

Appendix E-2.9: Percent of total energy and nutrient intake, 2009-10 for the U.S. population ages 2 years and older

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

DGAC Major category	Percent of total consumption from each major food category and subcategory							
	Energy	Sodium	Saturated		Dietary			Vitamin D
			Fat	Caffeine	Fiber	Calcium	Potas-sium	
%	%	%	%	%	%	%	%	
DAIRY	6.69	4.86	12.55	0.26	1.20	29.82	11.96	45.50
PROTEIN FOODS	11.00	14.06	15.03	0.00	3.96	3.77	10.49	18.96
MIXED DISHES	28.82	43.47	36.29	0.00	27.85	28.84	24.38	15.74
GRAINS	10.61	10.66	3.87	0.07	18.49	8.55	5.14	8.23
SNACKS AND SWEETS	16.17	8.09	17.87	1.41	11.87	6.85	7.84	1.72
FRUITS+FRUIT JUICE	4.57	0.14	0.27	0.00	12.92	4.68	11.03	2.52
VEGETABLES	7.67	10.65	6.45	0.00	20.97	5.21	15.38	2.59
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	2.34	4.63	6.56	0.02	1.46	1.32	1.99	1.10
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	11.83	3.21	1.01	98.19	0.91	10.03	11.43	2.82
Total*	99.70	99.77	99.90	99.95	99.64	99.04	99.62	99.19
DGAC Subcategory								
LOWFAT MILK/YOGURT	1.94	1.15	1.27	0.07	0.27	10.65	5.15	17.41
HIGHER FAT MILK/YOGURT	3.46	1.69	6.92	0.19	0.86	13.36	6.37	26.07
CHEESE	1.29	2.02	4.36	0.00	0.08	5.81	0.45	2.02
MEATS (Not incl. Deli and Mixed Dishes)	2.12	2.10	3.33	0.00	0.05	0.34	2.43	1.52
DELI/CURED PRODUCTS (Meat and Poultry)	1.32	3.18	2.85	0.00	0.04	0.21	1.22	1.37
POULTRY (Not incl. Deli and Mixed Dishes)	3.31	4.41	3.33	0.00	0.54	0.45	2.89	0.69
SEAFOOD (Not incl. Mixed Dishes)	1.09	2.00	0.81	0.00	0.22	0.53	1.40	9.36
EGGS	1.51	1.72	3.11	0.00	0.11	1.58	1.07	6.03
NUTS, SEEDS, AND SOY	1.66	0.64	1.61	0.00	3.00	0.66	1.48	0.00
PIZZA	4.27	5.76	6.34	0.00	4.24	5.42	2.22	0.15
BURGERS, TACOS, AND SANDWICHES	13.82	20.68	19.01	0.00	11.15	16.07	10.83	9.26
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.91	6.07	4.35	0.00	3.59	2.11	4.65	2.78
RICE, PASTA, AND OTHER GRAIN-BASED MIXED DISHES	5.48	6.89	5.28	0.00	6.73	4.30	4.35	2.80
SOUPS	1.34	4.07	1.31	0.00	2.15	0.93	2.32	0.76
RICE AND PASTA	1.48	2.23	0.22	0.00	1.13	0.23	0.33	0.03
YEAST BREADS AND TORTILLAS	3.75	3.69	1.28	0.00	6.48	2.79	1.65	0.09
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.93	2.14	1.23	0.04	1.88	1.64	0.76	0.65
BREAKFAST CEREALS AND BARS	3.45	2.60	1.13	0.03	8.99	3.89	2.39	7.45
CHIPS, CRACKERS, AND SAVORY SNACKS	4.61	4.03	3.33	0.00	5.78	1.53	3.40	0.10
DESSERTS AND SWEET SNACKS	8.50	3.67	11.57	0.75	4.77	4.58	3.53	1.60

Appendix E-2.9: Percent of total energy and nutrient intake, 2009-10 for the U.S. population ages 2 years and older, continued

	Percent of total consumption from each major food category and subcategory, continued								
	Energy	Sodium	Saturated Fat	Dietary Caffeine	Dietary Fiber	Calcium	Potas-sium	Vitamin D	
CANDIES AND SUGARS	3.06	0.40	2.97	0.66	1.32	0.74	0.91	0.02	
FRUIT (non-juice)	2.73	0.06	0.21	0.00	11.71	0.99	6.68	0.00	
100% FRUIT JUICE	1.84	0.08	0.05	0.00	1.21	3.68	4.35	2.52	
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.84	6.54	3.50	0.00	14.16	3.82	8.57	1.44	
STARCHY VEGETABLES	3.83	4.11	2.95	0.00	6.82	1.39	6.80	1.15	
SUGAR-SWEETENED AND DIET BEVERAGES	6.51	1.56	0.30	18.14	0.75	2.25	2.67	0.70	
COFFEE AND TEA	1.44	0.45	0.69	79.92	0.12	1.71	6.99	2.12	
ALCOHOLIC BEVERAGES	3.84	0.27	0.03	0.13	0.04	0.64	1.75	0.01	
WATERS	0.03	0.93	0.00	0.00	0.00	5.44	0.01	0.00	
CONDIMENTS AND GRAVIES	0.68	3.63	1.05	0.00	1.33	0.83	1.48	0.23	
SPREADS	1.34	0.61	5.10	0.02	0.09	0.45	0.48	0.86	
SALAD DRESSINGS	0.31	0.39	0.40	0.00	0.04	0.04	0.03	0.02	
Total*	99.70	99.77	99.90	99.95	99.64	99.04	99.62	99.19	

*Totals less than 100% because results do not include baby foods and infant formulas

BEVERAGES ANALYSIS CATEGORIES	Energy
	%
All Foods	81.18
Beverages:	
Milk and milk drinks-lowfat	1.43
Milk and milk drinks-whole or reduced fat	3.38
100% fruit or vegetable juice	1.88
Sweetened beverages*	6.51
Coffee and tea	1.44
Alcoholic beverages	3.84
Waters, including "enhanced" or "fortified"	0.03
*Breakdown of sweetened beverages category	
Diet soft drinks	0.07
Diet sport and energy drinks	0.00
Other diet drinks	0.02
Soft drinks	3.81
Fruit drinks	2.00
Sport and energy drinks	0.44
Nutritional beverages	0.13
Flavored or carbonated water	0.03