



**USUAL DIETARY INTAKES:  
U.S. POPULATION, 2007–2010**

This report was originally published online in March 2014 as a reference for the 2015 Dietary Guidelines for Americans Advisory Committee. The information contained in this report informed analyses of usual nutrient and selected dietary component intakes in the Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture (2015), available at <https://health.gov/dietaryguidelines/2015-scientific-report>.

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## Introduction

Usual dietary intake is the long-run 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, it is the usual intake that is often of most interest to policy makers—when they want to know the proportion of the population at or below a certain level of intake—and to researchers—when they want to examine relationships between diet and health. However, until recently, 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.)

We have applied the NCI Method to data from the 2007–2010 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 2007–2010 data were collected via two 24-hour recalls from 18,117 persons 1 year of age and older. Further information regarding the design and methodology used in the 2007–2010 NHANES is available on the National Center for Health Statistics website at <https://www.cdc.gov/nchs/nhanes>. Intakes reported on the recalls were translated into quantities from each of the food groups of interest using the Food Patterns Equivalents Databases (FPED) 2007–2008 and 2009–2010, which were developed for the corresponding surveys. More information about the FPED databases is available at <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases>.

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 percent of the population had zero intakes of a food, an amount-only model was used. If more than 10 percent 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 percent and 10 percent 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.

Recommendations for food group intake vary by energy level, which in turn varies by sex, age, and activity level. To estimate the percentage of persons meeting food group recommendations by sex and age, we linked the [estimated energy needs per day by age, gender, and physical activity level \[PDF\]](#) with the recommended daily intake amounts of each food or subgroup at the corresponding calorie levels in the [U.S. Department of Agriculture \(USDA\) Food Patterns \[PDF\]](#). This resulted in a range of recommendations for each sex-age group, the lower end corresponding to the lowest energy intake (associated with being sedentary) and the upper end corresponding to the highest energy intake (associated with being very active). In Appendix B, the percent with intakes meeting the recommendation

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represent those with intakes within this range of recommendations, whereas the percent with intakes below the recommendation indicate those below the minimum and the percent with intakes above the recommendation indicate those above the maximum recommended amount.

More information about the NCI Method is available at  
<https://epi.grants.cancer.gov/diet/usualintakes/method.html>.

## Selected Findings

- 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 lowest recommendations are generally for very young, inactive children, whereas the higher recommendations are generally for very active teenage and young adult males.
- Recommendations for fruit intake range from 1 to 2.5 cups per day. Twenty-five percent of the population consumed less than half a cup per day ([Table A.1](#)). Mean intakes were just over 1 cup equivalent per day, and 75 percent of the population had intakes below the minimum recommendation for their sex-age group ([Table B.1](#)). Among all children ages 1–18, 60 percent had usual intakes below their recommended level (data not shown).
- Recommendations for vegetables range from 1 to 4 cups per day. The usual intake at the 75th percentile was 2 cups per day, for the entire population ([Table A.6](#)). Eighty-seven percent of the total population had a usual intake below the minimum recommendation for their sex-age group, with percentages running even higher for adolescents and young adults ([Table B.2](#)). Ninety-three percent of all children (ages 1–18) consumed fewer vegetables than recommended (data not shown).
- Usual intakes of whole grains range from 0.1 ounce equivalents at the 5th percentile to 2.2 ounce equivalents at the 95th percentile ([Table A.18](#)), and recommendations range from 1.5 to 5 ounce equivalents per day. Virtually the entire population (98.9 percent) consumed less than the minimum recommended amount for their sex-age group ([Table B.9](#)).
- The recommendations for dairy fall in a narrow range, 2 to 3 cup equivalents, and the recommendation is 3 cups for most sex-age groups, regardless of activity level. Not surprisingly, only 2 percent of the population met the recommendation exactly ([Table B.15](#)). However, although 11 percent of the population exceeded the recommendation, 86 percent fell short. Males were more likely than females to exceed the recommendation, at every age group.
- Recommendations for protein foods range from 2 to 7 ounce equivalents per day, and intakes from the 5th to about the 75th percentile were squarely in that range, among the whole population ([Table A.21](#)). Forty-two percent of the population had intakes below the minimum recommendation for their sex-age group, 26 percent had intakes between the minimum and maximum recommendation, and 32 percent had intakes above the maximum ([Table B.11](#)).
- USDA food patterns do not provide separate intake recommendations for solid fat and added sugars per se, but rather a maximum SoFAS (solid fat and added sugars) limit, in terms of calories. This allowance is small, ranging from 137 kilocalories per day (for persons whose total energy intake is only 1,000 kcal) to 596 kilocalories per day (for persons whose total energy intake is 3,200 kcal or greater).
- The average usual intake of energy from solid fats and added sugars was 594 kcal, and half the population had a usual intake of about 550 kcal or greater ([Table A.42](#)). Twelve percent of the population had intakes between the minimum and maximum recommendations for their sex-age group, but 86 percent exceeded the maximum ([Table B.17](#)).



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## Appendices

### Appendix A: Food Group Intakes, U.S. Population, 2007–2010

The following 44 tables provide the mean, standard error of the mean, percentiles of the distribution, and standard errors of the percentiles of intake for each food group, by sex-age group. These tables represent each of the main food groups and subgroups of the USDA food patterns, as well as several other food groups and dietary constituents of interest.

#### Usual Daily Intake of Total Fruit

Table A.1. Total fruit: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	1.5 (0.07)	0.6 (0.07)	0.7 (0.07)	1.0 (0.07)	1.4 (0.07)	1.9 (0.08)	2.3 (0.11)	2.7 (0.13)
	4–8	1,001	1.2 (0.06)	0.4 (0.05)	0.6 (0.05)	0.8 (0.05)	1.1 (0.06)	1.6 (0.07)	2.0 (0.10)	2.3 (0.12)
	9–13	850	1.1 (0.07)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.8 (0.07)	1.5 (0.10)	2.3 (0.13)	2.8 (0.17)
	14–18	808	1.0 (0.08)	0.1 (0.01)	0.1 (0.02)	0.3 (0.05)	0.7 (0.08)	1.4 (0.12)	2.3 (0.15)	2.9 (0.18)
	19–30	1,113	0.9 (0.05)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.05)	1.3 (0.07)	2.1 (0.10)	2.7 (0.12)
	31–50	1,825	0.9 (0.05)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.05)	1.3 (0.07)	2.1 (0.09)	2.7 (0.11)
	51–70	1,773	1.2 (0.06)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	1.0 (0.05)	1.7 (0.08)	2.5 (0.11)	3.1 (0.14)
	71+	912	1.4 (0.05)	0.2 (0.02)	0.3 (0.03)	0.6 (0.04)	1.1 (0.05)	1.9 (0.07)	2.7 (0.11)	3.3 (0.15)
	19+	5,623	1.1 (0.03)	0.1 (0.01)	0.1 (0.01)	0.4 (0.02)	0.8 (0.03)	1.5 (0.04)	2.3 (0.07)	2.9 (0.09)
Females	1–3	715	1.5 (0.06)	0.6 (0.06)	0.7 (0.06)	1.0 (0.06)	1.4 (0.06)	1.8 (0.08)	2.3 (0.11)	2.6 (0.13)
	4–8	894	1.2 (0.06)	0.4 (0.05)	0.5 (0.05)	0.8 (0.05)	1.1 (0.06)	1.5 (0.08)	2.0 (0.11)	2.3 (0.14)
	9–13	867	1.1 (0.06)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.9 (0.06)	1.5 (0.09)	2.2 (0.11)	2.6 (0.13)
	14–18	727	0.8 (0.05)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.6 (0.05)	1.1 (0.07)	1.8 (0.10)	2.2 (0.11)
	19–30	1,160	0.9 (0.05)	0.1 (0.01)	0.1 (0.02)	0.3 (0.04)	0.7 (0.05)	1.3 (0.07)	1.9 (0.09)	2.4 (0.10)

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	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	31–50	1,994	0.9 (0.04)	0.1 (0.01)	0.1 (0.02)	0.4 (0.03)	0.7 (0.04)	1.3 (0.05)	1.9 (0.06)	2.4 (0.07)
	51–70	1,740	1.2 (0.04)	0.2 (0.02)	0.3 (0.03)	0.6 (0.04)	1.1 (0.05)	1.7 (0.06)	2.4 (0.07)	2.9 (0.09)
	71+	964	1.3 (0.03)	0.2 (0.02)	0.4 (0.02)	0.7 (0.03)	1.2 (0.03)	1.8 (0.04)	2.5 (0.06)	3.0 (0.08)
	19+	5,858	1.1 (0.03)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.9 (0.03)	1.5 (0.04)	2.2 (0.05)	2.6 (0.06)
All	1+	18,117	1.1 (0.03)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.9 (0.03)	1.5 (0.03)	2.2 (0.05)	2.7 (0.06)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

## Usual Daily Intake of Total Whole Fruit

Table A.2. Total whole fruit: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.8 (0.05)	0.1 (0.03)	0.2 (0.03)	0.4 (0.04)	0.7 (0.05)	1.1 (0.06)	1.5 (0.07)	1.8 (0.09)
	4–8	1,001	0.8 (0.05)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.7 (0.05)	1.1 (0.06)	1.6 (0.09)	1.9 (0.10)
	9–13	850	0.7 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.04)	1.0 (0.06)	1.6 (0.08)	2.1 (0.09)
	14–18	808	0.6 (0.07)	0.0 (0.00)	0.0 (0.01)	0.1 (0.03)	0.3 (0.06)	0.8 (0.11)	1.5 (0.16)	2.0 (0.19)
	19–30	1,113	0.5 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.04)	0.7 (0.07)	1.4 (0.10)	1.8 (0.13)
	31–50	1,825	0.6 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.03)	0.9 (0.05)	1.5 (0.07)	2.0 (0.08)
	51–70	1,773	0.9 (0.05)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.6 (0.04)	1.2 (0.06)	2.0 (0.09)	2.5 (0.12)
	71+	912	1.0 (0.04)	0.1 (0.01)	0.1 (0.02)	0.4 (0.03)	0.8 (0.05)	1.3 (0.06)	2.0 (0.08)	2.5 (0.10)
	19+	5,623	0.7 (0.03)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.5 (0.03)	1.0 (0.04)	1.7 (0.06)	2.2 (0.08)

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	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Females	1–3	715	0.8 (0.04)	0.1 (0.03)	0.2 (0.03)	0.4 (0.04)	0.7 (0.04)	1.1 (0.05)	1.5 (0.07)	1.8 (0.08)
	4–8	894	0.8 (0.04)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.7 (0.04)	1.1 (0.06)	1.5 (0.08)	1.8 (0.10)
	9–13	867	0.7 (0.05)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.05)	1.0 (0.07)	1.6 (0.10)	1.9 (0.12)
	14–18	727	0.5 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.04)	0.7 (0.06)	1.2 (0.09)	1.6 (0.10)
	19–30	1,160	0.6 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.4 (0.04)	0.8 (0.06)	1.3 (0.07)	1.7 (0.09)
	31–50	1,994	0.7 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	1.0 (0.04)	1.5 (0.06)	1.9 (0.07)
	51–70	1,740	1.0 (0.04)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.8 (0.04)	1.3 (0.05)	2.0 (0.06)	2.4 (0.08)
	71+	964	1.0 (0.02)	0.1 (0.01)	0.2 (0.02)	0.5 (0.02)	0.8 (0.02)	1.3 (0.03)	1.9 (0.06)	2.3 (0.08)
	19+	5,858	0.8 (0.02)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.02)	1.1 (0.03)	1.7 (0.05)	2.1 (0.06)
All	1+	18,117	0.7 (0.02)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.5 (0.02)	1.0 (0.03)	1.6 (0.04)	2.1 (0.05)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

## Usual Daily Intake of Citrus, Melon, and Berries

Table A.3. Citrus, melon, berries: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	0.5 (0.06)
	4–8	1,001	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.04)	0.5 (0.06)	0.6 (0.08)
	9–13	850	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.5 (0.06)	0.7 (0.10)
	14–18	808	0.2 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.04)	0.4 (0.09)	0.7 (0.16)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19–30	1,113	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.04)	0.5 (0.07)
	31–50	1,825	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.05)	0.7 (0.08)
	51–70	1,773	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.06)	1.0 (0.10)
	71+	912	0.3 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.04)	0.8 (0.08)	1.1 (0.12)
	<b>19+</b>	<b>5,623</b>	<b>0.2 (0.01)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.1 (0.01)</b>	<b>0.2 (0.02)</b>	<b>0.5 (0.04)</b>	<b>0.8 (0.07)</b>
<b>Females</b>	1–3	715	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.5 (0.07)
	4–8	894	0.2 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.5 (0.06)	0.7 (0.09)
	9–13	867	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.06)	0.8 (0.08)
	14–18	727	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.4 (0.05)	0.6 (0.08)
	19–30	1,160	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.4 (0.05)	0.7 (0.08)
	31–50	1,994	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.6 (0.05)	0.8 (0.07)
	51–70	1,740	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.05)	1.0 (0.08)
	71+	964	0.3 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.8 (0.06)	1.1 (0.08)
	<b>19+</b>	<b>5,858</b>	<b>0.2 (0.02)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.01)</b>	<b>0.1 (0.01)</b>	<b>0.3 (0.02)</b>	<b>0.6 (0.04)</b>	<b>0.9 (0.06)</b>
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>0.2 (0.01)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.1 (0.01)</b>	<b>0.3 (0.02)</b>	<b>0.5 (0.03)</b>	<b>0.8 (0.05)</b>

1: Number of persons in sample.

2: Standard errors (df = 31).

3: 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, 2007–2010

## Usual Daily Intake of Other Fruits

Table A.4. Other fruits: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.6 (0.04)	0.2 (0.03)	0.2 (0.03)	0.4 (0.04)	0.6 (0.05)	0.8 (0.06)	1.1 (0.07)	1.3 (0.09)
	4–8	1,001	0.6 (0.04)	0.1 (0.03)	0.2 (0.03)	0.3 (0.04)	0.5 (0.04)	0.7 (0.04)	1.0 (0.06)	1.2 (0.07)
	9–13	850	0.5 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.04)	0.7 (0.07)	1.2 (0.09)	1.6 (0.10)
	14–18	808	0.4 (0.06)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.05)	0.6 (0.10)	1.1 (0.14)	1.5 (0.17)
	19–30	1,113	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.6 (0.06)	1.1 (0.08)	1.5 (0.09)
	31–50	1,825	0.5 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.03)	0.7 (0.05)	1.2 (0.07)	1.6 (0.08)
	51–70	1,773	0.6 (0.04)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.9 (0.05)	1.5 (0.07)	1.9 (0.09)
	71+	912	0.7 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.04)	1.0 (0.06)	1.5 (0.07)	1.9 (0.09)
	<b>19+</b>	<b>5,623</b>	<b>0.5 (0.02)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.1 (0.01)</b>	<b>0.3 (0.02)</b>	<b>0.7 (0.04)</b>	<b>1.3 (0.05)</b>	<b>1.7 (0.07)</b>
<b>Females</b>	1–3	715	0.6 (0.04)	0.2 (0.03)	0.2 (0.03)	0.4 (0.03)	0.5 (0.04)	0.8 (0.05)	1.0 (0.07)	1.2 (0.09)
	4–8	894	0.5 (0.03)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.5 (0.03)	0.7 (0.04)	1.0 (0.06)	1.2 (0.07)
	9–13	867	0.5 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.05)	1.2 (0.08)	1.5 (0.10)
	14–18	727	0.4 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.05)	0.9 (0.08)	1.2 (0.09)
	19–30	1,160	0.4 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	0.9 (0.06)	1.2 (0.07)
	31–50	1,994	0.5 (0.02)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.03)	1.1 (0.04)	1.4 (0.06)
	51–70	1,740	0.7 (0.03)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.6 (0.03)	1.0 (0.04)	1.4 (0.06)	1.8 (0.08)
	71+	964	0.7 (0.02)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.02)	1.0 (0.03)	1.4 (0.05)	1.7 (0.07)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.5 (0.02)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.8 (0.02)	1.2 (0.04)	1.5 (0.06)
All	1+	18,117	0.5 (0.02)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.4 (0.02)	0.7 (0.02)	1.2 (0.03)	1.6 (0.05)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

## Usual Daily Intake of Fruit Juice

Table A.5. Fruit juice: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.7 (0.05)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.6 (0.04)	1.0 (0.07)	1.4 (0.10)	1.7 (0.12)
	4–8	1,001	0.5 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.05)	1.0 (0.07)	1.3 (0.10)
	9–13	850	0.4 (0.05)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.06)	1.0 (0.10)	1.5 (0.14)
	14–18	808	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.5 (0.05)	1.1 (0.09)	1.5 (0.13)
	19–30	1,113	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.5 (0.05)	1.1 (0.08)	1.6 (0.11)
	31–50	1,825	0.3 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.04)	0.8 (0.06)	1.2 (0.08)
	51–70	1,773	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.4 (0.03)	0.9 (0.06)	1.3 (0.08)
	71+	912	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	1.0 (0.06)	1.4 (0.09)
	19+	5,623	0.4 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.01)	0.4 (0.02)	0.9 (0.03)	1.4 (0.05)
Females	1–3	715	0.7 (0.04)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.6 (0.04)	0.9 (0.06)	1.4 (0.09)	1.7 (0.12)
	4–8	894	0.4 (0.03)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.6 (0.04)	1.0 (0.07)	1.3 (0.09)
	9–13	867	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.5 (0.06)	1.0 (0.10)	1.4 (0.13)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.3 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.04)	0.9 (0.07)	1.3 (0.10)
	19–30	1,160	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.5 (0.04)	1.0 (0.07)	1.4 (0.09)
	31–50	1,994	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.7 (0.05)	1.0 (0.06)
	51–70	1,740	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.4 (0.02)	0.7 (0.04)	1.1 (0.06)
	71+	964	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.5 (0.03)	0.9 (0.07)	1.3 (0.10)
	19+	5,858	0.3 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.4 (0.02)	0.8 (0.03)	1.2 (0.05)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>0.4 (0.01)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.2 (0.01)</b>	<b>0.5 (0.02)</b>	<b>0.9 (0.03)</b>	<b>1.3 (0.04)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

## Usual Daily Intake of Total Vegetables, Including Beans and Peas

Table A.6. Total vegetables, including beans and peas: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.7 (0.03)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.9 (0.04)	1.1 (0.05)	1.3 (0.06)
	4–8	1,001	0.8 (0.04)	0.3 (0.02)	0.4 (0.03)	0.6 (0.03)	0.8 (0.03)	1.0 (0.04)	1.3 (0.06)	1.5 (0.07)
	9–13	850	1.1 (0.03)	0.4 (0.02)	0.5 (0.03)	0.7 (0.03)	1.0 (0.03)	1.4 (0.04)	1.8 (0.06)	2.1 (0.07)
	14–18	808	1.3 (0.06)	0.5 (0.04)	0.6 (0.04)	0.8 (0.05)	1.2 (0.06)	1.6 (0.07)	2.1 (0.10)	2.4 (0.12)
	19–30	1,113	1.7 (0.06)	0.7 (0.05)	0.8 (0.05)	1.1 (0.05)	1.6 (0.06)	2.1 (0.08)	2.6 (0.11)	3.0 (0.13)
	31–50	1,825	1.9 (0.04)	0.8 (0.04)	1.0 (0.03)	1.3 (0.03)	1.8 (0.04)	2.4 (0.06)	3.0 (0.10)	3.4 (0.12)
	51–70	1,773	1.9 (0.04)	0.8 (0.04)	1.0 (0.04)	1.4 (0.04)	1.8 (0.04)	2.4 (0.06)	3.0 (0.09)	3.4 (0.11)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	1.7 (0.05)	0.7 (0.04)	0.9 (0.04)	1.2 (0.04)	1.6 (0.05)	2.1 (0.06)	2.7 (0.09)	3.1 (0.11)
	19+	5,623	1.8 (0.03)	0.8 (0.04)	0.9 (0.03)	1.3 (0.03)	1.7 (0.03)	2.3 (0.05)	2.9 (0.08)	3.3 (0.11)
Females	1–3	715	0.7 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.9 (0.03)	1.1 (0.04)	1.3 (0.05)
	4–8	894	0.8 (0.04)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.03)	1.0 (0.05)	1.3 (0.06)	1.5 (0.07)
	9–13	867	1.0 (0.04)	0.4 (0.03)	0.5 (0.04)	0.7 (0.04)	1.0 (0.04)	1.3 (0.04)	1.7 (0.05)	1.9 (0.06)
	14–18	727	1.1 (0.04)	0.4 (0.03)	0.5 (0.03)	0.7 (0.03)	1.0 (0.04)	1.4 (0.05)	1.8 (0.07)	2.1 (0.08)
	19–30	1,160	1.4 (0.04)	0.6 (0.04)	0.7 (0.04)	1.0 (0.03)	1.3 (0.04)	1.7 (0.05)	2.2 (0.06)	2.5 (0.08)
	31–50	1,994	1.6 (0.04)	0.7 (0.04)	0.8 (0.03)	1.1 (0.03)	1.5 (0.03)	2.0 (0.05)	2.4 (0.07)	2.8 (0.09)
	51–70	1,740	1.8 (0.05)	0.8 (0.05)	1.0 (0.05)	1.3 (0.05)	1.7 (0.05)	2.2 (0.06)	2.7 (0.08)	3.0 (0.09)
	71+	964	1.5 (0.04)	0.7 (0.04)	0.8 (0.04)	1.1 (0.04)	1.5 (0.04)	1.9 (0.05)	2.4 (0.07)	2.7 (0.09)
	19+	5,858	1.6 (0.03)	0.7 (0.03)	0.8 (0.03)	1.1 (0.03)	1.5 (0.03)	2.0 (0.03)	2.5 (0.06)	2.8 (0.07)
All	1+	18,117	1.5 (0.02)	0.5 (0.02)	0.6 (0.02)	1.0 (0.02)	1.4 (0.02)	2.0 (0.03)	2.5 (0.05)	2.9 (0.07)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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, 2007–2010

## Usual Daily Intake of Total Vegetables, Excluding Beans and Peas

Table A.7. Total vegetables, excluding beans and peas: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.6 (0.03)	0.3 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	0.9 (0.05)	1.1 (0.06)
	4–8	1,001	0.8 (0.03)	0.4 (0.02)	0.4 (0.02)	0.6 (0.03)	0.7 (0.03)	0.9 (0.04)	1.1 (0.06)	1.3 (0.07)
	9–13	850	1.0 (0.03)	0.4 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.03)	1.2 (0.04)	1.5 (0.06)	1.7 (0.07)
	14–18	808	1.2 (0.05)	0.5 (0.03)	0.6 (0.03)	0.8 (0.04)	1.1 (0.05)	1.5 (0.06)	1.8 (0.07)	2.1 (0.09)
	19–30	1,113	1.5 (0.06)	0.7 (0.04)	0.9 (0.04)	1.1 (0.05)	1.5 (0.05)	1.9 (0.07)	2.3 (0.09)	2.6 (0.11)
	31–50	1,825	1.8 (0.04)	0.9 (0.03)	1.0 (0.03)	1.3 (0.03)	1.7 (0.04)	2.1 (0.05)	2.6 (0.08)	2.9 (0.09)
	51–70	1,773	1.8 (0.04)	0.9 (0.03)	1.0 (0.03)	1.3 (0.03)	1.7 (0.04)	2.2 (0.05)	2.7 (0.08)	3.0 (0.10)
	71+	912	1.6 (0.05)	0.8 (0.04)	0.9 (0.04)	1.2 (0.04)	1.5 (0.05)	1.9 (0.05)	2.4 (0.07)	2.7 (0.09)
	19+	5,623	1.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.2 (0.03)	1.6 (0.03)	2.1 (0.04)	2.6 (0.07)	2.9 (0.09)
Females	1–3	715	0.6 (0.02)	0.3 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	1.0 (0.04)	1.1 (0.05)
	4–8	894	0.8 (0.03)	0.4 (0.03)	0.4 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.04)	1.2 (0.05)	1.3 (0.06)
	9–13	867	1.0 (0.04)	0.3 (0.04)	0.4 (0.04)	0.6 (0.04)	0.9 (0.04)	1.2 (0.04)	1.6 (0.06)	1.8 (0.07)
	14–18	727	1.1 (0.04)	0.4 (0.03)	0.5 (0.03)	0.7 (0.03)	1.0 (0.04)	1.4 (0.06)	1.7 (0.08)	2.0 (0.09)
	19–30	1,160	1.3 (0.03)	0.5 (0.03)	0.7 (0.03)	0.9 (0.03)	1.3 (0.03)	1.7 (0.04)	2.1 (0.06)	2.4 (0.07)
	31–50	1,994	1.5 (0.04)	0.6 (0.03)	0.8 (0.03)	1.0 (0.03)	1.4 (0.04)	1.8 (0.05)	2.3 (0.08)	2.6 (0.09)
	51–70	1,740	1.7 (0.04)	0.7 (0.05)	0.9 (0.05)	1.2 (0.04)	1.6 (0.04)	2.1 (0.05)	2.5 (0.07)	2.8 (0.08)
	71+	964	1.5 (0.03)	0.6 (0.04)	0.8 (0.03)	1.0 (0.03)	1.4 (0.03)	1.8 (0.04)	2.2 (0.06)	2.5 (0.08)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	1.5 (0.02)	0.6 (0.03)	0.8 (0.03)	1.1 (0.02)	1.4 (0.02)	1.9 (0.03)	2.3 (0.05)	2.6 (0.07)
All	1+	18,117	1.4 (0.02)	0.5 (0.02)	0.6 (0.02)	0.9 (0.02)	1.3 (0.02)	1.8 (0.03)	2.3 (0.04)	2.6 (0.06)

1: Number of persons in sample.

2: Standard errors (df = 30).

3: 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 Daily Intake of Dark-Green Vegetables

Table A.8. Dark-green vegetables: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.0 (0.01)	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	1,001	0.0 (0.01)	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)
	9–13	850	0.0 (0.01)	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)
	14–18	808	0.1 (0.01)	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)
	19–30	1,113	0.1 (0.01)	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	1,825	0.1 (0.01)	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)
	51–70	1,773	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.5 (0.05)
	71+	912	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.03)	0.4 (0.04)
	19+	5,623	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
Females	1–3	715	0.0 (0.01)	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 (0.02)
	4–8	894	0.0 (0.01)	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)
	9–13	867	0.0 (0.01)	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)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.2 (0.04)
	19–30	1,160	0.1 (0.01)	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 (0.04)
	31–50	1,994	0.1 (0.01)	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 (0.03)
	51–70	1,740	0.2 (0.01)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.4 (0.03)	0.5 (0.04)
	71+	964	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
	19+	5,858	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>0.1 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.1 (0.01)</b>	<b>0.1 (0.01)</b>	<b>0.3 (0.01)</b>	<b>0.4 (0.02)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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 Daily Intake of Total Red and Orange Vegetables

Table A.9. Total red and orange vegetables: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.3 (0.02)	0.4 (0.03)
	4–8	1,001	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)	0.5 (0.04)
	9–13	850	0.3 (0.01)	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	808	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.6 (0.03)	0.7 (0.04)
	19–30	1,113	0.5 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.01)	0.4 (0.01)	0.6 (0.02)	0.7 (0.03)	0.8 (0.04)
	31–50	1,825	0.5 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	0.9 (0.04)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	51–70	1,773	0.4 (0.02)	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)
	71+	912	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.7 (0.05)	0.8 (0.06)
	19+	5,623	0.5 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.02)	0.7 (0.03)	0.8 (0.04)
<b>Females</b>	1–3	715	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.3 (0.02)	0.4 (0.03)
	4–8	894	0.2 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.4 (0.04)
	9–13	867	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	14–18	727	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.6 (0.04)	0.7 (0.04)
	19–30	1,160	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.6 (0.03)	0.8 (0.04)
	31–50	1,994	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.02)	0.7 (0.03)	0.8 (0.04)
	51–70	1,740	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.02)	0.5 (0.02)	0.7 (0.03)	0.8 (0.04)
	71+	964	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.6 (0.03)	0.8 (0.04)
	19+	5,858	0.4 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.02)	0.7 (0.03)	0.8 (0.03)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>0.4 (0.01)</b>	<b>0.1 (0.01)</b>	<b>0.1 (0.01)</b>	<b>0.2 (0.01)</b>	<b>0.3 (0.01)</b>	<b>0.5 (0.01)</b>	<b>0.7 (0.02)</b>	<b>0.8 (0.03)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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, 2007–2010

## Usual Daily Intake of Tomatoes

Table A.10. Tomatoes: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.03)
	4–8	1,001	0.2 (0.01)	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.03)	0.4 (0.04)
	9–13	850	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.4 (0.03)
	14–18	808	0.3 (0.02)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.03)
	19–30	1,113	0.4 (0.01)	0.2 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.02)	0.6 (0.03)
	31–50	1,825	0.4 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.3 (0.01)	0.5 (0.02)	0.6 (0.02)	0.7 (0.03)
	51–70	1,773	0.3 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	71+	912	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.5 (0.04)
	19+	5,623	0.3 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)
<b>Females</b>	1–3	715	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.03)
	4–8	894	0.2 (0.02)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.03)	0.4 (0.04)
	9–13	867	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.03)
	14–18	727	0.2 (0.02)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.5 (0.04)
	19–30	1,160	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	31–50	1,994	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	51–70	1,740	0.3 (0.01)	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 (0.03)
	71+	964	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.03)	0.6 (0.04)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)
All	1+	18,117	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.02)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

## Usual Daily Intake of Other Red and Orange Vegetables, Excluding Tomatoes

Table A.11. Other red and orange vegetables, excluding tomatoes: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.1 (0.01)	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 (0.02)
	4–8	1,001	0.1 (0.01)	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)
	9–13	850	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	14–18	808	0.1 (0.01)	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	1,113	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	31–50	1,825	0.1 (0.01)	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 (0.02)
	51–70	1,773	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.03)
	71+	912	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.03)
	19+	5,623	0.1 (0.01)	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 (0.02)
Females	1–3	715	0.1 (0.01)	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 (0.02)
	4–8	894	0.1 (0.01)	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 (0.02)
	9–13	867	0.1 (0.01)	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)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.1 (0.01)	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	1,160	0.1 (0.01)	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)
	31–50	1,994	0.1 (0.01)	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	1,740	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.03)
	71+	964	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)
	19+	5,858	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)
All	1+	18,117	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

## Usual Daily Intake of Total Starchy Vegetables

Table A.12. Total starchy vegetables: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.2 (0.01)	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 (0.03)
	4–8	1,001	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)	0.5 (0.04)	0.6 (0.05)
	9–13	850	0.4 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.04)	0.8 (0.04)
	14–18	808	0.4 (0.03)	0.1 (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	1,113	0.5 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.8 (0.05)	1.0 (0.06)
	31–50	1,825	0.5 (0.02)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.05)	1.1 (0.06)
	51–70	1,773	0.6 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.04)	1.1 (0.05)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	0.5 (0.03)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.04)	0.9 (0.06)	1.1 (0.07)
	19+	5,623	0.5 (0.02)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.02)	0.7 (0.02)	0.9 (0.04)	1.1 (0.05)
Females	1–3	715	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.4 (0.03)
	4–8	894	0.3 (0.02)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	9–13	867	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.03)	0.7 (0.03)
	14–18	727	0.4 (0.03)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.03)	0.4 (0.03)	0.6 (0.04)	0.7 (0.05)
	19–30	1,160	0.4 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)
	31–50	1,994	0.4 (0.02)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)	0.7 (0.03)	0.8 (0.04)
	51–70	1,740	0.4 (0.02)	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)
	71+	964	0.4 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.7 (0.03)	0.8 (0.04)
	19+	5,858	0.4 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.01)	0.7 (0.02)	0.7 (0.03)
All	1+	18,117	0.4 (0.01)	0.1 (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: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of White Potatoes

Table A.13. White potatoes: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)
	4–8	1,001	0.3 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.03)	0.4 (0.04)	0.5 (0.05)
	9–13	850	0.3 (0.02)	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 (0.03)
	14–18	808	0.4 (0.03)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.04)	0.7 (0.05)	0.8 (0.06)
	19–30	1,113	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.04)	0.8 (0.05)
	31–50	1,825	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.8 (0.04)	0.9 (0.05)
	51–70	1,773	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.7 (0.03)	0.9 (0.04)
	71+	912	0.4 (0.03)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.4 (0.03)	0.5 (0.03)	0.7 (0.04)	0.8 (0.05)
	19+	5,623	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.6 (0.02)	0.7 (0.03)	0.9 (0.04)
Females	1–3	715	0.2 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.02)
	4–8	894	0.2 (0.02)	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.5 (0.04)
	9–13	867	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.03)
	14–18	727	0.3 (0.03)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.4 (0.03)	0.5 (0.04)	0.6 (0.05)
	19–30	1,160	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.02)
	31–50	1,994	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.03)
	51–70	1,740	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	71+	964	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)
All	1+	18,117	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.01)	0.6 (0.02)	0.7 (0.02)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

## Usual Daily Intake of Other Starchy Vegetables, Excluding White Potatoes

Table A.14. Other starchy vegetables, excluding white potatoes: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.1 (0.01)	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 (0.02)
	4–8	1,001	0.1 (0.01)	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)
	9–13	850	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.2 (0.04)
	14–18	808	0.1 (0.01)	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)
	19–30	1,113	0.1 (0.01)	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)
	31–50	1,825	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	51–70	1,773	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)
	71+	912	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.3 (0.03)
	19+	5,623	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)
Females	1–3	715	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	4–8	894	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	9–13	867	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)
	19–30	1,160	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	31–50	1,994	0.1 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	51–70	1,740	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)
	71+	964	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	19+	5,858	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
All	1+	18,117	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.00)	0.2 (0.01)	0.2 (0.01)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

## Usual Daily Intake of Other Vegetables

Table A.15. Other vegetables: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (Years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.1 (0.01)	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	1,001	0.2 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.03)	0.4 (0.04)
	9–13	850	0.2 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.6 (0.04)
	14–18	808	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.03)	0.7 (0.04)	0.9 (0.06)
	19–30	1,113	0.6 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.8 (0.04)	1.0 (0.05)	1.2 (0.07)
	31–50	1,825	0.6 (0.03)	0.2 (0.01)	0.2 (0.01)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	1.1 (0.06)	1.3 (0.07)
	51–70	1,773	0.7 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.9 (0.03)	1.2 (0.04)	1.4 (0.06)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (Years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	0.5 (0.03)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.04)	1.0 (0.05)	1.1 (0.06)
	19+	5,623	0.6 (0.02)	0.2 (0.01)	0.2 (0.01)	0.4 (0.01)	0.6 (0.01)	0.8 (0.02)	1.1 (0.04)	1.3 (0.06)
Females	1–3	715	0.2 (0.01)	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	894	0.2 (0.01)	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 (0.04)
	9–13	867	0.3 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.5 (0.04)	0.7 (0.05)
	14–18	727	0.3 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.04)	0.8 (0.06)
	19–30	1,160	0.5 (0.02)	0.1 (0.01)	0.1 (0.01)	0.3 (0.01)	0.4 (0.02)	0.6 (0.03)	0.9 (0.04)	1.1 (0.05)
	31–50	1,994	0.6 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	1.0 (0.05)	1.2 (0.06)
	51–70	1,740	0.7 (0.03)	0.2 (0.02)	0.2 (0.02)	0.4 (0.02)	0.6 (0.03)	0.9 (0.04)	1.2 (0.05)	1.4 (0.06)
	71+	964	0.5 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	1.0 (0.04)	1.2 (0.05)
	19+	5,858	0.6 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.01)	0.8 (0.02)	1.0 (0.04)	1.2 (0.05)
All	1+	18,117	0.5 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.01)	0.7 (0.02)	1.0 (0.03)	1.2 (0.04)

1: Number of persons in sample.

2: Standard errors (df = 31).

3: 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, 2007–2010

## Usual Daily Intake of Beans and Peas (Legumes)

Table A.16. Beans and peas (legumes): Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.1 (0.01)	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)
	4–8	1,001	0.1 (0.01)	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)
	9–13	850	0.1 (0.01)	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)
	14–18	808	0.1 (0.01)	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)
	19–30	1,113	0.1 (0.01)	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	1,825	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.5 (0.03)
	51–70	1,773	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.4 (0.02)
	71+	912	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.4 (0.03)
	19+	5,623	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)
Females	1–3	715	0.0 (0.01)	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)
	4–8	894	0.1 (0.01)	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)
	9–13	867	0.1 (0.01)	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 (0.02)
	14–18	727	0.1 (0.01)	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)
	19–30	1,160	0.1 (0.01)	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 (0.02)
	31–50	1,994	0.1 (0.01)	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 (0.02)
	51–70	1,740	0.1 (0.01)	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 (0.02)
	71+	964	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)
All	1+	18,117	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup cooked dry beans or peas.

## Usual Daily Intake of Total Grains

Table A.17. Total grains: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	4.1 (0.10)	2.2 (0.11)	2.5 (0.11)	3.2 (0.10)	4.0 (0.10)	4.9 (0.12)	5.8 (0.15)	6.4 (0.18)
	4–8	1,001	6.1 (0.12)	3.6 (0.14)	4.0 (0.13)	4.9 (0.12)	5.9 (0.12)	7.1 (0.15)	8.2 (0.21)	9.0 (0.25)
	9–13	850	7.3 (0.18)	3.8 (0.14)	4.5 (0.14)	5.7 (0.15)	7.1 (0.18)	8.7 (0.22)	10.4 (0.28)	11.4 (0.32)
	14–18	808	8.2 (0.24)	4.5 (0.22)	5.2 (0.22)	6.4 (0.23)	8.0 (0.24)	9.8 (0.26)	11.6 (0.29)	12.7 (0.32)
	19–30	1,113	8.1 (0.14)	4.4 (0.13)	5.1 (0.12)	6.3 (0.12)	7.9 (0.13)	9.7 (0.17)	11.4 (0.23)	12.4 (0.27)
	31–50	1,825	7.8 (0.16)	4.2 (0.17)	4.9 (0.17)	6.1 (0.16)	7.6 (0.16)	9.3 (0.18)	11.0 (0.22)	12.1 (0.25)
	51–70	1,773	6.9 (0.13)	3.5 (0.13)	4.1 (0.12)	5.2 (0.12)	6.7 (0.13)	8.2 (0.16)	9.8 (0.20)	10.8 (0.24)
	71+	912	6.0 (0.13)	3.0 (0.13)	3.5 (0.12)	4.5 (0.12)	5.8 (0.13)	7.3 (0.15)	8.8 (0.19)	9.8 (0.23)
	19+	5,623	7.4 (0.11)	3.8 (0.12)	4.5 (0.12)	5.7 (0.11)	7.2 (0.11)	9.0 (0.13)	10.7 (0.18)	11.8 (0.22)
Females	1–3	715	3.7 (0.09)	1.9 (0.10)	2.2 (0.10)	2.8 (0.09)	3.6 (0.09)	4.5 (0.10)	5.4 (0.14)	5.9 (0.18)
	4–8	894	5.6 (0.11)	3.2 (0.13)	3.7 (0.12)	4.4 (0.11)	5.4 (0.11)	6.5 (0.14)	7.6 (0.19)	8.3 (0.24)
	9–13	867	6.5 (0.17)	3.7 (0.15)	4.2 (0.15)	5.2 (0.15)	6.4 (0.17)	7.7 (0.21)	9.0 (0.26)	9.9 (0.31)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	6.1 (0.16)	3.3 (0.16)	3.8 (0.16)	4.8 (0.16)	5.9 (0.16)	7.2 (0.19)	8.5 (0.23)	9.3 (0.26)
	19–30	1,160	5.9 (0.14)	3.2 (0.16)	3.7 (0.16)	4.6 (0.15)	5.7 (0.14)	7.0 (0.16)	8.3 (0.20)	9.2 (0.24)
	31–50	1,994	5.5 (0.10)	2.9 (0.12)	3.4 (0.11)	4.3 (0.10)	5.4 (0.10)	6.6 (0.13)	7.9 (0.18)	8.7 (0.22)
	51–70	1,740	5.1 (0.10)	2.6 (0.09)	3.1 (0.09)	3.9 (0.08)	4.9 (0.10)	6.1 (0.14)	7.3 (0.19)	8.0 (0.23)
	71+	964	4.9 (0.11)	2.5 (0.10)	2.9 (0.10)	3.7 (0.10)	4.8 (0.11)	5.9 (0.15)	7.1 (0.20)	7.8 (0.24)
	19+	5,858	5.4 (0.07)	2.8 (0.10)	3.3 (0.09)	4.1 (0.07)	5.2 (0.07)	6.5 (0.10)	7.8 (0.15)	8.6 (0.19)
All	1+	18,117	6.3 (0.07)	3.0 (0.07)	3.6 (0.06)	4.6 (0.06)	6.0 (0.07)	7.7 (0.11)	9.5 (0.15)	10.6 (0.18)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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 Daily Intake of Whole Grains

Table A.18. Whole grains: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.6 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.03)	0.8 (0.04)	1.1 (0.07)	1.3 (0.10)
	4–8	1,001	0.6 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.6 (0.03)	0.9 (0.04)	1.2 (0.07)	1.5 (0.09)
	9–13	850	0.7 (0.04)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.6 (0.04)	1.1 (0.05)	1.6 (0.06)	2.0 (0.07)
	14–18	808	0.7 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	1.1 (0.06)	1.7 (0.08)	2.1 (0.10)
	19–30	1,113	0.7 (0.05)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.05)	1.1 (0.08)	1.7 (0.11)	2.2 (0.13)
	31–50	1,825	0.9 (0.05)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.7 (0.05)	1.3 (0.07)	2.1 (0.10)	2.6 (0.12)
	51–70	1,773	1.1 (0.06)	0.1 (0.01)	0.1 (0.02)	0.4 (0.05)	0.8 (0.07)	1.5 (0.09)	2.2 (0.10)	2.7 (0.11)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	1.1 (0.05)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.9 (0.06)	1.5 (0.08)	2.2 (0.09)	2.6 (0.11)
	19+	5,623	0.9 (0.04)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.04)	1.4 (0.06)	2.1 (0.07)	2.6 (0.09)
Females	1–3	715	0.5 (0.03)	0.1 (0.02)	0.1 (0.02)	0.3 (0.02)	0.4 (0.03)	0.7 (0.04)	0.9 (0.07)	1.1 (0.09)
	4–8	894	0.5 (0.02)	0.1 (0.02)	0.1 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	1.0 (0.05)	1.2 (0.07)
	9–13	867	0.6 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.8 (0.05)	1.3 (0.07)	1.6 (0.10)
	14–18	727	0.5 (0.05)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.8 (0.07)	1.2 (0.10)	1.5 (0.13)
	19–30	1,160	0.6 (0.03)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.9 (0.04)	1.4 (0.06)	1.7 (0.09)
	31–50	1,994	0.8 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.1 (0.04)	1.6 (0.07)	2.0 (0.09)
	51–70	1,740	0.9 (0.04)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.8 (0.04)	1.3 (0.05)	1.8 (0.07)	2.2 (0.09)
	71+	964	0.9 (0.03)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.8 (0.03)	1.3 (0.04)	1.8 (0.07)	2.2 (0.10)
	19+	5,858	0.8 (0.02)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.02)	1.1 (0.03)	1.7 (0.06)	2.0 (0.08)
All	1+	18,117	0.8 (0.02)	0.1 (0.00)	0.1 (0.01)	0.3 (0.01)	0.6 (0.02)	1.1 (0.03)	1.7 (0.05)	2.2 (0.06)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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, 2007–2010

## Usual Daily Intake of Refined Grains

Table A.19. Refined grains: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	3.5 (0.10)	1.7 (0.10)	2.1 (0.10)	2.6 (0.10)	3.4 (0.10)	4.2 (0.13)	5.1 (0.17)	5.7 (0.21)
	4–8	1,001	5.4 (0.11)	3.1 (0.12)	3.5 (0.11)	4.3 (0.10)	5.3 (0.10)	6.3 (0.15)	7.4 (0.21)	8.1 (0.25)
	9–13	850	6.6 (0.17)	3.3 (0.13)	3.9 (0.13)	5.0 (0.14)	6.4 (0.16)	8.0 (0.21)	9.7 (0.29)	10.8 (0.34)
	14–18	808	7.5 (0.22)	3.9 (0.22)	4.5 (0.22)	5.7 (0.22)	7.2 (0.23)	9.0 (0.25)	10.8 (0.29)	11.9 (0.33)
	19–30	1,113	7.3 (0.13)	3.7 (0.12)	4.4 (0.12)	5.5 (0.11)	7.1 (0.12)	8.8 (0.17)	10.5 (0.24)	11.7 (0.29)
	31–50	1,825	6.9 (0.18)	3.5 (0.19)	4.1 (0.19)	5.2 (0.19)	6.6 (0.19)	8.3 (0.20)	10.0 (0.24)	11.0 (0.27)
	51–70	1,773	5.8 (0.11)	2.7 (0.14)	3.3 (0.14)	4.3 (0.13)	5.6 (0.12)	7.1 (0.13)	8.6 (0.17)	9.6 (0.20)
	71+	912	5.0 (0.11)	2.2 (0.11)	2.7 (0.11)	3.6 (0.10)	4.8 (0.11)	6.1 (0.13)	7.5 (0.19)	8.5 (0.23)
	19+	5,623	6.5 (0.10)	3.0 (0.13)	3.6 (0.13)	4.8 (0.12)	6.2 (0.11)	7.9 (0.12)	9.7 (0.17)	10.8 (0.22)
Females	1–3	715	3.2 (0.10)	1.6 (0.10)	1.9 (0.10)	2.4 (0.10)	3.1 (0.10)	3.9 (0.12)	4.8 (0.16)	5.3 (0.19)
	4–8	894	5.0 (0.10)	2.8 (0.12)	3.2 (0.12)	4.0 (0.10)	4.9 (0.10)	6.0 (0.13)	7.0 (0.19)	7.7 (0.23)
	9–13	867	6.0 (0.18)	3.3 (0.15)	3.7 (0.14)	4.6 (0.16)	5.8 (0.18)	7.1 (0.22)	8.4 (0.28)	9.2 (0.32)
	14–18	727	5.5 (0.15)	2.9 (0.16)	3.4 (0.16)	4.3 (0.15)	5.4 (0.15)	6.6 (0.17)	7.9 (0.20)	8.7 (0.22)
	19–30	1,160	5.3 (0.13)	2.7 (0.14)	3.2 (0.14)	4.0 (0.13)	5.1 (0.13)	6.4 (0.15)	7.6 (0.19)	8.4 (0.23)
	31–50	1,994	4.7 (0.08)	2.4 (0.09)	2.8 (0.08)	3.6 (0.07)	4.6 (0.08)	5.7 (0.11)	6.9 (0.17)	7.7 (0.21)
	51–70	1,740	4.2 (0.10)	2.0 (0.08)	2.4 (0.08)	3.1 (0.08)	4.0 (0.10)	5.1 (0.14)	6.1 (0.19)	6.8 (0.23)
	71+	964	4.0 (0.10)	1.9 (0.08)	2.3 (0.08)	3.0 (0.08)	3.9 (0.10)	4.9 (0.14)	6.0 (0.19)	6.7 (0.24)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	4.6 (0.06)	2.2 (0.08)	2.6 (0.07)	3.4 (0.05)	4.4 (0.05)	5.6 (0.09)	6.8 (0.14)	7.6 (0.19)
All	1+	18,117	5.5 (0.06)	2.5 (0.05)	2.9 (0.05)	3.9 (0.05)	5.2 (0.07)	6.8 (0.10)	8.5 (0.13)	9.7 (0.16)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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 Daily Intake of Total Protein Foods, Including Beans and Peas

Table A.20. Total protein foods, including beans and peas: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	3.0 (0.08)	1.5 (0.09)	1.7 (0.08)	2.2 (0.08)	2.9 (0.08)	3.7 (0.12)	4.5 (0.18)	5.0 (0.22)
	4–8	1,001	4.0 (0.13)	2.1 (0.11)	2.4 (0.10)	3.1 (0.09)	3.9 (0.12)	4.8 (0.17)	5.7 (0.26)	6.3 (0.31)
	9–13	850	5.2 (0.13)	2.5 (0.11)	3.0 (0.10)	3.9 (0.11)	5.0 (0.13)	6.3 (0.17)	7.7 (0.22)	8.6 (0.27)
	14–18	808	6.3 (0.19)	3.3 (0.15)	3.8 (0.15)	4.8 (0.16)	6.1 (0.18)	7.6 (0.22)	9.2 (0.29)	10.1 (0.33)
	19–30	1,113	7.9 (0.21)	4.4 (0.20)	5.0 (0.20)	6.2 (0.20)	7.7 (0.21)	9.4 (0.24)	11.1 (0.29)	12.2 (0.32)
	31–50	1,825	8.6 (0.14)	4.9 (0.15)	5.5 (0.14)	6.8 (0.13)	8.4 (0.14)	10.2 (0.19)	11.9 (0.25)	13.1 (0.30)
	51–70	1,773	7.8 (0.20)	4.3 (0.18)	4.9 (0.17)	6.1 (0.18)	7.6 (0.19)	9.3 (0.23)	11.0 (0.29)	12.1 (0.33)
	71+	912	6.1 (0.13)	3.1 (0.12)	3.6 (0.12)	4.6 (0.11)	5.9 (0.13)	7.4 (0.16)	8.8 (0.22)	9.8 (0.26)
	19+	5,623	8.0 (0.12)	4.3 (0.12)	4.9 (0.12)	6.2 (0.11)	7.8 (0.12)	9.5 (0.16)	11.3 (0.22)	12.4 (0.27)
Females	1–3	715	2.8 (0.08)	1.3 (0.08)	1.6 (0.07)	2.1 (0.06)	2.7 (0.07)	3.4 (0.12)	4.2 (0.18)	4.7 (0.23)
	4–8	894	3.8 (0.13)	1.9 (0.09)	2.3 (0.08)	2.9 (0.08)	3.6 (0.11)	4.5 (0.19)	5.4 (0.27)	6.0 (0.33)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	9–13	867	4.4 (0.11)	2.2 (0.14)	2.6 (0.13)	3.3 (0.13)	4.2 (0.12)	5.3 (0.12)	6.3 (0.15)	7.0 (0.17)
	14–18	727	4.4 (0.17)	2.2 (0.18)	2.6 (0.18)	3.3 (0.18)	4.2 (0.18)	5.3 (0.18)	6.4 (0.21)	7.1 (0.22)
	19–30	1,160	5.2 (0.10)	2.7 (0.13)	3.2 (0.13)	4.0 (0.11)	5.0 (0.11)	6.2 (0.12)	7.4 (0.17)	8.1 (0.21)
	31–50	1,994	5.7 (0.11)	3.1 (0.13)	3.6 (0.12)	4.4 (0.11)	5.5 (0.11)	6.8 (0.14)	8.0 (0.20)	8.8 (0.25)
	51–70	1,740	5.5 (0.13)	2.9 (0.15)	3.4 (0.15)	4.3 (0.14)	5.3 (0.13)	6.5 (0.16)	7.7 (0.20)	8.5 (0.25)
	71+	964	4.6 (0.11)	2.3 (0.12)	2.7 (0.11)	3.5 (0.11)	4.4 (0.11)	5.5 (0.13)	6.6 (0.18)	7.3 (0.22)
	19+	5,858	5.4 (0.08)	2.8 (0.12)	3.3 (0.11)	4.1 (0.09)	5.2 (0.08)	6.4 (0.11)	7.7 (0.17)	8.4 (0.21)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>6.1 (0.07)</b>	<b>2.6 (0.07)</b>	<b>3.1 (0.07)</b>	<b>4.2 (0.07)</b>	<b>5.7 (0.08)</b>	<b>7.6 (0.12)</b>	<b>9.5 (0.17)</b>	<b>10.8 (0.21)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg; 1/4 cup cooked dry beans, peas, or tofu; 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

## Usual Daily Intake of Total Protein Foods, Excluding Beans and Peas

Table A.21. Total protein foods, excluding beans and peas: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	2.8 (0.07)	1.3 (0.09)	1.6 (0.08)	2.1 (0.07)	2.7 (0.07)	3.4 (0.10)	4.1 (0.15)	4.6 (0.19)
	4–8	1,001	3.7 (0.11)	2.0 (0.11)	2.3 (0.10)	2.9 (0.09)	3.6 (0.11)	4.5 (0.15)	5.4 (0.21)	5.9 (0.25)
	9–13	850	5.0 (0.12)	2.3 (0.11)	2.8 (0.11)	3.6 (0.11)	4.8 (0.12)	6.0 (0.15)	7.4 (0.20)	8.2 (0.24)
	14–18	808	6.0 (0.18)	3.1 (0.14)	3.6 (0.14)	4.5 (0.15)	5.8 (0.17)	7.3 (0.22)	8.8 (0.28)	9.7 (0.32)
	19–30	1,113	7.4 (0.19)	4.0 (0.18)	4.6 (0.18)	5.7 (0.18)	7.2 (0.19)	8.8 (0.22)	10.4 (0.26)	11.5 (0.29)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	31–50	1,825	8.0 (0.14)	4.4 (0.13)	5.0 (0.13)	6.2 (0.12)	7.7 (0.13)	9.5 (0.17)	11.2 (0.23)	12.3 (0.28)
	51–70	1,773	7.3 (0.18)	3.9 (0.16)	4.5 (0.16)	5.7 (0.16)	7.1 (0.18)	8.7 (0.21)	10.4 (0.27)	11.4 (0.31)
	71+	912	5.7 (0.12)	2.8 (0.12)	3.3 (0.12)	4.3 (0.11)	5.5 (0.12)	6.9 (0.15)	8.3 (0.20)	9.2 (0.24)
	19+	5,623	7.4 (0.11)	3.9 (0.12)	4.5 (0.11)	5.7 (0.10)	7.2 (0.11)	8.9 (0.15)	10.6 (0.21)	11.7 (0.25)
Females	1–3	715	2.6 (0.07)	1.2 (0.08)	1.5 (0.07)	1.9 (0.07)	2.5 (0.07)	3.2 (0.10)	3.9 (0.15)	4.4 (0.20)
	4–8	894	3.5 (0.11)	1.8 (0.09)	2.1 (0.09)	2.7 (0.08)	3.4 (0.10)	4.3 (0.15)	5.1 (0.22)	5.6 (0.27)
	9–13	867	4.1 (0.10)	2.0 (0.13)	2.3 (0.13)	3.0 (0.12)	4.0 (0.10)	5.0 (0.10)	6.1 (0.12)	6.8 (0.15)
	14–18	727	4.2 (0.17)	2.0 (0.17)	2.4 (0.17)	3.1 (0.17)	4.0 (0.17)	5.1 (0.18)	6.2 (0.21)	6.9 (0.23)
	19–30	1,160	4.9 (0.10)	2.5 (0.13)	2.9 (0.12)	3.7 (0.11)	4.7 (0.10)	5.9 (0.11)	7.1 (0.16)	7.8 (0.20)
	31–50	1,994	5.2 (0.10)	2.7 (0.11)	3.2 (0.10)	4.0 (0.09)	5.1 (0.09)	6.3 (0.13)	7.5 (0.20)	8.3 (0.25)
	51–70	1,740	5.1 (0.12)	2.6 (0.14)	3.1 (0.13)	3.9 (0.13)	5.0 (0.12)	6.2 (0.15)	7.4 (0.20)	8.2 (0.24)
	71+	964	4.3 (0.10)	2.1 (0.11)	2.5 (0.10)	3.2 (0.10)	4.2 (0.10)	5.3 (0.13)	6.4 (0.17)	7.1 (0.21)
	19+	5,858	5.0 (0.07)	2.5 (0.11)	3.0 (0.10)	3.8 (0.08)	4.9 (0.07)	6.1 (0.10)	7.3 (0.16)	8.1 (0.21)
All	1+	18,117	5.7 (0.07)	2.3 (0.07)	2.9 (0.07)	3.9 (0.07)	5.3 (0.07)	7.1 (0.11)	9.0 (0.16)	10.2 (0.20)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg; 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of Total Meat, Poultry, Seafood, and Eggs

Table A.22. Total meat, poultry, seafood, and eggs: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	2.5 (0.08)	1.0 (0.08)	1.3 (0.08)	1.7 (0.07)	2.4 (0.07)	3.1 (0.11)	3.9 (0.16)	4.4 (0.21)
	4–8	1,001	3.3 (0.10)	1.5 (0.10)	1.8 (0.09)	2.4 (0.09)	3.2 (0.10)	4.1 (0.14)	5.0 (0.21)	5.7 (0.27)
	9–13	850	4.4 (0.10)	1.9 (0.10)	2.3 (0.10)	3.1 (0.10)	4.2 (0.10)	5.5 (0.13)	6.7 (0.19)	7.6 (0.23)
	14–18	808	5.5 (0.20)	2.6 (0.17)	3.1 (0.17)	4.1 (0.18)	5.3 (0.20)	6.8 (0.24)	8.2 (0.30)	9.2 (0.34)
	19–30	1,113	6.8 (0.18)	3.5 (0.18)	4.1 (0.17)	5.2 (0.17)	6.6 (0.18)	8.2 (0.22)	9.9 (0.28)	10.9 (0.33)
	31–50	1,825	7.1 (0.12)	3.7 (0.16)	4.3 (0.15)	5.4 (0.13)	6.9 (0.12)	8.5 (0.16)	10.2 (0.22)	11.3 (0.28)
	51–70	1,773	6.4 (0.17)	3.2 (0.15)	3.8 (0.15)	4.8 (0.15)	6.2 (0.17)	7.8 (0.22)	9.3 (0.29)	10.3 (0.34)
	71+	912	5.0 (0.12)	2.3 (0.15)	2.7 (0.14)	3.6 (0.13)	4.8 (0.13)	6.1 (0.14)	7.5 (0.17)	8.4 (0.22)
	19+	5,623	6.6 (0.11)	3.3 (0.13)	3.9 (0.12)	5.0 (0.11)	6.4 (0.11)	8.1 (0.15)	9.7 (0.22)	10.8 (0.27)
Females	1–3	715	2.4 (0.07)	1.0 (0.07)	1.2 (0.07)	1.6 (0.06)	2.2 (0.07)	3.0 (0.10)	3.7 (0.16)	4.3 (0.21)
	4–8	894	3.2 (0.11)	1.5 (0.09)	1.7 (0.08)	2.3 (0.08)	3.1 (0.09)	3.9 (0.16)	4.9 (0.23)	5.4 (0.28)
	9–13	867	3.7 (0.09)	1.6 (0.12)	2.0 (0.12)	2.6 (0.12)	3.5 (0.10)	4.6 (0.10)	5.7 (0.12)	6.4 (0.15)
	14–18	727	3.8 (0.14)	1.6 (0.14)	2.0 (0.14)	2.7 (0.14)	3.6 (0.14)	4.7 (0.15)	5.8 (0.18)	6.5 (0.21)
	19–30	1,160	4.4 (0.10)	2.0 (0.12)	2.4 (0.12)	3.2 (0.11)	4.2 (0.10)	5.4 (0.12)	6.6 (0.16)	7.4 (0.20)
	31–50	1,994	4.6 (0.10)	2.1 (0.10)	2.6 (0.09)	3.3 (0.09)	4.4 (0.09)	5.6 (0.13)	6.8 (0.20)	7.6 (0.25)
	51–70	1,740	4.4 (0.12)	2.0 (0.13)	2.4 (0.13)	3.2 (0.13)	4.2 (0.12)	5.4 (0.13)	6.6 (0.17)	7.4 (0.21)
	71+	964	3.8 (0.10)	1.7 (0.11)	2.0 (0.10)	2.7 (0.10)	3.7 (0.10)	4.8 (0.13)	5.9 (0.17)	6.6 (0.21)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	4.4 (0.07)	2.0 (0.10)	2.4 (0.10)	3.2 (0.08)	4.2 (0.07)	5.4 (0.09)	6.6 (0.15)	7.4 (0.19)
All	1+	18,117	5.0 (0.06)	1.9 (0.07)	2.4 (0.07)	3.3 (0.06)	4.7 (0.06)	6.4 (0.09)	8.2 (0.15)	9.3 (0.20)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg.

## Usual Daily Intake of Total Meat, Poultry, and Seafood

Table A.23. Total meat, poultry, and seafood: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	2.1 (0.07)	0.7 (0.11)	1.0 (0.10)	1.5 (0.07)	2.1 (0.06)	2.7 (0.08)	3.3 (0.13)	3.7 (0.16)
	4–8	1,001	3.0 (0.09)	1.3 (0.13)	1.6 (0.10)	2.2 (0.07)	2.9 (0.08)	3.7 (0.13)	4.4 (0.20)	4.9 (0.25)
	9–13	850	4.0 (0.10)	1.6 (0.15)	2.1 (0.14)	3.0 (0.10)	4.0 (0.10)	4.9 (0.13)	5.9 (0.19)	6.6 (0.24)
	14–18	808	5.1 (0.20)	2.2 (0.25)	2.9 (0.23)	4.0 (0.21)	5.1 (0.20)	6.3 (0.22)	7.4 (0.29)	8.2 (0.34)
	19–30	1,113	6.2 (0.17)	3.2 (0.22)	3.9 (0.19)	5.0 (0.17)	6.1 (0.17)	7.4 (0.21)	8.7 (0.28)	9.5 (0.34)
	31–50	1,825	6.5 (0.13)	3.3 (0.19)	4.0 (0.17)	5.2 (0.15)	6.4 (0.13)	7.7 (0.15)	9.0 (0.21)	9.8 (0.27)
	51–70	1,773	5.8 (0.16)	2.9 (0.18)	3.5 (0.17)	4.6 (0.16)	5.7 (0.16)	6.9 (0.19)	8.1 (0.26)	8.9 (0.32)
	71+	912	4.3 (0.11)	2.0 (0.16)	2.5 (0.16)	3.3 (0.14)	4.2 (0.12)	5.2 (0.12)	6.2 (0.16)	6.8 (0.20)
	19+	5,623	6.0 (0.10)	2.9 (0.15)	3.6 (0.14)	4.7 (0.12)	5.9 (0.10)	7.3 (0.13)	8.5 (0.20)	9.4 (0.26)
Females	1–3	715	2.0 (0.06)	0.6 (0.10)	0.9 (0.09)	1.4 (0.07)	2.0 (0.06)	2.6 (0.09)	3.1 (0.15)	3.5 (0.18)
	4–8	894	2.9 (0.11)	1.2 (0.13)	1.6 (0.10)	2.1 (0.08)	2.8 (0.09)	3.5 (0.15)	4.2 (0.22)	4.7 (0.27)
	9–13	867	3.3 (0.10)	1.3 (0.18)	1.8 (0.15)	2.5 (0.12)	3.3 (0.11)	4.0 (0.12)	4.8 (0.14)	5.3 (0.16)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	3.5 (0.12)	1.0 (0.18)	1.6 (0.18)	2.6 (0.14)	3.5 (0.12)	4.5 (0.14)	5.3 (0.17)	5.8 (0.20)
	19–30	1,160	4.0 (0.08)	1.7 (0.18)	2.3 (0.13)	3.1 (0.09)	4.0 (0.08)	4.9 (0.08)	5.7 (0.11)	6.3 (0.15)
	31–50	1,994	4.1 (0.09)	1.8 (0.13)	2.4 (0.10)	3.2 (0.09)	4.1 (0.10)	5.0 (0.13)	5.9 (0.17)	6.4 (0.21)
	51–70	1,740	3.9 (0.10)	1.7 (0.18)	2.3 (0.15)	3.1 (0.12)	3.9 (0.11)	4.7 (0.11)	5.6 (0.13)	6.1 (0.16)
	71+	964	3.3 (0.09)	1.4 (0.14)	1.9 (0.11)	2.6 (0.09)	3.3 (0.09)	4.1 (0.11)	4.8 (0.14)	5.3 (0.18)
	19+	5,858	3.9 (0.06)	1.7 (0.13)	2.3 (0.10)	3.1 (0.08)	3.9 (0.07)	4.8 (0.08)	5.7 (0.12)	6.2 (0.16)
All	1+	18,117	4.5 (0.06)	1.6 (0.08)	2.2 (0.07)	3.1 (0.06)	4.3 (0.06)	5.7 (0.09)	7.2 (0.14)	8.2 (0.19)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish.

## Usual Daily Intake of Meat

Table A.24. Meat: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.5 (0.04)	0.1 (0.03)	0.2 (0.03)	0.3 (0.04)	0.4 (0.05)	0.7 (0.05)	0.9 (0.07)	1.1 (0.10)
	4–8	1,001	0.9 (0.06)	0.2 (0.05)	0.3 (0.06)	0.5 (0.06)	0.8 (0.07)	1.2 (0.08)	1.5 (0.13)	1.7 (0.19)
	9–13	850	1.3 (0.10)	0.4 (0.07)	0.5 (0.08)	0.8 (0.09)	1.2 (0.10)	1.7 (0.12)	2.3 (0.14)	2.7 (0.16)
	14–18	808	2.0 (0.13)	0.6 (0.09)	0.8 (0.10)	1.3 (0.12)	1.9 (0.13)	2.6 (0.16)	3.4 (0.20)	3.9 (0.23)
	19–30	1,113	2.2 (0.10)	0.7 (0.09)	1.0 (0.10)	1.4 (0.09)	2.1 (0.10)	2.9 (0.12)	3.7 (0.16)	4.2 (0.21)
	31–50	1,825	2.4 (0.09)	0.8 (0.09)	1.1 (0.09)	1.6 (0.09)	2.3 (0.10)	3.1 (0.12)	3.9 (0.16)	4.5 (0.19)
	51–70	1,773	2.0 (0.13)	0.7 (0.09)	0.8 (0.09)	1.3 (0.11)	1.9 (0.13)	2.6 (0.15)	3.4 (0.20)	3.9 (0.23)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	1.6 (0.09)	0.5 (0.07)	0.6 (0.07)	0.9 (0.08)	1.4 (0.10)	2.0 (0.11)	2.7 (0.14)	3.2 (0.17)
	19+	5,623	2.2 (0.08)	0.7 (0.08)	0.9 (0.08)	1.4 (0.08)	2.0 (0.08)	2.8 (0.09)	3.7 (0.14)	4.2 (0.17)
Females	1–3	715	0.5 (0.04)	0.1 (0.03)	0.2 (0.03)	0.3 (0.04)	0.5 (0.04)	0.7 (0.05)	0.9 (0.08)	1.1 (0.11)
	4–8	894	0.9 (0.08)	0.3 (0.06)	0.3 (0.06)	0.5 (0.07)	0.8 (0.08)	1.2 (0.10)	1.5 (0.15)	1.8 (0.21)
	9–13	867	1.1 (0.10)	0.4 (0.07)	0.5 (0.08)	0.7 (0.10)	1.0 (0.11)	1.4 (0.12)	1.7 (0.13)	2.0 (0.14)
	14–18	727	1.0 (0.08)	0.3 (0.04)	0.4 (0.05)	0.6 (0.06)	0.9 (0.08)	1.3 (0.11)	1.7 (0.14)	2.0 (0.16)
	19–30	1,160	1.2 (0.06)	0.4 (0.05)	0.5 (0.05)	0.8 (0.06)	1.2 (0.06)	1.6 (0.07)	2.0 (0.09)	2.3 (0.11)
	31–50	1,994	1.3 (0.06)	0.5 (0.04)	0.6 (0.05)	0.9 (0.05)	1.3 (0.06)	1.7 (0.08)	2.2 (0.11)	2.4 (0.13)
	51–70	1,740	1.2 (0.09)	0.4 (0.05)	0.5 (0.06)	0.8 (0.07)	1.1 (0.08)	1.5 (0.11)	1.9 (0.14)	2.2 (0.17)
	71+	964	1.1 (0.06)	0.4 (0.05)	0.5 (0.05)	0.7 (0.05)	1.1 (0.06)	1.5 (0.07)	1.9 (0.10)	2.1 (0.12)
	19+	5,858	1.2 (0.05)	0.4 (0.04)	0.6 (0.05)	0.8 (0.05)	1.2 (0.05)	1.6 (0.07)	2.0 (0.09)	2.3 (0.12)
All	1+	18,117	1.5 (0.05)	0.4 (0.03)	0.5 (0.03)	0.8 (0.04)	1.3 (0.05)	2.0 (0.08)	2.8 (0.10)	3.4 (0.13)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean meat.



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of Cured Meat

Table A.25. Cured meat: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.7 (0.04)	0.2 (0.04)	0.3 (0.05)	0.4 (0.05)	0.6 (0.05)	0.9 (0.06)	1.1 (0.08)	1.3 (0.11)
	4–8	1,001	0.9 (0.06)	0.3 (0.07)	0.4 (0.07)	0.6 (0.07)	0.9 (0.07)	1.1 (0.07)	1.4 (0.10)	1.5 (0.14)
	9–13	850	1.0 (0.06)	0.2 (0.03)	0.3 (0.03)	0.5 (0.05)	0.8 (0.06)	1.3 (0.08)	1.9 (0.11)	2.2 (0.14)
	14–18	808	1.2 (0.09)	0.3 (0.04)	0.4 (0.05)	0.6 (0.07)	1.0 (0.09)	1.6 (0.12)	2.3 (0.16)	2.7 (0.20)
	19–30	1,113	1.2 (0.08)	0.2 (0.04)	0.4 (0.05)	0.6 (0.06)	1.1 (0.08)	1.7 (0.10)	2.4 (0.13)	2.8 (0.16)
	31–50	1,825	1.4 (0.09)	0.3 (0.05)	0.4 (0.06)	0.7 (0.08)	1.2 (0.09)	1.8 (0.11)	2.6 (0.13)	3.1 (0.16)
	51–70	1,773	1.3 (0.07)	0.3 (0.03)	0.4 (0.04)	0.6 (0.05)	1.1 (0.07)	1.7 (0.09)	2.3 (0.13)	2.8 (0.16)
	71+	912	1.1 (0.06)	0.2 (0.03)	0.3 (0.04)	0.5 (0.05)	0.9 (0.05)	1.4 (0.07)	2.0 (0.10)	2.4 (0.13)
	19+	5,623	1.3 (0.05)	0.3 (0.03)	0.4 (0.04)	0.7 (0.05)	1.1 (0.06)	1.7 (0.07)	2.4 (0.09)	2.9 (0.11)
<b>Females</b>	1–3	715	0.6 (0.04)	0.2 (0.04)	0.2 (0.04)	0.3 (0.04)	0.5 (0.05)	0.8 (0.05)	1.0 (0.07)	1.1 (0.09)
	4–8	894	0.8 (0.05)	0.2 (0.05)	0.3 (0.06)	0.5 (0.06)	0.7 (0.06)	1.0 (0.06)	1.2 (0.08)	1.4 (0.12)
	9–13	867	0.9 (0.05)	0.2 (0.03)	0.3 (0.04)	0.5 (0.04)	0.8 (0.05)	1.2 (0.07)	1.6 (0.10)	2.0 (0.13)
	14–18	727	0.6 (0.06)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.05)	0.8 (0.07)	1.3 (0.12)	1.5 (0.15)
	19–30	1,160	0.9 (0.04)	0.2 (0.03)	0.3 (0.03)	0.5 (0.04)	0.8 (0.04)	1.2 (0.06)	1.7 (0.09)	2.0 (0.12)
	31–50	1,994	0.8 (0.04)	0.2 (0.02)	0.2 (0.03)	0.4 (0.03)	0.7 (0.04)	1.0 (0.05)	1.5 (0.08)	1.8 (0.10)
	51–70	1,740	0.7 (0.04)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.6 (0.03)	0.9 (0.05)	1.3 (0.09)	1.6 (0.13)
	71+	964	0.7 (0.03)	0.2 (0.02)	0.2 (0.02)	0.4 (0.03)	0.6 (0.03)	0.9 (0.04)	1.3 (0.07)	1.6 (0.10)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.8 (0.03)	0.2 (0.02)	0.2 (0.02)	0.4 (0.02)	0.6 (0.03)	1.0 (0.04)	1.5 (0.06)	1.8 (0.09)
All	1+	18,117	1.0 (0.03)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.8 (0.03)	1.3 (0.04)	1.9 (0.06)	2.4 (0.08)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean meat or poultry.

## Usual Daily Intake of Poultry

Table A.26. Poultry: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.9 (0.03)	0.3 (0.05)	0.4 (0.05)	0.6 (0.04)	0.8 (0.03)	1.1 (0.05)	1.4 (0.10)	1.6 (0.13)
	4–8	1,001	1.1 (0.07)	0.4 (0.06)	0.5 (0.07)	0.7 (0.06)	1.0 (0.07)	1.4 (0.09)	1.7 (0.13)	2.0 (0.17)
	9–13	850	1.5 (0.08)	0.5 (0.08)	0.7 (0.09)	1.0 (0.08)	1.4 (0.08)	1.9 (0.10)	2.4 (0.14)	2.7 (0.17)
	14–18	808	1.8 (0.06)	0.7 (0.08)	0.8 (0.08)	1.2 (0.07)	1.7 (0.06)	2.3 (0.08)	2.9 (0.13)	3.2 (0.18)
	19–30	1,113	2.2 (0.08)	0.9 (0.08)	1.1 (0.08)	1.5 (0.08)	2.1 (0.07)	2.7 (0.10)	3.4 (0.15)	3.8 (0.19)
	31–50	1,825	1.9 (0.06)	0.7 (0.06)	0.9 (0.06)	1.3 (0.06)	1.8 (0.06)	2.4 (0.07)	3.0 (0.11)	3.4 (0.15)
	51–70	1,773	1.8 (0.05)	0.6 (0.07)	0.8 (0.07)	1.2 (0.06)	1.7 (0.05)	2.2 (0.07)	2.8 (0.11)	3.2 (0.15)
	71+	912	1.1 (0.07)	0.3 (0.05)	0.4 (0.06)	0.6 (0.07)	1.0 (0.08)	1.4 (0.10)	1.8 (0.11)	2.1 (0.11)
	19+	5,623	1.8 (0.08)	0.6 (0.07)	0.8 (0.07)	1.2 (0.08)	1.7 (0.09)	2.4 (0.10)	3.0 (0.11)	3.4 (0.13)
Females	1–3	715	0.8 (0.04)	0.3 (0.07)	0.4 (0.07)	0.5 (0.06)	0.7 (0.04)	1.0 (0.06)	1.2 (0.12)	1.4 (0.16)
	4–8	894	1.0 (0.07)	0.4 (0.08)	0.5 (0.08)	0.7 (0.08)	0.9 (0.07)	1.3 (0.09)	1.6 (0.12)	1.8 (0.16)
	9–13	867	1.2 (0.05)	0.4 (0.05)	0.5 (0.06)	0.7 (0.06)	1.1 (0.06)	1.6 (0.07)	2.0 (0.08)	2.2 (0.10)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	1.6 (0.06)	0.6 (0.05)	0.7 (0.06)	1.1 (0.06)	1.6 (0.06)	2.1 (0.07)	2.6 (0.09)	2.9 (0.11)
	19–30	1,160	1.5 (0.05)	0.5 (0.05)	0.7 (0.06)	1.0 (0.06)	1.4 (0.06)	1.9 (0.07)	2.4 (0.09)	2.6 (0.11)
	31–50	1,994	1.4 (0.05)	0.4 (0.04)	0.6 (0.05)	0.9 (0.05)	1.3 (0.05)	1.8 (0.07)	2.3 (0.08)	2.5 (0.09)
	51–70	1,740	1.3 (0.04)	0.4 (0.05)	0.6 (0.05)	0.9 (0.05)	1.3 (0.05)	1.8 (0.06)	2.2 (0.07)	2.4 (0.09)
	71+	964	1.0 (0.05)	0.3 (0.05)	0.4 (0.06)	0.6 (0.06)	0.9 (0.06)	1.3 (0.06)	1.7 (0.07)	1.9 (0.09)
	19+	5,858	1.3 (0.04)	0.4 (0.05)	0.6 (0.05)	0.9 (0.05)	1.3 (0.05)	1.8 (0.06)	2.2 (0.08)	2.5 (0.10)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>1.5 (0.04)</b>	<b>0.5 (0.04)</b>	<b>0.6 (0.04)</b>	<b>0.9 (0.04)</b>	<b>1.4 (0.04)</b>	<b>2.0 (0.05)</b>	<b>2.6 (0.06)</b>	<b>3.0 (0.09)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean poultry.

## Usual Daily Intake of Total Seafood

Table A.27. Total seafood: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.1 (0.02)	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 (0.12)
	4–8	1,001	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.3 (0.06)	0.6 (0.12)
	9–13	850	0.2 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.03)	0.3 (0.05)	0.6 (0.09)	0.8 (0.12)
	14–18	808	0.3 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.05)	0.6 (0.09)	0.9 (0.13)
	19–30	1,113	0.6 (0.10)	0.1 (0.02)	0.1 (0.02)	0.2 (0.04)	0.4 (0.07)	0.8 (0.14)	1.4 (0.23)	1.9 (0.30)
	31–50	1,825	0.7 (0.06)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.9 (0.08)	1.6 (0.15)	2.1 (0.20)
	51–70	1,773	0.8 (0.07)	0.1 (0.02)	0.1 (0.02)	0.3 (0.04)	0.5 (0.06)	1.0 (0.11)	1.7 (0.17)	2.3 (0.22)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	0.6 (0.06)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.8 (0.09)	1.5 (0.15)	1.9 (0.20)
	19+	5,623	0.7 (0.06)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.9 (0.08)	1.6 (0.14)	2.1 (0.19)
Females	1–3	715	0.1 (0.04)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.4 (0.11)	0.6 (0.18)
	4–8	894	0.2 (0.04)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.4 (0.11)	0.7 (0.18)
	9–13	867	0.2 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.05)	0.5 (0.08)	0.6 (0.11)
	14–18	727	0.2 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.05)	0.4 (0.09)	0.6 (0.11)
	19–30	1,160	0.4 (0.04)	0.1 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.04)	0.5 (0.05)	0.8 (0.08)	1.1 (0.11)
	31–50	1,994	0.5 (0.05)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.7 (0.06)	1.1 (0.10)	1.5 (0.13)
	51–70	1,740	0.6 (0.06)	0.1 (0.03)	0.1 (0.03)	0.3 (0.04)	0.5 (0.06)	0.8 (0.08)	1.3 (0.11)	1.7 (0.14)
	71+	964	0.5 (0.05)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.7 (0.07)	1.1 (0.10)	1.4 (0.13)
	19+	5,858	0.5 (0.04)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	0.7 (0.05)	1.1 (0.08)	1.5 (0.11)
All	1+	18,117	0.5 (0.03)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.04)	1.2 (0.07)	1.6 (0.11)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 ounce cooked lean fish.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of Eggs

Table A.28. Eggs: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.4 (0.03)	0.1 (0.02)	0.1 (0.03)	0.2 (0.03)	0.3 (0.03)	0.5 (0.04)	0.7 (0.07)	0.9 (0.11)
	4–8	1,001	0.4 (0.02)	0.1 (0.02)	0.1 (0.03)	0.2 (0.03)	0.3 (0.03)	0.5 (0.03)	0.7 (0.06)	0.9 (0.10)
	9–13	850	0.4 (0.04)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.6 (0.05)	0.9 (0.07)	1.1 (0.10)
	14–18	808	0.4 (0.04)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.6 (0.05)	0.9 (0.08)	1.2 (0.11)
	19–30	1,113	0.6 (0.04)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.04)	0.8 (0.06)	1.2 (0.08)	1.5 (0.10)
	31–50	1,825	0.7 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.03)	0.9 (0.04)	1.3 (0.07)	1.7 (0.10)
	51–70	1,773	0.7 (0.03)	0.2 (0.02)	0.2 (0.02)	0.4 (0.03)	0.6 (0.03)	1.0 (0.04)	1.5 (0.07)	1.8 (0.10)
	71+	912	0.7 (0.04)	0.2 (0.02)	0.2 (0.02)	0.4 (0.02)	0.6 (0.03)	0.9 (0.05)	1.4 (0.09)	1.8 (0.12)
	19+	5,623	0.7 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.9 (0.03)	1.3 (0.06)	1.7 (0.09)
<b>Females</b>	1–3	715	0.3 (0.03)	0.1 (0.02)	0.1 (0.03)	0.2 (0.03)	0.3 (0.03)	0.4 (0.04)	0.6 (0.06)	0.8 (0.08)
	4–8	894	0.3 (0.02)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.05)	0.8 (0.08)
	9–13	867	0.4 (0.03)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.04)	0.8 (0.07)	1.0 (0.10)
	14–18	727	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.05)	0.9 (0.07)
	19–30	1,160	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.5 (0.03)	0.8 (0.05)	1.0 (0.07)
	31–50	1,994	0.5 (0.02)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.9 (0.05)	1.2 (0.07)
	51–70	1,740	0.5 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.7 (0.04)	1.0 (0.06)	1.2 (0.08)
	71+	964	0.5 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.9 (0.06)	1.1 (0.08)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.5 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.02)	0.9 (0.04)	1.1 (0.06)
All	1+	18,117	0.5 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.7 (0.02)	1.0 (0.04)	1.3 (0.06)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1 egg.

## Usual Daily Intake of Total Soy, Nuts and Seeds, and Legumes

Table A.29. Total soy, nuts and seeds, and legumes: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.5 (0.05)	0.1 (0.03)	0.2 (0.03)	0.3 (0.04)	0.4 (0.05)	0.7 (0.06)	1.0 (0.09)	1.2 (0.13)
	4–8	1,001	0.7 (0.05)	0.2 (0.03)	0.2 (0.04)	0.3 (0.05)	0.6 (0.06)	0.9 (0.06)	1.2 (0.10)	1.5 (0.15)
	9–13	850	0.8 (0.07)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.06)	1.0 (0.09)	1.8 (0.15)	2.4 (0.21)
	14–18	808	0.8 (0.08)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.06)	1.0 (0.11)	1.8 (0.20)	2.5 (0.26)
	19–30	1,113	1.1 (0.09)	0.1 (0.02)	0.1 (0.03)	0.3 (0.05)	0.8 (0.08)	1.5 (0.13)	2.6 (0.21)	3.5 (0.29)
	31–50	1,825	1.5 (0.09)	0.1 (0.03)	0.2 (0.03)	0.5 (0.05)	1.1 (0.08)	2.0 (0.13)	3.3 (0.23)	4.4 (0.32)
	51–70	1,773	1.4 (0.06)	0.1 (0.03)	0.2 (0.04)	0.5 (0.06)	1.0 (0.08)	2.0 (0.09)	3.2 (0.13)	4.1 (0.20)
	71+	912	1.2 (0.08)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.8 (0.07)	1.6 (0.12)	2.6 (0.20)	3.4 (0.28)
	19+	5,623	1.4 (0.06)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	1.0 (0.06)	1.9 (0.08)	3.1 (0.16)	4.0 (0.23)
Females	1–3	715	0.5 (0.05)	0.1 (0.02)	0.1 (0.03)	0.2 (0.04)	0.4 (0.05)	0.6 (0.06)	0.9 (0.08)	1.1 (0.11)
	4–8	894	0.6 (0.06)	0.1 (0.03)	0.2 (0.04)	0.3 (0.05)	0.5 (0.06)	0.8 (0.08)	1.1 (0.10)	1.4 (0.14)
	9–13	867	0.6 (0.04)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.9 (0.06)	1.4 (0.09)	1.9 (0.11)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.6 (0.06)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.4 (0.05)	0.8 (0.08)	1.4 (0.12)	1.8 (0.16)
	19–30	1,160	0.7 (0.07)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.06)	1.0 (0.10)	1.7 (0.14)	2.2 (0.17)
	31–50	1,994	1.1 (0.05)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.8 (0.04)	1.5 (0.07)	2.4 (0.11)	3.1 (0.15)
	51–70	1,740	1.1 (0.05)	0.1 (0.02)	0.2 (0.02)	0.4 (0.04)	0.9 (0.05)	1.5 (0.07)	2.4 (0.10)	3.1 (0.14)
	71+	964	0.8 (0.05)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.6 (0.04)	1.1 (0.07)	1.7 (0.11)	2.3 (0.15)
	19+	5,858	1.0 (0.04)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.7 (0.04)	1.4 (0.05)	2.2 (0.08)	2.9 (0.12)
All	1+	18,117	1.0 (0.03)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.7 (0.03)	1.4 (0.04)	2.4 (0.08)	3.2 (0.13)

1: Number of persons in sample.

2: Standard errors (df = 31).

3: 1 ounce equivalent = 1/4 cup cooked dry beans or tofu; 1/2 ounce nuts or seeds.

## Usual Daily Intake of Soy Products

Table A.30. Soy products: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	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 (0.01)	0.1 (0.02)
	4–8	1,001	0.0 (0.01)	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)
	9–13	850	0.0 (0.01)	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 (0.03)
	14–18	808	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.03)	0.3 (0.07)
	19–30	1,113	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.06)	0.6 (0.11)
	31–50	1,825	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.4 (0.05)
	51–70	1,773	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.05)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>								
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
	71+	912	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.02)	0.2 (0.03)
	19+	5,623	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.4 (0.04)
Females	1–3	715	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)	0.1 (0.01)	0.1 (0.02)
	4–8	894	0.0 (0.01)	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)	0.1 (0.03)
	9–13	867	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.02)	0.2 (0.03)
	14–18	727	0.1 (0.01)	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)	0.3 (0.05)
	19–30	1,160	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.05)	0.4 (0.09)
	31–50	1,994	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.4 (0.06)
	51–70	1,740	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.2 (0.03)	0.4 (0.06)
	71+	964	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.02)	0.2 (0.04)
	19+	5,858	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.01)	0.4 (0.03)
All	1+	18,117	0.1 (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)	0.1 (0.01)	0.3 (0.02)

1: Number of persons in sample.

2: Standard errors (df = 31).

3: 1 ounce equivalent = 1/4 cup cooked dry beans or tofu.



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of Nuts and Seeds

Table A.31. Nuts and seeds: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.3 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.6 (0.09)	0.8 (0.12)
	4–8	1,001	0.4 (0.04)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.5 (0.05)	0.9 (0.10)	1.1 (0.15)
	9–13	850	0.5 (0.06)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.6 (0.07)	1.2 (0.14)	1.7 (0.21)
	14–18	808	0.4 (0.07)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.5 (0.09)	1.0 (0.19)	1.5 (0.26)
	19–30	1,113	0.5 (0.05)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.6 (0.08)	1.3 (0.14)	1.8 (0.20)
	31–50	1,825	0.8 (0.07)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.4 (0.05)	1.0 (0.09)	2.0 (0.19)	2.8 (0.26)
	51–70	1,773	0.9 (0.05)	0.0 (0.02)	0.1 (0.03)	0.2 (0.04)	0.5 (0.07)	1.2 (0.08)	2.2 (0.11)	3.0 (0.16)
	71+	912	0.7 (0.08)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.4 (0.06)	0.9 (0.11)	1.7 (0.21)	2.4 (0.29)
	19+	5,623	0.7 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.03)	0.4 (0.04)	1.0 (0.06)	1.9 (0.11)	2.6 (0.17)
<b>Females</b>	1–3	715	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.04)	0.5 (0.07)	0.7 (0.11)
	4–8	894	0.3 (0.04)	0.0 (0.01)	0.0 (0.02)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.7 (0.10)	1.0 (0.14)
	9–13	867	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.05)	0.9 (0.09)	1.3 (0.14)
	14–18	727	0.3 (0.05)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.4 (0.07)	0.9 (0.12)	1.3 (0.17)
	19–30	1,160	0.4 (0.05)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.4 (0.07)	0.9 (0.12)	1.4 (0.17)
	31–50	1,994	0.6 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.7 (0.06)	1.5 (0.10)	2.1 (0.13)
	51–70	1,740	0.7 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.03)	0.9 (0.05)	1.7 (0.08)	2.4 (0.12)
	71+	964	0.5 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.6 (0.05)	1.2 (0.07)	1.7 (0.10)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.6 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.7 (0.05)	1.4 (0.07)	2.0 (0.08)
All	1+	18,117	0.6 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.03)	1.4 (0.06)	2.1 (0.09)

1: Number of persons in sample.

2: Standard errors (df = 31).

3: 1 ounce equivalent = 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

## Usual Daily Intake of Total Protein From Beans and Peas (Legumes)

Table A.32. Total protein from beans and peas (legumes): Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.2 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.05)	0.6 (0.08)	0.8 (0.11)
	4–8	1,001	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.04)	0.6 (0.06)	0.8 (0.07)
	9–13	850	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.04)	0.7 (0.08)	1.0 (0.11)
	14–18	808	0.3 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.7 (0.09)	1.1 (0.13)
	19–30	1,113	0.5 (0.05)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.05)	0.7 (0.08)	1.3 (0.12)	1.8 (0.16)
	31–50	1,825	0.6 (0.04)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	0.8 (0.06)	1.4 (0.09)	1.9 (0.12)
	51–70	1,773	0.5 (0.03)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.04)	0.6 (0.05)	1.1 (0.06)	1.5 (0.08)
	71+	912	0.4 (0.03)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.5 (0.04)	1.0 (0.09)	1.4 (0.13)
	19+	5,623	0.5 (0.03)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.7 (0.04)	1.2 (0.06)	1.7 (0.08)
Females	1–3	715	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.5 (0.07)	0.7 (0.09)
	4–8	894	0.2 (0.04)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.3 (0.05)	0.5 (0.08)	0.8 (0.11)
	9–13	867	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.6 (0.07)	0.9 (0.10)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Ounce Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.2 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.04)	0.5 (0.08)	0.8 (0.12)
	19–30	1,160	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.7 (0.07)	1.0 (0.10)
	31–50	1,994	0.4 (0.03)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.04)	0.5 (0.05)	0.9 (0.07)	1.2 (0.09)
	51–70	1,740	0.4 (0.03)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.8 (0.07)	1.1 (0.09)
	71+	964	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.6 (0.07)	0.9 (0.10)
	19+	5,858	0.4 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.5 (0.03)	0.8 (0.05)	1.1 (0.07)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>0.4 (0.01)</b>	<b>0.0 (0.01)</b>	<b>0.0 (0.01)</b>	<b>0.1 (0.01)</b>	<b>0.2 (0.02)</b>	<b>0.5 (0.02)</b>	<b>0.9 (0.03)</b>	<b>1.3 (0.05)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 ounce equivalent = 1/4 cup cooked dry beans or peas.

## Usual Daily Intake of Total Dairy

Table A.33. Total dairy: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	2.5 (0.07)	1.0 (0.06)	1.3 (0.06)	1.8 (0.06)	2.4 (0.07)	3.1 (0.08)	3.8 (0.10)	4.3 (0.11)
	4–8	1,001	2.2 (0.05)	0.8 (0.04)	1.1 (0.04)	1.5 (0.04)	2.1 (0.05)	2.8 (0.06)	3.5 (0.08)	3.9 (0.10)
	9–13	850	2.4 (0.11)	0.8 (0.06)	1.0 (0.07)	1.5 (0.09)	2.2 (0.11)	3.1 (0.14)	4.1 (0.17)	4.8 (0.20)
	14–18	808	2.5 (0.12)	0.8 (0.06)	1.1 (0.07)	1.6 (0.09)	2.3 (0.11)	3.3 (0.15)	4.3 (0.19)	5.0 (0.21)
	19–30	1,113	1.9 (0.07)	0.5 (0.04)	0.7 (0.05)	1.1 (0.06)	1.7 (0.07)	2.5 (0.09)	3.3 (0.12)	3.9 (0.14)
	31–50	1,825	1.8 (0.05)	0.5 (0.03)	0.7 (0.03)	1.1 (0.04)	1.7 (0.05)	2.4 (0.06)	3.3 (0.09)	3.9 (0.11)
	51–70	1,773	1.7 (0.05)	0.4 (0.03)	0.6 (0.03)	0.9 (0.04)	1.5 (0.05)	2.2 (0.07)	3.0 (0.10)	3.5 (0.12)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	1.6 (0.06)	0.4 (0.03)	0.6 (0.04)	0.9 (0.04)	1.4 (0.06)	2.1 (0.08)	2.8 (0.10)	3.3 (0.12)
	19+	5,623	1.8 (0.04)	0.5 (0.03)	0.7 (0.03)	1.0 (0.03)	1.6 (0.04)	2.3 (0.05)	3.2 (0.08)	3.7 (0.10)
Females	1–3	715	2.4 (0.07)	1.0 (0.05)	1.2 (0.05)	1.7 (0.06)	2.3 (0.07)	3.0 (0.08)	3.7 (0.11)	4.2 (0.12)
	4–8	894	2.1 (0.05)	0.8 (0.03)	1.0 (0.03)	1.4 (0.04)	2.0 (0.05)	2.7 (0.07)	3.3 (0.09)	3.8 (0.10)
	9–13	867	2.0 (0.06)	0.7 (0.05)	0.9 (0.05)	1.3 (0.06)	1.8 (0.06)	2.5 (0.07)	3.2 (0.10)	3.7 (0.11)
	14–18	727	1.6 (0.07)	0.6 (0.04)	0.7 (0.05)	1.0 (0.06)	1.5 (0.07)	2.1 (0.09)	2.7 (0.11)	3.1 (0.14)
	19–30	1,160	1.5 (0.06)	0.5 (0.04)	0.7 (0.04)	1.0 (0.05)	1.4 (0.06)	2.0 (0.08)	2.6 (0.09)	3.0 (0.11)
	31–50	1,994	1.4 (0.04)	0.5 (0.03)	0.6 (0.03)	0.9 (0.04)	1.3 (0.04)	1.9 (0.05)	2.4 (0.06)	2.8 (0.08)
	51–70	1,740	1.4 (0.04)	0.5 (0.03)	0.6 (0.03)	0.9 (0.03)	1.3 (0.04)	1.8 (0.05)	2.4 (0.07)	2.8 (0.09)
	71+	964	1.3 (0.03)	0.4 (0.03)	0.5 (0.03)	0.8 (0.03)	1.2 (0.03)	1.7 (0.03)	2.3 (0.06)	2.6 (0.07)
	19+	5,858	1.4 (0.03)	0.5 (0.03)	0.6 (0.03)	0.9 (0.03)	1.3 (0.03)	1.9 (0.04)	2.4 (0.05)	2.8 (0.07)
All	1+	18,117	1.8 (0.03)	0.5 (0.02)	0.7 (0.02)	1.0 (0.02)	1.6 (0.03)	2.3 (0.03)	3.1 (0.04)	3.6 (0.06)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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, 2007–2010

## Usual Daily Intake of Milk

Table A.34. Milk: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	1.9 (0.05)	0.7 (0.07)	0.9 (0.05)	1.3 (0.05)	1.8 (0.06)	2.5 (0.06)	3.2 (0.08)	3.6 (0.09)
	4–8	1,001	1.5 (0.03)	0.4 (0.06)	0.6 (0.04)	0.9 (0.03)	1.4 (0.03)	2.0 (0.05)	2.6 (0.07)	3.1 (0.08)
	9–13	850	1.6 (0.08)	0.3 (0.03)	0.4 (0.04)	0.8 (0.05)	1.3 (0.07)	2.1 (0.11)	3.1 (0.16)	3.9 (0.20)
	14–18	808	1.5 (0.09)	0.2 (0.03)	0.3 (0.04)	0.7 (0.05)	1.2 (0.08)	2.0 (0.12)	3.0 (0.18)	3.7 (0.23)
	19–30	1,113	0.8 (0.05)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.6 (0.04)	1.1 (0.06)	1.8 (0.10)	2.3 (0.13)
	31–50	1,825	0.9 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.01)	0.7 (0.02)	1.2 (0.05)	1.8 (0.08)	2.4 (0.11)
	51–70	1,773	0.9 (0.04)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.7 (0.03)	1.3 (0.05)	1.9 (0.08)	2.5 (0.10)
	71+	912	1.1 (0.04)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.9 (0.03)	1.5 (0.06)	2.2 (0.10)	2.8 (0.13)
	19+	5,623	0.9 (0.03)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.7 (0.02)	1.2 (0.03)	1.9 (0.07)	2.4 (0.10)
Females	1–3	715	1.9 (0.05)	0.6 (0.07)	0.8 (0.05)	1.2 (0.05)	1.7 (0.05)	2.4 (0.06)	3.1 (0.07)	3.5 (0.09)
	4–8	894	1.5 (0.04)	0.4 (0.05)	0.6 (0.04)	0.9 (0.03)	1.3 (0.04)	1.9 (0.05)	2.5 (0.07)	2.9 (0.09)
	9–13	867	1.3 (0.06)	0.3 (0.03)	0.4 (0.03)	0.7 (0.04)	1.1 (0.05)	1.7 (0.07)	2.5 (0.09)	3.0 (0.11)
	14–18	727	0.9 (0.07)	0.1 (0.02)	0.2 (0.02)	0.4 (0.04)	0.7 (0.06)	1.2 (0.09)	1.8 (0.13)	2.2 (0.16)
	19–30	1,160	0.7 (0.04)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.6 (0.04)	1.0 (0.06)	1.5 (0.08)	1.9 (0.10)
	31–50	1,994	0.8 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.6 (0.02)	1.1 (0.03)	1.6 (0.05)	2.0 (0.07)
	51–70	1,740	0.8 (0.04)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.7 (0.03)	1.1 (0.05)	1.6 (0.07)	2.0 (0.09)
	71+	964	0.9 (0.02)	0.2 (0.01)	0.2 (0.02)	0.4 (0.02)	0.8 (0.02)	1.2 (0.03)	1.8 (0.05)	2.2 (0.06)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	0.8 (0.02)	0.1 (0.01)	0.2 (0.01)	0.4 (0.01)	0.7 (0.02)	1.1 (0.03)	1.6 (0.05)	2.0 (0.07)
All	1+	18,117	1.0 (0.02)	0.1 (0.01)	0.2 (0.01)	0.4 (0.01)	0.8 (0.01)	1.4 (0.02)	2.1 (0.04)	2.6 (0.06)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup of milk.

## Usual Daily Intake of Yogurt

Table A.35. Yogurt: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	0.1 (0.01)	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	1,001	0.1 (0.01)	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 (0.05)
	9–13	850	0.0 (0.01)	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 (0.03)
	14–18	808	0.0 (0.01)	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)
	19–30	1,113	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.3 (0.05)
	31–50	1,825	0.0 (0.01)	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	1,773	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.3 (0.04)
	71+	912	0.0 (0.01)	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)
	19+	5,623	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)	0.3 (0.03)
Females	1–3	715	0.1 (0.01)	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 (0.02)
	4–8	894	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	9–13	867	0.0 (0.01)	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 (0.03)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	0.0 (0.01)	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)
	19–30	1,160	0.1 (0.01)	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 (0.03)
	31–50	1,994	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.4 (0.02)
	51–70	1,740	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.4 (0.02)
	71+	964	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	19+	5,858	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>0.1 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.1 (0.01)</b>	<b>0.2 (0.01)</b>	<b>0.3 (0.01)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 1 cup equivalent = 1 cup of yogurt.

## Usual Daily Intake of Cheese

Table A.36. Cheese: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	0.4 (0.03)	0.1 (0.02)	0.1 (0.03)	0.2 (0.03)	0.4 (0.03)	0.6 (0.04)	0.8 (0.06)	1.0 (0.08)
	4–8	1,001	0.6 (0.02)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.5 (0.02)	0.8 (0.03)	1.1 (0.06)	1.2 (0.08)
	9–13	850	0.8 (0.04)	0.2 (0.03)	0.3 (0.03)	0.5 (0.04)	0.7 (0.04)	1.0 (0.05)	1.3 (0.08)	1.5 (0.10)
	14–18	808	1.0 (0.05)	0.3 (0.04)	0.4 (0.05)	0.6 (0.05)	1.0 (0.05)	1.3 (0.06)	1.7 (0.09)	2.0 (0.11)
	19–30	1,113	1.0 (0.05)	0.2 (0.03)	0.4 (0.04)	0.6 (0.05)	0.9 (0.05)	1.3 (0.06)	1.8 (0.08)	2.0 (0.11)
	31–50	1,825	0.9 (0.04)	0.2 (0.03)	0.3 (0.03)	0.5 (0.04)	0.8 (0.04)	1.2 (0.05)	1.6 (0.07)	1.9 (0.09)
	51–70	1,773	0.7 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.6 (0.04)	0.9 (0.04)	1.3 (0.06)	1.5 (0.08)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Cup Equivalents <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	0.4 (0.03)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.5 (0.04)	0.8 (0.04)	1.0 (0.04)
	19+	5,623	0.8 (0.03)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.7 (0.03)	1.1 (0.04)	1.5 (0.06)	1.8 (0.08)
Females	1–3	715	0.4 (0.03)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.4 (0.03)	0.6 (0.04)	0.8 (0.06)	0.9 (0.07)
	4–8	894	0.6 (0.03)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.5 (0.04)	0.8 (0.04)	1.0 (0.06)	1.2 (0.08)
	9–13	867	0.6 (0.04)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.6 (0.04)	0.8 (0.05)	1.1 (0.06)	1.3 (0.08)
	14–18	727	0.7 (0.04)	0.2 (0.03)	0.3 (0.03)	0.4 (0.04)	0.6 (0.04)	0.9 (0.04)	1.2 (0.07)	1.4 (0.08)
	19–30	1,160	0.7 (0.03)	0.2 (0.03)	0.3 (0.03)	0.4 (0.04)	0.7 (0.04)	1.0 (0.04)	1.3 (0.04)	1.5 (0.06)
	31–50	1,994	0.6 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.03)	0.8 (0.03)	1.1 (0.04)	1.2 (0.05)
	51–70	1,740	0.5 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.7 (0.03)	0.9 (0.04)	1.1 (0.05)
	71+	964	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.03)
	19+	5,858	0.6 (0.02)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.5 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.04)
All	1+	18,117	0.7 (0.02)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.6 (0.02)	0.9 (0.02)	1.3 (0.04)	1.5 (0.05)

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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, 2007–2010

## Usual Daily Intake of Oils

Table A.37. Oils: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Grams							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	11.3 (0.36)	5.2 (0.40)	6.2 (0.38)	8.2 (0.34)	10.8 (0.34)	13.9 (0.50)	17.1 (0.75)	19.2 (0.95)
	4–8	1,001	16.2 (0.52)	8.3 (0.52)	9.7 (0.49)	12.3 (0.45)	15.7 (0.49)	19.6 (0.72)	23.6 (1.05)	26.2 (1.32)
	9–13	850	19.1 (0.55)	7.6 (0.57)	9.4 (0.58)	13.0 (0.57)	18.0 (0.56)	23.9 (0.70)	30.4 (0.96)	34.8 (1.20)
	14–18	808	21.8 (0.85)	9.1 (0.80)	11.1 (0.81)	15.0 (0.86)	20.5 (0.88)	27.2 (0.97)	34.2 (1.20)	38.9 (1.43)
	19–30	1,113	24.2 (0.83)	10.5 (0.85)	12.6 (0.88)	16.9 (0.87)	22.9 (0.86)	30.0 (0.95)	37.5 (1.18)	42.4 (1.40)
	31–50	1,825	26.2 (0.52)	11.7 (0.74)	14.0 (0.72)	18.6 (0.63)	24.8 (0.54)	32.3 (0.63)	40.2 (0.97)	45.5 (1.28)
	51–70	1,773	24.6 (0.57)	10.8 (0.74)	13.0 (0.73)	17.4 (0.66)	23.3 (0.59)	30.5 (0.68)	38.1 (0.99)	43.0 (1.26)
	71+	912	19.9 (0.59)	8.2 (0.54)	10.0 (0.53)	13.7 (0.52)	18.7 (0.56)	24.8 (0.78)	31.4 (1.15)	35.8 (1.46)
	19+	5,623	24.7 (0.40)	10.6 (0.66)	12.9 (0.64)	17.3 (0.56)	23.3 (0.45)	30.6 (0.48)	38.3 (0.82)	43.5 (1.10)
Females	1–3	715	10.4 (0.26)	4.7 (0.42)	5.6 (0.41)	7.4 (0.35)	9.9 (0.29)	12.8 (0.33)	15.8 (0.52)	17.9 (0.72)
	4–8	894	15.0 (0.44)	7.5 (0.57)	8.9 (0.55)	11.3 (0.48)	14.4 (0.44)	18.2 (0.57)	22.0 (0.83)	24.5 (1.05)
	9–13	867	17.6 (0.66)	7.8 (0.55)	9.4 (0.57)	12.4 (0.59)	16.7 (0.65)	21.7 (0.79)	27.0 (1.01)	30.5 (1.21)
	14–18	727	18.5 (0.89)	8.2 (0.79)	9.9 (0.82)	13.1 (0.86)	17.5 (0.92)	22.8 (0.99)	28.3 (1.15)	31.9 (1.28)
	19–30	1,160	19.0 (0.69)	8.5 (0.70)	10.3 (0.72)	13.6 (0.72)	18.0 (0.72)	23.5 (0.76)	29.1 (0.86)	32.8 (1.01)
	31–50	1,994	18.8 (0.35)	8.4 (0.44)	10.1 (0.42)	13.4 (0.37)	17.9 (0.34)	23.2 (0.47)	28.8 (0.75)	32.5 (0.96)
	51–70	1,740	19.8 (0.43)	9.0 (0.51)	10.8 (0.50)	14.3 (0.45)	18.8 (0.43)	24.3 (0.54)	30.0 (0.80)	33.8 (1.01)
	71+	964	16.5 (0.37)	7.2 (0.42)	8.7 (0.42)	11.6 (0.38)	15.6 (0.37)	20.4 (0.47)	25.6 (0.71)	29.1 (0.91)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Grams							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	18.9 (0.30)	8.4 (0.47)	10.1 (0.45)	13.4 (0.39)	17.9 (0.31)	23.3 (0.37)	28.9 (0.61)	32.7 (0.82)
All	1+	18,117	20.5 (0.23)	8.3 (0.28)	10.1 (0.28)	13.8 (0.27)	19.0 (0.27)	25.5 (0.33)	32.7 (0.51)	37.7 (0.70)

1: Number of persons in sample.

2: Standard errors (df = 32).

## Usual Daily Intake of Solid Fats

Table A.38. Solid fats: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Grams							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	27.8 (0.73)	15.5 (1.06)	17.8 (0.99)	21.9 (0.84)	27.0 (0.76)	32.9 (0.90)	38.8 (1.25)	42.5 (1.54)
	4–8	1,001	33.9 (0.83)	19.8 (1.27)	22.4 (1.16)	27.2 (0.98)	33.1 (0.85)	39.8 (0.97)	46.4 (1.34)	50.7 (1.66)
	9–13	850	40.1 (1.09)	16.8 (0.73)	20.6 (0.76)	28.0 (0.88)	38.1 (1.02)	49.9 (1.33)	62.3 (1.77)	70.5 (2.15)
	14–18	808	46.2 (1.70)	20.5 (1.12)	24.7 (1.21)	32.9 (1.42)	44.0 (1.70)	57.0 (2.06)	70.6 (2.49)	79.4 (2.75)
	19–30	1,113	43.0 (1.11)	18.6 (0.91)	22.5 (0.93)	30.4 (1.00)	40.9 (1.12)	53.4 (1.31)	66.3 (1.62)	74.6 (1.86)
	31–50	1,825	45.9 (1.15)	20.5 (0.99)	24.7 (1.03)	32.9 (1.08)	43.7 (1.15)	56.7 (1.32)	70.1 (1.64)	79.1 (1.86)
	51–70	1,773	41.8 (1.16)	17.8 (0.77)	21.7 (0.84)	29.3 (0.96)	39.6 (1.13)	51.9 (1.42)	64.7 (1.84)	72.9 (2.08)
	71+	912	35.6 (0.90)	14.2 (0.75)	17.7 (0.78)	24.4 (0.83)	33.6 (0.91)	44.6 (1.04)	56.2 (1.31)	63.9 (1.58)
	19+	5,623	43.1 (0.84)	18.3 (0.70)	22.4 (0.73)	30.3 (0.76)	40.9 (0.83)	53.6 (1.02)	66.7 (1.33)	75.4 (1.58)
Females	1–3	715	26.2 (0.67)	14.4 (0.96)	16.5 (0.89)	20.5 (0.75)	25.5 (0.69)	31.1 (0.85)	36.9 (1.24)	40.5 (1.56)
	4–8	894	32.0 (0.71)	18.5 (1.09)	21.1 (1.01)	25.6 (0.83)	31.2 (0.71)	37.7 (0.91)	44.1 (1.31)	48.2 (1.66)
	9–13	867	35.8 (0.68)	17.4 (0.78)	20.6 (0.76)	26.5 (0.74)	34.5 (0.71)	43.6 (0.72)	52.8 (0.81)	58.9 (0.93)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Grams							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	14–18	727	32.6 (1.14)	15.2 (0.79)	18.2 (0.85)	23.8 (0.97)	31.2 (1.12)	39.9 (1.37)	48.7 (1.62)	54.5 (1.91)
	19–30	1,160	31.8 (0.91)	14.7 (0.68)	17.6 (0.73)	23.2 (0.77)	30.4 (0.89)	38.9 (1.08)	47.7 (1.34)	53.5 (1.57)
	31–50	1,994	31.5 (0.64)	14.6 (0.51)	17.4 (0.50)	22.9 (0.52)	30.1 (0.61)	38.6 (0.82)	47.3 (1.10)	53.1 (1.34)
	51–70	1,740	30.5 (0.74)	13.9 (0.60)	16.7 (0.61)	22.2 (0.67)	29.1 (0.73)	37.4 (0.90)	45.9 (1.12)	51.5 (1.30)
	71+	964	27.6 (0.70)	12.3 (0.53)	14.8 (0.56)	19.7 (0.59)	26.3 (0.68)	34.0 (0.84)	42.1 (1.07)	47.6 (1.29)
	19+	5,858	30.8 (0.49)	14.1 (0.46)	16.9 (0.44)	22.3 (0.43)	29.4 (0.47)	37.8 (0.64)	46.4 (0.91)	52.2 (1.12)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>36.3 (0.51)</b>	<b>15.8 (0.37)</b>	<b>19.0 (0.37)</b>	<b>25.2 (0.38)</b>	<b>33.7 (0.48)</b>	<b>44.6 (0.65)</b>	<b>57.1 (0.91)</b>	<b>65.8 (1.17)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

## Usual Daily Intake of Energy From Solid Fats

Table A.39. Energy from solid fats: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	250.1 (6.56)	139.4 (9.56)	159.9 (8.88)	196.9 (7.53)	243.4 (6.80)	296.0 (8.07)	348.8 (11.25)	382.6 (13.90)
	4–8	1,001	305.3 (7.48)	178.5 (11.47)	201.9 (10.47)	245.1 (8.81)	298.3 (7.69)	358.2 (8.71)	417.4 (12.02)	456.7 (14.94)
	9–13	850	356.4 (10.63)	148.2 (7.52)	182.3 (7.96)	248.3 (9.10)	338.5 (10.11)	443.3 (12.69)	554.8 (16.30)	627.7 (19.21)
	14–18	808	416.9 (15.81)	185.1 (10.25)	223.0 (11.15)	297.3 (13.14)	397.4 (15.80)	514.7 (19.18)	636.7 (23.19)	716.8 (25.60)
	19–30	1,113	387.8 (10.08)	168.0 (8.16)	203.2 (8.34)	273.8 (8.96)	369.0 (10.12)	481.1 (11.90)	597.3 (14.67)	672.4 (16.81)
	31–50	1,825	413.8 (10.34)	184.3 (8.84)	222.1 (9.24)	295.9 (9.63)	393.7 (10.31)	510.6 (11.86)	631.1 (14.81)	712.3 (16.87)
	51–70	1,773	375.7 (10.45)	159.8 (6.94)	195.3 (7.53)	263.8 (8.64)	356.7 (10.17)	466.5 (12.84)	582.0 (16.58)	655.9 (18.76)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	71+	912	321.9 (8.20)	128.8 (6.60)	159.8 (6.88)	220.6 (7.44)	303.6 (8.27)	403.0 (9.62)	507.1 (12.17)	576.9 (14.79)
	19+	5,623	388.3 (7.53)	165.3 (6.21)	201.6 (6.52)	272.8 (6.85)	368.4 (7.49)	482.4 (9.20)	600.4 (12.02)	678.7 (14.30)
Females	1–3	715	235.8 (6.02)	129.2 (8.60)	148.4 (7.98)	184.4 (6.74)	229.4 (6.22)	280.0 (7.64)	331.7 (11.19)	364.6 (14.00)
	4–8	894	288.4 (6.42)	166.9 (9.85)	189.8 (9.13)	230.1 (7.47)	281.1 (6.37)	339.1 (8.22)	396.9 (11.75)	433.9 (14.92)
	9–13	867	322.5 (6.00)	157.0 (6.92)	185.7 (6.74)	238.8 (6.57)	310.3 (6.21)	392.3 (6.36)	475.2 (7.29)	530.0 (8.34)
	14–18	727	293.4 (10.31)	137.2 (7.22)	164.3 (7.70)	214.3 (8.78)	280.7 (10.11)	359.0 (12.31)	438.8 (14.53)	491.1 (17.09)
	19–30	1,160	285.9 (8.26)	132.6 (6.22)	158.7 (6.65)	208.4 (7.01)	273.6 (8.11)	350.5 (9.80)	428.9 (12.23)	481.3 (14.20)
	31–50	1,994	283.3 (5.78)	131.1 (4.56)	156.8 (4.52)	205.9 (4.66)	271.0 (5.47)	347.2 (7.41)	425.6 (9.98)	477.6 (12.09)
	51–70	1,740	274.2 (6.67)	125.6 (5.43)	150.7 (5.54)	199.5 (6.03)	262.1 (6.58)	336.5 (8.05)	412.8 (10.09)	463.5 (11.73)
	71+	964	248.5 (6.37)	110.4 (4.83)	133.1 (5.13)	177.4 (5.37)	236.6 (6.24)	306.0 (7.69)	379.1 (9.76)	428.2 (11.65)
	19+	5,858	277.0 (4.49)	126.5 (4.14)	151.9 (4.04)	200.7 (3.96)	264.6 (4.32)	340.0 (5.82)	418.0 (8.22)	469.5 (10.18)
All	1+	18,117	326.6 (4.62)	142.0 (3.37)	170.9 (3.37)	226.6 (3.46)	303.0 (4.28)	401.0 (5.88)	513.6 (8.20)	592.3 (10.58)

1: Number of persons in sample.

2: Standard errors (df = 32).

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of Added Sugars

Table A.40. Added sugars: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Teaspoons <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	9.4 (0.31)	3.1 (0.17)	4.1 (0.19)	5.9 (0.24)	8.6 (0.29)	12.0 (0.39)	15.7 (0.51)	18.2 (0.62)
	4–8	1,001	15.7 (0.56)	6.5 (0.31)	7.9 (0.34)	10.9 (0.41)	14.8 (0.53)	19.6 (0.70)	24.6 (0.91)	28.1 (1.07)
	9–13	850	21.5 (0.46)	5.9 (0.30)	8.0 (0.31)	12.5 (0.36)	19.3 (0.43)	27.9 (0.62)	37.9 (0.91)	44.8 (1.19)
	14–18	808	24.6 (0.74)	7.3 (0.39)	9.7 (0.43)	14.7 (0.53)	22.2 (0.69)	31.9 (0.95)	42.8 (1.36)	50.2 (1.73)
	19–30	1,113	23.5 (0.79)	6.8 (0.45)	9.1 (0.51)	14.0 (0.61)	21.2 (0.77)	30.5 (1.00)	40.9 (1.32)	48.0 (1.59)
	31–50	1,825	20.5 (0.61)	5.6 (0.28)	7.5 (0.31)	11.8 (0.40)	18.2 (0.55)	26.8 (0.83)	36.4 (1.18)	43.3 (1.45)
	51–70	1,773	16.5 (0.56)	3.9 (0.24)	5.4 (0.28)	8.9 (0.36)	14.4 (0.50)	21.8 (0.74)	30.3 (1.08)	36.2 (1.32)
	71+	912	14.0 (0.32)	2.9 (0.19)	4.3 (0.22)	7.3 (0.27)	12.0 (0.31)	18.5 (0.42)	26.1 (0.61)	31.6 (0.79)
	19+	5,623	19.4 (0.48)	4.7 (0.21)	6.6 (0.24)	10.7 (0.30)	17.1 (0.42)	25.7 (0.67)	35.4 (1.01)	42.2 (1.26)
Females	1–3	715	8.4 (0.27)	2.7 (0.17)	3.5 (0.20)	5.2 (0.23)	7.7 (0.28)	10.8 (0.33)	14.3 (0.41)	16.7 (0.45)
	4–8	894	14.3 (0.37)	5.7 (0.27)	7.1 (0.30)	9.7 (0.33)	13.4 (0.37)	17.9 (0.44)	22.6 (0.57)	25.9 (0.68)
	9–13	867	17.8 (0.44)	6.0 (0.29)	7.7 (0.31)	11.2 (0.35)	16.3 (0.42)	22.7 (0.55)	29.8 (0.77)	34.7 (0.96)
	14–18	727	17.5 (0.54)	5.8 (0.34)	7.5 (0.37)	10.9 (0.43)	16.0 (0.52)	22.4 (0.65)	29.5 (0.90)	34.3 (1.10)
	19–30	1,160	16.7 (0.61)	5.4 (0.30)	7.0 (0.36)	10.4 (0.44)	15.2 (0.57)	21.4 (0.77)	28.3 (1.03)	33.1 (1.22)
	31–50	1,994	15.1 (0.43)	4.6 (0.24)	6.1 (0.26)	9.2 (0.30)	13.7 (0.39)	19.5 (0.56)	25.9 (0.79)	30.4 (0.95)
	51–70	1,740	12.5 (0.28)	3.5 (0.18)	4.7 (0.19)	7.3 (0.22)	11.1 (0.27)	16.2 (0.38)	22.0 (0.54)	26.0 (0.69)
	71+	964	10.9 (0.31)	2.8 (0.17)	3.8 (0.19)	6.1 (0.22)	9.6 (0.28)	14.2 (0.40)	19.5 (0.57)	23.4 (0.73)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Teaspoons <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	14.2 (0.30)	4.0 (0.17)	5.3 (0.18)	8.3 (0.20)	12.7 (0.26)	18.4 (0.42)	24.9 (0.65)	29.4 (0.82)
All	1+	18,117	16.8 (0.28)	4.4 (0.13)	5.9 (0.14)	9.3 (0.17)	14.5 (0.23)	21.7 (0.37)	30.4 (0.62)	36.7 (0.83)

1: Number of persons in sample.

2: Standard errors (df = 32).

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

## Usual Daily Intake of Energy From Added Sugars

Table A.41. Energy from added sugars: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	150.2 (5.00)	50.2 (2.77)	65.0 (3.06)	95.2 (3.83)	137.7 (4.67)	192.0 (6.19)	251.0 (8.20)	291.9 (9.91)
	4–8	1,001	251.5 (8.97)	103.6 (4.89)	127.0 (5.43)	174.1 (6.64)	237.0 (8.40)	313.6 (11.24)	394.3 (14.48)	450.3 (17.06)
	9–13	850	341.4 (7.21)	93.1 (4.78)	127.4 (4.95)	198.7 (5.55)	306.6 (6.65)	444.2 (9.62)	603.0 (14.58)	712.8 (19.18)
	14–18	808	393.9 (12.12)	117.0 (6.22)	154.9 (6.94)	235.1 (8.63)	355.3 (11.27)	510.2 (15.57)	685.4 (22.07)	803.6 (27.87)
	19–30	1,113	376.4 (12.79)	109.1 (7.30)	145.5 (8.18)	223.4 (9.89)	339.7 (12.45)	488.8 (16.07)	655.2 (21.26)	769.2 (25.56)
	31–50	1,825	327.8 (9.80)	89.0 (4.40)	120.4 (5.04)	188.6 (6.43)	291.4 (8.80)	428.4 (13.28)	581.9 (18.94)	692.5 (23.10)
	51–70	1,773	264.2 (8.93)	62.2 (3.79)	87.1 (4.52)	142.9 (5.79)	230.8 (8.02)	348.6 (11.82)	485.8 (17.20)	580.0 (21.12)
	71+	912	223.7 (5.58)	47.3 (3.13)	68.4 (3.73)	116.3 (4.58)	192.6 (5.49)	297.2 (7.34)	418.8 (10.41)	505.9 (13.16)
	19+	5,623	311.0 (7.75)	75.3 (3.30)	105.2 (3.85)	171.0 (4.79)	273.1 (6.76)	410.8 (10.74)	565.9 (16.12)	675.8 (20.15)
Females	1–3	715	134.7 (4.34)	42.5 (2.73)	55.5 (3.13)	83.2 (3.71)	122.9 (4.46)	173.2 (5.29)	229.1 (6.52)	267.5 (7.25)
	4–8	894	228.5 (5.88)	91.4 (4.31)	113.6 (4.73)	155.6 (5.28)	213.9 (5.95)	286.2 (7.05)	362.3 (9.09)	414.6 (10.84)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	9–13	867	281.9 (7.57)	94.8 (4.83)	121.3 (5.18)	176.7 (5.99)	258.4 (7.18)	361.2 (9.42)	473.4 (13.17)	551.7 (16.21)
	14–18	727	280.5 (8.66)	92.6 (5.38)	119.6 (5.85)	175.3 (6.79)	256.0 (8.25)	359.2 (10.40)	473.3 (14.28)	549.9 (17.45)
	19–30	1,160	267.4 (9.69)	86.3 (4.78)	112.3 (5.68)	166.3 (7.00)	243.7 (9.02)	343.0 (12.33)	452.7 (16.36)	529.1 (19.42)
	31–50	1,994	241.8 (6.81)	74.5 (3.76)	97.5 (4.09)	146.8 (4.81)	218.8 (6.29)	311.8 (8.89)	415.6 (12.59)	487.6 (15.20)
	51–70	1,740	199.6 (4.51)	55.4 (2.88)	74.8 (3.09)	116.7 (3.55)	178.1 (4.24)	259.9 (6.02)	351.8 (8.68)	415.9 (10.96)
	71+	964	174.4 (4.97)	45.4 (2.64)	61.6 (2.98)	98.2 (3.53)	154.0 (4.54)	227.8 (6.42)	312.8 (9.17)	373.9 (11.71)
	19+	5,858	226.9 (4.84)	63.8 (2.64)	85.6 (2.80)	132.8 (3.24)	203.1 (4.23)	294.9 (6.69)	399.3 (10.42)	471.1 (13.01)
<b>All</b>	<b>1+</b>	<b>18,117</b>	<b>268.0 (4.56)</b>	<b>70.2 (2.06)</b>	<b>94.9 (2.26)</b>	<b>149.2 (2.73)</b>	<b>232.6 (3.76)</b>	<b>347.5 (6.01)</b>	<b>485.7 (9.93)</b>	<b>586.7 (13.40)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

## Usual Daily Intake of Energy From Solid Fats and Added Sugars

Table A.42. Energy from solid fats and added sugars: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	1–3	774	402.0 (9.35)	212.6 (9.57)	246.3 (9.10)	308.6 (8.60)	387.8 (9.10)	480.5 (11.53)	575.5 (15.29)	638.1 (18.32)
	4–8	1,001	556.3 (14.35)	316.0 (12.28)	359.0 (12.03)	439.9 (12.32)	540.9 (14.02)	656.6 (17.72)	772.8 (22.29)	851.8 (26.14)
	9–13	850	691.6 (15.31)	281.9 (9.10)	348.4 (9.36)	477.2 (10.97)	653.6 (13.50)	861.8 (19.26)	1,087.8 (27.70)	1,233.6 (34.44)
	14–18	808	807.0 (20.12)	350.6 (11.79)	424.0 (12.63)	567.5 (15.63)	764.8 (19.75)	998.8 (25.76)	1,247.4 (33.33)	1,410.0 (39.29)
	19–30	1,113	769.4 (19.98)	329.0 (13.67)	399.0 (14.33)	538.8 (16.39)	729.2 (19.62)	955.5 (24.28)	1,192.3 (30.41)	1,349.6 (35.46)
	31–50	1,825	746.0 (18.01)	316.4 (12.61)	385.3 (13.68)	520.7 (15.31)	704.0 (17.68)	926.9 (21.98)	1,160.3 (28.06)	1,320.5 (31.89)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	51–70	1,773	636.9 (14.88)	251.8 (9.08)	312.4 (10.04)	432.0 (11.73)	597.7 (14.26)	798.9 (18.69)	1,014.8 (24.91)	1,154.9 (29.22)
	71+	912	529.6 (12.36)	194.1 (8.82)	245.4 (9.75)	348.5 (11.12)	492.8 (12.55)	670.0 (14.78)	860.9 (18.19)	990.2 (22.06)
	19+	5,623	699.9 (13.30)	276.3 (8.01)	343.0 (9.12)	475.4 (10.63)	657.4 (12.92)	878.9 (17.43)	1111.9 (23.28)	1268.6 (27.86)
Females	1–3	715	369.4 (7.67)	190.8 (9.15)	221.6 (8.68)	280.4 (7.68)	356.2 (7.81)	443.4 (9.18)	534.5 (12.65)	593.9 (15.39)
	4–8	894	514.2 (10.04)	288.4 (10.31)	329.8 (9.93)	403.3 (9.33)	498.2 (9.88)	608.7 (12.84)	719.8 (16.82)	793.5 (20.34)
	9–13	867	607.2 (14.73)	281.4 (12.53)	336.3 (12.70)	439.6 (13.38)	580.6 (14.78)	744.4 (17.24)	913.7 (21.10)	1024.4 (24.68)
	14–18	727	572.6 (14.91)	257.6 (11.50)	311.0 (11.46)	411.5 (12.62)	544.8 (14.37)	704.9 (18.09)	869.6 (23.16)	979.1 (27.96)
	19–30	1,160	556.3 (15.60)	248.1 (11.21)	299.7 (11.95)	398.7 (12.78)	529.6 (14.91)	686.1 (18.86)	847.5 (24.37)	955.1 (28.14)
	31–50	1,994	527.6 (10.54)	230.5 (8.33)	279.1 (8.14)	374.1 (8.23)	501.3 (9.89)	652.0 (13.77)	809.5 (19.15)	914.7 (23.22)
	51–70	1,740	471.8 (9.35)	197.3 (8.06)	241.9 (7.91)	330.2 (8.29)	446.1 (9.09)	586.9 (11.88)	733.9 (16.10)	831.6 (19.67)
	71+	964	413.4 (9.85)	164.6 (7.66)	203.6 (7.96)	281.7 (8.10)	388.6 (9.37)	517.2 (12.14)	654.2 (16.44)	748.3 (20.16)
	19+	5,858	503.8 (8.07)	210.1 (6.96)	257.8 (6.65)	351.3 (6.57)	476.4 (7.43)	626.5 (10.90)	784.6 (16.19)	889.7 (20.25)
All	1+	18,117	594.4 (8.07)	238.3 (5.49)	291.9 (5.40)	398.1 (5.78)	546.9 (7.31)	739.2 (10.46)	958.9 (15.83)	1,113.3 (20.37)

1: Number of persons in sample.

2: Standard errors (df = 32).



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Usual Daily Intake of Alcoholic Drinks

Table A.43. Alcoholic drinks: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Number of Drinks <sup>3</sup>							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
<b>Males</b>	19–30	1,113	0.9 (0.07)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.04)	1.1 (0.13)	2.8 (0.22)	4.0 (0.27)
	31–50	1,825	1.0 (0.07)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.2 (0.03)	1.3 (0.11)	3.2 (0.21)	4.5 (0.28)
	51–70	1,773	0.8 (0.08)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.04)	1.0 (0.15)	2.4 (0.22)	3.5 (0.26)
	71+	912	0.5 (0.07)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.02)	0.5 (0.11)	1.4 (0.22)	2.3 (0.29)
	19+	5,623	0.9 (0.05)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.2 (0.02)	1.1 (0.09)	2.7 (0.16)	4.0 (0.21)
<b>Females</b>	19–30	1,160	0.3 (0.04)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.3 (0.05)	1.1 (0.12)	1.9 (0.18)
	31–50	1,994	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.3 (0.04)	1.2 (0.12)	2.1 (0.18)
	51–70	1,740	0.3 (0.04)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.3 (0.04)	1.0 (0.12)	1.8 (0.18)
	71+	964	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.02)	0.5 (0.09)	0.9 (0.14)
	19+	5,858	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.3 (0.03)	1.0 (0.08)	1.8 (0.13)
<b>All</b>	<b>19+</b>	<b>11,481</b>	<b>0.6 (0.03)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.0 (0.00)</b>	<b>0.1 (0.01)</b>	<b>0.6 (0.04)</b>	<b>1.9 (0.10)</b>	<b>3.0 (0.13)</b>

1: Number of persons in sample.

2: Standard errors (df = 32).

3: 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, 2007–2010

## Usual Daily Intake of Energy

Table A.44. Energy: Means, percentiles, and standard errors of usual daily intake, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1–3	774	1,426.1 (17.93)	963.7 (18.47)	1,052.5 (17.15)	1,210.9 (15.38)	1,403.2 (17.52)	1,616.8 (23.86)	1,828.4 (32.29)	1,963.4 (38.60)
	4–8	1,001	1,770.9 (26.14)	1,225.9 (25.97)	1,330.7 (24.03)	1,519.0 (23.69)	1,745.7 (25.66)	1,995.7 (31.93)	2,243.0 (41.28)	2,403.2 (49.48)
	9–13	850	2,033.4 (34.31)	1,210.8 (29.49)	1,364.3 (29.05)	1,637.7 (30.51)	1,988.0 (33.71)	2,373.4 (40.86)	2,765.4 (50.71)	3,013.4 (58.97)
	14–18	808	2,374.0 (49.86)	1,462.0 (35.91)	1,625.0 (37.09)	1,933.5 (41.60)	2,323.7 (49.66)	2,757.6 (59.99)	3,190.3 (71.60)	3,465.5 (78.77)
	19–30	1,113	2,516.9 (46.26)	1,568.5 (42.49)	1,739.7 (41.91)	2,061.2 (42.81)	2,465.9 (46.36)	2,916.8 (52.16)	3,360.5 (60.31)	3,641.6 (67.49)
	31–50	1,825	2,551.4 (36.38)	1,596.7 (27.38)	1,771.9 (28.37)	2,095.5 (29.80)	2,497.0 (35.13)	2,950.6 (45.06)	3,400.9 (58.08)	3,694.3 (66.57)
	51–70	1,773	2,256.1 (31.40)	1,372.8 (27.18)	1,536.3 (26.53)	1,832.3 (26.86)	2,206.1 (30.59)	2,625.1 (38.95)	3,045.4 (49.49)	3,307.8 (56.63)
	71+	912	1,880.8 (29.40)	1,106.2 (23.21)	1,247.0 (23.41)	1,507.4 (24.21)	1,833.7 (29.68)	2,203.3 (36.67)	2,572.6 (46.79)	2,811.0 (52.94)
	19+	5,623	2,396.1 (26.15)	1,422.1 (19.49)	1,603.7 (19.51)	1,932.7 (20.48)	2,343.6 (25.44)	2,803.5 (34.68)	3,256.3 (46.70)	3,546.1 (54.77)
Females	1–3	715	1,330.0 (16.83)	890.3 (17.25)	972.8 (16.31)	1,124.7 (15.74)	1,308.0 (17.70)	1,511.7 (22.33)	1,715.0 (29.10)	1,844.1 (34.96)
	4–8	894	1,656.7 (21.50)	1,141.5 (23.77)	1,242.0 (23.30)	1,414.8 (22.19)	1,630.0 (22.25)	1,871.1 (27.46)	2,106.6 (33.74)	2,258.1 (39.95)
	9–13	867	1,826.6 (30.02)	1,174.0 (30.89)	1,296.2 (29.46)	1,517.4 (28.77)	1,796.4 (29.68)	2,099.6 (34.91)	2,395.4 (42.99)	2,583.8 (49.43)
	14–18	727	1,750.8 (34.83)	1,109.9 (38.35)	1,233.9 (36.66)	1,449.7 (35.74)	1,718.1 (35.41)	2,017.4 (37.63)	2,312.6 (42.37)	2,496.2 (48.66)
	19–30	1,160	1,820.5 (32.25)	1,160.4 (33.11)	1,286.9 (32.93)	1,512.2 (30.82)	1,788.3 (32.09)	2,096.5 (36.53)	2,395.9 (44.60)	2,588.5 (51.41)
	31–50	1,994	1,797.3 (20.44)	1,144.5 (28.67)	1,267.4 (26.88)	1,489.8 (22.51)	1,765.5 (20.41)	2,068.7 (23.57)	2,367.5 (31.95)	2,558.4 (39.04)
	51–70	1,740	1,714.9 (18.33)	1,080.3 (22.74)	1,201.0 (20.08)	1,421.1 (17.19)	1,683.9 (17.52)	1,978.1 (25.06)	2,265.9 (35.16)	2,450.8 (42.98)
	71+	964	1,519.6 (21.34)	935.8 (23.20)	1,044.4 (21.97)	1,243.2 (20.57)	1,489.5 (21.15)	1,761.5 (26.38)	2,033.2 (34.46)	2,209.9 (41.88)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N <sup>1</sup>	Kilocalories							
			Mean (SE) <sup>2</sup>	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
	19+	5,858	1,744.8 (13.54)	1,087.6 (21.65)	1,211.9 (19.42)	1,437.9 (15.38)	1,712.5 (13.28)	2,017.9 (18.10)	2,318.0 (28.16)	2,510.1 (35.76)
All	1+	18,117	1,995.8 (14.49)	1,148.5 (15.48)	1,286.8 (13.49)	1,548.6 (10.50)	1,901.6 (13.14)	2,348.0 (22.44)	2,841.4 (34.29)	3,166.3 (43.42)

1: Number of persons in sample.

2: Standard errors (df = 32).

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Appendix B: Estimated Food Group Intakes Compared to Recommended Intake Levels for the U.S. Population, 2007–2010

The following 17 tables provide the mean, standard error of the mean, and the percentage of persons below, at, or above recommended intakes for a given sex-age group, and the standard errors of those percentages. These tables include the main food groups and subgroups of the USDA food patterns for which there are recommendations.

### Recommended Amounts of Total Fruits

**Table B.1. Total fruits: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>**

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
<b>Males</b>	1–3	774	1.48 (0.07)	23.9 (3.93)	32.7 (2.15)	43.4 (4.42)
	4–8	1001	1.23 (0.06)	39.6 (4.05)	50.1 (3.31)	10.4 (2.25)
	9–13	850	1.06 (0.07)	75.6 (2.79)	10.9 (0.97)	13.6 (1.94)
	14–18	808	1.01 (0.08)	86.5 (2.17)	5.76 (0.85)	7.72 (1.35)
	19–30	1,113	0.93 (0.05)	88.7 (1.32)	5.20 (0.49)	6.13 (0.89)
	31–50	1,825	0.95 (0.05)	88.6 (1.22)	5.21 (0.47)	6.17 (0.81)
	51–70	1,773	1.20 (0.06)	82.0 (1.67)	7.74 (0.48)	10.3 (1.29)
	71+	912	1.36 (0.05)	78.2 (1.73)	9.04 (0.46)	12.7 (1.37)
	19+	5,623	1.06 (0.03)	85.8 (0.93)	6.29 (0.30)	7.96 (0.73)
<b>Females</b>	1–3	715	1.46 (0.06)	25.0 (3.71)	32.8 (2.08)	42.2 (4.04)
	4–8	894	1.20 (0.06)	41.5 (4.32)	32.0 (2.30)	26.6 (3.73)
	9–13	867	1.07 (0.06)	75.5 (2.75)	11.9 (0.97)	12.6 (1.88)
	14–18	727	0.79 (0.05)	85.2 (1.92)	8.09 (0.80)	6.76 (1.18)
	19–30	1,160	0.89 (0.05)	81.8 (2.01)	9.25 (0.88)	8.91 (1.17)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	31–50	1,994	0.92 (0.04)	81.1 (1.48)	9.83 (0.64)	9.08 (0.90)
	51–70	1,740	1.24 (0.04)	68.8 (1.96)	14.5 (0.75)	16.7 (1.42)
	71+	964	1.32 (0.03)	65.0 (1.31)	16.0 (0.54)	18.9 (1.10)
	19+	5,858	1.06 (0.03)	75.7 (1.21)	11.8 (0.52)	12.5 (0.83)
All	1+	18,117	1.07 (0.03)	75.5 (0.94)	12.4 (0.35)	12.2 (0.71)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Recommended Amounts of Total Vegetables, Including Beans and Peas

Table B.2. Total vegetables, including beans and peas: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.68 (0.03)	85.0 (2.36)	13.1 (1.78)	1.85 (0.63)
	4–8	1,001	0.83 (0.04)	94.5 (1.28)	5.46 (1.23)	0.09 (0.06)
	9–13	850	1.07 (0.03)	98.4 (0.44)	1.51 (0.38)	0.10 (0.06)
	14–18	808	1.27 (0.06)	95.9 (1.10)	4.00 (1.06)	0.07 (0.05)
	19–30	1,113	1.67 (0.06)	95.0 (1.31)	4.44 (1.03)	0.58 (0.29)
	31–50	1,825	1.91 (0.04)	90.7 (1.57)	7.88 (1.06)	1.41 (0.53)
	51–70	1,773	1.95 (0.04)	77.6 (1.88)	18.1 (1.09)	4.23 (0.96)
	71+	912	1.72 (0.05)	85.8 (1.87)	12.2 (1.35)	2.02 (0.59)
	19+	5,623	1.85 (0.03)	87.5 (1.35)	10.5 (0.81)	2.09 (0.56)
Females	1–3	715	0.67 (0.02)	85.2 (1.97)	13.0 (1.47)	1.83 (0.54)
	4–8	894	0.83 (0.04)	94.8 (1.47)	5.18 (1.42)	0.07 (0.06)
	9–13	867	1.04 (0.04)	83.8 (1.81)	16.1 (1.76)	0.17 (0.07)
	14–18	727	1.12 (0.04)	98.4 (0.47)	1.25 (0.33)	0.31 (0.15)
	19–30	1,160	1.39 (0.04)	95.2 (0.87)	3.44 (0.52)	1.35 (0.36)
	31–50	1,994	1.57 (0.04)	91.4 (1.39)	5.83 (0.71)	2.81 (0.70)
	51–70	1,740	1.77 (0.05)	67.1 (2.65)	27.8 (1.95)	5.19 (0.99)
	71+	964	1.54 (0.04)	78.9 (2.16)	18.7 (1.63)	2.47 (0.61)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	19+	5,858	1.59 (0.03)	83.6 (1.17)	13.3 (0.68)	3.15 (0.60)
All	1+	18,117	1.53 (0.02)	87.3 (0.83)	10.6 (0.51)	2.09 (0.36)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Dark Green Vegetables

Table B.3. Dark green vegetables: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.04 (0.01)	86.1 (3.62)	10.1 (2.32)	3.83 (1.68)
	4–8	1,001	0.05 (0.01)	92.9 (2.23)	4.29 (1.10)	2.82 (1.26)
	9–13	850	0.05 (0.01)	96.9 (1.22)	2.48 (0.93)	0.58 (0.32)
	14–18	808	0.05 (0.01)	96.1 (1.58)	3.00 (1.10)	0.91 (0.50)
	19–30	1,113	0.07 (0.01)	96.6 (1.34)	1.59 (0.52)	1.81 (0.84)
	31–50	1,825	0.12 (0.01)	90.2 (2.11)	3.81 (0.63)	5.99 (1.56)
	51–70	1,773	0.15 (0.01)	76.3 (2.72)	14.3 (1.25)	9.39 (1.94)
	71+	912	0.12 (0.01)	83.3 (2.24)	10.8 (1.09)	5.89 (1.44)
	19+	5,623	0.12 (0.01)	87.0 (1.64)	6.98 (0.56)	6.00 (1.26)
Females	1–3	715	0.03 (0.01)	86.4 (3.70)	10.0 (2.40)	3.57 (1.54)
	4–8	894	0.05 (0.01)	93.5 (2.42)	3.86 (1.30)	2.69 (1.22)
	9–13	867	0.05 (0.01)	93.6 (1.79)	5.53 (1.47)	0.83 (0.36)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	14–18	727	0.07 (0.01)	94.2 (2.07)	3.26 (0.97)	2.56 (1.13)
	19–30	1,160	0.11 (0.01)	86.8 (2.97)	6.71 (1.15)	6.48 (1.90)
	31–50	1,994	0.14 (0.01)	79.4 (3.09)	9.34 (1.24)	11.3 (2.05)
	51–70	1,740	0.19 (0.01)	65.9 (3.46)	13.0 (1.06)	21.2 (2.92)
	71+	964	0.13 (0.01)	80.7 (2.61)	9.18 (1.21)	10.1 (1.62)
	19+	5,858	0.15 (0.01)	77.2 (2.03)	9.82 (0.88)	13.0 (1.47)
All	1+	18,117	0.11 (0.00)	84.7 (1.01)	7.54 (0.47)	7.76 (0.72)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Total Red and Orange Vegetables

Table B.4. Total red and orange vegetables: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.21 (0.01)	93.1 (2.39)	4.34 (1.05)	2.60 (1.37)
	4–8	1,001	0.25 (0.01)	92.9 (2.88)	7.06 (2.78)	0.08 (0.12)
	9–13	850	0.30 (0.01)	94.9 (1.70)	4.96 (1.62)	0.10 (0.08)
	14–18	808	0.37 (0.02)	97.4 (0.99)	2.35 (0.85)	0.28 (0.16)
	19–30	1,113	0.45 (0.01)	96.0 (1.19)	3.11 (0.78)	0.94 (0.42)
	31–50	1,825	0.47 (0.02)	94.9 (1.23)	3.86 (0.76)	1.23 (0.50)
	51–70	1,773	0.43 (0.02)	94.6 (1.54)	4.15 (0.96)	1.24 (0.60)



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	71+	912	0.41 (0.02)	95.4 (1.81)	3.61 (1.21)	1.00 (0.62)
	19+	5,623	0.45 (0.01)	95.1 (1.26)	3.74 (0.78)	1.15 (0.50)
Females	1–3	715	0.20 (0.01)	93.7 (2.58)	4.04 (1.23)	2.24 (1.39)
	4–8	894	0.25 (0.02)	93.6 (3.18)	6.30 (3.09)	0.06 (0.10)
	9–13	867	0.28 (0.01)	84.0 (2.00)	15.4 (1.83)	0.61 (0.23)
	14–18	727	0.31 (0.02)	98.1 (0.73)	0.79 (0.30)	1.08 (0.44)
	19–30	1,160	0.37 (0.02)	96.0 (0.90)	1.35 (0.23)	2.61 (0.69)
	31–50	1,994	0.37 (0.02)	95.7 (1.15)	1.55 (0.32)	2.74 (0.83)
	51–70	1,740	0.40 (0.02)	80.4 (2.62)	15.8 (1.68)	3.78 (1.06)
	71+	964	0.36 (0.02)	84.9 (2.33)	12.4 (1.55)	2.68 (0.82)
	19+	5,858	0.38 (0.01)	90.0 (1.37)	6.99 (0.66)	3.01 (0.76)
All	1+	18,117	0.38 (0.01)	92.7 (0.98)	5.51 (0.61)	1.77 (0.41)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Recommended Amounts of Beans and Peas (Legumes)

Table B.5. Beans and peas (legumes): Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
<b>Males</b>	1–3	774	0.06 (0.01)	74.4 (5.18)	0.00 (0.00)	25.6 (5.18)
	4–8	1,001	0.06 (0.01)	73.2 (4.07)	21.7 (3.62)	5.09 (1.00)
	9–13	850	0.07 (0.01)	86.6 (2.12)	11.1 (1.59)	2.29 (0.64)
	14–18	808	0.08 (0.01)	91.6 (1.56)	6.47 (1.06)	1.94 (0.57)
	19–30	1,113	0.13 (0.01)	88.6 (1.91)	6.07 (0.89)	5.31 (1.10)
	31–50	1,825	0.15 (0.01)	86.2 (1.49)	7.23 (0.72)	6.62 (0.91)
	51–70	1,773	0.12 (0.01)	84.3 (1.57)	9.92 (1.09)	5.81 (0.72)
	71+	912	0.11 (0.01)	86.0 (1.82)	9.09 (0.90)	4.92 (1.08)
	19+	5,623	0.13 (0.01)	86.2 (0.90)	7.91 (0.58)	5.93 (0.58)
<b>Females</b>	1–3	715	0.05 (0.01)	78.2 (4.00)	0.00 (0.00)	21.8 (4.00)
	4–8	894	0.05 (0.01)	76.7 (4.86)	19.4 (3.95)	3.91 (1.34)
	9–13	867	0.07 (0.01)	68.6 (4.38)	28.9 (3.87)	2.50 (0.80)
	14–18	727	0.06 (0.01)	96.1 (1.61)	2.31 (0.76)	1.64 (0.87)
	19–30	1,160	0.08 (0.01)	92.8 (1.58)	4.02 (0.71)	3.22 (0.97)
	31–50	1,994	0.10 (0.01)	87.7 (1.96)	6.50 (0.96)	5.83 (1.15)
	51–70	1,740	0.09 (0.01)	80.4 (2.97)	15.9 (2.28)	3.76 (1.05)
	71+	964	0.07 (0.01)	86.7 (2.36)	11.0 (1.60)	2.23 (0.92)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	19+	5,858	0.09 (0.00)	86.5 (1.40)	9.25 (0.93)	4.22 (0.77)
All	1+	18,117	0.10 (0.00)	85.1 (0.88)	9.52 (0.59)	5.37 (0.52)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Total Starchy Vegetables

Table B.6. Total starchy vegetables: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.23 (0.01)	74.7 (3.80)	22.2 (2.87)	3.04 (1.34)
	4–8	1,001	0.31 (0.02)	88.0 (3.32)	9.69 (2.27)	2.29 (1.17)
	9–13	850	0.39 (0.02)	81.8 (2.74)	16.3 (2.29)	1.85 (0.60)
	14–18	808	0.45 (0.03)	85.3 (3.09)	12.7 (2.33)	1.97 (0.82)
	19–30	1,113	0.47 (0.03)	91.2 (2.02)	6.52 (1.25)	2.33 (0.80)
	31–50	1,825	0.53 (0.02)	86.9 (2.25)	9.18 (1.20)	3.89 (1.11)
	51–70	1,773	0.55 (0.02)	74.8 (2.59)	17.5 (1.32)	7.68 (1.51)
	71+	912	0.53 (0.03)	77.3 (4.13)	16.0 (2.13)	6.73 (2.12)
	19+	5,623	0.53 (0.02)	83.5 (1.93)	11.6 (0.93)	4.89 (1.07)
Females	1–3	715	0.22 (0.01)	76.1 (3.53)	21.2 (3.09)	2.68 (0.95)
	4–8	894	0.31 (0.02)	88.9 (2.49)	9.10 (1.75)	1.99 (0.87)
	9–13	867	0.38 (0.02)	78.2 (3.53)	20.7 (3.18)	1.16 (0.51)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	14–18	727	0.35 (0.03)	96.2 (1.71)	2.81 (1.08)	0.97 (0.66)
	19–30	1,160	0.38 (0.01)	95.1 (0.65)	3.30 (0.37)	1.62 (0.34)
	31–50	1,994	0.41 (0.02)	93.3 (1.59)	4.61 (0.85)	2.09 (0.78)
	51–70	1,740	0.42 (0.02)	80.7 (2.98)	17.0 (2.25)	2.25 (0.88)
	71+	964	0.43 (0.02)	80.0 (3.44)	17.7 (2.74)	2.32 (0.86)
	19+	5,858	0.41 (0.01)	88.4 (1.50)	9.54 (0.99)	2.06 (0.63)
All	1+	18,117	0.43 (0.01)	85.7 (1.36)	11.2 (0.84)	3.03 (0.59)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Other Vegetables

Table B.7. Other vegetables: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.15 (0.01)	78.0 (3.84)	16.7 (2.29)	5.29 (1.98)
	4–8	1,001	0.18 (0.01)	90.1 (2.01)	7.92 (1.23)	1.94 (0.89)
	9–13	850	0.25 (0.02)	89.6 (1.89)	8.57 (1.36)	1.82 (0.64)
	14–18	808	0.35 (0.02)	82.9 (2.34)	14.6 (1.57)	2.53 (0.87)
	19–30	1,113	0.57 (0.03)	71.7 (2.84)	17.3 (1.30)	11.0 (1.92)
	31–50	1,825	0.62 (0.03)	66.2 (2.66)	19.9 (1.03)	13.9 (2.21)
	51–70	1,773	0.67 (0.02)	45.8 (2.36)	22.9 (1.31)	31.4 (2.06)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	71+	912	0.53 (0.03)	61.8 (3.80)	19.6 (1.51)	18.6 (2.68)
	19+	5,623	0.61 (0.02)	61.1 (1.71)	20.1 (0.89)	18.7 (1.61)
Females	1–3	715	0.17 (0.01)	72.6 (3.54)	20.1 (2.37)	7.28 (1.94)
	4–8	894	0.20 (0.01)	87.3 (2.32)	9.92 (1.65)	2.79 (0.92)
	9–13	867	0.25 (0.02)	76.4 (3.08)	19.8 (2.13)	3.79 (1.05)
	14–18	727	0.34 (0.02)	83.5 (2.39)	7.44 (0.69)	9.06 (1.80)
	19–30	1,160	0.47 (0.02)	69.5 (2.58)	11.9 (0.62)	18.6 (2.17)
	31–50	1,994	0.56 (0.02)	59.3 (2.47)	13.7 (0.64)	27.0 (2.36)
	51–70	1,740	0.66 (0.03)	38.9 (3.36)	23.3 (0.93)	37.8 (3.15)
	71+	964	0.54 (0.02)	52.5 (2.23)	21.9 (1.01)	25.7 (2.08)
	19+	5,858	0.57 (0.02)	54.7 (1.76)	17.1 (0.65)	28.2 (1.75)
All	1+	18,117	0.50 (0.01)	64.2 (1.24)	17.0 (0.50)	18.8 (1.19)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Recommended Amounts of Total Grains

Table B.8. Total grains: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
<b>Males</b>	1–3	774	4.11 (0.10)	20.0 (2.63)	56.9 (2.50)	23.2 (2.41)
	4–8	1,001	6.05 (0.12)	9.47 (1.66)	42.4 (2.20)	48.2 (2.82)
	9–13	850	7.31 (0.18)	15.7 (1.85)	62.4 (1.73)	22.0 (2.54)
	14–18	808	8.23 (0.24)	18.8 (2.99)	58.7 (1.65)	22.5 (3.06)
	19–30	1,113	8.11 (0.14)	51.3 (2.11)	27.5 (0.83)	21.1 (1.92)
	31–50	1,825	7.82 (0.16)	39.6 (2.70)	42.7 (1.59)	17.7 (1.85)
	51–70	1,773	6.85 (0.13)	38.2 (2.20)	52.8 (1.71)	9.04 (1.23)
	71+	912	6.04 (0.13)	53.0 (2.44)	42.9 (1.96)	4.10 (0.77)
	19+	5,623	7.44 (0.11)	43.1 (1.86)	42.1 (1.31)	14.7 (1.32)
<b>Females</b>	1–3	715	3.73 (0.09)	29.7 (2.92)	55.5 (2.67)	14.8 (1.94)
	4–8	894	5.55 (0.11)	15.5 (2.18)	48.7 (2.29)	35.8 (2.67)
	9–13	867	6.54 (0.17)	21.9 (2.66)	40.6 (1.88)	37.6 (3.53)
	14–18	727	6.07 (0.16)	51.8 (3.48)	33.6 (1.84)	14.6 (2.22)
	19–30	1,160	5.89 (0.14)	56.0 (3.06)	31.2 (1.98)	12.8 (1.81)
	31–50	1,994	5.55 (0.10)	63.3 (2.16)	17.1 (0.75)	19.6 (1.94)
	51–70	1,740	5.08 (0.10)	51.7 (2.32)	35.6 (1.25)	12.7 (1.85)
	71+	964	4.92 (0.11)	55.6 (2.76)	33.7 (1.53)	10.7 (1.73)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	19+	5,858	5.41 (0.07)	57.4 (1.54)	27.6 (1.01)	15.1 (1.50)
All	1+	18,117	6.33 (0.07)	43.7 (1.26)	38.1 (0.81)	18.2 (1.19)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Whole Grains

Table B.9. Whole grains: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.60 (0.03)	97.7 (1.16)	2.27 (1.10)	0.06 (0.06)
	4–8	1,001	0.65 (0.03)	99.0 (0.54)	0.94 (0.51)	0.03 (0.03)
	9–13	850	0.74 (0.04)	99.3 (0.17)	0.65 (0.15)	0.05 (0.03)
	14–18	808	0.75 (0.04)	98.9 (0.29)	1.08 (0.27)	0.03 (0.02)
	19–30	1,113	0.72 (0.05)	99.7 (0.11)	0.20 (0.08)	0.07 (0.03)
	31–50	1,825	0.91 (0.05)	98.6 (0.37)	1.23 (0.32)	0.13 (0.07)
	51–70	1,773	1.05 (0.06)	96.6 (0.64)	3.29 (0.60)	0.16 (0.05)
	71+	912	1.09 (0.05)	97.2 (0.59)	2.69 (0.55)	0.11 (0.04)
	19+	5,623	0.93 (0.04)	98.2 (0.32)	1.72 (0.29)	0.12 (0.05)
Females	1–3	715	0.50 (0.03)	99.1 (0.62)	0.93 (0.59)	0.01 (0.02)
	4–8	894	0.54 (0.02)	99.7 (0.23)	0.30 (0.21)	0.01 (0.02)
	9–13	867	0.58 (0.03)	99.5 (0.22)	0.48 (0.20)	0.05 (0.04)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	14–18	727	0.53 (0.05)	99.9 (0.12)	0.11 (0.10)	0.02 (0.02)
	19–30	1,160	0.59 (0.03)	99.7 (0.16)	0.32 (0.13)	0.03 (0.03)
	31–50	1,994	0.76 (0.03)	99.4 (0.22)	0.38 (0.13)	0.23 (0.09)
	51–70	1,740	0.90 (0.04)	99.1 (0.29)	0.59 (0.17)	0.30 (0.12)
	71+	964	0.93 (0.03)	99.1 (0.31)	0.60 (0.17)	0.32 (0.15)
	19+	5,858	0.79 (0.02)	99.3 (0.22)	0.45 (0.14)	0.22 (0.09)
All	1+	18,117	0.79 (0.02)	98.9 (0.18)	0.98 (0.16)	0.14 (0.04)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Refined Grains

Table B.10. Refined grains: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	3.50 (0.10)	2.49 (0.71)	18.3 (2.15)	79.3 (2.73)
	4–8	1,001	5.38 (0.11)	0.36 (0.14)	4.09 (0.84)	95.6 (0.97)
	9–13	850	6.63 (0.17)	0.44 (0.15)	17.3 (1.78)	82.3 (1.89)
	14–18	808	7.48 (0.22)	1.41 (0.50)	14.0 (2.22)	84.6 (2.68)
	19–30	1,113	7.31 (0.13)	6.81 (0.94)	10.4 (0.60)	82.8 (1.41)
	31–50	1,825	6.85 (0.18)	5.33 (1.32)	17.0 (1.70)	77.6 (2.95)
	51–70	1,773	5.79 (0.11)	7.29 (1.34)	31.7 (1.26)	61.0 (2.29)



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	71+	912	4.98 (0.11)	14.5 (1.66)	40.4 (1.48)	45.1 (2.23)
	19+	5,623	6.48 (0.10)	7.09 (1.12)	21.9 (0.90)	71.0 (1.86)
Females	1–3	715	3.24 (0.10)	4.21 (1.15)	23.7 (2.25)	72.1 (3.22)
	4–8	894	5.04 (0.10)	0.60 (0.26)	6.21 (1.17)	93.2 (1.42)
	9–13	867	5.95 (0.18)	1.15 (0.38)	6.16 (1.21)	92.7 (1.57)
	14–18	727	5.53 (0.15)	5.69 (1.43)	14.2 (1.56)	80.1 (2.92)
	19–30	1,160	5.29 (0.13)	7.54 (1.60)	16.6 (1.28)	75.9 (2.75)
	31–50	1,994	4.75 (0.08)	13.3 (1.40)	9.96 (0.41)	76.8 (1.55)
	51–70	1,740	4.16 (0.10)	5.15 (0.89)	31.0 (1.89)	63.8 (2.38)
	71+	964	4.01 (0.10)	6.10 (1.00)	33.8 (1.91)	60.2 (2.43)
	19+	5,858	4.61 (0.06)	8.78 (1.05)	20.4 (0.80)	70.8 (1.26)
All	1+	18,117	5.52 (0.06)	6.47 (0.56)	18.9 (0.62)	74.7 (0.96)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Recommended Amounts of Total Protein Foods, Excluding Beans and Peas

Table B.11. Total protein foods, excluding beans and peas: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	2.79 (0.07)	22.8 (2.85)	65.3 (3.48)	11.9 (2.24)
	4–8	1,001	3.74 (0.11)	29.2 (3.17)	62.3 (3.15)	8.47 (2.17)
	9–13	850	4.95 (0.12)	55.1 (2.85)	26.3 (1.24)	18.6 (2.05)
	14–18	808	6.04 (0.18)	43.3 (3.36)	27.4 (1.14)	29.3 (3.15)
	19–30	1,113	7.38 (0.19)	38.3 (3.29)	8.71 (0.34)	53.0 (3.30)
	31–50	1,825	7.96 (0.14)	21.5 (1.69)	16.0 (0.73)	62.6 (2.06)
	51–70	1,773	7.33 (0.18)	22.4 (2.45)	25.6 (1.16)	52.0 (3.04)
	71+	912	5.68 (0.12)	50.3 (2.51)	26.3 (1.08)	23.3 (2.11)
	19+	5,623	7.43 (0.11)	28.3 (1.63)	18.0 (0.75)	53.7 (1.82)
Females	1–3	715	2.61 (0.07)	28.6 (2.63)	62.5 (2.98)	8.86 (2.04)
	4–8	894	3.54 (0.11)	35.3 (2.84)	53.5 (2.50)	11.3 (2.79)
	9–13	867	4.12 (0.10)	50.9 (2.85)	38.0 (2.40)	11.1 (1.23)
	14–18	727	4.15 (0.17)	73.7 (3.55)	19.2 (2.19)	7.10 (1.54)
	19–30	1,160	4.87 (0.10)	57.1 (2.47)	27.0 (1.52)	15.9 (1.67)
	31–50	1,994	5.25 (0.10)	47.9 (2.14)	21.7 (1.03)	30.4 (2.26)
	51–70	1,740	5.13 (0.12)	50.8 (2.92)	21.1 (1.12)	28.1 (2.60)
	71+	964	4.32 (0.10)	70.1 (2.40)	16.2 (0.97)	13.7 (1.81)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	19+	5,858	5.02 (0.07)	53.4 (1.65)	22.0 (1.05)	24.6 (1.66)
All	1+	18,117	5.66 (0.07)	42.2 (1.10)	25.6 (0.85)	32.3 (1.33)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Total Seafood

Table B.12. Total seafood: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	0.11 (0.02)	94.6 (2.17)	4.03 (1.32)	1.42 (0.88)
	4–8	1,001	0.13 (0.02)	96.7 (1.45)	2.25 (0.80)	1.07 (0.69)
	9–13	850	0.24 (0.04)	97.9 (0.92)	1.09 (0.42)	0.97 (0.52)
	14–18	808	0.26 (0.04)	97.3 (1.02)	1.64 (0.55)	1.09 (0.48)
	19–30	1,113	0.62 (0.10)	89.9 (3.34)	1.84 (0.43)	8.31 (2.94)
	31–50	1,825	0.69 (0.06)	85.3 (2.41)	4.72 (0.47)	9.99 (2.03)
	51–70	1,773	0.76 (0.07)	78.5 (3.26)	9.30 (0.94)	12.2 (2.52)
	71+	912	0.64 (0.06)	83.9 (2.83)	7.57 (0.94)	8.51 (1.99)
	19+	5,623	0.69 (0.06)	84.3 (2.37)	5.64 (0.48)	10.1 (2.00)
Females	1–3	715	0.14 (0.04)	91.9 (3.55)	5.59 (1.99)	2.48 (1.62)
	4–8	894	0.17 (0.04)	95.0 (2.12)	2.96 (0.93)	2.00 (1.23)
	9–13	867	0.21 (0.04)	98.0 (1.00)	1.48 (0.71)	0.48 (0.30)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	14–18	727	0.20 (0.04)	99.4 (0.46)	0.38 (0.24)	0.25 (0.22)
	19–30	1,160	0.39 (0.04)	95.7 (1.22)	2.21 (0.48)	2.13 (0.78)
	31–50	1,994	0.54 (0.05)	89.8 (2.04)	2.69 (0.43)	7.51 (1.70)
	51–70	1,740	0.63 (0.06)	86.0 (2.59)	3.52 (0.55)	10.5 (2.14)
	71+	964	0.51 (0.05)	91.5 (2.02)	2.40 (0.45)	6.09 (1.61)
	19+	5,858	0.53 (0.04)	90.2 (1.58)	2.80 (0.35)	7.03 (1.30)
All	1+	18,117	0.50 (0.03)	89.7 (1.26)	3.65 (0.34)	6.66 (0.99)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Meat, Poultry, and Eggs

Table B.13. Meat, poultry, and eggs: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	2.50 (0.08)	14.4 (2.38)	48.6 (2.81)	37.1 (2.87)
	4–8	1,001	3.35 (0.10)	13.2 (2.12)	52.1 (3.23)	34.7 (3.33)
	9–13	850	4.41 (0.10)	31.6 (2.20)	23.3 (1.03)	45.1 (2.35)
	14–18	808	5.53 (0.20)	18.5 (3.11)	21.9 (1.29)	59.6 (3.94)
	19–30	1,113	6.84 (0.18)	13.8 (2.13)	5.82 (0.45)	80.4 (2.49)
	31–50	1,825	7.10 (0.12)	8.39 (1.35)	8.12 (0.52)	83.5 (1.81)
	51–70	1,773	6.41 (0.17)	9.37 (1.56)	16.4 (1.19)	74.3 (2.54)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	71+	912	4.98 (0.12)	26.9 (2.77)	25.0 (0.98)	48.2 (2.67)
	19+	5,623	6.64 (0.11)	11.6 (1.41)	11.5 (0.53)	76.8 (1.68)
Females	1–3	715	2.37 (0.07)	17.8 (2.27)	49.8 (2.94)	32.4 (2.73)
	4–8	894	3.20 (0.11)	16.1 (2.13)	45.9 (3.19)	38.0 (3.49)
	9–13	867	3.73 (0.09)	27.0 (3.05)	38.0 (1.67)	35.0 (2.17)
	14–18	727	3.79 (0.14)	45.4 (3.81)	24.4 (1.42)	30.2 (3.00)
	19–30	1,160	4.42 (0.10)	29.9 (2.61)	25.0 (1.17)	45.1 (2.53)
	31–50	1,994	4.57 (0.10)	26.8 (1.97)	17.1 (0.84)	56.1 (2.14)
	51–70	1,740	4.39 (0.12)	30.5 (3.06)	17.8 (0.75)	51.7 (3.02)
	71+	964	3.85 (0.10)	43.5 (2.76)	18.7 (0.94)	37.8 (2.60)
	19+	5,858	4.40 (0.07)	30.6 (1.85)	19.2 (0.86)	50.2 (1.65)
All	1+	18,117	5.04 (0.06)	22.1 (1.27)	20.8 (0.72)	57.1 (1.18)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Recommended Amounts of Nuts, Seeds, and Soy

Table B.14. Nuts, seeds, and soy: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
<b>Males</b>	1–3	774	0.29 (0.04)	35.7 (6.36)	43.9 (4.10)	20.4 (4.41)
	4–8	1,001	0.41 (0.04)	48.3 (5.16)	28.6 (3.23)	23.1 (3.68)
	9–13	850	0.50 (0.05)	72.5 (2.88)	5.57 (0.49)	21.9 (2.59)
	14–18	808	0.46 (0.07)	74.7 (3.92)	5.35 (0.52)	19.9 (3.58)
	19–30	1,113	0.63 (0.06)	72.1 (2.83)	0.00 (0.00)	27.9 (2.83)
	31–50	1,825	0.87 (0.07)	55.0 (2.69)	6.69 (0.41)	38.3 (2.53)
	51–70	1,773	0.96 (0.05)	50.2 (3.16)	6.93 (0.39)	42.8 (2.88)
	71+	912	0.72 (0.08)	60.0 (3.87)	6.64 (0.43)	33.3 (3.71)
	19+	5,623	0.82 (0.04)	58.0 (2.21)	5.21 (0.33)	36.8 (2.02)
<b>Females</b>	1–3	715	0.26 (0.03)	39.9 (6.63)	42.9 (4.55)	17.3 (4.04)
	4–8	894	0.36 (0.05)	54.0 (6.35)	27.3 (3.72)	18.7 (4.10)
	9–13	867	0.38 (0.03)	72.3 (2.45)	7.08 (0.48)	20.7 (2.09)
	14–18	727	0.40 (0.05)	78.4 (3.24)	4.56 (0.67)	17.0 (2.63)
	19–30	1,160	0.43 (0.05)	77.0 (3.36)	4.84 (0.48)	18.2 (2.92)
	31–50	1,994	0.68 (0.04)	63.1 (2.15)	0.00 (0.00)	36.9 (2.15)
	51–70	1,740	0.77 (0.04)	57.8 (2.12)	0.00 (0.00)	42.2 (2.12)
	71+	964	0.53 (0.03)	69.8 (2.16)	0.00 (0.00)	30.2 (2.16)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	19+	5,858	0.63 (0.03)	65.4 (1.91)	1.06 (0.13)	33.6 (1.81)
All	1+	18,117	0.64 (0.02)	61.9 (1.50)	6.79 (0.44)	31.3 (1.31)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Total Dairy

Table B.15. Total dairy: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	2.50 (0.07)	34.0 (2.62)	20.3 (0.70)	45.8 (2.79)
	4–8	1,001	2.21 (0.05)	65.5 (2.00)	15.5 (0.53)	19.0 (1.66)
	9–13	850	2.44 (0.11)	72.0 (3.11)	0.00 (0.00)	28.0 (3.11)
	14–18	808	2.53 (0.12)	69.6 (3.26)	0.00 (0.00)	30.4 (3.26)
	19–30	1,113	1.88 (0.07)	85.9 (1.64)	0.00 (0.00)	14.2 (1.64)
	31–50	1,825	1.85 (0.05)	86.7 (1.23)	0.00 (0.00)	13.3 (1.23)
	51–70	1,773	1.66 (0.05)	90.4 (1.21)	0.00 (0.00)	9.64 (1.21)
	71+	912	1.57 (0.06)	92.3 (1.10)	0.00 (0.00)	7.75 (1.10)
	19+	5,623	1.78 (0.04)	88.1 (1.00)	0.00 (0.00)	11.9 (1.00)
Females	1–3	715	2.39 (0.07)	37.8 (2.64)	20.7 (0.60)	41.6 (2.69)
	4–8	894	2.10 (0.05)	70.2 (2.10)	13.8 (0.56)	16.1 (1.67)
	9–13	867	1.98 (0.06)	75.0 (2.28)	12.0 (0.82)	13.0 (1.63)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	14–18	727	1.63 (0.07)	93.8 (1.34)	0.00 (0.00)	6.17 (1.34)
	19–30	1,160	1.54 (0.06)	95.1 (0.92)	0.00 (0.00)	4.88 (0.92)
	31–50	1,994	1.45 (0.04)	96.3 (0.59)	0.00 (0.00)	3.75 (0.59)
	51–70	1,740	1.42 (0.04)	96.6 (0.68)	0.00 (0.00)	3.40 (0.68)
	71+	964	1.33 (0.03)	97.5 (0.46)	0.00 (0.00)	2.53 (0.46)
	19+	5,858	1.45 (0.03)	96.3 (0.54)	0.00 (0.00)	3.75 (0.54)
All	1+	18,117	1.75 (0.03)	86.3 (0.55)	2.26 (0.06)	11.4 (0.55)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

## Recommended Amounts of Oils

Table B.16. Oils: Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Males	1–3	774	11.3 (0.36)	81.5 (2.93)	8.34 (0.74)	10.2 (2.37)
	4–8	1,001	16.2 (0.52)	59.4 (3.73)	36.6 (2.69)	4.03 (1.52)
	9–13	850	19.1 (0.55)	68.0 (2.42)	26.3 (1.78)	5.64 (1.03)
	14–18	808	21.8 (0.85)	74.6 (2.85)	24.7 (2.69)	0.74 (0.25)
	19–30	1,113	24.2 (0.83)	77.7 (2.50)	18.4 (1.83)	3.94 (0.89)
	31–50	1,825	26.2 (0.52)	65.4 (1.84)	28.5 (1.46)	6.10 (0.93)
	51–70	1,773	24.6 (0.57)	64.1 (2.15)	22.9 (1.38)	13.0 (1.42)



# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
	71+	912	19.9 (0.59)	81.2 (2.25)	14.0 (1.19)	4.83 (1.17)
	19+	5,623	24.7 (0.40)	69.3 (1.38)	23.2 (1.05)	7.50 (0.91)
Females	1–3	715	10.4 (0.26)	87.1 (1.80)	6.14 (0.48)	6.81 (1.46)
	4–8	894	15.0 (0.44)	68.3 (3.13)	25.9 (2.10)	5.85 (1.68)
	9–13	867	17.6 (0.66)	52.0 (3.81)	41.3 (2.85)	6.77 (1.49)
	14–18	727	18.5 (0.89)	79.4 (3.46)	14.7 (2.12)	5.96 (1.45)
	19–30	1,160	19.0 (0.69)	77.0 (2.65)	16.0 (1.65)	7.01 (1.19)
	31–50	1,994	18.8 (0.35)	77.9 (1.68)	12.5 (0.58)	9.57 (1.30)
	51–70	1,740	19.8 (0.43)	65.8 (2.11)	22.4 (1.13)	11.8 (1.53)
	71+	964	16.5 (0.37)	80.8 (1.80)	14.1 (0.95)	5.14 (0.98)
	19+	5,858	18.9 (0.30)	74.5 (1.35)	16.3 (0.70)	9.14 (1.06)
All	1+	18,117	20.5 (0.23)	71.5 (0.96)	20.9 (0.58)	7.62 (0.68)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

## Recommended Amounts of Energy From Solid Fats and Added Sugars (SoFAS)

Table B.17. Energy from Solid Fats and Added Sugars (SoFAS): Estimated percentage of persons below, at, or above recommendation<sup>1</sup>

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
Males	1–3	774	402 (9.35)	0.15 (0.10)	0.22 (0.11)	99.6 (0.21)
	4–8	1,001	556 (14.4)	0.00 (0.00)	1.43 (0.48)	98.6 (0.48)
	9–13	850	692 (15.3)	0.21 (0.05)	11.1 (0.83)	88.7 (0.88)
	14–18	808	807 (20.1)	1.50 (0.22)	26.9 (1.77)	71.6 (1.95)
	19–30	1,113	769 (20.0)	5.06 (0.77)	10.8 (0.85)	84.2 (1.58)
	31–50	1,825	746 (18.0)	2.60 (0.40)	14.8 (1.29)	82.6 (1.67)
	51–70	1,773	637 (14.9)	5.41 (0.61)	14.4 (0.95)	80.2 (1.51)
	71+	912	530 (12.4)	11.5 (1.21)	21.3 (0.91)	67.2 (2.02)
	19+	5,623	700 (13.3)	4.81 (0.49)	14.3 (0.85)	80.9 (1.28)
Females	1–3	715	369 (7.67)	0.39 (0.18)	0.42 (0.18)	99.2 (0.36)
	4–8	894	514 (10.0)	0.01 (0.01)	0.07 (0.04)	99.9 (0.05)
	9–13	867	607 (14.7)	0.09 (0.04)	3.82 (0.82)	96.1 (0.86)
	14–18	727	573 (14.9)	0.73 (0.21)	11.6 (1.38)	87.7 (1.57)
	19–30	1,160	556 (15.6)	0.80 (0.23)	13.2 (1.50)	86.0 (1.71)
	31–50	1,994	528 (10.5)	1.16 (0.23)	7.32 (0.68)	91.5 (0.90)
	51–70	1,740	472 (9.35)	0.74 (0.18)	12.7 (1.12)	86.6 (1.28)
	71+	964	413 (9.85)	1.74 (0.35)	19.8 (1.44)	78.5 (1.74)

# USUAL DIETARY INTAKES: U.S. POPULATION, 2007–2010

	Age (years)	N	Mean (SE)	% With Intake Below Recommendation (SE)	% With Intake Meeting Recommendation (SE)	% With Intake Above Recommendation (SE)
	19+	5,858	504 (8.07)	1.03 (0.21)	11.7 (0.80)	87.3 (0.99)
All	1+	18,117	594 (8.07)	2.23 (0.23)	11.7 (0.59)	86.1 (0.79)

1: Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.



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