

Appendix E-2.10: Percent of total energy intake, 2009-10, for age/sex groups of the U.S. population from WWEIA Food Categories

These data are estimates of the percent of total energy intake from WWEIA Food Categories, regrouped into DGAC major categories and subcategories as described elsewhere, for 2 years and older by age/sex group, based on the day 1 dietary recalls from What We Eat in America, NHANES 2009-2010. Breastfed children have been excluded. The overall sample size is 9,042.

Major category	MALES							
	2+yrs	2-5yrs	6-11yrs	12-19yrs	20-40yrs	41-50yrs	51-70yrs	71+yrs
	% of total energy consumption							
DAIRY	6.29	17.01	11.93	7.52	4.67	4.63	5.73	5.64
PROTEIN FOODS	11.48	9.48	9.25	9.18	11.01	13.25	12.83	13.11
MIXED DISHES	30.18	23.85	28.77	34.57	31.99	29.08	29.15	23.03
GRAINS	9.94	10.87	12.01	9.47	9.78	9.44	8.82	14.65
SNACKS AND SWEETS	15.24	17.65	19.75	17.07	13.11	14.66	15.57	17.37
FRUITS+FRUIT JUICE	4.13	9.20	4.66	3.59	3.44	3.56	4.20	6.62
VEGETABLES	7.18	5.32	4.66	5.02	6.92	8.18	8.72	8.93
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	2.03	1.06	1.78	1.27	1.72	2.65	2.49	2.98
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	13.25	4.97	7.07	12.17	16.94	14.36	12.21	7.61
Total*	99.72	99.40	99.88	99.87	99.59	99.82	99.71	99.94
Subcategory								
LOWFAT MILK/YOGURT	1.66	3.77	3.51	2.13	0.96	1.35	1.62	2.08
HIGHER FAT MILK/YOGURT	3.44	11.41	7.52	4.30	2.50	2.06	2.81	2.87
CHEESE	1.19	1.83	0.90	1.09	1.22	1.23	1.29	0.69
MEATS (Not incl. Deli and Mixed Dishes)	2.41	0.86	1.16	1.66	2.58	3.41	2.55	2.25
DELI/CURED PRODUCTS (Meat and Poultry)	1.42	1.59	1.25	1.15	1.22	1.72	1.58	1.79
POULTRY (Not incl. Deli and Mixed Dishes)	3.39	3.97	4.36	3.73	3.66	2.70	3.08	2.51
SEAFOOD (Not incl. Mixed Dishes)	1.10	0.43	0.58	0.39	0.78	1.55	1.81	1.69
EGGS	1.58	1.64	1.31	1.22	1.60	1.65	1.66	1.99
NUTS, SEEDS, AND SOY	1.58	0.99	0.58	1.04	1.17	2.22	2.16	2.87
PIZZA	4.96	2.58	5.59	7.44	6.18	3.83	3.84	0.58
BURGERS, TACOS, AND SANDWICHES	15.11	11.00	13.54	15.88	15.68	14.96	15.76	12.51
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.91	2.78	1.85	3.99	4.32	4.25	3.65	4.67
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.97	6.19	6.62	6.29	4.70	5.22	4.10	3.79
SOUPS	1.23	1.30	1.16	0.97	1.10	0.82	1.80	1.47
RICE AND PASTA	1.50	1.02	1.20	1.59	2.12	1.30	0.84	1.40
YEAST BREADS AND TORTILLAS	3.54	2.87	3.23	3.10	3.31	4.34	3.53	4.60
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.83	2.30	3.37	1.95	1.57	1.17	1.75	2.99
BREAKFAST CEREALS AND BARS	3.07	4.68	4.20	2.83	2.78	2.63	2.70	5.65
CHIPS, CRACKERS, AND SAVORY SNACKS	4.42	6.22	6.19	6.06	4.18	4.48	3.47	2.61
DESSERTS AND SWEET SNACKS	8.15	8.18	9.90	8.50	6.68	7.23	9.45	11.54
CANDY AND SUGARS	2.67	3.25	3.67	2.52	2.25	2.96	2.65	3.22
FRUIT (non-juice)	2.36	4.83	2.62	1.79	1.58	2.37	2.79	4.51
100% FRUIT JUICE	1.77	4.37	2.05	1.80	1.86	1.18	1.41	2.10
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.40	2.08	1.35	1.84	3.25	4.26	4.20	5.61
STARCHY VEGETABLES	3.78	3.24	3.32	3.18	3.67	3.92	4.52	3.32

Appendix E-2.10: Percent of total energy intake, 2009-10, for age/sex groups of the U.S. population from WWEIA Food Categories, continued

	MALES							
	2+yrs	2-5yrs	6-11yrs	12-19yrs	20-40yrs	41-50yrs	51-70yrs	71+yrs
	% of Energy consumption							
SUGAR-SWEETENED AND DIET BEVERAGES**	6.82	4.77	6.37	10.26	8.67	6.06	4.19	2.94
COFFEE AND TEA	1.33	0.20	0.65	1.14	1.37	1.60	1.73	0.80
ALCOHOLIC BEVERAGES	5.04	0.00	0.00	0.66	6.83	6.68	6.26	3.86
WATERS	0.05	0.00	0.05	0.11	0.07	0.02	0.03	0.01
CONDIMENTS AND GRAVIES	0.61	0.49	0.66	0.52	0.71	0.60	0.57	0.43
SPREADS	1.12	0.50	0.77	0.54	0.78	1.51	1.62	2.30
SALAD DRESSINGS	0.29	0.07	0.34	0.21	0.23	0.54	0.29	0.25
Total*	99.72	99.40	99.88	99.87	99.59	99.82	99.71	99.94
*Does not include baby foods and infant formulas								
**Additional breakdown for SUGAR-SWEETENED AND DIET BEVERAGES:								
Diet soft drinks	0.06	0.00	0.01	0.02	0.06	0.08	0.10	0.04
Diet sport and energy drinks	0.01	0.00	0.00	0.00	0.01	0.00	0.01	0.00
Other diet drinks	0.01	0.03	0.00	0.01	0.01	0.01	0.02	0.00
Soft drinks	4.15	0.92	2.80	6.65	5.61	4.04	2.30	1.62
Fruit drinks	1.82	3.51	2.99	2.29	1.87	1.38	1.32	1.01
Sport and energy drinks	0.58	0.29	0.32	1.16	0.88	0.45	0.18	0.02
Nutritional beverages	0.15	0.00	0.23	0.05	0.17	0.09	0.21	0.19
Flavored or carbonated water	0.05	0.01	0.01	0.07	0.06	0.01	0.05	0.07

Appendix E-2.10. Percent of total energy intake, 2009-10, for age/sex groups of the U.S. population, continued

	FEMALES							
	2+yrs	2-5yrs	6-11yrs	12-19yrs	20-40yrs	41-50yrs	51-70yrs	71+yrs
Major category	% of total energy consumption							
DAIRY	7.21	18.82	11.58	7.70	5.74	5.94	6.00	7.12
PROTEIN FOODS	10.39	10.53	8.41	9.60	10.22	10.71	11.62	10.04
MIXED DISHES	27.07	21.65	26.66	30.39	29.55	26.76	24.40	24.27
GRAINS	11.48	11.34	12.94	10.70	10.73	10.96	12.02	13.53
SNACKS AND SWEETS	17.37	17.55	21.84	19.23	14.91	16.66	17.67	19.77
FRUITS+FRUIT JUICE	5.13	8.92	5.20	3.76	4.40	4.84	5.59	7.02
VEGETABLES	8.31	5.23	5.13	6.04	8.70	8.80	9.93	9.63
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	2.73	1.34	1.67	2.01	2.48	3.43	3.55	2.97
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	10.09	4.26	6.46	10.57	13.12	11.41	8.91	5.56
Total*	99.78	99.64	99.87	100.00	99.85	99.51	99.69	99.90
Subcategory	% of total energy consumption							
LOWFAT MILK/YOGURT	2.31	3.84	2.86	1.76	1.93	2.14	2.46	3.08
HIGHER FAT MILK/YOGURT	3.48	12.30	7.34	4.73	2.46	2.54	2.00	2.68
CHEESE	1.43	2.68	1.38	1.21	1.35	1.26	1.55	1.37
MEATS (Not incl. Deli and Mixed Dishes)	1.75	0.67	1.09	1.43	1.55	2.44	1.99	2.17
DELI/CURED PRODUCTS (Meat and Poultry)	1.19	2.25	1.19	1.00	1.17	1.08	1.22	1.11
POULTRY (Not incl. Deli and Mixed Dishes)	3.20	4.54	4.26	4.15	3.10	3.04	2.63	2.25
SEAFOOD (Not incl. Mixed Dishes)	1.06	0.46	0.49	0.55	1.09	0.93	1.60	1.42
EGGS	1.43	1.83	0.98	1.24	1.72	1.37	1.38	1.08
NUTS, SEEDS, AND SOY	1.76	0.79	0.40	1.23	1.60	1.86	2.80	2.02
PIZZA	3.38	2.63	5.20	5.23	4.16	2.12	2.46	1.37
BURGERS, TACOS, AND SANDWICHES	12.16	7.80	11.71	12.99	14.24	11.95	10.23	11.69
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.92	2.61	1.84	2.59	3.23	4.80	5.55	5.04
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.14	7.55	6.56	8.80	6.30	6.41	4.58	4.19
SOUPS	1.47	1.06	1.34	0.78	1.61	1.49	1.58	1.99
RICE AND PASTA	1.45	1.35	1.49	1.24	1.39	1.84	1.47	1.23
YEAST BREADS AND TORTILLAS	4.02	2.98	4.11	3.63	3.87	4.31	4.23	4.50
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.07	1.98	3.39	2.45	1.58	1.72	2.13	2.53
BREAKFAST CEREALS AND BARS	3.94	5.02	3.94	3.38	3.89	3.09	4.20	5.27
CHIPS, CRACKERS, AND SAVORY SNACKS	4.85	4.81	6.52	6.25	4.84	4.40	4.29	3.61
DESSERTS AND SWEET SNACKS	8.96	9.84	11.52	9.21	6.98	8.46	9.33	12.78
CANDY AND SUGARS	3.56	2.90	3.80	3.77	3.08	3.79	4.05	3.38
FRUIT (non-juice)	3.21	4.38	3.19	1.83	2.36	3.43	4.10	4.85
100% FRUIT JUICE	1.92	4.54	2.00	1.94	2.04	1.40	1.49	2.17
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.41	1.75	2.03	2.45	4.24	4.98	6.25	5.64
STARCHY VEGETABLES	3.89	3.48	3.10	3.59	4.46	3.82	3.68	3.99
SUGAR-SWEETENED AND DIET BEVERAGES**	6.11	3.99	6.09	8.52	7.68	6.49	3.92	3.22
COFFEE AND TEA	1.59	0.26	0.32	1.48	2.09	1.61	1.88	1.06

Appendix E-2.10. Percent of total energy intake, 2009-10, for age/sex groups of the U.S. population, continued

	FEMALES							
	2+yrs	2-5yrs	6-11yrs	12-19yrs	20-40yrs	41-50yrs	51-70yrs	71+yrs
ALCOHOLIC BEVERAGES	2.28	0.00	0.00	0.44	3.22	3.14	3.03	1.26
WATERS	0.11	0.00	0.05	0.13	0.13	0.18	0.08	0.01
CONDIMENTS AND GRAVIES	0.76	0.42	0.70	0.78	0.73	1.11	0.75	0.50
SPREADS	1.63	0.68	0.74	1.04	1.40	1.88	2.39	2.17
SALAD DRESSINGS	0.34	0.23	0.23	0.20	0.35	0.44	0.41	0.29
Total*	99.78	99.64	99.87	100.00	99.85	99.51	99.69	99.90
*Does not include baby foods and infant formulas								
**Additional breakdown for SUGAR-SWEETENED AND DIET BEVERAGES:								
	% of Energy consumption							
Diet soft drinks	0.08	0.00	0.01	0.03	0.08	0.12	0.13	0.04
Diet sport and energy drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other diet drinks	0.02	0.01	0.01	0.02	0.01	0.02	0.04	0.01
Soft drinks	3.38	1.08	2.58	4.44	4.87	4.09	1.73	1.45
Fruit drinks	2.24	2.75	3.25	3.47	2.21	1.84	1.89	1.02
Sport and energy drinks	0.26	0.11	0.23	0.53	0.43	0.17	0.07	0.05
Nutritional beverages	0.11	0.01	0.00	0.02	0.05	0.23	0.05	0.60
Flavored or carbonated water	0.02	0.03	0.01	0.00	0.02	0.01	0.02	0.05