	28	(0.9)	24	(1.0)	28	(0.8)	27	(0.9)	29	(0.9)	31	(0.8)
2 and over...	60	(1.7)	28	(0.9)	27	(0.8)	28	(1.0)	29	(0.9)	25	(0.9)	29	(0.8)	27	(0.8)	29	(0.8)	31	(0.8)
<b>Non-Hispanic Black:</b>																				
2 - 19.....	50	(5.1)	23	(2.5)	20	(2.4)	23	(2.5)	26	(3.1)	22	(2.4)	23	(2.7)	23	(3.0)	22	(2.7)	25	(2.9)
20 and over.....	49	(3.5)	24	(2.6)	22	(2.5)	24	(2.8)	26	(3.2)	21	(2.3)	24	(2.6)	23	(2.3)	24	(2.8)	26	(2.8)
2 and over...	49	(2.9)	24	(1.8)	22	(1.8)	24	(1.9)	26	(2.1)	22	(1.6)	24	(1.9)	23	(1.5)	24	(2.1)	26	(2.1)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																				
2 - 19.....	61	(4.9)	22	(2.2)	20	(2.3)	24	(2.2)	25	(2.4)	22	(2.7)	22	(2.9)	23	(3.8)	20	(2.7)	23	(2.9)
20 and over.....	53	(3.7)	23	(2.6)	22	(2.6)	21	(2.1)	25	(3.8)	19	(1.4)	25	(3.9)	24	(3.3)	25	(4.6)	24	(4.0)
2 and over...	56	(3.1)	23	(1.9)	22	(2.0)	22	(1.7)	25	(2.5)	19	(1.5)	24	(2.6)	24	(2.1)	23	(3.2)	24	(2.8)
<b>Hispanic:</b>																				
2 - 19.....	61	(3.4)	27	(2.5)	25	(2.5)	27	(2.5)	29	(3.0)	24	(2.6)	28	(2.5)	26	(2.1)	27	(2.5)	31	(3.2)
20 and over.....	61	(2.7)	28	(2.1)	28	(2.4)	28	(1.9)	30	(2.7)	26	(1.8)	28	(2.2)	27	(2.6)	28	(2.3)	29	(1.8)
2 and over...	61	(2.6)	28	(1.7)	27	(2.0)	28	(1.6)	29	(1.8)	26	(1.7)	28	(1.9)	27	(2.0)	28	(2.0)	30	(1.7)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 19.....	27 (2.7)	28 (2.7)	26 (2.8)	30 (4.5)	29 (1.6)	30 (1.8)	32 (1.6)	29 (1.9)	27 (1.4)
20 and over.....	27 (0.9)	24 (1.2)	25 (1.7)	23 (2.3)	26 (1.3)	27 (1.2)	30 (1.2)	30 (1.7)	25 (1.0)
2 and over...	27 (0.9)	25 (1.2)	25 (1.5)	24 (2.1)	26 (1.2)	28 (1.1)	30 (1.2)	30 (1.6)	25 (1.0)
<b>Non-Hispanic Black:</b>									
2 - 19.....	18 (3.2)	22 (3.0)	20 (5.5)	14 (3.6)	20 (1.7)	22 (2.3)	20 (2.5)	20 (2.6)	19 (1.7)
20 and over.....	23 (2.5)	21 (3.8)	26 (4.3)	19 (4.8)	22 (2.9)	22 (2.3)	24 (2.7)	26 (3.8)	21 (2.8)
2 and over...	22 (2.0)	21 (2.8)	25 (3.4)	18 (3.0)	22 (2.0)	22 (1.7)	23 (2.0)	24 (3.0)	21 (2.0)
<b>Non-Hispanic Asian<sup>3</sup>:</b>									
2 - 19.....	17 (2.3)	30 (7.4)	38* (14.7)	21 (5.0)	21 (2.4)	24 (2.8)	21 (2.9)	19 (2.7)	18 (2.5)
20 and over.....	22 (6.0)	20 (3.5)	17 (3.1)	16 (4.1)	19 (1.5)	23 (2.9)	23 (2.0)	24 (2.6)	20 (2.0)
2 and over...	21 (4.5)	23 (3.6)	22 (5.1)	17 (2.7)	20 (1.5)	24 (2.3)	23 (1.6)	22 (2.3)	19 (1.9)
<b>Hispanic:</b>									
2 - 19.....	21 (2.8)	24 (2.2)	26 (3.6)	28 (5.2)	24 (2.4)	24 (2.2)	26 (2.8)	23 (2.6)	23 (2.8)
20 and over.....	23 (3.4)	24 (3.3)	27 (3.7)	32 (4.4)	27 (2.2)	28 (3.2)	32 (2.7)	34 (4.0)	25 (2.1)
2 and over...	23 (2.7)	24 (2.3)	27 (3.0)	31 (4.2)	26 (2.0)	27 (2.4)	30 (2.3)	31 (3.3)	25 (1.9)



**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	29	(2.1)	30	(2.3)	30	(3.0)	24	(1.8)	30	(1.6)	29	(1.9)	28	(1.9)	30	(1.6)	29	(1.2)
20 and over.....	26	(0.8)	28	(1.5)	22	(1.3)	20	(1.3)	27	(1.2)	27	(1.1)	24	(1.1)	26	(0.9)	25	(1.0)
2 and over...	27	(0.8)	28	(1.5)	23	(1.5)	21	(1.1)	28	(1.2)	27	(1.0)	25	(1.1)	27	(0.9)	26	(0.9)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	20	(2.8)	21	(2.5)	25	(6.6)	22	(2.0)	22	(2.9)	21	(2.8)	24	(2.3)	23	(2.5)	22	(2.4)
20 and over.....	23	(2.3)	22	(3.7)	25	(2.7)	24	(3.5)	25	(3.8)	25	(3.1)	21	(2.5)	23	(2.4)	23	(2.7)
2 and over...	22	(1.8)	22	(2.9)	25	(2.3)	24	(2.9)	24	(2.8)	25	(2.3)	22	(1.5)	23	(1.6)	23	(2.0)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	19	(2.0)	25	(4.7)	16*	(5.1)	24	(5.2)	20	(3.7)	17	(3.4)	24	(3.5)	23	(2.7)	21	(2.7)
20 and over.....	20	(3.4)	29	(8.5)	18	(2.6)	17	(3.6)	23	(3.8)	12	(1.4)	21	(1.9)	22	(2.4)	21	(1.6)
2 and over...	20	(2.6)	28	(6.7)	18	(2.9)	19	(3.7)	22	(2.8)	13	(1.6)	22	(2.0)	22	(2.0)	21	(1.6)
<b>Hispanic:</b>																		
2 - 19.....	23	(2.6)	24	(2.4)	29	(5.0)	18	(2.3)	28	(3.3)	26	(3.3)	24	(2.1)	25	(2.2)	25	(2.3)
20 and over.....	25	(2.9)	32	(4.9)	29	(3.3)	25	(3.6)	28	(1.7)	26	(2.5)	26	(2.5)	27	(2.3)	28	(2.2)
2 and over...	25	(2.3)	30	(3.7)	29	(2.6)	22	(2.5)	28	(1.7)	26	(2.4)	25	(1.9)	26	(1.9)	27	(2.0)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	28	(1.5)	29	(1.7)	29	(1.3)	28	(1.7)	31	(1.7)	31	(1.7)	30	(4.0)	--	--
20 and over.....	24	(1.1)	26	(0.9)	26	(1.1)	27	(0.8)	25	(1.1)	29	(0.9)	27	(1.6)	32	(2.4)
2 and over...	25	(1.1)	27	(0.9)	26	(1.0)	27	(0.8)	26	(1.0)	29	(0.9)	27	(1.6)	--	--
<b>Non-Hispanic Black:</b>																
2 - 19.....	22	(1.9)	20	(2.1)	22	(2.4)	19	(2.2)	23	(2.9)	21	(2.5)	18	(3.9)	--	--
20 and over.....	21	(2.7)	22	(2.7)	22	(3.0)	22	(2.5)	24	(2.3)	23	(2.7)	27	(5.8)	26	(5.8)
2 and over...	21	(1.9)	22	(2.0)	22	(2.4)	21	(1.8)	23	(1.6)	23	(1.9)	27	(5.6)	--	--
<b>Non-Hispanic Asian<sup>3</sup>:</b>																
2 - 19.....	18	(2.5)	20	(2.4)	19	(2.4)	22	(2.7)	22	(2.7)	21	(2.2)	40	(8.5)	--	--
20 and over.....	20	(1.7)	23	(1.9)	20	(2.0)	20	(2.5)	21	(1.8)	21	(2.9)	35	(6.5)	51*	(15.5)
2 and over...	20	(1.5)	22	(1.7)	20	(1.7)	21	(1.8)	21	(1.7)	21	(2.1)	35	(5.9)	--	--
<b>Hispanic:</b>																
2 - 19.....	25	(2.5)	25	(2.0)	26	(2.8)	26	(2.8)	25	(2.5)	28	(2.6)	38	(3.5)	--	--
20 and over.....	26	(2.2)	28	(2.6)	28	(2.3)	28	(2.5)	28	(2.3)	29	(2.1)	32	(5.6)	35	(5.8)
2 and over...	25	(1.9)	27	(2.1)	28	(2.1)	28	(2.3)	27	(2.0)	28	(2.0)	33	(5.2)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.

### 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.

### Suggested Citation

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**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 19.....	50 (2.5)	21 (2.5)	21 (3.1)	21 (2.2)	23 (2.4)	20 (2.4)	21 (2.7)	20 (2.4)	21 (2.7)	25 (3.3)
20 and over.....	43 (3.3)	20 (1.8)	19 (1.8)	20 (1.8)	22 (1.7)	19 (2.0)	20 (1.9)	19 (2.0)	20 (2.0)	22 (1.9)
2 and over...	45 (2.4)	21 (1.3)	20 (1.4)	21 (1.3)	22 (1.3)	19 (1.5)	21 (1.3)	20 (1.3)	20 (1.4)	23 (1.3)
<b>131-350% poverty:</b>										
2 - 19.....	68 (3.0)	30 (2.1)	28 (2.3)	31 (2.3)	33 (3.0)	29 (2.0)	30 (2.0)	29 (2.2)	30 (1.9)	34 (2.4)
20 and over.....	58 (2.0)	27 (1.2)	27 (1.1)	27 (1.4)	29 (1.5)	24 (1.2)	28 (1.3)	27 (1.3)	29 (1.5)	30 (1.2)
2 and over...	60 (1.7)	28 (1.1)	27 (1.0)	28 (1.1)	30 (1.2)	25 (0.9)	29 (1.2)	27 (1.2)	29 (1.3)	31 (1.1)
<b>Over 350% poverty:</b>										
2 - 19.....	73 (3.1)	32 (1.6)	30 (1.8)	32 (1.6)	33 (1.9)	30 (1.3)	32 (1.7)	31 (1.6)	32 (1.7)	34 (2.2)
20 and over.....	62 (1.5)	29 (1.1)	28 (1.2)	29 (1.2)	29 (1.4)	25 (1.4)	30 (1.0)	29 (0.9)	30 (1.0)	32 (1.2)
2 and over...	64 (1.2)	30 (1.0)	28 (1.1)	29 (1.2)	30 (1.4)	25 (1.2)	30 (0.9)	29 (0.9)	30 (1.0)	32 (1.1)
<b>All Individuals<sup>5</sup>:</b>										
2 - 19.....	63 (1.7)	28 (1.2)	26 (1.4)	28 (1.1)	30 (1.3)	26 (1.0)	28 (1.3)	27 (1.3)	27 (1.3)	31 (1.5)
20 and over.....	57 (1.3)	27 (0.7)	26 (0.8)	27 (0.8)	28 (0.6)	24 (0.9)	28 (0.7)	27 (0.8)	28 (0.7)	30 (0.6)
2 and over...	59 (1.2)	27 (0.7)	26 (0.8)	27 (0.8)	28 (0.7)	24 (0.8)	28 (0.7)	27 (0.7)	28 (0.7)	30 (0.7)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	18	(4.4)	19	(2.6)	18	(5.3)	19	(3.5)	19	(2.5)	21	(3.1)	22	(4.0)	20	(3.8)	17	(2.6)
20 and over.....	18	(2.0)	14	(1.8)	13	(1.8)	23	(5.2)	18	(2.0)	20	(2.9)	22	(2.2)	26	(3.3)	17	(1.9)
2 and over...	18	(1.5)	15	(1.4)	14	(1.7)	22	(3.9)	18	(1.5)	21	(2.3)	22	(2.0)	24	(2.8)	17	(1.4)
<b>131-350% poverty:</b>																		
2 - 19.....	27	(2.9)	31	(4.3)	28	(3.0)	26	(5.1)	28	(2.0)	30	(2.7)	29	(2.1)	28	(2.4)	25	(1.8)
20 and over.....	25	(1.5)	24	(1.5)	29	(2.6)	25	(3.0)	25	(1.4)	27	(1.4)	30	(1.7)	31	(2.3)	23	(1.1)
2 and over...	25	(1.1)	26	(1.4)	29	(2.0)	25	(2.8)	26	(1.2)	27	(1.0)	30	(1.4)	30	(1.8)	24	(0.9)
<b>Over 350% poverty:</b>																		
2 - 19.....	26	(3.4)	30	(2.5)	34	(5.1)	33	(5.0)	30	(2.2)	31	(1.8)	31	(1.8)	28	(1.7)	29	(2.3)
20 and over.....	28	(1.6)	24	(1.1)	24	(1.9)	21	(1.9)	27	(1.4)	28	(1.6)	30	(1.5)	29	(1.8)	26	(1.5)
2 and over...	28	(1.5)	25	(1.0)	25	(2.1)	23	(2.0)	28	(1.3)	28	(1.5)	30	(1.4)	29	(1.7)	27	(1.5)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	23	(1.8)	26	(1.8)	27	(2.7)	26	(3.0)	26	(1.4)	27	(1.4)	28	(1.5)	26	(1.6)	24	(1.3)
20 and over.....	25	(0.9)	23	(1.1)	25	(1.2)	23	(2.1)	25	(1.1)	27	(1.0)	29	(1.0)	30	(1.3)	24	(0.9)
2 and over...	25	(0.8)	24	(0.9)	25	(1.2)	24	(2.0)	25	(1.0)	27	(0.9)	29	(1.0)	29	(1.3)	24	(0.9)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	19	(3.4)	22	(2.0)	19	(2.6)	18	(2.4)	21	(2.8)	21	(3.4)	21	(1.9)	22	(2.5)	19	(2.2)
20 and over.....	19	(1.9)	19	(3.0)	20	(1.8)	15	(2.4)	20	(2.0)	19	(2.3)	18	(2.1)	20	(2.0)	19	(1.8)
2 and over...	19	(1.4)	19	(2.4)	19	(1.7)	16	(1.7)	20	(1.3)	20	(1.9)	19	(1.4)	20	(1.3)	19	(1.3)
<b>131-350% poverty:</b>																		
2 - 19.....	28	(2.8)	29	(3.5)	32	(4.4)	25	(2.6)	30	(2.2)	29	(3.0)	28	(2.6)	29	(2.4)	29	(1.9)
20 and over.....	25	(1.1)	27	(2.3)	22	(0.7)	19	(1.8)	28	(1.5)	27	(1.5)	24	(1.4)	26	(1.1)	26	(1.1)
2 and over...	25	(1.0)	27	(1.7)	24	(1.4)	21	(1.6)	28	(1.3)	27	(1.3)	25	(1.4)	26	(1.1)	26	(1.0)
<b>Over 350% poverty:</b>																		
2 - 19.....	28	(2.3)	31	(3.1)	33	(2.0)	24	(2.4)	31	(1.5)	27	(2.0)	30	(1.8)	30	(1.6)	30	(1.2)
20 and over.....	27	(1.3)	30	(2.1)	24	(1.4)	23	(1.9)	28	(1.7)	25	(2.5)	26	(1.2)	27	(1.0)	26	(1.4)
2 and over...	27	(1.2)	30	(2.1)	26	(1.4)	23	(1.9)	29	(1.6)	25	(2.3)	26	(1.1)	28	(1.0)	26	(1.2)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	25	(1.5)	27	(1.7)	28	(1.8)	22	(1.6)	28	(1.3)	26	(1.6)	26	(1.4)	27	(1.3)	26	(1.0)
20 and over.....	25	(0.7)	28	(1.4)	23	(0.9)	21	(1.1)	27	(1.1)	25	(1.2)	24	(0.9)	26	(0.7)	25	(0.9)
2 and over...	25	(0.7)	28	(1.3)	24	(1.0)	22	(1.0)	27	(1.0)	25	(1.0)	24	(0.9)	26	(0.7)	25	(0.8)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	19	(2.4)	20	(1.8)	18	(2.0)	20	(3.0)	21	(2.3)	22	(3.2)	23	(5.8)	--	--
20 and over.....	17	(2.0)	19	(2.0)	18	(2.9)	20	(2.0)	19	(1.9)	20	(2.0)	20	(1.9)	19	(4.9)
2 and over...	18	(1.5)	19	(1.4)	18	(1.9)	20	(1.4)	20	(1.4)	20	(1.4)	20	(1.8)	--	--
<b>131-350% poverty:</b>																
2 - 19.....	26	(2.0)	28	(2.3)	29	(2.0)	28	(2.2)	30	(2.5)	30	(2.1)	41	(5.5)	--	--
20 and over.....	23	(1.4)	26	(1.5)	26	(1.3)	26	(1.3)	25	(1.0)	28	(1.2)	30	(1.8)	29	(4.6)
2 and over...	24	(1.1)	26	(1.3)	27	(1.0)	26	(0.9)	26	(1.0)	29	(1.0)	31	(1.7)	--	--
<b>Over 350% poverty:</b>																
2 - 19.....	29	(1.9)	30	(1.5)	31	(1.5)	29	(2.6)	30	(1.3)	32	(1.7)	29	(3.5)	--	--
20 and over.....	25	(1.3)	28	(1.3)	27	(1.3)	28	(1.5)	27	(1.3)	30	(1.3)	29	(2.5)	36	(3.2)
2 and over...	26	(1.3)	28	(1.3)	27	(1.2)	28	(1.5)	27	(1.2)	30	(1.1)	29	(2.4)	--	--
<b>All Individuals<sup>5</sup>:</b>																
2 - 19.....	25	(1.3)	26	(1.3)	26	(1.1)	26	(1.5)	27	(1.4)	28	(1.5)	33	(2.9)	--	--
20 and over.....	24	(0.9)	26	(0.9)	25	(1.0)	26	(0.9)	25	(0.8)	28	(0.9)	28	(1.4)	32	(2.4)
2 and over...	24	(0.9)	26	(0.9)	26	(0.8)	26	(0.9)	25	(0.8)	28	(0.9)	28	(1.4)	--	--

### Footnotes

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, August 2021-August 2023.
- <sup>3</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) August 2021-August 2023. The 24-hour dietary recalls were conducted via telephone by trained interviewers using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2021-2023 [www.ars.usda.gov/nea/bhnrc/fsrg](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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**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Percent reporting <sup>3</sup>		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																				
2 - 5.....	98*	(1.0)	21	(1.0)	22	(1.1)	21	(1.0)	23	(1.3)	19	(1.3)	19	(1.4)	22	(1.6)	19	(1.5)	16	(1.6)
6 - 11.....	92	(1.5)	21	(1.0)	19	(1.2)	22	(1.0)	26	(1.5)	19	(1.1)	20	(1.4)	21	(1.6)	20	(1.3)	17	(1.4)
12 - 19.....	71	(3.7)	16	(1.0)	15	(1.2)	17	(1.1)	19	(1.4)	15	(1.0)	15	(1.2)	16	(1.3)	15	(1.3)	12	(1.1)
20 - 29.....	64	(3.5)	15	(1.4)	15	(1.5)	16	(1.3)	19	(1.8)	17	(2.0)	16	(2.1)	17	(2.7)	17	(1.9)	15	(1.7)
30 - 39.....	81	(2.1)	19	(1.1)	20	(1.6)	20	(1.0)	22	(1.6)	20	(1.4)	19	(1.5)	18	(1.8)	19	(1.5)	18	(1.8)
40 - 49.....	79	(3.0)	17	(0.9)	17	(1.2)	18	(1.2)	21	(1.7)	18	(1.4)	17	(1.1)	18	(1.2)	17	(1.1)	16	(1.6)
50 - 59.....	81	(1.5)	18	(0.8)	17	(1.3)	19	(0.8)	19	(1.4)	18	(1.0)	19	(1.1)	20	(1.5)	18	(0.8)	17	(1.1)
60 - 69.....	87	(2.2)	19	(0.8)	18	(1.1)	20	(0.7)	23	(0.9)	21	(1.1)	18	(1.3)	20	(1.5)	18	(1.3)	16	(1.2)
70 and over....	91	(1.1)	23	(0.8)	22	(0.7)	26	(0.9)	27	(1.1)	26	(1.2)	22	(1.0)	22	(1.0)	21	(1.2)	21	(1.2)
2 - 19.....	84	(2.0)	18	(0.7)	18	(1.0)	19	(0.8)	22	(0.8)	17	(0.7)	17	(0.8)	19	(0.8)	17	(0.9)	14	(0.8)
20 and over...	80	(1.4)	18	(0.5)	18	(0.7)	20	(0.5)	21	(0.6)	20	(0.5)	18	(0.7)	19	(0.9)	18	(0.6)	17	(0.7)
2 and over...	81	(1.3)	18	(0.5)	18	(0.6)	20	(0.4)	22	(0.4)	19	(0.4)	18	(0.6)	19	(0.8)	18	(0.6)	16	(0.6)
<b>Females:</b>																				
2 - 5.....	95*	(1.6)	19	(1.0)	20	(1.0)	20	(1.1)	23	(1.4)	18	(1.1)	18	(1.3)	20	(1.5)	17	(1.6)	14	(1.2)
6 - 11.....	85	(2.0)	19	(1.1)	19	(1.4)	20	(1.2)	20	(1.2)	19	(1.4)	18	(1.4)	19	(1.5)	18	(1.3)	15	(1.5)
12 - 19.....	74	(2.5)	18	(1.1)	17	(0.8)	19	(1.4)	22	(1.9)	19	(1.7)	16	(1.0)	16	(1.1)	17	(1.2)	15	(1.4)
20 - 29.....	82	(3.4)	17	(1.3)	17	(1.4)	18	(1.4)	24	(1.9)	14	(1.8)	16	(1.7)	18	(2.1)	17	(1.8)	14	(1.4)
30 - 39.....	80	(2.9)	19	(1.1)	20	(1.6)	19	(0.8)	21	(1.1)	19	(1.5)	19	(1.5)	19	(1.6)	19	(1.5)	17	(1.5)
40 - 49.....	85	(2.0)	18	(1.2)	19	(1.8)	19	(1.1)	20	(1.6)	16	(1.1)	16	(1.3)	18	(1.6)	15	(1.1)	14	(1.2)
50 - 59.....	88	(1.6)	19	(0.8)	20	(1.0)	20	(1.0)	20	(1.3)	19	(1.2)	19	(1.4)	20	(1.8)	19	(1.4)	17	(1.3)
60 - 69.....	90	(1.9)	19	(0.8)	20	(0.6)	21	(1.1)	23	(1.4)	20	(0.8)	18	(0.8)	20	(0.9)	19	(0.9)	16	(0.9)
70 and over....	93	(1.3)	21	(1.0)	20	(1.2)	23	(1.1)	23	(1.3)	23	(1.0)	19	(1.1)	19	(1.3)	18	(1.2)	18	(1.3)
2 - 19.....	82	(1.3)	18	(0.5)	18	(0.6)	19	(0.6)	21	(0.6)	19	(1.1)	17	(0.7)	18	(0.8)	17	(0.8)	15	(0.6)
20 and over...	86	(0.9)	19	(0.4)	19	(0.4)	20	(0.4)	22	(0.7)	18	(0.3)	18	(0.5)	19	(0.6)	18	(0.6)	16	(0.6)
2 and over...	85	(0.8)	19	(0.3)	19	(0.4)	20	(0.3)	22	(0.5)	19	(0.4)	18	(0.5)	19	(0.6)	18	(0.5)	16	(0.5)
<b>Males and females:</b>																				
2 - 19.....	83	(1.3)	18	(0.5)	18	(0.7)	19	(0.5)	22	(0.5)	18	(0.7)	17	(0.6)	18	(0.7)	17	(0.7)	15	(0.5)
20 and over...	83	(1.0)	18	(0.4)	19	(0.5)	20	(0.3)	22	(0.5)	19	(0.3)	18	(0.5)	19	(0.7)	18	(0.5)	17	(0.5)
2 and over...	83	(0.9)	18	(0.3)	19	(0.4)	20	(0.3)	22	(0.3)	19	(0.3)	18	(0.5)	19	(0.6)	18	(0.5)	16	(0.4)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	39 (3.7)	31 (2.3)	5* (1.4)	7* (2.9)	27 (1.3)	30 (1.4)	20 (1.4)	24 (1.2)	26 (2.3)
6 - 11.....	35 (3.1)	28 (2.3)	4* (1.0)	3* (1.2)	26 (1.6)	29 (1.6)	19 (1.0)	24 (1.3)	27 (1.9)
12 - 19.....	25 (4.0)	27 (2.9)	17* (8.4)	2* (0.9)	22 (1.5)	24 (1.1)	15 (1.3)	18 (1.5)	21 (1.7)
20 - 29.....	34 (5.3)	24 (3.7)	10 (2.9)	5* (1.8)	19 (1.9)	22 (2.3)	12 (1.1)	14 (1.1)	19 (2.0)
30 - 39.....	35 (5.5)	23 (3.0)	6 (1.0)	7* (2.2)	23 (1.4)	30 (1.4)	19 (2.0)	22 (4.3)	22 (1.9)
40 - 49.....	33 (2.4)	24 (1.5)	9 (2.1)	4* (1.1)	20 (0.9)	28 (2.1)	16 (2.5)	18 (3.2)	19 (1.2)
50 - 59.....	33 (2.9)	25 (3.0)	8 (2.1)	6* (1.9)	23 (1.4)	27 (1.7)	15 (1.0)	17 (1.4)	23 (1.4)
60 - 69.....	38 (2.8)	26 (2.0)	6 (1.2)	11* (3.7)	25 (1.3)	30 (1.4)	16 (1.1)	18 (1.3)	24 (1.4)
70 and over....	39 (1.7)	30 (1.9)	11 (2.5)	10 (2.7)	29 (1.1)	34 (1.1)	21 (0.9)	24 (1.6)	29 (1.1)
2 - 19.....	31 (2.7)	28 (1.7)	11* (4.4)	3 (0.9)	24 (1.1)	27 (0.8)	17 (1.0)	21 (1.2)	24 (1.4)
20 and over...	35 (2.2)	25 (1.3)	8 (1.0)	7 (0.8)	23 (0.7)	28 (0.8)	16 (0.8)	19 (1.4)	22 (0.9)
2 and over...	34 (2.1)	26 (1.2)	8 (1.0)	6 (0.6)	23 (0.6)	28 (0.7)	17 (0.6)	19 (1.1)	23 (0.8)
<b>Females:</b>									
2 - 5.....	41 (4.2)	32 (2.5)	11* (5.4)	1* (0.4)	25 (1.3)	29 (1.5)	18 (0.9)	25 (1.6)	25 (1.6)
6 - 11.....	34 (3.8)	26 (2.0)	7 (1.5)	8* (2.4)	24 (1.1)	26 (1.3)	18 (1.1)	23 (1.5)	23 (1.6)
12 - 19.....	32 (2.6)	25 (1.4)	9 (2.1)	4* (1.6)	23 (0.9)	25 (1.3)	16 (1.0)	19 (1.8)	24 (1.1)
20 - 29.....	32 (3.7)	21 (1.8)	5 (1.2)	4* (0.9)	19 (1.9)	25 (2.1)	17 (1.9)	21 (3.9)	18 (2.0)
30 - 39.....	39 (3.5)	23 (1.9)	6* (1.9)	4* (1.2)	23 (0.8)	29 (1.5)	19 (1.4)	23 (2.8)	23 (1.0)
40 - 49.....	31 (3.5)	24 (1.9)	9 (1.4)	5* (1.5)	24 (1.5)	31 (2.4)	18 (2.1)	17 (1.9)	21 (1.4)
50 - 59.....	36 (2.2)	25 (1.7)	8* (2.5)	6* (2.3)	24 (1.2)	31 (0.9)	19 (1.5)	20 (1.9)	25 (1.0)
60 - 69.....	35 (1.7)	23 (2.2)	9 (2.3)	6* (2.0)	25 (0.8)	30 (0.9)	17 (0.7)	18 (0.9)	23 (1.1)
70 and over....	33 (3.0)	23 (1.5)	8 (1.7)	6* (2.3)	27 (1.3)	29 (1.4)	20 (1.0)	21 (1.2)	25 (1.4)
2 - 19.....	34 (2.0)	27 (1.1)	9 (1.1)	5 (1.0)	24 (0.7)	26 (0.8)	17 (0.7)	21 (1.2)	24 (1.0)
20 and over...	35 (1.0)	23 (0.7)	7 (0.7)	5 (0.6)	23 (0.5)	29 (0.5)	18 (0.5)	20 (0.9)	22 (0.7)
2 and over...	35 (0.9)	24 (0.7)	8 (0.6)	5 (0.6)	23 (0.5)	28 (0.5)	18 (0.4)	20 (0.7)	23 (0.6)
<b>Males and females:</b>									
2 - 19.....	32 (2.2)	28 (1.2)	10 (2.4)	4 (0.6)	24 (0.8)	27 (0.6)	17 (0.6)	21 (0.8)	24 (1.0)
20 and over...	35 (1.5)	24 (0.8)	8 (0.6)	6 (0.5)	23 (0.5)	29 (0.6)	17 (0.6)	19 (0.9)	22 (0.6)
2 and over...	34 (1.4)	25 (0.8)	8 (0.6)	5 (0.3)	23 (0.5)	28 (0.5)	17 (0.5)	20 (0.8)	23 (0.6)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	33	(2.4)	33	(1.9)	17	(1.7)	46	(3.2)	20	(2.2)	11	(1.4)	31	(1.8)	26	(1.2)	22	(0.9)
6 - 11.....	31	(2.3)	29	(1.4)	20	(2.3)	45	(2.7)	18	(1.1)	12	(1.5)	28	(1.6)	24	(1.5)	21	(1.0)
12 - 19.....	23	(2.6)	23	(1.4)	18	(3.4)	39	(2.0)	14	(1.4)	9	(1.4)	23	(1.3)	19	(1.2)	17	(1.3)
20 - 29.....	28	(3.8)	24	(4.3)	21	(4.4)	39	(4.7)	17	(1.7)	15*	(4.7)	20	(2.1)	18	(1.5)	17	(1.4)
30 - 39.....	30	(3.5)	24	(2.2)	20	(2.5)	40	(4.7)	21	(1.6)	12	(2.2)	23	(1.6)	23	(1.8)	22	(1.1)
40 - 49.....	28	(1.5)	20	(2.9)	16	(2.1)	34	(4.2)	17	(1.7)	14	(2.0)	23	(1.2)	20	(1.1)	18	(1.0)
50 - 59.....	27	(2.1)	20	(2.0)	21	(2.4)	35	(3.3)	19	(1.1)	17	(5.2)	22	(1.9)	20	(1.6)	19	(1.2)
60 - 69.....	30	(1.8)	22	(1.4)	20	(2.1)	39	(3.1)	18	(1.4)	8	(0.9)	25	(1.1)	22	(1.1)	20	(1.1)
70 and over....	34	(1.4)	25	(1.4)	28	(1.4)	46	(2.5)	25	(2.1)	16	(3.8)	31	(1.5)	27	(1.1)	27	(1.1)
2 - 19.....	27	(1.9)	26	(1.1)	18	(1.8)	42	(1.5)	16	(1.0)	10	(1.0)	26	(0.9)	22	(0.9)	19	(0.9)
20 and over...	29	(1.6)	22	(1.5)	21	(1.2)	39	(2.2)	19	(0.8)	14	(1.3)	24	(0.9)	21	(0.7)	20	(0.5)
2 and over...	29	(1.4)	23	(1.2)	20	(0.7)	39	(1.7)	19	(0.7)	13	(1.1)	24	(0.6)	21	(0.6)	20	(0.4)
<b>Females:</b>																		
2 - 5.....	35	(2.4)	32	(2.0)	17	(3.2)	41	(3.1)	15	(1.6)	12	(2.3)	26	(1.9)	25	(1.4)	20	(1.3)
6 - 11.....	30	(2.5)	27	(2.9)	19	(1.5)	43	(3.9)	17	(1.6)	15	(2.6)	26	(2.2)	23	(1.7)	20	(1.0)
12 - 19.....	29	(1.7)	24	(2.8)	21	(1.6)	46	(3.0)	20	(1.3)	18	(4.0)	25	(1.4)	21	(1.0)	19	(1.0)
20 - 29.....	27	(2.6)	21	(2.2)	19	(2.7)	35	(3.6)	17	(1.7)	8	(2.2)	22	(1.9)	19	(1.3)	19	(1.6)
30 - 39.....	33	(2.4)	25	(2.3)	20	(2.2)	40	(2.4)	20	(1.4)	14	(2.6)	24	(1.3)	23	(1.6)	21	(1.0)
40 - 49.....	28	(2.7)	28	(5.4)	21	(1.7)	42	(3.6)	19	(1.6)	16	(2.2)	26	(1.9)	22	(1.6)	21	(1.2)
50 - 59.....	31	(1.5)	24	(1.6)	22	(2.4)	38	(3.2)	24	(2.0)	14	(2.9)	25	(1.7)	23	(1.0)	21	(1.0)
60 - 69.....	30	(1.1)	19	(2.9)	19	(1.4)	38	(1.8)	19	(0.9)	11	(1.9)	24	(0.7)	22	(0.7)	22	(0.8)
70 and over....	30	(2.0)	23	(1.7)	25	(1.5)	38	(2.3)	21	(1.9)	10	(1.5)	26	(1.7)	23	(1.4)	24	(1.1)
2 - 19.....	30	(1.3)	27	(1.8)	19	(1.3)	43	(1.8)	18	(0.6)	16	(2.3)	26	(1.0)	23	(0.8)	20	(0.6)
20 and over...	30	(0.8)	23	(1.3)	21	(1.0)	38	(1.2)	20	(0.8)	12	(1.1)	25	(0.4)	22	(0.4)	21	(0.4)
2 and over...	30	(0.7)	24	(1.1)	20	(0.7)	40	(1.1)	20	(0.7)	13	(1.0)	25	(0.5)	22	(0.3)	21	(0.3)
<b>Males and females:</b>																		
2 - 19.....	28	(1.5)	26	(1.1)	19	(1.1)	43	(1.2)	17	(0.6)	13	(0.9)	26	(0.6)	22	(0.7)	19	(0.5)
20 and over...	30	(1.0)	23	(1.2)	21	(0.7)	38	(1.4)	20	(0.7)	13	(1.0)	24	(0.5)	22	(0.5)	21	(0.4)
2 and over...	29	(1.0)	23	(1.0)	20	(0.4)	39	(1.1)	19	(0.6)	13	(0.8)	24	(0.5)	22	(0.4)	20	(0.4)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																
2 - 5.....	32	(3.4)	23	(1.5)	19	(1.0)	22	(1.2)	22	(0.9)	18	(1.4)	9*	(3.5)	--	--
6 - 11.....	31	(1.4)	19	(1.0)	17	(0.7)	19	(1.4)	21	(1.0)	17	(1.2)	18	(3.9)	--	--
12 - 19.....	23	(1.5)	15	(1.1)	13	(1.2)	16	(1.5)	17	(1.3)	14	(0.9)	24	(4.2)	--	--
20 - 29.....	21	(2.3)	15	(1.6)	14	(1.5)	18	(2.2)	17	(1.7)	12	(1.4)	29	(6.2)	--	--
30 - 39.....	25	(1.9)	19	(1.4)	16	(1.0)	20	(2.0)	20	(1.4)	16	(1.4)	47	(4.8)	--	--
40 - 49.....	21	(1.4)	15	(1.0)	13	(0.9)	18	(1.1)	19	(1.1)	14	(1.1)	44	(4.0)	--	--
50 - 59.....	22	(1.1)	17	(1.3)	15	(0.7)	19	(1.7)	20	(1.2)	15	(1.2)	42	(2.8)	--	--
60 - 69.....	29	(1.2)	18	(1.1)	15	(1.1)	22	(1.4)	20	(1.2)	16	(1.2)	43	(3.0)	--	--
70 and over....	33	(1.5)	22	(0.9)	21	(1.1)	24	(0.9)	25	(1.2)	19	(0.6)	54	(2.2)	--	--
2 - 19.....	27	(1.3)	18	(1.0)	15	(0.7)	18	(1.2)	19	(0.9)	16	(0.8)	22	(2.9)	--	--
20 and over...	25	(0.7)	18	(0.6)	15	(0.4)	20	(0.9)	20	(0.6)	15	(0.7)	44	(2.1)	#	
2 and over...	25	(0.5)	18	(0.5)	15	(0.4)	19	(0.8)	20	(0.5)	15	(0.6)	43	(2.1)	--	--
<b>Females:</b>																
2 - 5.....	31	(1.6)	21	(1.3)	16	(1.2)	20	(1.2)	20	(1.2)	16	(0.8)	18	(4.5)	--	--
6 - 11.....	28	(1.6)	19	(1.6)	16	(1.3)	20	(1.6)	20	(1.1)	17	(1.6)	22*	(8.6)	--	--
12 - 19.....	27	(1.7)	18	(1.1)	16	(1.4)	18	(1.0)	18	(0.9)	15	(1.0)	32	(3.3)	--	--
20 - 29.....	19	(1.3)	16	(1.4)	14	(1.2)	17	(1.8)	18	(1.5)	13	(1.3)	51	(6.1)	--	--
30 - 39.....	26	(1.1)	19	(1.6)	16	(1.2)	22	(1.5)	21	(1.2)	16	(1.1)	48	(4.0)	--	--
40 - 49.....	26	(2.9)	19	(1.5)	15	(1.4)	21	(2.3)	20	(1.3)	15	(1.5)	47	(3.0)	--	--
50 - 59.....	27	(1.7)	20	(0.9)	16	(1.1)	21	(1.0)	22	(1.1)	17	(1.1)	48	(3.1)	--	--
60 - 69.....	26	(1.0)	19	(0.6)	16	(1.4)	22	(0.9)	21	(0.7)	16	(0.8)	48	(2.7)	--	--
70 and over....	30	(1.4)	21	(1.2)	19	(0.9)	21	(1.4)	23	(1.0)	17	(1.0)	46	(2.4)	--	--
2 - 19.....	28	(1.0)	19	(0.8)	16	(0.8)	19	(0.7)	19	(0.6)	15	(0.6)	29	(3.5)	--	--
20 and over...	25	(0.6)	19	(0.3)	16	(0.5)	20	(0.7)	21	(0.4)	15	(0.5)	48	(1.2)	#	
2 and over...	26	(0.5)	19	(0.3)	16	(0.4)	20	(0.6)	20	(0.3)	15	(0.4)	47	(1.2)	--	--
<b>Males and females:</b>																
2 - 19.....	27	(0.8)	18	(0.7)	15	(0.5)	18	(0.8)	19	(0.5)	16	(0.6)	26	(2.3)	--	--
20 and over...	25	(0.5)	18	(0.4)	16	(0.3)	20	(0.6)	20	(0.4)	15	(0.5)	46	(1.1)	#	
2 and over...	26	(0.4)	18	(0.4)	16	(0.3)	20	(0.5)	20	(0.3)	15	(0.4)	45	(1.1)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Percent reporting <sup>3</sup>		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																				
2 - 19.....	85	(1.3)	17	(0.7)	17	(1.0)	19	(0.6)	21	(0.6)	18	(1.0)	16	(1.0)	17	(1.0)	16	(1.2)	13	(0.9)
20 and over.....	85	(1.0)	17	(0.5)	17	(0.6)	19	(0.5)	21	(0.6)	19	(0.6)	17	(0.7)	17	(0.9)	16	(0.6)	15	(0.6)
2 and over...	85	(0.9)	17	(0.4)	17	(0.6)	19	(0.3)	21	(0.4)	19	(0.4)	16	(0.6)	17	(0.8)	16	(0.6)	15	(0.5)
<b>Non-Hispanic Black:</b>																				
2 - 19.....	77	(3.6)	18	(1.2)	17	(1.2)	19	(1.0)	22	(1.4)	16	(1.0)	17	(1.5)	18	(1.5)	17	(1.7)	15	(1.8)
20 and over.....	78	(2.2)	19	(1.0)	18	(1.2)	19	(1.2)	21	(1.2)	18	(1.5)	19	(1.1)	21	(1.2)	18	(1.0)	17	(1.5)
2 and over...	78	(2.1)	18	(1.0)	18	(1.1)	19	(1.1)	21	(1.0)	17	(1.2)	18	(1.1)	20	(1.1)	18	(1.1)	17	(1.4)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																				
2 - 19.....	84	(4.2)	18	(1.0)	16	(1.0)	18	(0.9)	24	(1.6)	13	(1.2)	18	(1.4)	20	(1.8)	17	(1.5)	13	(1.2)
20 and over.....	82	(4.6)	16	(1.2)	15	(1.2)	16	(1.2)	21	(1.8)	14	(2.0)	17	(1.8)	18	(2.0)	18	(2.0)	16	(2.0)
2 and over...	83	(3.5)	17	(0.9)	15	(0.8)	17	(1.0)	22	(1.3)	13	(1.6)	17	(1.4)	19	(1.5)	18	(1.6)	15	(1.6)
<b>Hispanic:</b>																				
2 - 19.....	82	(2.3)	21	(1.0)	21	(1.6)	22	(0.8)	24	(0.8)	22	(1.6)	20	(1.2)	21	(1.2)	20	(1.4)	18	(1.2)
20 and over.....	84	(2.2)	25	(1.7)	26	(2.1)	25	(1.7)	25	(1.8)	24	(2.0)	25	(1.7)	26	(1.7)	25	(1.6)	24	(2.1)
2 and over...	84	(1.5)	24	(1.3)	25	(1.7)	24	(1.2)	25	(1.2)	24	(1.6)	24	(1.3)	25	(1.2)	23	(1.3)	22	(1.6)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Cholesterol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Riboflavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	32	(4.2)	27	(1.4)	7*	(2.0)	2*	(1.1)	24	(0.9)	26	(0.9)	16	(0.7)	20	(1.0)	23	(1.3)
20 and over.....	33	(1.9)	23	(0.9)	5	(0.7)	5	(0.7)	22	(0.6)	28	(0.7)	16	(0.7)	19	(1.3)	22	(0.7)
2 and over...	33	(2.0)	24	(0.9)	6	(0.7)	4	(0.5)	23	(0.5)	28	(0.6)	16	(0.6)	19	(1.1)	22	(0.6)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	34	(3.7)	30	(1.7)	6*	(2.4)	5*	(4.1)	23	(1.6)	25	(1.2)	17	(1.1)	21	(1.6)	23	(1.2)
20 and over.....	34	(1.7)	23	(2.3)	6	(0.9)	4*	(1.4)	23	(1.3)	28	(1.2)	18	(1.2)	21	(2.6)	22	(1.4)
2 and over...	34	(1.7)	24	(2.1)	6	(1.1)	5*	(1.5)	23	(1.2)	27	(1.0)	17	(1.1)	21	(2.0)	22	(1.2)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	29	(3.8)	27	(5.8)	23*	(13.5)	5*	(1.2)	20	(1.8)	24	(0.9)	17	(1.4)	18	(1.1)	19	(2.1)
20 and over.....	27	(3.3)	19	(2.5)	9*	(3.5)	3*	(1.7)	17	(1.6)	22	(1.8)	13	(0.8)	14	(1.0)	16	(1.6)
2 and over...	27	(2.1)	21	(3.2)	12*	(5.3)	4*	(1.3)	18	(1.2)	23	(1.3)	14	(0.7)	15	(0.8)	17	(1.4)
<b>Hispanic:</b>																		
2 - 19.....	34	(1.9)	29	(1.5)	12	(2.6)	7*	(2.7)	26	(1.2)	29	(1.2)	19	(1.8)	24	(1.8)	27	(1.4)
20 and over.....	45	(1.8)	32	(2.1)	18	(3.6)	13	(2.8)	29	(1.9)	34	(1.9)	24	(2.4)	23	(2.4)	29	(1.8)
2 and over...	42	(1.6)	32	(1.7)	16	(3.0)	12	(2.4)	28	(1.5)	32	(1.5)	23	(2.1)	23	(2.1)	28	(1.6)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	28	(2.8)	25	(1.3)	17	(1.4)	42	(2.2)	16	(1.0)	11	(1.1)	25	(0.7)	22	(0.9)	19	(0.6)
20 and over.....	28	(1.3)	22	(1.3)	21	(0.8)	37	(1.6)	19	(0.8)	11	(1.1)	23	(0.7)	21	(0.6)	20	(0.5)
2 and over...	28	(1.4)	22	(1.2)	20	(0.5)	38	(1.5)	18	(0.7)	11	(1.0)	23	(0.6)	21	(0.5)	20	(0.4)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	29	(2.8)	26	(1.7)	23	(2.9)	46	(3.0)	18	(1.2)	10	(1.0)	24	(1.3)	21	(1.2)	17	(0.7)
20 and over.....	28	(1.3)	19	(2.8)	21	(1.5)	38	(3.5)	18	(2.0)	11	(1.8)	25	(1.3)	22	(1.2)	19	(1.1)
2 and over...	29	(1.4)	21	(2.4)	21	(1.0)	40	(3.0)	18	(1.6)	11	(1.5)	25	(1.1)	22	(1.1)	18	(0.9)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	23	(2.9)	27	(1.6)	17	(3.0)	38	(3.3)	14	(1.5)	17*	(5.4)	24	(1.4)	19	(0.7)	16	(1.1)
20 and over.....	24	(2.1)	25*	(8.0)	11	(1.5)	36	(4.6)	17	(1.9)	11*	(4.9)	22	(1.9)	18	(1.3)	16	(1.7)
2 and over...	24	(1.5)	25	(5.9)	13	(1.1)	36	(2.9)	16	(1.5)	12*	(4.5)	23	(1.2)	18	(0.9)	16	(1.4)
<b>Hispanic:</b>																		
2 - 19.....	31	(1.5)	29	(2.3)	23	(2.7)	43	(1.8)	20	(1.5)	18	(3.3)	29	(1.1)	25	(1.2)	22	(1.2)
20 and over.....	37	(1.5)	29	(3.3)	25	(2.1)	45	(2.0)	24	(1.8)	24	(3.3)	29	(1.4)	28	(1.7)	25	(1.8)
2 and over...	36	(1.2)	29	(2.7)	24	(1.9)	44	(1.4)	23	(1.6)	22	(2.9)	29	(1.1)	27	(1.3)	24	(1.5)



**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	28	(1.0)	17	(0.9)	15	(0.6)	17	(1.2)	18	(0.7)	14	(0.9)	28	(3.4)	--	--
20 and over.....	25	(0.7)	17	(0.5)	15	(0.4)	18	(0.8)	20	(0.5)	14	(0.6)	45	(1.7)	#	
2 and over...	26	(0.5)	17	(0.5)	15	(0.3)	18	(0.7)	19	(0.4)	14	(0.6)	44	(1.6)	--	--
<b>Non-Hispanic Black:</b>																
2 - 19.....	27	(1.9)	17	(1.0)	14	(0.8)	18	(1.5)	17	(0.8)	16	(1.6)	22	(4.2)	--	--
20 and over.....	24	(1.5)	17	(1.0)	13	(1.4)	21	(1.4)	19	(0.9)	17	(1.0)	49	(3.8)	#	
2 and over...	25	(1.3)	17	(0.9)	14	(1.1)	20	(1.3)	19	(0.8)	17	(1.1)	48	(3.6)	--	--
<b>Non-Hispanic Asian<sup>3</sup>:</b>																
2 - 19.....	21	(1.9)	17	(1.2)	14	(1.0)	18	(1.0)	17	(1.3)	16	(1.2)	24	(6.2)	--	--
20 and over.....	18	(1.4)	15	(1.3)	13	(1.3)	15	(1.5)	16	(1.4)	12	(1.0)	44	(4.0)	0*	(0.0)
2 and over...	19	(1.1)	16	(0.9)	13	(1.0)	16	(1.1)	17	(1.2)	13	(0.8)	42	(3.7)	--	--
<b>Hispanic:</b>																
2 - 19.....	29	(1.4)	20	(1.6)	18	(1.4)	22	(1.9)	23	(1.2)	18	(1.4)	26	(5.6)	--	--
20 and over.....	29	(1.7)	24	(2.0)	21	(2.0)	29	(2.0)	26	(1.9)	23	(1.9)	52	(2.7)	1*	(0.6)
2 and over...	29	(1.5)	23	(1.6)	20	(1.6)	27	(1.7)	25	(1.5)	22	(1.5)	50	(2.4)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

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

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as breakfast.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup>		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																				
2 - 19.....	82	(2.1)	20	(1.2)	20	(1.1)	22	(1.3)	24	(1.6)	20	(1.4)	18	(1.1)	19	(1.1)	18	(1.2)	16	(1.2)
20 and over.....	77	(2.0)	20	(1.1)	20	(1.0)	20	(1.0)	21	(1.2)	19	(1.3)	21	(1.4)	21	(1.6)	20	(1.3)	20	(1.6)
2 and over...	78	(1.2)	20	(0.7)	20	(0.7)	21	(0.6)	22	(0.8)	19	(1.0)	20	(0.9)	21	(1.0)	19	(0.9)	19	(1.1)
<b>131-350% poverty:</b>																				
2 - 19.....	81	(2.9)	18	(0.8)	17	(0.9)	19	(0.8)	21	(1.1)	17	(0.7)	16	(0.9)	17	(1.1)	16	(1.1)	13	(0.8)
20 and over.....	84	(1.2)	18	(0.6)	18	(0.6)	19	(0.8)	21	(0.8)	19	(0.8)	18	(0.7)	19	(0.7)	18	(0.6)	17	(0.8)
2 and over...	83	(1.4)	18	(0.6)	18	(0.6)	19	(0.7)	21	(0.6)	19	(0.6)	18	(0.6)	18	(0.7)	18	(0.6)	16	(0.6)
<b>Over 350% poverty:</b>																				
2 - 19.....	87	(1.9)	18	(0.8)	17	(1.0)	18	(0.8)	20	(1.0)	17	(1.3)	17	(1.1)	18	(1.1)	18	(1.2)	15	(1.0)
20 and over.....	87	(1.0)	18	(0.5)	18	(0.5)	20	(0.4)	23	(0.9)	19	(0.6)	17	(0.7)	18	(0.8)	17	(0.7)	15	(0.8)
2 and over...	87	(1.0)	18	(0.4)	18	(0.5)	19	(0.4)	22	(0.8)	19	(0.6)	17	(0.7)	18	(0.7)	17	(0.7)	15	(0.7)
<b>All Individuals<sup>5</sup>:</b>																				
2 - 19.....	83	(1.3)	18	(0.5)	18	(0.7)	19	(0.5)	22	(0.5)	18	(0.7)	17	(0.6)	18	(0.7)	17	(0.7)	15	(0.5)
20 and over.....	83	(1.0)	18	(0.4)	19	(0.5)	20	(0.3)	22	(0.5)	19	(0.3)	18	(0.5)	19	(0.7)	18	(0.5)	17	(0.5)
2 and over...	83	(0.9)	18	(0.3)	19	(0.4)	20	(0.3)	22	(0.3)	19	(0.3)	18	(0.5)	19	(0.6)	18	(0.5)	16	(0.4)

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	32	(2.5)	30	(0.9)	13*	(5.1)	4*	(1.8)	27	(1.7)	30	(1.3)	20	(1.3)	26	(1.6)	27	(1.5)
20 and over.....	39	(2.4)	25	(2.6)	9	(0.9)	9	(2.1)	24	(0.9)	28	(1.5)	17	(1.0)	18	(1.3)	23	(0.9)
2 and over...	37	(1.9)	26	(2.0)	10	(1.6)	7	(1.5)	25	(0.5)	28	(1.1)	18	(0.7)	20	(1.0)	24	(0.6)
<b>131-350% poverty:</b>																		
2 - 19.....	31	(2.5)	29	(2.2)	6	(1.5)	3*	(1.1)	24	(1.0)	27	(1.0)	17	(0.8)	21	(1.5)	24	(1.5)
20 and over.....	34	(1.5)	25	(0.9)	8	(0.8)	6	(1.2)	23	(0.7)	29	(0.7)	18	(0.8)	20	(1.7)	23	(0.7)
2 and over...	33	(1.5)	26	(1.1)	8	(0.8)	5	(0.9)	23	(0.7)	28	(0.7)	17	(0.7)	20	(1.4)	23	(0.8)
<b>Over 350% poverty:</b>																		
2 - 19.....	36	(4.2)	27	(2.1)	13*	(6.9)	4*	(1.4)	22	(0.9)	24	(1.0)	15	(0.6)	18	(0.9)	21	(1.0)
20 and over.....	32	(1.9)	23	(1.2)	6	(1.0)	4	(0.8)	22	(0.8)	28	(0.8)	16	(0.5)	18	(0.7)	22	(1.2)
2 and over...	33	(1.9)	23	(1.1)	7	(1.1)	4	(0.7)	22	(0.7)	27	(0.7)	16	(0.4)	18	(0.6)	22	(1.0)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	32	(2.2)	28	(1.2)	10	(2.4)	4	(0.6)	24	(0.8)	27	(0.6)	17	(0.6)	21	(0.8)	24	(1.0)
20 and over.....	35	(1.5)	24	(0.8)	8	(0.6)	6	(0.5)	23	(0.5)	29	(0.6)	17	(0.6)	19	(0.9)	22	(0.6)
2 and over...	34	(1.4)	25	(0.8)	8	(0.6)	5	(0.3)	23	(0.5)	28	(0.5)	17	(0.5)	20	(0.8)	23	(0.6)

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	30	(1.7)	31	(1.8)	24	(2.2)	45	(1.9)	17	(0.9)	13	(1.4)	28	(1.5)	25	(1.2)	21	(1.4)
20 and over.....	32	(2.1)	19	(2.0)	23	(2.7)	39	(1.9)	20	(1.8)	14	(1.9)	24	(1.2)	23	(1.3)	20	(0.9)
2 and over...	32	(1.5)	22	(1.6)	23	(1.9)	41	(1.6)	20	(1.4)	14	(1.5)	26	(0.8)	23	(0.8)	20	(0.7)
<b>131-350% poverty:</b>																		
2 - 19.....	28	(1.8)	27	(1.6)	17	(1.4)	44	(2.0)	15	(1.1)	12	(1.9)	26	(1.1)	22	(1.0)	19	(0.7)
20 and over.....	29	(1.1)	23	(1.7)	19	(0.9)	39	(1.9)	20	(1.0)	13	(1.1)	23	(0.7)	21	(0.6)	20	(0.8)
2 and over...	29	(1.1)	24	(1.3)	18	(0.7)	41	(1.6)	19	(0.8)	13	(0.9)	24	(0.6)	21	(0.6)	20	(0.6)
<b>Over 350% poverty:</b>																		
2 - 19.....	30	(2.8)	24	(1.7)	19	(1.1)	41	(2.0)	19	(0.9)	14	(1.1)	25	(1.0)	21	(1.1)	18	(0.9)
20 and over.....	28	(1.2)	22	(1.2)	21	(1.0)	38	(1.7)	19	(1.0)	12	(1.6)	24	(0.7)	21	(0.5)	21	(0.5)
2 and over...	28	(1.2)	22	(1.1)	21	(0.7)	38	(1.4)	19	(0.9)	13	(1.5)	24	(0.5)	21	(0.5)	20	(0.5)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	28	(1.5)	26	(1.1)	19	(1.1)	43	(1.2)	17	(0.6)	13	(0.9)	26	(0.6)	22	(0.7)	19	(0.5)
20 and over.....	30	(1.0)	23	(1.2)	21	(0.7)	38	(1.4)	20	(0.7)	13	(1.0)	24	(0.5)	22	(0.5)	21	(0.4)
2 and over...	29	(1.0)	23	(1.0)	20	(0.4)	39	(1.1)	19	(0.6)	13	(0.8)	24	(0.5)	22	(0.4)	20	(0.4)

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	31	(1.6)	20	(1.2)	17	(1.7)	20	(1.3)	22	(1.3)	18	(1.1)	29	(5.6)	--	--
20 and over.....	25	(1.3)	19	(0.9)	15	(1.1)	21	(1.0)	21	(1.2)	18	(1.3)	43	(3.2)	0*	(0.0)
2 and over...	27	(0.9)	19	(0.7)	16	(0.9)	21	(0.7)	21	(0.9)	18	(0.9)	42	(2.9)	--	--
<b>131-350% poverty:</b>																
2 - 19.....	28	(1.0)	18	(0.9)	15	(0.7)	17	(1.0)	19	(0.8)	15	(0.7)	19	(2.7)	--	--
20 and over.....	26	(0.8)	18	(0.6)	16	(0.7)	20	(0.8)	20	(0.7)	15	(0.6)	44	(2.4)	#	
2 and over...	26	(0.6)	18	(0.6)	16	(0.6)	19	(0.8)	20	(0.7)	15	(0.6)	43	(2.3)	--	--
<b>Over 350% poverty:</b>																
2 - 19.....	25	(1.3)	17	(1.0)	14	(0.6)	18	(1.3)	18	(0.8)	14	(0.9)	35	(5.0)	--	--
20 and over.....	25	(0.7)	17	(0.4)	15	(0.4)	19	(0.8)	20	(0.5)	14	(0.7)	47	(1.5)	#	
2 and over...	25	(0.5)	17	(0.4)	15	(0.4)	18	(0.8)	20	(0.5)	14	(0.6)	47	(1.4)	--	--
<b>All Individuals<sup>5</sup>:</b>																
2 - 19.....	27	(0.8)	18	(0.7)	15	(0.5)	18	(0.8)	19	(0.5)	16	(0.6)	26	(2.3)	--	--
20 and over.....	25	(0.5)	18	(0.4)	16	(0.3)	20	(0.6)	20	(0.4)	15	(0.5)	46	(1.1)	#	
2 and over...	26	(0.4)	18	(0.4)	16	(0.3)	20	(0.5)	20	(0.3)	15	(0.4)	45	(1.1)	--	--

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

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

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

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	88 (2.6)	23 (0.9)	26 (1.5)	20 (0.8)	17 (0.9)	25 (3.9)	26 (1.2)	24 (1.1)	27 (1.5)	28 (1.9)
6 - 11.....	85 (3.5)	25 (1.3)	29 (1.6)	24 (1.2)	21 (1.5)	27 (1.9)	25 (1.5)	23 (1.6)	25 (1.6)	27 (1.6)
12 - 19.....	79 (2.0)	25 (0.9)	29 (0.9)	23 (1.0)	18 (1.0)	27 (1.3)	26 (0.9)	23 (0.9)	26 (1.1)	31 (1.6)
20 - 29.....	75 (3.4)	28 (1.6)	31 (2.5)	26 (1.1)	19 (2.3)	28 (1.2)	29 (2.3)	29 (2.3)	28 (2.9)	31 (2.5)
30 - 39.....	77 (1.7)	23 (1.4)	26 (1.6)	21 (1.2)	18 (1.3)	22 (2.0)	25 (1.6)	24 (1.7)	25 (1.8)	28 (1.7)
40 - 49.....	77 (3.0)	25 (1.6)	29 (2.1)	23 (1.5)	16 (1.5)	28 (2.1)	28 (2.0)	27 (2.3)	27 (1.9)	29 (2.1)
50 - 59.....	74 (3.5)	24 (1.4)	26 (1.3)	22 (1.7)	17 (1.6)	25 (2.4)	25 (1.4)	24 (1.2)	25 (1.5)	28 (2.2)
60 - 69.....	73 (1.3)	21 (0.7)	23 (0.7)	22 (0.7)	18 (1.0)	22 (0.9)	22 (0.8)	21 (0.7)	22 (0.9)	25 (1.3)
70 and over.....	71 (3.1)	21 (1.6)	25 (1.6)	20 (1.8)	16 (1.4)	22 (2.1)	23 (1.6)	21 (1.6)	22 (1.8)	26 (1.9)
2 - 19.....	83 (1.5)	25 (0.6)	28 (0.7)	23 (0.7)	19 (0.7)	26 (0.8)	26 (0.8)	23 (0.8)	26 (0.8)	30 (1.1)
20 and over...	75 (1.2)	24 (0.6)	27 (0.8)	22 (0.5)	17 (0.7)	25 (0.8)	25 (0.8)	24 (0.8)	25 (0.9)	28 (0.7)
2 and over...	77 (0.9)	24 (0.5)	27 (0.6)	22 (0.5)	18 (0.5)	25 (0.6)	25 (0.6)	24 (0.6)	25 (0.6)	28 (0.5)
<b>Females:</b>										
2 - 5.....	91 (2.8)	25 (1.7)	29 (1.6)	23 (1.8)	20 (1.9)	26 (2.2)	27 (1.8)	26 (2.3)	28 (1.6)	30 (1.8)
6 - 11.....	87 (2.0)	25 (1.0)	28 (1.4)	24 (0.8)	20 (1.4)	27 (1.3)	25 (1.5)	23 (1.9)	25 (1.6)	28 (1.2)
12 - 19.....	75 (2.2)	25 (1.6)	28 (1.6)	23 (1.6)	19 (1.4)	26 (1.7)	26 (1.7)	25 (1.7)	27 (1.8)	29 (2.0)
20 - 29.....	75 (2.8)	26 (1.6)	28 (1.5)	25 (2.4)	15 (1.7)	30 (4.3)	27 (1.6)	24 (1.6)	27 (1.4)	32 (2.6)
30 - 39.....	80 (2.8)	25 (0.9)	29 (1.6)	23 (0.9)	16 (1.3)	27 (1.1)	27 (1.2)	26 (1.5)	26 (1.3)	29 (1.5)
40 - 49.....	80 (2.4)	25 (0.9)	27 (1.5)	23 (1.0)	17 (1.3)	28 (1.7)	27 (1.1)	24 (1.0)	28 (1.3)	31 (1.8)
50 - 59.....	77 (2.2)	22 (0.9)	25 (0.9)	21 (1.2)	17 (1.6)	25 (1.7)	23 (1.0)	21 (0.9)	24 (1.2)	26 (1.5)
60 - 69.....	77 (2.6)	24 (0.9)	27 (1.2)	22 (0.9)	17 (0.7)	24 (1.1)	26 (1.0)	24 (1.2)	25 (1.1)	30 (1.1)
70 and over.....	77 (2.0)	22 (0.6)	26 (0.9)	20 (0.7)	17 (0.9)	23 (0.6)	24 (0.9)	22 (1.1)	24 (1.0)	28 (0.9)
2 - 19.....	82 (1.3)	25 (1.0)	28 (1.0)	23 (1.0)	19 (1.1)	26 (1.0)	26 (1.0)	24 (1.2)	26 (1.0)	29 (0.9)
20 and over...	78 (1.3)	24 (0.5)	27 (0.7)	22 (0.6)	17 (0.6)	26 (0.9)	26 (0.6)	23 (0.6)	26 (0.6)	29 (0.8)
2 and over...	79 (1.1)	24 (0.5)	27 (0.6)	23 (0.5)	17 (0.5)	26 (0.7)	26 (0.6)	24 (0.6)	26 (0.6)	29 (0.7)
<b>Males and females:</b>										
2 - 19.....	82 (1.1)	25 (0.7)	28 (0.8)	23 (0.8)	19 (0.7)	26 (0.7)	26 (0.8)	24 (0.9)	26 (0.8)	29 (0.9)
20 and over...	76 (1.0)	24 (0.4)	27 (0.6)	22 (0.4)	17 (0.5)	25 (0.4)	26 (0.6)	24 (0.6)	25 (0.6)	28 (0.6)
2 and over...	78 (0.8)	24 (0.4)	27 (0.5)	23 (0.4)	18 (0.4)	26 (0.4)	26 (0.4)	24 (0.5)	25 (0.5)	29 (0.5)



**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	20 (3.1)	21 (1.8)	30 (4.8)	28 (6.4)	23 (1.5)	20 (1.0)	26 (1.8)	21 (1.3)	24 (2.2)
6 - 11.....	22 (1.9)	23 (2.3)	30 (4.8)	30 (4.0)	25 (1.8)	24 (1.8)	28 (1.4)	23 (1.6)	23 (2.0)
12 - 19.....	24 (2.2)	21 (1.6)	30 (3.9)	31 (5.6)	26 (1.0)	23 (1.3)	30 (1.5)	25 (0.9)	25 (1.2)
20 - 29.....	25 (3.1)	23 (2.2)	35 (5.1)	34 (7.0)	27 (1.7)	24 (2.0)	30 (3.0)	28 (3.1)	25 (1.8)
30 - 39.....	24 (2.2)	25 (2.7)	37 (5.9)	22 (4.5)	23 (1.2)	20 (1.4)	23 (1.7)	20 (2.2)	23 (1.5)
40 - 49.....	24 (1.7)	22 (1.8)	34 (3.5)	31 (5.0)	28 (2.6)	21 (2.2)	27 (2.4)	25 (2.9)	26 (2.8)
50 - 59.....	22 (1.9)	24 (2.8)	34 (5.1)	33 (6.1)	24 (1.8)	19 (1.3)	24 (1.3)	21 (1.5)	25 (1.7)
60 - 69.....	19 (1.2)	19 (1.8)	25 (2.7)	35 (4.1)	22 (0.9)	17 (0.7)	23 (0.8)	21 (1.0)	22 (0.8)
70 and over.....	21 (1.8)	18 (1.5)	22 (2.3)	30 (3.1)	22 (2.1)	18 (1.1)	25 (1.6)	22 (1.3)	23 (2.4)
2 - 19.....	23 (1.8)	21 (1.1)	30 (2.2)	30 (3.7)	25 (0.8)	23 (0.9)	28 (1.0)	24 (0.8)	25 (1.0)
20 and over...	23 (1.1)	22 (1.1)	31 (1.8)	31 (2.3)	24 (0.5)	20 (0.5)	25 (0.9)	23 (1.2)	24 (0.7)
2 and over...	23 (1.0)	22 (1.0)	31 (1.6)	30 (2.2)	25 (0.5)	21 (0.5)	26 (0.8)	23 (1.1)	24 (0.6)
<b>Females:</b>									
2 - 5.....	23 (2.7)	28 (5.0)	33 (4.7)	45 (7.7)	24 (1.6)	23 (1.9)	30 (1.4)	24 (2.1)	25 (2.0)
6 - 11.....	20 (1.8)	23 (2.2)	32 (5.4)	32 (4.5)	26 (1.0)	24 (1.4)	30 (1.0)	25 (1.3)	26 (1.3)
12 - 19.....	21 (2.5)	26 (2.1)	38 (3.9)	38 (5.1)	25 (1.9)	23 (1.8)	28 (1.5)	24 (1.6)	25 (1.5)
20 - 29.....	23 (1.6)	29 (2.3)	46 (7.5)	37 (5.7)	29 (4.0)	22 (1.5)	27 (1.4)	25 (3.0)	34 (5.0)
30 - 39.....	23 (2.3)	27 (2.3)	40 (4.7)	33 (3.9)	28 (1.0)	21 (0.9)	27 (1.5)	23 (1.6)	29 (1.1)
40 - 49.....	24 (1.8)	28 (1.7)	39 (3.6)	44 (7.5)	26 (1.3)	21 (1.2)	29 (2.1)	29 (2.5)	28 (1.7)
50 - 59.....	24 (2.2)	23 (1.2)	30 (2.5)	21 (2.1)	22 (1.4)	19 (1.1)	25 (1.3)	26 (1.9)	23 (1.3)
60 - 69.....	24 (1.9)	19 (2.8)	27 (1.8)	28 (3.6)	24 (1.0)	20 (0.8)	27 (1.3)	25 (1.2)	25 (1.3)
70 and over.....	24 (2.7)	24 (1.2)	29 (2.4)	32 (2.6)	22 (0.8)	20 (0.7)	26 (1.0)	24 (1.2)	23 (1.1)
2 - 19.....	21 (1.3)	26 (1.6)	35 (2.5)	37 (3.3)	26 (1.2)	24 (1.3)	29 (0.8)	24 (0.8)	25 (1.0)
20 and over...	23 (0.9)	25 (1.0)	35 (2.2)	32 (0.9)	25 (1.0)	21 (0.5)	27 (0.8)	25 (1.1)	27 (1.1)
2 and over...	23 (0.7)	25 (0.8)	35 (1.8)	33 (0.9)	25 (0.8)	21 (0.5)	27 (0.7)	25 (0.8)	27 (0.9)
<b>Males and females:</b>									
2 - 19.....	22 (1.4)	23 (1.0)	33 (1.6)	33 (2.6)	25 (0.8)	23 (0.9)	29 (0.8)	24 (0.6)	25 (0.8)
20 and over...	23 (0.7)	23 (0.9)	33 (1.7)	31 (1.5)	25 (0.6)	20 (0.4)	26 (0.6)	24 (0.9)	25 (0.8)
2 and over...	23 (0.6)	23 (0.7)	33 (1.4)	32 (1.4)	25 (0.5)	21 (0.4)	26 (0.5)	24 (0.7)	25 (0.6)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	21	(2.1)	19	(1.5)	21	(1.6)	16	(1.6)	24	(2.7)	27	(2.6)	21	(1.4)	23	(1.3)	23	(2.0)
6 - 11.....	23	(1.7)	25	(1.8)	20	(1.8)	18	(1.6)	23	(1.6)	26	(2.1)	24	(1.6)	27	(1.5)	24	(1.4)
12 - 19.....	24	(1.5)	23	(1.3)	25	(2.8)	15	(1.1)	27	(1.7)	29	(1.6)	22	(1.0)	26	(0.9)	24	(0.8)
20 - 29.....	25	(2.3)	24	(4.6)	23	(3.1)	19	(2.8)	25	(2.7)	32	(4.1)	23	(1.4)	28	(1.5)	23	(1.1)
30 - 39.....	22	(1.8)	19	(1.7)	23	(3.0)	18	(2.6)	23	(1.1)	33	(2.9)	21	(1.3)	24	(1.5)	20	(1.5)
40 - 49.....	23	(1.4)	23	(2.9)	19	(3.1)	15	(2.2)	23	(1.9)	29	(3.4)	23	(3.3)	26	(2.3)	22	(1.7)
50 - 59.....	22	(1.9)	23	(1.1)	24	(3.3)	18	(2.0)	24	(2.2)	26	(4.0)	22	(1.8)	24	(1.6)	20	(1.7)
60 - 69.....	19	(0.9)	19	(1.2)	19	(1.4)	13	(1.2)	21	(1.4)	24	(1.5)	19	(0.8)	21	(0.7)	19	(0.7)
70 and over.....	21	(1.6)	23	(1.9)	17	(1.3)	19	(2.0)	22	(1.7)	26	(1.4)	20	(1.2)	22	(1.4)	20	(1.4)
2 - 19.....	23	(1.1)	23	(0.8)	22	(1.4)	16	(0.8)	25	(1.0)	28	(1.2)	22	(0.7)	26	(0.6)	24	(0.4)
20 and over...	22	(0.9)	22	(1.2)	21	(1.3)	17	(0.8)	23	(0.9)	28	(1.1)	21	(0.7)	24	(0.6)	21	(0.6)
2 and over...	22	(0.8)	22	(1.1)	21	(1.1)	17	(0.8)	24	(0.7)	28	(1.0)	22	(0.6)	25	(0.4)	21	(0.5)
<b>Females:</b>																		
2 - 5.....	24	(2.1)	25	(3.6)	19	(3.3)	19	(1.5)	26	(2.3)	26	(2.5)	21	(1.5)	25	(1.5)	24	(1.7)
6 - 11.....	23	(1.3)	25	(1.8)	23	(1.9)	18	(2.0)	26	(1.7)	26	(3.5)	24	(1.8)	27	(1.2)	25	(1.1)
12 - 19.....	23	(1.9)	26	(2.3)	22	(2.5)	18	(2.2)	25	(1.3)	29	(2.2)	24	(1.8)	26	(1.6)	24	(1.1)
20 - 29.....	24	(2.2)	20	(1.8)	22	(3.7)	16	(2.6)	30	(2.3)	51	(11.0)	23	(1.6)	27	(1.4)	24	(2.4)
30 - 39.....	23	(1.8)	22	(1.8)	21	(2.9)	15	(2.5)	24	(1.5)	35	(3.7)	22	(0.9)	26	(1.1)	22	(0.8)
40 - 49.....	25	(1.2)	27	(3.1)	22	(2.4)	21	(3.8)	28	(1.4)	33	(3.4)	21	(1.1)	26	(1.0)	23	(1.0)
50 - 59.....	23	(1.6)	22	(1.2)	27	(2.8)	18	(2.2)	24	(1.6)	33	(3.1)	21	(0.9)	23	(1.0)	21	(1.3)
60 - 69.....	23	(1.3)	19	(4.2)	21	(0.9)	17	(1.8)	25	(0.8)	31	(2.0)	22	(1.0)	25	(1.0)	21	(0.7)
70 and over.....	22	(1.6)	24	(1.2)	19	(2.0)	21	(2.3)	24	(1.6)	26	(2.4)	21	(1.1)	23	(0.8)	20	(0.6)
2 - 19.....	23	(1.0)	26	(1.6)	22	(1.6)	18	(1.4)	25	(0.8)	27	(1.9)	23	(1.5)	26	(1.1)	24	(0.8)
20 and over...	23	(0.7)	22	(1.3)	22	(1.0)	18	(1.0)	26	(0.9)	36	(3.1)	22	(0.6)	25	(0.6)	22	(0.6)
2 and over...	23	(0.6)	23	(1.2)	22	(0.7)	18	(0.8)	26	(0.7)	34	(2.5)	22	(0.5)	25	(0.6)	23	(0.6)
<b>Males and females:</b>																		
2 - 19.....	23	(0.9)	24	(1.0)	22	(1.1)	17	(0.8)	25	(0.8)	28	(0.9)	23	(0.9)	26	(0.7)	24	(0.5)
20 and over...	23	(0.6)	22	(0.8)	22	(0.8)	17	(0.5)	24	(0.6)	32	(1.7)	21	(0.6)	25	(0.4)	21	(0.4)
2 and over...	23	(0.5)	22	(0.7)	22	(0.6)	17	(0.4)	25	(0.5)	31	(1.4)	22	(0.5)	25	(0.4)	22	(0.3)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	20 (1.9)	23 (1.6)	22 (1.8)	27 (1.8)	23 (1.4)	28 (1.5)	7* (3.7)	-- --
6 - 11.....	22 (1.7)	26 (1.9)	24 (1.6)	30 (1.7)	26 (1.5)	29 (1.5)	18 (3.5)	-- --
12 - 19.....	25 (1.2)	27 (0.9)	23 (1.1)	30 (1.1)	25 (0.9)	29 (1.0)	10 (1.6)	-- --
20 - 29.....	25 (1.8)	28 (3.0)	21 (1.1)	29 (2.7)	28 (1.8)	32 (2.0)	12 (3.2)	-- --
30 - 39.....	22 (1.3)	25 (1.6)	22 (1.8)	28 (1.6)	23 (1.6)	27 (1.4)	9 (2.0)	-- --
40 - 49.....	27 (2.2)	29 (2.3)	22 (1.8)	29 (2.3)	25 (1.6)	30 (2.1)	10 (2.2)	-- --
50 - 59.....	24 (1.5)	26 (1.4)	22 (1.8)	26 (1.3)	22 (1.8)	29 (1.5)	9 (1.4)	-- --
60 - 69.....	20 (0.8)	23 (1.0)	20 (1.0)	24 (0.9)	20 (0.7)	26 (0.9)	7 (0.9)	-- --
70 and over.....	22 (2.6)	24 (2.3)	19 (1.6)	25 (2.0)	21 (1.3)	27 (1.7)	8 (0.7)	-- --
2 - 19.....	23 (0.8)	26 (0.7)	23 (0.6)	29 (0.8)	25 (0.7)	29 (0.8)	11 (1.2)	-- --
20 and over...	24 (0.7)	26 (0.9)	21 (0.7)	27 (0.8)	23 (0.7)	29 (0.6)	9 (1.0)	6 (1.3)
2 and over...	23 (0.6)	26 (0.8)	22 (0.5)	27 (0.6)	24 (0.6)	29 (0.4)	9 (0.9)	-- --
<b>Females:</b>								
2 - 5.....	22 (1.9)	26 (1.7)	26 (2.2)	31 (1.9)	25 (1.7)	30 (1.6)	15* (5.0)	-- --
6 - 11.....	24 (1.3)	27 (1.4)	24 (1.2)	29 (1.1)	26 (1.1)	29 (1.0)	21 (4.1)	-- --
12 - 19.....	23 (1.8)	26 (1.7)	23 (1.2)	30 (1.8)	25 (1.3)	30 (1.8)	13 (1.7)	-- --
20 - 29.....	27 (2.7)	26 (1.2)	24 (2.2)	29 (1.1)	27 (3.2)	31 (2.3)	6* (1.6)	-- --
30 - 39.....	25 (1.1)	26 (1.7)	22 (0.9)	30 (1.7)	25 (1.2)	31 (1.4)	8 (1.6)	-- --
40 - 49.....	25 (1.5)	26 (1.5)	25 (1.3)	29 (1.7)	26 (1.0)	29 (1.6)	10 (1.4)	-- --
50 - 59.....	22 (1.1)	23 (0.8)	20 (1.1)	24 (0.9)	24 (1.5)	27 (1.0)	7 (1.3)	-- --
60 - 69.....	23 (1.1)	25 (1.1)	18 (2.6)	28 (1.3)	23 (0.9)	29 (1.3)	8 (0.9)	-- --
70 and over.....	21 (1.0)	24 (1.0)	19 (0.6)	27 (1.9)	21 (0.6)	27 (0.7)	9 (1.2)	-- --
2 - 19.....	23 (1.3)	26 (1.2)	24 (1.1)	30 (1.2)	25 (0.9)	29 (1.1)	15 (1.9)	-- --
20 and over...	24 (0.6)	25 (0.7)	21 (0.9)	28 (0.7)	24 (0.8)	29 (0.7)	8 (0.6)	5 (1.4)
2 and over...	24 (0.6)	25 (0.7)	22 (0.7)	28 (0.6)	25 (0.7)	29 (0.6)	8 (0.6)	-- --
<b>Males and females:</b>								
2 - 19.....	23 (0.8)	26 (0.7)	24 (0.6)	29 (0.9)	25 (0.7)	29 (0.9)	13 (1.0)	-- --
20 and over...	24 (0.5)	26 (0.6)	21 (0.5)	27 (0.6)	24 (0.5)	29 (0.4)	9 (0.5)	6 (1.0)
2 and over...	24 (0.5)	26 (0.5)	22 (0.4)	28 (0.5)	24 (0.4)	29 (0.4)	9 (0.5)	-- --

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as lunch.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Percent reporting <sup>3</sup>		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																				
2 - 19.....	87	(1.9)	25	(1.1)	28	(1.2)	23	(1.1)	20	(1.2)	26	(1.3)	27	(1.2)	25	(1.2)	27	(1.2)	31	(1.4)
20 and over.....	80	(1.4)	24	(0.5)	27	(0.6)	22	(0.5)	17	(0.5)	25	(0.7)	26	(0.7)	24	(0.7)	26	(0.8)	29	(0.7)
2 and over...	81	(1.4)	24	(0.5)	27	(0.6)	22	(0.5)	18	(0.5)	25	(0.5)	26	(0.6)	24	(0.6)	26	(0.7)	30	(0.7)
<b>Non-Hispanic Black:</b>																				
2 - 19.....	79	(2.7)	26	(0.9)	28	(1.9)	24	(0.7)	22	(1.3)	26	(1.4)	26	(1.5)	24	(1.0)	27	(1.7)	30	(2.3)
20 and over.....	66	(3.0)	23	(1.0)	26	(1.3)	22	(1.2)	17	(1.6)	24	(1.3)	23	(1.0)	23	(1.1)	23	(1.2)	24	(1.4)
2 and over...	69	(2.7)	23	(0.7)	26	(1.1)	22	(0.9)	18	(1.2)	25	(1.0)	24	(0.8)	23	(0.9)	24	(0.9)	26	(1.1)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																				
2 - 19.....	89*	(4.2)	26	(1.6)	27	(1.8)	27	(1.4)	20	(1.5)	30	(2.2)	23	(2.2)	22	(3.0)	23	(2.2)	25	(2.0)
20 and over.....	89	(1.8)	33	(1.7)	35	(1.7)	33	(2.6)	23	(2.7)	35	(3.0)	32	(1.5)	31	(1.7)	32	(1.8)	35	(2.1)
2 and over...	89	(2.3)	31	(1.5)	33	(1.5)	31	(2.1)	22	(2.0)	34	(2.3)	30	(1.2)	28	(1.3)	29	(1.2)	33	(1.7)
<b>Hispanic:</b>																				
2 - 19.....	75	(2.9)	24	(1.2)	28	(1.9)	22	(1.0)	16	(1.3)	26	(1.3)	25	(1.3)	23	(1.2)	26	(1.4)	29	(1.6)
20 and over.....	65	(4.5)	22	(1.3)	26	(1.9)	21	(1.3)	16	(1.4)	25	(1.4)	23	(1.4)	21	(1.5)	24	(1.4)	25	(1.4)
2 and over...	68	(3.5)	23	(1.0)	27	(1.6)	21	(0.9)	16	(1.1)	25	(1.2)	24	(1.0)	22	(1.1)	25	(1.1)	26	(1.2)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Cholesterol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Riboflavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	23	(2.3)	25	(1.8)	35	(2.4)	36	(5.0)	25	(1.4)	24	(1.5)	29	(1.4)	24	(1.1)	25	(1.2)
20 and over.....	23	(0.7)	24	(1.0)	33	(2.3)	31	(2.0)	24	(0.5)	20	(0.5)	26	(0.9)	23	(1.3)	24	(0.5)
2 and over...	23	(0.8)	24	(0.9)	33	(1.9)	32	(1.9)	24	(0.6)	21	(0.5)	26	(0.9)	23	(1.2)	24	(0.5)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	20	(2.5)	20	(2.0)	22	(4.8)	27	(2.8)	25	(1.2)	24	(1.5)	28	(1.9)	24	(1.5)	23	(1.4)
20 and over.....	21	(1.7)	19	(2.7)	28	(4.2)	32	(3.5)	25	(1.4)	20	(1.3)	26	(1.4)	23	(1.8)	25	(1.3)
2 and over...	21	(1.4)	19	(2.2)	27	(3.4)	31	(3.0)	25	(1.1)	21	(1.1)	26	(1.2)	23	(1.4)	25	(1.2)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	20	(3.2)	24	(3.3)	27	(4.2)	31	(4.4)	27	(1.8)	25	(2.1)	26	(1.8)	24	(1.5)	28	(2.8)
20 and over.....	34	(2.4)	35	(3.5)	43	(5.5)	36	(6.0)	37	(4.8)	30	(2.9)	34	(1.3)	35	(3.8)	41	(4.9)
2 and over...	31	(2.2)	32	(3.6)	39	(5.4)	34	(4.3)	34	(3.7)	28	(2.5)	32	(1.1)	32	(2.9)	37	(3.5)
<b>Hispanic:</b>																		
2 - 19.....	22	(2.2)	21	(1.8)	33	(4.2)	33	(3.3)	24	(1.2)	20	(1.5)	29	(1.9)	25	(1.8)	24	(1.5)
20 and over.....	20	(1.4)	21	(1.7)	31	(3.5)	32	(3.8)	23	(1.4)	19	(1.2)	25	(1.7)	23	(1.7)	23	(1.5)
2 and over...	21	(1.2)	21	(1.3)	32	(2.7)	32	(3.0)	23	(1.1)	19	(1.0)	26	(1.4)	24	(1.4)	24	(1.2)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	23	(1.5)	24	(1.8)	23	(1.6)	18	(1.1)	26	(1.0)	30	(1.4)	24	(1.3)	26	(1.2)	24	(1.1)
20 and over.....	22	(0.6)	21	(1.1)	22	(1.1)	17	(0.7)	24	(0.8)	31	(1.4)	22	(0.6)	25	(0.5)	21	(0.5)
2 and over...	23	(0.6)	22	(1.1)	22	(0.9)	17	(0.7)	24	(0.7)	31	(1.1)	22	(0.6)	25	(0.5)	21	(0.5)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	23	(1.9)	27	(2.3)	20	(2.3)	19	(1.5)	26	(1.7)	23	(1.9)	25	(1.2)	28	(1.6)	26	(0.9)
20 and over.....	22	(1.6)	22	(3.8)	19	(1.8)	20	(2.9)	22	(1.5)	29	(4.1)	21	(1.9)	24	(1.2)	21	(1.3)
2 and over...	22	(1.3)	23	(3.2)	19	(1.4)	19	(2.2)	23	(1.3)	28	(3.4)	22	(1.6)	25	(1.0)	22	(1.0)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	23	(1.6)	23	(2.6)	23	(3.1)	20	(2.3)	24	(2.0)	23	(2.8)	26	(2.4)	28	(1.7)	26	(1.1)
20 and over.....	33	(2.4)	25	(5.2)	31	(4.5)	21	(3.1)	31	(2.1)	48	(8.0)	27	(2.3)	32	(1.6)	30	(1.9)
2 and over...	30	(2.1)	24	(3.9)	29	(3.5)	21	(2.3)	29	(1.5)	45	(7.7)	26	(1.9)	31	(1.4)	29	(1.5)
<b>Hispanic:</b>																		
2 - 19.....	23	(1.7)	23	(3.0)	21	(2.1)	13	(2.1)	25	(2.3)	28	(2.1)	19	(1.5)	24	(1.3)	23	(1.2)
20 and over.....	21	(1.4)	22	(2.5)	20	(1.9)	15	(2.6)	24	(1.8)	26	(2.0)	18	(1.5)	23	(1.5)	21	(1.4)
2 and over...	21	(1.2)	23	(2.3)	20	(1.3)	14	(2.3)	24	(1.6)	26	(1.8)	18	(1.3)	24	(1.3)	22	(1.2)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	23	(1.4)	25	(1.2)	23	(1.3)	30	(1.3)	25	(1.2)	30	(1.3)	11	(1.4)	--	--
20 and over.....	23	(0.4)	25	(0.7)	21	(0.7)	27	(0.6)	23	(0.6)	29	(0.6)	8	(0.6)	6	(1.1)
2 and over...	23	(0.5)	25	(0.7)	21	(0.5)	28	(0.6)	24	(0.6)	29	(0.6)	8	(0.6)	--	--
<b>Non-Hispanic Black:</b>																
2 - 19.....	23	(1.4)	27	(2.0)	25	(1.4)	29	(1.8)	27	(1.3)	30	(1.6)	15	(3.6)	--	--
20 and over.....	24	(1.1)	25	(1.4)	19	(2.3)	27	(1.2)	23	(1.6)	27	(1.2)	9	(2.4)	4*	(2.3)
2 and over...	24	(1.0)	25	(1.3)	20	(1.9)	27	(1.0)	24	(1.2)	28	(0.9)	10	(2.2)	--	--
<b>Non-Hispanic Asian<sup>3</sup>:</b>																
2 - 19.....	26	(2.0)	27	(2.1)	26	(1.5)	29	(2.4)	27	(1.5)	28	(1.9)	18*	(2.4)	--	--
20 and over.....	36	(2.0)	33	(1.6)	30	(1.4)	34	(1.5)	33	(3.6)	39	(2.3)	14*	(5.9)	7*	(7.3)
2 and over...	33	(1.5)	31	(1.2)	29	(1.2)	33	(1.0)	31	(2.8)	36	(2.0)	14*	(5.5)	--	--
<b>Hispanic:</b>																
2 - 19.....	22	(1.3)	27	(1.7)	23	(1.5)	29	(2.0)	24	(1.3)	29	(1.6)	16	(4.0)	--	--
20 and over.....	23	(1.7)	26	(2.0)	22	(1.5)	25	(1.5)	23	(1.6)	26	(1.5)	9	(1.4)	6*	(2.5)
2 and over...	23	(1.4)	26	(1.7)	22	(1.3)	26	(1.4)	23	(1.3)	27	(1.1)	9	(1.4)	--	--



### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

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

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as lunch.

### 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.

### Suggested Citation

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**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 19.....	77 (2.6)	23 (1.4)	26 (1.7)	22 (1.3)	17 (1.2)	24 (1.5)	23 (1.4)	21 (1.0)	23 (1.6)	27 (2.4)
20 and over.....	66 (2.2)	22 (1.2)	25 (1.2)	21 (1.3)	16 (1.4)	24 (1.6)	24 (1.5)	22 (1.6)	23 (1.4)	26 (1.7)
2 and over...	70 (1.9)	23 (1.0)	25 (1.0)	21 (1.1)	16 (1.1)	24 (1.2)	24 (1.3)	22 (1.3)	23 (1.2)	26 (1.6)
<b>131-350% poverty:</b>										
2 - 19.....	82 (2.3)	25 (1.2)	29 (1.4)	23 (1.1)	19 (1.1)	26 (1.5)	26 (1.3)	24 (1.5)	27 (1.3)	30 (1.4)
20 and over.....	75 (2.0)	24 (1.0)	27 (1.0)	22 (1.0)	17 (0.8)	24 (1.2)	25 (1.2)	24 (1.4)	25 (1.1)	28 (1.3)
2 and over...	76 (1.7)	24 (0.8)	27 (0.8)	22 (0.8)	18 (0.7)	25 (0.9)	26 (1.0)	24 (1.1)	26 (0.9)	29 (1.2)
<b>Over 350% poverty:</b>										
2 - 19.....	89 (2.3)	26 (0.8)	29 (0.8)	24 (0.9)	20 (1.0)	28 (1.2)	28 (1.1)	26 (1.0)	28 (1.2)	31 (1.3)
20 and over.....	83 (1.5)	25 (0.6)	28 (0.7)	24 (0.7)	19 (0.9)	27 (0.7)	26 (0.7)	24 (0.8)	26 (0.7)	30 (0.7)
2 and over...	84 (1.4)	25 (0.4)	28 (0.6)	24 (0.5)	19 (0.6)	27 (0.6)	26 (0.5)	24 (0.6)	26 (0.6)	30 (0.6)
<b>All Individuals<sup>5</sup>:</b>										
2 - 19.....	82 (1.1)	25 (0.7)	28 (0.8)	23 (0.8)	19 (0.7)	26 (0.7)	26 (0.8)	24 (0.9)	26 (0.8)	29 (0.9)
20 and over.....	76 (1.0)	24 (0.4)	27 (0.6)	22 (0.4)	17 (0.5)	25 (0.4)	26 (0.6)	24 (0.6)	25 (0.6)	28 (0.6)
2 and over...	78 (0.8)	24 (0.4)	27 (0.5)	23 (0.4)	18 (0.4)	26 (0.4)	26 (0.4)	24 (0.5)	25 (0.5)	29 (0.5)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	19	(1.4)	18	(1.8)	27	(7.3)	32	(2.7)	23	(1.5)	19	(1.4)	28	(1.9)	23	(1.9)	23	(1.5)
20 and over.....	20	(1.7)	21	(2.3)	27	(1.8)	31	(3.6)	24	(1.0)	20	(1.7)	25	(1.3)	23	(1.5)	24	(1.5)
2 and over...	19	(1.4)	20	(1.9)	27	(2.2)	32	(2.7)	24	(1.0)	20	(1.4)	25	(1.1)	23	(1.1)	23	(1.2)
<b>131-350% poverty:</b>																		
2 - 19.....	23	(1.8)	24	(2.8)	34	(3.4)	27	(4.1)	25	(1.1)	23	(1.4)	29	(1.3)	25	(1.5)	25	(1.6)
20 and over.....	22	(1.1)	23	(1.4)	32	(1.8)	29	(2.3)	24	(1.3)	20	(0.9)	25	(1.2)	24	(1.7)	25	(1.4)
2 and over...	23	(1.0)	23	(1.4)	32	(1.7)	29	(1.8)	24	(1.1)	20	(0.8)	26	(1.0)	24	(1.4)	25	(1.3)
<b>Over 350% poverty:</b>																		
2 - 19.....	22	(2.1)	26	(1.9)	35	(3.3)	41	(3.9)	27	(1.3)	25	(1.6)	29	(1.2)	24	(1.1)	27	(1.2)
20 and over.....	25	(0.8)	25	(1.5)	36	(2.8)	34	(2.2)	26	(0.9)	21	(0.7)	27	(0.8)	25	(1.2)	27	(1.2)
2 and over...	24	(0.7)	25	(1.2)	36	(2.5)	35	(1.6)	26	(0.8)	22	(0.7)	28	(0.7)	25	(1.0)	27	(1.0)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	22	(1.4)	23	(1.0)	33	(1.6)	33	(2.6)	25	(0.8)	23	(0.9)	29	(0.8)	24	(0.6)	25	(0.8)
20 and over.....	23	(0.7)	23	(0.9)	33	(1.7)	31	(1.5)	25	(0.6)	20	(0.4)	26	(0.6)	24	(0.9)	25	(0.8)
2 and over...	23	(0.6)	23	(0.7)	33	(1.4)	32	(1.4)	25	(0.5)	21	(0.4)	26	(0.5)	24	(0.7)	25	(0.6)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	20	(1.3)	19	(1.7)	20	(1.8)	14	(1.6)	25	(2.3)	26	(3.7)	20	(1.5)	24	(1.4)	22	(1.3)
20 and over.....	20	(1.2)	20	(2.7)	20	(2.0)	18	(1.8)	24	(1.8)	31	(2.5)	21	(1.7)	23	(1.2)	21	(1.0)
2 and over...	20	(1.0)	20	(2.1)	20	(1.6)	17	(1.4)	24	(1.4)	30	(2.5)	20	(1.5)	24	(1.0)	21	(0.9)
<b>131-350% poverty:</b>																		
2 - 19.....	24	(1.4)	25	(1.9)	23	(2.1)	17	(1.2)	26	(1.0)	29	(1.8)	22	(1.3)	26	(1.2)	24	(1.1)
20 and over.....	22	(0.9)	22	(1.6)	21	(1.9)	17	(0.9)	25	(1.2)	30	(1.8)	21	(1.3)	24	(1.1)	21	(0.8)
2 and over...	22	(0.8)	23	(1.4)	21	(1.5)	17	(0.8)	25	(0.9)	30	(1.5)	21	(1.1)	25	(0.9)	21	(0.7)
<b>Over 350% poverty:</b>																		
2 - 19.....	24	(1.3)	25	(2.1)	22	(1.1)	20	(2.1)	26	(1.5)	29	(1.0)	26	(1.2)	28	(0.9)	25	(0.8)
20 and over.....	24	(0.5)	23	(0.9)	24	(1.6)	18	(0.7)	25	(0.8)	34	(3.3)	22	(0.8)	25	(0.6)	22	(0.6)
2 and over...	24	(0.5)	24	(0.8)	24	(1.2)	18	(0.8)	25	(0.7)	34	(2.9)	23	(0.6)	26	(0.5)	23	(0.5)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	23	(0.9)	24	(1.0)	22	(1.1)	17	(0.8)	25	(0.8)	28	(0.9)	23	(0.9)	26	(0.7)	24	(0.5)
20 and over.....	23	(0.6)	22	(0.8)	22	(0.8)	17	(0.5)	24	(0.6)	32	(1.7)	21	(0.6)	25	(0.4)	21	(0.4)
2 and over...	23	(0.5)	22	(0.7)	22	(0.6)	17	(0.4)	25	(0.5)	31	(1.4)	22	(0.5)	25	(0.4)	22	(0.3)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	21	(1.2)	24	(1.5)	22	(1.7)	27	(1.6)	23	(1.5)	27	(1.7)	10	(2.4)	--	--
20 and over.....	22	(1.3)	24	(1.4)	19	(1.8)	26	(1.3)	22	(1.0)	27	(1.3)	9	(0.7)	10*	(4.9)
2 and over...	22	(1.1)	24	(1.2)	20	(1.4)	26	(1.1)	23	(0.9)	27	(1.1)	9	(0.7)	--	--
<b>131-350% poverty:</b>																
2 - 19.....	22	(1.4)	26	(1.4)	23	(1.3)	30	(1.4)	25	(1.3)	30	(1.3)	14	(2.0)	--	--
20 and over.....	23	(1.1)	26	(1.3)	21	(0.7)	27	(1.0)	23	(0.9)	28	(1.2)	8	(0.8)	7*	(2.1)
2 and over...	23	(0.9)	26	(0.9)	21	(0.7)	28	(0.9)	24	(0.8)	28	(1.0)	8	(0.8)	--	--
<b>Over 350% poverty:</b>																
2 - 19.....	25	(0.8)	27	(0.9)	25	(0.7)	30	(1.1)	27	(0.9)	30	(1.1)	10	(1.9)	--	--
20 and over.....	25	(0.6)	26	(0.7)	23	(0.6)	28	(0.8)	25	(0.9)	30	(0.7)	9	(0.8)	5	(1.2)
2 and over...	25	(0.5)	26	(0.6)	23	(0.4)	28	(0.7)	25	(0.7)	30	(0.5)	10	(0.8)	--	--
<b>All Individuals<sup>5</sup>:</b>																
2 - 19.....	23	(0.8)	26	(0.7)	24	(0.6)	29	(0.9)	25	(0.7)	29	(0.9)	13	(1.0)	--	--
20 and over.....	24	(0.5)	26	(0.6)	21	(0.5)	27	(0.6)	24	(0.5)	29	(0.4)	9	(0.5)	6	(1.0)
2 and over...	24	(0.5)	26	(0.5)	22	(0.4)	28	(0.5)	24	(0.4)	29	(0.4)	9	(0.5)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

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

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

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	97* (1.2)	28 (1.2)	35 (1.2)	25 (1.4)	19 (1.1)	28 (2.3)	29 (1.5)	28 (1.5)	29 (1.5)	27 (2.1)
6 - 11.....	93 (1.6)	29 (0.9)	38 (1.5)	26 (1.0)	19 (1.3)	28 (1.3)	31 (1.1)	31 (1.0)	33 (1.2)	29 (1.6)
12 - 19.....	91 (1.7)	35 (1.1)	41 (1.3)	32 (0.9)	23 (1.5)	36 (1.4)	38 (1.4)	38 (1.6)	38 (1.4)	36 (1.7)
20 - 29.....	89 (3.2)	35 (3.3)	40 (3.7)	34 (2.8)	27 (2.7)	34 (2.7)	34 (3.8)	35 (4.3)	34 (4.2)	33 (2.6)
30 - 39.....	88 (2.8)	37 (2.0)	43 (2.1)	35 (1.7)	23 (1.3)	40 (1.7)	39 (2.5)	40 (3.4)	39 (2.4)	38 (2.7)
40 - 49.....	91 (2.7)	34 (1.5)	40 (1.8)	30 (1.9)	19 (1.8)	35 (1.8)	34 (1.6)	35 (1.8)	34 (1.6)	33 (1.4)
50 - 59.....	89 (1.9)	36 (1.5)	46 (1.6)	31 (1.7)	25 (1.7)	36 (2.9)	37 (1.7)	37 (1.5)	37 (1.8)	38 (2.6)
60 - 69.....	91 (1.1)	35 (0.9)	44 (1.3)	30 (0.9)	23 (1.2)	33 (0.9)	36 (1.3)	37 (1.5)	35 (1.2)	36 (1.5)
70 and over.....	89 (1.4)	34 (1.3)	41 (1.5)	30 (1.3)	25 (1.6)	34 (1.5)	36 (1.3)	36 (1.4)	35 (1.4)	35 (1.9)
2 - 19.....	93 (1.0)	32 (0.8)	39 (1.0)	29 (0.7)	21 (1.0)	32 (1.0)	34 (1.0)	34 (1.1)	35 (1.0)	32 (1.3)
20 and over...	89 (1.0)	35 (0.7)	42 (0.9)	32 (0.6)	23 (0.7)	36 (0.8)	36 (1.1)	37 (1.2)	36 (1.1)	36 (1.1)
2 and over...	90 (0.9)	35 (0.5)	42 (0.7)	31 (0.5)	23 (0.6)	35 (0.7)	36 (0.8)	36 (0.9)	36 (0.8)	35 (0.7)
<b>Females:</b>										
2 - 5.....	97* (1.5)	29 (0.8)	33 (0.8)	26 (0.7)	17 (0.8)	29 (1.1)	31 (1.0)	29 (1.0)	32 (1.4)	32 (1.7)
6 - 11.....	95 (0.9)	28 (1.0)	35 (1.4)	24 (0.9)	17 (1.3)	27 (1.4)	30 (1.3)	29 (1.5)	31 (1.4)	30 (1.7)
12 - 19.....	87 (1.8)	34 (1.4)	42 (1.5)	31 (1.3)	23 (1.5)	33 (1.8)	35 (1.7)	33 (1.8)	35 (1.7)	36 (2.1)
20 - 29.....	91 (2.2)	37 (1.4)	43 (1.8)	33 (1.5)	25 (1.8)	38 (2.4)	39 (1.8)	39 (2.1)	39 (2.0)	37 (2.9)
30 - 39.....	92 (1.6)	35 (1.3)	39 (1.7)	32 (1.3)	24 (1.6)	36 (1.7)	36 (1.2)	35 (1.3)	36 (1.3)	35 (1.3)
40 - 49.....	90 (2.2)	33 (1.2)	39 (2.0)	29 (1.6)	21 (1.6)	33 (1.8)	35 (0.8)	35 (1.3)	34 (0.7)	35 (1.2)
50 - 59.....	93 (1.3)	35 (1.1)	43 (1.6)	31 (1.2)	22 (1.3)	34 (1.7)	37 (1.6)	38 (2.3)	36 (1.4)	37 (1.3)
60 - 69.....	89 (0.8)	34 (0.9)	40 (1.0)	31 (0.9)	23 (0.8)	36 (1.0)	34 (1.1)	34 (1.4)	34 (1.1)	34 (1.2)
70 and over.....	90 (1.7)	34 (1.0)	41 (1.2)	30 (1.0)	24 (1.2)	35 (0.9)	35 (1.3)	34 (1.5)	36 (1.4)	36 (1.1)
2 - 19.....	92 (1.1)	31 (0.7)	38 (0.7)	28 (0.7)	20 (0.9)	30 (1.0)	32 (1.0)	31 (1.0)	33 (1.0)	33 (1.2)
20 and over...	91 (0.7)	35 (0.4)	41 (0.7)	31 (0.5)	23 (0.5)	35 (0.8)	36 (0.4)	36 (0.6)	36 (0.4)	35 (0.5)
2 and over...	91 (0.6)	34 (0.4)	40 (0.6)	30 (0.4)	22 (0.3)	34 (0.7)	35 (0.4)	35 (0.6)	35 (0.4)	35 (0.4)
<b>Males and females:</b>										
2 - 19.....	92 (0.7)	32 (0.5)	39 (0.6)	28 (0.4)	21 (0.6)	31 (0.7)	33 (0.8)	33 (0.7)	34 (0.8)	33 (1.1)
20 and over...	90 (0.6)	35 (0.4)	42 (0.6)	31 (0.4)	23 (0.5)	35 (0.5)	36 (0.7)	37 (0.8)	36 (0.6)	36 (0.6)
2 and over...	91 (0.5)	34 (0.3)	41 (0.4)	31 (0.3)	23 (0.4)	35 (0.4)	36 (0.5)	36 (0.6)	35 (0.4)	35 (0.4)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	30 (2.6)	28 (2.8)	49 (5.7)	58 (7.3)	29 (1.6)	25 (1.2)	37 (2.2)	32 (1.1)	31 (2.5)
6 - 11.....	33 (2.2)	26 (2.0)	40 (7.8)	57 (5.8)	30 (1.2)	26 (1.5)	36 (1.4)	31 (1.2)	31 (1.5)
12 - 19.....	41 (3.0)	34 (2.9)	42 (7.6)	58 (5.4)	35 (1.3)	32 (2.2)	40 (0.9)	38 (1.4)	38 (1.3)
20 - 29.....	34 (5.2)	30 (4.5)	39 (5.9)	52 (6.7)	37 (3.3)	29 (3.1)	36 (2.9)	31 (2.2)	39 (3.7)
30 - 39.....	34 (4.4)	39 (2.6)	49 (6.3)	61 (4.6)	40 (2.1)	27 (2.1)	34 (1.6)	29 (2.4)	42 (2.4)
40 - 49.....	35 (1.9)	32 (1.8)	48 (4.0)	58 (7.4)	36 (2.4)	26 (1.6)	35 (2.4)	32 (2.4)	39 (2.6)
50 - 59.....	38 (2.3)	37 (3.2)	50 (5.5)	52 (6.5)	39 (2.4)	30 (1.8)	43 (2.0)	42 (2.7)	37 (2.1)
60 - 69.....	36 (2.1)	38 (2.1)	56 (4.3)	47 (3.4)	36 (1.4)	29 (1.2)	41 (1.3)	40 (1.5)	36 (1.1)
70 and over.....	32 (1.9)	39 (2.1)	61 (3.0)	51 (4.3)	35 (1.9)	28 (1.1)	39 (1.5)	39 (1.6)	33 (2.0)
2 - 19.....	37 (2.1)	30 (1.9)	42 (5.3)	58 (3.6)	33 (0.9)	29 (1.3)	39 (0.7)	35 (0.8)	35 (1.1)
20 and over...	35 (1.4)	36 (1.0)	51 (1.6)	54 (2.7)	37 (0.8)	28 (0.6)	38 (0.6)	34 (1.0)	38 (0.9)
2 and over...	35 (1.2)	35 (0.8)	50 (2.0)	55 (2.1)	36 (0.6)	28 (0.4)	38 (0.6)	35 (0.9)	37 (0.7)
<b>Females:</b>									
2 - 5.....	25 (2.3)	21 (3.0)	41 (7.0)	45 (6.7)	30 (1.0)	23 (1.0)	35 (1.8)	29 (1.5)	31 (1.2)
6 - 11.....	30 (2.0)	26 (2.5)	40 (5.0)	50 (6.0)	29 (1.3)	24 (1.1)	36 (1.2)	31 (1.6)	31 (1.6)
12 - 19.....	34 (1.7)	29 (2.0)	40 (3.1)	55 (4.8)	36 (1.8)	30 (2.0)	41 (1.9)	39 (2.8)	36 (1.5)
20 - 29.....	36 (2.2)	32 (2.1)	38 (6.5)	55 (5.9)	38 (3.4)	32 (1.0)	40 (1.4)	35 (2.7)	34 (3.6)
30 - 39.....	31 (2.0)	34 (2.6)	46 (4.6)	52 (3.1)	34 (1.1)	28 (1.3)	36 (1.7)	32 (2.5)	35 (1.3)
40 - 49.....	34 (3.1)	33 (1.2)	44 (3.5)	49 (7.9)	34 (1.7)	27 (1.8)	38 (2.3)	36 (2.8)	35 (2.3)
50 - 59.....	33 (2.5)	38 (2.8)	53 (4.2)	61 (5.7)	39 (1.9)	29 (1.6)	42 (1.6)	39 (1.7)	37 (1.7)
60 - 69.....	33 (1.5)	45 (6.2)	55 (2.2)	55 (4.4)	36 (1.0)	29 (1.5)	41 (1.2)	41 (0.9)	37 (1.1)
70 and over.....	35 (2.4)	40 (1.6)	58 (2.9)	55 (4.8)	37 (1.2)	29 (1.0)	40 (1.1)	41 (1.2)	37 (1.8)
2 - 19.....	31 (1.4)	27 (1.4)	40 (2.6)	52 (2.9)	32 (0.9)	27 (1.0)	38 (1.1)	35 (1.7)	33 (1.1)
20 and over...	33 (0.9)	37 (1.7)	49 (2.3)	55 (1.7)	36 (0.8)	29 (0.6)	39 (0.6)	37 (0.9)	36 (0.8)
2 and over...	33 (0.8)	35 (1.5)	48 (2.1)	54 (1.5)	36 (0.8)	29 (0.5)	39 (0.6)	37 (0.9)	35 (0.7)
<b>Males and females:</b>									
2 - 19.....	34 (1.4)	29 (1.3)	41 (2.7)	55 (2.1)	33 (0.6)	28 (1.0)	38 (0.6)	35 (0.7)	34 (0.7)
20 and over...	34 (1.0)	37 (0.9)	50 (1.4)	54 (1.7)	37 (0.5)	29 (0.5)	38 (0.4)	36 (0.7)	37 (0.5)
2 and over...	34 (0.9)	35 (0.9)	49 (1.3)	54 (1.3)	36 (0.4)	28 (0.4)	38 (0.4)	35 (0.5)	36 (0.4)



**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	28	(1.6)	28	(1.8)	22	(2.1)	17	(3.1)	29	(2.2)	45	(3.4)	19	(1.4)	28	(1.1)	26	(1.5)
6 - 11.....	31	(1.5)	32	(1.9)	26	(2.8)	20	(3.6)	31	(1.7)	41	(3.3)	24	(1.4)	30	(1.1)	28	(0.8)
12 - 19.....	38	(2.2)	37	(1.3)	29	(3.1)	26	(2.5)	35	(1.7)	47	(3.3)	29	(1.7)	36	(1.4)	33	(1.2)
20 - 29.....	33	(4.0)	28	(3.4)	24	(4.4)	23	(4.4)	29	(2.7)	42	(3.8)	28	(3.2)	35	(3.1)	28	(2.4)
30 - 39.....	34	(2.6)	32	(2.6)	34	(3.2)	34	(6.6)	38	(1.8)	45	(4.2)	32	(2.4)	38	(1.9)	31	(1.5)
40 - 49.....	35	(1.4)	36	(4.0)	38	(3.5)	35	(5.6)	32	(1.4)	44	(4.0)	28	(2.2)	35	(1.7)	31	(1.4)
50 - 59.....	37	(1.8)	39	(2.6)	28	(2.9)	30	(2.5)	37	(2.8)	49	(6.4)	32	(1.3)	39	(1.5)	32	(1.5)
60 - 69.....	35	(1.3)	42	(2.1)	33	(2.2)	32	(2.9)	33	(1.4)	52	(3.6)	30	(1.1)	37	(1.1)	30	(0.8)
70 and over.....	33	(1.6)	40	(2.3)	35	(2.1)	25	(2.0)	33	(1.2)	47	(2.7)	28	(1.0)	34	(1.2)	30	(1.0)
2 - 19.....	34	(1.5)	34	(1.3)	26	(1.9)	22	(2.3)	33	(1.2)	45	(2.4)	26	(1.3)	33	(1.0)	30	(0.8)
20 and over...	35	(1.1)	35	(1.2)	32	(1.4)	30	(2.6)	34	(0.8)	47	(1.6)	30	(1.0)	37	(0.8)	30	(0.7)
2 and over...	35	(0.9)	35	(1.1)	30	(1.2)	28	(2.4)	34	(0.7)	47	(1.3)	29	(0.8)	36	(0.6)	30	(0.6)
<b>Females:</b>																		
2 - 5.....	25	(1.6)	21	(2.3)	22	(2.1)	14	(1.9)	28	(2.1)	46	(5.1)	22	(1.5)	27	(0.8)	27	(0.9)
6 - 11.....	28	(1.5)	28	(2.1)	22	(1.3)	16	(1.9)	27	(1.5)	38	(4.4)	22	(1.3)	28	(1.1)	26	(0.8)
12 - 19.....	35	(1.4)	30	(2.0)	29	(2.1)	20	(2.4)	33	(1.6)	42	(3.2)	28	(1.7)	36	(1.5)	31	(1.5)
20 - 29.....	37	(2.2)	39	(3.4)	34	(3.8)	32	(4.5)	30	(3.7)	33	(8.3)	30	(1.6)	38	(1.6)	33	(1.6)
30 - 39.....	33	(1.8)	33	(2.0)	35	(3.3)	28	(4.1)	34	(1.6)	41	(3.4)	27	(1.8)	35	(1.5)	29	(1.2)
40 - 49.....	33	(2.5)	29	(3.5)	30	(3.2)	22	(3.3)	30	(1.4)	43	(3.0)	27	(1.6)	33	(1.5)	27	(1.3)
50 - 59.....	34	(1.9)	43	(2.1)	29	(2.4)	31	(4.6)	32	(1.5)	42	(2.7)	28	(1.6)	37	(1.5)	29	(1.2)
60 - 69.....	34	(1.2)	50	(9.2)	35	(2.0)	32	(2.6)	32	(0.9)	48	(2.4)	27	(1.1)	35	(0.9)	30	(0.8)
70 and over.....	35	(1.6)	40	(1.7)	34	(1.8)	30	(1.9)	34	(1.8)	54	(2.8)	28	(1.2)	35	(1.2)	31	(0.9)
2 - 19.....	31	(1.1)	28	(1.5)	25	(1.1)	17	(1.2)	30	(1.2)	41	(2.7)	24	(0.9)	31	(0.7)	28	(0.8)
20 and over...	34	(0.8)	39	(2.5)	33	(1.0)	29	(1.7)	32	(0.7)	43	(2.2)	28	(0.6)	35	(0.5)	30	(0.4)
2 and over...	34	(0.6)	37	(2.1)	31	(0.7)	27	(1.4)	32	(0.6)	43	(1.9)	27	(0.5)	35	(0.4)	30	(0.4)
<b>Males and females:</b>																		
2 - 19.....	33	(1.1)	31	(1.0)	25	(1.2)	20	(1.5)	32	(0.9)	43	(1.1)	25	(0.9)	32	(0.7)	29	(0.6)
20 and over...	34	(0.7)	37	(1.4)	32	(0.9)	30	(1.3)	33	(0.5)	45	(0.9)	29	(0.6)	36	(0.5)	30	(0.4)
2 and over...	34	(0.6)	36	(1.2)	31	(0.8)	28	(1.3)	33	(0.4)	45	(0.8)	28	(0.5)	35	(0.4)	30	(0.3)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	26 (1.8)	33 (1.0)	29 (1.7)	38 (1.9)	28 (1.2)	37 (2.2)	29 (6.7)	-- --
6 - 11.....	27 (1.2)	36 (1.8)	29 (1.1)	40 (1.6)	30 (1.0)	36 (1.0)	31 (5.2)	-- --
12 - 19.....	34 (1.1)	41 (1.2)	32 (1.0)	44 (1.2)	36 (1.4)	41 (1.2)	22 (2.7)	-- --
20 - 29.....	35 (2.7)	38 (3.8)	29 (2.5)	40 (4.6)	33 (2.2)	42 (3.0)	12 (1.8)	-- --
30 - 39.....	39 (2.3)	42 (2.3)	33 (2.0)	44 (2.7)	37 (1.2)	44 (1.9)	5* (1.1)	-- --
40 - 49.....	35 (2.3)	38 (1.8)	31 (1.2)	41 (1.7)	35 (1.3)	41 (2.1)	4* (0.8)	-- --
50 - 59.....	37 (1.6)	43 (1.6)	34 (2.0)	43 (2.0)	36 (1.8)	43 (1.9)	6 (1.1)	-- --
60 - 69.....	33 (1.0)	42 (1.7)	32 (1.1)	43 (1.5)	35 (1.1)	42 (1.6)	6 (0.6)	-- --
70 and over.....	31 (2.1)	40 (2.0)	33 (1.1)	39 (1.5)	36 (1.3)	41 (1.7)	7 (1.3)	-- --
2 - 19.....	31 (0.8)	38 (0.9)	31 (0.7)	42 (1.0)	33 (0.9)	39 (1.0)	24 (2.5)	-- --
20 and over...	35 (0.6)	41 (1.0)	32 (0.7)	42 (1.2)	35 (0.6)	42 (0.6)	6 (0.6)	33 (2.7)
2 and over...	34 (0.5)	40 (0.8)	32 (0.6)	42 (0.9)	35 (0.5)	42 (0.5)	7 (0.6)	-- --
<b>Females:</b>								
2 - 5.....	26 (0.9)	32 (1.0)	28 (1.2)	36 (1.3)	28 (1.0)	37 (1.0)	21* (7.4)	-- --
6 - 11.....	27 (1.4)	33 (1.7)	26 (1.0)	37 (1.4)	28 (1.0)	35 (1.4)	20 (3.4)	-- --
12 - 19.....	32 (1.8)	40 (1.5)	32 (2.1)	42 (1.4)	37 (1.9)	41 (1.4)	14 (2.1)	-- --
20 - 29.....	37 (1.8)	43 (1.7)	35 (1.7)	45 (2.4)	37 (2.7)	42 (2.0)	6* (1.6)	-- --
30 - 39.....	34 (1.2)	39 (1.6)	32 (1.3)	39 (1.6)	35 (1.7)	40 (1.7)	5 (1.0)	-- --
40 - 49.....	32 (1.7)	37 (1.7)	27 (1.4)	38 (2.1)	33 (1.6)	43 (1.9)	6 (1.1)	-- --
50 - 59.....	34 (1.8)	41 (1.8)	32 (3.0)	43 (1.8)	34 (1.1)	43 (1.4)	6 (1.2)	-- --
60 - 69.....	34 (1.2)	39 (1.2)	39 (7.1)	41 (1.0)	35 (0.8)	41 (0.9)	6 (0.9)	-- --
70 and over.....	33 (1.0)	39 (1.1)	32 (1.1)	38 (1.7)	36 (0.8)	43 (1.2)	7 (1.0)	-- --
2 - 19.....	29 (0.9)	36 (1.0)	29 (1.0)	39 (1.0)	32 (1.1)	38 (0.8)	16 (1.8)	-- --
20 and over...	34 (0.6)	40 (0.7)	33 (1.7)	41 (0.8)	35 (0.6)	42 (0.5)	6 (0.7)	40 (3.1)
2 and over...	33 (0.6)	39 (0.7)	33 (1.5)	41 (0.7)	34 (0.6)	41 (0.5)	6 (0.6)	-- --
<b>Males and females:</b>								
2 - 19.....	30 (0.6)	37 (0.6)	30 (0.5)	41 (0.6)	32 (0.7)	39 (0.7)	20 (1.4)	-- --
20 and over...	35 (0.4)	40 (0.7)	33 (0.8)	41 (0.8)	35 (0.4)	42 (0.3)	6 (0.5)	35 (2.1)
2 and over...	34 (0.3)	40 (0.6)	32 (0.7)	41 (0.6)	35 (0.4)	41 (0.2)	7 (0.5)	-- --

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as dinner.

### 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.

### Suggested Citation

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**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Percent reporting <sup>3</sup>		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																				
2 - 19.....	95	(1.0)	32	(0.8)	40	(0.6)	28	(0.8)	21	(0.9)	32	(1.2)	34	(1.1)	34	(1.3)	35	(1.0)	33	(1.6)
20 and over.....	92	(0.5)	36	(0.6)	43	(0.8)	32	(0.5)	23	(0.6)	36	(0.8)	37	(0.9)	38	(1.1)	37	(0.9)	36	(0.9)
2 and over...	93	(0.5)	35	(0.5)	43	(0.7)	31	(0.5)	23	(0.5)	36	(0.8)	37	(0.7)	37	(0.9)	36	(0.7)	36	(0.6)
<b>Non-Hispanic Black:</b>																				
2 - 19.....	89	(2.6)	35	(2.2)	43	(2.3)	31	(2.0)	21	(2.0)	36	(1.6)	36	(2.7)	36	(2.7)	37	(2.7)	34	(3.0)
20 and over.....	89	(2.6)	36	(1.5)	44	(1.6)	32	(1.6)	26	(2.0)	37	(1.2)	38	(1.7)	36	(1.7)	38	(2.0)	38	(2.1)
2 and over...	89	(2.0)	36	(1.2)	44	(1.3)	32	(1.2)	25	(1.2)	37	(0.9)	37	(1.4)	36	(1.6)	38	(1.6)	37	(1.6)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																				
2 - 19.....	99*	(0.7)	33	(1.7)	40	(2.2)	31	(1.3)	19	(1.6)	37	(2.1)	33	(2.9)	30	(2.9)	35	(3.4)	37	(3.1)
20 and over.....	91	(3.0)	32	(1.3)	37	(2.3)	31	(1.1)	20	(2.1)	35	(1.6)	32	(1.8)	33	(1.4)	30	(3.1)	31	(3.0)
2 and over...	94	(2.2)	33	(1.2)	38	(1.8)	31	(0.9)	20	(1.4)	35	(1.4)	32	(1.8)	32	(1.1)	31	(2.9)	33	(2.8)
<b>Hispanic:</b>																				
2 - 19.....	88	(2.4)	29	(1.3)	35	(1.5)	26	(1.2)	19	(1.7)	27	(1.4)	31	(1.5)	30	(1.8)	31	(1.5)	30	(1.8)
20 and over.....	82	(1.9)	32	(1.6)	36	(1.8)	30	(1.7)	24	(1.6)	32	(2.0)	33	(1.5)	33	(1.6)	33	(1.5)	33	(2.1)
2 and over...	84	(1.8)	31	(1.3)	35	(1.4)	28	(1.4)	22	(1.3)	31	(1.6)	32	(1.3)	32	(1.2)	33	(1.3)	32	(1.7)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Cholesterol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Riboflavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	34	(1.7)	28	(1.9)	40	(4.9)	57	(4.6)	33	(0.8)	28	(0.9)	39	(0.9)	35	(1.2)	34	(0.9)
20 and over.....	36	(1.5)	38	(0.8)	53	(1.9)	56	(2.6)	38	(0.8)	29	(0.7)	39	(0.5)	36	(0.7)	38	(0.9)
2 and over...	36	(1.4)	36	(0.7)	51	(1.8)	56	(2.2)	37	(0.7)	29	(0.6)	39	(0.4)	36	(0.6)	38	(0.8)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	36	(3.3)	33	(2.1)	47	(8.0)	56	(7.5)	38	(2.2)	34	(1.8)	42	(2.5)	39	(2.8)	40	(2.7)
20 and over.....	36	(1.7)	43	(6.0)	56	(4.9)	54	(5.5)	36	(1.3)	32	(1.5)	43	(1.7)	41	(1.7)	37	(1.4)
2 and over...	36	(1.4)	41	(5.0)	55	(4.1)	55	(4.0)	37	(1.2)	32	(1.1)	43	(1.4)	41	(1.3)	38	(1.3)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	36	(4.3)	31	(4.5)	45	(10.4)	59	(4.9)	37	(2.4)	29	(2.9)	40	(2.8)	38	(1.9)	39	(2.1)
20 and over.....	31	(3.3)	34	(2.3)	40	(3.1)	51	(6.1)	34	(2.8)	29	(1.4)	38	(1.1)	34	(2.2)	34	(2.7)
2 and over...	33	(2.9)	33	(2.2)	41	(2.7)	54	(4.8)	35	(2.4)	29	(1.5)	38	(1.2)	35	(1.6)	36	(2.0)
<b>Hispanic:</b>																		
2 - 19.....	33	(2.9)	27	(2.8)	37	(5.0)	47	(5.2)	30	(1.4)	27	(2.7)	35	(1.3)	32	(1.8)	32	(1.2)
20 and over.....	28	(1.3)	30	(2.2)	40	(4.7)	48	(4.3)	32	(1.8)	26	(1.2)	33	(2.2)	30	(1.8)	32	(2.0)
2 and over...	29	(1.5)	29	(1.7)	39	(3.9)	48	(3.9)	31	(1.5)	26	(1.2)	34	(1.8)	31	(1.6)	32	(1.5)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	33	(1.4)	32	(1.5)	27	(2.1)	22	(2.8)	32	(1.4)	43	(2.0)	26	(1.1)	33	(0.7)	30	(0.8)
20 and over.....	36	(1.0)	37	(0.8)	34	(0.9)	32	(1.8)	34	(0.7)	48	(1.5)	31	(0.9)	37	(0.8)	31	(0.6)
2 and over...	35	(1.0)	36	(0.7)	33	(0.8)	30	(1.9)	34	(0.6)	47	(1.2)	30	(0.8)	36	(0.7)	30	(0.5)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	35	(2.8)	36	(3.0)	28	(2.6)	22	(2.6)	36	(1.8)	52	(3.5)	30	(2.6)	36	(2.1)	33	(1.3)
20 and over.....	37	(1.4)	48	(7.3)	31	(2.2)	27	(2.7)	34	(1.7)	48	(4.1)	26	(1.1)	37	(0.9)	32	(0.9)
2 and over...	37	(1.1)	46	(6.3)	30	(1.6)	26	(2.2)	35	(1.2)	49	(3.2)	27	(1.0)	37	(0.8)	32	(0.7)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	36	(2.6)	26	(3.1)	30	(3.0)	15	(3.5)	32	(2.0)	45	(4.1)	23	(1.8)	33	(1.8)	32	(1.6)
20 and over.....	31	(2.9)	35	(9.9)	34	(3.3)	25	(4.1)	30	(3.5)	36	(4.0)	26	(2.0)	35	(1.6)	32	(1.1)
2 and over...	32	(2.3)	33	(7.6)	33	(2.4)	22	(3.1)	31	(2.7)	37	(3.8)	25	(1.5)	34	(1.2)	32	(0.9)
<b>Hispanic:</b>																		
2 - 19.....	30	(2.2)	29	(2.1)	19	(1.0)	18	(2.7)	28	(1.6)	35	(2.6)	23	(1.8)	29	(1.6)	26	(1.4)
20 and over.....	29	(1.3)	31	(2.5)	25	(2.3)	26	(1.8)	29	(1.6)	39	(3.8)	26	(1.3)	32	(1.5)	27	(1.4)
2 and over...	29	(1.2)	31	(1.8)	23	(1.5)	23	(1.3)	29	(1.4)	38	(3.0)	25	(1.1)	31	(1.2)	27	(1.2)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	29	(0.8)	38	(0.9)	30	(0.8)	42	(0.7)	34	(1.3)	39	(0.9)	21	(2.5)	--	--
20 and over.....	35	(0.7)	41	(0.9)	32	(0.7)	43	(1.1)	36	(0.4)	43	(0.6)	5	(0.7)	38	(2.5)
2 and over...	34	(0.6)	41	(0.8)	32	(0.7)	43	(0.9)	36	(0.5)	43	(0.5)	6	(0.6)	--	--
<b>Non-Hispanic Black:</b>																
2 - 19.....	34	(1.7)	42	(2.3)	35	(1.6)	45	(2.3)	36	(2.1)	41	(2.3)	16*	(5.0)	--	--
20 and over.....	35	(1.5)	42	(1.7)	41	(5.6)	42	(1.7)	38	(1.3)	42	(1.5)	10	(1.9)	28	(6.1)
2 and over...	35	(1.2)	42	(1.4)	40	(4.7)	43	(1.4)	37	(1.0)	42	(1.2)	10	(1.8)	--	--
<b>Non-Hispanic Asian<sup>3</sup>:</b>																
2 - 19.....	36	(1.8)	37	(2.0)	34	(1.4)	41	(3.2)	34	(1.2)	42	(2.1)	9*	(3.2)	--	--
20 and over.....	35	(1.1)	38	(1.2)	32	(1.4)	42	(1.9)	32	(2.4)	39	(2.3)	7*	(1.8)	22*	(10.3)
2 and over...	35	(0.9)	38	(1.0)	32	(1.2)	41	(1.3)	32	(1.7)	40	(2.0)	7	(1.5)	--	--
<b>Hispanic:</b>																
2 - 19.....	29	(1.3)	34	(1.8)	27	(1.6)	37	(1.5)	28	(1.5)	36	(1.6)	18	(3.0)	--	--
20 and over.....	32	(1.7)	36	(2.1)	28	(1.5)	35	(1.6)	32	(1.7)	38	(1.8)	9	(0.6)	26	(4.4)
2 and over...	31	(1.3)	35	(1.6)	27	(1.3)	36	(1.2)	30	(1.5)	37	(1.5)	10	(0.6)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

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

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

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as dinner.

### 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.

### Suggested Citation

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

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

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

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

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

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

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

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

### Footnotes

- <sup>1</sup> Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, August 2021-August 2023.
- <sup>3</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level) and Age, *What We Eat in America, NHANES August 2021-August 2023*.

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	95* (1.8)	28 (1.3)	18 (1.1)	33 (1.4)	41 (1.6)	28 (1.7)	26 (1.7)	26 (1.7)	25 (1.6)	29 (2.4)
6 - 11.....	95 (1.4)	24 (1.2)	14 (1.0)	28 (1.4)	34 (1.7)	26 (1.1)	24 (1.3)	25 (1.9)	22 (1.2)	26 (1.3)
12 - 19.....	94 (1.4)	23 (1.5)	14 (1.5)	28 (1.6)	40 (2.2)	22 (2.0)	21 (1.7)	23 (1.9)	21 (1.9)	21 (1.9)
20 - 29.....	91 (2.0)	22 (1.9)	14 (1.9)	24 (1.8)	35 (2.4)	21 (2.1)	20 (2.3)	19 (2.2)	22 (3.0)	22 (2.4)
30 - 39.....	97* (1.2)	21 (1.6)	11 (1.0)	25 (1.6)	37 (1.6)	17 (1.4)	17 (1.4)	18 (1.6)	16 (1.3)	17 (1.7)
40 - 49.....	97* (1.3)	24 (1.7)	13 (1.4)	29 (2.3)	44 (3.6)	19 (1.7)	21 (2.1)	20 (1.9)	22 (2.5)	22 (2.3)
50 - 59.....	96* (1.1)	23 (1.5)	12 (1.0)	28 (1.8)	39 (2.1)	21 (1.4)	19 (1.3)	19 (1.7)	20 (1.4)	17 (1.4)
60 - 69.....	97 (0.7)	25 (0.9)	14 (1.0)	28 (1.1)	36 (1.4)	24 (1.8)	23 (1.2)	22 (1.1)	25 (1.3)	23 (1.8)
70 and over.....	96 (1.0)	22 (1.3)	12 (1.0)	24 (1.6)	33 (1.8)	18 (1.0)	20 (1.4)	21 (1.6)	21 (1.6)	18 (1.5)
2 - 19.....	94 (1.2)	24 (0.9)	15 (1.0)	29 (0.9)	38 (0.9)	24 (1.0)	23 (1.1)	24 (1.4)	22 (1.1)	24 (1.1)
20 and over...	96 (0.6)	23 (0.6)	13 (0.4)	26 (0.7)	38 (1.0)	20 (0.6)	20 (0.7)	20 (0.7)	21 (0.8)	20 (0.8)
2 and over...	95 (0.6)	23 (0.5)	13 (0.4)	27 (0.6)	38 (0.8)	21 (0.5)	20 (0.5)	21 (0.6)	21 (0.5)	20 (0.6)
<b>Females:</b>										
2 - 5.....	97* (1.3)	27 (2.0)	18 (1.7)	31 (2.2)	41 (2.9)	27 (2.0)	24 (2.1)	25 (2.9)	23 (2.0)	24 (2.3)
6 - 11.....	97* (1.0)	29 (1.2)	18 (1.5)	33 (1.7)	43 (2.7)	28 (1.6)	27 (1.0)	30 (1.3)	26 (1.1)	27 (1.2)
12 - 19.....	93 (1.1)	23 (1.1)	12 (0.9)	27 (1.3)	36 (2.1)	22 (1.1)	23 (1.6)	27 (2.0)	21 (1.4)	20 (1.8)
20 - 29.....	94 (1.6)	21 (0.9)	12 (1.1)	25 (1.3)	36 (1.8)	18 (1.6)	18 (1.0)	19 (1.2)	18 (1.2)	18 (1.6)
30 - 39.....	97* (1.3)	22 (1.1)	12 (0.9)	26 (1.3)	39 (1.7)	18 (1.3)	19 (1.3)	20 (1.8)	19 (1.3)	19 (1.4)
40 - 49.....	98* (0.8)	24 (1.5)	14 (1.2)	29 (1.8)	41 (2.8)	23 (2.5)	22 (1.5)	24 (1.9)	23 (1.5)	21 (1.7)
50 - 59.....	97* (0.5)	23 (1.5)	12 (0.8)	29 (2.1)	41 (2.9)	22 (1.8)	21 (1.4)	21 (1.5)	21 (1.5)	20 (1.4)
60 - 69.....	98 (0.3)	23 (0.9)	12 (0.7)	27 (1.1)	38 (1.5)	21 (0.8)	22 (0.9)	22 (1.2)	23 (0.9)	21 (1.2)
70 and over.....	97 (0.8)	23 (1.0)	13 (0.8)	27 (1.0)	36 (1.8)	19 (1.1)	22 (1.1)	24 (1.2)	22 (1.3)	19 (1.2)
2 - 19.....	95 (0.7)	26 (0.6)	15 (0.7)	30 (0.8)	40 (1.3)	25 (0.8)	25 (0.8)	27 (1.0)	23 (0.8)	23 (1.0)
20 and over...	97 (0.4)	23 (0.5)	12 (0.4)	27 (0.8)	38 (1.1)	20 (0.8)	20 (0.5)	22 (0.7)	21 (0.5)	19 (0.5)
2 and over...	96 (0.4)	23 (0.4)	13 (0.4)	28 (0.7)	39 (0.9)	21 (0.7)	21 (0.4)	23 (0.5)	21 (0.4)	20 (0.4)
<b>Males and females:</b>										
2 - 19.....	95 (0.8)	25 (0.7)	15 (0.7)	29 (0.7)	39 (0.8)	24 (0.8)	24 (0.8)	25 (0.9)	22 (0.8)	23 (0.9)
20 and over...	96 (0.4)	23 (0.4)	13 (0.4)	27 (0.5)	38 (0.7)	20 (0.6)	20 (0.5)	21 (0.6)	21 (0.6)	19 (0.6)
2 and over...	96 (0.4)	23 (0.4)	13 (0.3)	27 (0.5)	38 (0.6)	21 (0.5)	21 (0.4)	22 (0.5)	21 (0.4)	20 (0.4)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	11 (1.3)	20 (2.6)	16* (5.9)	7* (2.1)	22 (1.1)	25 (1.6)	18 (1.3)	22 (1.4)	19 (1.4)
6 - 11.....	10 (1.9)	22 (2.4)	26 (5.6)	10* (3.7)	18 (1.0)	20 (1.4)	17 (1.0)	19 (1.4)	17 (1.0)
12 - 19.....	10 (1.3)	19 (1.7)	11 (2.7)	9* (2.8)	16 (1.7)	21 (2.1)	15 (1.6)	19 (1.9)	15 (1.5)
20 - 29.....	8 (1.9)	22 (4.3)	17* (6.0)	9* (3.2)	17 (2.0)	25 (2.9)	22 (3.3)	27 (4.0)	17 (2.2)
30 - 39.....	6 (0.9)	12 (1.1)	8 (2.0)	10* (3.3)	13 (1.0)	23 (1.9)	24 (2.6)	29 (4.1)	13 (1.3)
40 - 49.....	8 (1.1)	22 (3.1)	9 (1.7)	8* (5.7)	16 (1.7)	25 (2.4)	22 (3.0)	25 (4.1)	16 (2.3)
50 - 59.....	7 (0.9)	13 (2.4)	9* (3.2)	9* (4.0)	15 (1.1)	24 (2.9)	19 (2.2)	20 (2.7)	15 (1.3)
60 - 69.....	7 (0.6)	17 (2.2)	13* (4.1)	7* (2.2)	17 (0.9)	25 (1.4)	20 (1.6)	21 (2.1)	19 (1.7)
70 and over.....	8 (0.9)	12 (1.2)	7 (1.1)	9* (2.9)	14 (0.9)	19 (1.2)	15 (1.4)	15 (1.7)	15 (1.0)
2 - 19.....	10 (1.0)	20 (1.5)	17 (3.4)	9 (2.0)	18 (1.1)	22 (1.4)	16 (1.0)	20 (1.2)	16 (0.8)
20 and over...	7 (0.5)	16 (1.1)	10 (1.4)	9 (1.2)	15 (0.5)	24 (0.9)	21 (0.9)	24 (1.5)	16 (0.6)
2 and over...	8 (0.5)	17 (1.0)	11 (1.2)	9 (0.9)	16 (0.5)	23 (0.8)	20 (0.8)	23 (1.2)	16 (0.5)
<b>Females:</b>									
2 - 5.....	11 (1.8)	19 (3.9)	16* (5.0)	9* (3.4)	21 (1.4)	25 (2.2)	17 (2.0)	22 (2.3)	19 (1.2)
6 - 11.....	16 (1.8)	24 (3.0)	21 (3.6)	9* (3.1)	20 (1.2)	26 (2.1)	17 (1.0)	20 (1.5)	20 (1.5)
12 - 19.....	12 (1.9)	19 (2.3)	12 (3.3)	3* (1.6)	16 (1.0)	21 (2.6)	16 (1.7)	19 (3.0)	16 (0.9)
20 - 29.....	9 (1.2)	18 (1.7)	10 (2.7)	4* (2.3)	14 (1.1)	21 (1.3)	16 (1.5)	19 (2.3)	14 (0.8)
30 - 39.....	7 (1.5)	16 (2.2)	8 (1.9)	12* (4.7)	15 (0.7)	22 (1.7)	18 (1.8)	23 (3.7)	13 (1.0)
40 - 49.....	11 (1.5)	15 (1.8)	9 (2.3)	2* (0.6)	16 (1.6)	21 (1.3)	15 (2.2)	18 (3.2)	16 (2.0)
50 - 59.....	8 (1.2)	14 (1.1)	10 (1.7)	12* (4.5)	15 (1.1)	21 (1.4)	13 (1.2)	15 (2.0)	15 (1.3)
60 - 69.....	8 (0.7)	13 (2.0)	10 (2.2)	11 (3.0)	15 (0.8)	21 (1.3)	15 (1.1)	16 (1.3)	15 (0.8)
70 and over.....	9 (0.7)	13 (1.0)	5 (1.3)	7* (3.3)	14 (0.9)	21 (1.0)	14 (0.8)	13 (0.7)	15 (0.9)
2 - 19.....	13 (1.0)	21 (1.9)	16 (1.9)	6 (1.3)	18 (0.6)	23 (1.2)	16 (0.7)	20 (1.2)	18 (0.6)
20 and over...	8 (0.4)	15 (0.6)	8 (0.9)	8 (1.6)	15 (0.5)	21 (0.6)	15 (0.4)	18 (0.7)	15 (0.6)
2 and over...	9 (0.4)	16 (0.7)	9 (0.9)	8 (1.2)	16 (0.5)	22 (0.6)	16 (0.4)	18 (0.6)	15 (0.5)
<b>Males and females:</b>									
2 - 19.....	11 (0.8)	20 (1.2)	16 (1.9)	8 (1.5)	18 (0.7)	22 (1.1)	16 (0.7)	20 (1.0)	17 (0.6)
20 and over...	8 (0.4)	16 (0.6)	9 (0.9)	8 (1.1)	15 (0.4)	23 (0.6)	18 (0.6)	21 (1.0)	15 (0.5)
2 and over...	8 (0.4)	17 (0.6)	10 (0.8)	8 (0.8)	16 (0.4)	23 (0.6)	18 (0.5)	21 (0.8)	16 (0.4)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	18	(1.5)	21	(2.2)	40	(2.1)	22	(3.1)	27	(2.0)	18	(1.9)	29	(2.0)	23	(1.3)	29	(1.3)
6 - 11.....	14	(1.3)	14	(1.7)	32	(3.5)	15	(2.2)	26	(1.9)	20	(2.2)	23	(1.7)	18	(1.2)	27	(1.0)
12 - 19.....	15	(1.7)	18	(1.9)	29	(2.2)	21	(3.5)	24	(2.5)	15	(1.9)	26	(1.8)	19	(1.8)	27	(1.6)
20 - 29.....	14	(1.5)	24	(4.1)	32	(8.1)	19	(3.3)	29	(3.5)	11	(2.0)	29	(1.9)	19	(1.9)	32	(2.1)
30 - 39.....	13	(1.2)	25	(4.2)	23	(4.0)	9	(1.6)	18	(1.6)	9	(1.3)	23	(1.2)	15	(1.2)	27	(1.5)
40 - 49.....	15	(1.2)	21	(4.2)	27	(3.2)	16	(3.1)	27	(3.4)	12	(1.8)	26	(2.4)	19	(1.8)	29	(2.7)
50 - 59.....	14	(1.3)	18	(4.3)	27	(3.1)	17	(3.7)	20	(1.6)	7	(1.2)	25	(1.2)	17	(1.0)	28	(1.4)
60 - 69.....	15	(1.1)	18	(1.7)	28	(3.5)	16	(2.3)	28	(2.5)	15	(3.0)	26	(1.4)	20	(1.3)	31	(1.7)
70 and over.....	12	(0.9)	12	(1.5)	20	(1.4)	11	(1.7)	20	(1.2)	10	(1.5)	21	(1.5)	17	(1.2)	24	(1.2)
2 - 19.....	15	(1.0)	17	(1.5)	33	(2.1)	19	(2.7)	25	(1.5)	17	(1.4)	25	(1.5)	19	(1.2)	27	(0.8)
20 and over...	14	(0.4)	21	(1.6)	26	(2.3)	14	(1.1)	24	(0.7)	11	(0.8)	25	(0.7)	18	(0.5)	29	(0.8)
2 and over...	14	(0.5)	20	(1.4)	28	(1.9)	16	(1.1)	24	(0.6)	12	(0.7)	25	(0.6)	18	(0.5)	28	(0.7)
<b>Females:</b>																		
2 - 5.....	16	(1.6)	22	(3.3)	41	(4.4)	26	(2.5)	32	(4.6)	16	(1.9)	31	(3.2)	23	(2.0)	29	(2.3)
6 - 11.....	20	(1.6)	20	(2.8)	37	(2.3)	23	(4.0)	30	(2.6)	21	(2.0)	28	(3.1)	22	(2.0)	29	(1.4)
12 - 19.....	13	(1.3)	19	(3.3)	28	(2.3)	16	(2.3)	22	(1.8)	12	(1.4)	23	(1.8)	16	(1.1)	26	(1.8)
20 - 29.....	12	(0.9)	19	(2.6)	25	(2.3)	17	(4.2)	23	(3.1)	8	(1.5)	25	(1.9)	16	(1.2)	24	(1.1)
30 - 39.....	12	(1.3)	19	(2.7)	24	(2.4)	16	(2.4)	22	(1.9)	9	(1.3)	27	(1.4)	17	(1.1)	28	(1.1)
40 - 49.....	14	(1.4)	15	(2.4)	28	(3.3)	15	(1.4)	23	(2.3)	9	(1.3)	26	(1.5)	18	(1.2)	28	(1.5)
50 - 59.....	12	(1.0)	12	(1.5)	23	(2.6)	13	(2.2)	21	(1.6)	10	(1.4)	26	(0.9)	17	(1.3)	29	(1.6)
60 - 69.....	12	(0.8)	12	(3.1)	25	(2.0)	13	(1.4)	24	(1.4)	9	(0.7)	27	(1.6)	18	(0.9)	27	(1.0)
70 and over.....	12	(0.6)	13	(1.2)	22	(2.0)	11	(1.0)	21	(1.6)	9	(1.4)	24	(1.0)	18	(0.8)	26	(0.7)
2 - 19.....	16	(0.7)	20	(1.9)	34	(2.0)	21	(1.9)	27	(1.4)	15	(1.1)	27	(1.7)	20	(0.8)	27	(0.9)
20 and over...	12	(0.4)	15	(1.0)	24	(1.2)	14	(0.7)	22	(0.8)	9	(0.6)	26	(0.6)	17	(0.5)	27	(0.7)
2 and over...	13	(0.4)	16	(0.9)	27	(1.0)	16	(0.7)	23	(0.6)	10	(0.7)	26	(0.7)	18	(0.4)	27	(0.6)
<b>Males and females:</b>																		
2 - 19.....	15	(0.7)	18	(1.3)	33	(1.6)	20	(2.0)	26	(1.3)	16	(1.1)	26	(1.3)	19	(0.8)	27	(0.6)
20 and over...	13	(0.3)	18	(1.0)	25	(1.4)	14	(0.6)	23	(0.6)	10	(0.7)	25	(0.5)	17	(0.4)	28	(0.6)
2 and over...	14	(0.3)	18	(0.9)	27	(1.2)	16	(0.8)	24	(0.5)	11	(0.6)	26	(0.6)	18	(0.4)	28	(0.6)



**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																
2 - 5.....	21	(1.6)	21	(1.2)	31	(1.1)	13	(1.1)	26	(1.5)	18	(1.1)	55	(9.2)	--	--
6 - 11.....	21	(1.6)	18	(1.4)	29	(1.2)	11	(0.8)	22	(1.3)	18	(0.9)	32	(5.3)	--	--
12 - 19.....	18	(1.5)	17	(1.2)	31	(2.2)	11	(1.1)	21	(1.8)	15	(1.7)	44	(3.8)	--	--
20 - 29.....	18	(2.4)	18	(2.5)	36	(2.2)	13	(2.3)	22	(2.1)	14	(1.8)	46	(6.0)	--	--
30 - 39.....	14	(1.3)	14	(1.1)	29	(1.4)	8	(1.0)	20	(1.6)	13	(1.3)	39	(5.0)	--	--
40 - 49.....	17	(2.0)	17	(2.0)	34	(2.9)	12	(1.6)	22	(1.6)	15	(1.3)	41	(3.4)	--	--
50 - 59.....	17	(1.6)	14	(1.1)	29	(1.5)	12	(2.0)	22	(1.2)	13	(1.1)	43	(3.3)	--	--
60 - 69.....	18	(1.7)	18	(1.4)	33	(2.0)	11	(0.7)	24	(1.8)	16	(1.7)	44	(3.4)	--	--
70 and over.....	15	(1.0)	15	(1.2)	27	(1.3)	11	(0.9)	18	(1.1)	12	(1.1)	31	(2.2)	--	--
2 - 19.....	19	(1.1)	18	(0.8)	31	(1.1)	11	(0.8)	23	(1.1)	16	(1.0)	42	(2.8)	--	--
20 and over...	16	(0.7)	16	(0.6)	31	(0.8)	11	(0.8)	21	(0.6)	14	(0.4)	41	(2.2)	60	(3.0)
2 and over...	17	(0.6)	16	(0.5)	31	(0.7)	11	(0.6)	22	(0.6)	14	(0.4)	41	(2.2)	--	--
<b>Females:</b>																
2 - 5.....	21	(1.9)	22	(2.1)	31	(2.4)	13	(1.4)	27	(2.3)	17	(1.7)	47	(11.8)	--	--
6 - 11.....	21	(0.9)	21	(1.7)	34	(1.4)	14	(1.3)	27	(1.6)	20	(1.2)	37	(5.3)	--	--
12 - 19.....	19	(2.3)	16	(1.3)	30	(3.1)	10	(0.9)	20	(1.2)	15	(0.9)	41	(4.4)	--	--
20 - 29.....	16	(0.9)	15	(1.0)	27	(1.5)	9	(0.7)	18	(1.1)	14	(0.9)	37	(5.7)	--	--
30 - 39.....	16	(1.1)	15	(0.9)	30	(1.4)	9	(0.9)	19	(1.1)	13	(1.0)	38	(4.8)	--	--
40 - 49.....	18	(1.7)	17	(1.2)	33	(1.9)	12	(1.5)	21	(1.5)	14	(1.2)	37	(4.3)	--	--
50 - 59.....	18	(1.7)	16	(1.2)	31	(2.6)	12	(1.6)	20	(1.3)	14	(1.0)	40	(3.3)	--	--
60 - 69.....	17	(0.7)	16	(0.8)	27	(3.7)	9	(0.8)	21	(1.0)	13	(0.7)	38	(2.5)	--	--
70 and over.....	16	(0.9)	16	(0.8)	29	(1.0)	14	(2.4)	20	(0.9)	13	(0.8)	37	(3.0)	--	--
2 - 19.....	20	(1.2)	19	(1.0)	31	(1.5)	12	(0.7)	24	(0.7)	17	(0.5)	40	(3.4)	--	--
20 and over...	17	(0.5)	16	(0.5)	29	(1.2)	11	(0.5)	20	(0.6)	13	(0.4)	38	(1.2)	54	(3.3)
2 and over...	17	(0.6)	16	(0.5)	30	(1.1)	11	(0.4)	21	(0.5)	14	(0.3)	38	(1.2)	--	--
<b>Males and females:</b>																
2 - 19.....	19	(0.9)	18	(0.7)	31	(0.8)	11	(0.5)	23	(0.8)	17	(0.6)	41	(1.4)	--	--
20 and over...	16	(0.5)	16	(0.5)	30	(0.9)	11	(0.6)	21	(0.5)	14	(0.3)	40	(1.3)	59	(2.4)
2 and over...	17	(0.5)	16	(0.4)	31	(0.8)	11	(0.5)	21	(0.5)	14	(0.3)	40	(1.2)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as snack.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 19.....	97 (0.6)	25 (0.9)	15 (0.9)	30 (1.1)	38 (1.3)	25 (1.0)	23 (1.1)	25 (1.4)	22 (1.0)	23 (1.2)
20 and over.....	97 (0.4)	23 (0.5)	13 (0.5)	27 (0.7)	39 (1.0)	20 (0.7)	20 (0.6)	21 (0.7)	21 (0.7)	20 (0.7)
2 and over...	97 (0.3)	23 (0.5)	13 (0.4)	28 (0.7)	39 (0.9)	21 (0.6)	21 (0.5)	21 (0.6)	21 (0.6)	20 (0.5)
<b>Non-Hispanic Black:</b>										
2 - 19.....	87 (2.8)	22 (1.5)	12 (1.0)	25 (2.0)	35 (2.7)	21 (1.7)	21 (1.4)	22 (2.2)	19 (1.3)	21 (1.6)
20 and over.....	91 (2.0)	23 (1.3)	13 (1.0)	27 (1.4)	37 (1.7)	21 (1.6)	20 (1.4)	21 (1.5)	21 (1.7)	20 (1.6)
2 and over...	90 (2.1)	23 (1.1)	12 (0.8)	26 (1.3)	37 (1.7)	21 (1.4)	20 (1.2)	21 (1.3)	20 (1.3)	21 (1.3)
<b>Non-Hispanic Asian<sup>3</sup>:</b>										
2 - 19.....	92* (2.8)	23 (1.8)	16 (1.5)	24 (1.4)	38 (1.7)	20 (2.2)	26 (3.2)	27 (4.1)	25 (3.4)	25 (2.7)
20 and over.....	97* (0.9)	19 (1.1)	12 (0.9)	20 (2.3)	36 (2.9)	16 (1.6)	19 (1.4)	19 (1.7)	21 (2.7)	18 (1.8)
2 and over...	95 (1.0)	20 (0.8)	13 (0.8)	21 (1.5)	37 (1.8)	17 (1.2)	21 (1.4)	21 (1.9)	22 (2.3)	20 (1.6)
<b>Hispanic:</b>										
2 - 19.....	96 (1.3)	26 (1.5)	16 (1.6)	30 (1.4)	41 (1.7)	26 (1.0)	24 (1.7)	26 (2.0)	23 (1.7)	23 (1.8)
20 and over.....	96 (0.9)	21 (1.3)	12 (1.1)	25 (1.4)	35 (1.6)	19 (1.6)	18 (1.3)	19 (1.1)	18 (1.3)	19 (2.2)
2 and over...	96 (0.8)	23 (1.1)	13 (0.9)	27 (1.2)	37 (1.4)	21 (1.3)	20 (1.0)	21 (0.9)	20 (1.0)	20 (1.7)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 19.....	11 (1.3)	20 (1.5)	18 (3.5)	5 (1.2)	18 (1.1)	22 (1.6)	16 (1.0)	21 (1.3)	18 (1.1)
20 and over.....	8 (0.4)	16 (0.8)	9 (1.1)	9 (1.7)	15 (0.5)	23 (0.8)	20 (0.8)	22 (1.3)	16 (0.6)
2 and over...	8 (0.3)	16 (0.8)	10 (1.0)	8 (1.3)	16 (0.5)	23 (0.8)	19 (0.7)	22 (1.2)	16 (0.5)
<b>Non-Hispanic Black:</b>									
2 - 19.....	10 (1.7)	17 (2.1)	25* (8.5)	11* (6.2)	14 (1.1)	17 (1.0)	13 (1.1)	16 (1.4)	14 (1.4)
20 and over.....	9 (1.2)	15 (2.4)	9 (2.1)	9* (3.6)	15 (0.9)	20 (1.2)	14 (0.8)	14 (0.9)	16 (1.3)
2 and over...	9 (1.0)	16 (2.1)	12 (2.3)	10 (2.6)	15 (0.7)	19 (0.9)	14 (0.7)	15 (0.9)	15 (1.0)
<b>Non-Hispanic Asian<sup>3</sup>:</b>									
2 - 19.....	15 (2.2)	19 (4.0)	4* (1.6)	5* (1.6)	16 (1.8)	23 (2.5)	16 (1.3)	19 (1.8)	14 (2.0)
20 and over.....	8 (1.2)	12 (2.5)	8* (2.9)	10* (3.4)	11 (1.3)	19 (1.3)	15 (1.4)	17 (2.4)	9 (1.0)
2 and over...	9 (1.1)	14 (2.4)	7* (2.5)	8 (2.5)	13 (1.0)	20 (1.2)	16 (1.1)	18 (1.8)	10 (1.0)
<b>Hispanic:</b>									
2 - 19.....	11 (1.3)	22 (2.2)	17 (3.4)	13 (2.8)	20 (1.5)	23 (2.6)	16 (1.5)	20 (2.4)	17 (1.5)
20 and over.....	7 (0.9)	17 (1.7)	11 (1.9)	7 (1.7)	16 (1.6)	22 (1.5)	18 (1.5)	23 (2.5)	16 (1.7)
2 and over...	8 (0.7)	18 (1.4)	12 (1.7)	8 (1.5)	17 (1.4)	22 (1.6)	18 (1.3)	22 (1.9)	16 (1.3)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	15	(0.9)	19	(2.1)	33	(2.3)	18	(2.3)	25	(1.8)	15	(1.2)	25	(1.8)	19	(1.0)	27	(1.0)
20 and over.....	13	(0.4)	20	(1.3)	24	(1.7)	13	(0.9)	23	(0.7)	10	(0.5)	24	(0.7)	18	(0.6)	28	(0.8)
2 and over...	14	(0.3)	20	(1.3)	26	(1.4)	14	(1.0)	23	(0.6)	11	(0.4)	24	(0.7)	18	(0.6)	28	(0.8)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	12	(1.3)	11	(1.4)	29	(2.2)	13	(1.8)	21	(2.2)	16	(2.3)	20	(1.6)	15	(1.0)	24	(0.9)
20 and over.....	12	(1.0)	11	(1.8)	29	(1.7)	15	(2.0)	25	(2.2)	12	(1.5)	28	(1.4)	17	(1.0)	29	(1.3)
2 and over...	12	(0.8)	11	(1.5)	29	(1.4)	14	(1.6)	24	(1.7)	12	(1.4)	26	(1.2)	17	(0.8)	28	(1.1)
<b>Non-Hispanic Asian<sup>3</sup>:</b>																		
2 - 19.....	18	(1.6)	24	(3.2)	29	(2.7)	27	(5.0)	30	(3.8)	15	(2.8)	27	(2.7)	20	(1.9)	26	(1.5)
20 and over.....	12	(0.9)	15	(3.7)	24	(2.8)	18	(2.9)	21	(1.5)	5*	(1.2)	25	(2.0)	16	(0.9)	22	(1.4)
2 and over...	14	(0.8)	17	(3.3)	25	(2.4)	21	(2.5)	24	(1.7)	6	(1.1)	25	(1.5)	17	(0.9)	23	(1.2)
<b>Hispanic:</b>																		
2 - 19.....	16	(1.6)	19	(2.9)	37	(2.3)	25	(4.7)	27	(1.8)	19	(2.4)	30	(2.4)	21	(1.9)	29	(1.4)
20 and over.....	13	(1.3)	18	(1.8)	30	(2.6)	15	(1.8)	22	(1.9)	12	(1.6)	28	(1.4)	16	(1.3)	27	(1.5)
2 and over...	14	(1.1)	18	(1.7)	33	(1.8)	19	(2.3)	24	(1.7)	13	(1.6)	28	(1.4)	18	(1.2)	27	(1.3)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	20	(1.2)	18	(0.9)	32	(1.2)	11	(0.8)	22	(0.9)	17	(0.8)	40	(3.3)	--	--
20 and over.....	17	(0.7)	16	(0.7)	32	(1.0)	11	(0.8)	21	(0.6)	14	(0.5)	42	(1.9)	57	(2.8)
2 and over...	18	(0.7)	17	(0.6)	32	(0.9)	11	(0.7)	21	(0.6)	15	(0.5)	42	(1.8)	--	--
<b>Non-Hispanic Black:</b>																
2 - 19.....	16	(1.5)	14	(0.9)	26	(1.2)	9	(1.0)	20	(1.3)	13	(0.8)	47	(7.0)	--	--
20 and over.....	17	(1.3)	15	(1.2)	27	(2.9)	10	(0.7)	20	(1.2)	14	(1.1)	31	(3.3)	68	(7.2)
2 and over...	17	(1.0)	15	(1.0)	27	(2.3)	10	(0.5)	20	(1.0)	14	(0.9)	32	(3.1)	--	--
<b>Non-Hispanic Asian<sup>3</sup>:</b>																
2 - 19.....	17	(1.4)	20	(1.7)	26	(1.3)	13	(1.4)	22	(1.6)	14	(1.4)	49	(5.2)	--	--
20 and over.....	11	(0.8)	14	(0.7)	25	(1.5)	9	(0.6)	19	(1.4)	10	(0.7)	35	(4.1)	71*	(8.3)
2 and over...	13	(0.8)	16	(0.8)	25	(1.1)	10	(0.6)	20	(1.0)	11	(0.6)	36	(4.0)	--	--
<b>Hispanic:</b>																
2 - 19.....	20	(1.5)	18	(1.8)	32	(1.5)	12	(1.2)	25	(1.7)	17	(1.5)	39	(5.4)	--	--
20 and over.....	16	(1.8)	14	(1.3)	30	(2.0)	11	(1.1)	20	(1.4)	13	(1.2)	30	(2.4)	66	(6.2)
2 and over...	17	(1.3)	15	(1.1)	30	(1.6)	11	(0.8)	21	(1.3)	14	(0.8)	31	(2.2)	--	--

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as snack.

### 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.

### Suggested Citation

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**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 19.....	92 (1.9)	24 (1.6)	15 (1.3)	28 (1.5)	38 (2.1)	25 (1.5)	23 (1.8)	22 (1.4)	23 (2.3)	24 (2.6)
20 and over.....	92 (0.9)	24 (1.3)	13 (1.2)	29 (1.1)	42 (1.2)	21 (1.5)	22 (1.5)	21 (1.6)	22 (1.7)	22 (1.7)
2 and over...	92 (1.1)	24 (0.9)	14 (1.0)	29 (0.9)	41 (1.0)	22 (1.0)	22 (1.0)	21 (1.2)	23 (1.0)	23 (1.2)
<b>131-350% poverty:</b>										
2 - 19.....	95 (1.2)	26 (1.3)	15 (1.3)	30 (1.2)	38 (1.6)	26 (1.3)	25 (1.5)	28 (2.0)	23 (1.4)	25 (1.4)
20 and over.....	96 (0.8)	23 (0.7)	13 (0.6)	27 (0.7)	39 (1.1)	20 (0.7)	20 (0.8)	21 (1.0)	20 (0.9)	19 (0.9)
2 and over...	96 (0.7)	24 (0.6)	13 (0.5)	28 (0.7)	39 (1.0)	22 (0.6)	21 (0.7)	22 (1.0)	21 (0.7)	20 (0.7)
<b>Over 350% poverty:</b>										
2 - 19.....	96 (1.3)	24 (0.8)	14 (0.6)	28 (1.0)	38 (1.1)	22 (1.3)	21 (1.0)	24 (1.3)	20 (1.2)	20 (1.5)
20 and over.....	97 (0.6)	21 (0.6)	13 (0.4)	24 (1.0)	35 (1.2)	19 (0.9)	20 (0.7)	20 (0.7)	21 (0.8)	19 (0.7)
2 and over...	97 (0.4)	22 (0.6)	13 (0.4)	25 (0.9)	35 (1.1)	20 (0.9)	20 (0.6)	21 (0.7)	21 (0.7)	19 (0.7)
<b>All Individuals<sup>5</sup>:</b>										
2 - 19.....	95 (0.8)	25 (0.7)	15 (0.7)	29 (0.7)	39 (0.8)	24 (0.8)	24 (0.8)	25 (0.9)	22 (0.8)	23 (0.9)
20 and over.....	96 (0.4)	23 (0.4)	13 (0.4)	27 (0.5)	38 (0.7)	20 (0.6)	20 (0.5)	21 (0.6)	21 (0.6)	19 (0.6)
2 and over...	96 (0.4)	23 (0.4)	13 (0.3)	27 (0.5)	38 (0.6)	21 (0.5)	21 (0.4)	22 (0.5)	21 (0.4)	20 (0.4)



**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	11	(1.1)	20	(2.0)	17	(3.7)	10*	(3.4)	17	(1.4)	22	(1.9)	15	(1.2)	20	(1.8)	16	(1.4)
20 and over.....	8	(1.0)	14	(1.6)	9	(1.5)	5	(1.0)	16	(1.4)	21	(1.2)	20	(2.1)	26	(3.1)	16	(1.3)
2 and over...	9	(0.8)	15	(1.6)	11	(1.7)	6	(0.8)	16	(1.2)	21	(1.2)	19	(1.6)	24	(2.2)	16	(1.1)
<b>131-350% poverty:</b>																		
2 - 19.....	11	(1.7)	21	(2.4)	22	(3.4)	11	(2.5)	19	(1.1)	22	(2.0)	16	(0.9)	18	(1.4)	17	(1.0)
20 and over.....	9	(0.8)	17	(1.0)	12	(2.3)	9	(2.1)	15	(0.5)	23	(1.1)	19	(1.4)	22	(2.0)	15	(0.7)
2 and over...	9	(0.7)	18	(1.1)	14	(2.1)	9	(1.6)	16	(0.5)	23	(1.1)	18	(1.1)	22	(1.7)	15	(0.6)
<b>Over 350% poverty:</b>																		
2 - 19.....	10	(1.1)	19	(2.2)	13	(2.8)	4*	(1.5)	17	(1.3)	22	(2.2)	17	(2.0)	21	(2.7)	18	(1.4)
20 and over.....	7	(0.4)	15	(0.8)	7	(1.0)	7	(1.3)	14	(0.5)	22	(1.0)	17	(1.0)	19	(1.6)	14	(0.5)
2 and over...	8	(0.4)	15	(1.0)	8	(0.9)	6	(1.1)	15	(0.6)	22	(0.8)	17	(0.9)	19	(1.4)	15	(0.5)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	11	(0.8)	20	(1.2)	16	(1.9)	8	(1.5)	18	(0.7)	22	(1.1)	16	(0.7)	20	(1.0)	17	(0.6)
20 and over.....	8	(0.4)	16	(0.6)	9	(0.9)	8	(1.1)	15	(0.4)	23	(0.6)	18	(0.6)	21	(1.0)	15	(0.5)
2 and over...	8	(0.4)	17	(0.6)	10	(0.8)	8	(0.8)	16	(0.4)	23	(0.6)	18	(0.5)	21	(0.8)	16	(0.4)

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	16	(1.5)	19	(1.9)	36	(2.4)	21	(2.6)	26	(2.5)	20	(3.2)	27	(1.8)	20	(1.5)	29	(1.8)
20 and over.....	13	(1.1)	20	(3.7)	28	(2.2)	16	(1.8)	25	(1.9)	14	(2.0)	26	(1.3)	18	(1.3)	29	(1.2)
2 and over...	14	(0.9)	19	(2.9)	31	(1.5)	17	(1.7)	25	(1.4)	15	(1.9)	26	(1.2)	18	(1.1)	29	(0.9)
<b>131-350% poverty:</b>																		
2 - 19.....	15	(1.4)	17	(2.7)	35	(2.1)	19	(3.7)	27	(2.1)	18	(1.9)	27	(2.9)	20	(1.7)	28	(1.3)
20 and over.....	14	(0.6)	19	(2.2)	29	(2.1)	14	(0.7)	21	(0.9)	11	(1.1)	26	(0.6)	17	(0.5)	28	(0.9)
2 and over...	14	(0.6)	19	(2.0)	30	(1.7)	15	(1.1)	23	(0.6)	12	(1.1)	26	(0.9)	18	(0.5)	28	(0.7)
<b>Over 350% poverty:</b>																		
2 - 19.....	14	(0.7)	18	(2.4)	30	(1.9)	15	(2.1)	24	(2.8)	12	(0.7)	23	(1.5)	18	(1.0)	25	(1.3)
20 and over.....	13	(0.4)	18	(1.8)	21	(1.2)	14	(1.2)	23	(0.8)	8	(0.7)	25	(0.9)	17	(0.6)	27	(1.0)
2 and over...	13	(0.4)	18	(1.5)	23	(0.9)	14	(1.2)	23	(0.9)	8	(0.7)	24	(0.9)	17	(0.6)	27	(0.9)
<b>All Individuals<sup>5</sup>:</b>																		
2 - 19.....	15	(0.7)	18	(1.3)	33	(1.6)	20	(2.0)	26	(1.3)	16	(1.1)	26	(1.3)	19	(0.8)	27	(0.6)
20 and over.....	13	(0.3)	18	(1.0)	25	(1.4)	14	(0.6)	23	(0.6)	10	(0.7)	25	(0.5)	17	(0.4)	28	(0.6)
2 and over...	14	(0.3)	18	(0.9)	27	(1.2)	16	(0.8)	24	(0.5)	11	(0.6)	26	(0.6)	18	(0.4)	28	(0.6)

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	17	(1.3)	18	(1.4)	32	(2.5)	11	(1.0)	24	(1.7)	15	(1.2)	36	(3.8)	--	--
20 and over.....	18	(1.7)	17	(1.5)	28	(2.9)	11	(1.3)	22	(1.4)	14	(1.4)	37	(3.5)	58	(8.8)
2 and over...	18	(1.3)	17	(1.1)	29	(2.0)	11	(1.0)	22	(1.1)	15	(1.1)	37	(3.3)	--	--
<b>131-350% poverty:</b>																
2 - 19.....	20	(1.5)	18	(1.4)	31	(1.8)	12	(1.1)	23	(1.4)	18	(1.1)	47	(2.5)	--	--
20 and over.....	16	(0.6)	15	(0.6)	31	(0.9)	10	(0.6)	22	(0.7)	14	(0.5)	42	(2.4)	59	(4.7)
2 and over...	17	(0.6)	16	(0.5)	31	(0.8)	11	(0.5)	22	(0.5)	15	(0.5)	42	(2.3)	--	--
<b>Over 350% poverty:</b>																
2 - 19.....	20	(1.3)	18	(1.0)	30	(1.4)	11	(0.8)	21	(0.7)	16	(0.7)	37	(4.6)	--	--
20 and over.....	16	(0.8)	16	(0.7)	30	(1.3)	12	(0.8)	19	(0.6)	12	(0.5)	38	(1.5)	56	(3.0)
2 and over...	16	(0.8)	16	(0.7)	30	(1.3)	12	(0.6)	20	(0.6)	13	(0.5)	38	(1.5)	--	--
<b>All Individuals<sup>5</sup>:</b>																
2 - 19.....	19	(0.9)	18	(0.7)	31	(0.8)	11	(0.5)	23	(0.8)	17	(0.6)	41	(1.4)	--	--
20 and over.....	16	(0.5)	16	(0.5)	30	(0.9)	11	(0.6)	21	(0.5)	14	(0.3)	40	(1.3)	59	(2.4)
2 and over...	17	(0.5)	16	(0.4)	31	(0.8)	11	(0.5)	21	(0.5)	14	(0.3)	40	(1.2)	--	--

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.66.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

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

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

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

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

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

## Suggested Citation

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**Table 29. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																	
2 - 5.....	206	5*	(1.8)	6*	(2.1)	21	(3.0)	30	(3.7)	26	(3.1)	6*	(2.3)	3*	(1.0)	2*	(1.2)
6 - 11.....	301	5	(1.4)	10	(2.2)	24	(2.8)	32	(2.8)	14	(2.7)	9	(2.5)	4*	(1.6)	#	
12 - 19.....	366	6	(1.4)	18	(2.1)	22	(2.4)	24	(1.8)	16	(1.8)	8	(2.8)	3*	(1.2)	2*	(0.9)
20 - 29.....	196	9	(2.0)	22	(2.8)	19	(2.6)	24	(2.9)	13	(3.8)	6*	(1.6)	3*	(1.1)	3*	(1.2)
30 - 39.....	286	3*	(1.2)	17	(3.1)	23	(3.2)	22	(2.8)	17	(4.2)	12	(1.7)	3*	(1.3)	3*	(1.1)
40 - 49.....	260	3*	(1.3)	17	(2.3)	19	(3.5)	27	(3.5)	15	(3.0)	11	(2.6)	5*	(1.5)	3*	(0.9)
50 - 59.....	316	4*	(1.1)	12	(1.8)	30	(2.6)	23	(2.7)	16	(2.1)	6	(1.4)	7	(1.7)	3*	(1.0)
60 - 69.....	545	3	(0.7)	13	(1.6)	27	(2.1)	21	(1.7)	18	(2.3)	9	(0.8)	5	(1.5)	4	(0.8)
70 and over.....	512	4	(1.0)	16	(2.2)	25	(2.4)	23	(2.6)	16	(2.3)	9	(1.7)	5	(0.8)	1*	(0.6)
2 - 19.....	873	6	(1.2)	13	(1.2)	23	(1.5)	28	(1.6)	17	(1.7)	8	(2.0)	3	(0.8)	2	(0.6)
20 and over...	2115	4	(0.7)	16	(1.0)	24	(1.0)	23	(1.0)	16	(1.3)	9	(0.8)	4	(0.4)	3	(0.3)
2 and over...	2988	5	(0.6)	15	(0.9)	24	(0.9)	24	(0.9)	16	(1.0)	9	(0.7)	4	(0.4)	3	(0.2)
<b>Females:</b>																	
2 - 5.....	192	3*	(1.3)	8	(1.4)	24	(3.7)	27	(2.8)	20	(3.1)	11	(3.6)	4*	(2.1)	3*	(1.5)
6 - 11.....	308	3*	(1.0)	16	(1.6)	22	(2.2)	28	(2.9)	20	(3.0)	7	(1.7)	3*	(1.5)	2*	(0.4)
12 - 19.....	392	7	(1.1)	23	(2.1)	25	(2.4)	23	(1.9)	13	(2.0)	6	(1.7)	1*	(0.4)	1*	(0.6)
20 - 29.....	262	5	(1.9)	18	(3.0)	25	(3.9)	21	(2.4)	16	(2.7)	8	(1.5)	2*	(0.6)	5*	(1.7)
30 - 39.....	370	3*	(1.3)	16	(1.9)	26	(3.0)	21	(3.9)	16	(2.1)	8	(1.6)	7	(1.6)	2*	(0.9)
40 - 49.....	335	2*	(0.8)	16	(3.4)	24	(3.8)	23	(2.2)	15	(2.6)	10	(2.7)	5	(0.7)	4*	(0.9)
50 - 59.....	420	3*	(0.5)	14	(3.5)	19	(2.9)	30	(3.4)	17	(2.2)	11	(1.2)	4	(1.4)	3*	(1.0)
60 - 69.....	723	2	(0.3)	13	(1.9)	20	(1.7)	24	(2.2)	20	(1.2)	12	(1.8)	6	(0.9)	3	(0.9)
70 and over.....	573	3	(0.8)	13	(1.6)	26	(2.2)	21	(2.7)	17	(1.4)	13	(2.1)	5	(1.0)	2	(0.7)
2 - 19.....	892	5	(0.7)	18	(1.4)	24	(1.4)	26	(1.4)	16	(1.4)	8	(1.0)	2	(0.7)	2	(0.4)
20 and over...	2683	3	(0.4)	15	(1.0)	23	(1.1)	24	(0.9)	17	(0.9)	10	(0.9)	5	(0.4)	3	(0.5)
2 and over...	3575	4	(0.4)	16	(0.8)	23	(1.0)	24	(0.8)	17	(0.8)	10	(0.6)	4	(0.4)	3	(0.4)
<b>Males and females:</b>																	
2 - 19.....	1765	5	(0.8)	15	(0.9)	23	(0.9)	27	(1.2)	17	(1.1)	8	(1.1)	3	(0.4)	2	(0.3)
20 and over...	4798	4	(0.4)	16	(0.6)	24	(0.7)	23	(0.6)	16	(0.8)	10	(0.7)	5	(0.3)	3	(0.3)
2 and over...	6563	4	(0.4)	15	(0.5)	24	(0.6)	24	(0.6)	17	(0.6)	9	(0.6)	4	(0.3)	3	(0.3)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

### Abbreviations

SE = standard error.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Snacks: Distribution of Snack Occasions, by Gender and Age, *What We Eat in America, NHANES August 2021-August 2023*.

**Table 30. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	3	(0.6)	13	(1.6)	23	(1.4)	29	(2.6)	17	(1.4)	10	(2.2)	4	(0.8)	1*	(0.4)
20 and over.....	2969	3	(0.4)	14	(0.7)	24	(1.0)	24	(0.8)	18	(0.7)	10	(0.6)	6	(0.5)	3	(0.4)
2 and over...	3685	3	(0.3)	13	(0.7)	24	(0.8)	25	(0.8)	17	(0.6)	10	(0.7)	5	(0.5)	3	(0.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	13	(2.8)	27	(3.5)	25	(4.3)	17	(2.4)	13	(2.5)	2*	(0.5)	1*	(0.7)	1*	(0.4)
20 and over.....	555	9	(2.1)	23	(3.1)	25	(1.8)	21	(2.9)	12	(1.7)	7	(1.7)	2*	(0.8)	1*	(0.5)
2 and over...	816	10	(2.1)	24	(2.6)	25	(1.9)	20	(2.5)	13	(1.4)	6	(1.3)	2	(0.5)	1*	(0.4)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																	
2 - 19.....	123	8*	(2.8)	12	(4.2)	26	(2.7)	30	(4.6)	16	(3.5)	2*	(0.8)	3*	(1.4)	2*	(1.4)
20 and over.....	199	3*	(0.9)	16	(3.1)	22	(2.9)	20	(2.9)	17	(2.3)	15	(3.5)	7*	(2.0)	2*	(0.7)
2 and over...	322	5	(1.0)	15	(1.4)	23	(2.1)	23	(2.7)	17	(1.8)	11	(2.4)	5	(1.5)	2*	(0.7)
<b>Hispanic:</b>																	
2 - 19.....	513	4	(1.3)	15	(2.5)	21	(2.0)	28	(3.0)	18	(1.1)	8	(1.3)	3	(0.6)	3	(1.0)
20 and over.....	776	4	(0.9)	18	(1.8)	25	(1.7)	24	(2.0)	14	(2.1)	9	(1.3)	3	(0.7)	3	(1.0)
2 and over...	1289	4	(0.8)	17	(1.7)	24	(1.5)	25	(1.9)	15	(1.3)	9	(0.9)	3	(0.5)	3	(0.8)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

### Abbreviations

SE = standard error.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES August 2021-August 2023.



**Table 32. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Family Income (as % of Poverty Level<sup>2</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	8	(1.9)	21	(2.3)	23	(1.7)	22	(2.5)	15	(1.3)	6	(1.2)	1*	(0.5)	3	(0.8)
20 and over.....	892	8	(0.9)	21	(1.6)	26	(1.7)	19	(1.9)	15	(1.8)	7	(1.2)	3	(0.6)	2	(0.6)
2 and over...	1432	8	(1.1)	21	(1.2)	25	(1.2)	20	(1.4)	15	(1.3)	7	(0.8)	2	(0.5)	2	(0.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	5	(1.2)	13	(1.2)	23	(1.8)	26	(2.5)	18	(2.1)	11	(1.9)	3	(0.7)	1*	(0.5)
20 and over.....	1577	4	(0.8)	16	(1.3)	23	(1.0)	24	(0.8)	17	(1.1)	9	(0.8)	4	(0.6)	4	(0.7)
2 and over...	2161	4	(0.7)	15	(0.9)	23	(1.0)	25	(1.0)	17	(0.9)	9	(0.6)	4	(0.4)	3	(0.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	4	(1.3)	12	(2.2)	22	(3.5)	32	(3.6)	18	(2.0)	8	(1.9)	4	(1.0)	1*	(0.3)
20 and over.....	1774	3	(0.6)	12	(0.8)	24	(1.1)	25	(1.6)	17	(0.8)	10	(0.8)	6	(0.6)	3	(0.5)
2 and over...	2209	3	(0.4)	12	(0.7)	24	(1.4)	26	(1.7)	17	(0.9)	10	(0.8)	6	(0.6)	3	(0.4)
<b>All Individuals<sup>3</sup>:</b>																	
2 - 19.....	1765	5	(0.8)	15	(0.9)	23	(0.9)	27	(1.2)	17	(1.1)	8	(1.1)	3	(0.4)	2	(0.3)
20 and over.....	4798	4	(0.4)	16	(0.6)	24	(0.7)	23	(0.6)	16	(0.8)	10	(0.7)	5	(0.3)	3	(0.3)
2 and over...	6563	4	(0.4)	15	(0.5)	24	(0.6)	24	(0.6)	17	(0.6)	9	(0.6)	4	(0.3)	3	(0.3)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>3</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

SE = standard error.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Snacks: Distribution of Snack Occasions, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 33. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Gender and Age, in the United States, August 2021-August 2023

Gender and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less															
	<i>Number of snack occasions</i>								<i>Number of snack occasions</i>								<i>Number of snack occasions</i>							
	1 or less		2 or 3		4 or more		1 or less		2 or 3		4 or more		1 or less		2 or 3		4 or more							
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)						
<b>Males:</b>																								
2 - 5.....	85	(2.9)	10	(2.4)	42	(4.0)	32	(3.9)	14	(2.9)	1*	(0.5)	8	(2.9)	5*	(1.8)	1*	(0.8)	0*	(0.0)	1*	(0.8)	#	
6 - 11.....	73	(4.4)	12	(2.4)	42	(4.6)	19	(2.7)	23	(4.3)	2*	(0.9)	13	(2.6)	8	(1.9)	3*	(0.8)	1*	(0.6)	1*	(0.7)	1*	(0.5)
12 - 19.....	49	(3.5)	13	(2.1)	23	(2.1)	12	(2.2)	44	(3.8)	9	(1.3)	21	(3.1)	14	(2.5)	7	(1.2)	2*	(0.7)	2*	(0.7)	4	(1.3)
20 - 29.....	41	(3.5)	15	(3.1)	18	(2.7)	9	(2.0)	45	(3.3)	13	(2.6)	20	(3.9)	12	(3.0)	14	(2.0)	3*	(1.2)	5*	(1.5)	5*	(2.6)
30 - 39.....	55	(3.4)	11	(2.1)	25	(4.1)	19	(3.0)	36	(2.7)	5	(1.8)	16	(2.1)	14	(2.3)	9	(1.6)	3*	(1.0)	3*	(1.1)	3*	(1.1)
40 - 49.....	57	(4.2)	13	(1.6)	25	(3.9)	19	(3.4)	33	(4.0)	4*	(1.6)	17	(2.9)	12	(3.1)	10	(2.5)	3*	(1.9)	4*	(1.5)	3*	(1.1)
50 - 59.....	55	(3.2)	10	(1.6)	27	(4.0)	18	(2.7)	35	(3.5)	3*	(0.7)	22	(3.2)	10	(1.6)	9	(1.7)	2*	(0.9)	4*	(1.0)	4*	(1.1)
60 - 69.....	59	(1.7)	9	(1.3)	28	(1.9)	22	(1.7)	34	(2.3)	6	(0.9)	17	(2.2)	11	(1.7)	7	(1.5)	1*	(0.3)	3	(0.9)	3	(1.2)
70 and over....	58	(2.3)	14	(1.8)	28	(2.6)	16	(2.4)	36	(2.5)	6	(1.5)	17	(2.0)	13	(1.8)	6	(1.2)	1*	(0.4)	3	(0.8)	2*	(0.8)
2 - 19.....	64	(2.2)	12	(1.4)	33	(2.0)	19	(2.0)	31	(2.1)	5	(0.7)	16	(1.6)	10	(1.3)	5	(0.7)	1*	(0.4)	2	(0.5)	2	(0.7)
20 and over...	54	(1.1)	12	(1.1)	25	(1.4)	17	(1.0)	36	(1.1)	6	(0.5)	18	(1.0)	12	(0.8)	9	(0.8)	2	(0.5)	4	(0.5)	3	(0.7)
2 and over...	57	(1.0)	12	(1.0)	27	(1.0)	18	(0.8)	35	(0.8)	6	(0.4)	18	(0.8)	11	(0.7)	8	(0.6)	2	(0.4)	3	(0.3)	3	(0.5)
<b>Females:</b>																								
2 - 5.....	86	(3.9)	9	(2.2)	46	(4.8)	31	(4.4)	11	(3.1)	1*	(0.6)	5*	(1.9)	6*	(2.2)	3*	(1.3)	1*	(0.9)	1*	(0.6)	1*	(0.8)
6 - 11.....	69	(2.3)	13	(1.7)	34	(2.5)	23	(3.2)	28	(2.4)	5	(1.0)	15	(2.0)	8	(1.7)	3*	(1.3)	1*	(0.4)	1*	(0.5)	1*	(0.8)
12 - 19.....	51	(3.4)	17	(2.1)	23	(2.5)	11	(2.0)	36	(3.5)	8	(2.4)	22	(2.5)	7	(1.4)	13	(1.3)	6	(1.0)	4	(0.6)	4	(1.1)
20 - 29.....	56	(2.6)	13	(2.7)	27	(3.2)	15	(2.0)	39	(1.8)	9	(1.7)	18	(2.8)	13	(3.5)	5*	(1.7)	1*	(1.0)	2*	(0.7)	2*	(1.0)
30 - 39.....	58	(3.8)	11	(1.8)	28	(2.0)	19	(2.4)	37	(3.6)	7	(1.4)	17	(3.5)	13	(1.9)	5	(0.9)	1*	(0.7)	2*	(0.9)	2*	(0.8)
40 - 49.....	66	(2.6)	10	(2.2)	33	(2.2)	23	(2.9)	26	(2.0)	7	(1.4)	11	(1.6)	8	(1.6)	8	(2.2)	2*	(1.2)	2*	(1.2)	4*	(1.6)
50 - 59.....	63	(1.8)	9	(1.9)	33	(3.3)	21	(2.6)	32	(2.1)	7	(2.0)	15	(2.1)	10	(1.4)	5	(0.9)	1*	(0.5)	2*	(0.7)	2*	(0.8)
60 - 69.....	62	(3.2)	10	(1.4)	27	(1.8)	24	(1.9)	33	(2.5)	5	(1.1)	13	(1.7)	14	(1.8)	5	(1.2)	#		3	(0.9)	1*	(0.5)
70 and over....	64	(2.4)	12	(1.5)	29	(1.6)	22	(1.9)	33	(2.2)	4	(0.7)	16	(1.7)	13	(1.2)	3	(0.6)	#		1*	(0.5)	2*	(0.6)
2 - 19.....	64	(1.7)	14	(1.4)	31	(1.3)	19	(1.6)	29	(1.8)	6	(1.0)	16	(1.5)	7	(1.0)	8	(0.8)	3	(0.6)	2	(0.4)	2	(0.6)
20 and over...	61	(1.4)	11	(0.7)	30	(1.0)	21	(0.9)	34	(1.3)	7	(0.7)	15	(1.1)	12	(1.0)	5	(0.5)	1	(0.3)	2	(0.4)	2	(0.3)
2 and over...	62	(1.2)	12	(0.5)	30	(0.9)	20	(0.9)	32	(1.2)	6	(0.6)	15	(1.0)	11	(0.9)	6	(0.4)	1	(0.3)	2	(0.3)	2	(0.3)
<b>Males and females:</b>																								
2 - 19.....	64	(1.6)	13	(1.0)	32	(1.2)	19	(1.3)	30	(1.6)	5	(0.6)	16	(1.1)	9	(0.8)	6	(0.6)	2	(0.4)	2	(0.2)	2	(0.4)
20 and over...	58	(1.0)	11	(0.6)	27	(0.9)	19	(0.8)	35	(0.9)	6	(0.4)	17	(0.7)	12	(0.6)	7	(0.5)	2	(0.3)	3	(0.3)	3	(0.4)
2 and over...	59	(0.8)	12	(0.6)	29	(0.7)	19	(0.7)	34	(0.8)	6	(0.3)	16	(0.7)	11	(0.5)	7	(0.4)	2	(0.3)	3	(0.2)	3	(0.3)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

### Abbreviations

SE standard error.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 34. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less															
	<i>Number of snack occasions</i>								<i>Number of snack occasions</i>								<i>Number of snack occasions</i>							
	1 or less		2 or 3		4 or more		1 or less		2 or 3		4 or more		1 or less		2 or 3		4 or more							
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)						
<b>Non-Hispanic White:</b>																								
2 - 19.....	72	(2.2)	11	(1.3)	39	(2.4)	22	(1.8)	23	(2.1)	3	(0.8)	12	(1.6)	7	(1.3)	5	(0.6)	2	(0.5)	1*	(0.2)	2	(0.6)
20 and over.....	63	(1.6)	11	(0.7)	30	(1.3)	22	(1.1)	31	(1.4)	4	(0.4)	14	(0.7)	12	(0.9)	6	(0.5)	1	(0.2)	3	(0.3)	2	(0.3)
2 and over...	65	(1.4)	11	(0.7)	32	(1.3)	22	(0.9)	29	(1.2)	4	(0.4)	14	(0.7)	11	(0.8)	6	(0.5)	1	(0.2)	2	(0.2)	2	(0.3)
<b>Non-Hispanic Black:</b>																								
2 - 19.....	55	(4.0)	22	(4.4)	24	(3.5)	10	(2.4)	36	(3.9)	14	(2.5)	16	(1.6)	6	(1.7)	9	(2.0)	5	(1.9)	3*	(1.1)	1*	(0.6)
20 and over.....	46	(1.9)	15	(1.9)	22	(2.2)	9	(1.6)	42	(2.3)	12	(1.9)	19	(1.7)	11	(1.7)	11	(2.3)	4	(1.2)	5	(1.2)	3	(0.9)
2 and over...	49	(1.7)	17	(2.0)	23	(1.7)	9	(1.3)	41	(2.2)	13	(1.4)	18	(1.3)	10	(1.4)	11	(1.8)	4	(1.1)	4	(0.9)	2	(0.7)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																								
2 - 19.....	73	(5.6)	15	(5.4)	39	(5.8)	19	(3.7)	26	(5.7)	6*	(2.9)	16	(2.4)	4*	(2.3)	1*	(0.9)	0*	(0.0)	1*	(0.9)	0*	(0.0)
20 and over.....	66	(4.2)	14	(4.0)	27	(4.0)	25	(3.8)	31	(4.4)	4*	(1.5)	15	(2.7)	13	(2.8)	3*	(1.7)	1*	(1.0)	0*	(0.0)	2*	(1.4)
2 and over...	68	(4.1)	14	(2.1)	31	(3.0)	23	(2.3)	30	(4.1)	5	(1.2)	15	(2.2)	10	(2.3)	2*	(1.2)	1*	(0.7)	#		1*	(0.9)
<b>Hispanic:</b>																								
2 - 19.....	53	(4.0)	12	(1.4)	25	(2.8)	16	(2.2)	39	(2.7)	5	(1.3)	21	(1.5)	13	(2.0)	8	(1.7)	2*	(0.9)	3	(0.7)	2*	(0.6)
20 and over.....	43	(3.8)	10	(2.1)	21	(1.8)	12	(1.5)	46	(3.3)	10	(1.6)	23	(2.1)	13	(1.7)	11	(2.0)	2	(0.9)	4	(0.7)	4	(2.3)
2 and over...	46	(3.2)	11	(1.6)	23	(1.8)	13	(1.0)	44	(2.5)	8	(1.2)	23	(1.6)	13	(1.5)	10	(1.6)	2	(0.8)	4	(0.5)	4	(1.6)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

### Abbreviations

SE standard error.

### 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES August 2021-August 2023.

**Table 36. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less															
	<i>Number of snack occasions</i>								<i>Number of snack occasions</i>								<i>Number of snack occasions</i>							
	1 or less		2 or 3		4 or more		1 or less		2 or 3		4 or more		1 or less		2 or 3		4 or more							
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)						
<b>Under 131% poverty:</b>																								
2 - 19.....	58	(3.7)	18	(2.1)	26	(2.3)	14	(1.5)	34	(3.8)	7	(1.3)	17	(2.4)	10	(1.6)	8	(1.1)	4	(0.9)	3	(0.6)	1*	(0.7)
20 and over.....	45	(2.6)	13	(0.8)	19	(1.5)	12	(1.8)	42	(2.8)	12	(1.1)	21	(2.1)	9	(0.9)	13	(1.3)	4	(1.1)	5	(0.6)	4	(0.9)
2 and over...	49	(1.9)	15	(0.8)	21	(1.2)	13	(1.1)	40	(2.1)	10	(0.7)	20	(1.4)	10	(0.8)	12	(0.9)	4	(0.9)	5	(0.4)	3	(0.7)
<b>131-350% poverty:</b>																								
2 - 19.....	61	(3.4)	11	(1.2)	29	(2.2)	20	(2.7)	34	(3.6)	4	(0.9)	18	(2.5)	11	(1.2)	6	(1.0)	2*	(0.7)	2	(0.6)	2*	(0.6)
20 and over.....	57	(2.0)	12	(1.0)	26	(1.7)	18	(1.0)	36	(2.0)	5	(0.8)	18	(1.6)	13	(1.1)	7	(0.8)	1	(0.4)	3	(0.6)	3	(0.6)
2 and over...	58	(1.6)	12	(0.9)	27	(1.5)	18	(0.8)	35	(1.7)	5	(0.6)	18	(1.4)	12	(0.8)	7	(0.7)	1	(0.4)	3	(0.5)	3	(0.5)
<b>Over 350% poverty:</b>																								
2 - 19.....	75	(3.4)	12	(1.9)	41	(2.3)	22	(1.7)	21	(2.6)	3	(0.9)	12	(2.2)	6	(1.3)	4	(1.2)	1*	(0.5)	#		3*	(1.0)
20 and over.....	66	(1.9)	10	(0.9)	34	(1.5)	23	(1.3)	31	(1.9)	4	(0.5)	14	(1.4)	12	(1.1)	3	(0.4)	1*	(0.3)	1	(0.2)	1	(0.4)
2 and over...	68	(2.0)	10	(0.9)	35	(1.4)	23	(1.0)	29	(1.9)	4	(0.6)	14	(1.5)	11	(0.9)	3	(0.4)	1	(0.2)	1	(0.1)	2	(0.3)
<b>All Individuals<sup>4</sup>:</b>																								
2 - 19.....	64	(1.6)	13	(1.0)	32	(1.2)	19	(1.3)	30	(1.6)	5	(0.6)	16	(1.1)	9	(0.8)	6	(0.6)	2	(0.4)	2	(0.2)	2	(0.4)
20 and over.....	58	(1.0)	11	(0.6)	27	(0.9)	19	(0.8)	35	(0.9)	6	(0.4)	17	(0.7)	12	(0.6)	7	(0.5)	2	(0.3)	3	(0.3)	3	(0.4)
2 and over...	59	(0.8)	12	(0.6)	29	(0.7)	19	(0.7)	34	(0.8)	6	(0.3)	16	(0.7)	11	(0.5)	7	(0.4)	2	(0.3)	3	(0.2)	3	(0.3)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 29 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

<sup>4</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE standard error.

## 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.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2024. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (as % of Poverty Level) and Age. *What We Eat in America*, NHANES August 2021-August 2023.



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

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

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

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

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

----- Nutrient per 1000 kcal -----																		
Gender and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Males:</b>																		
2 - 5.....	0.92	(0.027)	9.5	(0.26)	0.84	(0.021)	77	(3.9)	85	(4.1)	216	(7.2)	146	(5.2)	2.02	(0.088)	0.23	(0.029)
6 - 11.....	0.89	(0.019)	10.0	(0.32)	0.79	(0.030)	87	(5.0)	80	(3.0)	228	(10.1)	132	(4.0)	1.90	(0.082)	0.23	(0.037)
12 - 19.....	0.87	(0.025)	11.2	(0.28)	0.87	(0.028)	86	(3.1)	86	(3.2)	231	(7.7)	139	(3.3)	2.05	(0.059)	0.26	(0.041)
20 - 29.....	0.91	(0.057)	14.0	(0.82)	1.16	(0.099)	68	(6.0)	88	(2.9)	204	(11.1)	160	(5.9)	2.61	(0.353)	0.67	(0.197)
30 - 39.....	1.04	(0.041)	13.9	(0.66)	1.18	(0.110)	75	(4.2)	105	(5.7)	233	(10.4)	163	(5.8)	2.49	(0.164)	0.78	(0.160)
40 - 49.....	0.98	(0.021)	13.5	(0.69)	1.08	(0.074)	70	(2.9)	100	(2.2)	219	(5.7)	166	(4.4)	2.65	(0.177)	0.53	(0.143)
50 - 59.....	0.98	(0.069)	13.0	(0.86)	0.96	(0.085)	57	(3.3)	103	(2.8)	199	(6.5)	168	(5.3)	2.02	(0.237)	0.35*	(0.209)
60 - 69.....	0.99	(0.024)	11.9	(0.24)	0.95	(0.023)	57	(2.2)	109	(3.0)	205	(4.0)	177	(4.4)	2.15	(0.086)	0.27	(0.058)
70 and over.....	0.96	(0.014)	10.9	(0.16)	0.90	(0.020)	62	(3.1)	111	(2.8)	215	(5.4)	179	(4.7)	2.02	(0.058)	0.21	(0.021)
2 - 19.....	0.89	(0.014)	10.5	(0.19)	0.84	(0.019)	85	(2.5)	84	(1.9)	227	(5.3)	138	(1.7)	1.99	(0.034)	0.25	(0.028)
20 and over...	0.98	(0.020)	13.0	(0.29)	1.04	(0.038)	65	(1.2)	103	(1.5)	213	(2.7)	168	(1.9)	2.34	(0.096)	0.49	(0.064)
2 and over...	0.96	(0.015)	12.3	(0.20)	0.99	(0.028)	70	(1.3)	98	(1.4)	217	(3.0)	161	(1.7)	2.25	(0.075)	0.43	(0.044)
<b>Females:</b>																		
2 - 5.....	0.95	(0.029)	9.5	(0.26)	0.81	(0.027)	77	(3.8)	94	(4.2)	226	(6.1)	150	(10.4)	2.27	(0.277)	0.23	(0.038)
6 - 11.....	0.85	(0.011)	9.3	(0.20)	0.73	(0.023)	77	(2.5)	90	(4.0)	220	(4.2)	132	(4.3)	1.77	(0.042)	0.13	(0.019)
12 - 19.....	0.83	(0.040)	11.2	(0.31)	0.87	(0.051)	79	(3.9)	88	(2.7)	222	(7.5)	131	(3.8)	1.86	(0.119)	0.36	(0.091)
20 - 29.....	0.88	(0.030)	12.2	(0.37)	0.96	(0.052)	66	(3.8)	104	(5.8)	217	(9.9)	147	(5.2)	1.99	(0.084)	0.43	(0.068)
30 - 39.....	0.95	(0.028)	12.3	(0.45)	1.09	(0.081)	70	(3.8)	117	(5.2)	236	(10.5)	175	(8.1)	2.23	(0.123)	0.46	(0.079)
40 - 49.....	0.97	(0.028)	11.8	(0.29)	0.95	(0.052)	61	(3.1)	113	(4.6)	217	(7.5)	156	(5.5)	2.11	(0.196)	0.33	(0.063)
50 - 59.....	0.98	(0.038)	11.3	(0.22)	0.87	(0.017)	67	(3.5)	112	(4.0)	225	(6.3)	171	(6.5)	1.96	(0.102)	0.22	(0.029)
60 - 69.....	0.96	(0.014)	11.0	(0.26)	0.88	(0.020)	59	(2.2)	114	(2.9)	214	(3.1)	169	(4.4)	2.18	(0.220)	0.26	(0.056)
70 and over.....	1.01	(0.022)	10.9	(0.25)	0.87	(0.027)	66	(2.4)	111	(3.6)	223	(5.1)	171	(4.1)	2.04	(0.092)	0.24	(0.042)
2 - 19.....	0.86	(0.020)	10.3	(0.15)	0.81	(0.025)	78	(2.4)	90	(2.3)	222	(4.9)	135	(2.9)	1.91	(0.083)	0.26	(0.048)
20 and over...	0.96	(0.014)	11.6	(0.14)	0.94	(0.016)	65	(1.4)	112	(2.7)	222	(4.5)	165	(2.0)	2.08	(0.069)	0.32	(0.020)
2 and over...	0.94	(0.011)	11.3	(0.12)	0.91	(0.016)	68	(1.1)	107	(2.5)	222	(4.2)	159	(1.5)	2.05	(0.053)	0.31	(0.021)
<b>Males and females:</b>																		
2 - 19.....	0.87	(0.010)	10.4	(0.14)	0.83	(0.019)	81	(2.2)	87	(1.7)	224	(4.8)	137	(1.6)	1.95	(0.050)	0.25	(0.032)
20 and over...	0.97	(0.015)	12.2	(0.20)	0.99	(0.024)	65	(0.8)	107	(2.0)	218	(3.2)	167	(1.6)	2.21	(0.066)	0.40	(0.038)
2 and over...	0.95	(0.012)	11.8	(0.15)	0.95	(0.019)	69	(0.9)	102	(1.9)	219	(3.3)	160	(1.3)	2.15	(0.052)	0.37	(0.029)

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

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

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

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

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

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

----- Nutrient per 1000 kcal -----																
Gender and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>																
2 - 5.....	0.24	(0.012)	0.17	(0.008)	0.17	(0.017)	0.31	(0.018)	0.44	(0.030)	1.16	(0.057)	6.86	(0.161)	2.75	(0.093)
6 - 11.....	0.23	(0.014)	0.16	(0.011)	0.17	(0.025)	0.30	(0.023)	0.53	(0.055)	1.17	(0.064)	7.05	(0.200)	2.96	(0.070)
12 - 19.....	0.24	(0.009)	0.17	(0.007)	0.14	(0.008)	0.28	(0.010)	0.54	(0.041)	1.21	(0.036)	7.31	(0.092)	3.12	(0.046)
20 - 29.....	0.21	(0.022)	0.14	(0.016)	0.11	(0.010)	0.23	(0.023)	0.36	(0.039)	1.08	(0.097)	7.30	(0.319)	3.10	(0.153)
30 - 39.....	0.21	(0.007)	0.15	(0.007)	0.13	(0.010)	0.26	(0.011)	0.53	(0.061)	1.16	(0.043)	7.19	(0.182)	3.01	(0.112)
40 - 49.....	0.20	(0.010)	0.15	(0.007)	0.12	(0.010)	0.25	(0.013)	0.49	(0.051)	1.13	(0.045)	7.05	(0.136)	3.02	(0.083)
50 - 59.....	0.19	(0.018)	0.13	(0.011)	0.12	(0.007)	0.23	(0.014)	0.45	(0.040)	1.03	(0.057)	7.02	(0.209)	3.06	(0.098)
60 - 69.....	0.21	(0.006)	0.15	(0.005)	0.13	(0.007)	0.26	(0.009)	0.49	(0.034)	1.14	(0.030)	7.36	(0.107)	3.17	(0.076)
70 and over.....	0.21	(0.011)	0.15	(0.007)	0.13	(0.005)	0.26	(0.009)	0.50	(0.023)	1.11	(0.031)	7.25	(0.168)	3.19	(0.080)
2 - 19.....	0.24	(0.007)	0.17	(0.005)	0.16	(0.010)	0.29	(0.009)	0.52	(0.027)	1.19	(0.028)	7.13	(0.093)	2.99	(0.044)
20 and over...	0.21	(0.004)	0.15	(0.003)	0.12	(0.003)	0.25	(0.005)	0.47	(0.015)	1.11	(0.019)	7.19	(0.070)	3.09	(0.039)
2 and over...	0.21	(0.004)	0.15	(0.003)	0.13	(0.004)	0.26	(0.006)	0.48	(0.015)	1.13	(0.018)	7.18	(0.062)	3.06	(0.035)
<b>Females:</b>																
2 - 5.....	0.25	(0.014)	0.18	(0.007)	0.16	(0.020)	0.30	(0.017)	0.58	(0.111)	1.23	(0.060)	7.15	(0.154)	2.82	(0.058)
6 - 11.....	0.25	(0.009)	0.18	(0.006)	0.15	(0.007)	0.29	(0.010)	0.57	(0.042)	1.23	(0.036)	7.30	(0.221)	3.06	(0.072)
12 - 19.....	0.22	(0.012)	0.15	(0.009)	0.15	(0.016)	0.27	(0.016)	0.61	(0.089)	1.16	(0.056)	7.17	(0.182)	3.12	(0.100)
20 - 29.....	0.20	(0.011)	0.14	(0.009)	0.13	(0.008)	0.25	(0.014)	0.51	(0.033)	1.08	(0.056)	7.28	(0.148)	3.00	(0.108)
30 - 39.....	0.22	(0.011)	0.15	(0.008)	0.14	(0.010)	0.27	(0.014)	0.52	(0.052)	1.17	(0.055)	7.36	(0.159)	3.06	(0.074)
40 - 49.....	0.23	(0.010)	0.17	(0.007)	0.15	(0.007)	0.29	(0.012)	0.58	(0.049)	1.21	(0.048)	7.16	(0.153)	3.03	(0.075)
50 - 59.....	0.24	(0.015)	0.17	(0.012)	0.17	(0.015)	0.31	(0.020)	0.73	(0.081)	1.28	(0.070)	7.31	(0.170)	3.17	(0.078)
60 - 69.....	0.23	(0.007)	0.16	(0.005)	0.13	(0.004)	0.27	(0.007)	0.46	(0.017)	1.16	(0.024)	7.36	(0.083)	3.15	(0.042)
70 and over.....	0.25	(0.011)	0.18	(0.008)	0.15	(0.007)	0.29	(0.012)	0.54	(0.038)	1.22	(0.044)	7.47	(0.115)	3.19	(0.057)
2 - 19.....	0.24	(0.006)	0.17	(0.005)	0.15	(0.009)	0.29	(0.008)	0.59	(0.053)	1.19	(0.027)	7.21	(0.142)	3.04	(0.068)
20 and over...	0.23	(0.006)	0.16	(0.004)	0.14	(0.004)	0.28	(0.007)	0.56	(0.026)	1.19	(0.027)	7.33	(0.081)	3.10	(0.048)
2 and over...	0.23	(0.005)	0.16	(0.003)	0.15	(0.003)	0.28	(0.005)	0.57	(0.016)	1.19	(0.021)	7.30	(0.080)	3.09	(0.048)
<b>Males and females:</b>																
2 - 19.....	0.24	(0.005)	0.17	(0.003)	0.15	(0.007)	0.29	(0.006)	0.55	(0.035)	1.19	(0.021)	7.17	(0.106)	3.01	(0.048)
20 and over...	0.22	(0.004)	0.15	(0.003)	0.13	(0.003)	0.26	(0.005)	0.52	(0.014)	1.15	(0.020)	7.26	(0.065)	3.09	(0.035)
2 and over...	0.22	(0.003)	0.16	(0.002)	0.14	(0.002)	0.27	(0.004)	0.52	(0.011)	1.16	(0.014)	7.24	(0.060)	3.08	(0.034)

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

----- Nutrient per 1000 kcal -----														
Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>														
2 - 5.....	0.49	(0.022)	11.94	(0.403)	0.14	(0.004)	0.01	(0.001)	7.72	(0.354)	0.68	(0.029)	#	
6 - 11.....	0.48	(0.026)	11.70	(0.242)	0.14	(0.005)	0.01	(0.001)	7.78	(0.176)	0.71	(0.021)	0.01	(0.001)
12 - 19.....	0.56	(0.016)	12.54	(0.162)	0.16	(0.006)	0.01	(0.001)	8.01	(0.183)	0.77	(0.026)	0.01	(0.001)
20 - 29.....	0.65	(0.049)	13.33	(0.495)	0.16	(0.008)	0.02	(0.004)	8.53	(0.291)	0.82	(0.034)	0.01*	(0.002)
30 - 39.....	0.57	(0.016)	12.68	(0.239)	0.16	(0.005)	0.01	(0.001)	8.25	(0.332)	0.88	(0.051)	0.01	(0.002)
40 - 49.....	0.58	(0.022)	12.80	(0.203)	0.17	(0.013)	0.03*	(0.010)	7.82	(0.205)	0.79	(0.022)	0.01*	(0.003)
50 - 59.....	0.58	(0.025)	13.42	(0.303)	0.17	(0.005)	0.01	(0.001)	8.35	(0.310)	0.84	(0.042)	#	
60 - 69.....	0.60	(0.012)	13.79	(0.241)	0.20	(0.013)	0.05*	(0.018)	8.56	(0.185)	0.85	(0.025)	0.01	(0.001)
70 and over.....	0.57	(0.017)	13.77	(0.344)	0.16	(0.004)	0.02	(0.002)	8.44	(0.214)	0.91	(0.032)	#	
2 - 19.....	0.52	(0.011)	12.14	(0.134)	0.15	(0.004)	0.01	(#)	7.87	(0.139)	0.73	(0.016)	#	
20 and over...	0.59	(0.009)	13.26	(0.132)	0.17	(0.004)	0.02	(0.003)	8.32	(0.102)	0.85	(0.014)	0.01	(0.001)
2 and over...	0.58	(0.007)	12.99	(0.103)	0.16	(0.003)	0.02	(0.002)	8.21	(0.096)	0.82	(0.015)	0.01	(#)
<b>Females:</b>														
2 - 5.....	0.49	(0.024)	11.90	(0.359)	0.14	(0.006)	0.01	(0.001)	7.62	(0.242)	0.68	(0.021)	#	
6 - 11.....	0.49	(0.021)	11.77	(0.258)	0.14	(0.004)	0.01	(0.001)	7.93	(0.268)	0.76	(0.027)	#	
12 - 19.....	0.48	(0.013)	12.36	(0.304)	0.15	(0.006)	0.01	(0.002)	8.71	(0.421)	0.86	(0.043)	#	
20 - 29.....	0.58	(0.018)	13.43	(0.270)	0.18	(0.006)	0.01	(0.001)	9.34	(0.257)	0.95	(0.032)	#	
30 - 39.....	0.60	(0.018)	13.21	(0.114)	0.16	(0.005)	0.01	(0.001)	8.56	(0.230)	0.90	(0.020)	0.01*	(0.002)
40 - 49.....	0.53	(0.014)	13.22	(0.361)	0.16	(0.005)	0.01	(0.001)	8.27	(0.253)	0.85	(0.028)	#	
50 - 59.....	0.56	(0.013)	13.28	(0.199)	0.16	(0.003)	0.02	(0.003)	8.48	(0.219)	0.92	(0.024)	0.01	(0.002)
60 - 69.....	0.56	(0.009)	13.62	(0.150)	0.16	(0.005)	0.02	(0.002)	8.80	(0.152)	0.95	(0.017)	0.01	(0.001)
70 and over.....	0.55	(0.010)	13.35	(0.237)	0.16	(0.005)	0.01	(0.001)	8.39	(0.125)	0.91	(0.015)	0.01	(0.001)
2 - 19.....	0.49	(0.012)	12.07	(0.230)	0.14	(0.004)	0.01	(0.001)	8.24	(0.271)	0.79	(0.026)	#	
20 and over...	0.57	(0.008)	13.35	(0.079)	0.16	(0.002)	0.01	(0.001)	8.65	(0.082)	0.91	(0.007)	0.01	(0.001)
2 and over...	0.55	(0.007)	13.07	(0.100)	0.16	(0.002)	0.01	(0.001)	8.56	(0.083)	0.89	(0.008)	0.01	(0.001)
<b>Males and females:</b>														
2 - 19.....	0.50	(0.008)	12.11	(0.168)	0.15	(0.003)	0.01	(0.001)	8.05	(0.155)	0.76	(0.017)	#	
20 and over...	0.58	(0.007)	13.31	(0.071)	0.17	(0.002)	0.02	(0.001)	8.49	(0.063)	0.88	(0.008)	0.01	(#)
2 and over...	0.56	(0.006)	13.03	(0.080)	0.16	(0.002)	0.02	(0.001)	8.39	(0.073)	0.85	(0.010)	0.01	(#)

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

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



**Symbol Legend**

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

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

# Indicates a non-zero value too small to report.

**Footnotes**

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

**Abbreviations**

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

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

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

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

**Suggested Citation**

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**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

----- <i>Nutrient per 1000 kcal</i> -----																			
Race/ethnicity and age (years)	Sample size <sup>1</sup>	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																			
2 - 19.....	716	1943	(33.5)	34.3	(0.33)	128	(1.0)	58	(1.1)	7.7	(0.14)	39.6	(0.52)	13.7	(0.27)	12.7	(0.19)	8.9	(0.23)
20 and over.....	2969	2084	(25.8)	38.4	(0.27)	111	(0.5)	48	(0.7)	8.1	(0.17)	42.5	(0.22)	13.8	(0.17)	14.2	(0.06)	9.8	(0.09)
2 and over...	3685	2057	(21.0)	37.6	(0.21)	114	(0.5)	50	(0.6)	8.0	(0.16)	41.9	(0.22)	13.8	(0.15)	13.9	(0.08)	9.6	(0.10)
<b>Non-Hispanic Black:</b>																			
2 - 19.....	261	1688	(40.7)	33.9	(0.96)	129	(2.9)	52	(2.6)	7.6	(0.43)	39.4	(0.97)	12.3	(0.45)	13.2	(0.39)	9.8	(0.23)
20 and over.....	555	1892	(53.6)	39.0	(1.00)	115	(2.1)	50	(1.2)	7.5	(0.24)	40.9	(0.63)	12.4	(0.13)	14.5	(0.31)	9.8	(0.25)
2 and over...	816	1842	(43.6)	37.7	(0.77)	118	(1.7)	51	(1.2)	7.6	(0.22)	40.6	(0.57)	12.3	(0.15)	14.2	(0.29)	9.8	(0.20)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																			
2 - 19.....	123	1832	(80.6)	34.4	(0.99)	133	(2.6)	47	(1.8)	10.2	(0.92)	37.2	(0.95)	12.6	(0.49)	12.4	(0.38)	8.3	(0.45)
20 and over.....	199	2163	(185.3)	38.7	(0.91)	124	(1.4)	41	(1.7)	11.3	(0.44)	38.3	(0.48)	11.6	(0.33)	13.3	(0.22)	9.1	(0.28)
2 and over...	322	2055	(127.4)	37.3	(0.75)	127	(1.4)	43	(0.9)	10.9	(0.53)	38.0	(0.42)	11.9	(0.27)	13.0	(0.22)	8.9	(0.28)
<b>Hispanic:</b>																			
2 - 19.....	513	1837	(74.9)	36.4	(0.47)	127	(1.8)	56	(1.7)	8.3	(0.29)	39.2	(0.74)	13.1	(0.24)	12.8	(0.31)	9.0	(0.24)
20 and over.....	776	1914	(52.1)	40.5	(0.66)	118	(1.6)	49	(1.0)	8.8	(0.39)	39.2	(0.62)	12.2	(0.24)	13.5	(0.23)	9.0	(0.16)
2 and over...	1289	1890	(41.2)	39.2	(0.54)	121	(1.5)	51	(1.0)	8.6	(0.31)	39.2	(0.55)	12.5	(0.19)	13.3	(0.21)	9.0	(0.14)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	125	(5.2)	220	(13.3)	293	(14.6)	177	(15.7)	771	(55.5)	39	(4.1)	2404	(224.0)	453	(27.4)	0.76	(0.023)
20 and over.....	156	(3.7)	194	(4.2)	310	(6.1)	234	(10.8)	1248	(57.4)	40	(1.8)	2204	(108.6)	744	(31.5)	0.74	(0.007)
2 and over...	151	(3.3)	199	(5.0)	307	(6.0)	223	(9.6)	1158	(52.5)	40	(1.9)	2241	(112.5)	689	(29.5)	0.75	(0.008)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	129	(11.2)	160	(12.7)	225	(13.2)	112	(25.1)	691	(72.4)	47	(5.6)	2751	(393.2)	586	(63.6)	0.75	(0.018)
20 and over.....	172	(8.0)	176	(13.1)	287	(16.1)	194	(40.7)	1209	(100.4)	48	(3.2)	2060	(216.5)	781	(50.5)	0.70	(0.011)
2 and over...	162	(7.0)	172	(9.9)	272	(12.5)	174	(31.4)	1082	(73.8)	48	(2.3)	2228	(199.7)	734	(41.6)	0.71	(0.010)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
2 - 19.....	97	(8.7)	159	(14.5)	274	(23.1)	383	(83.3)	1173	(184.4)	28	(4.8)	2938	(307.9)	537	(90.1)	0.83	(0.026)
20 and over.....	136	(6.9)	142	(6.2)	315	(22.2)	310	(25.9)	1890	(204.5)	55	(6.3)	2604	(316.5)	1550	(256.1)	0.82	(0.032)
2 and over...	123	(5.5)	148	(6.2)	302	(13.3)	333	(36.5)	1656	(111.7)	46	(4.8)	2713	(264.0)	1220	(158.2)	0.82	(0.021)
<b>Hispanic:</b>																		
2 - 19.....	144	(6.5)	179	(5.0)	254	(5.9)	179	(14.6)	777	(45.4)	51	(8.9)	1913	(159.9)	483	(28.2)	0.74	(0.015)
20 and over.....	180	(5.4)	165	(11.1)	271	(15.0)	237	(16.4)	1135	(68.5)	49	(6.8)	2276	(166.8)	749	(76.0)	0.71	(0.015)
2 and over...	169	(2.8)	169	(8.2)	266	(10.2)	219	(11.9)	1023	(45.7)	50	(6.1)	2162	(122.8)	665	(52.5)	0.72	(0.013)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	0.92	(0.022)	10.4	(0.26)	0.83	(0.032)	80	(2.6)	80	(1.7)	215	(4.3)	135	(2.8)	2.06	(0.089)	0.30	(0.053)
20 and over.....	1.02	(0.019)	12.3	(0.26)	1.00	(0.036)	65	(0.9)	104	(2.0)	213	(3.1)	164	(1.8)	2.27	(0.087)	0.48	(0.056)
2 and over...	1.01	(0.016)	12.0	(0.22)	0.97	(0.031)	67	(0.9)	99	(1.8)	213	(3.0)	159	(1.8)	2.23	(0.069)	0.44	(0.047)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	0.78	(0.023)	10.5	(0.25)	0.76	(0.023)	83	(4.9)	88	(3.5)	228	(9.3)	136	(7.3)	1.59	(0.135)	0.17	(0.020)
20 and over.....	0.81	(0.014)	12.0	(0.39)	0.92	(0.047)	64	(2.0)	103	(2.3)	211	(4.3)	169	(5.0)	2.08	(0.117)	0.24	(0.033)
2 and over...	0.80	(0.011)	11.6	(0.31)	0.88	(0.038)	69	(2.0)	99	(1.8)	216	(4.2)	161	(4.5)	1.96	(0.091)	0.23	(0.028)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
2 - 19.....	0.78	(0.030)	10.3	(0.44)	0.83	(0.034)	100	(5.8)	119	(10.9)	289	(17.6)	123	(3.9)	1.67	(0.115)	0.23	(0.058)
20 and over.....	0.83	(0.031)	11.5	(0.46)	0.94	(0.046)	79	(3.4)	152	(6.6)	286	(7.7)	160	(6.2)	1.92	(0.267)	0.17	(0.050)
2 and over...	0.81	(0.026)	11.1	(0.35)	0.91	(0.028)	86	(2.6)	141	(6.3)	287	(7.0)	148	(5.2)	1.84	(0.205)	0.19	(0.032)
<b>Hispanic:</b>																		
2 - 19.....	0.86	(0.016)	10.3	(0.17)	0.86	(0.024)	80	(2.3)	92	(3.2)	229	(5.5)	148	(4.3)	2.00	(0.042)	0.20	(0.027)
20 and over.....	0.91	(0.021)	12.4	(0.32)	1.04	(0.044)	64	(2.2)	112	(5.2)	221	(7.8)	181	(3.9)	2.24	(0.127)	0.32	(0.048)
2 and over...	0.89	(0.015)	11.7	(0.25)	0.98	(0.032)	69	(2.2)	106	(3.7)	224	(6.6)	170	(2.2)	2.16	(0.082)	0.29	(0.032)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																
Race/ethnicity and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	44.5	(2.94)	2.7	(0.10)	4.1	(0.08)	0.4	(0.07)	38.7	(2.11)	510	(9.1)	642	(5.7)	128	(1.6)
20 and over.....	38.1	(0.89)	2.4	(0.07)	4.7	(0.10)	0.6	(0.05)	60.2	(1.96)	466	(4.4)	651	(3.5)	150	(1.8)
2 and over...	39.3	(0.95)	2.4	(0.05)	4.6	(0.09)	0.5	(0.05)	56.1	(1.88)	475	(4.1)	649	(2.5)	146	(1.4)
<b>Non-Hispanic Black:</b>																
2 - 19.....	51.4	(4.28)	1.9	(0.17)	4.6	(0.22)	0.4	(0.10)	46.0	(4.15)	440	(16.9)	596	(15.8)	126	(4.3)
20 and over.....	48.3	(2.51)	2.3	(0.19)	5.1	(0.24)	0.7	(0.15)	62.8	(2.21)	425	(9.8)	605	(8.6)	145	(2.5)
2 and over...	49.1	(2.66)	2.2	(0.16)	5.0	(0.20)	0.6	(0.12)	58.7	(2.19)	429	(7.9)	603	(6.9)	140	(2.3)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																
2 - 19.....	40.8	(4.40)	2.2	(0.20)	4.7	(0.28)	0.6*	(0.25)	44.2	(4.50)	456	(18.0)	633	(13.4)	141	(3.9)
20 and over.....	55.6	(4.51)	2.1	(0.26)	5.1	(0.21)	0.3	(0.06)	111.6	(13.40)	410	(28.0)	636	(14.4)	170	(4.9)
2 and over...	50.8	(3.40)	2.1	(0.21)	5.0	(0.17)	0.4	(0.10)	89.6	(8.84)	425	(21.9)	635	(11.1)	161	(3.2)
<b>Hispanic:</b>																
2 - 19.....	54.5	(3.22)	2.8	(0.13)	4.2	(0.12)	0.4*	(0.13)	39.4	(1.50)	524	(17.4)	656	(9.4)	136	(2.7)
20 and over.....	42.8	(4.11)	2.2	(0.13)	4.5	(0.13)	0.4	(0.09)	57.5	(4.92)	454	(12.9)	658	(8.6)	157	(5.0)
2 and over...	46.4	(3.53)	2.4	(0.12)	4.5	(0.10)	0.4	(0.08)	51.8	(3.40)	476	(12.9)	658	(6.9)	150	(3.6)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	6.5	(0.12)	4.4	(0.07)	0.5	(0.01)	48.5	(0.89)	1107	(20.0)	1478	(24.9)	12.2	(1.87)	27.4	(1.87)	--	--
20 and over.....	6.4	(0.05)	4.9	(0.04)	0.6	(0.01)	53.9	(0.57)	1269	(13.2)	1598	(15.1)	94.5	(2.49)	20.5	(0.57)	4.1	(0.26)
2 and over...	6.4	(0.04)	4.8	(0.04)	0.6	(0.01)	52.9	(0.52)	1238	(12.4)	1575	(12.9)	79.0	(2.02)	21.8	(0.64)	--	--
<b>Non-Hispanic Black:</b>																		
2 - 19.....	6.5	(0.24)	4.1	(0.15)	0.5	(0.02)	48.9	(1.74)	1072	(21.2)	1528	(30.0)	6.6	(1.16)	16.3	(3.09)	--	--
20 and over.....	6.1	(0.11)	4.7	(0.13)	0.6	(0.02)	54.6	(1.35)	1198	(17.9)	1640	(21.3)	41.7	(3.51)	12.9	(1.45)	3.2	(0.61)
2 and over...	6.2	(0.11)	4.6	(0.11)	0.6	(0.01)	53.2	(1.12)	1167	(15.6)	1613	(17.2)	33.1	(2.94)	13.7	(1.02)	--	--
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
2 - 19.....	6.8	(0.28)	4.6	(0.15)	0.6	(0.02)	46.8	(1.99)	1195	(23.9)	1585	(53.9)	8.1	(1.77)	20.7	(3.37)	--	--
20 and over.....	6.8	(0.12)	5.0	(0.12)	0.7	(0.02)	56.8	(2.71)	1396	(55.7)	1787	(57.7)	51.3	(7.27)	10.1	(1.41)	1.5	(0.36)
2 and over...	6.8	(0.09)	4.9	(0.11)	0.7	(0.01)	53.5	(2.04)	1330	(36.9)	1721	(46.9)	37.2	(5.66)	13.5	(1.22)	--	--
<b>Hispanic:</b>																		
2 - 19.....	6.5	(0.13)	4.7	(0.10)	0.5	(0.01)	50.2	(0.73)	1190	(29.3)	1518	(33.4)	11.3	(0.96)	19.2	(1.57)	--	--
20 and over.....	6.3	(0.11)	5.1	(0.07)	0.6	(0.02)	56.7	(1.30)	1272	(36.2)	1630	(42.1)	59.5	(3.87)	12.8	(0.89)	3.0	(0.28)
2 and over...	6.3	(0.10)	5.0	(0.06)	0.6	(0.01)	54.7	(0.98)	1246	(27.7)	1595	(34.5)	44.3	(3.47)	14.8	(0.57)	--	--

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																
Race/ethnicity and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	0.26	(0.010)	0.18	(0.007)	0.16	(0.011)	0.31	(0.012)	0.56	(0.034)	1.27	(0.041)	7.30	(0.134)	3.11	(0.071)
20 and over.....	0.24	(0.006)	0.17	(0.004)	0.15	(0.004)	0.29	(0.006)	0.56	(0.023)	1.24	(0.024)	7.47	(0.080)	3.21	(0.039)
2 and over...	0.24	(0.004)	0.17	(0.003)	0.15	(0.004)	0.29	(0.006)	0.56	(0.019)	1.24	(0.020)	7.44	(0.073)	3.19	(0.038)
<b>Non-Hispanic Black:</b>																
2 - 19.....	0.19	(0.008)	0.13	(0.006)	0.12	(0.005)	0.22	(0.009)	0.48	(0.051)	0.97	(0.042)	6.86	(0.299)	2.91	(0.102)
20 and over.....	0.16	(0.006)	0.11	(0.004)	0.10	(0.007)	0.20	(0.008)	0.40	(0.040)	0.92	(0.022)	7.07	(0.126)	2.96	(0.052)
2 and over...	0.17	(0.005)	0.12	(0.003)	0.10	(0.005)	0.20	(0.007)	0.42	(0.033)	0.93	(0.019)	7.02	(0.121)	2.95	(0.047)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																
2 - 19.....	0.22	(0.010)	0.16	(0.008)	0.20	(0.039)	0.31	(0.029)	0.69*	(0.210)	1.16	(0.092)	6.77	(0.198)	2.67	(0.085)
20 and over.....	0.18	(0.010)	0.13	(0.009)	0.13	(0.011)	0.24	(0.016)	0.50	(0.051)	1.00	(0.053)	6.44	(0.128)	2.51	(0.083)
2 and over...	0.19	(0.007)	0.14	(0.005)	0.15	(0.016)	0.26	(0.014)	0.57	(0.075)	1.05	(0.041)	6.55	(0.097)	2.56	(0.050)
<b>Hispanic:</b>																
2 - 19.....	0.23	(0.005)	0.16	(0.004)	0.14	(0.008)	0.27	(0.007)	0.54	(0.044)	1.16	(0.025)	7.18	(0.156)	2.97	(0.072)
20 and over.....	0.18	(0.005)	0.13	(0.004)	0.11	(0.004)	0.22	(0.006)	0.44	(0.035)	1.00	(0.029)	6.80	(0.103)	2.87	(0.075)
2 and over...	0.19	(0.003)	0.14	(0.003)	0.12	(0.004)	0.24	(0.004)	0.47	(0.028)	1.05	(0.018)	6.92	(0.087)	2.90	(0.063)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----														
Race/ethnicity and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>														
2 - 19.....	0.49	(0.010)	12.04	(0.188)	0.15	(0.003)	0.01	(0.001)	7.96	(0.216)	0.74	(0.026)	#	
20 and over.....	0.57	(0.007)	13.44	(0.062)	0.17	(0.002)	0.02	(0.002)	8.63	(0.075)	0.90	(0.011)	0.01	(0.001)
2 and over...	0.55	(0.006)	13.18	(0.076)	0.16	(0.002)	0.02	(0.001)	8.50	(0.089)	0.87	(0.012)	0.01	(#)
<b>Non-Hispanic Black:</b>														
2 - 19.....	0.52	(0.032)	12.48	(0.361)	0.16	(0.006)	0.01	(0.004)	8.78	(0.214)	0.79	(0.023)	#	
20 and over.....	0.65	(0.031)	13.59	(0.284)	0.18	(0.006)	0.01	(0.001)	8.60	(0.210)	0.86	(0.021)	0.01	(0.001)
2 and over...	0.62	(0.027)	13.32	(0.270)	0.18	(0.005)	0.01	(0.001)	8.64	(0.172)	0.84	(0.015)	0.01	(0.001)
<b>Non-Hispanic Asian<sup>1</sup>:</b>														
2 - 19.....	0.45	(0.030)	11.80	(0.357)	0.14	(0.012)	0.01*	(0.003)	7.43	(0.400)	0.77	(0.049)	#	
20 and over.....	0.53	(0.017)	12.54	(0.212)	0.17	(0.015)	0.03*	(0.015)	7.97	(0.206)	0.89	(0.045)	0.01*	(0.004)
2 and over...	0.50	(0.017)	12.30	(0.203)	0.16	(0.012)	0.02*	(0.011)	7.80	(0.226)	0.85	(0.039)	0.01*	(0.003)
<b>Hispanic:</b>														
2 - 19.....	0.52	(0.014)	12.11	(0.302)	0.14	(0.004)	0.01	(0.001)	8.01	(0.225)	0.79	(0.024)	#	
20 and over.....	0.59	(0.012)	12.77	(0.224)	0.15	(0.003)	0.01	(0.001)	7.92	(0.157)	0.83	(0.013)	#	
2 and over...	0.57	(0.010)	12.56	(0.201)	0.14	(0.003)	0.01	(0.001)	7.95	(0.139)	0.81	(0.013)	#	



**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----								
Race/ethnicity and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>								
2 - 19.....	0.05	(0.002)	0.01	(0.003)	0.01	(0.001)	0.01	(0.004)
20 and over.....	0.06	(0.001)	0.03	(0.003)	0.02	(0.001)	0.04	(0.005)
2 and over...	0.05	(0.001)	0.02	(0.003)	0.02	(0.001)	0.03	(0.004)
<b>Non-Hispanic Black:</b>								
2 - 19.....	0.05	(0.004)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
20 and over.....	0.07	(0.003)	0.03	(0.007)	0.02	(0.003)	0.05	(0.010)
2 and over...	0.06	(0.003)	0.03	(0.005)	0.02	(0.002)	0.04	(0.008)
<b>Non-Hispanic Asian<sup>1</sup>:</b>								
2 - 19.....	0.04	(0.003)	0.01	(0.003)	0.01	(0.001)	0.01*	(0.004)
20 and over.....	0.05	(0.003)	0.04*	(0.016)	0.02	(0.004)	0.06*	(0.021)
2 and over...	0.04	(0.002)	0.03*	(0.011)	0.01	(0.003)	0.04*	(0.015)
<b>Hispanic:</b>								
2 - 19.....	0.05	(0.002)	0.01*	(0.005)	0.01	(0.002)	0.02*	(0.006)
20 and over.....	0.06	(0.002)	0.02	(0.003)	0.02	(0.001)	0.03	(0.004)
2 and over...	0.06	(0.002)	0.02	(0.003)	0.02	(0.001)	0.03	(0.004)

**Symbol Legend**

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

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

# Indicates a non-zero value too small to report.

**Footnotes**

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

**Abbreviations**

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

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

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

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

**Suggested Citation**

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**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023

----- Nutrient per 1000 kcal -----																				
Family income as % of poverty level and age (years)	Sample size <sup>2</sup>	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat		
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	
<b>Under 131% poverty:</b>																				
2 - 19.....	540	1827	(54.7)	35.3	(0.56)	128	(1.8)	58	(1.2)	7.6	(0.21)	38.8	(0.65)	12.9	(0.29)	12.7	(0.27)	9.0	(0.29)	
20 and over.....	892	1914	(35.2)	38.0	(0.60)	120	(1.4)	52	(1.3)	7.7	(0.20)	39.6	(0.44)	12.9	(0.26)	13.4	(0.17)	8.9	(0.13)	
2 and over...	1432	1888	(30.3)	37.2	(0.40)	122	(1.3)	54	(1.0)	7.7	(0.17)	39.3	(0.38)	12.9	(0.19)	13.1	(0.13)	8.9	(0.12)	
<b>131-350% poverty:</b>																				
2 - 19.....	584	1915	(45.8)	34.0	(0.44)	128	(1.5)	58	(1.6)	7.6	(0.17)	39.6	(0.64)	13.5	(0.27)	12.8	(0.26)	9.0	(0.26)	
20 and over.....	1577	2047	(40.9)	38.0	(0.37)	114	(1.0)	49	(0.7)	8.0	(0.19)	41.7	(0.36)	13.4	(0.17)	14.0	(0.12)	9.7	(0.14)	
2 and over...	2161	2015	(32.2)	37.0	(0.27)	118	(1.0)	51	(0.6)	7.9	(0.16)	41.2	(0.36)	13.4	(0.14)	13.7	(0.13)	9.5	(0.14)	
<b>Over 350% poverty:</b>																				
2 - 19.....	435	1906	(38.0)	34.7	(0.46)	128	(1.9)	54	(1.5)	8.4	(0.29)	39.4	(0.68)	13.2	(0.31)	12.8	(0.20)	9.1	(0.16)	
20 and over.....	1774	2111	(33.4)	39.5	(0.36)	110	(0.9)	45	(0.6)	8.7	(0.23)	42.4	(0.40)	13.4	(0.17)	14.5	(0.13)	10.0	(0.13)	
2 and over...	2209	2073	(28.3)	38.6	(0.32)	113	(1.2)	46	(0.8)	8.7	(0.23)	41.8	(0.44)	13.3	(0.18)	14.2	(0.14)	9.8	(0.13)	
<b>All Individuals<sup>3</sup>:</b>																				
2 - 19.....	1765	1875	(26.2)	34.7	(0.23)	128	(1.1)	56	(0.9)	8.0	(0.20)	39.3	(0.45)	13.3	(0.16)	12.8	(0.17)	9.0	(0.17)	
20 and over.....	4798	2036	(20.7)	38.8	(0.24)	113	(0.5)	48	(0.5)	8.3	(0.16)	41.5	(0.22)	13.3	(0.14)	14.1	(0.07)	9.6	(0.07)	
2 and over...	6563	1999	(16.1)	37.8	(0.17)	117	(0.6)	50	(0.5)	8.2	(0.16)	41.0	(0.24)	13.3	(0.12)	13.8	(0.08)	9.5	(0.08)	

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																		
Family income as % of poverty level and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lutein + zeaxanthin		Thiamin			
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)		
<b>Under 131% poverty:</b>																		
2 - 19.....	140	(7.0)	193	(6.0)	264	(8.4)	162	(24.4)	744	(68.2)	48	(5.1)	2498	(309.1)	529	(37.7)	0.76	(0.008)
20 and over.....	161	(7.9)	184	(12.3)	277	(14.1)	184	(23.1)	1011	(93.6)	37	(3.3)	2280	(135.3)	698	(57.9)	0.73	(0.016)
2 and over...	155	(6.1)	186	(8.9)	273	(10.0)	177	(21.0)	932	(70.2)	40	(3.3)	2344	(125.7)	648	(43.1)	0.74	(0.013)
<b>131-350% poverty:</b>																		
2 - 19.....	123	(3.8)	208	(16.5)	277	(22.1)	185	(29.8)	719	(85.6)	37	(3.0)	2130	(270.6)	436	(41.4)	0.72	(0.017)
20 and over.....	159	(3.6)	183	(5.5)	285	(8.4)	213	(20.1)	1097	(61.5)	41	(2.9)	1987	(78.1)	720	(33.5)	0.73	(0.011)
2 and over...	150	(3.2)	189	(7.2)	283	(9.7)	206	(16.4)	1004	(54.0)	40	(2.1)	2022	(92.9)	650	(29.6)	0.73	(0.010)
<b>Over 350% poverty:</b>																		
2 - 19.....	126	(7.0)	196	(7.0)	283	(9.7)	200	(29.1)	918	(91.3)	44	(5.2)	2466	(192.6)	502	(25.8)	0.80	(0.031)
20 and over.....	160	(5.4)	185	(5.2)	323	(8.8)	274	(15.1)	1490	(71.2)	49	(2.8)	2396	(126.6)	905	(46.9)	0.75	(0.010)
2 and over...	154	(4.8)	187	(4.2)	315	(6.8)	260	(13.8)	1384	(61.7)	48	(2.6)	2409	(109.4)	830	(38.6)	0.76	(0.012)
<b>All Individuals<sup>3</sup>:</b>																		
2 - 19.....	128	(3.1)	196	(6.8)	271	(6.8)	181	(11.5)	782	(39.2)	42	(2.4)	2329	(124.9)	481	(18.8)	0.76	(0.013)
20 and over.....	161	(2.8)	185	(4.5)	300	(7.0)	231	(10.8)	1243	(52.6)	44	(1.5)	2216	(67.6)	784	(37.0)	0.74	(0.008)
2 and over...	153	(2.3)	187	(4.3)	293	(5.6)	219	(8.8)	1136	(43.7)	43	(1.4)	2242	(65.8)	713	(30.4)	0.74	(0.008)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)	<i>Nutrient per 1000 kcal</i>													
	Ribo- flavin mg (SE)	Niacin mg (SE)	Vitamin B6 mg (SE)	Folic acid µg (SE)	Food folate µg (SE)	Folate (DFE) µg (SE)	Choline mg (SE)	Vitamin B12 µg (SE)	Added Vitamin B12 µg (SE)					
<b>Under 131% poverty:</b>														
2 - 19.....	0.88 (0.013)	10.4 (0.19)	0.83 (0.016)	83 (3.8)	85 (1.4)	227 (6.1)	146 (4.1)	1.91 (0.054)	0.22 (0.019)					
20 and over.....	0.89 (0.015)	12.4 (0.38)	1.03 (0.044)	71 (3.6)	99 (3.7)	220 (8.1)	162 (4.9)	2.28 (0.144)	0.46 (0.064)					
2 and over...	0.89 (0.012)	11.8 (0.25)	0.97 (0.032)	75 (3.2)	95 (2.6)	222 (6.6)	157 (3.5)	2.17 (0.103)	0.39 (0.044)					
<b>131-350% poverty:</b>														
2 - 19.....	0.86 (0.018)	10.2 (0.28)	0.82 (0.038)	79 (3.3)	80 (2.4)	214 (5.9)	132 (2.9)	1.97 (0.114)	0.23 (0.043)					
20 and over.....	0.98 (0.021)	12.3 (0.38)	1.01 (0.048)	64 (1.4)	105 (2.2)	214 (3.9)	165 (2.7)	2.22 (0.109)	0.45 (0.074)					
2 and over...	0.95 (0.016)	11.8 (0.28)	0.96 (0.035)	68 (1.4)	99 (1.9)	214 (3.2)	157 (2.2)	2.16 (0.073)	0.39 (0.057)					
<b>Over 350% poverty:</b>														
2 - 19.....	0.90 (0.028)	10.7 (0.31)	0.84 (0.040)	84 (3.9)	92 (3.3)	234 (9.0)	136 (4.0)	1.97 (0.103)	0.32 (0.070)					
20 and over.....	1.01 (0.021)	12.2 (0.27)	0.97 (0.027)	63 (1.5)	113 (2.8)	220 (4.8)	168 (3.0)	2.17 (0.083)	0.39 (0.058)					
2 and over...	0.99 (0.016)	12.0 (0.23)	0.94 (0.023)	67 (1.5)	109 (2.8)	223 (5.0)	162 (2.7)	2.13 (0.078)	0.38 (0.047)					
<b>All Individuals<sup>3</sup>:</b>														
2 - 19.....	0.87 (0.010)	10.4 (0.14)	0.83 (0.019)	81 (2.2)	87 (1.7)	224 (4.8)	137 (1.6)	1.95 (0.050)	0.25 (0.032)					
20 and over.....	0.97 (0.015)	12.2 (0.20)	0.99 (0.024)	65 (0.8)	107 (2.0)	218 (3.2)	167 (1.6)	2.21 (0.066)	0.40 (0.038)					
2 and over...	0.95 (0.012)	11.8 (0.15)	0.95 (0.019)	69 (0.9)	102 (1.9)	219 (3.3)	160 (1.3)	2.15 (0.052)	0.37 (0.029)					

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																
Family income as % of poverty level and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	50.3	(3.52)	2.8	(0.14)	4.0	(0.09)	0.3	(0.06)	40.3	(3.27)	514	(11.3)	652	(8.1)	132	(2.2)
20 and over.....	40.6	(1.63)	2.2	(0.11)	4.4	(0.14)	0.6	(0.10)	55.1	(3.99)	459	(16.2)	636	(5.5)	147	(2.9)
2 and over...	43.4	(1.66)	2.4	(0.09)	4.3	(0.09)	0.5	(0.08)	50.7	(2.93)	476	(11.5)	641	(3.6)	143	(2.2)
<b>131-350% poverty:</b>																
2 - 19.....	45.1	(2.45)	2.6	(0.14)	4.1	(0.09)	0.4	(0.07)	38.1	(2.43)	496	(14.8)	624	(8.2)	126	(1.7)
20 and over.....	40.5	(1.91)	2.2	(0.08)	4.5	(0.10)	0.4	(0.05)	58.9	(2.55)	456	(5.9)	634	(5.2)	147	(1.9)
2 and over...	41.7	(1.58)	2.3	(0.08)	4.4	(0.08)	0.4	(0.04)	53.7	(2.19)	466	(6.3)	632	(4.5)	142	(1.6)
<b>Over 350% poverty:</b>																
2 - 19.....	51.2	(2.29)	2.6	(0.09)	4.5	(0.17)	0.6	(0.16)	41.7	(1.92)	495	(8.4)	639	(7.9)	130	(2.0)
20 and over.....	40.9	(1.09)	2.3	(0.09)	5.1	(0.09)	0.6	(0.07)	70.2	(2.75)	452	(7.2)	655	(5.3)	157	(2.1)
2 and over...	42.8	(1.07)	2.4	(0.08)	5.0	(0.07)	0.6	(0.06)	64.9	(2.25)	460	(5.6)	652	(4.7)	152	(1.9)
<b>All Individuals<sup>3</sup>:</b>																
2 - 19.....	47.8	(1.58)	2.6	(0.07)	4.2	(0.08)	0.4	(0.07)	40.0	(1.15)	499	(7.4)	637	(3.8)	130	(1.3)
20 and over.....	40.9	(1.04)	2.3	(0.06)	4.8	(0.09)	0.5	(0.05)	62.5	(2.28)	456	(4.1)	645	(2.5)	152	(1.4)
2 and over...	42.5	(0.97)	2.4	(0.05)	4.6	(0.08)	0.5	(0.04)	57.3	(1.85)	466	(3.5)	643	(1.6)	147	(1.2)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<i>Nutrient per 1000 kcal</i>																		
Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	6.4	(0.12)	4.3	(0.09)	0.5	(0.01)	50.1	(1.28)	1159	(16.6)	1527	(29.0)	11.8	(1.79)	18.7	(1.08)	--	--
20 and over.....	6.2	(0.16)	4.9	(0.05)	0.6	(0.01)	55.1	(1.60)	1196	(21.6)	1644	(32.7)	66.6	(3.69)	14.9	(1.15)	3.0	(0.52)
2 and over...	6.2	(0.13)	4.7	(0.05)	0.6	(0.01)	53.6	(1.13)	1185	(17.1)	1609	(24.9)	50.3	(2.98)	16.0	(0.95)	--	--
<b>131-350% poverty:</b>																		
2 - 19.....	6.4	(0.21)	4.5	(0.07)	0.5	(0.01)	47.2	(0.79)	1099	(20.1)	1488	(18.7)	11.9	(1.49)	26.8	(2.78)	--	--
20 and over.....	6.3	(0.09)	4.8	(0.06)	0.6	(0.01)	53.2	(0.62)	1240	(12.7)	1599	(17.7)	83.9	(3.21)	18.5	(1.29)	3.5	(0.38)
2 and over...	6.4	(0.06)	4.7	(0.05)	0.5	(0.01)	51.7	(0.52)	1205	(11.9)	1571	(13.6)	66.1	(2.20)	20.6	(1.15)	--	--
<b>Over 350% poverty:</b>																		
2 - 19.....	6.6	(0.10)	4.5	(0.07)	0.5	(0.01)	49.5	(1.16)	1115	(14.9)	1512	(29.2)	9.2	(1.63)	22.1	(1.09)	--	--
20 and over.....	6.4	(0.10)	5.0	(0.04)	0.6	(0.01)	55.3	(0.54)	1317	(15.9)	1617	(12.2)	87.7	(3.60)	17.9	(0.54)	4.1	(0.29)
2 and over...	6.5	(0.09)	4.9	(0.04)	0.6	(0.01)	54.2	(0.45)	1279	(15.4)	1597	(14.2)	73.1	(3.66)	18.7	(0.47)	--	--
<b>All Individuals<sup>3</sup>:</b>																		
2 - 19.....	6.4	(0.08)	4.5	(0.05)	0.5	(0.01)	48.7	(0.50)	1128	(13.9)	1503	(17.0)	10.8	(1.01)	23.4	(1.02)	--	--
20 and over.....	6.3	(0.05)	4.9	(0.03)	0.6	(0.01)	54.5	(0.50)	1265	(11.0)	1616	(11.2)	81.2	(2.30)	17.8	(0.46)	3.6	(0.15)
2 and over...	6.4	(0.04)	4.8	(0.03)	0.6	(0.01)	53.2	(0.42)	1233	(10.1)	1590	(10.5)	64.8	(2.11)	19.1	(0.44)	--	--

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<i>Nutrient per 1000 kcal</i>																
Family income as % of poverty level and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	0.22	(0.010)	0.16	(0.007)	0.13	(0.006)	0.27	(0.009)	0.49	(0.029)	1.13	(0.038)	7.11	(0.152)	2.91	(0.077)
20 and over.....	0.20	(0.010)	0.14	(0.007)	0.12	(0.007)	0.24	(0.012)	0.48	(0.035)	1.09	(0.046)	7.04	(0.114)	3.07	(0.054)
2 and over...	0.21	(0.007)	0.15	(0.005)	0.12	(0.005)	0.25	(0.008)	0.48	(0.027)	1.10	(0.032)	7.06	(0.088)	3.02	(0.043)
<b>131-350% poverty:</b>																
2 - 19.....	0.23	(0.010)	0.17	(0.007)	0.17	(0.016)	0.29	(0.012)	0.61	(0.079)	1.21	(0.045)	7.24	(0.169)	3.08	(0.090)
20 and over.....	0.22	(0.006)	0.16	(0.004)	0.13	(0.003)	0.26	(0.006)	0.47	(0.017)	1.16	(0.023)	7.39	(0.090)	3.12	(0.047)
2 and over...	0.23	(0.004)	0.16	(0.003)	0.14	(0.004)	0.27	(0.004)	0.50	(0.024)	1.17	(0.020)	7.36	(0.079)	3.11	(0.046)
<b>Over 350% poverty:</b>																
2 - 19.....	0.25	(0.008)	0.17	(0.006)	0.15	(0.005)	0.29	(0.008)	0.54	(0.031)	1.20	(0.035)	7.14	(0.168)	2.99	(0.081)
20 and over.....	0.22	(0.004)	0.16	(0.003)	0.15	(0.005)	0.28	(0.006)	0.59	(0.028)	1.18	(0.022)	7.22	(0.086)	3.06	(0.046)
2 and over...	0.23	(0.004)	0.16	(0.002)	0.15	(0.004)	0.28	(0.005)	0.58	(0.023)	1.18	(0.021)	7.20	(0.094)	3.05	(0.048)
<b>All Individuals<sup>3</sup>:</b>																
2 - 19.....	0.24	(0.005)	0.17	(0.003)	0.15	(0.007)	0.29	(0.006)	0.55	(0.035)	1.19	(0.021)	7.17	(0.106)	3.01	(0.048)
20 and over.....	0.22	(0.004)	0.15	(0.003)	0.13	(0.003)	0.26	(0.005)	0.52	(0.014)	1.15	(0.020)	7.26	(0.065)	3.09	(0.035)
2 and over...	0.22	(0.003)	0.16	(0.002)	0.14	(0.002)	0.27	(0.004)	0.52	(0.011)	1.16	(0.014)	7.24	(0.060)	3.08	(0.034)



**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<i>Nutrient per 1000 kcal</i>														
Family income as % of poverty level and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>														
2 - 19.....	0.51	(0.018)	12.01	(0.248)	0.15	(0.005)	0.01	(0.001)	8.03	(0.261)	0.72	(0.029)	#	
20 and over.....	0.57	(0.010)	12.60	(0.152)	0.16	(0.004)	0.02	(0.004)	7.90	(0.112)	0.77	(0.013)	0.01	(0.001)
2 and over...	0.55	(0.007)	12.42	(0.124)	0.16	(0.003)	0.01	(0.003)	7.94	(0.111)	0.76	(0.012)	0.01	(0.001)
<b>131-350% poverty:</b>														
2 - 19.....	0.51	(0.011)	12.16	(0.255)	0.14	(0.003)	0.01	(0.002)	8.06	(0.238)	0.76	(0.030)	#	
20 and over.....	0.58	(0.010)	13.23	(0.125)	0.17	(0.004)	0.02	(0.004)	8.51	(0.126)	0.88	(0.019)	#	
2 and over...	0.57	(0.008)	12.97	(0.127)	0.16	(0.003)	0.02	(0.003)	8.40	(0.131)	0.85	(0.019)	#	
<b>Over 350% poverty:</b>														
2 - 19.....	0.48	(0.022)	12.17	(0.183)	0.15	(0.004)	0.01	(0.001)	8.12	(0.135)	0.78	(0.024)	#	
20 and over.....	0.57	(0.010)	13.68	(0.129)	0.17	(0.002)	0.01	(0.001)	8.78	(0.112)	0.94	(0.016)	0.01	(0.001)
2 and over...	0.55	(0.010)	13.40	(0.130)	0.17	(0.002)	0.01	(0.001)	8.65	(0.110)	0.91	(0.017)	0.01	(0.001)
<b>All Individuals<sup>3</sup>:</b>														
2 - 19.....	0.50	(0.008)	12.11	(0.168)	0.15	(0.003)	0.01	(0.001)	8.05	(0.155)	0.76	(0.017)	#	
20 and over.....	0.58	(0.007)	13.31	(0.071)	0.17	(0.002)	0.02	(0.001)	8.49	(0.063)	0.88	(0.008)	0.01	(#)
2 and over...	0.56	(0.006)	13.03	(0.080)	0.16	(0.002)	0.02	(0.001)	8.39	(0.073)	0.85	(0.010)	0.01	(#)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----								
Family income as % of poverty level and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>								
2 - 19.....	0.05	(0.002)	0.01*	(0.005)	0.01	(0.002)	0.01*	(0.006)
20 and over.....	0.06	(0.001)	0.02	(0.003)	0.02	(0.001)	0.03	(0.005)
2 and over...	0.06	(0.001)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
<b>131-350% poverty:</b>								
2 - 19.....	0.05	(0.002)	0.01*	(0.004)	0.01	(0.002)	0.01*	(0.005)
20 and over.....	0.06	(0.001)	0.02	(0.005)	0.02	(0.002)	0.03	(0.006)
2 and over...	0.05	(0.001)	0.02	(0.004)	0.02	(0.001)	0.03	(0.005)
<b>Over 350% poverty:</b>								
2 - 19.....	0.05	(0.002)	0.02	(0.003)	0.01	(0.001)	0.02	(0.005)
20 and over.....	0.06	(0.001)	0.03	(0.003)	0.02	(0.001)	0.04	(0.004)
2 and over...	0.05	(0.001)	0.03	(0.002)	0.02	(0.001)	0.04	(0.003)
<b>All Individuals<sup>3</sup>:</b>								
2 - 19.....	0.05	(0.001)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
20 and over.....	0.06	(0.001)	0.03	(0.002)	0.02	(0.001)	0.04	(0.003)
2 and over...	0.05	(0.001)	0.02	(0.002)	0.02	(0.001)	0.03	(0.003)

### Symbol Legend

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

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

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>2</sup> Sample size and mean energy includes individuals (n = 7) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

<sup>3</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service 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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	1567	(58.2)	46	(10.8)	3*	(0.7)	--	--	--	--	--	--	1597	(64.0)
6 - 11.....	301	10	(1.8)	1894	(44.4)	57	(13.3)	3*	(0.7)	--	--	--	--	--	--	1901	(45.8)
12 - 19.....	366	8	(1.6)	2297	(61.2)	67	(19.4)	3*	(0.8)	--	--	--	--	--	--	2297	(69.6)
20 - 39.....	482	24	(2.9)	2362	(59.1)	248	(46.2)	11	(1.9)	2526	(120.6)	1019	(117.4)	40	(5.3)	2309	(63.9)
40 - 59.....	576	20	(2.4)	2434	(35.7)	229	(36.6)	9	(1.5)	2587	(84.4)	1131	(69.6)	44	(2.6)	2395	(38.6)
60 and over.....	1057	20	(1.5)	2169	(46.3)	169	(19.1)	8	(0.8)	2216	(45.3)	865	(47.6)	39	(2.0)	2158	(53.7)
2 - 19.....	873	9	(1.5)	2013	(42.2)	59	(12.5)	3	(0.6)	1878	(88.3)	631	(51.2)	34	(2.6)	2027	(45.1)
20 and over...	2115	22	(1.3)	2330	(25.9)	218	(21.8)	9	(1.0)	2462	(62.8)	1014	(53.0)	41	(2.7)	2293	(24.8)
2 and over...	2988	19	(1.1)	2252	(19.6)	179	(17.7)	8	(0.8)	2390	(51.8)	966	(46.7)	40	(2.4)	2221	(22.6)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	1495	(47.5)	49	(10.2)	3*	(0.7)	--	--	--	--	--	--	1525	(48.2)
6 - 11.....	308	13	(3.2)	1861	(57.3)	96	(26.6)	5	(1.4)	--	--	--	--	--	--	1815	(41.1)
12 - 19.....	392	13	(1.9)	1731	(45.9)	86	(15.6)	5	(0.9)	1980	(86.7)	668	(50.5)	34	(3.0)	1694	(45.6)
20 - 39.....	632	22	(2.2)	1846	(43.8)	167	(19.3)	9	(1.1)	1911	(50.7)	764	(39.1)	40	(1.8)	1827	(56.1)
40 - 59.....	755	19	(2.0)	1765	(48.6)	113	(13.9)	6	(0.7)	1815	(62.9)	602	(37.8)	33	(1.6)	1754	(52.9)
60 and over.....	1296	20	(1.3)	1665	(20.1)	134	(8.5)	8	(0.5)	1719	(42.4)	676	(39.6)	39	(2.0)	1652	(24.2)
2 - 19.....	892	13	(1.7)	1728	(26.7)	82	(11.3)	5	(0.6)	1910	(81.4)	634	(32.9)	33	(2.4)	1701	(25.1)
20 and over...	2683	20	(1.1)	1760	(25.1)	138	(7.5)	8	(0.4)	1820	(27.4)	686	(18.6)	38	(1.2)	1745	(26.9)
2 and over...	3575	19	(1.1)	1753	(20.4)	126	(7.8)	7	(0.4)	1834	(32.5)	678	(16.6)	37	(1.2)	1735	(20.9)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	1875	(26.2)	71	(10.6)	4	(0.5)	1896	(63.2)	633	(33.9)	33	(2.0)	1873	(26.7)
20 and over...	4798	21	(0.9)	2036	(20.7)	177	(12.0)	9	(0.6)	2142	(38.2)	850	(28.7)	40	(1.4)	2008	(19.9)
2 and over...	6563	19	(0.9)	1999	(16.1)	152	(11.1)	8	(0.5)	2108	(35.1)	820	(25.2)	39	(1.3)	1974	(15.8)

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service 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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	204	(8.3)	4	(1.1)	2*	(0.6)	--	--	--	--	--	--	207	(9.2)
6 - 11.....	301	10	(1.8)	248	(6.6)	6	(1.4)	3*	(0.6)	--	--	--	--	--	--	249	(6.9)
12 - 19.....	366	8	(1.6)	282	(8.3)	7*	(2.3)	2*	(0.8)	--	--	--	--	--	--	283	(9.5)
20 - 39.....	482	24	(2.9)	259	(6.1)	21	(4.0)	8	(1.6)	267	(16.1)	87	(9.8)	33	(4.5)	256	(8.1)
40 - 59.....	576	20	(2.4)	273	(4.6)	20	(3.0)	7	(1.1)	269	(11.2)	100	(6.4)	37	(2.3)	274	(5.8)
60 and over.....	1057	20	(1.5)	238	(4.5)	16	(1.6)	7	(0.6)	237	(4.6)	81	(4.7)	34	(1.8)	238	(6.0)
2 - 19.....	873	9	(1.5)	255	(5.2)	6	(1.4)	2	(0.5)	236	(11.6)	66	(7.0)	28	(2.9)	256	(5.3)
20 and over...	2115	22	(1.3)	257	(3.1)	19	(1.8)	7	(0.8)	260	(7.4)	90	(4.1)	34	(2.2)	257	(3.3)
2 and over...	2988	19	(1.1)	257	(2.3)	16	(1.5)	6	(0.6)	257	(6.3)	87	(3.8)	34	(1.8)	257	(2.8)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	195	(6.7)	5	(1.1)	3*	(0.6)	--	--	--	--	--	--	199	(6.8)
6 - 11.....	308	13	(3.2)	243	(10.0)	11*	(3.3)	5	(1.3)	--	--	--	--	--	--	233	(5.1)
12 - 19.....	392	13	(1.9)	216	(6.7)	8	(1.5)	4	(0.7)	231	(11.0)	66	(5.0)	28	(2.4)	214	(7.7)
20 - 39.....	632	22	(2.2)	211	(6.3)	16	(2.0)	8	(1.1)	209	(8.0)	74	(5.1)	35	(1.7)	212	(8.2)
40 - 59.....	755	19	(2.0)	203	(6.4)	11	(1.5)	5	(0.7)	204	(10.0)	57	(4.7)	28	(1.6)	202	(6.4)
60 and over.....	1296	20	(1.3)	189	(2.7)	13	(0.8)	7	(0.4)	183	(5.0)	63	(4.0)	35	(1.9)	191	(2.8)
2 - 19.....	892	13	(1.7)	221	(4.5)	9	(1.2)	4	(0.6)	244	(17.4)	67	(4.0)	27	(2.5)	217	(4.0)
20 and over...	2683	20	(1.1)	201	(3.3)	13	(0.9)	7	(0.4)	199	(4.7)	65	(2.2)	33	(0.9)	202	(3.4)
2 and over...	3575	19	(1.1)	206	(2.9)	12	(0.9)	6	(0.4)	206	(5.8)	66	(2.0)	32	(0.9)	205	(2.8)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	238	(3.5)	7	(1.1)	3	(0.5)	240	(11.0)	67	(3.9)	28	(1.8)	238	(3.3)
20 and over...	4798	21	(0.9)	228	(2.7)	16	(1.2)	7	(0.5)	230	(4.3)	77	(2.8)	34	(1.3)	228	(2.7)
2 and over...	6563	19	(0.9)	231	(2.2)	14	(1.1)	6	(0.5)	231	(4.3)	76	(2.6)	33	(1.1)	231	(2.2)

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	94	(5.1)	1	(0.3)	1 *	(0.3)	--	--	--	--	--	--	96	(5.2)
6 - 11.....	301	10	(1.8)	111	(5.5)	2	(0.4)	2 *	(0.4)	--	--	--	--	--	--	112	(5.8)
12 - 19.....	366	8	(1.6)	120	(4.0)	3 *	(1.2)	2 *	(1.0)	--	--	--	--	--	--	120	(4.7)
20 - 39.....	482	24	(2.9)	100	(3.0)	6	(1.6)	6	(1.7)	110	(8.3)	25	(4.8)	23	(4.3)	96	(3.5)
40 - 59.....	576	20	(2.4)	119	(3.7)	7	(2.0)	6	(1.7)	113	(8.1)	34	(8.8)	30	(6.3)	121	(4.0)
60 and over.....	1057	20	(1.5)	102	(2.8)	5	(0.6)	4	(0.5)	99	(3.7)	23	(2.4)	24	(2.2)	103	(3.5)
2 - 19.....	873	9	(1.5)	112	(2.8)	2	(0.6)	2	(0.5)	106	(6.3)	23	(3.8)	22	(3.7)	112	(2.9)
20 and over...	2115	22	(1.3)	107	(1.6)	6	(0.8)	6	(0.8)	108	(3.1)	28	(2.9)	26	(2.7)	107	(1.8)
2 and over...	2988	19	(1.1)	108	(1.4)	5	(0.6)	5	(0.6)	108	(2.6)	27	(2.5)	25	(2.3)	108	(1.6)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	88	(3.2)	2	(0.5)	2 *	(0.6)	--	--	--	--	--	--	90	(3.5)
6 - 11.....	308	13	(3.2)	109	(6.1)	4 *	(1.5)	4 *	(1.2)	--	--	--	--	--	--	101	(2.6)
12 - 19.....	392	13	(1.9)	92	(3.6)	3	(0.5)	3 *	(0.6)	100	(8.1)	20	(2.6)	20 *	(2.5)	91	(3.8)
20 - 39.....	632	22	(2.2)	86	(2.1)	5	(0.9)	5	(1.0)	85	(4.7)	21	(3.1)	25	(2.8)	86	(2.3)
40 - 59.....	755	19	(2.0)	88	(3.7)	3	(0.6)	4	(0.6)	84	(6.9)	17	(2.1)	20	(1.7)	89	(3.8)
60 and over.....	1296	20	(1.3)	84	(1.9)	4	(0.3)	4	(0.3)	77	(3.2)	19	(1.9)	24	(2.0)	86	(2.0)
2 - 19.....	892	13	(1.7)	97	(2.5)	3	(0.5)	3	(0.5)	116	(14.1)	23	(2.4)	20	(2.7)	94	(2.3)
20 and over...	2683	20	(1.1)	86	(2.0)	4	(0.4)	4	(0.4)	82	(2.9)	19	(1.4)	23	(1.2)	87	(2.0)
2 and over...	3575	19	(1.1)	88	(1.5)	4	(0.4)	4	(0.4)	88	(3.5)	20	(1.2)	22	(1.2)	89	(1.4)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	105	(1.6)	3	(0.4)	2	(0.4)	112	(8.5)	23	(1.6)	21	(1.7)	104	(1.8)
20 and over...	4798	21	(0.9)	96	(1.3)	5	(0.5)	5	(0.5)	95	(1.8)	23	(1.8)	24	(1.8)	96	(1.4)
2 and over...	6563	19	(0.9)	98	(1.0)	4	(0.4)	4	(0.4)	98	(1.7)	23	(1.6)	24	(1.5)	98	(1.1)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	13.1	(0.94)	0.3	(0.07)	2*	(0.6)	--	--	--	--	--	--	13.7	(1.06)
6 - 11.....	301	10	(1.8)	14.4	(0.55)	0.4	(0.09)	3*	(0.6)	--	--	--	--	--	--	14.5	(0.54)
12 - 19.....	366	8	(1.6)	17.1	(0.47)	0.4*	(0.13)	3*	(0.8)	--	--	--	--	--	--	17.2	(0.53)
20 - 39.....	482	24	(2.9)	17.7	(1.02)	1.3	(0.21)	8	(1.1)	18.5	(2.72)	5.5	(0.41)	30	(5.0)	17.4	(0.77)
40 - 59.....	576	20	(2.4)	17.4	(0.53)	1.5	(0.31)	9	(1.8)	19.2	(0.91)	7.6	(0.79)	40	(5.1)	17.0	(0.68)
60 and over.....	1057	20	(1.5)	17.9	(0.43)	1.1	(0.14)	6	(0.8)	16.3	(0.63)	5.9	(0.52)	36	(2.4)	18.3	(0.54)
2 - 19.....	873	9	(1.5)	15.4	(0.42)	0.4	(0.08)	2	(0.6)	13.1	(0.83)	4.0	(0.44)	30	(3.1)	15.6	(0.41)
20 and over...	2115	22	(1.3)	17.7	(0.50)	1.4	(0.13)	8	(0.8)	18.1	(1.32)	6.3	(0.39)	35	(4.0)	17.5	(0.41)
2 and over...	2988	19	(1.1)	17.1	(0.42)	1.1	(0.11)	7	(0.7)	17.5	(1.15)	6.0	(0.33)	34	(3.6)	17.0	(0.37)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	12.4	(0.48)	0.3	(0.06)	2*	(0.5)	--	--	--	--	--	--	12.9	(0.57)
6 - 11.....	308	13	(3.2)	15.1	(0.75)	0.6*	(0.19)	4*	(1.1)	--	--	--	--	--	--	15.1	(0.73)
12 - 19.....	392	13	(1.9)	13.6	(0.67)	0.5	(0.09)	4	(0.7)	15.8	(1.16)	4.1	(0.32)	26	(2.6)	13.2	(0.78)
20 - 39.....	632	22	(2.2)	15.7	(1.25)	1.3	(0.17)	8	(1.5)	14.3	(0.73)	5.9	(0.34)	41	(2.5)	16.0	(1.49)
40 - 59.....	755	19	(2.0)	15.1	(0.63)	0.8	(0.13)	5	(0.8)	16.5	(1.39)	4.4	(0.43)	27	(2.7)	14.7	(0.52)
60 and over.....	1296	20	(1.3)	14.3	(0.26)	1.0	(0.07)	7	(0.4)	13.2	(0.46)	4.8	(0.30)	36	(2.2)	14.5	(0.26)
2 - 19.....	892	13	(1.7)	13.8	(0.45)	0.5	(0.07)	4	(0.5)	14.3	(0.67)	3.8	(0.21)	27	(1.3)	13.8	(0.52)
20 and over...	2683	20	(1.1)	15.0	(0.57)	1.0	(0.08)	7	(0.6)	14.7	(0.71)	5.1	(0.23)	35	(1.5)	15.1	(0.60)
2 and over...	3575	19	(1.1)	14.8	(0.53)	0.9	(0.08)	6	(0.5)	14.6	(0.67)	4.9	(0.20)	34	(1.3)	14.8	(0.55)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	14.6	(0.39)	0.4	(0.06)	3	(0.5)	13.8	(0.57)	3.9	(0.23)	28	(1.4)	14.7	(0.42)
20 and over...	4798	21	(0.9)	16.3	(0.51)	1.2	(0.09)	7	(0.6)	16.4	(0.89)	5.7	(0.24)	35	(2.3)	16.3	(0.45)
2 and over...	6563	19	(0.9)	15.9	(0.45)	1.0	(0.08)	6	(0.6)	16.0	(0.77)	5.4	(0.21)	34	(2.0)	15.9	(0.41)

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	20.1	(0.83)	0.7	(0.19)	3*	(0.9)	--	--	--	--	--	--	20.7	(0.96)
6 - 11.....	301	10	(1.8)	25.1	(1.00)	0.8	(0.23)	3*	(0.9)	--	--	--	--	--	--	25.1	(1.09)
12 - 19.....	366	8	(1.6)	31.9	(0.79)	0.9	(0.26)	3*	(0.8)	--	--	--	--	--	--	31.8	(0.96)
20 - 39.....	482	24	(2.9)	32.0	(1.23)	3.2	(0.64)	10	(2.0)	32.0	(2.42)	13.3	(1.78)	41	(6.1)	32.0	(1.24)
40 - 59.....	576	20	(2.4)	31.8	(0.83)	3.0	(0.56)	9	(1.7)	34.4	(1.64)	14.9	(1.29)	43	(3.9)	31.2	(0.84)
60 and over.....	1057	20	(1.5)	29.6	(0.91)	2.2	(0.29)	7	(0.9)	30.3	(1.28)	11.2	(0.70)	37	(2.0)	29.4	(0.95)
2 - 19.....	873	9	(1.5)	27.2	(0.65)	0.9	(0.18)	3	(0.6)	25.4	(1.39)	9.1	(0.68)	36	(2.7)	27.4	(0.75)
20 and over...	2115	22	(1.3)	31.2	(0.58)	2.8	(0.31)	9	(1.1)	32.3	(1.34)	13.2	(0.78)	41	(3.4)	30.9	(0.60)
2 and over...	2988	19	(1.1)	30.2	(0.40)	2.4	(0.26)	8	(0.9)	31.5	(1.18)	12.7	(0.71)	40	(3.1)	30.0	(0.44)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	20.0	(0.82)	0.6	(0.13)	3*	(0.6)	--	--	--	--	--	--	20.5	(0.92)
6 - 11.....	308	13	(3.2)	25.5	(0.82)	1.3	(0.39)	5	(1.6)	--	--	--	--	--	--	25.4	(0.89)
12 - 19.....	392	13	(1.9)	24.0	(0.97)	1.3	(0.27)	5	(1.0)	31.7	(3.42)	10.0	(1.05)	32	(5.2)	22.8	(0.91)
20 - 39.....	632	22	(2.2)	24.6	(0.67)	2.1	(0.29)	9	(1.2)	25.1	(0.99)	9.6	(0.93)	38	(2.8)	24.5	(0.76)
40 - 59.....	755	19	(2.0)	24.6	(0.74)	1.6	(0.20)	6	(0.8)	24.9	(0.68)	8.3	(0.61)	34	(2.1)	24.5	(0.87)
60 and over.....	1296	20	(1.3)	23.3	(0.49)	1.8	(0.15)	8	(0.6)	24.4	(1.04)	9.2	(0.67)	38	(2.4)	23.0	(0.56)
2 - 19.....	892	13	(1.7)	23.7	(0.50)	1.2	(0.17)	5	(0.7)	26.9	(1.56)	9.1	(0.62)	34	(3.2)	23.2	(0.55)
20 and over...	2683	20	(1.1)	24.2	(0.46)	1.8	(0.10)	8	(0.4)	24.8	(0.54)	9.1	(0.43)	37	(1.6)	24.0	(0.51)
2 and over...	3575	19	(1.1)	24.1	(0.34)	1.7	(0.11)	7	(0.4)	25.1	(0.49)	9.1	(0.38)	36	(1.5)	23.8	(0.41)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	25.5	(0.46)	1.0	(0.15)	4	(0.6)	26.2	(1.30)	9.1	(0.51)	35	(2.4)	25.4	(0.52)
20 and over...	4798	21	(0.9)	27.6	(0.42)	2.3	(0.16)	8	(0.6)	28.6	(0.80)	11.2	(0.40)	39	(1.7)	27.3	(0.45)
2 and over...	6563	19	(0.9)	27.1	(0.29)	2.0	(0.15)	7	(0.5)	28.2	(0.71)	10.9	(0.37)	39	(1.6)	26.8	(0.34)

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	210	(16.9)	13*	(7.4)	6*	(3.4)	--	--	--	--	--	--	213	(18.0)
6 - 11.....	301	10	(1.8)	229	(13.2)	12	(3.4)	5	(1.5)	--	--	--	--	--	--	229	(15.0)
12 - 19.....	366	8	(1.6)	305	(17.9)	9	(2.5)	3*	(0.8)	--	--	--	--	--	--	307	(18.3)
20 - 39.....	482	24	(2.9)	378	(26.4)	38	(5.7)	10	(1.8)	377	(44.0)	155	(15.5)	41	(7.7)	378	(28.1)
40 - 59.....	576	20	(2.4)	371	(10.6)	49	(10.2)	13	(2.5)	420	(20.2)	241	(24.0)	57	(4.7)	359	(11.2)
60 and over.....	1057	20	(1.5)	351	(11.5)	37	(6.0)	11	(1.5)	399	(22.7)	189	(19.3)	47	(4.2)	340	(11.8)
2 - 19.....	873	9	(1.5)	260	(9.4)	11	(3.1)	4	(1.2)	236	(24.6)	113	(23.6)	48	(6.0)	263	(11.2)
20 and over...	2115	22	(1.3)	368	(9.3)	41	(5.0)	11	(1.5)	397	(17.9)	192	(15.9)	48	(5.6)	360	(11.6)
2 and over...	2988	19	(1.1)	341	(7.3)	34	(4.3)	10	(1.3)	377	(15.4)	182	(14.8)	48	(5.3)	333	(8.5)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	199	(17.5)	10*	(3.9)	5*	(2.0)	--	--	--	--	--	--	201	(20.1)
6 - 11.....	308	13	(3.2)	227	(7.6)	12*	(3.8)	5*	(1.8)	--	--	--	--	--	--	224	(10.8)
12 - 19.....	392	13	(1.9)	219	(16.5)	15	(3.0)	7	(1.2)	344	(35.1)	113	(18.0)	33	(4.0)	200	(15.9)
20 - 39.....	632	22	(2.2)	287	(9.6)	27	(4.6)	9	(1.5)	303	(20.9)	124	(17.7)	41	(4.9)	283	(14.0)
40 - 59.....	755	19	(2.0)	278	(10.6)	22	(3.4)	8	(1.2)	285	(24.8)	119	(12.8)	42	(4.0)	276	(10.3)
60 and over.....	1296	20	(1.3)	264	(7.4)	28	(3.7)	11	(1.3)	298	(16.0)	144	(15.0)	48	(4.5)	256	(9.3)
2 - 19.....	892	13	(1.7)	218	(8.0)	13	(2.1)	6	(0.8)	280	(22.1)	100	(10.7)	36	(2.6)	208	(8.3)
20 and over...	2683	20	(1.1)	277	(5.5)	26	(2.1)	9	(0.7)	296	(12.4)	129	(10.8)	44	(3.2)	272	(6.5)
2 and over...	3575	19	(1.1)	264	(4.9)	23	(1.8)	9	(0.6)	293	(10.5)	124	(9.6)	42	(2.8)	257	(5.8)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	240	(6.3)	12	(2.2)	5	(0.9)	261	(19.6)	105	(14.3)	40	(3.7)	237	(8.0)
20 and over...	4798	21	(0.9)	321	(5.9)	33	(2.7)	10	(0.9)	346	(11.5)	160	(9.2)	46	(3.4)	314	(7.3)
2 and over...	6563	19	(0.9)	302	(4.7)	28	(2.5)	9	(0.8)	334	(10.3)	153	(8.9)	46	(3.2)	295	(5.7)

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

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

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	1.45	(0.055)	0.03	(0.010)	2*	(0.7)	--	--	--	--	--	--	1.52	(0.060)
6 - 11.....	301	10	(1.8)	1.68	(0.043)	0.05	(0.013)	3*	(0.8)	--	--	--	--	--	--	1.71	(0.045)
12 - 19.....	366	8	(1.6)	2.01	(0.090)	0.04	(0.011)	2*	(0.5)	--	--	--	--	--	--	2.04	(0.095)
20 - 39.....	482	24	(2.9)	2.27	(0.072)	0.16	(0.031)	7	(1.3)	2.16	(0.112)	0.66	(0.075)	30	(3.5)	2.30	(0.099)
40 - 59.....	576	20	(2.4)	2.34	(0.061)	0.17	(0.030)	7	(1.3)	2.46	(0.169)	0.85	(0.067)	34	(2.9)	2.31	(0.053)
60 and over.....	1057	20	(1.5)	2.06	(0.047)	0.13	(0.022)	6	(1.0)	2.02	(0.078)	0.67	(0.080)	33	(3.6)	2.07	(0.057)
2 - 19.....	873	9	(1.5)	1.79	(0.053)	0.04	(0.008)	2	(0.5)	1.38	(0.068)	0.44	(0.031)	32	(3.1)	1.83	(0.058)
20 and over...	2115	22	(1.3)	2.23	(0.037)	0.16	(0.015)	7	(0.7)	2.22	(0.072)	0.72	(0.034)	33	(1.7)	2.23	(0.037)
2 and over...	2988	19	(1.1)	2.12	(0.032)	0.13	(0.012)	6	(0.6)	2.12	(0.056)	0.69	(0.032)	32	(1.4)	2.12	(0.035)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	1.42	(0.049)	0.04	(0.009)	3*	(0.6)	--	--	--	--	--	--	1.46	(0.053)
6 - 11.....	308	13	(3.2)	1.55	(0.036)	0.07*	(0.022)	4*	(1.4)	--	--	--	--	--	--	1.54	(0.036)
12 - 19.....	392	13	(1.9)	1.40	(0.056)	0.06	(0.011)	4	(0.8)	1.64	(0.072)	0.47	(0.038)	29	(2.1)	1.36	(0.061)
20 - 39.....	632	22	(2.2)	1.64	(0.064)	0.11	(0.012)	7	(0.8)	1.61	(0.039)	0.51	(0.024)	32	(1.4)	1.65	(0.077)
40 - 59.....	755	19	(2.0)	1.65	(0.054)	0.09	(0.011)	5	(0.7)	1.66	(0.079)	0.47	(0.035)	29	(2.1)	1.64	(0.058)
60 and over.....	1296	20	(1.3)	1.61	(0.034)	0.10	(0.007)	6	(0.4)	1.58	(0.039)	0.50	(0.029)	32	(1.8)	1.62	(0.042)
2 - 19.....	892	13	(1.7)	1.45	(0.029)	0.06	(0.009)	4	(0.6)	1.54	(0.057)	0.45	(0.036)	29	(1.8)	1.44	(0.030)
20 and over...	2683	20	(1.1)	1.63	(0.038)	0.10	(0.005)	6	(0.3)	1.61	(0.032)	0.50	(0.017)	31	(1.1)	1.64	(0.043)
2 and over...	3575	19	(1.1)	1.59	(0.031)	0.09	(0.005)	6	(0.3)	1.60	(0.029)	0.49	(0.014)	31	(1.0)	1.59	(0.033)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	1.62	(0.029)	0.05	(0.007)	3	(0.4)	1.47	(0.047)	0.45	(0.025)	30	(1.5)	1.64	(0.031)
20 and over...	4798	21	(0.9)	1.92	(0.034)	0.13	(0.008)	7	(0.4)	1.92	(0.049)	0.61	(0.019)	32	(0.9)	1.92	(0.034)
2 and over...	6563	19	(0.9)	1.85	(0.030)	0.11	(0.007)	6	(0.4)	1.86	(0.043)	0.59	(0.019)	32	(0.8)	1.85	(0.030)

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	1.29	(0.046)	0.04	(0.010)	3*	(0.8)	--	--	--	--	--	--	1.33	(0.055)
6 - 11.....	301	10	(1.8)	1.47	(0.061)	0.04	(0.011)	3*	(0.7)	--	--	--	--	--	--	1.48	(0.064)
12 - 19.....	366	8	(1.6)	1.91	(0.075)	0.05	(0.015)	3*	(0.7)	--	--	--	--	--	--	1.94	(0.082)
20 - 39.....	482	24	(2.9)	2.58	(0.202)	0.23	(0.037)	9	(1.2)	2.66	(0.414)	0.95	(0.091)	36	(3.2)	2.56	(0.170)
40 - 59.....	576	20	(2.4)	2.35	(0.093)	0.19	(0.027)	8	(1.2)	2.48	(0.202)	0.95	(0.067)	38	(3.6)	2.32	(0.110)
60 and over.....	1057	20	(1.5)	1.97	(0.051)	0.14	(0.020)	7	(0.9)	1.83	(0.067)	0.73	(0.064)	40	(3.1)	2.00	(0.061)
2 - 19.....	873	9	(1.5)	1.64	(0.050)	0.05	(0.009)	3	(0.5)	1.33	(0.047)	0.49	(0.044)	37	(2.7)	1.67	(0.056)
20 and over...	2115	22	(1.3)	2.32	(0.072)	0.19	(0.016)	8	(0.7)	2.38	(0.155)	0.89	(0.042)	38	(2.2)	2.31	(0.065)
2 and over...	2988	19	(1.1)	2.15	(0.056)	0.16	(0.013)	7	(0.6)	2.25	(0.143)	0.84	(0.036)	38	(2.0)	2.13	(0.051)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	1.20	(0.042)	0.04	*(0.013)	3*	(1.1)	--	--	--	--	--	--	1.23	(0.042)
6 - 11.....	308	13	(3.2)	1.33	(0.059)	0.06	(0.017)	4	(1.2)	--	--	--	--	--	--	1.31	(0.045)
12 - 19.....	392	13	(1.9)	1.42	(0.083)	0.06	(0.012)	5	(0.9)	1.63	(0.233)	0.50	(0.042)	30	(4.6)	1.39	(0.089)
20 - 39.....	632	22	(2.2)	1.83	(0.101)	0.15	(0.019)	8	(1.3)	2.07	(0.226)	0.70	(0.051)	34	(4.4)	1.76	(0.092)
40 - 59.....	755	19	(2.0)	1.52	(0.054)	0.10	(0.013)	6	(0.8)	1.57	(0.140)	0.52	(0.049)	33	(3.1)	1.50	(0.058)
60 and over.....	1296	20	(1.3)	1.39	(0.021)	0.11	(0.006)	8	(0.5)	1.34	(0.051)	0.55	(0.027)	41	(2.3)	1.41	(0.026)
2 - 19.....	892	13	(1.7)	1.35	(0.047)	0.06	(0.009)	4	(0.7)	1.44	(0.124)	0.44	(0.034)	31	(2.9)	1.33	(0.048)
20 and over...	2683	20	(1.1)	1.58	(0.040)	0.12	(0.007)	8	(0.5)	1.69	(0.114)	0.60	(0.026)	35	(2.7)	1.56	(0.036)
2 and over...	3575	19	(1.1)	1.53	(0.037)	0.11	(0.006)	7	(0.4)	1.65	(0.099)	0.57	(0.023)	35	(2.3)	1.50	(0.032)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	1.50	(0.025)	0.05	(0.008)	3	(0.5)	1.39	(0.064)	0.46	(0.027)	33	(2.2)	1.51	(0.027)
20 and over...	4798	21	(0.9)	1.94	(0.043)	0.16	(0.009)	8	(0.5)	2.03	(0.117)	0.75	(0.026)	37	(1.7)	1.92	(0.035)
2 and over...	6563	19	(0.9)	1.84	(0.035)	0.13	(0.008)	7	(0.4)	1.94	(0.102)	0.71	(0.023)	36	(1.5)	1.81	(0.028)

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

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	101.3	(8.84)	0.8*	(0.41)	1*	(0.4)	--	--	--	--	--	--	103.9	(9.60)
6 - 11.....	301	10	(1.8)	90.9	(6.06)	1.5	(0.39)	2*	(0.5)	--	--	--	--	--	--	91.5	(6.54)
12 - 19.....	366	8	(1.6)	79.9	(6.94)	0.9	(0.28)	1*	(0.4)	--	--	--	--	--	--	82.1	(7.27)
20 - 39.....	482	24	(2.9)	71.5	(5.08)	5.6	(1.11)	8	(1.3)	84.7	(9.46)	22.8	(3.12)	27	(2.9)	67.3	(4.73)
40 - 59.....	576	20	(2.4)	79.1	(3.69)	5.7	(1.08)	7	(1.4)	77.9	(11.51)	28.1	(5.22)	36	(4.9)	79.4	(5.60)
60 and over.....	1057	20	(1.5)	87.0	(2.91)	3.4	(0.42)	4	(0.5)	65.7	(2.84)	17.3	(1.58)	26	(2.7)	92.1	(3.70)
2 - 19.....	873	9	(1.5)	87.9	(3.40)	1.1	(0.24)	1*	(0.3)	72.7	(7.25)	11.5	(1.42)	16*	(2.0)	89.5	(3.32)
20 and over...	2115	22	(1.3)	78.7	(2.33)	5.0	(0.51)	6	(0.6)	77.4	(6.14)	23.0	(2.24)	30	(2.1)	79.0	(2.79)
2 and over...	2988	19	(1.1)	80.9	(2.17)	4.0	(0.40)	5	(0.5)	76.8	(5.58)	21.6	(1.97)	28	(1.9)	81.9	(2.28)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	90.4	(5.81)	1.5*	(0.73)	2*	(0.8)	--	--	--	--	--	--	86.8	(7.10)
6 - 11.....	308	13	(3.2)	86.8	(5.69)	3.4*	(1.52)	4*	(1.6)	--	--	--	--	--	--	82.6	(4.44)
12 - 19.....	392	13	(1.9)	65.4	(4.57)	2.0	(0.57)	3*	(0.8)	67.5	(9.51)	15.5	(2.99)	23*	(4.3)	65.1	(4.91)
20 - 39.....	632	22	(2.2)	79.0	(6.74)	5.7	(1.09)	7	(1.5)	74.1	(7.19)	26.1	(4.03)	35	(5.0)	80.3	(7.66)
40 - 59.....	755	19	(2.0)	73.0	(2.89)	3.6	(0.65)	5	(0.9)	81.1	(6.46)	19.1	(2.70)	24	(4.3)	71.1	(3.31)
60 and over.....	1296	20	(1.3)	75.5	(3.18)	3.7	(0.45)	5	(0.5)	60.3	(6.08)	18.9	(1.78)	31	(2.4)	79.2	(3.49)
2 - 19.....	892	13	(1.7)	77.4	(3.10)	2.4	(0.58)	3	(0.7)	92.5	(10.47)	18.2	(3.06)	20	(2.8)	75.1	(2.71)
20 and over...	2683	20	(1.1)	75.9	(2.80)	4.4	(0.35)	6	(0.5)	71.8	(2.86)	21.6	(1.61)	30	(1.9)	76.9	(3.10)
2 and over...	3575	19	(1.1)	76.2	(2.38)	3.9	(0.31)	5	(0.4)	75.1	(2.69)	21.1	(1.37)	28	(1.8)	76.4	(2.68)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	82.8	(2.64)	1.7	(0.33)	2	(0.4)	83.9	(5.83)	15.3	(1.90)	18	(1.7)	82.7	(2.70)
20 and over...	4798	21	(0.9)	77.2	(2.17)	4.6	(0.36)	6	(0.5)	74.6	(4.08)	22.3	(1.63)	30	(1.5)	77.9	(2.35)
2 and over...	6563	19	(0.9)	78.5	(1.99)	4.0	(0.32)	5	(0.4)	75.9	(3.33)	21.4	(1.46)	28	(1.3)	79.1	(2.06)



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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	7.0	(0.42)	0.3	(0.08)	4*	(1.3)	--	--	--	--	--	--	7.3	(0.49)
6 - 11.....	301	10	(1.8)	7.8	(0.25)	0.3	(0.07)	4*	(0.9)	--	--	--	--	--	--	7.9	(0.26)
12 - 19.....	366	8	(1.6)	9.3	(0.41)	0.3	(0.07)	3*	(0.8)	--	--	--	--	--	--	9.2	(0.42)
20 - 39.....	482	24	(2.9)	10.4	(0.49)	1.0	(0.17)	10	(1.5)	10.8	(1.31)	4.1	(0.38)	38	(6.2)	10.3	(0.46)
40 - 59.....	576	20	(2.4)	10.5	(0.20)	1.0	(0.18)	10	(1.7)	12.8	(0.98)	5.0	(0.40)	39	(4.3)	9.9	(0.27)
60 and over.....	1057	20	(1.5)	10.1	(0.34)	0.9	(0.10)	9	(1.0)	10.7	(0.47)	4.7	(0.35)	44	(2.6)	9.9	(0.40)
2 - 19.....	873	9	(1.5)	8.3	(0.26)	0.3	(0.06)	3	(0.7)	7.7	(0.42)	3.0	(0.28)	38	(3.9)	8.4	(0.25)
20 and over...	2115	22	(1.3)	10.3	(0.24)	1.0	(0.09)	9	(0.9)	11.4	(0.66)	4.5	(0.24)	40	(3.8)	10.0	(0.25)
2 and over...	2988	19	(1.1)	9.8	(0.21)	0.8	(0.08)	8	(0.8)	10.9	(0.56)	4.3	(0.21)	40	(3.5)	9.6	(0.22)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	6.5	(0.47)	0.2	(0.05)	3*	(0.7)	--	--	--	--	--	--	6.6	(0.52)
6 - 11.....	308	13	(3.2)	7.8	(0.45)	0.4	(0.13)	6	(1.5)	--	--	--	--	--	--	7.4	(0.27)
12 - 19.....	392	13	(1.9)	7.5	(0.28)	0.4	(0.09)	5	(1.1)	8.4	(0.48)	3.2	(0.38)	38	(4.1)	7.4	(0.29)
20 - 39.....	632	22	(2.2)	9.2	(0.63)	0.8	(0.08)	8	(1.2)	8.7	(0.40)	3.5	(0.20)	40	(2.2)	9.4	(0.75)
40 - 59.....	755	19	(2.0)	8.9	(0.40)	0.6	(0.10)	7	(0.9)	10.7	(1.02)	3.5	(0.37)	33	(1.9)	8.5	(0.36)
60 and over.....	1296	20	(1.3)	8.2	(0.17)	0.7	(0.05)	9	(0.6)	8.5	(0.21)	3.6	(0.24)	43	(2.6)	8.1	(0.20)
2 - 19.....	892	13	(1.7)	7.4	(0.25)	0.4	(0.06)	5	(0.7)	8.5	(0.69)	3.0	(0.27)	35	(4.5)	7.2	(0.23)
20 and over...	2683	20	(1.1)	8.8	(0.28)	0.7	(0.04)	8	(0.5)	9.2	(0.39)	3.5	(0.15)	38	(1.3)	8.7	(0.30)
2 and over...	3575	19	(1.1)	8.5	(0.25)	0.6	(0.04)	8	(0.5)	9.1	(0.42)	3.4	(0.12)	38	(1.5)	8.3	(0.25)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	7.9	(0.17)	0.3	(0.05)	4	(0.6)	8.2	(0.42)	3.0	(0.22)	37	(3.7)	7.8	(0.15)
20 and over...	4798	21	(0.9)	9.5	(0.24)	0.8	(0.06)	9	(0.6)	10.3	(0.46)	4.0	(0.13)	39	(1.9)	9.3	(0.21)
2 and over...	6563	19	(0.9)	9.1	(0.20)	0.7	(0.05)	8	(0.5)	10.0	(0.42)	3.9	(0.11)	39	(1.7)	9.0	(0.18)

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	1064	(48.6)	27	(6.0)	3*	(0.6)	--	--	--	--	--	--	1107	(52.1)
6 - 11.....	301	10	(1.8)	1200	(25.8)	37	(8.5)	3*	(0.7)	--	--	--	--	--	--	1213	(26.6)
12 - 19.....	366	8	(1.6)	1488	(40.2)	41	(11.1)	3*	(0.7)	--	--	--	--	--	--	1492	(42.5)
20 - 39.....	482	24	(2.9)	1513	(44.6)	147	(25.3)	10	(1.6)	1492	(78.5)	603	(58.4)	40	(4.9)	1520	(47.0)
40 - 59.....	576	20	(2.4)	1517	(23.3)	139	(23.1)	9	(1.5)	1557	(61.0)	688	(47.4)	44	(3.0)	1507	(28.7)
60 and over.....	1057	20	(1.5)	1397	(33.8)	105	(13.0)	8	(0.8)	1359	(40.8)	540	(36.4)	40	(2.3)	1406	(38.4)
2 - 19.....	873	9	(1.5)	1306	(30.1)	37	(7.3)	3	(0.6)	1128	(39.4)	389	(28.6)	35	(2.9)	1324	(32.2)
20 and over...	2115	22	(1.3)	1480	(18.9)	132	(12.4)	9	(0.9)	1477	(42.7)	614	(29.4)	42	(2.9)	1481	(17.6)
2 and over...	2988	19	(1.1)	1437	(15.9)	109	(10.1)	8	(0.7)	1434	(37.1)	586	(26.1)	41	(2.6)	1438	(16.6)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	1023	(32.1)	31	(7.1)	3*	(0.7)	--	--	--	--	--	--	1050	(34.8)
6 - 11.....	308	13	(3.2)	1150	(37.0)	55	(14.6)	5	(1.3)	--	--	--	--	--	--	1150	(41.2)
12 - 19.....	392	13	(1.9)	1008	(31.1)	54	(8.7)	5	(0.8)	1159	(52.0)	415	(27.0)	36	(2.1)	985	(31.5)
20 - 39.....	632	22	(2.2)	1159	(36.5)	97	(10.3)	8	(1.0)	1172	(40.7)	446	(24.1)	38	(1.7)	1156	(39.8)
40 - 59.....	755	19	(2.0)	1121	(32.9)	71	(7.9)	6	(0.7)	1126	(29.0)	381	(21.3)	34	(1.8)	1120	(39.5)
60 and over.....	1296	20	(1.3)	1070	(17.4)	81	(5.2)	8	(0.5)	1049	(27.1)	411	(20.2)	39	(2.0)	1075	(21.4)
2 - 19.....	892	13	(1.7)	1058	(15.7)	50	(6.6)	5	(0.6)	1094	(36.1)	382	(20.0)	35	(1.2)	1052	(18.9)
20 and over...	2683	20	(1.1)	1118	(20.4)	83	(4.2)	7	(0.4)	1119	(16.2)	415	(13.4)	37	(1.2)	1117	(23.1)
2 and over...	3575	19	(1.1)	1104	(16.9)	76	(4.2)	7	(0.4)	1115	(16.4)	409	(11.7)	37	(1.1)	1102	(18.9)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	1186	(18.5)	43	(5.9)	4	(0.5)	1109	(27.9)	385	(19.3)	35	(1.4)	1195	(21.9)
20 and over...	4798	21	(0.9)	1293	(16.1)	107	(6.6)	8	(0.5)	1298	(26.6)	514	(15.6)	40	(1.5)	1292	(15.9)
2 and over...	6563	19	(0.9)	1268	(13.3)	92	(6.0)	7	(0.5)	1272	(24.1)	496	(14.1)	39	(1.3)	1267	(13.8)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	215	(10.7)	4	(0.9)	2*	(0.5)	--	--	--	--	--	--	224	(12.0)
6 - 11.....	301	10	(1.8)	232	(5.8)	6	(1.3)	2*	(0.6)	--	--	--	--	--	--	234	(6.0)
12 - 19.....	366	8	(1.6)	295	(6.8)	7	(1.9)	2*	(0.6)	--	--	--	--	--	--	297	(7.5)
20 - 39.....	482	24	(2.9)	330	(12.5)	26	(4.3)	8	(1.2)	346	(25.3)	105	(9.1)	30	(3.3)	326	(12.5)
40 - 59.....	576	20	(2.4)	338	(6.6)	25	(4.0)	7	(1.2)	367	(18.3)	122	(8.0)	33	(3.1)	331	(8.9)
60 and over.....	1057	20	(1.5)	319	(7.1)	20	(2.2)	6	(0.6)	303	(7.0)	102	(6.7)	34	(1.8)	324	(8.7)
2 - 19.....	873	9	(1.5)	258	(5.3)	6	(1.1)	2	(0.5)	220	(10.7)	63	(4.9)	29	(2.6)	262	(5.3)
20 and over...	2115	22	(1.3)	330	(6.1)	24	(2.0)	7	(0.6)	341	(13.2)	110	(5.0)	32	(2.1)	327	(5.9)
2 and over...	2988	19	(1.1)	312	(5.3)	19	(1.6)	6	(0.5)	326	(11.5)	104	(4.2)	32	(1.9)	309	(5.2)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	197	(6.8)	5	(1.0)	2*	(0.5)	--	--	--	--	--	--	202	(7.0)
6 - 11.....	308	13	(3.2)	230	(7.3)	10*	(2.9)	4*	(1.2)	--	--	--	--	--	--	230	(7.0)
12 - 19.....	392	13	(1.9)	218	(6.3)	9	(1.4)	4	(0.6)	241	(13.5)	67	(4.9)	28	(2.1)	214	(7.0)
20 - 39.....	632	22	(2.2)	273	(15.6)	20	(2.5)	7	(1.1)	271	(9.5)	91	(5.0)	33	(1.7)	273	(18.6)
40 - 59.....	755	19	(2.0)	266	(8.2)	13	(1.7)	5	(0.6)	275	(14.7)	72	(4.8)	26	(2.0)	264	(8.3)
60 and over.....	1296	20	(1.3)	252	(3.2)	15	(1.1)	6	(0.4)	238	(7.0)	76	(4.0)	32	(1.8)	255	(3.8)
2 - 19.....	892	13	(1.7)	218	(3.2)	8	(1.2)	4	(0.6)	222	(8.3)	63	(3.7)	28	(1.3)	217	(3.7)
20 and over...	2683	20	(1.1)	264	(6.7)	16	(1.1)	6	(0.5)	262	(6.2)	80	(2.9)	31	(1.1)	264	(7.3)
2 and over...	3575	19	(1.1)	254	(5.6)	14	(1.0)	6	(0.4)	256	(5.6)	78	(2.3)	30	(0.9)	253	(6.0)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	238	(3.4)	7	(1.0)	3	(0.4)	221	(7.7)	63	(3.0)	29	(1.1)	241	(3.7)
20 and over...	4798	21	(0.9)	296	(5.7)	20	(1.2)	7	(0.4)	302	(8.8)	95	(2.6)	31	(1.1)	294	(5.4)
2 and over...	6563	19	(0.9)	282	(4.7)	17	(1.1)	6	(0.4)	290	(7.5)	90	(2.2)	31	(1.0)	281	(4.5)

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

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

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

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



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

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

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	1969	(90.4)	42	(7.9)	2*	(0.4)	--	--	--	--	--	--	2044	(99.0)
6 - 11.....	301	10	(1.8)	2018	(46.8)	55	(13.7)	3*	(0.7)	--	--	--	--	--	--	2029	(49.6)
12 - 19.....	366	8	(1.6)	2460	(45.8)	69	(18.8)	3*	(0.8)	--	--	--	--	--	--	2478	(48.4)
20 - 39.....	482	24	(2.9)	2624	(112.5)	261	(42.3)	10	(1.5)	2767	(205.8)	1073	(79.1)	39	(3.6)	2578	(108.3)
40 - 59.....	576	20	(2.4)	2868	(63.4)	256	(39.7)	9	(1.4)	3076	(101.4)	1263	(68.7)	41	(2.5)	2815	(84.1)
60 and over.....	1057	20	(1.5)	2831	(50.7)	206	(26.8)	7	(0.9)	2737	(83.7)	1054	(82.3)	39	(2.2)	2853	(64.8)
2 - 19.....	873	9	(1.5)	2213	(37.9)	59	(11.5)	3	(0.5)	1914	(65.3)	623	(49.6)	33	(2.5)	2244	(39.8)
20 and over...	2115	22	(1.3)	2768	(45.5)	243	(19.4)	9	(0.7)	2858	(100.1)	1129	(39.1)	39	(2.0)	2744	(48.9)
2 and over...	2988	19	(1.1)	2633	(39.4)	198	(15.8)	8	(0.6)	2741	(86.5)	1066	(35.4)	39	(1.8)	2608	(44.2)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	1820	(56.0)	50	(12.2)	3*	(0.7)	--	--	--	--	--	--	1875	(58.6)
6 - 11.....	308	13	(3.2)	2034	(82.3)	91*	(28.7)	4*	(1.3)	--	--	--	--	--	--	2026	(78.7)
12 - 19.....	392	13	(1.9)	1841	(82.3)	87	(16.1)	5	(0.8)	2069	(120.9)	670	(57.0)	32	(2.6)	1807	(91.9)
20 - 39.....	632	22	(2.2)	2215	(85.7)	188	(22.8)	8	(1.1)	2229	(75.9)	861	(56.9)	39	(2.4)	2211	(104.6)
40 - 59.....	755	19	(2.0)	2197	(61.4)	139	(19.0)	6	(0.8)	2298	(90.8)	743	(57.3)	32	(2.2)	2174	(70.0)
60 and over.....	1296	20	(1.3)	2201	(33.2)	152	(8.8)	7	(0.4)	2092	(44.2)	769	(41.0)	37	(2.1)	2228	(40.8)
2 - 19.....	892	13	(1.7)	1901	(48.7)	81	(12.4)	4	(0.6)	1955	(83.7)	623	(33.6)	32	(1.5)	1893	(55.4)
20 and over...	2683	20	(1.1)	2205	(42.5)	160	(9.7)	7	(0.4)	2206	(43.0)	795	(30.0)	36	(1.3)	2204	(48.5)
2 and over...	3575	19	(1.1)	2137	(41.0)	143	(9.1)	7	(0.4)	2167	(35.0)	769	(25.3)	35	(1.1)	2130	(46.8)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	2062	(29.0)	69	(9.7)	3	(0.5)	1937	(50.7)	623	(27.6)	32	(1.1)	2077	(34.5)
20 and over...	4798	21	(0.9)	2478	(38.6)	200	(11.7)	8	(0.5)	2533	(62.2)	963	(26.1)	38	(1.0)	2463	(38.7)
2 and over...	6563	19	(0.9)	2381	(34.4)	170	(10.7)	7	(0.4)	2450	(52.3)	915	(24.5)	37	(0.9)	2365	(35.7)

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

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	5.2	(1.33)	0.1*	(0.05)	2*	(1.0)	--	--	--	--	--	--	5.7	(1.56)
6 - 11.....	301	10	(1.8)	11.2	(1.73)	0.2*	(0.10)	2*	(0.9)	--	--	--	--	--	--	11.1	(1.81)
12 - 19.....	366	8	(1.6)	28.8	(4.11)	0.5*	(0.26)	2*	(0.8)	--	--	--	--	--	--	28.3	(4.10)
20 - 39.....	482	24	(2.9)	132.9	(9.81)	2.6*	(0.91)	2*	(0.8)	162.7	(21.23)	10.9*	(3.33)	7*	(2.5)	123.3	(8.12)
40 - 59.....	576	20	(2.4)	197.3	(13.63)	8.1*	(3.71)	4*	(1.9)	191.0	(18.81)	39.7*	(17.61)	21*	(7.9)	198.9	(17.58)
60 and over.....	1057	20	(1.5)	179.1	(8.85)	13.3*	(7.09)	7*	(3.8)	203.5	(30.08)	68.1*	(34.68)	33*	(12.8)	173.2	(9.39)
2 - 19.....	873	9	(1.5)	18.1	(2.39)	0.3*	(0.13)	2*	(0.7)	17.8	(4.46)	3.5*	(1.09)	--	--	18.2	(2.38)
20 and over...	2115	22	(1.3)	168.5	(7.00)	7.6	(1.02)	5	(0.7)	182.7	(9.23)	35.5	(5.12)	19	(2.8)	164.6	(8.09)
2 and over...	2988	19	(1.1)	131.8	(5.62)	5.9	(0.78)	4	(0.6)	162.3	(7.68)	31.5	(4.66)	19	(2.7)	124.8	(6.15)
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	4.9	(0.87)	#	#	#	#	--	--	--	--	--	--	5.2	(1.01)
6 - 11.....	308	13	(3.2)	12.7	(1.94)	0.4*	(0.18)	3*	(1.5)	--	--	--	--	--	--	11.8	(2.24)
12 - 19.....	392	13	(1.9)	32.7	(3.59)	1.8*	(0.63)	5*	(1.6)	51.2	(8.89)	13.8*	(4.55)	--	--	29.9	(3.78)
20 - 39.....	632	22	(2.2)	102.7	(8.10)	2.7*	(1.03)	3*	(0.9)	114.1	(10.04)	12.5*	(4.07)	11*	(3.1)	99.5	(8.18)
40 - 59.....	755	19	(2.0)	148.4	(7.99)	5.9	(1.72)	4*	(1.2)	157.4	(9.99)	31.5	(8.06)	20	(5.5)	146.3	(9.42)
60 and over.....	1296	20	(1.3)	141.5	(5.25)	4.8	(0.71)	3	(0.5)	159.1	(12.44)	24.4	(3.89)	15	(2.3)	137.2	(4.97)
2 - 19.....	892	13	(1.7)	20.7	(1.98)	1.0*	(0.31)	5	(1.2)	30.9	(5.01)	7.5	(2.23)	24	(5.5)	19.1	(2.12)
20 and over...	2683	20	(1.1)	130.4	(4.73)	4.5	(0.71)	3	(0.5)	141.8	(5.94)	22.1	(2.95)	16	(1.9)	127.5	(5.28)
2 and over...	3575	19	(1.1)	106.0	(4.23)	3.7	(0.55)	3	(0.5)	124.5	(5.57)	19.9	(2.52)	16	(1.9)	101.8	(4.54)
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	19.4	(1.93)	0.6*	(0.20)	3	(0.8)	25.2	(3.79)	5.7	(1.52)	23	(4.6)	18.6	(1.88)
20 and over...	4798	21	(0.9)	148.9	(4.28)	6.0	(0.71)	4	(0.5)	162.3	(5.52)	28.8	(3.20)	18	(1.8)	145.3	(4.59)
2 and over...	6563	19	(0.9)	118.7	(3.89)	4.8	(0.55)	4	(0.5)	143.1	(5.03)	25.6	(2.82)	18	(1.8)	113.1	(4.03)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      ——— <i>Full Service 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 Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	13	(2.8)	--		--		--		--		--		--		--	
6 - 11.....	301	10	(1.8)	--		--		--		--		--		--		--	
12 - 19.....	366	8	(1.6)	--		--		--		--		--		--		--	
20 - 39.....	482	24	(2.9)	11.7	(1.37)	2.7	(0.78)	23	(6.6)	21.6	(3.58)	10.9	(2.78)	51	(8.7)	8.5	(1.48)
40 - 59.....	576	20	(2.4)	13.1	(1.50)	2.6	(0.74)	20	(4.6)	19.4	(4.00)	12.7	(3.29)	--		11.5	(1.36)
60 and over.....	1057	20	(1.5)	10.3	(0.91)	1.2	(0.22)	12	(1.8)	12.8	(2.03)	6.2	(1.16)	49	(6.7)	9.6	(0.94)
2 - 19.....	873	9	(1.5)	--		--		--		--		--		--		--	
20 and over...	2115	22	(1.3)	11.8	(0.57)	2.2	(0.35)	19	(2.9)	18.5	(1.66)	10.2	(1.40)	55	(4.6)	9.9	(0.67)
2 and over...	2988	19	(1.1)	--		--		--		--		--		--		--	
<b>Females:</b>																	
2 - 5.....	192	13	(2.1)	--		--		--		--		--		--		--	
6 - 11.....	308	13	(3.2)	--		--		--		--		--		--		--	
12 - 19.....	392	13	(1.9)	--		--		--		--		--		--		--	
20 - 39.....	632	22	(2.2)	4.7	(0.83)	1.3*	(0.45)	27	(8.0)	11.4	(2.45)	5.8*	(1.81)	--		2.8	(0.56)
40 - 59.....	755	19	(2.0)	4.2	(0.61)	0.5*	(0.14)	11*	(3.4)	4.6	(1.11)	2.5	(0.67)	--		4.1	(0.70)
60 and over.....	1296	20	(1.3)	5.2	(0.47)	0.8	(0.10)	15	(1.6)	9.7	(1.03)	3.8	(0.47)	40	(4.4)	4.1	(0.43)
2 - 19.....	892	13	(1.7)	--		--		--		--		--		--		--	
20 and over...	2683	20	(1.1)	4.7	(0.33)	0.8	(0.14)	18	(3.0)	8.7	(0.86)	4.2	(0.62)	48	(6.6)	3.7	(0.32)
2 and over...	3575	19	(1.1)	--		--		--		--		--		--		--	
<b>Males and Females:</b>																	
2 - 19.....	1765	11	(1.4)	--		--		--		--		--		--		--	
20 and over...	4798	21	(0.9)	8.1	(0.32)	1.5	(0.19)	18	(2.0)	13.7	(1.05)	7.2	(0.83)	53	(3.8)	6.7	(0.28)
2 and over...	6563	19	(0.9)	--		--		--		--		--		--		--	

### Symbol Legend

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

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

**Percent reporting:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction. The VIF used in this table is 1.66.

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

# Indicates a non-zero value too small to report.

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

### Footnotes

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

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup>						<i>Non-consumers</i> <sup>4</sup>	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1943	(33.5)	72	(13.3)	4	(0.7)	2122	(134.4)	684	(69.8)	32	(3.7)	1922	(31.5)
20 and over.....	2969	22	(1.2)	2084	(25.8)	195	(13.7)	9	(0.7)	2150	(43.8)	869	(29.5)	40	(1.3)	2064	(26.7)
2 and over...	3685	20	(1.2)	2057	(21.0)	172	(12.6)	8	(0.6)	2147	(43.8)	850	(22.5)	40	(1.1)	2034	(21.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1688	(40.7)	45	(10.0)	3*	(0.6)	--	--	--	--	--	--	1694	(44.9)
20 and over.....	555	15	(1.7)	1892	(53.6)	127	(22.0)	7	(1.2)	2049	(166.7)	825	(87.0)	40	(2.7)	1864	(53.6)
2 and over...	816	14	(1.4)	1842	(43.6)	107	(17.0)	6	(0.9)	1982	(147.2)	776	(76.5)	39	(2.6)	1820	(42.8)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	1832	(80.6)	70	(19.8)	4*	(1.1)	--	--	--	--	--	--	1841	(82.8)
20 and over.....	199	22	(5.0)	2163	(185.3)	151	(40.5)	7	(1.7)	--	--	--	--	--	--	2077	(141.3)
2 and over...	322	20	(3.1)	2055	(127.4)	124	(26.8)	6	(1.2)	2305	(254.5)	634	(70.6)	28	(4.9)	1994	(93.7)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	1837	(74.9)	79	(18.6)	4	(0.9)	1733	(60.9)	656	(43.9)	38	(2.5)	1852	(83.7)
20 and over.....	776	21	(1.8)	1914	(52.1)	172	(20.3)	9	(1.0)	2074	(68.4)	832	(37.8)	40	(2.1)	1873	(55.9)
2 and over...	1289	18	(1.9)	1890	(41.2)	143	(19.5)	8	(0.9)	2001	(65.2)	795	(35.1)	40	(1.8)	1866	(44.7)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	65.5	(1.43)	2.6	(0.43)	4	(0.6)	65.6	(3.61)	24.3	(1.80)	37	(2.3)	65.4	(1.63)
20 and over.....	2969	22	(1.2)	78.5	(1.15)	8.0	(0.58)	10	(0.7)	77.8	(1.71)	35.5	(1.42)	46	(1.7)	78.7	(1.31)
2 and over...	3685	20	(1.2)	76.1	(0.95)	7.0	(0.53)	9	(0.7)	76.6	(1.61)	34.4	(1.24)	45	(1.6)	75.9	(1.11)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	57.1	(2.58)	1.7	(0.41)	3*	(0.8)	--	--	--	--	--	--	57.8	(2.75)
20 and over.....	555	15	(1.7)	71.8	(1.96)	5.9	(0.97)	8	(1.4)	77.9	(6.07)	38.2	(3.99)	49	(2.8)	70.7	(2.27)
2 and over...	816	14	(1.4)	68.2	(1.45)	4.8	(0.75)	7	(1.1)	73.6	(5.18)	35.3	(3.31)	48	(2.6)	67.3	(1.74)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	63.8	(4.00)	3.5	(0.76)	5*	(1.2)	--	--	--	--	--	--	64.1	(4.19)
20 and over.....	199	22	(5.0)	80.3	(5.50)	6.7	(1.96)	8	(2.2)	--	--	--	--	--	--	76.9	(3.82)
2 and over...	322	20	(3.1)	74.9	(3.77)	5.7	(1.31)	8	(1.6)	85.1	(9.75)	28.9	(3.32)	34	(5.5)	72.4	(2.42)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	65.8	(2.92)	3.4	(0.80)	5	(1.1)	62.3	(4.08)	28.5	(3.40)	46	(3.6)	66.3	(3.04)
20 and over.....	776	21	(1.8)	75.4	(2.05)	7.2	(0.73)	10	(1.0)	77.2	(3.06)	35.1	(1.76)	45	(2.8)	74.9	(2.60)
2 and over...	1289	18	(1.9)	72.4	(1.65)	6.1	(0.72)	8	(0.9)	74.0	(2.84)	33.7	(1.60)	46	(2.3)	72.0	(2.01)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	247	(4.8)	8	(1.6)	3	(0.6)	277	(21.1)	74	(8.8)	27	(3.8)	244	(4.1)
20 and over.....	2969	22	(1.2)	229	(3.7)	17	(1.2)	7	(0.5)	227	(5.7)	76	(2.5)	34	(1.3)	230	(3.9)
2 and over...	3685	20	(1.2)	233	(3.2)	15	(1.2)	7	(0.5)	232	(6.0)	76	(2.4)	33	(1.0)	233	(3.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	213	(4.6)	5	(1.0)	2*	(0.5)	--	--	--	--	--	--	214	(5.5)
20 and over.....	555	15	(1.7)	215	(6.6)	12	(2.2)	5	(1.0)	217	(17.4)	76	(8.2)	35	(2.5)	215	(7.0)
2 and over...	816	14	(1.4)	215	(5.3)	10	(1.7)	5	(0.8)	215	(16.0)	72	(7.5)	34	(2.6)	215	(5.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	238	(8.3)	8*	(2.4)	3*	(1.0)	--	--	--	--	--	--	241	(9.5)
20 and over.....	199	22	(5.0)	267	(22.5)	16	(4.3)	6*	(1.5)	--	--	--	--	--	--	266	(22.6)
2 and over...	322	20	(3.1)	258	(16.0)	13	(2.8)	5	(1.1)	260	(22.2)	67	(8.7)	26	(4.3)	257	(15.4)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	231	(10.0)	8	(1.9)	4	(0.8)	217	(10.8)	68	(4.2)	31	(1.9)	234	(11.2)
20 and over.....	776	21	(1.8)	222	(4.7)	18	(2.2)	8	(0.9)	238	(7.9)	85	(6.5)	36	(2.6)	218	(5.7)
2 and over...	1289	18	(1.9)	225	(4.1)	15	(1.9)	6	(0.8)	234	(7.5)	81	(5.1)	35	(2.1)	223	(5.0)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	112	(2.3)	3	(0.6)	3	(0.5)	139	(15.8)	27	(3.7)	20	(3.6)	109	(2.1)
20 and over.....	2969	22	(1.2)	98	(1.8)	5	(0.6)	5	(0.6)	93	(3.0)	22	(2.4)	24	(2.3)	99	(1.9)
2 and over...	3685	20	(1.2)	101	(1.3)	5	(0.5)	5	(0.5)	98	(3.1)	23	(2.2)	23	(1.9)	101	(1.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	89	(4.0)	1*	(0.5)	2*	(0.6)	--	--	--	--	--	--	89	(4.9)
20 and over.....	555	15	(1.7)	95	(3.6)	4	(0.6)	4	(0.6)	95	(12.0)	24	(3.1)	25	(2.2)	95	(3.5)
2 and over...	816	14	(1.4)	94	(3.2)	3	(0.4)	3	(0.5)	94	(10.9)	22	(2.5)	24	(2.0)	93	(3.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	82	(3.4)	2*	(0.7)	2*	(0.8)	--	--	--	--	--	--	82	(3.8)
20 and over.....	199	22	(5.0)	86	(3.8)	4*	(1.4)	4*	(1.5)	--	--	--	--	--	--	83	(3.9)
2 and over...	322	20	(3.1)	85	(3.1)	3	(0.9)	4*	(1.0)	95	(8.7)	16	(3.7)	16*	(4.5)	83	(2.8)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	102	(5.0)	3	(0.8)	3	(0.7)	93	(9.1)	25	(3.2)	27	(2.6)	103	(5.4)
20 and over.....	776	21	(1.8)	92	(2.7)	6	(1.0)	7	(1.0)	105	(3.8)	29	(3.8)	28	(3.4)	88	(3.3)
2 and over...	1289	18	(1.9)	95	(2.4)	5	(0.8)	5	(0.7)	102	(3.8)	28	(3.0)	28	(2.8)	93	(2.8)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	14.8	(0.45)	0.5	(0.10)	3	(0.6)	15.1	(0.94)	4.5	(0.44)	30	(2.7)	14.7	(0.47)
20 and over.....	2969	22	(1.2)	16.3	(0.56)	1.3	(0.11)	8	(0.7)	16.7	(1.03)	5.7	(0.28)	34	(2.5)	16.2	(0.50)
2 and over...	3685	20	(1.2)	16.0	(0.50)	1.1	(0.11)	7	(0.6)	16.6	(0.92)	5.6	(0.26)	34	(2.3)	15.9	(0.45)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	12.2	(0.38)	0.3	(0.06)	2*	(0.5)	--	--	--	--	--	--	12.4	(0.37)
20 and over.....	555	15	(1.7)	13.5	(0.50)	0.8	(0.16)	6	(1.2)	13.4	(1.12)	5.2	(0.71)	38	(3.8)	13.5	(0.61)
2 and over...	816	14	(1.4)	13.2	(0.38)	0.7	(0.13)	5	(1.0)	13.0	(1.02)	4.9	(0.60)	38	(3.4)	13.2	(0.44)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	18.2	(1.58)	0.6*	(0.20)	3*	(1.2)	--	--	--	--	--	--	18.6	(1.87)
20 and over.....	199	22	(5.0)	24.5	(3.20)	1.2	(0.31)	5*	(1.3)	--	--	--	--	--	--	25.9	(3.82)
2 and over...	322	20	(3.1)	22.5	(2.52)	1.0	(0.21)	5	(1.0)	19.0	(1.49)	5.2	(0.87)	27	(5.3)	23.3	(2.88)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	14.9	(0.73)	0.4	(0.09)	3	(0.7)	13.2	(0.97)	3.6	(0.22)	27	(3.1)	15.1	(0.77)
20 and over.....	776	21	(1.8)	16.2	(0.44)	1.2	(0.13)	8	(0.9)	15.8	(0.73)	6.0	(0.38)	38	(2.6)	16.3	(0.50)
2 and over...	1289	18	(1.9)	15.8	(0.22)	1.0	(0.11)	6	(0.7)	15.3	(0.66)	5.5	(0.27)	36	(1.7)	15.9	(0.22)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> —					<i>Non-consumers</i> <sup>4</sup>					
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	77.7	(1.73)	3.4	(0.63)	4	(0.8)	85.4	(6.75)	32.4	(3.55)	38	(4.2)	76.8	(1.81)
20 and over.....	2969	22	(1.2)	89.4	(1.01)	9.0	(0.64)	10	(0.7)	93.2	(2.38)	40.3	(1.51)	43	(1.5)	88.4	(1.18)
2 and over...	3685	20	(1.2)	87.2	(0.72)	8.0	(0.58)	9	(0.7)	92.4	(2.18)	39.5	(1.12)	43	(1.3)	85.9	(0.88)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	68.5	(2.42)	2.2	(0.53)	3*	(0.8)	--	--	--	--	--	--	68.5	(2.57)
20 and over.....	555	15	(1.7)	78.3	(2.39)	5.9	(1.13)	8	(1.4)	88.9	(8.76)	38.4	(5.09)	43	(4.0)	76.4	(2.33)
2 and over...	816	14	(1.4)	75.9	(2.07)	5.0	(0.88)	7	(1.1)	85.7	(7.64)	36.3	(4.35)	42	(3.6)	74.4	(2.01)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	70.3	(4.45)	2.7*	(0.84)	4*	(1.2)	--	--	--	--	--	--	69.6	(4.55)
20 and over.....	199	22	(5.0)	85.2	(8.95)	6.4	(1.76)	8	(1.9)	--	--	--	--	--	--	77.7	(4.99)
2 and over...	322	20	(3.1)	80.3	(6.03)	5.2	(1.18)	7	(1.3)	102.8	(15.56)	26.7	(3.16)	26	(5.5)	74.9	(3.47)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	73.2	(3.12)	3.6	(0.92)	5	(1.1)	69.2	(2.54)	29.9	(2.78)	43	(3.5)	73.7	(3.44)
20 and over.....	776	21	(1.8)	76.5	(3.28)	7.3	(1.11)	9	(1.2)	82.3	(4.22)	35.2	(2.69)	43	(2.4)	75.0	(3.34)
2 and over...	1289	18	(1.9)	75.4	(2.53)	6.1	(1.04)	8	(1.2)	79.5	(3.70)	34.1	(2.50)	43	(2.2)	74.5	(2.48)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	27.0	(0.68)	1.0	(0.15)	4	(0.6)	29.5	(3.19)	9.9	(0.90)	34	(3.3)	26.7	(0.71)
20 and over.....	2969	22	(1.2)	29.3	(0.43)	2.6	(0.20)	9	(0.7)	29.3	(0.67)	11.6	(0.45)	40	(1.6)	29.3	(0.54)
2 and over...	3685	20	(1.2)	28.8	(0.29)	2.3	(0.18)	8	(0.6)	29.3	(0.68)	11.5	(0.39)	39	(1.4)	28.7	(0.39)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	21.8	(1.04)	0.7	(0.17)	3*	(0.8)	--	--	--	--	--	--	21.8	(1.14)
20 and over.....	555	15	(1.7)	24.0	(0.83)	1.6	(0.28)	7	(1.2)	26.4	(2.58)	10.5	(1.29)	40	(3.9)	23.6	(0.88)
2 and over...	816	14	(1.4)	23.5	(0.76)	1.4	(0.22)	6	(1.0)	25.7	(2.20)	10.2	(1.13)	40	(3.6)	23.1	(0.79)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	24.3	(1.90)	1.0*	(0.33)	4*	(1.3)	--	--	--	--	--	--	23.8	(1.81)
20 and over.....	199	22	(5.0)	25.9	(3.14)	1.9	(0.56)	7	(2.0)	--	--	--	--	--	--	23.5	(1.87)
2 and over...	322	20	(3.1)	25.4	(2.09)	1.6	(0.41)	6	(1.4)	32.7	(5.15)	8.4	(1.32)	26	(5.6)	23.6	(1.35)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	24.5	(1.08)	1.1	(0.29)	4	(1.0)	22.1	(1.11)	9.0	(0.96)	41	(3.9)	24.9	(1.24)
20 and over.....	776	21	(1.8)	23.8	(1.09)	2.0	(0.30)	9	(1.1)	24.5	(1.13)	9.8	(0.70)	40	(2.5)	23.6	(1.20)
2 and over...	1289	18	(1.9)	24.0	(0.81)	1.7	(0.30)	7	(1.0)	24.0	(1.04)	9.6	(0.72)	40	(2.4)	24.0	(0.87)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	24.9	(0.57)	1.1	(0.22)	4	(0.8)	27.0	(1.98)	10.5	(1.37)	39	(4.9)	24.6	(0.60)
20 and over.....	2969	22	(1.2)	30.0	(0.37)	3.1	(0.23)	10	(0.8)	31.5	(1.05)	13.6	(0.55)	43	(1.4)	29.5	(0.38)
2 and over...	3685	20	(1.2)	29.0	(0.29)	2.7	(0.21)	9	(0.7)	31.1	(0.92)	13.3	(0.42)	43	(1.2)	28.5	(0.30)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	22.9	(0.70)	0.7	(0.18)	3*	(0.8)	--	--	--	--	--	--	22.8	(0.72)
20 and over.....	555	15	(1.7)	27.5	(0.85)	2.1	(0.41)	8	(1.4)	30.7	(2.94)	13.5	(1.86)	44	(3.8)	27.0	(0.80)
2 and over...	816	14	(1.4)	26.4	(0.72)	1.8	(0.31)	7	(1.2)	29.5	(2.59)	12.8	(1.60)	43	(3.4)	25.9	(0.68)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	23.4	(1.64)	0.9	(0.27)	4*	(1.2)	--	--	--	--	--	--	23.2	(1.76)
20 and over.....	199	22	(5.0)	29.7	(3.13)	2.2	(0.65)	7	(2.0)	--	--	--	--	--	--	26.8	(1.55)
2 and over...	322	20	(3.1)	27.6	(2.23)	1.8	(0.44)	6	(1.5)	36.3	(6.21)	9.1	(1.36)	25	(6.8)	25.5	(1.25)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	23.9	(1.09)	1.3	(0.34)	5	(1.3)	23.0	(1.18)	10.4	(1.31)	45	(4.5)	24.0	(1.16)
20 and over.....	776	21	(1.8)	26.3	(1.12)	2.6	(0.39)	10	(1.2)	29.1	(1.52)	12.6	(0.92)	43	(2.4)	25.6	(1.16)
2 and over...	1289	18	(1.9)	25.6	(0.89)	2.2	(0.36)	9	(1.2)	27.8	(1.28)	12.1	(0.86)	44	(2.3)	25.1	(0.87)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	17.3	(0.64)	0.9	(0.22)	5	(1.2)	19.9	(1.33)	8.7	(1.37)	44	(5.4)	17.0	(0.61)
20 and over.....	2969	22	(1.2)	20.5	(0.27)	2.5	(0.17)	12	(0.8)	22.7	(0.71)	10.9	(0.50)	48	(1.8)	19.9	(0.27)
2 and over...	3685	20	(1.2)	19.9	(0.29)	2.2	(0.15)	11	(0.7)	22.4	(0.62)	10.7	(0.33)	48	(1.5)	19.3	(0.30)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	16.7	(0.57)	0.5	(0.14)	3*	(0.8)	--	--	--	--	--	--	16.7	(0.55)
20 and over.....	555	15	(1.7)	18.5	(0.67)	1.6	(0.33)	8	(1.7)	22.4	(2.82)	10.1	(1.54)	45	(5.3)	17.8	(0.57)
2 and over...	816	14	(1.4)	18.0	(0.54)	1.3	(0.26)	7	(1.4)	21.5	(2.48)	9.5	(1.29)	44	(4.7)	17.5	(0.46)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	15.5	(1.06)	0.5*	(0.17)	3*	(1.2)	--	--	--	--	--	--	15.5	(1.06)
20 and over.....	199	22	(5.0)	19.7	(1.39)	1.6	(0.43)	8	(1.9)	--	--	--	--	--	--	18.4	(0.82)
2 and over...	322	20	(3.1)	18.3	(0.93)	1.2	(0.28)	7	(1.4)	22.3	(2.82)	6.3	(0.62)	28	(3.8)	17.4	(0.60)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	16.7	(0.75)	0.9	(0.20)	5	(1.1)	16.3	(0.67)	7.4	(0.55)	45	(2.9)	16.8	(0.86)
20 and over.....	776	21	(1.8)	17.9	(0.79)	1.8	(0.33)	10	(1.5)	19.6	(1.46)	9.0	(0.95)	46	(2.4)	17.4	(0.71)
2 and over...	1289	18	(1.9)	17.5	(0.62)	1.5	(0.28)	9	(1.3)	18.9	(1.24)	8.6	(0.80)	46	(2.1)	17.2	(0.54)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C h o l e s t e r o l</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	240	(11.2)	11	(2.2)	4	(1.0)	280	(34.3)	101	(15.2)	36	(5.1)	235	(13.2)
20 and over.....	2969	22	(1.2)	321	(8.0)	36	(2.9)	11	(0.9)	330	(11.4)	160	(10.4)	48	(2.8)	319	(8.7)
2 and over...	3685	20	(1.2)	306	(6.4)	31	(2.7)	10	(0.8)	325	(11.0)	154	(10.7)	47	(2.7)	301	(6.1)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	225	(20.8)	8	(2.2)	3*	(0.9)	--	--	--	--	--	--	229	(21.1)
20 and over.....	555	15	(1.7)	316	(11.8)	26	(4.7)	8	(1.6)	377	(33.9)	173	(21.3)	46	(6.9)	305	(13.3)
2 and over...	816	14	(1.4)	294	(11.3)	22	(3.5)	7	(1.3)	347	(27.6)	160	(20.5)	46	(6.7)	285	(12.6)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	182	(22.0)	9	(2.2)	5*	(1.0)	--	--	--	--	--	--	174	(20.4)
20 and over.....	199	22	(5.0)	290	(27.0)	25*	(8.3)	9	(2.5)	--	--	--	--	--	--	245	(15.6)
2 and over...	322	20	(3.1)	255	(17.3)	20	(5.4)	8	(1.9)	399	(97.6)	103	(14.4)	26	(5.2)	220	(14.3)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	266	(18.2)	15	(3.9)	6	(1.4)	257	(28.0)	127	(19.9)	49	(5.2)	267	(19.9)
20 and over.....	776	21	(1.8)	333	(13.6)	33	(7.6)	10	(2.1)	357	(23.3)	160	(24.5)	45	(6.1)	327	(16.5)
2 and over...	1289	18	(1.9)	312	(8.5)	28	(5.9)	9	(1.7)	336	(19.8)	153	(18.7)	46	(5.1)	307	(10.1)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> ——— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	551	(28.3)	16	(3.0)	3	(0.5)	541	(47.7)	156	(11.6)	29	(2.6)	552	(30.0)
20 and over.....	2969	22	(1.2)	617	(12.1)	46	(3.7)	7	(0.6)	560	(15.7)	205	(8.7)	37	(1.5)	633	(14.9)
2 and over...	3685	20	(1.2)	604	(11.5)	41	(3.3)	7	(0.5)	559	(14.3)	200	(7.8)	36	(1.4)	616	(13.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	384	(25.7)	12	(3.3)	3*	(0.9)	--	--	--	--	--	--	390	(26.1)
20 and over.....	555	15	(1.7)	540	(57.5)	34	(7.9)	6	(1.6)	595	(63.1)	223	(44.2)	37	(5.6)	530	(66.0)
2 and over...	816	14	(1.4)	502	(43.8)	29	(6.0)	6	(1.3)	554	(52.3)	209	(39.1)	38	(5.3)	494	(49.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	539	(82.6)	28*	(16.6)	5*	(3.0)	--	--	--	--	--	--	545	(89.4)
20 and over.....	199	22	(5.0)	670	(92.7)	41	(11.8)	6*	(1.6)	--	--	--	--	--	--	648	(72.2)
2 and over...	322	20	(3.1)	627	(55.2)	36	(8.4)	6	(1.2)	690	(156.6)	186	(25.5)	27	(6.0)	612	(38.6)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	451	(17.6)	15	(4.2)	3	(1.0)	412	(30.6)	123	(21.2)	30	(4.0)	456	(21.1)
20 and over.....	776	21	(1.8)	495	(18.9)	32	(4.7)	6	(1.1)	457	(41.4)	154	(13.4)	34	(3.7)	505	(27.3)
2 and over...	1289	18	(1.9)	481	(12.1)	27	(4.2)	6	(0.9)	448	(32.1)	148	(11.3)	33	(2.9)	489	(18.1)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> ——— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1417	(137.4)	64	(13.4)	4	(0.9)	1573	(285.1)	604	(74.1)	38	(3.2)	1399	(132.6)
20 and over.....	2969	22	(1.2)	2310	(113.8)	230	(29.5)	10	(1.4)	2159	(162.3)	1026	(105.2)	48	(4.1)	2354	(137.3)
2 and over...	3685	20	(1.2)	2142	(104.4)	199	(25.1)	9	(1.2)	2102	(158.2)	984	(95.1)	47	(4.0)	2153	(117.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1088	(135.3)	32*	(20.6)	3*	(1.9)	--	--	--	--	--	--	1126	(141.1)
20 and over.....	555	15	(1.7)	2007	(155.5)	221*	(68.1)	11	(3.2)	2428	(470.1)	1440	(420.5)	59	(7.8)	1930	(187.9)
2 and over...	816	14	(1.4)	1782	(116.5)	175	(51.5)	10	(2.8)	2158	(400.4)	1273	(358.9)	59	(7.3)	1722	(138.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	2429	(638.5)	180*	(141.0)	7*	(5.9)	--	--	--	--	--	--	2500	(731.4)
20 and over.....	199	22	(5.0)	3831	(623.9)	265*	(80.5)	7*	(2.1)	--	--	--	--	--	--	3850	(618.6)
2 and over...	322	20	(3.1)	3374	(339.7)	238	(59.7)	7	(1.6)	3356	(803.8)	1212	(215.0)	36	(8.8)	3379	(280.8)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	1225	(64.0)	39*	(11.6)	3*	(1.0)	1338	(148.5)	319	(72.6)	24	(5.6)	1209	(65.4)
20 and over.....	776	21	(1.8)	1931	(56.7)	168	(27.2)	9	(1.4)	1724	(217.3)	815	(117.4)	47	(5.9)	1986	(80.3)
2 and over...	1289	18	(1.9)	1709	(50.7)	128	(19.8)	7	(1.1)	1642	(177.7)	710	(88.0)	43	(4.5)	1724	(65.4)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	4803	(470.2)	268*	(86.0)	6*	(2.0)	5033	(900.5)	2537*	(793.3)	50	(12.2)	4776	(494.4)
20 and over.....	2969	22	(1.2)	4473	(231.4)	461	(52.4)	10	(1.1)	4171	(341.4)	2050	(195.4)	49	(4.2)	4561	(257.1)
2 and over...	3685	20	(1.2)	4535	(243.7)	424	(43.2)	9	(0.9)	4256	(294.0)	2098	(147.7)	49	(3.8)	4606	(261.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	4688	(656.6)	90*	(52.6)	2*	(1.2)	--	--	--	--	--	--	4888	(696.1)
20 and over.....	555	15	(1.7)	3912	(399.5)	295	(84.6)	8*	(2.3)	4665	(1057.5)	1923	(559.0)	41	(10.9)	3776	(426.0)
2 and over...	816	14	(1.4)	4102	(360.8)	245	(65.2)	6	(1.7)	4343	(883.1)	1786	(469.9)	41	(10.2)	4064	(351.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	5118	(621.5)	252*	(84.2)	5*	(1.6)	--	--	--	--	--	--	5278	(688.3)
20 and over.....	199	22	(5.0)	5233	(600.7)	373*	(128.4)	7*	(2.4)	--	--	--	--	--	--	5282	(753.1)
2 and over...	322	20	(3.1)	5195	(445.0)	334	(88.0)	6	(1.7)	4845	(951.6)	1703	(308.5)	--	--	5281	(531.1)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	3396	(303.3)	207*	(66.0)	6*	(2.0)	3739	(380.5)	1709	(406.1)	--	--	3348	(335.8)
20 and over.....	776	21	(1.8)	4162	(267.8)	444	(90.3)	11	(2.2)	3987	(350.0)	2149	(494.5)	54	(9.2)	4207	(331.8)
2 and over...	1289	18	(1.9)	3921	(241.6)	369	(64.3)	9	(1.6)	3935	(320.5)	2055	(392.0)	52	(7.1)	3918	(288.8)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>T h i a m i n</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1.45	(0.054)	0.05	(0.008)	3	(0.6)	1.31	(0.090)	0.43	(0.051)	33	(2.5)	1.47	(0.060)
20 and over.....	2969	22	(1.2)	1.52	(0.026)	0.13	(0.012)	9	(0.8)	1.46	(0.049)	0.58	(0.031)	40	(1.9)	1.53	(0.026)
2 and over...	3685	20	(1.2)	1.50	(0.027)	0.11	(0.011)	8	(0.7)	1.45	(0.043)	0.57	(0.028)	39	(1.8)	1.52	(0.027)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1.24	(0.046)	0.03	(0.008)	3*	(0.7)	--	--	--	--	--	--	1.26	(0.044)
20 and over.....	555	15	(1.7)	1.32	(0.033)	0.09	(0.017)	7	(1.3)	1.36	(0.104)	0.60	(0.063)	44	(2.1)	1.31	(0.040)
2 and over...	816	14	(1.4)	1.30	(0.024)	0.08	(0.013)	6	(1.0)	1.30	(0.095)	0.56	(0.056)	43	(1.9)	1.30	(0.029)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	1.51	(0.084)	0.07*	(0.024)	5*	(1.6)	--	--	--	--	--	--	1.52	(0.099)
20 and over.....	199	22	(5.0)	1.76	(0.163)	0.09	(0.024)	5*	(1.4)	--	--	--	--	--	--	1.81	(0.176)
2 and over...	322	20	(3.1)	1.67	(0.105)	0.09	(0.018)	5	(1.1)	1.54	(0.145)	0.44	(0.044)	29	(4.6)	1.71	(0.104)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	1.36	(0.069)	0.05	(0.012)	4	(0.8)	1.22	(0.046)	0.43	(0.024)	35	(2.2)	1.38	(0.076)
20 and over.....	776	21	(1.8)	1.35	(0.037)	0.10	(0.012)	8	(0.9)	1.30	(0.055)	0.50	(0.028)	38	(2.9)	1.36	(0.045)
2 and over...	1289	18	(1.9)	1.35	(0.023)	0.09	(0.011)	6	(0.8)	1.29	(0.046)	0.49	(0.024)	38	(2.3)	1.36	(0.031)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1.75	(0.040)	0.05	(0.009)	3	(0.5)	1.60	(0.083)	0.46	(0.042)	29	(2.6)	1.77	(0.044)
20 and over.....	2969	22	(1.2)	2.07	(0.038)	0.14	(0.010)	7	(0.5)	1.99	(0.067)	0.64	(0.024)	32	(1.1)	2.09	(0.035)
2 and over...	3685	20	(1.2)	2.01	(0.032)	0.13	(0.009)	6	(0.4)	1.95	(0.062)	0.62	(0.023)	32	(1.0)	2.02	(0.029)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1.35	(0.060)	0.03	(0.008)	2*	(0.6)	--	--	--	--	--	--	1.35	(0.069)
20 and over.....	555	15	(1.7)	1.51	(0.054)	0.08	(0.014)	5	(0.9)	1.62	(0.110)	0.54	(0.054)	33	(2.5)	1.49	(0.054)
2 and over...	816	14	(1.4)	1.47	(0.044)	0.07	(0.010)	5	(0.7)	1.57	(0.104)	0.51	(0.047)	33	(2.7)	1.46	(0.045)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	1.43	(0.100)	0.06	(0.018)	4*	(1.3)	--	--	--	--	--	--	1.44	(0.109)
20 and over.....	199	22	(5.0)	1.74	(0.113)	0.11	(0.030)	6*	(1.6)	--	--	--	--	--	--	1.68	(0.070)
2 and over...	322	20	(3.1)	1.64	(0.077)	0.09	(0.018)	6	(1.0)	1.82	(0.238)	0.47	(0.035)	26	(4.3)	1.60	(0.049)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	1.61	(0.094)	0.06	(0.014)	4	(0.9)	1.42	(0.085)	0.49	(0.050)	34	(3.3)	1.63	(0.111)
20 and over.....	776	21	(1.8)	1.72	(0.065)	0.11	(0.014)	6	(0.8)	1.75	(0.106)	0.54	(0.023)	31	(1.9)	1.71	(0.079)
2 and over...	1289	18	(1.9)	1.68	(0.044)	0.09	(0.013)	6	(0.7)	1.68	(0.088)	0.53	(0.018)	31	(1.7)	1.68	(0.060)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>N i a c i n</b>															
		————— <i>All Individuals</i> <sup>2</sup> —————						— <i>Full Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	19.9	(0.50)	0.8	(0.14)	4	(0.7)	19.1	(0.76)	7.1	(0.69)	37	(3.2)	20.0	(0.52)
20 and over.....	2969	22	(1.2)	24.9	(0.44)	2.3	(0.17)	9	(0.7)	25.0	(1.05)	10.3	(0.48)	41	(1.3)	24.9	(0.42)
2 and over...	3685	20	(1.2)	23.9	(0.35)	2.0	(0.16)	8	(0.6)	24.4	(0.94)	10.0	(0.40)	41	(1.3)	23.8	(0.32)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	17.6	(0.59)	0.5	(0.12)	3*	(0.7)	--	--	--	--	--	--	17.9	(0.66)
20 and over.....	555	15	(1.7)	22.1	(0.66)	1.6	(0.31)	7	(1.5)	23.7	(2.03)	10.7	(1.46)	45	(3.7)	21.8	(0.76)
2 and over...	816	14	(1.4)	21.0	(0.48)	1.4	(0.25)	7	(1.2)	22.2	(1.82)	10.0	(1.26)	45	(3.3)	20.8	(0.57)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	18.5	(1.08)	1.1	(0.24)	6*	(1.3)	--	--	--	--	--	--	18.5	(1.21)
20 and over.....	199	22	(5.0)	23.7	(1.78)	1.8	(0.46)	8	(1.7)	--	--	--	--	--	--	23.5	(1.60)
2 and over...	322	20	(3.1)	22.0	(1.19)	1.6	(0.29)	7	(1.2)	23.3	(2.59)	8.1	(0.47)	35	(4.5)	21.7	(0.94)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	18.5	(0.95)	1.0	(0.23)	5	(1.1)	17.9	(1.42)	7.9	(1.05)	44	(3.3)	18.6	(1.00)
20 and over.....	776	21	(1.8)	23.4	(0.82)	2.0	(0.18)	8	(0.8)	24.7	(1.49)	9.5	(0.58)	39	(4.0)	23.1	(0.92)
2 and over...	1289	18	(1.9)	21.9	(0.70)	1.6	(0.19)	8	(0.7)	23.2	(1.38)	9.2	(0.55)	39	(3.7)	21.6	(0.78)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 6</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1.55	(0.044)	0.05	(0.009)	3	(0.6)	1.44	(0.060)	0.44	(0.034)	31	(2.3)	1.56	(0.048)
20 and over.....	2969	22	(1.2)	2.00	(0.065)	0.17	(0.012)	8	(0.6)	2.05	(0.163)	0.75	(0.031)	36	(2.3)	1.99	(0.057)
2 and over...	3685	20	(1.2)	1.92	(0.053)	0.14	(0.011)	8	(0.6)	1.99	(0.147)	0.72	(0.027)	36	(2.2)	1.90	(0.043)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1.27	(0.052)	0.04	(0.008)	3*	(0.7)	--	--	--	--	--	--	1.29	(0.056)
20 and over.....	555	15	(1.7)	1.67	(0.088)	0.12	(0.021)	7	(1.4)	1.85	(0.191)	0.79	(0.095)	42	(4.7)	1.64	(0.104)
2 and over...	816	14	(1.4)	1.57	(0.071)	0.10	(0.016)	6	(1.1)	1.72	(0.162)	0.73	(0.077)	42	(4.2)	1.55	(0.083)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	1.48	(0.072)	0.06	(0.012)	4*	(0.9)	--	--	--	--	--	--	1.50	(0.082)
20 and over.....	199	22	(5.0)	1.94	(0.116)	0.16	(0.038)	8	(1.8)	--	--	--	--	--	--	1.98	(0.124)
2 and over...	322	20	(3.1)	1.79	(0.081)	0.13	(0.025)	7	(1.3)	1.73	(0.154)	0.64	(0.052)	37	(4.2)	1.81	(0.078)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	1.52	(0.077)	0.06	(0.015)	4	(0.9)	1.28	(0.089)	0.52	(0.067)	41	(4.1)	1.55	(0.084)
20 and over.....	776	21	(1.8)	1.98	(0.082)	0.16	(0.015)	8	(0.9)	2.19	(0.201)	0.75	(0.059)	34	(5.0)	1.93	(0.100)
2 and over...	1289	18	(1.9)	1.84	(0.065)	0.13	(0.014)	7	(0.7)	1.99	(0.182)	0.70	(0.047)	35	(4.4)	1.80	(0.073)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>F o l a t e ( D F E )</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	413	(11.2)	14	(2.6)	3	(0.6)	407	(30.5)	128	(16.7)	32	(3.2)	413	(12.3)
20 and over.....	2969	22	(1.2)	437	(10.7)	38	(3.2)	9	(0.7)	426	(17.0)	169	(7.7)	40	(2.3)	440	(11.3)
2 and over...	3685	20	(1.2)	432	(9.9)	33	(2.9)	8	(0.7)	424	(15.0)	165	(6.9)	39	(2.1)	434	(10.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	372	(17.5)	8	(2.3)	2*	(0.7)	--	--	--	--	--	--	383	(16.9)
20 and over.....	555	15	(1.7)	391	(10.8)	26	(6.0)	7	(1.5)	404	(34.8)	172	(25.9)	43	(4.1)	388	(12.5)
2 and over...	816	14	(1.4)	386	(9.0)	22	(4.5)	6	(1.2)	382	(30.8)	159	(22.8)	42	(3.7)	387	(10.2)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	526	(34.2)	24*	(8.7)	4*	(1.6)	--	--	--	--	--	--	537	(38.3)
20 and over.....	199	22	(5.0)	619	(62.1)	31	(7.3)	5*	(1.0)	--	--	--	--	--	--	632	(62.0)
2 and over...	322	20	(3.1)	589	(47.2)	29	(5.3)	5	(0.9)	547	(70.4)	146	(12.1)	27	(4.2)	599	(45.6)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	423	(26.3)	16	(3.9)	4	(0.9)	396	(16.8)	136	(9.0)	34	(2.5)	427	(28.9)
20 and over.....	776	21	(1.8)	419	(12.0)	35	(4.1)	8	(1.0)	405	(16.2)	171	(9.3)	42	(2.8)	423	(14.9)
2 and over...	1289	18	(1.9)	420	(7.7)	29	(3.8)	7	(0.9)	403	(12.8)	163	(7.5)	41	(2.1)	424	(10.9)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	256	(7.5)	10	(1.8)	4	(0.7)	267	(20.7)	90	(10.7)	34	(3.3)	255	(8.8)
20 and over.....	2969	22	(1.2)	335	(5.8)	35	(2.5)	10	(0.7)	348	(7.6)	156	(7.4)	45	(1.9)	331	(6.2)
2 and over...	3685	20	(1.2)	320	(4.9)	30	(2.4)	9	(0.7)	340	(7.3)	150	(7.4)	44	(1.9)	315	(4.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	231	(14.3)	7	(1.6)	3*	(0.6)	--	--	--	--	--	--	235	(14.8)
20 and over.....	555	15	(1.7)	309	(9.5)	25	(4.0)	8	(1.4)	365	(33.8)	165	(15.9)	45	(4.6)	299	(11.5)
2 and over...	816	14	(1.4)	290	(8.7)	21	(3.0)	7	(1.1)	338	(27.7)	151	(14.8)	45	(4.5)	283	(10.4)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	227	(15.0)	10	(2.3)	4*	(0.9)	--	--	--	--	--	--	224	(14.2)
20 and over.....	199	22	(5.0)	334	(19.8)	25	(7.1)	8	(2.0)	--	--	--	--	--	--	314	(10.8)
2 and over...	322	20	(3.1)	299	(13.9)	20	(4.7)	7	(1.5)	366	(56.9)	103	(11.0)	28	(4.6)	283	(9.1)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	272	(14.6)	13	(3.2)	5	(1.1)	247	(19.3)	110	(14.0)	44	(4.3)	275	(16.2)
20 and over.....	776	21	(1.8)	334	(10.3)	32	(5.8)	10	(1.7)	351	(17.5)	155	(15.4)	44	(4.2)	330	(13.2)
2 and over...	1289	18	(1.9)	315	(6.3)	26	(4.8)	8	(1.4)	329	(15.4)	145	(12.4)	44	(3.5)	312	(8.4)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 1 2</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>3</sup> ——— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	3.87	(0.132)	0.12	(0.023)	3	(0.6)	3.24	(0.260)	1.10	(0.122)	34	(3.0)	3.94	(0.160)
20 and over.....	2969	22	(1.2)	4.62	(0.159)	0.42	(0.059)	9	(1.1)	4.54	(0.353)	1.85	(0.257)	41	(3.0)	4.64	(0.147)
2 and over...	3685	20	(1.2)	4.47	(0.123)	0.36	(0.052)	8	(1.0)	4.41	(0.338)	1.78	(0.243)	40	(2.8)	4.49	(0.105)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	2.81	(0.247)	0.09*	(0.037)	3*	(1.4)	--	--	--	--	--	--	2.85	(0.262)
20 and over.....	555	15	(1.7)	4.21	(0.601)	0.32	(0.066)	8	(2.1)	4.52	(0.424)	2.11	(0.325)	47	(7.7)	4.16	(0.710)
2 and over...	816	14	(1.4)	3.87	(0.459)	0.27	(0.049)	7	(1.7)	4.19	(0.338)	1.94	(0.280)	46	(7.2)	3.82	(0.534)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	2.99	(0.283)	0.18	(0.045)	6*	(1.4)	--	--	--	--	--	--	3.01	(0.301)
20 and over.....	199	22	(5.0)	4.21	(0.799)	0.64*	(0.450)	15*	(9.3)	--	--	--	--	--	--	3.93	(0.831)
2 and over...	322	20	(3.1)	3.81	(0.589)	0.49*	(0.298)	13*	(6.7)	4.66	(1.342)	2.50*	(1.269)	54	(13.0)	3.61	(0.588)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	3.65	(0.168)	0.13*	(0.040)	4	(1.0)	2.92	(0.243)	1.10	(0.182)	38	(5.2)	3.75	(0.185)
20 and over.....	776	21	(1.8)	4.22	(0.203)	0.39	(0.055)	9	(1.4)	4.52	(0.416)	1.89	(0.200)	42	(4.7)	4.14	(0.258)
2 and over...	1289	18	(1.9)	4.04	(0.161)	0.31	(0.049)	8	(1.2)	4.18	(0.359)	1.73	(0.149)	41	(3.9)	4.01	(0.201)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	83.4	(6.12)	1.7*	(0.61)	2*	(0.7)	87.6	(8.54)	16.5	(3.62)	19	(3.1)	82.9	(6.43)
20 and over.....	2969	22	(1.2)	73.8	(2.39)	4.5	(0.50)	6	(0.7)	69.8	(3.97)	20.0	(1.70)	29	(2.2)	75.0	(2.77)
2 and over...	3685	20	(1.2)	75.6	(2.41)	4.0	(0.47)	5	(0.6)	71.5	(4.02)	19.7	(1.62)	27	(1.9)	76.6	(2.46)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	80.1	(6.25)	1.1*	(0.41)	1*	(0.5)	--	--	--	--	--	--	79.0	(6.43)
20 and over.....	555	15	(1.7)	85.6	(4.51)	4.4	(0.76)	5	(0.9)	89.2	(8.49)	28.4	(4.07)	32	(5.7)	84.9	(5.13)
2 and over...	816	14	(1.4)	84.2	(4.44)	3.6	(0.65)	4	(0.8)	89.6	(7.25)	26.0	(3.72)	29	(5.0)	83.4	(4.99)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	67.6	(8.89)	1.9*	(0.90)	3*	(1.3)	--	--	--	--	--	--	68.9	(10.73)
20 and over.....	199	22	(5.0)	113.3	(6.96)	8.0	(1.82)	7	(1.5)	--	--	--	--	--	--	113.6	(7.45)
2 and over...	322	20	(3.1)	98.4	(4.07)	6.0	(1.00)	6	(0.9)	100.1	(16.04)	30.6	(2.53)	31	(6.1)	98.0	(5.40)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	88.1	(5.44)	2.0	(0.58)	2*	(0.7)	92.3	(14.90)	16.8	(3.12)	18*	(4.9)	87.5	(6.59)
20 and over.....	776	21	(1.8)	76.3	(5.88)	5.0	(1.02)	7	(1.2)	76.9	(13.57)	24.4	(4.70)	32	(4.4)	76.2	(5.72)
2 and over...	1289	18	(1.9)	80.0	(4.72)	4.1	(0.79)	5	(0.9)	80.1	(10.15)	22.8	(3.99)	28	(3.6)	80.0	(4.80)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	5.0	(0.14)	0.1*	(0.03)	2*	(0.6)	3.8	(0.38)	0.9	(0.19)	24	(5.1)	5.2	(0.16)
20 and over.....	2969	22	(1.2)	4.8	(0.18)	0.3	(0.06)	7	(1.1)	4.2	(0.24)	1.5	(0.25)	36	(4.9)	5.0	(0.19)
2 and over...	3685	20	(1.2)	4.9	(0.15)	0.3	(0.05)	6	(1.0)	4.2	(0.21)	1.5	(0.23)	35	(4.7)	5.0	(0.16)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	3.3	(0.29)	0.1*	(0.03)	3*	(1.0)	--	--	--	--	--	--	3.4	(0.30)
20 and over.....	555	15	(1.7)	4.1	(0.27)	0.4*	(0.15)	10*	(3.6)	5.6	(1.13)	2.7*	(0.94)	49	(8.3)	3.9	(0.33)
2 and over...	816	14	(1.4)	3.9	(0.21)	0.3*	(0.12)	9*	(3.0)	5.1	(0.89)	2.5*	(0.77)	48	(7.8)	3.8	(0.28)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	3.9	(0.44)	0.1*	(0.08)	2*	(1.9)	--	--	--	--	--	--	4.0	(0.40)
20 and over.....	199	22	(5.0)	4.3	(0.36)	0.4	(0.10)	9	(2.2)	--	--	--	--	--	--	4.1	(0.45)
2 and over...	322	20	(3.1)	4.2	(0.34)	0.3	(0.08)	7	(1.6)	4.6	(0.51)	1.5	(0.34)	34	(6.3)	4.1	(0.38)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	5.2	(0.40)	0.1*	(0.03)	2*	(0.6)	4.3	(0.57)	0.8	(0.17)	19*	(4.5)	5.3	(0.45)
20 and over.....	776	21	(1.8)	4.1	(0.21)	0.2*	(0.08)	6*	(2.0)	4.0	(0.58)	1.2	(0.29)	29	(7.5)	4.1	(0.30)
2 and over...	1289	18	(1.9)	4.4	(0.18)	0.2*	(0.06)	4*	(1.4)	4.1	(0.46)	1.1	(0.23)	27	(5.3)	4.5	(0.27)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	8.0	(0.27)	0.4	(0.08)	4	(0.9)	9.1	(0.73)	3.3	(0.41)	37	(5.8)	7.9	(0.22)
20 and over.....	2969	22	(1.2)	9.7	(0.27)	0.9	(0.08)	10	(0.7)	10.1	(0.44)	4.1	(0.19)	41	(1.5)	9.5	(0.27)
2 and over...	3685	20	(1.2)	9.3	(0.24)	0.8	(0.07)	9	(0.6)	10.0	(0.43)	4.1	(0.15)	41	(1.4)	9.2	(0.23)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	7.5	(0.24)	0.2	(0.06)	3*	(0.8)	--	--	--	--	--	--	7.5	(0.24)
20 and over.....	555	15	(1.7)	9.3	(0.39)	0.7	(0.14)	7	(1.4)	11.3	(1.04)	4.4	(0.64)	39	(4.1)	8.9	(0.34)
2 and over...	816	14	(1.4)	8.8	(0.29)	0.6	(0.11)	6	(1.2)	10.7	(0.93)	4.1	(0.56)	39	(4.0)	8.6	(0.25)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	8.5	(0.75)	0.2*	(0.08)	3*	(1.0)	--	--	--	--	--	--	8.8	(0.83)
20 and over.....	199	22	(5.0)	11.3	(1.51)	0.7	(0.17)	6*	(1.5)	--	--	--	--	--	--	10.6	(1.10)
2 and over...	322	20	(3.1)	10.4	(1.07)	0.5	(0.11)	5	(1.1)	12.1	(2.29)	2.7	(0.28)	22*	(5.3)	10.0	(0.78)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	7.7	(0.28)	0.4	(0.09)	5	(1.1)	7.8	(0.50)	3.1	(0.37)	40	(4.4)	7.7	(0.29)
20 and over.....	776	21	(1.8)	8.8	(0.31)	0.7	(0.10)	8	(1.1)	9.4	(0.80)	3.6	(0.30)	38	(3.8)	8.6	(0.34)
2 and over...	1289	18	(1.9)	8.4	(0.19)	0.6	(0.08)	7	(0.9)	9.1	(0.64)	3.5	(0.20)	38	(3.0)	8.3	(0.23)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	73.5	(4.30)	4.6	(0.93)	6	(1.1)	87.6	(8.89)	44.0	(5.33)	50	(5.0)	71.9	(4.57)
20 and over.....	2969	22	(1.2)	117.8	(3.93)	14.0	(1.15)	12	(0.9)	128.9	(5.66)	62.2	(3.77)	48	(2.9)	114.6	(4.27)
2 and over...	3685	20	(1.2)	109.5	(3.92)	12.2	(1.03)	11	(0.8)	124.9	(4.92)	60.4	(3.11)	48	(2.7)	105.6	(4.21)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	74.4	(7.07)	1.5	(0.44)	2*	(0.7)	--	--	--	--	--	--	76.0	(7.21)
20 and over.....	555	15	(1.7)	112.2	(4.82)	10.1	(2.02)	9	(1.9)	121.2	(12.21)	66.0	(11.02)	54	(8.4)	110.6	(6.31)
2 and over...	816	14	(1.4)	103.0	(4.26)	8.0	(1.54)	8	(1.6)	111.4	(10.63)	58.4	(8.92)	52	(7.2)	101.6	(5.42)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	80.4	(8.95)	4.2*	(2.01)	5*	(2.4)	--	--	--	--	--	--	82.7	(10.08)
20 and over.....	199	22	(5.0)	254.1	(59.43)	16.6	(4.61)	7*	(1.1)	--	--	--	--	--	--	239.3	(57.29)
2 and over...	322	20	(3.1)	197.5	(37.71)	12.5	(2.76)	6	(0.9)	250.6	(61.73)	64.0	(10.68)	26	(5.0)	184.6	(33.82)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	69.5	(4.02)	3.9	(0.85)	6	(1.2)	82.4	(18.06)	32.0	(4.37)	39	(6.5)	67.7	(3.33)
20 and over.....	776	21	(1.8)	102.9	(4.71)	10.6	(1.08)	10	(1.3)	106.9	(9.71)	51.5	(3.33)	48	(4.2)	101.8	(7.48)
2 and over...	1289	18	(1.9)	92.4	(3.31)	8.5	(1.01)	9	(1.2)	101.7	(9.52)	47.4	(2.84)	47	(3.8)	90.3	(4.86)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	972	(17.4)	23	(3.7)	2	(0.4)	869	(73.9)	217	(27.3)	25	(2.1)	984	(21.5)
20 and over.....	2969	22	(1.2)	944	(14.8)	56	(4.3)	6	(0.5)	855	(17.9)	250	(11.0)	29	(1.6)	970	(17.1)
2 and over...	3685	20	(1.2)	949	(11.8)	50	(3.9)	5	(0.4)	856	(18.2)	246	(10.4)	29	(1.4)	973	(14.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	747	(38.7)	19	(5.1)	3*	(0.7)	--	--	--	--	--	--	739	(42.1)
20 and over.....	555	15	(1.7)	755	(29.5)	28	(4.9)	4	(0.7)	770	(63.6)	185	(22.8)	24	(2.5)	752	(28.2)
2 and over...	816	14	(1.4)	753	(23.6)	26	(3.7)	3	(0.5)	779	(58.2)	189	(20.0)	24	(2.3)	749	(24.1)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	829	(60.7)	31*	(11.2)	4*	(1.4)	--	--	--	--	--	--	845	(65.8)
20 and over.....	199	22	(5.0)	829	(43.9)	38	(10.9)	5*	(1.3)	--	--	--	--	--	--	807	(39.3)
2 and over...	322	20	(3.1)	829	(33.6)	36	(7.2)	4	(0.9)	861	(84.8)	184	(19.8)	21*	(4.1)	821	(34.4)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	947	(48.7)	25	(6.7)	3	(0.7)	797	(52.7)	205	(26.1)	26	(2.9)	968	(54.9)
20 and over.....	776	21	(1.8)	822	(27.2)	41	(4.7)	5	(0.5)	754	(39.4)	198	(12.7)	26	(2.0)	840	(34.7)
2 and over...	1289	18	(1.9)	862	(14.0)	36	(5.0)	4	(0.6)	763	(26.5)	199	(11.5)	26	(1.6)	883	(20.3)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>P h o s p h o r u s</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1231	(20.9)	41	(6.8)	3	(0.6)	1198	(74.2)	385	(31.8)	32	(2.2)	1234	(24.8)
20 and over.....	2969	22	(1.2)	1342	(19.8)	119	(8.3)	9	(0.6)	1312	(23.7)	528	(18.2)	40	(1.6)	1351	(22.8)
2 and over...	3685	20	(1.2)	1321	(16.2)	104	(7.5)	8	(0.6)	1301	(22.6)	514	(15.6)	40	(1.4)	1327	(19.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1007	(44.6)	31	(6.7)	3*	(0.7)	--	--	--	--	--	--	1011	(48.3)
20 and over.....	555	15	(1.7)	1123	(28.4)	80	(13.8)	7	(1.2)	1250	(94.2)	524	(54.9)	42	(2.5)	1100	(31.6)
2 and over...	816	14	(1.4)	1095	(24.8)	68	(10.6)	6	(1.0)	1206	(81.5)	498	(46.9)	41	(2.3)	1077	(28.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	1168	(67.9)	51	(13.0)	4*	(1.2)	--	--	--	--	--	--	1180	(71.5)
20 and over.....	199	22	(5.0)	1335	(89.6)	90	(24.3)	7	(1.7)	--	--	--	--	--	--	1289	(67.6)
2 and over...	322	20	(3.1)	1280	(63.5)	77	(15.8)	6	(1.1)	1400	(142.2)	395	(35.3)	28	(4.3)	1251	(46.5)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	1202	(53.6)	50	(11.2)	4	(0.9)	1049	(43.3)	409	(33.1)	39	(2.8)	1223	(61.5)
20 and over.....	776	21	(1.8)	1226	(32.6)	100	(10.6)	8	(0.9)	1221	(46.0)	485	(16.0)	40	(2.3)	1227	(40.3)
2 and over...	1289	18	(1.9)	1218	(18.6)	84	(10.4)	7	(0.8)	1185	(39.6)	469	(13.2)	40	(1.8)	1226	(25.6)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	245	(4.5)	7	(1.2)	3	(0.5)	239	(16.3)	67	(5.4)	28	(2.3)	245	(4.2)
20 and over.....	2969	22	(1.2)	302	(6.5)	22	(1.6)	7	(0.5)	305	(9.9)	97	(3.1)	32	(1.2)	301	(6.2)
2 and over...	3685	20	(1.2)	291	(5.5)	19	(1.5)	7	(0.5)	299	(8.3)	94	(2.6)	31	(1.1)	289	(5.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	202	(5.0)	4	(0.9)	2*	(0.5)	--	--	--	--	--	--	203	(4.5)
20 and over.....	555	15	(1.7)	254	(5.3)	14	(2.3)	5	(0.9)	274	(16.6)	88	(8.9)	32	(2.3)	251	(5.6)
2 and over...	816	14	(1.4)	242	(3.7)	11	(1.8)	5	(0.7)	261	(15.0)	82	(7.6)	32	(2.1)	238	(4.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	254	(14.6)	8	(2.2)	3*	(0.9)	--	--	--	--	--	--	258	(17.0)
20 and over.....	199	22	(5.0)	365	(40.4)	19	(5.0)	5*	(1.3)	--	--	--	--	--	--	364	(41.5)
2 and over...	322	20	(3.1)	329	(27.2)	16	(3.1)	5	(1.0)	335	(35.1)	80	(7.3)	24	(3.9)	327	(26.1)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	242	(10.3)	8	(1.8)	3	(0.8)	209	(9.6)	67	(5.4)	32	(2.7)	247	(11.3)
20 and over.....	776	21	(1.8)	285	(7.1)	19	(1.7)	7	(0.7)	287	(11.9)	94	(4.1)	33	(2.1)	284	(9.5)
2 and over...	1289	18	(1.9)	271	(3.7)	16	(1.7)	6	(0.6)	270	(10.4)	88	(2.9)	33	(1.7)	272	(5.8)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>I r o n</b>															
		————— <i>All Individuals</i> <sup>2</sup> —————						— <i>Full Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	12.4	(0.24)	0.3	(0.06)	3	(0.5)	11.1	(0.85)	3.3	(0.40)	30	(3.0)	12.6	(0.23)
20 and over.....	2969	22	(1.2)	13.0	(0.22)	1.0	(0.07)	8	(0.6)	12.5	(0.37)	4.6	(0.17)	37	(1.8)	13.2	(0.23)
2 and over...	3685	20	(1.2)	12.9	(0.19)	0.9	(0.07)	7	(0.5)	12.4	(0.31)	4.4	(0.14)	36	(1.6)	13.0	(0.21)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	10.6	(0.48)	0.2	(0.05)	2*	(0.5)	--	--	--	--	--	--	10.8	(0.46)
20 and over.....	555	15	(1.7)	11.3	(0.27)	0.7	(0.13)	6	(1.1)	11.8	(1.03)	4.3	(0.54)	37	(3.3)	11.2	(0.28)
2 and over...	816	14	(1.4)	11.1	(0.25)	0.6	(0.10)	5	(0.9)	11.3	(0.94)	4.0	(0.48)	36	(3.0)	11.1	(0.25)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	12.2	(0.72)	0.5	(0.16)	4*	(1.4)	--	--	--	--	--	--	12.3	(0.81)
20 and over.....	199	22	(5.0)	14.4	(1.29)	0.9*	(0.29)	6*	(1.9)	--	--	--	--	--	--	14.7	(1.41)
2 and over...	322	20	(3.1)	13.7	(0.96)	0.8	(0.21)	6	(1.5)	13.0	(1.26)	4.1	(0.61)	32	(5.5)	13.9	(0.97)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	11.9	(0.64)	0.4	(0.11)	4	(0.8)	12.0	(0.89)	3.6	(0.37)	30	(3.3)	11.9	(0.68)
20 and over.....	776	21	(1.8)	11.8	(0.27)	1.0	(0.11)	9	(0.9)	11.8	(0.71)	4.9	(0.22)	41	(2.4)	11.8	(0.28)
2 and over...	1289	18	(1.9)	11.8	(0.19)	0.8	(0.11)	7	(0.8)	11.9	(0.67)	4.6	(0.18)	39	(2.0)	11.8	(0.24)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>Z i n c</b>															
		<i>All Individuals</i> <sup>2</sup>						<i>Full Service Restaurant Consumers</i> <sup>3</sup>						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	8.5	(0.18)	0.3	(0.04)	3	(0.5)	8.2	(0.74)	2.8	(0.33)	35	(1.9)	8.6	(0.19)
20 and over.....	2969	22	(1.2)	10.1	(0.18)	1.0	(0.08)	9	(0.8)	10.0	(0.33)	4.3	(0.25)	43	(2.1)	10.2	(0.20)
2 and over...	3685	20	(1.2)	9.8	(0.14)	0.8	(0.07)	8	(0.7)	9.8	(0.30)	4.1	(0.22)	42	(1.9)	9.8	(0.16)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	7.0	(0.38)	0.2*	(0.07)	3*	(1.0)	--	--	--	--	--	--	7.1	(0.40)
20 and over.....	555	15	(1.7)	8.9	(0.26)	0.7	(0.13)	8	(1.4)	9.9	(0.77)	4.5	(0.63)	46	(4.5)	8.7	(0.31)
2 and over...	816	14	(1.4)	8.4	(0.23)	0.6	(0.09)	7	(1.1)	9.3	(0.70)	4.2	(0.57)	45	(4.3)	8.3	(0.27)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	8.5	(0.59)	0.5	(0.11)	5*	(1.4)	--	--	--	--	--	--	8.5	(0.64)
20 and over.....	199	22	(5.0)	10.4	(0.71)	0.8*	(0.28)	8*	(2.6)	--	--	--	--	--	--	10.1	(0.70)
2 and over...	322	20	(3.1)	9.8	(0.50)	0.7	(0.20)	7	(2.0)	10.8	(0.79)	3.7	(0.74)	34	(7.0)	9.6	(0.48)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	8.6	(0.38)	0.4	(0.12)	5	(1.2)	7.4	(0.54)	3.4	(0.54)	45	(4.7)	8.7	(0.37)
20 and over.....	776	21	(1.8)	9.6	(0.30)	1.0	(0.11)	10	(1.1)	10.2	(0.40)	4.9	(0.29)	48	(2.7)	9.5	(0.36)
2 and over...	1289	18	(1.9)	9.3	(0.22)	0.8	(0.11)	9	(1.0)	9.6	(0.33)	4.6	(0.26)	47	(2.3)	9.2	(0.26)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C o p p e r</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	1.0	(0.02)	#		3	(0.4)	1.0	(0.09)	0.3	(0.04)	28	(3.0)	1.0	(0.02)
20 and over.....	2969	22	(1.2)	1.2	(0.03)	0.1	(0.01)	8	(0.8)	1.2	(0.06)	0.4	(0.03)	34	(2.1)	1.2	(0.03)
2 and over...	3685	20	(1.2)	1.1	(0.02)	0.1	(0.01)	7	(0.7)	1.2	(0.05)	0.4	(0.03)	33	(2.0)	1.1	(0.02)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	0.8	(0.02)	#		2*	(0.4)	--		--		--		0.8	(0.02)
20 and over.....	555	15	(1.7)	1.1	(0.11)	0.1	(0.01)	6	(1.2)	1.2	(0.07)	0.4	(0.04)	36	(3.7)	1.1	(0.13)
2 and over...	816	14	(1.4)	1.0	(0.08)	0.1	(0.01)	5	(0.9)	1.1	(0.06)	0.4	(0.04)	35	(3.5)	1.0	(0.09)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	1.0	(0.05)	#		3*	(0.8)	--		--		--		1.0	(0.06)
20 and over.....	199	22	(5.0)	1.5	(0.14)	0.1	(0.02)	5*	(1.4)	--		--		--		1.5	(0.16)
2 and over...	322	20	(3.1)	1.3	(0.10)	0.1	(0.01)	5	(1.1)	1.2	(0.10)	0.3	(0.04)	26	(4.2)	1.4	(0.11)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	0.9	(0.04)	#		4	(0.9)	0.8	(0.05)	0.3	(0.04)	34	(3.9)	0.9	(0.04)
20 and over.....	776	21	(1.8)	1.1	(0.03)	0.1	(0.01)	7	(0.7)	1.0	(0.04)	0.4	(0.03)	35	(2.4)	1.1	(0.04)
2 and over...	1289	18	(1.9)	1.0	(0.02)	0.1	(0.01)	6	(0.7)	1.0	(0.02)	0.3	(0.02)	35	(2.3)	1.0	(0.03)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>S e l e n i u m</b>															
		————— <i>All Individuals</i> <sup>2</sup> —————						— <i>Full Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	93.1	(2.92)	3.9	(0.69)	4	(0.7)	94.1	(7.12)	37.2	(3.59)	40	(3.2)	92.9	(3.24)
20 and over.....	2969	22	(1.2)	111.3	(1.94)	12.0	(0.95)	11	(0.8)	111.9	(3.43)	53.3	(2.47)	48	(2.2)	111.1	(1.99)
2 and over...	3685	20	(1.2)	107.8	(1.72)	10.5	(0.89)	10	(0.8)	110.1	(3.07)	51.8	(2.42)	47	(2.1)	107.3	(1.75)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	82.8	(4.62)	2.6	(0.68)	3*	(0.9)	--	--	--	--	--	--	84.5	(4.60)
20 and over.....	555	15	(1.7)	100.1	(2.59)	9.0	(1.62)	9	(1.6)	110.6	(8.54)	58.9	(6.22)	53	(2.3)	98.2	(3.01)
2 and over...	816	14	(1.4)	95.9	(2.10)	7.5	(1.22)	8	(1.3)	103.4	(7.26)	54.3	(5.29)	53	(2.1)	94.7	(2.37)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	86.1	(5.46)	4.7	(1.30)	5*	(1.4)	--	--	--	--	--	--	86.3	(5.76)
20 and over.....	199	22	(5.0)	122.0	(12.86)	9.5	(2.83)	8*	(2.4)	--	--	--	--	--	--	118.3	(11.63)
2 and over...	322	20	(3.1)	110.3	(8.01)	7.9	(2.01)	7	(1.9)	123.3	(15.48)	40.5	(5.71)	33	(6.7)	107.1	(6.61)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	90.2	(3.73)	5.1	(1.12)	6	(1.1)	90.3	(4.80)	42.2	(3.83)	47	(3.3)	90.2	(3.94)
20 and over.....	776	21	(1.8)	105.5	(3.94)	10.1	(1.30)	10	(1.1)	107.8	(4.87)	48.9	(2.54)	45	(2.3)	105.0	(4.55)
2 and over...	1289	18	(1.9)	100.7	(3.13)	8.5	(1.20)	8	(1.0)	104.1	(4.19)	47.5	(2.13)	46	(2.1)	100.0	(3.46)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	2107	(38.8)	68	(12.3)	3	(0.6)	2104	(83.4)	642	(46.1)	30	(1.9)	2107	(44.3)
20 and over.....	2969	22	(1.2)	2547	(49.7)	218	(16.5)	9	(0.6)	2554	(63.9)	971	(36.4)	38	(1.5)	2544	(57.1)
2 and over...	3685	20	(1.2)	2464	(45.6)	190	(14.9)	8	(0.6)	2510	(57.0)	939	(32.6)	37	(1.4)	2452	(52.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	1775	(43.6)	43	(6.8)	2*	(0.4)	--	--	--	--	--	--	1790	(49.6)
20 and over.....	555	15	(1.7)	2175	(41.3)	153	(25.5)	7	(1.2)	2415	(171.1)	1000	(114.1)	41	(2.8)	2131	(47.5)
2 and over...	816	14	(1.4)	2077	(36.0)	126	(19.7)	6	(1.0)	2291	(146.8)	921	(92.4)	40	(2.4)	2043	(43.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	2148	(94.7)	85*	(25.6)	4*	(1.2)	--	--	--	--	--	--	2178	(117.1)
20 and over.....	199	22	(5.0)	2893	(199.0)	191	(49.0)	7*	(1.5)	--	--	--	--	--	--	2907	(199.3)
2 and over...	322	20	(3.1)	2650	(133.8)	157	(27.2)	6	(0.9)	2642	(219.5)	799	(52.0)	30	(3.6)	2652	(125.1)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	2114	(87.4)	79	(19.0)	4	(0.9)	1857	(95.9)	656	(61.0)	35	(3.6)	2149	(95.2)
20 and over.....	776	21	(1.8)	2339	(56.5)	193	(18.2)	8	(0.8)	2409	(76.2)	934	(54.7)	39	(2.7)	2321	(78.7)
2 and over...	1289	18	(1.9)	2268	(32.7)	157	(18.1)	7	(0.8)	2292	(58.8)	875	(45.5)	38	(2.3)	2263	(48.2)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Full Service Restaurant Consumers</i> <sup>3</sup>						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	2830	(68.9)	135	(25.2)	5	(0.9)	3048	(126.9)	1277	(128.7)	42	(3.5)	2804	(70.0)
20 and over.....	2969	22	(1.2)	3264	(50.1)	379	(27.7)	12	(0.8)	3463	(96.9)	1689	(53.4)	49	(1.3)	3206	(53.8)
2 and over...	3685	20	(1.2)	3182	(42.1)	333	(25.3)	10	(0.8)	3422	(84.0)	1648	(41.4)	48	(1.3)	3121	(46.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	2552	(92.5)	83	(20.6)	3*	(0.8)	--	--	--	--	--	--	2560	(102.4)
20 and over.....	555	15	(1.7)	3039	(79.5)	279	(49.1)	9	(1.6)	3596	(303.0)	1820	(212.8)	51	(2.7)	2938	(83.6)
2 and over...	816	14	(1.4)	2920	(61.1)	231	(38.4)	8	(1.3)	3421	(267.0)	1685	(179.1)	49	(2.5)	2840	(65.9)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	2951	(210.6)	157	(44.3)	5*	(1.5)	--	--	--	--	--	--	2982	(232.5)
20 and over.....	199	22	(5.0)	3721	(284.8)	332	(89.1)	9	(2.2)	--	--	--	--	--	--	3584	(280.7)
2 and over...	322	20	(3.1)	3470	(189.7)	275	(57.6)	8	(1.5)	3867	(395.9)	1403	(164.3)	36	(5.1)	3374	(160.7)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	2762	(143.3)	163	(44.1)	6	(1.4)	2844	(209.2)	1350	(204.9)	47	(4.1)	2751	(141.5)
20 and over.....	776	21	(1.8)	3014	(110.9)	317	(30.1)	11	(0.9)	3236	(151.4)	1535	(53.7)	47	(2.8)	2957	(108.3)
2 and over...	1289	18	(1.9)	2935	(96.4)	269	(32.0)	9	(0.9)	3153	(128.3)	1496	(58.8)	47	(2.5)	2887	(95.2)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C a f f e i n e</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	21.6	(3.38)	0.4*	(0.12)	2*	(0.6)	20.4	(4.11)	3.3*	(1.03)	16*	(6.2)	21.7	(3.70)
20 and over.....	2969	22	(1.2)	176.0	(4.38)	7.5	(1.11)	4	(0.6)	182.0	(5.27)	33.5	(4.71)	18	(2.5)	174.2	(4.84)
2 and over...	3685	20	(1.2)	147.0	(3.42)	6.2	(0.91)	4	(0.6)	166.2	(5.77)	30.6	(4.48)	18	(2.4)	142.1	(3.65)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	12.6	(2.11)	0.1*	(0.09)	1*	(0.7)	--	--	--	--	--	--	12.6	(2.28)
20 and over.....	555	15	(1.7)	74.2	(6.55)	2.1*	(0.73)	3*	(1.1)	89.5	(13.17)	13.6*	(4.76)	15*	(4.3)	71.4	(8.62)
2 and over...	816	14	(1.4)	59.1	(5.39)	1.6*	(0.55)	3*	(1.1)	77.6	(11.53)	11.7*	(3.93)	15*	(4.2)	56.2	(6.91)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	17.2	(3.40)	1.3*	(1.00)	8*	(5.2)	--	--	--	--	--	--	14.9	(3.92)
20 and over.....	199	22	(5.0)	89.4	(8.53)	2.3*	(1.50)	3*	(1.8)	--	--	--	--	--	--	90.4	(10.14)
2 and over...	322	20	(3.1)	65.9	(6.78)	2.0*	(0.80)	3*	(1.3)	73.5	(9.68)	10.3*	(3.49)	--	--	64.1	(8.06)
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	18.8	(1.69)	1.1*	(0.58)	6*	(2.7)	33.1	(7.32)	9.4*	(4.27)	--	--	16.9	(1.59)
20 and over.....	776	21	(1.8)	102.6	(7.66)	4.5	(1.10)	4	(0.9)	133.8	(12.33)	22.0	(3.86)	16	(2.7)	94.5	(6.94)
2 and over...	1289	18	(1.9)	76.3	(6.71)	3.5	(0.90)	5	(0.9)	112.4	(11.11)	19.3	(3.47)	17	(2.9)	68.3	(5.90)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>A l c o h o l</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	11	(1.8)	--		--		--		--		--		--		--	
20 and over.....	2969	22	(1.2)	9.2	(0.59)	2.0	(0.25)	21	(2.2)	15.4	(1.39)	8.7	(1.00)	57	(3.9)	7.4	(0.52)
2 and over...	3685	20	(1.2)	--		--		--		--		--		--		--	
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	9	(2.3)	--		--		--		--		--		--		--	
20 and over.....	555	15	(1.7)	7.0	(1.47)	0.5*	(0.21)	7*	(3.3)	11.2	(3.31)	3.2*	(1.45)	--		6.3	(1.44)
2 and over...	816	14	(1.4)	--		--		--		--		--		--		--	
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	14	(2.4)	--		--		--		--		--		--		--	
20 and over.....	199	22	(5.0)	3.3	(0.78)	0.4*	(0.40)	--		--		--		--		3.3	(0.97)
2 and over...	322	20	(3.1)	--		--		--		--		--		--		--	
<b>Hispanic:</b>																	
2 - 19.....	513	12	(2.3)	--		--		--		--		--		--		--	
20 and over.....	776	21	(1.8)	6.7	(0.56)	1.1	(0.30)	16	(4.0)	12.1	(1.78)	5.2	(1.42)	--		5.3	(0.49)
2 and over...	1289	18	(1.9)	--		--		--		--		--		--		--	

### Symbol Legend

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

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

**Percent reporting:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction. The VIF used in this table is 1.66.

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

# Indicates a non-zero value too small to report.

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

### Footnotes

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

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	1827	(54.7)	47	(12.2)	3	(0.7)	--		--		--		1837	(62.4)
20 and over.....	892	12	(1.5)	1914	(35.2)	92	(14.2)	5	(0.7)	1926	(80.7)	745	(51.3)	39	(2.7)	1912	(41.8)
2 and over...	1432	11	(1.4)	1888	(30.3)	78	(12.2)	4	(0.6)	1882	(70.0)	726	(43.0)	39	(2.3)	1889	(35.4)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	1915	(45.8)	61	(6.9)	3	(0.4)	1912	(99.0)	616	(44.0)	32	(2.2)	1915	(46.9)
20 and over.....	1577	20	(1.4)	2047	(40.9)	173	(19.0)	8	(0.9)	2164	(76.3)	865	(50.6)	40	(2.9)	2018	(45.0)
2 and over...	2161	17	(1.1)	2015	(32.2)	145	(15.1)	7	(0.7)	2129	(61.1)	830	(48.3)	39	(2.7)	1990	(36.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1906	(38.0)	109	(20.7)	6	(1.0)	1962	(74.0)	664	(65.4)	34	(3.2)	1895	(39.1)
20 and over.....	1774	26	(1.9)	2111	(33.4)	220	(19.7)	10	(1.0)	2141	(54.8)	840	(35.8)	39	(1.1)	2100	(32.8)
2 and over...	2209	24	(1.7)	2073	(28.3)	199	(18.3)	10	(0.9)	2119	(49.1)	818	(33.2)	39	(1.2)	2058	(27.0)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	1875	(26.2)	71	(10.6)	4	(0.5)	1896	(63.2)	633	(33.9)	33	(2.0)	1873	(26.7)
20 and over.....	4798	21	(0.9)	2036	(20.7)	177	(12.0)	9	(0.6)	2142	(38.2)	850	(28.7)	40	(1.4)	2008	(19.9)
2 and over...	6563	19	(0.9)	1999	(16.1)	152	(11.1)	8	(0.5)	2108	(35.1)	820	(25.2)	39	(1.3)	1974	(15.8)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	63.6	(2.13)	2.2	(0.59)	3	(0.9)	--		--		--		63.5	(2.15)
20 and over.....	892	12	(1.5)	70.9	(1.45)	4.0	(0.62)	6	(0.9)	71.7	(3.64)	32.7	(2.45)	46	(3.0)	70.8	(1.70)
2 and over...	1432	11	(1.4)	68.7	(1.06)	3.5	(0.55)	5	(0.8)	70.4	(3.35)	32.2	(2.29)	46	(2.6)	68.5	(1.17)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	64.6	(1.65)	2.4	(0.26)	4	(0.4)	61.1	(3.09)	24.6	(2.00)	40	(3.0)	65.0	(1.63)
20 and over.....	1577	20	(1.4)	76.0	(1.57)	7.2	(0.87)	9	(1.1)	76.4	(3.63)	35.8	(2.96)	47	(3.9)	75.9	(1.75)
2 and over...	2161	17	(1.1)	73.2	(1.30)	6.0	(0.70)	8	(0.9)	74.3	(3.29)	34.3	(2.84)	46	(3.7)	72.9	(1.42)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	65.2	(1.81)	4.2	(0.78)	6	(1.1)	63.0	(3.21)	25.5	(2.33)	40	(2.6)	65.6	(2.28)
20 and over.....	1774	26	(1.9)	81.4	(1.25)	9.0	(0.76)	11	(1.0)	80.2	(1.94)	34.3	(1.38)	43	(1.1)	81.9	(1.45)
2 and over...	2209	24	(1.7)	78.4	(1.05)	8.1	(0.70)	10	(0.9)	78.1	(1.71)	33.2	(1.30)	43	(1.2)	78.5	(1.20)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	64.2	(1.08)	2.8	(0.41)	4	(0.6)	62.6	(1.48)	25.3	(1.43)	40	(1.7)	64.4	(1.20)
20 and over.....	4798	21	(0.9)	77.1	(0.90)	7.3	(0.45)	10	(0.6)	78.3	(1.75)	35.3	(1.17)	45	(1.5)	76.8	(0.85)
2 and over...	6563	19	(0.9)	74.1	(0.73)	6.3	(0.43)	8	(0.5)	76.1	(1.60)	33.9	(1.09)	45	(1.4)	73.6	(0.72)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	231	(7.3)	5	(1.2)	2*	(0.5)	--		--		--		232	(8.4)
20 and over.....	892	12	(1.5)	226	(5.1)	8	(1.4)	4	(0.6)	212	(11.8)	68	(5.6)	32	(2.5)	228	(6.2)
2 and over...	1432	11	(1.4)	228	(4.4)	7	(1.2)	3	(0.5)	212	(10.4)	68	(4.7)	32	(2.0)	229	(5.4)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	242	(6.7)	6	(0.8)	3	(0.3)	239	(13.2)	64	(5.7)	27	(2.3)	243	(6.9)
20 and over.....	1577	20	(1.4)	230	(5.0)	16	(1.9)	7	(0.8)	232	(9.2)	81	(4.7)	35	(2.1)	229	(5.1)
2 and over...	2161	17	(1.1)	233	(4.2)	14	(1.5)	6	(0.6)	233	(8.2)	79	(4.1)	34	(1.8)	233	(4.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	244	(5.0)	12	(2.2)	5	(0.9)	258	(19.7)	73	(8.1)	28	(3.4)	241	(3.3)
20 and over.....	1774	26	(1.9)	232	(5.2)	20	(2.0)	8	(0.9)	228	(7.0)	75	(3.6)	33	(1.4)	233	(4.9)
2 and over...	2209	24	(1.7)	234	(4.8)	18	(1.8)	8	(0.8)	231	(7.2)	75	(3.8)	32	(1.4)	235	(4.3)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	238	(3.5)	7	(1.1)	3	(0.5)	240	(11.0)	67	(3.9)	28	(1.8)	238	(3.3)
20 and over.....	4798	21	(0.9)	228	(2.7)	16	(1.2)	7	(0.5)	230	(4.3)	77	(2.8)	34	(1.3)	228	(2.7)
2 and over...	6563	19	(0.9)	231	(2.2)	14	(1.1)	6	(0.5)	231	(4.3)	76	(2.6)	33	(1.1)	231	(2.2)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————    — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	103	(3.9)	2*	(0.6)	2*	(0.6)	--		--		--		104	(4.4)
20 and over.....	892	12	(1.5)	100	(3.7)	3	(0.6)	3	(0.6)	100	(8.9)	26	(3.3)	26	(3.6)	100	(4.1)
2 and over...	1432	11	(1.4)	101	(2.8)	3	(0.5)	3	(0.5)	100	(7.3)	25	(2.8)	25	(3.1)	101	(3.1)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	110	(4.2)	2	(0.4)	2*	(0.3)	110	(7.0)	21	(3.3)	19*	(3.1)	110	(4.7)
20 and over.....	1577	20	(1.4)	99	(2.7)	5	(1.1)	5	(1.1)	100	(5.3)	26	(3.9)	26	(3.5)	98	(2.8)
2 and over...	2161	17	(1.1)	102	(2.5)	4	(0.9)	4	(0.8)	102	(4.6)	26	(3.5)	25	(3.1)	102	(2.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	103	(3.6)	4	(1.0)	4	(0.8)	122	(15.3)	27	(4.3)	22	(3.7)	99	(2.9)
20 and over.....	1774	26	(1.9)	93	(1.6)	5	(0.7)	6	(0.7)	89	(3.5)	20	(2.1)	23	(1.8)	95	(1.6)
2 and over...	2209	24	(1.7)	95	(1.8)	5	(0.6)	5	(0.7)	93	(3.5)	21	(2.2)	23	(1.8)	96	(1.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	105	(1.6)	3	(0.4)	2	(0.4)	112	(8.5)	23	(1.6)	21	(1.7)	104	(1.8)
20 and over.....	4798	21	(0.9)	96	(1.3)	5	(0.5)	5	(0.5)	95	(1.8)	23	(1.8)	24	(1.8)	96	(1.4)
2 and over...	6563	19	(0.9)	98	(1.0)	4	(0.4)	4	(0.4)	98	(1.7)	23	(1.6)	24	(1.5)	98	(1.1)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	13.5	(0.43)	0.3	(0.08)	2*	(0.6)	--		--		--		13.6	(0.47)
20 and over.....	892	12	(1.5)	13.9	(0.22)	0.6	(0.11)	4	(0.8)	12.5	(0.63)	4.8	(0.45)	38	(2.9)	14.1	(0.26)
2 and over...	1432	11	(1.4)	13.8	(0.19)	0.5	(0.09)	4	(0.7)	12.5	(0.64)	4.6	(0.39)	37	(2.5)	13.9	(0.22)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	14.1	(0.43)	0.4	(0.05)	3	(0.3)	13.6	(1.13)	3.9	(0.31)	28	(2.4)	14.2	(0.41)
20 and over.....	1577	20	(1.4)	15.5	(0.40)	1.2	(0.14)	8	(0.8)	14.7	(0.73)	6.0	(0.43)	41	(2.9)	15.8	(0.44)
2 and over...	2161	17	(1.1)	15.2	(0.31)	1.0	(0.11)	7	(0.6)	14.5	(0.65)	5.7	(0.34)	39	(2.5)	15.3	(0.33)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	15.6	(0.56)	0.7	(0.13)	4	(0.9)	14.6	(0.92)	4.1	(0.45)	28	(2.8)	15.7	(0.60)
20 and over.....	1774	26	(1.9)	18.3	(0.94)	1.4	(0.16)	8	(1.1)	18.1	(1.27)	5.4	(0.32)	30	(3.0)	18.3	(0.89)
2 and over...	2209	24	(1.7)	17.8	(0.83)	1.3	(0.14)	7	(1.0)	17.6	(1.11)	5.3	(0.29)	30	(2.7)	17.8	(0.79)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	14.6	(0.39)	0.4	(0.06)	3	(0.5)	13.8	(0.57)	3.9	(0.23)	28	(1.4)	14.7	(0.42)
20 and over.....	4798	21	(0.9)	16.3	(0.51)	1.2	(0.09)	7	(0.6)	16.4	(0.89)	5.7	(0.24)	35	(2.3)	16.3	(0.45)
2 and over...	6563	19	(0.9)	15.9	(0.45)	1.0	(0.08)	6	(0.6)	16.0	(0.77)	5.4	(0.21)	34	(2.0)	15.9	(0.41)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————					— <i>Full Service Restaurant Consumers</i> <sup>4</sup> —					<i>Non-consumers</i> <sup>5</sup>					
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	72.1	(2.63)	2.2	(0.57)	3	(0.8)	--		--		--		72.6	(2.97)
20 and over.....	892	12	(1.5)	77.0	(1.46)	4.3	(0.71)	6	(0.9)	82.8	(3.86)	34.8	(3.39)	42	(3.9)	76.2	(1.57)
2 and over...	1432	11	(1.4)	75.6	(1.29)	3.6	(0.60)	5	(0.8)	79.4	(3.35)	33.8	(2.84)	43	(3.5)	75.1	(1.42)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	77.4	(2.04)	2.9	(0.34)	4	(0.4)	80.7	(6.24)	29.3	(2.17)	36	(2.7)	77.0	(2.10)
20 and over.....	1577	20	(1.4)	86.8	(1.93)	8.0	(0.84)	9	(1.0)	94.4	(4.74)	39.8	(2.54)	42	(3.8)	84.9	(2.12)
2 and over...	2161	17	(1.1)	84.5	(1.41)	6.7	(0.67)	8	(0.8)	92.5	(3.96)	38.3	(2.43)	41	(3.5)	82.8	(1.72)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	76.0	(2.27)	5.0	(1.08)	7	(1.3)	77.0	(3.91)	30.3	(3.64)	39	(3.1)	75.7	(2.72)
20 and over.....	1774	26	(1.9)	90.3	(1.26)	10.1	(0.95)	11	(1.1)	92.5	(3.03)	38.5	(1.81)	42	(1.4)	89.5	(1.27)
2 and over...	2209	24	(1.7)	87.6	(1.19)	9.1	(0.88)	10	(1.0)	90.6	(2.39)	37.5	(1.65)	41	(1.4)	86.7	(1.21)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	74.9	(1.40)	3.3	(0.52)	4	(0.7)	77.2	(2.59)	29.5	(1.88)	38	(2.5)	74.6	(1.52)
20 and over.....	4798	21	(0.9)	85.8	(0.95)	8.1	(0.56)	9	(0.7)	92.2	(2.28)	38.9	(1.42)	42	(1.8)	84.1	(0.99)
2 and over...	6563	19	(0.9)	83.3	(0.75)	7.0	(0.52)	8	(0.6)	90.1	(2.01)	37.6	(1.25)	42	(1.6)	81.7	(0.83)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	24.2	(1.04)	0.6	(0.17)	2	(0.7)	--		--		--		24.5	(1.21)
20 and over.....	892	12	(1.5)	25.5	(0.72)	1.3	(0.23)	5	(0.8)	25.6	(1.66)	10.4	(1.23)	41	(4.2)	25.4	(0.75)
2 and over...	1432	11	(1.4)	25.1	(0.55)	1.1	(0.18)	4	(0.7)	24.6	(1.39)	10.0	(1.00)	41	(3.6)	25.1	(0.60)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	26.5	(0.79)	0.9	(0.12)	3	(0.4)	28.4	(3.00)	9.3	(1.07)	33	(4.4)	26.3	(0.83)
20 and over.....	1577	20	(1.4)	28.0	(0.78)	2.2	(0.20)	8	(0.8)	29.6	(1.68)	11.0	(0.61)	37	(3.1)	27.6	(0.91)
2 and over...	2161	17	(1.1)	27.6	(0.59)	1.9	(0.17)	7	(0.6)	29.5	(1.48)	10.8	(0.63)	37	(3.0)	27.3	(0.74)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	25.8	(0.85)	1.6	(0.32)	6	(1.1)	25.6	(1.33)	9.6	(1.04)	37	(2.6)	25.8	(1.04)
20 and over.....	1774	26	(1.9)	28.6	(0.43)	2.9	(0.28)	10	(1.0)	28.3	(0.93)	11.2	(0.58)	40	(1.5)	28.6	(0.45)
2 and over...	2209	24	(1.7)	28.0	(0.38)	2.7	(0.26)	10	(0.9)	28.0	(0.76)	11.0	(0.53)	39	(1.4)	28.1	(0.37)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	25.5	(0.46)	1.0	(0.15)	4	(0.6)	26.2	(1.30)	9.1	(0.51)	35	(2.4)	25.4	(0.52)
20 and over.....	4798	21	(0.9)	27.6	(0.42)	2.3	(0.16)	8	(0.6)	28.6	(0.80)	11.2	(0.40)	39	(1.7)	27.3	(0.45)
2 and over...	6563	19	(0.9)	27.1	(0.29)	2.0	(0.15)	7	(0.5)	28.2	(0.71)	10.9	(0.37)	39	(1.6)	26.8	(0.34)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	23.7	(0.90)	0.7	(0.19)	3	(0.8)	--		--		--		23.8	(1.00)
20 and over.....	892	12	(1.5)	25.8	(0.48)	1.5	(0.25)	6	(0.9)	28.2	(1.26)	11.9	(1.26)	42	(4.3)	25.4	(0.53)
2 and over...	1432	11	(1.4)	25.1	(0.38)	1.3	(0.21)	5	(0.8)	27.0	(1.06)	11.6	(1.06)	43	(3.7)	24.9	(0.40)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	25.0	(0.70)	0.9	(0.11)	4	(0.4)	25.2	(1.48)	9.6	(0.67)	38	(2.5)	25.0	(0.73)
20 and over.....	1577	20	(1.4)	29.3	(0.63)	2.6	(0.29)	9	(1.1)	32.0	(1.85)	13.2	(0.84)	41	(4.3)	28.7	(0.67)
2 and over...	2161	17	(1.1)	28.3	(0.46)	2.2	(0.24)	8	(0.9)	31.0	(1.52)	12.7	(0.81)	41	(4.0)	27.7	(0.57)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	24.6	(0.71)	1.6	(0.37)	7	(1.4)	25.5	(1.21)	10.0	(1.33)	39	(3.8)	24.4	(0.84)
20 and over.....	1774	26	(1.9)	30.8	(0.46)	3.5	(0.33)	11	(1.1)	32.0	(1.18)	13.3	(0.69)	42	(1.5)	30.4	(0.46)
2 and over...	2209	24	(1.7)	29.7	(0.43)	3.1	(0.30)	11	(1.0)	31.2	(0.96)	12.9	(0.63)	41	(1.5)	29.2	(0.41)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	24.3	(0.48)	1.1	(0.18)	5	(0.7)	25.1	(0.75)	9.9	(0.74)	39	(2.7)	24.2	(0.51)
20 and over.....	4798	21	(0.9)	29.1	(0.32)	2.8	(0.20)	10	(0.7)	31.6	(0.91)	13.3	(0.53)	42	(1.9)	28.4	(0.31)
2 and over...	6563	19	(0.9)	28.0	(0.26)	2.4	(0.19)	9	(0.6)	30.7	(0.78)	12.8	(0.47)	42	(1.7)	27.4	(0.27)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	16.4	(0.67)	0.6	(0.16)	4	(1.0)	--	--	--	--	--	--	16.4	(0.71)
20 and over.....	892	12	(1.5)	17.2	(0.28)	1.1	(0.19)	6	(1.0)	20.4	(1.09)	9.1	(0.90)	45	(4.4)	16.8	(0.35)
2 and over...	1432	11	(1.4)	17.0	(0.34)	1.0	(0.17)	6	(0.9)	19.5	(1.00)	8.9	(0.78)	45	(3.9)	16.7	(0.39)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	17.5	(0.60)	0.7	(0.11)	4	(0.6)	18.7	(2.03)	7.2	(0.61)	39	(2.3)	17.4	(0.59)
20 and over.....	1577	20	(1.4)	19.9	(0.38)	2.3	(0.27)	11	(1.4)	22.5	(0.93)	11.4	(0.90)	50	(4.0)	19.3	(0.42)
2 and over...	2161	17	(1.1)	19.3	(0.30)	1.9	(0.20)	10	(1.1)	22.0	(0.72)	10.8	(0.79)	49	(3.7)	18.7	(0.36)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	17.4	(0.59)	1.2	(0.31)	7	(1.7)	18.0	(1.22)	7.6	(1.24)	42	(4.8)	17.3	(0.68)
20 and over.....	1774	26	(1.9)	21.3	(0.35)	2.6	(0.26)	12	(1.2)	22.6	(0.90)	10.0	(0.47)	44	(1.7)	20.8	(0.39)
2 and over...	2209	24	(1.7)	20.6	(0.38)	2.4	(0.24)	11	(1.1)	22.0	(0.69)	9.7	(0.41)	44	(1.7)	20.1	(0.43)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	17.0	(0.47)	0.8	(0.14)	5	(0.8)	17.6	(0.82)	7.4	(0.67)	42	(3.0)	16.9	(0.48)
20 and over.....	4798	21	(0.9)	19.8	(0.21)	2.2	(0.15)	11	(0.7)	22.3	(0.53)	10.4	(0.42)	47	(1.9)	19.2	(0.20)
2 and over...	6563	19	(0.9)	19.2	(0.23)	1.8	(0.14)	10	(0.6)	21.6	(0.47)	10.0	(0.34)	46	(1.7)	18.6	(0.24)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C h o l e s t e r o l</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	260	(19.0)	8	(2.4)	3	(0.9)	--		--		--		262	(19.9)
20 and over.....	892	12	(1.5)	301	(15.8)	18	(3.5)	6	(1.1)	341	(49.5)	144	(22.0)	42	(5.3)	295	(13.6)
2 and over...	1432	11	(1.4)	289	(12.6)	15	(2.7)	5	(0.9)	319	(40.5)	138	(19.2)	43	(5.0)	285	(11.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	236	(8.2)	10	(1.4)	4	(0.6)	278	(35.9)	103	(16.2)	37	(4.9)	231	(8.1)
20 and over.....	1577	20	(1.4)	320	(8.1)	30	(4.6)	9	(1.4)	350	(26.6)	150	(16.6)	43	(6.5)	312	(12.0)
2 and over...	2161	17	(1.1)	299	(6.7)	25	(3.8)	8	(1.2)	340	(24.0)	144	(16.3)	42	(6.0)	290	(9.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	241	(14.5)	19	(5.1)	8	(2.1)	259	(30.6)	113	(22.5)	44	(5.2)	237	(18.9)
20 and over.....	1774	26	(1.9)	328	(9.3)	42	(4.1)	13	(1.3)	339	(14.8)	162	(10.3)	48	(2.1)	323	(11.7)
2 and over...	2209	24	(1.7)	311	(8.1)	38	(3.7)	12	(1.2)	329	(12.5)	156	(9.9)	47	(2.3)	306	(9.3)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	240	(6.3)	12	(2.2)	5	(0.9)	261	(19.6)	105	(14.3)	40	(3.7)	237	(8.0)
20 and over.....	4798	21	(0.9)	321	(5.9)	33	(2.7)	10	(0.9)	346	(11.5)	160	(9.2)	46	(3.4)	314	(7.3)
2 and over...	6563	19	(0.9)	302	(4.7)	28	(2.5)	9	(0.8)	334	(10.3)	153	(8.9)	46	(3.2)	295	(5.7)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	470	(15.8)	8	(2.2)	2*	(0.5)	--		--		--		478	(18.6)
20 and over.....	892	12	(1.5)	524	(42.0)	17	(2.8)	3	(0.6)	428	(38.4)	135	(18.5)	32	(3.3)	537	(49.0)
2 and over...	1432	11	(1.4)	507	(31.0)	14	(2.2)	3	(0.4)	413	(32.0)	131	(15.9)	32	(3.1)	519	(35.7)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	517	(27.2)	14	(2.5)	3	(0.5)	438	(39.1)	141	(21.1)	32	(3.4)	526	(29.3)
20 and over.....	1577	20	(1.4)	551	(14.3)	38	(3.6)	7	(0.7)	541	(44.7)	189	(18.7)	35	(2.8)	554	(13.7)
2 and over...	2161	17	(1.1)	543	(15.0)	32	(2.8)	6	(0.6)	527	(37.4)	182	(16.7)	35	(2.7)	546	(13.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	527	(18.8)	28	(6.2)	5	(1.1)	509	(40.1)	169	(26.6)	33	(4.0)	531	(20.0)
20 and over.....	1774	26	(1.9)	654	(23.3)	55	(6.3)	8	(1.1)	585	(21.3)	211	(13.7)	36	(2.2)	678	(26.9)
2 and over...	2209	24	(1.7)	630	(17.6)	50	(5.4)	8	(1.0)	576	(15.9)	205	(11.0)	36	(2.1)	648	(19.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	499	(13.4)	16	(2.5)	3	(0.5)	465	(26.1)	145	(12.8)	31	(2.1)	503	(14.2)
20 and over.....	4798	21	(0.9)	588	(17.0)	41	(2.5)	7	(0.5)	557	(19.3)	199	(7.0)	36	(1.3)	596	(19.5)
2 and over...	6563	19	(0.9)	567	(13.6)	36	(2.2)	6	(0.4)	544	(16.9)	192	(6.1)	35	(1.2)	572	(15.0)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	1176	(91.6)	30*	(14.9)	3*	(1.3)	--		--		--		1202	(95.1)
20 and over.....	892	12	(1.5)	1664	(151.1)	60	(12.3)	4	(0.9)	1062	(237.7)	484	(91.9)	46	(6.4)	1748	(172.2)
2 and over...	1432	11	(1.4)	1518	(113.8)	51	(10.1)	3	(0.7)	1018	(185.2)	471	(83.2)	46	(6.8)	1579	(126.0)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	1300	(148.4)	41*	(14.1)	3*	(1.0)	1255	(204.7)	416	(120.7)	33	(7.6)	1304	(153.8)
20 and over.....	1577	20	(1.4)	1977	(112.7)	204	(31.9)	10	(1.6)	1888	(201.1)	1022	(169.6)	54	(5.2)	1999	(138.9)
2 and over...	2161	17	(1.1)	1810	(104.0)	164	(24.1)	9	(1.3)	1800	(165.2)	938	(151.1)	52	(5.1)	1812	(119.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1668	(208.6)	113*	(38.3)	7*	(2.3)	1713	(384.0)	687*	(208.3)	40	(9.8)	1659	(206.3)
20 and over.....	1774	26	(1.9)	2833	(172.9)	289	(46.5)	10	(2.0)	2592	(218.6)	1104	(137.0)	43	(5.5)	2919	(195.3)
2 and over...	2209	24	(1.7)	2617	(147.7)	256	(38.3)	10	(1.8)	2482	(197.6)	1052	(111.3)	42	(5.3)	2660	(162.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	1378	(101.7)	60	(11.8)	4	(0.8)	1400	(163.8)	534	(86.0)	38	(4.2)	1375	(100.0)
20 and over.....	4798	21	(0.9)	2265	(109.1)	216	(17.6)	10	(0.9)	2196	(137.0)	1037	(72.1)	47	(2.8)	2284	(123.8)
2 and over...	6563	19	(0.9)	2059	(93.3)	179	(13.1)	9	(0.7)	2084	(125.5)	967	(61.8)	46	(2.8)	2053	(100.6)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	4244	(489.0)	138*	(58.5)	3*	(1.3)	--		--		--		4328	(520.5)
20 and over.....	892	12	(1.5)	4181	(265.0)	161*	(59.1)	4*	(1.3)	2620	(627.4)	1306*	(464.6)	50	(10.8)	4401	(295.3)
2 and over...	1432	11	(1.4)	4200	(191.9)	154	(43.6)	4	(0.9)	2727	(500.5)	1427	(379.3)	52	(9.1)	4378	(198.0)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	4372	(658.2)	142	(36.6)	3*	(1.0)	3317	(609.7)	1442	(306.0)	--		4487	(716.8)
20 and over.....	1577	20	(1.4)	3941	(204.7)	430	(55.9)	11	(1.2)	4148	(475.0)	2153	(236.7)	52	(4.0)	3889	(225.8)
2 and over...	2161	17	(1.1)	4047	(239.0)	359	(41.8)	9	(1.1)	4032	(413.4)	2054	(200.1)	51	(4.2)	4051	(300.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	4770	(497.0)	380	(113.6)	8*	(2.4)	4621	(724.5)	2317	(633.6)	50	(9.1)	4799	(631.4)
20 and over.....	1774	26	(1.9)	4987	(329.2)	559	(76.7)	11	(1.4)	4629	(509.4)	2134	(301.0)	46	(3.6)	5113	(368.6)
2 and over...	2209	24	(1.7)	4946	(260.8)	526	(67.3)	11	(1.3)	4628	(426.6)	2157	(254.3)	47	(3.1)	5049	(293.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	4376	(287.5)	217	(53.2)	5	(1.3)	4071	(422.2)	1943	(397.9)	48	(7.6)	4414	(313.8)
20 and over.....	4798	21	(0.9)	4393	(165.6)	427	(41.8)	10	(0.8)	4296	(333.6)	2050	(175.7)	48	(3.0)	4419	(164.6)
2 and over...	6563	19	(0.9)	4389	(152.8)	378	(32.8)	9	(0.7)	4265	(268.0)	2035	(130.5)	48	(2.8)	4418	(145.9)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

		<b>T h i a m i n</b>															
		————— <i>All Individuals</i> <sup>3</sup> —————					— <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>										
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	1.39	(0.049)	0.03	(0.008)	2*	(0.6)	--		--		--		1.40	(0.053)
20 and over.....	892	12	(1.5)	1.37	(0.032)	0.05	(0.009)	4	(0.6)	1.12	(0.066)	0.43	(0.033)	39	(3.0)	1.41	(0.037)
2 and over...	1432	11	(1.4)	1.38	(0.028)	0.05	(0.008)	3	(0.6)	1.13	(0.057)	0.43	(0.028)	38	(2.6)	1.41	(0.033)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	1.37	(0.039)	0.04	(0.004)	3	(0.3)	1.19	(0.090)	0.38	(0.043)	32	(2.6)	1.38	(0.038)
20 and over.....	1577	20	(1.4)	1.46	(0.035)	0.11	(0.010)	8	(0.6)	1.41	(0.052)	0.56	(0.031)	40	(2.6)	1.47	(0.039)
2 and over...	2161	17	(1.1)	1.43	(0.031)	0.09	(0.007)	7	(0.5)	1.38	(0.046)	0.54	(0.029)	39	(2.5)	1.44	(0.033)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1.50	(0.057)	0.08	(0.015)	5	(1.1)	1.37	(0.047)	0.49	(0.043)	36	(3.1)	1.53	(0.072)
20 and over.....	1774	26	(1.9)	1.56	(0.045)	0.15	(0.018)	10	(1.2)	1.51	(0.059)	0.57	(0.035)	38	(1.8)	1.58	(0.048)
2 and over...	2209	24	(1.7)	1.55	(0.046)	0.14	(0.016)	9	(1.1)	1.49	(0.049)	0.56	(0.030)	38	(1.7)	1.57	(0.051)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	1.40	(0.030)	0.05	(0.007)	3	(0.5)	1.25	(0.042)	0.43	(0.022)	34	(1.2)	1.42	(0.033)
20 and over.....	4798	21	(0.9)	1.47	(0.027)	0.12	(0.008)	8	(0.6)	1.43	(0.037)	0.56	(0.021)	39	(1.4)	1.48	(0.027)
2 and over...	6563	19	(0.9)	1.46	(0.025)	0.10	(0.007)	7	(0.5)	1.41	(0.033)	0.54	(0.019)	38	(1.3)	1.47	(0.026)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	1.62	(0.078)	0.03	(0.008)	2*	(0.5)	--		--		--		1.64	(0.084)
20 and over.....	892	12	(1.5)	1.67	(0.039)	0.06	(0.010)	4	(0.5)	1.72	(0.228)	0.50	(0.042)	29	(4.2)	1.67	(0.046)
2 and over...	1432	11	(1.4)	1.66	(0.040)	0.05	(0.008)	3	(0.5)	1.66	(0.182)	0.50	(0.035)	30	(3.5)	1.66	(0.045)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	1.64	(0.048)	0.04	(0.006)	3	(0.3)	1.41	(0.066)	0.44	(0.034)	31	(2.0)	1.67	(0.050)
20 and over.....	1577	20	(1.4)	1.93	(0.036)	0.12	(0.014)	6	(0.7)	1.90	(0.115)	0.58	(0.047)	31	(2.9)	1.94	(0.036)
2 and over...	2161	17	(1.1)	1.86	(0.030)	0.10	(0.011)	5	(0.6)	1.83	(0.098)	0.56	(0.044)	31	(2.7)	1.86	(0.030)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1.67	(0.034)	0.08	(0.014)	5	(0.9)	1.54	(0.101)	0.47	(0.045)	31	(2.9)	1.69	(0.047)
20 and over.....	1774	26	(1.9)	2.07	(0.047)	0.17	(0.016)	8	(0.8)	1.97	(0.066)	0.63	(0.027)	32	(1.3)	2.11	(0.049)
2 and over...	2209	24	(1.7)	2.00	(0.039)	0.15	(0.015)	7	(0.8)	1.92	(0.060)	0.61	(0.025)	32	(1.2)	2.02	(0.041)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	1.62	(0.029)	0.05	(0.007)	3	(0.4)	1.47	(0.047)	0.45	(0.025)	30	(1.5)	1.64	(0.031)
20 and over.....	4798	21	(0.9)	1.92	(0.034)	0.13	(0.008)	7	(0.4)	1.92	(0.049)	0.61	(0.019)	32	(0.9)	1.92	(0.034)
2 and over...	6563	19	(0.9)	1.85	(0.030)	0.11	(0.007)	6	(0.4)	1.86	(0.043)	0.59	(0.019)	32	(0.8)	1.85	(0.030)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>N i a c i n</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	18.8	(0.71)	0.7	(0.19)	4	(0.9)	--		--		--		18.8	(0.70)
20 and over.....	892	12	(1.5)	23.1	(0.75)	1.1	(0.18)	5	(0.8)	25.0	(2.08)	9.1	(0.78)	36	(4.7)	22.9	(0.85)
2 and over...	1432	11	(1.4)	21.9	(0.59)	1.0	(0.17)	5	(0.7)	23.9	(1.84)	9.1	(0.73)	38	(4.3)	21.6	(0.62)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	19.3	(0.61)	0.7	(0.07)	3	(0.4)	17.7	(1.42)	6.6	(0.46)	37	(3.2)	19.5	(0.59)
20 and over.....	1577	20	(1.4)	24.4	(0.60)	2.1	(0.24)	8	(0.9)	24.5	(1.82)	10.3	(0.94)	42	(2.5)	24.3	(0.50)
2 and over...	2161	17	(1.1)	23.1	(0.49)	1.7	(0.19)	7	(0.7)	23.5	(1.58)	9.8	(0.86)	42	(2.5)	23.0	(0.43)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	19.8	(0.56)	1.2	(0.22)	6	(1.1)	18.7	(0.81)	7.5	(0.67)	40	(3.0)	20.1	(0.73)
20 and over.....	1774	26	(1.9)	24.9	(0.51)	2.6	(0.24)	10	(1.0)	25.0	(0.86)	9.8	(0.46)	39	(1.1)	24.8	(0.59)
2 and over...	2209	24	(1.7)	23.9	(0.43)	2.3	(0.21)	10	(0.9)	24.2	(0.77)	9.5	(0.45)	39	(1.2)	23.8	(0.47)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	19.1	(0.32)	0.8	(0.12)	4	(0.6)	18.3	(0.47)	7.3	(0.41)	40	(1.7)	19.2	(0.35)
20 and over.....	4798	21	(0.9)	24.2	(0.34)	2.1	(0.14)	9	(0.5)	24.7	(0.82)	10.0	(0.40)	41	(0.8)	24.0	(0.33)
2 and over...	6563	19	(0.9)	23.0	(0.27)	1.8	(0.12)	8	(0.5)	23.8	(0.73)	9.6	(0.36)	41	(0.8)	22.8	(0.25)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 6</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	1.48	(0.060)	0.04	(0.011)	3	(0.7)	--		--		--		1.48	(0.063)
20 and over.....	892	12	(1.5)	1.86	(0.075)	0.09	(0.015)	5	(0.8)	2.51	(0.470)	0.71	(0.071)	28	(7.0)	1.76	(0.062)
2 and over...	1432	11	(1.4)	1.74	(0.062)	0.07	(0.013)	4	(0.7)	2.30	(0.393)	0.68	(0.061)	30	(6.5)	1.68	(0.050)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	1.53	(0.064)	0.05	(0.005)	3	(0.3)	1.46	(0.223)	0.47	(0.047)	32	(5.0)	1.54	(0.052)
20 and over.....	1577	20	(1.4)	1.99	(0.079)	0.16	(0.016)	8	(0.6)	2.00	(0.266)	0.78	(0.059)	39	(3.3)	1.99	(0.058)
2 and over...	2161	17	(1.1)	1.88	(0.061)	0.13	(0.012)	7	(0.6)	1.92	(0.226)	0.74	(0.055)	38	(2.8)	1.87	(0.046)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1.50	(0.042)	0.07	(0.013)	5	(0.9)	1.38	(0.075)	0.45	(0.030)	33	(2.7)	1.53	(0.058)
20 and over.....	1774	26	(1.9)	1.97	(0.054)	0.18	(0.016)	9	(0.8)	1.97	(0.107)	0.70	(0.034)	35	(1.6)	1.96	(0.054)
2 and over...	2209	24	(1.7)	1.88	(0.044)	0.16	(0.015)	9	(0.8)	1.90	(0.094)	0.67	(0.030)	35	(1.6)	1.87	(0.042)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	1.50	(0.025)	0.05	(0.008)	3	(0.5)	1.39	(0.064)	0.46	(0.027)	33	(2.2)	1.51	(0.027)
20 and over.....	4798	21	(0.9)	1.94	(0.043)	0.16	(0.009)	8	(0.5)	2.03	(0.117)	0.75	(0.026)	37	(1.7)	1.92	(0.035)
2 and over...	6563	19	(0.9)	1.84	(0.035)	0.13	(0.008)	7	(0.4)	1.94	(0.102)	0.71	(0.023)	36	(1.5)	1.81	(0.028)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>F o l a t e ( D F E )</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	419	(22.6)	9	(2.5)	2*	(0.7)	--		--		--		424	(25.2)
20 and over.....	892	12	(1.5)	409	(15.3)	17	(2.7)	4	(0.7)	324	(24.0)	134	(12.4)	41	(3.6)	421	(17.7)
2 and over...	1432	11	(1.4)	412	(14.4)	14	(2.3)	3	(0.6)	328	(22.0)	133	(11.2)	40	(3.1)	422	(16.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	400	(12.9)	10	(1.3)	3	(0.3)	345	(20.2)	103	(10.7)	30	(2.0)	406	(13.4)
20 and over.....	1577	20	(1.4)	428	(12.8)	34	(2.7)	8	(0.6)	416	(16.0)	169	(8.7)	41	(2.6)	431	(14.4)
2 and over...	2161	17	(1.1)	421	(10.2)	28	(2.0)	7	(0.5)	406	(12.9)	160	(7.3)	39	(2.3)	424	(11.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	439	(15.1)	24	(4.3)	6	(1.1)	435	(17.9)	148	(15.2)	34	(3.1)	440	(18.0)
20 and over.....	1774	26	(1.9)	464	(17.0)	44	(4.4)	10	(1.1)	454	(20.5)	168	(7.6)	37	(2.1)	467	(16.8)
2 and over...	2209	24	(1.7)	459	(16.2)	40	(3.9)	9	(1.0)	452	(17.8)	166	(6.5)	37	(1.8)	461	(16.4)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	415	(10.0)	14	(2.1)	3	(0.5)	385	(12.9)	127	(8.3)	33	(1.7)	419	(10.8)
20 and over.....	4798	21	(0.9)	437	(10.1)	35	(2.5)	8	(0.6)	428	(14.9)	168	(5.9)	39	(2.1)	439	(9.8)
2 and over...	6563	19	(0.9)	432	(9.2)	30	(2.2)	7	(0.5)	422	(12.9)	163	(5.2)	39	(1.8)	434	(9.2)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	265	(13.1)	8	(2.1)	3	(0.8)	--		--		--		267	(13.7)
20 and over.....	892	12	(1.5)	300	(10.9)	16	(2.6)	5	(0.8)	319	(32.7)	130	(11.4)	41	(3.2)	298	(10.7)
2 and over...	1432	11	(1.4)	290	(8.6)	14	(2.2)	5	(0.7)	304	(26.9)	125	(11.0)	41	(3.1)	288	(8.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	252	(5.9)	9	(1.1)	4	(0.4)	252	(17.3)	91	(11.6)	36	(4.0)	252	(6.1)
20 and over.....	1577	20	(1.4)	328	(8.6)	30	(4.3)	9	(1.2)	349	(17.3)	152	(15.3)	43	(4.7)	322	(10.8)
2 and over...	2161	17	(1.1)	309	(6.7)	25	(3.5)	8	(1.0)	336	(15.4)	143	(14.8)	43	(4.5)	303	(8.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	255	(9.6)	16	(4.1)	6	(1.6)	258	(20.7)	98	(16.2)	38	(4.3)	254	(12.2)
20 and over.....	1774	26	(1.9)	347	(6.6)	40	(3.9)	12	(1.2)	355	(11.0)	154	(8.0)	43	(1.8)	344	(7.9)
2 and over...	2209	24	(1.7)	329	(5.7)	36	(3.6)	11	(1.1)	342	(8.7)	147	(7.3)	43	(1.8)	325	(6.3)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	254	(4.5)	10	(1.8)	4	(0.7)	251	(11.7)	94	(10.5)	37	(3.1)	254	(5.5)
20 and over.....	4798	21	(0.9)	331	(4.4)	32	(2.3)	10	(0.7)	353	(8.2)	155	(6.9)	44	(2.4)	325	(5.0)
2 and over...	6563	19	(0.9)	313	(3.8)	27	(2.2)	9	(0.6)	339	(7.2)	147	(6.6)	43	(2.3)	307	(4.2)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 1 2</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	3.49	(0.162)	0.07	(0.019)	2*	(0.6)	--		--		--		3.52	(0.172)
20 and over.....	892	12	(1.5)	4.62	(0.492)	0.18	(0.032)	4	(0.7)	4.60	(0.476)	1.50	(0.217)	33	(5.0)	4.62	(0.539)
2 and over...	1432	11	(1.4)	4.28	(0.357)	0.15	(0.025)	4	(0.5)	4.30	(0.431)	1.40	(0.184)	32	(4.2)	4.28	(0.380)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	3.70	(0.147)	0.11	(0.016)	3	(0.5)	2.87	(0.367)	1.08	(0.186)	38	(4.9)	3.79	(0.149)
20 and over.....	1577	20	(1.4)	4.44	(0.190)	0.39	(0.100)	9	(1.9)	4.66	(0.667)	1.96	(0.480)	42	(4.9)	4.38	(0.137)
2 and over...	2161	17	(1.1)	4.25	(0.142)	0.32	(0.079)	8	(1.6)	4.41	(0.604)	1.84	(0.438)	42	(4.8)	4.22	(0.093)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	3.60	(0.192)	0.20	(0.041)	5	(0.9)	3.14	(0.274)	1.21	(0.120)	38	(4.0)	3.69	(0.225)
20 and over.....	1774	26	(1.9)	4.42	(0.154)	0.46	(0.047)	10	(1.1)	4.35	(0.173)	1.77	(0.112)	41	(1.9)	4.44	(0.176)
2 and over...	2209	24	(1.7)	4.26	(0.147)	0.41	(0.045)	10	(1.0)	4.20	(0.166)	1.70	(0.102)	41	(1.8)	4.29	(0.165)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	3.59	(0.068)	0.13	(0.021)	3	(0.6)	3.07	(0.176)	1.12	(0.104)	37	(2.7)	3.65	(0.075)
20 and over.....	4798	21	(0.9)	4.44	(0.128)	0.40	(0.040)	9	(0.8)	4.55	(0.235)	1.93	(0.180)	42	(2.0)	4.41	(0.135)
2 and over...	6563	19	(0.9)	4.24	(0.106)	0.34	(0.034)	8	(0.7)	4.34	(0.223)	1.82	(0.164)	42	(1.9)	4.22	(0.108)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	83.0	(6.65)	1.5*	(0.56)	2*	(0.7)	--		--		--		81.7	(6.89)
20 and over.....	892	12	(1.5)	70.1	(3.56)	2.9	(0.67)	4	(0.9)	61.0	(8.14)	23.4	(3.57)	38	(4.4)	71.3	(3.99)
2 and over...	1432	11	(1.4)	73.9	(3.04)	2.5	(0.60)	3	(0.8)	68.8	(7.33)	23.1	(3.56)	34	(3.8)	74.5	(3.53)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	80.8	(3.94)	1.1	(0.23)	1*	(0.3)	65.7	(10.71)	11.4	(2.06)	17*	(3.3)	82.4	(3.96)
20 and over.....	1577	20	(1.4)	75.9	(3.28)	4.8	(0.53)	6	(0.6)	71.4	(7.36)	24.2	(2.85)	34	(3.1)	77.0	(3.05)
2 and over...	2161	17	(1.1)	77.1	(2.83)	3.9	(0.39)	5	(0.4)	70.6	(6.14)	22.4	(2.55)	32	(2.5)	78.5	(2.69)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	90.1	(4.79)	2.8*	(0.92)	3*	(0.9)	100.0	(15.37)	17.0	(4.07)	17*	(2.6)	88.1	(4.51)
20 and over.....	1774	26	(1.9)	80.8	(3.44)	5.0	(0.53)	6	(0.7)	75.9	(4.25)	19.2	(1.35)	25	(1.6)	82.6	(4.21)
2 and over...	2209	24	(1.7)	82.6	(3.14)	4.6	(0.54)	6	(0.7)	78.9	(3.92)	18.9	(1.41)	24	(1.2)	83.7	(3.84)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	82.8	(2.64)	1.7	(0.33)	2	(0.4)	83.9	(5.83)	15.3	(1.90)	18	(1.7)	82.7	(2.70)
20 and over.....	4798	21	(0.9)	77.2	(2.17)	4.6	(0.36)	6	(0.5)	74.6	(4.08)	22.3	(1.63)	30	(1.5)	77.9	(2.35)
2 and over...	6563	19	(0.9)	78.5	(1.99)	4.0	(0.32)	5	(0.4)	75.9	(3.33)	21.4	(1.46)	28	(1.3)	79.1	(2.06)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	5.0	(0.23)	#		1 *	(0.2)	--		--		--		5.1	(0.25)
20 and over.....	892	12	(1.5)	4.1	(0.24)	0.2 *	(0.06)	4 *	(1.4)	4.4	(0.93)	1.4 *	(0.43)	31 *	(10.7)	4.0	(0.17)
2 and over...	1432	11	(1.4)	4.3	(0.17)	0.1 *	(0.04)	3 *	(0.9)	4.3	(0.74)	1.2	(0.34)	28	(8.4)	4.3	(0.13)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	4.9	(0.24)	0.1	(0.02)	2 *	(0.3)	3.4	(0.27)	0.8	(0.16)	24	(4.4)	5.1	(0.27)
20 and over.....	1577	20	(1.4)	4.4	(0.19)	0.3	(0.06)	7	(1.2)	4.1	(0.46)	1.6	(0.30)	38	(4.5)	4.4	(0.22)
2 and over...	2161	17	(1.1)	4.5	(0.16)	0.3	(0.05)	6	(0.9)	4.0	(0.38)	1.5	(0.27)	37	(4.4)	4.6	(0.18)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	4.5	(0.25)	0.2	(0.04)	4	(0.8)	3.8	(0.64)	1.1	(0.15)	28	(3.4)	4.7	(0.29)
20 and over.....	1774	26	(1.9)	4.8	(0.18)	0.4	(0.05)	8	(1.0)	4.2	(0.26)	1.4	(0.14)	33	(2.6)	5.0	(0.21)
2 and over...	2209	24	(1.7)	4.7	(0.18)	0.3	(0.04)	7	(0.8)	4.2	(0.29)	1.4	(0.13)	32	(2.2)	4.9	(0.20)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	4.8	(0.12)	0.1	(0.01)	2	(0.3)	3.7	(0.30)	0.9	(0.10)	23	(2.5)	4.9	(0.13)
20 and over.....	4798	21	(0.9)	4.5	(0.14)	0.3	(0.04)	7	(0.8)	4.4	(0.21)	1.6	(0.19)	37	(3.5)	4.6	(0.14)
2 and over...	6563	19	(0.9)	4.6	(0.11)	0.3	(0.03)	6	(0.6)	4.3	(0.16)	1.5	(0.16)	36	(3.1)	4.7	(0.12)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	7.2	(0.23)	0.2	(0.06)	3	(0.8)	--		--		--		7.1	(0.22)
20 and over.....	892	12	(1.5)	8.2	(0.24)	0.4	(0.06)	5	(0.7)	8.7	(0.48)	3.4	(0.23)	39	(2.1)	8.2	(0.27)
2 and over...	1432	11	(1.4)	7.9	(0.20)	0.4	(0.05)	5	(0.6)	8.7	(0.48)	3.4	(0.20)	39	(2.2)	7.8	(0.21)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	8.0	(0.24)	0.3	(0.04)	3	(0.4)	7.8	(0.44)	2.7	(0.20)	35	(2.2)	8.0	(0.25)
20 and over.....	1577	20	(1.4)	9.0	(0.24)	0.8	(0.09)	9	(1.0)	9.8	(0.74)	4.1	(0.24)	41	(4.7)	8.8	(0.22)
2 and over...	2161	17	(1.1)	8.7	(0.19)	0.7	(0.07)	8	(0.8)	9.5	(0.62)	3.9	(0.20)	41	(4.2)	8.6	(0.18)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	8.5	(0.26)	0.5	(0.10)	6	(1.2)	8.5	(0.56)	3.1	(0.36)	36	(5.5)	8.5	(0.26)
20 and over.....	1774	26	(1.9)	10.7	(0.30)	1.0	(0.09)	10	(0.9)	10.9	(0.40)	4.0	(0.17)	37	(1.0)	10.6	(0.37)
2 and over...	2209	24	(1.7)	10.3	(0.26)	0.9	(0.08)	9	(0.8)	10.6	(0.39)	3.9	(0.14)	37	(1.2)	10.2	(0.29)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	7.9	(0.17)	0.3	(0.05)	4	(0.6)	8.2	(0.42)	3.0	(0.22)	37	(3.7)	7.8	(0.15)
20 and over.....	4798	21	(0.9)	9.5	(0.24)	0.8	(0.06)	9	(0.6)	10.3	(0.46)	4.0	(0.13)	39	(1.9)	9.3	(0.21)
2 and over...	6563	19	(0.9)	9.1	(0.20)	0.7	(0.05)	8	(0.5)	10.0	(0.42)	3.9	(0.11)	39	(1.7)	9.0	(0.18)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	68.1	(4.10)	3.2*	(1.08)	5*	(1.7)	--		--		--		67.6	(4.67)
20 and over.....	892	12	(1.5)	94.5	(3.71)	6.5	(1.24)	7	(1.4)	109.1	(19.63)	52.8	(6.63)	48	(8.0)	92.4	(5.79)
2 and over...	1432	11	(1.4)	86.6	(2.84)	5.5	(1.10)	6	(1.3)	102.2	(14.86)	51.2	(6.20)	50	(7.6)	84.7	(4.36)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	72.2	(4.83)	3.1	(0.60)	4	(0.7)	90.6	(20.37)	31.5	(4.83)	35	(5.3)	70.2	(4.52)
20 and over.....	1577	20	(1.4)	112.6	(5.09)	13.7	(1.80)	12	(1.4)	124.5	(8.69)	68.8	(8.79)	55	(4.5)	109.6	(5.06)
2 and over...	2161	17	(1.1)	102.6	(4.36)	11.1	(1.33)	11	(1.1)	119.7	(7.82)	63.6	(7.61)	53	(4.3)	99.0	(4.37)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	77.5	(4.14)	6.2	(1.53)	8	(1.8)	81.4	(7.89)	38.0	(5.37)	47	(5.9)	76.7	(4.54)
20 and over.....	1774	26	(1.9)	142.8	(8.81)	14.8	(1.84)	10	(1.6)	144.7	(10.33)	56.5	(4.47)	39	(4.1)	142.1	(9.62)
2 and over...	2209	24	(1.7)	130.7	(6.68)	13.2	(1.65)	10	(1.6)	136.8	(8.51)	54.2	(3.83)	40	(4.0)	128.7	(7.15)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	72.6	(2.60)	3.9	(0.68)	5	(0.9)	80.0	(7.27)	35.0	(3.03)	44	(4.3)	71.7	(2.73)
20 and over.....	4798	21	(0.9)	121.0	(5.36)	12.7	(0.67)	11	(0.7)	133.4	(8.26)	61.2	(2.91)	46	(2.1)	117.8	(5.40)
2 and over...	6563	19	(0.9)	109.8	(4.23)	10.7	(0.56)	10	(0.6)	125.9	(6.97)	57.6	(2.33)	46	(2.0)	106.1	(4.11)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	927	(30.5)	14	(3.2)	1 *	(0.3)	--		--		--		934	(31.9)
20 and over.....	892	12	(1.5)	816	(29.7)	24	(4.0)	3	(0.5)	750	(47.3)	194	(24.8)	26	(3.3)	826	(32.0)
2 and over...	1432	11	(1.4)	849	(18.6)	21	(3.1)	2	(0.4)	766	(39.0)	193	(19.9)	25	(2.6)	859	(20.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	937	(34.8)	21	(3.2)	2 *	(0.3)	788	(42.1)	209	(24.8)	27	(2.9)	953	(37.6)
20 and over.....	1577	20	(1.4)	895	(18.4)	45	(3.9)	5	(0.4)	820	(36.4)	224	(15.2)	27	(2.5)	914	(23.8)
2 and over...	2161	17	(1.1)	905	(17.5)	39	(3.3)	4	(0.4)	815	(31.8)	222	(14.2)	27	(2.4)	925	(21.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	915	(18.1)	37	(7.1)	4	(0.8)	818	(65.2)	224	(31.3)	27	(2.5)	934	(30.0)
20 and over.....	1774	26	(1.9)	933	(20.7)	61	(5.8)	7	(0.6)	838	(21.8)	233	(10.5)	28	(1.1)	966	(24.5)
2 and over...	2209	24	(1.7)	929	(17.6)	56	(5.2)	6	(0.6)	835	(18.4)	231	(10.1)	28	(1.1)	960	(22.4)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	920	(17.5)	23	(3.6)	3	(0.4)	821	(39.1)	210	(17.7)	26	(1.5)	932	(19.9)
20 and over.....	4798	21	(0.9)	893	(12.6)	48	(3.2)	5	(0.4)	832	(19.9)	232	(9.2)	28	(1.3)	909	(12.9)
2 and over...	6563	19	(0.9)	899	(9.5)	42	(2.9)	5	(0.3)	830	(16.9)	229	(8.6)	28	(1.2)	915	(10.5)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>P h o s p h o r u s</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	1186	(40.6)	31	(7.9)	3	(0.6)	--	--	--	--	--	--	1192	(42.8)
20 and over.....	892	12	(1.5)	1190	(25.6)	57	(8.5)	5	(0.7)	1183	(50.5)	459	(30.0)	39	(2.5)	1191	(29.5)
2 and over...	1432	11	(1.4)	1189	(19.5)	49	(7.2)	4	(0.6)	1168	(45.4)	454	(27.2)	39	(2.1)	1192	(22.7)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	1190	(30.4)	38	(4.4)	3	(0.4)	1080	(54.4)	383	(27.4)	36	(2.6)	1202	(30.4)
20 and over.....	1577	20	(1.4)	1272	(27.0)	105	(11.4)	8	(0.9)	1275	(49.8)	528	(37.2)	41	(3.4)	1272	(32.1)
2 and over...	2161	17	(1.1)	1252	(22.3)	89	(9.2)	7	(0.7)	1248	(43.0)	508	(34.9)	41	(3.2)	1253	(25.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1198	(25.4)	64	(11.5)	5	(1.0)	1139	(60.1)	390	(40.4)	34	(2.5)	1210	(36.1)
20 and over.....	1774	26	(1.9)	1370	(25.8)	131	(11.8)	10	(0.9)	1319	(29.0)	501	(18.6)	38	(1.1)	1387	(28.6)
2 and over...	2209	24	(1.7)	1338	(22.3)	119	(10.6)	9	(0.8)	1297	(24.7)	487	(18.0)	38	(1.1)	1351	(25.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	1186	(18.5)	43	(5.9)	4	(0.5)	1109	(27.9)	385	(19.3)	35	(1.4)	1195	(21.9)
20 and over.....	4798	21	(0.9)	1293	(16.1)	107	(6.6)	8	(0.5)	1298	(26.6)	514	(15.6)	40	(1.5)	1292	(15.9)
2 and over...	6563	19	(0.9)	1268	(13.3)	92	(6.0)	7	(0.5)	1272	(24.1)	496	(14.1)	39	(1.3)	1267	(13.8)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	236	(6.2)	5	(1.2)	2*	(0.5)	--		--		--		238	(7.0)
20 and over.....	892	12	(1.5)	260	(5.1)	11	(1.9)	4	(0.7)	265	(10.9)	85	(7.4)	32	(2.7)	259	(6.4)
2 and over...	1432	11	(1.4)	252	(3.7)	9	(1.5)	3	(0.6)	253	(9.9)	82	(6.7)	32	(2.3)	252	(4.3)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	237	(5.3)	6	(0.7)	3	(0.3)	219	(10.5)	62	(6.1)	29	(2.8)	238	(5.5)
20 and over.....	1577	20	(1.4)	284	(5.2)	19	(2.0)	7	(0.7)	283	(12.2)	95	(5.4)	34	(2.6)	284	(5.8)
2 and over...	2161	17	(1.1)	272	(4.3)	16	(1.6)	6	(0.6)	274	(10.1)	90	(5.1)	33	(2.5)	272	(4.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	242	(4.8)	11	(2.0)	4	(0.8)	226	(11.6)	65	(6.4)	29	(2.3)	246	(5.7)
20 and over.....	1774	26	(1.9)	324	(9.5)	24	(2.2)	7	(0.8)	316	(11.5)	91	(3.9)	29	(1.1)	327	(10.4)
2 and over...	2209	24	(1.7)	309	(8.3)	21	(2.1)	7	(0.7)	305	(9.3)	88	(3.5)	29	(1.1)	310	(8.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	238	(3.4)	7	(1.0)	3	(0.4)	221	(7.7)	63	(3.0)	29	(1.1)	241	(3.7)
20 and over.....	4798	21	(0.9)	296	(5.7)	20	(1.2)	7	(0.4)	302	(8.8)	95	(2.6)	31	(1.1)	294	(5.4)
2 and over...	6563	19	(0.9)	282	(4.7)	17	(1.1)	6	(0.4)	290	(7.5)	90	(2.2)	31	(1.0)	281	(4.5)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

		<b>I r o n</b>															
		————— <i>All Individuals</i> <sup>3</sup> —————						—— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ——						<i>Non-consumers</i> <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	11.6	(0.49)	0.2	(0.06)	2*	(0.5)	--		--		--		11.8	(0.54)
20 and over.....	892	12	(1.5)	11.5	(0.27)	0.5	(0.08)	4	(0.8)	10.1	(0.61)	3.9	(0.34)	39	(3.9)	11.7	(0.32)
2 and over...	1432	11	(1.4)	11.5	(0.27)	0.4	(0.07)	4	(0.6)	10.0	(0.57)	3.8	(0.28)	38	(3.4)	11.7	(0.32)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	12.1	(0.46)	0.3	(0.03)	2	(0.3)	10.2	(0.58)	3.0	(0.25)	29	(2.2)	12.3	(0.48)
20 and over.....	1577	20	(1.4)	12.5	(0.22)	0.9	(0.10)	7	(0.8)	11.8	(0.28)	4.6	(0.33)	39	(2.9)	12.7	(0.27)
2 and over...	2161	17	(1.1)	12.4	(0.20)	0.8	(0.08)	6	(0.6)	11.6	(0.22)	4.4	(0.30)	38	(2.8)	12.6	(0.24)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	12.3	(0.32)	0.6	(0.11)	5	(0.9)	11.8	(0.76)	3.5	(0.38)	30	(3.0)	12.3	(0.43)
20 and over.....	1774	26	(1.9)	13.5	(0.36)	1.2	(0.11)	9	(0.9)	13.0	(0.38)	4.6	(0.19)	35	(1.6)	13.7	(0.40)
2 and over...	2209	24	(1.7)	13.3	(0.32)	1.1	(0.10)	8	(0.8)	12.9	(0.29)	4.4	(0.17)	34	(1.4)	13.4	(0.39)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	11.9	(0.20)	0.4	(0.06)	3	(0.5)	10.9	(0.45)	3.3	(0.22)	30	(1.7)	12.1	(0.22)
20 and over.....	4798	21	(0.9)	12.7	(0.19)	1.0	(0.07)	8	(0.5)	12.4	(0.21)	4.6	(0.17)	37	(1.7)	12.7	(0.21)
2 and over...	6563	19	(0.9)	12.5	(0.16)	0.8	(0.06)	7	(0.5)	12.1	(0.15)	4.4	(0.15)	36	(1.5)	12.6	(0.19)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>Z i n c</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————    — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	7.9	(0.27)	0.2	(0.06)	3	(0.8)	--		--		--		7.9	(0.28)
20 and over.....	892	12	(1.5)	9.1	(0.17)	0.5	(0.10)	6	(1.0)	8.9	(0.61)	4.3	(0.57)	48	(4.1)	9.1	(0.19)
2 and over...	1432	11	(1.4)	8.7	(0.15)	0.4	(0.07)	5	(0.8)	8.6	(0.53)	4.0	(0.47)	47	(3.4)	8.8	(0.15)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	8.5	(0.25)	0.3	(0.04)	4	(0.4)	7.7	(0.56)	3.1	(0.39)	40	(3.2)	8.6	(0.25)
20 and over.....	1577	20	(1.4)	9.7	(0.24)	0.8	(0.12)	9	(1.2)	9.5	(0.25)	4.1	(0.38)	44	(3.9)	9.7	(0.30)
2 and over...	2161	17	(1.1)	9.4	(0.21)	0.7	(0.10)	7	(1.0)	9.2	(0.23)	4.0	(0.37)	43	(3.7)	9.4	(0.25)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	8.4	(0.17)	0.5	(0.10)	6	(1.1)	7.7	(0.38)	2.9	(0.35)	37	(3.3)	8.5	(0.19)
20 and over.....	1774	26	(1.9)	10.5	(0.20)	1.2	(0.12)	11	(1.1)	10.6	(0.37)	4.4	(0.30)	42	(2.0)	10.5	(0.21)
2 and over...	2209	24	(1.7)	10.1	(0.16)	1.0	(0.11)	10	(1.1)	10.2	(0.31)	4.2	(0.26)	41	(1.8)	10.1	(0.16)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	8.3	(0.14)	0.3	(0.05)	4	(0.6)	7.8	(0.32)	3.0	(0.24)	39	(2.0)	8.4	(0.15)
20 and over.....	4798	21	(0.9)	9.9	(0.12)	0.9	(0.07)	9	(0.7)	10.1	(0.23)	4.4	(0.21)	43	(1.8)	9.9	(0.13)
2 and over...	6563	19	(0.9)	9.5	(0.10)	0.8	(0.06)	8	(0.6)	9.8	(0.20)	4.2	(0.19)	43	(1.7)	9.5	(0.11)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C o p p e r</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	0.9	(0.03)	#		2*	(0.5)	--		--		--		0.9	(0.03)
20 and over.....	892	12	(1.5)	1.1	(0.08)	0.1*	(0.02)	5*	(1.8)	1.1	(0.15)	0.5*	(0.15)	42	(8.3)	1.1	(0.09)
2 and over...	1432	11	(1.4)	1.0	(0.06)	#		4	(1.3)	1.0	(0.13)	0.4	(0.13)	41	(7.3)	1.0	(0.06)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	0.9	(0.03)	#		3	(0.6)	0.9	(0.07)	0.3	(0.07)	31	(6.3)	0.9	(0.03)
20 and over.....	1577	20	(1.4)	1.1	(0.02)	0.1	(0.01)	7	(0.6)	1.1	(0.05)	0.4	(0.02)	34	(2.4)	1.1	(0.02)
2 and over...	2161	17	(1.1)	1.0	(0.01)	0.1	(0.01)	6	(0.5)	1.1	(0.04)	0.4	(0.02)	33	(2.5)	1.0	(0.02)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	1.0	(0.03)	#		4	(0.9)	0.9	(0.07)	0.3	(0.04)	28	(3.8)	1.0	(0.03)
20 and over.....	1774	26	(1.9)	1.3	(0.04)	0.1	(0.01)	8	(0.9)	1.3	(0.06)	0.4	(0.02)	31	(2.0)	1.3	(0.04)
2 and over...	2209	24	(1.7)	1.2	(0.04)	0.1	(0.01)	8	(0.9)	1.2	(0.06)	0.4	(0.02)	31	(1.9)	1.2	(0.03)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	0.9	(0.02)	#		3	(0.4)	0.9	(0.05)	0.3	(0.02)	29	(2.2)	0.9	(0.02)
20 and over.....	4798	21	(0.9)	1.2	(0.03)	0.1	(0.01)	7	(0.6)	1.2	(0.05)	0.4	(0.02)	34	(1.7)	1.2	(0.03)
2 and over...	6563	19	(0.9)	1.1	(0.03)	0.1	(0.01)	6	(0.5)	1.2	(0.04)	0.4	(0.02)	33	(1.6)	1.1	(0.03)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>S e l e n i u m</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	90.6	(3.28)	2.9	(0.78)	3	(0.9)	--		--		--		91.2	(3.51)
20 and over.....	892	12	(1.5)	103.0	(3.67)	6.5	(1.22)	6	(1.1)	109.4	(10.81)	53.0	(7.36)	48	(4.1)	102.1	(3.35)
2 and over...	1432	11	(1.4)	99.3	(2.94)	5.5	(0.93)	5	(0.8)	104.3	(8.59)	50.6	(5.96)	48	(3.5)	98.7	(2.62)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	89.4	(2.42)	3.5	(0.46)	4	(0.5)	86.1	(6.61)	35.4	(4.95)	41	(4.0)	89.7	(2.18)
20 and over.....	1577	20	(1.4)	107.7	(2.44)	10.2	(1.24)	9	(1.1)	107.5	(6.18)	50.9	(4.43)	47	(4.4)	107.7	(2.46)
2 and over...	2161	17	(1.1)	103.1	(1.91)	8.5	(1.03)	8	(1.0)	104.5	(5.63)	48.7	(4.51)	47	(4.2)	102.8	(1.76)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	93.7	(3.57)	6.5	(1.22)	7	(1.2)	93.3	(5.18)	39.8	(3.26)	43	(2.9)	93.8	(4.29)
20 and over.....	1774	26	(1.9)	115.1	(2.41)	13.5	(1.17)	12	(1.1)	115.4	(3.66)	51.5	(2.31)	45	(1.4)	115.0	(2.73)
2 and over...	2209	24	(1.7)	111.1	(2.04)	12.2	(1.10)	11	(1.0)	112.6	(2.92)	50.0	(2.06)	44	(1.3)	110.6	(2.20)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	90.2	(1.67)	4.2	(0.60)	5	(0.6)	88.8	(3.94)	37.5	(2.50)	42	(1.5)	90.4	(1.83)
20 and over.....	4798	21	(0.9)	109.3	(1.59)	10.9	(0.73)	10	(0.7)	112.1	(2.90)	52.5	(1.87)	47	(2.0)	108.6	(1.56)
2 and over...	6563	19	(0.9)	104.9	(1.32)	9.4	(0.68)	9	(0.6)	108.9	(2.54)	50.4	(1.86)	46	(1.8)	103.9	(1.31)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	2034	(48.8)	51	(13.1)	2	(0.6)	--	--	--	--	--	--	2045	(54.9)
20 and over.....	892	12	(1.5)	2188	(49.9)	96	(14.4)	4	(0.7)	2091	(93.5)	777	(51.4)	37	(2.6)	2202	(58.8)
2 and over...	1432	11	(1.4)	2142	(33.3)	82	(12.6)	4	(0.6)	2052	(82.8)	763	(44.9)	37	(2.4)	2153	(37.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	2075	(56.9)	61	(6.0)	3	(0.3)	1866	(109.2)	623	(44.4)	33	(2.9)	2098	(61.0)
20 and over.....	1577	20	(1.4)	2417	(45.6)	197	(18.3)	8	(0.7)	2427	(76.2)	985	(52.4)	41	(2.3)	2414	(50.5)
2 and over...	2161	17	(1.1)	2333	(41.8)	163	(14.3)	7	(0.6)	2349	(64.0)	934	(49.1)	40	(2.2)	2329	(46.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	2058	(38.7)	104	(18.4)	5	(0.9)	2013	(84.0)	633	(42.7)	31	(2.2)	2067	(42.8)
20 and over.....	1774	26	(1.9)	2692	(64.2)	246	(25.5)	9	(1.0)	2663	(65.4)	941	(46.8)	35	(1.7)	2703	(72.5)
2 and over...	2209	24	(1.7)	2574	(56.8)	220	(22.9)	9	(0.9)	2581	(52.9)	903	(43.1)	35	(1.6)	2572	(64.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	2062	(29.0)	69	(9.7)	3	(0.5)	1937	(50.7)	623	(27.6)	32	(1.1)	2077	(34.5)
20 and over.....	4798	21	(0.9)	2478	(38.6)	200	(11.7)	8	(0.5)	2533	(62.2)	963	(26.1)	38	(1.0)	2463	(38.7)
2 and over...	6563	19	(0.9)	2381	(34.4)	170	(10.7)	7	(0.4)	2450	(52.3)	915	(24.5)	37	(0.9)	2365	(35.7)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>S o d i u m</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ——— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	2758	(101.7)	110	(31.1)	4	(1.1)	--		--		--		2745	(101.1)
20 and over.....	892	12	(1.5)	2990	(56.6)	170	(22.9)	6	(0.7)	2967	(209.2)	1375	(91.1)	46	(2.2)	2994	(62.0)
2 and over...	1432	11	(1.4)	2921	(47.5)	152	(21.1)	5	(0.7)	2957	(179.0)	1405	(87.2)	47	(2.2)	2917	(49.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	2824	(88.5)	126	(16.0)	4	(0.5)	3036	(182.0)	1276	(99.0)	42	(3.1)	2801	(89.8)
20 and over.....	1577	20	(1.4)	3195	(71.2)	341	(33.6)	11	(1.0)	3476	(150.2)	1707	(96.5)	49	(2.7)	3125	(66.5)
2 and over...	2161	17	(1.1)	3103	(56.9)	288	(27.0)	9	(0.8)	3415	(133.4)	1647	(90.4)	48	(2.5)	3038	(57.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	2852	(97.9)	193	(36.9)	7	(1.2)	2830	(90.7)	1178	(118.1)	42	(3.3)	2857	(118.3)
20 and over.....	1774	26	(1.9)	3354	(63.3)	428	(36.8)	13	(1.1)	3501	(123.2)	1633	(68.2)	47	(1.1)	3302	(68.0)
2 and over...	2209	24	(1.7)	3261	(58.2)	384	(33.4)	12	(1.0)	3417	(98.2)	1576	(58.1)	46	(1.2)	3211	(61.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	2789	(61.5)	139	(21.6)	5	(0.7)	2899	(77.3)	1247	(80.2)	43	(2.1)	2775	(62.8)
20 and over.....	4798	21	(0.9)	3212	(38.3)	346	(21.0)	11	(0.6)	3470	(80.3)	1664	(42.9)	48	(1.0)	3144	(35.8)
2 and over...	6563	19	(0.9)	3113	(32.1)	298	(19.3)	10	(0.6)	3390	(71.0)	1605	(36.6)	47	(1.0)	3050	(30.7)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C a f f e i n e</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	19.3	(3.47)	0.6*	(0.34)	3*	(1.6)	--	--	--	--	18.6	(3.33)		
20 and over.....	892	12	(1.5)	115.1	(5.72)	3.0*	(1.19)	3*	(1.0)	114.3	(14.82)	24.1*	(9.39)	21*	(7.3)	115.2	(5.47)
2 and over...	1432	11	(1.4)	86.5	(4.85)	2.3*	(0.84)	3*	(0.9)	97.2	(11.66)	21.0*	(7.62)	22*	(7.0)	85.2	(4.66)
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	22.7	(2.94)	0.3*	(0.14)	1*	(0.6)	25.7	(6.75)	2.9*	(1.30)	--	22.3	(2.94)	
20 and over.....	1577	20	(1.4)	153.4	(7.15)	6.0*	(2.34)	4*	(1.6)	181.1	(15.85)	29.9*	(10.22)	17*	(5.0)	146.5	(9.02)
2 and over...	2161	17	(1.1)	121.1	(4.98)	4.6*	(1.79)	4*	(1.5)	159.5	(13.34)	26.1*	(8.98)	16	(4.9)	113.0	(6.26)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	16.4	(2.30)	1.1*	(0.37)	7*	(2.0)	19.6	(5.49)	6.5*	(2.11)	--	15.8	(2.42)	
20 and over.....	1774	26	(1.9)	167.6	(6.07)	8.3*	(2.75)	5*	(1.6)	173.5	(10.38)	31.5	(8.94)	18	(4.5)	165.5	(7.28)
2 and over...	2209	24	(1.7)	139.5	(6.52)	6.9*	(2.26)	5*	(1.6)	154.3	(9.63)	28.4	(8.03)	18	(4.4)	134.7	(7.67)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	19.4	(1.93)	0.6*	(0.20)	3	(0.8)	25.2	(3.79)	5.7	(1.52)	23	(4.6)	18.6	(1.88)
20 and over.....	4798	21	(0.9)	148.9	(4.28)	6.0	(0.71)	4	(0.5)	162.3	(5.52)	28.8	(3.20)	18	(1.8)	145.3	(4.59)
2 and over...	6563	19	(0.9)	118.7	(3.89)	4.8	(0.55)	4	(0.5)	143.1	(5.03)	25.6	(2.82)	18	(1.8)	113.1	(4.03)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>A l c o h o l</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	7	(1.6)	--		--		--		--		--		--		--	
20 and over.....	892	12	(1.5)	6.5	(1.29)	0.5*	(0.21)	8*	(3.0)	8.7	(1.45)	4.2*	(1.49)	--		6.2	(1.38)
2 and over...	1432	11	(1.4)	--		--		--		--		--		--		--	
<b>131-350% poverty:</b>																	
2 - 19.....	584	10	(1.2)	--		--		--		--		--		--		--	
20 and over.....	1577	20	(1.4)	8.1	(0.94)	1.1*	(0.37)	14	(3.9)	13.4	(2.56)	5.8	(1.69)	43	(7.2)	6.8	(0.82)
2 and over...	2161	17	(1.1)	--		--		--		--		--		--		--	
<b>Over 350% poverty:</b>																	
2 - 19.....	435	16	(2.6)	--		--		--		--		--		--		--	
20 and over.....	1774	26	(1.9)	9.0	(0.67)	2.2	(0.24)	24	(2.2)	13.2	(1.36)	8.2	(1.00)	62	(4.2)	7.4	(0.74)
2 and over...	2209	24	(1.7)	--		--		--		--		--		--		--	
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	11	(1.4)	--		--		--		--		--		--		--	
20 and over.....	4798	21	(0.9)	8.1	(0.32)	1.5	(0.19)	18	(2.0)	13.7	(1.05)	7.2	(0.83)	53	(3.8)	6.7	(0.28)
2 and over...	6563	19	(0.9)	--		--		--		--		--		--		--	

### Symbol Legend

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

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

**Percent reporting:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction. The VIF used in this table is 1.66.

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

# Indicates a non-zero value too small to report.

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

### Footnotes

<sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

<sup>2</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>3</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

<sup>4</sup> **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

<sup>5</sup> **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

<sup>6</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

<sup>7</sup> Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

<sup>8</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1567	(58.2)	133	(18.2)	8	(1.2)	1698	(108.3)	498	(76.2)	29	(3.2)	1519	(74.0)
6 - 11.....	301	33	(4.0)	1894	(44.4)	204	(30.2)	11	(1.5)	2033	(58.9)	624	(41.9)	31	(1.8)	1827	(54.6)
12 - 19.....	366	38	(3.1)	2297	(61.2)	404	(45.0)	18	(1.9)	2428	(89.8)	1064	(67.7)	44	(3.0)	2217	(91.7)
20 - 39.....	482	44	(2.8)	2362	(59.1)	434	(31.8)	18	(1.3)	2571	(105.7)	994	(84.2)	39	(2.9)	2199	(71.2)
40 - 59.....	576	38	(2.3)	2434	(35.7)	368	(36.4)	15	(1.5)	2709	(61.3)	957	(69.4)	35	(2.5)	2263	(48.4)
60 and over.....	1057	28	(1.0)	2169	(46.3)	201	(11.7)	9	(0.5)	2258	(71.4)	723	(31.1)	32	(1.1)	2135	(44.3)
2 - 19.....	873	34	(2.3)	2013	(42.2)	282	(22.8)	14	(1.0)	2184	(68.9)	833	(36.2)	38	(1.6)	1926	(45.7)
20 and over...	2115	37	(1.4)	2330	(25.9)	343	(21.4)	15	(0.9)	2550	(52.2)	921	(51.9)	36	(1.7)	2199	(40.3)
2 and over...	2988	36	(1.1)	2252	(19.6)	328	(15.1)	15	(0.6)	2467	(31.0)	901	(38.6)	37	(1.3)	2129	(34.9)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1495	(47.5)	135	(20.6)	9	(1.4)	1588	(102.5)	455	(53.9)	29	(3.7)	1456	(44.4)
6 - 11.....	308	35	(2.8)	1861	(57.3)	218	(22.0)	12	(1.1)	1940	(94.9)	614	(36.2)	32	(1.6)	1817	(66.3)
12 - 19.....	392	43	(2.4)	1731	(45.9)	335	(42.4)	19	(2.3)	1937	(54.1)	783	(82.8)	40	(3.6)	1577	(62.6)
20 - 39.....	632	43	(2.0)	1846	(43.8)	308	(22.6)	17	(1.3)	1866	(74.0)	712	(37.8)	38	(1.9)	1830	(83.6)
40 - 59.....	755	37	(2.1)	1765	(48.6)	236	(19.7)	13	(1.1)	1918	(88.9)	637	(39.4)	33	(2.1)	1676	(39.1)
60 and over.....	1296	25	(2.4)	1665	(20.1)	142	(15.7)	9	(0.9)	1789	(37.2)	570	(42.5)	32	(2.1)	1624	(21.3)
2 - 19.....	892	38	(1.8)	1728	(26.7)	257	(25.1)	15	(1.3)	1884	(50.6)	681	(52.6)	36	(2.1)	1633	(25.4)
20 and over...	2683	35	(1.2)	1760	(25.1)	230	(13.7)	13	(0.7)	1866	(50.0)	654	(25.9)	35	(1.3)	1703	(24.8)
2 and over...	3575	36	(1.0)	1753	(20.4)	236	(13.1)	13	(0.7)	1871	(42.3)	660	(27.5)	35	(1.2)	1688	(22.1)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	1875	(26.2)	270	(17.4)	14	(0.8)	2031	(48.4)	755	(34.4)	37	(1.2)	1789	(26.0)
20 and over...	4798	36	(1.0)	2036	(20.7)	285	(12.5)	14	(0.6)	2207	(33.4)	787	(29.3)	36	(1.1)	1939	(26.1)
2 and over...	6563	36	(0.7)	1999	(16.1)	281	(8.8)	14	(0.4)	2167	(24.3)	780	(20.4)	36	(0.9)	1904	(21.5)

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 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	54.7	(2.70)	4.0	(0.64)	7	(1.1)	54.5	(3.47)	14.9	(2.33)	27	(3.4)	54.7	(3.35)
6 - 11.....	301	33	(4.0)	63.2	(1.31)	7.3	(1.11)	12	(1.8)	65.4	(1.74)	22.3	(1.64)	34	(2.8)	62.1	(1.71)
12 - 19.....	366	38	(3.1)	83.8	(2.58)	16.0	(2.18)	19	(2.5)	88.6	(4.43)	42.2	(3.69)	48	(4.2)	80.8	(3.15)
20 - 39.....	482	44	(2.8)	91.8	(2.96)	16.9	(1.39)	18	(1.5)	99.9	(5.10)	38.7	(3.82)	39	(3.5)	85.5	(3.56)
40 - 59.....	576	38	(2.3)	93.2	(1.60)	14.6	(1.57)	16	(1.6)	98.5	(2.40)	38.0	(3.16)	39	(3.0)	89.9	(1.93)
60 and over.....	1057	28	(1.0)	81.7	(1.69)	8.0	(0.48)	10	(0.6)	80.9	(2.54)	28.8	(1.47)	36	(1.7)	82.0	(1.61)
2 - 19.....	873	34	(2.3)	71.0	(1.61)	10.7	(1.16)	15	(1.5)	75.7	(3.10)	31.4	(2.02)	42	(2.3)	68.6	(1.76)
20 and over...	2115	37	(1.4)	89.3	(1.25)	13.5	(0.94)	15	(1.0)	95.2	(2.45)	36.3	(2.41)	38	(2.1)	85.8	(1.47)
2 and over...	2988	36	(1.1)	84.8	(0.97)	12.8	(0.72)	15	(0.8)	90.8	(1.68)	35.2	(1.90)	39	(1.8)	81.4	(1.37)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	50.3	(1.79)	4.6	(0.67)	9	(1.4)	50.0	(3.93)	15.6	(1.73)	31	(4.4)	50.4	(1.97)
6 - 11.....	308	35	(2.8)	60.1	(1.79)	6.6	(0.71)	11	(1.1)	59.5	(3.73)	18.8	(1.38)	32	(2.0)	60.4	(1.67)
12 - 19.....	392	43	(2.4)	57.5	(2.11)	11.4	(1.78)	20	(2.8)	61.3	(3.36)	26.5	(3.74)	43	(4.4)	54.7	(2.86)
20 - 39.....	632	43	(2.0)	69.7	(1.95)	11.6	(1.09)	17	(1.6)	67.6	(2.56)	26.7	(2.01)	40	(2.3)	71.2	(2.92)
40 - 59.....	755	37	(2.1)	66.3	(1.97)	9.1	(0.79)	14	(1.2)	68.4	(3.37)	24.6	(1.52)	36	(2.4)	65.0	(1.92)
60 and over.....	1296	25	(2.4)	60.6	(0.95)	5.5	(0.69)	9	(1.1)	63.8	(1.88)	21.9	(1.87)	34	(2.2)	59.6	(0.97)
2 - 19.....	892	38	(1.8)	57.0	(1.16)	8.5	(1.03)	15	(1.6)	59.0	(2.45)	22.5	(2.44)	38	(3.0)	55.7	(1.26)
20 and over...	2683	35	(1.2)	65.6	(1.05)	8.8	(0.61)	13	(0.9)	67.0	(1.73)	24.9	(1.32)	37	(1.8)	64.9	(1.10)
2 and over...	3575	36	(1.0)	63.7	(0.94)	8.7	(0.59)	14	(0.8)	65.1	(1.54)	24.3	(1.38)	37	(1.8)	62.9	(0.97)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	64.2	(1.08)	9.6	(0.84)	15	(1.2)	67.2	(2.34)	26.8	(1.78)	40	(1.9)	62.5	(0.98)
20 and over...	4798	36	(1.0)	77.1	(0.90)	11.1	(0.53)	14	(0.7)	81.1	(1.47)	30.6	(1.34)	38	(1.5)	74.8	(1.00)
2 and over...	6563	36	(0.7)	74.1	(0.73)	10.7	(0.39)	14	(0.5)	77.9	(1.06)	29.7	(1.01)	38	(1.2)	71.9	(0.87)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	204	(8.3)	16	(2.2)	8	(1.1)	219	(12.4)	60	(7.8)	28	(2.9)	198	(9.9)
6 - 11.....	301	33	(4.0)	248	(6.6)	23	(3.5)	9	(1.4)	257	(10.0)	71	(4.4)	28	(1.5)	243	(8.8)
12 - 19.....	366	38	(3.1)	282	(8.3)	44	(4.5)	16	(1.5)	292	(14.1)	116	(6.3)	40	(2.8)	276	(12.2)
20 - 39.....	482	44	(2.8)	259	(6.1)	46	(3.2)	18	(1.2)	278	(10.1)	106	(7.9)	38	(2.6)	244	(7.9)
40 - 59.....	576	38	(2.3)	273	(4.6)	39	(4.2)	14	(1.5)	306	(7.9)	102	(8.0)	33	(2.6)	252	(6.0)
60 and over.....	1057	28	(1.0)	238	(4.5)	20	(1.4)	8	(0.6)	250	(9.3)	72	(3.7)	29	(1.2)	233	(4.5)
2 - 19.....	873	34	(2.3)	255	(5.2)	31	(2.3)	12	(0.8)	269	(9.7)	93	(3.6)	34	(1.6)	247	(6.1)
20 and over...	2115	37	(1.4)	257	(3.1)	36	(2.4)	14	(0.9)	282	(5.7)	97	(5.5)	34	(1.6)	243	(5.0)
2 and over...	2988	36	(1.1)	257	(2.3)	35	(1.7)	14	(0.7)	279	(3.6)	96	(4.1)	34	(1.3)	244	(3.7)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	195	(6.7)	15	(2.5)	7	(1.3)	208	(12.2)	49	(6.5)	24	(3.2)	190	(7.2)
6 - 11.....	308	35	(2.8)	243	(10.0)	26	(2.7)	11	(1.1)	252	(10.9)	72	(4.6)	29	(1.8)	238	(13.4)
12 - 19.....	392	43	(2.4)	216	(6.7)	38	(4.5)	18	(2.1)	238	(6.8)	90	(8.3)	38	(3.5)	200	(7.9)
20 - 39.....	632	43	(2.0)	211	(6.3)	34	(2.1)	16	(1.3)	214	(8.1)	78	(3.4)	36	(1.5)	210	(13.1)
40 - 59.....	755	37	(2.1)	203	(6.4)	25	(2.3)	13	(1.1)	220	(12.3)	69	(5.1)	31	(2.4)	192	(4.7)
60 and over.....	1296	25	(2.4)	189	(2.7)	14	(1.6)	8	(0.8)	200	(3.3)	57	(3.8)	29	(2.0)	185	(3.3)
2 - 19.....	892	38	(1.8)	221	(4.5)	30	(2.8)	13	(1.2)	238	(6.0)	78	(5.6)	33	(2.1)	211	(5.6)
20 and over...	2683	35	(1.2)	201	(3.3)	25	(1.4)	12	(0.6)	213	(6.5)	70	(2.6)	33	(1.0)	195	(3.9)
2 and over...	3575	36	(1.0)	206	(2.9)	26	(1.4)	13	(0.7)	219	(4.8)	72	(2.7)	33	(1.1)	198	(3.8)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	238	(3.5)	31	(1.7)	13	(0.6)	253	(5.4)	85	(3.4)	34	(1.1)	230	(4.3)
20 and over...	4798	36	(1.0)	228	(2.7)	30	(1.5)	13	(0.6)	247	(4.1)	83	(3.3)	34	(1.0)	218	(3.8)
2 and over...	6563	36	(0.7)	231	(2.2)	30	(1.1)	13	(0.5)	248	(3.0)	84	(2.4)	34	(0.8)	221	(3.2)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	94	(5.1)	7	(1.3)	7	(1.3)	105	(9.0)	24	(5.6)	23*	(4.7)	91	(4.9)
6 - 11.....	301	33	(4.0)	111	(5.5)	8	(2.0)	8	(1.6)	116	(8.8)	25	(3.7)	22	(2.4)	108	(6.0)
12 - 19.....	366	38	(3.1)	120	(4.0)	17	(1.6)	14	(1.4)	127	(7.2)	45	(3.3)	35	(3.2)	116	(7.1)
20 - 39.....	482	44	(2.8)	100	(3.0)	16	(1.5)	16	(1.5)	108	(6.0)	38	(2.8)	35	(2.4)	93	(4.6)
40 - 59.....	576	38	(2.3)	119	(3.7)	13	(1.6)	11	(1.4)	138	(5.6)	33	(3.9)	24	(2.9)	107	(4.1)
60 and over.....	1057	28	(1.0)	102	(2.8)	7	(0.8)	6	(0.7)	106	(6.1)	24	(2.2)	23	(1.7)	100	(2.3)
2 - 19.....	873	34	(2.3)	112	(2.8)	12	(1.0)	11	(0.7)	120	(5.4)	35	(1.7)	30	(1.9)	108	(3.7)
20 and over...	2115	37	(1.4)	107	(1.6)	12	(0.9)	11	(1.0)	118	(3.1)	33	(1.8)	28	(1.6)	100	(2.2)
2 and over...	2988	36	(1.1)	108	(1.4)	12	(0.7)	11	(0.7)	119	(2.9)	33	(1.4)	28	(1.3)	102	(1.5)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	88	(3.2)	4	(0.9)	4*	(1.0)	90	(4.1)	12	(2.3)	14*	(2.5)	88	(4.1)
6 - 11.....	308	35	(2.8)	109	(6.1)	9	(1.2)	9	(1.2)	109	(5.3)	26	(3.3)	24	(2.6)	109	(8.2)
12 - 19.....	392	43	(2.4)	92	(3.6)	15	(2.5)	16	(2.7)	97	(4.0)	34	(4.7)	35	(5.0)	88	(4.8)
20 - 39.....	632	43	(2.0)	86	(2.1)	13	(1.4)	15	(1.5)	91	(5.2)	30	(3.0)	34	(2.0)	82	(2.5)
40 - 59.....	755	37	(2.1)	88	(3.7)	8	(1.0)	9	(1.2)	97	(7.9)	22	(3.1)	23	(3.4)	83	(2.2)
60 and over.....	1296	25	(2.4)	84	(1.9)	5	(0.6)	6	(0.7)	87	(3.1)	20	(1.7)	23	(2.1)	83	(2.3)
2 - 19.....	892	38	(1.8)	97	(2.5)	11	(1.4)	11	(1.4)	100	(2.7)	28	(3.0)	28	(2.9)	95	(3.6)
20 and over...	2683	35	(1.2)	86	(2.0)	9	(0.7)	10	(0.7)	92	(4.4)	25	(1.7)	27	(1.3)	83	(1.2)
2 and over...	3575	36	(1.0)	88	(1.5)	9	(0.8)	10	(0.8)	94	(3.4)	26	(1.8)	28	(1.5)	85	(1.2)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	105	(1.6)	11	(0.7)	11	(0.6)	109	(2.9)	32	(1.7)	29	(1.6)	102	(2.9)
20 and over...	4798	36	(1.0)	96	(1.3)	10	(0.7)	11	(0.7)	105	(2.6)	29	(1.5)	28	(1.2)	91	(1.3)
2 and over...	6563	36	(0.7)	98	(1.0)	11	(0.6)	11	(0.6)	106	(2.3)	30	(1.3)	28	(1.2)	94	(1.0)

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 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	13.1	(0.94)	0.8	(0.11)	6*	(1.1)	12.7	(0.76)	2.9	(0.42)	23*	(2.8)	13.3	(1.24)
6 - 11.....	301	33	(4.0)	14.4	(0.55)	1.2	(0.18)	8	(1.3)	14.0	(0.81)	3.6	(0.42)	26	(2.2)	14.6	(0.74)
12 - 19.....	366	38	(3.1)	17.1	(0.47)	2.3	(0.25)	13	(1.5)	15.8	(0.77)	6.0	(0.39)	38	(2.5)	17.8	(0.78)
20 - 39.....	482	44	(2.8)	17.7	(1.02)	2.7	(0.21)	15	(1.1)	16.6	(0.74)	6.2	(0.61)	37	(3.0)	18.5	(1.44)
40 - 59.....	576	38	(2.3)	17.4	(0.53)	2.2	(0.27)	13	(1.5)	16.6	(0.65)	5.7	(0.51)	34	(2.5)	17.9	(0.75)
60 and over.....	1057	28	(1.0)	17.9	(0.43)	1.2	(0.08)	7	(0.5)	17.0	(0.70)	4.2	(0.26)	25	(1.4)	18.2	(0.52)
2 - 19.....	873	34	(2.3)	15.4	(0.42)	1.6	(0.14)	11	(0.9)	14.7	(0.60)	4.8	(0.27)	32	(1.5)	15.7	(0.56)
20 and over...	2115	37	(1.4)	17.7	(0.50)	2.1	(0.14)	12	(0.7)	16.7	(0.43)	5.6	(0.39)	33	(2.0)	18.2	(0.71)
2 and over...	2988	36	(1.1)	17.1	(0.42)	2.0	(0.11)	11	(0.6)	16.3	(0.35)	5.4	(0.31)	33	(1.7)	17.6	(0.59)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	12.4	(0.48)	1.1	(0.19)	9	(1.6)	12.4	(0.99)	3.6	(0.51)	29	(4.2)	12.4	(0.52)
6 - 11.....	308	35	(2.8)	15.1	(0.75)	1.3	(0.15)	9	(1.0)	14.0	(0.92)	3.7	(0.31)	26	(2.7)	15.7	(1.03)
12 - 19.....	392	43	(2.4)	13.6	(0.67)	2.2	(0.20)	16	(1.6)	14.4	(0.93)	5.1	(0.31)	35	(2.7)	12.9	(0.76)
20 - 39.....	632	43	(2.0)	15.7	(1.25)	1.9	(0.14)	12	(1.3)	13.6	(0.70)	4.4	(0.26)	32	(2.1)	17.2	(1.95)
40 - 59.....	755	37	(2.1)	15.1	(0.63)	1.5	(0.14)	10	(0.9)	14.6	(0.88)	4.0	(0.27)	27	(2.2)	15.3	(0.61)
60 and over.....	1296	25	(2.4)	14.3	(0.26)	0.9	(0.12)	6	(0.8)	13.8	(0.33)	3.6	(0.26)	26	(1.7)	14.4	(0.31)
2 - 19.....	892	38	(1.8)	13.8	(0.45)	1.7	(0.12)	12	(0.8)	14.0	(0.59)	4.4	(0.23)	32	(1.9)	13.8	(0.50)
20 and over...	2683	35	(1.2)	15.0	(0.57)	1.4	(0.09)	10	(0.6)	14.0	(0.53)	4.1	(0.14)	29	(1.3)	15.6	(0.67)
2 and over...	3575	36	(1.0)	14.8	(0.53)	1.5	(0.07)	10	(0.6)	14.0	(0.47)	4.2	(0.11)	30	(1.2)	15.2	(0.59)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	14.6	(0.39)	1.6	(0.09)	11	(0.6)	14.3	(0.46)	4.6	(0.16)	32	(1.0)	14.8	(0.46)
20 and over...	4798	36	(1.0)	16.3	(0.51)	1.7	(0.09)	11	(0.5)	15.4	(0.39)	4.8	(0.22)	31	(1.3)	16.8	(0.62)
2 and over...	6563	36	(0.7)	15.9	(0.45)	1.7	(0.07)	11	(0.4)	15.1	(0.37)	4.8	(0.17)	32	(1.1)	16.4	(0.53)

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 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>															
		— All Individuals <sup>2</sup> —					— Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	60.5	(2.43)	6.0	(1.05)	10	(1.7)	68.7	(6.14)	22.3	(4.80)	33	(4.4)	57.5	(3.17)
6 - 11.....	301	33	(4.0)	73.6	(2.23)	9.2	(1.41)	13	(1.8)	84.2	(2.68)	28.2	(2.36)	33	(2.7)	68.4	(2.29)
12 - 19.....	366	38	(3.1)	93.5	(2.28)	18.4	(2.14)	20	(2.2)	102.0	(3.17)	48.4	(3.46)	47	(3.3)	88.3	(3.80)
20 - 39.....	482	44	(2.8)	98.8	(3.20)	20.1	(1.63)	20	(1.6)	109.1	(5.51)	45.9	(4.31)	42	(3.4)	90.7	(4.26)
40 - 59.....	576	38	(2.3)	99.4	(2.12)	17.0	(1.64)	17	(1.7)	110.5	(2.75)	44.1	(3.30)	40	(3.0)	92.5	(3.26)
60 and over.....	1057	28	(1.0)	93.3	(2.79)	9.7	(0.59)	10	(0.5)	98.2	(3.38)	35.0	(1.77)	36	(1.3)	91.5	(2.88)
2 - 19.....	873	34	(2.3)	80.1	(1.88)	12.8	(1.02)	16	(1.2)	90.9	(2.46)	37.7	(1.77)	41	(1.8)	74.6	(2.08)
20 and over...	2115	37	(1.4)	97.4	(1.37)	16.0	(0.97)	16	(1.0)	107.2	(2.33)	42.9	(2.50)	40	(1.9)	91.6	(2.24)
2 and over...	2988	36	(1.1)	93.2	(1.07)	15.2	(0.68)	16	(0.7)	103.5	(1.41)	41.7	(1.88)	40	(1.5)	87.3	(1.91)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	58.2	(2.47)	6.6	(0.96)	11	(1.7)	63.2	(5.25)	22.1	(2.58)	35	(4.6)	56.1	(2.23)
6 - 11.....	308	35	(2.8)	73.5	(2.45)	9.9	(1.07)	14	(1.2)	78.3	(5.07)	28.1	(2.05)	36	(2.0)	70.8	(2.17)
12 - 19.....	392	43	(2.4)	71.1	(2.87)	15.3	(2.23)	22	(2.7)	82.0	(4.99)	35.8	(4.54)	44	(4.1)	63.0	(2.98)
20 - 39.....	632	43	(2.0)	77.9	(1.83)	14.2	(1.17)	18	(1.5)	80.1	(3.89)	32.9	(2.11)	41	(2.6)	76.2	(2.72)
40 - 59.....	755	37	(2.1)	75.1	(1.95)	10.8	(0.92)	14	(1.2)	83.9	(3.40)	29.3	(1.80)	35	(2.2)	70.0	(2.13)
60 and over.....	1296	25	(2.4)	71.6	(0.98)	6.9	(0.75)	10	(1.0)	79.4	(2.16)	27.7	(2.30)	35	(2.4)	69.1	(1.12)
2 - 19.....	892	38	(1.8)	69.4	(1.58)	11.8	(1.23)	17	(1.5)	78.0	(3.40)	31.3	(2.76)	40	(2.4)	64.1	(1.25)
20 and over...	2683	35	(1.2)	75.0	(1.10)	10.7	(0.68)	14	(0.8)	81.3	(2.17)	30.4	(1.35)	37	(1.6)	71.5	(0.89)
2 and over...	3575	36	(1.0)	73.7	(0.90)	11.0	(0.65)	15	(0.8)	80.5	(2.12)	30.6	(1.44)	38	(1.4)	69.9	(0.81)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	74.9	(1.40)	12.3	(0.88)	16	(1.0)	84.3	(2.51)	34.4	(1.83)	41	(1.5)	69.7	(1.25)
20 and over...	4798	36	(1.0)	85.8	(0.95)	13.3	(0.58)	15	(0.7)	94.2	(1.40)	36.6	(1.43)	39	(1.4)	81.1	(1.19)
2 and over...	6563	36	(0.7)	83.3	(0.75)	13.0	(0.40)	16	(0.5)	91.9	(0.97)	36.1	(1.06)	39	(1.1)	78.4	(0.99)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	20.1	(0.83)	2.1	(0.39)	10	(1.8)	23.2	(2.09)	7.7	(1.71)	33	(4.9)	18.9	(1.13)
6 - 11.....	301	33	(4.0)	25.1	(1.00)	3.2	(0.49)	13	(1.7)	30.0	(1.58)	9.7	(0.73)	32	(2.8)	22.8	(0.84)
12 - 19.....	366	38	(3.1)	31.9	(0.79)	6.0	(0.73)	19	(2.4)	32.9	(1.19)	15.8	(1.15)	48	(3.3)	31.2	(1.49)
20 - 39.....	482	44	(2.8)	32.0	(1.23)	6.5	(0.57)	20	(1.7)	35.2	(2.31)	15.0	(1.59)	43	(3.6)	29.5	(1.58)
40 - 59.....	576	38	(2.3)	31.8	(0.83)	5.6	(0.60)	18	(1.9)	36.3	(1.14)	14.6	(1.12)	40	(3.0)	29.0	(1.29)
60 and over.....	1057	28	(1.0)	29.6	(0.91)	3.2	(0.17)	11	(0.5)	31.3	(1.08)	11.6	(0.50)	37	(0.9)	28.9	(1.04)
2 - 19.....	873	34	(2.3)	27.2	(0.65)	4.2	(0.34)	16	(1.2)	30.4	(0.83)	12.5	(0.63)	41	(2.1)	25.6	(0.79)
20 and over...	2115	37	(1.4)	31.2	(0.58)	5.2	(0.35)	17	(1.0)	34.7	(1.04)	14.1	(0.95)	41	(2.0)	29.1	(0.80)
2 and over...	2988	36	(1.1)	30.2	(0.40)	5.0	(0.24)	17	(0.8)	33.7	(0.69)	13.7	(0.70)	41	(1.5)	28.2	(0.63)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	20.0	(0.82)	2.1	(0.29)	10	(1.5)	21.5	(1.96)	6.9	(0.81)	32	(3.9)	19.4	(0.91)
6 - 11.....	308	35	(2.8)	25.5	(0.82)	3.3	(0.38)	13	(1.3)	25.9	(1.79)	9.3	(0.95)	36	(2.9)	25.3	(0.97)
12 - 19.....	392	43	(2.4)	24.0	(0.97)	4.9	(0.73)	20	(2.8)	27.0	(1.78)	11.4	(1.41)	42	(4.1)	21.7	(1.32)
20 - 39.....	632	43	(2.0)	24.6	(0.67)	4.5	(0.37)	18	(1.5)	25.2	(1.42)	10.5	(0.74)	42	(2.5)	24.2	(1.00)
40 - 59.....	755	37	(2.1)	24.6	(0.74)	3.7	(0.33)	15	(1.4)	27.0	(1.09)	9.9	(0.67)	37	(2.5)	23.1	(0.90)
60 and over.....	1296	25	(2.4)	23.3	(0.49)	2.3	(0.28)	10	(1.1)	26.5	(0.78)	9.1	(0.88)	34	(2.8)	22.2	(0.51)
2 - 19.....	892	38	(1.8)	23.7	(0.50)	3.8	(0.42)	16	(1.6)	25.9	(1.21)	10.1	(0.97)	39	(2.8)	22.4	(0.65)
20 and over...	2683	35	(1.2)	24.2	(0.46)	3.5	(0.25)	15	(0.9)	26.1	(0.85)	10.0	(0.52)	38	(1.7)	23.1	(0.42)
2 and over...	3575	36	(1.0)	24.1	(0.34)	3.6	(0.22)	15	(0.8)	26.0	(0.75)	10.0	(0.52)	38	(1.6)	23.0	(0.39)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	25.5	(0.46)	4.0	(0.31)	16	(1.1)	28.1	(0.89)	11.3	(0.67)	40	(1.7)	24.1	(0.53)
20 and over...	4798	36	(1.0)	27.6	(0.42)	4.3	(0.21)	16	(0.7)	30.4	(0.58)	12.0	(0.53)	40	(1.5)	26.0	(0.51)
2 and over...	6563	36	(0.7)	27.1	(0.29)	4.3	(0.14)	16	(0.5)	29.9	(0.39)	11.8	(0.39)	40	(1.2)	25.5	(0.39)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	20.0	(0.94)	1.9	(0.31)	10	(1.6)	22.6	(1.85)	7.3	(1.44)	32	(4.1)	19.0	(1.18)
6 - 11.....	301	33	(4.0)	23.8	(0.81)	3.0	(0.47)	13	(1.8)	27.0	(0.96)	9.3	(0.86)	34	(2.7)	22.2	(0.91)
12 - 19.....	366	38	(3.1)	30.9	(0.76)	5.9	(0.70)	19	(2.2)	34.2	(1.36)	15.6	(1.31)	46	(3.6)	28.9	(1.36)
20 - 39.....	482	44	(2.8)	33.2	(1.27)	6.7	(0.55)	20	(1.6)	36.3	(2.10)	15.4	(1.48)	42	(3.5)	30.8	(1.53)
40 - 59.....	576	38	(2.3)	34.1	(0.76)	5.6	(0.56)	16	(1.7)	36.6	(0.83)	14.5	(1.12)	40	(3.1)	32.6	(1.09)
60 and over.....	1057	28	(1.0)	32.5	(1.06)	3.3	(0.23)	10	(0.6)	34.0	(1.26)	11.7	(0.75)	35	(1.6)	32.0	(1.15)
2 - 19.....	873	34	(2.3)	26.3	(0.61)	4.1	(0.32)	16	(1.2)	30.0	(0.81)	12.2	(0.58)	41	(1.9)	24.4	(0.77)
20 and over...	2115	37	(1.4)	33.3	(0.53)	5.3	(0.34)	16	(1.0)	35.9	(0.89)	14.3	(0.90)	40	(2.1)	31.8	(0.80)
2 and over...	2988	36	(1.1)	31.6	(0.41)	5.0	(0.25)	16	(0.8)	34.6	(0.60)	13.8	(0.71)	40	(1.7)	29.9	(0.71)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	18.9	(0.88)	2.2	(0.33)	11	(1.7)	20.4	(1.52)	7.3	(0.88)	36	(4.9)	18.3	(0.88)
6 - 11.....	308	35	(2.8)	23.3	(0.80)	3.2	(0.34)	14	(1.3)	25.5	(1.46)	9.1	(0.62)	36	(1.8)	22.1	(0.75)
12 - 19.....	392	43	(2.4)	22.8	(0.95)	4.9	(0.70)	21	(2.7)	26.2	(1.43)	11.4	(1.46)	43	(4.3)	20.2	(1.00)
20 - 39.....	632	43	(2.0)	26.0	(0.62)	4.6	(0.42)	18	(1.7)	26.3	(1.25)	10.6	(0.77)	40	(3.0)	25.8	(0.98)
40 - 59.....	755	37	(2.1)	25.2	(0.69)	3.5	(0.30)	14	(1.1)	28.5	(1.25)	9.6	(0.59)	34	(2.2)	23.3	(0.71)
60 and over.....	1296	25	(2.4)	24.1	(0.28)	2.3	(0.26)	10	(1.1)	26.6	(0.77)	9.3	(0.77)	35	(2.4)	23.2	(0.29)
2 - 19.....	892	38	(1.8)	22.2	(0.56)	3.8	(0.39)	17	(1.5)	25.1	(1.00)	10.1	(0.86)	40	(2.4)	20.4	(0.46)
20 and over...	2683	35	(1.2)	25.1	(0.33)	3.5	(0.23)	14	(0.9)	27.1	(0.70)	10.0	(0.48)	37	(1.7)	24.0	(0.29)
2 and over...	3575	36	(1.0)	24.5	(0.30)	3.6	(0.22)	15	(0.8)	26.7	(0.68)	10.0	(0.51)	37	(1.6)	23.3	(0.28)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	24.3	(0.48)	4.0	(0.26)	16	(1.0)	27.5	(0.74)	11.1	(0.55)	40	(1.4)	22.6	(0.50)
20 and over...	4798	36	(1.0)	29.1	(0.32)	4.4	(0.20)	15	(0.7)	31.5	(0.46)	12.1	(0.51)	38	(1.5)	27.7	(0.39)
2 and over...	6563	36	(0.7)	28.0	(0.26)	4.3	(0.15)	15	(0.6)	30.6	(0.33)	11.9	(0.40)	39	(1.3)	26.5	(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 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	13.7	(0.85)	1.4	(0.39)	10	(2.7)	15.9	(2.12)	5.3*	(1.66)	33	(6.4)	12.9	(0.90)
6 - 11.....	301	33	(4.0)	16.7	(0.60)	2.2	(0.37)	13	(2.2)	18.4	(1.32)	6.6	(0.85)	36	(3.1)	15.9	(0.76)
12 - 19.....	366	38	(3.1)	20.6	(0.76)	4.7	(0.55)	23	(2.4)	24.5	(0.98)	12.3	(0.93)	50	(3.5)	18.2	(0.93)
20 - 39.....	482	44	(2.8)	22.7	(0.76)	4.8	(0.44)	21	(1.8)	25.7	(0.94)	10.9	(0.97)	42	(3.5)	20.4	(1.23)
40 - 59.....	576	38	(2.3)	22.5	(0.57)	4.0	(0.40)	18	(1.7)	25.4	(1.35)	10.4	(1.02)	41	(3.1)	20.8	(0.79)
60 and over.....	1057	28	(1.0)	21.3	(0.73)	2.3	(0.18)	11	(0.7)	22.8	(1.12)	8.3	(0.55)	36	(1.7)	20.7	(0.64)
2 - 19.....	873	34	(2.3)	17.9	(0.59)	3.2	(0.28)	18	(1.4)	21.2	(0.86)	9.4	(0.51)	44	(1.7)	16.2	(0.57)
20 and over...	2115	37	(1.4)	22.2	(0.32)	3.8	(0.23)	17	(1.1)	25.0	(0.63)	10.2	(0.49)	41	(2.0)	20.6	(0.59)
2 and over...	2988	36	(1.1)	21.2	(0.34)	3.6	(0.16)	17	(0.8)	24.1	(0.50)	10.0	(0.40)	41	(1.7)	19.5	(0.53)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	12.8	(0.71)	1.7	(0.27)	14	(2.2)	14.3	(1.28)	5.8	(0.78)	41	(5.8)	12.2	(0.61)
6 - 11.....	308	35	(2.8)	16.7	(0.91)	2.5	(0.34)	15	(1.6)	19.0	(1.53)	7.1	(0.67)	37	(2.6)	15.4	(0.77)
12 - 19.....	392	43	(2.4)	16.9	(0.95)	4.2	(0.66)	25	(3.1)	20.4	(1.78)	9.7	(1.43)	48	(4.4)	14.3	(0.67)
20 - 39.....	632	43	(2.0)	18.8	(0.50)	3.7	(0.32)	20	(1.6)	20.1	(1.01)	8.5	(0.60)	42	(2.8)	17.7	(0.58)
40 - 59.....	755	37	(2.1)	17.2	(0.53)	2.6	(0.24)	15	(1.3)	19.8	(0.92)	6.9	(0.47)	35	(2.5)	15.7	(0.64)
60 and over.....	1296	25	(2.4)	16.6	(0.26)	1.6	(0.16)	10	(0.9)	18.0	(0.67)	6.6	(0.57)	36	(2.4)	16.1	(0.35)
2 - 19.....	892	38	(1.8)	16.0	(0.61)	3.1	(0.36)	20	(1.6)	19.0	(1.13)	8.3	(0.82)	44	(2.4)	14.2	(0.37)
20 and over...	2683	35	(1.2)	17.5	(0.30)	2.6	(0.16)	15	(0.8)	19.5	(0.56)	7.5	(0.29)	38	(1.5)	16.5	(0.24)
2 and over...	3575	36	(1.0)	17.2	(0.29)	2.8	(0.16)	16	(0.8)	19.4	(0.55)	7.7	(0.34)	40	(1.4)	16.0	(0.21)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	17.0	(0.47)	3.2	(0.24)	19	(1.2)	20.1	(0.79)	8.8	(0.51)	44	(1.6)	15.3	(0.36)
20 and over...	4798	36	(1.0)	19.8	(0.21)	3.2	(0.14)	16	(0.7)	22.2	(0.39)	8.8	(0.31)	40	(1.4)	18.5	(0.28)
2 and over...	6563	36	(0.7)	19.2	(0.23)	3.2	(0.10)	17	(0.6)	21.7	(0.37)	8.8	(0.24)	41	(1.2)	17.7	(0.28)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	210	(16.9)	13	(2.5)	6*	(1.1)	239	(24.6)	49	(10.2)	21*	(3.3)	199	(21.1)
6 - 11.....	301	33	(4.0)	229	(13.2)	24	(5.3)	11	(2.0)	248	(17.3)	74	(9.5)	30	(3.1)	220	(16.1)
12 - 19.....	366	38	(3.1)	305	(17.9)	56	(9.6)	18	(2.7)	308	(22.4)	147	(19.0)	48	(5.8)	303	(23.3)
20 - 39.....	482	44	(2.8)	378	(26.4)	66	(5.7)	18	(1.9)	403	(33.4)	152	(15.8)	38	(4.1)	358	(35.3)
40 - 59.....	576	38	(2.3)	371	(10.6)	50	(5.5)	14	(1.8)	386	(15.2)	131	(11.7)	34	(3.7)	362	(14.0)
60 and over.....	1057	28	(1.0)	351	(11.5)	33	(2.7)	9	(0.7)	344	(18.3)	118	(7.6)	34	(2.4)	354	(13.5)
2 - 19.....	873	34	(2.3)	260	(9.4)	37	(4.9)	14	(1.7)	277	(14.3)	108	(9.5)	39	(3.0)	251	(11.5)
20 and over...	2115	37	(1.4)	368	(9.3)	51	(3.9)	14	(1.0)	384	(13.8)	137	(9.3)	36	(2.2)	358	(13.0)
2 and over...	2988	36	(1.1)	341	(7.3)	47	(3.2)	14	(0.9)	360	(10.5)	130	(7.9)	36	(1.8)	331	(11.3)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	199	(17.5)	13	(2.0)	6*	(1.2)	174	(28.7)	43	(4.1)	25	(5.5)	209	(23.4)
6 - 11.....	308	35	(2.8)	227	(7.6)	21	(2.7)	9	(1.3)	216	(16.5)	60	(7.1)	28	(3.0)	233	(11.2)
12 - 19.....	392	43	(2.4)	219	(16.5)	39	(10.6)	18	(4.2)	235	(30.9)	91	(23.7)	39	(7.1)	206	(15.4)
20 - 39.....	632	43	(2.0)	287	(9.6)	45	(5.4)	16	(1.8)	283	(14.8)	104	(10.4)	37	(3.3)	291	(11.2)
40 - 59.....	755	37	(2.1)	278	(10.6)	35	(4.8)	13	(1.6)	294	(21.1)	95	(11.7)	32	(4.1)	268	(8.4)
60 and over.....	1296	25	(2.4)	264	(7.4)	22	(2.8)	8	(1.0)	261	(11.0)	88	(7.9)	34	(2.7)	265	(9.1)
2 - 19.....	892	38	(1.8)	218	(8.0)	28	(5.6)	13	(2.4)	220	(20.9)	74	(14.3)	34	(4.9)	216	(8.8)
20 and over...	2683	35	(1.2)	277	(5.5)	34	(3.0)	12	(1.0)	282	(7.7)	97	(7.5)	35	(2.5)	274	(6.3)
2 and over...	3575	36	(1.0)	264	(4.9)	33	(3.0)	12	(1.0)	267	(8.7)	92	(8.0)	34	(2.6)	262	(5.3)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	240	(6.3)	32	(4.1)	14	(1.6)	248	(11.6)	91	(9.7)	37	(3.0)	235	(6.4)
20 and over...	4798	36	(1.0)	321	(5.9)	42	(2.0)	13	(0.7)	333	(7.5)	117	(5.3)	35	(1.8)	314	(7.6)
2 and over...	6563	36	(0.7)	302	(4.7)	40	(1.6)	13	(0.6)	313	(6.0)	111	(4.6)	35	(1.5)	296	(6.8)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	440	(25.3)	26	(7.6)	6*	(1.8)	412	(34.7)	96	(28.3)	23*	(5.8)	450	(33.8)
6 - 11.....	301	33	(4.0)	516	(28.7)	35	(6.9)	7	(1.5)	470	(31.5)	108	(9.8)	23	(2.0)	538	(34.4)
12 - 19.....	366	38	(3.1)	582	(25.4)	76	(9.8)	13	(1.8)	577	(43.2)	200	(14.9)	35	(3.6)	584	(29.3)
20 - 39.....	482	44	(2.8)	577	(36.3)	87	(11.8)	15	(1.5)	595	(73.6)	199	(30.8)	33	(3.4)	562	(29.4)
40 - 59.....	576	38	(2.3)	620	(23.9)	69	(8.9)	11	(1.4)	588	(36.1)	179	(16.6)	30	(2.9)	640	(36.1)
60 and over.....	1057	28	(1.0)	654	(15.4)	40	(2.9)	6	(0.4)	569	(35.5)	144	(8.0)	25	(1.6)	686	(20.4)
2 - 19.....	873	34	(2.3)	531	(16.1)	52	(5.0)	10	(1.0)	516	(28.3)	154	(9.9)	30	(2.2)	538	(20.3)
20 and over...	2115	37	(1.4)	614	(16.6)	67	(6.6)	11	(1.0)	587	(33.6)	180	(17.9)	31	(2.4)	630	(17.2)
2 and over...	2988	36	(1.1)	594	(11.7)	63	(5.4)	11	(0.8)	571	(25.8)	174	(14.4)	30	(2.0)	607	(14.7)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	518	(73.4)	24	(4.2)	5*	(1.0)	463	(69.4)	80	(6.9)	17*	(2.4)	541	(100.1)
6 - 11.....	308	35	(2.8)	484	(19.7)	34	(5.4)	7	(1.0)	456	(41.8)	96	(15.3)	21	(3.3)	499	(17.2)
12 - 19.....	392	43	(2.4)	430	(16.1)	57	(11.2)	13	(2.4)	410	(19.7)	134	(21.2)	33	(4.6)	445	(27.2)
20 - 39.....	632	43	(2.0)	544	(33.4)	73	(6.6)	13	(1.5)	497	(31.9)	168	(14.1)	34	(3.3)	579	(43.8)
40 - 59.....	755	37	(2.1)	544	(23.0)	50	(5.2)	9	(1.0)	506	(27.9)	134	(12.6)	26	(2.7)	566	(26.2)
60 and over.....	1296	25	(2.4)	602	(44.8)	32	(3.7)	5	(0.7)	531	(26.8)	129	(9.8)	24	(1.9)	626	(55.0)
2 - 19.....	892	38	(1.8)	465	(15.9)	43	(6.4)	9	(1.4)	432	(21.3)	114	(14.6)	26	(2.9)	485	(22.1)
20 and over...	2683	35	(1.2)	563	(22.5)	52	(3.8)	9	(0.7)	508	(20.2)	147	(8.7)	29	(2.0)	592	(27.3)
2 and over...	3575	36	(1.0)	541	(18.5)	50	(2.8)	9	(0.6)	490	(17.6)	139	(7.2)	28	(1.7)	569	(22.6)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	499	(13.4)	48	(4.6)	10	(1.0)	473	(18.4)	133	(9.8)	28	(1.7)	513	(16.0)
20 and over...	4798	36	(1.0)	588	(17.0)	59	(3.4)	10	(0.6)	547	(20.8)	164	(9.4)	30	(1.7)	610	(18.6)
2 and over...	6563	36	(0.7)	567	(13.6)	57	(2.5)	10	(0.4)	530	(17.3)	157	(7.4)	30	(1.4)	588	(14.8)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1105	(200.0)	30*	(11.8)	3*	(1.1)	655	(125.4)	111*	(44.8)	17*	(6.6)	1269	(240.6)
6 - 11.....	301	33	(4.0)	1372	(282.0)	42	(8.7)	3*	(1.1)	738	(129.2)	128	(23.6)	17	(3.9)	1679	(371.4)
12 - 19.....	366	38	(3.1)	1591	(217.8)	120	(19.1)	8	(1.8)	1475	(375.1)	316	(53.5)	21*	(7.2)	1662	(270.7)
20 - 39.....	482	44	(2.8)	1812	(208.6)	262*	(99.7)	14	(4.3)	1508	(334.8)	599*	(238.5)	40	(8.9)	2048	(207.2)
40 - 59.....	576	38	(2.3)	2304	(196.1)	153	(29.4)	7	(1.2)	1721	(156.7)	398	(67.0)	23	(4.0)	2670	(318.0)
60 and over.....	1057	28	(1.0)	2666	(171.7)	120	(22.5)	5	(0.8)	2024	(359.7)	432	(79.7)	21	(3.6)	2913	(199.4)
2 - 19.....	873	34	(2.3)	1418	(148.7)	76	(10.0)	5	(1.0)	1108	(217.9)	223	(28.3)	20	(4.7)	1577	(196.6)
20 and over...	2115	37	(1.4)	2232	(131.3)	183	(42.3)	8	(1.6)	1697	(194.1)	491	(115.2)	29	(4.9)	2550	(154.8)
2 and over...	2988	36	(1.1)	2034	(94.3)	157	(31.9)	8	(1.4)	1563	(152.7)	430	(87.1)	28	(4.1)	2303	(114.8)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1150	(204.2)	23	(4.5)	2*	(0.5)	843	(225.2)	78	(17.3)	9*	(3.0)	1279	(257.9)
6 - 11.....	308	35	(2.8)	1279	(164.4)	49*	(20.0)	4*	(1.6)	1081	(245.0)	137*	(58.0)	13*	(5.2)	1388	(210.8)
12 - 19.....	392	43	(2.4)	1451	(171.9)	141*	(44.3)	10*	(3.1)	1318	(173.0)	329	(90.6)	25*	(7.5)	1550	(221.5)
20 - 39.....	632	43	(2.0)	2255	(224.2)	189	(34.9)	8	(1.5)	1659	(185.4)	438	(76.5)	26	(3.3)	2709	(305.6)
40 - 59.....	755	37	(2.1)	2273	(191.1)	130	(22.1)	6	(1.1)	1894	(179.0)	351	(59.8)	19	(3.1)	2495	(231.1)
60 and over.....	1296	25	(2.4)	2364	(132.9)	116	(17.8)	5	(0.7)	2112	(216.0)	466	(55.4)	22	(2.9)	2448	(144.3)
2 - 19.....	892	38	(1.8)	1335	(111.0)	87	(22.5)	7	(1.6)	1172	(135.5)	231	(55.2)	20	(4.9)	1435	(130.1)
20 and over...	2683	35	(1.2)	2296	(114.0)	146	(13.1)	6	(0.5)	1844	(127.4)	414	(33.0)	22	(1.8)	2542	(134.7)
2 and over...	3575	36	(1.0)	2083	(110.8)	133	(12.3)	6	(0.6)	1687	(119.3)	371	(32.2)	22	(2.0)	2304	(128.3)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	1378	(101.7)	81	(14.7)	6	(1.2)	1141	(122.9)	227	(36.3)	20	(3.8)	1510	(113.3)
20 and over...	4798	36	(1.0)	2265	(109.1)	164	(20.8)	7	(0.8)	1771	(135.3)	453	(60.1)	26	(2.7)	2546	(113.6)
2 and over...	6563	36	(0.7)	2059	(93.3)	145	(16.5)	7	(0.7)	1625	(119.8)	401	(46.9)	25	(2.3)	2303	(93.3)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	3943	(629.8)	281 *	(98.2)	7 *	(2.6)	3545	(596.1)	1052 *	(336.9)	--		4088	(940.3)
6 - 11.....	301	33	(4.0)	3865	(367.3)	540	(95.3)	14	(2.6)	3666	(490.6)	1653	(254.7)	45	(7.2)	3961	(534.2)
12 - 19.....	366	38	(3.1)	5434	(372.2)	654	(123.1)	12	(2.6)	4899	(650.4)	1721	(315.7)	35	(7.5)	5762	(592.5)
20 - 39.....	482	44	(2.8)	5039	(410.5)	982	(146.1)	19	(2.4)	4656	(574.2)	2247	(383.7)	48	(4.1)	5336	(622.5)
40 - 59.....	576	38	(2.3)	5396	(602.9)	808	(155.5)	15	(3.3)	4665	(526.8)	2100	(356.7)	45	(7.7)	5853	(838.2)
60 and over.....	1057	28	(1.0)	4466	(319.4)	384	(72.4)	9	(1.6)	4575	(357.7)	1381	(240.3)	30	(4.2)	4424	(393.3)
2 - 19.....	873	34	(2.3)	4610	(282.3)	539	(46.4)	12	(1.2)	4288	(432.6)	1590	(147.4)	37	(4.2)	4775	(452.7)
20 and over...	2115	37	(1.4)	4991	(269.1)	746	(101.8)	15	(1.8)	4641	(363.7)	2004	(270.0)	43	(4.5)	5199	(338.1)
2 and over...	2988	36	(1.1)	4898	(232.5)	695	(78.2)	14	(1.6)	4561	(282.4)	1910	(215.9)	42	(4.3)	5091	(311.2)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	3458	(742.8)	333	(69.9)	10 *	(2.5)	4005	(833.4)	1120	(223.7)	--		3226	(515.1)
6 - 11.....	308	35	(2.8)	4115	(529.4)	378	(75.5)	9	(1.8)	4301	(1252.8)	1067	(188.8)	25	(5.8)	4013	(414.8)
12 - 19.....	392	43	(2.4)	4410	(813.5)	1123 *	(476.5)	25 *	(8.7)	6363	(1158.5)	2624 *	(991.2)	41	(10.0)	2948	(844.1)
20 - 39.....	632	43	(2.0)	4435	(367.3)	592	(70.4)	13	(1.5)	3930	(334.4)	1369	(160.0)	35	(5.2)	4820	(691.4)
40 - 59.....	755	37	(2.1)	3529	(201.6)	490	(61.5)	14	(1.6)	3598	(304.1)	1324	(134.9)	37	(3.9)	3488	(331.8)
60 and over.....	1296	25	(2.4)	3497	(274.9)	245	(42.1)	7	(1.5)	4147	(413.0)	987	(111.3)	24	(4.3)	3282	(276.4)
2 - 19.....	892	38	(1.8)	4127	(409.5)	723 *	(221.9)	18	(4.3)	5364	(938.9)	1912	(530.3)	36	(6.4)	3375	(264.7)
20 and over...	2683	35	(1.2)	3831	(201.7)	446	(36.9)	12	(0.9)	3865	(161.0)	1266	(98.2)	33	(2.7)	3813	(300.8)
2 and over...	3575	36	(1.0)	3897	(196.1)	507	(57.1)	13	(1.3)	4217	(270.8)	1418	(146.2)	34	(2.2)	3719	(234.2)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	4376	(287.5)	628	(118.2)	14	(2.2)	4838	(638.7)	1755	(305.8)	36	(4.4)	4118	(307.1)
20 and over...	4798	36	(1.0)	4393	(165.6)	591	(56.2)	13	(1.3)	4252	(213.9)	1634	(144.6)	38	(2.7)	4474	(212.3)
2 and over...	6563	36	(0.7)	4389	(152.8)	600	(50.0)	14	(1.2)	4388	(227.1)	1662	(128.4)	38	(2.5)	4391	(188.4)

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

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1.19	(0.045)	0.08	(0.013)	7	(1.1)	1.18	(0.081)	0.31	(0.038)	27	(2.3)	1.19	(0.061)
6 - 11.....	301	33	(4.0)	1.45	(0.051)	0.14	(0.023)	10	(1.6)	1.41	(0.093)	0.44	(0.049)	31	(2.7)	1.47	(0.064)
12 - 19.....	366	38	(3.1)	1.79	(0.089)	0.28	(0.039)	16	(1.8)	1.76	(0.108)	0.74	(0.064)	42	(3.1)	1.81	(0.121)
20 - 39.....	482	44	(2.8)	1.72	(0.082)	0.31	(0.031)	18	(1.6)	1.81	(0.138)	0.72	(0.085)	40	(3.4)	1.64	(0.083)
40 - 59.....	576	38	(2.3)	1.72	(0.043)	0.28	(0.032)	16	(1.6)	1.84	(0.061)	0.73	(0.059)	40	(2.3)	1.65	(0.048)
60 and over.....	1057	28	(1.0)	1.58	(0.026)	0.15	(0.008)	10	(0.6)	1.61	(0.034)	0.55	(0.027)	34	(1.6)	1.57	(0.036)
2 - 19.....	873	34	(2.3)	1.55	(0.050)	0.20	(0.019)	13	(1.1)	1.55	(0.071)	0.58	(0.036)	37	(2.0)	1.55	(0.072)
20 and over...	2115	37	(1.4)	1.68	(0.036)	0.25	(0.021)	15	(1.1)	1.78	(0.069)	0.68	(0.055)	39	(2.0)	1.62	(0.041)
2 and over...	2988	36	(1.1)	1.65	(0.035)	0.24	(0.016)	15	(0.8)	1.73	(0.047)	0.66	(0.043)	38	(1.8)	1.60	(0.043)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1.17	(0.050)	0.10	(0.017)	8	(1.5)	1.26	(0.100)	0.33	(0.048)	26	(3.8)	1.13	(0.052)
6 - 11.....	308	35	(2.8)	1.31	(0.036)	0.15	(0.023)	11	(1.6)	1.35	(0.095)	0.41	(0.048)	30	(2.0)	1.28	(0.034)
12 - 19.....	392	43	(2.4)	1.22	(0.046)	0.21	(0.024)	17	(2.0)	1.30	(0.065)	0.49	(0.050)	38	(3.5)	1.17	(0.047)
20 - 39.....	632	43	(2.0)	1.37	(0.068)	0.22	(0.020)	16	(1.8)	1.33	(0.052)	0.52	(0.037)	39	(2.2)	1.39	(0.125)
40 - 59.....	755	37	(2.1)	1.27	(0.042)	0.18	(0.018)	14	(1.4)	1.36	(0.063)	0.48	(0.041)	36	(3.0)	1.21	(0.039)
60 and over.....	1296	25	(2.4)	1.19	(0.015)	0.10	(0.012)	8	(1.0)	1.24	(0.028)	0.38	(0.031)	31	(2.4)	1.18	(0.018)
2 - 19.....	892	38	(1.8)	1.24	(0.027)	0.17	(0.017)	13	(1.2)	1.31	(0.060)	0.44	(0.040)	34	(2.4)	1.20	(0.021)
20 and over...	2683	35	(1.2)	1.28	(0.026)	0.17	(0.012)	13	(0.9)	1.32	(0.032)	0.48	(0.025)	36	(1.5)	1.25	(0.036)
2 and over...	3575	36	(1.0)	1.27	(0.024)	0.17	(0.011)	13	(0.9)	1.32	(0.031)	0.47	(0.026)	36	(1.6)	1.24	(0.030)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	1.40	(0.030)	0.18	(0.012)	13	(0.8)	1.43	(0.046)	0.51	(0.026)	36	(1.2)	1.39	(0.041)
20 and over...	4798	36	(1.0)	1.47	(0.027)	0.21	(0.010)	14	(0.7)	1.55	(0.032)	0.58	(0.025)	37	(1.3)	1.43	(0.034)
2 and over...	6563	36	(0.7)	1.46	(0.025)	0.20	(0.008)	14	(0.6)	1.52	(0.023)	0.56	(0.018)	37	(1.1)	1.42	(0.032)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1.45	(0.055)	0.11	(0.026)	7	(1.8)	1.56	(0.128)	0.40	(0.108)	26	(5.7)	1.41	(0.072)
6 - 11.....	301	33	(4.0)	1.68	(0.043)	0.15	(0.031)	9	(1.9)	1.65	(0.099)	0.47	(0.064)	28	(3.0)	1.70	(0.064)
12 - 19.....	366	38	(3.1)	2.01	(0.090)	0.33	(0.050)	16	(2.2)	2.00	(0.151)	0.86	(0.093)	43	(3.5)	2.01	(0.132)
20 - 39.....	482	44	(2.8)	2.27	(0.072)	0.36	(0.028)	16	(1.5)	2.34	(0.089)	0.82	(0.069)	35	(3.3)	2.20	(0.098)
40 - 59.....	576	38	(2.3)	2.34	(0.061)	0.28	(0.027)	12	(1.2)	2.50	(0.099)	0.74	(0.047)	30	(1.8)	2.24	(0.073)
60 and over.....	1057	28	(1.0)	2.06	(0.047)	0.17	(0.012)	8	(0.6)	2.06	(0.069)	0.61	(0.036)	30	(1.5)	2.06	(0.043)
2 - 19.....	873	34	(2.3)	1.79	(0.053)	0.22	(0.023)	13	(1.1)	1.82	(0.098)	0.66	(0.052)	36	(2.2)	1.77	(0.075)
20 and over...	2115	37	(1.4)	2.23	(0.037)	0.28	(0.016)	12	(0.8)	2.34	(0.065)	0.74	(0.040)	32	(1.8)	2.17	(0.040)
2 and over...	2988	36	(1.1)	2.12	(0.032)	0.26	(0.012)	12	(0.7)	2.22	(0.051)	0.73	(0.034)	33	(1.5)	2.07	(0.045)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1.42	(0.049)	0.09	(0.015)	7*	(1.1)	1.46	(0.114)	0.31	(0.023)	21*	(2.2)	1.40	(0.049)
6 - 11.....	308	35	(2.8)	1.55	(0.036)	0.15	(0.013)	10	(0.8)	1.55	(0.074)	0.42	(0.034)	27	(2.4)	1.56	(0.043)
12 - 19.....	392	43	(2.4)	1.40	(0.056)	0.24	(0.031)	17	(2.0)	1.50	(0.100)	0.55	(0.059)	37	(3.5)	1.32	(0.072)
20 - 39.....	632	43	(2.0)	1.64	(0.064)	0.26	(0.027)	16	(1.7)	1.62	(0.091)	0.60	(0.057)	37	(2.6)	1.66	(0.080)
40 - 59.....	755	37	(2.1)	1.65	(0.054)	0.20	(0.018)	12	(1.1)	1.72	(0.082)	0.53	(0.041)	31	(2.2)	1.61	(0.046)
60 and over.....	1296	25	(2.4)	1.61	(0.034)	0.13	(0.017)	8	(1.0)	1.68	(0.041)	0.53	(0.039)	32	(2.2)	1.59	(0.040)
2 - 19.....	892	38	(1.8)	1.45	(0.029)	0.18	(0.017)	12	(1.1)	1.51	(0.072)	0.48	(0.036)	31	(2.3)	1.42	(0.028)
20 and over...	2683	35	(1.2)	1.63	(0.038)	0.20	(0.018)	12	(1.0)	1.67	(0.057)	0.56	(0.038)	34	(1.8)	1.62	(0.034)
2 and over...	3575	36	(1.0)	1.59	(0.031)	0.19	(0.015)	12	(0.8)	1.63	(0.047)	0.54	(0.034)	33	(1.7)	1.57	(0.029)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	1.62	(0.029)	0.20	(0.014)	12	(0.8)	1.66	(0.044)	0.57	(0.032)	34	(1.3)	1.60	(0.042)
20 and over...	4798	36	(1.0)	1.92	(0.034)	0.24	(0.012)	12	(0.7)	2.00	(0.044)	0.65	(0.027)	33	(1.4)	1.88	(0.033)
2 and over...	6563	36	(0.7)	1.85	(0.030)	0.23	(0.009)	12	(0.5)	1.92	(0.035)	0.63	(0.023)	33	(1.2)	1.81	(0.032)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	15.1	(0.59)	1.2	(0.19)	8	(1.3)	14.3	(1.12)	4.4	(0.66)	31	(3.4)	15.3	(0.80)
6 - 11.....	301	33	(4.0)	18.9	(0.61)	2.3	(0.34)	12	(1.9)	19.4	(1.15)	7.0	(0.66)	36	(2.7)	18.6	(0.79)
12 - 19.....	366	38	(3.1)	25.0	(1.01)	4.9	(0.65)	20	(2.2)	27.7	(1.59)	13.0	(1.08)	47	(3.8)	23.4	(1.11)
20 - 39.....	482	44	(2.8)	31.3	(1.66)	5.3	(0.47)	17	(1.5)	33.8	(2.08)	12.2	(1.15)	36	(2.2)	29.3	(2.28)
40 - 59.....	576	38	(2.3)	30.6	(0.73)	4.6	(0.45)	15	(1.5)	32.8	(1.12)	11.9	(0.86)	36	(2.5)	29.1	(0.98)
60 and over.....	1057	28	(1.0)	24.2	(0.58)	2.4	(0.15)	10	(0.6)	24.9	(0.89)	8.8	(0.48)	35	(1.6)	24.0	(0.58)
2 - 19.....	873	34	(2.3)	20.9	(0.65)	3.3	(0.36)	16	(1.5)	22.9	(1.16)	9.7	(0.64)	42	(2.3)	19.9	(0.62)
20 and over...	2115	37	(1.4)	28.9	(0.54)	4.2	(0.28)	15	(1.0)	31.5	(0.95)	11.4	(0.70)	36	(1.6)	27.4	(0.64)
2 and over...	2988	36	(1.1)	27.0	(0.39)	4.0	(0.22)	15	(0.9)	29.5	(0.70)	11.0	(0.56)	37	(1.5)	25.5	(0.54)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	14.1	(0.52)	1.5	(0.24)	11	(1.7)	14.6	(0.93)	5.1	(0.69)	35	(4.0)	13.9	(0.61)
6 - 11.....	308	35	(2.8)	16.8	(0.54)	2.2	(0.27)	13	(1.5)	17.3	(1.13)	6.2	(0.44)	36	(1.6)	16.6	(0.61)
12 - 19.....	392	43	(2.4)	18.6	(0.75)	3.7	(0.62)	20	(3.1)	21.1	(1.26)	8.7	(1.39)	41	(5.2)	16.7	(0.97)
20 - 39.....	632	43	(2.0)	21.9	(0.77)	3.9	(0.42)	18	(1.8)	21.6	(0.95)	9.1	(0.86)	42	(2.8)	22.1	(1.09)
40 - 59.....	755	37	(2.1)	19.4	(0.60)	2.8	(0.26)	15	(1.4)	20.5	(1.04)	7.7	(0.52)	38	(2.9)	18.8	(0.65)
60 and over.....	1296	25	(2.4)	17.5	(0.25)	1.6	(0.19)	9	(1.1)	18.8	(0.53)	6.6	(0.51)	35	(2.1)	17.1	(0.31)
2 - 19.....	892	38	(1.8)	17.1	(0.41)	2.8	(0.37)	16	(1.9)	18.9	(0.83)	7.4	(0.86)	39	(3.6)	16.0	(0.43)
20 and over...	2683	35	(1.2)	19.7	(0.36)	2.8	(0.20)	14	(1.0)	20.6	(0.47)	8.0	(0.44)	39	(2.0)	19.2	(0.38)
2 and over...	3575	36	(1.0)	19.1	(0.32)	2.8	(0.21)	15	(1.0)	20.2	(0.47)	7.9	(0.49)	39	(2.1)	18.5	(0.31)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	19.1	(0.32)	3.0	(0.26)	16	(1.3)	20.9	(0.64)	8.5	(0.56)	41	(2.1)	18.1	(0.31)
20 and over...	4798	36	(1.0)	24.2	(0.34)	3.5	(0.17)	15	(0.7)	26.0	(0.48)	9.7	(0.41)	37	(1.3)	23.1	(0.45)
2 and over...	6563	36	(0.7)	23.0	(0.27)	3.4	(0.14)	15	(0.6)	24.8	(0.34)	9.4	(0.33)	38	(1.2)	21.9	(0.37)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1.29	(0.046)	0.07	(0.011)	5*	(0.9)	1.17	(0.085)	0.25	(0.049)	22*	(3.8)	1.33	(0.057)
6 - 11.....	301	33	(4.0)	1.47	(0.061)	0.12	(0.015)	8	(1.2)	1.37	(0.094)	0.37	(0.035)	27	(1.8)	1.51	(0.075)
12 - 19.....	366	38	(3.1)	1.91	(0.075)	0.30	(0.042)	16	(2.0)	2.05	(0.151)	0.79	(0.077)	39	(3.9)	1.83	(0.104)
20 - 39.....	482	44	(2.8)	2.58	(0.202)	0.32	(0.026)	12	(1.4)	2.53	(0.177)	0.73	(0.057)	29	(2.1)	2.62	(0.310)
40 - 59.....	576	38	(2.3)	2.35	(0.093)	0.25	(0.022)	11	(1.1)	2.40	(0.165)	0.66	(0.041)	27	(2.3)	2.32	(0.094)
60 and over.....	1057	28	(1.0)	1.97	(0.051)	0.15	(0.010)	7	(0.5)	1.83	(0.070)	0.53	(0.030)	29	(1.7)	2.02	(0.051)
2 - 19.....	873	34	(2.3)	1.64	(0.050)	0.19	(0.023)	12	(1.2)	1.69	(0.104)	0.57	(0.044)	34	(2.4)	1.61	(0.060)
20 and over...	2115	37	(1.4)	2.32	(0.072)	0.25	(0.014)	11	(0.8)	2.33	(0.096)	0.66	(0.034)	28	(1.6)	2.32	(0.085)
2 and over...	2988	36	(1.1)	2.15	(0.056)	0.23	(0.013)	11	(0.7)	2.19	(0.078)	0.64	(0.030)	29	(1.5)	2.14	(0.073)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1.20	(0.042)	0.10	(0.016)	8	(1.4)	1.21	(0.070)	0.33	(0.040)	27	(3.7)	1.19	(0.052)
6 - 11.....	308	35	(2.8)	1.33	(0.059)	0.12	(0.009)	9	(0.8)	1.27	(0.103)	0.33	(0.022)	26	(2.4)	1.36	(0.065)
12 - 19.....	392	43	(2.4)	1.42	(0.083)	0.23	(0.039)	16	(2.4)	1.60	(0.153)	0.55	(0.081)	34	(4.6)	1.29	(0.089)
20 - 39.....	632	43	(2.0)	1.83	(0.101)	0.25	(0.037)	14	(2.0)	1.60	(0.095)	0.57	(0.084)	36	(3.9)	2.01	(0.132)
40 - 59.....	755	37	(2.1)	1.52	(0.054)	0.17	(0.018)	11	(1.3)	1.50	(0.101)	0.46	(0.035)	31	(3.1)	1.53	(0.047)
60 and over.....	1296	25	(2.4)	1.39	(0.021)	0.10	(0.013)	7	(1.0)	1.35	(0.033)	0.39	(0.033)	29	(2.2)	1.41	(0.029)
2 - 19.....	892	38	(1.8)	1.35	(0.047)	0.17	(0.021)	13	(1.5)	1.44	(0.089)	0.45	(0.047)	31	(3.1)	1.29	(0.051)
20 and over...	2683	35	(1.2)	1.58	(0.040)	0.17	(0.016)	11	(1.0)	1.50	(0.047)	0.49	(0.035)	33	(2.4)	1.63	(0.045)
2 and over...	3575	36	(1.0)	1.53	(0.037)	0.17	(0.014)	11	(0.9)	1.49	(0.040)	0.48	(0.033)	32	(2.2)	1.55	(0.039)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	1.50	(0.025)	0.18	(0.016)	12	(1.0)	1.56	(0.049)	0.51	(0.034)	32	(2.1)	1.46	(0.033)
20 and over...	4798	36	(1.0)	1.94	(0.043)	0.21	(0.010)	11	(0.6)	1.92	(0.052)	0.58	(0.025)	30	(1.3)	1.96	(0.053)
2 and over...	6563	36	(0.7)	1.84	(0.035)	0.20	(0.009)	11	(0.5)	1.83	(0.041)	0.56	(0.022)	31	(1.3)	1.84	(0.046)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	343	(18.5)	22	(3.7)	6*	(1.2)	324	(24.4)	81	(12.2)	25	(2.9)	350	(25.2)
6 - 11.....	301	33	(4.0)	418	(14.1)	41	(7.0)	10	(1.7)	411	(29.9)	124	(15.7)	30	(3.3)	421	(12.7)
12 - 19.....	366	38	(3.1)	528	(26.1)	74	(10.6)	14	(1.9)	490	(35.2)	196	(19.0)	40	(3.2)	552	(37.6)
20 - 39.....	482	44	(2.8)	521	(27.1)	91	(9.1)	17	(1.7)	552	(44.4)	207	(25.4)	38	(3.8)	497	(27.0)
40 - 59.....	576	38	(2.3)	505	(13.0)	78	(9.5)	15	(1.8)	532	(15.3)	203	(18.0)	38	(2.9)	488	(18.5)
60 and over.....	1057	28	(1.0)	447	(8.7)	41	(2.8)	9	(0.6)	455	(12.1)	146	(8.9)	32	(1.7)	444	(11.7)
2 - 19.....	873	34	(2.3)	454	(13.2)	52	(4.8)	12	(1.0)	438	(22.1)	155	(9.6)	35	(1.9)	462	(17.6)
20 and over...	2115	37	(1.4)	494	(10.9)	72	(6.3)	14	(1.1)	523	(20.6)	192	(16.5)	37	(2.3)	476	(13.3)
2 and over...	2988	36	(1.1)	484	(9.9)	67	(4.7)	14	(0.9)	504	(15.0)	184	(12.4)	36	(1.9)	472	(13.4)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	335	(14.5)	24	(4.6)	7	(1.5)	359	(34.2)	82	(14.5)	23	(3.9)	326	(14.8)
6 - 11.....	308	35	(2.8)	404	(16.5)	40	(6.7)	10	(1.6)	408	(28.4)	113	(14.0)	28	(2.2)	402	(23.5)
12 - 19.....	392	43	(2.4)	371	(17.0)	60	(5.7)	16	(1.6)	403	(26.0)	141	(11.9)	35	(3.3)	346	(13.7)
20 - 39.....	632	43	(2.0)	417	(27.6)	63	(4.8)	15	(1.6)	398	(22.0)	145	(9.4)	36	(1.4)	431	(46.6)
40 - 59.....	755	37	(2.1)	377	(13.7)	51	(6.2)	14	(1.6)	392	(18.2)	138	(13.3)	35	(3.1)	368	(13.6)
60 and over.....	1296	25	(2.4)	354	(5.9)	27	(3.0)	8	(0.9)	366	(11.5)	107	(9.1)	29	(2.3)	350	(6.6)
2 - 19.....	892	38	(1.8)	375	(10.3)	47	(4.3)	12	(1.1)	398	(18.0)	123	(10.7)	31	(2.4)	361	(10.3)
20 and over...	2683	35	(1.2)	383	(11.5)	47	(3.2)	12	(0.9)	389	(12.6)	134	(6.3)	34	(1.6)	381	(14.3)
2 and over...	3575	36	(1.0)	382	(10.7)	47	(3.0)	12	(0.9)	391	(10.7)	131	(6.4)	34	(1.6)	376	(12.7)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	415	(10.0)	50	(3.3)	12	(0.8)	417	(15.8)	139	(7.4)	33	(1.3)	414	(12.1)
20 and over...	4798	36	(1.0)	437	(10.1)	59	(3.2)	13	(0.7)	456	(12.5)	163	(7.6)	36	(1.4)	426	(11.6)
2 and over...	6563	36	(0.7)	432	(9.2)	57	(2.4)	13	(0.6)	447	(10.1)	157	(5.7)	35	(1.1)	423	(10.7)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	233	(12.6)	14	(2.3)	6*	(0.9)	246	(19.1)	52	(9.7)	21*	(3.1)	229	(15.0)
6 - 11.....	301	33	(4.0)	248	(7.8)	23	(4.1)	9	(1.6)	249	(10.4)	71	(6.0)	28	(2.4)	248	(9.6)
12 - 19.....	366	38	(3.1)	316	(13.2)	54	(8.2)	17	(2.3)	322	(19.1)	142	(15.6)	44	(4.3)	313	(17.3)
20 - 39.....	482	44	(2.8)	382	(19.6)	62	(4.9)	16	(1.6)	399	(21.9)	143	(12.6)	36	(3.2)	369	(28.4)
40 - 59.....	576	38	(2.3)	392	(8.6)	48	(4.5)	12	(1.3)	396	(11.4)	124	(9.2)	31	(2.7)	389	(10.2)
60 and over.....	1057	28	(1.0)	374	(7.9)	31	(2.4)	8	(0.6)	363	(12.6)	113	(6.5)	31	(1.7)	379	(8.0)
2 - 19.....	873	34	(2.3)	277	(6.9)	36	(4.3)	13	(1.4)	287	(11.9)	105	(7.8)	37	(2.3)	272	(8.1)
20 and over...	2115	37	(1.4)	383	(6.6)	48	(3.1)	13	(0.8)	390	(9.7)	130	(7.3)	33	(1.8)	379	(9.4)
2 and over...	2988	36	(1.1)	357	(5.9)	45	(2.6)	13	(0.7)	367	(7.1)	124	(6.3)	34	(1.5)	352	(9.1)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	221	(14.3)	16	(2.7)	7	(1.4)	208	(23.1)	54	(5.2)	26	(4.6)	226	(18.9)
6 - 11.....	308	35	(2.8)	243	(7.4)	22	(2.1)	9	(0.9)	235	(17.2)	61	(4.7)	26	(2.0)	248	(7.8)
12 - 19.....	392	43	(2.4)	223	(11.0)	40	(8.1)	18	(3.3)	234	(19.7)	95	(17.8)	40	(5.1)	215	(12.9)
20 - 39.....	632	43	(2.0)	290	(7.4)	43	(4.5)	15	(1.6)	283	(11.4)	100	(8.4)	35	(2.5)	296	(9.0)
40 - 59.....	755	37	(2.1)	280	(6.6)	33	(3.7)	12	(1.3)	289	(14.1)	90	(8.6)	31	(3.0)	275	(6.7)
60 and over.....	1296	25	(2.4)	277	(6.4)	21	(2.6)	8	(0.9)	270	(7.4)	86	(5.4)	32	(2.1)	279	(7.5)
2 - 19.....	892	38	(1.8)	229	(5.9)	30	(4.4)	13	(1.8)	230	(14.3)	78	(10.8)	34	(3.3)	229	(7.9)
20 and over...	2683	35	(1.2)	282	(3.9)	33	(2.6)	12	(0.9)	282	(5.5)	93	(6.1)	33	(2.0)	283	(5.0)
2 and over...	3575	36	(1.0)	271	(3.6)	32	(2.5)	12	(0.9)	270	(6.1)	90	(6.3)	33	(2.0)	271	(4.3)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	254	(4.5)	33	(3.3)	13	(1.2)	258	(9.7)	91	(7.4)	35	(2.0)	252	(4.9)
20 and over...	4798	36	(1.0)	331	(4.4)	40	(2.0)	12	(0.6)	336	(6.0)	111	(4.9)	33	(1.5)	329	(5.5)
2 and over...	6563	36	(0.7)	313	(3.8)	39	(1.6)	12	(0.5)	318	(4.9)	107	(4.3)	34	(1.2)	311	(5.3)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	3.18	(0.160)	0.18	(0.042)	6*	(1.1)	2.96	(0.281)	0.69	(0.156)	23*	(4.8)	3.25	(0.187)
6 - 11.....	301	33	(4.0)	3.53	(0.157)	0.30	(0.053)	9	(1.5)	3.65	(0.220)	0.92	(0.100)	25	(2.2)	3.47	(0.151)
12 - 19.....	366	38	(3.1)	4.64	(0.137)	0.67	(0.091)	14	(1.9)	4.70	(0.384)	1.77	(0.168)	38	(4.1)	4.61	(0.249)
20 - 39.....	482	44	(2.8)	5.77	(0.498)	0.82	(0.070)	14	(1.9)	5.91	(0.521)	1.87	(0.191)	32	(2.3)	5.66	(0.781)
40 - 59.....	576	38	(2.3)	5.55	(0.315)	0.65	(0.073)	12	(1.7)	5.64	(0.402)	1.70	(0.136)	30	(3.3)	5.50	(0.412)
60 and over.....	1057	28	(1.0)	4.49	(0.139)	0.37	(0.029)	8	(0.7)	4.24	(0.229)	1.34	(0.085)	32	(2.8)	4.59	(0.139)
2 - 19.....	873	34	(2.3)	3.97	(0.090)	0.45	(0.044)	11	(1.1)	4.08	(0.226)	1.32	(0.085)	32	(2.5)	3.92	(0.130)
20 and over...	2115	37	(1.4)	5.32	(0.188)	0.63	(0.044)	12	(1.0)	5.45	(0.247)	1.69	(0.118)	31	(1.9)	5.24	(0.239)
2 and over...	2988	36	(1.1)	4.99	(0.147)	0.59	(0.034)	12	(0.9)	5.14	(0.191)	1.61	(0.093)	31	(1.8)	4.91	(0.198)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	3.29	(0.316)	0.22	(0.032)	7*	(1.2)	3.05	(0.233)	0.73	(0.072)	24	(2.5)	3.39	(0.462)
6 - 11.....	308	35	(2.8)	3.24	(0.135)	0.25	(0.033)	8	(1.0)	3.01	(0.253)	0.71	(0.082)	24	(3.0)	3.37	(0.127)
12 - 19.....	392	43	(2.4)	3.09	(0.193)	0.56	(0.132)	18	(3.7)	3.33	(0.401)	1.30	(0.295)	39	(5.9)	2.90	(0.247)
20 - 39.....	632	43	(2.0)	3.79	(0.112)	0.64	(0.101)	17	(2.5)	3.98	(0.218)	1.49	(0.238)	37	(5.0)	3.65	(0.159)
40 - 59.....	755	37	(2.1)	3.39	(0.167)	0.39	(0.038)	11	(1.2)	3.17	(0.180)	1.05	(0.090)	33	(2.7)	3.52	(0.217)
60 and over.....	1296	25	(2.4)	3.63	(0.437)	0.25	(0.036)	7	(1.3)	3.22	(0.102)	1.01	(0.108)	31	(2.8)	3.77	(0.579)
2 - 19.....	892	38	(1.8)	3.18	(0.113)	0.39	(0.072)	12	(2.2)	3.19	(0.224)	1.03	(0.174)	32	(3.9)	3.17	(0.181)
20 and over...	2683	35	(1.2)	3.61	(0.179)	0.43	(0.049)	12	(1.4)	3.53	(0.128)	1.23	(0.122)	35	(3.0)	3.65	(0.263)
2 and over...	3575	36	(1.0)	3.51	(0.140)	0.42	(0.044)	12	(1.2)	3.45	(0.113)	1.18	(0.111)	34	(2.8)	3.55	(0.204)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	3.59	(0.068)	0.42	(0.042)	12	(1.1)	3.62	(0.168)	1.17	(0.102)	32	(2.2)	3.57	(0.109)
20 and over...	4798	36	(1.0)	4.44	(0.128)	0.53	(0.037)	12	(0.9)	4.48	(0.135)	1.46	(0.097)	33	(1.6)	4.41	(0.185)
2 and over...	6563	36	(0.7)	4.24	(0.106)	0.50	(0.029)	12	(0.7)	4.28	(0.108)	1.39	(0.077)	33	(1.4)	4.21	(0.159)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	101.3	(8.84)	2.5*	(0.77)	2*	(0.8)	101.3	(15.72)	9.2*	(3.00)	9*	(2.7)	101.3	(9.15)
6 - 11.....	301	33	(4.0)	90.9	(6.06)	4.2*	(1.33)	5*	(1.6)	78.6	(9.18)	13.0	(3.65)	17	(4.6)	96.9	(7.93)
12 - 19.....	366	38	(3.1)	79.9	(6.94)	6.7	(1.50)	8	(2.1)	76.3	(7.29)	17.7	(3.50)	23	(4.3)	82.1	(9.38)
20 - 39.....	482	44	(2.8)	71.5	(5.08)	7.4	(0.98)	10	(1.6)	70.8	(8.34)	16.9	(2.19)	24	(3.1)	72.0	(6.03)
40 - 59.....	576	38	(2.3)	79.1	(3.69)	5.7	(1.04)	7	(1.3)	73.3	(7.48)	14.8	(2.38)	20	(3.7)	82.7	(3.16)
60 and over.....	1057	28	(1.0)	87.0	(2.91)	3.3	(0.47)	4	(0.6)	73.5	(6.03)	11.9	(1.42)	16	(2.7)	92.1	(3.37)
2 - 19.....	873	34	(2.3)	87.9	(3.40)	5.0	(0.87)	6	(1.1)	81.1	(4.75)	14.8	(2.15)	18	(2.3)	91.5	(5.35)
20 and over...	2115	37	(1.4)	78.7	(2.33)	5.6	(0.60)	7	(0.8)	72.3	(3.73)	15.1	(1.54)	21	(1.7)	82.4	(3.10)
2 and over...	2988	36	(1.1)	80.9	(2.17)	5.5	(0.58)	7	(0.7)	74.3	(3.26)	15.0	(1.42)	20	(1.6)	84.7	(2.99)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	90.4	(5.81)	2.4*	(0.81)	3*	(0.9)	79.2	(12.64)	8.1*	(2.63)	10*	(3.1)	95.2	(4.92)
6 - 11.....	308	35	(2.8)	86.8	(5.69)	1.7	(0.39)	2*	(0.5)	80.2	(5.62)	4.8	(1.21)	6*	(1.3)	90.4	(7.79)
12 - 19.....	392	43	(2.4)	65.4	(4.57)	6.2	(1.77)	9	(2.4)	53.9	(7.03)	14.4	(3.58)	27	(4.7)	74.0	(4.82)
20 - 39.....	632	43	(2.0)	79.0	(6.74)	6.5	(1.11)	8	(1.2)	68.5	(5.71)	15.1	(2.43)	22	(2.6)	86.9	(9.02)
40 - 59.....	755	37	(2.1)	73.0	(2.89)	4.1	(0.61)	6	(0.9)	63.8	(4.42)	11.2	(1.47)	17	(2.8)	78.3	(3.97)
60 and over.....	1296	25	(2.4)	75.5	(3.18)	2.2	(0.39)	3	(0.5)	65.1	(4.68)	8.9	(1.41)	14	(2.0)	78.9	(3.05)
2 - 19.....	892	38	(1.8)	77.4	(3.10)	4.0	(0.87)	5	(1.0)	65.9	(3.54)	10.5	(2.02)	16	(2.8)	84.3	(4.31)
20 and over...	2683	35	(1.2)	75.9	(2.80)	4.3	(0.36)	6	(0.5)	66.1	(3.48)	12.3	(0.93)	19	(1.3)	81.2	(2.97)
2 and over...	3575	36	(1.0)	76.2	(2.38)	4.3	(0.35)	6	(0.4)	66.1	(3.05)	11.9	(0.79)	18	(1.0)	81.8	(2.51)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	82.8	(2.64)	4.5	(0.44)	5	(0.6)	73.3	(2.60)	12.6	(1.17)	17	(1.5)	88.1	(3.85)
20 and over...	4798	36	(1.0)	77.2	(2.17)	5.0	(0.34)	6	(0.4)	69.2	(2.39)	13.7	(0.88)	20	(1.1)	81.8	(2.45)
2 and over...	6563	36	(0.7)	78.5	(1.99)	4.9	(0.33)	6	(0.4)	70.2	(2.02)	13.5	(0.82)	19	(1.0)	83.2	(2.33)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	5.4	(0.29)	0.1*	(0.04)	2*	(0.7)	4.8	(0.52)	0.5*	(0.18)	9*	(3.6)	5.6	(0.35)
6 - 11.....	301	33	(4.0)	5.2	(0.24)	0.2	(0.04)	3*	(0.8)	4.6	(0.44)	0.5	(0.08)	12*	(1.7)	5.4	(0.21)
12 - 19.....	366	38	(3.1)	5.7	(0.22)	0.4	(0.08)	8	(1.4)	4.8	(0.52)	1.2	(0.16)	24	(3.6)	6.2	(0.46)
20 - 39.....	482	44	(2.8)	5.0	(0.43)	0.5	(0.05)	10	(1.5)	4.6	(0.41)	1.1	(0.10)	24	(2.6)	5.3	(0.61)
40 - 59.....	576	38	(2.3)	5.0	(0.24)	0.4	(0.04)	8	(0.8)	4.8	(0.61)	1.0	(0.10)	21	(2.5)	5.1	(0.29)
60 and over.....	1057	28	(1.0)	5.4	(0.27)	0.3	(0.05)	6	(0.8)	4.7	(0.31)	1.2	(0.14)	25	(2.9)	5.7	(0.30)
2 - 19.....	873	34	(2.3)	5.4	(0.13)	0.3	(0.04)	5	(0.7)	4.7	(0.33)	0.8	(0.08)	18	(1.8)	5.8	(0.22)
20 and over...	2115	37	(1.4)	5.1	(0.20)	0.4	(0.04)	8	(0.8)	4.7	(0.24)	1.1	(0.08)	23	(1.8)	5.4	(0.26)
2 and over...	2988	36	(1.1)	5.2	(0.16)	0.4	(0.03)	7	(0.6)	4.7	(0.19)	1.0	(0.07)	22	(1.5)	5.5	(0.21)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	5.0	(0.20)	0.2*	(0.06)	4*	(1.2)	4.9	(0.44)	0.6	(0.14)	12*	(2.9)	5.1	(0.29)
6 - 11.....	308	35	(2.8)	4.6	(0.25)	0.1	(0.02)	3*	(0.6)	3.9	(0.48)	0.4	(0.06)	10*	(1.9)	5.0	(0.21)
12 - 19.....	392	43	(2.4)	3.3	(0.18)	0.3*	(0.10)	10*	(3.2)	2.7	(0.29)	0.8	(0.23)	29	(6.4)	3.7	(0.35)
20 - 39.....	632	43	(2.0)	3.9	(0.22)	0.5	(0.07)	12	(2.0)	4.0	(0.36)	1.0	(0.15)	26	(4.5)	3.7	(0.26)
40 - 59.....	755	37	(2.1)	4.0	(0.24)	0.3	(0.04)	7	(1.2)	3.7	(0.22)	0.8	(0.11)	21	(3.2)	4.1	(0.32)
60 and over.....	1296	25	(2.4)	4.1	(0.17)	0.2	(0.03)	4	(0.7)	3.9	(0.28)	0.7	(0.10)	19	(3.1)	4.2	(0.20)
2 - 19.....	892	38	(1.8)	4.0	(0.15)	0.2	(0.06)	6	(1.4)	3.4	(0.25)	0.6	(0.15)	19	(3.3)	4.4	(0.20)
20 and over...	2683	35	(1.2)	4.0	(0.13)	0.3	(0.04)	8	(1.1)	3.9	(0.19)	0.9	(0.10)	23	(3.0)	4.0	(0.15)
2 and over...	3575	36	(1.0)	4.0	(0.11)	0.3	(0.03)	7	(0.9)	3.8	(0.15)	0.8	(0.09)	22	(2.5)	4.1	(0.12)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	4.8	(0.12)	0.3	(0.04)	6	(0.8)	4.1	(0.23)	0.7	(0.09)	18	(1.8)	5.2	(0.19)
20 and over...	4798	36	(1.0)	4.5	(0.14)	0.4	(0.03)	8	(0.7)	4.3	(0.18)	1.0	(0.07)	23	(1.7)	4.7	(0.17)
2 and over...	6563	36	(0.7)	4.6	(0.11)	0.3	(0.02)	7	(0.5)	4.2	(0.13)	0.9	(0.06)	22	(1.3)	4.8	(0.14)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	7.0	(0.42)	0.5	(0.09)	7	(1.4)	6.9	(0.47)	1.8	(0.42)	26	(4.8)	7.1	(0.53)
6 - 11.....	301	33	(4.0)	7.8	(0.25)	0.7	(0.12)	10	(1.7)	8.3	(0.51)	2.3	(0.27)	28	(2.4)	7.6	(0.40)
12 - 19.....	366	38	(3.1)	9.3	(0.41)	1.4	(0.18)	15	(1.8)	9.7	(0.53)	3.7	(0.35)	38	(3.1)	9.0	(0.44)
20 - 39.....	482	44	(2.8)	10.4	(0.49)	1.7	(0.15)	16	(1.5)	10.9	(0.73)	3.9	(0.34)	36	(3.2)	10.1	(0.54)
40 - 59.....	576	38	(2.3)	10.5	(0.20)	1.3	(0.13)	13	(1.3)	10.5	(0.39)	3.4	(0.29)	33	(2.9)	10.5	(0.33)
60 and over.....	1057	28	(1.0)	10.1	(0.34)	0.7	(0.07)	7	(0.6)	10.1	(0.52)	2.7	(0.22)	27	(1.6)	10.1	(0.39)
2 - 19.....	873	34	(2.3)	8.3	(0.26)	1.0	(0.09)	12	(1.1)	8.8	(0.31)	2.9	(0.17)	34	(1.7)	8.1	(0.29)
20 and over...	2115	37	(1.4)	10.3	(0.24)	1.3	(0.08)	12	(0.8)	10.6	(0.28)	3.5	(0.19)	33	(2.0)	10.2	(0.29)
2 and over...	2988	36	(1.1)	9.8	(0.21)	1.2	(0.06)	12	(0.6)	10.2	(0.22)	3.3	(0.16)	33	(1.7)	9.7	(0.25)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	6.5	(0.47)	0.5	(0.08)	8	(1.3)	6.5	(0.55)	1.7	(0.20)	26	(3.9)	6.5	(0.60)
6 - 11.....	308	35	(2.8)	7.8	(0.45)	0.8	(0.10)	10	(1.3)	8.1	(0.59)	2.2	(0.19)	27	(2.7)	7.6	(0.54)
12 - 19.....	392	43	(2.4)	7.5	(0.28)	1.4	(0.21)	19	(2.7)	8.4	(0.29)	3.2	(0.47)	39	(4.6)	6.8	(0.42)
20 - 39.....	632	43	(2.0)	9.2	(0.63)	1.3	(0.10)	14	(1.2)	8.8	(0.60)	3.0	(0.19)	34	(2.0)	9.5	(0.81)
40 - 59.....	755	37	(2.1)	8.9	(0.40)	0.9	(0.09)	10	(1.0)	9.6	(0.44)	2.5	(0.16)	26	(1.7)	8.5	(0.43)
60 and over.....	1296	25	(2.4)	8.2	(0.17)	0.5	(0.07)	6	(0.9)	8.4	(0.27)	2.1	(0.19)	25	(2.3)	8.2	(0.17)
2 - 19.....	892	38	(1.8)	7.4	(0.25)	1.0	(0.11)	14	(1.4)	8.0	(0.26)	2.7	(0.25)	34	(2.4)	7.0	(0.32)
20 and over...	2683	35	(1.2)	8.8	(0.28)	0.9	(0.06)	11	(0.7)	9.0	(0.34)	2.6	(0.10)	29	(1.2)	8.7	(0.30)
2 and over...	3575	36	(1.0)	8.5	(0.25)	0.9	(0.05)	11	(0.7)	8.8	(0.28)	2.6	(0.10)	30	(1.2)	8.3	(0.28)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	7.9	(0.17)	1.0	(0.07)	13	(0.9)	8.4	(0.20)	2.8	(0.16)	34	(1.7)	7.6	(0.21)
20 and over...	4798	36	(1.0)	9.5	(0.24)	1.1	(0.05)	12	(0.6)	9.8	(0.26)	3.0	(0.12)	31	(1.4)	9.4	(0.26)
2 and over...	6563	36	(0.7)	9.1	(0.20)	1.1	(0.04)	12	(0.5)	9.4	(0.22)	3.0	(0.10)	32	(1.3)	9.0	(0.22)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	55.1	(4.14)	4.5*	(1.59)	8*	(2.9)	60.3	(6.63)	16.8*	(6.67)	28*	(9.5)	53.3	(4.66)
6 - 11.....	301	33	(4.0)	63.9	(3.37)	5.9	(1.13)	9	(1.9)	59.9	(5.34)	18.2	(2.96)	30	(3.7)	65.9	(3.95)
12 - 19.....	366	38	(3.1)	85.2	(5.05)	15.9	(1.97)	19	(2.7)	85.9	(4.59)	41.9	(4.19)	49	(4.2)	84.8	(6.57)
20 - 39.....	482	44	(2.8)	110.0	(6.28)	16.7	(1.50)	15	(1.7)	111.9	(8.88)	38.3	(3.43)	34	(4.3)	108.6	(9.97)
40 - 59.....	576	38	(2.3)	134.2	(7.49)	15.7	(1.51)	12	(1.2)	124.1	(9.49)	40.7	(3.52)	33	(3.2)	140.6	(14.13)
60 and over.....	1057	28	(1.0)	124.8	(7.19)	10.7	(1.65)	9	(1.1)	112.9	(14.63)	38.3	(5.57)	34	(2.5)	129.3	(6.88)
2 - 19.....	873	34	(2.3)	72.0	(3.19)	10.3	(1.12)	14	(1.8)	73.5	(3.38)	30.3	(2.61)	41	(3.0)	71.2	(3.92)
20 and over...	2115	37	(1.4)	122.6	(4.75)	14.6	(0.59)	12	(0.8)	116.4	(6.14)	39.1	(1.46)	34	(2.3)	126.3	(7.52)
2 and over...	2988	36	(1.1)	110.3	(3.70)	13.5	(0.60)	12	(0.7)	106.6	(4.45)	37.1	(1.44)	35	(2.1)	112.3	(5.80)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	55.8	(4.32)	4.5	(0.74)	8	(1.6)	46.2	(3.42)	15.1	(2.00)	33	(3.8)	59.8	(5.94)
6 - 11.....	308	35	(2.8)	76.2	(5.29)	6.7	(0.91)	9	(1.1)	69.3	(11.91)	18.9	(2.05)	27	(4.9)	80.0	(5.22)
12 - 19.....	392	43	(2.4)	78.4	(6.69)	13.4	(2.24)	17	(2.7)	77.7	(6.40)	31.4	(4.84)	40	(5.3)	78.9	(9.44)
20 - 39.....	632	43	(2.0)	131.0	(17.57)	16.1	(2.07)	12	(2.1)	106.2	(8.36)	37.2	(4.38)	35	(3.5)	149.9	(26.65)
40 - 59.....	755	37	(2.1)	109.2	(6.05)	10.4	(0.87)	10	(1.0)	116.6	(9.00)	28.1	(2.11)	24	(2.9)	105.0	(5.36)
60 and over.....	1296	25	(2.4)	117.8	(5.91)	7.2	(0.77)	6	(0.7)	103.2	(6.98)	29.1	(3.42)	28	(3.2)	122.6	(7.25)
2 - 19.....	892	38	(1.8)	73.3	(4.29)	9.5	(1.25)	13	(1.5)	70.3	(5.97)	25.1	(3.05)	36	(3.4)	75.1	(4.69)
20 and over...	2683	35	(1.2)	119.5	(6.82)	11.3	(0.79)	9	(0.8)	109.1	(4.64)	32.2	(1.79)	30	(1.9)	125.2	(9.61)
2 and over...	3575	36	(1.0)	109.3	(5.57)	10.9	(0.74)	10	(0.8)	100.0	(4.16)	30.5	(1.76)	31	(1.9)	114.4	(7.82)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	72.6	(2.60)	9.9	(0.88)	14	(1.2)	71.8	(3.70)	27.6	(2.11)	38	(2.2)	73.1	(3.02)
20 and over...	4798	36	(1.0)	121.0	(5.36)	12.9	(0.51)	11	(0.6)	112.7	(3.88)	35.7	(1.24)	32	(1.4)	125.7	(7.54)
2 and over...	6563	36	(0.7)	109.8	(4.23)	12.2	(0.50)	11	(0.6)	103.3	(3.20)	33.8	(1.25)	33	(1.4)	113.4	(5.85)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	855	(33.5)	50	(11.8)	6*	(1.3)	871	(81.7)	186	(42.7)	21*	(4.0)	850	(39.0)
6 - 11.....	301	33	(4.0)	938	(30.3)	84	(13.7)	9	(1.4)	959	(45.6)	256	(18.6)	27	(1.5)	928	(39.9)
12 - 19.....	366	38	(3.1)	1129	(39.4)	171	(22.8)	15	(1.9)	1114	(71.7)	450	(37.1)	40	(2.6)	1139	(53.6)
20 - 39.....	482	44	(2.8)	1027	(23.1)	162	(15.2)	16	(1.4)	1102	(57.6)	371	(39.6)	34	(2.9)	969	(28.2)
40 - 59.....	576	38	(2.3)	991	(27.3)	140	(16.1)	14	(1.5)	1079	(47.3)	364	(30.1)	34	(2.7)	936	(38.8)
60 and over.....	1057	28	(1.0)	937	(24.9)	78	(6.5)	8	(0.7)	945	(37.9)	281	(17.2)	30	(2.1)	935	(24.3)
2 - 19.....	873	34	(2.3)	1010	(24.5)	117	(10.9)	12	(1.0)	1025	(41.9)	346	(21.8)	34	(1.7)	1002	(33.5)
20 and over...	2115	37	(1.4)	988	(16.4)	130	(9.7)	13	(0.9)	1059	(32.2)	349	(24.2)	33	(1.8)	946	(20.1)
2 and over...	2988	36	(1.1)	994	(12.0)	127	(6.9)	13	(0.7)	1051	(23.7)	348	(17.8)	33	(1.4)	961	(17.3)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	864	(36.4)	54	(9.5)	6*	(1.1)	893	(64.1)	183	(19.5)	20*	(2.4)	851	(43.2)
6 - 11.....	308	35	(2.8)	906	(32.0)	67	(9.8)	7	(1.0)	873	(58.4)	190	(23.2)	22	(2.7)	924	(31.7)
12 - 19.....	392	43	(2.4)	751	(22.5)	120	(19.5)	16	(2.5)	757	(41.5)	281	(35.6)	37	(3.5)	748	(38.7)
20 - 39.....	632	43	(2.0)	826	(30.2)	133	(11.3)	16	(1.4)	827	(41.1)	308	(23.7)	37	(2.4)	825	(38.5)
40 - 59.....	755	37	(2.1)	802	(18.6)	97	(9.9)	12	(1.2)	820	(33.5)	263	(21.9)	32	(2.3)	791	(15.7)
60 and over.....	1296	25	(2.4)	779	(14.2)	55	(7.8)	7	(0.9)	827	(21.1)	222	(24.0)	27	(2.6)	763	(17.2)
2 - 19.....	892	38	(1.8)	824	(15.5)	90	(11.4)	11	(1.3)	814	(28.8)	238	(24.6)	29	(2.2)	831	(19.9)
20 and over...	2683	35	(1.2)	803	(15.5)	96	(7.9)	12	(0.9)	824	(26.5)	273	(18.1)	33	(1.8)	791	(12.4)
2 and over...	3575	36	(1.0)	807	(12.1)	95	(6.6)	12	(0.7)	822	(21.5)	265	(15.4)	32	(1.5)	799	(8.9)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	920	(17.5)	104	(8.8)	11	(0.8)	917	(29.4)	291	(18.0)	32	(1.2)	922	(23.6)
20 and over...	4798	36	(1.0)	893	(12.6)	112	(5.6)	13	(0.6)	941	(21.6)	311	(12.8)	33	(1.0)	865	(13.0)
2 and over...	6563	36	(0.7)	899	(9.5)	110	(3.6)	12	(0.4)	936	(15.8)	306	(8.4)	33	(0.7)	878	(10.2)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1064	(48.6)	76	(13.2)	7	(1.2)	1094	(86.3)	287	(52.6)	26	(3.7)	1054	(59.5)
6 - 11.....	301	33	(4.0)	1200	(25.8)	127	(19.3)	11	(1.6)	1240	(33.6)	387	(27.4)	31	(2.1)	1181	(34.4)
12 - 19.....	366	38	(3.1)	1488	(40.2)	259	(32.1)	17	(2.1)	1521	(80.0)	682	(50.1)	45	(3.4)	1468	(60.0)
20 - 39.....	482	44	(2.8)	1513	(44.6)	267	(23.1)	18	(1.5)	1616	(78.2)	611	(57.8)	38	(3.1)	1433	(53.5)
40 - 59.....	576	38	(2.3)	1517	(23.3)	226	(23.6)	15	(1.5)	1602	(37.7)	588	(47.0)	37	(2.7)	1464	(31.9)
60 and over.....	1057	28	(1.0)	1397	(33.8)	128	(7.6)	9	(0.5)	1391	(46.4)	461	(18.9)	33	(1.2)	1399	(32.9)
2 - 19.....	873	34	(2.3)	1306	(30.1)	178	(17.0)	14	(1.2)	1362	(58.5)	524	(29.3)	38	(1.7)	1277	(36.5)
20 and over...	2115	37	(1.4)	1480	(18.9)	212	(14.8)	14	(0.9)	1561	(38.6)	570	(36.7)	36	(1.9)	1432	(25.5)
2 and over...	2988	36	(1.1)	1437	(15.9)	204	(10.7)	14	(0.7)	1516	(27.5)	559	(27.9)	37	(1.5)	1392	(25.0)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1023	(32.1)	89	(12.4)	9	(1.3)	1059	(75.5)	299	(27.7)	28	(3.1)	1007	(33.1)
6 - 11.....	308	35	(2.8)	1150	(37.0)	117	(12.2)	10	(1.0)	1141	(61.7)	331	(21.0)	29	(2.1)	1154	(41.8)
12 - 19.....	392	43	(2.4)	1008	(31.1)	198	(30.1)	20	(2.7)	1083	(49.1)	463	(60.1)	43	(3.9)	952	(44.2)
20 - 39.....	632	43	(2.0)	1159	(36.5)	198	(16.8)	17	(1.6)	1160	(48.5)	459	(29.7)	40	(2.1)	1159	(54.7)
40 - 59.....	755	37	(2.1)	1121	(32.9)	149	(13.9)	13	(1.2)	1178	(50.5)	403	(27.2)	34	(2.3)	1088	(30.6)
60 and over.....	1296	25	(2.4)	1070	(17.4)	87	(10.4)	8	(0.9)	1124	(21.4)	352	(26.2)	31	(2.1)	1052	(18.8)
2 - 19.....	892	38	(1.8)	1058	(15.7)	150	(16.7)	14	(1.5)	1097	(36.8)	397	(37.0)	36	(2.4)	1034	(18.6)
20 and over...	2683	35	(1.2)	1118	(20.4)	146	(10.7)	13	(0.9)	1158	(33.4)	415	(21.5)	36	(1.7)	1096	(18.4)
2 and over...	3575	36	(1.0)	1104	(16.9)	147	(9.6)	13	(0.8)	1144	(28.3)	411	(21.2)	36	(1.5)	1082	(16.3)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	1186	(18.5)	164	(12.6)	14	(0.9)	1227	(39.4)	459	(25.3)	37	(1.3)	1163	(20.3)
20 and over...	4798	36	(1.0)	1293	(16.1)	178	(8.8)	14	(0.7)	1359	(25.0)	492	(20.2)	36	(1.3)	1256	(17.7)
2 and over...	6563	36	(0.7)	1268	(13.3)	175	(6.1)	14	(0.5)	1329	(19.0)	484	(14.7)	36	(1.0)	1234	(15.7)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	215	(10.7)	12	(1.8)	5*	(0.9)	207	(9.1)	43	(7.5)	21*	(3.5)	218	(13.8)
6 - 11.....	301	33	(4.0)	232	(5.8)	18	(2.5)	8	(1.1)	227	(9.7)	54	(4.1)	24	(1.7)	235	(7.0)
12 - 19.....	366	38	(3.1)	295	(6.8)	38	(4.6)	13	(1.5)	288	(14.9)	101	(7.6)	35	(2.6)	299	(11.8)
20 - 39.....	482	44	(2.8)	330	(12.5)	44	(2.8)	13	(0.8)	335	(17.1)	100	(7.3)	30	(2.1)	327	(15.3)
40 - 59.....	576	38	(2.3)	338	(6.6)	36	(3.2)	11	(0.9)	327	(6.5)	94	(5.2)	29	(1.6)	346	(11.0)
60 and over.....	1057	28	(1.0)	319	(7.1)	20	(1.2)	6	(0.4)	311	(10.3)	72	(2.7)	23	(1.0)	323	(8.1)
2 - 19.....	873	34	(2.3)	258	(5.3)	26	(2.5)	10	(0.9)	256	(10.5)	77	(4.4)	30	(1.5)	259	(7.0)
20 and over...	2115	37	(1.4)	330	(6.1)	34	(2.0)	10	(0.6)	327	(7.7)	92	(4.6)	28	(1.3)	332	(8.7)
2 and over...	2988	36	(1.1)	312	(5.3)	32	(1.5)	10	(0.5)	310	(5.7)	88	(3.6)	28	(1.1)	313	(7.4)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	197	(6.8)	14	(2.0)	7	(1.0)	194	(13.4)	47	(4.7)	24	(2.9)	199	(5.6)
6 - 11.....	308	35	(2.8)	230	(7.3)	19	(1.8)	8	(0.8)	218	(13.1)	53	(3.0)	24	(2.1)	237	(8.1)
12 - 19.....	392	43	(2.4)	218	(6.3)	34	(4.2)	15	(1.9)	223	(8.2)	78	(6.9)	35	(2.6)	214	(9.7)
20 - 39.....	632	43	(2.0)	273	(15.6)	34	(2.4)	13	(1.2)	247	(10.0)	79	(4.2)	32	(1.7)	292	(23.6)
40 - 59.....	755	37	(2.1)	266	(8.2)	25	(2.2)	10	(0.8)	270	(11.7)	69	(4.7)	25	(1.7)	264	(8.1)
60 and over.....	1296	25	(2.4)	252	(3.2)	15	(1.7)	6	(0.7)	248	(4.5)	60	(3.2)	24	(1.3)	253	(3.9)
2 - 19.....	892	38	(1.8)	218	(3.2)	25	(2.3)	11	(1.0)	217	(6.6)	66	(4.1)	30	(1.6)	218	(3.6)
20 and over...	2683	35	(1.2)	264	(6.7)	25	(1.5)	9	(0.6)	255	(6.5)	71	(2.8)	28	(1.1)	268	(8.1)
2 and over...	3575	36	(1.0)	254	(5.6)	25	(1.2)	10	(0.5)	246	(5.7)	70	(2.2)	28	(1.0)	258	(6.7)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	238	(3.4)	25	(1.7)	11	(0.6)	236	(6.6)	71	(2.9)	30	(0.9)	240	(4.4)
20 and over...	4798	36	(1.0)	296	(5.7)	29	(1.2)	10	(0.4)	291	(6.0)	81	(2.6)	28	(0.9)	299	(6.7)
2 and over...	6563	36	(0.7)	282	(4.7)	28	(0.8)	10	(0.3)	278	(4.9)	79	(1.8)	28	(0.7)	285	(5.5)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

<b>I r o n</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	9.8	(0.37)	0.7	(0.10)	7	(1.0)	9.3	(0.62)	2.5	(0.33)	27	(2.6)	9.9	(0.55)
6 - 11.....	301	33	(4.0)	12.3	(0.49)	1.1	(0.17)	9	(1.4)	12.3	(0.91)	3.2	(0.32)	26	(2.1)	12.3	(0.56)
12 - 19.....	366	38	(3.1)	14.9	(0.54)	2.1	(0.27)	14	(1.7)	14.7	(1.05)	5.4	(0.44)	37	(3.4)	14.9	(0.78)
20 - 39.....	482	44	(2.8)	14.4	(0.47)	2.5	(0.19)	17	(1.4)	14.7	(0.88)	5.7	(0.57)	39	(3.3)	14.2	(0.68)
40 - 59.....	576	38	(2.3)	14.4	(0.24)	2.1	(0.27)	15	(1.9)	14.5	(0.46)	5.6	(0.51)	38	(3.3)	14.3	(0.39)
60 and over.....	1057	28	(1.0)	14.4	(0.30)	1.1	(0.07)	8	(0.5)	14.3	(0.50)	4.1	(0.21)	29	(1.2)	14.4	(0.36)
2 - 19.....	873	34	(2.3)	13.0	(0.35)	1.4	(0.13)	11	(0.9)	13.1	(0.70)	4.3	(0.22)	33	(2.2)	12.9	(0.42)
20 and over...	2115	37	(1.4)	14.4	(0.18)	2.0	(0.14)	14	(0.9)	14.5	(0.40)	5.3	(0.38)	36	(2.1)	14.3	(0.33)
2 and over...	2988	36	(1.1)	14.0	(0.16)	1.8	(0.10)	13	(0.7)	14.2	(0.26)	5.1	(0.28)	36	(1.8)	13.9	(0.31)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	9.6	(0.35)	0.7	(0.12)	7	(1.1)	9.8	(0.60)	2.4	(0.33)	24	(2.7)	9.6	(0.35)
6 - 11.....	308	35	(2.8)	11.3	(0.31)	1.1	(0.15)	10	(1.2)	10.7	(0.52)	3.2	(0.28)	30	(1.8)	11.6	(0.38)
12 - 19.....	392	43	(2.4)	11.0	(0.46)	1.7	(0.19)	15	(1.8)	11.6	(0.64)	4.0	(0.37)	34	(3.0)	10.6	(0.51)
20 - 39.....	632	43	(2.0)	11.3	(0.52)	1.6	(0.13)	14	(1.4)	11.0	(0.52)	3.8	(0.23)	34	(1.5)	11.6	(0.95)
40 - 59.....	755	37	(2.1)	11.1	(0.45)	1.4	(0.13)	12	(1.1)	11.3	(0.53)	3.7	(0.29)	33	(2.5)	11.0	(0.48)
60 and over.....	1296	25	(2.4)	10.6	(0.14)	0.8	(0.09)	7	(0.9)	10.6	(0.22)	3.1	(0.24)	30	(2.1)	10.6	(0.19)
2 - 19.....	892	38	(1.8)	10.8	(0.24)	1.3	(0.13)	12	(1.1)	11.0	(0.46)	3.5	(0.28)	32	(2.1)	10.7	(0.23)
20 and over...	2683	35	(1.2)	11.0	(0.26)	1.3	(0.09)	12	(0.8)	11.0	(0.35)	3.6	(0.17)	33	(1.3)	11.0	(0.30)
2 and over...	3575	36	(1.0)	11.0	(0.22)	1.3	(0.08)	12	(0.7)	11.0	(0.28)	3.6	(0.18)	32	(1.4)	11.0	(0.25)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	11.9	(0.20)	1.4	(0.09)	12	(0.7)	12.0	(0.43)	3.9	(0.18)	32	(1.2)	11.9	(0.26)
20 and over...	4798	36	(1.0)	12.7	(0.19)	1.6	(0.08)	13	(0.6)	12.8	(0.27)	4.4	(0.19)	35	(1.3)	12.6	(0.23)
2 and over...	6563	36	(0.7)	12.5	(0.16)	1.6	(0.06)	12	(0.5)	12.6	(0.21)	4.3	(0.14)	34	(1.0)	12.4	(0.20)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

<b>Z i n c</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	7.1	(0.32)	0.5	(0.09)	7	(1.2)	7.0	(0.38)	1.8	(0.32)	26	(3.9)	7.1	(0.42)
6 - 11.....	301	33	(4.0)	8.4	(0.31)	0.8	(0.13)	10	(1.5)	8.5	(0.49)	2.4	(0.21)	29	(2.1)	8.3	(0.33)
12 - 19.....	366	38	(3.1)	11.0	(0.33)	1.8	(0.27)	16	(2.4)	11.4	(0.78)	4.8	(0.48)	42	(4.1)	10.8	(0.47)
20 - 39.....	482	44	(2.8)	11.7	(0.42)	2.1	(0.16)	18	(1.4)	12.4	(0.71)	4.8	(0.49)	39	(3.6)	11.1	(0.45)
40 - 59.....	576	38	(2.3)	12.0	(0.25)	1.8	(0.22)	15	(1.8)	12.2	(0.42)	4.6	(0.44)	38	(3.5)	11.8	(0.35)
60 and over.....	1057	28	(1.0)	10.8	(0.25)	0.9	(0.07)	9	(0.6)	10.8	(0.45)	3.4	(0.22)	32	(2.1)	10.8	(0.27)
2 - 19.....	873	34	(2.3)	9.3	(0.22)	1.2	(0.13)	13	(1.4)	9.8	(0.45)	3.6	(0.24)	36	(2.3)	9.1	(0.28)
20 and over...	2115	37	(1.4)	11.5	(0.15)	1.7	(0.12)	14	(1.0)	12.0	(0.30)	4.4	(0.33)	37	(2.2)	11.2	(0.19)
2 and over...	2988	36	(1.1)	11.0	(0.12)	1.5	(0.09)	14	(0.8)	11.5	(0.21)	4.2	(0.25)	37	(1.9)	10.7	(0.16)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	6.3	(0.20)	0.5	(0.08)	8	(1.2)	6.1	(0.39)	1.8	(0.22)	29	(4.0)	6.3	(0.23)
6 - 11.....	308	35	(2.8)	7.7	(0.25)	0.7	(0.08)	10	(1.0)	7.1	(0.45)	2.1	(0.18)	29	(2.6)	8.0	(0.26)
12 - 19.....	392	43	(2.4)	7.3	(0.31)	1.3	(0.18)	18	(2.3)	7.7	(0.44)	3.1	(0.37)	40	(3.8)	7.1	(0.39)
20 - 39.....	632	43	(2.0)	8.9	(0.27)	1.4	(0.12)	15	(1.4)	8.3	(0.38)	3.1	(0.23)	38	(2.1)	9.3	(0.49)
40 - 59.....	755	37	(2.1)	8.4	(0.28)	1.1	(0.09)	13	(1.0)	8.6	(0.37)	2.9	(0.20)	34	(2.2)	8.3	(0.27)
60 and over.....	1296	25	(2.4)	7.9	(0.15)	0.7	(0.09)	8	(1.1)	8.1	(0.34)	2.7	(0.24)	33	(2.2)	7.8	(0.13)
2 - 19.....	892	38	(1.8)	7.2	(0.19)	1.0	(0.11)	13	(1.3)	7.3	(0.33)	2.6	(0.25)	35	(2.4)	7.2	(0.21)
20 and over...	2683	35	(1.2)	8.4	(0.16)	1.0	(0.08)	12	(0.9)	8.4	(0.27)	2.9	(0.18)	35	(1.6)	8.4	(0.19)
2 and over...	3575	36	(1.0)	8.1	(0.15)	1.0	(0.07)	13	(0.8)	8.1	(0.23)	2.9	(0.17)	35	(1.5)	8.2	(0.18)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	8.3	(0.14)	1.1	(0.10)	13	(1.1)	8.5	(0.33)	3.0	(0.21)	36	(1.8)	8.2	(0.15)
20 and over...	4798	36	(1.0)	9.9	(0.12)	1.3	(0.07)	13	(0.7)	10.2	(0.19)	3.7	(0.18)	36	(1.5)	9.8	(0.12)
2 and over...	6563	36	(0.7)	9.5	(0.10)	1.3	(0.05)	13	(0.5)	9.8	(0.15)	3.5	(0.13)	36	(1.3)	9.4	(0.10)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	0.8	(0.03)	#		6*	(1.2)	0.7	(0.04)	0.2	(0.04)	24*	(4.1)	0.8	(0.05)
6 - 11.....	301	33	(4.0)	0.9	(0.03)	0.1	(0.01)	8	(1.2)	0.9	(0.03)	0.2	(0.02)	24	(2.1)	0.9	(0.04)
12 - 19.....	366	38	(3.1)	1.1	(0.03)	0.1	(0.02)	12	(1.4)	1.1	(0.07)	0.4	(0.03)	33	(2.2)	1.1	(0.06)
20 - 39.....	482	44	(2.8)	1.3	(0.06)	0.2	(0.01)	12	(0.9)	1.3	(0.07)	0.4	(0.03)	29	(2.6)	1.3	(0.07)
40 - 59.....	576	38	(2.3)	1.3	(0.03)	0.1	(0.01)	11	(1.1)	1.2	(0.04)	0.3	(0.03)	29	(2.2)	1.3	(0.05)
60 and over.....	1057	28	(1.0)	1.2	(0.04)	0.1	(#)	6	(0.4)	1.2	(0.05)	0.3	(0.01)	21	(1.4)	1.3	(0.04)
2 - 19.....	873	34	(2.3)	1.0	(0.02)	0.1	(0.01)	10	(0.8)	1.0	(0.05)	0.3	(0.01)	29	(1.2)	1.0	(0.03)
20 and over...	2115	37	(1.4)	1.3	(0.03)	0.1	(0.01)	10	(0.6)	1.2	(0.03)	0.3	(0.02)	27	(1.6)	1.3	(0.04)
2 and over...	2988	36	(1.1)	1.2	(0.03)	0.1	(0.01)	10	(0.5)	1.2	(0.03)	0.3	(0.02)	28	(1.3)	1.2	(0.03)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	0.7	(0.03)	#		7*	(1.1)	0.7	(0.05)	0.2	(0.02)	24	(3.2)	0.7	(0.03)
6 - 11.....	308	35	(2.8)	0.9	(0.05)	0.1	(0.01)	8	(1.0)	0.8	(0.05)	0.2	(0.02)	25	(2.3)	0.9	(0.06)
12 - 19.....	392	43	(2.4)	0.9	(0.04)	0.1	(0.01)	14	(1.6)	0.9	(0.05)	0.3	(0.02)	32	(2.5)	0.9	(0.05)
20 - 39.....	632	43	(2.0)	1.1	(0.06)	0.1	(0.01)	12	(1.1)	1.0	(0.05)	0.3	(0.02)	30	(1.9)	1.2	(0.09)
40 - 59.....	755	37	(2.1)	1.1	(0.03)	0.1	(0.01)	8	(0.6)	1.1	(0.04)	0.2	(0.01)	21	(1.4)	1.0	(0.04)
60 and over.....	1296	25	(2.4)	1.1	(0.07)	0.1	(0.01)	5	(0.7)	1.0	(0.02)	0.2	(0.01)	23	(1.5)	1.1	(0.10)
2 - 19.....	892	38	(1.8)	0.9	(0.02)	0.1	(0.01)	11	(0.8)	0.8	(0.03)	0.2	(0.01)	29	(1.7)	0.9	(0.02)
20 and over...	2683	35	(1.2)	1.1	(0.04)	0.1	(0.01)	9	(0.7)	1.0	(0.03)	0.3	(0.01)	25	(1.1)	1.1	(0.05)
2 and over...	3575	36	(1.0)	1.0	(0.03)	0.1	(0.01)	9	(0.6)	1.0	(0.03)	0.3	(0.01)	26	(1.0)	1.0	(0.04)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	0.9	(0.02)	0.1	(#)	10	(0.4)	0.9	(0.03)	0.3	(0.01)	29	(0.8)	0.9	(0.02)
20 and over...	4798	36	(1.0)	1.2	(0.03)	0.1	(0.01)	9	(0.6)	1.1	(0.03)	0.3	(0.02)	26	(1.3)	1.2	(0.04)
2 and over...	6563	36	(0.7)	1.1	(0.03)	0.1	(#)	9	(0.5)	1.1	(0.02)	0.3	(0.01)	27	(1.1)	1.1	(0.03)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	73.4	(3.23)	5.5	(0.95)	8	(1.2)	73.2	(4.44)	20.7	(3.44)	28	(3.6)	73.5	(4.15)
6 - 11.....	301	33	(4.0)	91.2	(1.67)	10.6	(1.66)	12	(1.9)	93.2	(3.94)	32.3	(2.76)	35	(3.1)	90.2	(2.35)
12 - 19.....	366	38	(3.1)	115.9	(4.05)	21.9	(3.10)	19	(2.5)	119.3	(6.37)	57.7	(5.17)	48	(4.0)	113.8	(4.02)
20 - 39.....	482	44	(2.8)	132.5	(5.86)	23.8	(2.14)	18	(1.7)	141.2	(9.73)	54.6	(6.07)	39	(3.7)	125.7	(7.29)
40 - 59.....	576	38	(2.3)	130.5	(2.97)	21.3	(2.23)	16	(1.8)	137.4	(3.14)	55.4	(4.45)	40	(3.3)	126.1	(3.92)
60 and over.....	1057	28	(1.0)	115.1	(2.36)	11.4	(0.62)	10	(0.6)	114.8	(2.53)	41.1	(1.65)	36	(1.5)	115.2	(2.67)
2 - 19.....	873	34	(2.3)	99.0	(2.30)	14.8	(1.60)	15	(1.5)	103.5	(4.10)	43.6	(2.70)	42	(2.1)	96.6	(2.01)
20 and over...	2115	37	(1.4)	126.6	(2.02)	19.3	(1.44)	15	(1.1)	134.0	(3.97)	51.9	(3.71)	39	(2.2)	122.3	(2.97)
2 and over...	2988	36	(1.1)	119.9	(1.70)	18.2	(1.12)	15	(1.0)	127.1	(2.83)	50.0	(2.93)	39	(1.9)	115.8	(2.54)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	68.4	(3.71)	6.2	(0.93)	9	(1.5)	68.0	(7.62)	20.8	(2.54)	31	(5.3)	68.6	(3.97)
6 - 11.....	308	35	(2.8)	84.7	(2.13)	9.4	(1.37)	11	(1.4)	84.7	(6.70)	26.5	(2.89)	31	(2.3)	84.7	(2.20)
12 - 19.....	392	43	(2.4)	83.3	(3.37)	16.0	(2.13)	19	(2.4)	88.5	(4.92)	37.5	(4.69)	42	(4.2)	79.4	(4.67)
20 - 39.....	632	43	(2.0)	99.6	(3.70)	16.9	(1.44)	17	(1.6)	96.4	(3.78)	39.2	(2.78)	41	(2.4)	102.0	(6.64)
40 - 59.....	755	37	(2.1)	93.2	(2.55)	12.7	(1.24)	14	(1.2)	101.6	(4.30)	34.4	(2.52)	34	(2.3)	88.4	(2.53)
60 and over.....	1296	25	(2.4)	85.8	(1.57)	7.5	(0.90)	9	(1.1)	86.7	(2.43)	30.2	(2.50)	35	(2.3)	85.5	(2.07)
2 - 19.....	892	38	(1.8)	80.9	(2.04)	11.9	(1.40)	15	(1.5)	84.2	(4.20)	31.5	(3.42)	37	(3.2)	78.8	(1.82)
20 and over...	2683	35	(1.2)	93.0	(1.50)	12.5	(0.90)	13	(1.0)	96.0	(2.60)	35.5	(1.89)	37	(1.6)	91.4	(2.24)
2 and over...	3575	36	(1.0)	90.3	(1.24)	12.4	(0.87)	14	(1.0)	93.2	(2.21)	34.5	(2.02)	37	(1.8)	88.7	(1.83)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	90.2	(1.67)	13.4	(1.14)	15	(1.2)	93.6	(3.36)	37.4	(2.49)	40	(1.9)	88.3	(1.32)
20 and over...	4798	36	(1.0)	109.3	(1.59)	15.8	(0.79)	14	(0.7)	114.9	(2.47)	43.7	(1.94)	38	(1.4)	106.1	(2.04)
2 and over...	6563	36	(0.7)	104.9	(1.32)	15.2	(0.60)	15	(0.6)	110.0	(1.75)	42.2	(1.51)	38	(1.3)	101.9	(1.68)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	1969	(90.4)	117	(21.5)	6*	(1.1)	2000	(152.6)	438	(89.5)	22*	(3.7)	1958	(107.0)
6 - 11.....	301	33	(4.0)	2018	(46.8)	184	(27.1)	9	(1.4)	1976	(83.4)	564	(57.2)	29	(2.3)	2038	(49.2)
12 - 19.....	366	38	(3.1)	2460	(45.8)	402	(47.2)	16	(1.9)	2552	(114.7)	1058	(80.0)	41	(3.0)	2404	(89.5)
20 - 39.....	482	44	(2.8)	2624	(112.5)	434	(33.0)	17	(1.2)	2730	(148.5)	992	(74.4)	36	(2.0)	2542	(126.3)
40 - 59.....	576	38	(2.3)	2868	(63.4)	358	(31.8)	12	(1.2)	2906	(68.5)	931	(55.8)	32	(2.1)	2844	(91.8)
60 and over.....	1057	28	(1.0)	2831	(50.7)	213	(14.1)	8	(0.5)	2775	(101.6)	767	(34.7)	28	(1.4)	2852	(41.1)
2 - 19.....	873	34	(2.3)	2213	(37.9)	271	(25.8)	12	(1.1)	2279	(84.5)	800	(47.8)	35	(1.8)	2179	(52.2)
20 and over...	2115	37	(1.4)	2768	(45.5)	343	(19.7)	12	(0.7)	2802	(49.7)	921	(45.7)	33	(1.3)	2748	(60.3)
2 and over...	2988	36	(1.1)	2633	(39.4)	325	(15.6)	12	(0.6)	2683	(36.2)	893	(37.7)	33	(1.1)	2604	(51.5)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	1820	(56.0)	151	(25.1)	8	(1.4)	1860	(99.0)	509	(56.7)	27	(3.2)	1802	(58.9)
6 - 11.....	308	35	(2.8)	2034	(82.3)	176	(14.0)	9	(0.8)	1991	(144.6)	496	(24.0)	25	(2.4)	2058	(89.2)
12 - 19.....	392	43	(2.4)	1841	(82.3)	336	(50.1)	18	(2.7)	1953	(123.8)	786	(94.8)	40	(4.0)	1757	(81.6)
20 - 39.....	632	43	(2.0)	2215	(85.7)	325	(28.3)	15	(1.5)	2062	(66.1)	753	(48.4)	37	(2.1)	2331	(136.6)
40 - 59.....	755	37	(2.1)	2197	(61.4)	246	(22.4)	11	(1.0)	2188	(98.5)	664	(43.3)	30	(2.1)	2203	(61.2)
60 and over.....	1296	25	(2.4)	2201	(33.2)	154	(17.1)	7	(0.8)	2202	(52.7)	618	(29.8)	28	(1.4)	2200	(41.6)
2 - 19.....	892	38	(1.8)	1901	(48.7)	247	(27.4)	13	(1.4)	1950	(82.1)	654	(54.8)	34	(2.5)	1871	(48.1)
20 and over...	2683	35	(1.2)	2205	(42.5)	243	(15.3)	11	(0.7)	2138	(45.7)	691	(28.5)	32	(1.3)	2241	(52.5)
2 and over...	3575	36	(1.0)	2137	(41.0)	244	(14.3)	11	(0.7)	2094	(44.7)	682	(29.3)	33	(1.3)	2161	(48.5)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	2062	(29.0)	260	(18.0)	13	(0.8)	2111	(52.6)	725	(34.4)	34	(1.3)	2034	(38.4)
20 and over...	4798	36	(1.0)	2478	(38.6)	291	(12.4)	12	(0.5)	2469	(37.2)	806	(27.5)	33	(1.0)	2483	(48.5)
2 and over...	6563	36	(0.7)	2381	(34.4)	284	(10.0)	12	(0.4)	2386	(31.0)	787	(22.8)	33	(0.9)	2378	(43.4)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	2308	(133.2)	195	(35.2)	8	(1.5)	2443	(185.0)	732	(142.1)	30	(4.2)	2259	(171.3)
6 - 11.....	301	33	(4.0)	2762	(48.4)	352	(51.4)	13	(1.8)	2989	(112.6)	1076	(88.3)	36	(2.6)	2651	(69.1)
12 - 19.....	366	38	(3.1)	3513	(133.3)	677	(87.8)	19	(2.3)	3758	(176.2)	1782	(133.0)	47	(3.6)	3362	(151.1)
20 - 39.....	482	44	(2.8)	3892	(117.7)	756	(71.1)	19	(1.8)	4140	(166.2)	1731	(176.7)	42	(3.6)	3700	(149.9)
40 - 59.....	576	38	(2.3)	3833	(52.1)	657	(67.8)	17	(1.7)	4168	(90.2)	1707	(136.2)	41	(3.0)	3624	(88.4)
60 and over.....	1057	28	(1.0)	3319	(62.4)	374	(21.9)	11	(0.6)	3451	(92.1)	1345	(65.0)	39	(1.4)	3269	(66.6)
2 - 19.....	873	34	(2.3)	3016	(89.7)	470	(45.2)	16	(1.3)	3300	(124.3)	1387	(75.9)	42	(1.8)	2870	(91.5)
20 and over...	2115	37	(1.4)	3703	(47.4)	609	(41.0)	16	(1.0)	3998	(79.9)	1637	(103.1)	41	(2.1)	3528	(63.8)
2 and over...	2988	36	(1.1)	3535	(39.6)	575	(29.7)	16	(0.8)	3839	(56.1)	1580	(78.0)	41	(1.7)	3361	(57.5)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	2115	(85.0)	216	(32.7)	10	(1.6)	2199	(146.1)	726	(82.1)	33	(3.8)	2080	(101.8)
6 - 11.....	308	35	(2.8)	2653	(86.8)	336	(44.1)	13	(1.5)	2808	(165.8)	948	(89.0)	34	(2.3)	2568	(91.4)
12 - 19.....	392	43	(2.4)	2649	(99.5)	553	(69.7)	21	(2.3)	2956	(143.7)	1293	(148.4)	44	(3.5)	2419	(92.3)
20 - 39.....	632	43	(2.0)	3013	(76.4)	531	(56.4)	18	(1.8)	3076	(136.4)	1229	(107.8)	40	(3.0)	2965	(128.5)
40 - 59.....	755	37	(2.1)	2729	(83.8)	407	(36.2)	15	(1.2)	2953	(127.6)	1102	(75.1)	37	(2.5)	2598	(83.2)
60 and over.....	1296	25	(2.4)	2491	(40.1)	244	(27.0)	10	(1.0)	2704	(79.9)	981	(75.0)	36	(2.2)	2421	(39.9)
2 - 19.....	892	38	(1.8)	2547	(62.4)	416	(44.2)	16	(1.4)	2794	(115.1)	1099	(102.0)	39	(2.3)	2396	(45.6)
20 and over...	2683	35	(1.2)	2750	(42.3)	397	(27.3)	14	(0.9)	2948	(80.6)	1128	(62.0)	38	(1.9)	2642	(44.2)
2 and over...	3575	36	(1.0)	2705	(37.1)	401	(27.3)	15	(0.9)	2912	(75.3)	1121	(65.5)	38	(1.8)	2589	(36.7)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	2789	(61.5)	444	(33.2)	16	(1.0)	3041	(101.4)	1240	(69.9)	41	(1.4)	2648	(51.1)
20 and over...	4798	36	(1.0)	3212	(38.3)	500	(23.2)	16	(0.7)	3472	(52.8)	1382	(57.8)	40	(1.5)	3064	(46.2)
2 and over...	6563	36	(0.7)	3113	(32.1)	487	(18.1)	16	(0.5)	3372	(47.0)	1349	(46.7)	40	(1.2)	2967	(36.1)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	5.2	(1.33)	0.6*	(0.22)	12*	(4.7)	8.6*	(3.79)	2.3*	(0.88)	--		4.0	(0.82)
6 - 11.....	301	33	(4.0)	11.2	(1.73)	0.9*	(0.39)	8*	(3.0)	10.6	(1.95)	2.8*	(1.01)	26*	(8.0)	11.5	(2.10)
12 - 19.....	366	38	(3.1)	28.8	(4.11)	7.3	(1.86)	25	(5.1)	38.1	(6.74)	19.1	(4.73)	50	(7.5)	23.1	(3.93)
20 - 39.....	482	44	(2.8)	132.9	(9.81)	21.1	(3.43)	16	(2.4)	134.0	(17.06)	48.3	(7.35)	36	(5.9)	132.0	(9.27)
40 - 59.....	576	38	(2.3)	197.3	(13.63)	19.7	(3.55)	10	(1.8)	232.1	(20.02)	51.1	(7.82)	22	(3.9)	175.5	(11.93)
60 and over.....	1057	28	(1.0)	179.1	(8.85)	12.2	(2.05)	7	(1.1)	192.0	(21.11)	44.0	(6.85)	23	(3.7)	174.1	(7.88)
2 - 19.....	873	34	(2.3)	18.1	(2.39)	3.8	(0.86)	21	(3.8)	24.6	(3.78)	11.2	(2.50)	46	(6.5)	14.8	(2.20)
20 and over...	2115	37	(1.4)	168.5	(7.00)	18.0	(2.16)	11	(1.2)	181.4	(11.16)	48.3	(5.12)	27	(2.5)	160.9	(6.45)
2 and over...	2988	36	(1.1)	131.8	(5.62)	14.5	(1.54)	11	(1.2)	145.8	(8.66)	39.9	(3.96)	27	(2.4)	123.8	(5.30)
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	4.9	(0.87)	0.3*	(0.18)	7*	(3.6)	7.2*	(3.08)	1.1*	(0.59)	--		3.8	(0.68)
6 - 11.....	308	35	(2.8)	12.7	(1.94)	2.7	(0.66)	21	(6.2)	14.4	(1.97)	7.5	(1.71)	52	(10.0)	11.9	(3.10)
12 - 19.....	392	43	(2.4)	32.7	(3.59)	8.8	(2.37)	27	(6.4)	47.8	(7.04)	20.4	(5.52)	43	(8.2)	21.3	(3.47)
20 - 39.....	632	43	(2.0)	102.7	(8.10)	21.4	(3.44)	21	(2.4)	121.2	(12.42)	49.5	(7.81)	41	(4.4)	88.6	(5.87)
40 - 59.....	755	37	(2.1)	148.4	(7.99)	13.5	(2.64)	9	(1.7)	165.6	(14.90)	36.4	(7.35)	22	(3.7)	138.3	(7.45)
60 and over.....	1296	25	(2.4)	141.5	(5.25)	12.5	(2.10)	9	(1.4)	164.9	(9.89)	50.4	(7.28)	31	(3.5)	133.8	(7.26)
2 - 19.....	892	38	(1.8)	20.7	(1.98)	5.1	(1.24)	25	(5.7)	31.3	(4.06)	13.5	(3.16)	43	(7.2)	14.2	(2.27)
20 and over...	2683	35	(1.2)	130.4	(4.73)	15.9	(1.79)	12	(1.2)	146.6	(7.01)	45.2	(4.78)	31	(2.6)	121.6	(4.52)
2 and over...	3575	36	(1.0)	106.0	(4.23)	13.5	(1.54)	13	(1.3)	119.5	(6.78)	37.7	(4.16)	32	(2.7)	98.5	(3.80)
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	19.4	(1.93)	4.4	(0.72)	23	(3.2)	28.0	(3.18)	12.4	(2.00)	44	(4.6)	14.6	(1.75)
20 and over...	4798	36	(1.0)	148.9	(4.28)	16.9	(1.50)	11	(1.0)	164.0	(6.06)	46.7	(3.71)	29	(2.2)	140.3	(4.82)
2 and over...	6563	36	(0.7)	118.7	(3.89)	14.0	(1.16)	12	(1.0)	132.6	(4.99)	38.8	(3.02)	29	(2.2)	110.9	(4.21)

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 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service 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>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service 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 Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	206	27	(3.4)	--		--		--		--		--		--		--	
6 - 11.....	301	33	(4.0)	--		--		--		--		--		--		--	
12 - 19.....	366	38	(3.1)	--		--		--		--		--		--		--	
20 - 39.....	482	44	(2.8)	11.7	(1.37)	0.3*	(0.20)	3*	(1.8)	12.7	(1.63)	0.7*	(0.47)	6*	(3.6)	11.0	(2.33)
40 - 59.....	576	38	(2.3)	13.1	(1.50)	0.2*	(0.13)	2*	(1.0)	15.4	(2.73)	0.5*	(0.33)	4*	(2.2)	11.6	(1.78)
60 and over.....	1057	28	(1.0)	10.3	(0.91)	0.2*	(0.07)	2*	(0.6)	9.8	(1.42)	0.6*	(0.26)	6*	(2.7)	10.4	(1.03)
2 - 19.....	873	34	(2.3)	--		--		--		--		--		--		--	
20 and over...	2115	37	(1.4)	11.8	(0.57)	0.2*	(0.09)	2*	(0.8)	13.0	(1.34)	0.6*	(0.23)	5*	(1.9)	11.0	(0.93)
2 and over...	2988	36	(1.1)	--		--		--		--		--		--		--	
<b>Females:</b>																	
2 - 5.....	192	30	(4.3)	--		--		--		--		--		--		--	
6 - 11.....	308	35	(2.8)	--		--		--		--		--		--		--	
12 - 19.....	392	43	(2.4)	--		--		--		--		--		--		--	
20 - 39.....	632	43	(2.0)	4.7	(0.83)	#		#		4.6	(1.03)	#		--		4.7	(1.12)
40 - 59.....	755	37	(2.1)	4.2	(0.61)	0.2*	(0.08)	4*	(1.8)	3.8	(0.83)	0.4*	(0.22)	--		4.5	(0.74)
60 and over.....	1296	25	(2.4)	5.2	(0.47)	0.2*	(0.07)	4*	(1.3)	4.7	(0.58)	0.8*	(0.29)	17*	(5.3)	5.4	(0.51)
2 - 19.....	892	38	(1.8)	--		--		--		--		--		--		--	
20 and over...	2683	35	(1.2)	4.7	(0.33)	0.1*	(0.04)	3*	(0.7)	4.3	(0.47)	0.3	(0.10)	8*	(2.2)	4.9	(0.40)
2 and over...	3575	36	(1.0)	--		--		--		--		--		--		--	
<b>Males and Females:</b>																	
2 - 19.....	1765	36	(1.4)	--		--		--		--		--		--		--	
20 and over...	4798	36	(1.0)	8.1	(0.32)	0.2	(0.04)	2	(0.6)	8.7	(0.65)	0.5	(0.13)	6	(1.5)	7.8	(0.44)
2 and over...	6563	36	(0.7)	--		--		--		--		--		--		--	

### 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. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "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 Quick Service Restaurants.
- <sup>3</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1943	(33.5)	266	(24.8)	14	(1.3)	2094	(55.4)	734	(42.9)	35	(1.9)	1858	(40.0)
20 and over.....	2969	35	(1.7)	2084	(25.8)	267	(20.4)	13	(0.9)	2260	(35.9)	770	(37.0)	34	(1.4)	1990	(35.5)
2 and over...	3685	35	(1.3)	2057	(21.0)	267	(16.4)	13	(0.7)	2228	(26.8)	763	(28.9)	34	(1.1)	1966	(29.0)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1688	(40.7)	362	(44.6)	21	(2.8)	1899	(83.5)	951	(82.7)	50	(3.7)	1558	(56.3)
20 and over.....	555	42	(3.0)	1892	(53.6)	366	(27.4)	19	(1.5)	2045	(73.7)	879	(45.5)	43	(1.4)	1784	(60.8)
2 and over...	816	41	(2.6)	1842	(43.6)	365	(23.9)	20	(1.3)	2011	(62.1)	896	(32.4)	45	(1.1)	1726	(49.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	1832	(80.6)	235	(50.0)	13	(2.4)	--	--	--	--	--	--	1742	(88.0)
20 and over.....	199	31	(4.2)	2163	(185.3)	224	(46.0)	10	(1.6)	2359	(241.5)	732	(86.3)	31	(3.0)	2077	(167.0)
2 and over...	322	31	(4.2)	2055	(127.4)	228	(37.1)	11	(1.3)	2239	(141.0)	723	(40.4)	32	(2.0)	1971	(128.2)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	1837	(74.9)	235	(17.9)	13	(0.8)	1938	(111.8)	688	(59.9)	36	(1.8)	1785	(98.1)
20 and over.....	776	38	(2.4)	1914	(52.1)	297	(31.0)	15	(1.4)	2109	(67.4)	779	(49.6)	37	(2.5)	1795	(47.5)
2 and over...	1289	37	(1.8)	1890	(41.2)	277	(22.8)	15	(0.9)	2059	(53.4)	752	(42.8)	37	(2.0)	1792	(49.1)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	65.5	(1.43)	9.1	(1.30)	14	(2.0)	67.7	(2.92)	25.1	(2.54)	37	(3.1)	64.2	(1.60)
20 and over.....	2969	35	(1.7)	78.5	(1.15)	10.3	(0.89)	13	(1.1)	82.7	(1.94)	29.8	(1.74)	36	(1.9)	76.3	(1.38)
2 and over...	3685	35	(1.3)	76.1	(0.95)	10.1	(0.68)	13	(0.9)	79.8	(1.55)	28.9	(1.34)	36	(1.7)	74.1	(1.05)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	57.1	(2.58)	13.8	(1.80)	24	(3.5)	65.0	(4.56)	36.3	(4.15)	56	(5.4)	52.3	(3.28)
20 and over.....	555	42	(3.0)	71.8	(1.96)	14.1	(1.59)	20	(2.0)	75.8	(3.26)	33.8	(2.55)	45	(1.9)	68.9	(2.01)
2 and over...	816	41	(2.6)	68.2	(1.45)	14.0	(1.24)	21	(1.7)	73.3	(2.46)	34.4	(1.84)	47	(1.5)	64.7	(1.82)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	63.8	(4.00)	8.1	(1.98)	13	(3.0)	--	--	--	--	--	--	63.0	(4.14)
20 and over.....	199	31	(4.2)	80.3	(5.50)	8.4	(1.62)	10	(1.7)	86.6	(6.97)	27.5	(2.88)	32	(3.2)	77.6	(5.32)
2 and over...	322	31	(4.2)	74.9	(3.77)	8.3	(1.44)	11	(1.5)	79.3	(4.15)	26.4	(2.17)	33	(2.5)	72.9	(4.24)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	65.8	(2.92)	8.9	(0.90)	14	(1.2)	67.7	(4.33)	26.1	(2.60)	39	(2.4)	64.9	(3.37)
20 and over.....	776	38	(2.4)	75.4	(2.05)	11.8	(1.45)	16	(1.8)	78.1	(3.81)	31.0	(2.53)	40	(3.2)	73.7	(2.15)
2 and over...	1289	37	(1.8)	72.4	(1.65)	10.9	(1.06)	15	(1.3)	75.0	(2.88)	29.5	(2.13)	39	(2.6)	70.8	(2.24)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	247	(4.8)	31	(2.3)	12	(0.9)	262	(7.3)	85	(4.5)	32	(1.5)	239	(6.4)
20 and over.....	2969	35	(1.7)	229	(3.7)	28	(2.1)	12	(0.9)	250	(5.4)	80	(3.8)	32	(1.1)	218	(4.9)
2 and over...	3685	35	(1.3)	233	(3.2)	28	(1.8)	12	(0.7)	253	(3.9)	81	(3.1)	32	(0.9)	222	(4.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	213	(4.6)	39	(4.9)	18	(2.3)	236	(10.8)	101	(8.9)	43	(3.0)	199	(5.4)
20 and over.....	555	42	(3.0)	215	(6.6)	40	(2.8)	19	(1.3)	235	(10.6)	97	(6.6)	41	(1.3)	201	(8.8)
2 and over...	816	41	(2.6)	215	(5.3)	40	(2.3)	19	(1.1)	235	(9.3)	98	(4.6)	42	(0.8)	201	(6.7)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	238	(8.3)	29	(6.1)	12	(2.3)	--	--	--	--	--	--	227	(9.8)
20 and over.....	199	31	(4.2)	267	(22.5)	25	(5.2)	9	(1.5)	262	(24.3)	81	(10.3)	31	(3.9)	270	(27.1)
2 and over...	322	31	(4.2)	258	(16.0)	26	(4.5)	10	(1.3)	261	(17.1)	83	(5.3)	32	(2.2)	256	(20.0)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	231	(10.0)	25	(1.8)	11	(0.7)	236	(14.8)	75	(6.5)	32	(2.0)	229	(13.5)
20 and over.....	776	38	(2.4)	222	(4.7)	31	(3.5)	14	(1.4)	241	(6.3)	83	(5.9)	34	(2.7)	211	(5.0)
2 and over...	1289	37	(1.8)	225	(4.1)	30	(2.6)	13	(1.0)	240	(6.0)	80	(4.9)	34	(2.2)	217	(5.6)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	112	(2.3)	13	(1.3)	11	(1.0)	119	(4.6)	35	(3.3)	29	(2.5)	109	(3.8)
20 and over.....	2969	35	(1.7)	98	(1.8)	9	(0.7)	10	(0.8)	106	(3.4)	27	(1.5)	26	(1.6)	94	(2.0)
2 and over...	3685	35	(1.3)	101	(1.3)	10	(0.7)	10	(0.7)	109	(2.9)	29	(1.6)	26	(1.6)	96	(1.6)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	89	(4.0)	12	(1.4)	13	(1.8)	99	(7.3)	31	(3.0)	31	(2.9)	82	(4.7)
20 and over.....	555	42	(3.0)	95	(3.6)	14	(1.1)	15	(1.0)	106	(7.6)	35	(4.2)	33	(2.6)	88	(3.6)
2 and over...	816	41	(2.6)	94	(3.2)	14	(1.0)	15	(1.0)	104	(6.9)	34	(3.2)	32	(2.0)	86	(2.7)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	82	(3.4)	9	(2.6)	11	(3.0)	--	--	--	--	--	--	79	(3.9)
20 and over.....	199	31	(4.2)	86	(3.8)	10	(2.4)	11	(2.5)	94	(8.8)	32	(5.2)	34	(4.1)	83	(3.5)
2 and over...	322	31	(4.2)	85	(3.1)	9	(1.8)	11	(1.8)	92	(6.8)	30	(2.4)	33	(1.7)	82	(2.4)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	102	(5.0)	9	(0.8)	9	(0.7)	98	(7.5)	26	(3.3)	27	(2.3)	104	(6.7)
20 and over.....	776	38	(2.4)	92	(2.7)	11	(1.7)	12	(1.7)	102	(3.9)	29	(3.5)	29	(3.1)	85	(2.5)
2 and over...	1289	37	(1.8)	95	(2.4)	10	(1.3)	11	(1.2)	101	(3.0)	28	(2.7)	28	(2.5)	91	(2.9)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	14.8	(0.45)	1.5	(0.13)	10	(0.9)	14.6	(0.52)	4.3	(0.24)	29	(1.8)	14.9	(0.51)
20 and over.....	2969	35	(1.7)	16.3	(0.56)	1.6	(0.13)	10	(0.8)	15.6	(0.48)	4.7	(0.25)	30	(1.4)	16.7	(0.67)
2 and over...	3685	35	(1.3)	16.0	(0.50)	1.6	(0.11)	10	(0.7)	15.4	(0.43)	4.6	(0.21)	30	(1.3)	16.3	(0.60)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	12.2	(0.38)	2.2	(0.27)	18	(2.0)	12.7	(0.64)	5.9	(0.49)	46	(2.5)	11.9	(0.37)
20 and over.....	555	42	(3.0)	13.5	(0.50)	2.2	(0.22)	16	(1.8)	13.0	(0.31)	5.3	(0.38)	40	(3.2)	13.8	(0.85)
2 and over...	816	41	(2.6)	13.2	(0.38)	2.2	(0.16)	17	(1.3)	13.0	(0.30)	5.4	(0.26)	42	(2.4)	13.3	(0.60)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	18.2	(1.58)	2.1	(0.56)	11	(2.6)	--	--	--	--	--	--	19.2	(1.90)
20 and over.....	199	31	(4.2)	24.5	(3.20)	1.4	(0.20)	6*	(0.9)	20.0	(1.59)	4.4	(0.38)	22*	(2.4)	26.5	(4.32)
2 and over...	322	31	(4.2)	22.5	(2.52)	1.6	(0.25)	7	(0.7)	18.7	(1.46)	5.0	(0.36)	27	(1.5)	24.2	(3.40)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	14.9	(0.73)	1.4	(0.11)	10	(0.9)	14.3	(1.01)	4.1	(0.32)	29	(2.5)	15.2	(1.03)
20 and over.....	776	38	(2.4)	16.2	(0.44)	1.9	(0.14)	12	(0.9)	15.2	(0.63)	4.9	(0.26)	32	(1.9)	16.8	(0.46)
2 and over...	1289	37	(1.8)	15.8	(0.22)	1.7	(0.11)	11	(0.8)	14.9	(0.54)	4.7	(0.21)	31	(1.7)	16.2	(0.34)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)		T o t a l f a t											
				All Individuals <sup>2</sup>					Quick Service Restaurant Consumers <sup>3</sup>					Non-consumers <sup>4</sup>	
				Total Intake g (SE)	Intake from Quick Service Restaurants g (SE)	Percentages from Quick Service Restaurants % (SE)	Total Intake g (SE)	Intake from Quick Service Restaurants g (SE)	Percentages from Quick Service Restaurants % (SE)	Total Intake g (SE)	Intake from Quick Service Restaurants g (SE)	Percentages from Quick Service Restaurants % (SE)	Total Intake g (SE)		
<b>Non-Hispanic White:</b>															
2 - 19.....	716	36	(1.9)	77.7 (1.73)	12.0 (1.26)	15 (1.6)	86.7 (3.26)	33.2 (2.34)	38 (2.5)	72.6 (1.86)					
20 and over.....	2969	35	(1.7)	89.4 (1.01)	12.6 (1.00)	14 (1.1)	97.5 (1.36)	36.3 (1.92)	37 (1.8)	85.2 (1.53)					
2 and over...	3685	35	(1.3)	87.2 (0.72)	12.5 (0.80)	14 (0.9)	95.4 (1.03)	35.7 (1.55)	37 (1.6)	82.9 (1.12)					
<b>Non-Hispanic Black:</b>															
2 - 19.....	261	38	(4.3)	68.5 (2.42)	17.0 (2.15)	25 (3.6)	78.2 (3.79)	44.5 (3.91)	57 (4.7)	62.5 (3.52)					
20 and over.....	555	42	(3.0)	78.3 (2.39)	16.4 (1.48)	21 (2.0)	83.8 (3.15)	39.4 (2.53)	47 (2.3)	74.4 (2.94)					
2 and over...	816	41	(2.6)	75.9 (2.07)	16.5 (1.27)	22 (1.8)	82.5 (2.46)	40.6 (1.85)	49 (2.1)	71.4 (2.48)					
<b>Non-Hispanic Asian:</b>															
2 - 19.....	123	33	(6.5)	70.3 (4.45)	9.9 (2.34)	14 (3.0)	--	--	--	65.4 (4.34)					
20 and over.....	199	31	(4.2)	85.2 (8.95)	10.1 (2.13)	12 (1.8)	106.7 (16.74)	33.1 (4.00)	31 (3.3)	75.7 (5.19)					
2 and over...	322	31	(4.2)	80.3 (6.03)	10.1 (1.56)	13 (1.4)	97.5 (8.37)	31.9 (1.73)	33 (2.7)	72.4 (4.29)					
<b>Hispanic:</b>															
2 - 19.....	513	34	(2.4)	73.2 (3.12)	10.9 (0.92)	15 (1.1)	81.5 (4.58)	32.0 (2.98)	39 (2.2)	68.8 (3.98)					
20 and over.....	776	38	(2.4)	76.5 (3.28)	13.7 (1.36)	18 (1.4)	86.5 (3.81)	35.9 (2.10)	42 (2.3)	70.4 (2.77)					
2 and over...	1289	37	(1.8)	75.4 (2.53)	12.8 (0.97)	17 (0.8)	85.0 (2.75)	34.8 (1.84)	41 (1.8)	69.9 (2.48)					

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> —					<i>Non-consumers</i> <sup>4</sup>					
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	27.0	(0.68)	4.0	(0.41)	15	(1.6)	29.7	(1.17)	11.0	(0.75)	37	(2.6)	25.5	(0.86)
20 and over.....	2969	35	(1.7)	29.3	(0.43)	4.2	(0.34)	14	(1.1)	32.2	(0.62)	12.2	(0.72)	38	(2.0)	27.7	(0.61)
2 and over...	3685	35	(1.3)	28.8	(0.29)	4.2	(0.27)	15	(0.9)	31.8	(0.51)	12.0	(0.58)	38	(1.7)	27.3	(0.43)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	21.8	(1.04)	5.2	(0.56)	24	(2.9)	24.5	(1.87)	13.7	(1.32)	56	(4.8)	20.1	(1.01)
20 and over.....	555	42	(3.0)	24.0	(0.83)	5.1	(0.43)	21	(1.8)	26.4	(1.47)	12.2	(0.88)	46	(1.9)	22.4	(0.80)
2 and over...	816	41	(2.6)	23.5	(0.76)	5.1	(0.34)	22	(1.6)	26.0	(1.19)	12.5	(0.64)	48	(1.9)	21.8	(0.70)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	24.3	(1.90)	3.9	(1.17)	16	(4.0)	--	--	--	--	--	--	22.0	(1.54)
20 and over.....	199	31	(4.2)	25.9	(3.14)	3.4	(0.77)	13	(2.1)	32.8	(5.70)	11.1	(1.57)	34	(3.8)	22.9	(1.91)
2 and over...	322	31	(4.2)	25.4	(2.09)	3.6	(0.58)	14	(1.7)	31.4	(2.68)	11.4	(0.97)	36	(3.8)	22.6	(1.55)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	24.5	(1.08)	3.5	(0.28)	14	(1.1)	26.0	(1.36)	10.1	(0.88)	39	(2.2)	23.8	(1.52)
20 and over.....	776	38	(2.4)	23.8	(1.09)	4.3	(0.40)	18	(1.2)	26.2	(1.19)	11.2	(0.61)	43	(2.0)	22.3	(1.06)
2 and over...	1289	37	(1.8)	24.0	(0.81)	4.0	(0.27)	17	(0.6)	26.2	(0.85)	10.9	(0.48)	42	(1.5)	22.8	(0.92)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	24.9	(0.57)	3.9	(0.40)	15	(1.5)	27.6	(0.99)	10.7	(0.75)	39	(2.5)	23.4	(0.63)
20 and over.....	2969	35	(1.7)	30.0	(0.37)	4.1	(0.34)	14	(1.1)	32.1	(0.43)	11.9	(0.68)	37	(1.9)	28.9	(0.52)
2 and over...	3685	35	(1.3)	29.0	(0.29)	4.1	(0.29)	14	(1.0)	31.2	(0.32)	11.7	(0.57)	37	(1.7)	27.9	(0.41)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	22.9	(0.70)	5.7	(0.80)	25	(3.8)	26.4	(1.19)	15.0	(1.31)	57	(4.4)	20.7	(1.27)
20 and over.....	555	42	(3.0)	27.5	(0.85)	5.7	(0.53)	21	(2.1)	28.9	(1.00)	13.6	(0.92)	47	(2.7)	26.5	(1.18)
2 and over...	816	41	(2.6)	26.4	(0.72)	5.7	(0.46)	22	(1.9)	28.3	(0.73)	14.0	(0.67)	49	(2.3)	25.0	(1.00)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	23.4	(1.64)	2.9	(0.64)	12	(2.6)	--	--	--	--	--	--	21.6	(1.47)
20 and over.....	199	31	(4.2)	29.7	(3.13)	3.2	(0.70)	11	(1.8)	37.5	(6.53)	10.5	(1.32)	28	(3.3)	26.2	(1.60)
2 and over...	322	31	(4.2)	27.6	(2.23)	3.1	(0.51)	11	(1.2)	33.9	(3.70)	9.9	(0.58)	29	(2.5)	24.8	(1.33)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	23.9	(1.09)	3.6	(0.31)	15	(1.2)	27.2	(1.71)	10.5	(0.99)	39	(2.1)	22.2	(1.37)
20 and over.....	776	38	(2.4)	26.3	(1.12)	4.6	(0.51)	17	(1.6)	29.4	(1.34)	12.1	(0.87)	41	(2.7)	24.4	(0.98)
2 and over...	1289	37	(1.8)	25.6	(0.89)	4.3	(0.35)	17	(1.0)	28.8	(0.95)	11.6	(0.72)	40	(2.0)	23.7	(0.89)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	17.3	(0.64)	3.0	(0.36)	18	(1.8)	20.3	(1.19)	8.4	(0.74)	42	(3.0)	15.6	(0.40)
20 and over.....	2969	35	(1.7)	20.5	(0.27)	3.0	(0.24)	15	(1.2)	22.8	(0.38)	8.6	(0.42)	38	(1.8)	19.4	(0.43)
2 and over...	3685	35	(1.3)	19.9	(0.29)	3.0	(0.19)	15	(0.9)	22.3	(0.37)	8.6	(0.34)	38	(1.6)	18.7	(0.39)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	16.7	(0.57)	4.5	(0.64)	27	(4.4)	19.6	(0.89)	11.7	(1.23)	60	(5.1)	14.9	(1.12)
20 and over.....	555	42	(3.0)	18.5	(0.67)	3.9	(0.44)	21	(2.5)	19.4	(0.73)	9.5	(0.73)	49	(3.1)	17.8	(0.93)
2 and over...	816	41	(2.6)	18.0	(0.54)	4.1	(0.38)	23	(2.3)	19.5	(0.53)	10.0	(0.56)	51	(2.6)	17.0	(0.74)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	15.5	(1.06)	2.2	(0.56)	14	(3.3)	--	--	--	--	--	--	14.7	(1.36)
20 and over.....	199	31	(4.2)	19.7	(1.39)	2.4	(0.40)	12	(1.8)	24.1	(2.42)	7.7	(0.64)	32	(3.6)	17.8	(1.04)
2 and over...	322	31	(4.2)	18.3	(0.93)	2.3	(0.30)	13	(1.4)	21.7	(1.12)	7.3	(0.37)	34	(2.5)	16.8	(0.98)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	16.7	(0.75)	2.9	(0.29)	17	(1.3)	19.8	(1.10)	8.5	(0.95)	43	(3.0)	15.1	(0.88)
20 and over.....	776	38	(2.4)	17.9	(0.79)	3.5	(0.36)	19	(1.7)	21.6	(1.06)	9.1	(0.63)	42	(2.9)	15.6	(0.59)
2 and over...	1289	37	(1.8)	17.5	(0.62)	3.3	(0.29)	19	(1.2)	21.1	(0.81)	8.9	(0.60)	42	(2.3)	15.4	(0.50)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C h o l e s t e r o l</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	240	(11.2)	33	(6.9)	14	(2.8)	244	(17.9)	92	(15.3)	38	(5.3)	237	(13.1)
20 and over.....	2969	35	(1.7)	321	(8.0)	40	(3.2)	12	(1.1)	334	(7.7)	115	(6.1)	34	(2.0)	315	(10.6)
2 and over...	3685	35	(1.3)	306	(6.4)	38	(2.6)	13	(0.9)	316	(7.7)	110	(5.7)	35	(1.9)	301	(8.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	225	(20.8)	45	(7.5)	20	(4.3)	223	(24.7)	118	(19.7)	53	(7.9)	226	(27.1)
20 and over.....	555	42	(3.0)	316	(11.8)	52	(5.6)	16	(1.8)	309	(18.0)	125	(8.6)	40	(1.8)	321	(13.5)
2 and over...	816	41	(2.6)	294	(11.3)	50	(5.1)	17	(1.9)	289	(16.4)	123	(7.3)	43	(1.2)	297	(14.6)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	182	(22.0)	19	(4.6)	11*	(2.1)	--	--	--	--	--	--	160	(10.4)
20 and over.....	199	31	(4.2)	290	(27.0)	36*	(13.4)	12	(3.6)	387	(87.3)	117*	(36.5)	30	(3.3)	248	(15.2)
2 and over...	322	31	(4.2)	255	(17.3)	30*	(9.4)	12	(3.0)	332	(40.9)	97	(20.5)	29	(3.4)	220	(12.1)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	266	(18.2)	30	(4.0)	11	(1.2)	270	(25.2)	87	(12.6)	32	(2.9)	263	(21.4)
20 and over.....	776	38	(2.4)	333	(13.6)	44	(7.5)	13	(2.0)	326	(28.6)	116	(15.3)	36	(4.0)	337	(10.0)
2 and over...	1289	37	(1.8)	312	(8.5)	40	(5.1)	13	(1.4)	310	(18.3)	107	(11.3)	35	(2.9)	313	(11.4)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	551	(28.3)	49	(7.2)	9	(1.5)	502	(23.9)	134	(14.8)	27	(2.7)	578	(35.8)
20 and over.....	2969	35	(1.7)	617	(12.1)	59	(3.6)	10	(0.6)	591	(21.5)	170	(8.2)	29	(1.5)	630	(15.6)
2 and over...	3685	35	(1.3)	604	(11.5)	57	(2.7)	9	(0.5)	574	(18.0)	163	(6.7)	28	(1.3)	621	(15.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	384	(25.7)	56	(5.8)	15	(1.5)	354	(35.8)	147	(21.3)	41	(4.8)	403	(27.0)
20 and over.....	555	42	(3.0)	540	(57.5)	67	(10.1)	12	(2.2)	439	(22.2)	160	(23.4)	36	(4.5)	613	(97.1)
2 and over...	816	41	(2.6)	502	(43.8)	64	(7.8)	13	(1.8)	419	(19.3)	157	(18.4)	37	(3.6)	559	(72.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	539	(82.6)	55	(15.0)	10*	(2.2)	--	--	--	--	--	--	521	(89.0)
20 and over.....	199	31	(4.2)	670	(92.7)	53	(14.6)	8	(1.3)	685	(82.3)	172	(39.4)	25	(4.4)	663	(105.9)
2 and over...	322	31	(4.2)	627	(55.2)	53	(9.7)	9	(0.9)	647	(49.3)	169	(16.6)	26	(2.9)	618	(76.3)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	451	(17.6)	37	(4.1)	8	(0.8)	441	(22.3)	108	(12.8)	25	(2.8)	456	(24.9)
20 and over.....	776	38	(2.4)	495	(18.9)	52	(4.6)	11	(1.1)	447	(41.5)	137	(10.7)	31	(3.6)	525	(15.4)
2 and over...	1289	37	(1.8)	481	(12.1)	47	(3.3)	10	(0.8)	445	(29.2)	129	(8.0)	29	(2.8)	503	(14.1)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1417	(137.4)	83*	(31.7)	6*	(2.4)	974	(104.6)	230*	(80.7)	24*	(7.4)	1668	(196.3)
20 and over.....	2969	35	(1.7)	2310	(113.8)	168	(29.5)	7	(1.2)	1825	(162.7)	486	(86.5)	27	(3.4)	2568	(149.2)
2 and over...	3685	35	(1.3)	2142	(104.4)	152	(24.3)	7	(1.1)	1660	(131.1)	436	(70.6)	26	(3.0)	2402	(137.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1088	(135.3)	77	(15.9)	7	(1.7)	661	(101.8)	201	(53.9)	30	(8.4)	1351	(202.4)
20 and over.....	555	42	(3.0)	2007	(155.5)	184	(37.6)	9	(1.9)	1527	(143.6)	443	(78.9)	29	(5.1)	2349	(231.1)
2 and over...	816	41	(2.6)	1782	(116.5)	158	(29.6)	9	(1.6)	1329	(128.2)	388	(67.1)	29	(4.3)	2094	(162.1)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	2429	(638.5)	112	(29.2)	5*	(2.0)	--	--	--	--	--	--	2238*	(734.0)
20 and over.....	199	31	(4.2)	3831	(623.9)	91*	(32.0)	2*	(0.9)	2862	(492.2)	298*	(105.2)	10*	(4.2)	4258	(1003.1)
2 and over...	322	31	(4.2)	3374	(339.7)	98	(18.3)	3*	(0.6)	2845	(460.7)	311	(71.9)	11*	(3.0)	3618	(636.7)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	1225	(64.0)	66	(11.5)	5	(1.0)	1247	(115.1)	194	(31.0)	16	(3.1)	1214	(88.0)
20 and over.....	776	38	(2.4)	1931	(56.7)	148	(17.5)	8	(1.0)	1452	(106.4)	389	(47.3)	27	(3.4)	2226	(120.3)
2 and over...	1289	37	(1.8)	1709	(50.7)	122	(12.6)	7	(0.8)	1392	(82.9)	332	(33.1)	24	(3.0)	1894	(95.7)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	4803	(470.2)	672*	(229.6)	14	(4.2)	5722	(1106.2)	1858*	(613.5)	32	(7.1)	4282	(548.5)
20 and over.....	2969	35	(1.7)	4473	(231.4)	534	(81.5)	12	(1.9)	4290	(257.9)	1540	(215.4)	36	(4.4)	4571	(295.7)
2 and over...	3685	35	(1.3)	4535	(243.7)	560	(75.7)	12	(1.7)	4568	(318.5)	1602	(195.2)	35	(3.8)	4517	(299.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	4688	(656.6)	580	(110.1)	12	(2.7)	3433	(931.7)	1523	(360.3)	44	(12.3)	5460	(728.6)
20 and over.....	555	42	(3.0)	3912	(399.5)	805	(112.7)	21	(3.9)	3492	(430.2)	1933	(276.6)	55	(4.1)	4211	(787.4)
2 and over...	816	41	(2.6)	4102	(360.8)	750	(81.0)	18	(2.4)	3479	(384.9)	1840	(215.7)	53	(4.1)	4531	(550.2)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	5118	(621.5)	962	(281.5)	19*	(5.9)	--	--	--	--	--	--	5477	(903.3)
20 and over.....	199	31	(4.2)	5233	(600.7)	439*	(133.2)	8*	(2.8)	5014	(854.4)	1435	(365.2)	--	--	5329	(704.5)
2 and over...	322	31	(4.2)	5195	(445.0)	609	(138.4)	12	(2.7)	4802	(526.6)	1935	(335.2)	40	(8.7)	5376	(557.8)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	3396	(303.3)	450	(86.5)	13	(2.2)	3657	(643.4)	1314	(230.3)	36	(4.6)	3260	(355.6)
20 and over.....	776	38	(2.4)	4162	(267.8)	600	(84.8)	14	(1.6)	4215	(371.9)	1575	(217.1)	37	(4.1)	4130	(466.3)
2 and over...	1289	37	(1.8)	3921	(241.6)	552	(61.1)	14	(1.3)	4052	(318.4)	1499	(166.8)	37	(2.7)	3845	(366.2)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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> —————					—Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>										
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1.45	(0.054)	0.17	(0.016)	11	(1.3)	1.44	(0.060)	0.46	(0.031)	32	(1.9)	1.46	(0.082)
20 and over.....	2969	35	(1.7)	1.52	(0.026)	0.20	(0.016)	13	(1.1)	1.61	(0.043)	0.57	(0.033)	35	(1.5)	1.46	(0.037)
2 and over...	3685	35	(1.3)	1.50	(0.027)	0.19	(0.014)	13	(0.9)	1.58	(0.034)	0.55	(0.027)	35	(1.4)	1.46	(0.038)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1.24	(0.046)	0.27	(0.029)	22	(2.1)	1.38	(0.105)	0.71	(0.085)	52	(3.9)	1.15	(0.046)
20 and over.....	555	42	(3.0)	1.32	(0.033)	0.28	(0.028)	21	(1.8)	1.43	(0.064)	0.66	(0.044)	46	(1.8)	1.24	(0.036)
2 and over...	816	41	(2.6)	1.30	(0.024)	0.27	(0.020)	21	(1.4)	1.42	(0.050)	0.67	(0.028)	48	(1.2)	1.21	(0.032)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	1.51	(0.084)	0.19	(0.041)	13	(2.5)	--	--	--	--	--	--	1.45	(0.087)
20 and over.....	199	31	(4.2)	1.76	(0.163)	0.17	(0.034)	10	(1.6)	1.68	(0.074)	0.55	(0.078)	33	(4.0)	1.79	(0.221)
2 and over...	322	31	(4.2)	1.67	(0.105)	0.18	(0.028)	11	(1.3)	1.65	(0.062)	0.56	(0.056)	34	(3.1)	1.68	(0.161)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	1.36	(0.069)	0.16	(0.018)	12	(1.2)	1.37	(0.117)	0.47	(0.057)	34	(2.3)	1.36	(0.089)
20 and over.....	776	38	(2.4)	1.35	(0.037)	0.21	(0.020)	15	(1.4)	1.41	(0.068)	0.54	(0.032)	38	(2.7)	1.30	(0.033)
2 and over...	1289	37	(1.8)	1.35	(0.023)	0.19	(0.015)	14	(1.0)	1.40	(0.062)	0.52	(0.029)	37	(2.2)	1.32	(0.033)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1.75	(0.040)	0.20	(0.023)	12	(1.3)	1.79	(0.076)	0.57	(0.049)	32	(2.3)	1.72	(0.036)
20 and over.....	2969	35	(1.7)	2.07	(0.038)	0.23	(0.018)	11	(0.9)	2.17	(0.049)	0.67	(0.037)	31	(1.6)	2.02	(0.044)
2 and over...	3685	35	(1.3)	2.01	(0.032)	0.23	(0.015)	11	(0.7)	2.09	(0.038)	0.65	(0.032)	31	(1.4)	1.96	(0.037)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1.35	(0.060)	0.28	(0.027)	21	(2.1)	1.51	(0.112)	0.74	(0.070)	49	(4.1)	1.25	(0.054)
20 and over.....	555	42	(3.0)	1.51	(0.054)	0.27	(0.021)	18	(1.2)	1.59	(0.091)	0.66	(0.066)	41	(2.3)	1.45	(0.065)
2 and over...	816	41	(2.6)	1.47	(0.044)	0.28	(0.019)	19	(1.2)	1.57	(0.075)	0.68	(0.051)	43	(1.7)	1.40	(0.052)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	1.43	(0.100)	0.18	(0.048)	12	(3.0)	--	--	--	--	--	--	1.47	(0.109)
20 and over.....	199	31	(4.2)	1.74	(0.113)	0.18	(0.040)	10	(1.9)	1.99	(0.161)	0.59	(0.087)	30	(3.7)	1.63	(0.096)
2 and over...	322	31	(4.2)	1.64	(0.077)	0.18	(0.033)	11	(1.7)	1.77	(0.080)	0.57	(0.054)	32	(2.5)	1.58	(0.082)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	1.61	(0.094)	0.16	(0.018)	10	(1.0)	1.58	(0.106)	0.48	(0.054)	30	(2.5)	1.62	(0.136)
20 and over.....	776	38	(2.4)	1.72	(0.065)	0.22	(0.025)	13	(1.4)	1.76	(0.099)	0.58	(0.040)	33	(2.7)	1.69	(0.068)
2 and over...	1289	37	(1.8)	1.68	(0.044)	0.20	(0.021)	12	(1.1)	1.71	(0.078)	0.55	(0.040)	32	(2.5)	1.67	(0.063)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>N i a c i n</b>															
		————— <i>All Individuals</i> <sup>2</sup> —————						— <i>Quick Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	19.9	(0.50)	2.9	(0.40)	15	(2.0)	21.3	(0.96)	8.0	(0.77)	38	(3.6)	19.1	(0.60)
20 and over.....	2969	35	(1.7)	24.9	(0.44)	3.3	(0.30)	13	(1.2)	26.9	(0.64)	9.4	(0.59)	35	(1.9)	23.8	(0.61)
2 and over...	3685	35	(1.3)	23.9	(0.35)	3.2	(0.25)	13	(1.0)	25.8	(0.48)	9.1	(0.50)	35	(1.9)	23.0	(0.52)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	17.6	(0.59)	4.4	(0.65)	25	(3.7)	20.1	(1.21)	11.6	(1.21)	57	(4.6)	16.0	(0.84)
20 and over.....	555	42	(3.0)	22.1	(0.66)	4.5	(0.44)	20	(1.8)	22.9	(0.71)	10.8	(0.67)	47	(2.2)	21.5	(1.01)
2 and over...	816	41	(2.6)	21.0	(0.48)	4.5	(0.34)	21	(1.5)	22.3	(0.54)	11.0	(0.49)	49	(1.5)	20.1	(0.83)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	18.5	(1.08)	2.5	(0.58)	13	(2.9)	--	--	--	--	--	--	17.3	(1.25)
20 and over.....	199	31	(4.2)	23.7	(1.78)	2.5	(0.42)	10	(1.8)	24.6	(1.91)	8.1	(0.71)	33	(3.9)	23.4	(2.02)
2 and over...	322	31	(4.2)	22.0	(1.19)	2.5	(0.36)	11	(1.3)	23.3	(1.07)	7.9	(0.61)	34	(2.7)	21.4	(1.49)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	18.5	(0.95)	2.8	(0.31)	15	(1.5)	20.1	(1.54)	8.3	(0.93)	41	(2.6)	17.7	(1.14)
20 and over.....	776	38	(2.4)	23.4	(0.82)	3.8	(0.43)	16	(1.8)	26.4	(1.54)	10.1	(0.76)	38	(3.6)	21.6	(0.90)
2 and over...	1289	37	(1.8)	21.9	(0.70)	3.5	(0.33)	16	(1.3)	24.5	(1.29)	9.6	(0.70)	39	(3.0)	20.4	(0.86)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 6</b>																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1.55	(0.044)	0.18	(0.024)	11	(1.6)	1.63	(0.084)	0.49	(0.048)	30	(3.2)	1.51	(0.046)
20 and over.....	2969	35	(1.7)	2.00	(0.065)	0.19	(0.017)	10	(1.0)	1.96	(0.061)	0.55	(0.032)	28	(1.8)	2.02	(0.077)
2 and over...	3685	35	(1.3)	1.92	(0.053)	0.19	(0.014)	10	(0.8)	1.90	(0.045)	0.54	(0.028)	28	(1.7)	1.93	(0.069)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1.27	(0.052)	0.25	(0.045)	20	(3.6)	1.38	(0.104)	0.66	(0.084)	48	(5.0)	1.20	(0.070)
20 and over.....	555	42	(3.0)	1.67	(0.088)	0.25	(0.014)	15	(1.0)	1.60	(0.077)	0.60	(0.044)	38	(2.3)	1.73	(0.136)
2 and over...	816	41	(2.6)	1.57	(0.071)	0.25	(0.017)	16	(1.0)	1.55	(0.064)	0.61	(0.040)	40	(1.6)	1.59	(0.111)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	1.48	(0.072)	0.14	(0.037)	10*	(2.4)	--	--	--	--	--	--	1.48	(0.102)
20 and over.....	199	31	(4.2)	1.94	(0.116)	0.14	(0.032)	7	(1.6)	1.86	(0.191)	0.47	(0.067)	25	(5.3)	1.98	(0.160)
2 and over...	322	31	(4.2)	1.79	(0.081)	0.14	(0.027)	8	(1.3)	1.72	(0.114)	0.46	(0.044)	27	(3.5)	1.82	(0.128)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	1.52	(0.077)	0.17	(0.016)	11	(1.1)	1.52	(0.106)	0.49	(0.051)	32	(3.0)	1.52	(0.121)
20 and over.....	776	38	(2.4)	1.98	(0.082)	0.25	(0.032)	13	(1.6)	2.09	(0.197)	0.66	(0.074)	31	(4.2)	1.91	(0.098)
2 and over...	1289	37	(1.8)	1.84	(0.065)	0.23	(0.024)	12	(1.3)	1.93	(0.152)	0.61	(0.062)	32	(3.7)	1.78	(0.087)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>F o l a t e ( D F E )</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	413	(11.2)	44	(4.4)	11	(1.2)	403	(14.4)	121	(8.5)	30	(2.0)	418	(15.8)
20 and over.....	2969	35	(1.7)	437	(10.7)	55	(5.1)	13	(1.1)	471	(16.8)	160	(10.5)	34	(1.7)	419	(12.2)
2 and over...	3685	35	(1.3)	432	(9.9)	53	(4.3)	12	(0.9)	457	(13.4)	152	(8.9)	33	(1.6)	419	(11.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	372	(17.5)	73	(10.2)	20	(2.4)	386	(37.5)	192	(32.2)	50	(5.6)	364	(16.9)
20 and over.....	555	42	(3.0)	391	(10.8)	76	(8.5)	20	(2.1)	393	(16.2)	183	(15.9)	47	(2.8)	389	(16.5)
2 and over...	816	41	(2.6)	386	(9.0)	76	(6.3)	20	(1.6)	391	(14.5)	185	(11.1)	47	(2.0)	383	(13.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	526	(34.2)	66	(18.8)	12	(3.2)	--	--	--	--	--	--	499	(39.8)
20 and over.....	199	31	(4.2)	619	(62.1)	53	(11.6)	9	(1.5)	571	(43.0)	173	(28.6)	30	(4.6)	640	(80.8)
2 and over...	322	31	(4.2)	589	(47.2)	57	(12.0)	10	(1.5)	574	(30.0)	181	(24.0)	32	(3.7)	596	(63.1)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	423	(26.3)	44	(4.8)	10	(1.2)	421	(37.2)	130	(15.2)	31	(2.4)	425	(37.4)
20 and over.....	776	38	(2.4)	419	(12.0)	58	(6.6)	14	(1.6)	424	(23.6)	152	(11.0)	36	(3.1)	416	(7.4)
2 and over...	1289	37	(1.8)	420	(7.7)	54	(5.1)	13	(1.3)	423	(20.4)	145	(9.6)	34	(2.7)	419	(10.9)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	256	(7.5)	33	(5.5)	13	(2.1)	260	(12.1)	90	(11.3)	35	(3.5)	255	(9.5)
20 and over.....	2969	35	(1.7)	335	(5.8)	38	(2.9)	11	(0.9)	339	(5.4)	109	(5.1)	32	(1.6)	333	(7.0)
2 and over...	3685	35	(1.3)	320	(4.9)	37	(2.3)	12	(0.7)	323	(5.2)	106	(4.6)	33	(1.4)	319	(5.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	231	(14.3)	47	(6.3)	20	(3.6)	241	(16.4)	123	(14.2)	51	(6.4)	225	(19.2)
20 and over.....	555	42	(3.0)	309	(9.5)	50	(3.8)	16	(1.3)	303	(12.3)	120	(6.7)	40	(1.6)	314	(11.9)
2 and over...	816	41	(2.6)	290	(8.7)	49	(3.6)	17	(1.4)	289	(11.0)	121	(4.4)	42	(1.2)	292	(11.7)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	227	(15.0)	22	(4.6)	10*	(1.9)	--	--	--	--	--	--	224	(12.9)
20 and over.....	199	31	(4.2)	334	(19.8)	30	(8.0)	9	(2.0)	371	(43.1)	99	(19.7)	27	(3.2)	317	(15.9)
2 and over...	322	31	(4.2)	299	(13.9)	27	(6.2)	9	(1.7)	323	(20.8)	87	(11.2)	27	(2.8)	288	(14.1)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	272	(14.6)	30	(3.3)	11	(1.0)	270	(22.5)	87	(10.7)	32	(2.4)	272	(18.0)
20 and over.....	776	38	(2.4)	334	(10.3)	43	(6.8)	13	(1.9)	334	(22.8)	113	(13.6)	34	(3.9)	334	(7.6)
2 and over...	1289	37	(1.8)	315	(6.3)	39	(5.0)	12	(1.5)	316	(14.3)	105	(11.0)	33	(3.1)	314	(9.8)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 1 2</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	3.87	(0.132)	0.41	(0.056)	11	(1.6)	3.89	(0.208)	1.12	(0.112)	29	(3.1)	3.86	(0.179)
20 and over.....	2969	35	(1.7)	4.62	(0.159)	0.49	(0.049)	11	(1.1)	4.72	(0.161)	1.42	(0.110)	30	(1.9)	4.56	(0.194)
2 and over...	3685	35	(1.3)	4.47	(0.123)	0.48	(0.042)	11	(0.9)	4.56	(0.114)	1.36	(0.093)	30	(1.9)	4.43	(0.162)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	2.81	(0.247)	0.54	(0.084)	19	(3.5)	3.12	(0.375)	1.41	(0.204)	45	(6.4)	2.62	(0.272)
20 and over.....	555	42	(3.0)	4.21	(0.601)	0.69	(0.089)	16	(2.9)	3.78	(0.352)	1.65	(0.262)	44	(3.6)	4.52	(1.023)
2 and over...	816	41	(2.6)	3.87	(0.459)	0.65	(0.063)	17	(2.4)	3.63	(0.271)	1.59	(0.184)	44	(2.7)	4.04	(0.770)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	2.99	(0.283)	0.32*	(0.104)	11*	(2.8)	--	--	--	--	--	--	3.07	(0.271)
20 and over.....	199	31	(4.2)	4.21	(0.799)	0.34	(0.080)	8*	(3.0)	4.87	(1.400)	1.12	(0.212)	23*	(9.6)	3.92	(0.947)
2 and over...	322	31	(4.2)	3.81	(0.589)	0.34	(0.051)	9	(2.0)	4.17	(1.043)	1.07	(0.137)	26	(7.0)	3.65	(0.660)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	3.65	(0.168)	0.42	(0.063)	11	(1.7)	3.68	(0.295)	1.22	(0.191)	33	(3.8)	3.63	(0.234)
20 and over.....	776	38	(2.4)	4.22	(0.203)	0.56	(0.044)	13	(1.1)	4.25	(0.287)	1.48	(0.097)	35	(2.6)	4.20	(0.273)
2 and over...	1289	37	(1.8)	4.04	(0.161)	0.52	(0.050)	13	(1.2)	4.08	(0.234)	1.40	(0.110)	34	(2.6)	4.01	(0.234)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	83.4	(6.12)	3.9	(0.50)	5	(0.8)	72.1	(4.43)	10.7	(1.24)	15	(2.2)	89.8	(8.04)
20 and over.....	2969	35	(1.7)	73.8	(2.39)	4.0	(0.38)	5	(0.6)	64.8	(2.88)	11.4	(1.02)	18	(1.5)	78.6	(2.50)
2 and over...	3685	35	(1.3)	75.6	(2.41)	4.0	(0.31)	5	(0.5)	66.2	(2.43)	11.3	(0.81)	17	(1.3)	80.6	(2.92)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	80.1	(6.25)	8.0*	(2.47)	10	(2.7)	78.4	(8.78)	21.0*	(6.84)	27	(6.6)	81.1	(6.78)
20 and over.....	555	42	(3.0)	85.6	(4.51)	9.8	(1.59)	11	(1.6)	75.2	(6.29)	23.5	(4.00)	31	(3.5)	93.0	(6.25)
2 and over...	816	41	(2.6)	84.2	(4.44)	9.3	(1.53)	11	(1.5)	75.9	(5.45)	22.9	(3.55)	30	(3.0)	90.0	(5.39)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	67.6	(8.89)	3.5	(1.02)	5*	(1.8)	--	--	--	--	--	--	72.8	(10.79)
20 and over.....	199	31	(4.2)	113.3	(6.96)	3.8	(0.76)	3*	(0.7)	122.3	(16.55)	12.5	(2.27)	10*	(2.1)	109.4	(9.49)
2 and over...	322	31	(4.2)	98.4	(4.07)	3.7	(0.55)	4*	(0.5)	99.9	(12.03)	11.8	(1.45)	12*	(1.7)	97.8	(6.77)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	88.1	(5.44)	4.1	(0.97)	5	(1.0)	76.8	(8.91)	11.9	(3.25)	15	(2.9)	94.0	(5.92)
20 and over.....	776	38	(2.4)	76.3	(5.88)	5.3	(0.51)	7	(0.8)	69.8	(9.25)	13.8	(1.63)	20	(2.3)	80.3	(7.31)
2 and over...	1289	37	(1.8)	80.0	(4.72)	4.9	(0.53)	6	(0.7)	71.8	(6.50)	13.2	(1.63)	18	(2.0)	84.8	(6.24)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	5.0	(0.14)	0.3	(0.06)	6	(1.3)	4.4	(0.25)	0.8	(0.13)	18	(2.9)	5.4	(0.20)
20 and over.....	2969	35	(1.7)	4.8	(0.18)	0.3	(0.04)	7	(0.9)	4.6	(0.24)	1.0	(0.10)	22	(2.3)	4.9	(0.21)
2 and over...	3685	35	(1.3)	4.9	(0.15)	0.3	(0.03)	7	(0.6)	4.5	(0.19)	1.0	(0.07)	21	(1.6)	5.0	(0.17)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	3.3	(0.29)	0.3	(0.09)	10	(2.8)	3.1	(0.44)	0.9	(0.21)	28	(7.2)	3.4	(0.31)
20 and over.....	555	42	(3.0)	4.1	(0.27)	0.4	(0.06)	9	(1.3)	3.7	(0.28)	0.9	(0.17)	23	(4.4)	4.5	(0.39)
2 and over...	816	41	(2.6)	3.9	(0.21)	0.4	(0.05)	9	(1.2)	3.5	(0.26)	0.9	(0.12)	24	(3.2)	4.2	(0.29)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	3.9	(0.44)	0.2*	(0.14)	6*	(3.1)	--	--	--	--	--	--	4.4	(0.51)
20 and over.....	199	31	(4.2)	4.3	(0.36)	0.3	(0.07)	7*	(1.6)	4.9	(0.53)	0.9	(0.20)	19*	(4.6)	4.0	(0.50)
2 and over...	322	31	(4.2)	4.2	(0.34)	0.3	(0.04)	6	(0.9)	4.2	(0.50)	0.8	(0.10)	20	(2.1)	4.1	(0.39)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	5.2	(0.40)	0.2	(0.04)	4	(0.7)	4.5	(0.46)	0.7	(0.12)	15	(2.7)	5.6	(0.54)
20 and over.....	776	38	(2.4)	4.1	(0.21)	0.4	(0.05)	9	(1.2)	3.8	(0.52)	0.9	(0.10)	24	(3.4)	4.2	(0.19)
2 and over...	1289	37	(1.8)	4.4	(0.18)	0.3	(0.04)	7	(1.0)	4.0	(0.36)	0.8	(0.09)	21	(3.0)	4.7	(0.23)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	8.0	(0.27)	1.0	(0.10)	12	(1.3)	8.4	(0.36)	2.7	(0.18)	32	(2.4)	7.7	(0.31)
20 and over.....	2969	35	(1.7)	9.7	(0.27)	1.0	(0.08)	10	(0.8)	9.7	(0.30)	2.9	(0.14)	30	(1.6)	9.6	(0.31)
2 and over...	3685	35	(1.3)	9.3	(0.24)	1.0	(0.06)	11	(0.7)	9.5	(0.24)	2.9	(0.12)	30	(1.5)	9.3	(0.29)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	7.5	(0.24)	1.3	(0.19)	18	(2.7)	7.8	(0.38)	3.5	(0.34)	45	(4.7)	7.4	(0.42)
20 and over.....	555	42	(3.0)	9.3	(0.39)	1.4	(0.10)	15	(1.3)	9.3	(0.45)	3.4	(0.16)	37	(2.6)	9.3	(0.54)
2 and over...	816	41	(2.6)	8.8	(0.29)	1.4	(0.09)	16	(1.2)	8.9	(0.32)	3.4	(0.12)	38	(2.1)	8.8	(0.39)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	8.5	(0.75)	0.9	(0.24)	10*	(2.9)	--	--	--	--	--	--	8.8	(1.18)
20 and over.....	199	31	(4.2)	11.3	(1.51)	0.8	(0.17)	7	(1.1)	12.5	(1.97)	2.7	(0.31)	21*	(2.4)	10.7	(1.33)
2 and over...	322	31	(4.2)	10.4	(1.07)	0.8	(0.17)	8	(1.0)	11.0	(1.25)	2.6	(0.27)	24	(1.3)	10.1	(1.03)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	7.7	(0.28)	1.0	(0.11)	12	(1.3)	8.6	(0.53)	2.8	(0.39)	33	(3.5)	7.3	(0.43)
20 and over.....	776	38	(2.4)	8.8	(0.31)	1.2	(0.13)	13	(1.6)	9.5	(0.55)	3.1	(0.26)	32	(3.2)	8.3	(0.33)
2 and over...	1289	37	(1.8)	8.4	(0.19)	1.1	(0.11)	13	(1.3)	9.2	(0.39)	3.0	(0.24)	32	(3.0)	8.0	(0.21)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	73.5	(4.30)	9.0	(1.49)	12	(1.9)	70.9	(4.70)	25.0	(3.24)	35	(3.8)	75.0	(4.68)
20 and over.....	2969	35	(1.7)	117.8	(3.93)	12.3	(0.88)	10	(0.8)	110.6	(4.30)	35.4	(1.88)	32	(1.9)	121.6	(5.40)
2 and over...	3685	35	(1.3)	109.5	(3.92)	11.7	(0.73)	11	(0.7)	102.9	(3.60)	33.4	(1.70)	32	(1.7)	113.0	(5.21)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	74.4	(7.07)	14.1	(2.26)	19	(3.7)	62.5	(7.73)	37.0	(7.86)	59	(7.5)	81.8	(8.39)
20 and over.....	555	42	(3.0)	112.2	(4.82)	15.3	(1.89)	14	(1.6)	105.6	(6.39)	36.9	(3.61)	35	(3.5)	116.9	(8.44)
2 and over...	816	41	(2.6)	103.0	(4.26)	15.0	(1.69)	15	(1.6)	95.7	(5.04)	36.9	(3.03)	39	(3.2)	107.9	(6.98)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	80.4	(8.95)	6.8	(1.69)	8*	(2.3)	--	--	--	--	--	--	88.2	(11.43)
20 and over.....	199	31	(4.2)	254.1	(59.43)	8.1	(1.71)	3*	(0.9)	217.4	(37.12)	26.5	(4.72)	12*	(3.3)	270.3*(91.20)	
2 and over...	322	31	(4.2)	197.5	(37.71)	7.7	(1.04)	4*	(0.6)	164.7	(25.22)	24.4	(3.16)	15*	(2.6)	212.6	(62.47)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	69.5	(4.02)	10.1	(1.42)	15	(2.0)	80.1	(9.98)	29.5	(4.08)	37	(5.4)	64.0	(4.11)
20 and over.....	776	38	(2.4)	102.9	(4.71)	13.7	(1.63)	13	(1.9)	102.8	(7.11)	35.9	(2.81)	35	(3.6)	102.9	(6.35)
2 and over...	1289	37	(1.8)	92.4	(3.31)	12.5	(1.31)	14	(1.6)	96.2	(4.81)	34.0	(2.59)	35	(3.2)	90.1	(4.26)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	972	(17.4)	103	(12.4)	11	(1.3)	974	(35.4)	285	(24.1)	29	(1.8)	971	(22.7)
20 and over.....	2969	35	(1.7)	944	(14.8)	110	(8.9)	12	(0.9)	1007	(28.7)	318	(18.5)	32	(1.4)	911	(18.0)
2 and over...	3685	35	(1.3)	949	(11.8)	109	(5.9)	11	(0.6)	1001	(20.7)	312	(11.8)	31	(0.9)	922	(14.1)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	747	(38.7)	146	(23.9)	20	(3.0)	851	(73.5)	383	(63.6)	45	(5.4)	682	(40.1)
20 and over.....	555	42	(3.0)	755	(29.5)	126	(15.2)	17	(1.7)	784	(51.0)	302	(33.4)	39	(2.3)	734	(25.5)
2 and over...	816	41	(2.6)	753	(23.6)	131	(11.8)	17	(1.5)	800	(38.5)	321	(21.0)	40	(1.7)	720	(24.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	829	(60.7)	115	(33.7)	14	(3.4)	--	--	--	--	--	--	849	(63.6)
20 and over.....	199	31	(4.2)	829	(43.9)	86	(15.9)	10	(1.7)	911	(48.6)	280	(40.3)	31	(3.5)	792	(51.4)
2 and over...	322	31	(4.2)	829	(33.6)	95	(15.2)	11	(1.5)	868	(47.5)	302	(37.4)	35	(2.9)	810	(43.2)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	947	(48.7)	81	(8.1)	8	(0.8)	902	(60.1)	235	(22.7)	26	(2.2)	971	(64.2)
20 and over.....	776	38	(2.4)	822	(27.2)	108	(9.3)	13	(1.0)	852	(39.6)	283	(17.8)	33	(2.1)	804	(31.1)
2 and over...	1289	37	(1.8)	862	(14.0)	99	(6.8)	12	(0.8)	867	(30.0)	269	(14.9)	31	(1.7)	859	(21.0)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>P h o s p h o r u s</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1231	(20.9)	159	(19.0)	13	(1.5)	1271	(44.1)	440	(34.0)	35	(2.1)	1208	(25.6)
20 and over.....	2969	35	(1.7)	1342	(19.8)	169	(13.9)	13	(1.0)	1419	(31.1)	486	(25.6)	34	(1.5)	1302	(24.1)
2 and over...	3685	35	(1.3)	1321	(16.2)	167	(10.2)	13	(0.7)	1390	(23.6)	477	(18.3)	34	(1.2)	1284	(19.1)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1007	(44.6)	236	(27.0)	23	(2.9)	1169	(64.5)	619	(58.6)	53	(4.4)	907	(53.5)
20 and over.....	555	42	(3.0)	1123	(28.4)	218	(22.0)	19	(1.8)	1189	(45.2)	523	(36.0)	44	(1.8)	1076	(27.5)
2 and over...	816	41	(2.6)	1095	(24.8)	222	(17.6)	20	(1.6)	1185	(38.3)	545	(26.7)	46	(1.5)	1033	(26.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	1168	(67.9)	152	(35.3)	13	(2.7)	--	--	--	--	--	--	1186	(85.9)
20 and over.....	199	31	(4.2)	1335	(89.6)	137	(25.1)	10	(1.5)	1418	(111.5)	448	(45.4)	32	(2.8)	1298	(87.0)
2 and over...	322	31	(4.2)	1280	(63.5)	142	(22.9)	11	(1.4)	1319	(65.0)	451	(33.2)	34	(2.2)	1262	(75.8)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	1202	(53.6)	142	(13.0)	12	(1.0)	1200	(75.8)	415	(40.4)	35	(2.4)	1203	(71.8)
20 and over.....	776	38	(2.4)	1226	(32.6)	183	(20.6)	15	(1.6)	1267	(55.5)	481	(33.9)	38	(3.0)	1201	(33.3)
2 and over...	1289	37	(1.8)	1218	(18.6)	170	(15.5)	14	(1.2)	1248	(40.7)	462	(30.1)	37	(2.6)	1201	(28.1)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	245	(4.5)	25	(2.5)	10	(1.0)	246	(8.8)	69	(4.2)	28	(1.3)	244	(6.0)
20 and over.....	2969	35	(1.7)	302	(6.5)	28	(2.0)	9	(0.7)	298	(7.3)	80	(3.2)	27	(1.0)	304	(7.8)
2 and over...	3685	35	(1.3)	291	(5.5)	27	(1.4)	9	(0.5)	288	(6.3)	78	(2.2)	27	(0.8)	293	(6.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	202	(5.0)	33	(3.9)	16	(2.2)	205	(6.0)	87	(7.9)	43	(3.5)	200	(7.4)
20 and over.....	555	42	(3.0)	254	(5.3)	36	(2.6)	14	(1.1)	250	(6.7)	87	(5.0)	35	(1.9)	257	(8.6)
2 and over...	816	41	(2.6)	242	(3.7)	35	(2.3)	15	(1.0)	240	(4.6)	87	(3.8)	36	(1.5)	243	(6.6)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	254	(14.6)	26	(5.8)	10*	(2.3)	--	--	--	--	--	--	268	(23.1)
20 and over.....	199	31	(4.2)	365	(40.4)	26	(3.0)	7	(0.7)	346	(26.6)	85	(8.4)	24*	(2.8)	373	(52.2)
2 and over...	322	31	(4.2)	329	(27.2)	26	(3.0)	8	(0.5)	305	(14.7)	82	(4.3)	27	(1.8)	340	(38.7)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	242	(10.3)	22	(1.9)	9	(0.8)	237	(14.4)	65	(5.8)	28	(2.1)	245	(14.7)
20 and over.....	776	38	(2.4)	285	(7.1)	30	(2.3)	11	(0.9)	281	(15.9)	79	(4.9)	28	(2.2)	287	(6.0)
2 and over...	1289	37	(1.8)	271	(3.7)	28	(2.0)	10	(0.7)	268	(10.5)	75	(4.5)	28	(2.0)	273	(5.6)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>I r o n</b>															
		————— <i>All Individuals</i> <sup>2</sup> —————						— <i>Quick Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	12.4	(0.24)	1.3	(0.13)	11	(1.0)	12.4	(0.48)	3.6	(0.23)	29	(1.9)	12.4	(0.38)
20 and over.....	2969	35	(1.7)	13.0	(0.22)	1.5	(0.13)	12	(0.9)	13.3	(0.33)	4.4	(0.25)	33	(1.6)	12.9	(0.28)
2 and over...	3685	35	(1.3)	12.9	(0.19)	1.5	(0.10)	12	(0.8)	13.1	(0.25)	4.3	(0.20)	33	(1.4)	12.8	(0.23)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	10.6	(0.48)	1.9	(0.24)	18	(2.3)	10.8	(0.82)	5.0	(0.63)	47	(4.5)	10.5	(0.48)
20 and over.....	555	42	(3.0)	11.3	(0.27)	2.1	(0.21)	18	(1.9)	11.2	(0.39)	4.9	(0.40)	44	(2.6)	11.3	(0.39)
2 and over...	816	41	(2.6)	11.1	(0.25)	2.0	(0.16)	18	(1.6)	11.1	(0.34)	5.0	(0.29)	45	(2.1)	11.1	(0.35)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	12.2	(0.72)	1.3	(0.31)	11*	(2.3)	--	--	--	--	--	--	11.9	(0.92)
20 and over.....	199	31	(4.2)	14.4	(1.29)	1.1	(0.22)	8	(1.4)	13.3	(0.90)	3.7	(0.46)	28	(3.8)	14.9	(1.71)
2 and over...	322	31	(4.2)	13.7	(0.96)	1.2	(0.20)	9	(1.2)	13.1	(0.60)	3.8	(0.38)	29	(2.8)	14.0	(1.31)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	11.9	(0.64)	1.3	(0.11)	10	(1.0)	12.0	(1.01)	3.7	(0.32)	31	(2.1)	11.9	(0.88)
20 and over.....	776	38	(2.4)	11.8	(0.27)	1.6	(0.18)	14	(1.4)	12.0	(0.47)	4.3	(0.30)	36	(2.7)	11.7	(0.27)
2 and over...	1289	37	(1.8)	11.8	(0.19)	1.5	(0.14)	13	(1.1)	12.0	(0.45)	4.1	(0.25)	34	(2.3)	11.8	(0.34)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>Z i n c</b>															
		————— <i>All Individuals</i> <sup>2</sup> —————						— <i>Quick Service Restaurant Consumers</i> <sup>3</sup> —						<i>Non-consumers</i> <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	8.5	(0.18)	1.0	(0.15)	12	(1.7)	8.6	(0.35)	2.9	(0.29)	33	(2.8)	8.5	(0.24)
20 and over.....	2969	35	(1.7)	10.1	(0.18)	1.3	(0.11)	13	(1.0)	10.5	(0.22)	3.7	(0.22)	35	(2.0)	9.9	(0.19)
2 and over...	3685	35	(1.3)	9.8	(0.14)	1.2	(0.09)	13	(0.8)	10.2	(0.18)	3.5	(0.18)	35	(1.7)	9.7	(0.14)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	7.0	(0.38)	1.5	(0.23)	22	(3.4)	7.8	(0.78)	4.0	(0.56)	51	(5.3)	6.6	(0.42)
20 and over.....	555	42	(3.0)	8.9	(0.26)	1.6	(0.15)	18	(1.8)	8.9	(0.39)	3.9	(0.32)	43	(2.5)	8.8	(0.29)
2 and over...	816	41	(2.6)	8.4	(0.23)	1.6	(0.12)	19	(1.6)	8.7	(0.29)	3.9	(0.24)	45	(2.1)	8.3	(0.27)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	8.5	(0.59)	1.0	(0.24)	12	(2.5)	--	--	--	--	--	--	8.5	(0.68)
20 and over.....	199	31	(4.2)	10.4	(0.71)	0.9	(0.19)	8	(1.7)	10.4	(0.66)	2.8	(0.42)	27	(4.4)	10.4	(0.81)
2 and over...	322	31	(4.2)	9.8	(0.50)	0.9	(0.15)	9	(1.2)	9.7	(0.51)	2.9	(0.28)	30	(3.0)	9.8	(0.66)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	8.6	(0.38)	1.0	(0.09)	12	(1.1)	8.7	(0.53)	2.9	(0.26)	33	(2.5)	8.5	(0.44)
20 and over.....	776	38	(2.4)	9.6	(0.30)	1.4	(0.14)	15	(1.2)	9.5	(0.40)	3.7	(0.24)	39	(2.4)	9.7	(0.33)
2 and over...	1289	37	(1.8)	9.3	(0.22)	1.3	(0.10)	14	(0.8)	9.3	(0.31)	3.5	(0.20)	37	(1.9)	9.3	(0.29)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C o p p e r</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	1.0	(0.02)	0.1	(0.01)	10	(0.7)	1.0	(0.03)	0.3	(0.01)	27	(1.2)	1.0	(0.03)
20 and over.....	2969	35	(1.7)	1.2	(0.03)	0.1	(0.01)	8	(0.6)	1.2	(0.03)	0.3	(0.01)	25	(1.1)	1.2	(0.04)
2 and over...	3685	35	(1.3)	1.1	(0.02)	0.1	(0.01)	9	(0.5)	1.1	(0.03)	0.3	(0.01)	25	(1.0)	1.1	(0.03)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	0.8	(0.02)	0.1	(0.01)	16	(2.1)	0.8	(0.03)	0.3	(0.03)	41	(3.6)	0.8	(0.04)
20 and over.....	555	42	(3.0)	1.1	(0.11)	0.2	(0.02)	14	(2.1)	1.0	(0.03)	0.4	(0.04)	36	(3.7)	1.2	(0.18)
2 and over...	816	41	(2.6)	1.0	(0.08)	0.1	(0.01)	14	(1.7)	0.9	(0.02)	0.4	(0.03)	37	(3.0)	1.1	(0.14)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	1.0	(0.05)	0.1	(0.02)	9*	(2.0)	--		--		--		1.1	(0.08)
20 and over.....	199	31	(4.2)	1.5	(0.14)	0.1	(0.01)	5*	(0.8)	1.3	(0.08)	0.3	(0.03)	21*	(2.3)	1.6	(0.19)
2 and over...	322	31	(4.2)	1.3	(0.10)	0.1	(0.01)	6	(0.6)	1.2	(0.05)	0.3	(0.02)	23	(1.5)	1.4	(0.15)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	0.9	(0.04)	0.1	(0.01)	9	(0.8)	0.9	(0.05)	0.2	(0.02)	28	(2.0)	0.9	(0.05)
20 and over.....	776	38	(2.4)	1.1	(0.03)	0.1	(0.01)	10	(0.9)	1.0	(0.06)	0.3	(0.02)	27	(2.2)	1.1	(0.03)
2 and over...	1289	37	(1.8)	1.0	(0.02)	0.1	(0.01)	10	(0.7)	1.0	(0.04)	0.3	(0.02)	27	(2.0)	1.0	(0.02)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>S e l e n i u m</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	93.1	(2.92)	12.4	(1.79)	13	(2.0)	92.5	(4.26)	34.2	(3.58)	37	(3.4)	93.3	(3.20)
20 and over.....	2969	35	(1.7)	111.3	(1.94)	14.5	(1.26)	13	(1.1)	118.3	(3.24)	42.0	(2.55)	35	(1.8)	107.5	(2.51)
2 and over...	3685	35	(1.3)	107.8	(1.72)	14.1	(1.00)	13	(0.9)	113.3	(2.67)	40.4	(2.06)	36	(1.8)	104.9	(2.08)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	82.8	(4.62)	19.4	(2.37)	23	(3.2)	88.4	(7.20)	51.0	(6.22)	58	(5.2)	79.3	(5.47)
20 and over.....	555	42	(3.0)	100.1	(2.59)	20.3	(2.38)	20	(2.3)	105.7	(4.80)	48.8	(3.72)	46	(2.4)	96.1	(3.05)
2 and over...	816	41	(2.6)	95.9	(2.10)	20.1	(1.80)	21	(1.9)	101.7	(3.85)	49.3	(2.70)	48	(1.8)	91.8	(2.95)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	86.1	(5.46)	11.8	(2.83)	14	(3.3)	--	--	--	--	--	--	79.5	(4.48)
20 and over.....	199	31	(4.2)	122.0	(12.86)	13.2	(3.08)	11	(1.9)	125.1	(11.68)	43.3	(6.81)	35	(4.0)	120.6	(14.39)
2 and over...	322	31	(4.2)	110.3	(8.01)	12.8	(2.63)	12	(1.8)	116.2	(5.51)	40.6	(4.69)	35	(3.8)	107.6	(10.14)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	90.2	(3.73)	12.7	(1.32)	14	(1.3)	95.6	(6.38)	37.0	(3.55)	39	(2.5)	87.3	(3.93)
20 and over.....	776	38	(2.4)	105.5	(3.94)	16.6	(1.97)	16	(1.6)	107.1	(5.84)	43.7	(3.42)	41	(2.9)	104.6	(4.24)
2 and over...	1289	37	(1.8)	100.7	(3.13)	15.4	(1.51)	15	(1.2)	103.7	(4.45)	41.8	(2.93)	40	(2.4)	98.9	(3.78)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity 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>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	2107	(38.8)	254	(27.4)	12	(1.3)	2188	(53.8)	703	(48.0)	32	(1.9)	2060	(48.2)
20 and over.....	2969	35	(1.7)	2547	(49.7)	276	(19.7)	11	(0.8)	2534	(46.7)	797	(31.7)	31	(1.0)	2553	(60.4)
2 and over...	3685	35	(1.3)	2464	(45.6)	272	(16.1)	11	(0.6)	2467	(41.2)	778	(26.3)	32	(0.9)	2462	(54.0)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	1775	(43.6)	364	(50.3)	21	(3.0)	1975	(67.1)	955	(84.9)	48	(4.6)	1651	(72.4)
20 and over.....	555	42	(3.0)	2175	(41.3)	365	(23.7)	17	(1.0)	2206	(67.9)	877	(48.1)	40	(1.7)	2153	(68.0)
2 and over...	816	41	(2.6)	2077	(36.0)	365	(24.6)	18	(1.1)	2153	(57.7)	895	(41.1)	42	(1.4)	2024	(55.4)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	2148	(94.7)	237	(53.9)	11	(2.4)	--	--	--	--	--	--	2215	(147.5)
20 and over.....	199	31	(4.2)	2893	(199.0)	217	(37.0)	8	(1.1)	2825	(166.0)	710	(74.1)	25	(3.2)	2923	(254.2)
2 and over...	322	31	(4.2)	2650	(133.8)	224	(32.8)	8	(0.9)	2545	(104.9)	710	(41.9)	28	(2.1)	2699	(198.5)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	2114	(87.4)	225	(20.4)	11	(0.9)	2076	(146.3)	657	(67.6)	32	(2.5)	2133	(121.2)
20 and over.....	776	38	(2.4)	2339	(56.5)	304	(33.6)	13	(1.5)	2385	(118.2)	799	(60.2)	34	(3.0)	2310	(44.8)
2 and over...	1289	37	(1.8)	2268	(32.7)	279	(26.8)	12	(1.2)	2295	(80.6)	758	(55.9)	33	(2.7)	2252	(53.3)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>S o d i u m</b>															
		— All Individuals <sup>2</sup> —						— Quick Service Restaurant Consumers <sup>3</sup> —						Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	2830	(68.9)	417	(53.7)	15	(1.8)	3004	(123.4)	1152	(102.3)	38	(2.5)	2731	(68.7)
20 and over.....	2969	35	(1.7)	3264	(50.1)	470	(39.6)	14	(1.1)	3537	(71.8)	1356	(78.7)	38	(1.9)	3119	(55.5)
2 and over...	3685	35	(1.3)	3182	(42.1)	460	(32.0)	14	(0.9)	3434	(61.5)	1316	(64.6)	38	(1.7)	3047	(45.1)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	2552	(92.5)	609	(75.7)	24	(3.1)	2874	(190.8)	1600	(178.3)	56	(4.1)	2353	(130.3)
20 and over.....	555	42	(3.0)	3039	(79.5)	649	(69.2)	21	(2.0)	3257	(108.5)	1560	(106.5)	48	(2.1)	2883	(83.5)
2 and over...	816	41	(2.6)	2920	(61.1)	640	(57.1)	22	(1.7)	3170	(90.7)	1569	(79.9)	50	(1.6)	2748	(67.3)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	2951	(210.6)	409	(99.1)	14	(3.3)	--	--	--	--	--	--	2741	(185.3)
20 and over.....	199	31	(4.2)	3721	(284.8)	351	(66.4)	9	(1.6)	4030	(328.9)	1148	(113.2)	28	(3.7)	3585	(355.6)
2 and over...	322	31	(4.2)	3470	(189.7)	370	(60.8)	11	(1.4)	3803	(310.0)	1175	(90.4)	31	(3.4)	3317	(258.2)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	2762	(143.3)	416	(37.6)	15	(1.2)	3059	(178.8)	1217	(106.4)	40	(2.4)	2607	(176.1)
20 and over.....	776	38	(2.4)	3014	(110.9)	527	(71.8)	17	(1.9)	3285	(134.2)	1385	(121.5)	42	(3.0)	2848	(107.2)
2 and over...	1289	37	(1.8)	2935	(96.4)	493	(53.5)	17	(1.3)	3219	(96.8)	1336	(103.8)	42	(2.5)	2769	(115.8)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C a f f e i n e</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	21.6	(3.38)	4.7	(1.01)	22	(4.3)	32.1	(4.85)	13.1	(2.88)	41	(5.5)	15.7	(3.29)
20 and over.....	2969	35	(1.7)	176.0	(4.38)	17.7	(2.00)	10	(1.1)	194.1	(7.44)	51.0	(4.55)	26	(2.6)	166.4	(5.40)
2 and over...	3685	35	(1.3)	147.0	(3.42)	15.2	(1.67)	10	(1.1)	162.6	(6.52)	43.6	(4.23)	27	(2.6)	138.6	(4.05)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	12.6	(2.11)	3.2*	(0.98)	25*	(8.4)	16.7	(3.42)	8.4	(2.28)	--		10.1	(2.33)
20 and over.....	555	42	(3.0)	74.2	(6.55)	14.4	(2.51)	19	(2.8)	97.5	(12.86)	34.6	(5.51)	35	(5.0)	57.5	(2.94)
2 and over...	816	41	(2.6)	59.1	(5.39)	11.7	(1.88)	20	(2.6)	79.1	(10.56)	28.6	(3.98)	36	(4.9)	45.4	(2.84)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	17.2	(3.40)	5.4*	(3.04)	31*	(16.6)	--		--		--		11.7*	(4.89)
20 and over.....	199	31	(4.2)	89.4	(8.53)	18.2*	(5.46)	20	(5.6)	119.4	(16.66)	59.4*	(18.10)	--		76.2	(9.22)
2 and over...	322	31	(4.2)	65.9	(6.78)	14.0	(3.01)	21	(4.1)	88.0	(13.55)	44.4	(10.02)	50	(8.1)	55.7	(6.43)
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	18.8	(1.69)	4.5	(0.86)	24	(3.4)	27.1	(4.80)	13.1	(3.02)	48	(6.8)	14.6	(1.25)
20 and over.....	776	38	(2.4)	102.6	(7.66)	14.5	(2.75)	14	(2.1)	117.3	(8.12)	38.0	(6.53)	32	(4.9)	93.6	(8.25)
2 and over...	1289	37	(1.8)	76.3	(6.71)	11.3	(2.04)	15	(1.9)	91.0	(7.62)	30.7	(4.84)	34	(4.6)	67.7	(6.60)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>A l c o h o l</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	36	(1.9)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	2969	35	(1.7)	9.2	(0.59)	0.2*	(0.06)	2*	(0.7)	9.3	(0.74)	0.6*	(0.18)	6*	(2.0)	9.2	(0.62)
2 and over...	3685	35	(1.3)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	38	(4.3)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	555	42	(3.0)	7.0	(1.47)	0.2*	(0.14)	3*	(1.9)	8.1	(2.30)	0.5*	(0.34)	--	--	6.2	(1.18)
2 and over...	816	41	(2.6)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	33	(6.5)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	199	31	(4.2)	3.3	(0.78)	0.0*	(0.00)	--	--	2.7*	(1.39)	0.0*	(0.00)	--	--	3.5	(0.95)
2 and over...	322	31	(4.2)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Hispanic:</b>																	
2 - 19.....	513	34	(2.4)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	776	38	(2.4)	6.7	(0.56)	0.2*	(0.14)	3*	(2.1)	9.5	(2.36)	0.5*	(0.38)	5*	(4.1)	5.0	(1.03)
2 and over...	1289	37	(1.8)	--	--	--	--	--	--	--	--	--	--	--	--	--	--

### 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. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "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 Quick Service Restaurants.
- <sup>3</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

### Abbreviations

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

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

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

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

### Suggested Citation

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**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————						— <i>Quick Service Restaurant Consumers</i> <sup>4</sup> —						<i>Non-consumers</i> <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	1827	(54.7)	241	(60.6)	13	(3.5)	1931	(57.6)	735	(89.4)	38	(4.2)	1777	(90.7)
20 and over.....	892	34	(2.6)	1914	(35.2)	286	(36.1)	15	(1.7)	2117	(105.3)	851	(62.2)	40	(2.4)	1811	(38.8)
2 and over...	1432	33	(2.3)	1888	(30.3)	273	(26.7)	14	(1.3)	2063	(72.8)	817	(37.5)	40	(1.7)	1800	(38.1)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	1915	(45.8)	281	(26.9)	15	(1.3)	2073	(62.0)	772	(49.1)	37	(2.2)	1824	(50.0)
20 and over.....	1577	36	(1.2)	2047	(40.9)	309	(19.6)	15	(0.8)	2290	(69.8)	855	(44.0)	37	(1.5)	1910	(36.6)
2 and over...	2161	36	(1.2)	2015	(32.2)	302	(16.6)	15	(0.7)	2236	(52.2)	834	(35.4)	37	(1.2)	1889	(28.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1906	(38.0)	281	(24.3)	15	(1.4)	2082	(72.1)	759	(44.7)	36	(1.5)	1803	(55.3)
20 and over.....	1774	39	(1.4)	2111	(33.4)	282	(15.2)	13	(0.8)	2203	(48.4)	724	(39.4)	33	(1.8)	2052	(67.9)
2 and over...	2209	39	(1.6)	2073	(28.3)	282	(13.6)	14	(0.7)	2182	(43.8)	730	(32.1)	33	(1.5)	2004	(57.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	1875	(26.2)	270	(17.4)	14	(0.8)	2031	(48.4)	755	(34.4)	37	(1.2)	1789	(26.0)
20 and over.....	4798	36	(1.0)	2036	(20.7)	285	(12.5)	14	(0.6)	2207	(33.4)	787	(29.3)	36	(1.1)	1939	(26.1)
2 and over...	6563	36	(0.7)	1999	(16.1)	281	(8.8)	14	(0.4)	2167	(24.3)	780	(20.4)	36	(0.9)	1904	(21.5)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	63.6	(2.13)	9.9*	(3.06)	15*	(4.8)	67.7	(4.46)	30.1	(5.39)	44	(6.3)	61.6	(2.99)
20 and over.....	892	34	(2.6)	70.9	(1.45)	11.2	(1.40)	16	(1.9)	78.4	(3.88)	33.4	(2.84)	43	(3.0)	67.0	(1.96)
2 and over...	1432	33	(2.3)	68.7	(1.06)	10.8	(0.99)	16	(1.5)	75.3	(2.43)	32.5	(1.43)	43	(2.3)	65.4	(1.62)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	64.6	(1.65)	9.3	(0.84)	14	(1.2)	67.3	(2.66)	25.6	(1.87)	38	(2.5)	63.1	(1.76)
20 and over.....	1577	36	(1.2)	76.0	(1.57)	12.0	(0.74)	16	(0.8)	81.7	(2.67)	33.1	(1.59)	40	(1.6)	72.7	(1.45)
2 and over...	2161	36	(1.2)	73.2	(1.30)	11.3	(0.63)	15	(0.7)	78.2	(2.05)	31.2	(1.25)	40	(1.1)	70.4	(1.32)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	65.2	(1.81)	9.5	(0.83)	15	(1.4)	68.1	(3.05)	25.8	(1.94)	38	(2.2)	63.5	(2.37)
20 and over.....	1774	39	(1.4)	81.4	(1.25)	10.9	(0.66)	13	(0.9)	82.9	(1.58)	28.1	(1.83)	34	(2.3)	80.5	(2.29)
2 and over...	2209	39	(1.6)	78.4	(1.05)	10.7	(0.52)	14	(0.7)	80.3	(1.61)	27.7	(1.50)	34	(2.1)	77.2	(1.83)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	64.2	(1.08)	9.6	(0.84)	15	(1.2)	67.2	(2.34)	26.8	(1.78)	40	(1.9)	62.5	(0.98)
20 and over.....	4798	36	(1.0)	77.1	(0.90)	11.1	(0.53)	14	(0.7)	81.1	(1.47)	30.6	(1.34)	38	(1.5)	74.8	(1.00)
2 and over...	6563	36	(0.7)	74.1	(0.73)	10.7	(0.39)	14	(0.5)	77.9	(1.06)	29.7	(1.01)	38	(1.2)	71.9	(0.87)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	231	(7.3)	26	(5.8)	11	(2.7)	237	(6.7)	79	(7.4)	33	(3.2)	228	(11.4)
20 and over.....	892	34	(2.6)	226	(5.1)	31	(4.2)	14	(1.6)	252	(14.8)	92	(6.8)	37	(2.0)	213	(5.8)
2 and over...	1432	33	(2.3)	228	(4.4)	30	(3.2)	13	(1.3)	247	(10.7)	88	(4.6)	36	(1.5)	218	(5.7)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	242	(6.7)	32	(3.3)	13	(1.4)	256	(7.5)	89	(5.5)	35	(2.2)	235	(8.1)
20 and over.....	1577	36	(1.2)	230	(5.0)	32	(2.2)	14	(0.9)	255	(7.4)	90	(5.2)	35	(1.7)	216	(4.6)
2 and over...	2161	36	(1.2)	233	(4.2)	32	(1.8)	14	(0.7)	255	(5.9)	89	(4.1)	35	(1.4)	220	(3.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	244	(5.0)	33	(3.4)	13	(1.4)	265	(7.7)	88	(4.6)	33	(1.4)	231	(8.9)
20 and over.....	1774	39	(1.4)	232	(5.2)	29	(1.8)	13	(0.9)	241	(6.8)	76	(4.3)	31	(1.6)	226	(10.0)
2 and over...	2209	39	(1.6)	234	(4.8)	30	(1.8)	13	(0.9)	245	(5.9)	78	(3.7)	32	(1.4)	227	(8.8)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	238	(3.5)	31	(1.7)	13	(0.6)	253	(5.4)	85	(3.4)	34	(1.1)	230	(4.3)
20 and over.....	4798	36	(1.0)	228	(2.7)	30	(1.5)	13	(0.6)	247	(4.1)	83	(3.3)	34	(1.0)	218	(3.8)
2 and over...	6563	36	(0.7)	231	(2.2)	30	(1.1)	13	(0.5)	248	(3.0)	84	(2.4)	34	(0.8)	221	(3.2)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	103	(3.9)	8	(1.9)	8	(2.0)	107	(3.0)	25	(2.3)	23	(2.3)	101	(6.0)
20 and over.....	892	34	(2.6)	100	(3.7)	11	(1.7)	11	(1.5)	111	(9.1)	32	(3.2)	28	(2.2)	94	(3.4)
2 and over...	1432	33	(2.3)	101	(2.8)	10	(1.4)	10	(1.3)	110	(6.6)	30	(2.5)	27	(1.7)	96	(3.2)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	110	(4.2)	14	(1.6)	13	(1.4)	115	(5.2)	38	(2.6)	33	(2.2)	108	(5.3)
20 and over.....	1577	36	(1.2)	99	(2.7)	11	(0.7)	11	(0.7)	111	(4.3)	31	(1.7)	28	(1.8)	92	(2.1)
2 and over...	2161	36	(1.2)	102	(2.5)	12	(0.7)	12	(0.7)	112	(4.0)	32	(1.5)	29	(1.6)	96	(1.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	103	(3.6)	12	(1.9)	11	(1.7)	111	(4.4)	32	(3.8)	29	(3.0)	98	(5.7)
20 and over.....	1774	39	(1.4)	93	(1.6)	10	(1.0)	11	(1.0)	98	(4.8)	26	(2.1)	27	(1.5)	91	(2.9)
2 and over...	2209	39	(1.6)	95	(1.8)	11	(1.1)	11	(1.0)	100	(4.5)	27	(2.4)	27	(1.6)	92	(2.8)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	105	(1.6)	11	(0.7)	11	(0.6)	109	(2.9)	32	(1.7)	29	(1.6)	102	(2.9)
20 and over.....	4798	36	(1.0)	96	(1.3)	10	(0.7)	11	(0.7)	105	(2.6)	29	(1.5)	28	(1.2)	91	(1.3)
2 and over...	6563	36	(0.7)	98	(1.0)	11	(0.6)	11	(0.6)	106	(2.3)	30	(1.3)	28	(1.2)	94	(1.0)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————					— <i>Quick Service Restaurant Consumers</i> <sup>4</sup> —					<i>Non-consumers</i> <sup>5</sup>					
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	13.5	(0.43)	1.5	(0.36)	11	(2.9)	12.8	(0.67)	4.7	(0.47)	37	(3.9)	13.8	(0.72)
20 and over.....	892	34	(2.6)	13.9	(0.22)	1.7	(0.22)	12	(1.6)	13.8	(0.80)	5.1	(0.42)	37	(2.5)	13.9	(0.38)
2 and over...	1432	33	(2.3)	13.8	(0.19)	1.7	(0.18)	12	(1.3)	13.5	(0.53)	5.0	(0.29)	37	(1.9)	13.9	(0.33)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	14.1	(0.43)	1.6	(0.16)	11	(1.2)	14.0	(0.53)	4.3	(0.25)	31	(2.0)	14.2	(0.47)
20 and over.....	1577	36	(1.2)	15.5	(0.40)	1.8	(0.11)	12	(0.7)	14.9	(0.48)	5.0	(0.25)	34	(1.5)	15.9	(0.49)
2 and over...	2161	36	(1.2)	15.2	(0.31)	1.7	(0.08)	11	(0.5)	14.7	(0.32)	4.8	(0.19)	33	(1.1)	15.5	(0.38)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	15.6	(0.56)	1.8	(0.20)	12	(1.4)	15.9	(0.78)	4.9	(0.31)	31	(1.5)	15.3	(0.61)
20 and over.....	1774	39	(1.4)	18.3	(0.94)	1.8	(0.12)	10	(0.6)	16.6	(0.50)	4.6	(0.32)	28	(1.8)	19.3	(1.32)
2 and over...	2209	39	(1.6)	17.8	(0.83)	1.8	(0.12)	10	(0.6)	16.5	(0.49)	4.6	(0.26)	28	(1.6)	18.6	(1.12)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	14.6	(0.39)	1.6	(0.09)	11	(0.6)	14.3	(0.46)	4.6	(0.16)	32	(1.0)	14.8	(0.46)
20 and over.....	4798	36	(1.0)	16.3	(0.51)	1.7	(0.09)	11	(0.5)	15.4	(0.39)	4.8	(0.22)	31	(1.3)	16.8	(0.62)
2 and over...	6563	36	(0.7)	15.9	(0.45)	1.7	(0.07)	11	(0.4)	15.1	(0.37)	4.8	(0.17)	32	(1.1)	16.4	(0.53)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years)		Sample Size	Percent Reporting <sup>6</sup> % (SE)		T o t a l f a t													
					All Individuals <sup>3</sup>					Quick Service Restaurant Consumers <sup>4</sup>					Non-consumers <sup>5</sup>			
					Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
					g (SE)	g (SE)	% (SE)	% (SE)	g (SE)	g (SE)	% (SE)	% (SE)	g (SE)	g (SE)	% (SE)	% (SE)	g (SE)	g (SE)
<b>Under 131% poverty:</b>																		
2 - 19.....		540	33	(5.0)	72.1 (2.63)	10.9 (2.85)	15 (4.0)		78.3 (3.56)	33.4 (4.42)	43 (4.8)		69.1 (3.96)					
20 and over.....		892	34	(2.6)	77.0 (1.46)	13.0 (1.64)	17 (2.0)		87.4 (4.38)	38.6 (3.08)	44 (3.0)		71.7 (1.75)					
2 and over...		1432	33	(2.3)	75.6 (1.29)	12.4 (1.18)	16 (1.5)		84.8 (2.92)	37.0 (1.83)	44 (2.2)		70.9 (1.30)					
<b>131-350% poverty:</b>																		
2 - 19.....		584	36	(2.9)	77.4 (2.04)	12.8 (1.29)	17 (1.4)		88.3 (3.26)	35.2 (2.73)	40 (2.5)		71.2 (2.22)					
20 and over.....		1577	36	(1.2)	86.8 (1.93)	14.6 (0.97)	17 (0.9)		97.5 (3.03)	40.4 (2.21)	41 (1.7)		80.7 (2.12)					
2 and over...		2161	36	(1.2)	84.5 (1.41)	14.2 (0.85)	17 (0.9)		95.2 (2.29)	39.1 (1.81)	41 (1.4)		78.4 (1.70)					
<b>Over 350% poverty:</b>																		
2 - 19.....		435	37	(3.9)	76.0 (2.27)	12.6 (1.01)	17 (1.4)		85.0 (4.08)	34.2 (2.66)	40 (2.1)		70.7 (2.22)					
20 and over.....		1774	39	(1.4)	90.3 (1.26)	13.3 (0.72)	15 (0.8)		95.8 (2.23)	34.2 (1.93)	36 (1.9)		86.7 (2.55)					
2 and over...		2209	39	(1.6)	87.6 (1.19)	13.2 (0.61)	15 (0.7)		93.9 (2.25)	34.2 (1.67)	36 (1.7)		83.7 (2.15)					
<b>All Individuals <sup>8</sup>:</b>																		
2 - 19.....		1765	36	(1.4)	74.9 (1.40)	12.3 (0.88)	16 (1.0)		84.3 (2.51)	34.4 (1.83)	41 (1.5)		69.7 (1.25)					
20 and over.....		4798	36	(1.0)	85.8 (0.95)	13.3 (0.58)	15 (0.7)		94.2 (1.40)	36.6 (1.43)	39 (1.4)		81.1 (1.19)					
2 and over...		6563	36	(0.7)	83.3 (0.75)	13.0 (0.40)	16 (0.5)		91.9 (0.97)	36.1 (1.06)	39 (1.1)		78.4 (0.99)					

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	24.2	(1.04)	3.5	(0.88)	15	(3.8)	25.4	(1.16)	10.8	(1.40)	42	(4.9)	23.6	(1.53)
20 and over.....	892	34	(2.6)	25.5	(0.72)	4.5	(0.68)	18	(2.4)	29.5	(2.06)	13.3	(1.32)	45	(3.3)	23.4	(0.76)
2 and over...	1432	33	(2.3)	25.1	(0.55)	4.2	(0.43)	17	(1.5)	28.3	(1.40)	12.6	(0.72)	44	(2.3)	23.5	(0.43)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	26.5	(0.79)	4.3	(0.56)	16	(1.9)	29.8	(1.49)	11.8	(1.17)	40	(3.0)	24.7	(0.97)
20 and over.....	1577	36	(1.2)	28.0	(0.78)	4.8	(0.34)	17	(1.0)	31.3	(1.20)	13.2	(0.78)	42	(1.8)	26.1	(0.94)
2 and over...	2161	36	(1.2)	27.6	(0.59)	4.7	(0.31)	17	(1.0)	31.0	(0.95)	12.9	(0.67)	42	(1.5)	25.8	(0.71)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	25.8	(0.85)	4.1	(0.36)	16	(1.5)	28.0	(1.26)	11.1	(0.75)	40	(1.9)	24.5	(0.96)
20 and over.....	1774	39	(1.4)	28.6	(0.43)	4.3	(0.26)	15	(0.9)	30.7	(0.76)	11.1	(0.69)	36	(2.1)	27.2	(0.83)
2 and over...	2209	39	(1.6)	28.0	(0.38)	4.3	(0.23)	15	(0.8)	30.2	(0.75)	11.1	(0.60)	37	(1.7)	26.7	(0.65)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	25.5	(0.46)	4.0	(0.31)	16	(1.1)	28.1	(0.89)	11.3	(0.67)	40	(1.7)	24.1	(0.53)
20 and over.....	4798	36	(1.0)	27.6	(0.42)	4.3	(0.21)	16	(0.7)	30.4	(0.58)	12.0	(0.53)	40	(1.5)	26.0	(0.51)
2 and over...	6563	36	(0.7)	27.1	(0.29)	4.3	(0.14)	16	(0.5)	29.9	(0.39)	11.8	(0.39)	40	(1.2)	25.5	(0.39)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	23.7	(0.90)	3.6	(0.89)	15	(3.9)	26.1	(1.27)	10.9	(1.30)	42	(4.4)	22.5	(1.43)
20 and over.....	892	34	(2.6)	25.8	(0.48)	4.2	(0.53)	16	(2.0)	28.2	(1.34)	12.6	(1.05)	45	(3.1)	24.6	(0.70)
2 and over...	1432	33	(2.3)	25.1	(0.38)	4.0	(0.39)	16	(1.5)	27.6	(0.96)	12.1	(0.66)	44	(2.1)	23.9	(0.55)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	25.0	(0.70)	4.1	(0.39)	16	(1.3)	28.6	(1.00)	11.3	(0.81)	39	(2.4)	23.0	(0.84)
20 and over.....	1577	36	(1.2)	29.3	(0.63)	4.8	(0.32)	17	(0.9)	32.9	(1.10)	13.4	(0.71)	41	(1.6)	27.3	(0.68)
2 and over...	2161	36	(1.2)	28.3	(0.46)	4.7	(0.29)	17	(0.9)	31.9	(0.87)	12.9	(0.61)	40	(1.4)	26.2	(0.57)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	24.6	(0.71)	4.1	(0.33)	17	(1.4)	27.6	(1.24)	11.0	(0.89)	40	(2.3)	22.9	(0.74)
20 and over.....	1774	39	(1.4)	30.8	(0.46)	4.4	(0.25)	14	(0.8)	32.1	(0.80)	11.2	(0.67)	35	(1.9)	30.0	(0.89)
2 and over...	2209	39	(1.6)	29.7	(0.43)	4.3	(0.21)	15	(0.7)	31.3	(0.78)	11.2	(0.57)	36	(1.7)	28.6	(0.76)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	24.3	(0.48)	4.0	(0.26)	16	(1.0)	27.5	(0.74)	11.1	(0.55)	40	(1.4)	22.6	(0.50)
20 and over.....	4798	36	(1.0)	29.1	(0.32)	4.4	(0.20)	15	(0.7)	31.5	(0.46)	12.1	(0.51)	38	(1.5)	27.7	(0.39)
2 and over...	6563	36	(0.7)	28.0	(0.26)	4.3	(0.15)	15	(0.6)	30.6	(0.33)	11.9	(0.40)	39	(1.3)	26.5	(0.35)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	16.4	(0.67)	2.8	(0.79)	17	(4.6)	18.7	(1.09)	8.5	(1.28)	45	(5.4)	15.3	(0.74)
20 and over.....	892	34	(2.6)	17.2	(0.28)	3.0	(0.28)	17	(1.6)	20.0	(0.74)	8.8	(0.58)	44	(2.8)	15.8	(0.41)
2 and over...	1432	33	(2.3)	17.0	(0.34)	2.9	(0.27)	17	(1.5)	19.6	(0.53)	8.7	(0.48)	44	(2.5)	15.7	(0.39)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	17.5	(0.60)	3.2	(0.32)	18	(1.6)	20.9	(1.01)	8.9	(0.83)	43	(3.0)	15.6	(0.58)
20 and over.....	1577	36	(1.2)	19.9	(0.38)	3.5	(0.27)	18	(1.2)	22.7	(0.64)	9.6	(0.70)	43	(2.3)	18.3	(0.35)
2 and over...	2161	36	(1.2)	19.3	(0.30)	3.4	(0.23)	18	(1.1)	22.2	(0.51)	9.5	(0.58)	43	(2.1)	17.7	(0.31)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	17.4	(0.59)	3.3	(0.31)	19	(1.7)	20.8	(1.28)	8.9	(0.96)	43	(3.0)	15.4	(0.56)
20 and over.....	1774	39	(1.4)	21.3	(0.35)	3.3	(0.17)	16	(0.9)	23.0	(0.62)	8.5	(0.47)	37	(2.0)	20.2	(0.66)
2 and over...	2209	39	(1.6)	20.6	(0.38)	3.3	(0.15)	16	(0.8)	22.6	(0.64)	8.6	(0.44)	38	(1.9)	19.3	(0.60)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	17.0	(0.47)	3.2	(0.24)	19	(1.2)	20.1	(0.79)	8.8	(0.51)	44	(1.6)	15.3	(0.36)
20 and over.....	4798	36	(1.0)	19.8	(0.21)	3.2	(0.14)	16	(0.7)	22.2	(0.39)	8.8	(0.31)	40	(1.4)	18.5	(0.28)
2 and over...	6563	36	(0.7)	19.2	(0.23)	3.2	(0.10)	17	(0.6)	21.7	(0.37)	8.8	(0.24)	41	(1.2)	17.7	(0.28)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C h o l e s t e r o l</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	260	(19.0)	34*	(14.6)	13*	(5.5)	258	(23.4)	105	(30.3)	41	(10.4)	261	(23.9)
20 and over.....	892	34	(2.6)	301	(15.8)	42	(6.8)	14	(2.1)	315	(34.2)	124	(14.5)	39	(4.7)	294	(9.6)
2 and over...	1432	33	(2.3)	289	(12.6)	40	(4.6)	14	(1.7)	298	(23.4)	118	(8.0)	40	(3.9)	284	(10.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	236	(8.2)	33	(3.4)	14	(1.2)	257	(17.7)	92	(7.3)	36	(2.4)	224	(11.8)
20 and over.....	1577	36	(1.2)	320	(8.1)	47	(3.1)	15	(0.9)	342	(14.9)	129	(7.0)	38	(2.4)	307	(8.4)
2 and over...	2161	36	(1.2)	299	(6.7)	43	(2.7)	15	(0.8)	321	(11.5)	120	(5.6)	37	(1.7)	287	(8.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	241	(14.5)	30	(3.1)	13	(1.5)	241	(18.1)	82	(8.3)	34	(3.4)	240	(15.9)
20 and over.....	1774	39	(1.4)	328	(9.3)	42	(2.5)	13	(0.9)	339	(13.3)	109	(6.3)	32	(2.3)	320	(12.8)
2 and over...	2209	39	(1.6)	311	(8.1)	40	(2.0)	13	(0.7)	322	(11.8)	104	(6.3)	32	(2.2)	305	(11.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	240	(6.3)	32	(4.1)	14	(1.6)	248	(11.6)	91	(9.7)	37	(3.0)	235	(6.4)
20 and over.....	4798	36	(1.0)	321	(5.9)	42	(2.0)	13	(0.7)	333	(7.5)	117	(5.3)	35	(1.8)	314	(7.6)
2 and over...	6563	36	(0.7)	302	(4.7)	40	(1.6)	13	(0.6)	313	(6.0)	111	(4.6)	35	(1.5)	296	(6.8)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	470	(15.8)	45*	(15.9)	10*	(3.4)	446	(21.2)	138	(31.4)	31	(6.6)	481	(21.0)
20 and over.....	892	34	(2.6)	524	(42.0)	53	(8.5)	10	(1.8)	426	(31.7)	158	(15.2)	37	(2.8)	573	(61.1)
2 and over...	1432	33	(2.3)	507	(31.0)	51	(6.1)	10	(1.4)	431	(19.9)	152	(9.7)	35	(2.6)	546	(45.5)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	517	(27.2)	49	(6.4)	9	(1.4)	478	(27.7)	135	(13.9)	28	(2.7)	540	(42.7)
20 and over.....	1577	36	(1.2)	551	(14.3)	61	(5.8)	11	(0.9)	519	(29.3)	170	(14.9)	33	(2.2)	570	(17.3)
2 and over...	2161	36	(1.2)	543	(15.0)	58	(4.4)	11	(0.7)	509	(24.0)	161	(11.4)	32	(1.6)	562	(20.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	527	(18.8)	50	(5.8)	9	(1.3)	480	(22.8)	136	(7.8)	28	(1.8)	555	(26.4)
20 and over.....	1774	39	(1.4)	654	(23.3)	65	(4.9)	10	(0.6)	608	(28.4)	167	(12.4)	27	(2.1)	683	(28.1)
2 and over...	2209	39	(1.6)	630	(17.6)	62	(4.3)	10	(0.6)	585	(22.4)	161	(10.1)	28	(1.9)	658	(22.4)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	499	(13.4)	48	(4.6)	10	(1.0)	473	(18.4)	133	(9.8)	28	(1.7)	513	(16.0)
20 and over.....	4798	36	(1.0)	588	(17.0)	59	(3.4)	10	(0.6)	547	(20.8)	164	(9.4)	30	(1.7)	610	(18.6)
2 and over...	6563	36	(0.7)	567	(13.6)	57	(2.5)	10	(0.4)	530	(17.3)	157	(7.4)	30	(1.4)	588	(14.8)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	1176	(91.6)	87*	(44.4)	7*	(4.1)	912	(108.6)	265*	(99.5)	29*	(12.2)	1304	(112.9)
20 and over.....	892	34	(2.6)	1664	(151.1)	77	(8.8)	5	(0.8)	929	(110.4)	230	(23.2)	25	(2.9)	2036	(218.3)
2 and over...	1432	33	(2.3)	1518	(113.8)	80	(13.5)	5	(1.0)	924	(88.3)	240	(34.7)	26	(4.2)	1816	(169.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	1300	(148.4)	69	(11.3)	5	(1.2)	994	(122.6)	191	(30.5)	19	(2.8)	1474	(216.1)
20 and over.....	1577	36	(1.2)	1977	(112.7)	141	(20.2)	7	(1.0)	1559	(142.4)	390	(53.2)	25	(2.3)	2213	(135.9)
2 and over...	2161	36	(1.2)	1810	(104.0)	123	(14.8)	7	(0.8)	1419	(129.2)	341	(42.4)	24	(2.1)	2032	(118.9)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1668	(208.6)	87	(25.1)	5*	(1.6)	1293	(156.3)	236	(56.0)	18	(3.2)	1888	(307.2)
20 and over.....	1774	39	(1.4)	2833	(172.9)	219	(43.1)	8	(1.3)	2238	(218.0)	563	(112.0)	25	(4.2)	3213	(184.6)
2 and over...	2209	39	(1.6)	2617	(147.7)	195	(35.5)	7	(1.1)	2070	(175.9)	505	(90.8)	24	(3.7)	2960	(159.0)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	1378	(101.7)	81	(14.7)	6	(1.2)	1141	(122.9)	227	(36.3)	20	(3.8)	1510	(113.3)
20 and over.....	4798	36	(1.0)	2265	(109.1)	164	(20.8)	7	(0.8)	1771	(135.3)	453	(60.1)	26	(2.7)	2546	(113.6)
2 and over...	6563	36	(0.7)	2059	(93.3)	145	(16.5)	7	(0.7)	1625	(119.8)	401	(46.9)	25	(2.3)	2303	(93.3)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	4244	(489.0)	566	(141.8)	13	(2.8)	3960	(723.0)	1728	(228.3)	44	(8.2)	4382	(699.6)
20 and over.....	892	34	(2.6)	4181	(265.0)	675	(132.5)	16	(3.5)	3548	(447.7)	2006	(273.7)	57	(4.6)	4502	(428.0)
2 and over...	1432	33	(2.3)	4200	(191.9)	642	(98.2)	15	(2.4)	3668	(446.0)	1925	(202.0)	52	(5.1)	4466	(292.3)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	4372	(658.2)	359	(56.5)	8	(1.9)	3873	(594.5)	988	(110.3)	26	(3.6)	4657	(930.6)
20 and over.....	1577	36	(1.2)	3941	(204.7)	600	(66.0)	15	(1.4)	3898	(326.9)	1660	(169.1)	43	(3.4)	3965	(232.5)
2 and over...	2161	36	(1.2)	4047	(239.0)	541	(46.3)	13	(0.9)	3892	(241.2)	1494	(127.6)	38	(2.5)	4136	(307.5)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	4770	(497.0)	1060	(376.7)	22	(6.3)	7018	(1337.1)	2867	(860.0)	41	(8.1)	3452	(271.7)
20 and over.....	1774	39	(1.4)	4987	(329.2)	561	(76.0)	11	(1.6)	4758	(420.7)	1440	(191.4)	30	(3.5)	5132	(419.8)
2 and over...	2209	39	(1.6)	4946	(260.8)	654	(103.6)	13	(2.2)	5161	(421.7)	1694	(238.0)	33	(3.9)	4812	(363.0)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	4376	(287.5)	628	(118.2)	14	(2.2)	4838	(638.7)	1755	(305.8)	36	(4.4)	4118	(307.1)
20 and over.....	4798	36	(1.0)	4393	(165.6)	591	(56.2)	13	(1.3)	4252	(213.9)	1634	(144.6)	38	(2.7)	4474	(212.3)
2 and over...	6563	36	(0.7)	4389	(152.8)	600	(50.0)	14	(1.2)	4388	(227.1)	1662	(128.4)	38	(2.5)	4391	(188.4)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>T h i a m i n</b>																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	1.39	(0.049)	0.19	(0.047)	14	(3.6)	1.41	(0.063)	0.57	(0.074)	41	(4.9)	1.38	(0.081)
20 and over.....	892	34	(2.6)	1.37	(0.032)	0.22	(0.033)	16	(2.2)	1.51	(0.107)	0.66	(0.069)	43	(2.6)	1.30	(0.039)
2 and over...	1432	33	(2.3)	1.38	(0.028)	0.21	(0.021)	15	(1.5)	1.48	(0.071)	0.63	(0.037)	43	(1.6)	1.32	(0.034)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	1.37	(0.039)	0.18	(0.016)	13	(1.3)	1.38	(0.060)	0.48	(0.026)	35	(2.0)	1.36	(0.041)
20 and over.....	1577	36	(1.2)	1.46	(0.035)	0.22	(0.017)	15	(0.9)	1.55	(0.074)	0.62	(0.038)	40	(1.3)	1.40	(0.029)
2 and over...	2161	36	(1.2)	1.43	(0.031)	0.21	(0.013)	15	(0.7)	1.51	(0.060)	0.58	(0.030)	39	(0.8)	1.39	(0.025)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1.50	(0.057)	0.18	(0.019)	12	(1.3)	1.55	(0.092)	0.49	(0.043)	32	(1.6)	1.48	(0.107)
20 and over.....	1774	39	(1.4)	1.56	(0.045)	0.21	(0.013)	14	(1.0)	1.60	(0.032)	0.54	(0.033)	34	(2.3)	1.54	(0.080)
2 and over...	2209	39	(1.6)	1.55	(0.046)	0.21	(0.010)	13	(0.9)	1.59	(0.035)	0.54	(0.025)	34	(1.9)	1.52	(0.081)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	1.40	(0.030)	0.18	(0.012)	13	(0.8)	1.43	(0.046)	0.51	(0.026)	36	(1.2)	1.39	(0.041)
20 and over.....	4798	36	(1.0)	1.47	(0.027)	0.21	(0.010)	14	(0.7)	1.55	(0.032)	0.58	(0.025)	37	(1.3)	1.43	(0.034)
2 and over...	6563	36	(0.7)	1.46	(0.025)	0.20	(0.008)	14	(0.6)	1.52	(0.023)	0.56	(0.018)	37	(1.1)	1.42	(0.032)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	1.62	(0.078)	0.18	(0.047)	11	(2.9)	1.62	(0.077)	0.56	(0.068)	35	(4.1)	1.62	(0.118)
20 and over.....	892	34	(2.6)	1.67	(0.039)	0.27	(0.045)	16	(2.6)	1.82	(0.080)	0.80	(0.088)	44	(4.0)	1.60	(0.062)
2 and over...	1432	33	(2.3)	1.66	(0.040)	0.24	(0.032)	15	(1.9)	1.76	(0.051)	0.73	(0.062)	42	(3.0)	1.60	(0.059)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	1.64	(0.048)	0.21	(0.026)	13	(1.6)	1.68	(0.075)	0.57	(0.044)	34	(2.4)	1.62	(0.059)
20 and over.....	1577	36	(1.2)	1.93	(0.036)	0.24	(0.014)	13	(0.7)	2.00	(0.078)	0.67	(0.031)	34	(1.9)	1.89	(0.028)
2 and over...	2161	36	(1.2)	1.86	(0.030)	0.23	(0.013)	13	(0.7)	1.92	(0.063)	0.64	(0.022)	34	(1.3)	1.82	(0.023)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1.67	(0.034)	0.22	(0.021)	13	(1.3)	1.77	(0.065)	0.60	(0.049)	34	(3.0)	1.61	(0.046)
20 and over.....	1774	39	(1.4)	2.07	(0.047)	0.24	(0.011)	12	(0.6)	2.09	(0.043)	0.61	(0.031)	29	(1.5)	2.06	(0.070)
2 and over...	2209	39	(1.6)	2.00	(0.039)	0.24	(0.010)	12	(0.5)	2.03	(0.040)	0.61	(0.029)	30	(1.4)	1.97	(0.061)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	1.62	(0.029)	0.20	(0.014)	12	(0.8)	1.66	(0.044)	0.57	(0.032)	34	(1.3)	1.60	(0.042)
20 and over.....	4798	36	(1.0)	1.92	(0.034)	0.24	(0.012)	12	(0.7)	2.00	(0.044)	0.65	(0.027)	33	(1.4)	1.88	(0.033)
2 and over...	6563	36	(0.7)	1.85	(0.030)	0.23	(0.009)	12	(0.5)	1.92	(0.035)	0.63	(0.023)	33	(1.2)	1.81	(0.032)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>N i a c i n</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	18.8	(0.71)	3.2*	(0.96)	17	(5.0)	20.1	(1.29)	9.6	(1.69)	48	(6.0)	18.2	(1.00)
20 and over.....	892	34	(2.6)	23.1	(0.75)	3.8	(0.47)	16	(1.8)	26.0	(2.07)	11.2	(1.05)	43	(3.0)	21.7	(1.00)
2 and over...	1432	33	(2.3)	21.9	(0.59)	3.6	(0.35)	16	(1.5)	24.2	(1.28)	10.7	(0.68)	44	(2.8)	20.7	(0.88)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	19.3	(0.61)	2.9	(0.26)	15	(1.4)	20.7	(0.92)	8.1	(0.63)	39	(2.9)	18.5	(0.63)
20 and over.....	1577	36	(1.2)	24.4	(0.60)	3.7	(0.20)	15	(0.9)	26.7	(0.78)	10.3	(0.43)	39	(1.3)	23.0	(0.91)
2 and over...	2161	36	(1.2)	23.1	(0.49)	3.5	(0.18)	15	(0.8)	25.2	(0.68)	9.7	(0.36)	39	(1.4)	21.9	(0.71)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	19.8	(0.56)	3.0	(0.25)	15	(1.4)	21.9	(1.14)	8.0	(0.67)	36	(3.0)	18.6	(0.82)
20 and over.....	1774	39	(1.4)	24.9	(0.51)	3.4	(0.20)	14	(0.9)	25.5	(0.47)	8.8	(0.58)	35	(2.3)	24.5	(0.86)
2 and over...	2209	39	(1.6)	23.9	(0.43)	3.4	(0.16)	14	(0.8)	24.9	(0.48)	8.7	(0.47)	35	(2.1)	23.4	(0.74)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	19.1	(0.32)	3.0	(0.26)	16	(1.3)	20.9	(0.64)	8.5	(0.56)	41	(2.1)	18.1	(0.31)
20 and over.....	4798	36	(1.0)	24.2	(0.34)	3.5	(0.17)	15	(0.7)	26.0	(0.48)	9.7	(0.41)	37	(1.3)	23.1	(0.45)
2 and over...	6563	36	(0.7)	23.0	(0.27)	3.4	(0.14)	15	(0.6)	24.8	(0.34)	9.4	(0.33)	38	(1.2)	21.9	(0.37)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 6</b>																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	1.48	(0.060)	0.18*	(0.059)	12*	(3.9)	1.49	(0.084)	0.55	(0.105)	37	(6.3)	1.47	(0.102)
20 and over.....	892	34	(2.6)	1.86	(0.075)	0.23	(0.034)	13	(1.6)	1.81	(0.169)	0.70	(0.095)	38	(4.2)	1.88	(0.107)
2 and over...	1432	33	(2.3)	1.74	(0.062)	0.22	(0.029)	13	(1.5)	1.72	(0.120)	0.65	(0.072)	38	(3.8)	1.76	(0.094)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	1.53	(0.064)	0.18	(0.017)	12	(1.2)	1.57	(0.117)	0.49	(0.042)	31	(3.4)	1.51	(0.047)
20 and over.....	1577	36	(1.2)	1.99	(0.079)	0.21	(0.013)	10	(0.8)	2.02	(0.098)	0.58	(0.026)	29	(1.9)	1.97	(0.121)
2 and over...	2161	36	(1.2)	1.88	(0.061)	0.20	(0.011)	11	(0.7)	1.91	(0.083)	0.55	(0.022)	29	(1.7)	1.86	(0.094)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1.50	(0.042)	0.18	(0.017)	12	(1.2)	1.60	(0.098)	0.49	(0.028)	31	(3.0)	1.45	(0.054)
20 and over.....	1774	39	(1.4)	1.97	(0.054)	0.21	(0.012)	11	(0.7)	1.87	(0.059)	0.53	(0.035)	29	(2.1)	2.03	(0.076)
2 and over...	2209	39	(1.6)	1.88	(0.044)	0.20	(0.011)	11	(0.6)	1.82	(0.055)	0.52	(0.030)	29	(2.0)	1.92	(0.069)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	1.50	(0.025)	0.18	(0.016)	12	(1.0)	1.56	(0.049)	0.51	(0.034)	32	(2.1)	1.46	(0.033)
20 and over.....	4798	36	(1.0)	1.94	(0.043)	0.21	(0.010)	11	(0.6)	1.92	(0.052)	0.58	(0.025)	30	(1.3)	1.96	(0.053)
2 and over...	6563	36	(0.7)	1.84	(0.035)	0.20	(0.009)	11	(0.5)	1.83	(0.041)	0.56	(0.022)	31	(1.3)	1.84	(0.046)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>F o l a t e ( D F E )</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	419	(22.6)	51	(13.4)	12	(3.7)	401	(25.5)	157	(24.2)	39	(6.1)	427	(35.5)
20 and over.....	892	34	(2.6)	409	(15.3)	61	(10.2)	15	(2.3)	439	(33.6)	182	(21.9)	41	(3.3)	394	(15.9)
2 and over...	1432	33	(2.3)	412	(14.4)	58	(5.9)	14	(1.5)	428	(22.5)	175	(12.1)	41	(2.2)	404	(16.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	400	(12.9)	46	(4.8)	12	(1.3)	394	(21.5)	128	(7.8)	32	(2.3)	403	(15.1)
20 and over.....	1577	36	(1.2)	428	(12.8)	64	(4.6)	15	(0.9)	456	(22.7)	177	(11.1)	39	(1.8)	412	(13.0)
2 and over...	2161	36	(1.2)	421	(10.2)	60	(3.3)	14	(0.6)	441	(18.0)	165	(8.4)	37	(1.1)	410	(10.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	439	(15.1)	50	(5.4)	11	(1.2)	454	(22.3)	136	(13.8)	30	(2.3)	431	(22.5)
20 and over.....	1774	39	(1.4)	464	(17.0)	58	(4.0)	13	(0.9)	465	(14.6)	150	(10.2)	32	(2.2)	463	(26.8)
2 and over...	2209	39	(1.6)	459	(16.2)	57	(3.1)	12	(0.8)	463	(12.3)	147	(7.6)	32	(1.9)	457	(24.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	415	(10.0)	50	(3.3)	12	(0.8)	417	(15.8)	139	(7.4)	33	(1.3)	414	(12.1)
20 and over.....	4798	36	(1.0)	437	(10.1)	59	(3.2)	13	(0.7)	456	(12.5)	163	(7.6)	36	(1.4)	426	(11.6)
2 and over...	6563	36	(0.7)	432	(9.2)	57	(2.4)	13	(0.6)	447	(10.1)	157	(5.7)	35	(1.1)	423	(10.7)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	265	(13.1)	33*	(12.4)	13*	(4.6)	267	(18.4)	102	(23.3)	38	(7.6)	264	(18.3)
20 and over.....	892	34	(2.6)	300	(10.9)	40	(5.8)	13	(1.8)	307	(24.5)	120	(11.2)	39	(3.8)	297	(10.8)
2 and over...	1432	33	(2.3)	290	(8.6)	38	(4.4)	13	(1.5)	295	(17.4)	114	(7.0)	39	(2.5)	287	(10.0)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	252	(5.9)	33	(3.0)	13	(1.1)	261	(13.1)	91	(5.6)	35	(1.9)	247	(9.2)
20 and over.....	1577	36	(1.2)	328	(8.6)	43	(2.6)	13	(0.6)	341	(12.8)	119	(5.4)	35	(1.8)	320	(7.4)
2 and over...	2161	36	(1.2)	309	(6.7)	41	(2.4)	13	(0.6)	321	(9.2)	112	(4.1)	35	(1.2)	302	(6.9)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	255	(9.6)	32	(3.0)	13	(1.4)	261	(13.7)	87	(6.8)	33	(2.4)	251	(10.9)
20 and over.....	1774	39	(1.4)	347	(6.6)	41	(2.2)	12	(0.7)	347	(9.9)	105	(6.2)	30	(2.0)	346	(10.4)
2 and over...	2209	39	(1.6)	329	(5.7)	39	(1.8)	12	(0.6)	332	(8.5)	102	(5.7)	31	(1.9)	328	(9.2)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	254	(4.5)	33	(3.3)	13	(1.2)	258	(9.7)	91	(7.4)	35	(2.0)	252	(4.9)
20 and over.....	4798	36	(1.0)	331	(4.4)	40	(2.0)	12	(0.6)	336	(6.0)	111	(4.9)	33	(1.5)	329	(5.5)
2 and over...	6563	36	(0.7)	313	(3.8)	39	(1.6)	12	(0.5)	318	(4.9)	107	(4.3)	34	(1.2)	311	(5.3)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 1 2</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	3.49	(0.162)	0.41	(0.104)	12	(3.0)	3.52	(0.199)	1.24	(0.172)	35	(4.9)	3.47	(0.218)
20 and over.....	892	34	(2.6)	4.62	(0.492)	0.62	(0.099)	14	(2.1)	4.57	(0.559)	1.86	(0.229)	41	(3.9)	4.64	(0.665)
2 and over...	1432	33	(2.3)	4.28	(0.357)	0.56	(0.072)	13	(1.8)	4.26	(0.388)	1.68	(0.157)	39	(3.4)	4.29	(0.476)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	3.70	(0.147)	0.41	(0.041)	11	(1.2)	3.60	(0.235)	1.13	(0.100)	31	(2.5)	3.76	(0.235)
20 and over.....	1577	36	(1.2)	4.44	(0.190)	0.55	(0.057)	12	(1.4)	4.50	(0.174)	1.52	(0.133)	34	(2.6)	4.40	(0.305)
2 and over...	2161	36	(1.2)	4.25	(0.142)	0.52	(0.045)	12	(1.1)	4.27	(0.154)	1.42	(0.098)	33	(2.2)	4.24	(0.242)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	3.60	(0.192)	0.42	(0.073)	12	(1.6)	3.77	(0.407)	1.13	(0.236)	30	(4.3)	3.50	(0.199)
20 and over.....	1774	39	(1.4)	4.42	(0.154)	0.51	(0.032)	11	(0.9)	4.35	(0.141)	1.30	(0.086)	30	(2.2)	4.46	(0.208)
2 and over...	2209	39	(1.6)	4.26	(0.147)	0.49	(0.031)	12	(0.8)	4.25	(0.172)	1.27	(0.091)	30	(2.1)	4.28	(0.193)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	3.59	(0.068)	0.42	(0.042)	12	(1.1)	3.62	(0.168)	1.17	(0.102)	32	(2.2)	3.57	(0.109)
20 and over.....	4798	36	(1.0)	4.44	(0.128)	0.53	(0.037)	12	(0.9)	4.48	(0.135)	1.46	(0.097)	33	(1.6)	4.41	(0.185)
2 and over...	6563	36	(0.7)	4.24	(0.106)	0.50	(0.029)	12	(0.7)	4.28	(0.108)	1.39	(0.077)	33	(1.4)	4.21	(0.159)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	83.0	(6.65)	4.3*	(1.42)	5*	(2.0)	69.9	(8.06)	13.3	(2.55)	19	(4.8)	89.4	(6.26)
20 and over.....	892	34	(2.6)	70.1	(3.56)	4.9	(1.04)	7	(1.3)	58.3	(7.50)	14.6	(2.59)	25	(1.9)	76.0	(4.32)
2 and over...	1432	33	(2.3)	73.9	(3.04)	4.7	(0.90)	6	(1.2)	61.7	(5.04)	14.2	(2.09)	23	(2.3)	80.0	(3.48)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	80.8	(3.94)	5.0	(0.89)	6	(1.0)	72.5	(6.15)	13.9	(2.75)	19	(2.5)	85.5	(5.13)
20 and over.....	1577	36	(1.2)	75.9	(3.28)	4.2	(0.51)	6	(0.7)	67.9	(4.54)	11.7	(1.43)	17	(1.9)	80.4	(3.93)
2 and over...	2161	36	(1.2)	77.1	(2.83)	4.4	(0.54)	6	(0.6)	69.1	(3.99)	12.3	(1.61)	18	(1.9)	81.6	(3.35)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	90.1	(4.79)	4.2	(0.63)	5	(0.7)	78.4	(3.75)	11.2	(1.37)	14	(1.6)	96.9	(6.12)
20 and over.....	1774	39	(1.4)	80.8	(3.44)	5.5	(0.48)	7	(0.6)	72.1	(3.07)	14.2	(1.08)	20	(1.7)	86.4	(4.57)
2 and over...	2209	39	(1.6)	82.6	(3.14)	5.3	(0.39)	6	(0.5)	73.2	(2.62)	13.7	(0.77)	19	(1.3)	88.4	(4.18)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	82.8	(2.64)	4.5	(0.44)	5	(0.6)	73.3	(2.60)	12.6	(1.17)	17	(1.5)	88.1	(3.85)
20 and over.....	4798	36	(1.0)	77.2	(2.17)	5.0	(0.34)	6	(0.4)	69.2	(2.39)	13.7	(0.88)	20	(1.1)	81.8	(2.45)
2 and over...	6563	36	(0.7)	78.5	(1.99)	4.9	(0.33)	6	(0.4)	70.2	(2.02)	13.5	(0.82)	19	(1.0)	83.2	(2.33)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	5.0	(0.23)	0.2*	(0.11)	5*	(2.2)	4.5	(0.32)	0.7*	(0.23)	17*	(5.5)	5.2	(0.38)
20 and over.....	892	34	(2.6)	4.1	(0.24)	0.3	(0.07)	8	(1.5)	4.0	(0.46)	1.0	(0.14)	24	(2.3)	4.1	(0.22)
2 and over...	1432	33	(2.3)	4.3	(0.17)	0.3	(0.05)	7	(1.1)	4.1	(0.31)	0.9	(0.10)	22	(1.5)	4.5	(0.18)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	4.9	(0.24)	0.3	(0.03)	7	(0.8)	4.2	(0.34)	0.9	(0.08)	21	(2.3)	5.3	(0.33)
20 and over.....	1577	36	(1.2)	4.4	(0.19)	0.3	(0.03)	8	(0.8)	4.1	(0.36)	1.0	(0.08)	24	(3.0)	4.6	(0.20)
2 and over...	2161	36	(1.2)	4.5	(0.16)	0.3	(0.03)	8	(0.6)	4.1	(0.26)	0.9	(0.05)	23	(1.9)	4.8	(0.17)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	4.5	(0.25)	0.2	(0.04)	5	(0.9)	3.9	(0.41)	0.6	(0.10)	16	(1.8)	4.9	(0.29)
20 and over.....	1774	39	(1.4)	4.8	(0.18)	0.4	(0.04)	8	(0.9)	4.6	(0.26)	1.0	(0.11)	23	(2.3)	4.9	(0.25)
2 and over...	2209	39	(1.6)	4.7	(0.18)	0.4	(0.04)	8	(0.8)	4.4	(0.24)	1.0	(0.10)	22	(2.1)	4.9	(0.22)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	4.8	(0.12)	0.3	(0.04)	6	(0.8)	4.1	(0.23)	0.7	(0.09)	18	(1.8)	5.2	(0.19)
20 and over.....	4798	36	(1.0)	4.5	(0.14)	0.4	(0.03)	8	(0.7)	4.3	(0.18)	1.0	(0.07)	23	(1.7)	4.7	(0.17)
2 and over...	6563	36	(0.7)	4.6	(0.11)	0.3	(0.02)	7	(0.5)	4.2	(0.13)	0.9	(0.06)	22	(1.3)	4.8	(0.14)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	7.2	(0.23)	0.9*	(0.29)	12*	(4.1)	7.5	(0.37)	2.7	(0.50)	36	(6.2)	7.0	(0.38)
20 and over.....	892	34	(2.6)	8.2	(0.24)	1.0	(0.13)	12	(1.6)	8.3	(0.47)	3.0	(0.24)	36	(2.3)	8.2	(0.41)
2 and over...	1432	33	(2.3)	7.9	(0.20)	1.0	(0.11)	12	(1.4)	8.0	(0.35)	2.9	(0.18)	36	(1.6)	7.8	(0.33)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	8.0	(0.24)	1.1	(0.12)	13	(1.5)	8.6	(0.27)	2.9	(0.27)	34	(2.7)	7.7	(0.31)
20 and over.....	1577	36	(1.2)	9.0	(0.24)	1.1	(0.07)	13	(0.8)	9.4	(0.40)	3.2	(0.18)	34	(1.8)	8.7	(0.25)
2 and over...	2161	36	(1.2)	8.7	(0.19)	1.1	(0.07)	13	(0.8)	9.2	(0.33)	3.1	(0.18)	34	(1.8)	8.5	(0.18)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	8.5	(0.26)	1.0	(0.09)	12	(1.3)	9.1	(0.38)	2.8	(0.22)	31	(2.9)	8.2	(0.43)
20 and over.....	1774	39	(1.4)	10.7	(0.30)	1.2	(0.07)	11	(0.8)	10.7	(0.40)	3.0	(0.19)	29	(2.1)	10.7	(0.48)
2 and over...	2209	39	(1.6)	10.3	(0.26)	1.2	(0.06)	11	(0.7)	10.4	(0.37)	3.0	(0.16)	29	(2.0)	10.2	(0.41)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	7.9	(0.17)	1.0	(0.07)	13	(0.9)	8.4	(0.20)	2.8	(0.16)	34	(1.7)	7.6	(0.21)
20 and over.....	4798	36	(1.0)	9.5	(0.24)	1.1	(0.05)	12	(0.6)	9.8	(0.26)	3.0	(0.12)	31	(1.4)	9.4	(0.26)
2 and over...	6563	36	(0.7)	9.1	(0.20)	1.1	(0.04)	12	(0.5)	9.4	(0.22)	3.0	(0.10)	32	(1.3)	9.0	(0.22)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	68.1	(4.10)	9.6*	(3.16)	14*	(4.3)	68.0	(7.92)	29.4	(5.65)	43	(6.8)	68.2	(4.79)
20 and over.....	892	34	(2.6)	94.5	(3.71)	9.4	(0.93)	10	(1.1)	83.1	(8.65)	28.1	(2.01)	34	(2.9)	100.2	(6.73)
2 and over...	1432	33	(2.3)	86.6	(2.84)	9.5	(1.04)	11	(1.2)	78.6	(6.25)	28.5	(2.12)	36	(3.0)	90.6	(5.04)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	72.2	(4.83)	9.6	(1.16)	13	(1.8)	74.0	(6.42)	26.4	(3.52)	36	(3.6)	71.1	(5.90)
20 and over.....	1577	36	(1.2)	112.6	(5.09)	13.4	(1.17)	12	(1.1)	110.1	(7.93)	37.1	(3.14)	34	(2.8)	114.0	(6.70)
2 and over...	2161	36	(1.2)	102.6	(4.36)	12.5	(0.97)	12	(1.0)	101.1	(6.42)	34.5	(2.65)	34	(2.2)	103.5	(5.89)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	77.5	(4.14)	9.5	(0.93)	12	(1.3)	73.9	(4.29)	25.8	(2.87)	35	(3.2)	79.6	(4.54)
20 and over.....	1774	39	(1.4)	142.8	(8.81)	14.6	(1.16)	10	(1.1)	125.9	(7.70)	37.4	(3.14)	30	(2.7)	153.6	(16.17)
2 and over...	2209	39	(1.6)	130.7	(6.68)	13.6	(0.99)	10	(1.0)	116.6	(6.83)	35.4	(2.79)	30	(2.5)	139.5	(12.67)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	72.6	(2.60)	9.9	(0.88)	14	(1.2)	71.8	(3.70)	27.6	(2.11)	38	(2.2)	73.1	(3.02)
20 and over.....	4798	36	(1.0)	121.0	(5.36)	12.9	(0.51)	11	(0.6)	112.7	(3.88)	35.7	(1.24)	32	(1.4)	125.7	(7.54)
2 and over...	6563	36	(0.7)	109.8	(4.23)	12.2	(0.50)	11	(0.6)	103.3	(3.20)	33.8	(1.25)	33	(1.4)	113.4	(5.85)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	927	(30.5)	98	(25.8)	11	(2.8)	943	(53.4)	298	(45.6)	32	(4.4)	919	(45.3)
20 and over.....	892	34	(2.6)	816	(29.7)	120	(18.5)	15	(2.0)	917	(58.4)	357	(34.4)	39	(2.4)	765	(28.0)
2 and over...	1432	33	(2.3)	849	(18.6)	113	(12.0)	13	(1.3)	925	(35.5)	340	(18.3)	37	(1.5)	811	(19.0)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	937	(34.8)	106	(11.7)	11	(1.3)	918	(45.3)	291	(25.5)	32	(2.3)	948	(44.5)
20 and over.....	1577	36	(1.2)	895	(18.4)	117	(9.6)	13	(1.0)	938	(36.7)	324	(23.7)	35	(2.1)	871	(18.5)
2 and over...	2161	36	(1.2)	905	(17.5)	114	(8.1)	13	(0.8)	933	(31.5)	316	(19.1)	34	(1.5)	890	(17.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	915	(18.1)	108	(11.5)	12	(1.3)	922	(47.9)	292	(20.9)	32	(1.7)	911	(25.3)
20 and over.....	1774	39	(1.4)	933	(20.7)	115	(5.8)	12	(0.8)	961	(25.9)	296	(14.2)	31	(1.5)	914	(34.2)
2 and over...	2209	39	(1.6)	929	(17.6)	114	(5.2)	12	(0.7)	954	(23.7)	296	(12.1)	31	(1.2)	914	(27.2)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	920	(17.5)	104	(8.8)	11	(0.8)	917	(29.4)	291	(18.0)	32	(1.2)	922	(23.6)
20 and over.....	4798	36	(1.0)	893	(12.6)	112	(5.6)	13	(0.6)	941	(21.6)	311	(12.8)	33	(1.0)	865	(13.0)
2 and over...	6563	36	(0.7)	899	(9.5)	110	(3.6)	12	(0.4)	936	(15.8)	306	(8.4)	33	(0.7)	878	(10.2)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>P h o s p h o r u s</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	1186	(40.6)	161	(46.8)	14	(3.9)	1247	(70.8)	492	(78.9)	39	(5.0)	1156	(60.2)
20 and over.....	892	34	(2.6)	1190	(25.6)	191	(25.5)	16	(2.0)	1333	(69.5)	567	(46.4)	43	(2.6)	1118	(26.6)
2 and over...	1432	33	(2.3)	1189	(19.5)	182	(16.7)	15	(1.3)	1308	(44.7)	545	(21.9)	42	(1.6)	1129	(25.7)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	1190	(30.4)	163	(14.5)	14	(1.2)	1227	(45.8)	448	(26.8)	37	(2.1)	1169	(34.9)
20 and over.....	1577	36	(1.2)	1272	(27.0)	191	(12.5)	15	(0.8)	1362	(47.2)	527	(28.4)	39	(1.6)	1221	(24.7)
2 and over...	2161	36	(1.2)	1252	(22.3)	184	(10.1)	15	(0.6)	1328	(36.7)	508	(21.6)	38	(1.1)	1209	(20.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1198	(25.4)	166	(12.8)	14	(1.2)	1242	(53.4)	450	(30.1)	36	(1.6)	1172	(29.3)
20 and over.....	1774	39	(1.4)	1370	(25.8)	176	(9.4)	13	(0.8)	1389	(31.0)	452	(26.1)	33	(1.9)	1357	(46.5)
2 and over...	2209	39	(1.6)	1338	(22.3)	174	(7.4)	13	(0.7)	1363	(29.0)	452	(21.9)	33	(1.7)	1322	(38.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	1186	(18.5)	164	(12.6)	14	(0.9)	1227	(39.4)	459	(25.3)	37	(1.3)	1163	(20.3)
20 and over.....	4798	36	(1.0)	1293	(16.1)	178	(8.8)	14	(0.7)	1359	(25.0)	492	(20.2)	36	(1.3)	1256	(17.7)
2 and over...	6563	36	(0.7)	1268	(13.3)	175	(6.1)	14	(0.5)	1329	(19.0)	484	(14.7)	36	(1.0)	1234	(15.7)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	236	(6.2)	24	(6.7)	10	(2.9)	231	(14.8)	74	(10.1)	32	(3.7)	238	(12.2)
20 and over.....	892	34	(2.6)	260	(5.1)	27	(3.3)	11	(1.3)	255	(13.2)	81	(5.7)	32	(1.8)	262	(7.1)
2 and over...	1432	33	(2.3)	252	(3.7)	26	(2.8)	10	(1.1)	248	(9.0)	79	(4.2)	32	(1.7)	255	(5.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	237	(5.3)	25	(2.2)	11	(1.0)	234	(8.1)	70	(3.8)	30	(1.8)	238	(6.0)
20 and over.....	1577	36	(1.2)	284	(5.2)	30	(1.9)	11	(0.6)	287	(8.5)	84	(4.3)	29	(1.2)	283	(5.0)
2 and over...	2161	36	(1.2)	272	(4.3)	29	(1.5)	11	(0.5)	274	(6.7)	81	(3.2)	29	(0.9)	272	(4.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	242	(4.8)	27	(2.4)	11	(1.1)	246	(8.5)	72	(2.9)	29	(1.3)	241	(5.8)
20 and over.....	1774	39	(1.4)	324	(9.5)	31	(1.3)	10	(0.5)	306	(6.9)	80	(3.8)	26	(1.4)	335	(15.7)
2 and over...	2209	39	(1.6)	309	(8.3)	30	(1.2)	10	(0.5)	295	(6.5)	79	(3.1)	27	(1.2)	317	(13.3)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	238	(3.4)	25	(1.7)	11	(0.6)	236	(6.6)	71	(2.9)	30	(0.9)	240	(4.4)
20 and over.....	4798	36	(1.0)	296	(5.7)	29	(1.2)	10	(0.4)	291	(6.0)	81	(2.6)	28	(0.9)	299	(6.7)
2 and over...	6563	36	(0.7)	282	(4.7)	28	(0.8)	10	(0.3)	278	(4.9)	79	(1.8)	28	(0.7)	285	(5.5)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

		<b>I r o n</b>															
		—————All Individuals <sup>3</sup> —————						—Quick Service Restaurant Consumers <sup>4</sup> —						Non-consumers <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	11.6	(0.49)	1.3	(0.34)	11	(3.2)	11.5	(0.62)	4.0	(0.53)	35	(5.0)	11.7	(0.71)
20 and over.....	892	34	(2.6)	11.5	(0.27)	1.6	(0.23)	14	(2.0)	12.2	(0.58)	4.9	(0.45)	40	(2.9)	11.2	(0.45)
2 and over...	1432	33	(2.3)	11.5	(0.27)	1.5	(0.15)	13	(1.4)	12.0	(0.36)	4.6	(0.25)	39	(1.6)	11.3	(0.42)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	12.1	(0.46)	1.3	(0.12)	11	(1.2)	11.9	(0.56)	3.7	(0.22)	31	(2.4)	12.2	(0.57)
20 and over.....	1577	36	(1.2)	12.5	(0.22)	1.7	(0.11)	14	(0.8)	12.5	(0.37)	4.8	(0.23)	38	(1.4)	12.6	(0.27)
2 and over...	2161	36	(1.2)	12.4	(0.20)	1.6	(0.09)	13	(0.6)	12.3	(0.31)	4.5	(0.18)	37	(1.0)	12.5	(0.22)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	12.3	(0.32)	1.5	(0.15)	12	(1.3)	13.0	(0.59)	3.9	(0.28)	30	(1.7)	11.8	(0.44)
20 and over.....	1774	39	(1.4)	13.5	(0.36)	1.6	(0.11)	12	(0.8)	13.3	(0.40)	4.1	(0.28)	31	(2.0)	13.6	(0.57)
2 and over...	2209	39	(1.6)	13.3	(0.32)	1.6	(0.09)	12	(0.7)	13.3	(0.35)	4.1	(0.21)	31	(1.7)	13.3	(0.49)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	11.9	(0.20)	1.4	(0.09)	12	(0.7)	12.0	(0.43)	3.9	(0.18)	32	(1.2)	11.9	(0.26)
20 and over.....	4798	36	(1.0)	12.7	(0.19)	1.6	(0.08)	13	(0.6)	12.8	(0.27)	4.4	(0.19)	35	(1.3)	12.6	(0.23)
2 and over...	6563	36	(0.7)	12.5	(0.16)	1.6	(0.06)	12	(0.5)	12.6	(0.21)	4.3	(0.14)	34	(1.0)	12.4	(0.20)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>Z i n c</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	7.9	(0.27)	1.1	(0.32)	14	(4.0)	8.3	(0.55)	3.4	(0.54)	41	(5.2)	7.7	(0.42)
20 and over.....	892	34	(2.6)	9.1	(0.17)	1.3	(0.18)	15	(1.9)	9.6	(0.39)	4.0	(0.34)	41	(2.7)	8.8	(0.26)
2 and over...	1432	33	(2.3)	8.7	(0.15)	1.3	(0.13)	14	(1.5)	9.2	(0.26)	3.8	(0.20)	41	(1.9)	8.5	(0.20)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	8.5	(0.25)	1.1	(0.11)	13	(1.1)	8.8	(0.42)	3.0	(0.25)	34	(2.5)	8.4	(0.26)
20 and over.....	1577	36	(1.2)	9.7	(0.24)	1.4	(0.12)	15	(1.1)	10.0	(0.31)	3.9	(0.25)	39	(2.0)	9.5	(0.25)
2 and over...	2161	36	(1.2)	9.4	(0.21)	1.3	(0.10)	14	(0.9)	9.7	(0.25)	3.7	(0.20)	38	(1.7)	9.2	(0.23)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	8.4	(0.17)	1.1	(0.11)	13	(1.4)	8.4	(0.37)	2.9	(0.23)	34	(2.1)	8.3	(0.20)
20 and over.....	1774	39	(1.4)	10.5	(0.20)	1.3	(0.09)	13	(0.9)	10.6	(0.26)	3.4	(0.25)	33	(2.4)	10.5	(0.33)
2 and over...	2209	39	(1.6)	10.1	(0.16)	1.3	(0.07)	13	(0.8)	10.2	(0.24)	3.3	(0.20)	33	(2.1)	10.1	(0.26)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	8.3	(0.14)	1.1	(0.10)	13	(1.1)	8.5	(0.33)	3.0	(0.21)	36	(1.8)	8.2	(0.15)
20 and over.....	4798	36	(1.0)	9.9	(0.12)	1.3	(0.07)	13	(0.7)	10.2	(0.19)	3.7	(0.18)	36	(1.5)	9.8	(0.12)
2 and over...	6563	36	(0.7)	9.5	(0.10)	1.3	(0.05)	13	(0.5)	9.8	(0.15)	3.5	(0.13)	36	(1.3)	9.4	(0.10)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C o p p e r</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	0.9	(0.03)	0.1	(0.02)	10	(2.5)	0.9	(0.06)	0.3	(0.03)	30	(2.6)	0.9	(0.06)
20 and over.....	892	34	(2.6)	1.1	(0.08)	0.1	(0.01)	9	(1.5)	1.1	(0.06)	0.3	(0.02)	29	(2.2)	1.1	(0.12)
2 and over...	1432	33	(2.3)	1.0	(0.06)	0.1	(0.01)	9	(1.3)	1.0	(0.04)	0.3	(0.02)	29	(1.8)	1.0	(0.08)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	0.9	(0.03)	0.1	(0.01)	10	(1.1)	0.9	(0.03)	0.3	(0.01)	29	(1.8)	0.9	(0.04)
20 and over.....	1577	36	(1.2)	1.1	(0.02)	0.1	(0.01)	10	(0.7)	1.1	(0.03)	0.3	(0.02)	29	(1.5)	1.1	(0.02)
2 and over...	2161	36	(1.2)	1.0	(0.01)	0.1	(0.01)	10	(0.6)	1.0	(0.02)	0.3	(0.02)	29	(1.2)	1.1	(0.02)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	1.0	(0.03)	0.1	(0.01)	11	(1.2)	1.0	(0.04)	0.3	(0.01)	29	(1.4)	1.0	(0.04)
20 and over.....	1774	39	(1.4)	1.3	(0.04)	0.1	(0.01)	9	(0.6)	1.2	(0.04)	0.3	(0.02)	24	(1.6)	1.3	(0.06)
2 and over...	2209	39	(1.6)	1.2	(0.04)	0.1	(0.01)	9	(0.6)	1.2	(0.04)	0.3	(0.02)	25	(1.4)	1.3	(0.06)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	0.9	(0.02)	0.1	(#)	10	(0.4)	0.9	(0.03)	0.3	(0.01)	29	(0.8)	0.9	(0.02)
20 and over.....	4798	36	(1.0)	1.2	(0.03)	0.1	(0.01)	9	(0.6)	1.1	(0.03)	0.3	(0.02)	26	(1.3)	1.2	(0.04)
2 and over...	6563	36	(0.7)	1.1	(0.03)	0.1	(#)	9	(0.5)	1.1	(0.02)	0.3	(0.01)	27	(1.1)	1.1	(0.03)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>S e l e n i u m</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	90.6	(3.28)	14.0*	(4.31)	15*	(4.7)	91.3	(5.47)	42.7	(7.61)	47	(6.6)	90.3	(4.40)
20 and over.....	892	34	(2.6)	103.0	(3.67)	16.1	(2.31)	16	(2.0)	115.6	(9.83)	47.9	(4.74)	41	(3.3)	96.7	(3.41)
2 and over...	1432	33	(2.3)	99.3	(2.94)	15.5	(1.49)	16	(1.6)	108.5	(6.77)	46.4	(2.25)	43	(3.1)	94.8	(2.71)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	89.4	(2.42)	12.8	(1.15)	14	(1.2)	92.6	(3.79)	35.2	(2.68)	38	(2.5)	87.5	(2.85)
20 and over.....	1577	36	(1.2)	107.7	(2.44)	17.6	(1.21)	16	(1.0)	118.8	(4.94)	48.6	(2.76)	41	(1.9)	101.4	(1.97)
2 and over...	2161	36	(1.2)	103.1	(1.91)	16.4	(0.98)	16	(0.8)	112.3	(3.77)	45.3	(2.23)	40	(1.3)	97.9	(1.62)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	93.7	(3.57)	13.1	(1.21)	14	(1.4)	98.3	(5.99)	35.4	(3.77)	36	(2.5)	91.0	(4.58)
20 and over.....	1774	39	(1.4)	115.1	(2.41)	15.4	(0.91)	13	(0.9)	115.0	(2.47)	39.6	(2.55)	34	(2.2)	115.2	(4.42)
2 and over...	2209	39	(1.6)	111.1	(2.04)	15.0	(0.70)	13	(0.7)	112.0	(2.50)	38.8	(2.16)	35	(2.0)	110.5	(3.61)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	90.2	(1.67)	13.4	(1.14)	15	(1.2)	93.6	(3.36)	37.4	(2.49)	40	(1.9)	88.3	(1.32)
20 and over.....	4798	36	(1.0)	109.3	(1.59)	15.8	(0.79)	14	(0.7)	114.9	(2.47)	43.7	(1.94)	38	(1.4)	106.1	(2.04)
2 and over...	6563	36	(0.7)	104.9	(1.32)	15.2	(0.60)	15	(0.6)	110.0	(1.75)	42.2	(1.51)	38	(1.3)	101.9	(1.68)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	2034	(48.8)	246	(67.9)	12	(3.4)	2075	(90.6)	751	(103.2)	36	(4.8)	2015	(100.3)
20 and over.....	892	34	(2.6)	2188	(49.9)	287	(35.0)	13	(1.5)	2249	(169.6)	855	(60.4)	38	(1.8)	2158	(57.2)
2 and over...	1432	33	(2.3)	2142	(33.3)	275	(30.9)	13	(1.4)	2198	(118.2)	824	(47.6)	38	(2.0)	2115	(49.2)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	2075	(56.9)	254	(23.2)	12	(1.1)	2071	(80.6)	699	(43.1)	34	(1.9)	2077	(65.7)
20 and over.....	1577	36	(1.2)	2417	(45.6)	297	(17.6)	12	(0.6)	2444	(62.9)	822	(38.9)	34	(1.4)	2402	(50.1)
2 and over...	2161	36	(1.2)	2333	(41.8)	286	(15.1)	12	(0.5)	2352	(53.3)	791	(31.9)	34	(1.1)	2322	(47.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	2058	(38.7)	275	(23.4)	13	(1.3)	2156	(67.0)	744	(33.7)	34	(1.3)	2001	(51.6)
20 and over.....	1774	39	(1.4)	2692	(64.2)	305	(15.8)	11	(0.7)	2589	(56.0)	782	(42.0)	30	(1.8)	2758	(108.1)
2 and over...	2209	39	(1.6)	2574	(56.8)	299	(14.0)	12	(0.7)	2512	(46.3)	775	(35.5)	31	(1.6)	2614	(91.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	2062	(29.0)	260	(18.0)	13	(0.8)	2111	(52.6)	725	(34.4)	34	(1.3)	2034	(38.4)
20 and over.....	4798	36	(1.0)	2478	(38.6)	291	(12.4)	12	(0.5)	2469	(37.2)	806	(27.5)	33	(1.0)	2483	(48.5)
2 and over...	6563	36	(0.7)	2381	(34.4)	284	(10.0)	12	(0.4)	2386	(31.0)	787	(22.8)	33	(0.9)	2378	(43.4)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

		<b>S o d i u m</b>															
		————— <i>All Individuals</i> <sup>3</sup> —————						— <i>Quick Service Restaurant Consumers</i> <sup>4</sup> —						<i>Non-consumers</i> <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	2758	(101.7)	422*	(127.4)	15	(4.6)	2941	(160.6)	1289	(225.8)	44	(6.2)	2668	(139.2)
20 and over.....	892	34	(2.6)	2990	(56.6)	505	(62.5)	17	(1.9)	3327	(178.8)	1502	(118.8)	45	(2.8)	2820	(73.6)
2 and over...	1432	33	(2.3)	2921	(47.5)	480	(39.6)	16	(1.3)	3214	(105.3)	1439	(57.4)	45	(2.3)	2774	(62.4)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	2824	(88.5)	437	(38.5)	15	(1.2)	3090	(130.0)	1201	(88.9)	39	(2.4)	2671	(90.5)
20 and over.....	1577	36	(1.2)	3195	(71.2)	543	(35.3)	17	(0.9)	3545	(120.8)	1503	(74.7)	42	(1.4)	2997	(68.4)
2 and over...	2161	36	(1.2)	3103	(56.9)	517	(31.2)	17	(0.8)	3432	(98.7)	1428	(66.6)	42	(1.1)	2917	(51.5)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	2852	(97.9)	453	(36.4)	16	(1.5)	3087	(137.2)	1226	(106.0)	40	(2.3)	2714	(128.3)
20 and over.....	1774	39	(1.4)	3354	(63.3)	492	(29.0)	15	(0.9)	3480	(77.2)	1263	(81.5)	36	(2.3)	3274	(123.5)
2 and over...	2209	39	(1.6)	3261	(58.2)	485	(23.1)	15	(0.8)	3410	(79.9)	1257	(70.9)	37	(2.0)	3167	(105.8)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	2789	(61.5)	444	(33.2)	16	(1.0)	3041	(101.4)	1240	(69.9)	41	(1.4)	2648	(51.1)
20 and over.....	4798	36	(1.0)	3212	(38.3)	500	(23.2)	16	(0.7)	3472	(52.8)	1382	(57.8)	40	(1.5)	3064	(46.2)
2 and over...	6563	36	(0.7)	3113	(32.1)	487	(18.1)	16	(0.5)	3372	(47.0)	1349	(46.7)	40	(1.2)	2967	(36.1)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C a f f e i n e</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	19.3	(3.47)	3.2*	(1.12)	17	(4.8)	24.8	(6.01)	9.8*	(3.00)	40	(10.5)	16.6	(2.58)
20 and over.....	892	34	(2.6)	115.1	(5.72)	9.7	(2.21)	8	(1.9)	122.2	(12.09)	28.9	(5.43)	24	(3.4)	111.4	(9.97)
2 and over...	1432	33	(2.3)	86.5	(4.85)	7.8	(1.52)	9	(1.7)	93.7	(9.08)	23.3	(3.65)	25	(2.9)	82.9	(6.72)
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	22.7	(2.94)	6.8	(1.71)	30	(5.4)	34.9	(5.38)	18.6	(4.24)	53	(6.9)	15.6	(2.80)
20 and over.....	1577	36	(1.2)	153.4	(7.15)	18.2	(2.78)	12	(1.6)	164.4	(11.46)	50.3	(7.14)	31	(3.8)	147.2	(7.73)
2 and over...	2161	36	(1.2)	121.1	(4.98)	15.4	(1.94)	13	(1.5)	132.3	(9.21)	42.5	(5.14)	32	(3.5)	114.8	(5.42)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	16.4	(2.30)	2.8	(0.79)	17	(4.1)	25.4	(4.55)	7.7	(1.90)	30	(6.6)	11.2	(1.91)
20 and over.....	1774	39	(1.4)	167.6	(6.07)	21.3	(2.31)	13	(1.5)	185.4	(8.21)	54.8	(5.79)	30	(3.1)	156.2	(7.96)
2 and over...	2209	39	(1.6)	139.5	(6.52)	17.9	(1.91)	13	(1.6)	156.9	(8.26)	46.4	(5.24)	30	(3.1)	128.5	(7.66)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	19.4	(1.93)	4.4	(0.72)	23	(3.2)	28.0	(3.18)	12.4	(2.00)	44	(4.6)	14.6	(1.75)
20 and over.....	4798	36	(1.0)	148.9	(4.28)	16.9	(1.50)	11	(1.0)	164.0	(6.06)	46.7	(3.71)	29	(2.2)	140.3	(4.82)
2 and over...	6563	36	(0.7)	118.7	(3.89)	14.0	(1.16)	12	(1.0)	132.6	(4.99)	38.8	(3.02)	29	(2.2)	110.9	(4.21)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>A l c o h o l</b>																	
-----All Individuals <sup>3</sup> -----      —Quick Service Restaurant Consumers <sup>4</sup> —      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	33	(5.0)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	892	34	(2.6)	6.5	(1.29)	0.1*	(0.06)	1*	(0.9)	3.2	(0.82)	0.2*	(0.18)	--	--	8.2	(1.85)
2 and over...	1432	33	(2.3)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>131-350% poverty:</b>																	
2 - 19.....	584	36	(2.9)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	1577	36	(1.2)	8.1	(0.94)	0.2*	(0.07)	2*	(0.9)	11.2	(1.91)	0.4*	(0.19)	4*	(1.9)	6.4	(1.04)
2 and over...	2161	36	(1.2)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Over 350% poverty:</b>																	
2 - 19.....	435	37	(3.9)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	1774	39	(1.4)	9.0	(0.67)	0.2	(0.05)	2*	(0.5)	8.5	(0.74)	0.5	(0.13)	5*	(1.5)	9.2	(0.84)
2 and over...	2209	39	(1.6)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	1765	36	(1.4)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	4798	36	(1.0)	8.1	(0.32)	0.2	(0.04)	2	(0.6)	8.7	(0.65)	0.5	(0.13)	6	(1.5)	7.8	(0.44)
2 and over...	6563	36	(0.7)	--	--	--	--	--	--	--	--	--	--	--	--	--	--

### 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. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.
- <sup>3</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.
- <sup>4</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>5</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>6</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>7</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.
- <sup>8</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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

### Suggested Citation

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**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 (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>																	
—————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)	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 (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 (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 (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 (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 (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 (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 (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>																	
—————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)	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>																	
—————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)	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>																	
————— <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)	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>																	
————— <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)	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 (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 (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 (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 (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>																	
—————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)	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 (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>																	
—————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)	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>																	
————— <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)	7.1	(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>																	
————— <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)	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>																	
————— <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)	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 (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 (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.

### Suggested Citation

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**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1943	(33.5)	338	(31.0)	17	(1.6)	2084	(51.7)	796	(46.3)	38	(1.8)	1840	(40.7)
20 and over.....	2969	50	(1.9)	2084	(25.8)	462	(25.7)	22	(1.2)	2201	(30.3)	929	(30.3)	42	(1.1)	1968	(36.8)
2 and over...	3685	48	(1.6)	2057	(21.0)	439	(22.8)	21	(1.0)	2182	(24.9)	907	(24.6)	42	(0.9)	1941	(26.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1688	(40.7)	407	(48.7)	24	(3.1)	1851	(86.9)	979	(86.6)	53	(3.8)	1571	(53.3)
20 and over.....	555	51	(3.4)	1892	(53.6)	492	(28.7)	26	(1.6)	2033	(81.6)	971	(41.9)	48	(1.5)	1747	(60.5)
2 and over...	816	48	(2.9)	1842	(43.6)	471	(29.2)	26	(1.6)	1995	(67.1)	972	(36.5)	49	(1.5)	1698	(48.8)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	1832	(80.6)	305	(49.7)	17	(2.4)	--	--	--	--	--	--	1757	(100.5)
20 and over.....	199	39	(4.4)	2163	(185.3)	374	(68.6)	17	(2.3)	2286	(252.3)	956	(103.9)	42	(2.2)	2085	(157.6)
2 and over...	322	41	(3.9)	2055	(127.4)	352	(52.3)	17	(1.8)	2161	(154.9)	868	(69.3)	40	(2.0)	1983	(125.2)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	1837	(74.9)	315	(32.9)	17	(1.5)	1891	(89.7)	761	(63.6)	40	(2.6)	1799	(106.8)
20 and over.....	776	51	(2.8)	1914	(52.1)	468	(47.5)	24	(2.1)	2082	(52.8)	924	(46.1)	44	(2.0)	1741	(45.8)
2 and over...	1289	48	(2.4)	1890	(41.2)	420	(40.4)	22	(1.7)	2030	(43.1)	879	(45.1)	43	(1.9)	1762	(48.3)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	65.5	(1.43)	11.6	(1.45)	18	(2.2)	66.8	(2.27)	27.5	(2.29)	41	(2.6)	64.5	(1.93)
20 and over.....	2969	50	(1.9)	78.5	(1.15)	18.3	(1.05)	23	(1.3)	80.9	(1.45)	36.9	(1.37)	46	(1.5)	76.2	(1.50)
2 and over...	3685	48	(1.6)	76.1	(0.95)	17.1	(0.87)	22	(1.1)	78.6	(1.19)	35.3	(1.06)	45	(1.3)	73.7	(1.12)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	57.1	(2.58)	15.5	(1.80)	27	(3.6)	62.6	(4.90)	37.4	(4.29)	60	(5.5)	53.2	(3.17)
20 and over.....	555	51	(3.4)	71.8	(1.96)	19.9	(1.63)	28	(2.0)	75.7	(3.01)	39.3	(1.95)	52	(1.5)	67.8	(2.17)
2 and over...	816	48	(2.9)	68.2	(1.45)	18.8	(1.46)	28	(2.1)	72.9	(2.40)	38.9	(1.77)	53	(1.6)	63.7	(2.13)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	63.8	(4.00)	11.6	(1.79)	18	(2.6)	--	--	--	--	--	--	63.3	(4.60)
20 and over.....	199	39	(4.4)	80.3	(5.50)	15.1	(2.83)	19	(2.9)	86.4	(7.83)	38.6	(4.46)	45	(2.8)	76.4	(4.89)
2 and over...	322	41	(3.9)	74.9	(3.77)	14.0	(2.15)	19	(2.2)	78.7	(4.88)	34.5	(3.22)	44	(2.2)	72.3	(4.02)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	65.8	(2.92)	12.4	(1.53)	19	(2.0)	66.7	(3.87)	29.9	(3.15)	45	(3.2)	65.2	(3.53)
20 and over.....	776	51	(2.8)	75.4	(2.05)	19.0	(1.97)	25	(2.5)	78.8	(2.78)	37.5	(2.17)	48	(2.5)	71.9	(2.61)
2 and over...	1289	48	(2.4)	72.4	(1.65)	16.9	(1.67)	23	(2.0)	75.5	(2.22)	35.5	(2.02)	47	(2.2)	69.5	(2.42)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	247	(4.8)	38	(3.0)	16	(1.2)	264	(7.7)	91	(5.2)	34	(1.5)	235	(5.3)
20 and over.....	2969	50	(1.9)	229	(3.7)	45	(2.6)	20	(1.0)	240	(4.1)	90	(2.7)	38	(0.8)	218	(4.8)
2 and over...	3685	48	(1.6)	233	(3.2)	44	(2.3)	19	(0.9)	244	(3.4)	90	(2.4)	37	(0.8)	222	(3.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	213	(4.6)	43	(5.4)	20	(2.6)	231	(10.3)	104	(9.4)	45	(3.1)	200	(5.1)
20 and over.....	555	51	(3.4)	215	(6.6)	52	(3.4)	24	(1.6)	230	(9.9)	102	(6.0)	44	(1.5)	200	(10.1)
2 and over...	816	48	(2.9)	215	(5.3)	50	(3.2)	23	(1.6)	231	(8.6)	103	(5.0)	45	(1.4)	200	(7.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	238	(8.3)	37	(6.0)	15	(2.2)	--	--	--	--	--	--	230	(11.4)
20 and over.....	199	39	(4.4)	267	(22.5)	41	(7.5)	15	(2.1)	258	(25.1)	104	(12.2)	40	(2.4)	273	(26.2)
2 and over...	322	41	(3.9)	258	(16.0)	39	(6.0)	15	(1.7)	255	(16.8)	97	(8.2)	38	(1.9)	260	(20.0)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	231	(10.0)	34	(3.3)	15	(1.3)	233	(12.3)	82	(6.2)	35	(2.3)	230	(14.5)
20 and over.....	776	51	(2.8)	222	(4.7)	49	(4.7)	22	(1.9)	237	(4.4)	97	(4.4)	41	(1.8)	207	(5.7)
2 and over...	1289	48	(2.4)	225	(4.1)	44	(4.1)	20	(1.5)	236	(4.9)	92	(4.5)	39	(1.8)	215	(6.1)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	112	(2.3)	15	(1.4)	14	(1.1)	121	(4.1)	37	(3.2)	30	(2.1)	106	(3.0)
20 and over.....	2969	50	(1.9)	98	(1.8)	14	(0.8)	15	(0.9)	100	(2.4)	29	(1.1)	29	(1.1)	96	(1.9)
2 and over...	3685	48	(1.6)	101	(1.3)	15	(0.9)	15	(0.8)	104	(2.0)	30	(1.2)	29	(1.2)	98	(1.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	89	(4.0)	13	(1.7)	15	(2.1)	98	(6.6)	32	(3.0)	32	(3.2)	82	(4.9)
20 and over.....	555	51	(3.4)	95	(3.6)	18	(1.5)	19	(1.5)	102	(7.5)	35	(4.3)	35	(2.6)	87	(4.6)
2 and over...	816	48	(2.9)	94	(3.2)	17	(1.3)	18	(1.4)	102	(6.6)	35	(3.3)	34	(2.0)	86	(3.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	82	(3.4)	11	(2.6)	13	(2.9)	--	--	--	--	--	--	80	(3.8)
20 and over.....	199	39	(4.4)	86	(3.8)	13	(2.9)	16	(2.9)	94	(8.8)	34	(5.0)	37	(2.9)	82	(4.1)
2 and over...	322	41	(3.9)	85	(3.1)	13	(2.2)	15	(2.3)	91	(6.3)	31	(3.6)	34	(3.0)	81	(2.7)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	102	(5.0)	12	(1.3)	12	(1.1)	99	(6.9)	29	(3.1)	29	(2.3)	104	(7.0)
20 and over.....	776	51	(2.8)	92	(2.7)	17	(2.1)	19	(2.0)	100	(2.5)	34	(2.6)	34	(2.3)	83	(3.6)
2 and over...	1289	48	(2.4)	95	(2.4)	16	(1.8)	16	(1.5)	100	(2.2)	33	(2.4)	33	(2.0)	91	(3.2)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	14.8	(0.45)	2.0	(0.17)	14	(1.2)	14.6	(0.45)	4.8	(0.28)	32	(1.7)	14.9	(0.52)
20 and over.....	2969	50	(1.9)	16.3	(0.56)	2.9	(0.17)	18	(1.0)	16.1	(0.65)	5.9	(0.18)	36	(1.5)	16.5	(0.65)
2 and over...	3685	48	(1.6)	16.0	(0.50)	2.7	(0.15)	17	(0.9)	15.8	(0.57)	5.7	(0.17)	36	(1.3)	16.2	(0.57)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	12.2	(0.38)	2.5	(0.30)	21	(2.2)	12.3	(0.62)	6.1	(0.54)	49	(3.2)	12.2	(0.38)
20 and over.....	555	51	(3.4)	13.5	(0.50)	3.0	(0.27)	22	(2.1)	13.2	(0.44)	5.9	(0.35)	44	(2.5)	13.7	(1.05)
2 and over...	816	48	(2.9)	13.2	(0.38)	2.9	(0.22)	22	(1.7)	13.0	(0.40)	5.9	(0.28)	45	(2.1)	13.3	(0.72)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	18.2	(1.58)	2.7	(0.53)	15	(2.4)	--	--	--	--	--	--	19.6	(2.34)
20 and over.....	199	39	(4.4)	24.5	(3.20)	2.6	(0.42)	11	(1.8)	19.9	(1.98)	6.6	(0.74)	33	(3.8)	27.5	(4.35)
2 and over...	322	41	(3.9)	22.5	(2.52)	2.6	(0.38)	12	(1.4)	18.7	(1.54)	6.4	(0.58)	34	(3.1)	25.1	(3.57)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	14.9	(0.73)	1.8	(0.19)	12	(1.5)	14.4	(0.88)	4.5	(0.31)	31	(2.6)	15.2	(1.06)
20 and over.....	776	51	(2.8)	16.2	(0.44)	3.1	(0.23)	19	(1.6)	15.6	(0.51)	6.1	(0.21)	39	(1.6)	16.7	(0.54)
2 and over...	1289	48	(2.4)	15.8	(0.22)	2.7	(0.20)	17	(1.4)	15.3	(0.46)	5.7	(0.20)	37	(1.6)	16.2	(0.35)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)		T o t a l f a t													
				All Individuals <sup>2</sup>						All Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>	
				Total Intake g (SE)		Intake from All Restaurants g (SE)		Percentages from All Restaurants % (SE)		Total Intake g (SE)		Intake from All Restaurants g (SE)		Percentages from All Restaurants % (SE)		Total Intake g (SE)	
<b>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	77.7	(1.73)	15.4	(1.55)	20	(1.9)	85.4	(2.70)	36.4	(2.35)	43	(2.4)	72.0	(2.02)
20 and over.....	2969	50	(1.9)	89.4	(1.01)	21.6	(1.20)	24	(1.3)	95.1	(1.37)	43.5	(1.55)	46	(1.4)	83.8	(1.81)
2 and over...	3685	48	(1.6)	87.2	(0.72)	20.5	(1.06)	23	(1.2)	93.5	(1.08)	42.4	(1.23)	45	(1.1)	81.4	(1.28)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	68.5	(2.42)	19.2	(2.40)	28	(4.0)	76.0	(4.00)	46.2	(4.01)	61	(4.7)	63.2	(3.50)
20 and over.....	555	51	(3.4)	78.3	(2.39)	22.3	(1.35)	28	(1.9)	84.3	(3.81)	43.9	(2.02)	52	(2.0)	72.2	(2.36)
2 and over...	816	48	(2.9)	75.9	(2.07)	21.5	(1.37)	28	(2.0)	82.6	(2.99)	44.4	(1.65)	54	(1.9)	69.7	(2.14)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	70.3	(4.45)	12.6	(2.45)	18	(3.1)	--	--	--	--	--	--	65.8	(4.95)
20 and over.....	199	39	(4.4)	85.2	(8.95)	16.6	(3.06)	19	(2.5)	100.5	(15.21)	42.3	(4.63)	42	(3.3)	75.3	(4.92)
2 and over...	322	41	(3.9)	80.3	(6.03)	15.3	(2.27)	19	(2.0)	92.0	(8.48)	37.7	(3.01)	41	(2.9)	72.4	(4.18)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	73.2	(3.12)	14.6	(1.62)	20	(1.7)	78.1	(3.45)	35.2	(3.16)	45	(3.0)	69.7	(4.44)
20 and over.....	776	51	(2.8)	76.5	(3.28)	20.9	(2.38)	27	(2.4)	84.8	(3.60)	41.3	(2.55)	49	(2.0)	68.0	(2.73)
2 and over...	1289	48	(2.4)	75.4	(2.53)	18.9	(1.98)	25	(1.9)	82.9	(2.60)	39.6	(2.29)	48	(1.9)	68.6	(2.33)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	27.0	(0.68)	5.0	(0.47)	19	(1.9)	29.1	(0.93)	11.8	(0.67)	41	(2.4)	25.4	(0.90)
20 and over.....	2969	50	(1.9)	29.3	(0.43)	6.8	(0.40)	23	(1.4)	30.9	(0.54)	13.8	(0.54)	45	(1.4)	27.7	(0.77)
2 and over...	3685	48	(1.6)	28.8	(0.29)	6.5	(0.35)	23	(1.2)	30.6	(0.44)	13.5	(0.43)	44	(1.2)	27.2	(0.51)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	21.8	(1.04)	5.9	(0.61)	27	(3.2)	23.9	(1.94)	14.2	(1.33)	60	(4.7)	20.3	(1.04)
20 and over.....	555	51	(3.4)	24.0	(0.83)	6.7	(0.37)	28	(1.7)	26.3	(1.51)	13.2	(0.68)	50	(1.6)	21.7	(0.73)
2 and over...	816	48	(2.9)	23.5	(0.76)	6.5	(0.34)	28	(1.6)	25.8	(1.22)	13.4	(0.56)	52	(1.6)	21.3	(0.64)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	24.3	(1.90)	5.0	(1.32)	20	(4.5)	--	--	--	--	--	--	22.3	(1.77)
20 and over.....	199	39	(4.4)	25.9	(3.14)	5.3	(1.03)	21	(2.6)	31.2	(4.93)	13.6	(1.66)	44	(3.6)	22.5	(1.92)
2 and over...	322	41	(3.9)	25.4	(2.09)	5.2	(0.85)	21	(2.5)	29.7	(2.61)	12.9	(1.31)	43	(3.9)	22.5	(1.64)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	24.5	(1.08)	4.5	(0.47)	18	(1.5)	25.0	(1.03)	11.0	(0.89)	44	(2.9)	24.2	(1.74)
20 and over.....	776	51	(2.8)	23.8	(1.09)	6.3	(0.66)	26	(2.0)	25.6	(1.02)	12.4	(0.69)	49	(1.7)	21.9	(1.18)
2 and over...	1289	48	(2.4)	24.0	(0.81)	5.7	(0.55)	24	(1.6)	25.4	(0.74)	12.0	(0.58)	47	(1.6)	22.7	(0.99)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	24.9	(0.57)	5.0	(0.51)	20	(1.9)	27.3	(0.84)	11.7	(0.79)	43	(2.5)	23.1	(0.69)
20 and over.....	2969	50	(1.9)	30.0	(0.37)	7.2	(0.41)	24	(1.3)	31.7	(0.54)	14.4	(0.52)	46	(1.4)	28.3	(0.53)
2 and over...	3685	48	(1.6)	29.0	(0.29)	6.8	(0.37)	23	(1.2)	30.9	(0.43)	14.0	(0.44)	45	(1.2)	27.2	(0.42)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	22.9	(0.70)	6.5	(0.90)	28	(4.2)	25.6	(1.16)	15.6	(1.34)	61	(4.5)	20.9	(1.28)
20 and over.....	555	51	(3.4)	27.5	(0.85)	7.8	(0.50)	28	(2.0)	29.1	(1.26)	15.3	(0.80)	52	(2.3)	25.9	(1.02)
2 and over...	816	48	(2.9)	26.4	(0.72)	7.4	(0.50)	28	(2.0)	28.4	(0.96)	15.3	(0.65)	54	(2.0)	24.5	(0.89)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	23.4	(1.64)	3.8	(0.62)	16	(2.5)	--	--	--	--	--	--	21.6	(1.77)
20 and over.....	199	39	(4.4)	29.7	(3.13)	5.4	(1.03)	18	(2.6)	35.1	(5.89)	13.8	(1.56)	39	(4.6)	26.2	(1.43)
2 and over...	322	41	(3.9)	27.6	(2.23)	4.9	(0.76)	18	(1.8)	31.9	(3.59)	12.1	(1.08)	38	(3.5)	24.8	(1.22)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	23.9	(1.09)	4.8	(0.56)	20	(1.9)	25.9	(1.32)	11.7	(1.11)	45	(3.1)	22.5	(1.54)
20 and over.....	776	51	(2.8)	26.3	(1.12)	7.2	(0.87)	27	(2.7)	29.3	(1.24)	14.2	(1.00)	48	(2.4)	23.3	(0.99)
2 and over...	1289	48	(2.4)	25.6	(0.89)	6.5	(0.71)	25	(2.1)	28.4	(0.88)	13.5	(0.86)	48	(2.2)	23.0	(0.85)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	17.3	(0.64)	4.0	(0.46)	23	(2.3)	20.0	(1.06)	9.4	(0.83)	47	(3.0)	15.3	(0.43)
20 and over.....	2969	50	(1.9)	20.5	(0.27)	5.4	(0.29)	26	(1.3)	22.5	(0.38)	10.9	(0.41)	49	(1.5)	18.6	(0.48)
2 and over...	3685	48	(1.6)	19.9	(0.29)	5.2	(0.25)	26	(1.1)	22.1	(0.32)	10.7	(0.30)	48	(1.2)	17.9	(0.43)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	16.7	(0.57)	5.0	(0.70)	30	(4.9)	19.0	(0.95)	12.0	(1.25)	63	(5.1)	15.0	(1.11)
20 and over.....	555	51	(3.4)	18.5	(0.67)	5.5	(0.43)	30	(2.3)	19.8	(1.02)	10.8	(0.59)	55	(2.7)	17.1	(0.77)
2 and over...	816	48	(2.9)	18.0	(0.54)	5.4	(0.42)	30	(2.4)	19.7	(0.79)	11.1	(0.47)	56	(2.4)	16.5	(0.64)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	15.5	(1.06)	2.7	(0.49)	17	(3.0)	--	--	--	--	--	--	14.7	(1.39)
20 and over.....	199	39	(4.4)	19.7	(1.39)	4.0	(0.65)	20	(2.5)	22.7	(2.57)	10.1	(0.91)	45	(2.4)	17.8	(0.96)
2 and over...	322	41	(3.9)	18.3	(0.93)	3.5	(0.46)	19	(1.9)	20.5	(1.44)	8.7	(0.53)	43	(1.5)	16.8	(0.89)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	16.7	(0.75)	3.8	(0.46)	23	(2.1)	18.9	(0.81)	9.2	(0.91)	49	(3.5)	15.2	(0.96)
20 and over.....	776	51	(2.8)	17.9	(0.79)	5.3	(0.63)	30	(2.7)	20.8	(1.08)	10.5	(0.70)	50	(2.1)	14.8	(0.50)
2 and over...	1289	48	(2.4)	17.5	(0.62)	4.8	(0.54)	28	(2.3)	20.3	(0.81)	10.1	(0.66)	50	(2.1)	15.0	(0.35)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	240	(11.2)	44	(7.8)	18	(3.2)	248	(14.2)	103	(13.3)	42	(4.7)	234	(15.8)
20 and over.....	2969	50	(1.9)	321	(8.0)	76	(3.8)	24	(1.2)	331	(6.9)	152	(4.8)	46	(1.5)	312	(12.3)
2 and over...	3685	48	(1.6)	306	(6.4)	70	(3.6)	23	(1.2)	317	(6.4)	144	(4.9)	45	(1.5)	296	(8.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	225	(20.8)	53	(7.5)	23	(4.3)	217	(27.1)	127	(19.2)	58	(7.3)	230	(26.4)
20 and over.....	555	51	(3.4)	316	(11.8)	78	(5.4)	25	(2.1)	318	(18.8)	155	(10.2)	49	(4.1)	314	(15.8)
2 and over...	816	48	(2.9)	294	(11.3)	72	(5.1)	25	(2.1)	297	(17.8)	149	(7.8)	50	(3.2)	291	(16.7)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	182	(22.0)	29	(4.6)	16	(1.5)	--	--	--	--	--	--	155	(7.9)
20 and over.....	199	39	(4.4)	290	(27.0)	61*	(19.0)	21	(4.9)	363	(74.0)	156	(40.9)	43	(3.0)	244	(20.7)
2 and over...	322	41	(3.9)	255	(17.3)	51	(13.0)	20	(4.0)	313	(42.4)	125	(23.5)	40	(2.9)	216	(16.1)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	266	(18.2)	45	(6.8)	17	(2.2)	265	(20.9)	109	(14.9)	41	(4.3)	266	(22.3)
20 and over.....	776	51	(2.8)	333	(13.6)	77	(14.4)	23	(3.9)	343	(22.8)	152	(21.5)	44	(5.0)	323	(12.7)
2 and over...	1289	48	(2.4)	312	(8.5)	67	(10.6)	22	(3.0)	321	(15.3)	141	(16.1)	44	(3.7)	303	(12.1)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n A ( R A E )</b>																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	551	(28.3)	65	(8.6)	12	(1.8)	503	(21.1)	153	(14.5)	30	(2.5)	586	(38.0)
20 and over.....	2969	50	(1.9)	617	(12.1)	105	(5.2)	17	(0.8)	586	(15.3)	211	(6.4)	36	(1.3)	648	(19.5)
2 and over...	3685	48	(1.6)	604	(11.5)	98	(4.1)	16	(0.6)	572	(13.6)	202	(5.2)	35	(1.1)	635	(18.0)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	384	(25.7)	68	(6.8)	18	(2.0)	341	(39.1)	163	(22.3)	48	(4.7)	416	(27.1)
20 and over.....	555	51	(3.4)	540	(57.5)	101	(9.0)	19	(2.4)	455	(29.6)	198	(17.8)	44	(2.4)	628	(112.4)
2 and over...	816	48	(2.9)	502	(43.8)	93	(7.1)	18	(2.0)	431	(26.4)	191	(14.8)	44	(1.9)	569	(81.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	539	(82.6)	82	(21.9)	15	(3.3)	--	--	--	--	--	--	543	(101.1)
20 and over.....	199	39	(4.4)	670	(92.7)	93	(21.9)	14	(2.0)	707	(111.8)	238	(46.6)	34	(3.7)	646	(91.2)
2 and over...	322	41	(3.9)	627	(55.2)	90	(15.6)	14	(1.5)	646	(60.9)	221	(24.6)	34	(3.6)	614	(64.7)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	451	(17.6)	52	(6.5)	11	(1.4)	434	(19.1)	125	(12.9)	29	(3.2)	463	(29.0)
20 and over.....	776	51	(2.8)	495	(18.9)	84	(8.1)	17	(2.0)	452	(26.4)	166	(10.4)	37	(3.5)	540	(21.0)
2 and over...	1289	48	(2.4)	481	(12.1)	74	(6.8)	15	(1.6)	447	(19.0)	155	(8.5)	35	(2.8)	513	(17.8)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1417	(137.4)	147	(31.4)	10	(2.5)	1080	(116.2)	346	(65.7)	32	(5.4)	1666	(191.2)
20 and over.....	2969	50	(1.9)	2310	(113.8)	399	(34.4)	17	(1.6)	1979	(120.4)	803	(64.1)	41	(2.8)	2637	(186.5)
2 and over...	3685	48	(1.6)	2142	(104.4)	352	(26.7)	16	(1.3)	1831	(106.7)	727	(53.4)	40	(2.5)	2434	(161.0)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1088	(135.3)	109	(27.1)	10	(2.7)	629	(99.6)	262	(74.1)	42	(10.7)	1414	(213.3)
20 and over.....	555	51	(3.4)	2007	(155.5)	405	(71.5)	20	(3.3)	1708	(173.9)	798	(138.4)	47	(5.6)	2314	(283.1)
2 and over...	816	48	(2.9)	1782	(116.5)	333	(54.4)	19	(2.8)	1482	(157.6)	686	(111.8)	46	(4.8)	2064	(199.4)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	2429	(638.5)	293*	(120.5)	12*	(5.8)	--	--	--	--	--	--	2377*	(857.2)
20 and over.....	199	39	(4.4)	3831	(623.9)	356	(68.2)	9	(1.9)	3554	(581.2)	909	(134.0)	26	(4.5)	4009	(802.7)
2 and over...	322	41	(3.9)	3374	(339.7)	335	(61.2)	10	(1.6)	3185	(385.3)	827	(125.5)	26	(5.2)	3504	(477.1)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	1225	(64.0)	105	(16.4)	9	(1.5)	1257	(117.5)	254	(33.3)	20	(3.4)	1203	(102.8)
20 and over.....	776	51	(2.8)	1931	(56.7)	317	(35.1)	16	(1.8)	1600	(70.7)	624	(59.7)	39	(3.7)	2272	(108.1)
2 and over...	1289	48	(2.4)	1709	(50.7)	250	(26.0)	15	(1.5)	1506	(53.1)	523	(45.2)	35	(3.1)	1895	(85.2)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	4803	(470.2)	940	(224.5)	20	(4.1)	5496	(990.7)	2216	(532.7)	40	(4.9)	4293	(631.5)
20 and over.....	2969	50	(1.9)	4473	(231.4)	995	(102.2)	22	(2.3)	4245	(241.8)	2001	(181.0)	47	(3.0)	4698	(367.8)
2 and over...	3685	48	(1.6)	4535	(243.7)	984	(89.7)	22	(2.1)	4452	(264.1)	2036	(161.4)	46	(2.7)	4613	(357.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	4688	(656.6)	670	(118.1)	14	(3.2)	3433	(877.8)	1614	(328.6)	47	(11.9)	5579	(746.8)
20 and over.....	555	51	(3.4)	3912	(399.5)	1100	(143.5)	28	(5.0)	3984	(500.0)	2167	(295.2)	54	(4.3)	3838	(903.5)
2 and over...	816	48	(2.9)	4102	(360.8)	995	(106.5)	24	(3.2)	3869	(439.7)	2051	(236.6)	53	(3.8)	4322	(568.7)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	5118	(621.5)	1214	(296.7)	24	(6.2)	--	--	--	--	--	--	5560	(1072.5)
20 and over.....	199	39	(4.4)	5233	(600.7)	812	(175.8)	16	(3.7)	5542	(836.8)	2074	(329.6)	37	(7.5)	5033	(704.8)
2 and over...	322	41	(3.9)	5195	(445.0)	943	(155.1)	18	(3.0)	5193	(548.1)	2325	(272.4)	45	(7.3)	5196	(603.7)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	3396	(303.3)	657	(110.2)	19	(2.9)	3666	(557.2)	1587	(238.7)	43	(4.0)	3205	(356.5)
20 and over.....	776	51	(2.8)	4162	(267.8)	1044	(136.1)	25	(2.9)	4357	(331.0)	2058	(291.6)	47	(4.9)	3961	(533.2)
2 and over...	1289	48	(2.4)	3921	(241.6)	922	(92.2)	24	(2.0)	4169	(297.0)	1930	(205.2)	46	(3.2)	3694	(401.2)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>T h i a m 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1.45	(0.054)	0.21	(0.019)	15	(1.6)	1.42	(0.055)	0.50	(0.032)	35	(1.7)	1.48	(0.086)
20 and over.....	2969	50	(1.9)	1.52	(0.026)	0.33	(0.021)	22	(1.4)	1.55	(0.033)	0.66	(0.029)	43	(1.4)	1.48	(0.036)
2 and over...	3685	48	(1.6)	1.50	(0.027)	0.31	(0.017)	20	(1.2)	1.53	(0.027)	0.63	(0.023)	41	(1.2)	1.48	(0.037)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1.24	(0.046)	0.30	(0.030)	24	(2.2)	1.33	(0.108)	0.73	(0.091)	55	(4.0)	1.18	(0.048)
20 and over.....	555	51	(3.4)	1.32	(0.033)	0.37	(0.030)	28	(2.0)	1.41	(0.059)	0.72	(0.036)	51	(1.9)	1.22	(0.045)
2 and over...	816	48	(2.9)	1.30	(0.024)	0.35	(0.024)	27	(1.8)	1.39	(0.048)	0.72	(0.030)	52	(1.6)	1.21	(0.040)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	1.51	(0.084)	0.26	(0.042)	17	(2.5)	--	--	--	--	--	--	1.45	(0.104)
20 and over.....	199	39	(4.4)	1.76	(0.163)	0.26	(0.043)	15	(2.0)	1.62	(0.096)	0.67	(0.067)	42	(2.7)	1.84	(0.224)
2 and over...	322	41	(3.9)	1.67	(0.105)	0.26	(0.035)	16	(1.6)	1.60	(0.050)	0.65	(0.048)	41	(2.2)	1.72	(0.168)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	1.36	(0.069)	0.21	(0.025)	16	(1.6)	1.34	(0.095)	0.51	(0.055)	38	(2.9)	1.37	(0.093)
20 and over.....	776	51	(2.8)	1.35	(0.037)	0.31	(0.028)	23	(2.0)	1.38	(0.045)	0.61	(0.026)	44	(1.8)	1.31	(0.036)
2 and over...	1289	48	(2.4)	1.35	(0.023)	0.28	(0.024)	21	(1.6)	1.37	(0.042)	0.58	(0.025)	43	(1.7)	1.33	(0.034)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>R i b o f l a v i n</b>																	
—————All Individuals <sup>2</sup> —————      ———All Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1.75	(0.040)	0.25	(0.028)	14	(1.5)	1.75	(0.060)	0.60	(0.043)	34	(2.0)	1.75	(0.040)
20 and over.....	2969	50	(1.9)	2.07	(0.038)	0.38	(0.023)	18	(1.1)	2.10	(0.046)	0.76	(0.030)	36	(1.5)	2.04	(0.047)
2 and over...	3685	48	(1.6)	2.01	(0.032)	0.35	(0.020)	18	(1.0)	2.04	(0.037)	0.73	(0.026)	36	(1.3)	1.98	(0.039)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1.35	(0.060)	0.31	(0.027)	23	(2.3)	1.45	(0.114)	0.76	(0.070)	52	(4.1)	1.28	(0.054)
20 and over.....	555	51	(3.4)	1.51	(0.054)	0.36	(0.025)	24	(1.5)	1.58	(0.095)	0.70	(0.057)	45	(2.0)	1.45	(0.075)
2 and over...	816	48	(2.9)	1.47	(0.044)	0.35	(0.022)	24	(1.4)	1.55	(0.077)	0.71	(0.046)	46	(1.7)	1.40	(0.060)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	1.43	(0.100)	0.24	(0.046)	17	(2.9)	--	--	--	--	--	--	1.50	(0.124)
20 and over.....	199	39	(4.4)	1.74	(0.113)	0.29	(0.054)	17	(2.5)	1.91	(0.159)	0.74	(0.090)	39	(3.1)	1.64	(0.099)
2 and over...	322	41	(3.9)	1.64	(0.077)	0.27	(0.042)	17	(2.0)	1.71	(0.089)	0.67	(0.059)	39	(2.6)	1.59	(0.085)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	1.61	(0.094)	0.22	(0.028)	14	(1.7)	1.55	(0.087)	0.54	(0.052)	35	(3.1)	1.65	(0.148)
20 and over.....	776	51	(2.8)	1.72	(0.065)	0.33	(0.037)	19	(2.1)	1.75	(0.072)	0.66	(0.041)	38	(2.1)	1.69	(0.075)
2 and over...	1289	48	(2.4)	1.68	(0.044)	0.30	(0.032)	18	(1.8)	1.69	(0.058)	0.62	(0.038)	37	(2.1)	1.67	(0.073)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>N i a c 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	19.9	(0.50)	3.7	(0.45)	18	(2.3)	20.8	(0.85)	8.6	(0.72)	42	(3.2)	19.2	(0.65)
20 and over.....	2969	50	(1.9)	24.9	(0.44)	5.6	(0.36)	22	(1.5)	26.2	(0.58)	11.2	(0.49)	43	(1.5)	23.6	(0.59)
2 and over...	3685	48	(1.6)	23.9	(0.35)	5.2	(0.30)	22	(1.2)	25.3	(0.42)	10.8	(0.41)	43	(1.5)	22.7	(0.48)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	17.6	(0.59)	4.9	(0.67)	28	(3.9)	19.3	(1.25)	11.8	(1.26)	61	(4.8)	16.3	(0.83)
20 and over.....	555	51	(3.4)	22.1	(0.66)	6.2	(0.53)	28	(2.3)	22.7	(0.76)	12.1	(0.61)	53	(1.9)	21.4	(1.14)
2 and over...	816	48	(2.9)	21.0	(0.48)	5.9	(0.47)	28	(2.2)	22.0	(0.62)	12.1	(0.55)	55	(1.6)	20.0	(0.96)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	18.5	(1.08)	3.5	(0.51)	19	(2.5)	--	--	--	--	--	--	16.9	(1.46)
20 and over.....	199	39	(4.4)	23.7	(1.78)	4.3	(0.70)	18	(2.6)	24.5	(2.27)	11.1	(0.98)	45	(3.1)	23.2	(1.77)
2 and over...	322	41	(3.9)	22.0	(1.19)	4.1	(0.52)	18	(1.9)	23.1	(1.27)	10.0	(0.69)	43	(2.4)	21.3	(1.33)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	18.5	(0.95)	3.8	(0.49)	20	(2.1)	19.7	(1.35)	9.2	(1.04)	47	(3.2)	17.8	(1.19)
20 and over.....	776	51	(2.8)	23.4	(0.82)	5.8	(0.56)	25	(2.4)	25.9	(1.21)	11.4	(0.58)	44	(2.4)	20.9	(0.98)
2 and over...	1289	48	(2.4)	21.9	(0.70)	5.2	(0.50)	24	(1.9)	24.2	(1.08)	10.8	(0.63)	45	(2.3)	19.8	(0.84)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1.55	(0.044)	0.22	(0.028)	14	(1.8)	1.60	(0.070)	0.53	(0.045)	33	(2.7)	1.52	(0.051)
20 and over.....	2969	50	(1.9)	2.00	(0.065)	0.36	(0.023)	18	(1.4)	2.03	(0.091)	0.72	(0.029)	36	(1.8)	1.98	(0.067)
2 and over...	3685	48	(1.6)	1.92	(0.053)	0.33	(0.020)	17	(1.1)	1.95	(0.071)	0.69	(0.025)	35	(1.7)	1.88	(0.057)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1.27	(0.052)	0.29	(0.046)	23	(3.7)	1.32	(0.099)	0.69	(0.083)	52	(5.4)	1.22	(0.069)
20 and over.....	555	51	(3.4)	1.67	(0.088)	0.37	(0.025)	22	(1.9)	1.60	(0.070)	0.73	(0.048)	46	(2.4)	1.75	(0.157)
2 and over...	816	48	(2.9)	1.57	(0.071)	0.35	(0.027)	22	(1.8)	1.54	(0.058)	0.72	(0.045)	47	(1.9)	1.60	(0.128)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	1.48	(0.072)	0.21	(0.031)	14	(1.9)	--	--	--	--	--	--	1.50	(0.114)
20 and over.....	199	39	(4.4)	1.94	(0.116)	0.30	(0.054)	15	(2.5)	1.91	(0.174)	0.77	(0.083)	40	(4.4)	1.97	(0.145)
2 and over...	322	41	(3.9)	1.79	(0.081)	0.27	(0.041)	15	(1.9)	1.75	(0.100)	0.66	(0.056)	38	(2.9)	1.82	(0.117)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	1.52	(0.077)	0.23	(0.028)	15	(1.7)	1.50	(0.089)	0.56	(0.057)	37	(3.6)	1.53	(0.128)
20 and over.....	776	51	(2.8)	1.98	(0.082)	0.41	(0.042)	21	(2.3)	2.13	(0.135)	0.80	(0.063)	38	(3.1)	1.83	(0.108)
2 and over...	1289	48	(2.4)	1.84	(0.065)	0.35	(0.036)	19	(1.9)	1.96	(0.116)	0.74	(0.059)	38	(3.0)	1.72	(0.089)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>F o l a t e ( D F E )</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	413	(11.2)	57	(5.7)	14	(1.5)	404	(13.3)	135	(9.1)	33	(2.0)	419	(16.0)
20 and over.....	2969	50	(1.9)	437	(10.7)	93	(5.9)	21	(1.2)	455	(14.4)	188	(8.0)	41	(1.5)	418	(13.1)
2 and over...	3685	48	(1.6)	432	(9.9)	87	(5.0)	20	(1.1)	447	(11.8)	179	(6.7)	40	(1.3)	418	(11.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	372	(17.5)	81	(8.9)	22	(2.2)	372	(37.0)	195	(30.8)	52	(5.1)	373	(16.3)
20 and over.....	555	51	(3.4)	391	(10.8)	103	(9.5)	26	(2.3)	393	(14.4)	202	(13.4)	52	(2.4)	388	(19.2)
2 and over...	816	48	(2.9)	386	(9.0)	97	(7.9)	25	(2.0)	388	(12.4)	201	(11.4)	52	(2.3)	384	(15.3)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	526	(34.2)	89	(18.7)	17	(3.0)	--	--	--	--	--	--	508	(44.6)
20 and over.....	199	39	(4.4)	619	(62.1)	84	(15.8)	14	(1.8)	564	(56.5)	214	(29.3)	38	(2.9)	655	(73.3)
2 and over...	322	41	(3.9)	589	(47.2)	86	(14.2)	15	(1.7)	559	(38.0)	211	(21.6)	38	(2.3)	609	(59.4)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	423	(26.3)	61	(7.5)	14	(1.7)	416	(32.0)	147	(15.5)	35	(3.1)	429	(41.1)
20 and over.....	776	51	(2.8)	419	(12.0)	93	(9.5)	22	(2.3)	422	(16.2)	184	(10.6)	43	(2.4)	416	(11.1)
2 and over...	1289	48	(2.4)	420	(7.7)	83	(8.1)	20	(2.0)	420	(15.0)	174	(9.6)	41	(2.2)	421	(14.0)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C h o l i n e</b>																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	256	(7.5)	42	(6.3)	16	(2.4)	260	(9.4)	99	(10.2)	38	(3.2)	254	(11.2)
20 and over.....	2969	50	(1.9)	335	(5.8)	73	(3.6)	22	(1.1)	341	(5.0)	147	(4.4)	43	(1.3)	329	(8.0)
2 and over...	3685	48	(1.6)	320	(4.9)	67	(3.4)	21	(0.9)	328	(4.8)	139	(4.2)	42	(1.2)	313	(6.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	231	(14.3)	53	(6.2)	23	(3.6)	233	(18.2)	129	(14.0)	55	(6.2)	230	(18.4)
20 and over.....	555	51	(3.4)	309	(9.5)	75	(4.1)	24	(1.6)	312	(13.7)	148	(8.1)	48	(3.1)	307	(15.0)
2 and over...	816	48	(2.9)	290	(8.7)	70	(4.3)	24	(1.8)	295	(12.3)	144	(5.9)	49	(2.4)	286	(14.3)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	227	(15.0)	32	(4.2)	14	(1.5)	--	--	--	--	--	--	225	(13.5)
20 and over.....	199	39	(4.4)	334	(19.8)	55	(12.1)	17	(2.9)	360	(44.0)	142	(22.9)	39	(2.4)	317	(16.5)
2 and over...	322	41	(3.9)	299	(13.9)	48	(8.9)	16	(2.4)	315	(25.8)	118	(14.2)	37	(2.1)	288	(13.9)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	272	(14.6)	43	(5.7)	16	(1.9)	266	(18.4)	104	(11.9)	39	(3.5)	275	(18.9)
20 and over.....	776	51	(2.8)	334	(10.3)	75	(12.1)	22	(3.4)	344	(17.1)	148	(16.9)	43	(4.3)	324	(8.9)
2 and over...	1289	48	(2.4)	315	(6.3)	65	(9.4)	21	(2.7)	323	(11.2)	136	(13.8)	42	(3.5)	307	(10.2)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	3.87	(0.132)	0.52	(0.068)	14	(1.9)	3.80	(0.169)	1.23	(0.109)	32	(2.9)	3.91	(0.205)
20 and over.....	2969	50	(1.9)	4.62	(0.159)	0.91	(0.073)	20	(1.4)	4.71	(0.227)	1.83	(0.149)	39	(1.8)	4.52	(0.156)
2 and over...	3685	48	(1.6)	4.47	(0.123)	0.84	(0.065)	19	(1.2)	4.56	(0.173)	1.73	(0.128)	38	(1.7)	4.40	(0.116)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	2.81	(0.247)	0.63	(0.083)	22	(3.7)	2.98	(0.379)	1.51	(0.205)	51	(6.6)	2.69	(0.271)
20 and over.....	555	51	(3.4)	4.21	(0.601)	1.01	(0.064)	24	(3.9)	3.78	(0.279)	1.99	(0.172)	53	(2.0)	4.67	(1.205)
2 and over...	816	48	(2.9)	3.87	(0.459)	0.92	(0.056)	24	(3.3)	3.61	(0.222)	1.89	(0.135)	52	(2.2)	4.12	(0.887)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	2.99	(0.283)	0.51	(0.113)	17	(2.6)	--	--	--	--	--	--	3.19	(0.305)
20 and over.....	199	39	(4.4)	4.21	(0.799)	0.98*	(0.430)	23*	(8.7)	4.56	(1.074)	2.50*	(0.993)	55	(9.6)	3.98	(1.064)
2 and over...	322	41	(3.9)	3.81	(0.589)	0.83*	(0.305)	22*	(6.6)	3.92	(0.797)	2.04*	(0.715)	52	(8.3)	3.74	(0.746)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	3.65	(0.168)	0.55	(0.093)	15	(2.3)	3.57	(0.258)	1.33	(0.185)	37	(3.9)	3.70	(0.256)
20 and over.....	776	51	(2.8)	4.22	(0.203)	0.95	(0.089)	23	(2.3)	4.29	(0.250)	1.88	(0.118)	44	(2.5)	4.14	(0.345)
2 and over...	1289	48	(2.4)	4.04	(0.161)	0.83	(0.094)	20	(2.2)	4.10	(0.227)	1.73	(0.129)	42	(2.4)	3.98	(0.287)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	83.4	(6.12)	5.6	(0.62)	7	(0.9)	76.3	(4.11)	13.3	(1.21)	17	(2.1)	88.7	(8.26)
20 and over.....	2969	50	(1.9)	73.8	(2.39)	8.5	(0.71)	11	(1.0)	66.9	(2.70)	17.0	(1.11)	25	(1.6)	80.6	(3.00)
2 and over...	3685	48	(1.6)	75.6	(2.41)	7.9	(0.59)	10	(0.8)	68.4	(2.55)	16.4	(0.96)	24	(1.4)	82.3	(3.12)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	80.1	(6.25)	9.1	(2.69)	11	(2.9)	79.2	(8.27)	21.8*	(7.08)	28	(7.2)	80.7	(7.15)
20 and over.....	555	51	(3.4)	85.6	(4.51)	14.1	(2.08)	17	(2.2)	78.5	(5.64)	27.9	(3.95)	35	(3.6)	92.8	(6.61)
2 and over...	816	48	(2.9)	84.2	(4.44)	12.9	(1.98)	15	(2.0)	78.7	(4.85)	26.6	(3.55)	34	(3.2)	89.5	(5.73)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	67.6	(8.89)	5.4	(1.08)	8*	(1.9)	--	--	--	--	--	--	73.9	(12.57)
20 and over.....	199	39	(4.4)	113.3	(6.96)	11.8	(2.02)	10	(1.6)	117.4	(13.77)	30.1	(3.15)	26	(3.3)	110.7	(9.64)
2 and over...	322	41	(3.9)	98.4	(4.07)	9.7	(1.26)	10	(1.1)	97.1	(8.13)	23.9	(1.51)	25	(2.1)	99.3	(7.01)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	88.1	(5.44)	6.1	(1.15)	7	(1.2)	85.2	(8.48)	14.7	(2.78)	17	(2.7)	90.1	(7.50)
20 and over.....	776	51	(2.8)	76.3	(5.88)	10.3	(1.01)	14	(1.3)	74.7	(8.01)	20.3	(2.19)	27	(2.7)	77.9	(5.75)
2 and over...	1289	48	(2.4)	80.0	(4.72)	9.0	(0.91)	11	(1.1)	77.6	(5.04)	18.8	(2.01)	24	(2.2)	82.3	(5.40)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	5.0	(0.14)	0.4	(0.07)	8	(1.4)	4.3	(0.25)	0.9	(0.12)	21	(2.8)	5.6	(0.24)
20 and over.....	2969	50	(1.9)	4.8	(0.18)	0.7	(0.07)	14	(1.3)	4.5	(0.24)	1.4	(0.13)	31	(2.6)	5.1	(0.21)
2 and over...	3685	48	(1.6)	4.9	(0.15)	0.6	(0.06)	13	(1.1)	4.5	(0.19)	1.3	(0.11)	29	(2.2)	5.2	(0.17)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	3.3	(0.29)	0.4	(0.09)	13	(3.0)	3.0	(0.42)	1.0	(0.20)	34	(6.7)	3.5	(0.30)
20 and over.....	555	51	(3.4)	4.1	(0.27)	0.8	(0.15)	19	(3.5)	3.7	(0.38)	1.5	(0.26)	41	(4.2)	4.6	(0.42)
2 and over...	816	48	(2.9)	3.9	(0.21)	0.7	(0.13)	17	(3.3)	3.6	(0.32)	1.4	(0.21)	40	(4.2)	4.3	(0.33)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	3.9	(0.44)	0.3*	(0.17)	8*	(3.8)	--	--	--	--	--	--	4.7	(0.57)
20 and over.....	199	39	(4.4)	4.3	(0.36)	0.7	(0.11)	16	(2.4)	4.7	(0.38)	1.8	(0.24)	37	(4.5)	4.0	(0.54)
2 and over...	322	41	(3.9)	4.2	(0.34)	0.6	(0.11)	14	(2.2)	4.1	(0.39)	1.4	(0.27)	34	(4.7)	4.2	(0.41)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	5.2	(0.40)	0.3	(0.04)	6	(1.0)	4.6	(0.43)	0.8	(0.09)	17	(2.4)	5.6	(0.59)
20 and over.....	776	51	(2.8)	4.1	(0.21)	0.6	(0.12)	14	(3.0)	3.9	(0.37)	1.2	(0.17)	30	(4.5)	4.3	(0.25)
2 and over...	1289	48	(2.4)	4.4	(0.18)	0.5	(0.09)	11	(2.2)	4.1	(0.24)	1.1	(0.14)	26	(3.6)	4.8	(0.31)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	8.0	(0.27)	1.3	(0.14)	17	(1.7)	8.5	(0.35)	3.1	(0.21)	37	(2.5)	7.6	(0.27)
20 and over.....	2969	50	(1.9)	9.7	(0.27)	1.9	(0.11)	20	(1.0)	9.8	(0.31)	3.9	(0.13)	40	(1.3)	9.5	(0.32)
2 and over...	3685	48	(1.6)	9.3	(0.24)	1.8	(0.10)	19	(0.9)	9.6	(0.27)	3.8	(0.11)	39	(1.2)	9.1	(0.29)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	7.5	(0.24)	1.6	(0.22)	21	(3.3)	7.6	(0.35)	3.8	(0.36)	50	(4.8)	7.5	(0.40)
20 and over.....	555	51	(3.4)	9.3	(0.39)	2.1	(0.16)	23	(1.7)	9.6	(0.56)	4.1	(0.20)	43	(2.1)	9.0	(0.52)
2 and over...	816	48	(2.9)	8.8	(0.29)	2.0	(0.15)	22	(1.7)	9.1	(0.41)	4.0	(0.16)	44	(2.0)	8.6	(0.35)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	8.5	(0.75)	1.1	(0.22)	13	(2.7)	--	--	--	--	--	--	9.2	(1.34)
20 and over.....	199	39	(4.4)	11.3	(1.51)	1.5	(0.28)	13	(2.0)	12.3	(2.00)	3.8	(0.46)	31	(3.7)	10.6	(1.24)
2 and over...	322	41	(3.9)	10.4	(1.07)	1.4	(0.23)	13	(1.4)	10.7	(1.30)	3.3	(0.34)	31	(2.7)	10.2	(0.99)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	7.7	(0.28)	1.3	(0.18)	17	(2.1)	8.3	(0.43)	3.2	(0.39)	39	(4.0)	7.3	(0.45)
20 and over.....	776	51	(2.8)	8.8	(0.31)	1.9	(0.20)	22	(2.4)	9.4	(0.42)	3.8	(0.22)	40	(2.6)	8.1	(0.35)
2 and over...	1289	48	(2.4)	8.4	(0.19)	1.7	(0.18)	21	(2.0)	9.1	(0.31)	3.6	(0.22)	40	(2.5)	7.8	(0.20)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n K</b>																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	73.5	(4.30)	13.7	(1.87)	19	(2.2)	72.9	(4.17)	32.3	(3.38)	44	(3.3)	74.0	(5.52)
20 and over.....	2969	50	(1.9)	117.8	(3.93)	26.3	(1.36)	22	(1.1)	116.9	(3.69)	52.8	(2.33)	45	(2.1)	118.7	(6.02)
2 and over...	3685	48	(1.6)	109.5	(3.92)	23.9	(1.12)	22	(0.9)	109.6	(3.21)	49.4	(1.76)	45	(1.6)	109.3	(5.80)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	74.4	(7.07)	15.6	(2.22)	21	(3.8)	60.7	(7.56)	37.5	(7.61)	62	(7.4)	84.2	(8.62)
20 and over.....	555	51	(3.4)	112.2	(4.82)	25.5	(2.65)	23	(2.3)	107.2	(5.42)	50.2	(4.32)	47	(4.6)	117.3	(10.79)
2 and over...	816	48	(2.9)	103.0	(4.26)	23.0	(2.39)	22	(2.4)	97.5	(4.71)	47.5	(3.81)	49	(4.1)	108.1	(8.65)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	80.4	(8.95)	11.0	(1.76)	14	(2.3)	--	--	--	--	--	--	91.3	(12.66)
20 and over.....	199	39	(4.4)	254.1	(59.43)	24.7	(5.03)	10	(1.4)	266.1	(45.33)	63.0	(9.86)	24	(3.3)	246.4*	(74.05)
2 and over...	322	41	(3.9)	197.5	(37.71)	20.2	(3.28)	10	(1.1)	196.4	(23.81)	49.9	(5.13)	25	(3.0)	198.3	(50.97)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	69.5	(4.02)	14.0	(1.94)	20	(2.7)	78.3	(7.77)	33.8	(4.41)	43	(5.7)	63.3	(4.11)
20 and over.....	776	51	(2.8)	102.9	(4.71)	24.3	(2.49)	24	(3.0)	103.3	(5.12)	47.9	(2.93)	46	(3.1)	102.5	(8.83)
2 and over...	1289	48	(2.4)	92.4	(3.31)	21.1	(2.19)	23	(2.7)	96.4	(3.86)	44.1	(2.86)	46	(2.9)	88.6	(5.47)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	972	(17.4)	126	(14.3)	13	(1.5)	945	(33.1)	297	(25.6)	31	(2.0)	992	(27.9)
20 and over.....	2969	50	(1.9)	944	(14.8)	166	(10.3)	18	(1.0)	953	(22.3)	335	(15.0)	35	(1.3)	935	(19.2)
2 and over...	3685	48	(1.6)	949	(11.8)	159	(7.4)	17	(0.8)	952	(16.3)	329	(9.7)	35	(0.9)	947	(14.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	747	(38.7)	165	(23.1)	22	(2.9)	828	(77.1)	396	(62.3)	48	(5.1)	689	(38.8)
20 and over.....	555	51	(3.4)	755	(29.5)	154	(16.0)	20	(1.7)	773	(54.9)	304	(26.8)	39	(1.9)	736	(30.6)
2 and over...	816	48	(2.9)	753	(23.6)	157	(13.2)	21	(1.7)	785	(43.4)	323	(19.3)	41	(1.7)	723	(28.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	829	(60.7)	147	(33.9)	18	(3.3)	--	--	--	--	--	--	875	(73.1)
20 and over.....	199	39	(4.4)	829	(43.9)	124	(18.6)	15	(1.9)	908	(58.1)	316	(32.0)	35	(2.9)	778	(48.4)
2 and over...	322	41	(3.9)	829	(33.6)	131	(17.5)	16	(1.7)	859	(44.4)	324	(31.1)	38	(3.1)	808	(45.4)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	947	(48.7)	105	(11.7)	11	(1.3)	887	(51.2)	255	(20.8)	29	(2.5)	990	(67.7)
20 and over.....	776	51	(2.8)	822	(27.2)	149	(12.9)	18	(1.3)	818	(29.7)	293	(17.3)	36	(1.8)	827	(30.3)
2 and over...	1289	48	(2.4)	862	(14.0)	135	(10.5)	16	(1.2)	837	(21.3)	283	(12.3)	34	(1.3)	884	(22.1)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1231	(20.9)	200	(21.5)	16	(1.7)	1251	(35.6)	471	(32.2)	38	(1.8)	1215	(29.6)
20 and over.....	2969	50	(1.9)	1342	(19.8)	287	(16.4)	21	(1.2)	1379	(23.5)	578	(20.3)	42	(1.2)	1306	(26.5)
2 and over...	3685	48	(1.6)	1321	(16.2)	271	(13.0)	20	(0.9)	1358	(17.9)	560	(14.5)	41	(1.0)	1287	(20.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1007	(44.6)	267	(28.1)	26	(3.1)	1127	(73.1)	642	(62.9)	57	(4.6)	921	(52.9)
20 and over.....	555	51	(3.4)	1123	(28.4)	298	(24.0)	27	(2.0)	1184	(46.7)	588	(27.9)	50	(1.5)	1061	(27.5)
2 and over...	816	48	(2.9)	1095	(24.8)	290	(21.5)	27	(2.0)	1172	(39.7)	599	(26.1)	51	(1.6)	1022	(29.5)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	1168	(67.9)	204	(34.2)	17	(2.7)	--	--	--	--	--	--	1207	(97.6)
20 and over.....	199	39	(4.4)	1335	(89.6)	227	(39.6)	17	(2.3)	1401	(118.7)	580	(61.5)	41	(2.3)	1292	(83.6)
2 and over...	322	41	(3.9)	1280	(63.5)	219	(32.0)	17	(1.9)	1302	(73.4)	541	(45.3)	42	(2.2)	1266	(76.3)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	1202	(53.6)	191	(21.7)	16	(1.7)	1172	(62.2)	463	(41.8)	39	(3.0)	1223	(76.9)
20 and over.....	776	51	(2.8)	1226	(32.6)	283	(29.6)	23	(2.3)	1259	(37.0)	559	(30.9)	44	(2.5)	1192	(34.7)
2 and over...	1289	48	(2.4)	1218	(18.6)	254	(24.8)	21	(1.9)	1235	(27.2)	532	(27.8)	43	(2.2)	1203	(29.2)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	245	(4.5)	32	(3.0)	13	(1.2)	244	(7.2)	76	(4.6)	31	(1.3)	245	(5.7)
20 and over.....	2969	50	(1.9)	302	(6.5)	49	(2.8)	16	(0.9)	300	(7.0)	99	(3.1)	33	(1.0)	304	(8.0)
2 and over...	3685	48	(1.6)	291	(5.5)	46	(2.3)	16	(0.8)	290	(6.1)	96	(2.6)	33	(0.9)	292	(6.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	202	(5.0)	38	(4.3)	19	(2.4)	200	(6.5)	91	(9.2)	45	(4.0)	204	(6.4)
20 and over.....	555	51	(3.4)	254	(5.3)	50	(3.4)	20	(1.3)	252	(8.2)	98	(5.1)	39	(1.7)	256	(9.3)
2 and over...	816	48	(2.9)	242	(3.7)	47	(3.2)	19	(1.3)	241	(6.0)	96	(4.4)	40	(1.6)	242	(6.9)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	254	(14.6)	34	(5.0)	13	(2.0)	--	--	--	--	--	--	273	(27.4)
20 and over.....	199	39	(4.4)	365	(40.4)	45	(5.7)	12	(1.4)	353	(33.8)	116	(9.0)	33	(2.3)	372	(49.7)
2 and over...	322	41	(3.9)	329	(27.2)	42	(4.7)	13	(1.1)	310	(18.8)	103	(5.6)	33	(1.8)	342	(38.3)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	242	(10.3)	30	(3.3)	13	(1.4)	233	(12.1)	74	(6.1)	32	(2.7)	249	(15.9)
20 and over.....	776	51	(2.8)	285	(7.1)	49	(3.7)	17	(1.5)	285	(9.6)	98	(3.9)	34	(1.7)	285	(6.8)
2 and over...	1289	48	(2.4)	271	(3.7)	44	(3.5)	16	(1.3)	271	(6.4)	91	(4.2)	34	(1.7)	272	(5.8)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>I r o n</b>																	
————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	12.4	(0.24)	1.7	(0.16)	13	(1.2)	12.2	(0.40)	3.9	(0.26)	32	(1.8)	12.5	(0.35)
20 and over.....	2969	50	(1.9)	13.0	(0.22)	2.6	(0.14)	20	(1.0)	13.1	(0.29)	5.2	(0.18)	39	(1.3)	13.0	(0.31)
2 and over...	3685	48	(1.6)	12.9	(0.19)	2.4	(0.12)	19	(0.9)	12.9	(0.22)	4.9	(0.14)	38	(1.2)	12.9	(0.25)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	10.6	(0.48)	2.1	(0.23)	20	(2.3)	10.6	(0.85)	5.1	(0.64)	48	(4.6)	10.6	(0.50)
20 and over.....	555	51	(3.4)	11.3	(0.27)	2.7	(0.20)	24	(1.9)	11.4	(0.46)	5.4	(0.32)	47	(2.1)	11.2	(0.46)
2 and over...	816	48	(2.9)	11.1	(0.25)	2.6	(0.18)	23	(1.8)	11.2	(0.41)	5.3	(0.27)	47	(2.1)	11.0	(0.41)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	12.2	(0.72)	1.9	(0.31)	15	(2.3)	--	--	--	--	--	--	12.1	(1.04)
20 and over.....	199	39	(4.4)	14.4	(1.29)	2.0	(0.37)	14	(2.2)	13.1	(1.04)	5.2	(0.59)	40	(3.0)	15.3	(1.69)
2 and over...	322	41	(3.9)	13.7	(0.96)	2.0	(0.29)	15	(1.7)	12.9	(0.73)	4.9	(0.44)	38	(2.6)	14.3	(1.30)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	11.9	(0.64)	1.7	(0.19)	14	(1.5)	12.0	(0.88)	4.1	(0.37)	34	(2.8)	11.9	(0.92)
20 and over.....	776	51	(2.8)	11.8	(0.27)	2.6	(0.27)	22	(2.1)	12.1	(0.45)	5.2	(0.30)	43	(1.7)	11.5	(0.20)
2 and over...	1289	48	(2.4)	11.8	(0.19)	2.3	(0.23)	20	(1.8)	12.1	(0.41)	4.9	(0.26)	40	(1.6)	11.6	(0.34)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>Z 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	8.5	(0.18)	1.3	(0.16)	16	(1.9)	8.5	(0.26)	3.1	(0.27)	37	(2.4)	8.6	(0.25)
20 and over.....	2969	50	(1.9)	10.1	(0.18)	2.2	(0.14)	22	(1.3)	10.3	(0.21)	4.5	(0.20)	44	(1.6)	10.0	(0.20)
2 and over...	3685	48	(1.6)	9.8	(0.14)	2.1	(0.12)	21	(1.1)	10.0	(0.17)	4.3	(0.16)	43	(1.3)	9.7	(0.14)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	7.0	(0.38)	1.7	(0.22)	25	(3.4)	7.6	(0.79)	4.2	(0.54)	55	(5.6)	6.7	(0.41)
20 and over.....	555	51	(3.4)	8.9	(0.26)	2.3	(0.12)	26	(1.5)	9.2	(0.34)	4.6	(0.28)	50	(1.8)	8.6	(0.35)
2 and over...	816	48	(2.9)	8.4	(0.23)	2.2	(0.12)	26	(1.6)	8.8	(0.29)	4.5	(0.26)	51	(1.9)	8.0	(0.34)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	8.5	(0.59)	1.5	(0.23)	17	(2.3)	--	--	--	--	--	--	8.7	(0.79)
20 and over.....	199	39	(4.4)	10.4	(0.71)	1.7	(0.32)	16	(2.8)	10.7	(0.71)	4.3	(0.53)	40	(4.0)	10.2	(0.84)
2 and over...	322	41	(3.9)	9.8	(0.50)	1.6	(0.24)	17	(2.0)	9.9	(0.53)	4.0	(0.44)	41	(3.1)	9.7	(0.71)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	8.6	(0.38)	1.4	(0.17)	16	(1.7)	8.5	(0.43)	3.4	(0.34)	40	(3.4)	8.6	(0.47)
20 and over.....	776	51	(2.8)	9.6	(0.30)	2.4	(0.21)	25	(2.0)	9.8	(0.33)	4.8	(0.23)	48	(2.0)	9.5	(0.41)
2 and over...	1289	48	(2.4)	9.3	(0.22)	2.1	(0.19)	22	(1.6)	9.4	(0.26)	4.4	(0.22)	46	(1.9)	9.2	(0.33)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>C o p p 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	1.0	(0.02)	0.1	(0.01)	13	(0.9)	1.0	(0.04)	0.3	(0.01)	30	(1.1)	0.9	(0.03)
20 and over.....	2969	50	(1.9)	1.2	(0.03)	0.2	(0.01)	16	(1.1)	1.2	(0.03)	0.4	(0.02)	33	(1.4)	1.2	(0.03)
2 and over...	3685	48	(1.6)	1.1	(0.02)	0.2	(0.01)	16	(0.9)	1.1	(0.03)	0.4	(0.02)	32	(1.3)	1.1	(0.03)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	0.8	(0.02)	0.1	(0.01)	18	(2.3)	0.7	(0.03)	0.3	(0.03)	44	(4.3)	0.8	(0.03)
20 and over.....	555	51	(3.4)	1.1	(0.11)	0.2	(0.01)	19	(2.5)	1.0	(0.03)	0.4	(0.03)	41	(3.0)	1.2	(0.21)
2 and over...	816	48	(2.9)	1.0	(0.08)	0.2	(0.01)	19	(2.0)	1.0	(0.02)	0.4	(0.03)	41	(2.6)	1.1	(0.16)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	1.0	(0.05)	0.1	(0.02)	12	(1.8)	--	--	--	--	--	--	1.1	(0.09)
20 and over.....	199	39	(4.4)	1.5	(0.14)	0.2	(0.03)	11	(1.7)	1.3	(0.10)	0.4	(0.04)	31	(2.8)	1.6	(0.19)
2 and over...	322	41	(3.9)	1.3	(0.10)	0.1	(0.02)	11	(1.2)	1.2	(0.06)	0.4	(0.03)	30	(2.3)	1.5	(0.15)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	0.9	(0.04)	0.1	(0.01)	13	(1.5)	0.9	(0.04)	0.3	(0.03)	33	(2.9)	0.9	(0.05)
20 and over.....	776	51	(2.8)	1.1	(0.03)	0.2	(0.01)	17	(1.5)	1.0	(0.04)	0.4	(0.01)	34	(1.7)	1.1	(0.04)
2 and over...	1289	48	(2.4)	1.0	(0.02)	0.2	(0.01)	16	(1.3)	1.0	(0.03)	0.3	(0.01)	34	(1.6)	1.0	(0.03)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>S e l e n 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	93.1	(2.92)	16.3	(2.11)	18	(2.3)	92.5	(3.65)	38.4	(3.27)	42	(3.0)	93.5	(3.62)
20 and over.....	2969	50	(1.9)	111.3	(1.94)	26.5	(1.55)	24	(1.3)	115.8	(2.87)	53.4	(2.19)	46	(1.5)	106.8	(2.59)
2 and over...	3685	48	(1.6)	107.8	(1.72)	24.6	(1.33)	23	(1.1)	112.0	(2.38)	50.9	(1.83)	45	(1.4)	104.0	(2.01)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	82.8	(4.62)	22.0	(2.39)	27	(3.4)	85.3	(7.76)	52.9	(6.33)	62	(5.3)	81.0	(5.17)
20 and over.....	555	51	(3.4)	100.1	(2.59)	29.4	(2.50)	29	(2.4)	105.7	(4.11)	57.9	(2.83)	55	(1.7)	94.4	(3.43)
2 and over...	816	48	(2.9)	95.9	(2.10)	27.6	(2.20)	29	(2.4)	101.4	(3.61)	56.8	(2.77)	56	(1.8)	90.6	(3.39)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	86.1	(5.46)	16.5	(2.64)	19	(3.0)	--	--	--	--	--	--	79.2	(4.76)
20 and over.....	199	39	(4.4)	122.0	(12.86)	22.7	(4.34)	19	(2.9)	122.9	(11.56)	58.1	(7.01)	47	(2.7)	121.3	(15.23)
2 and over...	322	41	(3.9)	110.3	(8.01)	20.7	(3.36)	19	(2.3)	113.3	(6.43)	51.1	(4.83)	45	(2.4)	108.3	(10.92)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	90.2	(3.73)	17.8	(2.14)	20	(2.1)	94.2	(5.47)	42.9	(4.11)	46	(3.0)	87.3	(4.04)
20 and over.....	776	51	(2.8)	105.5	(3.94)	26.7	(3.02)	25	(2.5)	109.0	(4.88)	52.7	(3.45)	48	(2.5)	102.0	(4.33)
2 and over...	1289	48	(2.4)	100.7	(3.13)	23.9	(2.55)	24	(2.0)	105.0	(3.87)	50.1	(3.10)	48	(2.0)	96.8	(3.69)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

<b>P o t a s s i u m</b>																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	2107	(38.8)	322	(31.7)	15	(1.5)	2165	(46.0)	759	(47.6)	35	(1.8)	2064	(54.4)
20 and over.....	2969	50	(1.9)	2547	(49.7)	494	(29.3)	19	(1.1)	2542	(46.5)	995	(32.5)	39	(1.3)	2551	(68.1)
2 and over...	3685	48	(1.6)	2464	(45.6)	462	(24.6)	19	(0.9)	2480	(41.7)	956	(27.4)	39	(1.1)	2449	(61.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	1775	(43.6)	407	(53.4)	23	(3.2)	1909	(64.2)	979	(94.2)	51	(4.9)	1679	(72.1)
20 and over.....	555	51	(3.4)	2175	(41.3)	519	(33.3)	24	(1.5)	2229	(79.6)	1022	(55.5)	46	(1.5)	2119	(82.6)
2 and over...	816	48	(2.9)	2077	(36.0)	491	(34.2)	24	(1.6)	2162	(65.8)	1013	(45.8)	47	(1.2)	1997	(66.3)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	2148	(94.7)	322	(44.5)	15	(2.0)	--	--	--	--	--	--	2245	(179.7)
20 and over.....	199	39	(4.4)	2893	(199.0)	408	(64.7)	14	(1.8)	2838	(199.6)	1043	(95.8)	37	(2.3)	2928	(243.0)
2 and over...	322	41	(3.9)	2650	(133.8)	380	(49.0)	14	(1.4)	2553	(105.7)	938	(53.2)	37	(1.6)	2716	(200.5)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	2114	(87.4)	304	(35.9)	14	(1.7)	2058	(123.0)	735	(68.7)	36	(3.2)	2153	(128.9)
20 and over.....	776	51	(2.8)	2339	(56.5)	497	(46.3)	21	(2.1)	2412	(74.3)	981	(47.0)	41	(2.4)	2264	(56.6)
2 and over...	1289	48	(2.4)	2268	(32.7)	437	(41.8)	19	(1.8)	2315	(47.9)	914	(50.5)	39	(2.2)	2225	(52.7)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>			
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	2830	(68.9)	551	(63.3)	19	(2.1)	3002	(109.8)	1300	(96.9)	43	(2.1)	2703	(71.6)
20 and over.....	2969	50	(1.9)	3264	(50.1)	850	(49.8)	26	(1.3)	3489	(63.2)	1709	(61.0)	49	(1.3)	3041	(59.2)
2 and over...	3685	48	(1.6)	3182	(42.1)	794	(42.8)	25	(1.1)	3409	(53.1)	1642	(49.5)	48	(1.1)	2970	(45.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	2552	(92.5)	692	(80.8)	27	(3.4)	2806	(197.5)	1666	(179.6)	59	(4.1)	2371	(135.6)
20 and over.....	555	51	(3.4)	3039	(79.5)	928	(82.3)	31	(2.3)	3331	(128.9)	1830	(93.8)	55	(1.7)	2737	(83.3)
2 and over...	816	48	(2.9)	2920	(61.1)	871	(75.0)	30	(2.3)	3221	(113.1)	1796	(89.3)	56	(1.6)	2636	(88.0)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	2951	(210.6)	566	(91.1)	19	(3.1)	--	--	--	--	--	--	2745	(212.7)
20 and over.....	199	39	(4.4)	3721	(284.8)	683	(123.9)	18	(2.9)	3934	(319.3)	1744	(187.4)	44	(2.9)	3584	(376.0)
2 and over...	322	41	(3.9)	3470	(189.7)	645	(91.9)	19	(2.0)	3684	(280.2)	1590	(139.5)	43	(2.4)	3324	(278.5)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	2762	(143.3)	580	(73.7)	21	(2.1)	2977	(165.8)	1402	(150.0)	47	(3.5)	2610	(180.8)
20 and over.....	776	51	(2.8)	3014	(110.9)	845	(96.3)	28	(2.4)	3281	(129.6)	1666	(104.9)	51	(1.9)	2740	(94.2)
2 and over...	1289	48	(2.4)	2935	(96.4)	761	(81.2)	26	(2.0)	3198	(93.9)	1594	(98.8)	50	(2.0)	2694	(107.4)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

		<b>C a f f e 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>			
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	21.6	(3.38)	5.1	(1.02)	24	(4.4)	28.7	(4.18)	12.0	(2.31)	42	(5.3)	16.4	(3.49)
20 and over.....	2969	50	(1.9)	176.0	(4.38)	25.2	(2.75)	14	(1.5)	185.1	(5.06)	50.7	(4.54)	27	(2.6)	167.0	(6.50)
2 and over...	3685	48	(1.6)	147.0	(3.42)	21.4	(2.30)	15	(1.5)	159.3	(4.91)	44.3	(4.23)	28	(2.6)	135.4	(5.11)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	12.6	(2.11)	3.3*	(1.01)	26*	(8.6)	16.8	(3.76)	8.0	(2.15)	47	(10.4)	9.7	(2.45)
20 and over.....	555	51	(3.4)	74.2	(6.55)	16.5	(2.56)	22	(3.2)	92.1	(11.00)	32.5	(4.92)	35	(5.8)	55.7	(2.78)
2 and over...	816	48	(2.9)	59.1	(5.39)	13.3	(1.91)	22	(3.1)	76.3	(9.32)	27.3	(3.52)	36	(5.7)	42.9	(2.81)
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	17.2	(3.40)	6.7*	(2.71)	39*	(12.8)	--	--	--	--	--	--	7.2	(2.06)
20 and over.....	199	39	(4.4)	89.4	(8.53)	20.5	(4.38)	23	(4.4)	106.4	(11.27)	52.4	(12.10)	49	(8.5)	78.5	(10.20)
2 and over...	322	41	(3.9)	65.9	(6.78)	16.0	(2.51)	24	(3.4)	79.8	(10.86)	39.5	(6.64)	49	(5.9)	56.4	(6.88)
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	18.8	(1.69)	5.6	(1.27)	30	(5.0)	26.3	(4.48)	13.6	(3.43)	52	(7.3)	13.6	(1.27)
20 and over.....	776	51	(2.8)	102.6	(7.66)	19.0	(3.36)	19	(2.3)	117.2	(8.89)	37.5	(5.38)	32	(3.7)	87.6	(6.20)
2 and over...	1289	48	(2.4)	76.3	(6.71)	14.8	(2.58)	19	(2.2)	92.4	(7.97)	31.0	(4.26)	34	(3.5)	61.5	(5.08)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity 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>																	
Race/ethnicity 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>Non-Hispanic White:</b>																	
2 - 19.....	716	42	(2.6)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	2969	50	(1.9)	9.2	(0.59)	2.2	(0.22)	23	(2.0)	10.9	(0.89)	4.3	(0.40)	40	(2.3)	7.5	(0.61)
2 and over...	3685	48	(1.6)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Non-Hispanic Black:</b>																	
2 - 19.....	261	42	(5.4)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	555	51	(3.4)	7.0	(1.47)	0.7*	(0.20)	10*	(2.9)	8.7	(2.24)	1.3*	(0.44)	15*	(5.6)	5.3	(1.35)
2 and over...	816	48	(2.9)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Non-Hispanic Asian:</b>																	
2 - 19.....	123	43	(5.9)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	199	39	(4.4)	3.3	(0.78)	0.4*	(0.40)	--	--	2.4*	(1.06)	1.0*	(0.98)	--	--	3.8	(1.08)
2 and over...	322	41	(3.9)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>Hispanic:</b>																	
2 - 19.....	513	41	(2.8)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20 and over.....	776	51	(2.8)	6.7	(0.56)	1.3	(0.34)	19	(4.7)	9.6	(1.82)	2.5	(0.69)	26*	(7.8)	3.7	(1.08)
2 and over...	1289	48	(2.4)	--	--	--	--	--	--	--	--	--	--	--	--	--	--

### 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.

### Suggested Citation

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**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	1827	(54.7)	288	(68.5)	16	(3.9)	1890	(54.1)	766	(89.9)	41	(4.4)	1789	(97.4)
20 and over.....	892	41	(3.3)	1914	(35.2)	378	(42.1)	20	(2.0)	2051	(90.7)	926	(53.6)	45	(2.2)	1819	(46.8)
2 and over...	1432	40	(2.9)	1888	(30.3)	351	(33.8)	19	(1.7)	2006	(64.8)	881	(34.6)	44	(1.7)	1810	(43.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	1915	(45.8)	341	(30.4)	18	(1.4)	2024	(65.4)	812	(51.8)	40	(2.2)	1835	(51.5)
20 and over.....	1577	49	(1.5)	2047	(40.9)	482	(24.5)	24	(1.0)	2214	(60.1)	983	(37.0)	44	(1.2)	1887	(43.0)
2 and over...	2161	47	(1.5)	2015	(32.2)	447	(23.0)	22	(1.0)	2172	(45.1)	945	(34.8)	44	(1.1)	1873	(35.0)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1906	(38.0)	390	(31.3)	20	(1.6)	2048	(57.6)	809	(43.8)	40	(1.7)	1774	(56.8)
20 and over.....	1774	55	(1.5)	2111	(33.4)	502	(20.3)	24	(1.1)	2177	(35.0)	908	(27.6)	42	(1.0)	2029	(71.0)
2 and over...	2209	54	(1.4)	2073	(28.3)	481	(20.2)	23	(1.1)	2155	(32.0)	892	(26.2)	41	(1.0)	1976	(58.0)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>P r o t e i n</b>																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	63.6	(2.13)	12.0	(3.37)	19	(5.2)	66.7	(3.92)	32.0	(5.15)	48	(6.1)	61.8	(3.02)
20 and over.....	892	41	(3.3)	70.9	(1.45)	15.3	(1.70)	22	(2.3)	77.1	(3.42)	37.4	(2.60)	49	(2.7)	66.6	(2.30)
2 and over...	1432	40	(2.9)	68.7	(1.06)	14.3	(1.29)	21	(1.9)	74.2	(2.07)	35.9	(1.32)	48	(1.9)	65.1	(1.77)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	64.6	(1.65)	11.7	(0.96)	18	(1.3)	65.8	(2.53)	27.9	(1.92)	42	(2.4)	63.7	(1.70)
20 and over.....	1577	49	(1.5)	76.0	(1.57)	19.1	(1.00)	25	(1.0)	79.5	(2.34)	39.0	(1.58)	49	(1.5)	72.6	(1.60)
2 and over...	2161	47	(1.5)	73.2	(1.30)	17.3	(0.93)	24	(1.0)	76.5	(1.89)	36.6	(1.43)	48	(1.3)	70.2	(1.44)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	65.2	(1.81)	13.7	(1.03)	21	(1.6)	66.9	(2.61)	28.5	(1.69)	43	(1.8)	63.6	(3.34)
20 and over.....	1774	55	(1.5)	81.4	(1.25)	19.9	(0.72)	24	(1.1)	82.3	(1.20)	36.1	(1.14)	44	(1.3)	80.4	(2.58)
2 and over...	2209	54	(1.4)	78.4	(1.05)	18.8	(0.69)	24	(1.0)	79.7	(1.13)	34.8	(1.04)	44	(1.3)	76.9	(2.03)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	231	(7.3)	31	(6.5)	13	(3.0)	233	(5.1)	81	(7.7)	35	(3.4)	230	(12.3)
20 and over.....	892	41	(3.3)	226	(5.1)	40	(4.7)	17	(1.8)	241	(12.0)	97	(5.8)	40	(1.9)	216	(6.1)
2 and over...	1432	40	(2.9)	228	(4.4)	37	(3.9)	16	(1.6)	239	(8.9)	92	(4.2)	39	(1.5)	220	(6.1)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	242	(6.7)	39	(3.7)	16	(1.5)	251	(8.5)	92	(5.6)	37	(2.1)	236	(8.5)
20 and over.....	1577	49	(1.5)	230	(5.0)	49	(2.6)	21	(0.9)	244	(6.8)	99	(3.9)	41	(1.1)	216	(5.1)
2 and over...	2161	47	(1.5)	233	(4.2)	46	(2.3)	20	(0.8)	245	(5.7)	98	(3.6)	40	(1.1)	222	(4.0)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	244	(5.0)	44	(3.9)	18	(1.6)	264	(8.0)	92	(5.3)	35	(1.9)	225	(6.2)
20 and over.....	1774	55	(1.5)	232	(5.2)	49	(2.2)	21	(1.2)	236	(4.5)	89	(2.7)	38	(1.0)	227	(10.4)
2 and over...	2209	54	(1.4)	234	(4.8)	48	(2.3)	21	(1.2)	240	(4.4)	89	(2.9)	37	(1.1)	226	(8.6)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	103	(3.9)	10	(2.2)	10	(2.2)	106	(2.4)	26	(2.6)	25	(2.5)	102	(6.5)
20 and over.....	892	41	(3.3)	100	(3.7)	14	(2.1)	14	(1.7)	107	(6.9)	34	(3.0)	31	(2.0)	94	(3.2)
2 and over...	1432	40	(2.9)	101	(2.8)	13	(1.8)	13	(1.6)	107	(5.2)	32	(2.5)	30	(1.6)	97	(3.2)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	110	(4.2)	16	(1.8)	14	(1.6)	113	(5.2)	38	(2.8)	33	(2.2)	109	(5.8)
20 and over.....	1577	49	(1.5)	99	(2.7)	16	(1.1)	17	(1.0)	104	(3.7)	33	(1.8)	32	(1.5)	93	(2.3)
2 and over...	2161	47	(1.5)	102	(2.5)	16	(1.0)	16	(0.8)	106	(3.5)	34	(1.6)	32	(1.4)	97	(2.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	103	(3.6)	16	(2.5)	16	(2.1)	114	(4.4)	34	(4.2)	30	(3.3)	93	(4.2)
20 and over.....	1774	55	(1.5)	93	(1.6)	16	(1.2)	17	(1.2)	94	(3.2)	28	(1.7)	30	(1.1)	92	(2.8)
2 and over...	2209	54	(1.4)	95	(1.8)	16	(1.3)	16	(1.2)	98	(2.9)	29	(2.0)	30	(1.4)	92	(2.2)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	13.5	(0.43)	1.8	(0.40)	14	(3.3)	12.8	(0.60)	4.9	(0.47)	38	(4.1)	13.9	(0.74)
20 and over.....	892	41	(3.3)	13.9	(0.22)	2.3	(0.29)	17	(2.1)	13.4	(0.69)	5.7	(0.38)	42	(2.2)	14.2	(0.47)
2 and over...	1432	40	(2.9)	13.8	(0.19)	2.2	(0.24)	16	(1.8)	13.2	(0.50)	5.4	(0.29)	41	(1.8)	14.1	(0.38)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	14.1	(0.43)	1.9	(0.18)	14	(1.3)	13.8	(0.58)	4.6	(0.28)	34	(2.1)	14.4	(0.43)
20 and over.....	1577	49	(1.5)	15.5	(0.40)	3.0	(0.16)	19	(0.8)	14.8	(0.49)	6.1	(0.23)	41	(1.1)	16.2	(0.55)
2 and over...	2161	47	(1.5)	15.2	(0.31)	2.7	(0.13)	18	(0.7)	14.6	(0.36)	5.8	(0.19)	40	(0.8)	15.7	(0.43)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	15.6	(0.56)	2.5	(0.17)	16	(1.3)	15.9	(0.68)	5.2	(0.24)	32	(1.7)	15.3	(0.68)
20 and over.....	1774	55	(1.5)	18.3	(0.94)	3.2	(0.12)	18	(1.2)	17.4	(0.76)	5.8	(0.18)	33	(1.6)	19.4	(1.27)
2 and over...	2209	54	(1.4)	17.8	(0.83)	3.1	(0.11)	17	(1.1)	17.1	(0.68)	5.7	(0.16)	33	(1.5)	18.5	(1.08)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

		<b>T o t a l   f a t</b>															
		—————All Individuals <sup>3</sup> —————						—————All Restaurant Consumers <sup>4</sup> —————						Non-consumers <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	72.1	(2.63)	13.1	(3.22)	18	(4.6)	76.0	(3.18)	34.8	(4.37)	46	(5.0)	69.8	(4.30)
20 and over.....	892	41	(3.3)	77.0	(1.46)	17.2	(1.91)	22	(2.2)	84.6	(3.84)	42.2	(2.81)	50	(2.9)	71.7	(2.06)
2 and over...	1432	40	(2.9)	75.6	(1.29)	16.0	(1.49)	21	(1.8)	82.2	(2.67)	40.2	(1.78)	49	(2.2)	71.2	(1.64)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	77.4	(2.04)	15.7	(1.46)	20	(1.6)	85.7	(3.08)	37.3	(2.86)	44	(2.6)	71.4	(2.29)
20 and over.....	1577	49	(1.5)	86.8	(1.93)	22.6	(1.12)	26	(1.2)	94.7	(2.71)	46.0	(1.84)	49	(1.5)	79.1	(2.31)
2 and over...	2161	47	(1.5)	84.5	(1.41)	20.9	(1.08)	25	(1.2)	92.8	(1.98)	44.1	(1.67)	48	(1.3)	77.0	(1.93)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	76.0	(2.27)	17.6	(1.54)	23	(1.8)	82.3	(3.14)	36.6	(2.47)	44	(2.0)	70.1	(2.76)
20 and over.....	1774	55	(1.5)	90.3	(1.26)	23.4	(1.01)	26	(1.2)	94.4	(1.84)	42.3	(1.45)	45	(1.0)	85.1	(2.66)
2 and over...	2209	54	(1.4)	87.6	(1.19)	22.3	(0.99)	25	(1.1)	92.4	(1.75)	41.4	(1.42)	45	(1.0)	82.0	(2.24)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	24.2	(1.04)	4.1	(0.99)	17	(4.3)	24.5	(0.98)	11.0	(1.38)	45	(5.1)	24.0	(1.68)
20 and over.....	892	41	(3.3)	25.5	(0.72)	5.8	(0.76)	23	(2.6)	28.1	(1.83)	14.1	(1.17)	50	(3.4)	23.6	(0.88)
2 and over...	1432	40	(2.9)	25.1	(0.55)	5.3	(0.51)	21	(1.8)	27.1	(1.29)	13.2	(0.66)	49	(2.5)	23.7	(0.57)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	26.5	(0.79)	5.2	(0.62)	20	(2.1)	29.0	(1.35)	12.4	(1.19)	43	(3.1)	24.8	(1.03)
20 and over.....	1577	49	(1.5)	28.0	(0.78)	7.0	(0.35)	25	(1.1)	30.1	(1.02)	14.2	(0.60)	47	(1.4)	26.0	(1.09)
2 and over...	2161	47	(1.5)	27.6	(0.59)	6.5	(0.35)	24	(1.1)	29.9	(0.80)	13.8	(0.57)	46	(1.2)	25.6	(0.83)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	25.8	(0.85)	5.7	(0.48)	22	(1.7)	27.1	(0.92)	11.7	(0.64)	43	(1.7)	24.6	(1.21)
20 and over.....	1774	55	(1.5)	28.6	(0.43)	7.3	(0.35)	25	(1.3)	29.8	(0.63)	13.2	(0.55)	44	(1.3)	27.0	(0.87)
2 and over...	2209	54	(1.4)	28.0	(0.38)	7.0	(0.35)	25	(1.2)	29.4	(0.60)	12.9	(0.51)	44	(1.2)	26.5	(0.66)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	23.7	(0.90)	4.3	(1.02)	18	(4.4)	25.2	(1.21)	11.5	(1.34)	45	(4.7)	22.7	(1.52)
20 and over.....	892	41	(3.3)	25.8	(0.48)	5.7	(0.62)	22	(2.3)	27.6	(1.15)	13.9	(0.98)	50	(3.0)	24.5	(0.76)
2 and over...	1432	40	(2.9)	25.1	(0.38)	5.3	(0.50)	21	(1.9)	27.0	(0.86)	13.3	(0.67)	49	(2.1)	24.0	(0.61)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	25.0	(0.70)	5.1	(0.43)	20	(1.5)	27.8	(0.95)	12.0	(0.82)	43	(2.5)	23.0	(0.84)
20 and over.....	1577	49	(1.5)	29.3	(0.63)	7.5	(0.41)	26	(1.3)	31.9	(0.95)	15.3	(0.62)	48	(1.7)	26.8	(0.71)
2 and over...	2161	47	(1.5)	28.3	(0.46)	6.9	(0.39)	24	(1.2)	31.0	(0.72)	14.6	(0.57)	47	(1.4)	25.8	(0.64)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	24.6	(0.71)	5.7	(0.54)	23	(2.0)	26.8	(0.96)	11.8	(0.89)	44	(2.4)	22.6	(0.90)
20 and over.....	1774	55	(1.5)	30.8	(0.46)	7.8	(0.33)	25	(1.1)	32.1	(0.73)	14.2	(0.49)	44	(1.0)	29.2	(0.94)
2 and over...	2209	54	(1.4)	29.7	(0.43)	7.4	(0.33)	25	(1.1)	31.2	(0.66)	13.8	(0.48)	44	(1.1)	27.8	(0.79)
<b>All Individuals <sup>8</sup>:</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)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	16.4	(0.67)	3.4	(0.88)	20	(5.1)	18.3	(0.95)	8.9	(1.23)	49	(5.3)	15.3	(0.82)
20 and over.....	892	41	(3.3)	17.2	(0.28)	4.1	(0.37)	24	(2.0)	19.5	(0.62)	10.0	(0.56)	51	(2.5)	15.7	(0.53)
2 and over...	1432	40	(2.9)	17.0	(0.34)	3.9	(0.37)	23	(2.1)	19.2	(0.45)	9.7	(0.49)	51	(2.3)	15.5	(0.51)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	17.5	(0.60)	3.9	(0.35)	23	(1.7)	20.1	(0.95)	9.4	(0.81)	47	(2.8)	15.6	(0.57)
20 and over.....	1577	49	(1.5)	19.9	(0.38)	5.8	(0.35)	29	(1.6)	22.4	(0.65)	11.7	(0.66)	52	(2.1)	17.5	(0.42)
2 and over...	2161	47	(1.5)	19.3	(0.30)	5.3	(0.32)	27	(1.5)	21.9	(0.46)	11.2	(0.56)	51	(1.8)	17.0	(0.38)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	17.4	(0.59)	4.5	(0.48)	26	(2.5)	20.0	(1.05)	9.4	(0.94)	47	(3.2)	15.0	(0.66)
20 and over.....	1774	55	(1.5)	21.3	(0.35)	5.9	(0.26)	28	(1.2)	22.7	(0.47)	10.7	(0.38)	47	(1.2)	19.5	(0.69)
2 and over...	2209	54	(1.4)	20.6	(0.38)	5.7	(0.26)	28	(1.2)	22.2	(0.47)	10.5	(0.41)	47	(1.3)	18.6	(0.65)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C h o l e s t e r o l</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	260	(19.0)	43*	(15.5)	16*	(5.9)	254	(21.2)	113	(27.3)	44	(9.4)	263	(24.7)
20 and over.....	892	41	(3.3)	301	(15.8)	59	(9.0)	20	(2.7)	317	(33.2)	146	(16.2)	46	(5.6)	289	(9.3)
2 and over...	1432	40	(2.9)	289	(12.6)	54	(5.2)	19	(1.9)	300	(22.6)	137	(7.5)	46	(4.0)	281	(9.7)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	236	(8.2)	44	(3.7)	19	(1.2)	258	(16.4)	104	(8.3)	40	(2.6)	219	(12.9)
20 and over.....	1577	49	(1.5)	320	(8.1)	77	(5.5)	24	(1.5)	335	(12.6)	156	(9.0)	47	(2.5)	305	(8.7)
2 and over...	2161	47	(1.5)	299	(6.7)	69	(4.8)	23	(1.4)	318	(9.3)	145	(7.6)	46	(1.9)	282	(8.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	241	(14.5)	49	(6.5)	20	(2.8)	239	(16.1)	101	(10.8)	42	(3.1)	242	(21.9)
20 and over.....	1774	55	(1.5)	328	(9.3)	85	(4.9)	26	(1.7)	340	(12.1)	153	(7.2)	45	(2.3)	313	(18.1)
2 and over...	2209	54	(1.4)	311	(8.1)	78	(4.6)	25	(1.5)	323	(10.1)	145	(7.4)	45	(2.2)	298	(14.6)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	470	(15.8)	53*	(17.1)	11*	(3.7)	431	(19.8)	142	(29.3)	33	(6.5)	493	(24.9)
20 and over.....	892	41	(3.3)	524	(42.0)	70	(9.9)	13	(2.1)	421	(24.5)	171	(13.7)	41	(2.8)	594	(68.9)
2 and over...	1432	40	(2.9)	507	(31.0)	65	(6.7)	13	(1.5)	424	(16.7)	163	(7.4)	38	(2.4)	563	(51.7)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	517	(27.2)	63	(8.3)	12	(1.8)	470	(26.6)	150	(16.6)	32	(3.2)	552	(45.8)
20 and over.....	1577	49	(1.5)	551	(14.3)	99	(7.0)	18	(1.1)	521	(24.3)	202	(15.4)	39	(2.3)	581	(17.9)
2 and over...	2161	47	(1.5)	543	(15.0)	90	(5.5)	17	(0.9)	509	(20.0)	191	(12.4)	37	(1.8)	573	(20.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	527	(18.8)	78	(8.9)	15	(1.8)	480	(19.0)	162	(13.8)	34	(2.8)	572	(26.4)
20 and over.....	1774	55	(1.5)	654	(23.3)	120	(5.2)	18	(0.9)	605	(24.7)	218	(8.4)	36	(1.6)	714	(31.5)
2 and over...	2209	54	(1.4)	630	(17.6)	112	(4.4)	18	(0.8)	584	(19.5)	208	(6.7)	36	(1.5)	684	(24.0)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	1176	(91.6)	117*	(49.3)	10*	(4.6)	911	(100.5)	310*	(95.6)	34*	(12.0)	1335	(118.3)
20 and over.....	892	41	(3.3)	1664	(151.1)	137	(18.3)	8	(1.5)	949	(102.5)	335	(37.1)	35	(3.3)	2157	(243.5)
2 and over...	1432	40	(2.9)	1518	(113.8)	131	(15.1)	9	(1.3)	939	(86.9)	328	(30.9)	35	(3.7)	1903	(189.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	1300	(148.4)	110	(17.6)	8	(1.5)	1008	(119.3)	262	(41.3)	26	(2.6)	1511	(228.2)
20 and over.....	1577	49	(1.5)	1977	(112.7)	345	(41.0)	17	(2.0)	1715	(108.6)	704	(88.8)	41	(3.6)	2229	(162.7)
2 and over...	2161	47	(1.5)	1810	(104.0)	287	(31.9)	16	(1.7)	1560	(102.4)	607	(74.3)	39	(3.3)	2034	(133.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1668	(208.6)	200	(46.6)	12	(3.0)	1416	(164.9)	415	(95.3)	29	(5.8)	1902	(319.4)
20 and over.....	1774	55	(1.5)	2833	(172.9)	508	(41.9)	18	(1.6)	2400	(188.1)	920	(79.3)	38	(3.4)	3369	(206.9)
2 and over...	2209	54	(1.4)	2617	(147.7)	451	(33.4)	17	(1.5)	2236	(163.2)	836	(64.4)	37	(3.2)	3062	(174.5)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>L y c o p e n e</b>																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	4244	(489.0)	704	(172.5)	17	(3.5)	3909	(672.9)	1874	(273.2)	48	(8.5)	4445	(747.2)
20 and over.....	892	41	(3.3)	4181	(265.0)	836	(154.3)	20	(3.9)	3455	(434.6)	2046	(272.6)	59	(4.3)	4682	(479.1)
2 and over...	1432	40	(2.9)	4200	(191.9)	796	(115.2)	19	(2.6)	3583	(418.4)	1998	(198.5)	56	(4.7)	4609	(311.4)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	4372	(658.2)	501	(63.3)	11	(2.4)	3746	(495.0)	1193	(114.1)	32	(3.4)	4826	(979.8)
20 and over.....	1577	49	(1.5)	3941	(204.7)	1030	(101.6)	26	(1.9)	4047	(302.7)	2101	(176.7)	52	(2.2)	3839	(215.8)
2 and over...	2161	47	(1.5)	4047	(239.0)	900	(71.5)	22	(1.7)	3981	(202.0)	1902	(134.9)	48	(1.8)	4107	(347.0)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	4770	(497.0)	1439	(359.9)	30	(5.2)	6467	(1059.2)	2991	(704.1)	46	(6.0)	3195	(238.5)
20 and over.....	1774	55	(1.5)	4987	(329.2)	1120	(101.5)	22	(2.0)	4791	(362.8)	2026	(194.9)	42	(2.3)	5228	(528.4)
2 and over...	2209	54	(1.4)	4946	(260.8)	1179	(105.8)	24	(2.3)	5069	(327.5)	2186	(194.2)	43	(2.5)	4802	(457.6)
<b>All Individuals <sup>8</sup>:</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)



**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>T h i a m i n</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	1.39	(0.049)	0.22	(0.053)	16	(4.0)	1.37	(0.052)	0.58	(0.073)	42	(5.1)	1.40	(0.083)
20 and over.....	892	41	(3.3)	1.37	(0.032)	0.27	(0.036)	20	(2.4)	1.44	(0.096)	0.67	(0.055)	47	(2.3)	1.33	(0.043)
2 and over...	1432	40	(2.9)	1.38	(0.028)	0.26	(0.024)	19	(1.7)	1.42	(0.065)	0.65	(0.028)	46	(1.5)	1.35	(0.036)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	1.37	(0.039)	0.21	(0.018)	16	(1.4)	1.34	(0.063)	0.51	(0.028)	38	(1.9)	1.38	(0.043)
20 and over.....	1577	49	(1.5)	1.46	(0.035)	0.33	(0.019)	23	(0.9)	1.50	(0.058)	0.68	(0.032)	46	(1.1)	1.41	(0.034)
2 and over...	2161	47	(1.5)	1.43	(0.031)	0.30	(0.015)	21	(0.8)	1.46	(0.049)	0.64	(0.027)	44	(0.9)	1.40	(0.028)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1.50	(0.057)	0.26	(0.021)	17	(1.7)	1.50	(0.072)	0.54	(0.035)	36	(1.8)	1.50	(0.131)
20 and over.....	1774	55	(1.5)	1.56	(0.045)	0.36	(0.015)	23	(1.3)	1.56	(0.032)	0.65	(0.019)	42	(1.4)	1.56	(0.088)
2 and over...	2209	54	(1.4)	1.55	(0.046)	0.34	(0.015)	22	(1.3)	1.55	(0.031)	0.64	(0.019)	41	(1.4)	1.55	(0.093)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	1.62	(0.078)	0.22	(0.051)	13	(3.1)	1.58	(0.064)	0.58	(0.065)	36	(4.1)	1.64	(0.127)
20 and over.....	892	41	(3.3)	1.67	(0.039)	0.33	(0.050)	20	(2.9)	1.79	(0.066)	0.81	(0.072)	46	(3.2)	1.59	(0.068)
2 and over...	1432	40	(2.9)	1.66	(0.040)	0.30	(0.038)	18	(2.2)	1.73	(0.046)	0.75	(0.053)	43	(2.4)	1.61	(0.066)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	1.64	(0.048)	0.25	(0.030)	15	(1.8)	1.63	(0.077)	0.60	(0.050)	37	(2.6)	1.65	(0.060)
20 and over.....	1577	49	(1.5)	1.93	(0.036)	0.36	(0.017)	19	(0.8)	1.93	(0.065)	0.73	(0.026)	38	(1.5)	1.93	(0.031)
2 and over...	2161	47	(1.5)	1.86	(0.030)	0.33	(0.017)	18	(0.8)	1.86	(0.053)	0.70	(0.022)	38	(1.2)	1.86	(0.026)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1.67	(0.034)	0.30	(0.023)	18	(1.4)	1.69	(0.056)	0.62	(0.027)	37	(2.0)	1.65	(0.063)
20 and over.....	1774	55	(1.5)	2.07	(0.047)	0.40	(0.018)	20	(1.1)	2.06	(0.048)	0.73	(0.024)	35	(1.3)	2.08	(0.074)
2 and over...	2209	54	(1.4)	2.00	(0.039)	0.38	(0.016)	19	(0.9)	2.00	(0.041)	0.71	(0.021)	36	(1.1)	1.99	(0.065)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>N i a c i n</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	18.8	(0.71)	3.8	(1.08)	20	(5.5)	19.8	(1.15)	10.2	(1.66)	52	(6.1)	18.3	(1.01)
20 and over.....	892	41	(3.3)	23.1	(0.75)	4.9	(0.53)	21	(2.0)	26.2	(1.70)	11.9	(0.84)	46	(2.0)	21.0	(1.03)
2 and over...	1432	40	(2.9)	21.9	(0.59)	4.6	(0.47)	21	(2.0)	24.4	(1.14)	11.4	(0.60)	47	(2.3)	20.2	(0.87)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	19.3	(0.61)	3.6	(0.28)	19	(1.5)	19.9	(0.90)	8.5	(0.59)	43	(2.7)	18.8	(0.61)
20 and over.....	1577	49	(1.5)	24.4	(0.60)	5.8	(0.32)	24	(1.1)	25.8	(0.84)	11.8	(0.55)	46	(1.4)	23.0	(0.69)
2 and over...	2161	47	(1.5)	23.1	(0.49)	5.2	(0.29)	23	(1.1)	24.5	(0.69)	11.1	(0.48)	45	(1.5)	21.8	(0.55)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	19.8	(0.56)	4.2	(0.29)	21	(1.7)	21.3	(0.95)	8.7	(0.58)	41	(2.5)	18.5	(1.10)
20 and over.....	1774	55	(1.5)	24.9	(0.51)	6.0	(0.20)	24	(1.0)	25.3	(0.49)	10.9	(0.33)	43	(1.5)	24.3	(0.98)
2 and over...	2209	54	(1.4)	23.9	(0.43)	5.7	(0.20)	24	(0.9)	24.6	(0.45)	10.5	(0.32)	43	(1.5)	23.1	(0.84)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 6</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	1.48	(0.060)	0.22	(0.064)	15	(4.3)	1.48	(0.070)	0.59	(0.100)	40	(6.2)	1.48	(0.107)
20 and over.....	892	41	(3.3)	1.86	(0.075)	0.32	(0.042)	17	(2.0)	2.02	(0.181)	0.79	(0.080)	39	(3.2)	1.74	(0.089)
2 and over...	1432	40	(2.9)	1.74	(0.062)	0.29	(0.038)	17	(1.9)	1.87	(0.136)	0.73	(0.065)	39	(3.1)	1.66	(0.083)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	1.53	(0.064)	0.22	(0.019)	15	(1.4)	1.52	(0.113)	0.53	(0.042)	35	(3.4)	1.54	(0.046)
20 and over.....	1577	49	(1.5)	1.99	(0.079)	0.36	(0.019)	18	(0.9)	2.02	(0.120)	0.74	(0.031)	37	(1.9)	1.96	(0.074)
2 and over...	2161	47	(1.5)	1.88	(0.061)	0.33	(0.018)	18	(0.9)	1.91	(0.091)	0.70	(0.029)	36	(1.7)	1.85	(0.059)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1.50	(0.042)	0.25	(0.017)	17	(1.3)	1.57	(0.072)	0.53	(0.025)	34	(2.1)	1.44	(0.069)
20 and over.....	1774	55	(1.5)	1.97	(0.054)	0.39	(0.016)	20	(1.0)	1.93	(0.070)	0.71	(0.026)	37	(1.8)	2.01	(0.082)
2 and over...	2209	54	(1.4)	1.88	(0.044)	0.37	(0.016)	19	(0.9)	1.87	(0.058)	0.68	(0.024)	36	(1.7)	1.89	(0.072)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>F o l a t e ( D F E )</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	419	(22.6)	61	(15.4)	14	(4.2)	394	(21.9)	161	(23.6)	41	(6.2)	433	(38.1)
20 and over.....	892	41	(3.3)	409	(15.3)	78	(10.8)	19	(2.4)	418	(30.7)	190	(17.3)	46	(3.0)	402	(18.0)
2 and over...	1432	40	(2.9)	412	(14.4)	73	(6.7)	18	(1.8)	411	(21.1)	182	(8.9)	44	(2.2)	412	(18.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	400	(12.9)	57	(5.0)	14	(1.4)	384	(20.1)	135	(6.9)	35	(2.0)	411	(15.6)
20 and over.....	1577	49	(1.5)	428	(12.8)	98	(5.1)	23	(0.9)	441	(17.5)	200	(8.7)	45	(1.4)	415	(14.9)
2 and over...	2161	47	(1.5)	421	(10.2)	88	(3.8)	21	(0.7)	429	(13.8)	185	(6.8)	43	(1.0)	414	(11.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	439	(15.1)	74	(5.5)	17	(1.5)	451	(18.8)	155	(11.1)	34	(2.0)	428	(26.1)
20 and over.....	1774	55	(1.5)	464	(17.0)	102	(4.2)	22	(1.3)	462	(13.0)	185	(6.6)	40	(1.6)	466	(28.3)
2 and over...	2209	54	(1.4)	459	(16.2)	97	(3.9)	21	(1.3)	460	(11.8)	180	(5.5)	39	(1.5)	458	(26.2)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	265	(13.1)	41 *	(13.3)	16 *	(4.9)	263	(16.0)	110	(21.3)	42	(7.1)	266	(18.7)
20 and over.....	892	41	(3.3)	300	(10.9)	56	(7.5)	19	(2.4)	306	(22.6)	138	(11.5)	45	(4.2)	296	(11.4)
2 and over...	1432	40	(2.9)	290	(8.6)	52	(5.3)	18	(1.8)	294	(15.6)	130	(6.5)	44	(2.7)	287	(9.9)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	252	(5.9)	42	(3.2)	17	(1.1)	258	(12.0)	100	(6.3)	39	(2.2)	248	(9.8)
20 and over.....	1577	49	(1.5)	328	(8.6)	73	(5.3)	22	(1.3)	339	(12.2)	149	(8.5)	44	(2.0)	317	(8.0)
2 and over...	2161	47	(1.5)	309	(6.7)	66	(4.6)	21	(1.2)	321	(8.7)	139	(7.1)	43	(1.6)	298	(7.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	255	(9.6)	48	(5.3)	19	(2.2)	257	(12.3)	100	(8.3)	39	(2.5)	253	(14.4)
20 and over.....	1774	55	(1.5)	347	(6.6)	81	(4.2)	23	(1.4)	351	(8.7)	147	(6.1)	42	(1.9)	340	(13.9)
2 and over...	2209	54	(1.4)	329	(5.7)	75	(3.9)	23	(1.2)	336	(6.9)	139	(6.1)	41	(1.8)	322	(11.6)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>V i t a m i n B 1 2</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	3.49	(0.162)	0.48	(0.113)	14	(3.2)	3.45	(0.176)	1.27	(0.166)	37	(4.9)	3.51	(0.227)
20 and over.....	892	41	(3.3)	4.62	(0.492)	0.81	(0.111)	18	(2.3)	4.64	(0.468)	1.98	(0.202)	43	(2.6)	4.60	(0.735)
2 and over...	1432	40	(2.9)	4.28	(0.357)	0.71	(0.081)	17	(2.0)	4.30	(0.337)	1.78	(0.139)	41	(2.4)	4.26	(0.519)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	3.70	(0.147)	0.52	(0.051)	14	(1.5)	3.48	(0.210)	1.23	(0.111)	35	(2.8)	3.86	(0.246)
20 and over.....	1577	49	(1.5)	4.44	(0.190)	0.94	(0.099)	21	(1.5)	4.51	(0.245)	1.92	(0.203)	43	(2.7)	4.37	(0.167)
2 and over...	2161	47	(1.5)	4.25	(0.142)	0.84	(0.081)	20	(1.4)	4.28	(0.189)	1.77	(0.162)	41	(2.5)	4.23	(0.134)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	3.60	(0.192)	0.61	(0.103)	17	(2.1)	3.62	(0.345)	1.28	(0.209)	35	(3.4)	3.57	(0.258)
20 and over.....	1774	55	(1.5)	4.42	(0.154)	0.97	(0.056)	22	(1.4)	4.37	(0.166)	1.76	(0.088)	40	(2.1)	4.47	(0.230)
2 and over...	2209	54	(1.4)	4.26	(0.147)	0.90	(0.061)	21	(1.3)	4.25	(0.170)	1.68	(0.099)	40	(1.9)	4.29	(0.209)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	83.0	(6.65)	5.9	(1.61)	7*	(2.3)	75.9	(7.78)	15.7	(2.46)	21	(4.2)	87.2	(6.53)
20 and over.....	892	41	(3.3)	70.1	(3.56)	7.8	(1.50)	11	(1.9)	60.4	(7.14)	19.1	(2.76)	32	(1.7)	76.7	(5.12)
2 and over...	1432	40	(2.9)	73.9	(3.04)	7.2	(1.29)	10	(1.7)	64.8	(4.68)	18.1	(2.30)	28	(2.2)	80.0	(4.06)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	80.8	(3.94)	6.2	(1.00)	8	(1.1)	71.5	(6.21)	14.7	(2.79)	21	(2.7)	87.5	(5.57)
20 and over.....	1577	49	(1.5)	75.9	(3.28)	9.1	(0.88)	12	(1.0)	69.7	(4.28)	18.5	(1.91)	27	(2.3)	81.8	(3.43)
2 and over...	2161	47	(1.5)	77.1	(2.83)	8.4	(0.81)	11	(0.9)	70.1	(3.63)	17.7	(1.96)	25	(2.2)	83.4	(3.10)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	90.1	(4.79)	6.9	(1.01)	8	(0.9)	87.5	(6.90)	14.4	(1.92)	16	(1.7)	92.4	(6.89)
20 and over.....	1774	55	(1.5)	80.8	(3.44)	10.6	(0.55)	13	(0.9)	73.3	(2.91)	19.1	(0.69)	26	(1.4)	90.2	(5.46)
2 and over...	2209	54	(1.4)	82.6	(3.14)	9.9	(0.57)	12	(0.8)	75.7	(2.53)	18.4	(0.74)	24	(1.1)	90.6	(5.18)
<b>All Individuals<sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	5.0	(0.23)	0.3*	(0.11)	6*	(2.3)	4.4	(0.31)	0.8	(0.20)	17	(5.0)	5.3	(0.41)
20 and over.....	892	41	(3.3)	4.1	(0.24)	0.5	(0.09)	12	(1.9)	4.0	(0.46)	1.2	(0.18)	30	(3.7)	4.1	(0.19)
2 and over...	1432	40	(2.9)	4.3	(0.17)	0.4	(0.07)	10	(1.4)	4.1	(0.32)	1.1	(0.13)	26	(2.4)	4.5	(0.15)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	4.9	(0.24)	0.4	(0.04)	8	(0.9)	4.1	(0.30)	1.0	(0.09)	24	(2.6)	5.5	(0.35)
20 and over.....	1577	49	(1.5)	4.4	(0.19)	0.7	(0.06)	15	(1.1)	4.0	(0.30)	1.4	(0.12)	33	(3.2)	4.7	(0.21)
2 and over...	2161	47	(1.5)	4.5	(0.16)	0.6	(0.04)	13	(0.8)	4.0	(0.21)	1.3	(0.09)	31	(2.1)	4.9	(0.18)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	4.5	(0.25)	0.4	(0.06)	9	(1.2)	3.9	(0.43)	0.8	(0.12)	21	(2.3)	5.1	(0.40)
20 and over.....	1774	55	(1.5)	4.8	(0.18)	0.8	(0.08)	16	(1.5)	4.4	(0.22)	1.4	(0.12)	31	(2.3)	5.2	(0.28)
2 and over...	2209	54	(1.4)	4.7	(0.18)	0.7	(0.07)	15	(1.4)	4.3	(0.23)	1.3	(0.12)	30	(2.0)	5.2	(0.24)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	7.2	(0.23)	1.1	(0.32)	16	(4.6)	7.5	(0.35)	3.0	(0.48)	40	(6.2)	7.0	(0.39)
20 and over.....	892	41	(3.3)	8.2	(0.24)	1.4	(0.16)	17	(2.0)	8.2	(0.38)	3.5	(0.24)	43	(2.3)	8.2	(0.47)
2 and over...	1432	40	(2.9)	7.9	(0.20)	1.3	(0.14)	17	(1.8)	8.0	(0.30)	3.4	(0.17)	42	(1.4)	7.9	(0.37)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	8.0	(0.24)	1.3	(0.13)	17	(1.6)	8.4	(0.26)	3.1	(0.25)	38	(2.5)	7.7	(0.32)
20 and over.....	1577	49	(1.5)	9.0	(0.24)	2.0	(0.12)	22	(1.3)	9.4	(0.31)	4.0	(0.19)	43	(2.2)	8.6	(0.26)
2 and over...	2161	47	(1.5)	8.7	(0.19)	1.8	(0.11)	21	(1.3)	9.1	(0.25)	3.8	(0.18)	42	(1.9)	8.3	(0.21)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	8.5	(0.26)	1.5	(0.14)	18	(1.9)	8.9	(0.34)	3.2	(0.24)	36	(3.4)	8.2	(0.43)
20 and over.....	1774	55	(1.5)	10.7	(0.30)	2.2	(0.10)	21	(1.1)	10.7	(0.31)	4.0	(0.14)	38	(1.3)	10.6	(0.55)
2 and over...	2209	54	(1.4)	10.3	(0.26)	2.1	(0.09)	20	(1.1)	10.4	(0.29)	3.9	(0.13)	37	(1.4)	10.1	(0.43)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	68.1	(4.10)	12.8	(3.47)	19	(4.8)	69.7	(6.56)	34.2	(5.11)	49	(6.6)	67.2	(5.41)
20 and over.....	892	41	(3.3)	94.5	(3.71)	15.9	(1.91)	17	(2.2)	84.6	(7.90)	39.1	(3.05)	46	(3.2)	101.3	(7.91)
2 and over...	1432	40	(2.9)	86.6	(2.84)	15.0	(1.77)	17	(2.1)	80.4	(5.79)	37.7	(2.72)	47	(3.1)	90.8	(5.89)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	72.2	(4.83)	12.7	(1.32)	18	(1.8)	72.6	(5.78)	30.2	(3.62)	42	(3.3)	71.9	(6.25)
20 and over.....	1577	49	(1.5)	112.6	(5.09)	27.2	(1.97)	24	(1.4)	115.6	(6.79)	55.4	(4.51)	48	(2.9)	109.7	(6.30)
2 and over...	2161	47	(1.5)	102.6	(4.36)	23.6	(1.57)	23	(1.2)	106.1	(5.68)	49.9	(3.90)	47	(2.5)	99.5	(5.70)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	77.5	(4.14)	15.8	(1.90)	20	(2.2)	76.3	(5.14)	32.7	(3.73)	43	(4.0)	78.5	(5.64)
20 and over.....	1774	55	(1.5)	142.8	(8.81)	29.4	(1.58)	21	(2.1)	132.9	(5.59)	53.2	(2.53)	40	(2.7)	155.1	(16.18)
2 and over...	2209	54	(1.4)	130.7	(6.68)	26.8	(1.57)	21	(2.0)	123.5	(4.43)	49.8	(2.62)	40	(2.7)	139.1	(12.42)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	927	(30.5)	111	(27.6)	12	(3.0)	921	(46.5)	296	(42.1)	32	(4.3)	930	(48.0)
20 and over.....	892	41	(3.3)	816	(29.7)	144	(20.1)	18	(2.2)	872	(51.0)	353	(28.8)	40	(2.5)	778	(29.1)
2 and over...	1432	40	(2.9)	849	(18.6)	134	(13.0)	16	(1.4)	886	(31.1)	337	(14.0)	38	(1.4)	825	(19.2)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	937	(34.8)	127	(13.2)	14	(1.5)	896	(43.8)	301	(26.0)	34	(2.3)	967	(48.2)
20 and over.....	1577	49	(1.5)	895	(18.4)	162	(8.6)	18	(0.8)	896	(29.7)	330	(16.9)	37	(1.8)	894	(23.8)
2 and over...	2161	47	(1.5)	905	(17.5)	153	(7.9)	17	(0.8)	896	(26.3)	324	(14.6)	36	(1.3)	914	(22.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	915	(18.1)	145	(13.9)	16	(1.6)	886	(42.1)	301	(22.8)	34	(2.0)	942	(44.6)
20 and over.....	1774	55	(1.5)	933	(20.7)	176	(8.2)	19	(1.0)	919	(22.2)	319	(11.3)	35	(1.1)	950	(36.6)
2 and over...	2209	54	(1.4)	929	(17.6)	170	(8.0)	18	(1.0)	914	(18.9)	316	(9.9)	35	(1.0)	948	(29.4)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>P h o s p h o r u s</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	1186	(40.6)	192	(51.1)	16	(4.2)	1215	(61.5)	512	(74.7)	42	(4.9)	1168	(62.8)
20 and over.....	892	41	(3.3)	1190	(25.6)	247	(30.3)	21	(2.4)	1286	(60.0)	606	(43.8)	47	(2.6)	1124	(31.2)
2 and over...	1432	40	(2.9)	1189	(19.5)	231	(20.9)	19	(1.7)	1266	(38.2)	579	(21.0)	46	(1.5)	1138	(28.9)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	1190	(30.4)	201	(16.6)	17	(1.4)	1197	(47.0)	478	(28.8)	40	(2.2)	1185	(35.6)
20 and over.....	1577	49	(1.5)	1272	(27.0)	296	(14.1)	23	(0.8)	1324	(37.9)	604	(23.0)	46	(1.3)	1222	(27.8)
2 and over...	2161	47	(1.5)	1252	(22.3)	273	(13.1)	22	(0.8)	1296	(30.0)	576	(20.1)	44	(1.0)	1212	(24.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1198	(25.4)	230	(15.8)	19	(1.5)	1213	(44.0)	479	(25.3)	39	(1.6)	1184	(47.8)
20 and over.....	1774	55	(1.5)	1370	(25.8)	307	(13.0)	22	(1.2)	1369	(22.7)	556	(18.1)	41	(1.2)	1371	(51.8)
2 and over...	2209	54	(1.4)	1338	(22.3)	293	(12.1)	22	(1.1)	1343	(20.0)	543	(16.7)	40	(1.1)	1332	(43.0)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	236	(6.2)	29	(7.3)	12	(3.2)	227	(12.5)	77	(9.7)	34	(3.9)	241	(13.1)
20 and over.....	892	41	(3.3)	260	(5.1)	38	(4.6)	15	(1.8)	252	(10.9)	93	(5.6)	37	(1.5)	265	(8.7)
2 and over...	1432	40	(2.9)	252	(3.7)	35	(3.8)	14	(1.5)	245	(7.7)	88	(4.3)	36	(1.4)	257	(6.6)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	237	(5.3)	32	(2.6)	13	(1.1)	230	(8.5)	75	(4.4)	33	(2.1)	241	(6.2)
20 and over.....	1577	49	(1.5)	284	(5.2)	49	(2.2)	17	(0.6)	285	(7.3)	101	(3.2)	35	(0.9)	284	(5.7)
2 and over...	2161	47	(1.5)	272	(4.3)	45	(2.0)	17	(0.6)	273	(5.9)	95	(2.9)	35	(0.9)	272	(5.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	242	(4.8)	37	(2.7)	15	(1.2)	242	(7.6)	78	(3.2)	32	(1.3)	243	(8.7)
20 and over.....	1774	55	(1.5)	324	(9.5)	55	(2.2)	17	(1.0)	312	(6.3)	100	(3.1)	32	(1.1)	339	(17.4)
2 and over...	2209	54	(1.4)	309	(8.3)	52	(2.0)	17	(0.9)	300	(5.6)	96	(2.7)	32	(1.0)	319	(14.5)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>I r o n</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	11.6	(0.49)	1.6	(0.38)	13	(3.5)	11.3	(0.55)	4.1	(0.52)	37	(5.1)	11.8	(0.75)
20 and over.....	892	41	(3.3)	11.5	(0.27)	2.1	(0.26)	18	(2.3)	11.8	(0.51)	5.2	(0.36)	44	(2.5)	11.3	(0.46)
2 and over...	1432	40	(2.9)	11.5	(0.27)	2.0	(0.19)	17	(1.7)	11.6	(0.32)	4.9	(0.20)	42	(1.5)	11.5	(0.44)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	12.1	(0.46)	1.6	(0.13)	14	(1.3)	11.6	(0.54)	3.9	(0.22)	34	(2.3)	12.5	(0.61)
20 and over.....	1577	49	(1.5)	12.5	(0.22)	2.7	(0.13)	21	(0.8)	12.3	(0.30)	5.4	(0.18)	44	(1.2)	12.7	(0.31)
2 and over...	2161	47	(1.5)	12.4	(0.20)	2.4	(0.12)	19	(0.8)	12.2	(0.24)	5.1	(0.15)	42	(1.1)	12.6	(0.25)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	12.3	(0.32)	2.0	(0.17)	17	(1.5)	12.8	(0.49)	4.2	(0.28)	33	(1.6)	11.8	(0.63)
20 and over.....	1774	55	(1.5)	13.5	(0.36)	2.8	(0.11)	21	(1.1)	13.4	(0.30)	5.1	(0.18)	38	(1.3)	13.7	(0.65)
2 and over...	2209	54	(1.4)	13.3	(0.32)	2.7	(0.11)	20	(1.1)	13.3	(0.25)	4.9	(0.15)	37	(1.2)	13.3	(0.59)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>Z i n c</b>																	
<span style="margin-right: 20px;">—————All Individuals <sup>3</sup>—————</span> <span style="margin-right: 20px;">—————All Restaurant Consumers <sup>4</sup>—————</span> <span>Non-consumers <sup>5</sup></span>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	7.9	(0.27)	1.3	(0.35)	17	(4.5)	8.2	(0.48)	3.6	(0.52)	44	(5.3)	7.7	(0.41)
20 and over.....	892	41	(3.3)	9.1	(0.17)	1.9	(0.23)	20	(2.4)	9.4	(0.38)	4.5	(0.36)	48	(2.7)	8.9	(0.27)
2 and over...	1432	40	(2.9)	8.7	(0.15)	1.7	(0.16)	19	(1.7)	9.1	(0.26)	4.3	(0.20)	47	(1.6)	8.5	(0.20)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	8.5	(0.25)	1.4	(0.13)	16	(1.3)	8.6	(0.38)	3.3	(0.26)	39	(2.5)	8.5	(0.26)
20 and over.....	1577	49	(1.5)	9.7	(0.24)	2.3	(0.14)	23	(1.0)	9.8	(0.27)	4.6	(0.20)	47	(1.3)	9.6	(0.30)
2 and over...	2161	47	(1.5)	9.4	(0.21)	2.0	(0.13)	22	(1.0)	9.5	(0.22)	4.3	(0.18)	45	(1.2)	9.3	(0.26)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	8.4	(0.17)	1.5	(0.14)	18	(1.6)	8.3	(0.32)	3.2	(0.23)	38	(1.9)	8.4	(0.30)
20 and over.....	1774	55	(1.5)	10.5	(0.20)	2.5	(0.12)	24	(1.3)	10.6	(0.25)	4.5	(0.20)	43	(1.5)	10.4	(0.39)
2 and over...	2209	54	(1.4)	10.1	(0.16)	2.3	(0.11)	23	(1.1)	10.2	(0.21)	4.3	(0.17)	42	(1.3)	10.0	(0.30)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C o p p e r</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	0.9	(0.03)	0.1	(0.02)	11	(2.8)	0.8	(0.06)	0.3	(0.03)	32	(2.9)	0.9	(0.06)
20 and over.....	892	41	(3.3)	1.1	(0.08)	0.2	(0.03)	15	(2.7)	1.0	(0.05)	0.4	(0.05)	38	(3.8)	1.1	(0.13)
2 and over...	1432	40	(2.9)	1.0	(0.06)	0.1	(0.02)	14	(1.7)	1.0	(0.03)	0.4	(0.03)	37	(2.9)	1.1	(0.09)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	0.9	(0.03)	0.1	(0.01)	13	(1.4)	0.9	(0.03)	0.3	(0.02)	32	(2.2)	0.9	(0.04)
20 and over.....	1577	49	(1.5)	1.1	(0.02)	0.2	(0.01)	17	(0.8)	1.1	(0.03)	0.4	(0.02)	35	(1.3)	1.1	(0.02)
2 and over...	2161	47	(1.5)	1.0	(0.01)	0.2	(0.01)	16	(0.7)	1.0	(0.02)	0.4	(0.01)	34	(1.2)	1.0	(0.02)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	1.0	(0.03)	0.2	(0.01)	16	(1.4)	1.0	(0.04)	0.3	(0.02)	32	(1.8)	0.9	(0.04)
20 and over.....	1774	55	(1.5)	1.3	(0.04)	0.2	(0.01)	17	(1.0)	1.2	(0.04)	0.4	(0.01)	31	(1.2)	1.3	(0.06)
2 and over...	2209	54	(1.4)	1.2	(0.04)	0.2	(0.01)	17	(0.9)	1.2	(0.03)	0.4	(0.01)	31	(1.1)	1.3	(0.05)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>S e l e n i u m</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	90.6	(3.28)	16.9	(4.83)	19	(5.3)	90.1	(4.83)	45.1	(7.46)	50	(6.6)	91.0	(4.54)
20 and over.....	892	41	(3.3)	103.0	(3.67)	22.6	(3.04)	22	(2.5)	112.9	(8.69)	55.5	(5.15)	49	(3.0)	96.2	(3.86)
2 and over...	1432	40	(2.9)	99.3	(2.94)	20.9	(1.89)	21	(1.8)	106.5	(6.00)	52.5	(2.46)	49	(2.3)	94.6	(2.85)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	89.4	(2.42)	16.3	(1.42)	18	(1.5)	91.3	(3.71)	38.7	(2.73)	42	(2.5)	88.0	(2.60)
20 and over.....	1577	49	(1.5)	107.7	(2.44)	27.7	(1.55)	26	(1.1)	114.4	(4.44)	56.6	(2.65)	49	(1.8)	101.2	(2.21)
2 and over...	2161	47	(1.5)	103.1	(1.91)	24.9	(1.41)	24	(1.1)	109.3	(3.53)	52.7	(2.41)	48	(1.3)	97.6	(1.67)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	93.7	(3.57)	19.6	(1.76)	21	(1.8)	96.7	(4.95)	40.8	(3.31)	42	(2.0)	90.9	(5.93)
20 and over.....	1774	55	(1.5)	115.1	(2.41)	28.9	(1.21)	25	(1.3)	115.8	(2.19)	52.3	(1.87)	45	(1.4)	114.3	(4.92)
2 and over...	2209	54	(1.4)	111.1	(2.04)	27.2	(1.19)	24	(1.2)	112.6	(1.89)	50.4	(1.84)	45	(1.4)	109.4	(3.90)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) 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>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	2034	(48.8)	297	(74.3)	15	(3.8)	2049	(73.3)	789	(99.5)	39	(4.8)	2026	(104.6)
20 and over.....	892	41	(3.3)	2188	(49.9)	383	(43.4)	18	(1.9)	2205	(141.7)	939	(51.3)	43	(1.6)	2177	(65.2)
2 and over...	1432	40	(2.9)	2142	(33.3)	357	(38.1)	17	(1.7)	2161	(102.0)	897	(41.2)	41	(1.7)	2130	(54.3)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	2075	(56.9)	315	(26.3)	15	(1.2)	2021	(84.1)	751	(45.3)	37	(2.0)	2114	(70.3)
20 and over.....	1577	49	(1.5)	2417	(45.6)	494	(24.2)	20	(0.7)	2428	(56.2)	1007	(39.3)	41	(1.3)	2406	(53.8)
2 and over...	2161	47	(1.5)	2333	(41.8)	450	(21.7)	19	(0.7)	2339	(48.1)	951	(34.8)	41	(1.1)	2327	(51.9)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	2058	(38.7)	379	(24.7)	18	(1.4)	2139	(62.0)	787	(30.3)	37	(1.5)	1983	(65.4)
20 and over.....	1774	55	(1.5)	2692	(64.2)	551	(24.5)	20	(1.2)	2631	(45.3)	997	(30.0)	38	(1.4)	2767	(117.5)
2 and over...	2209	54	(1.4)	2574	(56.8)	519	(22.7)	20	(1.1)	2550	(36.2)	962	(28.4)	38	(1.3)	2603	(101.4)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>S o d i u m</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	2758	(101.7)	532	(145.1)	19	(5.2)	2934	(143.3)	1415	(225.3)	48	(6.2)	2652	(135.9)
20 and over.....	892	41	(3.3)	2990	(56.6)	674	(74.9)	23	(2.3)	3247	(164.1)	1652	(113.4)	51	(2.6)	2814	(90.1)
2 and over...	1432	40	(2.9)	2921	(47.5)	632	(52.9)	22	(1.7)	3159	(99.9)	1585	(58.6)	50	(2.2)	2763	(67.8)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	2824	(88.5)	562	(46.5)	20	(1.5)	3035	(129.4)	1339	(98.0)	44	(2.5)	2671	(90.0)
20 and over.....	1577	49	(1.5)	3195	(71.2)	884	(49.5)	28	(1.1)	3483	(111.8)	1803	(70.6)	52	(1.2)	2918	(57.2)
2 and over...	2161	47	(1.5)	3103	(56.9)	805	(45.9)	26	(1.1)	3385	(94.3)	1701	(69.8)	50	(1.0)	2851	(48.9)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	2852	(97.9)	646	(45.0)	23	(1.7)	3034	(99.2)	1342	(88.8)	44	(2.0)	2683	(163.8)
20 and over.....	1774	55	(1.5)	3354	(63.3)	920	(36.0)	27	(1.3)	3477	(67.2)	1664	(55.8)	48	(1.3)	3202	(127.8)
2 and over...	2209	54	(1.4)	3261	(58.2)	869	(34.0)	27	(1.2)	3404	(63.3)	1611	(54.6)	47	(1.4)	3094	(107.6)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>C a f f e i n e</b>																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	19.3	(3.47)	3.8*	(1.23)	20	(5.0)	24.8	(4.83)	10.2	(2.79)	41	(10.5)	16.0	(2.56)
20 and over.....	892	41	(3.3)	115.1	(5.72)	12.7	(2.74)	11	(2.3)	122.1	(9.04)	31.1	(4.95)	25	(3.8)	110.2	(9.52)
2 and over...	1432	40	(2.9)	86.5	(4.85)	10.0	(1.85)	12	(2.0)	94.7	(8.17)	25.2	(3.80)	27	(3.3)	81.1	(6.64)
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	22.7	(2.94)	7.1	(1.76)	31	(5.5)	32.5	(4.98)	16.8	(3.65)	52	(5.8)	15.5	(2.88)
20 and over.....	1577	49	(1.5)	153.4	(7.15)	24.2	(2.80)	16	(1.7)	166.9	(9.65)	49.3	(5.03)	30	(2.5)	140.4	(8.73)
2 and over...	2161	47	(1.5)	121.1	(4.98)	19.9	(2.02)	16	(1.7)	137.4	(7.68)	42.2	(3.89)	31	(2.3)	106.5	(6.61)
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	16.4	(2.30)	3.9	(0.83)	24	(3.8)	22.0	(3.82)	8.1	(1.63)	37	(5.8)	11.2	(1.71)
20 and over.....	1774	55	(1.5)	167.6	(6.07)	29.6	(4.04)	18	(2.6)	175.5	(5.48)	53.6	(6.54)	31	(3.6)	157.9	(10.16)
2 and over...	2209	54	(1.4)	139.5	(6.52)	24.8	(3.35)	18	(2.5)	150.0	(5.62)	46.0	(5.70)	31	(3.5)	127.2	(9.78)
<b>All Individuals <sup>8</sup>:</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 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, August 2021-August 2023 (continued)

<b>A l c o h o l</b>																	
-----All Individuals <sup>3</sup> -----      -----All Restaurant Consumers <sup>4</sup> -----      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	540	38	(5.1)	--		--		--		--		--		--		--	
20 and over.....	892	41	(3.3)	6.5	(1.29)	0.6*	(0.22)	9*	(3.0)	4.3	(0.83)	1.5*	(0.50)	34	(8.0)	8.1	(1.97)
2 and over...	1432	40	(2.9)	--		--		--		--		--		--		--	
<b>131-350% poverty:</b>																	
2 - 19.....	584	42	(3.2)	--		--		--		--		--		--		--	
20 and over.....	1577	49	(1.5)	8.1	(0.94)	1.3	(0.38)	16	(4.3)	11.5	(1.83)	2.7	(0.76)	23	(5.7)	4.9	(0.87)
2 and over...	2161	47	(1.5)	--		--		--		--		--		--		--	
<b>Over 350% poverty:</b>																	
2 - 19.....	435	48	(2.7)	--		--		--		--		--		--		--	
20 and over.....	1774	55	(1.5)	9.0	(0.67)	2.3	(0.26)	26	(2.4)	10.1	(0.81)	4.2	(0.49)	42	(3.3)	7.6	(0.94)
2 and over...	2209	54	(1.4)	--		--		--		--		--		--		--	
<b>All Individuals <sup>8</sup>:</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> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.
- <sup>3</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- <sup>4</sup> **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- <sup>5</sup> **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- <sup>6</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.
- <sup>7</sup> Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.
- <sup>8</sup> Includes persons of all income levels or with unknown family income.

### Abbreviations

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

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

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

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