



**USUAL DIETARY INTAKES:
U.S. POPULATION, 2001–2004**

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Introduction

Usual dietary intake is the long-term average daily intake of a nutrient or food. The concept of long-term average daily intake, or "usual intake," is important because dietary recommendations are intended to be met over time, and diet-health hypotheses are based on dietary intakes over the long term. Consequently, policymakers often are interested in usual intake, such as when they want to know what proportion of the population is at or below a certain level. Researchers use data on usual intake to examine relationships between diet and health. Until recently, however, sophisticated efforts to capture this concept have been limited at best.

Researchers at the National Cancer Institute (NCI) and elsewhere have developed a method to model particular aspects of usual dietary intakes of foods and nutrients using 24-hour recalls. The NCI Method can be used to:

- estimate the distribution of usual intake for a population or subpopulation;
- assess the effects of nondietary covariates on usual consumption; and
- correct (at least partially) bias caused by measurement error in estimated associations between usual dietary intakes and health outcomes using the statistical technique of regression calibration. (Note: This modeling technique does not accurately estimate usual intake for individuals.)

The NCI Method provides the capability, for the first time, to estimate the distribution of usual food intakes in the U.S. population. This greatly enhances our ability to monitor diets relative to recommendations and to assess the scope of dietary deficiencies and excesses.

We have applied the NCI Method to data from 2001–2002 and 2003–2004 National Health and Nutrition Examination Survey (NHANES), a nationally representative sample, to estimate means and percentiles of the distributions of food intake for a range of sex/age groups in the U.S. population.

The 2001–2004 data were collected via two 24-hour recalls from 17,889 people 1 year of age and older. Intakes reported on the recalls were translated into quantities from each food group of interest using the MyPyramid Equivalents Database 1.0, which was developed for the 2001–2002 survey. A nutritionist imputed values for 48 new foods reported in 2003–2004. This analysis does not account for the differences in data collection and processing procedures during the 2001–2004 time period.

The NCI Method uses either a one- or two-part model, depending on whether the food in question is consumed daily by almost everyone. When a two-part model is used, the person-specific effects may be correlated. In this analysis, if less than 5% of the population had zero intakes of a food, an amount-only model was used. If more than 10% of the population had zero intakes of a food, a two-part model was used, and this model was correlated when applicable. If between 5% and 10% of the population had zero intakes of a food, both models were fit to the data, and the best-fitting model was selected; in most of these borderline cases, the two-part model fit best.

Dietary recalls tend to be different depending on whether they are the first or second report from an individual and whether the reported day was a weekday or weekend. In this analysis, means and percentiles of the intake distributions were modeled for each food, correcting for sequence and weekend/weekday effects and based on sex/age group. Analyses were conducted for the entire population and for numerous sex/age groups.

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Selected Findings

Food Intakes

The U.S. Department of Agriculture (USDA) food pattern recommendations for each food group vary depending on a person's energy requirement, which in turn is influenced by sex, age, and activity level. The lower end of the range is generally for very young, inactive children, whereas the upper end is for very active teenage and young adult males.

- MyPyramid recommendations for fruit intake range from 1 to 2.5 cups per day. Seventy-five percent of the population consumed less than 1.5 cups per day. (Table A.6. Table A.6. Table A.6. **Table A.6.**)
- MyPyramid intake recommendations for dark green and orange vegetables and legumes, collectively, range from .3 to 1.3 cups per day. The usual intake at the 75th percentile was .35 cups per day, for the entire population and among most sex-age groups. (**Table A.17.**)
- MyPyramid intake recommendations for whole grains range from 1.5 to 5 ounces per day. At the 95th percentile, the usual intake for the whole population and among most sex-age groups was less than 2 ounces per day. (**Table A.35.**)
- MyPyramid does not provide specific intake recommendations for solid fat and added sugars per se, but rather a discretionary calorie allowance that can be used for solid fat, added sugars, alcoholic beverages, or additional amounts of food groups above the recommended amounts. Considering all that it is to cover, this allowance is small, ranging from 132 kilocalories per day (for very young, inactive children) to 648 kilocalories per day (for very active teenage and young adult men).
- Seventy-five percent of the U.S. population had a usual intake of more than 33 grams of solid fat (297 kilocalories) per day (**Table A.73.**), and an equivalent percentage had a usual intake of more than 12 teaspoons of added sugars (192 kilocalories) per day (**Table A.75.**).

Selected Intakes as Ratios of Energy Intake

- The 2005 Dietary Guidelines for Americans recommend that saturated fat intakes be less than 10% of calories. Over half the population consumed fat in excess of that, as the usual intake at the 50th percentile was 11% of energy for the entire population among most sex-age groups (**Table B.7.**).
- The *Dietary Guidelines for Americans* recommend that total fat intake be kept between 20% and 35% of calories. Most Americans' dietary fat intake fell within this range. The usual intake at the 5th percentile was 25% of energy for the total population, and the value 35% of energy fell between the 50th and 75th percentiles. (**Table B.5.**) There is no explicit recommendation for the percentage of calories coming from solid fats, alcohol, and added sugars (SoFAAS). These sources of energy count against the discretionary calorie allowance, as do intakes in excess of the recommended amounts of any food group. Discretionary calorie allowances in MyPyramid range from 8% to 20% of energy. Even at the 5th percentile, all sex/age subgroups had SoFAAS intakes at or above 20% of energy. Median intakes were about 32% of energy, and across nearly all subgroups, at the tail end of the distribution, intakes of SoFAAS exceeded half the energy intake! (**Table B.13.**)

Selected Intakes of Energy From Empty Calories

- There is no explicit recommendation for the percentage of calories coming from solid fats, alcohol, and added sugars (SoFAAS). These sources of energy count against the discretionary calorie allowance, as do intakes in excess of the recommended amounts of any of the food groups. Discretionary calorie allowances in MyPyramid

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range from 171 to 512 calories per day, depending on the individual's sex, age, and activity level, and are highest for very active individuals. (Note, however, that activity levels of most people in the U.S. population fall short of even minimum recommendations.)

- Seventy-five percent or more of the individuals in each subgroup consume more energy from SoFAAS than the maximum discretionary calorie allowance for their sex/age subgroup. Recall that intakes of other food groups in excess of recommendations also count against the discretionary calorie allowance. Therefore, excessive intakes of discretionary calories are of concern for most individuals in all sex-age groups.

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Appendices

Appendix A: Food Group Intakes, U.S. Population, 2001–2004

Results from the NCI Method using 2001–2004 NHANES data are presented in the tables below. There are 78 tables that represent each of the main food groups and subgroups of MyPyramid, as well as several other food groups and dietary constituents of interest. These tables show the mean, standard error of the mean, percentiles, and standard error of the percentiles of the distribution of intake for each food group, by sex/age group.

Tables A.1 & A.2: Usual Daily Intake of Citrus, Melon, Berries

Table A.1. Citrus, melon, and berries: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.4 (0.03) | 0.04 | 0.07 | 0.16 | 0.33 | 0.60 | 0.94 | 1.20 |
| | 4-8 | 1,701 | 0.4 (0.02) | 0.03 | 0.06 | 0.14 | 0.31 | 0.57 | 0.90 | 1.16 |
| Males | 9-13 | 1,061 | 0.5 (0.04) | 0.02 | 0.04 | 0.11 | 0.28 | 0.61 | 1.11 | 1.50 |
| | 14-18 | 1,424 | 0.6 (0.06) | 0.02 | 0.05 | 0.13 | 0.35 | 0.77 | 1.39 | 1.90 |
| | 19-30 | 1,100 | 0.5 (0.05) | 0.02 | 0.04 | 0.10 | 0.28 | 0.64 | 1.18 | 1.65 |
| | 31-50 | 1,466 | 0.5 (0.04) | 0.02 | 0.04 | 0.11 | 0.29 | 0.65 | 1.19 | 1.64 |
| | 51-70 | 1,252 | 0.5 (0.03) | 0.02 | 0.04 | 0.12 | 0.32 | 0.70 | 1.27 | 1.73 |
| | 71+ | 832 | 0.6 (0.04) | 0.03 | 0.06 | 0.16 | 0.40 | 0.83 | 1.43 | 1.92 |
| | 19+ | 4,650 | 0.5 (0.03) | 0.02 | 0.04 | 0.11 | 0.30 | 0.68 | 1.23 | 1.68 |
| Females | 9-13 | 1,112 | 0.4 (0.03) | 0.01 | 0.03 | 0.09 | 0.26 | 0.58 | 1.05 | 1.41 |
| | 14-18 | 1,362 | 0.4 (0.03) | 0.01 | 0.02 | 0.06 | 0.20 | 0.49 | 0.93 | 1.29 |
| | 19-30 | 1,325 | 0.4 (0.04) | 0.01 | 0.02 | 0.07 | 0.22 | 0.53 | 1.01 | 1.38 |
| | 31-50 | 1,595 | 0.4 (0.03) | 0.01 | 0.02 | 0.08 | 0.24 | 0.56 | 1.04 | 1.41 |
| | 51-70 | 1,284 | 0.5 (0.04) | 0.02 | 0.03 | 0.11 | 0.30 | 0.68 | 1.23 | 1.66 |
| | 71+ | 860 | 0.6 (0.03) | 0.03 | 0.05 | 0.16 | 0.40 | 0.83 | 1.41 | 1.85 |
| | 19+ | 5,064 | 0.5 (0.02) | 0.01 | 0.03 | 0.09 | 0.27 | 0.62 | 1.12 | 1.53 |
| All Persons | 1+ | 17,889 | 0.5 (0.02) | 0.02 | 0.03 | 0.10 | 0.28 | 0.63 | 1.13 | 1.55 |

1: Number of persons in sample.

2: Standard error of the mean (df = 30).

3: Standard errors of the percentiles are presented in Table A.2.

4: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

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Table A.2. Citrus, melon, and berries: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|--------------------|--------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.04) | 0.6 (0.05) | 0.9 (0.08) | 1.2 (0.11) |
| | 4-8 | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.03) | 0.9 (0.06) | 1.2 (0.09) |
| Males | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.6 (0.05) | 1.1 (0.09) | 1.5 (0.13) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.3 (0.05) | 0.8 (0.09) | 1.4 (0.14) | 1.9 (0.20) |
| | 19-30 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.6 (0.07) | 1.2 (0.12) | 1.6 (0.19) |
| | 31-50 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.7 (0.06) | 1.2 (0.10) | 1.6 (0.14) |
| | 51-70 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.7 (0.04) | 1.3 (0.07) | 1.7 (0.11) |
| | 71+ | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.04) | 0.8 (0.05) | 1.4 (0.10) | 1.9 (0.16) |
| | 19+ | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.7 (0.04) | 1.2 (0.07) | 1.7 (0.12) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.05) | 1.1 (0.07) | 1.4 (0.09) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.5 (0.04) | 0.9 (0.07) | 1.3 (0.09) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.5 (0.05) | 1.0 (0.09) | 1.4 (0.12) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.6 (0.05) | 1.0 (0.07) | 1.4 (0.09) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.7 (0.05) | 1.2 (0.09) | 1.7 (0.13) |
| | 71+ | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.8 (0.05) | 1.4 (0.07) | 1.8 (0.10) |
| | 19+ | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.6 (0.03) | 1.1 (0.06) | 1.5 (0.08) |
| All Persons | 1+ | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.6 (0.02) | 1.1 (0.04) | 1.5 (0.06) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

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Tables A.3 & A.4: Usual Daily Intake of Fruit (Other Than Citrus, Melon, Berries)

Table A.3. Fruit, other than citrus, melon, and berries: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 1.1 (0.04) | 0.21 | 0.32 | 0.58 | 0.97 | 1.48 | 2.04 | 2.43 |
| | 4-8 | 1,701 | 0.7 (0.04) | 0.09 | 0.14 | 0.31 | 0.60 | 1.00 | 1.46 | 1.79 |
| Males | 9-13 | 1,061 | 0.6 (0.04) | 0.03 | 0.06 | 0.16 | 0.39 | 0.77 | 1.28 | 1.66 |
| | 14-18 | 1,424 | 0.5 (0.03) | 0.01 | 0.03 | 0.10 | 0.28 | 0.64 | 1.13 | 1.51 |
| | 19-30 | 1,100 | 0.4 (0.05) | 0.01 | 0.02 | 0.08 | 0.25 | 0.58 | 1.06 | 1.45 |
| | 31-50 | 1,466 | 0.6 (0.04) | 0.02 | 0.05 | 0.14 | 0.38 | 0.80 | 1.37 | 1.79 |
| | 51-70 | 1,252 | 0.7 (0.03) | 0.04 | 0.07 | 0.20 | 0.48 | 0.96 | 1.56 | 2.01 |
| | 71+ | 832 | 0.8 (0.03) | 0.08 | 0.15 | 0.33 | 0.67 | 1.17 | 1.79 | 2.22 |
| | 19+ | 4,650 | 0.6 (0.03) | 0.02 | 0.05 | 0.14 | 0.39 | 0.83 | 1.40 | 1.84 |
| Females | 9-13 | 1,112 | 0.5 (0.03) | 0.04 | 0.07 | 0.17 | 0.40 | 0.74 | 1.16 | 1.45 |
| | 14-18 | 1,362 | 0.5 (0.03) | 0.02 | 0.04 | 0.12 | 0.32 | 0.65 | 1.08 | 1.38 |
| | 19-30 | 1,325 | 0.4 (0.03) | 0.02 | 0.04 | 0.11 | 0.28 | 0.59 | 1.01 | 1.30 |
| | 31-50 | 1,595 | 0.5 (0.03) | 0.03 | 0.05 | 0.15 | 0.37 | 0.73 | 1.18 | 1.49 |
| | 51-70 | 1,284 | 0.7 (0.03) | 0.05 | 0.09 | 0.22 | 0.50 | 0.92 | 1.42 | 1.76 |
| | 71+ | 860 | 0.8 (0.04) | 0.08 | 0.15 | 0.33 | 0.64 | 1.07 | 1.57 | 1.92 |
| | 19+ | 5,064 | 0.6 (0.02) | 0.03 | 0.06 | 0.17 | 0.41 | 0.80 | 1.26 | 1.60 |
| All Persons | 1+ | 17,889 | 0.6 (0.02) | 0.03 | 0.06 | 0.17 | 0.42 | 0.85 | 1.36 | 1.74 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.4.

4: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

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Table A.4. Fruit, other than citrus, melon, and berries: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.2 (0.03) | 0.3 (0.04) | 0.6 (0.04) | 1.0 (0.04) | 1.5 (0.06) | 2.0 (0.10) | 2.4 (0.14) |
| | 4-8 | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.04) | 0.6 (0.04) | 1.0 (0.06) | 1.5 (0.08) | 1.8 (0.11) |
| Males | 9-13 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.4 (0.04) | 0.8 (0.06) | 1.3 (0.09) | 1.7 (0.12) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.05) | 1.1 (0.07) | 1.5 (0.09) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.04) | 0.6 (0.07) | 1.1 (0.10) | 1.4 (0.13) |
| | 31-50 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.4 (0.04) | 0.8 (0.06) | 1.4 (0.09) | 1.8 (0.12) |
| | 51-70 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.5 (0.03) | 1.0 (0.04) | 1.6 (0.07) | 2.0 (0.10) |
| | 71+ | 0.1 (0.02) | 0.1 (0.02) | 0.3 (0.03) | 0.7 (0.03) | 1.2 (0.05) | 1.8 (0.09) | 2.2 (0.12) |
| | 19+ | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.4 (0.03) | 0.8 (0.04) | 1.4 (0.06) | 1.8 (0.09) |
| Females | 9-13 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.7 (0.04) | 1.2 (0.06) | 1.5 (0.09) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.7 (0.05) | 1.1 (0.07) | 1.4 (0.09) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.05) | 1.0 (0.07) | 1.3 (0.09) |
| | 31-50 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.7 (0.05) | 1.2 (0.07) | 1.5 (0.09) |
| | 51-70 | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.5 (0.04) | 0.9 (0.05) | 1.4 (0.06) | 1.8 (0.08) |
| | 71+ | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.05) | 0.6 (0.05) | 1.1 (0.05) | 1.6 (0.07) | 1.9 (0.10) |
| | 19+ | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.8 (0.04) | 1.3 (0.05) | 1.6 (0.07) |
| All | 1+ | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.02) | 0.8 (0.03) | 1.4 (0.04) | 1.7 (0.06) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.5 & A.6: Usual Daily Intake of Total Fruit

Table A.5. Total fruit: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 1.5 (0.05) | 0.38 | 0.55 | 0.90 | 1.40 | 2.02 | 2.71 | 3.18 |
| | 4-8 | 1,701 | 1.1 (0.05) | 0.18 | 0.30 | 0.58 | 0.99 | 1.53 | 2.12 | 2.53 |
| Males | 9-13 | 1,061 | 1.0 (0.06) | 0.08 | 0.16 | 0.38 | 0.79 | 1.39 | 2.12 | 2.64 |
| | 14-18 | 1,424 | 1.0 (0.07) | 0.06 | 0.12 | 0.33 | 0.78 | 1.45 | 2.25 | 2.82 |
| | 19-30 | 1,100 | 0.9 (0.08) | 0.04 | 0.09 | 0.27 | 0.67 | 1.31 | 2.09 | 2.67 |
| | 31-50 | 1,466 | 1.1 (0.07) | 0.06 | 0.13 | 0.35 | 0.81 | 1.49 | 2.30 | 2.90 |
| | 51-70 | 1,252 | 1.2 (0.05) | 0.10 | 0.19 | 0.45 | 0.95 | 1.65 | 2.48 | 3.08 |
| | 71+ | 832 | 1.4 (0.05) | 0.20 | 0.34 | 0.67 | 1.22 | 1.96 | 2.83 | 3.45 |
| | 19+ | 4,650 | 1.1 (0.05) | 0.07 | 0.14 | 0.38 | 0.85 | 1.54 | 2.36 | 2.95 |
| Females | 9-13 | 1,112 | 1.0 (0.05) | 0.09 | 0.17 | 0.38 | 0.77 | 1.32 | 1.99 | 2.45 |
| | 14-18 | 1,362 | 0.8 (0.06) | 0.05 | 0.10 | 0.28 | 0.63 | 1.17 | 1.82 | 2.28 |
| | 19-30 | 1,325 | 0.8 (0.05) | 0.05 | 0.10 | 0.27 | 0.62 | 1.15 | 1.81 | 2.27 |
| | 31-50 | 1,595 | 0.9 (0.06) | 0.06 | 0.13 | 0.33 | 0.72 | 1.30 | 1.98 | 2.46 |
| | 51-70 | 1,284 | 1.1 (0.04) | 0.11 | 0.20 | 0.47 | 0.93 | 1.59 | 2.34 | 2.86 |
| | 71+ | 860 | 1.3 (0.06) | 0.19 | 0.32 | 0.64 | 1.16 | 1.84 | 2.63 | 3.18 |
| | 19+ | 5,064 | 1.0 (0.04) | 0.07 | 0.14 | 0.37 | 0.80 | 1.41 | 2.13 | 2.65 |
| All Persons | 1+ | 17,889 | 1.1 (0.03) | 0.08 | 0.15 | 0.39 | 0.84 | 1.49 | 2.24 | 2.77 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.6.

4: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.6. Total fruit: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|-----------------|--------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.4 (0.05) | 0.5 (0.05) | 0.9 (0.05) | 1.4 (0.05) | 2.0 (0.07) | 2.7 (0.10) | 3.2 (0.13) |
| | 4-8 | 0.2 (0.04) | 0.3 (0.04) | 0.6 (0.05) | 1.0 (0.06) | 1.5 (0.07) | 2.1 (0.09) | 2.5 (0.11) |
| Males | 9-13 | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.05) | 0.8 (0.06) | 1.4 (0.08) | 2.1 (0.12) | 2.6 (0.17) |
| | 14-18 | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.05) | 0.8 (0.07) | 1.5 (0.10) | 2.2 (0.14) | 2.8 (0.18) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.05) | 0.7 (0.08) | 1.3 (0.12) | 2.1 (0.16) | 2.7 (0.21) |
| | 31-50 | 0.1 (0.02) | 0.1 (0.03) | 0.4 (0.05) | 0.8 (0.07) | 1.5 (0.09) | 2.3 (0.14) | 2.9 (0.19) |
| | 51-70 | 0.1 (0.02) | 0.2 (0.03) | 0.5 (0.05) | 0.9 (0.06) | 1.6 (0.07) | 2.5 (0.11) | 3.1 (0.16) |
| | 71+ | 0.2 (0.04) | 0.3 (0.05) | 0.7 (0.05) | 1.2 (0.05) | 2.0 (0.07) | 2.8 (0.14) | 3.4 (0.21) |
| | 19+ | 0.1 (0.02) | 0.1 (0.03) | 0.4 (0.04) | 0.8 (0.06) | 1.5 (0.06) | 2.4 (0.10) | 3.0 (0.15) |
| Females | 9-13 | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.8 (0.04) | 1.3 (0.07) | 2.0 (0.11) | 2.4 (0.15) |
| | 14-18 | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.6 (0.06) | 1.2 (0.08) | 1.8 (0.11) | 2.3 (0.14) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.05) | 1.2 (0.07) | 1.8 (0.09) | 2.3 (0.11) |
| | 31-50 | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.7 (0.06) | 1.3 (0.08) | 2.0 (0.11) | 2.5 (0.14) |
| | 51-70 | 0.1 (0.02) | 0.2 (0.02) | 0.5 (0.03) | 0.9 (0.04) | 1.6 (0.06) | 2.3 (0.09) | 2.9 (0.14) |
| | 71+ | 0.2 (0.04) | 0.3 (0.04) | 0.6 (0.06) | 1.2 (0.06) | 1.8 (0.07) | 2.6 (0.10) | 3.2 (0.13) |
| | 19+ | 0.1 (0.01) | 0.1 (0.02) | 0.4 (0.03) | 0.8 (0.05) | 1.4 (0.05) | 2.1 (0.07) | 2.6 (0.10) |
| All | 1+ | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.8 (0.04) | 1.5 (0.04) | 2.2 (0.06) | 2.8 (0.07) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.7 & A.8: Usual Daily Intake of Dark Green Vegetables

Table A.7. Dark green vegetables: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.06 | 0.10 |
| | 4-8 | 1,701 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.11 |
| Males | 9-13 | 1,061 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.08 | 0.12 |
| | 14-18 | 1,424 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.12 |
| | 19-30 | 1,100 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.15 | 0.23 |
| | 31-50 | 1,466 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.05 | 0.12 | 0.24 | 0.35 |
| | 51-70 | 1,252 | 0.1 (0.01) | 0.01 | 0.01 | 0.03 | 0.07 | 0.16 | 0.31 | 0.44 |
| | 71+ | 832 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.05 | 0.12 | 0.23 | 0.33 |
| | 19+ | 4,650 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.05 | 0.12 | 0.24 | 0.35 |
| Females | 9-13 | 1,112 | 0.0 (0.01) | 0.00 | 0.00 | 0.01 | 0.02 | 0.04 | 0.07 | 0.11 |
| | 14-18 | 1,362 | 0.0 (0.01) | 0.00 | 0.01 | 0.01 | 0.03 | 0.06 | 0.11 | 0.15 |
| | 19-30 | 1,325 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.05 | 0.11 | 0.19 | 0.26 |
| | 31-50 | 1,595 | 0.1 (0.01) | 0.02 | 0.02 | 0.05 | 0.10 | 0.19 | 0.32 | 0.41 |
| | 51-70 | 1,284 | 0.1 (0.01) | 0.02 | 0.02 | 0.05 | 0.10 | 0.19 | 0.31 | 0.40 |
| | 71+ | 860 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.08 | 0.16 | 0.26 | 0.34 |
| | 19+ | 5,064 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.08 | 0.17 | 0.28 | 0.37 |
| All Persons | 1+ | 17,889 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.05 | 0.12 | 0.23 | 0.32 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.8.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.8. Dark green vegetables: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.2 (0.04) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.04) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.05) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.05) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.05) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.05) |
| | 71+ | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.3 (0.04) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.4 (0.04) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.9 & A.10: Usual Daily Intake of Orange Vegetables

Table A.9. Orange vegetables: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.13 | 0.18 |
| | 4-8 | 1,701 | 0.0 (0.01) | 0.00 | 0.00 | 0.01 | 0.02 | 0.05 | 0.10 | 0.14 |
| Males | 9-13 | 1,061 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.04 | 0.08 | 0.14 | 0.19 |
| | 14-18 | 1,424 | 0.0 (0.01) | 0.00 | 0.01 | 0.01 | 0.02 | 0.04 | 0.08 | 0.11 |
| | 19-30 | 1,100 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.04 | 0.07 | 0.13 | 0.17 |
| | 31-50 | 1,466 | 0.1 (0.01) | 0.01 | 0.02 | 0.03 | 0.06 | 0.11 | 0.18 | 0.24 |
| | 51-70 | 1,252 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.05 | 0.09 | 0.16 | 0.21 |
| | 71+ | 832 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.07 | 0.12 | 0.20 | 0.26 |
| | 19+ | 4,650 | 0.1 (0.01) | 0.01 | 0.01 | 0.03 | 0.05 | 0.10 | 0.16 | 0.22 |
| Females | 9-13 | 1,112 | 0.0 (0.01) | 0.01 | 0.01 | 0.02 | 0.03 | 0.06 | 0.09 | 0.12 |
| | 14-18 | 1,362 | 0.0 (0.01) | 0.01 | 0.01 | 0.02 | 0.03 | 0.06 | 0.09 | 0.11 |
| | 19-30 | 1,325 | 0.0 (0.00) | 0.01 | 0.01 | 0.02 | 0.04 | 0.07 | 0.10 | 0.13 |
| | 31-50 | 1,595 | 0.1 (0.01) | 0.02 | 0.02 | 0.04 | 0.07 | 0.11 | 0.15 | 0.19 |
| | 51-70 | 1,284 | 0.1 (0.01) | 0.02 | 0.03 | 0.04 | 0.07 | 0.11 | 0.15 | 0.18 |
| | 71+ | 860 | 0.1 (0.01) | 0.02 | 0.03 | 0.05 | 0.08 | 0.12 | 0.16 | 0.19 |
| | 19+ | 5,064 | 0.1 (0.00) | 0.01 | 0.02 | 0.03 | 0.06 | 0.10 | 0.14 | 0.18 |
| All Persons | 1+ | 17,889 | 0.1 (0.00) | 0.01 | 0.01 | 0.02 | 0.05 | 0.09 | 0.14 | 0.18 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.10.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.10. Orange vegetables: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.01) | 0.1 (0.04) | 0.2 (0.06) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.05) | 0.1 (0.07) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.04) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.03) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.03) |
| | 71+ | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.02) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) | 0.1 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.03) |
| | 51-70 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.03) |
| | 71+ | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.03) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.00) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.00) | 0.1 (0.01) | 0.2 (0.02) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.11 & A.12: Usual Daily Intake of Red and Orange Vegetables

Table A.11. Red and orange vegetables: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ⁴ | | | | | | | | |
|-------------|-------------|------------------------------|------------------------|------|------|------|------|------|------|------|
| | | N ¹ | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 2-3 | 937 | 0.2 (0.01) | 0.10 | 0.12 | 0.15 | 0.21 | 0.28 | 0.35 | 0.41 |
| | 4-8 | 1,701 | 0.3 (0.01) | 0.13 | 0.15 | 0.20 | 0.26 | 0.34 | 0.43 | 0.49 |
| Males | 9-13 | 1,061 | 0.4 (0.03) | 0.16 | 0.20 | 0.29 | 0.41 | 0.57 | 0.75 | 0.87 |
| | 14-18 | 1,424 | 0.5 (0.03) | 0.17 | 0.21 | 0.30 | 0.42 | 0.58 | 0.76 | 0.88 |
| | 19-30 | 1,100 | 0.5 (0.03) | 0.21 | 0.26 | 0.36 | 0.51 | 0.69 | 0.89 | 1.03 |
| | 31-50 | 1,466 | 0.5 (0.02) | 0.20 | 0.25 | 0.35 | 0.49 | 0.66 | 0.86 | 0.99 |
| | 51-70 | 1,252 | 0.5 (0.03) | 0.16 | 0.21 | 0.30 | 0.42 | 0.59 | 0.77 | 0.89 |
| | 71+ | 832 | 0.4 (0.02) | 0.14 | 0.18 | 0.26 | 0.38 | 0.53 | 0.69 | 0.81 |
| | 19+ | 4,650 | 0.5 (0.02) | 0.18 | 0.23 | 0.33 | 0.47 | 0.64 | 0.83 | 0.97 |
| Females | 9-13 | 1,112 | 0.3 (0.01) | 0.12 | 0.15 | 0.21 | 0.29 | 0.40 | 0.51 | 0.59 |
| | 14-18 | 1,362 | 0.3 (0.02) | 0.13 | 0.16 | 0.22 | 0.32 | 0.43 | 0.55 | 0.64 |
| | 19-30 | 1,324 | 0.4 (0.02) | 0.17 | 0.21 | 0.28 | 0.39 | 0.52 | 0.66 | 0.75 |
| | 31-50 | 1,595 | 0.4 (0.01) | 0.16 | 0.19 | 0.26 | 0.36 | 0.48 | 0.62 | 0.71 |
| | 51-70 | 1,284 | 0.4 (0.02) | 0.16 | 0.20 | 0.27 | 0.38 | 0.50 | 0.64 | 0.73 |
| | 71+ | 860 | 0.4 (0.02) | 0.14 | 0.17 | 0.24 | 0.33 | 0.45 | 0.58 | 0.67 |
| | 19+ | 5,063 | 0.4 (0.01) | 0.16 | 0.20 | 0.27 | 0.37 | 0.49 | 0.63 | 0.72 |
| All Persons | 2+ | 17,310 | 0.4 (0.01) | 0.15 | 0.19 | 0.27 | 0.38 | 0.53 | 0.71 | 0.83 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.12.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

Table A.12. Red and orange vegetables: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | N | Cup Equivalents ² | | | | | | |
|----------|-------------|-------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 2-3 | 937 | 0.1 (0.03) | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.01) | 0.3 (0.02) | 0.4 (0.04) | 0.4 (0.05) |
| | 4-8 | 1,701 | 0.1 (0.03) | 0.2 (0.03) | 0.2 (0.02) | 0.3 (0.02) | 0.3 (0.02) | 0.4 (0.04) | 0.5 (0.06) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Cup Equivalents ² | | | | | | |
|--------------------|--------------|-------|------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Males | 9-13 | 1,061 | 0.2 (0.02) | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.03) | 0.7 (0.04) | 0.9 (0.05) |
| | 14-18 | 1,424 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.04) | 0.8 (0.06) | 0.9 (0.07) |
| | 19-30 | 1,100 | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.03) | 0.7 (0.04) | 0.9 (0.06) | 1.0 (0.07) |
| | 31-50 | 1,466 | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.7 (0.03) | 0.9 (0.05) | 1.0 (0.07) |
| | 51-70 | 1,252 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.8 (0.05) | 0.9 (0.06) |
| | 71+ | 832 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.03) | 0.7 (0.05) | 0.8 (0.06) |
| | 19+ | 4,650 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.02) | 0.6 (0.03) | 0.8 (0.04) | 1.0 (0.06) |
| Females | 9-13 | 1,112 | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| | 14-18 | 1,362 | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.04) | 0.6 (0.05) |
| | 19-30 | 1,324 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.7 (0.03) | 0.8 (0.04) |
| | 31-50 | 1,595 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.01) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| | 51-70 | 1,284 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) | 0.7 (0.05) |
| | 71+ | 860 | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.04) | 0.7 (0.05) |
| | 19+ | 5,063 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.01) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| All persons | 2+ | 17310 | 0.2 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.01) | 0.5 (0.01) | 0.7 (0.03) | 0.8 (0.04) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; ½ cup dried vegetables; 1 cup juice.

Note: The analysis of red and orange vegetables was conducted using NHANES data from 17,310 persons 2 years of age and older. Intakes reported on the recalls were translated into quantities from the food group of interest using the MyPyramid Equivalents Database versions 1.0 and 2.0.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.13 & A.14: Usual Daily Intake of Dark Green and Orange Vegetables

Table A.13. Dark-green and orange vegetables: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.1 (0.01) | 0.00 | 0.01 | 0.01 | 0.04 | 0.10 | 0.21 | 0.30 |
| | 4-8 | 1,701 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.03 | 0.09 | 0.18 | 0.27 |
| Males | 9-13 | 1,061 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.05 | 0.11 | 0.23 | 0.33 |
| | 14-18 | 1,424 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.03 | 0.08 | 0.16 | 0.24 |
| | 19-30 | 1,100 | 0.1 (0.01) | 0.01 | 0.01 | 0.03 | 0.06 | 0.15 | 0.28 | 0.41 |
| | 31-50 | 1,466 | 0.2 (0.02) | 0.01 | 0.02 | 0.04 | 0.11 | 0.23 | 0.41 | 0.57 |
| | 51-70 | 1,252 | 0.2 (0.01) | 0.01 | 0.02 | 0.05 | 0.12 | 0.26 | 0.45 | 0.62 |
| | 71+ | 832 | 0.2 (0.02) | 0.01 | 0.03 | 0.06 | 0.13 | 0.27 | 0.46 | 0.62 |
| | 19+ | 4,650 | 0.2 (0.01) | 0.01 | 0.02 | 0.04 | 0.10 | 0.22 | 0.40 | 0.55 |
| Females | 9-13 | 1,112 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.04 | 0.10 | 0.19 | 0.26 |
| | 14-18 | 1,362 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.05 | 0.12 | 0.22 | 0.31 |
| | 19-30 | 1,325 | 0.1 (0.01) | 0.01 | 0.02 | 0.03 | 0.08 | 0.16 | 0.29 | 0.40 |
| | 31-50 | 1,595 | 0.2 (0.02) | 0.02 | 0.03 | 0.07 | 0.16 | 0.30 | 0.49 | 0.63 |
| | 51-70 | 1,284 | 0.2 (0.02) | 0.02 | 0.04 | 0.08 | 0.16 | 0.30 | 0.48 | 0.62 |
| | 71+ | 860 | 0.2 (0.02) | 0.02 | 0.04 | 0.08 | 0.16 | 0.29 | 0.45 | 0.58 |
| | 19+ | 5,064 | 0.2 (0.01) | 0.02 | 0.03 | 0.06 | 0.14 | 0.27 | 0.44 | 0.58 |
| All Persons | 1+ | 17,889 | 0.2 (0.01) | 0.01 | 0.01 | 0.04 | 0.09 | 0.21 | 0.38 | 0.52 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.14.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.14. Dark-green and orange vegetables: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.3 (0.05) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.05) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.2 (0.04) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.4 (0.05) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.04) | 0.6 (0.06) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.01) | 0.5 (0.03) | 0.6 (0.05) |
| | 71+ | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.5 (0.05) | 0.6 (0.07) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.4 (0.03) | 0.6 (0.04) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.3 (0.04) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.3 (0.04) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.04) |
| | 31-50 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.5 (0.04) | 0.6 (0.06) |
| | 51-70 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.5 (0.04) | 0.6 (0.06) |
| | 71+ | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.6 (0.05) |
| | 19+ | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.05) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.2 (0.01) | 0.4 (0.02) | 0.5 (0.03) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.15 & A.16: Usual Daily Intake of Cooked Dry Beans and Peas

Table A.15. Cooked dry beans and peas: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.0 (0.01) | 0.00 | 0.01 | 0.01 | 0.02 | 0.05 | 0.11 | 0.16 |
| | 4-8 | 1,701 | 0.0 (0.00) | 0.00 | 0.01 | 0.01 | 0.03 | 0.06 | 0.11 | 0.17 |
| Males | 9-13 | 1,061 | 0.1 (0.02) | 0.00 | 0.01 | 0.02 | 0.04 | 0.11 | 0.23 | 0.33 |
| | 14-18 | 1,424 | 0.1 (0.01) | 0.00 | 0.01 | 0.01 | 0.04 | 0.10 | 0.21 | 0.32 |
| | 19-30 | 1,100 | 0.1 (0.02) | 0.01 | 0.01 | 0.03 | 0.07 | 0.17 | 0.35 | 0.49 |
| | 31-50 | 1,466 | 0.2 (0.01) | 0.01 | 0.02 | 0.04 | 0.11 | 0.24 | 0.43 | 0.59 |
| | 51-70 | 1,252 | 0.1 (0.01) | 0.01 | 0.01 | 0.03 | 0.07 | 0.15 | 0.30 | 0.42 |
| | 71+ | 832 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.06 | 0.14 | 0.27 | 0.37 |
| | 19+ | 4,650 | 0.1 (0.01) | 0.01 | 0.01 | 0.03 | 0.08 | 0.19 | 0.36 | 0.50 |
| Females | 9-13 | 1,112 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.04 | 0.09 | 0.18 | 0.26 |
| | 14-18 | 1,362 | 0.1 (0.01) | 0.00 | 0.01 | 0.01 | 0.03 | 0.07 | 0.15 | 0.22 |
| | 19-30 | 1,325 | 0.1 (0.01) | 0.01 | 0.01 | 0.03 | 0.06 | 0.13 | 0.25 | 0.36 |
| | 31-50 | 1,595 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.04 | 0.10 | 0.19 | 0.27 |
| | 51-70 | 1,284 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.05 | 0.11 | 0.21 | 0.29 |
| | 71+ | 860 | 0.1 (0.01) | 0.00 | 0.01 | 0.02 | 0.04 | 0.08 | 0.16 | 0.23 |
| | 19+ | 5,064 | 0.1 (0.00) | 0.01 | 0.01 | 0.02 | 0.05 | 0.11 | 0.21 | 0.29 |
| All Persons | 1+ | 17,889 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.05 | 0.12 | 0.25 | 0.37 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.16.

4: 1 cup equivalent = 1 cup cooked dry beans or peas.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.16. Cooked dry beans and peas: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.2 (0.06) | 0.3 (0.09) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.04) | 0.3 (0.06) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.05) | 0.5 (0.06) |
| | 31-50 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.03) | 0.6 (0.06) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.05) |
| | 71+ | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.4 (0.04) |
| | 19+ | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.5 (0.04) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.04) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.04) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.4 (0.05) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.03) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.01) | 0.4 (0.02) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cooked dry beans or peas.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.17 & A.18: Usual Daily Intake of Dark Green and Orange Vegetables and Cooked Dry Beans and Peas

Table A.17. Dark–green and orange vegetables and cooked dry beans and peas: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.09 | 0.18 | 0.28 | 0.36 |
| | 4-8 | 1,701 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.08 | 0.16 | 0.27 | 0.35 |
| Males | 9-13 | 1,061 | 0.2 (0.03) | 0.02 | 0.03 | 0.06 | 0.13 | 0.23 | 0.38 | 0.50 |
| | 14-18 | 1,424 | 0.2 (0.02) | 0.02 | 0.03 | 0.05 | 0.10 | 0.20 | 0.34 | 0.44 |
| | 19-30 | 1,100 | 0.3 (0.03) | 0.03 | 0.05 | 0.10 | 0.19 | 0.34 | 0.53 | 0.68 |
| | 31-50 | 1,466 | 0.3 (0.02) | 0.06 | 0.09 | 0.16 | 0.28 | 0.47 | 0.70 | 0.87 |
| | 51-70 | 1,252 | 0.3 (0.02) | 0.06 | 0.08 | 0.15 | 0.27 | 0.44 | 0.65 | 0.80 |
| | 71+ | 832 | 0.3 (0.02) | 0.05 | 0.08 | 0.14 | 0.25 | 0.41 | 0.60 | 0.73 |
| | 19+ | 4,650 | 0.3 (0.01) | 0.05 | 0.07 | 0.14 | 0.25 | 0.43 | 0.64 | 0.80 |
| Females | 9-13 | 1,112 | 0.1 (0.01) | 0.02 | 0.03 | 0.05 | 0.11 | 0.19 | 0.31 | 0.40 |
| | 14-18 | 1,362 | 0.2 (0.01) | 0.02 | 0.03 | 0.06 | 0.11 | 0.20 | 0.33 | 0.43 |
| | 19-30 | 1,325 | 0.2 (0.02) | 0.04 | 0.05 | 0.10 | 0.18 | 0.30 | 0.47 | 0.58 |
| | 31-50 | 1,595 | 0.3 (0.02) | 0.05 | 0.08 | 0.14 | 0.25 | 0.41 | 0.60 | 0.73 |
| | 51-70 | 1,284 | 0.3 (0.02) | 0.06 | 0.09 | 0.15 | 0.26 | 0.41 | 0.59 | 0.72 |
| | 71+ | 860 | 0.3 (0.01) | 0.06 | 0.08 | 0.14 | 0.24 | 0.38 | 0.54 | 0.66 |
| | 19+ | 5064 | 0.3 (0.01) | 0.05 | 0.07 | 0.13 | 0.23 | 0.38 | 0.56 | 0.69 |
| All Persons | 1+ | 17,889 | 0.3 (0.01) | 0.03 | 0.05 | 0.10 | 0.20 | 0.35 | 0.55 | 0.69 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.18.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens; 1 cup cooked dry beans or peas.

Table A.18. Dark–green and orange vegetables and cooked dry beans and peas: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.03) | 0.4 (0.04) |
| | 4-8 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.4 (0.03) |
| Males | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.04) | 0.4 (0.06) | 0.5 (0.08) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|---------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.04) | 0.4 (0.06) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.04) | 0.5 (0.06) | 0.7 (0.08) |
| | 31-50 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.02) | 0.7 (0.04) | 0.9 (0.05) |
| | 51-70 | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.05) | 0.8 (0.07) |
| | 71+ | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.03) | 0.6 (0.05) | 0.7 (0.07) |
| | 19+ | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.8 (0.05) |
| Females | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.04) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.04) | 0.4 (0.05) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.5 (0.05) | 0.6 (0.07) |
| | 31-50 | 0.1 (0.01) | 0.1 (0.02) | 0.1 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.05) | 0.7 (0.07) |
| | 51-70 | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.05) | 0.7 (0.08) |
| | 71+ | 0.1 (0.02) | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.02) | 0.5 (0.04) | 0.7 (0.05) |
| | 19+ | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.4 (0.02) | 0.6 (0.04) | 0.7 (0.06) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.4 (0.01) | 0.5 (0.02) | 0.7 (0.03) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens; 1 cup cooked dry beans or peas.

Tables A.19 & A.20: Usual Daily Intake of White Potatoes

Table A.19. White potatoes: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|----------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.2 (0.01) | 0.07 | 0.09 | 0.14 | 0.21 | 0.31 | 0.42 | 0.50 |
| | 4-8 | 1,701 | 0.3 (0.02) | 0.10 | 0.13 | 0.19 | 0.28 | 0.40 | 0.54 | 0.64 |
| Males | 9-13 | 1,061 | 0.4 (0.03) | 0.13 | 0.17 | 0.24 | 0.35 | 0.46 | 0.56 | 0.61 |
| | 14-18 | 1,424 | 0.5 (0.03) | 0.19 | 0.23 | 0.33 | 0.46 | 0.60 | 0.71 | 0.78 |
| | 19-30 | 1,100 | 0.5 (0.03) | 0.18 | 0.23 | 0.33 | 0.46 | 0.60 | 0.71 | 0.78 |
| | 31-50 | 1,466 | 0.5 (0.02) | 0.19 | 0.24 | 0.34 | 0.47 | 0.60 | 0.71 | 0.78 |
| | 51-70 | 1,252 | 0.5 (0.03) | 0.18 | 0.23 | 0.32 | 0.45 | 0.59 | 0.70 | 0.77 |
| | 71+ | 832 | 0.4 (0.02) | 0.15 | 0.19 | 0.28 | 0.39 | 0.51 | 0.61 | 0.67 |
| | 19+ | 4,650 | 0.5 (0.02) | 0.18 | 0.23 | 0.33 | 0.46 | 0.59 | 0.71 | 0.77 |
| Females | 9-13 | 1,112 | 0.3 (0.02) | 0.14 | 0.17 | 0.23 | 0.32 | 0.43 | 0.55 | 0.62 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|--------------------|-------------|----------------|------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 14-18 | 1,362 | 0.3 (0.02) | 0.13 | 0.16 | 0.22 | 0.32 | 0.43 | 0.55 | 0.64 |
| | 19-30 | 1,325 | 0.4 (0.02) | 0.14 | 0.17 | 0.24 | 0.34 | 0.45 | 0.58 | 0.66 |
| | 31-50 | 1,595 | 0.3 (0.01) | 0.11 | 0.14 | 0.20 | 0.29 | 0.40 | 0.51 | 0.59 |
| | 51-70 | 1,284 | 0.3 (0.01) | 0.11 | 0.14 | 0.20 | 0.28 | 0.39 | 0.50 | 0.58 |
| | 71+ | 860 | 0.3 (0.02) | 0.12 | 0.15 | 0.21 | 0.29 | 0.40 | 0.51 | 0.59 |
| | 19+ | 5,064 | 0.3 (0.01) | 0.12 | 0.15 | 0.21 | 0.30 | 0.41 | 0.53 | 0.60 |
| All Persons | 1+ | 17,889 | 0.4 (0.01) | 0.13 | 0.16 | 0.24 | 0.35 | 0.49 | 0.63 | 0.71 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.20.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Table A.20. White potatoes: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|-----------------|--------------|------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.05) |
| | 4-8 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.04) | 0.6 (0.05) |
| Males | 9-13 | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.03) | 0.5 (0.03) | 0.6 (0.04) | 0.6 (0.05) |
| | 14-18 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.04) | 0.6 (0.04) | 0.7 (0.05) | 0.8 (0.05) |
| | 19-30 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.03) | 0.6 (0.03) | 0.7 (0.04) | 0.8 (0.05) |
| | 31-50 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.02) | 0.5 (0.02) | 0.6 (0.02) | 0.7 (0.03) | 0.8 (0.04) |
| | 51-70 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.03) | 0.6 (0.04) | 0.7 (0.04) | 0.8 (0.05) |
| | 71+ | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.03) | 0.7 (0.04) |
| | 19+ | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.02) | 0.6 (0.02) | 0.7 (0.03) | 0.8 (0.04) |
| Females | 9-13 | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.04) | 0.6 (0.05) |
| | 14-18 | 0.1 (0.03) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.6 (0.04) |
| | 19-30 | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.6 (0.04) | 0.7 (0.05) |
| | 31-50 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| | 51-70 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| | 71+ | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.03) | 0.6 (0.04) |
| | 19+ | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| All | 1+ | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.5 (0.01) | 0.6 (0.02) | 0.7 (0.02) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Tables A.21 & A.22: Usual Daily Intake of Starchy Vegetables (Other Than Potatoes)

Table A.21. Starchy vegetables, other than potatoes: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.14 | 0.20 |
| | 4-8 | 1,701 | 0.1 (0.01) | 0.00 | 0.01 | 0.01 | 0.03 | 0.08 | 0.16 | 0.23 |
| Males | 9-13 | 1,061 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.04 | 0.08 | 0.14 | 0.18 |
| | 14-18 | 1,424 | 0.0 (0.01) | 0.00 | 0.01 | 0.01 | 0.03 | 0.05 | 0.09 | 0.12 |
| | 19-30 | 1,100 | 0.1 (0.01) | 0.01 | 0.01 | 0.02 | 0.04 | 0.08 | 0.14 | 0.18 |
| | 31-50 | 1,466 | 0.1 (0.01) | 0.01 | 0.02 | 0.03 | 0.06 | 0.12 | 0.19 | 0.25 |
| | 51-70 | 1,252 | 0.1 (0.01) | 0.02 | 0.02 | 0.04 | 0.08 | 0.15 | 0.24 | 0.31 |
| | 71+ | 832 | 0.1 (0.01) | 0.02 | 0.02 | 0.05 | 0.09 | 0.15 | 0.24 | 0.30 |
| | 19+ | 4,650 | 0.1 (0.00) | 0.01 | 0.02 | 0.03 | 0.06 | 0.12 | 0.20 | 0.26 |
| Females | 9-13 | 1,112 | 0.1 (0.01) | 0.01 | 0.02 | 0.03 | 0.05 | 0.09 | 0.14 | 0.18 |
| | 14-18 | 1,362 | 0.0 (0.01) | 0.01 | 0.01 | 0.02 | 0.03 | 0.05 | 0.09 | 0.12 |
| | 19-30 | 1,325 | 0.1 (0.01) | 0.01 | 0.02 | 0.03 | 0.05 | 0.09 | 0.14 | 0.18 |
| | 31-50 | 1,595 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.07 | 0.11 | 0.17 | 0.22 |
| | 51-70 | 1,284 | 0.1 (0.01) | 0.01 | 0.02 | 0.04 | 0.07 | 0.11 | 0.17 | 0.22 |
| | 71+ | 860 | 0.1 (0.01) | 0.02 | 0.03 | 0.05 | 0.09 | 0.14 | 0.20 | 0.25 |
| | 19+ | 5,064 | 0.1 (0.00) | 0.01 | 0.02 | 0.04 | 0.06 | 0.11 | 0.17 | 0.22 |
| All Persons | 1+ | 17,889 | 0.1 (0.00) | 0.01 | 0.01 | 0.03 | 0.06 | 0.10 | 0.17 | 0.22 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.22.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.22. Starchy vegetables, other than potatoes: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.02) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.03) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| | 51-70 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.3 (0.04) |
| | 71+ | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.03) | 0.3 (0.04) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.00) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.01) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.2 (0.02) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.02) |
| | 71+ | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.02) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.00) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.02) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.23 & A.24: Usual Daily Intake of Starchy Vegetables (Including Potatoes)

Table A.23. Starchy vegetables, including potatoes: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ⁴ | | | | | | | | |
|-------------|-------------|------------------------------|------------------------|------|------|------|------|------|------|------|
| | | N ¹ | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 2-3 | 937 | 0.3 (0.02) | 0.10 | 0.13 | 0.19 | 0.28 | 0.39 | 0.53 | 0.62 |
| | 4-8 | 1,701 | 0.4 (0.02) | 0.13 | 0.17 | 0.24 | 0.34 | 0.48 | 0.62 | 0.73 |
| Males | 9-13 | 1,061 | 0.4 (0.03) | 0.18 | 0.22 | 0.30 | 0.41 | 0.53 | 0.66 | 0.75 |
| | 14-18 | 1,424 | 0.5 (0.04) | 0.22 | 0.27 | 0.37 | 0.50 | 0.64 | 0.79 | 0.89 |
| | 19-30 | 1,100 | 0.5 (0.03) | 0.23 | 0.28 | 0.38 | 0.51 | 0.66 | 0.82 | 0.92 |
| | 31-50 | 1,466 | 0.6 (0.02) | 0.26 | 0.31 | 0.41 | 0.55 | 0.70 | 0.86 | 0.96 |
| | 51-70 | 1,252 | 0.6 (0.03) | 0.26 | 0.32 | 0.42 | 0.56 | 0.72 | 0.88 | 0.99 |
| | 71+ | 832 | 0.5 (0.02) | 0.23 | 0.28 | 0.37 | 0.50 | 0.63 | 0.78 | 0.87 |
| | 19+ | 4,650 | 0.6 (0.02) | 0.25 | 0.30 | 0.40 | 0.54 | 0.69 | 0.85 | 0.95 |
| Females | 9-13 | 1,112 | 0.4 (0.03) | 0.17 | 0.21 | 0.28 | 0.39 | 0.51 | 0.64 | 0.73 |
| | 14-18 | 1,362 | 0.4 (0.02) | 0.15 | 0.18 | 0.25 | 0.36 | 0.48 | 0.61 | 0.70 |
| | 19-30 | 1,324 | 0.4 (0.03) | 0.17 | 0.21 | 0.29 | 0.40 | 0.53 | 0.67 | 0.76 |
| | 31-50 | 1,595 | 0.4 (0.01) | 0.15 | 0.19 | 0.27 | 0.38 | 0.51 | 0.64 | 0.74 |
| | 51-70 | 1,284 | 0.4 (0.02) | 0.15 | 0.19 | 0.26 | 0.37 | 0.50 | 0.63 | 0.72 |
| | 71+ | 860 | 0.4 (0.03) | 0.17 | 0.21 | 0.29 | 0.40 | 0.53 | 0.67 | 0.76 |
| | 19+ | 5,063 | 0.4 (0.01) | 0.16 | 0.20 | 0.27 | 0.38 | 0.51 | 0.65 | 0.74 |
| All persons | 2+ | 17,310 | 0.5 (0.01) | 0.17 | 0.22 | 0.31 | 0.43 | 0.59 | 0.75 | 0.85 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.24.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Table A.24. Starchy vegetables, including potatoes: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | N | Cup Equivalents ² | | | | | | |
|----------|-------------|-------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 2-3 | 937 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.02) | 0.5 (0.05) | 0.6 (0.06) |
| | 4-8 | 1,701 | 0.1 (0.02) | 0.2 (0.03) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.6 (0.05) | 0.7 (0.07) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Cup Equivalents ² | | | | | | |
|--------------------|--------------|--------|------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Males | 9-13 | 1,061 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.04) | 0.7 (0.05) | 0.8 (0.06) |
| | 14-18 | 1,424 | 0.2 (0.03) | 0.3 (0.04) | 0.4 (0.04) | 0.5 (0.04) | 0.6 (0.04) | 0.8 (0.05) | 0.9 (0.05) |
| | 19-30 | 1,100 | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.04) | 0.8 (0.05) | 0.9 (0.06) |
| | 31-50 | 1,466 | 0.3 (0.03) | 0.3 (0.03) | 0.4 (0.02) | 0.5 (0.02) | 0.7 (0.02) | 0.9 (0.04) | 1.0 (0.05) |
| | 51-70 | 1,252 | 0.3 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.03) | 0.7 (0.03) | 0.9 (0.04) | 1.0 (0.05) |
| | 71+ | 832 | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.5 (0.02) | 0.6 (0.03) | 0.8 (0.04) | 0.9 (0.05) |
| | 19+ | 4,650 | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.02) | 0.5 (0.02) | 0.7 (0.02) | 0.9 (0.03) | 1.0 (0.05) |
| Females | 9-13 | 1,112 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.03) | 0.6 (0.04) | 0.7 (0.05) |
| | 14-18 | 1,362 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| | 19-30 | 1,324 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.04) | 0.8 (0.05) |
| | 31-50 | 1,595 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| | 51-70 | 1,284 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| | 71+ | 860 | 0.2 (0.02) | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.04) | 0.8 (0.05) |
| | 19+ | 5063 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| All persons | 2+ | 17,310 | 0.2 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.01) | 0.6 (0.01) | 0.7 (0.02) | 0.9 (0.03) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Note: The analysis of starchy vegetables, including potatoes, was conducted using NHANES data from 17,310 persons 2 years of age and older. Intakes reported on the recalls were translated into quantities from the food group of interest using the MyPyramid Equivalents Database, versions 1.0 and 2.0.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.25 & A.26: Usual Daily Intake of Tomatoes

Table A.25. Tomatoes: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.2 (0.01) | 0.04 | 0.06 | 0.09 | 0.15 | 0.22 | 0.30 | 0.36 |
| | 4-8 | 1,701 | 0.2 (0.01) | 0.08 | 0.10 | 0.15 | 0.22 | 0.31 | 0.41 | 0.48 |
| Males | 9-13 | 1,061 | 0.4 (0.02) | 0.11 | 0.15 | 0.23 | 0.35 | 0.50 | 0.67 | 0.78 |
| | 14-18 | 1,424 | 0.4 (0.03) | 0.13 | 0.18 | 0.27 | 0.39 | 0.55 | 0.72 | 0.84 |
| | 19-30 | 1,100 | 0.5 (0.03) | 0.15 | 0.20 | 0.31 | 0.46 | 0.65 | 0.84 | 0.98 |
| | 31-50 | 1,466 | 0.4 (0.02) | 0.14 | 0.18 | 0.27 | 0.40 | 0.56 | 0.74 | 0.86 |
| | 51-70 | 1,252 | 0.4 (0.02) | 0.10 | 0.14 | 0.23 | 0.35 | 0.50 | 0.67 | 0.78 |
| | 71+ | 832 | 0.3 (0.03) | 0.07 | 0.10 | 0.17 | 0.27 | 0.41 | 0.56 | 0.67 |
| | 19+ | 4,650 | 0.4 (0.02) | 0.12 | 0.16 | 0.25 | 0.39 | 0.56 | 0.74 | 0.87 |
| Females | 9-13 | 1,112 | 0.3 (0.01) | 0.08 | 0.11 | 0.16 | 0.24 | 0.35 | 0.47 | 0.56 |
| | 14-18 | 1,362 | 0.3 (0.02) | 0.09 | 0.12 | 0.18 | 0.27 | 0.39 | 0.52 | 0.62 |
| | 19-30 | 1,325 | 0.4 (0.02) | 0.12 | 0.16 | 0.23 | 0.34 | 0.48 | 0.63 | 0.74 |
| | 31-50 | 1,595 | 0.3 (0.01) | 0.09 | 0.12 | 0.18 | 0.27 | 0.39 | 0.53 | 0.62 |
| | 51-70 | 1,284 | 0.3 (0.02) | 0.10 | 0.13 | 0.19 | 0.28 | 0.41 | 0.55 | 0.65 |
| | 71+ | 860 | 0.3 (0.02) | 0.07 | 0.09 | 0.15 | 0.23 | 0.34 | 0.46 | 0.55 |
| | 19+ | 5,064 | 0.3 (0.01) | 0.09 | 0.12 | 0.19 | 0.28 | 0.41 | 0.55 | 0.65 |
| All Persons | 1+ | 17,889 | 0.3 (0.01) | 0.09 | 0.12 | 0.19 | 0.31 | 0.46 | 0.63 | 0.75 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.26.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.26. Tomatoes: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.03) | 0.4 (0.04) |
| | 4-8 | 0.1 (0.02) | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.05) |
| Males | 9-13 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.02) | 0.5 (0.03) | 0.7 (0.05) | 0.8 (0.06) |
| | 14-18 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.03) | 0.7 (0.05) | 0.8 (0.07) |
| | 19-30 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.6 (0.04) | 0.8 (0.06) | 1.0 (0.07) |
| | 31-50 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.7 (0.05) | 0.9 (0.07) |
| | 51-70 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.7 (0.04) | 0.8 (0.05) |
| | 71+ | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.05) | 0.7 (0.06) |
| | 19+ | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.02) | 0.7 (0.04) | 0.9 (0.06) |
| Females | 9-13 | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| | 14-18 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.04) | 0.6 (0.05) |
| | 19-30 | 0.1 (0.02) | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.02) | 0.6 (0.03) | 0.7 (0.04) |
| | 31-50 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| | 51-70 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.03) | 0.6 (0.04) |
| | 71+ | 0.1 (0.01) | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.03) | 0.5 (0.04) | 0.5 (0.05) |
| | 19+ | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.01) | 0.4 (0.01) | 0.6 (0.02) | 0.7 (0.03) |
| All | 1+ | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.5 (0.01) | 0.6 (0.02) | 0.8 (0.04) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables. A.27 & A.28: Usual Daily Intake of Vegetables (Other Than Dark Green, Orange, Tomatoes, Cooked Dry Beans and Peas, and Starchy)

Table A.27. Vegetables, other than dark-green, orange, tomatoes, cooked dry beans and peas, and starchy: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.2 (0.01) | 0.03 | 0.04 | 0.07 | 0.12 | 0.20 | 0.31 | 0.39 |
| | 4-8 | 1,701 | 0.2 (0.02) | 0.04 | 0.06 | 0.10 | 0.17 | 0.27 | 0.40 | 0.50 |
| Males | 9-13 | 1,061 | 0.3 (0.02) | 0.09 | 0.12 | 0.18 | 0.26 | 0.37 | 0.49 | 0.58 |
| | 14-18 | 1,424 | 0.4 (0.02) | 0.14 | 0.17 | 0.25 | 0.36 | 0.50 | 0.65 | 0.77 |
| | 19-30 | 1,100 | 0.6 (0.03) | 0.22 | 0.27 | 0.37 | 0.52 | 0.69 | 0.89 | 1.02 |
| | 31-50 | 1,466 | 0.7 (0.02) | 0.28 | 0.35 | 0.47 | 0.64 | 0.85 | 1.07 | 1.23 |
| | 51-70 | 1,252 | 0.6 (0.03) | 0.26 | 0.32 | 0.44 | 0.60 | 0.80 | 1.01 | 1.16 |
| | 71+ | 832 | 0.5 (0.02) | 0.20 | 0.25 | 0.35 | 0.50 | 0.67 | 0.86 | 0.99 |
| | 19+ | 4,650 | 0.6 (0.02) | 0.25 | 0.31 | 0.42 | 0.59 | 0.78 | 1.00 | 1.15 |
| Females | 9-13 | 1,112 | 0.3 (0.01) | 0.08 | 0.11 | 0.17 | 0.25 | 0.36 | 0.48 | 0.57 |
| | 14-18 | 1,362 | 0.3 (0.01) | 0.11 | 0.14 | 0.20 | 0.30 | 0.43 | 0.58 | 0.68 |
| | 19-30 | 1,325 | 0.5 (0.02) | 0.17 | 0.22 | 0.30 | 0.43 | 0.60 | 0.79 | 0.92 |
| | 31-50 | 1,595 | 0.6 (0.02) | 0.22 | 0.27 | 0.38 | 0.53 | 0.73 | 0.94 | 1.10 |
| | 51-70 | 1,284 | 0.6 (0.02) | 0.24 | 0.29 | 0.41 | 0.56 | 0.77 | 1.00 | 1.15 |
| | 71+ | 860 | 0.5 (0.03) | 0.20 | 0.25 | 0.35 | 0.49 | 0.67 | 0.88 | 1.02 |
| | 19+ | 5,064 | 0.6 (0.01) | 0.21 | 0.26 | 0.36 | 0.51 | 0.70 | 0.92 | 1.07 |
| All Persons | 1+ | 17,889 | 0.5 (0.01) | 0.11 | 0.16 | 0.29 | 0.46 | 0.67 | 0.90 | 1.05 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.28.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.28. Vegetables, other than dark–green, orange, tomatoes, cooked dry beans and peas, and starchy: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.04) |
| | 4-8 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.05) |
| Males | 9-13 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.5 (0.03) | 0.6 (0.04) |
| | 14-18 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.03) | 0.7 (0.04) | 0.8 (0.05) |
| | 19-30 | 0.2 (0.03) | 0.3 (0.03) | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.03) | 0.9 (0.05) | 1.0 (0.07) |
| | 31-50 | 0.3 (0.03) | 0.3 (0.03) | 0.5 (0.03) | 0.6 (0.03) | 0.8 (0.03) | 1.1 (0.05) | 1.2 (0.07) |
| | 51-70 | 0.3 (0.02) | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.02) | 0.8 (0.03) | 1.0 (0.06) | 1.2 (0.08) |
| | 71+ | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.03) | 0.5 (0.02) | 0.7 (0.03) | 0.9 (0.04) | 1.0 (0.06) |
| | 19+ | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.02) | 0.6 (0.02) | 0.8 (0.02) | 1.0 (0.05) | 1.2 (0.06) |
| Females | 9-13 | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.01) | 0.4 (0.02) | 0.5 (0.03) | 0.6 (0.04) |
| | 14-18 | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.02) | 0.6 (0.03) | 0.7 (0.03) |
| | 19-30 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.8 (0.04) | 0.9 (0.04) |
| | 31-50 | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.7 (0.02) | 0.9 (0.04) | 1.1 (0.05) |
| | 51-70 | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.02) | 0.8 (0.03) | 1.0 (0.04) | 1.2 (0.05) |
| | 71+ | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.7 (0.04) | 0.9 (0.05) | 1.0 (0.06) |
| | 19+ | 0.2 (0.01) | 0.3 (0.01) | 0.4 (0.01) | 0.5 (0.01) | 0.7 (0.02) | 0.9 (0.03) | 1.1 (0.04) |
| All | 1+ | 0.1 (0.01) | 0.2 (0.01) | 0.3 (0.01) | 0.5 (0.01) | 0.7 (0.01) | 0.9 (0.02) | 1.1 (0.04) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.29 & A.30: Usual Daily Intake of Vegetables (Other than Dark Green, Orange, Cooked Dry Beans and Peas, and Starchy)

Table A.29. Vegetables, other than dark-green, orange, cooked dry beans and peas, and starchy: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ⁴ | | | | | | | | |
|-------------|-------------|------------------------------|------------------------|------|------|------|------|------|------|------|
| | | N ¹ | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 2-3 | 937 | 0.3 (0.02) | 0.10 | 0.14 | 0.21 | 0.31 | 0.45 | 0.61 | 0.73 |
| | 4-8 | 1,701 | 0.5 (0.02) | 0.15 | 0.20 | 0.28 | 0.41 | 0.58 | 0.76 | 0.90 |
| Males | 9-13 | 1,061 | 0.7 (0.04) | 0.25 | 0.31 | 0.45 | 0.64 | 0.87 | 1.12 | 1.29 |
| | 14-18 | 1,424 | 0.9 (0.04) | 0.32 | 0.41 | 0.57 | 0.80 | 1.07 | 1.36 | 1.56 |
| | 19-30 | 1,100 | 1.1 (0.04) | 0.46 | 0.56 | 0.75 | 1.01 | 1.31 | 1.64 | 1.85 |
| | 31-50 | 1,466 | 1.1 (0.04) | 0.49 | 0.60 | 0.80 | 1.08 | 1.40 | 1.73 | 1.96 |
| | 51-70 | 1,252 | 1.0 (0.04) | 0.44 | 0.54 | 0.73 | 0.98 | 1.29 | 1.61 | 1.82 |
| | 71+ | 832 | 0.8 (0.04) | 0.33 | 0.41 | 0.57 | 0.79 | 1.05 | 1.33 | 1.51 |
| | 19+ | 4,650 | 1.1 (0.03) | 0.44 | 0.55 | 0.75 | 1.01 | 1.32 | 1.65 | 1.87 |
| Females | 9-13 | 1,112 | 0.6 (0.02) | 0.23 | 0.29 | 0.40 | 0.55 | 0.74 | 0.94 | 1.08 |
| | 14-18 | 1,362 | 0.7 (0.02) | 0.26 | 0.33 | 0.45 | 0.62 | 0.83 | 1.05 | 1.20 |
| | 19-30 | 1,324 | 0.9 (0.03) | 0.38 | 0.46 | 0.61 | 0.81 | 1.06 | 1.32 | 1.49 |
| | 31-50 | 1,595 | 0.9 (0.03) | 0.39 | 0.47 | 0.62 | 0.83 | 1.08 | 1.34 | 1.51 |
| | 51-70 | 1,284 | 0.9 (0.04) | 0.43 | 0.51 | 0.67 | 0.89 | 1.14 | 1.42 | 1.59 |
| | 71+ | 860 | 0.8 (0.04) | 0.34 | 0.41 | 0.56 | 0.75 | 0.98 | 1.22 | 1.40 |
| | 19+ | 5063 | 0.9 (0.02) | 0.39 | 0.47 | 0.62 | 0.83 | 1.08 | 1.34 | 1.52 |
| All persons | 2+ | 17,310 | 0.9 (0.01) | 0.28 | 0.38 | 0.57 | 0.82 | 1.12 | 1.43 | 1.65 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.30.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Table A.30. Vegetables, other than dark-green, orange, cooked dry beans and peas, and starchy: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | | |
|----------|-------------|------------------------------|----------------------|------------|------------|------------|------------|------------|------------|
| | | N | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 2-3 | 937 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.7 (0.04) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | | |
|-------------|-------------|------------------------------|----------------------|------------|------------|------------|------------|------------|------------|
| | | N | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 4-8 | 1,701 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.03) | 0.8 (0.04) | 0.9 (0.05) |
| Males | 9-13 | 1,061 | 0.2 (0.04) | 0.3 (0.04) | 0.5 (0.04) | 0.6 (0.04) | 0.9 (0.05) | 1.1 (0.05) | 1.3 (0.06) |
| | 14-18 | 1,424 | 0.3 (0.02) | 0.4 (0.03) | 0.6 (0.03) | 0.8 (0.04) | 1.1 (0.06) | 1.4 (0.08) | 1.6 (0.10) |
| | 19-30 | 1,100 | 0.5 (0.04) | 0.6 (0.04) | 0.7 (0.04) | 1.0 (0.04) | 1.3 (0.05) | 1.6 (0.06) | 1.9 (0.08) |
| | 31-50 | 1,466 | 0.5 (0.04) | 0.6 (0.04) | 0.8 (0.04) | 1.1 (0.04) | 1.4 (0.04) | 1.7 (0.06) | 2.0 (0.08) |
| | 51-70 | 1,252 | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.03) | 1.0 (0.04) | 1.3 (0.05) | 1.6 (0.07) | 1.8 (0.09) |
| | 71+ | 832 | 0.3 (0.04) | 0.4 (0.04) | 0.6 (0.04) | 0.8 (0.04) | 1.1 (0.04) | 1.3 (0.05) | 1.5 (0.06) |
| | 19+ | 4,650 | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.03) | 1.0 (0.03) | 1.3 (0.03) | 1.7 (0.05) | 1.9 (0.07) |
| Females | 9-13 | 1,112 | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.02) | 0.7 (0.02) | 0.9 (0.03) | 1.1 (0.04) |
| | 14-18 | 1,362 | 0.3 (0.02) | 0.3 (0.02) | 0.5 (0.02) | 0.6 (0.02) | 0.8 (0.03) | 1.1 (0.04) | 1.2 (0.05) |
| | 19-30 | 1,324 | 0.4 (0.03) | 0.5 (0.03) | 0.6 (0.03) | 0.8 (0.03) | 1.1 (0.04) | 1.3 (0.05) | 1.5 (0.06) |
| | 31-50 | 1,595 | 0.4 (0.03) | 0.5 (0.03) | 0.6 (0.03) | 0.8 (0.03) | 1.1 (0.03) | 1.3 (0.05) | 1.5 (0.06) |
| | 51-70 | 1,284 | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.04) | 0.9 (0.04) | 1.1 (0.04) | 1.4 (0.05) | 1.6 (0.07) |
| | 71+ | 860 | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.7 (0.04) | 1.0 (0.05) | 1.2 (0.07) | 1.4 (0.09) |
| | 19+ | 5,063 | 0.4 (0.02) | 0.5 (0.02) | 0.6 (0.02) | 0.8 (0.02) | 1.1 (0.03) | 1.3 (0.04) | 1.5 (0.05) |
| All persons | 2+ | 17,310 | 0.3 (0.01) | 0.4 (0.01) | 0.6 (0.02) | 0.8 (0.02) | 1.1 (0.02) | 1.4 (0.03) | 1.7 (0.04) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Note: The analysis of starchy vegetables, including potatoes was conducted using NHANES data from 17,310 persons 2 years of age and older. Intakes reported on the recalls were translated into quantities from the food group of interest using the MyPyramid Equivalents Database versions 1.0 and 2.0.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.31 & A.32: Usual Daily Intake of Total Vegetables (Excluding Cooked Dry Beans and Peas)

Table A.31. Total vegetables, excluding cooked dry beans and peas: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.7 (0.02) | 0.28 | 0.35 | 0.48 | 0.66 | 0.88 | 1.12 | 1.29 |
| | 4-8 | 1,701 | 0.9 (0.03) | 0.39 | 0.47 | 0.64 | 0.86 | 1.12 | 1.40 | 1.59 |
| Males | 9-13 | 1,061 | 1.2 (0.06) | 0.42 | 0.53 | 0.76 | 1.10 | 1.53 | 1.99 | 2.31 |
| | 14-18 | 1,424 | 1.4 (0.08) | 0.52 | 0.66 | 0.93 | 1.31 | 1.79 | 2.29 | 2.63 |
| | 19-30 | 1,100 | 1.7 (0.05) | 0.69 | 0.85 | 1.18 | 1.63 | 2.16 | 2.73 | 3.10 |
| | 31-50 | 1,466 | 1.9 (0.05) | 0.78 | 0.95 | 1.30 | 1.77 | 2.33 | 2.93 | 3.31 |
| | 51-70 | 1,252 | 1.8 (0.06) | 0.75 | 0.92 | 1.26 | 1.72 | 2.28 | 2.87 | 3.25 |
| | 71+ | 832 | 1.5 (0.05) | 0.60 | 0.75 | 1.04 | 1.44 | 1.95 | 2.47 | 2.84 |
| | 19+ | 4,650 | 1.8 (0.04) | 0.73 | 0.90 | 1.23 | 1.69 | 2.24 | 2.82 | 3.21 |
| Females | 9-13 | 1,112 | 1.1 (0.04) | 0.44 | 0.54 | 0.74 | 1.02 | 1.36 | 1.73 | 1.96 |
| | 14-18 | 1,362 | 1.1 (0.04) | 0.45 | 0.55 | 0.76 | 1.04 | 1.39 | 1.76 | 2.01 |
| | 19-30 | 1,324 | 1.4 (0.05) | 0.62 | 0.75 | 1.00 | 1.34 | 1.75 | 2.17 | 2.45 |
| | 31-50 | 1,595 | 1.5 (0.04) | 0.67 | 0.81 | 1.07 | 1.42 | 1.84 | 2.28 | 2.56 |
| | 51-70 | 1,284 | 1.6 (0.04) | 0.71 | 0.85 | 1.13 | 1.49 | 1.92 | 2.37 | 2.67 |
| | 71+ | 860 | 1.4 (0.05) | 0.63 | 0.76 | 1.01 | 1.35 | 1.76 | 2.18 | 2.46 |
| | 19+ | 5,063 | 1.5 (0.03) | 0.66 | 0.80 | 1.06 | 1.41 | 1.83 | 2.27 | 2.56 |
| All Persons | 1+ | 17,888 | 1.5 (0.02) | 0.53 | 0.67 | 0.96 | 1.37 | 1.88 | 2.42 | 2.80 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.32.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.32. Total vegetables, excluding cooked dry beans and peas: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.3 (0.02) | 0.3 (0.02) | 0.5 (0.01) | 0.7 (0.02) | 0.9 (0.03) | 1.1 (0.05) | 1.3 (0.07) |
| | 4-8 | 0.4 (0.04) | 0.5 (0.04) | 0.6 (0.03) | 0.9 (0.03) | 1.1 (0.04) | 1.4 (0.06) | 1.6 (0.07) |
| Males | 9-13 | 0.4 (0.05) | 0.5 (0.06) | 0.8 (0.06) | 1.1 (0.06) | 1.5 (0.07) | 2.0 (0.08) | 2.3 (0.09) |
| | 14-18 | 0.5 (0.05) | 0.7 (0.06) | 0.9 (0.06) | 1.3 (0.08) | 1.8 (0.10) | 2.3 (0.13) | 2.6 (0.15) |
| | 19-30 | 0.7 (0.05) | 0.9 (0.05) | 1.2 (0.05) | 1.6 (0.05) | 2.2 (0.07) | 2.7 (0.10) | 3.1 (0.13) |
| | 31-50 | 0.8 (0.06) | 1.0 (0.06) | 1.3 (0.06) | 1.8 (0.05) | 2.3 (0.06) | 2.9 (0.09) | 3.3 (0.12) |
| | 51-70 | 0.8 (0.05) | 0.9 (0.05) | 1.3 (0.05) | 1.7 (0.05) | 2.3 (0.08) | 2.9 (0.11) | 3.3 (0.14) |
| | 71+ | 0.6 (0.06) | 0.7 (0.06) | 1.0 (0.06) | 1.4 (0.06) | 1.9 (0.07) | 2.5 (0.09) | 2.8 (0.12) |
| | 19+ | 0.7 (0.05) | 0.9 (0.05) | 1.2 (0.04) | 1.7 (0.04) | 2.2 (0.05) | 2.8 (0.08) | 3.2 (0.11) |
| Females | 9-13 | 0.4 (0.03) | 0.5 (0.03) | 0.7 (0.03) | 1.0 (0.04) | 1.4 (0.05) | 1.7 (0.08) | 2.0 (0.09) |
| | 14-18 | 0.4 (0.04) | 0.6 (0.04) | 0.8 (0.04) | 1.0 (0.04) | 1.4 (0.05) | 1.8 (0.07) | 2.0 (0.08) |
| | 19-30 | 0.6 (0.05) | 0.8 (0.05) | 1.0 (0.05) | 1.3 (0.05) | 1.8 (0.06) | 2.2 (0.08) | 2.5 (0.10) |
| | 31-50 | 0.7 (0.05) | 0.8 (0.05) | 1.1 (0.04) | 1.4 (0.04) | 1.8 (0.05) | 2.3 (0.07) | 2.6 (0.09) |
| | 51-70 | 0.7 (0.05) | 0.9 (0.05) | 1.1 (0.04) | 1.5 (0.04) | 1.9 (0.06) | 2.4 (0.08) | 2.7 (0.11) |
| | 71+ | 0.6 (0.04) | 0.8 (0.04) | 1.0 (0.04) | 1.4 (0.05) | 1.8 (0.07) | 2.2 (0.10) | 2.5 (0.12) |
| | 19+ | 0.7 (0.04) | 0.8 (0.04) | 1.1 (0.03) | 1.4 (0.03) | 1.8 (0.04) | 2.3 (0.06) | 2.6 (0.09) |
| All | 1+ | 0.5 (0.02) | 0.7 (0.02) | 1.0 (0.02) | 1.4 (0.02) | 1.9 (0.03) | 2.4 (0.05) | 2.8 (0.07) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.33 & A.34: Usual Daily Intake of Total Vegetables (Including Cooked Dry Beans and Peas)

Table A.33. Total vegetables, including cooked dry beans and peas: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.8 (0.02) | 0.29 | 0.36 | 0.50 | 0.70 | 0.95 | 1.21 | 1.39 |
| | 4-8 | 1,701 | 1.0 (0.03) | 0.40 | 0.48 | 0.66 | 0.90 | 1.19 | 1.49 | 1.70 |
| Males | 9-13 | 1,061 | 1.3 (0.07) | 0.45 | 0.57 | 0.82 | 1.17 | 1.63 | 2.12 | 2.45 |
| | 14-18 | 1,424 | 1.5 (0.08) | 0.56 | 0.70 | 1.00 | 1.40 | 1.90 | 2.42 | 2.78 |
| | 19-30 | 1,100 | 1.9 (0.05) | 0.75 | 0.93 | 1.28 | 1.76 | 2.33 | 2.93 | 3.33 |
| | 31-50 | 1,466 | 2.0 (0.05) | 0.86 | 1.05 | 1.43 | 1.94 | 2.54 | 3.17 | 3.57 |
| | 51-70 | 1,252 | 1.9 (0.06) | 0.81 | 0.99 | 1.35 | 1.84 | 2.43 | 3.04 | 3.45 |
| | 71+ | 832 | 1.7 (0.05) | 0.65 | 0.81 | 1.12 | 1.55 | 2.08 | 2.64 | 3.02 |
| | 19+ | 4,650 | 1.9 (0.03) | 0.80 | 0.98 | 1.34 | 1.83 | 2.42 | 3.04 | 3.45 |
| Females | 9-13 | 1,112 | 1.2 (0.04) | 0.47 | 0.57 | 0.79 | 1.09 | 1.45 | 1.83 | 2.08 |
| | 14-18 | 1,362 | 1.2 (0.04) | 0.47 | 0.58 | 0.80 | 1.09 | 1.46 | 1.84 | 2.10 |
| | 19-30 | 1,324 | 1.5 (0.05) | 0.67 | 0.81 | 1.08 | 1.44 | 1.87 | 2.31 | 2.60 |
| | 31-50 | 1,595 | 1.6 (0.04) | 0.71 | 0.86 | 1.13 | 1.50 | 1.93 | 2.39 | 2.68 |
| | 51-70 | 1,284 | 1.7 (0.04) | 0.76 | 0.91 | 1.20 | 1.57 | 2.02 | 2.49 | 2.79 |
| | 71+ | 860 | 1.5 (0.05) | 0.67 | 0.81 | 1.07 | 1.43 | 1.85 | 2.28 | 2.57 |
| | 19+ | 5,063 | 1.6 (0.03) | 0.71 | 0.85 | 1.13 | 1.50 | 1.93 | 2.39 | 2.69 |
| All Persons | 1+ | 17,888 | 1.6 (0.02) | 0.56 | 0.72 | 1.03 | 1.47 | 2.01 | 2.59 | 2.98 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.34.

4: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens; 1 cup cooked dry beans or peas.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.34. Total vegetables, including cooked dry beans and peas: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.3 (0.02) | 0.4 (0.02) | 0.5 (0.02) | 0.7 (0.02) | 0.9 (0.03) | 1.2 (0.05) | 1.4 (0.07) |
| | 4-8 | 0.4 (0.04) | 0.5 (0.04) | 0.7 (0.04) | 0.9 (0.04) | 1.2 (0.04) | 1.5 (0.06) | 1.7 (0.07) |
| Males | 9-13 | 0.4 (0.06) | 0.6 (0.06) | 0.8 (0.07) | 1.2 (0.07) | 1.6 (0.07) | 2.1 (0.08) | 2.4 (0.09) |
| | 14-18 | 0.6 (0.05) | 0.7 (0.06) | 1.0 (0.06) | 1.4 (0.08) | 1.9 (0.10) | 2.4 (0.14) | 2.8 (0.16) |
| | 19-30 | 0.8 (0.06) | 0.9 (0.06) | 1.3 (0.06) | 1.8 (0.06) | 2.3 (0.07) | 2.9 (0.11) | 3.3 (0.13) |
| | 31-50 | 0.9 (0.07) | 1.1 (0.07) | 1.4 (0.06) | 1.9 (0.05) | 2.5 (0.06) | 3.2 (0.09) | 3.6 (0.12) |
| | 51-70 | 0.8 (0.06) | 1.0 (0.06) | 1.4 (0.06) | 1.8 (0.06) | 2.4 (0.08) | 3.0 (0.12) | 3.4 (0.15) |
| | 71+ | 0.7 (0.06) | 0.8 (0.06) | 1.1 (0.06) | 1.5 (0.06) | 2.1 (0.07) | 2.6 (0.09) | 3.0 (0.12) |
| | 19+ | 0.8 (0.06) | 1.0 (0.06) | 1.3 (0.05) | 1.8 (0.04) | 2.4 (0.05) | 3.0 (0.09) | 3.4 (0.12) |
| Females | 9-13 | 0.5 (0.04) | 0.6 (0.04) | 0.8 (0.04) | 1.1 (0.04) | 1.5 (0.05) | 1.8 (0.07) | 2.1 (0.09) |
| | 14-18 | 0.5 (0.04) | 0.6 (0.04) | 0.8 (0.04) | 1.1 (0.04) | 1.5 (0.04) | 1.8 (0.06) | 2.1 (0.08) |
| | 19-30 | 0.7 (0.05) | 0.8 (0.05) | 1.1 (0.05) | 1.4 (0.05) | 1.9 (0.06) | 2.3 (0.08) | 2.6 (0.10) |
| | 31-50 | 0.7 (0.05) | 0.9 (0.05) | 1.1 (0.04) | 1.5 (0.04) | 1.9 (0.05) | 2.4 (0.08) | 2.7 (0.10) |
| | 51-70 | 0.8 (0.05) | 0.9 (0.05) | 1.2 (0.04) | 1.6 (0.04) | 2.0 (0.06) | 2.5 (0.09) | 2.8 (0.11) |
| | 71+ | 0.7 (0.04) | 0.8 (0.04) | 1.1 (0.04) | 1.4 (0.05) | 1.8 (0.07) | 2.3 (0.10) | 2.6 (0.12) |
| | 19+ | 0.7 (0.04) | 0.9 (0.04) | 1.1 (0.03) | 1.5 (0.03) | 1.9 (0.04) | 2.4 (0.07) | 2.7 (0.09) |
| All | 1+ | 0.6 (0.03) | 0.7 (0.03) | 1.0 (0.02) | 1.5 (0.02) | 2.0 (0.03) | 2.6 (0.05) | 3.0 (0.08) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens; 1 cup cooked dry beans or peas.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.35 & A.36: Usual Daily Intake of Whole Grains

Table A.35. Whole grains: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.5 (0.02) | 0.07 | 0.11 | 0.20 | 0.37 | 0.61 | 0.91 | 1.13 |
| | 4-8 | 1,701 | 0.5 (0.03) | 0.07 | 0.11 | 0.22 | 0.41 | 0.68 | 1.02 | 1.25 |
| Males | 9-13 | 1,061 | 0.7 (0.05) | 0.03 | 0.06 | 0.18 | 0.48 | 0.97 | 1.61 | 2.08 |
| | 14-18 | 1,424 | 0.5 (0.03) | 0.01 | 0.02 | 0.08 | 0.26 | 0.64 | 1.18 | 1.60 |
| | 19-30 | 1,100 | 0.6 (0.06) | 0.02 | 0.03 | 0.11 | 0.34 | 0.81 | 1.45 | 1.94 |
| | 31-50 | 1,466 | 0.7 (0.04) | 0.02 | 0.05 | 0.16 | 0.43 | 0.95 | 1.61 | 2.12 |
| | 51-70 | 1,252 | 0.9 (0.05) | 0.05 | 0.10 | 0.27 | 0.65 | 1.25 | 1.99 | 2.53 |
| | 71+ | 832 | 1.1 (0.06) | 0.11 | 0.19 | 0.44 | 0.90 | 1.56 | 2.33 | 2.90 |
| | 19+ | 4,650 | 0.7 (0.03) | 0.03 | 0.06 | 0.18 | 0.50 | 1.06 | 1.77 | 2.29 |
| Females | 9-13 | 1,112 | 0.5 (0.03) | 0.03 | 0.06 | 0.14 | 0.34 | 0.66 | 1.07 | 1.37 |
| | 14-18 | 1,362 | 0.5 (0.04) | 0.03 | 0.05 | 0.13 | 0.33 | 0.69 | 1.16 | 1.52 |
| | 19-30 | 1,325 | 0.5 (0.04) | 0.03 | 0.05 | 0.14 | 0.35 | 0.70 | 1.18 | 1.53 |
| | 31-50 | 1,595 | 0.6 (0.03) | 0.04 | 0.07 | 0.18 | 0.42 | 0.82 | 1.31 | 1.68 |
| | 51-70 | 1,284 | 0.8 (0.03) | 0.08 | 0.14 | 0.30 | 0.61 | 1.05 | 1.59 | 1.97 |
| | 71+ | 860 | 0.8 (0.04) | 0.09 | 0.15 | 0.33 | 0.64 | 1.10 | 1.63 | 2.00 |
| | 19+ | 5,064 | 0.6 (0.02) | 0.04 | 0.08 | 0.21 | 0.47 | 0.89 | 1.41 | 1.78 |
| All Persons | 1+ | 17,889 | 0.6 (0.02) | 0.03 | 0.07 | 0.19 | 0.45 | 0.89 | 1.47 | 1.91 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.36.

4: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.36. Whole grains: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Ounce Equivalents ² | | | | | | |
|----------|-------------|--------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.9 (0.06) | 1.1 (0.08) |
| | 4-8 | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.03) | 0.4 (0.03) | 0.7 (0.03) | 1.0 (0.06) | 1.2 (0.08) |
| Males | 9-13 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.5 (0.05) | 1.0 (0.07) | 1.6 (0.10) | 2.1 (0.13) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.6 (0.04) | 1.2 (0.08) | 1.6 (0.10) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.05) | 0.8 (0.09) | 1.5 (0.14) | 1.9 (0.17) |
| | 31-50 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.04) | 0.9 (0.06) | 1.6 (0.08) | 2.1 (0.10) |
| | 51-70 | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.6 (0.05) | 1.2 (0.07) | 2.0 (0.10) | 2.5 (0.13) |
| | 71+ | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.05) | 0.9 (0.07) | 1.6 (0.08) | 2.3 (0.12) | 2.9 (0.14) |
| | 19+ | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.5 (0.03) | 1.1 (0.04) | 1.8 (0.06) | 2.3 (0.08) |
| Females | 9-13 | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.04) | 0.7 (0.05) | 1.1 (0.08) | 1.4 (0.11) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.03) | 0.3 (0.05) | 0.7 (0.06) | 1.2 (0.09) | 1.5 (0.12) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.04) | 0.7 (0.06) | 1.2 (0.08) | 1.5 (0.11) |
| | 31-50 | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.04) | 0.8 (0.05) | 1.3 (0.07) | 1.7 (0.10) |
| | 51-70 | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.03) | 0.6 (0.03) | 1.1 (0.04) | 1.6 (0.08) | 2.0 (0.12) |
| | 71+ | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.04) | 0.6 (0.04) | 1.1 (0.05) | 1.6 (0.09) | 2.0 (0.12) |
| | 19+ | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.5 (0.03) | 0.9 (0.03) | 1.4 (0.06) | 1.8 (0.09) |
| All | 1+ | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.02) | 0.9 (0.03) | 1.5 (0.04) | 1.9 (0.06) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.37 & A.38: Usual Daily Intake of Non-Whole Grains

Table A.37. Non-whole grains: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--------------------------------|------|------|------|------|-------|-------|-------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 3.9 (0.07) | 2.19 | 2.49 | 3.05 | 3.77 | 4.57 | 5.37 | 5.87 |
| | 4-8 | 1,701 | 6.1 (0.11) | 3.89 | 4.31 | 5.09 | 6.03 | 7.08 | 8.09 | 8.76 |
| Males | 9-13 | 1,061 | 7.7 (0.19) | 4.32 | 4.92 | 6.08 | 7.52 | 9.16 | 10.77 | 11.80 |
| | 14-18 | 1,424 | 8.5 (0.28) | 4.87 | 5.56 | 6.79 | 8.31 | 10.02 | 11.67 | 12.75 |
| | 19-30 | 1,100 | 8.3 (0.20) | 4.67 | 5.33 | 6.56 | 8.06 | 9.74 | 11.41 | 12.45 |
| | 31-50 | 1,466 | 7.7 (0.15) | 4.28 | 4.91 | 6.06 | 7.49 | 9.08 | 10.68 | 11.70 |
| | 51-70 | 1,252 | 6.2 (0.13) | 3.23 | 3.76 | 4.75 | 6.01 | 7.42 | 8.85 | 9.78 |
| | 71+ | 832 | 5.4 (0.10) | 2.72 | 3.19 | 4.08 | 5.22 | 6.55 | 7.88 | 8.76 |
| | 19+ | 4,650 | 7.2 (0.09) | 3.68 | 4.30 | 5.49 | 7.01 | 8.71 | 10.39 | 11.47 |
| Females | 9-13 | 1,112 | 6.4 (0.15) | 3.50 | 4.02 | 5.03 | 6.28 | 7.67 | 9.04 | 9.91 |
| | 14-18 | 1,362 | 6.1 (0.12) | 3.24 | 3.76 | 4.73 | 5.93 | 7.29 | 8.64 | 9.52 |
| | 19-30 | 1,324 | 6.3 (0.15) | 3.38 | 3.91 | 4.88 | 6.11 | 7.50 | 8.86 | 9.72 |
| | 31-50 | 1,595 | 5.4 (0.14) | 2.75 | 3.22 | 4.09 | 5.21 | 6.48 | 7.75 | 8.54 |
| | 51-70 | 1,284 | 4.9 (0.10) | 2.38 | 2.83 | 3.65 | 4.69 | 5.90 | 7.10 | 7.88 |
| | 71+ | 860 | 4.5 (0.11) | 2.15 | 2.57 | 3.34 | 4.34 | 5.49 | 6.63 | 7.40 |
| | 19+ | 5,063 | 5.3 (0.08) | 2.61 | 3.09 | 3.99 | 5.16 | 6.49 | 7.83 | 8.71 |
| All Persons | 1+ | 17,888 | 6.3 (0.06) | 2.95 | 3.50 | 4.59 | 6.01 | 7.68 | 9.41 | 10.54 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.38.

4: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

Table A.38. Non-whole grains: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Ounce Equivalents ² | | | | | | |
|----------|-------------|--------------------------------|------------|------------|------------|------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 2.2 (0.12) | 2.5 (0.11) | 3.1 (0.09) | 3.8 (0.07) | 4.6 (0.08) | 5.4 (0.12) | 5.9 (0.16) |
| | 4-8 | 3.9 (0.18) | 4.3 (0.17) | 5.1 (0.14) | 6.0 (0.12) | 7.1 (0.13) | 8.1 (0.18) | 8.8 (0.23) |
| Males | 9-13 | 4.3 (0.23) | 4.9 (0.22) | 6.1 (0.21) | 7.5 (0.19) | 9.2 (0.21) | 10.8 (0.25) | 11.8 (0.29) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Ounce Equivalents ² | | | | | | |
|---------|-------------|--------------------------------|------------|------------|------------|-------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 14-18 | 4.9 (0.27) | 5.6 (0.27) | 6.8 (0.27) | 8.3 (0.28) | 10.0 (0.31) | 11.7 (0.38) | 12.7 (0.42) |
| | 19-30 | 4.7 (0.22) | 5.3 (0.21) | 6.6 (0.20) | 8.1 (0.20) | 9.7 (0.24) | 11.4 (0.30) | 12.5 (0.36) |
| | 31-50 | 4.3 (0.15) | 4.9 (0.14) | 6.1 (0.13) | 7.5 (0.15) | 9.1 (0.21) | 10.7 (0.29) | 11.7 (0.36) |
| | 51-70 | 3.2 (0.18) | 3.8 (0.17) | 4.7 (0.15) | 6.0 (0.14) | 7.4 (0.14) | 8.9 (0.19) | 9.8 (0.22) |
| | 71+ | 2.7 (0.14) | 3.2 (0.13) | 4.1 (0.11) | 5.2 (0.10) | 6.5 (0.13) | 7.9 (0.18) | 8.8 (0.23) |
| | 19+ | 3.7 (0.14) | 4.3 (0.13) | 5.5 (0.10) | 7.0 (0.09) | 8.7 (0.13) | 10.4 (0.21) | 11.5 (0.28) |
| Females | 9-13 | 3.5 (0.11) | 4.0 (0.11) | 5.0 (0.12) | 6.3 (0.14) | 7.7 (0.18) | 9.0 (0.24) | 9.9 (0.27) |
| | 14-18 | 3.2 (0.14) | 3.8 (0.13) | 4.7 (0.13) | 5.9 (0.12) | 7.3 (0.13) | 8.6 (0.15) | 9.5 (0.17) |
| | 19-30 | 3.4 (0.15) | 3.9 (0.15) | 4.9 (0.15) | 6.1 (0.15) | 7.5 (0.17) | 8.9 (0.20) | 9.7 (0.22) |
| | 31-50 | 2.7 (0.12) | 3.2 (0.12) | 4.1 (0.13) | 5.2 (0.14) | 6.5 (0.16) | 7.8 (0.20) | 8.5 (0.23) |
| | 51-70 | 2.4 (0.11) | 2.8 (0.11) | 3.7 (0.10) | 4.7 (0.10) | 5.9 (0.10) | 7.1 (0.12) | 7.9 (0.14) |
| | 71+ | 2.2 (0.11) | 2.6 (0.12) | 3.3 (0.12) | 4.3 (0.12) | 5.5 (0.13) | 6.6 (0.14) | 7.4 (0.16) |
| | 19+ | 2.6 (0.10) | 3.1 (0.10) | 4.0 (0.09) | 5.2 (0.08) | 6.5 (0.10) | 7.8 (0.12) | 8.7 (0.15) |
| All | 1+ | 2.9 (0.07) | 3.5 (0.07) | 4.6 (0.06) | 6.0 (0.06) | 7.7 (0.07) | 9.4 (0.13) | 10.5 (0.18) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.39 & A.40: Usual Daily Intake of Total Grains

Table A.39. Total grains: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--------------------------------|------|------|------|------|-------|-------|-------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 4.3 (0.08) | 2.43 | 2.77 | 3.40 | 4.20 | 5.11 | 6.00 | 6.58 |
| | 4-8 | 1,701 | 6.7 (0.12) | 4.16 | 4.63 | 5.49 | 6.53 | 7.70 | 8.82 | 9.57 |
| Males | 9-13 | 1,061 | 8.4 (0.20) | 4.77 | 5.42 | 6.66 | 8.19 | 9.92 | 11.59 | 12.66 |
| | 14-18 | 1,424 | 9.0 (0.28) | 5.18 | 5.91 | 7.19 | 8.78 | 10.55 | 12.25 | 13.34 |
| | 19-30 | 1,100 | 8.8 (0.21) | 5.08 | 5.78 | 7.09 | 8.66 | 10.41 | 12.14 | 13.22 |
| | 31-50 | 1,466 | 8.4 (0.17) | 4.74 | 5.42 | 6.66 | 8.19 | 9.87 | 11.54 | 12.58 |
| | 51-70 | 1,252 | 7.1 (0.15) | 3.79 | 4.39 | 5.50 | 6.88 | 8.43 | 9.97 | 10.95 |
| | 71+ | 832 | 6.5 (0.11) | 3.41 | 3.96 | 5.00 | 6.29 | 7.78 | 9.25 | 10.23 |
| | 19+ | 4,650 | 8.0 (0.10) | 4.27 | 4.94 | 6.19 | 7.77 | 9.51 | 11.24 | 12.34 |
| Females | 9-13 | 1,112 | 6.9 (0.15) | 3.76 | 4.34 | 5.40 | 6.71 | 8.16 | 9.57 | 10.44 |
| | 14-18 | 1,362 | 6.6 (0.13) | 3.53 | 4.10 | 5.12 | 6.39 | 7.81 | 9.21 | 10.11 |
| | 19-30 | 1,324 | 6.8 (0.16) | 3.70 | 4.27 | 5.31 | 6.61 | 8.06 | 9.46 | 10.36 |
| | 31-50 | 1,595 | 6.0 (0.15) | 3.12 | 3.65 | 4.60 | 5.81 | 7.16 | 8.50 | 9.32 |
| | 51-70 | 1,284 | 5.6 (0.11) | 2.85 | 3.36 | 4.29 | 5.44 | 6.75 | 8.04 | 8.88 |
| | 71+ | 860 | 5.3 (0.12) | 2.63 | 3.11 | 3.99 | 5.12 | 6.38 | 7.62 | 8.44 |
| | 19+ | 5,063 | 6.0 (0.09) | 3.05 | 3.58 | 4.56 | 5.80 | 7.20 | 8.58 | 9.48 |
| All Persons | 1+ | 17,888 | 6.9 (0.06) | 3.39 | 3.99 | 5.16 | 6.66 | 8.40 | 10.18 | 11.34 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.40.

4: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

Table A.40. Total grains: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Ounce Equivalents ² | | | | | | |
|----------|-------------|--------------------------------|------------|------------|------------|------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 2.4 (0.09) | 2.8 (0.09) | 3.4 (0.08) | 4.2 (0.08) | 5.1 (0.09) | 6.0 (0.12) | 6.6 (0.14) |
| | 4-8 | 4.2 (0.13) | 4.6 (0.13) | 5.5 (0.12) | 6.5 (0.12) | 7.7 (0.13) | 8.8 (0.16) | 9.6 (0.19) |
| Males | 9-13 | 4.8 (0.23) | 5.4 (0.23) | 6.7 (0.22) | 8.2 (0.21) | 9.9 (0.21) | 11.6 (0.24) | 12.7 (0.27) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Ounce Equivalents ² | | | | | | |
|---------|-------------|--------------------------------|------------|------------|------------|-------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 14-18 | 5.2 (0.26) | 5.9 (0.26) | 7.2 (0.26) | 8.8 (0.28) | 10.6 (0.32) | 12.2 (0.38) | 13.3 (0.42) |
| | 19-30 | 5.1 (0.23) | 5.8 (0.22) | 7.1 (0.21) | 8.7 (0.21) | 10.4 (0.24) | 12.1 (0.28) | 13.2 (0.32) |
| | 31-50 | 4.7 (0.14) | 5.4 (0.14) | 6.7 (0.13) | 8.2 (0.16) | 9.9 (0.21) | 11.5 (0.29) | 12.6 (0.35) |
| | 51-70 | 3.8 (0.19) | 4.4 (0.18) | 5.5 (0.17) | 6.9 (0.16) | 8.4 (0.16) | 10.0 (0.20) | 10.9 (0.23) |
| | 71+ | 3.4 (0.14) | 4.0 (0.14) | 5.0 (0.12) | 6.3 (0.11) | 7.8 (0.13) | 9.3 (0.19) | 10.2 (0.23) |
| | 19+ | 4.3 (0.14) | 4.9 (0.13) | 6.2 (0.11) | 7.8 (0.10) | 9.5 (0.13) | 11.2 (0.20) | 12.3 (0.25) |
| Females | 9-13 | 3.8 (0.12) | 4.3 (0.12) | 5.4 (0.13) | 6.7 (0.15) | 8.2 (0.18) | 9.6 (0.22) | 10.4 (0.25) |
| | 14-18 | 3.5 (0.14) | 4.1 (0.14) | 5.1 (0.13) | 6.4 (0.14) | 7.8 (0.15) | 9.2 (0.16) | 10.1 (0.18) |
| | 19-30 | 3.7 (0.14) | 4.3 (0.14) | 5.3 (0.15) | 6.6 (0.16) | 8.1 (0.19) | 9.5 (0.22) | 10.4 (0.25) |
| | 31-50 | 3.1 (0.11) | 3.6 (0.12) | 4.6 (0.13) | 5.8 (0.15) | 7.2 (0.18) | 8.5 (0.23) | 9.3 (0.26) |
| | 51-70 | 2.8 (0.12) | 3.4 (0.12) | 4.3 (0.11) | 5.4 (0.11) | 6.8 (0.12) | 8.0 (0.13) | 8.9 (0.15) |
| | 71+ | 2.6 (0.11) | 3.1 (0.12) | 4.0 (0.12) | 5.1 (0.13) | 6.4 (0.14) | 7.6 (0.16) | 8.4 (0.18) |
| | 19+ | 3.0 (0.10) | 3.6 (0.09) | 4.6 (0.09) | 5.8 (0.09) | 7.2 (0.11) | 8.6 (0.14) | 9.5 (0.18) |
| All | 1+ | 3.4 (0.07) | 4.0 (0.07) | 5.2 (0.07) | 6.7 (0.07) | 8.4 (0.08) | 10.2 (0.12) | 11.3 (0.17) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.41 & A.42: Usual Daily Intake of Beef, Pork, Veal, Lamb, and Game

Table A.41. Beef, pork, veal, lamb, and game: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.7 (0.04) | 0.17 | 0.23 | 0.37 | 0.58 | 0.87 | 1.20 | 1.44 |
| | 4-8 | 1,701 | 1.0 (0.06) | 0.29 | 0.38 | 0.58 | 0.87 | 1.25 | 1.69 | 1.99 |
| Males | 9-13 | 1,061 | 1.8 (0.11) | 0.71 | 0.91 | 1.27 | 1.73 | 2.25 | 2.78 | 3.13 |
| | 14-18 | 1,424 | 2.3 (0.14) | 0.98 | 1.23 | 1.69 | 2.26 | 2.89 | 3.51 | 3.92 |
| | 19-30 | 1,100 | 2.5 (0.12) | 0.98 | 1.26 | 1.77 | 2.39 | 3.06 | 3.73 | 4.16 |
| | 31-50 | 1,466 | 2.8 (0.12) | 1.16 | 1.47 | 2.02 | 2.69 | 3.43 | 4.16 | 4.63 |
| | 51-70 | 1,252 | 2.5 (0.09) | 0.98 | 1.26 | 1.78 | 2.42 | 3.12 | 3.81 | 4.25 |
| | 71+ | 832 | 1.9 (0.11) | 0.66 | 0.86 | 1.28 | 1.82 | 2.42 | 3.03 | 3.41 |
| | 19+ | 4,650 | 2.5 (0.07) | 1.00 | 1.27 | 1.81 | 2.47 | 3.19 | 3.91 | 4.36 |
| Females | 9-13 | 1,112 | 1.2 (0.08) | 0.55 | 0.68 | 0.91 | 1.20 | 1.54 | 1.87 | 2.08 |
| | 14-18 | 1,362 | 1.3 (0.09) | 0.55 | 0.68 | 0.92 | 1.24 | 1.59 | 1.95 | 2.18 |
| | 19-30 | 1,325 | 1.4 (0.11) | 0.62 | 0.76 | 1.04 | 1.39 | 1.80 | 2.20 | 2.45 |
| | 31-50 | 1,595 | 1.5 (0.08) | 0.65 | 0.81 | 1.11 | 1.48 | 1.90 | 2.30 | 2.55 |
| | 51-70 | 1,284 | 1.5 (0.07) | 0.65 | 0.79 | 1.06 | 1.41 | 1.80 | 2.18 | 2.42 |
| | 71+ | 860 | 1.2 (0.08) | 0.48 | 0.59 | 0.83 | 1.13 | 1.47 | 1.80 | 2.01 |
| | 19+ | 5,064 | 1.4 (0.06) | 0.61 | 0.76 | 1.04 | 1.40 | 1.80 | 2.20 | 2.45 |
| All Persons | 1+ | 17,889 | 1.8 (0.04) | 0.52 | 0.71 | 1.08 | 1.62 | 2.34 | 3.18 | 3.71 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.42.

4: 1 ounce equivalent = 1 ounce cooked lean meat.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.42. Beef, pork, veal, lamb, and game: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.2 (0.06) | 0.2 (0.07) | 0.4 (0.07) | 0.6 (0.06) | 0.9 (0.05) | 1.2 (0.10) | 1.4 (0.17) |
| | 4-8 | 0.3 (0.07) | 0.4 (0.07) | 0.6 (0.07) | 0.9 (0.05) | 1.3 (0.09) | 1.7 (0.20) | 2.0 (0.28) |
| Males | 9-13 | 0.7 (0.14) | 0.9 (0.15) | 1.3 (0.15) | 1.7 (0.13) | 2.2 (0.14) | 2.8 (0.21) | 3.1 (0.29) |
| | 14-18 | 1.0 (0.15) | 1.2 (0.16) | 1.7 (0.16) | 2.3 (0.15) | 2.9 (0.17) | 3.5 (0.26) | 3.9 (0.36) |
| | 19-30 | 1.0 (0.15) | 1.3 (0.15) | 1.8 (0.14) | 2.4 (0.13) | 3.1 (0.16) | 3.7 (0.27) | 4.2 (0.37) |
| | 31-50 | 1.2 (0.18) | 1.5 (0.17) | 2.0 (0.16) | 2.7 (0.14) | 3.4 (0.15) | 4.2 (0.27) | 4.6 (0.38) |
| | 51-70 | 1.0 (0.16) | 1.3 (0.15) | 1.8 (0.14) | 2.4 (0.11) | 3.1 (0.12) | 3.8 (0.23) | 4.3 (0.33) |
| | 71+ | 0.7 (0.14) | 0.9 (0.14) | 1.3 (0.14) | 1.8 (0.13) | 2.4 (0.11) | 3.0 (0.17) | 3.4 (0.25) |
| | 19+ | 1.0 (0.14) | 1.3 (0.14) | 1.8 (0.13) | 2.5 (0.09) | 3.2 (0.10) | 3.9 (0.22) | 4.4 (0.33) |
| Females | 9-13 | 0.6 (0.08) | 0.7 (0.08) | 0.9 (0.08) | 1.2 (0.08) | 1.5 (0.10) | 1.9 (0.15) | 2.1 (0.19) |
| | 14-18 | 0.5 (0.09) | 0.7 (0.09) | 0.9 (0.09) | 1.2 (0.09) | 1.6 (0.11) | 1.9 (0.16) | 2.2 (0.21) |
| | 19-30 | 0.6 (0.11) | 0.8 (0.11) | 1.0 (0.11) | 1.4 (0.12) | 1.8 (0.13) | 2.2 (0.18) | 2.5 (0.22) |
| | 31-50 | 0.7 (0.10) | 0.8 (0.10) | 1.1 (0.10) | 1.5 (0.10) | 1.9 (0.09) | 2.3 (0.12) | 2.6 (0.17) |
| | 51-70 | 0.6 (0.08) | 0.8 (0.08) | 1.1 (0.08) | 1.4 (0.08) | 1.8 (0.09) | 2.2 (0.14) | 2.4 (0.19) |
| | 71+ | 0.5 (0.08) | 0.6 (0.08) | 0.8 (0.08) | 1.1 (0.08) | 1.5 (0.09) | 1.8 (0.13) | 2.0 (0.17) |
| | 19+ | 0.6 (0.09) | 0.8 (0.09) | 1.0 (0.08) | 1.4 (0.07) | 1.8 (0.07) | 2.2 (0.12) | 2.5 (0.17) |
| All | 1+ | 0.5 (0.06) | 0.7 (0.06) | 1.1 (0.06) | 1.6 (0.06) | 2.3 (0.08) | 3.2 (0.10) | 3.7 (0.19) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean meat.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.43 & A.44: Usual Daily Intake of Frankfurters, Sausage, and Luncheon Meats

Table A.43. Frankfurters, sausages, and luncheon meats: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.6 (0.04) | 0.12 | 0.17 | 0.29 | 0.48 | 0.75 | 1.08 | 1.32 |
| | 4-8 | 1,701 | 0.7 (0.04) | 0.16 | 0.22 | 0.36 | 0.59 | 0.90 | 1.26 | 1.52 |
| Males | 9-13 | 1,061 | 0.9 (0.05) | 0.21 | 0.28 | 0.45 | 0.73 | 1.12 | 1.58 | 1.92 |
| | 14-18 | 1,424 | 1.1 (0.08) | 0.27 | 0.36 | 0.58 | 0.93 | 1.39 | 1.94 | 2.35 |
| | 19-30 | 1,100 | 1.1 (0.08) | 0.26 | 0.36 | 0.58 | 0.94 | 1.44 | 2.01 | 2.44 |
| | 31-50 | 1,466 | 1.2 (0.05) | 0.30 | 0.41 | 0.65 | 1.04 | 1.57 | 2.20 | 2.64 |
| | 51-70 | 1,252 | 1.1 (0.06) | 0.28 | 0.37 | 0.60 | 0.95 | 1.45 | 2.04 | 2.46 |
| | 71+ | 832 | 0.8 (0.06) | 0.18 | 0.25 | 0.41 | 0.68 | 1.07 | 1.54 | 1.88 |
| | 19+ | 4,650 | 1.1 (0.04) | 0.27 | 0.37 | 0.59 | 0.96 | 1.47 | 2.06 | 2.50 |
| Females | 9-13 | 1,112 | 0.7 (0.04) | 0.18 | 0.25 | 0.40 | 0.64 | 0.93 | 1.27 | 1.49 |
| | 14-18 | 1,362 | 0.6 (0.03) | 0.14 | 0.19 | 0.32 | 0.51 | 0.79 | 1.10 | 1.32 |
| | 19-30 | 1,325 | 0.7 (0.05) | 0.17 | 0.24 | 0.39 | 0.63 | 0.96 | 1.34 | 1.60 |
| | 31-50 | 1,595 | 0.6 (0.03) | 0.14 | 0.20 | 0.33 | 0.55 | 0.86 | 1.20 | 1.44 |
| | 51-70 | 1,284 | 0.6 (0.03) | 0.12 | 0.17 | 0.28 | 0.47 | 0.75 | 1.09 | 1.32 |
| | 71+ | 860 | 0.5 (0.04) | 0.10 | 0.13 | 0.23 | 0.39 | 0.63 | 0.92 | 1.12 |
| | 19+ | 5,064 | 0.6 (0.02) | 0.13 | 0.18 | 0.31 | 0.53 | 0.83 | 1.18 | 1.42 |
| All Persons | 1+ | 17,889 | 0.8 (0.02) | 0.17 | 0.23 | 0.40 | 0.68 | 1.09 | 1.60 | 1.99 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.44.

4: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.44. Frankfurters, sausages, and luncheon meats: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.1 (0.04) | 0.2 (0.05) | 0.3 (0.05) | 0.5 (0.04) | 0.8 (0.06) | 1.1 (0.11) | 1.3 (0.15) |
| | 4-8 | 0.2 (0.05) | 0.2 (0.05) | 0.4 (0.05) | 0.6 (0.04) | 0.9 (0.06) | 1.3 (0.11) | 1.5 (0.16) |
| Males | 9-13 | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.04) | 0.7 (0.05) | 1.1 (0.07) | 1.6 (0.10) | 1.9 (0.13) |
| | 14-18 | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.04) | 0.9 (0.06) | 1.4 (0.10) | 1.9 (0.15) | 2.3 (0.19) |
| | 19-30 | 0.3 (0.04) | 0.4 (0.05) | 0.6 (0.06) | 0.9 (0.08) | 1.4 (0.10) | 2.0 (0.14) | 2.4 (0.17) |
| | 31-50 | 0.3 (0.03) | 0.4 (0.03) | 0.7 (0.04) | 1.0 (0.04) | 1.6 (0.07) | 2.2 (0.11) | 2.6 (0.15) |
| | 51-70 | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.04) | 1.0 (0.06) | 1.5 (0.09) | 2.0 (0.13) | 2.5 (0.17) |
| | 71+ | 0.2 (0.03) | 0.3 (0.04) | 0.4 (0.04) | 0.7 (0.06) | 1.1 (0.08) | 1.5 (0.11) | 1.9 (0.13) |
| | 19+ | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.03) | 1.0 (0.03) | 1.5 (0.05) | 2.1 (0.09) | 2.5 (0.13) |
| Females | 9-13 | 0.2 (0.03) | 0.3 (0.04) | 0.4 (0.05) | 0.6 (0.05) | 0.9 (0.05) | 1.3 (0.08) | 1.5 (0.13) |
| | 14-18 | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.04) | 0.5 (0.04) | 0.8 (0.05) | 1.1 (0.07) | 1.3 (0.11) |
| | 19-30 | 0.2 (0.03) | 0.2 (0.04) | 0.4 (0.04) | 0.6 (0.04) | 1.0 (0.06) | 1.3 (0.11) | 1.6 (0.16) |
| | 31-50 | 0.1 (0.03) | 0.2 (0.03) | 0.3 (0.04) | 0.6 (0.04) | 0.9 (0.04) | 1.2 (0.06) | 1.4 (0.09) |
| | 51-70 | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.04) | 0.8 (0.04) | 1.1 (0.07) | 1.3 (0.09) |
| | 71+ | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.03) | 0.4 (0.04) | 0.6 (0.05) | 0.9 (0.07) | 1.1 (0.11) |
| | 19+ | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.03) | 0.8 (0.03) | 1.2 (0.05) | 1.4 (0.09) |
| All | 1+ | 0.2 (0.02) | 0.2 (0.02) | 0.4 (0.02) | 0.7 (0.02) | 1.1 (0.02) | 1.6 (0.04) | 2.0 (0.06) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.45 & A.46: Usual Daily Intake of Chicken, Turkey, and Other Poultry

Table A.45. Chicken, turkey, and other poultry: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.7 (0.04) | 0.19 | 0.25 | 0.38 | 0.58 | 0.85 | 1.15 | 1.36 |
| | 4-8 | 1,701 | 1.0 (0.08) | 0.30 | 0.39 | 0.58 | 0.87 | 1.24 | 1.65 | 1.93 |
| Males | 9-13 | 1,061 | 1.2 (0.11) | 0.27 | 0.38 | 0.62 | 1.03 | 1.59 | 2.23 | 2.68 |
| | 14-18 | 1,424 | 1.5 (0.11) | 0.39 | 0.52 | 0.84 | 1.35 | 2.03 | 2.76 | 3.28 |
| | 19-30 | 1,100 | 1.9 (0.11) | 0.54 | 0.73 | 1.15 | 1.77 | 2.54 | 3.35 | 3.90 |
| | 31-50 | 1,466 | 1.6 (0.09) | 0.42 | 0.57 | 0.90 | 1.43 | 2.13 | 2.88 | 3.39 |
| | 51-70 | 1,252 | 1.2 (0.08) | 0.29 | 0.40 | 0.65 | 1.07 | 1.65 | 2.32 | 2.77 |
| | 71+ | 832 | 1.0 (0.06) | 0.22 | 0.30 | 0.50 | 0.83 | 1.29 | 1.83 | 2.20 |
| | 19+ | 4,650 | 1.5 (0.05) | 0.36 | 0.49 | 0.81 | 1.34 | 2.05 | 2.83 | 3.35 |
| Females | 9-13 | 1,112 | 1.0 (0.07) | 0.25 | 0.33 | 0.52 | 0.83 | 1.25 | 1.73 | 2.06 |
| | 14-18 | 1,362 | 1.1 (0.07) | 0.31 | 0.42 | 0.64 | 1.00 | 1.47 | 1.99 | 2.35 |
| | 19-30 | 1,325 | 1.4 (0.10) | 0.44 | 0.57 | 0.86 | 1.28 | 1.82 | 2.40 | 2.79 |
| | 31-50 | 1,595 | 1.2 (0.06) | 0.35 | 0.47 | 0.72 | 1.12 | 1.62 | 2.17 | 2.53 |
| | 51-70 | 1,284 | 1.1 (0.07) | 0.30 | 0.40 | 0.62 | 0.97 | 1.43 | 1.94 | 2.29 |
| | 71+ | 860 | 0.9 (0.06) | 0.23 | 0.31 | 0.49 | 0.78 | 1.17 | 1.60 | 1.90 |
| | 19+ | 5,064 | 1.2 (0.05) | 0.33 | 0.43 | 0.68 | 1.07 | 1.57 | 2.13 | 2.49 |
| All Persons | 1+ | 17,889 | 1.3 (0.03) | 0.31 | 0.42 | 0.68 | 1.09 | 1.68 | 2.37 | 2.85 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.46.

4: 1 ounce equivalent = 1 ounce cooked lean poultry.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.46. Chicken, turkey, and other poultry: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.2 (0.06) | 0.3 (0.06) | 0.4 (0.06) | 0.6 (0.05) | 0.8 (0.05) | 1.1 (0.09) | 1.4 (0.12) |
| | 4-8 | 0.3 (0.08) | 0.4 (0.08) | 0.6 (0.07) | 0.9 (0.08) | 1.2 (0.13) | 1.6 (0.19) | 1.9 (0.23) |
| Males | 9-13 | 0.3 (0.06) | 0.4 (0.07) | 0.6 (0.09) | 1.0 (0.11) | 1.6 (0.15) | 2.2 (0.22) | 2.7 (0.28) |
| | 14-18 | 0.4 (0.07) | 0.5 (0.08) | 0.8 (0.09) | 1.3 (0.11) | 2.0 (0.15) | 2.8 (0.23) | 3.3 (0.32) |
| | 19-30 | 0.5 (0.08) | 0.7 (0.09) | 1.2 (0.08) | 1.8 (0.09) | 2.5 (0.15) | 3.3 (0.25) | 3.9 (0.36) |
| | 31-50 | 0.4 (0.08) | 0.6 (0.09) | 0.9 (0.09) | 1.4 (0.10) | 2.1 (0.12) | 2.9 (0.18) | 3.4 (0.25) |
| | 51-70 | 0.3 (0.05) | 0.4 (0.06) | 0.7 (0.06) | 1.1 (0.07) | 1.7 (0.11) | 2.3 (0.20) | 2.8 (0.27) |
| | 71+ | 0.2 (0.04) | 0.3 (0.05) | 0.5 (0.05) | 0.8 (0.06) | 1.3 (0.08) | 1.8 (0.14) | 2.2 (0.20) |
| | 19+ | 0.4 (0.06) | 0.5 (0.06) | 0.8 (0.06) | 1.3 (0.05) | 2.0 (0.08) | 2.8 (0.16) | 3.4 (0.24) |
| Females | 9-13 | 0.2 (0.05) | 0.3 (0.05) | 0.5 (0.06) | 0.8 (0.07) | 1.3 (0.11) | 1.7 (0.17) | 2.1 (0.21) |
| | 14-18 | 0.3 (0.08) | 0.4 (0.09) | 0.6 (0.09) | 1.0 (0.09) | 1.5 (0.08) | 2.0 (0.10) | 2.3 (0.13) |
| | 19-30 | 0.4 (0.10) | 0.6 (0.10) | 0.9 (0.11) | 1.3 (0.11) | 1.8 (0.12) | 2.4 (0.16) | 2.8 (0.20) |
| | 31-50 | 0.4 (0.07) | 0.5 (0.08) | 0.7 (0.07) | 1.1 (0.06) | 1.6 (0.08) | 2.2 (0.13) | 2.5 (0.17) |
| | 51-70 | 0.3 (0.07) | 0.4 (0.08) | 0.6 (0.08) | 1.0 (0.08) | 1.4 (0.08) | 1.9 (0.12) | 2.3 (0.15) |
| | 71+ | 0.2 (0.06) | 0.3 (0.07) | 0.5 (0.08) | 0.8 (0.08) | 1.2 (0.08) | 1.6 (0.09) | 1.9 (0.11) |
| | 19+ | 0.3 (0.07) | 0.4 (0.08) | 0.7 (0.07) | 1.1 (0.06) | 1.6 (0.06) | 2.1 (0.10) | 2.5 (0.14) |
| All | 1+ | 0.3 (0.03) | 0.4 (0.04) | 0.7 (0.04) | 1.1 (0.03) | 1.7 (0.03) | 2.4 (0.07) | 2.9 (0.12) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean poultry.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.47 & A.48: Usual Daily Intake of Fish and Other Seafood Low in Omega–3 Fatty Acids

Table A.47. Fish and other seafood low in omega–3 fatty acids: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.1 (0.03) | 0.06 | 0.07 | 0.09 | 0.11 | 0.14 | 0.17 | 0.20 |
| | 4-8 | 1,701 | 0.2 (0.03) | 0.10 | 0.11 | 0.14 | 0.17 | 0.21 | 0.26 | 0.29 |
| Males | 9-13 | 1,061 | 0.2 (0.03) | 0.01 | 0.02 | 0.04 | 0.09 | 0.21 | 0.43 | 0.64 |
| | 14-18 | 1,424 | 0.2 (0.05) | 0.01 | 0.02 | 0.05 | 0.11 | 0.24 | 0.48 | 0.71 |
| | 19-30 | 1,100 | 0.3 (0.04) | 0.02 | 0.04 | 0.08 | 0.19 | 0.41 | 0.79 | 1.14 |
| | 31-50 | 1,466 | 0.5 (0.06) | 0.04 | 0.07 | 0.15 | 0.33 | 0.70 | 1.30 | 1.82 |
| | 51-70 | 1,252 | 0.5 (0.07) | 0.04 | 0.06 | 0.14 | 0.31 | 0.65 | 1.19 | 1.66 |
| | 71+ | 832 | 0.3 (0.06) | 0.02 | 0.04 | 0.08 | 0.19 | 0.42 | 0.82 | 1.17 |
| | 19+ | 4,650 | 0.5 (0.04) | 0.03 | 0.05 | 0.12 | 0.27 | 0.59 | 1.11 | 1.57 |
| Females | 9-13 | 1,112 | 0.1 (0.03) | 0.02 | 0.03 | 0.05 | 0.09 | 0.17 | 0.28 | 0.38 |
| | 14-18 | 1,362 | 0.2 (0.04) | 0.04 | 0.05 | 0.09 | 0.16 | 0.28 | 0.45 | 0.59 |
| | 19-30 | 1,325 | 0.3 (0.04) | 0.05 | 0.07 | 0.12 | 0.21 | 0.37 | 0.59 | 0.76 |
| | 31-50 | 1,595 | 0.4 (0.04) | 0.07 | 0.10 | 0.17 | 0.31 | 0.52 | 0.81 | 1.02 |
| | 51-70 | 1,284 | 0.4 (0.04) | 0.08 | 0.10 | 0.18 | 0.31 | 0.52 | 0.79 | 0.99 |
| | 71+ | 860 | 0.4 (0.05) | 0.08 | 0.11 | 0.18 | 0.32 | 0.53 | 0.80 | 0.98 |
| | 19+ | 5,064 | 0.4 (0.02) | 0.07 | 0.09 | 0.16 | 0.29 | 0.49 | 0.76 | 0.96 |
| All Persons | 1+ | 17,889 | 0.4 (0.02) | 0.04 | 0.06 | 0.11 | 0.22 | 0.44 | 0.79 | 1.09 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.48.

4: 1 ounce equivalent = 1 ounce cooked lean fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.48. Fish and other seafood low in omega–3 fatty acids: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.1 (0.03) | 0.1 (0.03) | 0.1 (0.03) | 0.1 (0.02) | 0.1 (0.04) | 0.2 (0.05) | 0.2 (0.07) |
| | 4-8 | 0.1 (0.05) | 0.1 (0.05) | 0.1 (0.04) | 0.2 (0.04) | 0.2 (0.04) | 0.3 (0.06) | 0.3 (0.09) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.07) | 0.6 (0.10) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.2 (0.06) | 0.5 (0.12) | 0.7 (0.17) |
| | 19-30 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.05) | 0.8 (0.09) | 1.1 (0.12) |
| | 31-50 | 0.0 (0.02) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.05) | 0.7 (0.09) | 1.3 (0.13) | 1.8 (0.19) |
| | 51-70 | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.04) | 0.6 (0.09) | 1.2 (0.17) | 1.7 (0.25) |
| | 71+ | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.07) | 0.8 (0.14) | 1.2 (0.22) |
| | 19+ | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.05) | 1.1 (0.10) | 1.6 (0.15) |
| Females | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.07) | 0.4 (0.10) |
| | 14-18 | 0.0 (0.02) | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.03) | 0.3 (0.05) | 0.5 (0.08) | 0.6 (0.12) |
| | 19-30 | 0.0 (0.02) | 0.1 (0.03) | 0.1 (0.04) | 0.2 (0.04) | 0.4 (0.05) | 0.6 (0.07) | 0.8 (0.11) |
| | 31-50 | 0.1 (0.03) | 0.1 (0.03) | 0.2 (0.04) | 0.3 (0.04) | 0.5 (0.05) | 0.8 (0.10) | 1.0 (0.15) |
| | 51-70 | 0.1 (0.03) | 0.1 (0.04) | 0.2 (0.04) | 0.3 (0.05) | 0.5 (0.06) | 0.8 (0.10) | 1.0 (0.14) |
| | 71+ | 0.1 (0.03) | 0.1 (0.04) | 0.2 (0.04) | 0.3 (0.05) | 0.5 (0.07) | 0.8 (0.13) | 1.0 (0.17) |
| | 19+ | 0.1 (0.03) | 0.1 (0.03) | 0.2 (0.04) | 0.3 (0.03) | 0.5 (0.03) | 0.8 (0.08) | 1.0 (0.12) |
| All | 1+ | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.03) | 0.8 (0.06) | 1.1 (0.10) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.49 & A.50: Usual Daily Intake of Fish and Other Seafood High in Omega–3 Fatty Acids

Table A.49. Fish and other seafood high in omega–3 fatty acids: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.0 (0.00) | 0.00 | 0.00 | 0.01 | 0.01 | 0.01 | 0.02 | 0.03 |
| | 4-8 | 1,701 | 0.0 (0.00) | 0.00 | 0.00 | 0.01 | 0.01 | 0.01 | 0.02 | 0.03 |
| Males | 9-13 | 1,061 | 0.0 (0.03) | 0.00 | 0.00 | 0.01 | 0.02 | 0.05 | 0.10 | 0.15 |
| | 14-18 | 1,424 | 0.0 (0.02) | 0.00 | 0.00 | 0.01 | 0.02 | 0.04 | 0.08 | 0.13 |
| | 19-30 | 1,100 | 0.1 (0.05) | 0.01 | 0.01 | 0.02 | 0.05 | 0.11 | 0.24 | 0.37 |
| | 31-50 | 1,466 | 0.1 (0.06) | 0.01 | 0.01 | 0.03 | 0.07 | 0.15 | 0.32 | 0.49 |
| | 51-70 | 1,252 | 0.2 (0.08) | 0.01 | 0.02 | 0.04 | 0.09 | 0.21 | 0.43 | 0.65 |
| | 71+ | 832 | 0.2 (0.09) | 0.01 | 0.02 | 0.04 | 0.09 | 0.20 | 0.41 | 0.62 |
| | 19+ | 4,650 | 0.1 (0.05) | 0.01 | 0.01 | 0.03 | 0.07 | 0.16 | 0.34 | 0.52 |
| Females | 9-13 | 1,112 | 0.0 (0.02) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.08 | 0.14 |
| | 14-18 | 1,362 | 0.0 (0.02) | 0.00 | 0.00 | 0.00 | 0.01 | 0.04 | 0.12 | 0.20 |
| | 19-30 | 1,325 | 0.0 (0.02) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.08 | 0.14 |
| | 31-50 | 1,595 | 0.1 (0.03) | 0.00 | 0.00 | 0.01 | 0.04 | 0.11 | 0.26 | 0.45 |
| | 51-70 | 1,284 | 0.1 (0.04) | 0.00 | 0.01 | 0.01 | 0.04 | 0.13 | 0.32 | 0.54 |
| | 71+ | 860 | 0.2 (0.09) | 0.00 | 0.01 | 0.02 | 0.07 | 0.21 | 0.51 | 0.84 |
| | 19+ | 5,064 | 0.1 (0.03) | 0.00 | 0.00 | 0.01 | 0.03 | 0.10 | 0.26 | 0.46 |
| All Persons | 1+ | 17,889 | 0.1 (0.03) | 0.00 | 0.00 | 0.01 | 0.03 | 0.10 | 0.24 | 0.41 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.50.

4: 1 ounce equivalent = 1 ounce cooked lean fish.

Table A.50. Fish and other seafood high in omega–3 fatty acids: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------------|--------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.06) | 0.2 (0.12) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.05) | 0.1 (0.10) |
| | 19-30 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.02) | 0.0 (0.02) | 0.1 (0.04) | 0.2 (0.11) | 0.4 (0.22) |
| | 31-50 | 0.0 (0.01) | 0.0 (0.02) | 0.0 (0.02) | 0.1 (0.03) | 0.2 (0.05) | 0.3 (0.14) | 0.5 (0.28) |
| | 51-70 | 0.0 (0.02) | 0.0 (0.02) | 0.0 (0.03) | 0.1 (0.04) | 0.2 (0.07) | 0.4 (0.20) | 0.6 (0.37) |
| | 71+ | 0.0 (0.01) | 0.0 (0.02) | 0.0 (0.03) | 0.1 (0.04) | 0.2 (0.08) | 0.4 (0.21) | 0.6 (0.38) |
| | 19+ | 0.0 (0.01) | 0.0 (0.02) | 0.0 (0.02) | 0.1 (0.02) | 0.2 (0.04) | 0.3 (0.13) | 0.5 (0.27) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.04) | 0.1 (0.08) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.04) | 0.2 (0.09) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.1 (0.07) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.06) | 0.5 (0.13) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.3 (0.10) | 0.5 (0.20) |
| | 71+ | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.2 (0.07) | 0.5 (0.19) | 0.8 (0.38) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.3 (0.06) | 0.5 (0.13) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.06) | 0.4 (0.14) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.51 & A.52: Usual Daily Intake of Total Fish and Other Seafood

Table A.51. Total fish and other seafood: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.2 (0.05) | 0.02 | 0.03 | 0.06 | 0.12 | 0.23 | 0.41 | 0.56 |
| | 4-8 | 1,701 | 0.2 (0.06) | 0.03 | 0.04 | 0.08 | 0.16 | 0.30 | 0.52 | 0.71 |
| Males | 9-13 | 1,061 | 0.2 (0.03) | 0.01 | 0.02 | 0.05 | 0.12 | 0.28 | 0.55 | 0.80 |
| | 14-18 | 1,424 | 0.2 (0.05) | 0.01 | 0.02 | 0.06 | 0.14 | 0.30 | 0.59 | 0.86 |
| | 19-30 | 1,100 | 0.5 (0.05) | 0.03 | 0.06 | 0.12 | 0.28 | 0.58 | 1.06 | 1.51 |
| | 31-50 | 1,466 | 0.7 (0.08) | 0.07 | 0.10 | 0.22 | 0.47 | 0.96 | 1.71 | 2.35 |
| | 51-70 | 1,252 | 0.8 (0.10) | 0.07 | 0.12 | 0.24 | 0.51 | 1.03 | 1.81 | 2.46 |
| | 71+ | 832 | 0.6 (0.08) | 0.05 | 0.08 | 0.16 | 0.36 | 0.75 | 1.35 | 1.88 |
| | 19+ | 4,650 | 0.7 (0.05) | 0.05 | 0.09 | 0.19 | 0.42 | 0.87 | 1.56 | 2.17 |
| Females | 9-13 | 1,112 | 0.2 (0.04) | 0.03 | 0.04 | 0.07 | 0.12 | 0.22 | 0.35 | 0.47 |
| | 14-18 | 1,362 | 0.3 (0.04) | 0.04 | 0.06 | 0.11 | 0.19 | 0.33 | 0.53 | 0.69 |
| | 19-30 | 1,325 | 0.3 (0.05) | 0.05 | 0.08 | 0.13 | 0.23 | 0.39 | 0.62 | 0.80 |
| | 31-50 | 1,595 | 0.5 (0.05) | 0.11 | 0.15 | 0.25 | 0.43 | 0.72 | 1.09 | 1.36 |
| | 51-70 | 1,284 | 0.6 (0.06) | 0.12 | 0.16 | 0.27 | 0.45 | 0.75 | 1.12 | 1.40 |
| | 71+ | 860 | 0.6 (0.08) | 0.14 | 0.19 | 0.31 | 0.53 | 0.86 | 1.26 | 1.55 |
| | 19+ | 5,064 | 0.5 (0.03) | 0.09 | 0.12 | 0.22 | 0.39 | 0.67 | 1.04 | 1.31 |
| All Persons | 1+ | 17,889 | 0.5 (0.03) | 0.04 | 0.07 | 0.14 | 0.31 | 0.62 | 1.10 | 1.52 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.52.

4: 1 ounce equivalent = 1 ounce cooked lean fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.52. Total fish and other seafood: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.03) | 0.0 (0.03) | 0.1 (0.04) | 0.1 (0.04) | 0.2 (0.05) | 0.4 (0.16) | 0.6 (0.28) |
| | 4-8 | 0.0 (0.04) | 0.0 (0.04) | 0.1 (0.05) | 0.2 (0.04) | 0.3 (0.07) | 0.5 (0.20) | 0.7 (0.35) |
| Males | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.5 (0.08) | 0.8 (0.12) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.06) | 0.6 (0.11) | 0.9 (0.16) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.05) | 0.6 (0.07) | 1.1 (0.10) | 1.5 (0.14) |
| | 31-50 | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.05) | 0.5 (0.07) | 1.0 (0.11) | 1.7 (0.17) | 2.3 (0.23) |
| | 51-70 | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.05) | 0.5 (0.08) | 1.0 (0.13) | 1.8 (0.23) | 2.5 (0.33) |
| | 71+ | 0.0 (0.02) | 0.1 (0.02) | 0.2 (0.04) | 0.4 (0.07) | 0.7 (0.11) | 1.3 (0.19) | 1.9 (0.27) |
| | 19+ | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.04) | 0.4 (0.05) | 0.9 (0.07) | 1.6 (0.12) | 2.2 (0.19) |
| Females | 9-13 | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.05) | 0.4 (0.08) | 0.5 (0.10) |
| | 14-18 | 0.0 (0.02) | 0.1 (0.02) | 0.1 (0.03) | 0.2 (0.04) | 0.3 (0.06) | 0.5 (0.10) | 0.7 (0.14) |
| | 19-30 | 0.1 (0.02) | 0.1 (0.03) | 0.1 (0.03) | 0.2 (0.04) | 0.4 (0.06) | 0.6 (0.09) | 0.8 (0.13) |
| | 31-50 | 0.1 (0.03) | 0.1 (0.04) | 0.3 (0.04) | 0.4 (0.05) | 0.7 (0.07) | 1.1 (0.13) | 1.4 (0.19) |
| | 51-70 | 0.1 (0.04) | 0.2 (0.05) | 0.3 (0.05) | 0.5 (0.06) | 0.7 (0.08) | 1.1 (0.14) | 1.4 (0.20) |
| | 71+ | 0.1 (0.05) | 0.2 (0.05) | 0.3 (0.06) | 0.5 (0.07) | 0.9 (0.10) | 1.3 (0.17) | 1.6 (0.25) |
| | 19+ | 0.1 (0.03) | 0.1 (0.03) | 0.2 (0.04) | 0.4 (0.04) | 0.7 (0.04) | 1.0 (0.10) | 1.3 (0.16) |
| All | 1+ | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.04) | 1.1 (0.07) | 1.5 (0.11) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.53 & A.54: Usual Daily Intake of Total Meat, Poultry, Fish, and Other Seafood

Table A.53. Total meat, poultry, fish, and other seafood: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 2.0 (0.09) | 0.75 | 0.99 | 1.40 | 1.90 | 2.48 | 3.10 | 3.52 |
| | 4-8 | 1,701 | 2.9 (0.09) | 1.31 | 1.63 | 2.16 | 2.81 | 3.54 | 4.30 | 4.79 |
| Males | 9-13 | 1,061 | 4.0 (0.15) | 1.83 | 2.22 | 2.94 | 3.85 | 4.88 | 5.98 | 6.70 |
| | 14-18 | 1,424 | 5.2 (0.20) | 2.55 | 3.08 | 3.97 | 5.08 | 6.35 | 7.62 | 8.48 |
| | 19-30 | 1,100 | 6.1 (0.18) | 3.01 | 3.62 | 4.68 | 5.94 | 7.33 | 8.77 | 9.70 |
| | 31-50 | 1,466 | 6.4 (0.16) | 3.41 | 3.95 | 4.94 | 6.18 | 7.60 | 9.05 | 9.98 |
| | 51-70 | 1,252 | 5.5 (0.13) | 2.80 | 3.32 | 4.23 | 5.35 | 6.64 | 7.94 | 8.81 |
| | 71+ | 832 | 4.1 (0.11) | 1.92 | 2.32 | 3.05 | 3.97 | 5.03 | 6.13 | 6.85 |
| | 19+ | 4,650 | 5.9 (0.10) | 2.84 | 3.41 | 4.44 | 5.71 | 7.13 | 8.57 | 9.51 |
| Females | 9-13 | 1,112 | 3.1 (0.13) | 1.55 | 1.86 | 2.38 | 3.02 | 3.74 | 4.47 | 4.97 |
| | 14-18 | 1,362 | 3.3 (0.12) | 1.53 | 1.93 | 2.53 | 3.25 | 4.04 | 4.84 | 5.37 |
| | 19-30 | 1,325 | 4.0 (0.11) | 2.01 | 2.44 | 3.11 | 3.90 | 4.78 | 5.63 | 6.21 |
| | 31-50 | 1,595 | 3.9 (0.11) | 2.02 | 2.42 | 3.07 | 3.84 | 4.69 | 5.56 | 6.12 |
| | 51-70 | 1,284 | 3.6 (0.13) | 1.91 | 2.24 | 2.82 | 3.52 | 4.31 | 5.12 | 5.65 |
| | 71+ | 860 | 3.1 (0.09) | 1.59 | 1.88 | 2.38 | 3.00 | 3.70 | 4.41 | 4.87 |
| | 19+ | 5,064 | 3.8 (0.08) | 1.90 | 2.27 | 2.90 | 3.66 | 4.51 | 5.37 | 5.93 |
| All Persons | 1+ | 17,889 | 4.4 (0.06) | 1.73 | 2.17 | 2.98 | 4.07 | 5.51 | 7.13 | 8.18 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.54.

4: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.54. Total meat, poultry, fish, and other seafood: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.7 (0.15) | 1.0 (0.13) | 1.4 (0.11) | 1.9 (0.10) | 2.5 (0.09) | 3.1 (0.12) | 3.5 (0.15) |
| | 4-8 | 1.3 (0.13) | 1.6 (0.10) | 2.2 (0.08) | 2.8 (0.09) | 3.5 (0.13) | 4.3 (0.20) | 4.8 (0.24) |
| Males | 9-13 | 1.8 (0.14) | 2.2 (0.13) | 2.9 (0.13) | 3.8 (0.15) | 4.9 (0.18) | 6.0 (0.23) | 6.7 (0.27) |
| | 14-18 | 2.6 (0.19) | 3.1 (0.18) | 4.0 (0.18) | 5.1 (0.20) | 6.4 (0.23) | 7.6 (0.28) | 8.5 (0.31) |
| | 19-30 | 3.0 (0.25) | 3.6 (0.19) | 4.7 (0.17) | 5.9 (0.17) | 7.3 (0.19) | 8.8 (0.25) | 9.7 (0.30) |
| | 31-50 | 3.4 (0.20) | 4.0 (0.18) | 4.9 (0.16) | 6.2 (0.16) | 7.6 (0.18) | 9.0 (0.23) | 10.0 (0.27) |
| | 51-70 | 2.8 (0.16) | 3.3 (0.13) | 4.2 (0.13) | 5.4 (0.13) | 6.6 (0.17) | 7.9 (0.22) | 8.8 (0.27) |
| | 71+ | 1.9 (0.15) | 2.3 (0.13) | 3.0 (0.11) | 4.0 (0.10) | 5.0 (0.12) | 6.1 (0.16) | 6.9 (0.20) |
| | 19+ | 2.8 (0.14) | 3.4 (0.12) | 4.4 (0.10) | 5.7 (0.10) | 7.1 (0.13) | 8.6 (0.19) | 9.5 (0.24) |
| Females | 9-13 | 1.5 (0.18) | 1.9 (0.18) | 2.4 (0.16) | 3.0 (0.15) | 3.7 (0.14) | 4.5 (0.15) | 5.0 (0.17) |
| | 14-18 | 1.5 (0.15) | 1.9 (0.14) | 2.5 (0.13) | 3.3 (0.12) | 4.0 (0.14) | 4.8 (0.19) | 5.4 (0.24) |
| | 19-30 | 2.0 (0.15) | 2.4 (0.14) | 3.1 (0.12) | 3.9 (0.11) | 4.8 (0.14) | 5.6 (0.20) | 6.2 (0.25) |
| | 31-50 | 2.0 (0.15) | 2.4 (0.15) | 3.1 (0.13) | 3.8 (0.12) | 4.7 (0.12) | 5.6 (0.17) | 6.1 (0.22) |
| | 51-70 | 1.9 (0.18) | 2.2 (0.17) | 2.8 (0.16) | 3.5 (0.14) | 4.3 (0.13) | 5.1 (0.16) | 5.6 (0.19) |
| | 71+ | 1.6 (0.13) | 1.9 (0.13) | 2.4 (0.11) | 3.0 (0.09) | 3.7 (0.10) | 4.4 (0.14) | 4.9 (0.18) |
| | 19+ | 1.9 (0.13) | 2.3 (0.13) | 2.9 (0.11) | 3.7 (0.09) | 4.5 (0.09) | 5.4 (0.14) | 5.9 (0.19) |
| All | 1+ | 1.7 (0.08) | 2.2 (0.09) | 3.0 (0.08) | 4.1 (0.06) | 5.5 (0.09) | 7.1 (0.11) | 8.2 (0.16) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.55 & A.56: Usual Daily Intake of Eggs

Table A.55. Eggs: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.3 (0.03) | 0.07 | 0.10 | 0.14 | 0.23 | 0.35 | 0.53 | 0.67 |
| | 4-8 | 1,701 | 0.2 (0.03) | 0.05 | 0.07 | 0.11 | 0.17 | 0.27 | 0.41 | 0.52 |
| Males | 9-13 | 1,061 | 0.3 (0.03) | 0.02 | 0.04 | 0.08 | 0.17 | 0.35 | 0.63 | 0.90 |
| | 14-18 | 1,424 | 0.4 (0.03) | 0.03 | 0.05 | 0.11 | 0.22 | 0.44 | 0.79 | 1.11 |
| | 19-30 | 1,100 | 0.4 (0.04) | 0.04 | 0.06 | 0.13 | 0.26 | 0.51 | 0.91 | 1.25 |
| | 31-50 | 1,466 | 0.6 (0.03) | 0.06 | 0.10 | 0.19 | 0.38 | 0.72 | 1.26 | 1.72 |
| | 51-70 | 1,252 | 0.6 (0.05) | 0.07 | 0.10 | 0.20 | 0.39 | 0.75 | 1.28 | 1.75 |
| | 71+ | 832 | 0.6 (0.04) | 0.07 | 0.10 | 0.20 | 0.39 | 0.75 | 1.28 | 1.75 |
| | 19+ | 4,650 | 0.5 (0.02) | 0.06 | 0.09 | 0.17 | 0.35 | 0.68 | 1.19 | 1.64 |
| Females | 9-13 | 1,112 | 0.2 (0.03) | 0.03 | 0.05 | 0.08 | 0.16 | 0.30 | 0.49 | 0.65 |
| | 14-18 | 1,362 | 0.2 (0.02) | 0.03 | 0.04 | 0.08 | 0.15 | 0.27 | 0.44 | 0.60 |
| | 19-30 | 1,325 | 0.3 (0.02) | 0.05 | 0.07 | 0.12 | 0.22 | 0.40 | 0.64 | 0.84 |
| | 31-50 | 1,595 | 0.3 (0.03) | 0.06 | 0.08 | 0.14 | 0.26 | 0.45 | 0.72 | 0.94 |
| | 51-70 | 1,284 | 0.4 (0.03) | 0.08 | 0.11 | 0.19 | 0.33 | 0.56 | 0.88 | 1.14 |
| | 71+ | 860 | 0.3 (0.03) | 0.06 | 0.08 | 0.15 | 0.26 | 0.45 | 0.71 | 0.92 |
| | 19+ | 5,064 | 0.4 (0.02) | 0.06 | 0.08 | 0.15 | 0.27 | 0.47 | 0.74 | 0.97 |
| All Persons | 1+ | 17,889 | 0.4 (0.01) | 0.05 | 0.07 | 0.14 | 0.26 | 0.49 | 0.85 | 1.18 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.56.

4: 1 ounce equivalent = 1 egg.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.56. Eggs: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.1 (0.04) | 0.1 (0.04) | 0.1 (0.04) | 0.2 (0.03) | 0.4 (0.05) | 0.5 (0.10) | 0.7 (0.15) |
| | 4-8 | 0.1 (0.04) | 0.1 (0.03) | 0.1 (0.03) | 0.2 (0.02) | 0.3 (0.04) | 0.4 (0.08) | 0.5 (0.12) |
| Males | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.3 (0.04) | 0.6 (0.07) | 0.9 (0.11) |
| | 14-18 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.04) | 0.8 (0.06) | 1.1 (0.10) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.5 (0.05) | 0.9 (0.08) | 1.3 (0.11) |
| | 31-50 | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.04) | 0.7 (0.04) | 1.3 (0.06) | 1.7 (0.09) |
| | 51-70 | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.05) | 0.7 (0.07) | 1.3 (0.11) | 1.8 (0.16) |
| | 71+ | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.7 (0.05) | 1.3 (0.11) | 1.7 (0.17) |
| | 19+ | 0.1 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.4 (0.03) | 0.7 (0.04) | 1.2 (0.05) | 1.6 (0.09) |
| Females | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.03) | 0.5 (0.06) | 0.7 (0.08) |
| | 14-18 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.4 (0.05) | 0.6 (0.08) |
| | 19-30 | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.02) | 0.4 (0.03) | 0.6 (0.06) | 0.8 (0.10) |
| | 31-50 | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.02) | 0.5 (0.04) | 0.7 (0.08) | 0.9 (0.12) |
| | 51-70 | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.03) | 0.6 (0.04) | 0.9 (0.08) | 1.1 (0.12) |
| | 71+ | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.5 (0.03) | 0.7 (0.08) | 0.9 (0.12) |
| | 19+ | 0.1 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.01) | 0.5 (0.02) | 0.7 (0.06) | 1.0 (0.10) |
| All | 1+ | 0.0 (0.01) | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.01) | 0.5 (0.02) | 0.9 (0.04) | 1.2 (0.07) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 egg.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.57 & A.58: Usual Daily Intake of Soy Products

Table A.57. Soy products: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.01 | 0.03 | 0.05 |
| | 4-8 | 1,701 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.05 | 0.08 |
| Males | 9-13 | 1,061 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.05 | 0.09 |
| | 14-18 | 1,424 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.04 | 0.08 |
| | 19-30 | 1,100 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.06 | 0.11 |
| | 31-50 | 1,466 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.08 | 0.13 |
| | 51-70 | 1,252 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.12 |
| | 71+ | 832 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.06 | 0.10 |
| | 19+ | 4,650 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.12 |
| Females | 9-13 | 1,112 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.06 | 0.09 |
| | 14-18 | 1,362 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.05 | 0.08 |
| | 19-30 | 1,325 | 0.0 (0.01) | 0.00 | 0.00 | 0.01 | 0.02 | 0.04 | 0.09 | 0.16 |
| | 31-50 | 1,595 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.11 |
| | 51-70 | 1,284 | 0.0 (0.01) | 0.00 | 0.00 | 0.01 | 0.02 | 0.04 | 0.10 | 0.16 |
| | 71+ | 860 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.11 |
| | 19+ | 5,064 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.08 | 0.13 |
| All Persons | 1+ | 17,889 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 | 0.11 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.58.

4: 1 ounce equivalent = 1/4 cup cooked dry beans or tofu.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.58. Soy products: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.04) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.04) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.03) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.02) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.1 (0.01) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1/4 cup cooked dry beans or tofu.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.59 & A.60: Usual Daily Intake of Nuts and Seeds

Table A.59. Nuts and seeds: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.2 (0.02) | 0.01 | 0.02 | 0.04 | 0.11 | 0.25 | 0.44 | 0.60 |
| | 4-8 | 1,701 | 0.3 (0.03) | 0.02 | 0.03 | 0.07 | 0.17 | 0.37 | 0.62 | 0.82 |
| Males | 9-13 | 1,061 | 0.5 (0.07) | 0.02 | 0.04 | 0.11 | 0.28 | 0.64 | 1.27 | 1.83 |
| | 14-18 | 1,424 | 0.3 (0.05) | 0.01 | 0.02 | 0.06 | 0.15 | 0.38 | 0.79 | 1.19 |
| | 19-30 | 1,100 | 0.5 (0.06) | 0.02 | 0.04 | 0.11 | 0.28 | 0.66 | 1.30 | 1.91 |
| | 31-50 | 1,466 | 0.7 (0.06) | 0.03 | 0.06 | 0.15 | 0.38 | 0.87 | 1.67 | 2.37 |
| | 51-70 | 1,252 | 0.8 (0.06) | 0.04 | 0.07 | 0.18 | 0.44 | 0.97 | 1.84 | 2.60 |
| | 71+ | 832 | 0.6 (0.06) | 0.03 | 0.05 | 0.14 | 0.34 | 0.78 | 1.48 | 2.10 |
| | 19+ | 4,650 | 0.7 (0.04) | 0.03 | 0.06 | 0.14 | 0.37 | 0.84 | 1.61 | 2.32 |
| Females | 9-13 | 1,112 | 0.3 (0.07) | 0.00 | 0.01 | 0.04 | 0.13 | 0.38 | 0.88 | 1.36 |
| | 14-18 | 1,362 | 0.3 (0.04) | 0.00 | 0.01 | 0.03 | 0.11 | 0.36 | 0.86 | 1.38 |
| | 19-30 | 1,325 | 0.4 (0.05) | 0.00 | 0.01 | 0.04 | 0.14 | 0.43 | 1.02 | 1.61 |
| | 31-50 | 1,595 | 0.5 (0.05) | 0.01 | 0.02 | 0.06 | 0.21 | 0.60 | 1.34 | 2.05 |
| | 51-70 | 1,284 | 0.6 (0.05) | 0.01 | 0.02 | 0.07 | 0.25 | 0.69 | 1.51 | 2.30 |
| | 71+ | 860 | 0.5 (0.07) | 0.01 | 0.02 | 0.06 | 0.20 | 0.57 | 1.27 | 1.94 |
| | 19+ | 5,064 | 0.5 (0.03) | 0.01 | 0.02 | 0.06 | 0.20 | 0.58 | 1.30 | 1.99 |
| All Persons | 1+ | 17,889 | 0.5 (0.02) | 0.01 | 0.02 | 0.08 | 0.24 | 0.61 | 1.28 | 1.94 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.60.

4: 1 ounce equivalent = 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.60. Nuts and seeds: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.01) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.03) | 0.2 (0.03) | 0.4 (0.04) | 0.6 (0.08) |
| | 4-8 | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.03) | 0.2 (0.04) | 0.4 (0.04) | 0.6 (0.06) | 0.8 (0.11) |
| Males | 9-13 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.3 (0.05) | 0.6 (0.09) | 1.3 (0.18) | 1.8 (0.27) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.06) | 0.8 (0.11) | 1.2 (0.17) |
| | 19-30 | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.03) | 0.3 (0.06) | 0.7 (0.09) | 1.3 (0.14) | 1.9 (0.19) |
| | 31-50 | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.4 (0.04) | 0.9 (0.07) | 1.7 (0.16) | 2.4 (0.27) |
| | 51-70 | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.05) | 1.0 (0.08) | 1.8 (0.16) | 2.6 (0.28) |
| | 71+ | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.3 (0.05) | 0.8 (0.09) | 1.5 (0.16) | 2.1 (0.24) |
| | 19+ | 0.0 (0.01) | 0.1 (0.02) | 0.1 (0.03) | 0.4 (0.04) | 0.8 (0.06) | 1.6 (0.11) | 2.3 (0.20) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.4 (0.08) | 0.9 (0.17) | 1.4 (0.26) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.4 (0.05) | 0.9 (0.10) | 1.4 (0.16) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.4 (0.06) | 1.0 (0.12) | 1.6 (0.18) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.2 (0.03) | 0.6 (0.06) | 1.3 (0.13) | 2.1 (0.21) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.7 (0.07) | 1.5 (0.13) | 2.3 (0.20) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.2 (0.03) | 0.6 (0.07) | 1.3 (0.16) | 1.9 (0.25) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.2 (0.02) | 0.6 (0.04) | 1.3 (0.08) | 2.0 (0.14) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.01) | 0.2 (0.02) | 0.6 (0.03) | 1.3 (0.06) | 1.9 (0.11) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.61 & A.62: Usual Daily Intake of Total Meat, Fish, Poultry, Eggs, Soy Products, Nuts and Seeds

Table A.61. Total meat, fish, poultry, eggs, soy products, nuts, and seeds: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cooked Lean Ounce Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|--|------|------|------|------|------|-------|-------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 2.5 (0.08) | 1.05 | 1.27 | 1.74 | 2.37 | 3.16 | 3.96 | 4.50 |
| | 4-8 | 1,701 | 3.5 (0.09) | 1.60 | 1.91 | 2.50 | 3.29 | 4.24 | 5.20 | 5.85 |
| Males | 9-13 | 1,061 | 5.0 (0.14) | 2.03 | 2.50 | 3.42 | 4.68 | 6.19 | 7.77 | 8.82 |
| | 14-18 | 1,424 | 6.0 (0.20) | 2.67 | 3.24 | 4.32 | 5.75 | 7.45 | 9.15 | 10.30 |
| | 19-30 | 1,100 | 7.2 (0.19) | 3.36 | 4.02 | 5.27 | 6.88 | 8.74 | 10.65 | 11.87 |
| | 31-50 | 1,466 | 7.8 (0.19) | 3.77 | 4.47 | 5.78 | 7.47 | 9.41 | 11.39 | 12.67 |
| | 51-70 | 1,252 | 6.9 (0.17) | 3.23 | 3.86 | 5.06 | 6.65 | 8.47 | 10.33 | 11.57 |
| | 71+ | 832 | 5.4 (0.13) | 2.29 | 2.80 | 3.78 | 5.10 | 6.69 | 8.33 | 9.42 |
| | 19+ | 4,650 | 7.2 (0.12) | 3.29 | 3.95 | 5.23 | 6.90 | 8.81 | 10.77 | 12.05 |
| Females | 9-13 | 1,112 | 3.8 (0.14) | 1.65 | 1.99 | 2.69 | 3.64 | 4.77 | 5.94 | 6.73 |
| | 14-18 | 1,362 | 4.0 (0.11) | 1.70 | 2.07 | 2.79 | 3.74 | 4.90 | 6.11 | 6.93 |
| | 19-30 | 1,324 | 4.9 (0.13) | 2.29 | 2.73 | 3.58 | 4.69 | 6.01 | 7.36 | 8.25 |
| | 31-50 | 1,595 | 4.9 (0.11) | 2.28 | 2.72 | 3.56 | 4.66 | 5.97 | 7.33 | 8.22 |
| | 51-70 | 1,284 | 4.7 (0.16) | 2.19 | 2.62 | 3.45 | 4.53 | 5.81 | 7.16 | 8.05 |
| | 71+ | 860 | 4.1 (0.11) | 1.78 | 2.16 | 2.88 | 3.86 | 5.03 | 6.23 | 7.05 |
| | 19+ | 5,063 | 4.8 (0.08) | 2.18 | 2.61 | 3.44 | 4.54 | 5.84 | 7.19 | 8.08 |
| All Persons | 1+ | 17,888 | 5.4 (0.06) | 2.02 | 2.51 | 3.53 | 4.99 | 6.88 | 8.95 | 10.33 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.62.

4: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg; 1/4 cup cooked dry beans or tofu; 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.62. Total meat, fish, poultry, eggs, soy products, nuts, and seeds: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cooked Lean Ounce Equivalents ² | | | | | | |
|----------|-------------|--|------------|------------|------------|------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 1.0 (0.17) | 1.3 (0.16) | 1.7 (0.14) | 2.4 (0.10) | 3.2 (0.09) | 4.0 (0.17) | 4.5 (0.23) |
| | 4-8 | 1.6 (0.17) | 1.9 (0.16) | 2.5 (0.11) | 3.3 (0.08) | 4.2 (0.15) | 5.2 (0.27) | 5.8 (0.37) |
| Males | 9-13 | 2.0 (0.12) | 2.5 (0.12) | 3.4 (0.12) | 4.7 (0.14) | 6.2 (0.16) | 7.8 (0.22) | 8.8 (0.26) |
| | 14-18 | 2.7 (0.18) | 3.2 (0.18) | 4.3 (0.19) | 5.8 (0.20) | 7.5 (0.22) | 9.2 (0.27) | 10.3 (0.32) |
| | 19-30 | 3.4 (0.17) | 4.0 (0.17) | 5.3 (0.17) | 6.9 (0.19) | 8.7 (0.22) | 10.7 (0.29) | 11.9 (0.34) |
| | 31-50 | 3.8 (0.20) | 4.5 (0.19) | 5.8 (0.19) | 7.5 (0.19) | 9.4 (0.22) | 11.4 (0.29) | 12.7 (0.33) |
| | 51-70 | 3.2 (0.16) | 3.9 (0.16) | 5.1 (0.15) | 6.6 (0.17) | 8.5 (0.21) | 10.3 (0.27) | 11.6 (0.32) |
| | 71+ | 2.3 (0.14) | 2.8 (0.14) | 3.8 (0.14) | 5.1 (0.14) | 6.7 (0.16) | 8.3 (0.20) | 9.4 (0.24) |
| | 19+ | 3.3 (0.14) | 4.0 (0.13) | 5.2 (0.12) | 6.9 (0.12) | 8.8 (0.16) | 10.8 (0.22) | 12.0 (0.28) |
| Females | 9-13 | 1.6 (0.16) | 2.0 (0.16) | 2.7 (0.15) | 3.6 (0.15) | 4.8 (0.16) | 5.9 (0.20) | 6.7 (0.24) |
| | 14-18 | 1.7 (0.12) | 2.1 (0.12) | 2.8 (0.11) | 3.7 (0.10) | 4.9 (0.14) | 6.1 (0.21) | 6.9 (0.27) |
| | 19-30 | 2.3 (0.16) | 2.7 (0.15) | 3.6 (0.14) | 4.7 (0.13) | 6.0 (0.16) | 7.4 (0.23) | 8.3 (0.30) |
| | 31-50 | 2.3 (0.14) | 2.7 (0.13) | 3.6 (0.12) | 4.7 (0.11) | 6.0 (0.15) | 7.3 (0.24) | 8.2 (0.29) |
| | 51-70 | 2.2 (0.21) | 2.6 (0.21) | 3.4 (0.20) | 4.5 (0.18) | 5.8 (0.16) | 7.2 (0.18) | 8.1 (0.21) |
| | 71+ | 1.8 (0.12) | 2.2 (0.11) | 2.9 (0.11) | 3.9 (0.10) | 5.0 (0.14) | 6.2 (0.22) | 7.1 (0.28) |
| | 19+ | 2.2 (0.14) | 2.6 (0.14) | 3.4 (0.12) | 4.5 (0.09) | 5.8 (0.10) | 7.2 (0.18) | 8.1 (0.24) |
| All | 1+ | 2.0 (0.09) | 2.5 (0.08) | 3.5 (0.07) | 5.0 (0.06) | 6.9 (0.09) | 9.0 (0.13) | 10.3 (0.17) |

1: Standard error of the percentile.

2: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg; 1/4 cup cooked dry beans or tofu; 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.63 & A.64: Usual Daily Intake of Milk

Table A.63. Milk: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|--------------------|--------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 2.0 (0.07) | 0.48 | 0.70 | 1.16 | 1.80 | 2.58 | 3.39 | 3.94 |
| | 4-8 | 1,701 | 1.7 (0.05) | 0.37 | 0.55 | 0.95 | 1.54 | 2.25 | 3.01 | 3.53 |
| Males | 9-13 | 1,061 | 1.8 (0.08) | 0.24 | 0.39 | 0.77 | 1.45 | 2.45 | 3.73 | 4.68 |
| | 14-18 | 1,424 | 1.5 (0.07) | 0.16 | 0.27 | 0.58 | 1.17 | 2.07 | 3.21 | 4.07 |
| | 19-30 | 1,100 | 1.0 (0.08) | 0.07 | 0.13 | 0.33 | 0.74 | 1.41 | 2.31 | 3.01 |
| | 31-50 | 1,466 | 0.9 (0.04) | 0.06 | 0.12 | 0.29 | 0.66 | 1.28 | 2.09 | 2.75 |
| | 51-70 | 1,252 | 1.0 (0.05) | 0.08 | 0.14 | 0.33 | 0.70 | 1.32 | 2.14 | 2.78 |
| | 71+ | 832 | 1.2 (0.07) | 0.13 | 0.22 | 0.46 | 0.92 | 1.63 | 2.57 | 3.28 |
| | 19+ | 4,650 | 1.0 (0.03) | 0.07 | 0.14 | 0.32 | 0.71 | 1.35 | 2.20 | 2.86 |
| Females | 9-13 | 1,112 | 1.4 (0.07) | 0.24 | 0.37 | 0.68 | 1.20 | 1.92 | 2.79 | 3.43 |
| | 14-18 | 1,362 | 0.9 (0.06) | 0.08 | 0.15 | 0.34 | 0.72 | 1.28 | 1.99 | 2.52 |
| | 19-30 | 1,325 | 0.8 (0.05) | 0.06 | 0.11 | 0.28 | 0.59 | 1.08 | 1.72 | 2.20 |
| | 31-50 | 1,595 | 0.8 (0.04) | 0.06 | 0.11 | 0.27 | 0.59 | 1.07 | 1.68 | 2.13 |
| | 51-70 | 1,284 | 0.8 (0.03) | 0.07 | 0.12 | 0.28 | 0.59 | 1.06 | 1.66 | 2.11 |
| | 71+ | 860 | 0.9 (0.04) | 0.11 | 0.19 | 0.39 | 0.74 | 1.27 | 1.92 | 2.40 |
| | 19+ | 5,064 | 0.8 (0.02) | 0.06 | 0.12 | 0.29 | 0.60 | 1.09 | 1.71 | 2.17 |
| All Persons | 1+ | 17,889 | 1.1 (0.02) | 0.08 | 0.15 | 0.37 | 0.79 | 1.47 | 2.35 | 2.99 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.64.

4: 1 cup equivalent = 1 cup of milk.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.64. Milk: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.5 (0.06) | 0.7 (0.06) | 1.2 (0.06) | 1.8 (0.07) | 2.6 (0.11) | 3.4 (0.15) | 3.9 (0.19) |
| | 4-8 | 0.4 (0.04) | 0.6 (0.04) | 1.0 (0.04) | 1.5 (0.04) | 2.3 (0.08) | 3.0 (0.13) | 3.5 (0.17) |
| Males | 9-13 | 0.2 (0.03) | 0.4 (0.03) | 0.8 (0.05) | 1.4 (0.07) | 2.4 (0.11) | 3.7 (0.18) | 4.7 (0.24) |
| | 14-18 | 0.2 (0.02) | 0.3 (0.03) | 0.6 (0.04) | 1.2 (0.06) | 2.1 (0.10) | 3.2 (0.15) | 4.1 (0.20) |
| | 19-30 | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.04) | 0.7 (0.06) | 1.4 (0.11) | 2.3 (0.17) | 3.0 (0.22) |
| | 31-50 | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.7 (0.04) | 1.3 (0.06) | 2.1 (0.09) | 2.7 (0.12) |
| | 51-70 | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.7 (0.04) | 1.3 (0.06) | 2.1 (0.11) | 2.8 (0.15) |
| | 71+ | 0.1 (0.02) | 0.2 (0.02) | 0.5 (0.04) | 0.9 (0.06) | 1.6 (0.09) | 2.6 (0.15) | 3.3 (0.19) |
| | 19+ | 0.1 (0.01) | 0.1 (0.01) | 0.3 (0.02) | 0.7 (0.02) | 1.3 (0.04) | 2.2 (0.08) | 2.9 (0.12) |
| Females | 9-13 | 0.2 (0.03) | 0.4 (0.04) | 0.7 (0.05) | 1.2 (0.06) | 1.9 (0.09) | 2.8 (0.14) | 3.4 (0.18) |
| | 14-18 | 0.1 (0.02) | 0.1 (0.02) | 0.3 (0.04) | 0.7 (0.06) | 1.3 (0.09) | 2.0 (0.12) | 2.5 (0.16) |
| | 19-30 | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.03) | 0.6 (0.04) | 1.1 (0.07) | 1.7 (0.10) | 2.2 (0.13) |
| | 31-50 | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.02) | 0.6 (0.03) | 1.1 (0.05) | 1.7 (0.08) | 2.1 (0.11) |
| | 51-70 | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.02) | 0.6 (0.02) | 1.1 (0.04) | 1.7 (0.07) | 2.1 (0.10) |
| | 71+ | 0.1 (0.02) | 0.2 (0.03) | 0.4 (0.03) | 0.7 (0.04) | 1.3 (0.05) | 1.9 (0.07) | 2.4 (0.09) |
| | 19+ | 0.1 (0.01) | 0.1 (0.02) | 0.3 (0.02) | 0.6 (0.02) | 1.1 (0.03) | 1.7 (0.06) | 2.2 (0.09) |
| All | 1+ | 0.1 (0.01) | 0.2 (0.01) | 0.4 (0.01) | 0.8 (0.02) | 1.5 (0.03) | 2.3 (0.06) | 3.0 (0.08) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup of milk.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.65 & A.66: Usual Daily Intake of Cheese

Table A.65. Cheese: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.4 (0.03) | 0.13 | 0.17 | 0.26 | 0.38 | 0.55 | 0.76 | 0.91 |
| | 4-8 | 1,701 | 0.5 (0.04) | 0.18 | 0.23 | 0.33 | 0.49 | 0.69 | 0.93 | 1.10 |
| Males | 9-13 | 1,061 | 0.8 (0.05) | 0.26 | 0.34 | 0.50 | 0.74 | 1.02 | 1.34 | 1.57 |
| | 14-18 | 1,424 | 1.0 (0.06) | 0.33 | 0.43 | 0.63 | 0.90 | 1.23 | 1.59 | 1.85 |
| | 19-30 | 1,100 | 1.1 (0.05) | 0.37 | 0.48 | 0.69 | 0.99 | 1.35 | 1.74 | 2.01 |
| | 31-50 | 1,466 | 0.8 (0.03) | 0.26 | 0.34 | 0.51 | 0.75 | 1.06 | 1.40 | 1.62 |
| | 51-70 | 1,252 | 0.5 (0.03) | 0.12 | 0.17 | 0.29 | 0.46 | 0.69 | 0.95 | 1.12 |
| | 71+ | 832 | 0.4 (0.03) | 0.08 | 0.12 | 0.20 | 0.34 | 0.53 | 0.75 | 0.90 |
| | 19+ | 4,650 | 0.8 (0.02) | 0.17 | 0.24 | 0.41 | 0.68 | 1.02 | 1.39 | 1.65 |
| Females | 9-13 | 1,112 | 0.6 (0.04) | 0.29 | 0.36 | 0.48 | 0.62 | 0.79 | 0.96 | 1.07 |
| | 14-18 | 1,362 | 0.7 (0.04) | 0.29 | 0.36 | 0.49 | 0.66 | 0.84 | 1.02 | 1.14 |
| | 19-30 | 1,325 | 0.7 (0.04) | 0.30 | 0.37 | 0.51 | 0.67 | 0.86 | 1.04 | 1.16 |
| | 31-50 | 1,595 | 0.6 (0.03) | 0.23 | 0.30 | 0.42 | 0.57 | 0.74 | 0.91 | 1.02 |
| | 51-70 | 1,284 | 0.4 (0.02) | 0.15 | 0.20 | 0.29 | 0.41 | 0.55 | 0.70 | 0.79 |
| | 71+ | 860 | 0.3 (0.02) | 0.07 | 0.09 | 0.15 | 0.24 | 0.35 | 0.47 | 0.54 |
| | 19+ | 5,064 | 0.5 (0.02) | 0.15 | 0.21 | 0.34 | 0.51 | 0.70 | 0.89 | 1.01 |
| All Persons | 1+ | 17,889 | 0.6 (0.02) | 0.17 | 0.23 | 0.37 | 0.57 | 0.83 | 1.14 | 1.38 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.66.

4: 1 cup equivalent = the amount of cheese that contains the same amount of calcium (302 mg) as 1 cup of skim milk (generally 1.5 ounces natural cheese or 2 ounces processed cheese).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.66. Cheese: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.04) | 0.8 (0.07) | 0.9 (0.09) |
| | 4-8 | 0.2 (0.03) | 0.2 (0.03) | 0.3 (0.03) | 0.5 (0.04) | 0.7 (0.06) | 0.9 (0.09) | 1.1 (0.12) |
| Males | 9-13 | 0.3 (0.03) | 0.3 (0.03) | 0.5 (0.04) | 0.7 (0.05) | 1.0 (0.06) | 1.3 (0.07) | 1.6 (0.09) |
| | 14-18 | 0.3 (0.04) | 0.4 (0.04) | 0.6 (0.05) | 0.9 (0.06) | 1.2 (0.07) | 1.6 (0.07) | 1.9 (0.08) |
| | 19-30 | 0.4 (0.03) | 0.5 (0.04) | 0.7 (0.04) | 1.0 (0.05) | 1.3 (0.07) | 1.7 (0.09) | 2.0 (0.11) |
| | 31-50 | 0.3 (0.02) | 0.3 (0.03) | 0.5 (0.03) | 0.8 (0.03) | 1.1 (0.04) | 1.4 (0.06) | 1.6 (0.07) |
| | 51-70 | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.5 (0.03) | 0.7 (0.04) | 0.9 (0.05) | 1.1 (0.06) |
| | 71+ | 0.1 (0.02) | 0.1 (0.02) | 0.2 (0.02) | 0.3 (0.03) | 0.5 (0.04) | 0.7 (0.05) | 0.9 (0.05) |
| | 19+ | 0.2 (0.02) | 0.2 (0.02) | 0.4 (0.02) | 0.7 (0.02) | 1.0 (0.03) | 1.4 (0.04) | 1.6 (0.06) |
| Females | 9-13 | 0.3 (0.04) | 0.4 (0.04) | 0.5 (0.04) | 0.6 (0.04) | 0.8 (0.05) | 1.0 (0.07) | 1.1 (0.09) |
| | 14-18 | 0.3 (0.04) | 0.4 (0.04) | 0.5 (0.04) | 0.7 (0.04) | 0.8 (0.04) | 1.0 (0.06) | 1.1 (0.08) |
| | 19-30 | 0.3 (0.04) | 0.4 (0.04) | 0.5 (0.05) | 0.7 (0.04) | 0.9 (0.04) | 1.0 (0.05) | 1.2 (0.07) |
| | 31-50 | 0.2 (0.02) | 0.3 (0.03) | 0.4 (0.03) | 0.6 (0.03) | 0.7 (0.03) | 0.9 (0.04) | 1.0 (0.06) |
| | 51-70 | 0.2 (0.02) | 0.2 (0.02) | 0.3 (0.02) | 0.4 (0.02) | 0.6 (0.03) | 0.7 (0.03) | 0.8 (0.04) |
| | 71+ | 0.1 (0.01) | 0.1 (0.01) | 0.2 (0.01) | 0.2 (0.02) | 0.3 (0.03) | 0.5 (0.04) | 0.5 (0.05) |
| | 19+ | 0.2 (0.01) | 0.2 (0.01) | 0.3 (0.02) | 0.5 (0.02) | 0.7 (0.02) | 0.9 (0.03) | 1.0 (0.04) |
| All | 1+ | 0.2 (0.01) | 0.2 (0.01) | 0.4 (0.01) | 0.6 (0.02) | 0.8 (0.02) | 1.1 (0.03) | 1.4 (0.04) |

1: Standard error of the percentile.

2: 1 cup equivalent = the amount of cheese that contains the same amount of calcium (302 mg) as 1 cup of skim milk (generally 1.5 ounces natural cheese or 2 ounces processed cheese).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.67 & A.68: Usual Daily Intake of Yogurt

Table A.67. Yogurt: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.03 | 0.09 | 0.21 | 0.31 |
| | 4-8 | 1,701 | 0.1 (0.01) | 0.00 | 0.00 | 0.01 | 0.02 | 0.07 | 0.18 | 0.27 |
| Males | 9-13 | 1,061 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.07 | 0.20 |
| | 14-18 | 1,424 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.05 |
| | 19-30 | 1,100 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.08 |
| | 31-50 | 1,466 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.07 | 0.18 |
| | 51-70 | 1,252 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.05 | 0.14 |
| | 71+ | 832 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.04 | 0.12 |
| | 19+ | 4,650 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.05 | 0.14 |
| Females | 9-13 | 1,112 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.07 |
| | 14-18 | 1,362 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.11 | 0.21 |
| | 19-30 | 1,325 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.08 | 0.15 |
| | 31-50 | 1,595 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.13 | 0.24 |
| | 51-70 | 1,284 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.12 | 0.22 |
| | 71+ | 860 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.12 | 0.22 |
| | 19+ | 5,064 | 0.0 (0.01) | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.11 | 0.21 |
| All Persons | 1+ | 17,889 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.09 | 0.19 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.68.

4: 1 cup equivalent = 1 cup of yogurt.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.68. Yogurt: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.03) | 0.3 (0.04) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.03) | 0.3 (0.06) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.2 (0.06) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.02) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.2 (0.04) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.02) | 0.1 (0.04) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.02) | 0.1 (0.05) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.02) | 0.1 (0.12) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.04) | 0.2 (0.17) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.04) | 0.2 (0.15) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.04) | 0.2 (0.14) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.04) | 0.2 (0.13) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.02) | 0.1 (0.04) | 0.2 (0.14) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.2 (0.13) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.01) | 0.2 (0.05) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup of yogurt.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.69 & A.70: Usual Daily Intake of Total Milk, Yogurt, and Cheese

Table A.69. Total milk, yogurt, and cheese: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Cup Equivalents ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 2.5 (0.07) | 0.95 | 1.20 | 1.70 | 2.35 | 3.10 | 3.87 | 4.38 |
| | 4-8 | 1,701 | 2.3 (0.07) | 0.84 | 1.08 | 1.57 | 2.18 | 2.91 | 3.65 | 4.12 |
| Males | 9-13 | 1,061 | 2.6 (0.10) | 0.80 | 1.07 | 1.62 | 2.40 | 3.38 | 4.43 | 5.18 |
| | 14-18 | 1,424 | 2.5 (0.10) | 0.74 | 1.00 | 1.55 | 2.32 | 3.29 | 4.34 | 5.04 |
| | 19-30 | 1,100 | 2.2 (0.10) | 0.57 | 0.79 | 1.29 | 1.99 | 2.87 | 3.83 | 4.52 |
| | 31-50 | 1,466 | 1.8 (0.06) | 0.45 | 0.63 | 1.03 | 1.63 | 2.40 | 3.28 | 3.87 |
| | 51-70 | 1,252 | 1.5 (0.05) | 0.33 | 0.48 | 0.81 | 1.31 | 1.96 | 2.69 | 3.21 |
| | 71+ | 832 | 1.6 (0.06) | 0.39 | 0.54 | 0.88 | 1.39 | 2.06 | 2.83 | 3.36 |
| | 19+ | 4,650 | 1.8 (0.04) | 0.42 | 0.60 | 0.99 | 1.59 | 2.38 | 3.26 | 3.87 |
| Females | 9-13 | 1,112 | 2.1 (0.08) | 0.69 | 0.91 | 1.34 | 1.93 | 2.64 | 3.40 | 3.92 |
| | 14-18 | 1,362 | 1.7 (0.07) | 0.46 | 0.65 | 1.02 | 1.54 | 2.18 | 2.87 | 3.34 |
| | 19-30 | 1,325 | 1.5 (0.06) | 0.39 | 0.56 | 0.92 | 1.41 | 2.03 | 2.69 | 3.14 |
| | 31-50 | 1,595 | 1.4 (0.04) | 0.34 | 0.50 | 0.83 | 1.29 | 1.87 | 2.50 | 2.92 |
| | 51-70 | 1,284 | 1.2 (0.04) | 0.28 | 0.41 | 0.70 | 1.11 | 1.64 | 2.21 | 2.62 |
| | 71+ | 860 | 1.2 (0.04) | 0.28 | 0.41 | 0.69 | 1.09 | 1.60 | 2.15 | 2.53 |
| | 19+ | 5,064 | 1.4 (0.03) | 0.32 | 0.47 | 0.79 | 1.24 | 1.81 | 2.44 | 2.86 |
| All Persons | 1+ | 17,889 | 1.8 (0.03) | 0.41 | 0.59 | 0.98 | 1.56 | 2.33 | 3.19 | 3.79 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.70.

4: 1 cup equivalent = 1 cup of milk or yogurt; the amount of cheese that contains the same amount of calcium (302 mg) as 1 cup of skim milk (generally 1.5 ounces natural cheese or 2 ounces processed cheese).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.70. Total milk, yogurt, and cheese: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Cup Equivalents ² | | | | | | |
|----------|-------------|------------------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.9 (0.08) | 1.2 (0.07) | 1.7 (0.06) | 2.3 (0.07) | 3.1 (0.11) | 3.9 (0.16) | 4.4 (0.21) |
| | 4-8 | 0.8 (0.06) | 1.1 (0.06) | 1.6 (0.05) | 2.2 (0.06) | 2.9 (0.10) | 3.6 (0.16) | 4.1 (0.21) |
| Males | 9-13 | 0.8 (0.07) | 1.1 (0.07) | 1.6 (0.08) | 2.4 (0.09) | 3.4 (0.13) | 4.4 (0.19) | 5.2 (0.25) |
| | 14-18 | 0.7 (0.08) | 1.0 (0.08) | 1.6 (0.09) | 2.3 (0.09) | 3.3 (0.12) | 4.3 (0.18) | 5.0 (0.23) |
| | 19-30 | 0.6 (0.06) | 0.8 (0.06) | 1.3 (0.08) | 2.0 (0.10) | 2.9 (0.13) | 3.8 (0.20) | 4.5 (0.25) |
| | 31-50 | 0.4 (0.05) | 0.6 (0.06) | 1.0 (0.06) | 1.6 (0.06) | 2.4 (0.08) | 3.3 (0.13) | 3.9 (0.17) |
| | 51-70 | 0.3 (0.04) | 0.5 (0.04) | 0.8 (0.04) | 1.3 (0.05) | 2.0 (0.08) | 2.7 (0.12) | 3.2 (0.16) |
| | 71+ | 0.4 (0.04) | 0.5 (0.05) | 0.9 (0.05) | 1.4 (0.06) | 2.1 (0.09) | 2.8 (0.13) | 3.4 (0.17) |
| | 19+ | 0.4 (0.04) | 0.6 (0.04) | 1.0 (0.04) | 1.6 (0.04) | 2.4 (0.06) | 3.3 (0.12) | 3.9 (0.16) |
| Females | 9-13 | 0.7 (0.05) | 0.9 (0.05) | 1.3 (0.06) | 1.9 (0.08) | 2.6 (0.11) | 3.4 (0.15) | 3.9 (0.18) |
| | 14-18 | 0.5 (0.05) | 0.7 (0.05) | 1.0 (0.06) | 1.5 (0.07) | 2.2 (0.08) | 2.9 (0.11) | 3.3 (0.13) |
| | 19-30 | 0.4 (0.04) | 0.6 (0.05) | 0.9 (0.05) | 1.4 (0.06) | 2.0 (0.08) | 2.7 (0.10) | 3.1 (0.13) |
| | 31-50 | 0.3 (0.03) | 0.5 (0.03) | 0.8 (0.03) | 1.3 (0.04) | 1.9 (0.06) | 2.5 (0.08) | 2.9 (0.11) |
| | 51-70 | 0.3 (0.03) | 0.4 (0.03) | 0.7 (0.03) | 1.1 (0.03) | 1.6 (0.05) | 2.2 (0.08) | 2.6 (0.10) |
| | 71+ | 0.3 (0.03) | 0.4 (0.03) | 0.7 (0.04) | 1.1 (0.04) | 1.6 (0.05) | 2.1 (0.07) | 2.5 (0.08) |
| | 19+ | 0.3 (0.03) | 0.5 (0.03) | 0.8 (0.03) | 1.2 (0.03) | 1.8 (0.04) | 2.4 (0.07) | 2.9 (0.09) |
| All | 1+ | 0.4 (0.02) | 0.6 (0.02) | 1.0 (0.02) | 1.6 (0.03) | 2.3 (0.04) | 3.2 (0.06) | 3.8 (0.08) |

1: Standard error of the percentile.

2: 1 cup equivalent = 1 cup of milk or yogurt; the amount of cheese that contains the same amount of calcium (302 mg) as 1 cup of skim milk (generally 1.5 ounces natural cheese or 2 ounces processed cheese).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.71 & A.72: Usual Daily Intake of Oils

Table A.71. Oils: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Grams | | | | | | | |
|-------------|-------------|----------------|------------------------|------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 8.6 (0.28) | 3.43 | 4.20 | 5.76 | 7.96 | 10.75 | 13.80 | 15.84 |
| | 4-8 | 1,701 | 14.2 (0.58) | 6.51 | 7.73 | 10.15 | 13.43 | 17.48 | 21.71 | 24.70 |
| Males | 9-13 | 1,061 | 19.2 (0.71) | 6.69 | 8.41 | 12.18 | 17.54 | 24.52 | 32.16 | 37.61 |
| | 14-18 | 1,424 | 22.4 (0.97) | 8.10 | 10.23 | 14.54 | 20.64 | 28.46 | 36.72 | 42.56 |
| | 19-30 | 1,100 | 21.2 (0.86) | 7.49 | 9.44 | 13.60 | 19.49 | 26.87 | 35.14 | 40.77 |
| | 31-50 | 1,466 | 22.9 (0.76) | 8.51 | 10.59 | 14.99 | 21.11 | 28.83 | 37.39 | 43.04 |
| | 51-70 | 1,252 | 20.5 (0.81) | 7.41 | 9.34 | 13.25 | 18.85 | 25.89 | 33.82 | 39.14 |
| | 71+ | 832 | 16.4 (0.74) | 5.60 | 7.12 | 10.31 | 14.90 | 20.92 | 27.61 | 32.44 |
| | 19+ | 4,650 | 21.3 (0.51) | 7.57 | 9.53 | 13.63 | 19.53 | 26.98 | 35.17 | 40.87 |
| Females | 9-13 | 1,112 | 16.4 (0.52) | 5.80 | 7.28 | 10.46 | 15.04 | 20.89 | 27.34 | 31.77 |
| | 14-18 | 1,362 | 18.0 (0.54) | 6.50 | 8.13 | 11.56 | 16.43 | 22.72 | 29.71 | 34.59 |
| | 19-30 | 1,324 | 17.1 (0.58) | 6.06 | 7.67 | 10.90 | 15.63 | 21.65 | 28.36 | 32.94 |
| | 31-50 | 1,595 | 17.7 (0.61) | 6.40 | 8.04 | 11.36 | 16.19 | 22.38 | 29.27 | 33.79 |
| | 51-70 | 1,284 | 17.5 (0.48) | 6.30 | 7.93 | 11.28 | 16.02 | 22.19 | 28.90 | 33.65 |
| | 71+ | 860 | 14.2 (0.58) | 4.79 | 6.13 | 8.86 | 12.90 | 18.16 | 23.98 | 28.14 |
| | 19+ | 5,063 | 17.1 (0.34) | 6.06 | 7.60 | 10.89 | 15.61 | 21.69 | 28.45 | 33.13 |
| All Persons | 1+ | 17,888 | 18.3 (0.28) | 6.12 | 7.78 | 11.31 | 16.53 | 23.36 | 31.10 | 36.57 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.72.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.72. Oils: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Grams | | | | | | |
|----------|-------------|----------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 3.4 (0.46) | 4.2 (0.43) | 5.8 (0.34) | 8.0 (0.24) | 10.7 (0.47) | 13.8 (0.94) | 15.8 (1.30) |
| | 4-8 | 6.5 (0.73) | 7.7 (0.68) | 10.2 (0.54) | 13.4 (0.49) | 17.5 (0.88) | 21.7 (1.54) | 24.7 (2.06) |
| Males | 9-13 | 6.7 (0.66) | 8.4 (0.70) | 12.2 (0.74) | 17.5 (0.75) | 24.5 (0.85) | 32.2 (1.22) | 37.6 (1.60) |
| | 14-18 | 8.1 (0.75) | 10.2 (0.80) | 14.5 (0.85) | 20.6 (0.95) | 28.5 (1.24) | 36.7 (1.70) | 42.6 (2.15) |
| | 19-30 | 7.5 (0.83) | 9.4 (0.87) | 13.6 (0.90) | 19.5 (0.93) | 26.9 (1.01) | 35.1 (1.30) | 40.8 (1.62) |
| | 31-50 | 8.5 (0.73) | 10.6 (0.74) | 15.0 (0.75) | 21.1 (0.76) | 28.8 (0.99) | 37.4 (1.48) | 43.0 (1.89) |
| | 51-70 | 7.4 (0.53) | 9.3 (0.54) | 13.2 (0.54) | 18.8 (0.70) | 25.9 (1.15) | 33.8 (1.79) | 39.1 (2.28) |
| | 71+ | 5.6 (0.53) | 7.1 (0.57) | 10.3 (0.60) | 14.9 (0.69) | 20.9 (0.97) | 27.6 (1.48) | 32.4 (1.92) |
| | 19+ | 7.6 (0.59) | 9.5 (0.59) | 13.6 (0.55) | 19.5 (0.50) | 27.0 (0.71) | 35.2 (1.22) | 40.9 (1.69) |
| Females | 9-13 | 5.8 (0.51) | 7.3 (0.52) | 10.5 (0.50) | 15.0 (0.50) | 20.9 (0.68) | 27.3 (1.11) | 31.8 (1.43) |
| | 14-18 | 6.5 (0.58) | 8.1 (0.58) | 11.6 (0.55) | 16.4 (0.52) | 22.7 (0.70) | 29.7 (1.17) | 34.6 (1.56) |
| | 19-30 | 6.1 (0.59) | 7.7 (0.60) | 10.9 (0.60) | 15.6 (0.59) | 21.7 (0.72) | 28.4 (1.06) | 32.9 (1.36) |
| | 31-50 | 6.4 (0.55) | 8.0 (0.56) | 11.4 (0.55) | 16.2 (0.59) | 22.4 (0.79) | 29.3 (1.25) | 33.8 (1.58) |
| | 51-70 | 6.3 (0.60) | 7.9 (0.62) | 11.3 (0.57) | 16.0 (0.53) | 22.2 (0.58) | 28.9 (0.90) | 33.7 (1.24) |
| | 71+ | 4.8 (0.44) | 6.1 (0.45) | 8.9 (0.48) | 12.9 (0.55) | 18.2 (0.76) | 24.0 (1.17) | 28.1 (1.50) |
| | 19+ | 6.1 (0.50) | 7.6 (0.49) | 10.9 (0.44) | 15.6 (0.35) | 21.7 (0.47) | 28.5 (0.88) | 33.1 (1.27) |
| All | 1+ | 6.1 (0.32) | 7.8 (0.31) | 11.3 (0.28) | 16.5 (0.27) | 23.4 (0.43) | 31.1 (0.78) | 36.6 (1.10) |

1: Standard error of the percentile.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.73 & A.74: Usual Daily Intake of Solid Fats

Table A.73. Solid fats*: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Grams | | | | | | | |
|-------------|-------------|----------------|------------------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 37.9 (0.71) | 20.34 | 23.48 | 29.27 | 36.75 | 45.23 | 53.70 | 59.10 |
| | 4-8 | 1,701 | 44.5 (0.93) | 24.99 | 28.54 | 35.13 | 43.37 | 52.71 | 61.90 | 68.01 |
| Males | 9-13 | 1,061 | 53.9 (1.43) | 27.34 | 31.89 | 40.71 | 52.01 | 65.05 | 78.10 | 86.65 |
| | 14-18 | 1,424 | 60.4 (1.59) | 31.67 | 36.92 | 46.43 | 58.57 | 72.51 | 86.08 | 95.03 |
| | 19-30 | 1,100 | 60.4 (1.74) | 31.56 | 36.73 | 46.48 | 58.65 | 72.38 | 86.37 | 95.21 |
| | 31-50 | 1,466 | 59.1 (1.38) | 30.84 | 35.84 | 45.34 | 57.36 | 70.89 | 84.65 | 93.32 |
| | 51-70 | 1,252 | 50.4 (1.14) | 24.80 | 29.33 | 37.74 | 48.64 | 61.05 | 73.73 | 81.94 |
| | 71+ | 832 | 43.0 (0.97) | 20.09 | 24.01 | 31.45 | 41.14 | 52.59 | 64.19 | 71.99 |
| | 19+ | 4,650 | 55.7 (0.73) | 27.31 | 32.25 | 41.67 | 53.81 | 67.58 | 81.36 | 90.41 |
| Females | 9-13 | 1,112 | 45.2 (1.18) | 22.58 | 26.42 | 33.95 | 43.68 | 54.80 | 65.94 | 73.10 |
| | 14-18 | 1,362 | 42.4 (1.04) | 20.53 | 24.33 | 31.54 | 40.71 | 51.47 | 62.46 | 69.73 |
| | 19-30 | 1,324 | 44.4 (1.21) | 21.93 | 25.90 | 33.26 | 42.79 | 53.80 | 64.96 | 72.27 |
| | 31-50 | 1,595 | 41.2 (1.00) | 19.90 | 23.58 | 30.56 | 39.65 | 50.23 | 61.06 | 67.94 |
| | 51-70 | 1,284 | 35.7 (0.66) | 16.20 | 19.55 | 25.89 | 34.07 | 43.83 | 53.84 | 60.52 |
| | 71+ | 860 | 33.0 (0.71) | 14.56 | 17.69 | 23.55 | 31.43 | 40.70 | 50.16 | 56.63 |
| | 19+ | 5,063 | 39.5 (0.52) | 18.09 | 21.69 | 28.65 | 37.82 | 48.53 | 59.55 | 66.69 |
| All Persons | 1+ | 17,888 | 47.2 (0.42) | 21.28 | 25.52 | 33.78 | 44.77 | 58.05 | 72.08 | 81.39 |

*Includes fats that are solids at room temperature and primarily come from animal sources or from vegetable oils that have been hydrogenated. A fat is defined as a solid fat if it is: from an animal source other than fish, a blend of animal and plant sources (e.g., butter and margarine blend), described as "hydrogenated," described as a "shortening," cocoa fat /fat in chocolate (not liquid), derived from coconut or palm oils, and/or a margarine described as "stick." If the type of margarine (stick/tub/liquid) is not included in the description, or if the recipe ingredient is classified as solid or if the fat content was 80 percent or greater, it is classified as a solid fat.

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.74.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.74. Solid fats*: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Grams | | | | | | |
|----------|-------------|----------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 20.3 (1.18) | 23.5 (1.03) | 29.3 (0.73) | 36.7 (0.63) | 45.2 (1.23) | 53.7 (2.14) | 59.1 (2.81) |
| | 4-8 | 25.0 (1.30) | 28.5 (1.11) | 35.1 (0.77) | 43.4 (0.80) | 52.7 (1.55) | 61.9 (2.58) | 68.0 (3.37) |
| Males | 9-13 | 27.3 (1.46) | 31.9 (1.36) | 40.7 (1.24) | 52.0 (1.38) | 65.0 (1.94) | 78.1 (2.78) | 86.6 (3.41) |
| | 14-18 | 31.7 (2.08) | 36.9 (2.00) | 46.4 (1.76) | 58.6 (1.63) | 72.5 (1.82) | 86.1 (2.40) | 95.0 (2.90) |
| | 19-30 | 31.6 (1.42) | 36.7 (1.35) | 46.5 (1.36) | 58.7 (1.65) | 72.4 (2.33) | 86.4 (3.27) | 95.2 (3.99) |
| | 31-50 | 30.8 (2.05) | 35.8 (1.92) | 45.3 (1.71) | 57.4 (1.45) | 70.9 (1.49) | 84.7 (1.93) | 93.3 (2.43) |
| | 51-70 | 24.8 (1.37) | 29.3 (1.28) | 37.7 (1.12) | 48.6 (1.12) | 61.1 (1.55) | 73.7 (2.28) | 81.9 (2.86) |
| | 71+ | 20.1 (1.20) | 24.0 (1.12) | 31.4 (0.99) | 41.1 (0.94) | 52.6 (1.34) | 64.2 (1.94) | 72.0 (2.51) |
| | 19+ | 27.3 (1.31) | 32.2 (1.21) | 41.7 (0.97) | 53.8 (0.75) | 67.6 (1.07) | 81.4 (1.86) | 90.4 (2.42) |
| Females | 9-13 | 22.6 (0.98) | 26.4 (0.98) | 33.9 (1.00) | 43.7 (1.15) | 54.8 (1.49) | 65.9 (2.07) | 73.1 (2.42) |
| | 14-18 | 20.5 (1.21) | 24.3 (1.17) | 31.5 (1.13) | 40.7 (1.08) | 51.5 (1.21) | 62.5 (1.47) | 69.7 (1.77) |
| | 19-30 | 21.9 (1.13) | 25.9 (1.10) | 33.3 (1.09) | 42.8 (1.18) | 53.8 (1.50) | 65.0 (1.98) | 72.3 (2.37) |
| | 31-50 | 19.9 (0.90) | 23.6 (0.87) | 30.6 (0.85) | 39.7 (0.94) | 50.2 (1.29) | 61.1 (1.84) | 67.9 (2.23) |
| | 51-70 | 16.2 (0.94) | 19.6 (0.93) | 25.9 (0.82) | 34.1 (0.69) | 43.8 (0.75) | 53.8 (1.10) | 60.5 (1.44) |
| | 71+ | 14.6 (0.75) | 17.7 (0.76) | 23.5 (0.69) | 31.4 (0.69) | 40.7 (0.94) | 50.2 (1.32) | 56.6 (1.67) |
| | 19+ | 18.1 (0.80) | 21.7 (0.74) | 28.7 (0.58) | 37.8 (0.49) | 48.5 (0.78) | 59.6 (1.31) | 66.7 (1.71) |
| All | 1+ | 21.3 (0.70) | 25.5 (0.61) | 33.8 (0.48) | 44.8 (0.45) | 58.1 (0.64) | 72.1 (1.14) | 81.4 (1.65) |

*Includes fats that are solids at room temperature and primarily come from animal sources or from vegetable oils that have been hydrogenated. A fat is defined as a solid fat if it is: from an animal source other than fish, a blend of animal and plant sources (e.g., butter and margarine blend), described as "hydrogenated," described as a "shortening," cocoa fat /fat in chocolate (not liquid), derived from coconut or palm oils, and/or a margarine described as "stick." If the type of margarine (stick/tub/liquid) is not included in the description, or if the recipe ingredient is classified as solid or if the fat content was 80 percent or greater, it is classified as a solid fat.

1: Standard error of the percentile.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.75 & A.76: Usual Daily Intake of Added Sugars

Table A.75. Added sugars*: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Teaspoons ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 12.2 (0.33) | 4.31 | 5.48 | 7.88 | 11.30 | 15.57 | 20.13 | 23.19 |
| | 4-8 | 1,701 | 21.0 (0.54) | 9.21 | 11.17 | 14.89 | 19.89 | 25.96 | 32.23 | 36.39 |
| Males | 9-13 | 1,061 | 29.2 (0.92) | 9.75 | 12.58 | 18.46 | 26.82 | 37.41 | 48.80 | 56.60 |
| | 14-18 | 1,424 | 34.3 (1.03) | 12.35 | 15.76 | 22.53 | 31.94 | 43.67 | 55.91 | 64.20 |
| | 19-30 | 1,100 | 32.0 (1.29) | 11.04 | 14.22 | 20.71 | 29.70 | 40.84 | 52.90 | 60.93 |
| | 31-50 | 1,466 | 27.7 (0.63) | 8.96 | 11.68 | 17.37 | 25.49 | 35.60 | 46.63 | 54.15 |
| | 51-70 | 1,252 | 18.9 (0.67) | 4.88 | 6.73 | 10.77 | 16.86 | 24.81 | 33.73 | 39.97 |
| | 71+ | 832 | 16.1 (0.30) | 3.82 | 5.36 | 8.79 | 14.11 | 21.31 | 29.45 | 35.28 |
| | 19+ | 4,650 | 25.4 (0.48) | 6.66 | 9.11 | 14.61 | 22.83 | 33.34 | 44.94 | 52.85 |
| Females | 9-13 | 1,112 | 23.2 (0.82) | 7.50 | 9.68 | 14.42 | 21.24 | 29.80 | 39.10 | 45.38 |
| | 14-18 | 1,362 | 25.2 (0.71) | 8.42 | 10.89 | 16.02 | 23.17 | 32.24 | 42.20 | 49.08 |
| | 19-30 | 1,324 | 24.3 (0.87) | 7.99 | 10.40 | 15.30 | 22.32 | 31.17 | 40.82 | 47.34 |
| | 31-50 | 1,595 | 18.9 (0.50) | 5.48 | 7.34 | 11.27 | 17.08 | 24.60 | 33.01 | 38.63 |
| | 51-70 | 1,284 | 14.3 (0.36) | 3.49 | 4.89 | 7.98 | 12.61 | 18.86 | 26.00 | 31.07 |
| | 71+ | 860 | 13.4 (0.42) | 3.14 | 4.45 | 7.26 | 11.70 | 17.66 | 24.37 | 29.25 |
| | 19+ | 5,063 | 18.3 (0.37) | 4.56 | 6.30 | 10.19 | 16.15 | 24.07 | 33.04 | 39.38 |
| All Persons | 1+ | 17,888 | 22.2 (0.29) | 5.65 | 7.75 | 12.42 | 19.55 | 29.07 | 40.09 | 47.81 |

*: Includes white, brown and raw sugar, syrup, honey, and molasses that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream.

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.76.

4: One teaspoon of added sugars = the same amount of total sugars as 1 teaspoon (4 g) of table sugar (sucrose).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.76. Added sugars*: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Teaspoons ² | | | | | | |
|----------|-------------|------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 4.3 (0.33) | 5.5 (0.33) | 7.9 (0.34) | 11.3 (0.34) | 15.6 (0.40) | 20.1 (0.54) | 23.2 (0.66) |
| | 4-8 | 9.2 (0.51) | 11.2 (0.51) | 14.9 (0.51) | 19.9 (0.55) | 26.0 (0.66) | 32.2 (0.86) | 36.4 (1.04) |
| Males | 9-13 | 9.7 (0.73) | 12.6 (0.79) | 18.5 (0.87) | 26.8 (0.98) | 37.4 (1.12) | 48.8 (1.45) | 56.6 (1.72) |
| | 14-18 | 12.4 (0.66) | 15.8 (0.69) | 22.5 (0.75) | 31.9 (0.93) | 43.7 (1.38) | 55.9 (1.96) | 64.2 (2.45) |
| | 19-30 | 11.0 (0.98) | 14.2 (1.04) | 20.7 (1.15) | 29.7 (1.28) | 40.8 (1.55) | 52.9 (1.94) | 60.9 (2.27) |
| | 31-50 | 9.0 (0.63) | 11.7 (0.64) | 17.4 (0.65) | 25.5 (0.65) | 35.6 (0.79) | 46.6 (1.16) | 54.1 (1.48) |
| | 51-70 | 4.9 (0.39) | 6.7 (0.44) | 10.8 (0.52) | 16.9 (0.64) | 24.8 (0.89) | 33.7 (1.23) | 40.0 (1.58) |
| | 71+ | 3.8 (0.34) | 5.4 (0.37) | 8.8 (0.37) | 14.1 (0.33) | 21.3 (0.41) | 29.4 (0.70) | 35.3 (0.97) |
| | 19+ | 6.7 (0.41) | 9.1 (0.44) | 14.6 (0.45) | 22.8 (0.48) | 33.3 (0.65) | 44.9 (1.04) | 52.9 (1.37) |
| Females | 9-13 | 7.5 (0.42) | 9.7 (0.48) | 14.4 (0.60) | 21.2 (0.77) | 29.8 (1.02) | 39.1 (1.33) | 45.4 (1.59) |
| | 14-18 | 8.4 (0.51) | 10.9 (0.55) | 16.0 (0.61) | 23.2 (0.69) | 32.2 (0.85) | 42.2 (1.09) | 49.1 (1.33) |
| | 19-30 | 8.0 (0.50) | 10.4 (0.56) | 15.3 (0.70) | 22.3 (0.84) | 31.2 (1.09) | 40.8 (1.33) | 47.3 (1.53) |
| | 31-50 | 5.5 (0.27) | 7.3 (0.30) | 11.3 (0.37) | 17.1 (0.47) | 24.6 (0.65) | 33.0 (0.90) | 38.6 (1.09) |
| | 51-70 | 3.5 (0.21) | 4.9 (0.24) | 8.0 (0.28) | 12.6 (0.36) | 18.9 (0.47) | 26.0 (0.64) | 31.1 (0.82) |
| | 71+ | 3.1 (0.18) | 4.4 (0.23) | 7.3 (0.29) | 11.7 (0.39) | 17.7 (0.56) | 24.4 (0.79) | 29.3 (0.94) |
| | 19+ | 4.6 (0.21) | 6.3 (0.24) | 10.2 (0.27) | 16.2 (0.35) | 24.1 (0.52) | 33.0 (0.77) | 39.4 (0.98) |
| All | 1+ | 5.7 (0.17) | 7.8 (0.18) | 12.4 (0.22) | 19.5 (0.28) | 29.1 (0.38) | 40.1 (0.59) | 47.8 (0.81) |

*: Includes white, brown and raw sugar, syrup, honey, and molasses that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream.

1: Standard error of the percentile.

2: One teaspoon of added sugars = the same amount of total sugars as 1 teaspoon (4 g) of table sugar (sucrose).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables A.77 & A.78: Usual Daily Intake of Alcohol

Table A.77. Alcohol: Mean (standard error) and percentiles³ of usual daily intake, 2001–2004

| | Age (years) | N ¹ | Drinks ⁴ | | | | | | | |
|-------------|-------------|----------------|------------------------|------|------|------|------|------|------|------|
| | | | Mean (SE) ² | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Children | 1-3 | 1,515 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| | 4-8 | 1,701 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Males | 9-13 | 1,061 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 |
| | 14-18 | 1,424 | 0.1 (0.03) | 0.00 | 0.00 | 0.00 | 0.02 | 0.10 | 0.34 | 0.65 |
| | 19-30 | 1,100 | 1.3 (0.13) | 0.01 | 0.04 | 0.16 | 0.64 | 1.83 | 3.54 | 4.87 |
| | 31-50 | 1,466 | 1.4 (0.09) | 0.02 | 0.05 | 0.20 | 0.78 | 2.03 | 3.78 | 5.09 |
| | 51-70 | 1,252 | 1.0 (0.08) | 0.01 | 0.03 | 0.11 | 0.46 | 1.37 | 2.76 | 3.84 |
| | 71+ | 832 | 0.6 (0.06) | 0.00 | 0.01 | 0.04 | 0.19 | 0.71 | 1.65 | 2.46 |
| | 19+ | 4,650 | 1.2 (0.07) | 0.01 | 0.03 | 0.14 | 0.58 | 1.69 | 3.29 | 4.56 |
| Females | 9-13 | 1,112 | 0.0 (0.00) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.05 |
| | 14-18 | 1,362 | 0.1 (0.02) | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.11 | 0.24 |
| | 19-30 | 1,325 | 0.3 (0.05) | 0.00 | 0.00 | 0.01 | 0.07 | 0.32 | 0.95 | 1.60 |
| | 31-50 | 1,595 | 0.5 (0.05) | 0.00 | 0.01 | 0.03 | 0.15 | 0.57 | 1.41 | 2.20 |
| | 51-70 | 1,284 | 0.4 (0.05) | 0.00 | 0.00 | 0.02 | 0.09 | 0.38 | 1.04 | 1.68 |
| | 71+ | 860 | 0.2 (0.03) | 0.00 | 0.00 | 0.01 | 0.03 | 0.14 | 0.48 | 0.89 |
| | 19+ | 5,064 | 0.4 (0.03) | 0.00 | 0.00 | 0.02 | 0.09 | 0.40 | 1.11 | 1.80 |
| All Persons | 1+ | 17,889 | 0.6 (0.03) | 0.00 | 0.00 | 0.00 | 0.09 | 0.59 | 1.83 | 2.97 |

1: Number of persons in sample.

2: Standard error of the mean (df=30).

3: Standard errors of the percentiles are presented in Table A.78.

4: 1 drink equivalent = 14 grams (0.6 fluid ounce) of pure alcohol such as 12 fluid ounces of regular beer (5% alcohol); 5 fluid ounces of wine (12% alcohol); 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol).

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table A.78. Alcohol: Percentiles (and standard errors) of usual daily intake, 2001–2004

| | Age (years) | Drinks | | | | | | |
|----------|-------------|----------------------|------------|------------|------------|------------|------------|------------|
| | | 5% (SE) ¹ | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Children | 1-3 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) |
| | 4-8 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) |
| Males | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.3 (0.08) | 0.7 (0.14) |
| | 19-30 | 0.0 (0.01) | 0.0 (0.02) | 0.2 (0.05) | 0.6 (0.13) | 1.8 (0.21) | 3.5 (0.30) | 4.9 (0.38) |
| | 31-50 | 0.0 (0.01) | 0.0 (0.02) | 0.2 (0.05) | 0.8 (0.10) | 2.0 (0.15) | 3.8 (0.24) | 5.1 (0.33) |
| | 51-70 | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.03) | 0.5 (0.08) | 1.4 (0.12) | 2.8 (0.18) | 3.8 (0.24) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.02) | 0.2 (0.05) | 0.7 (0.11) | 1.7 (0.17) | 2.5 (0.22) |
| | 19+ | 0.0 (0.01) | 0.0 (0.01) | 0.1 (0.04) | 0.6 (0.08) | 1.7 (0.11) | 3.3 (0.16) | 4.6 (0.24) |
| Females | 9-13 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.0 (0.01) |
| | 14-18 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.04) | 0.2 (0.08) |
| | 19-30 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.3 (0.06) | 1.0 (0.13) | 1.6 (0.21) |
| | 31-50 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.2 (0.04) | 0.6 (0.09) | 1.4 (0.14) | 2.2 (0.17) |
| | 51-70 | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.03) | 0.4 (0.07) | 1.0 (0.14) | 1.7 (0.19) |
| | 71+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.04) | 0.5 (0.10) | 0.9 (0.16) |
| | 19+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.01) | 0.1 (0.02) | 0.4 (0.05) | 1.1 (0.08) | 1.8 (0.11) |
| All | 1+ | 0.0 (0.00) | 0.0 (0.00) | 0.0 (0.00) | 0.1 (0.02) | 0.6 (0.06) | 1.8 (0.10) | 3.0 (0.12) |

1: Standard error of the percentile.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Appendix B: Selected Intakes as Ratios of Energy Intake, U.S. Population, 2001–2004

There are separate tables for each of the following ratios, all of which are expressed as percentages: total fat (kcal) to energy (%); saturated fat (kcal) to energy (%); polyunsaturated fat (kcal) to energy (%); and monounsaturated fat (kcal) to energy (%). These tables show the mean, standard error of the mean, and percentiles of the distribution of intake for each percentage by sex/age group. Additionally, a second table for each ratio provides percentile values and their standard errors.

Tables B.1 & B.2: Usual Energy Intake from Protein

Table B.1. Percentage of usual energy intake from protein¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|--------------------------|--------------|------|--------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1515 | 14.29 (0.14) | 11.20 | 11.81 | 12.88 | 14.17 | 15.57 | 16.91 | 17.76 |
| | 4-8 | 1701 | 13.58 (0.14) | 10.77 | 11.33 | 12.31 | 13.48 | 14.76 | 15.97 | 16.74 |
| Males | 9-13 | 1061 | 14.10 (0.22) | 10.45 | 11.18 | 12.43 | 13.93 | 15.57 | 17.22 | 18.26 |
| | 14-18 | 1424 | 14.13 (0.19) | 10.73 | 11.39 | 12.58 | 13.98 | 15.54 | 17.05 | 17.99 |
| | 19-30 | 1100 | 14.73 (0.24) | 11.25 | 11.94 | 13.15 | 14.58 | 16.16 | 17.67 | 18.71 |
| | 31-50 | 1466 | 14.99 (0.14) | 11.47 | 12.17 | 13.38 | 14.84 | 16.43 | 18.02 | 19.06 |
| | 51-70 | 1252 | 15.69 (0.21) | 11.82 | 12.57 | 13.92 | 15.50 | 17.27 | 19.04 | 20.20 |
| | 71+ | 832 | 15.79 (0.16) | 11.68 | 12.47 | 13.89 | 15.58 | 17.48 | 19.36 | 20.58 |
| | 19+ | 4650 | 15.19 (0.10) | 11.50 | 12.22 | 13.49 | 15.01 | 16.69 | 18.38 | 19.48 |
| Females | 9-13 | 1112 | 13.79 (0.24) | 10.37 | 11.02 | 12.19 | 13.64 | 15.19 | 16.75 | 17.76 |
| | 14-18 | 1362 | 13.49 (0.18) | 10.09 | 10.76 | 11.92 | 13.33 | 14.87 | 16.40 | 17.40 |
| | 19-30 | 1325 | 14.17 (0.19) | 10.75 | 11.40 | 12.58 | 14.01 | 15.58 | 17.15 | 18.16 |
| | 31-50 | 1595 | 14.80 (0.17) | 11.16 | 11.88 | 13.12 | 14.62 | 16.30 | 17.96 | 19.03 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|--------------------|-------------|--------------|---------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 51-70 | 1284 | 15.63 (0.19) | 11.71 | 12.46 | 13.79 | 15.41 | 17.23 | 19.07 | 20.25 |
| | 71+ | 860 | 15.42 (0.20) | 11.37 | 12.15 | 13.53 | 15.22 | 17.07 | 18.95 | 20.18 |
| | 19+ | 5064 | 14.95 (0.12) | 11.17 | 11.90 | 13.18 | 14.74 | 16.50 | 18.27 | 19.43 |
| All Persons | 1+ | 17889 | 14.75 (0.07) | 11.07 | 11.78 | 13.03 | 14.56 | 16.25 | 17.98 | 19.11 |

1: Percent of usual energy intake from protein = $100 \times \{\text{usual intake of protein (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$
 2: Standard errors of the percentiles are presented in the table below.

Table B.2. Percentage of usual energy intake from protein³: Percentiles (and standard errors) of usual intake, 2001-2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 11.20 (0.26) | 11.81 (0.22) | 12.88 (0.18) | 14.17 (0.14) | 15.57 (0.18) | 16.91 (0.27) | 17.76 (0.34) |
| | 4-8 | 10.77 (0.23) | 11.33 (0.20) | 12.31 (0.15) | 13.48 (0.14) | 14.76 (0.18) | 15.97 (0.27) | 16.74 (0.33) |
| Males | 9-13 | 10.45 (0.22) | 11.18 (0.22) | 12.43 (0.22) | 13.93 (0.22) | 15.57 (0.23) | 17.22 (0.27) | 18.26 (0.30) |
| | 14-18 | 10.73 (0.20) | 11.39 (0.19) | 12.58 (0.18) | 13.98 (0.19) | 15.54 (0.20) | 17.05 (0.23) | 17.99 (0.27) |
| | 19-30 | 11.25 (0.20) | 11.94 (0.21) | 13.15 (0.22) | 14.58 (0.24) | 16.16 (0.26) | 17.67 (0.30) | 18.71 (0.34) |
| | 31-50 | 11.47 (0.17) | 12.17 (0.16) | 13.38 (0.15) | 14.84 (0.14) | 16.43 (0.15) | 18.02 (0.19) | 19.06 (0.22) |
| | 51-70 | 11.82 (0.20) | 12.57 (0.19) | 13.92 (0.18) | 15.50 (0.20) | 17.27 (0.23) | 19.04 (0.29) | 20.20 (0.34) |
| | 71+ | 11.68 (0.16) | 12.47 (0.15) | 13.89 (0.14) | 15.58 (0.16) | 17.48 (0.19) | 19.36 (0.26) | 20.58 (0.30) |
| | 19+ | 11.50 (0.14) | 12.22 (0.12) | 13.49 (0.11) | 15.01 (0.10) | 16.69 (0.12) | 18.38 (0.17) | 19.48 (0.22) |
| Females | 9-13 | 10.37 (0.35) | 11.02 (0.32) | 12.19 (0.27) | 13.64 (0.23) | 15.19 (0.23) | 16.75 (0.29) | 17.76 (0.34) |
| | 14-18 | 10.09 (0.25) | 10.76 (0.23) | 11.92 (0.19) | 13.33 (0.17) | 14.87 (0.21) | 16.40 (0.30) | 17.40 (0.37) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|-------------|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 19-30 | 10.75 (0.26) | 11.40 (0.23) | 12.58 (0.19) | 14.01 (0.18) | 15.58 (0.22) | 17.15 (0.31) | 18.16 (0.38) |
| | 31-50 | 11.16 (0.27) | 11.88 (0.24) | 13.12 (0.18) | 14.62 (0.16) | 16.30 (0.20) | 17.96 (0.28) | 19.03 (0.36) |
| | 51-70 | 11.71 (0.33) | 12.46 (0.30) | 13.79 (0.24) | 15.41 (0.19) | 17.23 (0.20) | 19.07 (0.26) | 20.25 (0.33) |
| | 71+ | 11.37 (0.33) | 12.15 (0.28) | 13.53 (0.23) | 15.22 (0.19) | 17.07 (0.22) | 18.95 (0.30) | 20.18 (0.37) |
| | 19+ | 11.17 (0.26) | 11.90 (0.22) | 13.18 (0.16) | 14.74 (0.12) | 16.50 (0.15) | 18.27 (0.23) | 19.43 (0.30) |
| All Persons | 1+ | 11.07 (0.13) | 11.78 (0.11) | 13.03 (0.08) | 14.56 (0.07) | 16.25 (0.09) | 17.98 (0.13) | 19.11 (0.17) |

3: Percent of usual energy intake from protein = $100 \times \{\text{usual intake of protein (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

Tables B.3 & B.4: Usual Energy Intake from Carbohydrates

Table B.3. Percentage of usual energy intake from carbohydrates¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|-------------------|-------------|------|-----------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1515 | 54.46 (0.38) | 45.81 | 47.56 | 50.61 | 54.22 | 58.04 | 61.65 | 63.91 |
| | 4-8 | 1701 | 55.40 (0.37) | 47.19 | 48.86 | 51.77 | 55.18 | 58.82 | 62.20 | 64.35 |
| Males | 9-13 | 1061 | 54.47 (0.34) | 41.58 | 44.16 | 48.63 | 53.96 | 59.69 | 65.45 | 69.09 |
| | 14-18 | 1424 | 53.40 (0.39) | 41.50 | 43.85 | 48.02 | 52.95 | 58.34 | 63.52 | 66.71 |
| | 19-30 | 1100 | 49.88 (0.61) | 38.56 | 40.88 | 44.88 | 49.50 | 54.49 | 59.25 | 62.54 |
| | 31-50 | 1466 | 48.25 (0.44) | 37.20 | 39.45 | 43.31 | 47.87 | 52.78 | 57.56 | 60.63 |
| | 51-70 | 1252 | 46.88 (0.38) | 35.34 | 37.69 | 41.73 | 46.45 | 51.57 | 56.63 | 59.80 |
| | 71+ | 832 | 49.96 (0.48) | 37.31 | 39.83 | 44.21 | 49.45 | 55.15 | 60.70 | 64.28 |
| | 19+ | 4650 | 48.42 (0.28) | 36.89 | 39.24 | 43.28 | 48.03 | 53.15 | 58.10 | 61.31 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|--------------------|--------------|-------|--------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Females | 9-13 | 1112 | 54.60 (0.48) | 43.59 | 45.79 | 49.65 | 54.27 | 59.11 | 63.81 | 66.82 |
| | 14-18 | 1362 | 54.22 (0.61) | 43.20 | 45.47 | 49.32 | 53.88 | 58.71 | 63.43 | 66.42 |
| | 19-30 | 1325 | 52.71 (0.44) | 42.16 | 44.29 | 48.00 | 52.39 | 57.06 | 61.59 | 64.39 |
| | 31-50 | 1595 | 49.79 (0.51) | 39.25 | 41.45 | 45.21 | 49.50 | 54.10 | 58.52 | 61.25 |
| | 51-70 | 1284 | 49.64 (0.39) | 38.72 | 40.98 | 44.81 | 49.30 | 54.11 | 58.75 | 61.58 |
| | 71+ | 860 | 52.42 (0.41) | 40.57 | 43.02 | 47.21 | 52.09 | 57.20 | 62.23 | 65.46 |
| | 19+ | 5064 | 50.73 (0.30) | 39.71 | 42.00 | 45.89 | 50.40 | 55.23 | 59.87 | 62.81 |
| All Persons | 1+ | 17889 | 50.90 (0.20) | 38.96 | 41.46 | 45.76 | 50.70 | 55.78 | 60.53 | 63.54 |

1: Percent of usual energy intake from carbohydrates = $100 \times \{\text{usual intake of carbohydrates (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table B.4. Percentage of usual energy intake from carbohydrates³: Percentiles (and standard errors) of usual intake, 2001-2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 45.81 (0.77) | 47.56 (0.67) | 50.61 (0.52) | 54.22 (0.38) | 58.04 (0.46) | 61.65 (0.70) | 63.91 (0.89) |
| | 4-8 | 47.19 (0.81) | 48.86 (0.72) | 51.77 (0.56) | 55.18 (0.40) | 58.82 (0.37) | 62.20 (0.58) | 64.35 (0.76) |
| Males | 9-13 | 41.58 (0.60) | 44.16 (0.50) | 48.63 (0.37) | 53.96 (0.32) | 59.69 (0.49) | 65.45 (0.78) | 69.09 (1.03) |
| | 14-18 | 41.50 (0.65) | 43.85 (0.59) | 48.02 (0.48) | 52.95 (0.38) | 58.34 (0.46) | 63.52 (0.70) | 66.71 (0.87) |
| | 19-30 | 38.56 (0.84) | 40.88 (0.77) | 44.88 (0.69) | 49.50 (0.62) | 54.49 (0.63) | 59.25 (0.73) | 62.54 (0.90) |
| | 31-50 | 37.20 (0.67) | 39.45 (0.62) | 43.31 (0.51) | 47.87 (0.43) | 52.78 (0.47) | 57.56 (0.65) | 60.63 (0.80) |
| | 51-70 | 35.34 (0.63) | 37.69 (0.57) | 41.73 (0.46) | 46.45 (0.38) | 51.57 (0.42) | 56.63 (0.65) | 59.80 (0.81) |
| | 71+ | 37.31 (0.66) | 39.83 (0.61) | 44.21 (0.52) | 49.45 (0.48) | 55.15 (0.58) | 60.70 (0.82) | 64.28 (1.03) |
| | 19+ | 36.89 (0.60) | 39.24 (0.53) | 43.28 (0.40) | 48.03 (0.28) | 53.15 (0.32) | 58.10 (0.52) | 61.31 (0.70) |
| Females | 9-13 | 43.59 (0.54) | 45.79 (0.49) | 49.65 (0.43) | 54.27 (0.45) | 59.11 (0.57) | 63.81 (0.77) | 66.82 (0.92) |
| | 14-18 | 43.20 (0.69) | 45.47 (0.66) | 49.32 (0.59) | 53.88 (0.58) | 58.71 (0.66) | 63.43 (0.80) | 66.42 (0.97) |
| | 19-30 | 42.16 (0.58) | 44.29 (0.54) | 48.00 (0.49) | 52.39 (0.45) | 57.06 (0.46) | 61.59 (0.56) | 64.39 (0.70) |
| | 31-50 | 39.25 (0.47) | 41.45 (0.44) | 45.21 (0.44) | 49.50 (0.48) | 54.10 (0.60) | 58.52 (0.78) | 61.25 (0.93) |
| | 51-70 | 38.72 (0.51) | 40.98 (0.47) | 44.81 (0.40) | 49.30 (0.38) | 54.11 (0.43) | 58.75 (0.56) | 61.58 (0.68) |
| | 71+ | 40.57 (0.57) | 43.02 (0.50) | 47.21 (0.41) | 52.09 (0.40) | 57.20 (0.48) | 62.23 (0.66) | 65.46 (0.81) |
| | 19+ | 39.71 (0.41) | 42.00 (0.36) | 45.89 (0.30) | 50.40 (0.29) | 55.23 (0.36) | 59.87 (0.52) | 62.81 (0.65) |
| All Persons | 1+ | 38.96 (0.43) | 41.46 (0.35) | 45.76 (0.24) | 50.70 (0.19) | 55.78 (0.24) | 60.53 (0.33) | 63.54 (0.43) |

3: Percent of usual energy intake from carbohydrates = $100 \times \{\text{usual intake of carbohydrates (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables B.5 & B.6: Usual Energy Intake from Total Fat

Table B.5. Percentage of usual energy intake from total fat¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|--------------------------|--------------|-------|--------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1515 | 32.57 (0.31) | 25.49 | 26.94 | 29.44 | 32.38 | 35.50 | 38.42 | 40.24 |
| | 4-8 | 1701 | 32.30 (0.31) | 25.68 | 27.03 | 29.37 | 32.13 | 35.06 | 37.80 | 39.54 |
| Males | 9-13 | 1061 | 33.27 (0.23) | 24.41 | 26.26 | 29.40 | 33.03 | 36.91 | 40.57 | 42.91 |
| | 14-18 | 1424 | 32.98 (0.33) | 24.74 | 26.46 | 29.37 | 32.76 | 36.36 | 39.76 | 41.84 |
| | 19-30 | 1100 | 31.98 (0.49) | 23.97 | 25.69 | 28.55 | 31.81 | 35.27 | 38.48 | 40.59 |
| | 31-50 | 1466 | 33.41 (0.42) | 25.18 | 26.91 | 29.82 | 33.20 | 36.77 | 40.18 | 42.32 |
| | 51-70 | 1252 | 35.01 (0.40) | 25.98 | 27.85 | 31.06 | 34.76 | 38.69 | 42.51 | 44.89 |
| | 71+ | 832 | 34.06 (0.34) | 24.62 | 26.57 | 29.90 | 33.78 | 37.92 | 41.89 | 44.41 |
| | 19+ | 4650 | 33.55 (0.24) | 24.95 | 26.73 | 29.76 | 33.29 | 37.05 | 40.72 | 43.03 |
| Females | 9-13 | 1112 | 33.38 (0.36) | 24.94 | 26.69 | 29.68 | 33.19 | 36.84 | 40.34 | 42.54 |
| | 14-18 | 1362 | 33.44 (0.51) | 25.01 | 26.74 | 29.72 | 33.23 | 36.93 | 40.44 | 42.62 |
| | 19-30 | 1325 | 32.53 (0.43) | 24.39 | 26.08 | 28.95 | 32.32 | 35.90 | 39.23 | 41.37 |
| | 31-50 | 1595 | 34.33 (0.42) | 25.69 | 27.48 | 30.58 | 34.11 | 37.86 | 41.45 | 43.66 |
| | 51-70 | 1284 | 34.93 (0.35) | 25.94 | 27.78 | 30.95 | 34.66 | 38.65 | 42.44 | 44.74 |
| | 71+ | 860 | 33.94 (0.29) | 24.69 | 26.63 | 29.90 | 33.71 | 37.66 | 41.57 | 43.95 |
| | 19+ | 5064 | 34.03 (0.28) | 25.28 | 27.05 | 30.17 | 33.79 | 37.62 | 41.33 | 43.63 |
| All Persons | 1+ | 17889 | 33.56 (0.17) | 25.13 | 26.85 | 29.82 | 33.29 | 37.01 | 40.64 | 42.93 |

1: Percent of usual energy intake from fat = $100 \times \{\text{usual intake of fat (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table B.6. Percentage of usual energy intake from total fat³: Percentiles (and standard errors) of usual intake, 2001-2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 25.49 (0.63) | 26.94 (0.53) | 29.44 (0.38) | 32.38 (0.31) | 35.50 (0.40) | 38.42 (0.60) | 40.24 (0.75) |
| | 4-8 | 25.68 (0.59) | 27.03 (0.50) | 29.37 (0.38) | 32.13 (0.31) | 35.06 (0.41) | 37.80 (0.60) | 39.54 (0.73) |
| Males | 9-13 | 24.41 (0.50) | 26.26 (0.43) | 29.40 (0.31) | 33.03 (0.23) | 36.91 (0.32) | 40.57 (0.52) | 42.91 (0.65) |
| | 14-18 | 24.74 (0.60) | 26.46 (0.51) | 29.37 (0.40) | 32.76 (0.33) | 36.36 (0.35) | 39.76 (0.49) | 41.84 (0.60) |
| | 19-30 | 23.97 (0.71) | 25.69 (0.64) | 28.55 (0.56) | 31.81 (0.49) | 35.27 (0.47) | 38.48 (0.56) | 40.59 (0.64) |
| | 31-50 | 25.18 (0.59) | 26.91 (0.52) | 29.82 (0.42) | 33.20 (0.40) | 36.77 (0.48) | 40.18 (0.64) | 42.32 (0.80) |
| | 51-70 | 25.98 (0.50) | 27.85 (0.45) | 31.06 (0.38) | 34.76 (0.40) | 38.69 (0.51) | 42.51 (0.66) | 44.89 (0.79) |
| | 71+ | 24.62 (0.60) | 26.57 (0.51) | 29.90 (0.39) | 33.78 (0.34) | 37.92 (0.41) | 41.89 (0.57) | 44.41 (0.72) |
| | 19+ | 24.95 (0.54) | 26.73 (0.45) | 29.76 (0.32) | 33.29 (0.23) | 37.05 (0.29) | 40.72 (0.49) | 43.03 (0.64) |
| Females | 9-13 | 24.94 (0.58) | 26.69 (0.52) | 29.68 (0.43) | 33.19 (0.36) | 36.84 (0.38) | 40.34 (0.47) | 42.54 (0.55) |
| | 14-18 | 25.01 (0.70) | 26.74 (0.64) | 29.72 (0.56) | 33.23 (0.50) | 36.93 (0.51) | 40.44 (0.59) | 42.62 (0.69) |
| | 19-30 | 24.39 (0.63) | 26.08 (0.55) | 28.95 (0.46) | 32.32 (0.42) | 35.90 (0.44) | 39.23 (0.53) | 41.37 (0.60) |
| | 31-50 | 25.69 (0.63) | 27.48 (0.58) | 30.58 (0.49) | 34.11 (0.43) | 37.86 (0.42) | 41.45 (0.49) | 43.66 (0.56) |
| | 51-70 | 25.94 (0.67) | 27.78 (0.59) | 30.95 (0.47) | 34.66 (0.35) | 38.65 (0.30) | 42.44 (0.33) | 44.74 (0.42) |
| | 71+ | 24.69 (0.61) | 26.63 (0.53) | 29.90 (0.41) | 33.71 (0.30) | 37.66 (0.27) | 41.57 (0.34) | 43.95 (0.42) |
| | 19+ | 25.28 (0.57) | 27.05 (0.50) | 30.17 (0.38) | 33.79 (0.29) | 37.62 (0.26) | 41.33 (0.33) | 43.63 (0.40) |
| All Persons | 1+ | 25.13 (0.40) | 26.85 (0.33) | 29.82 (0.24) | 33.29 (0.18) | 37.01 (0.20) | 40.64 (0.30) | 42.93 (0.38) |

3: Percent of usual energy intake from fat = 100 × {usual intake of fat (kcal)} / {usual intake of energy (kcal)}

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables B.7 & B.8: Usual Energy Intake from Saturated Fat

Table B.7. Percentage of usual energy intake from saturated fat¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|-------------------|-------------|-------|--------------|-------------|------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1515 | 12.71 (0.15) | 9.05 | 9.78 | 11.04 | 12.57 | 14.23 | 15.82 | 16.85 |
| | 4-8 | 1701 | 11.55 (0.18) | 8.37 | 8.99 | 10.10 | 11.43 | 12.88 | 14.26 | 15.14 |
| Males | 9-13 | 1061 | 11.78 (0.12) | 8.31 | 9.01 | 10.23 | 11.67 | 13.23 | 14.68 | 15.62 |
| | 14-18 | 1424 | 11.36 (0.12) | 8.16 | 8.82 | 9.94 | 11.26 | 12.67 | 14.03 | 14.88 |
| | 19-30 | 1100 | 10.77 (0.22) | 7.71 | 8.34 | 9.44 | 10.70 | 12.04 | 13.30 | 14.13 |
| | 31-50 | 1466 | 10.89 (0.16) | 7.79 | 8.43 | 9.52 | 10.80 | 12.16 | 13.48 | 14.30 |
| | 51-70 | 1252 | 11.18 (0.14) | 7.83 | 8.52 | 9.69 | 11.07 | 12.55 | 13.99 | 14.86 |
| | 71+ | 832 | 11.03 (0.20) | 7.53 | 8.24 | 9.46 | 10.91 | 12.46 | 13.97 | 14.90 |
| | 19+ | 4650 | 10.95 (0.09) | 7.76 | 8.41 | 9.54 | 10.85 | 12.26 | 13.62 | 14.49 |
| Females | 9-13 | 1112 | 11.76 (0.15) | 8.22 | 8.93 | 10.16 | 11.64 | 13.21 | 14.75 | 15.74 |
| | 14-18 | 1362 | 11.26 (0.17) | 7.81 | 8.50 | 9.70 | 11.13 | 12.69 | 14.19 | 15.12 |
| | 19-30 | 1325 | 10.79 (0.17) | 7.51 | 8.16 | 9.30 | 10.67 | 12.15 | 13.56 | 14.48 |
| | 31-50 | 1595 | 11.15 (0.17) | 7.70 | 8.39 | 9.61 | 11.03 | 12.57 | 14.07 | 15.00 |
| | 51-70 | 1284 | 10.94 (0.16) | 7.43 | 8.13 | 9.35 | 10.80 | 12.40 | 13.94 | 14.90 |
| | 71+ | 860 | 10.73 (0.15) | 7.12 | 7.84 | 9.10 | 10.60 | 12.19 | 13.79 | 14.79 |
| | 19+ | 5064 | 10.96 (0.12) | 7.50 | 8.20 | 9.41 | 10.84 | 12.39 | 13.89 | 14.85 |
| All Persons | 1+ | 17889 | 11.16 (0.07) | 7.76 | 8.45 | 9.63 | 11.03 | 12.55 | 14.03 | 14.98 |

1: Percent of usual energy intake from fat = $100 \times \{\text{usual intake of fat (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table B.8. Percentage of usual energy intake from saturated fat³: Percentiles (and standard errors) of usual intake, 2001-2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 9.05 (0.23) | 9.78 (0.20) | 11.04 (0.15) | 12.57 (0.15) | 14.23 (0.19) | 15.82 (0.29) | 16.85 (0.34) |
| | 4-8 | 8.37 (0.21) | 8.99 (0.18) | 10.10 (0.16) | 11.43 (0.17) | 12.88 (0.22) | 14.26 (0.31) | 15.14 (0.37) |
| Males | 9-13 | 8.31 (0.17) | 9.01 (0.15) | 10.23 (0.12) | 11.67 (0.12) | 13.23 (0.18) | 14.68 (0.26) | 15.62 (0.31) |
| | 14-18 | 8.16 (0.23) | 8.82 (0.19) | 9.94 (0.15) | 11.26 (0.12) | 12.67 (0.15) | 14.03 (0.21) | 14.88 (0.26) |
| | 19-30 | 7.71 (0.27) | 8.34 (0.25) | 9.44 (0.23) | 10.70 (0.22) | 12.04 (0.23) | 13.30 (0.27) | 14.13 (0.30) |
| | 31-50 | 7.79 (0.25) | 8.43 (0.22) | 9.52 (0.18) | 10.80 (0.16) | 12.16 (0.17) | 13.48 (0.23) | 14.30 (0.28) |
| | 51-70 | 7.83 (0.20) | 8.52 (0.17) | 9.69 (0.14) | 11.07 (0.14) | 12.55 (0.19) | 13.99 (0.25) | 14.86 (0.31) |
| | 71+ | 7.53 (0.22) | 8.24 (0.20) | 9.46 (0.18) | 10.91 (0.20) | 12.46 (0.25) | 13.97 (0.33) | 14.90 (0.39) |
| | 19+ | 7.76 (0.20) | 8.41 (0.17) | 9.54 (0.12) | 10.85 (0.08) | 12.26 (0.11) | 13.62 (0.19) | 14.49 (0.25) |
| Females | 9-13 | 8.22 (0.25) | 8.93 (0.23) | 10.16 (0.18) | 11.64 (0.15) | 13.21 (0.16) | 14.75 (0.21) | 15.74 (0.25) |
| | 14-18 | 7.81 (0.29) | 8.50 (0.26) | 9.70 (0.21) | 11.13 (0.18) | 12.69 (0.16) | 14.19 (0.19) | 15.12 (0.23) |
| | 19-30 | 7.51 (0.28) | 8.16 (0.25) | 9.30 (0.20) | 10.67 (0.17) | 12.15 (0.16) | 13.56 (0.20) | 14.48 (0.24) |
| | 31-50 | 7.70 (0.23) | 8.39 (0.20) | 9.61 (0.17) | 11.03 (0.17) | 12.57 (0.20) | 14.07 (0.26) | 15.00 (0.31) |
| | 51-70 | 7.43 (0.27) | 8.13 (0.24) | 9.35 (0.20) | 10.80 (0.16) | 12.40 (0.17) | 13.94 (0.21) | 14.90 (0.26) |
| | 71+ | 7.12 (0.24) | 7.84 (0.21) | 9.10 (0.17) | 10.60 (0.16) | 12.19 (0.18) | 13.79 (0.24) | 14.79 (0.30) |
| | 19+ | 7.50 (0.23) | 8.20 (0.20) | 9.41 (0.15) | 10.84 (0.12) | 12.39 (0.13) | 13.89 (0.19) | 14.85 (0.24) |
| All Persons | 1+ | 7.76 (0.17) | 8.45 (0.14) | 9.63 (0.10) | 11.03 (0.07) | 12.55 (0.08) | 14.03 (0.13) | 14.98 (0.17) |

3: Percent of usual energy intake from fat = 100 × {usual intake of fat (kcal)} / {usual intake of energy (kcal)}

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables B.9 & B.10: Usual Energy Intake from Polyunsaturated Fat

Table B.9. Percentage of usual energy intake from polyunsaturated fat¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|--------------------------|--------------|-------|-------------|-------------|------|------|------|------|------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1515 | 5.38 (0.09) | 4.25 | 4.47 | 4.86 | 5.33 | 5.84 | 6.33 | 6.64 |
| | 4-8 | 1701 | 6.04 (0.11) | 4.81 | 5.05 | 5.48 | 6.00 | 6.56 | 7.10 | 7.44 |
| Males | 9-13 | 1061 | 6.31 (0.12) | 4.17 | 4.57 | 5.30 | 6.20 | 7.21 | 8.17 | 8.81 |
| | 14-18 | 1424 | 6.34 (0.11) | 4.29 | 4.68 | 5.38 | 6.24 | 7.19 | 8.12 | 8.73 |
| | 19-30 | 1100 | 6.20 (0.13) | 4.20 | 4.59 | 5.28 | 6.12 | 7.04 | 7.93 | 8.54 |
| | 31-50 | 1466 | 6.74 (0.10) | 4.60 | 5.02 | 5.75 | 6.63 | 7.62 | 8.60 | 9.22 |
| | 51-70 | 1252 | 7.26 (0.15) | 4.90 | 5.36 | 6.16 | 7.14 | 8.22 | 9.33 | 10.01 |
| | 71+ | 832 | 7.14 (0.13) | 4.72 | 5.18 | 6.00 | 7.00 | 8.13 | 9.26 | 9.98 |
| | 19+ | 4650 | 6.79 (0.07) | 4.54 | 4.96 | 5.73 | 6.66 | 7.71 | 8.77 | 9.44 |
| Females | 9-13 | 1112 | 6.52 (0.11) | 4.43 | 4.83 | 5.55 | 6.42 | 7.39 | 8.34 | 8.96 |
| | 14-18 | 1362 | 6.84 (0.13) | 4.67 | 5.09 | 5.82 | 6.73 | 7.74 | 8.75 | 9.36 |
| | 19-30 | 1325 | 6.68 (0.11) | 4.58 | 4.98 | 5.69 | 6.57 | 7.56 | 8.53 | 9.14 |
| | 31-50 | 1595 | 7.21 (0.13) | 4.95 | 5.38 | 6.16 | 7.10 | 8.15 | 9.19 | 9.84 |
| | 51-70 | 1284 | 7.70 (0.11) | 5.29 | 5.74 | 6.56 | 7.57 | 8.71 | 9.82 | 10.52 |
| | 71+ | 860 | 7.58 (0.13) | 5.14 | 5.62 | 6.44 | 7.46 | 8.58 | 9.71 | 10.44 |
| | 19+ | 5064 | 7.26 (0.09) | 4.92 | 5.36 | 6.16 | 7.14 | 8.23 | 9.33 | 10.03 |
| All Persons | 1+ | 17889 | 6.81 (0.05) | 4.61 | 5.00 | 5.72 | 6.65 | 7.75 | 8.85 | 9.57 |

1: Percent of usual energy intake from fat = $100 \times \{\text{usual intake of fat (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table B.10. Percentage of usual energy intake from polyunsaturated fat³: Percentiles (and standard errors) of usual intake, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 4.25 (0.28) | 4.47 (0.24) | 4.86 (0.16) | 5.33 (0.10) | 5.84 (0.15) | 6.33 (0.27) | 6.64 (0.36) |
| | 4-8 | 4.81 (0.30) | 5.05 (0.25) | 5.48 (0.17) | 6.00 (0.10) | 6.56 (0.17) | 7.10 (0.31) | 7.44 (0.40) |
| Males | 9-13 | 4.17 (0.18) | 4.57 (0.16) | 5.30 (0.13) | 6.20 (0.12) | 7.21 (0.15) | 8.17 (0.21) | 8.81 (0.26) |
| | 14-18 | 4.29 (0.16) | 4.68 (0.14) | 5.38 (0.12) | 6.24 (0.11) | 7.19 (0.14) | 8.12 (0.20) | 8.73 (0.25) |
| | 19-30 | 4.20 (0.16) | 4.59 (0.15) | 5.28 (0.13) | 6.12 (0.12) | 7.04 (0.16) | 7.93 (0.22) | 8.54 (0.26) |
| | 31-50 | 4.60 (0.15) | 5.02 (0.13) | 5.75 (0.10) | 6.63 (0.09) | 7.62 (0.13) | 8.60 (0.20) | 9.22 (0.25) |
| | 51-70 | 4.90 (0.14) | 5.36 (0.12) | 6.16 (0.12) | 7.14 (0.15) | 8.22 (0.21) | 9.33 (0.30) | 10.01 (0.35) |
| | 71+ | 4.72 (0.16) | 5.18 (0.14) | 6.00 (0.12) | 7.00 (0.12) | 8.13 (0.17) | 9.26 (0.25) | 9.98 (0.31) |
| | 19+ | 4.54 (0.13) | 4.96 (0.11) | 5.73 (0.07) | 6.66 (0.06) | 7.71 (0.12) | 8.77 (0.21) | 9.44 (0.27) |
| Females | 9-13 | 4.43 (0.14) | 4.83 (0.12) | 5.55 (0.11) | 6.42 (0.11) | 7.39 (0.14) | 8.34 (0.18) | 8.96 (0.23) |
| | 14-18 | 4.67 (0.18) | 5.09 (0.16) | 5.82 (0.15) | 6.73 (0.13) | 7.74 (0.14) | 8.75 (0.17) | 9.36 (0.20) |
| | 19-30 | 4.58 (0.14) | 4.98 (0.13) | 5.69 (0.11) | 6.57 (0.11) | 7.56 (0.14) | 8.53 (0.19) | 9.14 (0.23) |
| | 31-50 | 4.95 (0.17) | 5.38 (0.16) | 6.16 (0.13) | 7.10 (0.13) | 8.15 (0.14) | 9.19 (0.18) | 9.84 (0.22) |
| | 51-70 | 5.29 (0.16) | 5.74 (0.14) | 6.56 (0.12) | 7.57 (0.10) | 8.71 (0.13) | 9.82 (0.17) | 10.52 (0.21) |
| | 71+ | 5.14 (0.16) | 5.62 (0.15) | 6.44 (0.13) | 7.46 (0.12) | 8.58 (0.15) | 9.71 (0.21) | 10.44 (0.24) |
| | 19+ | 4.92 (0.14) | 5.36 (0.12) | 6.16 (0.10) | 7.14 (0.08) | 8.23 (0.10) | 9.33 (0.15) | 10.03 (0.19) |
| All Persons | 1+ | 4.61 (0.10) | 5.00 (0.08) | 5.72 (0.06) | 6.65 (0.06) | 7.75 (0.09) | 8.85 (0.13) | 9.57 (0.17) |

3: Percent of usual energy intake from fat = 100 × {usual intake of fat (kcal)} / {usual intake of energy (kcal)}

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables B.11 & B.12: Usual Energy Intake from Monounsaturated Fat

Table B.11. Percentage of usual energy intake from monounsaturated fat¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|-------------------|-------------|-------|--------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1515 | 11.64 (0.14) | 8.61 | 9.21 | 10.28 | 11.54 | 12.90 | 14.18 | 15.01 |
| | 4-8 | 1701 | 12.10 (0.13) | 9.16 | 9.75 | 10.78 | 12.01 | 13.32 | 14.57 | 15.35 |
| Males | 9-13 | 1061 | 12.48 (0.12) | 9.09 | 9.79 | 10.99 | 12.38 | 13.87 | 15.27 | 16.16 |
| | 14-18 | 1424 | 12.51 (0.13) | 9.33 | 10.00 | 11.11 | 12.42 | 13.81 | 15.12 | 15.94 |
| | 19-30 | 1100 | 12.16 (0.17) | 9.07 | 9.73 | 10.83 | 12.09 | 13.43 | 14.67 | 15.49 |
| | 31-50 | 1466 | 12.44 (0.17) | 9.30 | 9.96 | 11.07 | 12.36 | 13.72 | 15.03 | 15.84 |
| | 51-70 | 1252 | 13.02 (0.17) | 9.57 | 10.29 | 11.51 | 12.92 | 14.42 | 15.88 | 16.77 |
| | 71+ | 832 | 12.47 (0.13) | 8.91 | 9.65 | 10.90 | 12.36 | 13.92 | 15.41 | 16.36 |
| | 19+ | 4650 | 12.53 (0.10) | 9.26 | 9.94 | 11.10 | 12.43 | 13.86 | 15.24 | 16.12 |
| Females | 9-13 | 1112 | 12.51 (0.16) | 9.16 | 9.85 | 11.04 | 12.43 | 13.88 | 15.26 | 16.15 |
| | 14-18 | 1362 | 12.58 (0.24) | 9.23 | 9.92 | 11.11 | 12.49 | 13.98 | 15.37 | 16.23 |
| | 19-30 | 1325 | 12.21 (0.17) | 8.99 | 9.65 | 10.78 | 12.12 | 13.55 | 14.87 | 15.72 |
| | 31-50 | 1595 | 12.59 (0.15) | 9.21 | 9.90 | 11.12 | 12.50 | 13.97 | 15.38 | 16.23 |
| | 51-70 | 1284 | 12.75 (0.14) | 9.24 | 9.96 | 11.20 | 12.65 | 14.20 | 15.68 | 16.58 |
| | 71+ | 860 | 12.32 (0.12) | 8.73 | 9.47 | 10.74 | 12.23 | 13.78 | 15.29 | 16.21 |
| | 19+ | 5064 | 12.51 (0.11) | 9.10 | 9.80 | 11.01 | 12.42 | 13.92 | 15.35 | 16.23 |
| All Persons | 1+ | 17889 | 12.45 (0.07) | 9.14 | 9.82 | 10.99 | 12.36 | 13.81 | 15.21 | 16.09 |

1: Percent of usual energy intake from fat = $100 \times \{\text{usual intake of fat (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Table B.12. Percentage of usual energy intake from monounsaturated fat³: Percentiles (and standard errors) of usual intake, 2001-2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 8.61 (0.28) | 9.21 (0.24) | 10.28 (0.18) | 11.54 (0.14) | 12.90 (0.15) | 14.18 (0.22) | 15.01 (0.29) |
| | 4-8 | 9.16 (0.26) | 9.75 (0.22) | 10.78 (0.17) | 12.01 (0.13) | 13.32 (0.16) | 14.57 (0.23) | 15.35 (0.29) |
| Males | 9-13 | 9.09 (0.27) | 9.79 (0.22) | 10.99 (0.15) | 12.38 (0.12) | 13.87 (0.16) | 15.27 (0.26) | 16.16 (0.33) |
| | 14-18 | 9.33 (0.31) | 10.00 (0.26) | 11.11 (0.19) | 12.42 (0.13) | 13.81 (0.14) | 15.12 (0.21) | 15.94 (0.27) |
| | 19-30 | 9.07 (0.33) | 9.73 (0.29) | 10.83 (0.23) | 12.09 (0.17) | 13.43 (0.15) | 14.67 (0.20) | 15.49 (0.24) |
| | 31-50 | 9.30 (0.30) | 9.96 (0.26) | 11.07 (0.19) | 12.36 (0.16) | 13.72 (0.18) | 15.03 (0.26) | 15.84 (0.33) |
| | 51-70 | 9.57 (0.25) | 10.29 (0.22) | 11.51 (0.17) | 12.92 (0.17) | 14.42 (0.24) | 15.88 (0.32) | 16.77 (0.39) |
| | 71+ | 8.91 (0.31) | 9.65 (0.27) | 10.90 (0.19) | 12.36 (0.14) | 13.92 (0.17) | 15.41 (0.25) | 16.36 (0.32) |
| | 19+ | 9.26 (0.28) | 9.94 (0.23) | 11.10 (0.15) | 12.43 (0.09) | 13.86 (0.13) | 15.24 (0.23) | 16.12 (0.30) |
| Females | 9-13 | 9.16 (0.25) | 9.85 (0.22) | 11.04 (0.18) | 12.43 (0.16) | 13.88 (0.17) | 15.26 (0.22) | 16.15 (0.27) |
| | 14-18 | 9.23 (0.33) | 9.92 (0.30) | 11.11 (0.26) | 12.49 (0.23) | 13.98 (0.23) | 15.37 (0.25) | 16.23 (0.29) |
| | 19-30 | 8.99 (0.25) | 9.65 (0.22) | 10.78 (0.18) | 12.12 (0.17) | 13.55 (0.18) | 14.87 (0.23) | 15.72 (0.27) |
| | 31-50 | 9.21 (0.25) | 9.90 (0.22) | 11.12 (0.18) | 12.50 (0.16) | 13.97 (0.17) | 15.38 (0.21) | 16.23 (0.26) |
| | 51-70 | 9.24 (0.28) | 9.96 (0.25) | 11.20 (0.19) | 12.65 (0.14) | 14.20 (0.13) | 15.68 (0.16) | 16.58 (0.20) |
| | 71+ | 8.73 (0.25) | 9.47 (0.22) | 10.74 (0.17) | 12.23 (0.13) | 13.78 (0.13) | 15.29 (0.17) | 16.21 (0.21) |
| | 19+ | 9.10 (0.24) | 9.80 (0.20) | 11.01 (0.15) | 12.42 (0.11) | 13.92 (0.11) | 15.35 (0.16) | 16.23 (0.20) |
| All Persons | 1+ | 9.14 (0.18) | 9.82 (0.15) | 10.99 (0.11) | 12.36 (0.07) | 13.81 (0.09) | 15.21 (0.14) | 16.09 (0.18) |

3: Percent of usual energy intake from fat = 100 × {usual intake of fat (kcal)} / {usual intake of energy (kcal)}

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Tables B.13 & B.14: Usual Energy Intake from Solid Fats, Alcoholic Beverages, and Added Sugars

Table B.13. Percentage of usual energy intake from solid fats, alcoholic beverages and added sugars (SoFAAS)¹: Mean (standard error) and percentiles² of usual intake, 2001-2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|--------------------------|--------------|-------|--------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1554 | 34.81 (0.42) | 24.00 | 26.07 | 29.88 | 34.41 | 39.33 | 44.06 | 46.99 |
| | 4-8 | 1701 | 37.43 (0.55) | 26.92 | 29.01 | 32.71 | 37.08 | 41.76 | 46.30 | 49.21 |
| Males | 9-13 | 1061 | 39.55 (0.58) | 26.36 | 29.03 | 33.67 | 39.09 | 44.95 | 50.48 | 54.31 |
| | 14-18 | 1424 | 40.63 (0.56) | 27.92 | 30.48 | 34.91 | 40.19 | 45.88 | 51.32 | 54.94 |
| | 19-30 | 1100 | 41.72 (0.65) | 28.97 | 31.49 | 36.03 | 41.31 | 46.98 | 52.42 | 55.79 |
| | 31-50 | 1466 | 39.91 (0.57) | 27.53 | 30.01 | 34.32 | 39.48 | 45.05 | 50.39 | 53.72 |
| | 51-70 | 1252 | 36.72 (0.53) | 24.23 | 26.68 | 31.05 | 36.24 | 41.89 | 47.38 | 50.85 |
| | 71+ | 832 | 34.61 (0.67) | 21.76 | 24.35 | 28.78 | 34.05 | 39.88 | 45.53 | 49.13 |
| | 19+ | 4650 | 39.03 (0.37) | 25.87 | 28.54 | 33.17 | 38.63 | 44.47 | 50.01 | 53.48 |
| Females | 9-13 | 1112 | 38.80 (0.62) | 25.47 | 28.08 | 32.78 | 38.33 | 44.29 | 50.08 | 53.72 |
| | 14-18 | 1362 | 39.61 (0.46) | 25.92 | 28.60 | 33.45 | 39.11 | 45.24 | 51.23 | 55.10 |
| | 19-30 | 1324 | 39.18 (0.71) | 25.92 | 28.50 | 33.20 | 38.67 | 44.58 | 50.42 | 54.12 |
| | 31-50 | 1595 | 37.33 (0.49) | 24.24 | 26.78 | 31.32 | 36.82 | 42.77 | 48.62 | 52.24 |
| | 51-70 | 1284 | 32.89 (0.47) | 20.17 | 22.70 | 27.12 | 32.41 | 38.13 | 43.65 | 47.25 |
| | 71+ | 860 | 32.64 (0.57) | 19.65 | 22.02 | 26.62 | 32.06 | 38.08 | 43.93 | 47.73 |
| | 19+ | 5063 | 36.01 (0.42) | 22.25 | 25.00 | 29.78 | 35.53 | 41.67 | 47.67 | 51.42 |
| All Persons | 1+ | 17927 | 37.67 (0.29) | 24.21 | 26.96 | 31.70 | 37.26 | 43.19 | 48.92 | 52.52 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

1: Percent of usual energy intake from SoFAAS = $100 \times \{\text{usual intake of SoFAAS (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

Table B.14. Percentage of usual energy intake from solid fats, alcoholic beverages and added sugars (SoFAAS)³: Percentiles (and standard errors) of usual intake, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 24.00 (0.82) | 26.07 (0.74) | 29.88 (0.58) | 34.41 (0.44) | 39.33 (0.38) | 44.06 (0.50) | 46.99 (0.61) |
| | 4-8 | 26.92 (0.80) | 29.01 (0.74) | 32.71 (0.64) | 37.08 (0.55) | 41.76 (0.54) | 46.30 (0.67) | 49.21 (0.79) |
| Males | 9-13 | 26.36 (0.58) | 29.03 (0.52) | 33.67 (0.50) | 39.09 (0.56) | 44.95 (0.74) | 50.48 (0.99) | 54.31 (1.15) |
| | 14-18 | 27.92 (0.62) | 30.48 (0.56) | 34.91 (0.51) | 40.19 (0.56) | 45.88 (0.69) | 51.32 (0.94) | 54.94 (1.07) |
| | 19-30 | 28.97 (0.84) | 31.49 (0.79) | 36.03 (0.73) | 41.31 (0.66) | 46.98 (0.68) | 52.42 (0.77) | 55.79 (0.90) |
| | 31-50 | 27.53 (0.72) | 30.01 (0.67) | 34.32 (0.58) | 39.48 (0.57) | 45.05 (0.66) | 50.39 (0.81) | 53.72 (0.95) |
| | 51-70 | 24.23 (0.66) | 26.68 (0.64) | 31.05 (0.56) | 36.24 (0.55) | 41.89 (0.59) | 47.38 (0.76) | 50.85 (0.85) |
| | 71+ | 21.76 (0.66) | 24.35 (0.63) | 28.78 (0.61) | 34.05 (0.66) | 39.88 (0.79) | 45.53 (1.01) | 49.13 (1.18) |
| | 19+ | 25.87 (0.56) | 28.54 (0.51) | 33.17 (0.43) | 38.63 (0.38) | 44.47 (0.45) | 50.01 (0.61) | 53.48 (0.75) |
| Females | 9-13 | 25.47 (0.62) | 28.08 (0.58) | 32.78 (0.56) | 38.33 (0.60) | 44.29 (0.74) | 50.08 (0.92) | 53.72 (1.03) |
| | 14-18 | 25.92 (0.57) | 28.60 (0.51) | 33.45 (0.45) | 39.11 (0.44) | 45.24 (0.54) | 51.23 (0.73) | 55.10 (0.90) |
| | 19-30 | 25.92 (0.85) | 28.50 (0.81) | 33.20 (0.75) | 38.67 (0.72) | 44.58 (0.73) | 50.42 (0.82) | 54.12 (0.87) |
| | 31-50 | 24.24 (0.67) | 26.78 (0.65) | 31.32 (0.57) | 36.82 (0.50) | 42.77 (0.50) | 48.62 (0.53) | 52.24 (0.62) |
| | 51-70 | 20.17 (0.60) | 22.70 (0.57) | 27.12 (0.50) | 32.41 (0.46) | 38.13 (0.50) | 43.65 (0.64) | 47.25 (0.77) |
| | 71+ | 19.65 (0.61) | 22.02 (0.59) | 26.62 (0.55) | 32.06 (0.56) | 38.08 (0.67) | 43.93 (0.78) | 47.73 (0.91) |
| | 19+ | 22.25 (0.56) | 25.00 (0.52) | 29.78 (0.47) | 35.53 (0.43) | 41.67 (0.44) | 47.67 (0.52) | 51.42 (0.63) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|-------------|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| All Persons | 1+ | 24.21 (0.42) | 26.96 (0.40) | 31.70 (0.34) | 37.26 (0.31) | 43.19 (0.31) | 48.92 (0.38) | 52.52 (0.47) |

3: Percent of usual energy intake from SoFAAS = $100 \times \{\text{usual intake of SoFAAS (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

Tables B.15 & B.16. Usual Energy Intake from Solid Fats and Added Sugars (SoFAS)

Table B.15. Percent of usual energy intake from solid fats and added sugars (SoFAS)¹: Mean (standard error) and percentiles² of usual intake, 2001–2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|-------------------|-------------|-------|-----------------|-------------|-------|-------|-------|-------|-------|-------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 2-3 | 937 | 35.42 (0.5) | 25.49 | 27.42 | 30.93 | 35.05 | 39.54 | 43.93 | 46.57 |
| | 4-8 | 1,701 | 37.49 (0.54) | 27.67 | 29.61 | 33.09 | 37.13 | 41.54 | 45.8 | 48.49 |
| Males | 9-13 | 1,061 | 39.03 (0.56) | 25.52 | 28.19 | 32.76 | 38.42 | 44.63 | 50.69 | 54.66 |
| | 14-18 | 1,424 | 39.49 (0.55) | 26.53 | 29.09 | 33.57 | 38.93 | 44.84 | 50.56 | 54.29 |
| | 19-30 | 1,100 | 36.13 (0.65) | 24.14 | 26.52 | 30.72 | 35.69 | 41 | 46.27 | 49.57 |
| | 31-50 | 1,466 | 34 (0.52) | 22.38 | 24.66 | 28.72 | 33.54 | 38.81 | 43.92 | 47.18 |
| | 51-70 | 1,252 | 31.71 (0.55) | 19.73 | 22.11 | 26.23 | 31.21 | 36.66 | 41.96 | 45.34 |
| | 71+ | 832 | 31.4 (0.52) | 18.89 | 21.23 | 25.57 | 30.76 | 36.63 | 42.32 | 45.94 |
| | 19+ | 4,650 | 33.66 (0.35) | 21.39 | 23.85 | 28.13 | 33.22 | 38.72 | 44.02 | 47.41 |
| Females | 9-13 | 1,112 | 38.51 (0.61) | 25.16 | 27.83 | 32.48 | 38.06 | 44.02 | 49.71 | 53.46 |
| | 14-18 | 1,362 | 39.03 (0.46) | 25.55 | 28.32 | 32.98 | 38.56 | 44.55 | 50.38 | 54.11 |
| | 19-30 | 1,325 | 37.16 (0.72) | 24.42 | 26.93 | 31.4 | 36.67 | 42.43 | 47.98 | 51.48 |
| | 31-50 | 1,595 | 34.43 (0.54) | 21.94 | 24.39 | 28.74 | 33.95 | 39.59 | 45.08 | 48.57 |
| | 51-70 | 1,284 | 30.74 (0.54) | 18.58 | 21.01 | 25.17 | 30.24 | 35.73 | 41.21 | 44.69 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Mean (SE) | Percentiles | | | | | | |
|---------------------|-------------|---------------|---------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 71+ | 860 | 31.52 (0.54) | 18.59 | 21.08 | 25.61 | 31 | 36.88 | 42.57 | 46.27 |
| | 19+ | 5,064 | 33.72 (0.46) | 20.59 | 23.21 | 27.76 | 33.22 | 39.16 | 44.88 | 48.49 |
| All Persons: | 2+ | 17,311 | 34.82 (0.31) | 21.79 | 24.41 | 29.01 | 34.39 | 40.14 | 45.71 | 49.28 |

1: Percent of usual energy intake from SoFAAS = $100 \times \{\text{usual intake of SoFAAS (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

2: Standard errors of the percentiles are presented in the table below.

Table B.16. Percent of usual energy intake from solid fats and added sugars (SoFAS)*; NHANES, 2001–2004.

| | Age (years) | Percentiles | | | | | | |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 2-3 | 25.49 (0.97) | 27.42 (0.88) | 30.93 (0.69) | 35.05 (0.52) | 39.54 (0.5) | 43.93 (0.66) | 46.57 (0.81) |
| | 4-8 | 27.67 (0.94) | 29.61 (0.86) | 33.09 (0.7) | 37.13 (0.55) | 41.54 (0.54) | 45.8 (0.66) | 48.49 (0.81) |
| Males | 9-13 | 25.52 (0.59) | 28.19 (0.57) | 32.76 (0.53) | 38.42 (0.54) | 44.63 (0.64) | 50.69 (0.85) | 54.66 (1) |
| | 14-18 | 26.53 (0.57) | 29.09 (0.54) | 33.57 (0.53) | 38.93 (0.55) | 44.84 (0.63) | 50.56 (0.81) | 54.29 (0.95) |
| | 19-30 | 24.14 (0.77) | 26.52 (0.77) | 30.72 (0.72) | 35.69 (0.67) | 41 (0.67) | 46.27 (0.7) | 49.57 (0.74) |
| | 31-50 | 22.38 (0.57) | 24.66 (0.54) | 28.72 (0.5) | 33.54 (0.52) | 38.81 (0.59) | 43.92 (0.74) | 47.18 (0.86) |
| | 51-70 | 19.73 (0.59) | 22.11 (0.55) | 26.23 (0.55) | 31.21 (0.56) | 36.66 (0.62) | 41.96 (0.68) | 45.34 (0.76) |
| | 71+ | 18.89 (0.61) | 21.23 (0.59) | 25.57 (0.52) | 30.76 (0.52) | 36.63 (0.57) | 42.32 (0.72) | 45.94 (0.85) |
| | 19+ | 21.39 (0.49) | 23.85 (0.45) | 28.13 (0.4) | 33.22 (0.37) | 38.72 (0.39) | 44.02 (0.5) | 47.41 (0.59) |
| Females | 9-13 | 25.16 (0.67) | 27.83 (0.62) | 32.48 (0.56) | 38.06 (0.6) | 44.02 (0.7) | 49.71 (0.85) | 53.46 (0.97) |
| | 14-18 | 25.55 (0.59) | 28.32 (0.53) | 32.98 (0.49) | 38.56 (0.46) | 44.55 (0.51) | 50.38 (0.62) | 54.11 (0.74) |
| | 19-30 | 24.42 (0.87) | 26.93 (0.8) | 31.4 (0.77) | 36.67 (0.73) | 42.43 (0.73) | 47.98 (0.77) | 51.48 (0.83) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|---------------------|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 31-50 | 21.94 (0.65) | 24.39 (0.63) | 28.74 (0.57) | 33.95 (0.53) | 39.59 (0.59) | 45.08 (0.68) | 48.57 (0.75) |
| | 51-70 | 18.58 (0.63) | 21.01 (0.61) | 25.17 (0.57) | 30.24 (0.54) | 35.73 (0.57) | 41.21 (0.64) | 44.69 (0.73) |
| | 71+ | 18.59 (0.62) | 21.08 (0.61) | 25.61 (0.55) | 31 (0.54) | 36.88 (0.58) | 42.57 (0.67) | 46.27 (0.74) |
| | 19+ | 20.59 (0.59) | 23.21 (0.55) | 27.76 (0.5) | 33.22 (0.47) | 39.16 (0.49) | 44.88 (0.56) | 48.49 (0.63) |
| All Persons: | 2+ | 21.79 (0.43) | 24.41 (0.4) | 29.01 (0.36) | 34.39 (0.33) | 40.14 (0.32) | 45.71 (0.36) | 49.28 (0.42) |

* Percent of usual energy intake from SoFAS = $100 \times \{\text{usual intake of SoFAS (kcal)}\} / \{\text{usual intake of energy (kcal)}\}$

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

Appendix C: Selected Intakes of Energy from Empty Calories, U.S. Population, 2001–2004

For each of the dietary constituents, the first table shows the mean, standard error of the mean, and percentiles of the distribution of intake for each percentage, by sex/age group. The second table provides percentile values and their standard errors.

Tables C.1 & C.2: Solid Fats

Table C.1. Kcal from Solid Fat: Mean (standard error) and percentiles¹ of usual intake, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|-------------------|-------------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 2-3 | 937 | 341 (7.37) | 181.9 | 209.6 | 262.8 | 329.9 | 407.8 | 485.9 | 537.6 |
| | 4-8 | 1,701 | 395 (8.83) | 220.1 | 252.4 | 310.2 | 384.9 | 468.0 | 552.6 | 607.0 |
| Males | 9-13 | 1,061 | 483 (13.60) | 244.9 | 285.9 | 365.6 | 466.4 | 584.0 | 701.7 | 779.7 |
| | 14-18 | 1,424 | 540 (14.70) | 282.2 | 328.0 | 413.1 | 522.8 | 648.4 | 774.4 | 855.9 |
| | 19-30 | 1,100 | 540 (16.32) | 282.5 | 329.7 | 414.9 | 523.0 | 647.4 | 774.1 | 853.5 |
| | 31-50 | 1,466 | 525 (12.03) | 272.1 | 316.9 | 400.6 | 507.4 | 631.1 | 754.5 | 834.4 |
| | 51-70 | 1,252 | 450 (10.87) | 220.2 | 259.7 | 335.4 | 433.3 | 546.9 | 662.3 | 736.1 |
| | 71+ | 832 | 383 (9.60) | 176.9 | 212.3 | 279.0 | 366.4 | 468.1 | 574.5 | 643.1 |
| | 19+ | 4,650 | 496 (6.78) | 240.7 | 285.2 | 370.0 | 478.4 | 603.1 | 728.8 | 809.8 |
| Females | 9-13 | 1,112 | 411 (11.78) | 201.3 | 238.1 | 306.6 | 396.6 | 498.7 | 603.6 | 670.4 |
| | 14-18 | 1,362 | 374 (9.22) | 177.9 | 211.4 | 276.0 | 360.4 | 455.6 | 555.9 | 620.2 |
| | 19-30 | 1,324 | 393 (11.76) | 191.8 | 226.3 | 292.6 | 378.3 | 477.3 | 578.9 | 644.0 |
| | 31-50 | 1,595 | 367 (8.45) | 172.8 | 206.6 | 269.6 | 351.7 | 448.1 | 547.0 | 610.8 |
| | 51-70 | 1,284 | 316 (5.72) | 140.9 | 170.8 | 227.3 | 302.1 | 390.3 | 479.7 | 538.6 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|-----|-------------|--------|-------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 71+ | 860 | 293 (6.06) | 126.8 | 154.6 | 208.0 | 278.8 | 363.7 | 450.5 | 509.2 |
| | 19+ | 5,063 | 350 (4.63) | 157.4 | 189.9 | 252.2 | 335.1 | 431.9 | 532.0 | 596.4 |
| All | 2+ | 17,310 | 422 (3.70) | 187.1 | 225.5 | 300.0 | 400.0 | 520.1 | 646.7 | 730.3 |

1: Standard errors of the percentiles are presented in the table below.

Table C.2. Kcal from Solid Fat: Percentiles (and standard errors) of usual intake, 2001–2004

| | Age (years) | N | Percentiles | | | | | | |
|-------------------|-------------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) | |
| Males and Females | 2-3 | 937 | 182 (11.03) | 210 (9.71) | 263 (6.83) | 330 (6.17) | 408 (12.08) | 486 (20.95) | 538 (27.36) |
| | 4-8 | 1,701 | 220 (12.20) | 252 (10.41) | 310 (7.70) | 385 (7.71) | 468 (14.50) | 553 (24.01) | 607 (30.81) |
| Males | 9-13 | 1,061 | 245 (13.52) | 286 (12.72) | 366 (11.94) | 466 (13.23) | 584 (17.69) | 702 (24.73) | 780 (29.90) |
| | 14-18 | 1,424 | 282 (18.03) | 328 (17.43) | 413 (15.78) | 523 (15.15) | 648 (17.00) | 774 (22.18) | 856 (26.56) |
| | 19-30 | 1,100 | 283 (12.97) | 330 (12.18) | 415 (12.31) | 523 (15.47) | 647 (21.85) | 774 (30.19) | 853 (35.91) |
| | 31-50 | 1,466 | 272 (18.06) | 317 (17.09) | 401 (14.96) | 507 (12.88) | 631 (13.13) | 755 (17.33) | 834 (21.04) |
| | 51-70 | 1,252 | 220 (12.38) | 260 (11.44) | 335 (9.92) | 433 (10.53) | 547 (14.88) | 662 (21.82) | 736 (27.09) |
| | 71+ | 832 | 177 (10.99) | 212 (10.19) | 279 (8.98) | 366 (9.35) | 468 (13.01) | 575 (19.77) | 643 (24.51) |
| | 19+ | 4,650 | 241 (11.84) | 285 (10.76) | 370 (8.38) | 478 (6.77) | 603 (10.35) | 729 (17.20) | 810 (22.36) |
| Females | 9-13 | 1,112 | 201 (9.55) | 238 (9.62) | 307 (9.82) | 397 (11.19) | 499 (14.36) | 604 (19.33) | 670 (23.22) |
| | 14-18 | 1,362 | 178 (10.51) | 211 (10.15) | 276 (9.74) | 360 (9.56) | 456 (10.62) | 556 (13.86) | 620 (16.69) |
| | 19-30 | 1,324 | 192 (11.06) | 226 (11.03) | 293 (11.07) | 378 (11.71) | 477 (13.90) | 579 (17.80) | 644 (20.59) |
| | 31-50 | 1,595 | 173 (8.50) | 207 (8.28) | 270 (7.93) | 352 (8.24) | 448 (10.80) | 547 (15.17) | 611 (18.25) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | | Age (years) | | Percentiles | | | | | |
|------------|--------------|-------------|------------|-------------|------------|------------|------------|-------------|-------------|
| | | | | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 51-70 | 1,284 | 141 (8.25) | 171 (7.92) | 227 (7.06) | 302 (6.00) | 390 (6.59) | 480 (9.77) | 539 (12.68) |
| | 71+ | 860 | 127 (6.59) | 155 (6.19) | 208 (5.71) | 279 (5.83) | 364 (8.12) | 451 (12.40) | 509 (15.77) |
| | 19+ | 5,063 | 157 (7.14) | 190 (6.68) | 252 (5.49) | 335 (4.57) | 432 (6.67) | 532 (11.18) | 596 (14.59) |
| All | 2+ | 17,310 | 187 (6.00) | 225 (5.39) | 300 (4.28) | 400 (4.01) | 520 (5.55) | 647 (10.13) | 730 (14.80) |

Tables C.3 & C.4: Added Sugars

Table C.3. Kcal from Added Sugars: Mean (standard error) and percentiles¹ of usual intake, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|--------------------------|--------------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 2-3 | 937 | 213 (5.94) | 87.61 | 107.7 | 147.0 | 199.9 | 265.7 | 335.1 | 382.3 |
| | 4-8 | 1,701 | 325 (8.04) | 156.2 | 185.0 | 239.2 | 311.5 | 396.5 | 484.4 | 543.3 |
| Males | 9-13 | 1,061 | 452 (12.21) | 154.5 | 198.2 | 289.5 | 417.6 | 578.8 | 751.8 | 870.1 |
| | 14-18 | 1,424 | 529 (16.24) | 193.9 | 245.2 | 347.8 | 492.3 | 671.2 | 861.2 | 989.5 |
| | 19-30 | 1,100 | 491 (19.13) | 173.3 | 222.8 | 319.9 | 454.6 | 623.6 | 806.5 | 927.7 |
| | 31-50 | 1,466 | 426 (10.26) | 139.8 | 182.2 | 268.5 | 391.0 | 547.1 | 716.1 | 830.0 |
| | 51-70 | 1,252 | 292 (10.13) | 76.42 | 104.5 | 166.7 | 260.7 | 383.3 | 520.2 | 615.0 |
| | 71+ | 832 | 250 (5.62) | 59.49 | 84.06 | 137.4 | 219.8 | 329.8 | 455.8 | 543.0 |
| | 19+ | 4,650 | 390 (7.37) | 103.2 | 141.8 | 226.5 | 352.0 | 513.0 | 689.6 | 809.0 |
| Females | 9-13 | 1,112 | 360 (10.19) | 116.6 | 151.7 | 224.4 | 330.4 | 462.5 | 607.1 | 704.1 |
| | 14-18 | 1,362 | 388 (10.94) | 131.5 | 169.0 | 247.4 | 358.6 | 494.7 | 648.0 | 749.2 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|-----|-------------|--------|-------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 19-30 | 1,324 | 372 (12.60) | 124.9 | 160.9 | 235.5 | 341.4 | 475.7 | 621.5 | 720.6 |
| | 31-50 | 1,595 | 294 (8.20) | 86.49 | 115.8 | 176.6 | 266.0 | 381.7 | 511.1 | 598.7 |
| | 51-70 | 1,284 | 221 (5.49) | 55.16 | 76.90 | 123.9 | 195.8 | 291.6 | 398.1 | 473.6 |
| | 71+ | 860 | 207 (6.43) | 49.77 | 69.59 | 113.7 | 181.3 | 273.2 | 376.7 | 451.3 |
| | 19+ | 5,063 | 282 (5.89) | 71.85 | 98.97 | 158.7 | 250.3 | 371.1 | 508.0 | 602.6 |
| All | 2+ | 17,310 | 345 (4.47) | 90.82 | 124.5 | 197.3 | 305.9 | 450.1 | 617.5 | 734.7 |

1: Standard errors of the percentiles are presented in the table below.

Table C.4. Kcal from Added Sugars: Percentiles (and standard errors) of usual intake, 2001–2004

| | Age (years) | N ¹ | Percentiles | | | | | | |
|-------------------|-------------|----------------|----------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | 5% (SE) ² | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Males and Females | 2-3 | 937 | 87.6 (6.98) | 108 (7.00) | 147 (6.73) | 200 (6.25) | 266 (6.99) | 335 (9.40) | 382 (12.10) |
| | 4-8 | 1,701 | 156 (9.41) | 185 (9.03) | 239 (8.81) | 312 (8.20) | 397 (9.73) | 484 (13.58) | 543 (16.65) |
| Males | 9-13 | 1,061 | 155 (10.54) | 198 (11.28) | 289 (11.66) | 418 (12.24) | 579 (15.53) | 752 (23.49) | 870 (29.04) |
| | 14-18 | 1,424 | 194 (10.46) | 245 (10.62) | 348 (11.75) | 492 (15.09) | 671 (21.87) | 861 (31.57) | 989 (38.46) |
| | 19-30 | 1,100 | 173 (15.49) | 223 (16.41) | 320 (17.83) | 455 (19.47) | 624 (22.39) | 807 (28.24) | 928 (32.57) |
| | 31-50 | 1,466 | 140 (9.94) | 182 (10.38) | 268 (10.41) | 391 (10.45) | 547 (13.01) | 716 (19.12) | 830 (25.14) |
| | 51-70 | 1,252 | 76.4 (6.35) | 104 (7.07) | 167 (7.93) | 261 (9.85) | 383 (13.86) | 520 (19.99) | 615 (24.72) |
| | 71+ | 832 | 59.5 (5.83) | 84.1 (6.25) | 137 (6.31) | 220 (6.17) | 330 (7.25) | 456 (11.41) | 543 (15.66) |
| | 19+ | 4,650 | 103 (6.76) | 142 (7.16) | 227 (7.31) | 352 (7.53) | 513 (10.06) | 690 (15.80) | 809 (21.39) |
| Females | 9-13 | 1,112 | 117 (5.56) | 152 (6.23) | 224 (7.35) | 330 (9.51) | 462 (12.92) | 607 (18.05) | 704 (21.65) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N ¹ | Percentiles | | | | | | |
|-----|-------------|----------------|----------------------|-------------|------------|-------------|-------------|-------------|-------------|
| | | | 5% (SE) ² | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 14-18 | 1,362 | 131 (7.59) | 169 (8.07) | 247 (9.28) | 359 (10.77) | 495 (13.24) | 648 (17.03) | 749 (20.23) |
| | 19-30 | 1,324 | 125 (7.53) | 161 (8.43) | 236 (9.89) | 341 (12.27) | 476 (15.58) | 622 (20.05) | 721 (22.45) |
| | 31-50 | 1,595 | 86.5 (4.76) | 116 (5.31) | 177 (6.21) | 266 (7.84) | 382 (10.60) | 511 (14.27) | 599 (17.49) |
| | 51-70 | 1,284 | 55.2 (3.41) | 76.9 (3.81) | 124 (4.46) | 196 (5.35) | 292 (7.17) | 398 (10.20) | 474 (12.56) |
| | 71+ | 860 | 49.8 (3.19) | 69.6 (3.61) | 114 (4.66) | 181 (6.16) | 273 (8.59) | 377 (11.57) | 451 (14.21) |
| | 19+ | 5,063 | 71.8 (3.50) | 99.0 (3.94) | 159 (4.48) | 250 (5.67) | 371 (8.05) | 508 (11.63) | 603 (15.00) |
| All | 2+ | 17,310 | 90.8 (2.65) | 124 (2.85) | 197 (3.44) | 306 (4.25) | 450 (5.64) | 618 (8.99) | 735 (12.70) |

Tables C.5 & C.6: Solid Fats and Added Sugars (SoFAS)

Table C.5. Kcal from Solid Fat and Added Sugars: Mean (standard error) and percentiles¹ of usual intake, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|-------------------|-------------|-------|---------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 2-3 | 937 | 554 (9.55) | 307.2 | 350.1 | 432.7 | 535.9 | 658.3 | 780.8 | 864.4 |
| | 4-8 | 1,701 | 720 (14.37) | 423.0 | 476.9 | 575.4 | 701.4 | 844.5 | 988.5 | 1,083 |
| Males | 9-13 | 1,061 | 916 (27.41) | 459.5 | 537.0 | 688.2 | 881.3 | 1108 | 1,337 | 1,492 |
| | 14-18 | 1,424 | 1,064 (26.08) | 556.3 | 646.2 | 812.2 | 1028 | 1277 | 1,529 | 1,694 |
| | 19-30 | 1,100 | 1,042 (31.79) | 541.2 | 632.5 | 795.6 | 1006 | 1250 | 1,501 | 1,660 |
| | 31-50 | 1,466 | 956 (19.43) | 484.2 | 566.6 | 720.8 | 920.2 | 1154 | 1,391 | 1,545 |
| | 51-70 | 1,252 | 740 (18.55) | 342.0 | 408.1 | 537.4 | 707.1 | 908.0 | 1,115 | 1,250 |
| | 71+ | 832 | 623 (13.26) | 270.6 | 329.5 | 441.2 | 591.3 | 769.5 | 958.6 | 1,082 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|---------|-------------|--------|-------------|-------|-------|-------|-------|-------|-------|-------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 19+ | 4,650 | 890 (12.76) | 396.8 | 479.3 | 640.7 | 852.5 | 1098 | 1,348 | 1,511 |
| Females | 9-13 | 1,112 | 759 (19.13) | 368.3 | 436.2 | 562.4 | 730.0 | 922.0 | 1,121 | 1,248 |
| | 14-18 | 1,362 | 761 (15.82) | 371.4 | 438.0 | 566.2 | 733.2 | 922.6 | 1,123 | 1,251 |
| | 19-30 | 1,324 | 772 (21.87) | 381.8 | 448.9 | 576.9 | 742.3 | 935.3 | 1,133 | 1,262 |
| | 31-50 | 1,595 | 668 (13.23) | 311.6 | 373.2 | 488.0 | 639.0 | 817.6 | 1,003 | 1,123 |
| | 51-70 | 1,284 | 535 (9.08) | 230.1 | 281.2 | 378.2 | 508.4 | 664.4 | 824.1 | 931.7 |
| | 71+ | 860 | 493 (11.23) | 205.7 | 252.4 | 343.5 | 465.8 | 615.0 | 769.3 | 873.8 |
| | 19+ | 5,063 | 636 (8.57) | 269.2 | 328.5 | 445.2 | 603.3 | 790.8 | 986.8 | 1,116 |
| All | 2+ | 17,310 | 768 (6.71) | 323.9 | 394.7 | 533.4 | 722.0 | 953.0 | 1,202 | 1,368 |

Table C.6. Kcal from Solid Fat and Added Sugars: Percentiles (and standard errors) of usual intake, 2001–2004

| | Age (years) | N | Percentiles | | | | | | |
|-------------------|-------------|-------|-------------|-------------|-------------|---------------|---------------|---------------|---------------|
| | | | 5% (SE) | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Males and Females | 2-3 | 937 | 307 (14.71) | 350 (13.78) | 433 (11.22) | 536 (9.53) | 658 (13.60) | 781 (22.26) | 864 (29.29) |
| | 4-8 | 1,701 | 423 (19.65) | 477 (18.11) | 575 (15.77) | 701 (14.28) | 844 (19.59) | 989 (30.00) | 1,083 (38.29) |
| Males | 9-13 | 1,061 | 460 (20.27) | 537 (20.89) | 688 (23.42) | 881 (27.36) | 1,108 (32.29) | 1,337 (39.72) | 1,492 (44.34) |
| | 14-18 | 1,424 | 556 (22.95) | 646 (23.95) | 812 (24.70) | 1,028 (26.77) | 1,277 (29.69) | 1,529 (34.30) | 1,694 (38.24) |
| | 19-30 | 1,100 | 541 (22.09) | 632 (22.81) | 796 (25.68) | 1,006 (30.96) | 1,250 (38.06) | 1,501 (46.82) | 1,660 (52.82) |
| | 31-50 | 1,466 | 484 (19.07) | 567 (19.29) | 721 (19.13) | 920 (19.66) | 1,154 (21.94) | 1,391 (26.67) | 1,545 (30.10) |
| | 51-70 | 1,252 | 342 (13.87) | 408 (14.41) | 537 (15.45) | 707 (18.49) | 908 (22.80) | 1,115 (28.03) | 1,250 (32.25) |
| | 71+ | 832 | 271 (11.38) | 329 (11.31) | 441 (11.82) | 591 (13.41) | 769 (16.31) | 959 (21.09) | 1,082 (24.41) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Percentiles | | | | | | |
|---------|-------------|--------|-------------|-------------|-------------|-------------|--------------|---------------|---------------|
| | | | 5% (SE) | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 19+ | 4,650 | 397 (11.58) | 479 (11.79) | 641 (11.53) | 852 (12.41) | 1098 (16.47) | 1348 (23.31) | 1,511 (29.05) |
| Females | 9-13 | 1,112 | 368 (14.48) | 436 (15.19) | 562 (16.28) | 730 (18.97) | 922 (22.80) | 1,121 (29.03) | 1,248 (34.05) |
| | 14-18 | 1,362 | 371 (15.73) | 438 (15.28) | 566 (15.52) | 733 (16.15) | 923 (18.23) | 1,123 (22.97) | 1,251 (27.37) |
| | 19-30 | 1,324 | 382 (17.17) | 449 (17.62) | 577 (18.59) | 742 (21.22) | 935 (25.65) | 1,133 (32.46) | 1,262 (36.68) |
| | 31-50 | 1,595 | 312 (12.34) | 373 (12.39) | 488 (12.55) | 639 (13.25) | 818 (16.21) | 1,003 (21.06) | 1,123 (24.91) |
| | 51-70 | 1,284 | 230 (11.38) | 281 (11.18) | 378 (10.63) | 508 (9.78) | 664 (10.10) | 824 (12.84) | 932 (15.68) |
| | 71+ | 860 | 206 (9.25) | 252 (9.13) | 344 (9.64) | 466 (11.04) | 615 (14.30) | 769 (19.30) | 874 (23.07) |
| | 19+ | 5,063 | 269 (10.07) | 328 (9.84) | 445 (9.04) | 603 (8.85) | 791 (11.30) | 987 (16.88) | 1,116 (22.03) |
| All | 2+ | 17,310 | 324 (7.71) | 395 (7.26) | 533 (6.89) | 722 (7.15) | 953 (8.50) | 1,202 (12.82) | 1,368 (17.38) |

Tables C.7 & C.8: Solid Fats, Alcoholic Beverages, and Added Sugars (SoFAAS)

Table C.7. Usual energy intake from solid fats, alcoholic beverages and added sugars (SoFAAS) (kcal): Mean (standard error) and percentiles¹ of usual intake, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|-------------------|-------------|-------|----------------|-------|-------|-------|---------|---------|---------|---------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| Males and Females | 1-3 | 1,554 | 521.3 (8.6) | 271.9 | 315.4 | 395.5 | 501.2 | 624.3 | 754.0 | 839.3 |
| | 4-8 | 1,701 | 722.5 (14.6) | 407.0 | 462.8 | 565.6 | 699.6 | 854.4 | 1012.3 | 1,116.4 |
| Males | 9-13 | 1,061 | 937.2 (23.8) | 455.5 | 536.4 | 693.1 | 896.3 | 1138.4 | 1390.8 | 1,553.7 |
| | 14-18 | 1,424 | 1105.4 (26.6) | 567.8 | 658.4 | 833.8 | 1,062.5 | 1,331.9 | 1,607.0 | 1,787.9 |
| | 19-30 | 1,100 | 1,208.2 (30.9) | 632.3 | 730.0 | 921.5 | 1,162.6 | 1,446.7 | 1,745.3 | 1,935.8 |
| | 31-50 | 1,466 | 1,121.7 (22.8) | 579.2 | 671.8 | 849.0 | 1,079.3 | 1,349.9 | 1,626.8 | 1,809.9 |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | N | Percentiles | | | | | | | |
|-------------|-------------|--------|----------------|-------|-------|-------|-------|---------|---------|---------|
| | | | Mean (SE) | 5% | 10% | 25% | 50% | 75% | 90% | 95% |
| | 51-70 | 1,252 | 857.1 (19.4) | 412.8 | 486.6 | 628.2 | 817.2 | 1,042.9 | 1,281.3 | 1,434.5 |
| | 71+ | 832 | 688.9 (16.0) | 306.8 | 368.8 | 490.9 | 651.7 | 846.8 | 1,056.8 | 1,199.9 |
| | 19+ | 4,650 | 1,033.9 (13.8) | 465.9 | 559.6 | 742.7 | 987.8 | 1,274.9 | 1,569.2 | 1,761.5 |
| Females | 9-13 | 1,112 | 764.0 (18.0) | 367.5 | 433.6 | 561.8 | 731.0 | 929.8 | 1,136.0 | 1,270.1 |
| | 14-18 | 1,362 | 774.5 (15.1) | 372.9 | 440.7 | 569.7 | 742.3 | 942.4 | 1,152.4 | 1,288.9 |
| | 19-30 | 1,324 | 816.0 (22.2) | 397.1 | 467.5 | 604.9 | 784.2 | 989.1 | 1,203.4 | 1,352.6 |
| | 31-50 | 1,595 | 723.4 (12.8) | 342.3 | 405.9 | 527.4 | 690.0 | 884.0 | 1,084.2 | 1,217.0 |
| | 51-70 | 1,284 | 572.6 (9.0) | 248.5 | 300.5 | 403.2 | 541.7 | 709.3 | 883.4 | 1,000.3 |
| | 71+ | 860 | 512.2 (11.1) | 213.7 | 260.5 | 353.4 | 482.1 | 636.8 | 804.4 | 917.4 |
| | 19+ | 5,063 | 679.4 (8.1) | 286.4 | 349.6 | 474.4 | 642.7 | 845.4 | 1,055.1 | 1,195.3 |
| All Persons | 1+ | 17,927 | 834.3 (7.1) | 340.5 | 414.0 | 561.9 | 772.6 | 1041.7 | 1,339.5 | 1,539.7 |

1: Standard errors of the percentiles are presented in the table below.

Table C.8. Usual energy intake from solid fats, alcoholic beverages and added sugars (SoFAAS) (kcal): Percentiles (and standard errors) of usual intake, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|-------------------|-------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|
| | | 5% (SE) | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| Males and Females | 1-3 | 271.9 (14.6) | 315.4 (13.4) | 395.5 (10.9) | 501.2 (8.8) | 624.3 (11.3) | 754.0 (18.7) | 839.3 (24.1) |
| | 4-8 | 407.0 (18.4) | 462.8 (17.0) | 565.6 (14.9) | 699.6 (14.7) | 854.4 (19.3) | 1,012.3 (28.3) | 1,116.4 (35.8) |
| Males | 9-13 | 455.5 (18.2) | 536.4 (18.6) | 693.1 (19.5) | 896.3 (23.1) | 1,138.4 (30.1) | 1,390.8 (39.5) | 1,553.7 (46.6) |
| | 14-18 | 567.8 (23.3) | 658.4 (24.2) | 833.8 (23.8) | 1,062.5 (26.5) | 1,331.9 (31.6) | 1,607.0 (40.6) | 1,787.9 (46.5) |

USUAL DIETARY INTAKES: U.S. POPULATION, 2001–2004

| | Age (years) | Percentiles | | | | | | |
|-------------|-------------|-----------------|-----------------|-----------------|-------------------|-------------------|-------------------|-------------------|
| | | 5% (SE) | 10% (SE) | 25% (SE) | 50% (SE) | 75% (SE) | 90% (SE) | 95% (SE) |
| | 19-30 | 632.3 (25.5) | 730.0 (26.1) | 921.5 (27.7) | 1,162.6 (30.8) | 1,446.7 (35.9) | 1,745.3 (46.5) | 1,935.8 (53.0) |
| | 31-50 | 579.2 (23.8) | 671.8 (23.4) | 849.0 (22.6) | 1,079.3 (23.4) | 1,349.9 (25.9) | 1,626.8 (33.9) | 1,809.9 (39.8) |
| | 51-70 | 412.8 (16.8) | 486.6 (16.5) | 628.2 (16.6) | 817.2 (19.3) | 1,042.9 (24.3) | 1,281.3 (32.0) | 1,434.5 (39.8) |
| | 71+ | 306.8 (12.2) | 368.8 (12.3) | 490.9 (12.9) | 651.7 (15.1) | 846.8 (21.0) | 1,056.8 (29.0) | 1,199.9 (35.6) |
| | 19+ | 465.9 (13.3) | 559.6 (13.0) | 742.7 (13.0) | 987.8 (14.3) | 1,274.9 (18.3) | 1,569.2 (27.0) | 1,761.5 (33.9) |
| Females | 9-13 | 367.5 (14.3) | 433.6 (14.7) | 561.8 (15.4) | 731.0 (18.2) | 929.8 (21.7) | 1,136.0 (27.2) | 1,270.1 (32.1) |
| | 14-18 | 372.9 (15.7) | 440.7 (15.4) | 569.7 (15.2) | 742.3 (15.5) | 942.4 (17.3) | 1,152.4 (22.1) | 1,288.9 (25.7) |
| | 19-30 | 397.1 (18.6) | 467.5 (18.6) | 604.9 (19.7) | 784.2 (22.1) | 989.1 (26.6) | 1,203.4 (31.2) | 1,352.6 (34.7) |
| | 31-50 | 342.3 (12.4) | 405.9 (12.4) | 527.4 (12.6) | 690.0 (12.8) | 884.0 (15.2) | 1,084.2 (19.9) | 1,217.0 (23.9) |
| | 51-70 | 248.5 (10.9) | 300.5 (10.9) | 403.2 (10.0) | 541.7 (9.6) | 709.3 (10.4) | 883.4 (13.2) | 1,000.3 (16.6) |
| | 71+ | 213.7 (8.9) | 260.5 (8.8) | 353.4 (9.4) | 482.1 (11.2) | 636.8 (13.0) | 804.4 (18.4) | 917.4 (22.3) |
| | 19+ | 286.4 (9.6) | 349.6 (9.2) | 474.4 (8.7) | 642.7 (8.1) | 845.4 (10.6) | 1,055.1 (15.6) | 1,195.3 (19.5) |
| All Persons | 1+ | 340.5 (6.8) | 414.0 (6.7) | 561.9 (6.7) | 772.6 (7.6) | 1,041.7 (9.3) | 1,339.5 (13.8) | 1,539.7 (20.1) |



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