



United States Department of Agriculture

*Diet Quality of Americans by SNAP
Participation Status:*

*Data from the National Health and
Nutrition Examination Survey, 2007–2010*

Non-Discrimination Policy

USDA is an equal opportunity provider and employer.



United States Department of Agriculture

Food and Nutrition Service, Office of Policy Support

May 2015

*Diet Quality of Americans by SNAP
Participation Status:*

*Data from the National Health and
Nutrition Examination Survey, 2007–2010*

Authors:

Elizabeth Condon, Mathematica Policy Research
Susan Drilea, Walter R. McDonald & Associates, Inc.
Keri Jowers, Walter R. McDonald & Associates, Inc.
Carolyn Lichtenstein, Walter R. McDonald & Associates, Inc.
James Mabli, Mathematica Policy Research
Emily Madden, Walter R. McDonald & Associates, Inc.
Katherine Niland, Mathematica Policy Research

Submitted by:

Walter R. McDonald & Associates, Inc.
12300 Twinbrook Parkway, Suite 310
Rockville, MD 20852-1698

Submitted to:

Office of Policy Support
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302-1500

Project Director:

Carolyn Lichtenstein

Project Officer:

Jenny Laster Genser

This study was conducted under contract number AG-2198-D-12-0069 with the Food and Nutrition Service.

This report is available on the Food and Nutrition Service website: <http://www.fns.usda.gov>.

Suggested Citation:

Condon, Elizabeth, Susan Drilea, Keri Jowers, Carolyn Lichtenstein, James Mabli, Emily Madden, and Katherine Niland. (2015). *Diet Quality of Americans by SNAP Participation Status: Data from the National Health and Nutrition Examination Survey, 2007–2010*. Prepared by Walter R. McDonald & Associates, Inc. and Mathematica Policy Research for the Food and Nutrition Service.



Acknowledgments

The authors wish to thank our project officer and contracting officer at the Food and Nutrition Service, Jenny Genser, who worked with us throughout this project. Jenny Genser provided oversight of the technical aspects of the project and coordinated the review process at USDA. This report benefited from thoughtful review and critique by Jenny Genser, Kathryn Law, Kelly Kinnison, Karen Biala, and Jane Duffield from FNS and Patricia Britten, Mark Lino, and Collette Rihane from CNPP.

The authors also acknowledge the invaluable contributions of Malcolm Hale, who completed the extensive technical programming required by this study, and Mary Kay Fox for her thoughtful review of the report. We also acknowledge Janet Aguirre, Lia Carvalho, and Janice Kirby who assisted in producing data tables.

TABLE OF CONTENTS

EXECUTIVE SUMMARY i

The Supplemental Nutrition Assistance Program..... ii

Focus of the Research ii

Descriptive Analysis Findings iv

Multivariate Analysis Findings..... xvii

Conclusions and Implications for SNAP Nutrition Education xvii

CHAPTER 1. INTRODUCTION 1

The Supplemental Nutrition Assistance Program.....2

National Health and Nutrition Examination Survey4

Other Data Sources4

NHANES Descriptive Analysis Samples for Tabulation5

Descriptive Analytic Approach.....7

Multivariate Analytic Approach10

CHAPTER 2. USUAL NUTRIENT INTAKES..... 15

Usual Intakes of Vitamins and Minerals with Defined Estimated Average Requirements16

Usual Intakes of Nutrients Assessed Using Adequate Intake Levels20

Usual Intakes of Macronutrients23

CHAPTER 3. USUAL INTAKES OF CALORIES AND BODY MASS INDEX 29

Usual Intakes of Calories30

Body Mass Index32

CHAPTER 4. CONSUMPTION OF EMPTY CALORIES 37

Empty Calories Consumed by SNAP Participants and Nonparticipants38

CHAPTER 5. FOOD CONSUMPTION PATTERNS..... 41

| | |
|--|-----------|
| Estimates of the Proportions of Persons Consuming Foods from Supermarket Aisle Food Groups and Subgroups | 41 |
| Estimates of the Average Amounts of Foods Consumed from Supermarket Aisle Food Groups and Subgroups | 41 |
| Consumption of Grains as Discrete Food Items | 44 |
| Consumption of Vegetables as Discrete Food Items | 49 |
| Consumption of Fruit and 100% Fruit Juice as Discrete Food Items | 52 |
| Consumption of Milk and Milk Products as Discrete Food Items..... | 55 |
| Consumption of Meat and Meat Alternates as Discrete Food Items | 57 |
| Consumption of Mixed Dishes | 59 |
| Consumption of Beverages Other Than Milk and 100% Fruit Juice..... | 60 |
| Consumption of Sweets and Desserts | 63 |
| Consumption of Salty Snacks | 65 |
| Consumption of Added Fats and Oils..... | 65 |
| CHAPTER 6. THE HEALTHY EATING INDEX-2005 | 67 |
| Total HEI-2005 Scores | 69 |
| CHAPTER 7: MATCHED PARTICIPANT GROUP FINDINGS..... | 75 |
| Mean Usual Intakes of Selected Nutrients..... | 75 |
| Body Mass Index | 76 |
| Consumption of Empty Calories..... | 76 |
| Healthy Eating Index | 77 |
| CHAPTER 8: CONCLUSIONS | 81 |
| Descriptive Analyses | 81 |
| Matched Comparative Analyses | 83 |
| REFERENCES..... | 85 |

| | |
|--|------------|
| APPENDIX A. DATA AND METHODS..... | A-1 |
| APPENDIX B. DETAILED TABLES FOR USUAL NUTRIENT INTAKES FROM FOODS AND BEVERAGES..... | B-1 |
| APPENDIX C. DETAILED TABLES FOR CALORIE INTAKES AND BODY MASS INDEX, EMPTY CALORIES, FOOD CHOICES, AND HEALTHY EATING INDEX-2005..... | C-1 |
| APPENDIX D. THE HEALTH EATING INDEX-2010..... | D-1 |
| APPENDIX E. DETAILED TABLES AND FIGURES FOR SNAP MATCHED ANALYSES..... | E-1 |
| APPENDIX F. MULTIVARIATE ANALYSES COMPARING PARTICIPATION IN SNAP ONLY AND PARTICIPATION IN SNAP PLUS ANOTHER FOOD PROGRAM..... | F-1 |
| REFERENCES FOR APPENDICES | R-1 |

LIST OF EXHIBITS

| | |
|--|------|
| Exhibit 1. Percentage of SNAP Participants and Higher-Income Nonparticipants with Adequate Usual Intakes | v |
| Exhibit 2. Mean Usual Intakes of Potassium and Fiber for All Persons, as a Percentage of Adequate Intake (AI) Levels | vii |
| Exhibit 3. Percentage of Persons with Usual Sodium Intakes above the Tolerable Upper Intake Level (UL) | vii |
| Exhibit 4. Percentage of Persons Meeting the Dietary Guidelines Recommendation for Saturated Fat | ix |
| Exhibit 5. Distribution of Weight Status among SNAP Participants and Nonparticipants..... | xi |
| Exhibit 6. Average Percentage of Total Calories Contributed by Empty Calories, Excluding Alcohol | xiii |
| Exhibit 7. Percentage of SNAP Participants and Higher-Income Nonparticipants Consuming Any Discrete Foods from Major Supermarket Aisle Food Groups | xiv |
| Exhibit 8. Health Eating Index-2005 Total Scores | xvi |
| Exhibit 1-1. NHANES Respondents with Complete Day-1 Dietary Recalls, 2007–2010: Sample Sizes and Weighted Population Counts | 6 |
| Exhibit 1-2. Demographic Characteristics of SNAP Participants and Nonparticipants..... | 8 |
| Exhibit 1-3. Differences between Groups on the Characteristics included in the Propensity Score Models, Continuous Variables..... | 12 |
| Exhibit 1-4. Differences between Groups on the Characteristics included in the Propensity Score Models, Categorical Variables..... | 13 |
| Exhibit 2-1. Percentage of All Persons with Adequate Usual Intakes | 18 |
| Exhibit 2-2. Prevalence of Adequate Usual Intakes of Vitamins and Minerals..... | 19 |
| Exhibit 2-3. Mean Usual Intakes of Potassium, as a Percentage of Adequate Intake (AI) Levels | 21 |
| Exhibit 2-4. Mean Usual Intakes of Fiber, as a Percentage of Adequate Intake (AI) Levels | 22 |
| Exhibit 2-5. Percentage of Persons with Usual Sodium Intakes above the Tolerable Upper Intake Level (UL) | 23 |
| Exhibit 2-6. Usual Intakes of Macronutrients Compared to Standards..... | 25 |
| Exhibit 2-7. Percentage of Persons with Usual Intakes of Total Fat above the AMDR | 26 |
| Exhibit 2-8. Percentage of Persons with Usual Intakes of Carbohydrate below the AMDR..... | 27 |

| | |
|--|----|
| Exhibit 2-9. Percentage of Persons Meeting the Dietary Guidelines Recommendation for Saturated Fat | 27 |
| Exhibit 3-1. Estimated Daily Calorie Needs by Age, Gender, and Physical Activity Level | 30 |
| Exhibit 3-2. Usual Intakes of Calories | 31 |
| Exhibit 3-3. Weight Categories Based on Body Mass Index (BMI) and BMI-for-Age Percentiles..... | 32 |
| Exhibit 3-4. Distributions of Weight Status..... | 34 |
| Exhibit 4-1. Estimated Calorie Needs and Maximum Limits on Empty Calories, by Age/Gender Group..... | 38 |
| Exhibit 4-2. Average Percentage of Total Calories Contributed by Empty Calories, Excluding Alcohol | 39 |
| Exhibit 4-3. Average Percentage of Total Calories Contributed by Empty Calories, Including Alcohol | 39 |
| Exhibit 5-1. Supermarket Aisle Food Groups and Subgroups Used to Classify Types and Amounts of Foods Consumed by SNAP Participants and Nonparticipants | 43 |
| Exhibit 5-2. Percentage of Persons Consuming Any Discrete Foods from 10 Major Supermarket Aisle Food Groups | 44 |
| Exhibit 5-3. Percentage of SNAP Participants and Nonparticipants Consuming Any Discrete Foods from Major Supermarket Aisle Food Groups | 45 |
| Exhibit 5-4. Percentage of SNAP Participants and Nonparticipants Consuming Any Discrete Foods from 10 Major Supermarket Aisle Food Groups: By Age Group..... | 46 |
| Exhibit 5-5. Percentage of Persons Consuming Discrete Whole Grain Items, Among Those Consuming Any Discrete Grain Items..... | 47 |
| Exhibit 5-6. Differences between SNAP Participants and Nonparticipants in Discrete Grain Choices and Amounts Consumed..... | 48 |
| Exhibit 5-7. Percentage of Persons Consuming Raw Vegetables, Among Those Consuming Any Discrete Vegetables | 50 |
| Exhibit 5-8. Percentage of Persons Consuming Cooked Vegetables, Among Those Consuming Any Discrete Vegetables | 50 |
| Exhibit 5-9. Differences between SNAP Participants and Nonparticipants in Discrete Vegetable Choices and Amounts Consumed..... | 51 |
| Exhibit 5-10. Percentage of Persons Consuming Fresh Fruit, Among Those Consuming Fruit or 100% Fruit Juice as Discrete Items | 53 |

| | |
|---|----|
| Exhibit 5-11. Percentage of Persons Consuming 100% Fruit Juice, Among Those Consuming Fruit or 100% Fruit Juice as Discrete Items | 53 |
| Exhibit 5-12. Differences between SNAP Participants and Nonparticipants in Discrete Fruit and 100% Fruit Juice Choices and Amounts Consumed..... | 54 |
| Exhibit 5-13. Percentage of Persons Consuming Whole Milk and Non-Whole Milk, Among Those Consuming Any Milk and Milk Products as Discrete Items..... | 56 |
| Exhibit 5-14. Differences between SNAP Participants and Nonparticipants in Discrete Milk and Milk Products Choices and Amounts Consumed | 57 |
| Exhibit 5-15. Differences between SNAP Participants and Nonparticipants in Discrete Meat and Meat Alternate Choices and Amounts Consumed | 58 |
| Exhibit 5-16. Differences between SNAP Participants and Nonparticipants in Types and Amounts of Mixed Dishes Consumed..... | 60 |
| Exhibit 5-17. Percentage of Persons Consuming Regular and Sugar-free Soda, Among those Consuming Any Beverages (other than milk and 100% fruit juice) as Discrete Items | 62 |
| Exhibit 5-18. Differences between SNAP Participants and Nonparticipants in Beverage Choices and Amounts Consumed..... | 63 |
| Exhibit 5-19. Differences between SNAP Participants and Nonparticipants in Sweets and Dessert Choices and Amounts Consumed..... | 64 |
| Exhibit 6-1. Healthy Eating Index-2005 Components and Standards for Scoring | 68 |
| Exhibit 6-2. Health Eating Index-2005 Total Scores | 70 |
| Exhibit 6-3. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points..... | 71 |
| Exhibit 6-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points..... | 72 |
| Exhibit 6-5. Healthy Eating Index-2005 Component Score for Empty Calories..... | 73 |
| Exhibit 7-1. Body Mass Index, 16 Years Old and Older | 76 |
| Exhibit 7-2. Mean Percentage of Total Calories Consumed from Empty Calories, 16 Years Old and Older | 77 |
| Exhibit 7-3. Health Eating Index-2005 Total Scores | 78 |
| Exhibit 7-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points..... | 78 |

Exhibit 7-5. Healthy Eating Index-2005 Component Scores for Components with a Maximum
Score of 10 Points 79

Exhibit 7-6. Health Eating Index-2005 Component Scores for Empty Calories 79

LIST OF APPENDIX TABLES AND FIGURES

| | |
|---|------|
| Figure A-1. Dietary Reference Intakes and Dietary Guidelines Recommendations, by Age and Gender Groups..... | A-6 |
| Figure A-2. Supermarket Aisle Food Groups and Subgroups | A-11 |
| Figure A-3. Census 2010 population for DRI Age Groups | A-15 |
| Figure A-4. Variables Entered into, and Retained in, the Propensity Score Estimation Models..... | A-19 |
| Figure A-5. Sample Size Pre- and Post-Matching for Comparison 1 | A-20 |
| Figure A-6. Sample Size Pre- and Post-Matching for Comparison 2..... | A-21 |
| Figure A-7. Sample Size Pre- and Post-Matching for Comparison 3..... | A-22 |
| Table B-1. Vitamin A (mcg RAE): Usual Nutrient Intakes from Foods and Beverages..... | B-1 |
| Table B-2. Vitamin B ₆ (mg): Usual Nutrient Intakes from Foods and Beverages | B-3 |
| Table B-3. Vitamin B ₁₂ (mcg): Usual Nutrient Intakes from Foods and Beverages | B-5 |
| Table B-4. Vitamin C (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-7 |
| Table B-5. Vitamin D (mcg): Usual Nutrient Intakes from Foods and Beverages..... | B-9 |
| Table B-6. Vitamin E (mg AT)–Usual Nutrient Intakes from Foods and Beverages..... | B-11 |
| Table B-7. Folate (mcg DFE): Usual Nutrient Intakes from Foods and Beverages | B-13 |
| Table B-8. Niacin (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-15 |
| Table B-9. Riboflavin (mg): Usual Nutrient Intakes from Foods and Beverages | B-17 |
| Table B-10. Thiamin (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-19 |
| Table B-11. Calcium (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-21 |
| Table B-12. Iron (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-23 |
| Table B-13. Magnesium (mg): Usual Nutrient Intakes from Foods and Beverages | B-25 |
| Table B-14. Phosphorus (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-27 |
| Table B-15. Zinc (mg): Usual Nutrient Intakes from Foods and Beverages | B-29 |
| Table B-16. Copper (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-31 |
| Table B-17. Selenium (mcg): Usual Nutrient Intakes from Foods and Beverages | B-33 |

| | |
|--|------|
| Table B-18. Potassium (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-35 |
| Table B-19. Dietary Fiber (g): Usual Nutrient Intakes from Foods and Beverages..... | B-37 |
| Table B-20. Dietary Fiber (g/1,000 kcal): Usual Nutrient Intakes from Foods and Beverages..... | B-39 |
| Table B-21. Sodium (mg): Mean Usual Intake from Foods and Beverages..... | B-41 |
| Table B-22. Choline (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-44 |
| Table B-23. Total Fat (g): Usual Nutrient Intakes from Foods and Beverages..... | B-46 |
| Table B-24. Total Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages..... | B-48 |
| Table B-25. Protein (g): Usual Nutrient Intakes from Foods and Beverages..... | B-51 |
| Table B-26. Protein (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages..... | B-53 |
| Table B-27. Protein (g/kg Body Weight): Usual Nutrient Intakes from Foods and Beverages..... | B-56 |
| Table B-28. Carbohydrate (g): Usual Nutrient Intakes from Foods and Beverages..... | B-58 |
| Table B-29. Carbohydrate (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages..... | B-60 |
| Table B-30. Saturated Fat (g): Usual Nutrient Intakes from Foods and Beverages..... | B-63 |
| Table B-31. Saturated Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages..... | B-65 |
| Table B-32. Linoleic Acid (g): Usual Nutrient Intakes from Foods and Beverages..... | B-67 |
| Table B-33. Linoleic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages..... | B-69 |
| Table B-34. Linolenic Acid (g): Usual Nutrient Intakes from Foods and Beverages..... | B-72 |
| Table B-35. Linolenic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages..... | B-74 |
| Table B-36. Cholesterol (mg): Usual Nutrient Intakes from Foods and Beverages..... | B-77 |
| Table C-1. Mean Daily Calorie Intakes..... | C-1 |
| Table C-2. Body Mass Index..... | C-3 |
| Table C-3. Consumption of Empty Calories..... | C-6 |
| Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food..... | C-8 |

| | |
|--|------|
| Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup..... | C-25 |
| Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup..... | C-42 |
| Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup | C-59 |
| Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup..... | C-76 |
| Table C-9. Healthy Eating Index-2005 (HEI-2005) Scores | C-93 |
| Figure D-1. Healthy Eating Index-2010 Components and Standards for Scoring..... | D-2 |
| Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores | D-5 |
| Table E-1. Usual Nutrient Intakes from Foods and Beverages, SNAP Participants and NonparticTable E-1. Usual Nutrient Intakes from Foods and Beverages, SNAP Participants and Nonparticipants 16 Years Old and Older..... | E-1 |
| Figure E-1. Usual Nutrient Intakes from Foods and Beverages, SNAP Participants and Nonparticipants 16 Years Old and Older, <i>t</i> -Statistics..... | E-2 |
| Table E-2. Body Mass Index, SNAP Participants and Nonparticipants 16 Years Old and Older..... | E-3 |
| Figure E-2. Body Mass Index, SNAP Participants and Nonparticipants 16 Years Old and Older, <i>t</i> -Statistics..... | E-3 |
| Table E-3. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP Participants and Nonparticipants 16 Years Old and Older | E-4 |
| Figure E-3. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP Participants and Nonparticipants 16 Years Old and Older, <i>t</i> -Statistics | E-5 |
| Table E-4. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP Participants and Nonparticipants 16 Years Old and Older..... | E-6 |
| Figure E-4. Health Eating Index-2005 Total and Component Scores, SNAP Participants and Nonparticipants 16 Years Old and Older, <i>t</i> -Statistics | E-7 |
| Table F-1a. Differences between Young Children Participating in SNAP or WIC on the Characteristics included in the Propensity Score Models, Continuous Variables .. | F-2 |
| Table F-1b. Differences between Young Children Participating in SNAP or WIC on the Characteristics included in the Propensity Score Models, Categorical Variables | F-3 |

| | |
|---|------|
| Figure F-1. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old | F-5 |
| Figure F-2. Average Percentage of Total Calories Consumed from Empty Calories, Young Children 2-4 Years Old | F-5 |
| Figure F-3. Healthy Eating Index-2005 Total Scores | F-7 |
| Figure F-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points | F-7 |
| Figure F-5. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points | F-7 |
| Figure F-6. Health Eating Index-2005 Component Scores for Empty Calories | F-8 |
| Table F-2a. Differences between School Children Participating in SNAP or NSLP on the Characteristics included in the Propensity Score Models, Continuous Variables | F-10 |
| Table F-2b. Differences between School Children Participating in SNAP or NSLP on the Characteristics included in the Propensity Score Models, Categorical Variables | F-12 |
| Figure F-7. Body Mass Index, School Children 5-18 Years Old..... | F-13 |
| Figure F-8. Mean Percentage of Total Calories Consumed from Empty Calories, School Children 5-18 Years Old..... | F-14 |
| Figure F-9. Healthy Eating Index-2005 Total Scores | F-15 |
| Figure F-10. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points | F-15 |
| Figure F-11. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points | F-16 |
| Figure F-12. Healthy Eating Index-2005 Component Score for Empty Calories..... | F-16 |
| Table F-3. Mean Usual Nutrient Intakes from Foods and Beverages, SNAP and WIC Participants and Nonparticipants 1–4 Years Old | F-18 |
| Figure F-13. Mean Usual Nutrient Intakes from Foods and Beverages, SNAP and WIC Participants and Nonparticipants 1–4 Years Old, <i>t</i> -Statistics | F-19 |
| Table F-4. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old | F-20 |
| Figure F-14. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old, <i>t</i> -Statistics | F-20 |

| | |
|---|------|
| Table F-5. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and WIC Participants and Nonparticipants 2–4 Years Old | F-21 |
| Figure F-15. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and WIC Participants and Nonparticipants 2–4 Years Old, <i>t</i> -Statistics..... | F-22 |
| Table F-6. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP and WIC Participants and Nonparticipants 2–4 Years Old..... | F-23 |
| Figure F-16. Health Eating Index-2005 Total and Component Scores, SNAP and WIC Participants and Nonparticipants 2–4 Years Old, <i>t</i> -Statistics | F-24 |
| Table F-7. Usual Nutrient Intakes from Foods and Beverages, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old | F-25 |
| Figure F-17. Usual Nutrient Intakes from Foods and Beverages, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old, <i>t</i> -Statistics | F-26 |
| Table F-8. Body Mass Index, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old | F-27 |
| Figure F-18. Body Mass Index, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old, <i>t</i> -Statistics | F-27 |
| Table F-9. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old..... | F-28 |
| Figure F-19. Mean Percentage of Total Calories Consumed from Empty Calories, NSLP Participants and Nonparticipants 5–18 Years Old, <i>t</i> -Statistics | F-28 |
| Table F-10. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old | F-29 |
| Figure F-20. Healthy Eating Index-2005 Total and Component Scores, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old, <i>t</i> -Statistics | F-30 |

Executive Summary

Over time, nutrition assistance programs have expanded their focus from ensuring that program participants have enough to eat to improving the quality of the foods participants can access with program benefits. This shift reflects a growing consensus about the important role diet plays in the development of chronic diseases, including obesity. This shift also reflects the recognition that benefits provided by nutrition assistance programs should reflect Federal nutrition policy, which is established in the *Dietary Guidelines for Americans*. The Supplemental Nutrition Assistance Program (SNAP) aims to alleviate hunger and improve nutrition by providing participants with benefits to purchase foods and with nutrition education programs.

The Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) recognizes that strategies for improving the nutrition of SNAP participants should be scientifically-based and use valid and reliable information about their current dietary practices. This study was commissioned to provide such information. The study analyzed National Health and Nutrition Examination Survey (NHANES) data from 2007–2010, updating a previous study that analyzed 1999–2004 NHANES data. The report provides information on the quality of SNAP participants' diets from multiple perspectives, including usual nutrient intakes and food consumption patterns.

This study included two types of analyses: descriptive and multivariate. For the descriptive analyses, information is presented for SNAP participants and two groups of nonparticipants—those who were income-eligible for SNAP but reported that they did not participate in SNAP, and individuals with higher incomes who were not eligible for SNAP. For the multivariate analyses, information is presented for subsets of SNAP participants and income-eligible nonparticipants (*matched* participants and income-eligible nonparticipants), as well as subsets of SNAP participants who also participated in another nutrition assistance program, whose characteristics have been matched to make them more comparable.¹

These analyses provide tabulations of dietary measures for people 1 year old and older, which describes differences in diet quality between SNAP participants and the two groups of nonparticipants. SNAP participants were defined as individuals from households that reported receiving SNAP benefits in the past 30 days. Those who did not report SNAP receipt in the past 30 days were considered nonparticipants. Income-eligible nonparticipants were defined as individuals from households with monthly income less than or equal to 130 percent of the Department of Health and Human Services (DHHS) poverty guidelines. Higher-income nonparticipants were defined as individuals from households with monthly income greater than 130 percent of the DHHS poverty guideline.

¹ The results of comparing nutrition outcomes of participants of SNAP only and participants of SNAP plus another nutrition program are presented in Appendix F only. These results are not described in this Executive Summary or in any chapter of the report because they are tenuous due to the small sample sizes involved. Two sets of analyses are presented. The first compares young children participating in only SNAP (SNAP-only participants), young children participating in both SNAP and WIC (SNAP+WIC participants), and young children participating in neither SNAP nor WIC but income-eligible for SNAP (SNAP-income eligible nonparticipants). The second analysis compares school-aged children participating in only SNAP (SNAP-only participants), school-aged children participating in both SNAP and NSLP (SNAP+NSLP participants), and school-aged children participating in neither SNAP nor NSLP but income-eligible for SNAP (SNAP-income eligible nonparticipants).

The Supplemental Nutrition Assistance Program

SNAP is the largest of the 15 domestic nutrition assistance programs administered by FNS. In an average month in Federal fiscal year (FY) 2013, the program provided benefits to 47.6 million low-income individuals. SNAP provided \$76 billion in benefits in FY 2013 (USDA, 2014a). On average, households received \$275 in SNAP benefits per month (or \$133 per person) (USDA, 2014a). Eligibility for the program is based on household income and assets, and some nonfinancial criteria.

SNAP provides benefits electronically via an electronic benefit transfer (EBT) card, and the benefits may be redeemed for eligible food items at nearly 250,000 retailers. SNAP places few restrictions on the types of foods participants can purchase with their benefits.

In FY 2012, the most recent year for which data were available on characteristics of SNAP households, 75 percent of SNAP households contained a child, an elderly person, or someone who was disabled. These households received 82 percent of all SNAP benefits. The average SNAP household had 2.1 people. Nearly one-third (31%) of SNAP households received earned income; other common income sources were Social Security (23%) and Supplemental Security Income (20%). Only 7 percent of SNAP households received Temporary Assistance to Needy Families benefits and 20 percent had no cash income whatsoever (USDA, 2014b).

Under SNAP regulations, States have the option to provide nutrition education to SNAP participants through the SNAP-Ed program. This is the primary channel through which SNAP attempts to influence food choices of participants. The major goal of the SNAP-Ed program is to increase the likelihood that persons eligible for SNAP will make healthful food choices within a limited budget and choose physically active lifestyles consistent with the *Dietary Guidelines for Americans*. The Healthy, Hunger-Free Kids Act of 2010 expanded SNAP-Ed to include an emphasis on obesity prevention, in addition to nutrition education (USDA, 2012). FNS requires State agencies that obtain SNAP-Ed funding to base their education programs on the *Dietary Guidelines for Americans*. FNS provides *An Obesity Prevention Toolkit for States* to identify evidenced-based obesity prevention policy and environmental change strategies to include in the SNAP-Ed programs (USDA, 2013). As of 2014, all 50 States, the District of Columbia, and the Virgin Islands provided nutrition education for SNAP participants (USDA, 2012).

Focus of the Research

Strategies for improving the diets of SNAP participants—whether developed by policymakers, program administrators, nutrition educators, or researchers—should be based on valid and reliable information about current dietary practices. This report uses data from *What We Eat in America* (WWEIA), NHANES² to provide a comprehensive picture of the diets of SNAP participants.

² What We Eat in America (WWEIA), NHANES is a national food survey conducted as a partnership between the DHHS and the USDA. WWEIA represents the integration of two nationwide surveys—USDA's Continuing Survey of Food Intakes by Individuals (CSFII) and DHHS' NHANES. Under the integrated framework, DHHS is responsible for the sample design and data collection. USDA is responsible for the survey's dietary data collection methodology, development and maintenance of the food and nutrient databases used to code and process the data, and data review and processing. The two surveys were integrated in 2002.

Findings can be used to target efforts to improve the quality of participants' diets and as a benchmark for monitoring participants' diets over time.

In the descriptive analyses, the diets of SNAP participants were compared to the diets of two groups of nonparticipants—those who were income-eligible for SNAP but reported that they did not participate in the program, and higher-income individuals who were not eligible for the program. Data are provided for all persons and separately for three age groups—children 1–18 years old, adults 19–59 years old, and older adults 60 years old and older.

The following measures were used to examine diet quality and to identify differences in the diets of SNAP participants and nonparticipants in the descriptive analyses:

- Usual nutrient intakes to assess the proportions of individuals with adequate or excessive intakes
- Body mass index to assess the prevalence of overweight and obesity
- Proportions of individuals consuming foods from “supermarket aisle” food groups (Cole & Fox, 2008), and the average amounts of those food groups consumed, to assess food consumption patterns
- Healthy Eating Index-2005 to assess overall diet quality³

In the multivariate analyses, the diets of *matched* SNAP participants and income-eligible nonparticipants were compared, accounting for as many characteristics of the groups as possible given the available data. In addition, the multivariate analyses used propensity score matching (Rubin, 1997; Mabli et al., 2010) to create comparison groups that have similar characteristics. The objective of propensity score matching is to achieve balance on observed characteristics and generate matched comparison groups similar to those that would have been expected in a randomized experiment. Comparison groups were matched using propensity scores.

The following measures were used to examine diet quality and identify differences among *matched* comparison groups in the multivariate analyses:

- Usual intakes of selected nutrients
- Body mass index
- Consumption of empty calories
- Healthy Eating Index-2005

Neither the descriptive nor multivariate analyses were designed to assess the impact of SNAP or in any way attribute differences observed between SNAP participants and nonparticipants to an effect of the program. Estimation of program impacts requires a randomized experiment or quasi-experimental design to control for selection bias—the fact that those who choose to participate in SNAP and those who are eligible but do not participate may be different in ways that are also related to diet quality (Fox, Hamilton, & Lin, 2004; Wilde, 2007).

³ We also used the Healthy Eating Index-2010 to assess overall diet quality. Findings are provided in Appendix D.

Descriptive Analysis Findings

Usual Nutrient Intakes

To assess the prevalence of adequate and excessive nutrient intakes among SNAP participants and nonparticipants, the study team estimated usual intakes of vitamins, minerals, macronutrients, and other dietary components. We then compared the usual intake distributions to the Dietary Reference Intakes (DRIs) and selected 2010 *Dietary Guidelines* recommendations to assess the prevalence of adequate and excessive intakes.

Usual Intakes of Vitamins and Minerals with Defined Estimated Average Requirements

The prevalence of adequate usual intakes of vitamins and minerals was assessed by comparing the intakes of a population group to Estimated Average Requirements (EARs). The proportion of a group with usual intakes greater than or equal to the EAR is an estimate of the prevalence of adequate intakes for the population group. We focused on the prevalence of adequate usual intakes for the following vitamins and minerals that have defined EARs: vitamin A, vitamin C, vitamin D, vitamin B₆, vitamin B₁₂, vitamin E, folate, niacin, riboflavin, thiamin, calcium, iron, magnesium, phosphorus, and zinc.

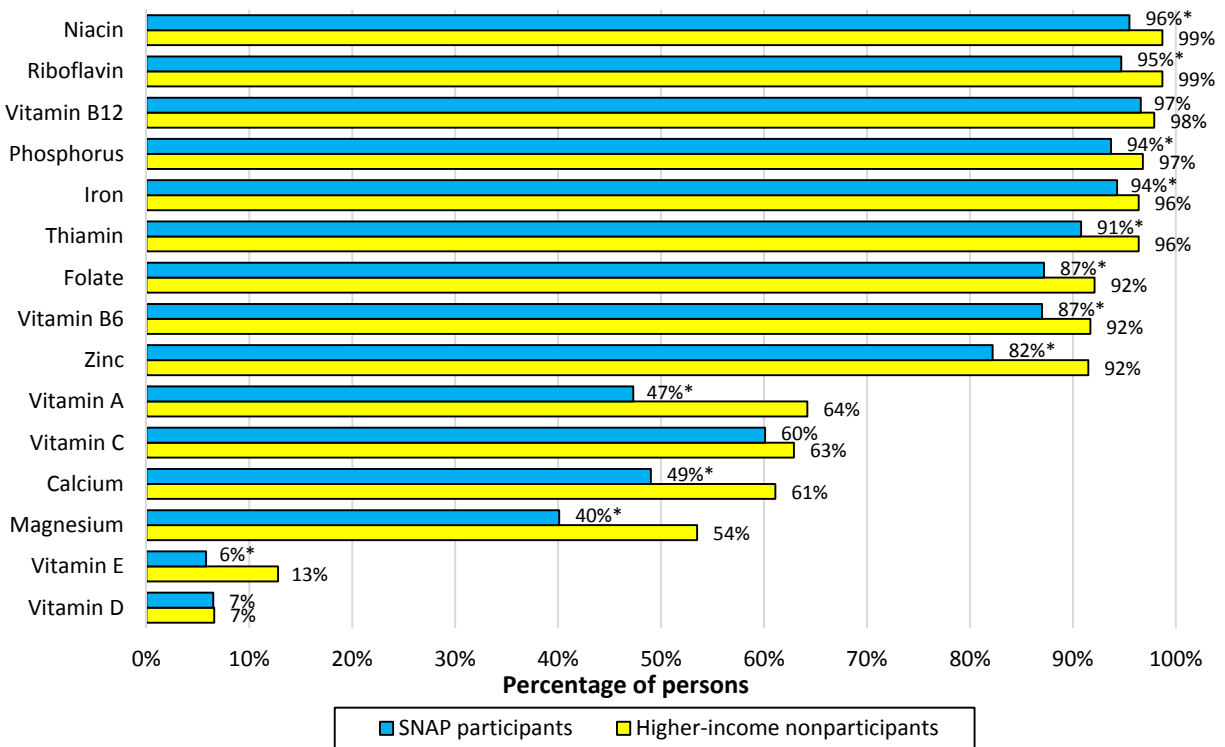
Key findings include the following:

- Nearly 90 percent of all persons had adequate usual intakes of niacin, riboflavin, vitamin B₁₂, phosphorus, iron, thiamin, folate, vitamin B₆, and zinc. The prevalence of adequate usual intakes was lower for magnesium, calcium, vitamin A, and vitamin C, ranging from 51 percent to 63 percent. The prevalence of adequate usual intakes was very low for vitamin E and vitamin D (12% and 6%, respectively).⁴
- Relative to adults and older adults, the prevalence of adequate usual intakes was consistently higher for children, except for calcium, iron, and phosphorus.
- There were a number of differences between SNAP participants and higher-income nonparticipants in the prevalence of adequate usual intakes (Exhibit 1). Overall, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of all vitamins and minerals included in the analysis, except for vitamin B₁₂, vitamin C, and vitamin D.
- In contrast, there were very few differences between SNAP participants and income-eligible nonparticipants in the prevalence of adequate usual intakes. SNAP participants were less likely than income-eligible nonparticipants to have adequate usual intakes of phosphorus and were more likely to have adequate usual intakes of vitamin D.

⁴ It is important to note that the low prevalence of adequate usual intakes of vitamins A, C, and E in the population is unlikely to have meaningful public health significance. The 2010 Dietary Guidelines Advisory Committee examined nutrients with usual intakes below recommendations—referred to as “shortfall nutrients”—to identify those of public health concern (Dietary Guidelines Advisory Committee, 2010). Examination of biochemical indices did not indicate a related public health problem for vitamins A, C, or E. In addition, it has been suggested that the EARs for vitamin E may need to be reassessed (Devaney et al., 2007). Although the 2010 Dietary Guidelines Advisory Committee did consider vitamin D to be of public health concern, it also stated that 80 percent of Americans have adequate vitamin D blood levels (USDA & DHHS, 2010). Vitamin D is unique in that sunlight on the skin enables the body to make vitamin D. For these reasons, findings related to the prevalence of adequate usual intakes for these nutrients should be interpreted with caution.

- Among persons in all three age groups, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of vitamin A, calcium, and magnesium. Relative to higher-income nonparticipants in a particular age group, the prevalence of adequate usual intakes was also lower among SNAP participants for the following nutrients:
 - Children: phosphorus
 - Adults: vitamin B₆, vitamin E, folate, niacin, riboflavin, thiamin, iron, phosphorus, and zinc
 - Older adults: vitamin C, vitamin E, riboflavin, and zinc
- Lastly, SNAP children were more likely than higher-income nonparticipant children to have adequate usual intakes of vitamin C.

Exhibit 1. Percentages of SNAP Participants and Higher-Income Nonparticipants with Adequate Usual Intakes



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

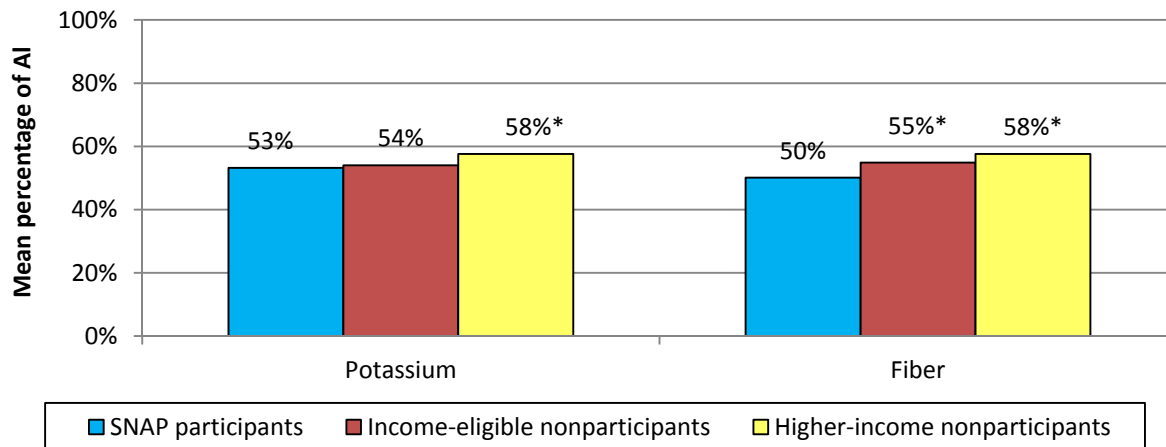
Usual Intakes of Nutrients Assessed Using Adequate Intake Levels

EARs are not defined for potassium, fiber, or sodium, so it is not possible to assess the adequacy of usual intakes. Instead, assessment focuses on comparison of mean usual intakes to the Adequate Intake (AI), which are recommended intake levels that are assumed to be adequate for healthy individuals in a life stage and gender group, based on observed or experimentally determined estimates. Populations with mean usual intakes that meet or exceed AI levels can be assumed to have high levels of nutrient adequacy. However, when mean usual intakes fall below the AI, no firm conclusions can be drawn about the prevalence of adequate usual intakes. For sodium, the major concern is the potential for excessive intakes, so usual intakes were also compared to the Tolerable Upper Intake Level (UL)—the maximum intake level considered to be safe for long-term consumption.

Usual intakes of potassium, fiber, and sodium were problematic for all age groups and all comparison groups. Specific findings for these nutrients are summarized below.

- For all persons combined, mean usual intakes of potassium were equivalent to 57 percent of the AI, and intakes were comparable across the age groups. SNAP participants had a lower mean usual intake of potassium relative to higher-income nonparticipants (Exhibit 2). The same trend was observed for adults and older adults. However, SNAP children had a lower mean usual intake of potassium than income-eligible nonparticipating children.
- Mean usual intakes of fiber were below the AI for all age groups—equivalent to 49 percent, 57 percent, and 67 percent of the AI for children, adults, and older adults, respectively. Among all persons, SNAP participants had a lower mean usual intake of fiber than income-eligible and higher-income nonparticipants (Exhibit 2). Similar patterns were observed for children and adults. For older adults, mean usual intakes of fiber among SNAP participants were lower only in comparison to higher-income nonparticipants.
- Given the limitations of the AI standard, these differences do not necessarily imply that SNAP participants were less likely than nonparticipants to have adequate mean usual intakes of potassium or fiber.
- Nearly 90 percent of all persons had usual sodium intakes that exceeded the UL. Among all persons combined and among adults and older adults, SNAP participants were less likely than higher-income nonparticipants to have usual sodium intakes that exceeded the UL (Exhibit 3). No differences in usual sodium intakes were observed between SNAP participants and income-eligible nonparticipants in any age group.

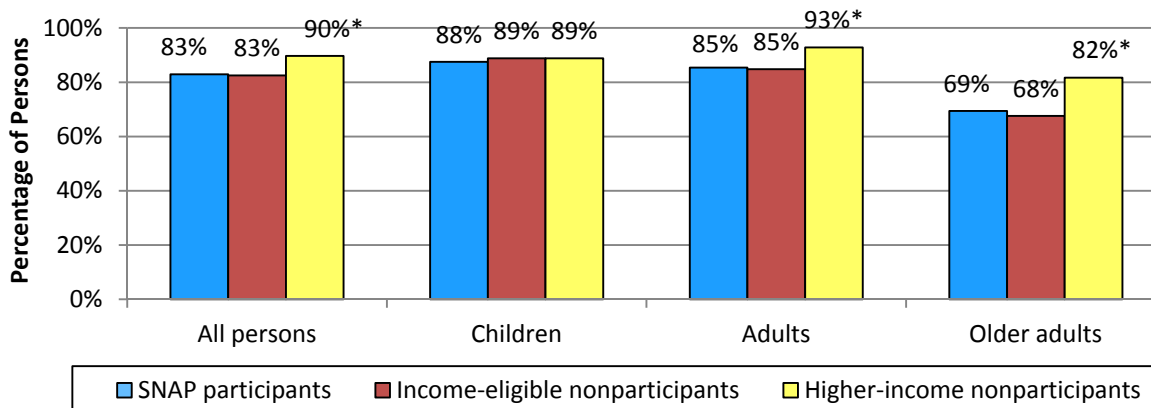
Exhibit 2. Mean Usual Intakes of Potassium and Fiber for All Persons, as a Percentage of Adequate Intake (AI) Levels



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 3. Percentage of Persons with Usual Sodium Intakes above the Tolerable Upper Intake Level (UL)



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

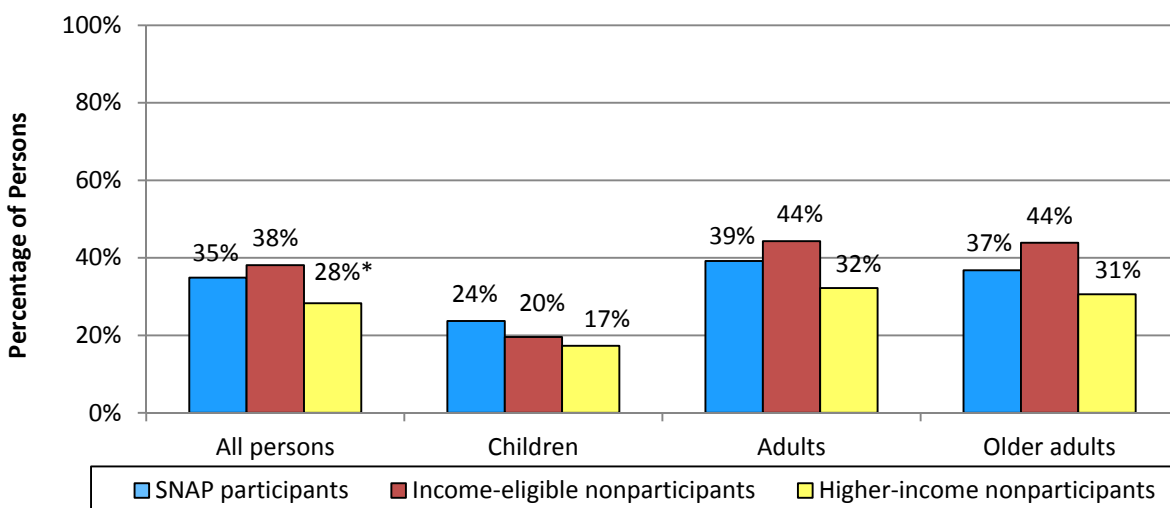
Usual Intakes of Macronutrients

The DRIs define Acceptable Macronutrient Distribution Ranges (AMDRs) for intakes of macronutrients (for example, total fat, protein, and carbohydrate). The AMDRs are expressed as a percentage of total calorie intakes and reflect a range of usual intakes associated with reduced risk of chronic disease, while providing adequate intakes of other essential nutrients (Institute of Medicine [IOM], 2005a). Intakes that are above or below the AMDR may increase risk of chronic disease. In assessing usual intakes relative to the AMDRs, we focused on the percentage of individuals with usual intakes of total fat, protein, and carbohydrate (as a percentage of calories) that were above, below, or within the respective AMDR. We also examined the percentage of individuals with usual intakes of saturated fat that were consistent with the 2010 *Dietary Guidelines* recommendation (less than 10% of total calories from saturated fat).

Key findings include the following:

- Virtually all persons had usual intakes of protein that were consistent with the AMDR. More than three-quarters (78%) of all persons had usual intakes of carbohydrate that were consistent with the AMDR and two-thirds (67%) had usual intakes of total fat that were consistent with the AMDR. Across each age group, individuals with usual carbohydrate intakes that were not consistent with the AMDR were more likely to consume fewer calories from carbohydrate than recommended. In contrast, individuals with usual intakes of total fat that were not consistent with the AMDR were more likely to consume more calories from fat than recommended.
- Only about one-third (32%) of all persons had usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation (less than 10% of total calories from saturated fat) (Exhibit 4). SNAP participants were more likely than higher-income nonparticipants to have usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation, but differences within specific age groups were not statistically significant.
- Over 97 percent of children consumed protein and carbohydrate within acceptable ranges. However, nearly 20 percent of children consumed more calories from fat than recommended, and 80 percent consumed more calories from saturated fat than recommended. There were no differences between SNAP children and nonparticipant children in macronutrient intakes relative to the AMDRs.
- All adults and older adults consumed protein within acceptable ranges. One-third of adults and 42 percent of older adults consumed more calories from fat than recommended, and more than one-quarter (26% and 28%, respectively) consumed fewer calories from carbohydrate than recommended. Adult SNAP participants were less likely than higher-income adult nonparticipants to consume more calories from fat than recommended. Both adult and older adult SNAP participants were less likely than their higher-income nonparticipant counterparts to consume fewer calories from carbohydrate than recommended. The same trend was observed for adult SNAP participants and income-eligible adult nonparticipants.

Exhibit 4. Percentage of Persons Meeting the *Dietary Guidelines* Recommendation for Saturated Fat



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Usual Intakes of Calories and Prevalence of Overweight and Obesity

Achieving and maintaining an appropriate body weight is vital to sustaining good health (USDA & DHHS, 2010). The key to maintaining a healthy weight is achieving calorie (or energy) balance over time—this refers to the relationship between calories consumed and expended. The total number of calories a person needs each day varies by age, gender, height, weight, and level of physical activity. Imbalances between calorie intake and expenditure result in gains or losses of body fat, which affects body weight. Excess calorie consumption over time can result in overweight and obesity.

We examined usual intakes of calories among SNAP participants and nonparticipants. Key findings are summarized below.

- Differences in usual calorie intakes between SNAP participants and nonparticipants were observed only among males.
- For all persons, male SNAP participants had a lower usual calorie intake than higher-income nonparticipants (2,302 calories versus 2,424 calories).
- Among male children, SNAP participants had a lower usual intake of calories than income-eligible nonparticipants (1,960 calories versus 2,072 calories).
- Among older adult males, SNAP participants had a lower usual calorie intake than higher-income nonparticipants (1,840 calories versus 2,117 calories).

As recommended by the Institute of Medicine (2005a), we assessed the appropriateness of usual calorie intakes using body mass index (BMI). BMI is a widely accepted index for classifying the weight status of individuals as underweight, healthy weight, overweight, or obese. A BMI in the healthy range indicates that usual calorie intakes are consistent with requirements, a BMI below the healthy range indicates inadequate usual daily calorie intake, and a BMI above the healthy range indicates that usual calorie intakes exceed requirements.

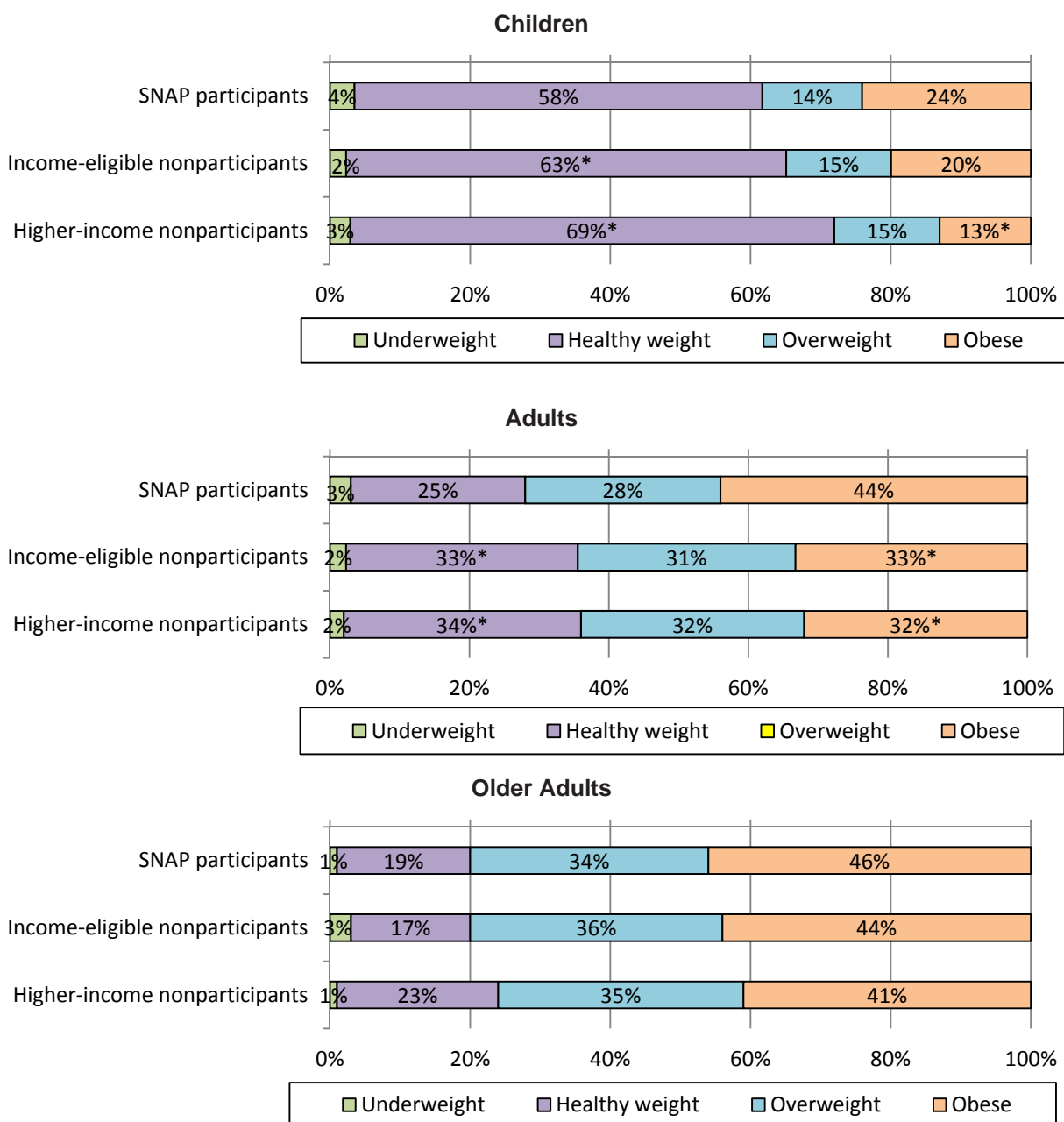
The percentages of SNAP participants and nonparticipants in each weight category are shown in Exhibit 5. Differences between SNAP participants and nonparticipants varied by age group:

- Among all persons, 29 percent were overweight and 31 percent were obese. SNAP participants were more likely than either income-eligible or higher-income nonparticipants to be obese (40% versus 32% and 30%, respectively).
- Children had the lowest rates of overweight and obesity, compared with adults and older adults. Approximately 15 percent of children were overweight and another 16 percent were obese. SNAP children were less likely than either group of nonparticipant children to have a healthy weight, and were more likely than higher-income nonparticipant children to be obese (Exhibit 5).
- Approximately one-third of adults were overweight (32%) and one-third (33%) were obese. Adult SNAP participants were less likely to have a healthy weight than either income-eligible or higher-income nonparticipants, and more likely to be obese (Exhibit 5).
- Older adults had the highest rates of overweight and obesity—36 percent were overweight and 39 percent were obese. There were no differences observed between older adult SNAP participants and nonparticipants in the prevalence of overweight or obesity.

There were also a number of differences observed between male and female SNAP participants and nonparticipants:

- Among girls, SNAP participants were more likely to be obese than either income-eligible or higher-income nonparticipants. Boys participating in SNAP were more likely to be obese compared to their higher-income nonparticipating counterparts.
- Among both males and females, adult SNAP participants were more likely to be obese than either income-eligible or higher-income nonparticipants and were also less likely than either nonparticipant group to have a healthy weight. Adult male SNAP participants, however, were less likely than higher-income nonparticipant males to be overweight.
- Older adult females participating in SNAP were less likely than higher-income nonparticipants to have a healthy weight and were more likely to be obese.

Exhibit 5. Distribution of Weight Status among SNAP Participants and Nonparticipants



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is ≥ the 5th and < the 85th percentiles; overweight if BMI-for-age is ≥ the 85th and < the 95th percentiles; and obese if BMI-for-age is ≥ the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI ≥ 18.5 and < 25; overweight as BMI ≥ 25 and < 30; and obese as BMI ≥ 30. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in percentages are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Consumption of Empty Calories

The consumption of empty calories is an important aspect of diet quality. Foods and beverages that contain empty calories contribute calories while providing few nutrients. Empty calories come from three main sources: solid fats, added sugars, and alcohol. The 2010 *Dietary Guidelines* recommend reducing consumption of solid fats and added sugars to allow for intake of recommended amounts of nutrient-dense foods (that is, foods that are fat-free or low-fat with no added sugars) without exceeding overall calorie needs.⁵ The *Dietary Guidelines* specify maximum daily limits for empty calories for individuals 2 years old and older, based on estimated calorie needs for three different physical activity levels. Maximum daily limits for empty calories (based on calorie levels for sedentary individuals) range from 8 percent to 14 percent of total calorie needs, depending on age and gender. To assess the consumption of empty calories among SNAP participants and nonparticipants, we estimated the percentage contribution of empty calories to total calorie intakes (both including and excluding alcohol).

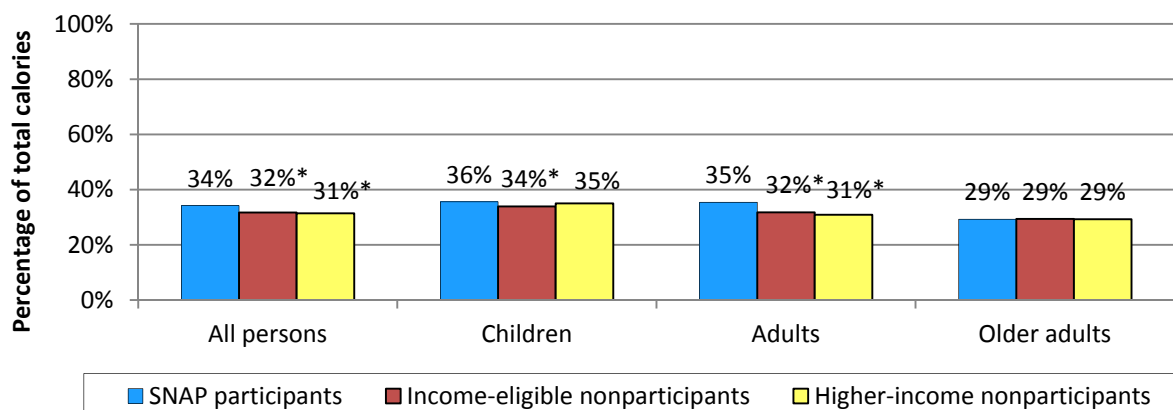
Results show that the consumption of empty calories for individuals in all age groups and all comparison groups greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines*. Overall, SNAP participants obtained a larger share of their total calorie intake from solid fats and added sugars than either income-eligible or higher-income nonparticipants (34% versus 32% for both groups of nonparticipants) (Exhibit 6). When alcohol is included in the estimates, empty calories contributed a slightly higher proportion of total calories (35%), and the differences between SNAP participants and both groups of nonparticipants persisted.

Key findings for each age group are shown in Exhibit 6 and summarized below:

- Children obtained approximately 35 percent of their total calorie intake from empty calories, which is more than three times the maximum limit specified for most age/gender groups for children. SNAP children obtained a larger proportion of their total calorie intake from empty calories than income-eligible nonparticipant children (36% versus 34%).
- Adults obtained roughly one-third (31% to 35%) of their total calorie intake from empty calories—two to almost four times the maximum limits. Adult SNAP participants obtained a larger proportion of their total calorie intake from empty calories (35%) than either income-eligible or higher-income nonparticipants (32% and 31%, respectively).
- Older adults obtained the lowest percentage of their total calorie intake from empty calories (29%). There were no differences between older adult SNAP participants and either group of nonparticipants in the percentage of total calories contributed by empty calories.

⁵ The *Dietary Guidelines* acknowledge that moderate alcohol consumption has beneficial effects, but also indicate that alcohol reduces the number of empty calories that can be accommodated in a diet (Guenther et al. 2013).

Exhibit 6. Average Percentage of Total Calories Contributed by Empty Calories, Excluding Alcohol



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Food Consumption Patterns

We examined the food consumption patterns of SNAP participants and nonparticipants using two measures: (1) the proportion of persons consuming foods from specific food groups and subgroups, and (2) the average amounts consumed in these food groups and subgroups. In this summary, we focus only on the proportion of persons consuming foods. The food groups and subgroups used in the analysis were defined using the “supermarket aisle” approach (USDA, 2008). This approach categorizes foods into one of ten major food groups (shown in Exhibit 7) and then into subgroups within the major groups. All of the supermarket aisle food groups and subgroups reflect foods consumed as *discrete* items.

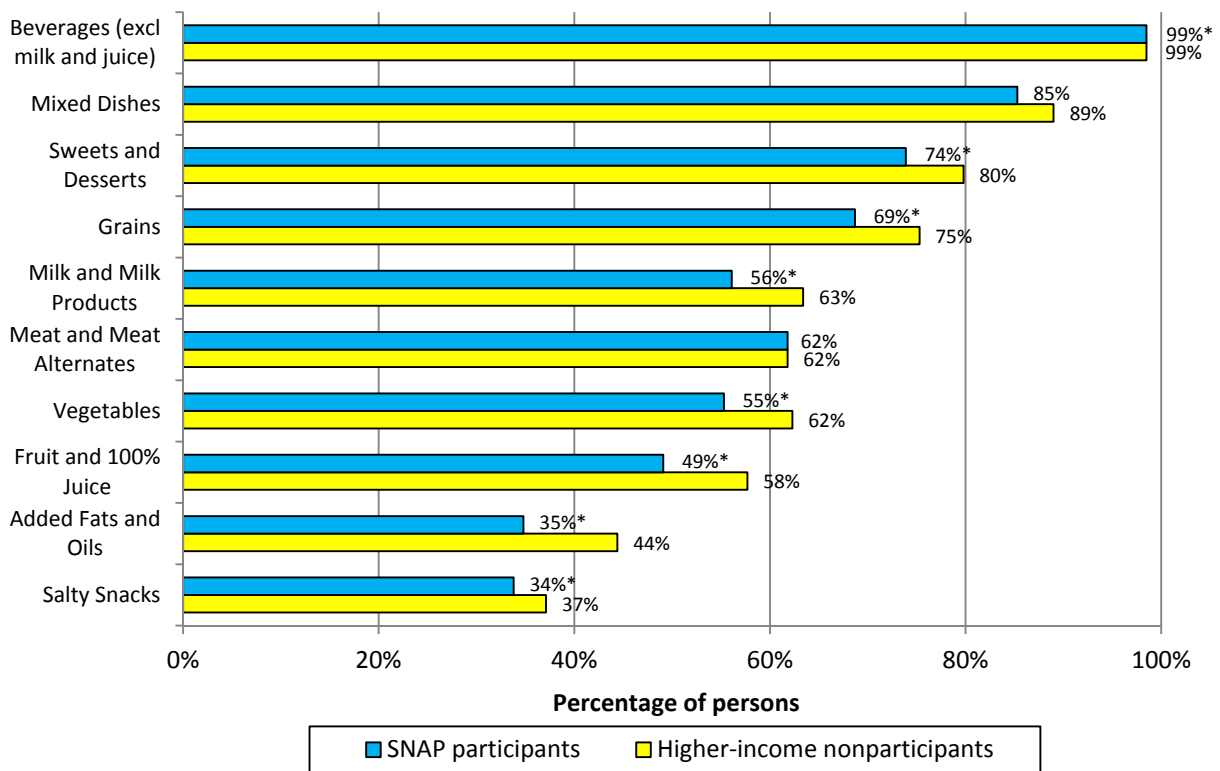
Key findings include the following:

- SNAP participants were equally as likely as income-eligible nonparticipants to consume at least one discrete food from nine of the 10 major food groups (all except fruit and 100% fruit juice) on the day covered in the dietary recall.
- For eight of the 10 major food groups, SNAP participants were less likely than higher-income nonparticipants to consume at least one discrete food on the day covered in the dietary recall (Exhibit 7). This pattern indicates that SNAP participants as a group have less variety in their diets in a given day than higher-income nonparticipants.

Differences between food consumption patterns of SNAP participants and nonparticipants varied across age groups:

- SNAP children were less likely than higher-income children to consume grains, sweets and desserts, and added fats and oils as discrete items.
- SNAP adults were less likely than higher-income adults to consume foods in eight of the 10 major foods groups (findings mirror those shown in Exhibit 7). SNAP participants were also less likely than income-eligible nonparticipants to consume grains, fruit and 100% fruit juice, and meat and meat alternates as discrete items.
- Among older adults, SNAP participants were less likely than higher-income nonparticipants to consume fruit and 100% fruit juice, mixed dishes (also less likely than income-eligible nonparticipants), sweets and desserts, and salty snacks as discrete items.

Exhibit 7. Percentage of SNAP Participants and Higher-Income Nonparticipants Consuming Any Discrete Foods from Major Supermarket Aisle Food Groups



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Bars for SNAP participants overlay bars for higher-income nonparticipants. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

There were a number of differences between SNAP participants and nonparticipants in the specific food subgroups consumed, particularly in comparison to higher-income nonparticipants. Some differences reflect less healthy food choices among SNAP participants. For example, SNAP participants were:

- less likely than higher-income nonparticipants to choose discrete whole grain items
- less likely than either group of nonparticipants to choose raw vegetables (or any discrete vegetables, as mentioned above)
- less likely than either group of nonparticipants to choose discrete portions of fruit (fresh, frozen, canned, or dried) as well as fresh fruit specifically
- more likely than higher-income nonparticipants to choose whole milk and less likely to choose lower-fat milk (including 2%, 1%, and skim milk)
- more likely than either group of nonparticipants to choose any soda and more likely to choose regular (rather than diet) soda

On the other hand, SNAP participants as a whole made the following choices that were more healthful than choices made by higher-income nonparticipants:

- less likely to choose sweets and desserts
- less likely to choose salty snacks
- less likely to add fats and oils to foods

Healthy Eating Index-2005

We examined the overall quality of the diets consumed by SNAP participants and nonparticipants using the Healthy Eating Index-2005 (HEI-2005). The HEI is a measure of diet quality that assesses conformance to key recommendations of the *Dietary Guidelines* (USDA & DHHS, 2010). The HEI-2005 is a scoring metric that is made up of 12 components, each reflecting a key aspect of diet quality. The standards used to assign HEI-2005 component scores are expressed on a density basis (that is, amounts per 1,000 calories or a percentage of calories) rather than absolute amounts of foods consumed. The use of such standards in assessing diet quality reflects the recommendation that individuals should strive to meet food group and nutrient guidelines while maintaining calorie balance, rather than meeting these guidelines simply by consuming large quantities of food.

Nine of the twelve components included in the HEI-2005 are adequacy components, which assess intakes of dietary components individuals are recommended to consume to ensure adequate nutrient intakes. These include the following: (1) Total Fruit, including Juice; (2) Whole Fruit; (3) Total Vegetables; (4) Dark Green and Orange Vegetables and Legumes; (5) Total Grains; (6) Whole Grains; (7) Milk; (8) Meat and Beans; and (9) Oils. The remaining three components, referred to as moderation components, assess dietary components that individuals are recommended to limit. These include Saturated Fat, Sodium, and Empty Calories. Higher scores for the adequacy components reflect greater consumption and higher diet quality (up to a maximum score of 5 or 10 points per component). Higher scores for the moderation components

reflect *lower* consumption and higher diet quality (up to a maximum score of 10 or 20 points per component). Scores for each of the 12 components are summed to create the total HEI-2005 score, with a maximum score of 100.

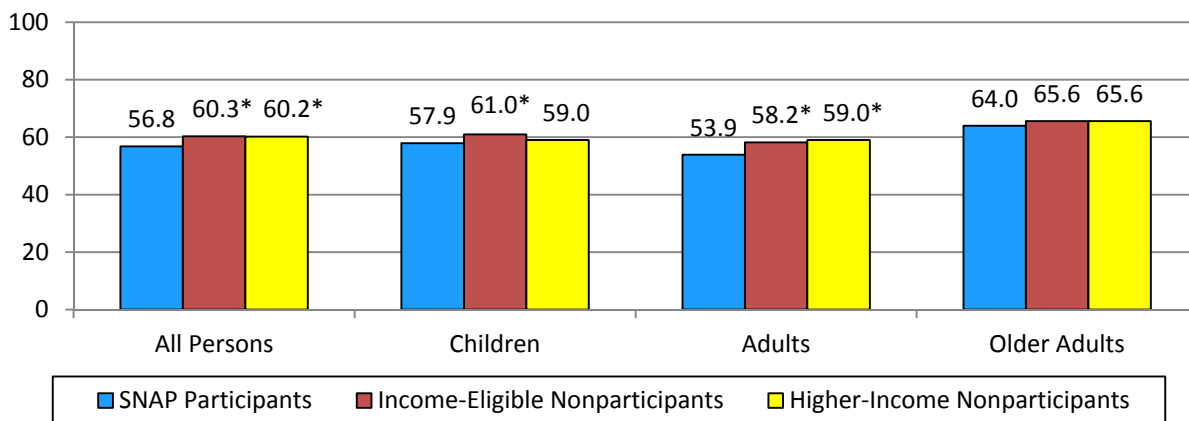
Results show that the diets consumed by all age groups and all participation/eligibility groups fell considerably short of the *Dietary Guidelines* recommendations.

- For all persons, the total HEI-2005 score was 60 out of a possible 100. Total HEI-2005 scores ranged from 59 for both children and adults to 66 for older adults.
- Overall, SNAP participants had a lower total HEI-2005 score than both income-eligible and higher-income nonparticipants (57 vs. 60 points for both groups of nonparticipants) (Exhibit 8).
- Among children, SNAP participants had an overall score that was below that of income-eligible nonparticipants. Adult SNAP participants had a lower overall score than both adult income-eligible and higher-income nonparticipants.
- Children in all three comparison groups achieved the maximum score for Total Grains. For adults and older adults, SNAP participants and both groups of nonparticipants achieved the maximum score for Total Grains and Meat and Beans. For all age groups and comparison groups, scores for all other components were below the maximum possible scores.

The HEI-2005 component scores point to the following key concerns in the diets of all age groups and all comparison groups:

- Very low intakes of whole grains and dark green and orange vegetables and legumes.
- High intakes of saturated fat, sodium, and empty calories.

Exhibit 8. Health Eating Index-2005 Total Scores



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

SNAP participants in all age groups scored either lower than or the same as income-eligible nonparticipants on all component scores. There were, however, several notable differences between the scores of SNAP participants and nonparticipants:

- Among children, SNAP participants had lower scores than both income-eligible and higher-income nonparticipants for Dark Green and Orange Vegetables and Legumes and for Empty Calories. SNAP children also had lower scores for Whole Grains and Milk than higher-income nonparticipant children, but had a higher score for Saturated Fat than this group.
- Adult SNAP participants had lower scores than both income-eligible and higher-income nonparticipants for Whole Fruit, Total Vegetables, Dark Green and Orange Vegetables and Legumes, and Empty Calories. Relative to adult higher-income nonparticipants, adult SNAP participants had lower scores for Whole Grains, Milk, and Oils, but had a higher score for Sodium.
- Among older adults, SNAP participants had a lower score for Total Fruit compared with higher-income nonparticipants.

Multivariate Analysis Findings

Matched Comparison Findings of Nutrient Intakes, Weight Status, and HEI-2005 Scores among SNAP Participants and Income-Eligible Nonparticipants

There were few differences when comparing *matched* participants and income-eligible nonparticipants 16 years old and older. *Matched* participants had a lower mean usual intake of copper and were more likely to be obese than income-eligible nonparticipants.

There is one caveat that should be considered when interpreting the *matched* comparison findings. The fact that the *matched* comparison groups have smaller sample sizes than the descriptive comparison groups also makes it more difficult to uncover significantly different results. However, the sample sizes for the *matched* comparison groups are large enough to uncover all but the smallest differences, and the sizes of the *matched* differences were smaller than the sizes of the descriptive differences, both of which factors suggest that this caveat not great enough to negate the finding above.

Conclusions and Implications for SNAP Nutrition Education

This report describes the quality of the diets consumed by SNAP participants and nonparticipants in three age groups (children, adults, and older adults). Main findings from this study include the following:

- For most outcomes examined in this report, differences between SNAP participants and nonparticipants were more often observed for children (1–18 years old) and adults (19–59 years old) than for older adults (60 years old and older).

Diet Adequacy

- The diets of SNAP participants were generally comparable to the diets of income-eligible nonparticipants, and generally less adequate and lower in nutritional quality than the diets of higher-income nonparticipants. There were two notable exceptions—the diets of SNAP participants were less likely than higher-income nonparticipants to be high in either sodium or saturated fat, relative to current recommendations.
- In general, SNAP participants and income-eligible nonparticipants had usual intakes of vitamins and minerals that were similar. In contrast, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of most vitamins and minerals. Across all age groups, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of vitamin A, calcium, and magnesium.
- SNAP participants also had lower usual intakes of potassium and fiber relative to higher-income nonparticipants. However, these differences do not necessarily imply that SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of potassium and fiber.

Diet Quality

- Total HEI-2005 scores, which provide an overall measure of diet quality, were lower for SNAP participants than for either income-eligible or higher-income nonparticipants. However, HEI-2005 component scores revealed greater differences between SNAP participants and higher-income nonparticipants (in 9 of 12 components) than between SNAP participants and income-eligible nonparticipants (in 4 components).
- Compared to higher-income adults and children, SNAP adults and children consumed fewer dark green and orange vegetables and legumes, fewer whole grains, and more empty calories.
- SNAP participants obtained a larger share of their total calorie intake from empty calories (that is, calories from solid fats, added sugars, and alcohol) than either income-eligible or higher-income nonparticipants.

Food Consumption Patterns

- Differences in food consumption patterns provide context for the differences in diet adequacy and excess and diet quality described above. Some examples of this include the following:
 - SNAP participants were less likely than either group of nonparticipants to consume discrete portions of fruit or vegetables, as well as fresh fruit and raw vegetables specifically. These differences in food choices likely contributed to the lower intakes of vitamin A, potassium, and fiber observed among SNAP participants in relation to nonparticipants.
 - SNAP participants were also less likely than higher-income nonparticipants to consume discrete whole grain items, which resulted in a lower HEI score for whole

grains and likely contributed to the lower intakes of fiber observed among SNAP participants in relation to higher-income nonparticipants.

- SNAP participants were more likely than either group of nonparticipants to consume regular soda (rather than diet) and more likely than higher-income nonparticipants to consume whole milk (rather than lower fat milk). These differences in food choices likely contributed to the higher intakes of empty calories observed among SNAP participants in relation to nonparticipants.
- On the other hand, SNAP participants were less likely than higher-income nonparticipants to choose sweets and desserts, salty snacks, and added fats and oils. These differences in food choices likely contributed to the lower intakes of saturated fat and sodium observed among SNAP participants, relative to higher-income nonparticipants.

Overweight and Obesity

Overall rates of obesity were higher among SNAP participants than among income-eligible or higher-income nonparticipants. In particular, SNAP children were more likely to be obese than higher-income nonparticipant children, and SNAP adults were more likely to be obese than either group of nonparticipating adults. Differences between SNAP participants' and nonparticipants' food choices and the nutritional quality of those food choices likely contributed to the differences observed in the prevalence of obesity.

Matched Comparison Findings

Matching SNAP participants with income-eligible nonparticipants had the effect of reducing the differences in nutrition outcomes between the groups.

Implications for SNAP Nutrition Education

Findings from this study confirm that continued nutrition education efforts are needed to help improve the quality of SNAP participants' diets. The findings point to specific food consumption practices that may prove to be useful targets for the SNAP-Ed program, which is the nutrition education component of SNAP:

- **Consumption of whole milk.** SNAP participants in all three age groups were more likely than higher-income nonparticipants to consume whole milk and less likely to consume lower-fat milk (including 2%, 1% and skim milk). Consumption of whole milk is not recommended for individuals 1 year old and older because it contributes more empty calories than lower-fat versions. Lower-fat milks have the same amounts of calcium and other nutrients as whole milk, but contribute fewer empty calories.
- **Low consumption of fruits and vegetables.** SNAP participants were less likely than either group of nonparticipants to consume discrete portions of fruit or vegetables. Increasing consumption of fruits and vegetables—both as discrete items and as part of mixed dishes—is an effective strategy for increasing intakes of vitamin A, potassium, and fiber and better aligning SNAP participants' food choices with the *Dietary Guidelines*.

- ***Low consumption of whole grains.*** SNAP adults and children had lower concentrations of whole grains in their diets, relative to either group of nonparticipants. The recommended concentration of whole grains in the *Dietary Guidelines* allows individuals to meet nutrient requirements without exceeding calorie needs. However, whole grains must replace refined (or non-whole) grains so that excess calories are not consumed.
- ***Consumption of regular soda and empty calories.*** Another important focal point for SNAP-Ed is intakes of empty calories. SNAP children and adults were more likely than their nonparticipant counterparts to consume regular soda. For older adults, this difference was observed only in comparison to higher-income nonparticipants. Regular soda, as well as other foods that are high in added sugars and/or solid fats, contribute calories while providing few nutrients. Decreased intakes of foods that contribute empty calories would improve the overall quality of the SNAP participants' diets. This is also essential for reducing the prevalence of overweight and obesity in this population.

Continuing to target specific food choices through SNAP-Ed, such as the ones described above, may be an effective way to affect behavioral change that results in improved diet adequacy and diet quality among SNAP participants, as well achieving and maintaining a healthy weight.

Chapter 1. Introduction

Over time, nutrition assistance programs have expanded their focus from ensuring that program participants have enough to eat to improving the healthfulness of the foods participants can access with program benefits. This shift reflects a growing consensus about the important role diet plays in the development of chronic disease, and recognition that benefits provided by nutrition assistance programs should reflect Federal nutrition policy, which is based on the *Dietary Guidelines for Americans*.

The aim of the Supplemental Nutrition Assistance Program (SNAP) is to ensure that low-income households have enough food to eat. The Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) commissioned this study in 2012, recognizing that strategies for improving the nutrition of SNAP participants should be based on valid and reliable information about the current dietary practices of SNAP participants. The study analyzes National Health and Nutrition Examination Survey (NHANES) data from 2007 to 2010 to examine differences in diet quality between SNAP participants and nonparticipants, updating and expanding on a previous study that analyzed 1999-2004 NHANES data. One component of the NHANES is a 24-hour dietary recall interview. This report examines dietary patterns from multiple perspectives, including nutrient intakes and food consumption patterns.

Two types of analyses were conducted for this study: descriptive and multivariate. For the descriptive analyses, information is presented for SNAP participants and two groups of nonparticipants—those who were income-eligible for SNAP but reported that they did not participate in the program, and individuals with higher incomes who were not eligible for the program. For the multivariate analyses, information is presented for subsets of SNAP participants and income-eligible nonparticipants (*matched* participants and nonparticipants), as well as subsets of SNAP participants who also participated in another nutrition assistance program, whose characteristics have been matched to make them more comparable.

This research was not designed to assess the impact of SNAP or in any way attribute differences observed between SNAP participants and nonparticipants to an effect of the program. Estimation of program impacts requires a randomized experiment or quasi-experimental design to control for selection bias (Fox, Hamilton, & Lin, 2004; Wilde, 2007). However, this report presents comparisons between participants and nonparticipants that account for as many characteristics of the groups as possible, in addition to purely descriptive comparisons.

For the descriptive analyses, we provide data on the adequacy of usual nutrient intakes of SNAP participants and nonparticipants measured relative to accepted nutrition standards. Overall diet quality is measured in terms of the Healthy Eating Index (HEI)-2005, HEI-2010, and the proportion of empty calories out of all calories consumed. The report also presents data on usual calorie intakes and weight status, as measured by body mass index. We provide context for these findings by examining food consumption patterns reported in 24-hour recalls from two different perspectives: (1) proportions of persons consuming foods from specific food groups and subgroups, and (2) average amounts of foods consumed from these food groups and subgroups, as measured in USDA Food Pattern units and in grams. All nutrition outcomes reported in the report,

except weight status, reflect daily consumption. The report contains a separate chapter for the descriptive findings for each nutrition outcome.

For the multivariate analyses, we examined several nutrition outcomes: mean usual intakes of 10 selected nutrients, weight status as measured by body mass index, diet quality as measured by the HEI-2005, and the proportion of empty calories out of all calories consumed. We present all findings for the comparison of SNAP participants and nonparticipants, after accounting for a rich set of participant characteristics, in a single chapter of the report. In an appendix to the report, we examine whether participation in both SNAP and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)⁶ is associated with differences in these nutrition outcomes compared to participation in only SNAP, and whether participation in both SNAP and the National School Lunch Program (NSLP)⁷ is associated with differences in these nutrition outcomes compared to participation in only SNAP, after accounting for pertinent participant characteristics.

This introductory chapter provides an overview of SNAP, as well as a brief description of the data and methods used in the study. We discuss the findings from the descriptive analyses in the chapters that follow: usual intakes of nutrients (Chapter 2), usual calorie intakes and body mass index (Chapter 3), consumption of empty calories (Chapter 4), food consumption patterns (Chapter 5), and the HEI-2005 (Chapter 6). The multivariate analysis findings for matched SNAP participant and income-eligible nonparticipants are discussed in Chapter 7. We also discuss key findings and conclusions in Chapter 8. We provide supporting information for the data and documentation of our analytic methods in Appendix A. Detailed data tables are presented in Appendices B and C. We discuss and present data on the HEI-2010 in Appendix D. Appendix E contains additional data tables for the comparison of matched SNAP participants and income-eligible nonparticipants. Appendix F provides the results of the analyses comparing participants of SNAP only with participants of SNAP plus another food program.

The Supplemental Nutrition Assistance Program

SNAP is the nation's largest of the 15 domestic food and nutrition assistance programs administered by FNS. In Federal fiscal year (FY) 2013, the program provided benefits to 47.6 million Americans per month, on average. SNAP provided \$76 billion in benefits in FY 2013 to an average monthly caseload of 23 million households. On average, households received \$275 in SNAP benefits per month (or \$133 per person) (USDA, 2014a).

SNAP benefits are designed to facilitate nutritious diets among all low-income individuals who meet the Federal eligibility guidelines set by Congress. SNAP provides benefits electronically via an electronic benefit transfer (EBT) card, and the benefits may be redeemed for eligible food items. As of FY 2012, almost 250,000 stores across the nation were authorized to accept SNAP benefits (USDA, 2014b).

⁶ WIC provides nutrient-dense foods, nutrition education, and referral to health care services for low-income pregnant, breastfeeding, and postpartum women, infants, and children up to 5 years old who are at nutritional risk. It is the third largest of the 15 domestic nutrition assistance programs administered by FNS.

⁷ NSLP operates through the Nation's schools, providing free and reduced-price lunches to children from low-income families. Almost 99 percent of all public schools and 83 percent of all public and private schools combined participate in the NSLP.

In FY 2012, the most recent year for which data on household characteristics are available, 75 percent of SNAP households contained a child, an elderly person, or someone who was disabled, and these households received 82 percent of all SNAP benefits. Nearly half (45%) of all SNAP households contained a child, and households with children received an average monthly SNAP benefit of \$413. Half (51%) of all SNAP households with children had earned income. More than half (57%) of households with children were headed by a single adult. About 17 percent of all SNAP households contained an elderly (60 years old or older) member, and households with elderly persons received an average monthly benefit of \$139. Over 80 percent of SNAP households with elderly persons consisted of an elderly person living alone (USDA, 2014b).

SNAP Eligibility and Benefits

Eligibility for SNAP benefits is determined primarily on the basis of monthly household income. However, households are categorically eligible if all members receive assistance from one or more of the following programs: Temporary Assistance for Needy Families (TANF), Supplemental Security Income, or General Assistance.⁸ Households that are categorically eligible are either not subject to an asset test or have a higher asset threshold, and, in some States, can have incomes exceeding 130 percent of poverty.

Households that are not categorically eligible and do not include an elderly or disabled member must have monthly gross income at or below 130 percent of the U.S. Department of Health and Human Services (DHHS) poverty guideline, and net income at or below 100 percent of the poverty guideline. Households must also meet a “resource test”—they are permitted up to \$2,000 in countable resources⁹ (or \$3,250 if at least one household member is elderly or disabled). In addition to income and resource limits, there are non-financial eligibility restrictions that apply to some applicant groups, including work registration requirements, and restrictions related to citizenship, residency, and immigration status (USDA, 2014b).

Nutrition Education

Under SNAP regulations, States have the option to provide nutrition education to SNAP participants as part of their administrative operations, through the SNAP-Ed program. The major goals of the SNAP-Ed program are to increase the likelihood that persons eligible for SNAP will make healthful food choices within the constraints of a limited budget and choose physically active lifestyles. The Healthy, Hunger-Free Kids Act of 2010 called for SNAP-Ed also to include an emphasis on obesity prevention (USDA, 2012).

State participation in SNAP-Ed is voluntary and requires a State resource match, an approved budget, and an implementation plan. FNS requires State agencies that obtain SNAP-Ed funding to base their education programs on the *Dietary Guidelines for Americans*. FNS provides *An Obesity Prevention Toolkit for States* to help States identify evidenced-based obesity prevention strategies to include in their SNAP-Ed programs (USDA, 2013). As of 2012, all 50 States, the District of Columbia, and the Virgin Islands provide nutrition education for SNAP participants (USDA,

⁸ A broader interpretation of existing categorical eligibility rules exists that requires States to confer categorical eligibility on families receiving or certified as eligible to receive benefits or services, such as employment assistance, child care, or transportation assistance, that are at least 50 percent funded by TANF or Maintenance of Effort (MOE) funds. See USDA (2014b) for more information.

⁹ Countable resources include most assets easily converted to cash, but exclude homes and most vehicles.

2012). State agencies that obtain SNAP-ED funding must submit an annual plan to FNS that describes the nutrition education activities to be conducted and provides a budget for those activities.

National Health and Nutrition Examination Survey

The NHANES is conducted by the National Center for Health Statistics (NCHS) and is designed to provide national estimates of the health and nutrition status of the civilian, non-institutionalized population in the 50 States. The survey includes interviews, physical examinations, and laboratory tests. Beginning in 1999, the NHANES became a continuous annual survey with data released in public data files every two years. All of the analyses in this report are based on four years of survey data from NHANES 2007–2010. These data are described below and more fully in Appendix A.

NHANES Dietary Interview Data

This study relies primarily on data from the NHANES 24-hour dietary recall interview, which collects quantitative data on foods and beverages consumed during the preceding 24 hours for two separate days (Day-1 and Day-2 Dietary Recalls). The dietary recall is collected using USDA's Multiple-Pass Method. Respondents are provided with measurement aids to assist in estimating the portion sizes of foods consumed. The first dietary interview is conducted in person and the second dietary interview is conducted by telephone, 3 to 10 days after the initial dietary interview. The Day-2 Dietary Recall is used to control for within-person day-to-day variance in nutrient intakes when estimating usual nutrient intakes. For children less than 6 years old, the dietary recall interviews are conducted with a proxy who is generally the person most knowledgeable about the child's dietary intake. For children 6 to 11 years, the interviews are conducted with the child and the proxy.

The dietary interview component of NHANES is referred to as What We Eat in America (WWEIA), and is designed in partnership between the NCHS and the USDA's Food Surveys Research Group. USDA's Food and Nutrient Database for Dietary Studies (FNDDS) is used to process the dietary intake data. FNDDS includes comprehensive information that is used to code individual foods and portion sizes reported by respondents and nutrient values for calculating daily nutrient intakes. FNDDS nutrient values are updated for every 2-year WWEIA release cycle. The NCHS' public data releases of NHANES data include an individual food-level file (containing one record for each food item reported by each respondent) and a total nutrient-intakes file (containing one record per respondent with total nutrient intakes for the day) (Centers for Disease Control and Prevention [CDC], 2013a).

NHANES Interview and Examination Data

This study also analyzes data collected through the NHANES household interview, survey questionnaires, and physical examination. These NHANES components gather information on respondents' characteristics (SNAP program participation, age, and sex) and body measurements (height and weight).

Other Data Sources

Food Patterns equivalents data—which were formerly referred to as MyPyramid equivalents data—were used to construct several nutrition outcome measures for this study (Bowman et al.,

2013). The analysis for this study was conducted prior to the release of the Food Patterns Equivalents Database (FPED), so the main source of Food Patterns data was the MyPyramid Equivalents Database (MPED). The following data sources were used to obtain Food Patterns data for each food reported in NHANES 2007–2010 data:

- MyPyramid Equivalents Database for USDA Survey Foods, version 2.0 (MPED 2.0)
- Center for Nutrition Policy and Promotion (CNPP) Addendum to MPED 2.0B
- CNPP Fruit Database (03-04)
- An excerpt of data from the Food Patterns Equivalents Database (FPED)¹⁰

These sources provide data on the amounts of over 30 Food Patterns components included in 100 grams of food (Bowman, Friday, & Moshfegh, 2008; Bowman et al., 2013). The Food Patterns components are defined as the numbers of cup equivalents of fruit, vegetables, and dairy; ounce equivalents of grains and protein foods; teaspoon equivalents of added sugars; gram equivalents of solid fats and oils; and numbers of alcoholic drinks. We linked each unique food reported in the NHANES 2007–2010 food-level files to the appropriate Food Patterns data source, and computed the amounts of each Food Patterns component consumed, based on the amount of food reported by each individual.

NHANES Descriptive Analysis Samples for Tabulation

This report contains tabulations of dietary measures for SNAP participants and nonparticipants. SNAP participants are defined as persons living in households that report having received SNAP benefits in the past 30 days.¹¹ SNAP participants were self-identified by response to the NHANES survey question asking the date on which “{you/you or any members of your household} last received food stamp benefits” (CDC, 2013c). Those who did not report SNAP receipt in the past 30 days were considered nonparticipants. Income-eligible nonparticipants were defined as individuals from households with monthly income less than or equal to 130 percent of the DHHS poverty guideline. Higher-income nonparticipants were defined as individuals from households with monthly income greater than 130 percent of the DHHS poverty guideline.

All analyses in this report are based on NHANES respondents with complete Day-1 Dietary Recall data. To compute all dietary measures other than usual nutrient intakes, we used only Day-1 Dietary Recall data. For the usual nutrient intake analysis, we used both Day-1 and Day-2 Dietary Recall data to control for within-person day-to-day variance in nutrient intakes. Our analysis sample excludes infants, women 20–44 years old who were pregnant, and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. These groups were excluded because the dietary reference standards are different for infants and for pregnant and breastfeeding women, and many of the dietary measures used for this report do not apply to infants.

¹⁰ Since the analysis was performed prior to the release of the FPED, CNPP provided preliminary FPED data for foods reported in NHANES 2009-2010 that were not included in previous MPED databases.

¹¹ We defined SNAP participation as having received SNAP benefits in the past 30 days after conducting a sensitivity analysis comparing 30 days with 45 days using age-adjusted HEI-2005 data. Results of this sensitivity analysis suggested little change in estimates or standard errors between the two days. We use participation in the past 30 days to indicate “current” SNAP participation.

Tabulations of SNAP participants, income-eligible nonparticipants, and higher-income nonparticipants are provided for all persons and separately for three age groups: children (1–18 years old), adults (19–59 years old), and older adults (60 years old and older). In addition, most of the tabulations included in the appendices provide separate estimates by these age groups and by gender. Sample sizes and weighted population counts for SNAP participants and both groups of nonparticipants are shown in Exhibit 1-1. Sampling weights are discussed in Appendix A.

Exhibit 1-1. NHANES Respondents with Complete Day-1 Dietary Recalls, 2007–2010: Sample Sizes and Weighted Population Counts

| | All persons | SNAP participants | Income-eligible nonparticipants | Higher-income nonparticipants |
|-----------------------------------|-------------|-------------------|---------------------------------|-------------------------------|
| Sample sizes | | | | |
| All ages | 17,240 | 3,407 | 3,946 | 9,149 |
| Males | 8,725 | 1,634 | 1,970 | 4,775 |
| Females | 8,515 | 1,773 | 1,976 | 4,374 |
| Children, 1–18 years old | 6,669 | 1,795 | 1,624 | 2,989 |
| Males | 3,447 | 913 | 854 | 1,562 |
| Females | 3,222 | 882 | 770 | 1,427 |
| Adults, 19–59 years old | 7,448 | 1,297 | 1,675 | 4,139 |
| Males | 3,730 | 578 | 803 | 2,181 |
| Females | 3,718 | 719 | 872 | 1,958 |
| Older adults, 60+ years old | 3,123 | 315 | 647 | 2,021 |
| Males | 1,548 | 143 | 313 | 1,032 |
| Females | 1,575 | 172 | 334 | 989 |
| Weighted population counts | | | | |
| All ages | 267,487,517 | 32,955,140 | 43,540,362 | 181,700,245 |
| Males | 133,663,624 | 15,182,620 | 20,939,333 | 93,115,713 |
| Females | 133,823,893 | 17,772,520 | 22,601,029 | 88,584,533 |
| Children, 1–18 years old | 70,410,982 | 13,074,607 | 13,174,173 | 41,889,266 |
| Males | 35,723,090 | 6,541,886 | 6,686,291 | 21,496,560 |
| Females | 34,687,892 | 6,532,722 | 6,487,882 | 20,392,706 |
| Adults, 19–59 years old | 155,600,392 | 17,381,520 | 24,980,308 | 107,876,558 |
| Males | 78,732,529 | 7,689,398 | 11,931,834 | 56,389,751 |
| Females | 76,867,864 | 9,692,123 | 13,048,474 | 51,486,806 |
| Older adults, 60+ years old | 41,476,143 | 2,499,012 | 5,385,882 | 31,934,422 |
| Males | 19,208,006 | 951,337 | 2,321,209 | 15,229,402 |
| Females | 22,268,138 | 1,547,676 | 3,064,673 | 16,705,021 |

Source: NHANES 2007–2010 demographic and dietary recall data. Sample includes NHANES respondents with complete Day-1 Dietary Recall data, 1+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: 'All persons' includes respondents with missing SNAP participation or income. SNAP participants are NHANES respondents who received SNAP benefits within the past 30 days. Weighted population counts are based on NHANES Day-1 Dietary sample weights to adjust for the non-response in the Day-1 Dietary Recall and the differential allocation by day of the week for the dietary intake data collection.

Characteristics of SNAP Participants and Nonparticipants

Exhibit 1-2 presents demographic data for SNAP participants, income-eligible nonparticipants, and higher-income nonparticipants. We discuss only statistically significant differences between these groups in the comparisons below.

Compared to income-eligible nonparticipants, SNAP participants were less likely to be married and more likely to be widowed, divorced, or separated. SNAP participants were also more likely than income-eligible nonparticipants to be non-Hispanic black, as well as more likely to have less than a high school (HS) diploma and less likely to have education beyond HS (but equally likely to have a HS diploma or General Educational Development (GED)).

The differences between SNAP participants and higher-income nonparticipants were more sizeable than between SNAP participants and income-eligible nonparticipants. Compared with higher-income nonparticipants, SNAP participants were more likely to be Mexican American, other Hispanic, or non-Hispanic black, and to have less education. SNAP participants were less likely to be married and more likely to be widowed, divorced, separated, never married, or cohabitating. Differences in demographic characteristics of SNAP participants and higher-income nonparticipants are expected, in keeping with the income difference between the two groups.

Descriptive Analytic Approach

We describe differences between SNAP participants and nonparticipants in their nutrient intakes, body mass index, food consumption patterns, and overall diet quality. We provide descriptive statistics, with tests of statistical significance to indicate differences between SNAP participants and either income-eligible or higher income nonparticipants.

In comparing estimates for SNAP participants and nonparticipants, it is important to consider that the age composition of these groups may be different. SNAP participants generally tend to be younger than either nonparticipant group. Based on the weighted population counts in Exhibit 1-1, 60 percent of SNAP participants are 19 years old or older, compared to 70 percent and 77 percent of income-eligible and higher-income nonparticipants, respectively. Thus, we present age-adjusted estimates to eliminate between-group differences that are due solely to differences in the age distributions of the groups.¹²

¹² Age standardization is applied to estimates for the following age groups: 1–3 years old, 4–8 years old, 9–13 years old, 14–18 years old, 19–30 years old, 31–50 years old, 51–59 years old, 60–70 years old, and 71 years old and older. Data for children, adults, older adults, and all persons are “built-up” from estimates for smaller age groups, standardized according to the age distribution of the U.S. population in the year 2010

Exhibit 1-2. Demographic Characteristics of SNAP Participants and Nonparticipants

| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | |
|--|----------------|-------------------|-------------------|---------------------------------|---------------------|-------------------------------|---------------------|------|
| Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error | |
| Race/ethnicity | | | | | | | | |
| All ages | | | | | | | | |
| Mexican American | 10.2 | 1.47 | 18.3 | 3.54 | 20.4 | 3.03 | 6.0 ^{***} | 0.76 |
| Other Hispanic | 5.5 | 0.93 | 8.7 | 1.95 | 9.1 | 1.76 | 3.7 [*] | 0.58 |
| Non-Hispanic white | 65.4 | 2.50 | 42.1 | 5.78 | 47.8 | 3.86 | 75.0 ^{***} | 1.92 |
| Non-Hispanic black | 12.3 | 1.11 | 25.4 | 3.10 | 15.0 ^{**} | 1.73 | 9.1 ^{***} | 0.94 |
| Other race, multi-racial | 6.6 | 0.67 | 5.6 | 0.97 | 7.7 | 1.45 | 6.2 | 0.65 |
| Children, 1–18 years old | | | | | | | | |
| Mexican American | 14.4 | 1.82 | 22.5 | 3.88 | 25.5 | 3.31 | 8.1 ^{***} | 0.90 |
| Other Hispanic | 6.7 | 1.22 | 8.9 | 2.34 | 10.0 | 2.04 | 4.5 | 0.76 |
| Non-Hispanic white | 57.3 | 2.70 | 35.7 | 5.82 | 39.9 | 4.37 | 70.7 ^{***} | 1.94 |
| Non-Hispanic black | 14.1 | 1.23 | 26.5 | 3.47 | 15.3 ^{**} | 2.35 | 9.8 ^{***} | 0.95 |
| Other race, multi-racial | 7.5 | 0.82 | 6.4 | 1.33 | 9.3 | 2.09 | 6.9 | 0.97 |
| Adults, 19–59 years old | | | | | | | | |
| Mexican American | 9.8 | 1.43 | 16.3 | 3.43 | 19.4 | 2.99 | 6.2 ^{**} | 0.83 |
| Other Hispanic | 5.6 | 0.91 | 8.3 | 1.75 | 9.3 | 1.78 | 3.9 [*] | 0.62 |
| Non-Hispanic white | 65.5 | 2.55 | 45.8 | 6.13 | 48.9 | 3.65 | 73.8 ^{***} | 2.08 |
| Non-Hispanic black | 12.3 | 1.09 | 24.9 | 3.35 | 15.0 ^{**} | 1.58 | 9.4 ^{***} | 0.99 |
| Other race, multi-racial | 6.7 | 0.75 | 4.6 | 0.87 | 7.4 | 1.48 | 6.7 | 0.75 |
| Older adults, 60+ years old | | | | | | | | |
| Mexican American | 4.6 | 1.14 | 10.0 ^u | 4.40 | 12.3 | 3.35 | 2.8 | 0.61 |
| Other Hispanic | 3.0 | 0.70 | 9.9 ^u | 3.83 | 5.6 | 1.54 | 1.8 [*] | 0.35 |
| Non-Hispanic white | 78.9 | 2.24 | 48.7 | 5.81 | 61.9 | 5.10 | 84.6 ^{***} | 1.77 |
| Non-Hispanic black | 9.2 | 1.20 | 23.3 | 3.55 | 14.6 | 2.87 | 7.3 ^{***} | 1.03 |
| Other race, multi-racial | 4.2 | 0.68 | 8.0 ^u | 2.71 | 5.6 | 1.49 | 3.5 | 0.67 |
| Education (adults, 19+ years old) | | | | | | | | |
| All adults, 19+ years old | | | | | | | | |
| Less than HS | 19.1 | 0.90 | 45.6 | 1.83 | 34.0 ^{***} | 1.84 | 11.6 ^{***} | 0.88 |
| HS diploma or GED | 24.2 | 0.80 | 28.3 | 1.93 | 25.9 | 1.58 | 23.0 [*] | 1.04 |
| More than HS | 56.7 | 1.38 | 26.1 | 1.73 | 40.1 ^{***} | 2.26 | 65.3 ^{***} | 1.52 |
| Adults, 19–59 years old | | | | | | | | |
| Less than HS | 18.2 | 0.91 | 43.6 | 2.10 | 31.3 ^{***} | 2.07 | 10.5 ^{***} | 0.82 |
| HS diploma or GED | 23.8 | 0.85 | 29.9 | 2.11 | 25.1 | 1.45 | 22.3 ^{**} | 1.13 |
| More than HS | 58.1 | 1.39 | 26.5 | 1.85 | 43.6 ^{***} | 2.54 | 67.2 ^{***} | 1.55 |
| Older adults, 60+ years old | | | | | | | | |
| Less than HS | 22.4 | 1.50 | 59.6 | 4.06 | 46.4 [*] | 3.52 | 15.5 ^{***} | 1.45 |
| HS diploma or GED | 25.9 | 1.11 | 17.0 | 2.43 | 29.9 ^{**} | 3.67 | 25.5 ^{**} | 1.42 |
| More than HS | 51.7 | 1.98 | 23.4 | 3.80 | 23.7 | 1.92 | 59.0 ^{***} | 2.14 |

See notes at end of table.

Exhibit 1-2. Demographic Characteristics of SNAP Participants and Nonparticipants—Continued

| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | |
|---|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|------|
| Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error | |
| Marital status (adults, 20+ years old) | | | | | | | | |
| All adults, 20+ years old | | | | | | | | |
| Married | 56.8 | 1.02 | 32.2 | 2.75 | 42.7 ** | 1.73 | 63.4 *** | 1.08 |
| Widowed, divorced, separated | 17.0 | 0.49 | 27.4 | 1.28 | 21.5 *** | 1.17 | 14.8 *** | 0.48 |
| Never married | 18.6 | 0.93 | 26.7 | 1.90 | 24.7 | 2.13 | 16.0 *** | 0.87 |
| Cohabiting | 7.6 | 0.43 | 13.6 | 1.27 | 11.1 | 1.11 | 5.9 *** | 0.50 |
| Adults, 20-59 years old | | | | | | | | |
| Married | 54.0 | 1.03 | 31.6 | 3.16 | 41.3 ** | 2.00 | 60.6 *** | 1.20 |
| Widowed, divorced, separated | 14.1 | 0.53 | 23.4 | 1.38 | 17.0 *** | 1.19 | 12.2 *** | 0.53 |
| Never married | 22.7 | 1.09 | 29.5 | 2.40 | 29.0 | 2.40 | 20.0 *** | 1.07 |
| Cohabiting | 9.2 | 0.54 | 15.5 | 1.46 | 12.7 | 1.29 | 7.2 *** | 0.65 |
| Older adults, 60+ years old | | | | | | | | |
| Married | 67.1 | 1.19 | 36.5 | 3.57 | 48.8 ** | 2.53 | 72.6 *** | 1.23 |
| Widowed, divorced, separated | 27.7 | 1.20 | 54.7 | 3.48 | 41.7 ** | 2.39 | 23.2 *** | 1.29 |
| Never married | 3.5 | 0.29 | 7.8 | 1.66 | 5.3 | 0.80 | 2.8 ** | 0.33 |
| Cohabiting | 1.7 | 0.31 | 1.0 u | 0.45 | 4.1 u | 1.54 | 1.4 | 0.31 |
| Sample size, unweighted | 17,240 | | 3,407 | | 3,946 | | 9,149 | |
| Sample size, weighted | 267,487,517 | | 32,955,140 | | 43,540,362 | | 181,700,245 | |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Note: 'All persons' includes respondents with missing SNAP participation or income. Marital status is reported for persons 20+ years old only in NHANES 2007–2010. SNAP participants are beneficiaries who received SNAP benefits within the past 30 days. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants. Weighted population is based on NHANES Day-1 Dietary sample weights to adjust for the non-response in the Day-1 Dietary Recall and the differential allocation by day of the week for the dietary intake data collection.

u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.

Statistical Tests

For the descriptive analysis, we tested the statistical significance of differences between SNAP participants and each group of nonparticipants using t-tests. Detailed tables provided in Appendices B, C, and D differentiate three levels of statistical significance ($p < .001$, $.01$, or $.05$). Because of the large number of t-tests conducted (comparing SNAP participants and each group of nonparticipants, overall and by age group and gender), we urge caution in interpreting results; a proportion of these tests would be expected to be significant just by chance. We generally focus discussions on differences between SNAP participants and one or both groups of nonparticipants, although we may make reference to other between-group differences—children versus adults or males versus females—when the differences are noteworthy. The statistical significance of these secondary comparisons has not been tested, however, because of the large number of statistical tests computed and because these comparisons are not the focus of this report.

Additional information about the analytic approach, including use of NHANES sampling weights, calculation of standard errors, and age standardization is provided in Appendix A. We also identify individual point estimates that do not meet the standards of reliability or precision because of large coefficients of variation. In keeping with NHANES reporting guidelines, such estimates are reported in detailed tables, but are clearly flagged with a “u” for unreliable. In some cases, between-group differences may be statistically significant even when one point estimate is unreliable. Differences that are unreliable are not discussed in this report.

In the following chapters, we summarize key findings and illustrate observed differences between SNAP participants and nonparticipants in a variety of graphics. Differences that are statistically significant at the 5-percent level or better are indicated on the exhibits.

As noted previously, this research was not designed to measure the impact of SNAP participation on diet quality. Thus, significant differences that appear between SNAP participants and nonparticipants cannot be attributed to participation in SNAP. At the same time, the absence of a significant difference cannot be interpreted as evidence that participation in SNAP has no effect. Accurate assessment of SNAP impacts requires specially designed studies or, at minimum, complex analytical models that require a variety of measures, some of which are not available in the NHANES data.

Multivariate Analytic Approach

Simple differences in nutrition outcomes observed between groups of participants and nonparticipants may reflect differences in demographic, economic, or household characteristics of the groups rather than reflecting an effect of program participation. When people with certain characteristics (which are also related to the outcomes of interest) are more likely to participate in a program, this is known as selection bias. The only method that would provide a true assessment of the impact of SNAP participation on nutrition outcomes would be randomly assigning people to participate or not participate in SNAP, an option that is not considered feasible. Without this option, one can use a non-experimental method, such as multivariate analysis.

There are several non-experimental methods that can be used to estimate impacts of program participation. The analyses described in this report used propensity score matching (Rubin, 1997; Mabli et al., 2010) to create more similar comparison groups. The objective of propensity score matching is to achieve balance on observed characteristics and generate comparison groups similar to those that would have been expected in a randomized experiment. Details of the propensity score estimation and matching techniques are given in Appendix A. Another multivariate method we might have used is to limit the sample to individuals eligible for a program such as SNAP and apply a multivariate regression analysis to control for differences between program participants and nonparticipants.¹³

¹³ This includes two-equation selection bias models, such as Two-Stage Least Squares (2SLS) estimation, which involves first estimating a program participation decision and then correcting for selection bias in the equation modeling the outcome, using each person’s predicted probability of participating in the program (Mykerezzi & Mills, 2010). We used the propensity score approach because the computational methods used to estimate the nutrition outcomes were too complex to incorporate into a regression modeling framework.

It is of note that, in order to draw causal inferences from our findings, the study must have accounted for all possible confounders. As not all possible confounders are available in the existing NHANES data, we can describe associations but not causal effects or impacts.

A propensity score was estimated for each person in the analysis sample from a logistic regression modeling the probability that the person was in the SNAP participant group based on the person's characteristics. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age group, nor was age-adjustment applied.

A propensity score could not be computed for any NHANES study participant with a missing value for any of the characteristics variables included in the propensity score model. Thus, the multivariate sample of SNAP participants is different (and smaller) than the sample of SNAP participants for the descriptive analyses. We refer to the two comparison groups examined for the multivariate analyses as "*matched*¹⁴ comparison groups" or "*matched* participants and nonparticipants." There were 975 *matched* SNAP participants and 572 *matched* nonparticipants included in the analyses summarized in this chapter.

The *matched* results can be compared to relevant descriptive results, although we do not present these comparisons in Chapter 7. Given that the *matched* sample includes only people 16 years old and older, it does not make sense to compare the *matched* results to the results for the entire descriptive sample of people 2 years old and older. However, the descriptive analysis did not produce outcomes separately for people 16 years old and older as a group. Thus, the results for the *matched* comparison groups can be compared with descriptive analysis results for the "adults" (19-59 years old) and "older adults" (60+ years old) groups. The number of people in the descriptive sample who are in the "adults" group (7,448) is substantially greater than the number of people in the descriptive sample who are in the "older adults" group (3,123). Thus, the results from the *matched* analyses are more similar to the results for the descriptive "adults" group than to the results for the descriptive "older adults" group.

We tested the statistical significance of differences between *matched* SNAP participants and income-eligible nonparticipants using t-tests. Detailed tables provided in Appendix E differentiate three levels of statistical significance ($p < .001$, $.01$, and $.05$).

This report contains tabulations of dietary measures for *matched* SNAP participants and income-eligible nonparticipants¹⁵ at least 16 years old.¹⁶ The sample excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Sampling weights for the *matched* comparison sample are discussed in Appendix A.

¹⁴ Italics added for emphasis

¹⁵ Similar tabulations for *matched* participants of SNAP only and participants of SNAP plus another food program are presented in Appendix F; the sample and analytic methods associated with these tabulations are described in Appendices A and F.

¹⁶ The sample was restricted to those 16 and older because NHANES 2007-2010 has employment information only for that age group and because there is no information on NHANES 2007-2010 about parents of children respondents.

SNAP income-eligible nonparticipants were defined in the same way they were defined for the descriptive analyses. SNAP participants were defined as persons living in households who reported having received SNAP benefits in the past 30 days. Those who did not report SNAP receipt in the past 30 days were considered nonparticipants. Income-eligible nonparticipants were defined as individuals from households with monthly income less than or equal to 130 percent of the DHHS poverty guideline.

Characteristics of Matched SNAP Participants and Income-Eligible Nonparticipants

Exhibits 1-3 and 1-4 present differences in characteristics of *matched* participants and income-eligible nonparticipants. Exhibit 1-3 presents findings related to characteristics measured on a continuous scale. Exhibit 1-4 presents findings related to characteristics with categorical response options.

Matched participants had a lower mean ratio of annual family income to poverty and lower mean annual household income than nonparticipants. A smaller proportion of *matched* participants were male and *matched* participants were more likely to be U.S. citizens by birth or naturalization than were income-eligible nonparticipants. *Matched* participants were also more likely to receive Supplemental Security Income or State or county assistance than nonparticipants.

Exhibit 1-3. Differences between Groups on the Characteristics included in the Propensity Score Models, Continuous Variables

| | Matched SNAP participants | | Matched income-eligible nonparticipants | |
|---|---------------------------|----------------|---|----------------|
| | Mean | Standard error | Mean | Standard error |
| Sample size | 959 | | 564 | |
| Age, in years | 36.7 | (0.54) | 37.3 | (0.81) |
| Family poverty-annual income ratio | 0.7 | (0.02) | 0.9 *** | (0.05) |
| Annual household income | 3.8 | (0.10) | 4.7 *** | (0.13) |
| Money spent at supermarket/grocery store | 403 | (13.06) | 407 | (20.23) |
| Money spent on nonfood items | 18.9 | (3.07) | 28.0 | (4.30) |
| Money spent on food at other stores | 70.8 | (7.00) | 56.8 | (8.88) |
| Money spent on eating out | 56.4 | (6.10) | 68.4 | (4.82) |
| Money spent on carryout/delivered foods | 13.0 | (1.71) | 12.7 | (1.76) |
| Time needed to get to grocery store | 16.1 | (0.96) | 18.2 | (2.38) |
| Time spent cooking dinner/cleaning up | 89.4 | (2.28) | 91.9 | (3.14) |
| Number of meals family ate together in 7 days | 5.5 | (0.20) | 5.8 | (0.33) |

Source: NHANES 2007-2010 demographics and dietary recall data. Sample includes NHANES respondents with complete Day-1 Dietary Recall data who are 16+ years old. Excludes pregnant women ages 20-44 years and breastfeeding women ages 20-59 years; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level). SNAP participation was defined as receiving SNAP benefits within the past 30 days. The propensity score estimation model used a variable indicating the annual family poverty-income ratio, but the cutpoint for the income-eligible nonparticipant analytic sample was based on a monthly poverty-income ratio of less than or equal to 1.3; since these are different measures, it is not problematic for the variable in this table to have a value greater than 1.3.

Exhibit 1-4. Differences between Groups on the Characteristics included in the Propensity Score Models, Categorical Variables

| | Matched SNAP participants | | Matched income-eligible nonparticipants | |
|--|---------------------------|----------------|---|----------------|
| | Percent | Standard error | Percent | Standard error |
| Sample size | 959 | | 564 | |
| Gender * | | | | |
| Male | 38.6 | (1.63) | 45.6 | (2.29) |
| Female | 61.4 | (1.63) | 54.4 | (2.29) |
| Race/Ethnicity* | | | | |
| Mexican American | 16.2 | (2.87) | 22.6 | (4.07) |
| Other Hispanic | 7.9 | (2.10) | 13.2 | (3.65) |
| Non-Hispanic white | 49.6 | (6.71) | 40.3 | (4.04) |
| Non-Hispanic black | 22.3 | (3.82) | 17.5 | (2.76) |
| Other race, multi-racial | 3.9 | (1.13) | 6.4 u | (2.56) |
| Citizenship status*** | | | | |
| Citizen by birth or naturalization | 87.8 | (2.33) | 75.9 | (3.38) |
| Not a citizen of the US | 12.2 | (2.33) | 24.1 | (3.38) |
| Total number of people in the household | | | | |
| 2 | 19.2 | (1.69) | 19.1 | (3.61) |
| 3 | 17.7 | (1.65) | 21.0 | (3.14) |
| 4 | 24.8 | (3.18) | 22.5 | (2.17) |
| 5 | 17.4 | (3.14) | 16.9 | (2.56) |
| 6 | 12.2 | (1.61) | 12.6 u | (4.51) |
| 7 or more people in the household | 8.6 | (1.74) | 7.8 | (1.81) |
| Annual family income*** | | | | |
| \$ 0 to \$ 4,999 | 10.0 | (1.73) | 7.9 | (1.77) |
| \$ 5,000 to \$ 9,999 | 17.2 | (3.00) | 8.4 | (1.71) |
| \$10,000 to \$14,999 | 26.4 | (3.14) | 17.6 | (2.69) |
| \$15,000 to \$19,999 | 15.3 | (2.53) | 17.8 | (2.60) |
| \$20,000 to \$24,999 | 15.3 | (2.04) | 18.2 | (2.46) |
| \$25,000 to \$34,999 | 12.4 | (2.39) | 21.2 | (2.44) |
| \$35,000 to \$44,999 | 1.2 u | (0.51) | 5.2 | (1.03) |
| \$45,000 to \$54,999 | 2.1 u | (0.89) | 2.3 u | (0.87) |
| \$55,000 to \$64,999 | 0.2 u | (0.23) | 1.4 u | (1.27) |
| Education | | | | |
| Less than 9th grade | 11.6 | (1.08) | 14.3 | (1.90) |
| 9-11th grade (includes 12th grade with no diploma) | 32.4 | (1.79) | 27.3 | (2.52) |
| HS diploma/GED or equivalent | 25.1 | (2.16) | 24.2 | (2.16) |
| Some college or AA degree | 29.0 | (1.79) | 30.0 | (2.53) |
| College graduate or above | 1.9 u | (0.71) | 4.2 | (1.22) |
| Total savings/cash assets for the family** | | | | |
| Less than \$500 | 95.3 | (1.38) | 89.6 | (2.12) |
| \$501- \$1000 | 1.4 u | (0.60) | 6.5 u | (1.99) |
| \$1001-\$2000 | 2.5 u | (1.31) | 1.8 u | (0.66) |
| \$2001-\$3000 | 0.7 u | (0.55) | 1.2 u | (0.52) |
| \$3001-\$4000 | 0.1 u | (0.12) | 0.9 u | (0.57) |
| \$4001-\$5000 | 0.0 u | (0.03) | 0.1 u | (0.08) |
| Income from Supplemental Security Income*** | | | | |
| Yes | 27.9 | (3.00) | 13.3 | (2.35) |
| No | 72.1 | (3.00) | 86.7 | (2.35) |
| Income from state/county cash assistance*** | | | | |
| Yes | 20.3 | (2.00) | 3.2 | (0.83) |
| No | 79.7 | (2.00) | 96.8 | (0.83) |

Exhibit 1-5. Differences between Groups on the Characteristics included in the Propensity Score Models, Categorical Variables–Continued

| | Matched SNAP participants | | Matched income-eligible nonparticipants | |
|---|---------------------------|----------------|---|----------------|
| | Percent | Standard error | Percent | Standard error |
| Monthly family income** | | | | |
| \$0 - \$399 | 8.6 | (1.44) | 5.5 u | (1.80) |
| \$400 - \$799 | 22.6 | (2.13) | 10.3 | (2.20) |
| \$800 - \$1249 | 32.5 | (3.11) | 35.2 | (3.11) |
| \$1250 - \$1649 | 15.0 | (1.78) | 21.2 | (2.55) |
| \$1650 - \$2099 | 12.2 | (2.26) | 18.8 | (2.56) |
| \$2100 - \$2899 | 6.9 | (1.61) | 6.2 | (1.06) |
| \$2900 - \$3749 | 1.8 u | (0.93) | 2.6 | (0.78) |
| \$3750 - \$4599 | 0.4 u | (0.38) | 0.0 u | (0.03) |
| Anyone in the family on a special diet | | | | |
| Yes | 18.6 | (2.64) | 17.4 | (2.36) |
| No | 81.4 | (2.64) | 82.6 | (2.36) |

Source: NHANES 2007-2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 16+ years old. Excludes pregnant women ages 20-44 years and breastfeeding women ages 20-59 years; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level). Chi-square tests were used to test global differences in comparison across all comparison groups and all response categories. SNAP participation was defined as receiving SNAP benefits within the past 30 days.

Due to the propensity score matching method used, single family households were naturally dropped from analysis.

u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).

Chapter 2. Usual Nutrient Intakes

To assess the prevalence of adequate and excessive nutrient intakes among SNAP participants and nonparticipants, we estimated usual intakes of vitamins, minerals, macronutrients, and other dietary components. We then compared usual intake distributions to the Dietary Reference Intakes (DRIs) and selected 2010 *Dietary Guidelines* recommendations. The DRIs, established by the Food and Nutrition Board of the Institute of Medicine (IOM), provide guidelines on intake amounts appropriate for a given individual based on age, gender, and life stage (IOM, 1997; IOM, 1998; IOM, 2000; IOM, 2001; IOM, 2005a; IOM, 2005b; IOM, 2006; IOM, 2011). The DRIs are the most up-to-date scientific standards for determining whether diets provide enough nutrients to meet requirements without being excessive. The DRIs include four different standards (see DRI text box) and we used the most appropriate standard for each nutrient.

We used the method developed by the National Cancer Institute (NCI) to estimate usual intake distributions, mean intakes, and the percentages of individuals with usual intakes that were above, below, or within DRI standards or 2010 *Dietary Guidelines* recommendations. Estimates reflect nutrient intakes from foods and beverages and do not include nutrient contributions from dietary supplements. A detailed description of the NCI method and the DRI standards is provided in Appendix A. Full tabulations (including mean intakes; usual intake distributions; and percentages of individuals above, below, or within standards and recommendations) are provided in Appendix B, Tables B-1 through B-36. We discuss below only statistically significant differences between SNAP participants and nonparticipants.

Usual Nutrient Intakes

Data

- NHANES 2007–2010: One or two 24-hour recalls per person

Sample

- Individuals 1 year old and older; individuals 2 years old and older for comparison to 2010 *Dietary Guidelines*

Measures

- NCI method for estimating:
 - Mean usual intake
 - Percentages of persons with usual intakes above, below, or within standards
 - Distributions of usual intake

Dietary Reference Intakes and *Dietary Guidelines* Recommendations

Estimated Average Requirement (EAR): The EAR is the average daily nutrient intake level estimated to meet the requirement of half of the healthy individuals in a life stage and gender group. The proportion of a group with usual intakes equal to or greater than the EAR is an estimate of the prevalence of adequate usual intakes in that population group. In this chapter, we focus on the prevalence of adequate usual intakes for the following vitamins and minerals for which EARs have been defined: vitamin A, vitamin C, vitamin D, vitamin B₆, vitamin B₁₂, vitamin E, folate, niacin, riboflavin, thiamin, calcium, iron, magnesium, phosphorus, and zinc.

Adequate Intake (AI): The AI is a recommended average intake level that is assumed to be adequate for healthy individuals in a life stage and gender group, based on observed or experimentally determined estimates of intake. An AI is defined when insufficient data are available to estimate requirements and establish an EAR. Unlike an EAR, the AI cannot be used to estimate the prevalence of adequate intakes in a population. Instead, assessment focuses on the comparison of mean usual intakes to the AI. Populations with mean usual intakes that meet or exceed AI levels can be assumed to have levels of nutrient adequacy. However, when mean usual intakes fall below the AI, no firm conclusions can be drawn about the prevalence of adequate usual intakes. In this chapter, we focus on intakes of potassium, fiber, and sodium by examining the mean usual intakes as a percentage of the AI.

Tolerable Upper Intake Level (UL): The UL is the maximum level of daily nutrient intake that is likely to pose no risk of adverse health effects for almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase. We assessed intakes of sodium relative to the UL. (ULs for other nutrients are based on intakes from foods and supplements and are not examined in this report.)

Acceptable Macronutrient Distribution Range (AMDR): The AMDRs reflect a range of usual intakes associated with reduced risk of chronic disease, while providing adequate intakes of other essential nutrients (IOM, 2005a). The DRIs define AMDRs for intakes of macronutrients as percentages of total calorie intake. Intakes that are above or below the AMDR may increase risk of chronic disease. In this chapter, we focus on the percentage of individuals with usual intakes of total fat, protein, and carbohydrate (as a percentage of total calories) above, below, or within the AMDRs.

2010 *Dietary Guidelines* Recommendations: The 2010 *Dietary Guidelines* provide quantitative recommendations for intakes of saturated fat (as a percentage of total calories), sodium, and cholesterol. The recommendations apply to individuals 2 years old and older. In this chapter, we focus on usual intakes of saturated fat that meet the *Dietary Guidelines*' recommendation of less than 10 percent of total calories from saturated fat.

Usual Intakes of Vitamins and Minerals with Defined Estimated Average Requirements

The EAR is the average daily nutrient intake level estimated to meet the requirement of half of the healthy individuals in a life stage and gender group. The proportion of a group with usual intakes

greater than or equal to the EAR is an estimate of the prevalence of adequate intakes in that population group. In this chapter, we focus on the prevalence of adequate usual intakes for the following vitamins and minerals for which EARs have been defined: vitamin A, vitamin C, vitamin D, vitamin B₆, vitamin B₁₂, vitamin E, folate, niacin, riboflavin, thiamin, calcium, iron, magnesium, phosphorus, and zinc.

All Persons

Almost all people (89% or more) had adequate usual intakes of niacin, riboflavin, vitamin B₁₂, phosphorus, iron, thiamin, folate, vitamin B₆, and zinc (Exhibit 2-1). The prevalence of adequate usual intakes was lower for magnesium, calcium, vitamin A, and vitamin C, ranging from 51 percent to 63 percent. The prevalence of adequate usual intakes was very low for vitamin E (12%) and vitamin D (6%).

It is important to note that the low prevalence of adequate usual intakes of vitamins A, C, and E, in the population overall or in the specific subgroups discussed later in this chapter, is unlikely to have meaningful public health significance. The 2010 *Dietary Guidelines* Advisory Committee examined nutrients with usual intakes below recommendations—referred to as “shortfall nutrients”—to identify those of public health concern (Dietary Guidelines Advisory Committee, 2010). Examination of biochemical indices did not indicate a related public health problem for vitamins A, C, or E. In addition, it has been suggested that the EARs for vitamin E may need to be reassessed (Devaney, Crepinsek, Fortson, & Quay, 2007). Although the 2010 Dietary Guidelines Advisory Committee did consider vitamin D to be a public health concern, it also stated that 80 percent of Americans have adequate vitamin D blood levels (USDA & DHHS, 2010). Vitamin D is unique in that sunlight on the skin enables the body to make vitamin D. For these reasons, findings related to the prevalence of adequate usual intakes for these nutrients should be interpreted with caution.

For the total population, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of all vitamins and minerals included in the analysis, except for vitamin C, vitamin D, and vitamin B₁₂ (Exhibit 2-2). In contrast, there were very few differences between SNAP participants and income-eligible nonparticipants. SNAP participants were less likely than income-eligible nonparticipants to have adequate usual intakes of phosphorus (94% versus 96%) and were more likely to have adequate usual intakes of vitamin D (7% versus 4%).

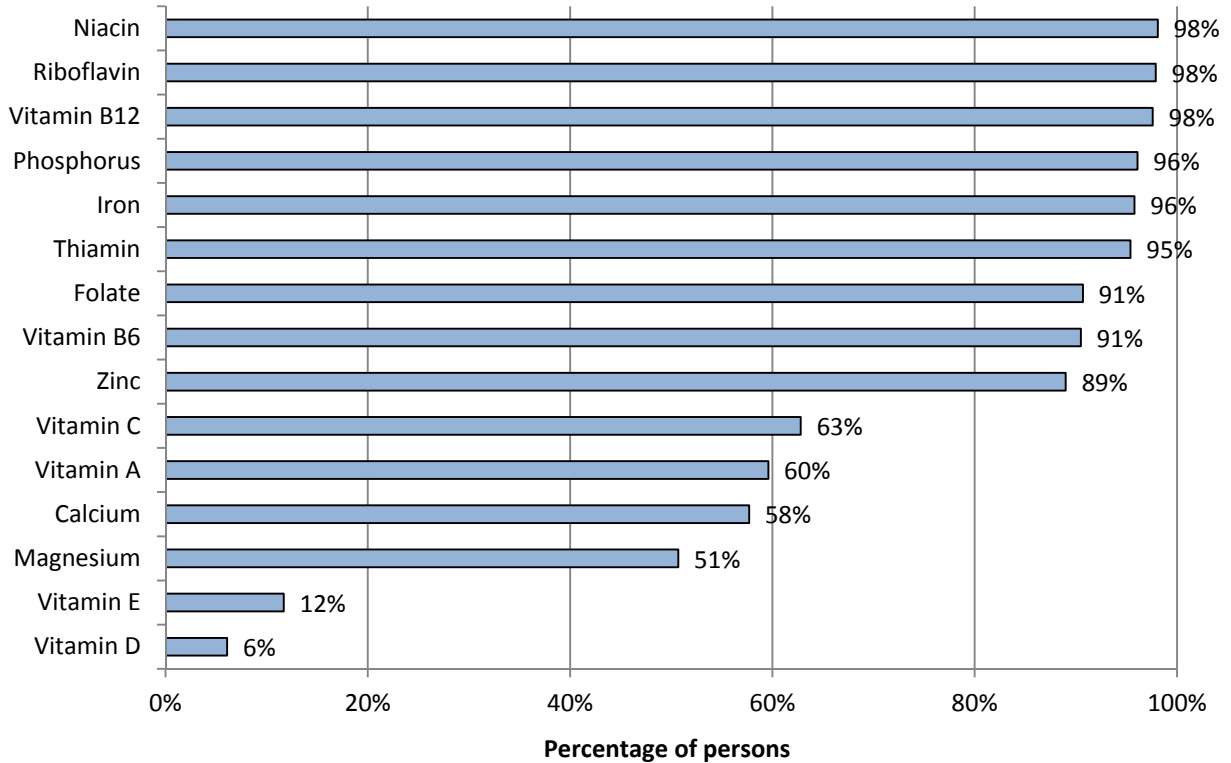
Children

Relative to adults and older adults, the prevalence of adequate usual intakes was consistently higher for children. This was true for all vitamins and minerals except calcium, phosphorus and iron (Exhibit 2-2). The prevalence of adequate usual intakes among children was 95 percent or more for niacin, riboflavin, vitamin B₁₂, thiamin, vitamin B₆, folate, iron, and zinc. The prevalence of adequate usual intakes was lower for phosphorus, vitamin C, and vitamin A (80 to 87%), and even lower for calcium and magnesium (58 to 68%). In keeping with the pattern observed for the total population, the prevalence of adequate usual intakes among children was lowest for vitamin E (16%) and vitamin D (9%).

SNAP children were as likely as both groups of nonparticipants to have adequate usual intakes of most nutrients. However, they were less likely than income-eligible nonparticipant children to have adequate usual intakes of zinc and were less likely than either group of nonparticipants to

have adequate usual intakes of magnesium (Exhibit 2-2). Compared with higher-income nonparticipant children, SNAP children were also less likely to have adequate usual intakes of phosphorus, calcium, and vitamin A. The opposite trend was observed for vitamin C—SNAP children were more likely than higher-income nonparticipant children to have adequate usual intakes of vitamin C.

Exhibit 2-1. Percentage of All Persons with Adequate Usual Intakes



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants.

Exhibit 2-2. Prevalence of Adequate Usual Intakes of Vitamins and Minerals

| | All persons | | | | Children 1–18 years old | | | |
|--------------------------------|-------------|-------------------|----------------------------------|------------------------------------|-------------------------|-------------------|----------------------------------|--------------------------------|
| | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants |
| Vitamins | | | | | | | | |
| Vitamin A | 59.6 | 47.3 | 50.0 | 64.2 ^{***} | 79.5 | 75.3 | 74.6 | 81.6 [*] |
| Vitamin C | 62.8 | 60.1 | 61.1 | 62.9 | 83.6 | 91.2 | 85.9 | 81.1 [*] |
| Vitamin D | 6.1 | 6.5 | 3.8 [*] | 6.6 | 9.3 | 8.1 | 8.0 | 10.0 |
| Vitamin B ₆ | 90.5 | 87.0 | 87.6 | 91.7 [*] | 98.0 | 98.5 | 98.8 | 97.3 |
| Vitamin B ₁₂ | 97.6 | 96.6 | 96.4 | 97.9 | 98.8 | 98.9 | 99.3 | 98.8 |
| Vitamin E | 11.7 | 5.8 | 7.9 | 12.8 ^{***} | 15.7 | 14.1 | 12.6 | 15.8 |
| Folate | 90.7 | 87.2 | 87.7 | 92.1 [*] | 96.0 | 94.0 | 95.3 | 96.3 |
| Niacin | 98.1 | 95.5 | 96.8 | 98.7 ^{**} | 99.3 | 98.7 | 99.8 | 99.2 |
| Riboflavin | 97.9 | 94.7 | 96.0 | 98.7 ^{***} | 99.2 | 97.8 | 99.4 | 99.4 |
| Thiamin | 95.4 | 90.8 | 93.0 | 96.4 ^{***} | 98.1 | 95.9 | 97.3 | 98.6 |
| Minerals | | | | | | | | |
| Calcium | 57.7 | 49.0 | 49.2 | 61.1 ^{***} | 57.5 | 52.6 | 55.6 | 59.0 [*] |
| Iron | 95.8 | 94.3 | 94.5 | 96.4 ^{***} | 97.6 | 96.8 | 97.7 | 97.8 |
| Magnesium | 50.7 | 40.1 | 45.5 | 53.5 ^{***} | 68.4 | 64.7 | 69.9 [*] | 68.8 [*] |
| Phosphorus | 96.1 | 93.7 | 95.5 [*] | 96.8 ^{***} | 86.8 | 82.0 | 86.4 | 88.8 [*] |
| Zinc | 89.0 | 82.2 | 84.3 | 91.5 ^{***} | 94.8 | 91.6 | 98.0 ^{**} | 95.1 |
| Adults, 19–59 years old | | | | | | | | |
| | | | | Older adults, 60+ years old | | | | |
| | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants |
| Vitamins | | | | | | | | |
| Vitamin A | 51.6 | 36.0 | 41.6 | 57.2 ^{***} | 57.6 | 44.8 | 43.2 | 62.8 ^{**} |
| Vitamin C | 56.4 | 51.5 | 55.8 | 56.8 | 55.1 | 45.4 | 45.0 | 57.5 ^{**} |
| Vitamin D | 5.3 | 6.4 | 2.4 [*] | 5.8 | 4.4 | 4.7 | 2.6 | 4.4 |
| Vitamin B ₆ | 91.7 | 87.1 | 90.9 | 93.2 [*] | 77.0 | 72.0 | 62.9 | 80.2 |
| Vitamin B ₁₂ | 97.6 | 96.3 | 95.6 | 98.0 | 96.3 | 94.5 | 94.8 | 96.7 |
| Vitamin E | 11.4 | 3.8 | 7.4 | 13.0 ^{***} | 7.2 | 0.9 | 3.0 | 8.4 ^{***} |
| Folate | 90.6 | 85.7 | 87.3 | 92.4 ^{**} | 84.1 | 82.8 | 79.0 | 85.6 |
| Niacin | 98.4 | 95.1 | 97.4 | 99.1 ^{**} | 95.5 | 92.4 | 90.8 | 96.4 |
| Riboflavin | 97.7 | 94.3 | 95.4 | 98.7 ^{**} | 96.7 | 91.9 | 93.5 | 97.7 ^{**} |
| Thiamin | 95.3 | 89.4 | 92.6 | 96.7 ^{***} | 91.9 | 88.5 | 88.6 | 92.6 |
| Minerals | | | | | | | | |
| Calcium | 65.5 | 55.2 | 56.1 | 69.8 ^{***} | 34.6 | 25.2 | 20.2 | 37.8 ^{**} |
| Iron | 93.8 | 92.0 | 91.6 | 94.7 ^{**} | 99.5 | 98.3 | 98.9 | 99.6 |
| Magnesium | 48.1 | 35.1 | 42.3 | 51.8 ^{***} | 35.7 | 23.0 | 23.1 | 39.0 ^{**} |
| Phosphorus | 99.5 | 97.8 | 99.1 | 99.7 ^{**} | 98.1 | 96.5 | 96.6 | 98.7 |
| Zinc | 89.7 | 82.1 | 83.9 | 93.0 ^{***} | 79.1 | 69.2 | 67.5 | 82.2 [*] |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by ^{*} (.05 level), ^{**} (.01 level), or ^{***} (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Adults

For adults, the prevalence of adequate usual intakes was 90 percent or higher for phosphorus, niacin, riboflavin, vitamin B₁₂, thiamin, iron, vitamin B₆, folate, and zinc (Exhibit 2-2). The prevalence of adequate usual intakes was lower for calcium (66%), and even lower for magnesium, vitamin A, and vitamin C (48 to 56%). The prevalence of adequate usual intakes among adults was lowest for vitamin E (11%) and vitamin D (5%).

Among adults, there were many differences between SNAP participants and higher-income nonparticipants, but only one difference between SNAP participants and income-eligible nonparticipants (Exhibit 2-2). Specifically, SNAP adults were less likely than higher-income nonparticipant adults to have adequate usual intakes of all nutrients examined in the analysis except vitamin C, vitamin D, and vitamin B₁₂. The magnitudes of the differences between the two groups were largest for vitamin A (36% versus 57%), calcium (55% versus 70%), and magnesium (35% versus 52%). The only nutrient for which adult SNAP participants and income-eligible nonparticipants' intakes differed was vitamin D. SNAP adults were more likely than income-eligible nonparticipant adults to have an adequate usual intake of this nutrient (6% versus 2%).

Older Adults

Relative to children and adults, the prevalence of adequate usual intakes among older adults was lower for all vitamins and minerals examined except vitamin A (which was higher compared to adults), phosphorus (which was higher compared to children), and iron (which was higher compared to both children and adults) (Exhibit 2-2). The prevalence of adequate usual intakes among older adults was 92 percent or more for iron, phosphorus, riboflavin, vitamin B₁₂, niacin, and thiamin. The prevalence of adequate usual intakes was lower for folate (84%), zinc (79%), and vitamin B₆ (77%). The prevalence of adequate usual intakes was notably lower for all other nutrients. Just over half of older adults had adequate usual intakes of vitamin A and vitamin C (58% and 55%, respectively), and only about one-third had adequate usual intakes of calcium and magnesium (35% and 36%, respectively). In keeping with the pattern observed for the total population and other age groups, the prevalence of adequate usual intakes among older adults was lowest for vitamin E (7%) and vitamin D (4%).

For older adults, the prevalence of adequate usual intakes was comparable for SNAP participants and income-eligible nonparticipants (Exhibit 2-2). However, SNAP participants in this age group were less likely than higher-income nonparticipants to have adequate usual intakes of vitamin A, vitamin C, vitamin E, riboflavin, calcium, magnesium, and zinc. The between-group differences were large for vitamin A (45% versus 63%), vitamin C (45% versus 58%), calcium (25% versus 38%), and magnesium (23% versus 39%).

Usual Intakes of Nutrients Assessed Using Adequate Intake Levels

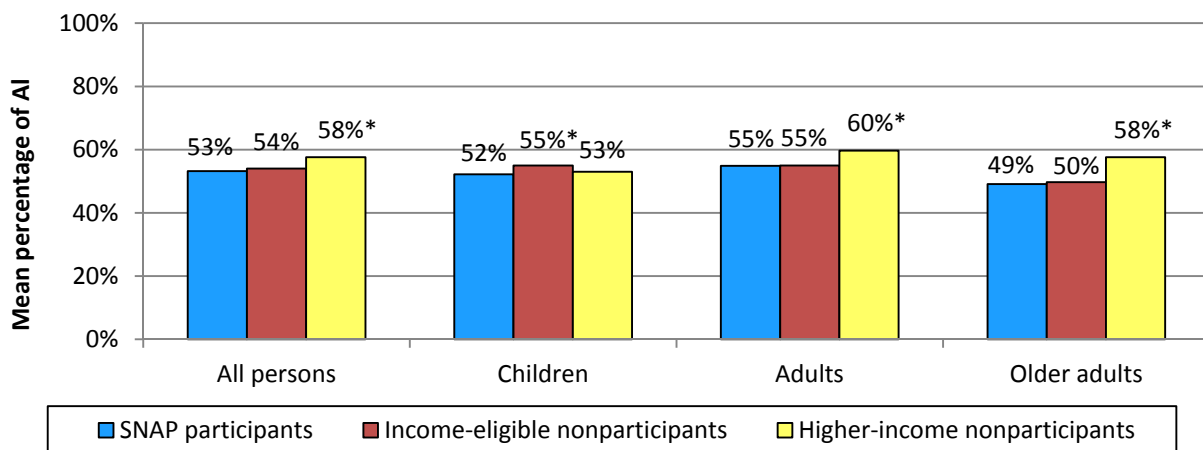
EARs are not defined for potassium, fiber, or sodium, so it is not possible to assess the adequacy of mean usual intakes. Instead, assessment focuses on comparison of mean usual intakes to the AI. Populations with mean usual intakes that meet or exceed AI levels can be assumed to have high levels of nutrient adequacy. However, when mean usual intakes fall below the AI, no firm conclusions can be drawn about the prevalence of adequate usual intakes. In this chapter, we focus on intakes of potassium, fiber, and sodium by examining the mean usual intakes as a percentage of the AI.

Mean usual intakes of fiber were assessed as a percentage of the AI and on a gram-per-calorie basis. The standard used to establish AIs for fiber was 14 grams per 1,000 calories, based on the median calorie intake for each age and gender group as reported in the 1994–1996, 1998 Continuing Survey of Food Intakes by Individuals (IOM, 2005b).¹⁷ For sodium, we assessed mean usual intakes relative to the UL as well as the AI. The UL is the maximum level of daily nutrient intake that is likely to pose no risk of adverse health effects for almost all individuals in the general population. As intake increases above the UL, the potential risk for adverse effects may increase. For sodium, individuals with mean usual intakes that exceed the UL may be at increased risk of hypertension.

All Persons

Overall, mean usual intakes of potassium were equivalent to 57 percent of the AI (Appendix B, Table B-18). SNAP participants had a lower mean usual intake of potassium than higher-income nonparticipants (53% of AI versus 58% of AI) (Exhibit 2-3). Given the limitations of the AI standard, these differences do not necessarily imply that SNAP participants were less likely than nonparticipants to have adequate mean usual intakes of potassium.

Exhibit 2-3. Mean Usual Intakes of Potassium, as a Percentage of Adequate Intake (AI) Levels



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

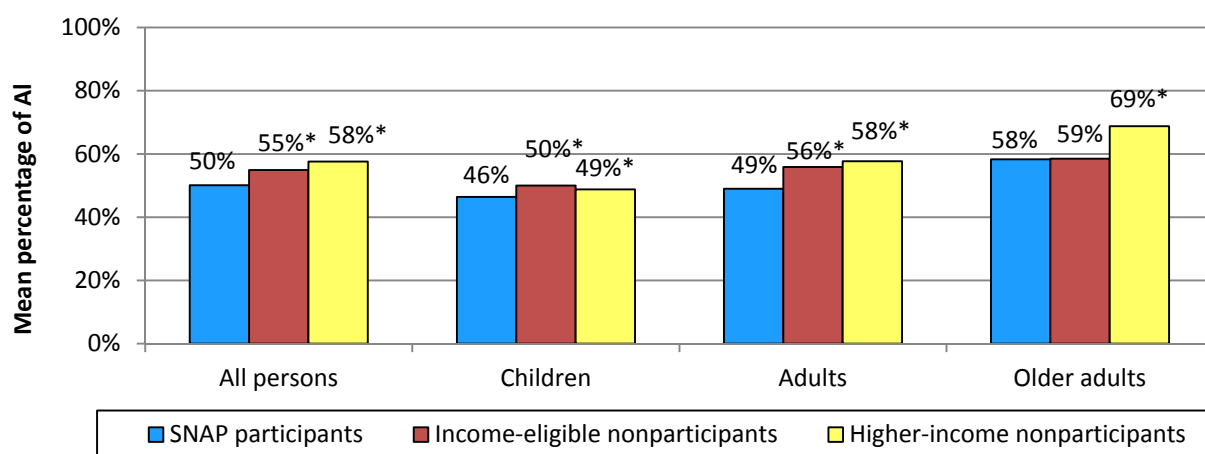
Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

¹⁷ Estimated intakes of fiber include dietary fiber only, but AIs are established for *total* fiber (dietary and functional). Therefore, mean usual intakes of fiber may be underestimated.

Overall, mean usual intakes of fiber were 57 percent of the AI (Appendix B, Table B-19). SNAP participants had a lower mean usual intake of fiber than that of either group of nonparticipants (50% of AI versus 55% and 58% of AI for income-eligible and higher-income nonparticipants, respectively) (Exhibit 2-4). On a gram-per-1,000 calorie basis, mean usual intakes of fiber were about 8, which is slightly more than half of the 14 gram standard used in setting the AI (Appendix B, Table B-20).

For the total population, mean usual intakes of sodium were more than twice the AI (244% of AI) (Appendix B, Table B-21). In addition, 87 percent of all persons had usual sodium intakes that exceeded the UL (Appendix B, Table B-21). SNAP participants were less likely than higher-income nonparticipants to have mean usual intakes of sodium that exceeded the UL (83% versus 90%) (Exhibit 2-5).

Exhibit 2-4. Mean Usual Intakes of Fiber, as a Percentage of Adequate Intake (AI) Levels



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Children

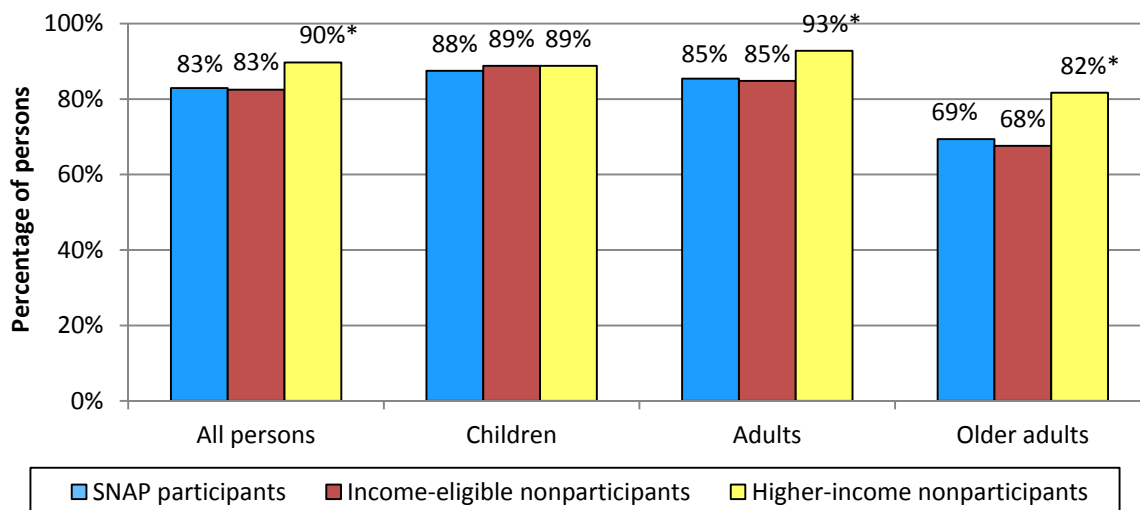
Mean usual intakes of fiber were slightly less than 50 percent of the AI (49% of AI) for children (Exhibit 2-4 and Appendix B, Table B-18). SNAP participants had a lower mean usual intake of fiber than either income-eligible or higher-income nonparticipants (46% of AI versus 50% and 49% of AI, respectively) (Exhibit 2-4). For sodium, 88 percent of children had a mean usual intake that exceeded the UL. There were no differences between SNAP participants and nonparticipants in mean usual intakes of sodium or in the proportion of children with mean usual intakes that exceeded the UL (Exhibit 2-5 and Appendix B, Table B-21).

Adults

For adults, SNAP participants had a lower mean usual intake of potassium than higher-income nonparticipants (55% of AI versus 60% of AI) (Exhibit 2-3). SNAP participants in this age group

also had a lower mean usual intake of fiber than either income-eligible or higher-income nonparticipants (49% of AI versus 56% and 58% of AI, respectively) (Exhibit 2-4). For sodium, SNAP participants had a lower mean usual intake than higher-income nonparticipants (Appendix B, Table B-21) and were less likely to have sodium intakes that exceeded the UL (85% versus 93%) (Exhibit 2-5).

Exhibit 2-5. Percentage of Persons with Usual Sodium Intakes above the Tolerable Upper Intake Level (UL)



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Older Adults

Older adult SNAP participants had a lower mean usual intake of potassium compared with higher-income nonparticipants (49% of AI versus 58% of AI) (Exhibit 2-3). Compared with children and adults, older adults had the highest mean usual intake of fiber (67% of AI, and 9 grams per 1,000 calories) (Appendix B, Tables B-19 and B-20). SNAP participants in this age group had a lower mean usual intake of fiber than higher-income nonparticipants (58% of AI versus 69% of AI) (Exhibit 2-4). For sodium, SNAP participants had a lower mean usual intake than higher-income nonparticipants (222% of AI versus 249% of AI) (Appendix B, Table B-21) and were less likely to have sodium intakes that exceeded the UL (69% versus 82%) (Exhibit 2-5).

Usual Intakes of Macronutrients

The DRIs define AMDRs for intakes of macronutrients (including total fat, protein, and carbohydrate) expressed as a percentage of total calorie intake. The AMDRs reflect a range of usual intakes associated with reduced risk of chronic disease, while providing adequate intakes of

other essential nutrients (IOM, 2005a). Intakes that are above or below the AMDR may increase risk of chronic diseases and insufficient intakes of essential nutrients. In this chapter, we focus on the percentage of individuals with usual intakes of total fat, protein, and carbohydrate (as a percentage of calories) that are above, below, or within the AMDRs. We also examine the percentage of individuals with usual intakes of saturated fat that are consistent with the 2010 *Dietary Guidelines* recommendation (less than 10% of total calories from saturated fat).

All Persons

Virtually all persons had usual intakes of protein that were consistent with the AMDR (Exhibit 2-6). More than three-quarters (78%) of all persons had usual intakes of carbohydrate that were consistent with the AMDR and two-thirds (67%) had usual intakes of total fat that were consistent with the AMDR (Exhibit 2-6). Individuals with usual carbohydrate intakes that were not consistent with the AMDR were more likely to have carbohydrate intakes that were below the range recommended in the AMDR than to exceed the range (Exhibit 2-6). In contrast, individuals with usual intakes of total fat that were not consistent with the AMDR were more likely to exceed the recommended range than fall below it (Exhibit 2-6). Overall, only about one-third (32%) of all persons had usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation (less than 10% of total calories from saturated fat) (Exhibit 2-6).

Among all persons combined, SNAP participants were more likely than either group of nonparticipants to have usual intakes of total fat and carbohydrate that were consistent with the AMDRs (Exhibit 2-6). SNAP participants were also less likely than either income-eligible or higher-income nonparticipants to have usual intakes of carbohydrate below the AMDR (13% versus 18% and 22%, respectively) (Exhibits 2-6 and 2-8). For saturated fat, SNAP participants were more likely than higher-income nonparticipants to have usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation (35% versus 28%) (Exhibits 2-6 and 2-9).

Children

Almost all children had usual intakes of protein and carbohydrate that were consistent with the AMDRs (Exhibit 2-6). Three-quarters (75%) of children had usual intakes of total fat that were consistent with the AMDR, and those with intakes that were not consistent with the AMDR were more likely to exceed the recommended range than fall below it. Usual intakes of total fat, protein, and carbohydrate were comparable for SNAP children and nonparticipant children (Exhibit 2-6). The proportion of children with usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation was considerably lower than the proportions of adults and older adults (20% of children versus 36% and 34% of adults and older adults, respectively). However, the proportions of SNAP children and nonparticipant children with usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation were similar (Exhibits 2-6 and 2-9).

Exhibit 2-6. Usual Intakes of Macronutrients Compared to Standards

| | All persons | | | | Children, 1–18 years old | | | |
|---|-------------------------|-------------------|----------------------------------|--------------------------------|-----------------------------|-------------------|----------------------------------|--------------------------------|
| | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants |
| | Percentage of persons | | | | | | | |
| Total fat | | | | | | | | |
| Less than the AMDR | 1.6 | 2.1 | 2.8 | 1.5 | 5.5 | 6.1 | 7.2 | 5.3 |
| Within the AMDR | 67.1 | 74.5 | 68.0 * | 65.2 ** | 75.3 | 77.1 | 68.1 | 76.5 |
| Above the AMDR | 31.3 | 23.4 | 29.2 | 33.3 *** | 19.2 | 16.9 | 24.8 | 18.2 |
| Protein | | | | | | | | |
| Less than the AMDR | 0.5 | 1.5 | 1.2 | 0.4 * | 0.6 | 1.3 | 0.6 | 0.8 |
| Within the AMDR | 99.4 | 98.5 | 98.8 | 99.5 * | 99.0 | 98.4 | 99.3 | 98.6 |
| Above the AMDR | 0.1 | 0.1 | 0.0 | 0.2 | 0.4 | 0.3 | 0.2 | 0.6 |
| Carbohydrate | | | | | | | | |
| Less than the AMDR | 20.5 | 13.3 | 17.9 * | 22.4 *** | 2.1 | 1.8 | 2.8 | 2.1 |
| Within the AMDR | 78.4 | 84.8 | 79.8 * | 76.8 *** | 97.1 | 96.8 | 96.5 | 97.1 |
| Above the AMDR | 1.2 | 2.0 | 2.4 | 0.9 * | 0.8 | 1.5 | 0.7 | 0.8 |
| Saturated fat consistent w/ DG ^a | 31.6 | 34.9 | 38.1 | 28.3 * | 19.8 | 23.7 | 19.6 | 17.3 |
| | Adults, 19–59 years old | | | | Older adults, 60+ years old | | | |
| | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants | All persons | SNAP participants | Income-eligible non-participants | Higher-income non-participants |
| | Percentage of persons | | | | | | | |
| Total fat | | | | | | | | |
| Less than the AMDR | 0.4 | 0.5 | 1.5 | 0.3 | 0.3 | 1.5 | 0.9 | 0.2 |
| Within the AMDR | 66.6 | 77.5 | 69.7 | 63.4 *** | 57.6 | 62.3 | 63.1 | 55.7 |
| Above the AMDR | 33.0 | 22.0 | 28.8 | 36.4 *** | 42.1 | 36.2 | 36.0 | 44.1 |
| Protein | | | | | | | | |
| Less than the AMDR | 0.6 | 1.8 | 1.5 | 0.2 * | 0.3 | 0.6 | 1.0 | 0.3 |
| Within the AMDR | 99.5 | 98.2 | 98.5 | 99.8 * | 99.7 | 99.4 | 99.0 | 99.7 |
| Above the AMDR | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Carbohydrate | | | | | | | | |
| Less than the AMDR | 26.0 | 15.7 | 23.6 * | 28.8 *** | 27.8 | 20.9 | 20.3 | 29.6 * |
| Within the AMDR | 72.8 | 82.1 | 73.5 * | 70.5 *** | 70.9 | 77.0 | 77.0 | 69.3 |
| Above the AMDR | 1.3 | 2.2 | 2.9 | 0.8 | 1.3 | 2.1 | 2.7 | 1.1 |
| Saturated fat consistent w/ DG ^a | 36.0 | 39.2 | 44.3 | 32.2 | 33.7 | 36.8 | 43.9 | 30.6 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. AMDR = Acceptable Macronutrient Distribution Range; DG = 2010 *Dietary Guidelines*

^a The 2010 *Dietary Guidelines* recommendation is less than 10 percent of calories from saturated fat. Estimates exclude individuals less than age 2 years.

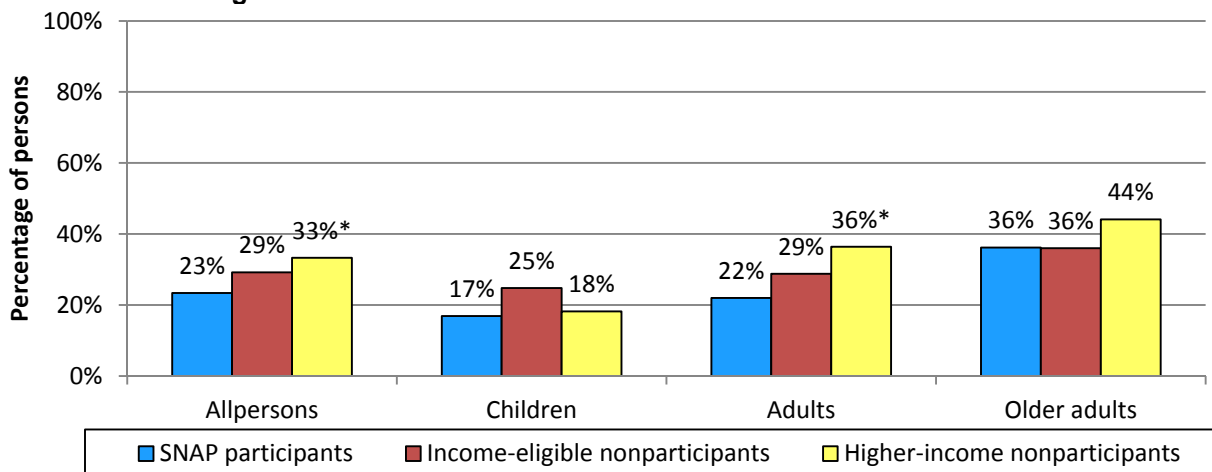
Adults

Adult SNAP participants were more likely than adult higher-income nonparticipants to have usual intakes of total fat that were consistent with the AMDR (75% versus 65%) and less likely to have intakes above the AMDR (22% versus 36%) (Exhibits 2-6 and 2-7). Thus, SNAP participants were less likely than higher-income nonparticipants to consume more calories from total fat than recommended. All three comparison groups were similar in their consumption of saturated fat (Exhibit 2-6). Almost all adults had usual intakes of protein that were consistent with the AMDR. Adult SNAP participants were more likely than either income-eligible or higher-income nonparticipants to have usual intakes of carbohydrate that were consistent with the AMDR (82% versus 74% and 71%, respectively) and to consume fewer calories from carbohydrate than recommended (16% versus 24% and 29%, respectively) (Exhibits 2-5 and 2-6).

Older Adults

Slightly more than half of older adults (58%) had usual intakes of total fat that were consistent with the AMDR (Exhibit 2-5). The majority of older adults with intakes of total fat that were not consistent with the AMDR were more likely to exceed the recommended range than fall below it. Usual intakes of protein, total fat, and saturated fat were comparable for older adult SNAP participants and nonparticipants (Exhibits 2-5, 2-6, and 2-8). Less than three-quarters of older adults (71%) had usual intakes of carbohydrate that were consistent with the AMDR (Exhibit 2-5). Older adults whose usual intakes of carbohydrate were not consistent with the AMDR were more likely to fall below the recommended range than exceed it. Older adult SNAP participants were less likely than higher-income nonparticipants to consume fewer calories from carbohydrates than recommended (21% versus 30%) (Exhibits 2-5 and 2-7).

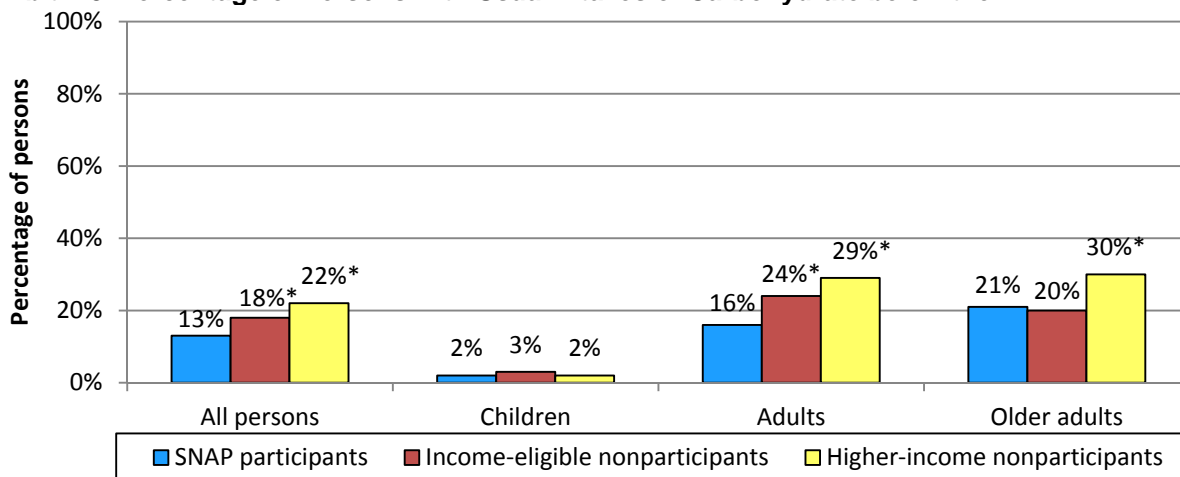
Exhibit 2-7. Percentage of Persons with Usual Intakes of Total Fat above the AMDR



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

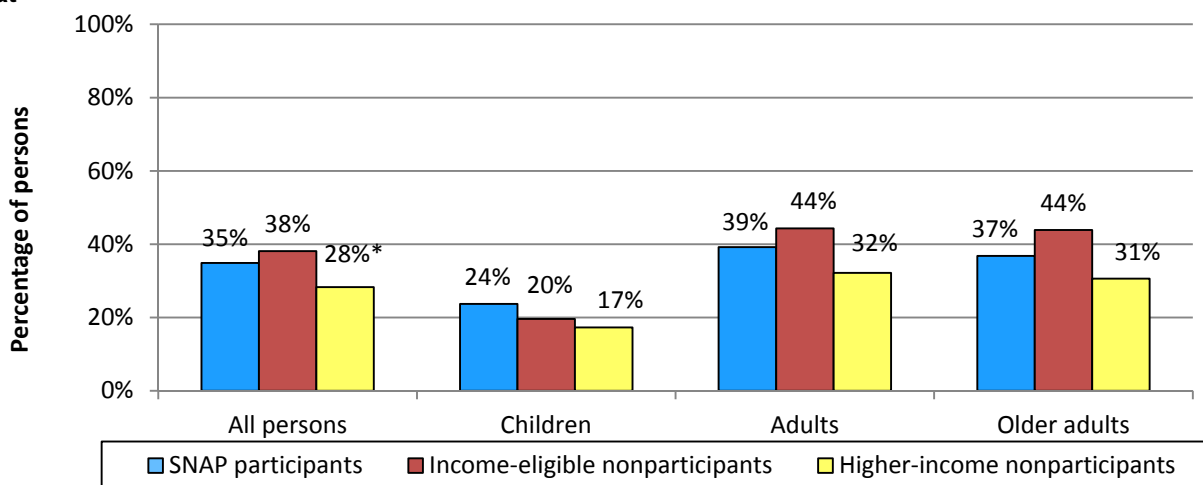
Exhibit 2-8. Percentage of Persons with Usual Intakes of Carbohydrate below the AMDR



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 2-9. Percentage of Persons Meeting the Dietary Guidelines Recommendation for Saturated Fat



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

This page left blank intentionally.

Chapter 3. Usual Intakes of Calories and Body Mass Index

In this chapter, we examine usual intakes of calories and body mass index (BMI). Achieving and maintaining an appropriate body weight is vital to sustaining good health (USDA & DHHS, 2010). The key to maintaining a healthy weight is achieving calorie (or energy) balance over time—this refers to the relationship between calories consumed and expended. The total number of calories a person needs each day varies by age, gender, height, weight, and level of physical activity (Exhibit 3-1). Imbalances between calorie intake and expenditure result in gains or losses of body fat, which affects body weight. Excess calorie consumption over time can result in overweight and obesity.

It is difficult to assess whether usual calorie intakes are consistent with or exceed requirements. An individual's estimated energy requirement (EER) is only an approximation of calorie requirements and actual requirements vary among individuals. Calorie requirements are also strongly influenced by physical activity, but activity levels are not precisely measured in most surveys, including the NHANES. In addition, dietary intake is often underreported in surveys, especially by individuals who are overweight or obese, which makes it difficult to assess accurately the appropriateness of usual calorie intakes. Thus, BMI is recommended for assessing the appropriateness of usual calorie intakes because it provides a reliable indicator of the extent to which long-run (or usual) calorie intakes are consistent with or exceed requirements (IOM, 2005a).

In this chapter, we present key findings on usual calorie intakes and BMI separately for each age group and for males and females. Estimates are based on a single day of intake. We discuss only statistically significant comparisons below.

Usual Intakes of Calories

Data

- NHANES 2007–2010: One or two 24-hour recalls per person

Sample

- Individuals 1 year old and older

Measures

- NCI method for estimating:
 - Mean usual intake
 - Distributions of usual intake

Body Mass Index

Data

- NHANES 2007–2010 Body Measures file

Sample

- Individuals 2 years old and older

Measures

Proportion of individuals in each weight category based on BMI

Exhibit 3-1. Estimated Daily Calorie Needs by Age, Gender, and Physical Activity Level^a

| Age/gender group | Estimated daily calories needs ^b | | |
|----------------------------|---|--------------------------|--------------------------|
| | Sedentary | Moderately active | Active |
| Children | | | |
| 2-3 years | 1,000–1,200 ^c | 1,000–1,400 ^c | 1,000–1,400 ^c |
| Females^d | | | |
| 4-8 years | 1,200–1,400 | 1,400–1,600 | 1,400–1,800 |
| 9-13 years | 1,400–1,600 | 1,600–2,000 | 1,800–2,200 |
| 14-18 years | 1,800 | 2,000 | 2,400 |
| 19-30 years | 1,800–2,000 | 2,000–2,200 | 2,400 |
| 31-50 years | 1,800 | 2,000 | 2,200 |
| 51+ years | 1,600 | 1,800 | 2,000–2,200 |
| Males | | | |
| 4-8 years | 1,200–1,400 | 1,400–1,600 | 1,600–2,000 |
| 9-13 years | 1,600–2,000 | 1,800–2,200 | 2,000–2,600 |
| 14-18 years | 2,000–2,400 | 2,400–2,800 | 2,800–3,200 |
| 19-30 years | 2,400–2,600 | 2,600–2,800 | 3,000 |
| 31-50 years | 2,200–2,400 | 2,400–2,600 | 2,800–3,000 |
| 51+ years | 2,000–2,200 | 2,200–2,400 | 2,400–2,800 |

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010. <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>

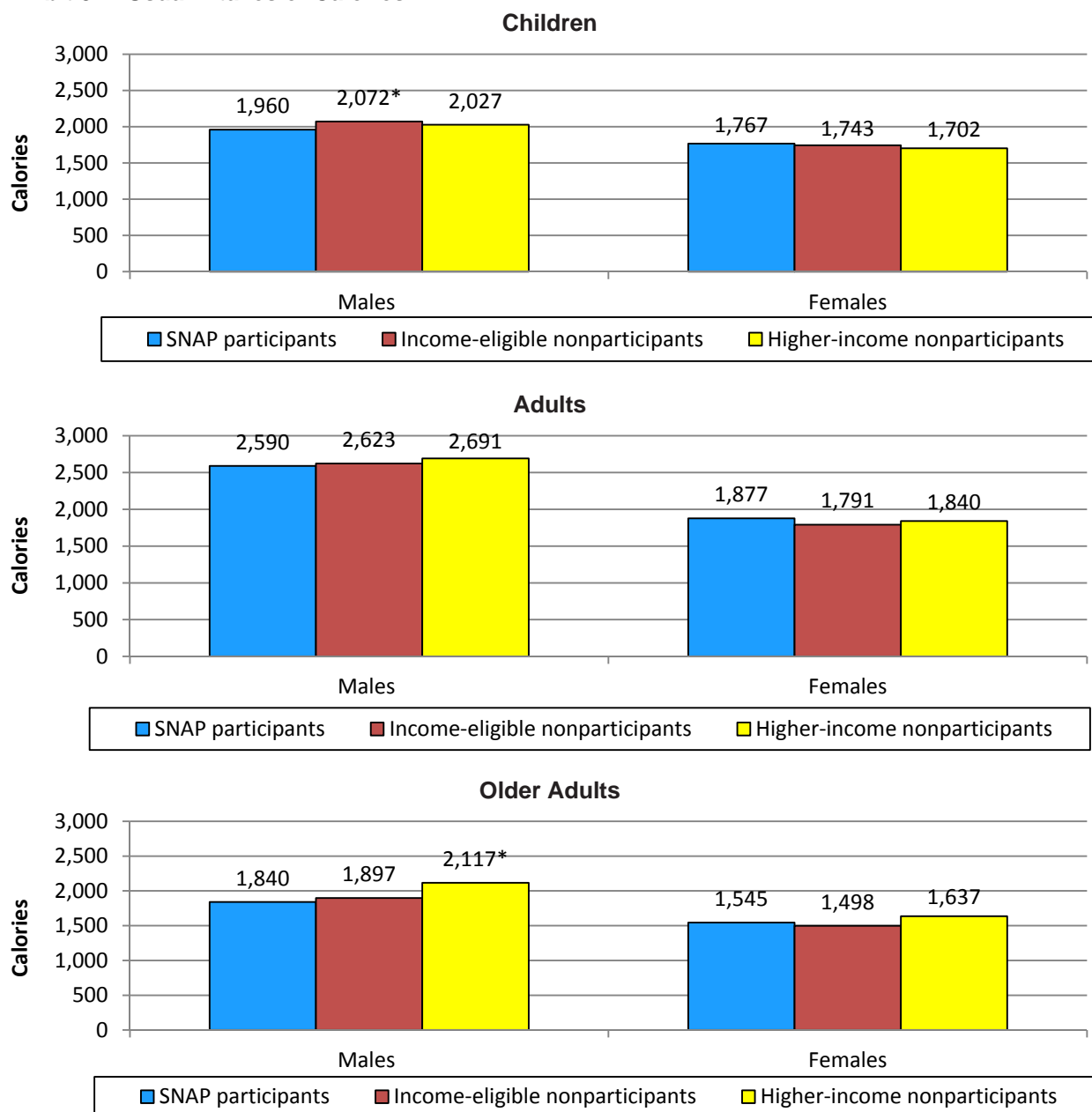
Notes: Estimated amounts of calories needed to maintain calorie balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual's calorie needs may be higher or lower than these average estimates.

- ^a Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
- ^b Based on EER equations, using reference heights (average) and reference weights (healthy) for each age/gender group. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds. EER equations are from the Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington (DC): The National Academies Press; 2002.
- ^c The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.
- ^d Estimates for females do not include women who are pregnant or breastfeeding.

Usual Intakes of Calories

Usual calorie intakes for each age and gender group are shown in Exhibit 3-2. We used the method developed by the NCI to estimate usual intakes of calories. A detailed description of the NCI method is provided in Appendix A.

Exhibit 3-2. Usual Intakes of Calories



Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods, beverages, and vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles between SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

Differences in usual calorie intakes between SNAP participants and nonparticipants were observed only among males. Male SNAP participants had a lower usual calorie intake than higher-income nonparticipants (2,302 calories versus 2,424 calories) (Appendix C, Table C-1). Among male children, SNAP participants had a lower usual intake of calories than income-eligible nonparticipants (1,960 calories versus 2,072 calories). Usual calorie intakes among adult males were comparable for SNAP participants and both groups of nonparticipants. Among older adult males, SNAP participants had a lower usual calorie intake than higher-income nonparticipants (1,840 calories versus 2,117 calories).

Body Mass Index

Body Mass Index (BMI) is a measure of the relationship between height and weight and is a widely accepted index for classifying the weight status of individuals as underweight, healthy weight, overweight, or obese. Individuals who are overweight or obese have an increased risk of many health problems, including type 2 diabetes, heart disease, and certain types of cancer (USDA, 2010). BMI can also be used to assess the appropriateness of usual calorie intakes (IOM, 2005a).

Adults can be assigned to one of four weight categories based on BMI cutoffs specified by the CDC (Exhibit 3-3). The CDC recommends using BMI to screen for overweight and obesity in children beginning at 2 years old. Because children grow at different rates at different ages, children’s weight status is determined by using BMI-for-age percentiles that take into account a child’s age and gender. The CDC defines four different weight categories for children based on BMI-for-age percentiles. For children and adults, a BMI in the healthy range indicates that usual calorie intakes are consistent with requirements, and a BMI above the healthy range indicates that usual calorie intakes exceed requirements.

To assess weight status and estimate the prevalence of overweight and obesity, we assigned NHANES sample members to weight categories based on their BMI or BMI-for-age percentile. The analysis excludes children under 2 years old because BMI standards apply only to children 2 years old and older.

Exhibit 3-3. Weight Categories Based on Body Mass Index (BMI) and BMI-for-Age Percentiles

| Weight category | Adults | Children ^a |
|-----------------|-------------------|---|
| Underweight | BMI < 18.5 | BMI < 5th percentile |
| Healthy weight | 18.5 ≤ BMI ≤ 24.9 | 5th percentile ≤ BMI < 85th percentile |
| Overweight | 25.0 ≤ BMI ≤ 29.9 | 85th percentile ≤ BMI < 95th percentile |
| Obese | BMI ≥ 30.0 | BMI ≥ 95th percentile |

Source: Adult BMI categories at http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html. Child and teen BMI categories at http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html.

^a Children are categorized based on comparison of BMI-for-age percentile with CDC-recommended standards.

All Persons

Overall, 39 percent of all persons had a BMI in the healthy range, 29 percent were overweight, and 31 percent were obese (Appendix C, Table C-2). SNAP participants were less likely than

either income-eligible nonparticipants or higher-income nonparticipants to have a healthy weight (32% versus 37% and 39%, respectively) and were more likely to be obese (40% versus 32% and 30%, respectively).

Children

About two-thirds (66%) of all children had a healthy weight, and almost one-third were classified as overweight or obese (15% and 16%, respectively) (Appendix C, Table C-2).

Among girls, SNAP participants were more likely to be obese than either income-eligible or higher-income nonparticipants (26% versus 17% and 11%, respectively) and were also less likely than higher-income nonparticipants to have a healthy weight (57% versus 72%) (Exhibit 3-4). Boys participating in SNAP were more likely to be obese compared to their higher-income nonparticipating counterparts (23% versus 16%).

Adults

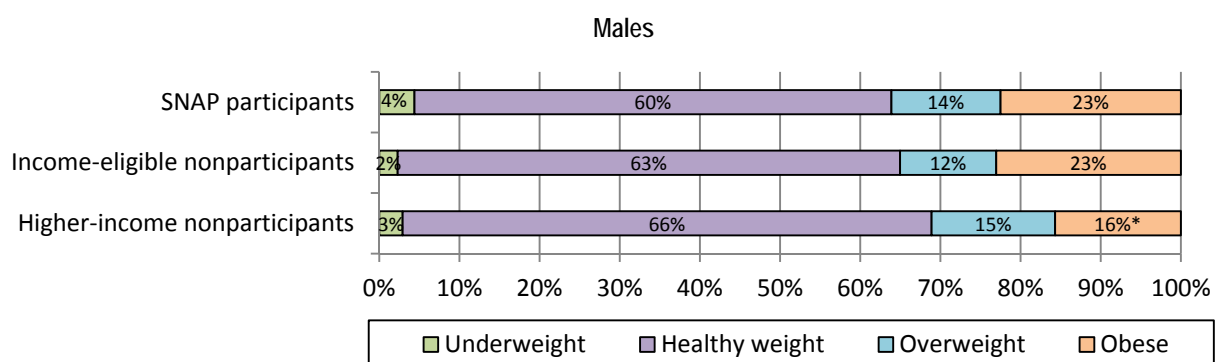
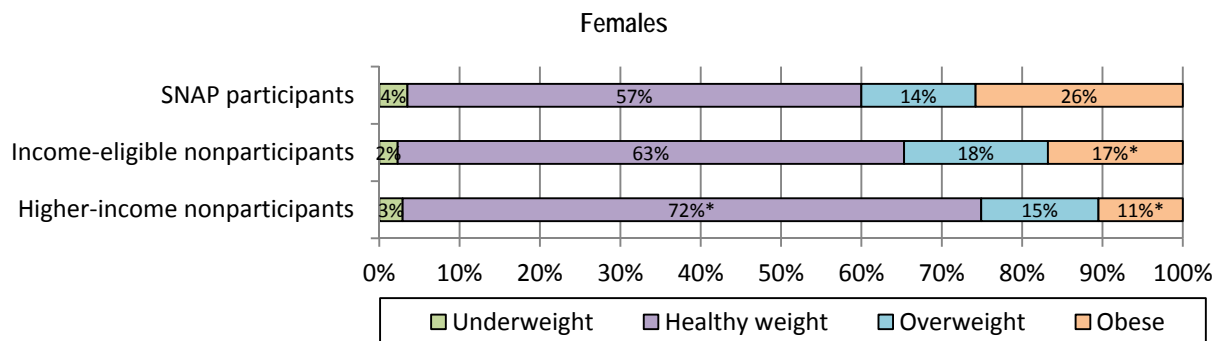
Approximately one-third (33%) of adults had a healthy weight, one-third (32%) were overweight, and one-third (33%) were obese (Appendix C, Table C-2). More than half (53%) of adult women participating in SNAP were obese (Appendix C, Table C-2). Adult SNAP participants of both sexes were more likely to be obese than either their income-eligible or higher-income nonparticipant counterparts and were also less likely than either nonparticipant group to have a healthy weight (Exhibit 3-4). The percentages for women with a healthy weight were 20 percent versus 35 percent and 39 percent, respectively, and for obese women were 53 percent versus 36 and 31 percent, respectively. The percentages for men with a healthy weight were 25 percent versus 33 percent for both nonparticipant groups, and for obese men were 44 percent versus 34 and 33 percent, respectively. Adult male SNAP participants were also less likely than higher-income nonparticipant males to be overweight (28% versus 33%).

Older Adults

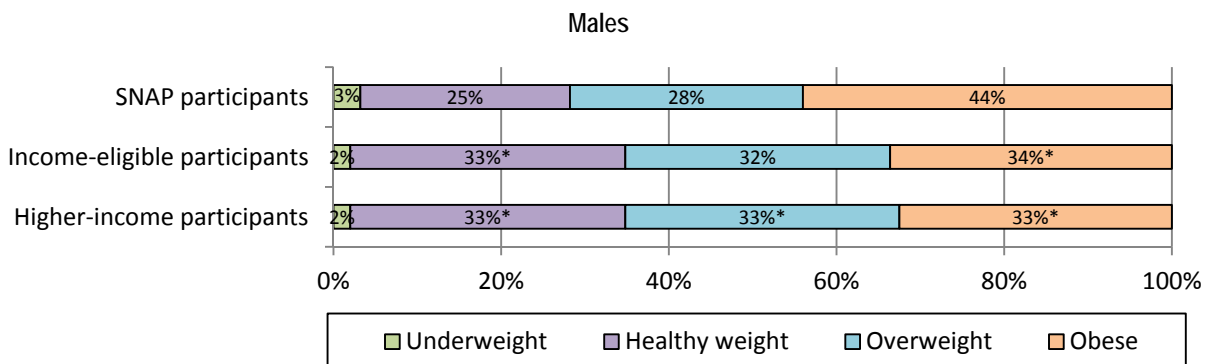
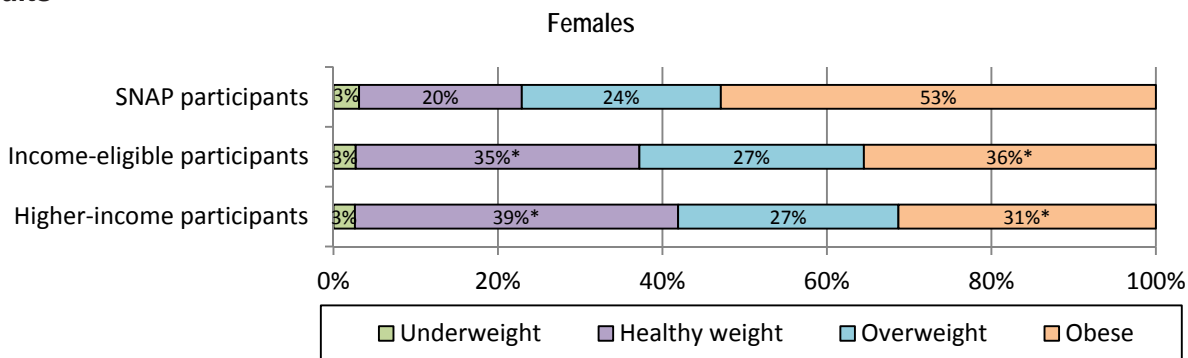
Among older adults, 24 percent had a healthy weight, 36 percent were overweight, and 39 percent were obese (Appendix C, Table C-2). For females, more than half of SNAP participants and income-eligible nonparticipants were obese (52% and 51%, respectively) (Appendix C, Table C-2). Older adult females participating in SNAP were less likely than higher-income nonparticipants to have a healthy weight (17% versus 27%) and were more likely to be obese (52% versus 41%) (Exhibit 3-4).

Exhibit 3-4. Distributions of Weight Status

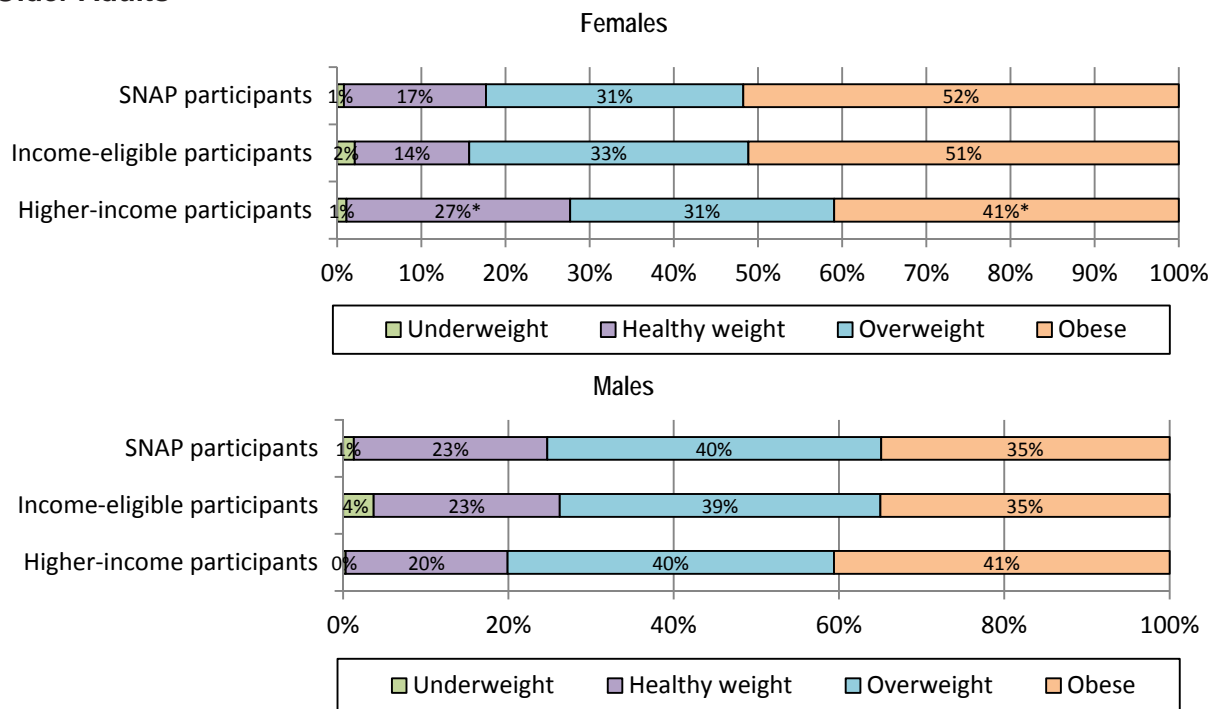
Children



Adults



Older Adults



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is \geq the 5th and < the 85th percentiles; overweight if BMI-for-age is \geq the 85th and < the 95th percentiles; and obese if BMI-for-age is \geq the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI \geq 18.5 and < 25; overweight as BMI \geq 25 and < 30; and obese as BMI \geq 30. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in percentages are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

This page left blank intentionally.

Chapter 4. Consumption of Empty Calories

In this chapter, we examine the contribution of empty calories to total calorie intakes for SNAP participants and nonparticipants. The consumption of empty calories is an important aspect of diet quality. Foods and beverages that contain empty calories contribute calories to a diet while providing few nutrients. Empty calories come from three main sources: solid fats, added sugars, and alcohol. The 2010 *Dietary Guidelines* recommend reducing consumption of solid fats and added sugars to allow for intake of recommended amounts of nutrient-dense foods (that is, foods that are fat-free or low fat with no added sugars) without exceeding overall calorie needs.¹⁸ The *Dietary Guidelines* specify maximum daily limits for empty calories for individuals 2 years old and older, based on estimated calorie needs for three different physical activity levels (Exhibit 4-1). As shown in Exhibit 4-1, maximum daily limits for empty calories range from 121 to 330, or 8 to 14 percent of total calorie needs for sedentary individuals.

To assess the consumption of empty calories among SNAP participants and nonparticipants, we estimated the percentage contribution of empty calories to total calorie intakes using two definitions of what is considered to be empty calories. The first definition includes calories from solid fats and added sugars (but not alcohol) and the second definition includes all three sources of empty calories (solid fats, added sugars, and alcohol). Additional information on the construction of the empty calories measures is provided in Appendix A. Estimates are based on Day-1 Dietary Recalls. Children under 2 years old were excluded from the analysis because the *Dietary Guidelines* do not apply to them. In this chapter, we discuss only statistically significant comparisons between groups of SNAP participants, income-eligible nonparticipants, and higher-income nonparticipants. We present detailed results in Appendix C, Table C-3.

Consumption of Empty Calories

Data

- NHANES 2007–2010: Single 24-hour recall per person
- MyPyramid Equivalent Database, Version 2.0
- CNPP Addendum to MPED 2.0B

Sample

- Individuals 2 years old and older

Measures

- Percentage of total calories contributed by empty calories from:
 - Solid fats and added sugars
 - Solid fats, added sugars, and alcohol

¹⁸ The *Dietary Guidelines* acknowledge that moderate alcohol consumption has beneficial effects, but also indicate that alcohol reduces the number of empty calories that can be accommodated in a diet (Guenther et al., 2013).

Exhibit 4-1. Estimated Calorie Needs and Maximum Limits on Empty Calories, by Age/Gender Group

| Age/gender group | Estimated daily calories needs ^a | | | Maximum daily limit on empty calories | |
|----------------------------|---|-------------------|--------|---------------------------------------|--|
| | Sedentary | Moderately active | Active | Calories | As a percentage of total calories ^b |
| Children | | | | | |
| 2-3 years | 1,000 | 1,200 | 1,400 | 137 | 14 |
| Females^c | | | | | |
| 4-8 years | 1,200 | 1,500 | 1,800 | 121 | 10 |
| 9-13 years | 1,600 | 1,800 | 2,200 | 121 | 8 |
| 14-18 years | 1,800 | 2,000 | 2,400 | 161 | 9 |
| 19-30 years | 2,000 | 2,100 | 2,400 | 266 | 13 |
| 31-50 years | 1,800 | 2,000 | 2,200 | 161 | 9 |
| 51+ years | 1,600 | 1,800 | 2,200 | 121 | 8 |
| Males | | | | | |
| 4-8 years | 1,400 | 1,500 | 2,000 | 121 | 9 |
| 9-13 years | 1,800 | 2,000 | 2,600 | 161 | 9 |
| 14-18 years | 2,200 | 2,600 | 3,200 | 266 | 12 |
| 19-30 years | 2,400 | 2,700 | 3,000 | 330 | 14 |
| 31-50 years | 2,400 | 2,500 | 3,000 | 330 | 14 |
| 51+ years | 2,200 | 2,300 | 2,800 | 266 | 12 |

^a Estimated daily calorie needs are rounded to the nearest 200 calories for consistency with USDA Food Patterns. An individual's calorie needs may be higher or lower than these average estimates.

^b Maximum limits for empty calories are expressed as a percentage of total calories, based on estimated calorie needs for sedentary individuals.

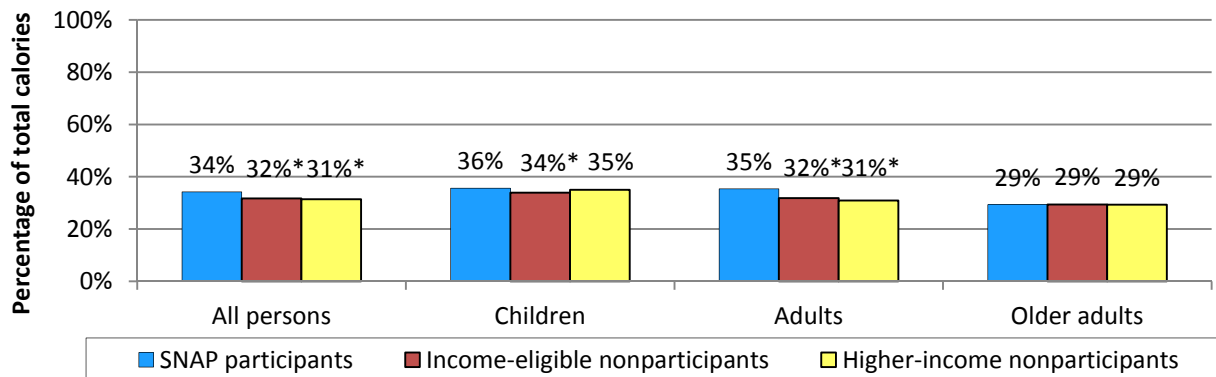
^c Estimates for females do not include women who are pregnant or breastfeeding.

Empty Calories Consumed by SNAP Participants and Nonparticipants

All Persons

The consumption of empty calories greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines* for SNAP participants and nonparticipants among all age groups (Exhibit 4-1 and Appendix C, Table C-3). For all persons, empty calories contributed 32 percent of total calorie intake (Appendix C, Table C-3), compared to maximum limits that range from 8 percent to 14 percent. SNAP participants obtained a larger share of their total calorie intake from empty calories than either income-eligible nonparticipants or higher-income nonparticipants, although the magnitudes of the differences were small (34% versus 32% and 31%, respectively) (Exhibit 4-2). When alcohol was included in the estimates, empty calories contributed a slightly higher proportion of total calorie intake (35%), and the differences between SNAP participants and both groups of nonparticipants persisted (37% versus 35% for both nonparticipant groups) (Exhibit 4-3 and Appendix C, Table C-3).

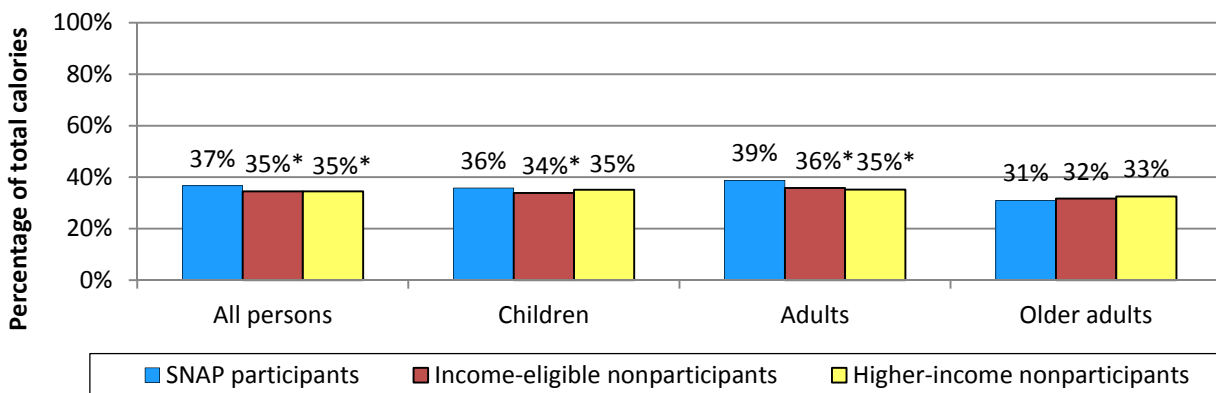
Exhibit 4-2. Average Percentage of Total Calories Contributed by Empty Calories, Excluding Alcohol



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 4-3. Average Percentage of Total Calories Contributed by Empty Calories, Including Alcohol



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Children

On average, children obtained approximately 35 percent of their total calorie intake from empty calories (Appendix C, Table C-3). This is more than three times the maximum limit specified for most age/gender groups of children. SNAP participants obtained a larger proportion of their total calorie intake from empty calories than income-eligible nonparticipants, although the difference was small (36% versus 34%) (Exhibit 4-2). When alcohol was included in the estimates, the contributions of empty calories to total calorie intake were essentially the same (Exhibit 4-3); they increased by a very small amount (no more than 0.2 percentage point) (Appendix C, Table C-3). This is consistent with the fact that alcohol intake among children was uncommon (1% of all children) and limited to older children (9 years old and older).

Adults

Among adults, intakes of empty calories exceeded maximum limits for SNAP participants and both groups of nonparticipants, ranging from 31 percent to 35 percent of total calories—two to almost four times the maximum limits (Exhibit 4-2). Adult SNAP participants obtained a larger proportion of their total calorie intake from empty calories (35%) than either income-eligible or higher-income nonparticipants (32% and 31%, respectively). When alcohol was included in estimates of empty calories, the percentage of total calories consumed as empty calories increased by 4 percent (for a total of 36% of calories from empty calories) (Appendix C, Table C-3). The differences between SNAP participants and both groups of nonparticipants were also observed when alcohol was included in the estimates (Exhibit 4-3).

Older Adults

Older adults, on average, obtained the lowest percentage of their total calorie intake from empty calories (29% excluding alcohol), compared with adults and children (32% and 35%, respectively) (Appendix C, Table C-3). Similarly to the other age groups, the percentages when alcohol was included in the estimates were only slightly higher. For older adults, the proportions of total calories contributed by empty calories were similar for SNAP participants and either group of nonparticipants (Exhibits 4-2 and 4-3).

Chapter 5. Food Consumption Patterns

In this chapter, we examine the food consumption patterns of SNAP participants and nonparticipants using two measures: (1) the proportion of persons consuming foods from specific food groups and subgroups, and (2) the average amounts of those food groups and subgroups consumed. The food groups and subgroups used in the analysis were defined using the “supermarket aisle” approach (USDA, 2008). This approach categorizes foods into one of ten major food groups (see Exhibit 5-1) and then into subgroups within the major groups. For example, whole milk, 2% milk, cheese, and yogurt are subgroups in the milk and milk products group. The complete list of major food groups and subgroups included in the supermarket aisle approach is shown in Exhibit 5-1.

All of the supermarket aisle food groups and subgroups reflect foods consumed as *discrete* items. This includes combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components. For example, a sandwich reported as a beef patty, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup.

Estimates of the Proportions of Persons Consuming Foods from Supermarket Aisle Food Groups and Subgroups

The percentages reported for the major supermarket aisle food groups reflect the proportion of persons consuming one or more foods in a given food group, in any amount, on the day covered in the dietary recall. Percentages reported for food subgroups are conditional in that they include only persons who consumed one or more foods from the major food group. So, for example, the percentages of persons consuming different types of milk were each computed with a denominator equal to the number of persons consuming any foods from the “milk and milk products” major group. This approach allows us to compare food choices of SNAP participants with those of nonparticipants while controlling for overall levels of consumption at the major food group level. In discussing significant findings, we focus on major food groups and subgroups that were consumed by at least 2 percent of persons in any age or comparison group. Appendix C, Table C-4, includes data for every food group and subgroup defined in the supermarket aisle approach.

Estimates of the Average Amounts of Foods Consumed from Supermarket Aisle Food Groups and Subgroups

We estimated average amounts consumed in grams and USDA Food Patterns units (cup and ounce equivalents) by the total population—that is, both people that consumed the supermarket aisle food group or subgroup and persons that did not. Average amounts are reported in Food Pattern units of cup or ounce equivalents for most major food groups and for subgroups within these major groups. For selected major food groups and subgroups—mixed dishes, other beverages, sweets and desserts, salty snacks, and added fats and oils—average amounts are more appropriately reported in grams. The estimates reflect average daily amounts of foods consumed on the day covered in the dietary recall. Because the estimates include both consumers and non-

consumers, findings for some food groups and subgroups are heavily influenced by large proportions of non-consumers.¹⁹

In summarizing findings in this chapter, we discuss only significant differences between SNAP participants and nonparticipants in amounts consumed at the major food group level. We also present findings for food subgroups that had average amounts for any group of at least 0.2 cup or ounce equivalent (cup eq or oz eq) for grains, fruits, vegetables, milk and milk products, and meat/meat alternates; or a minimum gram amount depending on the food group. Detailed data are shown in Appendix C, Tables C-5 and C-7.

It is important to note that findings presented in this chapter should not be construed as representing total intakes of USDA Food Pattern food groups or compared to recommendations for these food groups. We did not estimate total intakes of USDA Food Pattern food groups. These data have been estimated by the USDA using NHANES 2007–2008 and 2009–2010 data and can be found on the USDA website

<http://www.ars.usda.gov/Services/docs.htm?docid=23868>. In this chapter, we include some comparisons to these data to provide some perspective on how intakes of food groups from discrete food items compares to total consumption.

Food Consumption Patterns

Data

- NHANES 2007–2010: Single 24-hour recall per person
- MyPyramid Equivalents Database, Version 2.0
- CNPP Addendum to MPED 2.0B
- CNPP Fruit Database (03-04)

Sample

- Individuals 1 year old and older

Measures

- Proportion of individuals consuming foods from supermarket aisle *food groups* in a day
 - Proportion of individuals consuming foods from supermarket aisle *subgroups*, among those consuming foods from the relevant major food group
- Mean amounts of foods from supermarket aisle food groups and subgroups consumed in a day, among the total population and among only consumers
 - Amounts in USDA Food Pattern units
 - Amounts in grams

¹⁹ Average amounts consumed were also estimated among consumers only. Full tabulations for this analysis are provided in Appendix Tables C-6 and C-8.

Exhibit 5-1. Supermarket Aisle Food Groups and Subgroups Used to Classify Types and Amounts of Foods Consumed by SNAP Participants and Nonparticipants

| | | | |
|--|-----------------------------------|---------------------------------|---|
| Grains | Fruit and 100% Fruit Juice | Organ meats | Beverages Other Than Milk and 100% Fruit Juice |
| Bread | Fresh orange | Hot dogs | |
| Rolls | Fresh other citrus | Turkey | Coffee |
| English muffin | Fresh apple | Cold cuts | Tea |
| Bagels | Fresh banana | Fish | Beer |
| Biscuits, scones, croissants | Fresh melon | Shellfish | Wine |
| Muffins | Fresh watermelon | Bacon/sausage | Liquor |
| Cornbread | Fresh grapes | Eggs | Water |
| Corn tortillas | Fresh peach/nectarine | Beans (dry, cooked) | Regular soda |
| Flour tortillas | Fresh pear | Baked/refried beans | Sugar-free soda |
| Taco shells | Fresh berries | Soy products | Noncarbonated sweetened drinks |
| Crackers | Other fresh fruit | Chili con carne | |
| Breakfast/granola bar | Avocado/guacamole | Meat mixtures w/ red meat | Noncarbonated low-calorie/sugar free drinks |
| Pancakes, waffles, French toast | Lemon/lime - any form | Meat mixtures w/ chicken/turkey | |
| Cold cereal | Canned or frozen in syrup | Meat mixtures w/ fish | Sweets and Desserts |
| Hot cereal | Canned or frozen, no syrup | Hamburgers/cheeseburgers | Sugar and sugar substitutes |
| Rice | Applesauce, canned/frozen apples | Sandwiches (excl hamburger) | Syrups/sweet toppings |
| Pasta | | Hot dogs | Jelly |
| Vegetables | Canned/frozen peaches | Luncheon meat | Jello |
| Raw lettuce/greens | Canned/frozen pineapple | Beef, pork, ham | Candy |
| Raw carrots | Other canned/frozen | Protein/meal enhancement | Ice cream |
| Raw tomatoes | Non-citrus juice | Nuts | Pudding |
| Raw cabbage/coleslaw | Citrus juice | Peanut/almond butter | Ice/popsicles |
| Other raw vegetables, higher in vitamins A or C ^a | Dried fruit | Seeds | Sweet rolls |
| | Milk and Milk Products | Mixed Dishes | Cake/cupcakes |
| Other raw vegetables, lower in vitamins A or C ^a | Unflavored whole milk | Tomato sauce & meat (no pasta) | Cookies |
| | Unflavored 2% milk | Chili con carne | Pies/cobblers |
| Salads (w/greens) | Unflavored 1% milk | Meat mixtures w/ red meat | Pastries |
| Cooked green beans | Unflavored skim milk | Meat mixtures w/ chicken/turkey | Doughnuts |
| Cooked corn | Unflavored milk-% fat nfs | Meat mixtures w/ fish | Salty Snacks |
| Cooked peas | Flavored whole milk | Hamburgers/cheeseburgers | Corn-based salty snacks |
| Cooked carrots | Flavored 2% milk | Sandwiches (excl hamburger) | Pretzels/party mix |
| Cooked broccoli | Flavored 1% milk | Hot dogs | Popcorn |
| Cooked tomatoes | Flavored skim milk | Luncheon meat | Potato chips |
| Cooked mixed | Flavored milk-% fat nfs | Beef, pork, ham | Added Fats and Oils |
| Cooked starchy | Soy milk | Chicken, turkey | Butter |
| Other cooked deep yellow | Dry or evaporated milk | Mexican entrees | Margarine |
| Other cooked dark green | Yogurt | Macaroni & cheese | Other added fats |
| Other cooked vegetable, higher in vitamins A or C ^a | Cheese | Pasta dishes, Italian style | Other added oils |
| | Meat and Meat Alternates | Rice dishes | Salad dressing |
| Other cooked vegetable, lower in vitamins A or C ^a | Beef | Other grain mixtures | Mayonnaise |
| | Ground beef | Meat soup | Gravy |
| Other fried | Pork | Bean soup | Cream cheese |
| Cooked potatoes-not fried | Ham | Grain soups | Cream /sour cream |
| Cooked potatoes-fried | Lamb and misc. meats | Vegetables mixtures (inc soup) | Other |
| Vegetable juice | Chicken | | |

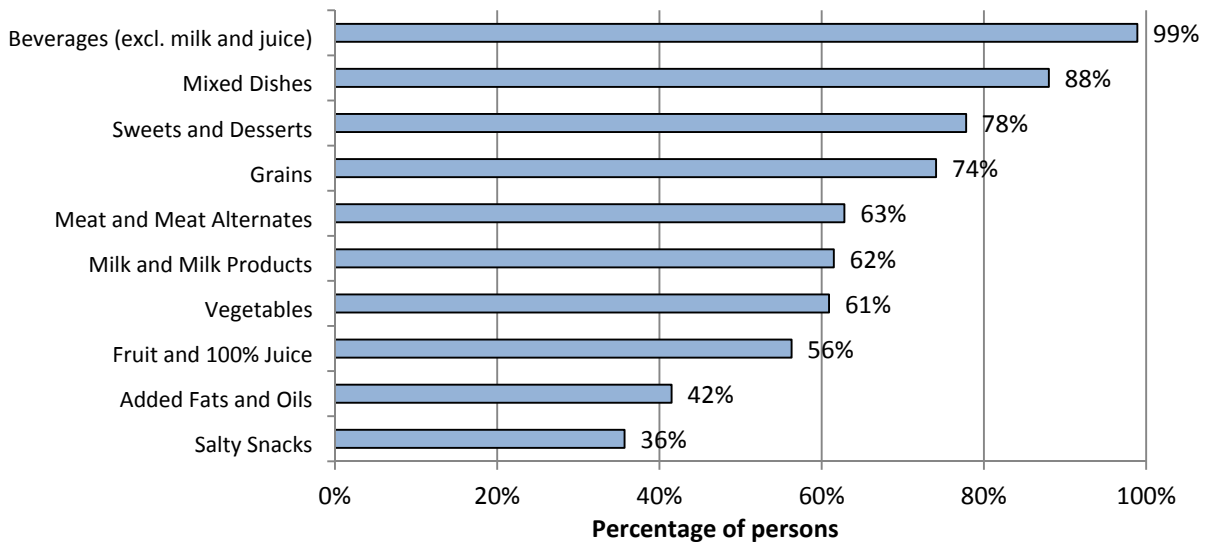
Note: "nfs" represents "not further specified".

^a "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "high in nutrients"; all others are "low in nutrients." Raw vegetables high in nutrients include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables that are low in nutrients include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.

Consumption of Grains as Discrete Food Items

About three-quarters (74%) of all people consumed a discrete grain or grain-based item on the day covered in the dietary recall (Exhibit 5-2). This excludes grains and grain-based foods included in mixed dishes, such as sandwiches and pasta-based dishes. Overall, SNAP participants were less likely than higher-income nonparticipants to consume a discrete grain item (69% versus 75%) (Exhibit 5-3). Among children, SNAP participants were less likely to consume a discrete grain item, compared with higher-income nonparticipants (76% versus 81%) (Exhibit 5-4). In addition, adult SNAP participants were less likely than either income-eligible or higher-income nonparticipants to consume a discrete grain item (61% versus 68% and 70%, respectively). Among older adults, there were no differences between SNAP participants and either group of nonparticipants in the proportions that consumed a discrete grain item.

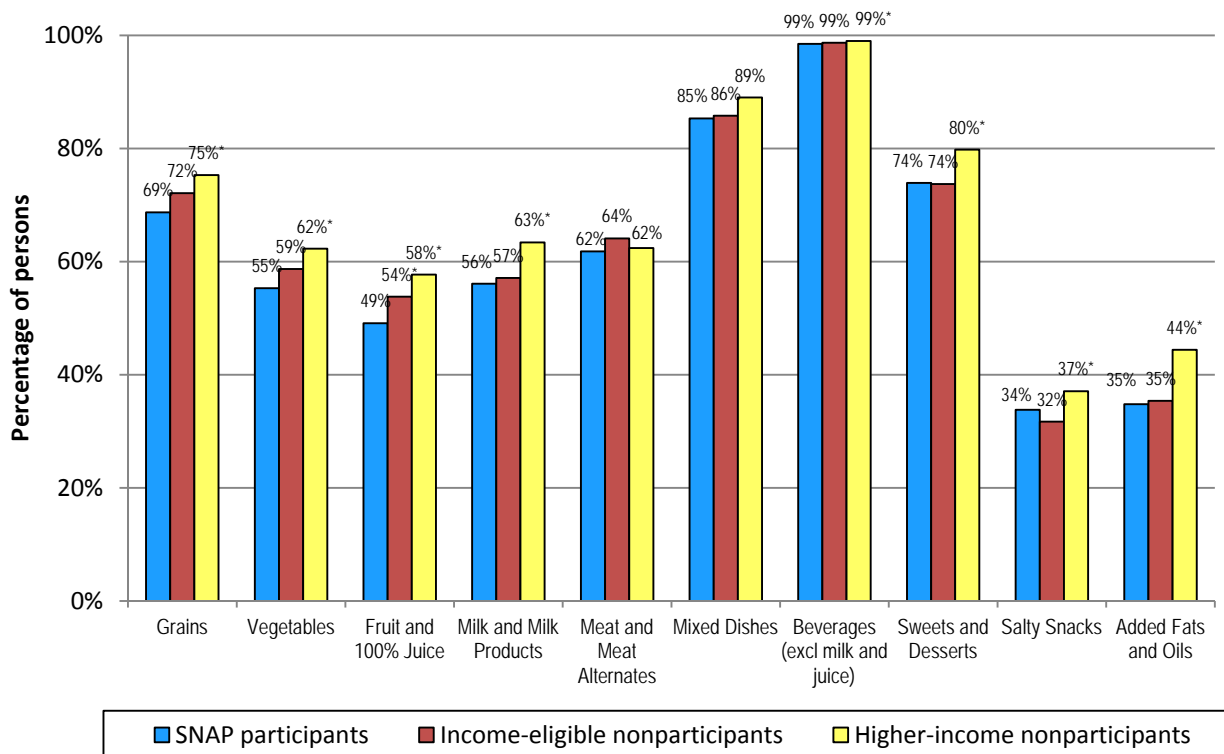
Exhibit 5-2. Percentage of Persons Consuming Any Discrete Foods from 10 Major Supermarket Aisle Food Groups



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Starting in NHANES 2005–2006, the consumption of drinking water was collected during the dietary recall. This analysis includes drinking water in the “beverages excluding milk and juice” major food group. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants.

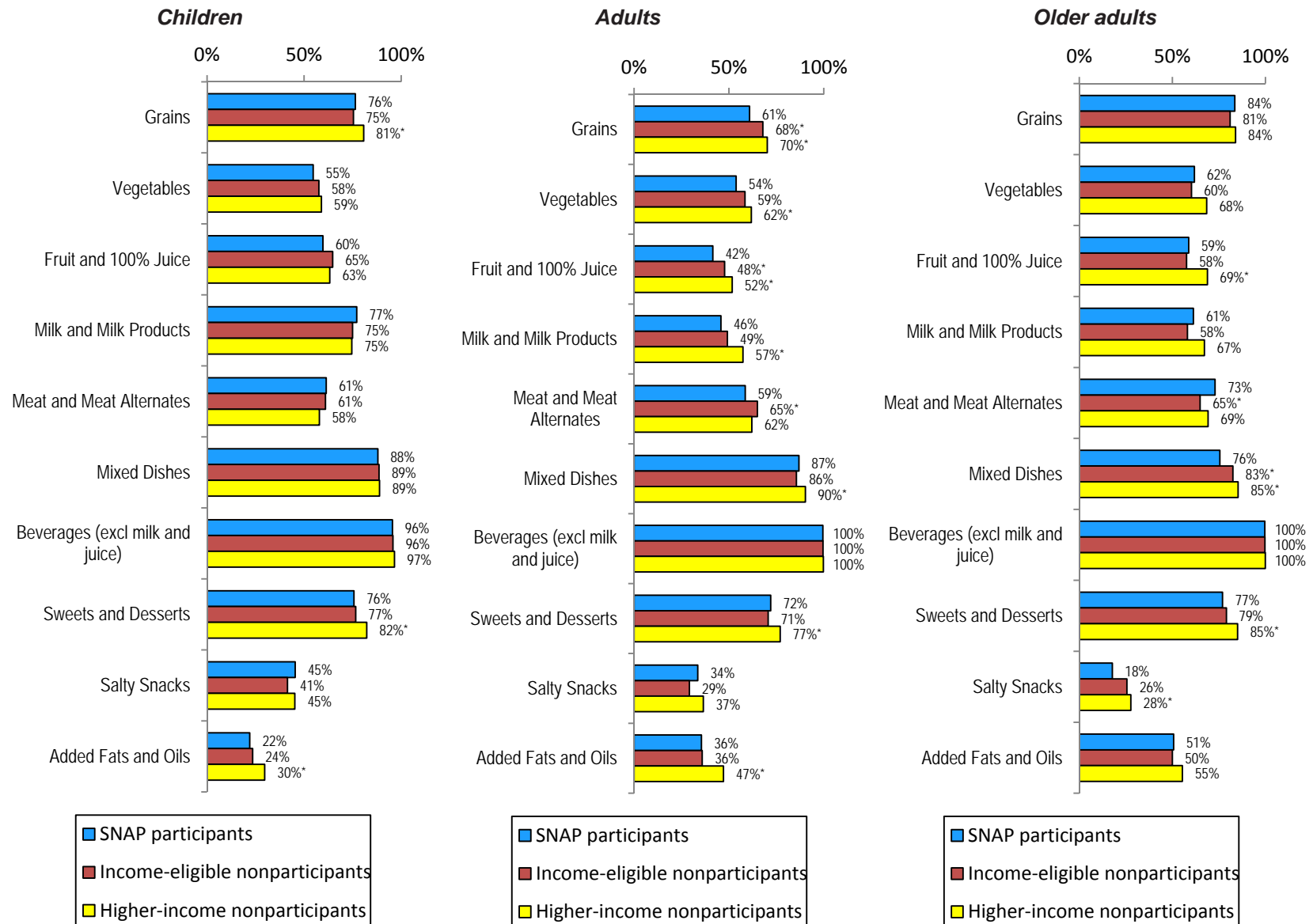
Exhibit 5-3. Percentage of SNAP Participants and Nonparticipants Consuming Any Discrete Foods from Major Supermarket Aisle Food Groups



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Starting in NHANES 2005-2006, the consumption of drinking water was collected during the dietary recall. This analysis includes drinking water in the “beverages excluding milk and juice” major food group. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 5-4. Percentage of SNAP Participants and Nonparticipants Consuming Any Discrete Foods from 10 Major Supermarket Aisle Food Groups: By Age Group

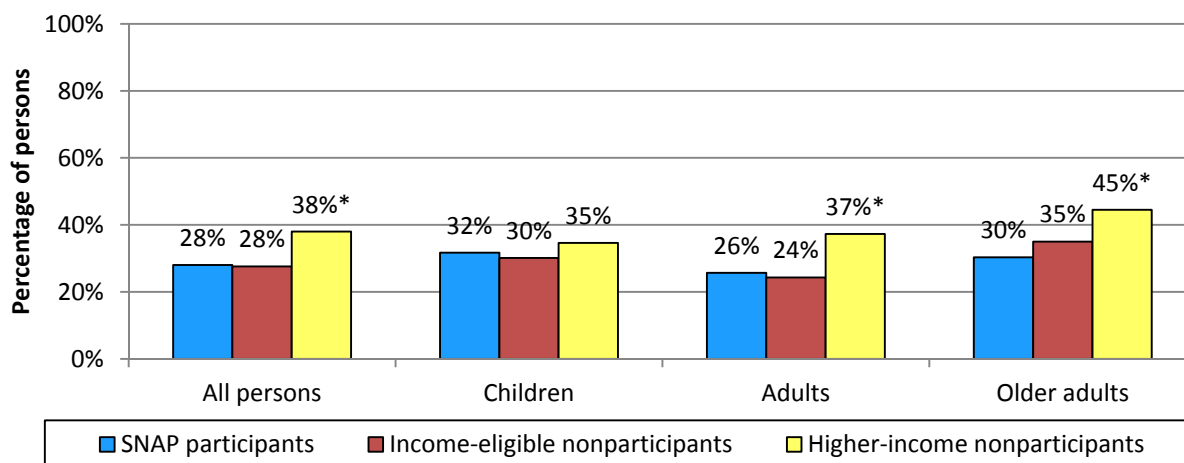


Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Starting in NHANES 2005-2006, the consumption of drinking water was collected during the dietary recall. This analysis includes drinking water in the “beverages excluding milk and juice” major food group. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Consumption of discrete whole-grain items was low for all age groups and all three comparison groups. Among persons consuming at least one discrete grain item, just over one-third (35%) consumed a whole grain item (Appendix C, Table C-4). Among adults and older adults that consumed a discrete grain item, SNAP participants were less likely than higher-income nonparticipants to consume a whole grain item (26% versus 37% for adults; 30% versus 45% for older adults) (Exhibit 5-5).

Exhibit 5-5. Percentage of Persons Consuming Discrete Whole Grain Items, Among Those Consuming Any Discrete Grain Items



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Average Amounts Consumed

On average, people consumed 2.4 ounce equivalents of discrete grain items.²⁰ SNAP participants consumed a smaller average amount of discrete grain items than income-eligible or higher-income nonparticipants over the course of a day (2.1 oz eq versus 2.4 and 2.3 oz eq, respectively) (Appendix C, Table C-5). Relative to higher-income nonparticipating children, SNAP children consumed a smaller average amount of grain items (1.9 oz eq versus 2.2 oz eq). For adults and older adults, average amounts of discrete grain items consumed were comparable for SNAP participants and nonparticipants. However, adult SNAP participants consumed a smaller average amount of whole grain items than higher-income nonparticipants (0.4 oz eq versus 0.5 oz eq).

Consumption of Specific Grain Items

Among persons eating at least one discrete grain item, bread was the most common item consumed by adults and older adults (31% and 41%, respectively) (Appendix C, Table C-4). For children, cold cereal was the most commonly consumed grain item (48%). There were several differences between SNAP participants and nonparticipants in the specific types of discrete grain items consumed and the average amounts of these items consumed. These differences are summarized in Exhibit 5-6.

Exhibit 5-6. Differences between SNAP Participants and Nonparticipants in Discrete Grain Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|---|--|---|---|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Income-eligible nonparticipants | Crackers; Corn tortillas; Breakfast/granola bar | Crackers | | Cold cereal; Biscuits/scones/croissants | -- |
| Higher-income nonparticipants | Bagels; Crackers; Breakfast/granola bar; Pancakes/waffles/French toast; Pasta | Bagels; Crackers; Pancakes/waffles/French toast; Pasta | | Biscuits/scones/croissants; Cold cereal; Corn tortillas | Cold cereal |
| Adults | | | | | |
| Income-eligible nonparticipants | Muffins; Rice | Rice | | -- | -- |
| Higher-income nonparticipants | Bagels; Muffins; Breakfast/granola bar; Pasta | Bagels; Crackers; Pasta | | Corn tortillas | Corn tortillas |
| Older Adults | | | | | |
| Higher-income nonparticipants | English muffin; Breakfast/granola bar | English muffin | | Rice | -- |

²⁰ When grains from mixed dishes and other food groups are included (for example, sweets and desserts), average consumption of grains was 6.4 to 6.6 ounce equivalents (NHANES, WWEIA 2007-2008 and 2009-2010). Thus, grains are consumed from many different sources, not just as discrete items.

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 0.2 ounce equivalents. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Vegetables as Discrete Food Items

Overall, 61 percent of all people consumed at least one vegetable as a discrete item on the day covered in the dietary recall (Exhibit 5-2). SNAP participants as a whole were less likely than higher-income nonparticipants to consume at least one vegetable (55% versus 62%) (Exhibit 5-3). Adult SNAP participants were less likely to consume a discrete vegetable than higher-income nonparticipants (54% versus 62%) (Exhibit 5-4). For children and older adults, there were no differences between SNAP participants and either group of nonparticipants in the proportion consuming vegetables as discrete items.

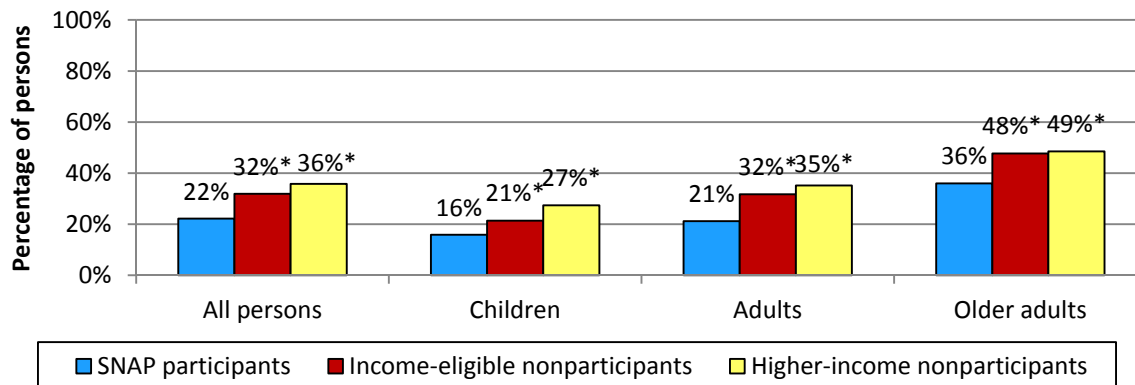
Among persons consuming any discrete vegetables, SNAP participants in all three age groups (and, thus, participants as a whole) were less likely to consume raw vegetables (including salads with greens) than income-eligible or higher-income nonparticipants (22% versus 32 and 36%, respectively, overall; 16% versus 21 and 27%, respectively, for children; 21% versus 32 and 35%, respectively, for adults; 36% versus 48 and 49%, respectively, for older adults) (Exhibit 5-7). Among children that consumed discrete vegetables, SNAP participants were more likely than income-eligible and higher-income nonparticipants to consume cooked vegetables other than potatoes (66% versus 58 and 59%, respectively) (Exhibit 5-8). Among older adults, SNAP participants were more likely to consume cooked vegetables other than potatoes, relative to income-eligible nonparticipants (65% versus 52%).

Average Amounts Consumed

On average, people consumed 0.8 cup equivalents of discrete vegetables over the course of a day.²¹ SNAP participants consumed a smaller average amount of discrete vegetables over the course of a day than higher-income nonparticipants (0.6 cup eq versus 0.9 cup eq) (Appendix C, Table C-5). Adult and older adult SNAP participants consumed a smaller average amount of discrete vegetables than higher-income nonparticipants (0.8 cup eq versus 0.9 cup eq for adults; 0.8 cup eq versus 1.1 cup eq for older adults). This pattern was also observed for raw vegetables, as compared to both income-eligible and higher-income nonparticipants (for adults, 0.1 cup eq versus 0.2 and 0.3 cup eq, respectively; for older adults, 0.2 cup eq versus 0.4 cup eq for both groups of nonparticipants). For children, there were no differences between SNAP participants and nonparticipants in the total amount of discrete vegetables or raw vegetables consumed over the course of a day.

²¹ When vegetables from mixed dishes and other food groups are included, average consumption of vegetables was 1.4 cup equivalents (NHANES, WWEIA 2007-2008 and 2009-2010). Thus, vegetables are consumed from different sources, not just as discrete items.

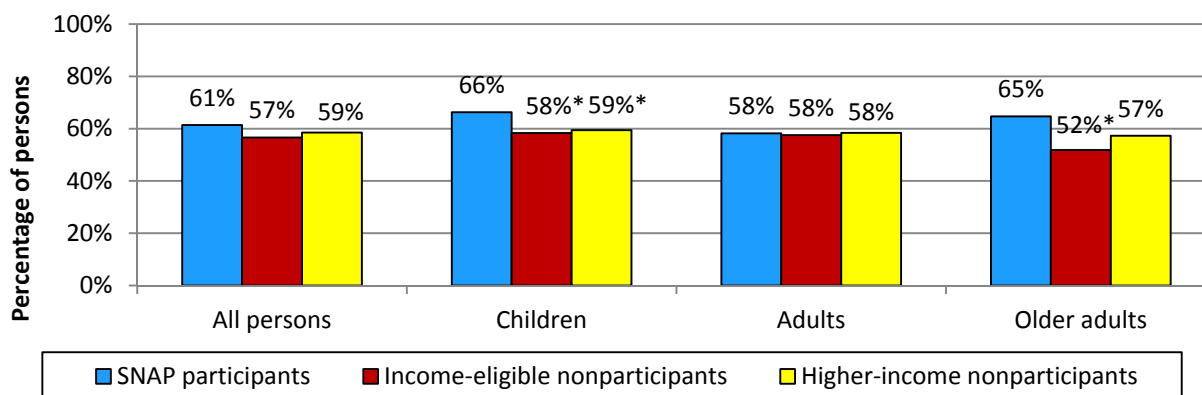
Exhibit 5-7. Percentage of Persons Consuming Raw Vegetables, Among Those Consuming Any Discrete Vegetables



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 5-8. Percentage of Persons Consuming Cooked Vegetables, Among Those Consuming Any Discrete Vegetables



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Consumption of Specific Vegetable Items

For all age groups, cooked potatoes and cooked tomatoes were the most commonly consumed vegetable among those who consumed at least one discrete vegetable (50% and 25%, respectively) (Appendix C, Table C-4). There were a number of differences between SNAP participants and nonparticipants in the specific types of discrete vegetables consumed and the average amounts of these items consumed. These differences are summarized in Exhibit 5-9.

Exhibit 5-9. Differences between SNAP Participants and Nonparticipants in Discrete Vegetable Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|---|---------------------------------------|---|--|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Higher-income nonparticipants | Raw carrots; Raw tomatoes; Raw vegetables lower in vitamins A or C ^a ; Raw vegetables higher in vitamins A or C ^b ; | -- | | Cooked tomatoes; Cooked potatoes | -- |
| Adults | | | | | |
| Income-eligible nonparticipants | Raw cabbage/coleslaw | -- | | Cooked potatoes | -- |
| Higher-income nonparticipants | Raw carrots; Raw cabbage/ coleslaw; Salads (w/greens); Cooked vegetables lower in vitamins A or C ^c | | Salads (w/greens) | Cooked potatoes; Fried potatoes | -- |
| Older Adults | | | | | |
| Income-eligible nonparticipants | Raw carrots | | Salads (w/greens) | -- | -- |
| Higher-income nonparticipants | Raw carrots; Salads (w/greens); Vegetable juice | | Salads (w/greens) | Cooked potatoes; Cooked potatoes (not fried) | -- |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 0.2 cup equivalents. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

^a Raw vegetables lower in vitamins A or C include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas.

^b Raw vegetables higher in vitamins A or C include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks.

^c Cooked vegetables lower in vitamins A or C include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.

-- Denotes no significant differences.

Consumption of Fruit and 100% Fruit Juice as Discrete Food Items

More than half (56%) of all people consumed fruit or 100% fruit juice as discrete items on the day covered in the dietary recall (Exhibit 5-2). Overall, SNAP participants were less likely than income-eligible or higher-income nonparticipants to consume fruit or 100% fruit juice (49% versus 54% and 58%, respectively) (Exhibit 5-3). Among children, there were no differences between SNAP participants and nonparticipants in the proportions who consumed fruit or 100% fruit juice (Exhibit 5-4). Adult SNAP participants were less likely than either income-eligible or higher-income nonparticipants to consume fruit or 100% fruit juice, whereas older adult SNAP participants were less likely than higher-income nonparticipants to consume fruit or 100% fruit juice (42% versus 48% and 52%, respectively, for adults; 59% versus 69% for older adults).

Among children and adults who consumed fruit or 100% fruit juice as discrete items, SNAP participants were less likely than either income-eligible or higher-income nonparticipants to consume whole fruit²² (69% versus 77% and 82%, respectively, for children; 69% versus 79% and 80%, respectively, for adults) (Appendix C, Table C-4). In addition, SNAP children were less likely than higher-income nonparticipant children to consume fresh fruit, and SNAP adults were less likely either group of nonparticipants to consume fresh fruit (58% versus 72% for children; 61% versus 73% for both nonparticipant groups for adults) (Exhibit 5-10). For both children and adults, SNAP participants were more likely than higher-income nonparticipants to consume 100% fruit juice (62% versus 48% for children; 49% versus 38% for adults) (Exhibit 5-11). There were no differences among older adults in the proportions consuming whole fruit, fresh fruit, or 100% fruit juice.

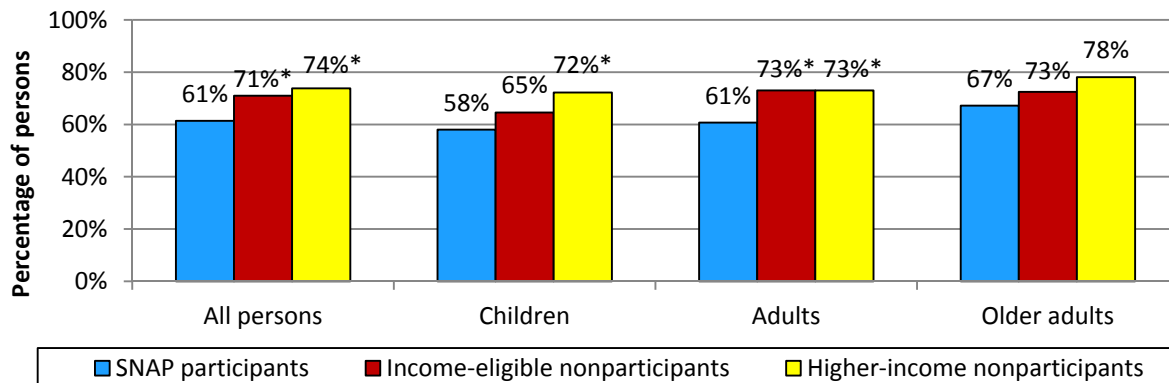
Average Amounts Consumed

On average, people consumed 1.1 cup equivalents of discrete fruit and 100% juice on the day covered in the dietary recall.²³ There were no differences between SNAP participants and nonparticipants in the average amounts of fruit and 100% fruit juice consumed as discrete items (Appendix C, Table C-5). For children, the total amount of fruit and 100% fruit juice consumed was comparable for SNAP participants and nonparticipants. However, SNAP children consumed a smaller average amount of fresh fruit than either income-eligible or higher-income nonparticipants (0.5 cup eq versus 0.6 and 0.7 cup eq, respectively). SNAP children also consumed a smaller average amount of whole fruit, relative to higher-income nonparticipants (0.6 cup eq versus 0.8 cup eq), and a larger average amount of 100% fruit juice (0.5 cup eq versus 0.4 cup eq).

²² Whole fruit was defined as fresh, canned, or dried fruit.

²³ Estimates are comparable when all fruit sources are included (1.0 to 1.1 cup equivalents; NHANES, WWEIA 2007-2008 and 2009-2010). Thus, most fruit is consumed as discrete items.

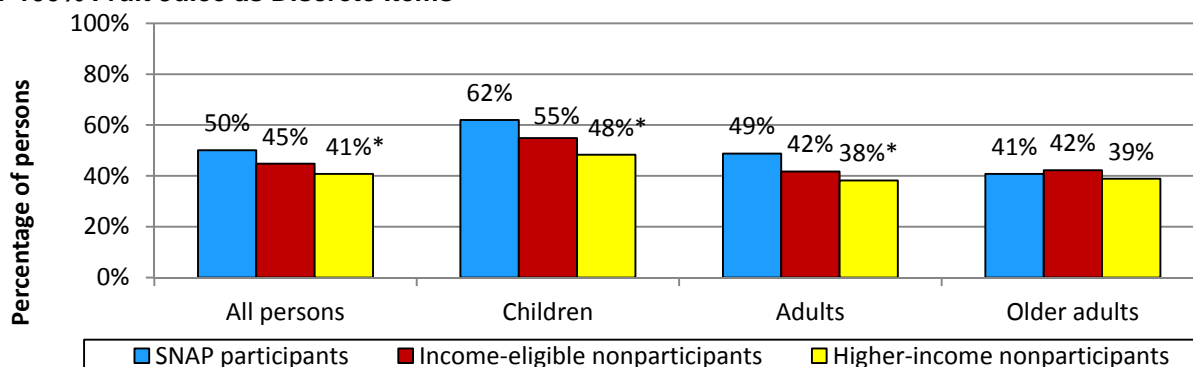
Exhibit 5-10. Percentage of Persons Consuming Fresh Fruit, Among Those Consuming Fruit or 100% Fruit Juice as Discrete Items



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 5-11. Percentage of Persons Consuming 100% Fruit Juice, Among Those Consuming Fruit or 100% Fruit Juice as Discrete Items



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Adult SNAP participants consumed smaller average amounts of whole fruit and fresh fruit than either income-eligible or higher-income nonparticipants (for whole fruit, 0.5 cup eq versus 0.7 cup eq for both groups of nonparticipants; for fresh fruit, 0.4 cup eq versus 0.7 and 0.6 cup eq, respectively). SNAP adults consumed a larger average amount of 100% fruit juice than higher-income nonparticipants (0.4 cup eq versus 0.3 cup eq).

Older adult SNAP participants consumed a smaller average amount of fruit and 100% fruit juice than higher-income nonparticipants (0.9 cup eq versus 1.2 cup eq). The disparity between older adult SNAP participants and higher-income nonparticipants was driven by differences in the average amounts of whole fruit and fresh fruit consumed (0.6 cup eq versus 0.9 cup eq for both whole and fresh fruits).

Consumption of Specific Fruits and 100% Fruit Juices

Among persons consuming any fruit or 100% fruit juice as discrete items, fresh banana was the fruit most commonly consumed by adults and older adults (26% and 31%, respectively), and fresh apple was the fruit most commonly consumed by children (25%) (Appendix C, Table C-4). There were several differences between SNAP participants and nonparticipants in the specific types of fruits and 100% fruit juices consumed and the average amounts of these items consumed. These differences are summarized in Exhibit 5-12.

Exhibit 5-12. Differences between SNAP Participants and Nonparticipants in Discrete Fruit and 100% Fruit Juice Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|--|---------------------------------------|---|--|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Income-eligible nonparticipants | Fresh watermelon | | -- | -- | -- |
| Higher-income nonparticipants | Fresh melon; Fresh watermelon; Fresh grapes; Other fresh fruit | | -- | Fresh orange; Citrus juice; Non-citrus juice | Non-citrus juice |
| Adults | | | | | |
| Income-eligible nonparticipants | Fresh melon; Fresh berries | | -- | Non-citrus juice | Non-citrus juice |
| Higher-income nonparticipants | Fresh banana; Fresh melon; Fresh grapes; Fresh berries; Fresh pineapple; Dried fruit | | -- | Non-citrus juice | Non-citrus juice |
| Older Adults | | | | | |
| Income-eligible nonparticipants | Fresh berries | | -- | -- | -- |
| Higher-income nonparticipants | Fresh banana; Fresh melon; Fresh peach/nectarine; Fresh berries; Dried fruit | | -- | -- | -- |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary

recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 0.2 cup equivalents. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Milk and Milk Products as Discrete Food Items

Almost two-thirds (62%) of all people consumed milk or milk products (including cheese and yogurt) as discrete items on the day covered in the dietary recall (Exhibit 5-2). Overall, SNAP participants were less likely than higher-income nonparticipants to consume milk or milk products (56% versus 63%) (Exhibit 5-3). Among adults, SNAP participants were less likely than higher-income nonparticipants to consume milk and milk products (46% versus 57%) (Exhibit 5-4). Children and older adult participants and nonparticipants had similar rates of consumption of foods from milk and milk products group. Among persons who consumed any milk or milk products as discrete items, SNAP participants, both children and adults (but not older adults), were more likely than higher-income nonparticipants to consume fluid milk (93% versus 90% for children; 82% versus 74% for adults) (Appendix C, Table C-4). SNAP participants in all three age groups were more likely than higher-income nonparticipants to consume whole milk and less likely to consume lower-fat milk (including 2%, 1%, and skim milk) (Exhibit 5-13).

Average Amounts Consumed

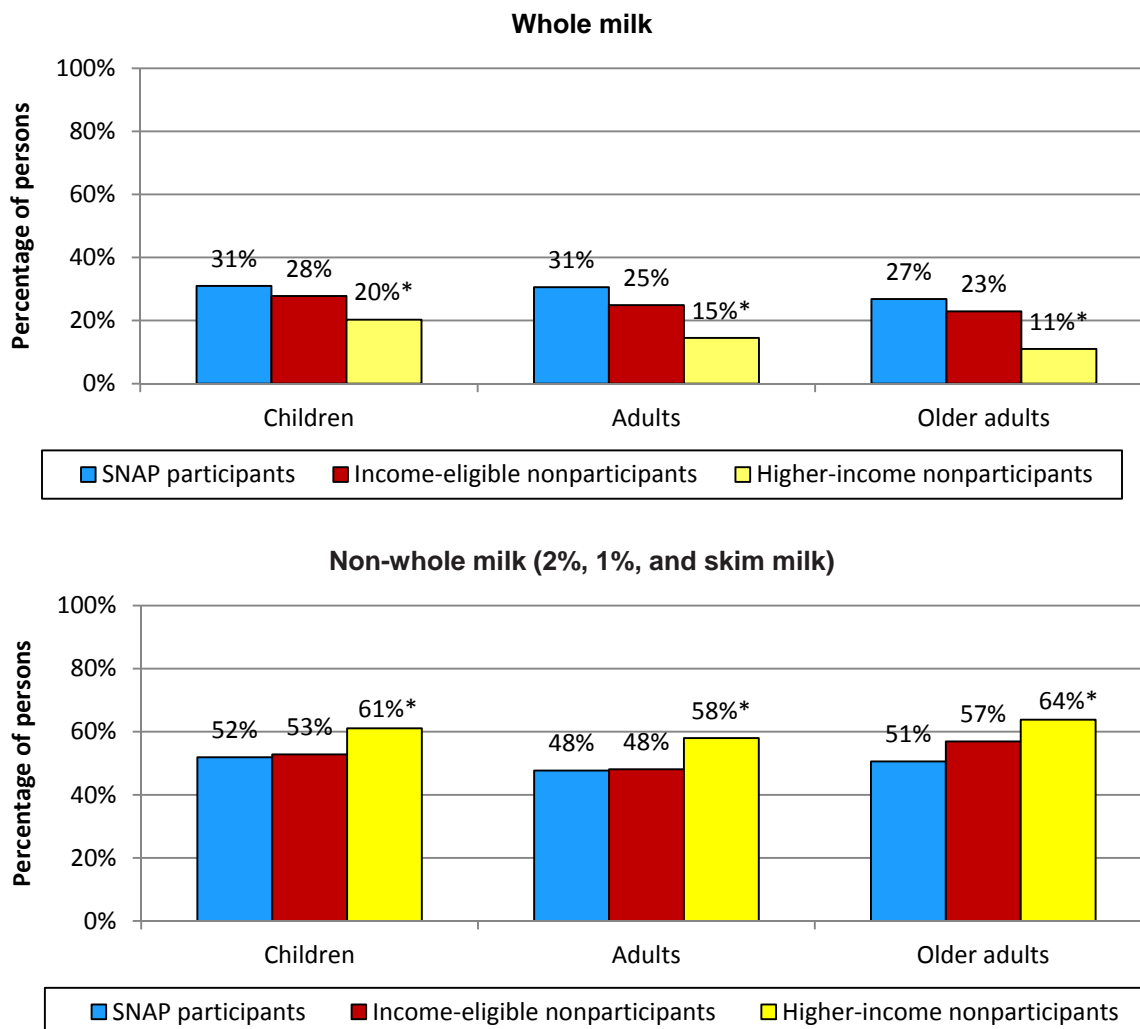
On average, people consumed 1.0 cup equivalents of milk and milk products as discrete items on the day covered in the dietary recall.²⁴ Average amounts of milk and milk products consumed on the day covered in the dietary recall were comparable for SNAP participants and nonparticipants in all three age groups. However, SNAP participants overall consumed a larger average amount of cow’s milk than income-eligible and higher-income nonparticipants (0.9 cup eq versus 0.7 cup eq. for both groups) (Appendix C, Table C-5).

Consumption of Specific Types of Milk and Milk Products

Among all three age groups, there were many differences between SNAP participants and nonparticipants in the types and average amounts of milk and milk product consumed (Exhibit 5-14), and the magnitudes of the differences were sizeable (Appendix C, Tables C-4 and C-5).

²⁴ When milk and milk products from mixed dishes and other food groups (for example, sweets and desserts) are included, average consumption of dairy was 1.7 to 1.9 cup equivalents (NHANES, WWEIA 2007-2008 and 2009-2010). Thus, milk and milk products are consumed from different sources, not just as discrete items.

Exhibit 5-13. Percentage of Persons Consuming Whole Milk and Non-Whole Milk, Among Those Consuming Any Milk and Milk Products as Discrete Items



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 5-14. Differences between SNAP Participants and Nonparticipants in Discrete Milk and Milk Products Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|--|--|---|---------------------------------------|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Higher-income nonparticipants | 1% milk, unflavored; Skim milk, unflavored; Yogurt; Cheese | 1% milk, unflavored; Skim milk, unflavored | Flavored milk, fat not specified | Whole milk, unflavored | |
| Adults | | | | | |
| Income-eligible nonparticipants | Cheese | Cheese | Flavored milk, total | 2% milk, unflavored | |
| Higher-income nonparticipants | 1% milk unflavored; Skim milk, unflavored; Yogurt; Cheese | Skim milk, unflavored | 2% milk, unflavored | Whole milk, unflavored | |
| Older Adults | | | | | |
| Income-eligible nonparticipants | Skim milk, unflavored | -- | -- | -- | |
| Higher-income nonparticipants | Skim milk, unflavored | Skim milk, unflavored | -- | 2% milk, unflavored | |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 0.2 cup equivalents. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Meat and Meat Alternates as Discrete Food Items

Overall, 63 percent of people consumed a discrete meat or meat alternate on the day covered in the dietary recall (Exhibit 5-2). This excludes meat and meat alternates included in mixed dishes, such as sandwiches and pasta-based dishes. There were no differences between participant and nonparticipant people as a whole, nor between children, in the proportions consuming a discrete meat or meat alternate. Among adults, SNAP participants were less likely than income-eligible nonparticipants to consume a discrete meat or meat alternate (59% versus 65%) (Exhibit 5-4). The opposite was true for older adults. Older adult SNAP participants were more likely than income-eligible nonparticipants to consume a discrete meat or meat alternate (73% versus 65%).

Average Amounts Consumed

On average, people consumed 2.8 ounce equivalents of discrete meat and meat alternate items.²⁵ Overall, SNAP participants consumed a smaller average amount of meat and meat alternates as discrete items than either group of nonparticipants (2.5 oz eq vs. 2.8 oz eq for both groups) (Appendix C, Table C-5). There were no differences between SNAP participants and nonparticipants in any age groups in the average amount of meat and meat alternates consumed as discrete items.

Consumption of Specific Meat and Meat Alternate Items

Exhibit 5-15 lists the meat and meat alternates consumed as discrete items for which there were differences between SNAP participants and nonparticipants. Most differences in food choices were for meat alternate items. Among those consuming any discrete meat or meat alternates, SNAP participants as a whole were less likely than income-eligible or higher-income nonparticipants to consume nuts and peanut/almond butter (for nuts, 5% versus 9 and 14%, respectively; for peanut/almond butter, 3% versus 7% for both nonparticipant groups) (Appendix C, Table C-4).

Exhibit 5-15. Differences between SNAP Participants and Nonparticipants in Discrete Meat and Meat Alternate Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|--|---------------------------------------|---|---------------------------------------|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Income-eligible nonparticipants | -- | -- | | Pork | -- |
| Higher-income nonparticipants | Cold cuts; Nuts; Peanut/almond butter | -- | | Pork | Chicken |
| Adults | | | | | |
| Income-eligible nonparticipants | Protein/meal enhancement; Nuts; Peanut/almond butter | -- | | -- | -- |
| Higher-income nonparticipants | Baked/refried beans; Protein/meal enhancement; Nuts; Peanut/almond butter | | Nuts | Beans | -- |
| Older Adults | | | | | |
| Income-eligible nonparticipants | Shellfish | -- | | -- | Chicken |
| Higher-income nonparticipants | Beef; Shellfish; Protein/meal enhancement; Nuts; Peanut/almond butter; Seeds | | Nuts | Chicken; Eggs | Chicken; Eggs |

²⁵ When meat and meat alternates from mixed dishes and other food groups are included, average consumption of protein foods was 5.6 to 5.7 ounce equivalents. Thus, meat and meat alternates are consumed from many different sources, not just as discrete items.

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 0.2 ounce equivalents. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Mixed Dishes

The majority of people (88%) consumed one or more mixed dish on the day covered in the dietary recall and there were no differences between participants and nonparticipants (Exhibits 5-2 and 5-3). Among children, similar proportions of SNAP participants and nonparticipants consumed mixed dishes (Exhibit 5-4). Adult SNAP participants were less likely than higher-income adult nonparticipants to consume a mixed dish, and, among older adults, SNAP participants were less likely than income-eligible and higher-income nonparticipants to consume a mixed dish (87% versus 90% for adults; 76% versus 83% and 85%, respectively, for older adults) (Exhibit 5-4).

Average Amounts Consumed

SNAP children consumed a smaller average amount of mixed dishes (in grams) than income-eligible nonparticipants (286 g versus 321 g) (Appendix C, Table C-5). Adult SNAP participants and nonparticipants consumed similar average amounts of mixed dishes and older adult SNAP participants consumed a smaller average amount of mixed dishes than higher-income nonparticipants (283 g versus 339 g).

Consumption of Specific Mixed Dishes

For all three age groups, sandwiches were the most frequently consumed type of mixed dish (47% reported consuming sandwiches, overall) (Appendix C, Table C-4). There were several differences between SNAP participants and nonparticipants in the specific types and amounts of mixed dishes consumed, as summarized in Exhibit 5-16.

Exhibit 5-16. Differences between SNAP Participants and Nonparticipants in Types and Amounts of Mixed Dishes Consumed

| | | SNAP participants: | | | |
|--|--|---|--|---------------------------------------|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Income-eligible nonparticipants | Mexican entrees | Hamburgers/cheeseburgers; Mexican entrees | Macaroni and cheese | -- | |
| Higher-income nonparticipants | Pizza without meat | Hamburgers/cheeseburgers; Pizza without meat | Sandwiches with chicken/turkey; Meat soup; Grain soup | Hot dogs; Grain soup | |
| Adults | | | | | |
| Income-eligible nonparticipants | Sandwiches with cheese | Vegetable mixture; Entrée salads | Chili con carne; Hot dogs; Sandwiches with luncheon meat | Sandwiches with luncheon meat | |
| Higher-income nonparticipants | Meat mixtures with chicken/turkey; Sandwiches with cheese; Pizza without meat; Pasta dishes; Entrée salads | Meat mixtures with chicken/turkey; Sandwiches with cheese; Pasta dishes; Bean soup; Vegetable mixtures; Entrée salads | Chili con carne; Hamburgers/cheeseburgers; Macaroni and cheese | Macaroni and cheese; Grain soup | |
| Older Adults | | | | | |
| Income-eligible nonparticipants | Sandwiches with beef/pork/ham | Sandwiches with beef/pork/ham | Rice dishes | -- | |
| Higher-income nonparticipants | Chili con carne; Sandwiches with beef/pork/ham; Entrée salads | Sandwiches with beef/pork/ham; Meat soup | Rice dishes | Rice dishes | |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 14 grams. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Beverages Other Than Milk and 100% Fruit Juice

Almost all people (99%) drank at least one beverage other than milk or 100% fruit juice (including water)²⁶ on the day covered in the dietary recall (Exhibit 5-2). There were no

²⁶ Starting in NHANES 2005-2006, the consumption of drinking water was collected during the dietary recall. This analysis includes drinking water in the “beverages excluding milk and juice” major food group.

differences in any of the age groups in the proportions of SNAP participants and nonparticipants consuming beverages other than milk and 100% fruit juice (Exhibit 5-4).

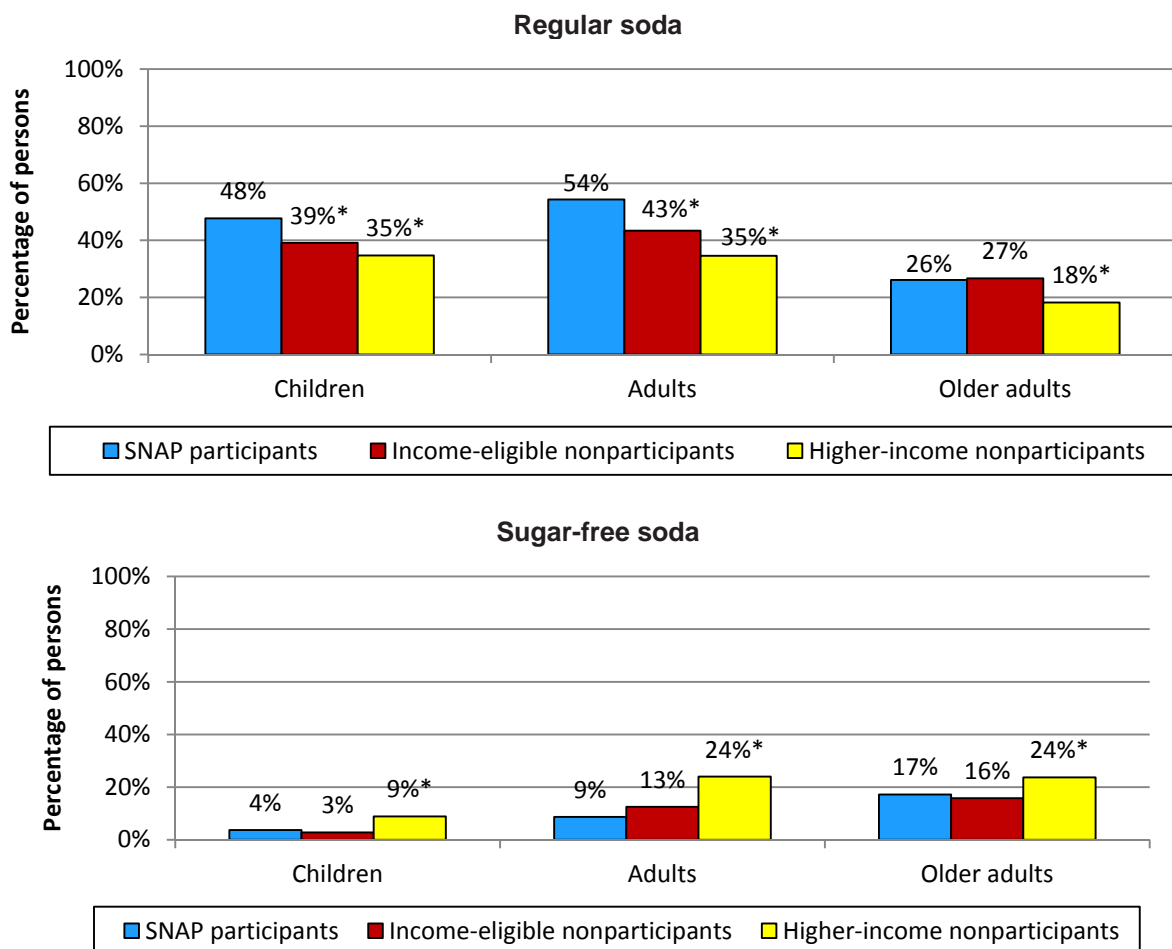
Average Amounts Consumed

For children, SNAP participants consumed a smaller average amount of beverages other than milk and 100% fruit juice than both income-eligible and higher-income nonparticipants (918 grams versus 1,025 grams and 1,098 grams, respectively). Relative to adult higher-income nonparticipants, adult SNAP participants consumed a smaller average amount of beverages other than milk and 100% fruit juice (2,399 grams versus 2,605 grams). No differences were observed among older adults in the average amount of other beverages consumed.

Consumption of Specific Types of Beverages

Among children, the most commonly consumed beverages were plain water (77%) and sodas (43%). For adults and older adults, plain water (77% and 81%, respectively) was the most commonly consumed beverage, followed by soda for adults (56%) and coffee for older adults (69%) (Appendix C, Table C-4). SNAP children and adults were more likely than their nonparticipant counterparts to consume regular soda (48% versus 39 and 35%, respectively, for children; 54% versus 43% and 35%, respectively, for adults) (Exhibit 5-17). For older adults, this difference was observed only with higher-income nonparticipants (26% versus 18%). Among all three age groups, SNAP participants were less likely than higher-income nonparticipants to consume sugar-free sodas (4% versus 9% for children; 9% versus 24% for adults; 17% versus 24% for older adults) (Exhibit 5-17). There were a number of other differences between SNAP participants and nonparticipants in the specific types and amounts of beverages consumed, as shown in Exhibit 5-18.

Exhibit 5-17. Percentage of Persons Consuming Regular and Sugar-free Soda, among those Consuming Any Beverages (other than milk and 100% fruit juice) as Discrete Items



Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 5-18. Differences between SNAP Participants and Nonparticipants in Beverage Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|---|---------------------------------------|---|---|---|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Income-eligible nonparticipants | Water | Water | Water | Regular soda | -- |
| Higher-income nonparticipants | Water; Sugar-free soda | Water; Sugar-free soda | Water; Sugar-free soda | Noncarbonated, sweetened drinks; Regular soda | -- |
| Adults | | | | | |
| Income-eligible nonparticipants | Water | -- | -- | Regular soda | Regular soda |
| Higher-income nonparticipants | Coffee; Tea; Wine; Liquor; Water; Sugar-free soda | Wine; Liquor; Water; Sugar-free soda | Wine; Liquor; Water; Sugar-free soda | Regular soda | Noncarbonated, sweetened drinks; Regular soda |
| Older adults | | | | | |
| Income-eligible nonparticipants | Tea | Tea; Wine | Tea; Wine | -- | -- |
| Higher-income nonparticipants | Tea; Wine; Liquor; Sugar-free soda | Tea; Wine; Sugar-free soda | Tea; Wine; Sugar-free soda | Regular soda | Regular soda |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 15 grams. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Sweets and Desserts

Overall, about eight in ten people consumed at least one type of sweet or dessert as a discrete item on the day covered in the dietary recall (Exhibit 5-2). Among all age groups, SNAP participants were less likely than higher-income nonparticipants to consume sweets and desserts (74% versus 80% overall; 76% versus 82% for children; 72% versus 77% for adults; 77% versus 85% for older adults), but the proportion of SNAP participants consuming sweets and desserts was approximately the same as the proportion of income-eligible nonparticipants (Exhibits 5-3 and 5-4).

Average Amounts Consumed

Among children, there were no differences between SNAP participants and nonparticipants in the average amounts of sweets and desserts consumed and very few differences in the average amounts of specific types of sweets and desserts. Adult SNAP participants consumed a smaller average amount of sweets and desserts than higher-income nonparticipants (80 g versus 91 g). Older adult SNAP participants also consumed a smaller average amount of sweets and desserts than higher-income nonparticipants (74 g versus 99 g).

Consumption of Specific Types of Sweets and Desserts

Candy, cookies, and ice cream were the most commonly consumed sweets and desserts among children (42%, 38%, and 25%, respectively). Among adults and older adults, sugar and sugar substitutes, candy, and cookies were the most common types of sweets and desserts consumed (40%, 34%, and 27%, respectively, for adults; 44%, 30%, and 33%, respectively, for older adults) (Appendix C, Table C-4). There were few differences in the types of sweets and desserts consumed by SNAP participants and nonparticipants (Exhibit 5-19).

Exhibit 5-19. Differences between SNAP Participants and Nonparticipants in Sweets and Dessert Choices and Amounts Consumed

| | | SNAP participants: | | | |
|--|---|---------------------------------------|---|---------------------------------------|--|
| | | Were <i>less likely</i> to consume... | Consumed <i>smaller</i> average amounts of... | Were <i>more likely</i> to consume... | Consumed <i>larger</i> average amounts of... |
| Children | | | | | |
| Income-eligible nonparticipants | Pudding | | -- | -- | Cookies |
| Higher-income nonparticipants | Candy; Pudding; Pies/cobblers | | -- | Sweet rolls | -- |
| Adults | | | | | |
| Income-eligible nonparticipants | Sweet rolls | | -- | -- | Sugar and sugar substitutes |
| Higher-income nonparticipants | Cake/cupcakes; Pies/cobblers | | Candy; Cake/cupcakes; Pies/cobblers | -- | Sugar and sugar substitutes |
| Older adults | | | | | |
| Income-eligible nonparticipants | Cookies | | -- | -- | -- |
| Higher-income nonparticipants | Syrups/sweet toppings; Candy; Ice cream; Cookies; Doughnuts | | Ice cream; Cookies | Sugar and sugar substitutes | -- |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Findings are limited to foods consumed by at least 2 percent of persons and/or an average amount of at least 6 grams. Estimates reflect foods consumed as discrete items. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. Differences are statistically significant at the .05 level or better.

-- Denotes no significant differences.

Consumption of Salty Snacks

Slightly more than one-third of all people (36%) consumed a salty snack food on the day covered in the dietary recall (Exhibit 5-2). Overall, SNAP participants were less likely than higher-income nonparticipants to consume salty snacks (34% versus 37%) (Exhibit 5-3). Children consumed these foods more frequently than adults or older adults (Exhibit 5-4). There were no differences between SNAP participants and nonparticipants in the proportions of children and adults consuming salty snacks (Exhibit 5-4). However, among older adults, SNAP participants were less likely than higher-income nonparticipants to consume salty snacks (18% versus 28%) (Exhibit 5-4).

Average Amounts Consumed

The average amounts of salty snacks consumed were comparable for SNAP participants and nonparticipants in each age group. There were also few differences in the average amounts consumed for individual salty snacks among children and older adults, and no differences observed for adults. For children, SNAP participants consumed a larger average amount of corn-based salty snacks than higher-income nonparticipants (9 g versus 7 g) (Appendix C, Table C-5).

Consumption of Specific Types of Salty Snacks

Among persons consuming salty snacks, corn-based salty snacks and potato chips were consumed most frequently (40% overall) (Appendix C, Table C-4). There were few differences in the types of salty snacks consumed between SNAP participants and nonparticipants and no differences in the amounts consumed. SNAP participant children were less likely to consume pretzels or party mix than either income-eligible or higher-income nonparticipants (9% versus 16% and 17%, respectively). Among adults, SNAP participants were less likely than higher-income nonparticipants to consume pretzels and party mix (9% versus 17%) and more likely to consume potato chips (45% versus 36%). No differences were observed among older adults.

Consumption of Added Fats and Oils

Overall, less than half (42%) of all persons reported adding fats or oils to the foods they consumed (for example, butter, salad dressing, or cream) (Exhibit 5-2). This does not include fats added during cooking or included as part of a mixed dish. SNAP participants were less likely to consume added fats and oils as discrete items than higher-income nonparticipants (35% versus 44%) (Exhibit 5-3). Children and adult SNAP participants were less likely to consume added fats and oils than higher-income nonparticipants (22% versus 30% for children; 36% versus 47% for adults) (Exhibit 5-4). For older adults, there were no differences between SNAP participants and either group of nonparticipants in the proportion consuming added fats and oils.

Average Amounts Consumed

Among children, SNAP participants and nonparticipants consumed comparable average amounts of added fats and oils overall and for most subgroups. For adults and older adults, SNAP participants consumed a smaller average amount of added fats and oils than higher-income nonparticipants (for adults, 16 g versus 22 g; for older adults, 14 g versus 19 g) (Appendix C, Table C-5). Differences between SNAP participants and nonparticipants were largest for the cream and sour cream subgroup. For both adults and older adults, SNAP participants consumed a

smaller average amount of cream and sour cream than higher-income nonparticipants (for adults, 7 g versus 11 g; for older adults, 4 g versus 8 g).

Consumption of Specific Types Added Fats and Oils

Among persons consuming added fats and oils as discrete items, there were few differences between SNAP participants and nonparticipants in the types of fats and oils used and the average amounts consumed. SNAP children were more likely than income-eligible or higher-income nonparticipants to consume gravy (19% versus 10% and 7%, respectively) (Appendix C, Table C-4). Among adults, SNAP participants were less likely to consume cream cheese than higher-income nonparticipants (4% versus 8%). Older adult SNAP participants were less likely than income-eligible nonparticipants to use cream or sour cream (40% versus 52%) but were twice as likely to use butter (22% versus 11%).

Chapter 6. The Healthy Eating Index-2005

In this chapter, we examine the overall quality of the diets consumed by SNAP participants and nonparticipants using the HEI. The HEI is a measure of diet quality that assesses conformance to key recommendations of the *Dietary Guidelines* (USDA & DHHS, 2010). It has been adopted by the USDA as a tool to monitor the quality of foods consumed by the U.S. population overall, as well as progress toward healthier eating habits among nutrition assistance program participants (Guenther, Reedy, & Krebs-Smith, 2008). The HEI was first created in 1995 by the USDA's CNPP. It was revised in 2006 to reflect the 2005 *Dietary Guidelines* (HEI-2005) and updated in 2012 to reflect the 2010 *Dietary Guidelines* (HEI-2010). Because the HEI-2005 provides a measure of diet quality relative to the dietary recommendations that were in place when NHANES 2007–2010 data were collected, we present findings based on the HEI-2005 in this chapter. Findings based on the HEI-2010 can be found in Appendix D.

Children under 2 years old were excluded from all HEI analyses because the *Dietary Guidelines* do not apply to them. HEI scores were estimated at the population level, using the population ratio method.²⁷ The analysis is based on the Day-1 Dietary Recall. In this chapter, we discuss only statistically significant differences between groups of SNAP participants, income-eligible nonparticipants, and higher-income nonparticipants. We present detailed results in Appendix C, Table C-9.

Healthy Eating Index-2005 (HEI-2005)

Data

- NHANES 2007–2010: Single 24-hour recall per person
- MyPyramid Equivalents Database, version 2.0
- CNPP Addendum to MPED 2.0B
- CNPP 03-04 Fruit Database

Data

- Individuals 2 years old and older

Measures

- HEI-2005 Total Score
- HEI-2005 Component Scores

The HEI-2005 is a scoring metric that is made up of 12 components, each reflecting a key aspect of diet quality. The standards used to assign HEI-2005 component scores are expressed on a density basis (that is, amounts per 1,000 calories or a percentage of calories) rather than absolute amounts of foods consumed. The use of such standards in assessing diet quality reflects the

²⁷ This method involves calculating mean intakes of relevant food groups, nutrients, and calories for the population, and then calculating the ratios of the means with calories in the denominator, and comparing with HEI standards for scoring (as shown in Exhibit 6-1 and Appendix D, Figure D-1).

recommendation that individuals should strive to meet food group and nutrient guidelines while maintaining energy balance, rather than meeting these guidelines simply by consuming large quantities of food.

The HEI-2005 consists of nine adequacy components, which are dietary components individuals are recommended to consume to ensure adequate nutrient intakes. These components include the following: total fruit, including juice; whole fruit; total vegetables; dark green and orange vegetables and legumes; total grains; whole grains; milk; meat and beans; and oils. The remaining three components, referred to as moderation components that individuals are recommended to limit, assess intakes of saturated fat, sodium, and empty calories. These components are commonly consumed in excess.

The HEI-2005 components and standards for scoring are shown in Exhibit 6-1. The exhibit also shows the intake standards corresponding to minimum and maximum scores for each component.

Exhibit 6-1. Healthy Eating Index-2005 Components and Standards for Scoring

| Component | Maximum score | Standard for minimum score of zero | Standard for maximum score |
|--|---------------|------------------------------------|---------------------------------|
| Adequacy components (higher score indicates <i>higher</i> consumption) | | | |
| 1. Total Fruit (including 100% juice) | 5 | No intake | ≥ 0.8 cup equiv. per 1,000 kcal |
| 2. Whole Fruit | 5 | No intake | ≥ 0.4 cup equiv. per 1,000 kcal |
| 3. Total Vegetables | 5 | No intake | ≥ 1.1 cup equiv. per 1,000 kcal |
| 4. Dark Green and Orange Vegetables and Legumes | 5 | No intake | ≥ 0.4 cup equiv. per 1,000 kcal |
| 5. Total Grains | 5 | No intake | ≥ 3.0 oz equiv. per 1,000 kcal |
| 6. Whole Grains | 5 | No intake | ≥ 1.5 oz equiv. per 1,000 kcal |
| 7. Milk | 10 | No intake | ≥ 1.3 cup equiv. per 1,000 kcal |
| 8. Meat and Beans | 10 | No intake | ≥ 2.5 oz equiv. per 1,000 kcal |
| 9. Oils | 10 | No intake | ≥ 12 grams per 1,000 kcal |
| Moderation components (higher score indicates <i>lower</i> consumption) | | | |
| 10. Saturated Fat ^a | 10 | ≥ 15% | ≤ 7% of calories |
| 11. Sodium ^a | 10 | ≥ 2.0 grams | ≤ 0.7 grams per 1,000 kcal |
| 12. Empty Calories ^b | 20 | ≥ 50% | ≤ 20% of calories |
| Total score | 100 | | |

Source: Healthy Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006.

Note: Equiv. = equivalent; kcal = calories; oz equiv. = ounce equivalent.

^a Saturated Fat and Sodium get a score of 8 for the intake levels that reflect the 2005 *Dietary Guidelines*, <10% of calories from saturated fat and 1.1 grams of sodium per 1,000 kcal, respectively.

^b The term “Empty Calories” was substituted for the HEI-2005 component for “calories from solid fats, alcoholic beverages, and added sugars” to promote consistency throughout the report. The HEI-2010 renamed this component to be empty calories to provide a more concise term that would convey the concept to consumers (Guenther et al. 2013). All calories consumed from alcohol are included in the empty calories component.

Maximum scores range from 5 to 20 points. Scores for intakes between the minimum and maximum standards are scored proportionately.²⁸ For example, an intake that is halfway between the criteria for the maximum and minimum scores yields a score that is half the maximum score. Higher scores for each of the adequacy components reflect greater consumption, whereas higher scores for each of the moderation components reflect lower consumption. Scores for each of the 12 components are summed to create a total HEI-2005 score, with a range from 0 to 100.

Total HEI-2005 Scores

The total HEI-2005 score for all persons was 60 out of a possible 100 points (Appendix C, Table C-9). Children received the lowest total score of 59, adults received a score of 59, and older adults received the highest score of 66.

Overall, SNAP participants had a lower total score than either income-eligible nonparticipants or higher-income nonparticipants (56.8 versus 60.3 and 60.2, respectively) (Exhibit 6-2). SNAP children had a lower total score than income-eligible nonparticipant children (57.9 versus 61.0). Among adults, SNAP participants had a lower total HEI-2005 score than either income-eligible or higher-income nonparticipants (53.9 versus 58.2 and 59.0, respectively). Among older adults, there were no differences in total HEI-2005 scores of SNAP participants and nonparticipants (ranging from 64.0 to 65.6). These low total HEI-2005 scores suggest that the diets of individuals of all ages in all three participation and eligibility groups fell considerably short of meeting the recommendations in the 2005 *Dietary Guidelines*.

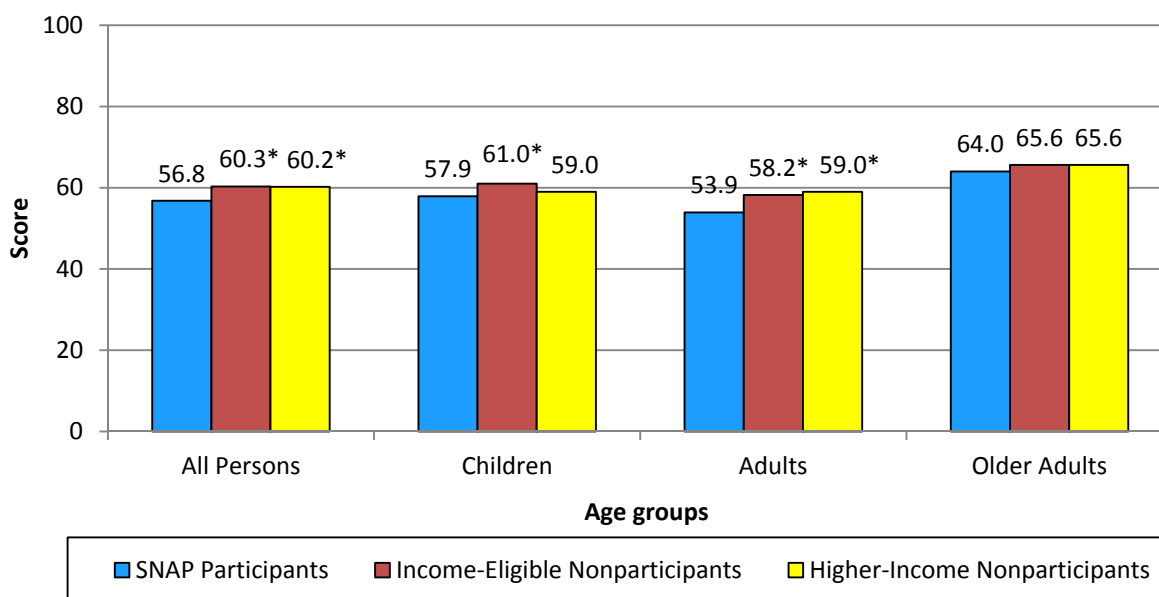
HEI-2005 Component Scores for Children

Children in all three SNAP participation and eligibility groups achieved the maximum score (of 5.0) for Total Grains, but scores for all other components were below the maximum possible score. Scores for Dark Green and Orange Vegetables and Legumes were very low, ranging from 0.5 to 0.7 out of a possible 5 (Exhibit 6-3). In addition, children had scores for Whole Grains, Sodium, and Empty Calories that were at or below 50 percent of their maximums (1.0 out of 5, 3.9 out of 10, and 9.7 out of 20, respectively) (Table C-9 and Exhibits 6-3, 6-4, and 6-5). These scores indicate a substantial need for improving the quality of the diets consumed by all children.

Among children, SNAP participants had lower scores than both income-eligible and higher-income nonparticipants for Dark Green and Orange Vegetables and Legumes (0.5 versus 0.7 for both nonparticipant groups) (Exhibit 6-3) and for Empty Calories (9.0 versus 10.3 and 9.7, respectively) (Exhibit 6-5). SNAP children also had lower scores than higher-income nonparticipant children for Whole Grains (0.8 versus 1.1) (Exhibit 6-3) and Milk (7.9 versus 8.6) (Exhibit 6-3), but had a higher score for Saturated Fat (5.7 versus 5.2) (Exhibit 6-4).

²⁸ For Saturated Fat and Sodium, a score of 8 is assigned for intake levels that reflect the 2005 *Dietary Guidelines* recommendations—less than 7 percent of calories from saturated fat and less than 1.0 grams of sodium per 1,000 calories, respectively. Intakes between the standard for scores of 0 and 8 and between 8 and 10 are scored proportionately.

Exhibit 6-2. Health Eating Index-2005 Total Scores



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

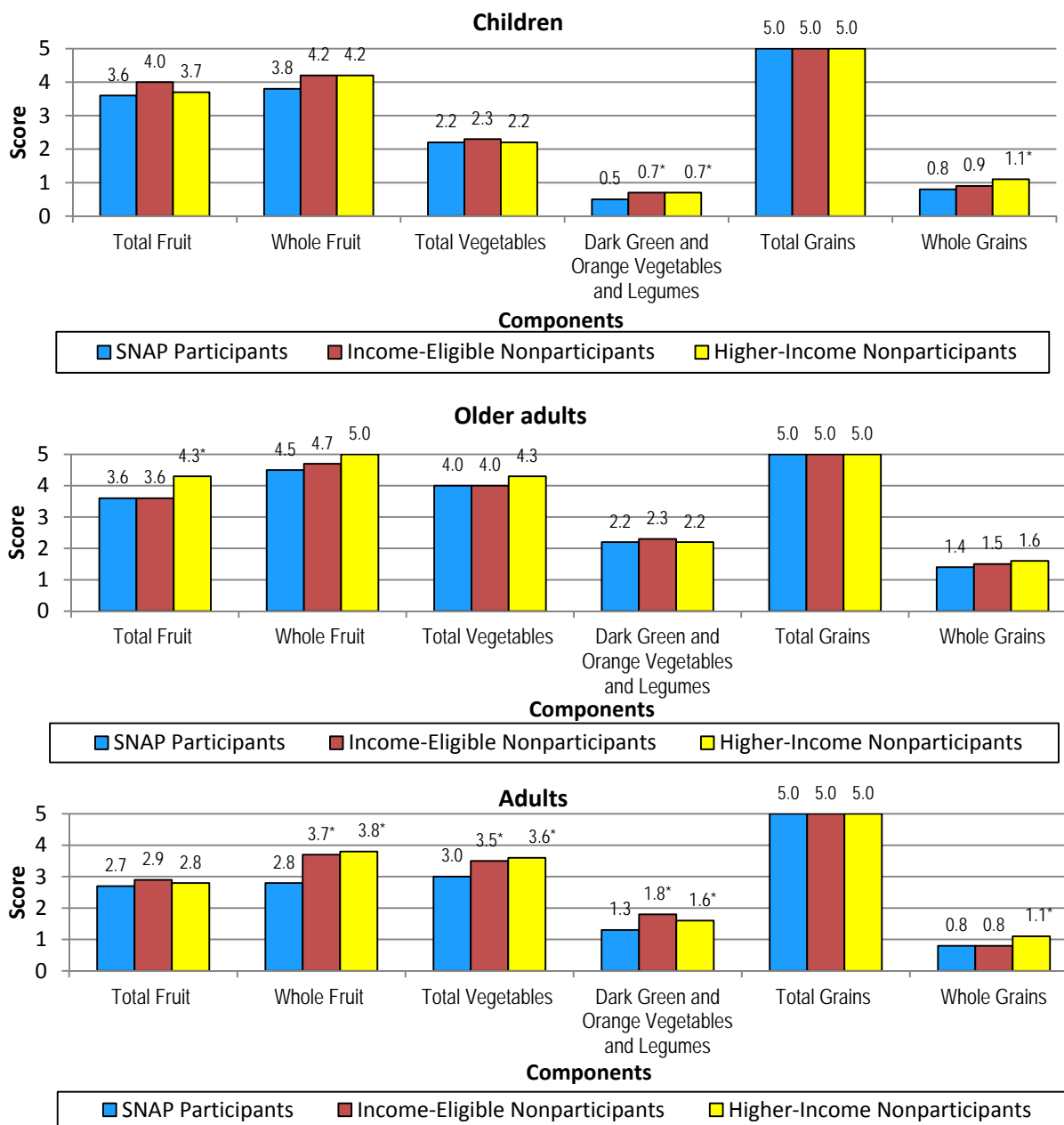
Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

HEI-2005 Component Scores for Adults

For adults, SNAP participants and both groups of nonparticipants achieved the maximum score only for Total Grains (Exhibit 6-3) and Meat and Beans (Exhibit 6-4). For adults in all three SNAP comparison groups, scores for Dark Green and Orange Vegetables and Legumes, Whole Grains, Sodium, and Empty Calories were less than 50 percent of their maximums (1.7 out of 5, 1.0 out of 5, 3.1 out of 10, and 8.6 out of 20, respectively) (Table C-9 and Exhibits 6-3, 6-4, and 6-5).

Adult SNAP participants had lower scores than both income-eligible and higher-income nonparticipants for the following components: Whole Fruit (2.8 versus 3.7 and 3.8, respectively), Total Vegetables (3.0 versus 3.5 and 3.6, respectively), Dark Green and Orange Vegetables and Legumes (1.3 versus 1.8 and 1.6, respectively), and Empty Calories (6.7 versus 8.3 and 9.0, respectively) (Exhibits 6-3 and 6-5). Relative to higher-income nonparticipants, adult SNAP participants had lower scores for Whole Grains (0.8 versus 1.1), Milk (5.2 versus 5.8), and Oils (6.5 versus 7.5), but had a higher score for Sodium (3.6 versus 2.9) (Exhibits 6-3 and 6-4).

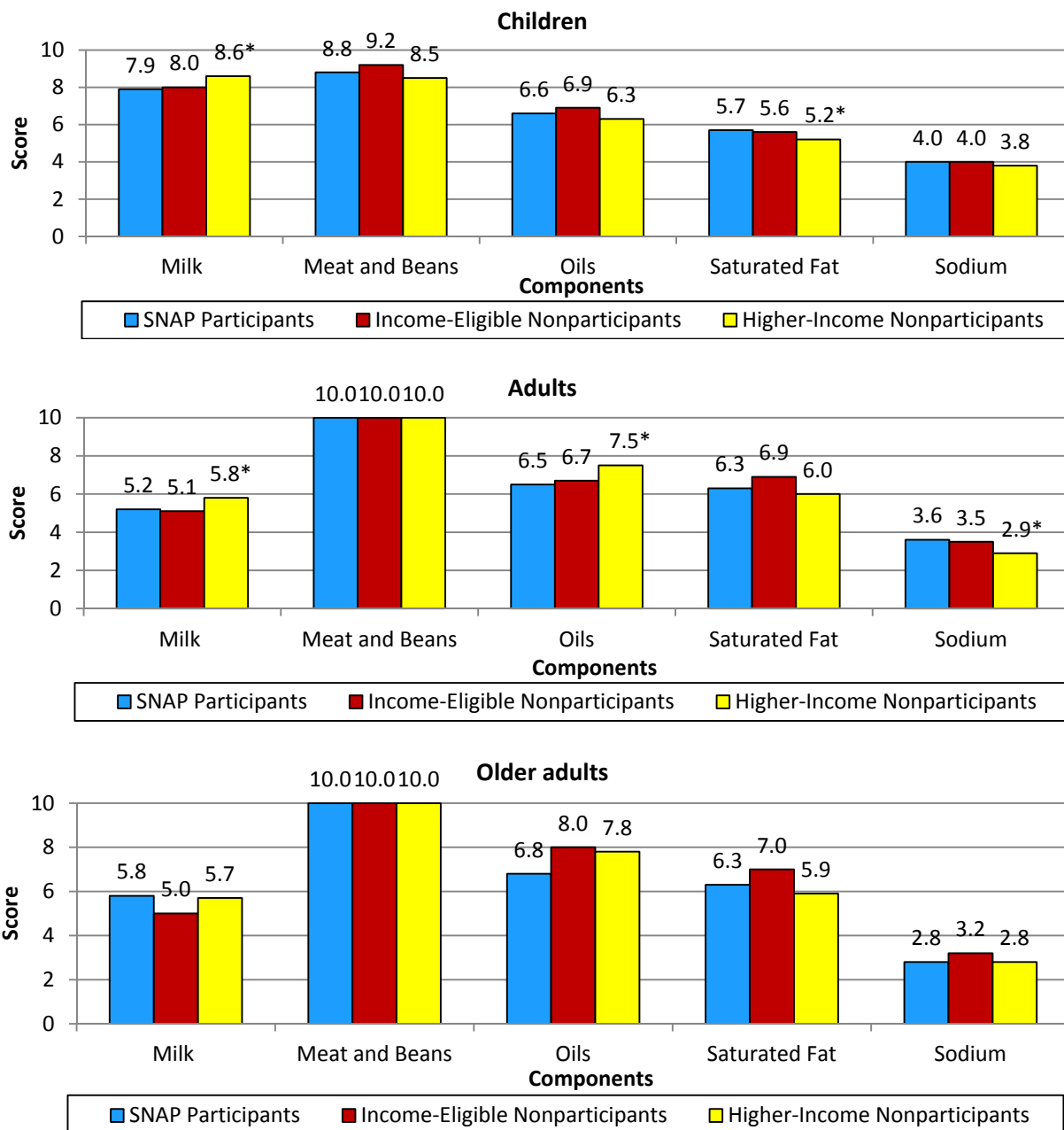
Exhibit 6-3. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 6-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

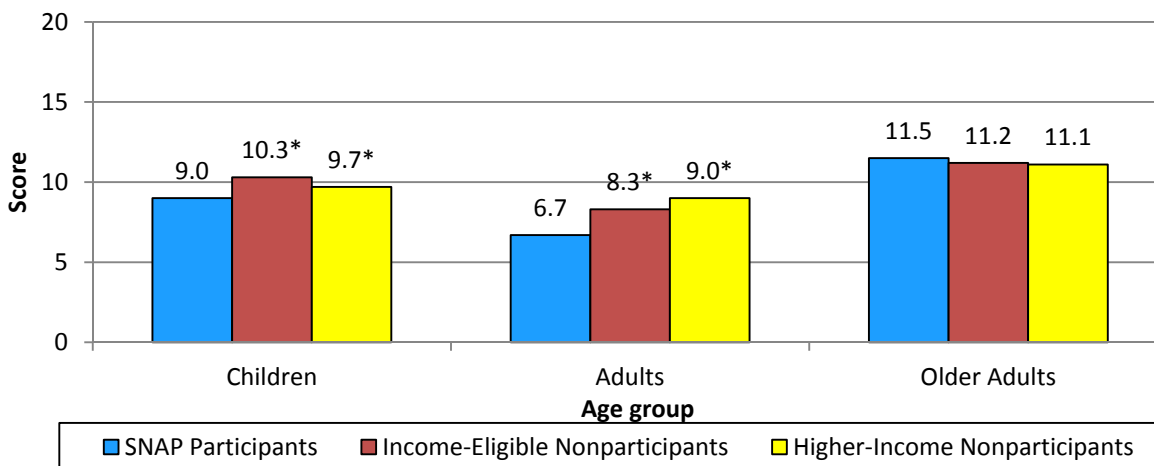
Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

HEI-2005 Component Scores for Older Adults

Older adults in all three SNAP comparison groups achieved the maximum score for Total Grains and Meat and Beans, and higher-income nonparticipants achieved the maximum score for Whole Fruit (SNAP participants and income-eligible nonparticipants were within 10 percent of the maximum score for Whole Fruit). Older adults as a whole had relatively high scores (at or above 72% of the maximum scores) for Total Fruit (4.2 out of 5) and Total Vegetables (4.3 out of 5) (Table C-9); this was also true for all three comparison groups (Exhibit 6-3). However, the overall score for Dark Green and Orange Vegetables and Legumes was below 50 percent of the maximum score (2.2 out of 5) and scores for all three comparison groups were at or below 50 percent of the maximum score (Table C-9 and Exhibit 6-2). Additionally, both aggregate and comparison group scores for Whole Grains (1.6 out of 5) and Sodium (2.9 out of 10) were below one-third of the maximum scores (Table C-9; Exhibit 6-3; Exhibit 6-4).

Among older adults, scores for all HEI-2005 components were similar for SNAP participants and income-eligible nonparticipants. Compared with higher-income nonparticipants, SNAP participants had a lower score for Total Fruit (3.6 versus 4.3) (Exhibit 6-3).

Exhibit 6-5. Healthy Eating Index-2005 Component Score for Empty Calories



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

This page left blank intentionally.

Chapter 7: Matched Participant Group Findings

In this chapter, we present findings for any nutrient measure for which there was a significant difference between *matched* SNAP participants and income-eligible nonparticipants. We examined only a subset of nutrition outcomes for the matched comparison analyses: mean usual intakes of 10 selected nutrients, weight status as measured by BMI, overall diet quality as measured by the HEI-2005, and the proportion of total calories consumed as empty calories.

The exhibits presented in Chapter 7 for these analyses illustrate the outcome values for the two *matched* comparison groups. Other exhibits, presented in Appendix E, compare the absolute values of the *t*-statistics for the *matched* comparisons; these are equivalent to effect sizes.²⁹ Each exhibit in Appendix E presents three sets of *t*-statistics, the result of comparing mean nutrition outcomes for (1) *matched* SNAP participants and income-eligible nonparticipants, (2) descriptive adult SNAP participants and income-eligible nonparticipants, and (3) descriptive older adult SNAP participants and income-eligible nonparticipants. The dashed line denotes a *t*-value of 1.96, indicative of statistical significance at the $p < .05$ level. The exhibits in Appendix E illustrate the significant results described in the text, as well as illustrating comparisons that were marginally significant (significant at the $p < .10$ level). We note these marginally significant *t*-statistics because the small sample size makes it difficult to detect differences.

Mean Usual Intakes of Selected Nutrients³⁰

We estimated mean usual nutrient intakes of vitamins, minerals, macronutrients, and other dietary components among *matched* SNAP participants and income-eligible nonparticipants. The multivariate analyses focused on mean usual intakes of the following nutrients: protein as a percentage of calories, dietary fiber, sodium, potassium, copper, magnesium, iron, calcium, folate, and vitamin D. It is important to note that the prevalence of adequate or excessive nutrient intakes cannot be determined when examining mean usual intakes. There was only one difference (Exhibit E, Table E-1)—matched participants had a lower mean usual intake of copper than income-eligible nonparticipants (1.09 mg versus 1.20 mg).³¹

²⁹ Effect sizes could not be computed because they require the standard deviations associated with the outcome measures' summary statistics, and only the standard errors of these statistics are computed by the algorithms used to account for NHANES' complex design.

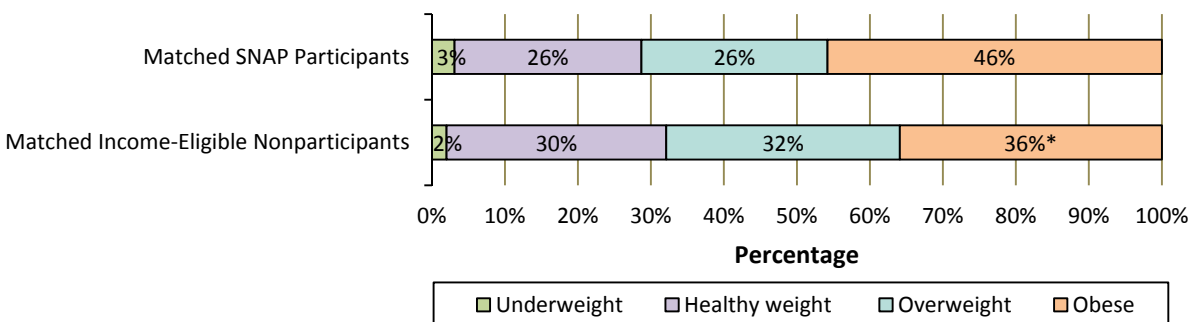
³⁰ A description of this nutrition outcome and its estimation method is provided in Chapter 2. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

³¹ We do not present a graph of these numbers because it is impossible to combine the different units of measure for the different nutrients in a single graph. The distribution of the *t*-statistics comparing the mean weight status of *matched* participants and nonparticipants, *descriptive adult* participants and nonparticipants, and *descriptive older adult* participants and nonparticipants are shown in Appendix E, Figure E-1.

Body Mass Index³²

Matched participants were more likely to be obese than income-eligible nonparticipants (45.8% versus 35.7%) (Exhibit 7-1).³³

Exhibit 7-1. Body Mass Index, 16 Years Old and Older



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 16+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is \geq the 5th and < the 85th percentiles; overweight if BMI-for-age is \geq the 85th and < the 95th percentiles; and obese if BMI-for-age is \geq the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI \geq 18.5 and < 25; overweight as BMI \geq 25 and < 30; and obese as BMI \geq 30. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Consumption of Empty Calories³⁴

We estimated the percentage contribution of empty calories to total calorie intake with two definitions of what is included as empty calories: (1) calories from solid fats and added sugars (SoFAS), and (2) calories from solid fats, added sugars, and alcohol (SoFAAS). There were no differences between *matched* participants and income-eligible nonparticipants in the contribution of empty calories to total calorie intakes, based on either definition (Exhibit 7-2).³⁵

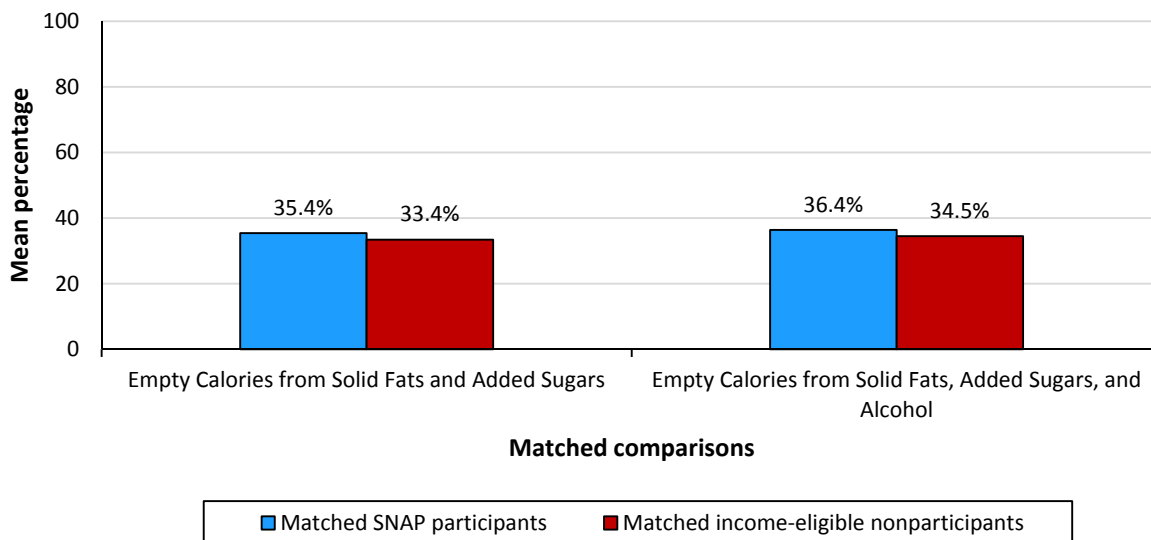
³² A description of this nutrition outcome and its estimation method is provided in Chapter 3. Age and gender were included in the propensity score computations, so nutrition outcome comparisons were not computed separately for any particular gender or age groups.

³³ The distribution of the *t*-statistics comparing the mean weight status of *matched* participants and nonparticipants, *descriptive adult* participants and nonparticipants, and *descriptive older adult* participants and nonparticipants are shown in Appendix E, Figure E-2.

³⁴ A description of this nutrition outcome and its estimation method is provided in Chapter 4. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

³⁵ The distribution of the *t*-statistics comparing the mean percentage of total calories consumed from empty calories of *matched* participants and nonparticipants, *descriptive adult* participants and nonparticipants, and *descriptive older adult* participants and nonparticipants are shown in Appendix E, Exhibit E-3.

Exhibit 7-2. Mean Percentage of Total Calories Consumed from Empty Calories, 16 Years Old and Older



Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 16+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

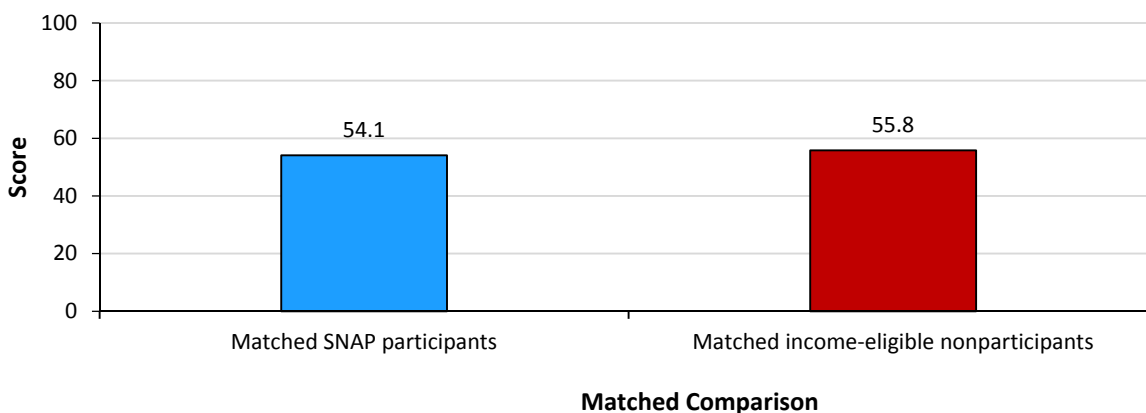
Healthy Eating Index³⁶

There were no differences between *matched* participants and income-eligible nonparticipants in HEI-2005 total scores or scores for any component (Exhibits 7-3, 7-4, 7-5, and 7-6).³⁷

³⁶ A description of this nutrition outcome and its estimation method is provided in Chapter 6. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

³⁷ The distribution of the *t*-scores comparing the HEI-2005 total and component scores of *matched* participants and nonparticipants, *descriptive adult* participants and nonparticipants, and *descriptive older adult* participants and nonparticipants are shown in Appendix E, Figure E-4.

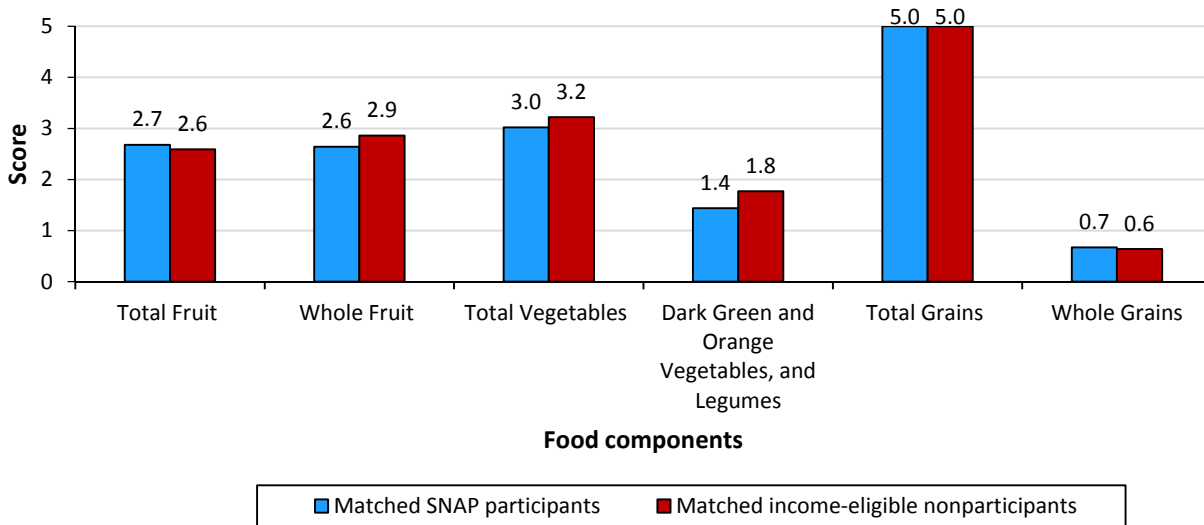
Exhibit 7-3. Health Eating Index-2005 Total Scores



Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 16+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

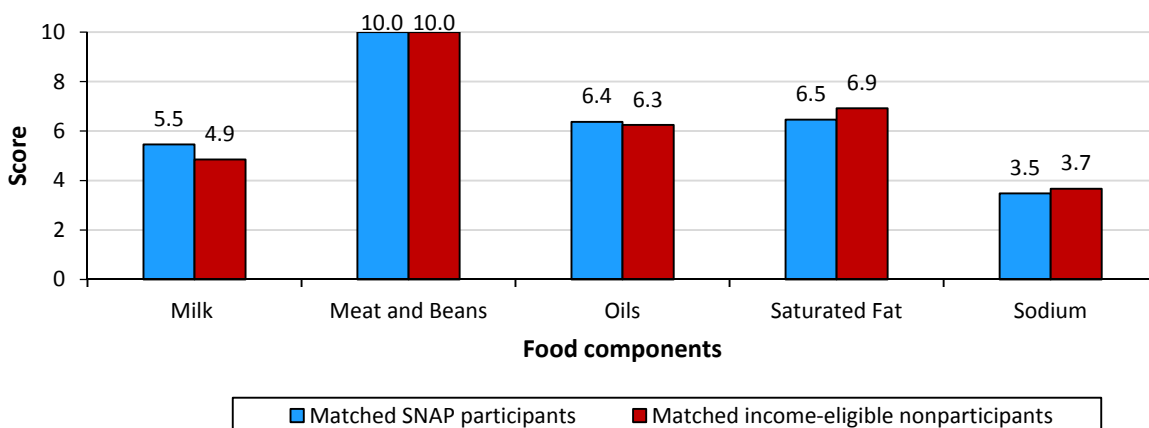
Exhibit 7-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 16+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

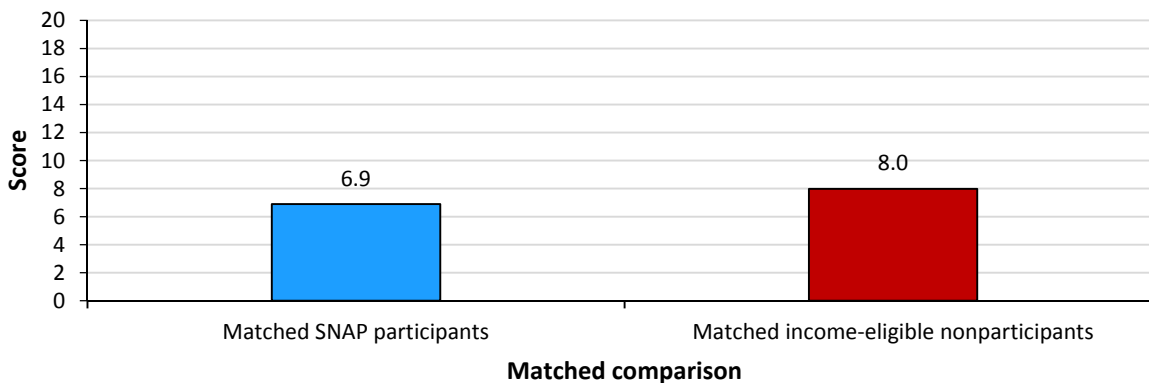
Exhibit 7-5. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 16+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Exhibit 7-6. Health Eating Index-2005 Component Scores for Empty Calories



Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 16+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

This page left blank intentionally.

Chapter 8: Conclusions

This report analyzed data from NHANES 2007–2010 to provide a comprehensive picture of the diets of SNAP participants. This information can be used to target efforts to improve participants' diets and as a benchmark for monitoring participants' diets over time.

Descriptive Analyses

The diets of SNAP participants were compared to the diets of two groups of nonparticipants—those who were income-eligible for SNAP but reported that they did not participate in the program, and higher-income individuals who were not eligible for the program. This research was not designed to assess the impact of SNAP or in any way attribute differences observed between SNAP participants and nonparticipants to an effect of the program.

This report describes the quality of the diets consumed by SNAP participants and nonparticipants in three age groups (children, adults, and older adults). A general finding from this study is that, for most outcomes examined in this report, differences between SNAP participants and nonparticipants were more often observed for children (1–18 years) and adults (19–59 years) than for older adults (60 years old and older).

Main findings from this study include the following:

Diet Adequacy

- In general, SNAP participants and income-eligible nonparticipants had usual intakes of vitamins and minerals that were not different. In contrast, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of most vitamins and minerals. Across all age groups, SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of vitamin A, calcium, and magnesium.
- SNAP participants also had lower usual intakes of potassium and fiber relative to higher-income nonparticipants. However, these differences do not necessarily imply that SNAP participants were less likely than higher-income nonparticipants to have adequate usual intakes of potassium and fiber.

Diet Quality

- Total HEI-2005 scores, which provide an overall measure of diet quality, were lower for SNAP participants than for either income-eligible or higher-income nonparticipants. However, HEI-2005 component scores revealed greater differences between SNAP participants and higher-income nonparticipants (9 of 12 components) than between SNAP participants and income-eligible nonparticipants (4 components).
- Compared to higher-income adults and children, SNAP adults and children consumed fewer dark green and orange vegetables and legumes, fewer whole grains, and more empty calories.

- SNAP participants obtained a larger share of their total calorie intake from empty calories (that is, calories from solid fats, added sugars, and alcohol) than either income-eligible or higher-income nonparticipants.
- The diets of SNAP participants were generally comparable to the diets of income-eligible nonparticipants, and generally less adequate and lower in nutritional quality than the diets of higher-income nonparticipants. There were two notable exceptions—the diets of SNAP participants were less likely than higher-income nonparticipants to be high in sodium and saturated fat, relative to current recommendations.

Food Consumption Patterns

- Differences in food consumption patterns provide context for the differences in diet adequacy and excess and diet quality described above. For example:
 - SNAP participants were less likely than either group of nonparticipants to consume discrete portions of fruit or vegetables, as well as fresh fruit and raw vegetables specifically. These differences in food choices likely contributed to the lower intakes of vitamin A, potassium, and fiber observed among some SNAP participants in relation to nonparticipants.
 - SNAP participants were also less likely than higher-income nonparticipants to consume discrete whole grain items, which resulted in a lower HEI-2005 score for whole grains and likely contributed to the lower intakes of fiber observed among SNAP participants in relation to higher-income nonparticipants.
 - SNAP participants were more likely than either group of nonparticipants to consume regular soda (rather than diet) and more likely than higher-income nonparticipants to consume higher-fat milk (rather than lower-fat milk). These differences in food choices likely contributed to the higher intakes of empty calories observed among SNAP participants in relation to nonparticipants.
 - On the other hand, SNAP participants were less likely than higher-income nonparticipants to choose sweets and desserts, salty snacks, and added fats and oils. These differences in food choices likely contributed to the lower intakes of saturated fat and sodium observed among SNAP participants, relative to higher-income nonparticipants.

Overweight and Obesity

- Rates of obesity were higher among SNAP participants than among income-eligible or higher-income nonparticipants. In particular, SNAP children were more likely to be obese than higher-income nonparticipant children, and SNAP adults were more likely to be obese than either group of nonparticipating adults.

Implications for SNAP Nutrition Education

Findings from this study identify specific food consumption practices that may prove to be useful targets for the SNAP-Ed program, which is the nutrition education component of SNAP:

Consumption of whole milk. SNAP participants in all three age groups were more likely than higher-income nonparticipants to consume whole milk and less likely to consume lower-fat milk (including 2%, 1%, and skim milk). Consumption of whole milk is not recommended for individuals older than 1 year old because it is less nutrient-dense and contributes more empty calories than lower-fat versions. Lower-fat milks have the same amounts of calcium and other nutrients as whole milk, but contribute fewer empty calories.

Low consumption of fruits and vegetables. SNAP participants were less likely than either group of nonparticipants to consume discrete portions of fruit or vegetables. Increasing consumption of discrete fruits and vegetables is an effective strategy for increasing intakes of vitamin A, potassium, and fiber intakes and better aligning SNAP participants' food choices with the Dietary Guidelines.

Low consumption of whole grains. SNAP adults and children had lower concentrations of whole grains in their diets, relative to either group of nonparticipants. The recommended concentration of whole grains in the Dietary Guidelines allows individuals to meet nutrient requirements without exceeding calorie needs. However, whole grains must replace refined (or non-whole) grains so that excess calories are not consumed.

Consumption of regular soda and empty calories. Another important focal point for SNAP-Ed is intake of empty calories. SNAP children and adults were more likely than their nonparticipant counterparts to consume regular soda. For older adults, this difference was observed only in comparison to higher-income nonparticipants. Regular soda, as well as other foods that are high in added sugars and/or solid fats, contribute calories while providing few nutrients. Decreased intakes of foods that contribute empty calories would improve the overall quality of the SNAP participants' diets. This is also essential for reducing the prevalence of overweight and obesity in this population.

Findings from this study confirm that continued nutrition education efforts are needed to help improve the quality of SNAP participants' diets. Targeting specific food choices through SNAP-Ed, such as the ones described above, may be an effective way to affect behavioral change that results in improved diet adequacy and diet quality among SNAP participants, as well achieving and maintaining a healthy weight.

Matched Comparative Analyses

Matching SNAP participants and nonparticipants has the effect of reducing the differences in nutrition outcomes between the two groups. There were only two differences in the dietary outcomes of *matched* participants and income-eligible nonparticipants 16 years old and older: *Matched* participants had a lower mean usual intake of copper and were more likely to be obese than income-eligible nonparticipants.

There is one caveat that should be considered when interpreting the *matched* comparison findings. The fact that the *matched* comparison groups have smaller sample sizes than the descriptive comparison groups also makes it more difficult to uncover significantly different results. However, the sample sizes for the matched comparison groups are large enough to uncover all but the smallest differences, and the sizes of the *matched* differences were smaller

than the sizes of the descriptive differences, both of which factors suggest that this caveat not great enough to negate the finding above.

It should also be noted that to estimate a true program impact of SNAP requires specially designed studies or, at a minimum, complex analytical models that require a variety of measures, some of which are not available in the NHANES data. In addition, in order to draw causal inferences from our findings, the study must have accounted for all possible confounders. As not all possible confounders are available in the existing NHANES data, we can describe associations but not causal effects or impacts.

References

- Bowman, S.A., Friday, J.E., & Moshfegh, A. (2008). *MyPyramid Equivalents Database, 2.0 for USDA Survey Foods, 2003-2004* [Online]. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, MD. Available at: <http://www.ars.usda.gov/ba/bhnrc/fsrg>.
- Bowman, S.A., Clemens, J.C., Thorig, R.C., Friday, J.E., Shimizu, M., and Moshfegh, A.J. (2013). *Food Patterns Equivalents Database 2009-10: Methodology and User Guide* [Online]. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, Maryland. Available at: <http://www.ars.usda.gov/ba/bhnrc/fsrg>.
- Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS). (2013a). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2013, <http://www.cdc.gov/nchs/nhanes.htm>.
- Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS). (2013b). *Continuous NHANES Web Tutorial*. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2013, <http://www.cdc.gov/nchs/tutorials/nhanes/SurveyDesign/VarianceEstimation/intro.htm>
- Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS). (2013c). *National Health and Nutrition Examination Survey Questionnaire*. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2013, http://www.cdc.gov/nchs/nhanes/nhanes_questionnaires.htm.
- Devaney, B., Crepinsek, M.K., Fortson, K., & Quay, L. (2007). *Review of the dietary reference intakes for selected nutrients: Application challenges and implications for food and nutrition assistance programs*. Princeton, NJ: Mathematica Policy Research, Inc.
- Dietary Guidelines Advisory Committee. (2010). *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.
- Fox, M.K., Hamilton, W., Lin, B. (2004). *Effects of Food Assistance and Nutrition Programs on Nutrition and Health: Volume 3 Literature Review. Food Assistance and Nutrition Research Report No. 19-3*. Economic Research Service, U.S. Department of Agriculture. www.ers.usda.gov/publications/fanrr19-3/
- Guenther, P.M., Reedy, J., Krebs-Smith, S.M. (2008). Development of the Healthy Eating Index-2005, *Journal of the American Dietetic Association*, 108, 1896-1901.
- Guenther, P.M., Casavale, K.O., Reedy, J., Kirkpatrick, S.I., Hiza, H.A., Kuczynski, K.J., Kahle, L.L., Krebs-Smith, S.M. (2013). Update of the Healthy Eating Index: HEI-2010, *Journal of the Academy of Nutrition and Dietetics*, 113(4), 569-580.

- Institute of Medicine. (1997). *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, DC: National Academies Press.
- Institute of Medicine. (1998). *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline*. Washington, DC: National Academies Press.
- Institute of Medicine. (2000). *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids*. Washington, DC: National Academies Press.
- Institute of Medicine. (2001). *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. Washington, DC: National Academies Press.
- Institute of Medicine. (2005a). *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, DC: National Academies Press.
- Institute of Medicine. (2005b). *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. Washington, DC: National Academies Press.
- Institute of Medicine. (2006). *Dietary Reference Intakes Essential Guide to Nutrient Requirements*. Washington, DC: National Academies Press.
- Institute of Medicine. (2011). *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC: National Academies Press.
- Mabli, J., Castner, L., Ohls, J., Fox, M.K., Crepinsek, M.K., & Condon, E. (2010). *Food Expenditures and Diet Quality among Low-Income Households and Individuals*. Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service.
- Mykerezi, E., & Mills, B. (2010). The impact of food stamp program participation on household food insecurity. *American Journal of Agricultural Economics*, 92(5), 1379-1391.
- National Cancer Institute, (2013). Estimating Mean HEI Scores for a Population or Group. Retrieved September 1, 2013 from <http://riskfactor.cancer.gov/tools/hei/tools.html#monitoring>.
- Rassen, J. A., Doherty, M., Huang, W., & Schneeweiss, S. Pharmacoepidemiology Toolbox. Boston, MA. <http://www.hdpharmacoepi.org>.
- Rassen, J. A., Shelat, A. A., Franklin, J. M., Glynn, R. J., Solomon, D. H., & Schneeweiss, S. (2013). Matching by propensity score in cohort studies with three treatment groups. *Epidemiology*, 24(3):401-409.
- Rubins, D. B. (1997). Estimating causal effects from large data sets using propensity scores. *Annals of Internal Medicine*, 127 (8 Pt 2), 757-763.

- Stuart, E. A. (2010). Matching methods for causal inference: A review and a look forward. *Statistical Science*, 25, 1, 1-21. doi:10.1214/09-STS313.
- U.S. Department of Agriculture, Food and Nutrition Service, Office of Research, Nutrition and Analysis. (2008). *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004*, by Nancy Cole and Mary Kay Fox. Project Officer: Jenny Laster Genser, Alexandria, VA.
- U.S. Department of Agriculture, and U.S. Department of Health and Human Services. (2010). *Dietary Guidelines for Americans 2010* (7th ed.). Washington, DC: US Government Printing Office Accessed 29 June 2012 <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>.
- U.S. Department of Agriculture, Food and Nutrition Service. (2012). *Supplemental Nutrition Assistance Program Education (SNAP-Ed) Facts*. August 2012. Accessed March 13, 2014. <http://snap.nal.usda.gov/snap/SNAP-EdFactsheet2012.pdf> .
- U.S. Department of Agriculture, Food and Nutrition Service. (2013). *SNAP-Ed Strategies and Interventions: An Obesity Prevention Toolkit for States Evidence-based Policy and Environmental Change in Child Care, School, Community, and Family Settings*. July 24, 2013. Accessed March 13, 2014 <http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>.
- U.S. Department of Agriculture, Food and Nutrition Service. (2014a). *Supplemental Nutrition Assistance Program Participation and Costs, Data as of March 7, 2014*. Accessed March 11, 2014 <http://www.fns.usda.gov/pd/snapmain.htm>.
- U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, (2014b). *Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2012*, by Kelsey Farson Gray and Esa Eslami. Project Officer, Jenny Genser. Alexandria, VA: 2014. Accessed March 13, 2014 <http://www.fns.usda.gov/sites/default/files/2012Characteristics.pdf>.
- Wilde, P. (2007). Measuring the Effect of Food Stamps on Food Insecurity and Hunger: Research and Policy Considerations. *Journal of Nutrition*, 137, 307–310.

This page left blank intentionally.

Appendix A. Data and Methods

All estimates in this report are based on data from the National Health and Nutrition Examination Survey (NHANES), analyzed alone or in conjunction with various Food Patterns equivalents data sources. In this appendix, we describe the data, estimation procedures for the nutrition outcomes, and statistical methods.

Data Sources

NHANES Data

The NHANES is designed to assess the health and nutritional status of adults and children in the United States (U.S.). The survey collects both interviews and physical examination data on a nationally representative sample of the U.S. population. NHANES is conducted by the National Center for Health Statistics (NCHS), part of the Centers for Disease Control and Prevention (CDC). The NHANES has been conducted on a periodic basis since 1971. Beginning in 1999, the NHANES became a continuous annual survey with data released in public data files every two years (e.g., 1999-2000, 2001-2002, 2003-2004, etc.). Each 2-year survey wave collects data on approximately 10,000 persons. The NCHS recommends combining two or more 2-year survey waves of the continuous NHANES to increase sample size and produce estimates with greater statistical reliability. All of the estimates in this report are based on two 2-year cycles of NHANES data (2007–2008 and 2009–2010).³⁸

NHANES includes a household interview conducted in respondents' homes, and a physical examination conducted in Mobile Exam Centers (MEC). Additional interviews are conducted at the time of the MEC exam, including a 24-hour dietary recall interview (Day-1 Dietary Recall). A second dietary recall interview is conducted by telephone 3 to 10 days after the MEC exam (Day-2 Dietary Recall). For this study, we used data from the following NHANES data files:

- Body Measures (BMX)
- Demographics Variables and Sample Weights (DEMO)
- Dietary Interview: Individual Foods–Day 1 (DR1IFF)
- Dietary Interview: Individual Foods–Day 2 (DR2IFF)
- Dietary Interview: Total Nutrient Intakes–Day 1 (DR1TOT)
- Dietary Interview: Total Nutrient Intakes–Day 2 (DR2TOT)
- Food Security (FSQ)
- Income (INQ)
- Reproductive Health (RHQ)

All analyses in this report are based on NHANES respondents with complete Day-1 Dietary Recall data. To compute all dietary measures, we used Day-1 dietary recall data. To estimate usual nutrient intakes, we used Day-2 dietary recall data in conjunction with Day-1 dietary recall data to control for within-person day-to-day variance in nutrient intakes.

³⁸ We excluded data from NHANES 2005-2006 in this study due to a change in the questions that were asked beginning in NHANES 2007-2008 related to receipt of SNAP.

Food Patterns Equivalents Data

Food Patterns equivalents data—which were formerly referred to as MyPyramid equivalents data—were used to construct several nutrition outcome measures for this study (Bowman et al. 2008; Bowman et al., 2013). The analysis for this study was conducted prior to the release of the Food Patterns Equivalents Database (FPED), so the main source of Food Patterns data was the MyPyramid Equivalents Database (MPED). The following data sources were used to obtain Food Patterns data for each food reported in the NHANES 2007–2010 data:

- MyPyramid Equivalents Database for USDA Survey Foods, version 2.0 (MPED 2.0)
- Center for Nutrition Policy and Promotion (CNPP) Addendum to MPED 2.0B
- CNPP Fruit Database (03-04)
- An excerpt of data from the Food Patterns Equivalents Database (FPED)³⁹

The Food Patterns data sources provide data on the amounts of over 30 Food Patterns components included in 100 grams of food (Bowman et al., 2008; Bowman et al., 2013). The Food Patterns components are defined as the number of cup equivalents of fruit, vegetables, and dairy; ounce equivalents of grains and protein foods; teaspoon equivalents of added sugars; gram equivalents of solid fats and oils; and numbers of alcoholic drinks. We linked each unique food reported in the NHANES 2007–2010 Individual Foods Files to the appropriate Food Patterns data source, and computed the amounts of each Food Patterns component consumed, based on the amount of food consumed by each individual.

Analysis Sample

Our sample for all descriptive analyses included persons 1 year old and older with complete dietary recalls, excluding breastfed children, infants, and pregnant and breastfeeding women.⁴⁰ The sample for the matched analyses included persons 16 years old and older.

Children that consumed breast milk were excluded from the descriptive analysis sample because they have incomplete dietary recall data. Infants under 1 year old were excluded for three reasons. First, more than one-third of infants in NHANES 2007–2010 had incomplete dietary recalls because they consumed breast milk. The records for these infants include missing values for the amounts of calories and nutrients consumed from breast milk since amounts are not quantified by respondents, and it was beyond the scope of this project to impute breast milk volumes. Second, many of the diet quality outcome measures used in this study do not apply to infants, including the HEI, empty calories, and BMI. Third, comparisons of usual intakes of infants to the Dietary Reference Intakes (DRIs) and *Dietary Guidelines* are limited because DRIs have been defined for only a few nutrients for infants and the *Dietary Guidelines* recommendations apply only to individuals 2 years old and older.

Pregnant women 20–44 years old and breastfeeding women 20–59 years old were excluded from both the descriptive and multivariate analysis samples because the dietary reference standards are

³⁹ Since the analysis was performed prior to the release of the FPED, CNPP provided preliminary FPED data for foods reported in NHANES 2009-2010 that were not included in previous MPED databases.

⁴⁰ Several of the outcome measures used in this study do not apply to children younger than 2 years old, including the HEI, BMI, empty calories, and usual nutrient intakes of saturated fat, sodium, and cholesterol relative to *Dietary Guidelines* recommendations. The analyses for these measures were limited to individuals 2 years old and older.

different for these groups. However, the pregnancy status among women 12–19 years old and older 44 years old, and the breastfeeding status of women 12–19 years old, cannot be identified in the NHANES 2007–2010 public-use data. Because we were unable to identify these women, they are all assumed to be not pregnant or breastfeeding.

Subgroups for Tabulation

We calculated descriptive estimates for the total U.S. population and for subgroups defined by program participation and income, and by age group and gender.

Program Participation and Income

SNAP participation was measured at the household level, based on the self-reported number of days since SNAP benefit receipt. We defined SNAP participants as respondents who reported living in households receiving SNAP benefits within the past 30 days, using the NHANES variable FSD165 (ever received SNAP benefits) and FSD225 (number of days since household last received SNAP benefits). To classify program nonparticipants as income-eligible or higher-income, we used household size and monthly income relative to the DHHS poverty guidelines, using the NHANES family poverty income ratio variable INDFMMPC. Income-eligible nonparticipants were defined as individuals with annual income less than or equal to 130 percent of the DHHS poverty guidelines, whereas higher-income nonparticipants were defined as individuals with annual income greater than 130 percent of the DHHS poverty guidelines, with no income cap.

Age Groups

We tabulated descriptive analysis results for three age groups:

- Children, 1–18 years old⁴¹
- Adults, 19–59 years old
- Older adults, 60+ years old

Ages are calculated based on age at the time of the MEC exam when the first dietary recall was collected, rather than age at the time of the household interview.

Methods for Estimating Nutrition Outcome Measures

We used several outcome measures to examine the diet quality of SNAP participants and nonparticipants. In this section, we describe the methods used to construct each measure.

Usual Nutrient Intakes

To assess the prevalence of adequate and excessive nutrient intakes among SNAP participants and nonparticipants, we estimated usual nutrient intakes of vitamins, minerals, macronutrients, and other dietary components. We then compared usual nutrient intake distributions to the Dietary Reference Intakes (DRIs) and selected recommendations of the 2010 *Dietary Guidelines*.

⁴¹ One-year old children are excluded from estimates for nutrition outcomes that apply only to children 2 years old and older.

Dietary Reference Intakes

The DRIs, established by the Food and Nutrition Board of the Institute of Medicine (IOM), provide guidelines on intake amounts appropriate for a given individual based on age, gender and life stage (IOM, 1997; IOM, 1998; IOM, 2000; IOM, 2001; IOM, 2005a; IOM, 2005b; IOM, 2006; IOM, 2011). The DRIs are the most up-to-date scientific standards for determining whether diets provide enough nutrients to meet requirements without being excessive. Four different DRI standards were used to assess the usual nutrient intakes of SNAP participants and nonparticipants:

- Estimated Average Requirements (EARs)
- Adequate Intake Levels (AIs)
- Tolerable Upper Intake Levels (ULs)
- Acceptable Macronutrient Distribution Ranges (AMDRs).

DRI values for each nutrient included in the analysis are shown in Figure A-1 for each age and gender group.

When enough information is available about the distribution of nutrient requirements in the population, the DRIs define an **Estimated Average Requirement (EAR)**. The EAR is the average daily nutrient intake level estimated to meet the requirement of half of the healthy individuals in a life stage and gender group. The EAR is used to assess the prevalence of inadequate intakes using the IOM-recommended “EAR cut-point method” (IOM, 2006). The EAR cut-point method was used to analyze all nutrients for which EARs have been established. The EAR cut-point method assumes that nutrient requirements are symmetrically distributed. This assumption, however, does not hold for iron requirements among menstruating females. It is not appropriate to use the EAR cut-point method to estimate the prevalence of adequate iron intakes for menstruating females. For this reason, the full probability approach was used for females 9-50 years old (IOM, 2006).

When information on the distribution of requirements is insufficient to establish an EAR, the DRIs define an **Adequate Intake level (AI)**. The AI is the level of intake that is assumed to be adequate, based on observed or experimentally determined estimates of intake by apparently healthy people. AIs cannot be used to determine the proportion of a population with inadequate intakes. Instead, assessment focuses on comparison of mean usual intakes to an AI level. Populations with a mean usual intake equal to or greater than the population-specific AI can be assumed to have high levels of nutrient adequacy. However, when mean usual intakes fall below the AI, no firm conclusions can be drawn about the prevalence of adequate usual intakes.

The **Tolerable Upper Intake Level (UL)** is the highest usual nutrient intake level that is likely to pose no risk of adverse health effects to individuals in the specified life stage group. As intake increases above the UL, the risk of adverse effects increases. For most nutrients for which ULs have been established, the UL is based on intake from food, water, and dietary supplements (IOM, 2006). For some nutrients, the UL applies only to synthetic forms obtained from dietary supplements, fortified foods, or over-the-counter medications.

The DRIs also define **Acceptable Macronutrient Distribution Ranges (AMDRs)** for intakes of macronutrients (total fat, carbohydrate, and protein) and key fatty acids (linoleic acid and linolenic acid). The AMDRs reflect a range of usual nutrient intake associated with reduced risk

of chronic disease, while providing adequate intakes of other essential nutrients (IOM, 2005a). AMDRs are expressed as percentages of total calorie intake because their requirements are not independent of each other or of the total calorie requirement of the individual (IOM, 2006). A key feature of AMDRs is that they specify ranges of intake. Intakes that fall outside of these ranges (i.e., exceed the upper bound or fall below the lower bound) may increase risk of chronic disease.

The 2010 *Dietary Guidelines* also include quantitative recommendations for saturated fat, cholesterol, and sodium that encourage reduced intakes of these nutrients. Recommendations for saturated fat (as a percentage of total calories) and cholesterol are the same for all age and gender groups. Sodium recommendations vary by age. *Dietary Guidelines* recommendations are shown in Figure A-1.

Estimating Usual Nutrient Intakes

The DRIs, which are used to assess the prevalence of inadequate and excessive nutrient intakes, are intended to be applied to measures of usual intakes or long-term averages of daily intakes. Therefore, information about the distribution of usual nutrient intakes is needed for assessing diets of population groups. Experts in dietary assessment have found that data from single 24-hour dietary recalls will lead to biased estimates of the distribution of usual intakes, as well as the proportion of a group with usual intakes above or below a standard (Beaton, Milner, McGuire, Feather, Little, 1983). This is due to the fact that nutrient intakes for an individual vary from day to day. An extensive body of methodological research investigating the use of 24-hour recall data to estimate the distribution of usual intakes for population groups has evolved, which recommends that the data include a second 24-hour recall for at least a subset of the population (Dodd et al., 2006; National Research Council, Subcommittee on Criteria for Dietary Evaluation, 1986; Nusser, Carriquiry, Dodd, & Fuller, 1996; Tooze et al., 2006).

We used the method developed by the NCI to estimate the usual intake distributions, mean intakes, and percentages of individuals above, below, or within the standards established in the DRIs or recommended in the 2010 *Dietary Guidelines*. The NCI method involves the use of two SAS macros that are available on NCI's website (Parsons, Munuo, Buckman, Tooze, & Dodd, 2009). The first macro, Mixtran, transforms the data and fits the model. The second macro, Distrib, uses the parameters estimated by the Mixtran macro to estimate the usual intake statistics through simulation. The Distrib macro also provides the estimated percentage of the population whose intake falls below a given value (e.g., a DRI value or *Dietary Guidelines* recommendation). To estimate standard errors of the estimated percentiles and percentages, we used the balanced repeated replication (BRR) method.

Figure A-1. Dietary Reference Intakes and *Dietary Guidelines* Recommendations, by Age and Gender Groups

| Estimated average requirement (EAR) | | | | | | | | | | |
|-------------------------------------|------------------------|-------------------|--------------------|--------------------------------|----------------------------------|--------------------|---------------------|-------------------------------|-------------------|----------------|
| | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin D (mcg) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Vitamin E (mcg) | Folate (mcg DFE) | Niacin (mg) | Selenium (mcg) | Copper (mg) |
| Males | | | | | | | | | | |
| 1–3 years | 210 | 13 | 10 | 0.4 | 0.7 | 5 | 120 | 5 | 17 | 0.26 |
| 4–8 years | 275 | 22 | 10 | 0.5 | 1.0 | 6 | 160 | 6 | 23 | 0.34 |
| 9–13 years | 445 | 39 | 10 | 0.8 | 1.5 | 9 | 250 | 9 | 35 | 0.54 |
| 14–18 years | 630 | 63 | 10 | 1.1 | 2.0 | 12 | 330 | 12 | 45 | 0.69 |
| 19–30 years | 625 | 75 | 10 | 1.1 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| 31–50 years | 625 | 75 | 10 | 1.1 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| 51–70 years | 625 | 75 | 10 | 1.4 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| 71+ years | 625 | 75 | 10 | 1.4 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| Females | | | | | | | | | | |
| 1–3 years | 210 | 13 | 10 | 0.4 | 0.7 | 5 | 120 | 5 | 17 | 0.26 |
| 4–8 years | 275 | 22 | 10 | 0.5 | 1.0 | 6 | 160 | 6 | 23 | 0.34 |
| 9–13 years | 420 | 39 | 10 | 0.8 | 1.5 | 9 | 250 | 9 | 35 | 0.54 |
| 14–18 years | 485 | 56 | 10 | 1.0 | 2.0 | 12 | 330 | 12 | 45 | 0.69 |
| 19–30 years | 500 | 60 | 10 | 1.1 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| 31–50 years | 500 | 60 | 10 | 1.1 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| 51–70 years | 500 | 60 | 10 | 1.3 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| 71+ years | 500 | 60 | 10 | 1.3 | 2.0 | 12 | 320 | 12 | 45 | 0.70 |
| Estimated average requirement (EAR) | | | | | | | | | | |
| | Riboflavin (mg) | Thiamin (mg) | Calcium (mg) | Iron (mg) | Magnesium (mg) | Zinc (mg) | Carbohydrate (g) | Protein (g/kg body weight) | | |
| Males | | | | | | | | | | |
| 1–3 years | 0.4 | 0.4 | 500 | 3.0 | 65 | 2.5 | 100 | 0.87 | | |
| 4–8 years | 0.5 | 0.5 | 800 | 4.1 | 110 | 4.0 | 100 | 0.76 | | |
| 9–13 years | 0.8 | 0.7 | 1100 | 5.9 | 200 | 7.0 | 100 | 0.76 | | |
| 14–18 years | 1.1 | 1.0 | 1100 | 7.7 | 340 | 8.5 | 100 | 0.73 | | |
| 19–30 years | 1.1 | 1.0 | 800 | 6.0 | 330 | 9.4 | 100 | 0.66 | | |
| 31–50 years | 1.1 | 1.0 | 800 | 6.0 | 350 | 9.4 | 100 | 0.66 | | |
| 51–70 years | 1.1 | 1.0 | 800 | 6.0 | 350 | 9.4 | 100 | 0.66 | | |
| 71+ years | 1.1 | 1.0 | 1000 | 6.0 | 350 | 9.4 | 100 | 0.66 | | |
| Females | | | | | | | | | | |
| 1–3 years | 0.4 | 0.4 | 500 | 3.0 | 65 | 2.5 | 100 | 0.87 | | |
| 4–8 years | 0.5 | 0.5 | 800 | 4.1 | 110 | 4.0 | 100 | 0.76 | | |
| 9–13 years | 0.8 | 0.7 | 1100 | 5.7 | 200 | 7.0 | 100 | 0.76 | | |
| 14–18 years | 0.9 | 0.9 | 1100 | 7.9 | 300 | 7.3 | 100 | 0.71 | | |
| 19–30 years | 0.9 | 0.9 | 800 | 8.1 | 255 | 6.8 | 100 | 0.66 | | |
| 31–50 years | 0.9 | 0.9 | 800 | 8.1 | 265 | 6.8 | 100 | 0.66 | | |
| 51–70 years | 0.9 | 0.9 | 1000 | 5.0 | 265 | 6.8 | 100 | 0.66 | | |
| 71+ years | 0.9 | 0.9 | 1000 | 5.0 | 265 | 6.8 | 100 | 0.66 | | |

Figure A-1. Dietary Reference Intakes and *Dietary Guidelines* Recommendations, by Age and Gender Groups—Continued

| Adequate intake (AI) | | | | | | |
|--|-------------------|----------------|--------------|----------------------|-----------------------|-----------------|
| | Potassium (mg) | Sodium (mg) | Fiber (g) | Linoleic acid (g) | Linolenic acid (g) | Choline (mg) |
| Males | | | | | | |
| 1–3 years | 3000 | 1000 | 19 | 7 | 0.7 | 200 |
| 4–8 years | 3800 | 1200 | 25 | 10 | 0.9 | 250 |
| 9–13 years | 4500 | 1500 | 31 | 12 | 1.2 | 375 |
| 14–18 years | 4700 | 1500 | 38 | 16 | 1.6 | 550 |
| 19–30 years | 4700 | 1500 | 38 | 17 | 1.6 | 550 |
| 31–50 years | 4700 | 1500 | 38 | 17 | 1.6 | 550 |
| 51–70 years | 4700 | 1300 | 30 | 14 | 1.6 | 550 |
| 71+ years | 4700 | 1200 | 30 | 14 | 1.6 | 550 |
| Females | | | | | | |
| 1–3 years | 3000 | 1000 | 19 | 7 | 0.7 | 200 |
| 4–8 years | 3800 | 1200 | 25 | 10 | 0.9 | 250 |
| 9–13 years | 4500 | 1500 | 26 | 10 | 1.0 | 375 |
| 14–18 years | 4700 | 1500 | 26 | 11 | 1.1 | 400 |
| 19–30 years | 4700 | 1500 | 25 | 12 | 1.1 | 425 |
| 31–50 years | 4700 | 1500 | 25 | 12 | 1.1 | 425 |
| 51–70 years | 4700 | 1300 | 21 | 11 | 1.1 | 425 |
| 71+ years | 4700 | 1200 | 21 | 11 | 1.1 | 425 |
| Upper tolerable intake level (UL)^a | | | | | | |
| | Sodium (mg) | | | | | |
| Males | | | | | | |
| 1–3 years | 1500 | | | | | |
| 4–8 years | 1900 | | | | | |
| 9–13 years | 2200 | | | | | |
| 14–18 years | 2300 | | | | | |
| 19–30 years | 2300 | | | | | |
| 31–50 years | 2300 | | | | | |
| 51–70 years | 2300 | | | | | |
| 71+ years | 2300 | | | | | |
| Females | | | | | | |
| 1–3 years | 1500 | | | | | |
| 4–8 years | 1900 | | | | | |
| 9–13 years | 2200 | | | | | |
| 14–18 years | 2300 | | | | | |
| 19–30 years | 2300 | | | | | |
| 31–50 years | 2300 | | | | | |
| 51–70 years | 2300 | | | | | |
| 71+ years | 2300 | | | | | |

Figure A-1. Dietary Reference Intakes and *Dietary Guidelines* Recommendations, by Age and Gender Groups—Continued

| Acceptable Macronutrient Distribution Range (AMDR) | | | | | |
|---|---|---------------|---------------------|--------------|---------|
| | Total fat | Linoleic acid | Linolenic acid | Carbohydrate | Protein |
| Percentage of Total Calories | | | | | |
| Children 1–3 years | 30–40 | 5–10 | 0.6–1.2 | 45–65 | 5–20 |
| Children 4–18 years | 25–35 | 5–10 | 0.6–1.2 | 45–65 | 10–30 |
| Adults 19+ years | 20–35 | 5–10 | 0.6–1.2 | 45–65 | 10–35 |
| 2010 <i>Dietary Guidelines</i> Recommendations | | | | | |
| | Saturated fat (percentage of total calories) | | Cholesterol (mg) | | |
| Children 2–3 years ^c | < 10 | | < 300 | | |
| Children 4–18 years | < 10 | | < 300 | | |
| Adults 19+ years | < 10 | | < 300 | | |
| Sodium (mg) | | | | | |
| 2–50 years ^c | < 2300 | | | | |
| 51+ years | < 1500 | | | | |

Sources: Institute of Medicine (IOM). “The Dietary Reference Intakes: The Essential Guide to Nutrient Requirements.” Washington, DC: National Academies Press, 2006; IOM. “Dietary Reference Intakes for Calcium and Vitamin D.” Washington, DC: National Academies Press, 2010.

Note: g = grams, mg = milligrams, mcg = micrograms, kg = kilograms, RAE = retinol activity equivalent, DFE = dietary folate equivalent.

- ^a The ULs apply to intakes from foods and supplements, except for sodium and magnesium. The UL for magnesium applies only to the synthetic form obtained from supplements.
- ^b The UL for folate applies only to the synthetic form (folic acid) obtained from supplements and fortified foods.
- ^c Children younger than age two years are excluded from the usual intake analysis of saturated fat, cholesterol, and sodium relative to the *Dietary Guidelines* since the recommendations apply only to children two years old and over.

Usual Intake of Calories

Usual intake of calories was computed using the NCI Mixtran and Distrib SAS macros. The Mixtran macro transforms the data and fits the model used for calculating the estimates. The Distrib macro uses the parameters estimated by the Mixtran macro to calculate the mean and distribution of the variable of interest based on the model established for the population being examined.

Body Mass Index

Weight status is defined using the body mass index (BMI), a measure of the relationship between height and weight. BMI is a widely accepted index for classifying the weight status of individuals as underweight, healthy weight, overweight, or obese. NHANES collects body measurement data during the MEC exam, including body weight and height (or recumbent length for children age less than 2 years). These data are available in the NHANES Body Measures Files. These files also include a variable for BMI, defined as follows:

$$\text{BMI} = \text{weight in kilograms} \div (\text{height in meters})^2$$

Methods for classifying the weight status of individuals based on BMI differ for adults and children. We classified adult weight status using the BMI variable from the NHANES data and the BMI cutoffs specified by the CDC (Exhibit 3-3). For children, the CDC recommends using BMI to screen for overweight and obesity beginning at 2 years old. Because children grow at different rates at different times, children's weight status is determined by using BMI-for-age percentiles that take into account a child's age and gender. We used the SAS program provided on CDC's website to estimate BMI-for-age percentiles for children. We classified children's weight status based on comparison of BMI-for-age percentiles with the standards defined by the CDC (Exhibit 3-3). Children under 2 years old and individuals with missing BMI or height and weight data were excluded from the analysis.

Empty Calories

The consumption of empty calories is an important aspect of diet quality. Foods and beverages that contain empty calories contribute calories to a diet while providing few nutrients. Empty calories come from three main sources: solid fats, added sugars, and alcohol. The 2010 *Dietary Guidelines* recommend reducing consumption of solid fats and added sugars to allow for increased intake of recommended amounts of nutrient-dense foods (that is, foods that are fat-free or low fat with no added sugars) without exceeding overall calorie needs.⁴² The *Dietary Guidelines* specify maximum daily limits for empty calories for individuals 2 years old and over, based on estimated calorie needs for three different physical activity levels (Exhibit 4-1). As shown in Exhibit 4-1, maximum daily limits for empty calories range from 121 to 330 calories for each age and gender group, or 8 percent to 14 percent of total calorie needs based on sedentary individuals.

To assess the consumption of empty calories, we estimated the percentage contribution of empty calories to total calorie intakes using two definitions of what is considered to be empty calories. The first definition includes calories from solid fats and added sugars (but not alcohol) and the second definition includes all three sources of empty calories (solid fats, added sugars, and alcohol). Estimates were based on a single day of intake. Children under 2 years old were excluded from the analysis because the *Dietary Guidelines* do not apply to them. To construct this measure, we obtained data on alcohol and total calories from the NHANES Individual Foods Files and Total Nutrients Files, and obtained data on solid fats, added sugars, and alcohol from the Food Patterns equivalents data sources described previously. The HEI SAS programs include a formula for estimating the number of calories from solid fats, added sugars, and alcohol for each individual. We modified this code to also estimate the number of calories from solid fats and added sugars only. We then estimated percentages of total calories from empty calories, with and without alcohol, among all persons and by participation/eligibility status and age group.

Food Choices Defined Using the Supermarket Aisle Approach

To examine the food choices of SNAP participants and nonparticipants, we categorized all foods reported in Day-1 dietary recalls according to the food groups and subgroups defined in the supermarket aisle approach used by Cole and Fox (USDA, 2008). This approach categorizes foods into major food groups and subgroups based on supermarket groupings, as shown in Figure A-2. We made slight modifications to the food groups defined by Cole and Fox (USDA, 2008) to reflect the types of foods reported in NHANES 2007–2010. Sandwiches, Mexican entrees,

⁴² The *Dietary Guidelines* acknowledge that moderate alcohol consumption has beneficial effects, but also indicate that alcohol reduces the number of empty calories that can be accommodated in a diet (Guenther et al. 2013).

salads, and soups that were reported as multiple components in a dietary recall were counted as one food choice. Grains were classified as whole grains if at least 50 percent of the total grains were whole grains (using data the Food Patterns equivalents data sources). Vegetables that were not categorized separately by type were assigned to the “other raw” or “other cooked” vegetable groups. Within these two groups, vegetables in the top quartile of the distribution of vitamins A or C per 100 grams were categorized as "higher in vitamins A or C" (at least 58 mg of vitamin C and/or 54 mcg of vitamin A for raw vegetables; and at least 24 mg of vitamin C and/or 47 mcg of vitamin A for cooked vegetables); all others were categorized as "lower in vitamins A or C."

We estimated the percentages of individuals consuming one or more foods (in any amount) from the 11 major supermarket aisle food groups on the day covered in the dietary recall. For each supermarket aisle subgroup, we estimated the percentage of individuals consuming one or more foods from the subgroup among those who consumed any foods in the corresponding major group. For example, the percentage of persons consuming each grain subgroup is conditional on consuming any grains. This approach allows us to compare food choices of SNAP participants and nonparticipants while controlling for different overall levels of consumption at the major food group level. All of the supermarket aisle food groups and subgroups reflect foods consumed as *discrete* items.

Figure A-2. Supermarket Aisle Food Groups and Subgroups

| Major Group | Subgroup | Major Group | Subgroup |
|-------------------|--|-----------------------------------|----------------------------------|
| Grains | | Fruit and 100% Fruit Juice | |
| | Bread | | Fresh orange |
| | Rolls | | Fresh other citrus |
| | English muffins | | Fresh apple |
| | Bagels | | Fresh banana |
| | Biscuits, scones, croissants | | Fresh melon |
| | Muffins | | Fresh watermelon |
| | Cornbread | | Fresh grapes |
| | Corn tortillas | | Fresh peach/nectarine |
| | Flour tortillas | | Fresh pear |
| | Taco shells | | Fresh berries |
| | Crackers | | Other fresh fruit |
| | Breakfast/granola bars | | Avocado/guacamole |
| | Pancakes, waffles, French toast | | Lemon/lime-any form |
| | Cold cereal | | Canned or frozen fruit, total |
| | Hot cereal | | Canned or frozen in syrup |
| | Rice | | Canned or frozen, no syrup |
| | Pasta | | Applesauce, canned/frozen apples |
| Vegetables | | | Canned/frozen peaches |
| | Raw vegetables | | Canned/frozen pineapple |
| | Raw lettuce/greens | | Other canned/frozen |
| | Raw carrots | | Fruit juice |
| | Raw tomatoes | | Non-citrus juice |
| | Raw cabbage/coleslaw | | Citrus juice |
| | Other raw (higher in vitamins A and C) ¹ | | Dried fruit |
| | Other raw (lower in vitamins A and C) ¹ | Meat and Meat Alternates | |
| | Salads (w/greens) | | Beef |
| | Cooked vegetables, excl. potatoes | | Ground beef |
| | Cooked green beans | | Pork |
| | Cooked corn | | Ham |
| | Cooked peas | | Lamb and misc. meats |
| | Cooked carrots | | Chicken |
| | Cooked broccoli | | Turkey |
| | Cooked tomatoes | | Organ meats |
| | Cooked mixed | | Hot dogs |
| | Cooked starchy | | Cold cuts |
| | Other cooked deep yellow | | Fish |
| | Other cooked dark green | | Shellfish |
| | Other cooked (higher in vitamins A and C) ¹ | | Bacon/sausage |
| | Other cooked (lower in vitamins A and C) ¹ | | Eggs |
| | Other fried | | Beans (dry, cooked) |
| | Cooked potatoes-not fried | | Baked/refried beans |
| | Cooked potatoes-fried | | Soy products |
| | Vegetable juice | | Protein/meal enhancement |

Figure A-2. Supermarket Aisle Food Groups and Subgroups–Continued

| Major Group | Subgroup | Major Group | Subgroup |
|--|---|---|---|
| Mixed Dishes | <ul style="list-style-type: none"> Tomato sauce and meat (no pasta) Chili con carne Meat mixtures w/red meat Meat mixtures w/chicken/turkey Meat mixtures w/fish Hamburgers/cheeseburgers Sandwiches (excl. hamburger) Hot dogs Luncheon meats Beef, pork, ham Chicken, turkey Cheese (no meat) Fish Peanut butter Breakfast sandwiches Pizza (no meat) Pizza w/meat Mexican entrees Macaroni and cheese Pasta dishes, Italian style Rice dishes Other grain mixtures Meat soup Bean soup Grain soups Vegetable mixtures (inc soup) Entrée salad | <ul style="list-style-type: none"> Nuts Peanut/almond butter Seeds | |
| | | Milk and Milk Products | <ul style="list-style-type: none"> Unflavored whole milk Unflavored 2% milk Unflavored 1% milk Unflavored skim milk Unflavored milk-% fat nfs Flavored whole milk Flavored 2% milk Flavored 1% milk Flavored skim milk Flavored milk-% fat nfs Soy milk Dry of evaporated milk Yogurt Cheese Breast milk Infant formula |
| | | Sweets and Desserts | <ul style="list-style-type: none"> Sugar and sugar substitutes Syrups/sweet toppings Jelly Jello Candy Ice cream Pudding Ice/popsicles Sweet rolls Cake/cupcakes Cookies Pies/cobblers Pastries Doughnuts |
| Beverages (excluding milk and 100% fruit juice) | <ul style="list-style-type: none"> Coffee Tea Beer Wine Liquor Energy drinks Water Regular soda Sugar-free soda Noncarbonated sweetened beverage Non carbonated low-calorie/sugar free beverage | Added Fats and Oils | <ul style="list-style-type: none"> Butter Margarine Other added fats Other added oils |
| Salty Snacks | <ul style="list-style-type: none"> Corn-based salty snacks Pretzels/party mix Popcorn Potato chips | | <ul style="list-style-type: none"> Salad dressing Mayonnaise Gravy Cream cheese Cream/sour cream |
| Other | | | |

¹ "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "higher in vitamins A or C"; all others are "lower in vitamins A or C." Raw vegetables higher in vitamins A or C include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables lower in vitamins A or C include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.

Average Amounts of Food Consumed from Supermarket Aisle Food Groups

We examined the mean amounts of food consumed by SNAP participants and nonparticipants on the day covered in the dietary recall from each of the major food groups and subgroups defined in the supermarket aisle approach. We estimated amounts in both grams and Food Patterns units among the total population and among consumers only. To construct these measures, we used the Individual Foods Files, the Food Patterns equivalents data, and the major food groups and subgroups defined in the supermarket aisle approach. To estimate average amounts consumed in grams, gram amounts for foods reported consumed within each food group and subgroup were summed to create daily totals for each individual. To estimate amounts consumed in Food Patterns units, we used Food Patterns equivalents data to obtain cup and ounce equivalents data for foods in the milk and milk products, fruits, vegetables, meat and meat alternates, and grains groups and their associated subgroups. Food Patterns units for each food group and subgroup were summed to create daily totals in cup or ounce equivalents for each individual. For foods that were reported as multiple components but counted as one item in the food choices analysis, we summed the gram and Food Patterns units for all components reported so that foods were handled the same way in both analyses. We then estimated the mean amounts of grams and Food Patterns units over the total population, which included all individuals regardless of whether or not the food group or subgroup was consumed. To estimate the average amounts consumed among consumers only, we included only those individuals that reported consuming the specific food group or subgroup. The estimates reflect average daily amounts of foods consumed on the day covered in the dietary recall.

The results for the average amounts of foods consumed from supermarket aisle food groups should not be used to represent total food group intake or compared to USDA Food Pattern recommendations. Total food group intakes for each USDA Food Pattern group were not estimated for this study, but have been estimated by the USDA using NHANES 2007-2008 and 2009-2010 data and can be found at the website listed below.

www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/fped/Table_1_FPED_GEN_0910.pdf

Health Eating Index-2005 (HEI-2005) and HEI-2010

To estimate mean HEI-2005 and HEI-2010 component and total scores, we used the following resources developed by the NCI and available on their website:

- SAS programs that estimate mean component and total scores, and corresponding standard errors and confidence intervals (HEI2005_NHANES0102_MC_PopulationScore.sas; and HEI2010_NHANES0708_MC_PopulationScore.sas)
- Two SAS macros that allocate beans and peas to the protein/meat and beans and vegetable components, and apply the HEI scoring algorithm

(hei2005.beanspeas.allocation.macro.sas and hei2005.score.macro.sas;
hei2010.beanspeas.allocation.macro.sas and hei2010.score.macro.sas)

NCI's SAS programs and macros are designed to estimate mean HEI component and total scores and corresponding standard errors and confidence intervals using one day of dietary intake data from NHANES (NCI, 2013). The SAS code uses SAS survey procedures to account for the complex survey design and a Monte Carlo simulation step to compute standard errors. The SAS programs read in the variables needed from the NHANES Individual Foods Files and Total Nutrient Intakes Files, as well as variables from the Food Patterns equivalents database. We adapted NCI's SAS code to calculate HEI scores for NHANES 2007–2010 and to import the Food Patterns data sources (described previously).

The SAS programs use the population ratio method and one day of dietary intake data to estimate mean component and total HEI scores. In this method, the ratio between the group's total intake of a food group or nutrient of interest and its total calorie intake is computed, rather than using means of individual scores or means of individual ratios. This convention is usually suggested largely because of two factors: (1) it reduces possible bias resulting from correlations between an individual's one-day food or nutrient to energy ratio and his or her calorie intake, and (2) there is usually less score truncation in the HEI scoring system for the group-level HEI measure than in the mean of the individual-level HEI scores (Freedman, Guenther, Krebs-Smith, & Kott, 2008).

Statistical Methods

The study team produced all estimates for this report using SAS (versions 9.3 and 9.4). Sample weights were used to account for sample design and nonresponse. Information about the NHANES survey design (strata and primary sampling units) was used for estimating variances and testing statistical significance. Thus, the SAS procedures used included SURVEYREG and SURVEYMEANS.

The NHANES analytic guidelines recommend calculating standard errors using procedures that account for the complex sampling design effect to produce an asymptotically unbiased estimates of the variance. Following the NHANES guidelines, we estimated standard errors using replicate weights that account for the complex survey design. Standard errors are included in Appendix tables only.

Sampling Weights

The study team applied weights reflecting the sampling design of the NHANES to project sample statistics to population statistics. We constructed 4-year weights according to the NHANES analytic guidelines because all estimates are based on two waves of NHANES data. NHANES provides several weights for use in analyzing each wave of data, including full sample 2-year interview weights, full sample 2-year examination weights, Day-1 Dietary sample weights, and Day-2 Dietary sample weights. Because we limit our analytic sample to NHANES respondents with complete and reliable Day-1 Dietary Recall data, we primarily used the Day-1 Dietary sample weights. Day-1 weights adjust for the non-response in the Day-1 Dietary Recall and the differential allocation by day of the week for the dietary intake data collection. For the usual intakes analysis, which used both Day-1 and Day-2 Dietary Recall data, we also used the Day-2 Dietary sample weights. This weight incorporates adjustments for the additional

nonresponse in the Day-2 Dietary Recall and for the proportion of weekend-weekday combinations of Day 1 and Day 2 recalls.

Age-Adjusted Statistics

We used age-adjustment to produce descriptive estimates for all ages, children, adults, and older adults, separately for all persons, males, and females. For all outcomes except usual nutrient intakes, when adjusting estimates for all persons, we used a single weight for everyone in a particular age group rather than separate weights for males and females. For usual nutrient intakes, we applied age-adjustment separately for males and females, and then used age-adjustment weights to create the combined group estimates.

Age-adjustment eliminates differences between comparison groups due solely to differences in the age distributions of the groups. The age-adjusted estimates are calculated as the weighted average of estimates computed for each DRI age group (or portion of DRI age group) using weights equal to the proportion of the 2010 United States population within each age group. Figure A-3 shows the population distribution used for age-adjustment. Two approaches were used for age-adjustment.

Figure A-3. Census 2010 population for DRI Age Groups

| DRI age group (in years) | Population | Percentage |
|------------------------------------|------------|------------|
| 1-3 | 12,194,039 | 4.0 |
| 4-8 | 20,263,474 | 6.7 |
| 9-13 | 20,659,565 | 6.8 |
| 14-18 | 21,621,091 | 7.1 |
| 19-30 | 51,558,750 | 16.9 |
| 31-50 | 84,115,923 | 27.6 |
| 51-70 | 77,877,109 | 22.5 |
| 71+ | 25,789,600 | 8.5 |
| Other age groups (in years) | | |
| 2-3 | 8,215,969 | 2.7 |
| 51-59 | 37,302,635 | 12.2 |
| 60-70 | 31,296,308 | 10.3 |

Source: Census 2010 Summary File 1 (SF1).

http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_10_SF1_QTP2&prodType=table

We used the first approach for the HEI-2005, HEI-2010, and usual nutrient intakes outcomes. In this approach, each DRI age-group mean score was calculated. The mean score for each comparison group was computed as the weighted average of the age-group estimates for that group, using Census proportions. We used the same set of weights for each comparison group. We used the following equation to calculate standard errors for HEI-2005, HEI-2010, and usual nutrient intakes:

$$\sqrt{\sum_{i=1}^J [(SE_{X_i})^2 \times (K_i)^2]}$$

where SE_{X_i} is the standard error for DRI age-group “i” and K_i is the Census proportion adjustment for that age group.

The second approach was used for the empty calories, BMI, and food choices outcomes. In this approach, the outcome was first calculated for each individual. SAS procedures were used to calculate age-adjusted estimates and standard errors. Census proportion adjustments for each DRI age group were incorporated into PROC SURVEYMEANS and PROC SURVEYREG. Output from running PROC SURVEYREG provided separate estimates and standard errors for all persons, SNAP participants, income-eligible nonparticipants, and higher-income nonparticipants. Age adjustment was not performed for multivariate analysis

For the descriptive analysis, age-adjustment was not applied to the average amounts of foods consumed. Insufficient sample sizes prevented the computation of reliable estimates for numerous components of this analysis. For many of the food subgroups included, specific age groups contained zero participants consuming food in that subgroup. When no one in an age or comparison group consumed a food, we lacked the variation required to use age-adjustment procedures.

Statistical Significance

For the descriptive analyses, we conducted t-tests to determine whether differences in outcomes between program participants and each group of nonparticipants (income-eligible nonparticipants and higher-income nonparticipants) reached statistical significance. Because of the large number of t-tests conducted (comparing SNAP participants and each group of nonparticipants, overall and by age group and gender), we urge caution in interpreting results; a proportion of these tests would be expected to be significant just by chance. When examining multiple outcome categories simultaneously for the usual nutrient intake distributions, we use the Bonferroni adjustment for multiplicity (Lohr, 1999). All tabulations indicate statistically significant differences at the .05, .01, and .001 levels. All graphics throughout the report indicate statistically significant differences at the .05 level or better.

For the multivariate analyses, different sets of t-tests were conducted. For analyses comparing matched SNAP participants and nonparticipants, only one t-test was conducted for each nutrition outcome, to determine whether the difference between matched participants and nonparticipants was significant. For analyses described in Appendix F, we conducted t-tests to determine whether differences in outcomes between participants of SNAP only and participants of SNAP and another program or nonparticipants were statistically significant.

Indicators of Statistical Reliability

We tested all estimates for statistical reliability according to recommendations in the NHANES analytic guidelines on variance estimation. These guidelines recommend that estimates have a relative standard error of 30 percent or less, rather than a minimum sample size. Because the design effect is highly variable for different variables within each 2-year cycle of the continuous NHANES, the analytic guidelines do not set a single minimum sample size for analysis (CDC, 2013b). We flagged estimates in each table with “u” if the coefficient of variation (ratio of the standard error to the mean expressed as a percent) was greater than 30 percent, to indicate that the estimate is statistically unreliable. Unreliable estimates were not discussed in this report.

Propensity Score Estimation and Matching

Simple differences in nutrition outcomes observed between groups of participants and nonparticipants may reflect differences in demographic, economic, or household characteristics of the groups rather than reflecting an effect of program participation. When people with certain characteristics (which are also related to the outcomes of interest) are more likely to participate in a program, this is known as selection bias. The only method that would provide a true assessment of the impact of program participation on nutrition outcomes would be randomly assigning people to the two groups, an option that is impossible to implement. Without this option, one can use a non-experimental method, such as multivariate analysis.

We used a propensity score approach (Rubin, 1997; Mabli et al., 2010) to account for differences in the characteristics of the comparison groups, rather than controlling for those differences within multivariate regression models. The objective of propensity score matching is to achieve balance on the observed covariates and generate comparison groups that would have been expected in a randomized experiment. This method was selected because the computational methods used to estimate the nutrition outcomes were too complex to incorporate into a regression modeling framework.

There are three steps to using this approach:

1. Estimate the propensity scores using available covariates
2. Match the comparison groups based on those scores
3. Use the newly formed comparison groups in the nutrition outcome analyses

We describe these steps in general and then describe how they were implemented specifically for each of the three sets of multivariate analyses comparing nutrition outcomes of the following groups:

1. Matched SNAP participants and income-eligible nonparticipants
2. Matched SNAP-only participants, SNAP+WIC participants, and SNAP-income-eligible nonparticipants
3. Matched SNAP-only participants, SNAP+NSLP participants, and SNAP-income-eligible nonparticipants

A propensity can be defined as the probability of an individual being assigned to a particular “treatment” group, given a set of observed covariates:

$$p(x) = \Pr(T = 1|X = x)$$

where

T is the binary treatment group

X is a set of observed covariates

The purpose of the propensity score estimation and matching was to minimize the selection bias inherent in the descriptive comparison groups. To accomplish this, one must include as many variables as possible that might explain differences between the comparison groups. These variables should be associated with both the “treatment” (participation status) and the “outcome” (each dietary outcome) (Stuart, 2010). As the list of relevant variables available in NHANES

likely does not account for all possible confounders, this study's findings do not indicate causality (the impact of participating in SNAP and other food programs).

We used logistic regression modeling to compute a score for each respondent included in the study, representing the likelihood (expressed as a proportion) that the respondent would be a member of a particular comparison group, based on his/her characteristics. The study team began by including in the logistic regression model a set of characteristics found to be strong predictors of program participation, as identified in two recent studies (USDA, 2011; USDA, 2009) that had variables available in NHANES 2007–2010. These factors were discussed in the Final Assessment Memorandum Addendum delivered on February 28, 2013, and are summarized in Figure A-4. Not all of these variables were retained in the final model (as described below in more detail).

We used the estimated propensity scores to reduce our analytic sample to those individuals with similar characteristics in all comparison groups. A different method was used for the first comparison than for the second and third comparisons because of the number of comparison groups required for the analyses. More detail about those methods are provided in the sections below.

The propensity score estimation and matching resulted in comparison groups that were similar to each other, based on the characteristics we entered into each of the three logistic regression models, with dissimilar individuals discarded. These new comparison groups were then used for each of the dietary outcome analyses. The use of these new comparison groups adjusts, or controls, for the variables marked in Figure A-4. All nutritional outcome differences were tested statistically using two-sample, two-tailed *t*-tests.

The following sections describe the process for propensity score estimation, matching based on those scores, including the resultant sample size, and analyses for each of the three study objectives.

Two-Group Comparison

Propensity Score Estimation. For Comparison 1, above, we estimated propensity scores representing the likelihood of being a SNAP participant, given a set of characteristics, for NHANES 2007–2010 respondents 16 years old and older.

The variables in the far left column of Figure A-4 were entered into a logistic regression model, with the independent variable being a dichotomous indicator for SNAP participation status (SNAP participant versus income-eligible nonparticipant). In order for the logistic regression model to converge, some variables were removed. These variables were identified by their extreme odds ratios and very large standard errors, indicators of a lack of variability in their distribution. In some cases, the removed variables were highly associated with participation in SNAP (e.g., health insurance type). In others, they were so highly correlated with other variables in the models that only one of those variables could be retained. The variables in the final model are indicated in Figure A-4 in the column marked “Comparison 1.” The final model was used to estimate a propensity score for each participant and nonparticipant. The propensity score is the estimated likelihood that an individual from either group might be a SNAP participant, given his/her characteristics.

Figure A-4. Variables Entered into, and Retained in, the Propensity Score Estimation Models

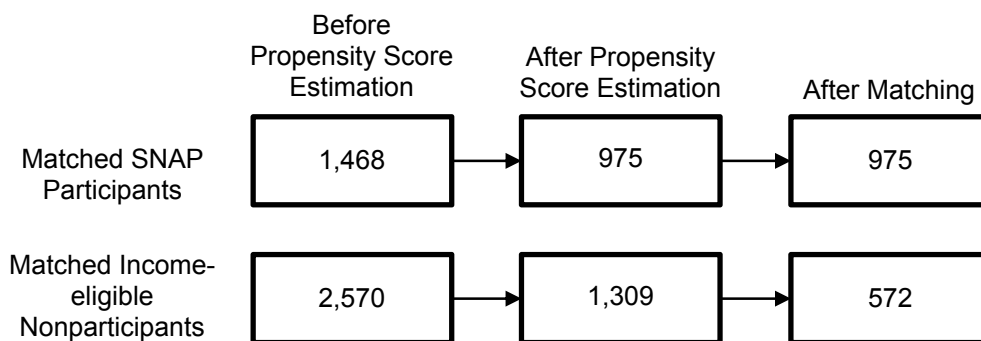
| Initially Entered into all Propensity Score Estimation Models | Variables Retained in Final Model for: | | |
|---|--|--------------|--------------|
| NHANES 2007–2010 | Comparison 1 | Comparison 2 | Comparison 3 |
| Gender | ✓ | ✓ | ✓ |
| Race/ethnicity | ✓ | ✓ | ✓ |
| Age | ✓ | ✓ | ✓ |
| US citizenship | ✓ | ✓ | ✓ |
| Education, highest grade completed | ✓ | | |
| Total number of people in household | ✓ | ✓ | ✓ |
| Marital status (ages 14 years and older) | | | |
| Employment – type of work done last week | | | |
| Employment – hours worked past week | | | |
| Ratio of income to poverty | ✓ | ✓ | ✓ |
| Annual household income | ✓ | | |
| Annual family income | ✓ | | |
| Monthly family income | ✓ | | |
| Total savings/cash assets for the family | ✓ | | |
| Income from Supplemental Security Income | ✓ | ✓ | ✓ |
| Income from State/county cash assistance | ✓ | ✓ | ✓ |
| Number of months working in the main job (ages 16 years and older) | | | |
| Type of health insurance | | | |
| General health condition | | | |
| Consumer Behavior Questionnaire (CBQ) | Comparison 1 | Comparison 2 | Comparison 3 |
| Family member's use of special diet | ✓ | ✓ | ✓ |
| Money spent at supermarket/grocery store | ✓ | ✓ | ✓ |
| Money spent on nonfood items | ✓ | ✓ | ✓ |
| Money spent on food at other stores | ✓ | ✓ | ✓ |
| Money spent on eating out | ✓ | ✓ | ✓ |
| Money spent on carryout/delivered foods | ✓ | ✓ | ✓ |
| Time to get to grocery store | ✓ | ✓ | ✓ |
| Time spent cooking dinner/cleaning up | ✓ | ✓ | |
| Number of meals family ate together in 7 days | ✓ | ✓ | ✓ |
| Consumer Behavior Phone Follow-Up Module (CBQPFA) | Comparison 1 | Comparison 2 | Comparison 3 |
| Factors that influence decisions to eating out | | | |
| Use of nutrition information labeled for restaurant foods | | | |
| Awareness of MyPyramid program and knowledge of its recommendations | | | |
| Fatalistic attitudes about body weight | | | |
| Attitudes about changing current diet | | | |
| Factors that influence food choices at a grocery store or supermarket | | | |
| Use of food labels | | | |
| Use of organic foods | | | |

Propensity Score Matching. The next step was to match individuals using 1:1 nearest neighbor matching with replacement, implemented by the *%PSMatching* SAS macro (Coca-Perraillon, 2007). This nearest neighbor algorithm matched each participant with the nonparticipant resulting in the smallest between-propensity-score difference. All nonparticipants not matched to a SNAP participant were discarded.

We opted for 1:1 matching, meaning that each SNAP participant was matched with one income-eligible nonparticipant; this implies that the final sample size will not exceed twice the number of SNAP participants. We also allowed for replacement—after a nonparticipant was selected, it was returned to the pool of possible matches—so that each nonparticipant was able to be selected more than once if it was the best match for a participant. This optimized the quality of the matching, allowing each participant to be matched to the best possible nonparticipant, not just the best possible nonparticipant *remaining* in the sample. This process of matching reduced the sample to those individuals whose propensity scores (and, hence, characteristics) were very similar to each other.

We present changes in the size of the analytic sample in Figure A-5. The difference between the pre- and post-estimation sample sizes are due to missing information on covariates.

Figure A-5. Sample Size Pre- and Post-Matching for Comparison 1



Analyses. Differences in nutrition outcomes between the two matched groups were tested statistically using two-sample, two-tailed *t*-tests.

Three-Group Comparisons

Propensity Score Estimation. The method for propensity score estimation used for Comparisons 2 and 3 was very similar to the one used for Comparison 1. The only difference was that we applied multinomial logistic regression modeling because the dependent variables for both Comparisons 2 and 3 had three levels instead of two—SNAP-only, SNAP-plus-another program (WIC or NSLP), and income-eligible nonparticipants. As with Comparison 1, some variables were removed to promote model convergence. The variables selected for the final models are marked in Figure A-4. The final models were used to estimate a propensity score for each participant and nonparticipant. The propensity score is the estimated likelihood that an individual from any of the three groups might be a SNAP participant, given his/her characteristics.

Propensity Score Matching. We used a SAS macro designed for 1:1:1 matching called *%Match* (Rassen et al., n.d.; Rassen et al., 2013). Like the macro used for Comparison 1, this macro also

implemented a greedy nearest neighbor algorithm, but did not allow for replacement. There are no nearest neighbor matching macros available that allow for replacement with three comparison groups. Thus, each individual in any of the comparison groups was selected for only one matched “triad” consisting of a SNAP-only participant, SNAP-plus-another program participant, and nonparticipant. The result is a greater drop in sample size after matching, as shown in Figures A-6 and A-7. However, because SNAP-only status was considered the treatment group to which the other two groups were matched, while individuals in the SNAP-plus-other-program participant and nonparticipant groups were discarded from the analyses, all SNAP-only participants who were not missing information on a propensity score variable were retained during the matching process. These reductions in sample size did not prevent the analyses from being able to detect some statistically significant findings.

Figure A-6. Sample Size Pre- and Post-Matching for Comparison 2

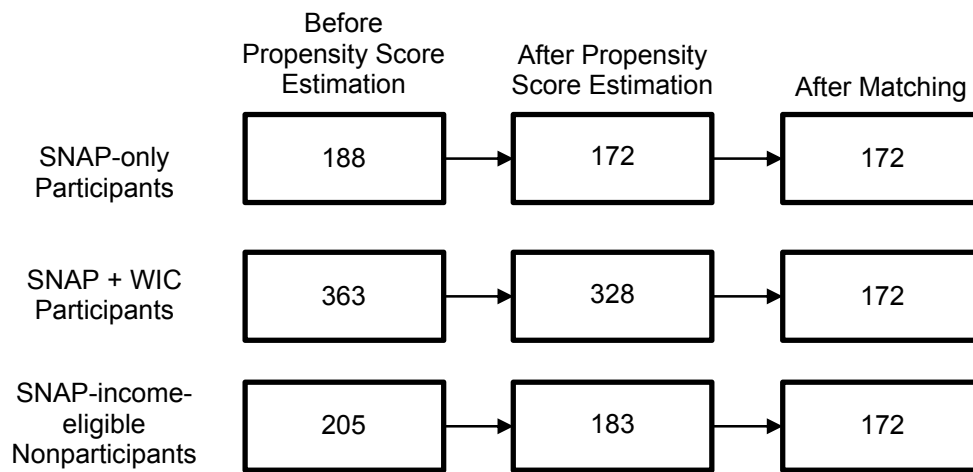
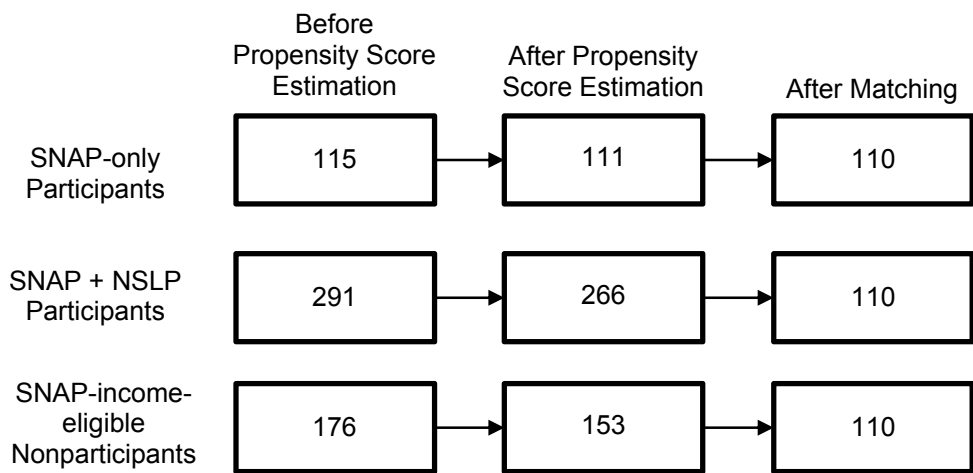


Figure A-7. Sample Size Pre- and Post-Matching for Comparison 3



Analyses. For each set of comparisons, the nutritional outcome differences were tested statistically using two separate two-sample, two-tailed *t*-tests. First, the mean or percentage of a

given dietary outcome for the matched SNAP-only participants was compared to the mean or percentage of that same dietary outcome for the matched SNAP-plus-other-program (WIC or NSLP) participants. Second, the mean or percentage of a given dietary outcome for the matched SNAP-only participants was compared to the mean or percentage of that same dietary outcome for the matched income-eligible nonparticipants.

Appendix B.

Detailed Tables for Usual Nutrient Intakes from Foods and Beverages

This page left blank intentionally.

Table B-1. Vitamin A (mcg RAE): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|------|----------------|-------------------------------|---------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 620 | (6.2) | 3,407 | 535 | (12.7) | 3,946 | 564 | (11.8) | 9,149 | 647 ^{***} | (8.0) |
| Male | 8,725 | 662 | (8.6) | 1,634 | 551 | (19.2) | 1,970 | 591 | (17.2) | 4,775 | 696 ^{***} | (11.2) |
| Female | 8,515 | 577 | (9.0) | 1,773 | 519 | (16.4) | 1,976 | 537 | (16.2) | 4,374 | 598 ^{***} | (11.4) |
| Children, 1-18 years old | 6,669 | 593 | (8.4) | 1,795 | 561 | (12.0) | 1,624 | 569 | (14.9) | 2,989 | 611 ^{**} | (12.0) |
| Male | 3,447 | 639 | (13.1) | 913 | 582 | (16.5) | 854 | 608 | (22.3) | 1,562 | 667 ^{***} | (19.0) |
| Female | 3,222 | 544 | (10.5) | 882 | 539 | (17.4) | 770 | 529 | (19.5) | 1,427 | 552 | (14.3) |
| Adults, 19-59 years old | 7,448 | 622 | (9.6) | 1,297 | 514 | (17.4) | 1,675 | 561 | (17.7) | 4,139 | 654 ^{***} | (12.4) |
| Male | 3,730 | 666 | (12.6) | 578 | 540 | (27.6) | 803 | 602 | (25.6) | 2,181 | 701 ^{***} | (16.3) |
| Female | 3,718 | 577 | (14.6) | 719 | 487 | (21.2) | 872 | 522 | (24.7) | 1,958 | 607 ^{***} | (18.6) |
| Older adults, 60+ years old | 3,123 | 648 | (11.1) | 315 | 566 | (39.8) | 647 | 563 | (26.4) | 2,021 | 669 [*] | (12.6) |
| Male | 1,548 | 684 | (18.9) | 143 | 540 | (59.3) | 313 | 530 | (40.7) | 1,032 | 722 ^{**} | (22.6) |
| Female | 1,575 | 621 | (13.1) | 172 | 590 | (55.0) | 334 | 591 | (35.7) | 989 | 628 | (13.6) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 59.6 | (0.84) | 3,407 | 47.3 | (1.99) | 3,946 | 50.0 | (2.19) | 9,149 | 64.2 ^{***} | (1.12) |
| Male | 8,725 | 57.8 | (1.17) | 1,634 | 42.4 | (2.54) | 1,970 | 46.5 | (3.60) | 4,775 | 62.6 ^{***} | (1.50) |
| Female | 8,515 | 61.4 | (1.22) | 1,773 | 52.0 | (2.93) | 1,976 | 53.4 | (2.55) | 4,374 | 65.9 ^{***} | (1.69) |
| Children, 1-18 years old | 6,669 | 79.5 | (1.31) | 1,795 | 75.3 | (2.06) | 1,624 | 74.6 | (3.13) | 2,989 | 81.6 [*] | (1.78) |
| Male | 3,447 | 81.6 | (1.93) | 913 | 73.9 | (3.06) | 854 | 76.7 | (3.13) | 1,562 | 84.7 ^{**} | (2.79) |
| Female | 3,222 | 77.2 | (1.77) | 882 | 76.7 | (2.73) | 770 | 72.3 | (5.52) | 1,427 | 78.3 | (2.18) |
| Adults, 19-59 years old | 7,448 | 51.6 | (1.24) | 1,297 | 36.0 | (2.70) | 1,675 | 41.6 | (3.43) | 4,139 | 57.2 ^{***} | (1.69) |
| Male | 3,730 | 49.0 | (1.65) | 578 | 31.7 | (3.62) | 803 | 38.0 | (5.92) | 2,181 | 54.1 ^{***} | (2.06) |
| Female | 3,718 | 54.1 | (1.85) | 719 | 40.2 | (3.98) | 872 | 45.2 | (3.51) | 1,958 | 60.3 ^{***} | (2.70) |
| Older adults, 60+ years old | 3,123 | 57.6 | (1.79) | 315 | 44.8 | (6.23) | 647 | 43.2 | (3.34) | 2,021 | 62.8 ^{**} | (2.02) |
| Male | 1,548 | 51.6 | (2.76) | 143 | 31.2 | (7.22) | 313 | 30.1 | (5.14) | 1,032 | 58.2 ^{***} | (3.44) |
| Female | 1,575 | 62.5 | (2.38) | 172 | 55.7 | (9.31) | 334 | 53.7 | (4.38) | 989 | 66.7 | (2.39) |

See notes at end of table.

Table B-1. Vitamin A (mcg RAE): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|---------|---------|---------|---------|---------|----------|----------|---------|---------|------|-------|--------|---------|--------|-------|-------|-------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 282 | 342 | 386 | 459 | 622 | 820 | 945 | 1,036 | 1,182 | 241 | 293 | 330 | 393 | 537 | 716 | 832 | 916 | 1,054 |
| Children, 1–18 years old | 339 | 392 | 429 | 489 | 618 | 765 | 853 | 916 | 1,015 | 275 | 322 | 354 | 408 | 523 | 657 | 738 | 796 | 888 |
| Adults, 19–59 years old | 261 | 323 | 369 | 446 | 619 | 834 | 970 | 1,070 | 1,231 | 220 | 272 | 311 | 376 | 529 | 725 | 852 | 947 | 1,101 |
| Older adults, 60+ years old | 269 | 332 | 379 | 457 | 636 | 856 | 997 | 1,097 | 1,267 | 263 | 318 | 358 | 425 | 579 | 769 | 891 | 980 | 1,127 |
| SNAP participants | 205 | 256 | 294 | 358 | 510 | 695 | 813 | 901 | 1,039 | 221 | 266 | 299 | 353 | 481 | 640 | 745 | 822 | 947 |
| Children, 1–18 years old | 287 | 339 | 376 | 434 | 561 | 705 | 790 | 853 | 949 | 273 | 318 | 350 | 401 | 517 | 648 | 733 | 792 | 883 |
| Adults, 19–59 years old | 182 | 233 | 272 | 337 | 492 | 688 | 815 | 914 | 1,066 | 193 | 236 | 269 | 323 | 449 | 608 | 712 | 788 | 910 |
| Older adults, 60+ years old | 157 | 210 | 249 | 319 | 492 | 705 | 838 | 932 | 1,087 | 239 | 285 | 322 | 384 | 532 | 725 | 861 | 966 | 1,145 |
| Income-eligible nonparticipants | 252 | 304 | 342 | 406 | 552 | 731 | 846 | 933 | 1,068 | 212 | 258 | 293 | 351 | 490 | 668 | 787 | 877 | 1,022 |
| Children, 1–18 years old | 300 | 353 | 391 | 451 | 583 | 735 | 829 | 896 | 1,000 | 296 | 338 | 366 | 412 | 511 | 626 | 697 | 748 | 826 |
| Adults, 19–59 years old | 255 | 309 | 347 | 412 | 561 | 745 | 863 | 951 | 1,093 | 180 | 226 | 261 | 323 | 470 | 661 | 788 | 884 | 1,044 |
| Older adults, 60+ years old | 167 | 215 | 252 | 317 | 473 | 677 | 816 | 924 | 1,088 | 201 | 251 | 290 | 357 | 524 | 743 | 901 | 1,024 | 1,214 |
| Higher-income nonparticipants | 313 *** | 374 *** | 419 *** | 493 *** | 657 *** | 856 *** | 980 *** | 1,069 ** | 1,214 * | 268 | 320 | 358 * | 421 ** | 562 *** | 735 ** | 843 | 922 | 1,051 |
| Children, 1–18 years old | 376 | 429 * | 465 * | 524 ** | 648 ** | 789 | 873 | 931 | 1,025 | 273 | 321 | 355 | 411 | 530 | 669 | 754 | 813 | 909 |
| Adults, 19–59 years old | 283 ** | 347 *** | 395 *** | 475 *** | 655 *** | 876 *** | 1,016 ** | 1,117 * | 1,281 | 258 | 311 | 350 | 416 ** | 565 *** | 752 ** | 871 * | 958 | 1,103 |
| Older adults, 60+ years old | 318 *** | 382 *** | 429 *** | 507 *** | 680 ** | 889 | 1,020 | 1,114 | 1,269 | 290 | 344 | 385 | 451 | 595 | 770 | 878 | 956 | 1,081 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ year old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-2. Vitamin B₆ (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 1.95 | (0.014) | 3,407 | 1.83 | (0.030) | 3,946 | 1.86 | (0.030) | 9,149 | 1.99 *** | (0.019) |
| Male | 8,725 | 2.27 | (0.023) | 1,634 | 2.07 | (0.050) | 1,970 | 2.15 | (0.052) | 4,775 | 2.33 *** | (0.031) |
| Female | 8,515 | 1.65 | (0.018) | 1,773 | 1.59 | (0.036) | 1,976 | 1.59 | (0.030) | 4,374 | 1.66 | (0.024) |
| Children, 1-18 years old | 6,669 | 1.66 | (0.020) | 1,795 | 1.68 | (0.033) | 1,624 | 1.70 | (0.039) | 2,989 | 1.64 | (0.029) |
| Male | 3,447 | 1.83 | (0.032) | 913 | 1.78 | (0.051) | 854 | 1.84 | (0.061) | 1,562 | 1.83 | (0.050) |
| Female | 3,222 | 1.49 | (0.022) | 882 | 1.58 | (0.043) | 770 | 1.55 | (0.048) | 1,427 | 1.44 ** | (0.029) |
| Adults, 19-59 years old | 7,448 | 2.12 | (0.023) | 1,297 | 1.95 | (0.048) | 1,675 | 2.02 | (0.048) | 4,139 | 2.17 *** | (0.030) |
| Male | 3,730 | 2.52 | (0.035) | 578 | 2.31 | (0.079) | 803 | 2.41 | (0.084) | 2,181 | 2.59 ** | (0.046) |
| Female | 3,718 | 1.72 | (0.029) | 719 | 1.59 | (0.054) | 872 | 1.64 | (0.045) | 1,958 | 1.75 * | (0.039) |
| Older adults, 60+ years old | 3,123 | 1.84 | (0.025) | 315 | 1.65 | (0.060) | 647 | 1.59 | (0.040) | 2,021 | 1.90 *** | (0.028) |
| Male | 1,548 | 2.10 | (0.045) | 143 | 1.72 | (0.090) | 313 | 1.70 | (0.060) | 1,032 | 2.20 *** | (0.052) |
| Female | 1,575 | 1.64 | (0.026) | 172 | 1.59 | (0.082) | 334 | 1.49 | (0.055) | 989 | 1.66 | (0.028) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 90.5 | (0.58) | 3,407 | 87.0 | (1.86) | 3,946 | 87.6 | (1.32) | 9,149 | 91.7 * | (0.59) |
| Male | 8,725 | 95.3 | (0.46) | 1,634 | 90.5 | (1.56) | 1,970 | 92.8 | (1.22) | 4,775 | 96.1 *** | (0.48) |
| Female | 8,515 | 86.3 | (1.05) | 1,773 | 83.8 | (3.27) | 1,976 | 83.2 | (2.31) | 4,374 | 87.9 | (1.06) |
| Children, 1-18 years old | 6,669 | 98.0 | (0.60) | 1,795 | 98.5 | (1.72) | 1,624 | 98.8 | (0.76) | 2,989 | 97.3 | (0.68) |
| Male | 3,447 | 99.3 | (0.47) | 913 | 99.3 | (1.10) | 854 | 99.9 | (0.43) | 1,562 | 98.3 | (0.59) |
| Female | 3,222 | 96.6 | (1.13) | 882 | 97.6 | (3.34) | 770 | 97.7 | (1.50) | 1,427 | 96.1 | (1.26) |
| Adults, 19-59 years old | 7,448 | 91.7 | (0.87) | 1,297 | 87.1 | (2.54) | 1,675 | 90.9 | (2.03) | 4,139 | 93.2 * | (0.89) |
| Male | 3,730 | 97.0 | (0.53) | 578 | 93.4 | (1.94) | 803 | 97.1 | (1.42) | 2,181 | 97.6 * | (0.57) |
| Female | 3,718 | 86.6 | (1.66) | 719 | 80.8 | (4.67) | 872 | 84.8 | (3.78) | 1,958 | 88.9 | (1.67) |
| Older adults, 60+ years old | 3,123 | 77.0 | (1.40) | 315 | 72.0 | (5.87) | 647 | 62.9 | (3.31) | 2,021 | 80.2 | (1.38) |
| Male | 1,548 | 83.4 | (1.88) | 143 | 67.7 | (6.19) | 313 | 67.3 | (5.24) | 1,032 | 87.7 ** | (1.86) |
| Female | 1,575 | 72.0 | (2.04) | 172 | 74.9 | (9.26) | 334 | 59.1 | (4.18) | 989 | 74.4 | (2.00) |

See notes at end of table.

Table B-2. Vitamin B₆ (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|-------------------|--------------------|---------------------|---------------------|---------------------|---------------------|--------------------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 1.22 | 1.40 | 1.53 | 1.73 | 2.18 | 2.71 | 3.04 | 3.27 | 3.65 | 0.92 | 1.04 | 1.13 | 1.28 | 1.59 | 1.95 | 2.17 | 2.33 | 2.58 |
| Children, 1–18 years old | 1.08 | 1.21 | 1.30 | 1.45 | 1.77 | 2.13 | 2.36 | 2.52 | 2.77 | 0.86 | 0.98 | 1.05 | 1.18 | 1.44 | 1.75 | 1.94 | 2.07 | 2.28 |
| Adults, 19–59 years old | 1.33 | 1.53 | 1.67 | 1.91 | 2.41 | 3.02 | 3.39 | 3.67 | 4.11 | 0.95 | 1.08 | 1.17 | 1.32 | 1.65 | 2.03 | 2.27 | 2.44 | 2.71 |
| Older adults, 60+ years old | 1.06 | 1.24 | 1.37 | 1.57 | 2.02 | 2.53 | 2.85 | 3.07 | 3.43 | 0.90 | 1.03 | 1.12 | 1.26 | 1.57 | 1.94 | 2.17 | 2.33 | 2.59 |
| SNAP participants | 1.09 | 1.26 | 1.38 | 1.57 | 1.99 | 2.48 | 2.78 | 3.00 | 3.33 | 0.90 | 1.02 | 1.10 | 1.24 | 1.53 | 1.87 | 2.08 | 2.23 | 2.47 |
| Children, 1–18 years old | 1.06 | 1.19 | 1.29 | 1.43 | 1.74 | 2.07 | 2.27 | 2.41 | 2.63 | 0.92 | 1.04 | 1.12 | 1.25 | 1.54 | 1.85 | 2.04 | 2.18 | 2.39 |
| Adults, 19–59 years old | 1.16 | 1.35 | 1.49 | 1.71 | 2.20 | 2.79 | 3.15 | 3.43 | 3.85 | 0.87 | 0.99 | 1.08 | 1.22 | 1.52 | 1.89 | 2.12 | 2.28 | 2.55 |
| Older adults, 60+ years old | 0.92 | 1.06 | 1.16 | 1.32 | 1.67 | 2.06 | 2.27 | 2.42 | 2.66 | 0.97 | 1.08 | 1.16 | 1.28 | 1.55 | 1.84 | 2.02 | 2.15 | 2.36 |
| Income-eligible nonparticipants | 1.31 | 1.45 | 1.55 | 1.72 | 2.07 | 2.49 | 2.75 | 2.94 | 3.24 | 0.92 | 1.04 | 1.12 | 1.26 | 1.54 | 1.86 | 2.06 | 2.20 | 2.42 |
| Children, 1–18 years old | 1.38 | 1.46 | 1.52 | 1.61 | 1.80 | 2.03 | 2.18 | 2.28 | 2.45 | 0.98 | 1.09 | 1.16 | 1.27 | 1.52 | 1.78 | 1.94 | 2.05 | 2.22 |
| Adults, 19–59 years old | 1.39 | 1.57 | 1.69 | 1.89 | 2.32 | 2.83 | 3.14 | 3.38 | 3.75 | 0.95 | 1.07 | 1.16 | 1.30 | 1.59 | 1.92 | 2.12 | 2.26 | 2.48 |
| Older adults, 60+ years old | 0.93 | 1.06 | 1.15 | 1.31 | 1.64 | 2.02 | 2.26 | 2.44 | 2.69 | 0.76 | 0.87 | 0.96 | 1.09 | 1.41 | 1.78 | 2.03 | 2.22 | 2.51 |
| Higher-income nonparticipants | 1.25 | 1.43 | 1.56 | 1.77 [*] | 2.23 ^{***} | 2.78 ^{**} | 3.12 [*] | 3.36 | 3.76 | 0.95 | 1.07 | 1.15 | 1.29 | 1.59 | 1.95 | 2.17 | 2.33 | 2.59 |
| Children, 1–18 years old | 1.05 | 1.18 | 1.27 | 1.42 | 1.76 | 2.15 | 2.39 | 2.56 | 2.85 | 0.83 | 0.93 | 1.01 | 1.13 | 1.39 | 1.69 | 1.89 | 2.02 | 2.24 |
| Adults, 19–59 years old | 1.36 | 1.56 | 1.71 | 1.94 | 2.47 [*] | 3.10 | 3.50 | 3.78 | 4.24 | 1.01 | 1.13 | 1.22 | 1.37 | 1.68 | 2.06 | 2.29 | 2.46 | 2.73 |
| Older adults, 60+ years old | 1.17 | 1.34 | 1.47 [*] | 1.68 ^{**} | 2.12 ^{***} | 2.63 ^{***} | 2.94 ^{***} | 3.15 ^{***} | 3.51 ^{**} | 0.92 | 1.05 | 1.14 | 1.29 | 1.60 | 1.97 | 2.19 | 2.36 | 2.61 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person.. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by ^{*} (.05 level), ^{**} (.01 level), or ^{***} (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-3. Vitamin B₁₂ (mcg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|------|----------------|-------------------------------|--------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 5.24 | (0.051) | 3,407 | 5.06 | (0.115) | 3,946 | 4.85 | (0.099) | 9,149 | 5.35 * | (0.067) |
| Male | 8,725 | 6.15 | (0.087) | 1,634 | 5.86 | (0.197) | 1,970 | 5.58 | (0.165) | 4,775 | 6.31 * | (0.113) |
| Female | 8,515 | 4.36 | (0.055) | 1,773 | 4.29 | (0.123) | 1,976 | 4.15 | (0.113) | 4,374 | 4.41 | (0.073) |
| Children, 1-18 years old | 6,669 | 4.89 | (0.058) | 1,795 | 4.93 | (0.112) | 1,624 | 4.96 | (0.120) | 2,989 | 4.86 | (0.085) |
| Male | 3,447 | 5.45 | (0.084) | 913 | 5.36 | (0.170) | 854 | 5.60 | (0.192) | 1,562 | 5.43 | (0.127) |
| Female | 3,222 | 4.30 | (0.080) | 882 | 4.49 | (0.144) | 770 | 4.29 | (0.142) | 1,427 | 4.25 | (0.113) |
| Adults, 19-59 years old | 7,448 | 5.47 | (0.080) | 1,297 | 5.33 | (0.166) | 1,675 | 4.98 | (0.157) | 4,139 | 5.63 | (0.105) |
| Male | 3,730 | 6.53 | (0.139) | 578 | 6.38 | (0.293) | 803 | 5.79 | (0.261) | 2,181 | 6.76 | (0.179) |
| Female | 3,718 | 4.42 | (0.081) | 719 | 4.28 | (0.156) | 872 | 4.18 | (0.176) | 1,958 | 4.52 | (0.113) |
| Older adults, 60+ years old | 3,123 | 4.98 | (0.099) | 315 | 4.43 | (0.324) | 647 | 4.33 | (0.174) | 2,021 | 5.12 * | (0.112) |
| Male | 1,548 | 5.89 | (0.164) | 143 | 4.84 | (0.545) | 313 | 4.84 | (0.294) | 1,032 | 6.12 * | (0.196) |
| Female | 1,575 | 4.25 | (0.121) | 172 | 4.10 | (0.388) | 334 | 3.92 | (0.207) | 989 | 4.32 | (0.128) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All ages | 17,240 | 97.6 | (0.34) | 3,407 | 96.6 | (0.80) | 3,946 | 96.4 | (0.92) | 9,149 | 97.9 | (0.35) |
| Male | 8,725 | 99.3 | (0.20) | 1,634 | 97.9 | (0.74) | 1,970 | 98.0 | (0.93) | 4,775 | 99.4 | (0.20) |
| Female | 8,515 | 96.0 | (0.64) | 1,773 | 95.3 | (1.40) | 1,976 | 94.8 | (1.56) | 4,374 | 96.5 | (0.67) |
| Children, 1-18 years old | 6,669 | 98.8 | (0.50) | 1,795 | 98.9 | (1.06) | 1,624 | 99.3 | (0.84) | 2,989 | 98.8 | (0.58) |
| Male | 3,447 | 99.9 | (0.10) | 913 | 99.5 | (0.52) | 854 | 99.9 | (0.02) | 1,562 | 99.8 | (0.16) |
| Female | 3,222 | 97.7 | (1.03) | 882 | 98.3 | (2.11) | 770 | 98.6 | (1.72) | 1,427 | 97.7 | (1.18) |
| Adults, 19-59 years old | 7,448 | 97.6 | (0.49) | 1,297 | 96.3 | (1.10) | 1,675 | 95.6 | (1.36) | 4,139 | 98.0 | (0.49) |
| Male | 3,730 | 99.2 | (0.29) | 578 | 98.2 | (1.13) | 803 | 97.2 | (1.54) | 2,181 | 99.3 | (0.32) |
| Female | 3,718 | 95.9 | (0.93) | 719 | 94.3 | (1.89) | 872 | 94.1 | (2.23) | 1,958 | 96.6 | (0.92) |
| Older adults, 60+ years old | 3,123 | 96.3 | (0.79) | 315 | 94.5 | (2.28) | 647 | 94.8 | (2.41) | 2,021 | 96.7 | (0.88) |
| Male | 1,548 | 98.6 | (0.59) | 143 | 94.6 | (1.96) | 313 | 97.9 | (1.73) | 1,032 | 99.2 * | (0.44) |
| Female | 1,575 | 94.4 | (1.34) | 172 | 94.5 | (3.80) | 334 | 92.3 | (4.12) | 989 | 94.8 | (1.55) |

See notes at end of table.

Table B-3. Vitamin B₁₂ (mcg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------|------|------|------|-------------------|------|------|-------|-------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| Distribution of usual intake | | | | | | | | | | | | | | | | | | |
| All persons | 2.90 | 3.42 | 3.80 | 4.42 | 5.81 | 7.49 | 8.54 | 9.32 | 10.56 | 2.07 | 2.44 | 2.71 | 3.14 | 4.11 | 5.30 | 6.05 | 6.59 | 7.47 |
| Children, 1–18 years old | 2.90 | 3.34 | 3.66 | 4.17 | 5.26 | 6.52 | 7.27 | 7.82 | 8.67 | 2.09 | 2.46 | 2.72 | 3.15 | 4.10 | 5.22 | 5.90 | 6.40 | 7.19 |
| Adults, 19–59 years old | 2.99 | 3.54 | 3.96 | 4.63 | 6.14 | 8.00 | 9.16 | 10.03 | 11.42 | 2.11 | 2.48 | 2.75 | 3.18 | 4.16 | 5.37 | 6.14 | 6.70 | 7.61 |
| Older adults, 60+ years old | 2.62 | 3.13 | 3.49 | 4.10 | 5.50 | 7.23 | 8.34 | 9.14 | 10.51 | 1.95 | 2.31 | 2.58 | 3.01 | 4.00 | 5.20 | 5.96 | 6.52 | 7.43 |
| SNAP participants | 2.80 | 3.29 | 3.64 | 4.22 | 5.54 | 7.12 | 8.11 | 8.85 | 10.01 | 2.23 | 2.56 | 2.81 | 3.20 | 4.09 | 5.15 | 5.82 | 6.31 | 7.07 |
| Children, 1–18 years old | 2.65 | 3.12 | 3.46 | 3.99 | 5.16 | 6.48 | 7.28 | 7.86 | 8.76 | 2.26 | 2.65 | 2.92 | 3.35 | 4.32 | 5.41 | 6.10 | 6.60 | 7.34 |
| Adults, 19–59 years old | 2.95 | 3.50 | 3.90 | 4.54 | 6.02 | 7.80 | 8.92 | 9.76 | 11.06 | 2.25 | 2.57 | 2.81 | 3.20 | 4.09 | 5.14 | 5.80 | 6.27 | 7.01 |
| Older adults, 60+ years old | 2.52 | 2.84 | 3.07 | 3.47 | 4.48 | 5.79 | 6.65 | 7.26 | 8.30 | 2.15 | 2.43 | 2.65 | 3.02 | 3.85 | 4.87 | 5.56 | 6.08 | 6.95 |
| Income-eligible nonparticipants | 3.11 | 3.51 | 3.79 | 4.26 | 5.31 | 6.59 | 7.40 | 8.02 | 8.98 | 1.99 | 2.34 | 2.59 | 3.00 | 3.93 | 5.04 | 5.75 | 6.27 | 7.10 |
| Children, 1–18 years old | 4.29 | 4.53 | 4.70 | 4.97 | 5.52 | 6.14 | 6.51 | 6.79 | 7.18 | 2.27 | 2.62 | 2.86 | 3.25 | 4.11 | 5.12 | 5.76 | 6.22 | 6.93 |
| Adults, 19–59 years old | 2.73 | 3.21 | 3.55 | 4.12 | 5.42 | 7.03 | 8.07 | 8.86 | 10.13 | 1.95 | 2.30 | 2.56 | 2.98 | 3.94 | 5.10 | 5.84 | 6.37 | 7.24 |
| Older adults, 60+ years old | 2.64 | 2.99 | 3.25 | 3.68 | 4.62 | 5.75 | 6.47 | 7.01 | 7.81 | 1.81 | 2.13 | 2.37 | 2.77 | 3.68 | 4.77 | 5.51 | 6.06 | 6.89 |
| Higher-income nonparticipants | 2.95 | 3.48 | 3.87 | 4.51 | 5.95 | 7.71 | 8.81 | 9.61 | 10.92 | 2.12 | 2.48 | 2.75 | 3.19 | 4.17 | 5.36 | 6.11 | 6.66 | 7.56 |
| Children, 1–18 years old | 2.77 | 3.23 | 3.55 | 4.07 | 5.22 | 6.54 | 7.36 | 7.93 | 8.85 | 2.04 | 2.41 | 2.68 | 3.11 | 4.05 | 5.17 | 5.87 | 6.36 | 7.16 |
| Adults, 19–59 years old | 3.06 | 3.64 | 4.06 | 4.77 | 6.35 | 8.29 | 9.53 | 10.42 | 11.89 | 2.20 | 2.56 | 2.83 | 3.27 | 4.25 | 5.47 | 6.24 | 6.81 | 7.75 |
| Older adults, 60+ years old | 2.85 | 3.34 | 3.71 | 4.33 | 5.72 [*] | 7.46 | 8.57 | 9.40 | 10.78 | 2.00 | 2.36 | 2.63 | 3.08 | 4.06 | 5.28 | 6.04 | 6.61 | 7.51 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-4. Vitamin C (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 84 | (1.1) | 3,407 | 81 | (2.9) | 3,946 | 84 | (2.1) | 9,149 | 83 | (1.4) |
| Male | 8,725 | 91 | (1.7) | 1,634 | 85 | (4.7) | 1,970 | 92 | (3.3) | 4,775 | 90 | (2.0) |
| Female | 8,515 | 78 | (1.5) | 1,773 | 77 | (3.4) | 1,976 | 77 | (2.6) | 4,374 | 76 | (1.9) |
| Children, 1-18 years old | 6,669 | 81 | (1.5) | 1,795 | 88 | (3.4) | 1,624 | 88 | (4.2) | 2,989 | 76 ** | (2.0) |
| Male | 3,447 | 85 | (2.3) | 913 | 88 | (5.0) | 854 | 94 | (6.7) | 1,562 | 80 | (3.0) |
| Female | 3,222 | 78 | (2.0) | 882 | 88 | (4.5) | 770 | 83 | (5.0) | 1,427 | 71 ** | (2.7) |
| Adults, 19-59 years old | 7,448 | 87 | (1.8) | 1,297 | 82 | (4.6) | 1,675 | 86 | (3.0) | 4,139 | 86 | (2.1) |
| Male | 3,730 | 95 | (2.7) | 578 | 88 | (7.5) | 803 | 99 | (4.7) | 2,181 | 95 | (3.1) |
| Female | 3,718 | 78 | (2.4) | 719 | 75 | (5.4) | 872 | 74 | (3.8) | 1,958 | 78 | (2.9) |
| Older adults, 60+ years old | 3,123 | 82 | (1.7) | 315 | 69 | (4.7) | 647 | 73 | (3.2) | 2,021 | 84 ** | (2.0) |
| Male | 1,548 | 86 | (2.4) | 143 | 71 | (8.9) | 313 | 66 | (4.8) | 1,032 | 89 | (3.1) |
| Female | 1,575 | 79 | (2.4) | 172 | 67 | (4.8) | 334 | 79 | (4.2) | 989 | 80 * | (2.7) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 62.8 | (0.94) | 3,407 | 60.1 | (2.30) | 3,946 | 61.1 | (1.84) | 9,149 | 62.9 | (1.19) |
| Male | 8,725 | 61.7 | (1.23) | 1,634 | 58.1 | (3.55) | 1,970 | 60.8 | (2.56) | 4,775 | 62.2 | (1.58) |
| Female | 8,515 | 64.1 | (1.42) | 1,773 | 62.5 | (2.97) | 1,976 | 61.7 | (2.69) | 4,374 | 63.7 | (1.80) |
| Children, 1-18 years old | 6,669 | 83.6 | (1.39) | 1,795 | 91.2 | (4.13) | 1,624 | 85.9 | (3.54) | 2,989 | 81.1 * | (1.78) |
| Male | 3,447 | 83.8 | (1.78) | 913 | 90.8 | (4.96) | 854 | 86.3 | (3.97) | 1,562 | 81.9 | (2.32) |
| Female | 3,222 | 83.4 | (2.16) | 882 | 91.7 | (6.70) | 770 | 85.4 | (5.96) | 1,427 | 80.4 | (2.71) |
| Adults, 19-59 years old | 7,448 | 56.4 | (1.47) | 1,297 | 51.5 | (3.37) | 1,675 | 55.8 | (2.65) | 4,139 | 56.8 | (1.88) |
| Male | 3,730 | 55.5 | (1.91) | 578 | 49.7 | (5.44) | 803 | 58.1 | (3.74) | 2,181 | 56.5 | (2.45) |
| Female | 3,718 | 57.3 | (2.23) | 719 | 53.3 | (3.97) | 872 | 53.5 | (3.76) | 1,958 | 57.1 | (2.85) |
| Older adults, 60+ years old | 3,123 | 55.1 | (1.42) | 315 | 45.4 | (4.16) | 647 | 45.0 | (3.31) | 2,021 | 57.5 ** | (1.68) |
| Male | 1,548 | 49.3 | (1.90) | 143 | 37.3 | (6.45) | 313 | 31.9 | (5.57) | 1,032 | 52.2 * | (2.46) |
| Female | 1,575 | 59.8 | (2.09) | 172 | 51.8 | (5.49) | 334 | 55.3 | (4.02) | 989 | 61.9 | (2.33) |

See notes at end of table.

Table B-4. Vitamin C (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|------|------|-----------------|-----------------|------|------|------|------|---------|------|------|------|-----------------|-----------------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 26 | 34 | 40 | 51 | 79 | 117 | 143 | 163 | 196 | 23 | 30 | 35 | 45 | 69 | 101 | 122 | 139 | 166 |
| Children, 1–18 years old | 29 | 36 | 42 | 52 | 76 | 108 | 129 | 144 | 170 | 28 | 35 | 40 | 49 | 70 | 98 | 117 | 131 | 154 |
| Adults, 19–59 years old | 25 | 34 | 41 | 52 | 82 | 123 | 151 | 173 | 209 | 21 | 28 | 34 | 43 | 68 | 101 | 125 | 142 | 172 |
| Older adults, 60+ years old | 21 | 29 | 35 | 46 | 74 | 112 | 138 | 157 | 190 | 22 | 30 | 36 | 46 | 70 | 102 | 124 | 140 | 166 |
| SNAP participants | 25 | 33 | 38 | 48 | 74 | 109 | 133 | 152 | 184 | 23 | 30 | 35 | 44 | 67 | 98 | 120 | 136 | 163 |
| Children, 1–18 years old | 39 | 47 | 52 | 61 | 82 | 108 | 124 | 136 | 155 | 36 | 44 | 49 | 59 | 81 | 109 | 127 | 141 | 162 |
| Adults, 19–59 years old | 23 | 30 | 36 | 47 | 75 | 114 | 142 | 164 | 200 | 18 | 24 | 30 | 39 | 63 | 98 | 123 | 142 | 173 |
| Older adults, 60+ years old | 14 ^u | 20 | 25 | 33 | 58 | 94 | 118 | 138 | 171 | 22 | 29 | 33 | 42 | 61 | 85 | 101 | 113 | 133 |
| Income-eligible nonparticipants | 27 | 35 | 41 | 52 | 80 | 118 | 144 | 164 | 197 | 22 | 29 | 35 | 44 | 68 | 99 | 121 | 138 | 165 |
| Children, 1–18 years old | 31 | 39 | 46 | 57 | 83 | 119 | 143 | 162 | 192 | 35 | 43 | 48 | 57 | 77 | 103 | 119 | 132 | 151 |
| Adults, 19–59 years old | 27 | 36 | 43 | 55 | 86 | 128 | 157 | 179 | 218 | 19 | 25 | 31 | 40 | 64 | 97 | 119 | 136 | 166 |
| Older adults, 60+ years old | 20 | 26 | 30 | 39 | 58 | 84 | 102 | 115 | 136 | 17 | 24 | 29 | 40 | 67 | 103 | 130 | 150 | 182 |
| Higher-income nonparticipants | 26 | 34 | 41 | 52 | 79 | 116 | 141 | 159 | 191 | 23 | 30 | 36 | 45 | 67 | 98 | 119 | 134 | 161 |
| Children, 1–18 years old | 27 | 34 | 40 | 49 | 72 | 102 | 121 | 136 | 160 | 28 | 34 | 38 | 46 | 64 [*] | 89 [*] | 105 | 118 | 139 |
| Adults, 19–59 years old | 27 | 35 | 42 | 54 | 82 | 122 | 149 | 169 | 204 | 21 | 28 | 34 | 43 | 67 | 100 | 123 | 140 | 169 |
| Older adults, 60+ years old | 23 | 31 | 37 | 49 [*] | 78 [*] | 117 | 143 | 162 | 196 | 24 | 32 | 38 | 48 | 72 | 103 | 124 | 139 | 165 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-5. Vitamin D (mcg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|-------|----------------|---------------------------------|---------|----------------|-------------------------------|-------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 5.0 | (0.05) | 3,407 | 5.0 | (0.16) | 3,946 | 4.6 | (0.10) | 9,149 | 5.1 | (0.07) |
| Male | 8,725 | 5.7 | (0.09) | 1,634 | 5.6 | (0.28) | 1,970 | 5.1 | (0.15) | 4,775 | 5.8 | (0.12) |
| Female | 8,515 | 4.4 | (0.06) | 1,773 | 4.3 | (0.14) | 1,976 | 4.2 | (0.13) | 4,374 | 4.4 | (0.08) |
| Children, 1-18 years old | 6,669 | 5.9 | (0.08) | 1,795 | 5.8 | (0.14) | 1,624 | 6.0 | (0.13) | 2,989 | 5.9 | (0.12) |
| Male | 3,447 | 6.5 | (0.12) | 913 | 6.2 | (0.23) | 854 | 6.6 | (0.21) | 1,562 | 6.5 | (0.19) |
| Female | 3,222 | 5.3 | (0.10) | 882 | 5.4 | (0.17) | 770 | 5.3 | (0.17) | 1,427 | 5.2 | (0.16) |
| Adults, 19-59 years old | 7,448 | 4.7 | (0.08) | 1,297 | 4.7 | (0.23) | 1,675 | 4.3 | (0.15) | 4,139 | 4.9 | (0.11) |
| Male | 3,730 | 5.5 | (0.14) | 578 | 5.5 | (0.42) | 803 | 4.7 | (0.23) | 2,181 | 5.7 | (0.18) |
| Female | 3,718 | 4.0 | (0.10) | 719 | 3.9 | (0.19) | 872 | 3.8 | (0.19) | 1,958 | 4.1 | (0.13) |
| Older adults, 60+ years old | 3,123 | 4.7 | (0.09) | 315 | 4.6 | (0.39) | 647 | 4.1 | (0.21) | 2,021 | 4.8 | (0.10) |
| Male | 1,548 | 5.3 | (0.17) | 143 | 5.3 | (0.76) | 313 | 4.2 | (0.33) | 1,032 | 5.5 | (0.18) |
| Female | 1,575 | 4.2 | (0.09) | 172 | 4.1 | (0.36) | 334 | 4.1 | (0.29) | 989 | 4.2 | (0.11) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 6.1 | (0.38) | 3,407 | 6.5 | (1.05) | 3,946 | 3.8 * | (0.52) | 9,149 | 6.6 | (0.50) |
| Male | 8,725 | 9.4 | (0.70) | 1,634 | 10.9 | (2.06) | 1,970 | 5.0 ** | (0.90) | 4,775 | 10.3 | (0.92) |
| Female | 8,515 | 2.9 | (0.32) | 1,773 | 2.2 | (0.57) | 1,976 | 2.7 | (0.56) | 4,374 | 3.0 | (0.43) |
| Children, 1-18 years old | 6,669 | 9.3 | (0.63) | 1,795 | 8.1 | (1.00) | 1,624 | 8.0 | (1.09) | 2,989 | 10.0 | (0.93) |
| Male | 3,447 | 12.4 | (1.02) | 913 | 12.0 | (1.65) | 854 | 8.8 | (1.72) | 1,562 | 13.3 | (1.49) |
| Female | 3,222 | 6.2 | (0.71) | 882 | 3.9 | (1.11) | 770 | 7.1 | (1.30) | 1,427 | 6.5 | (1.11) |
| Adults, 19-59 years old | 7,448 | 5.3 | (0.59) | 1,297 | 6.4 | (1.60) | 1,675 | 2.4 * u | (0.75) | 4,139 | 5.8 | (0.75) |
| Male | 3,730 | 8.7 | (1.08) | 578 | 11.1 | (3.12) | 803 | 3.8 * u | (1.32) | 2,181 | 9.9 | (1.39) |
| Female | 3,718 | 1.8 | (0.45) | 719 | 1.7 u | (0.75) | 872 | 1.1 u | (0.71) | 1,958 | 1.8 u | (0.55) |
| Older adults, 60+ years old | 3,123 | 4.4 | (0.59) | 315 | 4.7 u | (2.53) | 647 | 2.6 u | (0.81) | 2,021 | 4.4 | (0.74) |
| Male | 1,548 | 7.2 | (1.19) | 143 | 8.6 u | (5.42) | 313 | 3.4 u | (1.23) | 1,032 | 7.3 | (1.49) |
| Female | 1,575 | 2.2 | (0.49) | 172 | 1.6 u | (1.37) | 334 | 2.0 u | (1.12) | 989 | 2.1 | (0.60) |

See notes at end of table.

Table B-5. Vitamin D (mcg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------------------|------------------|------|------|------|------|------|------|------------------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 1.9 | 2.4 | 2.8 | 3.5 | 5.1 | 7.2 | 8.7 | 9.8 | 11.5 | 1.5 | 1.9 | 2.2 | 2.7 | 4.0 | 5.5 | 6.6 | 7.3 | 8.6 |
| Children, 1–18 years old | 2.4 | 3.0 | 3.5 | 4.3 | 6.1 | 8.2 | 9.5 | 10.5 | 12.0 | 1.9 | 2.5 | 2.8 | 3.5 | 4.9 | 6.7 | 7.8 | 8.6 | 9.8 |
| Adults, 19–59 years old | 1.7 | 2.1 | 2.5 | 3.2 | 4.8 | 7.0 | 8.5 | 9.6 | 11.5 | 1.4 | 1.7 | 2.0 | 2.5 | 3.6 | 5.1 | 6.1 | 6.8 | 8.1 |
| Older adults, 60+ years old | 1.7 | 2.2 | 2.5 | 3.1 | 4.7 | 6.7 | 8.1 | 9.1 | 11.0 | 1.4 | 1.8 | 2.1 | 2.6 | 3.8 | 5.4 | 6.4 | 7.2 | 8.5 |
| SNAP participants | 1.5 | 2.0 | 2.4 | 3.1 | 4.8 | 7.3 | 9.0 | 10.3 | 12.5 | 1.6 | 2.0 | 2.3 | 2.8 | 3.9 | 5.4 | 6.4 | 7.1 | 8.2 |
| Children, 1–18 years old | 2.0 | 2.6 | 3.1 | 3.9 | 5.8 | 8.0 | 9.4 | 10.4 | 12.0 | 2.5 | 3.0 | 3.4 | 3.9 | 5.2 | 6.6 | 7.5 | 8.2 | 9.1 |
| Adults, 19–59 years old | 1.3 | 1.8 | 2.1 | 2.8 | 4.6 | 7.1 | 8.9 | 10.4 | 12.8 | 1.3 | 1.6 | 1.9 | 2.3 | 3.5 | 4.9 | 5.9 | 6.7 | 7.9 |
| Older adults, 60+ years old | 1.4 ^u | 1.8 ^u | 2.1 ^u | 2.7 | 4.4 | 6.8 | 8.5 | 9.7 | 12.0 | 1.5 ^u | 1.9 | 2.1 | 2.6 | 3.8 | 5.2 | 6.1 | 6.8 | 7.9 |
| Income-eligible nonparticipants | 2.0 | 2.4 | 2.8 | 3.3 | 4.7 | 6.4 | 7.5 | 8.4 | 9.7 | 1.5 | 1.9 | 2.2 | 2.7 | 3.9 | 5.3 | 6.3 | 7.0 | 8.1 |
| Children, 1–18 years old | 3.2 | 3.8 | 4.2 | 4.9 | 6.3 | 8.0 | 9.0 | 9.8 | 10.9 | 2.0 | 2.6 | 3.0 | 3.6 | 5.0 | 6.7 | 7.7 | 8.5 | 9.7 |
| Adults, 19–59 years old | 1.7 | 2.1 | 2.4 | 3.0 | 4.3 | 6.0 | 7.1 | 8.0 | 9.4 | 1.4 | 1.7 | 2.0 | 2.4 | 3.4 | 4.8 | 5.7 | 6.3 | 7.4 |
| Older adults, 60+ years old | 1.1 | 1.5 | 1.8 | 2.3 | 3.6 | 5.4 | 6.6 | 7.6 | 9.1 | 1.2 | 1.6 | 1.9 | 2.4 | 3.6 | 5.2 | 6.3 | 7.1 | 8.3 |
| Higher-income nonparticipants | 1.9 | 2.5 | 2.9 | 3.6 | 5.2 | 7.4 | 8.9 | 10.0 | 11.8 | 1.6 | 2.0 | 2.3 | 2.8 | 4.0 | 5.6 | 6.6 | 7.3 | 8.6 |
| Children, 1–18 years old | 2.3 | 3.0 | 3.5 | 4.3 | 6.1 | 8.3 | 9.6 | 10.6 | 12.2 | 1.8 | 2.3 | 2.7 | 3.3 | 4.8 | 6.6 | 7.8 | 8.6 | 10.0 |
| Adults, 19–59 years old | 1.7 | 2.2 | 2.6 | 3.3 | 5.0 | 7.3 | 8.8 | 10.0 | 11.9 | 1.6 | 1.9 | 2.2 | 2.6 | 3.7 | 5.2 | 6.1 | 6.8 | 8.0 |
| Older adults, 60+ years old | 2.0 | 2.4 | 2.8 | 3.4 | 4.9 | 6.9 | 8.2 | 9.2 | 10.9 | 1.5 | 1.8 | 2.1 | 2.6 | 3.8 | 5.4 | 6.4 | 7.2 | 8.5 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests. While dietary intakes of vitamin D are low, more than 80 percent of Americans have adequate vitamin D blood levels (2010 Dietary Guidelines for Americans, p. 41).

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-6. Vitamin E (mg AT)–Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|-------|----------------|---------------------------------|--------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 7.3 | (0.07) | 3,407 | 6.2 | (0.12) | 3,946 | 6.7** | (0.14) | 9,149 | 7.6*** | (0.09) |
| Male | 8,725 | 8.0 | (0.11) | 1,634 | 6.5 | (0.16) | 1,970 | 7.4** | (0.22) | 4,775 | 8.4*** | (0.13) |
| Female | 8,515 | 6.6 | (0.09) | 1,773 | 5.8 | (0.17) | 1,976 | 6.1 | (0.18) | 4,374 | 6.8*** | (0.12) |
| Children, 1-18 years old | 6,669 | 5.9 | (0.09) | 1,795 | 5.6 | (0.13) | 1,624 | 5.9 | (0.17) | 2,989 | 6.0* | (0.12) |
| Male | 3,447 | 6.2 | (0.13) | 913 | 5.8 | (0.17) | 854 | 6.1 | (0.27) | 1,562 | 6.3 | (0.18) |
| Female | 3,222 | 5.6 | (0.12) | 882 | 5.3 | (0.19) | 770 | 5.6 | (0.21) | 1,427 | 5.7 | (0.17) |
| Adults, 19-59 years old | 7,448 | 8.0 | (0.11) | 1,297 | 6.6 | (0.18) | 1,675 | 7.3* | (0.22) | 4,139 | 8.3*** | (0.14) |
| Male | 3,730 | 8.9 | (0.17) | 578 | 7.0 | (0.25) | 803 | 8.2** | (0.34) | 2,181 | 9.3*** | (0.20) |
| Female | 3,718 | 7.0 | (0.15) | 719 | 6.2 | (0.26) | 872 | 6.4 | (0.28) | 1,958 | 7.3*** | (0.19) |
| Older adults, 60+ years old | 3,123 | 7.2 | (0.10) | 315 | 5.6 | (0.24) | 647 | 6.1 | (0.23) | 2,021 | 7.6*** | (0.13) |
| Male | 1,548 | 8.0 | (0.17) | 143 | 5.8 | (0.34) | 313 | 6.5 | (0.38) | 1,032 | 8.4*** | (0.22) |
| Female | 1,575 | 6.6 | (0.13) | 172 | 5.5 | (0.33) | 334 | 5.9 | (0.30) | 989 | 6.9*** | (0.16) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 11.7 | (0.67) | 3,407 | 5.8 | (0.77) | 3,946 | 7.9 | (1.18) | 9,149 | 12.8*** | (0.89) |
| Male | 8,725 | 15.9 | (1.16) | 1,634 | 6.9 | (1.13) | 1,970 | 9.9 | (1.95) | 4,775 | 17.9*** | (1.53) |
| Female | 8,515 | 7.8 | (0.68) | 1,773 | 4.8 | (1.07) | 1,976 | 6.0 | (1.36) | 4,374 | 8.0* | (0.94) |
| Children, 1-18 years old | 6,669 | 15.7 | (1.19) | 1,795 | 14.1 | (1.55) | 1,624 | 12.6 | (2.91) | 2,989 | 15.8 | (1.60) |
| Male | 3,447 | 17.7 | (1.88) | 913 | 16.5 | (2.19) | 854 | 11.2 u | (4.41) | 1,562 | 18.3 | (2.54) |
| Female | 3,222 | 13.7 | (1.45) | 882 | 11.6 | (2.19) | 770 | 14.1 | (3.77) | 1,427 | 13.2 | (1.92) |
| Adults, 19-59 years old | 7,448 | 11.4 | (1.02) | 1,297 | 3.8 u | (1.16) | 1,675 | 7.4 | (1.62) | 4,139 | 13.0*** | (1.35) |
| Male | 3,730 | 16.5 | (1.78) | 578 | 4.4 u | (1.67) | 803 | 11.3* | (2.75) | 2,181 | 19.3*** | (2.32) |
| Female | 3,718 | 6.3 | (1.00) | 719 | 3.2 u | (1.61) | 872 | 3.6 u | (1.71) | 1,958 | 6.8 | (1.39) |
| Older adults, 60+ years old | 3,123 | 7.2 | (0.81) | 315 | 0.9 u | (0.61) | 647 | 3.0 u | (0.98) | 2,021 | 8.4*** | (1.11) |
| Male | 1,548 | 10.8 | (1.60) | 143 | 1.2 u | (1.14) | 313 | 3.3 u | (1.39) | 1,032 | 12.9*** | (2.18) |
| Female | 1,575 | 4.5 | (0.72) | 172 | 0.6 u | (0.62) | 334 | 2.7 u | (1.40) | 989 | 4.9*** | (0.99) |

See notes at end of table.

Table B-6. Vitamin E (mg AT): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|--------|--------|--------|--------|---------|---------|---------|---------|---------|------|------|-------|--------|--------|-------|-------|-------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 4.0 | 4.7 | 5.1 | 5.9 | 7.6 | 9.7 | 11.0 | 12.0 | 13.5 | 3.2 | 3.7 | 4.1 | 4.8 | 6.2 | 8.0 | 9.2 | 10.0 | 11.4 |
| Children, 1–18 years old | 3.7 | 4.1 | 4.4 | 4.9 | 6.0 | 7.2 | 8.0 | 8.6 | 9.5 | 3.2 | 3.6 | 3.8 | 4.3 | 5.3 | 6.6 | 7.3 | 7.9 | 8.8 |
| Adults, 19–59 years old | 4.3 | 5.0 | 5.6 | 6.4 | 8.4 | 10.8 | 12.3 | 13.4 | 15.2 | 3.2 | 3.8 | 4.3 | 5.0 | 6.6 | 8.6 | 9.9 | 10.8 | 12.4 |
| Older adults, 60+ years old | 3.7 | 4.4 | 4.9 | 5.7 | 7.5 | 9.8 | 11.2 | 12.2 | 14.0 | 3.1 | 3.6 | 4.0 | 4.7 | 6.2 | 8.1 | 9.3 | 10.2 | 11.7 |
| SNAP participants | 3.4 | 3.9 | 4.3 | 4.9 | 6.2 | 7.8 | 8.7 | 9.4 | 10.5 | 2.9 | 3.4 | 3.7 | 4.3 | 5.6 | 7.0 | 8.0 | 8.7 | 9.8 |
| Children, 1–18 years old | 3.6 | 4.0 | 4.3 | 4.7 | 5.7 | 6.8 | 7.4 | 7.8 | 8.6 | 3.5 | 3.8 | 4.0 | 4.3 | 5.1 | 6.0 | 6.6 | 7.0 | 7.6 |
| Adults, 19–59 years old | 3.4 | 4.0 | 4.4 | 5.1 | 6.6 | 8.4 | 9.6 | 10.4 | 11.7 | 2.7 | 3.3 | 3.7 | 4.3 | 5.8 | 7.6 | 8.8 | 9.6 | 11.0 |
| Older adults, 60+ years old | 2.9 | 3.4 | 3.7 | 4.3 | 5.6 | 7.0 | 7.9 | 8.5 | 9.5 | 2.8 | 3.2 | 3.6 | 4.2 | 5.4 | 6.7 | 7.5 | 8.1 | 9.0 |
| Income-eligible nonparticipants | 3.8 | 4.4 | 4.8 | 5.4 | 7.0* | 8.8* | 10.0 | 10.9 | 12.3 | 2.9 | 3.4 | 3.8 | 4.4 | 5.7 | 7.4 | 8.4 | 9.2 | 10.5 |
| Children, 1–18 years old | 3.8 | 4.2 | 4.5 | 5.0 | 5.9 | 7.0 | 7.7 | 8.3 | 9.1 | 3.2 | 3.6 | 3.9 | 4.4 | 5.4 | 6.6 | 7.3 | 7.9 | 8.7 |
| Adults, 19–59 years old | 4.0 | 4.6 | 5.1 | 5.9 | 7.7 | 9.9 | 11.3 | 12.4 | 14.1 | 2.9 | 3.4 | 3.8 | 4.5 | 6.0 | 7.8 | 9.0 | 9.8 | 11.2 |
| Older adults, 60+ years old | 3.1 | 3.6 | 4.0 | 4.7 | 6.1 | 7.9 | 9.0 | 9.9 | 11.2 | 2.6 | 3.1 | 3.4 | 4.0 | 5.4 | 7.2 | 8.4 | 9.3 | 10.6 |
| Higher-income nonparticipants | 4.3** | 5.0*** | 5.5*** | 6.2*** | 8.0*** | 10.1*** | 11.4*** | 12.3*** | 13.9*** | 3.4 | 4.0 | 4.4* | 5.0** | 6.4*** | 8.2*** | 9.4** | 10.2* | 11.6* |
| Children, 1–18 years old | 3.7 | 4.1 | 4.4 | 4.9 | 6.0 | 7.3 | 8.2 | 8.7 | 9.7 | 3.2 | 3.6 | 3.9 | 4.4 | 5.4 | 6.7 | 7.5 | 8.0 | 9.0 |
| Adults, 19–59 years old | 4.7** | 5.4*** | 6.0*** | 6.9*** | 8.8*** | 11.2*** | 12.7*** | 13.8*** | 15.6*** | 3.6 | 4.1* | 4.6* | 5.3** | 6.9*** | 8.9* | 10.1 | 11.1 | 12.6 |
| Older adults, 60+ years old | 4.1 | 4.8* | 5.3** | 6.1*** | 8.0*** | 10.2*** | 11.6*** | 12.6*** | 14.3*** | 3.4 | 3.9 | 4.3 | 5.0 | 6.4* | 8.3** | 9.5* | 10.4* | 11.9* |

Source: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using a statistical method developed by the National Cancer Institute (NCI).

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Usual intake was estimated using a statistical method developed by the National Cancer Institute (NCI). Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests. While intakes of vitamin E are low, it is unlikely that they have public health significance in the U.S. population (2010 Dietary Guidelines Advisory Committee Report, p. 138). The 2010 Dietary Guidelines Advisory Committee examined nutrients with usual intakes below recommendations (shortfall nutrients) to determine those of public health concern. While a number of nutrients were considered shortfall nutrients, examination of biochemical indices did not indicate a related public health problem.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-7. Folate (mcg DFE): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|-------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 536 | (4.4) | 3,407 | 498 | (8.5) | 3,946 | 511 | (8.0) | 9,149 | 547 *** | (6.3) |
| Male | 8,725 | 606 | (7.1) | 1,634 | 554 | (13.4) | 1,970 | 584 | (13.4) | 4,775 | 617 *** | (10.0) |
| Female | 8,515 | 470 | (5.3) | 1,773 | 444 | (10.4) | 1,976 | 440 | (9.0) | 4,374 | 480 ** | (7.8) |
| Children, 1-18 years old | 6,669 | 503 | (6.8) | 1,795 | 514 | (13.1) | 1,624 | 490 | (10.4) | 2,989 | 502 | (9.9) |
| Male | 3,447 | 539 | (10.3) | 913 | 534 | (19.7) | 854 | 541 | (16.1) | 1,562 | 536 | (14.2) |
| Female | 3,222 | 466 | (8.8) | 882 | 493 | (17.2) | 770 | 438 * | (13.0) | 1,427 | 466 | (13.8) |
| Adults, 19-59 years old | 7,448 | 562 | (6.8) | 1,297 | 503 | (12.0) | 1,675 | 538 * | (12.5) | 4,139 | 578 *** | (9.8) |
| Male | 3,730 | 648 | (10.9) | 578 | 581 | (19.7) | 803 | 631 | (20.9) | 2,181 | 663 *** | (15.6) |
| Female | 3,718 | 477 | (8.1) | 719 | 426 | (13.7) | 872 | 447 | (13.9) | 1,958 | 494 *** | (12.0) |
| Older adults, 60+ years old | 3,123 | 502 | (7.6) | 315 | 460 | (20.6) | 647 | 455 | (13.9) | 2,021 | 511 * | (8.4) |
| Male | 1,548 | 563 | (13.1) | 143 | 496 | (29.5) | 313 | 490 | (24.8) | 1,032 | 579 * | (14.8) |
| Female | 1,575 | 452 | (8.9) | 172 | 432 | (28.9) | 334 | 424 | (15.3) | 989 | 457 | (9.3) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 90.7 | (0.63) | 3,407 | 87.2 | (1.78) | 3,946 | 87.7 | (1.41) | 9,149 | 92.1 * | (0.68) |
| Male | 8,725 | 95.8 | (0.53) | 1,634 | 91.4 | (1.97) | 1,970 | 93.8 | (1.11) | 4,775 | 96.7 ** | (0.52) |
| Female | 8,515 | 86.0 | (1.13) | 1,773 | 83.1 | (2.82) | 1,976 | 82.0 | (2.57) | 4,374 | 87.9 | (1.25) |
| Children, 1-18 years old | 6,669 | 96.0 | (0.76) | 1,795 | 94.0 | (1.80) | 1,624 | 95.3 | (1.14) | 2,989 | 96.3 | (1.00) |
| Male | 3,447 | 98.0 | (0.70) | 913 | 95.3 | (1.93) | 854 | 98.5 | (0.98) | 1,562 | 98.0 | (0.86) |
| Female | 3,222 | 93.8 | (1.37) | 882 | 92.7 | (3.08) | 770 | 91.9 | (2.10) | 1,427 | 94.6 | (1.84) |
| Adults, 19-59 years old | 7,448 | 90.6 | (0.97) | 1,297 | 85.7 | (2.34) | 1,675 | 87.3 | (2.13) | 4,139 | 92.4 ** | (1.00) |
| Male | 3,730 | 96.1 | (0.73) | 578 | 93.0 | (2.73) | 803 | 95.0 | (1.51) | 2,181 | 96.9 | (0.64) |
| Female | 3,718 | 85.2 | (1.79) | 719 | 78.5 | (3.81) | 872 | 79.8 | (3.99) | 1,958 | 88.0 * | (1.90) |
| Older adults, 60+ years old | 3,123 | 84.1 | (1.25) | 315 | 82.8 | (5.82) | 647 | 79.0 | (3.59) | 2,021 | 85.6 | (1.47) |
| Male | 1,548 | 91.6 | (1.60) | 143 | 80.0 | (6.43) | 313 | 82.6 | (3.84) | 1,032 | 94.0 * | (1.68) |
| Female | 1,575 | 77.9 | (1.83) | 172 | 84.3 | (8.76) | 334 | 76.0 | (5.87) | 989 | 78.9 | (2.29) |

See notes at end of table.

Table B-7. Folate (mcg DFE): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|------|-------|-------|------|------|------|-------|---------|------|------|------|-------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 319 | 367 | 401 | 457 | 579 | 724 | 814 | 880 | 986 | 250 | 286 | 313 | 355 | 448 | 561 | 631 | 681 | 763 |
| Children, 1–18 years old | 296 | 337 | 366 | 413 | 517 | 639 | 715 | 770 | 858 | 251 | 286 | 311 | 353 | 445 | 556 | 625 | 675 | 757 |
| Adults, 19–59 years old | 338 | 390 | 427 | 488 | 619 | 776 | 874 | 945 | 1,059 | 257 | 294 | 321 | 364 | 457 | 568 | 637 | 687 | 765 |
| Older adults, 60+ years old | 290 | 335 | 367 | 420 | 536 | 676 | 764 | 826 | 932 | 227 | 263 | 289 | 332 | 428 | 545 | 619 | 673 | 762 |
| SNAP participants | 276 | 321 | 354 | 408 | 528 | 670 | 758 | 823 | 924 | 249 | 282 | 305 | 343 | 427 | 524 | 585 | 629 | 697 |
| Children, 1–18 years old | 254 | 298 | 331 | 384 | 505 | 650 | 741 | 809 | 918 | 258 | 297 | 324 | 369 | 470 | 589 | 667 | 722 | 808 |
| Adults, 19–59 years old | 301 | 349 | 383 | 437 | 558 | 697 | 782 | 846 | 941 | 240 | 272 | 296 | 332 | 412 | 504 | 560 | 599 | 661 |
| Older adults, 60+ years old | 223 | 264 | 293 | 344 | 464 | 611 | 702 | 768 | 877 | 266 | 292 | 311 | 344 | 415 | 499 | 555 | 596 | 661 |
| Income-eligible nonparticipants | 314 | 359 | 390 | 442 | 557 | 695 | 782 | 847 | 949 | 239 | 273 | 297 | 337 | 423 | 523 | 586 | 632 | 703 |
| Children, 1–18 years old | 335 | 372 | 398 | 438 | 525 | 625 | 687 | 732 | 800 | 244 | 277 | 301 | 338 | 421 | 517 | 578 | 622 | 689 |
| Adults, 19–59 years old | 327 | 377 | 412 | 469 | 599 | 755 | 855 | 930 | 1,051 | 237 | 273 | 298 | 340 | 430 | 534 | 598 | 644 | 717 |
| Older adults, 60+ years old | 237 | 278 | 307 | 357 | 465 | 594 | 676 | 738 | 828 | 237 | 268 | 290 | 326 | 406 | 499 | 561 | 607 | 676 |
| Higher-income nonparticipants | 333 | 380* | 414* | 469** | 590** | 734* | 824 | 889 | 994 | 259 | 295 | 322 | 365 | 458 | 572 | 642 | 693 | 776 |
| Children, 1–18 years old | 298 | 338 | 366 | 412 | 514 | 635 | 710 | 764 | 852 | 253 | 288 | 313 | 354 | 444 | 554 | 624 | 673 | 755 |
| Adults, 19–59 years old | 354 | 405 | 442 | 502 | 634* | 792* | 890 | 961 | 1,076 | 272 | 308 | 335 | 379* | 473** | 586* | 655 | 706 | 789 |
| Older adults, 60+ years old | 314 | 357 | 389 | 441 | 554 | 689 | 772 | 833 | 932 | 229 | 265 | 292 | 336 | 432 | 551 | 625 | 679 | 768 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-8. Niacin (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|-------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 24.4 | (0.14) | 3,407 | 23.3 | (0.32) | 3,946 | 23.4 | (0.33) | 9,149 | 24.7 *** | (0.19) |
| Male | 8,725 | 28.8 | (0.25) | 1,634 | 26.9 | (0.51) | 1,970 | 27.3 | (0.58) | 4,775 | 29.4 *** | (0.35) |
| Female | 8,515 | 20.2 | (0.15) | 1,773 | 19.8 | (0.39) | 1,976 | 19.6 | (0.32) | 4,374 | 20.3 | (0.19) |
| Children, 1-18 years old | 6,669 | 20.5 | (0.22) | 1,795 | 20.4 | (0.37) | 1,624 | 20.9 | (0.43) | 2,989 | 20.2 | (0.31) |
| Male | 3,447 | 22.5 | (0.35) | 913 | 21.9 | (0.55) | 854 | 22.7 | (0.70) | 1,562 | 22.6 | (0.51) |
| Female | 3,222 | 18.3 | (0.25) | 882 | 18.8 | (0.48) | 770 | 19.0 | (0.49) | 1,427 | 17.8 | (0.34) |
| Adults, 19-59 years old | 7,448 | 26.9 | (0.22) | 1,297 | 25.5 | (0.49) | 1,675 | 25.7 | (0.52) | 4,139 | 27.4 *** | (0.30) |
| Male | 3,730 | 32.5 | (0.38) | 578 | 30.5 | (0.79) | 803 | 31.1 | (0.93) | 2,181 | 33.2 ** | (0.53) |
| Female | 3,718 | 21.3 | (0.22) | 719 | 20.5 | (0.59) | 872 | 20.4 | (0.48) | 1,958 | 21.7 | (0.27) |
| Older adults, 60+ years old | 3,123 | 22.0 | (0.25) | 315 | 20.5 | (0.72) | 647 | 19.6 | (0.49) | 2,021 | 22.5 ** | (0.29) |
| Male | 1,548 | 25.5 | (0.45) | 143 | 21.9 | (1.09) | 313 | 21.7 | (0.74) | 1,032 | 26.4 *** | (0.51) |
| Female | 1,575 | 19.2 | (0.28) | 172 | 19.3 | (0.93) | 334 | 17.9 | (0.67) | 989 | 19.3 | (0.32) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 98.1 | (0.27) | 3,407 | 95.5 | (0.95) | 3,946 | 96.8 | (0.80) | 9,149 | 98.7 ** | (0.24) |
| Male | 8,725 | 99.7 | (0.08) | 1,634 | 98.5 | (0.57) | 1,970 | 99.3 | (0.36) | 4,775 | 99.8 * | (0.07) |
| Female | 8,515 | 96.6 | (0.52) | 1,773 | 92.6 | (1.78) | 1,976 | 94.6 | (1.53) | 4,374 | 97.6 ** | (0.46) |
| Children, 1-18 years old | 6,669 | 99.3 | (0.31) | 1,795 | 98.7 | (0.85) | 1,624 | 99.8 | (0.17) | 2,989 | 99.2 | (0.46) |
| Male | 3,447 | 99.9 | (0.10) | 913 | 99.8 | (0.26) | 854 | 100.0 | (0.11) | 1,562 | 99.8 | (0.17) |
| Female | 3,222 | 98.7 | (0.63) | 882 | 97.6 | (1.73) | 770 | 99.7 | (0.33) | 1,427 | 98.6 | (0.93) |
| Adults, 19-59 years old | 7,448 | 98.4 | (0.38) | 1,297 | 95.1 | (1.38) | 1,675 | 97.4 | (1.23) | 4,139 | 99.1 ** | (0.29) |
| Male | 3,730 | 99.9 | (0.05) | 578 | 99.3 | (0.58) | 803 | 99.6 | (0.31) | 2,181 | 99.9 | (0.04) |
| Female | 3,718 | 97.0 | (0.76) | 719 | 90.9 | (2.69) | 872 | 95.3 | (2.43) | 1,958 | 98.4 ** | (0.56) |
| Older adults, 60+ years old | 3,123 | 95.5 | (0.74) | 315 | 92.4 | (2.69) | 647 | 90.8 | (2.07) | 2,021 | 96.4 | (0.76) |
| Male | 1,548 | 98.9 | (0.42) | 143 | 93.6 | (2.71) | 313 | 96.9 | (1.87) | 1,032 | 99.5 * | (0.29) |
| Female | 1,575 | 92.9 | (1.29) | 172 | 91.5 | (4.33) | 334 | 85.7 | (3.44) | 989 | 94.1 | (1.31) |

See notes at end of table.

Table B-8. Niacin (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|--------|---------|---------|---------|-------|------|------|------|---------|--------|--------|--------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 17.4 | 19.5 | 20.9 | 23.2 | 28.0 | 33.5 | 36.7 | 39.0 | 42.7 | 12.3 | 13.7 | 14.7 | 16.3 | 19.7 | 23.4 | 25.7 | 27.3 | 29.7 |
| Children, 1–18 years old | 14.3 | 15.8 | 16.9 | 18.5 | 22.0 | 25.9 | 28.3 | 29.9 | 32.5 | 11.4 | 12.7 | 13.5 | 14.9 | 17.9 | 21.2 | 23.1 | 24.5 | 26.6 |
| Adults, 19–59 years old | 19.5 | 21.8 | 23.5 | 26.1 | 31.6 | 37.9 | 41.6 | 44.4 | 48.6 | 13.0 | 14.5 | 15.6 | 17.3 | 20.8 | 24.8 | 27.1 | 28.8 | 31.4 |
| Older adults, 60+ years old | 15.2 | 17.1 | 18.4 | 20.5 | 24.9 | 29.7 | 32.6 | 34.6 | 37.9 | 11.3 | 12.8 | 13.7 | 15.3 | 18.6 | 22.4 | 24.7 | 26.3 | 28.8 |
| SNAP participants | 15.4 | 17.5 | 18.9 | 21.1 | 26.1 | 31.6 | 34.9 | 37.4 | 41.1 | 10.8 | 12.4 | 13.5 | 15.3 | 19.2 | 23.6 | 26.3 | 28.3 | 31.3 |
| Children, 1–18 years old | 13.8 | 15.3 | 16.4 | 18.1 | 21.6 | 25.3 | 27.5 | 29.1 | 31.5 | 11.2 | 12.6 | 13.5 | 15.0 | 18.3 | 22.0 | 24.3 | 25.9 | 28.3 |
| Adults, 19–59 years old | 17.2 | 19.6 | 21.2 | 23.8 | 29.5 | 36.0 | 40.0 | 42.9 | 47.3 | 10.6 | 12.3 | 13.5 | 15.4 | 19.7 | 24.6 | 27.6 | 29.8 | 33.1 |
| Older adults, 60+ years old | 11.8 | 13.6 | 14.7 | 16.7 | 21.2 | 26.1 | 29.0 | 31.1 | 34.3 | 10.8 | 12.4 | 13.5 | 15.2 | 18.9 | 22.8 | 25.2 | 26.8 | 29.4 |
| Income-eligible nonparticipants | 17.0 | 18.9 | 20.2 | 22.2 | 26.6 | 31.6 | 34.6 | 36.9 | 40.4 | 12.1 | 13.5 | 14.4 | 16.0 | 19.2 | 22.7 | 24.9 | 26.4 | 28.7 |
| Children, 1–18 years old | 15.3 | 16.7 | 17.7 | 19.1 | 22.3 | 25.8 | 27.9 | 29.4 | 31.8 | 12.8 | 14.1 | 14.9 | 16.2 | 18.8 | 21.6 | 23.3 | 24.4 | 26.1 |
| Adults, 19–59 years old | 18.9 | 21.1 | 22.6 | 24.9 | 30.1 | 36.0 | 39.7 | 42.4 | 46.7 | 12.5 | 14.0 | 15.0 | 16.6 | 20.0 | 23.7 | 25.9 | 27.5 | 29.9 |
| Older adults, 60+ years old | 13.0 | 14.7 | 15.8 | 17.6 | 21.3 | 25.3 | 27.7 | 29.5 | 32.0 | 9.9 | 11.2 | 12.2 | 13.7 | 17.1 | 21.1 | 23.7 | 25.6 | 28.4 |
| Higher-income nonparticipants | 18.1 | 20.1 | 21.6 | 23.9** | 28.6*** | 34.0* | 37.3 | 39.5 | 43.1 | 12.9* | 14.3* | 15.2* | 16.7* | 19.9 | 23.4 | 25.5 | 27.0 | 29.3 |
| Children, 1–18 years old | 14.2 | 15.7 | 16.8 | 18.4 | 22.0 | 26.0 | 28.4 | 30.1 | 32.8 | 11.1 | 12.3 | 13.2 | 14.5 | 17.3 | 20.6 | 22.6 | 23.9 | 26.1 |
| Adults, 19–59 years old | 20.3 | 22.6 | 24.3 | 26.9 | 32.4* | 38.6 | 42.3 | 44.9 | 49.0 | 14.1** | 15.5** | 16.5** | 18.0** | 21.3 | 24.9 | 27.0 | 28.5 | 30.9 |
| Older adults, 60+ years old | 16.4** | 18.2** | 19.5*** | 21.6*** | 25.9** | 30.6* | 33.4 | 35.3 | 38.4 | 11.8 | 13.1 | 14.1 | 15.6 | 18.8 | 22.5 | 24.7 | 26.2 | 28.7 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-9. Riboflavin (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|------|----------------|-------------------------------|---------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 2.14 | (0.014) | 3,407 | 2.04 | (0.036) | 3,946 | 2.00 | (0.029) | 9,149 | 2.20 ^{***} | (0.018) |
| Male | 8,725 | 2.44 | (0.024) | 1,634 | 2.30 | (0.061) | 1,970 | 2.27 | (0.048) | 4,775 | 2.51 ^{**} | (0.030) |
| Female | 8,515 | 1.85 | (0.016) | 1,773 | 1.79 | (0.037) | 1,976 | 1.74 | (0.034) | 4,374 | 1.89 [*] | (0.019) |
| Children, 1-18 years old | 6,669 | 2.00 | (0.022) | 1,795 | 1.96 | (0.035) | 1,624 | 2.01 | (0.038) | 2,989 | 2.01 | (0.032) |
| Male | 3,447 | 2.19 | (0.036) | 913 | 2.09 | (0.056) | 854 | 2.21 | (0.064) | 1,562 | 2.21 | (0.053) |
| Female | 3,222 | 1.80 | (0.024) | 882 | 1.83 | (0.040) | 770 | 1.80 | (0.040) | 1,427 | 1.80 | (0.035) |
| Adults, 19-59 years old | 7,448 | 2.23 | (0.021) | 1,297 | 2.12 | (0.051) | 1,675 | 2.06 | (0.046) | 4,139 | 2.30 ^{**} | (0.027) |
| Male | 3,730 | 2.59 | (0.035) | 578 | 2.48 | (0.088) | 803 | 2.38 | (0.075) | 2,181 | 2.68 [*] | (0.045) |
| Female | 3,718 | 1.87 | (0.025) | 719 | 1.75 | (0.052) | 872 | 1.74 | (0.054) | 1,958 | 1.93 ^{**} | (0.028) |
| Older adults, 60+ years old | 3,123 | 2.06 | (0.026) | 315 | 1.92 | (0.104) | 647 | 1.81 | (0.046) | 2,021 | 2.11 | (0.026) |
| Male | 1,548 | 2.31 | (0.045) | 143 | 2.01 | (0.187) | 313 | 1.98 | (0.082) | 1,032 | 2.38 | (0.046) |
| Female | 1,575 | 1.86 | (0.029) | 172 | 1.85 | (0.114) | 334 | 1.67 | (0.049) | 989 | 1.90 | (0.029) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 97.9 | (0.21) | 3,407 | 94.7 | (0.75) | 3,946 | 96.0 | (0.61) | 9,149 | 98.7 ^{***} | (0.21) |
| Male | 8,725 | 98.2 | (0.24) | 1,634 | 94.8 | (1.12) | 1,970 | 96.6 | (0.81) | 4,775 | 98.8 ^{***} | (0.22) |
| Female | 8,515 | 97.6 | (0.34) | 1,773 | 94.5 | (0.98) | 1,976 | 95.5 | (0.91) | 4,374 | 98.6 ^{***} | (0.36) |
| Children, 1-18 years old | 6,669 | 99.2 | (0.31) | 1,795 | 97.8 | (0.83) | 1,624 | 99.4 | (0.43) | 2,989 | 99.4 | (0.37) |
| Male | 3,447 | 99.7 | (0.18) | 913 | 98.9 | (0.86) | 854 | 99.9 | (0.24) | 1,562 | 99.7 | (0.25) |
| Female | 3,222 | 98.6 | (0.61) | 882 | 96.5 | (1.46) | 770 | 98.8 | (0.85) | 1,427 | 99.2 | (0.72) |
| Adults, 19-59 years old | 7,448 | 97.7 | (0.31) | 1,297 | 94.3 | (1.09) | 1,675 | 95.4 | (0.95) | 4,139 | 98.7 ^{***} | (0.31) |
| Male | 3,730 | 97.9 | (0.37) | 578 | 95.0 | (1.62) | 803 | 96.3 | (1.25) | 2,181 | 98.5 [*] | (0.35) |
| Female | 3,718 | 97.5 | (0.50) | 719 | 93.5 | (1.45) | 872 | 94.5 | (1.44) | 1,958 | 98.9 ^{***} | (0.53) |
| Older adults, 60+ years old | 3,123 | 96.7 | (0.38) | 315 | 91.9 | (1.96) | 647 | 93.5 | (1.41) | 2,021 | 97.7 ^{**} | (0.35) |
| Male | 1,548 | 97.1 | (0.54) | 143 | 88.0 | (3.46) | 313 | 92.7 | (2.18) | 1,032 | 98.4 ^{**} | (0.40) |
| Female | 1,575 | 96.4 | (0.54) | 172 | 94.9 | (2.16) | 334 | 94.0 | (1.88) | 989 | 97.2 | (0.53) |

See notes at end of table.

Table B-9. Riboflavin (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|---------------------|---------------------|---------------------|---------------------|------|------|------|------|--------------------|---------------------|---------------------|---------------------|--------------------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 1.29 | 1.49 | 1.63 | 1.86 | 2.35 | 2.92 | 3.26 | 3.52 | 3.91 | 1.02 | 1.16 | 1.27 | 1.44 | 1.79 | 2.20 | 2.45 | 2.63 | 2.91 |
| Children, 1–18 years old | 1.29 | 1.46 | 1.57 | 1.75 | 2.14 | 2.56 | 2.82 | 3.00 | 3.28 | 1.05 | 1.19 | 1.28 | 1.43 | 1.76 | 2.12 | 2.34 | 2.49 | 2.73 |
| Adults, 19–59 years old | 1.32 | 1.53 | 1.68 | 1.93 | 2.48 | 3.12 | 3.52 | 3.81 | 4.27 | 1.02 | 1.17 | 1.28 | 1.45 | 1.81 | 2.23 | 2.49 | 2.67 | 2.95 |
| Older adults, 60+ years old | 1.22 | 1.42 | 1.55 | 1.77 | 2.24 | 2.76 | 3.07 | 3.28 | 3.64 | 0.96 | 1.11 | 1.22 | 1.40 | 1.79 | 2.23 | 2.50 | 2.70 | 3.01 |
| SNAP participants | 1.08 | 1.28 | 1.42 | 1.65 | 2.18 | 2.81 | 3.20 | 3.49 | 3.95 | 0.92 | 1.06 | 1.17 | 1.34 | 1.71 | 2.15 | 2.43 | 2.63 | 2.94 |
| Children, 1–18 years old | 1.15 | 1.32 | 1.45 | 1.64 | 2.04 | 2.48 | 2.74 | 2.92 | 3.20 | 1.06 | 1.19 | 1.29 | 1.44 | 1.77 | 2.14 | 2.39 | 2.56 | 2.82 |
| Adults, 19–59 years old | 1.11 | 1.33 | 1.48 | 1.74 | 2.33 | 3.04 | 3.50 | 3.85 | 4.39 | 0.87 | 1.01 | 1.12 | 1.29 | 1.67 | 2.13 | 2.41 | 2.61 | 2.92 |
| Older adults, 60+ years old | 0.88 | 1.05 | 1.17 | 1.38 | 1.88 | 2.48 | 2.86 | 3.14 | 3.59 | 0.90 | 1.05 | 1.17 | 1.35 | 1.76 | 2.24 | 2.55 | 2.78 | 3.15 |
| Income-eligible nonparticipants | 1.21 | 1.38 | 1.51 | 1.71 | 2.16 | 2.70 | 3.04 | 3.30 | 3.70 | 0.93 | 1.07 | 1.17 | 1.33 | 1.68 | 2.08 | 2.32 | 2.50 | 2.77 |
| Children, 1–18 years old | 1.35 | 1.51 | 1.62 | 1.79 | 2.15 | 2.56 | 2.80 | 2.98 | 3.26 | 1.06 | 1.20 | 1.29 | 1.44 | 1.75 | 2.10 | 2.31 | 2.46 | 2.68 |
| Adults, 19–59 years old | 1.20 | 1.39 | 1.52 | 1.74 | 2.24 | 2.86 | 3.25 | 3.55 | 4.04 | 0.89 | 1.04 | 1.14 | 1.31 | 1.67 | 2.10 | 2.35 | 2.54 | 2.83 |
| Older adults, 60+ years old | 1.01 | 1.18 | 1.29 | 1.49 | 1.90 | 2.38 | 2.67 | 2.89 | 3.21 | 0.87 | 1.01 | 1.10 | 1.26 | 1.61 | 2.00 | 2.25 | 2.44 | 2.71 |
| Higher-income nonparticipants | 1.37 ^{***} | 1.56 ^{***} | 1.70 ^{***} | 1.93 ^{***} | 2.41 ^{***} | 2.98 | 3.33 | 3.57 | 3.97 | 1.08 ^{**} | 1.23 ^{**} | 1.33 ^{***} | 1.49 ^{***} | 1.84 [*] | 2.23 | 2.47 | 2.64 | 2.91 |
| Children, 1–18 years old | 1.33 | 1.49 | 1.60 | 1.78 | 2.15 | 2.58 | 2.83 | 3.01 | 3.29 | 1.06 | 1.19 | 1.29 | 1.44 | 1.75 | 2.11 | 2.33 | 2.48 | 2.72 |
| Adults, 19–59 years old | 1.39 [*] | 1.60 [*] | 1.76 ^{**} | 2.01 ^{**} | 2.56 | 3.21 | 3.61 | 3.90 | 4.36 | 1.12 ^{**} | 1.26 ^{***} | 1.37 ^{***} | 1.53 ^{***} | 1.88 ^{**} | 2.27 | 2.51 | 2.68 | 2.95 |
| Older adults, 60+ years old | 1.34 ^{***} | 1.53 ^{***} | 1.66 ^{***} | 1.88 ^{***} | 2.32 [*] | 2.82 | 3.11 | 3.31 | 3.64 | 1.01 | 1.17 | 1.28 | 1.46 | 1.83 | 2.27 | 2.53 | 2.71 | 3.01 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-10. Thiamin (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|--------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 1.62 | (0.011) | 3,407 | 1.53 | (0.022) | 3,946 | 1.54 | (0.022) | 9,149 | 1.64 *** | (0.015) |
| Male | 8,725 | 1.86 | (0.018) | 1,634 | 1.74 | (0.037) | 1,970 | 1.78 | (0.039) | 4,775 | 1.90 *** | (0.027) |
| Female | 8,515 | 1.38 | (0.012) | 1,773 | 1.33 | (0.024) | 1,976 | 1.32 | (0.019) | 4,374 | 1.40 * | (0.015) |
| Children, 1-18 years old | 6,669 | 1.49 | (0.017) | 1,795 | 1.49 | (0.023) | 1,624 | 1.48 | (0.029) | 2,989 | 1.49 | (0.025) |
| Male | 3,447 | 1.62 | (0.026) | 913 | 1.55 | (0.036) | 854 | 1.64 | (0.045) | 1,562 | 1.63 | (0.038) |
| Female | 3,222 | 1.36 | (0.020) | 882 | 1.42 | (0.030) | 770 | 1.32 * | (0.034) | 1,427 | 1.35 | (0.032) |
| Adults, 19-59 years old | 7,448 | 1.70 | (0.016) | 1,297 | 1.59 | (0.033) | 1,675 | 1.63 | (0.034) | 4,139 | 1.74 *** | (0.023) |
| Male | 3,730 | 2.00 | (0.028) | 578 | 1.88 | (0.057) | 803 | 1.92 | (0.063) | 2,181 | 2.05 * | (0.042) |
| Female | 3,718 | 1.40 | (0.016) | 719 | 1.30 | (0.034) | 872 | 1.34 | (0.027) | 1,958 | 1.44 *** | (0.021) |
| Older adults, 60+ years old | 3,123 | 1.52 | (0.019) | 315 | 1.44 | (0.056) | 647 | 1.35 | (0.034) | 2,021 | 1.54 | (0.022) |
| Male | 1,548 | 1.72 | (0.032) | 143 | 1.57 | (0.091) | 313 | 1.49 | (0.059) | 1,032 | 1.77 * | (0.037) |
| Female | 1,575 | 1.35 | (0.024) | 172 | 1.33 | (0.068) | 334 | 1.24 | (0.039) | 989 | 1.36 | (0.026) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 95.4 | (0.47) | 3,407 | 90.8 | (1.22) | 3,946 | 93.0 | (1.13) | 9,149 | 96.4 *** | (0.49) |
| Male | 8,725 | 97.6 | (0.34) | 1,634 | 94.4 | (1.37) | 1,970 | 95.7 | (1.19) | 4,775 | 98.3 ** | (0.35) |
| Female | 8,515 | 93.2 | (0.86) | 1,773 | 87.3 | (1.98) | 1,976 | 90.4 | (1.91) | 4,374 | 94.6 *** | (0.91) |
| Children, 1-18 years old | 6,669 | 98.1 | (0.55) | 1,795 | 95.9 | (1.41) | 1,624 | 97.3 | (0.90) | 2,989 | 98.6 | (0.71) |
| Male | 3,447 | 99.2 | (0.41) | 913 | 97.6 | (1.50) | 854 | 99.2 | (0.60) | 1,562 | 99.4 | (0.47) |
| Female | 3,222 | 96.9 | (1.05) | 882 | 94.2 | (2.42) | 770 | 95.3 | (1.75) | 1,427 | 97.7 | (1.36) |
| Adults, 19-59 years old | 7,448 | 95.3 | (0.73) | 1,297 | 89.4 | (1.77) | 1,675 | 92.6 | (1.74) | 4,139 | 96.7 *** | (0.72) |
| Male | 3,730 | 97.4 | (0.52) | 578 | 95.5 | (1.80) | 803 | 95.0 | (1.69) | 2,181 | 98.1 | (0.52) |
| Female | 3,718 | 93.2 | (1.36) | 719 | 83.3 | (3.04) | 872 | 90.3 | (3.03) | 1,958 | 95.3 *** | (1.34) |
| Older adults, 60+ years old | 3,123 | 91.9 | (0.89) | 315 | 88.5 | (3.15) | 647 | 88.6 | (2.75) | 2,021 | 92.6 | (1.14) |
| Male | 1,548 | 96.1 | (0.79) | 143 | 85.8 | (4.81) | 313 | 93.0 | (4.00) | 1,032 | 97.5 * | (0.82) |
| Female | 1,575 | 88.4 | (1.47) | 172 | 90.3 | (4.16) | 334 | 84.5 | (3.83) | 989 | 88.6 | (1.95) |

See notes at end of table.

Table B-10. Thiamin (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|--------|--------|--------|--------|------|------|------|------|---------|--------|---------|---------|--------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 1.08 | 1.22 | 1.31 | 1.47 | 1.80 | 2.18 | 2.41 | 2.57 | 2.83 | 0.85 | 0.94 | 1.01 | 1.12 | 1.35 | 1.60 | 1.76 | 1.87 | 2.04 |
| Children, 1–18 years old | 1.02 | 1.13 | 1.20 | 1.33 | 1.58 | 1.87 | 2.04 | 2.16 | 2.35 | 0.86 | 0.96 | 1.02 | 1.12 | 1.33 | 1.57 | 1.71 | 1.81 | 1.97 |
| Adults, 19–59 years old | 1.11 | 1.27 | 1.38 | 1.55 | 1.93 | 2.37 | 2.63 | 2.83 | 3.13 | 0.86 | 0.96 | 1.03 | 1.14 | 1.37 | 1.63 | 1.78 | 1.89 | 2.06 |
| Older adults, 60+ years old | 1.04 | 1.17 | 1.26 | 1.40 | 1.68 | 2.01 | 2.20 | 2.33 | 2.55 | 0.78 | 0.88 | 0.95 | 1.06 | 1.30 | 1.58 | 1.75 | 1.88 | 2.08 |
| SNAP participants | 0.96 | 1.10 | 1.19 | 1.35 | 1.69 | 2.07 | 2.30 | 2.47 | 2.72 | 0.77 | 0.87 | 0.94 | 1.05 | 1.30 | 1.57 | 1.73 | 1.85 | 2.03 |
| Children, 1–18 years old | 0.88 | 1.00 | 1.09 | 1.22 | 1.51 | 1.82 | 2.01 | 2.14 | 2.35 | 0.89 | 0.99 | 1.05 | 1.16 | 1.39 | 1.64 | 1.80 | 1.91 | 2.07 |
| Adults, 19–59 years old | 1.04 | 1.19 | 1.29 | 1.46 | 1.82 | 2.23 | 2.47 | 2.66 | 2.94 | 0.70 | 0.80 | 0.88 | 1.00 | 1.25 | 1.54 | 1.72 | 1.85 | 2.04 |
| Older adults, 60+ years old | 0.79 | 0.92 | 1.01 | 1.16 | 1.51 | 1.90 | 2.13 | 2.30 | 2.56 | 0.81 | 0.91 | 0.98 | 1.09 | 1.31 | 1.54 | 1.68 | 1.78 | 1.94 |
| Income-eligible nonparticipants | 1.03 | 1.16 | 1.25 | 1.40 | 1.71 | 2.08 | 2.31 | 2.48 | 2.75 | 0.81 | 0.90 | 0.97 | 1.07 | 1.29 | 1.53 | 1.67 | 1.78 | 1.93 |
| Children, 1–18 years old | 1.11 | 1.21 | 1.28 | 1.38 | 1.61 | 1.86 | 2.02 | 2.13 | 2.30 | 0.83 | 0.92 | 0.99 | 1.08 | 1.29 | 1.52 | 1.65 | 1.75 | 1.90 |
| Adults, 19–59 years old | 1.02 | 1.17 | 1.28 | 1.45 | 1.83 | 2.29 | 2.58 | 2.79 | 3.13 | 0.81 | 0.91 | 0.98 | 1.09 | 1.31 | 1.56 | 1.71 | 1.82 | 1.98 |
| Older adults, 60+ years old | 0.96 | 1.06 | 1.13 | 1.23 | 1.46 | 1.70 | 1.85 | 1.96 | 2.11 | 0.76 | 0.85 | 0.91 | 1.01 | 1.21 | 1.43 | 1.58 | 1.68 | 1.83 |
| Higher-income nonparticipants | 1.12* | 1.26* | 1.35** | 1.51** | 1.84** | 2.22 | 2.45 | 2.61 | 2.87 | 0.88 | 0.97 | 1.04 | 1.15* | 1.37 | 1.62 | 1.77 | 1.88 | 2.05 |
| Children, 1–18 years old | 1.04 | 1.15 | 1.22 | 1.34 | 1.59 | 1.87 | 2.04 | 2.16 | 2.34 | 0.87 | 0.95 | 1.01 | 1.11 | 1.32 | 1.56 | 1.70 | 1.80 | 1.96 |
| Adults, 19–59 years old | 1.16 | 1.31 | 1.42 | 1.60 | 1.98 | 2.42 | 2.69 | 2.89 | 3.20 | 0.92** | 1.01** | 1.08*** | 1.19*** | 1.40** | 1.65 | 1.80 | 1.90 | 2.07 |
| Older adults, 60+ years old | 1.11** | 1.23** | 1.32** | 1.45* | 1.74 | 2.05 | 2.23 | 2.36 | 2.57 | 0.78 | 0.88 | 0.95 | 1.07 | 1.31 | 1.60 | 1.77 | 1.90 | 2.10 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation

Table B-11. Calcium (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|--------|----------------|---------------------------------|---------|----------------|-------------------------------|-----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 992 | (6.9) | 3,407 | 926 | (18.9) | 3,946 | 915 | (12.7) | 9,149 | 1,024 *** | (8.9) |
| Male | 8,725 | 1,106 | (11.5) | 1,634 | 1,029 | (34.1) | 1,970 | 1,024 | (20.9) | 4,775 | 1,138 ** | (14.7) |
| Female | 8,515 | 885 | (7.9) | 1,773 | 828 | (16.9) | 1,976 | 811 | (15.0) | 4,374 | 915 *** | (10.4) |
| Children, 1-18 years old | 6,669 | 1,032 | (11.6) | 1,795 | 983 | (16.1) | 1,624 | 1,018 | (19.6) | 2,989 | 1,051 ** | (16.9) |
| Male | 3,447 | 1,116 | (18.9) | 913 | 1,027 | (23.2) | 854 | 1,119 * | (28.7) | 1,562 | 1,137 ** | (27.0) |
| Female | 3,222 | 944 | (13.3) | 882 | 936 | (22.3) | 770 | 912 | (26.5) | 1,427 | 961 | (20.0) |
| Adults, 19-59 years old | 7,448 | 1,019 | (10.5) | 1,297 | 940 | (27.6) | 1,675 | 927 | (19.1) | 4,139 | 1,057 *** | (13.4) |
| Male | 3,730 | 1,154 | (17.2) | 578 | 1,069 | (49.5) | 803 | 1,059 | (31.4) | 2,181 | 1,193 * | (21.8) |
| Female | 3,718 | 884 | (12.2) | 719 | 813 | (24.6) | 872 | 797 | (21.9) | 1,958 | 922 *** | (15.5) |
| Older adults, 60+ years old | 3,123 | 860 | (11.0) | 315 | 806 | (52.3) | 647 | 741 | (25.1) | 2,021 | 887 | (11.6) |
| Male | 1,548 | 926 | (20.2) | 143 | 895 | (105.1) | 313 | 762 | (43.9) | 1,032 | 955 | (20.1) |
| Female | 1,575 | 808 | (11.7) | 172 | 735 | (42.0) | 334 | 722 | (28.8) | 989 | 834 * | (13.5) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 57.7 | (0.77) | 3,407 | 49.0 | (1.73) | 3,946 | 49.2 | (2.33) | 9,149 | 61.1 *** | (0.96) |
| Male | 8,725 | 71.1 | (1.02) | 1,634 | 60.8 | (2.64) | 1,970 | 64.7 | (2.34) | 4,775 | 73.9 *** | (1.23) |
| Female | 8,515 | 45.4 | (1.17) | 1,773 | 38.1 | (2.24) | 1,976 | 34.8 | (4.10) | 4,374 | 49.4 *** | (1.48) |
| Children, 1-18 years old | 6,669 | 57.5 | (1.44) | 1,795 | 52.6 | (2.15) | 1,624 | 55.6 | (2.55) | 2,989 | 59.0 * | (1.94) |
| Male | 3,447 | 66.9 | (2.14) | 913 | 56.6 | (2.57) | 854 | 69.7 ** | (3.80) | 1,562 | 68.3 ** | (3.08) |
| Female | 3,222 | 47.6 | (1.93) | 882 | 48.5 | (3.48) | 770 | 40.6 | (3.37) | 1,427 | 49.2 | (2.34) |
| Adults, 19-59 years old | 7,448 | 65.5 | (1.14) | 1,297 | 55.2 | (2.62) | 1,675 | 56.1 | (3.81) | 4,139 | 69.8 *** | (1.38) |
| Male | 3,730 | 79.4 | (1.36) | 578 | 69.4 | (4.07) | 803 | 73.3 | (3.29) | 2,181 | 82.4 ** | (1.51) |
| Female | 3,718 | 51.8 | (1.84) | 719 | 41.4 | (3.30) | 872 | 39.3 | (6.96) | 1,958 | 57.4 *** | (2.32) |
| Older adults, 60+ years old | 3,123 | 34.6 | (1.18) | 315 | 25.2 | (3.78) | 647 | 20.2 | (3.27) | 2,021 | 37.8 ** | (1.41) |
| Male | 1,548 | 49.1 | (2.10) | 143 | 38.2 | (6.03) | 313 | 28.2 | (5.69) | 1,032 | 53.7 * | (2.18) |
| Female | 1,575 | 23.1 | (1.30) | 172 | 14.8 u | (4.70) | 334 | 13.4 | (3.82) | 989 | 25.2 * | (1.86) |

See notes at end of table.

Table B-11. Calcium (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|---------|---------|---------|----------|-------|-------|-------|---------|--------|--------|---------|---------|---------|----------|---------|-------|-------|
| | Males | | | | | | | | Females | | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 564 | 655 | 720 | 826 | 1,056 | 1,330 | 1,499 | 1,622 | 1,819 | 462 | 535 | 586 | 670 | 849 | 1,061 | 1,190 | 1,282 | 1,429 |
| Children, 1–18 years old | 618 | 706 | 769 | 869 | 1,082 | 1,325 | 1,470 | 1,573 | 1,735 | 516 | 592 | 644 | 730 | 912 | 1,123 | 1,249 | 1,339 | 1,481 |
| Adults, 19–59 years old | 571 | 666 | 736 | 849 | 1,096 | 1,395 | 1,581 | 1,718 | 1,936 | 461 | 534 | 586 | 669 | 849 | 1,061 | 1,191 | 1,284 | 1,430 |
| Older adults, 60+ years old | 461 | 538 | 592 | 682 | 881 | 1,118 | 1,267 | 1,372 | 1,549 | 396 | 464 | 513 | 593 | 769 | 980 | 1,110 | 1,204 | 1,356 |
| SNAP participants | 467 | 554 | 618 | 723 | 965 | 1,260 | 1,448 | 1,589 | 1,813 | 418 | 486 | 535 | 614 | 790 | 998 | 1,129 | 1,224 | 1,372 |
| Children, 1–18 years old | 513 | 604 | 669 | 770 | 993 | 1,242 | 1,391 | 1,499 | 1,666 | 545 | 613 | 659 | 735 | 902 | 1,095 | 1,220 | 1,307 | 1,442 |
| Adults, 19–59 years old | 484 | 574 | 640 | 749 | 1,000 | 1,309 | 1,508 | 1,661 | 1,899 | 382 | 450 | 501 | 583 | 768 | 992 | 1,133 | 1,236 | 1,398 |
| Older adults, 60+ years old | 337 | 413 | 467 | 563 | 805 | 1,120 | 1,329 | 1,483 | 1,747 | 362 | 426 | 473 | 549 | 711 | 888 | 999 | 1,078 | 1,202 |
| Income-eligible nonparticipants | 530 | 615 | 675 | 772 | 983 | 1,229 | 1,380 | 1,492 | 1,665 | 466 | 527 | 570 | 638 | 786 | 953 | 1,057 | 1,131 | 1,246 |
| Children, 1–18 years old | 638 | 727 | 789 | 885 | 1,089 | 1,318 | 1,456 | 1,554 | 1,704 | 540 | 608 | 655 | 728 | 887 | 1,066 | 1,176 | 1,254 | 1,373 |
| Adults, 19–59 years old | 523 | 615 | 679 | 783 | 1,013 | 1,282 | 1,448 | 1,571 | 1,764 | 464 | 523 | 565 | 632 | 774 | 935 | 1,032 | 1,101 | 1,210 |
| Older adults, 60+ years old | 391 | 450 | 493 | 564 | 722 | 914 | 1,037 | 1,131 | 1,270 | 375 | 431 | 472 | 539 | 688 | 862 | 977 | 1,061 | 1,187 |
| Higher-income nonparticipants | 597 *** | 687 *** | 753 *** | 858 *** | 1,089 ** | 1,363 | 1,533 | 1,654 | 1,851 | 488 * | 561 ** | 613 ** | 698 *** | 881 *** | 1,094 ** | 1,223 * | 1,316 | 1,465 |
| Children, 1–18 years old | 645 | 732 * | 793 * | 890 * | 1,101 * | 1,342 | 1,489 | 1,591 | 1,757 | 516 | 592 | 648 | 736 | 926 | 1,146 | 1,281 | 1,375 | 1,527 |
| Adults, 19–59 years old | 602 | 698 | 769 * | 883 * | 1,135 * | 1,438 | 1,628 | 1,764 | 1,985 | 494 ** | 568 ** | 621 *** | 706 *** | 888 *** | 1,101 * | 1,230 | 1,322 | 1,470 |
| Older adults, 60+ years old | 510 *** | 584 *** | 638 *** | 726 ** | 915 | 1,140 | 1,277 | 1,376 | 1,538 | 431 | 498 | 547 | 626 | 797 | 1,002 | 1,128 | 1,220 | 1,366 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-12. Iron (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 14.9 | (0.10) | 3,407 | 14.2 | (0.20) | 3,946 | 14.2 | (0.20) | 9,149 | 15.2*** | (0.14) |
| Male | 8,725 | 16.9 | (0.17) | 1,634 | 15.8 | (0.33) | 1,970 | 16.2 | (0.35) | 4,775 | 17.2*** | (0.22) |
| Female | 8,515 | 13.0 | (0.12) | 1,773 | 12.6 | (0.24) | 1,976 | 12.3 | (0.20) | 4,374 | 13.2 | (0.16) |
| Children, 1-18 years old | 6,669 | 13.6 | (0.13) | 1,795 | 13.6 | (0.25) | 1,624 | 13.6 | (0.25) | 2,989 | 13.5 | (0.20) |
| Male | 3,447 | 14.6 | (0.19) | 913 | 14.3 | (0.37) | 854 | 14.8 | (0.39) | 1,562 | 14.6 | (0.27) |
| Female | 3,222 | 12.4 | (0.18) | 882 | 12.9 | (0.34) | 770 | 12.3 | (0.31) | 1,427 | 12.3 | (0.29) |
| Adults, 19-59 years old | 7,448 | 15.6 | (0.16) | 1,297 | 14.6 | (0.29) | 1,675 | 14.9 | (0.31) | 4,139 | 16.0*** | (0.22) |
| Male | 3,730 | 18.1 | (0.26) | 578 | 16.8 | (0.49) | 803 | 17.3 | (0.53) | 2,181 | 18.5** | (0.35) |
| Female | 3,718 | 13.2 | (0.18) | 719 | 12.5 | (0.31) | 872 | 12.5 | (0.31) | 1,958 | 13.6** | (0.25) |
| Older adults, 60+ years old | 3,123 | 14.5 | (0.20) | 315 | 13.6 | (0.56) | 647 | 12.8 | (0.39) | 2,021 | 14.8* | (0.22) |
| Male | 1,548 | 16.5 | (0.34) | 143 | 14.7 | (0.87) | 313 | 14.4 | (0.77) | 1,032 | 16.9* | (0.38) |
| Female | 1,575 | 12.9 | (0.22) | 172 | 12.8 | (0.72) | 334 | 11.6 | (0.32) | 989 | 13.1 | (0.26) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All ages | 17,240 | 95.8 | (0.28) | 3,407 | 94.3 | (0.50) | 3,946 | 94.5 | (0.64) | 9,149 | 96.4*** | (0.32) |
| Male | 8,725 | 99.8 | (0.06) | 1,634 | 99.2 | (0.34) | 1,970 | 99.4 | (0.25) | 4,775 | 99.8 | (0.06) |
| Female | 8,515 | 92.0 | (0.55) | 1,773 | 89.7 | (0.92) | 1,976 | 89.7 | (1.23) | 4,374 | 93.0** | (0.63) |
| Children, 1-18 years old | 6,669 | 97.6 | (0.36) | 1,795 | 96.8 | (0.63) | 1,624 | 97.7 | (0.38) | 2,989 | 97.8 | (0.56) |
| Male | 3,447 | 99.8 | (0.14) | 913 | 99.3 | (0.62) | 854 | 99.9 | (0.16) | 1,562 | 99.8 | (0.19) |
| Female | 3,222 | 95.3 | (0.73) | 882 | 94.2 | (1.10) | 770 | 95.5 | (0.76) | 1,427 | 95.6 | (1.12) |
| Adults, 19-59 years old | 7,448 | 93.8 | (0.47) | 1,297 | 92.0 | (0.79) | 1,675 | 91.6 | (1.09) | 4,139 | 94.7** | (0.51) |
| Male | 3,730 | 99.8 | (0.07) | 578 | 99.6 | (0.33) | 803 | 99.6 | (0.26) | 2,181 | 99.9 | (0.05) |
| Female | 3,718 | 87.9 | (0.94) | 719 | 84.4 | (1.53) | 872 | 83.8 | (2.16) | 1,958 | 89.6** | (1.01) |
| Older adults, 60+ years old | 3,123 | 99.5 | (0.13) | 315 | 98.3 | (0.81) | 647 | 98.9 | (0.62) | 2,021 | 99.6 | (0.12) |
| Male | 1,548 | 99.5 | (0.18) | 143 | 97.5 | (1.37) | 313 | 98.3 | (1.18) | 1,032 | 99.8 | (0.14) |
| Female | 1,575 | 99.4 | (0.19) | 172 | 98.9 | (0.96) | 334 | 99.3 | (0.59) | 989 | 99.5 | (0.19) |

See notes at end of table.

Table B-12. Iron (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|-------------------|--------------------|--------------------|---------------------|------|------|------|------|---------|------------------|------------------|-------------------|-------------------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 9.4 | 10.7 | 11.6 | 13.1 | 16.3 | 20.0 | 22.4 | 24.1 | 26.8 | 7.4 | 8.3 | 9.0 | 10.1 | 12.5 | 15.3 | 17.0 | 18.2 | 20.2 |
| Children, 1–18 years old | 8.9 | 9.9 | 10.6 | 11.8 | 14.2 | 17.0 | 18.7 | 19.9 | 21.8 | 7.1 | 8.0 | 8.7 | 9.7 | 12.0 | 14.6 | 16.3 | 17.5 | 19.4 |
| Adults, 19–59 years old | 9.8 | 11.2 | 12.2 | 13.8 | 17.3 | 21.5 | 24.1 | 26.0 | 29.0 | 7.6 | 8.6 | 9.3 | 10.4 | 12.8 | 15.5 | 17.2 | 18.4 | 20.3 |
| Older adults, 60+ years old | 8.8 | 10.1 | 11.0 | 12.5 | 15.8 | 19.6 | 22.1 | 23.8 | 26.7 | 6.9 | 7.9 | 8.6 | 9.8 | 12.3 | 15.4 | 17.3 | 18.7 | 20.9 |
| SNAP participants | 8.5 | 9.7 | 10.6 | 12.0 | 15.1 | 18.8 | 21.1 | 22.8 | 25.4 | 7.4 | 8.2 | 8.9 | 9.9 | 12.2 | 14.8 | 16.5 | 17.7 | 19.6 |
| Children, 1–18 years old | 8.3 | 9.4 | 10.2 | 11.4 | 14.0 | 16.8 | 18.6 | 19.8 | 21.8 | 7.3 | 8.3 | 8.9 | 10.0 | 12.4 | 15.1 | 16.9 | 18.1 | 20.1 |
| Adults, 19–59 years old | 8.9 | 10.2 | 11.1 | 12.6 | 16.0 | 20.0 | 22.5 | 24.4 | 27.3 | 6.8 | 7.7 | 8.4 | 9.6 | 12.0 | 14.9 | 16.7 | 18.0 | 20.0 |
| Older adults, 60+ years old | 7.5 | 8.6 | 9.4 | 10.7 | 13.9 | 17.7 | 20.0 | 21.7 | 24.5 | 9.0 | 9.6 | 10.0 | 10.7 | 12.3 | 14.3 | 15.5 | 16.5 | 18.0 |
| Income-eligible nonparticipants | 8.9 | 10.1 | 11.0 | 12.4 | 15.5 | 19.2 | 21.5 | 23.3 | 26.0 | 6.7 | 7.7 | 8.3 | 9.4 | 11.8 | 14.6 | 16.2 | 17.5 | 19.4 |
| Children, 1–18 years old | 9.6 | 10.5 | 11.2 | 12.2 | 14.5 | 17.0 | 18.5 | 19.6 | 21.3 | 7.3 | 8.2 | 8.8 | 9.8 | 12.0 | 14.4 | 15.9 | 17.0 | 18.7 |
| Adults, 19–59 years old | 9.1 | 10.4 | 11.4 | 13.0 | 16.5 | 20.7 | 23.4 | 25.4 | 28.6 | 6.5 | 7.5 | 8.3 | 9.4 | 12.0 | 14.9 | 16.7 | 18.0 | 20.0 |
| Older adults, 60+ years old | 7.2 | 8.3 | 9.1 | 10.4 | 13.5 | 17.2 | 19.7 | 21.6 | 24.5 | 6.5 | 7.3 | 7.9 | 8.9 | 11.1 | 13.7 | 15.4 | 16.6 | 18.4 |
| Higher-income nonparticipants | 9.8 | 11.0 [*] | 11.9 ^{**} | 13.4 ^{**} | 16.6 ^{***} | 20.3 | 22.6 | 24.3 | 27.0 | 7.7 | 8.6 | 9.3 | 10.4 | 12.7 | 15.4 | 17.1 | 18.3 | 20.3 |
| Children, 1–18 years old | 8.9 | 9.9 | 10.6 | 11.7 | 14.1 | 17.0 | 18.7 | 19.9 | 21.9 | 7.1 | 8.0 | 8.6 | 9.6 | 11.8 | 14.5 | 16.1 | 17.3 | 19.3 |
| Adults, 19–59 years old | 10.3 | 11.6 | 12.6 | 14.2 [*] | 17.7 [*] | 21.9 | 24.5 | 26.3 | 29.3 | 8.2 | 9.1 [*] | 9.8 [*] | 10.9 [*] | 13.1 [*] | 15.8 | 17.4 | 18.6 | 20.4 |
| Older adults, 60+ years old | 9.5 | 10.7 | 11.6 | 13.1 | 16.2 | 20.0 | 22.3 | 24.0 | 26.8 | 7.1 | 8.1 | 8.8 | 10.0 | 12.5 | 15.6 | 17.5 | 18.9 | 21.2 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-13. Magnesium (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|--------|----------------|---------------------------------|---------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 284 | (1.8) | 3,407 | 258 | (3.8) | 3,946 | 273 ** | (3.6) | 9,149 | 290 *** | (2.2) |
| Male | 8,725 | 318 | (2.9) | 1,634 | 286 | (6.0) | 1,970 | 308 ** | (5.9) | 4,775 | 324 *** | (3.6) |
| Female | 8,515 | 250 | (2.2) | 1,773 | 230 | (4.7) | 1,976 | 238 | (4.2) | 4,374 | 256 *** | (2.5) |
| Children, 1-18 years old | 6,669 | 228 | (2.1) | 1,795 | 215 | (2.9) | 1,624 | 234 *** | (3.9) | 2,989 | 230 *** | (3.1) |
| Male | 3,447 | 244 | (3.1) | 913 | 227 | (3.8) | 854 | 250 ** | (6.0) | 1,562 | 247 *** | (4.5) |
| Female | 3,222 | 211 | (2.9) | 882 | 203 | (4.3) | 770 | 217 * | (5.1) | 1,427 | 212 | (4.2) |
| Adults, 19-59 years old | 7,448 | 309 | (3.0) | 1,297 | 279 | (5.9) | 1,675 | 298 * | (5.8) | 4,139 | 317 *** | (3.5) |
| Male | 3,730 | 353 | (4.7) | 578 | 319 | (9.2) | 803 | 347 * | (9.5) | 2,181 | 360 *** | (5.8) |
| Female | 3,718 | 265 | (3.6) | 719 | 240 | (7.4) | 872 | 249 | (6.7) | 1,958 | 274 *** | (3.9) |
| Older adults, 60+ years old | 3,123 | 278 | (2.8) | 315 | 247 | (8.7) | 647 | 248 | (5.5) | 2,021 | 286 *** | (3.2) |
| Male | 1,548 | 308 | (4.9) | 143 | 263 | (15.3) | 313 | 264 | (8.8) | 1,032 | 319 *** | (5.6) |
| Female | 1,575 | 254 | (3.2) | 172 | 234 | (10.1) | 334 | 235 | (7.0) | 989 | 260 * | (3.5) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 50.7 | (0.75) | 3,407 | 40.1 | (1.83) | 3,946 | 45.5 | (2.15) | 9,149 | 53.5 *** | (0.89) |
| Male | 8,725 | 51.6 | (1.03) | 1,634 | 39.9 | (2.36) | 1,970 | 47.7 * | (2.26) | 4,775 | 53.9 *** | (1.29) |
| Female | 8,515 | 50.2 | (1.10) | 1,773 | 40.6 | (2.67) | 1,976 | 43.7 | (3.65) | 4,374 | 53.5 *** | (1.25) |
| Children, 1-18 years old | 6,669 | 68.4 | (0.92) | 1,795 | 64.7 | (1.51) | 1,624 | 69.9 * | (1.94) | 2,989 | 68.8 * | (1.28) |
| Male | 3,447 | 71.8 | (1.28) | 913 | 65.3 | (1.93) | 854 | 73.6 * | (2.76) | 1,562 | 72.3 ** | (1.82) |
| Female | 3,222 | 64.9 | (1.31) | 882 | 63.9 | (2.34) | 770 | 66.0 | (2.73) | 1,427 | 65.0 | (1.79) |
| Adults, 19-59 years old | 7,448 | 48.1 | (1.20) | 1,297 | 35.1 | (2.66) | 1,675 | 42.3 | (3.62) | 4,139 | 51.8 *** | (1.39) |
| Male | 3,730 | 49.0 | (1.59) | 578 | 35.4 | (3.83) | 803 | 46.2 * | (3.65) | 2,181 | 51.7 *** | (1.97) |
| Female | 3,718 | 47.1 | (1.79) | 719 | 34.8 | (3.68) | 872 | 38.4 | (6.21) | 1,958 | 51.8 *** | (1.97) |
| Older adults, 60+ years old | 3,123 | 35.7 | (1.25) | 315 | 23.0 | (5.11) | 647 | 23.1 | (2.39) | 2,021 | 39.0 ** | (1.45) |
| Male | 1,548 | 30.1 | (2.04) | 143 | 17.2 | (4.00) | 313 | 13.9 | (2.72) | 1,032 | 33.8 *** | (2.31) |
| Female | 1,575 | 40.4 | (1.56) | 172 | 27.7 u | (8.32) | 334 | 30.6 | (3.80) | 989 | 43.5 | (1.86) |

See notes at end of table.

Table B-13. Magnesium (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|--------|--------|--------|--------|--------|-------|------|------|---------|-------|-------|--------|--------|--------|-------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 183 | 207 | 224 | 251 | 308 | 374 | 413 | 442 | 486 | 144 | 163 | 176 | 198 | 243 | 294 | 325 | 347 | 382 |
| Children, 1–18 years old | 154 | 171 | 182 | 200 | 239 | 282 | 308 | 326 | 355 | 133 | 147 | 157 | 173 | 207 | 244 | 267 | 282 | 307 |
| Adults, 19–59 years old | 200 | 227 | 246 | 277 | 342 | 417 | 463 | 496 | 548 | 149 | 170 | 185 | 208 | 257 | 314 | 348 | 372 | 411 |
| Older adults, 60+ years old | 172 | 197 | 214 | 241 | 299 | 365 | 405 | 432 | 477 | 143 | 163 | 177 | 199 | 247 | 301 | 333 | 356 | 392 |
| SNAP participants | 162 | 184 | 199 | 224 | 278 | 338 | 374 | 400 | 440 | 132 | 150 | 162 | 182 | 223 | 270 | 299 | 320 | 351 |
| Children, 1–18 years old | 145 | 161 | 172 | 189 | 224 | 261 | 283 | 298 | 322 | 134 | 147 | 155 | 169 | 199 | 231 | 251 | 265 | 285 |
| Adults, 19–59 years old | 179 | 204 | 221 | 249 | 309 | 376 | 417 | 448 | 493 | 128 | 148 | 162 | 184 | 232 | 287 | 321 | 345 | 383 |
| Older adults, 60+ years old | 128 | 151 | 166 | 192 | 253 | 321 | 362 | 391 | 437 | 143 | 159 | 171 | 190 | 229 | 271 | 296 | 314 | 342 |
| Income-eligible nonparticipants | 177 | 199 | 215 | 241 | 297 | 362 | 403 | 433 | 479 | 142 | 159 | 172 | 191 | 232 | 278 | 306 | 326 | 357 |
| Children, 1–18 years old | 159 | 176 | 187 | 205 | 244* | 287 | 313 | 332 | 361 | 143 | 158 | 168 | 183 | 214 | 248 | 269 | 283 | 304 |
| Adults, 19–59 years old | 191 | 218 | 236 | 266 | 332 | 411 | 460 | 497 | 555 | 147 | 165 | 178 | 198 | 242 | 291 | 320 | 341 | 375 |
| Older adults, 60+ years old | 153 | 173 | 187 | 210 | 257 | 310 | 343 | 367 | 401 | 126 | 145 | 158 | 180 | 226 | 279 | 313 | 338 | 374 |
| Higher-income nonparticipants | 191** | 215*** | 231*** | 258*** | 314*** | 379*** | 419** | 447* | 492* | 151 | 169* | 183** | 204*** | 249*** | 300*** | 331** | 353* | 387 |
| Children, 1–18 years old | 156 | 172 | 183 | 201 | 240 | 285* | 312* | 331* | 362 | 131 | 145 | 156 | 172 | 206 | 245 | 269 | 285 | 312 |
| Adults, 19–59 years old | 209 | 235* | 254* | 284** | 348*** | 423* | 468 | 500 | 552 | 158* | 179** | 193** | 217*** | 266*** | 322* | 356 | 380 | 418 |
| Older adults, 60+ years old | 184*** | 208*** | 226*** | 253*** | 311** | 375 | 414 | 441 | 484 | 153 | 172 | 186 | 208 | 253 | 305 | 336 | 359 | 394 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-14. Phosphorus (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|----------|----------------|-------------------------------|-----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 1,343 | (7.4) | 3,407 | 1,265 | (18.5) | 3,946 | 1,277 | (15.8) | 9,149 | 1,373 *** | (9.2) |
| Male | 8,725 | 1,542 | (12.5) | 1,634 | 1,433 | (33.1) | 1,970 | 1,469 | (27.6) | 4,775 | 1,577 *** | (15.6) |
| Female | 8,515 | 1,153 | (8.1) | 1,773 | 1,105 | (17.3) | 1,976 | 1,094 | (16.1) | 4,374 | 1,178 *** | (10.3) |
| Children, 1-18 years old | 6,669 | 1,239 | (11.6) | 1,795 | 1,180 | (16.9) | 1,624 | 1,242 * | (19.6) | 2,989 | 1,255 ** | (16.8) |
| Male | 3,447 | 1,339 | (18.1) | 913 | 1,234 | (21.7) | 854 | 1,350 ** | (31.3) | 1,562 | 1,365 *** | (26.6) |
| Female | 3,222 | 1,134 | (14.1) | 882 | 1,123 | (26.1) | 770 | 1,130 | (23.0) | 1,427 | 1,140 | (20.3) |
| Adults, 19-59 years old | 7,448 | 1,432 | (11.3) | 1,297 | 1,351 | (28.1) | 1,675 | 1,358 | (25.2) | 4,139 | 1,466 *** | (14.0) |
| Male | 3,730 | 1,683 | (19.2) | 578 | 1,582 | (50.9) | 803 | 1,608 | (44.3) | 2,181 | 1,721 * | (23.5) |
| Female | 3,718 | 1,183 | (12.2) | 719 | 1,123 | (24.2) | 872 | 1,110 | (24.5) | 1,958 | 1,214 ** | (15.2) |
| Older adults, 60+ years old | 3,123 | 1,212 | (11.5) | 315 | 1,117 | (44.9) | 647 | 1,077 | (25.0) | 2,021 | 1,246 ** | (12.4) |
| Male | 1,548 | 1,369 | (20.5) | 143 | 1,229 | (85.0) | 313 | 1,179 | (41.4) | 1,032 | 1,411 * | (21.7) |
| Female | 1,575 | 1,089 | (12.9) | 172 | 1,028 | (44.2) | 334 | 995 | (31.3) | 989 | 1,117 | (14.2) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 96.1 | (0.30) | 3,407 | 93.7 | (0.67) | 3,946 | 95.5 * | (0.56) | 9,149 | 96.8 *** | (0.51) |
| Male | 8,725 | 98.3 | (0.32) | 1,634 | 95.6 | (0.76) | 1,970 | 98.4 ** | (0.59) | 4,775 | 98.7 *** | (0.41) |
| Female | 8,515 | 93.8 | (0.52) | 1,773 | 91.6 | (1.09) | 1,976 | 92.6 | (0.95) | 4,374 | 94.9 * | (0.95) |
| Children, 1-18 years old | 6,669 | 86.8 | (1.10) | 1,795 | 82.0 | (1.85) | 1,624 | 86.4 | (1.77) | 2,989 | 88.8 * | (2.02) |
| Male | 3,447 | 94.0 | (1.26) | 913 | 86.4 | (2.58) | 854 | 95.2 ** | (2.11) | 1,562 | 95.2 ** | (1.61) |
| Female | 3,222 | 79.3 | (1.85) | 882 | 77.3 | (2.64) | 770 | 77.2 | (2.89) | 1,427 | 82.0 | (3.80) |
| Adults, 19-59 years old | 7,448 | 99.5 | (0.19) | 1,297 | 97.8 | (0.65) | 1,675 | 99.1 | (0.49) | 4,139 | 99.7 ** | (0.13) |
| Male | 3,730 | 99.9 | (0.04) | 578 | 99.6 | (0.37) | 803 | 99.6 | (0.22) | 2,181 | 100.0 | (0.03) |
| Female | 3,718 | 99.0 | (0.37) | 719 | 95.9 | (1.22) | 872 | 98.6 | (0.96) | 1,958 | 99.4 ** | (0.25) |
| Older adults, 60+ years old | 3,123 | 98.1 | (0.40) | 315 | 96.5 | (1.73) | 647 | 96.6 | (1.09) | 2,021 | 98.7 | (0.36) |
| Male | 1,548 | 99.6 | (0.13) | 143 | 95.6 | (1.85) | 313 | 98.9 | (1.11) | 1,032 | 99.8 * | (0.09) |
| Female | 1,575 | 96.9 | (0.71) | 172 | 97.1 | (2.81) | 334 | 94.8 | (1.79) | 989 | 97.8 | (0.61) |

See notes at end of table.

Table B-14. Phosphorus (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|-----------|-----------|-----------|-----------|---------|-------|-------|-------|---------|--------|---------|-----------|-----------|-------|-------|-------|-------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 933 | 1,046 | 1,126 | 1,251 | 1,508 | 1,795 | 1,964 | 2,084 | 2,269 | 710 | 794 | 853 | 943 | 1,131 | 1,338 | 1,459 | 1,543 | 1,674 |
| Children, 1–18 years old | 852 | 943 | 1,007 | 1,107 | 1,314 | 1,542 | 1,676 | 1,770 | 1,916 | 731 | 808 | 860 | 942 | 1,113 | 1,302 | 1,413 | 1,491 | 1,612 |
| Adults, 19–59 years old | 1,003 | 1,128 | 1,217 | 1,356 | 1,643 | 1,966 | 2,157 | 2,293 | 2,503 | 727 | 814 | 874 | 968 | 1,160 | 1,373 | 1,497 | 1,583 | 1,716 |
| Older adults, 60+ years old | 819 | 925 | 997 | 1,111 | 1,344 | 1,598 | 1,746 | 1,847 | 2,009 | 632 | 718 | 778 | 871 | 1,065 | 1,279 | 1,404 | 1,492 | 1,628 |
| SNAP participants | 800 | 914 | 993 | 1,118 | 1,391 | 1,697 | 1,879 | 2,012 | 2,215 | 636 | 722 | 783 | 878 | 1,079 | 1,300 | 1,435 | 1,528 | 1,670 |
| Children, 1–18 years old | 748 | 842 | 907 | 1,007 | 1,215 | 1,435 | 1,562 | 1,652 | 1,789 | 693 | 771 | 823 | 907 | 1,092 | 1,299 | 1,431 | 1,522 | 1,661 |
| Adults, 19–59 years old | 883 | 1,007 | 1,094 | 1,232 | 1,531 | 1,872 | 2,078 | 2,231 | 2,460 | 610 | 703 | 770 | 873 | 1,093 | 1,339 | 1,485 | 1,587 | 1,743 |
| Older adults, 60+ years old | 598 | 706 | 780 | 902 | 1,181 | 1,496 | 1,684 | 1,815 | 2,026 | 639 | 715 | 769 | 852 | 1,018 | 1,187 | 1,287 | 1,356 | 1,461 |
| Income-eligible nonparticipants | 875 | 984 | 1,059 | 1,179 | 1,432 | 1,715 | 1,886 | 2,010 | 2,199 | 705 | 780 | 831 | 911 | 1,076 | 1,254 | 1,359 | 1,433 | 1,545 |
| Children, 1–18 years old | 909 | 996 | 1,055 | 1,146 | 1,331 | 1,531 | 1,648 | 1,731 | 1,855 | 720 | 801 | 856 | 939 | 1,113 | 1,299 | 1,409 | 1,487 | 1,601 |
| Adults, 19–59 years old | 909 | 1,035 | 1,122 | 1,261 | 1,559 | 1,897 | 2,102 | 2,252 | 2,485 | 741 | 812 | 861 | 939 | 1,096 | 1,264 | 1,361 | 1,429 | 1,535 |
| Older adults, 60+ years old | 707 | 794 | 854 | 951 | 1,152 | 1,375 | 1,509 | 1,607 | 1,746 | 577 | 653 | 706 | 791 | 970 | 1,166 | 1,289 | 1,377 | 1,504 |
| Higher-income nonparticipants | 984 *** | 1,095 *** | 1,173 *** | 1,294 *** | 1,546 *** | 1,825 | 1,988 | 2,102 | 2,280 | 748 ** | 829 ** | 886 ** | 975 *** | 1,156 *** | 1,357 | 1,473 | 1,555 | 1,682 |
| Children, 1–18 years old | 879 | 969 * | 1,030 * | 1,129 * | 1,336 ** | 1,566 * | 1,705 | 1,800 | 1,953 | 762 | 833 | 883 | 960 | 1,120 | 1,297 | 1,403 | 1,475 | 1,589 |
| Adults, 19–59 years old | 1,060 | 1,183 * | 1,270 * | 1,406 ** | 1,686 * | 1,997 | 2,179 | 2,306 | 2,505 | 766 ** | 851 ** | 911 *** | 1,004 *** | 1,193 ** | 1,401 | 1,521 | 1,605 | 1,736 |
| Older adults, 60+ years old | 886 *** | 986 *** | 1,057 *** | 1,168 *** | 1,389 | 1,629 | 1,767 | 1,863 | 2,013 | 675 | 757 | 816 | 907 | 1,093 | 1,301 | 1,422 | 1,507 | 1,640 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-15. Zinc (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|--------------------|----------------|-------------------------------|---------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 11.6 | (0.08) | 3,407 | 11.0 | (0.19) | 3,946 | 10.9 | (0.16) | 9,149 | 11.8 ^{***} | (0.11) |
| Male | 8,725 | 13.5 | (0.15) | 1,634 | 12.5 | (0.32) | 1,970 | 12.7 | (0.29) | 4,775 | 13.8 ^{***} | (0.19) |
| Female | 8,515 | 9.7 | (0.08) | 1,773 | 9.6 | (0.20) | 1,976 | 9.2 | (0.16) | 4,374 | 9.8 | (0.11) |
| Children, 1-18 years old | 6,669 | 10.1 | (0.10) | 1,795 | 10.2 | (0.17) | 1,624 | 10.1 | (0.20) | 2,989 | 10.0 | (0.15) |
| Male | 3,447 | 11.1 | (0.15) | 913 | 10.9 | (0.26) | 854 | 11.2 | (0.34) | 1,562 | 11.2 | (0.24) |
| Female | 3,222 | 9.0 | (0.13) | 882 | 9.4 | (0.23) | 770 | 9.0 | (0.20) | 1,427 | 8.8 | (0.18) |
| Adults, 19-59 years old | 7,448 | 12.4 | (0.13) | 1,297 | 11.8 | (0.30) | 1,675 | 11.6 | (0.25) | 4,139 | 12.7 ^{**} | (0.17) |
| Male | 3,730 | 14.8 | (0.23) | 578 | 13.9 | (0.51) | 803 | 13.8 | (0.45) | 2,181 | 15.2 [*] | (0.29) |
| Female | 3,718 | 10.0 | (0.12) | 719 | 9.8 | (0.29) | 872 | 9.4 | (0.24) | 1,958 | 10.2 | (0.16) |
| Older adults, 60+ years old | 3,123 | 10.9 | (0.16) | 315 | 9.7 | (0.40) | 647 | 9.8 | (0.31) | 2,021 | 11.2 ^{***} | (0.18) |
| Male | 1,548 | 12.6 | (0.29) | 143 | 10.5 | (0.60) | 313 | 11.1 | (0.55) | 1,032 | 13.0 ^{***} | (0.32) |
| Female | 1,575 | 9.6 | (0.17) | 172 | 9.2 | (0.55) | 334 | 8.7 | (0.33) | 989 | 9.8 | (0.20) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 89.0 | (0.70) | 3,407 | 82.2 | (1.96) | 3,946 | 84.3 | (1.46) | 9,149 | 91.5 ^{***} | (0.80) |
| Male | 8,725 | 90.0 | (0.91) | 1,634 | 82.0 | (2.90) | 1,970 | 84.8 | (1.92) | 4,775 | 92.3 ^{***} | (1.04) |
| Female | 8,515 | 88.1 | (1.08) | 1,773 | 82.4 | (2.56) | 1,976 | 84.0 | (2.21) | 4,374 | 90.9 ^{**} | (1.22) |
| Children, 1-18 years old | 6,669 | 94.8 | (1.10) | 1,795 | 91.6 | (1.69) | 1,624 | 98.0 ^{**} | (1.75) | 2,989 | 95.1 | (1.28) |
| Male | 3,447 | 97.9 | (0.98) | 913 | 94.6 | (2.01) | 854 | 99.6 [*] | (1.37) | 1,562 | 97.8 | (1.17) |
| Female | 3,222 | 91.6 | (2.01) | 882 | 88.5 | (2.74) | 770 | 96.5 | (3.28) | 1,427 | 92.3 | (2.33) |
| Adults, 19-59 years old | 7,448 | 89.7 | (1.02) | 1,297 | 82.4 | (2.64) | 1,675 | 83.9 | (2.23) | 4,139 | 93.0 ^{***} | (1.16) |
| Male | 3,730 | 90.6 | (1.29) | 578 | 83.9 | (3.94) | 803 | 85.5 | (3.02) | 2,181 | 93.3 [*] | (1.48) |
| Female | 3,718 | 88.7 | (1.59) | 719 | 80.9 | (3.49) | 872 | 82.2 | (3.30) | 1,958 | 92.8 ^{**} | (1.80) |
| Older adults, 60+ years old | 3,123 | 79.1 | (1.58) | 315 | 69.2 | (6.39) | 647 | 67.5 | (3.17) | 2,021 | 82.2 [*] | (1.70) |
| Male | 1,548 | 76.3 | (2.77) | 143 | 56.6 | (10.21) | 313 | 60.4 | (4.46) | 1,032 | 80.7 [*] | (2.98) |
| Female | 1,575 | 81.5 | (1.76) | 172 | 78.7 | (7.89) | 334 | 73.0 | (4.52) | 989 | 83.6 | (1.91) |

See notes at end of table.

Table B-15. Zinc (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|-------|--------|---------|---------|--------|------|------|------|---------|-------|-------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 7.9 | 8.8 | 9.5 | 10.7 | 13.0 | 15.8 | 17.5 | 18.8 | 20.8 | 5.7 | 6.4 | 6.9 | 7.7 | 9.4 | 11.3 | 12.5 | 13.4 | 14.7 |
| Children, 1–18 years old | 7.2 | 7.9 | 8.4 | 9.2 | 10.9 | 12.8 | 13.9 | 14.8 | 16.0 | 5.7 | 6.3 | 6.7 | 7.3 | 8.8 | 10.4 | 11.4 | 12.1 | 13.2 |
| Adults, 19–59 years old | 8.5 | 9.6 | 10.4 | 11.6 | 14.3 | 17.4 | 19.4 | 20.8 | 23.0 | 5.9 | 6.7 | 7.2 | 8.0 | 9.7 | 11.7 | 12.9 | 13.8 | 15.1 |
| Older adults, 60+ years old | 6.8 | 7.8 | 8.4 | 9.6 | 12.0 | 15.0 | 16.8 | 18.2 | 20.4 | 5.3 | 6.0 | 6.5 | 7.3 | 9.2 | 11.4 | 12.8 | 13.8 | 15.5 |
| SNAP participants | 6.9 | 7.9 | 8.6 | 9.6 | 12.1 | 14.9 | 16.6 | 17.8 | 19.8 | 5.2 | 5.9 | 6.5 | 7.3 | 9.2 | 11.4 | 12.8 | 13.8 | 15.4 |
| Children, 1–18 years old | 6.5 | 7.3 | 7.8 | 8.7 | 10.6 | 12.8 | 14.1 | 15.0 | 16.5 | 5.5 | 6.2 | 6.6 | 7.4 | 9.0 | 10.9 | 12.2 | 13.0 | 14.4 |
| Adults, 19–59 years old | 7.6 | 8.6 | 9.4 | 10.6 | 13.3 | 16.4 | 18.4 | 19.9 | 22.1 | 5.1 | 5.9 | 6.5 | 7.4 | 9.4 | 11.8 | 13.3 | 14.4 | 16.1 |
| Older adults, 60+ years old | 5.5 | 6.3 | 6.9 | 7.8 | 10.0 | 12.6 | 14.1 | 15.2 | 16.9 | 5.1 | 5.8 | 6.2 | 7.0 | 8.8 | 10.8 | 12.1 | 13.1 | 14.7 |
| Income-eligible nonparticipants | 7.4 | 8.4 | 9.0 | 10.0 | 12.2 | 14.8 | 16.4 | 17.6 | 19.5 | 5.4 | 6.1 | 6.6 | 7.3 | 8.9 | 10.7 | 11.8 | 12.6 | 13.8 |
| Children, 1–18 years old | 7.7 | 8.4 | 8.8 | 9.5 | 11.0 | 12.7 | 13.7 | 14.4 | 15.5 | 6.1 | 6.7 | 7.1 | 7.6 | 8.8 | 10.2 | 11.0 | 11.6 | 12.5 |
| Adults, 19–59 years old | 7.8 | 8.9 | 9.6 | 10.8 | 13.3 | 16.3 | 18.1 | 19.4 | 21.6 | 5.3 | 6.1 | 6.6 | 7.4 | 9.1 | 11.1 | 12.2 | 13.0 | 14.3 |
| Older adults, 60+ years old | 5.8 | 6.6 | 7.2 | 8.2 | 10.5 | 13.3 | 15.1 | 16.5 | 18.5 | 4.9 | 5.5 | 5.9 | 6.7 | 8.3 | 10.2 | 11.5 | 12.5 | 13.9 |
| Higher-income nonparticipants | 8.3 | 9.2 * | 9.9 ** | 11.0 ** | 13.4 ** | 16.1 | 17.8 | 19.0 | 20.9 | 6.1 | 6.7 | 7.2 | 7.9 | 9.5 | 11.3 | 12.4 | 13.2 | 14.5 |
| Children, 1–18 years old | 7.3 | 8.0 | 8.5 | 9.3 | 10.9 | 12.8 | 13.9 | 14.6 | 15.9 | 5.7 | 6.2 | 6.6 | 7.3 | 8.6 | 10.2 | 11.1 | 11.7 | 12.8 |
| Adults, 19–59 years old | 9.0 | 10.1 | 10.9 | 12.1 | 14.8 | 17.8 | 19.7 | 21.1 | 23.2 | 6.5 * | 7.1 * | 7.6 * | 8.4 | 10.0 | 11.8 | 12.8 | 13.6 | 14.8 |
| Older adults, 60+ years old | 7.3 | 8.2 | 8.9 | 10.0 * | 12.5 ** | 15.4 * | 17.2 | 18.5 | 20.6 | 5.5 | 6.2 | 6.7 | 7.5 | 9.3 | 11.6 | 13.0 | 14.0 | 15.7 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-16. Copper (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|----------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 1.25 | (0.008) | 3,407 | 1.10 | (0.015) | 3,946 | 1.19 *** | (0.016) | 9,149 | 1.28 *** | (0.011) |
| Male | 8,725 | 1.40 | (0.013) | 1,634 | 1.20 | (0.022) | 1,970 | 1.32 *** | (0.024) | 4,775 | 1.44 *** | (0.017) |
| Female | 8,515 | 1.11 | (0.011) | 1,773 | 1.01 | (0.020) | 1,976 | 1.06 | (0.020) | 4,374 | 1.13 *** | (0.013) |
| Children, 1-18 years old | 6,669 | 1.00 | (0.010) | 1,795 | 0.94 | (0.015) | 1,624 | 1.01 ** | (0.018) | 2,989 | 1.01 *** | (0.015) |
| Male | 3,447 | 1.06 | (0.017) | 913 | 0.99 | (0.020) | 854 | 1.09 ** | (0.025) | 1,562 | 1.08 ** | (0.024) |
| Female | 3,222 | 0.92 | (0.012) | 882 | 0.88 | (0.021) | 770 | 0.93 | (0.025) | 1,427 | 0.94 * | (0.018) |
| Adults, 19-59 years old | 7,448 | 1.36 | (0.013) | 1,297 | 1.20 | (0.022) | 1,675 | 1.29 ** | (0.025) | 4,139 | 1.40 *** | (0.017) |
| Male | 3,730 | 1.55 | (0.021) | 578 | 1.34 | (0.035) | 803 | 1.46 * | (0.038) | 2,181 | 1.60 *** | (0.027) |
| Female | 3,718 | 1.17 | (0.017) | 719 | 1.06 | (0.027) | 872 | 1.13 | (0.031) | 1,958 | 1.20 *** | (0.020) |
| Older adults, 60+ years old | 3,123 | 1.24 | (0.014) | 315 | 1.04 | (0.041) | 647 | 1.13 | (0.031) | 2,021 | 1.27 *** | (0.018) |
| Male | 1,548 | 1.37 | (0.025) | 143 | 1.06 | (0.049) | 313 | 1.22 * | (0.048) | 1,032 | 1.42 *** | (0.029) |
| Female | 1,575 | 1.14 | (0.017) | 172 | 1.03 | (0.064) | 334 | 1.05 | (0.043) | 989 | 1.16 * | (0.022) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 95.9 | (0.41) | 3,407 | 92.0 | (1.26) | 3,946 | 93.9 | (0.93) | 9,149 | 97.1 *** | (0.40) |
| Male | 8,725 | 98.6 | (0.26) | 1,634 | 95.5 | (1.21) | 1,970 | 98.4 * | (0.68) | 4,775 | 98.9 ** | (0.25) |
| Female | 8,515 | 93.4 | (0.77) | 1,773 | 88.6 | (2.18) | 1,976 | 89.6 | (1.72) | 4,374 | 95.3 ** | (0.77) |
| Children, 1-18 years old | 6,669 | 97.3 | (0.62) | 1,795 | 94.8 | (1.55) | 1,624 | 97.7 | (0.74) | 2,989 | 97.6 | (0.93) |
| Male | 3,447 | 99.2 | (0.39) | 913 | 99.3 | (0.97) | 854 | 99.5 | (0.58) | 1,562 | 98.9 | (0.60) |
| Female | 3,222 | 95.4 | (1.20) | 882 | 90.1 | (3.02) | 770 | 95.8 | (1.39) | 1,427 | 96.3 | (1.80) |
| Adults, 19-59 years old | 7,448 | 95.9 | (0.62) | 1,297 | 92.5 | (1.75) | 1,675 | 93.5 | (1.44) | 4,139 | 97.3 ** | (0.54) |
| Male | 3,730 | 98.8 | (0.33) | 578 | 97.2 | (1.11) | 803 | 98.0 | (0.85) | 2,181 | 99.3 | (0.25) |
| Female | 3,718 | 93.0 | (1.20) | 719 | 87.9 | (3.31) | 872 | 89.0 | (2.75) | 1,958 | 95.3 * | (1.04) |
| Older adults, 60+ years old | 3,123 | 94.0 | (0.70) | 315 | 86.9 | (3.54) | 647 | 90.0 | (2.18) | 2,021 | 95.6 * | (0.75) |
| Male | 1,548 | 96.7 | (0.86) | 143 | 84.1 | (5.85) | 313 | 97.9 * | (2.62) | 1,032 | 97.5 * | (0.79) |
| Female | 1,575 | 91.8 | (1.06) | 172 | 88.8 | (4.35) | 334 | 83.5 | (3.33) | 989 | 94.1 | (1.18) |

See notes at end of table.

Table B-16. Copper (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|---------|------|--------|---------|----------|----------|--------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 0.79 | 0.89 | 0.96 | 1.08 | 1.34 | 1.64 | 1.83 | 1.97 | 2.20 | 0.64 | 0.72 | 0.77 | 0.86 | 1.06 | 1.30 | 1.45 | 1.55 | 1.73 |
| Children, 1–18 years old | 0.65 | 0.73 | 0.78 | 0.86 | 1.03 | 1.23 | 1.36 | 1.45 | 1.59 | 0.57 | 0.64 | 0.68 | 0.75 | 0.90 | 1.07 | 1.17 | 1.25 | 1.37 |
| Adults, 19–59 years old | 0.86 | 0.98 | 1.06 | 1.19 | 1.48 | 1.83 | 2.05 | 2.21 | 2.47 | 0.67 | 0.75 | 0.81 | 0.91 | 1.12 | 1.38 | 1.54 | 1.66 | 1.85 |
| Older adults, 60+ years old | 0.76 | 0.86 | 0.93 | 1.05 | 1.31 | 1.62 | 1.82 | 1.97 | 2.21 | 0.65 | 0.73 | 0.78 | 0.88 | 1.09 | 1.34 | 1.51 | 1.63 | 1.82 |
| SNAP participants | 0.70 | 0.79 | 0.85 | 0.95 | 1.16 | 1.41 | 1.56 | 1.67 | 1.84 | 0.60 | 0.67 | 0.72 | 0.80 | 0.97 | 1.18 | 1.31 | 1.40 | 1.55 |
| Children, 1–18 years old | 0.64 | 0.71 | 0.75 | 0.82 | 0.97 | 1.14 | 1.24 | 1.31 | 1.42 | 0.60 | 0.65 | 0.69 | 0.74 | 0.86 | 0.99 | 1.08 | 1.13 | 1.22 |
| Adults, 19–59 years old | 0.78 | 0.87 | 0.94 | 1.05 | 1.29 | 1.57 | 1.74 | 1.86 | 2.05 | 0.59 | 0.67 | 0.73 | 0.82 | 1.02 | 1.25 | 1.40 | 1.51 | 1.68 |
| Older adults, 60+ years old | 0.55 | 0.63 | 0.69 | 0.79 | 1.02 | 1.28 | 1.44 | 1.55 | 1.73 | 0.61 | 0.68 | 0.73 | 0.82 | 0.99 | 1.19 | 1.33 | 1.42 | 1.58 |
| Income-eligible nonparticipants | 0.77 | 0.87 | 0.93 | 1.04 * | 1.28 ** | 1.55 * | 1.72 * | 1.85 | 2.05 | 0.59 | 0.67 | 0.73 | 0.82 | 1.02 | 1.25 | 1.41 | 1.52 | 1.70 |
| Children, 1–18 years old | 0.68 | 0.75 | 0.80 | 0.88 | 1.05 | 1.25 | 1.38 | 1.47 | 1.61 | 0.56 | 0.63 | 0.67 | 0.74 | 0.90 | 1.08 | 1.19 | 1.27 | 1.38 |
| Adults, 19–59 years old | 0.82 | 0.93 | 1.00 | 1.13 | 1.40 | 1.72 | 1.93 | 2.08 | 2.31 | 0.62 | 0.70 | 0.76 | 0.86 | 1.07 | 1.33 | 1.50 | 1.62 | 1.81 |
| Older adults, 60+ years old | 0.77 | 0.85 | 0.90 | 0.99 | 1.18 | 1.40 | 1.54 | 1.65 | 1.80 | 0.55 | 0.63 | 0.69 | 0.78 | 0.99 | 1.25 | 1.42 | 1.55 | 1.75 |
| Higher-income nonparticipants | 0.83 ** | 0.93 *** | 1.00 *** | 1.12 *** | 1.38 *** | 1.68 *** | 1.88 *** | 2.02 *** | 2.25 *** | 0.68 | 0.75 | 0.81 * | 0.90 ** | 1.09 *** | 1.31 *** | 1.45 * | 1.55 | 1.72 |
| Children, 1–18 years old | 0.66 | 0.73 | 0.78 | 0.86 | 1.04 | 1.25 | 1.38 | 1.47 | 1.62 | 0.58 | 0.65 | 0.69 | 0.76 | 0.91 | 1.08 | 1.19 | 1.27 | 1.39 |
| Adults, 19–59 years old | 0.92 * | 1.03 ** | 1.11 *** | 1.24 *** | 1.53 *** | 1.88 *** | 2.10 *** | 2.26 *** | 2.52 ** | 0.71 | 0.79 | 0.85 * | 0.95 ** | 1.16 *** | 1.40 * | 1.55 | 1.65 | 1.83 |
| Older adults, 60+ years old | 0.80 ** | 0.90 ** | 0.97 *** | 1.09 *** | 1.35 *** | 1.67 *** | 1.87 *** | 2.01 *** | 2.26 * | 0.69 | 0.77 | 0.82 | 0.92 | 1.12 | 1.36 | 1.51 | 1.62 | 1.80 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-17. Selenium (mcg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|------|----------------|---------------------------------|--------------------|----------------|-------------------------------|--------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 107 | (0.6) | 3,407 | 102 | (1.4) | 3,946 | 104 | (1.5) | 9,149 | 108 ^{***} | (0.8) |
| Male | 8,725 | 125 | (1.0) | 1,634 | 116 | (2.3) | 1,970 | 122 | (2.6) | 4,775 | 127 ^{***} | (1.3) |
| Female | 8,515 | 90 | (0.7) | 1,773 | 88 | (1.5) | 1,976 | 87 | (1.4) | 4,374 | 91 | (1.0) |
| Children, 1-18 years old | 6,669 | 91 | (1.0) | 1,795 | 87 | (1.5) | 1,624 | 92 [*] | (1.8) | 2,989 | 91 | (1.4) |
| Male | 3,447 | 99 | (1.5) | 913 | 92 | (2.0) | 854 | 100 [*] | (2.9) | 1,562 | 99 [*] | (2.2) |
| Female | 3,222 | 82 | (1.1) | 882 | 82 | (2.3) | 770 | 84 | (2.0) | 1,427 | 82 | (1.6) |
| Adults, 19-59 years old | 7,448 | 117 | (0.9) | 1,297 | 111 | (2.1) | 1,675 | 114 | (2.4) | 4,139 | 119 ^{**} | (1.2) |
| Male | 3,730 | 140 | (1.5) | 578 | 131 | (3.7) | 803 | 138 | (4.2) | 2,181 | 142 ^{**} | (1.9) |
| Female | 3,718 | 94 | (1.1) | 719 | 91 | (2.0) | 872 | 90 | (2.2) | 1,958 | 96 | (1.5) |
| Older adults, 60+ years old | 3,123 | 97 | (1.1) | 315 | 91 | (3.2) | 647 | 91 | (2.3) | 2,021 | 99 [*] | (1.3) |
| Male | 1,548 | 113 | (1.9) | 143 | 100 | (4.7) | 313 | 101 | (3.9) | 1,032 | 115 ^{**} | (2.3) |
| Female | 1,575 | 85 | (1.4) | 172 | 85 | (4.4) | 334 | 82 | (2.8) | 989 | 86 | (1.5) |
| Percent of persons with usual intake greater than estimated average requirements (EAR)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 99.6 | (0.12) | 3,407 | 97.9 | (0.56) | 3,946 | 99.4 [*] | (0.33) | 9,149 | 99.7 ^{**} | (0.12) |
| Male | 8,725 | 100.0 | (0.02) | 1,634 | 99.8 | (0.32) | 1,970 | 99.9 | (0.14) | 4,775 | 100.0 | (0.03) |
| Female | 8,515 | 99.3 | (0.23) | 1,773 | 96.1 | (1.05) | 1,976 | 98.9 [*] | (0.64) | 4,374 | 99.5 ^{**} | (0.21) |
| Children, 1-18 years old | 6,669 | 99.8 | (0.16) | 1,795 | 98.1 | (0.93) | 1,624 | 100.0 [*] | (0.08) | 2,989 | 99.9 | (0.17) |
| Male | 3,447 | 99.9 | (0.06) | 913 | 99.8 | (0.25) | 854 | 100.0 | (0.07) | 1,562 | 99.9 | (0.09) |
| Female | 3,222 | 99.7 | (0.31) | 882 | 96.3 | (1.89) | 770 | 100.0 | (0.15) | 1,427 | 99.9 | (0.33) |
| Adults, 19-59 years old | 7,448 | 99.8 | (0.14) | 1,297 | 98.2 | (0.64) | 1,675 | 99.6 | (0.48) | 4,139 | 99.9 ^{**} | (0.07) |
| Male | 3,730 | 100.0 | (0.01) | 578 | 99.8 | (0.27) | 803 | 99.8 | (0.19) | 2,181 | 100.0 | (0.02) |
| Female | 3,718 | 99.6 | (0.28) | 719 | 96.6 | (1.24) | 872 | 99.4 | (0.95) | 1,958 | 99.8 [*] | (0.13) |
| Older adults, 60+ years old | 3,123 | 98.8 | (0.47) | 315 | 96.6 | (1.92) | 647 | 97.9 | (1.00) | 2,021 | 98.9 | (0.55) |
| Male | 1,548 | 99.9 | (0.07) | 143 | 99.5 | (1.63) | 313 | 99.9 | (0.48) | 1,032 | 100.0 | (0.05) |
| Female | 1,575 | 98.0 | (0.82) | 172 | 94.0 | (3.33) | 334 | 96.3 | (1.83) | 989 | 98.1 | (0.93) |

See notes at end of table.

Table B-17. Selenium (mcg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|------|--------|---------|------|------|------|------|---------|-------|-------|-------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 78 | 87 | 93 | 103 | 122 | 144 | 157 | 166 | 181 | 57 | 63 | 68 | 74 | 88 | 103 | 112 | 118 | 128 |
| Children, 1–18 years old | 63 | 70 | 74 | 82 | 97 | 114 | 124 | 131 | 141 | 55 | 60 | 64 | 69 | 81 | 94 | 102 | 107 | 115 |
| Adults, 19–59 years old | 87 | 97 | 104 | 115 | 137 | 162 | 177 | 188 | 204 | 60 | 67 | 71 | 78 | 92 | 108 | 117 | 124 | 134 |
| Older adults, 60+ years old | 72 | 80 | 85 | 94 | 111 | 130 | 141 | 148 | 160 | 51 | 58 | 62 | 69 | 83 | 100 | 109 | 116 | 127 |
| SNAP participants | 71 | 79 | 85 | 94 | 113 | 134 | 147 | 156 | 170 | 49 | 56 | 61 | 69 | 86 | 104 | 115 | 123 | 134 |
| Children, 1–18 years old | 59 | 65 | 70 | 76 | 91 | 106 | 114 | 121 | 130 | 50 | 56 | 60 | 66 | 80 | 96 | 106 | 113 | 124 |
| Adults, 19–59 years old | 78 | 88 | 94 | 105 | 127 | 153 | 169 | 180 | 197 | 50 | 58 | 63 | 72 | 89 | 109 | 120 | 128 | 140 |
| Older adults, 60+ years old | 65 | 72 | 76 | 83 | 98 | 114 | 124 | 130 | 140 | 47 | 54 | 59 | 67 | 83 | 100 | 111 | 118 | 129 |
| Income-eligible nonparticipants | 73 | 82 | 88 | 98 | 119 | 143 | 157 | 167 | 183 | 57 | 63 | 67 | 73 | 86 | 100 | 108 | 114 | 122 |
| Children, 1–18 years old | 65 | 72 | 77 | 84 | 99 | 115 | 124 | 131 | 141 | 59 | 64 | 68 | 73 | 83 | 95 | 101 | 106 | 113 |
| Adults, 19–59 years old | 78 | 89 | 96 | 108 | 134 | 163 | 181 | 194 | 214 | 59 | 65 | 69 | 76 | 89 | 103 | 111 | 117 | 125 |
| Older adults, 60+ years old | 67 | 74 | 78 | 86 | 100 | 115 | 124 | 130 | 139 | 48 | 54 | 58 | 65 | 80 | 96 | 107 | 115 | 126 |
| Higher-income nonparticipants | 82 | 90 | 96 | 105 ** | 124 *** | 145 | 158 | 166 | 180 | 60 ** | 66 ** | 70 ** | 76 ** | 89 | 103 | 111 | 117 | 126 |
| Children, 1–18 years old | 63 | 70 | 75 | 82 | 97 | 115 | 125 | 132 | 143 | 56 | 61 | 65 | 70 | 81 | 92 | 99 | 104 | 112 |
| Adults, 19–59 years old | 92 | 101 | 108 | 118 | 140 * | 163 | 177 | 186 | 201 | 64 ** | 70 ** | 74 ** | 81 ** | 94 | 109 | 117 | 123 | 133 |
| Older adults, 60+ years old | 75 | 83 | 88 | 96 | 113 | 132 | 143 | 150 | 162 | 54 | 60 | 64 | 71 | 85 | 100 | 109 | 116 | 126 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-18. Potassium (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|----------|----------------|-------------------------------|-----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 2,579 | (14.7) | 3,407 | 2,414 | (36.9) | 3,946 | 2,451 | (28.7) | 9,149 | 2,626 *** | (18.1) |
| Male | 8,725 | 2,907 | (24.4) | 1,634 | 2,682 | (63.9) | 1,970 | 2,771 | (48.2) | 4,775 | 2,968 *** | (30.2) |
| Female | 8,515 | 2,258 | (16.7) | 1,773 | 2,153 | (37.7) | 1,976 | 2,139 | (32.0) | 4,374 | 2,291 ** | (20.4) |
| Children, 1-18 years old | 6,669 | 2,165 | (20.6) | 1,795 | 2,106 | (30.1) | 1,624 | 2,230 * | (38.3) | 2,989 | 2,153 | (29.7) |
| Male | 3,447 | 2,337 | (32.9) | 913 | 2,197 | (40.1) | 854 | 2,412 ** | (63.6) | 1,562 | 2,347 * | (48.9) |
| Female | 3,222 | 1,986 | (24.2) | 882 | 2,012 | (45.1) | 770 | 2,039 | (41.6) | 1,427 | 1,950 | (32.9) |
| Adults, 19-59 years old | 7,448 | 2,743 | (22.7) | 1,297 | 2,582 | (56.9) | 1,675 | 2,584 | (45.2) | 4,139 | 2,805 *** | (27.6) |
| Male | 3,730 | 3,155 | (37.5) | 578 | 2,975 | (100.0) | 803 | 2,997 | (75.2) | 2,181 | 3,226 * | (45.5) |
| Female | 3,718 | 2,332 | (25.8) | 719 | 2,192 | (54.7) | 872 | 2,173 | (50.5) | 1,958 | 2,385 ** | (31.3) |
| Older adults, 60+ years old | 3,123 | 2,626 | (25.9) | 315 | 2,309 | (86.2) | 647 | 2,337 | (46.6) | 2,021 | 2,705 *** | (28.4) |
| Male | 1,548 | 2,924 | (46.3) | 143 | 2,418 | (153.0) | 313 | 2,546 | (81.7) | 1,032 | 3,027 *** | (50.0) |
| Female | 1,575 | 2,391 | (28.8) | 172 | 2,221 | (97.3) | 334 | 2,165 | (53.4) | 989 | 2,451 * | (31.8) |
| Mean usual intake as a percent of adequate intake (AI)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 56.7 | (0.31) | 3,407 | 53.2 | (0.79) | 3,946 | 54.0 | (0.62) | 9,149 | 57.6 *** | (0.39) |
| Male | 8,725 | 63.8 | (0.52) | 1,634 | 59.0 | (1.36) | 1,970 | 60.9 | (1.03) | 4,775 | 65.0 *** | (0.65) |
| Female | 8,515 | 49.8 | (0.36) | 1,773 | 47.6 | (0.81) | 1,976 | 47.3 | (0.69) | 4,374 | 50.4 ** | (0.45) |
| Children, 1-18 years old | 6,669 | 53.4 | (0.47) | 1,795 | 52.2 | (0.72) | 1,624 | 55.0 * | (0.89) | 2,989 | 53.0 | (0.68) |
| Male | 3,447 | 57.2 | (0.74) | 913 | 54.3 | (0.95) | 854 | 59.0 ** | (1.44) | 1,562 | 57.4 * | (1.09) |
| Female | 3,222 | 49.3 | (0.57) | 882 | 50.1 | (1.08) | 770 | 50.8 | (1.04) | 1,427 | 48.4 | (0.80) |
| Adults, 19-59 years old | 7,448 | 58.4 | (0.48) | 1,297 | 54.9 | (1.21) | 1,675 | 55.0 | (0.96) | 4,139 | 59.7 *** | (0.59) |
| Male | 3,730 | 67.1 | (0.80) | 578 | 63.3 | (2.13) | 803 | 63.8 | (1.60) | 2,181 | 68.6 * | (0.97) |
| Female | 3,718 | 49.6 | (0.55) | 719 | 46.6 | (1.16) | 872 | 46.2 | (1.07) | 1,958 | 50.8 ** | (0.67) |
| Older adults, 60+ years old | 3,123 | 55.9 | (0.55) | 315 | 49.1 | (1.83) | 647 | 49.7 | (0.99) | 2,021 | 57.6 *** | (0.60) |
| Male | 1,548 | 62.2 | (0.98) | 143 | 51.4 | (3.26) | 313 | 54.2 | (1.74) | 1,032 | 64.4 *** | (1.06) |
| Female | 1,575 | 50.9 | (0.61) | 172 | 47.3 | (2.07) | 334 | 46.1 | (1.14) | 989 | 52.2 * | (0.68) |

See notes at end of table.

Table B-18. Potassium (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|--------------------|----------------------|----------------------|----------------------|----------------------|--------------------|--------------------|--------------------|--------------------|---------|-------|--------------------|---------------------|---------------------|-------|-------|-------|-------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| Distribution of usual intake | | | | | | | | | | | | | | | | | | |
| All persons | 1,687 | 1,913 | 2,071 | 2,320 | 2,838 | 3,415 | 3,755 | 3,996 | 4,371 | 1,338 | 1,513 | 1,634 | 1,823 | 2,212 | 2,642 | 2,892 | 3,067 | 3,337 |
| Children, 1–18 years old | 1,444 | 1,609 | 1,724 | 1,907 | 2,288 | 2,709 | 2,958 | 3,134 | 3,405 | 1,265 | 1,402 | 1,495 | 1,643 | 1,948 | 2,286 | 2,483 | 2,622 | 2,838 |
| Adults, 19–59 years old | 1,792 | 2,040 | 2,217 | 2,494 | 3,071 | 3,723 | 4,107 | 4,384 | 4,809 | 1,357 | 1,542 | 1,672 | 1,872 | 2,284 | 2,739 | 3,005 | 3,189 | 3,473 |
| Older adults, 60+ years old | 1,697 | 1,936 | 2,097 | 2,352 | 2,872 | 3,434 | 3,760 | 3,981 | 4,337 | 1,378 | 1,570 | 1,704 | 1,912 | 2,342 | 2,813 | 3,087 | 3,279 | 3,577 |
| SNAP participants | 1,523 | 1,733 | 1,879 | 2,109 | 2,609 | 3,165 | 3,496 | 3,737 | 4,100 | 1,244 | 1,409 | 1,525 | 1,709 | 2,100 | 2,531 | 2,793 | 2,976 | 3,257 |
| Children, 1–18 years old | 1,433 | 1,583 | 1,687 | 1,844 | 2,171 | 2,513 | 2,709 | 2,848 | 3,058 | 1,224 | 1,370 | 1,466 | 1,624 | 1,962 | 2,336 | 2,570 | 2,731 | 2,975 |
| Adults, 19–59 years old | 1,623 | 1,862 | 2,030 | 2,296 | 2,877 | 3,538 | 3,937 | 4,234 | 4,679 | 1,229 | 1,403 | 1,527 | 1,722 | 2,135 | 2,595 | 2,871 | 3,064 | 3,358 |
| Older adults, 60+ years old | 1,323 | 1,522 | 1,657 | 1,875 | 2,361 | 2,886 | 3,188 | 3,389 | 3,708 | 1,315 | 1,478 | 1,597 | 1,784 | 2,173 | 2,591 | 2,849 | 3,033 | 3,319 |
| Income-eligible nonparticipants | 1,624 | 1,833 | 1,977 | 2,206 | 2,693 | 3,244 | 3,578 | 3,823 | 4,196 | 1,260 | 1,424 | 1,539 | 1,719 | 2,095 | 2,503 | 2,747 | 2,918 | 3,178 |
| Children, 1–18 years old | 1,624 | 1,779 | 1,885 | 2,047 | 2,378 | 2,735 | 2,946 | 3,095 | 3,318 | 1,348 | 1,483 | 1,576 | 1,714 | 2,009 | 2,325 | 2,513 | 2,647 | 2,842 |
| Adults, 19–59 years old | 1,680 | 1,917 | 2,079 | 2,340 | 2,901 | 3,541 | 3,930 | 4,216 | 4,661 | 1,234 | 1,409 | 1,530 | 1,724 | 2,125 | 2,565 | 2,823 | 3,004 | 3,287 |
| Older adults, 60+ years old | 1,437 | 1,630 | 1,766 | 1,989 | 2,462 | 3,003 | 3,338 | 3,585 | 3,942 | 1,221 | 1,395 | 1,518 | 1,710 | 2,113 | 2,549 | 2,820 | 3,013 | 3,291 |
| Higher-income nonparticipants | 1,753 [*] | 1,976 ^{**} | 2,134 ^{**} | 2,381 ^{***} | 2,897 ^{***} | 3,474 [*] | 3,814 | 4,052 | 4,426 | 1,406 | 1,573 | 1,691 [*] | 1,875 ^{**} | 2,249 ^{**} | 2,661 | 2,899 | 3,065 | 3,324 |
| Children, 1–18 years old | 1,411 | 1,581 | 1,698 | 1,885 | 2,285 | 2,736 [*] | 3,008 [*] | 3,196 [*] | 3,498 [*] | 1,269 | 1,396 | 1,484 | 1,624 | 1,913 | 2,233 | 2,425 | 2,556 | 2,764 |
| Adults, 19–59 years old | 1,879 | 2,125 | 2,299 | 2,573 [*] | 3,145 | 3,788 | 4,168 | 4,434 | 4,852 | 1,443 | 1,622 | 1,748 [*] | 1,944 [*] | 2,343 ^{**} | 2,780 | 3,029 | 3,205 | 3,478 |
| Older adults, 60+ years old | 1,842 [*] | 2,069 ^{***} | 2,229 ^{***} | 2,479 ^{***} | 2,979 ^{***} | 3,520 [*] | 3,830 | 4,045 | 4,382 | 1,471 | 1,657 | 1,789 | 1,992 | 2,405 | 2,861 | 3,123 | 3,307 | 3,592 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Adequate Intake (AI) is the approximate intake of the nutrient that appears to be adequate for all individuals in the population group. Mean intake at or above the AI implies a low prevalence of inadequate intake.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-19. Dietary Fiber (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|----------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 15.7 | (0.13) | 3,407 | 13.9 | (0.23) | 3,946 | 15.3 *** | (0.26) | 9,149 | 15.9 *** | (0.16) |
| Male | 8,725 | 17.1 | (0.21) | 1,634 | 15.2 | (0.37) | 1,970 | 17.0 ** | (0.38) | 4,775 | 17.3 *** | (0.26) |
| Female | 8,515 | 14.2 | (0.15) | 1,773 | 12.6 | (0.27) | 1,976 | 13.7 * | (0.35) | 4,374 | 14.6 *** | (0.18) |
| Children, 1-18 years old | 6,669 | 13.0 | (0.14) | 1,795 | 12.3 | (0.21) | 1,624 | 13.3 ** | (0.27) | 2,989 | 13.0 * | (0.20) |
| Male | 3,447 | 13.6 | (0.21) | 913 | 12.8 | (0.26) | 854 | 14.1 ** | (0.41) | 1,562 | 13.7 * | (0.29) |
| Female | 3,222 | 12.3 | (0.18) | 882 | 11.7 | (0.32) | 770 | 12.6 | (0.35) | 1,427 | 12.3 | (0.27) |
| Adults, 19-59 years old | 7,448 | 16.6 | (0.21) | 1,297 | 14.5 | (0.35) | 1,675 | 16.5 *** | (0.42) | 4,139 | 16.9 *** | (0.25) |
| Male | 3,730 | 18.5 | (0.33) | 578 | 16.6 | (0.57) | 803 | 18.8 ** | (0.60) | 2,181 | 18.6 ** | (0.43) |
| Female | 3,718 | 14.7 | (0.24) | 719 | 12.5 | (0.41) | 872 | 14.2 * | (0.59) | 1,958 | 15.2 *** | (0.27) |
| Older adults, 60+ years old | 3,123 | 16.3 | (0.20) | 315 | 14.2 | (0.54) | 647 | 14.3 | (0.41) | 2,021 | 16.9 *** | (0.23) |
| Male | 1,548 | 17.6 | (0.35) | 143 | 14.2 | (0.99) | 313 | 15.2 | (0.72) | 1,032 | 18.2 *** | (0.38) |
| Female | 1,575 | 15.4 | (0.23) | 172 | 14.0 | (0.56) | 334 | 13.6 | (0.47) | 989 | 15.8 ** | (0.28) |
| Mean usual intake as a percent of adequate intake (AI)¹ | | | | | | | | | | | | |
| All ages | 17,240 | 56.5 | (0.43) | 3,407 | 50.1 | (0.80) | 3,946 | 54.9 *** | (0.92) | 9,149 | 57.6 *** | (0.53) |
| Male | 8,725 | 51.6 | (0.59) | 1,634 | 46.0 | (1.10) | 1,970 | 51.1 ** | (1.11) | 4,775 | 52.3 *** | (0.75) |
| Female | 8,515 | 60.9 | (0.63) | 1,773 | 53.7 | (1.16) | 1,976 | 58.5 * | (1.46) | 4,374 | 62.4 *** | (0.75) |
| Children, 1-18 years old | 6,669 | 48.6 | (0.48) | 1,795 | 46.4 | (0.76) | 1,624 | 50.0 ** | (0.96) | 2,989 | 48.8 * | (0.71) |
| Male | 3,447 | 47.4 | (0.66) | 913 | 44.9 | (0.87) | 854 | 48.8 * | (1.32) | 1,562 | 47.6 * | (0.95) |
| Female | 3,222 | 49.9 | (0.72) | 882 | 47.9 | (1.26) | 770 | 51.3 | (1.38) | 1,427 | 50.0 | (1.06) |
| Adults, 19-59 years old | 7,448 | 56.6 | (0.68) | 1,297 | 49.0 | (1.19) | 1,675 | 55.9 *** | (1.47) | 4,139 | 57.7 *** | (0.83) |
| Male | 3,730 | 51.4 | (0.92) | 578 | 46.1 | (1.59) | 803 | 52.2 ** | (1.70) | 2,181 | 51.9 ** | (1.18) |
| Female | 3,718 | 61.6 | (1.01) | 719 | 51.9 | (1.76) | 872 | 59.5 * | (2.40) | 1,958 | 63.4 *** | (1.15) |
| Older adults, 60+ years old | 3,123 | 66.6 | (0.81) | 315 | 58.3 | (2.08) | 647 | 58.5 | (1.62) | 2,021 | 68.8 *** | (0.92) |
| Male | 1,548 | 58.6 | (1.17) | 143 | 47.4 | (3.30) | 313 | 50.6 | (2.39) | 1,032 | 60.6 *** | (1.26) |
| Female | 1,575 | 73.1 | (1.11) | 172 | 66.8 | (2.68) | 334 | 64.7 | (2.24) | 989 | 75.5 ** | (1.31) |

See notes at end of table.

Table B-19. Dietary Fiber (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|--------|--------|---------|---------|--------|--------|-------|------|---------|--------|--------|---------|---------|---------|---------|---------|--------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 8.3 | 9.8 | 10.9 | 12.6 | 16.3 | 20.7 | 23.4 | 25.4 | 28.5 | 7.1 | 8.3 | 9.2 | 10.6 | 13.7 | 17.2 | 19.4 | 21.0 | 23.4 |
| Children, 1–18 years old | 7.7 | 8.7 | 9.5 | 10.7 | 13.2 | 16.1 | 17.9 | 19.1 | 21.1 | 7.1 | 8.0 | 8.7 | 9.7 | 11.9 | 14.4 | 15.9 | 17.0 | 18.7 |
| Adults, 19–59 years old | 8.5 | 10.2 | 11.4 | 13.3 | 17.6 | 22.6 | 25.7 | 28.0 | 31.6 | 6.8 | 8.1 | 9.1 | 10.6 | 14.0 | 18.1 | 20.5 | 22.3 | 25.1 |
| Older adults, 60+ years old | 8.5 | 10.1 | 11.2 | 13.0 | 16.9 | 21.3 | 24.0 | 25.9 | 29.0 | 8.0 | 9.2 | 10.2 | 11.6 | 14.8 | 18.4 | 20.7 | 22.2 | 24.8 |
| SNAP participants | 7.4 | 8.7 | 9.6 | 11.2 | 14.6 | 18.5 | 20.9 | 22.6 | 25.3 | 6.5 | 7.5 | 8.3 | 9.5 | 12.1 | 15.1 | 17.0 | 18.3 | 20.4 |
| Children, 1–18 years old | 7.5 | 8.5 | 9.2 | 10.3 | 12.6 | 15.0 | 16.5 | 17.5 | 19.0 | 7.5 | 8.3 | 8.8 | 9.7 | 11.5 | 13.5 | 14.7 | 15.5 | 16.8 |
| Adults, 19–59 years old | 7.8 | 9.3 | 10.3 | 12.0 | 15.8 | 20.2 | 22.9 | 25.0 | 28.1 | 5.5 | 6.6 | 7.5 | 8.8 | 11.8 | 15.4 | 17.6 | 19.2 | 21.6 |
| Older adults, 60+ years old | 5.7 | 7.1 | 8.1 | 9.7 | 13.5 | 17.9 | 20.4 | 22.3 | 25.2 | 8.1 | 9.2 | 10.0 | 11.2 | 13.8 | 16.5 | 18.1 | 19.3 | 21.1 |
| Income-eligible nonparticipants | 8.1 | 9.6 | 10.6 | 12.3 | 16.1* | 20.6* | 23.4* | 25.5* | 28.7 | 6.6 | 7.8 | 8.6 | 10.0 | 13.1 | 16.7 | 18.9 | 20.5 | 23.0 |
| Children, 1–18 years old | 8.4 | 9.4 | 10.1 | 11.3 | 13.7 | 16.4 | 18.1 | 19.3 | 21.2 | 7.8 | 8.7 | 9.3 | 10.2 | 12.3 | 14.6 | 16.0 | 16.9 | 18.4 |
| Adults, 19–59 years old | 8.4 | 10.1 | 11.3 | 13.3 | 17.8 | 23.1 | 26.4 | 28.8 | 32.6 | 5.9 | 7.2 | 8.2 | 9.8 | 13.4 | 17.7 | 20.4 | 22.4 | 25.5 |
| Older adults, 60+ years old | 6.5 | 7.9 | 8.9 | 10.6 | 14.3 | 18.7 | 21.6 | 23.8 | 26.9 | 7.3 | 8.4 | 9.2 | 10.4 | 13.1 | 16.1 | 18.1 | 19.4 | 21.5 |
| Higher-income nonparticipants | 8.6 | 10.1* | 11.1* | 12.8*** | 16.5*** | 20.9** | 23.6** | 25.5* | 28.6 | 7.5 | 8.8* | 9.6** | 11.0*** | 14.0*** | 17.5*** | 19.7*** | 21.2*** | 23.6** |
| Children, 1–18 years old | 7.6 | 8.6 | 9.4 | 10.6 | 13.2 | 16.2 | 18.1 | 19.4 | 21.5 | 6.9 | 7.9 | 8.5 | 9.6 | 11.9 | 14.5 | 16.2 | 17.3 | 19.1 |
| Adults, 19–59 years old | 8.8 | 10.4 | 11.6 | 13.5 | 17.7* | 22.8 | 25.9 | 28.1 | 31.7 | 7.5** | 8.8*** | 9.8*** | 11.3*** | 14.6*** | 18.4*** | 20.7** | 22.3* | 25.0 |
| Older adults, 60+ years old | 9.5* | 11.0** | 12.1** | 13.8*** | 17.6*** | 21.8 | 24.4 | 26.2 | 29.1 | 8.4 | 9.7 | 10.6 | 12.1 | 15.3 | 19.0 | 21.2 | 22.8 | 25.3 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Adequate Intake (AI) is the approximate intake of the nutrient that appears to be adequate for all individuals in the population group. Mean intake at or above the AI implies a low prevalence of inadequate intake.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-20. Dietary Fiber (g/1,000 kcal): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|-------|----------------|-------------------|--------|----------------|---------------------------------|---------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 7.9 | (0.05) | 3,407 | 7.2 | (0.11) | 3,946 | 7.9 *** | (0.11) | 9,149 | 8.0 *** | (0.06) |
| Male | 8,725 | 7.4 | (0.07) | 1,634 | 6.9 | (0.16) | 1,970 | 7.6 ** | (0.14) | 4,775 | 7.4 ** | (0.09) |
| Female | 8,515 | 8.4 | (0.08) | 1,773 | 7.5 | (0.14) | 1,976 | 8.3 *** | (0.17) | 4,374 | 8.6 *** | (0.09) |
| Children, 1-18 years old | 6,669 | 7.1 | (0.06) | 1,795 | 6.8 | (0.11) | 1,624 | 7.2 ** | (0.12) | 2,989 | 7.2 ** | (0.08) |
| Male | 3,447 | 6.9 | (0.07) | 913 | 6.8 | (0.14) | 854 | 7.1 | (0.16) | 1,562 | 6.9 | (0.11) |
| Female | 3,222 | 7.3 | (0.08) | 882 | 6.9 | (0.18) | 770 | 7.4 * | (0.18) | 1,427 | 7.4 * | (0.11) |
| Adults, 19-59 years old | 7,448 | 7.8 | (0.08) | 1,297 | 6.8 | (0.14) | 1,675 | 7.9 *** | (0.18) | 4,139 | 7.9 *** | (0.10) |
| Male | 3,730 | 7.2 | (0.11) | 578 | 6.7 | (0.22) | 803 | 7.6 ** | (0.22) | 2,181 | 7.2 * | (0.13) |
| Female | 3,718 | 8.3 | (0.12) | 719 | 6.9 | (0.18) | 872 | 8.2 *** | (0.28) | 1,958 | 8.6 *** | (0.15) |
| Older adults, 60+ years old | 3,123 | 9.4 | (0.10) | 315 | 9.1 | (0.35) | 647 | 9.0 | (0.20) | 2,021 | 9.5 | (0.12) |
| Male | 1,548 | 8.8 | (0.16) | 143 | 8.0 | (0.55) | 313 | 8.3 | (0.30) | 1,032 | 8.9 | (0.17) |
| Female | 1,575 | 9.9 | (0.14) | 172 | 9.9 | (0.44) | 334 | 9.5 | (0.28) | 989 | 9.9 | (0.16) |
| Percent of persons with usual intake greater than 14 g/1,000 kcal | | | | | | | | | | | | |
| All ages | 17,240 | 3.1 | (0.26) | 3,407 | 2.1 | (0.53) | 3,946 | 3.7 | (0.60) | 9,149 | 3.1 | (0.32) |
| Male | 8,725 | 1.7 | (0.28) | 1,634 | 1.2 u | (0.53) | 1,970 | 2.5 | (0.55) | 4,775 | 1.7 | (0.35) |
| Female | 8,515 | 4.4 | (0.44) | 1,773 | 3.0 u | (0.91) | 1,976 | 4.8 | (1.05) | 4,374 | 4.5 | (0.53) |
| Children, 1-18 years old | 6,669 | 0.2 u | (0.06) | 1,795 | 0.1 u | (0.08) | 1,624 | 0.4 u | (0.23) | 2,989 | 0.2 u | (0.09) |
| Male | 3,447 | 0.2 u | (0.09) | 913 | 0.2 u | (0.15) | 854 | 0.4 u | (0.25) | 1,562 | 0.2 u | (0.13) |
| Female | 3,222 | 0.2 u | (0.07) | 882 | 0.0 u | (0.03) | 770 | 0.4 u | (0.39) | 1,427 | 0.2 u | (0.12) |
| Adults, 19-59 years old | 7,448 | 3.2 | (0.39) | 1,297 | 1.3 u | (0.52) | 1,675 | 4.3 ** | (0.97) | 4,139 | 3.1 * | (0.48) |
| Male | 3,730 | 1.7 | (0.41) | 578 | 1.1 u | (0.78) | 803 | 2.9 | (0.84) | 2,181 | 1.6 u | (0.49) |
| Female | 3,718 | 4.8 | (0.67) | 719 | 1.6 u | (0.70) | 872 | 5.8 * u | (1.74) | 1,958 | 4.6 ** | (0.83) |
| Older adults, 60+ years old | 3,123 | 6.6 | (0.74) | 315 | 7.1 u | (2.34) | 647 | 5.9 | (1.19) | 2,021 | 6.9 | (0.86) |
| Male | 1,548 | 4.4 | (0.92) | 143 | 3.0 u | (1.64) | 313 | 4.5 u | (1.48) | 1,032 | 4.4 | (1.17) |
| Female | 1,575 | 8.4 | (1.12) | 172 | 10.4 u | (4.01) | 334 | 7.0 | (1.79) | 989 | 9.0 | (1.24) |

See notes at end of table.

Table B-20. Dietary Fiber (g/1,000 kcal): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|------|------|------|------|------|------|------|---------|--------|--------|--------|--------|---------|---------|---------|--------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 4.1 | 4.7 | 5.1 | 5.7 | 7.2 | 8.8 | 9.8 | 10.5 | 11.7 | 4.6 | 5.3 | 5.8 | 6.5 | 8.1 | 10.0 | 11.1 | 11.9 | 13.2 |
| Children, 1–18 years old | 4.5 | 4.9 | 5.3 | 5.8 | 6.8 | 8.0 | 8.6 | 9.1 | 9.9 | 4.7 | 5.2 | 5.5 | 6.0 | 7.1 | 8.3 | 9.0 | 9.6 | 10.4 |
| Adults, 19–59 years old | 3.7 | 4.3 | 4.7 | 5.4 | 6.9 | 8.7 | 9.8 | 10.6 | 11.8 | 4.2 | 4.9 | 5.4 | 6.2 | 8.0 | 10.1 | 11.3 | 12.2 | 13.7 |
| Older adults, 60+ years old | 4.8 | 5.5 | 6.0 | 6.8 | 8.5 | 10.4 | 11.6 | 12.4 | 13.7 | 5.8 | 6.5 | 7.0 | 7.8 | 9.5 | 11.5 | 12.7 | 13.6 | 15.0 |
| SNAP participants | 3.7 | 4.3 | 4.7 | 5.3 | 6.7 | 8.3 | 9.2 | 9.9 | 10.9 | 4.1 | 4.7 | 5.1 | 5.8 | 7.2 | 8.9 | 9.9 | 10.6 | 11.8 |
| Children, 1–18 years old | 4.5 | 4.9 | 5.2 | 5.7 | 6.6 | 7.7 | 8.3 | 8.8 | 9.5 | 4.8 | 5.2 | 5.4 | 5.9 | 6.7 | 7.7 | 8.3 | 8.7 | 9.3 |
| Adults, 19–59 years old | 3.3 | 3.9 | 4.3 | 5 | 6.4 | 8.1 | 9.1 | 9.9 | 11 | 3.4 | 3.9 | 4.4 | 5 | 6.5 | 8.3 | 9.4 | 10.2 | 11.5 |
| Older adults, 60+ years old | 3.9 | 4.7 | 5.2 | 6 | 7.8 | 9.8 | 10.9 | 11.7 | 12.9 | 5.6 | 6.3 | 6.9 | 7.8 | 9.7 | 11.7 | 13 | 13.9 | 15.4 |
| Income-eligible nonparticipants | 4.0 | 4.6 | 5.1 | 5.8 | 7.3 | 9.1* | 10.1 | 10.9 | 12.2 | 4.3 | 5.0 | 5.4 | 6.2 | 7.9** | 9.9** | 11.2** | 12.1* | 13.5* |
| Children, 1–18 years old | 4.5 | 4.9 | 5.3 | 5.8 | 6.9 | 8.1 | 8.9 | 9.4 | 10.3 | 4.8 | 5.3 | 5.6 | 6.1 | 7.2 | 8.5 | 9.2 | 9.8 | 10.7 |
| Adults, 19–59 years old | 3.8 | 4.5 | 4.9 | 5.7 | 7.3* | 9.2 | 10.3 | 11.2 | 12.5 | 3.6 | 4.4 | 4.9 | 5.8 | 7.8*** | 10.1*** | 11.6** | 12.6** | 14.3* |
| Older adults, 60+ years old | 4.0 | 4.7 | 5.2 | 6.1 | 7.9 | 10.0 | 11.4 | 12.4 | 13.8 | 5.6 | 6.3 | 6.8 | 7.5 | 9.2 | 11.1 | 12.4 | 13.3 | 14.6 |
| Higher-income nonparticipants | 4.2 | 4.7 | 5.1 | 5.8 | 7.2 | 8.8 | 9.8 | 10.4 | 11.6 | 5.0** | 5.6*** | 6.0*** | 6.8*** | 8.3*** | 10.1*** | 11.2*** | 11.9*** | 13.2** |
| Children, 1–18 years old | 4.5 | 5.0 | 5.3 | 5.8 | 6.8 | 7.9 | 8.6 | 9.1 | 9.8 | 4.8 | 5.3 | 5.6 | 6.1 | 7.2 | 8.5* | 9.2* | 9.7* | 10.5 |
| Adults, 19–59 years old | 3.8 | 4.4 | 4.8 | 5.4 | 6.9 | 8.6 | 9.7 | 10.5 | 11.7 | 4.7*** | 5.4*** | 5.8*** | 6.6*** | 8.3*** | 10.2*** | 11.4*** | 12.2*** | 13.6** |
| Older adults, 60+ years old | 5.0 | 5.7 | 6.2 | 7.0 | 8.6 | 10.5 | 11.6 | 12.4 | 13.7 | 5.9 | 6.6 | 7.1 | 7.9 | 9.6 | 11.6 | 12.9 | 13.7 | 15.2 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-21. Sodium (mg): Mean Usual Intake from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|-------|----------------|-------------------------------|-----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 3,394 | (20.1) | 3,407 | 3,239 | (45.4) | 3,946 | 3,242 | (41.5) | 9,149 | 3,459 *** | (25.2) |
| Male | 8,725 | 3,929 | (34.6) | 1,634 | 3,631 | (72.9) | 1,970 | 3,771 | (72.5) | 4,775 | 4,014 *** | (43.3) |
| Female | 8,515 | 2,878 | (21.1) | 1,773 | 2,860 | (54.8) | 1,976 | 2,731 | (41.7) | 4,374 | 2,923 | (26.7) |
| Children, 1-18 years old | 6,669 | 2,945 | (31.2) | 1,795 | 2,891 | (51.9) | 1,624 | 2,953 | (53.7) | 2,989 | 2,959 | (43.9) |
| Male | 3,447 | 3,207 | (50.1) | 913 | 3,038 | (75.6) | 854 | 3,203 | (84.0) | 1,562 | 3,250 * | (70.5) |
| Female | 3,222 | 2,672 | (36.4) | 882 | 2,736 | (70.8) | 770 | 2,690 | (66.1) | 1,427 | 2,654 | (51.2) |
| Adults, 19-59 years old | 7,448 | 3,702 | (31.3) | 1,297 | 3,540 | (70.0) | 1,675 | 3,534 | (65.0) | 4,139 | 3,786 ** | (38.5) |
| Male | 3,730 | 4,373 | (53.7) | 578 | 4,089 | (112.9) | 803 | 4,224 | (113.9) | 2,181 | 4,470 ** | (66.3) |
| Female | 3,718 | 3,038 | (32.2) | 719 | 2,996 | (83.1) | 872 | 2,850 | (63.4) | 1,958 | 3,107 | (39.6) |
| Older adults, 60+ years old | 3,123 | 3,049 | (29.7) | 315 | 2,784 | (95.7) | 647 | 2,737 | (72.2) | 2,021 | 3,125 *** | (35.0) |
| Male | 1,548 | 3,511 | (52.6) | 143 | 2,971 | (159.1) | 313 | 3,094 | (132.0) | 1,032 | 3,621 *** | (58.8) |
| Female | 1,575 | 2,678 | (32.9) | 172 | 2,633 | (115.9) | 334 | 2,450 | (75.3) | 989 | 2,726 | (41.8) |
| Mean usual intake as a percent of adequate intake (AI)¹ | | | | | | | | | | | | |
| All ages | 17,240 | 243.6 | (1.40) | 3,407 | 232.7 | (3.21) | 3,946 | 232.8 | (2.93) | 9,149 | 248.1 *** | (1.76) |
| Male | 8,725 | 280.4 | (2.41) | 1,634 | 259.5 | (5.13) | 1,970 | 269.0 | (5.08) | 4,775 | 286.4 *** | (3.02) |
| Female | 8,515 | 207.8 | (1.49) | 1,773 | 206.8 | (3.86) | 1,976 | 197.7 | (3.02) | 4,374 | 210.7 | (1.90) |
| Children, 1-18 years old | 6,669 | 218.8 | (2.16) | 1,795 | 216.5 | (3.60) | 1,624 | 219.4 | (3.80) | 2,989 | 219.2 | (3.06) |
| Male | 3,447 | 236.5 | (3.44) | 913 | 226.4 | (5.18) | 854 | 236.1 | (5.79) | 1,562 | 239.3 | (4.86) |
| Female | 3,222 | 200.2 | (2.56) | 882 | 206.2 | (4.99) | 770 | 202.0 | (4.87) | 1,427 | 198.2 | (3.67) |
| Adults, 19-59 years old | 7,448 | 254.6 | (2.15) | 1,297 | 243.4 | (4.81) | 1,675 | 243.4 | (4.53) | 4,139 | 260.3 ** | (2.66) |
| Male | 3,730 | 300.5 | (3.70) | 578 | 281.2 | (7.77) | 803 | 290.5 | (7.89) | 2,181 | 307.1 ** | (4.57) |
| Female | 3,718 | 209.1 | (2.22) | 719 | 205.9 | (5.69) | 872 | 196.6 | (4.46) | 1,958 | 213.8 | (2.73) |
| Older adults, 60+ years old | 3,123 | 242.8 | (2.36) | 315 | 221.7 | (7.63) | 647 | 218.2 | (5.63) | 2,021 | 248.8 *** | (2.79) |
| Male | 1,548 | 278.7 | (4.19) | 143 | 235.7 | (12.66) | 313 | 245.6 | (10.23) | 1,032 | 287.3 *** | (4.71) |
| Female | 1,575 | 213.9 | (2.65) | 172 | 210.3 | (9.25) | 334 | 195.6 | (6.05) | 989 | 217.7 | (3.35) |

See notes at end of table.

Table B-21. Sodium (mg): Mean Usual Intake from Foods and Beverages—Continued

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|-------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Percent of persons with usual intake above the tolerable upper intake level (UL)² | | | | | | | | | | | | |
| All ages | 17,240 | 87.4 | (0.63) | 3,407 | 82.9 | (1.53) | 3,946 | 82.5 | (1.45) | 9,149 | 89.7 *** | (0.73) |
| Male | 8,725 | 95.1 | (0.42) | 1,634 | 90.1 | (1.67) | 1,970 | 93.1 | (1.11) | 4,775 | 96.2 *** | (0.49) |
| Female | 8,515 | 80.0 | (1.16) | 1,773 | 76.0 | (2.54) | 1,976 | 72.3 | (2.65) | 4,374 | 83.5 ** | (1.35) |
| Children, 1-18 years old | 6,669 | 88.0 | (1.19) | 1,795 | 87.5 | (2.01) | 1,624 | 88.8 | (1.70) | 2,989 | 88.8 | (1.72) |
| Male | 3,447 | 91.5 | (1.06) | 913 | 91.2 | (2.12) | 854 | 93.0 | (1.87) | 1,562 | 92.0 | (1.42) |
| Female | 3,222 | 84.4 | (2.17) | 882 | 83.6 | (3.46) | 770 | 84.5 | (2.88) | 1,427 | 85.5 | (3.18) |
| Adults, 19-59 years old | 7,448 | 90.1 | (0.86) | 1,297 | 85.4 | (1.90) | 1,675 | 84.8 | (2.18) | 4,139 | 92.8 *** | (0.91) |
| Male | 3,730 | 97.8 | (0.35) | 578 | 94.0 | (1.95) | 803 | 95.8 | (1.09) | 2,181 | 98.8 * | (0.36) |
| Female | 3,718 | 82.4 | (1.69) | 719 | 76.9 | (3.26) | 872 | 73.8 | (4.21) | 1,958 | 86.9 ** | (1.78) |
| Older adults, 60+ years old | 3,123 | 78.4 | (1.37) | 315 | 69.4 | (5.18) | 647 | 67.6 | (3.38) | 2,021 | 81.7 * | (1.57) |
| Male | 1,548 | 91.2 | (1.47) | 143 | 75.6 | (6.58) | 313 | 84.0 | (4.61) | 1,032 | 93.8 ** | (1.57) |
| Female | 1,575 | 68.2 | (2.18) | 172 | 64.5 | (7.69) | 334 | 54.4 | (4.84) | 989 | 72.0 | (2.54) |
| Percent of persons meeting dietary guidelines recommendation³ | | | | | | | | | | | | |
| All ages | 16,689 | 11.2 | (0.55) | 3,227 | 13.1 | (1.23) | 3,804 | 14.1 | (1.26) | 8,937 | 10.0 * | (0.66) |
| Male | 8,445 | 6.4 | (0.36) | 1,538 | 8.1 | (1.27) | 1,899 | 7.0 | (0.79) | 4,671 | 6.1 | (0.50) |
| Female | 8,244 | 15.7 | (1.02) | 1,689 | 17.9 | (2.08) | 1,905 | 21.0 | (2.37) | 4,266 | 13.7 | (1.20) |
| Children, 2-18 years old | 6,118 | 26.3 | (1.29) | 1,615 | 24.2 | (2.26) | 1,482 | 25.3 | (2.11) | 2,777 | 26.8 | (1.95) |
| Male | 3,167 | 21.4 | (1.25) | 817 | 18.9 | (2.48) | 783 | 21.1 | (2.24) | 1,458 | 21.9 | (1.81) |
| Female | 2,951 | 31.3 | (2.30) | 798 | 29.8 | (3.83) | 699 | 29.6 | (3.62) | 1,319 | 31.9 | (3.51) |
| Adults, 19-59 years old | 7,448 | 7.8 | (0.78) | 1,297 | 10.8 | (1.72) | 1,675 | 12.4 | (1.96) | 4,139 | 5.6 ** | (0.79) |
| Male | 3,730 | 1.5 | (0.29) | 578 | 4.2 u | (1.72) | 803 | 2.5 u | (0.92) | 2,181 | 0.9 u | (0.31) |
| Female | 3,718 | 14.0 | (1.52) | 719 | 17.3 | (2.98) | 872 | 22.2 | (3.79) | 1,958 | 10.3 * | (1.54) |
| Older adults, 60+ years old | 3,123 | 1.7 | (0.45) | 315 | 5.5 u | (2.68) | 647 | 4.5 u | (1.66) | 2,021 | 1.1 u | (0.38) |
| Male | 1,548 | 0.5 u | (0.22) | 143 | 5.2 u | (2.90) | 313 | 0.7 u | (0.75) | 1,032 | 0.2 u | (0.17) |
| Female | 1,575 | 2.7 | (0.79) | 172 | 5.8 u | (4.23) | 334 | 7.6 u | (2.93) | 989 | 1.8 u | (0.67) |

See notes at end of table.

Table B-21. Sodium (mg): Mean Usual Intake from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------|----------|----------|----------|----------|--------|--------|------|------|---------|--------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| Distribution of usual intake | | | | | | | | | | | | | | | | | | |
| All persons | 2366 | 2654 | 2856 | 3176 | 3838 | 4579 | 5016 | 5327 | 5809 | 1782 | 1988 | 2130 | 2354 | 2817 | 3334 | 3639 | 3854 | 4187 |
| Children, 1–18 years old | 1966 | 2187 | 2343 | 2594 | 3124 | 3723 | 4083 | 4341 | 4742 | 1726 | 1904 | 2025 | 2218 | 2619 | 3066 | 3329 | 3515 | 3806 |
| Adults, 19–59 years old | 2613 | 2938 | 3168 | 3528 | 4271 | 5104 | 5594 | 5945 | 6483 | 1857 | 2078 | 2233 | 2473 | 2972 | 3529 | 3859 | 4089 | 4446 |
| Older adults, 60+ years old | 2129 | 2394 | 2574 | 2859 | 3445 | 4086 | 4462 | 4718 | 5134 | 1642 | 1836 | 1971 | 2182 | 2621 | 3109 | 3396 | 3598 | 3913 |
| SNAP participants | 2035 | 2325 | 2527 | 2845 | 3532 | 4295 | 4748 | 5080 | 5579 | 1637 | 1860 | 2017 | 2265 | 2789 | 3367 | 3719 | 3965 | 4342 |
| Children, 1–18 years old | 1921 | 2131 | 2279 | 2504 | 2984 | 3501 | 3804 | 4022 | 4354 | 1685 | 1876 | 2003 | 2211 | 2662 | 3167 | 3488 | 3711 | 4050 |
| Adults, 19–59 years old | 2227 | 2558 | 2789 | 3156 | 3955 | 4863 | 5410 | 5817 | 6426 | 1683 | 1919 | 2088 | 2352 | 2913 | 3544 | 3922 | 4188 | 4598 |
| Older adults, 60+ years old | 1553 | 1829 | 2011 | 2306 | 2927 | 3570 | 3928 | 4175 | 4557 | 1457 | 1680 | 1840 | 2089 | 2594 | 3114 | 3426 | 3643 | 3978 |
| Income-eligible nonparticipants | 2221 | 2505 | 2701 | 3012 | 3672 | 4413 | 4859 | 5184 | 5679 | 1606 | 1816 | 1962 | 2191 | 2671 | 3196 | 3511 | 3733 | 4070 |
| Children, 1–18 years old | 1999 | 2226 | 2382 | 2623 | 3132 | 3698 | 4038 | 4279 | 4649 | 1696 | 1892 | 2026 | 2226 | 2648 | 3101 | 3369 | 3559 | 3837 |
| Adults, 19–59 years old | 2407 | 2737 | 2963 | 3325 | 4100 | 4978 | 5507 | 5894 | 6492 | 1643 | 1868 | 2025 | 2274 | 2790 | 3353 | 3684 | 3916 | 4275 |
| Older adults, 60+ years old | 1924 | 2143 | 2294 | 2536 | 3033 | 3576 | 3903 | 4139 | 4474 | 1402 | 1584 | 1715 | 1923 | 2371 | 2875 | 3199 | 3434 | 3778 |
| Higher-income nonparticipants | 2492 *** | 2774 *** | 2973 *** | 3284 *** | 3929 *** | 4648 * | 5072 | 5367 | 5832 | 1892 * | 2085 * | 2220 | 2432 | 2868 | 3352 | 3635 | 3834 | 4147 |
| Children, 1–18 years old | 2002 | 2224 | 2378 | 2625 | 3158 | 3767 | 4139 | 4397 | 4813 | 1788 | 1949 | 2062 | 2240 | 2607 | 3014 | 3258 | 3424 | 3688 |
| Adults, 19–59 years old | 2776 * | 3092 ** | 3316 ** | 3663 ** | 4382 ** | 5177 | 5643 | 5967 | 6474 | 1996 | 2204 | 2350 | 2580 | 3049 | 3571 | 3873 | 4088 | 4423 |
| Older adults, 60+ years old | 2272 ** | 2526 ** | 2707 ** | 2989 ** | 3559 ** | 4182 * | 4543 * | 4794 | 5190 | 1727 | 1913 | 2045 | 2250 | 2671 | 3142 | 3418 | 3613 | 3917 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Adequate Intake (AI) is the approximate intake of the nutrient that appears to be adequate for all individuals in the population group. Mean intake at or above the AI implies a low prevalence of inadequate intake.

² The DRI Tolerable Upper Intake Level (UL) is the highest usual daily intake level that is likely to pose no risk of adverse health effects.

³ The Dietary Guidelines recommendation for sodium is less than 2,300 mg for 2–50 year olds and 1,500 mg for individuals over 51 years old.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-22. Choline (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|---------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 312 | (1.9) | 3,407 | 304 | (4.8) | 3,946 | 309 | (4.5) | 9,149 | 313 | (2.4) |
| Male | 8,725 | 369 | (3.2) | 1,634 | 353 | (8.5) | 1,970 | 364 | (8.1) | 4,775 | 373 * | (3.9) |
| Female | 8,515 | 256 | (2.2) | 1,773 | 257 | (4.5) | 1,976 | 255 | (4.1) | 4,374 | 256 | (3.0) |
| Children, 1-18 years old | 6,669 | 248 | (2.4) | 1,795 | 241 | (4.1) | 1,624 | 262 ** | (5.1) | 2,989 | 243 | (3.4) |
| Male | 3,447 | 270 | (3.8) | 913 | 255 | (5.8) | 854 | 282 ** | (7.7) | 1,562 | 270 | (5.4) |
| Female | 3,222 | 224 | (2.9) | 882 | 227 | (5.8) | 770 | 241 | (6.5) | 1,427 | 215 | (3.9) |
| Adults, 19-59 years old | 7,448 | 342 | (3.1) | 1,297 | 336 | (7.4) | 1,675 | 339 | (7.3) | 4,139 | 345 | (3.8) |
| Male | 3,730 | 416 | (5.0) | 578 | 409 | (13.9) | 803 | 413 | (13.2) | 2,181 | 420 | (6.0) |
| Female | 3,718 | 269 | (3.6) | 719 | 263 | (5.4) | 872 | 265 | (6.1) | 1,958 | 271 | (4.7) |
| Older adults, 60+ years old | 3,123 | 304 | (3.2) | 315 | 290 | (11.0) | 647 | 277 | (6.6) | 2,021 | 310 | (3.6) |
| Male | 1,548 | 359 | (5.6) | 143 | 310 | (15.2) | 313 | 323 | (11.3) | 1,032 | 369 *** | (6.1) |
| Female | 1,575 | 261 | (3.8) | 172 | 275 | (15.9) | 334 | 240 * | (7.8) | 989 | 264 | (4.2) |
| Mean usual intake as a percent of adequate intake (AI)¹ | | | | | | | | | | | | |
| All persons | 17,240 | 70.3 | (0.41) | 3,407 | 69.0 | (0.96) | 3,946 | 70.0 | (0.90) | 9,149 | 70.3 | (0.52) |
| Male | 8,725 | 75.2 | (0.61) | 1,634 | 72.3 | (1.57) | 1,970 | 74.6 | (1.52) | 4,775 | 75.6 | (0.76) |
| Female | 8,515 | 65.7 | (0.55) | 1,773 | 66.0 | (1.09) | 1,976 | 65.7 | (1.01) | 4,374 | 65.3 | (0.73) |
| Children, 1-18 years old | 6,669 | 77.6 | (0.67) | 1,795 | 77.2 | (1.19) | 1,624 | 82.3 ** | (1.45) | 2,989 | 75.7 | (0.98) |
| Male | 3,447 | 80.5 | (1.00) | 913 | 78.1 | (1.59) | 854 | 84.2 * | (2.06) | 1,562 | 79.8 | (1.46) |
| Female | 3,222 | 74.5 | (0.89) | 882 | 76.1 | (1.79) | 770 | 80.3 | (2.02) | 1,427 | 71.4 * | (1.32) |
| Adults, 19-59 years old | 7,448 | 69.5 | (0.62) | 1,297 | 68.1 | (1.41) | 1,675 | 68.7 | (1.40) | 4,139 | 70.0 | (0.78) |
| Male | 3,730 | 75.7 | (0.91) | 578 | 74.4 | (2.52) | 803 | 75.1 | (2.41) | 2,181 | 76.3 | (1.10) |
| Female | 3,718 | 63.3 | (0.84) | 719 | 62.0 | (1.27) | 872 | 62.4 | (1.43) | 1,958 | 63.7 | (1.11) |
| Older adults, 60+ years old | 3,123 | 63.1 | (0.66) | 315 | 60.9 | (2.39) | 647 | 57.6 | (1.36) | 2,021 | 64.2 | (0.73) |
| Male | 1,548 | 65.3 | (1.01) | 143 | 56.3 | (2.76) | 313 | 58.7 | (2.05) | 1,032 | 67.0 *** | (1.11) |
| Female | 1,575 | 61.4 | (0.89) | 172 | 64.8 | (3.74) | 334 | 56.6 * | (1.84) | 989 | 62.1 | (0.98) |

See notes at end of table.

Table B-22. Choline (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|--------|--------|---------|---------|------|------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 216 | 243 | 263 | 294 | 359 | 433 | 478 | 510 | 560 | 156 | 174 | 187 | 207 | 250 | 298 | 327 | 347 | 379 |
| Children, 1–18 years old | 169 | 188 | 200 | 221 | 264 | 313 | 342 | 362 | 394 | 143 | 157 | 168 | 184 | 218 | 257 | 281 | 297 | 323 |
| Adults, 19–59 years old | 241 | 272 | 294 | 329 | 403 | 489 | 541 | 578 | 637 | 163 | 183 | 196 | 218 | 262 | 313 | 343 | 364 | 397 |
| Older adults, 60+ years old | 202 | 231 | 251 | 283 | 350 | 424 | 469 | 499 | 549 | 151 | 171 | 185 | 207 | 254 | 307 | 339 | 361 | 397 |
| SNAP participants | 195 | 222 | 241 | 272 | 340 | 419 | 467 | 502 | 557 | 146 | 166 | 180 | 202 | 249 | 302 | 335 | 357 | 393 |
| Children, 1–18 years old | 157 | 175 | 188 | 207 | 249 | 295 | 323 | 342 | 373 | 137 | 153 | 163 | 181 | 219 | 263 | 292 | 312 | 342 |
| Adults, 19–59 years old | 227 | 258 | 280 | 315 | 393 | 485 | 541 | 583 | 648 | 149 | 170 | 185 | 208 | 256 | 311 | 344 | 367 | 402 |
| Older adults, 60+ years old | 144 | 171 | 190 | 222 | 296 | 381 | 431 | 466 | 523 | 150 | 172 | 188 | 214 | 268 | 326 | 363 | 390 | 431 |
| Income-eligible nonparticipants | 205 | 233 | 253 | 284 | 352 | 429 | 477 | 513 | 567 | 148 | 167 | 181 | 202 | 248 | 299 | 330 | 352 | 386 |
| Children, 1–18 years old | 183 | 202 | 214 | 234 | 275 | 322 | 351 | 371 | 403 | 146 | 163 | 176 | 194 | 235 | 281 | 309 | 329 | 360 |
| Adults, 19–59 years old | 223 | 256 | 279 | 316 | 397 | 491 | 549 | 593 | 661 | 153 | 173 | 188 | 211 | 259 | 312 | 344 | 366 | 401 |
| Older adults, 60+ years old | 180 | 205 | 223 | 252 | 313 | 382 | 424 | 454 | 498 | 134 | 153 | 166 | 187 | 233 | 284 | 316 | 340 | 374 |
| Higher-income nonparticipants | 224 | 250 | 269 | 299 | 363 | 435 | 478 | 509 | 557 | 164 | 181 | 192 | 211 | 250 | 294 | 320 | 339 | 368 |
| Children, 1–18 years old | 169 | 187 | 200 | 220 | 263 | 311 | 341 | 361 | 393 | 147 | 160 | 169 | 182 | 211 | 243 | 263 | 276 | 298 |
| Adults, 19–59 years old | 251 | 280 | 302 | 336 | 408 | 490 | 540 | 575 | 631 | 172 | 191 | 203 | 223 | 265 | 312 | 339 | 359 | 390 |
| Older adults, 60+ years old | 216 * | 244 ** | 264 ** | 295 *** | 360 *** | 432 | 475 | 505 | 553 | 158 | 177 | 191 | 212 | 257 | 308 | 338 | 359 | 393 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Adequate Intake (AI) is the approximate intake of the nutrient that appears to be adequate for all individuals in the population group. Mean intake at or above the AI implies a low prevalence of inadequate intake.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-23. Total Fat (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|------------------------------------|-------------|------|----------------|-------------------|------|----------------|---------------------------------|-----------------|----------------|-------------------------------|-------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 78 | (0.5) | 3,407 | 74 | (1.2) | 3,946 | 75 | (1.2) | 9,149 | 79 ^{***} | (0.6) |
| Male | 8,725 | 90 | (0.8) | 1,634 | 82 | (1.9) | 1,970 | 86 | (2.0) | 4,775 | 91 ^{***} | (1.0) |
| Female | 8,515 | 66 | (0.6) | 1,773 | 67 | (1.5) | 1,976 | 63 | (1.1) | 4,374 | 67 | (0.7) |
| Children, 1-18 years old | 6,669 | 69 | (0.7) | 1,795 | 68 | (1.2) | 1,624 | 71 | (1.4) | 2,989 | 69 | (0.9) |
| Male | 3,447 | 74 | (1.1) | 913 | 71 | (1.4) | 854 | 77 [*] | (2.2) | 1,562 | 74 | (1.5) |
| Female | 3,222 | 64 | (0.8) | 882 | 65 | (2.0) | 770 | 64 | (1.5) | 1,427 | 63 | (1.1) |
| Adults, 19-59 years old | 7,448 | 84 | (0.8) | 1,297 | 81 | (1.8) | 1,675 | 80 | (1.8) | 4,139 | 86 [*] | (0.9) |
| Male | 3,730 | 99 | (1.3) | 578 | 92 | (2.9) | 803 | 95 | (3.3) | 2,181 | 102 ^{**} | (1.5) |
| Female | 3,718 | 69 | (0.9) | 719 | 70 | (2.1) | 872 | 66 | (1.7) | 1,958 | 70 | (1.0) |
| Older adults, 60+ years old | 3,123 | 70 | (0.8) | 315 | 63 | (2.8) | 647 | 63 | (1.9) | 2,021 | 72 ^{**} | (0.9) |
| Male | 1,548 | 80 | (1.3) | 143 | 68 | (4.3) | 313 | 72 | (3.3) | 1,032 | 83 ^{**} | (1.5) |
| Female | 1,575 | 62 | (1.0) | 172 | 59 | (3.7) | 334 | 56 | (2.1) | 989 | 63 | (1.1) |

See notes at end of table.

Table B-23. Total Fat (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|--------|--------|--------|--------|-------|------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 50 | 57 | 62 | 70 | 87 | 106 | 117 | 125 | 138 | 38 | 43 | 47 | 52 | 64 | 78 | 86 | 92 | 100 |
| Children, 1–18 years old | 48 | 53 | 57 | 62 | 73 | 85 | 92 | 97 | 105 | 41 | 45 | 48 | 53 | 62 | 73 | 80 | 84 | 92 |
| Adults, 19–59 years old | 53 | 61 | 67 | 77 | 96 | 119 | 132 | 142 | 157 | 39 | 44 | 48 | 54 | 67 | 81 | 90 | 96 | 105 |
| Older adults, 60+ years old | 44 | 51 | 55 | 63 | 78 | 95 | 105 | 112 | 124 | 33 | 39 | 42 | 48 | 60 | 73 | 82 | 87 | 97 |
| SNAP participants | 43 | 50 | 55 | 63 | 79 | 99 | 110 | 119 | 133 | 35 | 41 | 45 | 51 | 65 | 80 | 89 | 96 | 106 |
| Children, 1–18 years old | 44 | 49 | 53 | 58 | 70 | 82 | 89 | 94 | 102 | 37 | 42 | 46 | 51 | 63 | 77 | 86 | 92 | 102 |
| Adults, 19–59 years old | 47 | 55 | 60 | 69 | 88 | 111 | 125 | 135 | 151 | 36 | 42 | 46 | 53 | 68 | 84 | 94 | 101 | 111 |
| Older adults, 60+ years old | 31 | 37 | 41 | 48 | 65 | 83 | 95 | 103 | 115 | 30 | 35 | 39 | 45 | 58 | 71 | 80 | 85 | 94 |
| Income-eligible nonparticipants | 44 | 51 | 56 | 64 | 83 | 104 | 117 | 127 | 142 | 34 | 39 | 43 | 49 | 61 | 76 | 84 | 90 | 100 |
| Children, 1–18 years old | 47 | 53 | 57 | 63 | 75 | 89 | 98 | 104 | 113 | 39 | 43 | 47 | 52 | 63 | 75 | 82 | 88 | 96 |
| Adults, 19–59 years old | 43 | 52 | 58 | 67 | 89 | 116 | 133 | 145 | 165 | 35 | 40 | 44 | 50 | 64 | 79 | 88 | 94 | 104 |
| Older adults, 60+ years old | 42 | 47 | 51 | 57 | 70 | 84 | 93 | 99 | 108 | 28 | 32 | 36 | 41 | 53 | 67 | 77 | 83 | 93 |
| Higher-income nonparticipants | 54 ** | 61 *** | 66 *** | 74 *** | 89 *** | 107 * | 118 | 125 | 136 | 40 | 45 | 48 | 54 | 65 | 78 | 85 | 90 | 99 |
| Children, 1–18 years old | 50 | 55 | 58 | 63 | 73 | 84 | 91 | 96 | 103 | 43 | 47 | 50 | 54 | 62 | 71 | 76 | 80 | 86 |
| Adults, 19–59 years old | 58 | 66 | 72 * | 81 ** | 99 ** | 120 | 132 | 141 | 154 | 40 | 46 | 49 | 55 | 68 | 82 | 90 | 96 | 105 |
| Older adults, 60+ years old | 47 ** | 54 ** | 58 ** | 66 ** | 81 ** | 97 | 107 | 114 | 125 | 36 | 41 | 44 | 50 | 61 | 74 | 82 | 88 | 96 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-24. Total Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|-------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 33.0 | (0.10) | 3,407 | 32.2 | (0.25) | 3,946 | 32.4 | (0.22) | 9,149 | 33.4 *** | (0.12) |
| Male | 8,725 | 33.0 | (0.15) | 1,634 | 31.6 | (0.32) | 1,970 | 32.3 | (0.32) | 4,775 | 33.4 *** | (0.18) |
| Female | 8,515 | 33.1 | (0.13) | 1,773 | 32.7 | (0.38) | 1,976 | 32.5 | (0.29) | 4,374 | 33.4 | (0.16) |
| Children, 1-18 years old | 6,669 | 32.5 | (0.15) | 1,795 | 32.4 | (0.28) | 1,624 | 32.8 | (0.29) | 2,989 | 32.6 | (0.20) |
| Male | 3,447 | 32.3 | (0.21) | 913 | 32.0 | (0.29) | 854 | 32.8 | (0.43) | 1,562 | 32.4 | (0.26) |
| Female | 3,222 | 32.7 | (0.20) | 882 | 32.7 | (0.48) | 770 | 32.7 | (0.37) | 1,427 | 32.8 | (0.29) |
| Adults, 19-59 years old | 7,448 | 32.9 | (0.14) | 1,297 | 31.8 | (0.36) | 1,675 | 32.0 | (0.32) | 4,139 | 33.4 *** | (0.18) |
| Male | 3,730 | 32.9 | (0.22) | 578 | 31.1 | (0.46) | 803 | 31.7 | (0.47) | 2,181 | 33.5 *** | (0.27) |
| Female | 3,718 | 32.9 | (0.18) | 719 | 32.5 | (0.55) | 872 | 32.2 | (0.44) | 1,958 | 33.3 | (0.23) |
| Older adults, 60+ years old | 3,123 | 34.0 | (0.20) | 315 | 33.1 | (0.70) | 647 | 33.1 | (0.46) | 2,021 | 34.3 | (0.25) |
| Male | 1,548 | 34.2 | (0.32) | 143 | 32.8 | (0.97) | 313 | 33.5 | (0.75) | 1,032 | 34.5 | (0.39) |
| Female | 1,575 | 33.9 | (0.27) | 172 | 33.4 | (0.98) | 334 | 32.8 | (0.59) | 989 | 34.2 | (0.32) |
| Percent of persons with usual intake below the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 1.6 | (0.16) | 3,407 | 2.1 | (0.41) | 3,946 | 2.8 | (0.46) | 9,149 | 1.5 | (0.21) |
| Male | 8,725 | 1.9 | (0.25) | 1,634 | 3.0 | (0.71) | 1,970 | 2.9 | (0.61) | 4,775 | 1.6 | (0.33) |
| Female | 8,515 | 1.4 | (0.21) | 1,773 | 1.2 u | (0.42) | 1,976 | 2.8 * | (0.69) | 4,374 | 1.4 | (0.28) |
| Children, 1-18 years old | 6,669 | 5.5 | (0.59) | 1,795 | 6.1 | (1.16) | 1,624 | 7.2 | (1.16) | 2,989 | 5.3 | (0.83) |
| Male | 3,447 | 6.2 | (0.88) | 913 | 7.8 | (1.71) | 854 | 8.2 | (1.56) | 1,562 | 5.4 | (1.22) |
| Female | 3,222 | 4.8 | (0.80) | 882 | 4.3 u | (1.58) | 770 | 6.1 | (1.71) | 1,427 | 5.2 | (1.11) |
| Adults, 19-59 years old | 7,448 | 0.4 u | (0.11) | 1,297 | 0.5 u | (0.35) | 1,675 | 1.5 u | (0.61) | 4,139 | 0.3 u | (0.11) |
| Male | 3,730 | 0.5 u | (0.20) | 578 | 0.8 u | (0.65) | 803 | 1.2 u | (0.78) | 2,181 | 0.3 u | (0.18) |
| Female | 3,718 | 0.2 u | (0.11) | 719 | 0.2 u | (0.27) | 872 | 1.9 u | (0.94) | 1,958 | 0.2 u | (0.13) |
| Older adults, 60+ years old | 3,123 | 0.3 u | (0.10) | 315 | 1.5 u | (1.12) | 647 | 0.9 u | (0.51) | 2,021 | 0.2 u | (0.10) |
| Male | 1,548 | 0.4 u | (0.17) | 143 | 3.4 u | (2.49) | 313 | 0.6 u | (0.68) | 1,032 | 0.3 u | (0.15) |
| Female | 1,575 | 0.2 u | (0.13) | 172 | 0.1 u | (0.18) | 334 | 1.2 u | (0.76) | 989 | 0.2 u | (0.12) |

See notes at end of table.

Table B-24. Total Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|-------------------|----------------|---------------------------------|--------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Percent of persons with usual intake above the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 31.3 | (0.94) | 3,407 | 23.4 | (2.43) | 3,946 | 29.2 | (1.78) | 9,149 | 33.3 *** | (1.40) |
| Male | 8,725 | 31.5 | (1.31) | 1,634 | 22.0 | (2.70) | 1,970 | 28.0 | (2.38) | 4,775 | 33.6 *** | (1.71) |
| Female | 8,515 | 31.0 | (1.36) | 1,773 | 24.7 | (3.99) | 1,976 | 30.1 | (2.64) | 4,374 | 32.9 | (2.25) |
| Children, 1-18 years old | 6,669 | 19.2 | (2.04) | 1,795 | 16.9 | (3.87) | 1,624 | 24.8 | (3.56) | 2,989 | 18.2 | (3.26) |
| Male | 3,447 | 17.8 | (2.42) | 913 | 16.8 | (3.33) | 854 | 26.1 | (4.58) | 1,562 | 15.6 | (3.14) |
| Female | 3,222 | 20.6 | (3.31) | 882 | 17.0 ^u | (7.13) | 770 | 23.4 | (5.48) | 1,427 | 20.9 | (5.82) |
| Adults, 19-59 years old | 7,448 | 33.0 | (1.29) | 1,297 | 22.0 | (3.47) | 1,675 | 28.8 | (2.50) | 4,139 | 36.4 *** | (1.92) |
| Male | 3,730 | 33.8 | (1.88) | 578 | 19.7 | (4.20) | 803 | 25.9 | (3.25) | 2,181 | 37.9 *** | (2.46) |
| Female | 3,718 | 32.2 | (1.77) | 719 | 24.4 | (5.49) | 872 | 31.5 | (3.77) | 1,958 | 34.8 | (2.93) |
| Older adults, 60+ years old | 3,123 | 42.1 | (1.60) | 315 | 36.2 | (5.69) | 647 | 36.0 | (3.31) | 2,021 | 44.1 | (2.04) |
| Male | 1,548 | 44.1 | (2.42) | 143 | 37.8 | (5.10) | 313 | 38.1 | (5.38) | 1,032 | 46.0 | (3.05) |
| Female | 1,575 | 40.9 | (2.17) | 172 | 35.6 | (9.49) | 334 | 34.4 | (4.10) | 989 | 42.9 | (2.77) |
| Percent of persons with usual intake within the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 67.1 | (0.97) | 3,407 | 74.5 | (2.51) | 3,946 | 68.0 * | (1.88) | 9,149 | 65.2 ** | (1.44) |
| Male | 8,725 | 66.6 | (1.36) | 1,634 | 75.0 | (2.93) | 1,970 | 69.1 | (2.46) | 4,775 | 64.9 ** | (1.75) |
| Female | 8,515 | 67.7 | (1.41) | 1,773 | 74.2 | (4.03) | 1,976 | 67.2 | (2.86) | 4,374 | 65.7 | (2.30) |
| Children, 1-18 years old | 6,669 | 75.3 | (2.22) | 1,795 | 77.1 | (4.24) | 1,624 | 68.1 | (3.96) | 2,989 | 76.5 | (3.45) |
| Male | 3,447 | 76.0 | (2.63) | 913 | 75.5 | (4.16) | 854 | 65.7 | (5.04) | 1,562 | 79.1 | (3.40) |
| Female | 3,222 | 74.6 | (3.62) | 882 | 78.7 | (7.52) | 770 | 70.5 | (6.15) | 1,427 | 73.9 | (6.11) |
| Adults, 19-59 years old | 7,448 | 66.6 | (1.32) | 1,297 | 77.5 | (3.57) | 1,675 | 69.7 | (2.64) | 4,139 | 63.4 *** | (1.93) |
| Male | 3,730 | 65.7 | (1.94) | 578 | 79.5 | (4.52) | 803 | 73.0 | (3.31) | 2,181 | 61.8 *** | (2.50) |
| Female | 3,718 | 67.6 | (1.80) | 719 | 75.4 | (5.49) | 872 | 66.6 | (4.08) | 1,958 | 65.0 | (2.94) |
| Older adults, 60+ years old | 3,123 | 57.6 | (1.59) | 315 | 62.3 | (5.65) | 647 | 63.1 | (3.21) | 2,021 | 55.7 | (2.03) |
| Male | 1,548 | 55.5 | (2.37) | 143 | 58.8 | (4.91) | 313 | 61.3 | (5.23) | 1,032 | 53.8 | (3.01) |
| Female | 1,575 | 58.9 | (2.19) | 172 | 64.3 | (9.47) | 334 | 64.4 | (3.94) | 989 | 57.0 | (2.79) |

See notes at end of table.

Table B-24. Total Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|--------|---------|----------|----------|---------|--------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 25.3 | 27.0 | 28.2 | 29.8 | 33.0 | 36.2 | 37.9 | 39.0 | 40.7 | 25.9 | 27.5 | 28.6 | 30.1 | 33.1 | 36.0 | 37.6 | 38.6 | 40.2 |
| Children, 1–18 years old | 26.8 | 28.0 | 28.8 | 30.0 | 32.4 | 34.6 | 35.9 | 36.7 | 37.9 | 27.2 | 28.5 | 29.3 | 30.5 | 32.7 | 35.0 | 36.2 | 37.0 | 38.2 |
| Adults, 19–59 years old | 24.7 | 26.5 | 27.8 | 29.6 | 33.0 | 36.3 | 38.1 | 39.4 | 41.2 | 25.4 | 27.1 | 28.2 | 29.8 | 32.9 | 36.0 | 37.7 | 38.8 | 40.4 |
| Older adults, 60+ years old | 25.2 | 27.2 | 28.5 | 30.5 | 34.2 | 37.9 | 39.9 | 41.2 | 43.3 | 25.7 | 27.5 | 28.7 | 30.5 | 33.9 | 37.3 | 39.1 | 40.3 | 42.2 |
| SNAP participants | 23.9 | 25.6 | 26.7 | 28.4 | 31.6 | 34.8 | 36.5 | 37.7 | 39.4 | 26.6 | 28.0 | 28.9 | 30.3 | 32.8 | 35.2 | 36.6 | 37.5 | 38.8 |
| Children, 1–18 years old | 26.2 | 27.5 | 28.4 | 29.7 | 32.1 | 34.4 | 35.7 | 36.5 | 37.8 | 27.6 | 28.8 | 29.5 | 30.6 | 32.7 | 34.8 | 35.9 | 36.7 | 37.7 |
| Adults, 19–59 years old | 23.5 | 25.2 | 26.3 | 28.0 | 31.1 | 34.2 | 35.8 | 37.0 | 38.6 | 26.2 | 27.6 | 28.6 | 29.9 | 32.5 | 35.1 | 36.5 | 37.4 | 38.8 |
| Older adults, 60+ years old | 21.7 | 24.0 | 25.4 | 27.8 | 32.7 | 37.5 | 40.2 | 42.0 | 44.7 | 26.7 | 28.2 | 29.2 | 30.7 | 33.5 | 36.1 | 37.6 | 38.6 | 40.1 |
| Income-eligible nonparticipants | 24.2 | 26.1 | 27.3 | 29.0 | 32.3 | 35.6 | 37.3 | 38.5 | 40.2 | 24.3 | 26.1 | 27.3 | 29.1 | 32.5 | 35.8 | 37.6 | 38.8 | 40.6 |
| Children, 1–18 years old | 26.0 | 27.6 | 28.6 | 30.1 | 32.8 | 35.5 | 37.0 | 38.0 | 39.4 | 26.6 | 28.0 | 28.9 | 30.2 | 32.7 | 35.2 | 36.6 | 37.6 | 39.0 |
| Adults, 19–59 years old | 23.3 | 25.2 | 26.5 | 28.3 | 31.8 | 35.1 | 37.0 | 38.2 | 40.1 | 23.6 | 25.6 | 26.8 | 28.8 | 32.3 | 35.8 | 37.6 | 38.8 | 40.7 |
| Older adults, 60+ years old | 24.8 | 26.7 | 28.0 | 30.0 | 33.5 | 37.0 | 38.9 | 40.2 | 42.0 | 23.3 | 25.4 | 26.8 | 28.8 | 32.8 | 36.6 | 38.8 | 40.3 | 42.3 |
| Higher-income nonparticipants | 26.0 | 27.6 * | 28.7 ** | 30.3 *** | 33.4 *** | 36.5 ** | 38.1 | 39.2 | 40.9 | 26.4 | 28.0 | 29.0 | 30.5 | 33.3 | 36.2 | 37.7 | 38.8 | 40.4 |
| Children, 1–18 years old | 27.3 | 28.5 | 29.2 | 30.3 | 32.4 | 34.5 | 35.6 | 36.4 | 37.5 | 27.5 | 28.7 | 29.4 | 30.6 | 32.8 | 34.9 | 36.1 | 36.9 | 38.1 |
| Adults, 19–59 years old | 25.4 | 27.2 | 28.4 | 30.2 ** | 33.5 *** | 36.9 ** | 38.7 * | 39.8 | 41.6 | 26.0 | 27.6 | 28.7 | 30.3 | 33.3 | 36.3 | 37.9 | 39.0 | 40.7 |
| Older adults, 60+ years old | 25.8 | 27.7 | 29.0 | 30.9 | 34.5 | 38.1 | 40.0 | 41.4 | 43.4 | 26.2 | 27.9 | 29.1 | 30.9 | 34.1 | 37.5 | 39.3 | 40.5 | 42.3 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Acceptable Macronutrient Distribution Ranges (AMDR) are the ranges of intake for macronutrients, as a percent of total calories, associated with reduced risk of chronic disease while providing intakes of essential nutrients.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-25. Protein (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|------------------------------------|-------------|-------|----------------|-------------------|------|----------------|---------------------------------|--------------------|----------------|-------------------------------|---------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 79.0 | (0.43) | 3,407 | 75.2 | (1.01) | 3,946 | 76.3 | (0.98) | 9,149 | 80.2 ^{***} | (0.56) |
| Male | 8,725 | 92.5 | (0.75) | 1,634 | 86.2 | (1.76) | 1,970 | 88.8 | (1.76) | 4,775 | 94.3 ^{***} | (0.96) |
| Female | 8,515 | 65.9 | (0.45) | 1,773 | 64.6 | (1.04) | 1,976 | 64.2 | (0.90) | 4,374 | 66.5 | (0.58) |
| Children, 1-18 years old | 6,669 | 67.2 | (0.60) | 1,795 | 64.8 | (1.01) | 1,624 | 69.4 ^{**} | (1.19) | 2,989 | 67.0 | (0.85) |
| Male | 3,447 | 73.5 | (0.96) | 913 | 68.6 | (1.24) | 854 | 75.3 ^{**} | (1.95) | 1,562 | 74.1 ^{**} | (1.43) |
| Female | 3,222 | 60.5 | (0.69) | 882 | 60.9 | (1.60) | 770 | 63.3 | (1.34) | 1,427 | 59.4 | (0.91) |
| Adults, 19-59 years old | 7,448 | 86.5 | (0.68) | 1,297 | 82.5 | (1.61) | 1,675 | 83.2 | (1.57) | 4,139 | 88.1 ^{**} | (0.87) |
| Male | 3,730 | 103.8 | (1.17) | 578 | 97.9 | (2.89) | 803 | 99.8 | (2.84) | 2,181 | 105.9 [*] | (1.50) |
| Female | 3,718 | 69.4 | (0.70) | 719 | 67.3 | (1.43) | 872 | 66.8 | (1.36) | 1,958 | 70.6 | (0.91) |
| Older adults, 60+ years old | 3,123 | 71.5 | (0.67) | 315 | 66.6 | (1.97) | 647 | 64.4 | (1.43) | 2,021 | 73.2 ^{**} | (0.76) |
| Male | 1,548 | 82.9 | (1.23) | 143 | 73.1 | (2.91) | 313 | 72.1 | (2.41) | 1,032 | 85.4 ^{***} | (1.38) |
| Female | 1,575 | 62.4 | (0.69) | 172 | 61.4 | (2.66) | 334 | 58.3 | (1.71) | 989 | 63.4 | (0.81) |

See notes at end of table.

Table B-25. Protein (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------------------------------|--------|--------|---------|----------|--------|-------|-------|-------|---------|---------|---------|---------|------|------|------|------|-------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 58.9 | 65.2 | 69.7 | 76.6 | 90.8 | 106.5 | 115.6 | 122.1 | 132.1 | 41.9 | 46.5 | 49.7 | 54.7 | 64.8 | 75.8 | 82.3 | 86.7 | 93.6 |
| Children, 1–18 years old | 49.6 | 54.2 | 57.4 | 62.3 | 72.5 | 83.5 | 89.9 | 94.4 | 101.3 | 39.7 | 43.7 | 46.4 | 50.7 | 59.5 | 69.1 | 74.8 | 78.7 | 84.8 |
| Adults, 19–59 years old | 65.3 | 72.5 | 77.6 | 85.5 | 101.8 | 119.8 | 130.3 | 137.9 | 149.4 | 44.3 | 49.2 | 52.5 | 57.7 | 68.3 | 79.8 | 86.5 | 91.2 | 98.3 |
| Older adults, 60+ years old | 51.1 | 57.2 | 61.4 | 68.0 | 81.4 | 96.1 | 104.6 | 110.4 | 119.8 | 37.9 | 42.6 | 45.8 | 50.8 | 61.2 | 72.6 | 79.2 | 83.8 | 90.9 |
| SNAP participants | 52.3 | 58.5 | 62.9 | 69.6 | 84.2 | 100.3 | 109.8 | 116.7 | 127.2 | 36.8 | 42.0 | 45.6 | 51.3 | 63.1 | 76.1 | 83.9 | 89.3 | 97.5 |
| Children, 1–18 years old | 42.8 | 47.9 | 51.4 | 56.7 | 67.8 | 79.3 | 85.9 | 90.6 | 97.7 | 37.0 | 41.3 | 44.2 | 48.9 | 59.1 | 70.6 | 78.0 | 83.1 | 90.9 |
| Adults, 19–59 years old | 59.5 | 66.4 | 71.3 | 78.9 | 95.3 | 113.8 | 124.9 | 133.1 | 145.5 | 37.0 | 42.6 | 46.6 | 52.8 | 65.7 | 80.0 | 88.4 | 94.3 | 103.2 |
| Older adults, 60+ years old | 42.1 | 47.8 | 51.7 | 57.9 | 71.6 | 86.3 | 94.7 | 100.5 | 109.5 | 36.1 | 41.0 | 44.4 | 49.8 | 60.7 | 71.7 | 78.2 | 82.8 | 89.7 |
| Income-eligible nonparticipants | 55.7 | 61.9 | 66.1 | 72.8 | 86.8 | 102.5 | 111.9 | 118.8 | 129.2 | 42.5 | 46.7 | 49.6 | 54.1 | 63.3 | 73.2 | 79.0 | 83.0 | 89.2 |
| Children, 1–18 years old | 51.2 | 56.0 | 59.2 | 64.1 | 74.2 | 85.2 | 91.7 | 96.2 | 103.1 | 42.7 | 46.8 | 49.6 | 53.8 | 62.6 | 71.8 | 77.2 | 81.0 | 86.6 |
| Adults, 19–59 years old | 60.5 | 67.7 | 72.6 | 80.5 | 97.1 | 116.0 | 127.4 | 135.8 | 148.7 | 45.4 | 49.6 | 52.5 | 57.0 | 66.0 | 75.6 | 81.2 | 85.0 | 90.9 |
| Older adults, 60+ years old | 45.9 | 50.9 | 54.4 | 59.8 | 70.9 | 82.8 | 89.9 | 95.0 | 102.2 | 34.2 | 38.6 | 41.7 | 46.6 | 56.9 | 68.1 | 75.1 | 80.1 | 87.2 |
| Higher-income nonparticipants | 61.9 | 68.1 * | 72.4 * | 79.1 ** | 92.8 *** | 107.7 | 116.4 | 122.5 | 131.8 | 43.9 ** | 48.3 ** | 51.3 ** | 56.0 * | 65.5 | 75.9 | 81.9 | 86.1 | 92.6 |
| Children, 1–18 years old | 51.6 | 56.0 | 58.9 | 63.5 * | 73.1 * | 83.4 | 89.6 | 93.8 | 100.3 | 40.9 | 44.4 | 46.8 | 50.7 | 58.5 | 67.1 | 72.3 | 75.8 | 81.3 |
| Adults, 19–59 years old | 68.8 | 75.9 | 80.8 | 88.5 | 104.2 * | 121.3 | 131.2 | 138.1 | 148.8 | 46.8 ** | 51.4 ** | 54.6 ** | 59.6 ** | 69.6 | 80.5 | 86.7 | 91.1 | 97.9 |
| Older adults, 60+ years old | 54.1 | 60.0 | 64.2 | 70.8 * | 84.0 ** | 98.4 * | 106.8 | 112.6 | 121.8 | 39.6 | 44.1 | 47.3 | 52.3 | 62.3 | 73.4 | 79.8 | 84.3 | 91.3 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-26. Protein (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|---------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 15.5 | (0.05) | 3,407 | 15.1 | (0.11) | 3,946 | 15.4 * | (0.12) | 9,149 | 15.6 *** | (0.07) |
| Male | 8,725 | 15.7 | (0.08) | 1,634 | 15.3 | (0.17) | 1,970 | 15.4 | (0.19) | 4,775 | 15.8 ** | (0.10) |
| Female | 8,515 | 15.3 | (0.07) | 1,773 | 14.8 | (0.15) | 1,976 | 15.4 ** | (0.16) | 4,374 | 15.4 *** | (0.09) |
| Children, 1-18 years old | 6,669 | 14.4 | (0.08) | 1,795 | 14.1 | (0.16) | 1,624 | 14.8 ** | (0.16) | 2,989 | 14.4 | (0.11) |
| Male | 3,447 | 14.6 | (0.10) | 913 | 14.2 | (0.21) | 854 | 14.7 | (0.22) | 1,562 | 14.7 | (0.13) |
| Female | 3,222 | 14.2 | (0.12) | 882 | 13.9 | (0.23) | 770 | 14.8 ** | (0.24) | 1,427 | 14.2 | (0.17) |
| Adults, 19-59 years old | 7,448 | 15.8 | (0.08) | 1,297 | 15.0 | (0.15) | 1,675 | 15.6 * | (0.19) | 4,139 | 16.0 *** | (0.10) |
| Male | 3,730 | 16.0 | (0.12) | 578 | 15.4 | (0.23) | 803 | 15.7 | (0.29) | 2,181 | 16.2 ** | (0.15) |
| Female | 3,718 | 15.5 | (0.10) | 719 | 14.6 | (0.20) | 872 | 15.4 ** | (0.24) | 1,958 | 15.8 *** | (0.13) |
| Older adults, 60+ years old | 3,123 | 16.1 | (0.11) | 315 | 16.5 | (0.33) | 647 | 15.8 | (0.23) | 2,021 | 16.1 | (0.13) |
| Male | 1,548 | 16.3 | (0.15) | 143 | 16.6 | (0.52) | 313 | 15.6 | (0.31) | 1,032 | 16.4 | (0.17) |
| Female | 1,575 | 15.9 | (0.16) | 172 | 16.4 | (0.42) | 334 | 16.0 | (0.35) | 989 | 15.9 | (0.19) |
| Percent of persons with usual intake below the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 0.5 | (0.11) | 3,407 | 1.5 u | (0.45) | 3,946 | 1.2 u | (0.38) | 9,149 | 0.4 * u | (0.11) |
| Male | 8,725 | 0.3 | (0.09) | 1,634 | 0.9 u | (0.46) | 1,970 | 0.9 u | (0.43) | 4,775 | 0.2 u | (0.09) |
| Female | 8,515 | 0.7 | (0.20) | 1,773 | 2.0 u | (0.77) | 1,976 | 1.5 u | (0.63) | 4,374 | 0.5 u | (0.21) |
| Children, 1-18 years old | 6,669 | 0.6 u | (0.24) | 1,795 | 1.3 u | (0.73) | 1,624 | 0.6 u | (0.46) | 2,989 | 0.8 u | (0.38) |
| Male | 3,447 | 0.5 u | (0.24) | 913 | 2.2 u | (1.36) | 854 | 1.0 u | (0.87) | 1,562 | 0.4 u | (0.25) |
| Female | 3,222 | 0.7 u | (0.42) | 882 | 0.5 u | (0.45) | 770 | 0.1 u | (0.27) | 1,427 | 1.2 u | (0.74) |
| Adults, 19-59 years old | 7,448 | 0.6 | (0.16) | 1,297 | 1.8 u | (0.70) | 1,675 | 1.5 u | (0.60) | 4,139 | 0.2 * u | (0.10) |
| Male | 3,730 | 0.3 u | (0.12) | 578 | 0.5 u | (0.51) | 803 | 0.9 u | (0.58) | 2,181 | 0.2 u | (0.11) |
| Female | 3,718 | 0.8 u | (0.30) | 719 | 3.1 u | (1.29) | 872 | 2.2 u | (1.05) | 1,958 | 0.3 * u | (0.18) |
| Older adults, 60+ years old | 3,123 | 0.3 u | (0.14) | 315 | 0.6 u | (0.68) | 647 | 1.0 u | (0.70) | 2,021 | 0.3 u | (0.15) |
| Male | 1,548 | 0.2 u | (0.11) | 143 | 0.3 u | (0.31) | 313 | 1.0 u | (0.91) | 1,032 | 0.2 u | (0.12) |
| Female | 1,575 | 0.4 u | (0.23) | 172 | 0.8 u | (1.17) | 334 | 1.1 u | (1.09) | 989 | 0.4 u | (0.24) |

See notes at end of table.

Table B-26. Protein (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|-------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Percent of persons with usual intake above the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 0.1 | (0.03) | 3,407 | 0.1 u | (0.03) | 3,946 | 0.0 u | (0.03) | 9,149 | 0.2 u | (0.05) |
| Male | 8,725 | 0.1 u | (0.04) | 1,634 | 0.1 u | (0.06) | 1,970 | 0.0 u | (0.04) | 4,775 | 0.1 u | (0.06) |
| Female | 8,515 | 0.1 u | (0.04) | 1,773 | 0.0 u | (0.01) | 1,976 | 0.1 u | (0.05) | 4,374 | 0.2 ** u | (0.07) |
| Children, 1-18 years old | 6,669 | 0.4 | (0.11) | 1,795 | 0.3 u | (0.13) | 1,624 | 0.2 u | (0.11) | 2,989 | 0.6 u | (0.19) |
| Male | 3,447 | 0.3 u | (0.15) | 913 | 0.5 u | (0.25) | 854 | 0.2 u | (0.14) | 1,562 | 0.4 u | (0.25) |
| Female | 3,222 | 0.5 u | (0.15) | 882 | 0.0 u | (0.05) | 770 | 0.2 u | (0.19) | 1,427 | 0.8 ** u | (0.28) |
| Adults, 19-59 years old | 7,448 | 0.0 | (0.00) | 1,297 | 0.0 | (0.00) | 1,675 | 0.0 u | (0.00) | 4,139 | 0.0 | (0.00) |
| Male | 3,730 | 0.0 | (0.00) | 578 | 0.0 | (0.00) | 803 | 0.0 u | (0.01) | 2,181 | 0.0 | (0.00) |
| Female | 3,718 | 0.0 | (0.00) | 719 | 0.0 | (0.00) | 872 | 0.0 | (0.00) | 1,958 | 0.0 | (0.00) |
| Older adults, 60+ years old | 3,123 | 0.0 | (0.00) | 315 | 0.0 | (0.00) | 647 | 0.0 | (0.00) | 2,021 | 0.0 | (0.00) |
| Male | 1,548 | 0.0 | (0.00) | 143 | 0.0 | (0.00) | 313 | 0.0 | (0.00) | 1,032 | 0.0 | (0.00) |
| Female | 1,575 | 0.0 | (0.00) | 172 | 0.0 | (0.01) | 334 | 0.0 | (0.00) | 989 | 0.0 | (0.00) |
| Percent of persons with usual intake within the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 99.4 | (0.11) | 3,407 | 98.5 | (0.45) | 3,946 | 98.8 | (0.38) | 9,149 | 99.5 * | (0.12) |
| Male | 8,725 | 99.6 | (0.10) | 1,634 | 99.0 | (0.46) | 1,970 | 99.1 | (0.43) | 4,775 | 99.7 | (0.11) |
| Female | 8,515 | 99.2 | (0.21) | 1,773 | 98.0 | (0.77) | 1,976 | 98.5 | (0.64) | 4,374 | 99.3 | (0.22) |
| Children, 1-18 years old | 6,669 | 99.0 | (0.26) | 1,795 | 98.4 | (0.74) | 1,624 | 99.3 | (0.48) | 2,989 | 98.6 | (0.43) |
| Male | 3,447 | 99.1 | (0.28) | 913 | 97.4 | (1.38) | 854 | 98.8 | (0.88) | 1,562 | 99.3 | (0.35) |
| Female | 3,222 | 98.8 | (0.45) | 882 | 99.5 | (0.45) | 770 | 99.7 | (0.32) | 1,427 | 97.9 | (0.79) |
| Adults, 19-59 years old | 7,448 | 99.5 | (0.16) | 1,297 | 98.2 | (0.70) | 1,675 | 98.5 | (0.60) | 4,139 | 99.8 * | (0.10) |
| Male | 3,730 | 99.7 | (0.12) | 578 | 99.5 | (0.51) | 803 | 99.2 | (0.58) | 2,181 | 99.8 | (0.11) |
| Female | 3,718 | 99.2 | (0.30) | 719 | 96.9 | (1.29) | 872 | 97.8 | (1.05) | 1,958 | 99.8 * | (0.18) |
| Older adults, 60+ years old | 3,123 | 99.7 | (0.14) | 315 | 99.4 | (0.68) | 647 | 99.0 | (0.70) | 2,021 | 99.7 | (0.15) |
| Male | 1,548 | 99.8 | (0.11) | 143 | 99.8 | (0.31) | 313 | 99.0 | (0.91) | 1,032 | 99.8 | (0.12) |
| Female | 1,575 | 99.6 | (0.23) | 172 | 99.2 | (1.17) | 334 | 98.9 | (1.09) | 989 | 99.6 | (0.24) |

See notes at end of table.

Table B-26. Protein (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|------|------|------|------|------|------|------|---------|---------|----------|----------|----------|--------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 12.0 | 12.7 | 13.2 | 14.0 | 15.6 | 17.2 | 18.2 | 18.9 | 19.9 | 11.5 | 12.3 | 12.8 | 13.6 | 15.2 | 16.8 | 17.8 | 18.5 | 19.5 |
| Children, 1–18 years old | 11.4 | 12.1 | 12.5 | 13.2 | 14.5 | 15.9 | 16.7 | 17.3 | 18.1 | 11.2 | 11.8 | 12.2 | 12.9 | 14.1 | 15.5 | 16.2 | 16.8 | 17.6 |
| Adults, 19–59 years old | 12.1 | 12.9 | 13.4 | 14.2 | 15.8 | 17.6 | 18.6 | 19.3 | 20.4 | 11.5 | 12.3 | 12.9 | 13.7 | 15.4 | 17.2 | 18.2 | 18.9 | 20.0 |
| Older adults, 60+ years old | 12.4 | 13.1 | 13.7 | 14.5 | 16.1 | 17.9 | 18.9 | 19.6 | 20.7 | 11.9 | 12.7 | 13.2 | 14.1 | 15.8 | 17.6 | 18.6 | 19.4 | 20.5 |
| SNAP participants | 11.8 | 12.5 | 13.0 | 13.7 | 15.2 | 16.8 | 17.6 | 18.3 | 19.2 | 11.1 | 11.9 | 12.4 | 13.1 | 14.7 | 16.3 | 17.2 | 17.8 | 18.8 |
| Children, 1–18 years old | 10.6 | 11.4 | 11.9 | 12.6 | 14.2 | 15.7 | 16.6 | 17.2 | 18.1 | 11.9 | 12.3 | 12.6 | 13.0 | 13.9 | 14.7 | 15.2 | 15.5 | 16.0 |
| Adults, 19–59 years old | 11.9 | 12.6 | 13.1 | 13.8 | 15.3 | 16.9 | 17.8 | 18.4 | 19.4 | 10.6 | 11.4 | 12.0 | 12.9 | 14.5 | 16.3 | 17.3 | 18.0 | 19.0 |
| Older adults, 60+ years old | 13.4 | 14.1 | 14.5 | 15.1 | 16.5 | 18.0 | 18.8 | 19.3 | 20.2 | 11.6 | 12.5 | 13.1 | 14.2 | 16.2 | 18.3 | 19.6 | 20.5 | 21.9 |
| Income-eligible nonparticipants | 12.0 | 12.7 | 13.1 | 13.8 | 15.3 | 16.8 | 17.7 | 18.4 | 19.3 | 11.4 | 12.2 | 12.7 | 13.6 | 15.3 | 17.0 | 18.0 | 18.7 | 19.8 |
| Children, 1–18 years old | 11.6 | 12.2 | 12.7 | 13.3 | 14.7 | 16.0 | 16.8 | 17.4 | 18.2 | 12.2 | 12.7 | 13.1 | 13.6 | 14.7 | 15.8 | 16.5 | 17.0 | 17.6 |
| Adults, 19–59 years old | 11.9 | 12.6 | 13.1 | 13.9 | 15.5 | 17.2 | 18.3 | 19.0 | 20.1 | 11.1 | 11.9 | 12.5 | 13.5 | 15.3 | 17.2 | 18.3 | 19.1 | 20.3 |
| Older adults, 60+ years old | 13.0 | 13.5 | 13.8 | 14.4 | 15.5 | 16.6 | 17.3 | 17.8 | 18.5 | 11.5 | 12.4 | 13.0 | 13.9 | 15.8 | 17.8 | 19.0 | 19.8 | 21.0 |
| Higher-income nonparticipants | 12.2 | 12.9 | 13.4 | 14.2 | 15.7 | 17.3 | 18.3 | 18.9 | 19.9 | 11.8 | 12.5 | 13.0 | 13.8 * | 15.3 ** | 16.9 | 17.8 | 18.5 | 19.5 |
| Children, 1–18 years old | 11.6 | 12.3 | 12.7 | 13.3 | 14.6 | 15.9 | 16.7 | 17.2 | 18.0 | 11.0 | 11.6 | 12.0 | 12.7 | 14.0 | 15.5 | 16.3 | 16.9 | 17.8 |
| Adults, 19–59 years old | 12.3 | 13.1 | 13.6 | 14.4 | 16.0 | 17.7 | 18.7 | 19.4 | 20.5 | 12.1 ** | 12.8 ** | 13.3 *** | 14.1 *** | 15.7 *** | 17.3 * | 18.3 | 18.9 | 20.0 |
| Older adults, 60+ years old | 12.4 | 13.2 | 13.7 | 14.6 | 16.2 | 18.0 | 19.1 | 19.8 | 21.0 | 12.0 | 12.7 | 13.3 | 14.1 | 15.8 | 17.6 | 18.6 | 19.3 | 20.4 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Acceptable Macronutrient Distribution Ranges (AMDR) are the ranges of intake for macronutrients, as a percent of total calories, associated with reduced risk of chronic disease while providing intakes of essential nutrients.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-27. Protein (g/kg Body Weight): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|------|----------------|-------------------|------|----------------|---------------------------------|---------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,096 | 1.47 | (0.008) | 3,368 | 1.44 | (0.017) | 3,899 | 1.46 | (0.016) | 9,095 | 1.47 | (0.010) |
| Male | 8,660 | 1.60 | (0.012) | 1,616 | 1.56 | (0.028) | 1,952 | 1.59 | (0.027) | 4,749 | 1.61 | (0.016) |
| Female | 8,436 | 1.34 | (0.009) | 1,752 | 1.33 | (0.021) | 1,947 | 1.34 | (0.017) | 4,346 | 1.33 | (0.013) |
| Children, 1-18 years old | 6,632 | 2.28 | (0.020) | 1,782 | 2.30 | (0.033) | 1,611 | 2.36 | (0.036) | 2,981 | 2.25 | (0.030) |
| Male | 3,434 | 2.39 | (0.030) | 908 | 2.36 | (0.044) | 850 | 2.46 | (0.055) | 1,560 | 2.39 | (0.043) |
| Female | 3,198 | 2.16 | (0.026) | 874 | 2.24 | (0.050) | 761 | 2.25 | (0.046) | 1,421 | 2.10 * | (0.042) |
| Adults, 19-59 years old | 7,393 | 1.25 | (0.010) | 1,281 | 1.22 | (0.025) | 1,654 | 1.23 | (0.022) | 4,122 | 1.26 | (0.012) |
| Male | 3,706 | 1.39 | (0.016) | 572 | 1.36 | (0.042) | 795 | 1.36 | (0.039) | 2,172 | 1.40 | (0.020) |
| Female | 3,687 | 1.11 | (0.011) | 709 | 1.07 | (0.025) | 859 | 1.09 | (0.022) | 1,950 | 1.12 | (0.015) |
| Older adults, 60+ years old | 3,071 | 1.06 | (0.010) | 305 | 1.01 | (0.030) | 634 | 0.99 | (0.023) | 1,992 | 1.07 | (0.011) |
| Male | 1,520 | 1.12 | (0.017) | 136 | 1.03 | (0.039) | 307 | 1.03 | (0.036) | 1,017 | 1.14 ** | (0.018) |
| Female | 1,551 | 1.01 | (0.011) | 169 | 1.00 | (0.045) | 327 | 0.96 | (0.028) | 975 | 1.02 | (0.014) |
| Percent of persons with usual intake greater than estimated average requirements (EAR) ¹ | | | | | | | | | | | | |
| All ages | 17,096 | 97.0 | (0.33) | 3,368 | 93.0 | (1.08) | 3,899 | 96.1 * | (0.80) | 9,095 | 97.8 *** | (0.31) |
| Male | 8,660 | 98.9 | (0.21) | 1,616 | 95.8 | (1.14) | 1,952 | 97.9 | (0.73) | 4,749 | 99.3 ** | (0.21) |
| Female | 8,436 | 95.3 | (0.62) | 1,752 | 90.3 | (1.82) | 1,947 | 94.4 | (1.40) | 4,346 | 96.4 ** | (0.58) |
| Children, 1-18 years old | 6,632 | 98.3 | (0.55) | 1,782 | 95.2 | (1.27) | 1,611 | 98.8 ** | (0.58) | 2,981 | 98.8 * | (0.74) |
| Male | 3,434 | 99.3 | (0.44) | 908 | 97.3 | (1.35) | 850 | 99.7 | (0.59) | 1,560 | 99.4 | (0.58) |
| Female | 3,198 | 97.2 | (1.02) | 874 | 92.9 | (2.18) | 761 | 97.9 * | (1.01) | 1,421 | 98.2 * | (1.39) |
| Adults, 19-59 years old | 7,393 | 97.6 | (0.46) | 1,281 | 93.8 | (1.25) | 1,654 | 96.9 | (1.16) | 4,122 | 98.4 *** | (0.36) |
| Male | 3,706 | 99.3 | (0.19) | 572 | 97.8 | (1.15) | 795 | 98.4 | (0.78) | 2,172 | 99.6 | (0.15) |
| Female | 3,687 | 96.0 | (0.89) | 709 | 89.7 | (2.21) | 859 | 95.4 | (2.18) | 1,950 | 97.3 ** | (0.70) |
| Older adults, 60+ years old | 3,071 | 93.6 | (0.83) | 305 | 88.0 | (4.05) | 634 | 90.2 | (2.26) | 1,992 | 94.7 | (0.84) |
| Male | 1,520 | 96.8 | (0.78) | 136 | 87.0 | (5.08) | 307 | 93.3 | (3.25) | 1,017 | 98.0 * | (0.71) |
| Female | 1,551 | 91.0 | (1.35) | 169 | 88.8 | (6.06) | 327 | 87.6 | (3.12) | 975 | 92.0 | (1.40) |

See notes at end of table.

Table B-27. Protein (g/kg Body Weight): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|-------|-------|-------|-------|------|------|------|------|---------|--------|--------|--------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 0.98 | 1.10 | 1.18 | 1.30 | 1.56 | 1.85 | 2.02 | 2.14 | 2.33 | 0.81 | 0.91 | 0.98 | 1.09 | 1.31 | 1.56 | 1.70 | 1.81 | 1.97 |
| Children, 1–18 years old | 1.45 | 1.63 | 1.75 | 1.94 | 2.34 | 2.78 | 3.04 | 3.23 | 3.52 | 1.30 | 1.45 | 1.56 | 1.74 | 2.11 | 2.52 | 2.77 | 2.95 | 3.23 |
| Adults, 19–59 years old | 0.86 | 0.96 | 1.02 | 1.13 | 1.36 | 1.61 | 1.75 | 1.86 | 2.02 | 0.68 | 0.77 | 0.82 | 0.91 | 1.09 | 1.29 | 1.40 | 1.49 | 1.61 |
| Older adults, 60+ years old | 0.70 | 0.78 | 0.84 | 0.92 | 1.10 | 1.29 | 1.41 | 1.48 | 1.61 | 0.60 | 0.68 | 0.73 | 0.81 | 0.99 | 1.18 | 1.29 | 1.37 | 1.49 |
| SNAP participants | 0.89 | 1.01 | 1.10 | 1.23 | 1.52 | 1.84 | 2.03 | 2.17 | 2.38 | 0.75 | 0.85 | 0.93 | 1.05 | 1.30 | 1.57 | 1.74 | 1.86 | 2.05 |
| Children, 1–18 years old | 1.28 | 1.49 | 1.63 | 1.85 | 2.31 | 2.81 | 3.10 | 3.30 | 3.61 | 1.33 | 1.49 | 1.60 | 1.78 | 2.17 | 2.61 | 2.89 | 3.09 | 3.40 |
| Adults, 19–59 years old | 0.82 | 0.92 | 0.98 | 1.09 | 1.33 | 1.59 | 1.75 | 1.87 | 2.05 | 0.57 | 0.66 | 0.72 | 0.83 | 1.04 | 1.28 | 1.42 | 1.52 | 1.67 |
| Older adults, 60+ years old | 0.55 | 0.63 | 0.69 | 0.79 | 0.99 | 1.23 | 1.37 | 1.47 | 1.64 | 0.56 | 0.65 | 0.70 | 0.79 | 0.98 | 1.18 | 1.30 | 1.39 | 1.51 |
| Income-eligible nonparticipants | 0.97 | 1.08 | 1.16 | 1.28 | 1.55 | 1.84 | 2.02 | 2.15 | 2.34 | 0.83 | 0.93 | 0.99 | 1.10 | 1.32 | 1.55 | 1.69 | 1.79 | 1.93 |
| Children, 1–18 years old | 1.56 | 1.72 | 1.84 | 2.03 | 2.41 | 2.84 | 3.09 | 3.28 | 3.55 | 1.37 | 1.54 | 1.66 | 1.84 | 2.21 | 2.61 | 2.86 | 3.02 | 3.27 |
| Adults, 19–59 years old | 0.80 | 0.90 | 0.97 | 1.08 | 1.32 | 1.59 | 1.76 | 1.88 | 2.06 | 0.70 | 0.78 | 0.83 | 0.91 | 1.08 | 1.26 | 1.36 | 1.43 | 1.55 |
| Older adults, 60+ years old | 0.64 | 0.71 | 0.76 | 0.84 | 1.01 | 1.19 | 1.30 | 1.38 | 1.49 | 0.56 | 0.63 | 0.69 | 0.76 | 0.94 | 1.13 | 1.25 | 1.33 | 1.46 |
| Higher-income nonparticipants | 1.02 | 1.13 | 1.21 | 1.33 | 1.58 | 1.85 | 2.01 | 2.12 | 2.30 | 0.82 | 0.92 | 0.98 | 1.09 | 1.30 | 1.55 | 1.69 | 1.79 | 1.94 |
| Children, 1–18 years old | 1.50 | 1.67 | 1.78 | 1.96 | 2.33 | 2.75 | 3.00 | 3.18 | 3.46 | 1.26 | 1.41 | 1.52 | 1.69 | 2.05 | 2.45 | 2.70 | 2.87 | 3.14 |
| Adults, 19–59 years old | 0.90 | 0.99 | 1.06 | 1.16 | 1.37 | 1.61 | 1.75 | 1.84 | 1.99 | 0.72** | 0.79** | 0.85** | 0.93** | 1.11 | 1.29 | 1.40 | 1.48 | 1.60 |
| Older adults, 60+ years old | 0.74* | 0.82* | 0.87* | 0.95* | 1.12* | 1.31 | 1.41 | 1.49 | 1.61 | 0.62 | 0.69 | 0.74 | 0.83 | 1.00 | 1.19 | 1.30 | 1.38 | 1.50 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-28. Carbohydrate (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|------|----------------|-------------------|-------|----------------|---------------------------------|-------|----------------|-------------------------------|--------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All persons | 17,240 | 258 | (1.3) | 3,407 | 260 | (3.1) | 3,946 | 256 | (3.2) | 9,149 | 257 | (1.6) |
| Male | 8,725 | 292 | (2.1) | 1,634 | 290 | (5.0) | 1,970 | 291 | (5.4) | 4,775 | 292 | (2.7) |
| Female | 8,515 | 226 | (1.4) | 1,773 | 233 | (3.6) | 1,976 | 222 * | (3.5) | 4,374 | 224 * | (1.8) |
| Children, 1-18 years old | 6,669 | 252 | (2.0) | 1,795 | 252 | (3.7) | 1,624 | 254 | (3.9) | 2,989 | 251 | (2.9) |
| Male | 3,447 | 271 | (3.0) | 913 | 265 | (5.5) | 854 | 274 | (6.4) | 1,562 | 271 | (4.2) |
| Female | 3,222 | 232 | (2.6) | 882 | 238 | (4.9) | 770 | 232 | (4.2) | 1,427 | 230 | (4.1) |
| Adults, 19-59 years old | 7,448 | 273 | (2.0) | 1,297 | 281 | (4.6) | 1,675 | 272 | (5.1) | 4,139 | 271 | (2.4) |
| Male | 3,730 | 316 | (3.4) | 578 | 319 | (7.3) | 803 | 317 | (8.6) | 2,181 | 316 | (4.2) |
| Female | 3,718 | 231 | (2.1) | 719 | 243 | (5.4) | 872 | 228 | (5.5) | 1,958 | 228 * | (2.5) |
| Older adults, 60+ years old | 3,123 | 220 | (1.7) | 315 | 210 | (7.4) | 647 | 210 | (4.6) | 2,021 | 222 | (2.0) |
| Male | 1,548 | 243 | (2.8) | 143 | 228 | (13.4) | 313 | 232 | (7.2) | 1,032 | 245 | (3.1) |
| Female | 1,575 | 201 | (2.2) | 172 | 194 | (7.8) | 334 | 192 | (6.2) | 989 | 204 | (2.6) |
| Percent of persons with usual intake greater than estimated average requirements (EAR) ¹ | | | | | | | | | | | | |
| All persons | 17,240 | 99.5 | (0.08) | 3,407 | 98.8 | (0.32) | 3,946 | 99.1 | (0.26) | 9,149 | 99.6 * | (0.09) |
| Male | 8,725 | 99.8 | (0.04) | 1,634 | 99.3 | (0.32) | 1,970 | 99.6 | (0.14) | 4,775 | 99.9 | (0.04) |
| Female | 8,515 | 99.2 | (0.16) | 1,773 | 98.4 | (0.53) | 1,976 | 98.7 | (0.48) | 4,374 | 99.3 | (0.18) |
| Children, 1-18 years old | 6,669 | 99.7 | (0.10) | 1,795 | 99.6 | (0.15) | 1,624 | 99.7 | (0.12) | 2,989 | 99.6 | (0.20) |
| Male | 3,447 | 99.8 | (0.10) | 913 | 99.3 | (0.28) | 854 | 99.8 | (0.13) | 1,562 | 99.9 | (0.07) |
| Female | 3,222 | 99.6 | (0.17) | 882 | 100.0 | (0.06) | 770 | 99.6 | (0.21) | 1,427 | 99.3 | (0.40) |
| Adults, 19-59 years old | 7,448 | 99.6 | (0.12) | 1,297 | 99.3 | (0.34) | 1,675 | 99.4 | (0.34) | 4,139 | 99.6 | (0.12) |
| Male | 3,730 | 99.9 | (0.05) | 578 | 100.0 | (0.08) | 803 | 99.6 | (0.18) | 2,181 | 99.9 | (0.05) |
| Female | 3,718 | 99.3 | (0.23) | 719 | 98.6 | (0.65) | 872 | 99.1 | (0.65) | 1,958 | 99.3 | (0.22) |
| Older adults, 60+ years old | 3,123 | 99.1 | (0.23) | 315 | 96.5 | (1.33) | 647 | 97.6 | (0.92) | 2,021 | 99.4 * | (0.22) |
| Male | 1,548 | 99.7 | (0.12) | 143 | 97.0 | (1.81) | 313 | 99.4 | (0.55) | 1,032 | 99.8 | (0.10) |
| Female | 1,575 | 98.6 | (0.40) | 172 | 96.0 | (1.99) | 334 | 96.1 | (1.65) | 989 | 99.1 | (0.38) |

See notes at end of table.

Table B-28. Carbohydrate (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|------|------|------|------|------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 171 | 194 | 209 | 234 | 285 | 342 | 376 | 400 | 438 | 136 | 153 | 165 | 183 | 221 | 263 | 288 | 305 | 332 |
| Children, 1–18 years old | 177 | 195 | 207 | 227 | 266 | 310 | 335 | 353 | 380 | 151 | 167 | 178 | 194 | 228 | 266 | 288 | 303 | 327 |
| Adults, 19–59 years old | 176 | 201 | 219 | 247 | 307 | 374 | 415 | 444 | 489 | 135 | 153 | 165 | 185 | 225 | 271 | 298 | 316 | 346 |
| Older adults, 60+ years old | 147 | 166 | 179 | 198 | 239 | 282 | 307 | 325 | 352 | 120 | 135 | 146 | 162 | 197 | 235 | 257 | 273 | 297 |
| SNAP participants | 171 | 193 | 208 | 232 | 283 | 340 | 373 | 397 | 433 | 137 | 154 | 167 | 186 | 227 | 272 | 299 | 318 | 348 |
| Children, 1–18 years old | 165 | 185 | 199 | 219 | 262 | 307 | 332 | 350 | 378 | 163 | 178 | 187 | 203 | 235 | 269 | 290 | 305 | 326 |
| Adults, 19–59 years old | 191 | 215 | 231 | 257 | 311 | 372 | 408 | 435 | 474 | 133 | 153 | 167 | 189 | 237 | 289 | 320 | 342 | 375 |
| Older adults, 60+ years old | 111 | 131 | 144 | 167 | 219 | 279 | 314 | 338 | 378 | 116 | 129 | 139 | 155 | 189 | 226 | 249 | 266 | 292 |
| Income-eligible nonparticipants | 165 | 188 | 204 | 229 | 283 | 344 | 381 | 408 | 449 | 133 | 150 | 161 | 179 | 217 | 259 | 284 | 302 | 330 |
| Children, 1–18 years old | 188 | 205 | 217 | 234 | 270 | 310 | 333 | 350 | 374 | 155 | 170 | 181 | 196 | 229 | 264 | 285 | 300 | 322 |
| Adults, 19–59 years old | 163 | 190 | 209 | 239 | 305 | 381 | 427 | 460 | 513 | 133 | 150 | 163 | 182 | 223 | 268 | 294 | 313 | 343 |
| Older adults, 60+ years old | 139 | 156 | 167 | 186 | 226 | 270 | 297 | 317 | 346 | 105 | 120 | 131 | 148 | 186 | 227 | 254 | 273 | 300 |
| Higher-income nonparticipants | 174 | 195 | 211 | 235 | 285 | 342 | 375 | 399 | 436 | 136 | 152 | 164 | 182 | 219 | 260 | 285 | 302 | 328 |
| Children, 1–18 years old | 180 | 197 | 209 | 228 | 266 | 309 | 334 | 351 | 378 | 148 | 164 | 174 | 191 | 226 | 264 | 287 | 303 | 327 |
| Adults, 19–59 years old | 177 | 202 | 220 | 248 | 307 | 374 | 414 | 442 | 486 | 134 | 151 | 164 | 183 | 222 | 267 | 293 | 311 | 340 |
| Older adults, 60+ years old | 153 [*] | 171 | 183 | 203 | 241 | 283 | 307 | 324 | 350 | 126 | 141 | 151 | 167 | 200 | 236 | 257 | 272 | 295 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Reference Intakes (DRI) Estimated Average Requirement (EAR) is used to assess the adequacy of intakes for population groups.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|-------|----------------|-------------------|--------|----------------|---------------------------------|-------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 50.6 | (0.12) | 3,407 | 52.2 | (0.32) | 3,946 | 51.4 | (0.29) | 9,149 | 50.1*** | (0.15) |
| Male | 8,725 | 49.6 | (0.17) | 1,634 | 51.5 | (0.44) | 1,970 | 50.5 | (0.48) | 4,775 | 49.1*** | (0.22) |
| Female | 8,515 | 51.6 | (0.16) | 1,773 | 52.9 | (0.46) | 1,976 | 52.3 | (0.32) | 4,374 | 51.2*** | (0.22) |
| Children, 1-18 years old | 6,669 | 54.3 | (0.17) | 1,795 | 54.8 | (0.38) | 1,624 | 53.9 | (0.36) | 2,989 | 54.3 | (0.24) |
| Male | 3,447 | 54.3 | (0.26) | 913 | 54.8 | (0.40) | 854 | 54.0 | (0.56) | 1,562 | 54.3 | (0.33) |
| Female | 3,222 | 54.3 | (0.22) | 882 | 54.8 | (0.65) | 770 | 53.9 | (0.45) | 1,427 | 54.4 | (0.34) |
| Adults, 19-59 years old | 7,448 | 49.5 | (0.17) | 1,297 | 51.6 | (0.46) | 1,675 | 50.5 | (0.45) | 4,139 | 48.8*** | (0.23) |
| Male | 3,730 | 48.0 | (0.25) | 578 | 50.5 | (0.66) | 803 | 49.3 | (0.76) | 2,181 | 47.4*** | (0.33) |
| Female | 3,718 | 50.9 | (0.24) | 719 | 52.7 | (0.64) | 872 | 51.7 | (0.48) | 1,958 | 50.1*** | (0.33) |
| Older adults, 60+ years old | 3,123 | 49.2 | (0.24) | 315 | 50.6 | (0.86) | 647 | 50.9 | (0.51) | 2,021 | 48.8* | (0.28) |
| Male | 1,548 | 47.6 | (0.35) | 143 | 50.0 | (1.22) | 313 | 49.4 | (0.78) | 1,032 | 47.1* | (0.41) |
| Female | 1,575 | 50.4 | (0.33) | 172 | 51.1 | (1.21) | 334 | 52.0 | (0.68) | 989 | 50.1 | (0.39) |
| Percent of persons with usual intake below the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 20.5 | (0.66) | 3,407 | 13.3 | (1.43) | 3,946 | 17.9* | (1.50) | 9,149 | 22.4*** | (0.90) |
| Male | 8,725 | 25.7 | (1.01) | 1,634 | 16.8 | (2.09) | 1,970 | 21.2 | (2.42) | 4,775 | 27.8*** | (1.30) |
| Female | 8,515 | 15.3 | (0.87) | 1,773 | 9.7 | (1.94) | 1,976 | 14.5 | (1.78) | 4,374 | 17.0** | (1.25) |
| Children, 1-18 years old | 6,669 | 2.1 | (0.59) | 1,795 | 1.8 | (0.50) | 1,624 | 2.8 u | (1.25) | 2,989 | 2.1 u | (0.78) |
| Male | 3,447 | 2.1 u | (0.86) | 913 | 2.1 u | (0.82) | 854 | 3.6 u | (2.10) | 1,562 | 1.8 u | (0.97) |
| Female | 3,222 | 2.1 u | (0.82) | 882 | 1.5 u | (0.57) | 770 | 1.9 u | (1.32) | 1,427 | 2.4 u | (1.24) |
| Adults, 19-59 years old | 7,448 | 26.0 | (1.06) | 1,297 | 15.7 | (2.12) | 1,675 | 23.6* | (2.42) | 4,139 | 28.8*** | (1.47) |
| Male | 3,730 | 33.1 | (1.62) | 578 | 20.6 | (3.19) | 803 | 28.0 | (3.86) | 2,181 | 36.1*** | (2.12) |
| Female | 3,718 | 18.8 | (1.38) | 719 | 10.9 | (2.78) | 872 | 19.0* | (2.88) | 1,958 | 21.5** | (2.04) |
| Older adults, 60+ years old | 3,123 | 27.8 | (1.26) | 315 | 20.9 | (4.10) | 647 | 20.3 | (2.77) | 2,021 | 29.6* | (1.48) |
| Male | 1,548 | 35.9 | (1.91) | 143 | 26.0 | (5.68) | 313 | 24.5 | (4.63) | 1,032 | 38.5* | (2.31) |
| Female | 1,575 | 21.7 | (1.71) | 172 | 17.2 u | (5.99) | 334 | 17.1 | (3.34) | 989 | 22.8 | (1.94) |

See notes at end of table.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|--------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Percent of persons with usual intake above the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 1.2 | (0.15) | 3,407 | 2.0 | (0.55) | 3,946 | 2.4 | (0.44) | 9,149 | 0.9 * | (0.17) |
| Male | 8,725 | 0.8 | (0.17) | 1,634 | 2.1 u | (0.69) | 1,970 | 1.4 u | (0.52) | 4,775 | 0.5 * u | (0.16) |
| Female | 8,515 | 1.6 | (0.26) | 1,773 | 1.9 u | (0.85) | 1,976 | 3.2 | (0.70) | 4,374 | 1.2 | (0.30) |
| Children, 1-18 years old | 6,669 | 0.8 u | (0.27) | 1,795 | 1.5 u | (0.83) | 1,624 | 0.7 u | (0.42) | 2,989 | 0.8 u | (0.39) |
| Male | 3,447 | 0.8 u | (0.33) | 913 | 2.2 u | (1.27) | 854 | 1.0 u | (0.52) | 1,562 | 0.5 u | (0.33) |
| Female | 3,222 | 0.8 u | (0.44) | 882 | 0.7 u | (1.06) | 770 | 0.4 u | (0.65) | 1,427 | 1.1 u | (0.72) |
| Adults, 19-59 years old | 7,448 | 1.3 | (0.22) | 1,297 | 2.2 u | (0.78) | 1,675 | 2.9 | (0.69) | 4,139 | 0.8 | (0.22) |
| Male | 3,730 | 0.7 u | (0.24) | 578 | 1.7 u | (0.75) | 803 | 1.7 u | (0.83) | 2,181 | 0.4 u | (0.22) |
| Female | 3,718 | 1.8 | (0.38) | 719 | 2.7 u | (1.35) | 872 | 4.1 | (1.10) | 1,958 | 1.2 u | (0.38) |
| Older adults, 60+ years old | 3,123 | 1.3 | (0.30) | 315 | 2.1 u | (1.40) | 647 | 2.7 u | (0.88) | 2,021 | 1.1 u | (0.38) |
| Male | 1,548 | 0.7 u | (0.25) | 143 | 3.1 u | (2.54) | 313 | 1.1 u | (1.00) | 1,032 | 0.6 u | (0.23) |
| Female | 1,575 | 1.8 | (0.49) | 172 | 1.3 u | (1.45) | 334 | 4.1 u | (1.41) | 989 | 1.5 u | (0.64) |
| Percent of persons with usual intake within the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 78.4 | (0.72) | 3,407 | 84.8 | (1.61) | 3,946 | 79.8 * | (1.61) | 9,149 | 76.8 *** | (0.96) |
| Male | 8,725 | 73.6 | (1.06) | 1,634 | 81.2 | (2.21) | 1,970 | 77.4 | (2.43) | 4,775 | 71.8 *** | (1.34) |
| Female | 8,515 | 83.2 | (0.98) | 1,773 | 88.3 | (2.30) | 1,976 | 82.3 | (2.11) | 4,374 | 81.8 * | (1.37) |
| Children, 1-18 years old | 6,669 | 97.1 | (0.78) | 1,795 | 96.8 | (1.15) | 1,624 | 96.5 | (1.46) | 2,989 | 97.1 | (1.05) |
| Male | 3,447 | 97.1 | (1.02) | 913 | 95.7 | (1.88) | 854 | 95.5 | (2.33) | 1,562 | 97.7 | (1.08) |
| Female | 3,222 | 97.2 | (1.18) | 882 | 97.9 | (1.30) | 770 | 97.7 | (1.72) | 1,427 | 96.6 | (1.82) |
| Adults, 19-59 years old | 7,448 | 72.8 | (1.14) | 1,297 | 82.1 | (2.38) | 1,675 | 73.5 * | (2.58) | 4,139 | 70.5 *** | (1.54) |
| Male | 3,730 | 66.1 | (1.69) | 578 | 77.8 | (3.30) | 803 | 70.3 | (3.83) | 2,181 | 63.5 *** | (2.18) |
| Female | 3,718 | 79.4 | (1.53) | 719 | 86.5 | (3.41) | 872 | 76.8 * | (3.42) | 1,958 | 77.4 * | (2.17) |
| Older adults, 60+ years old | 3,123 | 70.9 | (1.32) | 315 | 77.0 | (4.39) | 647 | 77.0 | (3.02) | 2,021 | 69.3 | (1.56) |
| Male | 1,548 | 63.3 | (1.92) | 143 | 70.9 | (6.02) | 313 | 74.4 | (4.84) | 1,032 | 61.0 | (2.29) |
| Female | 1,575 | 76.5 | (1.85) | 172 | 81.5 | (6.43) | 334 | 78.8 | (3.82) | 989 | 75.7 | (2.13) |

See notes at end of table.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|--------|--------|---------|----------|----------|----------|---------|---------|---------|--------|---------|---------|---------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 39.2 | 41.5 | 43.1 | 45.3 | 49.6 | 53.8 | 56.0 | 57.6 | 59.9 | 41.7 | 43.9 | 45.3 | 47.5 | 51.6 | 55.7 | 58.0 | 59.5 | 61.7 |
| Children, 1–18 years old | 47.5 | 49.0 | 50.0 | 51.5 | 54.3 | 57.1 | 58.5 | 59.5 | 61.0 | 47.2 | 48.8 | 49.8 | 51.4 | 54.3 | 57.2 | 58.8 | 59.9 | 61.4 |
| Adults, 19–59 years old | 36.6 | 39.1 | 40.8 | 43.3 | 48.0 | 52.7 | 55.3 | 57.0 | 59.5 | 40.1 | 42.5 | 44.1 | 46.4 | 50.8 | 55.3 | 57.8 | 59.4 | 61.9 |
| Older adults, 60+ years old | 35.8 | 38.5 | 40.2 | 42.8 | 47.6 | 52.4 | 55.0 | 56.7 | 59.4 | 39.3 | 41.8 | 43.4 | 45.8 | 50.4 | 55.0 | 57.5 | 59.2 | 61.7 |
| SNAP participants | 40.9 | 43.3 | 44.9 | 47.2 | 51.6 | 55.9 | 58.1 | 59.7 | 62.0 | 43.9 | 45.9 | 47.2 | 49.1 | 52.9 | 56.6 | 58.6 | 60.0 | 62.0 |
| Children, 1–18 years old | 47.0 | 48.7 | 49.9 | 51.5 | 54.8 | 57.9 | 59.6 | 60.8 | 62.5 | 49.4 | 50.6 | 51.4 | 52.5 | 54.8 | 57.0 | 58.2 | 59.0 | 60.2 |
| Adults, 19–59 years old | 39.4 | 41.9 | 43.5 | 45.9 | 50.5 | 55.1 | 57.5 | 59.2 | 61.6 | 42.5 | 44.7 | 46.2 | 48.4 | 52.7 | 56.9 | 59.2 | 60.8 | 63.0 |
| Older adults, 60+ years old | 37.0 | 40.0 | 41.9 | 44.8 | 50.3 | 55.4 | 58.0 | 59.7 | 62.3 | 41.0 | 43.2 | 44.7 | 46.9 | 51.1 | 55.1 | 57.4 | 59.0 | 61.3 |
| Income-eligible nonparticipants | 40.2 | 42.5 | 43.9 | 46.2 | 50.4 | 54.7 | 57.1 | 58.7 | 61.1 | 41.9 | 44.1 | 45.6 | 47.9 | 52.2 | 56.6 | 59.0 | 60.6 | 63.1 |
| Children, 1–18 years old | 46.5 | 48.2 | 49.3 | 50.9 | 54.0 | 57.0 | 58.7 | 59.8 | 61.4 | 47.5 | 48.9 | 49.9 | 51.2 | 53.9 | 56.5 | 57.9 | 58.9 | 60.2 |
| Adults, 19–59 years old | 37.8 | 40.3 | 41.9 | 44.4 | 49.2 | 54.0 | 56.7 | 58.5 | 61.2 | 40.1 | 42.6 | 44.2 | 46.7 | 51.6 | 56.5 | 59.3 | 61.1 | 63.9 |
| Older adults, 60+ years old | 38.9 | 41.2 | 42.7 | 45.0 | 49.3 | 53.7 | 56.1 | 57.8 | 60.1 | 39.9 | 42.6 | 44.4 | 47.0 | 52.1 | 56.9 | 59.7 | 61.6 | 64.2 |
| Higher-income nonparticipants | 39.1 | 41.3 | 42.8 * | 45.0 ** | 49.1 *** | 53.2 *** | 55.4 *** | 56.8 ** | 59.0 ** | 41.3 * | 43.4 * | 44.9 ** | 47.1 ** | 51.1 ** | 55.2 | 57.5 | 59.0 | 61.2 |
| Children, 1–18 years old | 48.2 | 49.6 | 50.5 | 51.8 | 54.3 | 56.8 | 58.1 | 58.9 | 60.2 | 46.9 | 48.5 | 49.6 | 51.3 | 54.4 | 57.5 | 59.2 | 60.3 | 61.9 |
| Adults, 19–59 years old | 36.1 | 38.6 * | 40.3 * | 42.8 ** | 47.4 *** | 52.0 ** | 54.4 * | 56.1 * | 58.5 | 39.6 | 41.9 | 43.4 * | 45.7 * | 50.1 ** | 54.5 | 56.8 | 58.5 | 60.9 |
| Older adults, 60+ years old | 35.3 | 37.9 | 39.6 | 42.3 | 47.1 | 51.9 | 54.5 | 56.2 | 58.8 | 39.0 | 41.4 | 43.1 | 45.5 | 50.1 | 54.7 | 57.1 | 58.8 | 61.3 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Acceptable Macronutrient Distribution Ranges (AMDR) are the ranges of intake for macronutrients, as a percent of total calories, associated with reduced risk of chronic disease while providing intakes of essential nutrients.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-30. Saturated Fat (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|------------------------------------|-------------|------|----------------|-------------------|------|----------------|---------------------------------|--------|----------------|-------------------------------|---------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 26.0 | (0.19) | 3,407 | 25.1 | (0.45) | 3,946 | 24.6 | (0.40) | 9,149 | 26.5 ** | (0.22) |
| Male | 8,725 | 30.0 | (0.32) | 1,634 | 28.2 | (0.77) | 1,970 | 28.5 | (0.71) | 4,775 | 30.6 ** | (0.37) |
| Female | 8,515 | 22.1 | (0.20) | 1,773 | 22.2 | (0.49) | 1,976 | 20.8 * | (0.38) | 4,374 | 22.5 | (0.25) |
| Children, 1-18 years old | 6,669 | 24.3 | (0.25) | 1,795 | 23.8 | (0.42) | 1,624 | 24.6 | (0.47) | 2,989 | 24.4 | (0.37) |
| Male | 3,447 | 26.1 | (0.41) | 913 | 24.8 | (0.46) | 854 | 26.8 * | (0.75) | 1,562 | 26.4 * | (0.60) |
| Female | 3,222 | 22.4 | (0.28) | 882 | 22.8 | (0.70) | 770 | 22.2 | (0.56) | 1,427 | 22.3 | (0.41) |
| Adults, 19-59 years old | 7,448 | 27.8 | (0.29) | 1,297 | 27.1 | (0.67) | 1,675 | 26.1 | (0.64) | 4,139 | 28.4 | (0.34) |
| Male | 3,730 | 32.9 | (0.50) | 578 | 31.2 | (1.18) | 803 | 31.0 | (1.14) | 2,181 | 33.7 | (0.56) |
| Female | 3,718 | 22.7 | (0.30) | 719 | 22.9 | (0.66) | 872 | 21.3 | (0.59) | 1,958 | 23.1 | (0.39) |
| Older adults, 60+ years old | 3,123 | 22.7 | (0.30) | 315 | 20.9 | (1.16) | 647 | 19.8 | (0.65) | 2,021 | 23.4 * | (0.31) |
| Male | 1,548 | 25.8 | (0.49) | 143 | 22.9 | (2.01) | 313 | 22.7 | (1.14) | 1,032 | 26.5 | (0.49) |
| Female | 1,575 | 20.2 | (0.36) | 172 | 19.3 | (1.34) | 334 | 17.5 | (0.72) | 989 | 20.9 | (0.41) |

See notes at end of table.

Table B-30. Saturated Fat (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|--------|--------|---------|--------|------|------|------|---------|------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | Females | | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 15.5 | 18.0 | 19.8 | 22.7 | 28.9 | 36.0 | 40.3 | 43.4 | 48.3 | 11.9 | 13.7 | 15.0 | 17.0 | 21.4 | 26.4 | 29.4 | 31.6 | 35.0 |
| Children, 1–18 years old | 16.0 | 17.9 | 19.2 | 21.2 | 25.5 | 30.4 | 33.2 | 35.2 | 38.4 | 13.8 | 15.4 | 16.4 | 18.2 | 21.8 | 26.0 | 28.4 | 30.1 | 32.8 |
| Adults, 19–59 years old | 15.9 | 18.8 | 20.9 | 24.2 | 31.5 | 40.0 | 45.2 | 48.9 | 54.8 | 11.8 | 13.7 | 15.1 | 17.2 | 21.9 | 27.3 | 30.5 | 32.8 | 36.5 |
| Older adults, 60+ years old | 13.4 | 15.6 | 17.1 | 19.6 | 24.9 | 30.9 | 34.6 | 37.1 | 41.2 | 10.1 | 11.9 | 13.1 | 15.1 | 19.4 | 24.4 | 27.5 | 29.7 | 33.3 |
| SNAP participants | 13.2 | 15.7 | 17.4 | 20.3 | 26.7 | 34.4 | 39.1 | 42.7 | 48.2 | 11.4 | 13.3 | 14.6 | 16.8 | 21.4 | 26.6 | 29.8 | 32.1 | 35.6 |
| Children, 1–18 years old | 13.7 | 15.7 | 17.2 | 19.5 | 24.3 | 29.5 | 32.5 | 34.7 | 38.0 | 12.4 | 14.2 | 15.4 | 17.4 | 21.9 | 27.1 | 30.4 | 32.7 | 36.3 |
| Adults, 19–59 years old | 14.3 | 17.1 | 19.0 | 22.2 | 29.5 | 38.2 | 43.7 | 47.8 | 54.1 | 11.6 | 13.6 | 15.0 | 17.3 | 22.1 | 27.7 | 31.0 | 33.4 | 37.1 |
| Older adults, 60+ years old | 8.9 | 10.9 | 12.3 | 14.8 | 21.0 | 28.7 | 33.7 | 37.3 | 43.2 | 9.9 | 11.6 | 12.8 | 14.8 | 18.8 | 23.2 | 25.8 | 27.7 | 30.6 |
| Income-eligible nonparticipants | 13.9 | 16.3 | 18.0 | 20.8 | 27.1 | 34.6 | 39.2 | 42.7 | 48.2 | 10.7 | 12.4 | 13.7 | 15.7 | 20.0 | 24.9 | 28.0 | 30.2 | 33.6 |
| Children, 1–18 years old | 16.3 | 18.2 | 19.6 | 21.7 | 26.2 | 31.1 | 34.0 | 36.1 | 39.3 | 12.8 | 14.6 | 15.8 | 17.6 | 21.6 | 26.1 | 28.9 | 30.9 | 33.9 |
| Adults, 19–59 years old | 13.4 | 16.2 | 18.2 | 21.5 | 29.1 | 38.3 | 44.2 | 48.6 | 55.7 | 10.7 | 12.5 | 13.8 | 16.0 | 20.6 | 25.8 | 28.9 | 31.2 | 34.7 |
| Older adults, 60+ years old | 12.0 | 13.8 | 15.1 | 17.3 | 21.9 | 27.1 | 30.3 | 32.7 | 36.1 | 8.3 | 9.8 | 10.8 | 12.6 | 16.6 | 21.3 | 24.4 | 26.7 | 30.1 |
| Higher-income nonparticipants | 16.6** | 19.0** | 20.8** | 23.6*** | 29.6** | 36.5 | 40.6 | 43.5 | 48.1 | 12.7 | 14.4 | 15.6 | 17.6 | 21.7 | 26.6 | 29.4 | 31.5 | 34.8 |
| Children, 1–18 years old | 16.8* | 18.6* | 19.8* | 21.7* | 25.8 | 30.4 | 33.1 | 35.0 | 38.0 | 14.9 | 16.3 | 17.2 | 18.8 | 21.9 | 25.3 | 27.4 | 28.8 | 31.1 |
| Adults, 19–59 years old | 17.1 | 20.0 | 22.0 | 25.4 | 32.5 | 40.6 | 45.6 | 49.0 | 54.5 | 12.3 | 14.2 | 15.5 | 17.7 | 22.3 | 27.6 | 30.8 | 33.1 | 36.8 |
| Older adults, 60+ years old | 14.5** | 16.6** | 18.2** | 20.6** | 25.7 | 31.6 | 35.1 | 37.5 | 41.5 | 11.0 | 12.7 | 13.9 | 15.9 | 20.1 | 25.0 | 28.0 | 30.1 | 33.5 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-31. Saturated Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|-------------------|----------------|---------------------------------|-------------------|----------------|-------------------------------|---------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 16,689 | 11.0 | (0.04) | 3,227 | 10.8 | (0.11) | 3,804 | 10.6 | (0.08) | 8,937 | 11.2 ^{***} | (0.05) |
| Male | 8,445 | 11.0 | (0.06) | 1,538 | 10.7 | (0.16) | 1,899 | 10.6 | (0.13) | 4,671 | 11.1 ^{**} | (0.08) |
| Female | 8,244 | 11.0 | (0.05) | 1,689 | 10.9 | (0.14) | 1,905 | 10.6 | (0.11) | 4,266 | 11.2 [*] | (0.07) |
| Children, 2-18 years old | 6,118 | 11.4 | (0.07) | 1,615 | 11.2 | (0.12) | 1,482 | 11.3 | (0.13) | 2,777 | 11.5 | (0.10) |
| Male | 3,167 | 11.3 | (0.10) | 817 | 11.2 | (0.13) | 783 | 11.4 | (0.19) | 1,458 | 11.4 | (0.14) |
| Female | 2,951 | 11.4 | (0.09) | 798 | 11.3 | (0.21) | 699 | 11.2 | (0.18) | 1,319 | 11.6 | (0.14) |
| Adults, 19-59 years old | 7,448 | 10.8 | (0.06) | 1,297 | 10.5 | (0.15) | 1,675 | 10.4 | (0.12) | 4,139 | 11.0 ^{**} | (0.07) |
| Male | 3,730 | 10.8 | (0.09) | 578 | 10.4 | (0.23) | 803 | 10.3 | (0.18) | 2,181 | 11.0 [*] | (0.11) |
| Female | 3,718 | 10.8 | (0.08) | 719 | 10.7 | (0.19) | 872 | 10.4 | (0.15) | 1,958 | 11.0 | (0.10) |
| Older adults, 60+ years old | 3,123 | 11.1 | (0.09) | 315 | 10.8 | (0.31) | 647 | 10.4 | (0.21) | 2,021 | 11.2 | (0.10) |
| Male | 1,548 | 11.0 | (0.13) | 143 | 10.9 | (0.48) | 313 | 10.6 | (0.34) | 1,032 | 11.1 | (0.14) |
| Female | 1,575 | 11.1 | (0.12) | 172 | 10.8 | (0.40) | 334 | 10.3 | (0.25) | 989 | 11.3 | (0.15) |
| Percent of persons meeting dietary guidelines recommendation¹ | | | | | | | | | | | | |
| All ages | 16,689 | 31.6 | (0.89) | 3,227 | 34.9 | (3.09) | 3,804 | 38.1 | (1.80) | 8,937 | 28.3 [*] | (1.20) |
| Male | 8,445 | 32.4 | (1.26) | 1,538 | 39.2 | (3.33) | 1,899 | 37.4 | (2.74) | 4,671 | 29.7 ^{**} | (1.61) |
| Female | 8,244 | 30.8 | (1.25) | 1,689 | 30.8 | (5.16) | 1,905 | 38.8 | (2.34) | 4,266 | 26.9 | (1.79) |
| Children, 2-18 years old | 6,118 | 19.8 | (1.60) | 1,615 | 23.7 | (2.75) | 1,482 | 19.6 | (3.01) | 2,777 | 17.3 | (2.60) |
| Male | 3,167 | 21.3 | (2.00) | 817 | 26.4 | (2.46) | 783 | 16.9 [*] | (4.01) | 1,458 | 19.7 | (3.19) |
| Female | 2,951 | 18.2 | (2.51) | 798 | 20.8 | (5.02) | 699 | 22.3 | (4.52) | 1,319 | 14.8 | (4.14) |
| Adults, 19-59 years old | 7,448 | 36.0 | (1.31) | 1,297 | 39.2 | (4.18) | 1,675 | 44.3 | (2.41) | 4,139 | 32.2 | (1.70) |
| Male | 3,730 | 36.5 | (1.91) | 578 | 44.3 | (5.20) | 803 | 45.8 | (3.53) | 2,181 | 33.1 [*] | (2.30) |
| Female | 3,718 | 35.5 | (1.80) | 719 | 34.1 | (6.52) | 872 | 42.7 | (3.30) | 1,958 | 31.4 | (2.49) |
| Older adults, 60+ years old | 3,123 | 33.7 | (1.50) | 315 | 36.8 | (9.95) | 647 | 43.9 | (4.80) | 2,021 | 30.6 | (1.83) |
| Male | 1,548 | 35.0 | (2.08) | 143 | 41.3 | (7.73) | 313 | 40.1 | (8.98) | 1,032 | 32.9 | (2.42) |
| Female | 1,575 | 32.7 | (2.13) | 172 | 33.1 ^u | (16.84) | 334 | 46.9 | (4.77) | 989 | 28.7 | (2.66) |

See notes at end of table.

Table B-31. Saturated Fat (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------|------|------|------|------|------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 7.7 | 8.4 | 8.9 | 9.6 | 10.9 | 12.3 | 13.1 | 13.7 | 14.5 | 7.9 | 8.6 | 9.0 | 9.7 | 11.0 | 12.3 | 13.1 | 13.6 | 14.4 |
| Children, 2–18 years old | 8.7 | 9.2 | 9.6 | 10.2 | 11.3 | 12.5 | 13.1 | 13.5 | 14.2 | 8.9 | 9.5 | 9.8 | 10.4 | 11.4 | 12.5 | 13.1 | 13.5 | 14.1 |
| Adults, 19–59 years old | 7.4 | 8.1 | 8.6 | 9.3 | 10.8 | 12.2 | 13.1 | 13.6 | 14.5 | 7.6 | 8.3 | 8.7 | 9.4 | 10.7 | 12.1 | 12.9 | 13.4 | 14.2 |
| Older adults, 60+ years old | 7.3 | 8.1 | 8.6 | 9.4 | 10.9 | 12.5 | 13.4 | 14.0 | 15.0 | 7.6 | 8.3 | 8.8 | 9.5 | 11.0 | 12.6 | 13.5 | 14.1 | 15.0 |
| SNAP participants | 7.3 | 8.0 | 8.5 | 9.2 | 10.6 | 12.1 | 12.9 | 13.4 | 14.2 | 8.2 | 8.7 | 9.1 | 9.7 | 10.8 | 12.0 | 12.6 | 13.0 | 13.7 |
| Children, 2–18 years old | 8.2 | 8.9 | 9.3 | 9.9 | 11.2 | 12.4 | 13.0 | 13.5 | 14.2 | 8.7 | 9.3 | 9.6 | 10.2 | 11.3 | 12.4 | 13.0 | 13.4 | 14.0 |
| Adults, 19–59 years old | 7.1 | 7.8 | 8.3 | 9.0 | 10.3 | 11.7 | 12.5 | 13.1 | 13.9 | 8.0 | 8.6 | 8.9 | 9.5 | 10.6 | 11.8 | 12.5 | 12.9 | 13.6 |
| Older adults, 60+ years old | 6.7 | 7.5 | 8.0 | 8.9 | 10.7 | 12.7 | 13.7 | 14.4 | 15.6 | 8.1 | 8.7 | 9.1 | 9.7 | 10.8 | 11.9 | 12.5 | 12.9 | 13.5 |
| Income-eligible nonparticipants | 7.5 | 8.2 | 8.6 | 9.3 | 10.6 | 11.9 | 12.6 | 13.1 | 13.8 | 7.4 | 8.0 | 8.5 | 9.2 | 10.5 | 11.9 | 12.7 | 13.2 | 14.0 |
| Children, 2–18 years old | 9.0 | 9.5 | 9.9 | 10.4 | 11.4 | 12.4 | 13.0 | 13.4 | 13.9 | 8.7 | 9.3 | 9.6 | 10.2 | 11.2 | 12.3 | 12.9 | 13.3 | 13.9 |
| Adults, 19–59 years old | 6.9 | 7.6 | 8.1 | 8.8 | 10.2 | 11.6 | 12.4 | 13.0 | 13.8 | 7.0 | 7.7 | 8.2 | 9.0 | 10.4 | 11.8 | 12.7 | 13.2 | 14.0 |
| Older adults, 60+ years old | 7.5 | 8.1 | 8.5 | 9.2 | 10.5 | 11.8 | 12.6 | 13.1 | 13.9 | 6.8 | 7.5 | 8.0 | 8.7 | 10.2 | 11.7 | 12.6 | 13.3 | 14.2 |
| Higher-income nonparticipants | 7.9 | 8.5 | 9.0 | 9.7 | 11.1 | 12.5 | 13.3 | 13.8 | 14.6 | 8.2 | 8.8 | 9.2 | 9.9 | 11.1 | 12.5 | 13.2 | 13.7 | 14.5 |
| Children, 2–18 years old | 8.8 | 9.4 | 9.7 | 10.3 | 11.4 | 12.5 | 13.1 | 13.6 | 14.2 | 9.2 | 9.7 | 10.0 | 10.5 | 11.5 | 12.6 | 13.2 | 13.6 | 14.1 |
| Adults, 19–59 years old | 7.6 | 8.3 | 8.8 | 9.5 | 11.0 | 12.4 | 13.3 | 13.8 | 14.7 | 7.9 | 8.5 | 8.9 | 9.6 | 10.9 | 12.3 | 13.1 | 13.6 | 14.4 |
| Older adults, 60+ years old | 7.4 | 8.2 | 8.7 | 9.5 | 11.0 | 12.6 | 13.5 | 14.1 | 15.1 | 7.9 | 8.6 | 9.0 | 9.8 | 11.2 | 12.8 | 13.6 | 14.3 | 15.2 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Guidelines recommend persons 2+ years old consume less than 10 percent of total daily calories from saturated fat.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-32. Linoleic Acid (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|---------------------|----------------|-------------------------------|----------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 14.8 | (0.11) | 3,407 | 13.7 | (0.25) | 3,946 | 14.4 | (0.26) | 9,149 | 15.0 ^{***} | (0.13) |
| Male | 8,725 | 16.7 | (0.18) | 1,634 | 14.5 | (0.37) | 1,970 | 16.1 ^{**} | (0.46) | 4,775 | 17.1 ^{***} | (0.21) |
| Female | 8,515 | 12.9 | (0.14) | 1,773 | 12.9 | (0.34) | 1,976 | 12.6 | (0.26) | 4,374 | 12.9 | (0.16) |
| Children, 1-18 years old | 6,669 | 12.5 | (0.15) | 1,795 | 12.4 | (0.29) | 1,624 | 13.1 | (0.35) | 2,989 | 12.3 | (0.20) |
| Male | 3,447 | 13.2 | (0.24) | 913 | 12.6 | (0.39) | 854 | 14.0 [*] | (0.57) | 1,562 | 13.1 | (0.30) |
| Female | 3,222 | 11.8 | (0.18) | 882 | 12.3 | (0.43) | 770 | 12.2 | (0.39) | 1,427 | 11.4 | (0.25) |
| Adults, 19-59 years old | 7,448 | 16.1 | (0.17) | 1,297 | 14.7 | (0.39) | 1,675 | 15.4 | (0.40) | 4,139 | 16.5 ^{***} | (0.20) |
| Male | 3,730 | 18.7 | (0.27) | 578 | 16.0 | (0.59) | 803 | 17.7 | (0.69) | 2,181 | 19.2 ^{***} | (0.33) |
| Female | 3,718 | 13.6 | (0.21) | 719 | 13.4 | (0.51) | 872 | 13.1 | (0.39) | 1,958 | 13.8 | (0.24) |
| Older adults, 60+ years old | 3,123 | 13.6 | (0.21) | 315 | 12.2 | (0.54) | 647 | 12.8 | (0.56) | 2,021 | 13.9 ^{**} | (0.25) |
| Male | 1,548 | 15.4 | (0.32) | 143 | 12.5 | (0.71) | 313 | 14.2 | (1.05) | 1,032 | 15.8 ^{***} | (0.40) |
| Female | 1,575 | 12.2 | (0.27) | 172 | 12.0 | (0.76) | 334 | 11.7 | (0.55) | 989 | 12.4 | (0.32) |
| Mean usual intake as a percent of adequate intake (AI)¹ | | | | | | | | | | | | |
| All ages | 17,240 | 114.5 | (0.82) | 3,407 | 107.7 | (1.92) | 3,946 | 111.7 | (1.89) | 9,149 | 115.8 ^{***} | (0.99) |
| Male | 8,725 | 113.4 | (1.14) | 1,634 | 99.5 | (2.37) | 1,970 | 109.6 ^{**} | (3.01) | 4,775 | 115.9 ^{***} | (1.38) |
| Female | 8,515 | 115.8 | (1.18) | 1,773 | 115.8 | (2.96) | 1,976 | 113.8 | (2.32) | 4,374 | 115.7 | (1.43) |
| Children, 1-18 years old | 6,669 | 116.0 | (1.29) | 1,795 | 117.6 | (2.51) | 1,624 | 120.4 | (2.79) | 2,989 | 113.7 | (1.74) |
| Male | 3,447 | 112.5 | (1.84) | 913 | 109.8 | (2.93) | 854 | 116.9 | (4.09) | 1,562 | 112.3 | (2.42) |
| Female | 3,222 | 119.7 | (1.80) | 882 | 125.7 | (4.13) | 770 | 124.2 | (3.77) | 1,427 | 115.2 [*] | (2.50) |
| Adults, 19-59 years old | 7,448 | 115.3 | (1.21) | 1,297 | 105.9 | (2.84) | 1,675 | 110.4 | (2.76) | 4,139 | 117.7 ^{***} | (1.43) |
| Male | 3,730 | 114.8 | (1.67) | 578 | 97.9 | (3.61) | 803 | 108.8 | (4.38) | 2,181 | 118.4 ^{***} | (1.99) |
| Female | 3,718 | 115.7 | (1.74) | 719 | 113.8 | (4.35) | 872 | 111.7 | (3.36) | 1,958 | 117.0 | (2.07) |
| Older adults, 60+ years old | 3,123 | 110.4 | (1.68) | 315 | 100.2 | (4.54) | 647 | 104.3 | (4.31) | 2,021 | 112.5 [*] | (2.01) |
| Male | 1,548 | 109.9 | (2.31) | 143 | 89.3 | (5.10) | 313 | 101.5 | (7.47) | 1,032 | 112.8 ^{***} | (2.83) |
| Female | 1,575 | 111.1 | (2.47) | 172 | 108.8 | (6.88) | 334 | 106.5 | (5.03) | 989 | 112.6 | (2.91) |

See notes at end of table.

Table B-32. Linoleic Acid (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|--------|---------|---------|---------|---------|--------|--------|-------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 9.1 | 10.4 | 11.4 | 12.9 | 16.1 | 19.8 | 22.1 | 23.8 | 26.4 | 7.1 | 8.1 | 8.8 | 10.0 | 12.5 | 15.3 | 17.0 | 18.3 | 20.2 |
| Children, 1–18 years old | 8.1 | 9.0 | 9.6 | 10.6 | 12.8 | 15.3 | 16.7 | 17.8 | 19.5 | 6.8 | 7.7 | 8.3 | 9.3 | 11.4 | 13.8 | 15.3 | 16.3 | 18.0 |
| Adults, 19–59 years old | 10.0 | 11.5 | 12.5 | 14.3 | 17.9 | 22.3 | 24.9 | 26.8 | 29.8 | 7.5 | 8.6 | 9.4 | 10.6 | 13.2 | 16.1 | 17.9 | 19.2 | 21.2 |
| Older adults, 60+ years old | 7.9 | 9.2 | 10.1 | 11.6 | 14.8 | 18.5 | 20.8 | 22.4 | 25.1 | 6.1 | 7.2 | 7.9 | 9.1 | 11.7 | 14.8 | 16.6 | 18.0 | 20.2 |
| SNAP participants | 7.9 | 9.0 | 9.8 | 11.1 | 14.0 | 17.3 | 19.3 | 20.8 | 23.2 | 6.3 | 7.3 | 8.1 | 9.4 | 12.3 | 15.6 | 17.7 | 19.2 | 21.6 |
| Children, 1–18 years old | 8.1 | 8.9 | 9.5 | 10.4 | 12.3 | 14.4 | 15.6 | 16.5 | 17.9 | 6.5 | 7.5 | 8.1 | 9.2 | 11.7 | 14.6 | 16.6 | 17.9 | 20.1 |
| Adults, 19–59 years old | 8.3 | 9.6 | 10.5 | 11.9 | 15.2 | 19.2 | 21.6 | 23.5 | 26.4 | 6.4 | 7.5 | 8.4 | 9.8 | 12.8 | 16.3 | 18.5 | 20.1 | 22.6 |
| Older adults, 60+ years old | 6.2 | 7.3 | 8.0 | 9.3 | 12.1 | 15.2 | 17.0 | 18.3 | 20.4 | 5.6 | 6.6 | 7.4 | 8.7 | 11.4 | 14.6 | 16.6 | 18.0 | 20.4 |
| Income-eligible nonparticipants | 7.9 | 9.3 | 10.2 | 11.8 | 15.3 | 19.5* | 22.2* | 24.2 | 27.3 | 6.5 | 7.5 | 8.3 | 9.5 | 12.1 | 15.2 | 17.1 | 18.4 | 20.6 |
| Children, 1–18 years old | 8.5 | 9.4 | 10.1 | 11.2 | 13.5 | 16.2 | 17.9 | 19.2 | 21.1 | 6.9 | 7.8 | 8.5 | 9.5 | 11.8 | 14.4 | 16.1 | 17.2 | 19.0 |
| Adults, 19–59 years old | 7.8 | 9.4 | 10.5 | 12.3 | 16.6 | 21.7 | 25.0 | 27.5 | 31.5 | 6.7 | 7.8 | 8.6 | 9.9 | 12.6 | 15.8 | 17.7 | 19.1 | 21.3 |
| Older adults, 60+ years old | 7.5 | 8.7 | 9.5 | 10.8 | 13.7 | 17.0 | 19.0 | 20.5 | 22.7 | 5.3 | 6.3 | 7.0 | 8.2 | 11.0 | 14.3 | 16.5 | 18.1 | 20.6 |
| Higher-income nonparticipants | 10.0* | 11.2** | 12.1*** | 13.5*** | 16.6*** | 20.1*** | 22.2** | 23.7 | 26.0 | 7.5 | 8.4 | 9.1 | 10.2 | 12.5 | 15.2 | 16.8 | 18.0 | 19.8 |
| Children, 1–18 years old | 8.0 | 8.9 | 9.5 | 10.6 | 12.7 | 15.2 | 16.8 | 17.8 | 19.6 | 7.0 | 7.8 | 8.3 | 9.2 | 11.1 | 13.2 | 14.5 | 15.4 | 16.8 |
| Adults, 19–59 years old | 11.3* | 12.7** | 13.7** | 15.3*** | 18.7*** | 22.5** | 24.9 | 26.5 | 29.1 | 8.0 | 9.0 | 9.7 | 10.9 | 13.3 | 16.2 | 17.9 | 19.1 | 21.0 |
| Older adults, 60+ years old | 8.3 | 9.5 | 10.5 | 12.0 | 15.2** | 18.9*** | 21.2** | 22.8** | 25.4* | 6.5 | 7.5 | 8.2 | 9.4 | 11.9 | 14.8 | 16.6 | 17.9 | 20.0 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Adequate Intake (AI) is the approximate intake of the nutrient that appears to be adequate for all individuals in the population group. Mean intake at or above the AI implies a low prevalence of inadequate intake.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|------|----------------|-------------------|--------|----------------|---------------------------------|----------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 6.3 | (0.03) | 3,407 | 6.0 | (0.07) | 3,946 | 6.2 * | (0.07) | 9,149 | 6.4 *** | (0.04) |
| Male | 8,725 | 6.1 | (0.05) | 1,634 | 5.6 | (0.10) | 1,970 | 6.0 ** | (0.11) | 4,775 | 6.2 *** | (0.06) |
| Female | 8,515 | 6.4 | (0.05) | 1,773 | 6.3 | (0.11) | 1,976 | 6.4 | (0.10) | 4,374 | 6.5 | (0.06) |
| Children, 1-18 years old | 6,669 | 5.9 | (0.05) | 1,795 | 5.9 | (0.09) | 1,624 | 6.0 | (0.09) | 2,989 | 5.8 | (0.07) |
| Male | 3,447 | 5.7 | (0.08) | 913 | 5.7 | (0.13) | 854 | 5.8 | (0.12) | 1,562 | 5.7 | (0.10) |
| Female | 3,222 | 6.1 | (0.07) | 882 | 6.1 | (0.13) | 770 | 6.2 | (0.14) | 1,427 | 6.0 | (0.10) |
| Adults, 19-59 years old | 7,448 | 6.4 | (0.05) | 1,297 | 5.9 | (0.11) | 1,675 | 6.2 * | (0.11) | 4,139 | 6.5 *** | (0.06) |
| Male | 3,730 | 6.2 | (0.07) | 578 | 5.5 | (0.14) | 803 | 6.0 * | (0.16) | 2,181 | 6.4 *** | (0.09) |
| Female | 3,718 | 6.5 | (0.06) | 719 | 6.2 | (0.17) | 872 | 6.4 | (0.14) | 1,958 | 6.6 * | (0.08) |
| Older adults, 60+ years old | 3,123 | 6.6 | (0.08) | 315 | 6.5 | (0.17) | 647 | 6.7 | (0.18) | 2,021 | 6.6 | (0.09) |
| Male | 1,548 | 6.6 | (0.10) | 143 | 6.2 | (0.26) | 313 | 6.6 | (0.32) | 1,032 | 6.6 | (0.12) |
| Female | 1,575 | 6.7 | (0.11) | 172 | 6.8 | (0.22) | 334 | 6.9 | (0.21) | 989 | 6.7 | (0.13) |
| Percent of persons with usual intake below the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 13.9 | (1.19) | 3,407 | 20.0 | (2.70) | 3,946 | 16.8 | (2.44) | 9,149 | 12.2 * | (1.37) |
| Male | 8,725 | 16.2 | (1.82) | 1,634 | 30.9 | (3.64) | 1,970 | 17.9 * | (4.27) | 4,775 | 13.5 *** | (1.99) |
| Female | 8,515 | 11.6 | (1.56) | 1,773 | 9.3 u | (4.05) | 1,976 | 15.8 | (2.47) | 4,374 | 11.1 | (1.90) |
| Children, 1-18 years old | 6,669 | 20.3 | (1.99) | 1,795 | 17.7 | (3.50) | 1,624 | 21.0 | (3.13) | 2,989 | 21.8 | (2.76) |
| Male | 3,447 | 23.2 | (2.83) | 913 | 22.0 | (4.73) | 854 | 22.6 | (4.71) | 1,562 | 24.6 | (3.90) |
| Female | 3,222 | 17.2 | (2.81) | 882 | 13.1 u | (5.17) | 770 | 19.2 | (4.09) | 1,427 | 18.8 | (3.91) |
| Adults, 19-59 years old | 7,448 | 11.3 | (1.82) | 1,297 | 21.9 | (4.28) | 1,675 | 16.0 | (3.96) | 4,139 | 8.1 ** | (1.94) |
| Male | 3,730 | 13.8 | (2.81) | 578 | 35.7 | (5.47) | 803 | 17.2 u * | (6.97) | 2,181 | 8.8 *** | (2.79) |
| Female | 3,718 | 8.8 | (2.31) | 719 | 8.2 u | (6.64) | 872 | 14.9 | (3.82) | 1,958 | 7.3 u | (2.70) |
| Older adults, 60+ years old | 3,123 | 13.1 | (1.87) | 315 | 16.9 | (4.30) | 647 | 13.5 | (2.88) | 2,021 | 12.4 | (2.38) |
| Male | 1,548 | 13.7 | (2.59) | 143 | 28.2 | (8.11) | 313 | 13.2 u | (4.93) | 1,032 | 12.4 | (3.62) |
| Female | 1,575 | 12.6 | (2.66) | 172 | 7.6 u | (4.13) | 334 | 13.8 | (3.36) | 989 | 12.4 | (3.17) |

See notes at end of table.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|--------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Percent of persons with usual intake above the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 0.9 | (0.18) | 3,407 | 0.7 u | (0.30) | 3,946 | 1.2 u | (0.46) | 9,149 | 1.1 | (0.25) |
| Male | 8,725 | 0.6 u | (0.25) | 1,634 | 0.7 u | (0.36) | 1,970 | 0.9 u | (0.57) | 4,775 | 0.7 u | (0.34) |
| Female | 8,515 | 1.1 | (0.26) | 1,773 | 0.6 u | (0.45) | 1,976 | 1.6 u | (0.70) | 4,374 | 1.4 | (0.35) |
| Children, 1-18 years old | 6,669 | 0.1 u | (0.12) | 1,795 | 0.0 u | (0.14) | 1,624 | 0.6 u | (0.66) | 2,989 | 0.1 u | (0.15) |
| Male | 3,447 | 0.0 u | (0.05) | 913 | 0.0 u | (0.09) | 854 | 0.0 u | (0.35) | 1,562 | 0.1 u | (0.17) |
| Female | 3,222 | 0.2 u | (0.23) | 882 | 0.0 u | (0.26) | 770 | 1.2 u | (1.31) | 1,427 | 0.2 u | (0.25) |
| Adults, 19-59 years old | 7,448 | 0.8 u | (0.25) | 1,297 | 0.5 u | (0.35) | 1,675 | 0.4 u | (0.44) | 4,139 | 1.1 u | (0.37) |
| Male | 3,730 | 0.6 u | (0.34) | 578 | 0.2 u | (0.23) | 803 | 0.2 u | (0.36) | 2,181 | 0.7 u | (0.52) |
| Female | 3,718 | 1.0 u | (0.35) | 719 | 0.7 u | (0.64) | 872 | 0.6 u | (0.79) | 1,958 | 1.5 u | (0.52) |
| Older adults, 60+ years old | 3,123 | 2.3 | (0.60) | 315 | 2.2 u | (1.18) | 647 | 4.6 u | (1.87) | 2,021 | 2.1 u | (0.66) |
| Male | 1,548 | 1.7 u | (0.87) | 143 | 3.6 u | (1.95) | 313 | 4.2 u | (3.06) | 1,032 | 1.6 u | (0.89) |
| Female | 1,575 | 2.7 u | (0.84) | 172 | 1.0 u | (1.39) | 334 | 5.1 u | (2.35) | 989 | 2.5 u | (0.97) |
| Percent of persons with usual intake within the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 85.3 | (1.26) | 3,407 | 79.4 | (2.78) | 3,946 | 82.0 | (2.54) | 9,149 | 86.7 * | (1.47) |
| Male | 8,725 | 83.2 | (1.90) | 1,634 | 68.3 | (3.72) | 1,970 | 81.3 * | (4.29) | 4,775 | 85.9 *** | (2.11) |
| Female | 8,515 | 87.3 | (1.68) | 1,773 | 90.1 | (4.18) | 1,976 | 82.7 | (2.80) | 4,374 | 87.6 | (2.06) |
| Children, 1-18 years old | 6,669 | 79.6 | (2.04) | 1,795 | 82.3 | (3.57) | 1,624 | 78.4 | (3.33) | 2,989 | 78.1 | (2.81) |
| Male | 3,447 | 76.8 | (2.84) | 913 | 78.0 | (4.75) | 854 | 77.4 | (4.80) | 1,562 | 75.3 | (3.93) |
| Female | 3,222 | 82.6 | (2.93) | 882 | 86.9 | (5.36) | 770 | 79.6 | (4.61) | 1,427 | 81.1 | (4.01) |
| Adults, 19-59 years old | 7,448 | 87.9 | (1.90) | 1,297 | 77.6 | (4.36) | 1,675 | 83.6 | (4.09) | 4,139 | 90.8 ** | (2.09) |
| Male | 3,730 | 85.6 | (2.90) | 578 | 64.1 | (5.49) | 803 | 82.6 * | (7.02) | 2,181 | 90.5 *** | (2.98) |
| Female | 3,718 | 90.2 | (2.47) | 719 | 91.1 | (6.81) | 872 | 84.5 | (4.24) | 1,958 | 91.2 | (2.94) |
| Older adults, 60+ years old | 3,123 | 84.6 | (2.21) | 315 | 80.9 | (4.92) | 647 | 81.9 | (3.37) | 2,021 | 85.5 | (2.76) |
| Male | 1,548 | 84.6 | (3.17) | 143 | 68.2 | (9.14) | 313 | 82.6 | (4.76) | 1,032 | 86.0 | (4.19) |
| Female | 1,575 | 84.7 | (3.06) | 172 | 91.4 | (4.90) | 334 | 81.2 | (4.73) | 989 | 85.2 | (3.69) |

See notes at end of table.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|-------|--------|--------|--------|-------|------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 4.4 | 4.7 | 5.0 | 5.3 | 6.1 | 6.9 | 7.3 | 7.7 | 8.2 | 4.6 | 5.0 | 5.2 | 5.6 | 6.4 | 7.2 | 7.7 | 8.0 | 8.6 |
| Children, 1–18 years old | 4.3 | 4.5 | 4.7 | 5.0 | 5.7 | 6.3 | 6.7 | 7.0 | 7.4 | 4.4 | 4.8 | 5.0 | 5.3 | 6.0 | 6.7 | 7.1 | 7.4 | 7.9 |
| Adults, 19–59 years old | 4.5 | 4.8 | 5.0 | 5.4 | 6.2 | 6.9 | 7.4 | 7.7 | 8.2 | 4.7 | 5.1 | 5.3 | 5.7 | 6.5 | 7.3 | 7.7 | 8.1 | 8.6 |
| Older adults, 60+ years old | 4.4 | 4.8 | 5.1 | 5.5 | 6.4 | 7.5 | 8.1 | 8.5 | 9.1 | 4.4 | 4.8 | 5.1 | 5.6 | 6.6 | 7.7 | 8.3 | 8.7 | 9.4 |
| SNAP participants | 3.8 | 4.2 | 4.4 | 4.8 | 5.6 | 6.4 | 6.9 | 7.2 | 7.8 | 4.8 | 5.1 | 5.3 | 5.6 | 6.3 | 6.9 | 7.3 | 7.6 | 8.0 |
| Children, 1–18 years old | 4.5 | 4.7 | 4.9 | 5.1 | 5.6 | 6.2 | 6.5 | 6.7 | 7.0 | 4.7 | 5.0 | 5.2 | 5.5 | 6.1 | 6.7 | 7.1 | 7.3 | 7.7 |
| Adults, 19–59 years old | 3.7 | 4.0 | 4.3 | 4.6 | 5.4 | 6.2 | 6.7 | 7.0 | 7.5 | 4.8 | 5.0 | 5.2 | 5.6 | 6.2 | 6.8 | 7.2 | 7.5 | 7.8 |
| Older adults, 60+ years old | 3.5 | 3.9 | 4.3 | 4.8 | 6.0 | 7.3 | 8.1 | 8.7 | 9.6 | 4.8 | 5.2 | 5.5 | 5.9 | 6.7 | 7.6 | 8.1 | 8.4 | 8.9 |
| Income-eligible nonparticipants | 4.4 | 4.7 | 4.9 | 5.3 | 6.0* | 6.7 | 7.2 | 7.5 | 7.9 | 4.4 | 4.8 | 5.1 | 5.5 | 6.3 | 7.2 | 7.8 | 8.2 | 8.7 |
| Children, 1–18 years old | 4.4 | 4.7 | 4.9 | 5.2 | 5.7 | 6.4 | 6.7 | 7.0 | 7.4 | 4.4 | 4.7 | 5.0 | 5.3 | 6.1 | 6.9 | 7.4 | 7.7 | 8.3 |
| Adults, 19–59 years old | 4.4 | 4.7 | 4.9 | 5.3 | 5.9 | 6.6 | 7.0 | 7.3 | 7.8 | 4.5 | 4.9 | 5.1 | 5.5 | 6.3 | 7.2 | 7.6 | 8.0 | 8.5 |
| Older adults, 60+ years old | 4.3 | 4.8 | 5.0 | 5.5 | 6.5 | 7.5 | 8.2 | 8.6 | 9.3 | 4.2 | 4.7 | 5.1 | 5.6 | 6.7 | 7.9 | 8.7 | 9.2 | 10.0 |
| Higher-income nonparticipants | 4.5* | 4.9** | 5.1** | 5.5*** | 6.2*** | 6.9** | 7.4 | 7.7 | 8.2 | 4.6 | 5.0 | 5.2 | 5.6 | 6.4 | 7.2 | 7.7 | 8.1 | 8.6 |
| Children, 1–18 years old | 4.2 | 4.5 | 4.7 | 5.0 | 5.6 | 6.3 | 6.7 | 7.0 | 7.5 | 4.4 | 4.7 | 4.9 | 5.2 | 5.9 | 6.6 | 7.0 | 7.3 | 7.8 |
| Adults, 19–59 years old | 4.7* | 5.1** | 5.3*** | 5.6*** | 6.3*** | 7.1** | 7.5 | 7.8 | 8.2 | 4.8 | 5.2 | 5.4 | 5.8 | 6.5 | 7.4 | 7.8 | 8.2 | 8.7 |
| Older adults, 60+ years old | 4.4 | 4.9 | 5.1 | 5.6 | 6.5 | 7.5 | 8.0 | 8.4 | 9.0 | 4.4 | 4.9 | 5.2 | 5.6 | 6.6 | 7.6 | 8.2 | 8.7 | 9.3 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Acceptable Macronutrient Distribution Ranges (AMDR) are the ranges of intake for macronutrients, as a percent of total calories, associated with reduced risk of chronic disease while providing intakes of essential nutrients.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-34. Linolenic Acid (g): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|---------|----------------|-------------------------------|-----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 1.4 | (0.01) | 3,407 | 1.3 | (0.03) | 3,946 | 1.4 * | (0.03) | 9,149 | 1.5 *** | (0.02) |
| Male | 8,725 | 1.6 | (0.02) | 1,634 | 1.4 | (0.04) | 1,970 | 1.5 * | (0.04) | 4,775 | 1.6 *** | (0.02) |
| Female | 8,515 | 1.3 | (0.02) | 1,773 | 1.2 | (0.03) | 1,976 | 1.2 | (0.03) | 4,374 | 1.3 * | (0.02) |
| Children, 1-18 years old | 6,669 | 1.1 | (0.01) | 1,795 | 1.1 | (0.03) | 1,624 | 1.2 ** | (0.03) | 2,989 | 1.1 | (0.02) |
| Male | 3,447 | 1.2 | (0.02) | 913 | 1.1 | (0.04) | 854 | 1.3 * | (0.06) | 1,562 | 1.2 | (0.03) |
| Female | 3,222 | 1.1 | (0.02) | 882 | 1.1 | (0.04) | 770 | 1.1 | (0.04) | 1,427 | 1.0 | (0.03) |
| Adults, 19-59 years old | 7,448 | 1.6 | (0.02) | 1,297 | 1.4 | (0.04) | 1,675 | 1.5 | (0.04) | 4,139 | 1.6 *** | (0.02) |
| Male | 3,730 | 1.8 | (0.03) | 578 | 1.5 | (0.06) | 803 | 1.7 | (0.07) | 2,181 | 1.9 *** | (0.04) |
| Female | 3,718 | 1.3 | (0.02) | 719 | 1.3 | (0.05) | 872 | 1.3 | (0.05) | 1,958 | 1.4 * | (0.03) |
| Older adults, 60+ years old | 3,123 | 1.4 | (0.03) | 315 | 1.3 | (0.06) | 647 | 1.3 | (0.06) | 2,021 | 1.5 * | (0.03) |
| Male | 1,548 | 1.6 | (0.04) | 143 | 1.4 | (0.10) | 313 | 1.5 | (0.11) | 1,032 | 1.6 * | (0.04) |
| Female | 1,575 | 1.3 | (0.04) | 172 | 1.2 | (0.08) | 334 | 1.2 | (0.06) | 989 | 1.3 | (0.04) |
| Mean usual intake as a percent of adequate intake (AI)¹ | | | | | | | | | | | | |
| All ages | 17,240 | 114.3 | (0.90) | 3,407 | 105.0 | (1.92) | 3,946 | 111.0 * | (1.95) | 9,149 | 116.2 *** | (1.17) |
| Male | 8,725 | 108.6 | (1.18) | 1,634 | 96.2 | (2.37) | 1,970 | 104.4 * | (2.82) | 4,775 | 111.2 *** | (1.50) |
| Female | 8,515 | 119.8 | (1.34) | 1,773 | 113.4 | (2.96) | 1,976 | 117.3 | (2.69) | 4,374 | 121.0 * | (1.79) |
| Children, 1-18 years old | 6,669 | 109.6 | (1.21) | 1,795 | 107.5 | (2.26) | 1,624 | 115.3 * | (2.79) | 2,989 | 108.1 | (1.75) |
| Male | 3,447 | 106.0 | (1.74) | 913 | 101.9 | (2.68) | 854 | 110.5 | (4.06) | 1,562 | 106.0 | (2.36) |
| Female | 3,222 | 113.4 | (1.67) | 882 | 113.3 | (3.67) | 770 | 120.4 | (3.81) | 1,427 | 110.4 | (2.58) |
| Adults, 19-59 years old | 7,448 | 117.8 | (1.33) | 1,297 | 105.7 | (2.80) | 1,675 | 111.6 | (2.88) | 4,139 | 121.2 *** | (1.74) |
| Male | 3,730 | 113.0 | (1.77) | 578 | 96.7 | (3.49) | 803 | 105.6 | (4.05) | 2,181 | 116.9 *** | (2.27) |
| Female | 3,718 | 122.6 | (1.97) | 719 | 114.6 | (4.36) | 872 | 117.3 | (4.06) | 1,958 | 125.5 * | (2.64) |
| Older adults, 60+ years old | 3,123 | 109.9 | (2.06) | 315 | 99.5 | (4.92) | 647 | 103.4 | (4.35) | 2,021 | 111.6 * | (2.49) |
| Male | 1,548 | 97.9 | (2.35) | 143 | 86.1 | (6.28) | 313 | 90.7 | (7.07) | 1,032 | 99.7 * | (2.60) |
| Female | 1,575 | 119.6 | (3.26) | 172 | 109.8 | (7.22) | 334 | 113.2 | (5.47) | 989 | 121.4 | (4.02) |

See notes at end of table.

Table B-34. Linolenic Acid (g): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|------------------------------|------------------|-------------------|--------------------|--------------------|--------------------|-------------------|------------------|------------------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| | Distribution of usual intake | | | | | | | | | | | | | | | | | |
| All persons | 0.9 | 1.0 | 1.1 | 1.2 | 1.5 | 1.9 | 2.1 | 2.3 | 2.6 | 0.7 | 0.8 | 0.9 | 1.0 | 1.2 | 1.5 | 1.7 | 1.8 | 2.0 |
| Children, 1–18 years old | 0.7 | 0.8 | 0.8 | 0.9 | 1.2 | 1.4 | 1.5 | 1.6 | 1.8 | 0.6 | 0.7 | 0.8 | 0.8 | 1.0 | 1.3 | 1.4 | 1.5 | 1.7 |
| Adults, 19–59 years old | 0.9 | 1.1 | 1.2 | 1.4 | 1.7 | 2.2 | 2.4 | 2.6 | 3.0 | 0.8 | 0.9 | 0.9 | 1.1 | 1.3 | 1.6 | 1.8 | 1.9 | 2.1 |
| Older adults, 60+ years old | 0.9 | 1.0 | 1.1 | 1.2 | 1.5 | 1.9 | 2.1 | 2.2 | 2.5 | 0.7 | 0.8 | 0.8 | 1.0 | 1.2 | 1.6 | 1.8 | 2.0 | 2.2 |
| SNAP participants | 0.8 | 0.9 | 1.0 | 1.1 | 1.4 | 1.7 | 1.9 | 2.0 | 2.2 | 0.6 | 0.7 | 0.8 | 0.9 | 1.2 | 1.4 | 1.6 | 1.8 | 2.0 |
| Children, 1–18 years old | 0.8 | 0.9 | 0.9 | 1.0 | 1.1 | 1.2 | 1.3 | 1.4 | 1.5 | 0.6 | 0.7 | 0.7 | 0.8 | 1.0 | 1.2 | 1.4 | 1.5 | 1.7 |
| Adults, 19–59 years old | 0.8 | 0.9 | 1.0 | 1.1 | 1.5 | 1.9 | 2.1 | 2.3 | 2.6 | 0.6 | 0.7 | 0.8 | 0.9 | 1.2 | 1.5 | 1.7 | 1.9 | 2.1 |
| Older adults, 60+ years old | 0.7 ^u | 0.8 | 0.9 | 1.0 | 1.3 | 1.6 | 1.8 | 2.0 | 2.2 | 0.6 | 0.7 | 0.8 | 0.9 | 1.2 | 1.4 | 1.6 | 1.8 | 2.0 |
| Income-eligible nonparticipants | 0.8 | 0.9 | 1.0 | 1.1 | 1.5 | 1.9 | 2.1 | 2.3 | 2.6 | 0.7 | 0.8 | 0.8 | 0.9 | 1.2 | 1.5 | 1.7 | 1.8 | 2.0 |
| Children, 1–18 years old | 0.8 | 0.9 | 0.9 | 1.0 | 1.2 | 1.5 | 1.6 | 1.7 | 1.9 | 0.7 | 0.8 | 0.8 | 0.9 | 1.1 | 1.3 | 1.5 | 1.6 | 1.7 |
| Adults, 19–59 years old | 0.8 | 0.9 | 1.0 | 1.2 | 1.6 | 2.1 | 2.4 | 2.6 | 3.0 | 0.7 | 0.8 | 0.9 | 1.0 | 1.2 | 1.5 | 1.7 | 1.9 | 2.1 |
| Older adults, 60+ years old | 0.8 | 0.9 | 1.0 | 1.1 | 1.4 | 1.7 | 2.0 | 2.1 | 2.3 | 0.6 | 0.7 | 0.8 | 0.9 | 1.2 | 1.5 | 1.7 | 1.9 | 2.2 |
| Higher-income nonparticipants | 0.9 | 1.1 | 1.1 [*] | 1.3 ^{**} | 1.6 ^{***} | 1.9 ^{***} | 2.2 ^{**} | 2.3 [*] | 2.6 | 0.8 | 0.8 | 0.9 | 1.0 | 1.2 | 1.5 | 1.7 | 1.8 | 2.0 |
| Children, 1–18 years old | 0.7 | 0.8 | 0.8 | 0.9 | 1.1 | 1.4 | 1.6 | 1.7 | 1.9 [*] | 0.6 | 0.7 | 0.7 | 0.8 | 1.0 | 1.2 | 1.4 | 1.5 | 1.6 |
| Adults, 19–59 years old | 1.0 | 1.2 [*] | 1.3 ^{**} | 1.4 ^{***} | 1.8 ^{***} | 2.2 ^{**} | 2.5 | 2.7 | 2.9 | 0.8 | 0.9 | 1.0 | 1.1 | 1.3 | 1.6 | 1.8 | 1.9 | 2.1 |
| Older adults, 60+ years old | 0.9 | 1.0 | 1.1 | 1.2 | 1.5 | 1.9 | 2.1 | 2.2 | 2.5 | 0.7 | 0.8 | 0.9 | 1.0 | 1.3 | 1.6 | 1.8 | 2.0 | 2.2 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by ^{*} (.05 level), ^{**} (.01 level), or ^{***} (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Adequate Intake (AI) is the approximate intake of the nutrient that appears to be adequate for all individuals in the population group. Mean intake at or above the AI implies a low prevalence of inadequate intake.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|--|-------------|------|----------------|-------------------|--------|----------------|---------------------------------|--------------------|----------------|-------------------------------|---------------------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 17,240 | 0.6 | (0.00) | 3,407 | 0.6 | (0.01) | 3,946 | 0.6 ^{***} | (0.01) | 9,149 | 0.6 ^{***} | (0.01) |
| Male | 8,725 | 0.6 | (0.01) | 1,634 | 0.6 | (0.01) | 1,970 | 0.6 [*] | (0.01) | 4,775 | 0.6 ^{***} | (0.01) |
| Female | 8,515 | 0.6 | (0.01) | 1,773 | 0.6 | (0.01) | 1,976 | 0.6 ^{**} | (0.01) | 4,374 | 0.7 ^{***} | (0.01) |
| Children, 1-18 years old | 6,669 | 0.5 | (0.01) | 1,795 | 0.5 | (0.01) | 1,624 | 0.6 ^{**} | (0.01) | 2,989 | 0.5 | (0.01) |
| Male | 3,447 | 0.5 | (0.01) | 913 | 0.5 | (0.01) | 854 | 0.5 | (0.01) | 1,562 | 0.5 | (0.01) |
| Female | 3,222 | 0.6 | (0.01) | 882 | 0.5 | (0.01) | 770 | 0.6 ^{**} | (0.01) | 1,427 | 0.6 | (0.01) |
| Adults, 19-59 years old | 7,448 | 0.6 | (0.01) | 1,297 | 0.6 | (0.01) | 1,675 | 0.6 ^{**} | (0.01) | 4,139 | 0.6 ^{***} | (0.01) |
| Male | 3,730 | 0.6 | (0.01) | 578 | 0.5 | (0.02) | 803 | 0.6 [*] | (0.02) | 2,181 | 0.6 ^{***} | (0.01) |
| Female | 3,718 | 0.7 | (0.01) | 719 | 0.6 | (0.02) | 872 | 0.6 | (0.02) | 1,958 | 0.7 ^{***} | (0.01) |
| Older adults, 60+ years old | 3,123 | 0.7 | (0.01) | 315 | 0.7 | (0.03) | 647 | 0.7 | (0.02) | 2,021 | 0.7 | (0.01) |
| Male | 1,548 | 0.7 | (0.01) | 143 | 0.7 | (0.05) | 313 | 0.7 | (0.04) | 1,032 | 0.7 | (0.01) |
| Female | 1,575 | 0.7 | (0.02) | 172 | 0.7 | (0.03) | 334 | 0.7 | (0.03) | 989 | 0.7 | (0.02) |
| Percent of persons with usual intake below the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 49.2 | (1.37) | 3,407 | 65.4 | (4.56) | 3,946 | 52.7 [*] | (3.93) | 9,149 | 45.7 ^{***} | (1.96) |
| Male | 8,725 | 55.7 | (1.84) | 1,634 | 74.3 | (4.97) | 1,970 | 60.2 [*] | (4.75) | 4,775 | 52.4 ^{***} | (2.49) |
| Female | 8,515 | 43.4 | (2.03) | 1,773 | 57.9 | (7.64) | 1,976 | 46.1 | (6.38) | 4,374 | 39.6 [*] | (3.03) |
| Children, 1-18 years old | 6,669 | 75.9 | (2.47) | 1,795 | 93.4 | (6.89) | 1,624 | 73.1 [*] | (5.88) | 2,989 | 74.3 ^{**} | (2.72) |
| Male | 3,447 | 81.5 | (3.40) | 913 | 93.7 | (4.38) | 854 | 81.2 | (7.38) | 1,562 | 79.2 [*] | (4.07) |
| Female | 3,222 | 69.9 | (3.59) | 882 | 93.0 | (13.39) | 770 | 64.5 | (9.24) | 1,427 | 69.1 | (3.57) |
| Adults, 19-59 years old | 7,448 | 44.5 | (1.99) | 1,297 | 66.8 | (6.56) | 1,675 | 51.3 | (6.15) | 4,139 | 39.3 ^{***} | (3.03) |
| Male | 3,730 | 51.4 | (2.55) | 578 | 76.8 | (6.10) | 803 | 58.3 [*] | (7.08) | 2,181 | 47.2 ^{***} | (3.48) |
| Female | 3,718 | 37.7 | (3.04) | 719 | 56.9 | (11.53) | 872 | 44.5 | (10.20) | 1,958 | 31.5 [*] | (4.94) |
| Older adults, 60+ years old | 3,123 | 28.7 | (2.53) | 315 | 24.4 u | (10.73) | 647 | 30.5 | (5.81) | 2,021 | 27.4 | (3.52) |
| Male | 1,548 | 31.6 | (4.06) | 143 | 36.7 u | (19.67) | 313 | 35.0 | (9.20) | 1,032 | 29.6 | (6.23) |
| Female | 1,575 | 26.2 | (3.25) | 172 | 14.9 u | (11.64) | 334 | 26.9 | (7.73) | 989 | 25.5 | (3.98) |

See notes at end of table.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|-------|----------------|-------------------|--------|----------------|---------------------------------|--------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Percent of persons with usual intake above the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 0.3 u | (0.10) | 3,407 | 0.1 u | (0.10) | 3,946 | 0.5 u | (0.28) | 9,149 | 0.3 u | (0.13) |
| Male | 8,725 | 0.1 u | (0.05) | 1,634 | 0.1 u | (0.20) | 1,970 | 0.1 u | (0.13) | 4,775 | 0.1 u | (0.08) |
| Female | 8,515 | 0.4 u | (0.17) | 1,773 | 0.0 u | (0.04) | 1,976 | 0.8 u | (0.49) | 4,374 | 0.4 u | (0.23) |
| Children, 1-18 years old | 6,669 | 0.0 u | (0.02) | 1,795 | 0.0 u | (0.01) | 1,624 | 0.0 | (0.03) | 2,989 | 0.0 u | (0.04) |
| Male | 3,447 | 0.0 u | 0.00 | 913 | 0.0 | 0.00 | 854 | 0.0 | (0.01) | 1,562 | 0.0 u | (0.01) |
| Female | 3,222 | 0.0 u | (0.03) | 882 | 0.0 u | (0.02) | 770 | 0.0 | (0.07) | 1,427 | 0.0 u | (0.09) |
| Adults, 19-59 years old | 7,448 | 0.1 u | (0.09) | 1,297 | 0.1 u | (0.09) | 1,675 | 0.2 u | (0.26) | 4,139 | 0.2 u | (0.13) |
| Male | 3,730 | 0.1 u | (0.07) | 578 | 0.1 u | (0.16) | 803 | 0.0 u | (0.05) | 2,181 | 0.1 u | (0.14) |
| Female | 3,718 | 0.1 u | (0.15) | 719 | 0.0 u | (0.06) | 872 | 0.4 u | (0.50) | 1,958 | 0.3 u | (0.22) |
| Older adults, 60+ years old | 3,123 | 1.1 u | (0.47) | 315 | 0.1 u | (0.47) | 647 | 2.3 u | (1.29) | 2,021 | 0.9 u | (0.59) |
| Male | 1,548 | 0.2 u | (0.19) | 143 | 0.2 u | (1.02) | 313 | 0.7 u | (0.77) | 1,032 | 0.1 u | (0.14) |
| Female | 1,575 | 1.8 u | (0.80) | 172 | 0.0 | (0.16) | 334 | 3.3 u | (2.13) | 989 | 1.5 u | (1.01) |
| Percent of persons with usual intake within the AMDR¹ | | | | | | | | | | | | |
| All ages | 17,240 | 50.5 | (1.38) | 3,407 | 34.6 | (4.56) | 3,946 | 46.8 * | (3.94) | 9,149 | 54.1 *** | (1.98) |
| Male | 8,725 | 44.2 | (1.85) | 1,634 | 25.6 | (4.98) | 1,970 | 39.7 * | (4.76) | 4,775 | 47.6 *** | (2.51) |
| Female | 8,515 | 56.2 | (2.06) | 1,773 | 42.1 | (7.64) | 1,976 | 53.1 | (6.38) | 4,374 | 60.0 * | (3.07) |
| Children, 1-18 years old | 6,669 | 24.1 | (2.47) | 1,795 | 6.6 u | (6.89) | 1,624 | 26.9 * | (5.88) | 2,989 | 25.7 * | (2.71) |
| Male | 3,447 | 18.5 | (3.40) | 913 | 6.3 u | (4.38) | 854 | 18.8 u | (7.38) | 1,562 | 20.8 * | (4.07) |
| Female | 3,222 | 30.1 | (3.59) | 882 | 7.0 u | (13.39) | 770 | 35.5 | (9.24) | 1,427 | 30.9 | (3.55) |
| Adults, 19-59 years old | 7,448 | 55.5 | (2.01) | 1,297 | 33.2 | (6.55) | 1,675 | 48.5 | (6.13) | 4,139 | 60.5 *** | (3.06) |
| Male | 3,730 | 48.5 | (2.57) | 578 | 23.1 | (6.08) | 803 | 41.7 * | (7.08) | 2,181 | 52.7 *** | (3.51) |
| Female | 3,718 | 62.2 | (3.08) | 719 | 43.1 | (11.52) | 872 | 55.1 | (10.15) | 1,958 | 68.2 * | (4.99) |
| Older adults, 60+ years old | 3,123 | 70.3 | (2.61) | 315 | 75.6 | (10.79) | 647 | 67.3 | (6.12) | 2,021 | 71.7 | (3.61) |
| Male | 1,548 | 68.3 | (4.11) | 143 | 63.1 u | (19.82) | 313 | 64.3 | (9.37) | 1,032 | 70.3 | (6.27) |
| Female | 1,575 | 72.0 | (3.37) | 172 | 85.1 | (11.67) | 334 | 69.8 | (8.31) | 989 | 73.0 | (4.19) |

See notes at end of table.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------|------|------|------|---------|--------|------|------|------|---------|------|------|------|---------|--------|--------|-------|-------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| Distribution of usual intake | | | | | | | | | | | | | | | | | | |
| All persons | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.8 | 0.8 | 0.4 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 | 0.9 |
| Children, 1–18 years old | 0.4 | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.6 | 0.6 | 0.7 | 0.4 | 0.4 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 |
| Adults, 19–59 years old | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.8 | 0.8 | 0.5 | 0.5 | 0.5 | 0.6 | 0.6 | 0.7 | 0.8 | 0.8 | 0.9 |
| Older adults, 60+ years old | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 | 0.9 | 0.9 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 | 1.1 |
| SNAP participants | 0.4 | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 | 0.5 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 | 0.8 |
| Children, 1–18 years old | 0.4 | 0.4 | 0.5 | 0.5 | 0.5 | 0.5 | 0.6 | 0.6 | 0.6 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.6 | 0.6 | 0.6 | 0.6 |
| Adults, 19–59 years old | 0.4 | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 | 0.8 |
| Older adults, 60+ years old | 0.5 | 0.5 | 0.5 | 0.6 | 0.6 | 0.7 | 0.8 | 0.8 | 0.9 | 0.6 | 0.6 | 0.6 | 0.6 | 0.7 | 0.7 | 0.8 | 0.8 | 0.8 |
| Income-eligible nonparticipants | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 | 0.8 | 0.4 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 | 0.9 |
| Children, 1–18 years old | 0.4 | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.6 | 0.6 | 0.7 | 0.5 | 0.5 | 0.5 | 0.5 | 0.6 | 0.6 | 0.7 | 0.7 | 0.7 |
| Adults, 19–59 years old | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.7 | 0.7 | 0.8 | 0.4 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 | 0.9 |
| Older adults, 60+ years old | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 0.9 | 1.0 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.9 | 0.9 | 1.0 | 1.1 |
| Higher-income nonparticipants | 0.4 | 0.5 | 0.5 | 0.5 | 0.6 ** | 0.7 ** | 0.7 | 0.8 | 0.8 | 0.5 | 0.5 | 0.5 | 0.6 | 0.6 ** | 0.7 ** | 0.8 ** | 0.8 * | 0.9 * |
| Children, 1–18 years old | 0.4 | 0.4 | 0.4 | 0.4 | 0.5 | 0.6 | 0.6 | 0.7 | 0.7 | 0.4 | 0.4 | 0.4 | 0.5 | 0.5 | 0.6 | 0.7 * | 0.7 * | 0.8 * |
| Adults, 19–59 years old | 0.4 | 0.5 | 0.5 | 0.5 | 0.6 *** | 0.7 ** | 0.8 | 0.8 | 0.9 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 *** | 0.7 * | 0.8 | 0.8 | 0.9 |
| Older adults, 60+ years old | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 | 0.8 | 0.9 | 0.5 | 0.5 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 | 1.1 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Acceptable Macronutrient Distribution Ranges (AMDR) are the ranges of intake for macronutrients, as a percent of total calories, associated with reduced risk of chronic disease while providing intakes of essential nutrients.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table B-36. Cholesterol (mg): Usual Nutrient Intakes from Foods and Beverages

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|---|-------------|------|----------------|-------------------|------|----------------|---------------------------------|----------|----------------|-------------------------------|--------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean usual intake | | | | | | | | | | | | |
| All ages | 16,689 | 267 | (2.3) | 3,227 | 265 | (5.5) | 3,804 | 274 | (5.0) | 8,937 | 264 | (2.9) |
| Male | 8,445 | 318 | (3.8) | 1,538 | 304 | (9.3) | 1,899 | 326 | (8.8) | 4,671 | 317 | (4.6) |
| Female | 8,244 | 218 | (2.8) | 1,689 | 228 | (6.0) | 1,905 | 224 | (4.8) | 4,266 | 213 * | (3.7) |
| Children, 2-18 years old | 6,118 | 211 | (3.0) | 1,615 | 208 | (5.3) | 1,482 | 234 ** | (6.5) | 2,777 | 203 | (4.2) |
| Male | 3,167 | 230 | (4.9) | 817 | 218 | (7.1) | 783 | 251 ** | (9.7) | 1,458 | 225 | (6.8) |
| Female | 2,951 | 192 | (3.3) | 798 | 198 | (7.9) | 699 | 216 | (8.7) | 1,319 | 180 * | (4.9) |
| Adults, 19-59 years old | 7,448 | 295 | (3.6) | 1,297 | 292 | (8.3) | 1,675 | 303 | (7.8) | 4,139 | 293 | (4.5) |
| Male | 3,730 | 361 | (5.8) | 578 | 352 | (15.1) | 803 | 370 | (14.0) | 2,181 | 360 | (6.9) |
| Female | 3,718 | 230 | (4.3) | 719 | 233 | (6.9) | 872 | 238 | (7.1) | 1,958 | 227 | (5.8) |
| Older adults, 60+ years old | 3,123 | 254 | (4.5) | 315 | 258 | (13.5) | 647 | 238 | (8.4) | 2,021 | 257 | (5.1) |
| Male | 1,548 | 304 | (7.5) | 143 | 271 | (16.2) | 313 | 289 | (15.7) | 1,032 | 309 * | (8.7) |
| Female | 1,575 | 214 | (5.3) | 172 | 248 | (20.5) | 334 | 197 * | (8.5) | 989 | 214 | (6.0) |
| Percent of persons meeting dietary guidelines recommendation¹ | | | | | | | | | | | | |
| All ages | 16,689 | 68.0 | (0.91) | 3,227 | 69.3 | (2.45) | 3,804 | 63.0 * | (2.02) | 8,937 | 69.0 | (1.15) |
| Male | 8,445 | 49.9 | (1.37) | 1,538 | 56.3 | (4.15) | 1,899 | 44.9 * | (3.63) | 4,671 | 49.2 | (1.64) |
| Female | 8,244 | 85.5 | (1.19) | 1,689 | 81.8 | (2.66) | 1,905 | 80.5 | (1.87) | 4,266 | 88.2 * | (1.60) |
| Children, 2-18 years old | 6,118 | 87.0 | (1.36) | 1,615 | 89.2 | (2.30) | 1,482 | 73.7 *** | (3.97) | 2,777 | 88.8 | (1.52) |
| Male | 3,167 | 79.4 | (2.28) | 817 | 87.2 | (3.59) | 783 | 61.0 *** | (7.06) | 1,458 | 80.0 | (2.74) |
| Female | 2,951 | 94.9 | (1.45) | 798 | 91.2 | (2.82) | 699 | 87.1 | (3.35) | 1,319 | 97.9 * | (1.23) |
| Adults, 19-59 years old | 7,448 | 58.4 | (1.39) | 1,297 | 60.1 | (3.82) | 1,675 | 54.1 | (2.94) | 4,139 | 59.7 | (1.82) |
| Male | 3,730 | 35.2 | (2.03) | 578 | 40.0 | (6.90) | 803 | 33.4 | (5.23) | 2,181 | 34.3 | (2.45) |
| Female | 3,718 | 81.4 | (1.91) | 719 | 80.0 | (3.30) | 872 | 74.6 | (2.72) | 1,958 | 84.8 | (2.69) |
| Older adults, 60+ years old | 3,123 | 72.2 | (1.55) | 315 | 71.1 | (5.28) | 647 | 76.1 | (3.19) | 2,021 | 71.6 | (1.80) |
| Male | 1,548 | 55.1 | (2.43) | 143 | 64.9 | (4.57) | 313 | 59.5 | (5.54) | 1,032 | 53.5 * | (2.81) |
| Female | 1,575 | 85.9 | (2.00) | 172 | 76.0 | (8.78) | 334 | 89.4 | (3.66) | 989 | 86.1 | (2.33) |

See notes at end of table.

Table B-36. Cholesterol (mg): Usual Nutrient Intakes from Foods and Beverages—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|--|-------------|------|------|------------------|------------------|------|------|------|------|------------------|------|------|------|------|------|------------------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| Distribution of usual intake | | | | | | | | | | | | | | | | | | |
| All persons | 159 | 185 | 204 | 235 | 303 | 384 | 433 | 470 | 528 | 111 | 129 | 142 | 162 | 208 | 262 | 296 | 320 | 359 |
| Children, 2–18 years old | 127 | 144 | 156 | 176 | 221 | 273 | 305 | 329 | 366 | 112 | 126 | 136 | 151 | 185 | 225 | 249 | 267 | 295 |
| Adults, 19–59 years old | 182 | 212 | 234 | 269 | 345 | 435 | 490 | 531 | 595 | 113 | 133 | 147 | 169 | 219 | 278 | 315 | 342 | 384 |
| Older adults, 60+ years old | 129 | 157 | 177 | 210 | 285 | 376 | 434 | 475 | 544 | 103 | 121 | 134 | 156 | 203 | 260 | 296 | 321 | 363 |
| SNAP participants | 138 | 164 | 183 | 213 | 285 | 373 | 428 | 469 | 535 | 112 | 131 | 145 | 168 | 218 | 276 | 313 | 339 | 380 |
| Children, 2–18 years old | 117 | 134 | 147 | 166 | 210 | 260 | 291 | 313 | 349 | 102 | 118 | 128 | 146 | 187 | 237 | 271 | 295 | 332 |
| Adults, 19–59 years old | 162 | 191 | 213 | 248 | 330 | 430 | 493 | 542 | 617 | 117 | 137 | 152 | 174 | 224 | 282 | 317 | 342 | 381 |
| Older adults, 60+ years old | 90 | 115 | 134 | 166 | 246 | 347 | 411 | 458 | 537 | 110 ^u | 132 | 148 | 175 | 235 | 304 | 349 | 381 | 433 |
| Income-eligible nonparticipants | 169 | 195 | 213 | 243 | 310 | 390 | 441 | 479 | 538 | 98 | 118 | 132 | 156 | 211 | 277 | 319 | 349 | 398 |
| Children, 2–18 years old | 173 | 185 | 194 | 208 [*] | 241 [*] | 282 | 308 | 328 | 361 | 114 | 131 | 144 | 163 | 207 | 259 | 291 | 315 | 352 |
| Adults, 19–59 years old | 181 | 212 | 234 | 271 | 352 | 448 | 508 | 553 | 624 | 94 | 116 | 132 | 159 | 222 | 298 | 346 | 380 | 437 |
| Older adults, 60+ years old | 123 | 149 | 168 | 200 | 272 | 358 | 413 | 454 | 516 | 91 | 108 | 120 | 140 | 186 | 241 | 277 | 303 | 343 |
| Higher-income nonparticipants | 161 | 187 | 206 | 236 | 303 | 382 | 431 | 466 | 523 | 123 | 138 | 149 | 167 | 205 | 251 | 279 | 299 | 332 |
| Children, 2–18 years old | 119 | 136 | 149 | 169 | 215 | 269 | 304 | 328 | 368 | 132 | 140 | 146 | 155 | 175 | 199 | 215 [*] | 226 | 243 |
| Adults, 19–59 years old | 188 | 217 | 238 | 272 | 346 | 432 | 485 | 523 | 584 | 125 | 143 | 155 | 175 | 218 | 270 | 300 | 323 | 359 |
| Older adults, 60+ years old | 135 | 162 | 182 | 216 | 290 | 382 | 439 | 481 | 550 | 105 | 123 | 136 | 157 | 204 | 260 | 294 | 319 | 359 |

Source: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on two dietary recalls per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ The Dietary Guidelines recommend persons 2+ years old consume less than 300 mg of cholesterol.

^u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Appendix C:

**Detailed Tables for Calorie Intakes and Body Mass Index, Empty
Calories, Food Choices, and Healthy Eating Index-2005**

This page left blank intentionally.

Table C-1. Mean Daily Calorie Intakes

| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
|------------------------------------|-------------|-------|----------------|-------------------|-------|----------------|---------------------------------|---------|----------------|-------------------------------|----------|----------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error | Sample size | Mean | Standard error |
| Mean daily calorie intake | | | | | | | | | | | | |
| All ages | 17,240 | 2,077 | (10.04) | 3,407 | 2,038 | (24.14) | 3,946 | 2,034 | (25.52) | 9,149 | 2,089 | (11.85) |
| Male | 8,725 | 2,401 | (16.84) | 1,634 | 2,302 | (39.62) | 1,970 | 2,359 | (43.33) | 4,775 | 2,424 ** | (19.52) |
| Female | 8,515 | 1,764 | (11.19) | 1,773 | 1,783 | (28.05) | 1,976 | 1,720 | (27.66) | 4,374 | 1,766 | (13.66) |
| Children, 1-18 years old | 6,669 | 1,877 | (13.86) | 1,795 | 1,866 | (26.52) | 1,624 | 1,911 | (26.66) | 2,989 | 1,868 | (21.01) |
| Male | 3,447 | 2,023 | (21.48) | 913 | 1,960 | (35.55) | 854 | 2,072 * | (43.85) | 1,562 | 2,027 | (32.50) |
| Female | 3,222 | 1,724 | (17.30) | 882 | 1,767 | (39.52) | 770 | 1,743 | (29.50) | 1,427 | 1,702 | (26.29) |
| Adults, 19-59 years old | 7,448 | 2,250 | (15.90) | 1,297 | 2,232 | (36.30) | 1,675 | 2,205 | (41.92) | 4,139 | 2,264 | (18.00) |
| Male | 3,730 | 2,665 | (26.58) | 578 | 2,590 | (60.47) | 803 | 2,623 | (70.75) | 2,181 | 2,691 | (29.56) |
| Female | 3,718 | 1,838 | (17.57) | 719 | 1,877 | (40.40) | 872 | 1,791 | (45.28) | 1,958 | 1,840 | (20.64) |
| Older adults, 60+ years old | 3,123 | 1,814 | (14.95) | 315 | 1,677 | (57.50) | 647 | 1,676 | (34.88) | 2,021 | 1,851 ** | (16.37) |
| Male | 1,548 | 2,071 | (26.37) | 143 | 1,840 | (98.34) | 313 | 1,897 | (58.47) | 1,032 | 2,117 ** | (28.47) |
| Female | 1,575 | 1,607 | (16.68) | 172 | 1,545 | (67.14) | 334 | 1,498 | (41.84) | 989 | 1,637 | (18.67) |

See notes at end of table.

Table C-1. Mean Daily Calorie Intakes—Continued

| | Percentiles | | | | | | | | | | | | | | | | | |
|---|-------------|---------|---------|--------|-------|------|------|------|------|---------|------|------|------|------|------|------|------|------|
| | Males | | | | | | | | | Females | | | | | | | | |
| | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th | 5th | 10th | 15th | 25th | 50th | 75th | 85th | 90th | 95th |
| Distribution of daily calorie intake | | | | | | | | | | | | | | | | | | |
| All persons | 1509 | 1677 | 1794 | 1978 | 2355 | 2771 | 3015 | 3187 | 3453 | 1129 | 1251 | 1335 | 1466 | 1734 | 2029 | 2200 | 2320 | 2505 |
| Children, 1–18 years old | 1382 | 1505 | 1590 | 1722 | 1995 | 2290 | 2462 | 2583 | 2769 | 1165 | 1274 | 1347 | 1462 | 1699 | 1957 | 2107 | 2212 | 2374 |
| Adults, 19–59 years old | 1621 | 1815 | 1951 | 2165 | 2606 | 3099 | 3389 | 3596 | 3915 | 1160 | 1290 | 1380 | 1520 | 1805 | 2120 | 2304 | 2432 | 2630 |
| Older adults, 60+ years old | 1319 | 1469 | 1570 | 1727 | 2044 | 2383 | 2578 | 2710 | 2921 | 1000 | 1116 | 1197 | 1322 | 1579 | 1860 | 2023 | 2137 | 2314 |
| SNAP participants | 1413 | 1579 | 1694 | 1872 | 2254 | 2672 | 2917 | 3095 | 3362 | 1058 | 1193 | 1287 | 1436 | 1746 | 2085 | 2288 | 2430 | 2646 |
| Children, 1–18 years old | 1279 | 1417 | 1511 | 1652 | 1942 | 2241 | 2410 | 2529 | 2707 | 1154 | 1269 | 1345 | 1467 | 1730 | 2019 | 2199 | 2324 | 2512 |
| Adults, 19–59 years old | 1598 | 1782 | 1909 | 2107 | 2531 | 3001 | 3281 | 3487 | 3794 | 1072 | 1220 | 1326 | 1490 | 1834 | 2214 | 2439 | 2596 | 2836 |
| Older adults, 60+ years old | 984 | 1136 | 1239 | 1408 | 1786 | 2203 | 2447 | 2615 | 2882 | 908 | 1028 | 1115 | 1249 | 1523 | 1806 | 1976 | 2095 | 2278 |
| Income-eligible nonparticipants | 1409 | 1580 | 1698 | 1886 | 2290 | 2750 | 3031 | 3238 | 3556 | 1069 | 1191 | 1276 | 1409 | 1687 | 1989 | 2170 | 2298 | 2492 |
| Children, 1–18 years old | 1432 | 1557 | 1643 | 1773 | 2042 | 2335 | 2509 | 2631 | 2816 | 1160 | 1276 | 1355 | 1473 | 1720 | 1983 | 2138 | 2248 | 2408 |
| Adults, 19–59 years old | 1452 | 1657 | 1798 | 2028 | 2527 | 3106 | 3463 | 3728 | 4142 | 1103 | 1233 | 1323 | 1465 | 1759 | 2077 | 2264 | 2395 | 2599 |
| Older adults, 60+ years old | 1229 | 1354 | 1441 | 1579 | 1863 | 2172 | 2358 | 2492 | 2682 | 869 | 979 | 1057 | 1182 | 1451 | 1753 | 1947 | 2088 | 2294 |
| Higher-income nonparticipants | 1567 | 1729 | 1843 | 2020* | 2383* | 2781 | 3014 | 3174 | 3426 | 1163 | 1278 | 1359 | 1484 | 1739 | 2018 | 2179 | 2292 | 2468 |
| Children, 1–18 years old | 1410 | 1527 | 1607 | 1732 | 1994 | 2283 | 2455 | 2572 | 2761 | 1185 | 1285 | 1354 | 1461 | 1678 | 1916 | 2055 | 2150 | 2300 |
| Adults, 19–59 years old | 1687 | 1875 | 2009 | 2215 | 2641 | 3110 | 3384 | 3574 | 3871 | 1189 | 1313 | 1399 | 1535 | 1810 | 2112 | 2286 | 2409 | 2600 |
| Older adults, 60+ years old | 1394*** | 1537*** | 1637*** | 1791** | 2094* | 2417 | 2600 | 2726 | 2923 | 1066 | 1176 | 1253 | 1372 | 1612 | 1875 | 2027 | 2133 | 2297 |

Source: NHANES 2007-2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods, beverages, and vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

Notes: Estimates are based on a single dietary recall per person. 'All persons' includes persons with missing SNAP participation or income. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in means, proportions, and percentiles are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. In the comparison of percentiles across SNAP participation and eligibility groups, a Bonferroni adjustment was used to adjust levels of significance and control for multiplicity in the number of tests.

¹ Acceptable Macronutrient Distribution Ranges (AMDR) are the ranges of intake for macronutrients, as a percent of total calories, associated with reduced risk of chronic disease while providing intakes of essential nutrients.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

Table C-2. Body Mass Index

| All persons, 2+ years old | | | | | | | | | | | | |
|----------------------------------|--------------------|----------------|-----------------------|--------------------------|----------------|-----------------------|--|----------------|-----------------------|--------------------------------------|----------------|-----------------------|
| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
| | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> |
| Both sexes | 16,470 | - | - | 3,170 | - | - | 3,738 | - | - | 8,849 | - | - |
| Underweight | | 2.1 | (0.14) | | 3.1 | (0.52) | | 2.2 | (0.31) | | 2.0 | (0.25) |
| Healthy weight | | 38.5 | (0.64) | | 31.8 | (1.17) | | 37.1 ** | (1.39) | | 39.4 *** | (0.81) |
| Overweight | | 28.9 | (0.51) | | 25.5 | (1.46) | | 28.5 | (1.05) | | 29.1 * | (0.72) |
| Obese | | 30.5 | (0.65) | | 39.7 | (1.70) | | 32.2 *** | (1.05) | | 29.5 *** | (0.80) |
| Male | 8,339 | | | 1,509 | | | 1,871 | | | 4,626 | | |
| Underweight | | 1.7 | (0.19) | | 3.4 | (0.86) | | 1.8 | (0.40) | | 1.7 | (0.34) |
| Healthy weight | | 35.6 | (0.84) | | 37.4 | (2.19) | | 37.1 | (1.52) | | 34.9 | (1.23) |
| Overweight | | 33.1 | (0.68) | | 28.6 | (1.60) | | 31.0 | (1.48) | | 33.0 * | (0.88) |
| Obese | | 29.6 | (0.85) | | 30.5 | (2.00) | | 30.1 | (1.70) | | 30.5 | (1.11) |
| Female | 8,131 | | | 1,661 | | | 1,867 | | | 4,223 | | |
| Underweight | | 2.4 | (0.19) | | 2.7 | (0.50) | | 2.5 | (0.49) | | 2.4 | (0.35) |
| Healthy weight | | 41.3 | (0.72) | | 27.6 | (1.26) | | 36.9 *** | (1.97) | | 44.1 *** | (0.99) |
| Overweight | | 25.0 | (0.67) | | 23.1 | (1.91) | | 26.4 | (1.53) | | 25.0 | (1.06) |
| Obese | | 31.3 | (0.74) | | 46.6 | (2.49) | | 34.3 *** | (1.48) | | 28.6 *** | (1.09) |

| Children, 2–18 years old | | | | | | | | | | | | |
|---------------------------------|--------------------|----------------|-----------------------|--------------------------|----------------|-----------------------|--|----------------|-----------------------|--------------------------------------|----------------|-----------------------|
| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
| | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> | <i>Sample size</i> | <i>Percent</i> | <i>Standard error</i> |
| Both sexes | 6,006 | - | - | 1,584 | - | - | 1,450 | - | - | 2,735 | - | - |
| Underweight | | 3.1 | (0.23) | | 4.0 | (0.98) | | 2.3 | (0.55) | | 3.2 | (0.40) |
| Healthy weight | | 65.8 | (1.00) | | 57.8 | (1.66) | | 63.0 * | (1.82) | | 68.8 *** | (1.17) |
| Overweight | | 15.0 | (0.63) | | 14.0 | (1.36) | | 14.9 | (1.09) | | 15.0 | (0.97) |
| Obese | | 16.1 | (0.73) | | 24.2 | (2.23) | | 19.8 | (1.39) | | 13.1 *** | (0.92) |
| Male | 3,113 | | | 801 | | | 769 | | | 1,437 | | |
| Underweight | | 3.3 | (0.41) | | 4.4 | (1.32) | | 2.3 | (0.67) | | 3.5 | (0.81) |
| Healthy weight | | 64.0 | (1.14) | | 59.5 | (2.90) | | 62.6 | (2.04) | | 65.6 | (1.51) |
| Overweight | | 15.1 | (0.88) | | 13.6 | (1.79) | | 12.0 | (1.19) | | 15.3 | (1.27) |
| Obese | | 17.5 | (0.81) | | 22.5 | (2.68) | | 23.0 | (1.79) | | 15.6 * | (1.10) |
| Female | 2,893 | | | 783 | | | 681 | | | 1,298 | | |
| Underweight | | 2.9 | (0.30) | | 3.5 | (0.97) | | 2.3 u | (0.85) | | 2.9 | (0.54) |
| Healthy weight | | 67.5 | (1.20) | | 56.5 | (2.47) | | 63.0 | (2.71) | | 72.1 *** | (1.50) |
| Overweight | | 14.9 | (0.73) | | 14.2 | (1.81) | | 17.9 | (1.79) | | 14.6 | (1.63) |
| Obese | | 14.7 | (0.98) | | 25.8 | (3.08) | | 16.8 ** | (1.59) | | 10.5 *** | (1.17) |

See notes at end of table.

Table C-2. Body Mass Index—Continued

| Adults, 19–59 years old | | | | | | | | | | | | |
|------------------------------------|--------------------|---------|----------------|--------------------------|---------|----------------|--|----------|----------------|--------------------------------------|----------|----------------|
| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
| | <i>Sample size</i> | Percent | Standard error | <i>Sample size</i> | Percent | Standard error | <i>Sample size</i> | Percent | Standard error | <i>Sample size</i> | Percent | Standard error |
| Both sexes | 7,393 | - | - | 1,281 | - | - | 1,654 | - | - | 4,122 | - | - |
| Underweight | | 2.0 | (0.25) | | 2.9 | (0.68) | | 2.1 | (0.49) | | 2.1 | (0.38) |
| Healthy weight | | 33.1 | (0.90) | | 25.2 | (1.52) | | 33.3 ** | (2.13) | | 33.9 *** | (1.25) |
| Overweight | | 31.8 | (0.75) | | 28.4 | (2.13) | | 31.2 | (1.72) | | 32.1 | (1.12) |
| Obese | | 33.1 | (0.97) | | 43.6 | (2.41) | | 33.3 *** | (1.49) | | 31.9 *** | (1.22) |
| Male | 3,706 | | | 572 | | | 795 | | | 2,172 | | |
| Underweight | | 2.0 | (0.23) | | 3.2 | (0.69) | | 2.0 | (0.44) | | 2.0 | (0.36) |
| Healthy weight | | 32.3 | (0.87) | | 25.0 | (1.53) | | 32.8 ** | (2.19) | | 32.8 *** | (1.13) |
| Overweight | | 32.2 | (0.74) | | 27.8 | (2.09) | | 31.6 | (1.75) | | 32.7 * | (1.11) |
| Obese | | 33.6 | (0.93) | | 44.0 | (2.51) | | 33.6 *** | (1.55) | | 32.5 *** | (1.16) |
| Female | 3,687 | | | 709 | | | 859 | | | 1,950 | | |
| Underweight | | 2.6 | (0.33) | | 3.1 | (0.66) | | 2.7 | (0.77) | | 2.6 | (0.58) |
| Healthy weight | | 36.3 | (1.07) | | 19.8 | (1.72) | | 34.5 *** | (2.96) | | 39.3 *** | (1.57) |
| Overweight | | 26.4 | (0.92) | | 24.2 | (2.29) | | 27.3 | (2.43) | | 26.8 | (1.30) |
| Obese | | 34.7 | (1.06) | | 52.9 | (3.21) | | 35.5 *** | (2.09) | | 31.3 *** | (1.57) |
| Older adults, 60+ years old | | | | | | | | | | | | |
| | All persons | | | SNAP participants | | | Income-eligible nonparticipants | | | Higher-income nonparticipants | | |
| | <i>Sample size</i> | Percent | Standard error | <i>Sample size</i> | Percent | Standard error | <i>Sample size</i> | Percent | Standard error | <i>Sample size</i> | Percent | Standard error |
| Both sexes | 3,071 | - | - | 305 | - | - | 634 | - | - | 1,992 | - | - |
| Underweight | | 1.1 | (0.15) | | 1.0 u | (0.47) | | 2.7 u | (0.95) | | 0.7 u | (0.24) |
| Healthy weight | | 23.8 | (0.95) | | 18.9 | (3.27) | | 17.3 | (1.86) | | 23.3 | (1.21) |
| Overweight | | 36.3 | (0.95) | | 34.0 | (3.63) | | 35.9 | (1.58) | | 35.4 | (1.26) |
| Obese | | 38.8 | (1.09) | | 46.1 | (3.65) | | 44.0 | (2.13) | | 40.7 | (1.48) |
| Male | 1,520 | | | 136 | | | 307 | | | 1,017 | | |
| Underweight | | 0.8 | (0.16) | | 1.3 u | (0.81) | | 3.7 u | (1.53) | | 0.3 u | (0.19) |
| Healthy weight | | 21.0 | (1.11) | | 23.4 | (5.02) | | 22.5 | (2.51) | | 19.6 | (1.59) |
| Overweight | | 41.2 | (1.31) | | 40.4 | (6.32) | | 38.8 | (3.19) | | 39.5 | (1.24) |
| Obese | | 37.0 | (1.35) | | 34.9 | (5.54) | | 35.0 | (3.45) | | 40.6 | (1.95) |
| Female | 1,551 | | | 169 | | | 327 | | | 975 | | |
| Underweight | | 1.4 | (0.25) | | 0.8 u | (0.52) | | 2.1 u | (1.56) | | 1.1 u | (0.34) |
| Healthy weight | | 26.2 | (1.32) | | 16.9 | (3.16) | | 13.6 | (2.75) | | 26.6 ** | (1.59) |
| Overweight | | 32.1 | (1.39) | | 30.6 | (3.40) | | 33.2 | (2.08) | | 31.4 | (1.92) |
| Obese | | 40.2 | (1.66) | | 51.8 | (3.85) | | 51.2 | (2.78) | | 41.0 * | (2.19) |

Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: 'All Persons' includes respondents with missing SNAP participation or income. For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is \geq the 5th and < the 85th percentiles; overweight if BMI-for-age is \geq the 85th and < the 95th percentiles; and obese if BMI-for-age is \geq the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI \geq 18.5 and < 25; overweight as BMI \geq 25 and < 30; and obese as BMI \geq 30. Percentage are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in percentages are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

- u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
- Not applicable.

Table C-3. Consumption of Empty Calories

| Empty calories from solid fats and added sugars ¹ | | | | | | | | | |
|--|----------------|--------------------------|-----------------|---------------------------------|----------------|-------------------------------|----------------|-------|--|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | | |
| Mean percent of calories | Standard error | Mean percent of calories | Standard error | Mean percent of calories | Standard error | Mean percent of calories | Standard error | | |
| All ages, 2+ years old | | | | | | | | | |
| <i>Sample size</i> | | 16,689 | | 3,227 | | 3,804 | | 8,937 | |
| Both sexes | 31.8 (0.31) | 34.2 (0.46) | 31.7 *** (0.57) | 31.4 *** (0.29) | | | | | |
| Male | 31.6 (0.35) | 33.4 (0.70) | 31.3 * (0.69) | 31.4 (0.34) | | | | | |
| Female | 32.0 (0.32) | 34.8 (0.50) | 32.0 *** (0.59) | 31.5 *** (0.31) | | | | | |
| Children, 2–18 years old | | | | | | | | | |
| <i>Sample size</i> | | 6,118 | | 1,615 | | 1,482 | | 2,777 | |
| Both sexes | 34.8 (0.23) | 35.6 (0.42) | 33.9 ** (0.47) | 35.0 (0.30) | | | | | |
| Male | 34.8 (0.30) | 35.7 (0.59) | 33.8 (0.82) | 35.0 (0.35) | | | | | |
| Female | 34.8 (0.27) | 35.5 (0.48) | 33.9 * (0.45) | 34.9 (0.39) | | | | | |
| Adults, 19–59 years old | | | | | | | | | |
| <i>Sample size</i> | | 7,448 | | 1,297 | | 1,675 | | 4,139 | |
| Both sexes | 31.6 (0.42) | 35.4 (0.61) | 31.8 *** (0.75) | 30.9 *** (0.40) | | | | | |
| Male | 31.0 (0.42) | 33.7 (0.92) | 30.7 * (0.78) | 30.7 ** (0.43) | | | | | |
| Female | 31.7 (0.50) | 36.3 (0.64) | 32.3 *** (0.92) | 30.7 *** (0.49) | | | | | |
| Older adults, 60+ years old | | | | | | | | | |
| <i>Sample size</i> | | 3,123 | | 315 | | 647 | | 2,021 | |
| Both sexes | 29.2 (0.33) | 29.3 (0.94) | 29.4 (0.84) | 29.3 (0.31) | | | | | |
| Male | 28.7 (0.53) | 29.1 (1.24) | 30.2 (1.13) | 28.5 (0.53) | | | | | |
| Female | 29.7 (0.35) | 29.4 (1.17) | 29.0 (0.99) | 29.9 (0.32) | | | | | |
| Empty calories from solid fats, added sugars, and alcohol ^{1,2} | | | | | | | | | |
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | | |
| Mean percent of calories | Standard error | Mean percent of calories | Standard error | Mean percent of calories | Standard error | Mean percent of calories | Standard error | | |
| All ages, 2+ years old | | | | | | | | | |
| <i>Sample size</i> | | 16,689 | | 3,227 | | 3,804 | | 8,937 | |
| Both sexes | 34.7 (0.30) | 36.7 (0.46) | 34.5 ** (0.62) | 34.5 *** (0.27) | | | | | |
| Male | 35.5 (0.35) | 37.3 (0.71) | 35.5 (0.73) | 35.3 * (0.32) | | | | | |
| Female | 33.9 (0.29) | 36.2 (0.53) | 33.6 ** (0.69) | 33.6 *** (0.30) | | | | | |
| Children, 2–18 years old | | | | | | | | | |
| <i>Sample size</i> | | 6,118 | | 1,615 | | 1,482 | | 2,777 | |
| Both sexes | 34.9 (0.23) | 35.8 (0.49) | 33.9 ** (0.46) | 35.1 (0.29) | | | | | |
| Male | 34.9 (0.32) | 36.1 (0.77) | 33.9 (0.82) | 35.1 (0.36) | | | | | |
| Female | 34.9 (0.26) | 35.6 (0.48) | 34.0 * (0.44) | 35.1 (0.37) | | | | | |
| Adults, 19–59 years old | | | | | | | | | |
| <i>Sample size</i> | | 7,448 | | 1,297 | | 1,675 | | 4,139 | |
| Both sexes | 35.7 (0.43) | 38.8 (0.54) | 35.8 ** (0.87) | 35.2 *** (0.43) | | | | | |
| Male | 36.5 (0.45) | 39.3 (0.86) | 36.7 * (0.97) | 36.1 ** (0.47) | | | | | |
| Female | 34.4 (0.47) | 38.2 (0.65) | 34.7 ** (1.04) | 33.6 *** (0.50) | | | | | |
| Older adults, 60+ years old | | | | | | | | | |
| <i>Sample size</i> | | 3,123 | | 315 | | 647 | | 2,021 | |
| Both sexes | 32.2 (0.33) | 30.9 (1.09) | 31.7 (0.78) | 32.5 (0.29) | | | | | |
| Male | 32.9 (0.45) | 31.2 (1.54) | 33.9 (1.09) | 32.9 (0.39) | | | | | |
| Female | 31.6 (0.41) | 30.8 (1.31) | 30.2 (0.99) | 32.1 (0.40) | | | | | |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All persons' includes persons with missing SNAP participation or income. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

¹ Calories from solid fats and added sugars were identified from the data sources listed above.

² Calories from alcoholic beverages include calories from carbohydrate in beer and wine, and calories from alcohol in all alcoholic beverages except cooking wine.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Sample size | 17,239 | - | 3,407 | - | 3,946 | - | 9,148 | - |
| Grains | 74.1 | (0.65) | 68.7 | (1.14) | 72.1 | (1.36) | 75.3 *** | (0.84) |
| Types of grains, among those eating any | | | | | | | | |
| Whole grains ¹ | 35.2 | (0.78) | 28.0 | (1.72) | 27.6 | (1.71) | 38.0 *** | (0.96) |
| Refined grains | 85.4 | (0.45) | 86.5 | (1.28) | 89.6 | (0.97) | 84.2 | (0.66) |
| Bread | 31.2 | (0.78) | 31.5 | (1.47) | 32.4 | (1.67) | 31.1 | (0.79) |
| Rolls | 5.9 | (0.44) | 4.9 | (0.72) | 6.0 | (0.97) | 6.0 | (0.59) |
| English muffin | 1.7 | (0.24) | 0.6 u | (0.23) | 0.8 | (0.22) | 2.0 *** | (0.35) |
| Bagels | 5.3 | (0.32) | 2.6 | (0.49) | 3.4 | (0.62) | 6.3 *** | (0.42) |
| Biscuits, scones, croissants | 5.4 | (0.45) | 6.9 | (1.35) | 4.9 | (0.83) | 5.0 | (0.42) |
| Muffins | 4.0 | (0.32) | 1.9 | (0.48) | 4.3 * | (0.86) | 4.3 *** | (0.40) |
| Cornbread | 3.0 | (0.33) | 4.3 | (0.70) | 3.5 | (0.59) | 2.8 | (0.41) |
| Corn tortillas | 3.4 | (0.37) | 6.5 | (1.28) | 9.1 | (0.98) | 1.5 *** | (0.15) |
| Flour tortillas | 2.1 | (0.39) | 3.2 u | (1.05) | 2.6 | (0.56) | 2.0 | (0.40) |
| Taco shells | 0.3 | (0.06) | 0.6 u | (0.17) | 0.5 | (0.11) | 0.1 * u | (0.04) |
| Crackers | 18.9 | (0.65) | 15.1 | (1.27) | 18.0 | (1.54) | 20.2 *** | (0.82) |
| Breakfast/granola bar | 6.9 | (0.43) | 2.6 | (0.53) | 4.1 | (0.55) | 8.1 *** | (0.57) |
| Pancakes, waffles, French toast | 8.8 | (0.35) | 8.7 | (1.03) | 7.3 | (0.85) | 9.5 | (0.54) |
| Cold cereal | 34.8 | (0.70) | 36.7 | (1.49) | 31.8 * | (1.43) | 35.1 | (0.85) |
| Hot cereal | 9.4 | (0.48) | 9.4 | (0.91) | 7.8 | (0.60) | 9.7 | (0.59) |
| Rice | 13.4 | (0.95) | 12.8 | (1.78) | 16.2 | (1.90) | 12.1 | (0.90) |
| Pasta | 3.2 | (0.25) | 1.8 u | (0.56) | 2.5 | (0.58) | 3.7 ** | (0.32) |
| Vegetables | 60.9 | (0.56) | 55.3 | (1.64) | 58.7 | (1.33) | 62.3 *** | (0.69) |
| Types of vegetables, among those eating any | | | | | | | | |
| Raw vegetables | 33.9 | (0.88) | 22.2 | (1.24) | 31.9 *** | (1.19) | 35.8 *** | (1.01) |
| Raw lettuce/greens | 1.3 | (0.15) | 0.9 u | (0.33) | 1.5 | (0.32) | 1.3 | (0.19) |
| Raw carrots | 4.6 | (0.31) | 2.1 | (0.39) | 3.5 * | (0.48) | 5.4 *** | (0.40) |
| Raw tomatoes | 4.9 | (0.71) | 3.3 | (0.69) | 4.4 | (0.83) | 5.3 | (0.88) |
| Raw cabbage/coleslaw | 2.6 | (0.27) | 1.1 | (0.26) | 3.2 *** | (0.52) | 2.7 *** | (0.33) |
| Other raw (higher in vitamins A or C) ² | 2.3 | (0.22) | 1.7 u | (0.57) | 2.6 | (0.56) | 2.2 | (0.26) |
| Other raw (lower in vitamins A or C) ² | 4.7 | (0.44) | 3.5 | (0.79) | 3.4 | (0.50) | 5.2 | (0.55) |
| Salads (w/greens) | 19.7 | (0.73) | 13.0 | (1.09) | 16.9 * | (1.32) | 20.8 *** | (0.95) |
| Cooked vegetables, excl. potatoes | 58.5 | (0.97) | 61.4 | (1.67) | 56.6 | (2.13) | 58.5 | (1.09) |
| Cooked green beans | 8.9 | (0.60) | 7.9 | (0.63) | 6.5 | (0.91) | 9.6 | (0.90) |
| Cooked corn | 8.9 | (0.65) | 10.8 | (1.48) | 8.1 | (1.06) | 8.8 | (0.89) |
| Cooked peas | 2.1 | (0.22) | 2.8 | (0.57) | 2.4 | (0.53) | 2.0 | (0.32) |
| Cooked carrots | 3.0 | (0.29) | 2.7 | (0.55) | 2.5 | (0.61) | 3.0 | (0.32) |
| Cooked broccoli | 4.7 | (0.27) | 4.9 | (0.72) | 4.3 | (0.57) | 4.6 | (0.37) |
| Cooked tomatoes | 25.2 | (0.71) | 27.3 | (1.39) | 26.5 | (1.68) | 24.9 | (0.81) |
| Cooked mixed | 3.3 | (0.30) | 3.2 | (0.62) | 3.5 | (0.56) | 3.1 | (0.36) |
| Cooked starchy | 1.5 | (0.35) | 2.3 u | (0.71) | 2.4 u | (0.76) | 1.0 | (0.31) |
| Other cooked deep yellow | 1.7 | (0.23) | 1.5 u | (0.46) | 1.6 | (0.41) | 1.8 | (0.29) |
| Other cooked dark green | 2.8 | (0.32) | 3.9 | (0.62) | 3.0 | (0.75) | 2.7 | (0.34) |
| Other cooked (higher in vitamins A or C) ² | 5.1 | (0.40) | 4.6 | (0.96) | 4.2 | (0.71) | 5.3 | (0.55) |
| Other cooked (lower in vitamins A or C) ² | 6.8 | (0.49) | 5.5 | (0.87) | 6.0 | (0.91) | 7.1 | (0.59) |
| Other fried | 0.3 u | (0.08) | 0.2 u | (0.12) | 0.2 u | (0.10) | 0.3 u | (0.11) |
| Cooked potatoes | 50.1 | (1.11) | 57.7 | (2.12) | 49.2 ** | (2.12) | 48.9 *** | (1.00) |
| Cooked potatoes-not fried | 22.2 | (0.95) | 25.6 | (2.01) | 20.3 | (1.88) | 22.0 | (0.92) |
| Cooked potatoes-fried | 30.3 | (0.86) | 35.1 | (1.88) | 30.9 | (1.94) | 29.4 ** | (0.93) |
| Vegetable juice | 2.5 | (0.24) | 1.8 | (0.37) | 2.3 | (0.58) | 2.7 | (0.33) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| All persons, 1+ years old | | | | | | | | |
|--|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Fruit and 100% fruit juice | 56.3 | (1.11) | 49.1 | (1.44) | 53.8 * | (1.45) | 57.7 *** | (1.27) |
| <i>Types of fruit, among those eating any</i> | | | | | | | | |
| Any whole fruit | 80.1 | (0.59) | 70.9 | (1.57) | 79.2 *** | (1.70) | 81.9 *** | (0.63) |
| Fresh fruit | 71.9 | (0.69) | 61.4 | (1.66) | 71.0 *** | (1.69) | 73.8 *** | (0.77) |
| Fresh orange | 9.2 | (0.79) | 11.2 | (1.51) | 10.9 | (1.25) | 8.1 | (0.74) |
| Fresh other citrus | 0.9 | (0.14) | 0.9 u | (0.42) | 1.3 | (0.33) | 0.7 | (0.16) |
| Fresh apple | 20.8 | (1.01) | 19.8 | (1.96) | 22.1 | (1.73) | 20.6 | (1.27) |
| Fresh banana | 24.6 | (0.73) | 18.8 | (1.46) | 21.4 | (1.62) | 26.1 *** | (0.86) |
| Fresh melon | 4.3 | (0.41) | 1.8 | (0.38) | 4.4 ** | (0.80) | 4.5 *** | (0.56) |
| Fresh watermelon | 5.1 | (0.56) | 3.0 u | (1.07) | 5.1 | (1.17) | 5.3 | (0.64) |
| Fresh grapes | 8.8 | (0.61) | 6.5 | (0.61) | 6.0 | (0.79) | 10.2 *** | (0.75) |
| Fresh peach/nectarine | 4.7 | (0.65) | 4.0 | (0.85) | 2.6 | (0.66) | 5.0 | (0.88) |
| Fresh pear | 2.7 | (0.27) | 4.8 | (1.16) | 3.1 u | (0.95) | 2.4 * | (0.24) |
| Fresh berries | 10.2 | (0.81) | 4.6 | (0.84) | 10.2 ** | (1.89) | 10.7 *** | (0.88) |
| Fresh pineapple | 2.7 | (0.30) | 1.6 | (0.45) | 1.9 | (0.50) | 3.1 ** | (0.39) |
| Other fresh fruit | 6.4 | (0.66) | 6.9 | (0.90) | 5.1 | (0.81) | 6.7 | (0.82) |
| Avocado/guacamole | 2.0 | (0.23) | 1.8 | (0.49) | 2.7 | (0.39) | 1.9 | (0.33) |
| Lemon/lime - any form | 0.2 u | (0.09) | 0.0 | (0.00) | 0.3 u | (0.14) | 0.3 * u | (0.12) |
| Canned or frozen fruit, total | 11.4 | (0.71) | 11.7 | (1.23) | 10.8 | (1.15) | 11.7 | (0.87) |
| Canned or frozen in syrup | 3.3 | (0.30) | 3.8 | (0.82) | 3.1 | (0.73) | 3.3 | (0.33) |
| Canned or frozen, no syrup | 8.3 | (0.62) | 8.4 | (1.05) | 8.4 | (1.11) | 8.5 | (0.78) |
| Applesauce, canned/ frozen apples | 3.8 | (0.55) | 3.0 | (0.72) | 3.2 | (0.72) | 4.2 | (0.70) |
| Canned/frozen peaches | 2.0 | (0.22) | 2.5 | (0.58) | 2.1 | (0.57) | 2.0 | (0.28) |
| Canned/frozen pineapple | 1.1 | (0.14) | 1.3 | (0.34) | 0.7 | (0.17) | 1.1 | (0.16) |
| Other canned/frozen | 5.1 | (0.24) | 6.0 | (0.90) | 5.8 | (0.90) | 5.0 | (0.31) |
| 100% Fruit juice | 43.2 | (0.78) | 50.1 | (2.26) | 44.8 | (1.95) | 40.8 *** | (0.99) |
| Non-citrus juice | 18.3 | (0.63) | 24.8 | (1.36) | 18.5 *** | (1.29) | 17.1 *** | (0.79) |
| Citrus juice | 27.3 | (0.60) | 28.3 | (2.31) | 28.3 | (2.10) | 26.1 | (0.78) |
| Dried fruit | 4.2 | (0.28) | 1.6 u | (0.49) | 3.3 * | (0.72) | 4.7 *** | (0.38) |
| Milk and milk products | 61.5 | (0.57) | 56.1 | (1.55) | 57.1 | (1.34) | 63.4 *** | (0.73) |
| <i>Types of milk, among those drinking any</i> | | | | | | | | |
| Cow's milk, total | 79.2 | (0.73) | 84.2 | (1.11) | 81.2 | (1.68) | 77.9 *** | (0.90) |
| Unflavored white milk, total | 76.0 | (0.70) | 79.4 | (1.35) | 77.6 | (1.57) | 75.1 ** | (0.91) |
| Unflavored whole milk | 18.7 | (0.67) | 30.1 | (2.11) | 25.3 | (1.73) | 15.3 *** | (0.86) |
| Unflavored non-whole, total | 57.0 | (1.11) | 49.2 | (2.42) | 50.7 | (2.29) | 59.9 *** | (1.40) |
| 2% milk, unflavored | 30.0 | (1.15) | 37.8 | (2.39) | 32.3 | (1.79) | 28.6 *** | (1.33) |
| 1% milk, unflavored | 12.5 | (0.73) | 7.6 | (0.75) | 10.9 * | (1.37) | 13.8 *** | (0.90) |
| Skim milk, unflavored | 15.2 | (0.70) | 4.5 | (0.81) | 8.0 ** | (1.06) | 18.2 *** | (0.82) |
| Unflavored, fat not specified | 1.5 | (0.21) | 2.5 | (0.49) | 3.2 | (0.57) | 1.0 ** | (0.21) |
| Flavored milk, total | 6.3 | (0.40) | 9.1 | (1.17) | 7.1 | (0.72) | 5.4 ** | (0.50) |
| Flavored, whole milk | 1.3 | (0.15) | 2.7 | (0.61) | 1.4 * | (0.24) | 1.0 ** | (0.18) |
| Flavored non-whole, total | 3.7 | (0.30) | 4.5 | (0.74) | 3.7 | (0.60) | 3.6 | (0.37) |
| 2% milk, flavored | 2.1 | (0.18) | 2.2 | (0.44) | 1.8 | (0.35) | 2.0 | (0.21) |
| 1% milk, flavored | 1.3 | (0.19) | 1.9 | (0.48) | 1.6 | (0.41) | 1.2 | (0.20) |
| Skim milk, flavored | 0.4 | (0.10) | 0.4 u | (0.31) | 0.3 u | (0.09) | 0.4 u | (0.13) |
| Flavored, fat not specified | 1.3 | (0.13) | 1.9 | (0.38) | 2.1 | (0.40) | 0.8 ** | (0.17) |
| Soy milk | 3.2 | (0.31) | 2.0 u | (0.89) | 2.3 | (0.61) | 3.6 | (0.41) |
| Dry or evaporated milk | 0.9 | (0.16) | 2.9 u | (1.28) | 1.2 u | (0.48) | 0.6 | (0.15) |
| Yogurt | 11.7 | (0.64) | 7.8 | (1.13) | 8.1 | (0.89) | 13.0 *** | (0.72) |
| Cheese | 27.7 | (0.77) | 22.4 | (1.49) | 25.9 | (1.61) | 29.3 *** | (0.93) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| All persons, 1+ years old | | | | | | | | |
|--|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Meat and meat alternates | 62.8 | (0.86) | 61.8 | (1.49) | 64.1 | (1.23) | 62.4 | (1.14) |
| <i>Types of meat, among those eating any</i> | | | | | | | | |
| Beef | 13.6 | (0.64) | 13.6 | (1.43) | 13.0 | (1.07) | 13.3 | (0.77) |
| Ground beef | 1.6 | (0.24) | 2.1 | (0.51) | 1.9 | (0.43) | 1.5 | (0.28) |
| Pork | 9.4 | (0.58) | 11.4 | (1.22) | 8.7 | (0.88) | 9.4 | (0.78) |
| Ham | 2.7 | (0.35) | 3.2 | (0.92) | 2.3 | (0.37) | 2.8 | (0.43) |
| Lamb and misc. meats | 0.9 | (0.14) | 1.1 | (0.25) | 0.7 u | (0.24) | 0.9 | (0.19) |
| Chicken | 31.1 | (0.93) | 35.3 | (1.44) | 33.5 | (1.59) | 29.8 ** | (1.21) |
| Turkey | 2.6 | (0.38) | 2.2 | (0.51) | 2.5 | (0.49) | 3.0 | (0.52) |
| Organ meats | 0.3 | (0.08) | 0.5 u | (0.20) | 0.5 u | (0.19) | 0.2 u | (0.07) |
| Hot dogs | 1.9 | (0.17) | 2.0 | (0.48) | 2.1 | (0.36) | 1.8 | (0.18) |
| Cold cuts | 3.8 | (0.30) | 3.1 | (0.54) | 2.2 | (0.41) | 4.4 | (0.44) |
| Fish | 9.7 | (0.53) | 9.3 | (1.18) | 8.8 | (1.19) | 9.9 | (0.65) |
| Shellfish | 4.0 | (0.33) | 3.0 | (0.47) | 4.4 | (0.77) | 3.9 | (0.36) |
| Bacon/sausage | 14.9 | (0.49) | 16.3 | (1.11) | 14.3 | (1.01) | 14.8 | (0.52) |
| Eggs | 23.2 | (1.09) | 24.7 | (1.97) | 27.1 | (1.82) | 21.8 | (1.09) |
| Beans | 9.6 | (0.50) | 11.6 | (0.89) | 13.1 | (1.10) | 8.3 ** | (0.51) |
| Baked/refried beans | 2.8 | (0.28) | 2.7 | (0.65) | 2.4 | (0.39) | 3.0 | (0.35) |
| Soy products | 1.3 | (0.19) | 0.4 u | (0.27) | 1.1 u | (0.35) | 1.6 ** | (0.29) |
| Protein/meal enhancement | 4.6 | (0.35) | 1.3 | (0.32) | 3.0 ** | (0.45) | 5.6 *** | (0.55) |
| Nuts | 12.0 | (0.46) | 5.4 | (0.69) | 9.1 *** | (0.85) | 13.9 *** | (0.58) |
| Peanut/almond butter | 6.3 | (0.61) | 2.8 | (0.56) | 6.7 * | (1.43) | 6.9 *** | (0.71) |
| Seeds | 2.7 | (0.32) | 1.6 | (0.41) | 1.9 | (0.42) | 3.0 * | (0.43) |
| Mixed dishes | 88.0 | (0.38) | 85.3 | (0.83) | 85.8 | (0.90) | 89.0 | (0.51) |
| <i>Types of mixed dishes, among those eating any</i> | | | | | | | | |
| Tomato sauce and meat (no pasta) | 0.3 | (0.07) | 0.2 u | (0.08) | 0.1 u | (0.05) | 0.3 | (0.09) |
| Chili con carne | 1.7 | (0.19) | 2.7 | (0.53) | 0.8 ** u | (0.30) | 1.8 | (0.26) |
| Meat mixtures w/ red meat | 10.2 | (0.37) | 9.9 | (1.11) | 10.5 | (0.79) | 10.3 | (0.53) |
| Meat mixtures w/ chicken/turkey | 11.6 | (0.50) | 8.1 | (0.96) | 9.6 | (1.08) | 12.4 *** | (0.49) |
| Meat mixtures w/ fish | 3.6 | (0.34) | 2.4 u | (0.85) | 3.0 | (0.60) | 3.8 | (0.38) |
| Hamburgers/cheeseburgers | 13.1 | (0.56) | 15.6 | (1.30) | 13.5 | (0.93) | 12.9 | (0.70) |
| Other sandwiches | 47.3 | (1.13) | 48.0 | (2.09) | 43.0 | (1.61) | 48.4 | (1.20) |
| Hot dogs | 6.2 | (0.39) | 7.7 | (0.81) | 5.3 * | (0.75) | 6.2 | (0.59) |
| Luncheon meat | 16.5 | (0.42) | 18.6 | (1.13) | 14.0 ** | (1.00) | 16.9 | (0.63) |
| Beef, pork, ham | 8.2 | (0.55) | 6.9 | (0.79) | 7.7 | (0.85) | 8.5 | (0.66) |
| Chicken, turkey | 6.8 | (0.45) | 6.5 | (0.65) | 5.9 | (0.74) | 6.8 | (0.48) |
| Cheese (no meat) | 4.8 | (0.33) | 3.4 | (0.49) | 4.5 | (0.49) | 5.2 ** | (0.43) |
| Fish | 2.6 | (0.23) | 2.7 | (0.55) | 2.8 | (0.35) | 2.6 | (0.28) |
| Peanut butter | 4.9 | (0.21) | 5.0 | (0.49) | 4.1 | (0.59) | 5.1 | (0.28) |
| Breakfast sandwiches | 4.2 | (0.23) | 3.7 | (0.57) | 4.4 | (0.83) | 4.3 | (0.24) |
| Pizza (no meat) | 5.2 | (0.35) | 3.5 | (0.69) | 3.6 | (0.42) | 5.8 ** | (0.39) |
| Pizza w/ meat | 10.2 | (0.44) | 9.8 | (0.90) | 9.7 | (0.90) | 10.4 | (0.52) |
| Mexican entrees | 14.3 | (0.91) | 14.0 | (1.86) | 17.8 | (1.71) | 13.6 | (0.77) |
| Macaroni and cheese | 6.8 | (0.38) | 8.4 | (1.03) | 6.4 | (0.81) | 6.7 | (0.40) |
| Pasta dishes | 11.5 | (0.46) | 9.4 | (0.89) | 10.0 | (0.91) | 12.3 ** | (0.62) |
| Rice dishes | 8.5 | (0.60) | 8.8 | (1.05) | 10.6 | (1.45) | 7.9 | (0.55) |
| Other grain mixtures | 3.3 | (0.33) | 2.9 | (0.47) | 2.5 | (0.41) | 3.5 | (0.42) |
| Meat soup | 7.1 | (0.38) | 7.3 | (0.81) | 9.3 | (0.85) | 6.3 | (0.40) |
| Bean soup | 1.3 | (0.26) | 0.8 u | (0.37) | 1.4 u | (0.45) | 1.3 | (0.33) |
| Grain soups | 3.3 | (0.24) | 4.4 | (0.57) | 4.5 | (0.50) | 2.8 * | (0.31) |
| Vegetables mixtures (incl. soup) | 6.4 | (0.43) | 5.6 | (0.93) | 5.8 | (0.56) | 6.8 | (0.56) |
| Entrée salads | 4.8 | (0.27) | 2.3 | (0.43) | 3.9 * | (0.58) | 5.2 *** | (0.33) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| All persons, 1+ years old | | | | | | | | |
|---|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Beverages excluding milk and 100% fruit juice | 98.9 | (0.10) | 98.5 | (0.18) | 98.7 | (0.22) | 99.0 * | (0.13) |
| <i>Types of beverages, among those drinking any</i> | | | | | | | | |
| Coffee | 40.4 | (0.86) | 35.8 | (1.25) | 36.2 | (1.30) | 42.1 *** | (1.05) |
| Tea | 24.0 | (0.94) | 18.7 | (0.94) | 24.1 ** | (1.69) | 24.6 *** | (1.03) |
| Beer | 11.4 | (0.46) | 9.8 | (0.92) | 10.7 | (0.83) | 11.9 * | (0.53) |
| Wine | 5.3 | (0.49) | 1.3 | (0.27) | 2.7 * | (0.56) | 6.2 *** | (0.63) |
| Liquor | 4.9 | (0.28) | 2.8 | (0.54) | 4.4 | (0.68) | 5.3 *** | (0.33) |
| Water (plain) | 78.1 | (0.61) | 69.2 | (1.40) | 76.4 *** | (1.29) | 80.4 *** | (0.66) |
| Noncarbonated, sweetened drinks | 24.6 | (0.69) | 27.3 | (1.54) | 26.6 | (1.01) | 23.4 * | (0.87) |
| Noncarbonated, low-calorie/sugar-free drinks | 7.0 | (0.36) | 6.2 | (0.78) | 5.4 | (0.50) | 7.5 | (0.47) |
| Energy drinks | 1.7 | (0.17) | 1.7 | (0.29) | 2.2 | (0.43) | 1.6 | (0.19) |
| Any soda | 50.3 | (1.23) | 55.8 | (1.69) | 48.6 * | (2.26) | 49.8 ** | (1.33) |
| Soda, regular | 34.9 | (1.17) | 47.7 | (1.47) | 39.3 *** | (1.97) | 31.6 *** | (1.25) |
| Soda, sugar-free | 17.1 | (0.52) | 8.9 | (0.73) | 10.7 | (1.11) | 20.3 *** | (0.70) |
| Sweets and desserts | 77.8 | (0.64) | 73.9 | (1.34) | 73.7 | (1.23) | 79.8 *** | (0.62) |
| <i>Types of sweets and desserts, among those eating any</i> | | | | | | | | |
| Sugar and sugar substitutes | 33.2 | (0.67) | 37.0 | (1.58) | 34.9 | (1.52) | 32.3 ** | (0.83) |
| Syrups/sweet toppings | 12.5 | (0.33) | 10.2 | (0.76) | 11.1 | (0.86) | 13.4 *** | (0.46) |
| Jelly | 5.5 | (0.27) | 5.2 | (0.59) | 4.4 | (0.77) | 5.7 | (0.36) |
| Jello | 1.3 | (0.11) | 1.1 | (0.32) | 1.4 | (0.37) | 1.3 | (0.15) |
| Candy | 35.3 | (0.90) | 31.8 | (1.27) | 31.1 | (1.65) | 36.5 ** | (0.95) |
| Ice cream | 22.1 | (0.69) | 19.3 | (1.41) | 19.7 | (1.47) | 23.1 * | (0.89) |
| Pudding | 2.9 | (0.19) | 2.5 | (0.65) | 2.6 | (0.49) | 3.1 | (0.26) |
| Ice/popsicles | 3.7 | (0.23) | 3.3 | (0.46) | 3.8 | (0.57) | 3.6 | (0.23) |
| Sweet rolls | 4.6 | (0.23) | 6.3 | (0.89) | 7.9 | (0.79) | 3.5 ** | (0.18) |
| Cake/cupcakes | 12.3 | (0.48) | 10.0 | (1.46) | 11.5 | (0.91) | 12.6 | (0.67) |
| Cookies | 30.7 | (0.57) | 27.3 | (1.36) | 30.2 | (1.09) | 31.3 ** | (0.69) |
| Pies/cobblers | 4.3 | (0.32) | 2.0 | (0.36) | 3.2 | (0.55) | 4.9 *** | (0.43) |
| Pastries | 3.9 | (0.35) | 3.9 | (0.69) | 3.4 | (0.55) | 4.2 | (0.49) |
| Doughnuts | 4.3 | (0.31) | 5.4 | (0.67) | 4.6 | (0.49) | 4.1 | (0.40) |
| Salty snacks | 35.7 | (0.89) | 33.8 | (1.19) | 31.7 | (1.42) | 37.1 * | (0.95) |
| <i>Types of salty snacks, among those eating any</i> | | | | | | | | |
| Corn-based salty snacks | 40.4 | (1.12) | 41.0 | (3.28) | 41.7 | (2.49) | 40.3 | (1.25) |
| Pretzels/party mix | 15.5 | (1.29) | 8.9 | (1.60) | 12.6 | (1.88) | 17.0 *** | (1.42) |
| Popcorn | 16.9 | (0.78) | 16.5 | (1.88) | 17.3 | (1.70) | 17.3 | (0.98) |
| Potato chips | 38.6 | (1.43) | 42.8 | (2.18) | 42.0 | (2.71) | 36.8 * | (1.56) |
| Added fats and oils | 41.5 | (0.72) | 34.8 | (1.30) | 35.4 | (1.29) | 44.4 *** | (0.83) |
| <i>Types of added fats/oils among those eating any</i> | | | | | | | | |
| Butter | 24.2 | (0.88) | 21.7 | (1.68) | 22.1 | (1.77) | 24.7 | (1.18) |
| Margarine | 22.9 | (0.90) | 21.6 | (2.26) | 22.9 | (1.87) | 23.2 | (0.92) |
| Other added fats | 7.0 | (0.54) | 5.2 | (0.83) | 7.7 | (1.45) | 7.3 | (0.76) |
| Other added oils | 1.4 | (0.22) | 1.0 u | (0.44) | 1.0 u | (0.34) | 1.5 | (0.27) |
| Salad dressing | 9.3 | (0.80) | 7.8 | (1.24) | 8.7 | (1.08) | 9.6 | (0.86) |
| Mayonnaise | 1.7 | (0.22) | 2.8 | (0.74) | 1.6 | (0.36) | 1.5 | (0.32) |
| Gravy | 9.0 | (0.85) | 13.1 | (2.00) | 11.6 | (1.31) | 7.8 * | (0.96) |
| Cream cheese | 7.3 | (0.65) | 4.3 | (0.94) | 5.5 | (1.13) | 7.9 ** | (0.85) |
| Cream/sour cream | 43.2 | (1.11) | 40.1 | (1.68) | 44.0 | (2.08) | 43.6 | (1.24) |
| Other | 9.5 | (0.50) | 6.2 | (0.69) | 7.6 | (0.87) | 10.7 *** | (0.58) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Sample size | 6,669 | - | 1,795 | - | 1,624 | - | 2,989 | - |
| Grains | 79.0 | (0.7) | 76.4 | (1.4) | 75.4 | (1.8) | 80.7 * | (1.0) |
| Types of grains, among those eating any | | | | | | | | |
| Whole grains ¹ | 33.2 | (1.1) | 31.7 | (2.0) | 30.1 | (2.7) | 34.6 | (1.7) |
| Refined grains | 86.1 | (1.0) | 84.8 | (2.2) | 87.2 | (1.6) | 85.9 | (1.3) |
| Bread | 24.1 | (1.0) | 21.3 | (1.9) | 24.2 | (2.3) | 25.0 | (1.3) |
| Rolls | 5.5 | (0.7) | 4.1 u | (1.3) | 6.6 | (1.4) | 5.5 | (0.8) |
| English muffin | 0.9 u | (0.4) | 0.1 u | (0.1) | 0.1 u | (0.1) | 1.2 * u | (0.5) |
| Bagels | 4.7 | (0.4) | 1.4 u | (0.5) | 3.3 u | (1.0) | 6.0 *** | (0.7) |
| Biscuits, scones, croissants | 4.1 | (0.4) | 6.8 | (1.1) | 3.0 ** u | (0.9) | 3.4 ** | (0.5) |
| Muffins | 3.3 | (0.5) | 1.7 u | (0.6) | 3.3 | (1.0) | 3.9 * | (0.7) |
| Cornbread | 1.8 | (0.3) | 2.0 | (0.5) | 1.8 u | (0.9) | 1.7 | (0.3) |
| Corn tortillas | 2.9 | (0.3) | 4.3 | (0.9) | 7.4 * | (1.0) | 0.9 *** | (0.2) |
| Flour tortillas | 2.4 | (0.5) | 3.7 u | (1.4) | 1.8 u | (0.6) | 2.5 | (0.7) |
| Taco shells | 0.4 u | (0.2) | 1.5 u | (0.9) | 0.4 | (0.1) | 0.1 u | (0.0) |
| Crackers | 20.6 | (1.2) | 13.3 | (1.1) | 19.5 ** | (1.7) | 23.6 *** | (1.5) |
| Breakfast/granola bar | 7.2 | (0.6) | 2.7 | (0.6) | 6.5 * | (1.5) | 8.5 *** | (0.8) |
| Pancakes, waffles, French toast | 16.3 | (1.0) | 11.9 | (1.3) | 11.9 | (1.8) | 18.9 *** | (1.2) |
| Cold cereal | 48.2 | (1.5) | 58.7 | (2.4) | 47.7 ** | (2.4) | 45.5 *** | (1.8) |
| Hot cereal | 6.0 | (0.5) | 7.7 | (1.0) | 5.5 | (0.8) | 6.0 | (0.6) |
| Rice | 11.3 | (1.2) | 12.7 | (2.0) | 15.4 | (2.5) | 8.4 | (1.0) |
| Pasta | 3.2 | (0.3) | 1.7 | (0.5) | 2.2 | (0.5) | 3.9 *** | (0.4) |
| Vegetables | 57.9 | (1.29) | 54.7 | (2.33) | 57.6 | (2.08) | 58.9 | (1.57) |
| Types of vegetables, among those eating any | | | | | | | | |
| Raw vegetables | 24.3 | (1.34) | 15.9 | (1.38) | 21.4 * | (2.08) | 27.4 *** | (1.62) |
| Raw lettuce/greens | 1.1 | (0.18) | 1.2 u | (0.59) | 1.7 | (0.46) | 1.0 | (0.27) |
| Raw carrots | 6.8 | (0.58) | 3.6 u | (1.17) | 5.2 | (1.36) | 8.7 *** | (0.87) |
| Raw tomatoes | 2.8 | (0.65) | 1.2 u | (0.38) | 1.5 | (0.42) | 3.5 * | (0.94) |
| Raw cabbage/coleslaw | 1.1 | (0.30) | 0.1 u | (0.09) | 1.3 * u | (0.57) | 1.3 * u | (0.49) |
| Other raw (higher in vitamins A or C) ² | 2.0 | (0.40) | 0.7 u | (0.37) | 1.6 u | (0.71) | 2.3 * | (0.51) |
| Other raw (lower in vitamins A or C) ² | 4.8 | (0.72) | 2.6 u | (0.84) | 2.5 u | (0.77) | 5.8 * | (1.08) |
| Salads (w/greens) | 10.6 | (0.96) | 8.1 | (1.15) | 10.4 | (1.52) | 11.1 | (1.34) |
| Cooked vegetables, excl. potatoes | 60.4 | (1.46) | 66.3 | (1.99) | 58.3 * | (2.63) | 59.4 ** | (1.65) |
| Cooked green beans | 9.8 | (0.98) | 11.2 | (2.01) | 6.9 | (1.34) | 10.6 | (1.69) |
| Cooked corn | 10.4 | (0.86) | 12.6 | (1.65) | 9.3 | (1.69) | 9.6 | (1.20) |
| Cooked peas | 2.3 | (0.51) | 2.4 u | (0.75) | 3.3 | (0.99) | 2.1 u | (0.79) |
| Cooked carrots | 3.6 | (0.73) | 3.0 | (0.57) | 3.9 u | (1.68) | 3.1 | (0.70) |
| Cooked broccoli | 4.4 | (0.67) | 5.8 | (1.35) | 4.3 u | (1.42) | 4.2 | (0.79) |
| Cooked tomatoes | 31.8 | (1.43) | 37.6 | (2.49) | 31.5 | (2.55) | 30.8 * | (2.04) |
| Cooked mixed | 2.2 | (0.32) | 1.6 | (0.40) | 2.5 | (0.53) | 2.3 | (0.48) |
| Cooked starchy | 1.3 | (0.36) | 0.9 | (0.24) | 1.3 u | (0.58) | 1.1 u | (0.48) |
| Other cooked deep yellow | 1.3 | (0.36) | 0.9 | (0.24) | 1.3 u | (0.58) | 1.1 u | (0.48) |
| Other cooked dark green | 1.7 | (0.30) | 1.4 u | (0.58) | 2.0 u | (0.91) | 1.9 | (0.43) |
| Other cooked (higher in vitamins A or C) ² | 2.6 | (0.55) | 2.0 u | (0.87) | 1.8 u | (0.64) | 2.5 | (0.69) |
| Other cooked (lower in vitamins A or C) ² | 3.1 | (0.69) | 2.5 u | (1.10) | 2.5 u | (1.08) | 3.2 | (0.82) |
| Other fried | 0.1 u | (0.07) | 0.0 | (0.00) | 0.2 u | (0.16) | 0.1 u | (0.12) |
| Cooked potatoes | 55.0 | (1.62) | 61.9 | (2.57) | 55.6 | (3.00) | 52.5 ** | (1.89) |
| Cooked potatoes-not fried | 19.6 | (1.39) | 22.5 | (2.52) | 17.2 | (2.34) | 19.0 | (1.82) |
| Cooked potatoes-fried | 38.3 | (1.75) | 42.5 | (2.71) | 41.3 | (3.34) | 36.3 | (2.31) |
| Vegetable juice | 1.1 | (0.30) | 1.5 u | (0.73) | 1.2 u | (0.56) | 1.1 u | (0.47) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Children, 1–18 years old | | | | | | | | |
|---|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Fruit and 100% fruit juice | 63.4 | (1.0) | 59.7 | (1.9) | 64.7 | (1.9) | 63.2 | (1.5) |
| <i>Types of fruit, among those eating any</i> | | | | | | | | |
| Any whole fruit | 78.2 | (1.3) | 68.6 | (2.7) | 76.9 * | (2.7) | 81.9 *** | (1.4) |
| Fresh fruit | 68.0 | (1.3) | 58.0 | (2.7) | 64.6 | (2.8) | 72.2 *** | (1.7) |
| Fresh orange | 9.3 | (0.8) | 12.2 | (1.4) | 12.6 | (1.7) | 7.5 ** | (1.0) |
| Fresh other citrus | 0.2 u | (0.06) | 0.2 u | (0.15) | 0.3 u | (0.12) | 0.1 u | (0.04) |
| Fresh apple | 24.9 | (1.3) | 24.2 | (3.0) | 23.5 | (2.1) | 25.2 | (1.9) |
| Fresh banana | 17.5 | (1.1) | 17.5 | (2.6) | 17.9 | (2.3) | 17.5 | (1.1) |
| Fresh melon | 3.4 | (0.7) | 1.4 u | (0.6) | 3.6 u | (1.1) | 3.8 * | (0.9) |
| Fresh watermelon | 5.8 | (0.8) | 1.2 | (0.3) | 5.2 ** | (1.4) | 6.8 *** | (1.1) |
| Fresh grapes | 11.5 | (1.1) | 7.8 | (1.0) | 8.4 | (1.1) | 14.1 ** | (1.7) |
| Fresh peach/nectarine | 2.4 | (0.6) | 1.9 | (0.5) | 2.0 u | (0.6) | 2.7 u | (1.0) |
| Fresh pear | 2.2 | (0.4) | 3.7 u | (1.5) | 3.5 u | (1.3) | 1.6 | (0.4) |
| Fresh berries | 9.5 | (1.2) | 6.8 | (1.7) | 8.2 | (2.2) | 10.7 | (1.5) |
| Fresh pineapple | 3.0 | (0.4) | 2.0 u | (0.7) | 3.5 u | (1.1) | 3.4 | (0.6) |
| Other fresh fruit | 5.6 | (0.7) | 3.7 | (0.9) | 3.2 | (0.7) | 7.2 ** | (1.0) |
| Avocado/guacamole | 0.7 u | (0.3) | 0.2 u | (0.1) | 1.8 u | (1.2) | 0.5 u | (0.3) |
| Lemon/lime - any form | 0.0 u | (0.01) | 0.0 | (0.00) | 0.1 u | (0.06) | 0.0 | (0.00) |
| Canned or frozen fruit, total | 16.4 | (1.2) | 16.0 | (1.9) | 17.7 | (1.8) | 16.5 | (1.6) |
| Canned or frozen in syrup | 2.9 | (0.4) | 3.1 | (0.6) | 2.1 u | (0.8) | 3.1 | (0.6) |
| Canned or frozen, no syrup | 13.8 | (1.0) | 13.6 | (1.8) | 15.7 | (1.8) | 13.7 | (1.3) |
| Applesauce, canned/ frozen apples | 5.8 | (0.7) | 4.8 | (1.0) | 6.6 | (1.4) | 6.1 | (1.0) |
| Canned/frozen peaches | 3.3 | (0.5) | 3.7 | (0.7) | 3.2 | (0.6) | 3.3 | (0.8) |
| Canned/frozen pineapple | 1.7 | (0.3) | 2.5 u | (0.8) | 1.1 | (0.3) | 1.8 | (0.5) |
| Other canned/frozen | 7.1 | (0.7) | 6.3 | (1.2) | 8.4 | (1.2) | 7.1 | (0.9) |
| 100% Fruit juice | 52.9 | (1.5) | 62.0 | (2.7) | 54.9 | (3.4) | 48.3 *** | (2.0) |
| Non-citrus juice | 31.1 | (1.0) | 36.8 | (2.4) | 32.7 | (2.2) | 29.2 ** | (1.4) |
| Citrus juice | 25.4 | (1.4) | 29.1 | (3.1) | 27.6 | (3.0) | 22.0 * | (1.8) |
| Dried fruit | 2.1 | (0.4) | 0.9 u | (0.5) | 1.8 u | (0.7) | 2.6 * | (0.5) |
| Milk and milk products | 75.0 | (0.9) | 77.1 | (1.8) | 75.0 | (1.8) | 74.6 | (1.1) |
| <i>Types of milk, among those eating any</i> | | | | | | | | |
| Cow's milk, total | 91.1 | (0.8) | 93.3 | (1.0) | 93.6 | (1.1) | 89.6 * | (1.2) |
| Unflavored white milk, total | 81.9 | (1.0) | 81.9 | (2.7) | 82.3 | (2.2) | 81.6 | (1.3) |
| Unflavored whole milk | 24.1 | (0.9) | 31.0 | (2.7) | 27.8 | (2.0) | 20.3 *** | (1.5) |
| Unflavored non-whole, total | 57.5 | (1.1) | 51.9 | (3.3) | 52.8 | (3.3) | 61.1 * | (1.9) |
| 2% milk, unflavored | 35.9 | (1.7) | 41.1 | (3.3) | 35.4 | (2.4) | 34.0 | (2.3) |
| 1% milk, unflavored | 13.5 | (1.1) | 9.2 | (1.4) | 13.8 | (1.9) | 15.1 ** | (1.5) |
| Skim milk, unflavored | 9.8 | (0.8) | 2.8 u | (1.0) | 5.2 | (1.1) | 13.9 *** | (1.3) |
| Unflavored, fat not specified | 2.7 | (0.3) | 2.4 | (0.6) | 4.4 | (1.0) | 2.3 | (0.4) |
| Flavored milk, total | 19.7 | (1.2) | 24.7 | (2.6) | 23.8 | (2.5) | 16.8 ** | (1.4) |
| Flavored, whole milk | 3.3 | (0.4) | 5.8 | (0.9) | 4.3 | (0.8) | 2.2 *** | (0.5) |
| Flavored non-whole, total | 11.8 | (0.9) | 11.7 | (1.5) | 12.6 | (1.8) | 11.7 | (1.1) |
| 2% milk, flavored | 6.7 | (0.6) | 6.8 | (1.0) | 6.6 | (1.3) | 6.6 | (0.7) |
| 1% milk, flavored | 4.3 | (0.6) | 4.4 | (1.0) | 4.9 | (1.1) | 4.3 | (0.8) |
| Skim milk, flavored | 0.9 | (0.2) | 0.6 u | (0.2) | 1.0 u | (0.4) | 1.0 u | (0.3) |
| Flavored, fat not specified | 4.8 | (0.5) | 7.6 | (1.4) | 7.4 | (1.6) | 3.1 ** | (0.7) |
| Soy milk | 1.5 | (0.3) | 0.7 | (0.2) | 1.3 u | (0.4) | 1.9 * | (0.5) |
| Dry or evaporated milk | 0.1 u | (0.0) | 0.1 u | (0.1) | 0.1 u | (0.1) | 0.1 u | (0.1) |
| Yogurt | 9.8 | (0.7) | 5.8 | (0.8) | 7.4 | (0.9) | 11.7 *** | (1.0) |
| Cheese | 22.7 | (1.1) | 19.5 | (1.7) | 18.5 | (1.8) | 25.2 * | (1.5) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Children, 1–18 years old | | | | | | | | |
|--|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Meat and meat alternates | 59.6 | (0.9) | 61.4 | (1.7) | 61.0 | (1.9) | 57.9 | (1.4) |
| <i>Types of meat, among those eating any</i> | | | | | | | | |
| Beef | 12.1 | (1.0) | 13.1 | (1.8) | 12.6 | (1.5) | 11.3 | (1.5) |
| Ground beef | 1.7 | (0.5) | 1.9 u | (0.6) | 2.1 u | (0.8) | 1.7 u | (0.7) |
| Pork | 7.5 | (0.7) | 11.3 | (1.5) | 7.0 * | (1.3) | 6.5 * | (1.1) |
| Ham | 1.3 | (0.3) | 1.8 u | (0.6) | 0.7 u | (0.4) | 1.2 u | (0.4) |
| Lamb and misc. meats | 0.5 u | (0.3) | 0.3 u | (0.2) | 0.3 u | (0.2) | 0.6 u | (0.4) |
| Chicken | 42.5 | (1.8) | 47.1 | (2.6) | 45.8 | (2.2) | 40.4 | (2.6) |
| Turkey | 2.4 | (0.7) | 2.1 | (0.6) | 1.5 u | (0.6) | 2.7 u | (1.1) |
| Organ meats | 0.2 u | (0.1) | 0.3 u | (0.1) | 0.2 u | (0.2) | 0.1 u | (0.1) |
| Hot dogs | 4.3 | (0.4) | 3.7 | (0.7) | 5.1 | (1.1) | 4.3 | (0.5) |
| Cold cuts | 5.5 | (0.6) | 4.0 | (0.7) | 3.8 | (0.9) | 6.7 * | (1.0) |
| Fish | 6.2 | (0.9) | 7.9 | (2.2) | 6.1 | (1.5) | 5.2 | (1.0) |
| Shellfish | 2.0 | (0.3) | 3.0 | (0.7) | 1.7 u | (0.5) | 1.9 | (0.4) |
| Bacon/sausage | 13.9 | (1.1) | 14.4 | (1.9) | 14.0 | (2.1) | 13.8 | (1.4) |
| Eggs | 21.0 | (1.2) | 20.2 | (2.4) | 25.3 | (2.3) | 19.5 | (1.5) |
| Beans | 6.0 | (0.8) | 6.1 | (1.0) | 8.7 | (1.6) | 4.8 | (0.9) |
| Baked/refried beans | 2.3 | (0.3) | 2.9 | (0.8) | 2.2 | (0.6) | 2.4 | (0.6) |
| Soy products | 0.9 u | (0.3) | 0.1 u | (0.1) | 1.2 u | (0.7) | 1.3 * u | (0.5) |
| Protein/meal enhancement | 2.0 | (0.3) | 1.1 u | (0.6) | 1.6 u | (0.6) | 2.6 | (0.5) |
| Nuts | 4.8 | (0.4) | 1.9 | (0.6) | 3.4 | (0.6) | 6.1 *** | (0.7) |
| Peanut/almond butter | 4.5 | (0.7) | 2.6 u | (0.8) | 3.9 u | (1.4) | 5.3 * | (0.9) |
| Seeds | 2.2 | (0.4) | 1.4 u | (0.5) | 2.3 u | (1.2) | 2.3 | (0.7) |
| Mixed dishes | 88.5 | (0.7) | 88.0 | (1.3) | 88.6 | (1.2) | 88.9 | (1.1) |
| <i>Types of mixed dishes, among those eating any</i> | | | | | | | | |
| Tomato sauce and meat (no pasta) | 0.4 u | (0.1) | 0.1 u | (0.1) | 0.3 u | (0.2) | 0.2 u | (0.1) |
| Chili con carne | 0.8 | (0.2) | 1.1 u | (0.5) | 0.2 u | (0.2) | 0.9 u | (0.3) |
| Meat mixtures w/ red meat | 8.0 | (0.6) | 7.9 | (1.1) | 6.2 | (1.1) | 8.6 | (1.1) |
| Meat mixtures w/ chicken/turkey | 10.1 | (0.7) | 8.7 | (1.2) | 8.5 | (1.4) | 10.6 | (1.0) |
| Meat mixtures w/ fish | 1.6 | (0.4) | 1.1 u | (0.3) | 1.5 | (0.4) | 1.8 | (0.5) |
| Hamburgers/cheeseburgers | 12.9 | (0.7) | 11.0 | (1.0) | 13.0 | (1.5) | 13.9 | (1.1) |
| Other sandwiches | 45.5 | (1.3) | 48.9 | (2.3) | 43.7 | (2.4) | 45.6 | (1.5) |
| Hot dogs | 9.7 | (0.5) | 12.6 | (1.7) | 8.8 | (1.6) | 9.4 | (0.8) |
| Luncheon meat | 14.0 | (0.7) | 14.2 | (1.3) | 14.1 | (1.4) | 14.1 | (1.0) |
| Beef, pork, ham | 5.7 | (0.5) | 5.7 | (0.9) | 6.8 | (1.1) | 5.4 | (0.7) |
| Chicken, turkey | 5.3 | (0.5) | 7.7 | (1.1) | 6.0 | (1.0) | 4.4 ** | (0.6) |
| Cheese (no meat) | 5.4 | (0.7) | 5.1 | (0.8) | 5.0 | (1.2) | 5.9 | (1.0) |
| Fish | 0.9 | (0.1) | 0.8 | (0.2) | 0.8 u | (0.3) | 0.9 | (0.2) |
| Peanut butter | 8.6 | (0.6) | 7.9 | (1.3) | 6.7 | (1.1) | 9.3 | (0.7) |
| Breakfast sandwiches | 2.6 | (0.3) | 2.3 | (0.4) | 2.1 | (0.6) | 2.7 | (0.4) |
| Pizza (no meat) | 9.6 | (0.5) | 6.7 | (1.0) | 8.3 | (1.2) | 10.9 *** | (0.7) |
| Pizza w/ meat | 14.0 | (0.8) | 16.2 | (1.5) | 14.9 | (1.4) | 13.2 | (1.3) |
| Mexican entrees | 15.9 | (0.9) | 13.7 | (1.6) | 18.6 * | (1.6) | 16.0 | (1.1) |
| Macaroni and cheese | 12.1 | (0.8) | 12.1 | (1.3) | 8.9 * | (1.0) | 13.2 | (1.1) |
| Pasta dishes | 14.2 | (0.8) | 12.7 | (1.4) | 11.7 | (1.3) | 15.5 | (1.1) |
| Rice dishes | 7.2 | (0.7) | 6.9 | (1.1) | 9.4 | (1.7) | 6.3 | (0.7) |
| Other grain mixtures | 2.8 | (0.3) | 3.1 | (0.6) | 2.8 | (0.7) | 2.6 | (0.4) |
| Meat soup | 5.2 | (0.5) | 7.0 | (1.4) | 7.8 | (0.9) | 3.8 * | (0.6) |
| Bean soup | 0.4 u | (0.1) | 0.3 u | (0.2) | 1.0 u | (0.5) | 0.3 u | (0.1) |
| Grain soups | 5.4 | (0.5) | 6.9 | (1.1) | 7.7 | (1.2) | 4.0 * | (0.6) |
| Vegetables mixtures (incl. soup) | 3.8 | (0.5) | 3.3 | (0.8) | 3.1 | (0.7) | 4.4 | (0.7) |
| Entrée salads | 1.7 | (0.3) | 1.0 | (0.3) | 1.9 | (0.4) | 1.6 | (0.4) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Children, 1–18 years old | | | | | | | | |
|---|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Beverages excluding milk and 100% fruit juice | 96.2 | (0.3) | 95.5 | (0.6) | 95.8 | (0.8) | 96.6 | (0.5) |
| <i>Types of beverages, among those drinking any</i> | | | | | | | | |
| Coffee | 5.2 | (0.6) | 4.1 | (0.7) | 5.8 | (1.5) | 5.1 | (0.8) |
| Tea | 13.2 | (1.3) | 12.9 | (1.5) | 14.0 | (2.0) | 13.0 | (1.6) |
| Beer | 0.4 | (0.1) | 0.7 u | (0.3) | 0.6 u | (0.3) | 0.3 u | (0.1) |
| Wine | 0.3 u | (0.1) | 0.0 | (0.0) | 0.3 u | (0.3) | 0.3 u | (0.2) |
| Liquor | 0.1 u | (0.1) | 0.4 u | (0.2) | 0.2 u | (0.1) | 0.1 u | (0.1) |
| Water (plain) | 77.0 | (0.7) | 69.2 | (2.1) | 74.0 | (1.6) | 80.3 *** | (1.0) |
| Noncarbonated, sweetened drinks | 38.8 | (1.0) | 42.1 | (1.7) | 39.0 | (2.0) | 37.3 * | (1.2) |
| Noncarbonated, low-calorie/sugar-free drinks | 12.0 | (1.0) | 11.8 | (1.7) | 8.8 | (1.0) | 13.3 | (1.5) |
| Energy drinks | 1.0 | (0.3) | 1.4 u | (0.6) | 1.3 u | (0.6) | 0.9 u | (0.4) |
| Any soda | 43.2 | (1.6) | 50.7 | (3.2) | 41.6 * | (2.5) | 41.6 * | (1.7) |
| Soda, regular | 38.0 | (1.5) | 47.7 | (3.3) | 39.1 * | (2.4) | 34.7 *** | (1.5) |
| Soda, sugar-free | 6.6 | (0.6) | 3.7 | (0.7) | 2.8 | (0.7) | 8.9 *** | (0.9) |
| Sweets and desserts | 79.9 | (0.8) | 75.7 | (1.5) | 76.6 | (1.5) | 82.3 *** | (0.9) |
| <i>Types of sweets and desserts, among those eating any</i> | | | | | | | | |
| Sugar and sugar substitutes | 10.2 | (0.8) | 11.6 | (1.7) | 11.0 | (1.9) | 9.0 | (0.9) |
| Syrups/sweet toppings | 17.0 | (1.1) | 14.2 | (1.4) | 16.4 | (1.8) | 18.1 | (1.5) |
| Jelly | 3.5 | (0.5) | 3.6 | (1.0) | 3.1 | (0.8) | 3.7 | (0.7) |
| Jello | 1.9 | (0.4) | 2.0 | (0.5) | 3.1 u | (1.1) | 1.7 | (0.5) |
| Candy | 41.9 | (1.0) | 38.8 | (1.7) | 40.2 | (2.4) | 43.4 * | (1.4) |
| Ice cream | 24.5 | (1.2) | 24.2 | (2.0) | 22.7 | (1.6) | 25.2 | (1.7) |
| Pudding | 2.7 | (0.3) | 1.4 | (0.4) | 3.4 ** | (0.7) | 3.1 * | (0.6) |
| Ice/popsicles | 8.9 | (0.9) | 8.9 | (1.1) | 11.1 | (1.8) | 8.1 | (0.9) |
| Sweet rolls | 3.8 | (0.4) | 5.5 | (0.8) | 5.8 | (1.0) | 2.6 ** | (0.4) |
| Cake/cupcakes | 10.2 | (0.5) | 10.2 | (1.2) | 11.4 | (1.5) | 9.8 | (0.6) |
| Cookies | 38.4 | (1.1) | 38.8 | (2.1) | 34.5 | (2.0) | 39.3 | (1.6) |
| Pies/cobblers | 2.6 | (0.5) | 1.2 u | (0.4) | 2.9 u | (1.0) | 3.0 * | (0.7) |
| Pastries | 7.3 | (0.7) | 6.2 | (1.2) | 5.6 | (1.2) | 8.1 | (1.2) |
| Doughnuts | 4.8 | (0.5) | 5.4 | (1.0) | 5.7 | (1.1) | 4.4 | (0.7) |
| Salty snacks | 44.4 | (0.9) | 45.4 | (1.3) | 41.4 | (1.6) | 45.2 | (1.2) |
| <i>Types of salty snacks, among those eating any</i> | | | | | | | | |
| Corn-based salty snacks | 46.0 | (2.0) | 50.2 | (3.3) | 49.6 | (4.2) | 43.0 | (2.6) |
| Pretzels/party mix | 14.8 | (1.3) | 8.5 | (1.8) | 15.5 * | (2.4) | 17.2 ** | (2.0) |
| Popcorn | 18.7 | (1.0) | 18.8 | (2.4) | 14.8 | (1.7) | 20.7 | (1.5) |
| Potato chips | 34.7 | (1.9) | 35.4 | (2.9) | 36.5 | (4.1) | 33.6 | (2.3) |
| Added fats and oils | 27.1 | (1.0) | 22.0 | (1.9) | 23.5 | (1.7) | 29.7 ** | (1.5) |
| <i>Types of added fats/oils among those eating any</i> | | | | | | | | |
| Butter | 33.4 | (2.1) | 29.1 | (2.5) | 34.1 | (4.2) | 34.0 | (3.0) |
| Margarine | 21.6 | (1.6) | 17.7 | (2.1) | 22.3 | (4.6) | 22.8 | (2.1) |
| Other added fats | 7.1 | (1.1) | 6.5 | (1.4) | 8.1 u | (2.5) | 7.3 | (1.6) |
| Other added oils | 0.6 u | (0.3) | 0.5 u | (0.5) | 0.0 | (0.0) | 0.9 u | (0.5) |
| Salad dressing | 13.7 | (1.5) | 15.2 | (2.2) | 12.1 | (2.0) | 14.5 | (1.9) |
| Mayonnaise | 1.6 | (0.3) | 2.7 u | (0.8) | 2.1 u | (0.8) | 1.1 u | (0.5) |
| Gravy | 9.6 | (1.2) | 19.0 | (2.9) | 10.4 * | (2.4) | 7.0 *** | (1.5) |
| Cream cheese | 9.6 | (1.3) | 6.2 | (1.6) | 8.9 u | (3.0) | 10.3 | (1.7) |
| Cream/sour cream | 18.8 | (1.7) | 15.8 | (1.8) | 19.6 | (4.0) | 18.2 | (2.3) |
| Other | 7.8 | (0.51) | 6.9 | (0.90) | 6.3 | (0.88) | 8.8 | (0.80) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Adults, 19–59 years old | | | | | | | | |
|---|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Sample size | 7,447 | - | 1,297 | - | 1,675 | - | 4,138 | - |
| Grains | 68.9 | (0.9) | 60.9 | (1.8) | 67.9 * | (2.1) | 70.2 *** | (1.1) |
| Types of grains, among those eating any | | | | | | | | |
| Whole grains ¹ | 33.8 | (1.1) | 25.7 | (2.1) | 24.3 | (2.2) | 37.3 *** | (1.4) |
| Refined grains | 85.3 | (0.5) | 86.4 | (1.6) | 91.0 * | (1.3) | 83.8 | (0.7) |
| Bread | 31.0 | (1.2) | 31.4 | (2.1) | 33.2 | (2.4) | 30.4 | (1.2) |
| Rolls | 5.8 | (0.5) | 5.1 | (1.1) | 5.3 | (1.2) | 6.0 | (0.7) |
| English muffin | 1.7 | (0.4) | 1.0 u | (0.4) | 0.8 u | (0.3) | 2.2 | (0.5) |
| Bagels | 5.9 | (0.5) | 2.8 | (0.7) | 3.9 | (0.9) | 6.9 *** | (0.7) |
| Biscuits, scones, croissants | 5.7 | (0.6) | 7.8 | (2.0) | 5.0 | (0.9) | 5.1 | (0.7) |
| Muffins | 4.3 | (0.5) | 2.0 | (0.5) | 4.9 * | (1.2) | 4.6 ** | (0.7) |
| Cornbread | 2.7 | (0.5) | 3.5 | (1.0) | 2.7 | (0.6) | 2.8 | (0.6) |
| Corn tortillas | 4.3 | (0.5) | 7.7 | (1.4) | 10.9 | (1.3) | 1.9 *** | (0.2) |
| Flour tortillas | 2.1 | (0.4) | 2.4 u | (0.8) | 2.8 | (0.8) | 2.0 | (0.5) |
| Taco shells | 0.2 u | (0.1) | 0.1 u | (0.1) | 0.4 u | (0.2) | 0.1 u | (0.1) |
| Crackers | 17.1 | (0.7) | 14.1 | (1.7) | 16.3 | (2.2) | 17.9 | (1.0) |
| Breakfast/granola bar | 7.8 | (0.6) | 3.3 | (0.8) | 3.6 | (1.0) | 9.3 *** | (0.8) |
| Pancakes, waffles, French toast | 6.6 | (0.5) | 8.8 | (1.8) | 6.1 | (1.1) | 6.6 | (0.8) |
| Cold cereal | 28.9 | (1.0) | 28.7 | (2.1) | 25.7 | (1.7) | 30.1 | (1.3) |
| Hot cereal | 8.7 | (0.5) | 9.1 | (1.2) | 6.5 | (0.8) | 9.3 | (0.7) |
| Rice | 15.5 | (1.1) | 12.2 | (2.0) | 18.4 * | (2.1) | 14.7 | (1.1) |
| Pasta | 3.5 | (0.4) | 1.4 u | (0.5) | 2.7 u | (0.8) | 4.1 *** | (0.5) |
| Vegetables | 60.2 | (0.84) | 53.8 | (1.82) | 58.5 | (1.80) | 61.8 *** | (1.11) |
| Types of vegetables, among those eating any | | | | | | | | |
| Raw vegetables | 33.7 | (1.42) | 21.2 | (1.24) | 31.7 *** | (1.91) | 35.2 *** | (1.74) |
| Raw lettuce/greens | 1.3 | (0.22) | 0.7 u | (0.32) | 1.3 u | (0.44) | 1.4 | (0.28) |
| Raw carrots | 3.7 | (0.44) | 1.7 | (0.44) | 2.5 u | (0.81) | 4.4 *** | (0.62) |
| Raw tomatoes | 5.4 | (0.77) | 3.3 | (0.87) | 5.3 | (1.26) | 5.7 | (0.96) |
| Raw cabbage/coleslaw | 2.5 | (0.31) | 0.7 u | (0.22) | 2.7 * | (0.76) | 2.6 *** | (0.38) |
| Other raw (higher in vitamins A or C) ² | 2.5 | (0.27) | 2.0 u | (0.74) | 2.9 u | (0.92) | 2.3 | (0.36) |
| Other raw (lower in vitamins A or C) ² | 4.2 | (0.48) | 3.4 | (0.90) | 2.7 | (0.60) | 4.6 | (0.58) |
| Salads (w/greens) | 20.2 | (1.06) | 13.1 | (1.27) | 16.9 | (1.76) | 21.4 *** | (1.42) |
| Cooked vegetables, excl. potatoes | 58.1 | (1.17) | 58.2 | (2.86) | 57.5 | (2.61) | 58.4 | (1.54) |
| Cooked green beans | 7.7 | (0.58) | 6.7 | (1.13) | 6.3 | (1.19) | 8.2 | (0.86) |
| Cooked corn | 8.3 | (0.79) | 9.8 | (1.73) | 7.5 | (1.30) | 8.6 | (1.07) |
| Cooked peas | 1.7 | (0.26) | 2.5 | (0.67) | 1.6 u | (0.69) | 1.5 | (0.34) |
| Cooked carrots | 2.3 | (0.26) | 2.0 u | (0.78) | 2.0 u | (0.61) | 2.3 | (0.34) |
| Cooked broccoli | 4.9 | (0.50) | 4.4 | (1.04) | 4.3 | (0.81) | 4.7 | (0.69) |
| Cooked tomatoes | 25.8 | (0.85) | 27.6 | (2.08) | 28.3 | (2.55) | 25.5 | (0.79) |
| Cooked mixed | 3.6 | (0.47) | 3.8 | (0.98) | 3.5 | (0.79) | 3.4 | (0.60) |
| Cooked starchy | 1.5 u | (0.44) | 1.9 u | (0.83) | 3.1 u | (1.12) | 0.9 u | (0.33) |
| Other cooked deep yellow | 1.7 | (0.34) | 1.3 u | (0.49) | 1.5 u | (0.47) | 1.7 | (0.43) |
| Other cooked dark green | 2.7 | (0.35) | 3.6 | (0.90) | 2.9 u | (0.94) | 2.7 | (0.41) |
| Other cooked (higher in vitamins A or C) ² | 5.6 | (0.50) | 4.7 | (1.00) | 4.7 | (1.16) | 6.1 | (0.78) |
| Other cooked (lower in vitamins A or C) ² | 7.8 | (0.73) | 4.3 | (0.97) | 6.8 | (1.19) | 8.3 ** | (0.91) |
| Other fried | 0.3 u | (0.14) | 0.2 u | (0.15) | 0.1 u | (0.11) | 0.3 u | (0.19) |
| Cooked potatoes | 49.7 | (1.30) | 56.9 | (2.88) | 48.3 * | (2.53) | 49.1 * | (1.25) |
| Cooked potatoes-not fried | 21.6 | (1.03) | 23.3 | (2.04) | 19.9 | (1.88) | 21.7 | (1.04) |
| Cooked potatoes-fried | 30.7 | (1.23) | 36.9 | (2.74) | 30.4 | (2.14) | 30.0 * | (1.40) |
| Vegetable juice | 2.4 | (0.28) | 1.9 | (0.49) | 1.8 u | (0.62) | 2.8 | (0.41) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Adults, 19–59 years old | | | | | | | | |
|---|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Fruit and 100% fruit juice | 49.9 | (1.3) | 41.5 | (2.1) | 47.7 * | (2.3) | 51.7 *** | (1.5) |
| <i>Types of fruit, among those eating any</i> | | | | | | | | |
| Any whole fruit | 79.1 | (0.8) | 68.6 | (2.4) | 79.2 *** | (2.0) | 80.4 *** | (1.0) |
| Fresh fruit | 71.9 | (1.0) | 60.7 | (2.4) | 73.0 *** | (2.1) | 73.0 *** | (1.1) |
| Fresh orange | 8.9 | (1.0) | 10.8 | (1.7) | 9.8 | (1.6) | 8.0 | (1.0) |
| Fresh other citrus | 0.8 | (0.18) | 1.2 u | (0.72) | 1.1 u | (0.33) | 0.6 u | (0.18) |
| Fresh apple | 19.6 | (1.3) | 17.9 | (3.0) | 23.2 | (2.4) | 18.9 | (1.5) |
| Fresh banana | 25.5 | (1.0) | 18.2 | (1.8) | 20.5 | (1.9) | 27.9 *** | (1.3) |
| Fresh melon | 3.8 | (0.4) | 1.6 | (0.5) | 4.7 ** | (1.0) | 3.8 ** | (0.6) |
| Fresh watermelon | 4.7 | (0.6) | 3.3 u | (1.5) | 4.5 | (1.1) | 4.7 | (0.6) |
| Fresh grapes | 7.5 | (0.6) | 5.5 | (1.0) | 5.2 | (1.1) | 8.5 * | (0.8) |
| Fresh peach/nectarine | 5.0 | (0.8) | 5.4 | (1.4) | 2.8 u | (1.0) | 5.1 | (1.1) |
| Fresh pear | 2.5 | (0.3) | 4.5 u | (1.8) | 3.0 u | (1.2) | 2.2 | (0.3) |
| Fresh berries | 9.7 | (0.9) | 4.5 | (1.2) | 10.7 * | (2.3) | 9.8 *** | (1.0) |
| Fresh pineapple | 2.7 | (0.4) | 1.3 u | (0.5) | 1.5 u | (0.6) | 3.2 ** | (0.5) |
| Other fresh fruit | 6.7 | (0.8) | 7.3 | (1.5) | 5.4 | (1.1) | 6.6 | (1.0) |
| Avocado/guacamole | 2.8 | (0.4) | 2.4 | (0.7) | 3.7 | (0.5) | 2.6 | (0.5) |
| Lemon/lime - any form | 0.3 u | (0.15) | 0.0 | (0.00) | 0.4 u | (0.22) | 0.3 u | (0.20) |
| Canned or frozen fruit, total | 8.4 | (0.9) | 8.9 | (1.7) | 7.8 | (1.5) | 8.8 | (1.2) |
| Canned or frozen in syrup | 2.6 | (0.3) | 3.7 | (1.1) | 3.0 u | (1.1) | 2.5 | (0.3) |
| Canned or frozen, no syrup | 5.9 | (0.9) | 5.6 | (1.3) | 5.8 | (1.4) | 6.3 | (1.2) |
| Applesauce, canned/ frozen apples | 2.8 | (0.8) | 2.0 u | (0.9) | 2.2 u | (1.0) | 3.3 u | (1.0) |
| Canned/frozen peaches | 1.2 | (0.2) | 1.9 u | (0.8) | 1.4 u | (0.9) | 1.1 | (0.2) |
| Canned/frozen pineapple | 0.8 | (0.2) | 0.9 u | (0.5) | 0.3 u | (0.2) | 0.7 | (0.2) |
| Other canned/frozen | 0.8 | (0.2) | 0.9 u | (0.5) | 0.3 u | (0.2) | 0.7 | (0.2) |
| 100% Fruit juice | 40.3 | (1.2) | 48.8 | (2.7) | 41.7 | (2.8) | 38.2 *** | (1.5) |
| Non-citrus juice | 15.1 | (0.8) | 24.1 | (2.1) | 14.7 ** | (2.0) | 13.9 *** | (1.1) |
| Citrus juice | 27.1 | (1.0) | 27.5 | (2.7) | 27.5 | (2.8) | 26.5 | (1.2) |
| Dried fruit | 4.4 | (0.4) | 1.9 u | (0.9) | 3.6 u | (1.2) | 4.9 ** | (0.5) |
| Milk and milk products | 54.7 | (0.8) | 45.8 | (2.2) | 49.2 | (2.0) | 57.4 *** | (0.9) |
| <i>Types of milk, among those eating any</i> | | | | | | | | |
| Cow's milk, total | 74.9 | (1.1) | 81.6 | (1.8) | 76.0 | (2.5) | 73.7 *** | (1.3) |
| Unflavored white milk, total | 73.5 | (1.1) | 78.3 | (2.1) | 75.2 | (2.4) | 72.5 * | (1.3) |
| Unflavored whole milk | 18.1 | (1.0) | 30.6 | (2.8) | 24.9 | (2.3) | 14.5 *** | (1.3) |
| Unflavored non-whole, total | 55.1 | (1.7) | 47.7 | (2.7) | 48.1 | (2.6) | 58.0 ** | (2.1) |
| 2% milk, unflavored | 27.6 | (1.3) | 36.9 | (2.8) | 30.4 | (2.5) | 26.3 *** | (1.6) |
| 1% milk, unflavored | 11.8 | (0.9) | 6.5 | (1.1) | 9.5 | (1.3) | 13.1 *** | (1.2) |
| Skim milk, unflavored | 15.9 | (0.9) | 4.8 | (0.9) | 8.2 | (1.6) | 18.9 *** | (1.1) |
| Unflavored, fat not specified | 1.1 | (0.3) | 2.0 | (0.5) | 3.0 | (0.8) | 0.5 ** u | (0.3) |
| Flavored milk, total | 2.1 | (0.3) | 4.9 u | (1.7) | 1.3 * | (0.4) | 1.8 | (0.4) |
| Flavored, whole milk | 0.8 | (0.2) | 2.3 u | (0.9) | 0.5 u | (0.2) | 0.6 u | (0.2) |
| Flavored non-whole, total | 1.2 | (0.2) | 2.6 u | (1.1) | 0.5 u | (0.2) | 1.1 | (0.3) |
| 2% milk, flavored | 0.7 | (0.2) | 1.0 u | (0.8) | 0.4 u | (0.2) | 0.6 u | (0.2) |
| 1% milk, flavored | 0.3 u | (0.1) | 1.1 u | (0.7) | 0.1 u | (0.1) | 0.2 u | (0.1) |
| Skim milk, flavored | 0.2 u | (0.1) | 0.5 u | (0.5) | 0.1 u | (0.1) | 0.2 u | (0.1) |
| Flavored, fat not specified | 0.1 u | (0.1) | 0.1 u | (0.1) | 0.3 u | (0.2) | 0.1 u | (0.1) |
| Soymilk | 3.6 | (0.5) | 2.3 u | (1.1) | 3.0 u | (1.0) | 4.0 | (0.6) |
| Dry or evaporated milk | 0.8 | (0.2) | 1.6 u | (0.6) | 1.4 u | (0.8) | 0.6 u | (0.2) |
| Yogurt | 12.1 | (0.9) | 8.0 | (1.3) | 9.3 | (1.6) | 13.0 ** | (1.0) |
| Cheese | 29.3 | (1.3) | 21.8 | (1.8) | 29.2 * | (2.6) | 30.7 *** | (1.6) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Adults, 19–59 years old | | | | | | | | |
|--|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Meat and meat alternates | 62.2 | (1.1) | 58.6 | (2.1) | 65.0 * | (1.5) | 62.1 | (1.5) |
| <i>Types of meat, among those eating any</i> | | | | | | | | |
| Beef | 14.6 | (0.8) | 16.2 | (2.0) | 13.5 | (1.7) | 14.3 | (0.8) |
| Ground beef | 1.3 | (0.2) | 2.1 | (0.4) | 1.4 u | (0.4) | 1.1 | (0.3) |
| Pork | 9.8 | (0.8) | 11.1 | (1.5) | 8.4 | (1.1) | 10.2 | (1.2) |
| Ham | 2.7 | (0.4) | 3.4 u | (1.1) | 2.4 | (0.5) | 2.8 | (0.5) |
| Lamb and misc. meats | 1.1 | (0.2) | 1.5 | (0.3) | 0.9 u | (0.4) | 1.0 | (0.2) |
| Chicken | 29.7 | (1.2) | 31.9 | (1.9) | 31.8 | (2.6) | 28.7 | (1.5) |
| Turkey | 2.6 | (0.4) | 2.0 u | (0.7) | 2.5 u | (0.8) | 2.9 | (0.6) |
| Organ meats | 0.3 u | (0.1) | 0.5 u | (0.3) | 0.7 u | (0.3) | 0.2 u | (0.1) |
| Hot dogs | 1.0 | (0.2) | 1.6 u | (0.7) | 1.2 | (0.3) | 0.9 | (0.2) |
| Cold cuts | 2.9 | (0.4) | 2.5 | (0.6) | 1.7 | (0.4) | 3.3 | (0.6) |
| Fish | 10.3 | (0.7) | 8.5 | (1.4) | 9.2 | (1.4) | 11.0 | (1.0) |
| Shellfish | 4.7 | (0.5) | 3.7 | (0.7) | 5.4 | (1.1) | 4.6 | (0.5) |
| Bacon/sausage | 13.8 | (0.8) | 16.1 | (1.7) | 12.6 | (1.1) | 13.6 | (0.9) |
| Eggs | 23.2 | (1.4) | 24.5 | (2.3) | 26.4 | (2.3) | 21.9 | (1.5) |
| Beans | 10.3 | (0.6) | 12.4 | (1.2) | 13.6 | (1.4) | 8.9 * | (0.8) |
| Baked/refried beans | 3.2 | (0.4) | 2.0 u | (0.6) | 2.5 | (0.6) | 3.6 * | (0.5) |
| Soy products | 1.5 | (0.2) | 0.5 u | (0.4) | 1.0 u | (0.4) | 1.8 ** | (0.3) |
| Protein/meal enhancement | 6.0 | (0.6) | 1.2 u | (0.4) | 4.0 ** | (0.8) | 7.4 *** | (0.9) |
| Nuts | 13.1 | (0.6) | 5.7 | (0.9) | 10.3 ** | (1.4) | 15.3 *** | (0.7) |
| Peanut/almond butter | 5.9 | (0.7) | 2.6 | (0.6) | 7.5 * | (2.0) | 6.0 *** | (0.8) |
| Seeds | 3.0 | (0.5) | 2.1 u | (0.7) | 1.8 | (0.5) | 3.3 | (0.6) |
| Mixed dishes | 89.0 | (0.6) | 86.9 | (1.3) | 85.6 | (1.3) | 90.3 * | (0.8) |
| <i>Types of mixed dishes, among those eating any</i> | | | | | | | | |
| Tomato sauce and meat (no pasta) | 0.3 u | (0.1) | 0.2 u | (0.1) | -0.0 | (0.0) | 0.4 u | (0.2) |
| Chili con carne | 1.9 | (0.3) | 3.8 | (0.8) | 1.1 ** u | (0.4) | 2.0 * | (0.4) |
| Meat mixtures w/ red meat | 10.0 | (0.5) | 10.3 | (1.5) | 10.4 | (0.8) | 10.2 | (0.7) |
| Meat mixtures w/ chicken/turkey | 12.5 | (0.7) | 7.7 | (1.1) | 10.0 | (1.4) | 13.5 *** | (0.8) |
| Meat mixtures w/ fish | 3.9 | (0.4) | 2.3 u | (1.0) | 3.3 | (0.8) | 4.2 | (0.5) |
| Hamburgers/cheeseburgers | 14.3 | (0.8) | 18.3 | (1.8) | 14.8 | (1.1) | 13.5 * | (1.0) |
| Other sandwiches | 47.2 | (1.3) | 48.6 | (2.3) | 41.1 * | (2.1) | 48.7 | (1.4) |
| Hot dogs | 5.4 | (0.5) | 6.7 | (0.9) | 4.3 * | (0.8) | 5.6 | (0.7) |
| Luncheon meat | 16.9 | (0.6) | 20.0 | (1.5) | 13.2 *** | (1.3) | 17.5 | (0.8) |
| Beef, pork, ham | 8.8 | (0.6) | 7.9 | (1.1) | 7.2 | (1.1) | 9.3 | (0.7) |
| Chicken, turkey | 7.5 | (0.6) | 6.8 | (0.9) | 5.7 | (0.7) | 8.0 | (0.6) |
| Cheese (no meat) | 4.0 | (0.4) | 2.4 | (0.5) | 4.5 * | (0.7) | 4.3 * | (0.5) |
| Fish | 3.1 | (0.3) | 3.4 | (0.7) | 2.9 | (0.5) | 3.2 | (0.4) |
| Peanut butter | 3.7 | (0.2) | 4.0 | (0.7) | 3.3 | (0.7) | 3.7 | (0.3) |
| Breakfast sandwiches | 4.9 | (0.4) | 4.0 | (0.6) | 5.3 | (1.2) | 4.9 | (0.4) |
| Pizza (no meat) | 4.3 | (0.4) | 2.8 | (0.7) | 2.3 | (0.5) | 4.9 * | (0.5) |
| Pizza w/ meat | 10.3 | (0.5) | 8.6 | (1.1) | 9.5 | (1.2) | 10.9 | (0.6) |
| Mexican entrees | 15.7 | (1.1) | 15.5 | (2.1) | 20.0 | (2.1) | 14.6 | (1.0) |
| Macaroni and cheese | 5.8 | (0.5) | 8.8 | (1.5) | 6.5 | (1.3) | 5.1 * | (0.6) |
| Pasta dishes | 10.3 | (0.6) | 7.9 | (1.0) | 9.2 | (1.2) | 11.1 ** | (0.8) |
| Rice dishes | 9.8 | (0.7) | 8.3 | (1.0) | 12.3 | (1.8) | 9.5 | (0.7) |
| Other grain mixtures | 3.6 | (0.5) | 3.2 | (0.8) | 2.8 | (0.6) | 3.9 | (0.5) |
| Meat soup | 6.8 | (0.4) | 7.3 | (1.1) | 9.3 | (1.1) | 6.2 | (0.5) |
| Bean soup | 1.5 | (0.4) | 0.6 u | (0.3) | 1.7 u | (0.6) | 1.7 * | (0.5) |
| Grain soups | 2.8 | (0.3) | 3.9 | (0.7) | 3.9 | (0.7) | 2.5 | (0.4) |
| Vegetables mixtures (incl. soup) | 6.6 | (0.5) | 4.7 | (1.0) | 6.5 | (0.7) | 6.8 | (0.7) |
| Entrée salads | 5.8 | (0.4) | 2.8 | (0.7) | 4.7 | (0.8) | 6.5 *** | (0.5) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Adults, 19–59 years old | | | | | | | | |
|---|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Beverages excluding milk and 100% fruit juice | 99.7 | (0.1) | 99.5 | (0.2) | 99.6 | (0.1) | 99.8 | (0.1) |
| <i>Types of beverages, among those drinking any</i> | | | | | | | | |
| Coffee | 46.1 | (1.2) | 39.6 | (1.7) | 39.9 | (1.8) | 48.7 *** | (1.7) |
| Tea | 25.8 | (1.2) | 20.9 | (1.4) | 25.0 | (2.0) | 26.8 ** | (1.3) |
| Beer | 16.9 | (0.7) | 14.4 | (1.5) | 16.0 | (1.4) | 17.7 | (0.9) |
| Wine | 5.9 | (0.5) | 1.8 | (0.5) | 3.1 | (0.7) | 7.1 *** | (0.7) |
| Liquor | 6.6 | (0.4) | 4.1 | (0.8) | 6.4 | (1.1) | 7.2 ** | (0.6) |
| Water (plain) | 77.7 | (0.9) | 67.0 | (2.1) | 77.3 *** | (1.6) | 80.0 *** | (0.9) |
| Noncarbonated, sweetened drinks | 22.3 | (0.9) | 24.6 | (2.1) | 25.5 | (1.6) | 20.9 | (1.1) |
| Noncarbonated, low-calorie/sugar-free drinks | 5.2 | (0.4) | 4.0 | (0.8) | 4.2 | (0.6) | 5.6 | (0.6) |
| Energy drinks | 2.4 | (0.2) | 2.3 | (0.5) | 3.2 | (0.6) | 2.2 | (0.2) |
| Any soda | 56.3 | (1.5) | 62.0 | (2.4) | 53.9 * | (2.8) | 56.2 | (1.7) |
| Soda, regular | 38.3 | (1.5) | 54.3 | (1.6) | 43.4 *** | (2.8) | 34.6 *** | (1.6) |
| Soda, sugar-free | 20.0 | (0.8) | 8.7 | (1.4) | 12.5 | (1.7) | 24.0 *** | (1.0) |
| Sweets and desserts | 75.0 | (0.9) | 72.0 | (1.9) | 70.7 | (1.8) | 77.0 * | (0.8) |
| <i>Types of sweets and desserts, among those eating any</i> | | | | | | | | |
| Sugar and sugar substitutes | 39.5 | (0.8) | 40.9 | (1.9) | 40.1 | (2.0) | 39.1 | (1.2) |
| Syrups/sweet toppings | 10.8 | (0.5) | 9.4 | (1.3) | 10.0 | (1.0) | 11.4 | (0.8) |
| Jelly | 4.5 | (0.4) | 3.8 | (0.8) | 4.4 | (1.0) | 4.7 | (0.5) |
| Jello | 0.9 | (0.1) | 0.6 u | (0.3) | 0.6 u | (0.3) | 0.9 | (0.2) |
| Candy | 34.4 | (1.2) | 31.5 | (1.7) | 29.6 | (2.2) | 35.3 | (1.3) |
| Ice cream | 19.7 | (0.7) | 18.4 | (1.8) | 18.6 | (1.9) | 20.4 | (0.9) |
| Pudding | 2.6 | (0.3) | 2.6 u | (0.9) | 2.3 u | (0.8) | 2.8 | (0.4) |
| Ice/popsicles | 2.1 | (0.2) | 1.6 u | (0.5) | 1.7 | (0.4) | 2.2 | (0.2) |
| Sweet rolls | 4.9 | (0.4) | 5.9 | (1.2) | 9.2 * | (1.1) | 3.7 | (0.3) |
| Cake/cupcakes | 12.5 | (0.6) | 8.9 | (1.8) | 10.6 | (1.1) | 13.3 * | (0.8) |
| Cookies | 26.9 | (0.9) | 23.7 | (1.9) | 27.8 | (1.6) | 27.3 | (1.2) |
| Pies/cobblers | 4.2 | (0.4) | 1.8 | (0.4) | 2.7 | (0.6) | 4.9 *** | (0.6) |
| Pastries | 3.2 | (0.5) | 3.3 u | (1.1) | 2.7 | (0.8) | 3.3 | (0.7) |
| Doughnuts | 4.3 | (0.4) | 6.2 | (1.0) | 4.4 | (0.6) | 4.1 | (0.5) |
| Salty snacks | 34.9 | (1.2) | 33.6 | (2.0) | 29.2 | (2.0) | 36.5 | (1.3) |
| <i>Types of salty snacks, among those eating any</i> | | | | | | | | |
| Corn-based salty snacks | 41.1 | (1.5) | 38.1 | (3.8) | 41.5 | (2.6) | 42.4 | (1.7) |
| Pretzels/party mix | 15.3 | (1.5) | 9.1 | (1.7) | 10.3 | (2.2) | 16.7 ** | (1.7) |
| Popcorn | 16.1 | (1.0) | 17.0 | (2.2) | 18.4 | (2.3) | 15.7 | (1.2) |
| Potato chips | 38.3 | (1.7) | 45.1 | (2.8) | 43.5 | (3.0) | 35.7 ** | (1.8) |
| Added fats and oils | 43.5 | (1.0) | 35.5 | (1.5) | 35.9 | (1.2) | 47.1 *** | (1.3) |
| <i>Types of added fats/oils among those eating any</i> | | | | | | | | |
| Butter | 20.4 | (1.0) | 18.4 | (2.2) | 20.3 | (2.1) | 20.4 | (1.4) |
| Margarine | 19.4 | (1.1) | 18.7 | (2.8) | 19.2 | (1.9) | 19.4 | (1.3) |
| Other added fats | 7.1 | (0.7) | 5.1 | (1.4) | 8.3 | (1.6) | 7.4 | (1.0) |
| Other added oils | 1.5 | (0.3) | 0.9 u | (0.5) | 1.6 u | (0.6) | 1.5 | (0.4) |
| Salad dressing | 9.4 | (1.1) | 6.6 | (1.6) | 8.3 | (1.5) | 9.6 | (1.1) |
| Mayonnaise | 1.7 | (0.4) | 3.1 u | (1.1) | 1.3 u | (0.4) | 1.6 u | (0.5) |
| Gravy | 8.8 | (1.0) | 10.3 | (2.6) | 11.5 | (1.6) | 8.3 | (1.3) |
| Cream cheese | 7.0 | (0.8) | 3.5 | (0.9) | 4.7 | (1.3) | 7.9 ** | (1.0) |
| Cream/sour cream | 52.3 | (1.62) | 50.4 | (2.46) | 52.2 | (2.26) | 53.0 | (1.92) |
| Other | 10.3 | (0.67) | 6.4 | (1.04) | 8.5 | (1.30) | 11.6 *** | (0.78) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Sample size | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Grains | 83.8 | (0.8) | 83.5 | (2.9) | 81.0 | (2.0) | 83.9 | (0.9) |
| Types of grains, among those eating any | | | | | | | | |
| Whole grains ¹ | 42.1 | (1.2) | 30.3 | (3.9) | 35.0 | (2.5) | 44.5 *** | (1.5) |
| Refined grains | 84.7 | (1.1) | 89.0 | (3.0) | 88.2 | (2.0) | 83.4 | (1.3) |
| Bread | 41.2 | (1.4) | 45.0 | (3.0) | 40.4 | (2.6) | 41.1 | (1.7) |
| Rolls | 7.0 | (0.8) | 5.6 u | (2.0) | 7.4 | (1.4) | 6.6 | (0.8) |
| English muffin | 2.4 | (0.4) | 0.0 | (0.0) | 1.4 u | (0.7) | 2.7 *** | (0.5) |
| Bagels | 4.2 | (0.6) | 3.6 u | (1.7) | 2.2 u | (0.7) | 4.6 | (0.6) |
| Biscuits, scones, croissants | 6.4 | (0.9) | 4.7 u | (1.6) | 6.9 u | (2.7) | 6.6 | (0.8) |
| Muffins | 3.8 | (0.7) | 1.8 u | (1.4) | 3.9 u | (1.3) | 3.9 | (0.9) |
| Cornbread | 5.3 | (1.0) | 10.4 | (3.0) | 8.2 | (1.9) | 4.5 | (0.9) |
| Corn tortillas | 1.7 | (0.5) | 5.6 u | (3.1) | 5.6 | (1.7) | 0.7 | (0.2) |
| Flour tortillas | 1.6 | (0.4) | 5.3 u | (2.1) | 2.9 | (0.7) | 1.2 | (0.2) |
| Taco shells | 0.3 u | (0.1) | 0.7 u | (0.4) | 0.7 u | (0.3) | 0.1 u | (0.1) |
| Crackers | 22.3 | (1.4) | 20.2 | (3.3) | 21.3 | (3.4) | 22.9 | (1.5) |
| Breakfast/granola bar | 3.5 | (0.4) | 0.3 u | (0.3) | 2.2 u | (1.1) | 3.9 *** | (0.4) |
| Pancakes, waffles, French toast | 5.7 | (0.7) | 3.8 u | (1.4) | 4.5 | (1.0) | 6.0 | (0.7) |
| Cold cereal | 35.1 | (1.3) | 31.2 | (3.3) | 30.5 | (2.8) | 36.5 | (1.5) |
| Hot cereal | 15.8 | (1.2) | 12.8 | (2.1) | 14.9 | (2.0) | 16.2 | (1.5) |
| Rice | 9.6 | (1.0) | 15.2 | (2.7) | 10.5 | (2.0) | 8.9 * | (1.1) |
| Pasta | 2.1 | (0.4) | 3.2 u | (1.8) | 2.6 u | (1.0) | 2.1 | (0.5) |
| Vegetables | 67.1 | (1.20) | 61.8 | (4.08) | 60.3 | (2.45) | 68.4 | (1.48) |
| Types of vegetables, among those eating any | | | | | | | | |
| Raw vegetables | 47.4 | (1.68) | 36.0 | (4.08) | 47.7 * | (2.90) | 48.5 ** | (2.19) |
| Raw lettuce/greens | 1.7 | (0.30) | 1.3 u | (0.78) | 1.9 u | (0.70) | 1.6 | (0.41) |
| Raw carrots | 4.1 | (0.73) | 0.8 u | (0.47) | 4.9 * u | (1.72) | 4.1 *** | (0.86) |
| Raw tomatoes | 6.3 | (1.16) | 6.5 u | (2.66) | 5.1 u | (1.91) | 6.6 | (1.19) |
| Raw cabbage/coleslaw | 5.3 | (0.68) | 4.1 u | (1.48) | 7.3 | (1.33) | 5.0 | (0.78) |
| Other raw (higher in vitamins A or C) ² | 2.2 | (0.46) | 2.1 u | (1.36) | 3.6 u | (1.25) | 2.0 | (0.46) |
| Other raw (lower in vitamins A or C) ² | 6.4 | (0.72) | 5.4 u | (2.15) | 6.9 u | (2.12) | 6.2 | (0.84) |
| Salads (w/greens) | 30.5 | (1.84) | 19.7 | (3.95) | 26.4 | (3.36) | 32.3 ** | (2.37) |
| Cooked vegetables, excl. potatoes | 56.8 | (1.48) | 64.7 | (3.67) | 51.8 ** | (2.79) | 57.3 | (1.83) |
| Cooked green beans | 11.4 | (1.25) | 7.1 u | (2.80) | 6.7 | (1.72) | 12.6 | (1.51) |
| Cooked corn | 8.6 | (0.95) | 11.6 | (2.78) | 8.7 | (1.92) | 8.6 | (1.20) |
| Cooked peas | 3.0 | (0.47) | 4.1 u | (1.64) | 4.1 u | (1.41) | 3.0 | (0.49) |
| Cooked carrots | 4.3 | (0.56) | 4.9 u | (1.95) | 2.2 u | (0.86) | 4.7 | (0.69) |
| Cooked broccoli | 4.4 | (0.57) | 5.6 u | (1.97) | 3.8 | (1.12) | 4.4 | (0.67) |
| Cooked tomatoes | 14.9 | (0.97) | 11.3 | (2.66) | 13.1 | (2.25) | 15.4 | (1.19) |
| Cooked mixed | 3.8 | (0.59) | 4.0 u | (1.34) | 5.3 | (1.57) | 3.4 | (0.59) |
| Cooked starchy | 1.7 | (0.38) | 5.7 u | (2.66) | 2.0 u | (0.84) | 1.4 | (0.35) |
| Other cooked deep yellow | 2.8 | (0.50) | 3.5 u | (1.85) | 3.4 u | (1.73) | 2.8 | (0.54) |
| Other cooked dark green | 4.3 | (0.68) | 8.1 | (1.61) | 4.5 | (1.02) | 4.0 * | (0.72) |
| Other cooked (higher in vitamins A or C) ² | 6.6 | (0.85) | 7.2 u | (2.69) | 5.9 | (1.33) | 6.7 | (1.01) |
| Other cooked (lower in vitamins A or C) ² | 8.6 | (0.82) | 13.0 | (3.63) | 8.3 | (1.92) | 8.6 | (0.84) |
| Other fried | 0.4 u | (0.11) | 0.3 u | (0.26) | 0.5 u | (0.39) | 0.3 u | (0.15) |
| Cooked potatoes | 44.9 | (1.74) | 54.4 | (3.88) | 42.8 | (4.94) | 43.4 * | (1.80) |
| Cooked potatoes-not fried | 27.7 | (1.42) | 38.0 | (4.88) | 25.4 | (5.32) | 26.7 * | (1.29) |
| Cooked potatoes-fried | 18.8 | (1.43) | 18.3 | (3.44) | 18.7 | (4.46) | 18.4 | (1.62) |
| Vegetable juice | 4.5 | (0.61) | 1.7 u | (1.10) | 4.9 u | (1.61) | 4.7 * | (0.69) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Fruit and 100% fruit juice | 66.7 | (1.7) | 58.8 | (3.2) | 57.6 | (2.3) | 68.8 ** | (1.9) |
| <i>Types of fruit, among those eating any</i> | | | | | | | | |
| Any whole fruit | 85.4 | (0.9) | 80.6 | (3.1) | 82.2 | (3.3) | 86.3 | (1.1) |
| Fresh fruit | 76.6 | (1.4) | 67.2 | (5.6) | 72.5 | (4.4) | 78.1 | (1.4) |
| Fresh orange | 9.8 | (1.3) | 10.0 u | (3.5) | 12.1 | (2.3) | 9.2 | (1.4) |
| Fresh other citrus | 2.2 | (0.47) | 0.8 u | (0.83) | 3.2 u | (1.54) | 2.2 | (0.57) |
| Fresh apple | 19.0 | (1.5) | 20.1 | (4.7) | 16.2 | (1.9) | 19.7 | (2.0) |
| Fresh banana | 31.3 | (1.5) | 22.3 | (3.1) | 29.7 | (4.1) | 31.9 ** | (1.7) |
| Fresh melon | 6.7 | (1.0) | 2.6 u | (1.2) | 4.7 u | (1.5) | 7.4 ** | (1.2) |
| Fresh watermelon | 5.5 | (1.0) | 3.9 u | (2.5) | 7.2 u | (2.7) | 5.2 | (1.1) |
| Fresh grapes | 9.2 | (1.0) | 8.2 | (2.1) | 5.1 | (1.3) | 10.1 | (1.1) |
| Fresh peach/nectarine | 6.7 | (1.1) | 2.2 u | (1.1) | 2.3 u | (0.8) | 7.5 ** | (1.3) |
| Fresh pear | 4.2 | (0.8) | 7.6 u | (2.3) | 2.7 u | (0.8) | 4.2 | (0.9) |
| Fresh berries | 12.4 | (1.1) | 1.2 u | (0.9) | 11.0 ** | (2.9) | 13.1 *** | (1.2) |
| Fresh pineapple | 2.2 | (0.6) | 1.7 u | (1.3) | 0.7 u | (0.5) | 2.5 | (0.7) |
| Other fresh fruit | 6.6 | (1.0) | 10.7 u | (3.4) | 6.4 | (1.7) | 6.3 | (0.9) |
| Avocado/guacamole | 1.2 | (0.3) | 2.2 u | (1.0) | 0.8 u | (0.4) | 1.3 | (0.4) |
| Lemon/lime - any form | 0.3 u | (0.16) | 0.0 | (0.0) | 0.0 | (0.0) | 0.3 u | (0.19) |
| Canned or frozen fruit, total | 14.2 | (1.2) | 15.1 | (4.3) | 10.9 | (2.0) | 14.5 | (1.2) |
| Canned or frozen in syrup | 5.9 | (0.8) | 4.3 u | (2.2) | 4.9 u | (1.6) | 6.2 | (0.9) |
| Canned or frozen, no syrup | 8.3 | (0.7) | 10.8 | (3.2) | 6.0 | (1.4) | 8.4 | (0.9) |
| Applesauce, canned/ frozen apples | 4.3 | (0.7) | 3.7 u | (2.1) | 2.0 u | (0.6) | 4.4 | (0.7) |
| Canned/frozen peaches | 2.9 | (0.6) | 2.5 u | (1.2) | 3.3 u | (1.3) | 2.9 | (0.6) |
| Canned/frozen pineapple | 1.5 | (0.3) | 0.7 u | (0.5) | 1.4 u | (0.5) | 1.3 u | (0.4) |
| Other canned/frozen | 6.1 | (0.7) | 8.6 u | (3.0) | 4.7 u | (1.5) | 6.2 | (0.7) |
| 100% Fruit juice | 39.3 | (1.6) | 40.8 | (4.3) | 42.2 | (3.4) | 38.9 | (1.8) |
| Non-citrus juice | 10.8 | (0.7) | 10.9 | (2.2) | 11.3 | (1.6) | 10.8 | (0.9) |
| Citrus juice | 30.8 | (1.7) | 32.2 | (4.8) | 33.2 | (3.8) | 30.3 | (1.9) |
| Dried fruit | 6.2 | (0.8) | 1.4 u | (0.9) | 5.1 u | (1.8) | 7.0 *** | (0.9) |
| Milk and milk products | 65.0 | (1.0) | 61.3 | (3.1) | 58.1 | (2.6) | 67.2 | (1.1) |
| <i>Types of milk, among those eating any</i> | | | | | | | | |
| Cow's milk, total | 76.5 | (1.0) | 80.0 | (3.9) | 81.8 | (1.9) | 75.2 | (1.3) |
| Unflavored white milk, total | 75.6 | (1.1) | 79.7 | (3.9) | 79.3 | (2.0) | 74.5 | (1.4) |
| Unflavored whole milk | 13.3 | (0.9) | 26.8 | (4.1) | 22.9 | (3.6) | 11.0 *** | (1.0) |
| Unflavored non-whole, total | 62.4 | (1.2) | 50.6 | (4.5) | 56.9 | (4.2) | 63.8 ** | (1.3) |
| 2% milk, unflavored | 29.8 | (1.3) | 35.8 | (4.7) | 34.8 | (3.8) | 28.5 | (1.3) |
| 1% milk, unflavored | 13.4 | (0.9) | 9.7 | (2.8) | 11.4 | (2.6) | 14.2 | (1.0) |
| Skim milk, unflavored | 19.8 | (1.3) | 5.6 | (1.5) | 11.2 * | (2.1) | 21.8 *** | (1.5) |
| Unflavored, fat not specified | 1.4 | (0.3) | 4.5 u | (1.9) | 1.9 u | (0.7) | 1.1 u | (0.3) |
| Flavored milk, total | 1.3 | (0.3) | 0.9 u | (0.7) | 2.9 u | (1.8) | 1.2 u | (0.4) |
| Flavored, whole milk | 0.4 u | (0.2) | 0.0 | (0.0) | 0.4 u | (0.3) | 0.4 u | (0.2) |
| Flavored non-whole, total | 0.8 | (0.3) | 0.9 u | (0.7) | 1.8 u | (1.8) | 0.7 u | (0.2) |
| 2% milk, flavored | 0.2 u | (0.2) | 0.0 | (.) | 0.0 | (0.0) | 0.3 u | (0.2) |
| 1% milk, flavored | 0.4 u | (0.2) | 0.9 u | (0.7) | 1.8 u | (1.8) | 0.3 | (0.0) |
| Skim milk, flavored | 0.1 u | (0.1) | 0.0 | (0.0) | 0.0 | (0.0) | 0.1 u | (0.1) |
| Flavored, fat not specified | 0.2 u | (0.1) | 0.0 | (0.0) | 0.7 u | (0.4) | 0.1 u | (0.1) |
| Soy milk | 4.4 | (0.7) | 2.7 u | (1.6) | 1.6 u | (0.7) | 4.7 | (0.7) |
| Dry or evaporated milk | 2.0 | (0.4) | 11.2 u | (5.9) | 2.2 u | (0.7) | 1.4 | (0.4) |
| Yogurt | 13.1 | (1.2) | 9.3 u | (3.3) | 5.3 | (1.5) | 14.7 | (1.4) |
| Cheese | 29.6 | (1.1) | 29.1 | (5.3) | 25.2 | (2.2) | 30.3 | (1.3) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| Older adults, 60+ years old | | | | | | | | |
|--|-------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Meat and meat alternates | 69.1 | (1.3) | 72.9 | (3.2) | 64.9 * | (2.3) | 69.2 | (1.5) |
| <i>Types of meat, among those eating any</i> | | | | | | | | |
| Beef | 12.6 | (1.3) | 6.4 | (1.5) | 12.0 | (2.5) | 13.0 ** | (1.4) |
| Ground beef | 2.6 | (0.4) | 2.4 u | (1.9) | 3.0 u | (1.4) | 2.5 | (0.6) |
| Pork | 10.5 | (0.9) | 12.1 | (3.3) | 11.7 | (1.9) | 10.5 | (0.9) |
| Ham | 4.5 | (0.8) | 4.0 u | (1.8) | 4.6 u | (1.5) | 4.7 | (1.0) |
| Lamb and misc. meats | 0.7 u | (0.2) | 0.7 u | (0.5) | 0.6 u | (0.4) | 0.8 u | (0.3) |
| Chicken | 20.4 | (1.1) | 29.5 | (2.5) | 22.3 | (3.2) | 19.2 *** | (1.4) |
| Turkey | 3.2 | (0.5) | 3.0 u | (1.3) | 3.9 u | (1.6) | 3.3 | (0.7) |
| Organ meats | 0.3 u | (0.1) | 0.6 u | (0.5) | 0.3 u | (0.2) | 0.2 u | (0.1) |
| Hot dogs | 1.3 | (0.3) | 1.5 u | (0.8) | 1.2 u | (0.4) | 1.4 | (0.3) |
| Cold cuts | 4.3 | (0.5) | 4.0 u | (1.3) | 1.4 u | (0.5) | 4.5 | (0.6) |
| Fish | 12.5 | (1.0) | 13.4 | (3.4) | 11.6 | (2.4) | 12.7 | (1.1) |
| Shellfish | 4.3 | (0.6) | 0.6 u | (0.4) | 4.9 ** u | (1.6) | 4.7 *** | (0.7) |
| Bacon/sausage | 19.5 | (1.1) | 19.4 | (3.1) | 19.8 | (1.8) | 19.6 | (1.3) |
| Eggs | 26.0 | (1.4) | 32.6 | (3.1) | 31.1 | (2.9) | 24.4 * | (1.4) |
| Beans | 12.2 | (1.1) | 16.3 | (3.1) | 17.7 | (3.5) | 11.0 | (0.9) |
| Baked/refried beans | 2.0 | (0.4) | 4.5 u | (2.0) | 2.6 u | (0.8) | 1.7 | (0.4) |
| Soy products | 1.3 | (0.4) | 0.6 u | (0.4) | 1.2 u | (0.7) | 1.1 u | (0.5) |
| Protein/meal enhancement | 3.8 | (0.4) | 1.5 u | (0.8) | 1.7 u | (0.8) | 4.1 ** | (0.5) |
| Nuts | 18.2 | (1.2) | 9.2 | (2.1) | 12.8 | (2.1) | 19.8 *** | (1.4) |
| Peanut/almond butter | 10.2 | (1.1) | 3.1 u | (1.2) | 7.7 | (2.1) | 11.4 *** | (1.3) |
| Seeds | 2.4 | (0.4) | 0.4 u | (0.4) | 1.5 u | (0.8) | 2.8 *** | (0.5) |
| Mixed dishes | 84.3 | (0.8) | 75.5 | (2.4) | 82.5 * | (1.9) | 85.3 *** | (0.9) |
| <i>Types of mixed dishes, among those eating any</i> | | | | | | | | |
| Tomato sauce and meat (no pasta) | 0.2 u | (0.1) | 0.1 u | (0.1) | 0.2 u | (0.2) | 0.2 u | (0.1) |
| Chili con carne | 2.0 | (0.5) | 0.5 u | (0.4) | 0.4 u | (0.2) | 2.3 * | (0.6) |
| Meat mixtures w/ red meat | 13.5 | (1.1) | 12.0 | (3.1) | 16.9 | (2.4) | 13.0 | (1.4) |
| Meat mixtures w/ chicken/turkey | 10.9 | (0.7) | 9.3 | (2.6) | 10.2 | (1.9) | 11.1 | (0.9) |
| Meat mixtures w/ fish | 5.3 | (0.7) | 4.9 u | (2.6) | 3.8 u | (1.2) | 5.6 | (0.8) |
| Hamburgers/cheeseburgers | 9.7 | (0.8) | 12.6 | (3.1) | 9.9 | (1.9) | 9.4 | (0.8) |
| Other sandwiches | 49.9 | (1.8) | 43.6 | (4.3) | 47.9 | (3.6) | 51.1 | (2.2) |
| Hot dogs | 3.9 | (0.7) | 3.7 u | (1.2) | 4.0 | (1.0) | 3.8 | (0.8) |
| Luncheon meat | 18.6 | (1.0) | 19.7 | (3.7) | 16.4 | (2.0) | 19.0 | (1.2) |
| Beef, pork, ham | 9.6 | (1.0) | 5.1 u | (1.6) | 10.8 * | (2.0) | 9.8 * | (1.2) |
| Chicken, turkey | 6.2 | (0.9) | 4.3 u | (1.7) | 6.2 u | (2.1) | 6.3 | (1.1) |
| Cheese (no meat) | 6.7 | (0.8) | 4.6 u | (2.0) | 3.4 u | (1.1) | 7.5 | (1.0) |
| Fish | 3.4 | (0.5) | 2.4 u | (1.1) | 5.5 | (1.3) | 3.3 | (0.5) |
| Peanut butter | 3.5 | (0.4) | 4.1 u | (1.3) | 3.3 u | (1.1) | 3.5 | (0.6) |
| Breakfast sandwiches | 4.2 | (0.6) | 5.3 u | (2.2) | 4.4 u | (1.8) | 4.4 | (0.6) |
| Pizza (no meat) | 2.1 | (0.6) | 2.2 u | (1.8) | 1.2 u | (0.7) | 2.1 u | (0.7) |
| Pizza w/ meat | 4.7 | (0.6) | 5.2 u | (2.3) | 3.2 u | (1.1) | 5.0 | (0.7) |
| Mexican entrees | 7.7 | (1.2) | 10.1 u | (4.2) | 9.2 | (2.3) | 7.3 | (0.9) |
| Macaroni and cheese | 3.0 | (0.4) | 1.7 u | (0.7) | 3.1 | (0.9) | 3.0 | (0.5) |
| Pasta dishes | 11.8 | (0.9) | 10.0 | (1.9) | 9.9 | (1.8) | 12.1 | (1.1) |
| Rice dishes | 5.9 | (0.8) | 13.9 | (3.0) | 6.9 * | (1.7) | 5.1 ** | (0.8) |
| Other grain mixtures | 3.0 | (0.6) | 1.8 u | (1.0) | 1.2 u | (0.4) | 3.4 | (0.8) |
| Meat soup | 10.3 | (1.0) | 8.3 | (2.0) | 11.3 | (2.0) | 10.2 | (1.2) |
| Bean soup | 1.6 | (0.3) | 2.1 u | (1.6) | 1.0 u | (0.4) | 1.5 | (0.4) |
| Grain soups | 2.0 | (0.4) | 2.5 u | (1.2) | 1.9 | (0.4) | 2.0 | (0.5) |
| Vegetables mixtures (incl. soup) | 9.3 | (0.7) | 11.0 | (2.7) | 6.8 | (0.9) | 9.8 | (0.8) |
| Entrée salads | 5.5 | (0.6) | 2.3 u | (1.1) | 4.2 u | (1.5) | 6.0 ** | (0.7) |

See notes at end of table.

Table C-4. Food Choices: Percentage of Persons Consuming Different Types of Food—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Percent | Standard error | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Beverages excluding milk and 100% fruit juice | 99.8 | (0.1) | 99.6 | (0.3) | 99.7 | (0.2) | 99.9 | (0.1) |
| <i>Types of beverages, among those drinking any</i> | | | | | | | | |
| Coffee | 69.2 | (1.5) | 67.1 | (2.9) | 65.2 | (2.4) | 70.6 | (1.7) |
| Tea | 32.4 | (1.3) | 20.3 | (3.1) | 34.6 *** | (3.0) | 33.0 *** | (1.4) |
| Beer | 8.8 | (0.7) | 6.8 | (1.6) | 7.3 | (1.2) | 9.3 | (0.8) |
| Wine | 9.9 | (1.5) | 1.4 u | (0.8) | 4.5 u | (1.5) | 11.6 *** | (1.7) |
| Liquor | 5.5 | (0.7) | 2.1 u | (0.8) | 3.7 | (0.8) | 6.3 *** | (0.9) |
| Water (plain) | 80.9 | (1.1) | 76.5 | (2.8) | 77.2 | (1.8) | 81.9 | (1.5) |
| Noncarbonated, sweetened drinks | 12.9 | (0.8) | 15.1 | (2.3) | 13.5 | (1.4) | 12.6 | (0.9) |
| Noncarbonated, low-calorie/sugar-free drinks | 5.6 | (0.5) | 5.8 u | (1.9) | 4.6 | (1.1) | 5.8 | (0.6) |
| Energy drinks | 0.4 u | (0.1) | 0.2 u | (0.2) | 0.2 u | (0.2) | 0.4 u | (0.2) |
| Any soda | 41.1 | (1.0) | 42.8 | (3.3) | 41.7 | (2.6) | 40.8 | (0.9) |
| Soda, regular | 20.0 | (0.9) | 26.1 | (2.3) | 26.7 | (1.8) | 18.2 ** | (1.1) |
| Soda, sugar-free | 22.2 | (0.9) | 17.2 | (2.3) | 15.8 | (2.2) | 23.7 * | (1.0) |
| Sweets and desserts | 83.5 | (1.0) | 76.9 | (3.2) | 79.0 | (2.3) | 85.0 * | (1.1) |
| <i>Types of sweets and desserts, among those eating any</i> | | | | | | | | |
| Sugar and sugar substitutes | 44.2 | (1.9) | 60.6 | (4.8) | 50.4 | (2.1) | 42.3 *** | (2.2) |
| Syrups/sweet toppings | 12.0 | (0.8) | 7.9 | (2.2) | 7.1 | (1.9) | 13.3 * | (0.9) |
| Jelly | 11.4 | (0.7) | 12.9 | (3.0) | 6.8 | (1.5) | 11.6 | (1.0) |
| Jello | 1.7 | (0.4) | 1.6 u | (0.9) | 1.7 u | (1.0) | 1.8 | (0.4) |
| Candy | 29.5 | (1.4) | 22.3 | (3.3) | 23.9 | (3.0) | 30.7 * | (1.6) |
| Ice cream | 26.4 | (1.2) | 15.8 | (1.8) | 18.7 | (2.2) | 28.6 *** | (1.3) |
| Pudding | 3.8 | (0.5) | 3.4 u | (1.5) | 2.4 | (0.6) | 4.2 | (0.6) |
| Ice/popsicles | 2.0 | (0.3) | 1.3 u | (0.7) | 0.6 u | (0.3) | 2.2 | (0.4) |
| Sweet rolls | 4.8 | (0.5) | 8.4 u | (3.2) | 6.5 | (1.2) | 4.1 | (0.5) |
| Cake/cupcakes | 14.2 | (1.1) | 12.7 | (2.5) | 14.1 | (2.0) | 14.0 | (1.3) |
| Cookies | 32.5 | (1.2) | 23.2 | (3.4) | 32.4 * | (3.0) | 33.4 ** | (1.1) |
| Pies/cobblers | 7.1 | (0.8) | 4.4 u | (1.6) | 5.3 | (1.6) | 7.3 | (0.8) |
| Pastries | 1.6 | (0.3) | 2.4 u | (0.8) | 2.6 u | (1.1) | 1.3 | (0.3) |
| Doughnuts | 3.7 | (0.4) | 1.9 u | (0.6) | 4.1 u | (1.6) | 3.7 * | (0.5) |
| Salty snacks | 26.6 | (1.2) | 17.8 | (3.4) | 25.6 | (2.1) | 27.7 ** | (1.2) |
| <i>Types of salty snacks, among those eating any</i> | | | | | | | | |
| Corn-based salty snacks | 30.6 | (2.7) | 33.6 | (7.9) | 31.9 | (5.2) | 29.8 | (2.9) |
| Pretzels/party mix | 16.8 | (1.8) | 9.9 u | (5.4) | 15.1 u | (5.2) | 17.8 | (2.2) |
| Popcorn | 16.5 | (2.1) | 8.2 u | (5.6) | 15.2 | (3.5) | 17.5 | (2.5) |
| Potato chips | 44.9 | (2.4) | 50.6 | (8.6) | 44.7 | (4.6) | 44.4 | (2.7) |
| Added fats and oils | 54.3 | (1.2) | 50.7 | (3.7) | 50.0 | (3.2) | 55.4 | (1.3) |
| <i>Types of added fats/oils among those eating any</i> | | | | | | | | |
| Butter | 23.8 | (1.8) | 22.2 | (4.0) | 11.3 * | (2.1) | 25.5 | (2.2) |
| Margarine | 35.6 | (1.7) | 35.8 | (4.9) | 34.8 | (2.8) | 35.3 | (1.7) |
| Other added fats | 6.8 | (1.1) | 4.1 u | (1.6) | 5.0 u | (1.6) | 7.4 | (1.4) |
| Other added oils | 2.0 | (0.5) | 1.8 u | (1.1) | 0.1 u | (0.1) | 2.3 | (0.6) |
| Salad dressing | 3.2 | (0.7) | 1.5 u | (1.1) | 5.5 u | (2.0) | 3.0 | (0.8) |
| Mayonnaise | 1.7 | (0.4) | 1.7 u | (0.9) | 1.9 u | (0.9) | 1.8 | (0.4) |
| Gravy | 8.7 | (1.4) | 13.6 u | (4.1) | 13.3 | (3.0) | 7.3 | (1.2) |
| Cream cheese | 4.9 | (0.8) | 4.3 u | (3.0) | 3.3 u | (1.6) | 4.7 | (0.7) |
| Cream/sour cream | 47.3 | (2.1) | 40.2 | (4.3) | 51.7 * | (3.8) | 48.2 | (2.3) |
| Other | 9.5 | (0.94) | 4.4 u | (1.45) | 6.8 | (1.22) | 10.4 ** | (1.09) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old

who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Foods consumed from the vegetables, fruits, grains, and meat/meat alternate food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Food choices reflect individual foods consumed except when foods were reported to be eaten in 'combination' as sandwiches, Mexican entrees, green salads, and soups. In these cases, the foods reported in combination are counted as one food choice (for example, a sandwich reported as a beef, cheese, and roll was counted in the "cheeseburger/hamburger" group as one food choice). 'All persons' includes persons with missing SNAP participation or income. Percentages are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

¹ Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The MyPyramid data sources listed above were used to classify grains.

² "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "high in nutrients"; all others are "low in nutrients." Raw vegetables high in nutrients include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables that are low in nutrients include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

- Not applicable.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 17,239 | -- | 3,407 | -- | 3,946 | -- | 9,148 | -- |
| Grains (ounce eq.) | 2.4 | (0.04) | 2.1 | (0.10) | 2.4 * | (0.09) | 2.3 * | (0.05) |
| Whole grains ¹ | 0.5 | (0.02) | 0.4 | (0.03) | 0.4 | (0.04) | 0.5 *** | (0.03) |
| Refined grains | 1.9 | (0.03) | 1.8 | (0.08) | 2.1 ** | (0.08) | 1.8 | (0.04) |
| Bread | 0.5 | (0.02) | 0.5 | (0.03) | 0.6 | (0.05) | 0.5 * | (0.02) |
| Rolls | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.1 | (0.01) |
| English muffin | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 *** | (0.01) |
| Bagels | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.02) | 0.2 *** | (0.01) |
| Biscuits, scones, croissants | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.01) | 0.1 | (0.01) |
| Muffins | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 | (0.02) | 0.1 * | (0.01) |
| Cornbread | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Corn tortillas | 0.1 | (0.01) | 0.2 | (0.04) | 0.3 | (0.04) | 0.0 *** | (0.01) |
| Flour tortillas | 0.0 | (0.01) | 0.1 u | (0.03) | 0.1 | (0.02) | 0.0 | (0.01) |
| Taco shells | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Crackers | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.02) | 0.2 *** | (0.01) |
| Breakfast/granola bar | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 *** | (0.00) |
| Pancakes, waffles, French toast | 0.2 | (0.01) | 0.2 | (0.02) | 0.1 | (0.02) | 0.2 | (0.01) |
| Cold cereal | 0.3 | (0.01) | 0.3 | (0.02) | 0.3 * | (0.02) | 0.3 | (0.01) |
| Hot cereal | 0.2 | (0.01) | 0.2 | (0.03) | 0.1 | (0.01) | 0.2 | (0.02) |
| Rice | 0.2 | (0.02) | 0.2 | (0.03) | 0.3 * | (0.05) | 0.2 | (0.02) |
| Pasta | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 * | (0.01) | 0.1 *** | (0.01) |
| Vegetables (cup eq.) | 0.8 | (0.02) | 0.6 | (0.03) | 0.7 | (0.03) | 0.9 *** | (0.03) |
| Raw vegetables | 0.3 | (0.01) | 0.1 | (0.01) | 0.2 *** | (0.02) | 0.3 *** | (0.02) |
| Raw lettuce/greens | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 ** | (0.00) |
| Raw carrots | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 * | (0.00) | 0.0 *** | (0.00) |
| Raw tomatoes | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 ** | (0.00) |
| Raw cabbage/coleslaw | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 ** | (0.00) | 0.0 *** | (0.00) |
| Other raw (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other raw (lower in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) |
| Salads (w/greens) | 0.2 | (0.01) | 0.1 | (0.01) | 0.2 *** | (0.02) | 0.2 *** | (0.01) |
| Cooked vegetables, excl. potatoes | 0.3 | (0.01) | 0.2 | (0.03) | 0.2 | (0.01) | 0.3 | (0.01) |
| Cooked green beans | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 * | (0.00) |
| Cooked corn | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Cooked peas | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Cooked carrots | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Cooked broccoli | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) |
| Cooked tomatoes | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Cooked mixed | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) |
| Cooked starchy | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other cooked deep yellow | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other cooked dark green | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Other cooked (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 ** | (0.00) |
| Other cooked (lower in vitamins A or C) ² | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 | (0.00) | 0.0 | (0.01) |
| Other fried | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Cooked potatoes | 0.3 | (0.01) | 0.3 | (0.01) | 0.2 | (0.01) | 0.3 | (0.01) |
| Cooked potatoes-not fried | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.2 * | (0.01) |
| Cooked potatoes-fried | 0.1 | (0.00) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.00) |
| Vegetable juice | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.1 | (0.02) | 1.0 | (0.05) | 1.1 | (0.04) | 1.1 | (0.03) |
| Any whole fruit | 0.7 | (0.02) | 0.6 | (0.03) | 0.7 *** | (0.04) | 0.8 *** | (0.03) |
| Fresh fruit | 0.7 | (0.02) | 0.5 | (0.03) | 0.6 *** | (0.04) | 0.7 *** | (0.02) |
| Fresh orange | 0.0 | (0.00) | 0.0 | (0.01) | 0.1 | (0.01) | 0.0 | (0.00) |
| Fresh other citrus | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Fresh apple | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.03) | 0.2 | (0.02) |
| Fresh banana | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 *** | (0.01) |
| Fresh melon | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 ** | (0.00) | 0.0 *** | (0.00) |
| Fresh watermelon | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 u | (0.02) | 0.1 ** | (0.01) |
| Fresh grapes | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 ** | (0.00) |
| Fresh peach/nectarine | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 ** | (0.01) |
| Fresh pear | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Fresh berries | 0.0 | (0.00) | 0.0 | (0.00) | 0.1 * u | (0.02) | 0.0 *** | (0.00) |
| Fresh pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Other fresh fruit | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 | (0.01) |
| Avocado/guacamole | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Lemon/lime - any form | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.00) |
| Canned or frozen fruit, total | 0.0 | (0.00) | 0.1 | (0.01) | 0.0 * | (0.00) | 0.0 * | (0.00) |
| Canned or frozen in syrup | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Canned or frozen, no syrup | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) |
| Applesauce, canned/ frozen apples | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Canned/frozen peaches | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Canned/frozen pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other canned/frozen | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 * | (0.00) |
| 100% Fruit juice | 0.3 | (0.01) | 0.5 | (0.03) | 0.4 * | (0.02) | 0.3 *** | (0.01) |
| Non-citrus juice | 0.1 | (0.01) | 0.3 | (0.03) | 0.2 *** | (0.01) | 0.1 *** | (0.01) |
| Citrus juice | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.02) | 0.2 | (0.01) |
| Dried fruit | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 *** | (0.00) |
| Milk and milk products (cup eq.) | 1.0 | (0.02) | 1.1 | (0.06) | 0.9 * | (0.03) | 1.0 | (0.03) |
| Cow's milk, total | 0.7 | (0.02) | 0.9 | (0.05) | 0.7 *** | (0.02) | 0.7 ** | (0.02) |
| Unflavored white milk, total | 0.7 | (0.02) | 0.8 | (0.04) | 0.6 ** | (0.02) | 0.7 * | (0.02) |
| Unflavored whole milk | 0.2 | (0.01) | 0.3 | (0.03) | 0.2 ** | (0.02) | 0.1 *** | (0.01) |
| Unflavored non-whole, total | 0.5 | (0.02) | 0.5 | (0.04) | 0.4 | (0.03) | 0.5 | (0.02) |
| 2% milk, unflavored | 0.3 | (0.01) | 0.4 | (0.03) | 0.2 ** | (0.02) | 0.2 *** | (0.01) |
| 1% milk, unflavored | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 *** | (0.01) |
| Skim milk, unflavored | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 | (0.01) | 0.2 *** | (0.01) |
| Unflavored, fat not specified | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 *** | (0.00) |
| Flavored milk, total | 0.1 | (0.00) | 0.1 | (0.01) | 0.1 ** | (0.01) | 0.0 *** | (0.01) |
| Flavored, whole milk | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 ** | (0.00) | 0.0 *** | (0.00) |
| Flavored non-whole, total | 0.0 | (0.00) | 0.1 | (0.01) | 0.0 * | (0.01) | 0.0 *** | (0.00) |
| 2% milk, flavored | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 ** | (0.00) |
| 1% milk, flavored | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 ** | (0.00) |
| Skim milk, flavored | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Flavored, fat not specified | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 ** | (0.00) |
| Soy milk | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 * | (0.00) |
| Dry or evaporated milk | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Yogurt | 0.1 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.1 *** | (0.00) |
| Cheese | 0.2 | (0.01) | 0.1 | (0.01) | 0.1 | (0.02) | 0.2 * | (0.01) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 2.8 | (0.08) | 2.5 | (0.10) | 2.8 * | (0.09) | 2.8 * | (0.10) |
| Beef | 0.3 | (0.02) | 0.3 | (0.03) | 0.3 | (0.03) | 0.4 | (0.02) |
| Ground beef | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 | (0.01) |
| Pork | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.03) | 0.2 | (0.02) |
| Ham | 0.0 | (0.01) | 0.1 u | (0.02) | 0.0 | (0.01) | 0.0 | (0.01) |
| Lamb and misc. meats | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Chicken | 0.6 | (0.03) | 0.8 | (0.04) | 0.8 | (0.05) | 0.6 ** | (0.03) |
| Turkey | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) |
| Organ meats | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Hot dogs | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 * | (0.00) |
| Cold cuts | 0.1 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 * | (0.01) |
| Fish | 0.3 | (0.03) | 0.2 | (0.04) | 0.3 | (0.04) | 0.3 | (0.04) |
| Shellfish | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.01) |
| Bacon/sausage | 0.2 | (0.01) | 0.2 | (0.02) | 0.1 | (0.02) | 0.2 | (0.01) |
| Eggs | 0.3 | (0.02) | 0.4 | (0.05) | 0.4 | (0.04) | 0.3 | (0.02) |
| Beans | 0.0 | (0.00) | 0.1 | (0.01) | 0.1 | (0.01) | 0.0 | (0.00) |
| Baked/refried beans | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Soy products | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 * | (0.01) |
| Protein/meal enhancement | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 *** | (0.00) |
| Nuts | 0.3 | (0.02) | 0.1 | (0.02) | 0.2 ** | (0.04) | 0.4 *** | (0.02) |
| Peanut/almond butter | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 * | (0.02) | 0.1 *** | (0.01) |
| Seeds | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Mixed dishes (grams) | 389.0 | (5.74) | 359.0 | (12.13) | 394.0 * | (10.46) | 394.0 * | (6.82) |
| Tomato sauce and meat (no pasta) | 0.6 u | (0.19) | 0.1 | (0.04) | 0.2 u | (0.09) | 0.7 * u | (0.25) |
| Chili con carne | 4.3 | (0.55) | 6.9 u | (2.12) | 1.9 * u | (0.81) | 4.5 | (0.60) |
| Meat mixtures w/ red meat | 22.1 | (1.09) | 19.8 | (2.36) | 20.0 | (2.36) | 23.5 | (1.55) |
| Meat mixtures w/ chicken/turkey | 25.7 | (1.35) | 16.3 | (1.83) | 21.1 | (3.26) | 28.2 *** | (1.42) |
| Meat mixtures w/ fish | 7.0 | (0.77) | 3.7 u | (1.58) | 4.9 | (1.21) | 8.0 * | (0.93) |
| Hamburgers/cheeseburgers | 25.4 | (1.35) | 27.4 | (2.76) | 27.5 | (2.76) | 25.1 | (1.61) |
| Other sandwiches | 97.1 | (2.75) | 93.0 | (5.01) | 85.8 | (4.07) | 101.0 | (3.33) |
| Hot dogs | 9.9 | (0.71) | 13.8 | (1.28) | 8.7 * | (1.49) | 9.6 * | (1.09) |
| Luncheon meat | 32.4 | (1.09) | 33.4 | (3.03) | 27.2 | (2.14) | 33.8 | (1.55) |
| Beef, pork, ham | 17.3 | (1.29) | 15.4 | (2.64) | 14.3 | (1.64) | 18.5 | (1.61) |
| Chicken, turkey | 13.9 | (1.17) | 11.7 | (1.37) | 12.6 | (3.07) | 14.5 | (1.18) |
| Cheese (no meat) | 6.9 | (0.58) | 4.4 | (0.76) | 7.1 | (1.36) | 7.3 ** | (0.71) |
| Fish | 5.1 | (0.54) | 3.9 | (0.92) | 5.2 | (0.93) | 5.4 | (0.62) |
| Peanut butter | 4.4 | (0.26) | 5.3 | (0.78) | 3.9 | (0.60) | 4.4 | (0.36) |
| Breakfast sandwiches | 7.2 | (0.55) | 5.0 | (0.77) | 6.7 | (1.30) | 7.5 * | (0.67) |
| Pizza (no meat) | 8.0 | (0.68) | 5.8 | (1.10) | 5.8 | (0.90) | 9.0 * | (0.93) |
| Pizza w/ meat | 18.4 | (1.02) | 21.0 | (2.33) | 17.3 | (2.07) | 18.3 | (1.08) |
| Mexican entrees | 39.8 | (3.46) | 38.9 | (5.87) | 56.1 | (7.42) | 36.3 | (3.16) |
| Macaroni and cheese | 13.0 | (0.87) | 18.8 | (3.04) | 14.4 | (2.13) | 11.8 * | (0.89) |
| Pasta dishes | 32.1 | (1.84) | 27.3 | (2.75) | 30.1 | (3.67) | 33.4 | (2.11) |
| Rice dishes | 16.7 | (1.36) | 15.8 | (2.57) | 21.5 | (3.52) | 15.7 | (1.39) |
| Other grain mixtures | 3.6 | (0.42) | 3.7 | (0.63) | 2.8 | (0.51) | 3.8 | (0.60) |
| Meat soup | 28.5 | (2.21) | 28.2 | (3.33) | 36.2 | (4.18) | 26.7 | (2.79) |
| Bean soup | 3.8 | (0.75) | 1.0 u | (0.40) | 5.9 * u | (2.45) | 3.8 ** | (0.76) |
| Grain soups | 10.1 | (0.78) | 15.8 | (2.10) | 13.4 | (1.94) | 8.5 ** | (0.99) |
| Vegetables mixtures (incl. soup) | 14.5 | (1.20) | 8.8 | (1.53) | 13.1 | (1.55) | 16.1 ** | (1.61) |
| Entrée salads | 17.8 | (1.11) | 6.9 | (1.21) | 15.8 * | (3.84) | 20.3 *** | (1.16) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|--|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and | | | | | | | | |
| 100% fruit juice (grams) | 2,086.0 | (27.18) | 1,757.0 | (53.21) | 1,941.0 * | (48.71) | 2,180.0 *** | (29.97) |
| Coffee | 275.0 | (10.20) | 195.0 | (21.20) | 205.0 | (15.38) | 305.0 *** | (11.03) |
| Tea | 180.0 | (8.63) | 124.0 | (10.76) | 172.0 * | (18.47) | 193.0 *** | (10.31) |
| Beer | 122.0 | (6.30) | 100.0 | (13.68) | 134.0 | (18.13) | 125.0 | (6.80) |
| Wine | 16.4 | (1.97) | 3.8 | (0.96) | 8.9 * | (2.08) | 20.3 *** | (2.61) |
| Liquor | 13.7 | (1.24) | 6.4 | (1.63) | 11.7 | (2.54) | 15.7 *** | (1.65) |
| Water (plain) | 974.0 | (20.02) | 762.0 | (31.89) | 915.0 *** | (30.66) | 1,021.0 *** | (21.45) |
| Noncarbonated, sweetened drinks | 127.0 | (4.62) | 162.0 | (10.60) | 141.0 | (6.64) | 118.0 *** | (6.13) |
| Noncarbonated, low-calorie/sugar-free drinks | 35.5 | (3.46) | 33.9 | (4.15) | 22.0 * | (2.71) | 39.1 | (4.80) |
| Energy drinks | 7.9 | (0.83) | 8.6 | (2.03) | 10.1 | (2.39) | 7.4 | (0.98) |
| Any soda | 335.0 | (13.44) | 362.0 | (21.40) | 321.0 | (23.97) | 337.0 | (15.26) |
| Soda, regular | 207.0 | (11.27) | 316.0 | (18.57) | 250.0 * | (19.77) | 181.0 *** | (11.54) |
| Soda, sugar-free | 128.0 | (5.45) | 46.1 | (5.79) | 70.8 | (12.01) | 156.0 *** | (6.79) |
| Sweets and desserts (grams) | 90.2 | (1.77) | 83.4 | (2.98) | 81.4 | (4.00) | 93.6 ** | (2.30) |
| Sugar and sugar substitutes | 3.1 | (0.11) | 3.8 | (0.40) | 3.2 | (0.26) | 2.9 * | (0.13) |
| Syrups/sweet toppings | 4.1 | (0.25) | 3.7 | (0.43) | 3.9 | (0.55) | 4.3 | (0.34) |
| Jelly | 1.0 | (0.08) | 0.6 | (0.08) | 0.8 | (0.19) | 1.1 *** | (0.10) |
| Jello | 1.5 | (0.18) | 1.5 | (0.34) | 1.6 u | (0.47) | 1.5 | (0.23) |
| Candy | 11.0 | (0.54) | 10.0 | (0.67) | 9.3 | (0.86) | 11.6 | (0.69) |
| Ice cream | 25.7 | (1.22) | 24.6 | (2.16) | 20.9 | (2.46) | 27.3 | (1.48) |
| Pudding | 3.7 | (0.31) | 2.6 | (0.57) | 3.3 | (0.79) | 4.2 * | (0.40) |
| Ice/popsicles | 4.2 | (0.30) | 5.6 | (0.82) | 3.8 | (0.58) | 4.1 | (0.39) |
| Sweet rolls | 3.0 | (0.19) | 3.8 | (0.59) | 4.9 | (0.61) | 2.4 * | (0.16) |
| Cake/cupcakes | 11.8 | (0.67) | 8.6 | (1.29) | 11.0 | (1.56) | 12.2 * | (1.06) |
| Cookies | 10.4 | (0.25) | 10.3 | (0.55) | 9.6 | (0.65) | 10.6 | (0.37) |
| Pies/cobblers | 5.4 | (0.45) | 2.3 | (0.57) | 3.4 | (0.63) | 6.3 *** | (0.60) |
| Pastries | 2.7 | (0.28) | 2.6 | (0.43) | 2.5 | (0.46) | 2.8 | (0.37) |
| Doughnuts | 2.6 | (0.26) | 3.4 | (0.57) | 3.3 | (0.57) | 2.4 | (0.31) |
| Salty snacks (grams) | 16.2 | (0.59) | 17.2 | (1.03) | 15.8 | (0.99) | 16.3 | (0.72) |
| Corn-based salty snacks | 6.2 | (0.29) | 6.8 | (0.56) | 6.6 | (0.65) | 6.2 | (0.35) |
| Pretzels/party mix | 2.8 | (0.36) | 1.8 | (0.46) | 2.1 | (0.53) | 3.1 * | (0.45) |
| Popcorn | 2.5 | (0.19) | 2.7 | (0.36) | 2.4 | (0.34) | 2.5 | (0.23) |
| Potato chips | 4.7 | (0.18) | 5.9 | (0.59) | 4.7 | (0.37) | 4.5 * | (0.19) |
| Added fats and oils (grams) | 16.8 | (0.59) | 12.1 | (1.35) | 13.5 | (1.32) | 18.2 *** | (0.70) |
| Butter | 1.1 | (0.07) | 0.7 | (0.07) | 0.8 | (0.10) | 1.3 *** | (0.10) |
| Margarine | 1.2 | (0.06) | 0.8 | (0.12) | 0.9 | (0.08) | 1.3 *** | (0.06) |
| Other added fats | 1.7 | (0.21) | 0.8 | (0.16) | 2.2 u | (0.74) | 1.9 ** | (0.28) |
| Other added oils | 0.1 | (0.02) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.1 ** | (0.03) |
| Salad dressing | 1.1 | (0.11) | 1.0 | (0.22) | 1.2 | (0.25) | 1.2 | (0.13) |
| Mayonnaise | 0.2 | (0.05) | 0.3 u | (0.11) | 0.1 u | (0.03) | 0.2 u | (0.07) |
| Gravy | 2.8 | (0.43) | 3.2 u | (1.23) | 2.7 | (0.55) | 2.7 | (0.37) |
| Cream cheese | 1.0 | (0.12) | 0.7 u | (0.34) | 0.4 | (0.10) | 1.2 | (0.15) |
| Cream/sour cream | 7.5 | (0.40) | 4.5 | (0.55) | 5.3 | (0.57) | 8.4 *** | (0.50) |
| Other (grams) | 3.6 | (0.31) | 1.9 | (0.33) | 3.6 ** | (0.56) | 3.9 *** | (0.38) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 6,669 | - | 1,795 | - | 1,624 | - | 2,989 | - |
| Grains (ounce eq.) | 2.1 | (0.06) | 1.9 | (0.07) | 2.0 | (0.13) | 2.2 * | (0.09) |
| Whole grains ¹ | 0.3 | (0.02) | 0.3 | (0.03) | 0.3 | (0.05) | 0.4 | (0.03) |
| Refined grains | 1.8 | (0.06) | 1.6 | (0.07) | 1.7 | (0.10) | 1.8 * | (0.08) |
| Bread | 0.4 | (0.03) | 0.3 | (0.03) | 0.4 | (0.06) | 0.4 | (0.04) |
| Rolls | 0.1 | (0.01) | 0.1 u | (0.02) | 0.1 | (0.02) | 0.1 | (0.01) |
| English muffin | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.01) |
| Bagels | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 u | (0.03) | 0.2 *** | (0.02) |
| Biscuits, scones, croissants | 0.1 | (0.01) | 0.1 | (0.02) | 0.0 u | (0.02) | 0.1 | (0.01) |
| Muffins | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 | (0.02) | 0.1 * | (0.01) |
| Cornbread | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Corn tortillas | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.0 * | (0.01) |
| Flour tortillas | 0.0 | (0.01) | 0.1 u | (0.04) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Taco shells | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) | 0.0 u | (0.00) |
| Crackers | 0.2 | (0.02) | 0.1 | (0.02) | 0.2 * | (0.03) | 0.3 *** | (0.03) |
| Breakfast/granola bar | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 * | (0.01) | 0.0 *** | (0.00) |
| Pancakes, waffles, French toast | 0.3 | (0.02) | 0.2 | (0.02) | 0.2 | (0.03) | 0.3 *** | (0.03) |
| Cold cereal | 0.3 | (0.01) | 0.4 | (0.02) | 0.3 | (0.03) | 0.3 ** | (0.02) |
| Hot cereal | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.1 | (0.02) |
| Rice | 0.2 | (0.02) | 0.2 | (0.03) | 0.3 | (0.07) | 0.1 | (0.03) |
| Pasta | 0.1 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 *** | (0.01) |
| Vegetables (cup eq.) | 0.5 | (0.02) | 0.4 | (0.03) | 0.5 | (0.03) | 0.5 | (0.03) |
| Raw vegetables | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 * | (0.02) | 0.1 ** | (0.02) |
| Raw lettuce/greens | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Raw carrots | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 * | (0.00) |
| Raw tomatoes | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.00) |
| Raw cabbage/coleslaw | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Other raw (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other raw (lower in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.01) |
| Salads (w/greens) | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 | (0.02) | 0.1 * | (0.01) |
| Cooked vegetables, excl. potatoes | 0.2 | (0.01) | 0.2 | (0.01) | 0.1 | (0.02) | 0.2 | (0.01) |
| Cooked green beans | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 * | (0.00) | 0.0 | (0.01) |
| Cooked corn | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.00) |
| Cooked peas | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Cooked carrots | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Cooked broccoli | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Cooked tomatoes | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.00) |
| Cooked mixed | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Cooked starchy | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Other cooked deep yellow | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other cooked dark green | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other cooked (higher in vitamins A or C) ² | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Other cooked (lower in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other fried | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Cooked potatoes | 0.2 | (0.01) | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.01) |
| Cooked potatoes-not fried | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Cooked potatoes-fried | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Vegetable juice | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.2 | (0.04) | 1.1 | (0.04) | 1.2 | (0.07) | 1.1 | (0.06) |
| Any whole fruit | 0.7 | (0.04) | 0.6 | (0.04) | 0.7 | (0.05) | 0.8 * | (0.05) |
| Fresh fruit | 0.7 | (0.03) | 0.5 | (0.04) | 0.6 * | (0.04) | 0.7 ** | (0.05) |
| Fresh orange | 0.0 | (0.00) | 0.0 | (0.01) | 0.1 | (0.01) | 0.0 * | (0.00) |
| Fresh other citrus | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Fresh apple | 0.3 | (0.02) | 0.2 | (0.02) | 0.3 | (0.04) | 0.3 | (0.03) |
| Fresh banana | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.1 | (0.01) |
| Fresh melon | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 * | (0.01) |
| Fresh watermelon | 0.1 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.1 *** | (0.02) |
| Fresh grapes | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 * | (0.01) |
| Fresh peach/nectarine | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) |
| Fresh pear | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Fresh berries | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 * | (0.01) |
| Fresh pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Other fresh fruit | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) | 0.0 * | (0.01) |
| Avocado/guacamole | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Lemon/lime - any form | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Canned or frozen fruit, total | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Canned or frozen in syrup | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.00) |
| Canned or frozen, no syrup | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Applesauce, canned/ frozen apples | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) |
| Canned/frozen peaches | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) | 0.0 u | (0.00) |
| Canned/frozen pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Other canned/frozen | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) |
| 100% Fruit juice | 0.4 | (0.02) | 0.5 | (0.03) | 0.5 | (0.05) | 0.4 *** | (0.02) |
| Non-citrus juice | 0.3 | (0.01) | 0.4 | (0.03) | 0.3 | (0.03) | 0.2 *** | (0.01) |
| Citrus juice | 0.2 | (0.01) | 0.2 | (0.03) | 0.2 | (0.03) | 0.1 | (0.01) |
| Dried fruit | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 *** | (0.00) |
| Milk and milk products (cup eq.) | 1.4 | (0.03) | 1.4 | (0.06) | 1.4 | (0.06) | 1.5 | (0.04) |
| Cow's milk, total | 1.2 | (0.03) | 1.2 | (0.04) | 1.2 | (0.05) | 1.2 | (0.05) |
| Unflavored white milk, total | 1.0 | (0.03) | 1.0 | (0.04) | 1.0 | (0.04) | 1.1 | (0.04) |
| Unflavored whole milk | 0.3 | (0.02) | 0.4 | (0.04) | 0.4 | (0.04) | 0.3 * | (0.03) |
| Unflavored non-whole, total | 0.7 | (0.02) | 0.6 | (0.05) | 0.6 | (0.04) | 0.7 ** | (0.04) |
| 2% milk, unflavored | 0.4 | (0.02) | 0.4 | (0.04) | 0.4 | (0.03) | 0.4 | (0.03) |
| 1% milk, unflavored | 0.2 | (0.02) | 0.1 | (0.01) | 0.2 | (0.03) | 0.2 ** | (0.02) |
| Skim milk, unflavored | 0.1 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) | 0.2 *** | (0.02) |
| Unflavored, fat not specified | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.00) |
| Flavored milk, total | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.03) | 0.2 * | (0.02) |
| Flavored, whole milk | 0.0 | (0.00) | 0.1 | (0.01) | 0.0 * | (0.01) | 0.0 *** | (0.01) |
| Flavored non-whole, total | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.1 | (0.01) |
| 2% milk, flavored | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| 1% milk, flavored | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Skim milk, flavored | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Flavored, fat not specified | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 | (0.01) | 0.0 | (0.01) |
| Soy milk | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) |
| Dry or evaporated milk | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Yogurt | 0.1 | (0.00) | 0.0 | (0.00) | 0.0 | (0.01) | 0.1 *** | (0.01) |
| Cheese | 0.2 | (0.02) | 0.1 | (0.03) | 0.1 | (0.01) | 0.2 | (0.02) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 1.9 | (0.07) | 1.9 | (0.07) | 2.1 | (0.14) | 1.8 | (0.10) |
| Beef | 0.2 | (0.03) | 0.2 | (0.02) | 0.3 | (0.05) | 0.2 | (0.04) |
| Ground beef | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.03) | 0.0 u | (0.01) |
| Pork | 0.1 | (0.01) | 0.2 | (0.03) | 0.1 | (0.02) | 0.1 | (0.03) |
| Ham | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.0 u | (0.01) |
| Lamb and misc. meats | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) |
| Chicken | 0.7 | (0.04) | 0.8 | (0.05) | 0.8 | (0.07) | 0.6 * | (0.05) |
| Turkey | 0.0 u | (0.02) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.1 u | (0.03) |
| Organ meats | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Hot dogs | 0.1 | (0.00) | 0.1 | (0.02) | 0.1 | (0.01) | 0.0 * | (0.01) |
| Cold cuts | 0.1 | (0.02) | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 u | (0.03) |
| Fish | 0.1 | (0.01) | 0.1 u | (0.03) | 0.1 u | (0.04) | 0.1 | (0.01) |
| Shellfish | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Bacon/sausage | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.1 | (0.01) |
| Eggs | 0.2 | (0.02) | 0.2 | (0.03) | 0.3 | (0.05) | 0.2 | (0.02) |
| Beans | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.00) |
| Baked/refried beans | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Soy products | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.00) |
| Protein/meal enhancement | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Nuts | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 u | (0.03) | 0.1 * | (0.02) |
| Peanut/almond butter | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 u | (0.03) | 0.1 ** | (0.01) |
| Seeds | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.1 u | (0.02) |
| Mixed dishes (grams) | 304.0 | (6.18) | 286.0 | (9.38) | 321.0 * | (12.93) | 305.0 | (9.43) |
| Tomato sauce and meat (no pasta) | 0.7 u | (0.25) | 0.2 u | (0.13) | 0.5 u | (0.32) | 0.3 u | (0.18) |
| Chili con carne | 1.1 u | (0.36) | 1.1 u | (0.66) | 0.4 u | (0.35) | 1.5 u | (0.53) |
| Meat mixtures w/ red meat | 15.1 | (1.76) | 12.2 | (2.12) | 11.4 u | (4.48) | 17.5 | (2.75) |
| Meat mixtures w/ chicken/turkey | 17.3 | (1.40) | 13.8 | (2.10) | 15.2 | (2.79) | 18.4 | (1.98) |
| Meat mixtures w/ fish | 2.4 | (0.58) | 1.3 u | (0.55) | 2.6 u | (1.03) | 2.6 | (0.76) |
| Hamburgers/cheeseburgers | 19.6 | (1.30) | 14.2 | (1.47) | 21.8 * | (2.94) | 21.2 ** | (1.95) |
| Other sandwiches | 70.2 | (2.75) | 73.7 | (4.76) | 68.6 | (3.79) | 70.8 | (3.77) |
| Hot dogs | 12.9 | (1.00) | 17.9 | (2.19) | 12.4 | (2.80) | 12.0 * | (1.39) |
| Luncheon meat | 20.8 | (1.20) | 21.0 | (2.01) | 20.1 | (2.54) | 21.5 | (1.67) |
| Beef, pork, ham | 9.9 | (1.13) | 9.4 | (1.43) | 11.0 | (1.84) | 9.8 | (1.80) |
| Chicken, turkey | 8.2 | (0.77) | 10.2 | (1.68) | 9.0 | (1.67) | 7.1 | (1.14) |
| Cheese (no meat) | 6.3 | (1.34) | 4.9 | (1.06) | 5.7 | (1.57) | 7.1 | (1.99) |
| Fish | 1.2 | (0.22) | 1.1 u | (0.40) | 1.2 u | (0.51) | 1.3 | (0.29) |
| Peanut butter | 6.8 | (0.61) | 6.4 | (0.99) | 5.8 | (1.19) | 7.1 | (0.78) |
| Breakfast sandwiches | 4.2 | (0.73) | 2.8 | (0.75) | 3.4 u | (1.03) | 4.9 | (1.13) |
| Pizza (no meat) | 12.0 | (1.20) | 6.4 | (0.91) | 9.5 | (1.45) | 14.8 *** | (1.90) |
| Pizza w/ meat | 20.0 | (1.63) | 20.8 | (2.68) | 19.2 | (2.53) | 19.7 | (2.36) |
| Mexican entrees | 31.3 | (2.41) | 25.0 | (3.67) | 42.0 * | (5.84) | 31.4 | (3.18) |
| Macaroni and cheese | 21.9 | (1.67) | 19.4 | (2.68) | 16.3 | (2.22) | 23.8 | (2.17) |
| Pasta dishes | 34.0 | (3.02) | 34.2 | (4.08) | 32.4 | (6.51) | 35.2 | (3.78) |
| Rice dishes | 12.3 | (1.58) | 11.8 | (2.06) | 15.9 | (3.65) | 10.9 | (2.20) |
| Other grain mixtures | 3.2 | (0.46) | 4.4 | (1.13) | 2.9 | (0.82) | 3.0 | (0.72) |
| Meat soup | 16.5 | (1.68) | 19.6 | (3.74) | 27.0 | (4.23) | 11.9 | (1.98) |
| Bean soup | 1.0 u | (0.50) | 0.3 u | (0.34) | 3.0 u | (2.35) | 0.6 u | (0.34) |
| Grain soups | 14.4 | (1.50) | 18.1 | (3.00) | 23.8 | (5.44) | 10.1 * | (1.77) |
| Vegetables mixtures (incl. soup) | 6.6 | (1.14) | 6.3 | (1.61) | 4.4 | (1.21) | 7.4 | (1.72) |
| Entrée salads | 4.3 | (0.91) | 3.0 u | (1.20) | 4.5 u | (1.46) | 4.4 u | (1.34) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| Children, 1–18 years old | | | | | | | | |
|--|----------------|-------------------|-----------------|---------------------------------|----------------|-------------------------------|----------------|---------------|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | |
| Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error | |
| Beverages excluding milk and 100% fruit juice (grams) | | | | | | | | |
| 1,050.0 | (32.87) | 918.0 | (37.36) | 1,025.0 * | (35.81) | 1,098.0 ** | (47.43) | |
| Coffee | 16.8 (2.44) | 11.1 (2.35) | 17.9 (4.87) | 15.2 (2.27) | | | | |
| Tea | 65.6 (10.00) | 50.3 (7.32) | 70.3 (12.82) | 69.8 (14.67) | | | | |
| Beer | 4.6 (1.36) | 5.5 u (4.52) | 5.1 u (2.28) | 3.6 u (1.42) | | | | |
| Wine | 1.2 u (0.70) | 0.0 (0.00) | 3.0 u (2.97) | 1.1 u (0.74) | | | | |
| Liquor | 0.3 u (0.12) | 0.9 u (0.50) | 0.3 u (0.19) | 0.2 u (0.14) | | | | |
| Water (plain) | 541.0 (21.22) | 428.0 (27.02) | 530.0 * (34.41) | 574.0 *** (29.25) | | | | |
| Noncarbonated, sweetened drinks | 169.0 (7.22) | 172.0 (8.66) | 166.0 (12.10) | 171.0 (10.36) | | | | |
| Noncarbonated, low-calorie/sugar-free drinks | 45.1 (7.52) | 42.2 (6.98) | 28.4 (4.63) | 52.4 (11.87) | | | | |
| Energy drinks | 4.8 u (1.60) | 3.1 u (1.69) | 5.2 u (2.68) | 5.5 u (2.69) | | | | |
| Any soda | 202.0 (10.16) | 205.0 (20.05) | 199.0 (19.76) | 205.0 (12.73) | | | | |
| Soda, regular | 175.0 (9.63) | 194.0 (20.32) | 190.0 (18.80) | 167.0 (11.18) | | | | |
| Soda, sugar-free | 26.4 (3.89) | 11.3 (2.46) | 9.2 u (2.82) | 37.8 *** (5.71) | | | | |
| Sweets and desserts (grams) | | | | | | | | |
| 92.3 | (2.43) | 89.7 | (4.94) | 86.7 | (5.31) | 95.5 | (3.20) | |
| Sugar and sugar substitutes | 1.0 (0.14) | 0.8 (0.23) | 1.4 u (0.46) | 0.8 (0.18) | | | | |
| Syrups/sweet toppings | 4.9 (0.45) | 4.2 (0.50) | 4.3 (0.82) | 5.3 (0.66) | | | | |
| Jelly | 0.7 (0.14) | 0.5 (0.12) | 0.4 (0.10) | 0.9 (0.23) | | | | |
| Jello | 2.2 (0.54) | 2.3 (0.58) | 3.5 u (1.20) | 1.9 u (0.70) | | | | |
| Candy | 12.4 (0.48) | 11.2 (1.17) | 11.2 (1.30) | 13.5 (0.68) | | | | |
| Ice cream | 26.4 (1.56) | 26.4 (2.60) | 20.7 (3.45) | 28.8 (2.09) | | | | |
| Pudding | 2.8 (0.31) | 1.6 (0.41) | 3.9 * (0.90) | 2.9 * (0.47) | | | | |
| Ice/popsicles | 9.7 (1.01) | 10.0 (1.64) | 9.5 (1.69) | 9.7 (1.80) | | | | |
| Sweet rolls | 2.5 (0.31) | 3.0 (0.56) | 3.4 (0.64) | 2.0 (0.34) | | | | |
| Cake/cupcakes | 7.5 (0.67) | 8.9 (1.88) | 8.3 (1.80) | 6.6 (0.61) | | | | |
| Cookies | 11.9 (0.54) | 12.9 (0.77) | 10.0 * (0.96) | 12.1 (0.81) | | | | |
| Pies/cobblers | 2.9 (0.62) | 1.1 u (0.40) | 3.1 u (1.43) | 3.4 * (0.91) | | | | |
| Pastries | 4.6 (0.46) | 3.7 (0.66) | 3.4 (0.90) | 5.2 (0.66) | | | | |
| Doughnuts | 2.8 (0.39) | 3.1 (0.83) | 3.6 (0.85) | 2.5 (0.50) | | | | |
| Salty snacks (grams) | | | | | | | | |
| 18.6 | (0.82) | 19.1 | (0.99) | 19.3 | (1.77) | 18.7 | (1.21) | |
| Corn-based salty snacks | 7.6 (0.47) | 8.9 (0.87) | 8.9 (1.09) | 6.9 * (0.48) | | | | |
| Pretzels/party mix | 3.8 (0.73) | 1.7 (0.39) | 3.9 u (1.59) | 4.5 * (1.08) | | | | |
| Popcorn | 2.3 (0.18) | 2.5 (0.33) | 2.0 (0.29) | 2.4 (0.26) | | | | |
| Potato chips | 5.0 (0.40) | 5.8 (0.58) | 4.5 (0.61) | 5.0 (0.52) | | | | |
| Added fats and oils (grams) | | | | | | | | |
| 8.3 | (0.74) | 7.4 | (1.32) | 8.4 | (1.62) | 8.0 | (0.96) | |
| Butter | 0.6 (0.07) | 0.4 (0.06) | 0.7 (0.20) | 0.7 ** (0.10) | | | | |
| Margarine | 0.5 (0.07) | 0.5 (0.09) | 0.5 u (0.15) | 0.6 (0.10) | | | | |
| Other added fats | 1.4 (0.37) | 0.7 (0.18) | 2.3 u (1.25) | 1.4 u (0.51) | | | | |
| Other added oils | 0.0 u (0.02) | 0.0 u (0.00) | 0.0 (0.00) | 0.0 u (0.04) | | | | |
| Salad dressing | 1.0 (0.13) | 1.2 u (0.41) | 1.3 u (0.44) | 1.0 (0.17) | | | | |
| Mayonnaise | 0.1 (0.02) | 0.2 u (0.09) | 0.1 u (0.05) | 0.0 u (0.02) | | | | |
| Gravy | 1.4 (0.25) | 2.2 u (0.83) | 1.6 u (0.83) | 1.0 u (0.32) | | | | |
| Cream cheese | 0.9 (0.21) | 1.2 u (0.81) | 0.5 u (0.19) | 0.9 (0.22) | | | | |
| Cream/sour cream | 2.3 (0.52) | 1.2 (0.28) | 1.4 (0.38) | 2.4 * (0.53) | | | | |
| Other (grams) | 2.8 | (0.29) | 1.9 | (0.47) | 2.8 | (0.70) | 3.2 * | (0.43) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 7,447 | - | 1,297 | - | 1,675 | - | 4,138 | - |
| Grains (ounce eq.) | 2.4 | (0.06) | 2.2 | (0.15) | 2.6 | (0.12) | 2.3 | (0.06) |
| Whole grains ¹ | 0.5 | (0.03) | 0.4 | (0.06) | 0.3 | (0.05) | 0.5 * | (0.03) |
| Refined grains | 1.9 | (0.04) | 1.8 | (0.13) | 2.2 * | (0.10) | 1.8 | (0.05) |
| Bread | 0.6 | (0.03) | 0.5 | (0.05) | 0.6 | (0.07) | 0.6 | (0.03) |
| Rolls | 0.1 | (0.01) | 0.1 u | (0.04) | 0.1 | (0.03) | 0.1 | (0.01) |
| English muffin | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 * | (0.01) |
| Bagels | 0.2 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.2 *** | (0.02) |
| Biscuits, scones, croissants | 0.1 | (0.01) | 0.1 | (0.03) | 0.1 | (0.02) | 0.1 | (0.01) |
| Muffins | 0.1 | (0.01) | 0.1 u | (0.02) | 0.1 u | (0.03) | 0.1 | (0.01) |
| Cornbread | 0.1 | (0.01) | 0.1 u | (0.02) | 0.0 | (0.01) | 0.1 | (0.01) |
| Corn tortillas | 0.1 | (0.02) | 0.3 | (0.06) | 0.4 | (0.05) | 0.1 ** | (0.01) |
| Flour tortillas | 0.1 | (0.01) | 0.1 u | (0.02) | 0.1 | (0.02) | 0.0 | (0.01) |
| Taco shells | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Crackers | 0.2 | (0.01) | 0.1 | (0.02) | 0.2 | (0.03) | 0.2 * | (0.01) |
| Breakfast/granola bar | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 *** | (0.01) |
| Pancakes, waffles, French toast | 0.1 | (0.01) | 0.2 | (0.04) | 0.1 | (0.03) | 0.1 | (0.02) |
| Cold cereal | 0.3 | (0.01) | 0.3 | (0.03) | 0.2 | (0.02) | 0.3 | (0.01) |
| Hot cereal | 0.2 | (0.02) | 0.2 | (0.05) | 0.1 | (0.02) | 0.2 | (0.02) |
| Rice | 0.3 | (0.03) | 0.2 | (0.03) | 0.4 ** | (0.05) | 0.2 | (0.03) |
| Pasta | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 u | (0.02) | 0.1 *** | (0.01) |
| Vegetables (cup eq.) | 0.9 | (0.03) | 0.8 | (0.05) | 0.8 | (0.04) | 0.9 ** | (0.04) |
| Raw vegetables | 0.3 | (0.02) | 0.1 | (0.02) | 0.2 ** | (0.02) | 0.3 *** | (0.02) |
| Raw lettuce/greens | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 ** | (0.00) |
| Raw carrots | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 *** | (0.00) |
| Raw tomatoes | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) |
| Raw cabbage/coleslaw | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 ** | (0.00) | 0.0 *** | (0.00) |
| Other raw (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other raw (lower in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) | 0.0 | (0.00) |
| Salads (w/greens) | 0.2 | (0.01) | 0.1 | (0.02) | 0.2 | (0.02) | 0.2 *** | (0.02) |
| Cooked vegetables, excl. potatoes | 0.3 | (0.02) | 0.3 | (0.06) | 0.3 | (0.02) | 0.3 | (0.02) |
| Cooked green beans | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Cooked corn | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Cooked peas | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Cooked carrots | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Cooked broccoli | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Cooked tomatoes | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 | (0.01) |
| Cooked mixed | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Cooked starchy | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Other cooked deep yellow | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other cooked dark green | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Other cooked (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Other cooked (lower in vitamins A or C) ² | 0.0 | (0.01) | 0.1 u | (0.05) | 0.0 | (0.01) | 0.1 | (0.01) |
| Other fried | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Cooked potatoes | 0.3 | (0.01) | 0.3 | (0.02) | 0.3 | (0.02) | 0.3 | (0.01) |
| Cooked potatoes-not fried | 0.2 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.2 | (0.01) |
| Cooked potatoes-fried | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.01) | 0.1 | (0.01) |
| Vegetable juice | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.0 | (0.03) | 0.9 | (0.08) | 1.0 | (0.05) | 1.0 | (0.03) |
| Any whole fruit | 0.7 | (0.02) | 0.5 | (0.04) | 0.7 ** | (0.05) | 0.7 *** | (0.03) |
| Fresh fruit | 0.6 | (0.02) | 0.4 | (0.04) | 0.7 ** | (0.05) | 0.6 *** | (0.03) |
| Fresh orange | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 | (0.01) | 0.0 | (0.01) |
| Fresh other citrus | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Fresh apple | 0.2 | (0.02) | 0.2 | (0.04) | 0.2 | (0.04) | 0.2 | (0.02) |
| Fresh banana | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 *** | (0.01) |
| Fresh melon | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.01) | 0.0 *** | (0.00) |
| Fresh watermelon | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 u | (0.03) | 0.0 | (0.01) |
| Fresh grapes | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 ** | (0.00) |
| Fresh peach/nectarine | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Fresh pear | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Fresh berries | 0.0 | (0.01) | 0.0 | (0.00) | 0.1 u | (0.03) | 0.0 *** | (0.00) |
| Fresh pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other fresh fruit | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Avocado/guacamole | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) |
| Lemon/lime - any form | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Canned or frozen fruit, total | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Canned or frozen in syrup | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Canned or frozen, no syrup | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 | (0.01) | 0.0 | (0.00) |
| Applesauce, canned/ frozen apples | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Canned/frozen peaches | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Canned/frozen pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other canned/frozen | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| 100% Fruit juice | 0.3 | (0.01) | 0.4 | (0.06) | 0.3 | (0.02) | 0.3 * | (0.02) |
| Non-citrus juice | 0.1 | (0.01) | 0.2 | (0.05) | 0.1 * | (0.02) | 0.1 ** | (0.01) |
| Citrus juice | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.02) | 0.2 | (0.01) |
| Dried fruit | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 ** | (0.00) |
| Milk and milk products (cup eq.) | 0.8 | (0.03) | 0.8 | (0.09) | 0.7 | (0.04) | 0.8 | (0.04) |
| Cow's milk, total | 0.6 | (0.03) | 0.6 | (0.08) | 0.5 | (0.03) | 0.6 | (0.04) |
| Unflavored white milk, total | 0.6 | (0.03) | 0.6 | (0.07) | 0.5 | (0.03) | 0.6 | (0.04) |
| Unflavored whole milk | 0.1 | (0.01) | 0.2 | (0.03) | 0.2 | (0.02) | 0.1 *** | (0.02) |
| Unflavored non-whole, total | 0.4 | (0.03) | 0.4 | (0.06) | 0.3 | (0.03) | 0.5 | (0.04) |
| 2% milk, unflavored | 0.2 | (0.01) | 0.3 | (0.05) | 0.2 * | (0.02) | 0.2 | (0.02) |
| 1% milk, unflavored | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 * | (0.02) | 0.1 *** | (0.01) |
| Skim milk, unflavored | 0.1 | (0.02) | 0.0 u | (0.01) | 0.1 | (0.02) | 0.2 *** | (0.02) |
| Unflavored, fat not specified | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 ** u | (0.00) |
| Flavored milk, total | 0.0 | (0.00) | 0.0 u | (0.02) | 0.0 | (0.00) | 0.0 | (0.00) |
| Flavored, whole milk | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Flavored non-whole, total | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| 2% milk, flavored | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| 1% milk, flavored | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Skim milk, flavored | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Flavored, fat not specified | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Soy milk | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Dry or evaporated milk | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Yogurt | 0.1 | (0.00) | 0.0 | (0.01) | 0.0 | (0.01) | 0.1 *** | (0.00) |
| Cheese | 0.2 | (0.01) | 0.1 | (0.01) | 0.2 | (0.03) | 0.2 ** | (0.01) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 3.1 | (0.10) | 2.9 | (0.16) | 3.2 | (0.15) | 3.1 | (0.13) |
| Beef | 0.4 | (0.03) | 0.4 | (0.06) | 0.3 | (0.05) | 0.4 | (0.03) |
| Ground beef | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) |
| Pork | 0.2 | (0.02) | 0.2 | (0.04) | 0.2 | (0.04) | 0.2 | (0.03) |
| Ham | 0.1 | (0.01) | 0.1 u | (0.03) | 0.0 | (0.01) | 0.1 | (0.01) |
| Lamb and misc. meats | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Chicken | 0.7 | (0.04) | 0.7 | (0.06) | 0.8 | (0.08) | 0.6 | (0.05) |
| Turkey | 0.1 | (0.02) | 0.0 u | (0.01) | 0.1 u | (0.02) | 0.1 | (0.02) |
| Organ meats | 0.0 u | (0.00) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Hot dogs | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) |
| Cold cuts | 0.1 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.1 * | (0.02) |
| Fish | 0.3 | (0.04) | 0.3 | (0.07) | 0.3 | (0.06) | 0.4 | (0.06) |
| Shellfish | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.03) | 0.1 | (0.01) |
| Bacon/sausage | 0.2 | (0.02) | 0.2 | (0.04) | 0.1 | (0.03) | 0.2 | (0.02) |
| Eggs | 0.4 | (0.02) | 0.4 | (0.08) | 0.4 | (0.05) | 0.3 | (0.03) |
| Beans | 0.1 | (0.00) | 0.1 | (0.01) | 0.1 | (0.01) | 0.0 * | (0.01) |
| Baked/refried beans | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Soy products | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 * | (0.01) |
| Protein/meal enhancement | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 *** | (0.00) |
| Nuts | 0.3 | (0.02) | 0.2 | (0.04) | 0.3 | (0.08) | 0.4 *** | (0.03) |
| Peanut/almond butter | 0.1 | (0.01) | 0.0 | (0.01) | 0.1 u | (0.03) | 0.1 *** | (0.01) |
| Seeds | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Mixed dishes (grams) | 441.0 | (6.48) | 427.0 | (17.82) | 450.0 | (15.43) | 443.0 | (7.57) |
| Tomato sauce and meat (no pasta) | 0.6 u | (0.30) | 0.2 u | (0.12) | 0.0 | (0.00) | 0.8 u | (0.42) |
| Chili con carne | 5.5 | (0.83) | 12.1 | (3.58) | 2.9 * u | (1.34) | 5.1 | (0.88) |
| Meat mixtures w/ red meat | 24.0 | (1.51) | 25.5 | (4.24) | 22.3 | (3.03) | 24.9 | (1.99) |
| Meat mixtures w/ chicken/turkey | 29.8 | (1.80) | 17.7 | (2.64) | 24.5 | (4.31) | 32.5 *** | (2.14) |
| Meat mixtures w/ fish | 8.2 | (1.04) | 3.9 u | (2.00) | 5.7 u | (1.79) | 9.3 * | (1.35) |
| Hamburgers/cheeseburgers | 30.1 | (2.23) | 39.7 | (4.74) | 32.0 | (4.47) | 29.1 | (2.71) |
| Other sandwiches | 113.0 | (3.56) | 112.0 | (7.72) | 95.9 | (5.73) | 117.0 | (4.28) |
| Hot dogs | 9.5 | (1.08) | 12.0 | (2.06) | 7.8 | (1.73) | 9.7 | (1.45) |
| Luncheon meat | 38.8 | (1.61) | 44.1 | (5.20) | 31.3 * | (3.18) | 40.0 | (2.24) |
| Beef, pork, ham | 20.8 | (1.77) | 21.2 | (4.68) | 15.5 | (2.33) | 22.2 | (2.14) |
| Chicken, turkey | 17.2 | (1.76) | 13.6 | (2.12) | 14.4 u | (4.43) | 18.4 | (1.81) |
| Cheese (no meat) | 6.9 | (0.79) | 3.9 u | (1.22) | 8.8 * | (2.18) | 6.9 * | (0.89) |
| Fish | 6.6 | (0.86) | 6.2 | (1.66) | 6.5 | (1.49) | 6.6 | (1.00) |
| Peanut butter | 4.0 | (0.35) | 4.7 | (1.32) | 3.3 | (0.73) | 4.1 | (0.47) |
| Breakfast sandwiches | 9.0 | (0.94) | 6.7 | (0.96) | 8.4 | (2.01) | 9.2 | (1.18) |
| Pizza (no meat) | 7.9 | (0.85) | 6.1 u | (2.22) | 4.9 | (1.34) | 8.9 | (1.11) |
| Pizza w/ meat | 20.9 | (1.49) | 23.0 | (3.30) | 19.2 | (2.84) | 21.0 | (1.57) |
| Mexican entrees | 49.5 | (4.43) | 52.1 | (8.87) | 70.8 | (10.75) | 43.7 | (3.97) |
| Macaroni and cheese | 11.8 | (1.21) | 20.7 | (5.09) | 15.6 | (3.24) | 10.0 * | (1.37) |
| Pasta dishes | 32.0 | (2.73) | 23.1 | (3.34) | 29.2 | (4.67) | 33.6 * | (2.99) |
| Rice dishes | 20.6 | (1.67) | 17.6 | (3.06) | 26.0 | (4.49) | 19.9 | (1.95) |
| Other grain mixtures | 4.0 | (0.60) | 3.5 | (0.88) | 3.3 | (0.78) | 4.3 | (0.79) |
| Meat soup | 30.2 | (2.86) | 35.8 | (5.84) | 41.2 | (6.26) | 27.0 | (3.56) |
| Bean soup | 4.9 | (1.12) | 1.1 u | (0.49) | 7.9 u | (3.47) | 4.8 ** | (1.08) |
| Grain soups | 9.2 | (0.94) | 15.1 | (2.97) | 10.2 | (1.68) | 8.3 * | (1.14) |
| Vegetables mixtures (incl. soup) | 16.2 | (1.73) | 8.6 | (2.22) | 17.1 ** | (2.18) | 17.4 ** | (2.31) |
| Entrée salads | 22.9 | (1.85) | 8.7 | (1.95) | 21.9 * | (6.26) | 25.4 *** | (1.96) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|--|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice (grams) | 2,544.0 | (39.01) | 2,399.0 | (63.22) | 2,402.0 | (76.45) | 2,605.0 ** | (43.81) |
| Coffee | 334.0 | (14.73) | 290.0 | (27.27) | 249.0 | (21.32) | 360.0 * | (17.68) |
| Tea | 211.0 | (10.85) | 181.0 | (19.24) | 194.0 | (21.57) | 222.0 | (12.65) |
| Beer | 185.0 | (10.86) | 180.0 | (25.79) | 209.0 | (29.50) | 183.0 | (12.67) |
| Wine | 19.0 | (2.21) | 6.8 | (2.04) | 11.0 | (2.75) | 22.6 *** | (2.92) |
| Liquor | 20.2 | (2.02) | 11.2 | (2.83) | 18.5 | (4.07) | 22.3 ** | (2.77) |
| Water (plain) | 1,177.0 | (28.98) | 1,015.0 | (49.66) | 1,134.0 | (47.82) | 1,208.0 ** | (33.99) |
| Noncarbonated, sweetened drinks | 131.0 | (6.01) | 170.0 | (18.68) | 149.0 | (10.48) | 120.0 * | (7.69) |
| Noncarbonated, low-calorie/sugar-free drinks | 32.8 | (4.00) | 27.6 | (6.01) | 19.9 | (3.89) | 36.5 | (5.31) |
| Energy drinks | 11.0 | (1.41) | 14.0 | (3.69) | 14.6 | (3.62) | 10.1 | (1.66) |
| Any soda | 423.0 | (18.97) | 504.0 | (33.02) | 404.0 * | (33.58) | 421.0 * | (21.34) |
| Soda, regular | 256.0 | (16.12) | 437.0 | (24.47) | 307.0 *** | (29.82) | 221.0 *** | (16.43) |
| Soda, sugar-free | 167.0 | (7.49) | 66.6 | (12.95) | 96.8 | (18.44) | 200.0 *** | (10.04) |
| Sweets and desserts (grams) | 87.8 | (2.82) | 80.0 | (3.44) | 79.5 | (5.16) | 91.3 * | (3.76) |
| Sugar and sugar substitutes | 4.0 | (0.13) | 5.9 | (0.68) | 3.8 ** | (0.33) | 3.7 ** | (0.18) |
| Syrups/sweet toppings | 3.6 | (0.29) | 3.5 | (0.87) | 3.7 | (0.65) | 3.7 | (0.40) |
| Jelly | 0.8 | (0.11) | 0.4 | (0.11) | 0.8 u | (0.28) | 0.9 * | (0.16) |
| Jello | 1.0 | (0.19) | 0.7 u | (0.31) | 0.6 u | (0.27) | 1.0 | (0.26) |
| Candy | 11.3 | (0.78) | 9.5 | (0.82) | 9.0 | (1.13) | 12.2 * | (1.03) |
| Ice cream | 24.4 | (1.71) | 24.6 | (3.11) | 21.1 | (3.61) | 25.6 | (1.95) |
| Pudding | 3.7 | (0.48) | 3.1 u | (1.02) | 3.1 u | (1.26) | 4.1 | (0.65) |
| Ice/popsicles | 2.6 | (0.41) | 2.8 u | (1.13) | 1.8 | (0.49) | 2.8 | (0.54) |
| Sweet rolls | 3.2 | (0.30) | 4.1 | (0.88) | 5.7 | (0.87) | 2.4 | (0.26) |
| Cake/cupcakes | 12.9 | (0.91) | 8.0 | (1.50) | 11.7 | (2.27) | 13.5 ** | (1.40) |
| Cookies | 9.6 | (0.38) | 8.9 | (0.92) | 9.4 | (0.99) | 9.8 | (0.59) |
| Pies/cobblers | 5.5 | (0.61) | 2.8 u | (1.06) | 3.1 | (0.78) | 6.5 ** | (0.86) |
| Pastries | 2.4 | (0.41) | 1.9 u | (0.62) | 2.2 u | (0.69) | 2.6 | (0.53) |
| Doughnuts | 2.8 | (0.35) | 4.0 | (0.75) | 3.6 | (0.80) | 2.5 | (0.42) |
| Salty snacks (grams) | 16.9 | (0.81) | 17.3 | (1.65) | 15.4 | (1.19) | 17.5 | (0.97) |
| Corn-based salty snacks | 6.6 | (0.43) | 6.0 | (0.72) | 6.3 | (0.70) | 7.0 | (0.56) |
| Pretzels/party mix | 2.6 | (0.44) | 2.1 u | (0.69) | 1.2 | (0.19) | 3.0 | (0.55) |
| Popcorn | 2.7 | (0.30) | 2.9 | (0.65) | 2.9 | (0.57) | 2.6 | (0.34) |
| Potato chips | 5.0 | (0.24) | 6.3 | (0.81) | 5.1 | (0.53) | 4.8 | (0.26) |
| Added sats and oils (grams) | 19.8 | (0.90) | 15.5 | (1.85) | 15.4 | (1.60) | 21.5 ** | (1.13) |
| Butter | 1.2 | (0.10) | 0.9 | (0.12) | 0.9 | (0.14) | 1.3 * | (0.13) |
| Margarine | 1.1 | (0.07) | 0.9 | (0.13) | 0.7 | (0.11) | 1.2 | (0.09) |
| Other added fats | 2.0 | (0.26) | 0.8 u | (0.27) | 2.5 * | (0.70) | 2.2 ** | (0.39) |
| Other added oils | 0.1 u | (0.03) | 0.0 u | (0.02) | 0.1 u | (0.02) | 0.1 u | (0.05) |
| Salad dressing | 1.3 | (0.17) | 1.0 | (0.28) | 1.1 u | (0.34) | 1.4 | (0.20) |
| Mayonnaise | 0.2 u | (0.08) | 0.3 u | (0.15) | 0.1 u | (0.03) | 0.2 u | (0.11) |
| Gravy | 3.3 | (0.54) | 4.0 u | (1.71) | 2.7 | (0.62) | 3.2 | (0.48) |
| Cream cheese | 1.0 | (0.16) | 0.3 u | (0.13) | 0.4 u | (0.12) | 1.3 *** | (0.21) |
| Cream/sour cream | 9.5 | (0.57) | 7.2 | (1.00) | 6.9 | (0.81) | 10.6 ** | (0.72) |
| Other (grams) | 4.1 | (0.47) | 2.0 | (0.45) | 4.1 * | (0.85) | 4.4 ** | (0.58) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Grains (ounce eq.) | 2.6 | (0.05) | 2.9 | (0.23) | 2.5 | (0.15) | 2.6 | (0.07) |
| Whole grains ¹ | 0.7 | (0.04) | 0.6 | (0.09) | 0.6 | (0.05) | 0.7 | (0.05) |
| Refined grains | 1.9 | (0.05) | 2.3 | (0.21) | 2.0 | (0.13) | 1.8 * | (0.06) |
| Bread | 0.7 | (0.03) | 0.8 | (0.10) | 0.6 | (0.05) | 0.7 | (0.04) |
| Rolls | 0.1 | (0.02) | 0.1 u | (0.03) | 0.1 | (0.03) | 0.1 | (0.02) |
| English muffin | 0.0 | (0.01) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.1 *** | (0.01) |
| Bagels | 0.1 | (0.02) | 0.2 u | (0.09) | 0.1 u | (0.02) | 0.1 | (0.02) |
| Biscuits, scones, croissants | 0.1 | (0.01) | 0.1 u | (0.04) | 0.1 u | (0.03) | 0.1 | (0.01) |
| Muffins | 0.1 | (0.02) | 0.0 u | (0.03) | 0.0 | (0.01) | 0.1 | (0.02) |
| Cornbread | 0.1 | (0.02) | 0.2 u | (0.08) | 0.2 u | (0.06) | 0.1 | (0.02) |
| Corn tortillas | 0.0 | (0.01) | 0.1 u | (0.08) | 0.2 u | (0.05) | 0.0 | (0.00) |
| Flour tortillas | 0.0 | (0.01) | 0.1 u | (0.05) | 0.1 u | (0.02) | 0.0 | (0.01) |
| Taco shells | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Crackers | 0.2 | (0.02) | 0.3 | (0.06) | 0.2 | (0.03) | 0.2 | (0.02) |
| Breakfast/granola bar | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 *** | (0.00) |
| Pancakes, waffles, French toast | 0.1 | (0.02) | 0.1 u | (0.05) | 0.1 | (0.02) | 0.1 | (0.02) |
| Cold cereal | 0.4 | (0.02) | 0.3 | (0.05) | 0.3 | (0.03) | 0.4 | (0.02) |
| Hot cereal | 0.3 | (0.03) | 0.3 | (0.06) | 0.3 | (0.05) | 0.3 | (0.04) |
| Rice | 0.2 | (0.02) | 0.2 | (0.06) | 0.2 | (0.05) | 0.1 | (0.02) |
| Pasta | 0.0 | (0.01) | 0.1 u | (0.04) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Vegetables (cup eq.) | 1.0 | (0.03) | 0.8 | (0.08) | 0.9 | (0.06) | 1.1 * | (0.04) |
| Raw vegetables | 0.4 | (0.03) | 0.2 | (0.04) | 0.4 ** | (0.04) | 0.4 *** | (0.03) |
| Raw lettuce/greens | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) |
| Raw carrots | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 * u | (0.00) | 0.0 ** | (0.00) |
| Raw tomatoes | 0.0 | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 * | (0.01) |
| Raw cabbage/coleslaw | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Other raw (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Other raw (lower in vitamins A or C) ² | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 * u | (0.01) |
| Salads (w/greens) | 0.3 | (0.02) | 0.1 | (0.03) | 0.3 * | (0.04) | 0.3 *** | (0.03) |
| Cooked vegetables, excl. potatoes | 0.3 | (0.02) | 0.3 | (0.04) | 0.3 | (0.03) | 0.3 | (0.02) |
| Cooked green beans | 0.1 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.1 | (0.01) |
| Cooked corn | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 | (0.01) |
| Cooked peas | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Cooked carrots | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Cooked broccoli | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Cooked tomatoes | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 ** | (0.01) |
| Cooked mixed | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.0 | (0.00) |
| Cooked starchy | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Other cooked deep yellow | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Other cooked dark green | 0.0 | (0.00) | 0.1 | (0.01) | 0.0 * | (0.01) | 0.0 * | (0.00) |
| Other cooked (higher in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Other cooked (lower in vitamins A or C) ² | 0.0 | (0.00) | 0.0 u | (0.02) | 0.0 | (0.01) | 0.0 | (0.01) |
| Other fried | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Cooked potatoes | 0.3 | (0.02) | 0.3 | (0.04) | 0.2 | (0.03) | 0.3 | (0.02) |
| Cooked potatoes-not fried | 0.2 | (0.01) | 0.2 | (0.03) | 0.2 | (0.03) | 0.2 * | (0.01) |
| Cooked potatoes-fried | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.03) | 0.1 | (0.01) |
| Vegetable juice | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.2 | (0.03) | 0.9 | (0.09) | 1.0 | (0.07) | 1.2 ** | (0.04) |
| Any whole fruit | 0.9 | (0.03) | 0.6 | (0.07) | 0.7 | (0.06) | 0.9 *** | (0.04) |
| Fresh fruit | 0.8 | (0.03) | 0.6 | (0.07) | 0.6 | (0.06) | 0.9 *** | (0.04) |
| Fresh orange | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Fresh other citrus | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 * | (0.00) |
| Fresh apple | 0.2 | (0.02) | 0.2 | (0.05) | 0.2 | (0.03) | 0.2 | (0.03) |
| Fresh banana | 0.2 | (0.01) | 0.1 | (0.02) | 0.1 | (0.02) | 0.2 | (0.01) |
| Fresh melon | 0.1 | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.1 *** | (0.01) |
| Fresh watermelon | 0.1 | (0.01) | 0.0 u | (0.02) | 0.1 u | (0.03) | 0.1 | (0.01) |
| Fresh grapes | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Fresh peach/nectarine | 0.1 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.1 ** | (0.02) |
| Fresh pear | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Fresh berries | 0.1 | (0.01) | 0.0 u | (0.00) | 0.0 ** u | (0.01) | 0.1 *** | (0.01) |
| Fresh pineapple | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Other fresh fruit | 0.0 | (0.01) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Avocado/guacamole | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Lemon/lime - any form | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) |
| Canned or frozen fruit, total | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.01) |
| Canned or frozen in syrup | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Canned or frozen, no syrup | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Applesauce, canned/ frozen apples | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 | (0.00) |
| Canned/frozen peaches | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| Canned/frozen pineapple | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Other canned/frozen | 0.0 | (0.00) | 0.0 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) |
| 100% Fruit juice | 0.3 | (0.02) | 0.3 | (0.04) | 0.2 | (0.03) | 0.3 | (0.02) |
| Non-citrus juice | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.01) | 0.1 | (0.01) |
| Citrus juice | 0.2 | (0.01) | 0.2 | (0.03) | 0.2 | (0.03) | 0.2 | (0.01) |
| Dried fruit | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 * | (0.00) |
| Milk and milk products (cup eq.) | 0.8 | (0.03) | 0.8 | (0.08) | 0.7 | (0.05) | 0.9 | (0.03) |
| Cow's milk, total | 0.6 | (0.02) | 0.6 | (0.08) | 0.5 | (0.04) | 0.6 | (0.02) |
| Unflavored white milk, total | 0.6 | (0.02) | 0.6 | (0.08) | 0.5 | (0.04) | 0.6 | (0.02) |
| Unflavored whole milk | 0.1 | (0.01) | 0.1 | (0.03) | 0.1 | (0.03) | 0.1 * | (0.01) |
| Unflavored non-whole, total | 0.5 | (0.02) | 0.5 | (0.08) | 0.4 | (0.04) | 0.5 | (0.02) |
| 2% milk, unflavored | 0.2 | (0.02) | 0.4 | (0.08) | 0.2 | (0.04) | 0.2 * | (0.01) |
| 1% milk, unflavored | 0.1 | (0.01) | 0.1 u | (0.03) | 0.1 u | (0.03) | 0.1 | (0.01) |
| Skim milk, unflavored | 0.2 | (0.02) | 0.0 u | (0.01) | 0.1 * | (0.02) | 0.2 *** | (0.02) |
| Unflavored, fat not specified | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 * u | (0.00) |
| Flavored milk, total | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.00) |
| Flavored, whole milk | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Flavored non-whole, total | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.00) |
| 2% milk, flavored | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) |
| 1% milk, flavored | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.02) | 0.0 | (0.00) |
| Skim milk, flavored | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) |
| Flavored, fat not specified | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Soy milk | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 *** | (0.00) |
| Dry or evaporated milk | 0.0 | (0.00) | 0.0 u | (0.02) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Yogurt | 0.1 | (0.01) | 0.0 u | (0.01) | 0.0 | (0.00) | 0.1 * | (0.01) |
| Cheese | 0.1 | (0.02) | 0.1 | (0.03) | 0.1 | (0.01) | 0.2 | (0.02) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 3.0 | (0.10) | 2.9 | (0.24) | 2.7 | (0.19) | 3.1 | (0.12) |
| Beef | 0.3 | (0.05) | 0.2 | (0.04) | 0.3 u | (0.10) | 0.4 ** | (0.05) |
| Ground beef | 0.1 | (0.01) | 0.0 u | (0.02) | 0.1 u | (0.03) | 0.1 | (0.01) |
| Pork | 0.2 | (0.02) | 0.1 u | (0.04) | 0.1 | (0.03) | 0.2 | (0.02) |
| Ham | 0.1 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.1 | (0.02) |
| Lamb and misc. meats | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) |
| Chicken | 0.5 | (0.04) | 0.8 | (0.09) | 0.5 * | (0.10) | 0.4 *** | (0.04) |
| Turkey | 0.1 | (0.02) | 0.1 u | (0.05) | 0.1 u | (0.05) | 0.1 | (0.02) |
| Organ meats | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Hot dogs | 0.0 | (0.01) | 0.0 u | (0.02) | 0.0 u | (0.01) | 0.0 | (0.01) |
| Cold cuts | 0.1 | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.1 | (0.01) |
| Fish | 0.4 | (0.05) | 0.5 u | (0.15) | 0.4 u | (0.11) | 0.4 | (0.05) |
| Shellfish | 0.1 | (0.03) | 0.0 u | (0.01) | 0.1 u | (0.04) | 0.1 ** | (0.03) |
| Bacon/sausage | 0.2 | (0.03) | 0.2 | (0.07) | 0.1 | (0.03) | 0.2 | (0.03) |
| Eggs | 0.3 | (0.03) | 0.5 | (0.07) | 0.4 | (0.04) | 0.3 * | (0.03) |
| Beans | 0.1 | (0.01) | 0.1 | (0.01) | 0.1 | (0.02) | 0.1 | (0.01) |
| Baked/refried beans | 0.0 | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.00) | 0.0 u | (0.00) |
| Soy products | 0.0 | (0.00) | 0.0 u | (0.03) | 0.0 u | (0.01) | 0.0 u | (0.00) |
| Protein/meal enhancement | 0.0 | (0.00) | 0.0 u | (0.00) | 0.0 u | (0.00) | 0.0 ** | (0.00) |
| Nuts | 0.5 | (0.04) | 0.3 u | (0.08) | 0.3 | (0.07) | 0.5 * | (0.05) |
| Peanut/almond butter | 0.1 | (0.01) | 0.0 u | (0.01) | 0.1 * u | (0.03) | 0.1 *** | (0.02) |
| Seeds | 0.0 u | (0.00) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.0 u | (0.01) |
| Mixed dishes (grams) | 329.0 | (10.75) | 283.0 | (20.14) | 294.0 | (12.56) | 339.0 * | (13.23) |
| Tomato sauce and meat (no pasta) | 0.5 u | (0.32) | 0.0 u | (0.03) | 0.2 u | (0.22) | 0.6 u | (0.40) |
| Chili con carne | 4.9 | (1.36) | 1.6 u | (1.19) | 0.7 u | (0.43) | 5.7 * | (1.69) |
| Meat mixtures w/ red meat | 25.2 | (2.52) | 20.7 | (5.48) | 28.5 | (5.03) | 25.4 | (3.25) |
| Meat mixtures w/ chicken/turkey | 23.7 | (2.59) | 19.3 u | (6.04) | 18.4 | (4.22) | 25.0 | (3.22) |
| Meat mixtures w/ fish | 9.1 | (1.44) | 13.9 u | (8.11) | 6.1 u | (2.21) | 9.5 | (1.52) |
| Hamburgers/cheeseburgers | 17.4 | (1.90) | 13.6 | (3.55) | 19.2 | (4.51) | 17.2 | (2.13) |
| Other sandwiches | 81.8 | (4.11) | 62.4 | (9.41) | 77.5 | (9.64) | 83.9 * | (5.02) |
| Hot dogs | 6.9 | (1.33) | 4.5 | (1.12) | 5.0 | (1.44) | 6.9 | (1.63) |
| Luncheon meat | 26.9 | (1.90) | 25.8 | (6.27) | 24.2 | (3.67) | 27.4 | (2.31) |
| Beef, pork, ham | 15.6 | (1.76) | 8.2 u | (2.64) | 16.4 * | (2.61) | 16.4 * | (2.11) |
| Chicken, turkey | 10.9 | (1.79) | 6.9 u | (2.81) | 12.5 u | (5.18) | 10.7 | (1.98) |
| Cheese (no meat) | 7.9 | (1.19) | 5.1 u | (2.23) | 2.9 u | (0.94) | 8.8 | (1.44) |
| Fish | 5.7 | (1.02) | 2.5 u | (1.10) | 7.8 * u | (2.48) | 5.8 * | (1.08) |
| Peanut butter | 2.8 | (0.46) | 4.1 u | (1.68) | 2.6 u | (1.03) | 2.7 | (0.56) |
| Breakfast sandwiches | 5.2 | (0.70) | 5.5 u | (2.36) | 6.2 u | (2.91) | 5.2 | (0.67) |
| Pizza (no meat) | 3.0 u | (0.98) | 0.7 u | (0.45) | 2.0 u | (1.12) | 3.0 u | (1.17) |
| Pizza w/ meat | 8.0 | (1.45) | 8.6 u | (3.88) | 4.7 u | (2.48) | 8.7 | (1.58) |
| Mexican entrees | 19.0 | (3.82) | 23.1 u | (9.24) | 19.5 u | (5.92) | 18.8 | (4.02) |
| Macaroni and cheese | 4.8 | (0.79) | 2.4 u | (0.93) | 5.2 u | (1.93) | 4.8 | (0.87) |
| Pasta dishes | 30.1 | (2.94) | 20.2 | (5.34) | 29.7 | (5.83) | 30.6 | (3.39) |
| Rice dishes | 9.6 | (1.39) | 24.8 u | (7.90) | 13.2 u | (3.95) | 8.0 * | (1.31) |
| Other grain mixtures | 2.7 | (0.61) | 1.2 u | (0.70) | 0.9 u | (0.42) | 3.2 * | (0.77) |
| Meat soup | 39.3 | (5.07) | 21.7 | (5.57) | 33.7 | (6.22) | 41.2 * | (6.31) |
| Bean soup | 4.2 | (0.96) | 2.9 u | (2.25) | 3.0 u | (1.30) | 4.0 | (1.13) |
| Grain soups | 6.8 | (1.85) | 7.7 u | (5.38) | 5.5 | (1.51) | 7.2 u | (2.33) |
| Vegetables mixtures (incl. soup) | 19.6 | (2.23) | 22.8 u | (6.90) | 13.6 | (2.52) | 21.0 | (2.72) |
| Entrée salads | 19.1 | (1.90) | 15.0 u | (7.87) | 12.3 u | (5.10) | 21.0 | (2.21) |

See notes at end of table.

Table C-5. Average Amounts Consumed in Food Pattern Units over the Total Population, by Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|--|-----------------------------|----------------|-------------------|-----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice (grams) | 1,972.0 | (34.62) | 1,796.0 | (146.69) | 1,835.0 | (78.66) | 2,012.0 | (36.53) |
| Coffee | 435.0 | (18.00) | 508.0 | (118.48) | 415.0 | (44.38) | 438.0 | (17.42) |
| Tea | 232.0 | (14.68) | 119.0 | (17.05) | 293.0 *** | (47.39) | 230.0 *** | (17.41) |
| Beer | 72.5 | (6.06) | 53.9 u | (22.20) | 74.0 | (11.25) | 74.4 | (7.57) |
| Wine | 28.8 | (4.43) | 3.0 u | (2.04) | 12.2 * u | (4.19) | 33.4 *** | (5.05) |
| Liquor | 10.3 | (1.17) | 2.6 u | (1.07) | 4.8 | (0.85) | 11.9 *** | (1.37) |
| Water (plain) | 888.0 | (28.40) | 799.0 | (75.32) | 757.0 | (40.53) | 916.0 | (31.75) |
| Noncarbonated, sweetened drinks | 53.6 | (4.44) | 55.8 | (10.67) | 51.2 | (7.83) | 54.6 | (5.22) |
| Noncarbonated, low-calorie/sugar-free drinks | 31.1 | (6.55) | 33.8 u | (15.28) | 17.4 | (4.98) | 33.2 | (8.21) |
| Energy drinks | 1.3 u | (0.51) | 0.5 u | (0.49) | 0.2 u | (0.24) | 1.5 u | (0.64) |
| Any soda | 219.0 | (11.06) | 221.0 | (25.84) | 209.0 | (19.71) | 219.0 | (12.38) |
| Soda, regular | 84.3 | (5.01) | 132.0 | (17.36) | 122.0 | (12.17) | 75.0 ** | (5.41) |
| Soda, sugar-free | 135.0 | (9.52) | 88.2 | (18.64) | 86.6 | (13.37) | 144.0 * | (11.27) |
| Sweets and desserts (grams) | 95.3 | (2.50) | 73.8 | (6.17) | 78.8 | (6.58) | 98.9 *** | (2.66) |
| Sugar and sugar substitutes | 3.0 | (0.29) | 5.2 | (0.77) | 4.2 | (0.58) | 2.8 ** | (0.34) |
| Syrups/sweet toppings | 4.5 | (0.55) | 3.0 u | (1.60) | 3.7 u | (1.57) | 4.8 | (0.58) |
| Jelly | 2.0 | (0.20) | 2.6 | (0.78) | 1.4 | (0.38) | 1.9 | (0.22) |
| Jello | 2.5 | (0.73) | 2.2 u | (1.42) | 1.9 u | (1.08) | 2.7 | (0.79) |
| Candy | 7.7 | (0.59) | 7.1 | (1.92) | 6.3 | (1.04) | 8.0 | (0.68) |
| Ice cream | 29.0 | (1.79) | 15.1 | (2.77) | 20.6 | (3.47) | 30.8 *** | (2.15) |
| Pudding | 5.1 | (0.80) | 4.4 u | (2.44) | 3.3 u | (1.03) | 5.6 | (0.98) |
| Ice/popsicles | 1.9 | (0.39) | 1.0 u | (0.55) | 0.4 u | (0.24) | 2.2 | (0.51) |
| Sweet rolls | 3.0 | (0.32) | 6.1 u | (2.33) | 4.4 | (0.92) | 2.6 | (0.44) |
| Cake/cupcakes | 14.1 | (1.56) | 12.0 u | (5.07) | 14.1 | (3.60) | 14.2 | (1.83) |
| Cookies | 10.8 | (0.59) | 7.0 | (1.09) | 9.9 | (1.16) | 11.2 *** | (0.66) |
| Pies/cobblers | 8.5 | (1.38) | 4.9 u | (1.94) | 5.6 | (1.67) | 8.9 | (1.63) |
| Pastries | 1.2 | (0.28) | 2.0 u | (0.87) | 1.5 u | (0.59) | 1.0 u | (0.31) |
| Doughnuts | 2.0 | (0.26) | 1.3 u | (0.47) | 1.6 | (0.46) | 2.1 | (0.31) |
| Salty snacks (grams) | 10.1 | (0.68) | 7.0 | (1.96) | 10.0 | (1.90) | 10.5 | (0.74) |
| Corn-based salty snacks | 2.9 | (0.32) | 1.2 u | (0.51) | 2.9 | (0.79) | 3.0 ** | (0.34) |
| Pretzels/party mix | 1.9 | (0.33) | 0.6 u | (0.27) | 2.5 u | (1.51) | 2.0 ** | (0.37) |
| Popcorn | 1.9 | (0.41) | 1.5 u | (1.10) | 1.5 u | (0.50) | 2.1 | (0.49) |
| Potato chips | 3.4 | (0.31) | 3.7 u | (1.42) | 3.2 | (0.47) | 3.4 | (0.39) |
| Added fats and oils (grams) | 18.3 | (1.09) | 13.8 | (1.84) | 16.5 | (2.16) | 19.0 * | (1.19) |
| Butter | 1.7 | (0.17) | 1.3 | (0.35) | 0.7 | (0.15) | 1.9 | (0.20) |
| Margarine | 2.3 | (0.17) | 2.1 | (0.58) | 2.2 | (0.24) | 2.3 | (0.16) |
| Other added fats | 1.4 | (0.28) | 1.5 u | (0.88) | 0.8 u | (0.34) | 1.5 | (0.37) |
| Other added oils | 0.1 u | (0.05) | 0.0 u | (0.03) | 0.0 u | (0.01) | 0.2 * u | (0.06) |
| Salad dressing | 0.7 | (0.19) | 0.2 u | (0.15) | 1.0 u | (0.49) | 0.7 * u | (0.23) |
| Mayonnaise | 0.2 u | (0.08) | 0.2 u | (0.18) | 0.2 u | (0.15) | 0.2 u | (0.09) |
| Gravy | 3.2 | (0.80) | 3.4 u | (1.57) | 5.0 u | (1.53) | 2.8 | (0.81) |
| Cream cheese | 1.0 | (0.24) | 1.0 u | (0.93) | 0.4 u | (0.19) | 1.1 | (0.28) |
| Cream/sour cream | 7.7 | (0.70) | 4.0 | (0.86) | 6.2 | (1.35) | 8.4 *** | (0.79) |
| Other (grams) | 3.1 | (0.35) | 1.3 u | (0.41) | 2.8 u | (0.97) | 3.2 *** | (0.38) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Foods consumed from the vegetables, fruits, grains, and meat/meat alternate food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Food choices reflect individual foods consumed except when foods were reported to be eaten in 'combination' as sandwiches, Mexican entrees, green salads, and soups. In these cases, the foods reported in combination are counted as one food choice (for example, a sandwich reported as a beef, cheese, and roll was counted in the "cheeseburger/hamburger" group as one food choice). 'All persons' includes persons with missing SNAP participation or income. Means are not age-adjusted. Significant differences in means are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. oz. = ounces eq. = equivalent

- 1 Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The MyPyramid data sources listed above were used to classify grains.
 - 2 "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "high in nutrients"; all others are "low in nutrients." Raw vegetables high in nutrients include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables that are low in nutrients include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.
- u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
- Not applicable.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 17,239 | -- | 3,407 | -- | 3,946 | -- | 9,148 | -- |
| Grains (ounce eq.) | 3.0 | (0.05) | 2.9 | (0.11) | 3.2 * | (0.09) | 3.0 | (0.05) |
| Whole grains ¹ | 1.7 | (0.04) | 1.6 | (0.10) | 1.6 | (0.08) | 1.7 | (0.05) |
| Refined grains | 2.8 | (0.04) | 2.8 | (0.10) | 3.0 | (0.09) | 2.7 | (0.05) |
| Bread | 2.1 | (0.05) | 2.1 | (0.08) | 2.2 | (0.13) | 2.1 | (0.05) |
| Rolls | 1.7 | (0.07) | 2.1 | (0.45) | 1.9 | (0.24) | 1.6 | (0.07) |
| English muffin | 2.0 | (0.07) | 2.0 | (0.26) | 2.2 | (0.32) | 2.0 | (0.07) |
| Bagels | 3.4 | (0.10) | 3.5 | (0.26) | 3.2 | (0.17) | 3.4 | (0.12) |
| Biscuits, scones, croissants | 1.8 | (0.05) | 2.0 | (0.18) | 1.9 | (0.15) | 1.7 | (0.08) |
| Muffins | 2.1 | (0.11) | 2.7 | (0.43) | 2.1 | (0.14) | 2.1 | (0.13) |
| Cornbread | 2.5 | (0.16) | 2.3 | (0.28) | 2.5 | (0.24) | 2.5 | (0.21) |
| Corn tortillas | 4.2 | (0.16) | 3.8 | (0.29) | 4.2 | (0.21) | 4.3 | (0.35) |
| Flour tortillas | 3.1 | (0.12) | 3.4 | (0.25) | 3.4 | (0.28) | 3.0 | (0.19) |
| Taco shells | 2.0 | (0.30) | 2.2 | (0.41) | 2.4 | (0.66) | 1.7 | (0.31) |
| Crackers | 1.3 | (0.03) | 1.3 | (0.07) | 1.2 | (0.08) | 1.3 | (0.04) |
| Breakfast/granola bar | 0.7 | (0.03) | 0.7 | (0.06) | 0.7 | (0.09) | 0.6 | (0.04) |
| Pancakes, waffles, French toast | 2.2 | (0.08) | 2.1 | (0.15) | 2.2 | (0.15) | 2.2 | (0.11) |
| Cold cereal | 1.1 | (0.02) | 1.0 | (0.04) | 1.0 | (0.03) | 1.2 ** | (0.02) |
| Hot cereal | 2.3 | (0.06) | 2.3 | (0.28) | 2.3 | (0.12) | 2.4 | (0.06) |
| Rice | 2.2 | (0.07) | 2.1 | (0.15) | 2.5 * | (0.14) | 2.1 | (0.10) |
| Pasta | 2.3 | (0.12) | 1.8 | (0.17) | 2.5 ** | (0.21) | 2.4 * | (0.15) |
| Vegetables (cup eq.) | 1.2 | (0.03) | 1.1 | (0.05) | 1.1 | (0.03) | 1.3 *** | (0.04) |
| Raw vegetables | 1.1 | (0.03) | 0.9 | (0.07) | 1.0 | (0.05) | 1.1 * | (0.03) |
| Raw lettuce/greens | 0.6 | (0.08) | 0.3 u | (0.11) | 0.4 | (0.05) | 0.6 | (0.12) |
| Raw carrots | 0.5 | (0.02) | 0.4 | (0.10) | 0.5 | (0.05) | 0.5 | (0.02) |
| Raw tomatoes | 0.6 | (0.04) | 0.4 | (0.10) | 0.5 | (0.06) | 0.6 | (0.04) |
| Raw cabbage/coleslaw | 0.9 | (0.05) | 0.7 | (0.11) | 0.9 | (0.12) | 0.9 | (0.06) |
| Other raw (higher in vitamins A or C) ² | 0.4 | (0.04) | 0.4 u | (0.14) | 0.5 | (0.09) | 0.4 | (0.04) |
| Other raw (lower in vitamins A or C) ² | 0.5 | (0.06) | 0.6 u | (0.18) | 0.5 | (0.07) | 0.5 | (0.07) |
| Salads (w/greens) | 1.2 | (0.03) | 1.1 | (0.10) | 1.3 | (0.07) | 1.2 | (0.04) |
| Cooked vegetables, excl. potatoes | 0.7 | (0.02) | 0.6 | (0.07) | 0.6 | (0.03) | 0.7 | (0.03) |
| Cooked green beans | 0.7 | (0.02) | 0.6 | (0.04) | 0.6 | (0.05) | 0.7 | (0.03) |
| Cooked corn | 0.6 | (0.03) | 0.5 | (0.04) | 0.6 | (0.03) | 0.7 * | (0.04) |
| Cooked peas | 0.5 | (0.02) | 0.5 | (0.08) | 0.5 | (0.03) | 0.5 | (0.03) |
| Cooked carrots | 0.4 | (0.02) | 0.4 | (0.06) | 0.5 | (0.07) | 0.4 | (0.02) |
| Cooked broccoli | 0.7 | (0.03) | 0.6 | (0.06) | 0.8 | (0.11) | 0.6 | (0.03) |
| Cooked tomatoes | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.02) | 0.3 * | (0.02) |
| Cooked mixed | 0.9 | (0.06) | 1.1 | (0.16) | 0.7 | (0.12) | 0.9 | (0.08) |
| Cooked starchy | 0.6 | (0.05) | 0.8 | (0.10) | 0.6 | (0.06) | 0.6 | (0.09) |
| Other cooked deep yellow | 0.6 | (0.05) | 0.5 | (0.05) | 0.8 | (0.13) | 0.6 | (0.05) |
| Other cooked dark green | 0.8 | (0.03) | 0.8 | (0.07) | 0.9 | (0.11) | 0.8 | (0.04) |
| Other cooked (higher in vitamins A or C) ² | 0.7 | (0.05) | 0.7 | (0.09) | 1.0 | (0.21) | 0.7 | (0.05) |
| Other cooked (lower in vitamins A or C) ² | 0.7 | (0.12) | 1.4 u | (0.97) | 0.5 | (0.07) | 0.7 | (0.14) |
| Other fried | 0.8 | (0.15) | 1.7 u | (1.21) | 1.3 u | (0.71) | 0.6 | (0.10) |
| Cooked potatoes | 0.8 | (0.01) | 0.7 | (0.03) | 0.8 | (0.03) | 0.8 *** | (0.02) |
| Cooked potatoes-not fried | 1.0 | (0.02) | 0.8 | (0.04) | 1.0 * | (0.06) | 1.0 *** | (0.02) |
| Cooked potatoes-fried | 0.6 | (0.01) | 0.6 | (0.03) | 0.6 | (0.04) | 0.6 | (0.02) |
| Vegetable juice | 1.2 | (0.10) | 1.6 | (0.38) | 1.1 | (0.18) | 1.2 | (0.11) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.7 | (0.02) | 1.8 | (0.06) | 1.8 | (0.05) | 1.7 | (0.03) |
| Any whole fruit | 1.4 | (0.02) | 1.4 | (0.04) | 1.5 | (0.06) | 1.4 | (0.03) |
| Fresh fruit | 1.5 | (0.02) | 1.4 | (0.06) | 1.5 | (0.06) | 1.5 | (0.03) |
| Fresh orange | 0.7 | (0.02) | 0.7 | (0.04) | 0.8 | (0.05) | 0.7 | (0.03) |
| Fresh other citrus | 0.9 | (0.06) | 1.1 | (0.14) | 0.9 | (0.10) | 0.9 | (0.08) |
| Fresh apple | 1.6 | (0.03) | 1.6 | (0.06) | 1.7 | (0.08) | 1.6 | (0.03) |
| Fresh banana | 0.9 | (0.01) | 0.9 | (0.03) | 0.8 | (0.03) | 0.9 | (0.01) |
| Fresh melon | 0.8 | (0.05) | 0.6 | (0.07) | 0.8 | (0.13) | 0.8 * | (0.06) |
| Fresh watermelon | 1.6 | (0.17) | 1.5 | (0.20) | 1.8 | (0.54) | 1.6 | (0.18) |
| Fresh grapes | 0.6 | (0.03) | 0.6 | (0.05) | 0.6 | (0.04) | 0.7 | (0.03) |
| Fresh peach/nectarine | 1.1 | (0.08) | 0.8 | (0.05) | 1.1 ** | (0.07) | 1.1 ** | (0.09) |
| Fresh pear | 1.0 | (0.04) | 1.1 | (0.12) | 0.9 | (0.10) | 1.0 | (0.05) |
| Fresh berries | 0.6 | (0.02) | 0.4 | (0.04) | 0.7 | (0.18) | 0.6 ** | (0.03) |
| Fresh pineapple | 0.6 | (0.04) | 0.9 | (0.15) | 0.6 | (0.08) | 0.5 ** | (0.04) |
| Other fresh fruit | 0.8 | (0.06) | 0.7 | (0.07) | 0.8 | (0.05) | 0.8 | (0.09) |
| Avocado/guacamole | 0.7 | (0.06) | 0.5 | (0.11) | 0.6 | (0.08) | 0.7 | (0.09) |
| Lemon/lime - any form | 0.1 u | (0.03) | . | (.) | 0.2 u | (0.09) | 0.1 | (0.01) |
| Canned or frozen fruit, total | 0.6 | (0.02) | 0.7 | (0.06) | 0.6 ** | (0.03) | 0.5 ** | (0.03) |
| Canned or frozen in syrup | 0.5 | (0.03) | 0.7 | (0.08) | 0.6 * | (0.05) | 0.5 *** | (0.03) |
| Canned or frozen, no syrup | 0.6 | (0.02) | 0.7 | (0.07) | 0.5 | (0.03) | 0.6 | (0.03) |
| Applesauce, canned/ frozen apples | 0.6 | (0.02) | 0.6 | (0.12) | 0.5 | (0.04) | 0.6 | (0.02) |
| Canned/frozen peaches | 0.5 | (0.04) | 0.7 | (0.12) | 0.5 | (0.04) | 0.5 | (0.05) |
| Canned/frozen pineapple | 0.5 | (0.05) | 0.5 | (0.05) | 0.5 | (0.08) | 0.4 | (0.05) |
| Other canned/frozen | 0.5 | (0.03) | 0.7 | (0.05) | 0.5 ** | (0.04) | 0.5 ** | (0.04) |
| 100% Fruit juice | 1.2 | (0.02) | 1.4 | (0.08) | 1.3 | (0.05) | 1.2 *** | (0.03) |
| Non-citrus juice | 1.3 | (0.03) | 1.5 | (0.12) | 1.3 | (0.07) | 1.2 * | (0.03) |
| Citrus juice | 1.1 | (0.03) | 1.1 | (0.05) | 1.2 | (0.07) | 1.0 * | (0.03) |
| Dried fruit | 0.5 | (0.03) | 0.6 | (0.07) | 0.6 | (0.08) | 0.5 | (0.03) |
| Milk and milk products (cup eq.) | 1.5 | (0.02) | 1.7 | (0.07) | 1.4 ** | (0.05) | 1.5 * | (0.03) |
| Cow's milk, total | 1.4 | (0.03) | 1.6 | (0.07) | 1.4 ** | (0.04) | 1.4 * | (0.04) |
| Unflavored white milk, total | 1.4 | (0.03) | 1.5 | (0.06) | 1.3 ** | (0.04) | 1.4 | (0.04) |
| Unflavored whole milk | 1.4 | (0.05) | 1.5 | (0.06) | 1.3 | (0.09) | 1.4 | (0.09) |
| Unflavored non-whole, total | 1.3 | (0.03) | 1.4 | (0.10) | 1.3 | (0.03) | 1.3 | (0.04) |
| 2% milk, unflavored | 1.3 | (0.03) | 1.4 | (0.11) | 1.2 | (0.05) | 1.3 | (0.04) |
| 1% milk, unflavored | 1.3 | (0.05) | 1.2 | (0.06) | 1.3 | (0.10) | 1.3 | (0.06) |
| Skim milk, unflavored | 1.3 | (0.06) | 1.4 | (0.31) | 1.2 | (0.09) | 1.3 | (0.06) |
| Unflavored, fat not specified | 0.8 | (0.09) | 0.9 | (0.09) | 0.9 | (0.09) | 0.7 | (0.16) |
| Flavored milk, total | 1.2 | (0.05) | 1.2 | (0.09) | 1.2 | (0.05) | 1.3 | (0.07) |
| Flavored, whole milk | 1.2 | (0.10) | 1.3 | (0.21) | 1.1 | (0.11) | 1.2 | (0.15) |
| Flavored non-whole, total | 1.2 | (0.05) | 1.1 | (0.08) | 1.3 | (0.09) | 1.2 | (0.08) |
| 2% milk, flavored | 1.2 | (0.06) | 1.3 | (0.13) | 1.3 | (0.12) | 1.2 | (0.08) |
| 1% milk, flavored | 1.2 | (0.05) | 1.0 | (0.08) | 1.3 | (0.15) | 1.1 | (0.06) |
| Skim milk, flavored | 1.2 | (0.24) | 0.8 | (0.17) | 1.0 | (0.09) | 1.4 | (0.29) |
| Flavored, fat not specified | 1.2 | (0.09) | 1.0 | (0.09) | 1.1 | (0.09) | 1.3 | (0.17) |
| Soy milk | 0.9 | (0.07) | 1.2 | (0.20) | 1.0 | (0.18) | 0.9 | (0.08) |
| Dry or evaporated milk | 0.4 | (0.08) | 0.3 u | (0.15) | 0.3 | (0.09) | 0.5 | (0.12) |
| Yogurt | 0.7 | (0.02) | 0.7 | (0.05) | 0.6 | (0.03) | 0.7 | (0.02) |
| Cheese | 0.8 | (0.03) | 0.9 | (0.09) | 0.9 | (0.07) | 0.8 | (0.03) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 4.3 | (0.07) | 3.9 | (0.12) | 4.2 * | (0.12) | 4.3 ** | (0.09) |
| Beef | 3.8 | (0.12) | 3.3 | (0.26) | 3.5 | (0.22) | 4.0 * | (0.16) |
| Ground beef | 3.1 | (0.18) | 2.9 | (0.39) | 3.8 | (1.10) | 3.0 | (0.22) |
| Pork | 2.9 | (0.11) | 2.5 | (0.13) | 3.1 | (0.38) | 3.0 ** | (0.12) |
| Ham | 2.5 | (0.26) | 3.3 | (0.66) | 2.0 | (0.38) | 2.5 | (0.31) |
| Lamb and misc. meats | 3.8 | (0.33) | 3.4 u | (1.12) | 3.9 | (0.88) | 3.7 | (0.41) |
| Chicken | 3.3 | (0.07) | 3.0 | (0.17) | 3.4 | (0.10) | 3.3 | (0.08) |
| Turkey | 3.9 | (0.29) | 3.1 | (0.47) | 4.0 | (0.63) | 4.0 | (0.34) |
| Organ meats | 3.3 | (0.83) | 5.3 u | (2.32) | 4.5 | (0.71) | 2.2 | (0.58) |
| Hot dogs | 2.4 | (0.21) | 2.6 | (0.13) | 2.7 | (0.31) | 2.2 | (0.29) |
| Cold cuts | 2.0 | (0.22) | 1.5 | (0.19) | 1.6 | (0.13) | 2.2 * | (0.28) |
| Fish | 4.3 | (0.17) | 4.1 | (0.36) | 4.7 | (0.47) | 4.4 | (0.21) |
| Shellfish | 2.6 | (0.24) | 2.5 | (0.34) | 2.7 | (0.27) | 2.7 | (0.32) |
| Bacon/sausage | 1.5 | (0.08) | 1.5 | (0.15) | 1.4 | (0.15) | 1.5 | (0.12) |
| Eggs | 2.0 | (0.03) | 2.1 | (0.18) | 2.0 | (0.07) | 2.0 | (0.05) |
| Beans | 0.7 | (0.04) | 0.7 | (0.05) | 0.8 | (0.05) | 0.7 | (0.05) |
| Baked/refried beans | 0.5 | (0.04) | 0.6 | (0.12) | 0.6 | (0.07) | 0.5 | (0.05) |
| Soy products | 2.2 | (0.28) | 3.0 | (0.36) | 1.3 *** | (0.30) | 2.4 | (0.29) |
| Protein/meal enhancement | 0.3 | (0.02) | 0.2 | (0.05) | 0.3 | (0.06) | 0.3 | (0.03) |
| Nuts | 3.2 | (0.12) | 3.1 | (0.40) | 3.5 | (0.44) | 3.2 | (0.13) |
| Peanut/almond butter | 1.6 | (0.07) | 1.5 | (0.18) | 1.4 | (0.17) | 1.6 | (0.10) |
| Seeds | 2.0 | (0.20) | 2.4 | (0.71) | 2.2 | (0.37) | 1.9 | (0.26) |
| Mixed dishes (grams) | 434.0 | (5.51) | 405.0 | (11.90) | 448.0 ** | (10.64) | 438.0 * | (6.11) |
| Tomato sauce and meat (no pasta) | 221.0 | (31.73) | 112.0 | (8.97) | 229.0 *** | (25.50) | 234.0 ** | (40.94) |
| Chili con carne | 287.0 | (19.72) | 322.0 | (43.89) | 334.0 | (46.38) | 280.0 | (22.32) |
| Meat mixtures w/ red meat | 240.0 | (8.08) | 227.0 | (18.47) | 242.0 | (18.97) | 246.0 | (9.19) |
| Meat mixtures w/ chicken/turkey | 248.0 | (5.97) | 226.0 | (15.43) | 250.0 | (16.56) | 255.0 | (6.60) |
| Meat mixtures w/ fish | 207.0 | (11.49) | 204.0 | (24.78) | 187.0 | (30.46) | 214.0 | (13.61) |
| Hamburgers/cheeseburgers | 207.0 | (3.46) | 200.0 | (5.64) | 223.0 | (11.36) | 206.0 | (4.12) |
| Other sandwiches | 213.0 | (2.13) | 206.0 | (6.16) | 206.0 | (7.23) | 216.0 | (2.40) |
| Hot dogs | 168.0 | (4.71) | 172.0 | (7.44) | 167.0 | (10.71) | 168.0 | (6.26) |
| Luncheon meat | 194.0 | (3.43) | 189.0 | (8.86) | 188.0 | (10.60) | 197.0 | (4.46) |
| Beef, pork, ham | 223.0 | (6.37) | 250.0 | (25.90) | 203.0 | (10.79) | 226.0 | (7.37) |
| Chicken, turkey | 215.0 | (8.11) | 194.0 | (11.06) | 213.0 | (23.98) | 219.0 | (8.74) |
| Cheese (no meat) | 147.0 | (7.03) | 123.0 | (14.67) | 166.0 | (22.30) | 145.0 | (9.04) |
| Fish | 203.0 | (8.09) | 200.0 | (21.93) | 199.0 | (23.29) | 204.0 | (9.19) |
| Peanut butter | 94.3 | (2.92) | 90.8 | (9.65) | 94.1 | (5.34) | 95.8 | (4.17) |
| Breakfast sandwiches | 175.0 | (4.72) | 161.0 | (10.87) | 179.0 | (14.17) | 177.0 | (6.55) |
| Pizza (no meat) | 181.0 | (9.22) | 157.0 | (28.29) | 166.0 | (15.83) | 189.0 | (12.76) |
| Pizza w/ meat | 228.0 | (5.30) | 219.0 | (14.27) | 207.0 | (12.65) | 232.0 | (6.83) |
| Mexican entrees | 294.0 | (12.34) | 272.0 | (15.91) | 325.0 * | (19.21) | 286.0 | (14.12) |
| Macaroni and cheese | 218.0 | (8.12) | 209.0 | (15.75) | 248.0 | (16.33) | 212.0 | (9.48) |
| Pasta dishes | 313.0 | (8.69) | 291.0 | (13.39) | 354.0 ** | (16.60) | 308.0 | (10.47) |
| Rice dishes | 216.0 | (6.82) | 208.0 | (11.88) | 230.0 | (13.06) | 214.0 | (8.97) |
| Other grain mixtures | 111.0 | (6.18) | 122.0 | (11.12) | 122.0 | (9.66) | 109.0 | (7.44) |
| Meat soup | 449.0 | (18.89) | 447.0 | (26.09) | 448.0 | (32.67) | 450.0 | (25.35) |
| Bean soup | 323.0 | (32.35) | 224.0 | (21.19) | 438.0 ** | (74.77) | 304.0 * | (32.91) |
| Grain soups | 353.0 | (12.57) | 321.0 | (16.22) | 341.0 | (19.83) | 368.0 | (21.72) |
| Vegetables mixtures (incl. soup) | 231.0 | (9.00) | 206.0 | (17.78) | 247.0 | (21.17) | 237.0 | (11.84) |
| Entrée salads | 317.0 | (12.64) | 300.0 | (36.40) | 353.0 | (42.68) | 316.0 | (12.87) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|--|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice (grams) | 2,105.0 | (26.88) | 1,794.0 | (54.56) | 1,963.0 * | (49.44) | 2,194.0 *** | (29.36) |
| Coffee | 624.0 | (12.81) | 673.0 | (64.02) | 563.0 | (23.19) | 631.0 | (11.97) |
| Tea | 694.0 | (16.55) | 682.0 | (43.32) | 709.0 | (36.37) | 698.0 | (20.89) |
| Beer | 1,044.0 | (40.00) | 1,190.0 | (88.20) | 1,211.0 | (94.20) | 1,001.0 | (43.55) |
| Wine | 262.0 | (11.46) | 334.0 | (68.87) | 278.0 | (35.54) | 265.0 | (12.25) |
| Liquor | 249.0 | (19.53) | 240.0 | (35.18) | 234.0 | (28.80) | 253.0 | (23.75) |
| Water (plain) | 1,217.0 | (21.66) | 1,077.0 | (44.23) | 1,157.0 | (31.60) | 1,249.0 *** | (22.63) |
| Noncarbonated, sweetened drinks | 502.0 | (12.75) | 502.0 | (25.39) | 490.0 | (13.65) | 509.0 | (16.07) |
| Noncarbonated, low-calorie/sugar-free drinks | 481.0 | (26.77) | 430.0 | (39.86) | 374.0 | (27.70) | 510.0 | (35.90) |
| Energy drinks | 475.0 | (36.50) | 483.0 | (71.69) | 460.0 | (54.04) | 477.0 | (49.15) |
| Any soda | 676.0 | (15.35) | 661.0 | (20.08) | 673.0 | (30.70) | 684.0 | (18.72) |
| Soda, regular | 637.0 | (15.56) | 657.0 | (19.45) | 652.0 | (24.16) | 632.0 | (20.13) |
| Soda, sugar-free | 683.0 | (20.30) | 598.0 | (43.89) | 670.0 | (85.72) | 689.0 | (21.16) |
| Sweets and desserts (grams) | 110.0 | (2.10) | 105.0 | (3.79) | 106.0 | (4.45) | 112.0 | (2.76) |
| Sugar and sugar substitutes | 10.7 | (0.33) | 15.1 | (1.31) | 12.0 * | (0.70) | 9.7 *** | (0.40) |
| Syrups/sweet toppings | 35.8 | (2.11) | 35.8 | (3.12) | 38.8 | (4.12) | 35.3 | (2.56) |
| Jelly | 18.7 | (1.08) | 14.8 | (1.46) | 20.3 * | (2.37) | 18.8 * | (1.29) |
| Jello | 128.0 | (8.60) | 125.0 | (20.02) | 115.0 | (12.96) | 134.0 | (12.12) |
| Candy | 36.7 | (1.24) | 35.9 | (1.72) | 36.5 | (2.44) | 37.2 | (1.59) |
| Ice cream | 135.0 | (4.34) | 147.0 | (8.11) | 130.0 | (8.52) | 135.0 | (5.29) |
| Pudding | 142.0 | (7.94) | 143.0 | (14.57) | 141.0 | (11.54) | 142.0 | (9.28) |
| Ice/popsicles | 132.0 | (8.42) | 138.0 | (10.27) | 113.0 | (9.52) | 138.0 | (12.64) |
| Sweet rolls | 81.3 | (2.74) | 81.7 | (5.56) | 80.0 | (4.02) | 82.0 | (4.08) |
| Cake/cupcakes | 112.0 | (4.89) | 101.0 | (8.04) | 118.0 | (13.63) | 111.0 | (6.76) |
| Cookies | 39.3 | (0.66) | 41.0 | (1.62) | 40.0 | (1.88) | 39.0 | (0.84) |
| Pies/cobblers | 137.0 | (4.84) | 149.0 | (33.55) | 121.0 | (11.48) | 138.0 | (5.77) |
| Pastries | 85.3 | (2.92) | 79.7 | (5.97) | 84.6 | (7.18) | 87.6 | (3.30) |
| Doughnuts | 75.3 | (3.55) | 77.7 | (7.65) | 88.6 | (7.48) | 72.7 | (4.42) |
| Salty snacks (grams) | 42.2 | (0.93) | 42.7 | (2.18) | 45.0 | (1.75) | 42.0 | (1.09) |
| Corn-based salty snacks | 39.1 | (1.17) | 38.6 | (1.76) | 41.7 | (1.80) | 38.9 | (1.48) |
| Pretzels/party mix | 44.3 | (3.80) | 51.7 | (12.05) | 44.2 | (8.34) | 45.0 | (4.73) |
| Popcorn | 38.3 | (1.72) | 36.0 | (3.13) | 42.5 | (3.52) | 37.6 | (1.96) |
| Potato chips | 32.0 | (0.70) | 35.3 | (1.83) | 31.6 | (1.16) | 31.6 | (0.83) |
| Added fats and oils (grams) | 36.0 | (1.06) | 34.2 | (3.51) | 35.5 | (2.82) | 36.2 | (1.22) |
| Butter | 10.0 | (0.36) | 8.7 | (0.67) | 9.8 | (0.74) | 10.1 | (0.45) |
| Margarine | 10.5 | (0.35) | 10.6 | (0.73) | 9.2 | (0.88) | 10.7 | (0.40) |
| Other added fats | 50.4 | (3.30) | 47.3 | (7.60) | 67.5 | (13.01) | 47.7 | (4.03) |
| Other added oils | 11.5 | (1.94) | 4.9 | (1.13) | 7.1 u | (2.48) | 12.3 ** | (2.31) |
| Salad dressing | 29.2 | (1.47) | 37.1 | (7.32) | 34.0 | (5.07) | 27.9 | (2.01) |
| Mayonnaise | 23.3 | (4.44) | 25.1 u | (8.23) | 13.5 | (1.84) | 25.1 | (5.54) |
| Gravy | 68.0 | (6.81) | 67.8 | (17.08) | 58.7 | (9.53) | 68.1 | (5.52) |
| Cream cheese | 30.4 | (2.45) | 43.3 u | (16.87) | 20.3 | (2.39) | 31.8 | (2.70) |
| Cream/sour cream | 33.3 | (1.49) | 32.1 | (3.47) | 29.7 | (2.24) | 33.7 | (1.67) |
| Other (grams) | 33.3 | (2.17) | 26.7 | (3.73) | 39.3 * | (4.37) | 32.8 | (2.47) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 6,669 | - | 1,795 | - | 1,624 | - | 2,989 | - |
| Grains (ounce eq.) | 2.5 | (0.07) | 2.3 | (0.07) | 2.6 | (0.14) | 2.6 * | (0.10) |
| Whole grains ¹ | 1.2 | (0.04) | 1.1 | (0.06) | 1.2 | (0.09) | 1.2 | (0.06) |
| Refined grains | 2.4 | (0.07) | 2.2 | (0.08) | 2.5 | (0.13) | 2.5 * | (0.09) |
| Bread | 1.9 | (0.10) | 1.8 | (0.07) | 2.1 | (0.20) | 1.9 | (0.13) |
| Rolls | 1.5 | (0.08) | 1.3 | (0.07) | 1.4 | (0.12) | 1.6 | (0.12) |
| English muffin | 1.8 | (0.37) | 1.0 | (0.00) | 1.5 | (0.35) | 2.1 * | (0.42) |
| Bagels | 3.1 | (0.14) | 3.9 | (0.47) | 3.2 | (0.31) | 3.0 | (0.16) |
| Biscuits, scones, croissants | 1.8 | (0.12) | 1.7 | (0.24) | 2.1 | (0.37) | 1.8 | (0.23) |
| Muffins | 1.9 | (0.26) | 2.1 | (0.28) | 2.0 | (0.35) | 1.8 | (0.33) |
| Cornbread | 1.6 | (0.22) | 1.5 | (0.19) | 1.9 | (0.40) | 1.5 | (0.34) |
| Corn tortillas | 2.2 | (0.18) | 2.0 | (0.24) | 1.9 | (0.17) | 3.5 ** | (0.38) |
| Flour tortillas | 2.4 | (0.31) | 2.9 | (0.74) | 2.1 u | (0.67) | 2.3 | (0.32) |
| Taco shells | 2.1 | (0.33) | 2.3 | (0.43) | 1.5 | (0.27) | 1.8 | (0.25) |
| Crackers | 1.2 | (0.06) | 1.1 | (0.11) | 1.2 | (0.11) | 1.2 | (0.07) |
| Breakfast/granola bar | 0.6 | (0.03) | 0.6 | (0.05) | 0.6 | (0.07) | 0.6 | (0.04) |
| Pancakes, waffles, French toast | 1.9 | (0.07) | 1.9 | (0.13) | 1.7 | (0.16) | 2.0 | (0.09) |
| Cold cereal | 0.8 | (0.02) | 0.8 | (0.02) | 0.9 | (0.04) | 0.8 | (0.03) |
| Hot cereal | 1.9 | (0.10) | 1.8 | (0.14) | 1.8 | (0.20) | 2.0 | (0.15) |
| Rice | 1.9 | (0.12) | 1.8 | (0.19) | 2.1 | (0.27) | 1.9 | (0.23) |
| Pasta | 2.0 | (0.21) | 1.7 | (0.32) | 2.3 | (0.26) | 2.0 | (0.27) |
| Vegetables (cup eq.) | 0.8 | (0.03) | 0.7 | (0.04) | 0.8 | (0.04) | 0.8 | (0.05) |
| Raw vegetables | 0.7 | (0.06) | 0.7 | (0.10) | 0.8 | (0.09) | 0.7 | (0.08) |
| Raw lettuce/greens | 0.3 | (0.04) | 0.2 u | (0.08) | 0.3 | (0.09) | 0.3 | (0.04) |
| Raw carrots | 0.4 | (0.04) | 0.5 u | (0.14) | 0.4 | (0.08) | 0.4 | (0.04) |
| Raw tomatoes | 0.5 | (0.08) | 0.3 | (0.06) | 0.3 | (0.07) | 0.5 | (0.11) |
| Raw cabbage/coleslaw | 0.8 | (0.21) | 0.7 | (0.09) | 1.4 u | (0.63) | 0.6 | (0.07) |
| Other raw (higher in vitamins A or C) ² | 0.3 | (0.04) | 0.5 | (0.15) | 0.3 | (0.05) | 0.3 | (0.07) |
| Other raw (lower in vitamins A or C) ² | 0.5 | (0.10) | 0.7 u | (0.35) | 0.5 | (0.13) | 0.5 | (0.12) |
| Salads (w/greens) | 0.9 | (0.08) | 0.7 | (0.07) | 1.1 | (0.16) | 0.9 | (0.11) |
| Cooked vegetables, excl. potatoes | 0.4 | (0.02) | 0.4 | (0.03) | 0.4 | (0.03) | 0.4 | (0.02) |
| Cooked green beans | 0.5 | (0.03) | 0.5 | (0.04) | 0.4 | (0.04) | 0.5 | (0.04) |
| Cooked corn | 0.5 | (0.02) | 0.4 | (0.04) | 0.5 | (0.04) | 0.5 | (0.03) |
| Cooked peas | 0.3 | (0.03) | 0.3 | (0.04) | 0.4 | (0.08) | 0.3 | (0.02) |
| Cooked carrots | 0.3 | (0.02) | 0.3 | (0.03) | 0.4 | (0.06) | 0.4 | (0.03) |
| Cooked broccoli | 0.4 | (0.04) | 0.4 | (0.10) | 0.6 | (0.08) | 0.4 | (0.03) |
| Cooked tomatoes | 0.2 | (0.01) | 0.2 | (0.02) | 0.2 | (0.03) | 0.2 | (0.02) |
| Cooked mixed | 0.5 | (0.05) | 0.4 | (0.07) | 0.5 | (0.07) | 0.5 | (0.08) |
| Cooked starchy | 0.4 | (0.05) | 0.5 | (0.07) | 0.6 | (0.08) | 0.4 | (0.05) |
| Other cooked deep yellow | 0.4 | (0.06) | 0.4 | (0.09) | 0.4 u | (0.26) | 0.4 | (0.06) |
| Other cooked dark green | 0.5 | (0.06) | 0.6 | (0.10) | 0.4 | (0.05) | 0.5 | (0.09) |
| Other cooked (higher in vitamins A or C) ² | 0.5 | (0.10) | 0.5 | (0.07) | 0.3 * | (0.05) | 0.6 | (0.18) |
| Other cooked (lower in vitamins A or C) ² | 0.4 | (0.04) | 0.3 | (0.07) | 0.3 | (0.04) | 0.4 | (0.04) |
| Other fried | 0.4 | (0.06) | . | (.) | 0.4 | (0.03) | 0.3 | (0.06) |
| Cooked potatoes | 0.6 | (0.02) | 0.5 | (0.03) | 0.6 | (0.03) | 0.6 * | (0.03) |
| Cooked potatoes-not fried | 0.8 | (0.03) | 0.6 | (0.05) | 0.8 * | (0.06) | 0.9 *** | (0.06) |
| Cooked potatoes-fried | 0.4 | (0.02) | 0.4 | (0.03) | 0.5 | (0.03) | 0.4 | (0.02) |
| Vegetable juice | 1.0 | (0.26) | 0.6 | (0.11) | 1.4 u | (0.49) | 1.1 u | (0.35) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.7 | (0.04) | 1.7 | (0.05) | 1.8 | (0.08) | 1.7 | (0.06) |
| Any whole fruit | 1.3 | (0.04) | 1.2 | (0.06) | 1.3 | (0.07) | 1.3 | (0.06) |
| Fresh fruit | 1.3 | (0.04) | 1.3 | (0.07) | 1.4 | (0.08) | 1.4 | (0.05) |
| Fresh orange | 0.6 | (0.02) | 0.6 | (0.04) | 0.7 | (0.04) | 0.6 | (0.03) |
| Fresh other citrus | 0.6 u | (0.26) | 1.5 u | (0.83) | 0.3 | (0.09) | 0.2 u | (0.12) |
| Fresh apple | 1.4 | (0.04) | 1.4 | (0.06) | 1.5 | (0.12) | 1.4 | (0.06) |
| Fresh banana | 0.8 | (0.03) | 0.8 | (0.05) | 0.8 | (0.05) | 0.8 | (0.03) |
| Fresh melon | 0.8 | (0.13) | 0.7 | (0.08) | 0.7 | (0.08) | 0.9 | (0.19) |
| Fresh watermelon | 1.6 | (0.23) | 1.3 | (0.21) | 0.9 u | (0.34) | 1.8 | (0.29) |
| Fresh grapes | 0.5 | (0.04) | 0.5 | (0.04) | 0.6 | (0.05) | 0.6 | (0.05) |
| Fresh peach/nectarine | 0.8 | (0.05) | 0.7 | (0.10) | 0.8 | (0.08) | 0.8 | (0.07) |
| Fresh pear | 0.8 | (0.06) | 1.0 | (0.09) | 0.9 | (0.17) | 0.7 | (0.08) |
| Fresh berries | 0.5 | (0.04) | 0.4 | (0.06) | 0.5 | (0.02) | 0.6 | (0.06) |
| Fresh pineapple | 0.6 | (0.11) | 0.9 | (0.17) | 0.5 * | (0.08) | 0.6 | (0.15) |
| Other fresh fruit | 0.7 | (0.04) | 0.6 | (0.07) | 0.7 | (0.07) | 0.6 | (0.06) |
| Avocado/guacamole | 0.3 | (0.05) | 0.2 u | (0.12) | 0.4 | (0.07) | 0.3 | (0.04) |
| Lemon/lime - any form | 0.6 | (0.00) | . | (.) | 0.6 | (0.00) | . | (.) |
| Canned or frozen fruit, total | 0.5 | (0.03) | 0.6 | (0.05) | 0.5 * | (0.03) | 0.5 | (0.04) |
| Canned or frozen in syrup | 0.4 | (0.04) | 0.6 | (0.06) | 0.7 | (0.14) | 0.3 *** | (0.05) |
| Canned or frozen, no syrup | 0.5 | (0.03) | 0.6 | (0.06) | 0.5 * | (0.03) | 0.6 | (0.04) |
| Applesauce, canned/ frozen apples | 0.5 | (0.03) | 0.5 | (0.03) | 0.4 * | (0.03) | 0.5 | (0.03) |
| Canned/frozen peaches | 0.5 | (0.05) | 0.7 | (0.17) | 0.4 | (0.06) | 0.4 | (0.04) |
| Canned/frozen pineapple | 0.4 | (0.03) | 0.5 | (0.07) | 0.4 | (0.07) | 0.4 | (0.03) |
| Other canned/frozen | 0.5 | (0.03) | 0.5 | (0.03) | 0.5 | (0.04) | 0.4 | (0.05) |
| 100% Fruit juice | 1.2 | (0.04) | 1.2 | (0.04) | 1.3 | (0.08) | 1.1 | (0.05) |
| Non-citrus juice | 1.1 | (0.03) | 1.2 | (0.04) | 1.2 | (0.08) | 1.1 * | (0.04) |
| Citrus juice | 1.0 | (0.05) | 0.9 | (0.06) | 1.1 | (0.13) | 0.9 | (0.07) |
| Dried fruit | 0.5 | (0.06) | 0.3 | (0.09) | 0.4 | (0.07) | 0.5 | (0.08) |
| Milk and milk products (cup eq.) | 1.9 | (0.03) | 1.8 | (0.06) | 1.8 | (0.05) | 1.9 * | (0.04) |
| Cow's milk, total | 1.7 | (0.03) | 1.6 | (0.05) | 1.6 | (0.05) | 1.8 * | (0.05) |
| Unflavored white milk, total | 1.6 | (0.03) | 1.5 | (0.04) | 1.5 | (0.05) | 1.7 ** | (0.05) |
| Unflavored whole milk | 1.7 | (0.07) | 1.5 | (0.07) | 1.6 | (0.10) | 1.8 * | (0.13) |
| Unflavored non-whole, total | 1.5 | (0.03) | 1.4 | (0.07) | 1.4 | (0.05) | 1.6 * | (0.04) |
| 2% milk, unflavored | 1.4 | (0.04) | 1.3 | (0.07) | 1.4 | (0.05) | 1.5 | (0.05) |
| 1% milk, unflavored | 1.5 | (0.07) | 1.3 | (0.10) | 1.4 | (0.12) | 1.5 | (0.10) |
| Skim milk, unflavored | 1.6 | (0.10) | 1.4 | (0.36) | 1.1 | (0.10) | 1.6 | (0.10) |
| Unflavored, fat not specified | 1.0 | (0.08) | 1.0 | (0.09) | 1.0 | (0.08) | 1.0 | (0.13) |
| Flavored milk, total | 1.2 | (0.05) | 1.1 | (0.06) | 1.1 | (0.05) | 1.2 | (0.06) |
| Flavored, whole milk | 1.2 | (0.07) | 1.3 | (0.13) | 1.1 | (0.12) | 1.2 | (0.12) |
| Flavored non-whole, total | 1.2 | (0.05) | 1.1 | (0.07) | 1.2 | (0.07) | 1.2 | (0.06) |
| 2% milk, flavored | 1.2 | (0.05) | 1.2 | (0.10) | 1.2 | (0.12) | 1.2 | (0.08) |
| 1% milk, flavored | 1.1 | (0.05) | 1.0 | (0.07) | 1.1 | (0.10) | 1.1 | (0.07) |
| Skim milk, flavored | 1.1 | (0.18) | 1.0 | (0.10) | 1.0 | (0.09) | 1.1 | (0.27) |
| Flavored, fat not specified | 1.1 | (0.08) | 1.0 | (0.09) | 1.1 | (0.08) | 1.3 | (0.18) |
| Soy milk | 1.5 | (0.16) | 1.9 | (0.31) | 1.5 u | (0.48) | 1.5 | (0.20) |
| Dry or evaporated milk | 1.2 | (0.30) | 2.2 | (0.00) | 1.7 u | (1.04) | 1.0 *** | (0.31) |
| Yogurt | 0.6 | (0.02) | 0.6 | (0.05) | 0.6 | (0.06) | 0.6 | (0.02) |
| Cheese | 0.8 | (0.06) | 0.8 | (0.13) | 0.7 | (0.07) | 0.8 | (0.07) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 3.1 | (0.08) | 3.0 | (0.09) | 3.3 * | (0.17) | 3.0 | (0.12) |
| Beef | 2.9 | (0.17) | 2.0 | (0.22) | 3.3 *** | (0.24) | 3.0 ** | (0.29) |
| Ground beef | 2.3 | (0.41) | 2.4 | (0.19) | 3.5 u | (1.57) | 2.0 | (0.35) |
| Pork | 2.3 | (0.12) | 2.2 | (0.22) | 2.0 | (0.22) | 2.5 | (0.24) |
| Ham | 2.9 | (0.79) | 3.0 | (0.89) | 1.7 u | (0.66) | 3.2 u | (1.13) |
| Lamb and misc. meats | 3.8 | (0.60) | 2.1 u | (0.89) | 2.5 | (0.30) | 3.7 | (0.32) |
| Chicken | 2.6 | (0.08) | 2.4 | (0.12) | 2.8 * | (0.12) | 2.6 | (0.11) |
| Turkey | 3.2 | (0.37) | 3.1 | (0.57) | 2.6 | (0.39) | 3.3 | (0.49) |
| Organ meats | 1.5 u | (0.83) | 1.0 | (0.26) | 7.3 ** u | (2.46) | 0.5 u | (0.21) |
| Hot dogs | 2.0 | (0.11) | 2.6 | (0.16) | 1.8 *** | (0.15) | 1.8 *** | (0.12) |
| Cold cuts | 1.8 | (0.47) | 1.3 | (0.19) | 1.3 | (0.14) | 2.1 u | (0.68) |
| Fish | 2.5 | (0.25) | 2.3 | (0.32) | 3.6 | (1.02) | 2.3 | (0.19) |
| Shellfish | 2.2 | (0.21) | 1.6 | (0.31) | 2.1 | (0.50) | 2.5 | (0.42) |
| Bacon/sausage | 1.2 | (0.09) | 1.2 | (0.11) | 1.0 | (0.15) | 1.2 | (0.15) |
| Eggs | 1.7 | (0.07) | 1.6 | (0.09) | 1.8 | (0.11) | 1.6 | (0.09) |
| Beans | 0.6 | (0.04) | 0.6 | (0.07) | 0.6 | (0.05) | 0.5 | (0.06) |
| Baked/refried beans | 0.4 | (0.04) | 0.5 | (0.08) | 0.5 | (0.09) | 0.4 | (0.06) |
| Soy products | 1.3 | (0.17) | 2.4 | (0.00) | 0.6 *** u | (0.22) | 1.4 *** | (0.15) |
| Protein/meal enhancement | 0.2 | (0.04) | 0.2 u | (0.08) | 0.3 | (0.08) | 0.2 u | (0.06) |
| Nuts | 2.5 | (0.30) | 2.5 | (0.37) | 3.0 u | (1.19) | 2.5 | (0.38) |
| Peanut/almond butter | 1.7 | (0.19) | 1.2 | (0.22) | 1.9 u | (0.82) | 1.8 * | (0.20) |
| Seeds | 2.6 | (0.74) | 2.2 u | (1.39) | 1.3 | (0.38) | 3.1 u | (1.24) |
| Mixed dishes (grams) | 339.0 | (6.64) | 319.0 | (8.53) | 356.0 * | (13.26) | 340.0 | (9.55) |
| Tomato sauce and meat (no pasta) | 173.0 | (11.18) | 102.0 | (20.31) | 239.0 *** | (30.41) | 142.0 | (18.65) |
| Chili con carne | 167.0 | (37.59) | 103.0 u | (42.11) | 254.0 *** | (0.00) | 192.0 | (53.66) |
| Meat mixtures w/ red meat | 194.0 | (19.26) | 153.0 | (14.77) | 222.0 u | (69.64) | 207.0 * | (21.47) |
| Meat mixtures w/ chicken/turkey | 189.0 | (8.56) | 173.0 | (17.31) | 197.0 | (12.33) | 194.0 | (13.12) |
| Meat mixtures w/ fish | 168.0 | (19.93) | 168.0 u | (53.01) | 203.0 | (42.03) | 168.0 | (24.73) |
| Hamburgers/cheeseburgers | 158.0 | (6.10) | 143.0 | (6.80) | 176.0 * | (15.28) | 157.0 | (6.87) |
| Other sandwiches | 159.0 | (3.96) | 161.0 | (6.96) | 159.0 | (4.95) | 158.0 | (5.98) |
| Hot dogs | 140.0 | (6.71) | 156.0 | (11.00) | 146.0 | (17.83) | 132.0 | (7.38) |
| Luncheon meat | 144.0 | (4.59) | 147.0 | (10.03) | 132.0 | (11.01) | 147.0 | (5.59) |
| Beef, pork, ham | 181.0 | (11.11) | 185.0 | (22.73) | 160.0 | (13.21) | 188.0 | (18.22) |
| Chicken, turkey | 161.0 | (6.75) | 166.0 | (16.78) | 162.0 | (9.77) | 156.0 | (8.86) |
| Cheese (no meat) | 117.0 | (19.79) | 104.0 | (18.46) | 119.0 | (23.72) | 120.0 | (29.05) |
| Fish | 164.0 | (11.18) | 121.0 | (19.21) | 168.0 | (22.99) | 185.0 * | (16.70) |
| Peanut butter | 79.7 | (3.64) | 72.5 | (4.01) | 86.4 | (6.73) | 79.7 | (5.07) |
| Breakfast sandwiches | 162.0 | (7.20) | 124.0 | (19.25) | 187.0 ** | (14.67) | 168.0 | (11.97) |
| Pizza (no meat) | 148.0 | (10.78) | 115.0 | (13.34) | 136.0 | (12.61) | 159.0 * | (15.91) |
| Pizza w/ meat | 177.0 | (8.59) | 153.0 | (11.26) | 160.0 | (14.35) | 186.0 * | (11.63) |
| Mexican entrees | 209.0 | (8.61) | 191.0 | (13.74) | 241.0 * | (19.88) | 206.0 | (11.70) |
| Macaroni and cheese | 199.0 | (6.72) | 170.0 | (6.69) | 196.0 | (14.44) | 202.0 * | (10.86) |
| Pasta dishes | 271.0 | (13.94) | 274.0 | (15.66) | 306.0 | (34.93) | 259.0 | (19.02) |
| Rice dishes | 187.0 | (11.34) | 178.0 | (12.93) | 186.0 | (19.79) | 188.0 | (21.68) |
| Other grain mixtures | 124.0 | (11.72) | 132.0 | (16.84) | 124.0 | (10.63) | 123.0 | (17.90) |
| Meat soup | 341.0 | (19.42) | 316.0 | (16.80) | 386.0 | (41.44) | 327.0 | (23.35) |
| Bean soup | 231.0 | (56.90) | 190.0 | (0.00) | 274.0 u | (97.62) | 226.0 u | (81.46) |
| Grain soups | 311.0 | (17.10) | 275.0 | (19.82) | 335.0 | (36.30) | 316.0 | (27.72) |
| Vegetables mixtures (incl. soup) | 170.0 | (12.92) | 192.0 | (16.47) | 140.0 | (22.85) | 174.0 | (16.51) |
| Entrée salads | 220.0 | (23.22) | 245.0 u | (81.57) | 223.0 | (41.54) | 232.0 | (29.51) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|--|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice (grams) | 1,086.0 | (33.92) | 963.0 | (38.44) | 1,061.0 | (38.28) | 1,130.0 ** | (47.83) |
| Coffee | 299.0 | (29.67) | 306.0 | (29.80) | 275.0 | (31.91) | 274.0 | (28.39) |
| Tea | 501.0 | (48.85) | 407.0 | (35.14) | 478.0 | (48.85) | 541.0 | (75.35) |
| Beer | 1,068.0 | (277.13) | 1,452.0 u | (1,104.10) | 616.0 u | (190.78) | 1,142.0 | (239.47) |
| Wine | 464.0 | (131.82) | . | (.) | 595.0 | (0.00) | 390.0 u | (188.63) |
| Liquor | 249.0 | (56.45) | 294.0 u | (111.72) | 165.0 u | (87.79) | 268.0 | (61.77) |
| Water (plain) | 705.0 | (27.73) | 617.0 | (36.06) | 721.0 | (40.78) | 719.0 * | (36.20) |
| Noncarbonated, sweetened drinks | 429.0 | (14.60) | 409.0 | (17.46) | 422.0 | (20.84) | 449.0 | (22.02) |
| Noncarbonated, low-calorie/sugar-free drinks | 369.0 | (48.74) | 341.0 | (45.57) | 333.0 | (40.26) | 388.0 | (70.77) |
| Energy drinks | 464.0 | (44.34) | 331.0 | (82.67) | 418.0 | (34.53) | 519.0 | (66.64) |
| Any soda | 494.0 | (14.10) | 439.0 | (20.20) | 504.0 * | (25.35) | 516.0 ** | (19.43) |
| Soda, regular | 493.0 | (14.87) | 445.0 | (21.48) | 514.0 * | (25.21) | 510.0 * | (19.84) |
| Soda, sugar-free | 403.0 | (35.84) | 293.0 | (21.76) | 320.0 | (56.94) | 428.0 * | (47.63) |
| Sweets and desserts (grams) | 111.0 | (2.81) | 111.0 | (5.81) | 108.0 | (5.74) | 112.0 | (3.69) |
| Sugar and sugar substitutes | 10.4 | (1.36) | 8.6 | (1.67) | 14.8 | (3.63) | 9.8 | (1.80) |
| Syrups/sweet toppings | 31.0 | (2.13) | 31.0 | (2.15) | 28.5 | (4.41) | 31.3 | (3.04) |
| Jelly | 20.5 | (2.68) | 15.1 | (2.81) | 12.9 | (2.49) | 24.2 * | (3.35) |
| Jello | 114.0 | (11.34) | 107.0 | (18.76) | 112.0 | (17.36) | 116.0 | (13.77) |
| Candy | 34.1 | (1.07) | 34.5 | (2.99) | 34.1 | (2.76) | 34.6 | (1.49) |
| Ice cream | 123.0 | (5.34) | 131.0 | (8.27) | 112.0 | (15.48) | 125.0 | (6.89) |
| Pudding | 107.0 | (7.97) | 118.0 | (10.08) | 133.0 | (12.84) | 96.3 | (9.99) |
| Ice/popsicles | 125.0 | (8.97) | 124.0 | (9.72) | 106.0 | (7.46) | 132.0 | (17.13) |
| Sweet rolls | 76.6 | (6.07) | 70.6 | (5.26) | 69.5 | (6.48) | 84.2 | (14.56) |
| Cake/cupcakes | 85.5 | (5.43) | 99.1 | (13.59) | 91.1 | (12.71) | 77.0 | (6.15) |
| Cookies | 35.6 | (1.00) | 38.2 | (2.23) | 34.8 | (2.23) | 34.7 | (1.41) |
| Pies/cobblers | 115.0 | (12.60) | 123.0 | (26.54) | 101.0 | (12.34) | 118.0 | (16.55) |
| Pastries | 78.0 | (4.28) | 79.6 | (5.63) | 76.0 | (7.96) | 78.6 | (5.92) |
| Doughnuts | 68.7 | (3.58) | 73.8 | (11.16) | 74.4 | (7.26) | 65.7 | (5.64) |
| Salty snacks (grams) | 40.2 | (1.59) | 39.8 | (1.86) | 45.0 | (3.98) | 39.7 | (2.20) |
| Corn-based salty snacks | 35.3 | (1.41) | 37.7 | (2.14) | 40.8 | (2.81) | 33.0 | (1.78) |
| Pretzels/party mix | 52.0 | (8.46) | 45.3 | (8.07) | 54.1 u | (19.41) | 54.9 | (10.86) |
| Popcorn | 26.9 | (1.83) | 27.4 | (2.47) | 32.0 | (4.56) | 25.6 | (2.18) |
| Potato chips | 30.3 | (1.41) | 32.7 | (1.77) | 29.3 | (2.08) | 29.9 | (2.06) |
| Added fats and oils (grams) | 27.2 | (2.15) | 30.5 | (5.19) | 30.7 | (5.17) | 24.2 | (2.26) |
| Butter | 6.3 | (0.34) | 5.5 | (0.46) | 8.0 | (1.54) | 6.2 | (0.30) |
| Margarine | 7.9 | (0.57) | 9.3 | (1.13) | 6.9 | (1.58) | 8.0 | (0.76) |
| Other added fats | 61.8 | (8.45) | 49.0 | (8.68) | 99.8 | (26.32) | 53.7 | (9.00) |
| Other added oils | 13.8 u | (6.57) | 1.1 | (0.00) | . | (.) | 15.1 * u | (6.84) |
| Salad dressing | 24.6 | (2.85) | 35.9 u | (12.60) | 40.0 | (10.93) | 19.3 | (1.92) |
| Mayonnaise | 15.4 | (3.10) | 22.2 u | (10.78) | 14.6 | (2.53) | 12.2 | (2.69) |
| Gravy | 46.9 | (4.91) | 45.7 | (13.42) | 55.2 u | (23.28) | 40.6 | (7.39) |
| Cream cheese | 29.9 | (5.21) | 71.1 u | (37.04) | 20.8 | (3.34) | 27.3 | (4.12) |
| Cream/sour cream | 37.7 | (7.09) | 29.4 | (5.87) | 25.3 | (4.66) | 36.1 | (5.73) |
| Other (grams) | 32.0 | (3.15) | 24.6 | (5.50) | 36.6 | (7.79) | 32.4 | (3.67) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 7,447 | - | 1,297 | - | 1,675 | - | 4,138 | - |
| Grains (ounce eq.) | 3.3 | (0.06) | 3.4 | (0.20) | 3.6 | (0.12) | 3.2 | (0.07) |
| Whole grains ¹ | 1.9 | (0.07) | 2.0 | (0.24) | 1.7 | (0.13) | 1.9 | (0.07) |
| Refined grains | 3.0 | (0.06) | 3.2 | (0.18) | 3.4 | (0.13) | 2.9 | (0.07) |
| Bread | 2.3 | (0.06) | 2.3 | (0.13) | 2.4 | (0.19) | 2.3 | (0.07) |
| Rolls | 1.8 | (0.12) | 3.0 u | (0.90) | 2.4 | (0.50) | 1.6 | (0.08) |
| English muffin | 2.0 | (0.04) | 2.1 | (0.27) | 2.5 | (0.42) | 2.0 | (0.06) |
| Bagels | 3.5 | (0.13) | 3.4 | (0.35) | 3.3 | (0.23) | 3.6 | (0.16) |
| Biscuits, scones, croissants | 1.8 | (0.07) | 2.2 | (0.24) | 1.9 | (0.14) | 1.8 | (0.10) |
| Muffins | 2.2 | (0.11) | 3.1 | (0.64) | 2.3 | (0.25) | 2.2 | (0.13) |
| Cornbread | 2.7 | (0.23) | 2.7 | (0.52) | 2.3 | (0.31) | 2.9 | (0.34) |
| Corn tortillas | 5.0 | (0.25) | 4.8 | (0.48) | 5.3 | (0.30) | 4.6 | (0.48) |
| Flour tortillas | 3.6 | (0.28) | 4.4 | (0.76) | 4.0 | (0.46) | 3.3 | (0.29) |
| Taco shells | 2.6 | (0.53) | 2.6 | (0.64) | 3.2 u | (0.99) | 2.2 | (0.42) |
| Crackers | 1.3 | (0.05) | 1.5 | (0.10) | 1.3 | (0.13) | 1.4 | (0.06) |
| Breakfast/granola bar | 0.7 | (0.04) | 0.7 | (0.08) | 0.7 | (0.17) | 0.7 | (0.05) |
| Pancakes, waffles, French toast | 2.6 | (0.17) | 2.5 | (0.20) | 2.8 | (0.42) | 2.6 | (0.19) |
| Cold cereal | 1.3 | (0.03) | 1.4 | (0.11) | 1.2 * | (0.06) | 1.3 | (0.04) |
| Hot cereal | 2.5 | (0.10) | 2.7 | (0.55) | 2.4 | (0.17) | 2.5 | (0.10) |
| Rice | 2.4 | (0.09) | 2.5 | (0.20) | 2.7 | (0.18) | 2.3 | (0.11) |
| Pasta | 2.5 | (0.20) | 2.0 | (0.20) | 2.7 * | (0.29) | 2.5 | (0.25) |
| Vegetables (cup eq.) | 1.4 | (0.04) | 1.3 | (0.09) | 1.2 | (0.04) | 1.4 | (0.05) |
| Raw vegetables | 1.1 | (0.04) | 1.1 | (0.12) | 1.1 | (0.06) | 1.1 | (0.04) |
| Raw lettuce/greens | 0.5 | (0.10) | 0.4 | (0.07) | 0.4 | (0.05) | 0.6 | (0.13) |
| Raw carrots | 0.5 | (0.05) | 0.3 | (0.07) | 0.6 * | (0.07) | 0.5 * | (0.05) |
| Raw tomatoes | 0.6 | (0.04) | 0.5 | (0.14) | 0.6 | (0.09) | 0.6 | (0.05) |
| Raw cabbage/coleslaw | 0.9 | (0.06) | 0.7 | (0.12) | 0.9 | (0.09) | 0.9 | (0.07) |
| Other raw (higher in vitamins A or C) ² | 0.4 | (0.06) | 0.4 u | (0.15) | 0.5 | (0.11) | 0.4 | (0.07) |
| Other raw (lower in vitamins A or C) ² | 0.5 | (0.04) | 0.6 u | (0.27) | 0.5 | (0.10) | 0.5 | (0.05) |
| Salads (w/greens) | 1.3 | (0.05) | 1.3 | (0.15) | 1.4 | (0.10) | 1.3 | (0.05) |
| Cooked vegetables, excl. potatoes | 0.8 | (0.04) | 0.8 | (0.14) | 0.7 | (0.05) | 0.8 | (0.04) |
| Cooked green beans | 0.8 | (0.05) | 0.7 | (0.05) | 0.8 | (0.07) | 0.8 | (0.06) |
| Cooked corn | 0.7 | (0.04) | 0.6 | (0.07) | 0.7 | (0.06) | 0.7 | (0.05) |
| Cooked peas | 0.6 | (0.04) | 0.7 | (0.11) | 0.5 | (0.07) | 0.6 | (0.05) |
| Cooked carrots | 0.4 | (0.04) | 0.6 | (0.13) | 0.6 | (0.12) | 0.4 | (0.03) |
| Cooked broccoli | 0.8 | (0.05) | 0.9 | (0.07) | 0.9 | (0.15) | 0.7 * | (0.05) |
| Cooked tomatoes | 0.3 | (0.02) | 0.2 | (0.03) | 0.2 | (0.03) | 0.3 | (0.03) |
| Cooked mixed | 0.9 | (0.08) | 1.4 | (0.22) | 0.7 ** | (0.12) | 0.9 | (0.11) |
| Cooked starchy | 0.7 | (0.07) | 1.0 | (0.14) | 0.6 * | (0.06) | 0.7 | (0.16) |
| Other cooked deep yellow | 0.7 | (0.05) | 0.6 | (0.11) | 0.8 | (0.19) | 0.7 | (0.06) |
| Other cooked dark green | 0.9 | (0.05) | 0.8 | (0.06) | 1.2 | (0.21) | 0.8 | (0.07) |
| Other cooked (higher in vitamins A or C) ² | 0.8 | (0.07) | 0.7 | (0.13) | 1.1 | (0.29) | 0.7 | (0.08) |
| Other cooked (lower in vitamins A or C) ² | 0.8 | (0.18) | 2.1 u | (1.61) | 0.5 | (0.09) | 0.8 | (0.21) |
| Other fried | 0.9 | (0.27) | 1.7 u | (1.34) | 3.2 | (0.00) | 0.7 | (0.13) |
| Cooked potatoes | 0.9 | (0.02) | 0.8 | (0.04) | 0.8 | (0.05) | 0.9 | (0.03) |
| Cooked potatoes-not fried | 1.0 | (0.03) | 1.0 | (0.07) | 1.1 | (0.09) | 1.1 | (0.04) |
| Cooked potatoes-fried | 0.6 | (0.02) | 0.7 | (0.05) | 0.6 | (0.05) | 0.7 | (0.02) |
| Vegetable juice | 1.4 | (0.14) | 2.3 | (0.52) | 1.2 * | (0.21) | 1.4 | (0.17) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.8 | (0.04) | 2.0 | (0.14) | 1.9 | (0.07) | 1.7 * | (0.04) |
| Any whole fruit | 1.5 | (0.03) | 1.5 | (0.11) | 1.6 | (0.08) | 1.5 | (0.04) |
| Fresh fruit | 1.5 | (0.04) | 1.6 | (0.11) | 1.6 | (0.09) | 1.5 | (0.04) |
| Fresh orange | 0.8 | (0.04) | 0.9 | (0.09) | 0.9 | (0.10) | 0.8 | (0.04) |
| Fresh other citrus | 1.0 | (0.07) | 1.1 | (0.00) | 0.9 | (0.15) | 1.0 | (0.12) |
| Fresh apple | 1.7 | (0.05) | 1.8 | (0.13) | 1.8 | (0.11) | 1.7 | (0.05) |
| Fresh banana | 0.9 | (0.02) | 0.9 | (0.04) | 0.9 | (0.04) | 0.9 | (0.02) |
| Fresh melon | 0.8 | (0.07) | 0.7 | (0.13) | 0.8 | (0.21) | 0.8 | (0.08) |
| Fresh watermelon | 1.8 | (0.24) | 1.7 | (0.27) | 2.8 u | (1.09) | 1.6 | (0.24) |
| Fresh grapes | 0.7 | (0.04) | 0.8 | (0.12) | 0.7 | (0.07) | 0.7 | (0.05) |
| Fresh peach/nectarine | 1.1 | (0.10) | 0.8 | (0.07) | 1.2 ** | (0.12) | 1.1 * | (0.10) |
| Fresh pear | 1.0 | (0.06) | 1.2 | (0.21) | 1.0 | (0.09) | 1.0 | (0.06) |
| Fresh berries | 0.6 | (0.04) | 0.5 | (0.04) | 0.9 | (0.24) | 0.6 | (0.04) |
| Fresh pineapple | 0.5 | (0.05) | 0.9 | (0.26) | 0.8 | (0.14) | 0.5 | (0.04) |
| Other fresh fruit | 0.9 | (0.11) | 0.8 | (0.10) | 0.8 | (0.07) | 1.0 | (0.15) |
| Avocado/guacamole | 0.7 | (0.07) | 0.6 | (0.12) | 0.7 | (0.08) | 0.8 | (0.10) |
| Lemon/lime - any form | 0.1 u | (0.02) | . | (.) | 0.2 u | (0.08) | 0.0 | (0.01) |
| Canned or frozen fruit, total | 0.6 | (0.05) | 1.0 | (0.14) | 0.6 * | (0.05) | 0.6 ** | (0.06) |
| Canned or frozen in syrup | 0.5 | (0.06) | 0.9 | (0.11) | 0.5 ** | (0.06) | 0.5 ** | (0.06) |
| Canned or frozen, no syrup | 0.6 | (0.05) | 0.9 | (0.19) | 0.6 | (0.05) | 0.6 | (0.06) |
| Applesauce, canned/ frozen apples | 0.6 | (0.04) | 0.9 u | (0.42) | 0.7 | (0.08) | 0.6 | (0.04) |
| Canned/frozen peaches | 0.6 | (0.09) | 0.6 | (0.12) | 0.6 | (0.10) | 0.5 | (0.12) |
| Canned/frozen pineapple | 0.5 | (0.11) | 0.7 | (0.09) | 0.7 | (0.06) | 0.5 | (0.13) |
| Other canned/frozen | 0.6 | (0.07) | 0.9 | (0.07) | 0.5 *** | (0.06) | 0.5 ** | (0.09) |
| 100% Fruit juice | 1.4 | (0.03) | 1.9 | (0.19) | 1.4 * | (0.07) | 1.3 ** | (0.04) |
| Non-citrus juice | 1.5 | (0.07) | 2.2 | (0.34) | 1.6 | (0.13) | 1.4 * | (0.05) |
| Citrus juice | 1.2 | (0.04) | 1.4 | (0.10) | 1.3 | (0.10) | 1.1 ** | (0.05) |
| Dried fruit | 0.6 | (0.04) | 0.7 | (0.08) | 0.7 | (0.09) | 0.6 | (0.05) |
| Milk and milk products (cup eq.) | 1.4 | (0.04) | 1.6 | (0.14) | 1.3 | (0.08) | 1.4 | (0.05) |
| Cow's milk, total | 1.3 | (0.05) | 1.6 | (0.16) | 1.2 * | (0.06) | 1.3 | (0.06) |
| Unflavored white milk, total | 1.3 | (0.05) | 1.6 | (0.14) | 1.2 * | (0.06) | 1.3 | (0.06) |
| Unflavored whole milk | 1.3 | (0.09) | 1.6 | (0.13) | 1.2 * | (0.12) | 1.2 | (0.14) |
| Unflavored non-whole, total | 1.3 | (0.05) | 1.5 | (0.22) | 1.2 | (0.06) | 1.3 | (0.06) |
| 2% milk, unflavored | 1.3 | (0.06) | 1.6 | (0.26) | 1.1 | (0.09) | 1.3 | (0.06) |
| 1% milk, unflavored | 1.3 | (0.06) | 1.0 | (0.15) | 1.3 | (0.17) | 1.3 | (0.08) |
| Skim milk, unflavored | 1.3 | (0.10) | 1.5 | (0.37) | 1.3 | (0.14) | 1.3 | (0.11) |
| Unflavored, fat not specified | 0.7 | (0.15) | 0.8 | (0.19) | 0.9 | (0.11) | 0.4 u | (0.28) |
| Flavored milk, total | 1.5 | (0.17) | 1.4 | (0.42) | 1.8 | (0.21) | 1.5 | (0.20) |
| Flavored, whole milk | 1.4 | (0.32) | 1.4 u | (0.78) | 1.2 | (0.25) | 1.4 | (0.36) |
| Flavored non-whole, total | 1.6 | (0.19) | 1.5 | (0.43) | 2.3 | (0.22) | 1.6 | (0.28) |
| 2% milk, flavored | 1.6 | (0.25) | 2.4 | (0.13) | 2.3 | (0.30) | 1.5 * | (0.34) |
| 1% milk, flavored | 1.4 | (0.21) | 1.3 | (0.34) | 2.5 *** | (0.00) | 1.2 | (0.26) |
| Skim milk, flavored | 1.7 u | (0.66) | 0.4 | (0.00) | 1.0 | (0.00) | 2.0 * u | (0.79) |
| Flavored, fat not specified | 1.8 | (0.11) | 2.0 | (0.00) | 2.1 | (0.06) | 1.5 *** | (0.09) |
| Soy milk | 0.9 | (0.09) | 1.0 | (0.20) | 0.8 | (0.21) | 0.9 | (0.11) |
| Dry or evaporated milk | 0.4 | (0.13) | 0.3 u | (0.08) | 0.2 u | (0.06) | 0.5 u | (0.20) |
| Yogurt | 0.7 | (0.02) | 0.8 | (0.12) | 0.7 | (0.04) | 0.7 | (0.03) |
| Cheese | 0.9 | (0.04) | 1.0 | (0.10) | 0.9 | (0.11) | 0.8 | (0.05) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 4.8 | (0.09) | 4.6 | (0.20) | 4.7 | (0.19) | 4.8 | (0.12) |
| Beef | 4.1 | (0.17) | 4.0 | (0.34) | 3.6 | (0.31) | 4.3 | (0.23) |
| Ground beef | 3.7 | (0.38) | 3.4 | (0.78) | 4.4 u | (1.91) | 3.5 | (0.30) |
| Pork | 3.3 | (0.14) | 2.9 | (0.32) | 3.9 | (0.59) | 3.3 | (0.16) |
| Ham | 2.7 | (0.36) | 3.8 | (0.91) | 2.2 | (0.60) | 2.6 | (0.43) |
| Lamb and misc. meats | 4.0 | (0.44) | 3.7 u | (1.40) | 4.3 u | (1.31) | 3.9 | (0.61) |
| Chicken | 3.8 | (0.11) | 3.8 | (0.33) | 3.8 | (0.18) | 3.7 | (0.13) |
| Turkey | 4.2 | (0.39) | 3.3 | (0.74) | 4.1 | (0.76) | 4.3 | (0.47) |
| Organ meats | 3.8 u | (1.25) | 8.3 u | (3.68) | 4.3 | (0.76) | 1.5 | (0.34) |
| Hot dogs | 3.0 | (0.57) | 2.5 | (0.19) | 4.4 | (0.97) | 2.7 | (0.76) |
| Cold cuts | 2.4 | (0.31) | 1.8 | (0.36) | 1.9 | (0.27) | 2.5 | (0.39) |
| Fish | 4.7 | (0.25) | 5.1 | (0.65) | 5.2 | (0.57) | 4.6 | (0.31) |
| Shellfish | 2.6 | (0.24) | 3.0 | (0.48) | 2.8 | (0.38) | 2.6 | (0.33) |
| Bacon/sausage | 1.7 | (0.15) | 1.7 | (0.27) | 1.6 | (0.27) | 1.7 | (0.20) |
| Eggs | 2.3 | (0.06) | 2.6 | (0.34) | 2.2 | (0.09) | 2.3 | (0.07) |
| Beans | 0.8 | (0.05) | 0.8 | (0.05) | 0.9 | (0.07) | 0.8 | (0.08) |
| Baked/refried beans | 0.6 | (0.05) | 0.7 | (0.22) | 0.7 | (0.11) | 0.5 | (0.06) |
| Soy products | 2.5 | (0.42) | 2.6 | (0.58) | 1.6 u | (0.50) | 2.7 | (0.41) |
| Protein/meal enhancement | 0.3 | (0.03) | 0.3 | (0.06) | 0.3 | (0.08) | 0.3 | (0.04) |
| Nuts | 3.3 | (0.16) | 3.4 | (0.64) | 3.8 | (0.58) | 3.3 | (0.18) |
| Peanut/almond butter | 1.7 | (0.13) | 1.8 | (0.29) | 1.3 | (0.12) | 1.7 | (0.16) |
| Seeds | 2.2 | (0.25) | 2.4 u | (0.88) | 2.9 | (0.48) | 2.0 | (0.28) |
| Mixed dishes (grams) | 488.0 | (6.07) | 477.0 | (17.90) | 513.0 | (14.57) | 486.0 | (6.63) |
| Tomato sauce and meat (no pasta) | 247.0 | (48.75) | 125.0 | (0.00) | . | (.) | 254.0 * | (50.64) |
| Chili con carne | 300.0 | (25.81) | 378.0 | (44.31) | 341.0 | (51.81) | 284.0 | (30.47) |
| Meat mixtures w/ red meat | 261.0 | (9.96) | 276.0 | (29.03) | 262.0 | (19.81) | 261.0 | (13.21) |
| Meat mixtures w/ chicken/turkey | 268.0 | (7.73) | 268.0 | (21.54) | 281.0 | (23.11) | 271.0 | (9.01) |
| Meat mixtures w/ fish | 221.0 | (17.18) | 193.0 | (26.96) | 189.0 | (42.47) | 231.0 | (20.08) |
| Hamburgers/cheeseburgers | 228.0 | (5.36) | 228.0 | (7.25) | 245.0 | (19.67) | 226.0 | (5.61) |
| Other sandwiches | 243.0 | (3.83) | 245.0 | (11.10) | 236.0 | (8.39) | 245.0 | (3.89) |
| Hot dogs | 182.0 | (8.93) | 195.0 | (12.59) | 192.0 | (13.57) | 178.0 | (10.72) |
| Luncheon meat | 222.0 | (4.91) | 215.0 | (14.58) | 228.0 | (12.67) | 224.0 | (6.26) |
| Beef, pork, ham | 242.0 | (7.63) | 288.0 | (35.19) | 226.0 | (20.88) | 241.0 | (8.22) |
| Chicken, turkey | 237.0 | (11.52) | 222.0 | (22.44) | 238.0 | (34.58) | 239.0 | (11.26) |
| Cheese (no meat) | 171.0 | (9.59) | 153.0 | (24.22) | 200.0 | (26.80) | 163.0 | (10.06) |
| Fish | 212.0 | (10.38) | 221.0 | (30.80) | 220.0 | (30.39) | 209.0 | (11.19) |
| Peanut butter | 109.0 | (4.18) | 119.0 | (20.75) | 105.0 | (11.07) | 110.0 | (5.66) |
| Breakfast sandwiches | 183.0 | (5.48) | 181.0 | (11.19) | 183.0 | (18.97) | 184.0 | (7.84) |
| Pizza (no meat) | 212.0 | (14.30) | 238.0 u | (74.12) | 208.0 | (28.74) | 213.0 | (17.71) |
| Pizza w/ meat | 262.0 | (7.39) | 318.0 | (25.06) | 244.0 * | (17.52) | 257.0 * | (9.30) |
| Mexican entrees | 332.0 | (15.98) | 324.0 | (26.84) | 369.0 | (26.78) | 318.0 | (18.21) |
| Macaroni and cheese | 241.0 | (14.05) | 251.0 | (33.74) | 287.0 | (22.46) | 228.0 | (15.30) |
| Pasta dishes | 348.0 | (13.69) | 325.0 | (27.52) | 389.0 | (17.85) | 343.0 | (16.62) |
| Rice dishes | 231.0 | (8.97) | 223.0 | (15.83) | 249.0 | (14.31) | 228.0 | (11.67) |
| Other grain mixtures | 113.0 | (7.57) | 116.0 | (17.86) | 124.0 | (12.35) | 111.0 | (9.59) |
| Meat soup | 481.0 | (26.20) | 560.0 | (41.72) | 496.0 | (50.66) | 464.0 | (33.76) |
| Bean soup | 329.0 | (39.92) | 233.0 | (42.50) | 501.0 * | (96.75) | 298.0 | (37.43) |
| Grain soups | 380.0 | (20.91) | 370.0 | (28.57) | 347.0 | (17.82) | 393.0 | (34.07) |
| Vegetables mixtures (incl. soup) | 243.0 | (13.61) | 203.0 | (25.33) | 273.0 * | (22.22) | 249.0 | (19.13) |
| Entrée salads | 331.0 | (14.07) | 280.0 | (27.63) | 383.0 | (52.08) | 324.0 | (14.18) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|--|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice (grams) | 2,548.0 | (38.72) | 2,407.0 | (64.49) | 2,408.0 | (76.63) | 2,608.0 ** | (43.50) |
| Coffee | 642.0 | (16.05) | 682.0 | (57.84) | 566.0 | (29.63) | 652.0 | (17.76) |
| Tea | 742.0 | (21.72) | 832.0 | (54.40) | 753.0 | (44.08) | 739.0 | (25.88) |
| Beer | 1,085.0 | (47.06) | 1,225.0 | (80.49) | 1,254.0 | (103.40) | 1,040.0 | (53.68) |
| Wine | 269.0 | (15.64) | 393.0 | (68.90) | 280.0 | (47.96) | 272.0 | (17.10) |
| Liquor | 267.0 | (22.53) | 246.0 | (40.62) | 248.0 | (31.17) | 273.0 | (28.48) |
| Water (plain) | 1,461.0 | (30.46) | 1,433.0 | (63.11) | 1,391.0 | (50.74) | 1,478.0 | (35.17) |
| Noncarbonated, sweetened drinks | 572.0 | (20.28) | 623.0 | (55.49) | 546.0 | (24.70) | 570.0 | (22.29) |
| Noncarbonated, low-calorie/sugar-free drinks | 576.0 | (31.21) | 606.0 | (65.04) | 424.0 * | (48.68) | 599.0 | (37.34) |
| Energy drinks | 484.0 | (44.87) | 524.0 | (86.69) | 473.0 | (63.78) | 479.0 | (61.57) |
| Any soda | 763.0 | (21.14) | 809.0 | (32.82) | 762.0 | (43.18) | 760.0 | (24.67) |
| Soda, regular | 725.0 | (22.49) | 802.0 | (34.36) | 734.0 | (30.63) | 709.0 * | (29.18) |
| Soda, sugar-free | 750.0 | (24.34) | 734.0 | (50.47) | 743.0 | (117.05) | 752.0 | (26.10) |
| Sweets and desserts (grams) | 110.0 | (3.33) | 103.0 | (4.37) | 107.0 | (6.06) | 112.0 | (4.49) |
| Sugar and sugar substitutes | 11.8 | (0.37) | 17.6 | (1.64) | 12.2 ** | (0.81) | 10.6 *** | (0.51) |
| Syrups/sweet toppings | 38.1 | (2.80) | 42.1 | (6.90) | 45.1 | (6.93) | 36.6 | (3.24) |
| Jelly | 19.1 | (2.17) | 11.3 | (1.17) | 23.7 ** | (3.62) | 19.3 ** | (2.68) |
| Jello | 127.0 | (13.00) | 173.0 u | (53.25) | 135.0 | (11.82) | 126.0 | (17.09) |
| Candy | 40.0 | (1.91) | 37.2 | (2.34) | 39.3 | (3.64) | 40.7 | (2.49) |
| Ice cream | 147.0 | (6.90) | 169.0 | (17.29) | 141.0 | (14.08) | 147.0 | (8.01) |
| Pudding | 158.0 | (12.17) | 151.0 | (22.17) | 141.0 | (21.33) | 163.0 | (14.17) |
| Ice/popsicles | 152.0 | (18.06) | 215.0 | (29.88) | 145.0 | (42.68) | 150.0 | (23.80) |
| Sweet rolls | 84.8 | (4.01) | 91.1 | (10.43) | 83.0 | (5.39) | 84.2 | (6.26) |
| Cake/cupcakes | 123.0 | (7.25) | 105.0 | (8.25) | 134.0 | (22.04) | 121.0 | (9.65) |
| Cookies | 42.7 | (1.13) | 45.6 | (3.23) | 44.2 | (3.54) | 42.3 | (1.43) |
| Pies/cobblers | 147.0 | (6.68) | 172.0 u | (55.03) | 131.0 | (19.83) | 147.0 | (7.93) |
| Pastries | 91.1 | (4.59) | 74.9 | (11.11) | 91.7 | (11.52) | 94.3 | (5.47) |
| Doughnuts | 80.4 | (5.57) | 80.4 | (10.53) | 104.0 | (14.74) | 76.7 | (6.24) |
| Salty snacks (grams) | 44.9 | (1.33) | 46.0 | (3.47) | 46.4 | (1.90) | 44.8 | (1.40) |
| Corn-based salty snacks | 42.4 | (1.72) | 40.5 | (2.66) | 43.7 | (2.85) | 42.6 | (2.01) |
| Pretzels/party mix | 42.7 | (4.09) | 58.8 u | (18.65) | 31.4 | (4.83) | 44.0 | (4.99) |
| Popcorn | 44.3 | (2.89) | 43.7 | (5.69) | 48.4 | (5.06) | 43.2 | (3.01) |
| Potato chips | 34.3 | (1.17) | 37.4 | (2.50) | 33.5 | (2.05) | 34.1 | (1.43) |
| Added fats and oils (grams) | 40.1 | (1.31) | 38.0 | (4.02) | 38.8 | (3.22) | 40.6 | (1.52) |
| Butter | 10.9 | (0.55) | 10.5 | (0.98) | 10.7 | (0.98) | 10.8 | (0.65) |
| Margarine | 11.0 | (0.51) | 11.4 | (0.94) | 9.3 | (1.06) | 11.4 | (0.59) |
| Other added fats | 54.0 | (4.04) | 45.4 | (11.48) | 64.3 | (10.56) | 52.5 | (4.77) |
| Other added oils | 11.4 | (2.79) | 5.4 | (1.20) | 7.1 u | (2.55) | 12.6 | (3.62) |
| Salad dressing | 30.4 | (2.18) | 38.2 | (7.49) | 33.3 | (5.70) | 29.8 | (2.80) |
| Mayonnaise | 27.1 | (6.89) | 25.8 u | (8.65) | 10.4 | (2.08) | 30.5 | (8.65) |
| Gravy | 75.6 | (9.34) | 94.4 | (23.93) | 56.8 | (10.34) | 74.7 | (8.86) |
| Cream cheese | 30.1 | (2.90) | 21.5 | (5.74) | 19.6 | (4.41) | 31.9 | (3.36) |
| Cream/sour cream | 34.8 | (1.68) | 35.1 | (4.60) | 32.5 | (2.75) | 35.3 | (2.03) |
| Other (grams) | 35.0 | (2.92) | 29.0 | (5.64) | 40.7 | (5.92) | 34.3 | (3.44) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Grains (ounce eq.) | 3.0 | (0.05) | 3.4 | (0.19) | 3.0 | (0.16) | 2.9 * | (0.06) |
| Whole grains ¹ | 1.8 | (0.07) | 1.8 | (0.15) | 1.8 | (0.13) | 1.8 | (0.08) |
| Refined grains | 2.6 | (0.06) | 3.1 | (0.18) | 2.6 * | (0.13) | 2.5 ** | (0.06) |
| Bread | 1.8 | (0.07) | 2.0 | (0.17) | 1.7 | (0.09) | 1.8 | (0.07) |
| Rolls | 1.7 | (0.14) | 1.5 | (0.20) | 1.6 | (0.14) | 1.7 | (0.17) |
| English muffin | 1.9 | (0.12) | . | (.) | 1.8 | (0.21) | 2.0 | (0.13) |
| Bagels | 3.3 | (0.28) | 3.5 | (0.37) | 3.0 | (0.35) | 3.3 | (0.33) |
| Biscuits, scones, croissants | 1.6 | (0.09) | 2.4 | (0.35) | 1.6 * | (0.22) | 1.6 * | (0.12) |
| Muffins | 2.0 | (0.24) | 2.6 u | (0.84) | 1.2 | (0.28) | 2.1 | (0.25) |
| Cornbread | 2.5 | (0.18) | 2.5 | (0.25) | 3.0 | (0.48) | 2.4 | (0.21) |
| Corn tortillas | 3.4 | (0.21) | 3.3 | (0.32) | 3.6 | (0.29) | 3.0 | (0.40) |
| Flour tortillas | 2.9 | (0.17) | 2.5 | (0.48) | 2.9 | (0.51) | 3.1 | (0.34) |
| Taco shells | 1.1 | (0.11) | 0.8 | (0.20) | 1.4 | (0.36) | 1.0 | (0.05) |
| Crackers | 1.2 | (0.04) | 1.3 | (0.15) | 1.0 | (0.08) | 1.2 | (0.05) |
| Breakfast/granola bar | 0.7 | (0.05) | 1.2 | (0.00) | 0.5 *** | (0.04) | 0.6 *** | (0.04) |
| Pancakes, waffles, French toast | 2.3 | (0.14) | 2.2 | (0.41) | 2.3 | (0.39) | 2.3 | (0.15) |
| Cold cereal | 1.2 | (0.03) | 1.1 | (0.08) | 1.0 | (0.05) | 1.2 | (0.03) |
| Hot cereal | 2.3 | (0.09) | 2.1 | (0.17) | 2.6 * | (0.13) | 2.3 | (0.10) |
| Rice | 1.9 | (0.11) | 1.9 | (0.31) | 2.5 | (0.31) | 1.8 | (0.13) |
| Pasta | 2.2 | (0.21) | 1.6 | (0.35) | 1.8 | (0.40) | 2.3 | (0.31) |
| Vegetables (cup eq.) | 1.4 | (0.03) | 1.3 | (0.09) | 1.4 | (0.09) | 1.5 * | (0.04) |
| Raw vegetables | 1.1 | (0.03) | 0.7 | (0.10) | 1.0 * | (0.08) | 1.1 *** | (0.04) |
| Raw lettuce/greens | 1.0 | (0.22) | 1.2 | (0.23) | 0.4 ** | (0.10) | 1.1 u | (0.34) |
| Raw carrots | 0.4 | (0.04) | 0.4 | (0.05) | 0.4 | (0.07) | 0.4 | (0.04) |
| Raw tomatoes | 0.6 | (0.07) | 0.3 u | (0.08) | 0.5 * | (0.08) | 0.7 ** | (0.09) |
| Raw cabbage/coleslaw | 1.0 | (0.09) | 0.7 | (0.18) | 0.7 | (0.10) | 1.0 | (0.11) |
| Other raw (higher in vitamins A or C) ² | 0.4 | (0.05) | 0.4 u | (0.30) | 0.5 | (0.12) | 0.4 | (0.06) |
| Other raw (lower in vitamins A or C) ² | 0.6 | (0.16) | 0.2 u | (0.06) | 0.5 u | (0.15) | 0.6 * u | (0.20) |
| Salads (w/greens) | 1.2 | (0.03) | 0.9 | (0.15) | 1.3 * | (0.08) | 1.2 | (0.04) |
| Cooked vegetables, excl. potatoes | 0.8 | (0.03) | 0.8 | (0.05) | 0.8 | (0.08) | 0.8 | (0.03) |
| Cooked green beans | 0.8 | (0.05) | 1.0 | (0.18) | 0.7 | (0.14) | 0.7 | (0.06) |
| Cooked corn | 0.6 | (0.05) | 0.5 | (0.07) | 0.5 | (0.06) | 0.7 | (0.06) |
| Cooked peas | 0.5 | (0.04) | 0.6 | (0.15) | 0.6 | (0.07) | 0.5 | (0.04) |
| Cooked carrots | 0.4 | (0.04) | 0.4 | (0.08) | 0.3 | (0.08) | 0.5 | (0.04) |
| Cooked broccoli | 0.7 | (0.06) | 0.5 | (0.12) | 0.7 | (0.20) | 0.7 | (0.07) |
| Cooked tomatoes | 0.3 | (0.03) | 0.1 | (0.02) | 0.2 u | (0.09) | 0.3 ** | (0.04) |
| Cooked mixed | 0.9 | (0.09) | 0.8 | (0.12) | 1.1 | (0.32) | 1.0 | (0.12) |
| Cooked starchy | 0.6 | (0.06) | 0.5 | (0.08) | 0.5 | (0.11) | 0.6 | (0.08) |
| Other cooked deep yellow | 0.7 | (0.09) | 0.5 | (0.13) | 0.8 | (0.12) | 0.7 | (0.11) |
| Other cooked dark green | 0.8 | (0.05) | 1.0 | (0.18) | 0.6 * | (0.13) | 0.8 | (0.05) |
| Other cooked (higher in vitamins A or C) ² | 0.7 | (0.04) | 0.8 | (0.17) | 0.8 | (0.15) | 0.7 | (0.05) |
| Other cooked (lower in vitamins A or C) ² | 0.6 | (0.04) | 0.4 | (0.11) | 0.3 | (0.07) | 0.6 | (0.05) |
| Other fried | 0.5 | (0.05) | 1.2 | (0.00) | 0.3 *** | (0.05) | 0.5 *** | (0.04) |
| Cooked potatoes | 0.8 | (0.03) | 0.8 | (0.10) | 0.9 | (0.05) | 0.8 | (0.03) |
| Cooked potatoes-not fried | 0.9 | (0.03) | 0.8 | (0.12) | 0.9 | (0.06) | 1.0 | (0.05) |
| Cooked potatoes-fried | 0.6 | (0.04) | 0.6 | (0.08) | 0.8 | (0.11) | 0.6 | (0.05) |
| Vegetable juice | 0.9 | (0.05) | 1.2 | (0.21) | 0.8 | (0.12) | 0.9 | (0.06) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice (cup eq.) | 1.6 | (0.04) | 1.4 | (0.13) | 1.5 | (0.08) | 1.6 | (0.05) |
| Any whole fruit | 1.4 | (0.03) | 1.2 | (0.11) | 1.3 | (0.08) | 1.5 * | (0.04) |
| Fresh fruit | 1.5 | (0.03) | 1.3 | (0.11) | 1.4 | (0.07) | 1.5 | (0.04) |
| Fresh orange | 0.7 | (0.04) | 0.6 | (0.11) | 0.8 | (0.08) | 0.8 | (0.05) |
| Fresh other citrus | 0.9 | (0.08) | 0.5 | (0.00) | 0.9 *** | (0.11) | 0.9 *** | (0.10) |
| Fresh apple | 1.5 | (0.05) | 1.5 | (0.16) | 1.7 | (0.09) | 1.5 | (0.06) |
| Fresh banana | 0.8 | (0.02) | 0.9 | (0.10) | 0.8 | (0.04) | 0.8 | (0.02) |
| Fresh melon | 0.9 | (0.10) | 0.5 | (0.09) | 0.7 | (0.20) | 0.9 ** | (0.10) |
| Fresh watermelon | 1.4 | (0.17) | 1.2 | (0.25) | 1.5 | (0.26) | 1.3 | (0.18) |
| Fresh grapes | 0.6 | (0.05) | 0.6 | (0.09) | 0.7 | (0.17) | 0.6 | (0.05) |
| Fresh peach/nectarine | 1.1 | (0.12) | 0.9 | (0.10) | 1.1 | (0.20) | 1.1 | (0.14) |
| Fresh pear | 1.1 | (0.07) | 1.0 | (0.08) | 1.1 | (0.13) | 1.1 | (0.09) |
| Fresh berries | 0.6 | (0.04) | 0.1 | (0.00) | 0.5 *** | (0.11) | 0.6 *** | (0.04) |
| Fresh pineapple | 0.5 | (0.05) | 0.9 | (0.18) | 0.7 | (0.18) | 0.4 * | (0.05) |
| Other fresh fruit | 0.7 | (0.04) | 0.5 | (0.05) | 0.9 * | (0.15) | 0.6 * | (0.05) |
| Avocado/guacamole | 0.6 | (0.09) | 0.3 | (0.06) | 0.2 | (0.07) | 0.6 * | (0.10) |
| Lemon/lime - any form | 0.1 | (0.02) | . | (.) | . | (.) | 0.1 | (0.02) |
| Canned or frozen fruit, total | 0.5 | (0.03) | 0.6 | (0.09) | 0.6 | (0.07) | 0.5 | (0.03) |
| Canned or frozen in syrup | 0.5 | (0.04) | 0.9 u | (0.30) | 0.6 | (0.08) | 0.5 | (0.04) |
| Canned or frozen, no syrup | 0.5 | (0.04) | 0.5 | (0.08) | 0.7 | (0.10) | 0.5 | (0.03) |
| Applesauce, canned/ frozen apples | 0.6 | (0.04) | 0.7 | (0.18) | 0.7 | (0.08) | 0.6 | (0.03) |
| Canned/frozen peaches | 0.5 | (0.04) | 0.7 | (0.14) | 0.6 | (0.08) | 0.5 | (0.04) |
| Canned/frozen pineapple | 0.5 | (0.07) | 0.4 | (0.11) | 0.5 u | (0.19) | 0.4 | (0.06) |
| Other canned/frozen | 0.5 | (0.03) | 0.5 | (0.06) | 0.6 | (0.08) | 0.5 | (0.04) |
| 100% Fruit juice | 0.9 | (0.04) | 1.1 | (0.12) | 0.9 | (0.07) | 0.9 | (0.05) |
| Non-citrus juice | 1.1 | (0.08) | 1.2 | (0.27) | 1.0 | (0.11) | 1.0 | (0.09) |
| Citrus juice | 0.8 | (0.03) | 1.0 | (0.12) | 0.8 | (0.08) | 0.8 | (0.04) |
| Dried fruit | 0.4 | (0.03) | 0.7 u | (0.37) | 0.3 | (0.05) | 0.4 | (0.04) |
| Milk and milk products (cup eq.) | 1.2 | (0.04) | 1.2 | (0.14) | 1.0 | (0.06) | 1.2 | (0.04) |
| Cow's milk, total | 1.2 | (0.04) | 1.2 | (0.17) | 1.0 | (0.07) | 1.2 | (0.04) |
| Unflavored white milk, total | 1.2 | (0.04) | 1.2 | (0.17) | 1.0 | (0.07) | 1.2 | (0.04) |
| Unflavored whole milk | 0.9 | (0.09) | 0.8 | (0.14) | 1.0 | (0.13) | 0.9 | (0.10) |
| Unflavored non-whole, total | 1.2 | (0.05) | 1.4 | (0.25) | 1.0 | (0.08) | 1.2 | (0.04) |
| 2% milk, unflavored | 1.1 | (0.07) | 1.6 | (0.36) | 1.0 | (0.09) | 1.0 | (0.07) |
| 1% milk, unflavored | 1.2 | (0.10) | 1.0 | (0.20) | 1.1 | (0.22) | 1.2 | (0.10) |
| Skim milk, unflavored | 1.2 | (0.07) | 0.7 | (0.19) | 0.9 | (0.18) | 1.3 ** | (0.07) |
| Unflavored, fat not specified | 0.5 | (0.12) | 0.7 | (0.14) | 0.8 u | (0.29) | 0.4 u | (0.14) |
| Flavored milk, total | 1.1 | (0.25) | 1.4 | (0.33) | 1.9 | (0.47) | 0.9 | (0.21) |
| Flavored, whole milk | 0.5 u | (0.31) | . | (.) | 0.4 u | (0.28) | 0.6 u | (0.34) |
| Flavored non-whole, total | 1.6 | (0.28) | 1.4 | (0.33) | 2.6 *** | (0.00) | 1.2 | (0.19) |
| 2% milk, flavored | 1.4 | (0.20) | . | (.) | . | (.) | 1.4 | (0.20) |
| 1% milk, flavored | 1.8 | (0.40) | 1.4 | (0.33) | 2.6 *** | (0.00) | 0.9 | (0.06) |
| Skim milk, flavored | 1.0 | (0.00) | . | (.) | . | (.) | 1.0 | (0.00) |
| Flavored, fat not specified | 1.1 | (0.16) | . | (.) | 1.4 | (0.26) | 0.9 | (0.08) |
| Soy milk | 0.7 | (0.07) | 0.2 u | (0.11) | 0.7 ** | (0.14) | 0.7 *** | (0.08) |
| Dry or evaporated milk | 0.4 | (0.08) | 0.3 u | (0.19) | 0.5 | (0.12) | 0.4 | (0.08) |
| Yogurt | 0.6 | (0.02) | 0.7 | (0.10) | 0.6 | (0.10) | 0.6 | (0.02) |
| Cheese | 0.7 | (0.05) | 0.7 | (0.07) | 0.6 | (0.06) | 0.7 | (0.05) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates (oz. eq.) | 4.2 | (0.10) | 3.9 | (0.24) | 4.0 | (0.27) | 4.3 | (0.11) |
| Beef | 3.7 | (0.25) | 3.6 | (0.82) | 3.7 | (0.62) | 3.7 | (0.30) |
| Ground beef | 2.9 | (0.40) | 2.4 u | (0.78) | 2.7 | (0.30) | 3.0 | (0.51) |
| Pork | 2.4 | (0.15) | 1.4 | (0.35) | 2.0 | (0.24) | 2.5 ** | (0.18) |
| Ham | 2.0 | (0.34) | 1.5 u | (0.77) | 1.3 | (0.31) | 2.0 | (0.37) |
| Lamb and misc. meats | 3.1 | (0.81) | 2.0 u | (0.70) | 2.8 | (0.37) | 3.2 | (0.93) |
| Chicken | 3.2 | (0.13) | 3.5 | (0.15) | 3.0 | (0.22) | 3.2 | (0.15) |
| Turkey | 3.9 | (0.40) | 2.6 u | (1.00) | 4.7 u | (1.75) | 3.8 | (0.38) |
| Organ meats | 3.3 u | (1.11) | 1.0 u | (0.57) | 4.5 u | (2.15) | 5.4 *** | (0.74) |
| Hot dogs | 2.6 | (0.24) | 3.0 | (0.18) | 2.7 | (0.60) | 2.5 | (0.34) |
| Cold cuts | 1.5 | (0.12) | 1.1 | (0.19) | 1.6 u | (0.49) | 1.5 | (0.11) |
| Fish | 4.4 | (0.28) | 4.3 | (0.52) | 4.2 | (0.63) | 4.6 | (0.32) |
| Shellfish | 2.9 | (0.62) | 3.3 | (0.92) | 2.0 | (0.40) | 3.1 | (0.72) |
| Bacon/sausage | 1.2 | (0.12) | 1.6 | (0.41) | 1.1 | (0.15) | 1.2 | (0.14) |
| Eggs | 1.7 | (0.05) | 1.7 | (0.16) | 1.6 | (0.09) | 1.7 | (0.06) |
| Beans | 0.7 | (0.06) | 0.6 | (0.09) | 0.7 | (0.09) | 0.7 | (0.08) |
| Baked/refried beans | 0.5 | (0.05) | 0.5 u | (0.23) | 0.5 | (0.08) | 0.5 | (0.08) |
| Soy products | 1.6 | (0.25) | 5.2 u | (3.66) | 2.0 | (0.56) | 1.6 | (0.21) |
| Protein/meal enhancement | 0.3 | (0.05) | 0.2 | (0.01) | 0.2 | (0.04) | 0.3 ** | (0.05) |
| Nuts | 3.0 | (0.19) | 2.7 | (0.22) | 2.9 | (0.39) | 3.1 | (0.22) |
| Peanut/almond butter | 1.4 | (0.13) | 1.2 | (0.14) | 1.6 | (0.31) | 1.4 | (0.14) |
| Seeds | 0.8 | (0.11) | 2.0 | (0.00) | 0.9 *** | (0.18) | 0.8 *** | (0.12) |
| Mixed dishes (grams) | 382.0 | (11.81) | 362.0 | (28.31) | 348.0 | (11.12) | 390.0 | (14.09) |
| Tomato sauce and meat (no pasta) | 242.0 u | (89.15) | 62.0 | (0.00) | 187.0 | (0.00) | 250.0 u | (101.52) |
| Chili con carne | 307.0 | (29.40) | 487.0 | (16.54) | 308.0 * | (80.72) | 304.0 *** | (31.22) |
| Meat mixtures w/ red meat | 226.0 | (9.38) | 227.0 | (39.21) | 204.0 | (18.30) | 238.0 | (11.89) |
| Meat mixtures w/ chicken/turkey | 249.0 | (15.03) | 271.0 | (62.09) | 213.0 | (27.46) | 254.0 | (17.43) |
| Meat mixtures w/ fish | 186.0 | (16.91) | 257.0 | (67.70) | 167.0 | (45.00) | 187.0 | (18.19) |
| Hamburgers/cheeseburgers | 195.0 | (7.69) | 158.0 | (17.68) | 222.0 ** | (17.57) | 198.0 * | (8.70) |
| Other sandwiches | 184.0 | (4.62) | 174.0 | (15.71) | 177.0 | (10.26) | 186.0 | (5.33) |
| Hot dogs | 209.0 | (10.46) | 154.0 | (25.72) | 141.0 | (10.54) | 219.0 * | (13.65) |
| Luncheon meat | 155.0 | (3.21) | 162.0 | (19.30) | 150.0 | (10.50) | 156.0 | (3.76) |
| Beef, pork, ham | 194.0 | (10.14) | 201.0 | (35.24) | 195.0 | (28.22) | 198.0 | (11.67) |
| Chicken, turkey | 190.0 | (10.29) | 143.0 | (21.83) | 202.0 | (21.83) | 188.0 | (12.16) |
| Cheese (no meat) | 131.0 | (8.03) | 113.0 | (19.96) | 98.5 | (12.21) | 132.0 | (8.98) |
| Fish | 184.0 | (12.90) | 176.0 | (44.41) | 155.0 | (30.46) | 192.0 | (14.45) |
| Peanut butter | 90.6 | (8.26) | 115.0 | (23.93) | 82.5 | (6.25) | 91.2 | (10.27) |
| Breakfast sandwiches | 152.0 | (7.57) | 141.0 | (22.46) | 152.0 | (18.64) | 152.0 | (8.49) |
| Pizza (no meat) | 176.0 | (39.20) | 43.1 u | (20.77) | 189.0 *** | (27.55) | 180.0 ** | (46.47) |
| Pizza w/ meat | 201.0 | (22.58) | 197.0 | (29.68) | 168.0 | (32.88) | 208.0 | (25.62) |
| Mexican entrees | 270.0 | (23.57) | 262.0 | (32.04) | 245.0 | (18.25) | 279.0 | (28.43) |
| Macaroni and cheese | 189.0 | (16.50) | 156.0 u | (54.81) | 241.0 | (30.05) | 180.0 | (17.80) |
| Pasta dishes | 280.0 | (16.94) | 230.0 | (30.36) | 342.0 * | (35.11) | 276.0 | (17.55) |
| Rice dishes | 184.0 | (11.54) | 229.0 | (30.14) | 222.0 | (35.35) | 169.0 | (13.60) |
| Other grain mixtures | 90.9 | (8.50) | 93.2 | (15.49) | 85.1 u | (27.52) | 91.2 | (9.15) |
| Meat soup | 455.0 | (28.23) | 343.0 | (39.05) | 355.0 | (30.57) | 476.0 * | (34.15) |
| Bean soup | 341.0 | (27.37) | 224.0 | (8.40) | 363.0 *** | (22.08) | 346.0 ** | (36.85) |
| Grain soups | 374.0 | (32.17) | 425.0 | (104.22) | 337.0 | (41.55) | 376.0 | (37.50) |
| Vegetables mixtures (incl. soup) | 240.0 | (16.56) | 243.0 | (44.21) | 241.0 | (39.48) | 241.0 | (17.49) |
| Entrée salads | 309.0 | (25.13) | 599.0 | (100.79) | 304.0 ** | (49.79) | 313.0 ** | (25.08) |

See notes at end of table.

Table C-6. Average Amounts Consumed in Food Pattern Units among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|--|-----------------------------|----------------|-------------------|-----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice (grams) | 1,974.0 | (34.47) | 1,803.0 | (145.94) | 1,839.0 | (78.23) | 2,014.0 | (36.43) |
| Coffee | 615.0 | (17.88) | 736.0 | (159.04) | 615.0 | (48.19) | 610.0 | (15.74) |
| Tea | 662.0 | (24.21) | 503.0 | (51.82) | 771.0 ** | (77.19) | 653.0 * | (29.30) |
| Beer | 786.0 | (49.20) | 689.0 u | (231.86) | 928.0 | (97.56) | 779.0 | (57.49) |
| Wine | 242.0 | (17.58) | 102.0 u | (66.70) | 211.0 | (27.95) | 249.0 * | (18.56) |
| Liquor | 173.0 | (14.96) | 121.0 | (18.90) | 120.0 | (25.53) | 178.0 * | (16.69) |
| Water (plain) | 1,072.0 | (23.27) | 1,032.0 | (88.02) | 945.0 | (51.31) | 1,095.0 | (24.22) |
| Noncarbonated, sweetened drinks | 395.0 | (19.70) | 369.0 | (36.34) | 396.0 | (34.49) | 400.0 | (22.37) |
| Noncarbonated, low-calorie/sugar-free drinks | 493.0 | (76.86) | 473.0 | (84.48) | 318.0 | (84.11) | 518.0 | (95.21) |
| Energy drinks | 335.0 | (44.13) | 600.0 | (0.00) | 120.0 | (0.00) | 347.0 *** | (46.46) |
| Any soda | 533.0 | (17.16) | 483.0 | (53.01) | 507.0 | (28.72) | 540.0 | (21.03) |
| Soda, regular | 449.0 | (17.79) | 477.0 | (67.83) | 471.0 | (34.96) | 447.0 | (23.70) |
| Soda, sugar-free | 577.0 | (29.03) | 479.0 | (57.57) | 538.0 | (36.95) | 581.0 | (33.34) |
| Sweets and desserts (grams) | 110.0 | (2.91) | 91.7 | (7.55) | 98.1 | (7.69) | 112.0 * | (3.00) |
| Sugar and sugar substitutes | 7.8 | (0.69) | 10.4 | (1.43) | 10.0 | (1.16) | 7.2 | (0.84) |
| Syrups/sweet toppings | 38.5 | (4.80) | 35.3 u | (15.47) | 54.1 | (12.80) | 37.8 | (4.80) |
| Jelly | 17.4 | (1.24) | 21.5 | (2.96) | 20.5 | (3.47) | 16.5 | (1.27) |
| Jello | 156.0 | (15.76) | 173.0 u | (85.77) | 103.0 | (12.07) | 163.0 | (23.48) |
| Candy | 29.3 | (1.79) | 35.9 | (7.93) | 30.6 | (3.32) | 29.3 | (2.02) |
| Ice cream | 120.0 | (4.87) | 119.0 | (12.19) | 127.0 | (7.46) | 118.0 | (5.44) |
| Pudding | 140.0 | (10.55) | 166.0 | (30.19) | 165.0 | (21.38) | 137.0 | (12.57) |
| Ice/popsicles | 115.0 | (17.41) | 71.6 | (12.48) | 72.9 | (7.42) | 122.0 * | (20.94) |
| Sweet rolls | 75.4 | (6.37) | 77.7 | (8.94) | 83.9 | (8.16) | 74.6 | (8.99) |
| Cake/cupcakes | 107.0 | (6.56) | 95.4 u | (36.02) | 108.0 | (19.97) | 109.0 | (7.66) |
| Cookies | 36.4 | (1.67) | 34.7 | (4.80) | 37.2 | (1.80) | 36.5 | (2.02) |
| Pies/cobblers | 128.0 | (13.22) | 119.0 | (21.80) | 126.0 | (15.52) | 127.0 | (15.55) |
| Pastries | 90.9 | (16.13) | 131.0 | (30.45) | 88.4 u | (37.59) | 93.3 | (20.12) |
| Doughnuts | 67.6 | (5.31) | 76.3 u | (25.21) | 56.0 | (14.39) | 68.8 | (5.63) |
| Salty snacks (grams) | 34.8 | (2.07) | 36.0 | (6.03) | 37.3 | (5.21) | 34.8 | (2.31) |
| Corn-based salty snacks | 32.5 | (1.36) | 23.0 | (6.76) | 31.8 | (5.97) | 33.1 | (1.75) |
| Pretzels/party mix | 35.7 | (7.51) | 29.9 | (4.96) | 57.5 u | (21.27) | 33.7 | (7.50) |
| Popcorn | 40.3 | (4.30) | 68.1 | (6.87) | 38.5 ** | (7.51) | 40.0 *** | (4.91) |
| Potato chips | 25.9 | (1.67) | 34.0 | (6.73) | 27.1 | (1.98) | 25.6 | (1.95) |
| Added fats and oils (grams) | 30.8 | (1.66) | 24.0 | (2.95) | 29.9 | (2.89) | 31.5 * | (1.86) |
| Butter | 11.1 | (0.56) | 10.0 | (2.06) | 9.9 | (0.85) | 11.3 | (0.66) |
| Margarine | 10.9 | (0.63) | 10.0 | (1.35) | 10.9 | (0.93) | 10.7 | (0.59) |
| Other added fats | 31.4 | (5.54) | 51.2 | (10.51) | 29.2 u | (10.69) | 31.6 | (6.38) |
| Other added oils | 11.1 | (1.66) | 5.0 u | (2.57) | 9.1 | (0.00) | 11.4 * | (1.73) |
| Salad dressing | 33.9 | (9.32) | 37.5 u | (15.56) | 25.7 u | (9.94) | 36.2 u | (10.97) |
| Mayonnaise | 19.6 | (4.75) | 33.8 u | (14.46) | 19.6 | (4.98) | 19.0 | (5.55) |
| Gravy | 62.8 | (9.10) | 42.0 u | (15.70) | 67.3 | (13.82) | 64.1 | (10.28) |
| Cream cheese | 32.3 | (4.73) | 35.8 | (7.65) | 21.9 | (5.47) | 36.3 | (5.92) |
| Cream/sour cream | 26.8 | (1.83) | 17.1 | (2.85) | 21.9 | (2.95) | 28.1 ** | (2.12) |
| Other (grams) | 28.6 | (2.04) | 22.1 u | (6.72) | 36.5 | (9.69) | 28.3 | (2.10) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20-44 years old who were pregnant and women 20-59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Foods consumed from the vegetables, fruits, grains, and meat/meat alternate food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Food choices reflect individual foods consumed except when foods were reported to be eaten in 'combination' as sandwiches, Mexican entrees, green salads, and soups. In these cases, the foods reported in combination are counted as one food choice (for example, a sandwich reported as a beef, cheese, and roll was counted in the "cheeseburger/hamburger" group as one food choice). 'All persons' includes persons with missing SNAP participation or income. Means are not age-adjusted. Significant differences in means are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days. oz. = ounces eq. = equivalent

¹ Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The MyPyramid data sources listed above were used to classify grains.

² "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "high in nutrients"; all others are "low in nutrients." Raw vegetables high in nutrients include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables that are low in nutrients include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.

u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.

- Not applicable.

Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 17,239 | - | 3,407 | - | 3,946 | - | 9,148 | - |
| Grains | 102.0 | (2.68) | 91.2 | (4.62) | 104.0 | (5.24) | 102.0 | (2.99) |
| Whole grains ¹ | 29.9 | (1.30) | 22.8 | (2.16) | 22.1 | (2.29) | 32.4 *** | (1.68) |
| Refined grains | 72.0 | (2.01) | 68.4 | (3.53) | 81.5 * | (4.13) | 69.4 | (2.12) |
| Bread | 14.7 | (0.57) | 11.9 | (0.96) | 14.6 | (1.21) | 14.8 * | (0.68) |
| Rolls | 2.4 | (0.21) | 2.0 | (0.48) | 2.5 | (0.44) | 2.3 | (0.28) |
| English muffin | 0.8 | (0.14) | 0.2 u | (0.08) | 0.3 u | (0.12) | 1.1 *** | (0.20) |
| Bagels | 3.8 | (0.27) | 1.8 | (0.33) | 2.3 | (0.45) | 4.5 *** | (0.35) |
| Biscuits, scones, croissants | 2.4 | (0.21) | 3.2 | (0.67) | 2.1 | (0.38) | 2.2 | (0.24) |
| Muffins | 3.2 | (0.30) | 1.9 | (0.55) | 3.1 | (0.73) | 3.5 * | (0.39) |
| Cornbread | 2.6 | (0.34) | 2.7 | (0.55) | 2.9 | (0.68) | 2.5 | (0.40) |
| Corn tortillas | 2.5 | (0.31) | 4.5 | (1.00) | 6.6 | (0.86) | 1.1 *** | (0.13) |
| Flour tortillas | 1.4 | (0.26) | 2.0 u | (0.76) | 1.9 | (0.45) | 1.2 | (0.25) |
| Taco shells | 0.1 | (0.02) | 0.2 u | (0.12) | 0.2 u | (0.08) | 0.0 u | (0.02) |
| Crackers | 4.4 | (0.20) | 3.4 | (0.33) | 4.2 | (0.52) | 4.8 ** | (0.27) |
| Breakfast/granola bar | 2.3 | (0.18) | 0.9 | (0.18) | 1.4 | (0.27) | 2.6 *** | (0.23) |
| Pancakes, waffles, French toast | 7.1 | (0.44) | 7.9 | (0.92) | 6.1 | (0.98) | 7.2 | (0.62) |
| Cold cereal | 13.1 | (0.38) | 14.3 | (0.83) | 11.1 ** | (0.79) | 13.5 | (0.47) |
| Hot cereal | 18.6 | (1.07) | 17.3 | (2.42) | 14.7 | (1.21) | 19.7 | (1.41) |
| Rice | 18.2 | (1.73) | 15.5 | (2.33) | 25.7 * | (3.86) | 15.8 | (1.69) |
| Pasta | 4.4 | (0.47) | 1.8 | (0.45) | 3.8 | (0.93) | 5.0 *** | (0.64) |
| Vegetables | 134.0 | (3.52) | 108.0 | (4.14) | 116.0 | (4.37) | 142.0 *** | (4.95) |
| Raw vegetables | 42.4 | (1.98) | 20.1 | (1.80) | 35.5 *** | (2.60) | 47.5 *** | (2.67) |
| Raw lettuce/greens | 0.5 | (0.09) | 0.2 u | (0.07) | 0.5 u | (0.14) | 0.6 * | (0.13) |
| Raw carrots | 2.1 | (0.19) | 0.9 u | (0.27) | 1.8 * | (0.34) | 2.5 *** | (0.25) |
| Raw tomatoes | 3.9 | (0.65) | 1.5 u | (0.47) | 2.7 | (0.61) | 4.6 ** | (0.87) |
| Raw cabbage/coleslaw | 2.1 | (0.25) | 0.4 | (0.11) | 2.1 ** | (0.50) | 2.4 *** | (0.34) |
| Other raw (higher in vitamins A or C) ² | 0.7 | (0.11) | 0.4 u | (0.18) | 1.0 u | (0.33) | 0.7 | (0.12) |
| Other raw (lower in vitamins A or C) ² | 2.4 | (0.31) | 1.6 u | (0.69) | 1.4 | (0.23) | 2.7 | (0.45) |
| Salads (w/greens) | 30.7 | (1.70) | 15.1 | (1.47) | 26.1 *** | (2.74) | 34.1 *** | (2.29) |
| Cooked vegetables, excl. potatoes | 44.6 | (1.78) | 40.3 | (3.41) | 38.1 | (2.48) | 46.4 | (2.49) |
| Cooked green beans | 5.9 | (0.52) | 4.4 | (0.50) | 3.6 | (0.52) | 6.6 * | (0.70) |
| Cooked corn | 6.4 | (0.74) | 6.6 | (0.93) | 5.2 | (0.97) | 6.8 | (1.08) |
| Cooked peas | 1.2 | (0.13) | 1.5 | (0.33) | 1.4 | (0.33) | 1.2 | (0.19) |
| Cooked carrots | 1.4 | (0.12) | 1.4 | (0.37) | 1.3 u | (0.39) | 1.3 | (0.15) |
| Cooked broccoli | 3.9 | (0.22) | 3.6 | (0.57) | 4.0 | (0.87) | 3.6 | (0.33) |
| Cooked tomatoes | 6.9 | (0.41) | 7.1 | (0.83) | 6.2 | (0.60) | 7.2 | (0.55) |
| Cooked mixed | 3.1 | (0.40) | 3.7 | (0.99) | 2.5 | (0.63) | 3.0 | (0.47) |
| Cooked starchy | 1.2 | (0.27) | 1.6 u | (0.52) | 2.3 u | (0.94) | 0.8 | (0.19) |
| Other cooked deep yellow | 1.7 | (0.30) | 1.0 u | (0.36) | 1.4 u | (0.47) | 2.0 | (0.39) |
| Other cooked dark green | 2.3 | (0.27) | 2.2 | (0.43) | 2.4 | (0.59) | 2.4 | (0.34) |
| Other cooked (higher in vitamins A or C) ² | 4.3 | (0.48) | 2.4 | (0.49) | 4.1 u | (1.33) | 4.7 ** | (0.58) |
| Other cooked (lower in vitamins A or C) ² | 6.0 | (1.14) | 4.3 u | (2.43) | 3.3 | (0.77) | 6.6 | (1.50) |
| Other fried | 0.3 u | (0.12) | 0.5 u | (0.40) | 0.5 u | (0.46) | 0.3 u | (0.11) |
| Cooked potatoes | 41.4 | (1.07) | 42.7 | (1.95) | 38.1 | (2.22) | 42.0 | (1.47) |
| Cooked potatoes-not fried | 23.7 | (0.99) | 22.4 | (1.77) | 20.6 | (2.25) | 24.6 | (1.18) |
| Cooked potatoes-fried | 17.8 | (0.59) | 20.3 | (1.58) | 17.5 | (1.23) | 17.4 | (0.74) |
| Vegetable juice | 5.6 | (0.67) | 4.5 | (1.06) | 4.7 u | (1.81) | 6.0 | (0.84) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | All persons, 1+ years old | | | | | | | |
|-----------------------------------|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 186.0 | (4.18) | 196.0 | (9.81) | 190.0 | (6.51) | 181.0 | (5.06) |
| Any whole fruit | 104.0 | (2.95) | 81.4 | (3.37) | 99.4 ** | (4.73) | 107.0 *** | (3.76) |
| Fresh fruit | 92.5 | (2.92) | 66.6 | (3.73) | 88.7 *** | (4.71) | 96.2 *** | (3.62) |
| Fresh orange | 8.3 | (0.85) | 8.4 | (1.00) | 10.4 | (1.75) | 7.6 | (0.83) |
| Fresh other citrus | 1.2 | (0.21) | 0.9 u | (0.45) | 1.5 | (0.44) | 1.1 | (0.24) |
| Fresh apple | 22.8 | (1.56) | 20.2 | (2.20) | 25.2 | (3.14) | 22.7 | (1.87) |
| Fresh banana | 18.9 | (0.69) | 13.8 | (1.32) | 15.6 | (1.49) | 20.4 *** | (0.80) |
| Fresh melon | 3.8 | (0.45) | 1.0 u | (0.32) | 3.0 ** | (0.60) | 4.4 *** | (0.62) |
| Fresh watermelon | 8.6 | (1.28) | 3.3 u | (0.99) | 9.5 u | (3.13) | 8.6 ** | (1.46) |
| Fresh grapes | 6.2 | (0.54) | 4.3 | (0.58) | 4.0 | (0.56) | 7.2 ** | (0.66) |
| Fresh peach/nectarine | 5.0 | (0.86) | 2.2 | (0.44) | 2.3 | (0.57) | 5.8 ** | (1.20) |
| Fresh pear | 2.8 | (0.30) | 4.1 u | (1.33) | 2.7 u | (0.85) | 2.7 | (0.28) |
| Fresh berries | 6.6 | (0.55) | 2.2 | (0.42) | 8.3 * u | (2.65) | 6.7 *** | (0.67) |
| Fresh pineapple | 1.6 | (0.23) | 1.2 u | (0.43) | 1.2 | (0.36) | 1.8 | (0.30) |
| Other fresh fruit | 5.5 | (0.88) | 4.1 | (0.91) | 3.6 | (0.67) | 6.0 | (1.17) |
| Avocado/guacamole | 1.2 | (0.20) | 0.8 u | (0.31) | 1.3 | (0.31) | 1.3 | (0.30) |
| Lemon/lime - any form | 0.0 u | (0.01) | 0.0 | (0.00) | 0.1 u | (0.03) | 0.0 * u | (0.01) |
| Canned or frozen fruit, total | 10.2 | (0.80) | 14.3 | (1.99) | 9.8 | (1.10) | 9.7 * | (0.91) |
| Canned or frozen in syrup | 2.7 | (0.30) | 3.9 | (0.89) | 2.2 | (0.50) | 2.7 | (0.36) |
| Canned or frozen, no syrup | 7.5 | (0.61) | 10.4 | (1.69) | 7.6 | (0.95) | 7.1 | (0.73) |
| Applesauce, canned/ frozen apples | 3.5 | (0.48) | 3.9 | (1.03) | 3.0 | (0.59) | 3.6 | (0.57) |
| Canned/frozen peaches | 1.8 | (0.27) | 2.9 | (0.76) | 1.7 | (0.39) | 1.6 | (0.36) |
| Canned/frozen pineapple | 0.8 | (0.13) | 1.3 u | (0.44) | 0.6 u | (0.22) | 0.7 | (0.12) |
| Other canned/frozen | 4.1 | (0.30) | 6.3 | (1.10) | 4.5 | (0.73) | 3.8 * | (0.39) |
| 100% Fruit juice | 81.9 | (2.61) | 115.0 | (8.39) | 90.4 * | (4.98) | 74.0 *** | (2.81) |
| Non-citrus juice | 37.3 | (1.66) | 69.3 | (6.42) | 42.4 *** | (3.35) | 31.1 *** | (1.76) |
| Citrus juice | 44.7 | (1.66) | 45.3 | (4.34) | 48.0 | (4.24) | 42.9 | (1.79) |
| Dried fruit | 1.1 | (0.10) | 0.6 u | (0.34) | 0.9 | (0.24) | 1.3 * | (0.13) |
| Milk and milk products | 209.0 | (4.88) | 235.0 | (11.94) | 194.0 ** | (5.94) | 210.0 | (6.28) |
| Cow's milk, total | 180.0 | (4.86) | 217.0 | (11.59) | 173.0 *** | (5.93) | 177.0 ** | (5.96) |
| Unflavored white milk, total | 166.0 | (4.46) | 190.0 | (9.67) | 156.0 ** | (5.80) | 166.0 * | (5.91) |
| Unflavored whole milk | 42.5 | (1.82) | 74.8 | (6.26) | 52.4 ** | (4.07) | 35.2 *** | (2.41) |
| Unflavored non-whole, total | 122.0 | (4.30) | 112.0 | (10.77) | 99.4 | (6.59) | 130.0 | (5.73) |
| 2% milk, unflavored | 62.2 | (2.78) | 87.8 | (7.98) | 60.4 ** | (3.92) | 58.3 *** | (2.99) |
| 1% milk, unflavored | 26.9 | (1.77) | 16.0 | (1.85) | 23.9 | (4.48) | 29.8 *** | (2.34) |
| Skim milk, unflavored | 33.0 | (2.44) | 7.9 u | (2.99) | 15.1 | (2.59) | 41.9 *** | (3.19) |
| Unflavored, fat not specified | 2.0 | (0.26) | 3.5 | (0.60) | 4.2 | (0.88) | 1.2 *** | (0.24) |
| Flavored milk, total | 13.5 | (1.19) | 27.4 | (3.14) | 16.7 ** | (2.10) | 10.6 *** | (1.36) |
| Flavored, whole milk | 2.7 | (0.37) | 8.3 | (1.82) | 2.8 ** | (0.55) | 1.9 *** | (0.42) |
| Flavored non-whole, total | 8.1 | (0.86) | 14.1 | (1.88) | 9.1 * | (1.63) | 6.9 *** | (0.99) |
| 2% milk, flavored | 4.7 | (0.48) | 8.3 | (1.52) | 4.8 | (1.08) | 3.9 ** | (0.51) |
| 1% milk, flavored | 2.7 | (0.40) | 5.2 | (1.07) | 3.7 | (1.02) | 2.2 ** | (0.39) |
| Skim milk, flavored | 0.8 u | (0.26) | 0.6 u | (0.27) | 0.6 u | (0.21) | 0.9 u | (0.39) |
| Flavored, fat not specified | 2.6 | (0.35) | 5.0 | (0.87) | 4.7 | (0.88) | 1.8 ** | (0.46) |
| Soy milk | 5.3 | (0.66) | 3.2 | (0.77) | 3.9 | (1.12) | 6.0 * | (0.88) |
| Dry or evaporated milk | 0.3 | (0.05) | 0.6 u | (0.27) | 0.3 u | (0.11) | 0.3 | (0.06) |
| Yogurt | 14.2 | (0.77) | 7.8 | (0.96) | 8.9 | (0.98) | 16.0 *** | (0.95) |
| Cheese | 9.3 | (0.43) | 6.6 | (0.66) | 8.1 | (0.89) | 10.3 *** | (0.56) |

See notes at end of table.

Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
—Continued

| | All persons, 1+ years old | | | | | | | |
|----------------------------------|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 109.0 | (2.70) | 106.0 | (4.52) | 114.0 | (3.99) | 108.0 | (3.34) |
| Beef | 10.5 | (0.58) | 9.3 | (1.01) | 9.5 | (0.97) | 10.7 | (0.70) |
| Ground beef | 1.1 | (0.17) | 1.2 | (0.26) | 1.4 u | (0.54) | 1.0 | (0.18) |
| Pork | 5.8 | (0.45) | 5.7 | (0.74) | 5.1 | (0.75) | 6.1 | (0.62) |
| Ham | 1.3 | (0.22) | 1.7 u | (0.64) | 0.9 | (0.17) | 1.4 | (0.27) |
| Lamb and misc. meats | 0.7 | (0.12) | 0.7 u | (0.26) | 0.5 u | (0.22) | 0.7 | (0.15) |
| Chicken | 23.0 | (0.91) | 28.3 | (1.78) | 27.3 | (2.00) | 21.2 *** | (1.18) |
| Turkey | 2.2 | (0.33) | 1.4 | (0.33) | 2.0 | (0.44) | 2.4 | (0.45) |
| Organ meats | 0.2 u | (0.05) | 0.5 u | (0.39) | 0.4 u | (0.16) | 0.1 u | (0.03) |
| Hot dogs | 1.0 | (0.16) | 1.7 | (0.34) | 1.5 | (0.33) | 0.8 * | (0.16) |
| Cold cuts | 1.8 | (0.28) | 1.1 | (0.25) | 0.9 | (0.18) | 2.1 * | (0.38) |
| Fish | 10.1 | (0.90) | 7.9 | (1.29) | 9.6 | (1.48) | 10.6 | (1.17) |
| Shellfish | 2.4 | (0.28) | 1.6 | (0.28) | 2.8 | (0.58) | 2.4 | (0.37) |
| Bacon/sausage | 5.5 | (0.39) | 5.8 | (0.73) | 4.8 | (0.73) | 5.5 | (0.50) |
| Eggs | 19.3 | (1.02) | 21.1 | (2.70) | 21.8 | (2.20) | 18.4 | (1.13) |
| Beans | 9.1 | (0.60) | 10.4 | (1.00) | 13.0 | (1.09) | 8.1 | (0.71) |
| Baked/refried beans | 2.7 | (0.32) | 2.6 | (0.71) | 2.4 | (0.51) | 2.8 | (0.40) |
| Soy products | 1.8 | (0.41) | 0.4 u | (0.31) | 1.0 u | (0.41) | 2.2 ** | (0.61) |
| Protein/meal enhancement | 4.1 | (0.60) | 1.6 u | (0.53) | 4.1 u | (1.31) | 4.3 ** | (0.80) |
| Nuts | 4.5 | (0.29) | 1.8 | (0.30) | 3.5 ** | (0.62) | 5.3 *** | (0.39) |
| Peanut/almond butter | 1.2 | (0.10) | 0.5 | (0.10) | 1.2 * | (0.35) | 1.4 *** | (0.10) |
| Seeds | 0.6 | (0.10) | 0.4 u | (0.13) | 0.4 | (0.11) | 0.6 | (0.14) |
| Mixed dishes | 389.0 | (5.74) | 359.0 | (12.13) | 394.0 * | (10.46) | 394.0 * | (6.82) |
| Tomato sauce and meat (no pasta) | 0.6 u | (0.19) | 0.1 | (0.04) | 0.2 u | (0.09) | 0.7 * u | (0.25) |
| Chili con carne | 4.3 | (0.55) | 6.9 u | (2.12) | 1.9 * u | (0.81) | 4.5 | (0.60) |
| Meat mixtures w/ red meat | 22.1 | (1.09) | 19.8 | (2.36) | 20.0 | (2.36) | 23.5 | (1.55) |
| Meat mixtures w/ chicken/turkey | 25.7 | (1.35) | 16.3 | (1.83) | 21.1 | (3.26) | 28.2 *** | (1.42) |
| Meat mixtures w/ fish | 7.0 | (0.77) | 3.7 u | (1.58) | 4.9 | (1.21) | 8.0 * | (0.93) |
| Hamburgers/cheeseburgers | 25.4 | (1.35) | 27.4 | (2.76) | 27.5 | (2.76) | 25.1 | (1.61) |
| Other sandwiches | 97.1 | (2.75) | 93.0 | (5.01) | 85.8 | (4.07) | 101.0 | (3.33) |
| Hot dogs | 9.9 | (0.71) | 13.8 | (1.28) | 8.7 * | (1.49) | 9.6 * | (1.09) |
| Luncheon meat | 32.4 | (1.09) | 33.4 | (3.03) | 27.2 | (2.14) | 33.8 | (1.55) |
| Beef, pork, ham | 17.3 | (1.29) | 15.4 | (2.64) | 14.3 | (1.64) | 18.5 | (1.61) |
| Chicken, turkey | 13.9 | (1.17) | 11.7 | (1.37) | 12.6 | (3.07) | 14.5 | (1.18) |
| Cheese (no meat) | 6.9 | (0.58) | 4.4 | (0.76) | 7.1 | (1.36) | 7.3 ** | (0.71) |
| Fish | 5.1 | (0.54) | 3.9 | (0.92) | 5.2 | (0.93) | 5.4 | (0.62) |
| Peanut butter | 4.4 | (0.26) | 5.3 | (0.78) | 3.9 | (0.60) | 4.4 | (0.36) |
| Breakfast sandwiches | 7.2 | (0.55) | 5.0 | (0.77) | 6.7 | (1.30) | 7.5 * | (0.67) |
| Pizza (no meat) | 8.0 | (0.68) | 5.8 | (1.10) | 5.8 | (0.90) | 9.0 * | (0.93) |
| Pizza w/ meat | 18.4 | (1.02) | 21.0 | (2.33) | 17.3 | (2.07) | 18.3 | (1.08) |
| Mexican entrees | 39.8 | (3.46) | 38.9 | (5.87) | 56.1 | (7.42) | 36.3 | (3.16) |
| Macaroni and cheese | 13.0 | (0.87) | 18.8 | (3.04) | 14.4 | (2.13) | 11.8 * | (0.89) |
| Pasta dishes | 32.1 | (1.84) | 27.3 | (2.75) | 30.1 | (3.67) | 33.4 | (2.11) |
| Rice dishes | 16.7 | (1.36) | 15.8 | (2.57) | 21.5 | (3.52) | 15.7 | (1.39) |
| Other grain mixtures | 3.6 | (0.42) | 3.7 | (0.63) | 2.8 | (0.51) | 3.8 | (0.60) |
| Meat soup | 28.5 | (2.21) | 28.2 | (3.33) | 36.2 | (4.18) | 26.7 | (2.79) |
| Bean soup | 3.8 | (0.75) | 1.0 u | (0.40) | 5.9 * u | (2.45) | 3.8 ** | (0.76) |
| Grain soups | 10.1 | (0.78) | 15.8 | (2.10) | 13.4 | (1.94) | 8.5 ** | (0.99) |
| Vegetables mixtures (incl. soup) | 14.5 | (1.20) | 8.8 | (1.53) | 13.1 | (1.55) | 16.1 ** | (1.61) |
| Entrée salads | 17.8 | (1.11) | 6.9 | (1.21) | 15.8 * | (3.84) | 20.3 *** | (1.16) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | All persons, 1+ years old | | | | | | | |
|--|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice | 2,086.0 | (27.18) | 1,757.0 | (53.21) | 1,941.0 * | (48.71) | 2,180.0 *** | (29.97) |
| Coffee | 275.0 | (10.20) | 195.0 | (21.20) | 205.0 | (15.38) | 305.0 *** | (11.03) |
| Tea | 180.0 | (8.63) | 124.0 | (10.76) | 172.0 * | (18.47) | 193.0 *** | (10.31) |
| Beer | 122.0 | (6.30) | 100.0 | (13.68) | 134.0 | (18.13) | 125.0 | (6.80) |
| Wine | 16.4 | (1.97) | 3.8 | (0.96) | 8.9 * | (2.08) | 20.3 *** | (2.61) |
| Liquor | 13.7 | (1.24) | 6.4 | (1.63) | 11.7 | (2.54) | 15.7 *** | (1.65) |
| Water (plain) | 974.0 | (20.02) | 762.0 | (31.89) | 915.0 *** | (30.66) | 1,021.0 *** | (21.45) |
| Noncarbonated, sweetened drinks | 127.0 | (4.62) | 162.0 | (10.60) | 141.0 | (6.64) | 118.0 *** | (6.13) |
| Noncarbonated, low-calorie/sugar-free drinks | 35.5 | (3.46) | 33.9 | (4.15) | 22.0 * | (2.71) | 39.1 | (4.80) |
| Energy drinks | 7.9 | (0.83) | 8.6 | (2.03) | 10.1 | (2.39) | 7.4 | (0.98) |
| Any soda | 335.0 | (13.44) | 362.0 | (21.40) | 321.0 | (23.97) | 337.0 | (15.26) |
| Soda, regular | 207.0 | (11.27) | 316.0 | (18.57) | 250.0 * | (19.77) | 181.0 *** | (11.54) |
| Soda, sugar-free | 128.0 | (5.45) | 46.1 | (5.79) | 70.8 | (12.01) | 156.0 *** | (6.79) |
| Sweets and desserts | 90.2 | (1.77) | 83.4 | (2.98) | 81.4 | (4.00) | 93.6 ** | (2.30) |
| Sugar and sugar substitutes | 3.1 | (0.11) | 3.8 | (0.40) | 3.2 | (0.26) | 2.9 * | (0.13) |
| Syrups/sweet toppings | 4.1 | (0.25) | 3.7 | (0.43) | 3.9 | (0.55) | 4.3 | (0.34) |
| Jelly | 1.0 | (0.08) | 0.6 | (0.08) | 0.8 | (0.19) | 1.1 *** | (0.10) |
| Jello | 1.5 | (0.18) | 1.5 | (0.34) | 1.6 u | (0.47) | 1.5 | (0.23) |
| Candy | 11.0 | (0.54) | 10.0 | (0.67) | 9.3 | (0.86) | 11.6 | (0.69) |
| Ice cream | 25.7 | (1.22) | 24.6 | (2.16) | 20.9 | (2.46) | 27.3 | (1.48) |
| Pudding | 3.7 | (0.31) | 2.6 | (0.57) | 3.3 | (0.79) | 4.2 * | (0.40) |
| Ice/popsicles | 4.2 | (0.30) | 5.6 | (0.82) | 3.8 | (0.58) | 4.1 | (0.39) |
| Sweet rolls | 3.0 | (0.19) | 3.8 | (0.59) | 4.9 | (0.61) | 2.4 * | (0.16) |
| Cake/cupcakes | 11.8 | (0.67) | 8.6 | (1.29) | 11.0 | (1.56) | 12.2 * | (1.06) |
| Cookies | 10.4 | (0.25) | 10.3 | (0.55) | 9.6 | (0.65) | 10.6 | (0.37) |
| Pies/cobblers | 5.4 | (0.45) | 2.3 | (0.57) | 3.4 | (0.63) | 6.3 *** | (0.60) |
| Pastries | 2.7 | (0.28) | 2.6 | (0.43) | 2.5 | (0.46) | 2.8 | (0.37) |
| Doughnuts | 2.6 | (0.26) | 3.4 | (0.57) | 3.3 | (0.57) | 2.4 | (0.31) |
| Salty snacks | 16.2 | (0.59) | 17.2 | (1.03) | 15.8 | (0.99) | 16.3 | (0.72) |
| Corn-based salty snacks | 6.2 | (0.29) | 6.8 | (0.56) | 6.6 | (0.65) | 6.2 | (0.35) |
| Pretzels/party mix | 2.8 | (0.36) | 1.8 | (0.46) | 2.1 | (0.53) | 3.1 * | (0.45) |
| Popcorn | 2.5 | (0.19) | 2.7 | (0.36) | 2.4 | (0.34) | 2.5 | (0.23) |
| Potato chips | 4.7 | (0.18) | 5.9 | (0.59) | 4.7 | (0.37) | 4.5 * | (0.19) |
| Added fats and oils | 16.8 | (0.59) | 12.1 | (1.35) | 13.5 | (1.32) | 18.2 *** | (0.70) |
| Butter | 1.1 | (0.07) | 0.7 | (0.07) | 0.8 | (0.10) | 1.3 *** | (0.10) |
| Margarine | 1.2 | (0.06) | 0.8 | (0.12) | 0.9 | (0.08) | 1.3 *** | (0.06) |
| Other added fats | 1.7 | (0.21) | 0.8 | (0.16) | 2.2 u | (0.74) | 1.9 ** | (0.28) |
| Other added oils | 0.1 | (0.02) | 0.0 u | (0.01) | 0.0 u | (0.01) | 0.1 ** | (0.03) |
| Salad dressing | 1.1 | (0.11) | 1.0 | (0.22) | 1.2 | (0.25) | 1.2 | (0.13) |
| Mayonnaise | 0.2 | (0.05) | 0.3 u | (0.11) | 0.1 u | (0.03) | 0.2 u | (0.07) |
| Gravy | 2.8 | (0.43) | 3.2 u | (1.23) | 2.7 | (0.55) | 2.7 | (0.37) |
| Cream cheese | 1.0 | (0.12) | 0.7 u | (0.34) | 0.4 | (0.10) | 1.2 | (0.15) |
| Cream/sour cream | 7.5 | (0.40) | 4.5 | (0.55) | 5.3 | (0.57) | 8.4 *** | (0.50) |
| Other | 3.6 | (0.31) | 1.9 | (0.33) | 3.6 ** | (0.56) | 3.9 *** | (0.38) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 6,669 | - | 1,795 | - | 1,624 | - | 2,989 | - |
| Grains | 88.3 | (2.80) | 83.0 | (3.66) | 87.1 | (7.76) | 88.6 | (3.94) |
| Whole grains ¹ | 20.0 | (1.32) | 19.6 | (2.20) | 17.8 | (3.00) | 20.4 | (2.00) |
| Refined grains | 68.3 | (2.49) | 63.4 | (3.54) | 69.3 | (5.66) | 68.2 | (3.05) |
| Bread | 10.8 | (0.87) | 8.6 | (0.77) | 11.5 | (1.71) | 11.0 | (1.11) |
| Rolls | 2.0 | (0.29) | 1.4 u | (0.48) | 2.2 | (0.54) | 2.1 | (0.34) |
| English muffin | 0.4 u | (0.20) | 0.0 u | (0.02) | 0.0 u | (0.04) | 0.7 * u | (0.32) |
| Bagels | 3.3 | (0.35) | 1.0 u | (0.35) | 2.3 u | (0.72) | 4.3 *** | (0.54) |
| Biscuits, scones, croissants | 2.0 | (0.23) | 2.9 | (0.63) | 1.6 u | (0.65) | 1.6 | (0.29) |
| Muffins | 2.4 | (0.39) | 1.2 | (0.35) | 2.4 | (0.68) | 2.7 * | (0.56) |
| Cornbread | 1.1 | (0.16) | 1.3 | (0.35) | 1.3 u | (0.59) | 1.0 | (0.18) |
| Corn tortillas | 1.3 | (0.18) | 2.1 | (0.57) | 2.7 | (0.48) | 0.7 * | (0.18) |
| Flour tortillas | 1.3 | (0.34) | 2.2 u | (1.08) | 0.7 u | (0.23) | 1.2 u | (0.38) |
| Taco shells | 0.1 u | (0.06) | 0.5 u | (0.32) | 0.1 | (0.03) | 0.0 u | (0.01) |
| Crackers | 5.3 | (0.49) | 3.4 | (0.42) | 5.0 * | (0.66) | 6.2 *** | (0.67) |
| Breakfast/granola bar | 2.1 | (0.18) | 0.8 | (0.16) | 1.7 * | (0.39) | 2.6 *** | (0.25) |
| Pancakes, waffles, French toast | 11.8 | (0.80) | 9.6 | (0.84) | 8.0 | (1.47) | 13.7 ** | (0.98) |
| Cold cereal | 15.3 | (0.66) | 18.2 | (0.94) | 14.7 * | (1.09) | 14.7 ** | (0.83) |
| Hot cereal | 10.2 | (1.12) | 13.1 | (1.76) | 8.9 | (1.80) | 10.1 | (1.61) |
| Rice | 14.7 | (1.96) | 15.0 | (2.73) | 20.9 | (5.49) | 11.1 | (2.19) |
| Pasta | 4.0 | (0.53) | 1.7 | (0.47) | 3.1 | (0.84) | 5.0 ** | (0.97) |
| Vegetables | 81.4 | (3.18) | 76.8 | (5.70) | 78.5 | (5.62) | 83.2 | (4.45) |
| Raw vegetables | 19.9 | (2.34) | 12.2 | (1.82) | 19.4 | (3.39) | 22.4 ** | (3.30) |
| Raw lettuce/greens | 0.2 | (0.04) | 0.1 u | (0.07) | 0.4 u | (0.17) | 0.2 | (0.05) |
| Raw carrots | 2.8 | (0.39) | 1.5 u | (0.65) | 1.9 u | (0.85) | 3.6 * | (0.59) |
| Raw tomatoes | 1.8 | (0.53) | 0.5 u | (0.17) | 0.8 u | (0.33) | 2.5 * u | (0.85) |
| Raw cabbage/coleslaw | 0.7 u | (0.26) | 0.1 u | (0.08) | 1.6 u | (1.25) | 0.6 u | (0.24) |
| Other raw (higher in vitamins A or C) ² | 0.6 | (0.10) | 0.4 u | (0.29) | 0.4 u | (0.23) | 0.6 | (0.14) |
| Other raw (lower in vitamins A or C) ² | 2.4 | (0.64) | 1.8 u | (1.13) | 1.3 u | (0.45) | 2.9 u | (0.99) |
| Salads (w/greens) | 11.5 | (1.56) | 7.8 | (1.30) | 13.0 | (3.10) | 12.1 | (2.13) |
| Cooked vegetables, excl. potatoes | 26.8 | (1.41) | 27.5 | (2.32) | 24.9 | (2.25) | 26.2 | (1.62) |
| Cooked green beans | 4.4 | (0.56) | 4.5 | (0.74) | 2.8 | (0.47) | 5.0 | (0.90) |
| Cooked corn | 5.2 | (0.48) | 6.5 | (1.10) | 5.3 | (1.31) | 4.8 | (0.59) |
| Cooked peas | 0.9 | (0.23) | 0.9 | (0.26) | 1.5 u | (0.54) | 0.8 u | (0.34) |
| Cooked carrots | 1.3 | (0.25) | 1.2 | (0.27) | 1.3 u | (0.71) | 1.2 | (0.26) |
| Cooked broccoli | 2.3 | (0.35) | 3.0 | (0.80) | 3.1 u | (0.98) | 2.0 | (0.35) |
| Cooked tomatoes | 6.0 | (0.53) | 7.0 | (0.92) | 6.1 | (1.30) | 5.7 | (0.77) |
| Cooked mixed | 1.1 | (0.17) | 0.8 u | (0.25) | 1.2 | (0.27) | 1.2 | (0.24) |
| Cooked starchy | 0.8 | (0.22) | 0.6 u | (0.24) | 1.0 u | (0.52) | 0.7 u | (0.28) |
| Other cooked deep yellow | 0.6 | (0.14) | 0.6 u | (0.25) | 0.4 u | (0.23) | 0.7 | (0.19) |
| Other cooked dark green | 0.9 | (0.19) | 0.8 u | (0.36) | 0.8 u | (0.34) | 1.1 | (0.30) |
| Other cooked (higher in vitamins A or C) ² | 1.4 u | (0.46) | 0.9 u | (0.34) | 0.5 u | (0.22) | 1.6 u | (0.66) |
| Other cooked (lower in vitamins A or C) ² | 1.5 | (0.42) | 0.5 u | (0.27) | 0.8 u | (0.41) | 1.5 * | (0.37) |
| Other fried | 0.1 u | (0.04) | 0.0 | (0.00) | 0.1 * u | (0.06) | 0.1 u | (0.06) |
| Cooked potatoes | 32.6 | (1.45) | 34.9 | (2.68) | 31.9 | (2.67) | 32.3 | (2.18) |
| Cooked potatoes-not fried | 16.8 | (1.60) | 17.1 | (2.30) | 14.4 | (2.28) | 17.7 | (2.38) |
| Cooked potatoes-fried | 15.8 | (1.09) | 17.8 | (1.79) | 17.4 | (2.10) | 14.6 | (1.46) |
| Vegetable juice | 2.2 | (0.54) | 2.2 u | (1.28) | 2.3 u | (1.49) | 2.3 u | (1.10) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | Children, 1–18 years old | | | | | | | |
|-----------------------------------|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 215.0 | (7.27) | 223.0 | (8.86) | 232.0 | (14.93) | 204.0 | (9.82) |
| Any whole fruit | 104.0 | (5.29) | 88.3 | (5.81) | 102.0 | (6.14) | 109.0 * | (7.99) |
| Fresh fruit | 88.3 | (4.46) | 70.0 | (4.98) | 86.0 * | (5.41) | 93.2 ** | (6.61) |
| Fresh orange | 7.8 | (0.61) | 8.8 | (1.19) | 11.9 | (1.86) | 6.1 * | (0.69) |
| Fresh other citrus | 0.1 u | (0.07) | 0.4 u | (0.34) | 0.2 u | (0.06) | 0.0 u | (0.02) |
| Fresh apple | 26.8 | (2.08) | 24.0 | (2.63) | 27.6 | (4.07) | 26.7 | (3.16) |
| Fresh banana | 15.5 | (1.19) | 15.8 | (2.41) | 15.6 | (2.51) | 15.3 | (1.23) |
| Fresh melon | 3.0 | (0.69) | 1.2 u | (0.63) | 2.7 | (0.76) | 3.7 * | (1.07) |
| Fresh watermelon | 10.0 | (2.15) | 2.2 u | (0.77) | 6.0 u | (2.66) | 12.8 *** | (2.90) |
| Fresh grapes | 7.9 | (1.18) | 5.3 | (0.82) | 6.2 | (1.07) | 9.5 * | (1.75) |
| Fresh peach/nectarine | 2.1 | (0.49) | 1.4 u | (0.44) | 2.0 u | (0.76) | 2.3 u | (0.84) |
| Fresh pear | 2.3 | (0.48) | 2.9 | (0.85) | 4.1 u | (1.73) | 1.6 | (0.49) |
| Fresh berries | 5.9 | (1.08) | 3.3 | (0.85) | 4.5 | (0.97) | 6.9 * | (1.51) |
| Fresh pineapple | 2.1 | (0.50) | 1.6 u | (0.66) | 1.9 u | (0.62) | 2.4 u | (0.72) |
| Other fresh fruit | 4.6 | (0.72) | 3.0 u | (0.94) | 2.8 | (0.73) | 5.8 * | (0.99) |
| Avocado/guacamole | 0.2 u | (0.09) | 0.0 u | (0.03) | 0.6 u | (0.41) | 0.2 u | (0.08) |
| Lemon/lime - any form | 0.0 u | (0.01) | 0.0 | (0.00) | 0.1 u | (0.06) | 0.0 | (0.00) |
| Canned or frozen fruit, total | 15.6 | (1.45) | 18.1 | (3.16) | 15.8 | (1.50) | 15.1 | (2.01) |
| Canned or frozen in syrup | 2.1 | (0.40) | 3.3 | (0.70) | 2.2 u | (0.93) | 1.6 u | (0.55) |
| Canned or frozen, no syrup | 13.5 | (1.26) | 14.8 | (2.84) | 13.7 | (1.50) | 13.5 | (1.87) |
| Applesauce, canned/ frozen apples | 5.6 | (0.72) | 4.9 | (1.22) | 5.7 | (1.15) | 6.1 | (1.15) |
| Canned/frozen peaches | 2.9 | (0.56) | 4.9 u | (1.70) | 2.2 | (0.50) | 2.6 u | (0.85) |
| Canned/frozen pineapple | 1.2 | (0.21) | 1.9 u | (0.68) | 0.8 u | (0.26) | 1.1 | (0.26) |
| Other canned/frozen | 5.9 | (0.62) | 6.6 | (1.13) | 7.2 | (1.08) | 5.3 | (0.88) |
| 100% Fruit juice | 111.0 | (4.71) | 135.0 | (8.40) | 130.0 | (13.23) | 94.5 *** | (5.09) |
| Non-citrus juice | 68.5 | (2.89) | 91.1 | (7.59) | 75.7 | (7.50) | 59.9 *** | (3.55) |
| Citrus juice | 42.0 | (3.20) | 44.0 | (6.41) | 54.2 | (8.49) | 34.7 | (2.96) |
| Dried fruit | 0.6 | (0.11) | 0.2 u | (0.08) | 0.4 u | (0.23) | 0.8 *** | (0.16) |
| Milk and milk products | 324.0 | (7.13) | 326.0 | (11.82) | 314.0 | (12.26) | 330.0 | (10.49) |
| Cow's milk, total | 297.0 | (7.12) | 306.0 | (10.99) | 293.0 | (11.32) | 299.0 | (11.12) |
| Unflavored white milk, total | 253.0 | (6.12) | 249.0 | (9.81) | 243.0 | (9.20) | 259.0 | (10.51) |
| Unflavored whole milk | 84.0 | (4.35) | 105.0 | (10.25) | 86.6 | (9.90) | 78.0 * | (7.89) |
| Unflavored non-whole, total | 164.0 | (5.56) | 138.0 | (11.52) | 150.0 | (10.11) | 177.0 ** | (9.15) |
| 2% milk, unflavored | 98.2 | (5.54) | 106.0 | (9.56) | 100.0 | (7.23) | 94.0 | (7.34) |
| 1% milk, unflavored | 39.2 | (3.95) | 25.6 | (3.53) | 38.6 | (7.01) | 44.4 ** | (5.73) |
| Skim milk, unflavored | 26.4 | (3.08) | 6.9 u | (3.32) | 10.9 | (2.36) | 38.2 *** | (4.97) |
| Unflavored, fat not specified | 5.0 | (0.75) | 5.4 | (1.40) | 7.1 | (1.89) | 4.2 | (0.90) |
| Flavored milk, total | 44.6 | (3.35) | 57.2 | (5.36) | 49.5 | (6.40) | 39.8 * | (4.20) |
| Flavored, whole milk | 7.6 | (1.20) | 15.7 | (2.75) | 8.3 * | (1.85) | 5.3 *** | (1.47) |
| Flavored non-whole, total | 27.0 | (2.54) | 29.4 | (3.89) | 26.6 | (4.71) | 26.5 | (3.10) |
| 2% milk, flavored | 15.7 | (1.52) | 17.6 | (2.93) | 14.9 | (3.62) | 14.9 | (1.95) |
| 1% milk, flavored | 9.5 | (1.44) | 10.6 | (2.48) | 9.8 | (2.68) | 9.6 | (1.75) |
| Skim milk, flavored | 1.8 | (0.51) | 1.2 u | (0.63) | 1.9 u | (0.72) | 2.0 u | (0.86) |
| Flavored, fat not specified | 10.0 | (1.36) | 12.1 | (1.90) | 14.6 | (2.91) | 8.1 | (2.28) |
| Soy milk | 5.1 | (1.20) | 3.7 | (1.00) | 4.6 u | (2.06) | 6.0 u | (1.87) |
| Dry or evaporated milk | 0.2 u | (0.10) | 0.3 u | (0.31) | 0.2 u | (0.22) | 0.2 u | (0.13) |
| Yogurt | 13.3 | (1.03) | 8.2 | (1.14) | 10.3 | (1.52) | 15.2 *** | (1.52) |
| Cheese | 8.4 | (0.67) | 7.3 | (1.18) | 6.4 | (0.80) | 9.7 | (1.06) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | Children, 1–18 years old | | | | | | | |
|----------------------------------|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 76.3 | (2.23) | 81.2 | (3.19) | 87.1 | (5.58) | 71.2 * | (2.91) |
| Beef | 6.8 | (0.82) | 5.4 | (0.72) | 8.8 * | (1.57) | 6.3 | (1.17) |
| Ground beef | 0.9 u | (0.32) | 0.9 u | (0.30) | 1.5 u | (0.96) | 0.7 u | (0.27) |
| Pork | 3.5 | (0.39) | 5.0 | (0.97) | 2.8 | (0.63) | 3.2 | (0.74) |
| Ham | 0.7 u | (0.28) | 1.1 u | (0.51) | 0.3 u | (0.15) | 0.7 u | (0.36) |
| Lamb and misc. meats | 0.4 u | (0.19) | 0.2 u | (0.12) | 0.1 u | (0.11) | 0.4 u | (0.27) |
| Chicken | 25.7 | (1.53) | 30.0 | (2.22) | 29.1 | (2.52) | 23.7 * | (2.12) |
| Turkey | 1.4 u | (0.45) | 1.4 u | (0.47) | 0.7 u | (0.25) | 1.6 u | (0.72) |
| Organ meats | 0.1 u | (0.03) | 0.1 u | (0.04) | 0.2 u | (0.16) | 0.0 u | (0.01) |
| Hot dogs | 1.9 | (0.17) | 2.9 | (0.53) | 2.2 | (0.45) | 1.6 * | (0.22) |
| Cold cuts | 2.2 | (0.59) | 1.5 | (0.29) | 1.1 | (0.22) | 2.8 u | (0.98) |
| Fish | 3.6 | (0.50) | 4.2 u | (1.40) | 5.2 u | (1.66) | 2.5 | (0.47) |
| Shellfish | 0.9 | (0.18) | 1.0 | (0.29) | 0.7 u | (0.33) | 1.0 | (0.24) |
| Bacon/sausage | 3.7 | (0.30) | 4.2 | (0.57) | 3.6 | (0.73) | 3.6 | (0.43) |
| Eggs | 13.6 | (0.97) | 14.2 | (1.96) | 18.8 | (2.70) | 11.6 | (1.01) |
| Beans | 4.6 | (0.95) | 4.6 | (0.86) | 6.7 | (1.48) | 3.8 u | (1.17) |
| Baked/refried beans | 1.7 | (0.25) | 2.6 | (0.73) | 1.8 u | (0.56) | 1.5 | (0.39) |
| Soy products | 0.7 u | (0.28) | 0.0 u | (0.03) | 0.3 u | (0.28) | 1.1 * u | (0.46) |
| Protein/meal enhancement | 1.4 | (0.30) | 0.8 u | (0.49) | 0.9 u | (0.43) | 1.8 u | (0.55) |
| Nuts | 1.3 | (0.21) | 0.6 | (0.15) | 1.1 u | (0.44) | 1.5 ** | (0.33) |
| Peanut/almond butter | 0.8 | (0.16) | 0.4 u | (0.14) | 1.0 u | (0.44) | 1.0 ** | (0.19) |
| Seeds | 0.6 u | (0.20) | 0.3 u | (0.14) | 0.2 u | (0.12) | 0.7 u | (0.33) |
| Mixed dishes | 304.0 | (6.18) | 286.0 | (9.38) | 321.0 * | (12.93) | 305.0 | (9.43) |
| Tomato sauce and meat (no pasta) | 0.7 u | (0.25) | 0.2 u | (0.13) | 0.5 u | (0.32) | 0.3 u | (0.18) |
| Chili con carne | 1.1 u | (0.36) | 1.1 u | (0.66) | 0.4 u | (0.35) | 1.5 u | (0.53) |
| Meat mixtures w/ red meat | 15.1 | (1.76) | 12.2 | (2.12) | 11.4 u | (4.48) | 17.5 | (2.75) |
| Meat mixtures w/ chicken/turkey | 17.3 | (1.40) | 13.8 | (2.10) | 15.2 | (2.79) | 18.4 | (1.98) |
| Meat mixtures w/ fish | 2.4 | (0.58) | 1.3 u | (0.55) | 2.6 u | (1.03) | 2.6 | (0.76) |
| Hamburgers/cheeseburgers | 19.6 | (1.30) | 14.2 | (1.47) | 21.8 * | (2.94) | 21.2 ** | (1.95) |
| Other sandwiches | 70.2 | (2.75) | 73.7 | (4.76) | 68.6 | (3.79) | 70.8 | (3.77) |
| Hot dogs | 12.9 | (1.00) | 17.9 | (2.19) | 12.4 | (2.80) | 12.0 * | (1.39) |
| Luncheon meat | 20.8 | (1.20) | 21.0 | (2.01) | 20.1 | (2.54) | 21.5 | (1.67) |
| Beef, pork, ham | 9.9 | (1.13) | 9.4 | (1.43) | 11.0 | (1.84) | 9.8 | (1.80) |
| Chicken, turkey | 8.2 | (0.77) | 10.2 | (1.68) | 9.0 | (1.67) | 7.1 | (1.14) |
| Cheese (no meat) | 6.3 | (1.34) | 4.9 | (1.06) | 5.7 | (1.57) | 7.1 | (1.99) |
| Fish | 1.2 | (0.22) | 1.1 u | (0.40) | 1.2 u | (0.51) | 1.3 | (0.29) |
| Peanut butter | 6.8 | (0.61) | 6.4 | (0.99) | 5.8 | (1.19) | 7.1 | (0.78) |
| Breakfast sandwiches | 4.2 | (0.73) | 2.8 | (0.75) | 3.4 u | (1.03) | 4.9 | (1.13) |
| Pizza (no meat) | 12.0 | (1.20) | 6.4 | (0.91) | 9.5 | (1.45) | 14.8 *** | (1.90) |
| Pizza w/ meat | 20.0 | (1.63) | 20.8 | (2.68) | 19.2 | (2.53) | 19.7 | (2.36) |
| Mexican entrees | 31.3 | (2.41) | 25.0 | (3.67) | 42.0 * | (5.84) | 31.4 | (3.18) |
| Macaroni and cheese | 21.9 | (1.67) | 19.4 | (2.68) | 16.3 | (2.22) | 23.8 | (2.17) |
| Pasta dishes | 34.0 | (3.02) | 34.2 | (4.08) | 32.4 | (6.51) | 35.2 | (3.78) |
| Rice dishes | 12.3 | (1.58) | 11.8 | (2.06) | 15.9 | (3.65) | 10.9 | (2.20) |
| Other grain mixtures | 3.2 | (0.46) | 4.4 | (1.13) | 2.9 | (0.82) | 3.0 | (0.72) |
| Meat soup | 16.5 | (1.68) | 19.6 | (3.74) | 27.0 | (4.23) | 11.9 | (1.98) |
| Bean soup | 1.0 u | (0.50) | 0.3 u | (0.34) | 3.0 u | (2.35) | 0.6 u | (0.34) |
| Grain soups | 14.4 | (1.50) | 18.1 | (3.00) | 23.8 | (5.44) | 10.1 * | (1.77) |
| Vegetables mixtures (incl. soup) | 6.6 | (1.14) | 6.3 | (1.61) | 4.4 | (1.21) | 7.4 | (1.72) |
| Entrée salads | 4.3 | (0.91) | 3.0 u | (1.20) | 4.5 u | (1.46) | 4.4 u | (1.34) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
—Continued**

| | Children, 1–18 years old | | | | | | | |
|--|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice | 1,050.0 | (32.87) | 918.0 | (37.36) | 1,025.0 * | (35.81) | 1,098.0 ** | (47.43) |
| Coffee | 16.8 | (2.44) | 11.1 | (2.35) | 17.9 | (4.87) | 15.2 | (2.27) |
| Tea | 65.6 | (10.00) | 50.3 | (7.32) | 70.3 | (12.82) | 69.8 | (14.67) |
| Beer | 4.6 | (1.36) | 5.5 u | (4.52) | 5.1 u | (2.28) | 3.6 u | (1.42) |
| Wine | 1.2 u | (0.70) | 0.0 | (0.00) | 3.0 u | (2.97) | 1.1 u | (0.74) |
| Liquor | 0.3 u | (0.12) | 0.9 u | (0.50) | 0.3 u | (0.19) | 0.2 u | (0.14) |
| Water (plain) | 541.0 | (21.22) | 428.0 | (27.02) | 530.0 * | (34.41) | 574.0 *** | (29.25) |
| Noncarbonated, sweetened drinks | 169.0 | (7.22) | 172.0 | (8.66) | 166.0 | (12.10) | 171.0 | (10.36) |
| Noncarbonated, low-calorie/sugar-free drinks | 45.1 | (7.52) | 42.2 | (6.98) | 28.4 | (4.63) | 52.4 | (11.87) |
| Energy drinks | 4.8 u | (1.60) | 3.1 u | (1.69) | 5.2 u | (2.68) | 5.5 u | (2.69) |
| Any soda | 202.0 | (10.16) | 205.0 | (20.05) | 199.0 | (19.76) | 205.0 | (12.73) |
| Soda, regular | 175.0 | (9.63) | 194.0 | (20.32) | 190.0 | (18.80) | 167.0 | (11.18) |
| Soda, sugar-free | 26.4 | (3.89) | 11.3 | (2.46) | 9.2 u | (2.82) | 37.8 *** | (5.71) |
| Sweets and desserts | 92.3 | (2.43) | 89.7 | (4.94) | 86.7 | (5.31) | 95.5 | (3.20) |
| Sugar and sugar substitutes | 1.0 | (0.14) | 0.8 | (0.23) | 1.4 u | (0.46) | 0.8 | (0.18) |
| Syrups/sweet toppings | 4.9 | (0.45) | 4.2 | (0.50) | 4.3 | (0.82) | 5.3 | (0.66) |
| Jelly | 0.7 | (0.14) | 0.5 | (0.12) | 0.4 | (0.10) | 0.9 | (0.23) |
| Jello | 2.2 | (0.54) | 2.3 | (0.58) | 3.5 u | (1.20) | 1.9 u | (0.70) |
| Candy | 12.4 | (0.48) | 11.2 | (1.17) | 11.2 | (1.30) | 13.5 | (0.68) |
| Ice cream | 26.4 | (1.56) | 26.4 | (2.60) | 20.7 | (3.45) | 28.8 | (2.09) |
| Pudding | 2.8 | (0.31) | 1.6 | (0.41) | 3.9 * | (0.90) | 2.9 * | (0.47) |
| Ice/popsicles | 9.7 | (1.01) | 10.0 | (1.64) | 9.5 | (1.69) | 9.7 | (1.80) |
| Sweet rolls | 2.5 | (0.31) | 3.0 | (0.56) | 3.4 | (0.64) | 2.0 | (0.34) |
| Cake/cupcakes | 7.5 | (0.67) | 8.9 | (1.88) | 8.3 | (1.80) | 6.6 | (0.61) |
| Cookies | 11.9 | (0.54) | 12.9 | (0.77) | 10.0 * | (0.96) | 12.1 | (0.81) |
| Pies/cobblers | 2.9 | (0.62) | 1.1 u | (0.40) | 3.1 u | (1.43) | 3.4 * | (0.91) |
| Pastries | 4.6 | (0.46) | 3.7 | (0.66) | 3.4 | (0.90) | 5.2 | (0.66) |
| Doughnuts | 2.8 | (0.39) | 3.1 | (0.83) | 3.6 | (0.85) | 2.5 | (0.50) |
| Salty snacks | 18.6 | (0.82) | 19.1 | (0.99) | 19.3 | (1.77) | 18.7 | (1.21) |
| Corn-based salty snacks | 7.6 | (0.47) | 8.9 | (0.87) | 8.9 | (1.09) | 6.9 * | (0.48) |
| Pretzels/party mix | 3.8 | (0.73) | 1.7 | (0.39) | 3.9 u | (1.59) | 4.5 * | (1.08) |
| Popcorn | 2.3 | (0.18) | 2.5 | (0.33) | 2.0 | (0.29) | 2.4 | (0.26) |
| Potato chips | 5.0 | (0.40) | 5.8 | (0.58) | 4.5 | (0.61) | 5.0 | (0.52) |
| Added fats and oils | 8.3 | (0.74) | 7.4 | (1.32) | 8.4 | (1.62) | 8.0 | (0.96) |
| Butter | 0.6 | (0.07) | 0.4 | (0.06) | 0.7 | (0.20) | 0.7 ** | (0.10) |
| Margarine | 0.5 | (0.07) | 0.5 | (0.09) | 0.5 u | (0.15) | 0.6 | (0.10) |
| Other added fats | 1.4 | (0.37) | 0.7 | (0.18) | 2.3 u | (1.25) | 1.4 u | (0.51) |
| Other added oils | 0.0 u | (0.02) | 0.0 u | (0.00) | 0.0 | (0.00) | 0.0 u | (0.04) |
| Salad dressing | 1.0 | (0.13) | 1.2 u | (0.41) | 1.3 u | (0.44) | 1.0 | (0.17) |
| Mayonnaise | 0.1 | (0.02) | 0.2 u | (0.09) | 0.1 u | (0.05) | 0.0 u | (0.02) |
| Gravy | 1.4 | (0.25) | 2.2 u | (0.83) | 1.6 u | (0.83) | 1.0 u | (0.32) |
| Cream cheese | 0.9 | (0.21) | 1.2 u | (0.81) | 0.5 u | (0.19) | 0.9 | (0.22) |
| Cream/sour cream | 2.3 | (0.52) | 1.2 | (0.28) | 1.4 | (0.38) | 2.4 * | (0.53) |
| Other | 2.8 | (0.29) | 1.9 | (0.47) | 2.8 | (0.70) | 3.2 * | (0.43) |

See notes at end of table.

Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 7,447 | - | 1,297 | - | 1,675 | - | 4,138 | - |
| Grains | 104.0 | (3.33) | 93.2 | (7.68) | 109.0 | (5.78) | 103.0 | (3.64) |
| Whole grains ¹ | 30.0 | (1.72) | 24.0 | (4.28) | 19.9 | (3.05) | 32.6 | (2.08) |
| Refined grains | 73.9 | (2.39) | 69.2 | (5.54) | 88.7 ** | (4.45) | 70.2 | (2.56) |
| Bread | 15.2 | (0.72) | 13.0 | (1.48) | 15.8 | (1.72) | 15.1 | (0.86) |
| Rolls | 2.3 | (0.25) | 2.3 u | (0.85) | 2.4 | (0.63) | 2.2 | (0.28) |
| English muffin | 0.8 | (0.20) | 0.4 u | (0.16) | 0.4 u | (0.18) | 1.0 * | (0.28) |
| Bagels | 4.1 | (0.37) | 2.0 | (0.53) | 2.5 | (0.62) | 4.9 *** | (0.49) |
| Biscuits, scones, croissants | 2.4 | (0.29) | 3.4 | (0.86) | 2.2 | (0.54) | 2.2 | (0.36) |
| Muffins | 3.5 | (0.46) | 2.4 u | (0.98) | 3.7 u | (1.16) | 3.8 | (0.61) |
| Cornbread | 2.5 | (0.47) | 2.6 u | (1.08) | 2.1 | (0.64) | 2.6 | (0.54) |
| Corn tortillas | 3.3 | (0.46) | 6.5 | (1.55) | 9.1 | (1.28) | 1.4 ** | (0.22) |
| Flour tortillas | 1.5 | (0.30) | 1.7 u | (0.67) | 2.4 | (0.69) | 1.3 | (0.32) |
| Taco shells | 0.1 u | (0.03) | 0.0 u | (0.02) | 0.2 u | (0.13) | 0.0 u | (0.02) |
| Crackers | 3.9 | (0.24) | 3.0 | (0.47) | 3.8 | (0.72) | 4.2 * | (0.31) |
| Breakfast/granola bar | 2.6 | (0.28) | 1.1 | (0.31) | 1.4 u | (0.43) | 2.9 *** | (0.37) |
| Pancakes, waffles, French toast | 5.9 | (0.60) | 7.3 | (1.67) | 5.6 | (1.42) | 5.7 | (0.86) |
| Cold cereal | 11.9 | (0.51) | 11.8 | (1.39) | 9.6 | (0.98) | 12.7 | (0.64) |
| Hot cereal | 17.6 | (1.31) | 19.0 | (4.22) | 13.0 | (1.64) | 18.4 | (1.57) |
| Rice | 21.3 | (2.05) | 15.2 | (2.63) | 30.0 ** | (4.01) | 18.9 | (2.06) |
| Pasta | 4.8 | (0.63) | 1.5 u | (0.51) | 4.3 u | (1.44) | 5.5 *** | (0.86) |
| Vegetables | 146.0 | (4.66) | 127.0 | (7.33) | 129.0 | (6.26) | 152.0 * | (6.64) |
| Raw vegetables | 45.0 | (2.52) | 24.7 | (2.77) | 39.2 ** | (3.60) | 48.9 *** | (3.39) |
| Raw lettuce/greens | 0.4 | (0.09) | 0.1 u | (0.06) | 0.4 u | (0.21) | 0.5 * | (0.12) |
| Raw carrots | 2.0 | (0.30) | 0.5 u | (0.19) | 1.7 u | (0.76) | 2.3 *** | (0.40) |
| Raw tomatoes | 4.5 | (0.86) | 2.2 u | (0.90) | 3.6 | (0.98) | 5.0 * | (1.11) |
| Raw cabbage/coleslaw | 2.1 | (0.30) | 0.3 u | (0.13) | 1.9 ** u | (0.58) | 2.4 *** | (0.43) |
| Other raw (higher in vitamins A or C) ² | 0.8 | (0.17) | 0.5 u | (0.25) | 1.2 u | (0.49) | 0.7 | (0.20) |
| Other raw (lower in vitamins A or C) ² | 1.9 | (0.28) | 1.6 u | (0.94) | 1.2 | (0.25) | 2.2 | (0.35) |
| Salads (w/greens) | 33.4 | (2.11) | 19.6 | (2.58) | 29.2 * | (3.68) | 35.9 *** | (2.77) |
| Cooked vegetables, excl. potatoes | 49.7 | (2.69) | 48.0 | (7.05) | 43.7 | (4.23) | 50.8 | (3.71) |
| Cooked green beans | 5.7 | (0.58) | 4.1 | (0.83) | 3.7 | (0.76) | 6.4 * | (0.79) |
| Cooked corn | 6.7 | (0.96) | 6.6 | (1.46) | 5.2 | (1.28) | 7.2 | (1.36) |
| Cooked peas | 1.2 | (0.18) | 1.8 u | (0.60) | 1.0 u | (0.36) | 1.1 | (0.28) |
| Cooked carrots | 1.1 | (0.16) | 1.4 u | (0.65) | 1.4 u | (0.55) | 1.0 | (0.16) |
| Cooked broccoli | 4.5 | (0.37) | 4.1 | (0.96) | 4.7 u | (1.46) | 4.0 | (0.52) |
| Cooked tomatoes | 7.8 | (0.62) | 7.8 | (1.43) | 7.0 | (0.77) | 8.2 | (0.79) |
| Cooked mixed | 3.6 | (0.60) | 5.9 u | (1.98) | 2.2 | (0.63) | 3.5 | (0.73) |
| Cooked starchy | 1.3 u | (0.38) | 2.0 u | (0.92) | 3.1 u | (1.42) | 0.7 | (0.21) |
| Other cooked deep yellow | 1.8 | (0.44) | 1.2 u | (0.51) | 1.5 u | (0.75) | 2.1 | (0.57) |
| Other cooked dark green | 2.5 | (0.33) | 2.3 | (0.69) | 3.0 u | (0.93) | 2.5 | (0.45) |
| Other cooked (higher in vitamins A or C) ² | 5.1 | (0.63) | 3.2 | (0.70) | 5.5 u | (2.23) | 5.4 * | (0.80) |
| Other cooked (lower in vitamins A or C) ² | 7.8 | (1.87) | 6.8 u | (4.75) | 4.4 | (1.25) | 8.4 | (2.43) |
| Other fried | 0.5 u | (0.19) | 0.9 u | (0.72) | 0.8 u | (0.78) | 0.3 u | (0.18) |
| Cooked potatoes | 44.7 | (1.42) | 47.8 | (3.02) | 40.4 | (3.01) | 45.7 | (2.00) |
| Cooked potatoes-not fried | 24.7 | (1.23) | 24.1 | (2.37) | 22.2 | (2.67) | 25.6 | (1.57) |
| Cooked potatoes-fried | 20.0 | (0.86) | 23.8 | (2.65) | 18.2 | (1.55) | 20.1 | (1.11) |
| Vegetable juice | 6.4 | (0.88) | 6.3 u | (2.26) | 5.4 u | (2.58) | 6.8 | (1.18) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| Adults, 19–59 years old | | | | | | | | |
|-----------------------------------|--------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 171.0 | (5.29) | 180.0 | (17.85) | 174.0 | (8.83) | 166.0 | (6.21) |
| Any whole fruit | 95.9 | (3.68) | 74.8 | (5.78) | 96.8 * | (7.26) | 97.4 ** | (4.40) |
| Fresh fruit | 87.4 | (3.67) | 62.5 | (5.17) | 89.3 ** | (7.12) | 89.0 *** | (4.33) |
| Fresh orange | 7.9 | (1.06) | 8.2 | (1.28) | 9.7 | (2.50) | 7.4 | (1.02) |
| Fresh other citrus | 1.1 | (0.27) | 1.3 u | (0.80) | 1.3 u | (0.44) | 0.8 u | (0.27) |
| Fresh apple | 21.2 | (1.74) | 17.3 | (3.72) | 25.6 | (3.93) | 20.9 | (1.85) |
| Fresh banana | 18.4 | (0.88) | 11.5 | (1.31) | 14.6 | (1.95) | 20.2 *** | (1.06) |
| Fresh melon | 2.8 | (0.46) | 0.8 u | (0.30) | 2.9 * u | (0.95) | 3.1 *** | (0.60) |
| Fresh watermelon | 8.0 | (1.36) | 3.9 u | (1.95) | 10.5 u | (5.09) | 7.4 | (1.38) |
| Fresh grapes | 5.3 | (0.53) | 3.3 | (0.87) | 3.1 | (0.65) | 6.1 ** | (0.65) |
| Fresh peach/nectarine | 5.0 | (1.04) | 2.8 | (0.74) | 2.4 u | (0.85) | 5.5 | (1.49) |
| Fresh pear | 2.4 | (0.38) | 4.5 u | (2.37) | 2.0 u | (0.75) | 2.3 | (0.38) |
| Fresh berries | 6.1 | (0.76) | 1.7 | (0.36) | 10.5 u | (4.50) | 5.5 *** | (0.62) |
| Fresh pineapple | 1.4 | (0.24) | 0.9 u | (0.53) | 1.0 u | (0.50) | 1.6 | (0.30) |
| Other fresh fruit | 5.9 | (1.18) | 4.8 | (1.34) | 3.7 | (1.02) | 6.4 | (1.58) |
| Avocado/guacamole | 1.7 | (0.31) | 1.4 u | (0.59) | 1.9 | (0.44) | 1.7 | (0.46) |
| Lemon/lime - any form | 0.0 u | (0.01) | 0.0 | (0.00) | 0.1 u | (0.05) | 0.0 u | (0.01) |
| Canned or frozen fruit, total | 7.2 | (1.03) | 11.4 | (3.28) | 6.4 | (1.67) | 7.0 | (1.19) |
| Canned or frozen in syrup | 2.0 | (0.34) | 4.2 u | (1.72) | 1.6 u | (0.66) | 1.9 | (0.40) |
| Canned or frozen, no syrup | 5.2 | (0.89) | 7.2 u | (2.46) | 4.8 | (1.39) | 5.1 | (1.08) |
| Applesauce, canned/ frozen apples | 2.5 u | (0.75) | 3.0 u | (1.87) | 1.9 u | (0.68) | 2.7 u | (0.92) |
| Canned/frozen peaches | 1.0 | (0.26) | 1.4 u | (0.58) | 1.1 u | (0.60) | 0.9 u | (0.33) |
| Canned/frozen pineapple | 0.6 | (0.15) | 0.9 u | (0.50) | 0.4 u | (0.30) | 0.5 | (0.14) |
| Other canned/frozen | 3.2 | (0.43) | 6.1 u | (1.99) | 3.0 u | (1.09) | 3.0 | (0.51) |
| 100% Fruit juice | 74.7 | (3.15) | 106.0 | (15.03) | 77.7 | (5.90) | 69.0 * | (3.79) |
| Non-citrus juice | 29.6 | (2.04) | 59.8 | (11.73) | 31.4 * | (4.39) | 25.0 ** | (1.99) |
| Citrus juice | 45.0 | (2.23) | 45.8 | (5.43) | 46.2 | (5.61) | 44.1 | (2.99) |
| Dried fruit | 1.3 | (0.14) | 1.0 u | (0.65) | 1.1 u | (0.40) | 1.4 | (0.17) |
| Milk and milk products | 170.0 | (7.26) | 174.0 | (20.03) | 147.0 | (6.45) | 176.0 | (9.72) |
| Cow's milk, total | 141.0 | (7.19) | 159.0 | (19.99) | 125.0 | (6.25) | 144.0 | (9.38) |
| Unflavored white milk, total | 137.0 | (6.92) | 150.0 | (17.26) | 121.0 | (6.36) | 141.0 | (9.24) |
| Unflavored whole milk | 32.2 | (3.01) | 57.4 | (8.09) | 40.4 | (4.75) | 26.9 *** | (4.23) |
| Unflavored non-whole, total | 104.0 | (6.65) | 91.1 | (15.83) | 77.7 | (6.25) | 114.0 | (8.67) |
| 2% milk, unflavored | 50.3 | (3.28) | 73.6 | (12.58) | 43.3 * | (3.86) | 48.9 | (4.07) |
| 1% milk, unflavored | 21.7 | (1.99) | 8.4 | (1.95) | 17.7 * | (3.70) | 25.0 *** | (2.77) |
| Skim milk, unflavored | 32.0 | (3.76) | 9.1 u | (3.30) | 16.7 | (3.82) | 39.7 *** | (4.81) |
| Unflavored, fat not specified | 1.0 | (0.23) | 1.9 u | (0.60) | 3.2 u | (1.01) | 0.3 ** u | (0.18) |
| Flavored milk, total | 4.1 | (0.81) | 8.1 u | (4.19) | 3.2 | (0.96) | 3.6 | (0.95) |
| Flavored, whole milk | 1.4 u | (0.48) | 3.9 u | (2.96) | 0.8 u | (0.27) | 1.2 u | (0.54) |
| Flavored non-whole, total | 2.4 | (0.58) | 4.0 u | (2.30) | 1.7 u | (0.73) | 2.2 u | (0.79) |
| 2% milk, flavored | 1.4 u | (0.44) | 2.4 u | (2.13) | 1.0 u | (0.53) | 1.1 u | (0.50) |
| 1% milk, flavored | 0.5 u | (0.20) | 1.5 u | (0.84) | 0.6 u | (0.54) | 0.4 u | (0.20) |
| Skim milk, flavored | 0.5 u | (0.37) | 0.2 u | (0.21) | 0.1 u | (0.06) | 0.7 u | (0.52) |
| Flavored, fat not specified | 0.3 u | (0.14) | 0.2 u | (0.19) | 0.8 u | (0.58) | 0.1 u | (0.08) |
| Soy milk | 5.2 | (0.86) | 3.0 u | (1.25) | 4.1 u | (1.54) | 5.8 | (1.09) |
| Dry or evaporated milk | 0.3 u | (0.08) | 0.2 u | (0.11) | 0.2 u | (0.11) | 0.3 u | (0.11) |
| Yogurt | 14.5 | (1.06) | 7.2 | (1.33) | 9.1 | (1.66) | 16.1 *** | (1.19) |
| Cheese | 9.0 | (0.56) | 5.5 | (0.65) | 9.1 * | (1.52) | 9.8 *** | (0.66) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
—Continued**

| Adults, 19–59 years old | | | | | | | | |
|----------------------------------|--------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 122.0 | (3.35) | 122.0 | (6.65) | 128.0 | (6.15) | 120.0 | (4.16) |
| Beef | 12.1 | (0.81) | 13.0 | (1.93) | 9.8 | (1.41) | 12.2 | (0.88) |
| Ground beef | 1.1 | (0.23) | 1.5 | (0.33) | 1.3 u | (0.70) | 0.9 u | (0.28) |
| Pork | 6.8 | (0.69) | 6.4 | (1.27) | 6.1 | (1.25) | 7.0 | (0.92) |
| Ham | 1.5 | (0.27) | 2.2 u | (1.00) | 1.2 | (0.30) | 1.5 | (0.34) |
| Lamb and misc. meats | 0.9 | (0.16) | 1.2 u | (0.48) | 0.8 u | (0.34) | 0.8 | (0.19) |
| Chicken | 24.2 | (1.24) | 27.6 | (2.66) | 28.9 | (2.96) | 22.5 | (1.63) |
| Turkey | 2.3 | (0.44) | 1.1 u | (0.43) | 2.1 u | (0.67) | 2.5 | (0.58) |
| Organ meats | 0.2 u | (0.08) | 0.9 u | (0.76) | 0.5 u | (0.24) | 0.1 u | (0.02) |
| Hot dogs | 0.7 u | (0.22) | 0.9 u | (0.41) | 1.3 u | (0.49) | 0.6 u | (0.23) |
| Cold cuts | 1.6 | (0.33) | 0.8 u | (0.31) | 0.9 u | (0.28) | 1.9 * | (0.46) |
| Fish | 11.5 | (1.46) | 9.6 | (2.23) | 11.2 | (2.06) | 12.0 | (1.84) |
| Shellfish | 2.8 | (0.31) | 2.2 | (0.51) | 3.9 | (0.85) | 2.6 | (0.39) |
| Bacon/sausage | 5.9 | (0.72) | 6.6 | (1.25) | 5.2 | (1.07) | 5.9 | (0.87) |
| Eggs | 21.7 | (1.36) | 25.1 | (4.09) | 23.8 | (3.07) | 20.8 | (1.55) |
| Beans | 10.1 | (0.77) | 14.5 | (1.95) | 14.5 | (1.53) | 8.4 ** | (0.98) |
| Baked/refried beans | 3.3 | (0.45) | 2.2 u | (0.71) | 2.8 | (0.82) | 3.6 | (0.56) |
| Soy products | 2.4 | (0.64) | 0.6 u | (0.51) | 1.3 u | (0.67) | 3.0 * u | (0.92) |
| Protein/meal enhancement | 5.6 | (1.05) | 2.1 u | (0.94) | 6.1 u | (2.28) | 5.7 * | (1.31) |
| Nuts | 5.1 | (0.39) | 2.3 | (0.56) | 4.5 | (1.14) | 5.8 *** | (0.50) |
| Peanut/almond butter | 1.2 | (0.12) | 0.5 | (0.16) | 1.3 u | (0.41) | 1.3 *** | (0.15) |
| Seeds | 0.7 | (0.12) | 0.5 u | (0.23) | 0.5 u | (0.16) | 0.7 | (0.15) |
| Mixed dishes | 441.0 | (6.48) | 427.0 | (17.82) | 450.0 | (15.43) | 443.0 | (7.57) |
| Tomato sauce and meat (no pasta) | 0.6 u | (0.30) | 0.2 u | (0.12) | 0.0 | (0.00) | 0.8 u | (0.42) |
| Chili con carne | 5.5 | (0.83) | 12.1 | (3.58) | 2.9 * u | (1.34) | 5.1 | (0.88) |
| Meat mixtures w/ red meat | 24.0 | (1.51) | 25.5 | (4.24) | 22.3 | (3.03) | 24.9 | (1.99) |
| Meat mixtures w/ chicken/turkey | 29.8 | (1.80) | 17.7 | (2.64) | 24.5 | (4.31) | 32.5 *** | (2.14) |
| Meat mixtures w/ fish | 8.2 | (1.04) | 3.9 u | (2.00) | 5.7 u | (1.79) | 9.3 * | (1.35) |
| Hamburgers/cheeseburgers | 30.1 | (2.23) | 39.7 | (4.74) | 32.0 | (4.47) | 29.1 | (2.71) |
| Other sandwiches | 113.0 | (3.56) | 112.0 | (7.72) | 95.9 | (5.73) | 117.0 | (4.28) |
| Hot dogs | 9.5 | (1.08) | 12.0 | (2.06) | 7.8 | (1.73) | 9.7 | (1.45) |
| Luncheon meat | 38.8 | (1.61) | 44.1 | (5.20) | 31.3 * | (3.18) | 40.0 | (2.24) |
| Beef, pork, ham | 20.8 | (1.77) | 21.2 | (4.68) | 15.5 | (2.33) | 22.2 | (2.14) |
| Chicken, turkey | 17.2 | (1.76) | 13.6 | (2.12) | 14.4 u | (4.43) | 18.4 | (1.81) |
| Cheese (no meat) | 6.9 | (0.79) | 3.9 u | (1.22) | 8.8 * | (2.18) | 6.9 * | (0.89) |
| Fish | 6.6 | (0.86) | 6.2 | (1.66) | 6.5 | (1.49) | 6.6 | (1.00) |
| Peanut butter | 4.0 | (0.35) | 4.7 | (1.32) | 3.3 | (0.73) | 4.1 | (0.47) |
| Breakfast sandwiches | 9.0 | (0.94) | 6.7 | (0.96) | 8.4 | (2.01) | 9.2 | (1.18) |
| Pizza (no meat) | 7.9 | (0.85) | 6.1 u | (2.22) | 4.9 | (1.34) | 8.9 | (1.11) |
| Pizza w/ meat | 20.9 | (1.49) | 23.0 | (3.30) | 19.2 | (2.84) | 21.0 | (1.57) |
| Mexican entrees | 49.5 | (4.43) | 52.1 | (8.87) | 70.8 | (10.75) | 43.7 | (3.97) |
| Macaroni and cheese | 11.8 | (1.21) | 20.7 | (5.09) | 15.6 | (3.24) | 10.0 * | (1.37) |
| Pasta dishes | 32.0 | (2.73) | 23.1 | (3.34) | 29.2 | (4.67) | 33.6 * | (2.99) |
| Rice dishes | 20.6 | (1.67) | 17.6 | (3.06) | 26.0 | (4.49) | 19.9 | (1.95) |
| Other grain mixtures | 4.0 | (0.60) | 3.5 | (0.88) | 3.3 | (0.78) | 4.3 | (0.79) |
| Meat soup | 30.2 | (2.86) | 35.8 | (5.84) | 41.2 | (6.26) | 27.0 | (3.56) |
| Bean soup | 4.9 | (1.12) | 1.1 u | (0.49) | 7.9 u | (3.47) | 4.8 ** | (1.08) |
| Grain soups | 9.2 | (0.94) | 15.1 | (2.97) | 10.2 | (1.68) | 8.3 * | (1.14) |
| Vegetables mixtures (incl. soup) | 16.2 | (1.73) | 8.6 | (2.22) | 17.1 ** | (2.18) | 17.4 ** | (2.31) |
| Entrée salads | 22.9 | (1.85) | 8.7 | (1.95) | 21.9 * | (6.26) | 25.4 *** | (1.96) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | Adults, 19–59 years old | | | | | | | |
|--|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice | 2,544.0 | (39.01) | 2,399.0 | (63.22) | 2,402.0 | (76.45) | 2,605.0 ** | (43.81) |
| Coffee | 334.0 | (14.73) | 290.0 | (27.27) | 249.0 | (21.32) | 360.0 * | (17.68) |
| Tea | 211.0 | (10.85) | 181.0 | (19.24) | 194.0 | (21.57) | 222.0 | (12.65) |
| Beer | 185.0 | (10.86) | 180.0 | (25.79) | 209.0 | (29.50) | 183.0 | (12.67) |
| Wine | 19.0 | (2.21) | 6.8 | (2.04) | 11.0 | (2.75) | 22.6 *** | (2.92) |
| Liquor | 20.2 | (2.02) | 11.2 | (2.83) | 18.5 | (4.07) | 22.3 ** | (2.77) |
| Water (plain) | 1,177.0 | (28.98) | 1,015.0 | (49.66) | 1,134.0 | (47.82) | 1,208.0 ** | (33.99) |
| Noncarbonated, sweetened drinks | 131.0 | (6.01) | 170.0 | (18.68) | 149.0 | (10.48) | 120.0 * | (7.69) |
| Noncarbonated, low-calorie/sugar-free drinks | 32.8 | (4.00) | 27.6 | (6.01) | 19.9 | (3.89) | 36.5 | (5.31) |
| Energy drinks | 11.0 | (1.41) | 14.0 | (3.69) | 14.6 | (3.62) | 10.1 | (1.66) |
| Any soda | 423.0 | (18.97) | 504.0 | (33.02) | 404.0 * | (33.58) | 421.0 * | (21.34) |
| Soda, regular | 256.0 | (16.12) | 437.0 | (24.47) | 307.0 *** | (29.82) | 221.0 *** | (16.43) |
| Soda, sugar-free | 167.0 | (7.49) | 66.6 | (12.95) | 96.8 | (18.44) | 200.0 *** | (10.04) |
| Sweets and desserts | 87.8 | (2.82) | 80.0 | (3.44) | 79.5 | (5.16) | 91.3 * | (3.76) |
| Sugar and sugar substitutes | 4.0 | (0.13) | 5.9 | (0.68) | 3.8 ** | (0.33) | 3.7 ** | (0.18) |
| Syrups/sweet toppings | 3.6 | (0.29) | 3.5 | (0.87) | 3.7 | (0.65) | 3.7 | (0.40) |
| Jelly | 0.8 | (0.11) | 0.4 | (0.11) | 0.8 u | (0.28) | 0.9 * | (0.16) |
| Jello | 1.0 | (0.19) | 0.7 u | (0.31) | 0.6 u | (0.27) | 1.0 | (0.26) |
| Candy | 11.3 | (0.78) | 9.5 | (0.82) | 9.0 | (1.13) | 12.2 * | (1.03) |
| Ice cream | 24.4 | (1.71) | 24.6 | (3.11) | 21.1 | (3.61) | 25.6 | (1.95) |
| Pudding | 3.7 | (0.48) | 3.1 u | (1.02) | 3.1 u | (1.26) | 4.1 | (0.65) |
| Ice/popsicles | 2.6 | (0.41) | 2.8 u | (1.13) | 1.8 | (0.49) | 2.8 | (0.54) |
| Sweet rolls | 3.2 | (0.30) | 4.1 | (0.88) | 5.7 | (0.87) | 2.4 | (0.26) |
| Cake/cupcakes | 12.9 | (0.91) | 8.0 | (1.50) | 11.7 | (2.27) | 13.5 ** | (1.40) |
| Cookies | 9.6 | (0.38) | 8.9 | (0.92) | 9.4 | (0.99) | 9.8 | (0.59) |
| Pies/cobblers | 5.5 | (0.61) | 2.8 u | (1.06) | 3.1 | (0.78) | 6.5 ** | (0.86) |
| Pastries | 2.4 | (0.41) | 1.9 u | (0.62) | 2.2 u | (0.69) | 2.6 | (0.53) |
| Doughnuts | 2.8 | (0.35) | 4.0 | (0.75) | 3.6 | (0.80) | 2.5 | (0.42) |
| Salty snacks | 16.9 | (0.81) | 17.3 | (1.65) | 15.4 | (1.19) | 17.5 | (0.97) |
| Corn-based salty snacks | 6.6 | (0.43) | 6.0 | (0.72) | 6.3 | (0.70) | 7.0 | (0.56) |
| Pretzels/party mix | 2.6 | (0.44) | 2.1 u | (0.69) | 1.2 | (0.19) | 3.0 | (0.55) |
| Popcorn | 2.7 | (0.30) | 2.9 | (0.65) | 2.9 | (0.57) | 2.6 | (0.34) |
| Potato chips | 5.0 | (0.24) | 6.3 | (0.81) | 5.1 | (0.53) | 4.8 | (0.26) |
| Added fats and oils | 19.8 | (0.90) | 15.5 | (1.85) | 15.4 | (1.60) | 21.5 ** | (1.13) |
| Butter | 1.2 | (0.10) | 0.9 | (0.12) | 0.9 | (0.14) | 1.3 * | (0.13) |
| Margarine | 1.1 | (0.07) | 0.9 | (0.13) | 0.7 | (0.11) | 1.2 | (0.09) |
| Other added fats | 2.0 | (0.26) | 0.8 u | (0.27) | 2.5 * | (0.70) | 2.2 ** | (0.39) |
| Other added oils | 0.1 u | (0.03) | 0.0 u | (0.02) | 0.1 u | (0.02) | 0.1 u | (0.05) |
| Salad dressing | 1.3 | (0.17) | 1.0 | (0.28) | 1.1 u | (0.34) | 1.4 | (0.20) |
| Mayonnaise | 0.2 u | (0.08) | 0.3 u | (0.15) | 0.1 u | (0.03) | 0.2 u | (0.11) |
| Gravy | 3.3 | (0.54) | 4.0 u | (1.71) | 2.7 | (0.62) | 3.2 | (0.48) |
| Cream cheese | 1.0 | (0.16) | 0.3 u | (0.13) | 0.4 u | (0.12) | 1.3 *** | (0.21) |
| Cream/sour cream | 9.5 | (0.57) | 7.2 | (1.00) | 6.9 | (0.81) | 10.6 ** | (0.72) |
| Other | 4.1 | (0.47) | 2.0 | (0.45) | 4.1 * | (0.85) | 4.4 ** | (0.58) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Grains | 114.0 | (3.59) | 121.0 | (10.79) | 116.0 | (10.13) | 112.0 | (4.56) |
| Whole grains ¹ | 43.2 | (2.60) | 32.0 | (4.98) | 41.6 | (5.48) | 44.2 * | (3.28) |
| Refined grains | 70.6 | (2.59) | 88.8 | (9.45) | 74.7 | (6.95) | 68.1 * | (2.95) |
| Bread | 18.1 | (0.89) | 21.2 | (2.68) | 15.3 * | (1.17) | 17.9 | (1.10) |
| Rolls | 3.2 | (0.52) | 2.5 u | (0.91) | 3.4 | (0.82) | 3.0 | (0.60) |
| English muffin | 1.4 | (0.25) | 0.0 | (0.00) | 0.7 u | (0.39) | 1.6 *** | (0.29) |
| Bagels | 3.2 | (0.53) | 4.2 u | (2.26) | 1.3 u | (0.44) | 3.4 | (0.59) |
| Biscuits, scones, croissants | 2.9 | (0.37) | 3.2 u | (1.17) | 2.7 u | (0.85) | 2.9 | (0.38) |
| Muffins | 3.1 | (0.70) | 1.5 u | (1.43) | 1.8 | (0.48) | 3.4 | (0.87) |
| Cornbread | 5.0 | (1.07) | 10.5 u | (3.41) | 10.3 u | (3.54) | 3.9 | (0.94) |
| Corn tortillas | 1.0 | (0.30) | 3.5 u | (1.90) | 3.7 u | (1.23) | 0.4 | (0.12) |
| Flour tortillas | 1.1 | (0.26) | 3.0 u | (1.27) | 2.0 u | (0.65) | 0.9 | (0.22) |
| Taco shells | 0.1 u | (0.04) | 0.1 u | (0.05) | 0.2 u | (0.08) | 0.1 u | (0.05) |
| Crackers | 4.9 | (0.34) | 5.5 | (1.28) | 4.1 | (0.69) | 5.1 | (0.42) |
| Breakfast/granola bar | 1.5 | (0.16) | 0.2 u | (0.23) | 0.8 u | (0.42) | 1.5 *** | (0.22) |
| Pancakes, waffles, French toast | 4.8 | (0.61) | 2.9 u | (1.68) | 4.3 | (1.01) | 5.0 | (0.65) |
| Cold cereal | 14.0 | (0.68) | 10.4 | (1.63) | 10.1 | (1.15) | 14.8 * | (0.74) |
| Hot cereal | 33.7 | (3.08) | 27.4 | (5.77) | 35.8 | (5.29) | 33.7 | (3.86) |
| Rice | 12.5 | (1.47) | 20.3 | (4.71) | 16.7 | (4.17) | 11.3 | (1.73) |
| Pasta | 3.4 | (0.83) | 4.3 u | (3.31) | 3.1 u | (1.08) | 3.4 | (0.95) |
| Vegetables | 167.0 | (4.48) | 137.0 | (12.90) | 144.0 | (9.97) | 172.0 * | (5.98) |
| Raw vegetables | 65.2 | (3.90) | 30.3 | (6.04) | 54.2 ** | (6.32) | 69.5 *** | (5.10) |
| Raw lettuce/greens | 1.2 u | (0.37) | 0.8 u | (0.52) | 0.6 u | (0.30) | 1.2 u | (0.57) |
| Raw carrots | 1.8 | (0.39) | 0.4 u | (0.21) | 2.0 * u | (0.70) | 1.8 ** | (0.45) |
| Raw tomatoes | 4.8 | (0.98) | 2.0 u | (0.72) | 2.9 u | (0.94) | 5.4 * | (1.20) |
| Raw cabbage/coleslaw | 4.3 | (0.81) | 2.5 u | (1.00) | 3.9 | (1.02) | 4.5 | (0.97) |
| Other raw (higher in vitamins A or C) ² | 0.8 | (0.20) | 0.4 u | (0.33) | 1.2 u | (0.62) | 0.7 | (0.21) |
| Other raw (lower in vitamins A or C) ² | 4.0 u | (1.26) | 1.1 u | (0.43) | 2.9 u | (1.19) | 4.4 * u | (1.57) |
| Salads (w/greens) | 48.3 | (3.05) | 23.2 | (5.28) | 40.7 * | (6.51) | 51.4 *** | (4.16) |
| Cooked vegetables, excl. potatoes | 52.1 | (2.70) | 54.1 | (6.95) | 41.8 | (4.66) | 53.9 | (3.45) |
| Cooked green beans | 8.3 | (1.37) | 6.4 u | (3.26) | 4.5 u | (1.55) | 9.2 | (1.63) |
| Cooked corn | 7.0 | (1.09) | 6.4 | (1.82) | 4.8 | (1.13) | 7.4 | (1.41) |
| Cooked peas | 1.8 | (0.33) | 2.6 u | (1.20) | 3.1 u | (1.26) | 1.7 | (0.30) |
| Cooked carrots | 2.2 | (0.38) | 2.0 u | (0.83) | 0.7 u | (0.31) | 2.5 | (0.48) |
| Cooked broccoli | 4.2 | (0.59) | 3.5 u | (1.20) | 3.2 u | (1.36) | 4.2 | (0.65) |
| Cooked tomatoes | 5.0 | (0.63) | 2.6 u | (0.88) | 2.5 u | (1.13) | 5.5 * | (0.79) |
| Cooked mixed | 3.9 | (0.89) | 3.7 u | (1.37) | 6.8 u | (3.93) | 3.4 | (0.79) |
| Cooked starchy | 1.4 | (0.38) | 3.7 u | (1.47) | 0.9 u | (0.39) | 1.3 u | (0.46) |
| Other cooked deep yellow | 2.9 | (0.74) | 2.7 u | (1.52) | 2.9 u | (1.65) | 3.0 | (0.87) |
| Other cooked dark green | 3.5 | (0.64) | 8.5 | (2.32) | 3.0 * u | (0.92) | 3.4 * | (0.68) |
| Other cooked (higher in vitamins A or C) ² | 5.5 | (0.70) | 5.4 u | (1.96) | 5.4 u | (1.64) | 5.6 | (0.82) |
| Other cooked (lower in vitamins A or C) ² | 6.0 | (0.76) | 6.2 u | (2.80) | 3.5 | (1.01) | 6.5 | (0.97) |
| Other fried | 0.3 u | (0.10) | 0.3 u | (0.32) | 0.4 u | (0.28) | 0.2 u | (0.13) |
| Cooked potatoes | 42.6 | (2.22) | 49.2 | (4.82) | 41.4 | (5.74) | 40.9 | (2.39) |
| Cooked potatoes-not fried | 29.6 | (1.84) | 38.9 | (3.80) | 27.2 | (6.01) | 28.7 * | (1.93) |
| Cooked potatoes-fried | 13.0 | (1.22) | 10.3 | (2.83) | 14.2 | (3.62) | 12.2 | (1.26) |
| Vegetable juice | 7.4 | (1.17) | 3.5 u | (2.64) | 7.0 u | (2.48) | 7.5 | (1.26) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
—Continued**

| | Older adults, 60+ years old | | | | | | | |
|-----------------------------------|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 197.0 | (5.18) | 159.0 | (14.37) | 167.0 | (10.97) | 203.0 ** | (7.04) |
| Any whole fruit | 130.0 | (3.64) | 89.9 | (8.31) | 105.0 | (8.17) | 135.0 *** | (4.82) |
| Fresh fruit | 116.0 | (3.62) | 76.0 | (9.78) | 91.9 | (9.24) | 121.0 *** | (4.69) |
| Fresh orange | 9.9 | (1.55) | 7.3 u | (2.45) | 10.7 | (2.08) | 10.0 | (1.79) |
| Fresh other citrus | 3.2 | (0.68) | 0.7 u | (0.69) | 5.4 u | (2.56) | 3.0 * | (0.79) |
| Fresh apple | 22.6 | (2.58) | 19.4 | (5.38) | 17.7 | (2.82) | 23.8 | (3.44) |
| Fresh banana | 25.2 | (1.31) | 19.7 | (3.30) | 20.3 | (2.75) | 26.0 | (1.42) |
| Fresh melon | 7.9 | (1.19) | 1.4 u | (0.66) | 3.7 u | (1.26) | 9.1 *** | (1.46) |
| Fresh watermelon | 8.7 | (1.81) | 5.0 u | (3.55) | 12.2 u | (4.66) | 7.7 | (1.82) |
| Fresh grapes | 7.0 | (1.10) | 5.6 | (1.59) | 3.5 u | (1.26) | 7.8 | (1.25) |
| Fresh peach/nectarine | 9.2 | (2.19) | 2.3 u | (1.23) | 2.4 u | (1.00) | 10.4 ** | (2.47) |
| Fresh pear | 4.9 | (1.04) | 8.1 u | (2.75) | 2.8 u | (0.87) | 5.0 | (1.24) |
| Fresh berries | 9.5 | (0.98) | 0.1 u | (0.06) | 7.0 ** u | (2.26) | 10.4 *** | (1.19) |
| Fresh pineapple | 1.5 | (0.42) | 1.3 u | (0.92) | 0.5 u | (0.36) | 1.8 | (0.53) |
| Other fresh fruit | 5.2 | (0.84) | 4.8 | (1.40) | 5.3 u | (1.73) | 5.1 | (0.81) |
| Avocado/guacamole | 0.9 u | (0.28) | 0.6 u | (0.26) | 0.2 u | (0.11) | 1.0 u | (0.35) |
| Lemon/lime - any form | 0.0 u | (0.02) | 0.0 | (0.00) | 0.0 | (0.00) | 0.0 u | (0.03) |
| Canned or frozen fruit, total | 12.9 | (1.52) | 13.3 | (3.72) | 12.4 | (2.68) | 12.4 | (1.27) |
| Canned or frozen in syrup | 5.9 | (0.86) | 4.7 u | (2.67) | 4.9 u | (1.74) | 6.0 | (0.87) |
| Canned or frozen, no syrup | 7.0 | (0.92) | 8.6 u | (2.72) | 7.5 | (2.23) | 6.4 | (0.75) |
| Applesauce, canned/ frozen apples | 4.1 | (0.72) | 4.4 u | (2.45) | 2.4 u | (0.99) | 4.0 | (0.70) |
| Canned/frozen peaches | 3.0 | (0.67) | 2.5 u | (1.35) | 3.1 u | (1.25) | 3.0 | (0.76) |
| Canned/frozen pineapple | 1.0 | (0.23) | 0.4 u | (0.42) | 1.6 u | (0.80) | 0.7 u | (0.22) |
| Other canned/frozen | 4.9 | (0.66) | 6.0 | (1.68) | 5.3 u | (1.94) | 4.7 | (0.70) |
| 100% Fruit juice | 66.7 | (3.90) | 69.3 | (9.37) | 62.0 | (6.59) | 67.6 | (4.69) |
| Non-citrus juice | 19.7 | (1.76) | 21.1 | (5.23) | 19.8 | (3.12) | 19.7 | (2.32) |
| Citrus juice | 47.0 | (3.04) | 48.2 | (8.66) | 42.2 | (6.59) | 47.9 | (3.64) |
| Dried fruit | 1.5 | (0.24) | 0.5 u | (0.44) | 0.9 u | (0.29) | 1.7 * | (0.28) |
| Milk and milk products | 180.0 | (5.89) | 176.0 | (19.96) | 145.0 | (11.15) | 186.0 | (6.59) |
| Cow's milk, total | 148.0 | (5.50) | 151.0 | (18.41) | 130.0 | (10.39) | 150.0 | (5.90) |
| Unflavored white milk, total | 146.0 | (5.72) | 149.0 | (18.53) | 124.0 | (9.21) | 148.0 | (5.98) |
| Unflavored whole milk | 19.3 | (2.30) | 32.9 | (6.55) | 32.2 | (6.86) | 16.0 * | (2.62) |
| Unflavored non-whole, total | 125.0 | (4.90) | 111.0 | (19.52) | 89.0 | (10.50) | 132.0 | (5.48) |
| 2% milk, unflavored | 52.2 | (3.68) | 88.6 | (19.59) | 51.7 | (9.37) | 49.7 * | (3.30) |
| 1% milk, unflavored | 27.5 | (2.95) | 17.3 u | (6.44) | 20.5 u | (7.38) | 29.4 | (3.13) |
| Skim milk, unflavored | 45.7 | (4.42) | 5.2 u | (2.28) | 16.8 * | (4.55) | 52.6 *** | (5.37) |
| Unflavored, fat not specified | 1.1 | (0.26) | 4.7 u | (1.94) | 2.4 u | (1.10) | 0.7 * u | (0.27) |
| Flavored milk, total | 2.1 u | (0.79) | 2.0 u | (1.63) | 6.4 u | (5.04) | 1.5 u | (0.69) |
| Flavored, whole milk | 0.4 u | (0.30) | 0.0 | (0.00) | 0.2 u | (0.19) | 0.4 u | (0.38) |
| Flavored non-whole, total | 1.4 u | (0.69) | 2.0 u | (1.63) | 4.9 u | (4.83) | 0.9 u | (0.50) |
| 2% milk, flavored | 0.5 u | (0.38) | 0.0 | (0.00) | 0.0 | (0.00) | 0.6 u | (0.48) |
| 1% milk, flavored | 0.8 u | (0.57) | 2.0 u | (1.63) | 4.9 u | (4.83) | 0.2 | (0.05) |
| Skim milk, flavored | 0.1 u | (0.07) | 0.0 | (0.00) | 0.0 | (0.00) | 0.1 u | (0.09) |
| Flavored, fat not specified | 0.3 u | (0.12) | 0.0 | (0.00) | 1.3 u | (0.74) | 0.2 u | (0.11) |
| Soy milk | 5.9 | (1.03) | 1.7 u | (1.15) | 1.7 u | (0.76) | 6.6 ** | (1.25) |
| Dry or evaporated milk | 0.7 | (0.19) | 4.3 u | (2.98) | 0.8 u | (0.44) | 0.4 u | (0.21) |
| Yogurt | 14.4 | (1.26) | 9.6 u | (3.03) | 4.7 | (1.06) | 16.3 * | (1.53) |
| Cheese | 11.4 | (1.10) | 9.8 u | (3.88) | 7.4 | (1.24) | 12.5 | (1.32) |

See notes at end of table.

**Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
–Continued**

| Older adults, 60+ years old | | | | | | | | |
|------------------------------------|--------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 112.0 | (3.68) | 124.0 | (10.83) | 110.0 | (7.77) | 112.0 | (4.25) |
| Beef | 10.5 | (1.38) | 5.2 | (1.39) | 9.7 u | (3.15) | 10.9 ** | (1.56) |
| Ground beef | 1.7 | (0.33) | 1.0 u | (0.73) | 1.6 u | (0.80) | 1.8 | (0.41) |
| Pork | 5.9 | (0.66) | 3.8 u | (1.20) | 5.0 | (1.02) | 6.3 | (0.76) |
| Ham | 1.8 | (0.41) | 1.3 u | (0.71) | 1.0 u | (0.40) | 1.9 | (0.43) |
| Lamb and misc. meats | 0.6 u | (0.26) | 0.4 u | (0.28) | 0.4 u | (0.31) | 0.7 u | (0.32) |
| Chicken | 15.3 | (1.09) | 24.8 | (3.03) | 16.3 | (3.23) | 14.6 ** | (1.28) |
| Turkey | 2.9 | (0.53) | 2.8 u | (1.32) | 4.2 u | (1.43) | 2.8 | (0.68) |
| Organ meats | 0.2 u | (0.11) | 0.1 u | (0.08) | 0.2 u | (0.19) | 0.2 u | (0.13) |
| Hot dogs | 0.9 | (0.19) | 1.4 u | (0.84) | 0.9 u | (0.51) | 0.8 | (0.23) |
| Cold cuts | 1.5 | (0.22) | 1.1 u | (0.35) | 0.4 u | (0.16) | 1.6 | (0.25) |
| Fish | 14.4 | (1.54) | 15.9 u | (4.89) | 11.9 u | (3.62) | 14.9 | (1.77) |
| Shellfish | 3.2 u | (0.96) | 0.5 u | (0.36) | 2.6 u | (1.40) | 3.5 ** u | (1.06) |
| Bacon/sausage | 6.5 | (0.91) | 8.9 | (2.55) | 5.4 | (1.06) | 6.5 | (1.10) |
| Eggs | 19.2 | (1.51) | 30.0 | (4.94) | 19.4 * | (2.10) | 18.2 * | (1.74) |
| Beans | 12.3 | (1.51) | 12.7 | (2.56) | 19.5 | (4.97) | 11.6 | (1.41) |
| Baked/refried beans | 1.9 | (0.51) | 5.4 u | (3.50) | 2.2 u | (0.71) | 1.6 u | (0.54) |
| Soy products | 1.0 u | (0.42) | 0.7 u | (0.59) | 1.2 u | (0.78) | 1.0 u | (0.52) |
| Protein/meal enhancement | 2.8 | (0.57) | 3.0 u | (1.64) | 1.9 u | (1.11) | 2.8 | (0.70) |
| Nuts | 6.8 | (0.56) | 4.0 u | (1.23) | 4.5 | (0.94) | 7.4 * | (0.68) |
| Peanut/almond butter | 1.9 | (0.24) | 0.4 u | (0.16) | 1.6 * u | (0.51) | 2.1 *** | (0.29) |
| Seeds | 0.2 u | (0.07) | 0.1 u | (0.12) | 0.1 u | (0.08) | 0.2 u | (0.08) |
| Mixed dishes | 329.0 | (10.75) | 283.0 | (20.14) | 294.0 | (12.56) | 339.0 * | (13.23) |
| Tomato sauce and meat (no pasta) | 0.5 u | (0.32) | 0.0 u | (0.03) | 0.2 u | (0.22) | 0.6 u | (0.40) |
| Chili con carne | 4.9 | (1.36) | 1.6 u | (1.19) | 0.7 u | (0.43) | 5.7 * | (1.69) |
| Meat mixtures w/ red meat | 25.2 | (2.52) | 20.7 | (5.48) | 28.5 | (5.03) | 25.4 | (3.25) |
| Meat mixtures w/ chicken/turkey | 23.7 | (2.59) | 19.3 u | (6.04) | 18.4 | (4.22) | 25.0 | (3.22) |
| Meat mixtures w/ fish | 9.1 | (1.44) | 13.9 u | (8.11) | 6.1 u | (2.21) | 9.5 | (1.52) |
| Hamburgers/cheeseburgers | 17.4 | (1.90) | 13.6 | (3.55) | 19.2 | (4.51) | 17.2 | (2.13) |
| Other sandwiches | 81.8 | (4.11) | 62.4 | (9.41) | 77.5 | (9.64) | 83.9 * | (5.02) |
| Hot dogs | 6.9 | (1.33) | 4.5 | (1.12) | 5.0 | (1.44) | 6.9 | (1.63) |
| Luncheon meat | 26.9 | (1.90) | 25.8 | (6.27) | 24.2 | (3.67) | 27.4 | (2.31) |
| Beef, pork, ham | 15.6 | (1.76) | 8.2 u | (2.64) | 16.4 * | (2.61) | 16.4 * | (2.11) |
| Chicken, turkey | 10.9 | (1.79) | 6.9 u | (2.81) | 12.5 u | (5.18) | 10.7 | (1.98) |
| Cheese (no meat) | 7.9 | (1.19) | 5.1 u | (2.23) | 2.9 u | (0.94) | 8.8 | (1.44) |
| Fish | 5.7 | (1.02) | 2.5 u | (1.10) | 7.8 * u | (2.48) | 5.8 * | (1.08) |
| Peanut butter | 2.8 | (0.46) | 4.1 u | (1.68) | 2.6 u | (1.03) | 2.7 | (0.56) |
| Breakfast sandwiches | 5.2 | (0.70) | 5.5 u | (2.36) | 6.2 u | (2.91) | 5.2 | (0.67) |
| Pizza (no meat) | 3.0 u | (0.98) | 0.7 u | (0.45) | 2.0 u | (1.12) | 3.0 u | (1.17) |
| Pizza w/ meat | 8.0 | (1.45) | 8.6 u | (3.88) | 4.7 u | (2.48) | 8.7 | (1.58) |
| Mexican entrees | 19.0 | (3.82) | 23.1 u | (9.24) | 19.5 u | (5.92) | 18.8 | (4.02) |
| Macaroni and cheese | 4.8 | (0.79) | 2.4 u | (0.93) | 5.2 u | (1.93) | 4.8 | (0.87) |
| Pasta dishes | 30.1 | (2.94) | 20.2 | (5.34) | 29.7 | (5.83) | 30.6 | (3.39) |
| Rice dishes | 9.6 | (1.39) | 24.8 u | (7.90) | 13.2 u | (3.95) | 8.0 * | (1.31) |
| Other grain mixtures | 2.7 | (0.61) | 1.2 u | (0.70) | 0.9 u | (0.42) | 3.2 * | (0.77) |
| Meat soup | 39.3 | (5.07) | 21.7 | (5.57) | 33.7 | (6.22) | 41.2 * | (6.31) |
| Bean soup | 4.2 | (0.96) | 2.9 u | (2.25) | 3.0 u | (1.30) | 4.0 | (1.13) |
| Grain soups | 6.8 | (1.85) | 7.7 u | (5.38) | 5.5 | (1.51) | 7.2 u | (2.33) |
| Vegetables mixtures (incl. soup) | 19.6 | (2.23) | 22.8 u | (6.90) | 13.6 | (2.52) | 21.0 | (2.72) |
| Entrée salads | 19.1 | (1.90) | 15.0 u | (7.87) | 12.3 u | (5.10) | 21.0 | (2.21) |

See notes at end of table.

Table C-7. Average Amounts Consumed in Grams over the Total Population, by Food Group and Subgroup
—Continued

| | Older adults, 60+ years old | | | | | | | |
|--|-----------------------------|----------------|-------------------|-----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and | | | | | | | | |
| 100% fruit juice | 1,972.0 | (34.62) | 1,796.0 | (146.69) | 1,835.0 | (78.66) | 2,012.0 | (36.53) |
| Coffee | 435.0 | (18.00) | 508.0 | (118.48) | 415.0 | (44.38) | 438.0 | (17.42) |
| Tea | 232.0 | (14.68) | 119.0 | (17.05) | 293.0 *** | (47.39) | 230.0 *** | (17.41) |
| Beer | 72.5 | (6.06) | 53.9 u | (22.20) | 74.0 | (11.25) | 74.4 | (7.57) |
| Wine | 28.8 | (4.43) | 3.0 u | (2.04) | 12.2 * u | (4.19) | 33.4 *** | (5.05) |
| Liquor | 10.3 | (1.17) | 2.6 u | (1.07) | 4.8 | (0.85) | 11.9 *** | (1.37) |
| Water (plain) | 888.0 | (28.40) | 799.0 | (75.32) | 757.0 | (40.53) | 916.0 | (31.75) |
| Noncarbonated, sweetened drinks | 53.6 | (4.44) | 55.8 | (10.67) | 51.2 | (7.83) | 54.6 | (5.22) |
| Noncarbonated, low-calorie/sugar-free drinks | 31.1 | (6.55) | 33.8 u | (15.28) | 17.4 | (4.98) | 33.2 | (8.21) |
| Energy drinks | 1.3 u | (0.51) | 0.5 u | (0.49) | 0.2 u | (0.24) | 1.5 u | (0.64) |
| Any soda | 219.0 | (11.06) | 221.0 | (25.84) | 209.0 | (19.71) | 219.0 | (12.38) |
| Soda, regular | 84.3 | (5.01) | 132.0 | (17.36) | 122.0 | (12.17) | 75.0 ** | (5.41) |
| Soda, sugar-free | 135.0 | (9.52) | 88.2 | (18.64) | 86.6 | (13.37) | 144.0 * u | (11.27) |
| Sweets and desserts | 95.3 | (2.50) | 73.8 | (6.17) | 78.8 | (6.58) | 98.9 *** | (2.66) |
| Sugar and sugar substitutes | 3.0 | (0.29) | 5.2 | (0.77) | 4.2 | (0.58) | 2.8 ** | (0.34) |
| Syrups/sweet toppings | 4.5 | (0.55) | 3.0 u | (1.60) | 3.7 u | (1.57) | 4.8 | (0.58) |
| Jelly | 2.0 | (0.20) | 2.6 | (0.78) | 1.4 | (0.38) | 1.9 | (0.22) |
| Jello | 2.5 | (0.73) | 2.2 u | (1.42) | 1.9 u | (1.08) | 2.7 | (0.79) |
| Candy | 7.7 | (0.59) | 7.1 | (1.92) | 6.3 | (1.04) | 8.0 | (0.68) |
| Ice cream | 29.0 | (1.79) | 15.1 | (2.77) | 20.6 | (3.47) | 30.8 *** | (2.15) |
| Pudding | 5.1 | (0.80) | 4.4 u | (2.44) | 3.3 u | (1.03) | 5.6 | (0.98) |
| Ice/popsicles | 1.9 | (0.39) | 1.0 u | (0.55) | 0.4 u | (0.24) | 2.2 | (0.51) |
| Sweet rolls | 3.0 | (0.32) | 6.1 u | (2.33) | 4.4 | (0.92) | 2.6 | (0.44) |
| Cake/cupcakes | 14.1 | (1.56) | 12.0 u | (5.07) | 14.1 | (3.60) | 14.2 | (1.83) |
| Cookies | 10.8 | (0.59) | 7.0 | (1.09) | 9.9 | (1.16) | 11.2 *** | (0.66) |
| Pies/cobblers | 8.5 | (1.38) | 4.9 u | (1.94) | 5.6 | (1.67) | 8.9 | (1.63) |
| Pastries | 1.2 | (0.28) | 2.0 u | (0.87) | 1.5 u | (0.59) | 1.0 u | (0.31) |
| Doughnuts | 2.0 | (0.26) | 1.3 u | (0.47) | 1.6 | (0.46) | 2.1 | (0.31) |
| Salty snacks | 10.1 | (0.68) | 7.0 | (1.96) | 10.0 | (1.90) | 10.5 | (0.74) |
| Corn-based salty snacks | 2.9 | (0.32) | 1.2 u | (0.51) | 2.9 | (0.79) | 3.0 ** | (0.34) |
| Pretzels/party mix | 1.9 | (0.33) | 0.6 u | (0.27) | 2.5 u | (1.51) | 2.0 ** | (0.37) |
| Popcorn | 1.9 | (0.41) | 1.5 u | (1.10) | 1.5 u | (0.50) | 2.1 | (0.49) |
| Potato chips | 3.4 | (0.31) | 3.7 u | (1.42) | 3.2 | (0.47) | 3.4 | (0.39) |
| Added fats and oils | 18.3 | (1.09) | 13.8 | (1.84) | 16.5 | (2.16) | 19.0 * | (1.19) |
| Butter | 1.7 | (0.17) | 1.3 | (0.35) | 0.7 | (0.15) | 1.9 | (0.20) |
| Margarine | 2.3 | (0.17) | 2.1 | (0.58) | 2.2 | (0.24) | 2.3 | (0.16) |
| Other added fats | 1.4 | (0.28) | 1.5 u | (0.88) | 0.8 u | (0.34) | 1.5 | (0.37) |
| Other added oils | 0.1 u | (0.05) | 0.0 u | (0.03) | 0.0 u | (0.01) | 0.2 * u | (0.06) |
| Salad dressing | 0.7 | (0.19) | 0.2 u | (0.15) | 1.0 u | (0.49) | 0.7 * u | (0.23) |
| Mayonnaise | 0.2 u | (0.08) | 0.2 u | (0.18) | 0.2 u | (0.15) | 0.2 u | (0.09) |
| Gravy | 3.2 | (0.80) | 3.4 u | (1.57) | 5.0 u | (1.53) | 2.8 | (0.81) |
| Cream cheese | 1.0 | (0.24) | 1.0 u | (0.93) | 0.4 u | (0.19) | 1.1 | (0.28) |
| Cream/sour cream | 7.7 | (0.70) | 4.0 | (0.86) | 6.2 | (1.35) | 8.4 *** | (0.79) |
| Other | 3.1 | (0.35) | 1.3 u | (0.41) | 2.8 u | (0.97) | 3.2 *** | (0.38) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20-44 years old who were pregnant and women 20-59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Foods consumed from the vegetables, fruits, grains, and meat/meat alternate food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Food choices reflect individual foods consumed except when foods were reported to be eaten in 'combination' as sandwiches, Mexican entrees, green salads, and soups. In these cases, the foods reported in combination are counted as one food choice (for example, a sandwich reported as a beef, cheese, and roll was counted in the "cheeseburger/hamburger" group as one food choice). 'All persons' includes persons with missing SNAP participation or income. Means are not age-adjusted. Significant differences in means are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

- ¹ Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The MyPyramid data sources listed above were used to classify grains.
 - ² "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "high in nutrients"; all others are "low in nutrients." Raw vegetables high in nutrients include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables that are low in nutrients include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.
- u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
- Not applicable.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup

| | All persons, 1+ years old | | | | | | | |
|---|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 17,239 | -- | 3,407 | -- | 3,946 | -- | 9,148 | -- |
| Grains | 131.0 | (3.08) | 124.0 | (5.72) | 136.0 | (5.73) | 130.0 | (3.22) |
| Whole grains ¹ | 102.0 | (2.80) | 99.4 | (7.20) | 97.9 | (5.46) | 102.0 | (3.21) |
| Refined grains | 108.0 | (2.69) | 107.0 | (5.16) | 119.0 | (5.25) | 104.0 | (2.65) |
| Bread | 56.6 | (1.37) | 54.1 | (2.37) | 57.7 | (3.35) | 55.6 | (1.63) |
| Rolls | 47.5 | (1.91) | 53.0 | (9.79) | 51.0 | (5.34) | 45.8 | (2.09) |
| English muffin | 57.0 | (1.98) | 57.1 | (7.49) | 64.9 | (9.15) | 57.3 | (1.98) |
| Bagels | 88.4 | (2.60) | 92.3 | (6.70) | 83.8 | (4.53) | 88.5 | (3.07) |
| Biscuits, scones, croissants | 55.4 | (1.72) | 61.8 | (5.51) | 59.1 | (4.76) | 54.2 | (2.56) |
| Muffins | 95.5 | (4.75) | 122.0 | (19.39) | 94.0 | (6.11) | 94.5 | (5.68) |
| Cornbread | 111.0 | (7.18) | 102.0 | (12.05) | 114.0 | (13.49) | 112.0 | (9.68) |
| Corn tortillas | 99.8 | (3.86) | 90.5 | (6.95) | 102.0 | (5.10) | 102.0 | (8.40) |
| Flour tortillas | 90.2 | (3.41) | 98.8 | (7.76) | 99.9 | (8.26) | 86.1 | (5.16) |
| Taco shells | 48.4 | (7.17) | 51.2 | (10.68) | 56.4 u | (17.27) | 39.6 | (5.99) |
| Crackers | 27.8 | (0.67) | 27.9 | (1.41) | 27.1 | (1.75) | 28.3 | (0.84) |
| Breakfast/granola bar | 39.9 | (1.51) | 39.1 | (2.88) | 39.4 | (4.14) | 39.7 | (1.72) |
| Pancakes, waffles, French toast | 95.5 | (3.42) | 93.5 | (6.55) | 96.4 | (6.06) | 96.3 | (4.36) |
| Cold cereal | 47.0 | (0.89) | 44.6 | (1.74) | 42.5 | (1.37) | 48.5 | (1.14) |
| Hot cereal | 232.0 | (4.92) | 232.0 | (21.09) | 241.0 | (10.19) | 231.0 | (5.59) |
| Rice | 182.0 | (5.84) | 173.0 | (11.57) | 207.0 * | (11.18) | 176.0 | (7.59) |
| Pasta | 170.0 | (9.20) | 133.0 | (12.74) | 184.0 * | (18.25) | 174.0 * | (11.86) |
| Vegetables | 202.0 | (4.76) | 178.0 | (6.11) | 182.0 | (5.03) | 209.0 *** | (6.44) |
| Raw vegetables | 164.0 | (5.35) | 145.0 | (8.44) | 161.0 | (7.49) | 167.0 * | (6.17) |
| Raw lettuce/greens | 52.7 | (6.50) | 36.7 u | (11.88) | 43.0 | (5.67) | 54.7 | (9.14) |
| Raw carrots | 58.7 | (3.03) | 54.0 | (12.17) | 62.8 | (5.89) | 59.3 | (3.17) |
| Raw tomatoes | 109.0 | (6.30) | 81.2 | (18.13) | 102.0 | (12.39) | 114.0 | (6.68) |
| Raw cabbage/coleslaw | 106.0 | (6.03) | 81.2 | (12.38) | 102.0 | (14.44) | 109.0 * | (6.91) |
| Other raw (higher in vitamins A or C) ² | 43.4 | (4.83) | 42.8 u | (14.36) | 51.8 | (10.05) | 42.1 | (5.18) |
| Other raw (lower in vitamins A or C) ² | 65.8 | (8.22) | 75.5 u | (24.52) | 61.8 | (8.56) | 67.1 | (10.12) |
| Salads (w/greens) | 196.0 | (6.12) | 182.0 | (11.65) | 219.0 * | (12.57) | 195.0 | (6.90) |
| Cooked vegetables, excl. potatoes | 112.0 | (4.08) | 104.0 | (8.44) | 102.0 | (5.65) | 115.0 | (5.03) |
| Cooked green beans | 95.6 | (3.25) | 81.9 | (5.95) | 87.5 | (6.96) | 98.1 * | (4.20) |
| Cooked corn | 106.0 | (5.42) | 88.1 | (7.10) | 100.0 | (5.22) | 112.0 * | (7.39) |
| Cooked peas | 84.6 | (3.82) | 88.9 | (13.20) | 84.9 | (6.04) | 83.5 | (5.27) |
| Cooked carrots | 63.1 | (3.19) | 66.3 | (9.41) | 76.9 | (11.80) | 61.4 | (3.01) |
| Cooked broccoli | 118.0 | (5.14) | 109.0 | (8.48) | 132.0 | (17.09) | 113.0 | (5.39) |
| Cooked tomatoes | 40.0 | (2.09) | 37.2 | (3.61) | 33.7 | (3.28) | 42.2 | (2.71) |
| Cooked mixed | 140.0 | (9.51) | 185.0 | (25.66) | 115.0 * | (20.82) | 141.0 | (13.17) |
| Cooked starchy | 130.0 | (13.64) | 149.0 | (17.82) | 140.0 | (24.16) | 121.0 | (16.94) |
| Other cooked deep yellow | 133.0 | (11.08) | 114.0 | (10.92) | 145.0 | (27.30) | 134.0 | (12.37) |
| Other cooked dark green | 128.0 | (5.22) | 126.0 | (12.11) | 139.0 | (18.06) | 127.0 | (6.99) |
| Other cooked (higher in vitamins A or C) ² | 116.0 | (8.24) | 107.0 | (15.97) | 155.0 | (36.33) | 114.0 | (8.13) |
| Other cooked (lower in vitamins A or C) ² | 120.0 | (20.01) | 165.0 u | (98.13) | 83.0 | (12.44) | 121.0 | (24.67) |
| Other fried | 170.0 | (39.72) | 402.0 u | (308.63) | 345.0 u | (196.12) | 122.0 | (21.79) |
| Cooked potatoes | 128.0 | (1.97) | 121.0 | (4.31) | 124.0 | (5.21) | 131.0 * | (2.66) |
| Cooked potatoes-not fried | 158.0 | (2.45) | 144.0 | (6.56) | 161.0 * | (5.36) | 161.0 * | (3.48) |
| Cooked potatoes-fried | 93.5 | (2.30) | 92.7 | (4.93) | 90.1 | (5.19) | 94.0 | (2.99) |
| Vegetable juice | 312.0 | (23.20) | 422.0 | (81.81) | 271.0 | (42.87) | 308.0 | (27.40) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| All persons, 1+ years old | | | | | | | | |
|-----------------------------------|--------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 301.0 | (4.91) | 348.0 | (13.65) | 321.0 | (8.76) | 289.0 *** | (5.59) |
| Any whole fruit | 205.0 | (3.67) | 200.0 | (4.80) | 207.0 | (7.68) | 204.0 | (4.32) |
| Fresh fruit | 204.0 | (4.03) | 192.0 | (6.57) | 207.0 | (8.34) | 203.0 | (4.72) |
| Fresh orange | 139.0 | (4.31) | 135.0 | (7.95) | 149.0 | (9.06) | 137.0 | (5.37) |
| Fresh other citrus | 210.0 | (13.35) | 249.0 | (31.14) | 202.0 | (21.93) | 213.0 | (19.53) |
| Fresh apple | 170.0 | (3.19) | 165.0 | (6.67) | 181.0 | (9.00) | 170.0 | (3.37) |
| Fresh banana | 118.0 | (1.67) | 119.0 | (4.14) | 114.0 | (3.66) | 118.0 | (1.84) |
| Fresh melon | 126.0 | (7.90) | 101.0 | (10.10) | 119.0 | (19.94) | 132.0 * | (9.23) |
| Fresh watermelon | 248.0 | (26.23) | 226.0 | (30.09) | 280.0 | (81.76) | 244.0 | (27.14) |
| Fresh grapes | 103.0 | (4.29) | 92.2 | (7.87) | 102.0 | (6.73) | 104.0 | (5.02) |
| Fresh peach/nectarine | 164.0 | (11.59) | 121.0 | (7.99) | 162.0 ** | (11.04) | 166.0 ** | (12.93) |
| Fresh pear | 163.0 | (6.41) | 179.0 | (19.95) | 153.0 | (16.36) | 162.0 | (7.73) |
| Fresh berries | 92.1 | (2.65) | 69.3 | (6.78) | 114.0 | (25.61) | 89.4 * | (4.89) |
| Fresh pineapple | 85.3 | (6.63) | 142.0 | (22.59) | 98.9 | (12.83) | 79.7 ** | (6.60) |
| Other fresh fruit | 130.0 | (11.26) | 115.0 | (11.65) | 128.0 | (8.67) | 133.0 | (15.09) |
| Avocado/guacamole | 102.0 | (9.25) | 82.7 | (16.33) | 93.1 | (12.18) | 105.0 | (12.75) |
| Lemon/lime - any form | 16.1 u | (5.36) | . | (.) | 43.0 u | (19.28) | 11.8 | (2.70) |
| Canned or frozen fruit, total | 130.0 | (5.35) | 170.0 | (14.11) | 131.0 * | (6.92) | 123.0 ** | (6.08) |
| Canned or frozen in syrup | 120.0 | (6.43) | 178.0 | (20.00) | 132.0 | (14.08) | 109.0 ** | (8.05) |
| Canned or frozen, no syrup | 131.0 | (5.39) | 155.0 | (15.62) | 124.0 | (7.35) | 127.0 | (6.03) |
| Applesauce, canned/ frozen apples | 135.0 | (6.31) | 153.0 | (31.05) | 124.0 | (8.98) | 136.0 | (6.63) |
| Canned/frozen peaches | 125.0 | (10.79) | 158.0 | (26.38) | 127.0 | (11.27) | 115.0 | (13.25) |
| Canned/frozen pineapple | 106.0 | (11.46) | 128.0 | (12.97) | 119.0 | (20.61) | 94.6 | (12.60) |
| Other canned/frozen | 114.0 | (6.49) | 150.0 | (12.78) | 114.0 * | (8.13) | 107.0 ** | (8.78) |
| 100% Fruit juice | 303.0 | (6.15) | 358.0 | (19.82) | 325.0 | (12.32) | 288.0 *** | (7.42) |
| Non-citrus juice | 319.0 | (7.93) | 378.0 | (30.58) | 333.0 | (16.60) | 299.0 * | (7.65) |
| Citrus juice | 261.0 | (7.37) | 283.0 | (12.24) | 286.0 | (17.53) | 254.0 * | (8.54) |
| Dried fruit | 37.6 | (2.37) | 67.3 u | (21.99) | 41.0 | (5.63) | 35.9 | (2.39) |
| Milk and milk products | 321.0 | (6.11) | 370.0 | (14.77) | 309.0 *** | (10.48) | 316.0 ** | (7.65) |
| Cow's milk, total | 347.0 | (7.08) | 386.0 | (16.45) | 333.0 ** | (9.81) | 346.0 * | (8.96) |
| Unflavored white milk, total | 334.0 | (6.82) | 361.0 | (14.34) | 316.0 ** | (9.94) | 335.0 | (9.06) |
| Unflavored whole milk | 337.0 | (13.34) | 360.0 | (14.97) | 319.0 | (21.19) | 340.0 | (21.06) |
| Unflavored non-whole, total | 327.0 | (6.80) | 345.0 | (24.55) | 308.0 | (8.48) | 329.0 | (8.69) |
| 2% milk, unflavored | 321.0 | (7.56) | 349.0 | (25.97) | 299.0 | (11.15) | 319.0 | (9.11) |
| 1% milk, unflavored | 324.0 | (12.08) | 288.0 | (14.84) | 320.0 | (24.67) | 327.0 | (15.64) |
| Skim milk, unflavored | 323.0 | (13.50) | 342.0 | (75.84) | 294.0 | (22.68) | 328.0 | (14.42) |
| Unflavored, fat not specified | 195.0 | (22.16) | 217.0 | (23.07) | 229.0 | (20.74) | 171.0 | (38.06) |
| Flavored milk, total | 309.0 | (12.56) | 293.0 | (21.44) | 305.0 | (13.34) | 316.0 | (17.01) |
| Flavored, whole milk | 304.0 | (24.42) | 324.0 | (54.18) | 270.0 | (26.95) | 308.0 | (37.63) |
| Flavored non-whole, total | 308.0 | (12.51) | 286.0 | (20.19) | 324.0 | (21.60) | 309.0 | (19.18) |
| 2% milk, flavored | 314.0 | (14.34) | 315.0 | (31.53) | 325.0 | (29.83) | 306.0 | (21.18) |
| 1% milk, flavored | 290.0 | (11.84) | 262.0 | (19.58) | 335.0 | (37.11) | 287.0 | (14.95) |
| Skim milk, flavored | 312.0 | (59.51) | 189.0 | (42.84) | 257.0 | (21.78) | 350.0 | (72.58) |
| Flavored, fat not specified | 295.0 | (21.69) | 252.0 | (22.21) | 281.0 | (22.00) | 328.0 | (43.03) |
| Soy milk | 219.0 | (15.37) | 265.0 | (51.26) | 236.0 | (43.74) | 213.0 | (18.48) |
| Dry or evaporated milk | 58.4 | (10.26) | 52.7 u | (26.91) | 43.6 u | (16.13) | 64.5 | (11.71) |
| Yogurt | 166.0 | (3.75) | 165.0 | (12.60) | 157.0 | (7.50) | 166.0 | (4.57) |
| Cheese | 48.1 | (1.80) | 44.5 | (3.97) | 48.1 | (4.25) | 49.3 | (2.16) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | All persons, 1+ years old | | | | | | | |
|----------------------------------|---------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 165.0 | (2.14) | 162.0 | (5.72) | 171.0 | (4.70) | 164.0 | (2.67) |
| Beef | 116.0 | (3.45) | 102.0 | (7.53) | 109.0 | (6.58) | 121.0 * | (4.64) |
| Ground beef | 96.1 | (5.53) | 91.4 | (11.52) | 115.0 | (32.31) | 91.4 | (6.89) |
| Pork | 94.5 | (3.65) | 82.2 | (3.76) | 97.1 | (10.74) | 96.3 * | (4.30) |
| Ham | 71.5 | (7.44) | 96.4 | (19.35) | 56.7 | (10.97) | 70.7 | (8.88) |
| Lamb and misc. meats | 114.0 | (9.24) | 102.0 u | (31.77) | 118.0 | (22.87) | 112.0 | (11.12) |
| Chicken | 118.0 | (2.30) | 114.0 | (6.97) | 121.0 | (3.99) | 119.0 | (2.66) |
| Turkey | 114.0 | (8.55) | 88.5 | (13.43) | 115.0 | (17.91) | 116.0 | (10.10) |
| Organ meats | 101.0 | (25.50) | 169.0 u | (75.93) | 132.0 | (19.47) | 67.4 | (16.11) |
| Hot dogs | 83.5 | (7.28) | 90.5 | (4.38) | 92.4 | (9.45) | 79.1 | (10.28) |
| Cold cuts | 61.6 | (6.42) | 45.8 | (5.84) | 50.5 | (4.01) | 66.1 * | (8.33) |
| Fish | 146.0 | (5.80) | 145.0 | (11.01) | 160.0 | (17.63) | 146.0 | (6.72) |
| Shellfish | 83.8 | (7.81) | 77.6 | (10.78) | 85.6 | (8.57) | 84.4 | (10.38) |
| Bacon/sausage | 53.0 | (2.93) | 53.4 | (4.92) | 49.9 | (5.28) | 53.4 | (4.04) |
| Eggs | 120.0 | (2.31) | 125.0 | (9.25) | 115.0 | (4.39) | 121.0 | (3.29) |
| Beans | 138.0 | (5.62) | 137.0 | (10.09) | 147.0 | (9.15) | 137.0 | (7.94) |
| Baked/refried beans | 136.0 | (6.85) | 161.0 | (20.31) | 145.0 | (14.60) | 130.0 | (8.70) |
| Soy products | 173.0 | (29.76) | 134.0 | (12.37) | 121.0 | (36.01) | 188.0 | (33.24) |
| Protein/meal enhancement | 128.0 | (17.44) | 210.0 | (46.61) | 191.0 | (51.57) | 114.0 | (17.63) |
| Nuts | 46.8 | (1.94) | 45.8 | (5.49) | 50.3 | (6.15) | 47.0 | (2.20) |
| Peanut/almond butter | 25.9 | (1.22) | 24.1 | (2.94) | 23.1 | (2.64) | 26.4 | (1.61) |
| Seeds | 28.8 | (2.83) | 33.5 | (10.01) | 30.7 | (5.26) | 27.2 | (3.64) |
| Mixed dishes | 434.0 | (5.51) | 405.0 | (11.90) | 448.0 ** | (10.64) | 438.0 * | (6.11) |
| Tomato sauce and meat (no pasta) | 221.0 | (31.73) | 112.0 | (8.97) | 229.0 *** | (25.50) | 234.0 ** | (40.94) |
| Chili con carne | 287.0 | (19.72) | 322.0 | (43.89) | 334.0 | (46.38) | 280.0 | (22.32) |
| Meat mixtures w/ red meat | 240.0 | (8.08) | 227.0 | (18.47) | 242.0 | (18.97) | 246.0 | (9.19) |
| Meat mixtures w/ chicken/turkey | 248.0 | (5.97) | 226.0 | (15.43) | 250.0 | (16.56) | 255.0 | (6.60) |
| Meat mixtures w/ fish | 207.0 | (11.49) | 204.0 | (24.78) | 187.0 | (30.46) | 214.0 | (13.61) |
| Hamburgers/cheeseburgers | 207.0 | (3.46) | 200.0 | (5.64) | 223.0 | (11.36) | 206.0 | (4.12) |
| Other sandwiches | 213.0 | (2.13) | 206.0 | (6.16) | 206.0 | (7.23) | 216.0 | (2.40) |
| Hot dogs | 168.0 | (4.71) | 172.0 | (7.44) | 167.0 | (10.71) | 168.0 | (6.26) |
| Luncheon meat | 194.0 | (3.43) | 189.0 | (8.86) | 188.0 | (10.60) | 197.0 | (4.46) |
| Beef, pork, ham | 223.0 | (6.37) | 250.0 | (25.90) | 203.0 | (10.79) | 226.0 | (7.37) |
| Chicken, turkey | 215.0 | (8.11) | 194.0 | (11.06) | 213.0 | (23.98) | 219.0 | (8.74) |
| Cheese (no meat) | 147.0 | (7.03) | 123.0 | (14.67) | 166.0 | (22.30) | 145.0 | (9.04) |
| Fish | 203.0 | (8.09) | 200.0 | (21.93) | 199.0 | (23.29) | 204.0 | (9.19) |
| Peanut butter | 94.3 | (2.92) | 90.8 | (9.65) | 94.1 | (5.34) | 95.8 | (4.17) |
| Breakfast sandwiches | 175.0 | (4.72) | 161.0 | (10.87) | 179.0 | (14.17) | 177.0 | (6.55) |
| Pizza (no meat) | 181.0 | (9.22) | 157.0 | (28.29) | 166.0 | (15.83) | 189.0 | (12.76) |
| Pizza w/ meat | 228.0 | (5.30) | 219.0 | (14.27) | 207.0 | (12.65) | 232.0 | (6.83) |
| Mexican entrees | 294.0 | (12.34) | 272.0 | (15.91) | 325.0 * | (19.21) | 286.0 | (14.12) |
| Macaroni and cheese | 218.0 | (8.12) | 209.0 | (15.75) | 248.0 | (16.33) | 212.0 | (9.48) |
| Pasta dishes | 313.0 | (8.69) | 291.0 | (13.39) | 354.0 ** | (16.60) | 308.0 | (10.47) |
| Rice dishes | 216.0 | (6.82) | 208.0 | (11.88) | 230.0 | (13.06) | 214.0 | (8.97) |
| Other grain mixtures | 111.0 | (6.18) | 122.0 | (11.12) | 122.0 | (9.66) | 109.0 | (7.44) |
| Meat soup | 449.0 | (18.89) | 447.0 | (26.09) | 448.0 | (32.67) | 450.0 | (25.35) |
| Bean soup | 323.0 | (32.35) | 224.0 | (21.19) | 438.0 ** | (74.77) | 304.0 * | (32.91) |
| Grain soups | 353.0 | (12.57) | 321.0 | (16.22) | 341.0 | (19.83) | 368.0 | (21.72) |
| Vegetables mixtures (incl. soup) | 231.0 | (9.00) | 206.0 | (17.78) | 247.0 | (21.17) | 237.0 | (11.84) |
| Entrée salads | 317.0 | (12.64) | 300.0 | (36.40) | 353.0 | (42.68) | 316.0 | (12.87) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| All persons, 1+ years old | | | | | | | | |
|--|----------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice | 2,105.0 | (26.88) | 1,794.0 | (54.56) | 1,963.0 * | (49.44) | 2,194.0 *** | (29.36) |
| Coffee | 624.0 | (12.81) | 673.0 | (64.02) | 563.0 | (23.19) | 631.0 | (11.97) |
| Tea | 694.0 | (16.55) | 682.0 | (43.32) | 709.0 | (36.37) | 698.0 | (20.89) |
| Beer | 1,044.0 | (40.00) | 1,190.0 | (88.20) | 1,211.0 | (94.20) | 1,001.0 | (43.55) |
| Wine | 262.0 | (11.46) | 334.0 | (68.87) | 278.0 | (35.54) | 265.0 | (12.25) |
| Liquor | 249.0 | (19.53) | 240.0 | (35.18) | 234.0 | (28.80) | 253.0 | (23.75) |
| Water (plain) | 1,217.0 | (21.66) | 1,077.0 | (44.23) | 1,157.0 | (31.60) | 1,249.0 *** | (22.63) |
| Noncarbonated, sweetened drinks | 502.0 | (12.75) | 502.0 | (25.39) | 490.0 | (13.65) | 509.0 | (16.07) |
| Noncarbonated, low-calorie/sugar-free drinks | 481.0 | (26.77) | 430.0 | (39.86) | 374.0 | (27.70) | 510.0 | (35.90) |
| Energy drinks | 475.0 | (36.50) | 483.0 | (71.69) | 460.0 | (54.04) | 477.0 | (49.15) |
| Any soda | 676.0 | (15.35) | 661.0 | (20.08) | 673.0 | (30.70) | 684.0 | (18.72) |
| Soda, regular | 637.0 | (15.56) | 657.0 | (19.45) | 652.0 | (24.16) | 632.0 | (20.13) |
| Soda, sugar-free | 683.0 | (20.30) | 598.0 | (43.89) | 670.0 | (85.72) | 689.0 | (21.16) |
| Sweets and desserts | 110.0 | (2.10) | 105.0 | (3.79) | 106.0 | (4.45) | 112.0 | (2.76) |
| Sugar and sugar substitutes | 10.7 | (0.33) | 15.1 | (1.31) | 12.0 * | (0.70) | 9.7 *** | (0.40) |
| Syrups/sweet toppings | 35.8 | (2.11) | 35.8 | (3.12) | 38.8 | (4.12) | 35.3 | (2.56) |
| Jelly | 18.7 | (1.08) | 14.8 | (1.46) | 20.3 * | (2.37) | 18.8 * | (1.29) |
| Jello | 128.0 | (8.60) | 125.0 | (20.02) | 115.0 | (12.96) | 134.0 | (12.12) |
| Candy | 36.7 | (1.24) | 35.9 | (1.72) | 36.5 | (2.44) | 37.2 | (1.59) |
| Ice cream | 135.0 | (4.34) | 147.0 | (8.11) | 130.0 | (8.52) | 135.0 | (5.29) |
| Pudding | 142.0 | (7.94) | 143.0 | (14.57) | 141.0 | (11.54) | 142.0 | (9.28) |
| Ice/popsicles | 132.0 | (8.42) | 138.0 | (10.27) | 113.0 | (9.52) | 138.0 | (12.64) |
| Sweet rolls | 81.3 | (2.74) | 81.7 | (5.56) | 80.0 | (4.02) | 82.0 | (4.08) |
| Cake/cupcakes | 112.0 | (4.89) | 101.0 | (8.04) | 118.0 | (13.63) | 111.0 | (6.76) |
| Cookies | 39.3 | (0.66) | 41.0 | (1.62) | 40.0 | (1.88) | 39.0 | (0.84) |
| Pies/cobblers | 137.0 | (4.84) | 149.0 | (33.55) | 121.0 | (11.48) | 138.0 | (5.77) |
| Pastries | 85.3 | (2.92) | 79.7 | (5.97) | 84.6 | (7.18) | 87.6 | (3.30) |
| Doughnuts | 75.3 | (3.55) | 77.7 | (7.65) | 88.6 | (7.48) | 72.7 | (4.42) |
| Salty snacks | 42.2 | (0.93) | 42.7 | (2.18) | 45.0 | (1.75) | 42.0 | (1.09) |
| Corn-based salty snacks | 39.1 | (1.17) | 38.6 | (1.76) | 41.7 | (1.80) | 38.9 | (1.48) |
| Pretzels/party mix | 44.3 | (3.80) | 51.7 | (12.05) | 44.2 | (8.34) | 45.0 | (4.73) |
| Popcorn | 38.3 | (1.72) | 36.0 | (3.13) | 42.5 | (3.52) | 37.6 | (1.96) |
| Potato chips | 32.0 | (0.70) | 35.3 | (1.83) | 31.6 | (1.16) | 31.6 | (0.83) |
| Added fats and oils | 36.0 | (1.06) | 34.2 | (3.51) | 35.5 | (2.82) | 36.2 | (1.22) |
| Butter | 10.0 | (0.36) | 8.7 | (0.67) | 9.8 | (0.74) | 10.1 | (0.45) |
| Margarine | 10.5 | (0.35) | 10.6 | (0.73) | 9.2 | (0.88) | 10.7 | (0.40) |
| Other added fats | 50.4 | (3.30) | 47.3 | (7.60) | 67.5 | (13.01) | 47.7 | (4.03) |
| Other added oils | 11.5 | (1.94) | 4.9 | (1.13) | 7.1 u | (2.48) | 12.3 ** | (2.31) |
| Salad dressing | 29.2 | (1.47) | 37.1 | (7.32) | 34.0 | (5.07) | 27.9 | (2.01) |
| Mayonnaise | 23.3 | (4.44) | 25.1 u | (8.23) | 13.5 | (1.84) | 25.1 | (5.54) |
| Gravy | 68.0 | (6.81) | 67.8 | (17.08) | 58.7 | (9.53) | 68.1 | (5.52) |
| Cream cheese | 30.4 | (2.45) | 43.3 u | (16.87) | 20.3 | (2.39) | 31.8 | (2.70) |
| Cream/sour cream | 33.3 | (1.49) | 32.1 | (3.47) | 29.7 | (2.24) | 33.7 | (1.67) |
| Other | 33.3 | (2.17) | 26.7 | (3.73) | 39.3 * | (4.37) | 32.8 | (2.47) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|---|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 6,669 | - | 1,795 | - | 1,624 | - | 2,989 | - |
| Grains | 107.0 | (3.02) | 102.0 | (3.98) | 110.0 | (8.94) | 106.0 | (4.30) |
| Whole grains ¹ | 69.0 | (3.06) | 70.1 | (5.92) | 71.4 | (7.33) | 67.1 | (4.53) |
| Refined grains | 95.0 | (3.07) | 90.0 | (4.47) | 98.8 | (7.51) | 94.1 | (3.90) |
| Bread | 51.4 | (2.91) | 45.7 | (1.94) | 55.9 | (5.66) | 50.1 | (3.89) |
| Rolls | 42.2 | (2.15) | 35.5 | (1.82) | 38.8 | (2.87) | 44.2 * | (3.42) |
| English muffin | 53.6 | (10.76) | 29.0 | (0.00) | 44.7 | (10.18) | 59.5 * | (12.16) |
| Bagels | 80.6 | (3.74) | 101.0 | (12.17) | 83.1 | (8.08) | 77.7 | (4.11) |
| Biscuits, scones, croissants | 57.3 | (3.92) | 54.3 | (8.20) | 68.6 | (13.20) | 57.0 | (7.72) |
| Muffins | 85.1 | (11.60) | 94.1 | (12.70) | 91.6 | (15.81) | 81.0 | (15.04) |
| Cornbread | 68.4 | (8.75) | 63.1 | (8.13) | 79.0 | (9.41) | 66.8 | (14.41) |
| Corn tortillas | 53.5 | (4.26) | 48.8 | (5.75) | 45.4 | (4.00) | 83.9 ** | (9.22) |
| Flour tortillas | 69.4 | (9.15) | 87.0 | (22.28) | 54.8 u | (17.46) | 66.4 | (9.39) |
| Taco shells | 50.9 | (8.59) | 53.4 | (11.83) | 35.3 | (6.46) | 46.7 | (8.52) |
| Crackers | 27.4 | (1.39) | 24.6 | (2.07) | 27.8 | (2.45) | 28.3 | (1.63) |
| Breakfast/granola bar | 34.3 | (1.71) | 33.2 | (2.82) | 35.0 | (3.80) | 34.2 | (2.28) |
| Pancakes, waffles, French toast | 81.2 | (2.88) | 83.0 | (6.17) | 73.5 | (6.42) | 82.9 | (3.64) |
| Cold cereal | 37.6 | (0.95) | 36.9 | (1.07) | 38.7 | (1.50) | 37.3 | (1.31) |
| Hot cereal | 183.0 | (7.66) | 179.0 | (10.99) | 184.0 | (19.72) | 186.0 | (11.18) |
| Rice | 154.0 | (9.32) | 146.0 | (15.38) | 169.0 | (21.63) | 152.0 | (18.20) |
| Pasta | 146.0 | (17.52) | 129.0 | (25.00) | 172.0 | (18.44) | 147.0 | (22.85) |
| Vegetables | 130.0 | (4.61) | 127.0 | (6.79) | 127.0 | (7.33) | 131.0 | (6.96) |
| Raw vegetables | 113.0 | (9.64) | 109.0 | (14.88) | 125.0 | (15.40) | 111.0 | (12.39) |
| Raw lettuce/greens | 27.1 | (4.16) | 19.1 u | (8.69) | 38.3 | (9.52) | 24.7 | (3.65) |
| Raw carrots | 54.9 | (4.64) | 60.8 u | (18.46) | 52.0 | (10.42) | 54.6 | (5.45) |
| Raw tomatoes | 87.3 | (15.01) | 56.5 | (10.92) | 66.9 | (13.03) | 96.8 | (19.15) |
| Raw cabbage/coleslaw | 91.0 | (24.66) | 76.5 | (14.69) | 157.0 u | (74.98) | 67.6 | (7.70) |
| Other raw (higher in vitamins A or C) ² | 36.9 | (5.15) | 70.5 u | (27.61) | 29.8 | (6.80) | 33.1 | (6.20) |
| Other raw (lower in vitamins A or C) ² | 67.9 | (13.92) | 94.2 u | (47.21) | 67.4 | (16.77) | 66.4 | (16.61) |
| Salads (w/greens) | 147.0 | (13.32) | 132.0 | (12.60) | 172.0 | (27.58) | 147.0 | (17.10) |
| Cooked vegetables, excl. potatoes | 68.2 | (2.91) | 66.2 | (4.17) | 66.0 | (4.90) | 67.1 | (3.82) |
| Cooked green beans | 65.4 | (3.55) | 64.4 | (4.73) | 57.6 | (5.53) | 66.5 | (5.45) |
| Cooked corn | 76.5 | (3.35) | 69.8 | (6.67) | 85.8 | (7.45) | 77.3 | (4.57) |
| Cooked peas | 57.3 | (4.14) | 56.4 | (7.00) | 69.2 | (12.03) | 52.6 | (3.32) |
| Cooked carrots | 51.7 | (3.17) | 49.9 | (4.68) | 57.8 | (9.90) | 53.7 | (4.17) |
| Cooked broccoli | 79.5 | (6.91) | 76.0 | (16.63) | 115.0 | (16.95) | 70.4 | (6.23) |
| Cooked tomatoes | 28.9 | (1.89) | 31.1 | (3.16) | 29.2 | (4.92) | 27.6 | (2.68) |
| Cooked mixed | 80.4 | (7.60) | 70.1 | (11.16) | 75.6 | (9.85) | 82.1 | (12.48) |
| Cooked starchy | 94.5 | (13.50) | 124.0 | (20.63) | 134.0 | (22.83) | 88.3 | (16.00) |
| Other cooked deep yellow | 72.7 | (9.96) | 89.9 | (19.61) | 65.5 u | (29.86) | 70.6 | (10.34) |
| Other cooked dark green | 83.7 | (11.43) | 97.5 | (19.25) | 58.8 | (7.94) | 89.8 | (15.28) |
| Other cooked (higher in vitamins A or C) ² | 84.9 | (16.67) | 76.5 | (10.01) | 48.5 * | (7.62) | 101.0 | (28.56) |
| Other cooked (lower in vitamins A or C) ² | 70.2 | (7.81) | 44.9 | (12.44) | 56.2 | (6.03) | 63.9 | (5.55) |
| Other fried | 73.7 | (13.38) | . | (.) | 95.7 | (17.50) | 66.2 | (12.90) |
| Cooked potatoes | 97.2 | (2.73) | 93.5 | (5.35) | 96.6 | (5.44) | 99.5 | (4.66) |
| Cooked potatoes-not fried | 136.0 | (6.33) | 116.0 | (7.47) | 135.0 | (8.89) | 147.0 * | (11.12) |
| Cooked potatoes-fried | 68.8 | (2.73) | 71.9 | (5.68) | 72.8 | (5.27) | 65.6 | (3.59) |
| Vegetable juice | 278.0 | (53.38) | 223.0 u | (83.10) | 350.0 u | (117.77) | 282.0 | (83.38) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|-----------------------------------|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All Persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 312.0 | (7.64) | 329.0 | (9.31) | 336.0 | (16.96) | 298.0 * | (9.62) |
| Any whole fruit | 188.0 | (6.44) | 181.0 | (8.69) | 186.0 | (9.88) | 190.0 | (8.32) |
| Fresh fruit | 183.0 | (5.71) | 172.0 | (9.25) | 187.0 | (10.22) | 185.0 | (7.18) |
| Fresh orange | 115.0 | (3.90) | 114.0 | (7.50) | 125.0 | (7.65) | 110.0 | (5.69) |
| Fresh other citrus | 128.0 u | (59.83) | 355.0 u | (190.16) | 77.0 | (21.66) | 45.5 u | (28.16) |
| Fresh apple | 152.0 | (4.78) | 146.0 | (5.98) | 159.0 | (12.36) | 153.0 | (6.60) |
| Fresh banana | 111.0 | (4.08) | 115.0 | (6.64) | 108.0 | (7.22) | 112.0 | (4.63) |
| Fresh melon | 119.0 | (19.95) | 107.0 | (12.08) | 104.0 | (11.77) | 135.0 | (30.01) |
| Fresh watermelon | 246.0 | (34.60) | 203.0 | (31.97) | 137.0 u | (52.42) | 280.0 | (43.84) |
| Fresh grapes | 86.8 | (6.11) | 75.3 | (6.41) | 92.7 | (8.50) | 88.4 | (7.90) |
| Fresh peach/nectarine | 124.0 | (6.11) | 112.0 | (15.11) | 123.0 | (11.71) | 126.0 | (8.04) |
| Fresh pear | 135.0 | (9.95) | 154.0 | (14.91) | 142.0 | (27.41) | 121.0 | (12.56) |
| Fresh berries | 83.0 | (6.90) | 68.3 | (10.35) | 73.0 | (2.71) | 89.5 | (10.07) |
| Fresh pineapple | 100.0 | (17.76) | 147.0 | (26.71) | 78.8 * | (13.07) | 99.8 | (22.80) |
| Other fresh fruit | 104.0 | (6.97) | 99.7 | (11.81) | 118.0 | (12.73) | 103.0 | (9.09) |
| Avocado/guacamole | 49.6 | (7.03) | 26.4 u | (18.37) | 63.1 | (11.19) | 42.8 | (5.29) |
| Lemon/lime - any form | 134.0 | (0.00) | . | (.) | 134.0 | (0.00) | . | (.) |
| Canned or frozen fruit, total | 121.0 | (6.75) | 142.0 | (12.10) | 113.0 * | (7.23) | 118.0 | (8.95) |
| Canned or frozen in syrup | 92.3 | (10.39) | 127.0 | (13.51) | 160.0 | (36.21) | 67.7 ** | (12.41) |
| Canned or frozen, no syrup | 125.0 | (6.81) | 137.0 | (14.12) | 108.0 | (6.69) | 127.0 | (9.04) |
| Applesauce, canned/ frozen apples | 122.0 | (7.02) | 118.0 | (6.07) | 103.0 | (7.55) | 131.0 | (8.33) |
| Canned/frozen peaches | 110.0 | (11.41) | 159.0 | (37.19) | 101.0 | (15.92) | 94.7 | (8.94) |
| Canned/frozen pineapple | 94.7 | (7.39) | 114.0 | (16.25) | 84.7 | (17.36) | 87.5 | (6.63) |
| Other canned/frozen | 102.0 | (6.84) | 120.0 | (6.10) | 109.0 | (10.90) | 93.9 * | (10.15) |
| 100% Fruit juice | 287.0 | (9.32) | 295.0 | (10.39) | 324.0 | (20.74) | 273.0 | (13.14) |
| Non-citrus juice | 284.0 | (7.17) | 305.0 | (11.09) | 305.0 | (20.44) | 271.0 * | (10.91) |
| Citrus juice | 239.0 | (12.56) | 227.0 | (13.99) | 277.0 | (31.53) | 228.0 | (16.74) |
| Dried fruit | 32.3 | (3.80) | 22.1 | (6.47) | 28.4 | (4.89) | 33.6 | (4.89) |
| Milk and milk products | 416.0 | (6.97) | 401.0 | (11.59) | 404.0 | (11.43) | 426.0 | (10.52) |
| Cow's milk, total | 418.0 | (7.91) | 398.0 | (11.28) | 400.0 | (12.39) | 431.0 * | (11.96) |
| Unflavored white milk, total | 389.0 | (7.65) | 357.0 | (9.39) | 371.0 | (12.34) | 407.0 ** | (12.55) |
| Unflavored whole milk | 406.0 | (17.76) | 360.0 | (16.24) | 382.0 | (24.75) | 447.0 * | (31.91) |
| Unflavored non-whole, total | 367.0 | (7.90) | 329.0 | (16.92) | 353.0 | (12.46) | 380.0 * | (10.95) |
| 2% milk, unflavored | 349.0 | (9.26) | 319.0 | (16.83) | 351.0 | (12.54) | 358.0 | (13.35) |
| 1% milk, unflavored | 356.0 | (17.83) | 323.0 | (23.85) | 341.0 | (29.60) | 366.0 | (25.27) |
| Skim milk, unflavored | 381.0 | (23.71) | 343.0 | (88.64) | 276.0 | (25.06) | 391.0 | (25.13) |
| Unflavored, fat not specified | 237.0 | (18.59) | 239.0 | (22.35) | 236.0 | (20.72) | 235.0 | (31.03) |
| Flavored milk, total | 298.0 | (11.38) | 283.0 | (14.47) | 286.0 | (12.03) | 308.0 | (16.26) |
| Flavored, whole milk | 304.0 | (17.16) | 318.0 | (34.56) | 271.0 | (30.36) | 314.0 | (28.51) |
| Flavored non-whole, total | 292.0 | (11.49) | 273.0 | (16.53) | 295.0 | (17.42) | 294.0 | (16.25) |
| 2% milk, flavored | 298.0 | (13.50) | 291.0 | (24.67) | 306.0 | (29.71) | 292.0 | (20.22) |
| 1% milk, flavored | 279.0 | (11.95) | 251.0 | (17.30) | 288.0 | (24.52) | 286.0 | (17.63) |
| Skim milk, flavored | 264.0 | (44.41) | 245.0 | (24.82) | 257.0 | (23.13) | 271.0 | (67.83) |
| Flavored, fat not specified | 287.0 | (21.13) | 250.0 | (21.63) | 265.0 | (19.45) | 329.0 | (45.46) |
| Soy milk | 345.0 | (36.89) | 473.0 | (75.92) | 373.0 u | (114.69) | 324.0 | (42.18) |
| Dry or evaporated milk | 256.0 u | (85.84) | 551.0 | (0.00) | 406.0 u | (255.27) | 192.0 *** u | (83.70) |
| Yogurt | 143.0 | (3.87) | 140.0 | (10.92) | 154.0 | (14.38) | 142.0 | (5.35) |
| Cheese | 42.2 | (2.38) | 40.3 | (5.78) | 40.5 | (4.06) | 44.1 | (3.18) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|----------------------------------|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 122.0 | (2.54) | 123.0 | (3.80) | 136.0 | (6.69) | 118.0 | (3.16) |
| Beef | 88.0 | (5.78) | 62.9 | (6.33) | 103.0 *** | (8.15) | 92.0 * | (9.62) |
| Ground beef | 71.8 | (12.71) | 73.0 | (5.81) | 107.0 u | (49.39) | 60.2 | (10.61) |
| Pork | 72.7 | (3.56) | 71.3 | (6.31) | 64.1 | (6.33) | 75.9 | (7.09) |
| Ham | 81.6 | (22.49) | 86.1 | (25.48) | 47.2 u | (18.84) | 91.1 u | (31.92) |
| Lamb and misc. meats | 110.0 | (17.35) | 61.9 u | (26.24) | 71.9 | (8.76) | 105.0 | (9.42) |
| Chicken | 98.7 | (3.06) | 93.3 | (4.69) | 105.0 | (5.51) | 99.6 | (4.33) |
| Turkey | 91.0 | (10.31) | 87.3 | (16.28) | 74.6 | (11.02) | 94.4 | (13.55) |
| Organ meats | 44.5 u | (23.48) | 28.6 | (7.46) | 211.0 ** u | (67.52) | 16.6 u | (6.09) |
| Hot dogs | 70.0 | (3.91) | 89.8 | (5.09) | 63.1 *** | (5.41) | 64.1 *** | (4.45) |
| Cold cuts | 57.3 | (14.24) | 42.2 | (6.23) | 39.7 | (4.29) | 65.7 u | (20.54) |
| Fish | 94.7 | (9.96) | 96.6 | (12.65) | 129.0 u | (41.05) | 83.5 | (6.91) |
| Shellfish | 68.4 | (6.37) | 51.8 | (10.42) | 69.0 | (17.46) | 78.1 | (12.33) |
| Bacon/sausage | 41.3 | (2.82) | 41.7 | (3.57) | 38.1 | (5.43) | 42.6 | (4.54) |
| Eggs | 97.9 | (3.66) | 97.5 | (5.40) | 105.0 | (6.14) | 95.8 | (5.12) |
| Beans | 110.0 | (11.18) | 97.9 | (10.98) | 113.0 | (8.49) | 116.0 | (20.08) |
| Baked/refried beans | 114.0 | (10.92) | 147.0 | (20.28) | 127.0 | (17.02) | 98.7 * | (11.48) |
| Soy products | 104.0 | (16.33) | 76.0 | (0.00) | 34.1 ** u | (15.88) | 128.0 ** | (19.20) |
| Protein/meal enhancement | 113.0 | (22.60) | 115.0 | (27.37) | 93.9 | (27.57) | 116.0 | (29.36) |
| Nuts | 38.5 | (4.59) | 37.3 | (5.46) | 45.0 u | (16.19) | 38.5 | (5.95) |
| Peanut/almond butter | 28.0 | (3.20) | 19.2 | (3.54) | 32.0 u | (13.10) | 29.9 * | (3.50) |
| Seeds | 37.1 | (10.55) | 31.8 u | (19.63) | 18.2 | (5.33) | 43.3 u | (17.59) |
| Mixed dishes | 339.0 | (6.64) | 319.0 | (8.53) | 356.0 * | (13.26) | 340.0 | (9.55) |
| Tomato sauce and meat (no pasta) | 173.0 | (11.18) | 102.0 | (20.31) | 239.0 *** | (30.41) | 142.0 | (18.65) |
| Chili con carne | 167.0 | (37.59) | 103.0 u | (42.11) | 254.0 *** | (0.00) | 192.0 | (53.66) |
| Meat mixtures w/ red meat | 194.0 | (19.26) | 153.0 | (14.77) | 222.0 u | (69.64) | 207.0 * | (21.47) |
| Meat mixtures w/ chicken/turkey | 189.0 | (8.56) | 173.0 | (17.31) | 197.0 | (12.33) | 194.0 | (13.12) |
| Meat mixtures w/ fish | 168.0 | (19.93) | 168.0 u | (53.01) | 203.0 | (42.03) | 168.0 | (24.73) |
| Hamburgers/cheeseburgers | 158.0 | (6.10) | 143.0 | (6.80) | 176.0 * | (15.28) | 157.0 | (6.87) |
| Other sandwiches | 159.0 | (3.96) | 161.0 | (6.96) | 159.0 | (4.95) | 158.0 | (5.98) |
| Hot dogs | 140.0 | (6.71) | 156.0 | (11.00) | 146.0 | (17.83) | 132.0 | (7.38) |
| Luncheon meat | 144.0 | (4.59) | 147.0 | (10.03) | 132.0 | (11.01) | 147.0 | (5.59) |
| Beef, pork, ham | 181.0 | (11.11) | 185.0 | (22.73) | 160.0 | (13.21) | 188.0 | (18.22) |
| Chicken, turkey | 161.0 | (6.75) | 166.0 | (16.78) | 162.0 | (9.77) | 156.0 | (8.86) |
| Cheese (no meat) | 117.0 | (19.79) | 104.0 | (18.46) | 119.0 | (23.72) | 120.0 | (29.05) |
| Fish | 164.0 | (11.18) | 121.0 | (19.21) | 168.0 | (22.99) | 185.0 * | (16.70) |
| Peanut butter | 79.7 | (3.64) | 72.5 | (4.01) | 86.4 | (6.73) | 79.7 | (5.07) |
| Breakfast sandwiches | 162.0 | (7.20) | 124.0 | (19.25) | 187.0 ** | (14.67) | 168.0 | (11.97) |
| Pizza (no meat) | 148.0 | (10.78) | 115.0 | (13.34) | 136.0 | (12.61) | 159.0 * | (15.91) |
| Pizza w/ meat | 177.0 | (8.59) | 153.0 | (11.26) | 160.0 | (14.35) | 186.0 * | (11.63) |
| Mexican entrees | 209.0 | (8.61) | 191.0 | (13.74) | 241.0 * | (19.88) | 206.0 | (11.70) |
| Macaroni and cheese | 199.0 | (6.72) | 170.0 | (6.69) | 196.0 | (14.44) | 202.0 * | (10.86) |
| Pasta dishes | 271.0 | (13.94) | 274.0 | (15.66) | 306.0 | (34.93) | 259.0 | (19.02) |
| Rice dishes | 187.0 | (11.34) | 178.0 | (12.93) | 186.0 | (19.79) | 188.0 | (21.68) |
| Other grain mixtures | 124.0 | (11.72) | 132.0 | (16.84) | 124.0 | (10.63) | 123.0 | (17.90) |
| Meat soup | 341.0 | (19.42) | 316.0 | (16.80) | 386.0 | (41.44) | 327.0 | (23.35) |
| Bean soup | 231.0 | (56.90) | 190.0 | (0.00) | 274.0 u | (97.62) | 226.0 u | (81.46) |
| Grain soups | 311.0 | (17.10) | 275.0 | (19.82) | 335.0 | (36.30) | 316.0 | (27.72) |
| Vegetables mixtures (incl. soup) | 170.0 | (12.92) | 192.0 | (16.47) | 140.0 | (22.85) | 174.0 | (16.51) |
| Entrée salads | 220.0 | (23.22) | 245.0 u | (81.57) | 223.0 | (41.54) | 232.0 | (29.51) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Children, 1–18 years old | | | | | | | |
|--|--------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice | 1,086.0 | (33.92) | 963.0 | (38.44) | 1,061.0 | (38.28) | 1,130.0 ** | (47.83) |
| Coffee | 299.0 | (29.67) | 306.0 | (29.80) | 275.0 | (31.91) | 274.0 | (28.39) |
| Tea | 501.0 | (48.85) | 407.0 | (35.14) | 478.0 | (48.85) | 541.0 | (75.35) |
| Beer | 1,068.0 | (277.13) | 1,452.0 u | (1104.10) | 616.0 u | (190.78) | 1,142.0 | (239.47) |
| Wine | 464.0 | (131.82) | . | (.) | 595.0 | (0.00) | 390.0 u | (188.63) |
| Liquor | 249.0 | (56.45) | 294.0 u | (111.72) | 165.0 u | (87.79) | 268.0 | (61.77) |
| Water (plain) | 705.0 | (27.73) | 617.0 | (36.06) | 721.0 | (40.78) | 719.0 * | (36.20) |
| Noncarbonated, sweetened drinks | 429.0 | (14.60) | 409.0 | (17.46) | 422.0 | (20.84) | 449.0 | (22.02) |
| Noncarbonated, low-calorie/sugar-free drinks | 369.0 | (48.74) | 341.0 | (45.57) | 333.0 | (40.26) | 388.0 | (70.77) |
| Energy drinks | 464.0 | (44.34) | 331.0 | (82.67) | 418.0 | (34.53) | 519.0 | (66.64) |
| Any soda | 494.0 | (14.10) | 439.0 | (20.20) | 504.0 * | (25.35) | 516.0 ** | (19.43) |
| Soda, regular | 493.0 | (14.87) | 445.0 | (21.48) | 514.0 * | (25.21) | 510.0 * | (19.84) |
| Soda, sugar-free | 403.0 | (35.84) | 293.0 | (21.76) | 320.0 | (56.94) | 428.0 * | (47.63) |
| Sweets and desserts | 111.0 | (2.81) | 111.0 | (5.81) | 108.0 | (5.74) | 112.0 | (3.69) |
| Sugar and sugar substitutes | 10.4 | (1.36) | 8.6 | (1.67) | 14.8 | (3.63) | 9.8 | (1.80) |
| Syrups/sweet toppings | 31.0 | (2.13) | 31.0 | (2.15) | 28.5 | (4.41) | 31.3 | (3.04) |
| Jelly | 20.5 | (2.68) | 15.1 | (2.81) | 12.9 | (2.49) | 24.2 * | (3.35) |
| Jello | 114.0 | (11.34) | 107.0 | (18.76) | 112.0 | (17.36) | 116.0 | (13.77) |
| Candy | 34.1 | (1.07) | 34.5 | (2.99) | 34.1 | (2.76) | 34.6 | (1.49) |
| Ice cream | 123.0 | (5.34) | 131.0 | (8.27) | 112.0 | (15.48) | 125.0 | (6.89) |
| Pudding | 107.0 | (7.97) | 118.0 | (10.08) | 133.0 | (12.84) | 96.3 | (9.99) |
| Ice/popsicles | 125.0 | (8.97) | 124.0 | (9.72) | 106.0 | (7.46) | 132.0 | (17.13) |
| Sweet rolls | 76.6 | (6.07) | 70.6 | (5.26) | 69.5 | (6.48) | 84.2 | (14.56) |
| Cake/cupcakes | 85.5 | (5.43) | 99.1 | (13.59) | 91.1 | (12.71) | 77.0 | (6.15) |
| Cookies | 35.6 | (1.00) | 38.2 | (2.23) | 34.8 | (2.23) | 34.7 | (1.41) |
| Pies/cobblers | 115.0 | (12.60) | 123.0 | (26.54) | 101.0 | (12.34) | 118.0 | (16.55) |
| Pastries | 78.0 | (4.28) | 79.6 | (5.63) | 76.0 | (7.96) | 78.6 | (5.92) |
| Doughnuts | 68.7 | (3.58) | 73.8 | (11.16) | 74.4 | (7.26) | 65.7 | (5.64) |
| Salty snacks | 40.2 | (1.59) | 39.8 | (1.86) | 45.0 | (3.98) | 39.7 | (2.20) |
| Corn-based salty snacks | 35.3 | (1.41) | 37.7 | (2.14) | 40.8 | (2.81) | 33.0 | (1.78) |
| Pretzels/party mix | 52.0 | (8.46) | 45.3 | (8.07) | 54.1 u | (19.41) | 54.9 | (10.86) |
| Popcorn | 26.9 | (1.83) | 27.4 | (2.47) | 32.0 | (4.56) | 25.6 | (2.18) |
| Potato chips | 30.3 | (1.41) | 32.7 | (1.77) | 29.3 | (2.08) | 29.9 | (2.06) |
| Added fats and oils | 27.2 | (2.15) | 30.5 | (5.19) | 30.7 | (5.17) | 24.2 | (2.26) |
| Butter | 6.3 | (0.34) | 5.5 | (0.46) | 8.0 | (1.54) | 6.2 | (0.30) |
| Margarine | 7.9 | (0.57) | 9.3 | (1.13) | 6.9 | (1.58) | 8.0 | (0.76) |
| Other added fats | 61.8 | (8.45) | 49.0 | (8.68) | 99.8 | (26.32) | 53.7 | (9.00) |
| Other added oils | 13.8 u | (6.57) | 1.1 | (0.00) | . | (.) | 15.1 * u | (6.84) |
| Salad dressing | 24.6 | (2.85) | 35.9 u | (12.60) | 40.0 | (10.93) | 19.3 | (1.92) |
| Mayonnaise | 15.4 | (3.10) | 22.2 u | (10.78) | 14.6 | (2.53) | 12.2 | (2.69) |
| Gravy | 46.9 | (4.91) | 45.7 | (13.42) | 55.2 u | (23.28) | 40.6 | (7.39) |
| Cream cheese | 29.9 | (5.21) | 71.1 u | (37.04) | 20.8 | (3.34) | 27.3 | (4.12) |
| Cream/sour cream | 37.7 | (7.09) | 29.4 | (5.87) | 25.3 | (4.66) | 36.1 | (5.73) |
| Other | 32.0 | (3.15) | 24.6 | (5.50) | 36.6 | (7.79) | 32.4 | (3.67) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|---|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 7,447 | - | 1,297 | - | 1,675 | - | 4,138 | - |
| Grains | 142.0 | (3.99) | 142.0 | (10.68) | 150.0 | (6.27) | 139.0 | (4.20) |
| Whole grains ¹ | 113.0 | (4.29) | 133.0 | (17.84) | 103.0 | (8.39) | 112.0 | (4.52) |
| Refined grains | 118.0 | (3.50) | 121.0 | (8.72) | 134.0 | (6.56) | 113.0 | (3.64) |
| Bread | 62.4 | (2.03) | 60.5 | (3.90) | 63.5 | (4.86) | 61.5 | (2.44) |
| Rolls | 49.7 | (2.82) | 73.2 | (19.57) | 62.7 | (10.91) | 45.0 | (2.25) |
| English muffin | 58.3 | (1.07) | 59.6 | (7.81) | 73.5 | (12.06) | 57.2 | (1.70) |
| Bagels | 92.1 | (3.39) | 89.6 | (9.18) | 85.0 | (5.98) | 92.9 | (4.04) |
| Biscuits, scones, croissants | 56.5 | (2.24) | 66.0 | (7.32) | 59.2 | (4.08) | 55.7 | (3.22) |
| Muffins | 101.0 | (4.78) | 138.0 | (28.79) | 103.0 | (10.83) | 98.4 | (5.67) |
| Cornbread | 124.0 | (10.98) | 123.0 | (22.56) | 101.0 | (14.14) | 132.0 | (16.09) |
| Corn tortillas | 119.0 | (5.96) | 116.0 | (11.54) | 126.0 | (7.24) | 110.0 | (11.61) |
| Flour tortillas | 102.0 | (7.70) | 129.0 | (22.83) | 118.0 | (13.80) | 94.4 | (7.29) |
| Taco shells | 59.8 | (13.64) | 61.5 | (9.01) | 77.5 u | (28.58) | 47.7 | (8.54) |
| Crackers | 29.5 | (1.13) | 31.5 | (2.55) | 28.5 | (3.24) | 29.8 | (1.22) |
| Breakfast/granola bar | 42.1 | (2.29) | 42.8 | (3.80) | 43.8 | (7.53) | 41.6 | (2.59) |
| Pancakes, waffles, French toast | 112.0 | (6.51) | 108.0 | (8.69) | 122.0 | (15.00) | 111.0 | (7.42) |
| Cold cereal | 55.4 | (1.64) | 60.8 | (4.18) | 47.7 ** | (2.31) | 56.6 | (2.17) |
| Hot cereal | 249.0 | (8.20) | 278.0 | (41.50) | 247.0 | (14.68) | 245.0 | (9.44) |
| Rice | 198.0 | (7.23) | 206.0 | (15.70) | 223.0 | (14.83) | 191.0 | (8.99) |
| Pasta | 182.0 | (15.07) | 139.0 | (14.34) | 198.0 * | (25.67) | 188.0 * | (18.44) |
| Vegetables | 221.0 | (6.15) | 215.0 | (12.17) | 199.0 | (6.86) | 226.0 | (8.11) |
| Raw vegetables | 176.0 | (6.57) | 177.0 | (13.94) | 174.0 | (10.65) | 176.0 | (7.50) |
| Raw lettuce/greens | 46.2 | (8.03) | 39.2 | (7.58) | 46.8 | (5.90) | 47.1 | (9.72) |
| Raw carrots | 65.5 | (5.85) | 42.1 | (9.16) | 74.1 * | (9.44) | 66.1 * | (6.43) |
| Raw tomatoes | 113.0 | (8.22) | 98.3 | (26.14) | 109.0 | (17.08) | 116.0 | (9.21) |
| Raw cabbage/coleslaw | 106.0 | (6.52) | 80.2 | (14.61) | 101.0 | (10.58) | 108.0 | (8.32) |
| Other raw (higher in vitamins A or C) ² | 46.4 | (8.35) | 36.1 u | (13.39) | 60.0 | (13.57) | 46.0 | (9.54) |
| Other raw (lower in vitamins A or C) ² | 60.8 | (5.77) | 78.4 u | (36.46) | 59.3 | (11.75) | 59.9 | (6.88) |
| Salads (w/greens) | 211.0 | (8.59) | 218.0 | (14.88) | 241.0 | (16.57) | 209.0 | (9.80) |
| Cooked vegetables, excl. potatoes | 126.0 | (5.98) | 133.0 | (17.59) | 114.0 | (8.91) | 126.0 | (7.29) |
| Cooked green beans | 108.0 | (6.82) | 94.9 | (7.16) | 104.0 | (8.71) | 109.0 | (8.45) |
| Cooked corn | 119.0 | (7.06) | 110.0 | (11.14) | 114.0 | (9.72) | 122.0 | (9.32) |
| Cooked peas | 97.5 | (6.77) | 112.0 | (19.52) | 88.2 | (11.99) | 97.1 | (9.38) |
| Cooked carrots | 66.8 | (6.54) | 88.9 | (21.33) | 97.3 | (19.59) | 57.6 | (5.07) |
| Cooked broccoli | 130.0 | (8.14) | 152.0 | (13.63) | 142.0 | (22.49) | 121.0 * | (7.50) |
| Cooked tomatoes | 44.9 | (3.15) | 43.8 | (7.16) | 36.4 | (3.72) | 47.6 | (3.85) |
| Cooked mixed | 151.0 | (13.26) | 238.0 | (35.10) | 102.0 *** | (12.93) | 149.0 * | (17.71) |
| Cooked starchy | 150.0 | (21.93) | 193.0 | (21.21) | 147.0 | (31.24) | 134.0 | (29.71) |
| Other cooked deep yellow | 141.0 | (11.96) | 129.0 | (25.54) | 161.0 | (41.18) | 139.0 | (14.58) |
| Other cooked dark green | 141.0 | (8.83) | 122.0 | (13.99) | 189.0 * | (30.60) | 135.0 | (13.25) |
| Other cooked (higher in vitamins A or C) ² | 123.0 | (11.37) | 112.0 | (22.16) | 180.0 | (50.81) | 118.0 | (11.35) |
| Other cooked (lower in vitamins A or C) ² | 136.0 | (29.49) | 249.0 u | (160.92) | 94.2 | (16.79) | 136.0 | (36.46) |
| Other fried | 210.0 u | (70.66) | 410.0 u | (340.26) | 858.0 | (0.00) | 136.0 | (27.39) |
| Cooked potatoes | 140.0 | (2.90) | 144.0 | (5.63) | 134.0 | (6.94) | 141.0 | (3.80) |
| Cooked potatoes-not fried | 169.0 | (3.64) | 170.0 | (9.70) | 174.0 | (8.94) | 169.0 | (4.67) |
| Cooked potatoes-fried | 105.0 | (3.24) | 111.0 | (7.45) | 95.8 | (6.87) | 105.0 | (4.32) |
| Vegetable juice | 362.0 | (35.58) | 580.0 | (118.80) | 293.0 * | (52.38) | 359.0 | (40.43) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Adults, 19–59 years old | | | | | | | |
|-----------------------------------|-------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 305.0 | (6.97) | 388.0 | (31.14) | 325.0 | (12.37) | 290.0 ** | (7.42) |
| Any whole fruit | 211.0 | (5.16) | 228.0 | (14.42) | 221.0 | (12.26) | 206.0 | (5.97) |
| Fresh fruit | 211.0 | (6.03) | 217.0 | (13.17) | 219.0 | (13.05) | 208.0 | (7.05) |
| Fresh orange | 152.0 | (7.01) | 166.0 | (15.74) | 170.0 | (18.05) | 146.0 | (7.55) |
| Fresh other citrus | 220.0 | (15.80) | 256.0 | (0.00) | 209.0 | (34.73) | 226.0 | (28.45) |
| Fresh apple | 184.0 | (4.92) | 193.0 | (13.84) | 195.0 | (11.27) | 181.0 | (5.22) |
| Fresh banana | 125.0 | (2.26) | 124.0 | (5.36) | 120.0 | (5.16) | 125.0 | (2.58) |
| Fresh melon | 119.0 | (10.52) | 102.0 | (21.04) | 128.0 | (33.16) | 122.0 | (12.52) |
| Fresh watermelon | 266.0 | (36.78) | 251.0 | (40.55) | 421.0 u | (165.35) | 248.0 | (36.30) |
| Fresh grapes | 118.0 | (6.82) | 123.0 | (19.07) | 108.0 | (10.57) | 119.0 | (8.79) |
| Fresh peach/nectarine | 169.0 | (15.51) | 124.0 | (11.08) | 183.0 ** | (19.89) | 172.0 * | (15.98) |
| Fresh pear | 171.0 | (9.44) | 201.0 | (34.08) | 160.0 | (14.49) | 166.0 | (8.81) |
| Fresh berries | 97.6 | (6.22) | 75.4 | (7.42) | 137.0 | (33.43) | 87.7 | (5.62) |
| Fresh pineapple | 83.5 | (7.72) | 137.0 | (40.02) | 126.0 | (21.93) | 76.9 | (6.87) |
| Other fresh fruit | 149.0 | (19.09) | 134.0 | (18.05) | 127.0 | (10.91) | 159.0 | (25.80) |
| Avocado/guacamole | 111.0 | (10.94) | 91.9 | (17.83) | 104.0 | (12.48) | 114.0 | (15.62) |
| Lemon/lime - any form | 13.4 u | (4.33) | . | (.) | 34.4 u | (17.73) | 9.3 | (2.04) |
| Canned or frozen fruit, total | 143.0 | (11.07) | 236.0 | (34.90) | 151.0 * | (12.54) | 131.0 ** | (12.74) |
| Canned or frozen in syrup | 129.0 | (14.01) | 224.0 | (28.54) | 117.0 *** | (15.02) | 115.0 *** | (15.97) |
| Canned or frozen, no syrup | 143.0 | (10.96) | 215.0 | (45.60) | 143.0 | (10.79) | 135.0 | (13.21) |
| Applesauce, canned/ frozen apples | 154.0 | (11.18) | 230.0 u | (101.37) | 162.0 | (18.72) | 146.0 | (11.45) |
| Canned/frozen peaches | 141.0 | (23.26) | 153.0 | (28.22) | 155.0 | (26.43) | 130.0 | (32.65) |
| Canned/frozen pineapple | 116.0 | (26.89) | 161.0 | (27.97) | 172.0 | (14.15) | 107.0 | (30.87) |
| Other canned/frozen | 129.0 | (13.44) | 207.0 | (19.38) | 116.0 *** | (13.39) | 120.0 *** | (17.15) |
| 100% Fruit juice | 340.0 | (8.51) | 471.0 | (46.48) | 355.0 * | (17.99) | 320.0 ** | (9.49) |
| Non-citrus juice | 378.0 | (17.80) | 538.0 | (85.29) | 391.0 | (33.52) | 339.0 * | (13.64) |
| Citrus juice | 296.0 | (10.27) | 360.0 | (25.13) | 326.0 | (25.34) | 284.0 ** | (13.25) |
| Dried fruit | 42.4 | (3.42) | 91.5 | (26.67) | 48.9 | (6.37) | 39.7 | (3.48) |
| Milk and milk products | 288.0 | (10.04) | 351.0 | (33.49) | 265.0 * | (15.30) | 288.0 | (13.22) |
| Cow's milk, total | 323.0 | (11.72) | 386.0 | (40.09) | 298.0 * | (14.63) | 324.0 | (14.51) |
| Unflavored white milk, total | 318.0 | (11.26) | 380.0 | (34.94) | 294.0 * | (14.49) | 320.0 | (14.37) |
| Unflavored whole milk | 307.0 | (22.55) | 386.0 | (32.52) | 289.0 * | (29.39) | 301.0 | (34.03) |
| Unflavored non-whole, total | 320.0 | (12.21) | 367.0 | (54.39) | 294.0 | (15.21) | 323.0 | (14.53) |
| 2% milk, unflavored | 322.0 | (14.01) | 383.0 | (63.71) | 275.0 | (21.79) | 324.0 | (15.47) |
| 1% milk, unflavored | 313.0 | (14.47) | 241.0 | (35.49) | 317.0 | (42.19) | 318.0 | (18.37) |
| Skim milk, unflavored | 315.0 | (24.76) | 379.0 | (91.88) | 324.0 | (33.56) | 319.0 | (26.80) |
| Unflavored, fat not specified | 161.0 | (36.15) | 195.0 | (45.91) | 228.0 | (28.01) | 93.1 u | (68.49) |
| Flavored milk, total | 379.0 | (42.33) | 362.0 | (105.91) | 456.0 | (53.14) | 375.0 | (49.33) |
| Flavored, whole milk | 338.0 | (79.72) | 342.0 u | (196.16) | 297.0 | (61.93) | 349.0 | (88.97) |
| Flavored non-whole, total | 397.0 | (46.68) | 377.0 | (106.29) | 565.0 | (54.29) | 390.0 | (70.87) |
| 2% milk, flavored | 412.0 | (64.32) | 596.0 | (33.12) | 575.0 | (75.25) | 372.0 * | (87.01) |
| 1% milk, flavored | 346.0 | (52.12) | 323.0 | (84.25) | 624.0 *** | (0.00) | 312.0 | (66.03) |
| Skim milk, flavored | 418.0 u | (165.19) | 94.2 | (0.00) | 250.0 | (0.00) | 493.0 * u | (196.62) |
| Flavored, fat not specified | 466.0 | (29.20) | 500.0 | (0.00) | 529.0 | (15.59) | 371.0 *** | (23.54) |
| Soy milk | 208.0 | (21.31) | 247.0 | (49.41) | 204.0 | (50.56) | 206.0 | (25.53) |
| Dry or evaporated milk | 50.1 | (12.28) | 27.9 u | (10.86) | 22.6 u | (8.07) | 64.8 u | (19.56) |
| Yogurt | 182.0 | (5.81) | 194.0 | (29.25) | 159.0 | (9.27) | 182.0 | (7.11) |
| Cheese | 49.0 | (1.99) | 48.9 | (4.74) | 51.6 | (6.86) | 49.2 | (2.28) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| Adults, 19–59 years old | | | | | | | | |
|----------------------------------|--------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 184.0 | (2.92) | 193.0 | (8.69) | 188.0 | (7.43) | 182.0 | (3.82) |
| Beef | 127.0 | (5.31) | 126.0 | (9.87) | 110.0 | (9.09) | 131.0 | (6.90) |
| Ground beef | 113.0 | (11.12) | 107.0 | (23.70) | 132.0 u | (54.87) | 107.0 | (9.19) |
| Pork | 107.0 | (4.50) | 99.1 | (9.76) | 119.0 | (17.08) | 106.0 | (5.50) |
| Ham | 77.0 | (10.38) | 114.0 | (27.13) | 64.5 | (17.32) | 75.1 | (12.33) |
| Lamb and misc. meats | 120.0 | (12.19) | 114.0 u | (39.20) | 132.0 | (34.79) | 119.0 | (16.55) |
| Chicken | 132.0 | (3.48) | 140.0 | (14.43) | 135.0 | (6.29) | 131.0 | (4.05) |
| Turkey | 122.0 | (11.70) | 96.4 | (20.83) | 116.0 | (21.24) | 126.0 | (14.18) |
| Organ meats | 118.0 u | (39.46) | 262.0 u | (120.93) | 125.0 | (20.41) | 48.1 | (9.21) |
| Hot dogs | 103.0 | (19.72) | 88.5 | (7.19) | 146.0 * | (27.90) | 95.3 | (26.43) |
| Cold cuts | 71.7 | (8.68) | 55.5 | (11.08) | 60.2 | (8.27) | 75.4 | (10.79) |
| Fish | 155.0 | (8.40) | 175.0 | (20.20) | 177.0 | (20.89) | 150.0 | (10.13) |
| Shellfish | 83.0 | (7.21) | 93.4 | (15.31) | 90.9 | (11.91) | 80.1 | (9.74) |
| Bacon/sausage | 61.2 | (5.20) | 60.7 | (9.00) | 59.1 | (9.33) | 61.3 | (7.08) |
| Eggs | 135.0 | (3.77) | 148.0 | (17.31) | 127.0 | (6.69) | 137.0 | (4.90) |
| Beans | 144.0 | (7.60) | 159.0 | (13.18) | 155.0 | (11.31) | 137.0 | (11.27) |
| Baked/refried beans | 142.0 | (8.97) | 171.0 | (33.85) | 157.0 | (22.71) | 136.0 | (10.43) |
| Soy products | 203.0 | (45.45) | 139.0 | (10.17) | 165.0 u | (58.30) | 214.0 | (47.93) |
| Protein/meal enhancement | 134.0 | (22.62) | 264.0 | (75.82) | 206.0 | (61.40) | 116.0 | (22.87) |
| Nuts | 49.4 | (2.67) | 49.9 | (8.99) | 53.6 | (8.28) | 49.0 | (3.02) |
| Peanut/almond butter | 26.9 | (2.12) | 28.9 | (4.62) | 20.5 | (1.85) | 27.8 | (2.62) |
| Seeds | 30.6 | (3.52) | 34.5 u | (12.47) | 41.3 | (6.74) | 28.0 | (3.97) |
| Mixed dishes | 488.0 | (6.07) | 477.0 | (17.90) | 513.0 | (14.57) | 486.0 | (6.63) |
| Tomato sauce and meat (no pasta) | 247.0 | (48.75) | 125.0 | (0.00) | . | (.) | 254.0 * | (50.64) |
| Chili con carne | 300.0 | (25.81) | 378.0 | (44.31) | 341.0 | (51.81) | 284.0 | (30.47) |
| Meat mixtures w/ red meat | 261.0 | (9.96) | 276.0 | (29.03) | 262.0 | (19.81) | 261.0 | (13.21) |
| Meat mixtures w/ chicken/turkey | 268.0 | (7.73) | 268.0 | (21.54) | 281.0 | (23.11) | 271.0 | (9.01) |
| Meat mixtures w/ fish | 221.0 | (17.18) | 193.0 | (26.96) | 189.0 | (42.47) | 231.0 | (20.08) |
| Hamburgers/cheeseburgers | 228.0 | (5.36) | 228.0 | (7.25) | 245.0 | (19.67) | 226.0 | (5.61) |
| Other sandwiches | 243.0 | (3.83) | 245.0 | (11.10) | 236.0 | (8.39) | 245.0 | (3.89) |
| Hot dogs | 182.0 | (8.93) | 195.0 | (12.59) | 192.0 | (13.57) | 178.0 | (10.72) |
| Luncheon meat | 222.0 | (4.91) | 215.0 | (14.58) | 228.0 | (12.67) | 224.0 | (6.26) |
| Beef, pork, ham | 242.0 | (7.63) | 288.0 | (35.19) | 226.0 | (20.88) | 241.0 | (8.22) |
| Chicken, turkey | 237.0 | (11.52) | 222.0 | (22.44) | 238.0 | (34.58) | 239.0 | (11.26) |
| Cheese (no meat) | 171.0 | (9.59) | 153.0 | (24.22) | 200.0 | (26.80) | 163.0 | (10.06) |
| Fish | 212.0 | (10.38) | 221.0 | (30.80) | 220.0 | (30.39) | 209.0 | (11.19) |
| Peanut butter | 109.0 | (4.18) | 119.0 | (20.75) | 105.0 | (11.07) | 110.0 | (5.66) |
| Breakfast sandwiches | 183.0 | (5.48) | 181.0 | (11.19) | 183.0 | (18.97) | 184.0 | (7.84) |
| Pizza (no meat) | 212.0 | (14.30) | 238.0 u | (74.12) | 208.0 | (28.74) | 213.0 | (17.71) |
| Pizza w/ meat | 262.0 | (7.39) | 318.0 | (25.06) | 244.0 * | (17.52) | 257.0 * | (9.30) |
| Mexican entrees | 332.0 | (15.98) | 324.0 | (26.84) | 369.0 | (26.78) | 318.0 | (18.21) |
| Macaroni and cheese | 241.0 | (14.05) | 251.0 | (33.74) | 287.0 | (22.46) | 228.0 | (15.30) |
| Pasta dishes | 348.0 | (13.69) | 325.0 | (27.52) | 389.0 | (17.85) | 343.0 | (16.62) |
| Rice dishes | 231.0 | (8.97) | 223.0 | (15.83) | 249.0 | (14.31) | 228.0 | (11.67) |
| Other grain mixtures | 113.0 | (7.57) | 116.0 | (17.86) | 124.0 | (12.35) | 111.0 | (9.59) |
| Meat soup | 481.0 | (26.20) | 560.0 | (41.72) | 496.0 | (50.66) | 464.0 | (33.76) |
| Bean soup | 329.0 | (39.92) | 233.0 | (42.50) | 501.0 * | (96.75) | 298.0 | (37.43) |
| Grain soups | 380.0 | (20.91) | 370.0 | (28.57) | 347.0 | (17.82) | 393.0 | (34.07) |
| Vegetables mixtures (incl. soup) | 243.0 | (13.61) | 203.0 | (25.33) | 273.0 * | (22.22) | 249.0 | (19.13) |
| Entrée salads | 331.0 | (14.07) | 280.0 | (27.63) | 383.0 | (52.08) | 324.0 | (14.18) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| Adults, 19–59 years old | | | | | | | | |
|--|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|---------------|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | |
| Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error | |
| Beverages excluding milk and 100% fruit juice | | | | | | | | |
| | 2,548.0 | (38.72) | 2,407.0 | (64.49) | 2,408.0 | (76.63) | 2,608.0 ** | (43.50) |
| Coffee | 642.0 | (16.05) | 682.0 | (57.84) | 566.0 | (29.63) | 652.0 | (17.76) |
| Tea | 742.0 | (21.72) | 832.0 | (54.40) | 753.0 | (44.08) | 739.0 | (25.88) |
| Beer | 1,085.0 | (47.06) | 1,225.0 | (80.49) | 1,254.0 | (103.40) | 1,040.0 | (53.68) |
| Wine | 269.0 | (15.64) | 393.0 | (68.90) | 280.0 | (47.96) | 272.0 | (17.10) |
| Liquor | 267.0 | (22.53) | 246.0 | (40.62) | 248.0 | (31.17) | 273.0 | (28.48) |
| Water (plain) | 1,461.0 | (30.46) | 1,433.0 | (63.11) | 1,391.0 | (50.74) | 1,478.0 | (35.17) |
| Noncarbonated, sweetened drinks | 572.0 | (20.28) | 623.0 | (55.49) | 546.0 | (24.70) | 570.0 | (22.29) |
| Noncarbonated, low-calorie/sugar-free drinks | 576.0 | (31.21) | 606.0 | (65.04) | 424.0 * | (48.68) | 599.0 | (37.34) |
| Energy drinks | 484.0 | (44.87) | 524.0 | (86.69) | 473.0 | (63.78) | 479.0 | (61.57) |
| Any soda | 763.0 | (21.14) | 809.0 | (32.82) | 762.0 | (43.18) | 760.0 | (24.67) |
| Soda, regular | 725.0 | (22.49) | 802.0 | (34.36) | 734.0 | (30.63) | 709.0 * | (29.18) |
| Soda, sugar-free | 750.0 | (24.34) | 734.0 | (50.47) | 743.0 | (117.05) | 752.0 | (26.10) |
| Sweets and desserts | | | | | | | | |
| | 110.0 | (3.33) | 103.0 | (4.37) | 107.0 | (6.06) | 112.0 | (4.49) |
| Sugar and sugar substitutes | 11.8 | (0.37) | 17.6 | (1.64) | 12.2 ** | (0.81) | 10.6 *** | (0.51) |
| Syrups/sweet toppings | 38.1 | (2.80) | 42.1 | (6.90) | 45.1 | (6.93) | 36.6 | (3.24) |
| Jelly | 19.1 | (2.17) | 11.3 | (1.17) | 23.7 ** | (3.62) | 19.3 ** | (2.68) |
| Jello | 127.0 | (13.00) | 173.0 u | (53.25) | 135.0 | (11.82) | 126.0 | (17.09) |
| Candy | 40.0 | (1.91) | 37.2 | (2.34) | 39.3 | (3.64) | 40.7 | (2.49) |
| Ice cream | 147.0 | (6.90) | 169.0 | (17.29) | 141.0 | (14.08) | 147.0 | (8.01) |
| Pudding | 158.0 | (12.17) | 151.0 | (22.17) | 141.0 | (21.33) | 163.0 | (14.17) |
| Ice/popsicles | 152.0 | (18.06) | 215.0 | (29.88) | 145.0 | (42.68) | 150.0 | (23.80) |
| Sweet rolls | 84.8 | (4.01) | 91.1 | (10.43) | 83.0 | (5.39) | 84.2 | (6.26) |
| Cake/cupcakes | 123.0 | (7.25) | 105.0 | (8.25) | 134.0 | (22.04) | 121.0 | (9.65) |
| Cookies | 42.7 | (1.13) | 45.6 | (3.23) | 44.2 | (3.54) | 42.3 | (1.43) |
| Pies/cobblers | 147.0 | (6.68) | 172.0 u | (55.03) | 131.0 | (19.83) | 147.0 | (7.93) |
| Pastries | 91.1 | (4.59) | 74.9 | (11.11) | 91.7 | (11.52) | 94.3 | (5.47) |
| Doughnuts | 80.4 | (5.57) | 80.4 | (10.53) | 104.0 | (14.74) | 76.7 | (6.24) |
| Salty snacks | | | | | | | | |
| | 44.9 | (1.33) | 46.0 | (3.47) | 46.4 | (1.90) | 44.8 | (1.40) |
| Corn-based salty snacks | 42.4 | (1.72) | 40.5 | (2.66) | 43.7 | (2.85) | 42.6 | (2.01) |
| Pretzels/party mix | 42.7 | (4.09) | 58.8 u | (18.65) | 31.4 | (4.83) | 44.0 | (4.99) |
| Popcorn | 44.3 | (2.89) | 43.7 | (5.69) | 48.4 | (5.06) | 43.2 | (3.01) |
| Potato chips | 34.3 | (1.17) | 37.4 | (2.50) | 33.5 | (2.05) | 34.1 | (1.43) |
| Added fats and oils | | | | | | | | |
| | 40.1 | (1.31) | 38.0 | (4.02) | 38.8 | (3.22) | 40.6 | (1.52) |
| Butter | 10.9 | (0.55) | 10.5 | (0.98) | 10.7 | (0.98) | 10.8 | (0.65) |
| Margarine | 11.0 | (0.51) | 11.4 | (0.94) | 9.3 | (1.06) | 11.4 | (0.59) |
| Other added fats | 54.0 | (4.04) | 45.4 | (11.48) | 64.3 | (10.56) | 52.5 | (4.77) |
| Other added oils | 11.4 | (2.79) | 5.4 | (1.20) | 7.1 u | (2.55) | 12.6 | (3.62) |
| Salad dressing | 30.4 | (2.18) | 38.2 | (7.49) | 33.3 | (5.70) | 29.8 | (2.80) |
| Mayonnaise | 27.1 | (6.89) | 25.8 u | (8.65) | 10.4 | (2.08) | 30.5 | (8.65) |
| Gravy | 75.6 | (9.34) | 94.4 | (23.93) | 56.8 | (10.34) | 74.7 | (8.86) |
| Cream cheese | 30.1 | (2.90) | 21.5 | (5.74) | 19.6 | (4.41) | 31.9 | (3.36) |
| Cream/sour cream | 34.8 | (1.68) | 35.1 | (4.60) | 32.5 | (2.75) | 35.3 | (2.03) |
| Other | 35.0 | (2.92) | 29.0 | (5.64) | 40.7 | (5.92) | 34.3 | (3.44) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|---|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Grains | 131.0 | (3.53) | 141.0 | (9.52) | 137.0 | (11.30) | 129.0 | (4.50) |
| Whole grains ¹ | 110.0 | (5.21) | 106.0 | (12.56) | 130.0 | (15.74) | 108.0 | (5.93) |
| Refined grains | 95.8 | (2.78) | 117.0 | (8.68) | 99.5 | (8.01) | 93.3 ** | (3.03) |
| Bread | 47.7 | (1.85) | 51.9 | (4.50) | 41.7 * | (2.32) | 47.3 | (1.98) |
| Rolls | 47.5 | (3.76) | 42.0 | (6.00) | 43.8 | (3.63) | 48.9 | (4.80) |
| English muffin | 56.0 | (3.45) | . | (.) | 51.3 | (6.05) | 56.7 | (3.66) |
| Bagels | 85.5 | (7.27) | 90.7 | (9.54) | 77.6 | (9.13) | 86.7 | (8.59) |
| Biscuits, scones, croissants | 51.1 | (2.95) | 78.0 | (10.28) | 49.8 * | (7.86) | 49.6 ** | (3.76) |
| Muffins | 89.0 | (10.37) | 116.0 u | (37.58) | 54.9 | (13.41) | 94.6 | (10.95) |
| Cornbread | 112.0 | (8.83) | 112.0 | (11.06) | 151.0 | (35.18) | 99.7 | (7.41) |
| Corn tortillas | 82.6 | (5.18) | 79.5 | (7.51) | 87.3 | (6.88) | 72.4 | (9.49) |
| Flour tortillas | 84.9 | (4.31) | 71.5 | (12.36) | 84.2 | (15.25) | 91.0 | (8.72) |
| Taco shells | 27.1 | (2.29) | 17.6 | (3.96) | 32.1 | (8.17) | 26.7 * | (1.48) |
| Crackers | 24.8 | (0.72) | 28.0 | (3.44) | 21.1 | (1.73) | 25.1 | (0.95) |
| Breakfast/granola bar | 41.1 | (1.93) | 74.0 | (0.00) | 33.6 *** | (2.49) | 40.5 *** | (2.44) |
| Pancakes, waffles, French toast | 95.4 | (5.01) | 86.2 | (13.13) | 99.1 | (17.16) | 96.3 | (5.37) |
| Cold cereal | 44.4 | (0.87) | 39.5 | (3.20) | 36.4 | (2.12) | 45.6 | (1.03) |
| Hot cereal | 231.0 | (9.03) | 219.0 | (12.05) | 274.0 ** | (13.94) | 228.0 | (9.84) |
| Rice | 153.0 | (8.91) | 157.0 | (24.95) | 204.0 | (25.71) | 145.0 | (10.45) |
| Pasta | 158.0 | (14.96) | 128.0 | (28.70) | 140.0 | (29.56) | 161.0 | (22.27) |
| Vegetables | 232.0 | (6.00) | 204.0 | (13.96) | 221.0 | (15.36) | 235.0 * | (7.43) |
| Raw vegetables | 170.0 | (6.20) | 112.0 | (14.95) | 157.0 * | (13.91) | 176.0 *** | (6.84) |
| Raw lettuce/greens | 88.5 | (17.69) | 127.0 | (25.67) | 39.2 ** | (10.91) | 88.7 u | (27.15) |
| Raw carrots | 47.5 | (5.14) | 52.1 | (9.19) | 54.3 | (12.85) | 48.5 | (5.52) |
| Raw tomatoes | 111.0 | (13.28) | 47.2 u | (15.03) | 94.8 * | (14.15) | 118.0 *** | (15.27) |
| Raw cabbage/coleslaw | 111.0 | (10.00) | 83.1 | (21.12) | 78.8 | (12.09) | 120.0 | (12.70) |
| Other raw (higher in vitamins A or C) ² | 41.3 | (4.51) | 32.2 u | (26.55) | 48.0 | (9.98) | 40.7 | (5.59) |
| Other raw (lower in vitamins A or C) ² | 73.9 | (21.26) | 24.6 u | (8.07) | 61.7 u | (19.11) | 82.4 * u | (26.58) |
| Salads (w/greens) | 185.0 | (6.89) | 142.0 | (23.31) | 196.0 | (14.97) | 186.0 | (7.63) |
| Cooked vegetables, excl. potatoes | 126.0 | (4.81) | 127.0 | (7.00) | 124.0 | (14.05) | 128.0 | (5.26) |
| Cooked green beans | 104.0 | (5.91) | 137.0 | (23.63) | 99.1 | (17.82) | 104.0 | (6.49) |
| Cooked corn | 111.0 | (8.39) | 87.0 | (11.25) | 86.4 | (12.08) | 117.0 | (10.82) |
| Cooked peas | 88.8 | (6.04) | 102.0 | (25.20) | 103.0 | (13.12) | 85.1 | (6.94) |
| Cooked carrots | 69.4 | (6.14) | 57.0 | (12.90) | 49.1 | (12.66) | 72.0 | (7.28) |
| Cooked broccoli | 125.0 | (9.67) | 87.3 | (20.08) | 117.0 | (31.62) | 126.0 | (11.81) |
| Cooked tomatoes | 42.8 | (3.89) | 29.0 | (5.26) | 29.5 u | (13.16) | 44.4 * | (4.99) |
| Cooked mixed | 149.0 | (17.28) | 125.0 | (19.31) | 189.0 u | (61.96) | 153.0 | (20.60) |
| Cooked starchy | 118.0 | (13.81) | 91.0 | (10.52) | 87.4 | (17.33) | 129.0 | (16.87) |
| Other cooked deep yellow | 151.0 | (25.31) | 111.0 | (24.02) | 168.0 | (22.53) | 152.0 | (30.29) |
| Other cooked dark green | 124.0 | (7.74) | 159.0 | (20.78) | 95.8 * | (20.76) | 126.0 | (9.23) |
| Other cooked (higher in vitamins A or C) ² | 112.0 | (7.29) | 133.0 | (29.53) | 131.0 | (24.27) | 107.0 | (7.94) |
| Other cooked (lower in vitamins A or C) ² | 94.7 | (7.57) | 73.0 | (18.90) | 57.4 | (11.43) | 101.0 | (8.20) |
| Other fried | 103.0 | (10.91) | 300.0 | (0.00) | 77.2 *** | (19.91) | 106.0 *** | (10.33) |
| Cooked potatoes | 134.0 | (3.40) | 128.0 | (13.40) | 146.0 | (7.80) | 133.0 | (4.38) |
| Cooked potatoes-not fried | 150.0 | (4.38) | 133.0 | (17.69) | 151.0 | (8.64) | 151.0 | (6.68) |
| Cooked potatoes-fried | 98.6 | (5.18) | 93.0 | (11.69) | 128.0 | (17.22) | 93.9 | (5.09) |
| Vegetable juice | 229.0 | (11.68) | 302.0 | (51.68) | 191.0 | (29.12) | 227.0 | (12.59) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|-----------------------------------|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Fruit and 100% fruit juice | 276.0 | (7.09) | 255.0 | (21.27) | 267.0 | (13.32) | 277.0 | (9.21) |
| Any whole fruit | 211.0 | (4.54) | 175.0 | (14.40) | 202.0 | (10.81) | 212.0 * | (5.38) |
| Fresh fruit | 208.0 | (4.05) | 176.0 | (14.41) | 204.0 | (9.41) | 208.0 * | (4.88) |
| Fresh orange | 137.0 | (8.04) | 109.0 | (20.51) | 145.0 | (14.68) | 141.0 | (9.97) |
| Fresh other citrus | 208.0 | (18.55) | 111.0 | (0.00) | 216.0 *** | (25.81) | 210.0 *** | (23.86) |
| Fresh apple | 163.0 | (5.65) | 158.0 | (16.67) | 180.0 | (9.80) | 162.0 | (6.43) |
| Fresh banana | 109.0 | (2.65) | 122.0 | (13.97) | 107.0 | (5.62) | 108.0 | (3.07) |
| Fresh melon | 140.0 | (15.33) | 79.6 | (13.14) | 116.0 | (31.91) | 141.0 ** | (16.13) |
| Fresh watermelon | 205.0 | (26.42) | 178.0 | (37.45) | 233.0 | (38.76) | 191.0 | (27.17) |
| Fresh grapes | 98.5 | (8.00) | 103.0 | (13.92) | 116.0 | (27.09) | 98.1 | (8.61) |
| Fresh peach/nectarine | 171.0 | (18.37) | 130.0 | (13.65) | 167.0 | (31.09) | 170.0 | (20.42) |
| Fresh pear | 174.0 | (11.63) | 161.0 | (12.84) | 175.0 | (20.66) | 176.0 | (15.30) |
| Fresh berries | 89.4 | (5.72) | 7.7 | (0.65) | 85.3 *** | (17.46) | 92.1 *** | (6.34) |
| Fresh pineapple | 70.5 | (8.30) | 136.0 | (28.15) | 112.0 | (27.52) | 67.9 * | (8.07) |
| Other fresh fruit | 107.0 | (7.45) | 79.1 | (7.79) | 152.0 * | (31.64) | 103.0 * | (8.63) |
| Avocado/guacamole | 83.5 | (14.22) | 50.1 | (8.98) | 36.0 | (10.06) | 88.1 * | (15.26) |
| Lemon/lime - any form | 19.7 | (4.75) | . | (.) | . | (.) | 19.7 | (4.75) |
| Canned or frozen fruit, total | 124.0 | (6.27) | 137.0 | (24.04) | 148.0 | (15.50) | 117.0 | (5.25) |
| Canned or frozen in syrup | 130.0 | (9.04) | 229.0 u | (77.68) | 134.0 | (19.43) | 124.0 | (9.40) |
| Canned or frozen, no syrup | 120.0 | (9.04) | 112.0 | (21.96) | 158.0 | (23.06) | 110.0 | (5.96) |
| Applesauce, canned/ frozen apples | 130.0 | (8.96) | 186.0 | (46.21) | 163.0 | (24.12) | 129.0 | (8.28) |
| Canned/frozen peaches | 132.0 | (10.05) | 160.0 | (38.00) | 142.0 | (20.70) | 127.0 | (10.40) |
| Canned/frozen pineapple | 107.0 | (18.03) | 101.0 | (28.08) | 135.0 u | (47.53) | 85.8 | (14.69) |
| Other canned/frozen | 106.0 | (7.80) | 104.0 | (17.59) | 131.0 | (14.32) | 102.0 | (9.82) |
| 100% Fruit juice | 233.0 | (9.90) | 271.0 | (29.73) | 219.0 | (18.41) | 234.0 | (11.61) |
| Non-citrus juice | 263.0 | (20.22) | 301.0 | (66.03) | 256.0 | (26.18) | 261.0 | (23.33) |
| Citrus juice | 206.0 | (8.39) | 239.0 | (30.00) | 188.0 | (19.49) | 209.0 | (9.97) |
| Dried fruit | 30.3 | (2.54) | 52.8 u | (26.40) | 28.1 | (4.38) | 29.7 | (3.01) |
| Milk and milk products | 264.0 | (8.12) | 267.0 | (34.68) | 230.0 | (15.16) | 265.0 | (8.39) |
| Cow's milk, total | 283.0 | (10.42) | 297.0 | (40.44) | 251.0 | (16.56) | 284.0 | (10.80) |
| Unflavored white milk, total | 282.0 | (10.69) | 294.0 | (40.86) | 244.0 | (17.03) | 284.0 | (10.80) |
| Unflavored whole milk | 228.0 | (20.99) | 201.0 | (34.73) | 232.0 | (32.81) | 218.0 | (24.26) |
| Unflavored non-whole, total | 287.0 | (11.08) | 337.0 | (61.53) | 240.0 | (18.41) | 288.0 | (10.97) |
| 2% milk, unflavored | 262.0 | (17.98) | 388.0 | (88.58) | 234.0 | (22.98) | 254.0 | (17.96) |
| 1% milk, unflavored | 296.0 | (23.58) | 243.0 | (48.72) | 264.0 | (52.99) | 299.0 | (24.64) |
| Skim milk, unflavored | 304.0 | (17.80) | 160.0 | (46.76) | 222.0 | (43.36) | 312.0 ** | (18.04) |
| Unflavored, fat not specified | 132.0 | (29.24) | 173.0 | (33.27) | 201.0 u | (70.36) | 98.4 u | (34.96) |
| Flavored milk, total | 279.0 | (63.94) | 351.0 | (81.66) | 473.0 | (118.78) | 220.0 | (53.66) |
| Flavored, whole milk | 133.0 u | (78.12) | . | (.) | 94.3 u | (71.14) | 137.0 u | (85.36) |
| Flavored non-whole, total | 394.0 | (70.31) | 351.0 | (81.66) | 640.0 *** | (0.00) | 308.0 | (46.43) |
| 2% milk, flavored | 359.0 | (48.98) | . | (.) | . | (.) | 359.0 | (48.98) |
| 1% milk, flavored | 445.0 | (99.86) | 351.0 | (81.66) | 640.0 *** | (0.00) | 228.0 | (13.95) |
| Skim milk, flavored | 250.0 | (0.00) | . | (.) | . | (.) | 250.0 | (0.00) |
| Flavored, fat not specified | 283.0 | (39.08) | . | (.) | 356.0 | (65.87) | 231.0 | (21.01) |
| Soy milk | 170.0 | (17.00) | 52.8 | (12.33) | 171.0 *** | (33.24) | 173.0 *** | (17.55) |
| Dry or evaporated milk | 49.9 | (14.94) | 48.6 u | (31.87) | 72.9 u | (22.70) | 46.3 u | (16.07) |
| Yogurt | 152.0 | (3.90) | 168.0 | (24.64) | 148.0 | (23.94) | 150.0 | (3.73) |
| Cheese | 53.2 | (4.56) | 47.6 | (14.21) | 46.0 | (6.30) | 54.7 | (4.96) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|----------------------------------|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Meat and meat alternates | 154.0 | (3.62) | 164.0 | (11.22) | 161.0 | (10.02) | 154.0 | (4.03) |
| Beef | 113.0 | (8.27) | 113.0 | (26.14) | 114.0 | (20.63) | 113.0 | (9.64) |
| Ground beef | 88.8 | (12.67) | 71.2 u | (21.91) | 87.6 | (9.08) | 91.4 | (16.12) |
| Pork | 78.2 | (5.45) | 43.9 | (11.50) | 69.8 | (8.53) | 81.8 ** | (6.38) |
| Ham | 56.5 | (9.80) | 43.6 u | (21.73) | 36.8 | (8.87) | 58.0 | (10.58) |
| Lamb and misc. meats | 92.1 | (22.72) | 60.7 u | (19.18) | 82.2 | (8.80) | 94.8 | (26.15) |
| Chicken | 108.0 | (3.75) | 114.0 | (5.84) | 102.0 | (7.61) | 110.0 | (4.64) |
| Turkey | 111.0 | (11.59) | 74.7 u | (28.38) | 136.0 u | (50.57) | 109.0 | (11.16) |
| Organ meats | 99.4 u | (30.60) | 31.2 u | (13.87) | 131.0 u | (63.19) | 155.0 *** | (19.42) |
| Hot dogs | 91.6 | (8.11) | 110.0 | (7.61) | 97.1 | (21.36) | 89.1 | (11.56) |
| Cold cuts | 45.2 | (3.60) | 36.0 | (5.77) | 48.2 u | (15.22) | 46.2 | (3.32) |
| Fish | 149.0 | (9.81) | 145.0 | (19.69) | 135.0 | (19.09) | 155.0 | (11.34) |
| Shellfish | 94.7 | (21.63) | 102.0 | (19.29) | 68.6 | (15.57) | 98.7 | (25.11) |
| Bacon/sausage | 44.4 | (4.34) | 58.1 | (14.26) | 40.2 | (5.27) | 44.1 | (5.09) |
| Eggs | 99.0 | (3.93) | 106.0 | (11.64) | 86.5 | (5.38) | 99.1 | (4.58) |
| Beans | 139.0 | (11.33) | 107.0 | (17.24) | 155.0 | (23.32) | 144.0 | (12.88) |
| Baked/refried beans | 136.0 | (11.94) | 174.0 u | (85.45) | 123.0 | (12.18) | 133.0 | (12.61) |
| Soy products | 112.0 | (18.64) | 128.0 u | (73.65) | 151.0 u | (79.36) | 121.0 | (19.22) |
| Protein/meal enhancement | 104.0 | (18.14) | 269.0 | (19.49) | 201.0 | (50.09) | 97.1 *** | (20.18) |
| Nuts | 43.4 | (2.68) | 40.2 | (3.69) | 41.3 | (5.55) | 44.8 | (3.11) |
| Peanut/almond butter | 23.0 | (2.22) | 19.3 | (2.74) | 26.0 | (4.96) | 23.0 | (2.42) |
| Seeds | 11.7 | (1.56) | 29.0 | (0.00) | 12.3 *** | (2.60) | 11.5 *** | (1.71) |
| Mixed dishes | 382.0 | (11.81) | 362.0 | (28.31) | 348.0 | (11.12) | 390.0 | (14.09) |
| Tomato sauce and meat (no pasta) | 242.0 u | (89.15) | 62.0 | (0.00) | 187.0 | (0.00) | 250.0 u | (101.52) |
| Chili con carne | 307.0 | (29.40) | 487.0 | (16.54) | 308.0 * | (80.72) | 304.0 *** | (31.22) |
| Meat mixtures w/ red meat | 226.0 | (9.38) | 227.0 | (39.21) | 204.0 | (18.30) | 238.0 | (11.89) |
| Meat mixtures w/ chicken/turkey | 249.0 | (15.03) | 271.0 | (62.09) | 213.0 | (27.46) | 254.0 | (17.43) |
| Meat mixtures w/ fish | 186.0 | (16.91) | 257.0 | (67.70) | 167.0 | (45.00) | 187.0 | (18.19) |
| Hamburgers/cheeseburgers | 195.0 | (7.69) | 158.0 | (17.68) | 222.0 ** | (17.57) | 198.0 * | (8.70) |
| Other sandwiches | 184.0 | (4.62) | 174.0 | (15.71) | 177.0 | (10.26) | 186.0 | (5.33) |
| Hot dogs | 209.0 | (10.46) | 154.0 | (25.72) | 141.0 | (10.54) | 219.0 * | (13.65) |
| Luncheon meat | 155.0 | (3.21) | 162.0 | (19.30) | 150.0 | (10.50) | 156.0 | (3.76) |
| Beef, pork, ham | 194.0 | (10.14) | 201.0 | (35.24) | 195.0 | (28.22) | 198.0 | (11.67) |
| Chicken, turkey | 190.0 | (10.29) | 143.0 | (21.83) | 202.0 | (21.83) | 188.0 | (12.16) |
| Cheese (no meat) | 131.0 | (8.03) | 113.0 | (19.96) | 98.5 | (12.21) | 132.0 | (8.98) |
| Fish | 184.0 | (12.90) | 176.0 | (44.41) | 155.0 | (30.46) | 192.0 | (14.45) |
| Peanut butter | 90.6 | (8.26) | 115.0 | (23.93) | 82.5 | (6.25) | 91.2 | (10.27) |
| Breakfast sandwiches | 152.0 | (7.57) | 141.0 | (22.46) | 152.0 | (18.64) | 152.0 | (8.49) |
| Pizza (no meat) | 176.0 | (39.20) | 43.1 u | (20.77) | 189.0 *** | (27.55) | 180.0 ** | (46.47) |
| Pizza w/ meat | 201.0 | (22.58) | 197.0 | (29.68) | 168.0 | (32.88) | 208.0 | (25.62) |
| Mexican entrees | 270.0 | (23.57) | 262.0 | (32.04) | 245.0 | (18.25) | 279.0 | (28.43) |
| Macaroni and cheese | 189.0 | (16.50) | 156.0 u | (54.81) | 241.0 | (30.05) | 180.0 | (17.80) |
| Pasta dishes | 280.0 | (16.94) | 230.0 | (30.36) | 342.0 * | (35.11) | 276.0 | (17.55) |
| Rice dishes | 184.0 | (11.54) | 229.0 | (30.14) | 222.0 | (35.35) | 169.0 | (13.60) |
| Other grain mixtures | 90.9 | (8.50) | 93.2 | (15.49) | 85.1 u | (27.52) | 91.2 | (9.15) |
| Meat soup | 455.0 | (28.23) | 343.0 | (39.05) | 355.0 | (30.57) | 476.0 * | (34.15) |
| Bean soup | 341.0 | (27.37) | 224.0 | (8.40) | 363.0 *** | (22.08) | 346.0 ** | (36.85) |
| Grain soups | 374.0 | (32.17) | 425.0 | (104.22) | 337.0 | (41.55) | 376.0 | (37.50) |
| Vegetables mixtures (incl. soup) | 240.0 | (16.56) | 243.0 | (44.21) | 241.0 | (39.48) | 241.0 | (17.49) |
| Entrée salads | 309.0 | (25.13) | 599.0 | (100.79) | 304.0 ** | (49.79) | 313.0 ** | (25.08) |

See notes at end of table.

Table C-8. Average Amounts Consumed in Grams among Persons Consuming Specific Food Group and Subgroup—Continued

| | Older adults, 60+ years old | | | | | | | |
|--|-----------------------------|----------------|-------------------|-----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean | Standard error | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Beverages excluding milk and 100% fruit juice | 1,974.0 | (34.47) | 1,803.0 | (145.94) | 1,839.0 | (78.23) | 2,014.0 | (36.43) |
| Coffee | 615.0 | (17.88) | 736.0 | (159.04) | 615.0 | (48.19) | 610.0 | (15.74) |
| Tea | 662.0 | (24.21) | 503.0 | (51.82) | 771.0 ** | (77.19) | 653.0 * | (29.30) |
| Beer | 786.0 | (49.20) | 689.0 u | (231.86) | 928.0 | (97.56) | 779.0 | (57.49) |
| Wine | 242.0 | (17.58) | 102.0 u | (66.70) | 211.0 | (27.95) | 249.0 * | (18.56) |
| Liquor | 173.0 | (14.96) | 121.0 | (18.90) | 120.0 | (25.53) | 178.0 * | (16.69) |
| Water (plain) | 1,072.0 | (23.27) | 1,032.0 | (88.02) | 945.0 | (51.31) | 1,095.0 | (24.22) |
| Noncarbonated, sweetened drinks | 395.0 | (19.70) | 369.0 | (36.34) | 396.0 | (34.49) | 400.0 | (22.37) |
| Noncarbonated, low-calorie/sugar-free drinks | 493.0 | (76.86) | 473.0 | (84.48) | 318.0 | (84.11) | 518.0 | (95.21) |
| Energy drinks | 335.0 | (44.13) | 600.0 | (0.00) | 120.0 | (0.00) | 347.0 *** | (46.46) |
| Any soda | 533.0 | (17.16) | 483.0 | (53.01) | 507.0 | (28.72) | 540.0 | (21.03) |
| Soda, regular | 449.0 | (17.79) | 477.0 | (67.83) | 471.0 | (34.96) | 447.0 | (23.70) |
| Soda, sugar-free | 577.0 | (29.03) | 479.0 | (57.57) | 538.0 | (36.95) | 581.0 | (33.34) |
| Sweets and desserts | 110.0 | (2.91) | 91.7 | (7.55) | 98.1 | (7.69) | 112.0 * | (3.00) |
| Sugar and sugar substitutes | 7.8 | (0.69) | 10.4 | (1.43) | 10.0 | (1.16) | 7.2 | (0.84) |
| Syrups/sweet toppings | 38.5 | (4.80) | 35.3 u | (15.47) | 54.1 | (12.80) | 37.8 | (4.80) |
| Jelly | 17.4 | (1.24) | 21.5 | (2.96) | 20.5 | (3.47) | 16.5 | (1.27) |
| Jello | 156.0 | (15.76) | 173.0 u | (85.77) | 103.0 | (12.07) | 163.0 | (23.48) |
| Candy | 29.3 | (1.79) | 35.9 | (7.93) | 30.6 | (3.32) | 29.3 | (2.02) |
| Ice cream | 120.0 | (4.87) | 119.0 | (12.19) | 127.0 | (7.46) | 118.0 | (5.44) |
| Pudding | 140.0 | (10.55) | 166.0 | (30.19) | 165.0 | (21.38) | 137.0 | (12.57) |
| Ice/popsicles | 115.0 | (17.41) | 71.6 | (12.48) | 72.9 | (7.42) | 122.0 * | (20.94) |
| Sweet rolls | 75.4 | (6.37) | 77.7 | (8.94) | 83.9 | (8.16) | 74.6 | (8.99) |
| Cake/cupcakes | 107.0 | (6.56) | 95.4 u | (36.02) | 108.0 | (19.97) | 109.0 | (7.66) |
| Cookies | 36.4 | (1.67) | 34.7 | (4.80) | 37.2 | (1.80) | 36.5 | (2.02) |
| Pies/cobblers | 128.0 | (13.22) | 119.0 | (21.80) | 126.0 | (15.52) | 127.0 | (15.55) |
| Pastries | 90.9 | (16.13) | 131.0 | (30.45) | 88.4 u | (37.59) | 93.3 | (20.12) |
| Doughnuts | 67.6 | (5.31) | 76.3 u | (25.21) | 56.0 | (14.39) | 68.8 | (5.63) |
| Salty snacks | 34.8 | (2.07) | 36.0 | (6.03) | 37.3 | (5.21) | 34.8 | (2.31) |
| Corn-based salty snacks | 32.5 | (1.36) | 23.0 | (6.76) | 31.8 | (5.97) | 33.1 | (1.75) |
| Pretzels/party mix | 35.7 | (7.51) | 29.9 | (4.96) | 57.5 u | (21.27) | 33.7 | (7.50) |
| Popcorn | 40.3 | (4.30) | 68.1 | (6.87) | 38.5 ** | (7.51) | 40.0 *** | (4.91) |
| Potato chips | 25.9 | (1.67) | 34.0 | (6.73) | 27.1 | (1.98) | 25.6 | (1.95) |
| Added fats and oils | 30.8 | (1.66) | 24.0 | (2.95) | 29.9 | (2.89) | 31.5 * | (1.86) |
| Butter | 11.1 | (0.56) | 10.0 | (2.06) | 9.9 | (0.85) | 11.3 | (0.66) |
| Margarine | 10.9 | (0.63) | 10.0 | (1.35) | 10.9 | (0.93) | 10.7 | (0.59) |
| Other added fats | 31.4 | (5.54) | 51.2 | (10.51) | 29.2 u | (10.69) | 31.6 | (6.38) |
| Other added oils | 11.1 | (1.66) | 5.0 u | (2.57) | 9.1 | (0.00) | 11.4 * | (1.73) |
| Salad dressing | 33.9 | (9.32) | 37.5 u | (15.56) | 25.7 u | (9.94) | 36.2 u | (10.97) |
| Mayonnaise | 19.6 | (4.75) | 33.8 u | (14.46) | 19.6 | (4.98) | 19.0 | (5.55) |
| Gravy | 62.8 | (9.10) | 42.0 u | (15.70) | 67.3 | (13.82) | 64.1 | (10.28) |
| Cream cheese | 32.3 | (4.73) | 35.8 | (7.65) | 21.9 | (5.47) | 36.3 | (5.92) |
| Cream/sour cream | 26.8 | (1.83) | 17.1 | (2.85) | 21.9 | (2.95) | 28.1 ** | (2.12) |
| Other | 28.6 | (2.04) | 22.1 u | (6.72) | 36.5 | (9.69) | 28.3 | (2.10) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Foods consumed from the vegetables, fruits, grains, and meat/meat alternate food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Food choices reflect individual foods consumed except when foods were reported to be eaten in 'combination' as sandwiches, Mexican entrees, green salads, and soups. In these cases, the foods reported in combination are counted as one food choice (for example, a sandwich reported as a beef, cheese, and roll was counted in the "cheeseburger/hamburger" group as one food choice). 'All persons' includes persons with missing SNAP participation or income. Means are not age-adjusted. Significant differences in means are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

- ¹ Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The MyPyramid data sources listed above were used to classify grains.
 - ² "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately. Within these two groups, vegetables in the top quartile of the distribution of Vitamins A or C per 100 grams were categorized as "high in nutrients"; all others are "low in nutrients." Raw vegetables high in nutrients include broccoli, peppers (sweet and hot), snow peas, seaweed, and leeks. Raw vegetables that are low in nutrients include onions, cucumbers, celery, radishes, mushrooms, asparagus, squash, and green peas. Cooked vegetables high in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are low in nutrients include squash, artichokes, onions, mushrooms, eggplant, beets, and yellow string beans.
- u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
- Not applicable.

Table C-9. Healthy Eating Index-2005 (HEI-2005) Scores

| All persons 2+ years old | | | | | | | | |
|---|------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| All persons | | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error |
| Both sexes | | | | | | | | |
| Sample size | 16,689 | - | 3,227 | - | 3,804 | - | 8,937 | - |
| Total Fruit | 3.3 | (0.05) | 3.1 | (0.12) | 3.3 | (0.11) | 3.3 | (0.06) |
| Whole Fruit | 4.1 | (0.07) | 3.4 | (0.15) | 4.0 ** | (0.15) | 4.1 *** | (0.08) |
| Total Vegetables | 3.3 | (0.04) | 3.0 | (0.08) | 3.3 ** | (0.07) | 3.4 *** | (0.05) |
| Dark Green and Orange Vegetables, and Legumes | 1.5 | (0.04) | 1.3 | (0.07) | 1.6 ** | (0.10) | 1.5 * | (0.05) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.02) | 5.0 | (0.01) | 5.0 | (0.01) |
| Whole Grains | 1.1 | (0.02) | 0.9 | (0.05) | 1.0 | (0.05) | 1.2 *** | (0.03) |
| Milk | 6.3 | (0.06) | 6.0 | (0.19) | 5.8 | (0.11) | 6.5 * | (0.08) |
| Meat and Beans | 9.7 | (0.03) | 9.7 | (0.05) | 9.8 | (0.04) | 9.6 | (0.04) |
| Oils | 7.2 | (0.07) | 6.6 | (0.16) | 7.0 | (0.17) | 7.3 *** | (0.09) |
| Saturated Fat | 6.0 | (0.08) | 6.2 | (0.17) | 6.6 | (0.15) | 5.8 * | (0.10) |
| Sodium | 3.3 | (0.06) | 3.5 | (0.12) | 3.6 | (0.11) | 3.1 ** | (0.08) |
| Empty Calories | 9.4 | (0.13) | 8.2 | (0.25) | 9.3 ** | (0.29) | 9.6 *** | (0.15) |
| Total HEI-2005 Score | 60.1 | (0.33) | 56.8 | (0.63) | 60.3 *** | (0.68) | 60.2 *** | (0.38) |
| Males | | | | | | | | |
| Sample size | 8,445 | - | 1,538 | - | 1,889 | - | 4,671 | - |
| Total Fruit | 3.1 | (0.06) | 3.0 | (0.17) | 3.0 | (0.15) | 3.0 | (0.07) |
| Whole Fruit | 3.7 | (0.09) | 3.1 | (0.18) | 3.5 | (0.21) | 3.8 ** | (0.10) |
| Total Vegetables | 3.1 | (0.05) | 2.7 | (0.10) | 3.2 *** | (0.09) | 3.2 *** | (0.06) |
| Dark Green and Orange Vegetables, and Legumes | 1.3 | (0.05) | 1.1 | (0.09) | 1.5 ** | (0.10) | 1.3 * | (0.06) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.04) | 5.0 | (0.01) | 4.9 | (0.02) |
| Whole Grains | 1.0 | (0.03) | 0.8 | (0.08) | 0.8 | (0.06) | 1.1 ** | (0.04) |
| Milk | 6.2 | (0.08) | 6.1 | (0.34) | 5.6 | (0.14) | 6.3 | (0.10) |
| Meat and Beans | 9.7 | (0.03) | 9.7 | (0.07) | 9.8 | (0.06) | 9.7 | (0.04) |
| Oils | 6.9 | (0.09) | 6.0 | (0.19) | 6.6 * | (0.22) | 7.0 *** | (0.12) |
| Saturated Fat | 6.0 | (0.11) | 6.3 | (0.26) | 6.5 | (0.20) | 5.8 | (0.13) |
| Sodium | 3.3 | (0.08) | 3.7 | (0.17) | 3.6 | (0.15) | 3.1 ** | (0.10) |
| Empty Calories | 8.9 | (0.16) | 7.8 | (0.41) | 8.6 | (0.36) | 9.1 ** | (0.18) |
| Total HEI-2005 Score | 58.1 | (0.40) | 55.2 | (0.88) | 57.7 * | (0.80) | 58.4 ** | (0.47) |
| Females | | | | | | | | |
| Sample size | 8,244 | - | 1,689 | - | 1,905 | - | 4,266 | - |
| Total Fruit | 3.7 | (0.07) | 3.1 | (0.16) | 3.6 * | (0.14) | 3.7 ** | (0.08) |
| Whole Fruit | 4.4 | (0.09) | 3.5 | (0.21) | 4.4 ** | (0.19) | 4.4 *** | (0.11) |
| Total Vegetables | 3.6 | (0.05) | 3.3 | (0.11) | 3.5 | (0.10) | 3.6 * | (0.06) |
| Dark Green and Orange Vegetables, and Legumes | 1.7 | (0.07) | 1.4 | (0.11) | 1.7 | (0.15) | 1.7 | (0.08) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.03) | 5.0 | (0.02) | 5.0 | (0.01) |
| Whole Grains | 1.2 | (0.03) | 1.0 | (0.06) | 1.1 | (0.06) | 1.3 *** | (0.05) |
| Milk | 6.5 | (0.08) | 6.0 | (0.17) | 6.0 | (0.17) | 6.8 *** | (0.11) |
| Meat and Beans | 9.6 | (0.04) | 9.7 | (0.06) | 9.8 | (0.06) | 9.5 | (0.06) |
| Oils | 7.5 | (0.10) | 7.2 | (0.24) | 7.4 | (0.21) | 7.6 | (0.13) |
| Saturated Fat | 6.0 | (0.09) | 6.1 | (0.22) | 6.7 * | (0.18) | 5.7 | (0.12) |
| Sodium | 3.3 | (0.08) | 3.4 | (0.17) | 3.7 | (0.14) | 3.1 | (0.09) |
| Empty Calories | 10.0 | (0.15) | 8.5 | (0.28) | 10.1 *** | (0.38) | 10.2 *** | (0.18) |
| Total HEI-2005 Score | 62.3 | (0.41) | 58.1 | (0.74) | 62.8 *** | (0.85) | 62.5 *** | (0.49) |

See notes at end of table.

Table C-9. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

| Children, 2-18 years old | | | | | | | | |
|---|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|--------|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income Nonparticipants | | |
| Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | |
| Both sexes | | | | | | | | |
| Sample size | 6,118 | - | 1,615 | - | 1,482 | - | 2,777 | - |
| Total Fruit | 3.8 | (0.09) | 3.6 | (0.16) | 4.0 | (0.16) | 3.7 | (0.10) |
| Whole Fruit | 4.2 | (0.11) | 3.8 | (0.26) | 4.2 | (0.16) | 4.2 | (0.15) |
| Total Vegetables | 2.3 | (0.05) | 2.2 | (0.07) | 2.3 | (0.09) | 2.2 | (0.06) |
| Dark Green and Orange Vegetables, and Legumes | 0.6 | (0.04) | 0.5 | (0.06) | 0.7 * | (0.10) | 0.7 * | (0.05) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.01) | 5.0 | (0.00) | 5.0 | (0.01) |
| Whole Grains | 1.0 | (0.03) | 0.8 | (0.05) | 0.9 | (0.06) | 1.1 ** | (0.04) |
| Milk | 8.4 | (0.11) | 7.9 | (0.17) | 8.0 | (0.18) | 8.6 ** | (0.16) |
| Meat and Beans | 8.8 | (0.12) | 8.8 | (0.19) | 9.2 | (0.17) | 8.5 | (0.16) |
| Oils | 6.5 | (0.13) | 6.6 | (0.21) | 6.9 | (0.29) | 6.3 | (0.15) |
| Saturated Fat | 5.4 | (0.12) | 5.7 | (0.15) | 5.6 | (0.23) | 5.2 * | (0.18) |
| Sodium | 3.9 | (0.09) | 4.0 | (0.17) | 4.0 | (0.16) | 3.8 | (0.12) |
| Empty Calories | 9.7 | (0.14) | 9.0 | (0.26) | 10.3 ** | (0.34) | 9.7 * | (0.19) |
| Total HEI-2005 Score | 59.4 | (0.44) | 57.9 | (0.73) | 61.0 ** | (0.89) | 59.0 | (0.61) |
| Males | | | | | | | | |
| Sample size | 3,167 | - | 817 | - | 783 | - | 1,458 | - |
| Total Fruit | 3.7 | (0.10) | 3.4 | (0.17) | 4.0 * | (0.22) | 3.6 | (0.12) |
| Whole Fruit | 4.0 | (0.13) | 3.5 | (0.25) | 4.0 | (0.21) | 4.1 | (0.18) |
| Total Vegetables | 2.2 | (0.06) | 2.2 | (0.12) | 2.2 | (0.15) | 2.2 | (0.07) |
| Dark Green and Orange Vegetables, and Legumes | 0.6 | (0.07) | 0.5 | (0.07) | 0.6 | (0.11) | 0.7 * | (0.09) |
| Total Grains | 5.0 | (0.00) | 5.0 | (0.01) | 5.0 | (0.01) | 5.0 | (0.01) |
| Whole Grains | 1.0 | (0.04) | 0.8 | (0.06) | 0.8 | (0.06) | 1.1 *** | (0.06) |
| Milk | 8.6 | (0.16) | 7.9 | (0.21) | 8.3 | (0.23) | 8.8 ** | (0.23) |
| Meat and Beans | 8.9 | (0.13) | 8.8 | (0.26) | 9.1 | (0.25) | 8.8 | (0.17) |
| Oils | 6.3 | (0.16) | 6.6 | (0.33) | 6.7 | (0.37) | 6.1 | (0.18) |
| Saturated Fat | 5.5 | (0.16) | 5.9 | (0.19) | 5.5 | (0.32) | 5.3 | (0.24) |
| Sodium | 3.8 | (0.12) | 4.0 | (0.25) | 4.0 | (0.21) | 3.7 | (0.15) |
| Empty Calories | 9.8 | (0.18) | 8.9 | (0.41) | 10.4 * | (0.56) | 9.8 | (0.23) |
| Total HEI-2005 Score | 59.4 | (0.50) | 57.5 | (0.91) | 60.4 | (1.31) | 59.2 | (0.68) |
| Females | | | | | | | | |
| Sample size | 2,951 | - | 798 | - | 699 | - | 1,319 | - |
| Total Fruit | 3.9 | (0.12) | 3.8 | (0.27) | 4.0 | (0.19) | 3.9 | (0.15) |
| Whole Fruit | 4.4 | (0.17) | 3.9 | (0.46) | 4.3 | (0.20) | 4.4 | (0.22) |
| Total Vegetables | 2.3 | (0.06) | 2.2 | (0.10) | 2.5 | (0.11) | 2.3 | (0.09) |
| Dark Green and Orange Vegetables, and Legumes | 0.6 | (0.05) | 0.5 | (0.10) | 0.9 * | (0.16) | 0.6 | (0.06) |
| Total Grains | 5.0 | (0.02) | 5.0 | (0.02) | 5.0 | (0.02) | 5.0 | (0.02) |
| Whole Grains | 1.0 | (0.04) | 0.9 | (0.07) | 0.9 | (0.09) | 1.0 | (0.05) |
| Milk | 8.1 | (0.13) | 8.0 | (0.21) | 7.7 | (0.27) | 8.4 | (0.16) |
| Meat and Beans | 8.5 | (0.17) | 8.7 | (0.23) | 9.2 | (0.22) | 8.0 * | (0.25) |
| Oils | 6.6 | (0.16) | 6.8 | (0.26) | 7.0 | (0.33) | 6.4 | (0.21) |
| Saturated Fat | 5.4 | (0.14) | 5.5 | (0.26) | 5.8 | (0.33) | 5.2 | (0.22) |
| Sodium | 4.0 | (0.12) | 4.1 | (0.17) | 4.0 | (0.23) | 3.9 | (0.16) |
| Empty Calories | 9.6 | (0.19) | 9.0 | (0.34) | 10.2 * | (0.35) | 9.6 | (0.28) |
| Total HEI-2005 Score | 59.4 | (0.62) | 58.3 | (1.09) | 61.4 * | (0.95) | 58.6 | (0.91) |

See notes at end of table.

Table C-9. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

| Adults, 19-59 years old | | | | | | | | |
|---|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|--------|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income Nonparticipants | | |
| Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | |
| Both sexes | | | | | | | | |
| Sample size | 7,448 | - | 1,297 | - | 1,675 | - | 4,139 | - |
| Total Fruit | 2.9 | (0.08) | 2.7 | (0.17) | 2.9 | (0.17) | 2.8 | (0.09) |
| Whole Fruit | 3.7 | (0.11) | 2.8 | (0.21) | 3.7 * | (0.25) | 3.8 *** | (0.13) |
| Total Vegetables | 3.5 | (0.05) | 3.0 | (0.10) | 3.5 ** | (0.11) | 3.6 *** | (0.07) |
| Dark Green and Orange Vegetables, and Legumes | 1.7 | (0.06) | 1.3 | (0.10) | 1.8 ** | (0.15) | 1.6 * | (0.07) |
| Total Grains | 5.0 | (0.02) | 5.0 | (0.04) | 5.0 | (0.02) | 5.0 | (0.02) |
| Whole Grains | 1.0 | (0.04) | 0.8 | (0.05) | 0.8 | (0.06) | 1.1 *** | (0.05) |
| Milk | 5.6 | (0.09) | 5.2 | (0.27) | 5.1 | (0.14) | 5.8 * | (0.11) |
| Meat and Beans | 10.0 | (0.00) | 10.0 | (0.00) | 10.0 | (0.00) | 10.0 | (0.00) |
| Oils | 7.3 | (0.11) | 6.5 | (0.23) | 6.7 | (0.24) | 7.5 *** | (0.13) |
| Saturated Fat | 6.2 | (0.12) | 6.3 | (0.26) | 6.9 | (0.20) | 6.0 | (0.14) |
| Sodium | 3.1 | (0.09) | 3.6 | (0.17) | 3.5 | (0.16) | 2.9 ** | (0.12) |
| Empty Calories | 8.6 | (0.21) | 6.7 | (0.35) | 8.3 ** | (0.44) | 9.0 *** | (0.23) |
| Total HEI-2005 Score | 58.5 | (0.52) | 53.9 | (0.87) | 58.2 ** | (1.04) | 59.0 *** | (0.59) |
| Males | | | | | | | | |
| Sample size | 3,730 | - | 578 | - | 803 | - | 2,181 | - |
| Total Fruit | 2.6 | (0.09) | 2.6 | (0.25) | 2.6 | (0.22) | 2.5 | (0.10) |
| Whole Fruit | 3.2 | (0.13) | 2.7 | (0.25) | 3.1 | (0.34) | 3.3 * | (0.16) |
| Total Vegetables | 3.3 | (0.07) | 2.7 | (0.12) | 3.4 *** | (0.11) | 3.3 *** | (0.09) |
| Dark Green and Orange Vegetables, and Legumes | 1.4 | (0.07) | 1.2 | (0.12) | 1.8 ** | (0.16) | 1.4 | (0.08) |
| Total Grains | 5.0 | (0.02) | 4.9 | (0.07) | 5.0 | (0.02) | 4.9 | (0.04) |
| Whole Grains | 0.9 | (0.05) | 0.7 | (0.08) | 0.7 | (0.08) | 0.9 ** | (0.06) |
| Milk | 5.4 | (0.12) | 5.1 | (0.46) | 4.7 | (0.20) | 5.6 | (0.14) |
| Meat and Beans | 10.0 | (0.00) | 10.0 | (0.00) | 10.0 | (0.00) | 10.0 | (0.00) |
| Oils | 7.0 | (0.13) | 5.8 | (0.27) | 6.3 | (0.27) | 7.3 *** | (0.17) |
| Saturated Fat | 6.2 | (0.16) | 6.4 | (0.39) | 6.9 | (0.28) | 5.9 | (0.20) |
| Sodium | 3.2 | (0.12) | 3.7 | (0.22) | 3.4 | (0.21) | 3.0 ** | (0.16) |
| Empty Calories | 8.0 | (0.25) | 6.2 | (0.58) | 7.5 | (0.53) | 8.3 ** | (0.28) |
| Total HEI-2005 Score | 55.9 | (0.61) | 52.0 | (1.24) | 55.4 * | (1.11) | 56.5 ** | (0.72) |
| Females | | | | | | | | |
| Sample size | 3,718 | - | 719 | - | 872 | - | 1,958 | - |
| Total Fruit | 3.3 | (0.10) | 2.7 | (0.22) | 3.3 | (0.22) | 3.2 * | (0.12) |
| Whole Fruit | 4.2 | (0.15) | 3.0 | (0.29) | 4.3 ** | (0.30) | 4.3 *** | (0.16) |
| Total Vegetables | 3.8 | (0.08) | 3.4 | (0.18) | 3.6 | (0.16) | 3.9 ** | (0.10) |
| Dark Green and Orange Vegetables, and Legumes | 1.9 | (0.11) | 1.5 | (0.15) | 1.8 | (0.21) | 2.0 * | (0.13) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.05) | 5.0 | (0.03) | 5.0 | (0.02) |
| Whole Grains | 1.2 | (0.05) | 0.8 | (0.07) | 1.0 | (0.07) | 1.3 *** | (0.08) |
| Milk | 6.0 | (0.12) | 5.4 | (0.25) | 5.5 | (0.20) | 6.2 ** | (0.16) |
| Meat and Beans | 10.0 | (0.01) | 10.0 | (0.06) | 10.0 | (0.06) | 10.0 | (0.02) |
| Oils | 7.8 | (0.14) | 7.3 | (0.34) | 7.3 | (0.31) | 8.0 | (0.19) |
| Saturated Fat | 6.2 | (0.13) | 6.3 | (0.31) | 6.9 | (0.25) | 6.0 | (0.18) |
| Sodium | 3.1 | (0.11) | 3.5 | (0.25) | 3.6 | (0.19) | 2.7 * | (0.14) |
| Empty Calories | 9.6 | (0.24) | 7.2 | (0.38) | 9.3 ** | (0.62) | 10.0 *** | (0.28) |
| Total HEI-2005 Score | 61.9 | (0.63) | 56.0 | (0.93) | 61.5 *** | (1.35) | 62.6 *** | (0.74) |

See notes at end of table.

Table C-9. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

| Older adults, 60+ years old | | | | | | | | |
|---|------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| All persons | | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error |
| Both sexes | | | | | | | | |
| Sample size | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Total Fruit | 4.2 | (0.11) | 3.6 | (0.31) | 3.6 | (0.24) | 4.3 * | (0.13) |
| Whole Fruit | 5.0 | (0.00) | 4.5 | (0.34) | 4.7 | (0.23) | 5.0 | (0.00) |
| Total Vegetables | 4.3 | (0.08) | 4.0 | (0.25) | 4.0 | (0.17) | 4.3 | (0.09) |
| Dark Green and Orange Vegetables, and Legumes | 2.2 | (0.12) | 2.2 | (0.22) | 2.3 | (0.25) | 2.2 | (0.13) |
| Total Grains | 5.0 | (0.00) | 5.0 | (0.02) | 5.0 | (0.01) | 5.0 | (0.02) |
| Whole Grains | 1.6 | (0.05) | 1.4 | (0.20) | 1.5 | (0.13) | 1.6 | (0.06) |
| Milk | 5.6 | (0.11) | 5.8 | (0.58) | 5.0 | (0.29) | 5.7 | (0.12) |
| Meat and Beans | 10.0 | (0.00) | 10.0 | (0.01) | 10.0 | (0.00) | 10.0 | (0.00) |
| Oils | 7.7 | (0.17) | 6.8 | (0.45) | 8.0 | (0.42) | 7.8 | (0.19) |
| Saturated Fat | 6.1 | (0.14) | 6.3 | (0.45) | 7.0 | (0.38) | 5.9 | (0.15) |
| Sodium | 2.9 | (0.13) | 2.8 | (0.31) | 3.2 | (0.26) | 2.8 | (0.15) |
| Empty Calories | 11.2 | (0.22) | 11.5 | (0.70) | 11.2 | (0.56) | 11.1 | (0.20) |
| Total HEI-2005 Score | 65.7 | (0.54) | 64.0 | (1.85) | 65.6 | (1.44) | 65.6 | (0.49) |
| Males | | | | | | | | |
| Sample size | 1,548 | - | 143 | - | 313 | - | 1,032 | - |
| Total Fruit | 3.8 | (0.15) | 3.7 | (0.49) | 3.0 | (0.28) | 3.9 | (0.17) |
| Whole Fruit | 4.9 | (0.14) | 4.2 | (0.53) | 4.3 | (0.38) | 4.9 | (0.13) |
| Total Vegetables | 4.0 | (0.12) | 3.2 | (0.37) | 3.7 | (0.29) | 4.1 * | (0.12) |
| Dark Green and Orange Vegetables, and Legumes | 2.0 | (0.15) | 1.8 | (0.31) | 2.1 | (0.23) | 2.1 | (0.17) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.02) | 5.0 | (0.01) | 5.0 | (0.03) |
| Whole Grains | 1.5 | (0.07) | 1.3 | (0.34) | 1.2 | (0.12) | 1.5 | (0.08) |
| Milk | 5.2 | (0.15) | 6.4 | (1.22) | 4.3 | (0.35) | 5.2 | (0.16) |
| Meat and Beans | 10.0 | (0.00) | 10.0 | (0.07) | 10.0 | (0.00) | 10.0 | (0.00) |
| Oils | 7.7 | (0.22) | 6.2 | (0.40) | 7.9 * | (0.73) | 7.7 ** | (0.27) |
| Saturated Fat | 6.2 | (0.19) | 6.3 | (0.76) | 6.8 | (0.51) | 6.0 | (0.21) |
| Sodium | 2.7 | (0.14) | 3.2 | (0.56) | 3.2 | (0.37) | 2.6 | (0.16) |
| Empty Calories | 10.8 | (0.29) | 11.3 | (1.23) | 9.8 | (0.85) | 10.9 | (0.29) |
| Total HEI-2005 Score | 63.7 | (0.80) | 62.6 | (2.73) | 61.3 | (1.99) | 63.9 | (0.78) |
| Females | | | | | | | | |
| Sample size | 1,575 | - | 172 | - | 334 | - | 989 | - |
| Total Fruit | 4.6 | (0.13) | 3.5 | (0.37) | 4.1 | (0.31) | 4.7 ** | (0.16) |
| Whole Fruit | 5.0 | (0.00) | 4.5 | (0.38) | 4.8 | (0.27) | 5.0 | (0.00) |
| Total Vegetables | 4.5 | (0.10) | 4.6 | (0.25) | 4.3 | (0.19) | 4.6 | (0.12) |
| Dark Green and Orange Vegetables, and Legumes | 2.3 | (0.14) | 2.4 | (0.36) | 2.6 | (0.39) | 2.3 | (0.15) |
| Total Grains | 5.0 | (0.01) | 5.0 | (0.06) | 5.0 | (0.02) | 5.0 | (0.03) |
| Whole Grains | 1.7 | (0.08) | 1.5 | (0.23) | 1.8 | (0.20) | 1.8 | (0.09) |
| Milk | 6.0 | (0.17) | 5.4 | (0.38) | 5.6 | (0.54) | 6.2 | (0.19) |
| Meat and Beans | 10.0 | (0.00) | 10.0 | (0.01) | 10.0 | (0.01) | 10.0 | (0.00) |
| Oils | 7.8 | (0.22) | 7.3 | (0.66) | 7.9 | (0.42) | 7.8 | (0.27) |
| Saturated Fat | 5.9 | (0.21) | 6.1 | (0.65) | 7.2 | (0.41) | 5.7 | (0.25) |
| Sodium | 3.0 | (0.17) | 2.5 | (0.41) | 3.2 | (0.32) | 3.0 | (0.19) |
| Empty Calories | 11.6 | (0.29) | 11.7 | (0.88) | 12.3 | (0.61) | 11.3 | (0.31) |
| Total HEI-2005 Score | 67.5 | (0.66) | 64.5 | (2.34) | 68.9 | (1.59) | 67.2 | (0.66) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary

recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All persons' includes persons with missing SNAP participation or income. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

- u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
- Not applicable.

This page left blank intentionally.

Appendix D.
The Healthy Eating Index-2010

This page left blank intentionally.

Appendix D. The Healthy Eating Index-2010

In this appendix, we examine the overall quality of the diets consumed by SNAP participants and nonparticipants using the Healthy Eating Index-2010 (HEI-2010). As described in Chapter 6, the HEI is a measure of diet quality that assesses conformance to key recommendations of the *Dietary Guidelines* (USDA and DHHS 2010). It has been adopted by the USDA as a tool to monitor the quality of foods consumed by the U.S. population overall, as well as progress toward healthier eating habits among food assistance program participants (Guenther et al. 2008). The HEI was first created in 1995 by the USDA's Center for Nutrition Policy and Promotion (CNPP). It was revised in 2006 to reflect the 2005 *Dietary Guidelines* (HEI-2005) and updated in 2012 to reflect the 2010 *Dietary Guidelines* (HEI-2010). In this appendix, we present findings based on the HEI-2010.

Children under 2 years old were excluded from all HEI analyses because the *Dietary Guidelines* do not apply to them. HEI scores were estimated at the population level, using the population ratio method.¹ The HEI-2010 analyses assess the quality of diets consumed by SNAP participants and nonparticipants relative to the most recent dietary guidance. The analysis is based on data from the NHANES 2007-2010, and estimates are based on a single day of intake. We discuss only statistically significant comparisons between groups of SNAP participants, income-eligible nonparticipants, and higher-income nonparticipants.

The HEI-2010 is a scoring metric that is made up of 12 components, each reflecting a key aspect of diet quality. The standards used to assign HEI-2010 component scores are expressed on a density basis (that is, amounts per 1,000 calories or a percentage of calories) rather than absolute amounts of foods consumed. The use of such standards in assessing diet quality reflects the recommendation that individuals should strive to meet food group and nutrient guidelines while maintaining energy balance, rather than meeting these guidelines simply by consuming large quantities of food.

The HEI-2010 consists of nine adequacy components, which are dietary components individuals are recommended to consume to ensure adequate nutrient intakes, and include the following: total fruit, including juice; whole fruit; total vegetables; greens and beans; whole grains; refined grains; dairy; total protein foods; and seafood and plant proteins. The remaining three components, referred to as moderation components that individuals are recommended to limit, assess intakes of fatty acids, sodium, and empty calories, which are commonly consumed in excess.

The HEI-2010 components and standards for scoring are shown in Figure D-1. The figure also shows the intake criteria corresponding to minimum and maximum scores for each component. Maximum scores range from 5 to 20 points. Scores for intakes between the minimum and maximum standards are scored proportionately. For example, an intake that is halfway between

¹ In this method, the ratio between the population's total intake of a food group or nutrient of interest and their total calorie intake is computed, rather than using means of individual scores or means of individual ratios. This convention is usually suggested largely because of two factors: (1) it reduces possible bias resulting from correlations between an individual's one-day food or nutrient to energy ratio and his or her calorie intake, and (2) there is usually less score truncation in the HEI scoring system for the group-level HEI measure than in the mean of the individual-level HEI scores (Freedman et al. 2008).

the criteria for the maximum and minimum scores yields a score that is half the maximum score. Higher scores for each of the adequacy components reflect greater consumption, while higher scores for each of the moderation components reflect lower consumption. Scores for each of the 12 components are summed to create a total HEI-2010 score, with a range from 0 to 100.

Figure D-1. Healthy Eating Index-2010 Components and Standards for Scoring

| Component ^a | Maximum score | Standard for minimum score of zero | Standard for maximum score |
|--|---------------|-------------------------------------|---------------------------------|
| Adequacy components (higher score indicates <i>higher</i> consumption) | | | |
| 1. Total Fruit | 5 | No intake | ≥ 0.8 cup equiv. per 1,000 kcal |
| 2. Whole Fruit | 5 | No intake | ≥ 0.4 cup equiv. per 1,000 kcal |
| 3. Total Vegetables | 5 | No intake | ≥ 1.1 cup equiv. per 1,000 kcal |
| 4. Greens and Beans | 5 | No intake | ≥ 0.2 cup equiv. per 1,000 kcal |
| 5. Whole Grains | 10 | No intake | ≥ 1.5 oz equiv. per 1,000 kcal |
| 6. Dairy | 10 | No intake | ≥ 1.3 cup equiv. per 1,000 kcal |
| 7. Total Protein Foods | 5 | No intake | ≥ 2.5 oz equiv. per 1,000 kcal |
| 8. Seafood and Plant Proteins | 5 | No intake | ≥ 0.8 oz. equiv. per 1,000 kcal |
| 9. Fatty Acids ^b | 10 | (PUFAs + MUFAs)/SFAs ≤ 1.2 | (PUFAs + MUFAs)/SFAs ≥ 2.5 |
| Moderation components (higher score indicates <i>lower</i> consumption) | | | |
| 10. Refined Grains | 10 | ≥ 4.3 oz. equiv. per 1,000 calories | ≤ 1.8 oz equiv. per 1,000 kcal |
| 11. Sodium | 10 | ≥ 2.0 grams per 1,000 calories | ≤ 1.1 grams per 1,000 kcal |
| 12. Empty Calories ^c | 20 | ≥ 50% of calories | ≤ 19% of calories |
| Total score | 100 | | |

Source: Healthy Eating Index-2010, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 2, February 2013.

Notes: In the HEI-2010, calories from alcohol are considered to be empty calories only when alcohol is consumed beyond moderate amounts. Equiv. = equivalent; kcal = calories; oz equiv. = ounce equivalent.

^a Intakes between the minimum and maximum standards are scored proportionately.

^b Ratio of poly- and monounsaturated fatty acids (PUFAs and MUFAs) to saturated fatty acids (SFAs).

^c Calories from solid fats, alcohol, and added sugars; threshold for counting alcohol is > 13 grams/1,000 kcal.

Differences between the HEI-2010 and HEI-2005

The HEI-2010 maintains several of the components of its predecessor (the HEI-2005), including Total Fruit, Whole Fruit, Total Vegetables, Whole Grains, Sodium, and Empty Calories. In addition, the Milk and Meat and Beans components were carried forward but are renamed Dairy

and Total Protein Foods. However, a number of components were changed from the 2005 version: (1) Greens and Beans replaced the Dark Green and Orange Vegetables and Legumes component; (2) Seafood and Plant Proteins was introduced as a new component; (3) Refined Grains replaced Total Grains; and (3) Fatty Acids replaced Oils and Saturated Fat. The HEI-2010 also incorporates the following changes to the maximum point values of the components and scoring standards:

- Whole Grains has a maximum score of 10 in the HEI-2010 versus 5 in the HEI-2005.
- Total Protein Foods has a maximum score of 5 in the HEI-2010 versus 10 in the HEI-2005 (named Meat and Beans).
- The standard for the maximum score for sodium in the HEI-2010 is no more than 1.1 grams per 1,000 calories versus no more than 0.7 grams per 1,000 calories in the HEI-2005.
- The standard for the maximum score for Empty Calories in the HEI-2010 is no more than 19 percent of calories versus 20 percent of calories in the HEI-2005.
- In the HEI-2010, calories from alcohol are included in the Empty Calories component only when consumed beyond moderate amounts (more than 13 grams per 1,000 calories). In the HEI-2005, all calories from alcohol are included in the Empty Calories component.
- Intakes between the minimum and maximum standards are scored proportionately for all HEI-2010 components and for all HEI-2005 components, except for saturated fat and sodium. In the HEI-2005, Saturated Fat and Sodium get a score of 8 for intake levels that reflect the 2005 *Dietary Guidelines* recommendations—less than 7 percent of calories from saturated fat and less than 1.0 grams of sodium per 1,000 calories, respectively. Intakes between the standard for scores of 0 and 8 and between 8 and 10 are scored proportionately.

Total HEI-2010 Scores

The total HEI-2010 score for all persons was 54.2 out of a possible 100 points (Table D-1). Total HEI-2010 scores increased with age—children received the lowest total score of 49.8, adults received a score of 53.5, and older adults received the highest score of 62.2.

SNAP participants scored below income-eligible nonparticipants and higher-income nonparticipants (49.6 versus 53.5 and 54.7, respectively). SNAP children had a lower total score than income-eligible nonparticipant children (47.8 versus 51.1). Among adults, SNAP participants had a lower total HEI-2010 score than either income-eligible or higher-income nonparticipants (47.6 versus 52.5 and 54.3, respectively). Among older adults, SNAP participants and income-eligible nonparticipants had similar total scores, but SNAP participants had a lower total score than higher-income nonparticipants (58.0 versus 62.8). These low total HEI-2010 scores suggest that the diets of individuals of all ages in all three participation and eligibility groups fell considerably short of meeting the recommendations in the 2010 *Dietary Guidelines*.

HEI-2010 Component Scores for Children

No children in any of the three comparison groups achieved the maximum score for any of the individual HEI-2010 components (Table D-1). Children's scores for the Greens and

Beans component were very low, 0.6 (ranging from 0.5 to 0.8 in the comparison groups) out of a possible 5. Scores for Whole Grains were also low, 1.9 (ranging from 1.7 to 2.1 in the comparison groups) out of a possible 10. In addition, children in all three groups, and, thus, overall, had scores for Total Vegetables (2.3 out of 5), Fatty Acids (3.0 out of 10), Refined Grains (4.4 out of 10), Sodium (4.8 out of 10), and Empty Calories (9.5 out of 20) that were at or below 50 percent of their maximums. These scores indicate a substantial need for improving the quality of the diets consumed by all children.

Among children, SNAP participants had lower scores than both income-eligible and higher-income nonparticipants for Seafood and Plant Proteins (2.2 versus 2.7 and 2.6, respectively) and Empty Calories (8.8 versus 10.0 and 9.4). SNAP children also had lower scores than higher-income nonparticipant children for Whole Grains (1.7 versus 2.1) and Dairy (7.9 versus 8.6), but had a higher score for Fatty Acids (3.2 versus 2.7).

HEI-2010 Component Scores for Adults

For adults, SNAP participants and both groups of nonparticipants achieved the maximum score only for Total Protein Foods (Table D-1). For all three adult comparison groups, and, hence, adults as a whole, scores for Whole Grains were substantially below the maximum score (2.0 out of 10). Scores for Fatty Acids and Sodium were also low (less than 50 percent of their maximum)—4.2 (ranging from 3.8 to 4.5 in the comparison groups) and 3.9 (3.6 to 4.5 in the comparison groups) out of 10, respectively.

Adult SNAP participants had lower scores than both income-eligible and higher-income nonparticipants for the following components: Whole Fruit (2.8 versus 3.7 and 3.8, respectively), Total Vegetables (3.0 versus 3.5 and 3.6, respectively), Seafood and Plant Proteins (2.9 versus 3.7 and 3.8, respectively), and Empty Calories (8.2 versus 10.0 and 10.9, respectively). For SNAP participants, scores were below those of income-eligible nonparticipants for Greens and Beans (2.1 versus 2.8) and Fatty Acids (3.8 versus 4.5). Relative to higher-income nonparticipants, adult SNAP participants had lower scores for Dairy (5.2 versus 5.8) and Whole Grains (1.5 versus 2.2), but had a higher score for Sodium (4.5 versus 3.6).

HEI-2010 Component Scores for Older Adults

Older adults in all three comparison groups achieved the maximum score for Total Protein Foods. Older adults also had relatively high scores (between 72 and 100 percent of the maximum scores) for Total Fruit (4.2 out of 5), Whole Fruit (5.0 out of 5, ranging from 4.5 to 5.0 in the comparison groups), Total Vegetables (4.3 out of 5, ranging from 4.0 to 4.3 in the comparison groups), and Seafood and Plant Proteins (4.6 out of 5, ranging from 3.7 to 4.8 in the comparison groups) (Table D-1). However, scores for Whole Grains and Sodium were below 50 percent of their maximums for all three groups and, hence, for older adults as a whole (3.2 out of 10 and 3.6 out of 10, respectively) and scores for Fatty Acids were below 50 percent of the maximum for SNAP participants and higher-income nonparticipants (4.4 and 4.7, respectively, out of 10).

Among older adults, scores for all HEI-2010 components were similar for SNAP participants and income-eligible nonparticipants. Compared with higher-income nonparticipants, however, SNAP

participants had lower scores for Total Fruit (3.6 versus 4.3), Seafood and Plant Proteins (3.7 versus 4.8), and Refined Grains (5.4 versus 6.9).

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores

| All persons, 2+ years old | | | | | | | | |
|-----------------------------|----------------|-------------------|----------------|---------------------------------|-----------------|-------------------------------|-----------------|---------------|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | |
| Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | |
| Both sexes | | | | | | | | |
| <i>Sample size</i> | 16,689 | - | 3,227 | - | 3,804 | - | 8,937 | - |
| Total Fruit | 3.3 | (0.05) | 3.1 | (0.12) | 3.3 | (0.11) | 3.3 | (0.06) |
| Whole Fruit | 4.1 | (0.07) | 3.4 | (0.15) | 4.0 ** | (0.15) | 4.1 *** | (0.08) |
| Total Vegetables | 3.3 | (0.04) | 3.0 | (0.08) | 3.3 ** | (0.07) | 3.4 *** | (0.05) |
| Greens and Beans | 2.2 | (0.07) | 1.9 | (0.12) | 2.4 * | (0.17) | 2.1 | (0.08) |
| Whole Grains | 2.2 | (0.05) | 1.8 | (0.10) | 1.9 | (0.09) | 2.4 *** | (0.06) |
| Dairy | 6.3 | (0.06) | 6.0 | (0.19) | 5.8 | (0.10) | 6.5 * | (0.08) |
| Total Protein Foods | 4.9 | (0.01) | 4.9 | (0.02) | 4.9 | (0.02) | 4.8 | (0.02) |
| Seafood and Plant Proteins | 3.6 | (0.08) | 2.9 | (0.18) | 3.5 ** | (0.17) | 3.7 *** | (0.10) |
| Fatty Acids | 4.0 | (0.06) | 3.8 | (0.15) | 4.4 ** | (0.13) | 3.9 | (0.07) |
| Refined Grains | 5.7 | (0.07) | 5.5 | (0.16) | 5.1 | (0.15) | 5.9 * | (0.08) |
| Sodium | 4.1 | (0.07) | 4.4 | (0.15) | 4.5 | (0.13) | 3.9 ** | (0.10) |
| Empty Calories | 10.6 | (0.12) | 9.0 | (0.22) | 10.4 *** | (0.24) | 10.8 *** | (0.14) |
| Total HEI-2010 Score | 54.2 | (0.39) | 49.6 | (0.61) | 53.5 *** | (0.71) | 54.7 *** | (0.45) |
| Males | | | | | | | | |
| <i>Sample size</i> | 8,445 | - | 1,538 | - | 1,899 | - | 4,671 | - |
| Total Fruit | 3.1 | (0.06) | 3.0 | (0.17) | 3.0 | (0.15) | 3.0 | (0.07) |
| Whole Fruit | 3.7 | (0.09) | 3.1 | (0.18) | 3.5 | (0.21) | 3.8 ** | (0.10) |
| Total Vegetables | 3.1 | (0.05) | 2.7 | (0.10) | 3.2 *** | (0.09) | 3.2 *** | (0.06) |
| Greens and Beans | 2.0 | (0.09) | 1.7 | (0.16) | 2.4 ** | (0.18) | 1.9 | (0.11) |
| Whole Grains | 2.0 | (0.06) | 1.6 | (0.15) | 1.6 | (0.11) | 2.1 ** | (0.08) |
| Dairy | 6.2 | (0.08) | 6.1 | (0.34) | 5.6 | (0.14) | 6.3 | (0.10) |
| Total Protein Foods | 4.9 | (0.02) | 4.9 | (0.03) | 4.9 | (0.03) | 4.8 | (0.02) |
| Seafood and Plant Proteins | 3.5 | (0.10) | 2.6 | (0.20) | 3.3 * | (0.21) | 3.5 *** | (0.13) |
| Fatty Acids | 4.0 | (0.08) | 3.5 | (0.21) | 4.3 ** | (0.17) | 4.0 | (0.10) |
| Refined Grains | 5.7 | (0.08) | 5.3 | (0.22) | 4.9 | (0.20) | 6.0 ** | (0.10) |
| Sodium | 4.1 | (0.10) | 4.6 | (0.21) | 4.5 | (0.18) | 3.9 ** | (0.13) |
| Empty Calories | 10.5 | (0.14) | 9.1 | (0.33) | 10.2 * | (0.30) | 10.7 *** | (0.16) |
| Total HEI-2010 Score | 52.6 | (0.45) | 48.2 | (0.81) | 51.2 ** | (0.78) | 53.2 *** | (0.55) |
| Females | | | | | | | | |
| <i>Sample size</i> | 8,244 | - | 1,689 | - | 1,905 | - | 4,266 | - |
| Total Fruit | 3.7 | (0.07) | 3.1 | (0.16) | 3.6 * | (0.14) | 3.7 ** | (0.08) |
| Whole Fruit | 4.4 | (0.09) | 3.5 | (0.21) | 4.4 ** | (0.18) | 4.4 *** | (0.11) |
| Total Vegetables | 3.6 | (0.05) | 3.3 | (0.12) | 3.5 | (0.10) | 3.6 * | (0.06) |
| Greens and Beans | 2.4 | (0.12) | 2.0 | (0.19) | 2.3 | (0.24) | 2.4 | (0.14) |
| Whole Grains | 2.4 | (0.07) | 2.0 | (0.12) | 2.2 | (0.12) | 2.6 *** | (0.10) |
| Dairy | 6.5 | (0.08) | 6.0 | (0.17) | 6.0 | (0.16) | 6.8 *** | (0.11) |
| Total Protein Foods | 4.8 | (0.02) | 4.8 | (0.03) | 4.9 | (0.03) | 4.8 | (0.03) |
| Seafood and Plant Proteins | 3.7 | (0.11) | 3.1 | (0.23) | 3.8 * | (0.21) | 3.8 ** | (0.14) |
| Fatty Acids | 4.0 | (0.08) | 4.1 | (0.20) | 4.5 | (0.16) | 3.9 | (0.10) |
| Refined Grains | 5.6 | (0.09) | 5.6 | (0.19) | 5.4 | (0.21) | 5.7 | (0.12) |
| Sodium | 4.1 | (0.10) | 4.3 | (0.21) | 4.6 | (0.17) | 3.8 | (0.12) |
| Empty Calories | 10.6 | (0.15) | 8.9 | (0.25) | 10.5 *** | (0.33) | 10.9 *** | (0.18) |
| Total HEI-2010 Score | 55.9 | (0.49) | 50.7 | (0.78) | 55.6 *** | (0.95) | 56.4 *** | (0.58) |

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

| Children, 2–18 years old | | | | | | | | |
|-----------------------------|------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| All persons | | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error |
| Both sexes | | | | | | | | |
| Sample size | 6,118 | - | 1,615 | - | 1,482 | - | 2,777 | - |
| Total Fruit | 3.8 | (0.09) | 3.6 | (0.16) | 4.0 | (0.16) | 3.7 | (0.10) |
| Whole Fruit | 4.2 | (0.11) | 3.8 | (0.26) | 4.2 | (0.16) | 4.2 | (0.15) |
| Total Vegetables | 2.3 | (0.05) | 2.2 | (0.07) | 2.3 | (0.10) | 2.2 | (0.06) |
| Greens and Beans | 0.6 | (0.05) | 0.5 | (0.09) | 0.8 | (0.15) | 0.6 | (0.06) |
| Whole Grains | 1.9 | (0.06) | 1.7 | (0.11) | 1.7 | (0.12) | 2.1 ** | (0.08) |
| Dairy | 8.4 | (0.11) | 7.9 | (0.17) | 8.0 | (0.18) | 8.6 ** | (0.16) |
| Total Protein Foods | 4.4 | (0.06) | 4.4 | (0.10) | 4.6 | (0.08) | 4.3 | (0.08) |
| Seafood and Plant Proteins | 2.6 | (0.10) | 2.2 | (0.17) | 2.7 * | (0.23) | 2.6 * | (0.17) |
| Fatty Acids | 3.0 | (0.09) | 3.2 | (0.15) | 3.3 | (0.18) | 2.7 * | (0.12) |
| Refined Grains | 4.4 | (0.11) | 4.6 | (0.19) | 4.4 | (0.25) | 4.4 | (0.14) |
| Sodium | 4.8 | (0.12) | 5.1 | (0.22) | 5.0 | (0.19) | 4.7 | (0.15) |
| Empty Calories | 9.5 | (0.14) | 8.8 | (0.24) | 10.0 ** | (0.32) | 9.4 * | (0.19) |
| Total HEI-2010 Score | 49.8 | (0.43) | 47.8 | (0.77) | 51.1 ** | (0.94) | 49.7 | (0.61) |
| Males | | | | | | | | |
| Sample size | 3,167 | - | 817 | - | 783 | - | 1,458 | - |
| Total Fruit | 3.7 | (0.10) | 3.4 | (0.17) | 4.0 | (0.22) | 3.6 | (0.12) |
| Whole Fruit | 4.0 | (0.13) | 3.5 | (0.24) | 4.0 | (0.21) | 4.1 | (0.18) |
| Total Vegetables | 2.2 | (0.06) | 2.2 | (0.12) | 2.2 | (0.15) | 2.2 | (0.07) |
| Greens and Beans | 0.6 | (0.11) | 0.5 | (0.12) | 0.6 | (0.16) | 0.7 | (0.13) |
| Whole Grains | 2.0 | (0.08) | 1.6 | (0.11) | 1.6 | (0.13) | 2.2 *** | (0.12) |
| Dairy | 8.6 | (0.15) | 7.9 | (0.21) | 8.3 | (0.23) | 8.8 ** | (0.23) |
| Total Protein Foods | 4.5 | (0.07) | 4.4 | (0.13) | 4.6 | (0.12) | 4.4 | (0.09) |
| Seafood and Plant Proteins | 2.5 | (0.14) | 2.2 | (0.22) | 2.8 | (0.29) | 2.5 | (0.21) |
| Fatty Acids | 2.9 | (0.13) | 3.1 | (0.23) | 3.2 | (0.27) | 2.7 | (0.16) |
| Refined Grains | 4.5 | (0.14) | 4.6 | (0.27) | 4.3 | (0.24) | 4.6 | (0.18) |
| Sodium | 4.7 | (0.14) | 5.0 | (0.31) | 5.1 | (0.26) | 4.6 | (0.19) |
| Empty Calories | 9.6 | (0.18) | 8.8 | (0.33) | 10.1 * | (0.54) | 9.5 | (0.22) |
| Total HEI-2010 Score | 49.7 | (0.52) | 47.2 | (0.80) | 50.6 * | (1.16) | 49.8 * | (0.75) |
| Females | | | | | | | | |
| Sample size | 2,951 | - | 798 | - | 699 | - | 1,319 | - |
| Total Fruit | 3.9 | (0.12) | 3.8 | (0.27) | 4.0 | (0.19) | 3.9 | (0.15) |
| Whole Fruit | 4.4 | (0.16) | 3.9 | (0.45) | 4.3 | (0.20) | 4.4 | (0.22) |
| Total Vegetables | 2.3 | (0.06) | 2.2 | (0.10) | 2.5 | (0.11) | 2.3 | (0.09) |
| Greens and Beans | 0.6 | (0.07) | 0.5 | (0.15) | 1.0 | (0.25) | 0.6 | (0.09) |
| Whole Grains | 1.9 | (0.07) | 1.8 | (0.15) | 1.8 | (0.17) | 2.0 | (0.10) |
| Dairy | 8.1 | (0.13) | 8.0 | (0.21) | 7.7 | (0.27) | 8.4 | (0.16) |
| Total Protein Foods | 4.3 | (0.08) | 4.4 | (0.11) | 4.6 | (0.11) | 4.0 * | (0.12) |
| Seafood and Plant Proteins | 2.7 | (0.15) | 2.1 | (0.22) | 2.7 | (0.31) | 2.7 * | (0.22) |
| Fatty Acids | 3.1 | (0.11) | 3.4 | (0.16) | 3.5 | (0.23) | 2.8 * | (0.17) |
| Refined Grains | 4.3 | (0.18) | 4.6 | (0.28) | 4.6 | (0.45) | 4.1 | (0.26) |
| Sodium | 5.0 | (0.15) | 5.1 | (0.21) | 5.0 | (0.28) | 4.8 | (0.20) |
| Empty Calories | 9.4 | (0.19) | 8.8 | (0.33) | 10.0 ** | (0.33) | 9.3 | (0.27) |
| Total HEI-2010 Score | 49.9 | (0.67) | 48.4 | (1.16) | 51.5 | (1.21) | 49.3 | (0.96) |

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

| Adults, 19–59 years old | | | | | | | | |
|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|--------|
| All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | | |
| Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | |
| Both sexes | | | | | | | | |
| Sample size | 7,448 | - | 1,297 | - | 1,675 | - | 4,139 | - |
| Total Fruit | 2.9 | (0.08) | 2.7 | (0.17) | 2.9 | (0.17) | 2.8 | (0.09) |
| Whole Fruit | 3.7 | (0.11) | 2.8 | (0.21) | 3.7 * | (0.25) | 3.8 *** | (0.13) |
| Total Vegetables | 3.5 | (0.06) | 3.0 | (0.11) | 3.5 ** | (0.11) | 3.6 *** | (0.07) |
| Greens and Beans | 2.6 | (0.11) | 2.1 | (0.17) | 2.8 * | (0.27) | 2.5 | (0.12) |
| Whole Grains | 2.0 | (0.07) | 1.5 | (0.09) | 1.6 | (0.13) | 2.2 *** | (0.09) |
| Dairy | 5.6 | (0.09) | 5.2 | (0.27) | 5.1 | (0.14) | 5.8 * | (0.11) |
| Total Protein Foods | 5.0 | (0.00) | 5.0 | (0.00) | 5.0 | (0.00) | 5.0 | (0.00) |
| Seafood and Plant Proteins | 3.7 | (0.13) | 2.9 | (0.26) | 3.7 * | (0.26) | 3.8 ** | (0.16) |
| Fatty Acids | 4.2 | (0.09) | 3.8 | (0.22) | 4.5 * | (0.17) | 4.2 | (0.11) |
| Refined Grains | 6.0 | (0.10) | 5.9 | (0.23) | 5.3 | (0.22) | 6.2 | (0.12) |
| Sodium | 3.9 | (0.11) | 4.5 | (0.21) | 4.4 | (0.19) | 3.6 ** | (0.14) |
| Empty Calories | 10.4 | (0.20) | 8.2 | (0.32) | 10.0 *** | (0.36) | 10.9 *** | (0.21) |
| Total HEI-2010 Score | 53.5 | (0.62) | 47.6 | (0.81) | 52.5 *** | (1.06) | 54.3 *** | (0.71) |
| Males | | | | | | | | |
| Sample size | 3,730 | - | 578 | - | 803 | - | 2,181 | - |
| Total Fruit | 2.6 | (0.09) | 2.6 | (0.25) | 2.6 | (0.22) | 2.5 | (0.10) |
| Whole Fruit | 3.2 | (0.13) | 2.7 | (0.25) | 3.1 | (0.34) | 3.3 * | (0.16) |
| Total Vegetables | 3.3 | (0.07) | 2.7 | (0.12) | 3.4 *** | (0.11) | 3.3 *** | (0.09) |
| Greens and Beans | 2.3 | (0.13) | 1.9 | (0.20) | 2.9 ** | (0.29) | 2.2 | (0.15) |
| Whole Grains | 1.8 | (0.09) | 1.3 | (0.16) | 1.4 | (0.17) | 1.9 ** | (0.12) |
| Dairy | 5.4 | (0.12) | 5.1 | (0.45) | 4.7 | (0.19) | 5.6 | (0.14) |
| Total Protein Foods | 5.0 | (0.00) | 5.0 | (0.00) | 5.0 | (0.00) | 5.0 | (0.00) |
| Seafood and Plant Proteins | 3.5 | (0.16) | 2.4 | (0.28) | 3.4 * | (0.30) | 3.6 *** | (0.20) |
| Fatty Acids | 4.2 | (0.11) | 3.5 | (0.30) | 4.4 * | (0.20) | 4.2 * | (0.14) |
| Refined Grains | 6.0 | (0.12) | 5.7 | (0.34) | 5.1 | (0.31) | 6.3 | (0.14) |
| Sodium | 4.0 | (0.15) | 4.7 | (0.28) | 4.3 | (0.27) | 3.8 ** | (0.19) |
| Empty Calories | 10.3 | (0.21) | 8.5 | (0.50) | 9.9 * | (0.39) | 10.7 *** | (0.24) |
| Total HEI-2010 Score | 51.4 | (0.70) | 46.1 | (1.07) | 50.3 ** | (1.11) | 52.3 *** | (0.85) |
| Females | | | | | | | | |
| Sample size | 3,718 | - | 719 | - | 872 | - | 1,958 | - |
| Total Fruit | 3.3 | (0.10) | 2.7 | (0.22) | 3.3 | (0.22) | 3.2 * | (0.12) |
| Whole Fruit | 4.2 | (0.14) | 3.0 | (0.29) | 4.3 ** | (0.30) | 4.3 *** | (0.16) |
| Total Vegetables | 3.8 | (0.08) | 3.3 | (0.18) | 3.6 | (0.16) | 3.9 ** | (0.10) |
| Greens and Beans | 2.9 | (0.19) | 2.2 | (0.26) | 2.6 | (0.37) | 2.9 * | (0.22) |
| Whole Grains | 2.3 | (0.10) | 1.7 | (0.14) | 1.9 | (0.15) | 2.6 *** | (0.15) |
| Dairy | 6.0 | (0.12) | 5.4 | (0.25) | 5.5 | (0.20) | 6.2 ** | (0.16) |
| Total Protein Foods | 5.0 | (0.01) | 5.0 | (0.03) | 5.0 | (0.03) | 5.0 | (0.01) |
| Seafood and Plant Proteins | 4.0 | (0.18) | 3.4 | (0.33) | 4.1 | (0.33) | 4.1 | (0.22) |
| Fatty Acids | 4.3 | (0.12) | 4.3 | (0.31) | 4.7 | (0.23) | 4.2 | (0.14) |
| Refined Grains | 5.9 | (0.14) | 6.0 | (0.26) | 5.7 | (0.27) | 5.9 | (0.17) |
| Sodium | 3.8 | (0.14) | 4.3 | (0.32) | 4.6 | (0.24) | 3.4 * | (0.17) |
| Empty Calories | 10.6 | (0.24) | 7.9 | (0.34) | 10.1 *** | (0.52) | 11.2 *** | (0.29) |
| Total HEI-2010 Score | 56.0 | (0.78) | 49.1 | (1.07) | 55.1 *** | (1.43) | 57.0 *** | (0.91) |

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

| | Older adults, 60+ years old | | | | | | | |
|-----------------------------|-----------------------------|----------------|-------------------|----------------|---------------------------------|----------------|-------------------------------|----------------|
| | All persons | | SNAP participants | | Income-eligible nonparticipants | | Higher-income nonparticipants | |
| | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error | Mean score | Standard error |
| Both sexes | | | | | | | | |
| <i>Sample size</i> | 3,123 | - | 315 | - | 647 | - | 2,021 | - |
| Total Fruit | 4.2 | (0.11) | 3.6 | (0.31) | 3.6 | (0.25) | 4.3 * | (0.13) |
| Whole Fruit | 5.0 | (0.00) | 4.5 | (0.34) | 4.7 | (0.23) | 5.0 | (0.00) |
| Total Vegetables | 4.3 | (0.08) | 4.0 | (0.25) | 4.0 | (0.17) | 4.3 | (0.09) |
| Greens and Beans | 3.1 | (0.21) | 3.3 | (0.37) | 3.3 | (0.39) | 3.1 | (0.23) |
| Whole Grains | 3.2 | (0.10) | 2.9 | (0.41) | 3.0 | (0.26) | 3.3 | (0.12) |
| Dairy | 5.6 | (0.11) | 5.8 | (0.57) | 5.0 | (0.29) | 5.7 | (0.12) |
| Total Protein Foods | 5.0 | (0.00) | 5.0 | (0.01) | 5.0 | (0.00) | 5.0 | (0.00) |
| Seafood and Plant Proteins | 4.6 | (0.16) | 3.7 | (0.49) | 4.0 | (0.36) | 4.8 * | (0.15) |
| Fatty Acids | 4.7 | (0.15) | 4.4 | (0.37) | 5.4 | (0.38) | 4.7 | (0.16) |
| Refined Grains | 6.5 | (0.13) | 5.4 | (0.40) | 5.4 | (0.29) | 6.9 *** | (0.15) |
| Sodium | 3.6 | (0.16) | 3.5 | (0.38) | 4.0 | (0.32) | 3.5 | (0.18) |
| Empty Calories | 12.4 | (0.21) | 11.9 | (0.57) | 12.0 | (0.55) | 12.4 | (0.20) |
| Total HEI-2010 Score | 62.2 | (0.64) | 58.0 | (1.86) | 59.5 | (1.54) | 62.8 * | (0.63) |
| Males | | | | | | | | |
| <i>Sample size</i> | 1,548 | - | 143 | - | 313 | - | 1,032 | - |
| Total Fruit | 3.7 | (0.15) | 3.7 | (0.49) | 3.0 | (0.28) | 3.9 | (0.17) |
| Whole Fruit | 4.9 | (0.14) | 4.2 | (0.53) | 4.3 | (0.38) | 4.9 | (0.13) |
| Total Vegetables | 4.0 | (0.12) | 3.1 | (0.37) | 3.7 | (0.29) | 4.1 * | (0.12) |
| Greens and Beans | 3.0 | (0.26) | 2.8 | (0.58) | 3.3 | (0.43) | 2.9 | (0.30) |
| Whole Grains | 2.9 | (0.15) | 2.6 | (0.68) | 2.3 | (0.24) | 3.0 | (0.17) |
| Dairy | 5.2 | (0.15) | 6.4 | (1.20) | 4.3 | (0.35) | 5.2 | (0.16) |
| Total Protein Foods | 5.0 | (0.00) | 5.0 | (0.04) | 5.0 | (0.00) | 5.0 | (0.00) |
| Seafood and Plant Proteins | 4.8 | (0.18) | 3.7 | (0.58) | 3.6 | (0.53) | 4.9 * | (0.15) |
| Fatty Acids | 5.0 | (0.17) | 4.2 | (0.65) | 5.3 | (0.58) | 5.0 | (0.19) |
| Refined Grains | 6.5 | (0.16) | 4.9 | (0.47) | 5.4 | (0.32) | 6.8 *** | (0.19) |
| Sodium | 3.4 | (0.17) | 4.0 | (0.69) | 4.1 | (0.47) | 3.2 | (0.20) |
| Empty Calories | 12.5 | (0.29) | 11.9 | (0.90) | 11.2 | (0.80) | 12.7 | (0.29) |
| Total HEI-2010 Score | 60.8 | (0.90) | 56.6 | (2.83) | 55.5 | (1.95) | 61.6 | (0.87) |
| Females | | | | | | | | |
| <i>Sample size</i> | 1,575 | - | 172 | - | 334 | - | 989 | - |
| Total Fruit | 4.6 | (0.14) | 3.5 | (0.37) | 4.1 | (0.31) | 4.7 ** | (0.16) |
| Whole Fruit | 5.0 | (0.00) | 4.5 | (0.38) | 4.8 | (0.27) | 5.0 | (0.00) |
| Total Vegetables | 4.5 | (0.10) | 4.6 | (0.25) | 4.3 | (0.19) | 4.6 | (0.12) |
| Greens and Beans | 3.3 | (0.24) | 3.5 | (0.58) | 3.2 | (0.55) | 3.2 | (0.26) |
| Whole Grains | 3.5 | (0.15) | 3.1 | (0.46) | 3.6 | (0.40) | 3.6 | (0.18) |
| Dairy | 6.0 | (0.17) | 5.4 | (0.38) | 5.6 | (0.54) | 6.2 | (0.18) |
| Total Protein Foods | 5.0 | (0.00) | 5.0 | (0.01) | 5.0 | (0.01) | 5.0 | (0.00) |
| Seafood and Plant Proteins | 4.4 | (0.19) | 3.6 | (0.60) | 4.2 | (0.33) | 4.6 | (0.21) |
| Fatty Acids | 4.5 | (0.21) | 4.6 | (0.45) | 5.5 | (0.41) | 4.3 | (0.23) |
| Refined Grains | 6.6 | (0.15) | 5.8 | (0.52) | 5.4 | (0.50) | 6.9 * | (0.17) |
| Sodium | 3.7 | (0.21) | 3.1 | (0.51) | 4.0 | (0.39) | 3.8 | (0.24) |
| Empty Calories | 12.2 | (0.27) | 12.0 | (0.76) | 12.5 | (0.60) | 12.1 | (0.28) |
| Total HEI-2010 Score | 63.3 | (0.73) | 58.6 | (2.17) | 62.4 | (2.11) | 63.8 * | (0.73) |

Sources: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Healthy Eating Index-2010, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 2, February 2013. Sample includes NHANES respondents with complete dietary recall data, 2+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All persons' includes persons with missing SNAP participation or income. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

- u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
- Not applicable.

This page left blank intentionally.

Appendix E.

Detailed Tables and Figures for SNAP Matched Analyses

This page left blank intentionally.

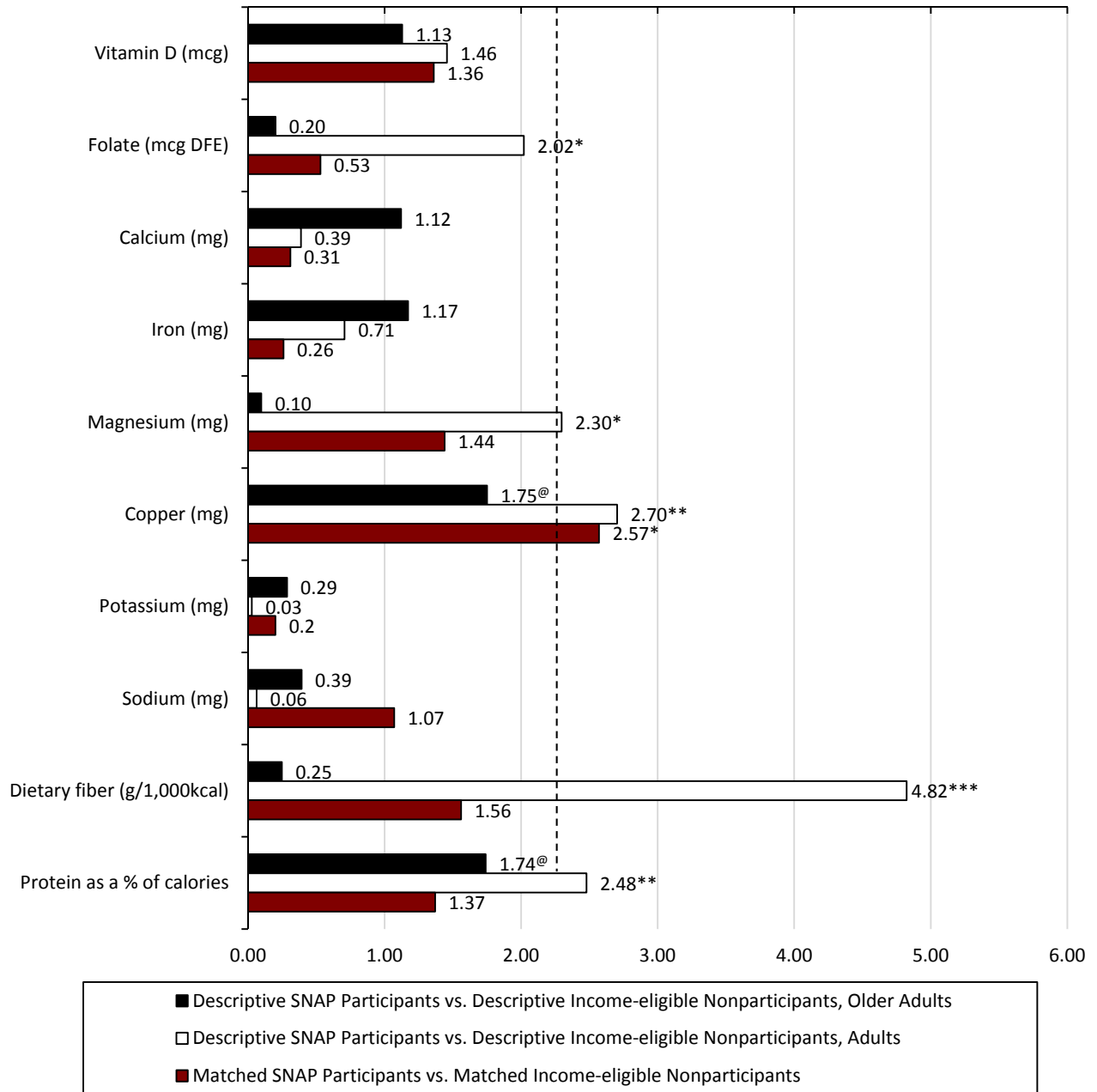
Table E-1. Usual Nutrient Intakes from Foods and Beverages, SNAP Participants and Nonparticipants 16 Years Old and Older

| | SNAP participants | | | Income-eligible nonparticipants | | | | Descriptive Adults | Descriptive Older Adults |
|-----------------------------|-------------------|------|----------------|---------------------------------|--------|----------------|----------|--------------------|--------------------------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | <i>t</i> | <i>t</i> | <i>t</i> |
| Vitamin D (mcg) | 975 | 4.4 | (0.33) | 572 | 3.9 | (0.20) | 1.36 | 1.46 | 1.13 |
| Folate (mcg DFE) | 975 | 481 | (12.9) | 572 | 493 | (18.0) | 0.53 | 2.02 | 0.20 |
| Calcium (mg) | 975 | 881 | (32.0) | 572 | 869 | (21.2) | 0.31 | 0.39 | 1.12 |
| Iron (mg) | 975 | 13.8 | (0.30) | 572 | 13.9 | (0.33) | 0.26 | 0.71 | 1.17 |
| Magnesium (mg) | 975 | 254 | (7.3) | 572 | 269 | (8.1) | 1.44 | 2.30 | 0.10 |
| Copper (mg) | 975 | 1.09 | (0.029) | 572 | 1.20 * | (0.034) | 2.57 | 2.70 | 1.75 |
| Potassium (mg) | 975 | 2378 | (71.5) | 572 | 2360 | (58.3) | 0.20 | 0.03 | 0.29 |
| Sodium (mg) | 975 | 3269 | (68.6) | 572 | 3394 | (95.3) | 1.07 | 0.06 | 0.39 |
| Dietary fiber (g/1,000kcal) | 975 | 6.8 | (0.22) | 572 | 7.4 | (0.31) | 1.56 | 4.82 | 0.25 |
| Protein as a % of calories | 975 | 14.9 | (0.19) | 572 | 15.4 | (0.28) | 1.37 | 2.48 | 1.74 |

Source: NHANES 2007-2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 16+ years. Excludes pregnant women ages 20-44 years and breastfeeding women ages 20-59 years; pregnant and breastfeeding women outside of these age ranges could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

- Notes:
- a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 - b Two-sample *t*-tests were used to test pairwise differences in comparison to SNAP participants.
 - c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 - u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
 - Not applicable

Figure E-1. Usual Nutrient Intakes from Foods and Beverages, SNAP Participants and Nonparticipants 16 Years Old and Older, t-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 16+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

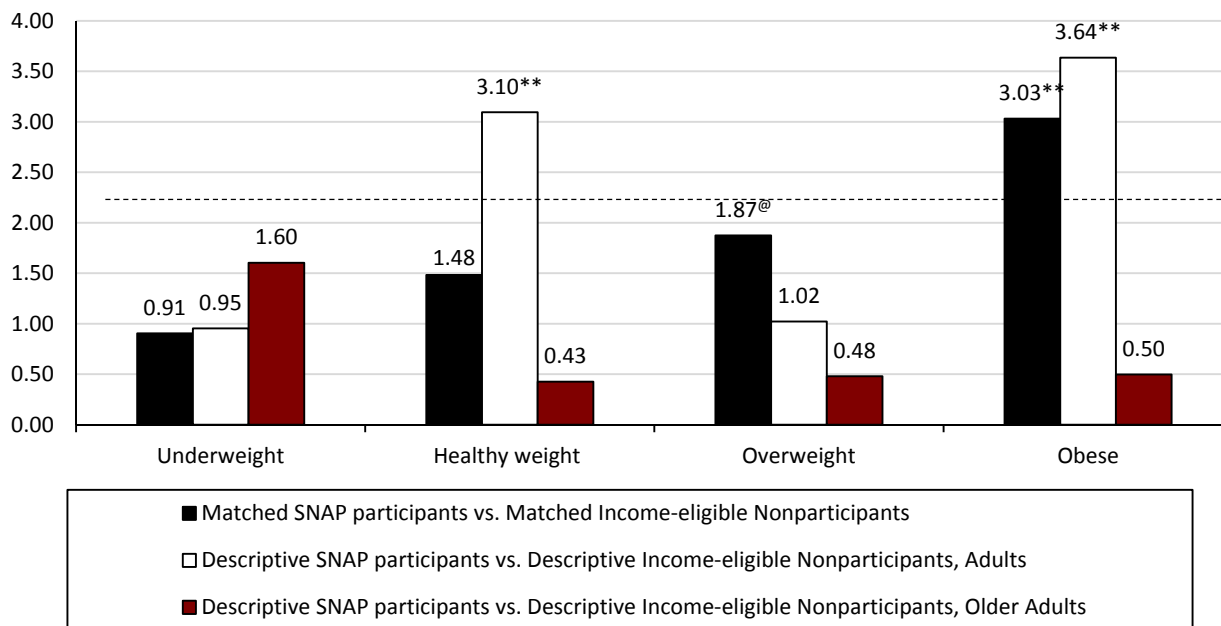
Table E-2. Body Mass Index, SNAP Participants and Nonparticipants 16 Years Old and Older

| | SNAP participants | | | Income-eligible nonparticipants | | | | Descriptive Adults | Descriptive Older Adults |
|--------------------|-------------------|---------|----------------|---------------------------------|---------|----------------|----------|--------------------|--------------------------|
| | Sample size | Percent | Standard error | Sample size | Percent | Standard error | <i>t</i> | <i>t</i> | <i>t</i> |
| All persons | 959 | | | 562 | | | | | |
| Underweight | | 3.1 u | (0.96) | | 2.0 u | (0.68) | 0.91 | 0.95 | 1.60 |
| Healthy weight | | 25.6 | (1.56) | | 30.2 | (2.67) | 1.48 | 3.10 | 0.43 |
| Overweight | | 25.5 | (2.52) | | 32.1 | (2.47) | 1.87 | 1.02 | 0.48 |
| Obese | | 45.8 | (2.37) | | 35.7 ** | (2.36) | 3.03 | 3.64 | 0.50 |

Source: NHANES 2007-2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 16+ years. Excludes pregnant women ages 20-44 years and breastfeeding women ages 20-59 years; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

- Notes: a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 b Two-sample *t*-tests were used to test pairwise differences in comparison to SNAP participants.
 c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 d For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is >= the 5th and < the 85th percentiles; overweight if BMI-for-age is >= the 85th and < the 95th percentiles; and obese if BMI-for-age is >= the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI >= 18.5 and < 25; overweight as BMI >= 25 and < 30; and obese as BMI >= 30.
 u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
 - Not applicable

Figure E-2. Body Mass Index, SNAP Participants and Nonparticipants 16 Years Old and Older, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 16+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

Table E-3. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP Participants and Nonparticipants 16 Years Old and Older

| Empty Calories from Solid Fats and Added Sugars ¹ | | | | | | | |
|--|----------------|---------------------------------|----------------|----------|--------------------|--------------------------|--|
| SNAP participants | | Income-eligible nonparticipants | | | Descriptive Adults | Descriptive Older Adults | |
| Mean percent of calories | Standard error | Mean percent of calories | Standard error | <i>t</i> | <i>t</i> | <i>t</i> | |
| All persons, 16+ years | | | | | | | |
| Sample size | 975 | 572 | | | | | |
| Outcome values | 35.4 (0.77) | 33.4 (1.08) | | 1.49 | 3.72 | 0.08 | |

| Empty Calories from Solid Fats, Added Sugars, and Alcohol ^{1,2} | | | | | | | |
|--|----------------|---------------------------------|----------------|----------|--------------------|--------------------------|--|
| SNAP participants | | Income-eligible nonparticipants | | | Descriptive Adults | Descriptive Older Adults | |
| Mean percent of calories | Standard error | Mean percent of calories | Standard error | <i>t</i> | <i>t</i> | <i>T</i> | |
| All persons, 16+ years | | | | | | | |
| Sample size | 975 | 572 | | | | | |
| Outcome values | 36.4 (0.70) | 34.5 (1.12) | | 1.45 | 2.93 | 0.60 | |

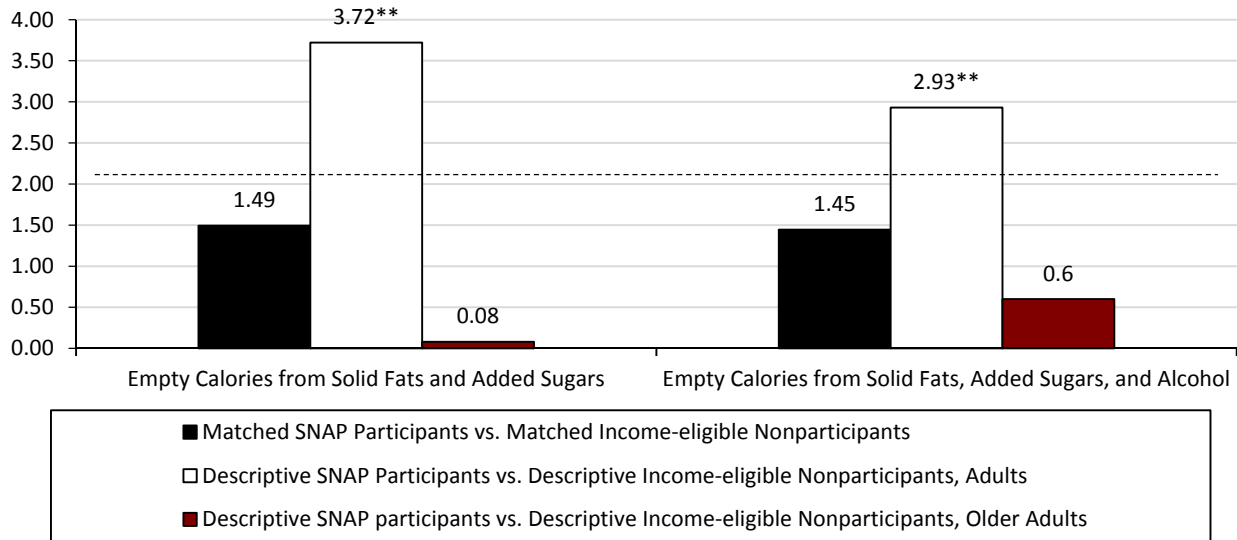
Source: NHANES 2007-2010 dietary recalls; MyPyramid Equivalent Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Estimates are based on a single dietary recall per person, ages 16+ years. Sample includes NHANES respondents with complete dietary recall data, ages 16+ years. Excludes women ages 20–44 years who were pregnant and women ages 20–59 years who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

- Notes:
- a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 - b Two-sample *t*-tests were used to test pairwise differences in comparison to SNAP participants.
 - c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 - u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
 - Not applicable

³ Calories from solid fats and added sugars were identified from the data sources listed above.

⁴ Calories from alcoholic beverages include calories from carbohydrate in beer and wine, and calories from alcohol in all alcoholic beverages except cooking wine.

Figure E-3. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP Participants and Nonparticipants 16 Years Old and Older, t-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 16+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

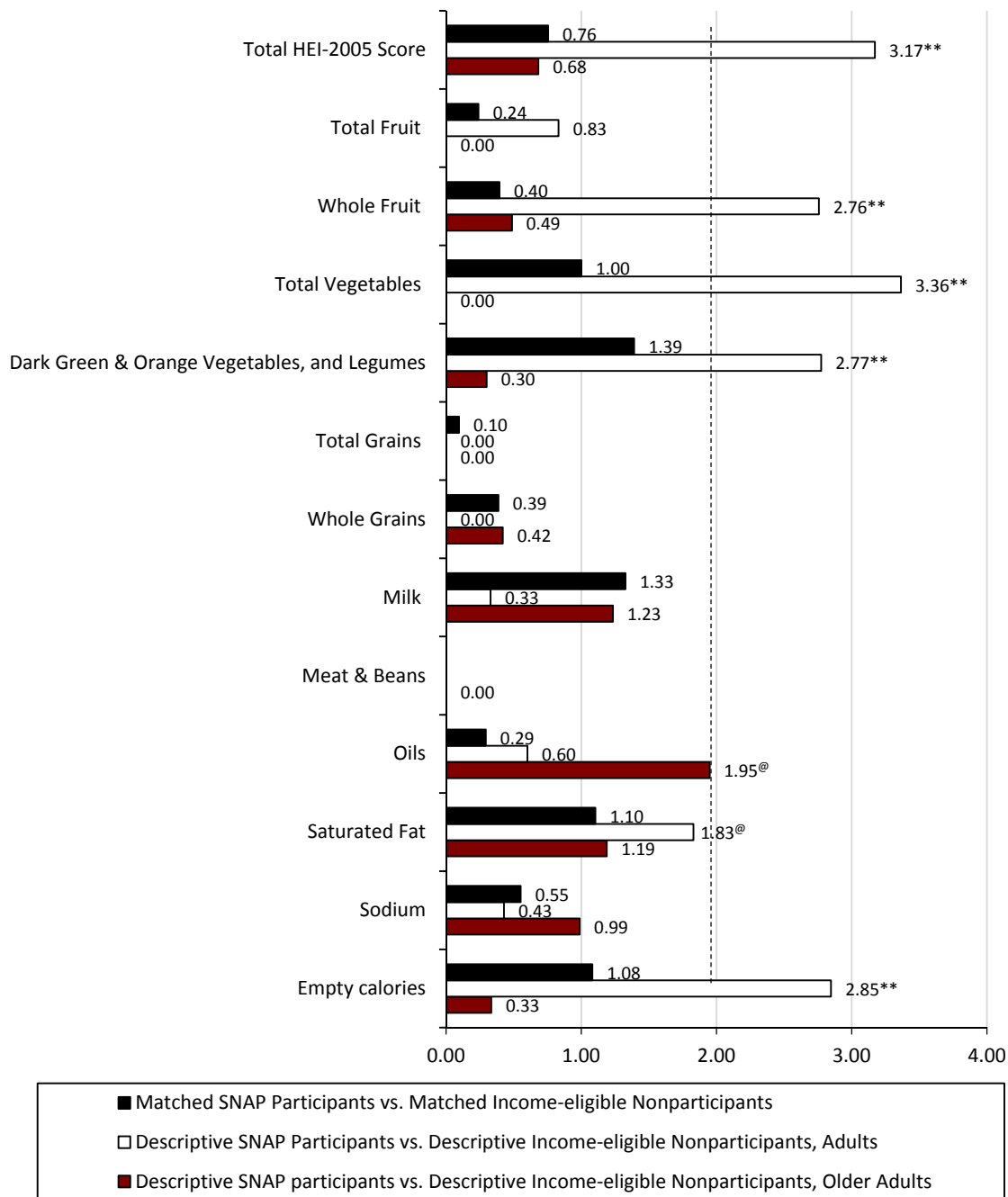
Table E-4. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP Participants and Nonparticipants 16 Years Old and Older

| | SNAP participants | | Income-eligible nonparticipants | | | Descriptive Adults | Descriptive Older Adults |
|---|-------------------|----------------|---------------------------------|----------------|----------|--------------------|--------------------------|
| | Mean score | Standard error | Mean score | Standard error | <i>t</i> | <i>t</i> | <i>t</i> |
| Sample size | 975 | | 572 | | | | |
| Total Fruit | 2.68 | (0.27) | 2.59 | (0.28) | 0.24 | 0.83 | 0.00 |
| Whole Fruit | 2.64 | (0.38) | 2.86 | (0.38) | 0.40 | 2.76 | 0.49 |
| Total Vegetables | 3.02 | (0.12) | 3.22 | (0.16) | 1.00 | 3.36 | 0.00 |
| Dark Green & Orange Vegetables, and Legumes | 1.44 | (0.10) | 1.77 | (0.21) | 1.39 | 2.77 | 0.30 |
| Total Grains | 5.00 | (0.01) | 5.00 | (0.00) | 0.10 | 0.00 | 0.00 |
| Whole Grains | 0.67 | (0.04) | 0.64 | (0.08) | 0.39 | 0.00 | 0.42 |
| Milk | 5.46 | (0.40) | 4.85 | (0.22) | 1.33 | 0.33 | 1.23 |
| Meat & Beans | 10.00 | (0.00) | 10.00 | (0.00) | - | | 0.00 |
| Oils | 6.37 | (0.25) | 6.25 | (0.34) | 0.29 | 0.60 | 1.95 |
| Saturated Fat | 6.46 | (0.25) | 6.92 | (0.32) | 1.10 | 1.83 | 1.19 |
| Sodium | 3.48 | (0.18) | 3.67 | (0.30) | 0.55 | 0.43 | 0.99 |
| Calories from SoFAAS | 6.90 | (0.46) | 7.98 | (0.89) | 1.08 | 2.85 | 0.33 |
| Total HEI-2005 Score | 54.14 | (1.18) | 55.75 | (1.78) | 0.76 | 3.17 | 0.68 |

Source: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, ages 16+ years. Estimates are based on a single dietary recall per person. Excludes women ages 20–44 years who were pregnant and women ages 20–59 years who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

- Notes: a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
b Two-sample *t*-tests were used to test pairwise differences in comparison to SNAP participants.
c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
- Not applicable

Figure E-4. Health Eating Index-2005 Total and Component Scores, SNAP Participants and Nonparticipants 16 Years Old and Older, t-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 16+ years old. Excludes pregnant women 20–44 years old and breastfeeding women 20–59 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

This page left blank intentionally.

Appendix F.

Multivariate Analyses Comparing Participation in SNAP Only and Participation in SNAP Plus Another Food Program

This page left blank intentionally.

Appendix F. Multivariate Analyses Comparing Participation in SNAP Only and Participation in SNAP Plus Another Food Program

This study examined the impact of multiple program participation on nutrition outcomes. In this appendix, we summarize findings for selected outcomes of comparable participants of SNAP only (SNAP-only participants) and participants of either SNAP plus the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and SNAP plus the National School Lunch Program (NSLP). This appendix contains tabulations of dietary measures and describes differences in diet quality between SNAP-only participants, SNAP plus a second program (either WIC or NSLP) participants, and individuals who were income-eligible for SNAP but did not participate in any program (SNAP-income-eligible nonparticipants). We examined mean usual intakes of selected nutrients, body mass index, consumption of empty calories, and Health Eating Index (HEI)-2005 scores. Comparisons of nutrition outcomes are presented in the text and accompanying figures. Only statistically significant differences are discussed in the text. Supporting data tables and figures of *t*-statistics comparing SNAP-only participants to each of the other comparison groups are provided at the end of this appendix.

Comparison of Nutrient Intakes, Weight Status, and Overall Diet Quality of Matched Participants of SNAP Only, Participants of SNAP and WIC, and Nonparticipants Income-Eligible for SNAP

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition education. Food benefits are provided to participants through food instruments, including electronic benefits, which are redeemable at authorized food retailers. WIC food packages are designed to supplement participants' diets with specific nutrients and food groups and to contribute to an overall dietary pattern that is consistent with the *Dietary Guidelines for Americans* and infant feeding practice guidelines. Food packages are tailored to the specific needs of different participant groups (for example, infants, children, pregnant women, and breastfeeding women).² Federal regulations specify the types and quantities of foods provided in the food packages.

Analytic Sample

Analyses were based on NHANES 2007–2010 data. The sample was restricted to young children 1–4 years old. SNAP participants were defined in the same way as for the descriptive analyses—self-identified as living in a household that received SNAP benefits in the past 30 days³ through response to the NHANES survey question asking the date on which “{you/you or any members of your household} last received food stamp benefits” (CDC, 2013c). Children who did not participate in SNAP were defined as income-eligible if their annual household income was less

² WIC added a cash value voucher to its benefits in FY 2009, which is used by participants to purchase fruits and vegetables. However, the nutrition outcomes presented in this section primarily reflect the use of the traditional food instruments, because of the period of NHANES data examined.

³ We defined SNAP participation as having received SNAP benefits in the past 30 days after conducting a sensitivity analysis comparing 30 days with 45 days using age-adjusted HEI-2005 data. Results of this sensitivity analysis suggested little change in estimates or standard errors between the two days. We use 30 days to indicate “current” SNAP participation.

than or equal to 130 percent of the DHHS poverty guidelines. WIC participants were defined as young children 1–4 years old currently receiving WIC benefits. The three groups compared in the analyses of this section were young children participating in only SNAP (SNAP-only participants), young children participating in both SNAP and WIC (SNAP+WIC participants), and young children participating in neither SNAP nor WIC but income-eligible for SNAP (SNAP-income-eligible nonparticipants). Sampling weights for this subsample of the NHANES population are discussed in Appendix A.

For the analyses described in this appendix, a propensity score was estimated for each young child in the analysis sample from a multinomial logistic regression modeling the probability that he/she was in each of the three comparison groups based on his/her characteristics. Details of the propensity score estimation and matching techniques are given in Appendix A. Age and gender were included in the propensity score computations, so dietary outcomes were not computed separately for any particular gender or age groups.

A propensity score could not be computed for any NHANES study participant with a missing value for any of the characteristics variables included in the propensity score model, but all SNAP-only participants who were not missing information on a propensity score variable were retained during the matching process. There were additional restrictions when matching three “treatment” groups. Thus, the sample for these analyses was reduced to 172 matched triads of young children who were SNAP-only participants, young children who were SNAP+WIC participants, and young children who were SNAP-income-eligible nonparticipants, for a total of 516 young children.

Characteristics of SNAP-Only Participants, SNAP+WIC Participants, and SNAP-Income-Eligible Nonparticipants

Tables F-1a and F-1b present characteristics of matched SNAP-only participants, SNAP+WIC participants, and SNAP-income-eligible nonparticipants. Table F-1a presents findings related to characteristics measured on a continuous scale. Table F-1b presents findings related to characteristics with categorical response options.

Table F-1a. Differences between Young Children Participating in SNAP or WIC on the Characteristics included in the Propensity Score Models, Continuous Variables

| | SNAP-only participants | | SNAP+WIC participants | | SNAP-income-eligible nonparticipants | |
|---|------------------------|----------------|-----------------------|----------------|--------------------------------------|----------------|
| | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 172 | | 172 | | 172 | |
| Age, in years | 2.8 | (0.08) | 2.6 | (0.10) | 2.7 | (0.11) |
| Family poverty-income ratio | 0.8 | (0.04) | 0.8 | (0.04) | 1.3 *** | (0.07) |
| Money spent at supermarket/grocery store | 463 | (18.47) | 492 | (83.51) | 414 | (18.86) |
| Money spent on nonfood items | 14.1 | (2.64) | 16.6 | (4.85) | 19.2 | (3.14) |
| Money spent on food at other stores | 49.5 | (8.73) | 66.2 | (10.51) | 68.1 | (8.01) |
| Money spent on eating out | 58.9 | (7.78) | 56.3 | (7.18) | 95.5 ** | (9.24) |
| Money spent on carryout/delivered foods | 15.4 | (3.02) | 14.0 | (2.79) | 22.6 | (4.20) |
| Time needed to get to grocery store | 15.2 | (1.28) | 14.0 | (0.75) | 16.7 | (0.92) |
| Time spent cooking dinner/cleaning up | 87.3 | (4.08) | 87.6 | (3.98) | 92.5 | (3.92) |
| Number of meals family ate together in 7 days | 7.0 | (0.43) | 6.7 | (0.42) | 6.9 | (0.42) |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 1–4 years old.

Notes: Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level). Chi-square tests were used to test global differences in comparison across all comparison groups and all response categories. SNAP participation was defined as receiving SNAP benefits within the past 30 days. WIC participants were defined as young children 1–4 years old currently receiving WIC benefits.

u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).

Table F-1b. Differences between Young Children Participating in SNAP or WIC on the Characteristics included in the Propensity Score Models, Categorical Variables

| | SNAP-only participants | | SNAP+WIC participants | | SNAP-income-eligible nonparticipants | |
|--|------------------------|----------------|-----------------------|----------------|--------------------------------------|----------------|
| | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Sample size | 172 | | 172 | | 172 | |
| Gender | | | | | | |
| Male | 48.8 | (5.13) | 52.7 | (5.64) | 48.6 | (5.30) |
| Female | 51.2 | (5.13) | 47.3 | (5.64) | 51.4 | (5.30) |
| Race/ethnicity** | | | | | | |
| Mexican American | 9.1 u | (3.56) | 23.2 | (5.30) | 16.6 u | (5.91) |
| Other Hispanic | 6.8 u | (2.41) | 10.8 u | (3.62) | 11.1 | (3.05) |
| Non-Hispanic white | 38.1 | (4.58) | 39.4 | (7.78) | 40.2 | (7.00) |
| Non-Hispanic black | 33.6 | (4.78) | 21.1 | (4.26) | 15.9 | (3.67) |
| Other race-including multi-racial | 12.4 | (3.31) | 5.6 | (1.29) | 16.2 | (4.86) |
| Total number of people in the household | | | | | | |
| 2 | 4.7 u | (1.94) | 7.1 | (1.83) | 4.4 u | (1.62) |
| 3 | 27.5 | (3.80) | 19.1 | (3.27) | 31.3 | (4.81) |
| 4 | 28.3 | (4.61) | 27.5 | (5.63) | 18.0 | (3.39) |
| 5 | 17.9 | (3.94) | 19.0 | (3.44) | 20.1 | (3.59) |
| 6 | 10.6 | (2.82) | 16.2 | (4.12) | 13.7 | (3.16) |
| 7 or more people in the household | 11.0 | (3.11) | 11.0 | (2.56) | 12.5 | (3.26) |
| Citizenship Status | | | | | | |
| Citizen by birth or naturalization | 99.2 | (0.73) | 100.0 | (0.00) | 94.4 | (4.07) |
| Not a citizen of the US | 0.8 u | (0.73) | 0.0 | (.) | 5.6 u | (4.07) |
| Income from Supplemental Security Income | | | | | | |
| Yes | 7.2 u | (2.61) | 4.3 | (1.26) | 1.7 u | (1.41) |
| No | 92.8 | (2.61) | 95.7 | (1.26) | 98.3 | (1.41) |
| Income from State/county cash assistance*** | | | | | | |
| Yes | 19.6 | (3.65) | 14.5 | (3.89) | 1.5 u | (0.64) |
| No | 80.4 | (3.65) | 85.5 | (3.89) | 98.5 | (0.64) |
| Anyone in the family on a special diet | | | | | | |
| Yes | 15.2 | (3.69) | 12.8 | (2.57) | 13.6 | (3.82) |
| No | 84.8 | (3.69) | 87.2 | (2.57) | 86.4 | (3.82) |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 1–4 years old.

Notes: Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level). Chi-square tests were used to test global differences in comparison across all comparison groups and all response categories. SNAP participation was defined as receiving SNAP benefits within the past 30 days. WIC participants were defined as young children 1–4 years old currently receiving WIC benefits.

u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).

SNAP-only participants had a lower mean family poverty-to-income ratio than SNAP-income-eligible nonparticipants. They also spent less money eating out, on average, than SNAP-income-eligible nonparticipants.

Analytic Approach

We tested the statistical significance of differences between two pairs of the three groups of young children: SNAP-only participants and SNAP+WIC participants, and SNAP-only participants and SNAP-income-eligible nonparticipants. All tables differentiate three levels of statistical significance ($p < .001$, $.01$, and $.05$).

As mentioned above, two sets of graphs are included in this appendix. Figures and tables in this section illustrate the primary findings, which are nutrition outcome values for the three comparison groups. Other supporting graphs compare the absolute values of the t -statistics for the three comparison groups. Figures F-13 through F-16 present two sets of t -statistics, the result of comparing the mean nutrition outcomes for the (1) SNAP-only participants and SNAP+WIC participants, and (2) SNAP-only participants and SNAP-income-eligible nonparticipants. The dashed line denotes a t -value of 1.96, indicative of statistical significance at the $p < .05$ level. These figures illustrate the significant results described in the text, as well as illustrating comparisons that were marginally significant (significant at the $p < .10$ level). We note these marginally significant t -statistics because the small sample size makes it difficult to detect differences.

Mean Usual Intakes of Selected Nutrients⁴

We estimated mean usual nutrient intakes of vitamins, minerals, macronutrients, and other dietary components among SNAP-only participants, SNAP+WIC participants, and SNAP-income-eligible nonparticipants. The multivariate analyses focused on mean usual intakes of the following nutrients: dietary fiber, calcium, potassium, vitamin D, sodium, magnesium, copper, protein as a percentage of calories folate, and iron. It is important to note that the prevalence of adequate or excessive nutrient intakes cannot be determined when examining mean usual intakes.

There were differences between SNAP-only participants and SNAP+WIC participants in mean usual intakes of vitamin D, calcium, and protein as a percentage of calories. Mean usual intakes for each of these nutrients was lower for SNAP-only participants than for SNAP+WIC participants. Similarly, the mean usual intake of protein (as a percentage of calories) for SNAP-only participants was lower than that of SNAP-income-eligible nonparticipants (Table F-3).

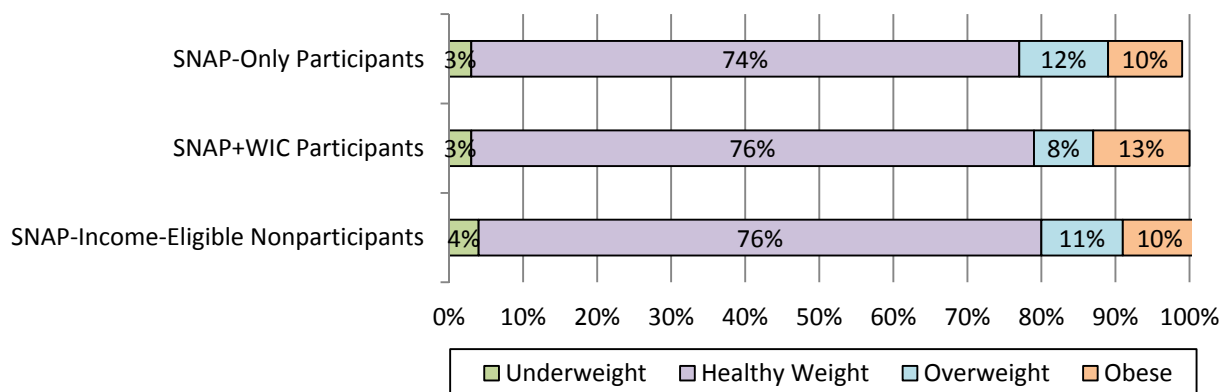
Body Mass Index⁵

There were no differences in the distributions of weight status comparing either SNAP-only to SNAP+WIC participants or SNAP-only participants to income-eligible nonparticipants (Figure F-1).

⁴ A description of this nutrition outcome and its estimation method is provided in Chapter 2. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

⁵ A description of this nutrition outcome and its estimation method is provided in Chapter 3. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

Figure F-1. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old



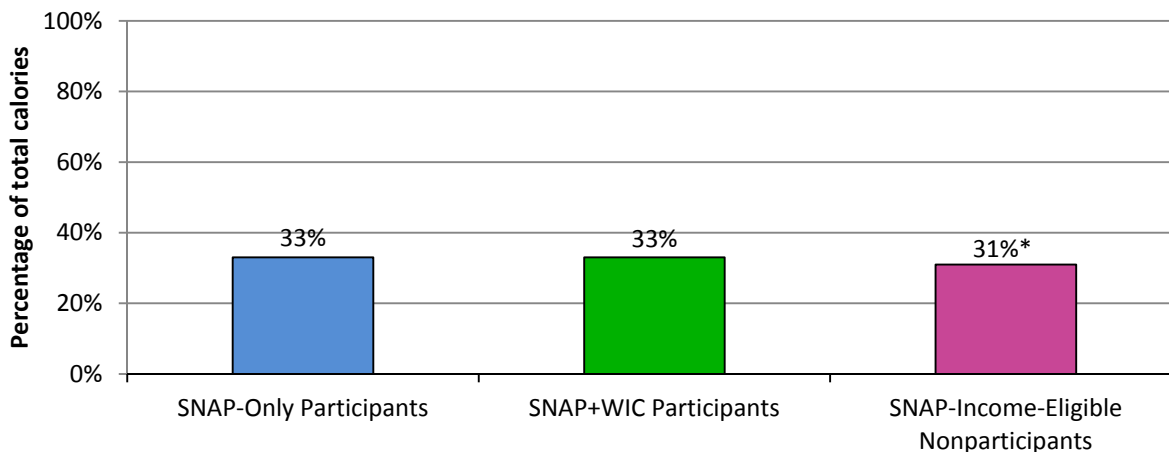
Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2–4 years old.

Notes: For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is >= the 5th and < the 85th percentiles; overweight if BMI-for-age is >= the 85th and < the 95th percentiles; and obese if BMI-for-age is >= the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI >= 18.5 and < 25; overweight as BMI >= 25 and < 30; and obese as BMI >= to 30. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Empty Calories⁶

We defined empty calories as calories from solid fats and added sugars only. There were no differences between SNAP-only and SNAP+WIC participants (Figure F-2). SNAP-only participants obtained a larger share of their total calorie intake from empty calories than SNAP-income-eligible nonparticipants (33.2% versus 31.3%).

Figure F-2. Average Percentage of Total Calories Consumed from Empty Calories, Young Children 2–4 Years Old¹



⁶ A description of this nutrition outcome and its estimation method is provided in Chapter 3. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

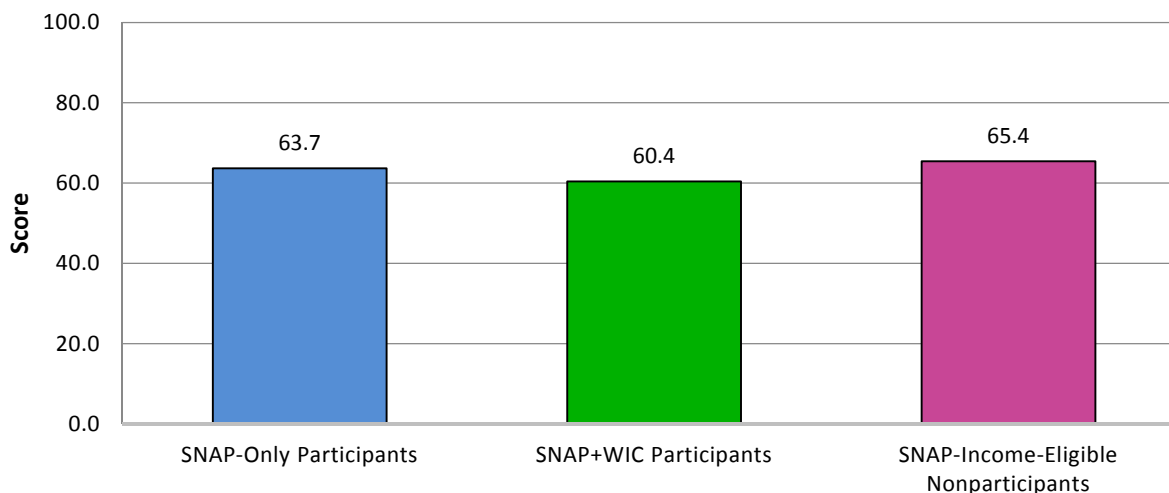
¹ Empty calories from solid fats and added sugars were identified from the data sources listed above.

Healthy Eating Index⁷

There were no differences in the total HEI-2005 scores of SNAP-only participants, SNAP+WIC participants, or SNAP-income-eligible nonparticipants (Figure F-3).

Some differences were found for HEI-2005 component scores. These scores are presented in Figures F-4, F-5, and F-6. SNAP-only participants had a lower score for Milk (8.8), and a higher score for Saturated Fat (6.2) than either SNAP+WIC participants (10.0 for Milk and 3.7 for Saturated Fat) or SNAP-income-eligible nonparticipants (10.0 for Milk and 4.0 for Saturated Fat). SNAP-only participants also had a higher score for Oils than SNAP+WIC participants (7.1 versus 5.3).

Figure F-3. Healthy Eating Index-2005 Total Scores

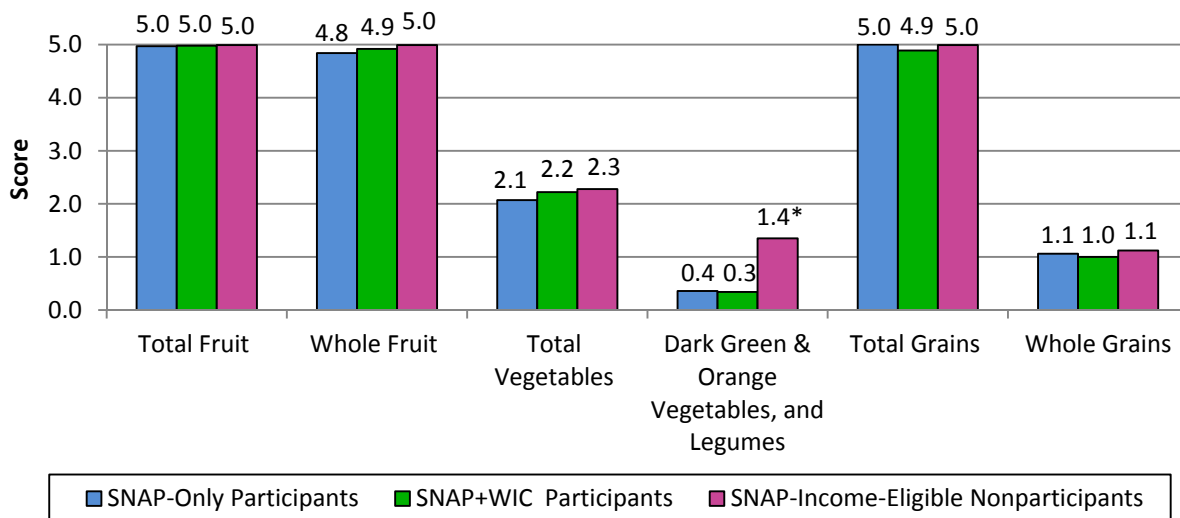


Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

⁷ A description of this nutrition outcome and its estimation method is provided in Chapter 6. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

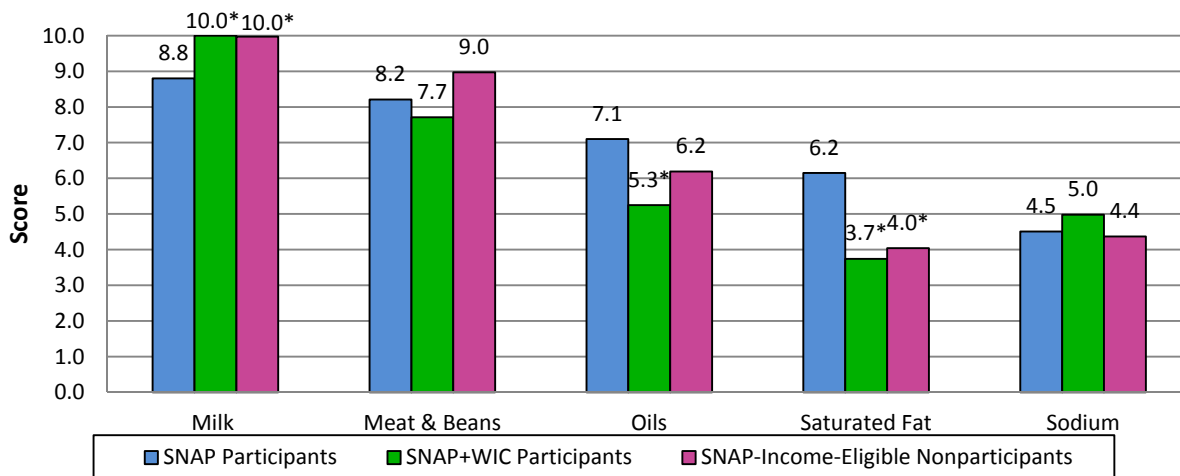
Figure F-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

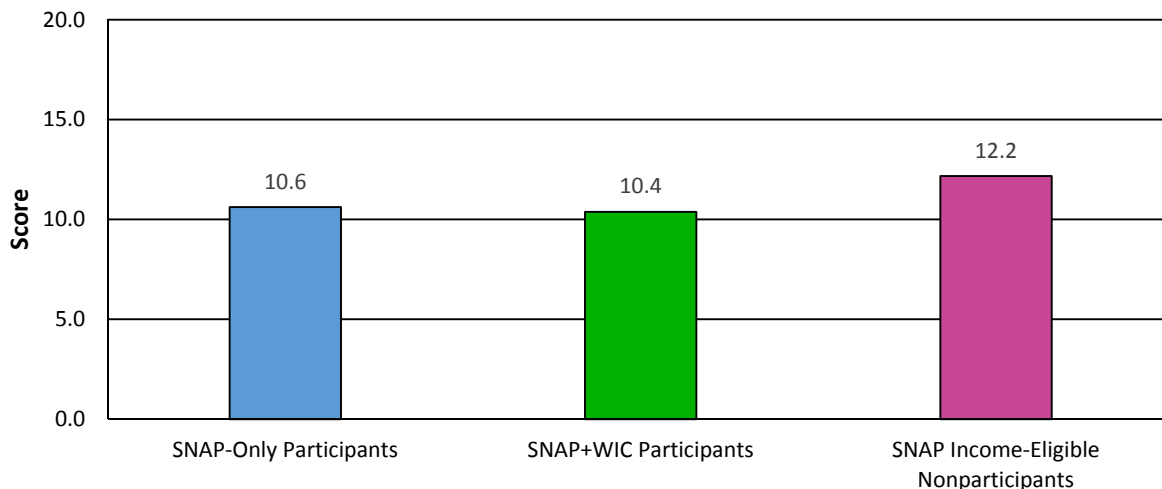
Figure F-5. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Figure F-6. Health Eating Index-2005 Component Scores for Empty Calories



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Conclusion

Matched groups of SNAP-only participants and SNAP+WIC participants exhibited only six statistically significant differences in nutrition outcomes, out of 26 nutrition outcomes examined. SNAP+WIC participants had higher mean intakes of vitamin D, calcium, and protein (as a percentage of calories) than SNAP-only participants. SNAP-only participants had a lower score for the Milk HEI-2005 component and higher scores for Oils and Saturated Fat components than SNAP+WIC participants. However, SNAP-only participants also had lower scores for the Milk and Dark Green & Orange Vegetables and Legumes components, and had higher scores for the Saturated Fat component, than SNAP-income-eligible nonparticipants. Based on the HEI-2005 findings,⁸ this study provides mixed preliminary evidence that participating in both SNAP and WIC improves the nutrition outcomes of SNAP participants. We consider these findings preliminary because the sample sizes for all three comparison groups were quite small.

⁸ The differences in mean nutrient intakes, while interesting from the perspective of examining differences between matched comparison groups, do not provide insight about the comparative nutrition quality of the comparison groups.

Comparison of Nutrient Intakes, Weight Status, and Overall Diet Quality of Matched Participants of SNAP Only, Participants of SNAP and the National School Lunch Program (NSLP), and Nonparticipants Income-Eligible for SNAP

National School Lunch Program (NSLP)

NSLP is a Federally-assisted meal program that provides children with a nutritious lunch every school day through public and non-profit private schools and residential child care institutions. Although any child at a participating school is able to obtain a meal through the NSLP, only lower-income children are eligible to receive benefits in the form of free or reduced-price lunches. To be eligible for Federal reimbursement, meals served through the NSLP must meet defined nutrition standards. The nutrition standards in place when data for this study was collected were implemented in 1995 as part of the School Meals Initiative (SMI). The SMI standards were based on the 1995 *Dietary Guidelines* and required that meals provide no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat. The standards also required that lunches provide 33 percent of the 1989 Recommended Dietary Allowances (RDAs) for energy (calories) and key nutrients (protein, vitamins A and C, calcium, and iron). The standards also encouraged schools to reduce levels of sodium and cholesterol in meals, while increasing fiber.

Analytic Sample

Analyses were based on NHANES 2007–2010 data. The sample was restricted to school children 5–18 years old. SNAP participants were defined in the same way as for the descriptive analyses—self-identified as living in a household that received SNAP benefits in the past 30 days⁹ through response to the NHANES survey question asking the date on which “{you/you or any members of your household} last received food stamp benefits” (CDC, 2013c). School children who did not participate in SNAP were defined as income-eligible if their annual household income was less than or equal to 130 percent of the DHHS poverty guidelines. NSLP participants were defined as school children 5–18 years old who participated in NSLP on the day of their recall.¹⁰ The three groups compared in the analyses of this section are school children participating in only SNAP (SNAP-only participants), school children participating in both SNAP and NSLP (SNAP+NSLP participants), and school children participating in neither SNAP nor NSLP but income-eligible for SNAP (SNAP-income-eligible nonparticipants). Sampling weights for this subsample of the NHANES population are discussed in Appendix A.

For the analyses described in this chapter, a propensity score was estimated for each child in the analysis sample from a multinomial logistic regression modeling the probability that he/she was in each of the three comparison groups based on his/her characteristics. Details of the propensity score estimation and matching techniques are given in Appendix A. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

⁹ We defined SNAP participation as having received SNAP benefits in the past 30 days after conducting a sensitivity analysis comparing 30 days with 45 days using age-adjusted HEI-2005 data. Results of this sensitivity analysis suggested little change in estimates or standard errors between the two days. We use 30 days to indicate “current” SNAP participation.

¹⁰ A detailed explanation of how NSLP participation was determined can be found in Condon et al. (2014).

A propensity score could not be computed for any NHANES study participant with a missing value for any of the characteristics' variables included in the propensity score model, but all SNAP-only participants who were not missing information on a propensity score variable were retained during the matching process. There are also additional restrictions when matching three “treatment” groups. Thus, the sample for these analyses was reduced to 110 children, or matched triads of school children who were SNAP-only participants, school children who were SNAP+NSLP participants, and school children who were SNAP-income-eligible nonparticipants, with a total of 330 school children.

Characteristics of SNAP-only participants, SNAP+NSLP participants, and SNAP-income-eligible nonparticipants

Table F-2a presents sample sizes and Table F-2b presents characteristics of matched SNAP-only participants, SNAP+NSLP participants, and SNAP-income-eligible nonparticipants. Table F-2a presents findings related to characteristics measured on a continuous scale. Table F-2b presents findings related to characteristics with categorical response options.

SNAP-only participants had a higher average family income-to-poverty ratio than SNAP+NSLP participants. SNAP-only participants ate fewer meals with their families in the week prior to their interview, on average, than nonparticipants.

Table F-2a. Differences between School Children Participating in SNAP or NSLP on the Characteristics included in the Propensity Score Models, Continuous Variables

| | SNAP-only participants | | SNAP+NSLP participants | | SNAP-income-eligible nonparticipants | |
|---|------------------------|----------------|------------------------|----------------|--------------------------------------|----------------|
| | Mean | Standard error | Mean | Standard error | Mean | Standard error |
| Sample size | 110 | | 110 | | 110 | |
| Age, in years | 11.7 | (0.27) | 12.0 | (0.27) | 11.7 | (0.58) |
| Family poverty-income ratio | 0.8 | (0.03) | 0.7 * | (0.03) | 1.3 | (0.27) |
| Money spent at supermarket/grocery store | 501.0 | (14.66) | 457.0 | (20.63) | 453.0 | (40.38) |
| Money spent on nonfood items | 27.3 | (2.96) | 20.8 u | (9.64) | 19.8 | (4.57) |
| Money spent on food at other stores | 56.3 u | (18.51) | 44.8 | (9.04) | 70.0 | (12.79) |
| Money spent on eating out | 59.8 | (6.60) | 47.8 | (7.33) | 82.2 | (16.65) |
| Money spent on carryout/delivered foods | 9.3 | (2.17) | 10.8 | (2.80) | 20.3 u | (7.04) |
| Time needed to get to grocery store | 12.1 | (1.53) | 15.1 | (0.34) | 12.5 | (1.89) |
| Time spent cooking dinner/cleaning up | 85 | (7.63) | 94.3 | (4.01) | 81.4 | (5.88) |
| Number of meals family ate together in 7 days | 4.7 | (0.35) | 5.7 | (0.46) | 5.7 * | (0.32) |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years.

Notes: Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level). Two two-sample *t*-tests were used to test the two pairwise differences in comparison to SNAP-only participants. SNAP participation was defined as receiving SNAP benefits within the past 30 days. NSLP participation was defined as children 5–18 years old who consumed a qualifying NSLP lunch provided by their school on the day of recall. The propensity score estimation model used a variable indicating the annual family poverty-income ratio, but the cut-point for the analytic sample was based on a monthly poverty-income ratio of less than or equal to 1.3; since these are different measures, it is not problematic for the variable in the propensity score model to have a value greater than 1.3.

Table F-2b. Differences between School Children Participating in SNAP or NSLP on the Characteristics included in the Propensity Score Models, Categorical Variables

| | SNAP-only participants | | SNAP+NSLP participants | | SNAP-income-eligible nonparticipants | |
|--|------------------------|----------------|------------------------|----------------|--------------------------------------|----------------|
| | Percent | Standard error | Percent | Standard error | Percent | Standard error |
| Sample size | 110 | | 110 | | 110 | |
| Gender | | | | | | |
| Male | 40.1 | (7.31) | 34.3 | (7.25) | 36.2 | (6.74) |
| Female | 59.9 | (7.31) | 65.7 | (7.25) | 63.8 | (6.74) |
| Race/ethnicity | | | | | | |
| Mexican American | 13.2 u | (4.11) | 18.1 u | (7.33) | 21.7 u | (7.21) |
| Other Hispanic | 6.2 u | (2.47) | 7.0 u | (2.58) | 10.0 u | (3.85) |
| Non-Hispanic white | 51.0 | (7.82) | 49.9 | (14.17) | 50.4 | (10.54) |
| Non-Hispanic black | 22.9 | (6.43) | 21.1 u | (6.70) | 14.4 u | (4.95) |
| Other race-including multi-racial | 6.8 u | (3.70) | 3.9 u | (1.98) | 3.5 u | (2.06) |
| Citizenship status | | | | | | |
| Citizen by birth or naturalization | 93.9 | (4.59) | 96.0 | (1.98) | 97.8 | (1.44) |
| Not a citizen of the US | 6.1 u | (4.59) | 4.0 u | (1.98) | 2.2 u | (1.44) |
| Total number of people in the household | | | | | | |
| 2 | 8.0 u | (3.75) | 8.8 u | (4.17) | 11.6 u | (3.89) |
| 3 | 16.3 u | (5.09) | 12.5 u | (3.87) | 11.2 u | (3.70) |
| 4 | 25.9 | (6.95) | 38.1 | (10.04) | 39.1 | (7.64) |
| 5 | 31.8 u | (9.96) | 19.7 u | (6.01) | 19.6 u | (6.18) |
| 6 | 8.9 u | (3.81) | 6.5 | (1.71) | 8.3 u | (3.76) |
| 7 or more people in the household | 9.1 u | (2.87) | 14.5 u | (5.43) | 10.1 u | (5.31) |
| Income from Supplemental Security Income | | | | | | |
| Yes | 26.0 u | (10.48) | 28.2 u | (12.56) | 13.5 u | (6.05) |
| No | 74.0 | (10.48) | 71.8 | (12.56) | 86.5 | (6.05) |
| Income from State/county cash assistance* | | | | | | |
| Yes | 23.1 | (5.96) | 17.2 u | (5.61) | 4.8 u | (2.69) |
| No | 76.9 | (5.96) | 82.8 | (5.61) | 95.2 | (2.69) |
| Anyone in the family on a special diet | | | | | | |
| Yes | 24.4 u | (10.37) | 13.6 u | (4.22) | 11.8 u | (3.94) |
| No | 75.6 | (10.37) | 86.4 | (4.22) | 88.2 | (3.94) |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years.

Notes: Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level). Chi-square tests were used to test global differences in comparison across all comparison groups and all response categories. SNAP participation was defined as receiving SNAP benefits within the past 30 days. NSLP participation was defined as children 5–18 years old who consumed a qualifying NSLP lunch provided by their school on the day of recall.

u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).

Analytic Approach

We tested the statistical significance of differences between two pairs of the three groups of young children: SNAP-only participants and SNAP+NSLP participants, and SNAP-only participants and SNAP-income-eligible nonparticipants. All figures and tables differentiate three levels of statistical significance ($p < .001$, $.01$, and $.05$).

As we mention above, two sets of graphs are included in this section. Figures in this section illustrate the primary findings, which are nutrition outcome values for the three comparison groups. Other supporting graphs compare the absolute values of the *t*-statistics for the three comparison groups. Figures F-17 through F-20 present two sets of *t*-statistics, the result of comparing the mean nutrition outcomes for the (1) SNAP-only participants and SNAP+NSLP participants, and (2) SNAP-only participants and SNAP-income-eligible nonparticipants. The dashed line denotes a *t*-value of 1.96, indicative of statistical significance at the $p < .05$ level. These figures illustrate the significant results described in the text, as well as illustrating comparisons that were marginally significant (significant at the $p < .10$ level). We note these marginally significant *t*-statistics because the small sample size makes it difficult to detect differences.

Mean Usual Intakes of Selected Nutrients¹¹

We estimated mean usual nutrient intakes of vitamins, minerals, macronutrients, and other dietary components among matched participants and nonparticipants. The multivariate analyses focused on mean usual intakes of the following nutrients: dietary fiber, calcium, potassium, vitamin D, sodium, magnesium, copper, protein as a percentage of calories folate, and iron.

There were no differences in mean usual intakes between SNAP-only participants and SNAP+NSLP participants (Table F-7). The only differences in mean usual intakes were observed for comparisons of SNAP-only participants and SNAP-income-eligible nonparticipants. SNAP-only school children had a higher mean usual intake of vitamin D than SNAP-income-eligible nonparticipant school children (5.3 mcg versus 3.7 mcg), calcium (975 mg versus 722 mg), and iron (13.9 mg versus 11.4 mg).

Body Mass Index¹²

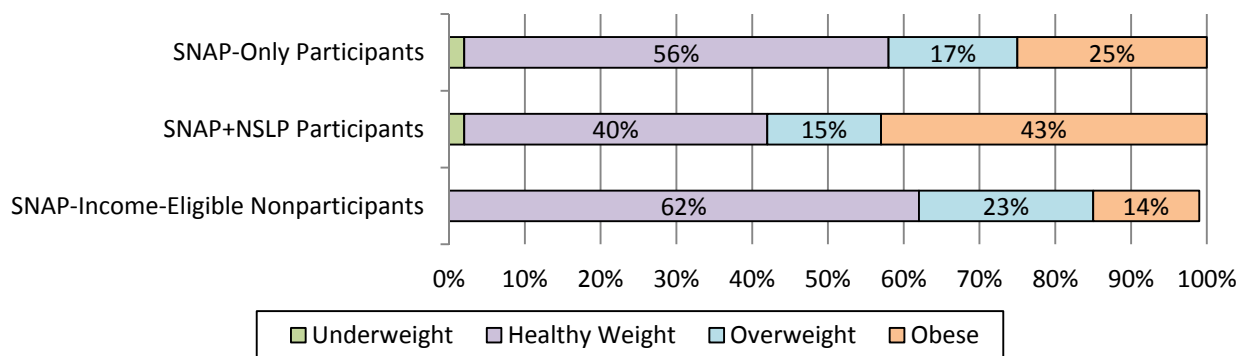
There were no differences in the distributions of weight status comparing either SNAP-only to SNAP+NSLP participants or SNAP-only participants to income-eligible nonparticipants (Figure F-7).¹³

¹¹ A description of this nutrition outcome and its estimation method is provided in Chapter 2. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

¹² A description of this nutrition outcome and its estimation method is provided in Chapter 3. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

¹³ Despite the seemingly large absolute differences in the proportion of school children in each weight category, there were no statistically significant differences. This is likely due to the small sample size and large standard errors associated with the estimates. With a larger sample size, some differences may have reached statistical significance.

Figure F-7. Body Mass Index, School Children 5–18 Years Old



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old.

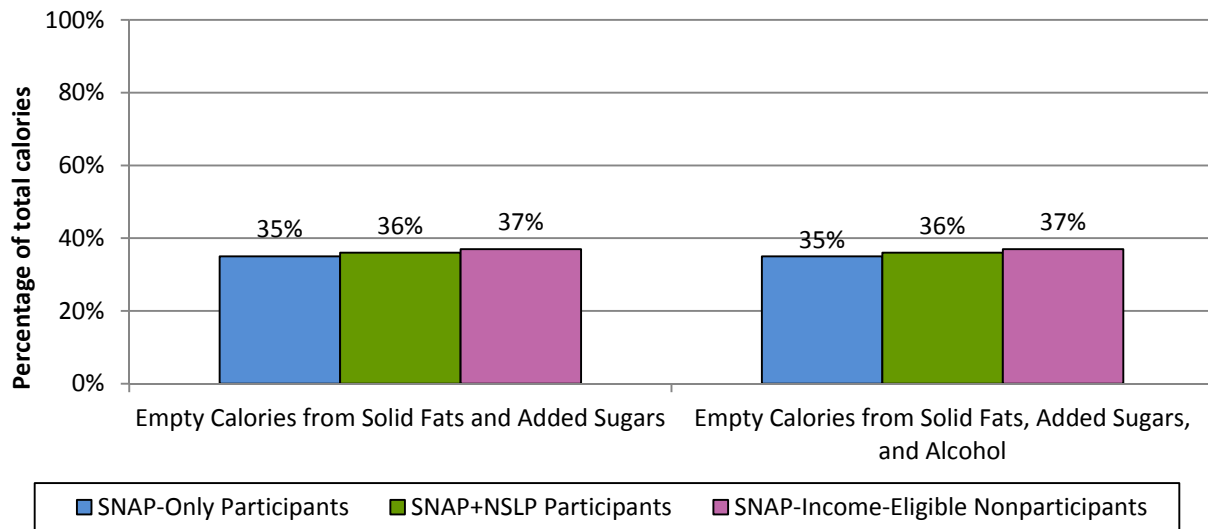
Notes: For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is >= the 5th and < the 85th percentiles; overweight if BMI-for-age is >= the 85th and < the 95th percentiles; and obese if BMI-for-age is >= the 95th percentile. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Empty Calories¹⁴

To assess the consumption of empty calories, we estimated the percentage contribution of empty calories to total calorie intake with two definitions of what is included as empty calories: (1) calories from solid fats and added sugars, and (2) calories from solid fats, added sugars, and alcohol. There were no differences between SNAP-only school children and the other two comparison groups in the mean percentages of total calories consumed from solid fats and added sugars, or in the mean percentages of total calories consumed from solid fats, added sugars, and alcohol (Figure F-8).

¹⁴ A description of this nutrition outcome and its estimation method is provided in Chapter 4. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

Figure F-8. Mean Percentage of Total Calories Consumed from Empty Calories, School Children 5–18 Years Old^{1,2}



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

¹ Empty calories from solid fats and added sugars were identified from the data sources listed above.

² Empty calories from alcoholic beverages include calories from carbohydrate in beer and wine, and calories from alcohol in all alcoholic beverages except cooking wine. Empty calories from solid fat, added sugars, and alcohol were identified from the data sources listed above.

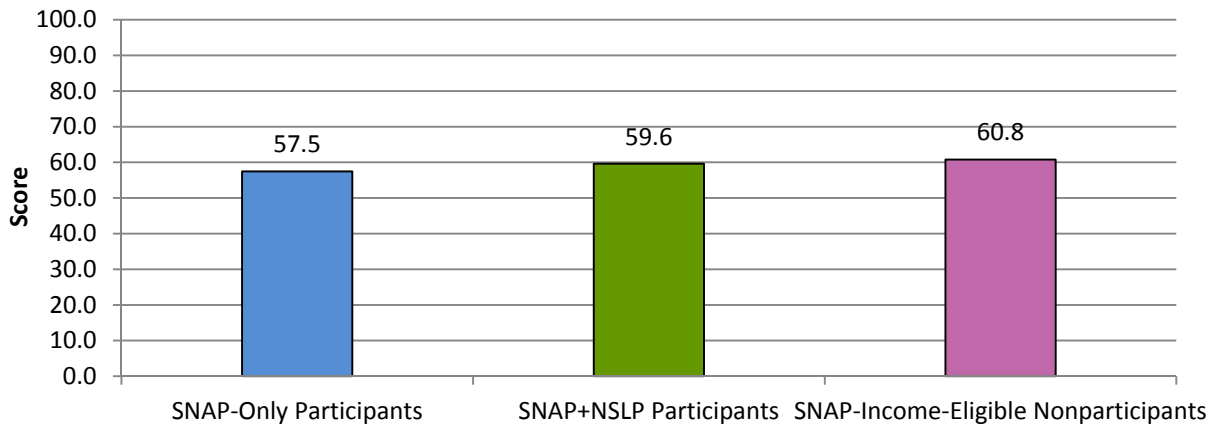
Healthy Eating Index-2005¹⁵

Figure F-9 presents total HEI-2005 scores. There were no differences in the total HEI-2005 scores of SNAP-only participants, SNAP+NSLP participants, or SNAP-income-eligible nonparticipants.

Some differences were found for HEI-2005 component scores. These scores are presented in Figures F-10, F-11, and F-12. SNAP-only participants had a lower score for Whole Fruit than either SNAP+NSLP participants or income-eligible nonparticipants (2.3 versus 4.2 and 4.5, respectively). SNAP-only participants also had a lower score for Milk than SNAP+NSLP participants (7.3 versus 8.3), and a lower score for Saturated Fat than income-eligible nonparticipants (5.7 versus 7.3).

¹⁵ A description of this nutrition outcome and its estimation method is provided in Chapter 6. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

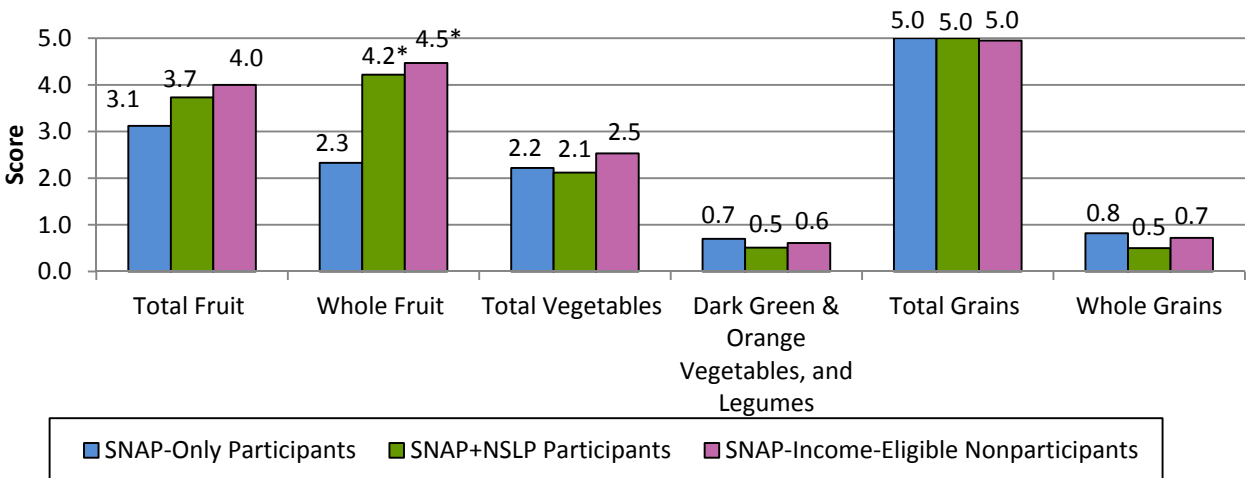
Figure F-9. Healthy Eating Index-2005 Total Scores



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

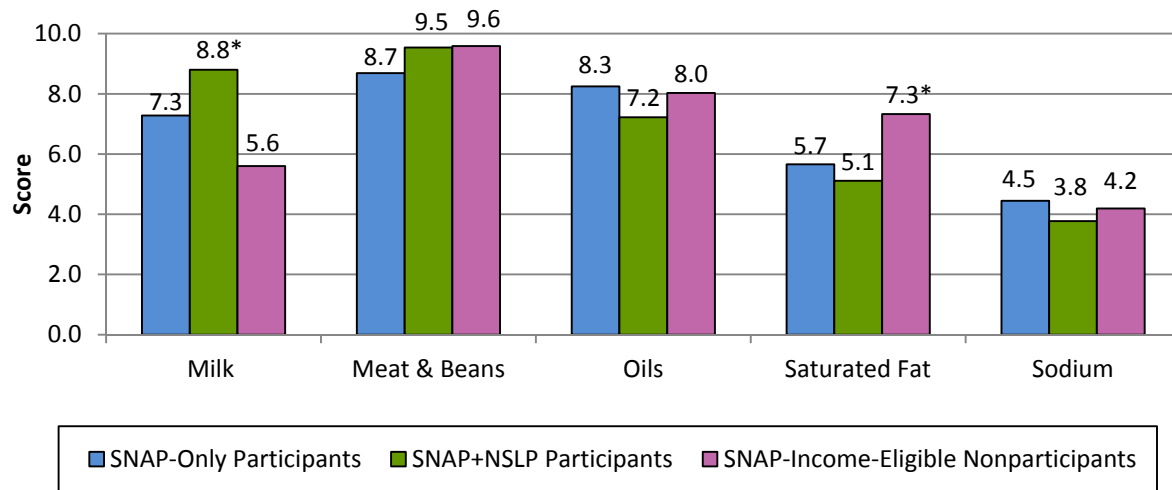
Figure F-10. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

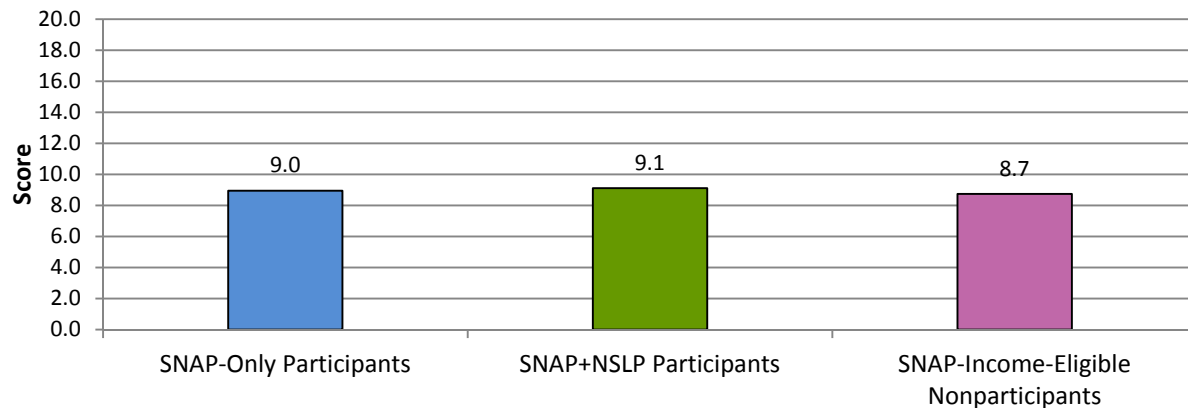
Figure F-11. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Figure F-12. Healthy Eating Index-2005 Component Score for Empty Calories



Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

Notes: Estimates are based on a single dietary recall per person. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants, identified as persons in households receiving SNAP benefits in the past 30 days.

Conclusion

Matched groups of SNAP-only participants and SNAP+NSLP participants exhibited only seven statistically significant differences in nutrition outcomes, out of 26 nutrition outcomes examined. SNAP-only participants had lower HEI-2005 scores than SNAP+NSLP participants for the Whole Fruit and Milk components. However, SNAP-only participants also had lower scores than SNAP-income-eligible participants for the Whole Fruit and Saturated Fat components. Thus, this study provides very mild preliminary evidence that participating in both SNAP and NSLP improves the nutrition outcomes of SNAP participants. We consider these findings preliminary because the sample sizes for all three comparison groups were quite small.

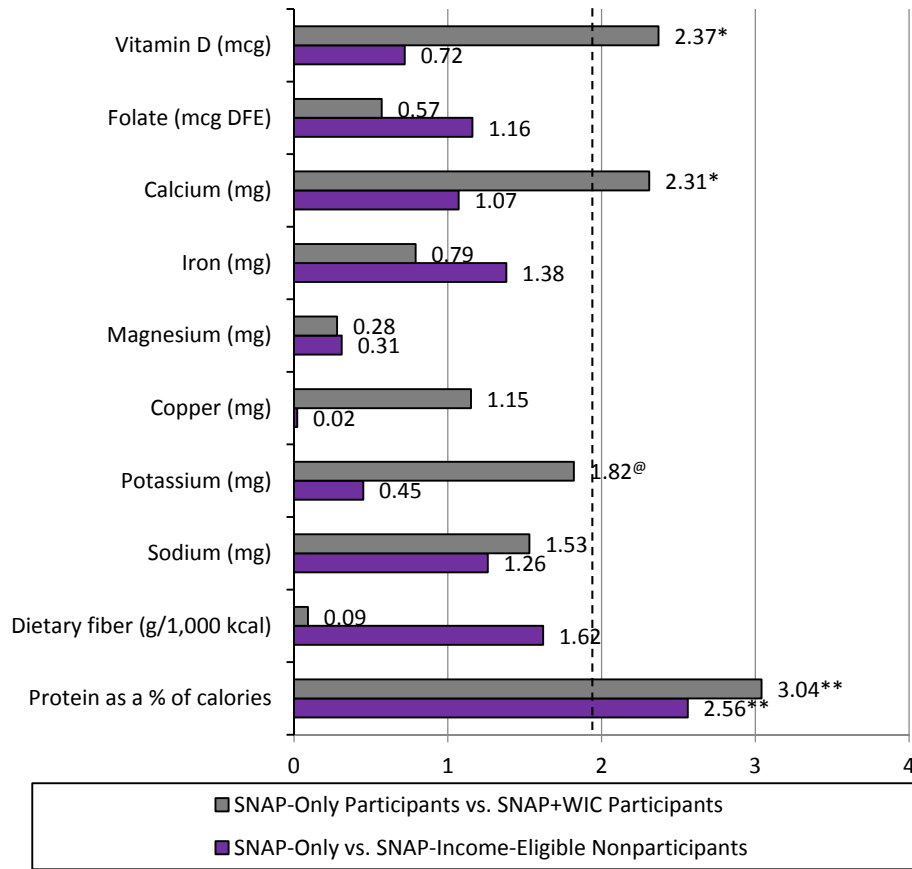
Table F-3. Mean Usual Nutrient Intakes from Foods and Beverages, SNAP and WIC Participants and Nonparticipants 1–4 Years Old

| | SNAP-only participants | | | SNAP+WIC participants | | | | SNAP-income-eligible nonparticipants | | | |
|------------------------------|------------------------|------|----------------|-----------------------|---------|----------------|----------|--------------------------------------|--------|----------------|----------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | <i>t</i> | Sample size | Mean | Standard error | <i>t</i> |
| Vitamin D (mcg) | 172 | 6.4 | (0.61) | 172 | 8.2 * | (0.44) | 2.37 | 172 | 7.0 u | (0.56) | 0.72 |
| Folate (mcg DFE) | 172 | 445 | (35.5) | 172 | 423 | (16.1) | 0.57 | 172 | 396 | (22.0) | 1.16 |
| Calcium (mg) | 172 | 950 | (61.9) | 172 | 1133 * | (49.1) | 2.31 | 172 | 1044 u | (62.1) | 1.07 |
| Iron (mg) | 172 | 11.8 | (0.68) | 172 | 11.2 | (0.41) | 0.79 | 172 | 10.7 | (0.46) | 1.38 |
| Magnesium (mg) | 172 | 200 | (8.0) | 172 | 203 | (5.8) | 0.28 | 172 | 204 | (9.2) | 0.31 |
| Copper (mg) | 172 | 0.87 | (0.032) | 172 | 0.82 | (0.026) | 1.15 | 172 | 0.87 | (0.044) | 0.02 |
| Potassium (mg) | 172 | 2005 | (76.8) | 172 | 2181 | (59.3) | 1.82 | 172 | 2061 | (98.6) | 0.45 |
| Sodium (mg) | 172 | 2423 | (88.9) | 172 | 2259 | (59.1) | 1.53 | 172 | 2256 u | (97.9) | 1.26 |
| Dietary fiber (g/1,000 kcal) | 172 | 6.9 | (0.28) | 172 | 6.8 | (0.28) | 0.09 | 172 | 7.6 | (0.39) | 1.62 |
| Protein as a % of calories | 172 | 13.9 | (0.29) | 172 | 15.2 ** | (0.32) | 3.04 | 172 | 15.1 * | (0.38) | 2.56 |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 1–4 years old. Estimates are based on a single dietary recall per person. Data reflect nutrient intake from foods and beverages, and do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute (NCI) method.

- Notes: a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
b Two two-sample *t*-tests were used to test the two pairwise differences in comparison to SNAP participants.
c SNAP participation was defined as receiving SNAP benefits within the past 30 days.

Figure F-13. Mean Usual Nutrient Intakes from Foods and Beverages, SNAP and WIC Participants and Nonparticipants 1–4 Years Old, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 1–4 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

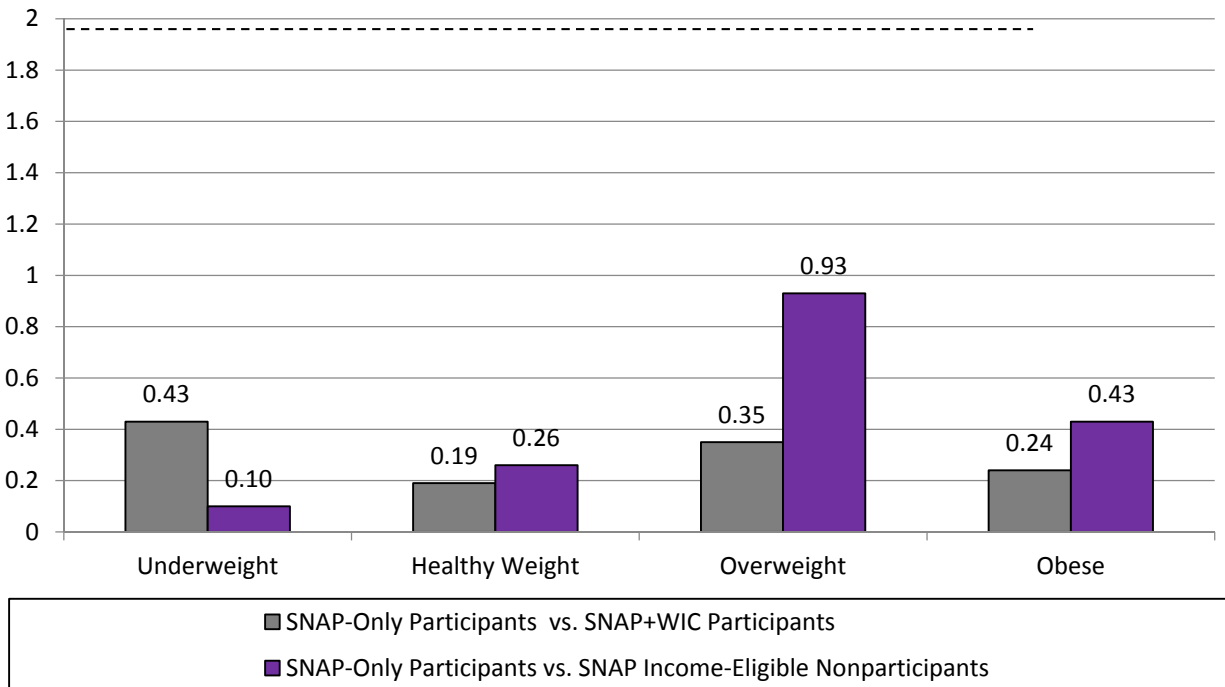
Table F-4. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old

| | SNAP-only participants | | | SNAP+WIC participants | | | | SNAP-income-eligible nonparticipants | | | |
|--------------------|------------------------|---------|----------------|-----------------------|---------|----------------|------|--------------------------------------|---------|----------------|------|
| | Sample size | Percent | Standard error | Sample size | Percent | Standard error | t | Sample size | Percent | Standard Error | t |
| All persons | 136 | - | - | 119 | - | - | | 130 | - | - | |
| Underweight | | 3.0 u | (1.89) | | 3.2 u | (1.83) | 0.10 | | 4.2 u | (2.11) | 0.43 |
| Healthy weight | | 74.4 | (3.89) | | 75.9 | (4.11) | 0.26 | | 75.6 | (4.45) | 0.19 |
| Overweight | | 12.2 | (2.86) | | 8.4 u | (2.90) | 0.93 | | 10.8 | (2.96) | 0.35 |
| Obese | | 10.4 | (3.04) | | 12.5 u | (3.80) | 0.43 | | 9.5 | (2.51) | 0.24 |

Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2–4 years old.

- Notes: a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 b Two two-sample *t*-tests were used to test the two pairwise differences in comparison to SNAP participants.
 c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 d For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is >= the 5th and < the 85th percentiles; overweight if BMI-for-age is >= the 85th and < the 95th percentiles; and obese if BMI-for-age is >= the 95th percentile.
 u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
 - Not applicable.

Figure F-14. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2–4 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

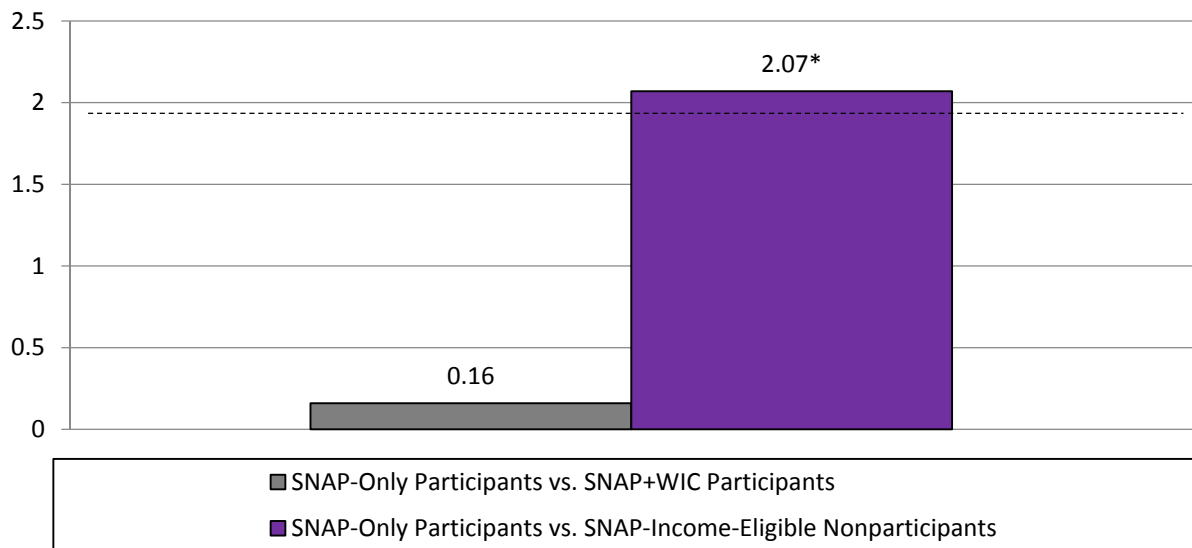
Table F-5. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and WIC Participants and Nonparticipants 2–4 Years Old

| | Empty Calories from Solid Fats and Added Sugars | | | | | | | |
|-----------------------|---|----------------|--------------------------|----------------|----------|--------------------------------------|----------------|----------|
| | SNAP-only participants | | SNAP+WIC participants | | | SNAP-income-eligible nonparticipants | | |
| | Mean percent of calories | Standard error | Mean percent of calories | Standard error | <i>t</i> | Mean percent of calories | Standard error | <i>t</i> |
| Sample size | 172 | | 172 | | | 172 | | |
| Outcome values | 33.2 | (0.51) | 33.4 | (0.76) | 0.16 | 31.2 * | (0.83) | 2.07 |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old. Estimates are based on a single dietary recall per person.

- Notes:
- a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 - b Two two-sample *t*-tests were used to test the two pairwise differences in comparison to SNAP participants.
 - c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 - d Calories from solid fats and added sugars were identified from the data sources listed above.
 - u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
 - Not applicable.

Figure F-15. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and WIC Participants and Nonparticipants 2–4 Years Old, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2–4 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

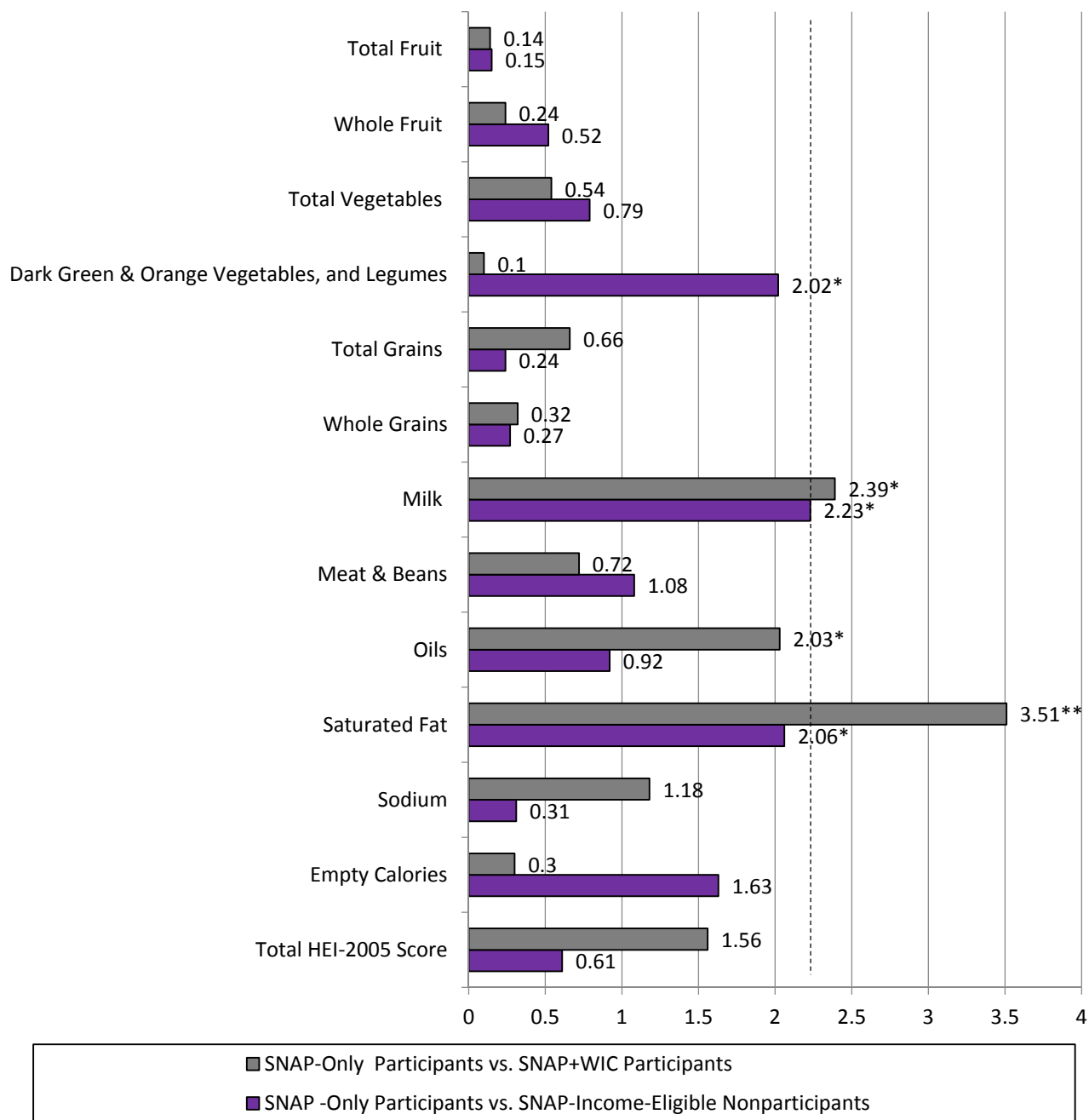
Table F-6. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP and WIC Participants and Nonparticipants 2–4 Years Old

| | SNAP-only participants | | SNAP+WIC participants | | | SNAP-income-eligible nonparticipants | | |
|---|------------------------|----------------|-----------------------|----------------|-------------|--------------------------------------|----------------|-------------|
| | Mean score | Standard error | Mean score | Standard error | <i>t</i> | Mean score | Standard error | <i>t</i> |
| Sample size | 172 | | 172 | | | 172 | | |
| Total Fruit | 4.97 | (0.11) | 4.98 | (0.08) | 0.14 | 4.99 | (0.09) | 0.15 |
| Whole Fruit | 4.84 | (0.28) | 4.92 | (0.23) | 0.24 | 4.99 | (0.10) | 0.52 |
| Total Vegetables | 2.07 | (0.15) | 2.22 | (0.25) | 0.54 | 2.28 | (0.23) | 0.79 |
| Dark Green & Orange Vegetables, and Legumes | 0.36 | (0.08) | 0.34 | (0.09) | 0.10 | 1.35 * ^u | (0.48) | 2.02 |
| Total Grains | 5.00 | (0.00) | 4.89 | (0.16) | 0.66 | 4.99 | (0.04) | 0.24 |
| Whole Grains | 1.06 | (0.15) | 1.00 | (0.13) | 0.32 | 1.12 | (0.16) | 0.27 |
| Milk | 8.80 | (0.50) | 10.00 * | (0.02) | 2.39 | 9.97 * | (0.15) | 2.23 |
| Meat & Beans | 8.21 | (0.49) | 7.71 | (0.50) | 0.72 | 8.97 | (0.51) | 1.08 |
| Oils | 7.10 | (0.76) | 5.25 * | (0.51) | 2.03 | 6.19 | (0.63) | 0.92 |
| Saturated Fat | 6.15 | (0.41) | 3.74 *** | (0.55) | 3.51 | 4.04 * | (0.94) | 2.06 |
| Sodium | 4.51 | (0.26) | 4.98 | (0.30) | 1.18 | 4.37 | (0.39) | 0.31 |
| Calories from SoFAAS | 10.62 | (0.53) | 10.38 | (0.61) | 0.30 | 12.17 | (0.79) | 1.63 |
| Total HEI-2005 Score | 63.68 | (1.22) | 60.42 | (1.70) | 1.56 | 65.43 | (2.62) | 0.61 |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, 2–4 years old. Estimates are based on a single dietary recall per person.

- Notes:
- a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 - b Two two-sample *t*-tests were used to test the two pairwise differences in comparison to SNAP participants.
 - c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 - d Calories from solid fats and added sugars were identified from the data sources listed above.
 - u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
 - Not applicable.

Figure F-16. Health Eating Index-2005 Total and Component Scores, SNAP and WIC Participants and Nonparticipants 2–4 Years Old, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2–4 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

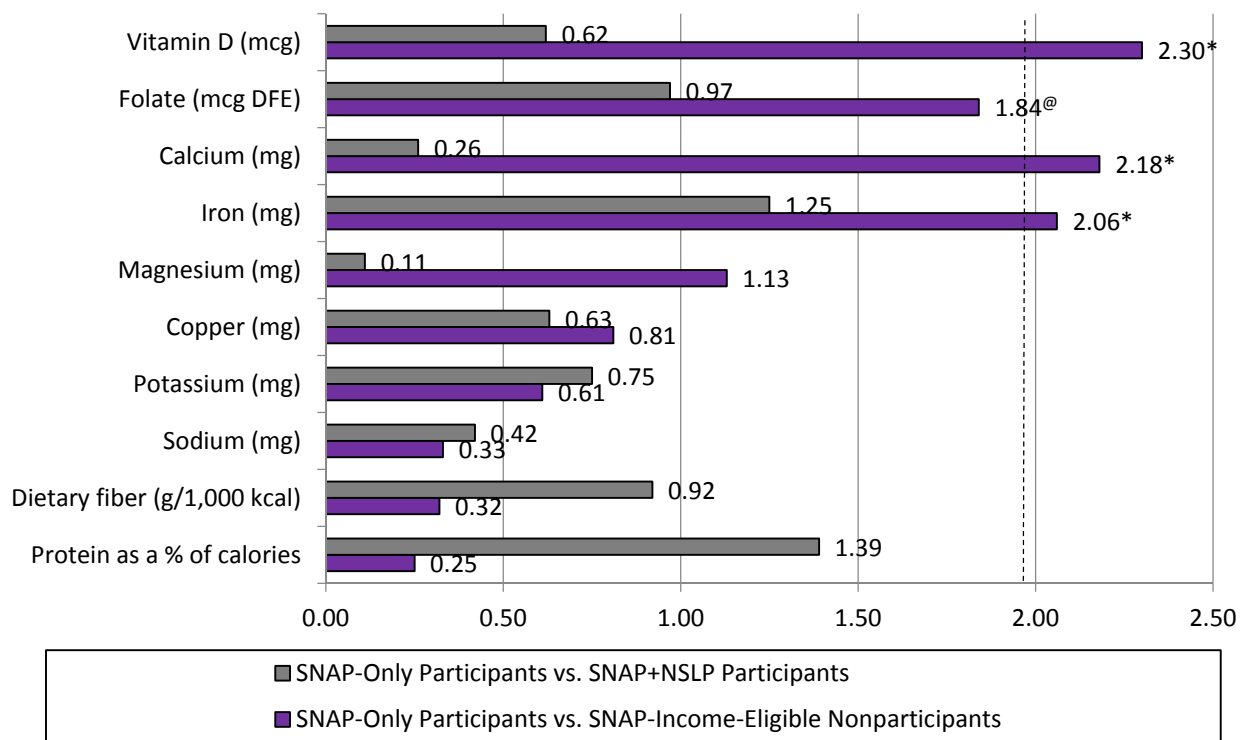
Table F-7. Usual Nutrient Intakes from Foods and Beverages, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

| | SNAP-only participants | | | SNAP+NSLP participants | | | | SNAP-income-eligible nonparticipants | | | |
|------------------------------|------------------------|------|----------------|------------------------|------|----------------|----------|--------------------------------------|--------|----------------|----------|
| | Sample size | Mean | Standard error | Sample size | Mean | Standard error | <i>t</i> | Sample size | Mean | Standard error | <i>t</i> |
| Vitamin D (mcg) | 110 | 5.3 | (0.36) | 110 | 5.6 | (0.31) | 0.62 | 110 | 3.7 * | (0.58) | 2.30 |
| Folate (mcg DFE) | 110 | 519 | (38.5) | 110 | 451 | (58.1) | 0.97 | 110 | 430 | (28.7) | 1.84 |
| Calcium (mg) | 110 | 975 | (78.2) | 110 | 1003 | (79.4) | 0.26 | 110 | 722 * | (85.5) | 2.18 |
| Iron (mg) | 110 | 13.9 | (0.92) | 110 | 12.2 | (1.03) | 1.25 | 110 | 11.4 * | (0.80) | 2.06 |
| Magnesium (mg) | 110 | 213 | (13.7) | 110 | 216 | (14.7) | 0.11 | 110 | 195 | (8.3) | 1.13 |
| Copper (mg) | 110 | 0.93 | (0.072) | 110 | 0.99 | (0.064) | 0.63 | 110 | 0.86 | (0.044) | 0.81 |
| Potassium (mg) | 110 | 2061 | (119.7) | 110 | 2194 | (129.8) | 0.75 | 110 | 1968 | (95.2) | 0.61 |
| Sodium (mg) | 110 | 2879 | (257.1) | 110 | 3044 | (294.2) | 0.42 | 110 | 2786 | (117.6) | 0.33 |
| Dietary fiber (g/1,000 kcal) | 110 | 6.5 | (0.34) | 110 | 6.9 | (0.34) | 0.92 | 110 | 6.4 | (0.27) | 0.32 |
| Protein as a % of calories | 110 | 13.6 | (0.71) | 110 | 14.8 | (0.41) | 1.39 | 110 | 13.4 | (0.62) | 0.25 |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

- Notes:
- a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 - b Chi-square tests were used to test global differences in comparison across all comparison groups and all response categories.
 - c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 - u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
 - Not applicable

Figure F-17. Usual Nutrient Intakes from Foods and Beverages, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

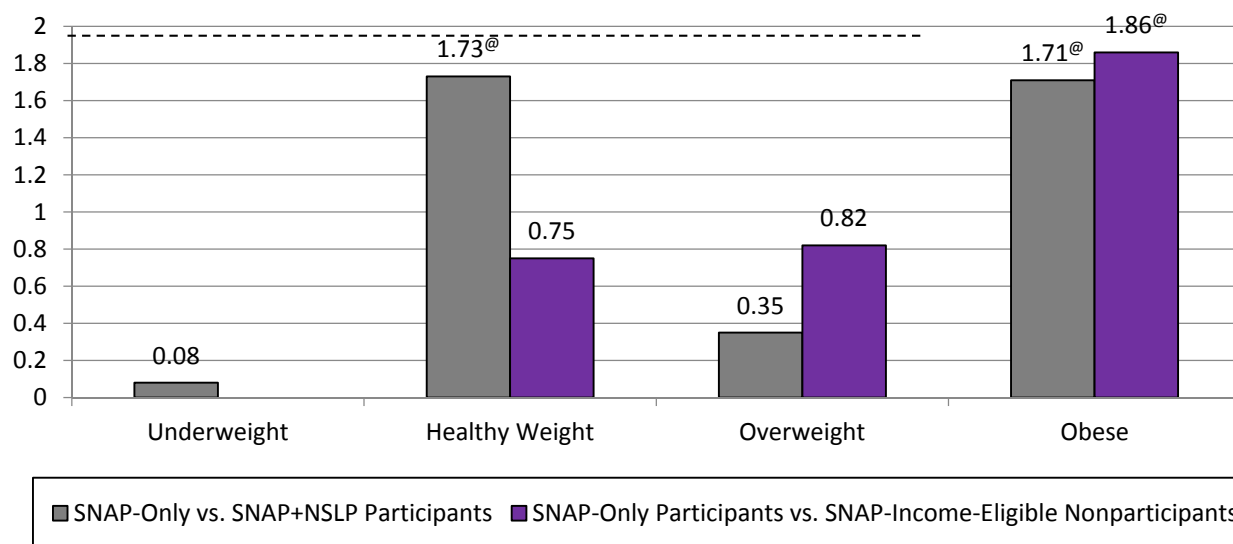
Table F-8. Body Mass Index, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

| | SNAP-only participants | | | SNAP+NSLP participants | | | | SNAP-income-eligible nonparticipants | | | |
|--------------------|------------------------|---------|----------------|------------------------|---------|----------------|------|--------------------------------------|---------|----------------|------|
| | Sample size | Percent | Standard error | Sample size | Percent | Standard error | t | Sample size | Percent | Standard Error | t |
| All persons | 109 | | | 109 | | | | 108 | | | |
| Under-weight | | 1.9 u | (1.36) | | 1.8 u | (0.95) | 0.08 | | - | - | - |
| Healthy weight | | 55.7 | (4.61) | | 40.2 | (7.76) | 1.73 | | 62.4 | (7.70) | 0.75 |
| Over-weight | | 17.0 | (4.43) | | 14.7 u | (4.93) | 0.35 | | 23.1 | (6.00) | 0.82 |
| Obese | | 25.3 | (4.66) | | 43.4 | (9.48) | 1.71 | | 14.4 | (3.57) | 1.86 |

Source: NHANES 2007–2010 demographics and dietary recall data. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old.

- Notes: a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 b Two-sample t-tests were used to test pairwise differences in comparison to SNAP participants.
 c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 d For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is >= the 5th and < the 85th percentiles; overweight if BMI-for-age is >= the 85th and < the 95th percentiles; and obese if BMI-for-age is >= the 95th percentile. For adults, underweight is defined as BMI < 18.5; healthy weight as BMI >= 18.5 and < 25; overweight as BMI >= 25 and < 30; and obese as BMI >= 30.
 u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
 - Not applicable

Figure F-18. Body Mass Index, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old, t-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

Table F-9. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

| Empty Calories from Solid Fats and Added Sugars ¹ | | | | | | | | |
|--|--------------------------|----------------|--------------------------|----------------|----------|--------------------------------------|----------------|----------|
| | SNAP-only participants | | SNAP+NSLP participants | | | SNAP-income-eligible nonparticipants | | |
| | Mean percent of calories | Standard error | Mean percent of calories | Standard error | <i>t</i> | Mean percent of calories | Standard error | <i>t</i> |
| Sample size | 110 | | 110 | | | 110 | | |
| Outcome values | 35.2 | (1.30) | 36.4 | (1.55) | 0.59 | 36.6 | (1.47) | 0.74 |

| Empty Calories from Solid Fats, Added Sugars, and Alcohol ^{1,2} | | | | | | | | |
|--|--------------------------|----------------|--------------------------|----------------|----------|--------------------------------------|----------------|----------|
| | SNAP-only participants | | SNAP+NSLP participants | | | SNAP-income-eligible nonparticipants | | |
| | Mean percent of calories | Standard error | Mean percent of calories | Standard error | <i>t</i> | Mean percent of calories | Standard error | <i>t</i> |
| Sample size | 110 | | 110 | | | 110 | | |
| Outcome values | 35.3 | (1.30) | 36.4 | (1.55) | 0.56 | 36.6 | (1.47) | 0.70 |

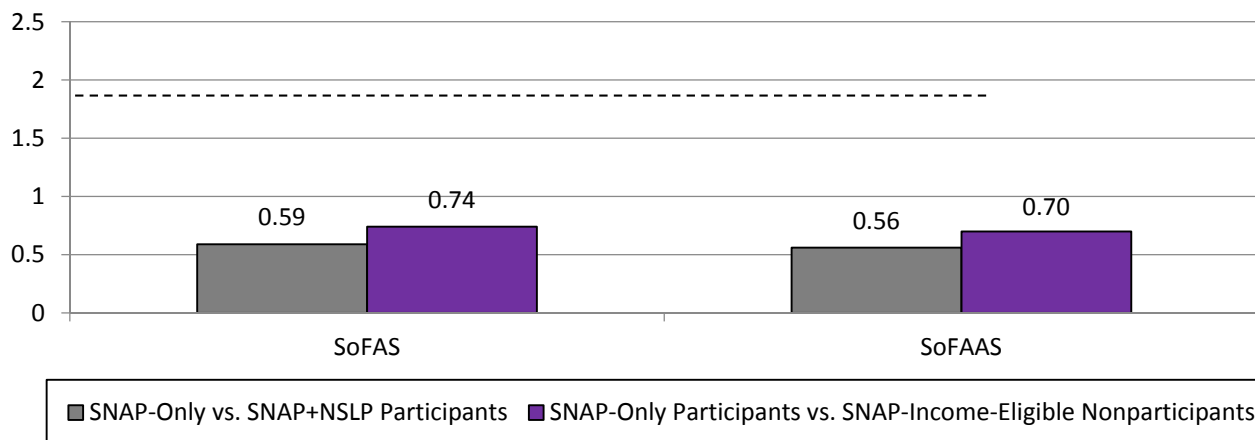
Source: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Estimates are based on a single dietary recall per person, ages 5–18 years. Sample includes NHANES respondents with complete dietary recall data, ages 5–18.

- Notes: a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 b Two-sample *t*-tests were used to test pairwise differences in comparison to SNAP participants.
 c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 u Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient or variations (i.e. standard error).
 - Not applicable

¹ Calories from solid fats and added sugars were identified from the data sources listed above.

² Calories from alcoholic beverages include calories from carbohydrate in beer and wine, and calories from alcohol in all alcoholic beverages except cooking wine.

Figure F-19. Mean Percentage of Total Calories Consumed from Empty Calories, NSLP Participants and Nonparticipants 5–18 Years Old, *t*-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

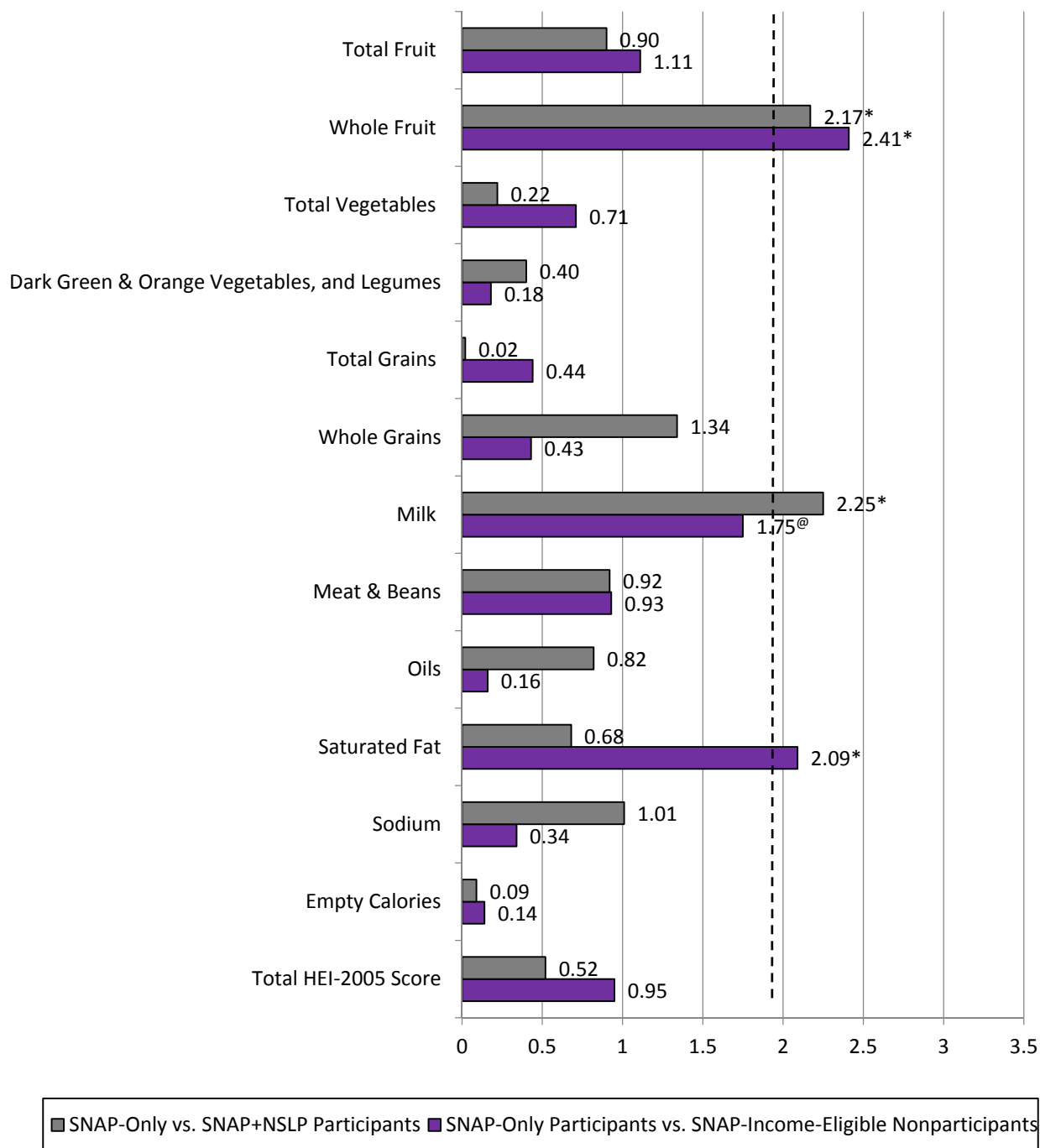
Table F-10. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

| | SNAP-only participants | | SNAP+NSLP participants | | | SNAP-income-eligible nonparticipants | | |
|---|------------------------|----------------|------------------------|----------------|-------------|--------------------------------------|----------------|-------------|
| | Mean score | Standard error | Mean score | Standard error | <i>t</i> | Mean score | Standard error | <i>t</i> |
| Sample size | 110 | - | 110 | - | | 110 | - | |
| Total Fruit | 3.12 | (0.56) | 3.73 | (0.39) | 0.90 | 4.00 | (0.56) | 1.11 |
| Whole Fruit | 2.33 | (0.56) | 4.22 * | (0.67) | 2.17 | 4.47 * | (0.69) | 2.41 |
| Total Vegetables | 2.22 | (0.40) | 2.12 | (0.14) | 0.22 | 2.53 | (0.20) | 0.71 |
| Dark Green & Orange Vegetables, and Legumes | 0.70 u | (0.39) | 0.51 u | (0.24) | 0.40 | 0.61 u | (0.29) | 0.18 |
| Total Grains | 5.00 | (0.01) | 5.00 | (0.01) | 0.02 | 4.95 | (0.12) | 0.44 |
| Whole Grains | 0.82 | (0.19) | 0.50 | (0.14) | 1.34 | 0.72 | (0.14) | 0.43 |
| Milk | 7.28 | (0.52) | 8.80 * | (0.42) | 2.25 | 5.60 | (0.81) | 1.75 |
| Meat & Beans | 8.69 | (0.78) | 9.54 | (0.49) | 0.92 | 9.59 | (0.58) | 0.93 |
| Oils | 8.25 | (0.53) | 7.22 | (1.14) | 0.82 | 8.03 | (1.25) | 0.16 |
| Saturated Fat | 5.66 | (0.65) | 5.11 | (0.47) | 0.68 | 7.33 * | (0.47) | 2.09 |
| Sodium | 4.45 | (0.60) | 3.77 | (0.32) | 1.01 | 4.19 | (0.51) | 0.34 |
| Calories from SoFAAS | 8.95 | (1.15) | 9.11 | (1.23) | 0.09 | 8.74 | (0.94) | 0.14 |
| Total HEI-2005 Score | 57.46 | (2.22) | 59.63 | (3.51) | 0.52 | 60.77 | (2.68) | 0.95 |

Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years. Estimates are based on a single dietary recall per person.

- Notes:
- a Significant differences are noted by * (.05 level), ** (.01 level), or *** (.001 level).
 - b Two two-sample *t*-tests were used to test the two pairwise differences in comparison to SNAP participants.
 - c SNAP participation was defined as receiving SNAP benefits within the past 30 days.
 - d Calories from solid fats and added sugars were identified from the data sources listed above.
 - u Denotes individual estimates not meeting the standards of reliability or precision due to large coefficient of variation.
 - Not applicable.

Figure F-20. Healthy Eating Index-2005 Total and Component Scores, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old, t-Statistics



Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old.

Notes: Significant differences in proportions are noted by @ (.10 level), * (.05 level), and ** (.01 level).

This page left blank intentionally.

References for Appendices

- Bailey, R., & Dodd, K. *Estimating usual total nutrient intake distributions from diet and supplements (webinar 5)*. Available at: <http://appliedresearch.cancer.gov/measurementerror/>.
- Beaton, G.H., Milner, J., McGuire, V., Feather, T.E., & Little, J.A. (1983). Source of variance in 24-hour dietary recall data: implications for nutrition study design and interpretation. Carbohydrate sources, vitamins, and minerals. *American Journal of Clinical Nutrition*, 37(6), 986-95.
- Bowman, S.A., Friday, J.E., & Moshfegh, A. (2008). *MyPyramid Equivalent Database, 2.0 for USDA Survey Foods, 2003-2004* [Online]. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, MD. Available at: <http://www.ars.usda.gov/ba/bhnrc/fsrg>.
- Bowman, S.A., Clemens, J.C., Thorig, R.C., Friday, J.E., Shimizu, M., & Moshfegh, A.J. (2013). *Food Patterns Equivalent Database 2009-10: Methodology and User Guide* [Online]. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, Maryland. Available at: <http://www.ars.usda.gov/ba/bhnrc/fsrg>.
- Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS). (2013a). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2013, <http://www.cdc.gov/nchs/nhanes.htm>.
- Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS). (2013b). *Continuous NHANES Web Tutorial*. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2013, <http://www.cdc.gov/nchs/tutorials/nhanes/SurveyDesign/VarianceEstimation/intro.htm>
- Coca-Perraillon, M. (2007). Local and global optimal propensity score matching (Paper 185-2007). SAS Global Forum. <http://www2.sas.com/proceedings/forum2007/185-2007.pdf>
- Condon, Elizabeth, Susan Drilea, Carolyn Lichtenstein, James Mabli, Emily Madden, and Katherine Niland. (2014). *Diet Quality of Americans by NSLP Participation Status: Data from the National Health and Nutrition Examination Survey, 2005-2010*. Prepared by Walter R. McDonald & Associates, Inc. and Mathematica Policy Research for the Food and Nutrition Service.
- Dodd, K., Guenther, P., Freedman L., Subar, A., Kipnis, V., Midthune, D., Tooze, J., & Krebs-Smith, S. (2006). Statistical methods for estimating usual intake of nutrients and foods: A review of the theory. *Journal of the American Dietetic Association*, 106, 10, 1640–1650.
- Freedman, L.S., Guenther, P.M., Krebs-Smith, S.M., & Kott, P.S. (2008). A population's mean Healthy Eating Index-2005 scores are best estimated by the score of the population ratio when one 24-hour recall is available. *Journal of Nutrition*, 138(9), 1725-1729.

- Fox, M.K., Hamilton, W., & Lin, B. (2004). *Effects of Food Assistance and Nutrition Programs on Nutrition and Health: Volume 3 Literature Review. Food Assistance and Nutrition Research Report No. 19-3*. Economic Research Service, U.S. Department of Agriculture. www.ers.usda.gov/publications/fanrr19-3/
- Guenther, P.M., Casavale, K.O., Reedy, J., Kirkpatrick, S.I., Hiza, H.A., Kuczynski, K.J., Kahle, L.L., & Krebs-Smith, S.M., (2013). Update of the Healthy Eating Index: HEI-2010. *Journal of the Academy of Nutrition and Dietetics*, 113(4), 569-580.
- Institute of Medicine. (1997). *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, DC: National Academies Press.
- Institute of Medicine. (1998). *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline*. Washington, DC: National Academies Press.
- Institute of Medicine. (2000). *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids*. Washington, DC: National Academies Press.
- Institute of Medicine. (2001). *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. Washington, DC: National Academies Press.
- Institute of Medicine. (2005a). *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, DC: National Academies Press.
- Institute of Medicine. (2005b). *Dietary reference intakes for water, potassium, sodium, chloride, and sulfate*. Washington, DC: National Academies Press.
- Institute of Medicine. (2006). *Dietary Reference Intakes Essential Guide to Nutrient Requirements* Washington, DC: National Academies Press.
- Institute of Medicine. (2011). *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC: National Academies Press.
- Lohr, S. (1999). *Sampling: Design and Analysis*. Pacific Grove, CA: Duxbury Press.
- National Cancer Institute. (2013). *Estimating Mean HEI Scores for a Population or Group*. Retrieved September 1, 2013 from <http://riskfactor.cancer.gov/tools/hei/tools.html#monitoring>.
- National Research Council, Subcommittee on Criteria for Dietary Evaluation. (1986). *Nutrient Adequacy: Assessment Using Food Consumption Surveys*. Washington DC: National Academies Press.
- Nusser, S. M., Carriquiry, A. L., Dodd, K. W., & Fuller, W. A. (1996). A semiparametric transformation approach to estimating usual daily intake distributions. *Journal of the American Statistical Association*, 91(436), 1440-1449.

- Parsons, R., Munuo, S.S., Buckman, D.W., Tooze, J.A., & Dodd, K.W. (2009). *User's Guide for Analysis of Usual Intakes: For Use with Versions 1.1 of the Mixtran, Distrib, and Indivint SAS Macros*. Bethesda, MD: National Cancer Institute, May 2009. Available at http://riskfactor.cancer.gov/diet/usualintakes/Users_Guide_Mixtran_Distrib_Indivint_1.1.pdf. Accessed November 16, 2012.
- Rubins, D. B. (1997). Estimating causal effects from large data sets using propensity scores. *Annals of Internal Medicine*, 127 (8 Pt 2), 757-763.
- Tooze, J., Midthune, D., Dodd, K., Freedman, L., Krebs-Smith, S., Subar, A., Guenther, P., Carroll, R., & Kipnis, V. (2006). A new statistical method for estimating the usual intake of episodically consumed foods with application to their distribution. *Journal of the American Dietetic Association*, 106(10), 1575–1587.
- U.S. Department of Agriculture, Food and Nutrition Service, Office of Research, Nutrition and Analysis.(2008). *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004*, by Nancy Cole and Mary Kay Fox. Project Officer: Jenny Laster Genser, Alexandria, VA
<http://www.fns.usda.gov/sites/default/files/NHANES-FSP.pdf>.
- U.S. Department of Agriculture, & U.S. Department of Health and Human Services. (2010). *Dietary Guidelines for Americans 2010* (7th Ed.). Washington, DC: US Government Printing Office. Accessed 29 June 2012 <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>.
- U.S. Department of Agriculture, Food and Nutrition Service. (2010) *Food Expenditures and Diet Quality among Low-Income Households and Individuals*. by Mabli, James, Laura Castner, James Ohls, Mary Kay Fox, Mary Kay Crepinsek, and Elizabeth Condon.
- Wilde, P. (2007). Measuring the Effect of Food Stamps on Food Insecurity and Hunger: Research and Policy Considerations. *Journal of Nutrition*, 137, 307–310.