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Diet Quality of Americans by SNAP Participation Status:

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

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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), NHANES [2] 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 quality[3]

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 B_6, vitamin B_{12}, vitamin E, folate, niacin, riboflavin, thiamin, calcium, iron, magnesium, phosphorus, and zinc.

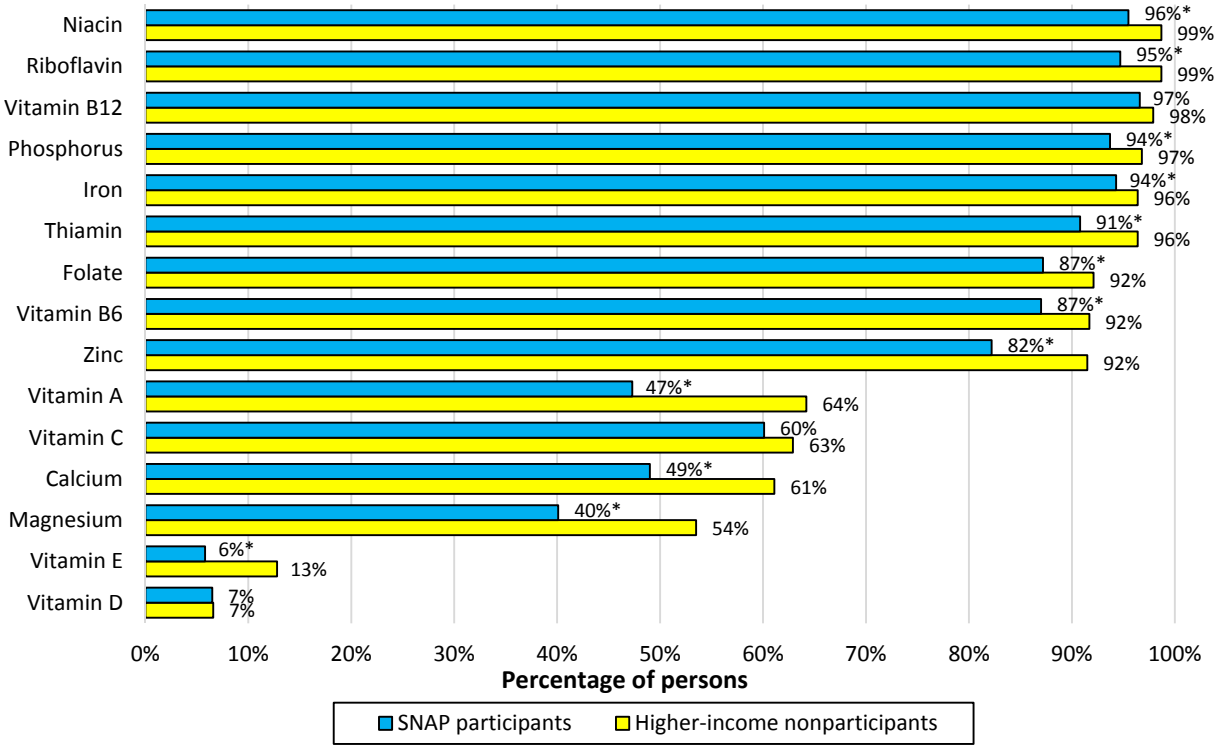
Key findings include the following:

- Nearly 90 percent of all persons had adequate usual intakes of niacin, riboflavin, vitamin B_{12}, phosphorus, iron, thiamin, folate, vitamin B_6, 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 B_{12}, 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 B_6, 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.

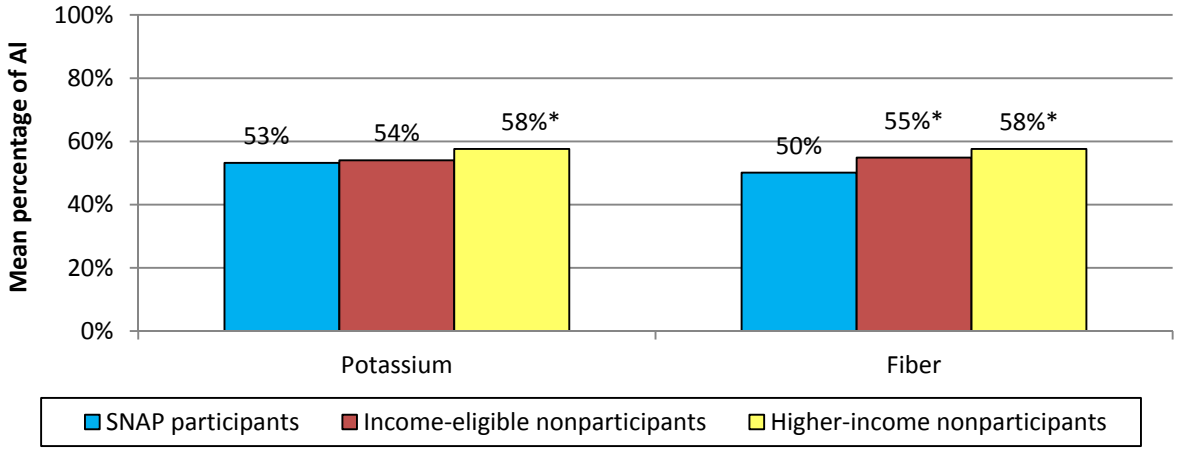
Usual Intakes of Nutrients Assessed Using Adequate Intake Levels

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.

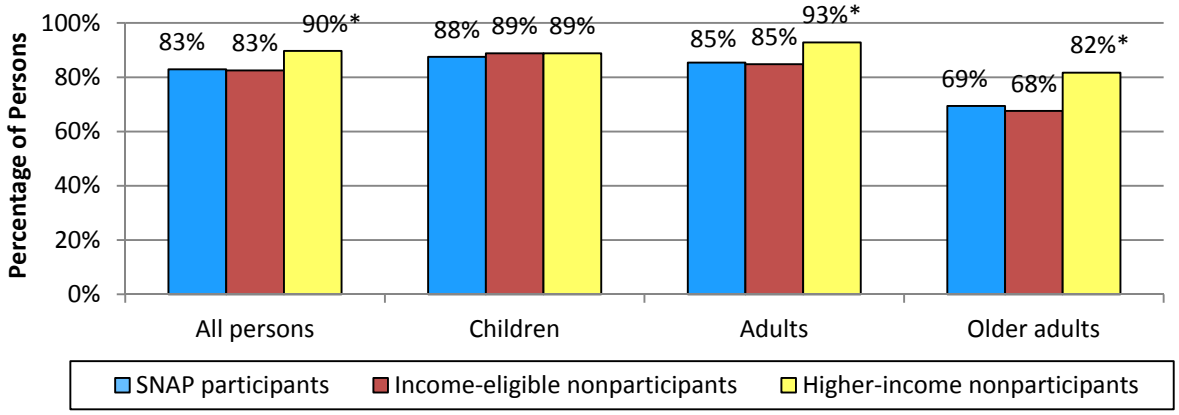
Exhibit 2. Mean Usual Intakes of Potassium and Fiber for All Persons, as a Percentage of Adequate Intake (AI) Levels



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.

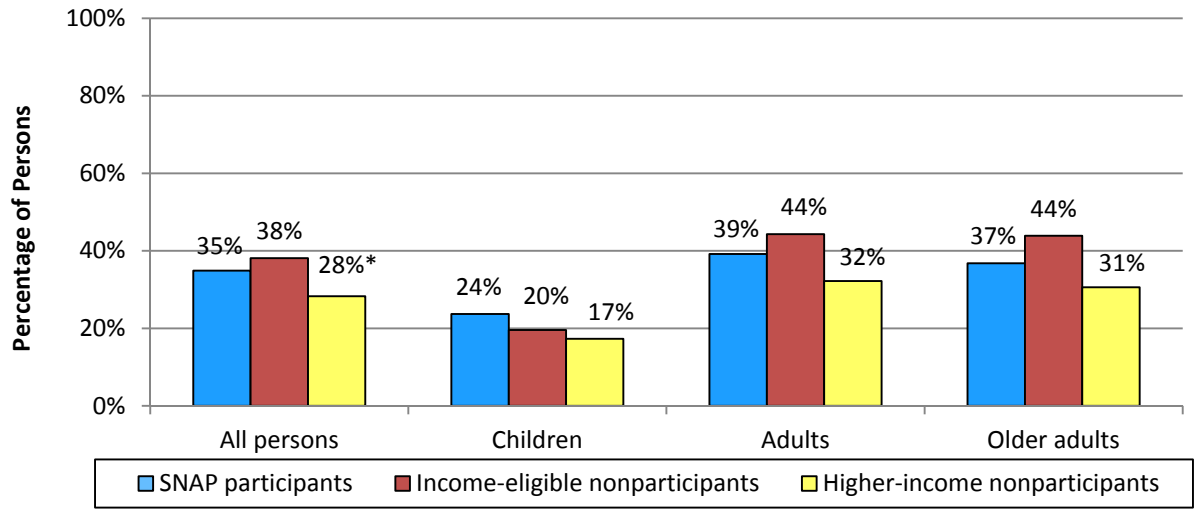
Usual Intakes of Macronutrients

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.

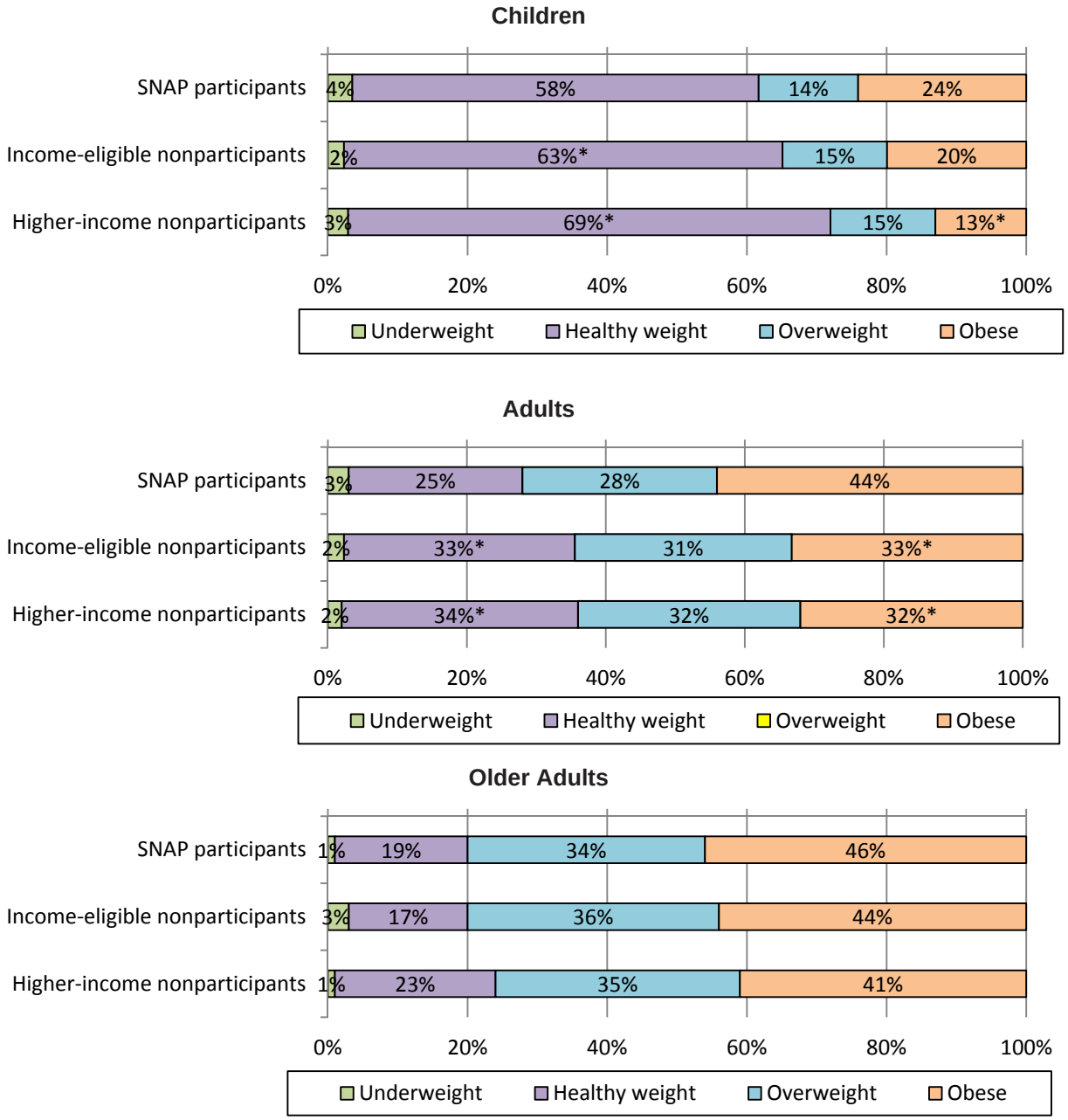
The percentages of SNAP participants and nonparticipants in each weight category are shown in Exhibit 5. Differences between SNAP participants and nonparticipants varied by age group:

- 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 >= to 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).

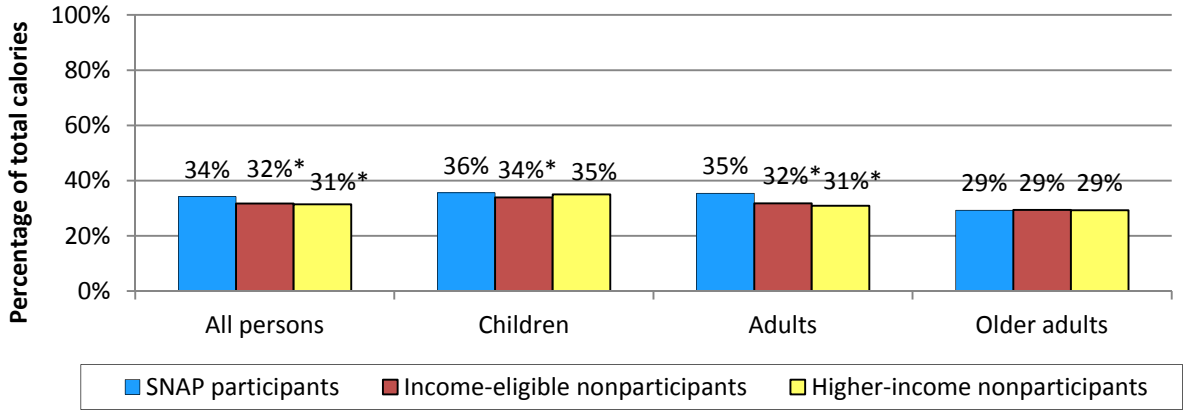
Results show that the consumption of empty calories for individuals in all age groups and all comparison groups greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines*. Overall, SNAP participants obtained a larger share of their total calorie intake from solid fats and added sugars 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:

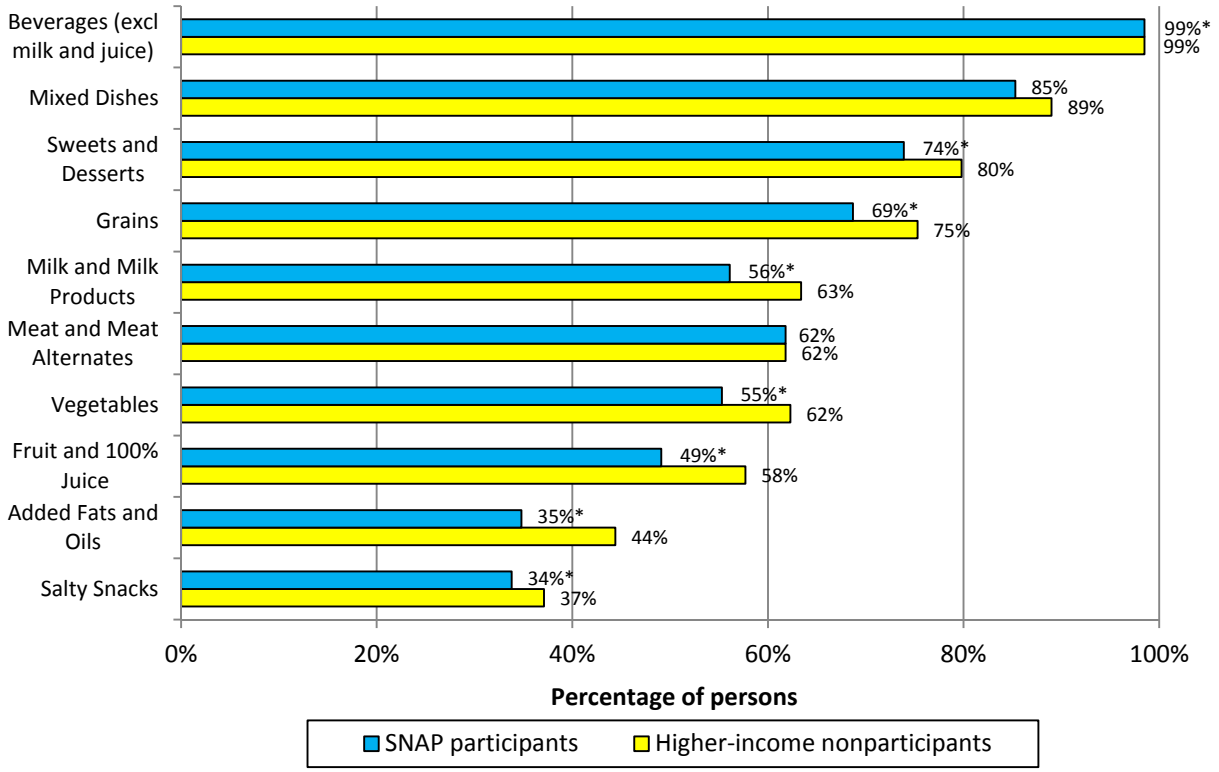
- SNAP participants were equally as likely as income-eligible nonparticipants to consume at least one discrete food from nine of the 10 major food groups (all except fruit and 100% fruit juice) on the day covered in the dietary recall.

- 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.

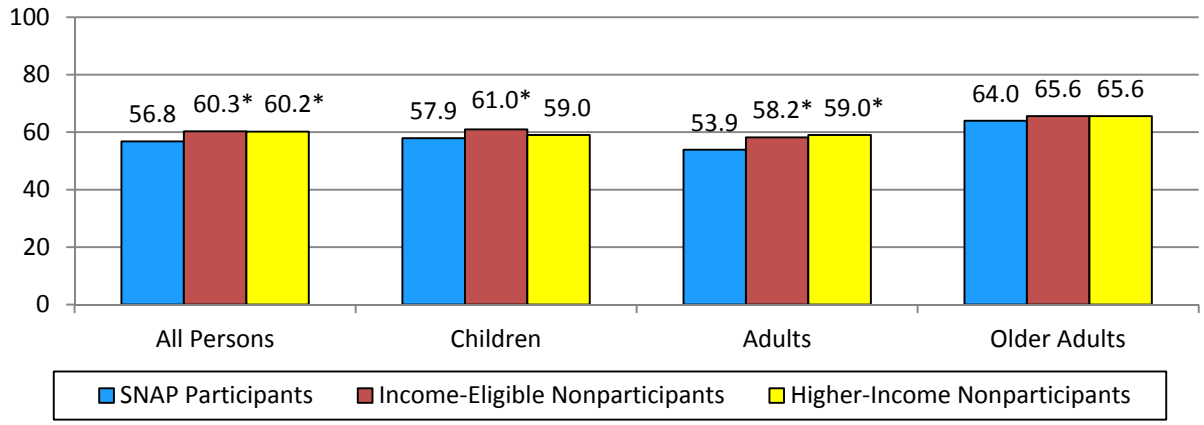
Results show that the diets consumed by all age groups and all participation/eligibility groups fell considerably short of the *Dietary Guidelines* recommendations.

- 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 resources[9] (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
Cohabitating	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
Cohabitating	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
Cohabitating	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 (Mykerezi & 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 "*matche*d 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 been 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 nonparticipants[15] 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 B_6, vitamin B_{12}, 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 B_6, vitamin B_{12}, 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 B_{12}, phosphorus, iron, thiamin, folate, vitamin B_6, 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 B_{12} (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%).

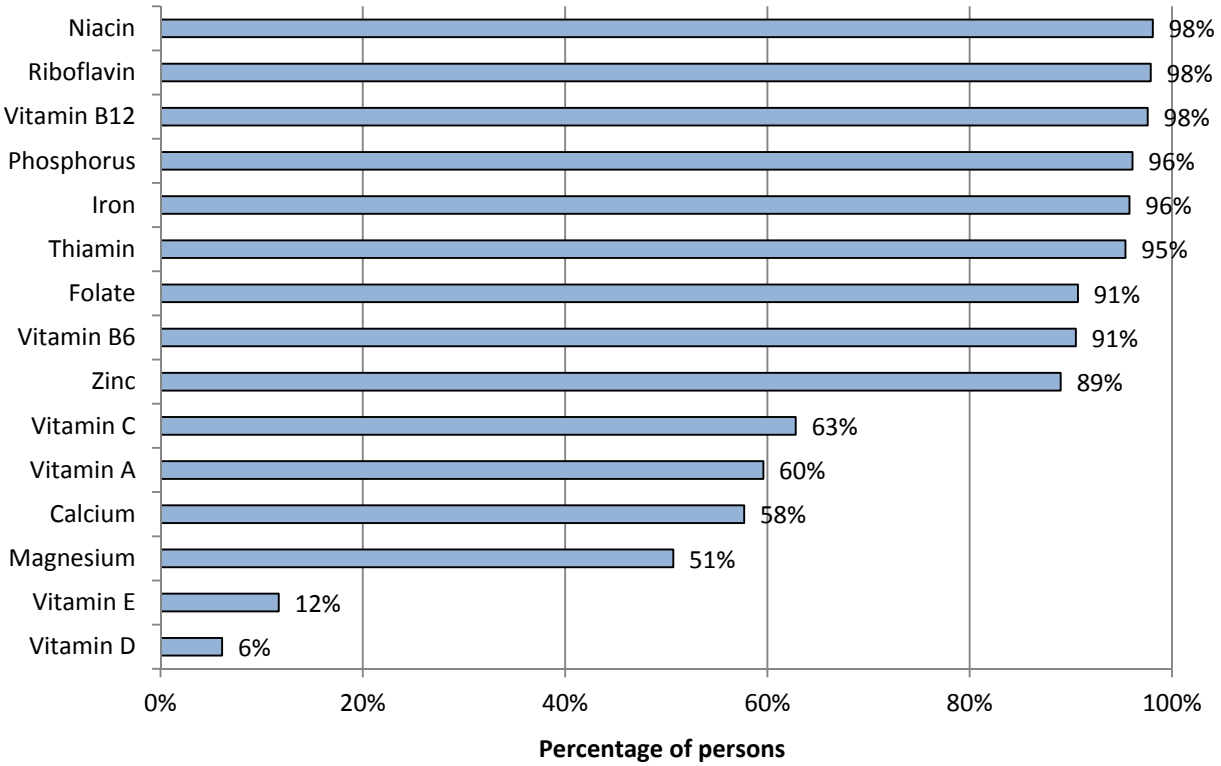
Children

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 B_{12}, thiamin, vitamin B_6, 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 B_{12}, thiamin, iron, vitamin B_6, 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 B_{12}. 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 B_{12}, niacin, and thiamin. The prevalence of adequate usual intakes was lower for folate (84%), zinc (79%), and vitamin B_6 (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

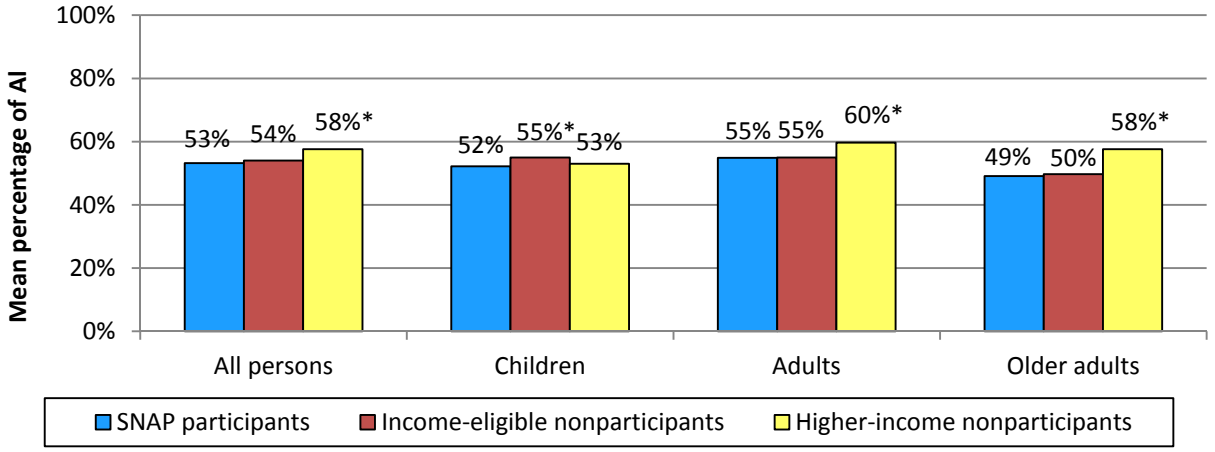
EARs are not defined for potassium, fiber, or sodium, so it is not possible to assess the adequacy of mean usual intakes. Instead, assessment focuses on comparison of mean usual intakes to the AI. Populations with mean usual intakes that meet or exceed AI levels can be assumed to have high levels of 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.

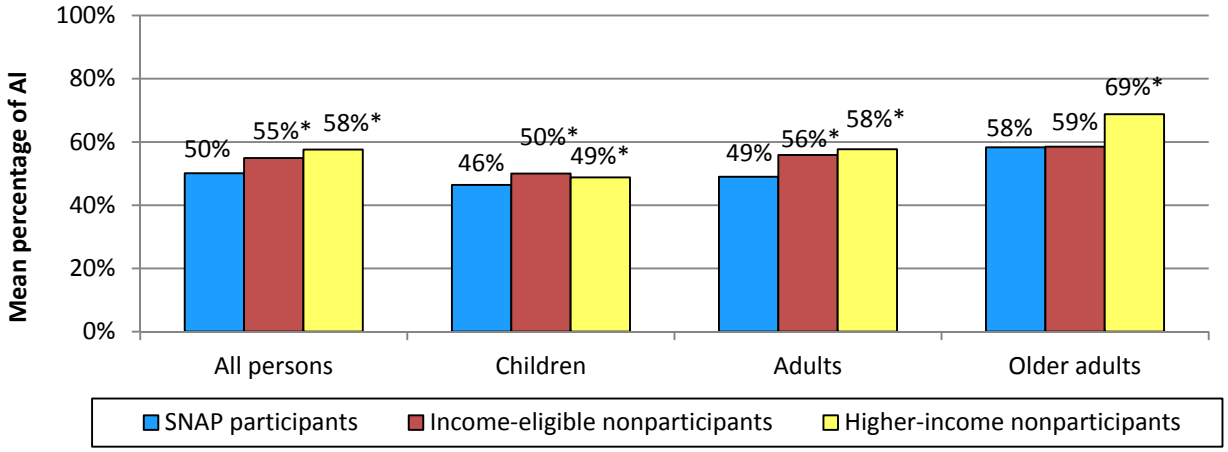
Notes: Estimates are based on two dietary recalls per person. Totals are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants,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

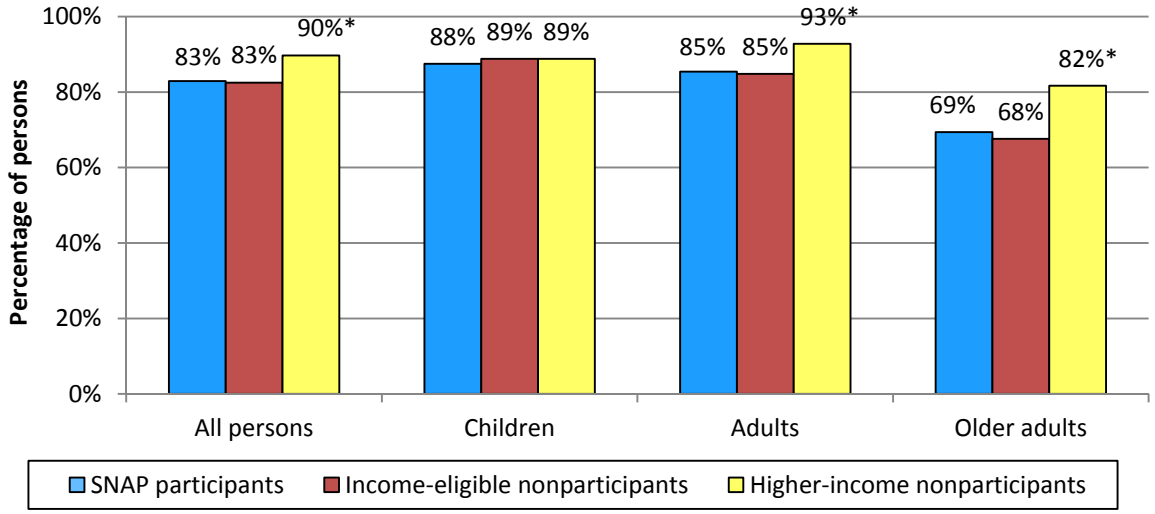
Mean usual intakes of fiber were slightly less than 50 percent of the AI (49% of AI) for children (Exhibit 2-4 and Appendix B, Table B-18). SNAP participants had a lower mean usual intake of fiber than either income-eligible or higher-income nonparticipants (46% of AI versus 50% and 49% of AI, respectively) (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.

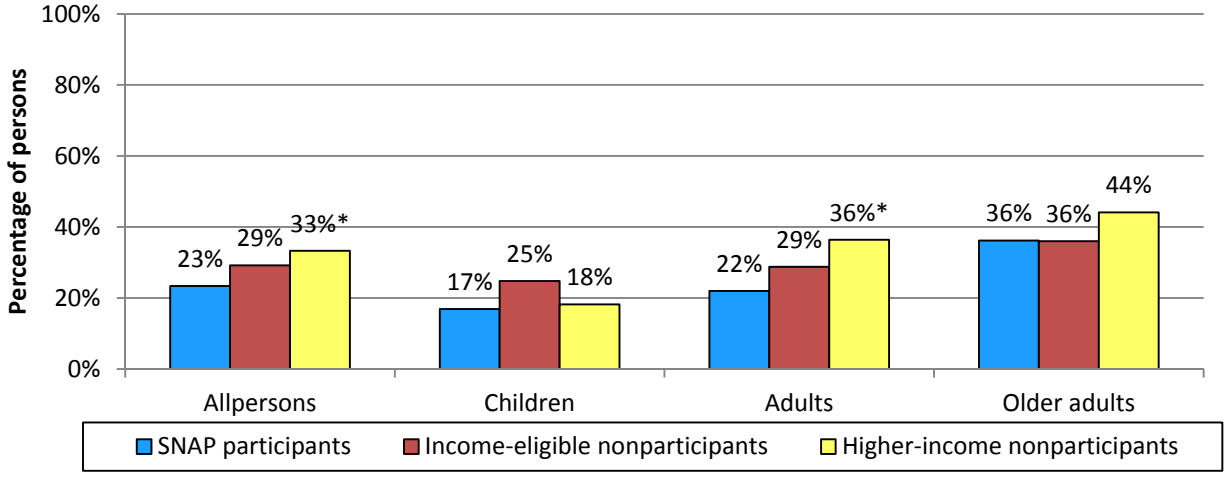
Adults

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).

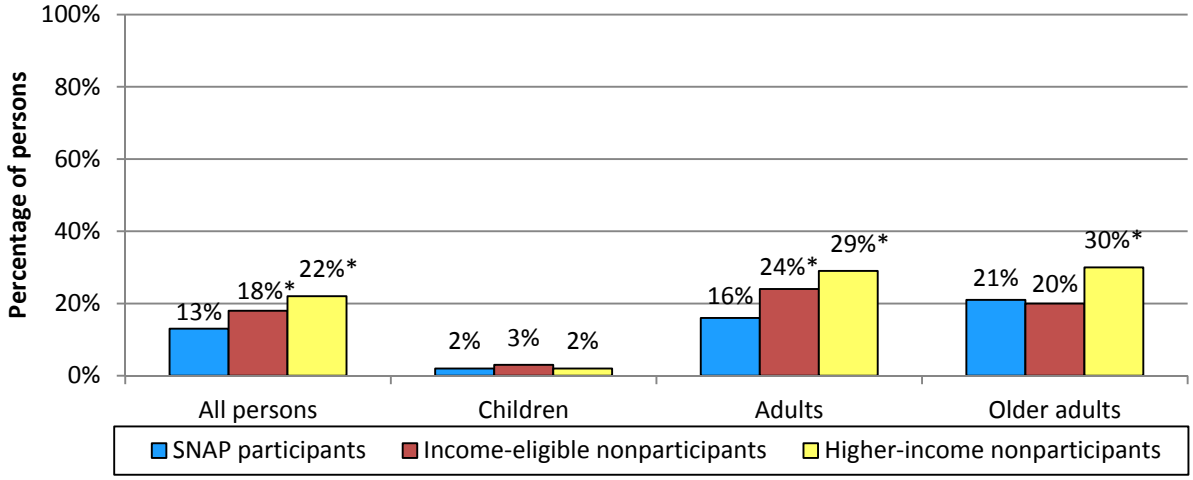
Exhibit 2-7. Percentage of Persons with Usual Intakes of Total Fat above the AMDR



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.

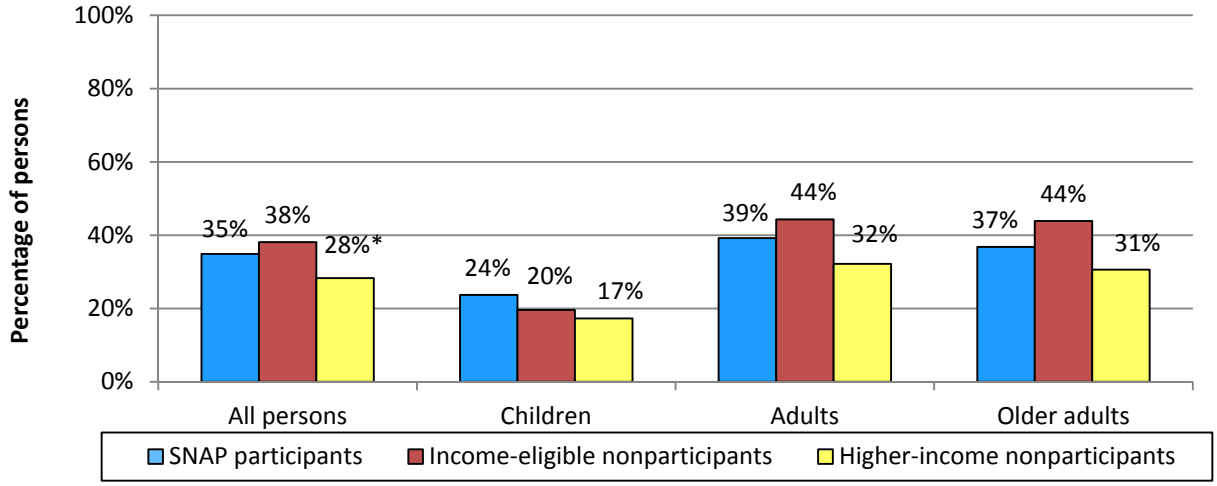
Exhibit 2-8. Percentage of Persons with Usual Intakes of Carbohydrate below the AMDR



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.

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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.

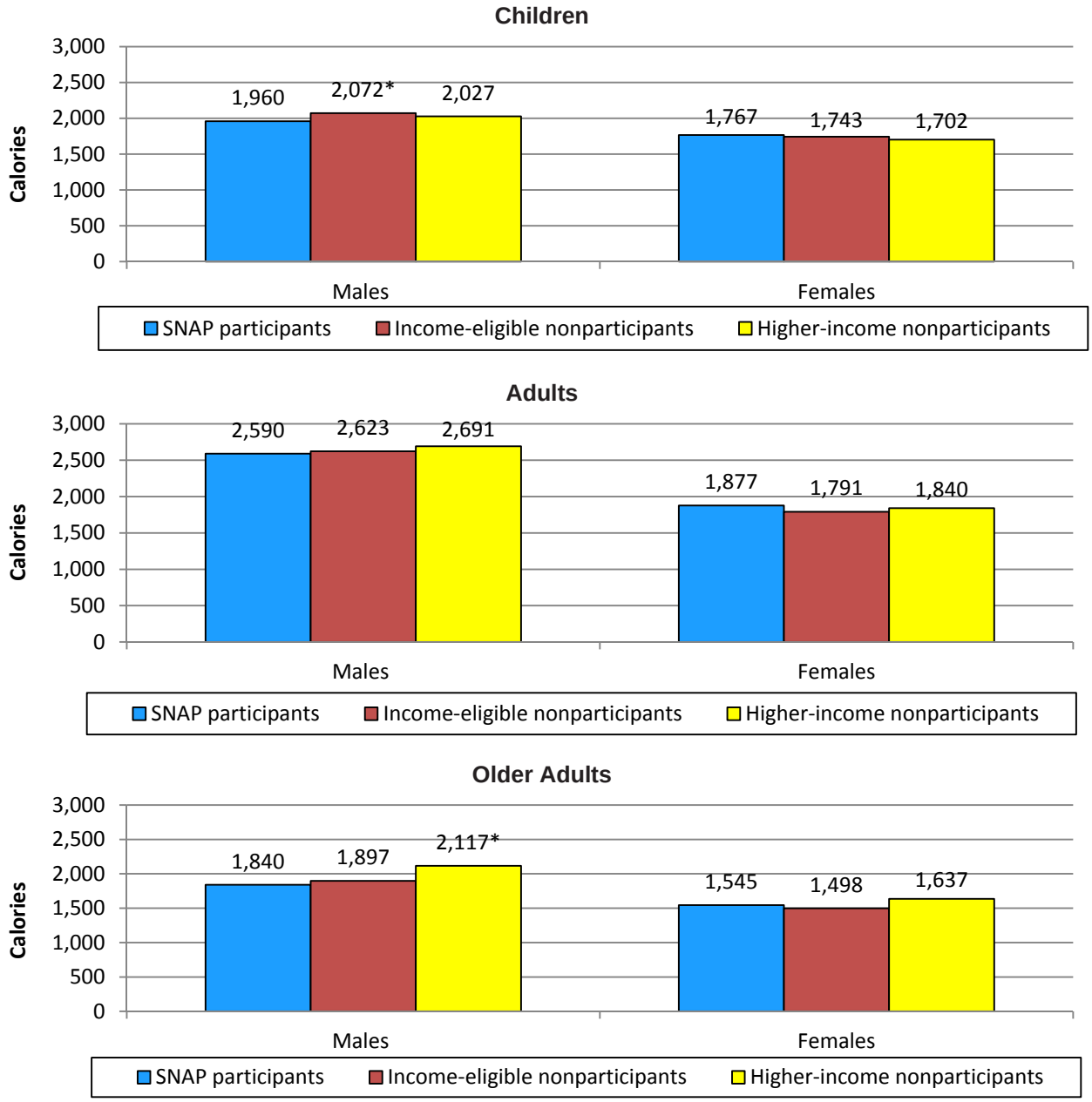
[c] The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

[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

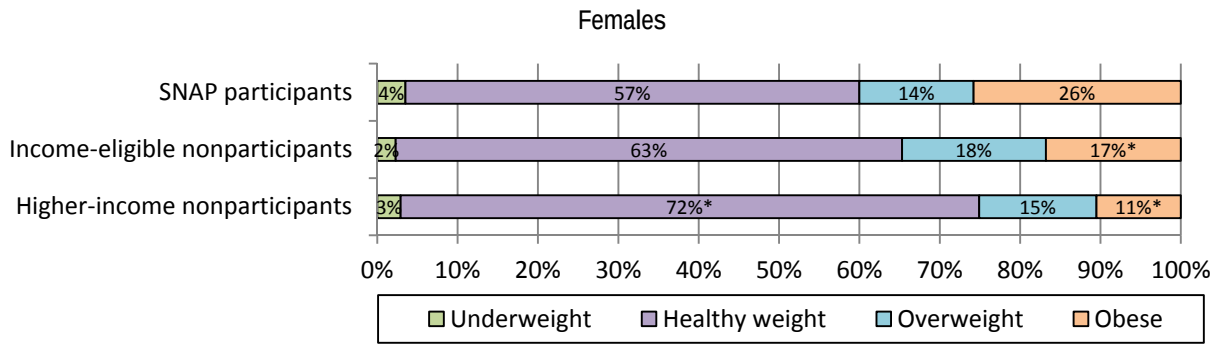
Approximately one-third (33%) of adults had a healthy weight, one-third (32%) were overweight, and one-third (33%) were obese (Appendix C, Table C-2). More than half (53%) of adult women participating in SNAP were obese (Appendix C, Table C-2). Adult SNAP participants of both sexes were more likely to 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%).

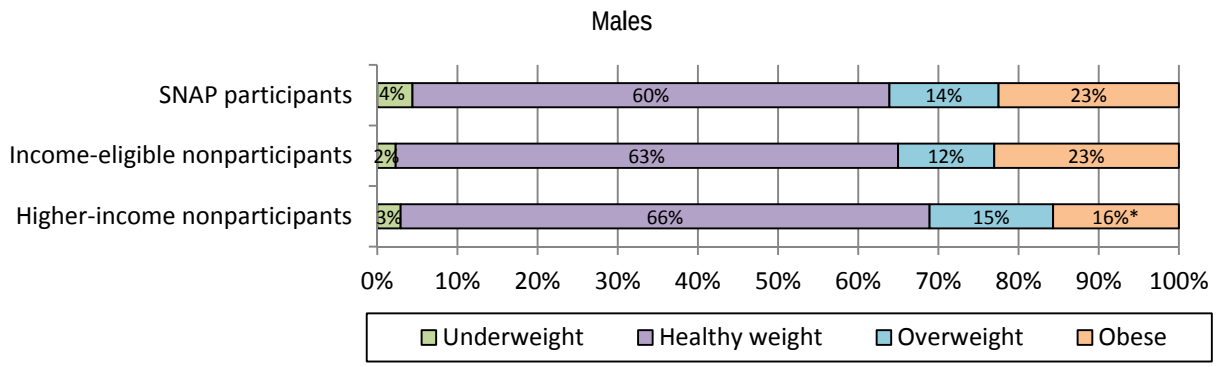
Older Adults

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).

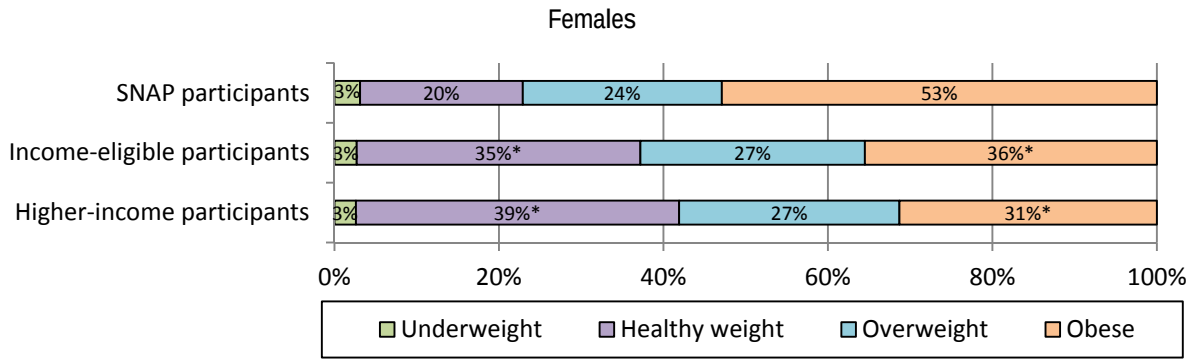
Exhibit 3-4. Distributions of Weight Status

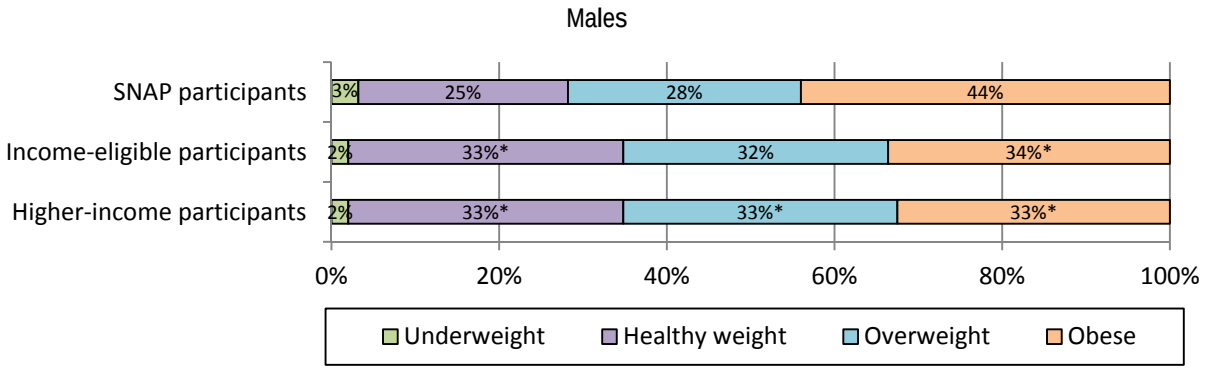
Children



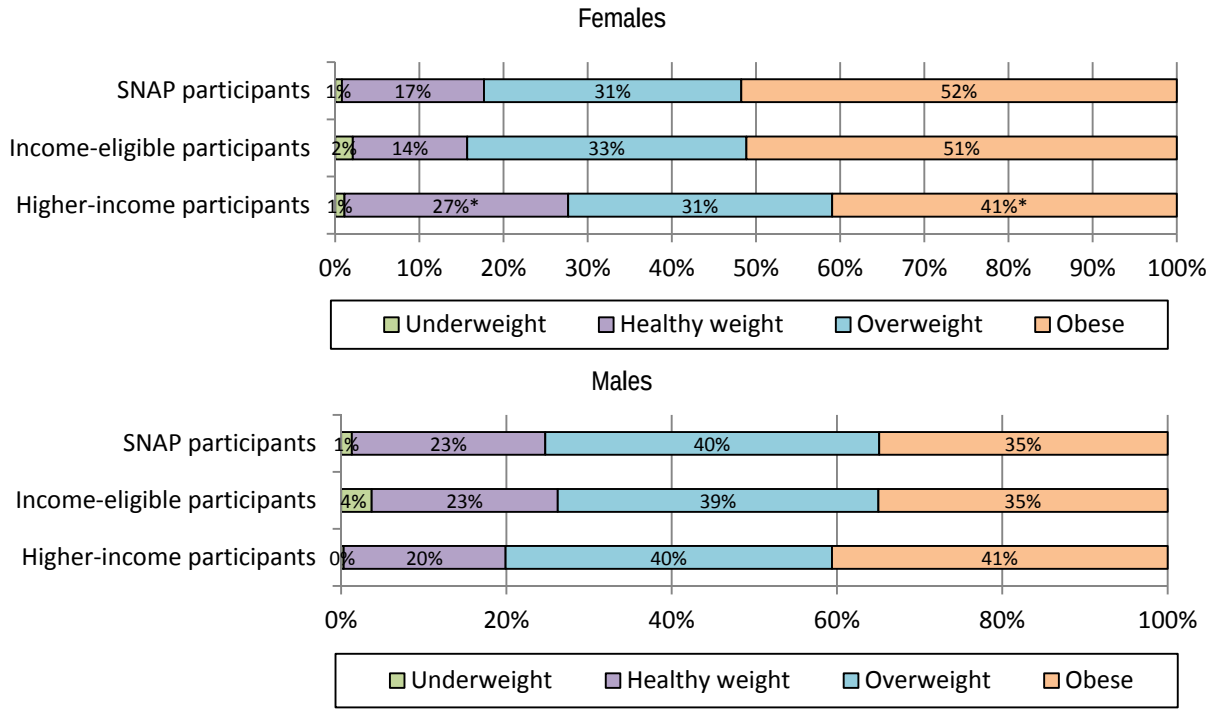


Adults





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 >= 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. 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.

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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 Equivalents 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

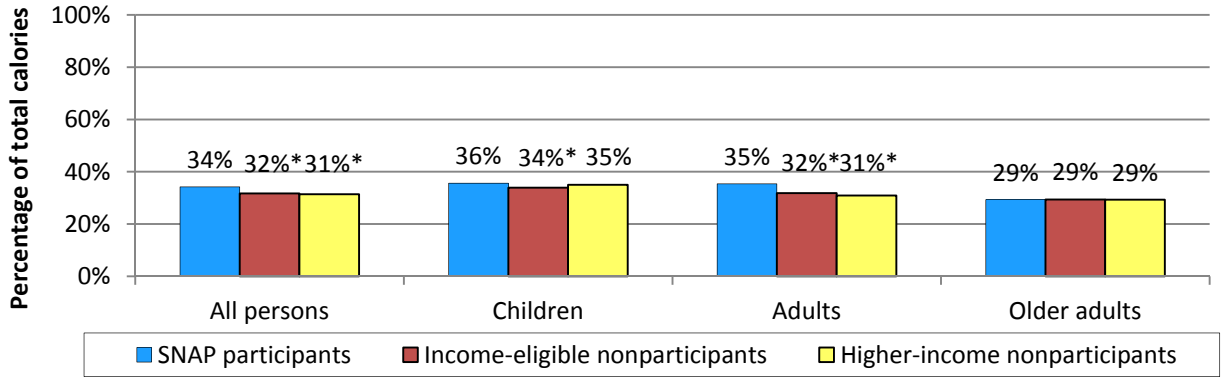
[a] Estimated daily calorie needs are rounded to the nearest 200 calories for consistency with USDA Food Patterns. An individual's calorie needs may be higher or lower than these average estimates.
[b] Maximum limits for empty calories are expressed as a percentage of total calories, based on estimated 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).

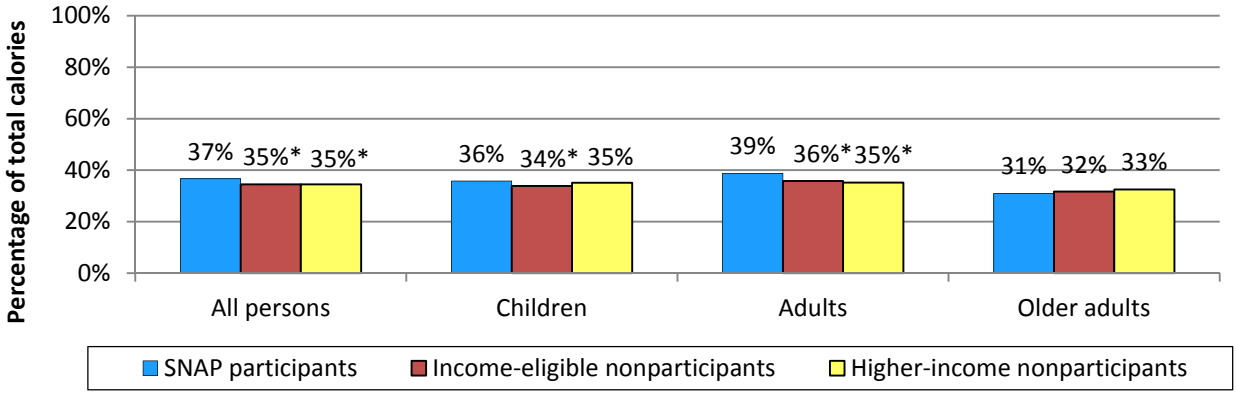
Exhibit 4-2. Average Percentage of Total Calories Contributed by Empty Calories, Excluding Alcohol



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	Soymilk	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		

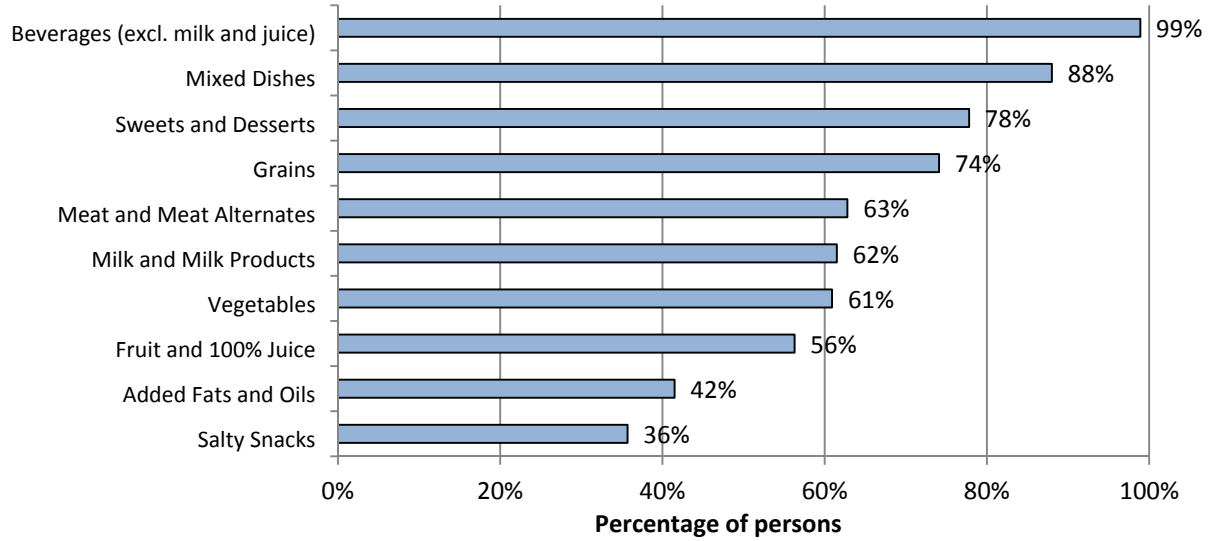
Note: "nfs" represents "not further specified".

[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.

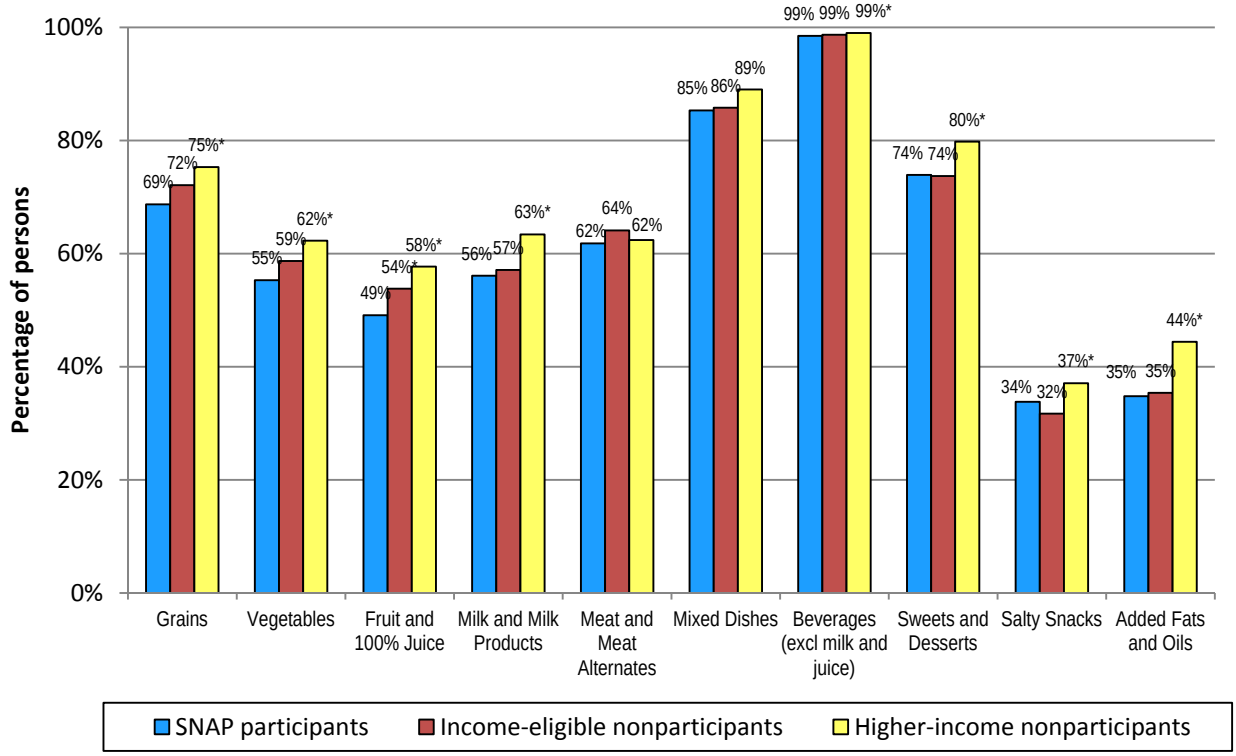
Exhibit 5-2. Percentage of Persons Consuming Any Discrete Foods from 10 Major Supermarket Aisle Food Groups



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.

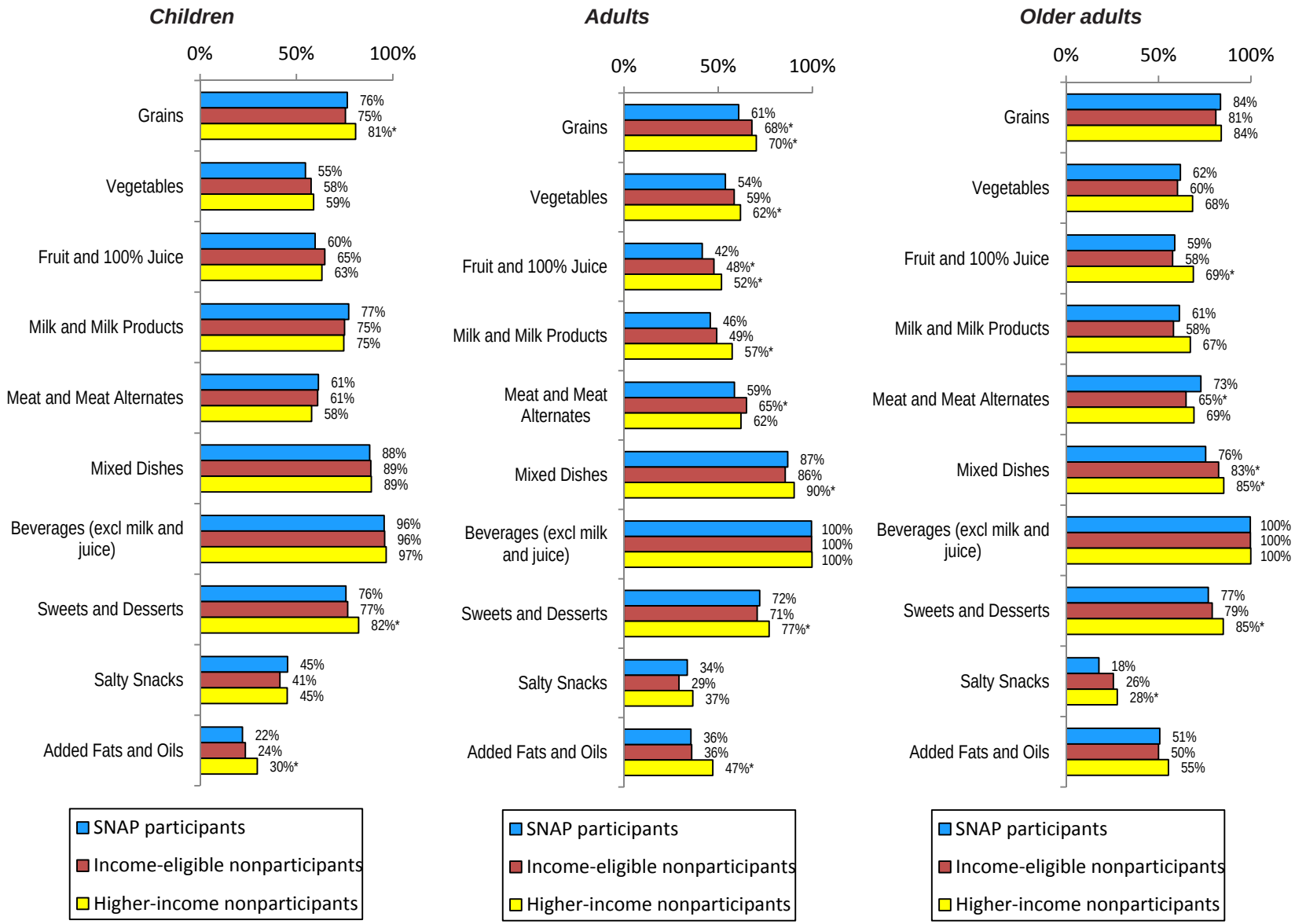
Exhibit 5-3. Percentage of SNAP Participants and Nonparticipants Consuming Any Discrete Foods from Major Supermarket Aisle Food Groups



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

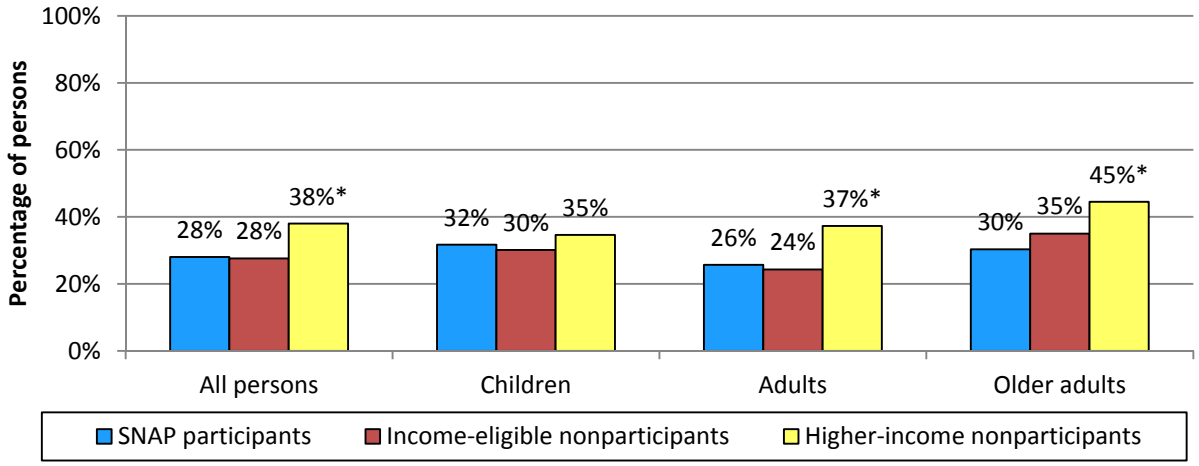


Sources: NHANES 2007–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 1+ years old. Excludes women 20–44 years old who were pregnant and women 20–59 years old who were breastfeeding; pregnant and breastfeeding women outside of these age ranges could not be identified 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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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.

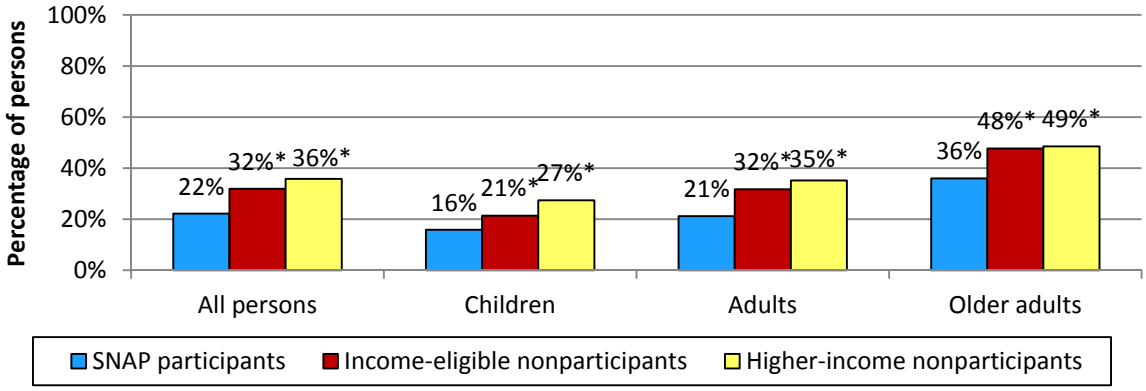
Among persons consuming any discrete vegetables, SNAP participants in all three age groups (and, thus, participants as a whole) were less likely to consume raw vegetables (including salads with greens) than income-eligible or higher-income nonparticipants (22% versus 32 and 36%, respectively, overall; 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.

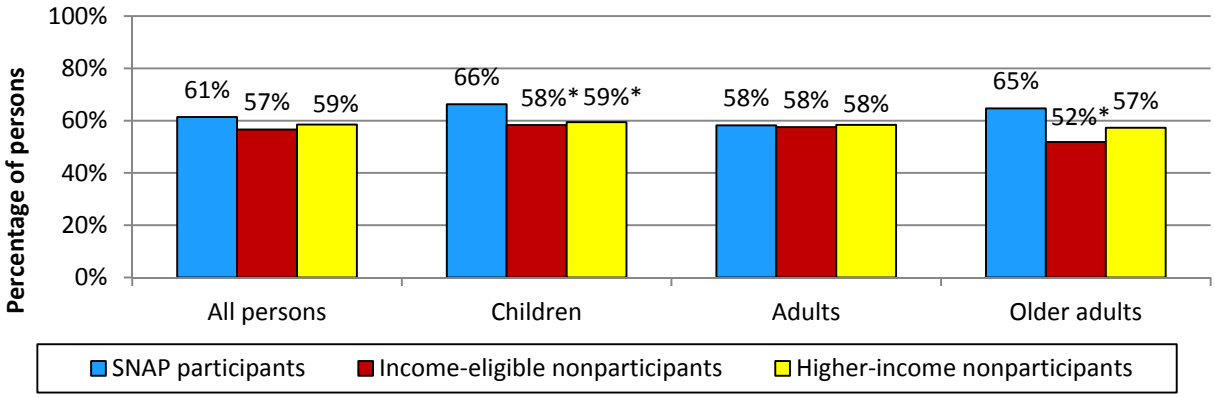
Exhibit 5-7. Percentage of Persons Consuming Raw Vegetables, Among Those Consuming Any Discrete Vegetables



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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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 fruit[22] (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.

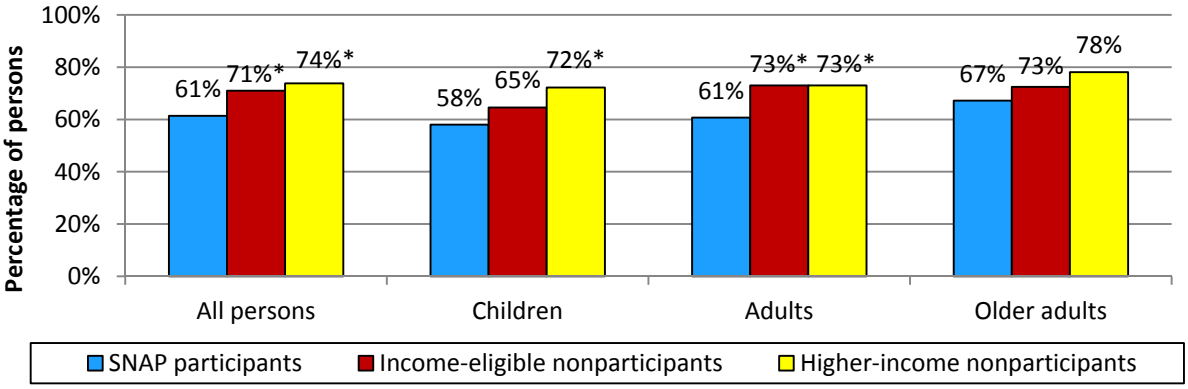
Average Amounts Consumed

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.

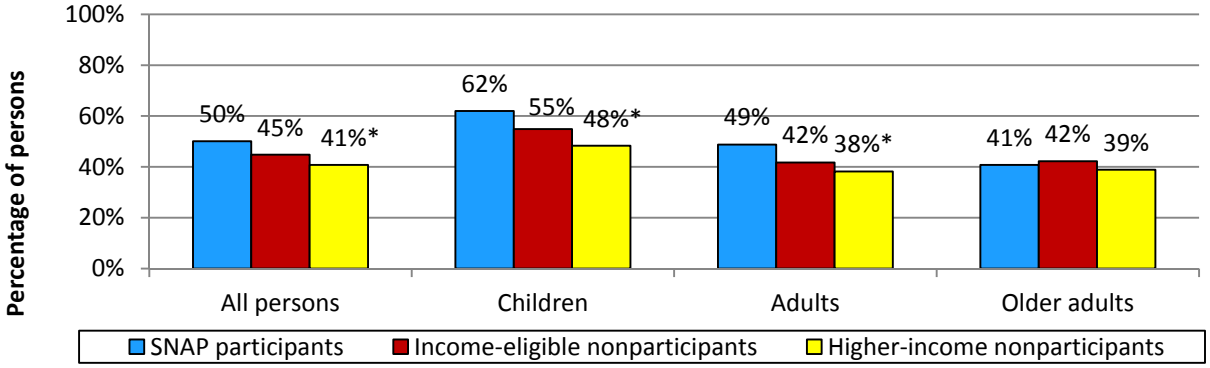
Exhibit 5-10. Percentage of Persons Consuming Fresh Fruit, Among Those Consuming Fruit or 100% Fruit Juice as Discrete Items



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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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

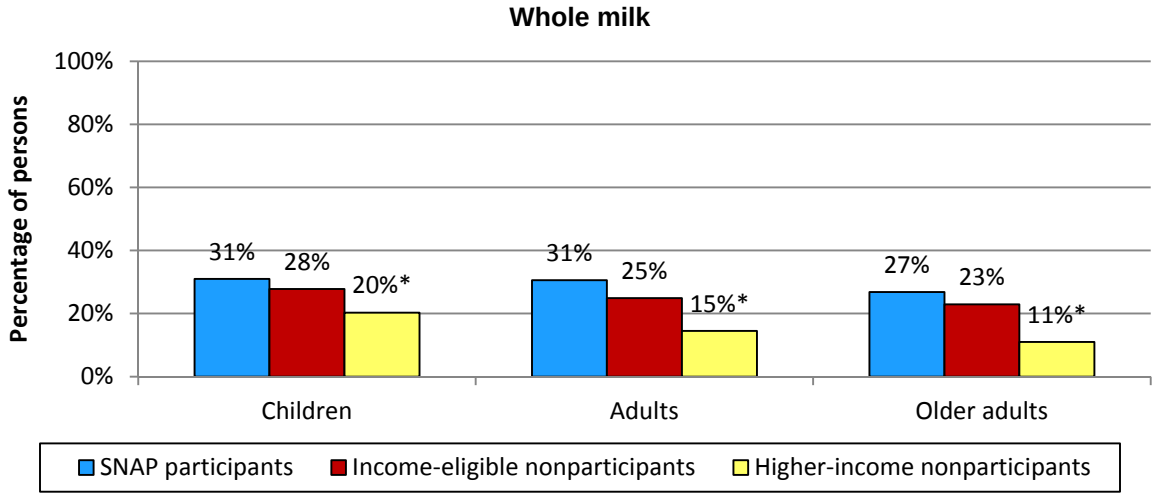
On average, people consumed 1.0 cup equivalents of milk and milk products as discrete items on the day covered in the dietary recall.[24] Average amounts of milk and milk products consumed on the day covered in the dietary recall were comparable for SNAP participants and nonparticipants in all three 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).

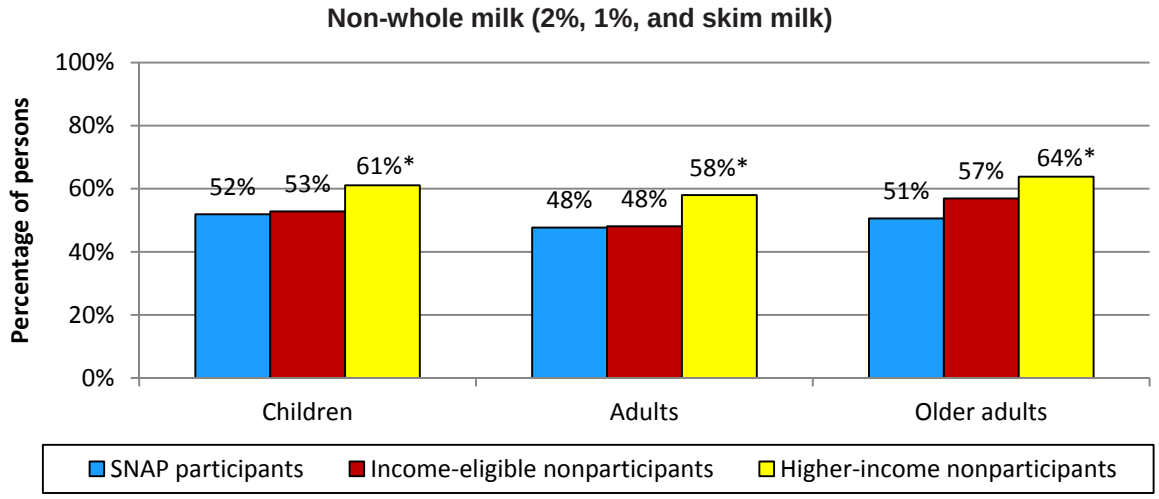
Consumption of Specific Types of Milk and Milk Products

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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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).

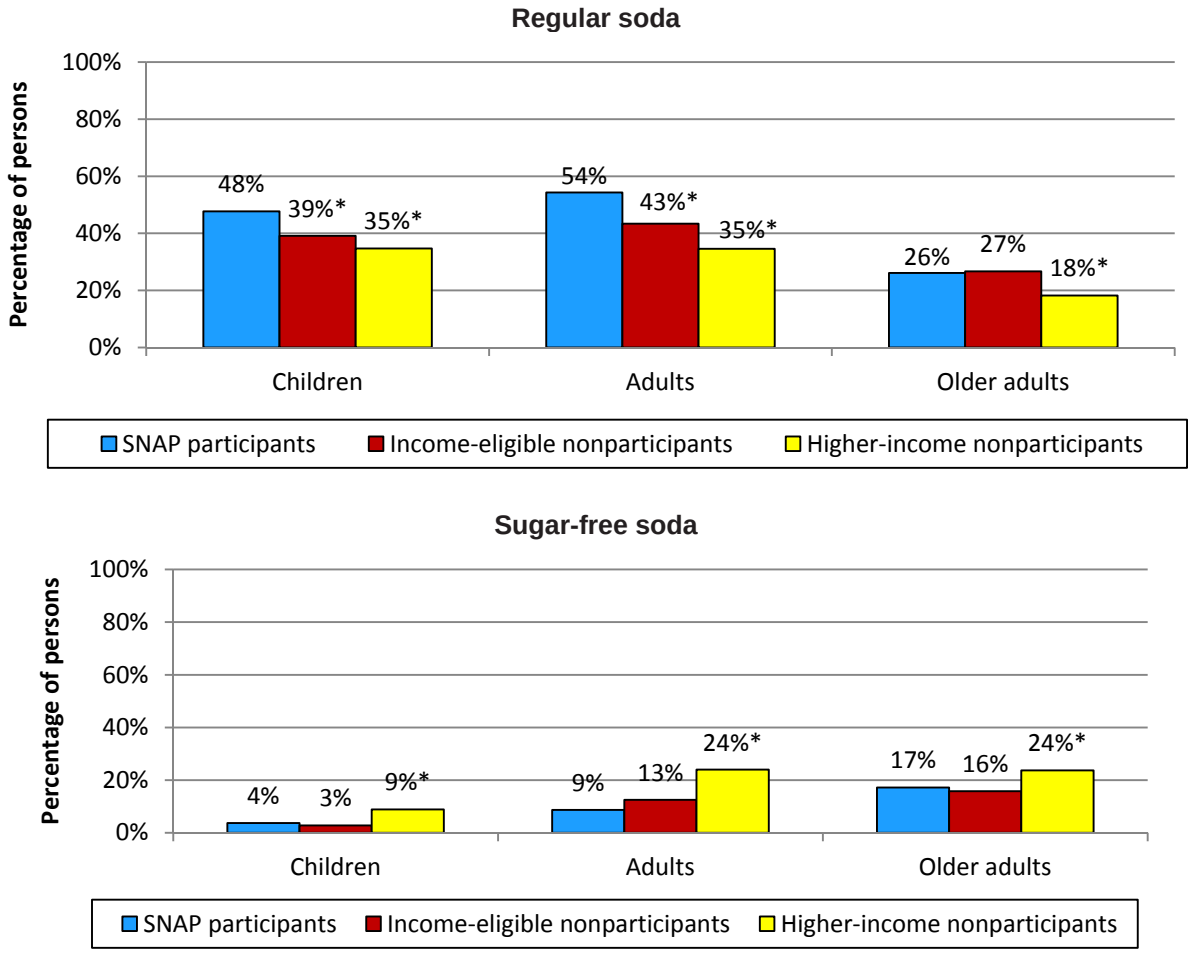
Average Amounts Consumed

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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** average amounts of…
Children				
Income-eligible nonparticipants	Water	Water	Regular soda	--
Higher-income nonparticipants	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	Regular soda	Noncarbonated, sweetened drinks; Regular soda
Older adults				
Income-eligible nonparticipants	Tea	Tea; Wine	--	--
Higher-income nonparticipants	Tea; Wine; Liquor; 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 ***less likely*** to consume…	Consumed ***smaller*** average amounts of…	Were ***more likely*** to consume…	Consumed ***larger*** 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/cobbles	Candy; Cake/cupcakes; Pies/cobbles	--	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 like 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 *higher* 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 *lower* 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*.

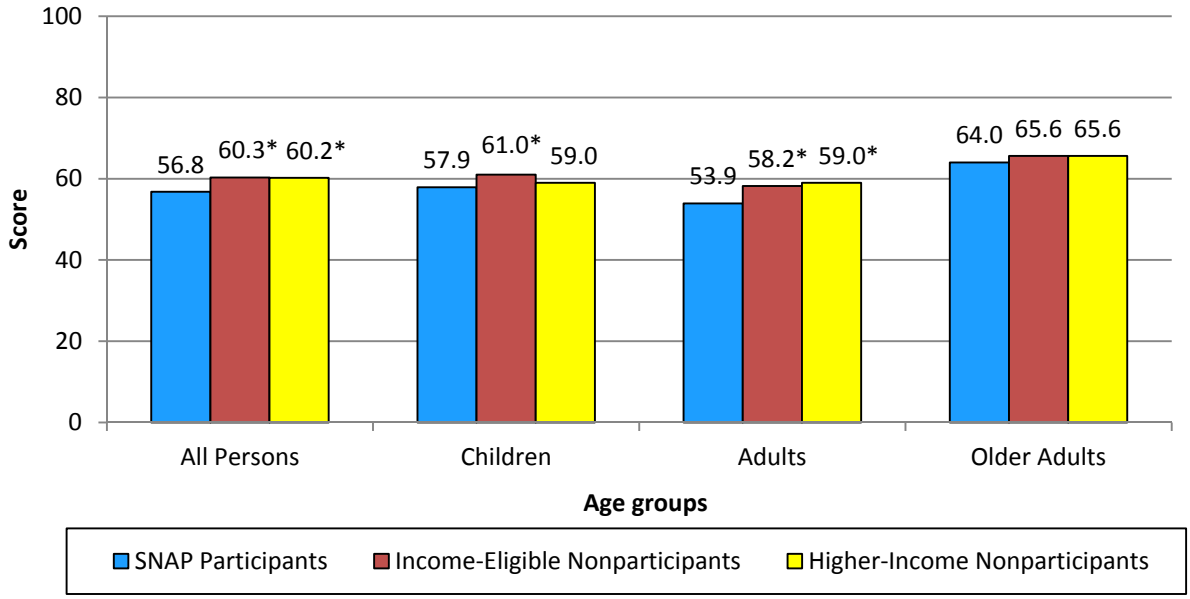
HEI-2005 Component Scores for Children

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.

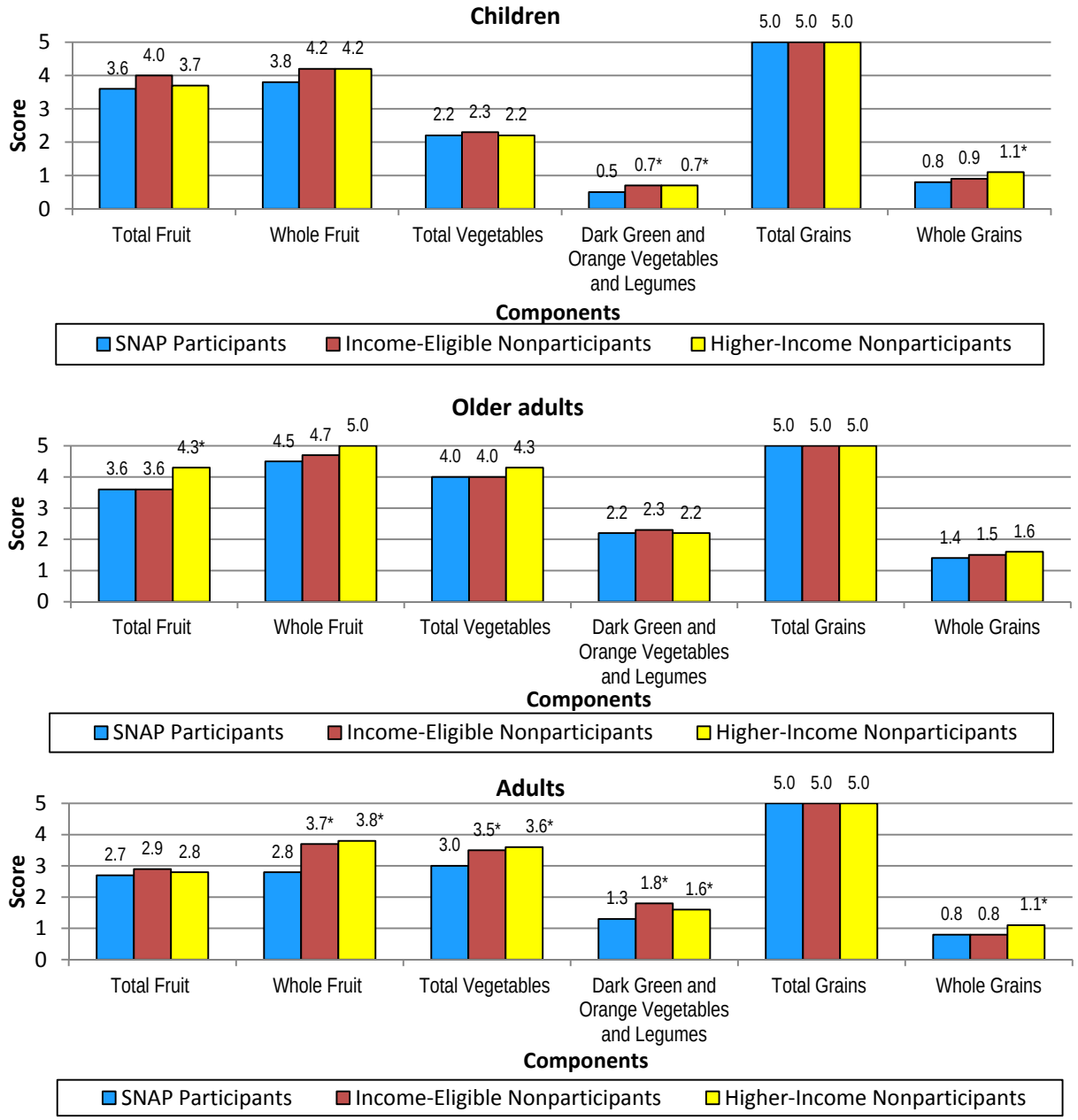
Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants,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

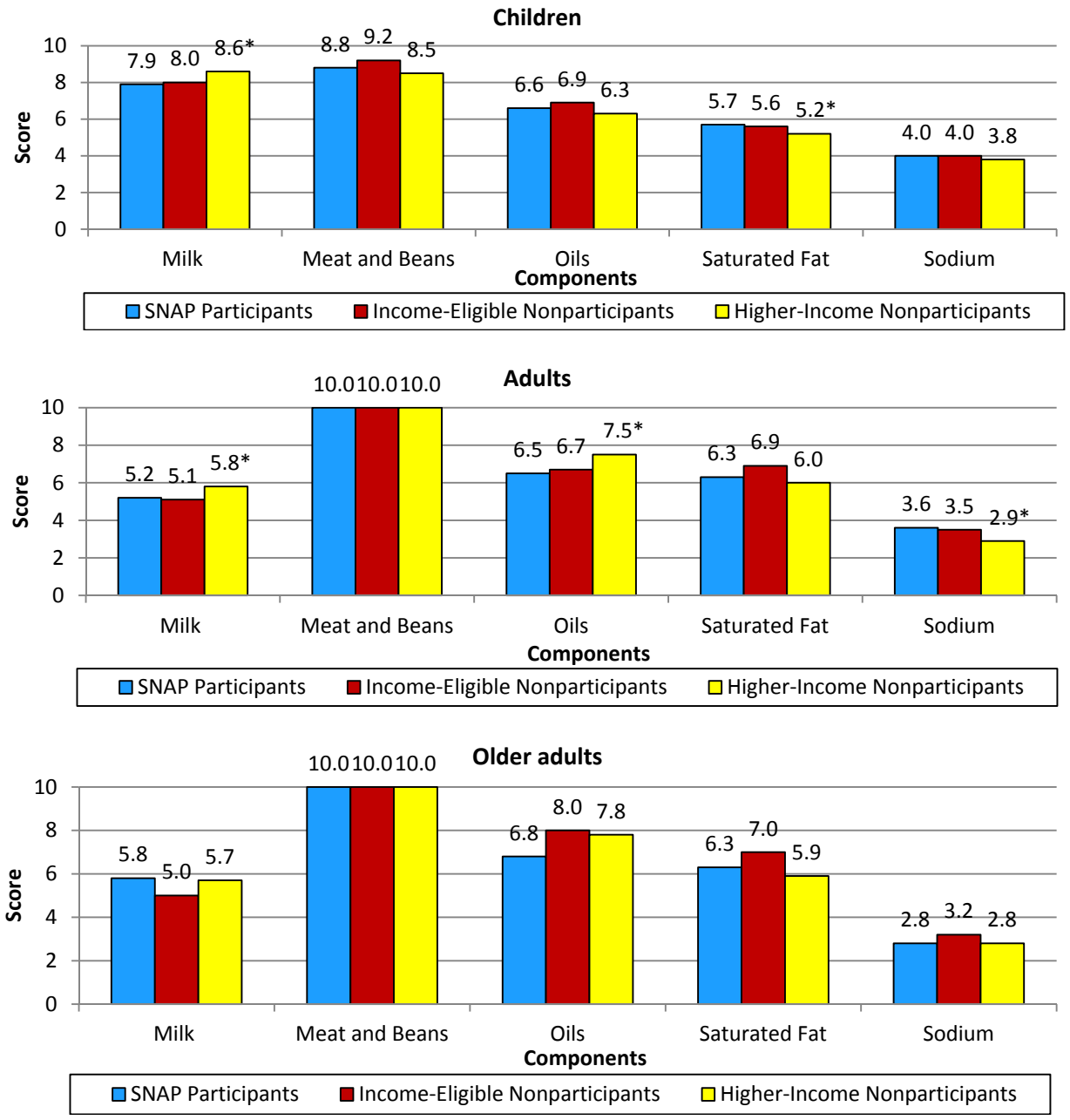
Exhibit 6-3. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



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.

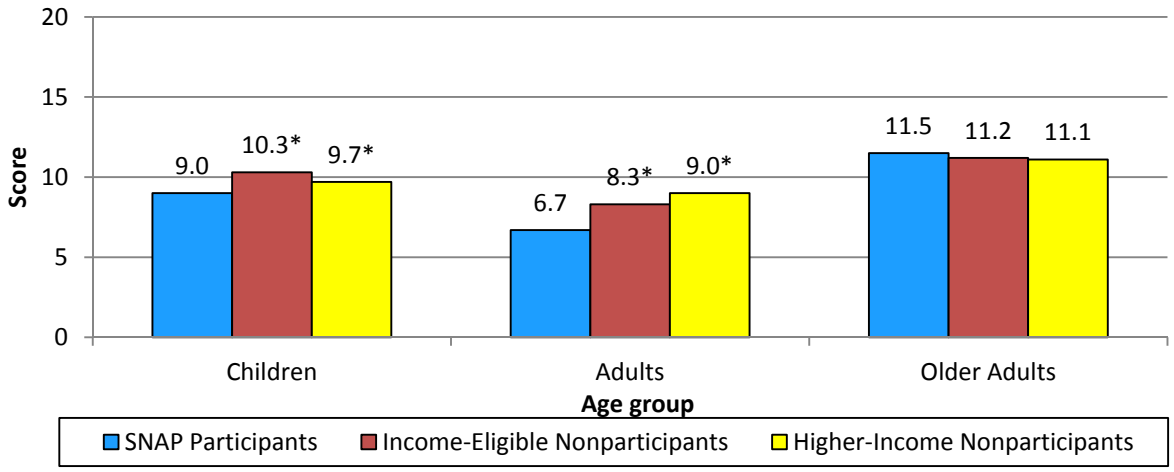
Notes: Estimates are based on a single dietary recall per person. Scores are age-adjusted to account for different age distributions of SNAP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested in comparison to SNAP participants,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

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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 Nutrients[30]

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.

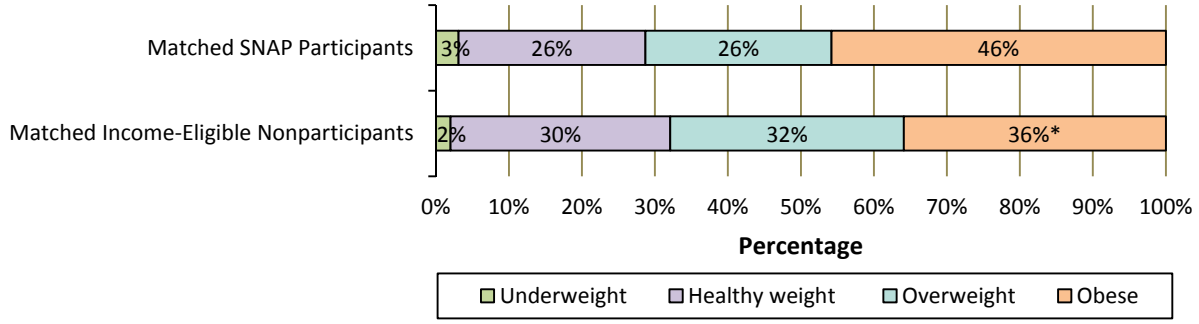
[30] A description of this nutrition outcome and its estimation method is provided in Chapter 2. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

[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 Index[32]

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 >= 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.

Consumption of Empty Calories[34]

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]

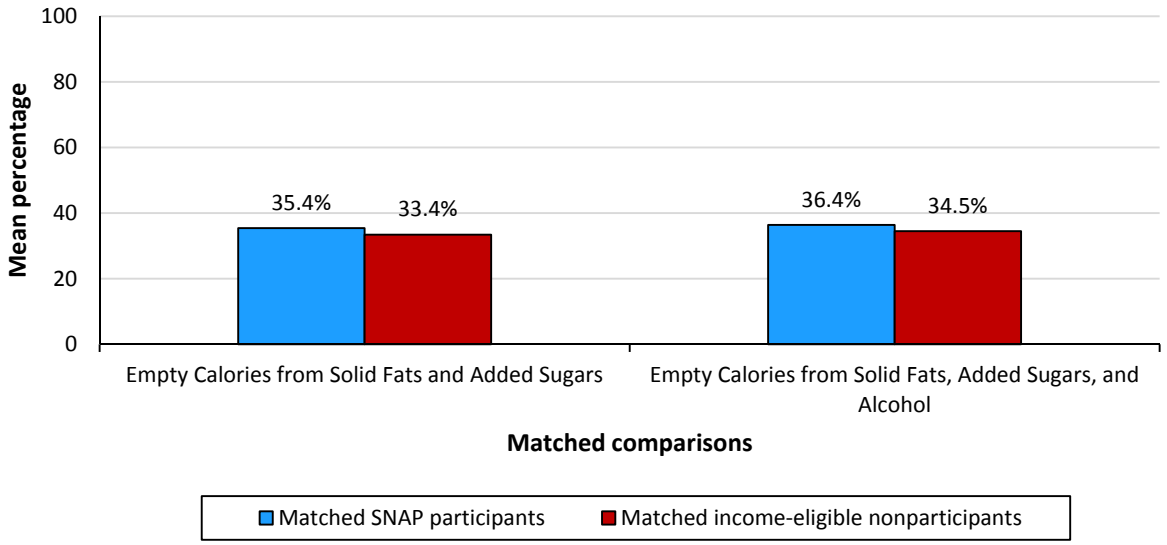
[32] A description of this nutrition outcome and its estimation method is provided in Chapter 3. Age and gender were included in the propensity score computations, so nutrition outcome comparisons were not computed separately for any particular gender or age groups.

[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.

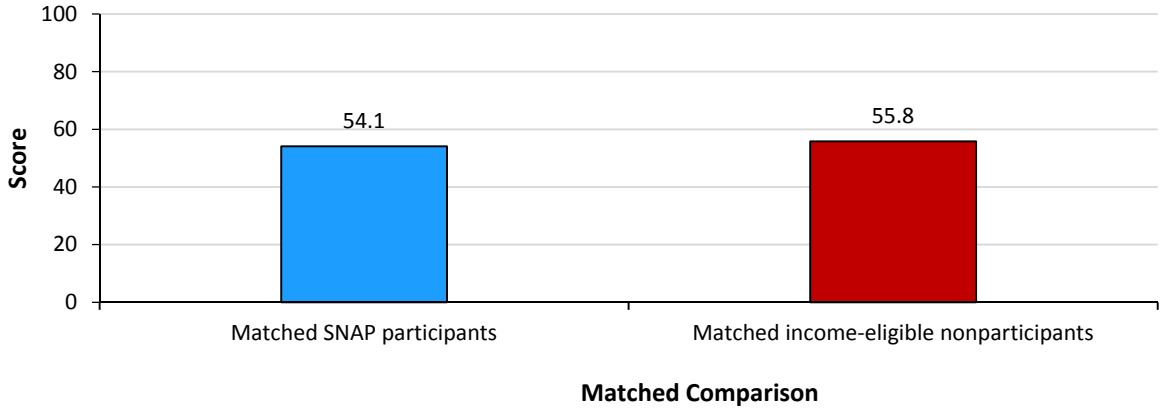
Healthy Eating Index[36]

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.

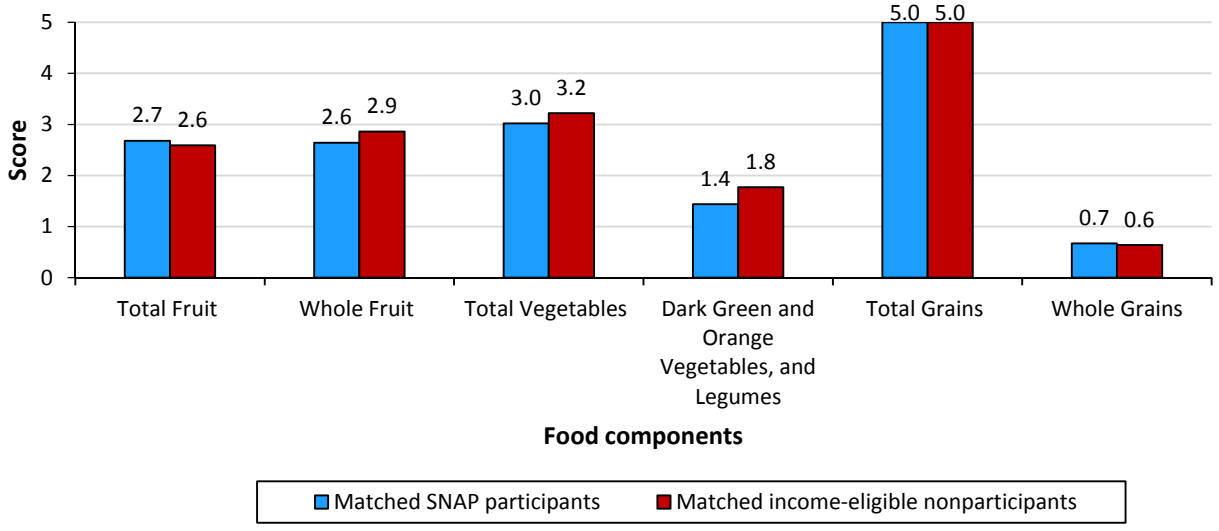
Exhibit 7-3. Health Eating Index-2005 Total Scores



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.

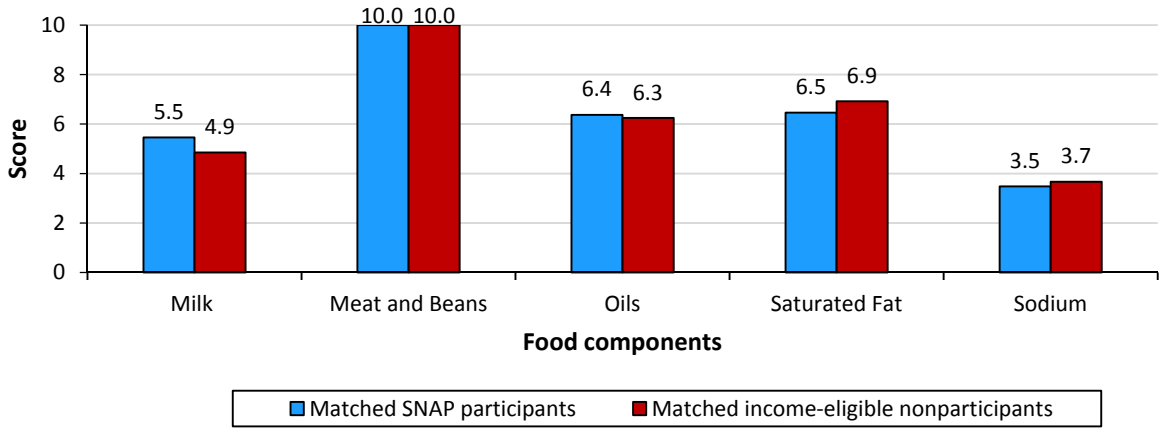
Exhibit 7-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



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.

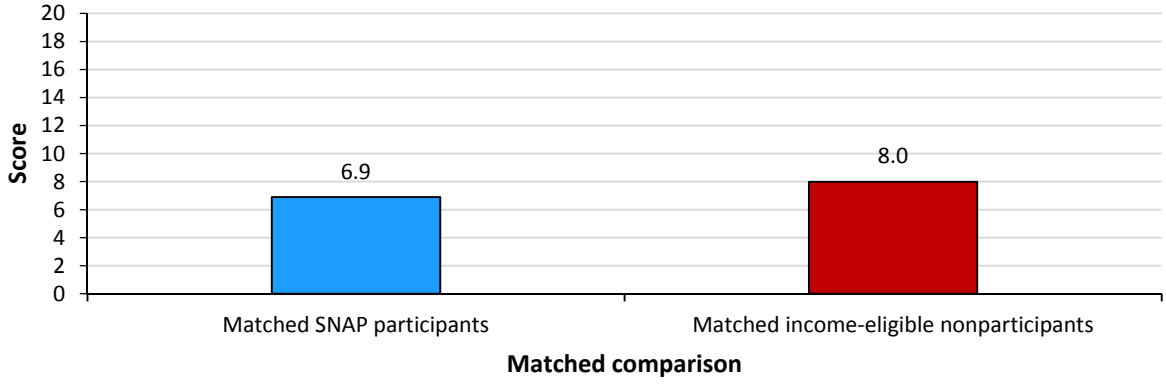
Exhibit 7-5. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



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.

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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.

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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 old[41]
- 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 *Dietary Guidelines* 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 show 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
Grains	
	Bread
	Rolls
	English muffins
	Bagels
	Biscuits, scones, croissants
	Muffins
	Cornbread
	Corn tortillas
	Flour tortillas
	Taco shells
	Crackers
	Breakfast/granola bars
	Pancakes, waffles, French toast
	Cold cereal
	Hot cereal
	Rice
	Pasta
Vegetables	
	Raw vegetables
	Raw lettuce/greens
	Raw carrots
	Raw tomatoes
	Raw cabbage/coleslaw
	Other raw (higher in vitamins A and C)[1]
	Other raw (lower in vitamins A and C)[1]
	Salads (w/greens)
	Cooked vegetables, excl. potatoes
	Cooked green beans
	Cooked corn
	Cooked peas
	Cooked carrots
	Cooked broccoli
	Cooked tomatoes
	Cooked mixed
	Cooked starchy
	Other cooked deep yellow
	Other cooked dark green
	Other cooked (higher in vitamins A and C)[1]
	Other cooked (lower in vitamins A and C)[1]
	Other fried
	Cooked potatoes-not fried
	Cooked potatoes-fried
	Vegetable juice

Major Group	Subgroup
Fruit and 100% Fruit Juice	
	Fresh orange
	Fresh other citrus
	Fresh apple
	Fresh banana
	Fresh melon
	Fresh watermelon
	Fresh grapes
	Fresh peach/nectarine
	Fresh pear
	Fresh berries
	Other fresh fruit
	Avocado/guacamole
	Lemon/lime-any form
	Canned or frozen fruit, total
	Canned or frozen in syrup
	Canned or frozen, no syrup
	Applesauce, canned/frozen apples
	Canned/frozen peaches
	Canned/frozen pineapple
	Other canned/frozen
	Fruit juice
	Non-citrus juice
	Citrus juice
	Dried fruit
Meat and Meat Alternates	
	Beef
	Ground beef
	Pork
	Ham
	Lamb and misc. meats
	Chicken
	Turkey
	Organ meats
	Hot dogs
	Cold cuts
	Fish
	Shellfish
	Bacon/sausage
	Eggs
	Beans (dry, cooked)
	Baked/refried beans
	Soy products
	Protein/meal enhancement

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

Major Group	Subgroup
Mixed Dishes	
	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
Beverages (excluding milk and 100% fruit juice)	
	Coffee
	Tea
	Beer
	Wine
	Liquor
	Energy drinks
	Water
	Regular soda
	Sugar-free soda
	Noncarbonated sweetened beverage
	Non carbonated low-calorie/sugar free beverage
Salty Snacks	
	Corn-based salty snacks
	Pretzels/party mix
	Popcorn
	Potato chips
Other	
	Nuts
	Peanut/almond butter
	Seeds
Milk and Milk Products	
	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
	Soymilk
	Dry of evaporated milk
	Yogurt
	Cheese
	Breast milk
	Infant formula
Sweets and Desserts	
	Sugar and sugar substitutes
	Syrups/sweet toppings
	Jelly
	Jello
	Candy
	Ice cream
	Pudding
	Ice/popsicles
	Sweet rolls
	Cake/cupcakes
	Cookies
	Pies/cobblers
	Pastries
	Doughnuts
Added Fats and Oils	
	Butter
	Margarine
	Other added fats
	Other added oils
	Salad dressing
	Mayonnaise
	Gravy
	Cream cheese
	Cream/sour cream

[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:

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

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

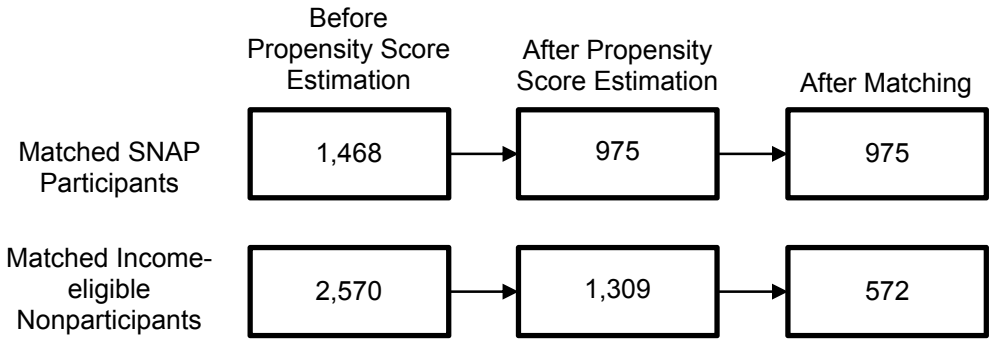
Initially Entered into all Propensity Score Estimation Models	Variables Retained in Final Model for:		
NHANES 2007–2010	**Comparison 1**	**Comparison 2**	**Comparison 3**
Gender	✓	✓	✓
Race/ethnicity	✓	✓	✓
Age	✓	✓	✓
US citizenship	✓	✓	✓
Education, highest grade completed	✓		
Total number of people in 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

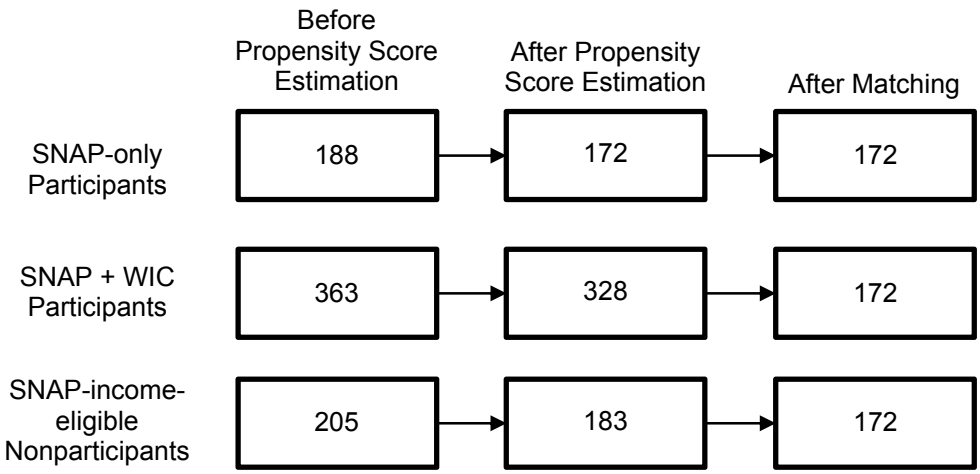
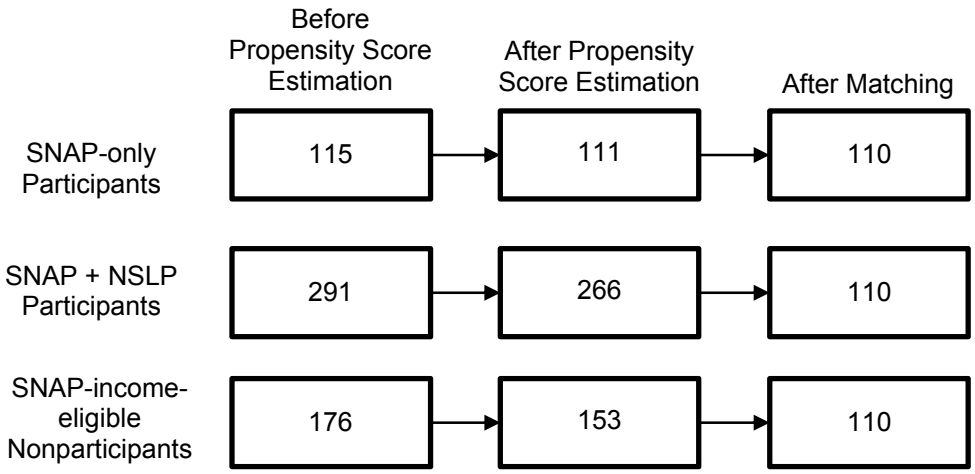


Figure A-7. Sample Size Pre- and Post-Matching for Comparison 3



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

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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 B_6 (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 B_6 (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 B_{12} (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 B_{12} (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 recommendation[3]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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	8725	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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 recommendation[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 AMDR[1]											
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 recommendation[1]											
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

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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		
	Sample size	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	Percent	Standard error
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		
	Sample size	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	Percent	Standard error
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		
	Sample size	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	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		
	Sample size	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	Percent	Standard error	*Sample size*	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 >= 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. 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								
Sample size	*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								
Sample size	*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								
Sample size	*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								
Sample size	*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								
Sample size	*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								
Sample size	*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								
Sample size	*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								
Sample size	*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)**
Types of fruit, among those eating any								
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)**
Types of milk, among those drinking any								
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)
Soymilk	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)**
Types of meat, among those eating any								
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)**
Types of mixed dishes, among those eating any								
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)**
Types of beverages, among those drinking any								
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)**
Types of sweets and desserts, among those eating any								
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)**
Types of salty snacks, among those eating any								
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)**
Types of added fats/oils among those eating any								
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)**
Types of fruit, among those eating any								
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)**
Types of milk, among those eating any								
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)
Soymilk	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)**
Types of meat, among those eating any								
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)**
Types of mixed dishes, among those eating any								
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)**
Types of beverages, among those drinking any								
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)
Types of sweets and desserts, among those eating any								
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)**
Types of salty snacks, among those eating any								
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)**
Types of added fats/oils among those eating any								
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)**
Types of fruit, among those eating any								
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)**
Types of milk, among those eating any								
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)**
Types of meat, among those eating any								
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)**
Types of mixed dishes, among those eating any								
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)**
Types of beverages, among those drinking any								
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)**
Types of sweets and desserts, among those eating any								
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)**
Types of salty snacks, among those eating any								
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)**
Types of added fats/oils among those eating any								
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)**
Types of fruit, among those eating any								
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)**
Types of milk, among those eating any								
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)
Soymilk	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)**
Types of meat, among those eating any								
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)**
Types of mixed dishes, among those eating any								
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)**
Types of beverages, among those drinking any								
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)**
Types of sweets and desserts, among those eating any								
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)**
Types of salty snacks, among those eating any								
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)**
Types of added fats/oils among those eating any								
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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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 *	(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)
Soymilk	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)
Soymilk	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)
Soymilk	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)
Soymilk	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.

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Appendix D.

The Healthy Eating Index-2010

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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 *higher* 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 *lower* 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								
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)
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								
Sample size	*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								
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 **	(0.18)	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								
Sample size	*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								
Sample size	*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								
Sample size	*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.

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Appendix E.

Detailed Tables and Figures for SNAP Matched Analyses

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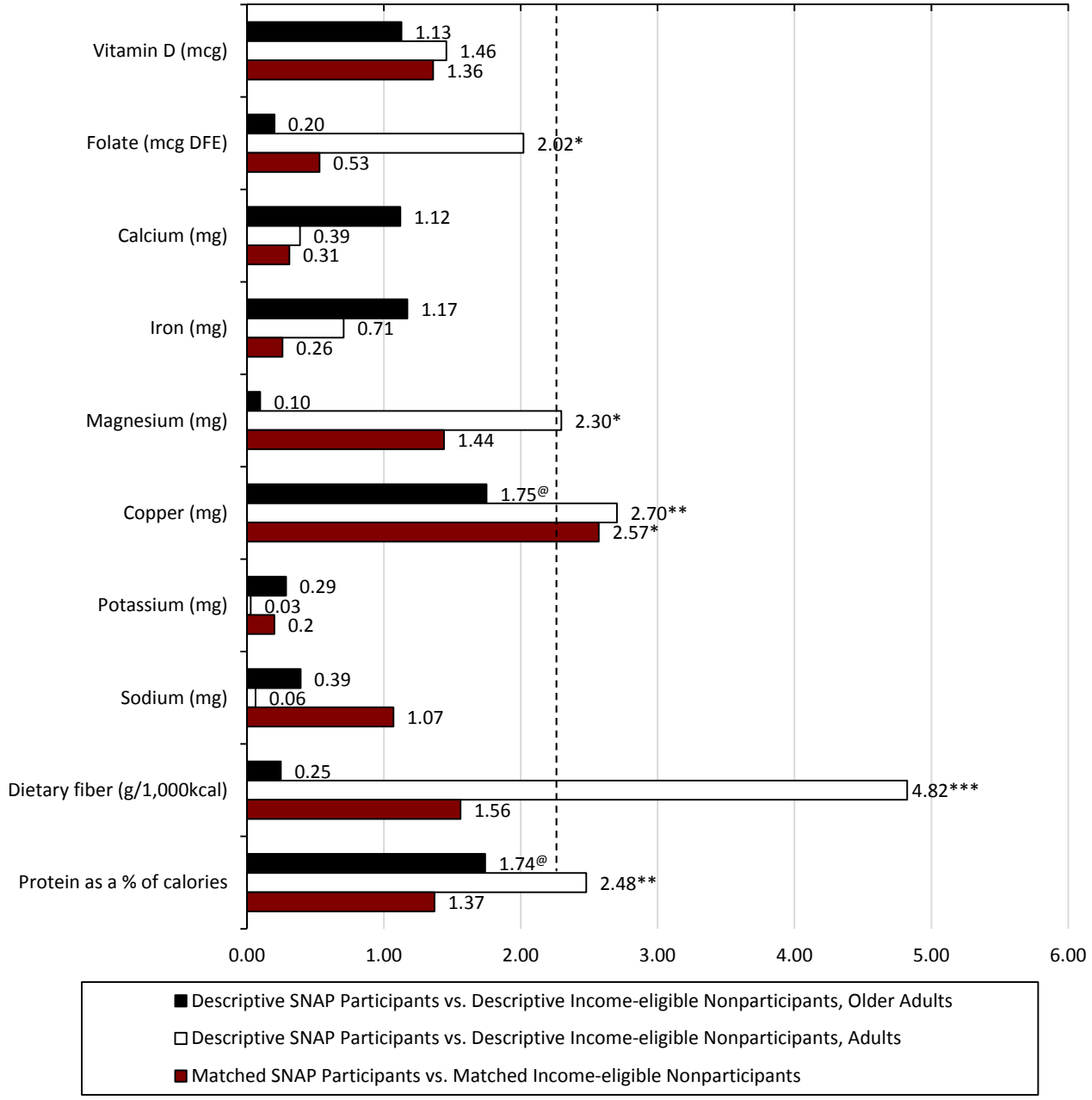
Table E-1. Usual Nutrient Intakes from Foods and Beverages, SNAP Participants and Nonparticipants 16 Years Old and Older

	SNAP participants			Income-eligible nonparticipants				Descriptive Adults	Descriptive Older Adults
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	*t*	*t*	*t*
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).

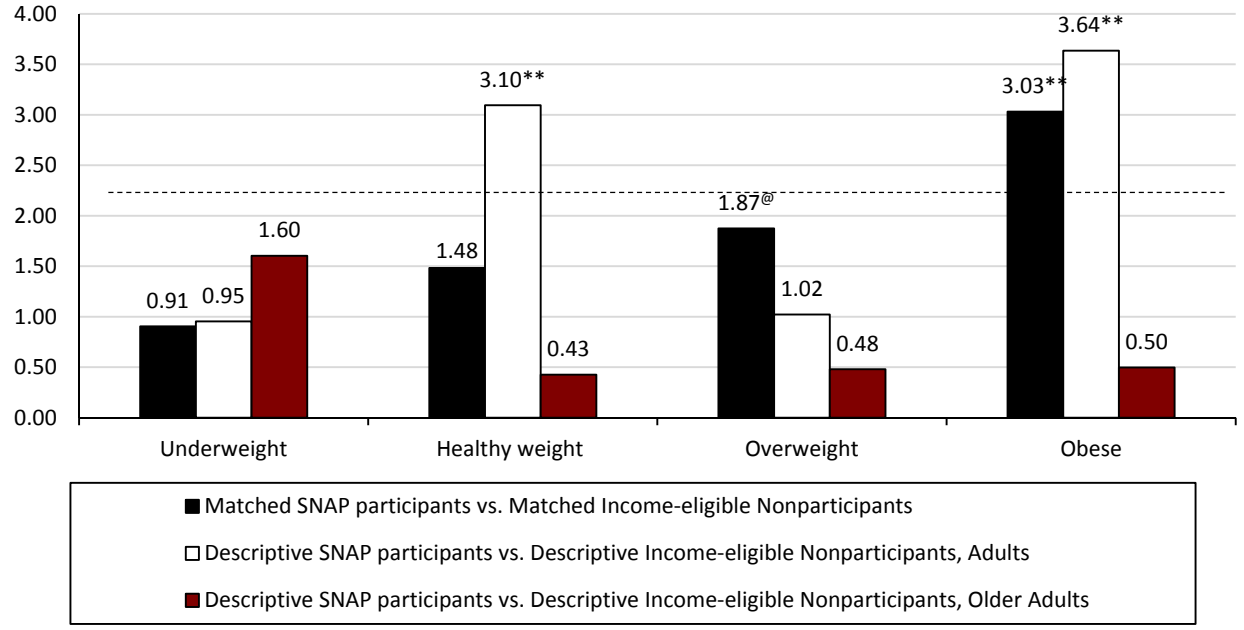
Table E-2. Body Mass Index, SNAP Participants and Nonparticipants 16 Years Old and Older

	SNAP participants			Income-eligible nonparticipants				Descriptive Adults	Descriptive Older Adults
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	*t*	*t*	*t*
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 >= to 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	*t*	*t*	*t*
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	*t*	*t*	*T*
All persons, 16+ years							
Sample size	975		572				
Outcome values	36.4	(0.70)	34.5	(1.12)	1.45	2.93	0.60

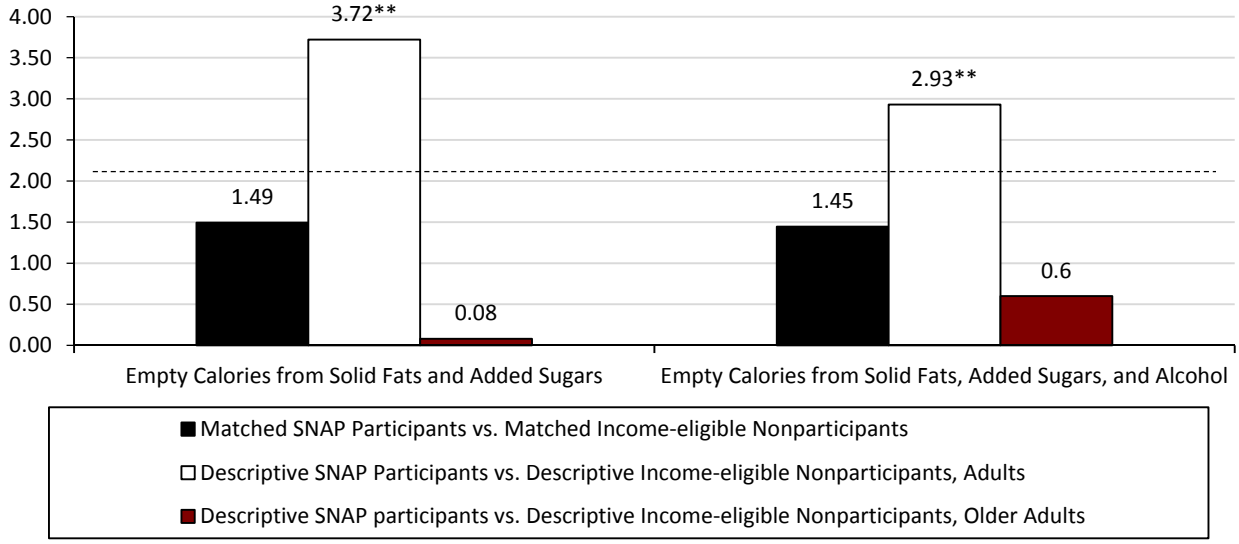
Source: NHANES 2007-2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Estimates are based on a single dietary recall per person, ages 16+ years. Sample includes NHANES respondents with complete dietary recall data, ages 16+ years. 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).

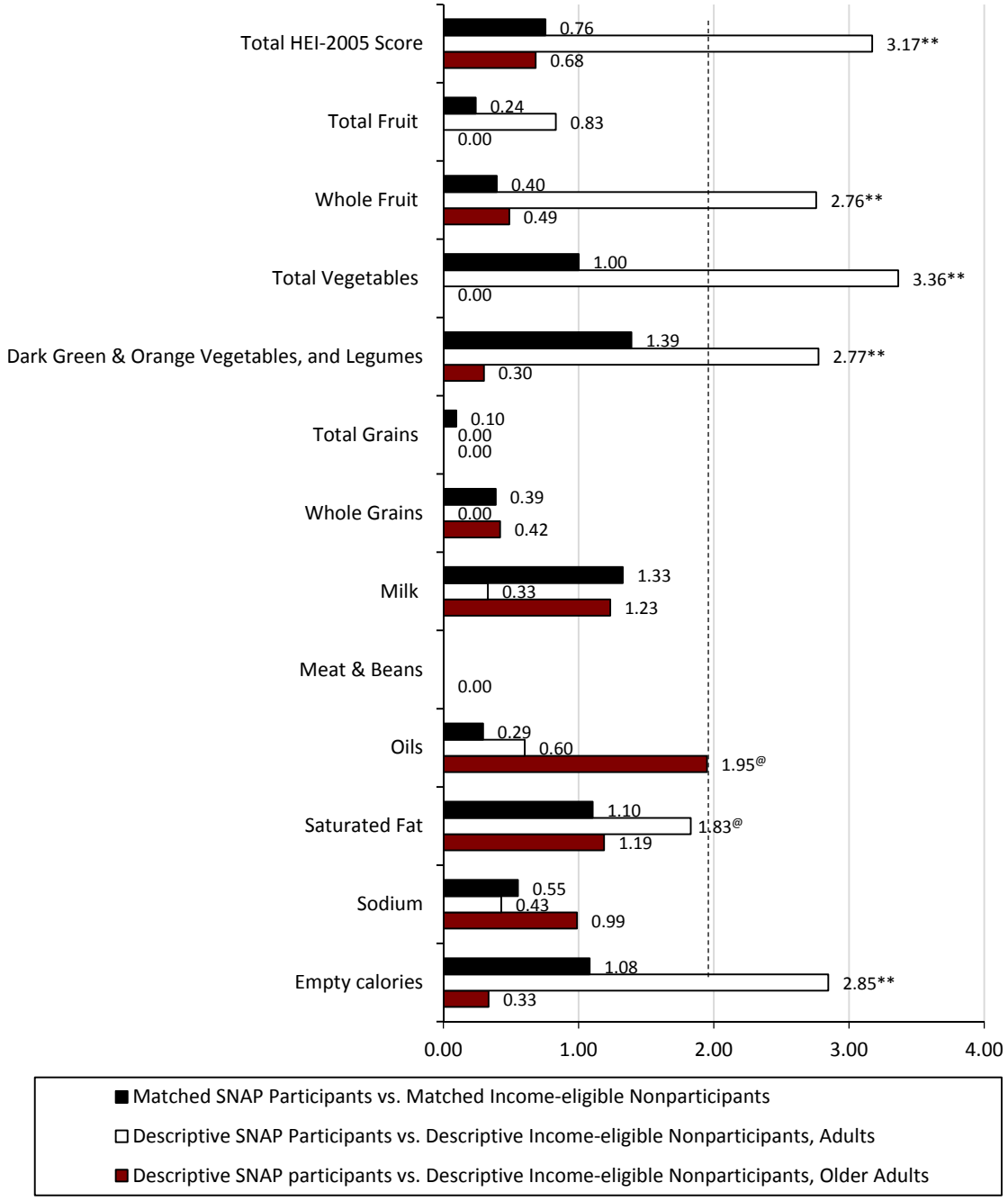
Table E-4. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP Participants and Nonparticipants 16 Years Old and Older

	SNAP participants		Income-eligible nonparticipants			Descriptive Adults	Descriptive Older Adults
	Mean score	Standard error	Mean score	Standard error	*t*	*t*	*t*
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).

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Appendix F.

Multivariate Analyses Comparing Participation in SNAP Only and Participation in SNAP Plus Another Food Program

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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 days[3] 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 Nutrients[4]

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 Index[5]

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).

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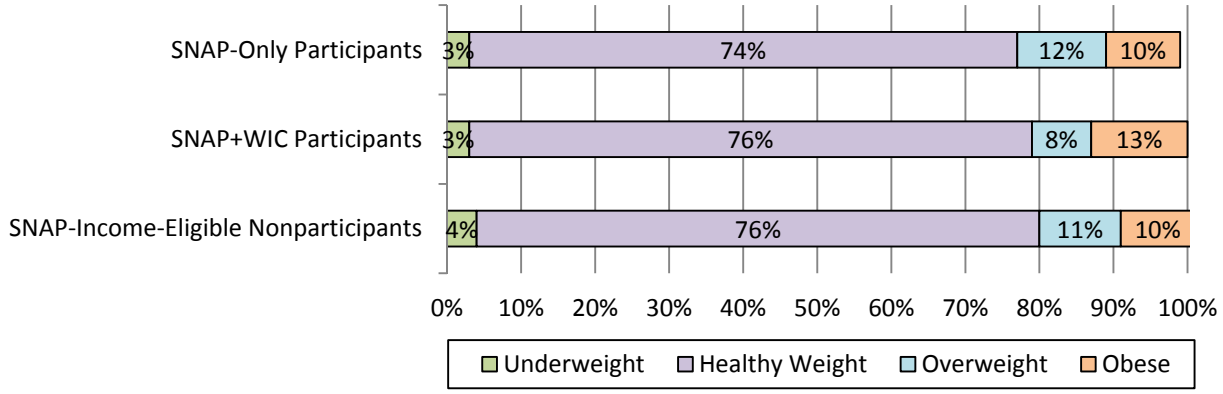
[4] A description of this nutrition outcome and its estimation method is provided in Chapter 2. Age and gender were included in the propensity score computations, so nutrition outcomes were not computed separately for any particular gender or age groups.

[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



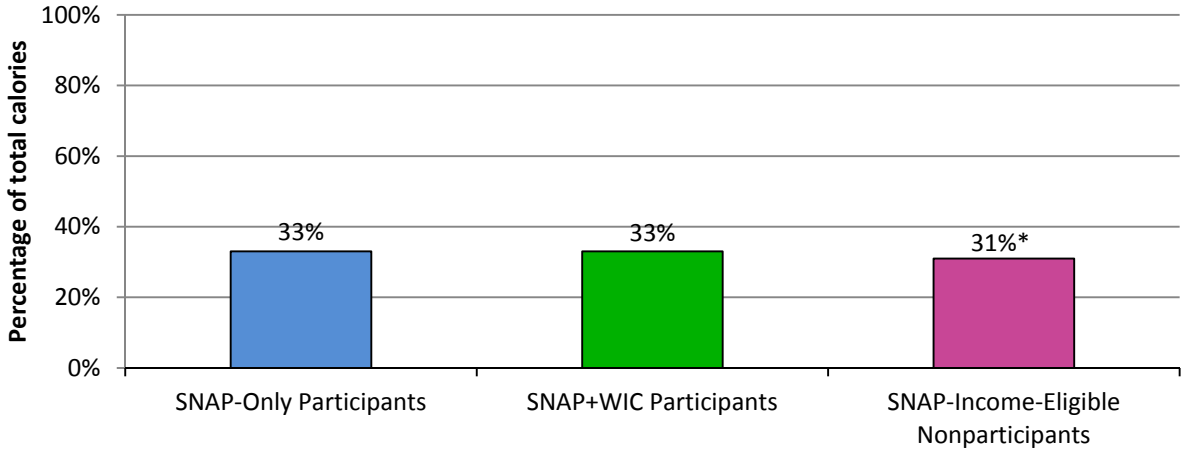
Source: NHANES 2007–2010 body measures data. Sample includes NHANES respondents with complete dietary recall data and height and weight data, 2–4 years old.

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 Calories[6]

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 Old[1]



[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.

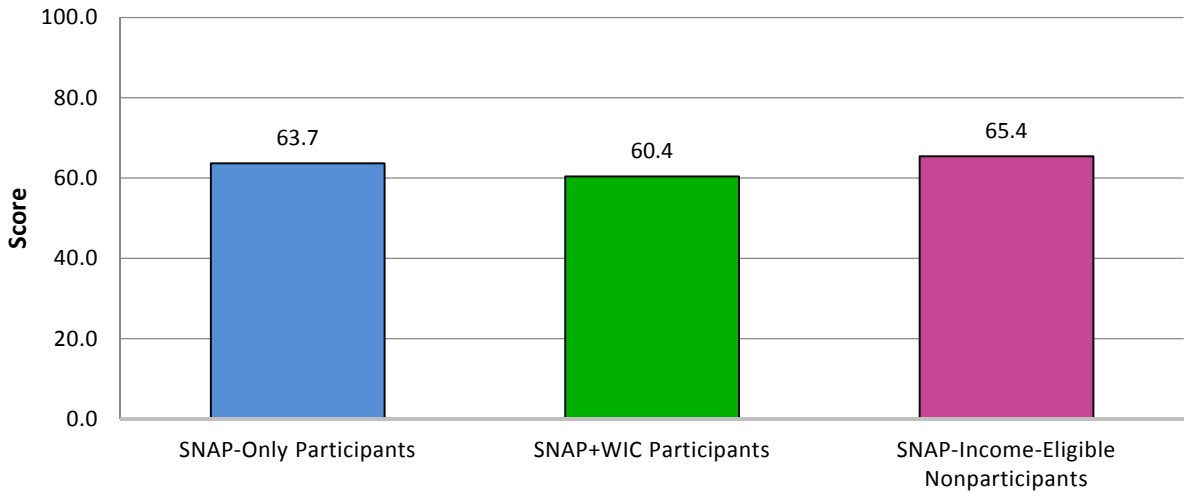
[1] Empty calories from solid fats and added sugars were identified from the data sources listed above.

Healthy Eating Index[7]

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

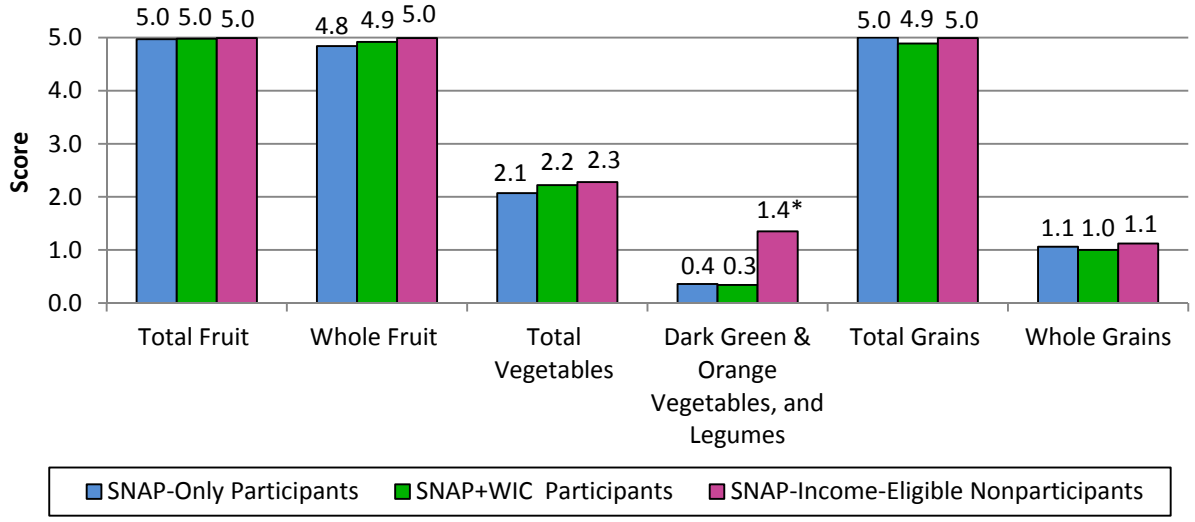


Sources: NHANES 2007–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03–04 Fruit Database; CNPP Addendum to MPED 2.0B. Health Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006. Sample includes NHANES 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.

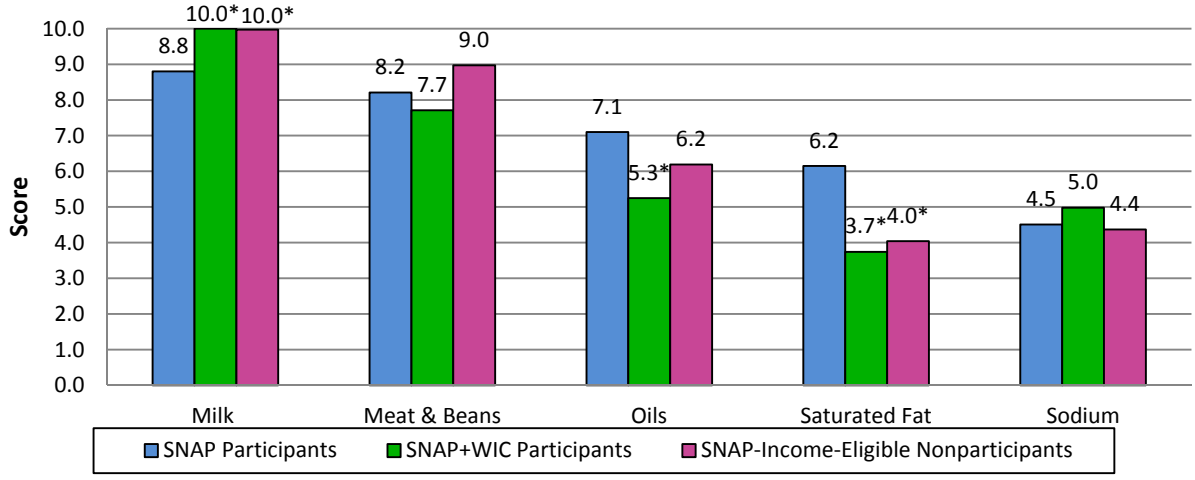
Figure F-4. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



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.

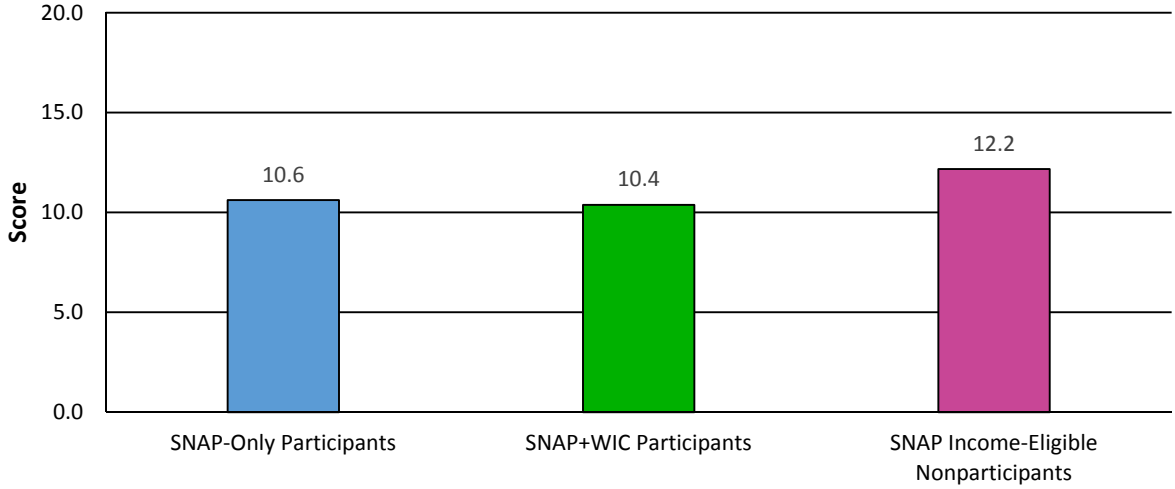
Figure F-5. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



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 days[9] 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.

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[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 Nutrients[11]

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 Index[12]

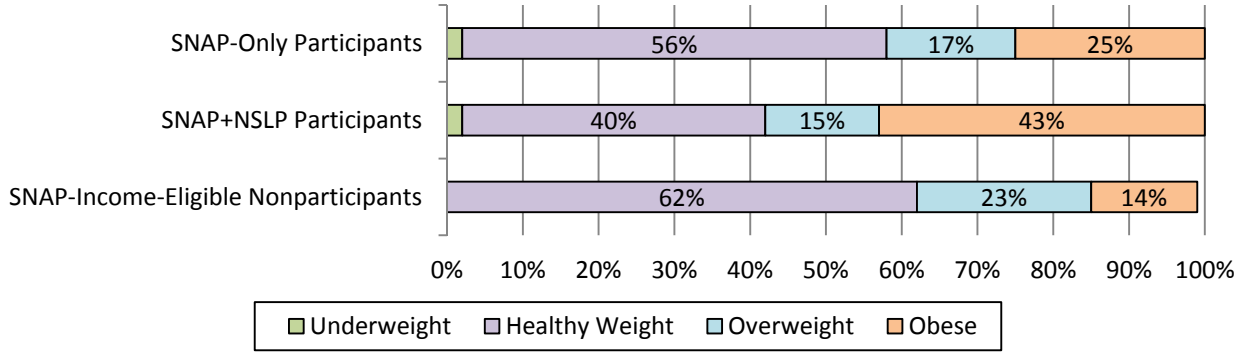
There were no differences in the distributions of weight status comparing either SNAP-only to SNAP+NSLP participants or SNAP-only participants to income-eligible nonparticipants (Figure F-7).[13]

[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.

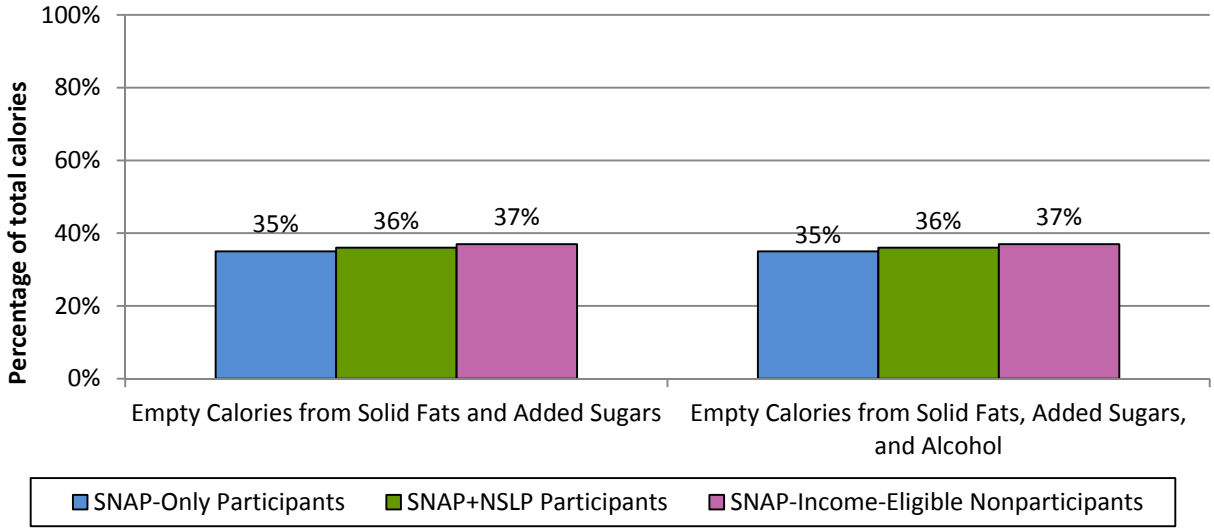
Notes: For children, weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is >= the 5th and < the 85th percentiles; overweight if BMI-for-age is >= the 85th and < the 95th percentiles; and obese if BMI-for-age 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 Calories[14]

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.

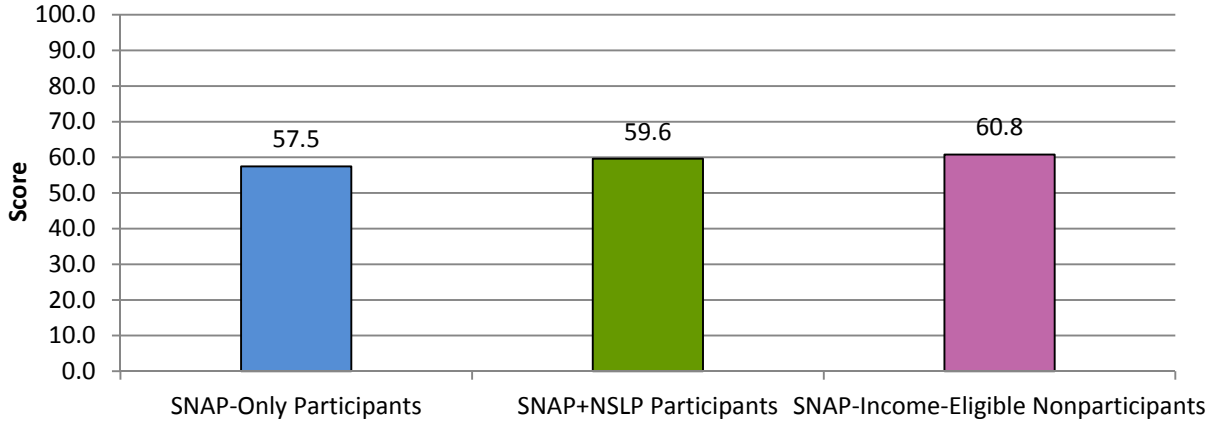
Healthy Eating Index-2005[15]

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.

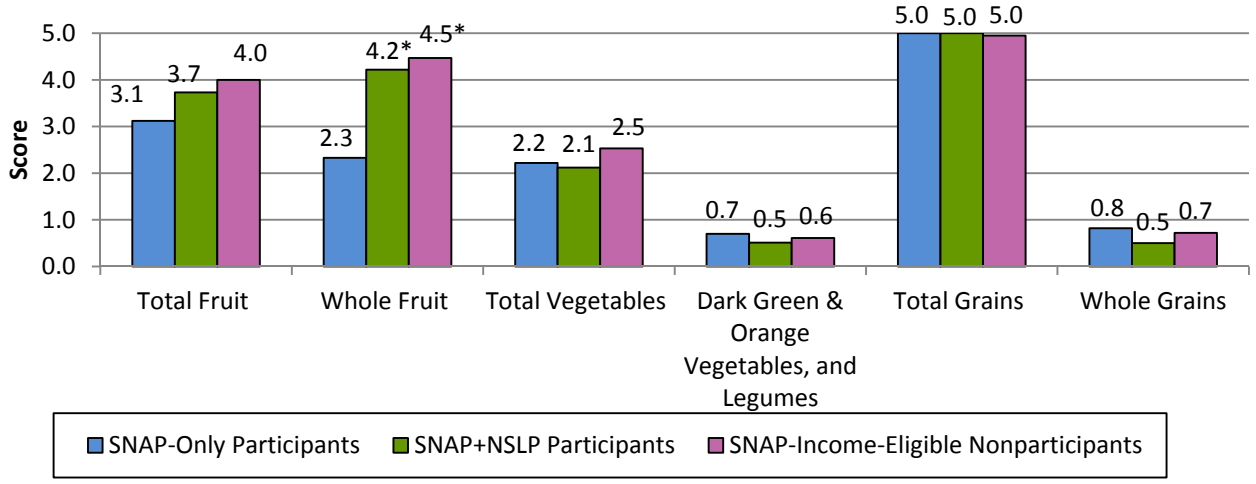
Figure F-9. Healthy Eating Index-2005 Total Scores



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.

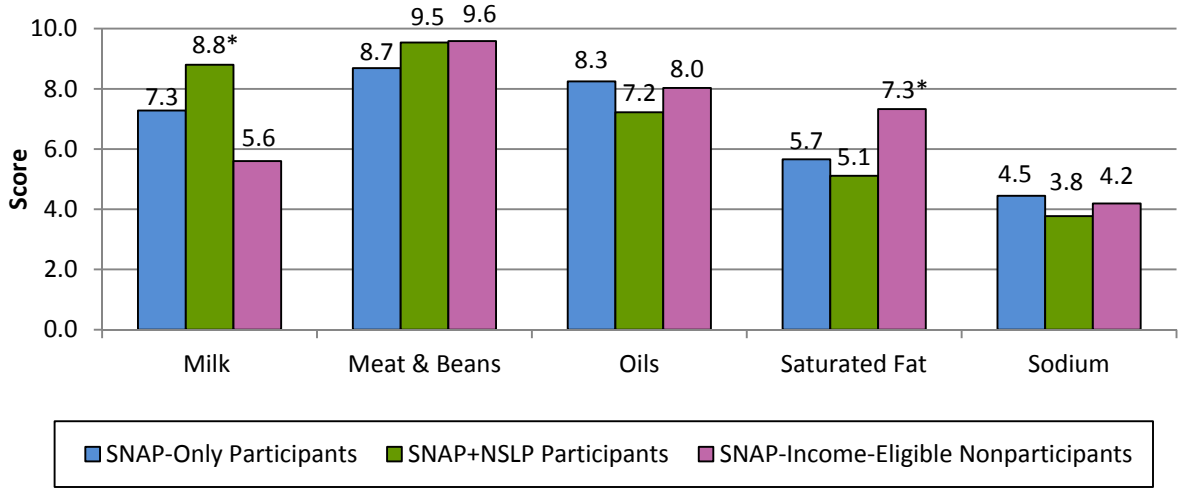
Figure F-10. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 5 Points



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.

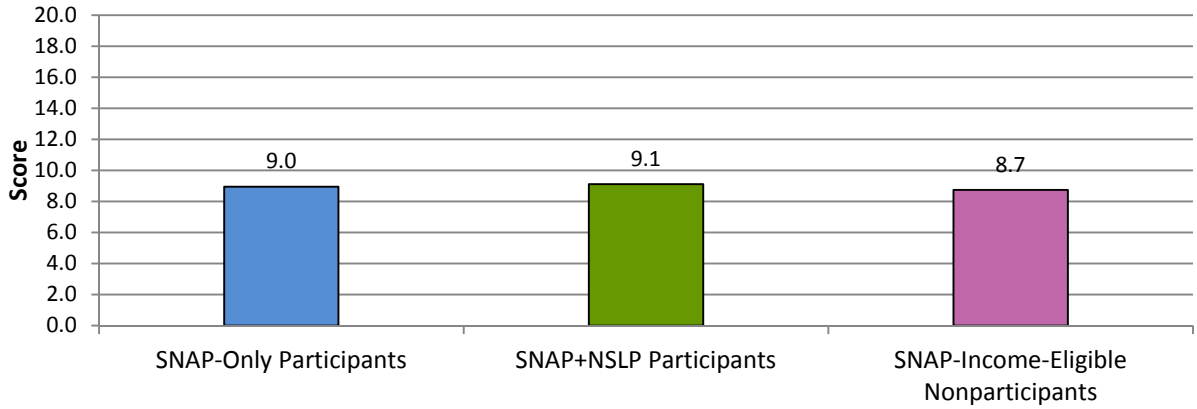
Figure F-11. Healthy Eating Index-2005 Component Scores for Components with a Maximum Score of 10 Points



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.

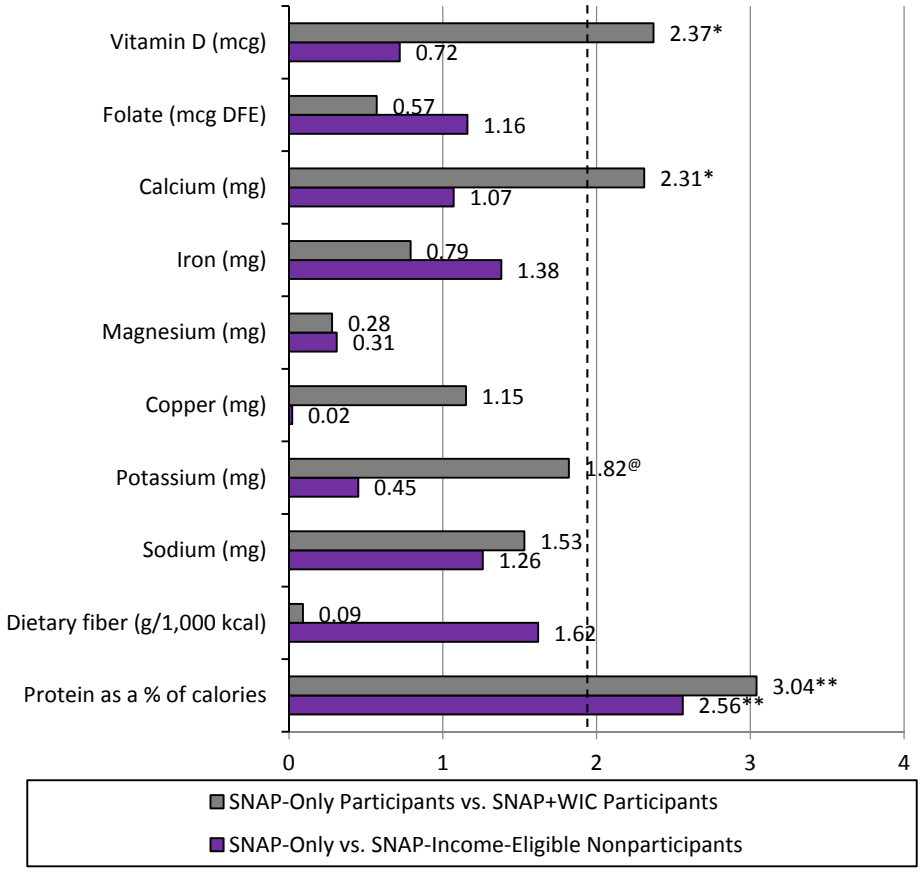
Table F-3. Mean Usual Nutrient Intakes from Foods and Beverages, SNAP and WIC Participants and Nonparticipants 1–4 Years Old

	SNAP-only participants			SNAP+WIC participants				SNAP-income-eligible nonparticipants			
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	*t*	Sample size	Mean	Standard error	*t*
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).

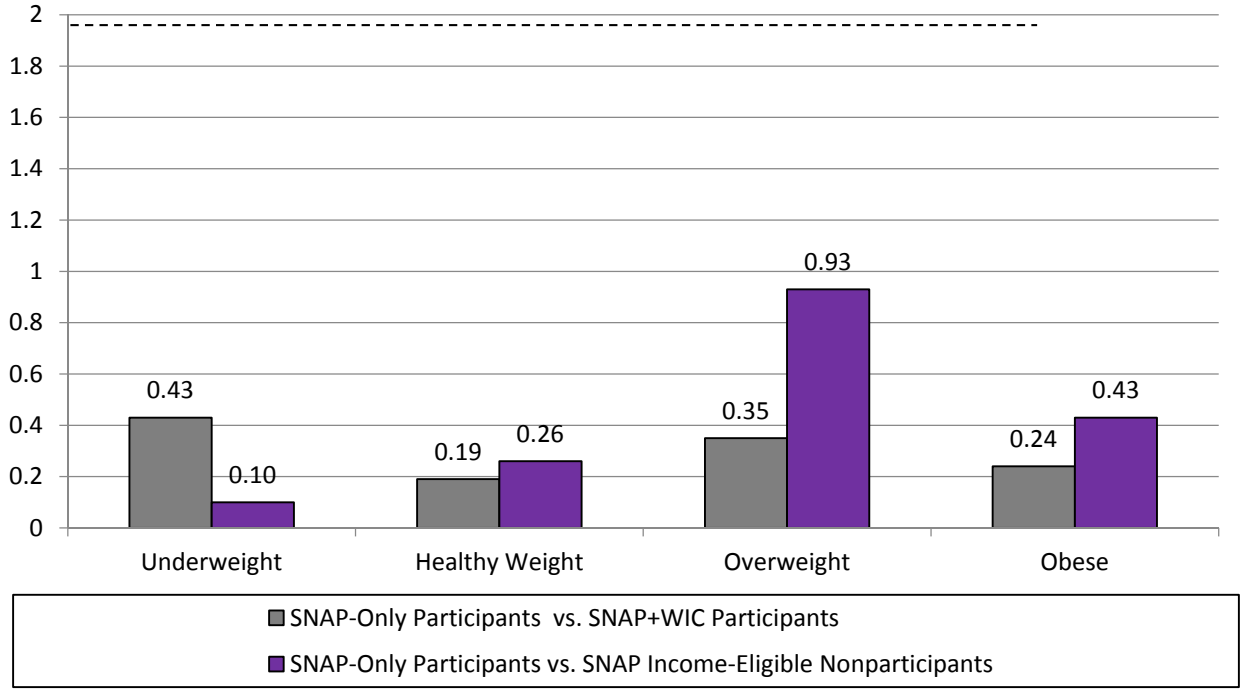
Table F-4. Body Mass Index, SNAP and WIC Participants and Nonparticipants 2–4 Years Old

	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).

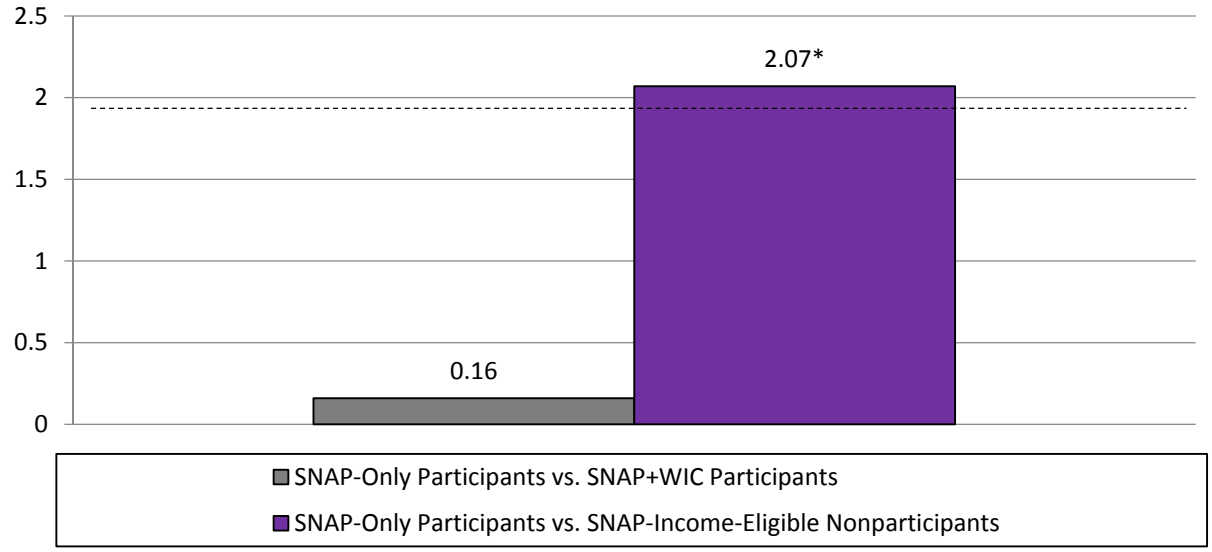
Table F-5. Mean Percentage of Total Calories Consumed from Empty Calories, SNAP and WIC Participants and Nonparticipants 2–4 Years Old

	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	*t*	Mean percent of calories	Standard error	*t*
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).

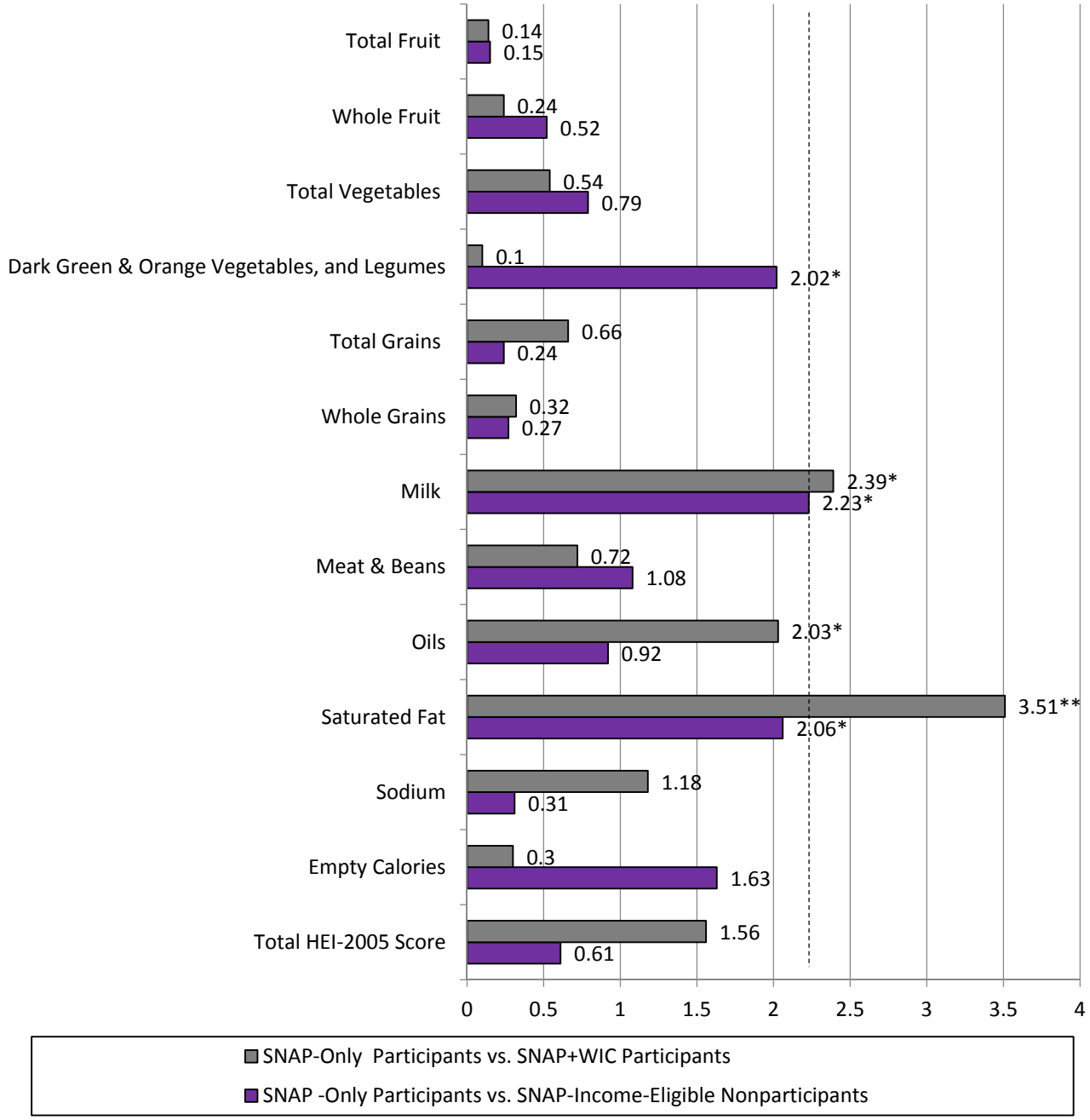
Table F-6. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP and WIC Participants and Nonparticipants 2–4 Years Old

	SNAP-only participants		SNAP+WIC participants			SNAP-income-eligible nonparticipants		
	Mean score	Standard error	Mean score	Standard error	*t*	Mean score	Standard error	*t*
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).

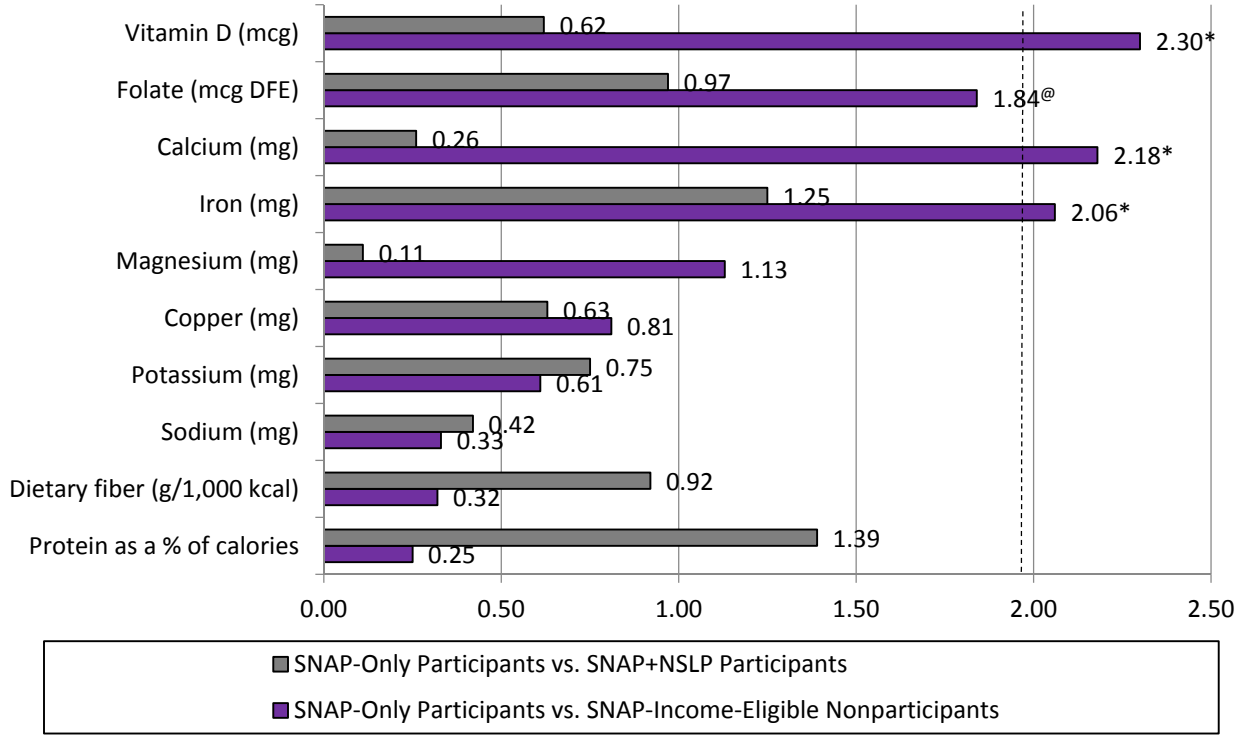
Table F-7. Usual Nutrient Intakes from Foods and Beverages, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

	SNAP-only participants			SNAP+NSLP participants				SNAP-income-eligible nonparticipants			
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	*t*	Sample size	Mean	Standard error	*t*
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).

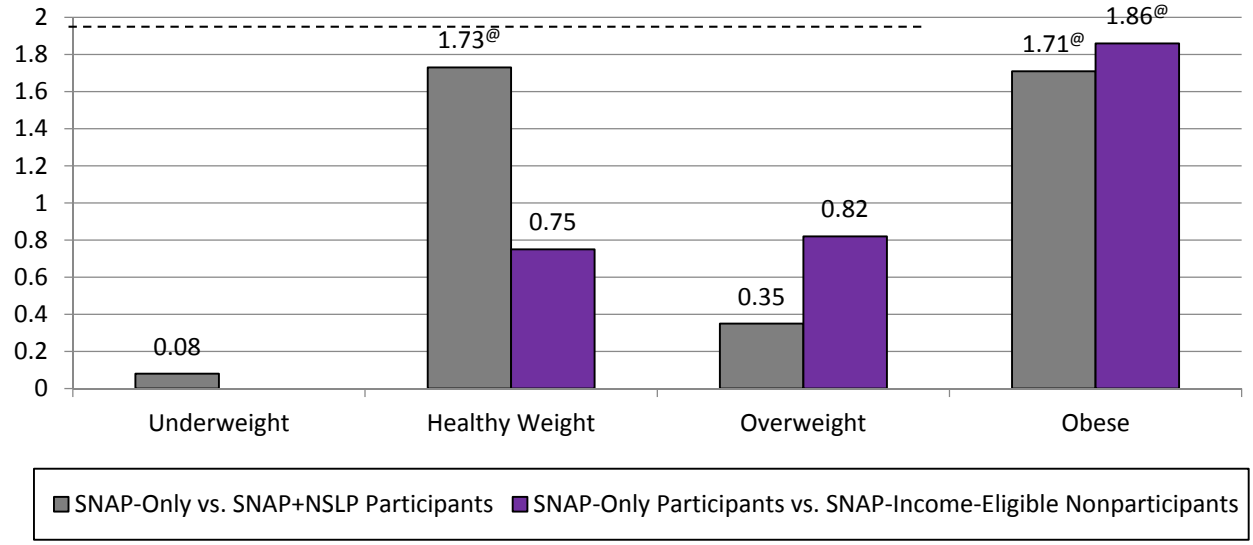
Table F-8. Body Mass Index, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

	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 >= to 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	*t*	Mean percent of calories	Standard error	*t*
Sample size	*110*		*110*			*110*		
Outcome values	35.2	(1.30)	36.4	(1.55)	0.59	36.6	(1.47)	0.74

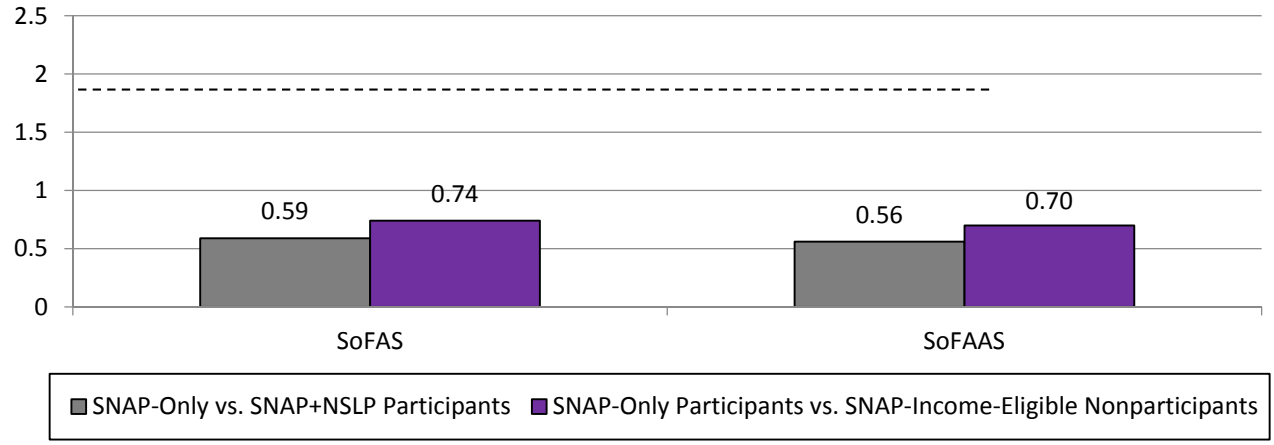
	Empty Calories from Solid Fats, Added Sugars, and Alcohol[1,2]							
	SNAP-only participants		SNAP+NSLP participants			SNAP-income-eligible nonparticipants		
	Mean percent of calories	Standard error	Mean percent of calories	Standard error	*t*	Mean percent of calories	Standard error	*t*
Sample size	*110*		*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).

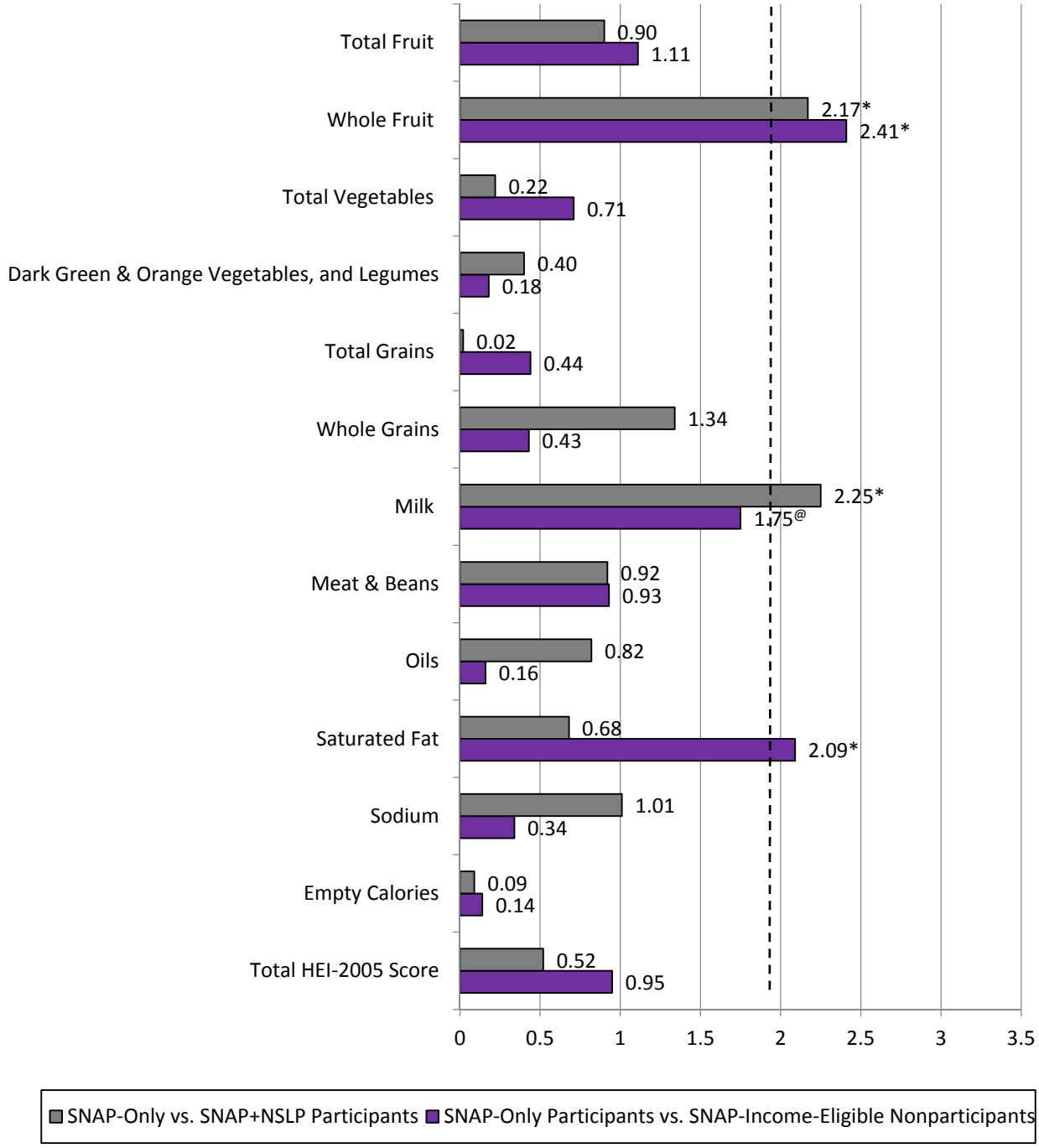
Table F-10. Healthy Eating Index-2005 (HEI-2005) Scores, SNAP and NSLP Participants and Nonparticipants 5–18 Years Old

	SNAP-only participants		SNAP+NSLP participants			SNAP-income-eligible nonparticipants		
	Mean score	Standard error	Mean score	Standard error	*t*	Mean score	Standard error	*t*
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).

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