



**IDENTIFICATION OF TOP FOOD SOURCES
OF VARIOUS DIETARY COMPONENTS**

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

This report includes analyses that were originally published online as references for the 2010 Dietary Guidelines for Americans Advisory Committee. The information contained in this report about top sources of dietary components informed the *2010 Dietary Guidelines for Americans* (available at <https://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>).

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Introduction

Understanding what foods contribute to energy, nutrient, and food group intake enhances our ability to monitor diets relative to recommendations and gives context for dietary guidance. Examining the top sources of dietary constituents that should be reduced is especially helpful for identifying targets for changes in the marketplace and food environment.

The purpose of the research described in this report was to identify the weighted population contributions of specific foods to food group intakes, beverage intake, and other selected dietary components among the U.S. population aged 2 and older.

The top food sources of the dietary components listed in this report have been identified using data from the 2003–2004 and 2005–2006 National Health and Nutrition Examination Survey (NHANES). Because the analyses were conducted based on separate requests of the 2010 Data Analysis Team for the Dietary Guidelines, the information presented in the findings, figures, and tables that follow may vary in method. For example, some dietary components are analyzed only in children and adolescents. Others vary in stratification by age group, gender, race/ethnicity, and family income. In addition, the data are often presented in multiple ways. For example, both the percentage contribution (e.g., 5.3% of energy from soda) and the mean contribution (e.g., 114 kcal from soda) of various foods to each dietary component might be included.

Note that rankings depend in part on how ubiquitously the specific food is consumed. Foods that are the richest sources of nutrients and food components are not necessarily the major contributors. Because some foods are commonly consumed in the population, they result in a significant contribution to the total intake. Also, readers should note that the mean contribution of a food represents the average per capita (this average may not be calculated for all components in this report). For example, all persons ages 2 and older consume an average of 7.5 teaspoons of added sugars from soda, energy drinks, or sports drinks per day. If the analysis were restricted to only those people who reported drinking such beverages on a given day, the average intake of added sugars from those beverages would be higher.

The dietary intake data collected in the survey were cataloged according to discrete food codes. For this analysis, food codes representing similar foods—such as the various types of pasta dishes—were combined to provide an indication of the contribution of distinct food items to intake of the dietary components being studied. That is, the food codes were sorted into 96 mutually exclusive categories, termed “specific foods.”

An example of the methods used for these analyses and results are described in detail in the following publication:

Reedy J, Krebs-Smith SM. [Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States](#). *J Am Diet Assoc* 2010 Oct;110 (10):1477-84.

Food and Beverage Lists

List of Specific Foods: Result of Grouping Like Foods Reported in NHANES^a 2003–2006

Beverages

- Whole milk
- Reduced-fat milk
- Skim milk
- Vegetable juice
- 100% fruit juice, not orange/grapefruit juice
- 100% orange/grapefruit juice
- Fruit drinks
- Soda, energy and sports drinks^b
- Milk substitutes and evaporated milk
- Alcoholic beverages
- Coffee
- Tea

Bakery/Breads

- Hot cereal
- Pancakes/waffles/French toast
- Quick breads
- Ready-to-eat cereals
- Grain-based desserts^c
- Yeast breads

Dressings, Spreads, and other Additions^d

- Butter^e
- Cream
- Margarine^f
- Mayonnaise
- Miscellaneous solid fats
- Nondairy creamer/cream substitutes
- Oils^e
- Salad dressing
- Sauces
- Sour cream
- Condiments
- Gelatins

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- Jams and jellies
- Sugars/honey
- Syrups/toppings

Produce

- Broccoli
- Carrots
- Coleslaw
- Corn
- Fried white potatoes
- Lettuce
- Onions
- Other cruciferous vegetables
- Other white potatoes
- Peas
- Spinach
- String beans
- Sweet potatoes
- Tomatoes
- Tomato sauces
- Vegetable medleys and other vegetables
- Vegetable mixed dishes
- Apples and pears
- Avocado
- Bananas
- Citrus fruits
- Dried fruit
- Grapes
- Melon
- Peaches/plums/apricots/nectarines
- Strawberries
- Other fruit and fruit salad

Snacks

- Potato/corn/other chips^f
- Popcorn
- Pretzels
- Nuts/seeds and nut/seed mixed dishes

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- Candy
- Crackers

Entrees

- Chili
- Mexican mixed dishes
- Pizza
- Soups
- Meal replacements
- Pasta and pasta dishes
- Rice and rice mixed dishes
- Egg rolls

Refrigerator/Frozen

- Yogurt
- Cottage/ricotta/cream cheese
- Dairy desserts
- Frozen meals

Deli

- Regular cheese
- Reduced-fat cheese
- Dried beans
- Burgers
- Cold cuts
- Eggs and egg mixed dishes⁹
- Tuna and tuna mixed dishes
- Shrimp and shrimp mixed dishes
- Other fish and fish mixed dishes
- Liver and other organ meats
- Beef and beef mixed dishes
- Chicken and chicken mixed dishes
- Duck and duck mixed dishes
- Other meat and meat mixed dishes
- Pork and pork mixed dishes
- Turkey and turkey mixed dishes
- Sausage, franks, bacon, and ribs
- Tofu and meat substitutes

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a: NHANES = National Health and Nutrition Examination Survey.

b: Includes sodas, energy drinks, sports drinks, and sweetened bottled water, including vitamin water.

c: Includes cakes, cookies, donuts, pies, crisps, cobblers, and granola bars.

d: Includes low-fat items such as low-fat salad dressings, cream cheese, and sour cream.

e: Butter, margarines, and oils do not include those used in yeast breads, grain-based desserts, quick breads, pancakes/waffles/French toast, dairy desserts, salad dressing, mayonnaise, pasta and pasta mixed dishes, Mexican mixed dishes, ready-to-eat cereal, crackers, pretzels, potato/corn/other chips, and candy.

f: Includes low-fat versions.

g: Excludes eggs found in grain-based desserts, pancakes/waffles/French toast, yeast breads, quick breads, dairy desserts, egg rolls, and pasta and pasta mixed dishes.

List of Beverage Types: Result of Grouping Like Beverages Reported in NHANES^a 2003–2006

Beverages

- Whole milk
- Reduced-fat milk
- Skim milk
- Vegetable juice
- 100% fruit juice, not orange/grapefruit juice
- 100% orange/grapefruit juice
- Fruit drink, regular
- Fruit drink, low-calorie
- Soda, regular^b
- Soda, low-calorie^b
- Milk substitutes and evaporated milk
- Alcoholic beverages
- Coffee
- Tea

a: NHANES = National Health and Nutrition Examination Survey.

b: Includes sodas, energy drinks, sports drinks, and sweetened bottled water, including vitamin water.

Key Findings

Sources of Food Group Intakes Among the U.S. Population, NHANES 2003–2004

The MyPyramid food groups include whole fruit, fruit juice, dark green vegetables, orange vegetables, legumes, starchy vegetables, other vegetables, whole grains, non-whole grains, meat, poultry, fish, eggs, soy, nuts, seeds, milk, cheese, oils, solid fats, and added sugars.

- Children and adolescents do not consume fruits, vegetables, and grains in the proportions that are recommended. They consume more fruit juice, starchy vegetables, other vegetables, and non-whole grains—and less whole fruit, dark green vegetables, orange vegetables, legumes, and whole grains—than recommended.
- Americans do not, in general, consume the most nutrient-dense forms of basic foods groups, instead consuming foods that are high in solid fats and added sugars. The main culprits are soda and other sugar-sweetened beverages, pizza, grain-based desserts, non-skim dairy products, and fatty meats.

See [Appendix A](#) for additional data.

Sources of Beverage Intakes Among the U.S. Population, NHANES 2005–2006

The beverage categories include whole milk, reduced-fat milk, skim milk, vegetable juice, 100% orange/grapefruit juice, 100% fruit juice (not orange/grapefruit juice), regular fruit drinks, low-calorie fruit drinks, regular soda, low-calorie soda, milk substitutes and evaporated milk, alcoholic beverages, coffee, and tea.

- Soda is the top beverage for all age groups, supplying more of both fluid weight (grams) and energy (calories) than any other beverage. Regular soda contributes 21% of the gram weight of beverages consumed by the U.S. population. Other sources of beverage intake include coffee (19%), tea (12%), alcoholic beverages (12%), and low-calorie soda (10%). Regular soda contributes 28% of the energy supplied by beverages. The proportion of energy supplied by coffee and tea is smaller (as would be expected based on calories), and alcoholic beverages (21%), reduced-fat milk (13%), and 100% fruit juice (10%) form larger pieces of the pie.
- The distribution of intake (grams and calories) varied somewhat by age. For example, regular soda (33%), reduced-fat milk (17%), fruit drinks (13%), 100% fruit juice (12%), and whole milk (9%) are major sources of the fluid weight of beverages consumed by children and adolescents. Alcoholic beverages and coffee contribute less than 2% of beverage intake for children and adolescents.
- The mean contribution (in teaspoons) represents the average per capita. For example, all persons age 2 and older consume an average of 7.5 teaspoons of added sugars from soda, energy drinks, or sports drinks per day. If the analysis were restricted to only those who reported drinking such beverages on a given day, the intake of average added sugars from those beverages would be higher.

See [Appendix B](#) for additional data.

Macronutrients

Sources of Saturated Fat, Stearic Acid, and Cholesterol-Raising Fat Among the U.S. Population, NHANES 2005–2006

- For the most part, the major sources of cholesterol-raising fat are the same as those of saturated fat and stearic acid, although the rankings varied somewhat across the three types of fats.
- Saturated fat: The top five sources of saturated fat are regular cheese, pizza, grain-based desserts, dairy desserts, and chicken and chicken mixed dishes. Collectively, these sources contribute 31% of saturated fat.
- Stearic acid: The top five sources of stearic acid are grain-based desserts; regular cheese; sausage, franks, bacon, and ribs; chicken and chicken mixed dishes; and pizza. Collectively, these sources contribute 32% of stearic acid.

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- Cholesterol-raising fat (defined as saturated fat minus stearic acid): The top five sources of cholesterol-raising fat are regular cheese, dairy desserts, pizza, chicken and chicken mixed dishes, and grain-based desserts. Collectively, these sources contribute 32% of cholesterol-raising fat.

See [Appendix C](#) for additional data.

Sources of Selected Fatty Acids Among the U.S. Population, NHANES 2005–2006

- The top source of omega-3 fatty acids (18:3 + 20:5 + 22:6) was salad dressing, while the top source of DHA and EPA fatty acids (20:5 + 22:6) was other fish and fish mixed dishes.
- The foods that are the richest sources of a nutrient are not necessarily the major contributors. Because some foods are commonly consumed in the population, they result in a significant contribution to the total intake of a nutrient.

See [Appendix D](#) for additional data.

Sources of Cholesterol Among the U.S. Population, NHANES 2005–2006

- The top five sources of cholesterol are eggs and egg mixed dishes, chicken and chicken mixed dishes, beef and beef mixed dishes, burgers, and regular cheese.

See [Appendix E](#) for additional data.

Sources of Protein Among U.S. Children and Adolescents, NHANES 2005–2006

- Among 2- to 18-year-olds, the top sources of protein intake contributing at least 5% are chicken and chicken mixed dishes, pizza, reduced-fat milk, beef and beef mixed dishes, burgers, yeast breads, and pasta and pasta dishes. The major sources varied somewhat by age, gender, race/ethnicity, and income. For example:
 - Rankings varied somewhat by age: Whole milk is a major contributor for 2- to 3-year-olds (10%) and for 4- to 8-year-olds (6%).
 - Rankings varied somewhat by race/ethnicity and income: The major contributors for Mexican-Americans include whole milk (7%) and Mexican mixed dishes (7%). Whole milk is also a top source (6%) for 2- to 18-year-olds with a family income of 130% of the poverty income ratio.

See [Appendix F](#) for additional data.

Sources of Carbohydrates Among U.S. Children and Adolescents, NHANES 2005–2006

- Among 2- to 18-year-olds, soda is the top source of carbohydrate intake (11%). Other sources contributing at least 5% are grain-based desserts, yeast breads, pizza, ready-to-eat cereal, and fruit drinks. The major sources varied somewhat by age, gender, race/ethnicity, and income.
 - Rankings varied somewhat by age: For example, the top source among 2- to 3-year-olds is 100% fruit juice (not orange/grapefruit juice) (11%). Other foods contributing at least 5% for narrower age groups include pasta and pasta dishes for 2- to 3-year-olds (6%), 4- to 8-year-olds (5%), and 9- to 13-year-olds (5%); and dairy desserts for 4- to 8-year-olds (6%).
 - Rankings varied somewhat by race/ethnicity: For example, the top source for non-Hispanic Blacks is fruit drinks (10%) and a major contributor for Mexican-Americans is Mexican mixed dishes (7%).

See [Appendix G](#) for additional data.

Sources of Fiber Among U.S. Children and Adolescents, NHANES 2005–2006

- Among 2- to 18-year-olds, top sources of fiber intake contributing at least 5% are yeast breads, Mexican mixed dishes, pasta and pasta dishes, pizza, ready-to-eat cereals, grain-based desserts, fried white potatoes, and potato/corn/other chips. The major sources varied somewhat by age, gender, race/ethnicity, and income. For example, apples and pears (6%) and bananas (5%) are major contributors for 2- to 3-year-olds, and beans (8%) and apples and pears (5%) are major contributors for all Mexican-American children and adolescents.

See [Appendix H](#) for additional data.

Energy and Discretionary Calories

Sources of Energy Among the U.S. Population, NHANES 2005–2006

- The top five sources of energy in the U.S. population are grain-based desserts (138 kcal per day), yeast breads (129 kcal per day), chicken and chicken mixed dishes (121 kcal per day), soda (114 kcal per day), and pizza (98 kcal per day). The major sources of energy vary by age, gender, and race/ethnicity, as follows:
 - Rankings vary somewhat by age. For example, the top five sources of energy for 2- to 3-year-olds include whole milk (104 kcal per day), fruit juice (93 kcal), reduced-fat milk (91 kcal), and pasta and pasta dishes (86 kcal). Pasta and reduced-fat milk are also among the top five sources of energy for 4- to 8-year-olds (97 and 95 kcal, respectively). Other top contributors include Mexican mixed dishes for 19- to 30-year-olds (146 kcal), alcoholic beverages for 31- to 50-year-olds (135 kcal) and 51- to 70-year-olds (83 kcal), and dairy desserts and ready-to-eat cereals for individuals 71 years and older (78 and 57 kcal, respectively).
 - Rankings vary somewhat among males. For example, a top source among males ages 71 and older is beef and beef mixed dishes (71 kcal).
 - Rankings vary somewhat by race/ethnicity. For example, major contributors for 2- to 18-year-old Non-Hispanic Blacks include fruit drinks (100 kcal/day) and pasta and pasta dishes (90 kcal), while Mexican-Americans' top sources include Mexican mixed dishes (136 kcal) and whole milk (99 kcal). Non-Hispanic Blacks and Whites consume more energy from sugar-sweetened beverages (combining soda and fruit drinks) than from milk (combining all milks), whereas Mexican-Americans consume more energy from milk than from sugar-sweetened beverages.

See [Appendix I](#) for additional data.

Sources of Calories From Solid Fats Among the U.S. Population, NHANES 2005–2006

- The average daily intake of energy from solid fats among 2- to 18-year-olds is 433 kcal. The major sources of solid fat are pizza (50 kcal per day from solid fat), grain-based desserts (43 kcal), whole milk (35 kcal), regular cheese (34 kcal), and fatty meats (29 kcal). This list varies by age group, with younger children obtaining a greater share of their solid fat from both whole and reduced-fat milk and 14- to 18-year-olds getting more from fried potatoes.

See [Appendix J](#) for additional data.

Sources of Calories From Added Sugars Among the U.S. Population, NHANES 2005–2006

- The average daily intake of energy from added sugars among all 2- to 18-year-olds was 365 kcal. The major sources of added sugars were soda (116 kcal per day from added sugars), fruit drinks (55 kcal), grain desserts (40 kcal), dairy desserts (29 kcal), and candy (25 kcal). The list does not vary markedly by age and demographic groups, but cold cereals were among the top sources for 2- to 8-year-old children, Non-Hispanic Whites, and low-income groups.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

- Sugar-sweetened beverages (soda and fruit drinks) represented the top two sources of calories from added sugars among nearly all age and demographic groups. The consumption of added sugar from sugar-sweetened beverages was 60 kcal per day for 2- to 3-year-olds, 121 kcal for 4- to 8-year-olds, 169 kcal for 9- to 13-year-olds, and 260 kcal for 14- to 18-year-olds. Among all racial/ethnic and income groups, sugar-sweetened beverages contributed about 45%–50% of added sugars. Non-Hispanic Blacks obtained more added sugars from fruit drinks and less from soda than other groups.
- Rankings depend in part on how ubiquitously the specific food is consumed. Foods that are the richest sources of added sugars are not necessarily the major contributors. Because some foods are commonly consumed in the population, they result in a significant contribution to the total intake.
- The mean contribution (in teaspoons) represents the average per capita. For example, all persons age 2 and older consume an average of 7.5 teaspoons of added sugars from soda, energy drinks, and sports drinks per day. If the analysis were restricted to only those people who reported drinking such beverages on a given day, the average intake of added sugars from those beverages would be higher.

See [Appendix K](#) for additional data.

Micronutrients

Sources of Sodium Among the U.S. Population, NHANES 2005–2006

- The major sources of sodium in the U.S. population are yeast breads; chicken and chicken mixed dishes; pizza; pasta and pasta dishes; cold cuts; condiments; Mexican mixed dishes; sausage, franks, bacon, and ribs; regular cheese; grain-based desserts; soups; and beef and beef mixed dishes. These 12 food groups each supply over 100 mg sodium per person per day to the diet. Collectively, this relatively small group of foods contributes about 56% of the dietary sodium, or nearly 2,000 mg per person per day.
- The major sources of sodium vary by age, gender, and race/ethnicity, as follows:
 - The top five contributors of sodium for all persons are yeast breads (250 mg per day), chicken and chicken mixed dishes (233 mg per day), pizza (217 mg per day), pasta and pasta dishes (174 mg per day), and cold cuts (155 mg per day).
 - Rankings varied somewhat by age. For example, the top source among 2- to 18-year-olds is pizza (295 mg per day); and among persons 19 and older, it is yeast breads (258 mg per day). Other foods in the top five for several narrower age groups include: sausages, franks, bacon, and ribs for 2- to 3-year-olds, 4- to 8-year-olds, 9- to 13-year-olds, and 51- to 70-year-olds; Mexican mixed dishes for 19- to 30-year-olds; grain-based desserts for persons 71 and older; and soups for 51- to 70-year-olds and persons 71 and older.
 - Rankings varied somewhat among males. For example, a major contributor among 14- to 18-year-olds is burgers (219 mg per day). Condiments is a top source among both 14- to 18-year-olds (224 mg per day) and 51- to 70-year-olds (183 mg per day).
 - Rankings varied somewhat among females. For example, salad dressing is a major contributor among 51- to 70-year-olds (105 mg per day), and ready-to-eat cereals is a top source among 2- to 3-year-olds (97 mg per day).
 - Rankings varied somewhat by race/ethnicity. The top source is yeast breads for non-Hispanic Whites (271 mg per day), chicken and chicken mixed dishes for non-Hispanic Blacks (311 mg per day), and Mexican mixed dishes (348 mg per day) for Mexican-Americans.
- Rankings depend in part on how ubiquitously the specific food is consumed. Foods that are the richest sources of sodium are not necessarily the major contributors. Because some foods are commonly consumed in the population, they result in a significant contribution to the total intake.
- The mean contribution (in milligrams) represents the average per capita. For example, all persons age 2 and older consume an average of 217 mg of sodium from pizza per day. If the analysis were restricted to only those people who reported eating pizza on a given day, the average sodium intake from pizza would be higher.

See [Appendix L](#) for additional data.

Sources of Potassium Among the U.S. Population, NHANES 2005–2006

- The top five contributors of potassium for all persons are reduced-fat milk (154 mg/day), coffee (135 mg/day), chicken and chicken mixed dishes (119 mg/day), beef and beef mixed dishes (94 mg/day), and 100% orange/grapefruit juice (90 mg/day). The major sources of potassium varied somewhat by age, gender, race/ethnicity, and family income. For example:
 - Rankings varied somewhat by age: The top source among persons 19 and older is coffee (176 mg/day). Other foods in the top five for several narrower age groups include: whole milk for 2- to 3-year-olds, 4- to 8-year-olds, and 9- to 13-year-olds; 100% fruit juice (not orange/grapefruit) for 2- to 3-year-olds and 4- to 8-year-olds; pasta and pasta dishes for 2- to 3-year-olds and 9- to 13-year-olds; skim milk for 2- to 3-year-olds; dairy desserts for 4- to 8-year-olds; fried white potatoes for 9- to 13-year-olds and 14- to 18-year-olds; potato/corn/other chips for 14- to 18-year-olds and 31- to 50-year-olds; pizza for 14- to 18-year-olds; Mexican mixed dishes for 19- to 30-year-olds; other white potatoes for 51- to 70-year-olds and persons 71 and older; and bananas for persons 71 and older.
 - Rankings varied somewhat by gender: Bananas (88 mg/day) are a top source among 2- to 3-year-old males, and soups (102 mg/day) and tea (101 mg/day) are top sources among 51- to 70-year-old females.
 - Rankings varied somewhat by race/ethnicity: The top source for non-Hispanic Blacks is chicken and chicken mixed dishes (152 mg/day); and for Mexican-Americans, it is Mexican mixed dishes (188 mg/day). Other foods in the top five include: fried white potatoes for non-Hispanic Whites (85 mg/day) and non-Hispanic Blacks (102 mg/day); potato/corn/other chips (130 mg/day) for non-Hispanic Blacks; and whole milk (150 mg/day), beans (122 mg/day), and soups (113 mg/day) for Mexican-Americans.
 - Rankings varied somewhat by income: Whole milk is among the top five sources for persons with a family income of \leq 130% of the poverty income ratio (PIR) (129 mg/day) and 131%–185% PIR (119 mg/day). Potato/corn/other chips (93 mg/day) are among the top five sources for persons with 131%–185% PIR; and fried white potatoes (92 mg/day) are among the top five sources for persons \geq 185% PIR.
- This approach identifies food sources of potassium for the population that may or may not be the richest sources of potassium. For that reason, these data may be most informative when potassium is over-consumed rather than under-consumed. If potassium is under-consumed, rich sources—foods with the greatest amount of potassium per 100 grams—may be more relevant.

See [Appendix M](#) for additional data.

Sources of Calcium Among the U.S. Population, NHANES 2005–2006

- The top contributors of calcium for all persons are reduced-fat milk (12.2%), regular cheese (9.2%), whole milk (6.1%), and pizza (6.1%).
- This approach identifies food sources of a given dietary component for the population which may/may not be the richest sources of the component. For that reason, these data may be most informative when the component is over-, rather than under-consumed. If a component is under-consumed, rich sources—foods with the greatest amount per 100 grams—may be more relevant.

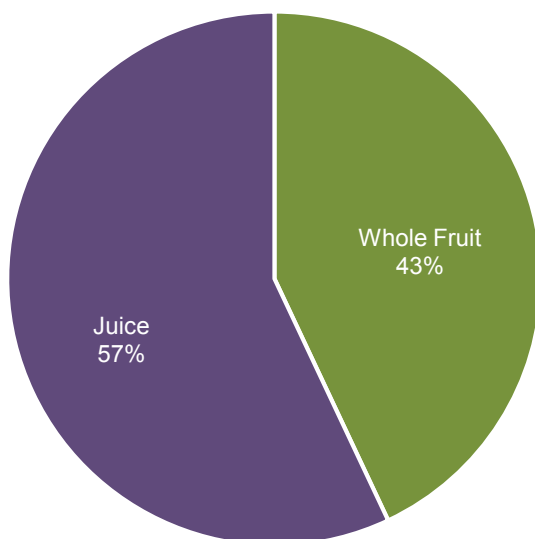
See [Appendix N](#) for additional data.

Appendices

Appendix A: Sources of Food Group Intakes Among the U.S. Population, NHANES 2003–2004

FIGURES

Figure 1. Distribution of intake (cup equivalents) between juice and whole fruit within the MyPyramid fruit group, U.S. children and adolescents (2–18 years)



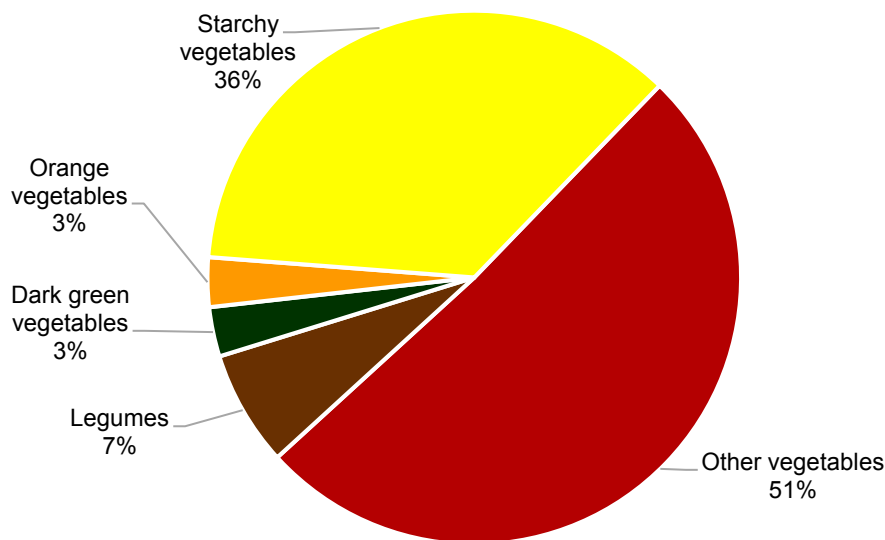
FOOD SOURCES OF JUICE	FOOD SOURCES OF WHOLE FRUIT
<ul style="list-style-type: none"> ▪ 100% fruit juice, not orange/grapefruit (44%) ▪ 100% orange/grapefruit juice (41%) ▪ Fruit drinks (10%) ▪ Other (5%) 	<ul style="list-style-type: none"> ▪ Apples and pears (38%) ▪ Bananas (16%) ▪ Other fruit and fruit salads (8%) ▪ Citrus fruits (8%) ▪ Melon (8%) ▪ Grapes (7%) ▪ Other (15%)

Fruit subgroups are Juice and Whole Fruit (fruit other than juice).

Data source: NHANES 2003–2004

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Figure 2. Distribution of intake (cup equivalents) among subgroups within the MyPyramid vegetable group, U.S. children and adolescents (2–18 years)



FOOD SOURCES OF LEGUMES	FOOD SOURCES OF DARK GREEN VEGETABLES	FOOD SOURCES OF ORANGE VEGETABLES
<ul style="list-style-type: none"> ▪ Beans (65%) ▪ Mexican mixed dishes (20%) ▪ Rice and rice mixed dishes (7%) ▪ Chili (4%) ▪ Soups (3%) ▪ Other (1%) 	<ul style="list-style-type: none"> ▪ Broccoli (43%) ▪ Spinach (19%) ▪ Lettuce (14%) ▪ Soups (7%) ▪ Chicken and chicken mixed dishes (6%) ▪ Pasta and pasta dishes (5%) ▪ Sour Cream (2%) ▪ Other (5%) 	<ul style="list-style-type: none"> ▪ Carrots (62%) ▪ Soups (10%) ▪ Beef and beef mixed dishes (7%) ▪ Chicken and chicken mixed dishes (5%) ▪ Sweet potatoes (5%) ▪ Vegetable medleys and other vegetables (5%) ▪ Other (6%)
FOOD SOURCES OF STARCHY VEGETABLES	FOOD SOURCES OF OTHER VEGETABLES	
<ul style="list-style-type: none"> ▪ Fried white potatoes (33%) ▪ Potato/corn/other chips (26%) ▪ Other white potatoes (23%) ▪ Corn (7%) ▪ Soups (3%) ▪ Beef and beef mixed dishes (3%) ▪ Other (5%) 	<ul style="list-style-type: none"> ▪ Pizza (18%) ▪ Pasta and pasta dishes (15%) ▪ Condiments (11%) ▪ Lettuce (9%) ▪ Tomatoes (5%) ▪ Vegetable medleys and other vegetables (4%) ▪ Burgers (4%) ▪ Rice and rice mixed dishes (4%) ▪ String Beans (4%) ▪ Soups (4%) ▪ Mexican mixed dishes (3%) ▪ Chicken and chicken mixed dishes (3%) ▪ Beef and beef mixed dishes (3%) ▪ Tomato sauces (2%) ▪ Other (10%) 	

Vegetable subgroups are Dark Green Vegetables, Orange Vegetables, Legumes, Starchy Vegetables (including potatoes), and Other Vegetables (including tomatoes).

Data source: NHANES 2003–2004

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

TABLES

Table 1. Distribution of servings among subgroups within MyPyramid major food groups, among U.S. children and adolescents (ages 2–18), NHANES^a 2003–2004

Food Group	% Current Intake	% Recommended ^b
Fruit		
Whole fruit	42.8	≥ 50
Juice	57.2	≤ 50
Vegetables		
Dark green ^c	3.0	17
Orange ^d	3.3	11
Legumes ^{e, f}	6.4	17
Starchy ^g	36.3	17
Other ^h	54.9	37
Grains		
Whole	6.8	≥ 50
Non-whole	93.2	≤ 50
Meat and Beans		
Meat	45.4	NA ⁱ
Poultry	30.0	NA ⁱ
Fish	4.6	NA ⁱ
Egg	6.1	NA ⁱ
Nuts/seeds	9.8	NA ⁱ
Legumes ^e	3.3	NA ⁱ
Soy	0.9	NA ⁱ
Milk		
Milk	64.5	NA ⁱ
Yogurt	1.7	NA ⁱ
Cheese	33.4	NA ⁱ
Discretionary Calories		
Solid fat	52.7	NA ⁱ
Added sugars	46.7	NA ⁱ
Alcohol	0.6	NA ⁱ

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

a: NHANES = National Health and Nutrition Examination Survey.

b: From the 2005 Dietary Guidelines for Americans.

c: For example, broccoli, romaine, spinach, and collard greens.

d: For example, carrots, pumpkin, and sweet potatoes.

e: For example, lentils, cooked dried peas, and beans.

f: Legumes are included in both the vegetable group and the meat and beans group so that the relative proportion can be determined within both food groups. In the meat and beans group, servings are adjusted as defined in the MyPyramid Equivalents Database so that 1/4 cup vegetables = 1 ounce equivalent meat and beans.

g: For example, white potatoes, corn, and green peas.

h: For example, tomatoes, onions, and iceberg lettuce.

i: NA = Not applicable. No specific recommendations provided.

Table 2. Food sources of whole fruit, fruit juice, dark green vegetables, orange vegetables, legumes, starchy vegetables, other vegetables, whole grains, non-whole grains, meat, poultry, fish, eggs, soy, nuts and seeds, milk, cheese, oils, solid fats, and added sugars, among U.S. children and adolescents (ages 2–18), NHANES^a 2003–2004

Whole Fruit^b

Ranking	Food Item	%	Cumulative %
1	Apples and pears	37.5	37.5
2	Bananas	15.7	53.3
3	Other fruit and fruit salad	8.4	61.7
4	Citrus fruits	8.3	70.0
5	Melon	7.8	77.7
6	Grapes	7.3	85.1
7	Strawberries	3.8	88.9
8	Peaches/plums/apricots/nectarines	3.4	92.3
9	Grain-based desserts	2.0	94.3

a: NHANES = National Health and Nutrition Examination Survey.

b: Specific food contributing at least 1% of whole fruit: dairy desserts.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Fruit Juice^c

Ranking	Food Item	%	Cumulative %
1	100% fruit juice, not orange/grapefruit	43.7	43.7
2	100% orange/grapefruit juice	41.2	84.9
3	Fruit drinks	10.4	95.3

c: Specific foods contributing at least 1% of fruit juice in descending order: dairy desserts, candy.

Dark Green Vegetables^d

Ranking	Food Item	%	Cumulative %
1	Broccoli	42.8	42.8
2	Spinach	18.7	61.5
3	Lettuce	14.1	75.6
4	Soups	7.1	82.7
5	Chicken and chicken mixed dishes	5.7	88.3
6	Pasta and pasta dishes	4.6	92.9
7	Sour cream	2.2	95.1

d: Specific foods contributing at least 1% to dark green vegetables in descending order: beef and beef mixed dishes; vegetable medleys and other vegetables.

Orange Vegetables^e

Ranking	Food Item	%	Cumulative %
1	Carrots	62.3	62.3
2	Soups	10.1	72.5
3	Beef and beef mixed dishes	6.7	79.2
4	Chicken and chicken mixed dishes	5.2	84.4
5	Sweet potatoes	4.9	89.3
6	Vegetable medleys and other vegetables	4.6	93.8

e: Specific food contributing at least 1% to orange vegetables: grain-based desserts.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Legumes^f

Ranking	Food Item	%	Cumulative %
1	Beans	64.6	64.6
2	Mexican mixed dishes	19.7	84.3
3	Rice and rice mixed dishes	6.8	91.1
4	Chili	4.3	95.4
5	Soups	3.4	98.8

f: There are no additional specific foods contributing at least 1% to legumes.

Starchy Vegetables^g

Ranking	Food Item	%	Cumulative %
1	Fried white potatoes	32.7	32.7
2	Potato/corn/other chips	25.6	58.3
3	Other white potatoes	23.3	81.6
4	Corn	7.4	89.0
5	Soups	3.4	92.4
6	Beef and beef mixed dishes	2.6	95.0

g: Specific foods contributing at least 1% of starchy vegetables in descending order: chicken and chicken mixed dishes; peas.

Other Vegetables^h

Ranking	Food Item	%	Cumulative %
1	Pizza	18.0	18.0
2	Pasta and pasta dishes	14.9	32.9
3	Condiments	10.7	43.6
4	Lettuce	9.1	52.8
5	Tomatoes	5.4	58.1
6	Vegetable medleys and other vegetables	4.4	62.5
7	Burgers	4.3	66.8
8	Rice and rice mixed dishes	4.2	70.9
9	String beans	4.0	74.9
10	Soups	3.6	78.5
11	Mexican mixed dishes	3.4	81.9
12	Chicken and chicken mixed dishes	3.3	85.2

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
13	Beef and beef mixed dishes	2.6	87.8
14	Tomato sauces	2.0	89.8

h: Specific foods contributing at least 1% of other vegetables in descending order: other cruciferous vegetables, chili.

Whole Grainsⁱ

Ranking	Food Item	%	Cumulative %
1	Ready-to-eat cereals	34.4	34.4
2	Popcorn	17.7	52.1
3	Yeast breads	17.4	69.5
4	Hot cereal	8.1	77.5
5	Pancakes/waffles/French toast	6.0	83.5
6	Grain-based desserts	4.8	88.3
7	Crackers	4.2	92.5

i: Specific foods contributing at least 1% of whole grains in descending order: potato/corn/other chips; milk substitutes and evaporated milk; pretzels; and rice.

Non-Whole Grains^j

Ranking	Food Item	%	Cumulative %
1	Yeast breads	23.5	23.5
2	Pizza	12.2	35.7
3	Grain-based desserts	9.7	45.4
4	Pasta and pasta dishes	7.7	53.1
5	Mexican mixed dishes	6.4	59.4
6	Potato/corn/other chips	4.9	64.3
7	Chicken and chicken mixed dishes	4.6	69.0
8	Ready-to-eat cereals	4.0	73.0
9	Burgers	3.8	76.7
10	Rice and rice mixed dishes	3.2	79.9
11	Crackers	3.2	83.1
12	Pretzels	3.2	86.3
13	Pancakes/waffles/French toast	3.0	89.3

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
14	Soups	2.5	91.7
15	Quick breads	2.1	93.8

j: There are no additional specific foods contributing at least 1% of non-whole grains.

Meat^k

Ranking	Food Item	%	Cumulative %
1	Burgers	24.2	24.2
2	Beef and beef mixed dishes	21.2	45.5
3	Sausage, franks, bacon, and ribs	15.9	61.3
4	Cold cuts	11.9	73.2
5	Pork and pork mixed dishes	8.1	81.3
6	Pasta and pasta dishes	5.5	86.8
7	Mexican mixed dishes	4.3	91.1
8	Pizza	4.2	95.3

k: Specific foods contributing at least 1% of meat in descending order: chili; other meat and meat mixed dishes.

Poultry^l

Ranking	Food Item	%	Cumulative %
1	Chicken and chicken mixed dishes	73.5	73.5
2	Cold cuts	10.4	83.9
3	Turkey and turkey mixed dishes	6.0	89.9
4	Sausage, franks, bacon, and ribs	3.7	93.6
5	Soups	2.4	95.9
6	Mexican mixed dishes	2.2	98.1

l: There are no additional specific foods contributing at least 1% of total poultry.

Fish^m

Ranking	Food Item	%	Cumulative %
1	Other fish and fish mixed dishes	60.6	60.6
2	Tuna and tuna mixed dishes	22.4	83.0
3	Shrimp and shrimp mixed dishes	10.7	93.7
4	Pasta and pasta dishes	2.9	96.6

m: Specific foods contributing at least 1% of fish in descending order: beef and beef mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Eggsⁿ

Ranking	Food Item	%	Cumulative %
1	Eggs and egg mixed dishes	79.0	79.0
2	Pasta and pasta dishes	4.5	83.4
3	Pancakes/waffles/French toast	3.9	87.3
4	Rice and rice mixed dishes	2.2	89.5

n: Specific foods contributing at least 1% of eggs in descending order: other fish and fish mixed dishes; chicken and chicken mixed dishes; other white potatoes.

Soy^o

Ranking	Food Item	%	Cumulative %
1	Milk substitutes and evaporated milk	37.7	37.7
2	Tofu and meat substitutes	33.6	71.4
3	Pasta and pasta dishes	9.4	80.8
4	Grain-based desserts	5.5	86.3
5	Soups	5.2	91.6
6	Pancakes/waffles/French toast	3.2	94.8

o: There are no additional specific foods contributing at least 1% of soy.

Nuts and Seeds^p

Ranking	Food Item	%	Cumulative %
1	Nuts/seeds and nut/seed mixed dishes	76.1	76.1
2	Candy	11.5	87.6
3	Grain-based desserts	4.8	92.4
4	Crackers	2.1	94.5

p: Specific foods contributing at least 1% of nuts and seeds in descending order: ready-to-eat cereals, dairy desserts, pretzels.

Milk^q

Ranking	Food Item	%	Cumulative %
1	Reduced-fat milk	44.6	44.6
2	Whole milk	34.3	78.8
3	Skim milk	8.8	87.6
4	Dairy desserts	5.6	93.3

q: Specific foods containing at least 1% of milk in descending order: pasta and pasta dishes; candy.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Cheese^r

Ranking	Food Item	%	Cumulative %
1	Pizza	37.9	37.9
2	Regular cheese	35.8	73.6
3	Pasta and pasta dishes	7.2	80.8
4	Reduced-fat cheese	5.8	86.6
5	Mexican mixed dishes	5.6	92.2
6	Burgers	2.9	95.1

r: Specific foods contributing at least 1% of cheese: eggs and egg mixed dishes.

Oils^{s, t}

Ranking	Food Item	%	Cumulative %
1	Potato/corn/other chips	23.7	23.7
2	Chicken and chicken mixed dishes	15.4	39.1
3	Salad dressing	9.5	48.6
4	Nuts/seeds and nut/seed mixed dishes	7.9	56.5
5	Yeast breads	5.6	62.1
6	Candy	5.1	67.3
7	Mayonnaise	4.7	72.0
8	Popcorn	4.1	76.0
9	Burgers	2.9	78.9
10	Grain-based desserts	2.0	80.9

s: Includes non-hydrogenated vegetable oils and fatty portions of fish, nuts, and seeds.

t: Specific foods contributing at least 1% of oils in descending order: margarine; rice and rice mixed dishes; pasta and pasta dishes; fried white potatoes; beans; tuna and tuna mixed dishes.

Solid Fats^u

Ranking	Food Item	%	Cumulative %
1	Pizza	11.4	11.4
2	Grain-based desserts	10.4	21.8
3	Whole milk	7.8	29.6
4	Regular cheese	7.7	37.3
5	Sausage, franks, bacon, and ribs	6.4	43.8
6	Fried white potatoes	5.9	49.7

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
7	Reduced-fat milk	5.6	55.3
8	Dairy desserts	5.3	60.6
9	Pasta and pasta dishes	5.0	65.6
10	Burgers	4.2	69.8
11	Mexican mixed dishes	3.9	73.7
12	Chicken and chicken mixed dishes	3.3	77.0
13	Eggs and egg mixed dishes	2.0	79.0

u: Specific foods contributing at least 1% of solid fats in descending order: beef and beef mixed dishes, crackers, butter, soups, pancakes/waffles/French toast, candy, quick breads, yeast breads.

Added Sugars^v

Ranking	Food Item	%	Cumulative %
1	Soda	31.7	31.7
2	Fruit drinks	14.5	46.2
3	Grain-based desserts	11.5	57.7
4	Dairy desserts	8.3	66.0
5	Candy	7.0	73.0
6	Ready-to-eat cereals	6.0	79.0
7	Syrups/toppings	3.1	82.0
8	Tea	2.3	84.4

v: Specific foods contributing at least 1% of added sugars in descending order: yeast breads, sugars/honey, whole milk, reduced-fat milk, condiments, yogurt.

Table 3. Food sources of whole fruit, fruit juice, dark green vegetables, orange vegetables, legumes, starchy vegetables, other vegetables, whole grains, non-whole grains, meat, poultry, fish, eggs, soy, nuts and seeds, milk, cheese, oils, solid fats, and added sugars among the U.S. population (ages 2+), NHANES^a 2003–2004

Whole Fruit^b

Ranking	Food Item	%	Cumulative %
1	Apples and pears	29.6	29.6
2	Bananas	20.3	49.9
3	Melon	10.5	60.4
4	Other fruit and fruit salad	7.6	68.0
5	Citrus fruits	7.3	75.2
6	Grapes	5.5	80.7

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
7	Peaches, plums, apricots, nectarines	4.5	85.3
8	Grain-based desserts	3.7	88.9
9	Strawberries	3.5	92.5

a: NHANES = National Health and Nutrition Examination Survey.

b: Specific food contributing at least 1% of whole fruit: dairy desserts.

Fruit Juice^c

Ranking	Food Item	%	Cumulative %
1	100% orange/grapefruit juice	51.0	51.0
2	100% fruit juice, not orange/grapefruit	31.4	82.4
3	Fruit drinks	9.7	92.1

c: Specific foods contributing at least 1% of fruit juice in descending order: dairy desserts, candy.

Dark Green Vegetables^d

Ranking	Food Item	%	Cumulative %
1	Broccoli	29.0	29.0
2	Spinach	26.1	55.1
3	Lettuce	25.8	81.0
4	Soups	3.0	84.0
5	Chicken and chicken mixed dishes	2.6	86.5
6	Pasta and pasta dishes	2.1	88.6

d: Specific foods contributing at least 1% to dark green vegetables in descending order: beef and beef mixed dishes; vegetable medleys and other vegetables.

Orange Vegetables^e

Ranking	Food Item	%	Cumulative %
1	Carrots	47.0	47.0
2	Sweet potatoes	12.6	59.6
3	Vegetable medleys and other vegetables	9.2	68.7
4	Soups	8.1	76.9
5	Beef and beef mixed dishes	6.4	83.3
6	Chicken and chicken mixed dishes	4.8	88.1
7	Vegetable juice	3.1	91.1

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
8	Grain-based desserts	2.0	93.2
9	Coleslaw	2.0	95.1

e: Specific food contributing at least 1% to orange vegetables: grain-based desserts.

Legumes^f

Ranking	Food Item	%	Cumulative %
1	Beans	67.6	67.6
2	Mexican mixed dishes	14.7	82.3
3	Rice and rice mixed dishes	6.6	88.9
4	Chili	5.6	94.5
5	Soups	3.8	98.3

f: There are no additional specific foods contributing at least 1% to legumes.

Starchy Vegetables^g

Ranking	Food Item	%	Cumulative %
1	Other white potatoes	31.4	31.4
2	Fried white potatoes	25.5	57.0
3	Potato/corn/other chips	19.4	76.4
4	Corn	7.6	83.9
5	Soups	5.0	88.9
6	Beef and beef mixed dishes	3.1	92.0

g: Specific foods contributing at least 1% of starchy vegetables in descending order: chicken and chicken mixed dishes, peas.

Other Vegetables^h

Ranking	Food Item	%	Cumulative %
1	Lettuce	13.0	13.0
2	Pizza	11.2	24.3
3	Pasta and pasta dishes	9.6	33.9
4	Condiments	8.9	42.7
5	Vegetable medleys and other vegetables	8.7	51.4
6	Tomatoes	8.2	59.6
7	String beans	4.9	64.4

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
8	Mexican mixed dishes	3.5	67.9
9	Soups	3.4	71.3
10	Chicken and chicken mixed dishes	3.4	74.8
11	Rice and rice mixed dishes	3.1	77.9
12	Other cruciferous vegetables	3.1	81.0
13	Beef and beef mixed dishes	2.7	83.7
14	Burgers	2.1	85.8

h: Specific foods contributing at least 1% of other vegetables in descending order: other cruciferous vegetables, chili.

Whole Grainsⁱ

Ranking	Food Item	%	Cumulative %
1	Ready-to-eat cereals	24.5	24.5
2	Yeast breads	24.2	48.7
3	Hot cereal	15.9	64.6
4	Popcorn	12.4	77.0
5	Crackers	5.9	82.9
6	Pancakes, waffles, French toast	4.4	87.4
7	Grain-based desserts	3.9	91.2
8	Rice and rice mixed dishes	2.8	94.0

i: Specific foods contributing at least 1% of whole grains in descending order: potato/corn/other chips; milk substitutes and evaporated milk; pretzels; and rice.

Non-Whole Grains^j

Ranking	Food Item	%	Cumulative %
1	Yeast breads	25.9	25.9
2	Pizza	11.4	37.4
3	Grain-based desserts	9.9	47.2
4	Mexican mixed dishes	8.0	55.2
5	Pasta and pasta dishes	6.7	61.9
6	Chicken and chicken mixed dishes	4.4	66.3
7	Rice and rice mixed dishes	4.4	70.7
8	Potato/corn/other chips	3.8	74.5
9	Quick breads	3.4	77.9

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food Item	%	Cumulative %
10	Burgers	2.9	80.9
11	Crackers	2.8	83.6
12	Ready-to-eat cereals	2.4	86.1
13	Pretzels	2.3	88.4
14	Pancakes, waffles, French toast	2.2	90.5

j: There are no additional specific foods contributing at least 1% of non-whole grains.

Meat^k

Ranking	Food Item	%	Cumulative %
1	Beef and beef mixed dishes	27.4	27.4
2	Burgers	18.4	45.8
3	Sausage, franks, bacon, and ribs	14.7	60.5
4	Pork and pork mixed dishes	11.4	71.9
5	Cold cuts	10.5	82.4
6	Mexican mixed dishes	4.2	86.6
7	Pasta and pasta dishes	3.1	89.7
8	Pizza	2.8	92.4

k: Specific foods contributing at least 1% of meat in descending order: chili; other meat and meat mixed dishes.

Poultry^l

Ranking	Food Item	%	Cumulative %
1	Chicken and chicken mixed dishes	71.8	71.8
2	Cold cuts	9.9	81.8
3	Turkey and turkey mixed dishes	7.5	89.3
4	Mexican mixed dishes	3.0	92.3
5	Sausage, franks, bacon, and ribs	2.8	95.0
6	Soups	2.0	97.0

l: There are no additional specific foods contributing at least 1% of total poultry.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Fish^m

Ranking	Food Item	%	Cumulative %
1	Other fish and fish mixed dishes	64.5	64.5
2	Tuna and tuna mixed dishes	18.0	82.5
3	Shrimp and shrimp mixed dishes	12.1	94.6
4	Pasta and pasta dishes	2.1	96.7

m: Specific foods contributing at least 1% of fish in descending order: beef and beef mixed dishes.

Eggsⁿ

Ranking	Food Item	%	Cumulative %
1	Eggs and egg mixed dishes	81.2	81.2
2	Pasta and pasta dishes	2.9	84.0
3	Pancakes/waffles/French toast	2.1	86.2
4	Other fish and fish mixed dishes	2.0	88.1

n: Specific foods contributing at least 1% of eggs in descending order: other fish and fish mixed dishes, chicken and chicken mixed dishes, other white potatoes.

Soy^o

Ranking	Food Item	%	Cumulative %
1	Tofu and meat substitutes	47.8	47.8
2	Milk substitutes and evaporated milk	27.7	75.5
3	Grain-based desserts	3.8	79.3
4	Soups	3.5	82.8
5	Meal replacements	3.1	85.9
6	Pasta and pasta dishes	3.1	89.1
7	Reduced fat cheese	2.7	91.7

o: There are no additional specific foods contributing at least 1% of soy.

Nuts and Seeds^p

Ranking	Food Item	%	Cumulative %
1	Nuts/seeds and nut/seed mixed dishes	76.3	76.3
2	Candy	10.0	86.3
3	Grain-based desserts	5.1	91.4

p: Specific foods contributing at least 1% of nuts and seeds in descending order: ready-to-eat cereals, dairy desserts, pretzels.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Milk^q

Ranking	Food Item	%	Cumulative %
1	Reduced-fat milk	40.6	40.6
2	Whole milk	24.6	65.2
3	Skim milk	13.2	78.4
4	Dairy desserts	7.7	86.1

q: Specific foods containing at least 1% of milk in descending order: pasta and pasta dishes, candy.

Cheese^r

Ranking	Food Item	%	Cumulative %
1	Regular cheese	39.1	39.1
2	Pizza	29.9	69.0
3	Pasta and pasta dishes	7.2	76.2
4	Mexican mixed dishes	7.0	83.1
5	Reduced fat cheese	6.1	89.3
6	Burgers	2.5	91.8
7	Eggs and egg mixed dishes	2.2	93.9

r: Specific foods contributing at least 1% of cheese in descending order: eggs and egg mixed dishes.

Oils^{s,t}

Ranking	Food Item	%	Cumulative %
1	Potato/corn/other chips	15.6	15.6
2	Salad dressing	13.4	29.0
3	Nuts/seeds and nut/seed mixed dishes	10.8	39.8
4	Chicken and chicken mixed dishes	9.2	49.0
5	Mayonnaise	5.2	54.3
6	Candy	5.0	59.2
7	Yeast breads	4.5	63.8
8	Margarine	3.6	67.3
9	Popcorn	3.0	70.4
10	Grain-based desserts	2.9	73.3
11	Burgers	2.1	75.4

s: Includes non-hydrogenated vegetable oils and fatty portions of fish, nuts, and seeds.

t: Specific foods contributing at least 1% of oils in descending order: margarine, rice and rice mixed dishes, pasta and pasta dishes, fried white potatoes, beans, tuna and tuna mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Solid Fats^u

Ranking	Food Item	%	Cumulative %
1	Grain-based desserts	10.8	10.8
2	Pizza	9.1	19.9
3	Regular cheese	7.6	27.5
4	Sausage, franks, bacon, and ribs	7.1	34.6
5	Fried white potatoes	4.8	39.4
6	Dairy desserts	4.7	44.1
7	Mexican mixed dishes	4.6	48.7
8	Chicken and chicken mixed dishes	4.1	52.9
9	Pasta and pasta dishes	3.9	56.8
10	Whole milk	3.9	60.7
11	Burgers	3.8	64.5
12	Eggs and egg mixed dishes	3.7	68.2
13	Reduced-fat milk	3.4	71.6
14	Beef and beef mixed dishes	2.9	74.5
15	Butter	2.4	76.9

u: Specific foods contributing at least 1% of solid fats in descending order: beef and beef mixed dishes, crackers, butter, soups, pancakes/waffles/French toast, candy, quick breads, yeast breads.

Added Sugars^v

Ranking	Food Item	%	Cumulative %
1	Soda	35.3	35.3
2	Grain-based desserts	13.4	48.8
3	Fruit drinks	10.3	59.0
4	Dairy desserts	6.7	65.7
5	Candy	6.1	71.8
6	Tea	3.6	75.5
7	Ready-to-eat cereals	3.6	79.1
8	Sugars/honey	3.6	82.7

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

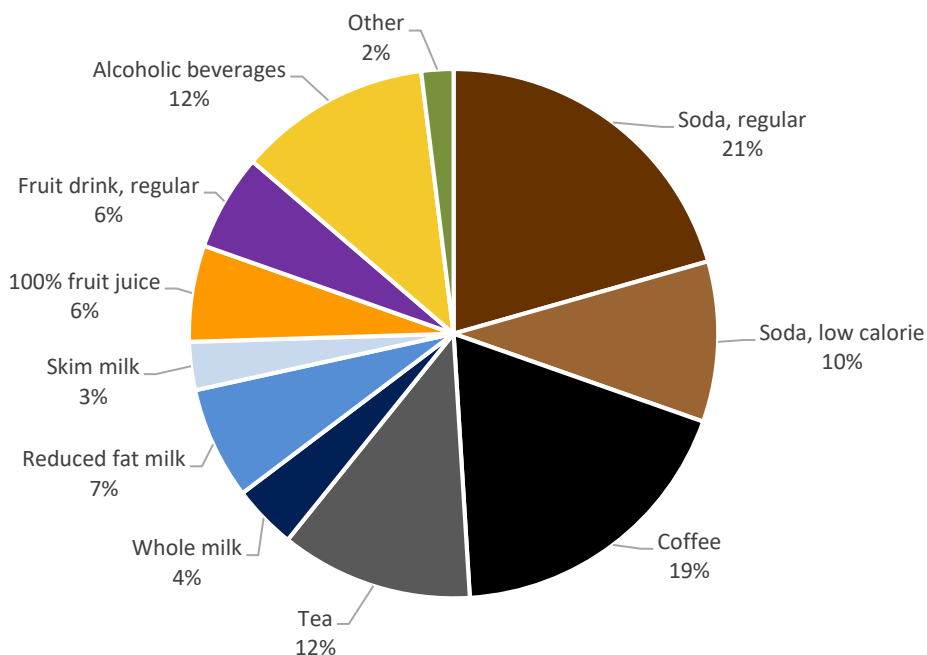
Ranking	Food Item	%	Cumulative %
9	Yeast breads	2.1	84.8
10	Syrups/toppings	2.0	86.8

v: Specific foods contributing at least 1% of added sugars in descending order: yeast breads, sugars/honey, whole milk, reduced-fat milk, condiments, yogurt.

Appendix B: Sources of Beverage Intakes Among the U.S. Population, NHANES 2005–2006

FIGURES

Figure 3. Distribution of intake (grams) across beverage types, U.S. population (2+ years)



Beverage	Percentage of Intake
Soda, regular	21%
Soda, low-calorie	10%
Coffee	19%
Tea	12%
Whole milk	4%
Reduced-fat milk	7%
Skim milk	3%
100% fruit juice	6%
Fruit drink, regular	6%
Alcoholic beverages	12%
Other	2%

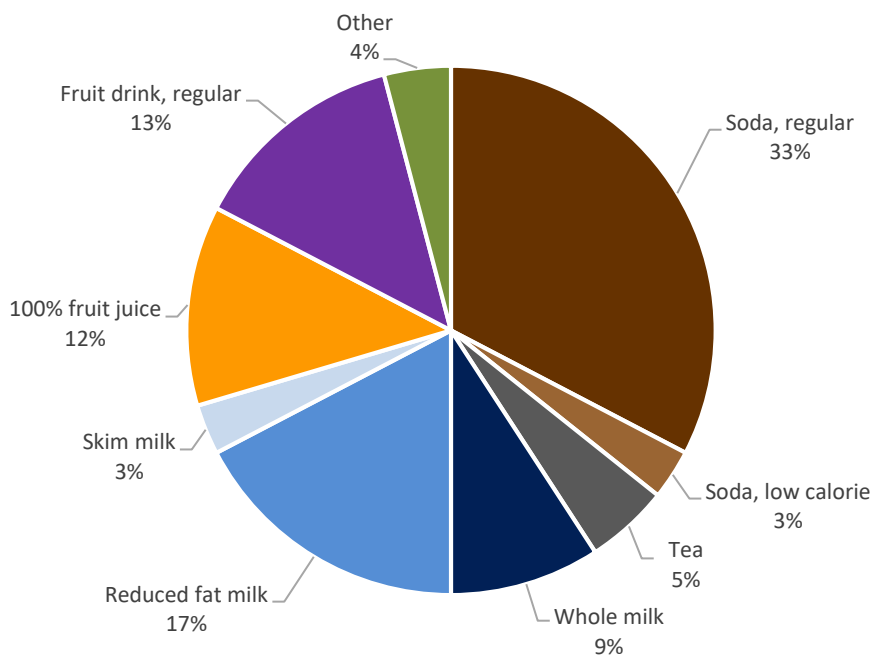
Other beverages include fruit drink (low-calorie), milk substitute and evaporated milk, and vegetable juice, each contributing less than 2%.

Percentages do not add to 100% due to rounding.

Data source: NHANES 2005–2006

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Figure 4. Distribution of intake (grams) across beverage types, U.S. children and adolescents (2–18 years)



Beverage	Percentage of Intake
Soda, regular	33%
Soda, low-calorie	3%
Tea	5%
Whole milk	9%
Reduced-fat milk	17%
Skim milk	3%
100% fruit juice	12%
Fruit drink, regular	13%
Other	4%

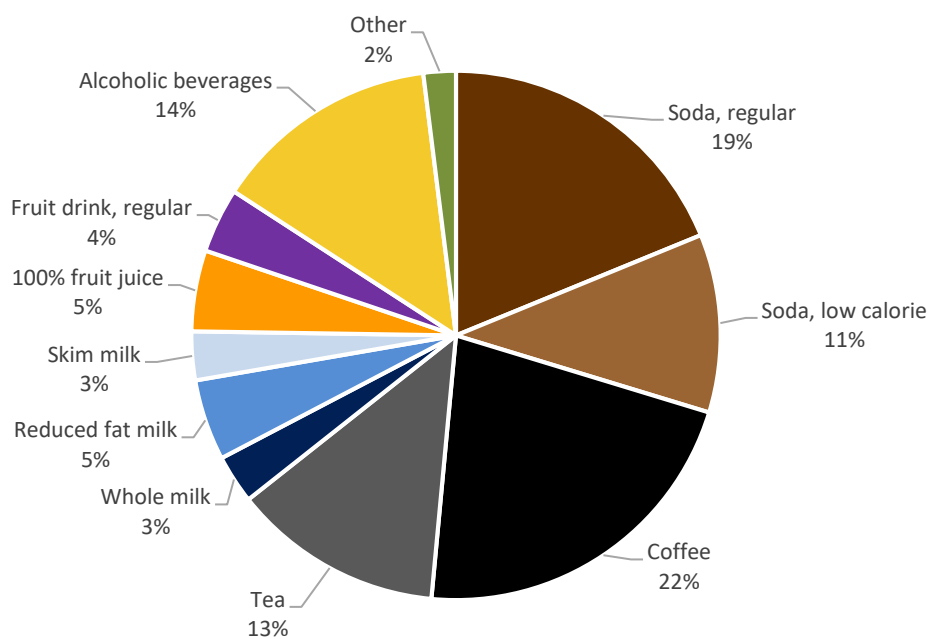
Other beverages include fruit drink (low-calorie), alcoholic beverages, coffee, milk substitute/evaporated milk, and vegetable juice, each contributing less than 2%.

Percentages do not add to 100% due to rounding.

Data source: NHANES 2005–2006

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Figure 5. Distribution of intake (grams) across beverage types, U.S. adults (19+ years)



Beverage	Percentage of Intake
Soda, regular	19%
Soda, low-calorie	11%
Coffee	22%
Tea	13%
Whole milk	3%
Reduced-fat milk	5%
Skim milk	3%
100% fruit juice	5%
Fruit drink, regular	4%
Alcoholic beverages	14%
Other	2%

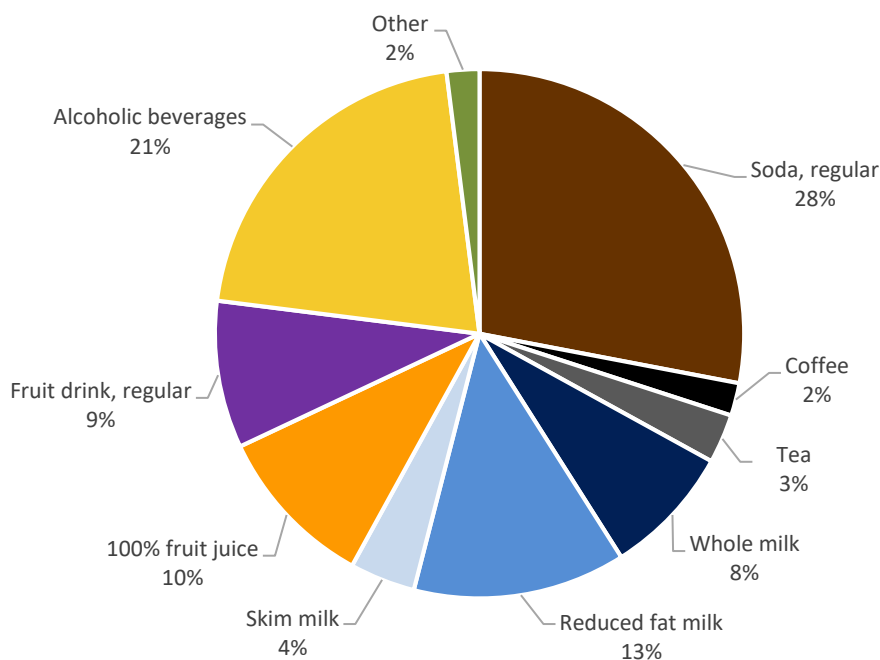
Other beverages include fruit drink (low-calorie), milk substitute/evaporated milk, and vegetable juice, each contributing less than 2%.

Percentages do not add to 100% due to rounding.

Data source: NHANES 2005–2006

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Figure 6. Distribution of intake (calories) across beverage types, U.S. population (2+ years)



Beverage	Percentage of Intake
Soda, regular	28%
Coffee	2%
Tea	3%
Whole milk	8%
Reduced-fat milk	13%
Skim milk	4%
100% fruit juice	10%
Fruit drink, regular	9%
Alcoholic beverages	21%
Other	2%

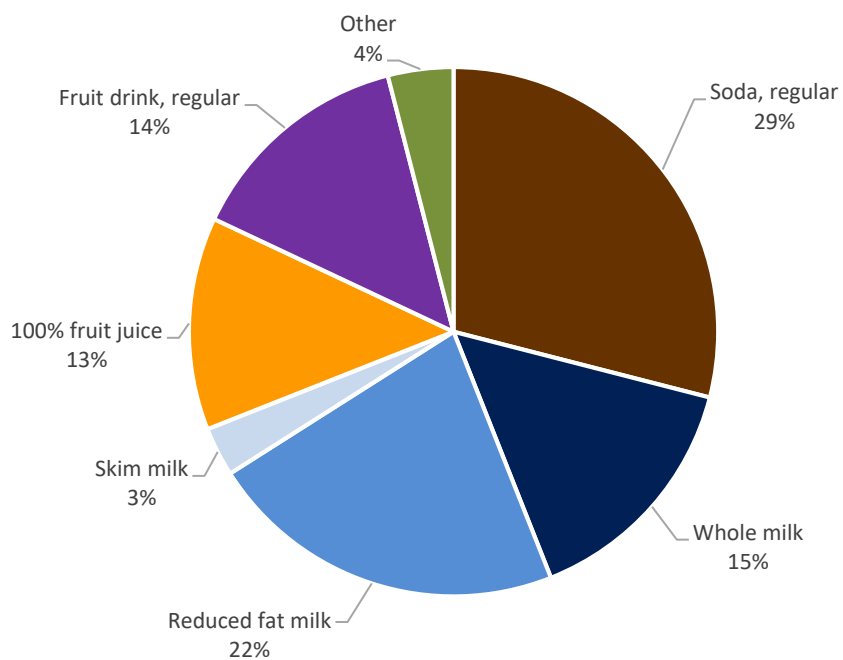
Other beverages include milk substitute and evaporated milk, soda (low-calorie), fruit drink (low calorie), and vegetable juice, each contributing less than 2%.

Percentages do not add to 100% due to rounding.

Data source: NHANES 2005–2006

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Figure 7. Distribution of intake (calories) across beverage types, U.S. children and adolescents (2–18 years)



Beverage	Percentage of Intake
Soda, regular	29%
Whole milk	15%
Reduced-fat milk	22%
Skim milk	3%
100% fruit juice	13%
Fruit drink, regular	14%
Other	4%

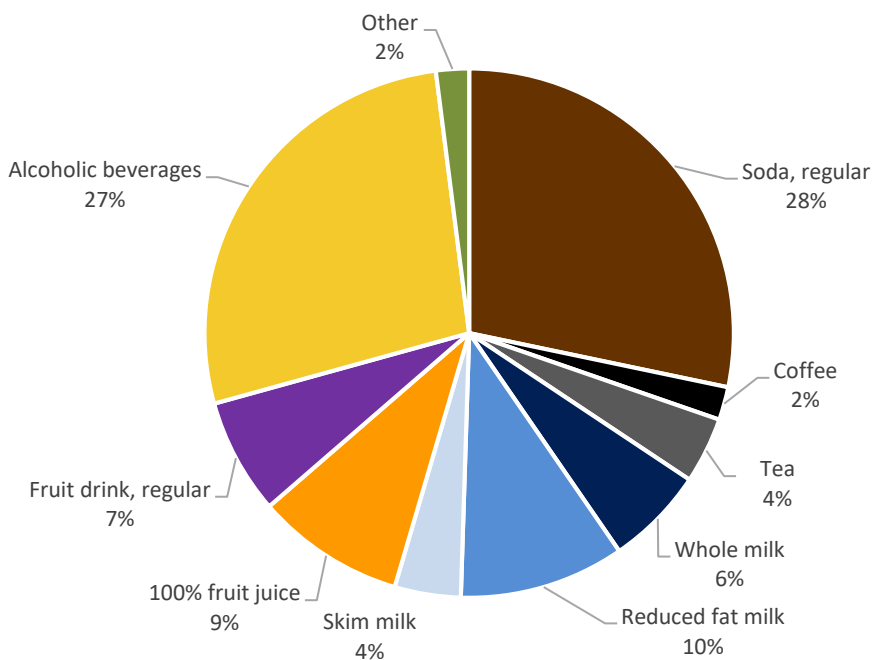
Other beverages include tea, alcoholic beverages, milk substitute/evaporated milk, coffee, fruit drink (low-calorie), soda (low-calorie), and vegetable juice, each contributing less than 2%.

Percentages do not add to 100% due to rounding.

Data source: NHANES 2005–2006

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Figure 8. Distribution of intake (calories) across beverage types, U.S. adults (19+ years)



Beverage	Percentage of Intake
Soda, regular	28%
Coffee	2%
Tea	4%
Whole milk	6%
Reduced-fat milk	10%
Skim milk	4%
100% fruit juice	9%
Fruit drink, regular	7%
Alcoholic beverages	27%
Other	2%

Other beverages include fruit drink (low-calorie), milk substitute/evaporated milk, and vegetable juice, each contributing less than 2%.

Percentages do not add to 100% due to rounding.

Data source: NHANES 2005–2006

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

TABLES

Table 4. Distribution of intake (calories) across beverage types, U.S. children and adolescents (2–18 years), NHANES 2005–2006

Rank	Food Group	%	Cumulative %	Mean (kcal)
1	Soda, regular	29.3	29.3	117
2	Reduced-fat milk	21.4	50.7	86
3	Whole milk	14.9	65.6	60
4	Fruit drink, regular	13.5	79.2	54
5	100% fruit juice, not orange/grapefruit	8.8	88.0	35
6	100% orange/grapefruit juice	4.5	92.5	18
7	Skim milk	3.2	95.7	13
8	Tea	1.8	97.5	7
9	Alcoholic beverages	1.4	98.9	6
10	Milk substitutes and evaporated milk	0.4	99.3	2
11	Coffee	0.3	99.6	1
12	Fruit drink, low-calorie	0.2	99.8	1
13	Soda, low-calorie	0.2	100.0	1
14	Vegetable juice	0.0	100.0	<1

Table 5. Distribution of intake (calories) across beverage types, U.S. adults (19+ years), NHANES 2005–2006

Rank	Food Group	%	Cumulative %	Mean (kcal)
1	Soda, regular	27.7	27.7	109
2	Alcoholic beverages	26.9	54.6	106
3	Reduced-fat milk	10.0	64.6	39
4	Fruit drink, regular	7.2	71.8	28
5	Whole milk	6.3	78.1	25
6	100% orange/grapefruit juice	5.7	83.8	23
7	Tea	4.1	87.9	16
8	Skim milk	3.8	91.7	15
9	100% fruit juice, not orange/grapefruit	3.6	95.3	14
10	Coffee	2.5	97.7	10
11	Milk substitute and evaporated milk	0.9	98.6	4

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Rank	Food Group	%	Cumulative %	Mean (kcal)
12	Soda, low-calorie	0.8	99.4	3
13	Vegetable juice	0.3	99.7	1
14	Fruit drink, low-calorie	0.3	100.0	1

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix C: Sources of Saturated Fat, Stearic Acid, and Cholesterol-Raising Fat Among the U.S. Population, NHANES 2005–2006

TABLES

Table 6. Top food sources of saturated fat^a among U.S. population, NHANES^b 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Regular cheese	8.5	8.5
2	Pizza	5.9	14.4
3	Grain-based desserts	5.8	20.2
4	Dairy desserts	5.6	25.8
5	Chicken and chicken mixed dishes	5.5	31.2
6	Sausage, franks, bacon, and ribs	4.9	36.2
7	Burgers	4.4	40.5
8	Mexican mixed dishes	4.1	44.6
9	Beef and beef mixed dishes	4.1	48.7
10	Reduced-fat milk	3.9	52.6
11	Pasta and pasta dishes	3.7	56.3
12	Whole milk	3.4	59.7
13	Eggs and egg mixed dishes	3.2	62.9
14	Candy	3.1	66.0
15	Butter	2.9	68.9
16	Potato/corn/other chips	2.4	71.3
17	Nuts/seeds and nut/seed mixed dishes	2.1	73.4
18	Fried white potatoes	2.0	75.4

a: Specific foods contributing at least 1% of saturated fat in descending order: cold cuts, yeast breads, salad dressing, pork and pork mixed dishes, soups, other white potatoes, reduced-fat cheese, cream, quick breads.

b: NHANES = National Health and Nutrition Examination Survey.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 7. Top food sources of stearic acid^a among U.S. population, NHANES^b 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Grain-based desserts	8.3	8.3
2	Regular cheese	6.1	14.4
3	Sausage, franks, bacon, and ribs	6.0	20.4
4	Chicken and chicken mixed dishes	5.7	26.1
5	Pizza	5.7	31.8
6	Burgers	5.1	36.9
7	Beef and beef mixed dishes	4.8	41.7
8	Mexican mixed dishes	4.4	46.1
9	Dairy desserts	4.3	50.4
10	Candy	4.2	54.5
11	Pasta and pasta dishes	3.3	57.8
12	Fried white potatoes	3.2	61.1
13	Eggs and egg mixed dishes	3.2	64.2
14	Reduced-fat milk	3.0	67.2
15	Whole milk	2.6	69.9
16	Yeast breads	2.5	72.3
17	Cold cuts	2.2	74.5
18	Butter	2.2	76.7

a: Specific foods contributing at least 1% of stearic acid in descending order: nuts/seeds and nut/seed mixed dishes, pork and pork mixed dishes, potato/corn/other chips, quick breads, salad dressing, soups, crackers, other white potatoes.

b: NHANES = National Health and Nutrition Examination Survey.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 8. Top food sources of cholesterol raising fat^a among U.S. population, NHANES^b 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Regular cheese	9.3	9.3
2	Dairy desserts	6.0	15.4
3	Pizza	6.0	21.3
4	Chicken and chicken mixed dishes	5.4	26.7
5	Grain-based desserts	4.9	31.6
6	Sausage, franks, bacon, and ribs	4.6	36.2
7	Reduced-fat milk	4.2	40.4
8	Burgers	4.1	44.6
9	Mexican mixed dishes	4.0	48.6
10	Pasta and pasta dishes	3.8	52.4
11	Beef and beef mixed dishes	3.8	56.2
12	Whole milk	3.7	59.9
13	Eggs and egg mixed dishes	3.2	63.1
14	Butter	3.1	66.2
15	Potato/corn/other chips	2.8	69.0
16	Candy	2.7	71.7
17	Nuts/seeds and nut/seed mixed dishes	2.2	73.9

a: Saturated fat minus stearic acid.

b: NHANES = National Health and Nutrition Examination Survey.

Specific foods contributing at least 1% of Cholesterol Raising fat in descending order: cold cuts, yeast breads, fried white potatoes, salad dressing, soups, cream, reduced-fat cheese, other white potatoes, pork and pork mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix D: Sources of Selected Fatty Acids Among the U.S. Population, NHANES 2005–2006

TABLES

Table 9. Food sources of oleic acid (MFA 18:1), listed in descending order by percentage of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Grain-based desserts	8.9	8.9
2	Chicken and chicken mixed dishes	7.6	16.6
3	Sausage, franks, bacon, and ribs	5.9	22.5
4	Nuts/seeds and nut/seed mixed dishes	5.5	27.9
5	Pizza	5.4	33.3
6	Fried white potatoes	4.9	38.2
7	Mexican mixed dishes	4.6	42.8
8	Burgers	4.1	46.9
9	Beef and beef mixed dishes	3.9	50.8
10	Eggs and egg mixed dishes	3.5	54.3
11	Regular cheese	3.3	57.5
12	Potato/corn/other chips	3.2	60.7
13	Pasta and pasta dishes	3.1	63.8
14	Salad dressing	2.6	66.4
15	Dairy desserts	2.3	68.7
16	Yeast breads	2.2	70.9

Specific foods contributing at least 1% of oleic acid (MFA 18:1, octadecenoic acid) in descending order: cold cuts, quick breads, crackers, candy, reduced-fat milk, pork and pork mixed dishes, whole milk, other fish and fish mixed dishes, margarine, soups, butter.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 10. Food sources of total omega 6 fatty acids (18:2 + 20:4), listed in descending order by percentage of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Chicken and chicken mixed dishes	9.5	9.5
2	Grain-based desserts	7.4	16.9
3	Salad dressing	7.3	24.3
4	Potato/corn/other chips	6.9	31.2
5	Nuts/seeds and nut/seed mixed dishes	6.4	37.6
6	Pizza	5.3	42.9
7	Yeast breads	4.5	47.4
8	Fried white potatoes	3.5	50.9
9	Pasta and pasta dishes	3.5	54.4
10	Mexican mixed dishes	3.3	57.7
11	Mayonnaise	3.1	60.8
12	Quick breads	3.0	63.8
13	Eggs and egg mixed dishes	2.9	66.7
14	Popcorn	2.6	69.2
15	Sausage, franks, bacon, and ribs	2.1	71.4

Specific foods contributing at least 1% of omega 6 fatty acids in descending order: other fish and fish mixed dishes, margarine, burgers, beef and beef mixed dishes, rice and rice mixed dishes, crackers, other white potatoes, beans, candy.

Table 11. Food sources of linoleic acid (PFA 18:2), listed in descending order by percentage of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Chicken and chicken mixed dishes	9.3	9.3
2	Grain-based desserts	7.5	16.8
3	Salad dressing	7.4	24.2
4	Potato/corn/other chips	6.9	31.2
5	Nuts/seeds and nut/seed mixed dishes	6.5	37.7
6	Pizza	5.3	43.0
7	Yeast breads	4.5	47.5

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
8	Fried white potatoes	3.5	51.0
9	Pasta and pasta dishes	3.5	54.6
10	Mexican mixed dishes	3.3	57.9
11	Mayonnaise	3.1	61.0
12	Quick breads	3.0	64.0
13	Eggs and egg mixed dishes	2.8	66.8
14	Popcorn	2.6	69.4
15	Sausage, franks, bacon, and ribs	2.1	71.5

Specific foods contributing at least 1% of linoleic acid (PFA 18:2, octadecadienoic acid) in descending order: other fish and fish mixed dishes, margarine, burgers, crackers, rice and rice mixed dishes, beef and beef mixed dishes, other white potatoes, beans, candy.

Table 12. Food sources of arachidonic acid (PFA 20:4), listed in descending order by percentages of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Chicken and chicken mixed dishes	26.9	26.9
2	Eggs and egg mixed dishes	17.8	44.7
3	Beef and beef mixed dishes	7.3	52.0
4	Sausage, franks, bacon, and ribs	6.7	58.7
5	Other fish and fish mixed dishes	5.8	64.5
6	Burgers	4.6	69.1
7	Cold cuts	3.3	72.4
8	Pork and pork mixed dishes	3.1	75.5
9	Mexican mixed dishes	3.1	78.7
10	Pizza	2.8	81.5
11	Turkey and turkey mixed dishes	2.7	84.2
12	Pasta and pasta dishes	2.3	86.5
13	Grain-based desserts	2.0	88.5

Specific foods contributing at least 1% of arachidonic acid (PFA 20:4, eicosatetraenoic acid) in descending order: shrimp and soups, regular cheese.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 13. Food sources of total omega 3 fatty acids (18:3 + 20:5 + 22:6), listed in descending order by percentage of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Salad dressing	9.8	9.8
2	Chicken and chicken mixed dishes	6.9	16.7
3	Grain-based desserts	5.7	22.5
4	Other fish and fish mixed dishes	5.7	28.2
5	Pizza	5.4	33.5
6	Yeast breads	4.7	38.2
7	Mayonnaise	3.7	42.0
8	Pasta and pasta dishes	3.3	45.3
9	Quick breads	3.2	48.5
10	Fried white potatoes	2.6	51.1
11	Mexican mixed dishes	2.6	53.7
12	Nuts/seeds and nut/seed mixed dishes	2.5	56.2
13	Burgers	2.4	58.6
14	Eggs and egg mixed dishes	2.4	61.0
15	Margarine	2.4	63.4
16	Regular cheese	2.4	65.8
17	Dairy desserts	2.1	67.9
18	Whole milk	2.0	69.9

Specific foods contributing at least 1% of total omega 3 fatty acids in descending order: sausage, franks, bacon, and ribs, other white potatoes, beef and beef mixed dishes, beans, potato/corn/other chips, tuna and tuna mixed dishes, shrimp and shrimp mixed dishes, coleslaw, rice and rice mixed dishes, popcorn, vegetable mixtures.

Table 14. Food sources of alpha-linolenic acid (PFA 18:3), listed in descending order by percentage of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Salad dressing	10.5	10.5
2	Chicken and chicken mixed dishes	6.4	17.0
3	Grain-based desserts	6.1	23.1

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
4	Pizza	5.8	28.9
5	Yeast breads	5.0	33.9
6	Mayonnaise	4.0	37.9
7	Pasta and pasta dishes	3.5	41.4
8	Quick breads	3.4	44.9
9	Fried white potatoes	2.8	47.7
10	Mexican mixed dishes	2.7	50.4
11	Nuts/seeds and nut/seed mixed dishes	2.7	53.1
12	Burgers	2.6	55.7
13	Margarine	2.6	58.3
14	Regular cheese	2.6	60.8
15	Dairy desserts	2.2	63.1
16	Whole milk	2.2	65.3
17	Eggs and egg mixed dishes	2.2	67.4
18	Other fish and fish mixed dishes	2.0	69.4

Specific foods contributing at least 1% of alpha-linolenic acid (PFA 18:3, octadecatrienoic acid) in descending order: sausage, franks, bacon, and ribs, other white potatoes, beef and beef mixed dishes, beans, potato/corn/other chips, coleslaw, rice and rice mixed dishes, tuna and tuna mixed dishes, popcorn, vegetable mixtures.

Table 15. Food sources of EPA and DHA (20:5 + 22:6), listed in descending order by percentage of their contribution to intake, based on data from NHANES 2005–2006

Rank	Food Item	Contribution to Intake (%)	Cumulative Contribution (%)
1	Other fish and fish mixed dishes	53.1	53.1
2	Chicken and chicken mixed dishes	13.8	66.9
3	Shrimp and shrimp mixed dishes	12.9	79.8
4	Eggs and egg mixed dishes	5.8	85.6
5	Tuna and tuna mixed dishes	5.3	91.0

Specific foods contributing at least 1% of EPA and DHA: soups, Mexican mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix E: Sources of Cholesterol Among the U.S. Population, NHANES 2005–2006

Table 16. Top food sources of cholesterol among U.S. population, NHANES^b 2005–2006

Rank	Food Item	%	Cumulative %
1	Eggs and egg mixed dishes	24.6	24.6
2	Chicken and chicken mixed dishes	12.5	37.1
3	Beef and beef mixed dishes	6.4	43.6
4	Burgers	4.6	48.2
5	Regular cheese	4.2	52.4
6	Sausage, franks, bacon, and ribs	3.9	56.3
7	Other fish and fish mixed dishes	3.4	59.7
8	Grain-based desserts	3.3	63.0
9	Dairy desserts	3.2	66.3
10	Pasta and pasta dishes	3.1	69.3
11	Pizza	2.9	72.2
12	Mexican mixed dishes	2.9	75.1
13	Cold cuts	2.7	77.8
14	Reduced-fat milk	2.5	80.3
15	Pork and pork mixed dishes	2.3	82.6
16	Shrimp and shrimp mixed dishes	2.0	84.6

a: Specific foods contributing at least 1% of cholesterol in descending order: whole milk, butter, soups, quick breads, pancakes/waffles/French toast.

b: NHANES = National Health and Nutrition Examination Survey.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix F: Sources of Protein Among U.S. Children and Adolescents, NHANES 2005–2006

TABLES

Table 17a. Mean intake of protein and percentage contribution of various foods among U.S. children and adolescents, by age, NHANES 2005–2006

		All Persons, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		3,778	497	899	1,047	1,335
Mean Intake of Protein (gm)		70	52	60	71	86
Rank ^a	Food Group ^{b,c}	%				
1	Chicken and chicken mixed dishes	12.9	9.1	11.5	13.6	14.0
2	Pizza	8.0	3.9	6.6	7.6	10.0
3	Reduced-fat milk	7.8	11.0	9.6	8.4	5.4
4	Beef and beef mixed dishes	5.5	3.4	3.5	5.0	7.6
5	Burgers	5.4	2.1	3.2	4.7	8.1
6	Yeast breads	5.4	4.4	5.3	5.2	5.8
7	Pasta and pasta dishes	5.2	7.1	6.4	5.5	3.8
8	Whole milk	4.1	10.2	6.2	2.8	2.5
9	Mexican mixed dishes	3.8	1.9	2.6	4.4	4.4
10	Regular cheese	3.7	3.7	3.1	3.4	4.2
11	Sausage, franks, bacon, and ribs	3.1	3.5	3.2	3.5	2.6
12	Cold cuts	2.9	2.5	2.5	3.1	3.1
13	Eggs and egg mixed dishes	2.8	2.7	2.9	2.8	2.7
14	Grain-based desserts	2.4	1.6	2.7	2.6	2.2
15	<i>Dairy desserts</i>	1.9	1.3	2.7	2.0	1.4
16	<i>Pork and pork mixed dishes</i>	1.9	2.0	2.2	1.8	1.7
17	<i>Ready-to-eat cereals</i>	1.6	2.0	2.1	1.5	1.2
19	<i>Skim milk</i>	1.4	2.8	1.5	1.5	0.9

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for persons 2–18 years old in descending order: dairy desserts, pork and pork mixed dishes, ready-to-eat cereals, nuts/seeds and nut/seed mixed dishes, skim milk, potato/corn/other chips, soups, other fish and fish mixed dishes, reduced-fat cheese, pancakes/waffles/French toast.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 17b. Mean intake of protein and mean contribution of various foods among U.S. children and adolescents, by age, NHANES 2005–2006

		All Persons, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		3,778	497	899	1,047	1,335
Mean Intake of Protein (gm)		70	52	60	71	86
Rank ^a	Food Group ^{b,c}	gm				
1	Chicken and chicken mixed dishes	9.1	4.7	6.9	9.6	12.1
2	Pizza	5.6	2.0	4.0	5.4	8.6
3	Reduced-fat milk	5.5	5.7	5.8	5.9	4.7
4	Beef and beef mixed dishes	3.9	1.8	2.1	3.6	6.5
5	Burgers	3.8	1.1	1.9	3.3	7.0
6	Yeast breads	3.8	2.3	3.2	3.7	5.0
7	Pasta and pasta dishes	3.7	3.7	3.9	3.9	3.3
8	Whole milk	2.9	5.3	3.7	2.0	2.2
9	Mexican mixed dishes	2.7	1.0	1.6	3.1	3.8
10	Regular cheese	2.6	1.9	1.9	2.4	3.6
11	Sausage, franks, bacon, and ribs	2.2	1.8	1.9	2.5	2.3
12	Cold cuts	2.0	1.3	1.5	2.2	2.7
13	Eggs and egg mixed dishes	2.0	1.4	1.7	2.0	2.4
14	Grain-based desserts	1.7	0.9	1.7	1.8	1.9
15	<i>Dairy desserts</i>	<i>1.4</i>	<i>0.7</i>	<i>1.6</i>	<i>1.4</i>	<i>1.3</i>
16	<i>Pork and pork mixed dishes</i>	<i>1.3</i>	<i>1.0</i>	<i>1.3</i>	<i>1.3</i>	<i>1.4</i>
17	<i>Ready-to-eat cereals</i>	<i>1.1</i>	<i>1.1</i>	<i>1.3</i>	<i>1.0</i>	<i>1.0</i>
19	<i>Skim milk</i>	<i>1.0</i>	<i>1.4</i>	<i>0.9</i>	<i>1.1</i>	<i>0.8</i>

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for persons 2–18 years old in descending order: dairy desserts, pork and pork mixed dishes, ready-to-eat cereals, nuts/seeds and nut/seed mixed dishes, skim milk, potato/corn/other chips, soups, other fish and fish mixed dishes, reduced-fat cheese, pancakes/waffles/French toast.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 18a. Mean intake of protein and percentage contribution of various foods among U.S. male children and adolescents, by age, NHANES 2005–2006

		Males, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,857	250	431	522	654
Mean Intake of Protein (gm)		79	53	64	75	105
Rank ^a	Food Group ^{b,c}	%				
1	Chicken and chicken mixed dishes	13.8	9.3	12.6	14.7	14.5
2	Pizza	9.0	4.4	7.8	8.9	10.5
3	Reduced-fat milk	7.5	9.9	10.4	8.0	5.3
4	Burgers	6.4	1.4	3.4	5.5	9.4
5	Beef and beef mixed dishes	5.5	3.8	2.2	4.3	8.3
6	Yeast breads	5.3	4.3	5.9	4.7	5.6
7	Pasta and pasta dishes	4.4	6.0	5.7	4.9	3.1
8	Whole milk	4.3	11.2	6.3	2.9	2.8
9	Regular cheese	3.5	4.2	2.5	3.5	3.8
10	Sausage, franks, bacon, and ribs	3.4	4.2	3.3	4.1	2.8
11	Mexican mixed dishes	3.3	2.0	2.4	4.0	3.6
12	Eggs and egg mixed dishes	2.7	2.3	2.2	2.4	3.2
13	Cold cuts	2.5	2.3	2.6	2.3	2.5
14	Grain-based desserts	2.3	1.9	2.9	2.5	2.0
15	Pork and pork mixed dishes	2.2	1.6	2.3	2.4	2.1
16	Dairy desserts	2.0	1.1	2.8	2.2	1.6
17	<i>Ready-to-eat cereals</i>	1.6	2.0	2.4	1.5	1.2
18	<i>Nuts/seeds and nut/seed mixed dishes</i>	1.6	1.5	2.6	1.5	1.1
19	<i>Skim milk</i>	1.4	3.9	1.5	1.4	0.8
21	<i>Reduced-fat cheese</i>	1.0	2.2	0.9	1.1	0.9

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for males 2–18 years old in descending order: ready-to-eat cereals, nuts/seeds and nut/seed mixed dishes, skim milk, potato/corn/other chips, reduced-fat cheese, other fish and fish mixed dishes, soups.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 18b. Mean intake of protein and mean contribution of various foods among U.S. male children and adolescents, by age, NHANES 2005–2006

		Males, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,857	250	431	522	654
Mean Intake of Protein (gm)		79	53	64	75	105
Rank ^a	Food Group ^{b,c}	gm				
1	Chicken and chicken mixed dishes	10.9	4.9	8.1	11.0	15.3
2	Pizza	7.1	2.3	5.1	6.6	11.1
3	Reduced-fat milk	6.0	5.3	6.7	6.0	5.6
4	Burgers	5.1	0.7	2.2	4.1	9.9
5	Beef and beef mixed dishes	4.4	2.0	1.4	3.3	8.8
6	Yeast breads	4.2	2.3	3.8	3.5	5.9
7	Pasta and pasta dishes	3.5	3.2	3.7	3.7	3.2
8	Whole milk	3.4	6.0	4.0	2.2	3.0
9	Regular cheese	2.8	2.2	1.6	2.7	4.0
10	Sausage, franks, bacon, and ribs	2.7	2.2	2.1	3.1	3.0
11	Mexican mixed dishes	2.6	1.1	1.5	3.0	3.8
12	Eggs and egg mixed dishes	2.2	1.2	1.4	1.8	3.4
13	Cold cuts	2.0	1.2	1.7	1.8	2.7
14	Grain-based desserts	1.8	1.0	1.9	1.8	2.1
15	Pork and pork mixed dishes	1.8	0.9	1.5	1.8	2.3
16	Dairy desserts	1.6	0.6	1.8	1.6	1.7
17	<i>Ready-to-eat cereals</i>	<i>1.3</i>	<i>1.1</i>	<i>1.5</i>	<i>1.2</i>	<i>1.2</i>
18	<i>Nuts/seeds and nut/seed mixed dishes</i>	<i>1.3</i>	<i>0.8</i>	<i>1.7</i>	<i>1.2</i>	<i>1.2</i>
19	<i>Skim milk</i>	<i>1.1</i>	<i>2.1</i>	<i>1.0</i>	<i>1.1</i>	<i>0.8</i>
21	<i>Reduced-fat cheese</i>	<i>0.8</i>	<i>1.1</i>	<i>0.6</i>	<i>0.8</i>	<i>1.0</i>

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for males 2–18 years old in descending order: ready-to-eat cereals, nuts/seeds and nut/seed mixed dishes, skim milk, potato/corn/other chips, reduced-fat cheese, other fish and fish mixed dishes, soups.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 19a. Mean intake of protein and percentage contribution of various foods among U.S. female children and adolescents, by age, NHANES 2005–2006

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,921	247	468	525	681
Mean Intake of Protein (gm)		61	50	56	66	65
Rank ^a	Food Group ^{b,c}	%				
1	Chicken and chicken mixed dishes	11.6	8.8	10.3	12.1	13.1
2	Reduced-fat milk	8.1	12.4	8.8	8.8	5.7
3	Pizza	6.6	3.3	5.3	6.1	9.0
4	Pasta and pasta dishes	6.4	8.4	7.2	6.2	5.3
5	Yeast breads	5.5	4.5	4.8	5.9	6.2
6	Beef and beef mixed dishes	5.4	3.0	4.8	5.9	6.2
7	Mexican mixed dishes	4.4	1.8	2.9	5.0	5.9
8	Burgers	4.1	2.9	2.9	3.8	5.9
9	Whole milk	4.0	8.9	6.1	2.6	2.0
10	Regular cheese	3.9	3.1	3.7	3.2	4.9
11	Cold cuts	3.5	2.6	2.5	4.1	4.1
12	Eggs and egg mixed dishes	2.9	3.2	3.7	3.2	1.8
13	Sausage, franks, bacon, and ribs	2.7	2.7	3.1	2.7	2.3
14	Grain-based desserts	2.5	1.3	2.5	2.8	2.6
15	<i>Dairy desserts</i>	1.9	1.6	2.6	1.9	1.2
16	<i>Ready-to-eat cereals</i>	1.5	2.1	1.9	1.4	1.1
17	<i>Soups</i>	1.5	2.7	1.9	1.3	1.0
18	<i>Nuts/seeds and nut/seed mixed dishes</i>	1.5	2.1	1.1	1.8	1.3
19	<i>Other fish and fish mixed dishes</i>	1.4	1.6	2.4	1.3	0.7
21	<i>Pork and pork mixed dishes</i>	1.4	2.3	2.2	1.1	0.8
30	<i>Yogurt</i>	0.8	2.2	1.0	0.5	0.5

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for females 2–18 years old in descending order: dairy desserts, ready-to-eat cereals, soups, nuts/seeds and nut/seed mixed dishes, other fish and fish mixed dishes,

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

potato/corn/other chips, pork and pork mixed dishes, skim milk, reduced-fat cheese, pancakes/waffles/French toast, tuna and tuna mixed dishes.

Table 19b. Mean intake of protein and mean contribution of various foods among U.S. female children and adolescents, by age, NHANES 2005–2006

		Females, 2–18 Years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,921	247	468	525	681
Mean Intake of Protein (gm)		61	50	56	66	65
Rank^a	Food Group^{b,c}	gm				
1	Chicken and chicken mixed dishes	7.1	4.5	5.8	8.0	8.5
2	Reduced-fat milk	5.0	6.3	4.9	5.8	3.7
3	Pizza	4.0	1.7	3.0	4.0	5.8
4	Pasta and pasta dishes	3.9	4.2	4.1	4.1	3.4
5	Yeast breads	3.4	2.2	2.7	3.9	4.0
6	Beef and beef mixed dishes	3.3	1.5	2.7	3.9	4.1
7	Mexican mixed dishes	2.7	0.9	1.6	3.3	3.9
8	Burgers	2.5	1.5	1.6	2.5	3.8
9	Whole milk	2.4	4.5	3.4	1.7	1.3
10	Regular cheese	2.4	1.6	2.1	2.1	3.2
11	Cold cuts	2.1	1.3	1.4	2.7	2.7
12	Eggs and egg mixed dishes	1.8	1.6	2.1	2.1	1.2
13	Sausage, franks, bacon, and ribs	1.6	1.3	1.7	1.8	1.5
14	Grain-based desserts	1.5	0.7	1.4	1.8	1.7
15	<i>Dairy desserts</i>	<i>1.1</i>	<i>0.8</i>	<i>1.5</i>	<i>1.2</i>	<i>0.8</i>
16	<i>Ready-to-eat cereals</i>	<i>0.9</i>	<i>1.1</i>	<i>1.1</i>	<i>0.9</i>	<i>0.7</i>
17	<i>Soups</i>	<i>0.9</i>	<i>1.4</i>	<i>1.1</i>	<i>0.8</i>	<i>0.7</i>
18	<i>Nuts/seeds and nut/seed mixed dishes</i>	<i>0.9</i>	<i>1.0</i>	<i>0.6</i>	<i>1.2</i>	<i>0.9</i>
19	<i>Other fish and fish mixed dishes</i>	<i>0.9</i>	<i>0.8</i>	<i>1.4</i>	<i>0.9</i>	<i>0.4</i>
21	<i>Pork and pork mixed dishes</i>	<i>0.9</i>	<i>1.2</i>	<i>1.2</i>	<i>0.7</i>	<i>0.5</i>
30	<i>Yogurt</i>	<i>0.5</i>	<i>1.1</i>	<i>0.6</i>	<i>0.3</i>	<i>0.3</i>

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

b: Specific foods contributing at least 2% of protein for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for females 2–18 years old in descending order: dairy desserts, ready-to-eat cereals, soups, nuts/seeds and nut/seed mixed dishes, other fish and fish mixed dishes, potato/corn/other chips, pork and pork mixed dishes, skim milk, reduced fat cheese, pancakes/waffles/French toast, tuna and tuna mixed dishes.

Table 20a. Mean intake of protein and percentage contribution of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,778	1,018	1,161	1,253	1,457	451	1,707
Mean Intake of Protein (gm)		70	73	67	69	68	69	72
Rank^a	Food Group^{b,c}	%						
1	Chicken and chicken mixed dishes	12.9	11.9	18.8	11.5	13.9	12.6	12.6
2	Pizza	8.0	8.4	7.3	6.2	6.9	12.0	7.8
3	Reduced-fat milk	7.8	8.8	4.9	7.8	6.4	6.1	8.7
4	Beef and beef mixed dishes	5.5	4.9	6.5	5.9	7.3	3.8	4.9
5	Burgers	5.4	5.6	5.8	4.8	5.2	4.1	5.7
6	Yeast breads	5.4	5.9	4.4	4.3	4.8	6.1	5.6
7	Pasta and pasta dishes	5.2	5.4	5.9	3.3	4.0	6.2	5.4
8	Whole milk	4.1	2.9	5.2	7.1	6.0	5.8	3.0
9	Mexican mixed dishes	3.8	3.5	1.9	6.8	3.8	2.7	3.9
10	Regular cheese	3.7	3.9	3.5	2.8	3.2	2.6	4.0
11	Sausage, franks, bacon, and ribs	3.1	2.9	4.6	2.1	3.3	2.0	3.3

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non- Hispanic Whites	Non- Hispanic Blacks	Mexican- Americans	≤ 130% Poverty	131– 185% Poverty	≥ 186% Poverty
12	Cold cuts	2.9	3.0	2.4	2.1	2.6	3.5	2.9
13	Eggs and egg mixed dishes	2.8	2.6	2.8	4.0	3.3	2.8	2.6
14	Grain-based desserts	2.4	2.6	2.2	2.2	2.1	2.5	2.5
15	<i>Dairy desserts</i>	1.9	2.3	1.3	1.3	1.2	1.7	2.2
16	<i>Pork and pork mixed dishes</i>	1.9	2.0	1.5	2.0	1.9	3.7	1.6
21	<i>Soups</i>	1.2	0.8	0.7	3.6	2.6	1.2	0.6
22	<i>Other fish and fish mixed dishes</i>	1.2	0.8	2.9	0.7	1.6	1.9	0.9
31	<i>Beans</i>	0.7	0.4	0.6	2.0	0.8	0.6	0.6

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for persons 2–18 years old in descending order: dairy desserts, pork and pork mixed dishes, ready-to-eat cereals, nuts/seeds and nut/seed mixed dishes, skim milk, potato/corn/other chips, soups, other fish and fish mixed dishes, reduced fat cheese, pancakes/waffles/French toast.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 20b. Mean intake of protein and mean contribution of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,778	1,018	1,161	1,253	1,457	451	1,707
Mean Intake of Protein (gm)		70	73	67	69	68	69	72
Rank^a	Food Group^{b,c}	gm						
1	Chicken and chicken mixed dishes	9.1	8.7	12.6	7.9	9.4	8.7	9.1
2	Pizza	5.6	6.1	4.9	4.3	4.7	8.3	5.6
3	Reduced-fat milk	5.5	6.4	3.3	5.4	4.3	4.2	6.2
4	Beef and beef mixed dishes	3.9	3.6	4.4	4.0	5.0	2.6	3.5
5	Burgers	3.8	4.1	3.9	3.3	3.6	2.8	4.1
6	Yeast breads	3.8	4.3	2.9	3.0	3.3	4.2	4.0
7	Pasta and pasta dishes	3.7	3.9	4.0	2.3	2.7	4.3	3.9
8	Whole milk	2.9	2.1	3.5	4.9	4.1	4.0	2.2
9	Mexican mixed dishes	2.7	2.5	1.3	4.7	2.6	1.9	2.8
10	Regular cheese	2.6	2.8	2.4	1.9	2.2	1.8	2.9
11	Sausage, franks, bacon, and ribs	2.2	2.1	3.1	1.4	2.2	1.4	2.3
12	Cold cuts	2.0	2.2	1.6	1.5	1.8	2.4	2.1
13	Eggs and egg mixed dishes	2.0	1.9	1.9	2.8	2.3	2.0	1.9

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
14	Grain-based desserts	1.7	1.9	1.5	1.5	1.4	1.7	1.8
15	<i>Dairy desserts</i>	1.4	1.7	0.9	0.9	0.8	1.2	1.6
16	<i>Pork and pork mixed dishes</i>	1.3	1.5	1.0	1.4	1.3	2.5	1.2
21	<i>Soups</i>	0.9	0.5	0.5	2.5	1.8	0.8	0.4
22	<i>Other fish and fish mixed dishes</i>	0.9	0.6	2.0	0.5	1.1	1.3	0.7
31	<i>Beans</i>	0.5	0.3	0.4	1.4	0.6	0.4	0.4

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of protein for persons 2–18 years old in descending order are listed.

Specific foods contributing at least 2% of protein for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of protein for persons 2–18 years old in descending order: dairy desserts, pork and pork mixed dishes, ready-to-eat cereals, nuts/seeds and nut/seed mixed dishes, skim milk, potato/corn/other chips, soups, other fish and fish mixed dishes, reduced fat cheese, pancakes/waffles/French toast.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix G: Sources of Carbohydrates Among U.S. Children and Adolescents, NHANES 2005–2006

TABLES

Table 21a. Mean intake of carbohydrates and percentage contribution of various foods among U.S. children and adolescents, by age, NHANES 2005–2006

		All Persons, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		3,778	497	899	1,047	1,335
Mean Intake of Carbohydrates (gm)		271	205	246	270	318
Rank ^a	Food Group ^{b,c}	%				
1	Soda/energy/sports drinks	11.1	2.8	5.1	9.9	18.1
2	Grain-based desserts	7.7	5.0	8.4	8.3	7.4
3	Yeast breads	7.5	5.7	7.0	7.3	8.5
4	Pizza	5.4	2.4	4.1	5.0	7.4
5	Ready-to-eat cereals	5.2	6.1	6.8	4.9	4.2
6	Fruit drinks	5.2	5.7	5.2	4.8	5.3
7	Pasta and pasta dishes	4.4	5.5	5.2	5.0	3.1
8	Dairy desserts	4.2	3.2	6.0	4.6	2.9
9	Candy	3.9	3.9	4.0	4.0	3.6
10	Reduced-fat milk	3.5	4.8	4.4	3.8	2.3
11	100% fruit juice, not orange/grapefruit	3.2	11.3	4.3	1.9	1.6
12	Potato/corn/other chips	2.9	1.9	2.6	3.1	3.2
13	Mexican mixed dishes	2.7	1.6	2.1	3.4	2.9
14	Fried white potatoes	2.3	2.1	2.1	2.2	2.6
15	Whole milk	2.1	4.4	2.9	1.6	1.4
16	Chicken and chicken mixed dishes	2.0	1.3	1.8	2.2	2.2
19	<i>Pancakes/waffles/French toast</i>	1.6	1.6	1.8	2.3	0.9
20	<i>Crackers</i>	1.4	2.7	1.9	1.3	0.9
21	<i>Syrups/toppings</i>	1.4	0.8	2.1	1.5	0.9
23	<i>Bananas</i>	1.0	2.1	1.4	0.7	0.7

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

b: Specific foods contributing at least 2% of carbohydrates for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.
 c: Specific foods contributing at least 1% of carbohydrates for persons 2–18 years old in descending order: rice and rice mixed dishes, 100% orange/grapefruit juice, pancakes/waffles/French toast, crackers, syrups/toppings, apples/pears, bananas, quick breads.

Table 21b. Mean intake of carbohydrates and mean contribution of various foods among U.S. children and adolescents, by age, NHANES 2005–2006

		All Persons, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		3,778	497	899	1,047	1,335
Mean Intake of Carbohydrates (gm)		271	205	246	270	318
Rank ^a	Food Group ^{b, c}	gm				
1	Soda/energy/sports drinks	30.0	5.8	12.6	26.8	57.6
2	Grain-based desserts	20.8	10.2	20.7	22.4	23.4
3	Yeast breads	20.4	11.8	17.3	19.8	27.0
4	Pizza	14.7	5.0	10.1	13.5	23.5
5	Ready-to-eat cereals	14.2	12.5	16.7	13.3	13.4
6	Fruit drinks	14.0	11.8	12.9	13.0	16.7
7	Pasta and pasta dishes	11.9	11.2	12.7	13.5	9.8
8	Dairy desserts	11.5	6.6	14.8	12.4	9.3
9	Candy	10.4	8.0	9.9	10.7	11.6
10	Reduced-fat milk	9.4	9.9	10.9	10.2	7.2
11	100% fruit juice, not orange/grapefruit	8.7	23.2	10.5	5.2	5.2
12	Potato/corn/other chips	7.8	3.9	6.5	8.2	10.1
13	Mexican mixed dishes	7.4	3.3	5.2	9.1	9.4
14	Fried white potatoes	6.3	4.3	5.2	6.0	8.2
15	Whole milk	5.7	9.1	7.2	4.4	4.3
16	Chicken and chicken mixed dishes	5.4	2.7	4.5	5.8	6.9
19	<i>Pancakes/waffles/French toast</i>	4.3	3.2	4.3	6.3	2.8
20	<i>Crackers</i>	3.8	5.6	4.6	3.4	2.9
21	<i>Syrups/toppings</i>	3.7	1.6	5.2	4.1	2.8
23	<i>Bananas</i>	2.7	4.3	3.5	1.8	2.3

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of carbohydrates for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for persons 2–18 years old in descending order: rice and rice mixed dishes, 100% orange/grapefruit juice, pancakes/waffles/French toast, crackers, syrups/toppings, apples/pears, bananas, quick breads.

Table 22a. Mean intake of carbohydrates and percentage contribution of various foods among U.S. male children and adolescents, by age, NHANES 2005–2006

		Males, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,857	250	431	522	654
Mean Intake of Carbohydrates (gm)		299	211	262	286	372
Rank ^a	Food Group ^{b,c}	%				
1	Soda/energy/sports drinks	12.4	2.7	4.3	10.6	20.5
2	Yeast breads	7.6	5.6	7.8	6.7	8.7
3	Grain-based desserts	7.5	5.8	8.9	7.9	6.8
4	Pizza	6.3	2.7	4.7	5.8	8.2
5	Ready-to-eat cereals	5.6	6.0	7.6	5.3	4.5
6	Fruit drinks	5.2	5.5	5.2	5.5	4.9
7	Dairy desserts	4.4	3.1	5.9	5.2	3.1
8	Candy	3.7	3.7	4.6	4.2	2.8
9	Pasta and pasta dishes	3.6	4.9	4.6	4.1	2.4
10	Reduced-fat milk	3.5	4.3	4.8	3.7	2.3
11	100% fruit juice, not orange/grapefruit	2.8	9.5	4.4	1.4	1.4
12	Potato/corn/other chips	2.7	1.8	3.0	2.6	2.7
13	Mexican mixed dishes	2.6	1.8	1.9	3.5	2.5
14	Fried white potatoes	2.3	2.4	2.0	2.1	2.6
15	Whole milk	2.2	5.1	3.0	1.6	1.6
16	Chicken and chicken mixed dishes	2.2	1.3	1.8	2.5	2.4
19	<i>Pancakes/waffles/French toast</i>	<i>1.4</i>	<i>1.6</i>	<i>1.2</i>	<i>2.3</i>	<i>0.9</i>
20	<i>Crackers</i>	<i>1.3</i>	<i>2.6</i>	<i>2.1</i>	<i>1.3</i>	<i>0.7</i>
21	<i>Apples and pears</i>	<i>1.3</i>	<i>2.1</i>	<i>1.9</i>	<i>1.4</i>	<i>0.6</i>
25	<i>Bananas</i>	<i>1.0</i>	<i>2.7</i>	<i>1.4</i>	<i>0.6</i>	<i>0.6</i>

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of carbohydrates for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for males 2–18 years old in descending order: 100% orange/grapefruit juice, rice and rice mixed dishes, pancakes/waffles/French toast, crackers, apples and pears, syrups/toppings, burgers, quick breads, bananas.

Table 22b. Mean intake of carbohydrates and mean contribution of various foods among U.S. male children and adolescents, by age, NHANES 2005–2006

		Males, 2–18 Years	Age Group (Years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,857	250	431	522	654
Mean Intake of Carbohydrates (gm)		299	211	262	286	372
Rank ^a	Food Group ^{b,c}	gm				
1	Soda/energy/sports drinks	37.2	5.7	11.4	30.4	76.2
2	Yeast breads	22.8	11.8	20.4	19.0	32.2
3	Grain-based desserts	22.5	12.2	23.3	22.6	25.4
4	Pizza	18.7	5.8	12.4	16.5	30.6
5	Ready-to-eat cereals	16.6	12.6	19.9	15.2	16.7
6	Fruit drinks	15.5	11.6	13.6	15.8	18.2
7	Dairy desserts	13.0	6.5	15.4	15.0	11.7
8	Candy	11.0	7.8	12.0	11.9	10.4
9	Pasta and pasta dishes	10.8	10.4	12.1	11.7	9.0
10	Reduced-fat milk	10.3	9.1	12.7	10.7	8.5
11	100% fruit juice, not orange/grapefruit	8.3	20.0	11.6	4.1	5.0
12	Potato/corn/other chips	8.0	3.7	8.0	7.5	10.0
13	Mexican mixed dishes	7.7	3.9	4.9	10.1	9.2
14	Fried white potatoes	6.9	5.0	5.2	6.1	9.8
15	Whole milk	6.7	10.8	8.0	4.6	5.9
16	Chicken and chicken mixed dishes	6.6	2.8	4.8	7.2	8.9
19	<i>Pancakes/waffles/French toast</i>	4.3	3.3	3.1	6.7	3.4
20	<i>Crackers</i>	4.0	5.4	5.6	3.6	2.5
21	<i>Apples and pears</i>	3.8	4.4	4.9	4.1	2.4
25	<i>Bananas</i>	2.9	5.6	3.7	1.8	2.4

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of carbohydrates for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for males 2–18 years old in descending order: 100% orange/grapefruit juice, rice and rice mixed dishes, pancakes/waffles/French toast, crackers, apples and pears, syrups/toppings, burgers, quick breads, bananas.

Table 23a. Mean intake of carbohydrates and percentage contribution of various foods among U.S. female children and adolescents, by age, NHANES 2005–2006

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,921	247	468	525	681
Mean Intake of Carbohydrates (gm)		241	200	231	252	257
Rank ^a	Food Group ^{b,c}	%				
1	Soda/energy/sports drinks	9.3	2.9	6.0	9.1	14.3
2	Grain-based desserts	7.9	4.0	7.9	8.8	8.2
3	Yeast breads	7.4	5.9	6.3	8.1	8.2
4	Pasta and pasta dishes	5.4	6.1	5.7	6.1	4.2
5	Fruit drinks	5.1	6.0	5.3	3.9	5.8
6	Ready-to-eat cereals	4.8	6.2	6.0	4.4	3.7
7	Pizza	4.4	2.0	3.5	4.1	6.1
8	Candy	4.1	4.1	3.4	3.7	5.0
9	Dairy desserts	4.1	3.3	6.2	3.8	2.6
10	100% fruit juice, not orange/grapefruit	3.8	13.3	4.1	2.5	2.1
11	Reduced-fat milk	3.5	5.4	4.0	3.9	2.2
12	Potato/corn/other chips	3.2	2.0	2.2	3.6	4.0
13	Mexican mixed dishes	2.9	1.3	2.4	3.1	3.7
14	Fried white potatoes	2.3	1.8	2.3	2.3	2.5
15	<i>Whole milk</i>	1.9	3.6	2.8	1.6	1.0
16	<i>Pancakes/waffles/French toast</i>	1.8	1.6	2.4	2.3	0.8
17	<i>Rice and rice mixed dishes</i>	1.7	2.0	1.5	2.3	1.4
18	<i>100% orange/grapefruit juice</i>	1.7	1.6	1.3	2.0	1.9
20	<i>Syrups/toppings</i>	1.5	0.8	2.7	1.6	0.6
21	<i>Crackers</i>	1.5	3.0	1.6	1.2	1.3

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
28	<i>Yogurt</i>	0.8	2.1	0.9	0.5	0.5

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of carbohydrates for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for females 2–18 years old in descending order: whole milk, pancakes/waffles/French toast, rice and rice mixed dishes, 100% orange/grapefruit juice, chicken and chicken mixed dishes, syrups/toppings, crackers, apples and pears, soups, bananas.

Table 23b. Mean intake of carbohydrates and mean contribution of various foods among U.S. female children and adolescents, by age, NHANES 2005–2006

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,921	247	468	525	681
Mean Intake of Carbohydrates (gm)		241	200	231	252	257
Rank^a	Food Group^{b,c}	gm				
1	Soda/energy/sports drinks	22.4	5.8	13.7	23.0	36.8
2	Grain-based desserts	19.1	8.0	18.2	22.2	21.2
3	Yeast breads	17.9	11.7	14.4	20.6	21.2
4	Pasta and pasta dishes	13.0	12.2	13.2	15.5	10.7
5	Fruit drinks	12.3	12.0	12.1	9.9	15.0
6	Ready-to-eat cereals	11.6	12.3	13.8	11.2	9.6
7	Pizza	10.5	4.0	8.0	10.3	15.7
8	Candy	9.8	8.1	7.9	9.4	12.8
9	Dairy desserts	9.8	6.7	14.3	9.6	6.6
10	100% fruit juice, not orange/grapefruit	9.2	26.6	9.5	6.4	5.3
11	Reduced-fat milk	8.5	10.8	9.2	9.8	5.7
12	Potato/corn/other chips	7.7	4.0	5.2	9.0	10.2
13	Mexican mixed dishes	7.1	2.7	5.4	7.9	9.5
14	Fried white potatoes	5.6	3.5	5.2	5.9	6.3
15	<i>Whole milk</i>	4.7	7.2	6.5	4.1	2.5
16	<i>Pancakes/waffles/French toast</i>	4.3	3.1	5.5	5.8	2.1

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
17	<i>Rice and rice mixed dishes</i>	4.2	4.0	3.5	5.7	3.6
18	<i>100% orange/grapefruit juice</i>	4.2	3.1	3.1	5.1	4.9
20	<i>Syrups/toppings</i>	3.7	1.5	6.2	4.1	1.5
21	<i>Crackers</i>	3.6	5.9	3.7	3.1	3.3
28	<i>Yogurt</i>	1.9	4.3	2.1	1.3	1.3

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of carbohydrates for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for females 2–18 years old in descending order: whole milk, pancakes/waffles/French toast, rice and rice mixed dishes, 100% orange/grapefruit juice, chicken and chicken mixed dishes, syrups/toppings, crackers, apples and pears, soups, bananas.

Table 24a. Mean intake of carbohydrates and percentage contribution of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non- Hispanic Whites	Non- Hispanic Blacks	Mexican- Americans	≤ 130% Poverty	131– 185% Poverty	≥ 186% Poverty
Sample Size		3,778	1,018	1,161	1,253	1,457	451	1,707
Mean Intake of Carbohydrates (gm)		271	281	253	261	254	274	279
Rank^a	Food Group^{b,c}	%						
1	Soda/energy/sports drinks	11.1	12.2	7.8	9.0	10.1	13.2	11.2
2	Grain-based desserts	7.7	8.3	7.2	6.5	6.9	7.6	8.1
3	Yeast breads	7.5	8.2	6.3	5.9	7.0	8.4	7.7
4	Pizza	5.4	5.7	5.0	4.4	4.9	8.0	5.2
5	Ready-to-eat cereals	5.2	5.1	5.9	6.0	5.7	5.0	5.1
6	Fruit drinks	5.2	4.2	10.1	5.8	6.2	5.4	4.7
7	Pasta and pasta dishes	4.4	4.7	4.4	2.7	3.2	4.9	4.7
8	Dairy desserts	4.2	4.8	3.3	2.9	2.7	3.2	5.0
9	Candy	3.9	3.8	4.5	3.0	3.7	4.2	4.0
10	Reduced-fat milk	3.5	3.9	2.3	3.7	3.1	2.6	3.8
11	100% fruit juice, not orange/grapefruit	3.2	3.1	4.0	3.2	3.8	3.6	3.0
12	Potato/corn/other chips	2.9	2.6	3.5	3.6	3.3	3.5	2.6

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
13	Mexican mixed dishes	2.7	2.1	1.0	7.4	3.4	2.5	2.4
14	Fried white potatoes	2.3	2.1	3.1	1.9	2.2	2.0	2.4
15	Whole milk	2.1	1.5	2.7	3.5	3.0	2.9	1.6
16	<i>Chicken and chicken mixed dishes</i>	2.0	2.0	2.9	1.5	2.1	1.7	2.0
17	<i>Rice and rice mixed dishes</i>	1.6	1.0	2.1	2.1	1.9	1.1	1.5
18	<i>100% orange/grapefruit juice</i>	1.6	1.2	2.1	2.9	2.2	1.2	1.3
19	<i>Pancakes/waffles/French toast</i>	1.6	1.8	1.0	1.4	0.9	0.9	2.0
26	<i>Soups</i>	0.9	0.6	1.0	2.4	1.8	0.7	0.6

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of carbohydrates for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for persons 2–18 years old in descending order: rice and rice mixed dishes, 100% orange/grapefruit juice, pancakes/waffles/French toast, crackers, syrups/toppings, apples and pears, bananas, quick breads.

Table 24b. Mean intake of carbohydrates and mean contribution of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,778	1,018	1,161	1,253	1,457	451	1,707
Mean Intake of Carbohydrates (gm)		271	281	253	261	254	274	279
Rank^a	Food Group^{b,c}	gm						
1	Soda/energy/sports drinks	30.0	34.2	19.7	23.5	25.8	36.3	31.1
2	Grain-based desserts	20.8	23.2	18.3	17.0	17.6	20.9	22.5
3	Yeast breads	20.4	23.1	15.9	15.5	17.7	23.1	21.4
4	Pizza	14.7	16.0	12.7	11.4	12.4	22.0	14.6
5	Ready-to-eat cereals	14.2	14.3	14.9	15.7	14.6	13.8	14.2
6	Fruit drinks	14.0	11.7	25.4	15.1	15.7	14.9	13.1
7	Pasta and pasta dishes	11.9	13.2	11.1	7.1	8.1	13.3	13.0

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
8	Dairy desserts	11.5	13.5	8.4	7.5	7.0	8.8	13.9
9	Candy	10.4	10.7	11.5	7.7	9.3	11.6	11.0
10	Reduced-fat milk	9.4	10.9	5.9	9.5	7.9	7.2	10.6
11	100% fruit juice, not orange/grapefruit	8.7	8.7	10.1	8.4	9.8	9.7	8.3
12	Potato/corn/other chips	7.8	7.3	8.9	9.3	8.5	9.5	7.3
13	Mexican mixed dishes	7.4	6.0	2.5	19.3	8.7	6.9	6.8
14	Fried white potatoes	6.3	6.0	7.9	5.0	5.5	5.5	6.8
15	Whole milk	5.7	4.3	6.8	9.2	7.6	7.9	4.5
16	<i>Chicken and chicken mixed dishes</i>	5.4	5.5	7.4	3.8	5.3	4.6	5.7
17	<i>Rice and rice mixed dishes</i>	4.3	2.9	5.2	5.6	4.7	3.1	4.1
18	<i>100% orange/grapefruit juice</i>	4.3	3.4	5.4	7.7	5.7	3.2	3.8
19	<i>Pancakes/waffles/French toast</i>	4.3	5.1	2.4	3.6	2.2	2.5	5.7
26	<i>Soups</i>	2.5	1.6	2.6	6.2	4.5	1.8	1.6

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

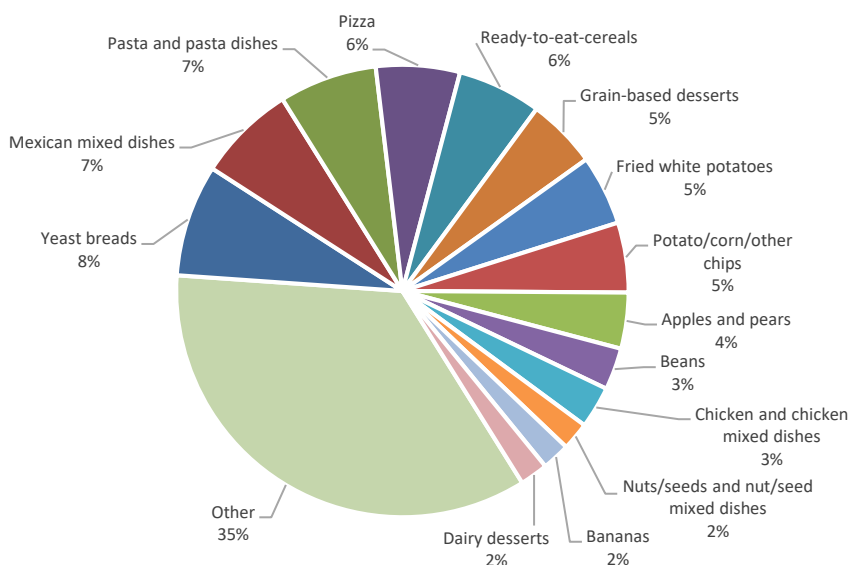
b: Specific foods contributing at least 2% of carbohydrates for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of carbohydrates for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of carbohydrates for persons 2–18 years old in descending order: rice and rice mixed dishes, 100% orange/grapefruit juice, pancakes/waffles/French toast, crackers, syrups/toppings, apples and pears, bananas, quick breads.

Appendix H: Sources of Fiber Among U.S. Children and Adolescents, NHANES 2005–2006

FIGURE

Figure 9. Distribution of fiber intake (grams) across food sources, U.S. children and adolescents (2–18 years)



Food	Percentage Contribution
Other	35%
Yeast breads	8%
Mexican mixed dishes	7%
Pasta and pasta dishes	7%
Pizza	6%
Ready-to-eat-cereals	6%
Grain-based desserts	5%
Fried white potatoes	5%
Potato/corn/other chips	5%
Apples and pears	4%
Beans	3%
Chicken and chicken mixed dishes	3%
Nuts/seeds and nut/seed mixed dishes	2%
Bananas	2%
Dairy desserts	2%

The “Other” category includes many specific foods that each contribute less than 2% of dietary fiber.

Data source: NHANES 2005–06

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

TABLES

Table 25a. Mean intake of dietary fiber and percentage contribution of various foods among U.S. children and adolescents, by age, NHANES 2005–2006

		All Persons, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		3,778	497	899	1,047	1,335
Mean Intake of Dietary Fiber (gm)		13	10	12	14	14
Rank ^a	Food Group ^{b,c}	%				
1	Yeast breads	8.4	6.7	7.8	7.8	9.8
2	Mexican mixed dishes	7.3	4.2	5.9	8.4	8.2
3	Pasta and pasta dishes	7.0	9.8	7.2	7.9	5.3
4	Pizza	6.1	2.7	4.5	5.3	8.8
5	Ready-to-eat cereals	5.8	7.1	7.5	5.0	4.8
6	Grain-based desserts	4.7	3.0	5.0	4.8	4.9
7	Fried white potatoes	4.5	3.9	4.1	4.0	5.5
8	Potato/corn/other chips	4.5	2.7	4.0	4.4	5.6
9	Apples and pears	4.0	6.0	4.9	4.2	2.7
10	Beans	2.9	3.3	2.7	3.5	2.5
11	Chicken and chicken mixed dishes	2.8	1.7	2.4	3.1	3.2
12	Nuts/seeds and nut/seed mixed dishes	2.5	2.4	2.7	2.7	2.1
13	Bananas	2.4	4.8	3.2	1.5	1.9
14	Dairy desserts	2.2	1.8	2.6	2.3	1.9
15	<i>Popcorn</i>	1.8	1.8	2.0	2.1	1.2
16	<i>Pancakes/waffles/French toast</i>	1.8	1.7	2.1	2.3	1.0
17	<i>Other white potatoes</i>	1.7	1.6	1.3	1.6	2.0
18	<i>Burgers</i>	1.4	0.4	0.9	1.3	2.2
30	<i>100% fruit juice, not orange/grapefruit</i>	0.9	3.1	1.1	0.4	0.6

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for persons 2–18 years old in descending order: popcorn, pancakes/waffles/French toast, other white potatoes, burgers, other fruit and fruit salad, candy, soups, beef and beef mixed dishes, citrus fruits, condiments, rice and rice mixed dishes, crackers, whole milk.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 25b. Mean intake of dietary fiber and mean contribution of various foods among U.S. children and adolescents, by age, NHANES 2005–2006

		All Persons, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		3,778	497	899	1,047	1,335
Mean Intake of Dietary Fiber (gm)		13	10	12	14	14
Rank ^a	Food Group ^{b,c}	gm				
1	Yeast breads	1.1	0.7	0.9	1.1	1.3
2	Mexican mixed dishes	0.9	0.4	0.7	1.2	1.1
3	Pasta and pasta dishes	0.9	1.0	0.9	1.1	0.7
4	Pizza	0.8	0.3	0.5	0.7	1.2
5	Ready-to-eat cereals	0.7	0.7	0.9	0.7	0.7
6	Grain-based desserts	0.6	0.3	0.6	0.7	0.7
7	Fried white potatoes	0.6	0.4	0.5	0.6	0.8
8	Potato/corn/other chips	0.6	0.3	0.5	0.6	0.8
9	Apples and pears	0.5	0.6	0.6	0.6	0.4
10	Beans	0.4	0.3	0.3	0.5	0.3
11	Chicken and chicken mixed dishes	0.4	0.2	0.3	0.4	0.4
12	Nuts/seeds and nut/seed mixed dishes	0.3	0.2	0.3	0.4	0.3
13	Bananas	0.3	0.5	0.4	0.2	0.3
14	Dairy desserts	0.3	0.2	0.3	0.3	0.3
15	<i>Popcorn</i>	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.3</i>	<i>0.2</i>
16	<i>Pancakes/waffles/French toast</i>	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.3</i>	<i>0.1</i>
17	<i>Other white potatoes</i>	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.3</i>
18	<i>Burgers</i>	<i>0.2</i>	<i>0.0</i>	<i>0.1</i>	<i>0.2</i>	<i>0.3</i>
30	<i>100% fruit juice, not orange/grapefruit</i>	<i>0.1</i>	<i>0.3</i>	<i>0.1</i>	<i>0.1</i>	<i>0.1</i>

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for persons 2–18 years old in descending order: popcorn, pancakes/waffles/French toast, other white potatoes, burgers, other fruit and fruit salad, candy, soups, beef and beef mixed dishes, citrus fruits, condiments, rice and rice mixed dishes, crackers, whole milk.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 26a. Mean intake of dietary fiber and percentage contribution of various foods among U.S. male children and adolescents, by age, NHANES 2005–2006

		Males, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,857	250	431	522	654
Mean Intake of Dietary Fiber (gm)		14	11	13	14	15
Rank ^a	Food Group ^{b, c}	%				
1	Yeast breads	8.4	6.2	8.6	7.0	10.1
2	Pizza	7.1	3.0	5.3	6.2	10.1
3	Ready-to-eat cereals	6.6	7.0	8.9	5.8	5.5
4	Mexican mixed dishes	6.5	4.7	3.8	9.4	6.4
5	Pasta and pasta dishes	6.0	9.5	6.9	6.6	4.0
6	Fried white potatoes	4.7	4.3	3.8	4.0	5.9
7	Grain-based desserts	4.6	3.5	5.5	4.2	4.7
8	Potato/corn/other chips	4.2	2.4	4.3	3.8	5.0
9	Apples and pears	4.1	6.7	5.7	3.8	2.5
10	Chicken and chicken mixed dishes	3.1	1.7	2.3	3.5	3.8
11	Beans	2.7	3.1	2.0	2.8	2.9
12	Nuts/seeds and nut/seed mixed dishes	2.6	1.9	3.8	2.4	2.2
13	Bananas	2.4	6.0	3.4	1.4	1.7
14	Dairy desserts	2.3	1.4	2.5	2.4	2.3
15	<i>Popcorn</i>	1.7	1.8	1.8	2.3	1.2
16	<i>Other white potatoes</i>	1.7	1.4	0.9	2.0	2.1
17	<i>Burgers</i>	1.7	0.3	0.9	1.4	2.8
18	<i>Pancakes/waffles/French toast</i>	1.6	1.8	1.5	2.5	1.0
33	<i>100% fruit juice, not orange/grapefruit</i>	0.8	2.8	1.1	0.3	0.4

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for males 2–18 years old in descending order: popcorn, other white potatoes, burgers, pancakes/waffles/French toast, beef and beef mixed dishes, whole milk, carrots, other fruit and fruit salad, crackers, candy, condiments, citrus fruits, soups, reduced-fat milk, rice and rice mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 26b. Mean intake of dietary fiber and mean contribution of various foods among U.S. male children and adolescents, by age, NHANES 2005–2006

		Males, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,857	250	431	522	654
Mean Intake of Dietary Fiber (gm)		14	11	13	14	15
Rank ^a	Food Group ^{b,c}	gm				
1	Yeast breads	1.2	0.7	1.1	1.0	1.6
2	Pizza	1.0	0.3	0.7	0.9	1.6
3	Ready-to-eat cereals	0.9	0.7	1.1	0.8	0.9
4	Mexican mixed dishes	0.9	0.5	0.5	1.3	1.0
5	Pasta and pasta dishes	0.8	1.0	0.9	0.9	0.6
6	Fried white potatoes	0.6	0.5	0.5	0.6	0.9
7	Grain-based desserts	0.6	0.4	0.7	0.6	0.7
8	Potato/corn/other chips	0.6	0.3	0.5	0.5	0.8
9	Apples and pears	0.6	0.7	0.7	0.5	0.4
10	Chicken and chicken mixed dishes	0.4	0.2	0.3	0.5	0.6
11	Beans	0.4	0.3	0.3	0.4	0.4
12	Nuts/seeds and nut/seed mixed dishes	0.4	0.2	0.5	0.3	0.3
13	Bananas	0.3	0.6	0.4	0.2	0.3
14	Dairy desserts	0.3	0.1	0.3	0.3	0.4
15	<i>Popcorn</i>	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.3</i>	<i>0.2</i>
16	<i>Other white potatoes</i>	<i>0.2</i>	<i>0.1</i>	<i>0.1</i>	<i>0.3</i>	<i>0.3</i>
17	<i>Burgers</i>	<i>0.2</i>	<i>0.0</i>	<i>0.1</i>	<i>0.2</i>	<i>0.4</i>
18	<i>Pancakes/waffles/French toast</i>	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.4</i>	<i>0.2</i>
33	<i>100% fruit juice, not orange/grapefruit</i>	<i>0.1</i>	<i>0.3</i>	<i>0.1</i>	<i>0.0</i>	<i>0.1</i>

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for males 2–18 years old in descending order: popcorn, other white potatoes, burgers, pancakes/waffles/French toast, beef and beef mixed dishes, whole milk, carrots, other fruit and fruit salad, crackers, candy, condiments, citrus fruits, soups, reduced-fat milk, rice and rice mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 27a. Mean intake of dietary fiber and percentage contribution of various foods among U.S. female children and adolescents, by age, NHANES 2005–2006

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,921	247	468	525	681
Mean Intake of Dietary Fiber (gm)		12	10	11	13	12
Rank ^a	Food Group ^{b,c}	%				
1	Yeast breads	8.3	7.4	6.9	8.8	9.4
2	Mexican mixed dishes	8.3	3.6	8.1	7.3	10.8
3	Pasta and pasta dishes	8.2	10.2	7.4	9.5	7.1
4	Potato/corn/other chips	4.9	3.0	3.6	5.1	6.4
5	Grain-based desserts	4.8	2.4	4.5	5.4	5.3
6	Ready-to-eat cereals	4.8	7.2	6.0	4.1	3.7
7	Pizza	4.8	2.4	3.7	4.3	7.0
8	Fried white potatoes	4.4	3.4	4.3	4.1	4.9
9	Apples and pears	4.0	5.0	4.0	4.6	2.9
10	Beans	3.3	3.4	3.5	4.4	1.9
11	Bananas	2.4	3.4	3.1	1.6	2.2
12	Chicken and chicken mixed dishes	2.4	1.6	2.4	2.6	2.4
13	Nuts/seeds and nut/seed mixed dishes	2.3	3.0	1.7	3.0	2.1
14	Dairy desserts	2.1	2.3	2.7	2.2	1.2
15	<i>Pancakes/waffles/French toast</i>	1.9	1.6	2.7	2.2	0.9
16	<i>Popcorn</i>	1.8	1.8	2.3	2.0	1.3
20	<i>Soups</i>	1.4	2.6	1.5	1.1	1.2
27	<i>100% fruit juice, not orange/grapefruit</i>	1.0	3.5	1.1	0.5	0.7
28	<i>Corn</i>	1.0	2.3	1.0	1.1	0.5

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for females 2–18 years old in descending order: pancakes/waffles/French toast, popcorn, other white potatoes, other fruit and fruit salad, candy, soups, rice and rice mixed dishes, citrus fruits, condiments, crackers, burgers, beef and beef mixed dishes, 100% fruit juice, not orange/grapefruit, corn.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 27b. Mean intake of dietary fiber and mean contribution of various foods among U.S. female children and adolescents, by age, NHANES 2005–2006

		Females, 2–18 Years	Age Group (years)			
			2–3 Years	4–8	9–13	14–18
Sample Size		1,921	247	468	525	681
Mean Intake of Dietary Fiber (gm)		12	10	11	13	12
Rank ^a	Food Group ^{b,c}	gm				
1	Yeast breads	1.0	0.7	0.8	1.2	1.1
2	Mexican mixed dishes	1.0	0.3	0.9	1.0	1.3
3	Pasta and pasta dishes	1.0	1.0	0.8	1.2	0.8
4	Potato/corn/other chips	0.6	0.3	0.4	0.7	0.8
5	Grain-based desserts	0.6	0.2	0.5	0.7	0.6
6	Ready-to-eat cereals	0.6	0.7	0.7	0.5	0.4
7	Pizza	0.6	0.2	0.4	0.6	0.8
8	Fried white potatoes	0.5	0.3	0.5	0.5	0.6
9	Apples and pears	0.5	0.5	0.5	0.6	0.3
10	Beans	0.4	0.3	0.4	0.6	0.2
11	Bananas	0.3	0.3	0.3	0.2	0.3
12	Chicken and chicken mixed dishes	0.3	0.2	0.3	0.3	0.3
13	Nuts/seeds and nut/seed mixed dishes	0.3	0.3	0.2	0.4	0.2
14	Dairy desserts	0.2	0.2	0.3	0.3	0.1
15	<i>Pancakes/waffles/French toast</i>	<i>0.2</i>	<i>0.2</i>	<i>0.3</i>	<i>0.3</i>	<i>0.1</i>
16	Popcorn	<i>0.2</i>	<i>0.2</i>	<i>0.3</i>	<i>0.3</i>	<i>0.2</i>
20	Soups	<i>0.2</i>	<i>0.2</i>	<i>0.2</i>	<i>0.1</i>	<i>0.1</i>
27	100% fruit juice, not orange/grapefruit	<i>0.1</i>	<i>0.3</i>	<i>0.1</i>	<i>0.1</i>	<i>0.1</i>
28	Corn	<i>0.1</i>	<i>0.2</i>	<i>0.1</i>	<i>0.1</i>	<i>0.1</i>

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for females 2–18 years old in descending order: pancakes/waffles/French toast, popcorn, other white potatoes, other fruit and fruit salad, candy, soups, rice and rice mixed dishes, citrus fruits, condiments, crackers, burgers, beef and beef mixed dishes, 100% fruit juice, not orange/grapefruit, corn.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 28a. Mean intake of dietary fiber and percentage contribution of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

	All Persons, 2–18 Years	Race/Ethnicity			Family Income			
		Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty	
Sample Size	3,778	1,018	1,161	1,253	1,457	451	1,707	
Mean Intake of Dietary Fiber (gm)	13	13	11	14	12	12	13	
Rank ^a	Food Group ^{b,c}	%						
1	Yeast breads	8.4	9.2	7.3	6.1	8.0	9.4	8.5
2	Mexican mixed dishes	7.3	6.6	2.2	15.2	7.4	6.0	7.2
3	Pasta and pasta dishes	7.0	7.6	7.3	4.3	5.3	8.3	7.4
4	Pizza	6.1	6.4	6.1	4.2	5.5	9.4	5.8
5	Ready-to-eat cereals	5.8	6.1	5.7	5.7	5.8	4.3	6.0
6	Grain-based desserts	4.7	5.2	5.0	3.4	4.0	4.8	5.1
7	Fried white potatoes	4.5	4.3	6.7	3.3	4.3	4.1	4.7
8	Potato/corn/other chips	4.5	4.1	6.2	4.6	5.3	5.9	4.0
9	Apples and pears	4.0	3.9	3.4	4.9	4.4	3.3	4.0
10	Beans	2.9	1.8	2.9	7.8	3.8	2.7	2.5
11	Chicken and chicken mixed dishes	2.8	2.9	3.9	1.8	2.8	2.4	2.9
12	Nuts/seeds and nut/seed mixed dishes	2.5	3.0	1.7	1.4	1.6	2.0	3.0
13	Bananas	2.4	2.3	1.6	3.3	2.7	3.0	2.1
14	Dairy desserts	2.2	2.6	1.7	1.5	1.5	2.2	2.5
15	<i>Popcorn</i>	1.8	1.9	2.4	1.3	1.8	1.2	1.9
16	<i>Pancakes/waffles/French toast</i>	1.8	2.0	1.1	1.4	1.0	1.0	2.2
17	<i>Other white potatoes</i>	1.7	1.7	1.6	1.2	1.9	2.9	1.4
21	<i>Soups</i>	1.2	0.8	1.1	3.0	2.6	1.0	0.6
23	<i>Citrus fruits</i>	1.2	0.7	1.6	2.1	2.0	0.7	0.9

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for persons 2–18 years old in descending order: popcorn, pancakes/waffles/French toast, other white potatoes, burgers, other fruit and fruit salad, candy, soups, beef and beef mixed dishes, citrus fruits, condiments, rice and rice mixed dishes, crackers, whole milk.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 28b. Mean intake of dietary fiber and mean contribution of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

	All Persons, 2–18 Years	Race/Ethnicity			Family Income			
		Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty	
Sample Size	3,778	1,018	1,161	1,253	1,457	451	1,707	
Mean Intake of Dietary Fiber (gm)	13	13	11	14	12	12	13	
Rank ^a	Food Group ^{b,c}	gm						
1	Yeast breads	1.1	1.2	0.8	0.9	1.0	1.2	1.1
2	Mexican mixed dishes	0.9	0.9	0.2	2.1	0.9	0.7	1.0
3	Pasta and pasta dishes	0.9	1.0	0.8	0.6	0.6	1.0	1.0
4	Pizza	0.8	0.8	0.7	0.6	0.7	1.2	0.8
5	Ready-to-eat cereals	0.7	0.8	0.6	0.8	0.7	0.5	0.8
6	Grain-based desserts	0.6	0.7	0.5	0.5	0.5	0.6	0.7
7	Fried white potatoes	0.6	0.6	0.7	0.5	0.5	0.5	0.6
8	Potato/corn/other chips	0.6	0.5	0.7	0.6	0.6	0.7	0.5
9	Apples and pears	0.5	0.5	0.4	0.7	0.5	0.4	0.5
10	Beans	0.4	0.2	0.3	1.1	0.5	0.3	0.3
11	Chicken and chicken mixed dishes	0.4	0.4	0.4	0.3	0.3	0.3	0.4
12	Nuts/seeds and nut/seed mixed dishes	0.3	0.4	0.2	0.2	0.2	0.2	0.4
13	Bananas	0.3	0.3	0.2	0.5	0.3	0.4	0.3
14	Dairy desserts	0.3	0.3	0.2	0.2	0.2	0.3	0.3
15	<i>Popcorn</i>	0.2	0.2	0.3	0.2	0.2	0.1	0.2
16	<i>Pancakes/waffles/French toast</i>	0.2	0.3	0.1	0.2	0.1	0.1	0.3
17	<i>Other white potatoes</i>	0.2	0.2	0.2	0.2	0.2	0.4	0.2
21	<i>Soups</i>	0.2	0.1	0.1	0.4	0.3	0.1	0.1
23	<i>Citrus fruits</i>	0.1	0.1	0.2	0.3	0.2	0.1	0.1

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of dietary fiber for persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of dietary fiber for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of dietary fiber for persons 2–18 years old in descending order: popcorn, pancakes/waffles/French toast, other white potatoes, burgers, other fruit and fruit salad, candy, soups, beef and beef mixed dishes, citrus fruits, condiments, rice and rice mixed dishes, crackers, whole milk.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix I: Sources of Energy Among the U.S. Population, NHANES 2005–2006

TABLES

Table 29a. Mean intake of energy and percentage contribution of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		8,549	3,778	497	899	1,047	1,335	4,771	1,310	1,537	1,224	700
Mean Intake of Energy (kcal)		2,157	2,027	1,471	1,802	2,035	2,427	2,199	2,407	2,354	2,020	1,691
Rank^a	Food Group^{b,c}											
1	Grain-based desserts	6.4	6.8	4.6	7.6	7.1	6.5	6.3	5.3	6.1	6.7	8.3
2	Yeast breads	6.0	5.6	4.4	5.4	5.4	6.2	6.1	5.0	5.4	7.4	8.3
3	Chicken and chicken mixed dishes	5.6	5.6	4.0	5.1	6.0	5.9	5.6	6.4	6.0	4.8	4.0
4	Soda/energy/sports drinks	5.3	5.8	1.5	2.8	5.2	9.3	5.1	7.7	5.1	3.6	1.9
5	Pizza	4.6	6.7	3.2	5.3	6.3	8.8	3.9	5.4	4.6	2.4	1.2
6	Alcoholic beverages	3.8	0.3	-	-	-	0.7	4.8	5.0	5.7	4.0	2.4
7	Pasta and pasta dishes	3.8	4.5	5.9	5.4	5.0	3.2	3.6	3.8	3.5	3.7	2.9
8	Mexican mixed dishes	3.7	3.1	1.7	2.2	3.8	3.5	3.9	6.1	4.2	2.4	0.5
9	Beef and beef mixed dishes	3.0	2.1	1.3	1.3	2.0	2.9	3.2	3.4	3.3	2.9	3.2
10	Dairy desserts	2.9	3.7	2.7	5.1	4.2	2.6	2.6	2.0	2.5	2.9	4.6
11	Potato/corn/other chips	2.6	3.4	2.5	3.3	3.6	3.6	2.3	2.6	2.6	2.0	1.4
12	Burgers	2.5	2.7	1.0	1.5	2.4	4.1	2.4	2.9	2.5	2.0	1.5
13	Reduced-fat milk	2.4	4.2	6.2	5.3	4.5	2.9	1.8	1.8	1.6	1.7	2.9
14	Regular cheese	2.3	2.1	2.2	1.7	2.0	2.5	2.3	2.7	2.2	2.2	2.2
15	Ready-to-eat cereals	2.3	3.2	3.9	4.3	3.0	2.5	2.0	2.1	1.7	2.0	3.4
16	Sausage, franks, bacon, and ribs	2.3	2.3	2.9	2.5	2.6	1.9	2.2	1.9	2.2	2.5	2.3
17	Fried white potatoes	2.2	2.5	2.4	2.4	2.4	2.8	2.1	2.6	2.2	1.8	0.9
18	Candy	2.2	2.8	2.8	2.7	2.9	2.7	2.0	1.8	2.1	2.1	1.5
19	Nuts/seeds and nut/seed mixed dishes	2.0	1.3	1.5	1.5	1.5	1.1	2.1	1.2	2.1	3.0	2.5
20	<i>Eggs and egg mixed dishes</i>	1.8	1.5	1.3	1.4	1.5	1.5	1.9	1.6	1.9	2.2	2.3
21	<i>Rice and rice mixed dishes</i>	1.7	1.2	1.3	1.1	1.4	1.0	1.8	2.0	2.1	1.5	1.2

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
22	<i>Fruit drinks</i>	1.7	2.7	3.1	2.8	2.5	2.7	1.3	1.9	1.4	0.9	0.8
23	<i>Whole milk</i>	1.5	2.9	7.1	4.2	2.1	1.9	1.1	1.2	1.2	0.8	1.3
24	<i>Quick breads</i>	1.5	1.0	1.1	0.7	0.8	1.1	1.6	1.4	1.4	2.1	1.9
26	<i>Soups</i>	1.2	1.0	1.2	1.3	0.9	0.7	1.3	1.1	0.9	1.8	2.1
28	<i>Other white potatoes</i>	1.2	0.7	0.7	0.6	0.8	0.7	1.3	1.0	1.0	1.7	2.3
29	<i>Other fish and fish mixed dishes</i>	1.2	0.5	0.6	0.6	0.5	0.4	1.4	0.9	1.3	1.7	2.1
30	<i>Crackers</i>	1.1	1.4	2.6	1.9	1.2	0.9	1.0	1.0	1.0	1.0	1.5

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons in descending order: eggs and egg mixed dishes, rice and rice mixed dishes, fruit drinks, whole milk, quick breads, cold cuts, soups, salad dressing, other white potatoes, other fish and fish mixed dishes, crackers, and 100% orange/grapefruit juice.

Table 29b. Mean intake of energy and mean contribution (kcal) of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
Sample Size		8,549	3,778	497	899	1,047	1,335	4,771	1,310	1,537	1,224	700
Mean Intake of Energy (kcal)		2,157	2,027	1,471	1,802	2,035	2,427	2,199	2,407	2,354	2,020	1,691
Rank ^a	Food Group ^{b,c}											
1	Grain-based desserts	138	138	68	136	145	157	138	128	145	134	141
2	Yeast breads	129	114	65	98	109	151	134	120	128	149	141
3	Chicken and chicken mixed dishes	121	113	59	92	122	143	123	154	141	97	67
4	Soda/energy/sports drinks	114	118	23	50	105	226	112	186	121	73	33
5	Pizza	98	136	47	95	128	213	86	129	108	48	21
6	Alcoholic beverages	82	6	-	-	-	18	106	120	135	82	40
7	Pasta and pasta dishes	81	91	86	97	101	78	78	92	81	75	50
8	Mexican mixed dishes	80	63	26	40	76	86	85	146	99	48	9
9	Beef and beef mixed dishes	64	43	19	23	42	70	71	81	78	58	55
10	Dairy desserts	62	76	40	93	86	64	58	48	58	59	78
11	Potato/corn/other chips	56	70	37	60	72	88	51	62	61	41	23
12	Burgers	53	55	14	27	49	99	53	71	60	40	25
13	Reduced-fat milk	51	86	91	95	92	69	39	43	39	35	48

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
14	Regular cheese	49	43	32	31	41	60	51	64	52	45	37
15	Ready-to-eat cereals	49	65	58	77	60	61	44	50	39	41	57
16	Sausage, franks, bacon, and ribs	49	47	43	44	53	46	49	47	53	51	39
17	Fried white potatoes	48	52	35	43	49	68	46	64	52	36	16
18	Candy	47	56	41	50	59	66	44	42	50	42	26
19	Nuts/seeds and nut/seed mixed dishes	42	27	22	26	30	26	47	28	50	60	43
20	<i>Eggs and egg mixed dishes</i>	39	30	20	25	31	36	42	38	44	44	39
21	<i>Rice and rice mixed dishes</i>	36	24	19	20	28	24	41	49	49	30	20
22	<i>Fruit drinks</i>	36	55	46	51	51	65	29	45	33	18	13
23	<i>Whole milk</i>	33	60	104	76	42	45	25	30	28	17	22
24	<i>Quick breads</i>	32	19	17	13	17	28	36	34	34	42	33
26	<i>Soups</i>	26	20	18	23	19	18	28	25	22	37	36
28	<i>Other white potatoes</i>	25	14	11	11	16	18	29	24	25	33	38
29	<i>Other fish and fish mixed dishes</i>	25	10	9	10	11	11	30	22	29	34	35
30	<i>Crackers</i>	24	27	38	34	24	21	23	25	23	21	25

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons in descending order: eggs and egg mixed dishes, rice and rice mixed dishes, fruit drinks, whole milk, quick breads, cold cuts, soups, salad dressing, other white potatoes, other fish and fish mixed dishes, crackers, and 100% orange/grapefruit juice.

Table 30a. Mean intake of energy and percentage contribution of various foods among U.S. males, by age, NHANES 2005–2006

		All Males	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		4,146	1,857	250	431	522	654	2,289	549	758	614	368
Mean Intake of Energy (kcal)		2,543	2,249	1,519	1,923	2,158	2,865	2,645	2,869	2,838	2,418	1,969
Rank ^a	Food Group ^{b,c}											
1	Grain-based desserts	6.1	6.6	5.4	8.2	6.7	6.0	5.9	4.6	5.7	6.9	8.2
2	Soda/energy/sports drinks	6.1	6.5	1.5	2.3	5.5	10.4	5.9	8.7	5.9	4.4	1.9
3	Yeast breads	6.0	5.6	4.4	5.9	4.9	6.2	6.1	4.4	5.6	7.8	8.3
4	Chicken and chicken mixed dishes	5.7	6.0	4.2	5.2	6.7	6.3	5.6	6.4	5.9	4.8	4.2

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
5	Pizza	5.3	7.7	3.6	6.2	7.3	9.6	4.6	6.7	5.2	2.6	1.2
6	Alcoholic beverages	4.8	0.4	-	-	-	0.9	6.1	6.4	7.0	5.2	3.3
7	Mexican mixed dishes	4.0	2.9	2.0	2.1	3.7	3.0	4.3	6.8	4.7	2.5	0.8
8	Beef and beef mixed dishes	3.1	2.1	1.7	0.8	1.9	3.2	3.4	3.8	3.5	2.6	3.6
9	Pasta and pasta dishes	3.1	3.7	5.1	4.7	4.2	2.6	2.9	3.6	2.6	2.6	3.3
10	Burgers	2.8	3.2	0.7	1.6	2.9	4.9	2.7	3.2	2.9	2.2	1.6
11	Dairy desserts	2.7	3.9	2.5	5.1	4.6	2.9	2.3	1.6	2.2	2.8	3.8
12	Sausage, franks, bacon, and ribs	2.6	2.5	3.8	2.5	2.9	2.0	2.6	2.2	2.6	3.1	2.2
13	Potato/corn/other chips	2.5	3.2	2.4	3.8	3.2	3.1	2.3	2.3	2.5	2.1	1.4
14	Fried white potatoes	2.4	2.5	2.7	2.2	2.2	2.8	2.3	2.7	2.5	1.9	1.4
15	Reduced-fat milk	2.3	4.2	5.5	5.7	4.5	2.8	1.7	1.7	1.6	1.7	2.6
16	Ready-to-eat cereals	2.2	3.4	3.8	4.8	3.2	2.7	1.9	1.7	1.6	2.0	3.5
17	Regular cheese	2.2	2.1	2.4	1.4	2.1	2.3	2.2	2.4	2.2	2.1	1.9
18	Nuts/seeds and nut/seed mixed dishes	2.0	1.4	1.2	2.0	1.4	1.0	2.2	1.3	2.0	3.3	3.0
19	Candy	2.0	2.6	2.5	3.0	3.0	2.2	1.8	1.7	1.8	2.0	1.4
20	<i>Eggs and egg mixed dishes</i>	1.8	1.5	1.1	1.2	1.2	1.8	1.9	1.4	2.0	2.1	2.8
21	<i>Rice and rice mixed dishes</i>	1.7	1.1	1.2	1.1	1.1	0.9	1.9	2.1	2.1	1.4	1.1
22	<i>Fruit drinks</i>	1.6	2.7	3.0	2.8	2.9	2.5	1.3	1.8	1.3	0.9	0.8
23	<i>Whole milk</i>	1.6	3.1	7.9	4.3	2.1	2.1	1.1	0.9	1.2	1.1	1.8
26	<i>Other white potatoes</i>	1.1	0.7	0.6	0.4	0.9	0.7	1.3	0.9	1.0	1.9	2.0
27	<i>Other fish and fish mixed dishes</i>	1.1	0.5	0.6	0.2	0.5	0.6	1.3	1.1	1.1	1.5	2.0
30	<i>Soups</i>	1.0	0.8	0.9	1.0	0.9	0.6	1.0	0.8	0.7	1.4	2.5
31	<i>Crackers</i>	0.9	1.3	2.4	2.1	1.2	0.6	0.8	0.9	0.8	0.9	1.2
33	<i>Pancakes/waffles/French toast</i>	0.8	1.3	1.4	1.1	2.1	0.8	0.7	0.7	0.6	0.9	0.9
34	<i>100% fruit juice, not orange/grapefruit</i>	0.8	1.5	5.3	2.4	0.8	0.7	0.6	0.7	0.5	0.7	0.7

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all males in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all males in descending order: eggs and egg mixed dishes, rice and rice mixed dishes, fruit drinks, whole milk, quick breads, cold cuts, other white potatoes, other fish and fish mixed dishes, pork and pork mixed dishes, 100% orange/grapefruit juice, and soups.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 30b. Mean intake of energy and mean contribution (kcal) of various foods among U.S. males, by age, NHANES 2005–2006

		All Males	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		4,146	1,857	250	431	522	654	2,289	549	758	614	368
Mean Intake of Energy (kcal)		2,543	2,249	1,519	1,923	2,158	2,865	2,645	2,869	2,838	2,418	1,969
Rank ^a	Food Group ^{b,c}											
1	Grain-based desserts	155	149	82	157	144	171	157	133	163	166	162
2	Soda/energy/sports drinks	154	146	22	45	119	299	157	249	167	107	38
3	Yeast breads	152	126	67	114	105	178	161	127	159	189	163
4	Chicken and chicken mixed dishes	145	135	63	101	145	181	148	184	167	115	82
5	Pizza	135	173	55	119	158	274	122	191	147	63	23
6	Alcoholic beverages	123	8	-	-	-	26	162	183	198	126	65
7	Mexican mixed dishes	102	65	30	40	79	86	115	194	132	59	15
8	Beef and beef mixed dishes	79	48	25	15	42	91	89	109	100	64	71
9	Pasta and pasta dishes	79	84	77	91	91	74	77	104	74	62	66
10	Burgers	71	73	10	31	62	140	71	91	82	53	31
11	Dairy desserts	68	87	38	98	100	83	62	45	64	68	74
12	Sausage, franks, bacon, and ribs	66	56	57	48	62	57	69	64	74	76	44
13	Potato/corn/other chips	63	72	36	74	68	87	60	65	71	51	27
14	Fried white potatoes	60	56	41	42	48	81	62	79	71	47	27
15	Reduced-fat milk	58	94	84	110	96	81	46	49	47	40	51
16	Ready-to-eat cereals	56	76	58	92	69	77	49	49	46	48	68
17	Regular cheese	55	47	37	27	46	67	58	68	62	50	38
18	Nuts/seeds and nut/seed mixed dishes	51	31	19	39	29	30	59	36	57	79	59
19	Candy	50	59	38	58	64	62	47	47	50	49	27
20	<i>Eggs and egg mixed dishes</i>	47	33	17	23	26	53	51	41	57	50	54
21	<i>Rice and rice mixed dishes</i>	43	24	18	22	24	26	49	61	60	34	21
22	<i>Fruit drinks</i>	41	61	46	53	62	71	35	53	37	22	15
23	<i>Whole milk</i>	40	69	120	83	46	61	30	25	34	26	35
26	<i>Other white potatoes</i>	29	15	10	8	19	19	34	27	28	46	39
27	<i>Other fish and fish mixed dishes</i>	28	11	9	4	11	16	33	32	32	35	39
30	<i>Soups</i>	25	18	13	18	20	18	28	24	20	34	48
31	<i>Crackers</i>	24	29	36	41	27	18	22	25	22	21	25

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
33	<i>Pancakes/waffles/French toast</i>	21	28	21	20	45	23	19	20	16	23	18
34	<i>100% fruit juice, not orange/grapefruit</i>	20	33	81	47	16	20	16	21	13	16	14

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all males in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all males in descending order: eggs and egg mixed dishes, rice and rice mixed dishes, fruit drinks, whole milk, quick breads, cold cuts, other white potatoes, other fish and fish mixed dishes, pork and pork mixed dishes, 100% orange/grapefruit juice, and soups.

Table 31a. Mean intake of energy and percentage contribution of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
Sample Size		4,403	1,921	247	468	525	681	2,482	761	779	610	332
Mean Intake of Energy (kcal)		1,790	1,796	1,419	1,691	1,903	1,937	1,788	1,957	1,884	1,660	1,487
Rank^a	Food Group^{b,c}											
1	Grain-based desserts	6.8	7.0	3.7	6.9	7.7	7.3	6.7	6.3	6.8	6.3	8.4
2	Yeast breads	6.0	5.6	4.5	4.9	6.0	6.2	6.1	5.8	5.2	6.9	8.4
3	Chicken and chicken mixed dishes	5.5	5.0	3.8	5.0	5.1	5.2	5.6	6.3	6.1	4.8	3.8
4	Pasta and pasta dishes	4.7	5.5	6.8	6.1	5.8	4.2	4.4	4.0	4.7	5.2	2.6
5	Soda/energy/sports drinks	4.2	4.9	1.6	3.2	4.7	7.4	4.0	6.4	4.0	2.5	2.0
6	Pizza	3.6	5.4	2.7	4.3	5.0	7.4	3.0	3.5	3.8	2.1	1.3
7	Mexican mixed dishes	3.3	3.4	1.5	2.4	3.9	4.4	3.2	5.1	3.5	2.3	0.3
8	Dairy desserts	3.2	3.6	3.0	5.2	3.7	2.2	3.1	2.6	2.8	3.0	5.4
9	Beef and beef mixed dishes	2.8	2.0	0.9	1.8	2.2	2.4	3.0	2.8	3.0	3.2	2.9
10	Potato/corn/other chips	2.7	3.7	2.7	2.7	4.0	4.6	2.4	3.0	2.6	1.9	1.4
11	Regular cheese	2.5	2.2	1.9	2.1	1.8	2.7	2.5	3.1	2.3	2.4	2.4
12	Reduced-fat milk	2.4	4.3	7.0	4.8	4.6	2.9	1.9	1.9	1.7	1.8	3.1
13	Candy	2.4	3.0	3.1	2.5	2.8	3.6	2.3	1.9	2.7	2.2	1.7
14	Alcoholic beverages	2.4	0.1	-	-	-	0.4	3.1	3.0	3.9	2.5	1.4
15	Ready-to-eat cereals	2.4	3.0	4.1	3.7	2.7	2.3	2.2	2.6	1.7	2.0	3.3
16	Burgers	2.0	2.0	1.3	1.4	1.9	2.8	2.0	2.6	2.0	1.7	1.4
17	Fried white potatoes	2.0	2.6	2.0	2.6	2.6	2.7	1.8	2.5	1.8	1.6	0.5

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
18	<i>Nuts/seeds and nut/seed mixed dishes</i>	1.9	1.3	1.8	0.9	1.6	1.1	2.0	1.0	2.3	2.6	2.1
19	<i>Sausage, franks, bacon, and ribs</i>	1.8	2.1	1.9	2.4	2.2	1.8	1.7	1.5	1.7	1.7	2.4
20	<i>Eggs and egg mixed dishes</i>	1.8	1.5	1.6	1.6	1.9	0.9	1.9	1.8	1.7	2.3	1.8
21	<i>Fruit drinks</i>	1.7	2.7	3.3	2.9	2.0	3.0	1.4	1.9	1.6	0.8	0.8
22	<i>Rice and rice mixed dishes</i>	1.7	1.3	1.4	1.1	1.7	1.1	1.8	1.9	2.0	1.6	1.3
23	<i>Quick breads</i>	1.7	0.9	0.9	0.9	0.8	1.0	1.9	1.5	1.7	2.6	2.1
24	<i>Soups</i>	1.5	1.2	1.7	1.6	0.9	0.9	1.6	1.4	1.2	2.4	1.8
25	<i>Salad dressing</i>	1.5	1.1	0.5	1.0	0.7	1.7	1.7	1.5	1.6	2.1	1.2
26	<i>Whole milk</i>	1.5	2.8	6.1	4.1	2.0	1.4	1.1	1.7	1.2	0.5	0.8
27	<i>Crackers</i>	1.3	1.4	2.9	1.6	1.1	1.2	1.3	1.3	1.2	1.2	1.7
28	<i>Other fish and fish mixed dishes</i>	1.3	0.6	0.7	0.9	0.6	0.2	1.5	0.6	1.5	2.0	2.1
30	<i>Other white potatoes</i>	1.2	0.8	0.9	0.8	0.6	0.9	1.3	1.1	1.1	1.3	2.5
31	<i>100% fruit juice, not orange/grapefruit</i>	1.0	2.1	7.6	2.3	1.4	1.1	0.7	0.8	0.8	0.6	0.5
33	<i>Pancakes/waffles/French toast</i>	0.8	1.6	1.5	2.2	2.0	0.7	0.6	0.8	0.5	0.6	0.6
34	<i>Hot cereal</i>	0.8	0.3	1.0	0.4	0.1	0.3	1.0	0.6	0.7	1.2	2.2

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all females in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all females in descending order: nuts/seeds and nut/seed mixed dishes; sausage, franks, bacon, and ribs; eggs and egg mixed dishes, fruit drinks, rice and rice mixed dishes, quick breads, soups, salad dressing, whole milk, crackers, other fish and fish mixed dishes, cold cuts, other white potatoes, and 100% fruit juice, not orange/grapefruit.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 31b. Mean intake of energy and mean contribution (kcal) of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		4,403	1,921	247	468	525	681	2,482	761	779	610	332
Mean Intake of Energy (kcal)		1,790	1,796	1,419	1,691	1,903	1,937	1,788	1,957	1,884	1,660	1,487
Rank ^a	Food Group ^{b,c}											
1	Grain-based desserts	121	126	53	117	147	141	120	123	127	105	125
2	Yeast breads	107	101	64	83	114	120	109	114	98	114	125
3	Chicken and chicken mixed dishes	98	89	54	84	96	101	100	124	116	80	56
4	Pasta and pasta dishes	84	98	97	103	111	82	79	79	88	86	38
5	Soda/energy/sports drinks	75	88	23	54	90	144	71	125	76	42	29
6	Pizza	64	97	38	73	96	144	54	69	71	35	19
7	Mexican mixed dishes	59	62	21	41	74	85	58	99	66	37	5
8	Dairy desserts	57	65	42	88	71	43	55	50	52	50	80
9	Beef and beef mixed dishes	49	37	12	31	42	47	53	54	56	53	43
10	Potato/corn/other chips	48	67	38	46	77	88	43	58	50	31	20
11	Regular cheese	44	39	26	35	35	53	45	60	43	40	36
12	Reduced-fat milk	44	77	100	81	87	56	34	37	31	29	46
13	Candy	43	54	43	42	53	71	40	38	50	36	25
14	Alcoholic beverages	43	3	-	-	-	8	55	59	73	41	21
15	Ready-to-eat cereals	42	54	58	63	52	45	39	51	33	34	49
16	Burgers	36	36	19	24	36	54	36	51	38	28	21
17	Fried white potatoes	35	47	29	44	50	53	32	49	34	27	7
18	<i>Nuts/seeds and nut/seed mixed dishes</i>	33	23	26	15	30	22	37	20	43	42	32
19	<i>Sausage, franks, bacon, and ribs</i>	32	38	27	40	43	35	31	30	32	28	36
20	<i>Eggs and egg mixed dishes</i>	32	26	22	27	36	18	34	34	32	38	27
21	<i>Fruit drinks</i>	30	49	47	49	39	59	25	38	30	14	12
22	<i>Rice and rice mixed dishes</i>	30	24	20	19	32	21	32	38	38	27	19
23	<i>Quick breads</i>	30	16	13	15	15	19	35	30	31	43	31
24	<i>Soups</i>	27	22	24	28	18	18	29	27	23	40	27
25	<i>Salad dressing</i>	27	19	7	17	13	33	30	30	31	34	17
26	<i>Whole milk</i>	27	50	87	70	38	27	20	34	22	9	13
27	<i>Crackers</i>	24	26	41	27	22	24	23	25	23	20	25

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
28	<i>Other fish and fish mixed dishes</i>	23	10	10	15	11	5	26	12	27	34	32
30	<i>Other white potatoes</i>	21	14	12	14	12	17	23	21	21	22	37
31	<i>100% fruit juice, not orange/grapefruit</i>	18	37	107	38	26	21	13	15	15	10	7
33	<i>Pancakes/waffles/French toast</i>	15	29	21	37	39	14	11	16	9	10	8
34	<i>Hot cereal</i>	15	6	14	7	3	6	17	11	14	20	32

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all females in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all females in descending order: nuts/seeds and nut/seed mixed dishes; sausage, franks, bacon, and ribs; eggs and egg mixed dishes; fruit drinks; rice and rice mixed dishes; quick breads; soups; salad dressing; whole milk; crackers; other fish and fish mixed dishes; cold cuts; other white potatoes; and 100% fruit juice, not orange/grapefruit.

Table 32a. Mean intake of energy and percentage contribution of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,549	3,351	2,263	2,245	2,703	1,023	4,450
Mean Intake of Energy (kcal)		2,157	2,198	2,095	2,109	2,107	2,070	2,189
Rank ^a	Food Group ^{b,c}							
1	Grain-based desserts	6.4	6.6	6.1	6.3	5.6	6.6	6.5
2	Yeast breads	6.0	6.4	5.2	4.0	5.1	6.1	6.2
3	Chicken and chicken mixed dishes	5.6	5.2	8.5	5.0	5.8	5.3	5.6
4	Soda/energy/sports drinks	5.3	5.2	5.5	6.3	6.6	5.8	4.8
5	Pizza	4.6	4.8	3.9	3.6	4.6	5.6	4.4
6	Alcoholic beverages	3.8	4.3	2.8	2.5	2.8	3.0	4.2
7	Pasta and pasta dishes	3.8	4.0	3.9	2.1	3.3	3.7	3.9
8	Mexican mixed dishes	3.7	3.1	1.7	11.4	4.8	4.4	3.3
9	Beef and beef mixed dishes	3.0	2.9	2.6	3.3	3.4	2.7	2.8
10	Dairy desserts	2.9	3.1	2.5	1.7	2.4	2.6	3.0
11	Potato/corn/other chips	2.6	2.4	3.5	2.7	2.9	2.6	2.5

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
12	Burgers	2.5	2.4	3.0	2.0	2.4	2.0	2.6
13	Reduced-fat milk	2.4	2.5	1.5	2.9	2.4	2.5	2.3
14	Regular cheese	2.3	2.5	1.9	1.6	2.0	1.7	2.5
15	Ready-to-eat cereals	2.3	2.4	2.0	2.2	2.3	2.2	2.3
16	Sausage, franks, bacon, and ribs	2.3	2.2	3.1	2.0	2.3	2.2	2.3
17	Fried white potatoes	2.2	2.1	2.7	1.8	2.0	2.1	2.3
18	Candy	2.2	2.2	2.2	1.6	2.0	2.0	2.3
19	Nuts/seeds and nut/seed mixed dishes	2.0	2.2	1.2	1.2	1.4	1.5	2.2
20	<i>Eggs and egg mixed dishes</i>	1.8	1.7	1.9	2.6	2.0	2.3	1.7
21	<i>Rice and rice mixed dishes</i>	1.7	1.1	2.0	2.1	1.8	2.2	1.6
22	<i>Fruit drinks</i>	1.7	1.2	3.9	2.5	2.5	1.9	1.4
23	<i>Whole milk</i>	1.5	1.2	1.9	3.1	2.6	2.5	1.1
26	<i>Soups</i>	1.2	1.1	0.6	2.4	1.7	1.1	1.1
35	<i>Beans</i>	0.8	0.6	0.6	2.6	1.2	0.8	0.7

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons in descending order: eggs and egg mixed dishes, rice and rice mixed dishes, fruit drinks, whole milk, quick breads, cold cuts, soups, salad dressing, other white potatoes, other fish and fish mixed dishes, crackers, and 100% orange/grapefruit juice.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 32b. Mean intake of energy and mean contribution (kcal) of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,549	3,351	2,263	2,245	2,703	1,023	4,450
Mean Intake of Energy (kcal)		2,157	2,198	2,095	2,109	2,107	2,070	2,189
Rank ^a	Food Group ^{b,c}							
1	Grain-based desserts	138	145	127	133	117	136	142
2	Yeast breads	129	140	109	85	107	127	137
3	Chicken and chicken mixed dishes	121	115	177	104	122	110	122
4	Soda/energy/sports drinks	114	113	115	132	139	119	105
5	Pizza	98	106	81	77	98	116	97
6	Alcoholic beverages	82	94	59	52	59	62	91
7	Pasta and pasta dishes	81	87	81	44	69	78	86
8	Mexican mixed dishes	80	67	35	240	100	92	72
9	Beef and beef mixed dishes	64	63	55	70	72	55	61
10	Dairy desserts	62	69	51	36	50	54	67
11	Potato/corn/other chips	56	53	74	57	62	53	55
12	Burgers	53	54	63	42	51	41	56
13	Reduced-fat milk	51	54	31	60	50	51	51
14	Regular cheese	49	55	40	34	41	36	54
15	Ready-to-eat cereals	49	53	42	46	49	45	50
16	Sausage, franks, bacon, and ribs	49	48	66	41	48	46	50
17	Fried white potatoes	48	47	57	39	42	43	50
18	Candy	47	49	47	34	42	41	50
19	Nuts/seeds and nut/seed mixed dishes	42	49	25	26	29	31	48
20	<i>Eggs and egg mixed dishes</i>	39	37	41	54	43	48	37
21	<i>Rice and rice mixed dishes</i>	36	25	43	43	38	45	35
22	<i>Fruit drinks</i>	36	26	81	52	52	39	31

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
23	<i>Whole milk</i>	33	27	39	65	56	52	24
26	<i>Soups</i>	26	23	13	51	35	23	24
35	<i>Beans</i>	17	13	14	54	24	16	15

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons in descending order: eggs and egg mixed dishes; rice and rice mixed dishes; fruit drinks; whole milk; quick breads; cold cuts; soups; salad dressing; other white potatoes; other fish and fish mixed dishes; crackers; and 100% orange/grapefruit juice.

Table 33a. Mean intake of energy and percentage contribution of various foods among U.S. children and adolescents, by race/ethnicity and family incomes, NHANES 2005–2006

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	< 130% Poverty	131–185% Poverty	> 185% Poverty
Sample Size		3,778	1,018	1,161	1,253	1,457	451	1,707
Mean Intake of Energy (kcal)		2,027	2,101	1,941	1,930	1,923	2,009	2,087
Rank^a	Food Group^{b,c}							
1	Grain-based desserts	6.8	7.2	6.3	5.9	6.1	6.9	7.1
2	Pizza	6.7	7.0	6.1	5.5	5.9	10.1	6.5
3	Soda/energy/sports drinks	5.8	6.4	4.0	4.8	5.3	7.0	5.9
4	Yeast breads	5.6	6.1	4.6	4.4	5.1	6.5	5.7
5	Chicken and chicken mixed dishes	5.6	5.2	8.4	4.6	6.0	5.1	5.5
6	Pasta and pasta dishes	4.5	4.7	4.7	2.9	3.3	5.2	4.7
7	Reduced fat milk	4.2	4.7	2.7	4.5	3.6	3.3	4.6
8	Dairy desserts	3.7	4.3	2.7	2.5	2.4	3.2	4.3
9	Potato/corn/other chips	3.4	3.1	4.2	4.3	3.9	4.2	3.1
10	Ready-to-eat cereals	3.2	3.2	3.5	3.7	3.5	3.1	3.1
11	Mexican mixed dishes	3.1	2.7	1.4	7.1	3.4	2.6	3.0
12	Whole milk	2.9	2.1	3.7	5.1	4.3	4.1	2.2
13	Candy	2.8	2.8	3.0	2.1	2.6	3.0	2.9
14	Fruit drinks	2.7	2.2	5.1	3.1	3.2	2.9	2.5

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 2–18 Years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	< 130% Poverty	131–185% Poverty	> 185% Poverty
15	Burgers	2.7	2.7	2.9	2.2	2.7	2.0	2.8
16	Fried white potatoes	2.5	2.3	3.4	2.2	2.4	2.3	2.7
17	Sausage, franks, bacon, and ribs	2.3	2.2	3.4	1.7	2.5	1.6	2.4
18	Regular cheese	2.1	2.3	2.0	1.7	2.0	1.5	2.3
19	Beef and beef mixed dishes	2.1	2.0	2.2	2.1	2.7	1.4	2.0
20	<i>100% fruit juice, not orange/grapefruit</i>	1.7	1.7	2.1	1.8	2.1	2.0	1.6
21	<i>Eggs and egg mixed dishes</i>	1.5	1.3	1.5	2.2	1.8	1.6	1.3
27	<i>Soups</i>	1.0	0.6	0.9	2.8	2.0	0.7	0.6

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons 2–18 years old in descending order: 100% fruit juice, not orange/grapefruit; eggs and egg mixed dishes; pancakes/waffles/French toast; crackers; nuts/seeds and nut/seed mixed dishes; cold cuts; rice and rice mixed dishes; soups; and quick breads.

Table 33b. Mean intake of energy and mean contribution (kcal) of various foods among U.S. children and adolescents, by race/ethnicity and family incomes, NHANES 2005–2006

		All Persons, 2–18 years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	< 130% Poverty	131–185% Poverty	> 185% Poverty
Sample Size		3,778	1,018	1,161	1,253	1,457	451	1,707
Mean Intake of Energy (kcal)		2,027	2,101	1,941	1,930	1,923	2,009	2,087
Rank^a	Food Group^{b,c}							
1	Grain-based desserts	138	152	123	114	117	138	148
2	Pizza	136	148	119	105	114	203	135
3	Soda/energy/sports drinks	118	134	77	92	101	142	122
4	Yeast breads	114	129	90	85	99	131	119
5	Chicken and chicken mixed dishes	113	109	163	88	116	103	114
6	Pasta and pasta dishes	91	100	90	56	64	104	98
7	Reduced-fat milk	86	99	53	86	70	67	97

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 2–18 years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	< 130% Poverty	131–185% Poverty	> 185% Poverty
8	Dairy desserts	76	91	53	49	47	65	90
9	Potato/corn/other chips	70	65	82	84	76	84	65
10	Ready-to-eat cereals	65	66	67	72	67	63	65
11	Mexican mixed dishes	63	56	27	136	66	52	63
12	Whole milk	60	44	71	99	83	83	46
13	Candy	56	59	58	41	50	61	60
14	Fruit drinks	55	46	100	59	62	59	52
15	Burgers	55	58	56	43	51	40	59
16	Fried white potatoes	52	49	66	42	47	46	56
17	Sausage, franks, bacon, and ribs	47	47	66	32	48	31	51
18	Regular cheese	43	48	39	32	38	30	48
19	Beef and beef mixed dishes	43	41	43	40	51	28	41
20	<i>100% fruit juice, not orange/grapefruit</i>	35	35	41	34	39	39	34
21	<i>Eggs and egg mixed dishes</i>	30	28	29	42	34	33	28
27	<i>Soups</i>	20	13	18	53	38	15	12

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons 2–18 years old in descending order: 100% fruit juice, not orange/grapefruit; eggs and egg mixed dishes; Pancakes/waffles/French toast; crackers; nuts/seeds and nut/seed mixed dishes; cold cuts; rice and rice mixed dishes; soups; and quick breads.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 34a. Mean intake of energy and percentage contribution of various foods among U.S. adults, by race/ethnicity and family incomes, NHANES 2005–2006

		All Persons, 19 or Older	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-American	< 130% Poverty	131–185% Poverty	> 185% Poverty
Sample Size		4,771	2,333	1,102	992	1,246	572	2,743
Mean Intake of Energy (kcal)		2,199	2,224	2,157	2,206	2,199	2,092	2,218
Rank ^a	Food Group ^{b,c}							
1	Grain-based desserts	6.3	6.4	6.0	6.5	5.4	6.5	6.3
2	Yeast breads	6.1	6.4	5.4	3.8	5.1	6.0	6.4
3	Chicken and chicken mixed dishes	5.6	5.2	8.5	5.1	5.7	5.4	5.6
4	Soda/energy/sports drinks	5.1	4.8	6.1	7.0	7.2	5.3	4.5
5	Alcoholic beverages	4.8	5.3	3.8	3.5	3.9	4.0	5.2
6	Pizza	3.9	4.2	3.1	2.8	4.1	4.1	3.9
7	Mexican mixed dishes	3.9	3.2	1.8	13.4	5.3	5.1	3.3
8	Pasta and pasta dishes	3.6	3.8	3.6	1.7	3.3	3.3	3.7
9	Beef and beef mixed dishes	3.2	3.1	2.8	3.9	3.7	3.1	3.0
10	Dairy desserts	2.6	2.8	2.3	1.3	2.3	2.4	2.7
11	Burgers	2.4	2.4	3.1	1.9	2.3	2.0	2.5
12	Regular cheese	2.3	2.6	1.9	1.6	2.0	1.8	2.5
13	Potato/corn/other chips	2.3	2.2	3.3	1.9	2.5	2.0	2.3
14	Sausage, franks, bacon, and ribs	2.2	2.2	3.0	2.1	2.2	2.5	2.2
15	Nuts/seeds and nut/seed mixed dishes	2.1	2.4	1.4	1.4	1.6	1.7	2.4
16	Fried white potatoes	2.1	2.1	2.5	1.7	1.8	2.0	2.2
17	Ready-to-eat cereals	2.0	2.2	1.5	1.5	1.8	1.9	2.0
18	Candy	2.0	2.1	2.0	1.4	1.7	1.6	2.1
19	<i>Eggs and egg mixed dishes</i>	1.9	1.8	2.1	2.7	2.2	2.6	1.8
20	<i>Rice and rice mixed dishes</i>	1.8	1.2	2.3	2.3	2.0	2.6	1.7
21	<i>Reduced-fat milk</i>	1.8	1.9	1.0	2.1	1.8	2.2	1.7
24	<i>Fruit drinks</i>	1.3	0.9	3.4	2.2	2.1	1.6	1.1

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 19 or Older	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-American	< 130% Poverty	131–185% Poverty	> 185% Poverty
27	<i>Soups</i>	1.3	1.2	0.5	2.3	1.5	1.2	1.2
29	<i>Whole milk</i>	1.1	1.0	1.2	2.1	1.9	1.9	0.8
33	<i>Beans</i>	0.9	0.7	0.7	3.1	1.4	0.9	0.7

a: Rank for persons 19 years or older only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons 19 or older in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons 19 or older in descending order: eggs and egg mixed dishes, rice and rice mixed dishes, reduced fat milk, quick breads, other fish and fish mixed dishes, fruit drinks, salad dressing, other white potatoes, soups, cold cuts, whole milk, crackers, 100% orange/grapefruit juice, and pork and pork mixed dishes.

Table 34b. Mean intake of energy and mean contribution (kcal) of various foods among U.S. adults, by race/ethnicity and family incomes, NHANES 2005–2006

		All Persons, 19 or older	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	< 130% Poverty	131–185% Poverty	> 185% Poverty
Sample Size		4,771	2,333	1,102	992	1,246	572	2,743
Mean Intake of Energy (kcal)		2,199	2,224	2,157	2,206	2,199	2,092	2,218
Rank^a	Food Group^{b,c}							
1	Grain-based desserts	138	143	129	143	118	136	141
2	Yeast breads	134	143	116	85	111	125	142
3	Chicken and chicken mixed dishes	123	116	183	113	125	112	125
4	Soda/energy/sports drinks	112	108	131	154	158	111	100
5	Alcoholic beverages	106	117	82	78	86	84	114
6	Pizza	86	94	66	62	89	85	87
7	Mexican mixed dishes	85	70	38	296	117	106	74
8	Pasta and pasta dishes	78	84	77	38	72	68	82
9	Beef and beef mixed dishes	71	69	60	86	82	65	67
10	Dairy desserts	58	63	51	28	51	50	60
11	Burgers	53	53	66	41	50	42	56
12	Regular cheese	51	57	41	35	43	38	56
13	Potato/corn/other chips	51	50	70	42	55	42	52

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons, 19 or older	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	< 130% Poverty	131–185% Poverty	> 185% Poverty
14	Sausage, franks, bacon, and ribs	49	48	66	46	48	52	50
15	Nuts/seeds and nut/seed mixed dishes	47	52	31	31	35	35	52
16	Fried white potatoes	46	46	53	37	40	42	48
17	Ready-to-eat cereals	44	49	32	32	40	39	45
18	Candy	44	46	43	30	38	34	47
19	<i>Eggs and egg mixed dishes</i>	42	39	46	61	47	53	40
20	<i>Rice and rice mixed dishes</i>	41	27	49	50	44	55	39
21	<i>Reduced-fat milk</i>	39	42	21	47	40	45	38
24	<i>Fruit drinks</i>	29	20	74	49	47	32	25
27	<i>Soups</i>	28	26	11	50	34	26	27
29	<i>Whole milk</i>	25	23	26	47	42	40	18
33	<i>Beans</i>	19	15	16	68	31	18	16

a: Rank for persons 19 years or older only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of energy for all persons 19 or older in descending order are listed. Specific foods contributing at least 2% of energy for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of energy for all persons 19 or older in descending order: eggs and egg mixed dishes; rice and rice mixed dishes; reduced fat milk; quick breads; other fish and fish mixed dishes; fruit drinks; salad dressing; other white potatoes; soups; cold cuts; whole milk; crackers; 100% orange/grapefruit juice; and pork and pork mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix J: Sources of Calories From Solid Fats Among the U.S. Population, NHANES 2005–2006

TABLES

Table 35a. Mean intake of solid fats and percentage contribution (kcal) of various foods among U.S. children and adolescents, by age, NHANES 2003–2004

		All Persons, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		3,553	424	781	1,001	1,347
Mean Intake of Solid Fats (kcal)		433	350	401	450	476
Rank ^a	Food Group ^{b,c}					
1	Pizza	11.5	4.2	10.2	11.2	14.7
2	Grain-based desserts	9.8	7.2	9.0	11.4	9.7
3	Whole milk	8.2	16.7	11.3	6.7	4.8
4	Regular cheese	7.9	8.6	7.0	8.9	7.6
5	Sausage, franks, bacon, and ribs	6.7	11.1	6.9	6.5	5.7
6	Reduced-fat milk	5.9	8.1	6.9	5.4	5.1
7	Fried white potatoes	5.8	5.1	6.2	4.4	6.9
8	Pasta and pasta dishes	5.3	5.2	6.2	5.8	4.3
9	Dairy desserts	5.1	3.3	6.0	5.6	4.3
10	Burgers	4.1	2.6	3.0	3.8	5.6
11	Mexican mixed dishes	3.8	1.9	2.2	4.8	4.6
12	Chicken and chicken mixed dishes	3.0	2.0	2.4	2.7	4.1
13	Eggs and egg mixed dishes	2.0	3.5	1.5	1.5	2.4
14	<i>Beef and beef mixed dishes</i>	<i>1.9</i>	<i>0.7</i>	<i>1.4</i>	<i>1.5</i>	<i>2.9</i>
15	<i>Crackers</i>	<i>1.8</i>	<i>3.1</i>	<i>2.5</i>	<i>1.7</i>	<i>0.9</i>
16	<i>Butter</i>	<i>1.5</i>	<i>1.2</i>	<i>2.1</i>	<i>1.4</i>	<i>1.4</i>
18	<i>Pancakes/waffles/French toast</i>	<i>1.4</i>	<i>1.4</i>	<i>2.1</i>	<i>1.4</i>	<i>0.8</i>

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of solid fats for all persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for all persons 2–18 years old in descending order: beef and beef mixed dishes, crackers, butter, soups, pancakes/waffles/French toast, yeast breads, candy.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 35b. Mean intake of solid fats and mean contribution (kcal) of various foods among U.S. children and adolescents, by age, NHANES 2003–2004

		All Persons, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		3,553	424	781	1,001	1,347
Mean Intake of Solid Fats (kcal)		433	350	401	450	476
Rank^a	Food Group^{b,c}					
1	Pizza	49.7	14.7	41.0	50.2	69.8
2	Grain-based desserts	42.7	25.0	36.1	51.3	46.4
3	Whole milk	35.4	58.4	45.5	30.3	22.9
4	Regular cheese	34.4	30.1	28.0	40.2	36.1
5	Sausage, franks, bacon, and ribs	29.1	39.0	27.6	29.1	27.0
6	Reduced-fat milk	25.7	28.3	27.8	24.3	24.3
7	Fried white potatoes	25.0	17.9	25.0	19.7	32.8
8	Pasta and pasta dishes	23.2	18.1	24.7	26.0	20.6
9	Dairy desserts	22.1	11.5	24.1	25.3	20.7
10	Burgers	17.6	9.0	12.2	17.0	26.6
11	Mexican mixed dishes	16.5	6.5	9.0	21.7	22.0
12	Chicken and chicken mixed dishes	13.2	7.0	9.7	12.0	19.8
13	Eggs and egg mixed dishes	8.5	12.2	5.9	7.0	11.4
14	<i>Beef and beef mixed dishes</i>	8.2	2.3	5.7	7.0	13.8
15	<i>Crackers</i>	7.7	11.0	10.0	7.6	4.4
16	<i>Butter</i>	6.7	4.3	8.2	6.2	6.5
18	<i>Pancakes/waffles/French toast</i>	6.0	4.7	8.2	6.5	3.7

a: Rank for all persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of solid fats for all persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for all persons 2–18 years old in descending order: beef and beef mixed dishes, crackers, butter, soups, pancakes/waffles/French toast, yeast breads, candy.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 36a. Mean intake of solid fats and percentage contribution (kcal) of various foods among U.S. male children and adolescents, by age, NHANES 2003–2004

		All Males, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,766	205	378	487	696
Mean Intake of Solid Fats (kcal)		464	357	387	478	560
Rank ^a	Food Group ^{b,c}					
1	Pizza	12.1	3.3	9.4	11.5	16.2
2	Grain-based desserts	9.4	7.3	9.2	9.9	9.6
3	Whole milk	8.7	16.0	12.8	7.5	5.4
4	Regular cheese	7.9	9.9	7.4	8.8	7.1
5	Sausage, franks, bacon, and ribs	7.1	12.6	6.9	6.4	6.6
6	Reduced-fat milk	6.4	6.9	8.5	5.1	6.0
7	Fried white potatoes	5.5	4.6	5.5	3.7	7.2
8	Pasta and pasta dishes	5.0	4.3	5.5	6.1	3.8
9	Dairy desserts	4.8	2.8	5.6	5.7	4.0
10	Burgers	4.7	2.8	3.2	4.2	6.6
11	Mexican mixed dishes	4.2	2.0	2.4	6.2	4.2
12	Chicken and chicken mixed dishes	2.9	1.7	2.6	2.5	3.6
13	Beef and beef mixed dishes	2.0	0.7	1.5	1.7	3.0
14	<i>Eggs and egg mixed dishes</i>	<i>1.9</i>	<i>3.7</i>	<i>1.3</i>	<i>1.6</i>	<i>2.1</i>
15	<i>Crackers</i>	<i>1.5</i>	<i>3.0</i>	<i>2.2</i>	<i>1.4</i>	<i>0.7</i>
17	<i>Pancakes/waffles/French toast</i>	<i>1.4</i>	<i>1.4</i>	<i>2.3</i>	<i>1.5</i>	<i>0.8</i>

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of solid fats for males 2–18 years old in descending order are listed.

Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for males 2–18 years old in descending order: eggs and egg mixed dishes, crackers, butter, pancakes/waffles/French toast, yeast breads.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 36b. Mean intake of solid fats and mean contribution (kcal) of various foods among U.S. male children and adolescents, by age, NHANES 2003–2004

		All Males, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,766	205	378	487	696
Mean Intake of Solid Fats (kcal)		464	357	387	478	560
Rank ^a	Food Group ^{b,c}					
1	Pizza	56.0	11.9	36.6	55.0	91.0
2	Grain-based desserts	43.7	26.2	35.5	47.5	53.9
3	Whole milk	40.4	57.2	49.7	35.9	30.3
4	Regular cheese	36.8	35.3	28.6	42.0	39.8
5	Sausage, franks, bacon, and ribs	33.0	44.8	26.9	30.7	36.9
6	Reduced-fat milk	29.6	24.8	32.8	24.3	33.7
7	Fried white potatoes	25.4	16.4	21.3	17.5	40.6
8	Pasta and pasta dishes	23.0	15.4	21.2	29.3	21.0
9	Dairy desserts	22.3	10.0	21.6	27.3	22.2
10	Burgers	21.7	10.0	12.3	19.9	36.7
11	Mexican mixed dishes	19.5	7.1	9.1	29.4	23.7
12	Chicken and chicken mixed dishes	13.3	6.0	10.1	12.2	20.1
13	Beef and beef mixed dishes	9.3	2.6	5.6	8.0	16.6
14	<i>Eggs and egg mixed dishes</i>	8.6	<i>13.3</i>	<i>4.9</i>	<i>7.5</i>	<i>11.7</i>
15	<i>Crackers</i>	6.9	<i>10.8</i>	<i>8.6</i>	<i>6.8</i>	<i>3.9</i>
17	<i>Pancakes/waffles/French toast</i>	6.5	<i>5.0</i>	<i>8.7</i>	<i>7.0</i>	<i>4.6</i>

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of solid fats for males 2–18 years old in descending order are listed.

Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for males 2–18 years old in descending order: eggs and egg mixed dishes, crackers, butter, pancakes/waffles/French toast, yeast breads.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 37a. Mean intake of solid fats and percentage contribution (kcal) of various foods among U.S. female children and adolescents, by age, NHANES 2003–2004

		All Females, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,787	219	403	514	651
Mean Intake of Solid Fats (kcal)		401	342	416	419	387
Rank ^a	Food Group ^{b,c}					
1	Pizza	10.8	5.2	11.0	10.7	12.2
2	Grain-based desserts	10.4	7.0	8.9	13.2	9.9
3	Regular cheese	7.9	7.1	6.6	9.1	8.3
4	Whole milk	7.5	17.4	9.9	5.8	3.9
5	Sausage, franks, bacon, and ribs	6.2	9.6	6.8	6.5	4.3
6	Fried white potatoes	6.1	5.7	7.0	5.3	6.4
7	Pasta and pasta dishes	5.8	6.2	6.8	5.3	5.2
8	Dairy desserts	5.5	3.9	6.4	5.5	4.9
9	Reduced-fat milk	5.4	9.4	5.4	5.8	3.7
10	Burgers	3.3	2.3	2.9	3.3	4.1
11	Mexican mixed dishes	3.3	1.7	2.1	3.2	5.2
12	Chicken and chicken mixed dishes	3.2	2.3	2.2	2.8	5.0
13	Crackers	2.1	3.3	2.7	2.0	1.3
14	Eggs and egg mixed dishes	2.1	3.2	1.7	1.5	2.8
15	<i>Soups</i>	1.8	1.1	2.2	2.2	1.2
16	<i>Beef and beef mixed dishes</i>	1.7	0.6	1.4	1.4	2.8
17	<i>Butter</i>	1.6	1.1	2.3	1.2	1.6
22	<i>Reduced-fat cheese</i>	1.1	2.1	0.5	1.0	1.5

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of solid fats for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for females 2–18 years old in descending order: soups, beef and beef mixed dishes, butter, pancakes/waffles/French toast, candy, cold cuts, yeast breads, reduced-fat cheese, quick breads.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 37b. Mean intake of solid fats and mean contribution (kcal) of various foods among U.S. female children and adolescents, by age, NHANES 2003–2004

		All Females, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,787	219	403	514	651
Mean Intake of Solid Fats (kcal)		401	342	416	419	387
Rank ^a	Food Group ^{b,c}					
1	Pizza	43.1	17.7	45.7	44.9	47.4
2	Grain-based desserts	41.5	23.8	36.8	55.5	38.4
3	Regular cheese	31.8	24.4	27.4	38.3	32.3
4	Whole milk	30.1	59.6	41.1	24.3	15.1
5	Sausage, franks, bacon, and ribs	24.9	32.7	28.4	27.3	16.5
6	Fried white potatoes	24.6	19.6	28.9	22.0	24.7
7	Pasta and pasta dishes	23.3	21.1	28.4	22.4	20.2
8	Dairy desserts	21.8	13.2	26.6	23.1	19.1
9	Reduced-fat milk	21.6	32.2	22.5	24.3	14.2
10	Burgers	13.3	7.9	12.0	13.8	15.8
11	Mexican mixed dishes	13.3	5.8	8.8	13.3	20.1
12	Chicken and chicken mixed dishes	13.0	8.0	9.3	11.9	19.4
13	Crackers	8.5	11.2	11.4	8.5	5.0
14	Eggs and egg mixed dishes	8.4	11.0	6.9	6.4	11.0
15	<i>Soups</i>	7.3	3.9	9.3	9.2	4.6
16	<i>Beef and beef mixed dishes</i>	6.9	2.0	5.8	5.8	10.8
17	<i>Butter</i>	6.5	3.7	9.4	4.9	6.2
22	<i>Reduced-fat cheese</i>	4.3	7.0	2.0	4.0	5.8

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of solid fats for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for females 2–18 years old in descending order: soups, beef and beef mixed dishes, butter, pancakes/waffles/French toast, candy, cold cuts, yeast breads, reduced-fat cheese, quick breads.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 38a. Mean intake of solid fats and percentage contribution (kcal) of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,553	980	1,229	1,062	1,536	465	1,401
Mean Intake of Solid Fats (kcal)		433	442	433	430	444	433	425
Rank ^a	Food Group ^{b,c}							
1	Pizza	11.5	13.0	11.4	8.3	10.0	13.7	12.2
2	Grain-based desserts	9.8	9.4	10.4	10.6	9.7	8.5	10.2
3	Whole milk	8.2	6.7	8.8	12.0	12.7	9.0	5.2
4	Regular cheese	7.9	8.9	6.1	7.1	7.1	10.5	7.9
5	Sausage, franks, bacon, and ribs	6.7	6.0	10.1	6.6	8.4	5.4	6.0
6	Reduced-fat milk	5.9	7.2	2.4	4.3	5.3	5.1	6.3
7	Fried white potatoes	5.8	5.9	6.2	5.3	5.2	8.4	5.5
8	Pasta and pasta dishes	5.3	5.4	6.0	2.8	3.9	6.1	6.3
9	Dairy desserts	5.1	5.6	4.1	4.0	4.3	3.7	6.0
10	Burgers	4.1	4.1	4.1	3.2	4.1	5.2	3.9
11	Mexican mixed dishes	3.8	2.8	1.8	9.8	4.2	2.7	3.6
12	Chicken and chicken mixed dishes	3.0	2.4	5.8	2.2	3.2	2.8	2.9
13	Eggs and egg mixed dishes	2.0	1.6	2.1	3.6	2.2	0.9	2.0
14	<i>Beef and beef mixed dishes</i>	1.9	1.5	3.5	2.1	1.9	1.6	1.9
15	<i>Crackers</i>	1.8	2.1	1.4	0.9	1.3	1.8	2.0
17	<i>Soups</i>	1.5	1.2	1.4	2.6	1.7	1.0	1.4

a: Rank for all persons 2–18 years only. Columns are ordered by this ranking. The top five food groups for each sub-group are bolded.

b: Specific foods contributing at least 2% of solid fats for all persons in descending order are listed. Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for all persons in descending order: beef and beef mixed dishes, crackers, butter, soups, pancakes/waffles/French toast, yeast breads, candy.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 38b. Mean intake of solid fats and mean contribution (kcal) of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,553	980	1,229	1,062	1,536	465	1,401
Mean Intake of Solid Fats (kcal)		433	442	433	430	444	433	425
Rank ^a	Food Group ^{b,c}							
1	Pizza	49.7	57.2	49.5	35.7	44.2	59.4	51.8
2	Grain-based desserts	42.7	41.5	45.0	45.3	43.2	36.7	43.3
3	Whole milk	35.4	29.8	38.2	51.7	56.4	38.7	22.1
4	Regular cheese	34.4	39.2	26.3	30.7	31.4	45.5	33.6
5	Sausage, franks, bacon, and ribs	29.1	26.7	43.9	28.5	37.3	23.5	25.5
6	Reduced-fat milk	25.7	31.9	10.6	18.7	23.7	21.9	26.9
7	Fried white potatoes	25.0	25.9	26.7	22.8	23.3	36.4	23.4
8	Pasta and pasta dishes	23.2	24.0	26.1	12.2	17.5	26.3	26.7
9	Dairy desserts	22.1	24.7	17.9	17.0	19.3	16.0	25.4
10	Burgers	17.6	18.3	17.6	13.9	18.2	22.4	16.7
11	Mexican mixed dishes	16.5	12.5	7.9	42.2	18.7	11.6	15.5
12	Chicken and chicken mixed dishes	13.2	10.7	25.1	9.5	14.2	12.3	12.5
13	Eggs and egg mixed dishes	8.5	7.2	9.0	15.7	9.7	4.1	8.4
14	<i>Beef and beef mixed dishes</i>	8.2	6.6	<i>15.0</i>	8.9	8.4	7.1	8.1
15	<i>Crackers</i>	7.7	9.1	6.2	4.0	5.8	7.8	8.5
17	<i>Soups</i>	6.3	5.2	6.1	<i>11.1</i>	7.6	4.2	6.1

a: Rank for all persons 2–18 years only. Columns are ordered by this ranking. The top five food groups for each sub-group are bolded.

b: Specific foods contributing at least 2% of solid fats for all persons in descending order are listed. Specific foods contributing at least 2% of solid fats for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of solid fats for all persons in descending order: beef and beef mixed dishes, crackers, butter, soups, pancakes/waffles/French toast, yeast breads, candy.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix K: Sources of Calories From Added Sugars Among the U.S. Population, NHANES 2005–2006

TABLES

Children and Adolescents

Table 39a. Mean intake of added sugar and percentage contribution (kcal) of various foods among U.S. children and adolescents, by age, NHANES 2003–2004

		All Persons, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		3,553	424	781	1,001	1,347
Mean Intake of Added Sugar (kcal)		365	197	329	381	444
Rank^a	Food Group^{b,c}					
1	Soda/energy/sports drinks	31.8	11.4	19.9	30.7	44.5
2	Fruit drinks	15.0	19.3	17.0	13.6	14.1
3	Grain-based desserts	10.9	11.3	11.2	12.4	9.4
4	Dairy desserts	7.9	7.6	10.4	8.8	5.5
5	Candy	6.8	8.5	7.0	7.8	5.6
6	Ready-to-eat cereals	6.4	8.3	8.3	6.4	4.9
7	Syrups/toppings	2.8	6.1	3.6	3.0	1.7
8	Tea	2.1	3.2	2.0	1.7	2.3
9	<i>Yeast breads</i>	<i>1.9</i>	<i>1.9</i>	<i>1.7</i>	<i>2.2</i>	<i>1.8</i>
10	<i>Whole milk</i>	<i>1.7</i>	3.2	2.7	1.9	0.6
12	<i>Reduced-fat milk</i>	<i>1.3</i>	1.3	2.4	1.1	0.8
13	<i>Yogurt</i>	<i>1.2</i>	4.0	2.5	0.4	0.5

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for all persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for all persons 2–18 years old in descending order: yeast breads, whole milk, sugars/honey, reduced-fat milk, yogurt, jams and jellies.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 39b. Mean intake of added sugar and mean contribution (kcal) of various foods among U.S. children and adolescents, by age, NHANES 2003–2004

		All Persons, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		3,553	424	781	1,001	1,347
Mean Intake of Added Sugar (kcal)		365	197	329	381	444
Rank ^a	Food Group ^{b,c}					
1	Soda/energy/sports drinks	116.4	22.4	65.4	116.8	197.4
2	Fruit drinks	54.8	38.1	55.8	51.8	62.7
3	Grain-based desserts	39.8	22.3	36.7	47.1	41.5
4	Dairy desserts	29.0	14.9	34.3	33.5	24.3
5	Candy	24.9	16.7	23.0	29.6	24.8
6	Ready-to-eat cereals	23.6	16.4	27.2	24.4	21.8
7	Syrups/toppings	10.4	12.0	11.7	11.5	7.6
8	Tea	7.6	6.3	6.4	6.3	10.4
9	<i>Yeast breads</i>	7.0	3.8	5.7	8.3	7.9
10	<i>Whole milk</i>	6.3	6.2	9.0	7.1	2.8
12	<i>Reduced-fat milk</i>	4.9	2.6	7.9	4.3	3.5
13	<i>Yogurt</i>	4.3	7.9	8.2	1.6	2.0

a: Rank for persons 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for all persons 2–18 years old in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for all persons 2–18 years old in descending order: yeast breads, whole milk, sugars/honey, reduced fat milk, yogurt, jams and jellies.

Table 40a. Mean intake of added sugar and percentage contribution (kcal) of various foods among U.S. male children and adolescents, by age, NHANES 2003–2004

		All Males, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,766	205	378	487	696
Mean Intake of Added Sugar (kcal)		405	217	358	420	499
Rank ^a	Food Group ^{b,c}					
1	Soda/energy/sports drinks	33.5	11.4	22.9	32.1	45.3
2	Fruit drinks	14.8	20.2	15.9	13.1	14.6
3	Grain-based desserts	10.1	11.3	10.1	10.6	9.5

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
4	Dairy desserts	7.2	5.2	10.5	7.7	4.9
5	Ready-to-eat cereals	6.9	7.0	9.4	7.2	5.0
6	Candy	6.6	7.8	7.3	7.6	5.0
7	Syrups/toppings	3.0	7.1	3.0	3.8	1.6
8	Tea	2.2	4.9	2.1	1.5	2.6
9	Yeast breads	2.0	1.6	1.6	2.4	2.0
10	<i>Whole milk</i>	1.9	4.1	2.5	2.2	0.8
11	<i>Reduced-fat milk</i>	1.5	1.4	2.6	1.3	0.9
13	<i>Jams and jellies</i>	1.2	1.0	1.2	2.4	0.2
14	Yogurt	1.2	5.1	2.4	0.4	0.3

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for males 2–18 years old in descending order: whole milk, reduced-fat milk, sugars/honey, jams and jellies, yogurt.

Table 40b. Mean intake of added sugar and mean contribution (kcal) of various foods among U.S. male children and adolescents, by age, NHANES 2003–2004

		All Males, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,766	205	378	487	696
Mean Intake of Added Sugar (kcal)		405	217	358	420	499
Rank^a	Food Group^{b,c}					
1	Soda/energy/sports drinks	135.4	24.7	82.1	134.7	226.0
2	Fruit drinks	59.8	43.8	56.9	55.0	73.1
3	Grain-based desserts	41.0	24.5	36.3	44.7	47.5
4	Dairy desserts	29.2	11.3	37.5	32.4	24.5
5	Ready-to-eat cereals	28.0	15.2	33.6	30.2	25.0
6	Candy	26.6	17.0	26.0	32.0	25.1
7	Syrups/toppings	12.0	15.5	10.6	15.9	8.0
8	Tea	9.1	10.6	7.4	6.4	12.8
9	Yeast breads	8.0	3.5	5.6	10.0	9.8

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
10	<i>Whole milk</i>	7.6	8.9	8.9	9.2	4.1
11	<i>Reduced-fat milk</i>	6.1	3.1	9.3	5.6	4.7
13	<i>Jams and jellies</i>	4.9	2.2	4.2	9.9	1.2
14	<i>Yogurt</i>	4.7	11.1	8.7	1.9	1.6

a: Rank for males 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for males 2–18 years old in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for males 2–18 years old in descending order: whole milk, reduced-fat milk, sugars/honey, jams and jellies, yogurt.

Table 41a. Mean intake of added sugar and percentage contribution (kcal) of various foods among U.S. female children and adolescents, by age, NHANES 2003–2004

		All Females, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,787	219	403	514	651
Mean Intake of Added Sugar (kcal)		323	175	298	338	384
Rank ^a	Food Group ^{b,c}					
1	Soda/energy/sports drinks	29.7	11.4	16.1	28.8	43.5
2	Fruit drinks	15.3	18.2	18.3	14.3	13.5
3	Grain-based desserts	11.9	11.4	12.5	14.7	9.2
4	Dairy desserts	8.9	10.7	10.4	10.2	6.3
5	Candy	7.1	9.4	6.6	8.0	6.4
6	Ready-to-eat cereals	5.8	10.2	6.8	5.3	4.8
7	Syrups/toppings	2.7	4.6	4.3	2.0	1.9
8	<i>Tea</i>	1.8	1.0	1.8	1.8	2.0
9	<i>Yeast breads</i>	1.8	2.3	2.0	1.9	1.5
10	<i>Sugars/honey</i>	1.5	1.2	1.5	0.6	2.3
11	<i>Whole milk</i>	1.5	1.9	3.1	1.4	0.4
12	<i>Yogurt</i>	1.2	2.5	2.6	0.4	0.7
13	<i>Reduced-fat milk</i>	1.1	1.2	2.2	0.8	0.6

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for females 2–18 years old in descending order: tea, yeast breads, sugars/honey, whole milk, yogurt, reduced-fat milk, jams and jellies, condiments.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 41b. Mean intake of added sugar and mean contribution (kcal) of various foods among U.S. female children and adolescents, by age, NHANES 2003–2004

		All Females, 2–18 years	Age Group (years)			
			2–3 years	4–8	9–13	14–18
Sample Size		1,787	219	403	514	651
Mean Intake of Added Sugar (kcal)		323	175	298	338	384
Rank ^a	Food Group ^{b,c}					
1	Soda/energy/sports drinks	96.0	19.9	48.0	97.3	167.2
2	Fruit drinks	49.5	31.9	54.7	48.4	51.8
3	Grain-based desserts	38.6	19.9	37.2	49.7	35.3
4	Dairy desserts	28.7	18.8	30.9	34.6	24.1
5	Candy	23.0	16.4	19.8	27.0	24.4
6	Ready-to-eat cereals	18.8	17.7	20.4	17.9	18.4
7	Syrups/toppings	8.8	8.1	12.8	6.7	7.2
8	<i>Tea</i>	6.0	1.7	5.4	6.2	7.8
9	<i>Yeast breads</i>	5.9	4.0	5.9	6.5	5.9
10	<i>Sugars/honey</i>	4.9	2.1	4.5	2.1	9.0
11	<i>Whole milk</i>	4.9	3.3	9.2	4.7	1.4
12	<i>Yogurt</i>	3.9	4.4	7.7	1.2	2.6
13	<i>Reduced-fat milk</i>	3.6	2.1	6.5	2.9	2.2

a: Rank for females 2–18 years old only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for females 2–18 years old in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for females 2–18 years old in descending order: tea, yeast breads, sugars/honey, whole milk, yogurt, reduced-fat milk, jams and jellies, condiments.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 42a. Mean intake of added sugar and percentage contribution (kcal) of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,553	980	1,229	1,062	1,536	465	1,401
Mean Intake of Added Sugar (kcal)		365	376	368	351	361	336	374
Rank^a	Food Group^{b,c}							
1	Soda/energy/sports drinks	31.8	34.7	21.8	31.5	30.4	32.7	32.6
2	Fruit drinks	15.0	12.2	24.3	19.0	15.0	11.9	15.5
3	Grain-based desserts	10.9	10.3	12.1	11.5	11.4	12.3	10.2
4	Dairy desserts	7.9	8.4	7.2	5.8	7.3	7.2	8.5
5	Candy	6.8	6.3	9.4	6.1	7.1	6.3	6.8
6	Ready-to-eat cereals	6.4	6.5	7.1	5.5	7.7	8.0	5.4
7	Syrups/toppings	2.8	3.0	2.9	2.5	1.8	2.3	3.5
8	Tea	2.1	2.5	1.3	1.4	2.3	3.4	1.8
9	<i>Yeast breads</i>	1.9	2.0	1.7	1.5	1.9	1.8	1.9
10	<i>Whole milk</i>	1.7	1.4	1.3	2.9	2.3	2.1	1.4

a: Rank for all persons 2–18 years only. Columns are ordered by this ranking. The top five food groups for each sub-group are bolded.

b: Specific foods contributing at least 2% of added sugar for all persons in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for all persons in descending order: yeast breads, whole milk, sugars/honey, reduced-fat milk, yogurt, jams and jellies.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 42b. Mean intake of added sugar and mean contribution (kcal) of various foods among U.S. children and adolescents, by race/ethnicity and family income, NHANES 2005–2006

		All Persons, 2–18 years	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		3,553	980	1,229	1,062	1,536	465	1,401
Mean Intake of Added Sugar (kcal)		365	376	368	351	361	336	374
Rank^a	Food Group^{b,c}							
1	Soda/energy/sports drinks	116.4	130.5	80.0	110.6	109.8	110.0	122.0
2	Fruit drinks	54.8	46.0	89.2	66.7	54.1	40.1	58.0
3	Grain-based desserts	39.8	38.9	44.5	40.4	41.2	41.5	38.1
4	Dairy desserts	29.0	31.4	26.4	20.4	26.5	24.2	31.8
5	Candy	24.9	23.7	34.7	21.4	25.8	21.0	25.3
6	Ready-to-eat cereals	23.6	24.5	26.1	19.2	27.7	26.8	20.2
7	Syrups/toppings	10.4	11.1	10.7	8.7	6.7	7.8	13.1
8	Tea	7.6	9.3	4.8	5.0	8.2	11.5	6.7
9	<i>Yeast breads</i>	7.0	7.6	6.4	5.2	7.0	6.0	7.1
10	<i>Whole milk</i>	6.3	5.2	4.7	10.2	8.2	7.2	5.1

a: Rank for all persons 2–18 years only. Columns are ordered by this ranking. The top five food groups for each each sub-group are bolded.

b: Specific foods contributing at least 2% of added sugar for all persons in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for all persons in descending order: yeast breads, whole milk, sugars/honey, reduced-fat milk, yogurt, jams and jellies.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

U.S. Population

Table 43a. Mean intake of added sugars and percentage contribution of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	2–18 years	19+ years
Sample Size		8,272	3,553	4,719
Mean Intake of Added Sugars (tsp)		21	23	20
Rank^a	Food Group^{b,c}			
1	Soda/energy/sports drinks	35.7	31.8	37.1
2	Grain-based desserts	12.9	10.9	13.7
3	Fruit drinks	10.5	15.0	8.9
4	Dairy desserts	6.6	7.9	6.1
5	Candy	6.1	6.8	5.8
6	Ready-to-eat cereals	3.8	6.4	2.9
7	Sugars/honey	3.5	1.4	4.2
8	Tea	3.5	2.1	4.0
9	Yeast breads	2.1	1.9	2.2
10	<i>Syrups/toppings</i>	1.9	2.8	1.5

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for all persons in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for all persons in descending order: syrups/toppings.

Table 43b. Mean intake of added sugars and mean contribution (tsp) of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	2–18 years	19+ years
Sample Size		8,272	3,553	4,719
Mean Intake of Added Sugars (tsp)		21	23	20
Rank^a	Food Group^{b,c}			
1	Soda/energy/sports drinks	7.5	7.3	7.6
2	Grain-based desserts	2.7	2.5	2.8
3	Fruit drinks	2.2	3.4	1.8
4	Dairy desserts	1.4	1.8	1.2
5	Candy	1.3	1.6	1.2
6	Ready-to-eat cereals	0.8	1.5	0.6

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	2–18 years	19+ years
7	Sugars/honey	0.7	0.3	0.9
8	Tea	0.7	0.5	0.8
9	Yeast breads	0.4	0.4	0.4
10	<i>Syrups/toppings</i>	0.4	0.7	0.3

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugar for all persons in descending order are listed. Specific foods contributing at least 2% of added sugar for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugar for all persons in descending order: syrups/toppings.

Table 44a. Mean intake of added sugars and percentage contribution of various foods among U.S. males, by age, NHANES 2005–2006

		All Males	2–18 years	19+ years
Sample Size		4,036	1,766	2,270
Mean Intake of Added Sugars (tsp)		24	25	24
Rank ^a	Food Group ^{b, c}			
1	Soda/energy/sports drinks	39.8	33.5	42.2
2	Grain-based desserts	11.4	10.1	11.9
3	Fruit drinks	10.2	14.8	8.5
4	Dairy desserts	5.9	7.2	5.5
5	Candy	5.4	6.6	5.0
6	Ready-to-eat cereals	4.0	6.9	2.9
7	Sugars/honey	3.4	1.3	4.1
8	Tea	3.3	2.2	3.8
9	Yeast breads	2.2	2.0	2.3
10	<i>Syrups/toppings</i>	1.9	3.0	1.4

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugars for all males in descending order are listed. Specific foods contributing at least 2% of added sugars for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugars for all males in descending order: syrups/toppings and jams and jellies.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 44b. Mean intake of added sugars and mean contribution (tsp) of various foods among U.S. males, by age, NHANES 2005–2006

		All Males	2–18 years	19+ years
Sample Size		4,036	1,766	2,270
Mean Intake of Added Sugars (tsp)		24	25	24
Rank ^a	Food Group ^{b,c}			
1	Soda/energy/sports drinks	9.6	8.5	10.1
2	Grain-based desserts	2.8	2.6	2.8
3	Fruit drinks	2.5	3.7	2.0
4	Dairy desserts	1.4	1.8	1.3
5	Candy	1.3	1.7	1.2
6	Ready-to-eat cereals	1.0	1.8	0.7
7	Sugars/honey	0.8	0.3	1.0
8	Tea	0.8	0.6	0.9
9	Yeast breads	0.5	0.5	0.5
10	<i>Syrups/toppings</i>	<i>0.5</i>	<i>0.8</i>	<i>0.3</i>

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugars for all males in descending order are listed. Specific foods contributing at least 2% of added sugars for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugars for all males in descending order: syrups/toppings and jams and jellies.

Table 45a. Mean intake of added sugars and percentage contribution of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	2–18 years	19+ years
Sample Size		4,236	1,787	2,449
Mean Intake of Added Sugars (tsp)		18	20	17
Rank ^a	Food Group ^{b,c}			
1	Soda/energy/sports drinks	30.4	29.7	30.7
2	Grain-based desserts	14.9	11.9	16.0
3	Fruit drinks	11.0	15.3	9.4
4	Dairy desserts	7.4	8.9	6.8
5	Candy	6.9	7.1	6.9
6	Sugars/honey	3.6	1.5	4.4
7	Tea	3.6	1.8	4.3

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	2–18 years	19+ years
8	Ready-to-eat cereals	3.6	5.8	2.8
9	Yeast breads	2.0	1.8	2.0
10	<i>Syrups/toppings</i>	1.9	2.7	1.6

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugars for all females in descending order are listed. Specific foods contributing at least 2% of added sugars for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugars for all females in descending order: syrups/toppings, and meal replacements.

Table 45b. Mean intake of added sugars and mean contribution (tsp) of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	2–18 years	19+ years
Sample Size		4,236	1,787	2,449
Mean Intake of Added Sugars (tsp)		18	20	17
Rank ^a	Food Group ^{b, c}			
1	Soda/energy/sports drinks	5.4	6.0	5.3
2	Grain-based desserts	2.7	2.4	2.8
3	Fruit drinks	2.0	3.1	1.6
4	Dairy desserts	1.3	1.8	1.2
5	Candy	1.2	1.4	1.2
6	Sugars/honey	0.7	0.3	0.8
7	Tea	0.7	0.4	0.7
8	Ready-to-eat cereals	0.6	1.2	0.5
9	<i>Yeast breads</i>	0.4	0.4	0.3
10	<i>Syrups/toppings</i>	0.3	0.6	0.3

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugars for all females in descending order are listed. Specific foods contributing at least 2% of added sugars for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugars for all females in descending order: yeast breads, syrups/toppings, and meal replacements.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 46a. Mean intake of added sugars and percentage contribution of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,272	3,458	2,189	2,020	2,897	1,066	3,902
Mean Intake of Added Sugars (tsp)		21	21	22	22	23	20	20
Rank^a	Food Group^{b,c}							
1	Soda/energy/sports drinks	35.7	36.3	32.3	39.0	40.8	40.6	32.9
2	Grain-based desserts	12.9	13.4	11.6	11.5	10.6	13.2	13.6
3	Fruit drinks	10.5	8.2	19.4	15.4	11.2	9.2	10.5
4	Dairy desserts	6.6	7.0	6.0	4.6	5.5	6.1	7.2
5	Candy	6.1	6.1	6.4	4.9	6.4	5.9	6.0
6	Ready-to-eat cereals	3.8	3.9	3.8	3.3	3.9	4.0	3.8
7	Sugars/honey	3.5	3.0	4.6	4.4	4.0	3.4	3.2
8	Tea	3.5	3.9	2.5	1.6	2.9	1.9	4.0
9	Yeast breads	2.1	2.3	1.7	1.4	1.8	2.0	2.2
10	<i>Syrups/toppings</i>	1.9	1.9	1.7	1.7	1.4	1.9	2.1

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugars for all persons in descending order are listed. Specific foods contributing at least 2% of added sugars for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugars for all persons in descending order: syrups/toppings.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 46b. Mean intake of added sugars and mean contribution (tsp) of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,272	3,458	2,189	2,020	2,897	1,066	3,902
Mean Intake of Added Sugars (tsp)		21	21	22	22	23	20	20
Rank^a	Food Group^{b,c}							
1	Soda/energy/sports drinks	7.5	7.6	7.2	8.6	9.4	8.1	6.7
2	Grain-based desserts	2.7	2.8	2.6	2.5	2.5	2.6	2.8
3	Fruit drinks	2.2	1.7	4.4	3.4	2.6	1.8	2.1
4	Dairy desserts	1.4	1.5	1.3	1.0	1.3	1.2	1.5
5	Candy	1.3	1.3	1.5	1.1	1.5	1.2	1.2
6	Ready-to-eat cereals	0.8	0.8	0.9	0.7	0.9	0.8	0.8
7	Sugars/honey	0.7	0.6	1.0	1.0	0.9	0.7	0.7
8	Tea	0.7	0.8	0.6	0.3	0.7	0.4	0.8
9	Yeast breads	0.4	0.5	0.4	0.3	0.4	0.4	0.5
10	<i>Syrups/toppings</i>	<i>0.4</i>	<i>0.4</i>	<i>0.4</i>	<i>0.4</i>	<i>0.3</i>	<i>0.4</i>	<i>0.4</i>

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of added sugars for all persons in descending order are listed. Specific foods contributing at least 2% of added sugars for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of added sugars for all persons in descending order: syrups/toppings.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix L: Sources of Sodium Among the U.S. Population, NHANES 2005–2006

TABLES

Table 47a. Mean intake of sodium, mean intake of energy, and percentage sodium contribution of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		8,549	3,778	497	899	1,047	1,335	4,771	1,310	1,537	1,224	700
Mean Intake of Sodium (mg)		3,436	3,129	2,144	2,694	3,227	3,793	3,535	3,814	3,781	3,306	2,686
Mean Intake of Energy (kcal)		2,157	2,027	1,471	1,802	2,035	2,427	2,199	2,407	2,354	2,020	1,691
Rank ^a	Food Group ^{b,c}											
1	Yeast breads	7.3	7.2	6.1	7.4	6.8	7.6	7.3	5.9	6.5	8.8	10.6
2	Chicken and chicken mixed dishes	6.8	7.4	5.1	6.8	7.3	8.3	6.6	7.6	7.1	5.5	4.6
3	Pizza	6.3	9.4	4.7	7.6	8.7	12.1	5.4	7.5	6.4	3.3	1.9
4	Pasta and pasta dishes	5.1	6.7	9.8	8.3	7.0	4.8	4.6	5.3	4.3	4.7	3.9
5	Cold cuts	4.5	4.3	3.9	3.8	4.4	4.6	4.6	3.9	5.3	4.0	4.8
6	Condiments	4.4	4.1	3.4	3.4	4.4	4.5	4.4	4.4	4.9	4.1	3.0
7	Mexican mixed dishes	4.1	3.8	2.1	2.7	4.5	4.2	4.2	6.8	4.7	2.4	0.5
8	Sausage, franks, bacon, and ribs	4.1	4.6	6.2	4.9	5.1	3.6	4.0	3.4	3.8	4.6	4.5
9	Regular cheese	3.5	3.5	4.1	3.2	3.1	3.9	3.5	3.9	3.5	3.5	3.1
10	Grain-based desserts	3.4	3.7	2.5	4.2	3.9	3.5	3.4	2.8	3.3	3.5	4.6
11	Soups	3.3	2.4	3.2	3.0	2.4	1.9	3.6	3.1	2.7	5.1	5.1
12	Beef and beef mixed dishes	3.3	2.5	1.9	1.6	2.8	2.9	3.5	3.9	3.5	3.0	3.6
13	Rice and rice mixed dishes	2.6	1.9	2.1	1.8	2.2	1.6	2.8	3.3	3.1	2.2	1.8
14	Eggs and egg mixed dishes	2.6	2.0	1.9	1.8	1.9	2.4	2.7	2.4	2.7	3.0	2.9
15	Burgers	2.4	2.9	1.1	1.8	2.6	4.2	2.3	2.9	2.6	1.7	1.4
16	Salad dressing	2.4	1.3	0.8	1.3	0.9	1.8	2.7	2.5	3.0	2.7	2.6
17	Ready-to-eat cereals	2.0	3.1	4.4	4.1	2.8	2.5	1.7	1.8	1.4	1.6	3.1
18	<i>Potato/corn/other chips</i>	1.8	2.7	2.2	2.8	2.7	2.7	1.5	1.7	1.7	1.3	0.9
19	<i>Pork and pork mixed dishes</i>	1.8	1.2	1.7	1.5	0.8	1.3	1.9	1.6	1.8	2.2	2.2
20	<i>Quick breads</i>	1.7	1.2	1.3	1.1	1.0	1.5	1.8	1.5	1.6	2.4	2.0
21	<i>Other white potatoes</i>	1.6	0.9	0.9	0.8	1.1	0.9	1.8	1.3	1.4	2.5	3.4
22	<i>Other fish and fish mixed dishes</i>	1.5	0.7	1.1	0.8	0.6	0.6	1.7	1.1	1.8	1.9	2.7
24	<i>Reduced-fat milk</i>	1.3	2.3	3.5	3.0	2.5	1.6	1.0	1.0	0.9	0.9	1.6

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
25	<i>Crackers</i>	1.3	1.6	3.0	2.3	1.4	0.9	1.2	1.2	1.1	1.1	1.7
27	<i>Pancakes/waffles/French toast</i>	1.1	1.9	2.0	2.2	2.7	1.0	0.9	1.0	0.7	1.1	1.0
35	<i>Whole milk</i>	0.7	1.3	3.2	1.9	0.9	0.8	0.5	0.5	0.5	0.3	0.6

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all persons in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all persons in descending order: potato/corn/other chips, pork and pork mixed dishes, quick breads, other white potatoes, other fish and fish mixed dishes, fried white potatoes, reduced fat milk, crackers, soda/energy/sports drinks, and pancakes/waffles/French toast.

Table 47b. Mean intake of sodium, mean intake of energy, and mean sodium contribution (mg) of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
Sample Size		8,549	3,778	497	899	1,047	1,335	4,771	1,310	1,537	1,224	700
Mean Intake of Sodium (mg)		3,436	3,129	2,144	2,694	3,227	3,793	3,535	3,814	3,781	3,306	2,686
Mean Intake of Energy (kcal)		2,157	2,027	1,471	1,802	2,035	2,427	2,199	2,407	2,354	2,020	1,691
Rank^a	Food Group^{b,c}											
1	Yeast breads	250	225	130	200	219	288	258	227	245	291	285
2	Chicken and chicken mixed dishes	233	232	110	184	236	314	233	291	268	181	123
3	Pizza	217	295	101	206	280	461	192	284	241	108	51
4	Pasta and pasta dishes	174	210	211	223	225	183	162	201	162	154	104
5	Cold cuts	155	133	84	102	141	173	162	150	199	132	130
6	Condiments	150	128	72	91	143	169	157	169	187	136	81
7	Mexican mixed dishes	142	118	46	74	145	159	149	260	176	78	13
8	Sausage, franks, bacon, and ribs	140	143	133	132	164	137	140	130	142	151	121
9	Regular cheese	122	110	87	86	99	149	125	148	132	115	84
10	Grain-based desserts	118	116	55	113	125	131	119	109	125	117	123
11	Soups	115	75	69	80	78	70	128	118	102	167	136
12	Beef and beef mixed dishes	112	77	41	42	90	111	123	150	133	99	96
13	Rice and rice mixed dishes	89	58	45	48	72	60	99	127	117	73	47
14	Eggs and egg mixed dishes	88	64	41	48	60	89	96	92	102	100	77
15	Burgers	84	90	23	48	84	159	82	110	98	56	36
16	Salad dressing	83	41	18	35	28	67	97	95	113	88	69

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
17	Ready-to-eat cereals	69	97	95	111	89	93	59	69	52	54	82
18	Potato/corn/other chips	61	84	48	76	88	102	54	65	65	42	25
19	Pork and pork mixed dishes	60	39	37	40	27	51	67	62	68	72	60
20	Quick breads	59	39	29	31	34	55	65	56	62	81	53
21	Other white potatoes	56	29	19	22	34	34	64	51	52	81	92
22	Other fish and fish mixed dishes	51	21	23	22	20	21	61	43	67	61	73
24	Reduced-fat milk	44	73	74	80	80	60	34	37	33	31	42
25	Crackers	43	49	65	61	44	36	42	47	41	37	46
27	Pancakes/waffles/French toast	39	59	43	60	86	39	33	36	28	38	28
35	Whole milk	22	40	69	51	29	30	17	20	19	17	15

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all persons in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all persons in descending order: potato/corn/other chips, pork and pork mixed dishes, quick breads, other white potatoes, other fish and fish mixed dishes, fried white potatoes, reduced-fat milk, crackers, soda/energy/sports drinks, and pancakes/waffles/French toast.

Table 48a. Mean intake of sodium, mean intake of energy, and percentage sodium contribution of various foods among U.S. males, by age, NHANES 2005–2006

		All Males	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
	Sample Size	4,146	1,857	250	431	522	654	2,289	549	758	614	368
	Mean Intake of Sodium (mg)	4,405	3,471	2,223	2,840	3,432	4,479	4,188	4,524	4,495	3,849	3,108
	Mean Intake of Energy (kcal)	2,543	2,249	1,519	1,923	2,158	2,865	2,645	2,869	2,838	2,418	1,969
Rank ^a	Food Group ^{b,c}											
1	Pizza	7.4	10.8	5.4	9.2	10.1	13.2	6.5	9.3	7.3	3.6	1.8
2	Yeast breads	7.3	7.2	5.8	8.3	6.2	7.6	7.4	5.2	6.7	9.6	10.8
3	Chicken and chicken mixed dishes	7.1	8.4	5.5	7.1	8.3	9.6	6.8	7.7	7.2	5.9	4.5
4	Cold cuts	4.7	3.7	3.6	4.0	3.3	3.9	4.9	4.1	5.4	4.9	5.4
5	Condiments	4.7	4.2	3.4	3.5	3.7	5.0	4.8	4.5	5.2	4.7	3.6
6	Sausage, franks, bacon, and ribs	4.6	4.9	8.0	5.2	5.7	3.7	4.5	3.8	4.3	5.7	4.1
7	Mexican mixed dishes	4.5	3.5	2.6	2.6	4.5	3.3	4.9	7.7	5.3	2.6	0.7
8	Pasta and pasta dishes	4.2	5.7	8.5	7.3	6.1	4.0	3.8	5.2	3.5	2.9	4.2

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
9	Regular cheese	3.5	3.4	4.3	2.9	3.2	3.7	3.5	3.5	3.6	3.3	3.1
10	Beef and beef mixed dishes	3.3	2.5	2.7	1.1	2.8	2.9	3.6	4.7	3.6	2.5	3.9
11	Grain-based desserts	3.3	3.6	3.0	4.5	3.7	3.3	3.2	2.5	3.0	3.8	4.6
12	Soups	2.9	1.8	1.9	1.9	2.2	1.5	3.2	2.7	2.2	4.6	5.4
13	Burgers	2.7	3.4	0.8	1.8	3.1	4.9	2.6	3.0	2.9	1.8	1.4
14	Eggs and egg mixed dishes	2.7	2.2	1.6	1.5	2.0	2.9	2.8	2.3	3.0	2.9	3.4
15	Rice and rice mixed dishes	2.6	1.6	1.5	1.8	1.7	1.4	2.9	3.5	3.2	2.1	1.6
16	Pork and pork mixed dishes	2.0	1.5	1.4	1.7	1.1	1.7	2.1	1.9	2.1	2.5	2.2
17	Ready-to-eat cereals	2.0	3.2	4.2	4.5	2.9	2.5	1.6	1.6	1.4	1.7	3.3
18	<i>Salad dressing</i>	1.9	0.9	0.9	0.9	0.6	1.0	2.2	2.1	2.6	1.8	2.4
19	<i>Potato/corn/other chips</i>	1.7	2.5	2.1	3.5	2.5	2.1	1.5	1.5	1.7	1.3	0.9
20	<i>Other white potatoes</i>	1.6	0.8	0.7	0.5	1.2	0.7	1.9	1.2	1.2	3.2	2.8
22	<i>Fried white potatoes</i>	1.6	1.5	2.3	1.3	1.3	1.7	1.6	1.9	1.5	1.5	1.0
23	<i>Soda/energy/sports drinks</i>	1.5	1.6	0.4	0.6	1.5	2.5	1.4	1.9	1.4	1.2	0.5
24	<i>Other fish and fish mixed dishes</i>	1.3	0.6	1.0	0.4	0.6	0.7	1.5	1.4	1.6	1.4	2.4
25	<i>Reduced-fat milk</i>	1.2	2.3	3.1	3.3	2.4	1.6	0.9	0.9	0.9	0.9	1.4
26	<i>Pancakes/waffles/French toast</i>	1.2	1.7	2.1	1.5	2.7	1.1	1.0	0.9	0.8	1.4	1.3
27	<i>Crackers</i>	1.1	1.5	2.8	2.6	1.5	0.7	1.0	1.1	0.8	1.0	1.4
34	<i>Whole Milk</i>	0.7	3.6	3.6	2.0	0.9	0.9	0.5	0.4	0.5	0.4	0.8

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all males in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all males in descending order: salad dressing, potato/corn/other chips, other white potatoes, quick breads, fried white potatoes, soda/energy/sports drinks, other fish and fish mixed dishes, reduced-fat milk, pancakes/waffles/French toast, crackers, and chili.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 48b. Mean intake of sodium, mean intake of energy, and mean sodium contribution (mg) of various foods among U.S. males, by age, NHANES 2005–2006

	All Males	Age Group (years)										
		2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+	
Sample Size	4,146	1,857	250	431	522	654	2,289	549	758	614	368	
Mean Intake of Sodium (mg)	4,405	3,471	2,223	2,840	3,432	4,479	4,188	4,524	4,495	3,849	3,108	
Mean Intake of Energy (kcal)	2,543	2,249	1,519	1,923	2,158	2,865	2,645	2,869	2,838	2,418	1,969	
Rank ^a	Food Group ^{b,c}											
1	Pizza	297	376	119	261	348	590	270	419	327	140	57
2	Yeast breads	293	251	130	235	214	341	308	236	301	368	335
3	Chicken and chicken mixed dishes	286	291	123	203	286	428	284	348	324	226	139
4	Cold cuts	187	129	81	113	113	174	207	184	241	190	167
5	Condiments	187	145	76	99	126	224	201	203	234	183	113
6	Sausage, franks, bacon, and ribs	184	171	177	148	196	165	189	171	193	219	127
7	Mexican mixed dishes	182	120	58	75	156	147	203	350	236	99	22
8	Pasta and pasta dishes	169	197	188	208	211	179	159	235	156	113	129
9	Regular cheese	139	118	96	82	109	164	146	160	162	127	96
10	Beef and beef mixed dishes	134	85	59	30	95	132	151	213	161	96	121
11	Grain-based desserts	132	126	66	129	126	146	134	114	136	147	143
12	Soups	115	64	43	53	76	68	133	122	100	178	167
13	Burgers	110	118	17	53	107	219	107	136	132	70	43
14	Eggs and egg mixed dishes	108	78	36	43	68	131	118	104	133	112	106
15	Rice and rice mixed dishes	103	55	33	51	58	65	120	156	143	81	51
16	Pork and pork mixed dishes	80	52	31	47	38	75	90	85	92	97	68
17	Ready-to-eat cereals	79	111	93	128	99	114	68	70	61	65	103
18	<i>Salad dressing</i>	77	30	20	25	22	46	93	93	115	69	74
19	<i>Potato/corn/other chips</i>	70	88	48	100	86	95	63	70	77	51	28
20	<i>Other white potatoes</i>	65	28	16	15	41	31	77	56	56	122	87
22	<i>Fried white potatoes</i>	62	53	50	36	44	75	65	87	67	57	32
23	<i>Soda/energy/sports drinks</i>	59	57	9	17	51	112	59	88	62	47	14
24	<i>Other fish and fish mixed dishes</i>	53	21	22	11	20	31	64	62	72	52	74
25	<i>Reduced-fat milk</i>	50	80	68	14	82	72	39	43	39	36	43
26	<i>Pancakes/waffles/French toast</i>	47	59	46	42	93	48	42	42	36	53	40
27	<i>Crackers</i>	44	52	62	74	50	32	41	48	38	39	44
34	<i>Whole Milk</i>	27	47	80	57	32	40	20	17	23	17	24

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all males in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all males in descending order: salad dressing, potato/corn/other chips, other white potatoes, quick breads, fried white potatoes, soda/energy/sports drinks, other fish and fish mixed dishes, reduced-fat milk, pancakes/waffles/French toast, crackers, and chili.

Table 49a. Mean intake of sodium, mean intake of energy, and percentage sodium contribution of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		4,403	1,921	247	468	525	681	2,482	761	779	610	332
Mean Intake of Sodium (mg)		2,895	2,773	2,058	2,559	3,007	3,028	2,932	3,124	3,088	2,814	2,376
Mean Intake of Energy (kcal)		1,790	1,796	1,419	1,691	1,903	1,937	1,788	1,957	1,884	1,660	1,487
Rank ^a	Food Group ^{b,c}											
1	Yeast breads	7.2	7.1	6.3	6.6	7.4	7.5	7.2	7.0	6.2	7.8	10.4
2	Chicken and chicken mixed dishes	6.3	6.1	4.7	6.5	6.1	6.2	6.3	7.6	6.9	5.0	4.7
3	Pasta and pasta dishes	6.2	8.0	11.5	9.2	8.0	6.2	5.6	5.4	5.4	6.8	3.6
4	Pizza	4.9	7.6	3.9	6.0	6.9	10.4	4.1	4.9	5.1	2.8	1.9
5	Cold cuts	4.3	5.0	4.2	3.6	5.7	5.7	4.1	3.8	5.1	2.8	4.3
6	Condiments	4.0	4.0	3.3	3.3	5.4	3.6	4.0	4.3	4.6	3.3	2.4
7	Soups	3.9	3.1	4.7	4.0	2.6	2.4	4.2	3.7	3.4	5.6	4.8
8	Regular cheese	3.6	3.6	3.8	3.5	2.9	4.4	3.6	4.4	3.3	3.7	3.1
9	Grain-based desserts	3.6	3.8	2.0	3.9	4.1	3.8	3.6	3.3	3.7	3.2	4.6
10	Mexican mixed dishes	3.6	4.2	1.6	2.8	4.4	5.7	3.4	5.5	3.8	2.1	0.3
11	Sausage, franks, bacon, and ribs	3.4	4.1	4.1	4.6	4.3	3.5	3.2	2.9	3.0	3.1	4.9
12	Beef and beef mixed dishes	3.2	2.5	1.0	2.1	2.8	2.9	3.3	2.9	3.4	3.6	3.3
13	Salad dressing	3.1	1.9	0.8	1.7	1.2	2.9	3.4	3.1	3.6	3.7	2.7
14	Rice and rice mixed dishes	2.6	2.2	2.8	1.8	2.9	1.8	2.7	3.1	3.0	2.4	1.9
15	Eggs and egg mixed dishes	2.4	1.8	2.3	2.0	1.7	1.4	2.6	2.6	2.3	3.1	2.4
16	Burgers	2.0	2.2	1.4	1.7	2.0	3.1	2.0	2.7	2.1	1.5	1.3
17	Ready-to-eat cereals	2.0	3.0	4.7	3.7	2.6	2.3	1.8	2.2	1.4	1.5	2.8
18	<i>Quick breads</i>	1.9	1.1	1.2	1.3	1.0	1.0	2.1	1.7	1.7	3.1	2.1
19	<i>Potato/corn/other chips</i>	1.9	2.9	2.3	2.1	3.0	3.6	1.6	1.9	1.7	1.2	1.0
20	<i>Other fish and fish mixed dishes</i>	1.7	0.8	1.2	1.3	0.7	0.3	1.9	0.8	2.0	2.5	3.1
21	<i>Other white potatoes</i>	1.6	1.1	1.1	1.1	0.9	1.3	1.8	1.5	1.6	1.6	4.0

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
23	<i>Pork and pork mixed dishes</i>	1.4	0.9	2.1	1.3	0.5	0.8	1.6	1.3	1.4	1.8	2.3
24	<i>Reduced-fat milk</i>	1.3	2.4	3.9	2.6	2.6	1.6	1.0	1.0	0.9	0.9	1.8
27	<i>Pancakes/waffles/French toast</i>	1.1	2.1	1.9	3.0	2.6	1.0	0.8	1.0	0.7	0.9	0.8
38	<i>Whole milk</i>	0.6	1.2	2.8	1.8	0.8	0.6	0.5	0.7	0.5	0.2	0.3

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all females in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all females in descending order: quick breads, potato/corn/other chips, other fish and fish mixed dishes, other white potatoes, crackers, pork and pork mixed dishes, reduced-fat milk, fried white potatoes, and pancakes/waffles/French toast.

Table 49b. Mean intake of sodium, mean intake of energy, and mean sodium contribution (mg) of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
	Sample Size	4,403	1,921	247	468	525	681	2482	761	779	610	332
	Mean Intake of Sodium (mg)	2,895	2,773	2,058	2,559	3,007	3,028	2,932	3,124	3,088	2,814	2,376
	Mean Intake of Energy (kcal)	1,790	1,796	1,419	1,691	1,903	1,937	1,788	1,957	1,884	1,660	1,487
Rank ^a	Food Group ^{b,c}											
1	Yeast breads	209	198	130	168	223	228	212	218	191	220	248
2	Chicken and chicken mixed dishes	182	170	96	167	182	187	185	237	214	140	111
3	Pasta and pasta dishes	178	223	236	236	241	187	165	168	167	191	85
4	Pizza	142	210	80	155	207	316	121	154	158	78	46
5	Cold cuts	125	138	87	92	171	172	120	117	159	80	103
6	Condiments	115	111	68	84	161	108	116	136	141	93	57
7	Soups	114	87	97	104	79	73	123	115	104	158	113
8	Regular cheese	105	101	78	90	88	133	107	137	102	104	75
9	Grain-based desserts	104	104	42	99	124	114	104	104	114	90	108
10	Mexican mixed dishes	103	116	33	73	133	173	100	172	118	59	7
11	Sausage, franks, bacon, and ribs	99	114	85	117	131	107	94	90	93	88	116
12	Beef and beef mixed dishes	91	69	21	54	86	87	98	90	106	102	77
13	Salad dressing	89	52	16	44	36	89	101	98	111	105	64
14	Rice and rice mixed dishes	76	61	58	45	86	55	80	98	92	66	44
15	Eggs and egg mixed dishes	70	49	48	52	52	43	77	80	72	89	56

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
16	Burgers	59	62	29	44	60	93	58	84	64	42	31
17	Ready-to-eat cereals	59	83	97	95	80	70	51	68	43	43	67
18	<i>Quick breads</i>	55	30	24	33	29	30	63	53	53	87	49
19	<i>Potato/corn/other chips</i>	54	80	48	53	91	110	45	60	52	35	23
20	<i>Other fish and fish mixed dishes</i>	49	21	25	32	21	10	57	24	61	70	73
21	<i>Other white potatoes</i>	47	30	22	28	27	38	52	46	48	45	95
23	<i>Pork and pork mixed dishes</i>	42	26	44	33	15	23	46	40	45	50	54
24	<i>Reduced-fat milk</i>	38	66	80	68	79	47	30	32	27	26	42
27	<i>Pancakes/waffles/French toast</i>	32	59	40	77	79	30	24	31	20	24	19
38	<i>Whole milk</i>	18	33	57	46	25	18	13	23	16	6	8

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all females in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all females in descending order: quick breads, potato/corn/other chips, other fish and fish mixed dishes, other white potatoes, crackers, pork and pork mixed dishes, reduced-fat milk, fried white potatoes, and pancakes/waffles/French toast.

Table 50a. Mean intake of sodium, mean intake of energy, and percentage sodium contribution of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

	All Persons	Race/Ethnicity			Family Income			
		Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty	
Sample Size	8,549	3,351	2,263	2,245	2,703	1,023	4,450	
Mean Intake of Sodium (mg)	3,436	3,524	3,257	3,162	3,222	3,319	3,534	
Mean Intake of Energy (kcal)	2,157	2,198	2,095	2,109	2,107	2,070	2,189	
Rank^a	Food Group^{b,c}							
1	Yeast breads	7.3	7.7	6.7	5.2	6.7	7.4	7.4
2	Chicken and chicken mixed dishes	6.8	6.3	9.6	6.8	6.7	6.1	6.9
3	Pizza	6.3	6.6	5.5	5.4	6.7	7.7	6.1
4	Pasta and pasta dishes	5.1	5.2	5.7	2.9	5.0	4.9	5.0
5	Cold cuts	4.5	4.9	3.7	2.8	3.7	5.2	4.7
6	Condiments	4.4	4.5	3.7	4.4	4.0	3.9	4.5

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
7	Mexican mixed dishes	4.1	3.7	1.9	11.0	4.8	4.4	3.9
8	Sausage, franks, bacon, and ribs	4.1	4.0	5.9	3.6	4.4	3.9	4.1
9	Regular cheese	3.5	3.8	3.2	2.7	3.2	2.9	3.7
10	Grain-based desserts	3.4	3.6	3.3	3.4	3.0	3.5	3.5
11	Soups	3.3	3.0	1.3	6.2	4.2	3.1	3.1
12	Beef and beef mixed dishes	3.3	3.1	3.3	3.5	4.0	2.7	3.1
13	Rice and rice mixed dishes	2.6	1.8	3.2	3.8	3.0	3.1	2.4
14	Eggs and egg mixed dishes	2.6	2.3	2.9	3.8	3.0	3.5	2.4
15	Burgers	2.4	2.4	3.2	2.1	2.5	1.9	2.5
16	Salad dressing	2.4	2.7	2.2	1.3	2.3	1.3	2.6
17	Ready-to-eat cereals	2.0	2.1	1.8	2.3	2.2	2.1	1.9
18	<i>Potato/corn/other chips</i>	1.8	1.6	2.6	2.2	2.2	1.7	1.7
19	<i>Pork and pork mixed dishes</i>	1.8	1.8	2.2	1.6	1.9	3.4	1.6
22	<i>Other fish and fish mixed dishes</i>	1.5	1.2	2.2	1.5	1.4	1.7	1.4
29	<i>Beans</i>	1.0	0.8	1.1	2.3	1.3	1.0	0.9

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all persons in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all persons in descending order: potato/corn/other chips, pork and pork mixed dishes, quick breads, other white potatoes, other fish and fish mixed dishes, fried white potatoes, reduced-fat milk, crackers, soda/energy/sports drinks, and pancakes/waffles/French toast.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 50b. Mean intake of sodium, mean intake of energy, and mean sodium contribution (mg) of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,549	3,351	2,263	2,245	2,703	1,023	4,450
Mean Intake of Sodium (mg)		3,436	3,524	3,257	3,162	3,222	3,319	3,534
Mean Intake of Energy (kcal)		2,157	2,198	2,095	2,109	2,107	2,070	2,189
Rank^a	Food Group^{b,c}							
1	Yeast breads	250	271	219	165	214	246	263
2	Chicken and chicken mixed dishes	233	221	311	214	216	203	243
3	Pizza	217	233	179	170	215	256	214
4	Pasta and pasta dishes	174	184	184	93	162	163	178
5	Cold cuts	155	173	120	89	118	172	166
6	Condiments	150	157	122	138	130	130	160
7	Mexican mixed dishes	142	131	62	348	154	147	138
8	Sausage, franks, bacon, and ribs	140	139	192	114	140	128	144
9	Regular cheese	122	135	104	84	104	97	133
10	Grain-based desserts	118	126	107	106	98	116	123
11	Soups	115	107	41	195	134	104	109
12	Beef and beef mixed dishes	112	109	106	112	129	89	109
13	Rice and rice mixed dishes	89	63	104	120	96	104	86
14	Eggs and egg mixed dishes	88	83	93	121	95	115	84
15	Burgers	84	84	103	67	80	62	90
16	Salad dressing	83	94	71	40	73	44	92
17	Ready-to-eat cereals	69	73	58	72	72	70	67
18	<i>Potato/corn/other chips</i>	61	57	85	71	70	57	60
19	<i>Pork and pork mixed dishes</i>	60	63	73	51	60	111	55
22	<i>Other fish and fish mixed dishes</i>	51	43	70	47	45	57	51

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
29	<i>Beans</i>	33	29	35	71	43	32	31

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of sodium for all persons in descending order are listed. Specific foods contributing at least 2% of sodium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of sodium for all persons in descending order: potato/corn/other chips, pork and pork mixed dishes, quick breads, other white potatoes, other fish and fish mixed dishes, fried white potatoes, reduced-fat milk, crackers, soda/energy/sports drinks, and pancakes/waffles/French toast.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix M: Sources of Potassium Among the U.S. Population, NHANES 2005–2006

TABLES

Table 51a. Mean intake of potassium, mean intake of energy, and percentage potassium contribution of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		8,549	3,778	497	899	1,047	1,335	4,771	1,310	1,537	1,224	700
Mean Intake of Potassium (mg)		2,617	2,208	2,038	2,064	2,184	2,423	2,749	2,593	2,889	2,784	2,482
Mean Intake of Energy (kcal)		2,157	2,027	1,471	1,802	2,035	2,427	2,199	2,407	2,354	2,020	1,691
Rank ^a	Food Group ^{b,c}											
1	Reduced-fat milk	5.9	11.5	13.0	13.2	12.6	8.8	4.4	5.1	4.0	3.9	6.1
2	Coffee	5.2	0.3	0.0	0.0	0.1	0.7	6.4	2.3	6.9	8.3	7.5
3	Chicken and chicken mixed dishes	4.5	4.8	2.8	4.1	5.2	5.5	4.5	5.4	4.9	3.8	2.9
4	Beef and beef mixed dishes	3.6	2.7	1.4	1.5	2.6	4.0	3.8	4.5	4.0	3.2	3.6
5	100% orange/grapefruit juice	3.4	3.4	2.5	2.9	3.4	4.2	3.4	4.1	2.8	3.4	4.6
6	Fried white potatoes	3.3	4.2	3.0	3.8	4.0	5.0	3.1	4.3	3.3	2.6	1.2
7	Potato/corn/other chips	3.2	4.1	2.9	3.6	3.9	5.1	2.9	3.6	3.3	2.3	1.8
8	Whole milk	2.9	6.1	11.8	8.4	4.3	4.2	2.1	2.7	2.3	1.4	2.1
9	Other white potatoes	2.9	2.0	1.6	1.5	2.1	2.5	3.1	2.8	2.6	3.4	4.7
10	Pasta and pasta dishes	2.7	3.8	4.3	3.8	4.5	3.0	2.5	2.9	2.4	2.5	1.6
11	Mexican mixed dishes	2.6	2.5	1.0	1.8	2.9	3.0	2.6	4.9	2.9	1.5	0.4
12	Pizza	2.6	4.0	1.5	3.0	3.9	5.7	2.2	3.4	2.6	1.2	0.7
13	Dairy desserts	2.5	3.4	2.0	4.4	3.7	2.8	2.3	1.9	2.2	2.2	3.4
14	Yeast breads	2.4	2.3	1.5	2.1	2.3	2.6	2.4	2.1	2.0	2.8	3.0
15	Skim milk	2.2	2.2	3.4	2.2	2.6	1.5	2.2	2.3	1.9	2.3	2.9
16	Soups	2.2	1.3	1.8	1.7	1.2	0.9	2.4	2.2	1.8	3.2	3.5
17	Bananas	2.1	1.9	3.3	2.6	1.3	1.5	2.2	0.9	1.8	3.1	3.7
18	Tea	2.1	0.7	0.2	0.3	0.5	1.3	2.5	2.0	2.2	3.4	1.9
19	<i>Burgers</i>	<i>1.9</i>	<i>2.3</i>	<i>0.7</i>	<i>1.2</i>	<i>2.0</i>	<i>3.9</i>	<i>1.9</i>	<i>2.7</i>	<i>1.9</i>	<i>1.5</i>	<i>1.0</i>
20	<i>Alcoholic beverages</i>	<i>1.9</i>	<i>0.1</i>	-	-	-	<i>0.4</i>	<i>2.4</i>	<i>2.8</i>	<i>2.9</i>	<i>1.8</i>	<i>1.0</i>
21	<i>100% fruit juice, not orange/grapefruit</i>	<i>1.9</i>	<i>4.0</i>	<i>11.6</i>	<i>5.2</i>	<i>2.5</i>	<i>2.1</i>	<i>1.4</i>	<i>1.9</i>	<i>1.3</i>	<i>1.1</i>	<i>1.1</i>
22	<i>Nuts/seeds and nut/seed mixed dishes</i>	<i>1.8</i>	<i>1.3</i>	<i>1.2</i>	<i>1.5</i>	<i>1.4</i>	<i>1.2</i>	<i>2.0</i>	<i>1.3</i>	<i>2.0</i>	<i>2.4</i>	<i>1.9</i>

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
23	<i>Grain-based desserts</i>	1.8	2.1	1.1	2.2	2.3	2.0	1.7	1.6	1.7	1.7	2.0
24	<i>Cold cuts</i>	1.8	1.7	1.2	1.3	1.9	2.0	1.8	1.8	2.0	1.5	1.6
25	<i>Other fish and fish mixed dishes</i>	1.6	0.7	0.7	0.7	0.6	0.6	1.8	1.3	1.9	2.0	2.3
27	<i>Ready-to-eat cereals</i>	1.5	1.7	1.8	2.1	1.6	1.4	1.5	1.3	1.3	1.5	2.4
28	<i>Beans</i>	1.5	1.1	1.0	1.0	1.4	0.9	1.6	1.5	1.6	2.0	1.1
29	<i>Condiments</i>	1.5	1.6	1.0	1.3	2.0	1.8	1.4	1.8	1.6	1.2	0.7
36	<i>Yogurt</i>	0.9	1.0	2.2	1.2	0.9	0.6	0.9	0.9	0.8	1.0	0.7

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all persons in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all persons in descending order: burgers; alcoholic beverages; 100% fruit juice, not orange/grapefruit; nuts/seeds and nut/seed mixed dishes; grain-based desserts; cold cuts; other fish and fish mixed dishes; sausage, franks, bacon, and ribs; ready-to-eat cereals; beans; condiments; eggs and egg mixed dishes; pork and pork mixed dishes; tomatoes; lettuce; vegetable medleys and other vegetables; rice and rice mixed dishes.

Table 51b. Mean intake of potassium, mean intake of energy, and mean potassium contribution (mg) of various foods among U.S. population, by age, NHANES 2005–2006

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
Sample Size		8,549	3,778	497	899	1,047	1,335	4,771	1,310	1,537	1,224	700
Mean Intake of Potassium (mg)		2,617	2,208	2,038	2,064	2,184	2,423	2,749	2,593	2,889	2,784	2,482
Mean Intake of Energy (kcal)		2,157	2,027	1,471	1,802	2,035	2,427	2,199	2,407	2,354	2,020	1,691
Rank ^a	Food Group ^{b,c}											
1	Reduced-fat milk	154	253	264	272	275	213	122	131	117	110	150
2	Coffee	135	6	1	1	3	17	176	59	200	232	185
3	Chicken and chicken mixed dishes	119	105	58	85	114	133	123	140	141	106	71
4	Beef and beef mixed dishes	94	59	29	32	56	98	105	116	115	89	90
5	100% orange/grapefruit juice	90	76	52	59	73	102	94	106	80	96	114
6	Fried white potatoes	87	92	60	78	88	121	85	110	95	73	30
7	Potato/corn/other chips	83	91	60	75	86	123	81	93	96	64	45
8	Whole milk	77	135	240	173	93	102	58	70	66	39	52
9	Other white potatoes	75	44	33	32	45	60	84	71	75	95	117
10	Pasta and pasta dishes	72	83	87	79	98	72	68	75	71	70	41
11	Mexican mixed dishes	68	54	21	36	64	73	73	126	83	41	9

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
12	Pizza	68	89	30	61	85	138	61	88	76	34	17
13	Dairy desserts	65	75	40	91	82	68	62	50	63	62	85
14	Yeast breads	62	50	31	43	50	63	65	56	59	79	75
15	Skim milk	58	48	69	45	56	37	61	59	55	65	71
16	Soups	57	28	36	35	25	21	67	57	51	89	87
17	Bananas	55	43	67	54	29	37	60	25	51	87	92
18	Tea	55	16	5	6	12	32	68	52	63	94	47
19	<i>Burgers</i>	51	51	14	24	44	94	51	69	56	41	24
20	<i>Alcoholic beverages</i>	50	3	-	-	-	10	66	73	83	51	24
21	<i>100% fruit juice, not orange/grapefruit</i>	50	89	235	108	54	51	37	48	38	31	28
22	<i>Nuts/seeds and nut/seed mixed dishes</i>	48	29	24	31	31	28	54	33	58	67	47
23	<i>Grain-based desserts</i>	46	45	22	45	51	49	47	42	49	46	51
24	<i>Cold cuts</i>	46	38	25	27	42	49	49	47	58	41	39
25	<i>Other fish and fish mixed dishes</i>	42	15	14	15	14	16	51	34	54	57	57
27	<i>Ready-to-eat cereals</i>	40	37	37	44	35	33	41	34	38	42	60
28	<i>Beans</i>	40	24	21	21	30	21	45	40	46	55	27
29	<i>Condiments</i>	39	36	20	27	43	44	40	47	45	34	18
36	<i>Yogurt</i>	24	22	45	25	19	15	24	24	24	28	16

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all persons in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all persons in descending order: burgers; alcoholic beverages; 100% fruit juice, not orange/grapefruit; nuts/seeds and nut/seed mixed dishes; grain-based desserts; cold cuts; other fish and fish mixed dishes; sausage, franks, bacon, and ribs; ready-to-eat cereals; beans; condiments; eggs and egg mixed dishes; pork and pork mixed dishes; tomatoes; lettuce; vegetable medleys and other vegetables; rice and rice mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 52a. Mean intake of potassium, mean intake of energy, and percentage potassium contribution of various foods among U.S. males, by age, NHANES 2005–2006

	All Males	Age Group (years)										
		2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+	
Sample Size	4,146	1,857	250	431	522	654	2,289	549	758	614	368	
Mean Intake of Potassium (mg)	2,978	2,414	2,081	2,200	2,252	2,858	3,172	3,004	3,342	3,179	2,850	
Mean Intake of Energy (kcal)	2,543	2,249	1,519	1,923	2,158	2,865	2,645	2,869	2,838	2,418	1,969	
Rank ^a	Food Group ^{b,c}											
1	Reduced-fat milk	5.9	11.5	11.7	14.3	12.5	8.8	4.4	5.0	4.1	4.0	5.4
2	Coffee	4.9	0.2	0.0	0.1	0.1	0.5	6.2	2.3	6.3	8.5	7.4
3	Chicken and chicken mixed dishes	4.7	5.3	3.0	4.4	5.9	5.9	4.6	5.5	4.9	4.0	2.8
4	Beef and beef mixed dishes	3.8	2.8	1.7	1.0	2.5	4.6	4.1	5.2	4.4	2.8	4.0
5	Fried white potatoes	3.7	4.2	3.4	3.6	4.0	5.1	3.6	4.4	3.9	3.0	1.9
6	100% orange/grapefruit juice	3.7	3.2	2.3	2.9	2.5	4.0	3.8	4.1	3.2	4.1	4.8
7	Potato/corn/other chips	3.2	4.0	2.8	3.7	3.7	4.6	2.9	2.9	3.4	2.7	1.9
8	Pizza	3.1	4.7	1.7	3.6	4.7	6.1	2.7	4.3	3.1	1.4	0.7
9	Whole milk	3.1	6.5	13.2	8.6	4.6	4.8	2.2	2.0	2.4	1.9	2.9
10	Mexican mixed dishes	3.0	2.3	1.1	1.4	2.8	2.7	3.1	5.7	3.4	1.6	0.6
11	Other white potatoes	2.9	2.0	1.4	1.0	2.5	2.4	3.1	2.7	2.5	4.0	4.3
12	Alcoholic beverages	2.5	0.2	-	-	-	0.5	3.1	3.6	3.6	2.4	1.2
13	Yeast breads	2.4	2.3	1.5	2.3	2.1	2.6	2.4	2.0	2.1	3.1	2.9
14	Pasta and pasta dishes	2.4	3.2	3.7	3.5	4.0	2.4	2.1	3.0	2.0	1.8	1.9
15	Burgers	2.3	2.8	0.5	1.3	2.5	4.6	2.2	3.1	2.3	1.8	1.0
16	Dairy desserts	2.3	3.6	1.6	4.5	4.0	3.2	2.0	1.5	1.9	2.3	2.8
17	Skim milk	2.1	2.2	4.8	2.1	2.6	1.4	2.0	1.9	1.7	2.4	2.6
18	Bananas	2.0	1.9	4.2	2.7	1.2	1.3	2.0	0.7	1.5	3.2	3.8
19	Nuts/seeds and nut/seed mixed dishes	2.0	1.4	1.0	2.1	1.3	1.1	2.1	1.4	2.0	2.8	2.2
20	<i>Cold cuts</i>	1.9	1.5	1.2	1.4	1.4	1.7	2.0	1.9	2.1	1.8	1.8
21	<i>Soups</i>	1.9	1.1	1.1	1.8	1.1	0.8	2.1	1.8	1.6	2.4	4.1
22	<i>Sausage, franks, bacon, and ribs</i>	1.8	1.9	1.7	1.4	2.1	2.0	1.8	1.8	1.8	2.0	1.4
23	<i>Tea</i>	1.8	0.7	0.2	0.3	0.6	1.2	2.1	2.1	1.9	2.7	1.5
24	<i>Grain-based desserts</i>	1.8	2.0	1.3	2.4	2.2	1.9	1.7	1.4	1.7	1.8	2.0
25	<i>100% fruit juice, not orange/grapefruit</i>	1.8	3.5	10.1	5.5	1.9	1.7	1.3	2.0	1.0	1.1	1.4
26	<i>Condiments</i>	1.7	1.6	1.0	1.4	1.6	1.9	1.7	2.0	1.9	1.5	1.0

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
28	<i>Ready-to-eat cereals</i>	1.6	1.8	1.8	2.4	1.9	1.5	1.5	0.9	1.5	1.6	2.5
29	<i>Pork and pork mixed dishes</i>	1.5	1.1	0.8	1.1	0.9	1.3	1.7	1.4	1.7	2.0	1.2
30	<i>Other fish and fish mixed dishes</i>	1.5	0.6	0.7	0.2	0.5	0.8	1.7	1.6	1.7	1.8	2.2

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all males in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all males in descending order: cold cuts; soups; sausage, franks, bacon, and ribs; tea; grain-based desserts; 100% fruit juice, not orange/grapefruit; condiments; beans; ready-to-eat cereals; pork and pork mixed dishes; other fish and fish mixed dishes; eggs and egg mixed dishes; rice and rice mixed dishes.

Table 52b. Mean intake of potassium, mean intake of energy, and mean potassium contribution (mg) of various foods among U.S. males, by age, NHANES 2005–2006

		All Males	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
Sample Size		4,146	1,857	250	431	522	654	2,289	549	758	614	368
Mean Intake of Potassium (mg)		2,978	2,414	2,081	2,200	2,252	2,858	3,172	3,004	3,342	3,179	2,850
Mean Intake of Energy (kcal)		2,543	2,249	1,519	1,923	2,158	2,865	2,645	2,869	2,838	2,418	1,969
Rank ^a	Food Group ^{b,c}											
1	Reduced-fat milk	174	277	243	315	281	252	139	151	137	127	155
2	Coffee	147	6	1	1	3	14	196	70	212	269	212
3	Chicken and chicken mixed dishes	141	127	62	96	133	170	145	165	163	127	80
4	Beef and beef mixed dishes	114	69	35	23	55	131	130	155	148	88	114
5	Fried white potatoes	111	102	70	79	90	144	113	133	130	94	54
6	100% orange/grapefruit juice	109	77	48	65	57	116	120	124	107	130	138
7	Potato/corn/other chips	94	95	58	82	83	132	93	86	113	84	55
8	Pizza	92	113	36	79	106	175	85	131	104	44	20
9	Whole milk	92	157	274	188	104	138	70	60	80	59	82
10	Mexican mixed dishes	88	55	23	31	63	78	100	171	112	52	16
11	Other white potatoes	86	48	29	23	56	69	98	80	84	126	121
12	Alcoholic beverages	74	5	-	-	-	15	98	109	120	78	35
13	Yeast breads	72	55	31	51	46	73	78	60	71	99	84
14	Pasta and pasta dishes	70	78	78	78	89	68	68	89	67	57	54
15	Burgers	70	68	9	28	56	132	70	93	77	56	30
16	Dairy desserts	69	86	34	98	91	90	64	46	64	72	80

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Males	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
17	Skim milk	61	54	100	47	58	39	64	57	57	76	74
18	Bananas	59	46	88	58	28	37	64	20	51	102	108
19	Nuts/seeds and nut/seed mixed dishes	58	34	21	45	30	32	67	43	65	89	64
20	<i>Cold cuts</i>	56	36	24	30	32	49	63	57	71	59	51
21	<i>Soups</i>	56	28	24	39	25	22	65	54	53	75	117
22	<i>Sausage, franks, bacon, and ribs</i>	55	45	35	32	48	57	58	53	61	65	39
23	<i>Tea</i>	55	17	4	6	12	34	68	64	63	87	44
24	<i>Grain-based desserts</i>	53	49	27	53	49	54	54	42	57	57	58
25	<i>100% fruit juice, not orange/grapefruit</i>	53	85	210	120	43	49	41	59	35	36	41
26	<i>Condiments</i>	51	39	20	32	36	55	55	61	65	46	28
28	<i>Ready-to-eat cereals</i>	46	45	37	54	42	41	47	27	49	52	71
29	<i>Pork and pork mixed dishes</i>	46	26	16	24	21	36	53	41	57	63	35
30	<i>Other fish and fish mixed dishes</i>	45	14	16	5	12	23	56	49	56	57	64

a: Rank for all males only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all males in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all males in descending order: cold cuts; soups; sausage, franks, bacon, and ribs; tea; grain-based desserts; 100% fruit juice, not orange/grapefruit; condiments; beans; ready-to-eat cereals; pork and pork mixed dishes; other fish and fish mixed dishes; eggs and egg mixed dishes; rice and rice mixed dishes.

Table 53a. Mean intake of potassium, mean intake of energy, and percentage potassium contribution of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		4,403	1,921	247	468	525	681	2,482	761	779	610	332
Mean Intake of Potassium (mg)		2,273	1,993	1,990	1,938	2,111	1,937	2,359	2,194	2,449	2,426	2,213
Mean Intake of Energy (kcal)		1,790	1,796	1,419	1,691	1,903	1,937	1,788	1,957	1,884	1,660	1,487
Rank ^a	Food Group ^{b,c}											
1	Reduced-fat milk	5.9	11.5	14.4	12.0	12.7	8.7	4.5	5.1	3.9	3.9	6.6
2	Coffee	5.4	0.4	0.0	0.0	0.2	1.0	6.7	2.2	7.7	8.2	7.5
3	Chicken and chicken mixed dishes	4.3	4.2	2.7	3.9	4.4	4.7	4.4	5.2	4.9	3.6	2.9
4	Beef and beef mixed dishes	3.3	2.5	1.1	2.1	2.7	3.1	3.5	3.6	3.4	3.7	3.3

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	Age Group (years)									
			2-18	2-3	4-8	9-13	14-18	19+	19-30	31-50	51-70	71+
5	Pasta and pasta dishes	3.2	4.5	4.9	4.1	5.1	4.0	2.9	2.8	3.0	3.4	1.4
6	Potato/corn/other chips	3.2	4.4	3.1	3.5	4.3	5.8	2.9	4.5	3.3	1.8	1.7
7	100% orange/grapefruit juice	3.1	3.7	2.8	2.8	4.3	4.4	2.9	4.0	2.2	2.7	4.4
8	Other white potatoes	2.8	2.0	1.8	2.1	1.6	2.6	3.0	2.9	2.7	2.8	5.1
9	Fried white potatoes	2.8	4.1	2.5	4.0	4.0	4.9	2.5	4.0	2.5	2.2	0.6
10	Whole milk	2.7	5.6	10.2	8.2	3.9	3.2	2.0	3.6	2.1	0.8	1.3
11	Dairy desserts	2.7	3.2	2.4	4.4	3.4	2.2	2.6	2.4	2.5	2.2	4.0
12	Soups	2.6	1.4	2.5	1.6	1.2	1.1	2.9	2.7	2.0	4.2	2.9
13	Tea	2.4	0.7	0.3	0.4	0.5	1.5	2.9	1.8	2.6	4.2	2.2
14	Skim milk	2.4	2.1	1.7	2.3	2.5	1.7	2.4	2.8	2.2	2.3	3.1
15	Yeast breads	2.3	2.3	1.6	1.8	2.5	2.7	2.3	2.4	1.9	2.5	3.1
16	Bananas	2.3	2.0	2.3	2.6	1.4	1.9	2.4	1.3	2.0	3.0	3.6
17	Mexican mixed dishes	2.2	2.7	1.0	2.1	3.1	3.5	2.0	3.8	2.2	1.3	0.2
18	100% fruit juice, not orange/grapefruit	2.1	4.7	13.2	5.0	3.1	2.8	1.4	1.7	1.7	1.1	0.9
19	<i>Pizza</i>	1.9	3.2	1.2	2.3	3.0	5.0	1.6	2.1	2.0	1.0	0.7
20	<i>Grain-based desserts</i>	1.8	2.1	0.8	2.0	2.5	2.2	1.7	1.9	1.6	1.5	2.1
21	<i>Other fish and fish mixed dishes</i>	1.7	0.8	0.6	1.2	0.8	0.4	1.9	0.8	2.1	2.3	2.3
22	<i>Nuts/seeds and nut/seed mixed dishes</i>	1.7	1.2	1.4	0.9	1.5	1.2	1.8	1.1	2.1	1.9	1.6
23	<i>Cold cuts</i>	1.6	2.0	1.3	1.3	2.4	2.6	1.5	1.7	1.9	1.1	1.4
24	<i>Ready-to-eat cereals</i>	1.5	1.5	1.8	1.8	1.3	1.2	1.5	1.9	1.2	1.4	2.3
25	<i>Beans</i>	1.5	1.2	1.1	1.3	1.7	0.7	1.5	1.5	1.3	2.0	1.1
26	<i>Burgers</i>	1.5	1.7	0.9	1.1	1.5	2.6	1.4	2.1	1.4	1.1	0.9
31	<i>Yogurt</i>	1.2	1.1	2.5	1.3	0.7	0.7	1.3	1.2	1.1	1.6	1.1
33	<i>Condiments</i>	1.2	1.7	1.0	1.2	2.4	1.6	1.1	1.5	1.1	0.9	0.5

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all females in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all females in descending order: pizza; grain-based desserts; other fish and fish mixed dishes; nuts/seeds and nut/seed mixed dishes; cold cuts; ready-to-eat cereals; beans; burgers; lettuce; eggs and egg mixed dishes; alcoholic beverages; tomatoes; yogurt; vegetable medleys and other vegetables; condiments; sausage, franks, bacon, and ribs; pork and pork mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 53b. Mean intake of potassium, mean intake of energy, and mean potassium contribution (mg) of various foods among U.S. females, by age, NHANES 2005–2006

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
Sample Size		4,403	1,921	247	468	525	681	2,482	761	779	610	332
Mean Intake of Potassium (mg)		2,273	1,993	1,990	1,938	2,111	1,937	2,359	2,194	2,449	2,426	2,213
Mean Intake of Energy (kcal)		1,790	1,796	1,419	1,691	1,903	1,937	1,788	1,957	1,884	1,660	1,487
Rank ^a	Food Group ^{b,c}											
1	Reduced-fat milk	134	229	288	232	268	168	105	112	97	94	147
2	Coffee	123	7	1	1	4	20	159	49	189	199	166
3	Chicken and chicken mixed dishes	98	83	53	75	94	91	103	115	119	87	64
4	Beef and beef mixed dishes	75	49	22	40	57	61	83	79	83	89	73
5	Pasta and pasta dishes	73	89	98	79	107	78	68	61	74	82	31
6	Potato/corn/other chips	73	87	63	68	90	113	69	99	80	45	37
7	100% orange/grapefruit juice	71	75	56	55	91	86	70	88	54	64	97
8	Other white potatoes	64	41	37	40	33	50	71	63	66	67	114
9	Fried white potatoes	64	81	50	77	85	94	59	88	60	53	13
10	Whole milk	62	112	202	158	82	62	46	80	52	20	29
11	Dairy desserts	62	64	47	86	71	42	61	53	61	54	89
12	Soups	59	28	51	31	26	21	68	59	49	102	65
13	Tea	55	14	6	7	11	29	67	40	63	101	49
14	Skim milk	54	42	34	44	53	33	58	61	54	56	69
15	Yeast breads	52	45	32	35	53	52	54	52	47	60	68
16	Bananas	52	40	45	50	30	36	56	29	50	73	81
17	Mexican mixed dishes	49	54	20	41	65	69	48	83	54	31	4
18	100% fruit juice, not orange/grapefruit	47	93	263	97	66	54	33	38	41	26	19
19	<i>Pizza</i>	44	63	24	45	63	97	38	47	50	25	16
20	<i>Grain-based desserts</i>	40	41	17	38	52	43	40	41	40	37	45
21	<i>Other fish and fish mixed dishes</i>	39	16	12	24	16	8	46	18	52	56	52
22	<i>Nuts/seeds and nut/seed mixed dishes</i>	38	24	28	17	32	24	42	24	51	47	36
23	<i>Cold cuts</i>	37	40	25	24	52	50	36	36	46	26	31
24	<i>Ready-to-eat cereals</i>	34	29	37	35	27	24	35	41	28	33	52
25	<i>Beans</i>	33	25	22	25	37	14	36	33	32	48	24
26	<i>Burgers</i>	33	33	18	21	33	51	33	46	35	27	20

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Females	Age Group (years)									
			2–18	2–3	4–8	9–13	14–18	19+	19–30	31–50	51–70	71+
31	<i>Yogurt</i>	28	21	49	25	14	13	30	27	26	39	24
33	<i>Condiments</i>	27	33	19	23	51	31	25	32	27	23	11

a: Rank for all females only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all females in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all females in descending order: pizza; grain-based desserts; other fish and fish mixed dishes; nuts/seeds and nut/seed mixed dishes; cold cuts; ready-to-eat cereals; beans; burgers; lettuce; eggs and egg mixed dishes; alcoholic beverages; tomatoes; yogurt; vegetable medleys and other vegetables; condiments; sausage, franks, bacon, and ribs; pork and pork mixed dishes.

Table 54a. Mean intake of potassium, mean intake of energy, and percentage potassium contribution of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,549	3,351	2,263	2,245	2,703	1,023	4,450
Mean Intake of Potassium (mg)		2,617	2,703	2,256	2,595	2,486	2,541	2,669
Mean Intake of Energy (kcal)		2,157	2,198	2,095	2,109	2,107	2,070	2,189
Rank ^a	Food Group ^{b,c}							
1	Reduced-fat milk	5.9	6.1	6.1	6.8	5.9	6.0	5.8
2	Coffee	5.2	6.0	6.0	2.5	3.7	4.3	5.7
3	Chicken and chicken mixed dishes	4.5	4.3	4.3	3.9	4.6	4.1	4.6
4	Beef and beef mixed dishes	3.6	3.4	3.4	4.2	4.3	3.6	3.3
5	100% orange/grapefruit juice	3.4	3.0	3.0	4.2	4.2	3.2	3.2
6	Fried white potatoes	3.3	3.2	3.2	2.8	3.0	3.1	3.4
7	Potato/corn/other chips	3.2	2.9	2.9	2.4	3.5	3.7	3.1
8	Whole milk	2.9	2.3	2.3	5.8	5.2	4.7	2.1
9	Other white potatoes	2.9	3.0	3.0	2.1	2.6	3.0	2.9
10	Pasta and pasta dishes	2.7	2.8	2.8	1.7	2.5	2.9	2.8
11	Mexican mixed dishes	2.6	2.2	2.2	7.2	3.3	3.0	2.4
12	Pizza	2.6	2.7	2.7	2.0	2.6	3.1	2.5
13	Dairy desserts	2.5	2.7	2.7	1.4	2.1	2.3	2.6
14	Yeast breads	2.4	2.5	2.5	1.5	2.0	2.4	2.5
15	Skim milk	2.2	2.8	2.8	1.0	1.6	1.7	2.4
16	Soups	2.2	1.9	1.9	4.3	2.8	2.0	2.0

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
17	Bananas	2.1	2.0	2.0	2.6	2.2	2.2	2.1
18	Tea	2.1	2.4	2.4	1.0	1.9	1.8	2.2
19	<i>Burgers</i>	1.9	1.9	1.9	1.6	2.0	1.5	2.0
20	<i>Alcoholic beverages</i>	1.9	2.2	2.2	1.2	1.4	1.4	2.2
21	<i>100% fruit juice, not orange/grapefruit</i>	1.9	1.6	1.6	2.3	2.6	2.9	1.6
22	<i>Nuts/seeds and nut/seed mixed dishes</i>	1.8	2.0	2.0	1.2	1.4	1.4	2.0
24	<i>Cold cuts</i>	1.8	1.9	1.9	1.0	1.4	2.1	1.9
25	<i>Other fish and fish mixed dishes</i>	1.6	1.4	1.4	1.4	1.5	1.8	1.5
26	<i>Sausage, franks, bacon, and ribs</i>	1.5	1.5	1.5	1.3	1.5	1.5	1.6
28	<i>Beans</i>	1.5	1.1	1.1	4.7	2.3	1.5	1.3
29	<i>Condiments</i>	1.5	1.4	1.4	2.2	1.4	1.3	1.5
30	<i>Eggs and egg mixed dishes</i>	1.4	1.2	1.2	2.0	1.6	1.7	1.3
31	<i>Pork and pork mixed dishes</i>	1.3	1.3	1.3	1.4	1.3	2.2	1.2
39	<i>Fruit drinks</i>	0.8	0.6	0.6	1.1	1.2	0.9	0.7

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all persons in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all persons in descending order: burgers; alcoholic beverages; 100% fruit juice, not orange/grapefruit; nuts/seeds and nut/seed mixed dishes; grain-based desserts; cold cuts; other fish and fish mixed dishes; sausage, franks, bacon, and ribs; ready-to-eat cereals; beans; condiments; eggs and egg mixed dishes; pork and pork mixed dishes; tomatoes; lettuce; vegetable medleys and other vegetables; rice and rice mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Table 54b. Mean intake of potassium, mean intake of energy, and mean potassium contribution (mg) of various foods among U.S. population, by race/ethnicity and family income, NHANES 2005–2006

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
Sample Size		8,549	3,351	2,263	2,245	2,703	1,023	4,450
Mean Intake of Potassium (mg)		2,617	2,703	2,256	2,595	2,486	2,541	2,669
Mean Intake of Energy (kcal)		2,157	2,198	2,095	2,109	2,107	2,070	2,189
Rank^a	Food Group^{b,c}							
1	Reduced-fat milk	154	166	92	177	148	153	156
2	Coffee	135	163	47	64	91	110	151
3	Chicken and chicken mixed dishes	119	116	152	101	115	105	123
4	Beef and beef mixed dishes	94	92	79	108	108	92	89
5	100% orange/grapefruit juice	90	82	114	108	104	82	86
6	Fried white potatoes	87	85	102	73	75	78	92
7	Potato/corn/other chips	83	79	130	62	86	93	82
8	Whole milk	77	63	90	150	129	119	56
9	Other white potatoes	75	82	64	54	66	76	78
10	Pasta and pasta dishes	72	75	77	44	62	73	74
11	Mexican mixed dishes	68	60	31	188	81	76	63
12	Pizza	68	73	54	51	65	79	67
13	Dairy desserts	65	74	48	37	52	58	70
14	Yeast breads	62	67	51	40	51	62	65
15	Skim milk	58	75	8	25	40	44	64
16	Soups	57	52	20	113	69	51	53

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

		All Persons	Race/Ethnicity			Family Income		
			Non-Hispanic Whites	Non-Hispanic Blacks	Mexican-Americans	≤ 130% Poverty	131–185% Poverty	≥ 186% Poverty
17	Bananas	55	54	47	66	54	57	56
18	Tea	55	64	34	26	46	45	59
19	<i>Burgers</i>	51	52	57	41	49	39	54
20	<i>Alcoholic beverages</i>	50	59	30	31	35	36	58
21	<i>100% fruit juice, not orange/grapefruit</i>	50	43	75	60	64	73	44
22	<i>Nuts/seeds and nut/seed mixed dishes</i>	48	55	28	32	34	35	55
24	<i>Cold cuts</i>	46	51	38	26	35	53	49
25	<i>Other fish and fish mixed dishes</i>	42	38	56	37	38	46	41
26	<i>Sausage, franks, bacon, and ribs</i>	40	40	53	33	38	38	42
28	<i>Beans</i>	40	31	35	122	57	38	35
29	<i>Condiments</i>	39	39	30	58	36	34	41
30	<i>Eggs and egg mixed dishes</i>	36	33	36	52	39	43	34
31	<i>Pork and pork mixed dishes</i>	34	36	35	36	32	56	32
39	<i>Fruit drinks</i>	20	15	45	29	29	24	18

a: Rank for all persons only. Columns for other age groups are ordered by this ranking. The top five food groups for each age group are bolded.

b: Specific foods contributing at least 2% of potassium for all persons in descending order are listed. Specific foods contributing at least 2% of potassium for any given subgroup are then also listed in *italics*.

c: Specific foods contributing at least 1% of potassium for all persons in descending order: burgers; alcoholic beverages; 100% fruit juice, not orange/grapefruit; nuts/seeds and nut/seed mixed dishes; grain-based desserts; cold cuts; other fish and fish mixed dishes; sausage, franks, bacon, and ribs; ready-to-eat cereals; beans; condiments; eggs and egg mixed dishes; pork and pork mixed dishes; tomatoes; lettuce; vegetable medleys and other vegetables; rice and rice mixed dishes.

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Appendix N: Sources of Calcium Among the U.S. Population, NHANES 2005–2006

TABLES

There are separate tables for the percentage and cumulative contribution of various foods.

Table 55. Top food sources of calcium^a among U.S. population (ages 2+), NHANES^b 2005–2006

Ranking	Food item	%	Cumulative %
1	Reduced-fat milk	12.2	12.2
2	Regular cheese	9.2	21.4
3	Whole milk	6.1	27.5
4	Pizza	6.1	33.6
5	Miscellaneous ^c	5.7	39.3
6	Yeast breads	5.4	44.7
7	Skim milk	4.5	49.2
8	Dairy desserts	4.0	53.2
9	Mexican mixed dishes	3.8	57.0
10	Pasta and pasta dishes	3.0	60.0
11	100% orange/grapefruit juice	2.6	62.5
12	Ready-to-eat cereals	2.2	64.8
13	Grain-based desserts	2.1	66.9
14	Reduced-fat cheese	2.0	68.9

a: Specific foods contributing at least 1% of calcium in descending order: eggs/egg mixed dishes, yogurt, chicken/chicken mixed dishes, meal replacements, burgers, coffee, pancakes/waffles/French toast, soda/energy/sports drinks, fruit drinks, potato/corn/other chips, and beef/beef mixed dishes.

b: NHANES = National Health and Nutrition Examination Survey.

c: The miscellaneous category includes items such as sugar substitutes, unreconstituted cocoa powder, powdered butter replacement, and cornstarch.

Table 56. Top food sources of calcium^a among U.S. children and adolescents (ages 2–18), NHANES^b 2005–2006

Ranking	Food item	%	Cumulative %
1	Reduced-fat milk	19.5	19.5
2	Whole milk	10.3	29.9
3	Pizza	8.3	38.2
4	Regular cheese	7.6	45.8
5	Yeast breads	4.8	50.6
6	Dairy desserts	4.5	55.1
7	Skim milk	3.6	58.7

IDENTIFICATION OF TOP FOOD SOURCES OF VARIOUS DIETARY COMPONENTS

Ranking	Food item	%	Cumulative %
8	Pasta and pasta dishes	3.3	62.0
9	Miscellaneous ^c	3.2	65.2
10	Mexican mixed dishes	2.8	68.0
11	Ready-to-eat cereals	2.7	70.7
12	Reduced fat cheese	2.2	72.9
13	100% orange/grapefruit juice	2.1	75.0

a: Specific foods contributing at least 1% of calcium in children and adolescents in descending order: pancakes/waffles/French toast, grain-based desserts, yogurt, fruit drinks, burgers, chicken/chicken mixed dishes, eggs/egg mixed dishes, and potato/corn/other chips.

b: NHANES = National Health and Nutrition Examination Survey.

c: The miscellaneous category includes items such as sugar substitutes, unreconstituted cocoa powder, powdered butter replacement, and cornstarch.

Table 57. Top food sources of calcium^a among U.S. adults (ages 19+), NHANES^b 2005–2006

Ranking	Food item	%	Cumulative %
1	Reduced-fat milk	9.8	9.8
2	Regular cheese	9.7	19.5
3	Miscellaneous ^c	6.5	26.0
4	Yeast breads	5.6	31.6
5	Pizza	5.3	36.9
6	Skim milk	4.9	41.8
7	Whole milk	4.7	46.5
8	Mexican mixed dishes	4.1	50.6
9	Dairy desserts	3.8	54.4
10	Pasta and pasta dishes	2.9	57.3
11	100% orange/grapefruit juice	2.7	60.0
12	Grain-based desserts	2.2	62.2
13	Eggs and egg mixed dishes	2.1	64.3
14	Ready-to-eat cereals	2.1	66.4
15	Reduced-fat cheese	2.0	68.4

a: Specific foods contributing at least 1% of Calcium in adults in descending order: yogurt, meal replacements, chicken/chicken mixed dishes, coffee, burgers, soda/energy/sports drinks, beef/beef mixed dishes, soups, quick breads, other fish/fish mixed dishes, alcoholic beverages, and potato/corn/other chips.

b: NHANES = National Health and Nutrition Examination Survey.

c: The miscellaneous category includes items such as sugar substitutes, unreconstituted cocoa powder, powdered butter replacement, and cornstarch.