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*Diet Quality of American School Children by
National School Lunch Program
Participation Status:*

*Data from the National Health and
Nutrition Examination Survey, 2005–2010*

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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 recognizes that benefits provided by nutrition assistance programs should reflect Federal nutrition policy, which is based on the *Dietary Guidelines for Americans*. The National School Lunch Program (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.

The Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA), which administers the NSLP, recognizes that strategies for improving the nutrition of NSLP participants should be based on valid and reliable information about the current dietary practices of NSLP participants. FNS commissioned this study to provide such information. The study analyzed National Health and Nutrition Examination Survey (NHANES) data from 2005–2010 to provide a comprehensive picture of the diets of school children (5–18 years old), and to update a previous study based on 1999–2004 NHANES data (Cole & Fox, 2008). The study provides information on the quality of school children’s diets from multiple perspectives, including usual nutrient intakes and food consumption patterns.

This report provides tabulations of dietary measures and describes differences in diet quality between children who participated in the NSLP and children who did not participate in the NSLP. These comparisons are made within two income groups—children from families that were income-eligible to receive school lunches for free or at a reduced price, and children from higher-income families who were not eligible for free or reduced-price lunches but could participate in the NSLP by paying the full price. Income-eligible children were defined as children from families with annual income at or below 185 percent of the Department of Health and Human Services (DHHS) poverty guideline. Higher-income children were defined as children from families with annual income greater than 185 percent of the DHHS poverty guideline.

The National School Lunch Program

The NSLP is the second largest of 15 nutrition assistance programs administered by FNS. The goal of the NSLP is to ensure that children do not go hungry and have access to nutritious meals that support normal growth and development. Almost all public schools and 94 percent of all schools (public and private combined) participate in the NSLP (USDA, 2012). On an average day in Federal fiscal year (FY) 2013, the program provided lunches to 30.7 million children.¹ Schools receive reimbursement for all lunches served, with higher reimbursements paid for meals served for free or at a reduced price.

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.

¹ National School Lunch Program: Participation and Lunches Served, Data as of June 6, 2014.

<http://www.fns.usda.gov/sites/default/files/pd/slsummar.pdf>.

Children from families whose annual income is at or below 130 percent of the DHHS poverty guideline are eligible to receive a free lunch. To receive a reduced-price lunch, income must be between 130 percent and 185 percent of the poverty level. Children are automatically eligible if their family receives Supplemental Nutrition Assistance Program (SNAP) benefits, Food Distribution Program on Indian Reservations (FDPIR), or Temporary Assistance for Needy Families (TANF). Additionally, automatic eligibility is extended to homeless, runaway, migrant, or foster children and children enrolled in a Head Start program. Children from higher-income families can purchase a lunch for full price (although the price is subsidized).

NSLP Nutrition Standards

To be eligible for Federal reimbursement, meals served through the NSLP must meet defined nutrition standards. The nutrition standards in place when the NHANES 2005-2010 data were 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.

In January 2012, the USDA established new nutrition standards for school meals that are designed to better align meals with the dietary practices recommended in the *Dietary Guidelines for Americans* (USDA & DHHS, 2010). The new nutrition standards were phased in over time, starting in school year 2012-2013. The new standards require NSLP lunches to include more fruits, vegetables, and whole grains; include only nonfat and lowfat varieties of milk; reduce sodium over time; and control levels of calories and saturated fat.

Focus of the Research

Strategies for improving the diets of NSLP 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),² as collected in NHANES to provide a comprehensive picture of the diets of school children and identify differences between NSLP participants and nonparticipants. Findings can be used to target efforts to improve the quality of participants' diets and as a benchmark for monitoring participants' diets over time.

The analysis sample includes children 5–18 years old who: (1) attended school during the school year in a school that served reimbursable school lunches, (2) had a complete Day-1

² What We Eat in America (WWEIA), NHANES is a national food survey conducted as a partnership between the DHHS and the USDA. WWEIA, NHANES 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.

Dietary Recall on a weekday (Monday through Friday), and (3) did not eat lunch at home on their intake day.³ NSLP participants were identified as children who were likely to have received a reimbursable meal on their intake day. However, children could not be identified with certainty as NSLP participants or nonparticipants. The NHANES survey does not ask if the respondent got a complete school lunch on the intake day. As a result, we imputed NSLP participation. The following criteria were used to identify NSLP participants; a child had to meet only one criterion:

- Consumed 3 or more reimbursable meal components from the school cafeteria at lunch on the intake day, or
- Consumed 2 reimbursable meal components from the school cafeteria at lunch on the intake day, and reported that they “usually eat a complete school lunch” 5 days per week, or
- Consumed 2 reimbursable meal components from the school cafeteria at lunch on the intake day and consumed no food from outside the school cafeteria at lunch.

Nonparticipants were identified as children who did not meet any of the above criteria for being an NSLP participant. In this report, data are provided for all school children 5–18 years old and for three age groups—children 5–8 years old, 9–13 years old, and 14–18 years old.

The following measures were used to examine diet quality of school children and identify differences between NSLP participants and nonparticipants:

- Usual nutrient intakes—to assess the proportions of school children with adequate or excessive intakes
- Body mass index—to assess the prevalence of overweight and obesity
- Proportions of school children 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 scores—to assess overall diet quality⁴

Comparisons between NSLP participants and nonparticipants were made within two income groups: (1) children from families who were income-eligible to receive free or reduced-price meals (hereafter referred to as income-eligible children) and (2) children from higher-income families who were not eligible to receive free or reduced-price meals (but could participate in the NSLP by paying the full price for their meal) (hereafter referred to as higher-income children). This research was not designed to assess the impact of the NSLP or in any way attribute differences observed between NSLP participants and nonparticipants to an effect of the program. Estimation of program impacts requires a randomized experiment or quasi-experimental design to

³ Children who consumed all lunch foods at home were excluded from the analysis since it was likely that the dietary recall reflected a non-school day (for example, school holiday or summer vacation). Girls 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data were also excluded from the analysis sample; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

⁴ We also used the Healthy Eating Index-2010 to assess overall diet quality. Findings are provided in Appendix D.

control for selection bias—the fact that those who choose to participate in the NSLP 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). In this report, we present only results of descriptive data analyses and comparisons between NSLP participants and nonparticipants, and in some cases by gender.

Usual Nutrient Intakes

To assess the prevalence of adequate and excessive nutrient intakes, we 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.

Usual Intakes of Vitamins and Minerals with Defined Estimated Average Requirements

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

Key findings include the following:

- Almost all school children (93% to 100%) had adequate usual intakes of riboflavin, niacin, thiamin, iron, vitamin B₁₂, vitamin B₆, folate, and zinc (Exhibit 1). The prevalence of adequate usual intakes was lower for phosphorus, vitamin C, and vitamin A (72% to 83%), and even lower for magnesium (59%) and calcium (49%). The prevalence of adequate usual intakes was lowest for vitamin E (12%) and vitamin D (8%).^{5,6}
- There were a number of differences between income-eligible NSLP participants and nonparticipants in the prevalence of adequate usual intakes. NSLP participants were more likely than nonparticipants to have adequate usual intakes of zinc (99% versus 90%), vitamin A (70% versus 53%), and calcium (56% versus 33%) (Exhibit 2). At the same time, income-eligible NSLP participants were less likely than their nonparticipant

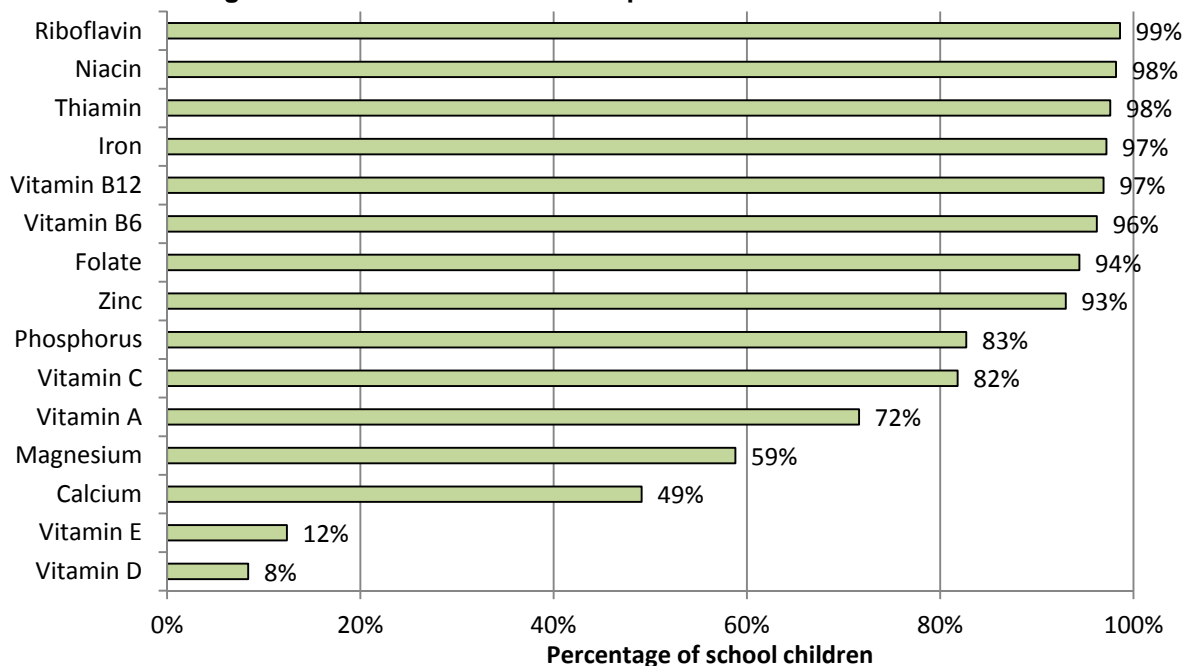
⁵ The low prevalence of adequate usual intakes of vitamins A, C, and E in the population is unlikely to have meaningful public health significance. The 2010 *Dietary Guidelines* Advisory Committee examined nutrients with usual intakes below recommendations—referred to as “shortfall nutrients”—to identify 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). For these reasons, findings related to the prevalence of adequate usual intakes for these nutrients should be interpreted with caution.

⁶ 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.

counterparts to have adequate usual intakes of iron (94% versus 98%), thiamin (93% versus 98%), folate (89% versus 96%), and vitamin C (80% versus 93%).

- Among higher-income children, the prevalence of adequate usual intakes was comparable for NSLP participants and nonparticipants.
- For all nutrients except for vitamin D, the prevalence of adequate usual intakes decreased with age and was notably lower for children 14–18 years old than for younger children, 5–8 years old. Among income-eligible children 14–18 years old, NSLP participants were less likely than nonparticipants to have adequate usual intakes of iron (83% versus 96%), thiamin (80% versus 95%), folate (71% versus 91%), and vitamin C (51% versus 92%). Most of the differences observed between income-eligible NSLP participants and nonparticipants were largely attributable to differences among girls.

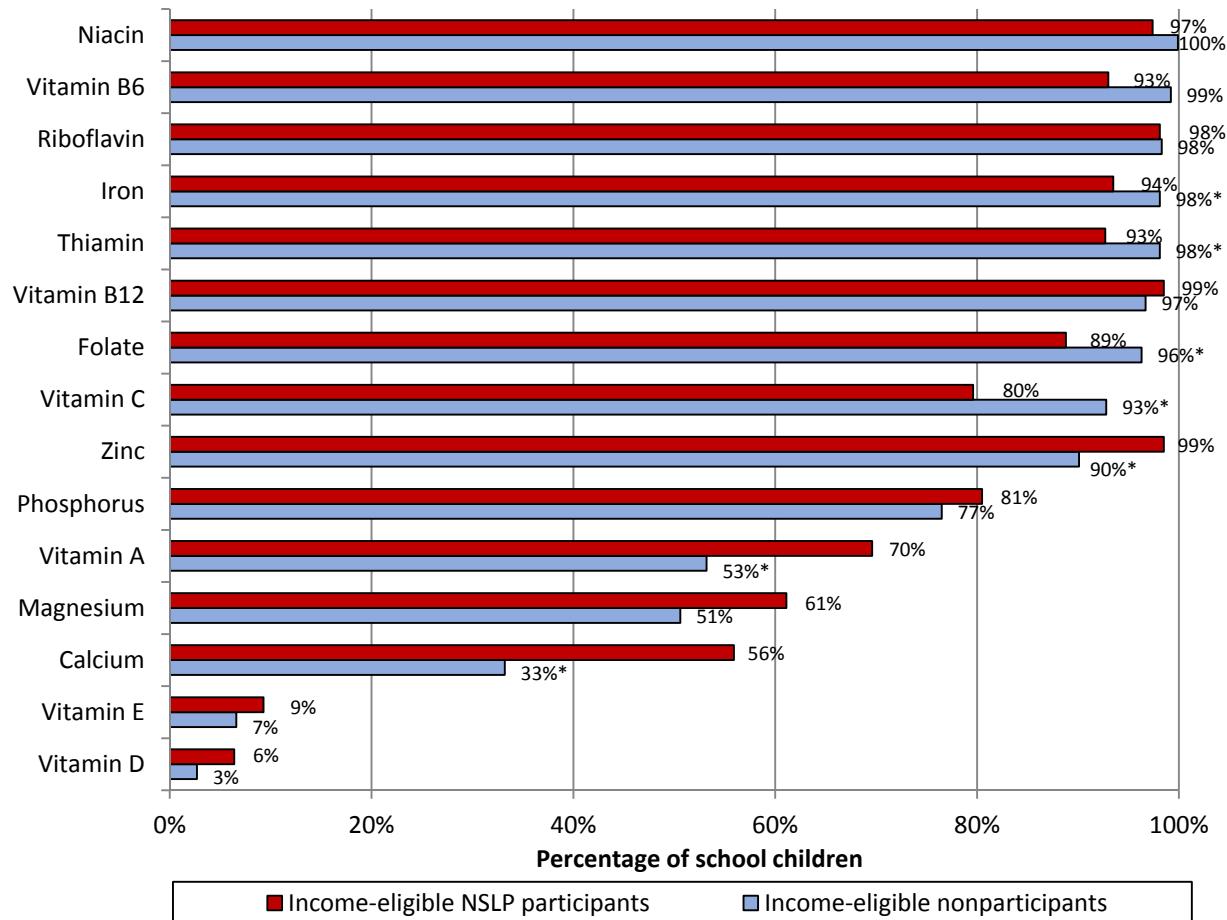
Exhibit 1. Percentage of School Children with Adequate Usual Intakes



Source: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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. ‘All school children’ includes children with missing NSLP participation or income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants.

Exhibit 2. Percentage of Income-Eligible NSLP Participants and Nonparticipants with Adequate Usual Intakes



Source: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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. ‘All school children’ includes children with missing NSLP participation or income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Usual Intakes of Nutrients Assessed Using Adequate Intake Levels and Tolerable Upper Intake Levels

EARs are not defined for potassium, fiber, or sodium, so it is not possible to assess the adequacy of usual intakes for these nutrients. Instead, assessment for these nutrients focuses on the 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.

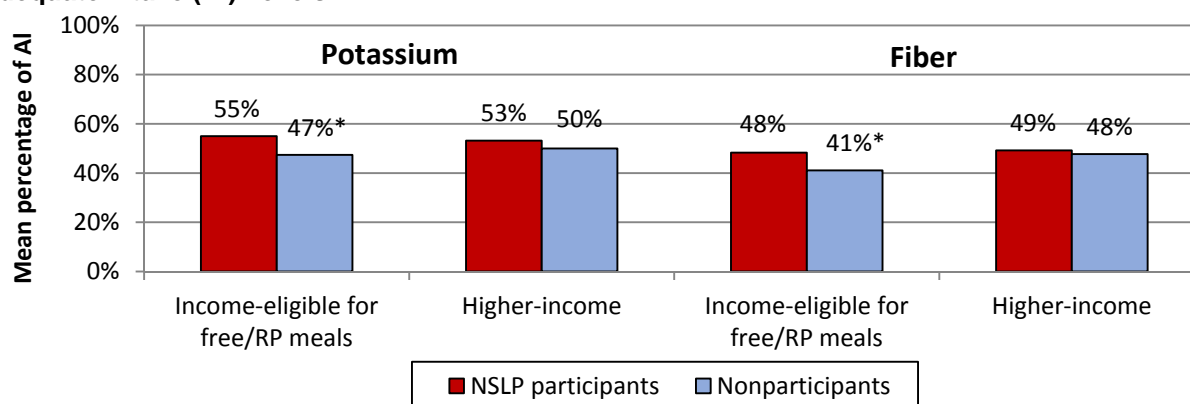
Usual intakes of potassium, fiber, and sodium were problematic for all school children. Specific findings for these nutrients are summarized below.

- For all school children, mean usual intakes of potassium were 52 percent of the AI. Among income-eligible children, NSLP participants had a higher mean usual intake of potassium than nonparticipants (55% of AI versus 47% of AI) (Exhibit 3). A similar pattern was observed for children 5–8 years old (62% of AI versus 50% of AI). Among children 9–13 years old, NSLP participants in both income groups had higher mean usual intakes of potassium than nonparticipants (54% of AI versus 44% of AI among income-eligible children; 52% of AI versus 46% of AI among higher-income children).
- Mean usual intakes of fiber were slightly less than 50 percent of AI for school children in all four comparison groups (Exhibit 3). Among income-eligible children, NSLP participants had a higher mean usual intake of fiber than nonparticipants (48% of AI versus 41% of AI). Similar patterns were observed for children 5–8 years and 9–13 years. Among children 14–18 years, usual intakes of fiber were comparable among NSLP participants and nonparticipants.
- Given the limitations of the AI standard, these differences do not necessarily imply that NSLP participants were more likely than nonparticipants to have adequate usual intakes of potassium or fiber.
- The majority of all school children (95%) had usual sodium intakes that exceeded the UL (Exhibit 4). The only difference observed between NSLP participants and nonparticipants in the proportion of children with usual sodium intakes that exceeded the UL was for children 5–8 years old. Among children in this age group, NSLP participants in both income groups were more likely than nonparticipants to have mean usual sodium intakes that exceeded the UL (100% versus 85% among income-eligible children; 98% versus 89% among higher-income children).

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 percentages of total calorie intakes and reflect a range of usual intakes associated with reduced risk of chronic disease, while also providing adequate intakes of other essential nutrients (Institute of Medicine [IOM], 2005a). Usual intakes 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 school children 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 school children with usual intakes of saturated fat that were consistent with the 2010 *Dietary Guidelines* recommendation (less than 10% of total calories from saturated fat).

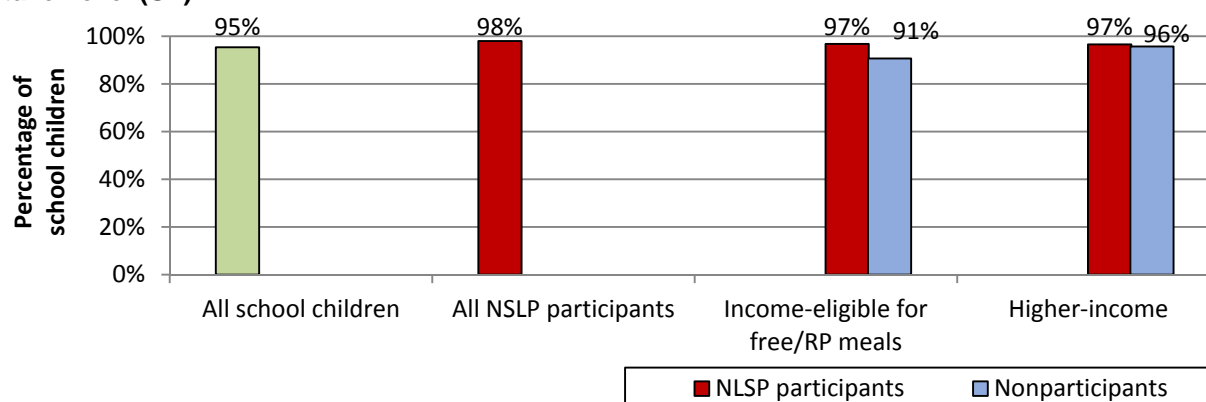
Exhibit 3. Mean Usual Intakes of Potassium and Fiber for School Children, as a Percentage of Adequate Intake (AI) Levels



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Exhibit 4. Percentage of School Children with Usual Sodium Intakes above the Tolerable Upper Intake Level (UL)



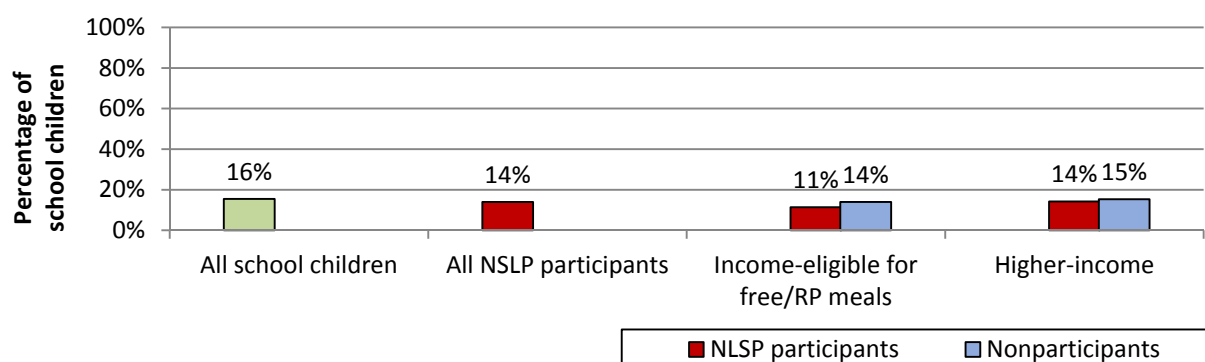
Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Key findings include the following:

- Virtually all school children had usual intakes of protein (99%) and carbohydrate (98%) that were consistent with the AMDRs. Almost three-quarters (74%) of school children had usual intake 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 protein and total fat were comparable for NSLP participants and nonparticipants.⁷
- Only 16 percent of school children had usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation (Exhibit 5). There were no differences between NSLP participants and nonparticipants in the proportions of school children with usual intakes of saturated fat that were consistent with recommendations.
- When data are examined for each age group, usual intakes of macronutrients were comparable for NSLP participants and nonparticipants in both income groups.

Exhibit 5. Percentage of School Children Meeting the *Dietary Guidelines* Recommendation for Saturated Fat



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

⁷ Usual intakes of carbohydrate (as a percentage of calorie intakes) could not be estimated for income-eligible nonparticipant girls 5–8 years old due to small sample sizes. Therefore, differences between income-eligible NSLP participants and nonparticipants could not be determined.

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 depends on their 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.

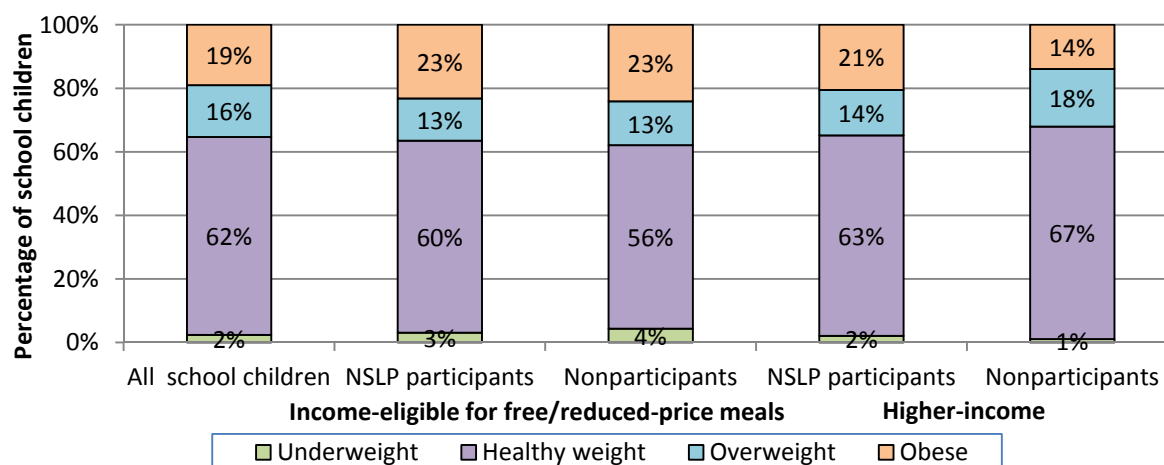
We examined usual intakes of calories among all school children and examined differences between NSLP participants and nonparticipants.

- For each of the age groups examined, usual calorie intakes were comparable for NSLP participants and nonparticipants in both income groups.
- Differences in usual calorie intakes between NSLP participants and nonparticipants were observed only among 14–18 year-old girls. In this subgroup, NSLP participants had a lower usual calorie intake than nonparticipants (1,548 calories versus 1,894 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, within a healthy range, overweight, or obese. 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.

The percentages of NSLP participants and nonparticipants in each weight category are shown in Exhibit 6.

Exhibit 6. Distributions of Weight Status among NSLP Participants and Nonparticipants



Source: NHANES 2005–2010 Body Measures data; Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant or breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is \geq 5th and < the 85th percentiles; overweight if BMI-for-age is \geq the 85th and < the 95th percentiles; and obese if BMI-for-age is \geq the 95th percentile. Significant differences in percentages are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

- Overall, 62 percent of school children had a BMI in the healthy range, 16 percent were overweight, and 19 percent were obese. There were no differences between NSLP participants and nonparticipants in the prevalence of overweight or obesity. This was also observed for each of the age groups.
- When the data are examined by gender, several differences emerge. Among higher-income boys, NSLP participants were more likely than nonparticipants to have a healthy weight (66% versus 60%). In contrast, among income-eligible girls, NSLP participants were less likely than nonparticipants to have a healthy weight (58% versus 60%).

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. For school children, empty calories come from two main sources: solid fats and added sugars. 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. The *Dietary Guidelines* specify maximum daily limits for empty calories for individuals 2 years and older, based on estimated calorie needs for three different physical activity levels. For school children, maximum daily limits for empty calories range from 121 to 266 calories (or 8 to 12 percent of total calories), depending on age and gender, and assuming a sedentary level of physical activity. To assess the consumption of empty calories among NSLP participants and nonparticipants, we estimated the percentage contribution of empty calories to total calorie intakes.

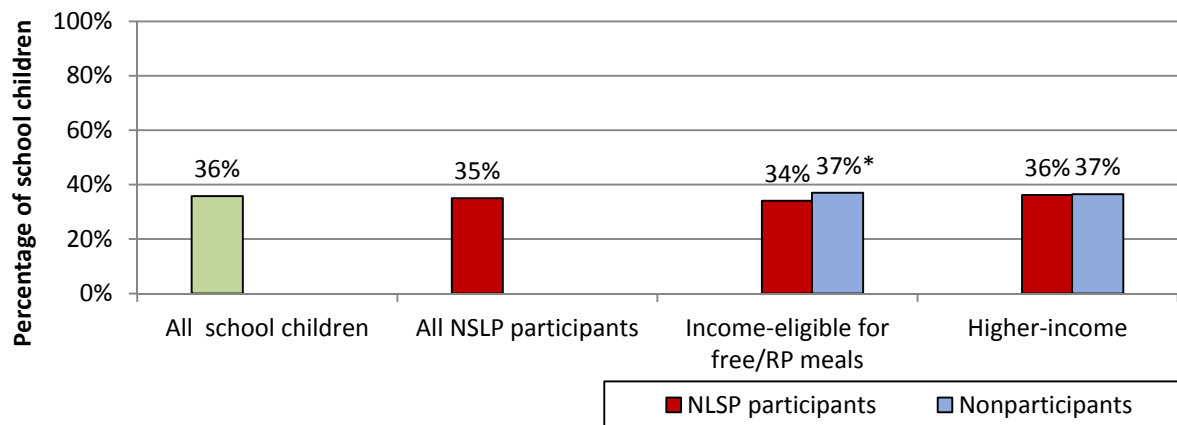
Results show that the consumption of empty calories for school children in all age groups and all income/participation groups greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines*. Overall, empty calories contributed 36 percent of children's total calories (Exhibit 7), compared to maximum limits of 8 to 12 percent of total calories. Among income-eligible children, NSLP participants obtained a smaller share of their total calorie intake from empty calories than nonparticipants (34% versus 37%). No differences were observed among higher-income children.

Key findings for each age group are summarized below:

- For each of the age groups examined, the proportions of total calories contributed by empty calories were comparable for NSLP participants and nonparticipants in both income groups.

- On average, children 5–8 years old obtained approximately 35 percent of their total calorie intake from empty calories, exceeding the maximum limit of 9 to 10 percent specified for this age group.
- Among children 9–13 years old, intakes of empty calories ranged from 34 to 36 percent of total calories, far exceeding the maximum limits of 8 to 9 percent.
- Children 14–18 years old obtained the highest percentage of their total calorie intake from empty calories (37%), compared to children in other age groups (35% for children 5–8 and 9–13 years old).

Exhibit 7. Average Percentage of Total Calories Contributed by Empty Calories



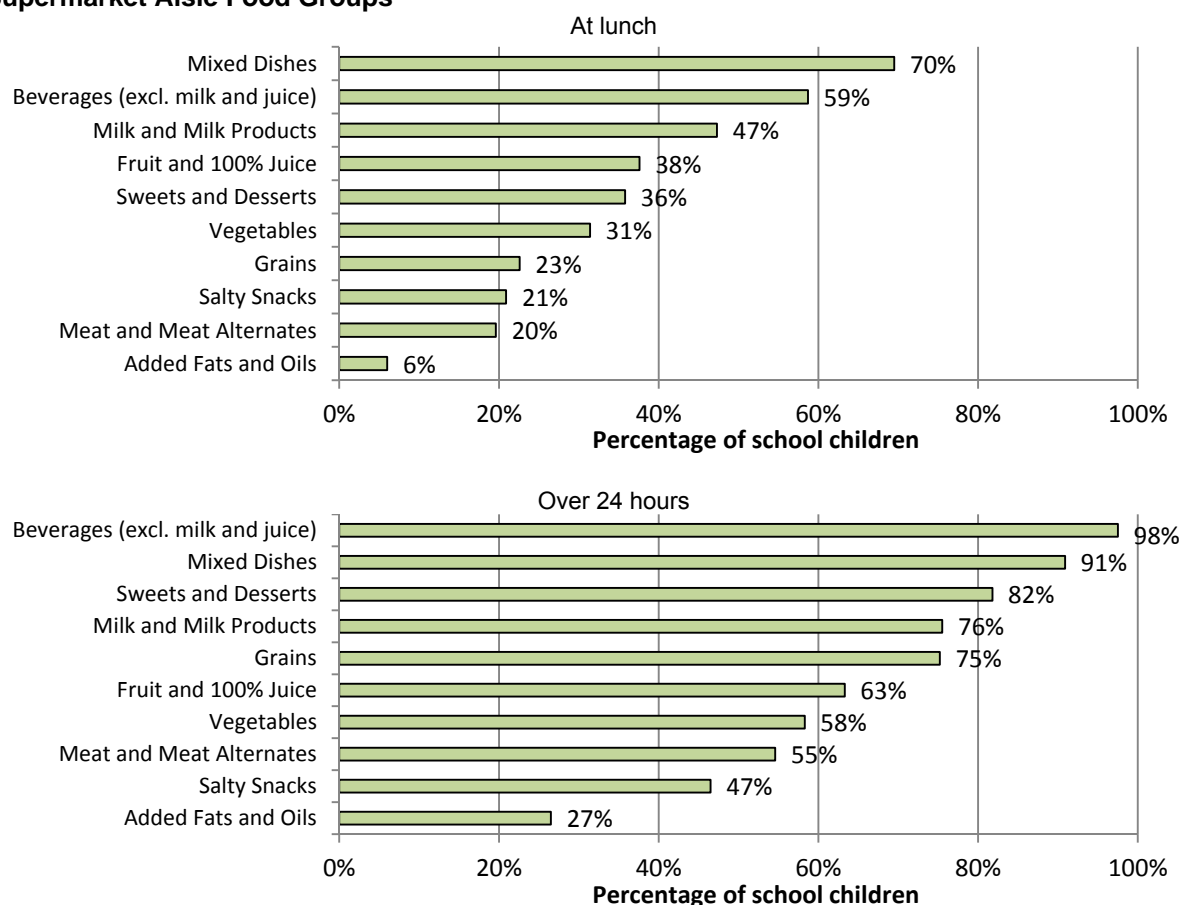
Sources: NHANES 2005–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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 comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Food Consumption Patterns

We examined the food consumption patterns of all school children and examined differences between NSLP participants and nonparticipants using two measures: (1) the proportion of children consuming foods from specific food groups and subgroups, and (2) the average amounts consumed from these food groups and subgroups. The food groups and subgroups used in the analysis were defined using the “supermarket aisle” approach (Cole & Fox, 2008). This approach categorizes foods into one of ten major food groups (shown in Exhibit 8) and then into subgroups within the major groups. All of the supermarket aisle food groups and subgroups reflect foods consumed as *discrete* items.

Exhibit 8. Percentage of School Children Consuming Any Discrete Foods from 10 Major Supermarket Aisle Food Groups



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old years who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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 patty, 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 NSLP participants and nonparticipants.

We examined food choices at lunch, as well as over 24 hours (Exhibit 8).⁸ In this summary, we focus only on the proportion of children consuming food groups and subgroups. It is important to note that all lunch foods consumed by NSLP participants were not necessarily provided by

⁸ The NHANES data may not capture the true nutritional profile of foods offered in the NSLP. Foods offered in reimbursable school meals are often specially formulated for school foodservice and may differ in nutrient content from the same type of food in the USDA database.

the program. Children may have consumed foods from non-reimbursable sources such as vending machines or a la carte sales or brought some items from home.

Key findings include the following:

- At lunch, NSLP participants in both income groups were more likely than nonparticipants to consume discrete vegetables (41% versus 22% for income-eligible children; 44% versus 22% for higher-income children) and fluid milk (98% versus 54% for income-eligible children; 99% versus 63% for higher-income children).
- The differences between NSLP participants and nonparticipants in the proportions consuming discrete vegetables and fluid milk persisted over 24 hours, although the magnitudes of the differences diminished (for vegetables, 65% versus 50% for income-eligible children and 66% versus 53% among higher-income children; for milk, 98% versus 87% for income-eligible children and 85% versus 88% among higher-income children).
- In both income groups, NSLP participants were more likely than nonparticipants to consume flavored milk at lunch, and the magnitude of the differences was quite large (68% versus 21% for income-eligible children; 69% versus 22% for higher-income children). This pattern persisted over 24 hours (63% versus 8% for income-eligible children; 58% versus 13% for higher-income children).
- At lunch, NSLP participants in both income groups were less likely than nonparticipants to consume salty snacks (23% versus 43% for income-eligible children; 29% versus 48% for higher-income children) and sweets and desserts (11% versus 30% for income-eligible children; 13% versus 30% for higher-income children). Over 24 hours, the only difference that persisted between NSLP participants and nonparticipants was for salty snacks among higher-income children (42% versus 50%).
- Among income-eligible children, NSLP participants were more likely than nonparticipants to consume fruit or 100% fruit juice at lunch (44% versus 25%). In addition, income-eligible NSLP participants were less likely than their nonparticipant counterparts to consume soda (16% versus 37%). Over 24 hours, both of these differences persisted (for fruit and 100% fruit juice, 70% versus 52%; for soda, 43% versus 56%).

Healthy Eating Index-2005

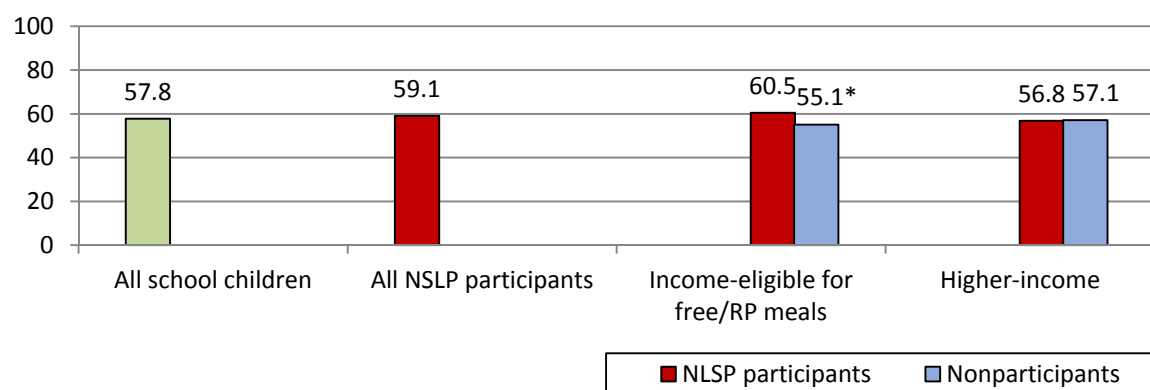
We examined the overall quality of the diets consumed by school children using the Healthy Eating Index-2005 (HEI-2005). The HEI is a measure of diet quality that assesses conformance to key recommendations of the *Dietary Guidelines* (USDA & DHHS, 2010). The HEI-2005 is a scoring metric that is made 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 12 HEI-2005 components are adequacy components. They assess intakes of specific food groups, relative to amounts recommended to ensure adequate nutrient intakes. Adequacy 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 of the HEI-2005, referred to as moderation components, assess intakes of Saturated Fat, Sodium, and Empty Calories—dietary constituents that are commonly consumed in excess.

Results show that the diets consumed by school children in all income/participation groups fell considerably short of the 2005 *Dietary Guidelines* recommendations (Appendix C, Table C-10).

- Overall, school children scored 58 out of a possible 100 points on the HEI-2005.
- Among income-eligible children, NSLP participants had a higher HEI-2005 total score than their nonparticipant counterparts (60.5 versus 55.1) (Exhibit 9).
- There were no differences in total HEI-2005 scores between higher-income NSLP participants and nonparticipants.

Exhibit 9. Healthy Eating Index-2005 Total Scores



Sources: NHANES 2005–2010 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. Excludes women 12–18 years old years who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Children in all income/participation groups achieved the maximum score (of 5.0) for Total Grains, but scores for all of the other components were below the maximum possible score. Besides Total Grains, scores were highest for Meat and Beans (ranging from 8.5 to 8.9 out of 10) and Milk (ranging from 6.8 to 9.5 out of 10).

The HEI-2005 component scores point to key concerns in the diets of all school children and all income/participation groups:

- Scores were lowest for Dark Green and Orange Vegetables and Legumes (ranging from 0.5 to 0.8 out of 5) and Whole Grains (0.6 to 0.9 out of 5), reaching only 10 to 20 percent of their maximum scores.
- Scores for Total Vegetables, Sodium, and Empty Calories, while relatively higher than scores for Whole Grains and Dark Green and Orange Vegetables and Legumes, were at or below 50 percent of the maximum scores.
- These scores indicate that there is a substantial need for improving the quality of the diets consumed by all school children.

Several notable differences between NSLP participants and nonparticipants included:

- Among income-eligible children, NSLP participants had a higher score than nonparticipants for Total Vegetables (2.5 versus 2.2) and Milk (9.1 versus 6.8). The difference for Milk was also observed among income-eligible children in each age group (5–8, 9–13, and 14–18 years old).
- Income-eligible NSLP participants also had a higher score than their nonparticipant counterparts for Empty Calories, indicating a lower consumption of this component (10.3 versus 8.0). This difference was also observed among children 14–18 years old.
- Among higher-income children, NSLP participants had a lower score than nonparticipants for Total Fruit (2.7 versus 3.4) and Whole Fruit (3.2 versus 4.1). These differences were also observed among children 14–18 years old.
- On the other hand, higher-income NSLP participants had a higher score than their nonparticipant counterparts for Milk (9.5 versus 7.6). This difference was also observed among children 9–13 and 14–18 years old.

Conclusions and Implications

This report describes the quality of the diets consumed by school children and examines differences in diet quality between NSLP participants and nonparticipants in two income groups. Main findings are summarized below.

Diet Adequacy and Excess

- Among higher-income children, NSLP participants had usual intakes of nutrients that were generally comparable to those of nonparticipants. In contrast, there were a number of differences in the prevalence of adequate usual intakes among income-eligible children. For several nutrients, the prevalence of adequate usual intakes was higher for income-eligible NSLP participants than for nonparticipants, and for other nutrients the prevalence was lower.
- For all nutrients except for vitamin D, the prevalence of adequate usual intakes decreased with age and was notably lower for children 14–18 years old than for younger children 5–8 years old. For children 14–18 years old, NSLP participants were less likely than

nonparticipants to have adequate usual intakes for several nutrients, but most of the differences were largely attributable to differences among girls.

- The majority of all school children (95%) had usual sodium intakes that exceeded the UL. NSLP participants in both income groups were more likely than nonparticipants to have mean usual sodium intakes that exceeded the UL. In addition, less than 1 in 5 school children (16 percent) had usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation.

Diet Quality

- Total HEI-2005 scores, which provide an overall measure of diet quality, were low for all school children (57.8 out of a possible 100 points). These scores indicate that there is a substantial need for improving the quality of the diets consumed by all school children. Among income-eligible children, NSLP participants had a higher HEI-2005 total score than their nonparticipant counterparts.
- School children's intakes of vegetables, including dark green and orange vegetables and legumes, and whole grains were low relative to recommendations. At the same time, children's intakes of sodium and empty calories were higher than recommended intake levels. The consumption of empty calories for school children in all age groups and all income/participation groups greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines* (36% versus maximum limits of 8 to 12%).

Food Consumption Patterns

- At lunch, children who participated in the NSLP made the following healthier food choices than children who did not receive a reimbursable school lunch:
 - NSLP participants were more likely than nonparticipants to consume discrete vegetables and fluid milk at lunch.
 - In addition, NSLP participants were less likely than nonparticipants to consume sweets and desserts and salty snacks at lunch.
 - Among income-eligible children, NSLP participants were more likely than nonparticipants to consume fruit or 100% fruit juice at lunch and less likely to consume soda.
- The NSLP is an important source of discrete vegetables and fluid milk in participating children's diets. In addition, the NSLP is an important source of fruit and 100% fruit juice for children who receive free or reduced-price lunches.
- Over 24 hours, most of these differences in food choices between NSLP participants and nonparticipants persisted, but the magnitudes of the differences diminished.

Overweight and Obesity

- Overall, 62 percent of school children had a BMI in the healthy range, 16 percent were overweight, and 19 percent were obese. The prevalence of overweight and obesity was comparable between NSLP participants and nonparticipants in both income groups.

Implications

This report identifies a number of important issues related to the diets of school children for policymakers, school foodservice providers, and nutrition educators.

- In general, school children had high levels of nutrient adequacy. However, usual intakes of calcium and vitamin D, which have been identified as nutrients of public health concern, were inadequate among school children. Older children, especially teenage girls, were at the greatest risk for inadequate nutrient intakes. These children are a prime target for nutrition education efforts that promote the consumption of a balanced diet.
- For all school children, the issues of greatest concern are related to excessive consumption of empty calories, saturated fat, and sodium, and inadequate intakes of specific types of nutrient-dense foods, including whole grains and dark green and orange vegetables and legumes. Decreased intakes of foods that contribute empty calories would improve the overall quality of school children's diet. This is also essential for reducing the prevalence of overweight and obesity in this population.
- Children who participated in the NSLP generally made more healthful food choices at lunch than those that did not participate. This was especially true for children who were income-eligible to receive free or reduced-price meals. Thus, the NSLP is an important source of nutrition for children overall and particularly for children from lower-income families.

Chapter 1. Introduction

The goal of the NSLP is to ensure that children do not go hungry and have access to nutritious meals that support normal growth and development. The Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) recognizes that strategies for improving the nutrition of NSLP participants should be based on valid and reliable information about the current dietary practices of NSLP participants. This study was commissioned in 2012 to provide such information. The study analyzes National Health and Nutrition Examination Survey (NHANES) data from 2005 to 2010 to examine differences in diet quality between NSLP participants and nonparticipants, updating a previous study that analyzed 1999-2004 NHANES data. This information can be used to target efforts to improve the quality of participants' diets and as a benchmark for monitoring participants' diets over time. 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. Information is presented for NSLP participants and nonparticipants in two income groups.

This research was not designed to assess the impact of NSLP or in any way attribute differences observed between NSLP 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). In this report, we present only results of descriptive data analyses and comparisons between NSLP participants and nonparticipants.

We provide data on the adequacy of usual nutrient intakes of NSLP participants and nonparticipants measured relative to accepted nutrition standards. Overall diet quality is measured in terms of the Healthy Eating Index-2005 (HEI-2005) and Healthy Eating Index-2010 (HEI-2010), based on 24-hour recalls. 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 children consuming foods from specific food groups and subgroups, and (2) average amounts of foods consumed from specific 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.

This introductory chapter provides an overview of NSLP, as well as a brief description of the data and methods used in this study. We discuss our findings 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 Healthy Eating Index-2005 (Chapter 6). We also discuss key findings and conclusions in Chapter 7. 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 also discuss and present data on the Healthy Eating Index-2010 in Appendix D.

The National School Lunch Program

The NSLP provides nutritionally balanced lunches to children during the school year. On an average day in Federal fiscal year (FY) 2013, the program provided lunches to 30.7 million children per day. Over the course of the year, nearly 5.1 billion lunches were served through the

NSLP. Of these, 70 percent were provided to children from low-income families (62% were free and 8% were reduced-price). Schools participating in the NSLP may also provide snacks to children participating in eligible afterschool programs.

Almost all public schools and 94 percent of all schools (public and private combined) participate in the NSLP (USDA, FNS, 2012). School districts that participate in this program receive subsidies for each meal they serve. In order to receive benefits, meals must meet Federal requirements, and the school must provide free or reduced-price lunches to eligible low-income children.

NSLP Eligibility and Benefits

Any child at a participating school is able to obtain a lunch through the NSLP. Low-income children are eligible to receive lunches free or at a reduced-price. Children from families whose annual income is at or below 130 percent of the DHHS poverty guidelines are eligible to receive free lunches; those with family incomes between 130 percent and 185 percent of the poverty guidelines are eligible to receive lunches at a reduced-price. Children qualifying for reduced-price lunches must be charged no more than 40 cents per meal. Children are automatically eligible for free meals if their family receives benefits from the Supplemental Nutrition Assistance Program (SNAP), the Food Distribution Program on Indian Reservations (FDPIR), or Temporary Assistance for Needy Families (TANF). Additionally, automatic eligibility for free meals is extended to certain homeless, runaway, migrant, or foster children and children enrolled in a Head Start program.

Beginning with the 2011-2012 school year, schools with high percentages of low-income students can use the community eligibility option.⁹ Through this option, if a school had 40 percent or more students who directly qualify for free meals, the school can provide free lunches to all students without collecting school meal applications.

Most support of the NSLP comes in the form of cash reimbursement to schools for each meal served. Schools receive \$2.98 per free lunch, \$2.58 per reduced-price lunch, and \$0.28 per full-price lunch. When a school serves over 60 percent free and reduced-price lunches, they receive an additional 2 cents per meal served. Under new laws that provide updated meal requirements, schools receive an additional 6 cents per lunch if the meals are compliant with new nutrition standards.

Participation in the NSLP varies by age and income. Participation is highest for students in elementary schools (70 percent) and lowest for students in high schools (45 percent) (Fox et al. 2012). Students certified to receive free or reduced-price meals participate at higher rates than students who are not certified for meal benefits (Fox et al. 2012).

NSLP Nutrition Standards

To be eligible for Federal reimbursement, meals served through the NSLP must meet defined nutrition standards. The nutrition standards in place during the NHANES 2005-2010 data collection were implemented in 1995 as part of the School Meals Initiative (SMI). The SMI

⁹ This option was phased in over three years; available nationwide in school year 2014-2015.

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 also increasing fiber.

Over the past two decades, program administrators at the Federal, State, and local levels have worked with school foodservice professionals to enhance the nutritional quality of school meals. In January 2012, the USDA established new nutrition standards for school meals that are designed to better align with the dietary practices recommended in the *Dietary Guidelines for Americans* (USDA & DHHS, 2010). Implementation of the new nutrition standards for lunch began in school year 2012-2013. The new standards require NSLP lunches to include more fruits, vegetables, and whole grains; include only nonfat and lowfat varieties of milk; reduce sodium over time; and control levels of calories and saturated fat.

National Health and Nutrition Examination Survey

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 United States. The survey includes interviews, physical examinations, and laboratory tests. Beginning in 1999, 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 six years of survey data from NHANES 2005–2010. 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 (Day-1 Dietary Recall). The dietary recall is collected using USDA's Multiple-Pass Method (AMPM). 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, 3–10 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 caregiver who is generally the person most knowledgeable about the child's dietary intake. For children 6–11 years, the interviews are conducted with the child and a caregiver.

The dietary interview component of NHANES is referred to as What We Eat in America (WWEIA), and is designed in partnership between 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 also nutrient values for calculating daily nutrient intakes. FNDDS nutrient values are updated for every 2-year WWEIA, NHANES release cycle. 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) (Center for Disease Control and Prevention [CDC], 2013).

NHANES Interview and Examination Data

This study also uses data collected through the NHANES household interview, survey questionnaires, and physical examination. These NHANES components gather information on person characteristics (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 the NHANES 2005–2010 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; and gram equivalents of solid fats and oils; and the number of alcoholic drinks. We linked each unique food reported in the NHANES 2005–2010 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 Samples for Tabulation

The analysis sample includes children who:

- were 5–18 years old
- attended kindergarten through grade 12 during the school year
- had a complete Day-1 Dietary Recall
- reported their dietary intake for a weekday (Monday through Friday)
- attended a school that serves school lunches

Children whose dietary recall reflected intake on a weekend day were excluded from the analysis. Additionally, children were excluded if they consumed all of their lunch foods at home. This was

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.

done to minimize the likelihood that no children were included in the analysis if their dietary recall was on a school holiday, break, or other day on which the child did not attend school. Women 12–18 years old who were pregnant or breastfeeding were excluded only from the NHANES 2005–2006 data. The pregnancy and breastfeeding status of women 12–18 years old in the NHANES 2007–2010 data could not be identified, and these women were included in the sample as if they were not pregnant or breastfeeding.

NSLP participants were identified as children who were likely to have received a reimbursable school lunch on their intake day. Children could not be identified with certainty as NSLP participants or nonparticipants. The NHANES survey includes questions about whether the school serves school lunch and how many times per week the respondent usually gets a complete school lunch, but does not ask if the respondent got a complete school lunch on the intake day. As a result, we imputed NSLP participation based on information about the types of foods reported by children as lunch foods. The following criteria were used to identify NSLP participants; a child had to meet only one criterion:

- Consumed 3 or more reimbursable meal components from the school cafeteria at lunch on the intake day, or
- Consumed 2 reimbursable meal components from the school cafeteria at lunch on the intake day, and reported that they “usually eat a complete school lunch” 5 days per week, or
- Consumed 2 reimbursable meal components from the school cafeteria at lunch on the intake day and consumed no food from outside the school cafeteria at lunch.

Nonparticipants were identified as children who did not meet any of the above criteria for being an NSLP participant. NSLP participants and nonparticipants were then subdivided into two groups—income-eligible or higher-income—using household size and annual family income relative to the DHHS poverty guidelines. Income-eligible children were defined as children from families with annual income less than or equal to 185 percent of the DHHS poverty guidelines, whereas higher-income children were defined as children from families with annual income greater than 185 percent of the DHHS poverty guidelines, with no income cap. Additional information about methods used to identify NSLP participants and nonparticipants is provided in Appendix A.

All analyses in this report are based on data from 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.

Tabulations are provided for all school-age children, all NSLP participants, income-eligible NSLP participants and nonparticipants, and higher-income NSLP participants and nonparticipants. Data are also provided separately for three age groups: children 5–8 years old, 9–13 years old, and 14–18 years old. In addition, most of the tables of results included in the appendices provide separate estimates by gender. Sample sizes and weighted population counts for groups of NSLP participants and nonparticipants are shown in Exhibit 1-1. Exhibit 1-2 presents demographic data for NSLP participants and nonparticipants. Sampling weights for this subsample of the NHANES population are discussed in Appendix A.

Exhibit 1-1. Analytic Sample: Sample Sizes and Weighted Population Counts

			Income-eligible for free/reduced-price meals		Higher-income	
	All school children ^a	All NSLP participants	NSLP participants	Non participants	NSLP participants	Non participants
Sample sizes						
All ages, 5–18 years	2,907	1,555	941	571	515	705
Boys	1,477	847	501	264	293	336
Girls	1,430	708	440	307	222	369
5–8 years	833	548	353	113	163	159
Boys	426	300	192	48	94	74
Girls	407	248	161	65	69	85
9–13 years	1,151	675	416	206	220	244
Boys	560	357	207	80	126	113
Girls	591	318	209	126	94	131
14–18 years	923	332	172	252	132	302
Boys	491	190	102	136	73	149
Girls	432	142	70	116	59	153
Weighted population counts						
All ages, 5–18 years	24,442,625	11,215,053	5,786,727	3,949,365	4,680,449	8,467,263
Boys	12,059,366	6,096,965	2,936,860	1,651,902	2,770,367	4,113,169
Girls	12,383,259	5,118,088	2,849,867	2,297,463	1,910,081	4,354,094
5–8 years	7,289,006	3,985,403	2,216,634	903,931	1,491,711	2,190,959
Boys	3,432,813	2,131,640	1,211,660	307,128	800,219	968,662
Girls	3,856,193	1,853,763	1,004,974	596,803	691,492	1,222,297
9–13 years	9,223,646	4,501,732	2,463,983	1,372,500	1,799,756	3,061,768
Boys	4,586,193	2,455,385	1,143,647	529,277	1,143,379	1,555,982
Girls	4,637,453	2,046,346	1,320,335	843,223	656,377	1,505,786
14–18 years	7,929,973	2,727,919	1,106,110	1,672,933	1,388,982	3,214,536
Boys	4,040,359	1,509,940	581,553	815,497	826,769	1,588,526
Girls	3,889,614	1,217,979	524,557	857,437	562,212	1,626,010

Sources: NHANES 2005–2010 demographic and dietary recall data; Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A). Weighted population counts are based on NHANES Day-1 Dietary sample weights.

^a The 'all school children' population represents the weighted population of school children 5–18 years old included in our NSLP analytic sample. This number does not include children with dietary recalls on the weekend or children who ate lunch at home. A more detailed description of the analytic sample can be found in Appendix A.

Characteristics of NSLP Participants and Nonparticipants

Exhibit 1-2 presents demographic data for income-eligible NSLP participants and nonparticipants and higher-income NSLP participants and nonparticipants. We discuss only statistically significant differences between participants and nonparticipants within each income group in the comparisons below.

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

				Income-eligible for free/reduced-price meals				Higher-income			
All school children		All NSLP participants		NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Race/ethnicity											
All ages, 5–18 years											
Mexican American	15.0 (1.55)	20.8 (2.52)	26.6 (3.52)	19.7 (2.40)	12.0 (2.14)	5.5 *	(1.34)				
Other Hispanic	5.4 (0.89)	6.6 (1.36)	6.0 (1.79)	8.3 (2.24)	7.3 (1.67)	2.6 **	(0.55)				
Non-Hispanic white	56.4 (2.87)	44.4 (4.63)	32.8 (5.68)	45.6 (4.13)	59.6 (4.60)	77.3 ***	(2.74)				
Non-Hispanic black	16.6 (1.77)	22.0 (2.59)	27.7 (3.61)	20.2 (3.28)	15.6 (2.89)	7.8 *	(1.34)				
Other race, multi-racial	6.6 (0.93)	6.2 (1.41)	6.9 u (2.22)	6.1 (1.66)	5.5 (1.51)	6.8	(1.39)				
Ages 5–8 years											
Mexican American	16.3 (2.01)	22.9 (2.79)	27.0 (3.98)	17.5 (3.97)	15.1 (2.97)	5.4 ** u	(2.17)				
Other Hispanic	6.1 (1.03)	7.3 (1.72)	8.0 (2.36)	8.7 u (2.88)	6.7 (1.88)	3.0 u	(1.01)				
Non-Hispanic white	56.6 (3.66)	44.2 (5.13)	34.6 (6.53)	48.8 (6.54)	58.9 (5.36)	80.5 **	(3.97)				
Non-Hispanic black	16.6 (2.49)	22.3 (3.63)	26.7 (4.91)	18.3 (4.83)	17.0 (4.00)	5.6 * u	(1.98)				
Other race, multi-racial	4.4 (0.96)	3.4 (0.97)	3.6 u (1.30)	6.7 u (3.60)	2.3 u (1.15)	5.4 u	(1.95)				
Ages 9–13 years											
Mexican American	16.0 (1.63)	21.3 (2.69)	26.6 (3.86)	23.7 (4.28)	11.3 (2.68)	4.8 *	(1.31)				
Other Hispanic	5.9 (1.28)	5.9 (1.62)	4.9 u (1.85)	13.1 (3.87)	7.7 u (2.41)	2.5 * u	(1.02)				
Non-Hispanic white	52.7 (3.27)	41.3 (5.09)	29.7 (6.18)	39.3 (6.40)	57.2 (6.31)	76.5 **	(3.29)				
Non-Hispanic black	17.1 (2.04)	23.1 (2.99)	30.2 (4.25)	20.2 (4.12)	14.8 (3.42)	7.4	(2.02)				
Other race, multi-racial	8.3 (1.25)	8.4 (1.89)	8.6 (2.48)	3.6 u (1.31)	9.1 u (3.08)	8.9 u	(2.67)				
Ages 14–18 years											
Mexican American	12.6 (1.74)	17.1 (3.28)	25.7 (5.58)	17.5 (3.07)	9.8 (2.45)	6.4	(1.65)				
Other Hispanic	4.4 (0.93)	6.6 (1.66)	4.4 u (1.73)	4.2 u (1.51)	7.5 u (2.53)	2.4 u	(0.80)				
Non-Hispanic white	60.6 (3.08)	49.7 (6.21)	36.2 (8.08)	49.0 (6.59)	63.5 (6.17)	75.9	(3.38)				
Non-Hispanic black	15.9 (1.78)	19.8 (2.92)	24.4 (3.99)	21.3 (3.90)	15.3 (4.00)	9.6	(1.69)				
Other race, multi-racial	6.5 (1.44)	6.9 u (3.01)	9.4 u (6.30)	7.9 u (2.38)	4.0 u (1.90)	5.7	(1.54)				
Sample size, unweighted	2,907	1,555	941	571	515	705					
Sample size, weighted	24,442,625	11,215,053	5,786,727	3,949,365	4,680,449	8,467,263					

Sources: NHANES 2005–2010 demographic and dietary recall data; Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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

Race/ethnicity differed between NSLP participants and nonparticipants only among higher-income children who were not eligible for free or reduced-price meals. Among all school children 5–18 years old, higher-income NSLP participants were more likely than higher-income nonparticipants to be Mexican American, non-Hispanic black, or other Hispanic, and less likely to be non-Hispanic white. The differences in race/ethnicity between higher-income NSLP participants and higher-income nonparticipants are related to other characteristics and life situations that may lead one group to participate in NSLP but not the other.

General Analytic Approach

We describe differences between NSLP 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 income-eligible NSLP participants and income-eligible nonparticipants, and between higher-income NSLP participants and higher-income nonparticipants.

Statistical Tests

We tested the statistical significance of differences between each corresponding group of NSLP participants and nonparticipants using t-tests. Detailed tables provided in Appendices B, C, and D differentiate three levels of statistical significance ($p < .05$, $.01$, and $.001$). Because of the large number of t-tests conducted (comparing corresponding groups of NSLP participants and 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. Although some comparisons may be statistically significant, the practical significance of the results may be limited, and should be interpreted with this limitation in mind.

We generally focus discussions on differences between NSLP participants and nonparticipants, although we may make reference to other between-group differences—different age groups or boys versus girls—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. Any comparisons involving unreliable estimates are not discussed in the report text.

In the following chapters, we summarize key findings and illustrate observed differences between NSLP 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 NSLP participation on diet quality. Thus, significant differences that appear between NSLP participants and nonparticipants cannot be attributed to participation in NSLP. At the same time, the absence of a

significant difference cannot be interpreted as evidence that participation in NSLP has no effect. Accurate assessment of NSLP 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.

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Chapter 2. Usual Nutrient Intakes

To assess the prevalence of adequate and excessive nutrient intakes among all school children and among NSLP 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 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 (Parsons, Munuo, Buckman, Tooze, & Dodd, 2009). 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. When discussing differences between NSLP participants and nonparticipants, we focus only on statistically significant differences.

Usual Nutrient Intakes

Data

- NHANES 2005–2010: one or two 24-hour recalls per child

Sample

- Children 5–18 years old attending school

Measures

- NCI method for estimating:
 - Mean usual intake
 - Percentage of children 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 that have defined EARs: vitamin A, vitamin C, vitamin D, vitamin B₆, vitamin B₁₂, vitamin E, folate, niacin, riboflavin, thiamin, calcium, iron, magnesium, phosphorus, and zinc.

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 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.

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.

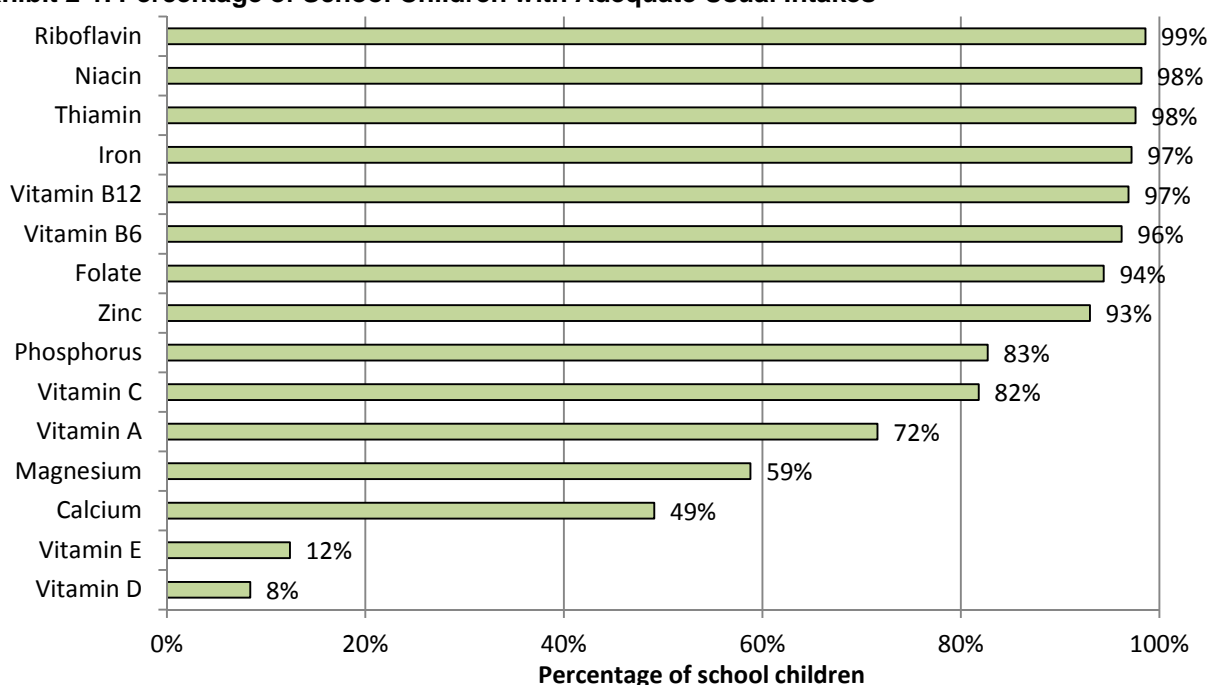
2010 *Dietary Guidelines* Recommendations: The 2010 *Dietary Guidelines* provide quantitative recommendations for intakes of saturated fat (as a percentage of total calories), sodium, and cholesterol. The recommendations apply to individuals 2 years old and over. In this chapter, we focus on usual intakes 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 Estimated Average Requirement (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 that have defined EARs: vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, folate, niacin, riboflavin, thiamin, calcium, iron, magnesium, phosphorus, and zinc (Appendix B, Tables B-1 through B-15).

Almost all school children (93% to 100%) had adequate usual intakes of riboflavin, niacin, thiamin, iron, vitamin B₁₂, vitamin B₆, folate, and zinc (Exhibit 2-1). The prevalence of adequate usual intakes was lower for phosphorus, vitamin C, and vitamin A (72% to 83%), and even lower for magnesium (59%) and calcium (49%). The prevalence of adequate usual intakes was lowest for vitamin E (12%) and vitamin D (8%).

Exhibit 2-1. Percentage of School Children with Adequate Usual Intakes



Source: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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. 'All school children' includes children with missing NSLP participation or income. Results for children 5–18 years are age-adjusted to account for different age distributions of NSLP participants and nonparticipants.

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.¹¹ 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 income-eligible children, NSLP participants were more likely than nonparticipants to have adequate usual intakes of zinc (99% versus 90%), vitamin A (70% versus 53%), and calcium (56% versus 33%) (Exhibit 2-2). At the same time, income-eligible NSLP participants were less likely than their nonparticipant counterparts to have adequate usual intakes of iron (94% versus 98%), thiamin (93% versus 98%), folate (89% versus 96%), and vitamin C (80% versus 93%). The latter findings were largely attributable to differences among teenage girls, as described below. Among higher-income children, there were no differences between NSLP participants and nonparticipants in the prevalence of adequate usual intakes.

Findings by Age Group

Among children 5–8 years old, there were no differences between NSLP participants and nonparticipants in the prevalence of adequate nutrient intakes (Exhibit 2-2).

Among children 9–13 years old, there were differences between NSLP participants and nonparticipants in both income groups. Among income-eligible children in this age group, NSLP participants were more likely than nonparticipants to have adequate usual intakes of phosphorus (88% versus 57%) and vitamin A (87% versus 56%) (Exhibit 2-2). For phosphorus, the findings were largely attributed to differences among girls. Among higher-income children in this age group, NSLP participants were more likely than nonparticipants to have adequate usual intakes of vitamin A (98% versus 75%). This difference was also observed for boys (but not for girls).

For all nutrients except for vitamin D, the prevalence of adequate usual intakes decreased with age and was notably lower for children 14–18 years old than for younger children (5–8 years old) (Exhibit 2-2). Girls 14–18 years old had the lowest prevalence of adequate intakes. Among children 14–18 years old, most of the differences between NSLP participants and nonparticipants were observed among income-eligible children and were largely attributable to differences among girls. Among income-eligible children in this age group, NSLP participants were less likely than nonparticipants to have adequate usual intakes of iron (83% versus 96%), thiamin (80% versus 95%), folate (71% versus 91%), and vitamin C (51% versus 92%) (Exhibit 2-2).

¹¹ In addition, it has been suggested that the EAR for vitamin E may need to be reassessed (Devaney et al. 2007).

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

All ages, 5–18 years old						Children 5–8 years old				
All school children	Income-eligible for free/reduced-price meals		Higher-Income		All school children	Income-eligible for free/reduced-price meals		Higher-Income		
	NSLP participants	Non-participants	NSLP participants	Non-participants		NSLP participants	Non-participants	NSLP participants	Non-participants	
	Vitamins									
Vitamin A	71.6	69.6	53.2 *	80.0	72.3	97.5	99.5	82.1	96.8	99.0
Vitamin C	81.8	79.6	92.8 *	74.2	82.1	99.9	100.0	96.0	98.3	100.0
Vitamin D	8.4	6.4 u	2.7 u	12.7	8.6	7.4	9.1	0.4 ** u	11.9 u	6.5 u
Vitamin B ₆	96.2	93.0	99.2	95.5	96.1	99.9	100.0	99.0	100.0	99.4
Vitamin B ₁₂	96.9	98.5	96.7	98.1	97.0	100.0	100.0	99.2	100.0	99.9
Vitamin E	12.4	9.3 u	6.6 u	13.2 u	16.6	35.7	29.8 u	18.1 u	41.2 u	42.1
Folate	94.4	88.8	96.3 *	91.6	96.2	100.0	100.0	99.4	100.0	100.0
Niacin	98.2	97.4	99.9	97.1	97.1	100.0	100.0	99.7	100.0	99.9
Riboflavin	98.6	98.1	98.3	98.4	99.0	100.0	100.0	100.0	100.0	100.0
Thiamin	97.6	92.7	98.1 *	95.8	99.0	100.0	100.0	99.9	100.0	100.0
	Minerals									
Calcium	49.1	55.9	33.2 **	58.0	48.3	75.2	88.9	57.1	78.3	74.3
Iron	97.2	93.5	98.1 **	94.9	98.0	100.0	100.0	99.9	100.0	100.0
Magnesium	58.8	61.1	50.6	61.3	58.7	99.8	99.9	97.8	99.9	99.7
Phosphorus	82.7	80.5	76.5	86.4	82.3	100.0	100.0	99.8	100.0	100.0
Zinc	93.0	98.5	90.1 *	90.9	93.5	99.6	100.0	97.3	100.0	98.9
Children 9–13 years old						Children 14–18 years old				
All school children	Income-eligible for free/reduced-price meals		Higher-Income		All school children	Income-eligible for free/reduced-price meals		Higher-Income		
	NSLP participants	Non-participants	NSLP participants	Non-participants		NSLP participants	Non-participants	NSLP participants	Non-participants	
	Vitamins									
Vitamin A	79.4	86.7	56.1 **	97.8	74.8 ***	44.7	30.8	28.6 u	50.5	50.1
Vitamin C	82.7	93.2	91.1	70.9	76.4	67.3	51.2	92.1 **	59.4	74.1
Vitamin D	7.3	0.2 u	1.8 u	8.4 u	10.1	10.1	10.3 u	5.1 u	17.2	8.6 u
Vitamin B ₆	99.9	99.4	98.5	99.7	99.9	89.9	81.7	100.0	88.2	90.0
Vitamin B ₁₂	99.9	99.9	100.0	99.8	99.8	91.8	96.0	91.7	95.0	92.3
Vitamin E	4.4 u	0.6 u	0.6 u	3.7 u	11.4 u	2.5 u	2.3 u	3.8 u	1.1 u	2.4 u
Folate	99.3	99.1	99.1	98.7	98.7	85.4	70.6	91.3 *	78.4	91.0
Niacin	100.0	99.8	100.0	100.0	100.0	95.1	93.0	100.0	92.0	92.3
Riboflavin	99.9	100.0	98.5	100.0	99.6	96.3	95.0	97.0	95.7	97.7
Thiamin	100.0	100.0	99.8	99.9	100.0	93.4	80.2	95.1 *	88.8	97.4
	Minerals									
Calcium	37.2	48.9	21.6	54.9	29.9	41.0	37.8	26.5	45.8	46.3
Iron	99.9	99.9	99.1	99.4	100.0	92.4	82.6	95.7 **	86.8	94.6
Magnesium	69.9	79.5	52.6	72.3	69.6	17.4	14.5 u	13.3 u	22.0	17.5
Phosphorus	78.5	88.0	56.9 **	86.9	73.7	73.8	58.6 u	77.7	75.7	77.3
Zinc	97.8	98.1	92.6	97.0	98.6	83.4	97.8	82.4	78.2	84.7

Source: NHANES 200–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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

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 for these nutrients. Instead, assessment for these nutrients focuses on the comparison of mean usual intakes to the Adequate Intake (AI) level. 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 analysis, 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).¹² 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.

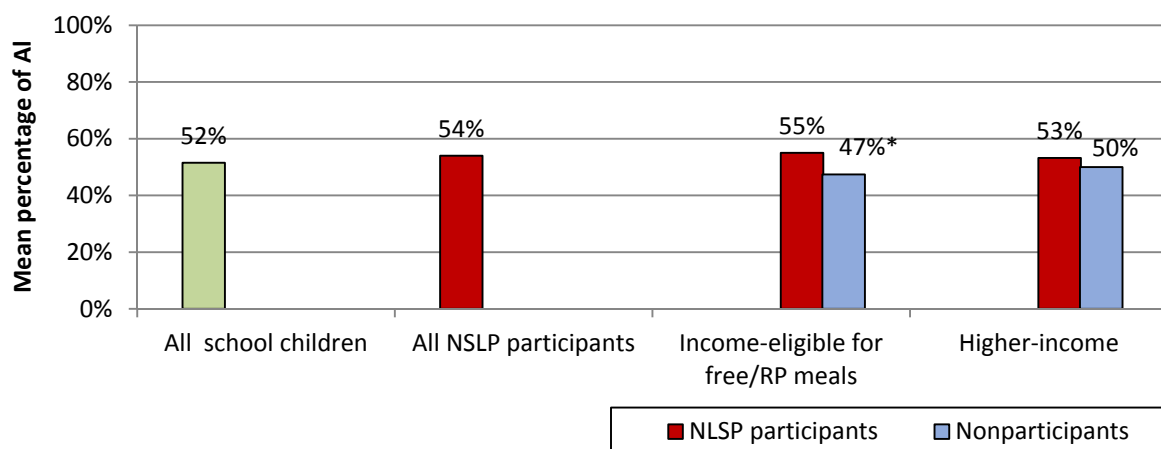
Potassium

For all school children, mean usual intakes of potassium were 52 percent of the AI (Exhibit 2-3). Among income-eligible children, NSLP participants had a higher mean usual intake of potassium than nonparticipants (55% of AI versus 47% of AI). This difference was largely attributable to differences among boys (62% of AI versus 51% of AI) (Appendix B, Table B-18). Given the limitations of the AI standard, these differences do not necessarily imply that income-eligible NSLP participants were more likely than their nonparticipant counterparts to have adequate usual intakes of potassium.

Among children 5–8 years old, income-eligible NSLP participants had a higher mean usual intake of potassium than income-eligible nonparticipants (62% of AI versus 50% of AI) (Appendix B, Table B-18). Among children 9–13 years old, NSLP participants in both income groups had higher mean usual intakes of potassium than nonparticipants (54% of AI versus 44% of AI among income-eligible children; 52% of AI versus 46% of AI among higher-income children). Among children 14–18 years old, there were no differences between NSLP participants and nonparticipants in either income group in mean usual intakes of potassium.

¹² 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.

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



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Fiber

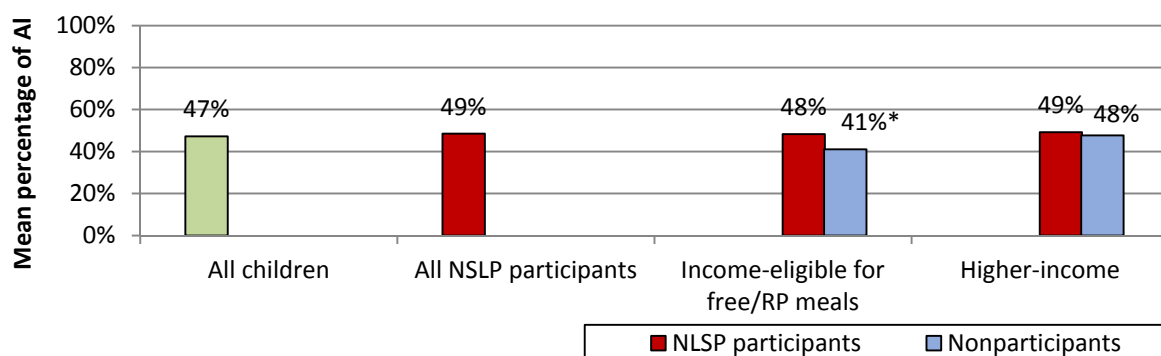
The mean usual intake of fiber was slightly less than 50 percent of AI (47%) for all school children (Exhibit 2-4). On a gram-per-1,000 calorie basis, the mean usual intake of fiber was about 7, which is approximately half of the 14 gram standard used in setting the AI (Appendix B, Table B-20). Among income-eligible children, NSLP participants had a higher mean usual intake of fiber than nonparticipants (48% of AI versus 41% of AI; 7.0 g per 1,000 calories versus 6.1 g per 1,000 calories).

Among children 5–8 years and 9–13 years old, income-eligible NSLP participants had a higher mean usual intake of fiber than income-eligible nonparticipants (54% of AI versus 42% of AI for children 5–8 years old; 51% of AI versus 41% of AI for children 9–13 years old) (Appendix B, Tables B-19). Among children 14–18 years old, mean usual fiber intakes were comparable for NSLP participants and nonparticipants in both income groups.

Sodium

For all school children, mean usual intakes of sodium were more than twice the AI (226% of AI) (Appendix B, Table B-21). In addition, 95 percent of all school children had usual sodium intakes that exceeded the UL (Exhibit 2-5). There were no differences between NSLP participants and nonparticipants in their mean usual intake of sodium or the proportion of school children whose mean usual intake exceeded the UL.

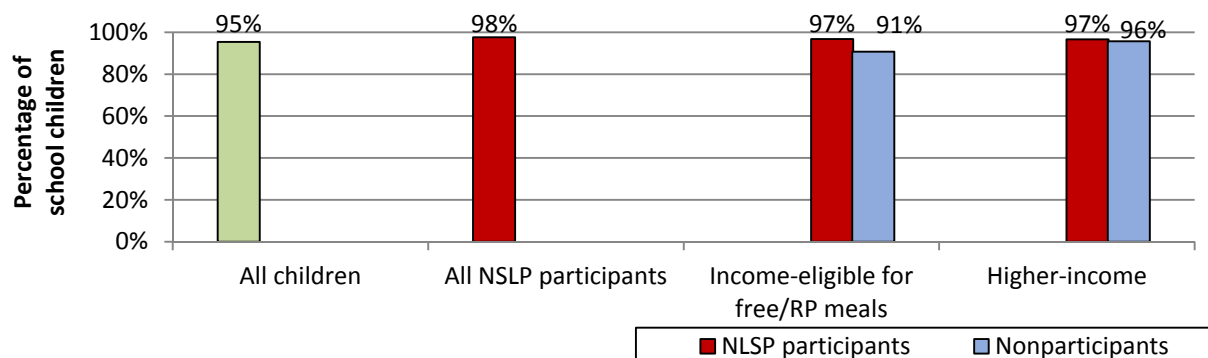
Exhibit 2-4. Mean Usual Intakes of Fiber, as a Percentage of Adequate Intake (AI) Levels



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Among income-eligible children 5–8 years old, NSLP participants had a higher mean usual intake of sodium than nonparticipants (235% of AI versus 210% of AI) (Appendix B, Table B21). NSLP

participants in both income groups were more likely than nonparticipants to have mean usual sodium intakes that exceeded the UL (100% versus 85% among income-eligible children; 98% versus 89% among higher-income children). These findings were largely attributable to differences in girls (99% versus 72% among income-eligible girls; 97% versus 80% among higher-income girls) (Appendix B, Table B21). Among children 9–13 years old and 14–18 years old, there were no differences between NSLP participants and nonparticipants in mean usual intake of sodium or the proportion of children with mean usual intake that exceeded the UL.

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).

Almost all school children had usual intakes of protein (99%) and carbohydrate (98%) that were consistent with the AMDRs (Exhibit 2-6). Usual intake of protein was comparable for NSLP participants and nonparticipants.¹³ Almost three-quarters (74%) 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 intake of total fat was comparable for NSLP participants and nonparticipants.

Only 16 percent of school children had usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation (Exhibit 2-7). There were no differences between NSLP participants and nonparticipants in the proportions of school children with usual intakes of saturated fat that were consistent with recommendations.

¹³ Usual intakes of carbohydrate (as a percentage of calorie intakes) could not be estimated for income-eligible nonparticipant girls 5–8 years old due to small sample sizes and large variance. Therefore, differences between income-eligible NSLP participants and nonparticipants could not be determined.

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

All ages, 5–18 years old						5–8 years old				
All school children	Income-eligible for free/reduced-priced meals		Higher-Income		All school children	Income-eligible for free/reduced-priced meals		Higher-Income		
	NSLP participants	Non-participants	NSLP participants	Non-participants		NSLP participants	Non-participants	NSLP participants	Non-participants	
Percentage of children										
Total fat										
Less than the AMDR	0.6 u	0.9 u	1.4 u	0.7 u	0.8 u	0.2 u	0.6 u	0.5 u	0.0 u	0.0 u
Within the AMDR	73.6	65.6	74.2	66.4	80.3	82.7	78.3	72.9	84.7	88.1
Above the AMDR	25.8	33.5	24.4 u	32.9	18.9 u	17.1 u	21.1 u	26.7 u	15.3 u	11.9 u
Protein										
Less than the AMDR	0.7 u	0.2 u	2.6 u	0.2 u	1.8 u	1.6 u	0.6 u	3.9 u	0.7 u	4.3 u
Within the AMDR	99.4	99.8	97.5	99.8	98.2	98.4	99.4	96.2	99.3	95.7
Above the AMDR.	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate										
Less than the AMDR	1.4 u	5.4 u	-	3.2 u	1.6 u	0.1 u	0.8 u	-	0.3 u	0.2 u
Within the AMDR	98.2	94.5	-	96.2	97.0	99.7	98.7	-	99.4	99.5
Above the AMDR	0.4 u	0.2 u	-	0.6 u	1.4 u	0.2 u	0.5 u	-	0.4 u	0.2 u
Saturated fat consistent w/ DG ^a	15.5	11.4	14.0	14.2	15.3	8.1 u	10.1 u	0.1 u	5.2 u	10.9 u
9–13 years old						14–18 years old				
All school children	Income-eligible for free/reduced-priced meals		Higher-Income		All school children	Income-eligible for free/reduced-priced meals		Higher-Income		
	NSLP participants	Non-participants	NSLP participants	Non-participants		NSLP participants	Non-participants	NSLP participants	Non-participants	
Percentage of children										
Total fat										
Less than the AMDR	0.8 u	1.1 u	0.3 u	1.2 u	2.0 u	0.7 u	1.0 u	3.2 u	0.1 u	0.3 u
Within the AMDR	70.7	70.7	88.5	67.4	70.8	69.6	51.3 u	61.5	51.8 u	83.6
Above the AMDR	28.4	28.2	11.2 u	31.4	27.3 u	29.7	47.8 u	35.2 u	47.4 u	16.2 u
Protein										
Less than the AMDR	0.5 u	0.0 u	4.1 u	0.0 u	1.4 u	0.1 u	0.0 u	0.1 u	0.1 u	0.3 u
Within the AMDR	99.6	100.0	95.9	100.0	98.6	99.9	100.0	99.9	99.9	99.7
Above the AMDR.	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate										
Less than the AMDR	2.2 u	0.9 u	0.1 u	5.6 u	3.7 u	1.7 u	13.1 u	2.1 u	3.2 u	0.6 u
Within the AMDR	97.2	99.1	99.7	93.3	93.0	98.1	86.9	97.4	96.7	99.0
Above the AMDR	0.7 u	0.1 u	0.2 u	1.1 u	3.4 u	0.3 u	0.0 u	0.5 u	0.2 u	0.4 u
Saturated fat consistent w/ DG ^a	17.2	9.1 u	12.1 u	20.9 u	19.7 u	19.5	14.6 u	26.3	14.5 u	14.5 u

Source: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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.

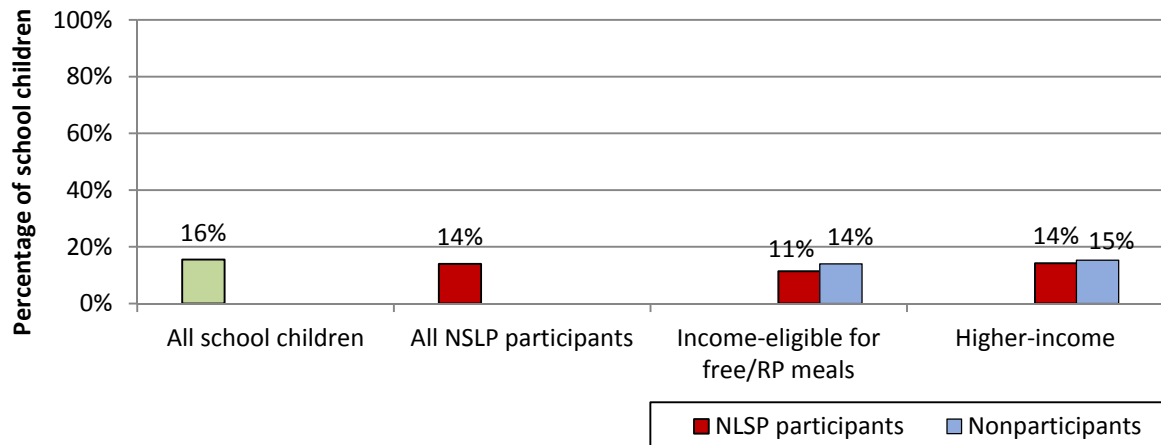
Notes: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

^a The 2010 *Dietary Guidelines* recommendation is less than 10 percent of calories from saturated fat.

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

- Usual intakes of carbohydrate (as a percentage of calorie intakes) could not be estimated for income-eligible nonparticipant girls 5–8 years old due to small sample sizes and large variance. Therefore, differences between income-eligible NSLP participants and nonparticipants overall or for children 5–8 years old could not be determined.

Exhibit 2-7. Percentage of School Children Meeting the *Dietary Guidelines* Recommendation for Saturated Fat



Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant and breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Findings by Age Group

Among children 5–8 years old, usual intakes of protein, total fat, and saturated fat were comparable for NSLP participants and nonparticipants in both income groups.¹⁴ When the data are examined by gender, only one difference emerges for boys in this age group. Income-eligible NSLP participants in this subgroup were more likely than nonparticipants to have usual fat intakes that were consistent with the AMDR (74% versus 48%) (Appendix B, Table B-24). Among children 9–13 years old and 14–18 years old, usual intakes of protein, carbohydrate, total fat, and saturated fat were comparable for NSLP participants and nonparticipants in both income groups.

¹⁴ Usual intakes of carbohydrate (as a percentage of calorie intakes) could not be estimated for income-eligible nonparticipant girls 5–8 years old due to small sample sizes. Therefore, differences between income-eligible NSLP participants and nonparticipants in this age group could not be determined.

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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 depends on their 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.

Usual Intakes of Calories

Data

- NHANES 2005–2010: One or two 24-hour recalls per child

Sample

- School children 5–18 years old in school at time of NHANES interview and dietary recall

Measures

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

Body Mass Index

Data

- NHANES 2005–2010
 - Body Measures file

Sample

- Children 5–18 years old attending school

Measure

Proportion of children in each weight category based on BMI-for-age percentile

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 NHANES. In addition, dietary intake is often underreported in surveys, especially by individuals who are overweight or obese (Moshfegh et al., 2008), which makes it difficult to assess accurately the appropriateness of usual calorie intakes.¹⁵ Thus, BMI is recommended for assessing the

¹⁵ The 24-hour dietary recall in NHANES is administered using USDA's Automated Multiple-Pass Method (AMPM). This method is designed to minimize underreporting by giving respondents cues multiple times throughout the dietary recall to help them remember and describe the foods they consume.

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).

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

Age/gender group	Estimated daily calories needs ^{b,c}		
	Sedentary	Moderately active	Active
Girls^d			
5–8 years	1,200–1,400	1,400–1,600	1,600–1,800
9–13 years	1,400–1,600	1,600–2,000	1,800–2,200
14–18 years	1,800	2,000	2,400
Boys			
5–8 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

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 Estimated Energy Requirements (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 girls do not include girls who are pregnant or breastfeeding.

In this chapter, we present key findings on usual calorie intakes and BMI separately for all school children 5–18 years old and each age group. All analyses are limited to school children, and we focus on only statistically significant differences between participants and nonparticipants.

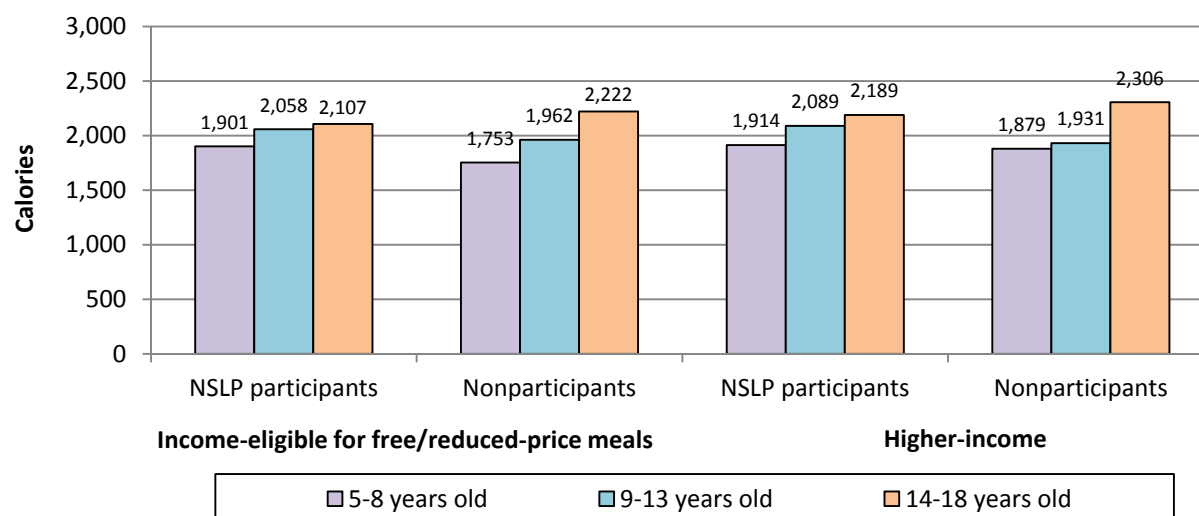
Usual Intakes of Calories

Usual calorie intakes for each age group are shown in Exhibit 3-2. We used the method developed by the NCI to estimate usual intakes of calories (Parsons, Munuo, Buckman, Tooze, & Dodd, 2009). A detailed description of the NCI method is provided in Appendix A.

For each of the age groups examined, usual calorie intakes were comparable for NSLP participants and nonparticipants in both income groups (Exhibit 3-2). The only difference in the usual calorie intakes of NSLP participants and nonparticipants was observed among income-eligible girls 14–18

years old. In this subgroup, NSLP participants had a lower usual calorie intake than nonparticipants (1,548 calories versus 1,894 calories) (Appendix C, Table C-1).

Exhibit 3-2. Usual Intakes of Calories among NSLP Participants and Nonparticipants, by Age Group



Source: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data. Data reflect nutrient intake from foods and beverages, and do not include contributions of vitamin and mineral supplements. Usual intake was estimated using the NCI method.

Notes: Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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, within a healthy range, 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 & DHHS, 2010). BMI can also be used to assess the appropriateness of usual calorie intakes (IOM, 2005a). 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.

The Centers for Disease Control and Prevention (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 times, 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 (Exhibit 3-3).

To estimate the prevalence of overweight and obesity among school children, we assigned each child to a category based on their BMI-for-age percentile.

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

Weight category	Criteria for children ^a
Underweight	BMI < 5th percentile
Healthy weight	5th percentile ≤ BMI < 85th percentile
Overweight	85th percentile ≤ BMI < 95th percentile
Obese	BMI ≥ 95th percentile

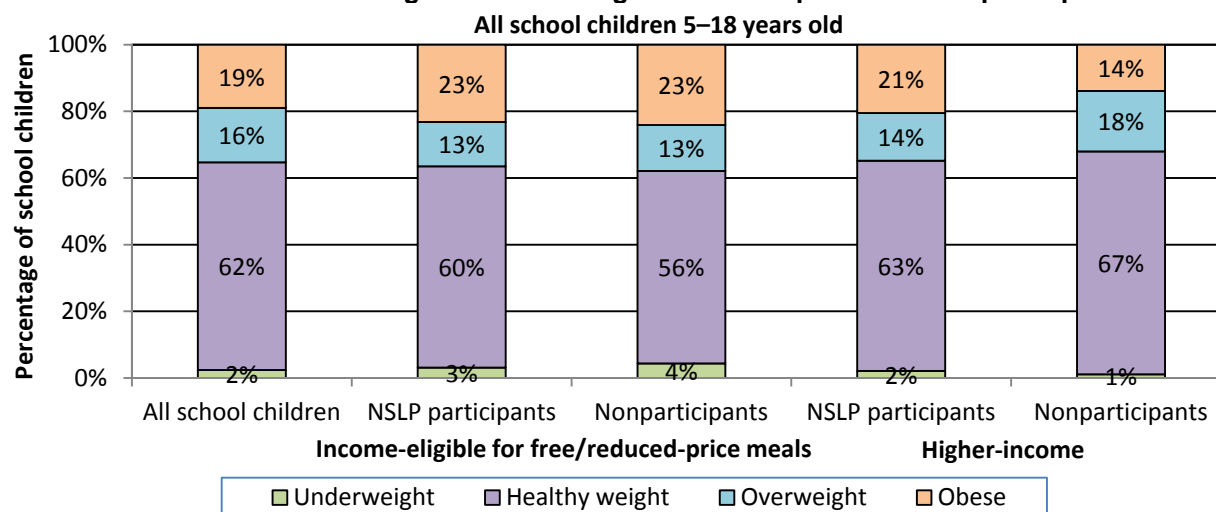
Source: Child and teen BMI categories at

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.

Overall, 62 percent of school children had a BMI in the healthy range, 16 percent were overweight, and 19 percent were obese (Exhibit 3-4). There were no differences between NSLP participants and nonparticipants in the prevalence of overweight or obesity (Exhibit 3-4). When the data are examined by gender, several differences emerge. Among higher-income boys, NSLP participants were more likely than nonparticipants to have a healthy weight (66% versus 60%) (Appendix C, Table C-2). In contrast, among income-eligible girls, NSLP participants were less likely than nonparticipants to have a healthy weight (58% versus 60%).

Exhibit 3-4. Distributions of Weight Status among NSLP Participants and Nonparticipants



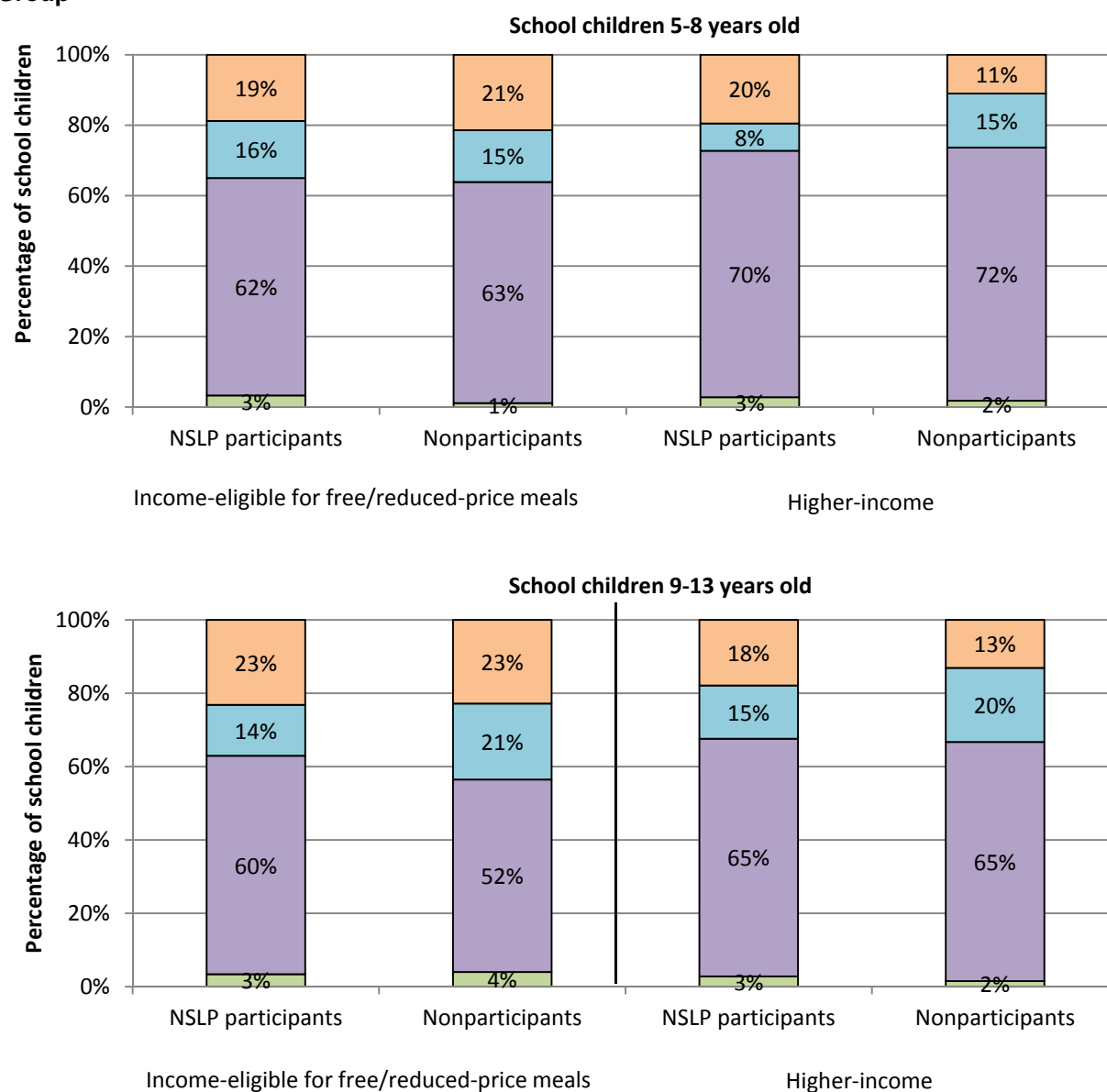
Source: NHANES 2005–2010 Body Measures data; Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant or breastfeeding women in NHANES 2007–2010 could not be identified in the data.

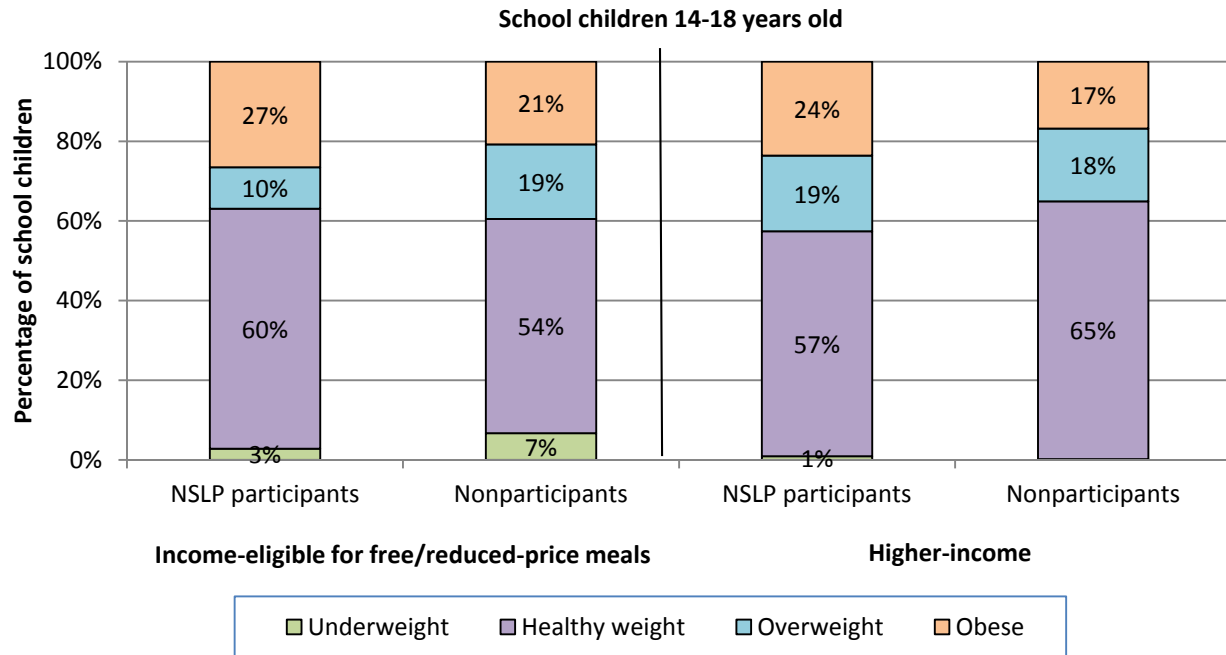
Notes: Weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is ≥ 5th and < the 85th percentiles; overweight if BMI-for-age is ≥ the 85th and < the 95th percentiles; and obese if BMI-for-age is ≥ the 95th percentile. Significant differences in percentages are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

For each of the age groups examined, the prevalence of overweight and obesity were comparable for NSLP participants and nonparticipants in both income groups (Exhibit 3-5). The prevalence of

obesity increased across age groups (17% among children 5–8 years old, 19% among children 9–13 years old, and 20% among children 14–18 years old) (Appendix C, Table C-2). The differences observed for boys and girls overall were not observed for individual age groups. However, among income-eligible boys 9–13 years old, NSLP participants were more likely than nonparticipants to have a healthy weight (66% versus 47%) (Appendix C, Table C-2).

Exhibit 3-5. Distributions of Weight Status among NSLP Participants and Nonparticipants, by Age Group





Source: NHANES 2005–2010 Body Measures data; Sample includes NHANES respondents with complete dietary recall data and height and weight data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant or breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Weight categories are defined as: underweight if BMI-for-age is < the 5th percentile on the CDC BMI-for-age growth chart; healthy weight if BMI-for-age is \geq 5th and < the 85th percentiles; overweight if BMI-for-age is \geq the 85th and < the 95th percentiles; and obese if BMI-for-age is \geq the 95th percentile. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in percentages are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Chapter 4. Consumption of Empty Calories

In this chapter, we examine the contribution of empty calories to total calorie intakes for all school children and for NSLP 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. For school children, empty calories come from two main sources: solid fats and added sugars. 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. The *Dietary Guidelines* specify maximum daily limits for empty calories for individuals 2 years and older, based on estimated calorie needs for three different physical activity levels. For school children, maximum daily limits for empty calories range from 121 to 266 calories (or 8 to 12 percent of total calories), depending on age and gender, and assuming a sedentary level of physical activity (Exhibit 4-1).

Consumption of Empty Calories

Data

- NHANES 2005–2010: Single 24-hour recall per child
- MyPyramid Equivalents Database, Version 2.0
- CNPP Addendum to MPED 2.0B

Sample

- Children 5–18 years old attending school

Measure

- Percentage of total calories contributed by empty calories, from solid fats and added sugars

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
Girls^c					
5–8 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
Boys					
5–8 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

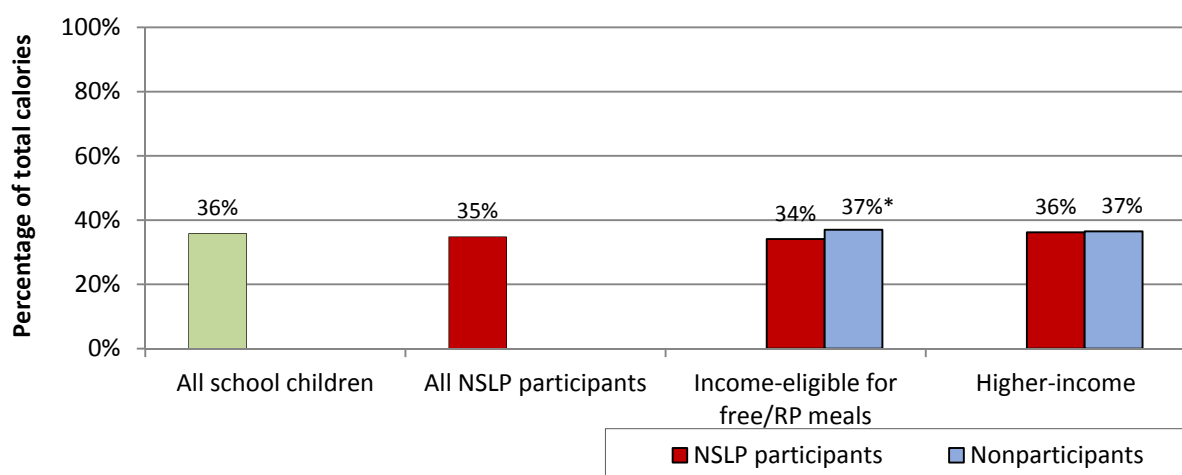
Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
<http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>

- ^a Estimated daily calorie needs are rounded to the nearest 200 calories for consistency with USDA Food Patterns and differ slightly from the ranges of calorie needs presented in Exhibit 3-1. 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 girls do not include girls who are pregnant or breastfeeding.

Consumption of Empty Calories

School children's consumption of empty calories greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines* (Exhibit 4-2 and Appendix C, Table C-3). Overall, empty calories contributed 36 percent of children's total calories, compared to recommended maximum limits of 8 to 12 percent of total calories. Among income-eligible children, NSLP participants obtained a smaller share of their total calorie intake from empty calories than nonparticipants (34% versus 37%) (Exhibit 4-2). No differences were observed among higher-income children.

Exhibit 4-2. Average Percentage of Total Calories Contributed by Empty Calories, among School Children 5–18 Years Old¹



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

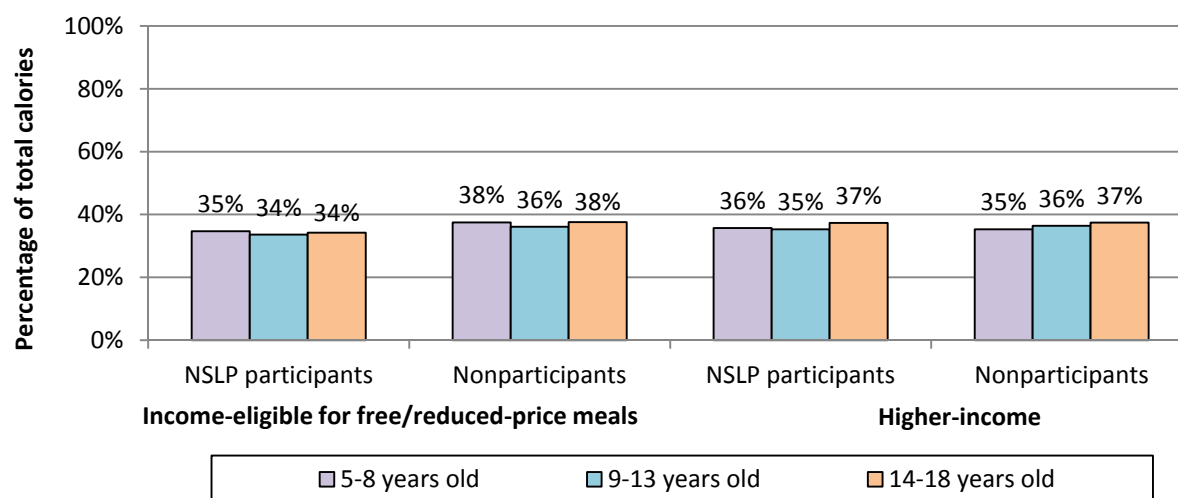
Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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

Findings by Age Group

For each of the age groups examined, the proportions of total calories contributed by the consumption of empty calories were comparable for NSLP participants and nonparticipants in both income groups. On average, children 5–8 years old obtained approximately 35 percent of their total calorie intake from empty calories, exceeding the maximum limit of 9 to 10 percent specified for this age group (Exhibit 4-3). Among income-eligible girls in this age group, NSLP participants obtained a smaller share of their total calorie intake from empty calories than their nonparticipant counterparts (33% versus 37%) (Appendix C, Table C-3). Among children 9–13 years old, intakes of empty calories ranged from 34 to 36 percent of total calories, exceeding the maximum limits of 8 to 9 percent (Exhibit 4-3). Children 14–18 years old obtained the highest percentage of their total calorie intake from empty calories (37%), compared to children in other age groups (35% for children 5–8 and 9–13 years old) (Appendix C, Table C-3).

Exhibit 4-3. Average Percentage of Total Calories Contributed by Empty Calories by Age Group



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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 comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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Chapter 5. Food Consumption Patterns

In this chapter, we examine the food consumption patterns of school children and the differences between NSLP participants and nonparticipants using two measures: (1) the proportion of children 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 (Cole & Fox, 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.

Food Consumption Patterns

Data

- NHANES 2005–2010: Single 24-hour recall per child
- MyPyramid Equivalents Database, Version 2.0
- CNPP Addendum to MPED 2.0B
- CNPP Fruit Database (03-04)

Sample

- Children 5–18 years old attending school

Measures

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

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

Proportions Consuming Foods from Supermarket Aisle Food Groups and Subgroups

As mentioned earlier, this analysis includes all school children with a complete dietary recall on a weekday (Monday through Friday). We examined food choices at lunch, as well as over 24 hours since the NSLP provides foods to school children in reimbursable lunches. The reported results provide information about the extent to which food choices at lunch vary between NSLP participants and nonparticipant and whether any observed differences persist over 24 hours. It is important to note that all lunch foods consumed by NSLP participants were not necessarily provided by the program.

Children may have consumed foods from non-reimbursable sources such as vending machines or a la carte sales or brought some items from home. In addition, the NHANES data may not capture the true nutritional profile of foods offered in the NSLP. Foods offered in reimbursable school meals are often specially formulated—for example, to lower levels of fat or sodium and/or to increase whole grain content—and may differ in nutrient content from the foods in the USDA database.

The percentages reported for the major supermarket aisle food groups reflect the proportion of school children 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—that is, these percentages are based on children who consumed one or more foods from the major food group. So, for example, the percentages of children consuming different types of milk were computed with a denominator equal to the number of children consuming any foods from the “milk and milk products” major group. This approach allows us to compare food choices of NSLP participants with those of nonparticipants while controlling for overall levels of consumption at the major food group level.

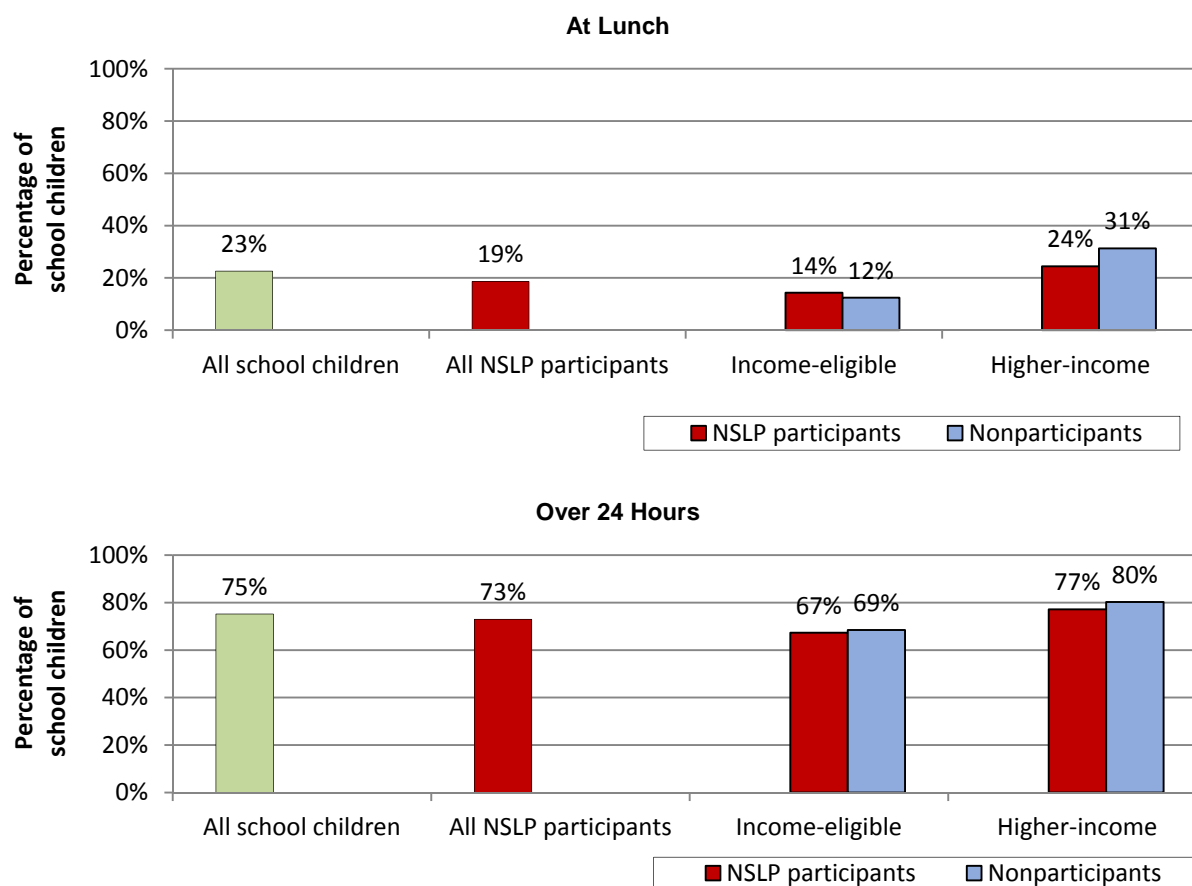
We discuss below only statistically significant differences between NSLP participants and nonparticipants within each income group, among all school children 5–18 years old.¹⁶ We focus on major food groups and subgroups that were consumed by at least 2 percent of children in any income/participation subgroup. Appendix C, Tables C-4 (consumption at lunch) and C-5 (consumption over 24 hours) include results for every food group and subgroup defined in the supermarket aisle approach.

¹⁶ Data on the proportion of children in each age group that consumed foods from each major food groups and subgroups are presented in Appendix C, Tables C-4 and C-5; however, findings are not discussed in this chapter due to the large number of food groups and subgroups included in the analysis.

Consumption of Grains as Discrete Food Items

Overall, 23 percent of school children consumed a discrete grain or grain-based item at lunch 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. Over 24 hours, 75 percent of school children consumed a discrete grain or grain-based item (Exhibit 5-2). There were no differences between NSLP participants and nonparticipants in the proportions that consumed a discrete grain item at lunch or over 24 hours.

Exhibit 5-2. Percentage of School Children Consuming Grains as Discrete Food Items



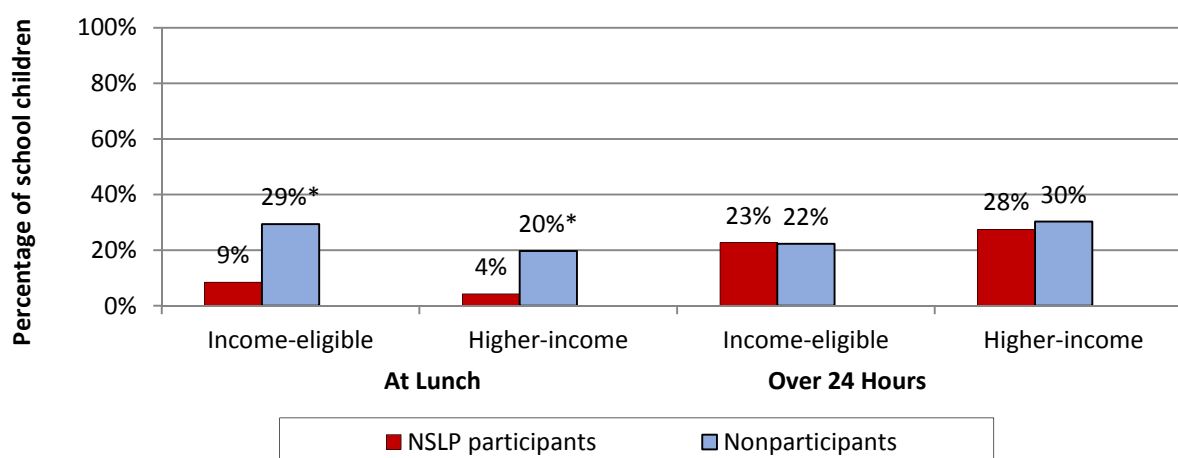
Sources: NHANES 2005–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Consumption of discrete whole-grain items was low for all school children. Among children consuming at least one discrete grain item, only 15 percent consumed a discrete whole grain item at lunch and 27 percent consumed a discrete whole grain item at some point during the day (Appendix C, Tables C-4 and C-5). For children in both income groups, NSLP participants were less likely than nonparticipants to consume a whole-grain item at lunch (9% versus 29% for income-eligible and 4% versus 20% for higher-income) (Exhibit 5-3). These differences between NSLP participants and nonparticipants did not persist over the 24-hour period.

At lunch, crackers, bread, rolls, and breakfast/granola bars were the most commonly consumed discrete grain items (Appendix C, Table C-4). For children in both income groups, NSLP participants were more likely than nonparticipants to consume rolls at lunch (31% versus 0% for income-eligible children; 35% versus 1% for higher-income children) (Appendix C, Table C-5). This difference persisted over 24 hours for higher-income children only. Over 24 hours, the most commonly consumed discrete grain items were cold cereal, bread, crackers, and pancakes/waffles/French toast.

Exhibit 5-3. Percentage of School Children Consuming Discrete Whole Grain Foods, Among Those Consuming Any Discrete Grain Items



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

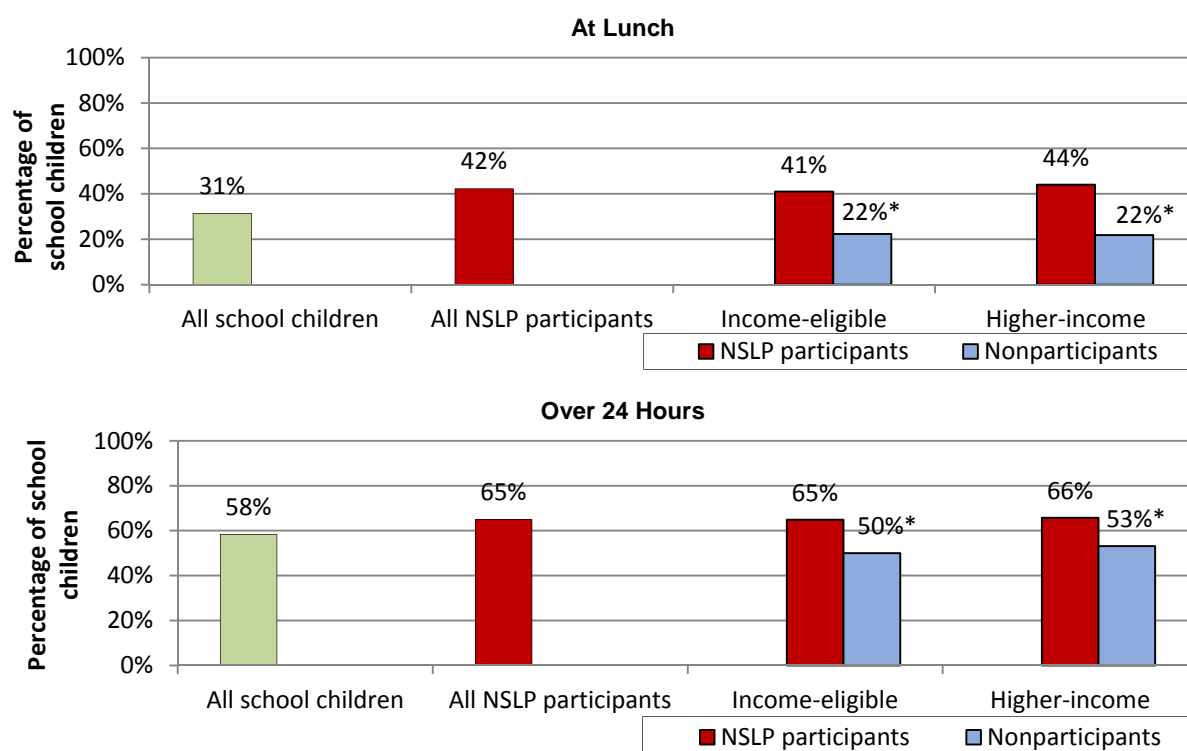
Notes: Estimates are based on a single dietary recall per child. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Consumption of Vegetables as Discrete Food Items

Overall, 31 percent of school children consumed at least one discrete vegetable at lunch (Exhibit 5-4). NSLP participants in both income groups were more likely than nonparticipants to consume discrete vegetables at lunch, and the magnitude of differences was quite large (41% versus 22% for income-eligible children; 44% versus 22% for higher-income children) (Exhibit 5-4).

Over 24 hours, 58 percent of school children consumed a discrete vegetable (Exhibit 5-4). The differences between NSLP participants and nonparticipants in the proportions consuming discrete vegetables persisted over 24 hours, although the magnitude of the difference diminished (65% versus 50% for income-eligible children; 66% versus 53% among higher-income children) (Exhibit 5-4).

Exhibit 5-4. Percentage of School Children Consuming Vegetables as Discrete Food Items



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

At lunch, the most commonly consumed discrete vegetable was cooked potatoes (54% of all school children) and almost half of cooked potatoes were fried (45%) (Appendix C, Table C-4). Among income-eligible children who consumed any discrete vegetables at lunch, NSLP participants were less likely than nonparticipants to consume both cooked potatoes (including fried and not fried potatoes) (52% versus 73%) and fried potatoes (40% versus 64%) (Appendix C, Table C-4). Among higher-income children who consumed any discrete vegetable at lunch, there were no differences between NSLP participants and nonparticipants in the proportions consuming various types of vegetables.

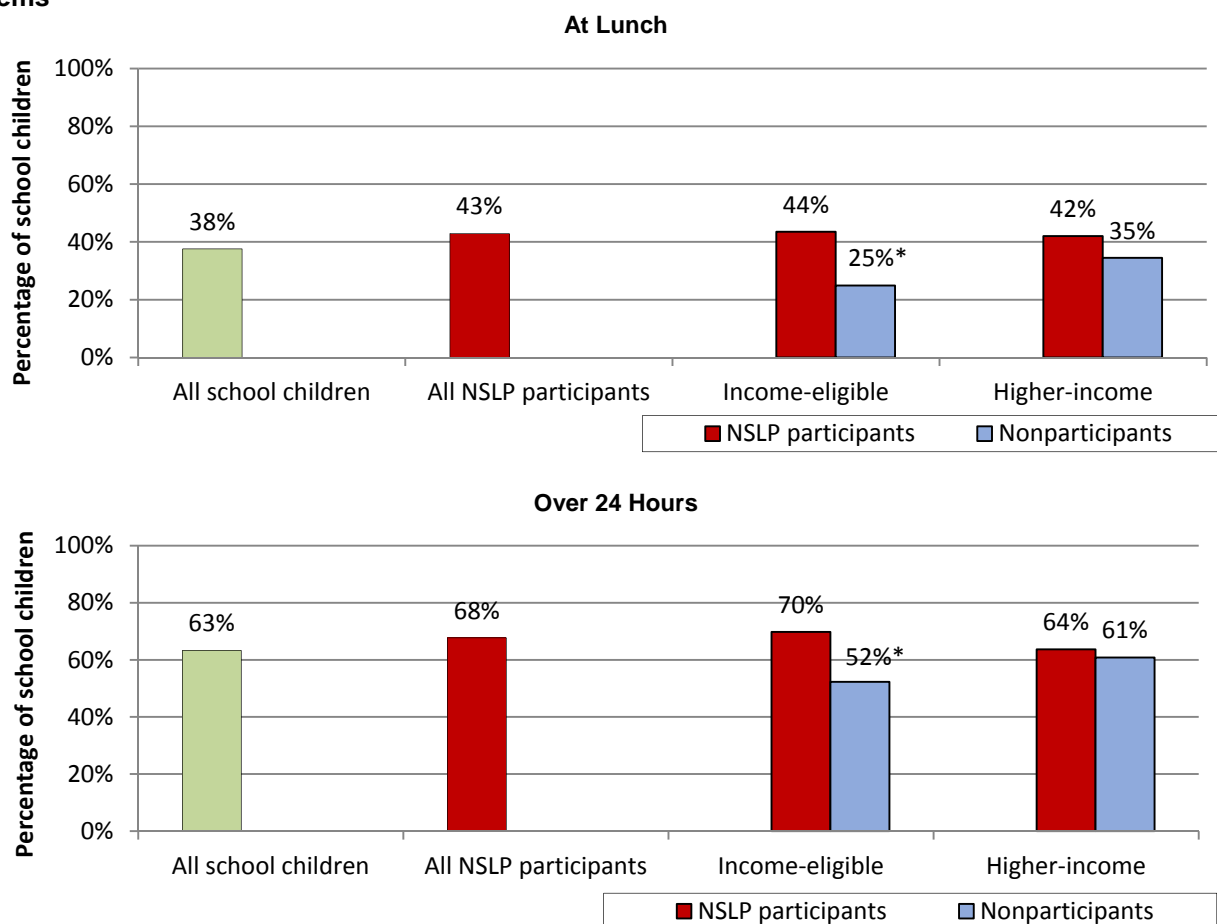
Over 24 hours, cooked potatoes remained the most commonly consumed discrete vegetable (56%) (Appendix C, Table C-5). Only one difference was observed between NSLP participants and income-eligible nonparticipants in the proportion consuming different types of vegetables over 24 hours. Among income-eligible children, NSLP participants were more likely than their nonparticipant counterparts to consume cooked green beans over 24 hours (17% versus 2%) (Appendix C, Table C-5).

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

Overall, 38 percent of school children consumed fruit or 100% fruit juice as discrete items at lunch (Exhibit 5-5). Among income-eligible children, NSLP participants were more likely than nonparticipants to consume fruit or 100% fruit juice at lunch (44% versus 25%) (Exhibit 5-5). Over 24 hours, almost two-thirds (63%) of children consumed a discrete fruit or 100% fruit juice. The differences between income-eligible NSLP participants and nonparticipants in the proportions consuming discrete fruit or 100% fruit juice persisted over 24 hours (70% versus 52%) (Exhibit 5-5).

Among children consuming discrete portions of fruit or 100% fruit juice, NSLP participants in both income groups were less likely than nonparticipants to consume any fresh fruit at lunch, and the magnitude of differences was greatest among higher-income children (41% versus 61% for income-eligible children; 47% versus 76% for higher-income children) (Appendix C, Table C-4). Among higher-income children, the difference between NSLP participants and nonparticipants in the proportion consuming fresh fruit persisted over 24 hours (57% versus 79%) (Appendix C, Table C-5). Similarly, NSLP participants in both income groups were more likely than nonparticipants to consume canned or frozen fruit at lunch (36% versus 16% for income-eligible children; 42% versus 10% for higher-income children) (Appendix C, Table C-4). The difference observed at lunch persisted over 24- hours for children in both income groups (24% versus 12% for income-eligible children; 32% versus 11% for higher-income children) (Appendix C, Table C-5). Other differences between NSLP participants and nonparticipants in the specific types of fruit and 100% fruit juice consumed at lunch and over 24 hours are summarized in Exhibit 5-6.

Exhibit 5-5. Percentage of School Children Consuming Fruit and 100% Fruit Juice as Discrete Food Items



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Exhibit 5-6. Differences between NSLP Participants and Nonparticipants in Specific Fruit and 100% Fruit Juice Choices, Among School Children Consuming Fruit and 100% Fruit Juice as Discrete Items

At Lunch		
Income-eligible NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with income-eligible nonparticipants	Fresh banana	Canned or frozen fruit (without syrup); Canned/frozen peaches; Other canned/frozen fruit
Higher-income NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with higher-income nonparticipants	--	Canned or frozen fruit (without syrup); Canned/frozen pineapple
Over 24 Hours		
Income-eligible NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with income-eligible nonparticipants	--	Canned or frozen fruit (without syrup); Canned/frozen peaches; Other canned/frozen fruit; Citrus juice
Higher-income NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with higher-income nonparticipants	--	Canned or frozen fruit (without syrup); Other canned/frozen fruit

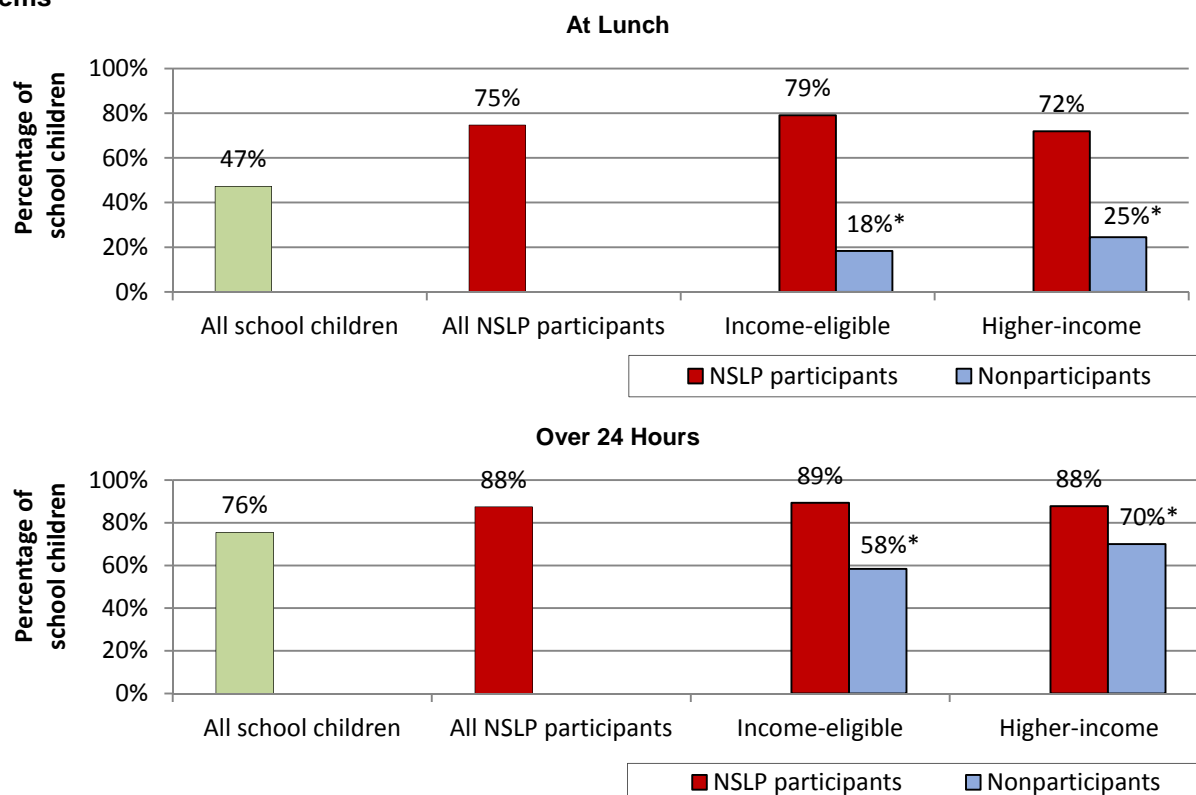
--Denotes no significant differences.

Consumption of Milk and Milk Products as Discrete Food Items

Overall, almost half of school children reported consuming milk or milk products as discrete items at lunch (Exhibit 5-7). For children in both income groups, NSLP participants were more likely than nonparticipants to consume milk or milk products at lunch, and the magnitudes of the differences were quite large (79% versus 18% for income-eligible children; 72% versus 25% for higher-income children) (Exhibit 5-7).

Among children consuming any discrete milk or milk products at lunch, NSLP participants in both income groups were more likely than their nonparticipant counterparts to consume fluid milk and the magnitudes of these differences were also quite large (98% versus 54% for income-eligible children; 99% versus 63% for higher-income children) (Appendix C, Table C-4). Over 24 hours, the differences between NSLP participants and nonparticipants in the proportions consuming fluid milk persisted over 24 hours, although the magnitude of the differences diminished (98% versus 87% for income-eligible children; 85% versus 88% among higher-income children) (Appendix C, Table C-5).

Exhibit 5-7. Percentage of School Children Consuming Milk and Milk Products as Discrete Food Items

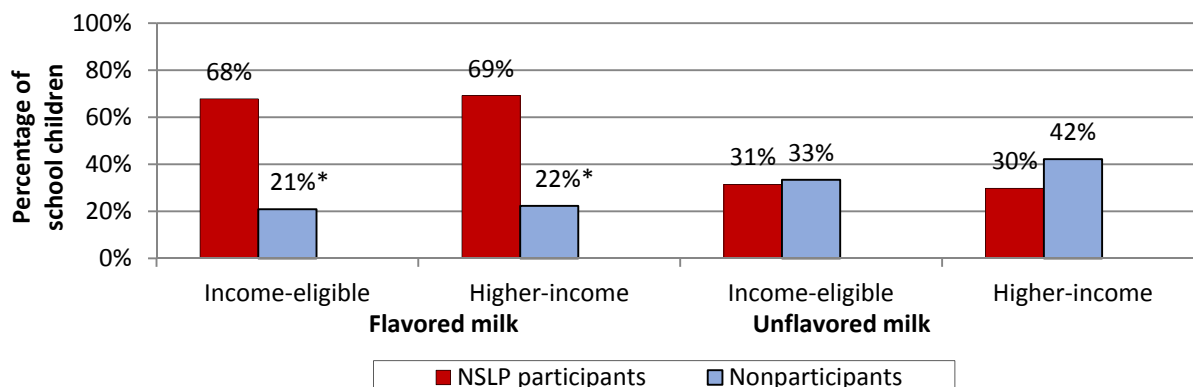


Sources: NHANES 2005–2010 dietary recalls; MyPyramid Equivalents Database (MPED 2.0); CNPP 03-04 Fruit Database; CNPP Addendum to MPED 2.0B. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Among children consuming any discrete milk or milk products, NSLP participants in both income groups were more likely than nonparticipants to consume flavored milk at lunch (68% versus 21% for income-eligible children; 69% versus 22% for higher-income children) (Exhibit 5-8) and over 24 hours (63% versus 8% for income-eligible children; 58% versus 13% for higher-income children) (Appendix C, Table C-5) and the magnitude of the differences was quite large at both lunch and over 24 hours. Other differences between NSLP participants and nonparticipants in the specific types of milk and milk products consumed at lunch and over 24 hours are summarized in Exhibit 5-9.

Exhibit 5-8. Percentage of School Children Consuming Flavored and Unflavored Milk at Lunch, Among Those Consuming Milk and Milk Products as Discrete Food Items



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Exhibit 5-9. Differences between NSLP Participants and Nonparticipants in Specific Milk and Milk Products Choices, Among School Children Consuming Discrete Milk and Milk Products

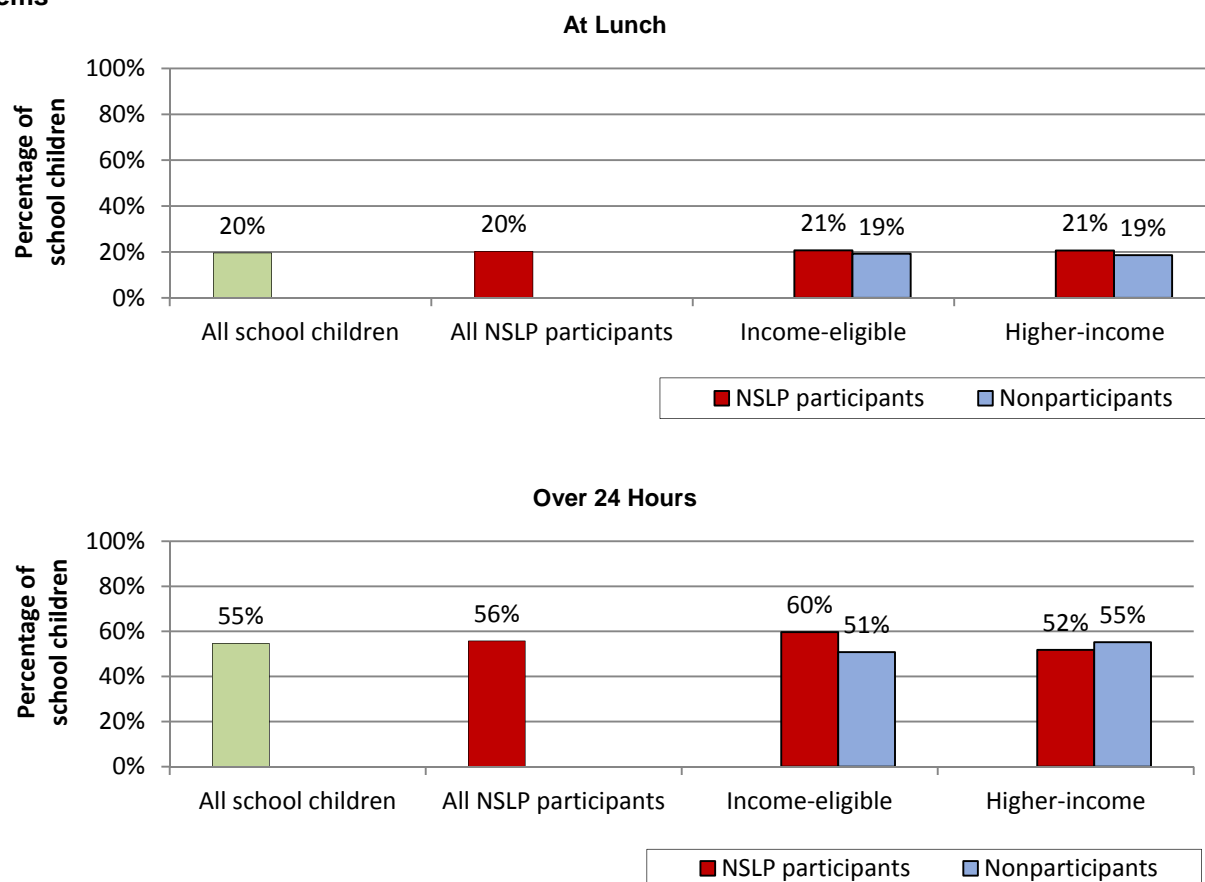
At Lunch		
Income-eligible NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with income-eligible nonparticipants	--	Flavored skim milk; Flavored fat not specified
Higher-income NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with higher-income nonparticipants	Unflavored 2% milk; Cheese	--
Over 24 Hours		
Income-eligible NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with income-eligible nonparticipants	Unflavored whole milk; Cheese	Flavored whole milk; Flavored 2% milk; Flavored 1% milk; Flavored skim milk; Flavored fat not specified
Higher-income NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with higher-income nonparticipants	--	Flavored 2% milk; Flavored 1% milk; Flavored fat not specified

--Denotes no significant differences.

Consumption of Meat and Meat Alternates as Discrete Food Items

One in five school children (20%) consumed a discrete meat or meat alternate at lunch (Exhibit 5-10). This excludes meat and meat alternates included in mixed dishes, such as sandwiches and pasta-based dishes. Over 24 hours, more than half (55%) of all school children consumed a discrete meat or meat alternate (Exhibit 5-10). There were no differences between NSLP participants and nonparticipants in the proportions consuming a discrete meat or meat alternate at lunch or over 24 hours.

Exhibit 5-10. Percentage of School Children Consuming Meat and Meat Alternates as Discrete Food Items



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

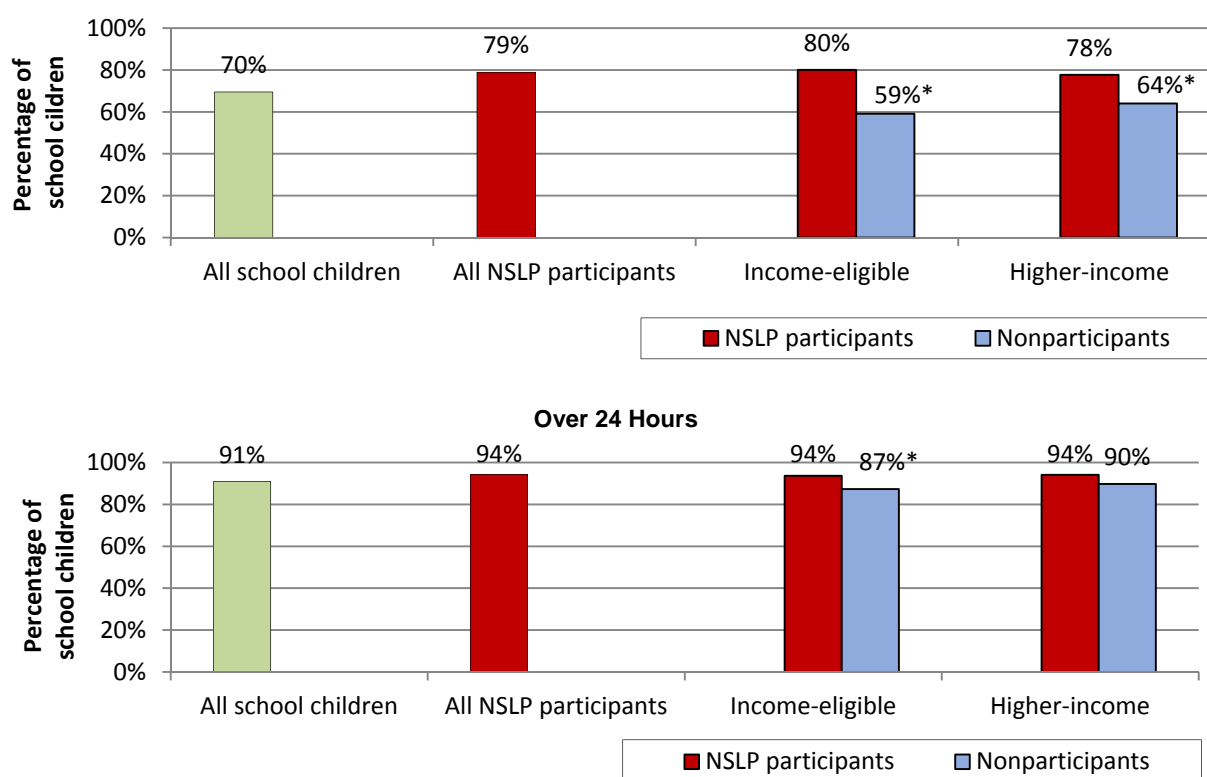
Notes: Estimates are based on a single dietary recall per child. Combination items, including sandwiches, Mexican entrees, green salads, and soups that were reported in the dietary recall as individual components, were counted as one food choice. For example, a sandwich reported as beef, cheese, and roll was counted as one item and included in the “cheeseburger/hamburger” subgroup. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Among children consuming any discrete meat or meal alternates at lunch, income-eligible NSLP participants were more likely than their nonparticipant counterparts to consume chicken (77% versus 59%) (Appendix C, Table C-4). Over 24 hours, income-eligible NSLP participants were less likely than nonparticipants to consume eggs (11% versus 19%) and were more likely to consume beans (9% versus 4%) (Appendix C, Table C-5). Among higher-income children, NSLP participants were more likely than nonparticipants to consume chicken, over 24 hours (52% versus 32%) (Appendix C, Table C-5).

Consumption of Mixed Dishes

At lunch, 70 percent of school children consumed a mixed dish (Exhibit 5-11). For children in both income groups, NSLP participants were more likely than nonparticipants to consume a mixed dish at lunch (80% versus 59% for income-eligible children; 78% versus 64% for higher-income children) (Exhibit 5-11). Over 24 hours, almost all school children (91%) consumed a mixed dish. The differences observed at lunch persisted over 24-hours for income-eligible children only, although the magnitude of the difference diminished (94% versus 87%) (Appendix C, Table C-5).

Exhibit 5-11. Percentage of School Children Consuming Mixed Dishes At Lunch



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Differences between NSLP participants and nonparticipants in the specific types of mixed dishes consumed at lunch and over 24 hours are summarized in Exhibit 5-12.

Exhibit 5-12. Differences between NSLP Participants and Nonparticipants in Specific Types of Mixed Dishes Consumed, Among Those Consuming Mixed Dishes

At Lunch		
Income-eligible NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with income-eligible nonparticipants	Sandwiches with luncheon meat	Pizza without meat; Pizza with meat
	Higher-income NSLP participants were:	
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with higher-income nonparticipants	Sandwiches with luncheon meat	Pizza without meat; Pizza with meat
Over 24 Hours		
Income-eligible NSLP participants were:		
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with income-eligible nonparticipants	Sandwiches with luncheon meat	Hot dogs; Pizza without meat; Pizza with meat
	Higher-income NSLP participants were:	
	<i>less likely to consume...</i>	<i>more likely to consume ...</i>
Compared with higher-income nonparticipants	--	Meat mixtures with red meat; Pizza with meat

--Denotes no significant differences.

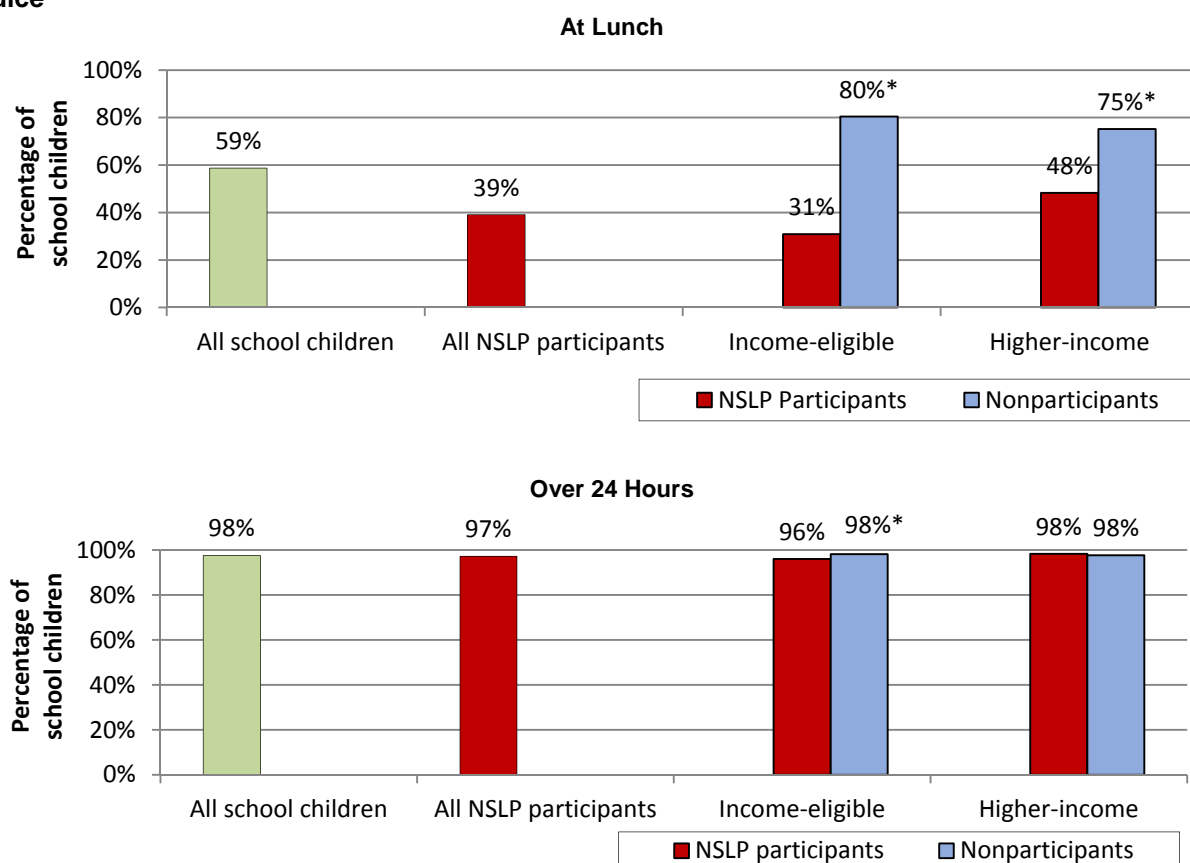
Consumption of Beverages Other Than Milk and 100% Fruit Juice

More than half (59%) of all school children consumed a beverage other than milk or 100% fruit juice at lunch (including water)¹⁷ (Exhibit 5-13). NSLP participants were considerably

¹⁷ 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.

less likely than nonparticipants to consume a beverage other than milk or 100% fruit juice at lunch (31% versus 80% for income-eligible children; 48% versus 75% for higher-income children) (Exhibit 5-13). Over 24 hours, nearly all school children (98%) consumed a beverage other than milk or 100% fruit juice (Exhibit 5-13). The difference between NSLP participants and nonparticipants observed at lunch persisted over 24 hours only for income-eligible children (96% versus 98%), although the magnitude of the difference diminished considerably (Exhibit 5-13).

Exhibit 5-13. Percentage of School Children Consuming Beverages Other Than Milk and 100% Fruit Juice



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

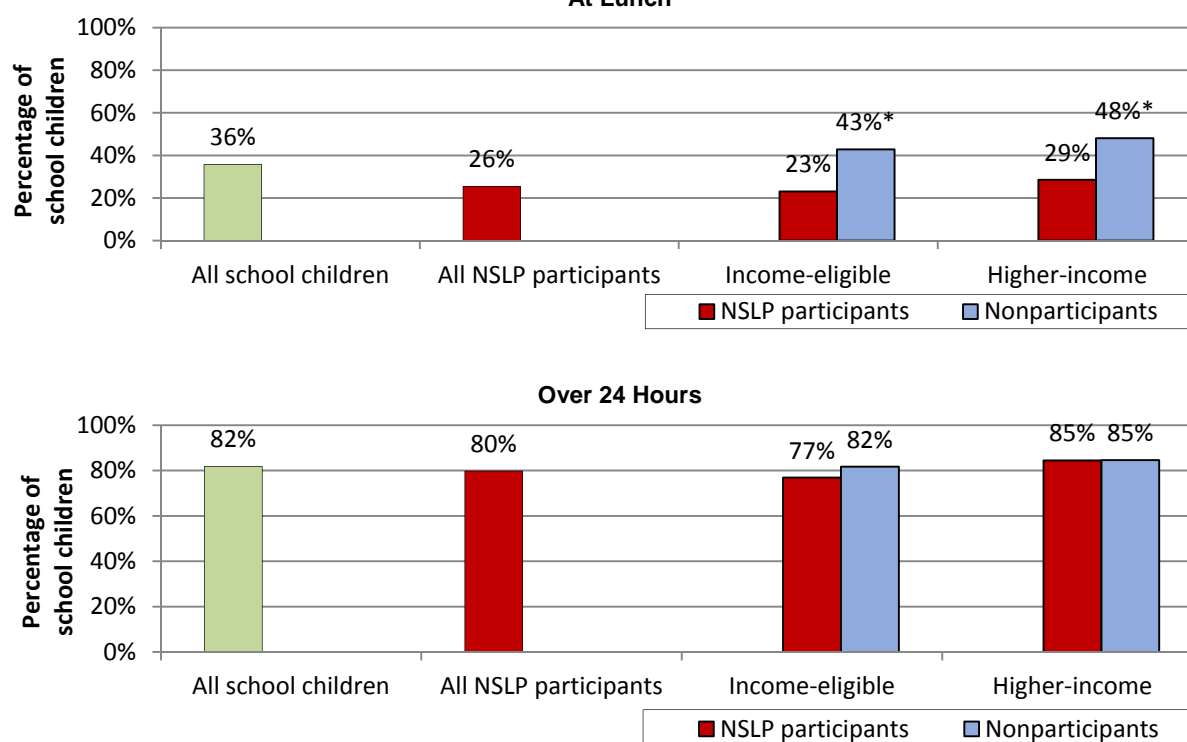
Notes: Estimates are based on a single dietary recall per child. Starting in NHANES 2005-2006, the consumption of drinking water was collected during the dietary recall. This analysis includes drinking water in the “beverages excluding milk and juice” major food group. Combination items, including sandwiches, 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Among children consuming beverages other than milk or 100% fruit juice at lunch, income-eligible NSLP participants were less likely than their nonparticipant counterparts to consume soda (16% versus 37%) and were more likely to consume water (65% versus 47%) (Appendix C, Table C-4). The difference in the proportions of income-eligible NSLP participants and nonparticipants consuming soda persisted over 24 hours, but the magnitude of the difference was smaller (43% versus 56%) (Appendix C, Table C-5).

Consumption of Sweets and Desserts

More than one-third (36%) of all school children consumed at least one type of sweet or dessert at lunch (Exhibit 5-14). For children in both income groups, NSLP participants were less likely than nonparticipant to consume sweets and desserts at lunch (23% versus 43% for income-eligible children; 29% versus 48% for higher-income children) (Exhibit 5-14). Over 24 hours, 82 percent of school children consumed at least one type of sweet or dessert (Exhibit 5-14). The differences between NSLP participants and nonparticipants in the proportions consuming at least one type of sweet or dessert did not persist over 24 hours for children in either income group (Exhibit 5-14).

Exhibit 5-14. Percentage of School Children Consuming Sweets and Desserts At Lunch



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Among children consuming sweets and desserts at lunch, there were no differences between higher-income NSLP participants and nonparticipants in the specific types of sweets and desserts consumed (Appendix C, Table C-4). Over 24 hours, income-eligible NSLP participants were less likely than their nonparticipant counterparts to consume candy (39% versus 52%) or ice cream (19% versus 29%), and were more likely to consume cakes and cupcakes (11% versus 6%) (Appendix C, Table C-4).

Consumption of Salty Snacks

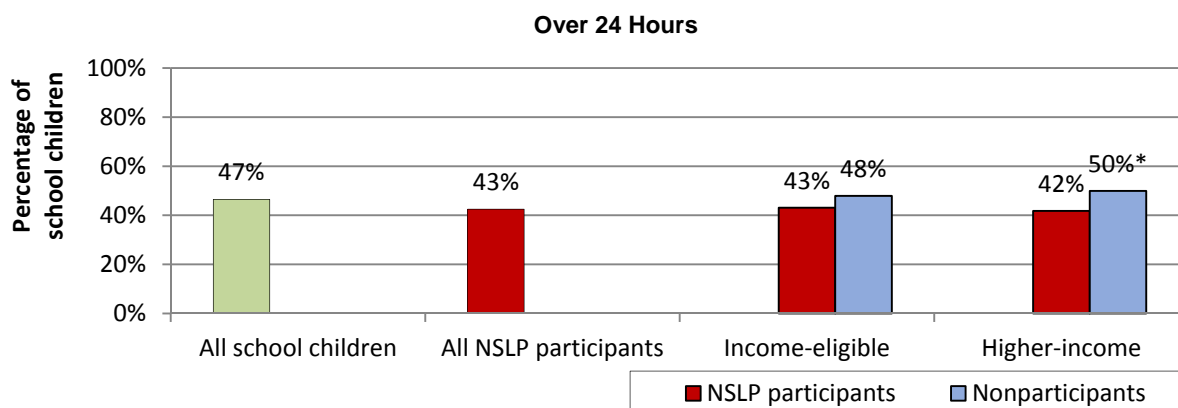
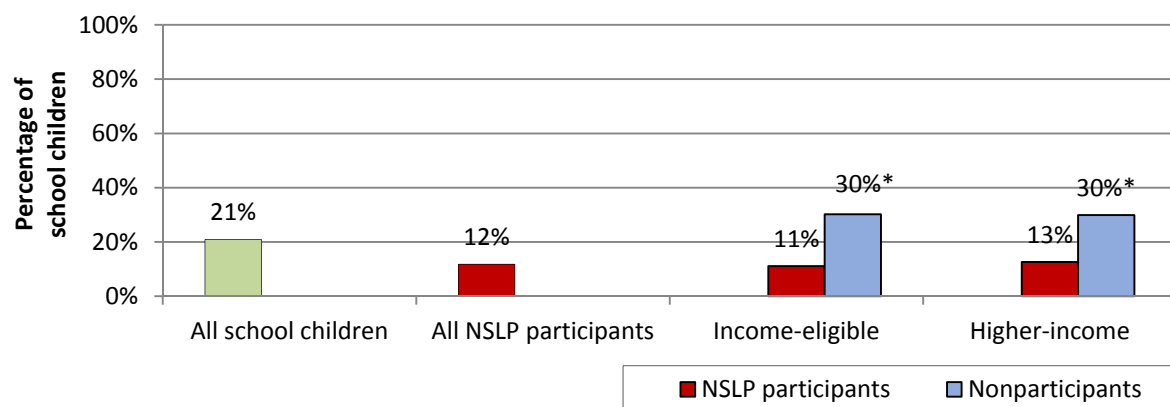
Overall, about 2 in 10 (21%) school children consumed a salty snack food at lunch (Exhibit 5-15). NSLP participants in both income groups were less likely than nonparticipants to consume salty snacks (11% versus 30% for income-eligible children; 13% versus 30% for higher-income children) (Exhibit 5-15). Over 24 hours, nearly half of all school children (47%) consumed a salty snack item (Exhibit 5-15). The difference between NSLP participants and nonparticipants observed at lunch persisted over 24 hours only among higher-income children, but the magnitude of the difference decreased (42% versus 50%) (Exhibit 5-15).

Among children consuming salty snacks, there were no differences between NSLP participants and nonparticipants in the types of salty snacks consumed at lunch or over 24 hours in either income group. Corn-based salty snacks were the most commonly consumed salty snack item, followed by potato chips. This rank order persisted over 24 hours (Appendix C, Tables C-4 and C-5).

Consumption of Added Fats and Oils

Only 6 percent of school children consumed fats or oils that were added to foods at lunch (Exhibit 5-16). This does not include fats added during cooking or included as part of a mixed dish. There were no differences between NSLP participants and nonparticipants in the proportions consuming added fats and oils at lunch. Over 24 hours, more than a quarter (27%) of all school children consumed fats or oils that were added to foods (Exhibit 5-16). Among income-eligible children, NSLP participants were less likely than nonparticipants to consume added fats and oils over 24 hours (17% versus 26%) (Exhibit 5-16). The only difference observed between NSLP participants and nonparticipants in the proportions consuming specific types of added fats and oils was among higher-income children. NSLP participants in this subgroup were more likely than nonparticipants to consume salad dressing at lunch (44% versus 14%) (Appendix C, Table C-4). This difference persisted over 24 hours (19% versus 8%) (Appendix C, Table C-5).

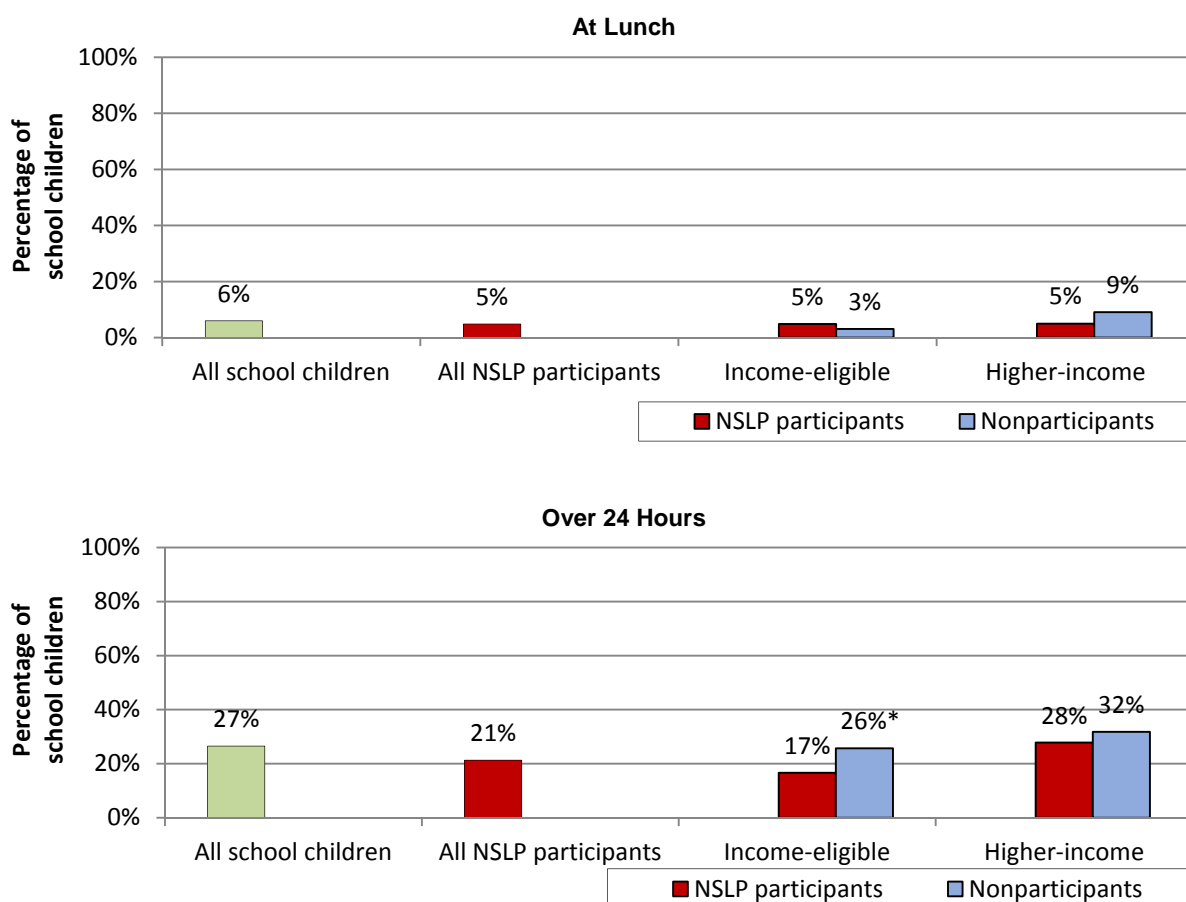
**Exhibit 5-15. Percentage of School Children Consuming Salty Snacks
At Lunch**



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Exhibit 5-16. Percentage of School Children Consuming Fats and Oils Added to Foods



Sources: NHANES 2005–2010 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, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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. ‘All school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results for children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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

We also estimated the average amounts of foods consumed from the food groups and subgroups defined using the “supermarket aisle” approach (Cole & Fox, 2008). Estimates of average amounts consumed from specific food groups and subgroups reflect average consumption over 24-hours for the total population—that is, the means include “zeros” for children who did not consume foods from specific food groups and subgroups. For most major food groups (and subgroups within these

major groups), average amounts are reported in USDA Food Pattern units (cup or ounce equivalents). 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.¹⁸

In summarizing findings, we discuss only significant differences between NSLP participants and nonparticipants in amounts consumed at the major food group level. We also present findings for food subgroups that were consumed in amounts 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, Table C-6.

It is important to note that estimates of amounts consumed 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 2005-2006, 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.

Grains as Discrete Food Items

On average, school children consumed 2.1 ounce equivalents of grains from discrete grain or grain-based items over 24 hours (Appendix C, Table C-6). This excludes grains and grain-based foods included in mixed dishes, such as sandwiches and pasta-based dishes.¹⁹ For children in both income-groups, there were no differences between NSLP participants and nonparticipants in the average amounts of discrete grain items consumed, overall or for specific types of discrete grain items (Appendix C, Table C-6).

Vegetables as Discrete Food Items

Overall, school children consumed 0.5 cup equivalent of discrete vegetables over 24 hours on average (Appendix C, Table C-6). This excludes vegetables included in mixed dishes, such as sandwiches and casseroles.²⁰ Despite the fact that NSLP participants in both income groups

¹⁸ Average amounts consumed were also estimated among consumers only. Full tabulations for this analysis are provided in Appendix C, Tables C-6 and C-8.

¹⁹ When grains from mixed dishes and other food groups (for example, sweets and desserts) are included in estimates of average consumption of grains, means range from 6.0 to 9.1 ounce equivalents (WWEIA, NHANES 2005-2006, 2007-2008 and 2009-2010, ages 6-19 years; available at <http://www.ars.usda.gov/Services/docs.htm?docid=23868>). Thus, grains are consumed from many different sources, not just as discrete items.

²⁰ When vegetables from mixed dishes and other food groups are included, average consumption of vegetables was 0.8 to 1.3 cup equivalents (WWEIA, NHANES 2005-2006, 2007-2008 and 2009-2010, 6-19 years old; available at <http://www.ars.usda.gov/Services/docs.htm?docid=23868>). Thus, vegetables are consumed from different sources, not just as discrete items.

were more likely than nonparticipants to consume discrete vegetables over 24 hours (Exhibit 5-4), there were no differences in the average amounts of discrete vegetables consumed.

On average, school children consumed 0.2 cup equivalent of raw vegetables, 0.2 cup equivalent of cooked vegetables other than potatoes, and 0.2 cup equivalent of cooked potatoes (Appendix C, Table C-6). There were no differences between NSLP participants and nonparticipants in the average amounts of specific types of discrete vegetables consumed.

Fruit and 100% Fruit Juice as Discrete Food Items

School children consumed an average of 1.1 cup equivalents of fruit and as discrete items on the day covered in the dietary recall. This excludes fruit and 100% fruit juice included in mixed dishes or sweets and desserts, such as pies.²¹ Income-eligible NSLP participants consumed a larger average amount of fruit and 100% fruit juice than their nonparticipant counterparts (1.3 cup eq versus 1.0 cup eq) (Appendix C, Table C-6). This is consistent with the fact that income-eligible NSLP participants were more likely than nonparticipants to consume fruit or 100% fruit juice over 24 hours (Exhibit 5-5).

On average, children consumed, 0.6 cup equivalent of fresh fruit, 0.1 cup equivalent of canned or frozen fruit, and 0.4 cup equivalent of 100% fruit juice. Income-eligible NSLP participants consumed larger average amounts of whole fruit²² and 100% fruit juice than their nonparticipant counterparts (for whole fruit, 0.7 cup eq versus 0.5 cup eq; for 100% fruit juice, 0.6 cup eq versus 0.4 cup eq) (Appendix C, Table C-6). Among higher-income children, NSLP participants consumed a smaller average amount of fresh fruit than nonparticipants (0.5 cup eq versus 0.7 cup eq). There was only one difference in the average amounts of specific types of fruit and 100% fruit juice consumed by income-eligible NSLP participants and nonparticipants over 24 hours and the magnitude of the difference was small. On average, NSLP participants in this income group consumed a larger amount of fresh apple than nonparticipants (0.3 cup eq versus 0.2 cup eq).

Milk and Milk Products as Discrete Food Items

On average, school children consumed 1.4 cup equivalents of milk and milk products as discrete items over 24 hours, mostly from fluid milk. This excludes milk and milk products included in mixed dishes and sweets and desserts, such as pizza or cakes.²³ Among children in both income groups, NSLP participants consumed a larger average amount of milk and milk products than nonparticipants (1.8 cup eq versus 0.9 cup eq for income-eligible children; and 1.9 cup eq versus 1.3 cup eq for higher-income children) (Appendix C, Table C-6).

²¹ Estimates are comparable when all fruit sources are included (1.4 to 0.8 cup equivalents; WWEIA, NHANES 2005-2006, 2007-2008 and 2009-2010, 6–19 years old; available at <http://www.ars.usda.gov/Services/docs.htm?docid=23868>). Thus, most fruit is consumed as discrete items.

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

²³ 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 2.5 cup equivalents (WWEIA, NHANES 2005-2006, 2007-2008 and 2009–2010, 6–19 years old; available at <http://www.ars.usda.gov/Services/docs.htm?docid=23868>). Thus, milk and milk products are consumed from different sources, not just as discrete items.

Among income-eligible children, NSLP participants consumed more cow's milk than their nonparticipant counterparts over 24 hours (1.6 cup eq versus 0.8 cup eq), and in particular, consumed more unflavored 2% milk (0.4 cup eq versus 0.2 cup eq) (Appendix C, Table C-6). Among higher-income children, NSLP participants also consumed a larger average amount of cow's milk than their nonparticipant counterparts (1.6 cup eq versus 1.0 cup eq). In addition, NSLP participants in this income group consumed more flavored milk than nonparticipants (0.6 cup eq versus 0.1 cup eq), and in particular, consumed more 2% flavored milk (0.2 cup eq versus 0.1 cup eq) (Appendix C, Table C-6).

Meat and Meat Alternates as Discrete Food Items

School children consumed an average of 1.7 ounce equivalents of discrete meat and meat alternates on the day covered in the dietary recall (Appendix C, Table C-6). This excludes meat and meat alternates included in mixed dishes, such as sandwiches and pasta-based dishes.²⁴ There were no differences between NSLP participants and nonparticipants in the average amounts of discrete meat or meat alternates consumed. However, there was one difference observed in the average amounts of specific types of discrete meat or meat alternates consumed. Among income-eligible children, NSLP participants consumed a larger average amount of chicken than nonparticipants over 24 hours (1.1 oz eq versus 0.7 oz eq).

Mixed Dishes

On average, school children consumed 339 grams of mixed dishes (Appendix C, Table C-6). For children in both income-groups, there were no differences between NSLP participants and nonparticipants in the average amounts of mixed dishes consumed. Among income-eligible children, NSLP participants consumed a larger average amount of pizza without meat than nonparticipants, although the magnitude of the difference was small (20 g versus 9 g). Among higher-income children, NSLP participants consumed a larger average amount of pizza with meat than nonparticipants, and the magnitude of the difference was also small (37 g versus 21 g) (Appendix C, Table C-6).

Beverages other than Milk and 100% Fruit Juice

Among children in both income groups, NSLP participants consumed a smaller average amount of beverages other than milk and 100% fruit juice (including water) than nonparticipants (798 g versus 1,401 g for income-eligible children; and 993 g versus 1,304 g for higher-income children) (Appendix C, Table C-6). NSLP participants in both income groups consumed smaller average amounts of water than nonparticipants (396 g versus 621 g for income-eligible children; and 491 g versus 680 g for higher-income children). Income-eligible NSLP participants also consumed smaller average amounts of noncarbonated sweetened drinks (for example, juice drinks that were not 100% fruit juice and sports drinks) (157 g versus 231 g), noncarbonated low-calorie/sugar-free drinks (22 g versus 37 g), any soda (166 g versus 331 g) and regular soda (153 g versus 305 g) (Appendix C, Table C-6). The findings for any soda and regular soda are consistent with the fact that income-eligible NSLP

²⁴ When meat and meat alternates from mixed dishes and other food groups are included, average consumption of protein foods was 3.6 to 6.5 ounce equivalents (WWEIA, NHANES 2005–2006, 2007–2008, and 2009–2010, 6–19 years old; available at <http://www.ars.usda.gov/Services/docs.htm?docid=23868>). Thus, meat and meat alternates are consumed from many different sources, not just as discrete items.

participants were less likely than their nonparticipant counterparts to consume these beverages (Appendix C, Table C-5).

Sweets and Desserts

There were no differences between NSLP participants and nonparticipants in the average amounts of sweets and desserts consumed over 24 hours, overall or for specific types of sweets and desserts (Appendix C, Table C-6).

Salty Snacks

Among income-eligible children, NSLP participants consumed a smaller average amount of salty snacks than nonparticipants, although the magnitude of the difference was small (19 g versus 26 g). NSLP participants in this income group consumed a smaller average amount of corn-based salty snacks than nonparticipants (8 g versus 13 g) (Appendix C, Table C-6).

Added Fats and Oils

On average, school children consumed about one and one half teaspoons (8 g) of fats and oils added to the foods they consumed (Appendix C, Table C-6). There were no differences between NSLP participants and nonparticipants in the average amounts of added fats and oils consumed overall or for specific types of added fats or oils.

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Chapter 6. The Healthy Eating Index-2005

In this chapter, we examine the overall quality of the diets consumed by all school children and by NSLP participants and nonparticipants using the Healthy Eating Index (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 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). Because the HEI-2005 provides a measure of diet quality relative to the dietary recommendations that were in place when the NHANES 2005–2010 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.

All analyses are limited to school children 5–18 years old. HEI scores were estimated at the population level, using the population ratio method.²⁵ The analysis is based on data from the NHANES 2005–2010, and estimates are based on a single day of intake. We discuss only statistically significant differences between NSLP participants and nonparticipants. We present detailed results in Appendix C, Table C-10.

Healthy Eating Index-2005 (HEI-2005)

Data

- NHANES 2005–2010: Single 24-hour recall per child
- MyPyramid Equivalents Database, version 2.0
- CNPP Addendum to MPED 2.0B
- CNPP 03-04 Fruit Database

Sample

- Children 5–18 years old attending school

Measures

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

The Healthy Eating Index-2005

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 total calories) rather than

²⁵ 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). See Appendix A for more detail.

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.

Nine of the 12 HEI-2005 components are adequacy components. They assess intakes of specific food groups, relative to amounts recommended to ensure adequate nutrient intakes. Adequacy 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 of the HEI-2005, referred to as moderation components, assess intakes of Saturated Fat, Sodium, and Empty Calories—dietary constituents that are commonly consumed in excess.

The HEI-2005 components and the standards used in assigning scores are shown in Exhibit 6-1.

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

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

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

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

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

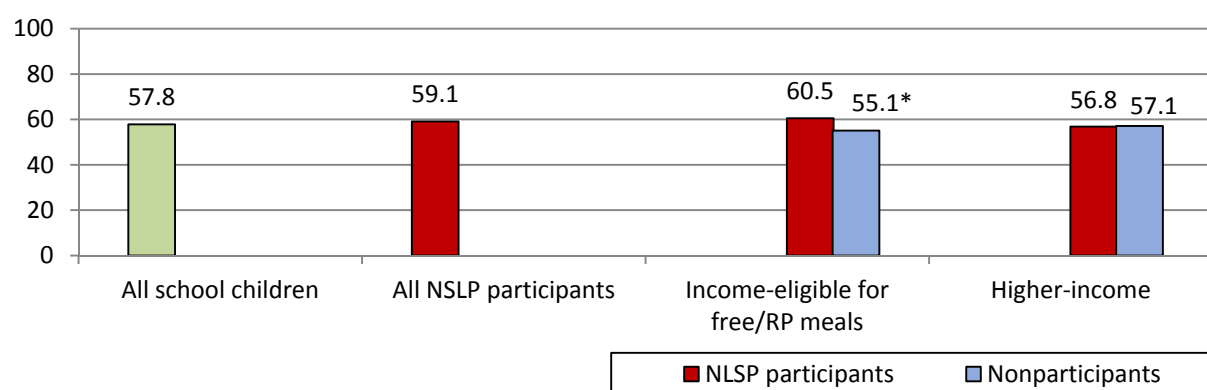
^b The term “Empty Calories” was substituted for the HEI-2005 component for “calories from solid fats, alcoholic beverages, and added sugars” to promote consistency throughout the report. The HEI-2010 renamed this component to be Empty Calories to provide a more concise term that would convey the concept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

Maximum scores for individual components range from 5 to 20 points. Scores for intakes between the minimum and maximum standards are scored proportionately.²⁶ 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 maximum value of 100.

Total HEI-2005 Scores

Overall, school children scored 58 out of a possible 100 points on the HEI-2005 (Exhibit 6-2). Total scores across income/participation groups ranged from a low of 55 to a high of 61. This indicates that the diets of school children, regardless of income and NSLP participation, fell considerably short of meeting 2005 *Dietary Guidelines* recommendations. Among income-eligible children, NSLP participants had a higher total HEI-2005 score than their nonparticipant counterparts (60.5 versus 55.1). There were no differences in total HEI-2005 scores between higher-income NSLP participants and nonparticipants.

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



Sources: NHANES 2005–2010 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. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

²⁶ For Saturated Fat and Sodium, a score of 8 is assigned for intake levels that reflect the 2005 *Dietary Guidelines* recommendations—less than 10 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.

School children 5–8 years old scored 61 out of a possible 100 points on the HEI-2005. Relative to children in other age groups, school children 5–8 years old had the highest total HEI-2005 score (61.0 versus 58.6 for school children 9–13 years old and 54.8 for school children 14–18 years old) (Appendix C, Table C-10). Among income-eligible school children 9–13 years old, NSLP participants had a higher total HEI-2005 score than nonparticipants).

HEI-2005 Component Scores

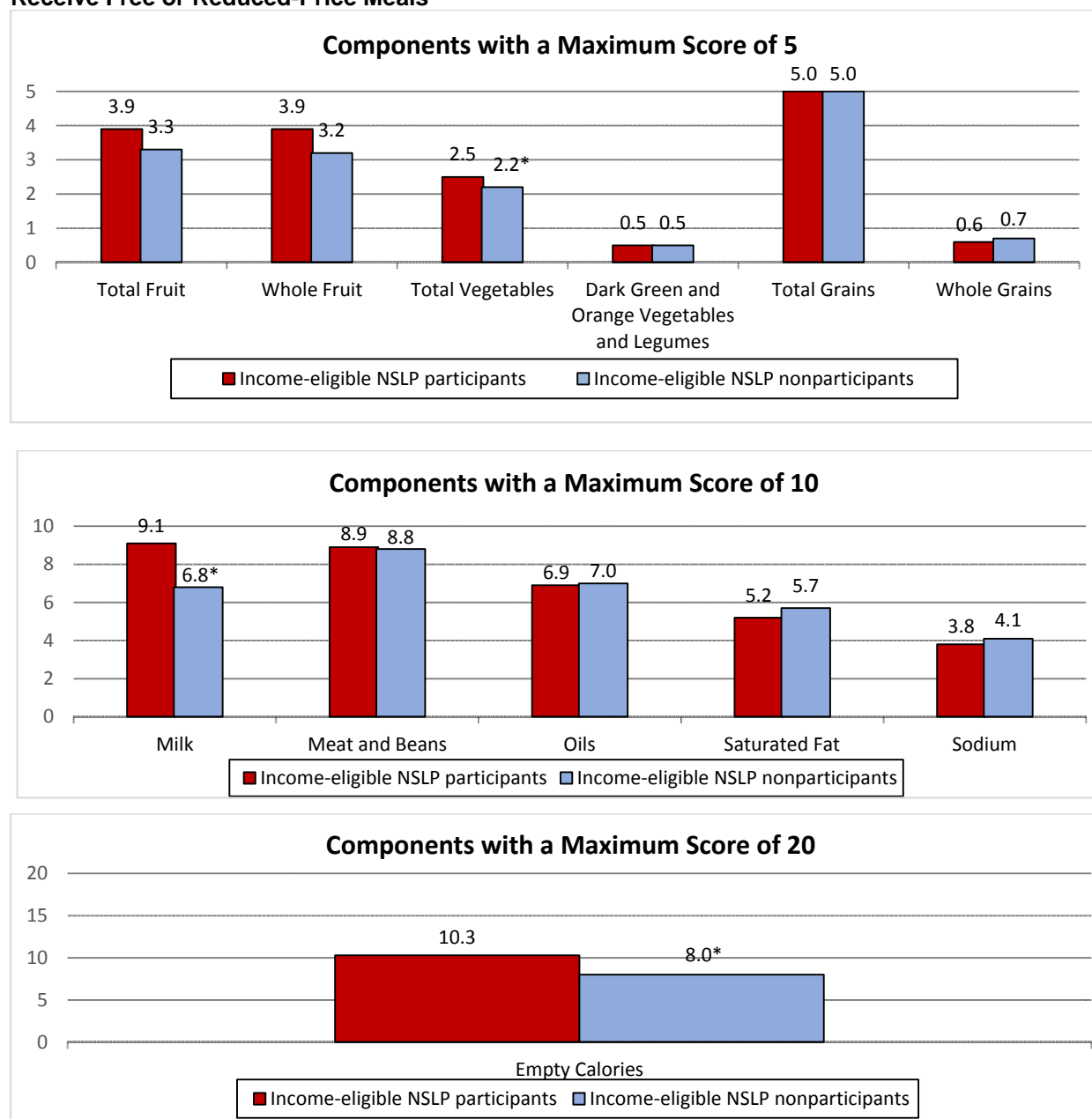
School children in all income/participation groups achieved the maximum score (of 5.0) for Total Grains, but scores for all of the other components were below the maximum possible score (Exhibits 6-3 and 6-4). Besides Total Grains, scores were highest for Meat and Beans (ranging from 8.5 to 8.9 out of 10) and Milk (ranging from 6.8 to 9.5 out of 10). Scores were lowest for Dark Green and Orange Vegetables and Legumes (ranging from 0.5 to 0.8 out of 5) and Whole Grains (0.6 to 0.9 out of 5), reaching only 10 to 20 percent of their maximum scores. Scores for Total Vegetables, Sodium, and Empty Calories, although relatively higher than Whole Grains and Dark Green and Orange Vegetables and Legumes, were no higher than 50 percent of the maximum score, indicating a substantial need for improving the quality of the diets consumed by all school children.

Among income-eligible school children, NSLP participants had a higher score than nonparticipants for Total Vegetables (2.5 versus 2.2) and Milk (9.1 versus 6.8) (Exhibit 6-3). The difference for Milk was also observed among income-eligible children in each age group (5–8, 9–13, and 14–18 years old) (Appendix C, Table C-10). Income-eligible NSLP participants also had a higher score than their nonparticipant counterparts for Empty Calories (10.3 versus 8.0), indicating a lower consumption of this component. This difference was also observed among children 14–18 years old (Appendix C, Table C-10).

Among higher-income school children, NSLP participants had a lower score than nonparticipants for Total Fruit (2.7 versus 3.4) and Whole Fruit (3.2 versus 4.1) (Exhibit 6-4). These differences were also observed among children 14–18 years old (Appendix C, Table C-10).

On the other hand, higher-income NSLP participants had a higher score than their nonparticipant counterparts for Milk (9.5 versus 7.6) (Exhibit 6-4). This difference was also observed among children 9–13 and 14–18 years old (Appendix C, Table C-10).

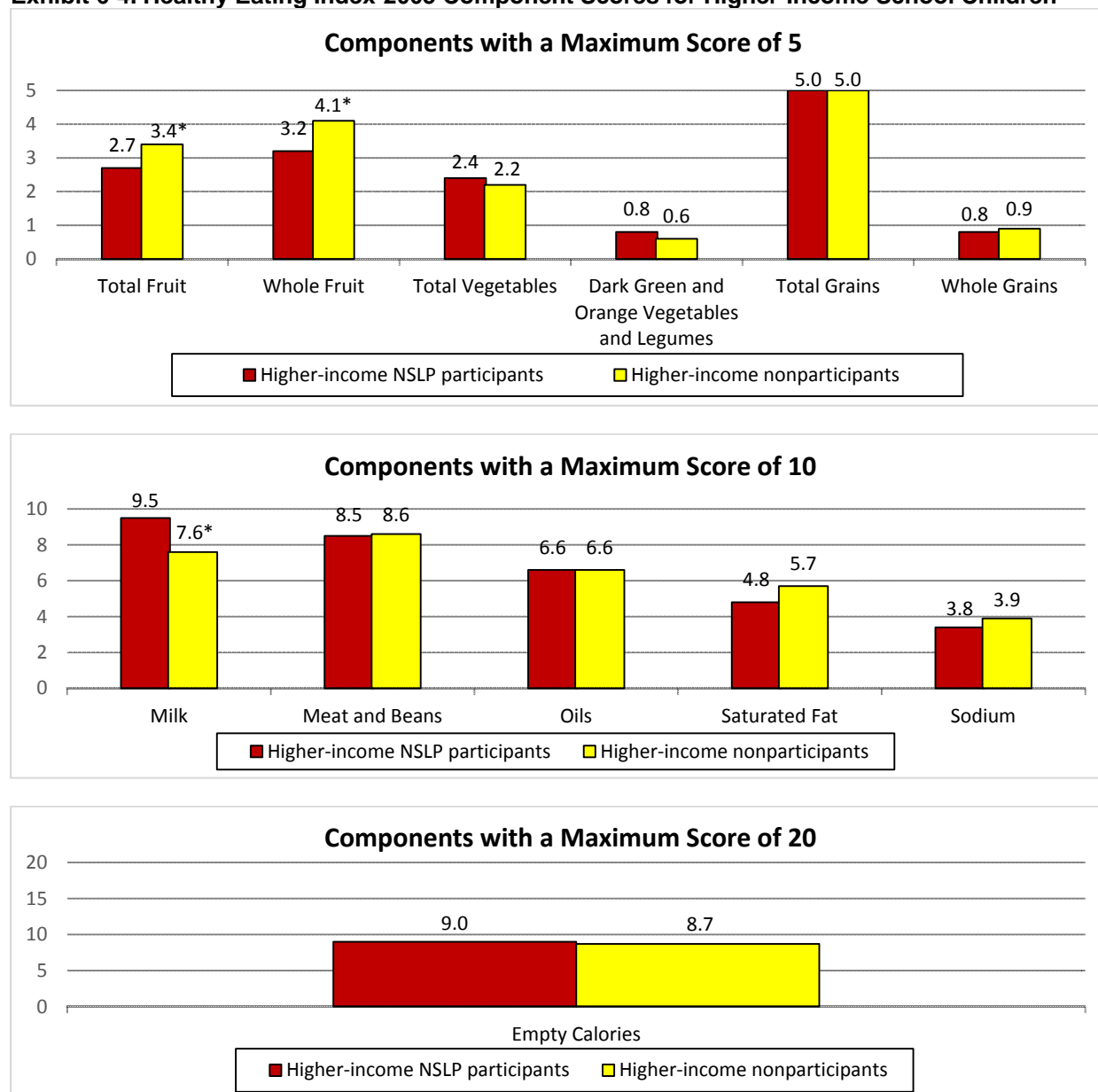
Exhibit 6-3. Healthy Eating Index-2005 Component Scores for School Children Income-Eligible to Receive Free or Reduced-Price Meals



Sources: NHANES 2005–2010 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. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Exhibit 6-4. Healthy Eating Index-2005 Component Scores for Higher-Income School Children



Sources: NHANES 2005–2010 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. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in mean scores are noted by * (at least the .05 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

Chapter 7: Conclusions

This report uses data from NHANES 2005–2010 to provide a comprehensive picture of the diets of school children and examine differences between NSLP participants and nonparticipants. This information can be used to target efforts to improve the quality of participants' diets and as a benchmark for monitoring participants' diets over time. Children who participated in the NSLP are compared with children who did not participate in the NSLP. These comparisons are made within two income groups—children from families who were income-eligible to receive school meals for free or at reduced price, and higher-income children from families who were not eligible for free or at reduced-price meals (but could participate in the NSLP by paying the full price for meals). This research was not designed to assess the impact of the NSLP or in any way attribute differences observed between NSLP participants and nonparticipants to an effect of the program.

Main findings are summarized below.

Diet Adequacy and Excess

- Among higher-income children, NSLP participants had usual intakes of nutrients that were generally comparable to those of nonparticipants. In contrast, there were a number of differences in the prevalence of adequate usual intakes among income-eligible children. For several nutrients, the prevalence of adequate usual intakes was higher for income-eligible NSLP participants than for nonparticipants, and for other nutrients the prevalence was lower.
- For all nutrients except for vitamin D, the prevalence of adequate usual intakes decreased with age and was notably lower for children 14–18 years old than for younger children, 5–8 years old. For children 14–18 years old, NSLP income-eligible participants were less likely than nonparticipants to have adequate usual intakes for several nutrients—most of the differences were largely attributable to differences among girls.
- The majority of all school children (95%) had usual sodium intakes that exceeded the UL. NSLP participants in both income groups were more likely than nonparticipants to have mean usual sodium intakes that exceeded the UL. In addition, 16 percent of school children had usual intakes of saturated fat that were consistent with the *Dietary Guidelines* recommendation.

Diet Quality

- Total HEI-2005 scores, which provide an overall measure of diet quality, were low for all school children (58 out of a possible 100 points). These scores indicate that there is a substantial need for improving the quality of the diets consumed by all school children. Among income-eligible children, NSLP participants had a higher HEI-2005 total score than their nonparticipant counterparts.
- School children's intakes of vegetables, including dark green and orange vegetables and legumes, and whole grains were low relative to recommendations. At the same time, children's intakes of sodium and empty calories were higher than the recommended intake

levels. The consumption of empty calories for school children in all age groups and all income/participation groups greatly exceeded the maximum limits specified in the 2010 *Dietary Guidelines* (36% versus maximum limits of 8 to 12%).

Food Consumption Patterns

- At lunch, children who participated in the NSLP made the following healthier food choices than did children who did not receive a reimbursable school lunch:
 - NSLP participants were more likely than nonparticipants to consume discrete vegetables and fluid milk at lunch.
 - NSLP participants were less likely than nonparticipants to consume sweets and desserts, and salty snacks at lunch.
 - Among income-eligible children, NSLP participants were more likely than nonparticipants to consume fruit or 100% fruit juice at lunch and less likely to consume soda.
- The NSLP is an important source of discrete vegetables and fluid milk in participating children's diets. In addition, the NSLP is an important source of fruit and 100% fruit juice for children who receive free or reduced-price lunches.
- Over 24 hours, most of these differences in food choices between NSLP participants and nonparticipants persisted, but the magnitudes of the differences diminished.

Overweight and Obesity

- Overall, 62 percent of school children had a BMI in the healthy range, 16 percent were overweight, and 19 percent were obese. The prevalence of overweight and obesity was comparable between NSLP participants and nonparticipants in both income groups.

Implications

This report identifies a number of important issues related to the diets of school children for policymakers, school foodservice providers, and nutrition educators.

- In general, school children had high levels of nutrient adequacy. However, usual intakes of calcium and vitamin D, which have been identified as nutrients of public health concern, were inadequate among school children. Older children, especially teenage girls, were at the greatest risk for inadequate nutrient intakes. These children are a prime target for nutrition education efforts that promote the consumption of a balanced diet.
- For all school children, the issues of greatest concern are related to excessive consumption of empty calories, saturated fat, and sodium, and inadequate intakes of specific types of nutrient-dense foods, including whole grains and dark green and orange vegetables and legumes. Decreased intakes of foods that contribute empty calories would improve the overall quality of school children's diet. This is also essential for reducing the prevalence of overweight and obesity in this population.

Children who participated in the NSLP generally made more healthful food choices at lunch than those that did not participate. This was especially true for children who were income-eligible to receive free or reduced-price meals. Thus, the NSLP is an important source of nutrition for children overall and particularly for children from lower-income families.

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Appendix A. Data and Methods

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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 USDA 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. 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). NHANES has been conducted on a periodic basis since 1971. Beginning in 1999, 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. 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. The estimates in this report are based on three 2-year cycles of NHANES data—NHANES 2005–2006, 2007–2008, and 2009–2010.

NHANES includes a household interview conducted in respondents' homes, and a physical examination conducted in Mobile Exam Centers (MEC). Additional interview data are collected 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 3–10 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)
- Diet Behavior and Nutrition Questionnaire (DBQ)
- 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-1 Dietary Recall data in conjunction with Day-2 Dietary Recall data to control for within-person day-to-day variance in nutrient intakes.

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, Friday, & Moshfegh, 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 2005-2010 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)²⁷

The Food Patterns data 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 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 number of alcoholic drinks. We linked each unique food reported in the NHANES 2005–2010 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 analyses included children who:

- were 5–18 years old
- attended kindergarten through grade 12 during the school year
- had a complete Day-1 Dietary Recall
- reported their dietary intake for a weekday (Monday through Friday)
- attended a school that serves school lunches

Children who consumed all lunch foods at home were excluded from the analysis sample since their dietary recall likely reflected intake on a non-school day (for example, a school holiday or summer vacation). We also excluded women 12–18 years old who were pregnant or breastfeeding only from the NHANES 2005–2006 data. The pregnancy and breastfeeding status of women 12–18 years old in the NHANES 2007–2010 data cannot be identified, and these women are included in the sample as if they were not pregnant or breastfeeding.

Subgroups for Tabulation

We calculated estimates for the all school children in our analysis sample, and for subgroups defined by program participation and income, and by age group and gender.

²⁷ 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.

Program Participation and Income

NSLP participants were identified as children who were likely to have received a reimbursable school lunch on their intake day. Children could not be identified with certainty as NSLP participants or nonparticipants. The NHANES survey includes questions about whether the school serves school lunch and how many times per week the respondent usually gets a complete school lunch, but NHANES does not ask if the respondent got a complete school lunch on the intake day. As a result, we imputed NSLP participation based on information about the types of foods reported by children as lunch foods. The following algorithm was used to identify NSLP participants and nonparticipants:

1. Define “lunch foods” and “school lunch foods,” using data in the Individual Foods Files
 - a. Lunch foods were defined according to the following rules:
 - i. Rule 1: All foods reported between 10:00 AM and 2:30 PM, unless reported as breakfast.
 - ii. Rule 2: All foods reported between 9:30 and 10:00 AM that were reported as lunch or brunch.
 - iii. Rule 3: All foods reported between 2:30 and 4:00 PM that were reported as lunch or brunch. If legitimate lunches were reported after the 4:00 PM cutoff, these were also counted. (For example, if a child didn’t eat lunch earlier in the day, a lunch after 4:00 PM was considered a really late lunch. If there was a lunch earlier, a lunch after 4:00 PM was not counted.)
 - b. School lunch foods were identified as lunch foods whose source is reported as the school cafeteria.
2. Identify which “school lunch foods” are NSLP-reimbursable
 - a. Reimbursable school lunch foods were identified as components that are required and allowed in NSLP meals, as defined in NSLP regulations.²⁸
3. Identify NSLP participants as school children who met one of the following criterion:
 - consumed 3 or more reimbursable meal components from the school cafeteria at lunch on the intake day, or
 - consumed 2 reimbursable meal components from the school cafeteria at lunch on the intake day, and report that they “usually eat a complete school lunch” 5 days a week, or
 - consumed 2 reimbursable meal components from the school cafeteria at lunch on the intake day, and consumed no food from outside the school cafeteria.
4. Identify nonparticipants as children who did not meet the above criteria for being an NSLP participant.

To classify NSLP participants and nonparticipants as income-eligible or higher-income, we used household size and annual family income relative to the DHHS poverty guidelines. Income-

²⁸ A reimbursable lunch was required to include 3 of 5 meal components that were offered (milk, meat/meat alternate, grain, fruit and vegetables). Students were not required to consume all three components but they must take or be served at least 3.

eligible children were defined as children from families with annual income less than or equal to 185 percent of the DHHS poverty guidelines, whereas higher-income children were defined as children from families with annual income greater than 185 percent of the DHHS poverty guidelines, with no income cap.

Children whose dietary recall reflected intake on a weekend day were excluded from the analysis. Additionally, children were excluded if they consumed all of their lunch foods at home. This was done to minimize the likelihood that no children were included in the analysis if their dietary recall was on a school holiday, break, or other day on which the child did not attend school.

Age Groups

We tabulated data for the following age groups:

- all school children 5–18 years old
- children 5–8 years old
- children 9–13 years old
- children 14–18 years old

Ages were 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 NSLP 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 NSLP 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*.

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, 2005c; 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 NSLP participants and nonparticipants:

- Estimated Average Requirements (EARs)
- Adequate Intakes 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 9–18 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 the AI. Populations with a mean usual intake equivalent 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 upper bound or fall below 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 percent 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.

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)
Boys										
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
Girls										
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	11	45	0.69
Estimated Average Requirement (EAR)										
	Riboflavin (mg)	Thiamin (mg)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Zinc (mg)	Carbohydrate (g)	Protein (g/kg body weight)		
Boys										
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		
Girls										
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		
Adequate Intake (AI)										
	Potassium (mg)	Sodium (mg)	Fiber (g)	Linoleic acid (g)	Linolenic acid (g)	Choline (mg)				
Boys										
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				
Girls										
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				
Upper Tolerable Intake Level (UL)										
	Sodium (mg)									
Boys										
4–8 years	1900									
9–13 years	2200									
14–18 years	2300									
Girls										
4–8 years	1900									
9–13 years	2200									
14–18 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					
School children 4–18 years	25–35	5–10	0.6–1.2	45–65	10–30
2010 Dietary Guidelines recommendations					
	Saturated fat (percentage of total calories)			Cholesterol (mg)	
School children 4–18 years	< 10			< 300	
Sodium (mg)					
2–50 years	< 2300				

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.

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 percentage 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.

Usual Intake of Calories

Usual intake of calories was computed using the NCI Mixtran and Distrib SAS macros (Parsons, Munuo, Buckman, Tooze, & Dodd, 2009). 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. These data are available in the NHANES Body Measures Files. These files also include a variable for BMI, defined as follows:

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

For children, the CDC recommends using BMI to screen for overweight and obesity beginning at the age of two. 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 school children's weight status based on comparison of BMI-for-age percentiles with the standards defined by the CDC (Exhibit 3-3).

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. For school children, empty calories come from two main sources: solid fats and added sugars. 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. 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, the maximum daily limits for empty calories for school children range from 121 to 266, or 8 to 12 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. Estimates were based on a single day of intake. To construct this measure, we obtained data on total calories from the NHANES Individual Foods Files and Total Nutrients Files, and obtained data on solid fats and added sugars 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 among all school children and by participation/income status and age group.

Food Choices Defined Using the Supermarket Aisle Approach

To examine the food choices of NSLP 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 (2008). This approach categorizes foods into major food groups and subgroups based on supermarket groupings, as show in Figure A-2.

Figure A-2. Supermarket Aisle Food Groups and Subgroups

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

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

Major Group	Subgroup	Major Group	Subgroup
Mixed Dishes	Tomato sauce and meat (no pasta)	Nuts	
	Chili con carne		Peanut/almond butter
	Meat mixtures w/red meat		Seeds
	Meat mixtures w/chicken/turkey	Milk and Milk Products	
	Meat mixtures w/fish	Unflavored whole milk	
	Hamburgers/cheeseburgers	Unflavored 2% milk	
	Sandwiches (excl. hamburger)	Unflavored 1% milk	
	Hot dogs	Unflavored skim milk	
	Luncheon meats	Unflavored milk-% fat nfs	
	Beef, pork, ham	Flavored whole milk	
	Chicken, turkey	Flavored 2% milk	
	Cheese (no meat)	Flavored 1% milk	
	Fish	Flavored skim milk	
	Peanut butter	Flavored milk-% fat nfs	
	Breakfast sandwiches	Soymilk	
	Pizza (no meat)	Dry of evaporated milk	
	Pizza w/meat	Yogurt	
	Mexican entrees	Cheese	
	Macaroni and cheese	Breast milk	
	Pasta dishes, Italian style	Infant formula	
	Rice dishes	Sweets and Desserts	
	Other grain mixtures	Sugar and sugar substitutes	
	Meat soup	Syrups/sweet toppings	
	Bean soup	Jelly	
	Grain soups	Jello	
	Vegetable mixtures (inc soup)	Candy	
	Entrée salad	Ice cream	
Beverages (excluding milk and 100% fruit juice)	Coffee	Pudding	
	Tea	Ice/popsicles	
	Beer	Sweet rolls	
	Wine	Cake/cupcakes	
	Liquor	Cookies	
	Energy drinks	Pies/cobblers	
	Water	Pastries	
	Regular soda	Doughnuts	
	Sugar-free soda	Added Fats and Oils	
	Noncarbonated sweetened beverage	Butter	
	Non carbonated low-calorie/sugar free beverage	Margarine	
Salty Snacks	Corn-based salty snacks	Other added fats	
	Pretzels/party mix	Other added oils	
	Popcorn	Salad dressing	
	Potato chips	Mayonnaise	
		Gravy	
Other		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.

We made slight modifications to the food groups defined by Cole and Fox (2008) to reflect the types of foods reported in NHANES 2005–2010. Sandwiches, Mexican entrees, 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" vegetables 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 examined food choices over 24 hours as well as at lunch since the NSLP provides foods to school children in reimbursable lunches. It is important to note that all lunch foods consumed by NSLP participants were not necessarily provided by the program. Children may have consumed foods from non-reimbursable sources such as vending machines or a la carte sales or brought some items from home. In addition, the NHANES data may not capture the true nutritional profile of foods offered in the NSLP. Foods offered in reimbursable school meals are often specially formulated for school food service and may differ in nutrient content from the same type of food in the USDA database.

We estimated the percentage of school children consuming one or more foods (in any amount) from each of the 11 major supermarket aisle food groups at lunch and over 24 hours. Within the supermarket aisle subgroups, we estimated the percentage of school children consuming one or more foods from the subgroup among those who consumed any foods in the corresponding major group. For example, the percentage of school children consuming each of the grain subgroups is conditional on consuming any grains. This approach allows us to compare food choices of NSLP 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.

Average Amounts of Food Consumed from Supermarket Aisle Food Groups

We examined the mean amounts of food consumed by NSLP participants and nonparticipants over 24 hours from each of the major food groups and subgroups defined in the supermarket aisle approach. We estimated amounts in both grams and USDA 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.

USDA 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.

It is important to note that estimates of amounts consumed should not be construed as representing total intakes of USDA Food Pattern food groups or compared to recommendations for these food groups. Total intakes of USDA Food Pattern food groups were not estimated for this study. These data have been estimated by the USDA using NHANES 2005–2010 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

Healthy 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 (National Cancer Institute [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 2005–2010 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 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, Guenther, Krebs-Smith, & Kott, 2008).

Statistical Methods

The study team produced all estimates for this report using SAS (version 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 for 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 estimate 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 6-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 subset the NHANES sample to those 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 estimates for each age group, separately for all school children, boys, and girls. For all outcomes except usual nutrient intakes, when adjusting estimates for all school children, we used a single weight for everyone in a particular age group rather than separate weights for boys and girls. For usual nutrient intakes, we applied age-adjustment separately for boys and girls, and then used age-adjustment weights to create the combined group samples.

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 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.

Figure A-3. Census 2010 Population for Age Groups

Age group	Population	Percentage
5–8 years old	20,263,474	27.70
9–13 years old	20,659,565	35.33
14–18 years old	21,621,091	36.97

Source: Census 2010 Summary File 1 (SF1).

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

Two approaches were used for age-adjustment. We used the first approach for the HEI-2005, HEI-2010, and usual nutrient intakes outcomes. In this approach, the mean score was calculated for each age group. The mean score for each analysis group,²⁹ within a particular larger age 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 all comparison groups. We used the following equation to calculate standard errors for HEI-2005, HEI-2010, and usual nutrient intakes:

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

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

The second approach was used for the consumption of empty calories, BMI, and food choices. In this approach, the outcome was first calculated for each individual. SAS procedures were used to calculate age-adjusted estimates and standard errors. Census proportions for the DRI age groups were incorporated into PROC SURVEYMEANS and PROC SURVEYREG. Output from running PROC SURVEYREG provided separate estimates and standard errors for all school children, all NSLP participants, income-eligible participants and nonparticipants, and higher-income participants and nonparticipants.

Age-adjustment was not applied to the average amounts of foods consumed outcome. 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

We conducted t-tests to determine whether differences in outcomes between NSLP participants and nonparticipants within each income group (income-eligible or higher-income) reached statistical significance. Some results may be significant by chance, because of the large number of tests conducted. When examining multiple outcome categories simultaneously for the usual

²⁹ Analysis groups included all school children, all NSLP participants, income-eligible NSLP participants, income-eligible nonparticipants, higher-income NSLP participants, and higher-income NSLP nonparticipants.

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.

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, 2013). 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. Although some comparisons may be statistically significant, the practical significance of the results may be limited, and should be interpreted with this limitation in mind.

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Appendix B.

Detailed Tables for Usual Daily Intakes from Foods and Beverages

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals		Higher-income							
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake														
All ages, 5–18 years old	596	(12.3)	614	(15.1)	579	(17.1)	473 ***	(19.5)	665	(27.4)	623	(26.2)		
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-		
Boys	652	(17.8)	702	(25.1)	645	(27.6)	492 ***	(29.7)	778	(45.1)	660 *	(33.2)		
Girls	537	(16.9)	522	(16.5)	509	(19.9)	453	(25.1)	547	(30.3)	584	(40.8)		
5–8 years old	610	(21.2)	639	(23.3)	624	(22.2)	439 ***	(37.4)	677	(40.8)	642	(45.3)		
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-		
Boys	674	(32.5)	684	(37.4)	619	(29.6)	419 ***	(48.8)	800	(67.1)	757	(69.0)		
Girls	543	(27.0)	592	(27.4)	630	(33.2)	459 **	(56.9)	548	(45.3)	522	(58.1)		
9–13 years old	616	(19.7)	642	(23.3)	614	(26.8)	477 ***	(31.0)	684	(39.4)	640	(48.3)		
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-		
Boys	629	(27.0)	684	(35.0)	643	(38.6)	476 **	(50.2)	742	(57.5)	600	(52.3)		
Girls	603	(28.9)	597	(30.5)	584	(37.2)	478 *	(35.6)	624	(53.8)	682	(82.4)		
14–18 years old	567	(22.2)	569	(29.6)	510	(34.8)	495	(33.6)	638	(56.1)	592	(41.7)		
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-		
Boys	659	(32.5)	731	(51.8)	667	(60.8)	561	(53.1)	795	(96.6)	645	(53.9)		
Girls	469	(30.1)	398	(26.6)	345	(31.9)	425	(40.4)	473	(53.9)	536	(64.1)		

See notes at end of table.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	71.6	(1.72)	75.0	(2.34)	69.6	(3.40)	53.2 *	(5.53)	80.0	(3.32)	72.3	(3.33)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	73.0	(2.09)	80.3	(3.37)	77.5	(4.84)	53.4 **	(7.52)	84.1	(4.99)	69.1 *	(3.44)
Girls	70.0	(2.76)	69.4	(3.22)	61.3	(4.78)	52.9	(8.15)	75.8	(4.33)	75.8	(5.79)
5–8 years old	97.5	(1.19)	99.0	(0.77)	99.5	(0.82)	82.1	(9.36)	96.8	(1.66)	99.0	(1.92)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	98.4	(1.00)	98.5	(1.26)	99.1	(1.61)	80.1	(14.98)	99.5	(0.73)	99.8	(0.44)
Girls	96.6	(2.21)	99.4	(0.87)	100.0	(0.07)	84.3	(11.01)	94.0	(3.31)	98.1	(3.90)
9–13 years old	79.4	(2.87)	90.2	(3.95)	86.7	(6.03)	56.1 **	(8.35)	97.8	(2.86)	74.8 ***	(5.59)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	79.2	(3.60)	89.8	(4.07)	86.9	(5.86)	54.6 *	(14.57)	97.6	(3.79)	68.6 ***	(6.32)
Girls	79.6	(4.50)	90.7	(6.87)	86.4	(10.70)	57.7 *	(7.73)	98.0	(4.30)	81.2	(9.33)
14–18 years old	44.7	(3.66)	42.4	(5.03)	30.8	(7.15)	28.6 u	(10.54)	50.5	(8.46)	50.1	(7.10)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	48.3	(4.42)	57.7	(8.17)	52.3	(11.73)	32.5	(9.70)	59.8	(12.97)	46.6	(7.05)
Girls	40.9	(5.89)	26.3	(5.71)	8.1 u	(7.94)	24.6 u	(19.10)	40.7	(10.72)	53.7	(12.55)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	304	363	406	475	622	797	905	980	1,104	263	309	341	395	512	653	737	796	895
5–8 years old	340	401	442	512	651	814	910	976	1,085	295	339	371	421	527	647	719	770	849
9–13 years old	312	368	408	469	605	759	854	922	1,031	297	350	385	446	576	733	823	887	1,000
14–18 years old	268	331	377	453	618	822	949	1,039	1,187	207	248	276	328	441	581	667	728	828
All NSLP participants	352	411	453	522	671	847	955	1,035	1,160	298	338	365	409	505	615	683	733	807
5–8 years old	346	406	447	517	662	824	919	996	1,108	364	407	436	481	578	687	751	800	871
9–13 years old	392	444	481	540	664	805	891	951	1,051	385	425	453	496	586	684	743	783	852
14–18 years old	318	385	430	507	684	903	1,044	1,144	1,301	165	202	227	272	373	494	574	635	716
Income-eligible NSLP participants	361	411	447	505	626	763	848	907	996	330	364	387	423	500	583	634	668	716
5–8 years old	360	410	444	498	607	728	798	848	919	463	495	518	551	624	699	743	774	818
9–13 years old	378	425	459	512	627	755	830	885	964	358	399	429	475	571	679	744	790	854
14–18 years old	345	399	438	502	640	796	902	973	1,083	204 u	231	249	276	339	404	445	470	507
Income-eligible nonparticipants	228	273	307	359 *	473 **	600 *	677	738	824	232	270	297	342	438	543	609	659	731
5–8 years old	187 u	224 u	253 u	298	400 **	516	585	642	723	192 u	238 *	270 *	324 *	442	567	646	706	796
9–13 years old	235 u	277	310	360	462	576	644	691	764	209	253	285	339	454	585	671	736	830
14–18 years old	251	304	343	404	538	684	779	856	957	285 u	311	329	358	419	483	523	548	586
Higher-income NSLP participants	382	443	488	563	731	940	1,076	1,172	1,336	303	344	373	422	529	648	722	778	861
5–8 years old	386	450	493	575	761	970	1,111	1,211	1,375	261	313	347	404	529	668	750	812	906
9–13 years old	484	533	565	615	725	850	923	970	1,058	454	488	512	546	620	693	738	767	814
14–18 years old	283 u	352 u	410	504	716	1,004	1,196	1,336	1,572	189	230	260	316	442	589	687	763	871
Higher-income nonparticipants	298	359	400	472	632	810	925	1,007	1,126	272	323	360	420	555	711	813	887	996
5–8 years old	445	508	548	614	747	885	967	1,022	1,105	314 u	350	378	420	510	610	671	709	771 u
9–13 years old	229 *	287 *	330 *	402 *	569	756	878	963	1,082	277	341	388	469	642	845	983	1,081	1,232
14–18 years old	254	315	356	432	607	807	938	1,038	1,184	236 u	285 u	319	372	506	658	758	835	939

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income					
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants			
		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake													
All ages, 5–18 years old	1.74	(0.031)	1.76	(0.041)	1.74	(0.050)	1.73	(0.069)	1.79	(0.068)	1.72	(0.053)	
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-	
Boys	1.93	(0.050)	1.94	(0.057)	1.94	(0.079)	1.94	(0.119)	1.99	(0.095)	1.91	(0.074)	
Girls	1.55	(0.036)	1.57	(0.059)	1.53	(0.061)	1.51	(0.068)	1.58	(0.098)	1.52	(0.077)	
5–8 years old	1.61	(0.041)	1.65	(0.042)	1.72	(0.056)	1.35 ***	(0.090)	1.56	(0.065)	1.66	(0.113)	
Sample size	833	-	548	-	353	-	113	-	163	-	159	-	
Boys	1.70	(0.053)	1.69	(0.048)	1.72	(0.072)	1.33 **	(0.120)	1.66	(0.086)	1.87	(0.160)	
Girls	1.52	(0.064)	1.61	(0.071)	1.73	(0.086)	1.37 *	(0.134)	1.46	(0.098)	1.45	(0.159)	
9–13 years old	1.69	(0.044)	1.75	(0.060)	1.75	(0.084)	1.62	(0.094)	1.77	(0.079)	1.64	(0.078)	
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-	
Boys	1.77	(0.070)	1.86	(0.095)	1.83	(0.138)	1.64	(0.146)	1.94	(0.132)	1.72	(0.102)	
Girls	1.60	(0.052)	1.63	(0.073)	1.68	(0.092)	1.59	(0.117)	1.59	(0.083)	1.57	(0.119)	
14–18 years old	1.90	(0.066)	1.85	(0.089)	1.74	(0.101)	2.12 *	(0.151)	1.99	(0.162)	1.84	(0.091)	
Sample size	923	-	332	-	172	-	252	-	132	-	302	-	
Boys	2.26	(0.111)	2.21	(0.119)	2.20	(0.159)	2.68	(0.277)	2.30	(0.214)	2.13	(0.128)	
Girls	1.51	(0.068)	1.47	(0.132)	1.25	(0.122)	1.54	(0.104)	1.66	(0.244)	1.53	(0.128)	

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	96.2	(1.24)	94.9	(2.52)	93.0	(3.08)	99.2	(1.74)	95.5	(2.27)	96.1	(1.42)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	98.3	(0.73)	98.2	(1.37)	99.4	(0.54)	99.8	(0.78)	97.4	(2.05)	98.2	(1.19)
Girls	94.0	(2.42)	91.4	(4.95)	86.3	(6.28)	98.6	(3.47)	93.5	(4.13)	93.9	(2.63)
5–8 years old	99.9	(0.15)	100.0	(0.01)	100.0	(0.01)	99.0	(1.19)	100.0	(0.09)	99.4	(0.96)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.02)	100.0	(0.03)	100.0	(0.01)	99.2	(1.97)	100.0	(0.09)	100.0	(0.06)
Girls	99.8	(0.30)	100.0	(0.00)	100.0	(0.00)	98.8	(1.32)	100.0	(0.16)	98.7	(1.96)
9–13 years old	99.9	(0.16)	99.7	(0.26)	99.4	(0.59)	98.5	(1.27)	99.7	(0.77)	99.9	(0.53)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.12)	99.9	(0.16)	99.1	(0.91)	100.0	(0.47)	100.0	(0.03)	99.8	(0.94)
Girls	99.8	(0.31)	99.5	(0.50)	99.7	(0.74)	97.0	(2.55)	99.3	(1.57)	100.0	(0.45)
14–18 years old	89.9	(3.34)	86.4	(6.80)	81.7	(8.31)	100.0	(4.46)	88.2	(6.10)	90.0	(3.74)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	95.5	(1.95)	95.2	(3.68)	99.4	(1.16)	100.0	(1.44)	93.1	(5.54)	95.4	(3.09)
Girls	84.0	(6.55)	77.0	(13.43)	63.1	(17.03)	100.0	(9.03)	83.1	(11.09)	84.3	(6.96)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	1.12	1.26	1.36	1.52	1.86	2.27	2.52	2.70	2.99	0.89	1.01	1.09	1.22	1.49	1.82	2.01	2.15	2.37
5–8 years old	1.02	1.14	1.23	1.37	1.65	1.98	2.17	2.31	2.53	0.82	0.94	1.03	1.17	1.46	1.81	2.02	2.18	2.42
9–13 years old	1.19	1.30	1.38	1.50	1.74	2.01	2.17	2.29	2.47	1.07	1.17	1.24	1.35	1.57	1.83	1.97	2.07	2.23
14–18 years old	1.12	1.31	1.44	1.66	2.13	2.73	3.10	3.37	3.82	0.78	0.90	0.98	1.13	1.44	1.82	2.04	2.20	2.46
All NSLP participants	1.14	1.27	1.36	1.52	1.86	2.27	2.53	2.72	3.03	0.91	1.03	1.10	1.23	1.51	1.83	2.04	2.19	2.41
5–8 years old	1.06	1.18	1.26	1.39	1.66	1.95	2.12	2.25	2.45	1.11	1.20	1.27	1.37	1.59	1.82	1.96	2.06	2.21
9–13 years old	1.22	1.34	1.42	1.55	1.81	2.12	2.31	2.44	2.66	1.03	1.14	1.22	1.34	1.59	1.88	2.05	2.17	2.38
14–18 years old	1.11	1.28	1.40	1.59	2.06	2.66	3.05	3.35	3.82	0.66 u	0.79	0.87	1.03	1.38	1.80	2.08	2.29	2.58
Income-eligible NSLP participants	1.16	1.29	1.39	1.54	1.87	2.25	2.50	2.67	2.93	0.90	1.01	1.09	1.22	1.49	1.80	1.99	2.11	2.30
5–8 years old	1.08	1.20	1.28	1.41	1.68	1.98	2.16	2.29	2.47	1.21	1.31	1.38	1.49	1.71	1.94	2.08	2.17	2.31
9–13 years old	1.01	1.15	1.24	1.40	1.75	2.17	2.42	2.62	2.90	1.08	1.19	1.27	1.39	1.65	1.93	2.09	2.20	2.36
14–18 years old	1.36	1.51	1.61	1.77	2.13	2.54	2.81	3.00	3.30	0.50 u	0.62 u	0.71 u	0.85	1.18	1.57	1.82	1.98	2.22
Income-eligible nonparticipants	1.39	1.49	1.56	1.66	1.90	2.16	2.32	2.46	2.64	0.95	1.04	1.11	1.22	1.46	1.73	1.91	2.05	2.25
5–8 years old	0.66	0.77	0.85	0.97	1.27 *	1.61	1.82	2.00	2.25	0.63 *	0.74 **	0.83 **	0.97 **	1.30 *	1.67	1.92	2.12	2.42
9–13 years old	1.64	1.64	1.64	1.64	1.64	1.64	1.64	1.64	1.64	0.87	0.99	1.07	1.22	1.52	1.87	2.11	2.29	2.55
14–18 years old	1.70 u	1.88	2.00	2.20	2.61	3.06	3.34	3.58	3.88	1.27 u	1.32	1.36	1.42	1.54	1.65	1.72	1.76	1.82
Higher-income NSLP participants	1.21	1.34	1.43	1.58	1.90	2.31	2.57	2.76	3.08	0.87	0.98	1.06	1.20	1.52	1.87	2.10	2.27	2.53
5–8 years old	1.00	1.11	1.19	1.33	1.63	1.94	2.14	2.28	2.49	0.90	1.00	1.06	1.17	1.42	1.69	1.86	1.98	2.18
9–13 years old	1.58	1.65	1.70	1.77	1.92	2.08	2.17	2.23	2.34	0.99	1.09	1.17	1.28	1.54	1.83	2.02	2.15	2.36
14–18 years old	1.03	1.21	1.35	1.58	2.09	2.80	3.27	3.62	4.22	0.73	0.87	0.97	1.15	1.56	2.04	2.36	2.61	2.96
Higher-income nonparticipants	1.12	1.26	1.35	1.51	1.86	2.24	2.48	2.65	2.91	0.90	1.01	1.08	1.20	1.47	1.77	1.97	2.10	2.31
5–8 years old	1.13	1.27	1.36	1.50	1.82	2.17	2.39	2.55	2.79	0.67	0.79	0.88	1.03	1.37	1.78	2.03	2.19	2.47
9–13 years old	1.11	1.22	1.29	1.42	1.69	1.97	2.15	2.27	2.44	1.21	1.28	1.33	1.41	1.56	1.71	1.80	1.86	1.96
14–18 years old	1.12	1.29	1.40	1.60	2.05	2.54	2.86	3.10	3.44	0.78	0.91	0.99	1.12	1.45	1.83	2.07	2.26	2.52

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
			Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	5.07	(0.102)	5.15	(0.103)	5.14	(0.170)	4.66	(0.241)	5.27	(0.182)	5.10	(0.201)
Sample size	2,907	-	1,555	-	947	-	571	-	515	-	705	-
Boys	5.80	(0.141)	6.02	(0.158)	6.04	(0.279)	5.33	(0.407)	6.14	(0.301)	5.61	(0.241)
Girls	4.31	(0.146)	4.25	(0.132)	4.19	(0.189)	3.96	(0.247)	4.35	(0.198)	4.58	(0.325)
5–8 years old	4.82	(0.117)	4.99	(0.124)	5.15	(0.163)	4.24 *	(0.334)	4.75	(0.252)	4.91	(0.307)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	5.20	(0.150)	5.30	(0.148)	5.25	(0.214)	4.15 *	(0.391)	5.44	(0.402)	5.46	(0.436)
Girls	4.43	(0.182)	4.67	(0.202)	5.06	(0.247)	4.34	(0.547)	4.02	(0.298)	4.33	(0.431)
9–13 years old	4.94	(0.146)	5.39	(0.183)	5.47	(0.258)	4.64 *	(0.316)	5.46	(0.296)	4.48 *	(0.279)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	5.35	(0.236)	6.05	(0.275)	6.27	(0.422)	4.96	(0.519)	6.07	(0.446)	4.49 **	(0.372)
Girls	4.52	(0.170)	4.69	(0.241)	4.63	(0.289)	4.29	(0.349)	4.82	(0.387)	4.48	(0.419)
14–18 years old	5.38	(0.219)	5.05	(0.197)	4.81	(0.369)	4.99	(0.520)	5.48	(0.355)	5.85	(0.413)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	6.67	(0.287)	6.52	(0.317)	6.42	(0.616)	6.55	(0.936)	6.74	(0.625)	6.79	(0.437)
Girls	4.01	(0.334)	3.50	(0.228)	3.12	(0.391)	3.35	(0.410)	4.16	(0.315)	4.85	(0.713)

See notes at end of table.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
			Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	96.9	(1.33)	99.1	(0.87)	98.5	(1.38)	96.7	(2.55)	98.1	(0.98)	97.0	(2.33)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.7	(0.22)	99.6	(0.62)	100.0	(0.02)	99.9	(0.34)	99.0	(1.59)	99.8	(0.51)
Girls	94.0	(2.71)	98.6	(1.66)	96.9	(2.82)	93.4	(5.21)	97.2	(1.12)	94.1	(4.74)
5–8 years old	100.0	(0.06)	100.0	(0.01)	100.0	(0.00)	99.2	(1.55)	100.0	(0.08)	99.9	(0.13)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.03)	100.0	(0.02)	100.0	(0.01)	100.0	(0.25)	100.0	(0.10)	99.9	(0.19)
Girls	100.0	(0.12)	100.0	(0.00)	100.0	(0.00)	98.3	(3.15)	100.0	(0.13)	99.9	(0.16)
9–13 years old	99.9	(0.09)	99.9	(0.14)	99.9	(0.14)	100.0	(0.21)	99.8	(0.34)	99.8	(0.76)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	100.0	(0.06)	100.0	(0.00)	99.7	(1.41)
Girls	99.8	(0.19)	99.7	(0.28)	99.9	(0.29)	100.0	(0.42)	99.7	(0.70)	100.0	(0.46)
14–18 years old	91.8	(3.60)	97.7	(2.35)	96.0	(3.72)	91.7	(6.80)	95.0	(2.62)	92.3	(6.26)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.2	(0.60)	98.8	(1.68)	100.0	(0.06)	99.6	(0.88)	97.2	(4.28)	100.0	(0.18)
Girls	84.0	(7.36)	96.5	(4.49)	91.8	(7.65)	83.3	(13.94)	92.6	(2.95)	84.2	(12.85)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	3.20	3.66	3.99	4.51	5.60	6.87	7.64	8.18	9.06	2.02	2.38	2.63	3.07	4.04	5.26	6.02	6.56	7.48
5–8 years old	2.81	3.27	3.57	4.08	5.07	6.19	6.84	7.29	8.01	2.28	2.65	2.93	3.36	4.27	5.33	5.96	6.41	7.11
9–13 years old	3.63	3.96	4.20	4.54	5.26	6.05	6.52	6.84	7.36	2.50	2.87	3.11	3.51	4.36	5.37	5.94	6.34	7.04
14–18 years old	3.08	3.67	4.10	4.81	6.31	8.16	9.31	10.12	11.46	1.35	1.69	1.95	2.43	3.56	5.11	6.14	6.90	8.19
All NSLP participants	3.48	3.93	4.23	4.73	5.81	7.07	7.84	8.41	9.29	2.46	2.77	2.99	3.34	4.10	4.98	5.52	5.92	6.54
5–8 years old	3.09	3.51	3.79	4.25	5.19	6.20	6.78	7.24	7.90	3.02	3.34	3.55	3.88	4.58	5.35	5.81	6.15	6.64
9–13 years old	4.51	4.82	5.02	5.35	5.99	6.69	7.09	7.37	7.82	2.40	2.77	3.04	3.48	4.46	5.63	6.38	6.90	7.84
14–18 years old	2.80	3.39	3.80	4.49	6.08	8.07	9.35	10.27	11.72	2.10	2.35	2.52	2.80	3.40	4.07	4.50	4.81	5.22
Income-eligible NSLP participants	4.22	4.56	4.79	5.17	5.94	6.79	7.31	7.68	8.21	2.59	2.89	3.10	3.41	4.10	4.86	5.32	5.63	6.08
5–8 years old	3.25	3.64	3.90	4.32	5.16	6.08	6.61	6.99	7.52	3.65	3.93	4.13	4.41	5.02	5.64	6.00	6.25	6.61
9–13 years old	5.21	5.42	5.57	5.80	6.25	6.72	6.98	7.16	7.41	2.55	2.91	3.18	3.59	4.48	5.50	6.13	6.58	7.20
14–18 years old	4.00	4.42	4.72	5.21	6.24	7.39	8.16	8.68	9.48	1.84	2.08	2.24	2.49	3.05	3.66	4.04	4.26	4.61
Income-eligible nonparticipants	3.71	4.00	4.21	4.53	5.22	5.97	6.44	6.83	7.34	1.84	2.17	2.42	2.84	3.76	4.82	5.51	6.02	6.79
5–8 years old	2.92 u	3.16	3.33	3.59	4.12	4.65	4.95	5.19	5.51 u	1.36 u	1.79 u	2.11 u	2.68	4.01	5.54	6.56	7.37	8.60
9–13 years old	4.96	4.96	4.96	4.96	4.96	4.96	4.97	4.97	4.97 u	2.64	2.95	3.16	3.51	4.20	4.95	5.42	5.77	6.27
14–18 years old	3.12	3.70	4.14	4.81	6.29	7.92	8.96	9.83	10.95	1.43 u	1.72 u	1.94 u	2.31	3.16	4.15	4.82	5.25	5.93
Higher-income NSLP participants	3.21	3.69	4.04	4.62	5.87	7.36	8.30	8.95	10.04	2.14	2.49	2.74	3.16	4.13	5.26	5.99	6.53	7.39
5–8 years old	2.80	3.28	3.58	4.15	5.33	6.55	7.31	7.82	8.64	2.37	2.67	2.87	3.20	3.92	4.71	5.18	5.53	6.08
9–13 years old	4.43	4.76	4.97	5.29	5.99	6.75	7.18	7.46	7.97	2.28	2.65	2.93	3.38	4.48	5.82	6.74	7.41	8.57
14–18 years old	2.36 u	2.98 u	3.50	4.33	6.15	8.55	10.11	11.22	13.06	1.83	2.19	2.45	2.93	3.96	5.13	5.87	6.44	7.24
Higher-income nonparticipants	2.91	3.38	3.69	4.23	5.41	6.72	7.55	8.16	9.04	2.10	2.46	2.73	3.16	4.22	5.54	6.46	7.18	8.24
5–8 years old	2.50	3.06	3.42	4.03	5.30	6.68	7.52	8.09	8.95	2.28	2.62	2.89	3.29	4.18	5.20	5.82	6.22	6.86
9–13 years old	2.31	2.67	2.92	3.35	4.31	5.38	6.09	6.58	7.27	2.87	3.19	3.40	3.75	4.42	5.13	5.58	5.88	6.33
14–18 years old	3.79	4.29	4.63	5.22	6.54	8.01	8.97	9.71	10.78	1.23 u	1.65 u	1.96 u	2.49 u	4.05	6.18	7.79	9.14	11.11

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	80	(2.3)	82	(3.4)	85	(5.3)	85	(5.4)	75	(5.3)	76	(4.4)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	85	(3.6)	85	(4.8)	98	(8.9)	92	(8.6)	74	(5.7)	81	(6.8)
Girls	76	(2.8)	79	(4.8)	72	(5.5)	78	(6.4)	77	(9.0)	70	(5.5)
5–8 years old	83	(3.6)	88	(3.5)	88	(4.9)	79	(7.8)	85	(6.4)	79	(9.5)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	89	(5.9)	90	(4.5)	92	(6.9)	79	(9.4)	88	(9.5)	94	(17.3)
Girls	76	(3.9)	85	(5.4)	85	(6.9)	79	(12.6)	83	(8.6)	63	(7.5)
9–13 years old	74	(3.6)	75	(5.0)	87	(6.9)	82	(9.9)	58	(5.7)	70	(6.3)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	74	(5.2)	74	(7.1)	85	(9.6)	85	(16.6)	61	(9.4)	70	(6.7)
Girls	75	(4.9)	77	(7.2)	88	(10.1)	78	(10.2)	55	(6.2)	70	(10.8)
14–18 years old	84	(4.4)	85	(7.3)	82	(12.1)	93	(9.5)	85	(12.3)	79	(7.4)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	92	(7.1)	93	(10.6)	115	(21.7)	109	(15.6)	76	(10.3)	82	(11.6)
Girls	76	(5.2)	77	(10.2)	48	(10.0)	77 *	(10.6)	94	(22.7)	76	(9.2)

See notes at end of table.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	81.8	(2.45)	78.7	(2.94)	79.6	(3.24)	92.8 *	(5.29)	74.2	(5.58)	82.1	(4.49)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	83.3	(3.10)	81.3	(4.21)	87.1	(5.49)	97.4	(4.83)	74.1	(7.23)	78.5	(4.66)
Girls	80.2	(3.82)	76.0	(4.10)	71.7	(3.31)	88.0	(9.58)	74.3	(8.57)	85.8	(7.80)
5–8 years old	99.9	(0.18)	99.9	(0.26)	100.0	(0.18)	96.0	(4.94)	98.3	(1.66)	100.0	(0.83)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	99.9	(0.34)	99.9	(0.40)	100.0	(0.10)	92.1	(9.63)	96.7	(2.72)	100.0	(0.62)
Girls	100.0	(0.09)	100.0	(0.32)	100.0	(0.36)	100.0	(0.91)	99.9	(1.86)	100.0	(1.58)
9–13 years old	82.7	(3.59)	84.5	(4.99)	93.2	(3.92)	91.1	(5.93)	70.9	(10.88)	76.4	(6.79)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	85.2	(6.22)	83.5	(7.69)	90.2	(6.46)	98.9	(8.34)	73.9	(15.07)	81.8	(10.19)
Girls	80.2	(3.40)	85.5	(6.27)	96.4	(4.34)	83.0	(8.44)	67.7	(15.72)	70.6	(8.91)
14–18 years old	67.3	(5.67)	57.3	(6.36)	51.2	(7.93)	92.1 **	(12.60)	59.4	(10.88)	74.1	(10.25)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	69.1	(5.90)	65.4	(8.66)	74.4	(13.48)	100.0	(7.41)	57.5	(13.04)	59.3	(7.97)
Girls	65.3	(9.84)	48.9	(9.36)	26.7	(7.96)	83.7 *	(24.68)	61.3	(17.63)	89.8	(19.31)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	33	41	47	56	78	106	124	137	159	32	38	43	51	69	94	110	121	141
5–8 years old	43	51	57	66	86	109	123	132	148	49	54	58	63	75	88	95	101	109
9–13 years old	27	34	39	48	68	93	109	122	142	23	30	35	44	65	96	116	130	158
14–18 years old	31	40	46	57	82	116	139	155	183	27 u	34	39	48	69	97	115	128	149
All NSLP participants	32	39	45	54	77	107	127	142	167	26	32	37	46	68	99	122	141	171
5–8 years old	44	52	57	67	86	108	122	132	148	48	55	60	67	83	101	112	120	132
9–13 years old	26	32	38	46	67	94	112	125	148	27	34	40	48	69	96	115	128	152
14–18 years old	28	36	42	53	80	119	146	166	200	8 u	13 u	18 u	27 u	54	100	138	170	219
Income-eligible NSLP participants	44	51	56	66	89	119	141	157	184	29	34	38	45	63	88	107	121	143
5–8 years old	76 u	80 u	82	85	91	98	102	105	108 u	44	51	56	64	81	102	115	124	138
9–13 years old	32	39	45	54	77	107	127	141	164	42 u	49	55	64	84	108	123	133	149
14–18 years old	32 u	41 u	49 u	62	97	145	183	211	258	4 u	7 u	9 u	14 u	30 u	60	87	107	143
Income-eligible nonparticipants	62 u	66	69	75	88	105	115	123	136	48 u	52	55	61	74	90	101	110	123
5–8 years old	18 u	25 u	31 u	41 u	69	105	128	148	179	79 u	79 u	79 u	79	79	79 u	79 u	79 u	79 u
9–13 years old	47 u	53 u	58 u	66	82	100	111 u	119 u	131 u	25 u	32	37	46	69	98	120	137	165
14–18 years old	108 u	108 u	108	108	109	109	109 u	109 u	109 u	46 u	51 u	55 u	62 u	76 *	91	100	106	115 u
Higher-income NSLP participants	25	32	37	46	68	94	112	125	146	24 u	30	35	44	68	98	120	137	163
5–8 years old	26	34	40	53	81	114	136	151	176	46 u	53 u	57 u	64	80	98	108	116	128
9–13 years old	21 u	27 u	31 u	38	55	78	92	101	120	20 u	25 u	29 u	35	50	69	81	90	106
14–18 years old	28 u	35	40	49	69	96	114	127	150	12 u	19 u	25 u	38 u	75 u	127	165	197	243
Higher-income nonparticipants	33	40	45	54	75	101	118	131	150	36 u	41	45	51	65	83	96	106	121
5–8 years old	54 u	62 u	67 u	75	92	110	121	129	140 u	42 u	46 u	48	53	62	72	78	81	87 u
9–13 years old	25 u	31	36	45	65	88	104	115	131	16 u	22	27	35	57	89	113	133	165
14–18 years old	24	31	37	47	73	106	129	147	175	51 u	56 u	59 u	64	75	86	93	98 u	105 u

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
			Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	5.7	(0.13)	6.4	(0.14)	6.3	(0.22)	4.4 ***	(0.26)	6.4	(0.25)	5.5 *	(0.26)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	6.4	(0.19)	7.5	(0.23)	7.3	(0.41)	4.9 ***	(0.43)	7.8	(0.43)	5.7 ***	(0.35)
Girls	5.0	(0.18)	5.2	(0.15)	5.3	(0.18)	3.8 ***	(0.27)	5.0	(0.24)	5.3	(0.40)
5–8 years old	6.2	(0.18)	7.0	(0.18)	7.1	(0.23)	4.9 ***	(0.49)	6.7	(0.36)	5.8	(0.38)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	6.8	(0.21)	7.1	(0.23)	7.1	(0.34)	5.4 *	(0.79)	7.3	(0.57)	6.8	(0.51)
Girls	5.6	(0.28)	6.8	(0.28)	7.1	(0.30)	4.3 ***	(0.55)	6.0	(0.45)	4.8	(0.57)
9–13 years old	5.8	(0.20)	6.5	(0.22)	6.5	(0.21)	4.2 ***	(0.37)	6.4	(0.41)	5.5	(0.44)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	6.0	(0.29)	7.1	(0.33)	7.0	(0.30)	4.3 ***	(0.60)	7.2	(0.67)	4.9 *	(0.62)
Girls	5.5	(0.28)	5.9	(0.30)	6.0	(0.30)	4.1 ***	(0.43)	5.5	(0.47)	6.1	(0.61)
14–18 years old	5.3	(0.27)	5.8	(0.28)	5.5	(0.55)	4.2	(0.48)	6.3	(0.47)	5.2	(0.51)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	6.5	(0.41)	8.1	(0.52)	7.7	(1.02)	5.1 *	(0.83)	8.7	(0.86)	5.6 **	(0.62)
Girls	4.0	(0.36)	3.4	(0.20)	3.2	(0.31)	3.2	(0.44)	3.8	(0.34)	4.9	(0.81)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	8.4	(1.13)	9.8	(1.47)	6.4 u	(2.46)	2.7 u	(1.34)	12.7	(2.20)	8.6	(1.99)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	11.3	(1.83)	16.4	(2.69)	11.2 u	(4.72)	4.0 u	(2.45)	21.7	(3.99)	7.7 ** u	(2.96)
Girls	5.3	(1.27)	2.8 u	(1.06)	1.4 u	(1.01)	1.2 u	(0.94)	3.2 u	(1.69)	9.4 *	(2.65)
5–8 years old	7.4	(1.95)	10.3	(2.21)	9.1	(2.62)	0.4 ** u	(2.02)	11.9 u	(4.29)	6.5 u	(2.94)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	11.3	(3.25)	14.4	(3.57)	13.7 u	(4.17)	0.1 * u	(3.33)	18.6 u	(7.77)	11.9 u	(5.22)
Girls	3.4 u	(2.09)	6.1 u	(2.55)	4.3 u	(3.12)	0.7 u	(2.24)	5.0 u	(3.31)	0.9 u	(2.51)
9–13 years old	7.3	(1.67)	4.8 u	(2.78)	0.2 u	(1.27)	1.8 u	(1.30)	8.4 u	(4.08)	10.1	(2.93)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	6.8 u	(2.29)	6.7 u	(5.03)	0.0	(2.04)	1.4 u	(1.95)	13.5 u	(7.35)	5.3 u	(3.22)
Girls	7.8 u	(2.42)	2.8 u	(2.16)	0.4 u	(1.49)	2.3 u	(1.72)	3.2 u	(3.25)	15.2 * u	(4.97)
14–18 years old	10.1	(2.14)	14.1	(2.46)	10.3 u	(6.25)	5.1 u	(3.04)	17.2	(3.15)	8.6 u	(4.05)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	15.6	(3.72)	27.1	(4.75)	20.2 u	(12.18)	9.5 u	(5.84)	31.9	(5.76)	7.0 ** u	(6.27)
Girls	4.4 u	(2.00)	0.4 u	(0.57)	0.0	(0.03)	0.6 u	(0.96)	1.8 u	(2.24)	10.3 u	(5.05)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	2.4	3.0	3.5	4.3	6.0	8.1	9.4	10.3	11.9	1.6	2.0	2.4	3.0	4.5	6.4	7.7	8.6	10.1
5–8 years old	2.9	3.7	4.2	5.0	6.6	8.4	9.5	10.2	11.3	2.4	3.0	3.4	4.1	5.4	7.0	7.9	8.5	9.5
9–13 years old	2.6	3.1	3.6	4.2	5.7	7.5	8.5	9.3	10.5	1.7	2.3	2.7	3.4	5.0	7.2	8.5	9.4	11.1
14–18 years old	1.8	2.4	2.9	3.8	5.7	8.4	10.1	11.4	13.6	0.8u	1.1	1.4	1.9	3.3	5.3	6.7	7.8	9.6
All NSLP participants	3.3	4.0	4.5	5.3	7.1	9.2	10.5	11.5	13.0	2.6	3.1	3.4	3.9	5.0	6.3	7.1	7.6	8.5
5–8 years old	3.0	3.8	4.3	5.2	7.0	8.9	9.9	10.8	12.0	3.8	4.4	4.8	5.4	6.7	8.0	8.8	9.4	10.2
9–13 years old	4.4	4.9	5.3	5.8	7.0	8.3	9.0	9.5	10.4	3.1	3.6	4.0	4.5	5.7	7.1	7.9	8.4	9.3
14–18 years old	2.6	3.4	4.0	4.9	7.3	10.3	12.4	13.8	16.1	1.3u	1.6	1.8	2.2	3.1	4.2	5.0	5.6	6.4
Income-eligible NSLP participants	4.3	4.9	5.2	5.8	7.1	8.5	9.4	10.0	10.9	3.8	4.1	4.3	4.6	5.2	5.9	6.3	6.5	6.9
5–8 years old	3.2	4.0	4.5	5.3	7.0	8.8	9.8	10.6	11.6	4.6	5.1	5.5	6.0	7.1	8.2	8.8	9.3	9.9
9–13 years old	6.0	6.2	6.4	6.6	7.0	7.4	7.6	7.7	7.9	3.9	4.3	4.6	5.1	5.9	6.9	7.4	7.8	8.3
14–18 years old	3.5	4.2	4.7	5.6	7.3	9.4	10.8	11.7	13.1	3.2u	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2u
Income-eligible nonparticipants	1.9*	2.3**	2.7***	3.2***	4.5***	6.1*	7.2	8.1	9.4	1.2***	1.6***	1.9***	2.4***	3.5***	4.9	5.9	6.5	7.6
5–8 years old	3.5u	3.9u	4.1	4.5	5.4	6.2	6.7	7.1	7.6u	1.6*u	2.0**u	2.3**	2.9***	4.1***	5.4*	6.2	6.8	7.8
9–13 years old	1.5*u	2.0*	2.3**	2.9***	4.1***	5.5	6.4	7.1	8.1	1.2	1.6*	1.9**	2.5***	3.7***	5.3	6.4	7.3	8.5
14–18 years old	1.0u	1.5u	1.9	2.6*	4.3	6.7	8.3	9.8	11.9	1.0u	1.3u	1.5u	1.9	2.9	4.2	5.1	5.6	6.6
Higher-income NSLP participants	2.8	3.6	4.1	5.0	7.1	9.8	11.6	12.9	15.1	1.9	2.4	2.8	3.4	4.7	6.3	7.2	8.0	9.0
5–8 years old	2.8	3.6	4.1	5.1	7.1	9.2	10.5	11.4	12.8	2.7	3.3	3.7	4.4	5.9	7.4	8.3	9.0	10.0
9–13 years old	3.7	4.3	4.7	5.4	6.9	8.7	9.8	10.5	11.8	2.5u	3.0	3.4	3.9	5.2	6.7	7.6	8.2	9.3
14–18 years old	2.0u	2.8	3.5	4.6	7.4	11.4	14.2	16.3	19.9	0.9u	1.2u	1.5u	2.1	3.4	5.0	6.1	6.9	8.1
Higher-income nonparticipants	2.0	2.6	3.0	3.7	5.3**	7.2**	8.5*	9.4*	10.7	1.3	1.8	2.2	2.8	4.6	6.9	8.5	9.8	11.8
5–8 years old	2.8u	3.6	4.1	4.9	6.7	8.5	9.6	10.3	11.4	2.2u	2.6	2.9	3.5	4.6	6.0	6.8	7.3	8.1
9–13 years old	1.4u	1.9u	2.2	2.8	4.4	6.4	7.7	8.7	10.1	1.3u	1.9	2.3	3.2	5.3	8.0	10.0	11.5	13.9
14–18 years old	2.0	2.6	2.9	3.6	5.1	7.0*	8.3	9.3	10.7	0.8u	1.2u	1.5u	2.0u	3.8	6.4	8.4	10.1	12.6

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	6.2	(0.11)	6.1	(0.16)	5.9	(0.21)	5.7	(0.22)	6.4	(0.26)	6.4	(0.23)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	6.5	(0.15)	6.7	(0.24)	6.6	(0.31)	5.9	(0.35)	6.9	(0.35)	6.5	(0.31)
Girls	5.8	(0.15)	5.5	(0.22)	5.3	(0.28)	5.5	(0.28)	5.9	(0.39)	6.3	(0.34)
5–8 years old	5.6	(0.15)	5.6	(0.13)	5.5	(0.20)	4.9	(0.29)	6.0	(0.23)	5.9	(0.41)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	5.9	(0.24)	5.9	(0.19)	5.8	(0.27)	4.6 **	(0.34)	6.3	(0.36)	6.4	(0.68)
Girls	5.3	(0.18)	5.3	(0.17)	5.2	(0.30)	5.3	(0.49)	5.6	(0.29)	5.3	(0.43)
9–13 years old	6.0	(0.14)	5.9	(0.19)	6.0	(0.23)	5.5	(0.32)	6.0	(0.35)	6.4	(0.35)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	6.1	(0.21)	6.2	(0.24)	6.2	(0.30)	5.5	(0.49)	6.2	(0.44)	6.1	(0.48)
Girls	6.0	(0.19)	5.7	(0.28)	5.7	(0.34)	5.5	(0.40)	5.8	(0.54)	6.7	(0.50)
14–18 years old	6.7	(0.23)	6.6	(0.39)	6.2	(0.51)	6.6	(0.47)	7.1	(0.59)	6.8	(0.42)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	7.3	(0.32)	7.8	(0.58)	7.5	(0.77)	7.3	(0.77)	7.9	(0.79)	6.9	(0.48)
Girls	6.0	(0.33)	5.3	(0.53)	4.9	(0.66)	5.8	(0.55)	6.1	(0.89)	6.6	(0.71)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	12.4	(1.38)	10.5	(1.69)	9.3 u	(2.83)	6.6 u	(2.35)	13.2 u	(5.08)	16.6	(3.37)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	15.6	(2.05)	14.5	(2.24)	13.0 u	(3.95)	4.9 u	(3.48)	17.3 u	(5.30)	20.1	(4.78)
Girls	9.0	(1.83)	6.4 u	(2.54)	5.5 u	(4.05)	8.4 u	(3.13)	8.8 u	(8.80)	12.9 u	(4.75)
5–8 years old	35.7	(4.18)	33.7	(5.19)	29.8 u	(9.54)	18.1 u	(6.80)	41.2 u	(17.76)	42.1	(10.51)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	43.7	(6.41)	44.4	(5.88)	39.7 u	(12.55)	8.9 * u	(8.26)	56.0 u	(18.32)	55.8	(15.72)
Girls	27.3	(5.32)	22.6 u	(8.64)	19.4 u	(14.43)	27.8 u	(10.89)	25.8 u	(30.84)	27.9 u	(13.85)
9–13 years old	4.4 u	(1.91)	1.9 u	(1.80)	0.6 u	(1.61)	0.6 u	(1.78)	3.7 u	(3.26)	11.4 u	(4.64)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	4.9 u	(2.32)	3.4 u	(2.75)	1.1 u	(2.84)	0.8 u	(3.16)	2.8 u	(3.41)	8.3 u	(5.05)
Girls	3.9 u	(3.06)	0.4 u	(2.31)	0.0	(1.44)	0.4 u	(1.54)	4.7 u	(5.64)	14.6 u	(7.88)
14–18 years old	2.5 u	(0.90)	1.4 u	(1.66)	2.3 u	(2.25)	3.8 u	(3.38)	1.1 u	(1.40)	2.4 u	(1.27)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	4.9 u	(1.74)	2.7 u	(3.22)	4.4 u	(4.34)	5.9 u	(6.42)	2.2 u	(2.72)	4.7 u	(2.47)
Girls	0.0 u	(0.20)	0.0 u	(0.21)	0.2 u	(0.73)	1.6 u	(1.58)	0.0	(0.00)	0.0	(0.00)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	3.8	4.2	4.6	5.1	6.3	7.6	8.5	9.1	10.1	4.2	4.5	4.7	5.0	5.7	6.5	7.0	7.3	7.9
5–8 years old	3.6	4.0	4.3	4.8	5.8	6.9	7.6	8.1	8.9	3.5	3.8	4.1	4.4	5.2	6.1	6.7	7.1	7.7
9–13 years old	3.8	4.2	4.5	4.9	5.9	7.0	7.7	8.2	9.0	3.8	4.2	4.4	4.9	5.8	6.9	7.5	7.9	8.7
14–18 years old	3.9	4.5	4.9	5.5	7.0	8.7	9.8	10.6	12.0	5.0u	5.2	5.3	5.6	6.0	6.4	6.7	6.9	7.1
All NSLP participants	4.4	4.8	5.1	5.6	6.5	7.6	8.3	8.8	9.6	4.2	4.4	4.6	4.9	5.4	6.0	6.3	6.6	7.0
5–8 years old	3.8	4.2	4.5	4.9	5.8	6.8	7.4	7.9	8.6	3.9	4.2	4.3	4.6	5.3	5.9	6.3	6.6	7.0
9–13 years old	4.2	4.6	4.8	5.2	6.0	7.0	7.6	8.0	8.6	4.1	4.4	4.6	4.9	5.6	6.3	6.8	7.1	7.6
14–18 years old	5.1	5.6	5.9	6.4	7.5	8.9	9.7	10.3	11.2	4.4u	4.6u	4.7	4.9	5.3	5.7	5.9	6.1	6.3
Income-eligible NSLP participants	4.3	4.7	5.0	5.5	6.4	7.5	8.2	8.7	9.4	3.7	4.0	4.2	4.5	5.2	5.9	6.4	6.7	7.1
5–8 years old	4.1	4.5	4.7	5.0	5.7	6.5	7.0	7.3	7.8	3.8	4.1	4.3	4.6	5.2	5.8	6.2	6.5	6.8
9–13 years old	4.6	4.9	5.1	5.5	6.2	6.9	7.4	7.7	8.1	5.0	5.1	5.2	5.4	5.7	6.0	6.2	6.3	6.5
14–18 years old	4.2	4.8	5.2	5.8	7.2	8.8	9.9	10.6	11.8	2.5u	2.9u	3.2u	3.6	4.7	5.9	6.7	7.2	7.9
Income-eligible nonparticipants	3.5	3.9	4.2	4.7	5.7	6.9	7.6	8.2	9.0	3.2	3.6	3.9	4.3	5.4	6.5	7.3	7.8	8.6
5–8 years old	3.1u	3.4	3.6	3.9	4.5	5.2	5.6	5.9	6.4	2.9	3.3	3.6	4.0	5.1	6.2	6.9	7.5	8.4
9–13 years old	3.7	4.0	4.3	4.7	5.4	6.2	6.7	7.1	7.6	4.0u	4.3	4.4	4.8	5.4	6.1	6.5	6.9	7.3
14–18 years old	3.5	4.1	4.6	5.3	6.9	8.7	10.0	11.0	12.3	2.6	3.1	3.5	4.1	5.5	7.2	8.3	9.0	10.0
Higher-income NSLP participants	4.7	5.1	5.4	5.8	6.7	7.8	8.4	8.8	9.5	4.8	5.0	5.1	5.3	5.8	6.3	6.7	6.9	7.3
5–8 years old	4.2	4.6	4.8	5.3	6.2	7.2	7.8	8.2	8.9	4.6	4.9	5.0	5.2	5.6	6.0	6.3	6.4	6.7
9–13 years old	4.3	4.6	4.9	5.2	6.0	7.0	7.5	7.8	8.5	3.5	3.9	4.1	4.6	5.6	6.8	7.5	8.0	8.9
14–18 years old	5.4	5.9	6.2	6.7	7.8	9.0	9.7	10.2	11.1	6.1	6.1	6.1	6.1	6.1	6.1	6.1	6.1	6.1
Higher-income nonparticipants	3.5	4.0	4.3	4.9	6.3	7.8	8.7	9.5	10.5	4.7	4.9	5.1	5.4	6.1	6.9	7.5	7.9	8.5
5–8 years old	3.6	4.1	4.5	5.1	6.3	7.6	8.4	9.0	9.9	3.4	3.7	4.0	4.4	5.2	6.2	6.8	7.2	7.8
9–13 years old	3.5	3.9	4.2	4.7	5.9	7.2	8.1	8.7	9.6	3.5	4.0	4.4	5.0	6.3	7.9	9.0	9.7	11.0
14–18 years old	3.4	4.0	4.3	5.0	6.6	8.4	9.6	10.5	11.8	6.6	6.6	6.6	6.6	6.6	6.6	6.6	6.6	6.6

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	537	(10.2)	531	(13.6)	519	(16.9)	486	(18.3)	537	(20.8)	556	(22.1)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	588	(15.5)	603	(19.3)	593	(25.5)	523	(31.8)	617	(31.8)	601	(31.9)
Girls	484	(13.1)	457	(19.2)	442	(22.0)	448	(17.1)	454	(26.5)	509	(30.5)
5–8 years old	506	(14.5)	520	(15.4)	524	(21.0)	414 ***	(25.5)	521	(26.7)	528	(40.1)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	557	(19.7)	557	(16.9)	530	(27.8)	402 **	(38.4)	601	(30.9)	623	(64.4)
Girls	453	(21.4)	482	(26.1)	518	(31.6)	426 *	(33.2)	438	(44.1)	428	(47.1)
9–13 years old	539	(15.9)	536	(19.9)	533	(22.7)	512	(39.6)	539	(27.9)	548	(30.6)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	549	(22.5)	563	(27.3)	554	(30.5)	556	(71.3)	574	(41.0)	536	(36.7)
Girls	528	(22.6)	508	(29.0)	510	(33.9)	465	(31.4)	503	(37.7)	560	(49.4)
14–18 years old	559	(20.3)	535	(29.3)	503	(37.0)	516	(25.5)	548	(45.4)	586	(42.5)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	647	(32.8)	674	(43.2)	676	(58.8)	581	(43.8)	670	(72.9)	647	(62.2)
Girls	465	(23.2)	388	(39.2)	320	(44.1)	448 *	(24.8)	419	(52.6)	521	(57.7)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	94.4	(1.17)	90.9	(1.82)	88.8	(2.24)	96.3 *	(2.32)	91.6	(2.51)	96.2	(2.39)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	98.0	(1.04)	98.0	(1.77)	98.8	(1.04)	97.1	(2.76)	96.6	(3.15)	98.5	(1.13)
Girls	90.5	(2.13)	83.5	(3.22)	78.3	(4.46)	95.5 **	(3.77)	86.3	(3.93)	93.9	(4.74)
5–8 years old	100.0	(0.09)	100.0	(0.14)	100.0	(0.28)	99.4	(1.47)	100.0	(0.10)	100.0	(0.07)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.01)	100.0	(0.01)	100.0	(0.06)	98.7	(2.83)	100.0	(0.00)	100.0	(0.04)
Girls	100.0	(0.19)	100.0	(0.28)	99.9	(0.56)	100.0	(0.52)	100.0	(0.21)	100.0	(0.14)
9–13 years old	99.3	(0.70)	99.1	(0.75)	99.1	(0.83)	99.1	(2.09)	98.7	(2.03)	98.7	(1.53)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	99.2	(0.86)	98.5	(1.30)	98.3	(1.43)	100.0	(2.76)	98.9	(2.22)	99.5	(1.51)
Girls	99.4	(1.10)	99.9	(0.72)	100.0	(0.79)	98.2	(3.16)	98.6	(3.45)	98.0	(2.71)
14–18 years old	85.4	(3.09)	76.3	(4.86)	70.6	(6.01)	91.3 *	(5.85)	78.4	(6.50)	91.0	(6.28)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	95.3	(2.69)	96.2	(4.62)	98.5	(2.45)	93.1	(6.65)	92.0	(8.24)	96.4	(2.70)
Girls	75.0	(5.67)	55.3	(8.71)	41.3	(12.07)	89.4 **	(9.77)	64.1	(10.14)	85.3	(12.59)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	333	376	407	457	563	692	772	830	927	267	302	327	369	461	575	645	695	779
5–8 years old	351	388	414	457	542	643	703	745	814	271	301	323	358	435	528	587	630	698
9–13 years old	320	359	389	433	530	642	713	764	847	315	352	376	418	507	617	681	727	809
14–18 years old	334	384	420	479	609	775	881	957	1086	218	256	282	330	436	569	653	713	812
All NSLP participants	338	382	412	463	575	711	797	861	965	252	285	307	346	433	539	610	663	744
5–8 years old	374	409	431	470	547	632	680	719	777	273	307	332	371	459	567	636	691	774
9–13 years old	301	344	375	427	538	671	754	814	917	344	374	395	427	496	575	624	657	716
14–18 years old	346	397	432	492	630	808	925	1011	1150	148	182	205	249	352	483	576	648	748
Income-eligible NSLP participants	340	382	412	462	569	695	777	836	925	253	284	306	341	424	521	583	626	691
5–8 years old	341	376	400	438	518	609	663	703	760	272	310	339	384	491	618	701	762	854
9–13 years old	295	337	368	417	530	663	745	806	896	388 u	411	428	454	505	561	594	617	648
14–18 years old	383	431	464	521	645	791	893	963	1074	110 u	142	164	201	296	408	485	533	609
Income-eligible nonparticipants	333	365	389	426	507	599	657	704	770	288	318	338	372	440	512	557	590	637
5–8 years old	198	229	254	293	382 *	486	550	604	683	282 u	310	329	359	421	483	521	549	590
9–13 years old	460 u	480 u	494	515	554	595	618	634	658 u	281	314	336	374	451	538	593	635	696
14–18 years old	312	357	390	441	556	686	773	845	942	300	328	347 *	378 *	442 *	509	551	577	616
Higher-income NSLP participants	332	377	410	464	583	732	829	897	1016	248	281	304	343	433	538	606	658	737
5–8 years old	411	447	470	511	595	680	733	769	826	276	305	324	356	425	504	552	588	645
9–13 years old	307	353	384	433	547	684	768	823	928	292	327	353	392	484	589	657	705	786
14–18 years old	298	349	390	458	609	817	958	1063	1242	185	218	242	287	390	514	597	664	760
Higher-income nonparticipants	349	392	420	470	580	704	785	844	931	288	324	350	391	486	597	671	726	808
5–8 years old	382	425	453	501	605	722	796	849	931	319 u	338	353	375	422	474	505	525	556
9–13 years old	323	359	385	427	521	623	690	736	801	290	334	366	420	533	666	757	822	922
14–18 years old	349	397	430	487	618	768	867	943	1055	263	304	332	376	489	623	714	786	887

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
			Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	22.3	(0.35)	22.4	(0.43)	22.3	(0.60)	21.8	(0.71)	22.7	(0.75)	22.1	(0.64)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	25.1	(0.54)	25.1	(0.60)	25.0	(0.94)	24.5	(1.20)	25.6	(1.05)	25.1	(0.92)
Girls	19.4	(0.42)	19.6	(0.63)	19.5	(0.73)	18.9	(0.71)	19.6	(1.08)	19.0	(0.90)
5–8 years old	19.5	(0.49)	19.7	(0.43)	20.6	(0.60)	17.0 **	(0.99)	18.8	(0.70)	20.1	(1.41)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	20.9	(0.71)	20.7	(0.54)	21.3	(0.88)	17.0 **	(1.32)	20.2	(0.79)	22.8	(2.22)
Girls	18.0	(0.68)	18.7	(0.67)	19.9	(0.82)	17.0	(1.49)	17.4	(1.18)	17.3	(1.70)
9–13 years old	21.8	(0.45)	22.5	(0.62)	22.6	(0.89)	20.5	(0.94)	23.2	(0.89)	20.9 *	(0.69)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	23.0	(0.71)	24.3	(0.97)	24.2	(1.49)	21.3	(1.40)	25.0	(1.34)	22.0	(0.91)
Girls	20.4	(0.56)	20.7	(0.77)	20.8	(0.93)	19.6	(1.23)	21.3	(1.16)	19.9	(1.05)
14–18 years old	24.9	(0.74)	24.3	(0.95)	23.4	(1.30)	26.5	(1.51)	25.1	(1.77)	24.8	(1.22)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	30.2	(1.18)	29.2	(1.25)	28.5	(1.99)	33.1	(2.77)	30.2	(2.45)	29.9	(1.63)
Girls	19.4	(0.88)	19.2	(1.44)	17.9	(1.65)	19.5	(1.05)	19.7	(2.56)	19.5	(1.82)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	98.2	(0.87)	98.0	(1.71)	97.4	(2.25)	99.9	(0.20)	97.1	(1.81)	97.1	(1.69)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.9	(0.14)	99.8	(0.25)	100.0	(0.09)	99.9	(0.21)	99.7	(0.44)	100.0	(0.12)
Girls	96.4	(1.77)	96.1	(3.50)	94.6	(4.60)	99.9	(0.34)	94.3	(3.68)	94.1	(3.45)
5–8 years old	100.0	(0.02)	100.0	0.00	100.0	0.00	99.7	(0.27)	100.0	0.00	99.9	(0.25)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	0.00	100.0	0.00	99.7	(0.44)	100.0	0.00	100.0	(0.11)
Girls	100.0	(0.04)	100.0	0.00	100.0	0.00	99.8	(0.30)	100.0	0.00	99.8	(0.51)
9–13 years old	100.0	(0.02)	99.9	(0.11)	99.8	(0.22)	100.0	(0.25)	100.0	(0.10)	100.0	(0.10)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.00)	100.0	0.00	100.0	0.00	100.0	(0.41)	100.0	0.00	99.9	(0.19)
Girls	100.0	(0.05)	99.8	(0.23)	99.7	(0.44)	99.9	(0.28)	100.0	(0.21)	100.0	(0.01)
14–18 years old	95.1	(2.34)	94.6	(4.63)	93.0	(6.08)	100.0	(0.44)	92.0	(4.89)	92.3	(4.56)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.8	(0.37)	99.4	(0.68)	99.9	(0.25)	100.0	(0.27)	99.2	(1.17)	100.0	(0.24)
Girls	90.2	(4.80)	89.5	(9.49)	85.6	(12.48)	100.0	(0.85)	84.5	(9.97)	84.2	(9.36)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	16.4	18.0	19.1	20.9	24.6	28.7	31.2	32.9	35.7	12.1	13.4	14.3	15.8	18.9	22.5	24.6	26.0	28.4
5–8 years old	13.7	15.1	16.0	17.5	20.5	23.9	25.8	27.2	29.4	11.0	12.3	13.1	14.5	17.5	20.9	23.0	24.5	26.9
9–13 years old	16.8	18.1	18.9	20.2	22.8	25.6	27.2	28.4	30.2	14.4	15.6	16.4	17.7	20.2	23.0	24.5	25.5	27.3
14–18 years old	17.9	20.1	21.6	24.1	29.2	35.3	39.0	41.5	45.7	10.6	12.1	13.1	14.9	18.7	23.1	25.8	27.6	30.5
All NSLP participants	17.0	18.6	19.6	21.2	24.6	28.5	30.8	32.4	34.9	12.5	13.8	14.7	16.2	19.2	22.5	24.6	26.0	28.2
5–8 years old	14.7	15.9	16.6	17.9	20.5	23.2	24.7	25.9	27.7	14.5	15.4	16.0	16.9	18.6	20.5	21.5	22.3	23.5
9–13 years old	19.3	20.3	21.0	22.0	24.1	26.4	27.6	28.5	30.0	13.3	14.7	15.7	17.2	20.3	23.7	25.8	27.1	29.5
14–18 years old	16.6	18.9	20.4	22.9	28.2	34.5	38.3	41.0	45.1	10.3	11.9	12.9	14.7	18.5	22.8	25.6	27.7	30.4
Income-eligible NSLP participants	16.9	18.4	19.4	21.0	24.5	28.3	30.7	32.4	34.9	12.0	13.5	14.4	15.9	19.2	22.6	24.7	26.0	28.0
5–8 years old	14.8	16.0	16.9	18.2	21.0	24.0	25.7	27.0	28.8	14.6	15.7	16.4	17.5	19.7	22.0	23.4	24.3	25.6
9–13 years old	17.6	18.9	19.7	21.1	23.9	27.0	28.8	30.1	32.0	12.7	14.2	15.3	17.0	20.5	24.2	26.5	28.1	30.2
14–18 years old	17.7	19.6	20.9	23.1	27.7	32.9	36.3	38.7	42.3	9.5 u	11.1	12.1	13.8	17.5	21.4	23.9	25.4	27.6
Income-eligible nonparticipants	16.3	17.8	18.9	20.6	24.1	27.8	30.1	31.9	34.3	14.2	15.1	15.6	16.6	18.6	20.7	22.1	23.1	24.6
5–8 years old	9.2	10.5	11.5	13.0 *	16.4 *	20.3	22.6	24.5	27.2	8.8	10.2	11.2 *	12.8 *	16.4	20.3	22.8	24.8	27.7
9–13 years old	15.9	17.0	17.8	19.0	21.2	23.5	24.8	25.7	27.0	13.1	14.3	15.1	16.5	19.2	22.2	24.0	25.4	27.4
14–18 years old	22.0 u	24.1	25.6	27.8	32.6	37.6	40.7	43.3	46.6	19.5	19.5	19.5	19.5	19.5	19.6	19.6	19.6	19.6
Higher-income NSLP participants	18.1	19.5	20.5	22.0	25.1	28.7	30.8	32.3	34.7	12.4	13.6	14.5	16.0	19.1	22.6	24.8	26.4	28.8
5–8 years old	14.5	15.6	16.3	17.5	20.0	22.5	24.1	25.1	26.7	13.0	13.8	14.4	15.3	17.2	19.2	20.3	21.2	22.5
9–13 years old	23.3	23.7	23.9	24.3	25.0	25.7	26.0	26.3	26.7	15.3	16.5	17.3	18.5	21.1	23.7	25.3	26.4	28.1
14–18 years old	15.9	18.4	20.2	23.1	29.0	36.1	40.4	43.4	48.2	9.2	10.8	11.9	14.0	18.7	24.1	27.6	30.3	34.2
Higher-income nonparticipants	16.4	18.0	19.1	20.9	24.7	28.7	31.2	32.9	35.4	12.0	13.2	14.0	15.3	18.3	21.8	24.2	25.8	28.3
5–8 years old	14.4	16.0	17.1	18.9	22.5	26.2	28.5	30.0	32.2	9.2	10.4	11.4	12.8	16.3	20.6	23.5	25.3	28.6
9–13 years old	14.2	15.6	16.5	18.1	21.6	25.2	27.5	29.0	31.2	17.5	18.0	18.3	18.9	19.9	20.9	21.5	21.9	22.4
14–18 years old	20.0	21.8	23.0	25.1	29.4	34.0	36.8	38.9	41.8	9.0	10.7	11.9	13.7	18.3	23.7	27.3	30.1	33.9

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

Table 2 of Ribichavin (mg): Mean Daily Intakes from Foods and Beverages												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	2.10	(0.035)	2.14	(0.034)	2.08	(0.052)	1.91	(0.082)	2.21	(0.059)	2.11	(0.064)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	2.35	(0.055)	2.42	(0.054)	2.38	(0.087)	2.20	(0.151)	2.50	(0.097)	2.32	(0.089)
Girls	1.83	(0.041)	1.84	(0.041)	1.77	(0.056)	1.62	(0.059)	1.91	(0.066)	1.88	(0.092)
5–8 years old	2.08	(0.046)	2.16	(0.043)	2.16	(0.057)	1.73 ***	(0.102)	2.17	(0.086)	2.14	(0.108)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	2.25	(0.070)	2.23	(0.059)	2.20	(0.080)	1.78 *	(0.152)	2.33	(0.132)	2.50	(0.175)
Girls	1.90	(0.059)	2.08	(0.063)	2.12	(0.081)	1.68 **	(0.135)	2.00	(0.110)	1.77	(0.125)
9–13 years old	2.08	(0.044)	2.19	(0.053)	2.16	(0.061)	1.89 *	(0.107)	2.27	(0.091)	2.00 *	(0.083)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	2.18	(0.070)	2.36	(0.081)	2.32	(0.089)	2.05	(0.186)	2.45	(0.145)	1.97 **	(0.107)
Girls	1.97	(0.052)	2.01	(0.067)	1.99	(0.084)	1.72 *	(0.101)	2.09	(0.109)	2.02	(0.128)
14–18 years old	2.13	(0.076)	2.07	(0.070)	1.95	(0.121)	2.08	(0.183)	2.18	(0.117)	2.19	(0.131)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	2.59	(0.122)	2.62	(0.116)	2.59	(0.210)	2.65	(0.348)	2.66	(0.198)	2.53	(0.172)
Girls	1.64	(0.089)	1.48	(0.077)	1.28	(0.112)	1.48	(0.075)	1.68	(0.122)	1.83	(0.197)

See notes at end of table.

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

Table D-6 of Ribichavin (1997). <i>Usual Daily Intakes from Foods and Beverages Continued</i>												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	98.6	(0.85)	98.0	(0.68)	98.1	(1.58)	98.3	(0.80)	98.4	(0.73)	99.0	(1.10)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.7	(0.23)	99.9	(0.28)	99.9	(0.30)	99.9	(0.45)	99.9	(0.35)	99.8	(0.43)
Girls	97.3	(1.72)	96.0	(1.37)	96.3	(3.22)	96.7	(1.57)	96.8	(1.45)	98.2	(2.20)
5–8 years old	100.0	(0.01)	100.0	(0.02)	100.0	(0.01)	100.0	(0.10)	100.0	(0.01)	100.0	(0.05)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.01)	100.0	(0.04)	100.0	(0.02)	100.0	(0.12)	100.0	(0.02)	100.0	(0.09)
Girls	100.0	(0.02)	100.0	(0.00)	100.0	(0.00)	99.9	(0.16)	100.0	(0.01)	100.0	(0.00)
9–13 years old	99.9	(0.19)	100.0	(0.08)	100.0	(0.09)	98.5	(0.96)	100.0	(0.05)	99.6	(0.84)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.05)	100.0	(0.05)	100.0	(0.05)	100.0	(0.03)	100.0	(0.01)	99.9	(0.31)
Girls	99.7	(0.38)	100.0	(0.15)	100.0	(0.18)	96.9	(1.96)	100.0	(0.09)	99.3	(1.68)
14–18 years old	96.3	(2.29)	94.6	(1.85)	95.0	(4.27)	97.0	(1.96)	95.7	(1.97)	97.7	(2.85)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.3	(0.63)	99.8	(0.76)	99.6	(0.80)	99.6	(1.21)	99.7	(0.95)	99.5	(1.12)
Girls	93.0	(4.65)	89.1	(3.71)	90.1	(8.74)	94.1	(3.81)	91.4	(3.92)	95.9	(5.74)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	1.42	1.60	1.72	1.91	2.30	2.74	2.99	3.17	3.46	1.05	1.19	1.28	1.44	1.78	2.16	2.38	2.54	2.79
5–8 years old	1.35	1.53	1.65	1.84	2.22	2.62	2.85	3.01	3.26	1.16	1.30	1.40	1.55	1.86	2.21	2.41	2.55	2.77
9–13 years old	1.40	1.55	1.66	1.81	2.14	2.50	2.71	2.86	3.09	1.17	1.32	1.42	1.58	1.92	2.30	2.52	2.67	2.93
14–18 years old	1.50	1.69	1.83	2.05	2.51	3.05	3.37	3.59	3.96	0.84	0.97	1.07	1.23	1.57	1.98	2.23	2.40	2.68
All NSLP participants	1.52	1.69	1.81	1.99	2.38	2.80	3.04	3.22	3.49	1.14	1.27	1.36	1.50	1.79	2.12	2.32	2.46	2.68
5–8 years old	1.34	1.52	1.64	1.83	2.20	2.59	2.81	2.98	3.23	1.42	1.55	1.64	1.78	2.05	2.35	2.52	2.65	2.83
9–13 years old	1.54	1.69	1.80	1.97	2.32	2.70	2.93	3.08	3.34	1.33	1.46	1.55	1.69	1.98	2.29	2.48	2.61	2.83
14–18 years old	1.63	1.82	1.94	2.14	2.56	3.04	3.32	3.52	3.82	0.76	0.88	0.96	1.11	1.42	1.78	2.02	2.19	2.42
Income-eligible NSLP participants	1.46	1.63	1.75	1.94	2.33	2.76	3.03	3.21	3.49	1.20	1.31	1.38	1.50	1.74	2.00	2.15	2.26	2.40
5–8 years old	1.35	1.52	1.64	1.81	2.17	2.55	2.76	2.92	3.13	1.53	1.65	1.73	1.85	2.10	2.36	2.51	2.62	2.76
9–13 years old	1.53	1.68	1.79	1.95	2.29	2.65	2.85	3.00	3.20	1.34	1.46	1.56	1.69	1.97	2.27	2.44	2.56	2.73
14–18 years old	1.48	1.67	1.80	2.02	2.49	3.03	3.39	3.64	4.03	0.81	0.90	0.96	1.05	1.26	1.47	1.61	1.69	1.82
Income-eligible nonparticipants	1.46	1.60	1.69	1.84	2.15	2.49	2.69	2.86	3.09	0.89	1.03	1.12	1.27	1.58	1.91	2.12	2.26	2.47
5–8 years old	1.12	1.23	1.32	1.45	1.74	2.05	2.23	2.38	2.58	0.92	1.07	1.16	1.32	1.66	1.98	2.18	2.33	2.55
9–13 years old	1.69	1.76	1.82	1.90	2.04	2.19	2.27	2.33	2.41	0.89	1.04	1.14	1.31	1.67	2.05	2.30	2.48	2.74
14–18 years old	1.51	1.71	1.85	2.08	2.57	3.10	3.44	3.73	4.10	0.88	0.99	1.07	1.19	1.45	1.73	1.90	2.00	2.16
Higher-income NSLP participants	1.55	1.73	1.85	2.04	2.44	2.88	3.15	3.34	3.64	1.15	1.28	1.38	1.53	1.87	2.23	2.45	2.62	2.86
5–8 years old	1.39	1.57	1.68	1.88	2.30	2.72	2.99	3.17	3.45	1.27	1.42	1.51	1.66	1.97	2.30	2.48	2.62	2.82
9–13 years old	1.66	1.81	1.91	2.06	2.39	2.77	3.00	3.15	3.42	1.42	1.54	1.63	1.76	2.05	2.36	2.55	2.68	2.90
14–18 years old	1.57	1.77	1.92	2.14	2.59	3.11	3.42	3.64	3.98	0.79	0.93	1.03	1.21	1.61	2.05	2.33	2.55	2.85
Higher-income nonparticipants	1.42	1.59	1.70	1.89	2.28	2.69	2.95	3.14	3.40	1.05	1.20	1.30	1.45	1.81	2.21	2.48	2.67	2.94
5–8 years old	1.57	1.77	1.89	2.09	2.48	2.88	3.10	3.25	3.48	1.17	1.27	1.35	1.47	1.73	2.02	2.20	2.31	2.50
9–13 years old	1.21	1.34	1.43	1.59	1.92	2.28	2.52	2.68	2.90	1.09	1.26	1.38	1.57	1.96	2.40	2.68	2.87	3.17
14–18 years old	1.51	1.69	1.81	2.02	2.46	2.95	3.25	3.48	3.81	0.93	1.08	1.18	1.33	1.73	2.18	2.49	2.73	3.06

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	1.59	(0.025)	1.61	(0.032)	1.58	(0.047)	1.46	(0.043)	1.64	(0.052)	1.60	(0.046)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	1.76	(0.040)	1.80	(0.051)	1.80	(0.075)	1.60	(0.073)	1.82	(0.085)	1.77	(0.068)
Girls	1.41	(0.031)	1.40	(0.039)	1.35	(0.055)	1.32	(0.044)	1.45	(0.060)	1.42	(0.063)
5–8 years old	1.48	(0.034)	1.50	(0.033)	1.52	(0.041)	1.32 *	(0.073)	1.49	(0.057)	1.50	(0.086)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	1.58	(0.047)	1.56	(0.042)	1.54	(0.063)	1.29	(0.117)	1.61	(0.067)	1.70	(0.137)
Girls	1.37	(0.048)	1.43	(0.050)	1.49	(0.052)	1.36	(0.085)	1.37	(0.094)	1.29	(0.101)
9–13 years old	1.58	(0.031)	1.63	(0.047)	1.62	(0.047)	1.49	(0.066)	1.69	(0.075)	1.55	(0.056)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	1.64	(0.047)	1.71	(0.072)	1.71	(0.060)	1.59	(0.111)	1.72	(0.122)	1.56	(0.072)
Girls	1.52	(0.039)	1.54	(0.059)	1.53	(0.074)	1.38	(0.070)	1.64	(0.087)	1.53	(0.087)
14–18 years old	1.67	(0.057)	1.66	(0.071)	1.59	(0.114)	1.54	(0.080)	1.71	(0.114)	1.72	(0.093)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	2.00	(0.091)	2.07	(0.114)	2.08	(0.189)	1.84	(0.140)	2.08	(0.192)	2.02	(0.135)
Girls	1.33	(0.066)	1.24	(0.081)	1.08	(0.125)	1.23	(0.074)	1.33	(0.120)	1.42	(0.128)

See notes at end of table.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	97.6	(1.29)	95.2	(1.68)	92.7	(2.10)	98.1 *	(1.65)	95.8	(2.00)	99.0	(1.62)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.2	(0.58)	99.1	(1.19)	99.1	(0.50)	98.7	(1.97)	98.2	(2.13)	99.8	(0.33)
Girls	95.8	(2.56)	91.1	(3.20)	85.9	(4.27)	97.5 *	(2.67)	93.4	(3.44)	98.2	(3.31)
5–8 years old	100.0	(0.01)	100.0	(0.01)	100.0	(0.01)	99.9	(0.33)	100.0	(0.07)	100.0	(0.04)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	99.8	(0.65)	100.0	(0.00)	100.0	(0.00)
Girls	100.0	(0.02)	100.0	(0.01)	100.0	(0.03)	100.0	(0.05)	100.0	(0.14)	100.0	(0.07)
9–13 years old	100.0	(0.04)	100.0	(0.09)	100.0	(0.10)	99.8	(0.40)	99.9	(0.26)	100.0	(0.10)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.01)	100.0	(0.01)	100.0	(0.03)	100.0	(0.16)	100.0	(0.02)	100.0	(0.08)
Girls	100.0	(0.08)	100.0	(0.19)	100.0	(0.20)	99.6	(0.81)	99.8	(0.54)	100.0	(0.19)
14–18 years old	93.4	(3.48)	86.9	(4.53)	80.2	(5.68)	95.1 *	(4.43)	88.8	(5.41)	97.4	(4.39)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	97.9	(1.57)	97.5	(3.21)	97.7	(1.34)	96.7	(5.28)	95.0	(5.74)	99.5	(0.89)
Girls	88.7	(6.95)	75.8	(8.67)	61.7	(11.59)	93.5 *	(7.19)	82.2	(9.31)	95.2	(8.97)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	1.15	1.26	1.34	1.47	1.72	2.00	2.17	2.29	2.49	0.93	1.02	1.08	1.18	1.38	1.61	1.74	1.84	1.99
5–8 years old	1.09	1.19	1.25	1.35	1.56	1.78	1.91	1.99	2.14	0.91	0.99	1.06	1.15	1.34	1.56	1.69	1.78	1.92
9–13 years old	1.22	1.30	1.36	1.45	1.62	1.81	1.92	2.00	2.12	1.08	1.17	1.23	1.32	1.50	1.70	1.81	1.88	2.01
14–18 years old	1.14	1.29	1.39	1.57	1.92	2.35	2.62	2.80	3.10	0.79	0.88	0.95	1.06	1.29	1.56	1.72	1.83	2.01
All NSLP participants	1.17	1.28	1.36	1.48	1.75	2.06	2.26	2.40	2.62	0.87	0.97	1.03	1.14	1.36	1.61	1.77	1.88	2.04
5–8 years old	1.14	1.22	1.28	1.37	1.55	1.74	1.84	1.92	2.04	0.98	1.07	1.13	1.22	1.41	1.62	1.74	1.84	1.97
9–13 years old	1.25	1.34	1.40	1.50	1.69	1.90	2.02	2.11	2.25	1.07	1.16	1.22	1.32	1.52	1.73	1.86	1.95	2.10
14–18 years old	1.11	1.27	1.38	1.55	1.96	2.47	2.79	3.03	3.40	0.60	0.71	0.78	0.91	1.18	1.49	1.70	1.85	2.05
Income-eligible NSLP participants	1.19	1.29	1.37	1.49	1.75	2.05	2.24	2.38	2.58	0.86	0.95	1.01	1.11	1.33	1.56	1.70	1.79	1.92
5–8 years old	1.18	1.25	1.31	1.38	1.54	1.70	1.79	1.85	1.94	1.01	1.10	1.16	1.26	1.47	1.68	1.81	1.90	2.03
9–13 years old	1.26	1.35	1.41	1.50	1.70	1.90	2.02	2.10	2.22	1.18	1.25	1.30	1.37	1.52	1.67	1.76	1.82	1.90
14–18 years old	1.12	1.27	1.38	1.56	1.97	2.45	2.80	3.03	3.41	0.43	0.55	0.63	0.75	1.04	1.35	1.55	1.67	1.86
Income-eligible nonparticipants	1.17	1.25	1.30	1.39	1.57	1.77	1.90	2.00	2.13	0.93	1.01	1.06	1.15	1.31	1.47	1.57	1.64	1.74
5–8 years old	0.77	0.86	0.93	1.03	1.26	1.50	1.64	1.76	1.93	1.02	1.09	1.14	1.21	1.35	1.49	1.57	1.63	1.71
9–13 years old	1.59	1.59	1.59	1.59	1.59	1.59	1.59	1.60	1.60	0.92	1.01	1.07	1.17	1.37	1.56	1.68	1.77	1.89
14–18 years old	1.07 u	1.21	1.31	1.46	1.79	2.14	2.37	2.56	2.80	0.88	0.95	0.99	1.07	1.22	1.38	1.47	1.53	1.62
Higher-income NSLP participants	1.14	1.25	1.34	1.47	1.76	2.10	2.32	2.47	2.73	0.87	0.97	1.04	1.15	1.41	1.69	1.86	2.00	2.20
5–8 years old	1.11	1.20	1.26	1.37	1.59	1.81	1.95	2.05	2.20	0.91	1.00	1.06	1.16	1.35	1.56	1.68	1.77	1.91
9–13 years old	1.30	1.39	1.44	1.52	1.70	1.90	2.01	2.08	2.22	1.02	1.13	1.20	1.32	1.60	1.90	2.09	2.23	2.45
14–18 years old	1.00	1.16	1.29	1.50	1.94	2.52	2.89	3.16	3.62	0.71	0.80	0.87	0.99	1.26	1.58	1.78	1.94	2.17
Higher-income nonparticipants	1.20	1.31	1.38	1.49	1.74	2.00	2.16	2.28	2.44	0.97	1.06	1.11	1.20	1.39	1.60	1.73	1.83	1.96
5–8 years old	1.16	1.26	1.33	1.44	1.67	1.91	2.07	2.17	2.33	0.84	0.91	0.97	1.06	1.25	1.48	1.61	1.70	1.85
9–13 years old	1.12	1.20	1.26	1.35	1.55	1.75	1.87	1.95	2.07	1.15	1.23	1.28	1.37	1.52	1.68	1.78	1.84	1.94
14–18 years old	1.30	1.43	1.52	1.66	1.98	2.31	2.51	2.67	2.88	0.90 u	1.00	1.06	1.15	1.38	1.62	1.78	1.90	2.07

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	1,042 (16.0)	1,106 (18.9)		1,081 (28.9)		884 *** (30.0)		1,137 (33.8)		1,034 * (32.0)	
Sample size	2,907 -	1,555 -		941 -		571 -		515 -		705 -	
Boys	1,151 (23.3)	1,248 (27.9)		1,241 (47.1)		974 *** (49.1)		1,268 (52.7)		1,102 * (42.6)	
Girls	928 (22.0)	958 (25.2)		913 (32.5)		789 ** (33.5)		999 (41.6)		962 (48.1)	
5–8 years old	1,039 (26.8)	1,092 (25.7)		1,093 (28.6)		828 *** (62.4)		1,100 (56.5)		1,066 (60.7)	
Sample size	833 -	548 -		353 -		113 -		163 -		159 -	
Boys	1,130 (37.4)	1,127 (34.9)		1,125 (39.7)		871 ** (88.1)		1,156 (78.6)		1,237 (84.5)	
Girls	945 (38.6)	1,056 (37.8)		1,058 (41.3)		782 ** (88.3)		1,042 (81.2)		889 (87.3)	
9–13 years old	1,030 (22.8)	1,124 (27.2)		1,126 (37.0)		883 *** (50.5)		1,127 (55.0)		970 * (51.0)	
Sample size	1,151 -	675 -		416 -		206 -		220 -		244 -	
Boys	1,064 (27.8)	1,211 (37.1)		1,239 (61.9)		949 ** (85.1)		1,191 (80.7)		882 ** (57.9)	
Girls	995 (36.5)	1,033 (39.9)		1,007 (39.3)		814 ** (52.6)		1,061 (74.5)		1,062 (84.9)	
14–18 years old	1,055 (31.7)	1,100 (39.5)		1,030 (66.2)		926 (45.5)		1,173 (61.6)		1,071 (55.3)	
Sample size	923 -	332 -		172 -		252 -		132 -		302 -	
Boys	1,250 (49.8)	1,374 (61.2)		1,329 (108.6)		1,074 (81.8)		1,425 (104.4)		1,211 (78.7)	
Girls	850 (38.5)	811 (49.0)		714 (73.3)		770 (35.9)		907 (62.5)		922 (77.7)	

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	49.1	(2.07)	56.7	(3.16)	55.9	(5.61)	33.2 **	(5.83)	58.0	(5.09)	48.3	(4.88)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	60.9	(2.81)	72.3	(5.18)	75.7	(8.77)	45.3 *	(10.36)	71.6	(8.61)	56.9	(7.81)
Girls	36.9	(3.05)	40.3	(3.54)	35.2	(6.88)	20.6	(4.96)	43.8	(5.23)	39.2	(5.73)
5–8 years old	75.2	(2.86)	83.3	(2.82)	88.9	(3.91)	57.1 u	(17.94)	78.3	(4.36)	74.3	(6.30)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	85.1	(3.36)	84.3	(3.53)	87.9	(4.16)	70.4 u	(32.65)	81.4	(4.66)	91.7	(5.27)
Girls	64.9	(4.68)	82.3	(4.44)	90.0	(6.72)	43.1 ** u	(13.57)	75.1	(7.47)	56.1	(11.64)
9–13 years old	37.2	(3.05)	51.6	(6.75)	48.9	(14.56)	21.6	(5.67)	54.9	(11.60)	29.9	(6.08)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	41.3	(3.77)	66.4	(11.14)	71.9 u	(22.67)	28.0 u	(9.78)	66.9 u	(20.54)	21.0 * u	(8.26)
Girls	33.0	(4.83)	36.2	(7.43)	24.8 u	(18.02)	14.8 u	(5.46)	42.2	(10.06)	39.2	(8.95)
14–18 years old	41.0	(4.27)	41.6	(5.20)	37.8	(5.29)	26.5	(6.21)	45.8	(7.50)	46.3	(10.87)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	61.4	(6.19)	69.1	(8.69)	70.1	(9.20)	42.9 *	(10.14)	68.6	(12.05)	65.3	(19.15)
Girls	19.4 u	(5.88)	12.7 u	(5.50)	3.7 u	(4.91)	9.2 u	(6.99)	21.7 u	(8.73)	26.3 u	(9.53)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	651	744	809	911	1,120	1,358	1,500	1,598	1,756	490	564	616	703	889	1,112	1,246	1,339	1,496
5–8 years old	643	738	801	905	1,107	1,332	1,462	1,550	1,693	506	581	636	722	909	1,128	1,262	1,357	1,508
9–13 years old	639	717	773	857	1,037	1,239	1,362	1,449	1,588	549	627	680	769	957	1,183	1,313	1,405	1,567
14–18 years old	670	775	849	967	1,209	1,491	1,659	1,775	1,963	421	491	540	625	809	1,033	1,168	1,263	1,418
All NSLP participants	734	830	894	998	1,217	1,462	1,607	1,712	1,872	592	660	706	779	935	1,108	1,214	1,291	1,404
5–8 years old	633	728	791	896	1,106	1,330	1,456	1,556	1,700	649	725	777	857	1,030	1,224	1,340	1,430	1,557
9–13 years old	860	927	974	1,048	1,195	1,356	1,450	1,515	1,622	682	750	798	870	1,019	1,178	1,271	1,333	1,440
14–18 years old	689	812	894	1,027	1,320	1,661	1,870	2,015	2,238	464	524	564	634	783	952	1,063	1,145	1,253
Income-eligible NSLP participants	797	879	937	1,029	1,217	1,424	1,551	1,639	1,768	641	693	729	783	901	1,026	1,102	1,153	1,225
5–8 years old	690	775	833	924	1,108	1,307	1,423	1,506	1,621	739	801	843	906	1,045	1,191	1,277	1,338	1,425
9–13 years old	899	965	1,011	1,081	1,226	1,381	1,470	1,533	1,622	784	829	862	909	1,003	1,099	1,155	1,193	1,243
14–18 years old	779	876	944	1,057	1,291	1,551	1,724	1,839	2,016	430	482	516	570	695	832	920	975	1,058
Income-eligible nonparticipants	562	636	691	775 *	950 ***	1,141 *	1,257	1,346	1,471	408	473 *	519 *	596 **	761 *	943	1,060	1,146	1,272
5–8 years old	683 u	719	746	785	866	949 *	995	1,033	1,084	379 **	449 **	497 **	578 **	756 *	945	1,064	1,158	1,296
9–13 years old	507	585	645	738	923 *	1,131	1,256	1,342	1,477	418	483	529 *	609 **	777 **	970	1,098	1,196	1,340
14–18 years old	524	622	693	803	1,040	1,293	1,453	1,584	1,752	421	481	525	597	750	916	1,021	1,088	1,189
Higher-income NSLP participants	717	814	883	995	1,230	1,498	1,662	1,773	1,955	561	639	693	782	973	1,180	1,307	1,400	1,539
5–8 years old	596	696	760	879	1,130	1,390	1,554	1,665	1,841	570	653	709	801	1,006	1,238	1,378	1,484	1,649
9–13 years old	911	968	1,005	1,060	1,179	1,307	1,380	1,426	1,510	589	677	739	833	1,039	1,255	1,388	1,478	1,621
14–18 years old	623 u	754	858	1,019	1,353	1,760	2,010	2,184	2,463	527	592	637	718	885	1,065	1,176	1,261	1,377
Higher-income nonparticipants	674	755	808	896	1,082	1,278	1,400	1,485	1,607	481	559	615	706	914	1,157	1,318	1,435	1,610
5–8 years old	718	824	892	1,001	1,222	1,451	1,584	1,674	1,808	476	540	591	669	847	1,061	1,198	1,287	1,436
9–13 years old	475	543	591 *	670 *	851 **	1,049	1,180	1,271	1,399	531	617	678	783	1,006	1,270	1,453	1,584	1,788
14–18 years old	831	905	951	1,031	1,197	1,368	1,471	1,548	1,655	437	518	573	660	876	1,119	1,280	1,403	1,570

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	14.5 (0.21)	14.2 (0.26)	14.0 (0.35)	13.6 (0.42)	14.6 (0.41)	15.1 (0.49)					
Sample size	2,907 -	1,555 -	941 -	571 -	515 -	705 -					
Boys	16.1 (0.32)	16.0 (0.35)	15.8 (0.48)	14.6 (0.67)	16.6 (0.59)	16.8 (0.71)					
Girls	12.9 (0.29)	12.4 (0.38)	12.1 (0.51)	12.5 (0.49)	12.6 (0.56)	13.3 (0.66)					
5–8 years old	13.5 (0.35)	13.6 (0.33)	13.8 (0.40)	12.1 * (0.74)	13.7 (0.61)	14.2 (0.95)					
Sample size	833 -	548 -	353 -	113 -	163 -	159 -					
Boys	14.5 (0.53)	14.2 (0.37)	13.9 (0.53)	12.0 (1.01)	15.0 (0.71)	16.2 (1.64)					
Girls	12.5 (0.45)	13.1 (0.56)	13.7 (0.61)	12.2 (1.09)	12.4 (1.01)	12.1 (0.93)					
9–13 years old	14.6 (0.35)	14.9 (0.47)	14.4 (0.47)	13.6 (0.82)	15.7 (0.71)	14.6 (0.73)					
Sample size	1,151 -	675 -	416 -	206 -	220 -	244 -					
Boys	15.3 (0.52)	15.9 (0.72)	15.0 (0.57)	14.6 (1.42)	17.1 (1.17)	15.0 (0.88)					
Girls	13.8 (0.45)	13.8 (0.60)	13.7 (0.76)	12.6 (0.76)	14.3 (0.77)	14.1 (1.17)					
14–18 years old	15.2 (0.40)	14.1 (0.47)	13.8 (0.77)	14.7 (0.59)	14.3 (0.74)	16.2 (0.85)					
Sample size	923 -	332 -	172 -	252 -	132 -	302 -					
Boys	17.9 (0.58)	17.5 (0.61)	18.0 (1.09)	16.7 (0.91)	17.3 (1.00)	18.9 (1.22)					
Girls	12.3 (0.54)	10.5 (0.73)	9.5 (1.07)	12.7 * (0.75)	11.1 (1.08)	13.4 (1.18)					

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	97.2	(0.74)	94.9	(1.03)	93.5	(1.58)	98.1 **	(0.63)	94.9	(1.52)	98.0	(1.45)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.9	(0.16)	99.8	(0.44)	99.9	(0.17)	99.9	(0.59)	99.6	(1.23)	100.0	(0.05)
Girls	94.3	(1.51)	89.9	(2.06)	86.8	(3.22)	96.2 **	(1.13)	90.0	(2.84)	95.9	(2.97)
5–8 years old	100.0	(0.02)	100.0	(0.02)	100.0	(0.04)	99.9	(0.16)	100.0	(0.09)	100.0	(0.04)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	100.0	(0.22)	100.0	(0.00)	100.0	(0.00)
Girls	100.0	(0.05)	100.0	(0.04)	100.0	(0.07)	99.9	(0.23)	99.9	(0.19)	100.0	(0.09)
9–13 years old	99.9	(0.12)	99.7	(0.27)	99.9	(0.24)	99.1	(0.54)	99.4	(0.62)	100.0	(0.08)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.06)	99.9	(0.13)	100.0	(0.08)	100.0	(0.23)	100.0	(0.11)	100.0	(0.13)
Girls	99.8	(0.23)	99.5	(0.53)	99.9	(0.47)	98.2	(1.08)	98.8	(1.26)	100.0	(0.09)
14–18 years old	92.4	(2.00)	86.6	(2.78)	82.6	(4.26)	95.7 **	(1.62)	86.8	(4.07)	94.6	(3.92)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.8	(0.44)	99.5	(1.19)	99.9	(0.46)	99.6	(1.56)	98.8	(3.30)	100.0	(0.07)
Girls	84.6	(4.08)	73.0	(5.57)	64.3	(8.73)	91.5 **	(2.89)	74.1	(7.59)	88.8	(8.04)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	10.3	11.4	12.1	13.2	15.6	18.4	20.1	21.3	23.3	8.0	8.8	9.4	10.4	12.5	14.9	16.4	17.5	19.2
5–8 years old	10.1	10.9	11.5	12.4	14.3	16.3	17.6	18.4	19.8	7.4	8.2	8.8	9.8	12.0	14.7	16.3	17.6	19.6
9–13 years old	9.7	10.7	11.5	12.6	14.9	17.6	19.3	20.5	22.4	9.1	10.0	10.6	11.5	13.5	15.7	17.0	17.9	19.5
14–18 years old	11.1	12.3	13.1	14.5	17.3	20.8	22.9	24.4	26.9	7.3	8.1	8.7	9.7	11.9	14.4	15.9	17.0	18.7
All NSLP participants	10.2	11.2	11.9	13.1	15.5	18.4	20.2	21.5	23.6	7.4	8.2	8.8	9.8	11.9	14.4	16.0	17.2	19.0
5–8 years old	10.8	11.5	11.9	12.6	14.1	15.5	16.4	17.0	18.0	7.8	8.7	9.4	10.3	12.6	15.2	16.9	18.2	20.1
9–13 years old	9.6	10.7	11.5	12.7	15.4	18.5	20.4	21.8	24.2	8.5	9.4	10.0	11.0	13.3	15.9	17.5	18.7	20.8
14–18 years old	10.4	11.6	12.4	13.7	16.8	20.5	22.8	24.5	27.2	5.9	6.7	7.2	8.2	10.2	12.4	13.9	15.0	16.4
Income-eligible NSLP participants	10.2	11.2	11.9	13.0	15.4	18.1	19.7	20.9	22.7	7.3	8.2	8.8	9.7	11.8	14.1	15.6	16.6	18.1
5–8 years old	10.2	10.9	11.4	12.2	13.7	15.4	16.4	17.1	18.1	7.7	8.7	9.4	10.5	13.1	16.1	18.1	19.5	21.7
9–13 years old	9.6	10.5	11.2	12.3	14.6	17.3	18.8	20.0	21.6	9.3	10.1	10.7	11.6	13.5	15.5	16.8	17.7	18.9
14–18 years old	10.9	12.1	13.0	14.4	17.3	20.8	23.1	24.7	27.2	5.1	5.9	6.4	7.3	9.2	11.3	12.6	13.5	14.7
Income-eligible nonparticipants	9.8	10.7	11.3	12.3	14.4	16.6	18.0	19.0	20.5	7.8	8.6	9.2	10.2	12.2	14.4	15.8	16.8	18.4
5–8 years old	7.1	7.9	8.5	9.5	11.6	14.0	15.5	16.7	18.4	6.4	7.4	8.0	9.1	11.7	14.4	16.3	17.7	19.9
9–13 years old	11.4	12.0	12.5	13.2	14.5	15.9	16.7	17.2	18.1	7.3	8.3	8.9	10.0	12.2	14.7	16.3	17.5	19.2
14–18 years old	10.2	11.4	12.3	13.6	16.3	19.2	21.0	22.5	24.4	9.3	10.0	10.4	11.1 *	12.6	14.1	15.0	15.5	16.4
Higher-income NSLP participants	10.4	11.5	12.2	13.4	16.0	19.1	21.1	22.5	24.9	6.9	7.8	8.5	9.6	12.1	14.9	16.7	18.1	20.2
5–8 years old	11.7	12.4	12.8	13.5	14.9	16.3	17.2	17.8	18.7	7.3	8.2	8.8	9.8	12.0	14.5	16.1	17.2	19.0
9–13 years old	10.5	11.7	12.5	13.7	16.5	19.8	21.9	23.2	25.8	7.8	8.9	9.6	10.8	13.7	16.9	19.1	20.7	23.3
14–18 years old	9.3	10.6	11.5	13.1	16.4	20.6	23.3	25.3	28.6	5.7	6.6	7.2	8.3	10.6	13.3	15.0	16.3	18.1
Higher-income nonparticipants	11.1	12.2	12.8	14.0	16.4	19.1	20.8	22.0	23.7	9.0	9.8	10.3	11.2	13.0	15.0	16.4	17.3	18.7
5–8 years old	10.3	11.4	12.1	13.3	15.8	18.7	20.5	21.7	23.7	7.6	8.4	8.9	9.8	11.7	14.0	15.5	16.4	18.0
9–13 years old	9.6	10.5	11.2	12.3	14.6	17.2	18.8	19.9	21.5	11.3	11.9	12.3	12.9	14.1	15.3	16.0	16.5	17.2
14–18 years old	13.3	14.3	15.0	16.1	18.6	21.2	22.9	24.1	25.9	7.9u	8.9	9.5	10.5	12.9	15.6	17.3	18.7	20.6

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	236	(3.0)	240	(4.3)	236	(5.5)	215 **	(5.5)	247	(8.0)	240	(5.7)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	256	(4.6)	261	(5.4)	265	(8.6)	232 **	(8.2)	261	(8.8)	261	(9.4)
Girls	215	(3.8)	219	(6.7)	205	(6.6)	198	(7.4)	233	(13.6)	218	(6.2)
5–8 years old	221	(4.8)	225	(4.3)	225	(5.1)	192 **	(10.8)	228	(9.3)	231	(11.5)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	234	(7.4)	227	(5.2)	227	(7.1)	187 *	(14.6)	231	(11.6)	270	(20.1)
Girls	206	(6.0)	223	(6.9)	222	(7.3)	197	(15.9)	224	(14.8)	190	(10.5)
9–13 years old	232	(4.0)	243	(6.2)	240	(6.3)	204 ***	(7.0)	249	(13.7)	230	(7.4)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	238	(5.3)	253	(7.8)	255	(10.0)	207 **	(10.7)	253	(14.6)	228	(9.9)
Girls	225	(5.9)	232	(9.7)	223	(7.5)	200 *	(9.1)	245	(23.6)	231	(11.2)
14–18 years old	251	(6.2)	250	(9.4)	241	(13.0)	243	(10.6)	260	(15.9)	256	(10.5)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	289	(9.9)	295	(11.8)	303	(20.6)	288	(16.2)	291	(17.3)	285	(18.0)
Girls	211	(7.2)	203	(14.6)	175	(15.4)	196	(13.5)	227	(27.0)	225	(10.2)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	58.8	(1.29)	60.5	(1.56)	61.1	(2.39)	50.6	(5.20)	61.3	(2.81)	58.7	(2.89)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	63.3	(1.94)	66.3	(1.94)	68.1	(3.92)	55.8	(9.45)	65.4	(2.84)	60.4	(4.47)
Girls	54.0	(1.67)	54.4	(2.48)	53.8	(2.67)	45.1	(3.91)	57.1	(4.93)	56.9	(3.63)
5–8 years old	99.8	(0.18)	99.9	(0.14)	99.9	(0.16)	97.8	(2.14)	99.9	(0.20)	99.7	(0.51)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.07)	99.8	(0.26)	99.8	(0.31)	99.5	(2.29)	100.0	(0.05)	100.0	(0.00)
Girls	99.6	(0.35)	100.0	(0.09)	100.0	(0.06)	95.9	(3.67)	99.8	(0.40)	99.5	(1.04)
9–13 years old	69.9	(2.43)	74.6	(2.70)	79.5	(4.16)	52.6	(13.59)	72.3	(4.70)	69.6	(6.14)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	74.8	(3.80)	82.3	(2.55)	86.1	(3.99)	57.7 u	(24.81)	79.8	(4.28)	68.4	(9.53)
Girls	64.7	(2.99)	66.5	(4.84)	72.6	(7.42)	47.2 *	(9.97)	64.5	(8.51)	70.9	(7.65)
14–18 years old	17.4	(2.58)	17.6	(3.35)	14.5 u	(5.11)	13.3 u	(5.16)	22.0	(6.14)	17.5	(5.16)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	25.0	(3.77)	26.2	(4.63)	27.4 u	(9.87)	21.4 u	(9.46)	26.0	(6.50)	23.3 u	(7.92)
Girls	9.5 u	(3.51)	8.5 u	(4.85)	0.9 u	(1.34)	4.9 u	(3.62)	17.8 u	(10.59)	11.4 u	(6.52)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	163	181	193	212	250	294	321	339	369	133	148	158	175	209	249	272	288	314
5–8 years old	166	179	188	203	231	263	281	294	314	140	153	162	175	203	234	252	265	284
9–13 years old	157	173	184	200	234	271	294	309	335	145	160	170	186	220	259	281	296	323
14–18 years old	167	189	204	229	280	340	376	401	442	116	133	144	164	204	251	279	298	328
All NSLP participants	168	186	197	216	256	300	326	345	375	136	151	161	177	212	252	277	296	323
5–8 years old	155	169	178	194	224	257	276	290	312	161	174	183	195	221	249	264	276	292
9–13 years old	169	184	195	212	248	288	312	329	358	143	158	169	187	224	268	295	313	347
14–18 years old	177	199	214	237	287	344	378	402	438	110	125	136	154	194	241	271	294	324
Income-eligible NSLP participants	176	193	204	223	260	301	327	344	370	144	156	164	177	203	231	247	258	274
5–8 years old	152	167	177	193	224	258	278	292	312	163	174	183	195	220	247	262	273	288
9–13 years old	177	192	202	218	252	288	309	323	345	166	177	185	197	222	247	262	272	286
14–18 years old	193	213	227	249	296	347	380	402	436	109	122	130	143	172	202	222	233	251
Income-eligible nonparticipants	159	173	183	198	229	261	280	295	315	120	135	145	161	195	230	251	267	289
5–8 years old	135	145	153	164	186	208	220	230	244	114	130	141	158	195	231	253	269	293
9–13 years old	154	164	172	184	206 *	229 *	243	252	265	136	149	157	170	197	226	243	257	275
14–18 years old	181	201	215	237	282	330	360	385	416	109	125	136	154	192	233	258	274	298
Higher-income NSLP participants	167	185	197	216	255	300	326	344	373	130	147	159	178	223	274	307	332	371
5–8 years old	172	183	190	203	229	255	271	282	300	158	173	181	195	223	251	267	278	295
9–13 years old	164	180	191	208	245	290	316	333	366	124	143	157	178	231	293	335	365	417
14–18 years old	167	190	208	234	285	343	376	399	435	115	131	143	165	214	272	311	341	385
Higher-income nonparticipants	176	191	202	219	256	296	321	338	364	140	155	165	180	214	249	271	287	309
5–8 years old	224	234	240	250	269	289	300	308	320	133	143	150	161	186	214	231	241	259
9–13 years old	150	165	174	191	225	261	283	299	319	150	166	177	194	228	264	287	302	326
14–18 years old	164	185	199	223	276	334	371	399	439	135	153	164	181	221	262	287	306	330

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	1,297	(16.0)	1,360	(20.9)	1,340	(30.1)	1,158 ***	(29.6)	1,391	(36.1)	1,280 *	(30.0)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	1,434	(25.1)	1,512	(30.5)	1,510	(47.8)	1,248 ***	(46.4)	1,529	(52.5)	1,412	(45.7)
Girls	1,153	(19.4)	1,200	(28.3)	1,162	(35.8)	1,064	(36.1)	1,247	(49.5)	1,142	(38.5)
5–8 years old	1,225	(23.3)	1,278	(23.6)	1,279	(24.6)	1,037 ***	(53.5)	1,286	(49.8)	1,239	(56.4)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	1,288	(35.0)	1,286	(30.8)	1,295	(35.6)	1,033 **	(74.4)	1,305	(63.2)	1,397	(87.8)
Girls	1,160	(30.6)	1,269	(35.9)	1,262	(34.0)	1,041 **	(77.0)	1,267	(77.6)	1,073	(69.8)
9–13 years old	1,267	(21.5)	1,368	(29.8)	1,370	(34.6)	1,111 ***	(47.9)	1,399	(58.4)	1,194 **	(43.5)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	1,332	(28.7)	1,455	(41.6)	1,491	(56.6)	1,174 **	(81.5)	1,446	(82.5)	1,204 *	(57.7)
Girls	1,199	(32.3)	1,277	(42.6)	1,243	(38.6)	1,044 **	(48.3)	1,350	(82.6)	1,184	(65.3)
14–18 years old	1,379	(33.8)	1,412	(45.4)	1,358	(72.1)	1,294	(52.0)	1,462	(71.1)	1,393	(55.4)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	1,640	(56.3)	1,734	(68.5)	1,689	(114.2)	1,478	(81.1)	1,774	(108.0)	1,623	(88.7)
Girls	1,105	(35.9)	1,073	(59.2)	1,009	(86.2)	1,100	(64.0)	1,133	(91.4)	1,152	(65.0)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	82.7	(1.63)	85.1	(3.68)	80.5	(10.15)	76.5	(8.19)	86.4	(2.92)	82.3	(4.01)
<i>Sample size</i>	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	92.9	(1.95)	95.6	(1.66)	96.9	(1.62)	84.6	(6.72)	95.5	(2.58)	92.1	(6.41)
Girls	72.0	(2.64)	74.1	(7.34)	63.3 u	(20.72)	68.0	(15.22)	76.9	(5.34)	72.1	(4.72)
5–8 years old	100.0	(0.01)	100.0	(0.00)	100.0	(0.00)	99.8	(0.44)	100.0	(0.03)	100.0	(0.04)
<i>Sample size</i>	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.01)	100.0	(0.01)	100.0	(0.00)	100.0	(0.01)	100.0	(0.01)
Girls	100.0	(0.02)	100.0	(0.00)	100.0	(0.00)	99.5	(0.90)	100.0	(0.05)	100.0	(0.07)
9–13 years old	78.5	(2.95)	85.8	(2.80)	88.0	(4.90)	56.9 **	(8.77)	86.9	(4.21)	73.7	(10.66)
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	87.8	(4.39)	93.9	(2.47)	95.0	(3.11)	68.0	(15.16)	95.0	(3.99)	79.7	(17.93)
Girls	68.8	(3.93)	77.2	(5.11)	80.6	(9.48)	45.4 **	(8.39)	78.6	(7.53)	67.5	(11.12)
14–18 years old	73.8	(3.39)	73.4	(9.59)	58.6 u	(27.05)	77.7	(20.49)	75.7	(6.80)	77.3	(3.72)
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Boys	92.5	(3.19)	94.1	(3.79)	96.3	(3.21)	88.9	(10.98)	92.6	(5.83)	98.1	(2.70)
Girls	54.0	(6.10)	51.5 u	(19.30)	19.0 u	(55.46)	65.9 u	(40.48)	57.8	(12.54)	55.4	(7.10)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	948	1043	1108	1209	1411	1634	1765	1854	1998	740	819	873	959	1134	1328	1438	1513	1634
5–8 years old	886	968	1022	1109	1274	1454	1556	1625	1735	759	834	888	971	1141	1328	1438	1513	1631
9–13 years old	955	1031	1084	1161	1319	1486	1583	1650	1756	783	867	921	1009	1182	1374	1478	1548	1668
14–18 years old	987	1110	1194	1329	1599	1910	2094	2220	2423	684	762	815	903	1082	1284	1399	1478	1602
All NSLP participants	993	1094	1161	1269	1488	1728	1867	1966	2117	842	913	961	1035	1187	1347	1442	1508	1607
5–8 years old	889	970	1022	1108	1275	1449	1545	1622	1731	914	989	1039	1112	1261	1416	1503	1568	1657
9–13 years old	1035	1116	1172	1261	1437	1629	1742	1820	1947	839	924	984	1075	1260	1458	1574	1650	1782
14–18 years old	1030	1167	1255	1396	1695	2029	2227	2362	2567	789	845	879	939	1060	1189	1269	1326	1400
Income-eligible NSLP participants	1026	1121	1186	1288	1493	1710	1840	1928	2055	937	984	1016	1063	1159	1255	1310	1347	1398
5–8 years old	902	981	1034	1118	1282	1458	1559	1631	1731	990	1047	1085	1141	1259	1374	1440	1485	1548
9–13 years old	1056	1142	1202	1293	1479	1674	1783	1860	1968	907	976	1024	1095	1236	1382	1466	1523	1600
14–18 years old	1090	1205	1283	1411	1664	1932	2103	2213	2380	926	945	956	973	1009	1043	1063	1075	1092
Income-eligible nonparticipants	876	948	1001	1078	1234 **	1397 **	1494 *	1568	1668	727	787	829	899	1043	1198	1297	1370	1480
5–8 years old	892	920	941	971	1031 *	1091 *	1123 *	1148	1182	531 ***	613 ***	670 ***	768 ***	992 **	1242	1408	1540	1744
9–13 years old	809	880	934	1012	1163 *	1323 *	1415	1477	1573	658	732	781 *	864 *	1026 **	1198	1305	1384	1495
14–18 years old	929	1034	1109	1220	1454	1695	1845	1966	2121	940	973	996	1031	1099	1166	1206	1230	1265
Higher-income NSLP participants	992	1093	1163	1274	1500	1751	1901	2001	2165	792	879	938	1032	1230	1434	1556	1644	1773
5–8 years old	924	996	1041	1124	1292	1462	1568	1639	1751	878	962	1015	1098	1262	1427	1517	1582	1677
9–13 years old	1055	1131	1180	1256	1423	1609	1717	1787	1915	817	918	988	1094	1326	1568	1717	1818	1980
14–18 years old	984	1128	1238	1404	1729	2103	2324	2474	2712	704	780	832	924	1113	1311	1432	1523	1647
Higher-income nonparticipants	1031	1110	1159	1240	1404	1569	1666	1734	1830	693	777	834	923	1117	1325	1455	1546	1677
5–8 years old	1001	1086	1139	1224	1391	1559	1656	1721	1817	729	790	838	907	1055	1219	1317	1378	1477
9–13 years old	924	982	1021	1081	1203	1319	1387	1432	1492	767	851	907	998	1172	1351	1463	1539	1649
14–18 years old	1157	1248	1305	1403	1606	1814	1940	2033	2162	595	695	761	863	1111	1379	1551	1681	1853

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	10.7	(0.14)	11.2	(0.23)	11.0	(0.32)	9.8 **	(0.31)	11.4	(0.38)	10.5 *	(0.26)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	12.1	(0.22)	12.9	(0.30)	12.7	(0.51)	10.7 **	(0.51)	13.4	(0.57)	11.8 *	(0.38)
Girls	9.2	(0.18)	9.4	(0.34)	9.4	(0.39)	8.8	(0.35)	9.4	(0.50)	9.1	(0.36)
5–8 years old	10.0	(0.22)	10.3	(0.24)	10.2	(0.28)	8.6 *	(0.57)	10.5	(0.52)	9.9	(0.54)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	10.7	(0.30)	11.0	(0.33)	10.6	(0.45)	8.3 *	(0.81)	11.8	(0.86)	11.1	(0.72)
Girls	9.1	(0.32)	9.7	(0.35)	9.7	(0.34)	8.9	(0.81)	9.1	(0.58)	8.5	(0.79)
9–13 years old	10.6	(0.21)	11.3	(0.32)	11.2	(0.46)	10.1	(0.58)	11.7	(0.47)	9.9 **	(0.36)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	11.3	(0.36)	12.5	(0.52)	12.6	(0.79)	11.1	(1.00)	12.7	(0.75)	9.7 ***	(0.48)
Girls	10.0	(0.21)	10.1	(0.37)	9.8	(0.45)	9.0	(0.57)	10.6	(0.57)	10.1	(0.53)
14–18 years old	11.3	(0.28)	11.7	(0.50)	11.5	(0.72)	10.4	(0.46)	12.0	(0.84)	11.5	(0.47)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	14.0	(0.43)	14.7	(0.58)	14.2	(1.09)	12.1	(0.78)	15.3	(1.20)	14.2	(0.75)
Girls	8.5	(0.36)	8.5	(0.81)	8.6	(0.93)	8.5	(0.48)	8.5	(1.18)	8.7	(0.57)

See notes at end of table.

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

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	93.0	(2.09)	97.5	(4.84)	98.5	(2.10)	90.1 *	(3.16)	90.9	(3.63)	93.5	(2.46)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	98.5	(1.27)	97.1	(2.01)	98.1	(1.60)	97.9	(2.57)	96.5	(3.12)	99.8	(1.76)
Girls	87.2	(4.07)	97.8	(9.68)	99.0	(3.96)	82.0 *	(5.87)	85.0	(6.68)	87.0	(4.69)
5–8 years old	99.6	(0.27)	100.0	(0.04)	100.0	(0.05)	97.3	(2.00)	100.0	(0.06)	98.9	(1.02)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.01)	100.0	(0.04)	100.0	(0.05)	98.8	(2.44)	100.0	(0.00)	100.0	(0.00)
Girls	99.2	(0.55)	100.0	(0.08)	100.0	(0.10)	95.8	(3.21)	100.0	(0.12)	97.7	(2.08)
9–13 years old	97.8	(1.93)	97.0	(2.31)	98.1	(2.65)	92.6	(5.74)	97.0	(2.37)	98.6	(3.41)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	99.9	(0.63)	99.4	(1.15)	99.0	(1.76)	100.0	(0.00)	99.9	(1.01)	99.5	(4.08)
Girls	95.5	(3.90)	94.5	(4.57)	97.2	(5.10)	84.9	(11.75)	94.0	(4.72)	97.7	(5.52)
14–18 years old	83.4	(5.35)	96.0	(12.90)	97.8	(5.09)	82.4	(6.36)	78.2	(9.55)	84.7	(5.75)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	96.0	(3.37)	92.9	(5.30)	95.7	(3.99)	95.1	(6.69)	90.8	(8.36)	99.8	(2.72)
Girls	70.0	(10.39)	99.4	(25.90)	100.0	(9.57)	68.9 *	(11.00)	64.9	(17.53)	68.8	(11.47)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	8.4	9.1	9.6	10.4	11.9	13.7	14.7	15.4	16.6	6.0	6.6	6.9	7.6	9.0	10.5	11.5	12.1	13.2
5–8 years old	7.3	8.0	8.4	9.1	10.6	12.2	13.1	13.7	14.8	5.2	5.8	6.3	7.1	8.8	10.8	12.1	13.0	14.4
9–13 years old	8.7	9.2	9.6	10.1	11.2	12.3	13.0	13.5	14.3	7.1	7.6	8.0	8.6	9.8	11.2	11.9	12.4	13.4
14–18 years old	8.8	9.8	10.4	11.5	13.6	16.1	17.6	18.6	20.2	5.5	6.0	6.4	7.0	8.3	9.7	10.5	11.1	12.0
All NSLP participants	8.1	8.9	9.5	10.4	12.5	14.9	16.4	17.5	19.2	7.1	7.5	7.8	8.3	9.3	10.4	11.0	11.5	12.2
5–8 years old	7.7	8.4	8.8	9.5	10.9	12.3	13.2	13.8	14.8	6.4	7.0	7.4	8.1	9.5	11.0	11.9	12.7	13.7
9–13 years old	8.5	9.2	9.7	10.5	12.2	14.1	15.3	16.1	17.5	6.9	7.5	7.9	8.6	9.9	11.4	12.3	12.9	14.0
14–18 years old	8.0	9.1	9.9	11.1	14.0	17.5	19.8	21.5	24.1	7.7	7.9	8.0	8.2	8.5	8.9	9.1	9.2	9.4
Income-eligible NSLP participants	8.3	9.1	9.6	10.5	12.3	14.5	15.8	16.7	18.2	7.6	7.9	8.2	8.5	9.3	10.1	10.6	10.9	11.4
5–8 years old	7.9	8.5	8.8	9.4	10.5	11.7	12.4	12.9	13.6	6.6	7.2	7.6	8.2	9.6	11.1	12.0	12.6	13.5
9–13 years old	8.2	9.0	9.5	10.4	12.3	14.5	15.8	16.7	18.1	7.3	7.8	8.2	8.7	9.7	10.8	11.5	11.9	12.5
14–18 years old	8.6	9.6	10.2	11.3	13.7	16.5	18.3	19.6	21.6	8.6	8.6	8.6	8.6	8.6	8.6	8.6	8.6	8.6
Income-eligible nonparticipants	8.4	8.8	9.1	9.6	10.6	11.6 *	12.3 *	12.8	13.5	5.3	5.9	6.3	7.0	8.6	10.2	11.3	12.1	13.3
5–8 years old	4.8	5.3	5.8	6.4	8.0 *	9.7	10.8	11.7	13.0	4.1	4.9	5.4	6.3	8.4	10.8	12.4	13.7	15.8
9–13 years old	11.1	11.1	11.1	11.1	11.1	11.1	11.1	11.1	11.1	6.0	6.6	7.0	7.6	8.9	10.2	11.1	11.7	12.6
14–18 years old	8.5	9.2	9.7	10.5	12.0	13.6	14.5	15.3	16.2	5.4	5.9	6.3	7.0	8.3	9.8	10.7	11.2	12.1
Higher-income NSLP participants	8.3	9.2	9.8	10.8	12.9	15.5	17.1	18.2	20.1	5.9	6.5	6.9	7.7	9.2	10.8	11.8	12.6	13.7
5–8 years old	8.6	9.2	9.6	10.3	11.7	13.2	14.1	14.7	15.7	6.2	6.8	7.1	7.7	8.9	10.2	11.0	11.6	12.5
9–13 years old	9.0	9.8	10.2	10.9	12.5	14.2	15.2	15.9	17.1	6.8	7.5	8.0	8.7	10.3	12.1	13.2	14.0	15.3
14–18 years old	7.5	8.6	9.6	11.1	14.3	18.5	21.2	23.1	26.4	4.7	5.4	5.8	6.7	8.3	10.1	11.1	11.9	13.0
Higher-income nonparticipants	8.9	9.5	9.8	10.4	11.7	13.0	13.8	14.3	15.1	5.8	6.4	6.8	7.5	8.9	10.5	11.5	12.2	13.2
5–8 years old	7.7	8.3	8.8	9.5	10.9	12.5	13.5	14.2	15.2	4.6	5.2	5.7	6.5	8.2	10.2	11.5	12.4	13.7
9–13 years old	7.9	8.3	8.5	8.9	9.7 *	10.5 *	11.0	11.3	11.7	7.5	8.0	8.4	8.9	10.0	11.2	11.9	12.4	13.1
14–18 years old	10.7	11.4	11.9	12.6	14.1	15.7	16.6	17.2	18.1	5.1	5.8	6.2	6.9	8.5	10.1	11.2	11.9	12.9

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	1.05 (0.015)	1.06 (0.019)		1.06 (0.027)		0.97 * (0.028)		1.08 (0.031)		1.08 (0.030)	
Sample size	2,907 -	1,555 -		941 -		571 -		515 -		705 -	
Boys	1.15 (0.024)	1.17 (0.026)		1.20 (0.043)		1.05 * (0.040)		1.16 (0.038)		1.17 (0.051)	
Girls	0.95 (0.017)	0.95 (0.029)		0.92 (0.030)		0.88 (0.040)		1.00 (0.049)		0.99 (0.028)	
5–8 years old	0.96 (0.023)	0.98 (0.020)		0.97 (0.023)		0.84 * (0.046)		1.01 (0.040)		1.01 (0.054)	
Sample size	833 -	548 -		353 -		113 -		163 -		159 -	
Boys	1.02 (0.037)	0.99 (0.027)		0.98 (0.035)		0.83 * (0.058)		1.03 (0.050)		1.15 (0.098)	
Girls	0.91 (0.025)	0.96 (0.029)		0.96 (0.029)		0.86 (0.071)		1.00 (0.064)		0.86 (0.042)	
9–13 years old	1.04 (0.018)	1.08 (0.024)		1.09 (0.032)		0.98 * (0.043)		1.10 (0.045)		1.02 (0.033)	
Sample size	1,151 -	675 -		416 -		206 -		220 -		244 -	
Boys	1.08 (0.026)	1.14 (0.035)		1.18 (0.048)		1.02 * (0.060)		1.13 (0.067)		1.01 (0.047)	
Girls	1.00 (0.025)	1.01 (0.032)		1.00 (0.042)		0.93 (0.061)		1.07 (0.059)		1.03 (0.046)	
14–18 years old	1.13 (0.032)	1.11 (0.044)		1.10 (0.063)		1.05 (0.054)		1.11 (0.065)		1.19 (0.061)	
Sample size	923 -	332 -		172 -		252 -		132 -		302 -	
Boys	1.32 (0.052)	1.33 (0.057)		1.37 (0.104)		1.24 (0.080)		1.28 (0.070)		1.33 (0.109)	
Girls	0.94 (0.035)	0.87 (0.067)		0.81 (0.068)		0.85 (0.073)		0.93 (0.111)		1.05 (0.052)	

See notes at end of table.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	96.7	(1.46)	99.5	(2.24)	95.4	(3.55)	93.7	(2.35)	99.2	(2.07)	98.1	(1.38)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.0	(0.59)	99.4	(0.67)	99.2	(0.85)	98.4	(1.49)	99.1	(1.25)	98.7	(1.00)
Girls	94.4	(2.93)	99.7	(4.54)	91.5	(7.21)	88.8	(4.55)	99.4	(4.03)	97.4	(2.62)
5–8 years old	100.0	(0.00)	100.0	(0.01)	100.0	(0.00)	100.0	(0.11)	100.0	(0.02)	100.0	(0.01)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.01)	100.0	(0.01)	100.0	(0.22)	100.0	(0.00)	100.0	(0.01)
Girls	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	100.0	(0.02)	100.0	(0.04)	100.0	(0.03)
9–13 years old	99.5	(0.37)	99.6	(0.48)	99.9	(0.37)	99.6	(1.34)	99.1	(1.33)	98.9	(1.13)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	99.8	(0.34)	99.9	(0.13)	99.9	(0.15)	100.0	(0.26)	99.9	(0.19)	98.9	(1.69)
Girls	99.1	(0.66)	99.3	(0.98)	99.8	(0.74)	99.2	(2.73)	98.2	(2.72)	98.9	(1.50)
14–18 years old	91.7	(3.94)	99.1	(6.05)	87.7	(9.59)	83.4	(6.22)	98.8	(5.45)	95.8	(3.57)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	97.5	(1.56)	98.4	(1.80)	97.8	(2.29)	95.8	(4.01)	97.7	(3.37)	97.5	(2.15)
Girls	85.5	(7.92)	99.9	(12.29)	77.0	(19.56)	70.4	(12.06)	100.0	(10.62)	94.1	(6.96)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	0.72	0.79	0.85	0.93	1.11	1.33	1.46	1.55	1.70	0.63	0.69	0.73	0.80	0.93	1.09	1.18	1.24	1.34
5–8 years old	0.67	0.73	0.78	0.85	0.99	1.16	1.26	1.32	1.43	0.67	0.72	0.75	0.80	0.89	1.00	1.07	1.11	1.18
9–13 years old	0.71	0.77	0.82	0.89	1.05	1.23	1.34	1.43	1.56	0.65	0.71	0.76	0.83	0.98	1.15	1.25	1.31	1.43
14–18 years old	0.76	0.86	0.92	1.03	1.26	1.55	1.72	1.84	2.05	0.58	0.65	0.69	0.76	0.92	1.09	1.20	1.27	1.39
All NSLP participants	0.75	0.83	0.88	0.96	1.14	1.34	1.47	1.56	1.70	0.72	0.76	0.79	0.84	0.94	1.04	1.10	1.15	1.22
5–8 years old	0.68	0.74	0.78	0.85	0.98	1.12	1.20	1.26	1.35	0.72	0.77	0.80	0.85	0.96	1.07	1.13	1.17	1.24
9–13 years old	0.77	0.83	0.88	0.96	1.12	1.30	1.41	1.49	1.62	0.66	0.72	0.77	0.84	0.99	1.15	1.26	1.32	1.44
14–18 years old	0.79	0.88	0.94	1.05	1.27	1.55	1.72	1.84	2.04	0.77	0.79	0.81	0.83	0.87	0.92	0.94	0.96	0.99
Income-eligible NSLP participants	0.75	0.83	0.88	0.97	1.16	1.38	1.52	1.62	1.77	0.65	0.70	0.74	0.79	0.91	1.03	1.10	1.15	1.22
5–8 years old	0.68	0.74	0.78	0.84	0.97	1.11	1.19	1.25	1.34	0.71	0.76	0.80	0.84	0.95	1.06	1.13	1.17	1.24
9–13 years old	0.79	0.85	0.90	0.98	1.15	1.35	1.47	1.55	1.68	0.70	0.76	0.80	0.86	0.98	1.12	1.20	1.25	1.33
14–18 years old	0.77	0.87	0.93	1.05	1.30	1.60	1.82	1.96	2.19	0.56	0.61	0.64	0.69	0.80	0.92	0.99	1.03	1.09
Income-eligible nonparticipants	0.70	0.76	0.81	0.88	1.03	1.19	1.28	1.36	1.46	0.58	0.63	0.67	0.74	0.87	1.00	1.09	1.15	1.24
5–8 years old	0.58	0.62	0.66	0.71	0.82	0.93	0.99	1.04	1.11	0.67	0.71	0.73	0.77	0.86	0.94	0.98	1.02	1.07
9–13 years old	0.78	0.83	0.86	0.91	1.01	1.12	1.18	1.22	1.28	0.63	0.69	0.73	0.79	0.91	1.05	1.13	1.19	1.27
14–18 years old	0.70	0.80	0.87	0.98	1.20	1.45	1.61	1.74	1.91	0.46	0.52	0.57	0.65	0.83	1.02	1.14	1.21	1.33
Higher-income NSLP participants	0.78	0.85	0.90	0.98	1.14	1.31	1.42	1.49	1.61	0.78	0.82	0.85	0.89	0.98	1.08	1.15	1.19	1.27
5–8 years old	0.82	0.86	0.89	0.93	1.02	1.11	1.17	1.21	1.27	0.79	0.84	0.87	0.91	1.00	1.09	1.13	1.16	1.21
9–13 years old	0.76	0.83	0.88	0.95	1.10	1.28	1.39	1.46	1.58	0.62	0.69	0.75	0.83	1.03	1.25	1.39	1.49	1.67
14–18 years old	0.76	0.86	0.93	1.04	1.25	1.49	1.64	1.74	1.89	0.92 u	0.92	0.92	0.93	0.93	0.93	0.93	0.93 u	0.93 u
Higher-income nonparticipants	0.70	0.78	0.84	0.93	1.13	1.36	1.50	1.61	1.76	0.65	0.71	0.75	0.82	0.97	1.13	1.23	1.30	1.40
5–8 years old	0.71	0.79	0.85	0.94	1.13	1.34	1.46	1.55	1.69	0.63	0.67	0.70	0.75	0.84	0.95	1.02	1.06	1.13
9–13 years old	0.64	0.70	0.75	0.82	0.99	1.17	1.29	1.37	1.48	0.64	0.71	0.76	0.84	1.00	1.19	1.31	1.39	1.52
14–18 years old	0.76	0.86	0.92	1.03	1.28	1.56	1.74	1.88	2.08	0.67	0.74	0.79	0.86	1.03	1.20	1.31	1.39	1.50

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	97	(1.5)	99	(1.9)	99	(2.8)	89 *	(2.8)	100	(3.2)	96	(2.7)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	108	(2.3)	111	(2.8)	111	(4.8)	97 *	(4.0)	112	(4.3)	106	(3.7)
Girls	85	(1.9)	86	(2.7)	85	(2.7)	82	(3.8)	87	(4.7)	85	(4.0)
5–8 years old	82	(1.8)	85	(1.8)	85	(2.0)	76	(4.2)	85	(3.7)	82	(4.4)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	85	(2.3)	86	(2.2)	86	(2.7)	73 *	(4.4)	86	(4.2)	88	(6.9)
Girls	80	(2.7)	84	(3.0)	83	(3.0)	79	(7.3)	83	(6.2)	77	(5.2)
9–13 years old	96	(1.7)	101	(2.3)	102	(2.8)	89 *	(4.6)	102	(4.8)	92	(3.1)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	101	(2.2)	108	(3.3)	111	(4.5)	91 *	(7.0)	107	(6.8)	95	(3.9)
Girls	92	(2.6)	94	(3.1)	93	(3.4)	88	(6.0)	97	(6.8)	88	(4.9)
14–18 years old	108	(3.4)	107	(4.5)	105	(6.9)	100	(5.2)	109	(6.8)	111	(5.9)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	131	(5.5)	133	(6.6)	131	(12.1)	120	(8.0)	136	(9.2)	131	(7.7)
Girls	84	(4.0)	80	(6.2)	79	(6.2)	78	(6.6)	81	(10.0)	89	(8.9)

See notes at end of table.

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

Table 2-11. Children (ages 5-18): Usual Daily Intakes from Foods and Beverages Continued												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5-18 years old	99.8	(0.29)	100.0	(0.51)	99.6	(0.80)	99.9	(0.18)	99.9	(0.66)	99.8	(0.65)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	100.0	(0.08)	100.0	(0.03)	100.0	(0.03)	100.0	(0.20)	100.0	(0.07)	100.0	(0.01)
Girls	99.7	(0.59)	100.0	(1.04)	99.3	(1.63)	99.9	(0.31)	99.8	(1.34)	99.6	(1.33)
5-8 years old	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	99.9	(0.13)	100.0	(0.00)	100.0	(0.00)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	100.0	(0.02)	100.0	(0.00)	100.0	(0.00)
Girls	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)	99.8	(0.27)	100.0	(0.01)	100.0	(0.00)
9-13 years old	100.0	(0.01)	100.0	(0.03)	100.0	(0.04)	99.9	(0.19)	100.0	(0.05)	100.0	(0.04)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.00)	100.0	(0.00)	100.0	(0.01)	100.0	(0.00)	100.0	(0.00)	100.0	(0.00)
Girls	100.0	(0.02)	100.0	(0.07)	100.0	(0.08)	99.8	(0.39)	100.0	(0.11)	100.0	(0.08)
14-18 years old	99.6	(0.78)	100.0	(1.38)	99.0	(2.15)	100.0	(0.45)	99.8	(1.78)	99.5	(1.76)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.9	(0.22)	100.0	(0.09)	100.0	(0.08)	99.9	(0.55)	100.0	(0.19)	100.0	(0.04)
Girls	99.2	(1.59)	100.0	(2.83)	98.1	(4.42)	100.0	(0.72)	99.5	(3.64)	99.0	(3.61)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	75	81	86	92	106	121	130	136	146	57	63	66	72	84	97	105	110	118
5–8 years old	57	62	66	72	83	97	105	110	119	54	59	62	67	78	90	98	102	110
9–13 years old	85	89	91	94	101	108	112	114	118	62	68	72	78	90	104	111	116	125
14–18 years old	78	88	95	106	128	153	167	177	193	55	60	64	70	82	96	104	109	117
All NSLP participants	77	83	88	95	110	126	135	142	152	62	67	70	75	85	96	102	107	114
5–8 years old	62	66	70	75	85	96	102	107	114	64	68	71	75	83	92	97	101	106
9–13 years old	81	86	90	95	107	119	127	132	140	61	68	72	79	92	107	116	122	133
14–18 years old	84	94	100	110	131	154	168	177	191	61 u	65	67	71	79	88	93	96	101
Income-eligible NSLP participants	74	81	86	94	109	126	137	144	155	64	68	71	75	84	94	100	104	109
5–8 years old	61	66	69	75	85	96	103	108	114	83	83	83	83	83	83	83	83	83
9–13 years old	81	87	91	97	110	123	130	136	143	62	68	72	79	92	106	115	121	129
14–18 years old	78	87	94	105	127	152	169	180	197	50	56	60	65	78	91	98	103	110
Income-eligible nonparticipants	73	77	81	86	96	106	113	118	125	54	60	63	69	81	93	100	105	112
5–8 years old	52	56	59	63	73	82	87	91	97	40 *	48 *	53 *	61 *	78	94	104	112	122
9–13 years old	91	91	91	91	91	91 *	91 **	91 *	91 *	53	60	64	72	86	102	111	118	128
14–18 years old	71	80	87	97	118	139	153	163	177	67	69	71	73	78	83	86	87	90
Higher-income NSLP participants	80	86	91	97	111	125	134	139	148	59	64	68	74	86	99	107	112	120
5–8 years old	68	71	74	78	86	94	99	102	107	57	62	66	71	82	94	101	106	113
9–13 years old	83	87	91	95	105	116	123	127	134	63	69	73	80	95	111	121	128	139
14–18 years old	86	96	103	114	134	157	170	178	192	56	61	64	70	80	91	97	102	108
Higher-income nonparticipants	78	84	87	93	105	118	125	131	138	58	63	67	72	84	97	105	110	118
5–8 years old	53	59	63	70	85	102	112	119	131	54	58	61	66	76	87	93	97	103
9–13 years old	80	83	85	88	95	101	105	107	110	63	68	72	77	87	98	105	109	115
14–18 years old	95	103	107	115	130	145	154	161	170	55 u	61	66	72	88	104	114	121	131

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	2,246 (31.3)	2,350 (37.3)	2,392 (57.7)	2,072 *** (62.0)	2,319 (60.6)	2181 (52.5)					
Sample size	2,907 -	1,555 -	941 -	571 -	515 -	705 -					
Boys	2,451 (50.4)	2,589 (58.6)	2,708 (101.3)	2,235 *** (95.4)	2,530 (87.9)	2354 (84.6)					
Girls	2,030 (36.2)	2,099 (45.5)	2,061 (52.0)	1,901 (78.1)	2,097 (83.3)	2000 (60.9)					
5–8 years old	2,173 (40.5)	2,293 (45.8)	2,345 (54.8)	1,906 ** (122.3)	2,243 (83.8)	2112 (81.6)					
Sample size	833 -	548 -	353 -	113 -	163 -	159 -					
Boys	2,292 (57.9)	2,319 (56.9)	2,361 (69.3)	1,874 ** (173.1)	2,317 (114.8)	2402 (128.2)					
Girls	2,049 (56.7)	2,266 (72.5)	2,328 (85.5)	1,940 * (172.7)	2,166 (122.3)	1810 * (99.4)					
9–13 years old	2,191 (42.5)	2,361 (53.0)	2,418 (66.7)	1,961 *** (86.9)	2,319 (106.9)	2047 * (76.9)					
Sample size	1,151 -	675 -	416 -	206 -	220 -	244 -					
Boys	2,233 (56.1)	2,470 (86.7)	2,569 (111.6)	1,950 *** (120.0)	2,421 (158.2)	1991 * (105.5)					
Girls	2,146 (64.2)	2,247 (59.7)	2,260 (70.6)	1,973 * (125.8)	2,213 (143.1)	2104 (112.2)					
14–18 years old	2,352 (67.7)	2,381 (80.3)	2,403 (136.4)	2,303 (113.2)	2,376 (111.9)	2361 (105.1)					
Sample size	923 -	332 -	172 -	252 -	132 -	302 -					
Boys	2,776 (117.3)	2,904 (128.0)	3,097 (246.2)	2,776 (191.3)	2,794 (162.0)	2662 (181.3)					
Girls	1,905 (63.5)	1,829 (94.9)	1,670 (105.6)	1,804 (115.8)	1,935 (154.0)	2043 (100.5)					

See notes at end of table.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	51.5	(0.69)	54.0	(0.83)	55.0	(1.26)	47.4 ***	(1.43)	53.2	(1.36)	50.0	(1.18)
Sample size	2,907	-	1,555	-	947	-	577	-	515	-	705	-
Boys	56.1	(1.11)	59.1	(1.29)	61.8	(2.19)	50.8 ***	(2.18)	57.9	(1.97)	54.1	(1.90)
Girls	46.8	(0.82)	48.6	(1.03)	47.9	(1.18)	43.8	(1.84)	48.4	(1.88)	45.8	(1.39)
5–8 years old	57.2	(1.07)	60.4	(1.21)	61.7	(1.44)	50.2 **	(3.22)	59.0	(2.21)	55.6	(2.15)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	60.3	(1.52)	61.0	(1.50)	62.1	(1.82)	49.3 **	(4.56)	61.0	(3.02)	63.2	(3.37)
Girls	53.9	(1.49)	59.6	(1.91)	61.3	(2.25)	51.1 *	(4.55)	57.0	(3.22)	47.6 *	(2.62)
9–13 years old	48.7	(0.94)	52.5	(1.18)	53.7	(1.48)	43.6 ***	(1.93)	51.5	(2.38)	45.5 *	(1.71)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	49.6	(1.25)	54.9	(1.93)	57.1	(2.48)	43.3 ***	(2.67)	53.8	(3.52)	44.3 *	(2.34)
Girls	47.7	(1.43)	49.9	(1.33)	50.2	(1.57)	43.8 *	(2.80)	49.2	(3.18)	46.8	(2.49)
14–18 years old	50.0	(1.44)	50.7	(1.71)	51.1	(2.90)	49.0	(2.41)	50.6	(2.38)	50.2	(2.24)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	59.1	(2.50)	61.8	(2.72)	65.9	(5.24)	59.1	(4.07)	59.4	(3.45)	56.6	(3.86)
Girls	40.5	(1.35)	38.9	(2.02)	35.5	(2.25)	38.4	(2.46)	41.2	(3.28)	43.5	(2.14)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	1548	1720	1839	2024	2400	2824	3074	3247	3525	1226	1375	1477	1644	1985	2371	2592	2743	2990
5–8 years old	1495	1655	1762	1935	2263	2623	2828	2965	3188	1331	1463	1558	1705	2010	2350	2551	2692	2911
9–13 years old	1536	1672	1769	1910	2204	2519	2706	2836	3042	1344	1499	1601	1767	2104	2485	2695	2839	3087
14–18 years old	1600	1812	1961	2200	2689	3263	3608	3847	4237	1033	1190	1297	1478	1852	2277	2523	2691	2957
All NSLP participants	1646	1823	1940	2132	2532	2980	3248	3440	3737	1365	1506	1601	1752	2063	2400	2603	2747	2960
5–8 years old	1453	1624	1735	1921	2288	2674	2892	3064	3310	1530	1680	1780	1931	2240	2570	2759	2901	3098
9–13 years old	1780	1909	2000	2143	2433	2755	2946	3079	3301	1466	1614	1718	1877	2209	2569	2783	2926	3175
14–18 years old	1662	1888	2036	2278	2807	3423	3800	4065	4471	1144	1272	1354	1496	1790	2110	2312	2459	2649
Income-eligible NSLP participants	1876	2035	2144	2318	2671	3050	3280	3438	3668	1384	1516	1607	1743	2036	2343	2527	2648	2822
5–8 years old	1499	1669	1785	1966	2329	2720	2946	3108	3333	1549	1698	1802	1956	2296	2652	2864	3012	3223
9–13 years old	1834	1973	2070	2222	2537	2878	3074	3215	3415	1610	1739	1831	1967	2241	2530	2698	2813	2969
14–18 years old	2196	2367	2483	2672	3053	3460	3724	3896	4158	1044	1166	1246	1368	1643	1930	2109	2216	2378
Income-eligible nonparticipants	1730	1825	1894	1997	2214 **	2440 **	2574 *	2683	2828	1054	1204 *	1309 *	1485	1851	2248	2498	2675	2936
5–8 years old	1055	1195	1303	1466	1825	2217	2443	2630	2895	1194	1331	1423	1576	1902	2238	2449	2611	2851
9–13 years old	1950	1950	1950	1950	1950 **	1950 ***	1950 **	1950 **	1950 *	1153	1300 *	1402 *	1574 *	1918	2299	2541	2723	2984
14–18 years old	2024	2176	2282	2438	2755	3073	3266	3420	3614	853	1015	1134	1330	1749	2205	2494	2676	2953
Higher-income NSLP participants	1552	1727	1851	2050	2464	2937	3224	3419	3743	1279	1429	1531	1698	2053	2433	2666	2835	3088
5–8 years old	1488	1641	1738	1915	2284	2661	2898	3058	3312	1432	1589	1689	1843	2155	2468	2641	2765	2949
9–13 years old	1733	1865	1952	2085	2377	2706	2898	3022	3253	1298	1458	1572	1748	2148	2586	2865	3059	3377
14–18 years old	1427	1659	1839	2116	2681	3362	3778	4067	4530	1146	1281	1373	1540	1887	2261	2494	2672	2915
Higher-income nonparticipants	1556	1708	1807	1972	2320	2681	2904	3063	3288	1196	1347	1450	1612	1958	2328	2560	2720	2952
5–8 years old	1884	1997	2068	2179	2397	2613	2736	2818	2940	1149	1260	1347	1477	1761	2087	2289	2418	2630
9–13 years old	1279	1417	1511	1660	1974	2287	2478	2605	2777	1232	1397	1510	1697	2061	2454	2704	2877	3131
14–18 years old	1575	1769	1894	2114	2591	3108	3434	3681	4033	1196	1363	1471	1632	2007	2389	2624	2798	3022

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

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

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	13.5 (0.19)	13.9 (0.26)	13.9 (0.33)	11.8 *** (0.40)	14.0 (0.44)	13.5 (0.38)					
Sample size	2,907 -	1,555 -	941 -	571 -	515 -	705 -					
Boys	14.4 (0.29)	15.0 (0.36)	15.5 (0.46)	12.5 *** (0.59)	14.9 (0.63)	14.5 (0.62)					
Girls	12.5 (0.25)	12.6 (0.38)	12.2 (0.48)	11.0 (0.54)	13.1 (0.61)	12.6 (0.44)					
5–8 years old	12.9 (0.32)	13.5 (0.28)	13.4 (0.37)	10.6 *** (0.69)	13.9 (0.57)	13.1 (0.81)					
Sample size	833 -	548 -	353 -	113 -	163 -	159 -					
Boys	13.7 (0.47)	13.6 (0.35)	13.3 (0.43)	10.7 * (1.07)	14.2 (0.73)	15.2 (1.36)					
Girls	12.1 (0.42)	13.5 (0.44)	13.5 (0.59)	10.4 ** (0.85)	13.5 (0.87)	10.9 * (0.85)					
9–13 years old	13.6 (0.27)	14.4 (0.37)	14.5 (0.43)	11.6 *** (0.55)	14.6 (0.76)	13.3 (0.53)					
Sample size	1,151 -	675 -	416 -	206 -	220 -	244 -					
Boys	14.0 (0.42)	14.9 (0.59)	15.2 (0.66)	11.7 ** (0.85)	14.7 (0.99)	13.5 (0.73)					
Girls	13.2 (0.34)	13.9 (0.43)	13.8 (0.54)	11.5 ** (0.69)	14.5 (1.17)	13.1 (0.77)					
14–18 years old	13.8 (0.38)	13.6 (0.57)	13.7 (0.75)	12.9 (0.79)	13.5 (0.83)	14.1 (0.67)					
Sample size	923 -	332 -	172 -	252 -	132 -	302 -					
Boys	15.4 (0.56)	16.2 (0.75)	17.4 (1.02)	14.6 (1.11)	15.5 (1.30)	14.9 (1.12)					
Girls	12.0 (0.51)	10.8 (0.87)	9.8 (1.11)	11.0 (1.13)	11.4 (1.02)	13.4 (0.69)					

See notes at end of table.

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

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	47.2	(0.66)	48.5	(0.89)	48.3	(1.13)	41.1 ***	(1.40)	49.2	(1.50)	47.7	(1.34)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	46.1	(0.89)	47.8	(1.07)	49.0	(1.34)	39.4 ***	(1.88)	47.6	(1.88)	46.6	(2.04)
Girls	48.5	(0.98)	49.2	(1.45)	47.6	(1.85)	42.9	(2.08)	50.8	(2.35)	48.9	(1.72)
5–8 years old	51.6	(1.27)	54.1	(1.11)	53.6	(1.46)	42.4 ***	(2.76)	55.4	(2.27)	52.3	(3.25)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	54.7	(1.89)	54.3	(1.38)	53.2	(1.73)	43.0 *	(4.30)	56.9	(2.93)	60.6	(5.46)
Girls	48.4	(1.69)	54.0	(1.75)	54.1	(2.37)	41.7 **	(3.41)	53.9	(3.49)	43.7 *	(3.41)
9–13 years old	47.9	(0.94)	50.7	(1.26)	51.0	(1.48)	40.9 ***	(1.90)	51.5	(2.73)	46.9	(1.88)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	45.0	(1.35)	48.2	(1.90)	49.1	(2.12)	37.8 **	(2.74)	47.4	(3.19)	43.5	(2.35)
Girls	50.9	(1.31)	53.3	(1.64)	53.0	(2.07)	44.2 **	(2.64)	55.9	(4.49)	50.4	(2.96)
14–18 years old	43.3	(1.21)	42.1	(1.92)	41.8	(2.49)	40.4	(2.59)	42.2	(2.59)	45.1	(2.00)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	40.6	(1.46)	42.6	(1.98)	45.7	(2.70)	38.4	(2.93)	40.8	(3.41)	39.1	(2.96)
Girls	46.2	(1.96)	41.7	(3.35)	37.6	(4.25)	42.4	(4.33)	43.7	(3.91)	51.4	(2.67)

See notes at end of table.

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

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	8.5	9.5	10.3	11.5	14.0	16.9	18.6	19.9	21.9	7.9	8.7	9.3	10.2	12.2	14.4	15.7	16.6	18.0
5–8 years old	8.8	9.7	10.3	11.4	13.4	15.7	17.1	18.0	19.6	8.5	9.2	9.7	10.4	11.9	13.6	14.6	15.3	16.4
9–13 years old	8.1	9.2	9.9	11.1	13.6	16.4	18.1	19.3	21.2	8.2	9.2	9.8	10.8	12.9	15.3	16.7	17.6	19.2
14–18 years old	8.6	9.8	10.6	12.0	14.9	18.3	20.3	21.8	24.2	7.1	8.0	8.6	9.6	11.7	14.1	15.5	16.5	18.0
All NSLP participants	9.2	10.3	11.0	12.2	14.7	17.4	19.1	20.2	22.1	8.5	9.3	9.8	10.6	12.4	14.3	15.5	16.4	17.7
5–8 years old	8.4	9.4	10.0	11.1	13.3	15.7	17.1	18.2	19.8	9.4	10.2	10.8	11.6	13.3	15.2	16.3	17.1	18.2
9–13 years old	9.2	10.2	11.0	12.2	14.6	17.3	19.0	20.1	22.0	9.2	10.1	10.7	11.6	13.6	15.8	17.1	18.0	19.6
14–18 years old	9.9	11.1	11.9	13.1	15.8	18.8	20.6	21.9	23.8	7.1	7.8	8.2	9.0	10.6	12.4	13.5	14.3	15.4
Income-eligible NSLP participants	10.1	11.1	11.8	12.9	15.2	17.7	19.3	20.3	21.9	8.7	9.4	9.8	10.5	12.1	13.7	14.7	15.4	16.4
5–8 years old	8.5	9.4	10.0	11.0	13.0	15.3	16.7	17.7	19.1	8.7	9.6	10.2	11.2	13.3	15.5	16.9	17.8	19.2
9–13 years old	10.6	11.5	12.1	13.1	15.1	17.1	18.3	19.1	20.3	11.4	11.9	12.2	12.7	13.7	14.8	15.4	15.8	16.4
14–18 years old	10.8	12.0	12.8	14.1	16.9	20.0	22.1	23.4	25.5	6.1	6.8	7.2	7.9	9.6	11.3	12.5	13.1	14.2
Income-eligible nonparticipants	9.9	10.4	10.8	11.3	12.4 **	13.6 ***	14.2 ***	14.7 **	15.4 **	7.3	7.9	8.3	9.1	10.7	12.6	13.8	14.6	15.9
5–8 years old	7.6	8.2	8.6	9.3	10.6	12.1	12.9	13.5	14.4	6.4	7.1	7.6	8.4	10.1 *	12.0	13.3	14.2	15.7
9–13 years old	9.2 u	9.7	10.1	10.6	11.7 *	12.8 *	13.4	13.8	14.4	10.3	10.5	10.7	11.0	11.5	12.0	12.3	12.5	12.8
14–18 years old	12.2	12.7	13.1	13.6	14.6	15.5	16.1	16.5	17.1	5.1	6.0	6.7	7.8	10.5	13.5	15.6	17.0	19.1
Higher-income NSLP participants	9.1	10.1	10.9	12.0	14.5	17.3	18.9	20.0	21.9	8.2	9.1	9.6	10.6	12.7	15.0	16.5	17.6	19.3
5–8 years old	10.2	11.0	11.5	12.3	14.1	15.9	17.0	17.7	18.9	9.3	10.2	10.8	11.6	13.4	15.2	16.2	16.9	18.0
9–13 years old	8.0	9.2	10.1	11.3	14.2	17.5	19.5	20.8	23.2	7.5	8.6	9.4	10.7	13.7	17.3	19.7	21.5	24.4
14–18 years old	9.2	10.4	11.2	12.5	15.1	18.1	19.9	21.1	23.0	8.0 u	8.6	9.0	9.7	11.2	12.8	13.7	14.4	15.4
Higher-income nonparticipants	8.0	9.0	9.8	11.0	13.9	17.1	19.2	20.8	23.0	8.5	9.3	9.8	10.6	12.4	14.3	15.4	16.3	17.4
5–8 years old	10.7	11.6	12.2	13.1	14.9	17.0	18.2	19.0	20.3	9.2	9.5	9.7	10.1	10.9	11.7	12.1	12.4	12.9
9–13 years old	7.1	8.1	8.9	10.1	13.0	16.1	18.2	19.7	21.8	6.8	7.9	8.7	10.1	12.8	15.7	17.5	18.8	20.7
14–18 years old	6.7	8.0	8.9	10.4	14.0	18.2	20.9	23.1	26.2	9.5 u	10.3	10.8	11.6	13.2	14.9	15.9	16.7	17.7

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-20. Dietary Fiber (g/1,000 kcal): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	6.8 (0.08)	6.9 (0.09)		7.0 (0.13)		6.1 *** (0.16)		6.8 (0.15)		6.8 (0.17)	
Sample size											
Boys	6.5 (0.09)	6.8 (0.12)		7.0 (0.19)		5.9 *** (0.22)		6.6 (0.19)		6.4 (0.19)	
Girls	7.0 (0.14)	7.0 (0.13)		7.0 (0.16)		6.3 ** (0.24)		7.0 (0.24)		7.2 (0.28)	
5–8 years old	7.0 (0.11)	7.3 (0.12)		7.2 (0.15)		6.1 ** (0.29)		7.4 (0.24)		7.0 (0.29)	
Sample size											
Boys	7.0 (0.14)	7.0 (0.17)		6.9 (0.23)		6.1 (0.50)		7.3 (0.34)		7.2 (0.38)	
Girls	7.0 (0.18)	7.5 (0.16)		7.4 (0.21)		6.2 *** (0.27)		7.4 (0.34)		6.8 (0.43)	
9–13 years old	6.9 (0.12)	7.2 (0.13)		7.3 (0.19)		6.0 *** (0.20)		7.0 (0.28)		7.0 (0.25)	
Sample size											
Boys	6.8 (0.17)	7.1 (0.19)		7.2 (0.29)		5.6 *** (0.27)		6.8 (0.29)		6.7 (0.31)	
Girls	7.1 (0.18)	7.3 (0.18)		7.4 (0.24)		6.5 * (0.31)		7.2 (0.49)		7.2 (0.41)	
14–18 years old	6.4 (0.17)	6.4 (0.18)		6.6 (0.26)		6.1 (0.33)		6.2 (0.26)		6.5 (0.32)	
Sample size											
Boys	6.0 (0.16)	6.4 (0.25)		6.9 (0.41)		6.0 (0.39)		6.0 (0.36)		5.5 (0.32)	
Girls	6.9 (0.29)	6.5 (0.27)		6.4 (0.33)		6.1 (0.53)		6.4 (0.37)		7.5 (0.57)	

See notes at end of table.

Table B-20. Dietary Fiber (g/1,000 kcal): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	0.0 u	(0.04)	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.03)	0.1 u	(0.07)	0.3 u	(0.29)
Sample size												
Boys	0.0 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.04)	0.0	(0.02)	0.0 u	(0.04)	0.0 u	(0.07)
Girls	0.1 u	(0.09)	0.0 u	(0.02)	0.0 u	(0.04)	0.0 u	(0.06)	0.1 u	(0.14)	0.7 u	(0.60)
5–8 years old	0.0 u	(0.02)	0.0 u	(0.03)	0.0 u	(0.07)	0.0	(0.03)	0.0 u	(0.07)	0.0	(0.00)
Sample size												
Boys	0.0 u	(0.03)	0.0 u	(0.06)	0.0 u	(0.08)	0.0	(0.06)	0.0 u	(0.13)	0.0	(0.00)
Girls	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.12)	0.0	(0.00)	0.0	(0.01)	0.0	(0.01)
9–13 years old	0.0 u	(0.04)	0.0 u	(0.03)	0.0 u	(0.05)	0.0	(0.00)	0.1 u	(0.19)	0.2 u	(0.33)
Sample size												
Boys	0.0 u	(0.04)	0.0	(0.01)	0.0 u	(0.10)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.21)
Girls	0.1 u	(0.07)	0.0 u	(0.06)	0.0	(0.03)	0.0	(0.00)	0.3 u	(0.39)	0.3 u	(0.65)
14–18 years old	0.1 u	(0.11)	0.0	(0.00)	0.0	(0.02)	0.0 u	(0.08)	0.0	(0.02)	0.7 u	(0.73)
Sample size												
Boys	0.0	(0.02)	0.0	(0.00)	0.0	(0.03)	0.0	(0.00)	0.0	(0.00)	0.0	(0.01)
Girls	0.2 u	(0.22)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.16)	0.0	(0.05)	1.5 u	(1.50)

See notes at end of table.

Table B-20. Dietary Fiber (g/1,000 kcal): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	4.5	4.9	5.2	5.6	6.4	7.4	7.9	8.3	9.0	4.8	5.2	5.5	5.9	6.9	7.9	8.6	9.0	9.7
5–8 years old	5.1	5.4	5.7	6.1	6.9	7.7	8.3	8.6	9.2	5.3	5.7	5.9	6.2	6.9	7.7	8.2	8.5	9.0
9–13 years old	4.5	4.9	5.2	5.7	6.6	7.7	8.3	8.7	9.4	4.9	5.3	5.6	6.1	7.0	8.1	8.7	9.1	9.9
14–18 years old	4.1	4.4	4.7	5.1	5.9	6.8	7.3	7.7	8.3	4.4	4.8	5.1	5.6	6.7	7.9	8.7	9.2	10.1
All NSLP participants	5.0	5.3	5.6	6.0	6.7	7.6	8.1	8.4	9.0	5.3	5.7	5.9	6.2	7.0	7.8	8.2	8.6	9.1
5–8 years old	5.0	5.3	5.6	6.0	6.9	7.9	8.5	8.9	9.6	5.8	6.1	6.3	6.7	7.4	8.2	8.6	9.0	9.4
9–13 years old	5.1	5.5	5.7	6.1	7.0	7.9	8.4	8.8	9.4	5.2	5.6	5.9	6.3	7.2	8.2	8.8	9.2	9.9
14–18 years old	4.9	5.2	5.4	5.7	6.3	7.0	7.4	7.7	8.1	5.1	5.4	5.6	5.9	6.4	7.0	7.4	7.7	8.0
Income-eligible NSLP participants	5.0	5.4	5.6	6.0	6.9	7.8	8.4	8.8	9.3	5.8	6.0	6.2	6.4	7.0	7.5	7.9	8.1	8.4
5–8 years old	4.9	5.2	5.5	5.9	6.8	7.7	8.3	8.7	9.3	5.4	5.8	6.0	6.4	7.3	8.3	8.9	9.3	9.9
9–13 years old	5.0	5.4	5.7	6.2	7.1	8.1	8.7	9.1	9.7	5.6	5.9	6.2	6.5	7.3	8.1	8.6	9.0	9.4
14–18 years old	5.0	5.4	5.6	6.0	6.8	7.6	8.1	8.5	9.0	6.4	6.4	6.4	6.4	6.4	6.4	6.4	6.4	6.4
Income-eligible nonparticipants	4.6	4.8	5.0	5.3	5.8**	6.4**	6.8**	7.0*	7.4	4.7	5.0	5.2	5.5	6.2	6.9	7.4	7.7	8.2
5–8 years old	4.2	4.5	4.8	5.2	6.0	6.8	7.3	7.7	8.3	4.6	4.9	5.1	5.5	6.2**	6.8**	7.2	7.5	8.0
9–13 years old	4.0	4.3	4.5	4.9	5.5**	6.2**	6.6*	6.8	7.2	5.5	5.7	5.8	6.1	6.5	6.9	7.2	7.3	7.6
14–18 years old	5.4	5.5	5.6	5.8	6.0	6.3	6.5	6.6	6.8	3.9	4.3	4.6	5.0	6.0	7.0	7.7	8.1	8.8
Higher-income NSLP participants	5.1	5.4	5.6	5.9	6.6	7.3	7.7	8.0	8.4	5.0	5.4	5.6	6.0	6.9	7.8	8.4	8.8	9.4
5–8 years old	5.2	5.6	5.8	6.3	7.2	8.1	8.7	9.1	9.8	5.9	6.2	6.4	6.8	7.4	8.1	8.5	8.7	9.1
9–13 years old	5.2	5.5	5.7	6.0	6.7	7.5	7.9	8.1	8.6	4.7	5.1	5.5	6.0	7.1	8.3	9.1	9.6	10.5
14–18 years old	5.0	5.2	5.3	5.6	6.0	6.5	6.7	6.9	7.2	4.6	4.9	5.1	5.5	6.3	7.2	7.7	8.1	8.6
Higher-income nonparticipants	4.4	4.8	5.0	5.4	6.3	7.2	7.8	8.2	8.8	4.6	5.1	5.4	5.9	7.0	8.3	9.1	9.6	10.5
5–8 years old	5.8	6.1	6.3	6.6	7.1	7.7	8.1	8.3	8.7	5.3	5.6	5.8	6.1	6.7	7.4	7.8	8.1	8.5
9–13 years old	4.4	4.8	5.1	5.6	6.6	7.7	8.4	8.9	9.6	4.3	4.9	5.2	5.8	7.0	8.4	9.3	9.9	10.8
14–18 years old	3.3	3.7	4.0	4.4	5.3	6.3	7.0	7.4	8.1	4.4	4.9	5.3	5.9	7.3	8.8	9.8	10.6	11.7

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-21. Sodium (mg): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	3,201 (45.0)	3,255 (51.2)	3,231 (82.5)	3,075 (90.5)	3,335 (90.0)	3,184 (80.6)					
Sample size	2,907 -	1,555 -	941 -	571 -	515 -	705 -					
Boys	3,528 (71.1)	3,577 (72.7)	3,604 (138.6)	3,322 (146.2)	3,629 (117.2)	3,522 (122.0)					
Girls	2,858 (54.3)	2,917 (72.0)	2,840 (86.4)	2,816 (104.4)	3,027 (137.4)	2,831 (104.3)					
5–8 years old	2,704 (51.5)	2,825 (67.6)	2,816 (61.4)	2,525 * (127.1)	2,914 (147.2)	2,633 (104.9)					
Sample size	833 -	548 -	353 -	113 -	163 -	159 -					
Boys	2,858 (60.5)	2,885 (67.5)	2,863 (91.7)	2,595 (163.4)	2,994 (99.5)	2,885 (154.9)					
Girls	2,543 (84.3)	2,763 (118.8)	2,768 (81.2)	2,452 (196.0)	2,830 (282.3)	2,370 (140.7)					
9–13 years old	3,111 (51.1)	3,242 (63.5)	3,302 (99.6)	2,996 (128.9)	3,263 (114.6)	2,977 (92.9)					
Sample size	1,151 -	675 -	416 -	206 -	220 -	244 -					
Boys	3,296 (73.9)	3,480 (90.6)	3,603 (167.0)	3,099 (207.1)	3,419 (186.3)	3,095 (129.9)					
Girls	2,916 (70.3)	2,992 (88.9)	2,987 (104.8)	2,888 (150.4)	3,099 (130.3)	2,854 (132.8)					
14–18 years old	3,660 (104.6)	3,589 (113.7)	3,473 (196.6)	3,563 (189.0)	3,720 (187.3)	3,795 (182.8)					
Sample size	923 -	332 -	172 -	252 -	132 -	302 -					
Boys	4,248 (172.5)	4,184 (168.7)	4,157 (331.2)	4,076 (319.0)	4,303 (251.0)	4,402 (282.2)					
Girls	3,040 (114.5)	2,962 (151.3)	2,753 (202.7)	3,022 (194.0)	3,106 (279.3)	3,155 (229.3)					

See notes at end of table.

Table B-21. Sodium (mg): Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	225.9	(3.08)	230.0	(3.54)	228.4	(5.57)	216.7	(6.29)	235.8	(6.34)	224.4	(5.56)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	248.4	(4.81)	251.7	(4.93)	253.4	(9.32)	233.4	(10.00)	255.7	(7.93)	248.1	(8.41)
Girls	202.3	(3.80)	207.3	(5.08)	202.1	(5.87)	199.1	(7.48)	214.9	(9.96)	199.7	(7.22)
5–8 years old	225.4	(4.29)	235.4	(5.63)	234.7	(5.12)	210.4 *	(10.60)	242.8	(12.27)	219.4	(8.74)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	238.2	(5.04)	240.4	(5.62)	238.6	(7.64)	216.2	(13.61)	249.5	(8.29)	240.4	(12.91)
Girls	212.0	(7.03)	230.2	(9.90)	230.6	(6.77)	204.4	(16.34)	235.9	(23.52)	197.5	(11.72)
9–13 years old	207.4	(3.41)	216.1	(4.23)	220.1	(6.64)	199.7	(8.59)	217.5	(7.64)	198.5	(6.19)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	219.8	(4.93)	232.0	(6.04)	240.2	(11.14)	206.6	(13.81)	227.9	(12.42)	206.3	(8.66)
Girls	194.4	(4.68)	199.5	(5.93)	199.2	(6.99)	192.5	(10.03)	206.6	(8.69)	190.2	(8.85)
14–18 years old	244.0	(6.98)	239.3	(7.58)	231.6	(13.10)	237.5	(12.60)	248.0	(12.49)	253.0	(12.19)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	283.2	(11.50)	279.0	(11.25)	277.1	(22.08)	271.7	(21.27)	286.9	(16.73)	293.5	(18.81)
Girls	202.7	(7.64)	197.5	(10.09)	183.5	(13.51)	201.5	(12.94)	207.1	(18.62)	210.4	(15.29)

See notes at end of table.

Table B-21. Sodium (mg): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Above the Tolerable Upper Intake Level (UL) ²												
All ages, 5–18 years old	95.4	(1.68)	97.6	(1.93)	96.8	(3.58)	90.7	(3.17)	96.6	(2.40)	95.7	(2.44)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	98.2	(0.87)	97.8	(0.86)	97.2	(1.60)	96.5	(3.39)	98.8	(0.93)	98.0	(1.54)
Girls	92.5	(3.32)	97.4	(3.84)	96.4	(7.14)	84.7	(5.44)	94.4	(4.81)	93.4	(4.73)
5–8 years old	92.6	(1.93)	98.7	(1.21)	99.7	(1.00)	84.5 **	(5.68)	98.3	(2.38)	89.2 *	(3.57)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	98.7	(1.36)	99.4	(1.20)	99.9	(1.45)	96.3	(7.11)	99.4	(1.56)	98.2	(2.18)
Girls	86.2	(3.67)	98.0	(2.12)	99.4	(1.36)	72.1 **	(8.93)	97.2	(4.59)	79.8 *	(6.93)
9–13 years old	97.1	(1.55)	96.5	(2.19)	94.8	(2.86)	94.3	(3.63)	99.5	(1.37)	97.7	(2.66)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	98.6	(1.31)	98.9	(1.26)	99.1	(1.90)	100.0	(4.61)	99.3	(0.94)	95.8	(3.96)
Girls	95.5	(2.87)	94.0	(4.28)	90.3	(5.50)	88.3	(5.65)	99.7	(2.62)	99.8	(3.52)
14–18 years old	96.0	(4.04)	97.8	(4.69)	96.5	(9.27)	92.0	(6.59)	92.6	(6.09)	98.7	(5.47)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	97.4	(1.70)	95.7	(1.79)	93.3	(3.78)	93.2	(6.03)	97.8	(2.03)	100.0	(0.69)
Girls	94.5	(8.11)	100.0	(9.45)	100.0	(18.62)	90.8	(11.96)	87.2	(12.33)	97.5	(11.22)

See notes at end of table.

Table B-21. Sodium (mg): Usual Daily Intakes from Foods and Beverages--Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children Meeting <i>Dietary Guidelines</i> Recommendation ³												
All ages, 5–18 years old	10.2	(1.92)	6.1 u	(2.36)	5.9 u	(3.89)	15.6	(4.16)	6.6 u	(3.15)	10.5	(2.91)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	5.3	(1.50)	4.7 u	(1.84)	4.5 u	(2.76)	9.3 u	(6.07)	3.4 u	(1.93)	6.4 u	(2.61)
Girls	15.3	(3.60)	7.6 u	(4.44)	7.4 u	(7.43)	22.2	(5.67)	9.9 u	(6.13)	14.9 u	(5.30)
5–8 years old	25.0	(3.43)	12.1 u	(4.59)	7.4 u	(5.16)	35.8 * u	(10.78)	12.7 u	(7.47)	31.6 *	(5.69)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	12.3 u	(4.30)	8.5 u	(5.75)	5.2 u	(8.01)	24.5 u	(18.89)	7.7 u	(6.08)	14.7 u	(6.67)
Girls	38.2	(5.40)	15.9 u	(7.20)	9.8 u	(6.41)	47.6 **	(9.84)	17.8 u	(13.88)	49.3	(9.32)
9–13 years old	5.0 u	(2.08)	5.4 u	(2.77)	7.3 u	(3.32)	7.7 u	(4.44)	0.9 u	(2.14)	3.7 u	(3.89)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	2.6 u	(1.86)	2.0 u	(1.82)	1.5 u	(2.46)	0.0	(6.06)	1.2 u	(1.66)	6.6 u	(5.19)
Girls	7.5 u	(3.79)	9.0 u	(5.34)	13.3 u	(6.28)	15.7 u	(6.51)	0.6 u	(4.01)	0.7 u	(5.83)
14–18 years old	4.0 u	(4.04)	2.2 u	(4.69)	3.5 u	(9.27)	8.0 u	(6.59)	7.4 u	(6.09)	1.3 u	(5.47)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	2.6 u	(1.70)	4.3 u	(1.79)	6.7 u	(3.78)	6.8 u	(6.03)	2.2 u	(2.03)	0.0 u	(0.69)
Girls	5.6 u	(8.11)	0.0	(9.45)	0.0 u	(18.62)	9.2 u	(11.96)	12.8 u	(12.33)	2.6 u	(11.22)

See notes at end of table.

Table B-21. Sodium (mg): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	2376	2595	2747	2983	3462	4003	4324	4546	4904	2087	2236	2336	2498	2822	3181	3386	3527	3755
5–8 years old	2099	2252	2354	2517	2829	3172	3369	3501	3717	1664	1815	1926	2100	2473	2908	3177	3368	3674
9–13 years old	2428	2602	2724	2901	3265	3651	3878	4035	4282	2217	2365	2459	2610	2899	3209	3374	3484	3670
14–18 years old	2533	2843	3060	3409	4121	4958	5462	5811	6381	2281	2430	2528	2690	3011	3360	3557	3689	3896
All NSLP participants	2359	2585	2736	2981	3496	4081	4435	4687	5079	2380	2487	2560	2672	2898	3138	3278	3376	3528
5–8 years old	2193	2335	2426	2576	2867	3167	3333	3464	3651	2053	2192	2286	2428	2727	3055	3247	3393	3601
9–13 years old	2491	2679	2811	3018	3433	3890	4159	4345	4653	2163	2329	2444	2618	2967	3333	3545	3684	3923
14–18 years old	2357	2681	2895	3246	4024	4946	5519	5923	6549	2833	2862	2879	2907	2961	3014	3045	3067	3094
Income-eligible NSLP participants	2348	2564	2717	2967	3499	4110	4511	4790	5220	2252	2372	2455	2577	2827	3084	3232	3332	3470
5–8 years old	2295	2412	2491	2612	2848	3098	3240	3340	3480	2183	2305	2386	2506	2758	3009	3153	3252	3390
9–13 years old	2556	2757	2897	3114	3563	4042	4316	4511	4787	2020	2211	2348	2550	2958	3390	3641	3813	4048
14–18 years old	2190	2495	2713	3091	3923	4929	5643	6136	6929	2526	2577	2609	2656	2753	2846	2899	2931	2976
Income-eligible nonparticipants	2439	2598	2714	2890	3269	3674	3928	4135	4408	1852	2032	2156	2358	2771	3205	3476	3672	3961
5–8 years old	1953	2079	2173	2308	2584	2861	3012	3131	3296	1299 **	1485 **	1615 **	1837 **	2340	2906	3281	3583	4047
9–13 years old	3099	3099	3099	3099	3099	3099	3099	3099	3099	1965	2155	2281	2485	2867	3255	3487	3655	3887
14–18 years old	2173	2508	2751	3125	3941	4828	5399	5869	6482	2160	2327	2444	2630	3002	3382	3613	3755	3967
Higher-income NSLP participants	2456	2679	2835	3078	3570	4116	4438	4654	5008	2208	2362	2464	2635	2989	3363	3590	3757	4000
5–8 years old	2203	2363	2461	2637	2985	3322	3525	3659	3866	1995	2155	2259	2427	2785	3174	3403	3575	3838
9–13 years old	2527	2702	2816	2989	3367	3789	4033	4190	4479	2549	2665	2743	2857	3093	3324	3459	3547	3686
14–18 years old	2577	2892	3132	3491	4199	5019	5505	5837	6362	2042	2227	2352	2578	3043	3544	3856	4095	4422
Higher-income nonparticipants	2545	2734	2857	3060	3484	3922	4191	4381	4652	2198	2321	2405	2532	2803	3089	3264	3385	3559
5–8 years old	2039	2204	2309	2483	2843	3232	3468	3631	3882	1589	1720	1823	1976	2312	2697	2936	3090	3342
9–13 years old	2242	2411	2524	2704	3078	3447	3672	3821	4024	2459	2545	2602	2690	2851	3010	3105	3169	3259
14–18 years old	3211	3438	3581	3829	4348	4889	5223	5472	5823	2407 u	2559 u	2655	2798	3127	3459	3663	3814	4010

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 individuals 2–50 years old and 1,500 mg for individuals over 51 years.

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

- Not applicable.

Table B-22. Choline (mg): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
					Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	256	(3.6)	261	(4.7)	263	(7.9)	239 *	(7.6)	257	(6.8)	255	(7.2)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	283	(5.2)	295	(7.4)	297	(14.3)	256 *	(11.6)	296	(10.6)	280	(9.0)
Girls	227	(4.8)	226	(5.6)	228	(6.3)	222	(9.9)	215	(8.4)	229	(11.3)
5–8 years old	232	(4.7)	243	(5.3)	245	(6.1)	208 **	(13.0)	234	(9.6)	229	(10.6)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	240	(6.3)	245	(7.0)	246	(8.4)	194 **	(15.7)	245	(15.5)	251	(16.1)
Girls	224	(7.1)	241	(8.0)	244	(8.9)	222	(20.9)	223	(11.2)	206	(13.6)
9–13 years old	253	(6.0)	264	(6.8)	268	(10.1)	229 *	(11.5)	256	(10.2)	247	(13.8)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	264	(8.2)	284	(11.6)	289	(17.3)	226 **	(14.4)	278	(17.2)	248	(15.1)
Girls	242	(9.0)	243	(7.0)	245	(9.9)	232	(18.1)	233	(10.5)	245	(23.5)
14–18 years old	276	(6.8)	273	(10.1)	273	(18.5)	273	(14.6)	274	(14.0)	283	(12.0)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	333	(10.8)	343	(15.8)	342	(34.2)	331	(25.6)	351	(20.6)	331	(15.6)
Girls	215	(8.3)	199	(12.2)	200	(12.4)	212	(13.1)	193	(18.8)	231	(18.2)

See notes at end of table.

Table B-22. Choline (mg): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	70.8	(0.94)	72.6	(1.16)	73.2	(1.75)	65.5 **	(2.09)	70.8	(1.81)	70.4	(2.01)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	73.9	(1.26)	76.9	(1.71)	77.5	(2.97)	65.0 **	(2.79)	76.9	(2.73)	73.4	(2.51)
Girls	67.5	(1.38)	68.0	(1.58)	68.6	(1.78)	66.0	(3.12)	64.5	(2.35)	67.3	(3.16)
5–8 years old	93.0	(1.89)	97.2	(2.11)	98.0	(2.45)	83.1 **	(5.19)	93.7	(3.85)	91.5	(4.24)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	96.1	(2.51)	97.9	(2.78)	98.6	(3.37)	77.6 **	(6.28)	97.9	(6.19)	100.4	(6.45)
Girls	89.6	(2.83)	96.5	(3.19)	97.4	(3.56)	88.7	(8.34)	89.3	(4.48)	82.3	(5.45)
9–13 years old	67.5	(1.61)	70.4	(1.82)	71.4	(2.69)	61.0 *	(3.07)	68.2	(2.71)	65.7	(3.68)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	70.4	(2.17)	75.8	(3.09)	77.1	(4.61)	60.2 **	(3.83)	74.1	(4.58)	66.2	(4.02)
Girls	64.5	(2.39)	64.7	(1.86)	65.5	(2.65)	61.8	(4.82)	62.0	(2.79)	65.3	(6.26)
14–18 years old	57.2	(1.42)	56.2	(2.09)	56.2	(3.53)	56.7	(2.87)	56.2	(2.99)	59.1	(2.65)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	60.6	(1.96)	62.3	(2.87)	62.1	(6.21)	60.3	(4.65)	63.8	(3.74)	60.3	(2.84)
Girls	53.7	(2.07)	49.8	(3.05)	50.0	(3.11)	53.0	(3.28)	48.2	(4.70)	57.9	(4.55)

See notes at end of table.

Table B-22. Choline (mg): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	184	203	216	236	277	324	352	371	403	139	155	165	183	221	264	289	307	336
5–8 years old	161	176	186	203	235	273	296	311	336	159	171	179	193	220	251	270	283	303
9–13 years old	192	206	216	231	261	294	313	326	346	144	161	173	193	235	283	311	330	364
14–18 years old	194	219	237	265	323	391	432	460	505	120	136	147	167	207	255	284	303	335
All NSLP participants	185	205	218	241	287	341	373	396	432	166	177	185	198	223	251	268	280	297
5–8 years old	164	180	190	207	241	278	299	316	341	190	201	208	218	240	262	275	285	298
9–13 years old	200	216	227	245	280	319	342	358	385	169	183	193	208	239	273	293	306	329
14–18 years old	186	213	232	262	329	408	457	492	545	144	154	161	173	196	222	238	250	265
Income-eligible NSLP participants	180	200	215	239	289	345	381	405	443	182	191	197	207	226	247	260	268	280
5–8 years old	154	171	183	202	241	285	311	330	358	243	243	243	243	244	244	244	244	244
9–13 years old	182	202	216	238	284	334	364	385	415	155	172	184	202	241	283	308	326	351
14–18 years old	197	221	238	267	329	400	448	481	532	162	170	175	183	199	215	225	231	239
Income-eligible nonparticipants	195	206	214	227	253	281	298	312	331	121	139	151	171	215	262	293	315	348
5–8 years old	125	137	146	160	190 *	223	242	258	280	128	145	157	176	217	259	286	306	336
9–13 years old	226	226	226	226	226 *	226 **	226 **	226 **	226 **	118	136	149	172	220	276	314	343	385
14–18 years old	218	239	254	277	326	376	408	434	468	120	136	148	167	207	251	278	295	321
Higher-income NSLP participants	197	214	227	247	289	337	367	387	420	166	175	181	191	212	235	249	260	275
5–8 years old	183	195	202	216	243	270	287	299	317	153	168	177	191	221	252	269	282	301
9–13 years old	225	236	243	253	276	300	314	322	338	232	233	233	233	233	233	233	233	233
14–18 years old	179	208	230	264	335	422	476	514	576	113	126	135	151	186	225	251	270	297
Higher-income nonparticipants	192	209	220	238	276	316	340	357	382	127	144	156	176	221	271	303	327	361
5–8 years old	179	193	202	217	248	281	300	314	335	143	153	162	174	201	232	251	263	283
9–13 years old	170	185	195	211	246	281	302	316	336	126	146	160	185	235	292	331	358	400
14–18 years old	222	243	256	279	327	376	406	429	460	115	135	149	170	221	279	316	344	383

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-23. Total Fat (g): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	76	(1.1)	77	(1.5)	78	(2.3)	75	(2.0)	78	(2.3)	76	(2.2)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	84	(1.9)	85	(2.1)	87	(3.6)	81	(3.1)	84	(3.0)	85	(3.6)
Girls	68	(1.2)	69	(2.1)	68	(2.7)	69	(2.3)	71	(3.4)	67	(2.4)
5–8 years old	69	(1.3)	69	(1.5)	70	(1.8)	66	(3.1)	70	(3.0)	69	(3.2)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	72	(1.8)	71	(1.8)	72	(2.7)	69	(4.5)	72	(2.7)	77	(5.2)
Girls	65	(1.9)	67	(2.4)	67	(2.4)	64	(4.3)	69	(5.3)	61	(3.6)
9–13 years old	74	(1.4)	77	(1.8)	77	(2.3)	72	(3.0)	78	(3.8)	72	(2.9)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	78	(2.3)	81	(2.9)	83	(4.0)	77	(5.4)	80	(6.0)	74	(4.5)
Girls	70	(1.5)	72	(2.0)	71	(2.3)	66	(2.4)	75	(4.6)	70	(3.4)
14–18 years old	84	(2.6)	83	(3.5)	84	(5.6)	84	(3.8)	84	(4.4)	85	(4.7)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	98	(4.4)	99	(4.8)	101	(8.8)	93	(5.9)	98	(5.5)	101	(7.9)
Girls	69	(2.6)	66	(5.0)	66	(6.9)	74	(4.7)	69	(6.9)	70	(5.0)

See notes at end of table.

Table B-23. Total Fat (g): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	55	61	65	71	82	96	103	109	117	44	49	52	57	67	78	85	89	96
5–8 years old	51	56	58	63	72	81	87	90	96	45	49	51	55	64	73	78	82	88
9–13 years old	54	59	62	67	77	88	94	99	106	45	50	53	59	69	81	88	92	99
14–18 years old	60	67	72	80	95	114	124	132	144	44	48	52	57	68	80	87	91	99
All NSLP participants	56	62	65	71	83	97	105	110	119	48	52	55	59	68	77	83	87	93
5–8 years old	50	55	57	62	71	80	85	89	95	50	54	56	60	67	74	79	82	87
9–13 years old	54	59	62	68	80	93	100	106	114	49	54	57	62	71	81	87	91	98
14–18 years old	63	70	74	81	97	113	123	130	141	44	49	51	56	65	75	81	86	92
Income-eligible NSLP participants	51	58	62	69	84	101	112	120	131	47	51	54	58	67	77	82	86	91
5–8 years old	53	57	60	64	72	80	85	89	94	52	55	57	60	67	73	77	80	84
9–13 years old	51	57	61	68	82	96	105	111	119	47	52	55	60	70	81	87	91	97
14–18 years old	50	59	64	75	97	122	139	151	170	43 u	47 u	50 u	55	65	75	82	86	92
Income-eligible nonparticipants	49	55	59	65	79	93	102	109	119	45	50	53	57	67	78	84	89	96
5–8 years old	50	54	57	61	69	77	81	85	89	34	38	42	48	61	75	85	93	104
9–13 years old	53	58	61	66	76	87	93	97	103	44	48	51	56	66	75	81	86	92
14–18 years old	44	52	58	68	89	112	127	139	155	56	59	62	66	74	82	87	90	95
Higher-income NSLP participants	62	66	69	74	84	94	100	103	110	51	54	57	61	70	80	85	89	95
5–8 years old	53	57	60	64	72	80	84	87	92	54	57	59	62	68	75	78	81	84
9–13 years old	58	63	65	70	79	89	95	99	106	55	59	62	66	75	83	89	92	98
14–18 years old	71	76	80	86	97	108	115	120	127	43	48	51	57	68	80	88	93	101
Higher-income nonparticipants	60	65	68	74	84	95	101	105	112	42	47	50	55	66	78	85	90	97
5–8 years old	55	60	63	68	77	86	91	94	99	46	49	51	54	61	68	72	75	79
9–13 years old	56	60	62	66	74	82	86	89	93	40	46	50	56	69	82	90	96	104
14–18 years old	68	75	78	85	99	114	123	129	139	40	46	49	55	68	82	90	97	105

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.
- Not applicable.

Table B-24. Total Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	33.1	(0.21)	33.5	(0.35)	33.8	(0.55)	33.3	(0.43)	33.7	(0.49)	32.9	(0.37)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	33.0	(0.28)	33.4	(0.40)	33.4	(0.49)	33.3	(0.68)	33.6	(0.70)	32.7	(0.52)
Girls	33.3	(0.31)	33.6	(0.59)	34.2	(1.01)	33.3	(0.50)	33.8	(0.69)	33.1	(0.52)
5–8 years old	32.7	(0.27)	32.5	(0.35)	32.7	(0.40)	33.7	(0.67)	32.8	(0.68)	32.7	(0.64)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	32.8	(0.31)	32.5	(0.35)	32.7	(0.46)	35.0 *	(0.89)	32.8	(0.60)	32.9	(0.88)
Girls	32.7	(0.44)	32.6	(0.60)	32.7	(0.67)	32.4	(1.00)	32.9	(1.25)	32.6	(0.93)
9–13 years old	33.1	(0.29)	33.2	(0.36)	33.2	(0.45)	32.9	(0.84)	33.3	(0.73)	33.2	(0.67)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	33.1	(0.42)	33.3	(0.55)	33.6	(0.63)	33.1	(1.52)	33.0	(1.11)	32.9	(0.91)
Girls	33.2	(0.40)	33.1	(0.47)	32.7	(0.63)	32.7	(0.65)	33.6	(0.95)	33.7	(0.98)
14–18 years old	33.4	(0.44)	34.6	(0.85)	35.2	(1.40)	33.4	(0.66)	34.7	(1.00)	32.7	(0.61)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	33.0	(0.58)	34.3	(0.89)	33.6	(1.13)	32.1	(0.91)	34.9	(1.49)	32.4	(0.91)
Girls	33.8	(0.65)	34.9	(1.47)	36.8	(2.61)	34.6	(0.95)	34.6	(1.33)	33.1	(0.80)

See notes at end of table.

Table B-24. Total Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Below the AMDR ¹												
All ages, 5–18 years old	0.6 u	(0.39)	0.9 u	(0.54)	0.9 u	(0.76)	1.4 u	(1.16)	0.7 u	(0.84)	0.8 u	(0.72)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	0.3 u	(0.32)	1.0 u	(0.68)	1.2 u	(1.02)	2.5 u	(2.10)	0.7 u	(1.33)	0.0 u	(0.27)
Girls	1.0 u	(0.73)	0.7 u	(0.84)	0.5 u	(1.14)	0.3 u	(0.90)	0.6 u	(1.02)	1.6 u	(1.46)
5–8 years old	0.2 u	(0.29)	0.4 u	(0.53)	0.6 u	(0.66)	0.5 u	(0.96)	0.0 u	(0.78)	0.0 u	(0.44)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	0.5 u	(0.54)	0.8 u	(0.93)	1.1 u	(1.18)	0.9 u	(1.61)	0.0 u	(0.99)	0.0	(0.57)
Girls	0.0 u	(0.16)	0.1 u	(0.50)	0.1 u	(0.58)	0.0	(1.03)	0.0	(1.21)	0.1 u	(0.66)
9–13 years old	0.8 u	(0.62)	1.3 u	(0.81)	1.1 u	(1.00)	0.3 u	(0.78)	1.2 u	(1.56)	2.0 u	(1.68)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	0.3 u	(0.52)	2.2 u	(1.48)	1.9 u	(1.55)	0.0	(0.28)	2.0 u	(2.97)	0.0 u	(0.29)
Girls	1.4 u	(1.14)	0.3 u	(0.58)	0.2 u	(1.24)	0.7 u	(1.57)	0.4 u	(0.75)	4.0 u	(3.42)
14–18 years old	0.7 u	(0.86)	0.9 u	(1.17)	1.0 u	(1.76)	3.2 u	(2.97)	0.7 u	(1.62)	0.3 u	(1.08)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	0.2 u	(0.57)	0.1 u	(0.97)	0.7 u	(2.15)	6.0 u	(5.54)	0.1 u	(2.06)	0.0	(0.51)
Girls	1.3 u	(1.66)	1.6 u	(2.16)	1.2 u	(2.83)	0.3 u	(1.76)	1.4 u	(2.51)	0.5 u	(2.15)

See notes at end of table.

Table B-24. Total Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Percent of School Children with Usual Intake Above the AMDR ¹												
All ages, 5–18 years old	25.8	(3.52)	31.9	(4.90)	33.5	(7.82)	24.4 u	(7.49)	32.9	(8.98)	18.9 u	(6.23)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	23.3	(5.12)	32.7	(5.01)	32.6	(5.27)	23.7 u	(10.92)	32.6 u	(14.69)	10.5 u	(9.66)
Girls	28.4	(4.80)	31.1	(8.56)	34.4 u	(15.02)	25.1 u	(10.21)	33.2 u	(10.05)	27.8	(7.75)
5–8 years old	17.1 u	(6.59)	17.9 u	(7.68)	21.1 u	(7.86)	26.7 u	(8.76)	15.3 u	(13.36)	11.9 u	(11.67)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	22.2 u	(7.80)	21.0 u	(7.55)	24.7	(6.64)	51.5 *	(10.68)	15.0 u	(13.98)	10.1 u	(16.94)
Girls	11.8 u	(10.73)	14.7 u	(13.57)	17.4 u	(14.49)	0.8 u	(14.02)	15.7 u	(23.08)	13.8 u	(16.02)
9–13 years old	28.4	(3.93)	29.7	(6.45)	28.2	(7.96)	11.2 u	(15.12)	31.4	(9.21)	27.3 u	(9.01)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	25.8	(5.33)	33.7	(5.60)	37.6	(7.21)	0.0	(27.75)	29.8 u	(9.79)	15.9 u	(15.20)
Girls	31.2	(5.79)	25.5 u	(11.82)	18.5 u	(14.43)	22.9 u	(10.70)	33.1 u	(15.83)	39.2	(9.31)
14–18 years old	29.7	(7.21)	44.5	(10.23)	47.8 u	(18.83)	35.2 u	(12.58)	47.4 u	(20.29)	16.2 u	(11.53)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	21.8 u	(11.45)	40.5	(11.06)	33.8 u	(11.43)	25.6 u	(10.28)	48.5 u	(37.07)	5.6 u	(17.62)
Girls	38.0	(8.58)	48.7 u	(17.49)	62.5 u	(36.75)	45.4 u	(23.46)	46.4 u	(14.49)	27.3 u	(14.69)

See notes at end of table.

Table B-24. Total Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Percent of School Children with Usual Intake Within the AMDR ¹												
All ages, 5–18 years old	73.6	(3.64)	67.2	(4.99)	65.6	(7.92)	74.2	(7.74)	66.4	(8.99)	80.3	(6.35)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	76.4	(5.24)	66.3	(5.00)	66.1	(5.26)	73.8	(11.40)	66.7	(14.53)	89.5	(9.80)
Girls	70.7	(5.05)	68.2	(8.77)	65.1	(15.26)	74.6	(10.43)	66.2	(10.33)	70.6	(7.97)
5–8 years old	82.7	(6.73)	81.7	(7.97)	78.3	(8.11)	72.9	(9.04)	84.7	(13.70)	88.1	(11.91)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	77.4	(8.15)	78.3	(8.21)	74.2	(7.29)	47.6 *	(10.94)	85.0	(14.42)	89.9	(17.31)
Girls	88.2	(10.81)	85.2	(13.86)	82.6	(14.72)	99.2	(14.52)	84.3	(23.61)	86.2	(16.30)
9–13 years old	70.7	(4.17)	69.1	(6.58)	70.7	(8.29)	88.5	(15.27)	67.4	(9.11)	70.8	(9.12)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	73.9	(5.44)	64.2	(5.52)	60.5	(7.41)	100.0	(27.80)	68.3	(8.93)	84.1	(15.25)
Girls	67.4	(6.36)	74.2	(12.17)	81.4	(15.09)	76.4	(11.39)	66.6	(16.13)	56.8	(9.68)
14–18 years old	69.6	(7.46)	54.6	(10.33)	51.3 u	(18.96)	61.5	(13.41)	51.8 u	(20.24)	83.6	(11.80)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	78.1	(11.65)	59.3	(10.81)	65.5	(11.04)	68.4	(13.33)	51.5 u	(36.72)	94.4	(17.93)
Girls	60.7	(9.17)	49.7 u	(17.90)	36.3 u	(37.18)	54.4 u	(23.69)	52.2	(15.15)	72.1	(15.18)

See notes at end of table.

Table B-24. Total Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	28.3	29.4	30.1	31.1	33.0	34.9	35.9	36.5	37.5	27.8	29.0	29.8	31.0	33.3	35.6	36.8	37.6	38.8
5–8 years old	27.9	29.1	29.8	30.9	32.8	34.7	35.8	36.4	37.4	29.6	30.2	30.7	31.4	32.7	34.0	34.7	35.2	35.9
9–13 years old	28.2	29.3	30.1	31.1	33.1	35.1	36.1	36.9	37.9	27.1	28.5	29.4	30.7	33.2	35.7	37.0	37.8	39.1
14–18 years old	28.7	29.6	30.3	31.2	33.0	34.7	35.7	36.3	37.2	27.1	28.6	29.5	30.9	33.7	36.6	38.1	39.2	40.7
All NSLP participants	27.7	29.1	29.9	31.2	33.5	35.7	36.9	37.8	38.9	28.0	29.2	30.0	31.2	33.6	35.9	37.2	38.2	39.4
5–8 years old	27.3	28.5	29.2	30.4	32.6	34.6	35.7	36.5	37.6	28.8	29.6	30.2	31.0	32.6	34.1	35.0	35.6	36.4
9–13 years old	26.6	28.2	29.2	30.8	33.4	36.0	37.3	38.2	39.6	28.3	29.4	30.1	31.1	33.1	35.1	36.1	36.8	38.0
14–18 years old	29.2	30.4	31.1	32.2	34.3	36.4	37.5	38.2	39.3	27.1	28.8	29.8	31.5	34.8	38.1	40.0	41.4	43.1
Income-eligible NSLP participants	27.2	28.6	29.5	30.9	33.4	35.8	37.2	38.1	39.3	28.3	29.6	30.5	31.8	34.3	36.7	38.0	38.8	40.0
5–8 years old	27.1	28.4	29.2	30.4	32.7	35.0	36.2	37.1	38.3	28.8	29.7	30.3	31.1	32.8	34.4	35.2	35.8	36.6
9–13 years old	26.9	28.5	29.5	31.0	33.8	36.4	37.7	38.6	39.8	28.4	29.3	30.0	30.9	32.7	34.4	35.4	36.0	36.8
14–18 years old	27.7	29.0	29.8	31.1	33.6	36.0	37.4	38.3	39.6	27.8	29.9	31.2	33.0	36.9	40.5	42.6	43.8	45.5
Income-eligible nonparticipants	28.5	29.6	30.4	31.4	33.4	35.2	36.2	36.9	37.8	28.7	29.7	30.4	31.4	33.4	35.2	36.2	36.9	37.9
5–8 years old	27.9	29.5	30.7	32.2	35.2	37.9	39.2	40.3	41.7	30.6	31.0	31.3	31.7	32.5	33.1	33.5	33.8	34.2
9–13 years old	33.0	33.0	33.0	33.1	33.1	33.2	33.2	33.3	33.3	27.4	28.6	29.4	30.6	32.7	34.8	35.9	36.8	37.9
14–18 years old	24.6	26.4	27.6	29.2	32.3	35.1	36.7	37.8	39.3	28.6	29.9	30.7	32.1	34.6	37.1	38.6	39.5	40.7
Higher-income NSLP participants	28.6	29.8	30.5	31.6	33.7	35.7	36.7	37.4	38.4	28.1	29.4	30.1	31.4	33.8	36.1	37.4	38.3	39.6
5–8 years old	29.1	30.0	30.5	31.3	32.9	34.2	35.0	35.5	36.2	29.5	30.3	30.7	31.5	32.9	34.3	35.1	35.6	36.4
9–13 years old	26.6	28.2	29.1	30.5	33.1	35.6	36.9	37.7	39.0	28.1	29.3	30.1	31.3	33.6	35.8	37.1	38.0	39.2
14–18 years old	30.0	31.1	31.9	33.0	34.9	36.8	37.8	38.5	39.5	27.1	28.7	29.7	31.4	34.6	37.7	39.4	40.6	42.3
Higher-income nonparticipants	29.7	30.4	30.8	31.4	32.7	33.9	34.6	35.0	35.7	27.3	28.6	29.5	30.8	33.2	35.5	36.8	37.7	38.8
5–8 years old	29.9	30.6	31.1	31.7	32.9	34.0	34.6	35.0	35.6	29.0	29.8	30.3	31.1	32.6	34.1	34.9	35.4	36.2
9–13 years old	29.4	30.2	30.6	31.4	32.9	34.3	35.1	35.6	36.3	25.5	27.5	28.7	30.6	33.9	36.9	38.6	39.7	41.2
14–18 years old	29.8	30.4	30.7	31.3	32.4	33.5	34.1	34.5	35.1	27.7	28.9	29.7	30.8	33.1	35.3	36.5	37.4	38.5

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-25. Protein (g): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
				Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	72	(0.9)	75	(1.3)	75	(1.9)	67 **	(1.7)	75	(2.0)	70	(1.6)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	80	(1.4)	84	(1.8)	84	(3.2)	73 **	(2.6)	84	(2.8)	79	(2.4)
Girls	63	(1.1)	65	(1.8)	65	(2.1)	61	(2.2)	65	(2.9)	61	(2.1)
5–8 years old	63	(1.2)	66	(1.3)	67	(1.6)	57 **	(3.0)	64	(2.7)	62	(2.8)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	66	(1.5)	67	(1.8)	68	(2.2)	55 **	(3.6)	67	(3.7)	68	(3.6)
Girls	60	(1.8)	65	(2.0)	65	(2.3)	59	(4.7)	62	(3.9)	56	(4.2)
9–13 years old	70	(1.1)	75	(1.6)	76	(2.3)	64 **	(2.7)	76	(2.7)	65 ***	(1.9)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	74	(1.6)	81	(2.5)	82	(3.9)	67 *	(4.2)	80	(4.3)	68 *	(2.5)
Girls	66	(1.6)	70	(1.9)	69	(2.2)	61	(3.4)	72	(3.3)	62 *	(2.9)
14–18 years old	80	(2.0)	81	(2.9)	80	(4.6)	77	(3.2)	81	(4.4)	81	(3.3)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	97	(3.2)	99	(4.0)	98	(7.8)	91	(5.2)	100	(5.8)	98	(5.3)
Girls	62	(2.3)	62	(4.2)	62	(4.9)	62	(3.4)	61	(6.7)	64	(3.8)

See notes at end of table.

Table B-25. Protein (g): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	60	64	67	71	80	89	94	98	104	42	46	49	53	62	72	77	81	87
5–8 years old	46	50	52	57	65	75	80	84	90	38	43	45	50	59	70	76	80	86
9–13 years old	67	69	70	71	74	77	79	80	82	47	51	53	57	65	74	78	81	86
14–18 years old	63	70	74	81	95	111	120	126	135	39	43	46	51	61	72	78	82	89
All NSLP participants	60	65	68	73	83	94	100	104	111	50	53	55	58	65	72	76	79	83
5–8 years old	47	51	53	58	66	76	81	85	91	51	54	56	59	64	70	73	76	79
9–13 years old	64	68	70	73	80	87	91	94	99	50	54	57	61	69	78	83	86	92
14–18 years old	65	72	76	83	97	113	122	128	137	48	51	53	56	61	67	71	74	77
Income-eligible NSLP participants	59	64	67	72	83	95	102	107	114	53	55	57	59	65	70	74	76	79
5–8 years old	46	51	53	58	67	77	84	88	94	57	59	60	62	65	69	71	72	74
9–13 years old	62	66	69	73	82	91	96	99	104	46	51	54	58	68	78	84	88	94
14–18 years old	65	71	75	82	96	112	122	128	138	55	57	58	59	62	64	66	67	68
Income-eligible nonparticipants	51	55	58	62	72 *	81	87	92	98	44	47	49	53	60	68	72	76	81
5–8 years old	35	39	42	46 *	54 *	63	68	72	77	28 **	34 **	38 **	45 *	58	72	80	86	95
9–13 years old	56	58	60	63	67	72	75	76	79	38	42	45	50	60	71	77	82	89
14–18 years old	57	64	68	75	89	104	114	121	131	62	62	62	62	62	62	62	62	62
Higher-income NSLP participants	61	66	69	74	83	93	99	103	110	47	51	53	57	65	73	77	81	85
5–8 years old	50	53	55	59	66	74	79	82	87	48	51	53	56	62	68	71	73	77
9–13 years old	66	69	71	74	80	86	90	92	96	61	64	65	68	72	77	80	81	84
14–18 years old	65	72	77	84	99	115	124	130	139	33	39	42	48	60	73	80	86	93
Higher-income nonparticipants	66	69	70	73	79	84	88	90	93	37	42	45	50	60	71	78	82	89
5–8 years old	50	54	56	60	68	76	81	84	89	32	36	39	44	54	66	74	78	86
9–13 years old	68	68	68	68	68	68	68	68	68	46	50	52	56	62	68	72	75	79
14–18 years old	77	81	84	89	98	107	112	116	121	33	39	42	48	62	76	85	92	101

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.
- Not applicable.

Table B-26. Protein (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	14.1	(0.13)	14.7	(0.17)	14.9	(0.21)	13.5 ***	(0.25)	14.5	(0.26)	13.7 *	(0.24)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	14.3	(0.16)	14.9	(0.18)	14.8	(0.24)	13.5 **	(0.37)	14.9	(0.32)	13.8 *	(0.33)
Girls	13.9	(0.21)	14.6	(0.28)	15.1	(0.35)	13.5 ***	(0.33)	14.0	(0.42)	13.5	(0.35)
5–8 years old	13.6	(0.21)	14.1	(0.21)	14.3	(0.29)	13.0 *	(0.42)	13.6	(0.39)	13.3	(0.47)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	13.5	(0.25)	13.9	(0.32)	14.0	(0.32)	12.4 *	(0.65)	13.6	(0.63)	13.0	(0.47)
Girls	13.8	(0.33)	14.3	(0.27)	14.5	(0.48)	13.7	(0.54)	13.6	(0.46)	13.6	(0.83)
9–13 years old	14.2	(0.18)	14.9	(0.18)	14.8	(0.23)	13.4 **	(0.43)	15.0	(0.31)	13.6 **	(0.39)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	14.4	(0.25)	15.1	(0.27)	15.2	(0.33)	13.2 **	(0.66)	15.1	(0.46)	13.8	(0.64)
Girls	14.1	(0.26)	14.6	(0.25)	14.4	(0.30)	13.7	(0.55)	14.8	(0.40)	13.5 *	(0.42)
14–18 years old	14.3	(0.26)	15.1	(0.39)	15.5	(0.48)	14.0 *	(0.42)	14.6	(0.57)	14.0	(0.41)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	14.9	(0.29)	15.3	(0.35)	15.1	(0.52)	14.7	(0.59)	15.6	(0.57)	14.5	(0.56)
Girls	13.7	(0.44)	14.8	(0.71)	16.1	(0.83)	13.1 **	(0.60)	13.6	(1.02)	13.5	(0.60)

See notes at end of table.

Table B-26. Protein (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income								
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants						
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error					
Percent of School Children with Usual Intake Below the AMDR ¹																	
All ages, 5–18 years old	0.7 u	(0.34)		0.2 u	(0.17)		0.2 u	(0.19)		2.6 u	(1.52)		0.2 u	(0.95)		1.8 u	(1.03)
Sample size	2,907	-		1,555	-		941	-		571	-		515	-		705	-
Boys	0.8 u	(0.46)		0.4 u	(0.30)		0.3 u	(0.36)		3.5 u	(2.48)		0.3 u	(0.61)		1.4 u	(1.21)
Girls	0.5 u	(0.51)		0.0 u	(0.13)		0.0 u	(0.09)		1.5 u	(1.70)		0.2 u	(1.83)		2.2 u	(1.68)
5–8 years old	1.6 u	(1.02)		0.7 u	(0.56)		0.6 u	(0.68)		3.9 u	(3.14)		0.7 u	(1.27)		4.3 u	(2.99)
Sample size	833	-		548	-		353	-		113	-		163	-		159	-
Boys	2.5 u	(1.58)		1.3 u	(1.09)		1.2 u	(1.29)		7.5 u	(6.03)		1.0 u	(2.19)		2.5 u	(2.92)
Girls	0.8 u	(1.29)		0.0 u	(0.15)		0.0 u	(0.31)		0.1 u	(1.21)		0.3 u	(1.25)		6.2 u	(5.30)
9–13 years old	0.5 u	(0.43)		0.0 u	(0.03)		0.0 u	(0.05)		4.1 u	(3.03)		0.0 u	(0.10)		1.4 u	(1.58)
Sample size	1,151	-		675	-		416	-		206	-		220	-		244	-
Boys	0.0 u	(0.26)		0.0 u	(0.00)		0.0	(0.00)		4.0 u	(4.52)		0.0 u	(0.17)		1.5 u	(2.48)
Girls	0.9 u	(0.85)		0.0 u	(0.06)		0.0 u	(0.11)		4.3 u	(4.00)		0.0 u	(0.08)		1.3 u	(1.93)
14–18 years old	0.1 u	(0.33)		0.0 u	(0.16)		0.0 u	(0.02)		0.1 u	(1.72)		0.1 u	(2.37)		0.3 u	(0.65)
Sample size	923	-		332	-		172	-		252	-		132	-		302	-
Boys	0.2 u	(0.33)		0.0	(0.00)		0.0 u	(0.03)		0.1 u	(2.45)		0.0 u	(0.01)		0.6 u	(0.51)
Girls	0.0 u	(0.57)		0.0 u	(0.32)		0.0 u	(0.01)		0.0 u	(2.41)		0.2 u	(4.87)		0.0 u	(1.22)

See notes at end of table.

Table B-26. Protein (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Above the AMDR ¹												
All ages, 5–18 years old	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Girls	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
5–8 years old	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Girls	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
9–13 years old	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Girls	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
14–18 years old	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Girls	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)

See notes at end of table.

Table B-26. Protein (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Within the AMDR ¹												
All ages, 5–18 years old	99.4	(0.34)	99.8	(0.17)	99.8	(0.19)	97.5	(1.52)	99.8	(0.95)	98.2	(1.03)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	99.3	(0.46)	99.6	(0.30)	99.7	(0.36)	96.5	(2.48)	99.7	(0.61)	98.6	(1.21)
Girls	99.5	(0.51)	100.0	(0.13)	100.0	(0.09)	98.5	(1.70)	99.8	(1.83)	97.8	(1.68)
5–8 years old	98.4	(1.02)	99.3	(0.56)	99.4	(0.68)	96.2	(3.14)	99.3	(1.27)	95.7	(2.99)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	97.6	(1.58)	98.7	(1.09)	98.8	(1.29)	92.5	(6.03)	99.0	(2.19)	97.5	(2.92)
Girls	99.2	(1.29)	100.0	(0.15)	100.0	(0.31)	99.9	(1.21)	99.7	(1.25)	93.8	(5.30)
9–13 years old	99.6	(0.43)	100.0	(0.03)	100.0	(0.05)	95.9	(3.03)	100.0	(0.10)	98.6	(1.58)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.26)	100.0	(0.00)	100.0	(0.00)	96.0	(4.52)	100.0	(0.17)	98.5	(2.48)
Girls	99.1	(0.85)	100.0	(0.06)	100.0	(0.11)	95.8	(4.00)	100.0	(0.08)	98.7	(1.93)
14–18 years old	99.9	(0.33)	100.0	(0.16)	100.0	(0.02)	99.9	(1.72)	99.9	(2.37)	99.7	(0.65)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.8	(0.33)	100.0	(0.00)	100.0	(0.03)	99.9	(2.45)	100.0	(0.01)	99.4	(0.51)
Girls	100.0	(0.57)	100.0	(0.32)	100.0	(0.01)	100.0	(2.41)	99.8	(4.87)	100.0	(1.22)

See notes at end of table.

Table B-26. Protein (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	11.7	12.3	12.6	13.2	14.3	15.4	16.1	16.5	17.2	11.5	11.9	12.3	12.8	13.8	14.9	15.5	15.9	16.5
5–8 years old	10.5	11.1	11.5	12.2	13.4	14.7	15.5	16.0	16.8	11.1	11.6	12.0	12.6	13.7	14.9	15.6	16.1	16.8
9–13 years old	12.3	12.8	13.1	13.5	14.4	15.3	15.8	16.1	16.6	11.0	11.7	12.1	12.7	14.0	15.4	16.1	16.6	17.5
14–18 years old	12.0	12.6	13.0	13.7	14.9	16.1	16.8	17.3	18.0	12.1	12.5	12.7	13.0	13.7	14.4	14.8	15.0	15.4
All NSLP participants	13.0	13.4	13.7	14.1	14.8	15.6	16.1	16.4	16.9	13.3	13.5	13.7	14.0	14.6	15.1	15.5	15.7	16.0
5–8 years old	10.8	11.5	11.9	12.5	13.8	15.2	16.0	16.6	17.4	12.1	12.6	12.9	13.3	14.2	15.2	15.7	16.1	16.7
9–13 years old	13.6	13.9	14.2	14.5	15.1	15.8	16.1	16.3	16.7	12.6	13.0	13.3	13.7	14.6	15.4	15.9	16.2	16.8
14–18 years old	14.1	14.3	14.5	14.8	15.3	15.9	16.2	16.4	16.7	14.7	14.7	14.8	14.8	14.8	14.8	14.8	14.8	14.8
Income-eligible NSLP participants	13.1	13.5	13.7	14.1	14.8	15.5	15.9	16.2	16.6	13.7	14.0	14.2	14.5	15.0	15.6	16.0	16.2	16.5
5–8 years old	11.0	11.6	12.0	12.7	14.0	15.3	16.1	16.6	17.4	12.3	12.8	13.1	13.5	14.5	15.4	16.0	16.4	16.9
9–13 years old	15.1	15.1	15.1	15.1	15.2	15.2	15.2	15.2	15.3	12.3	12.8	13.1	13.5	14.4	15.3	15.8	16.2	16.7
14–18 years old	12.9	13.3	13.6	14.1	15.0	15.9	16.5	16.9	17.4	16.1	16.1	16.1	16.1	16.1	16.1	16.1	16.1	16.1
Income-eligible nonparticipants	10.7	11.3 *	11.7 *	12.3 *	13.5 *	14.7	15.4	15.9	16.6	11.1	11.6	11.9 *	12.4 *	13.4 **	14.4	15.0	15.4	16.0
5–8 years old	9.7	10.3	10.7	11.3	12.4	13.5	14.1	14.6	15.2	11.6	12.0	12.3	12.8	13.7	14.5	15.0	15.3	15.8
9–13 years old	10.2 **	10.8 **	11.2 **	11.9 **	13.1 *	14.4	15.2	15.7	16.4	10.1	10.9	11.3	12.1	13.6	15.1	16.0	16.7	17.6
14–18 years old	11.8	12.5	12.9	13.5	14.7	15.9	16.6	17.1	17.8	11.6	11.9	12.2	12.5	13.1 *	13.8	14.1	14.4	14.7
Higher-income NSLP participants	13.2	13.5	13.7	14.1	14.8	15.6	16.0	16.3	16.8	12.2	12.6	12.9	13.3	14.0	14.8	15.2	15.5	15.9
5–8 years old	10.8	11.4	11.7	12.3	13.6	14.8	15.6	16.1	16.9	11.3	11.8	12.1	12.6	13.5	14.5	15.0	15.4	16.0
9–13 years old	12.5	13.0	13.4	13.9	15.0	16.2	16.8	17.3	18.0	13.9	14.1	14.3	14.5	14.9	15.2	15.4	15.6	15.8
14–18 years old	15.6	15.6	15.6	15.6	15.6	15.6	15.6	15.6	15.6	11.4	11.8	12.1	12.7	13.6	14.5	15.0	15.4	15.9
Higher-income nonparticipants	10.9	11.5	11.9	12.6	13.8	15.0	15.8	16.3	17.0	11.5	11.9	12.2	12.6	13.5	14.4	14.9	15.2	15.7
5–8 years old	10.4	11.0	11.3	11.9	13.0	14.1	14.7	15.1	15.8	9.8	10.5	11.1	11.9	13.6	15.2	16.2	16.7	17.6
9–13 years old	10.9	11.5	11.9	12.5	13.8	15.0	15.7	16.2	16.8	10.7	11.3	11.7	12.3	13.4	14.6	15.3	15.8	16.6
14–18 years old	11.4	12.1	12.5	13.1	14.5	15.8	16.6	17.2	18.0	13.5	13.5	13.5	13.5	13.5	13.5	13.5	13.5	13.5

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-27. Protein (g/kg body weight): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	1.81	(0.022)	1.90	(0.030)	1.96	(0.041)	1.66 ***	(0.049)	1.82	(0.045)	1.76	(0.049)
Sample size	2,894	-	1,549	-	939	-	566	-	513	-	704	-
Boys	1.95	(0.032)	2.05	(0.041)	2.13	(0.066)	1.72 ***	(0.072)	2.00	(0.062)	1.90	(0.068)
Girls	1.67	(0.032)	1.74	(0.043)	1.79	(0.048)	1.60 *	(0.065)	1.64	(0.066)	1.62	(0.072)
5–8 years old	2.58	(0.048)	2.68	(0.053)	2.78	(0.065)	2.33 **	(0.122)	2.55	(0.097)	2.55	(0.133)
Sample size	831	-	546	-	352	-	113	-	163	-	159	-
Boys	2.66	(0.062)	2.71	(0.068)	2.78	(0.078)	2.27 **	(0.179)	2.69	(0.141)	2.72	(0.173)
Girls	2.49	(0.075)	2.66	(0.082)	2.77	(0.104)	2.38 *	(0.167)	2.41	(0.134)	2.36	(0.204)
9–13 years old	1.75	(0.032)	1.88	(0.043)	1.95	(0.063)	1.59 ***	(0.081)	1.83	(0.059)	1.63 *	(0.065)
Sample size	1,147	-	672	-	416	-	206	-	218	-	243	-
Boys	1.87	(0.044)	2.06	(0.071)	2.18	(0.107)	1.64 ***	(0.122)	1.98	(0.097)	1.68 *	(0.078)
Girls	1.62	(0.046)	1.69	(0.048)	1.72	(0.062)	1.53	(0.107)	1.67	(0.066)	1.58	(0.104)
14–18 years old	1.30	(0.038)	1.33	(0.056)	1.37	(0.079)	1.24	(0.053)	1.27	(0.080)	1.30	(0.064)
Sample size	916	-	331	-	171	-	247	-	132	-	302	-
Boys	1.49	(0.058)	1.54	(0.070)	1.60	(0.133)	1.38	(0.083)	1.51	(0.093)	1.49	(0.108)
Girls	1.09	(0.048)	1.10	(0.088)	1.12	(0.083)	1.09	(0.066)	1.02	(0.132)	1.10	(0.064)

See notes at end of table.

Table B-27. Protein (g/kg body weight): Usual Daily Intakes from Foods and Beverages—Continued

	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR)¹												
All ages, 5–18 years old	98.1	(0.94)	99.2	(1.39)	99.3	(1.47)	98.5	(1.04)	96.5	(2.00)	97.3	(1.30)
<i>Sample size</i>	2,894	-	1,549	-	939	-	566	-	513	-	704	-
Boys	99.4	(0.36)	99.7	(0.43)	99.6	(0.33)	99.3	(1.44)	99.7	(0.88)	99.8	(0.37)
Girls	96.7	(1.88)	98.7	(2.81)	98.9	(2.99)	97.7	(1.51)	93.2	(4.00)	94.7	(2.63)
5–8 years old	100.0	(0.02)	100.0	(0.00)	100.0	(0.00)	100.0	(0.12)	100.0	(0.00)	99.8	(0.29)
<i>Sample size</i>	831	-	546	-	352	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.01)	100.0	(0.01)	100.0	(0.19)	100.0	(0.00)	100.0	(0.01)
Girls	100.0	(0.04)	100.0	(0.00)	100.0	(0.00)	99.9	(0.14)	100.0	(0.00)	99.6	(0.59)
9–13 years old	99.4	(0.32)	99.8	(0.21)	99.5	(0.43)	96.4	(2.20)	100.0	(0.01)	99.1	(0.83)
<i>Sample size</i>	1,147	-	672	-	416	-	206	-	218	-	243	-
Boys	100.0	(0.07)	100.0	(0.03)	99.9	(0.09)	99.0	(2.86)	100.0	(0.02)	100.0	(0.39)
Girls	98.9	(0.65)	99.5	(0.43)	98.9	(0.87)	93.7	(3.35)	100.0	(0.02)	98.2	(1.65)
14–18 years old	95.3	(2.52)	98.1	(3.75)	98.6	(3.95)	99.5	(1.88)	90.6	(5.41)	93.7	(3.42)
<i>Sample size</i>	916	-	331	-	171	-	247	-	132	-	302	-
Boys	98.5	(0.98)	99.3	(1.16)	99.1	(0.89)	99.0	(2.75)	99.2	(2.37)	99.5	(0.92)
Girls	92.0	(5.07)	96.8	(7.60)	98.2	(8.06)	100.0	(2.55)	81.6	(10.84)	87.6	(6.95)

See notes at end of table.

Table B-27. Protein (g/kg body weight): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	1.23	1.36	1.46	1.60	1.90	2.24	2.44	2.58	2.80	0.99	1.11	1.20	1.34	1.63	1.95	2.14	2.27	2.49
5–8 years old	1.70	1.88	2.00	2.20	2.61	3.06	3.33	3.52	3.81	1.49	1.66	1.79	1.99	2.42	2.90	3.20	3.41	3.74
9–13 years old	1.25	1.36	1.45	1.58	1.84	2.12	2.28	2.40	2.58	0.95	1.08	1.16	1.30	1.59	1.91	2.09	2.21	2.42
14–18 years old	0.87	0.98	1.06	1.19	1.45	1.75	1.92	2.05	2.24	0.66	0.74	0.79	0.88	1.07	1.28	1.40	1.48	1.61
All NSLP participants	1.32	1.46	1.55	1.70	2.01	2.35	2.55	2.69	2.91	1.15	1.27	1.34	1.46	1.71	1.98	2.14	2.26	2.43
5–8 years old	1.75	1.93	2.06	2.25	2.66	3.10	3.37	3.55	3.86	1.85	2.01	2.12	2.28	2.62	2.99	3.20	3.36	3.59
9–13 years old	1.36	1.49	1.59	1.73	2.02	2.35	2.54	2.68	2.88	1.04	1.16	1.24	1.37	1.65	1.96	2.14	2.26	2.47
14–18 years old	0.96	1.07	1.14	1.26	1.51	1.79	1.95	2.06	2.24	0.74 u	0.81	0.85	0.92	1.08	1.24	1.34	1.42	1.52
Income-eligible NSLP participants	1.29	1.45	1.55	1.72	2.08	2.48	2.71	2.88	3.12	1.16	1.28	1.37	1.49	1.77	2.05	2.23	2.34	2.51
5–8 years old	1.76	1.95	2.08	2.29	2.73	3.21	3.49	3.68	3.98	1.92	2.09	2.21	2.38	2.75	3.13	3.35	3.50	3.72
9–13 years old	1.32	1.48	1.59	1.77	2.14	2.54	2.77	2.94	3.18	0.97	1.10	1.20	1.36	1.68	2.04	2.25	2.40	2.60
14–18 years old	0.92	1.04	1.12	1.26	1.55	1.87	2.08	2.22	2.43	0.77 u	0.84 u	0.89	0.96	1.11	1.27	1.36	1.42	1.51
Income-eligible nonparticipants	1.04	1.16	1.26 *	1.40 **	1.68 ***	2.00 **	2.18 **	2.32 *	2.52	0.98	1.09	1.17	1.30	1.57	1.86	2.03	2.17	2.36
5–8 years old	1.41	1.55	1.67	1.84	2.22	2.63	2.88	3.08	3.37	1.33	1.52 *	1.65 *	1.87 *	2.33	2.80	3.10	3.32	3.65
9–13 years old	0.94	1.07	1.17	1.32	1.61 **	1.93 *	2.11	2.24	2.44	0.72	0.86	0.96	1.13	1.47	1.85	2.09	2.27	2.54
14–18 years old	0.86	0.96	1.03	1.14	1.36	1.59	1.73	1.84	1.97	0.96	0.99	1.01	1.04	1.09	1.15	1.18	1.20	1.23
Higher-income NSLP participants	1.39	1.51	1.59	1.72	1.98	2.25	2.42	2.54	2.72	1.16	1.25	1.31	1.41	1.62	1.83	1.96	2.05	2.18
5–8 years old	1.97	2.11	2.19	2.34	2.66	2.98	3.18	3.32	3.53	1.84	1.96	2.04	2.16	2.40	2.65	2.78	2.88	3.03
9–13 years old	1.42	1.52	1.60	1.71	1.95	2.21	2.37	2.49	2.65	1.26	1.34	1.40	1.48	1.65	1.83	1.93	2.00	2.12
14–18 years old	0.93	1.04	1.13	1.25	1.49	1.75	1.91	2.01	2.17	0.54	0.62	0.68	0.78	1.00	1.22	1.36	1.47	1.61
Higher-income nonparticipants	1.27	1.39	1.47	1.60	1.87	2.16	2.33	2.45	2.62	0.86	1.00	1.10	1.25	1.57	1.93	2.16	2.31	2.54
5–8 years old	1.77	1.96	2.08	2.28	2.69	3.11	3.36	3.54	3.80	1.20	1.38	1.53	1.75	2.26	2.85	3.23	3.47	3.87
9–13 years old	1.19	1.29	1.35	1.46	1.67	1.88	2.01	2.09	2.20	0.90	1.03	1.12	1.27	1.56	1.86	2.04	2.17	2.35
14–18 years old	0.96	1.06	1.12	1.23	1.46	1.71	1.87	1.98	2.15	0.58	0.68	0.74	0.84	1.07	1.31	1.46	1.58	1.72

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

Table B-28. Carbohydrate (g): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	273	(3.2)	269	(4.4)	265	(5.8)	269	(6.2)	276	(7.4)	278	(6.3)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	301	(5.0)	297	(6.8)	299	(8.0)	291	(9.9)	301	(12.0)	312	(10.1)
Girls	244	(4.0)	240	(5.5)	229	(8.3)	246	(7.2)	250	(8.5)	243	(7.4)
5–8 years old	254	(4.6)	258	(4.3)	257	(5.9)	237	(9.8)	262	(7.0)	258	(9.6)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	270	(6.8)	266	(6.2)	266	(9.1)	237	(11.9)	273	(9.3)	292	(15.5)
Girls	238	(6.1)	249	(6.0)	248	(7.4)	238	(15.8)	251	(10.7)	223	(10.9)
9–13 years old	267	(4.0)	273	(5.9)	273	(6.3)	268	(10.5)	278	(11.0)	262	(8.0)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	280	(6.4)	285	(9.2)	285	(8.7)	288	(18.9)	290	(17.3)	273	(11.9)
Girls	254	(4.7)	259	(7.5)	260	(9.1)	247	(8.7)	266	(13.5)	250	(10.6)
14–18 years old	293	(7.1)	275	(9.9)	264	(13.8)	294	(11.2)	285	(16.2)	309	(13.4)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	344	(11.0)	331	(15.4)	338	(18.8)	335	(17.8)	331	(27.0)	364	(21.8)
Girls	240	(8.8)	216	(12.3)	186	(20.1)	250 **	(13.2)	235	(17.1)	252	(15.1)

See notes at end of table.

Table B-28. Carbohydrate (g): Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Percent of School Children with Usual Intake Greater than Estimated Average Requirements (EAR) ¹												
All ages, 5–18 years old	100.0	(0.09)	99.7	(0.25)	98.9	(1.05)	100.0	(0.07)	99.9	(0.30)	100.0	(0.09)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	100.0	(0.00)	100.0	(0.01)	100.0	(0.02)	100.0	(0.03)	100.0	(0.02)	100.0	(0.03)
Girls	100.0	(0.19)	99.3	(0.51)	97.8	(2.16)	99.9	(0.15)	99.8	(0.61)	99.9	(0.19)
5–8 years old	100.0	(0.01)	100.0	(0.00)	100.0	(0.00)	99.9	(0.21)	100.0	(0.04)	100.0	(0.03)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	100.0	(0.00)	100.0	(0.01)	100.0	(0.00)	100.0	(0.05)	100.0	(0.01)	100.0	(0.00)
Girls	100.0	(0.01)	100.0	(0.00)	100.0	(0.00)	99.9	(0.43)	100.0	(0.07)	100.0	(0.07)
9–13 years old	100.0	(0.04)	100.0	(0.02)	100.0	(0.01)	100.0	(0.11)	99.9	(0.17)	99.9	(0.21)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	100.0	(0.01)	100.0	(0.01)	100.0	(0.02)	100.0	(0.01)	100.0	(0.04)	100.0	(0.09)
Girls	100.0	(0.07)	100.0	(0.05)	100.0	(0.02)	99.9	(0.23)	99.9	(0.35)	99.8	(0.41)
14–18 years old	100.0	(0.25)	99.1	(0.67)	97.0	(2.85)	100.0	(0.06)	99.8	(0.79)	100.0	(0.16)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	100.0	(0.00)	100.0	(0.02)	100.0	(0.05)	100.0	(0.08)	100.0	(0.01)	100.0	(0.00)
Girls	99.9	(0.51)	98.1	(1.37)	93.9	(5.86)	100.0	(0.08)	99.5	(1.62)	100.0	(0.33)

See notes at end of table.

Table B-28. Carbohydrate (g): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	206	224	237	257	297	340	365	383	410	164	180	190	207	241	278	299	313	336
5–8 years old	201	215	225	240	268	299	316	327	345	172	185	194	208	236	266	283	295	314
9–13 years old	191	209	222	240	278	317	340	355	380	164	182	193	212	250	292	315	331	358
14–18 years old	223	246	262	287	337	394	427	450	487	159	175	185	202	237	274	295	309	332
All NSLP participants	197	216	229	249	291	338	366	386	417	159	175	185	202	237	273	296	312	335
5–8 years old	195	209	219	234	264	295	312	326	345	192	204	212	224	247	272	286	296	311
9–13 years old	187	206	219	239	280	326	352	371	402	176	192	203	220	255	293	316	332	358
14–18 years old	208	231	245	269	321	381	418	444	484	119	137	149	169	211	255	283	304	330
Income-eligible NSLP participants	197	216	229	250	294	341	371	391	421	154	169	179	194	226	261	282	295	315
5–8 years old	202	215	224	237	264	292	309	321	337	193	205	212	223	247	271	284	294	307
9–13 years old	198	215	227	245	282	321	342	357	378	185	199	210	225	257	292	312	327	347
14–18 years old	192	218	235	265	327	397	443	474	523	96	113	124	141	181	223	250	266	290
Income-eligible nonparticipants	225	238	247	260	289	318	336	350	369	176	190	200	215	245	274	292	304	321
5–8 years old	188	197	205	215	236	257	269	278	290	152	170	181	200	237	273	293	309	331
9–13 years old	288	288	288	288	288	289	289	289	289	161	178	190	209	245	282	304	320	342
14–18 years old	194	220	239	267	328	391	431	463	505	208	217	223	232	250	268	279	285	295
Higher-income NSLP participants	206	224	236	256	296	340	366	384	414	161	178	189	208	247	287	312	329	355
5–8 years old	210	223	231	246	273	299	314	324	339	189	203	212	225	251	276	290	299	313
9–13 years old	186	206	219	239	284	334	364	383	418	165	185	198	218	262	307	335	353	383
14–18 years old	222	242	257	279	324	376	408	430	465	135	152	164	185	230	277	306	328	358
Higher-income nonparticipants	224	242	253	272	310	348	371	387	409	163	178	189	205	240	276	298	313	335
5–8 years old	226	241	250	264	292	319	335	345	361	162	173	181	193	220	249	267	278	296
9–13 years old	188	205	217	235	272	309	330	345	364	151	170	183	205	246	289	317	336	363
14–18 years old	257	278	291	314	360	408	437	458	487	175 u	191	201	216	250	283	304	319	338

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 Requirements (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.

- Not applicable.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	54.1	(0.26)	53.0	(0.44)	52.7	(0.72)	54.5 *	(0.53)	53.2	(0.70)	55.1 *	(0.45)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	53.9	(0.33)	52.9	(0.48)	53.1	(0.65)	54.2	(0.85)	53.1	(0.90)	55.2 *	(0.55)
Girls	54.3	(0.40)	53.2	(0.75)	52.2	(1.31)	54.7	(0.61)	53.4	(1.07)	55.0	(0.72)
5–8 years old	54.9	(0.31)	54.7	(0.38)	54.4	(0.50)	54.6	(0.73)	55.1	(0.79)	55.7	(0.80)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	55.1	(0.38)	54.8	(0.46)	54.5	(0.61)	53.8	(1.11)	55.3	(0.84)	56.1	(0.87)
Girls	54.8	(0.48)	54.5	(0.61)	54.4	(0.79)	55.5	(0.93)	54.9	(1.36)	55.3	(1.35)
9–13 years old	53.9	(0.36)	53.3	(0.46)	53.5	(0.61)	54.8	(1.07)	53.1	(0.92)	55.0	(0.75)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	53.8	(0.56)	53.0	(0.65)	52.6	(0.83)	54.8	(1.93)	53.5	(1.26)	55.2	(0.99)
Girls	54.1	(0.45)	53.6	(0.66)	54.4	(0.91)	54.9	(0.82)	52.7	(1.34)	54.7	(1.13)
14–18 years old	53.6	(0.56)	51.6	(1.08)	50.5	(1.82)	53.9	(0.83)	52.0	(1.56)	54.7	(0.78)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	53.1	(0.64)	51.5	(1.09)	52.6	(1.49)	53.9	(1.08)	51.1	(2.01)	54.5	(0.96)
Girls	54.1	(0.94)	51.7	(1.89)	48.4	(3.38)	54.0	(1.26)	52.8	(2.40)	55.0	(1.25)

See notes at end of table.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Below the AMDR ¹												
All ages, 5–18 years old	1.4 u	(0.89)	2.3 u	(2.25)	5.4 u	(4.68)	nr	nr	3.2 u	(2.39)	1.6 u	(1.16)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	1.1 u	(0.84)	1.9 u	(1.59)	1.5 u	(1.71)	1.5 u	(1.91)	3.0 u	(2.75)	0.8 u	(1.17)
Girls	1.7 u	(1.59)	2.7 u	(4.29)	9.5 u	(9.43)	nr	nr	3.4 u	(3.95)	2.4 u	(2.04)
5–8 years old	0.1 u	(0.24)	0.4 u	(0.59)	0.8 u	(0.81)	nr	nr	0.3 u	(0.98)	0.2 u	(0.91)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	0.2 u	(0.45)	0.7 u	(1.05)	1.5 u	(1.58)	0.6 u	(3.08)	0.2 u	(0.96)	0.0	(0.22)
Girls	0.0 u	(0.14)	0.0 u	(0.50)	0.0	(0.05)	nr	nr	0.3 u	(1.74)	0.5 u	(1.84)
9–13 years old	2.2 u	(1.18)	2.2 u	(1.25)	0.9 u	(1.45)	0.1 u	(1.38)	5.6 u	(2.82)	3.7 u	(2.58)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	2.1 u	(1.43)	3.9 u	(2.16)	1.7 u	(2.56)	0.1 u	(2.35)	7.4 u	(2.81)	1.4 u	(1.65)
Girls	2.2 u	(1.90)	0.3 u	(1.21)	0.0 u	(1.29)	0.1 u	(1.39)	3.6 u	(4.96)	6.0 u	(4.98)
14–18 years old	1.7 u	(2.11)	3.8 u	(5.94)	13.1 u	(12.58)	2.1 u	(3.06)	3.2 u	(5.83)	0.6 u	(1.84)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	0.9 u	(1.78)	0.8 u	(3.69)	1.2 u	(3.74)	3.4 u	(4.03)	0.8 u	(6.88)	0.8 u	(2.73)
Girls	2.5 u	(3.90)	6.9 u	(11.57)	25.7 u	(25.54)	0.6 u	(4.64)	5.6 u	(9.52)	0.5 u	(2.44)

See notes at end of table.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Above the AMDR ¹												
All ages, 5–18 years old	0.4 u	(0.36)	0.3 u	(0.22)	0.2 u	(0.25)	nr	nr	0.6 u	(0.65)	1.4 u	(1.05)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	0.3 u	(0.29)	0.4 u	(0.33)	0.3 u	(0.36)	0.4 u	(1.12)	0.9 u	(1.17)	0.4 u	(0.76)
Girls	0.5 u	(0.66)	0.1 u	(0.30)	0.0 u	(0.35)	nr	nr	0.3 u	(0.52)	2.4 u	(1.99)
5–8 years old	0.2 u	(0.37)	0.5 u	(0.41)	0.5 u	(0.45)	nr	nr	0.4 u	(0.82)	0.2 u	(1.07)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	0.4 u	(0.72)	0.9 u	(0.78)	1.1 u	(0.87)	0.2 u	(1.54)	0.7 u	(1.41)	0.0	(1.30)
Girls	0.0	(0.10)	0.0 u	(0.17)	0.0	(0.11)	nr	nr	0.1 u	(0.80)	0.5 u	(1.71)
9–13 years old	0.7 u	(0.56)	0.3 u	(0.34)	0.1 u	(0.24)	0.2 u	(1.09)	1.1 u	(1.07)	3.4 u	(2.20)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	0.4 u	(0.56)	0.5 u	(0.65)	0.1 u	(0.39)	0.1 u	(1.91)	2.0 u	(1.95)	1.0 u	(1.70)
Girls	0.9 u	(0.99)	0.0 u	(0.15)	0.0	(0.29)	0.2 u	(0.99)	0.3 u	(0.80)	5.8 u	(4.13)
14–18 years old	0.3 u	(0.75)	0.1 u	(0.41)	0.0 u	(0.54)	0.5 u	(1.35)	0.2 u	(1.29)	0.4 u	(1.72)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	0.0 u	(0.16)	0.0	(0.30)	0.0	(0.60)	0.9 u	(2.13)	0.0	(2.32)	0.1 u	(0.82)
Girls	0.5 u	(1.53)	0.2 u	(0.79)	0.0 u	(0.90)	0.1 u	(1.63)	0.4 u	(1.01)	0.6 u	(3.44)

See notes at end of table.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Within the AMDR ¹												
All ages, 5–18 years old	98.2	(1.15)	97.5	(2.37)	94.5	(4.77)	nr	nr	96.2	(2.71)	97.0	(1.96)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	98.6	(1.01)	97.7	(1.79)	98.2	(1.93)	98.1	(2.73)	96.1	(3.43)	98.8	(1.69)
Girls	97.8	(2.11)	97.3	(4.47)	90.5	(9.55)	nr	nr	96.3	(4.24)	95.2	(3.60)
5–8 years old	99.7	(0.57)	99.2	(0.93)	98.7	(1.18)	nr	nr	99.4	(1.55)	99.5	(1.80)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	99.4	(1.10)	98.4	(1.73)	97.4	(2.30)	99.2	(4.33)	99.1	(2.09)	100.0	(1.49)
Girls	100.0	(0.23)	100.0	(0.62)	100.0	(0.15)	nr	nr	99.6	(2.31)	99.1	(3.34)
9–13 years old	97.2	(1.62)	97.6	(1.48)	99.1	(1.64)	99.7	(2.19)	93.3	(3.35)	93.0	(4.16)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	97.5	(1.85)	95.6	(2.59)	98.2	(2.83)	99.8	(3.70)	90.6	(3.96)	97.5	(2.98)
Girls	96.9	(2.69)	99.7	(1.34)	100.0	(1.57)	99.6	(2.26)	96.1	(5.46)	88.2	(7.91)
14–18 years old	98.1	(2.68)	96.1	(6.20)	86.9	(12.77)	97.4	(4.15)	96.7	(6.50)	99.0	(3.23)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	99.1	(1.90)	99.2	(3.93)	98.8	(4.11)	95.7	(5.60)	99.2	(8.31)	99.1	(3.40)
Girls	97.0	(5.12)	93.0	(12.05)	74.3 u	(25.87)	99.3	(6.14)	94.0	(10.08)	98.9	(5.59)

See notes at end of table.

Table B-29. Carbohydrate (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	47.6	49.1	50.0	51.4	53.9	56.4	57.8	58.7	60.1	47.7	49.2	50.2	51.6	54.3	57.0	58.4	59.3	60.8
5–8 years old	49.0	50.4	51.2	52.6	55.0	57.5	58.9	59.8	61.2	50.9	51.7	52.3	53.2	54.8	56.5	57.4	58.0	58.9
9–13 years old	46.6	48.3	49.4	50.9	53.8	56.6	58.2	59.3	60.8	46.6	48.3	49.3	51.0	54.0	57.2	58.8	59.9	61.6
14–18 years old	47.6	48.9	49.7	50.9	53.1	55.4	56.6	57.3	58.5	46.5	48.2	49.3	51.0	54.1	57.2	58.8	59.8	61.4
All NSLP participants	46.8	48.1	49.0	50.4	52.9	55.5	56.9	57.9	59.3	47.4	48.7	49.6	50.8	53.2	55.5	56.8	57.6	58.8
5–8 years old	48.0	49.5	50.5	52.0	54.8	57.6	59.1	60.2	61.8	50.2	51.2	51.8	52.7	54.5	56.2	57.2	58.0	59.0
9–13 years old	45.5	47.1	48.2	49.9	53.0	56.1	57.8	59.0	60.8	48.5	49.7	50.4	51.5	53.6	55.7	56.8	57.5	58.7
14–18 years old	47.0	48.0	48.6	49.6	51.4	53.3	54.4	55.1	56.1	44.3	46.0	47.1	48.7	51.8	54.7	56.4	57.5	58.9
Income-eligible NSLP participants	46.9	48.3	49.2	50.6	53.1	55.7	57.1	58.1	59.4	46.7	48.0	48.8	50.0	52.3	54.4	55.6	56.3	57.3
5–8 years old	47.2	48.9	49.9	51.5	54.5	57.5	59.1	60.3	61.8	51.4	52.0	52.5	53.1	54.4	55.6	56.3	56.8	57.4
9–13 years old	46.5	47.8	48.7	50.0	52.6	55.2	56.6	57.6	59.0	50.5	51.4	52.0	52.9	54.5	56.1	56.9	57.5	58.2
14–18 years old	47.0	48.3	49.1	50.4	52.7	54.8	56.1	56.9	58.0	39.4	41.6	43.0	44.9	48.6	52.0	53.8	54.9	56.4
Income-eligible nonparticipants	47.7	49.1	50.1	51.6	54.3	56.8	58.2	59.3	60.7	nr	nr	nr	nr	nr	nr	nr	nr	nr
5–8 years old	47.8	49.1	50.0	51.2	53.8	56.3	57.7	58.8	60.2	nr	nr	nr	nr	nr	nr	nr	nr	nr
9–13 years old	49.3	50.6	51.5	52.7	54.9	57.0	58.2	58.9	60.0	49.2	50.4	51.3	52.6	54.9	57.2	58.5	59.4	60.6
14–18 years old	46.0	47.8	49.0	50.8	54.0	57.0	58.7	60.0	61.6	48.1	49.4	50.3	51.6	54.1	56.4	57.6	58.4	59.5
Higher-income NSLP participants	46.3	47.9	48.9	50.3	53.1	55.9	57.3	58.3	59.8	46.4	48.0	49.0	50.5	53.4	56.2	57.7	58.8	60.2
5–8 years old	49.1	50.4	51.2	52.6	55.3	57.8	59.2	60.2	61.6	49.3	50.6	51.4	52.6	54.9	57.2	58.4	59.2	60.5
9–13 years old	43.7	46.2	47.6	49.7	53.6	57.4	59.3	60.5	62.5	45.8	47.3	48.4	49.8	52.8	55.6	57.1	58.1	59.7
14–18 years old	46.7	47.6	48.3	49.3	51.1	53.0	54.0	54.8	55.8	44.9	46.6	47.7	49.6	52.9	56.1	57.8	59.0	60.6
Higher-income nonparticipants	49.3	50.6	51.5	52.8	55.3	57.6	58.8	59.6	60.7	47.2	48.9	50.1	51.7	55.0	58.1	59.9	61.1	62.8
5–8 years old	52.5	53.4	53.9	54.6	56.1	57.5	58.3	58.8	59.5	48.9	50.2	51.2	52.6	55.3	57.9	59.3	60.2	61.5
9–13 years old	47.7	49.5	50.6	52.3	55.4	58.2	59.8	60.8	62.1	44.5	46.7	48.1	50.4	54.6	58.8	61.4	63.1	65.5
14–18 years old	48.3	49.7	50.6	52.0	54.6	57.0	58.3	59.2	60.4	48.6	50.1	51.0	52.3	55.0	57.5	59.0	59.9	61.2

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

nr Indicates that the NCI macro does not run correctly for this age group. The resulting data are unreliable and have been suppressed.

Table B-30. Saturated Fat (g): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	26.7 (0.43)	27.2 (0.57)		27.0 (0.86)		25.7 (0.71)		27.9 (0.94)		26.7 (0.80)	
Sample size	2,907 -	1,555 -		941 -		571 -		515 -		705 -	
Boys	29.6 (0.72)	30.2 (0.85)		30.8 (1.47)		27.9 (1.17)		30.3 (1.22)		29.8 (1.37)	
Girls	23.7 (0.45)	23.9 (0.76)		23.0 (0.85)		23.3 (0.75)		25.5 (1.44)		23.5 (0.80)	
5–8 years old	24.4 (0.55)	24.6 (0.63)		24.6 (0.73)		23.3 (1.16)		25.1 (1.40)		25.1 (1.20)	
Sample size	833 -	548 -		353 -		113 -		163 -		159 -	
Boys	25.7 (0.71)	25.3 (0.74)		25.6 (1.05)		24.7 (1.62)		25.8 (1.41)		27.2 (1.83)	
Girls	23.1 (0.84)	23.8 (1.02)		23.6 (1.00)		21.9 (1.67)		24.4 (2.44)		22.8 (1.54)	
9–13 years old	26.0 (0.55)	27.0 (0.75)		27.0 (0.94)		25.2 (1.21)		27.5 (1.67)		24.9 (1.13)	
Sample size	1,151 -	675 -		416 -		206 -		220 -		244 -	
Boys	27.4 (0.86)	28.6 (1.18)		29.6 (1.59)		27.3 (2.14)		27.9 (2.29)		26.0 (1.88)	
Girls	24.5 (0.66)	25.4 (0.90)		24.3 (0.95)		23.0 (1.05)		27.0 (2.44)		23.7 (1.23)	
14–18 years old	29.0 (0.96)	29.2 (1.30)		28.7 (2.07)		27.9 (1.24)		30.4 (1.69)		29.7 (1.66)	
Sample size	923 -	332 -		172 -		252 -		132 -		302 -	
Boys	34.5 (1.68)	35.4 (1.94)		35.8 (3.57)		31.0 (2.10)		35.8 (2.24)		35.4 (2.93)	
Girls	23.3 (0.84)	22.7 (1.72)		21.3 (1.99)		24.6 (1.26)		24.8 (2.54)		23.7 (1.42)	

See notes at end of table.

Table B-30. Saturated Fat (g): Usual Daily Intakes from Foods and Beverages –Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	18.6	20.7	22.2	24.4	29.0	34.1	37.1	39.2	42.5	14.8	16.5	17.6	19.4	23.2	27.5	29.9	31.6	34.3
5–8 years old	16.6	18.4	19.6	21.5	25.2	29.5	31.9	33.6	36.4	15.0	16.4	17.5	19.1	22.6	26.6	28.9	30.6	33.3
9–13 years old	18.2	20.0	21.2	23.1	27.0	31.2	33.7	35.5	38.3	15.2	17.0	18.3	20.2	24.1	28.5	30.9	32.5	35.3
14–18 years old	20.6	23.2	25.0	27.8	33.6	40.2	44.1	46.8	51.2	14.2	15.9	17.0	18.9	22.8	27.2	29.7	31.4	34.1
All NSLP participants	18.1	20.3	21.8	24.3	29.4	35.2	38.7	41.3	45.2	16.3	17.8	18.8	20.3	23.6	27.1	29.2	30.7	32.9
5–8 years old	16.4	18.2	19.3	21.2	24.9	29.0	31.2	33.1	35.7	17.0	18.3	19.2	20.6	23.5	26.6	28.4	29.8	31.7
9–13 years old	17.8	19.8	21.2	23.4	28.0	33.1	36.1	38.3	41.8	16.4	18.1	19.3	21.1	24.9	29.0	31.5	33.1	35.9
14–18 years old	19.7	22.5	24.4	27.4	34.1	42.0	46.8	50.2	55.4	15.7	17.1	17.9	19.4	22.4	25.5	27.5	29.0	30.8
Income-eligible NSLP participants	17.2	19.6	21.2	23.9	29.7	36.3	40.6	43.6	48.1	16.4	17.7	18.6	19.9	22.8	25.8	27.5	28.7	30.4
5–8 years old	17.6	19.1	20.2	21.9	25.2	28.9	31.1	32.6	34.8	16.3	17.7	18.7	20.1	23.3	26.7	28.6	30.0	32.0
9–13 years old	17.8	20.0	21.5	23.9	29.0	34.5	37.7	40.0	43.2	15.5	17.2	18.4	20.2	23.9	28.0	30.3	31.9	34.2
14–18 years old	16.5	19.5	21.6	25.4	33.6	43.5	50.4	55.1	62.6	17.3 u	18.2	18.7	19.5	21.3	23.0	24.0	24.6	25.5
Income-eligible nonparticipants	16.7	18.8	20.3	22.5	27.3	32.4	35.6	38.0	41.4	15.0	16.6	17.6	19.3	22.8	26.6	29.0	30.7	33.3
5–8 years old	18.1	19.4	20.4	21.8	24.6	27.4	28.9	30.1	31.8	10.2	12.1	13.4	15.6	20.7	26.5	30.3	33.4	38.1
9–13 years old	18.5	20.2	21.5	23.4	27.0	30.8	33.0	34.5	36.8	13.7	15.5	16.7	18.8	22.7	26.7	29.2	31.0	33.6
14–18 years old	14.0	16.9	19.0	22.3	29.7	37.7	43.0	47.3	52.9	20.0	20.9	21.6	22.6	24.6	26.6	27.7	28.5	29.5
Higher-income NSLP participants	19.0	21.1	22.6	24.9	29.6	34.9	38.1	40.2	43.8	17.4	18.8	19.8	21.5	25.0	28.8	31.2	32.9	35.5
5–8 years old	17.0	18.7	19.7	21.6	25.6	29.5	31.9	33.5	36.0	20.9	21.7	22.2	22.9	24.4	25.9	26.7	27.3	28.1
9–13 years old	18.3	20.1	21.3	23.1	27.2	31.9	34.7	36.6	40.0	18.4	20.0	21.1	22.8	26.6	30.5	33.0	34.6	37.3
14–18 years old	21.3	23.9	25.9	28.9	34.9	41.8	45.9	48.7	53.2	13.8	15.5	16.8	19.0	23.9	29.3	32.8	35.5	39.3
Higher-income nonparticipants	21.2	22.9	24.0	25.8	29.5	33.4	35.7	37.3	39.6	13.6	15.4	16.7	18.7	22.9	27.5	30.4	32.4	35.3
5–8 years old	17.6	19.4	20.6	22.6	26.7	31.2	33.9	35.8	38.7	15.5	16.8	17.8	19.2	22.4	25.8	28.0	29.3	31.5
9–13 years old	18.7	20.2	21.2	22.7	25.9	29.0	30.8	32.1	33.8	13.6	15.6	17.0	19.2	23.4	27.8	30.6	32.4	35.2
14–18 years old	26.2	28.1	29.2	31.2	35.2	39.2	41.6	43.4	45.9	12.2	14.3	15.6	17.7	22.9	28.4	32.0	34.7	38.2

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.
- Not applicable.

Table B-31. Saturated Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake											
All ages, 5–18 years old	11.5 (0.10)	11.8 (0.15)	11.7 (0.21)	11.4 (0.20)	11.9 (0.23)	11.4 (0.17)					
Sample size	2,907 -	1,555 -	941 -	571 -	515 -	705 -					
Boys	11.5 (0.12)	11.8 (0.17)	11.8 (0.23)	11.5 (0.32)	11.8 (0.29)	11.4 (0.24)					
Girls	11.5 (0.14)	11.7 (0.24)	11.6 (0.35)	11.3 (0.24)	12.1 (0.35)	11.4 (0.23)					
5–8 years old	11.6 (0.14)	11.5 (0.17)	11.5 (0.21)	11.7 (0.36)	11.6 (0.38)	11.7 (0.27)					
Sample size	833 -	548 -	353 -	113 -	163 -	159 -					
Boys	11.5 (0.15)	11.5 (0.15)	11.6 (0.22)	12.4 (0.53)	11.5 (0.30)	11.4 (0.35)					
Girls	11.7 (0.25)	11.5 (0.30)	11.4 (0.36)	10.9 (0.50)	11.8 (0.72)	12.1 (0.42)					
9–13 years old	11.5 (0.13)	11.6 (0.16)	11.5 (0.20)	11.5 (0.36)	11.7 (0.39)	11.4 (0.31)					
Sample size	1,151 -	675 -	416 -	206 -	220 -	244 -					
Boys	11.6 (0.17)	11.6 (0.23)	11.9 (0.27)	11.8 (0.59)	11.4 (0.43)	11.5 (0.45)					
Girls	11.5 (0.20)	11.6 (0.23)	11.1 (0.29)	11.3 (0.38)	12.1 (0.66)	11.3 (0.42)					
14–18 years old	11.5 (0.20)	12.1 (0.34)	12.1 (0.50)	11.1 (0.32)	12.4 (0.39)	11.2 *	(0.28)				
Sample size	923 -	332 -	172 -	252 -	132 -	302 -					
Boys	11.5 (0.27)	12.2 (0.40)	11.9 (0.54)	10.7 (0.51)	12.5 (0.62)	11.3 (0.43)					
Girls	11.4 (0.28)	12.0 (0.56)	12.3 (0.85)	11.6 (0.38)	12.3 (0.47)	11.1 *	(0.37)				

See notes at end of table.

Table B-31. Saturated Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children Meeting <i>Dietary Guidelines</i> Recommendations ¹												
All ages, 5–18 years old	15.5	(1.80)	14.0	(2.17)	11.4	(3.05)	14.0	(3.34)	14.2	(3.49)	15.3	(3.35)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	15.2	(2.72)	15.8	(3.07)	12.4	(3.53)	14.2 u	(5.11)	16.9 u	(5.14)	11.6 u	(5.15)
Girls	15.9	(2.32)	12.1	(3.07)	10.4 u	(5.04)	13.9 u	(4.25)	11.4 u	(4.70)	19.2	(4.24)
5–8 years old	8.1 u	(3.07)	8.5 u	(3.29)	10.1 u	(4.27)	0.1 u	(3.35)	5.2 u	(4.54)	10.9 u	(5.44)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	15.2 u	(4.61)	16.4	(4.43)	15.2	(4.06)	0.2 * u	(5.64)	10.3 u	(7.60)	18.9 u	(8.82)
Girls	0.8 u	(4.04)	0.2 u	(4.88)	4.8 u	(7.63)	0.0	(3.48)	0.0	(4.82)	2.5 u	(6.24)
9–13 years old	17.2	(3.09)	15.9	(3.98)	9.1 u	(5.60)	12.1 u	(6.14)	20.9 u	(7.37)	19.7 u	(6.78)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	16.0	(4.45)	16.2	(4.30)	9.9 u	(4.18)	0.1 u	(9.59)	23.5 u	(9.51)	18.0 u	(10.51)
Girls	18.4	(4.29)	15.7 u	(6.79)	8.2 u	(10.59)	24.6 u	(7.56)	18.1 u	(11.34)	21.4 u	(8.44)
14–18 years old	19.5	(3.09)	16.3	(3.74)	14.6 u	(5.41)	26.3	(6.40)	14.5 u	(5.29)	14.5 u	(4.86)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	14.5 u	(4.92)	14.9 u	(6.40)	12.7 u	(8.09)	37.9 *	(9.44)	15.4 u	(8.84)	0.0	(7.04)
Girls	24.7	(3.67)	17.8	(3.66)	16.7 u	(7.13)	14.0 u	(8.58)	13.5 u	(5.59)	29.8	(6.68)

See notes at end of table.

Table B-31. Saturated Fat (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	9.1	9.6	10.0	10.5	11.5	12.5	13.1	13.5	14.1	9.1	9.6	9.9	10.5	11.5	12.5	13.1	13.4	14.0
5–8 years old	9.2	9.7	10.0	10.5	11.5	12.5	13.1	13.4	14.0	10.5	10.8	10.9	11.2	11.7	12.2	12.4	12.6	12.9
9–13 years old	9.0	9.6	9.9	10.5	11.6	12.6	13.2	13.6	14.2	8.8	9.4	9.8	10.4	11.5	12.6	13.2	13.6	14.2
14–18 years old	9.2	9.7	10.0	10.6	11.5	12.5	13.1	13.4	14.0	8.3	8.9	9.3	10.0	11.3	12.7	13.5	14.0	14.7
All NSLP participants	8.9	9.6	10.0	10.6	11.8	13.0	13.7	14.1	14.8	9.3	9.8	10.2	10.7	11.7	12.7	13.3	13.7	14.2
5–8 years old	9.1	9.6	9.9	10.5	11.5	12.5	13.0	13.5	14.0	10.7	10.9	11.0	11.2	11.5	11.9	12.1	12.2	12.4
9–13 years old	8.9	9.5	9.9	10.5	11.7	12.8	13.4	13.8	14.4	9.0	9.6	10.0	10.5	11.6	12.6	13.2	13.6	14.2
14–18 years old	8.9	9.6	10.0	10.7	12.1	13.6	14.4	14.9	15.8	8.5	9.3	9.7	10.5	12.0	13.5	14.3	14.9	15.6
Income-eligible NSLP participants	9.3	9.8	10.2	10.7	11.8	12.9	13.5	13.9	14.4	9.3	9.9	10.2	10.7	11.7	12.6	13.1	13.4	13.9
5–8 years old	9.1	9.6	10.0	10.5	11.5	12.6	13.1	13.5	14.1	10.0	10.3	10.5	10.8	11.4	12.0	12.3	12.6	12.9
9–13 years old	9.4	10.0	10.4	10.9	12.0	13.0	13.5	13.9	14.3	9.8	10.1	10.3	10.6	11.1	11.7	12.0	12.2	12.4
14–18 years old	9.3	9.8	10.2	10.7	11.8	13.0	13.7	14.1	14.8	8.3	9.3	9.8	10.7	12.4	13.9	14.8	15.3	16.0
Income-eligible nonparticipants	9.4	9.9	10.2	10.7	11.6	12.4	12.9	13.2	13.7	9.4	9.8	10.1	10.5	11.3	12.1	12.5	12.8	13.2
5–8 years old	11.1	11.4	11.6	11.9	12.4	12.9	13.2	13.4	13.7	10.9	10.9	10.9	10.9	10.9	10.9	10.9	10.9	10.9
9–13 years old	10.8	11.0	11.1	11.4	11.8	12.2	12.4	12.5	12.7	8.3	8.9	9.4	10.0	11.3	12.5	13.2	13.7	14.3
14–18 years old	6.8	7.7	8.3	9.1	10.8	12.3	13.1	13.8	14.6	9.2	9.7	10.1	10.6	11.6	12.6	13.1	13.5	13.9
Higher-income NSLP participants	8.7	9.4	9.9	10.5	11.8	13.1	13.8	14.2	15.0	9.6	10.1	10.5	11.0	12.1	13.1	13.7	14.1	14.7
5–8 years old	9.6	10.0	10.2	10.7	11.5	12.3	12.8	13.1	13.6	11.8	11.8	11.8	11.8	11.8	11.8	11.8	11.8	11.8
9–13 years old	8.3	9.0	9.5	10.1	11.3	12.6	13.3	13.7	14.4	8.6	9.3	9.8	10.5	12.0	13.5	14.4	14.9	15.8
14–18 years old	8.5	9.4	10.0	10.9	12.4	14.1	15.0	15.6	16.5	9.0	9.7	10.1	10.9	12.3	13.7	14.5	15.0	15.8
Higher-income nonparticipants	9.8	10.2	10.4	10.7	11.4	12.0	12.4	12.7	13.1	8.9	9.5	9.8	10.3	11.4	12.5	13.1	13.5	14.1
5–8 years old	8.9	9.4	9.8	10.3	11.3	12.4	13.1	13.5	14.2	10.3	10.7	10.9	11.3	12.0	12.8	13.2	13.5	13.9
9–13 years old	9.0	9.5	9.8	10.4	11.5	12.5	13.1	13.5	14.0	8.6	9.2	9.6	10.2	11.3	12.4	13.1	13.5	14.1
14–18 years old	11.3	11.3	11.3	11.3	11.3	11.3	11.3	11.3	11.3	8.2	8.8	9.2	9.7	11.0	12.3	13.1	13.7	14.4

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 that persons age 2 years and older consume less than 300 mg of cholesterol a day.

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

- Not applicable.

Table B-32. Linoleic Acid (g): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
			Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	13.8	(0.22)	14.0	(0.34)	14.5	(0.48)	13.7	(0.50)	13.9	(0.52)	13.5	(0.42)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	14.8	(0.36)	15.1	(0.48)	15.6	(0.64)	14.6	(0.80)	14.8	(0.73)	14.7	(0.69)
Girls	12.7	(0.26)	12.8	(0.49)	13.3	(0.73)	12.9	(0.57)	12.8	(0.73)	12.3	(0.47)
5–8 years old	12.2	(0.29)	12.7	(0.34)	12.6	(0.41)	11.1	(0.72)	13.2	(0.62)	12.0	(0.67)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	13.0	(0.46)	12.8	(0.48)	12.7	(0.54)	11.3	(1.06)	13.6	(0.89)	14.1	(1.17)
Girls	11.3	(0.35)	12.6	(0.48)	12.5	(0.62)	10.9	(0.98)	12.7	(0.86)	9.8**	(0.60)
9–13 years old	13.6	(0.31)	14.0	(0.38)	14.2	(0.44)	13.3	(0.80)	14.1	(0.76)	13.4	(0.68)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	14.2	(0.53)	14.6	(0.63)	14.8	(0.74)	14.2	(1.47)	14.4	(1.21)	13.5	(1.04)
Girls	13.1	(0.29)	13.3	(0.41)	13.5	(0.46)	12.4	(0.56)	13.7	(0.91)	13.3	(0.87)
14–18 years old	15.1	(0.48)	14.9	(0.81)	16.2	(1.20)	16.2	(0.96)	14.2	(1.10)	14.8	(0.80)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	16.8	(0.74)	17.2	(1.08)	18.5	(1.52)	17.5	(1.45)	16.2	(1.45)	16.4	(1.32)
Girls	13.4	(0.59)	12.5	(1.21)	13.8	(1.86)	14.8	(1.26)	12.0	(1.67)	13.1	(0.85)

See notes at end of table.

Table B-32. Linoleic Acid (g):Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	119.5	(1.80)	121.0	(2.80)	125.1	(3.96)	118.4	(4.12)	120.7	(4.37)	117.4	(3.54)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	116.6	(2.64)	118.3	(3.38)	121.6	(4.40)	113.3	(6.19)	117.4	(5.48)	116.5	(5.40)
Girls	122.6	(2.44)	123.9	(4.52)	128.7	(6.68)	123.7	(5.40)	124.1	(6.87)	118.3	(4.52)
5–8 years old	122.0	(2.89)	127.1	(3.38)	126.1	(4.11)	110.9	(7.22)	131.5	(6.19)	120.1	(6.66)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	130.2	(4.56)	128.4	(4.76)	126.7	(5.38)	112.6	(10.56)	135.8	(8.91)	140.7	(11.70)
Girls	113.4	(3.49)	125.7	(4.80)	125.4	(6.24)	109.2	(9.80)	127.0	(8.58)	98.5**	(6.02)
9–13 years old	124.2	(2.67)	127.2	(3.33)	128.9	(3.88)	120.9	(6.82)	128.5	(6.80)	122.6	(6.14)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	118.1	(4.43)	121.7	(5.21)	123.5	(6.18)	118.3	(12.22)	120.0	(10.10)	112.5	(8.66)
Girls	130.6	(2.91)	133.1	(4.10)	134.5	(4.60)	123.6	(5.60)	137.3	(9.05)	133.2	(8.70)
14–18 years old	113.1	(3.54)	110.5	(6.39)	120.6	(9.57)	121.5	(7.25)	105.2	(8.72)	110.4	(5.67)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	105.0	(4.63)	107.6	(6.76)	115.9	(9.49)	109.1	(9.04)	101.3	(9.04)	102.3	(8.26)
Girls	121.7	(5.38)	113.7	(11.03)	125.6	(16.92)	134.6	(11.45)	109.3	(15.17)	118.9	(7.74)

See notes at end of table.

Table B-32. Linoleic Acid (g): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	9.2	10.3	11.0	12.1	14.5	17.1	18.8	19.9	21.7	7.9	8.8	9.4	10.4	12.4	14.8	16.1	17.0	18.6
5–8 years old	8.9	9.7	10.3	11.2	12.8	14.7	15.8	16.5	17.7	8.4	8.9	9.3	9.9	11.2	12.6	13.4	14.0	14.8
9–13 years old	8.9	9.9	10.6	11.6	13.8	16.3	17.9	19.0	20.7	7.6	8.6	9.3	10.4	12.7	15.4	16.9	17.9	19.8
14–18 years old	9.8	11.0	11.9	13.3	16.2	19.7	21.8	23.3	25.7	7.8	8.8	9.5	10.6	13.0	15.8	17.4	18.5	20.2
All NSLP participants	10.6	11.5	12.0	13.0	14.8	16.9	18.2	19.0	20.4	7.5	8.5	9.1	10.1	12.4	15.0	16.6	17.8	19.6
5–8 years old	8.8	9.5	10.0	10.9	12.6	14.5	15.6	16.5	17.8	8.7	9.5	10.0	10.7	12.4	14.2	15.2	16.0	17.1
9–13 years old	9.7	10.6	11.2	12.2	14.3	16.6	18.0	19.0	20.7	8.0	8.9	9.6	10.7	13.0	15.5	17.1	18.1	19.9
14–18 years old	12.9	13.8	14.3	15.2	17.0	19.0	20.2	20.9	22.1	6.3 u	7.3 u	7.9	9.1	11.8	15.0	17.2	18.9	21.1
Income-eligible NSLP participants	9.6	10.7	11.4	12.7	15.2	18.1	19.9	21.1	23.0	7.4	8.4	9.1	10.2	12.8	15.8	17.8	19.1	21.1
5–8 years old	9.6	10.2	10.6	11.3	12.5	13.9	14.8	15.4	16.2	8.8	9.6	10.1	10.8	12.4	14.1	15.1	15.8	16.8
9–13 years old	9.2	10.2	11.0	12.1	14.5	17.2	18.7	19.9	21.4	8.4	9.4	10.1	11.1	13.2	15.6	16.9	17.9	19.2
14–18 years old	10.1	11.5	12.5	14.2	17.8	21.9	24.7	26.6	29.5	5.3 u	6.5 u	7.4 u	8.8 u	12.6	17.2	20.6	22.7	26.3
Income-eligible nonparticipants	8.2	9.3	10.1	11.4	14.1	17.2	19.1	20.6	22.7	7.8	8.7	9.4	10.4	12.6	14.9	16.4	17.4	18.9
5–8 years old	7.2 u	7.9	8.5	9.3	11.1	13.0	14.0	14.9	16.2	6.0	6.9	7.4	8.4	10.6	12.9	14.4	15.5	17.2
9–13 years old	9.0 u	9.9	10.6	11.7	13.8	16.3	17.8	18.9	20.5	8.8	9.5	10.0	10.8	12.2	13.8	14.7	15.4	16.4
14–18 years old	8.2	9.7	10.9	12.7	16.6	21.1	24.1	26.5	29.7	8.2	9.4	10.2	11.6	14.4	17.6	19.6	20.8	22.7
Higher-income NSLP participants	12.4	12.9	13.2	13.7	14.7	15.9	16.5	17.0	17.7	8.0	8.9	9.5	10.4	12.5	14.8	16.2	17.2	18.8
5–8 years old	9.2	10.0	10.6	11.5	13.5	15.4	16.6	17.4	18.7	8.4	9.2	9.8	10.6	12.5	14.5	15.7	16.5	17.8
9–13 years old	10.9	11.6	12.1	12.7	14.2	15.8	16.8	17.4	18.5	8.0	9.0	9.7	10.8	13.2	16.0	17.9	19.2	21.3
14–18 years old	16.2	16.2	16.2	16.2	16.2	16.2	16.2	16.2	16.2	7.7 u	8.5	9.0	10.0	11.8	13.8	15.0	15.9 u	17.1 u
Higher-income nonparticipants	9.3	10.3	10.9	12.0	14.4	16.9	18.6	19.8	21.5	8.5	9.2	9.7	10.4	12.1	13.8	14.9	15.7	16.8
5–8 years old	10.7	11.5	11.9	12.7	14.1	15.4	16.2	16.7	17.5	9.8	9.8	9.9	9.9	9.9	9.9 *	9.9	9.9	9.9
9–13 years old	8.3	9.3	9.9	10.9	13.2	15.6	17.2	18.2	19.7	6.9	8.0	8.8	10.2	12.9	15.9	17.9	19.3	21.3
14–18 years old	9.1	10.3	11.1	12.5	15.7	19.3	21.7	23.5	26.2	8.9	9.8	10.3	11.1	13.0	14.8	15.9	16.7	17.7

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages

Table 2-66: Linoleic Acid (% of Caloric Intake): Gender Daily Intakes from Foods and Beverages												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	6.0	(0.07)	6.1	(0.12)	6.3	(0.17)	6.1	(0.16)	6.0	(0.18)	5.9	(0.12)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	5.8	(0.09)	5.9	(0.14)	6.0	(0.15)	6.0	(0.24)	5.9	(0.23)	5.7	(0.17)
Girls	6.3	(0.10)	6.3	(0.18)	6.7	(0.31)	6.3	(0.22)	6.1	(0.29)	6.2	(0.18)
5–8 years old	5.9	(0.11)	6.0	(0.13)	5.9	(0.16)	5.8	(0.32)	6.2	(0.24)	5.7	(0.23)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	5.9	(0.17)	5.9	(0.19)	5.8	(0.19)	5.8	(0.47)	6.2	(0.39)	6.0	(0.35)
Girls	5.8	(0.14)	6.1	(0.18)	6.1	(0.26)	5.8	(0.43)	6.2	(0.29)	5.4 *	(0.30)
9–13 years old	6.0	(0.10)	6.0	(0.11)	6.1	(0.15)	6.1	(0.28)	5.9	(0.18)	6.1	(0.22)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	6.0	(0.15)	6.0	(0.16)	6.0	(0.22)	6.1	(0.49)	5.8	(0.25)	5.9	(0.31)
Girls	6.1	(0.12)	6.1	(0.15)	6.3	(0.20)	6.1	(0.24)	6.0	(0.25)	6.4	(0.31)
14–18 years old	6.2	(0.13)	6.3	(0.28)	6.8	(0.43)	6.4	(0.26)	5.9	(0.42)	5.9	(0.20)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	5.7	(0.14)	6.0	(0.32)	6.2	(0.33)	6.0	(0.30)	5.7	(0.48)	5.3	(0.25)
Girls	6.7	(0.22)	6.6	(0.46)	7.5	(0.81)	6.9	(0.43)	6.1	(0.71)	6.5	(0.30)

See notes at end of table.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Below the AMDR ¹												
All ages, 5–18 years old	11.5 u	(3.72)	9.6 u	(3.13)	11.1 u	(3.86)	12.4 u	(4.41)	12.8 u	(6.22)	13.3 u	(5.86)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	12.5 u	(5.87)	6.7 u	(3.94)	11.3 u	(6.02)	13.2 u	(6.16)	4.9 u	(8.52)	21.8 u	(6.96)
Girls	10.5 u	(4.50)	12.6 u	(4.90)	10.9 u	(4.78)	11.6 u	(6.31)	21.0 u	(9.08)	4.3 u	(9.53)
5–8 years old	14.9 u	(6.51)	15.2 u	(5.96)	15.6 u	(6.45)	29.4	(8.81)	16.9 u	(7.25)	1.5 u	(15.34)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	18.1 u	(7.28)	19.0 u	(10.05)	16.3 u	(10.57)	34.9 u	(11.38)	17.9 u	(10.66)	3.0 u	(9.75)
Girls	11.5 u	(10.92)	11.3 u	(6.20)	15.0 u	(7.21)	23.7 u	(13.52)	16.0 u	(9.80)	0.0	(29.63)
9–13 years old	10.4 u	(5.00)	10.9 u	(4.76)	11.3 u	(5.19)	0.7 u	(7.01)	9.4 u	(4.72)	12.6 u	(8.55)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	6.9 u	(7.57)	4.0 u	(7.80)	8.6 u	(8.73)	0.0	(8.80)	0.0	(6.65)	14.7 u	(13.16)
Girls	14.0 u	(6.48)	18.2	(5.32)	14.1 u	(5.41)	1.4 u	(11.01)	19.3 u	(6.70)	10.4 u	(10.80)
14–18 years old	10.1 u	(7.39)	4.0 u	(5.56)	7.5 u	(7.83)	10.8 u	(7.33)	12.8 u	(15.27)	22.6 u	(7.24)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	13.7 u	(13.00)	0.0	(1.31)	10.3 u	(11.50)	9.5 u	(11.58)	0.0	(20.62)	42.6	(11.94)
Girls	6.4 u	(6.52)	8.3 u	(11.34)	4.6 u	(10.56)	12.2 u	(8.80)	26.3 u	(22.61)	1.6 u	(7.92)

See notes at end of table.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Above the AMDR ¹												
All ages, 5–18 years old	0.1 u	(0.37)	0.3 u	(0.79)	1.2 u	(1.39)	1.1 u	(1.04)	0.5 u	(0.99)	0.1 u	(0.37)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	0.0 u	(0.06)	0.0 u	(0.12)	0.0 u	(0.23)	0.6 u	(0.61)	0.2 u	(0.70)	0.0 u	(0.11)
Girls	0.2 u	(0.75)	0.5 u	(1.61)	2.4 u	(2.84)	1.6 u	(2.03)	0.8 u	(1.88)	0.1 u	(0.75)
5–8 years old	0.0 u	(0.11)	0.1 u	(0.25)	0.1 u	(0.16)	1.1 u	(1.15)	0.5 u	(1.47)	0.0	(0.01)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	0.0 u	(0.20)	0.1 u	(0.42)	0.0	(0.11)	2.0 u	(2.17)	0.6 u	(2.52)	0.0	(0.02)
Girls	0.0	(0.07)	0.1 u	(0.28)	0.1 u	(0.31)	0.1 u	(0.67)	0.5 u	(1.47)	0.0	(0.00)
9–13 years old	0.1 u	(0.17)	0.1 u	(0.19)	0.1 u	(0.29)	0.0	(0.06)	0.0 u	(0.16)	0.2 u	(0.95)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	0.0	(0.02)	0.0	(0.00)	0.0	(0.05)	0.0	(0.06)	0.0	(0.00)	0.0 u	(0.25)
Girls	0.1 u	(0.35)	0.2 u	(0.39)	0.3 u	(0.59)	0.0	(0.09)	0.1 u	(0.32)	0.3 u	(1.93)
14–18 years old	0.3 u	(0.97)	0.6 u	(2.12)	3.0 u	(3.75)	2.1 u	(2.67)	0.8 u	(2.42)	0.0 u	(0.43)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	0.0	(0.01)	0.0	(0.00)	0.1 u	(0.60)	0.0	(0.27)	0.0	(0.00)	0.1 u	(0.15)
Girls	0.5 u	(1.99)	1.2 u	(4.35)	6.1 u	(7.68)	4.2 u	(5.48)	1.7 u	(4.98)	0.0 u	(0.87)

See notes at end of table.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Within the AMDR ¹												
All ages, 5–18 years old	88.4	(3.83)	90.2	(3.56)	87.7	(4.39)	86.6	(4.74)	86.8	(6.43)	86.7	(5.96)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	87.5	(5.87)	93.3	(3.97)	88.6	(6.09)	86.3	(6.18)	94.9	(8.62)	78.2	(6.98)
Girls	89.3	(4.85)	86.9	(5.97)	86.8	(6.32)	86.8	(7.22)	78.2	(9.60)	95.6	(9.77)
5–8 years old	85.1	(6.54)	84.7	(6.06)	84.3	(6.49)	69.5	(8.76)	82.5	(7.82)	98.5	(15.34)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	81.9	(7.33)	80.9	(10.22)	83.8	(10.61)	63.1	(11.28)	81.6	(11.62)	97.1	(9.76)
Girls	88.5	(10.95)	88.7	(6.30)	84.9	(7.30)	76.2	(13.50)	83.5	(10.40)	100.0	(29.63)
9–13 years old	89.6	(5.07)	89.0	(4.81)	88.6	(5.27)	99.3	(7.04)	90.5	(4.74)	87.2	(8.93)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	93.1	(7.58)	96.0	(7.80)	91.4	(8.76)	100.0	(8.84)	100.0	(6.65)	85.3	(13.26)
Girls	85.9	(6.68)	81.6	(5.49)	85.7	(5.69)	98.6	(11.05)	80.6	(6.77)	89.3	(11.90)
14–18 years old	89.6	(7.73)	95.4	(7.13)	89.5	(9.58)	87.1	(8.70)	86.4	(15.75)	77.3	(7.41)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	86.3	(13.00)	100.0	(1.31)	89.7	(11.75)	90.5	(11.67)	100.0	(20.62)	57.3	(11.95)
Girls	93.1	(8.01)	90.6	(14.57)	89.3	(15.29)	83.6	(12.96)	72.0	(23.96)	98.4	(8.55)

See notes at end of table.

Table B-33. Linoleic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	4.7	4.9	5.1	5.3	5.8	6.3	6.6	6.8	7.1	4.7	5.0	5.2	5.5	6.2	6.9	7.3	7.6	8.0
5–8 years old	4.4	4.7	4.9	5.2	5.9	6.5	6.9	7.2	7.6	4.7	5.0	5.1	5.3	5.8	6.3	6.6	6.8	7.1
9–13 years old	4.9	5.1	5.3	5.5	5.9	6.4	6.7	6.9	7.1	4.5	4.8	5.0	5.4	6.1	6.8	7.2	7.5	8.0
14–18 years old	4.7	4.9	5.0	5.2	5.7	6.1	6.3	6.5	6.8	4.9	5.2	5.5	5.9	6.6	7.4	7.9	8.2	8.7
All NSLP participants	5.2	5.4	5.5	5.6	5.9	6.3	6.4	6.6	6.8	4.6	4.9	5.1	5.5	6.2	7.0	7.5	7.8	8.3
5–8 years old	4.4	4.7	4.9	5.2	5.8	6.5	6.9	7.3	7.7	4.7	5.0	5.2	5.5	6.1	6.7	7.1	7.4	7.9
9–13 years old	5.1	5.2	5.4	5.6	5.9	6.3	6.6	6.7	6.9	4.3	4.6	4.9	5.3	6.0	6.9	7.3	7.7	8.2
14–18 years old	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	4.7	5.1	5.3	5.7	6.5	7.4	7.9	8.3	8.8
Income-eligible NSLP participants	4.7	5.0	5.1	5.4	6.0	6.6	6.9	7.2	7.5	4.7	5.1	5.3	5.7	6.6	7.5	8.0	8.4	8.9
5–8 years old	4.5	4.8	5.0	5.2	5.8	6.3	6.7	6.9	7.2	4.5	4.8	5.0	5.3	6.0	6.8	7.2	7.5	7.9
9–13 years old	4.8	5.1	5.2	5.5	6.0	6.6	6.9	7.1	7.4	4.4	4.8	5.1	5.4	6.2	7.0	7.5	7.8	8.3
14–18 years old	4.7	5.0	5.2	5.5	6.1	6.8	7.2	7.5	7.9	5.1 u	5.5 u	5.9	6.4	7.4	8.5	9.2	9.5	10.1
Income-eligible nonparticipants	4.9	5.1	5.2	5.5	6.0	6.5	6.8	7.0	7.4	4.6	5.0	5.2	5.5	6.2	7.0	7.4	7.8	8.2
5–8 years old	3.4	3.8	4.1	4.6	5.6	6.8	7.5	8.1	8.9	4.2	4.5	4.7	5.0	5.8	6.5	6.9	7.3	7.7
9–13 years old	6.1	6.1	6.1	6.1	6.1	6.1	6.1	6.1	6.1	5.2	5.4	5.5	5.7	6.1	6.4	6.6	6.8	7.0
14–18 years old	4.8	5.0	5.2	5.5	6.0	6.6	6.9	7.1	7.4	4.4	4.9	5.2	5.7	6.7	7.9	8.6	9.1	9.8
Higher-income NSLP participants	5.4	5.5	5.5	5.7	5.9	6.1	6.3	6.4	6.5	4.2	4.5	4.8	5.1	6.0	6.9	7.4	7.8	8.4
5–8 years old	4.3	4.7	4.9	5.3	6.1	7.0	7.5	7.9	8.5	4.4	4.7	5.0	5.3	6.1	7.0	7.5	7.9	8.5
9–13 years old	5.8	5.8	5.8	5.8	5.8	5.8	5.8	5.8	5.8	4.3	4.6	4.9	5.2	5.9	6.7	7.1	7.4	7.9
14–18 years old	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	3.9 u	4.2 u	4.5	4.9	5.9	7.0	7.6	8.1	8.8
Higher-income nonparticipants	4.4	4.7	4.8	5.1	5.7	6.2	6.6	6.8	7.1	5.1	5.3	5.5	5.7	6.1	6.6	6.9	7.1	7.4
5–8 years old	5.1	5.3	5.4	5.6	6.0	6.3	6.5	6.6	6.8	5.4	5.4	5.4	5.4	5.4	5.4	5.4	5.4	5.4
9–13 years old	4.6	4.8	5.0	5.3	5.9	6.5	6.8	7.1	7.4	4.6	5.0	5.2	5.6	6.3	7.1	7.5	7.9	8.3
14–18 years old	3.7 *	4.0	4.2	4.5	5.2	5.9	6.4	6.7	7.2	5.3	5.6	5.7	6.0	6.5	7.1	7.4	7.6	7.9

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-34. Linolenic Acid (g): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean Daily Intake												
All ages, 5–18 years old	1.2	(0.02)	1.3	(0.03)	1.3	(0.05)	1.2	(0.04)	1.3	(0.06)	1.2	(0.04)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	1.3	(0.04)	1.4	(0.05)	1.4	(0.07)	1.3	(0.06)	1.4	(0.09)	1.3	(0.06)
Girls	1.1	(0.03)	1.1	(0.05)	1.1	(0.06)	1.1	(0.06)	1.2	(0.08)	1.1	(0.05)
5–8 years old	1.1	(0.03)	1.1	(0.03)	1.1	(0.04)	1.0	(0.06)	1.2	(0.05)	1.0	(0.06)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	1.1	(0.04)	1.1	(0.04)	1.1	(0.05)	1.0	(0.08)	1.2	(0.08)	1.2	(0.09)
Girls	1.0	(0.04)	1.1	(0.04)	1.1	(0.06)	1.0	(0.09)	1.1	(0.07)	0.8 **	(0.08)
9–13 years old	1.2	(0.03)	1.3	(0.04)	1.3	(0.05)	1.1	(0.06)	1.3	(0.09)	1.1	(0.07)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	1.3	(0.05)	1.3	(0.07)	1.4	(0.08)	1.2	(0.11)	1.3	(0.13)	1.1	(0.08)
Girls	1.2	(0.04)	1.2	(0.05)	1.2	(0.06)	1.1	(0.05)	1.3	(0.13)	1.1	(0.10)
14–18 years old	1.4	(0.05)	1.4	(0.08)	1.4	(0.11)	1.4	(0.08)	1.3	(0.12)	1.3	(0.07)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	1.5	(0.08)	1.6	(0.12)	1.7	(0.18)	1.5	(0.10)	1.6	(0.19)	1.4	(0.11)
Girls	1.2	(0.06)	1.1	(0.11)	1.1	(0.13)	1.2	(0.12)	1.1	(0.16)	1.2	(0.09)

See notes at end of table.

Table B-34. Linolenic Acid (g): Usual Daily Intakes from Foods and Beverages—Continued

Table B-4. Emotional Risk (g): Mean Daily Intakes from Foods and Beverages Consumed												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Mean Daily Intake as a Percent of Adequate Intake (AI) ¹												
All ages, 5–18 years old	108.5	(1.86)	112.4	(2.75)	113.2	(3.61)	105.0	(3.50)	114.5	(4.80)	104.4	(3.44)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	106.4	(2.58)	111.4	(3.50)	113.9	(4.99)	101.2	(4.59)	112.4	(6.16)	102.5	(4.44)
Girls	110.6	(2.68)	113.4	(4.27)	112.4	(5.23)	108.9	(5.31)	116.6	(7.41)	106.4	(5.29)
5–8 years old	117.2	(2.74)	124.7	(3.06)	122.5	(4.03)	108.3	(6.69)	129.5	(5.74)	112.5	(6.72)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	125.2	(3.85)	125.3	(4.28)	122.5	(5.11)	107.8	(8.45)	135.4	(8.69)	131.7	(10.32)
Girls	108.8	(3.90)	124.0	(4.37)	122.5	(6.29)	108.9	(10.45)	123.4	(7.45)	92.5 **	(8.52)
9–13 years old	109.6	(2.91)	115.9	(3.84)	117.0	(4.61)	103.6	(5.18)	118.4	(8.29)	104.2	(6.10)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	104.3	(4.18)	110.8	(5.45)	112.9	(6.92)	101.3	(8.98)	109.3	(10.48)	95.8	(6.55)
Girls	115.2	(4.04)	121.1	(5.41)	121.3	(6.05)	106.1	(4.89)	127.9	(12.93)	113.1	(10.44)
14–18 years old	100.9	(3.65)	99.8	(6.05)	102.6	(8.18)	103.8	(6.31)	99.5	(9.35)	98.5	(5.23)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	94.4	(4.94)	101.5	(7.22)	108.4	(11.10)	96.3	(6.37)	98.4	(11.60)	87.1	(6.76)
Girls	107.6	(5.40)	98.1	(9.83)	96.4	(12.06)	111.7	(11.10)	100.7	(14.81)	110.5	(8.05)

See notes at end of table.

Table B-34. Linolenic Acid (g): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	0.8	0.9	1.0	1.1	1.3	1.5	1.7	1.8	1.9	0.6	0.7	0.8	0.9	1.1	1.3	1.5	1.6	1.7
5–8 years old	0.8	0.8	0.9	1.0	1.1	1.3	1.4	1.5	1.6	0.6	0.7	0.7	0.8	1.0	1.1	1.2	1.3	1.4
9–13 years old	0.9	0.9	1.0	1.1	1.2	1.4	1.5	1.6	1.7	0.7	0.8	0.8	0.9	1.1	1.4	1.5	1.6	1.8
14–18 years old	0.9	1.0	1.0	1.2	1.5	1.8	2.0	2.1	2.4	0.6	0.7	0.8	0.9	1.1	1.4	1.6	1.7	2.0
All NSLP participants	0.9	1.0	1.1	1.2	1.4	1.6	1.7	1.8	2.0	0.7	0.8	0.8	0.9	1.1	1.3	1.5	1.6	1.7
5–8 years old	0.8	0.9	0.9	1.0	1.1	1.3	1.3	1.4	1.5	0.9	0.9	0.9	1.0	1.1	1.2	1.3	1.4	1.4
9–13 years old	0.9	1.0	1.0	1.1	1.3	1.5	1.6	1.7	1.9	0.7	0.8	0.9	1.0	1.2	1.4	1.6	1.7	1.8
14–18 years old	1.0	1.1	1.2	1.3	1.6	1.9	2.1	2.2	2.4	0.6 u	0.7 u	0.7 u	0.8	1.0	1.3	1.5	1.6	1.8
Income-eligible NSLP participants	0.9	1.0	1.0	1.2	1.4	1.7	1.8	2.0	2.1	0.8	0.8	0.9	0.9	1.1	1.3	1.4	1.5	1.6
5–8 years old	0.8	0.9	0.9	1.0	1.1	1.2	1.3	1.4	1.4	0.9	1.0	1.0	1.0	1.1	1.2	1.2	1.2	1.3
9–13 years old	0.8	0.9	1.0	1.1	1.3	1.6	1.8	1.9	2.1	0.8	0.9	1.0	1.0	1.2	1.4	1.5	1.6	1.7
14–18 years old	1.0 u	1.1	1.2	1.4	1.7	2.0	2.3	2.5	2.7	0.6 u	0.6 u	0.7 u	0.8 u	1.0	1.3	1.5	1.6	1.7 u
Income-eligible nonparticipants	0.9	0.9	1.0	1.1	1.2	1.4	1.6	1.7	1.8	0.6	0.7	0.8	0.9	1.1	1.3	1.5	1.6	1.7
5–8 years old	0.9	0.9	0.9	0.9	1.0	1.0	1.0	1.0	1.0	0.4	0.5	0.6	0.7	0.9	1.2	1.4	1.5	1.8
9–13 years old	0.9 u	1.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	0.7	0.8	0.8	0.9	1.0	1.2	1.3	1.4	1.5
14–18 years old	0.8	0.9	1.0	1.1	1.5	1.9	2.1	2.3	2.6	0.7 u	0.8	0.8	0.9	1.2	1.5	1.6	1.8	2.0
Higher-income NSLP participants	1.1	1.1	1.2	1.2	1.4	1.5	1.6	1.7	1.8	0.7	0.8	0.8	0.9	1.1	1.4	1.5	1.7	1.9
5–8 years old	1.2	1.2	1.2	1.2	1.2	1.2	1.3	1.3	1.3	0.8	0.9	0.9	1.0	1.1	1.2	1.3	1.4	1.5
9–13 years old	1.1	1.1	1.1	1.2	1.3	1.4	1.5	1.5	1.6	0.7	0.8	0.8	0.9	1.2	1.5	1.8	1.9	2.2
14–18 years old	1.0	1.1	1.2	1.3	1.5	1.8	2.0	2.1	2.3	0.6	0.7	0.7	0.8	1.1	1.3	1.5	1.7	1.9
Higher-income nonparticipants	0.8	0.9	0.9	1.0	1.2	1.5	1.6	1.7	1.9	0.6	0.7	0.7	0.8	1.0	1.3	1.4	1.5	1.7
5–8 years old	0.6	0.7	0.8	0.9	1.1	1.4	1.6	1.7	1.9	0.5	0.6	0.6	0.7	0.8 *	1.0	1.0	1.1	1.2
9–13 years old	0.8	0.9	0.9	1.0	1.1	1.3	1.4	1.5	1.6	0.6 u	0.7	0.8	0.9	1.1	1.3	1.5	1.6	1.8
14–18 years old	0.8	0.9	1.0	1.1	1.4	1.6	1.8	1.9	2.1	0.6 u	0.7	0.8	0.9	1.2	1.5	1.6	1.8	2.0

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Mean Daily Intake												
All ages, 5–18 years old	0.5	(0.01)	0.5	(0.01)	0.5	(0.01)	0.5	(0.01)	0.5	(0.02)	0.5	(0.02)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	0.5	(0.01)	0.5	(0.02)	0.5	(0.01)	0.5	(0.02)	0.5	(0.03)	0.5 *	(0.02)
Girls	0.5	(0.01)	0.5	(0.02)	0.6	(0.02)	0.5	(0.02)	0.5	(0.03)	0.5	(0.03)
5–8 years old	0.5	(0.01)	0.5	(0.01)	0.5	(0.01)	0.5	(0.02)	0.5	(0.02)	0.5 *	(0.03)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	0.5	(0.02)	0.5	(0.01)	0.5	(0.02)	0.5	(0.03)	0.6	(0.03)	0.5	(0.04)
Girls	0.5	(0.02)	0.5	(0.02)	0.5	(0.02)	0.5	(0.03)	0.5	(0.03)	0.4 *	(0.04)
9–13 years old	0.5	(0.01)	0.5	(0.01)	0.6	(0.02)	0.5	(0.02)	0.5	(0.02)	0.5	(0.02)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	0.5	(0.01)	0.5	(0.02)	0.5	(0.02)	0.5	(0.04)	0.5	(0.03)	0.5	(0.03)
Girls	0.5	(0.02)	0.5	(0.02)	0.6	(0.03)	0.5	(0.02)	0.5	(0.04)	0.5	(0.04)
14–18 years old	0.5	(0.02)	0.6	(0.03)	0.6	(0.03)	0.6	(0.02)	0.6	(0.04)	0.5	(0.03)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	0.5	(0.02)	0.6	(0.04)	0.6	(0.03)	0.5	(0.02)	0.6	(0.06)	0.4	(0.02)
Girls	0.6	(0.03)	0.6	(0.04)	0.6	(0.05)	0.6	(0.04)	0.6	(0.06)	0.6	(0.05)

See notes at end of table.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
				Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent
Percent of School Children with Usual Intake Below the AMDR ¹												
All ages, 5–18 years old	82.3	(3.44)	86.0	(7.74)	88.6	(13.86)	84.7	(4.81)	77.5	(8.62)	81.9	(4.93)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	90.0	(5.39)	86.0	(8.90)	88.9	(16.25)	90.6	(6.88)	84.6	(13.90)	91.8	(6.89)
Girls	74.2	(4.20)	86.0	(12.81)	88.2	(22.70)	78.4	(6.71)	70.0	(9.98)	71.5	(7.06)
5–8 years old	93.7	(5.52)	90.5	(7.91)	96.1	(8.11)	97.0	(9.05)	80.0	(14.13)	91.5	(7.24)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	90.4	(9.01)	95.2	(8.27)	96.1	(6.75)	100.0	(13.29)	84.1	(23.28)	83.3	(13.94)
Girls	97.1	(6.25)	85.5	(13.67)	96.0	(15.00)	93.8	(12.25)	75.7	(15.62)	100.0	(2.75)
9–13 years old	84.3	(6.66)	81.8	(7.51)	70.7	(10.87)	91.7	(4.92)	85.7	(9.04)	81.3	(10.56)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	94.6	(11.07)	91.3	(11.76)	71.7	(13.75)	100.0 *	(2.78)	100.0	(9.69)	92.7	(14.86)
Girls	73.6	(7.17)	71.8	(9.19)	69.6	(16.95)	82.9	(9.64)	70.7	(15.48)	69.5	(15.00)
14–18 years old	71.9	(5.36)	86.6	(18.75)	100.0 u	(35.50)	68.8	(10.05)	67.7	(18.89)	75.3	(6.83)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	85.5	(7.41)	74.0	(20.32)	100.0 u	(41.54)	74.8	(15.45)	70.3 u	(31.92)	97.4	(6.11)
Girls	57.6	(7.77)	99.9 u	(32.00)	100.0 u	(58.32)	62.6	(12.68)	65.0	(19.32)	52.1	(12.47)

See notes at end of table.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Above the AMDR ¹											
All ages, 5–18 years old	0.0 u (0.08)	0.0 (0.01)		0.0 (0.00)		0.1 u (0.18)		0.0 u (0.24)		0.3 u (0.27)	
Sample size	2,907 -	1,555 -		941 -		571 -		515 -		705 -	
Boys	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.02)		0.0 (0.10)		0.0 (0.02)	
Girls	0.1 u (0.16)	0.0 (0.01)		0.0 (0.00)		0.1 u (0.38)		0.1 u (0.48)		0.6 u (0.56)	
5–8 years old	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.04)	
Sample size	833 -	548 -		353 -		113 -		163 -		159 -	
Boys	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.07)	
Girls	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
9–13 years old	0.0 u (0.02)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.11)		0.0 u (0.16)	
Sample size	1,151 -	675 -		416 -		206 -		220 -		244 -	
Boys	0.0 (0.00)	0.0 (0.00)		0.0 (0.01)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Girls	0.0 u (0.03)	0.0 (0.01)		0.0 (0.00)		0.0 (0.00)		0.0 (0.22)		0.1 u (0.33)	
14–18 years old	0.1 u (0.21)	0.0 (0.02)		0.0 (0.00)		0.2 u (0.50)		0.1 u (0.64)		0.8 u (0.73)	
Sample size	923 -	332 -		172 -		252 -		132 -		302 -	
Boys	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.06)		0.0 (0.26)		0.0 (0.00)	
Girls	0.2 u (0.42)	0.0 (0.03)		0.0 (0.00)		0.4 u (1.02)		0.1 u (1.29)		1.6 u (1.49)	

See notes at end of table.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children with Usual Intake Within the AMDR ¹												
All ages, 5–18 years old	17.6	(3.42)	14.0 u	(7.74)	11.5 u	(13.86)	15.2 u	(4.77)	22.5 u	(8.57)	17.8	(4.89)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	10.0 u	(5.39)	14.1 u	(8.90)	11.1 u	(16.25)	9.4 u	(6.87)	15.4 u	(13.89)	8.2 u	(6.89)
Girls	25.7	(4.15)	14.0 u	(12.81)	11.9 u	(22.70)	21.4 u	(6.59)	30.0 u	(9.82)	27.8	(6.96)
5–8 years old	6.4 u	(5.52)	9.5 u	(7.91)	3.9 u	(8.11)	3.1 u	(9.05)	20.0 u	(14.13)	8.5 u	(7.23)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	9.6 u	(9.01)	4.8 u	(8.27)	3.9 u	(6.75)	0.0	(13.29)	15.9 u	(23.28)	16.7 u	(13.91)
Girls	3.0 u	(6.25)	14.5 u	(13.67)	4.0 u	(15.00)	6.2 u	(12.25)	24.3 u	(15.62)	0.0	(2.75)
9–13 years old	15.7 u	(6.66)	18.2 u	(7.51)	29.3 u	(10.87)	8.3 u	(4.92)	14.3 u	(9.02)	18.6 u	(10.51)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	5.5 u	(11.07)	8.7 u	(11.76)	28.3 u	(13.75)	0.0 *	(2.78)	0.0	(9.69)	7.3 u	(14.86)
Girls	26.4	(7.16)	28.2 u	(9.19)	30.4 u	(16.95)	17.1 u	(9.64)	29.3 u	(15.42)	30.5 u	(14.85)
14–18 years old	28.0	(5.30)	13.4 u	(18.74)	0.0	(35.50)	31.0 u	(9.91)	32.2 u	(18.75)	23.9	(6.71)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	14.5 u	(7.41)	26.1 u	(20.32)	0.0	(41.54)	25.2 u	(15.44)	29.7 u	(31.90)	2.6 u	(6.11)
Girls	42.2	(7.57)	0.1 u	(31.99)	0.0	(58.32)	37.0 u	(12.20)	34.9 u	(18.78)	46.3	(12.19)

See notes at end of table.

Table B-35. Linolenic Acid (% of Calorie Intake): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.7
5–8 years old	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6
9–13 years old	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.7
14–18 years old	0.4	0.4	0.4	0.4	0.5	0.6	0.6	0.6	0.7	0.4	0.4	0.4	0.5	0.6	0.7	0.8	0.8	0.9
All NSLP participants	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7
5–8 years old	0.4	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6
9–13 years old	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.7
14–18 years old	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.6	0.6
Income-eligible NSLP participants	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.6
5–8 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
9–13 years old	0.4	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.7	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.7
14–18 years old	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Income-eligible nonparticipants	0.5	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7
5–8 years old	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.4	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6
9–13 years old	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7
14–18 years old	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.4	0.4	0.4	0.5	0.6	0.7	0.7	0.8	0.9
Higher-income NSLP participants	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8
5–8 years old	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.6	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7
9–13 years old	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.4	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8
14–18 years old	0.4	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.7	0.3	0.4	0.4	0.4	0.5	0.7	0.7	0.8	0.8
Higher-income nonparticipants	0.4	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.4	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8
5–8 years old	0.3	0.4	0.4	0.4	0.5	0.6	0.6	0.6	0.7	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5
9–13 years old	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.6	0.3	0.4	0.4	0.4	0.5	0.6	0.7	0.7	0.8
14–18 years old	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.3	0.4	0.4	0.5	0.6	0.7	0.8	0.9	1.0

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.

- Not applicable.

Table B-36. Cholesterol (mg): Usual Daily Intakes from Foods and Beverages

All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants		
				Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean
Mean Daily Intake												
All ages, 5–18 years old	222	(4.8)	218	(6.1)	223	(9.2)	227	(10.0)	211	(9.7)	222	(11.0)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	250	(7.6)	248	(9.6)	255	(16.3)	243	(14.9)	242	(14.2)	253	(15.4)
Girls	193	(5.8)	187	(7.4)	190	(8.0)	209	(13.2)	177	(13.2)	190	(15.6)
5–8 years old	185	(6.3)	192	(6.8)	194	(6.5)	184	(15.5)	180	(12.1)	176	(17.0)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	189	(8.1)	196	(8.6)	198	(8.4)	172	(16.0)	192	(18.2)	183	(25.7)
Girls	181	(9.6)	188	(10.7)	189	(9.9)	197	(26.9)	169	(15.8)	168	(22.2)
9–13 years old	226	(9.0)	223	(9.0)	230	(14.0)	214	(15.4)	210	(14.8)	226	(22.9)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	239	(13.7)	241	(14.7)	254	(25.1)	205	(18.5)	220	(19.8)	248	(31.8)
Girls	212	(11.7)	204	(10.1)	204	(11.6)	224	(24.9)	200	(21.9)	204	(33.0)
14–18 years old	248	(8.6)	234	(13.2)	239	(20.4)	270	(19.4)	234	(20.2)	253	(15.3)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	307	(14.7)	295	(20.8)	297	(36.3)	332	(34.0)	301	(30.3)	310	(21.0)
Girls	185	(8.4)	170	(15.7)	178	(17.2)	205	(17.2)	163	(26.5)	193	(22.4)

See notes at end of table.

Table B-36. Cholesterol (mg): Usual Daily Intakes from Foods and Beverages—Continued

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Percent of School Children Meeting Dietary Guidelines Recommendations ¹												
All ages, 5–18 years old	83.4	(2.53)	87.7	(2.19)	85.3	(3.09)	84.5	(4.67)	89.8	(3.04)	70.6	(13.46)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	73.5	(4.22)	77.0	(4.08)	73.2	(5.80)	77.9	(8.16)	81.1	(5.72)	51.9 u	(25.83)
Girls	93.8	(2.71)	98.9	(1.35)	98.1	(1.77)	91.3	(4.27)	98.9	(1.64)	90.2	(5.23)
5–8 years old	97.5	(1.16)	97.9	(1.34)	97.8	(1.85)	96.2	(3.90)	97.2	(2.70)	96.6	(3.17)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	95.2	(2.27)	95.9	(2.58)	95.7	(3.62)	99.1	(4.25)	95.3	(4.45)	93.4	(6.08)
Girls	100.0	(0.21)	100.0	(0.54)	100.0	(0.03)	93.1	(6.63)	99.3	(2.96)	100.0	(1.28)
9–13 years old	83.6	(5.27)	89.6	(4.23)	83.0	(6.05)	91.3	(5.58)	99.1	(2.41)	78.7 *	(8.79)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	80.7	(8.30)	82.7	(7.48)	72.0	(10.89)	100.0 *	(6.78)	98.1	(4.31)	73.8	(12.76)
Girls	86.7	(6.38)	96.9	(3.68)	94.5	(4.86)	82.2	(8.94)	100.0	(2.01)	83.8	(12.06)
14–18 years old	72.7	(4.56)	78.2	(4.22)	78.3	(5.87)	69.1	(11.07)	75.4	(7.62)	43.3 u	(35.36)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	50.6	(8.01)	57.4	(8.18)	57.7	(11.39)	41.1 u	(20.80)	54.4	(14.51)	0.0	(68.45)
Girls	96.0	(4.05)	100.0	(0.94)	100.0	(1.13)	98.6	(5.99)	97.6	(3.32)	89.0	(8.16)

See notes at end of table.

Table B-36. Cholesterol (mg): Usual Daily Intakes from Foods and Beverages—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
Distribution of Usual Intake																		
All ages, 5–18 years old	144	163	176	197	242	294	326	348	386	119	131	140	155	187	225	248	263	291
5–8 years old	108	122	131	147	181	222	248	267	299	162	166	169	173	180	188	193	196	200
9–13 years old	129	148	162	183	230	284	317	342	381	102	120	132	153	200	258	293	317	362
14–18 years old	185	208	223	248	299	357	392	416	454	102 u	116	126	143	179	221	246	263	291
All NSLP participants	139	159	171	193	239	293	327	351	389	149	157	162	169	185	202	213	220	231
5–8 years old	121	134	143	158	189	226	248	266	293	188	188	188	188	188	188	188	188	188
9–13 years old	146	163	175	195	234	280	307	326	359	136	148	157	171	200	232	251	264	287
14–18 years old	147	172	189	218	281	357	404	438	490	134 u	141	146	154	169	185	195	202	211
Income-eligible NSLP participants	119	141	157	183	241	310	355	387	435	161	166	170	176	188	202	211	217	225
5–8 years old	121	135	144	160	192	230	253	270	294	189	189	189	189	189	189	189	189	189
9–13 years old	124	146	162	188	244	310	349	377	419	122	136	147	163	198	238	262	279	303
14–18 years old	114	141	161	197	276	371	438	484	556	178	178	178	178	178	178	178	178	178
Income-eligible nonparticipants	160	175	186	203	238	276	300	318	344	120	134	145	163	201	245	274	296	329
5–8 years old	103 u	115 u	124	138	168	201	220	235	257	106 u	121	132	150	190	233	261	283	315
9–13 years old	175	181	186	193	205	218	225	230	237 u	104	122	135	157	207	269	313	347	400
14–18 years old	189	215	233	261	322	388	430	465	510	145 u	156	164	177	203	230	246	257	272
Higher-income NSLP participants	155	170	181	199	236	278	304	322	352	129	137	143	153	174	198	212	223	239
5–8 years old	114	127	135	151	186	224	249	267	296	105	116	124	137	164	195	213	227	249
9–13 years old	169	180	186	196	217	240	254	262	278	199	200	200	200	200	200	200	200	200
14–18 years old	172	195	212	238	291	355	394	421	465	79 u	93 u	102	120	157	197	223	242	268
Higher-income nonparticipants	178	189	197	211	244	284	311	330	359	102	115	124	140	178	225	257	282	318
5–8 years old	90	105	115	132	172	221	253	277	315	168	168	168	168	168	168	168	168 u	168 u
9–13 years old	108	128	143	169	231	305	356	392	445	73 u	91	104	129	184	255	306	345	405 u
14–18 years old	310	310	310	310	310	311	311	311	311	79 u	98 u	110 u	130	181	239	277	307	347

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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: 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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 that persons age 2 years and older consume less than 300 mg of cholesterol a day.

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 C.

Detailed Tables for Energy Intakes and Body Mass Index, Empty Calories, Food Choices, and Healthy Eating Index

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Table C-1. Mean Daily Calorie Intakes

All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
					Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Mean daily calorie intake												
All ages, 5–18 years old	2,043	(23.6)	2,041	(30.1)	2,033	(45.4)	2,000	(42.1)	2,077	(48.8)	2,055	(46.0)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	2,256	(38.2)	2,258	(44.4)	2,293	(70.8)	2,170	(67.7)	2,268	(69.0)	2,300	(74.1)
Girls	1,819	(27.3)	1,813	(40.4)	1,760	(56.1)	1,822	(48.9)	1,878	(68.9)	1,799	(53.4)
5–8 years old	1,864	(30.4)	1,894	(30.1)	1,901	(39.2)	1,753	(71.1)	1,914	(55.4)	1,879	(68.8)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	1,972	(44.3)	1,951	(40.7)	1,967	(62.7)	1,768	(88.4)	1,984	(63.8)	2,104	(113.2)
Girls	1,750	(41.6)	1,834	(44.4)	1,832	(46.2)	1,738	(112.1)	1,841	(91.5)	1,645	(76.2)
9–13 years old	1,996	(28.0)	2,052	(39.7)	2,058	(46.9)	1,962	(65.1)	2,089	(79.9)	1,931	(54.7)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	2,097	(45.2)	2,163	(61.4)	2,187	(75.6)	2,103	(115.5)	2,171	(124.5)	2,002	(86.0)
Girls	1,889	(32.3)	1,935	(49.6)	1,923	(54.1)	1,813	(56.1)	2,002	(98.6)	1,856	(66.7)
14–18 years old	2,222	(53.5)	2,141	(68.5)	2,107	(110.5)	2,222	(79.1)	2,189	(99.3)	2,306	(100.5)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	2,620	(87.6)	2,577	(100.1)	2,638	(170.5)	2,532	(130.2)	2,571	(135.5)	2,728	(161.6)
Girls	1,802	(59.4)	1,680	(93.0)	1,548	(138.6)	1,894 *	(87.0)	1,786	(145.6)	1,861	(116.6)

See notes at end of table.

Table C-1. Energy Intake—Continued

	Percentiles																	
	Boys									Girls								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
	Distribution of Usual Intake																	
All school children, 5–18 years old	1579	1712	1804	1945	2226	2535	2716	2839	3036	1250	1362	1437	1558	1797	2058	2204	2302	2460
5–8 years	1489	1590	1656	1761	1959	2171	2291	2372	2501	1257	1351	1417	1519	1728	1956	2090	2183	2327
9–13 years	1533	1647	1728	1843	2079	2327	2472	2571	2728	1298	1421	1499	1625	1872	2138	2281	2377	2540
14–18 years	1690	1866	1988	2180	2565	3005	3264	3442	3728	1198	1316	1393	1523	1779	2058	2215	2320	2485
All NSLP participants	1561	1697	1787	1930	2224	2547	2737	2871	3077	1293	1396	1465	1573	1793	2026	2165	2263	2405
5–8 years	1471	1570	1633	1738	1940	2147	2263	2353	2482	1444	1526	1580	1661	1824	1995	2091	2162	2262
9–13 years	1530	1648	1731	1863	2129	2425	2601	2724	2928	1368	1480	1559	1677	1916	2168	2314	2411	2577
14–18 years	1659	1838	1953	2138	2527	2961	3219	3396	3663	1107	1218	1287	1408	1652	1914	2078	2196	2348
Income-eligible NSLP participants	1505	1650	1751	1914	2249	2616	2846	3002	3235	1260	1360	1428	1530	1745	1967	2099	2184	2306
5–8 years	1546	1631	1688	1778	1954	2142	2250	2327	2435	1488	1560	1609	1680	1828	1975	2058	2116	2195
9–13 years	1506	1638	1731	1873	2164	2473	2647	2771	2945	1363	1474	1554	1671	1908	2157	2301	2400	2534
14–18 years	1475	1677	1818	2055	2550	3107	3479	3725	4108	989	1100	1172	1282	1527	1780	1936	2030	2170
Income-eligible nonparticipants	1546	1663	1749	1876	2141	2419	2589	2724	2903	1319	1420	1488	1597	1811	2025	2153	2245	2377
5–8 years	1380	1457	1515	1597	1764	1929	2018	2089	2186	1009	1150	1245	1398	1715	2030	2221	2365	2574
9–13 years	1808	1871	1917	1982	2102	2222	2289	2333	2399	1218	1339	1420	1551	1798	2050	2201	2311	2464
14–18 years	1420	1619	1763	1983	2459	2971	3300	3568	3918	1648	1700	1735	1790	1895	1996	2056	2092	2144
Higher-income NSLP participants	1664	1785	1868	1995	2248	2517	2672	2774	2942	1317	1424	1496	1613	1855	2108	2260	2371	2532
5–8 years	1547	1642	1699	1798	1988	2163	2265	2331	2431	1448	1534	1589	1673	1839	2003	2093	2157	2251
9–13 years	1614	1724	1795	1903	2140	2403	2555	2653	2833	1417	1535	1615	1735	1987	2241	2393	2494	2654
14–18 years	1798	1951	2064	2230	2544	2890	3088	3220	3426	1122	1234	1311	1450	1741	2059	2259	2413	2627
Higher-income nonparticipants	1706	1828	1905	2032	2288	2543	2694	2800	2948	1195	1316	1397	1521	1780	2046	2207	2319	2475
5–8 years	1631	1732	1795	1896	2095	2297	2414	2492	2609	1224	1299	1357	1442	1622	1822	1942	2018	2140
9–13 years	1510	1616	1685	1792	2005	2204	2321	2397	2498	1217	1351	1440	1582	1845	2111	2273	2382	2538
14–18 years	1949	2102	2198	2362	2701	3048	3258	3414	3630	1151	1295	1386	1523	1837	2152	2344	2484	2666

Sources: NHANES 2005–2010 dietary recalls. Sample includes NHANES respondents with complete dietary recall data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 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 a single dietary recall per child. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as children likely to have received a reimbursable school lunch on the intake day (see Appendix A). In the comparison of percentiles across NSLP 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.
- Not applicable.

Table C-2. Body Mass Index

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Both sexes											
Sample size	2,894 -	1,549 -		939 -		566 -		513 -		704 -	
Underweight	2.4 (0.44)	2.9 (0.56)		3.1 (0.75)		4.2 u (1.56)		2.1 u (0.65)		1.1 u (0.50)	
Healthy weight	62.3 (2.00)	61.1 (1.92)		60.4 (3.23)		55.8 (3.29)		63.1 (2.68)		66.8 (5.16)	
Overweight	16.3 (1.23)	14.3 (1.36)		13.3 (1.84)		18.3 (2.15)		14.3 (2.34)		18.1 (3.34)	
Obese	19.0 (1.44)	21.7 (2.05)		23.2 (2.90)		21.7 (2.66)		20.5 (2.65)		13.9 (2.62)	
Boys											
Sample size	1,470 -	842 -		499 -		262 -		292 -		336 -	
Underweight	2.5 (0.67)	2.1 (0.44)		2.9 u (0.92)		5.8 u (2.57)		1.7 u (0.65)		1.2 u (0.71)	
Healthy weight	60.3 (2.81)	63.4 (2.92)		63.4 (3.86)		51.2 (4.44)		65.8 (3.86)		60.3 * (6.81)	
Overweight	16.8 (2.34)	13.2 (2.05)		11.2 (2.04)		16.1 (1.97)		13.3 (3.82)		22.8 (6.16)	
Obese	20.4 (1.45)	21.3 (2.41)		22.5 (3.03)		26.9 (4.47)		19.2 (3.40)		15.7 (2.56)	
Girls											
Sample size	1,424 -	707 -		440 -		304 -		221 -		368 -	
Underweight	2.3 (0.49)	3.7 u (1.13)		3.4 (0.98)		2.5 u (1.33)		2.8 u (1.21)		1.0 u (0.66)	
Healthy weight	64.3 (2.02)	58.5 (3.25)		57.6 (4.64)		59.9 * (4.12)		59.3 (5.34)		73.0 (3.97)	
Overweight	15.8 (1.21)	15.6 (2.22)		15.2 (2.54)		19.3 (3.43)		15.8 (3.56)		13.6 (1.84)	
Obese	17.6 (2.03)	22.2 (3.12)		23.9 (4.89)		18.3 (3.23)		22.1 (3.87)		12.5 u (3.79)	

See notes at end of table.

Table C-2. Body Mass Index—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Both sexes											
Sample size	831 -	546 -		352 -		113 -		163 -		159 -	
Underweight	2.3 (0.66)	3.0 u (1.02)		3.3 u (1.41)		1.1 u (1.08)		2.8 u (1.65)		1.8 u (1.22)	
Healthy weight	65.9 (2.56)	65.0 (2.56)		61.7 (2.89)		62.8 (6.45)		69.9 (4.53)		71.8 (6.41)	
Overweight	14.9 (1.95)	13.3 (1.80)		16.2 (2.56)		14.7 (2.97)		7.7 u (2.50)		15.3 u (5.41)	
Obese	16.8 (1.95)	18.8 (2.39)		18.8 (2.95)		21.4 (5.53)		19.5 (4.36)		11.0 u (3.62)	
Boys											
Sample size	424 -	298 -		191 -		48 -		94 -		74 -	
Underweight	2.1 u (0.68)	2.3 u (0.92)		2.2 u (1.26)		. (.)		2.5 u (1.43)		2.2 u (1.48)	
Healthy weight	65.0 (3.78)	65.4 (3.05)		61.5 (3.38)		65.1 (8.45)		75.2 (4.78)		65.5 (10.77)	
Overweight	13.4 (3.78)	12.7 (2.52)		14.7 (3.05)		7.8 u (3.72)		5.3 u (2.45)		17.1 u (11.56)	
Obese	19.5 (2.50)	19.5 (2.82)		21.6 (3.03)		27.1 (7.52)		16.9 (4.45)		15.2 u (6.17)	
Girls											
Sample size	407 -	248 -		161 -		65 -		69 -		85 -	
Underweight	2.5 u (0.99)	3.7 u (1.76)		4.5 u (2.36)		1.6 u (1.66)		3.2 u (3.17)		1.5 u (1.68)	
Healthy weight	66.7 (3.31)	64.4 (4.46)		61.9 (4.55)		61.6 (8.22)		63.7 (7.52)		76.8 (5.89)	
Overweight	16.3 (2.39)	14.0 (2.52)		18.1 (4.21)		18.3 (4.02)		10.5 u (4.35)		13.9 u (5.30)	
Obese	14.5 (2.84)	17.9 (3.57)		15.5 (4.62)		18.5 u (6.95)		22.6 u (7.24)		7.7 u (4.66)	

See notes at end of table.

Table C-2. Body Mass Index—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Both sexes												
Sample size	1,147	-	672	-	416	-	206	-	218	-	243	-
Underweight	2.6	(0.49)	3.0	(0.74)	3.4	(0.96)	4.0 u	(1.70)	2.8 u	(1.08)	1.5 u	(0.87)
Healthy weight	61.2	(2.16)	61.5	(2.44)	59.6	(3.65)	52.4	(5.39)	64.8	(4.07)	65.2	(5.56)
Overweight	17.0	(1.59)	14.0	(1.99)	13.9	(2.25)	20.7	(4.67)	14.5	(3.98)	20.2	(3.80)
Obese	19.2	(2.14)	21.5	(2.28)	23.2	(3.44)	22.8	(3.79)	17.9	(3.71)	13.1 u	(4.12)
Boys												
Sample size	558	-	355	-	207	-	80	-	125	-	113	-
Underweight	2.1	(0.60)	2.0 u	(0.73)	2.3 u	(1.10)	4.1 u	(2.89)	1.9 u	(1.18)	1.6 u	(1.11)
Healthy weight	62.5	(3.17)	66.0	(3.61)	65.9	(4.22)	47.3 *	(6.52)	68.2	(5.92)	61.5	(6.15)
Overweight	17.0	(2.69)	10.7	(2.52)	9.2	(2.57)	17.7	(5.12)	12.7 u	(5.15)	26.9	(5.83)
Obese	18.5	(2.06)	21.3	(2.91)	22.6	(3.97)	30.9	(7.52)	17.2	(4.35)	10.1	(2.83)
Girls												
Sample size	589	-	317	-	209	-	126	-	93	-	130	-
Underweight	3.0	(0.88)	4.2 u	(1.66)	4.3 u	(1.96)	4.0 u	(2.17)	4.4 u	(2.43)	1.5 u	(1.38)
Healthy weight	60.0	(3.40)	56.1	(5.36)	54.1	(5.72)	55.6	(7.44)	58.9	(11.02)	69.0	(8.51)
Overweight	17.0	(2.25)	17.9	(3.42)	18.0	(3.78)	22.6	(6.32)	17.5 u	(6.80)	13.2 u	(4.18)
Obese	19.9	(3.32)	21.8	(4.36)	23.7	(5.18)	17.7	(4.19)	19.2 u	(7.95)	16.3 u	(6.91)

See notes at end of table.

Table C-2. Body Mass Index—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Both sexes												
Sample size	916	-	331	-	171	-	247	-	132	-	302	-
Underweight	2.4 u	(0.96)	2.7 u	(1.32)	2.8 u	(1.80)	6.7 u	(3.60)	0.9 u	(0.63)	0.2 u	(0.12)
Healthy weight	60.5	(2.92)	57.9	(4.02)	60.2	(6.45)	53.8	(5.18)	56.5	(5.21)	64.7	(6.02)
Overweight	16.7	(1.98)	15.2	(2.59)	10.4 u	(3.48)	18.7	(3.36)	19.0	(3.82)	18.3	(4.63)
Obese	20.3	(1.79)	24.2	(3.72)	26.5	(4.81)	20.8	(4.14)	23.6	(5.10)	16.8	(3.21)
Boys												
Sample size	488	-	189	-	101	-	134	-	73	-	149	-
Underweight	3.3 u	(1.67)	2.1 u	(1.41)	3.9 u	(3.35)	11.7 u	(6.33)	0.9 u	(0.85)	0.2 u	(0.19)
Healthy weight	54.6	(4.21)	59.3	(6.12)	62.5	(8.57)	44.6	(5.24)	56.5	(7.19)	55.4	(8.55)
Overweight	19.2	(3.38)	15.8	(3.66)	10.5 u	(3.84)	20.7	(4.39)	19.7 u	(5.95)	23.1 u	(7.49)
Obese	22.9	(2.33)	22.8	(5.02)	23.1	(6.76)	23.0	(5.64)	22.9 u	(6.96)	21.3	(4.76)
Girls												
Sample size	428	-	142	-	70	-	113	-	59	-	153	-
Underweight	1.5 u	(0.85)	3.4 u	(2.29)	1.6 u	(1.21)	1.8 u	(1.78)	0.9 u	(0.90)	0.2 u	(0.16)
Healthy weight	66.7	(3.84)	56.2	(6.86)	57.6	(9.65)	62.6	(7.85)	56.5	(10.57)	73.9	(4.99)
Overweight	14.2	(2.10)	14.5	(3.95)	10.3 u	(4.79)	16.8 u	(5.37)	18.0 u	(5.81)	13.6	(2.99)
Obese	17.6	(2.64)	25.9	(5.94)	30.4	(9.08)	18.8 u	(6.00)	24.6 u	(7.52)	12.3	(2.96)

Sources: NHANES 2005–2010 Body Measures data; Sample includes NHANES respondents with complete dietary recall data and height and weight data, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant or breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Estimate is not displayed when percentage is <3. 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 ≥ 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. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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 Calories¹

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		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	Mean percent of calories	Standard error	Mean percent of calories	Standard error
Both sexes	35.8	(0.40)	34.8	(0.61)	34.1	(0.84)	37.0 *	(0.83)	36.2	(0.75)	36.5	(0.60)
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Boys	36.5	(0.42)	35.2	(0.72)	34.7	(0.98)	37.4	(0.99)	36.1	(0.92)	37.9	(0.63)
Girls	35.1	(0.55)	34.4	(0.71)	33.5	(1.13)	37.1 *	(1.34)	36.2	(1.04)	35.0	(0.76)
5–8 years old												
Both sexes	35.4	(0.59)	34.7	(0.69)	34.7	(0.94)	37.5	(1.31)	35.7	(1.00)	35.3	(1.38)
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Boys	35.6	(0.66)	35.6	(0.99)	36.2	(1.28)	39.0	(2.26)	35.8	(1.47)	34.7	(1.04)
Girls	35.3	(0.89)	33.7	(0.69)	32.9	(1.05)	36.7 *	(1.59)	35.6	(1.15)	35.9	(2.19)
9–13 years old												
Both sexes	35.2	(0.56)	34.2	(0.72)	33.6	(0.93)	36.1	(1.16)	35.3	(1.09)	36.4	(0.91)
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Boys	36.1	(0.67)	34.4	(0.76)	34.3	(1.07)	37.8	(1.56)	35.1	(1.14)	38.1	(1.36)
Girls	34.4	(0.70)	34.0	(0.95)	33.1	(1.17)	35.1	(1.59)	35.6	(1.73)	34.7	(0.94)
14–18 years old												
Both sexes	36.6	(0.69)	35.5	(0.97)	34.2	(1.46)	37.6	(1.45)	37.3	(1.25)	37.4	(1.10)
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Boys	37.4	(0.83)	35.8	(1.16)	34.0	(1.64)	35.8	(1.22)	37.4	(1.54)	40.2	(1.38)
Girls	35.8	(1.00)	35.3	(1.28)	34.4	(2.38)	39.3	(2.44)	37.3	(1.93)	34.6	(1.41)

Sources: NHANES 2005–2010 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, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

¹ Calories from solid fats and added sugars (SoFAS) are 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.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Sample size	2,731	-	1,555	-	941	-	476	-	515	-	643	-
Grains	22.6	(1.29)	18.6	(1.80)	14.3	(1.73)	12.4	(1.86)	24.4	(3.74)	31.3	(3.23)
Types of grains, among those eating any												
Whole grains ¹	14.7	(2.86)	4.8 u	(1.93)	8.5 u	(4.78)	29.4 *	(8.05)	4.3 u	(2.27)	19.7 **	(4.15)
Not whole grain	86.8	(2.71)	96.4	(1.80)	93.1	(4.69)	73.0 *	(7.17)	96.8	(2.18)	81.9 ***	(3.88)
Bread	18.7	(2.63)	18.8	(4.14)	21.6	(4.65)	13.8 u	(6.27)	15.6 u	(6.00)	19.6	(4.34)
Rolls	12.4	(2.35)	31.5	(6.27)	31.0	(6.59)	0.4 ***	(0.42)	34.6	(9.16)	1.0 ***	(0.65)
English muffin	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Bagels	3.1 u	(1.41)	0.0	(0.00)	0.0	(.)	0.3 u	(0.27)	0.0	(0.00)	6.9 * u	(3.20)
Biscuits, scones, croissants	2.5 u	(1.43)	0.3 u	(0.21)	0.7 u	(0.62)	0.0	(.)	0.0	(.)	4.0 u	(2.29)
Muffins	1.9 u	(0.70)	2.4 u	(1.23)	0.5 u	(0.48)	5.6 u	(3.93)	4.5 u	(2.90)	0.8 u	(0.52)
Cornbread	2.0 u	(1.26)	4.8 u	(2.88)	7.6 u	(6.01)	0.0	(.)	4.5 u	(3.65)	0.0 u	(0.04)
Corn tortillas	0.4 u	(0.33)	0.7 u	(0.67)	1.9 u	(1.74)	0.4 u	(0.47)	0.0	(0.00)	0.0 u	(0.03)
Flour tortillas	2.6 u	(1.01)	1.2 u	(1.42)	0.0	(0.00)	8.9 u	(5.64)	0.0	(0.00)	2.6 u	(1.86)
Taco shells	1.0 u	(0.94)	2.0 u	(1.81)	4.1 u	(3.41)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Crackers	35.1	(4.03)	26.9	(7.18)	19.2	(5.56)	30.3	(7.34)	34.3	(9.75)	42.2	(5.01)
Breakfast/granola bar	12.3	(2.82)	2.5 u	(1.09)	0.1 u	(0.15)	17.0 * u	(7.46)	4.7 u	(2.16)	16.0 **	(3.49)
Pancakes, waffles, French toast	3.1 u	(0.96)	3.3 u	(1.65)	4.3 u	(2.04)	6.3 u	(4.23)	3.3 u	(2.67)	1.4 u	(0.94)
Cold cereal	4.8	(1.34)	3.2 u	(1.72)	8.9 u	(4.85)	11.2 u	(5.24)	0.7 u	(0.66)	5.8 * u	(2.07)
Hot cereal	0.1 u	(0.15)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.3 u	(0.34)
Rice	5.0	(1.35)	9.9 u	(3.77)	9.6 u	(4.50)	6.9 u	(2.85)	6.1 u	(4.86)	1.6 u	(0.84)
Pasta	2.6 u	(1.23)	1.4 u	(0.51)	0.2 u	(0.16)	2.3 u	(1.43)	1.1 u	(0.79)	3.7 u	(2.34)
Vegetables	31.4	(1.47)	42.3	(2.69)	41.0	(2.61)	22.3 ***	(3.41)	44.0	(4.64)	21.8 ***	(2.86)
Types of vegetables, among those eating any												
Raw vegetables	21.5	(1.95)	21.9	(2.05)	19.4	(2.09)	10.4 * u	(3.31)	23.6	(3.85)	23.4	(6.64)
Raw lettuce/greens	1.0 u	(0.35)	1.4 u	(0.52)	1.2 u	(0.52)	0.1 u	(0.14)	1.7 u	(1.03)	0.0	(0.00)
Raw carrots	6.2	(1.45)	6.7	(1.99)	5.6	(1.50)	5.5 u	(2.65)	8.2 u	(3.84)	6.1 u	(3.13)
Raw tomatoes	0.5 u	(0.37)	0.3 u	(0.30)	0.0	(.)	0.0	(.)	0.0	(.)	1.4 u	(1.37)
Raw cabbage/coleslaw	0.4 u	(0.27)	0.3 u	(0.29)	0.5 u	(0.51)	0.0	(0.00)	0.0	(0.00)	1.1 u	(1.05)
Other raw (higher in vitamins A and C) ²	0.5 u	(0.27)	0.5 u	(0.32)	0.1 u	(0.07)	0.0	(.)	0.3 u	(0.21)	0.7 u	(0.51)
Other raw (lower in vitamins A and C) ²	2.8	(0.82)	3.9	(1.04)	3.1 u	(1.26)	0.6 u	(0.45)	3.1 u	(1.68)	0.2 u	(0.18)
Salads (w/greens)	12.3	(1.73)	11.8	(1.39)	10.8	(1.43)	4.1 * u	(2.66)	13.4	(2.81)	14.4 u	(5.50)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Cooked vegetables, excl. potatoes	51.7 (2.63)	54.0 (3.13)	59.9 (4.14)	53.5 (6.03)	49.9 (4.74)	39.4 (5.82)					
Cooked green beans	5.7 (1.07)	7.5 (1.32)	10.9 (2.06)	0.0 (.)	3.1 u (1.44)	1.6 u (1.13)					
Cooked corn	7.2 (1.17)	8.9 (1.61)	10.0 (1.94)	8.4 (2.31)	6.3 u (1.97)	3.5 u (2.49)					
Cooked peas	1.6 u (0.68)	2.3 u (0.92)	3.7 u (1.59)	0.0 (.)	0.8 u (0.77)	0.2 u (0.16)					
Cooked carrots	2.2 u (1.00)	1.7 u (0.72)	1.5 u (0.44)	0.9 u (0.81)	2.3 u (1.90)	2.6 u (2.58)					
Cooked broccoli	2.3 (0.67)	2.6 u (0.90)	2.0 (0.54)	1.4 u (0.93)	3.4 u (2.04)	1.2 u (0.85)					
Cooked tomatoes	34.3 (2.62)	33.8 (2.79)	35.5 (4.88)	39.7 (6.65)	36.4 (4.81)	30.7 (6.77)					
Cooked mixed	1.0 u (0.44)	1.2 u (0.62)	1.1 u (0.53)	1.4 u (1.19)	1.6 u (1.40)	0.0 (0.00)					
Cooked starchy	0.4 u (0.26)	0.3 u (0.32)	0.0 (.)	1.7 u (1.68)	0.8 u (0.94)	0.1 u (0.10)					
Other cooked deep yellow	0.3 u (0.19)	0.4 u (0.27)	0.7 u (0.49)	0.0 (0.00)	0.1 u (0.07)	0.0 (0.00)					
Other cooked dark green	0.1 u (0.07)	0.0 u (0.02)	0.0 u (0.04)	0.6 u (0.69)	0.0 (0.00)	0.0 (0.00)					
Other cooked (higher in vitamins A and C) ²	0.4 u (0.20)	0.2 u (0.11)	0.0 (.)	2.2 u (1.56)	0.4 u (0.27)	0.1 u (0.13)					
Other cooked (lower in vitamins A and C) ²	0.1 u (0.09)	0.1 u (0.13)	0.2 u (0.23)	0.1 u (0.15)	0.0 (0.00)	0.0 (0.00)					
Other fried	0.2 u (0.18)	0.4 u (0.29)	0.8 u (0.66)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Cooked potatoes	53.9 (3.08)	51.7 (3.26)	52.3 (3.69)	73.2 ** (5.53)	51.6 (4.55)	59.5 (7.39)					
Cooked potatoes-not fried	9.3 (1.65)	10.7 (1.89)	12.2 (2.43)	9.2 u (4.59)	7.8 u (2.54)	8.6 u (4.52)					
Cooked potatoes-fried	44.6 (3.38)	41.1 (3.35)	40.3 (2.93)	64.1 *** (6.52)	43.8 (5.49)	50.9 (8.84)					
Vegetable juice	0.4 u (0.37)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	2.2 u (2.16)					
Fruit and 100% fruit juice	37.6 (1.61)	42.9 (1.90)	43.5 (2.53)	24.9 *** (3.19)	42.0 (3.22)	34.5 (3.85)					
Types of fruit, among those eating any											
Any whole fruit	81.1 (2.46)	80.3 (2.65)	76.1 (3.62)	72.5 (7.07)	86.6 (3.08)	83.9 (4.31)					
Fresh fruit	58.9 (3.41)	45.9 (3.54)	41.2 (3.50)	61.1 * (7.86)	47.1 (5.38)	76.3 *** (5.05)					
Fresh orange	8.7 (1.21)	9.7 (1.50)	8.3 (1.34)	4.1 u (2.17)	10.5 u (3.38)	8.3 u (2.75)					
Fresh other citrus	0.0 u (0.03)	0.1 u (0.05)	0.0 (0.00)	0.0 (0.00)	0.2 u (0.14)	0.0 (0.00)					
Fresh apple	25.5 (2.46)	21.1 (2.68)	19.5 (2.94)	23.8 (4.92)	21.2 (4.52)	32.7 (5.63)					
Fresh banana	7.9 (1.55)	6.0 u (2.03)	4.1 (1.16)	22.7 ** (6.56)	4.7 u (2.65)	5.6 u (1.72)					
Fresh melon	1.0 u (0.45)	1.0 u (0.69)	2.1 u (1.26)	0.4 u (0.42)	0.0 (.)	1.2 u (0.90)					
Fresh watermelon	2.4 u (0.75)	1.0 u (0.46)	0.6 u (0.38)	2.6 u (1.83)	1.7 u (1.12)	3.2 u (1.64)					
Fresh grapes	7.4 (1.85)	3.5 (1.02)	2.7 u (1.09)	6.3 u (2.63)	4.9 u (1.80)	14.2 * u (4.34)					
Fresh peach/nectarine	1.1 u (0.34)	2.0 u (0.62)	3.3 u (1.26)	0.2 * u (0.14)	0.7 u (0.33)	0.0 * (0.00)					
Fresh pear	1.2 u (0.42)	1.8 u (0.67)	2.6 u (1.05)	1.0 u (1.00)	0.8 u (0.61)	0.0 u (0.03)					
Fresh berries	3.4 u (1.56)	0.6 u (0.41)	1.4 u (0.89)	4.8 u (2.53)	0.0 u (0.04)	7.9 u (4.43)					

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Fresh pineapple	2.8	(0.82)	3.2	(0.72)	4.4 u	(2.03)	0.7 u	(0.73)	2.6 u	(1.74)	1.9 u	(1.77)
Other fresh fruit	4.2 u	(1.48)	1.6 u	(0.72)	1.5 u	(0.98)	3.9 u	(2.00)	1.5 u	(1.08)	6.8 u	(3.10)
Avocado/guacamole	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Lemon/lime - any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	24.3	(2.45)	36.3	(3.18)	36.2	(3.78)	16.3 ***	(4.36)	42.0	(5.04)	9.8 ***	(2.75)
Canned or frozen in syrup	2.8	(0.61)	4.4	(1.00)	6.1	(1.66)	0.5 ** u	(0.52)	3.3 u	(1.71)	1.0 u	(0.67)
Canned or frozen, no syrup	21.5	(2.48)	32.0	(3.44)	30.3	(3.74)	15.8 *	(4.38)	38.8	(5.08)	8.8 ***	(2.73)
Applesauce, canned/ frozen apples	7.2	(1.26)	7.4	(1.76)	7.6	(2.10)	11.2 u	(4.17)	8.1 u	(3.06)	7.3 u	(2.71)
Canned/frozen peaches	5.5	(1.18)	9.2	(1.91)	8.1	(2.09)	0.7 ***	(0.56)	11.7 u	(3.74)	1.2 ** u	(0.91)
Canned/frozen pineapple	3.9	(0.98)	6.7	(1.64)	5.0 u	(1.81)	1.0 * u	(0.90)	9.3	(2.77)	0.0 ***	(0.00)
Other canned/frozen	8.4	(1.36)	13.8	(2.79)	16.7	(2.94)	3.5 ***	(2.09)	13.0 u	(4.70)	2.2 * u	(1.11)
100% Fruit juice	29.0	(3.39)	31.8	(4.87)	33.2	(4.15)	47.6	(8.08)	26.5	(7.68)	21.4	(4.48)
Non-citrus juice	18.3	(2.70)	19.6	(4.23)	23.1	(3.56)	32.6	(6.95)	18.3 u	(7.15)	16.0	(3.54)
Citrus juice	11.1	(1.83)	12.8	(2.65)	11.2	(2.46)	14.9 u	(5.23)	8.3	(2.15)	5.4 u	(1.88)
Dried fruit	1.5 u	(0.82)	0.5 u	(0.29)	0.7 u	(0.46)	0.0	(.)	0.3 u	(0.33)	3.4 u	(1.94)
Milk and milk products	47.3	(2.33)	74.7	(2.24)	79.1	(2.68)	18.3 ***	(2.03)	71.9	(3.37)	24.5 ***	(3.96)
Types of milk, among those eating any												
Cow's milk, total	89.5	(1.67)	98.3	(0.58)	98.1	(0.98)	53.6 ***	(8.75)	98.8	(0.72)	62.6 ***	(5.82)
Unflavored white milk, total	32.5	(2.70)	31.0	(2.91)	31.4	(3.55)	33.4	(7.09)	29.8	(5.39)	42.2	(6.65)
Unflavored whole milk	5.2	(1.08)	5.0	(1.18)	5.7	(1.04)	16.8 u	(5.67)	4.4 u	(2.17)	2.6 u	(1.10)
Unflavored non-whole, total	23.7	(2.59)	21.8	(2.53)	20.5	(3.23)	9.3 **	(2.56)	21.9	(4.51)	39.6 *	(6.66)
2% milk, unflavored	13.2	(1.83)	10.8	(1.51)	12.4	(2.88)	5.4 * u	(2.01)	7.5	(1.95)	30.0 **	(7.46)
1% milk, unflavored	7.9	(1.40)	8.3	(1.60)	6.7	(1.37)	2.9 u	(1.76)	10.3	(2.80)	7.5 u	(2.34)
Skim milk, unflavored	2.6 u	(1.30)	2.7 u	(1.59)	1.4 u	(0.48)	1.1 u	(1.01)	4.1 u	(3.01)	2.1 u	(1.21)
Unflavored, fat not specified	3.7	(0.85)	4.2	(1.13)	5.3 u	(2.02)	7.3 u	(3.37)	3.5 u	(1.16)	0.3 ** u	(0.27)
Flavored milk, total	57.9	(3.05)	67.9	(2.77)	67.8	(3.42)	20.9 ***	(6.37)	69.2	(5.03)	22.3 ***	(4.11)
Flavored, whole milk	9.1	(1.22)	10.9	(1.53)	12.1	(1.41)	4.0 * u	(3.68)	9.2	(2.43)	2.4 * u	(1.31)
Flavored non-whole, total	32.7	(2.46)	37.6	(2.38)	32.6	(3.27)	14.8 ** u	(5.38)	45.0	(4.48)	15.2 ***	(3.97)
2% milk, flavored	17.2	(2.13)	19.3	(2.37)	15.3	(2.21)	10.0 u	(3.35)	23.8	(4.42)	9.0 ** u	(2.89)
1% milk, flavored	12.5	(1.64)	14.5	(1.86)	14.2	(2.56)	4.8 u	(4.33)	16.7	(2.88)	6.1 ** u	(2.88)
Skim milk, flavored	3.0	(0.75)	3.8	(0.88)	3.2	(0.84)	0.0 ***	(0.00)	4.5 u	(2.05)	0.1 * u	(0.09)
Flavored, fat not specified	16.2	(1.83)	19.4	(2.12)	23.1	(2.96)	2.1 ***	(1.43)	14.9	(3.67)	5.3 * u	(2.55)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	0.5 u (0.33)	0.0 (0.00)		0.0 (.)		0.0 (.)		0.0 (.)		3.0 u (2.06)	
Dry or evaporated milk	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Yogurt	3.2 (0.67)	1.0 u (0.48)		0.5 u (0.20)		10.2 ** u (3.56)		1.9 u (1.21)		11.5 * u (3.54)	
Cheese	13.2 (1.59)	5.6 (1.05)		4.7 u (1.43)		47.8 *** (9.45)		6.7 (1.78)		33.7 *** (5.80)	
Meat and meat alternates	19.6 (1.58)	20.3 (1.52)		20.7 (2.25)		19.2 (2.97)		20.6 (2.52)		18.6 (3.38)	
<i>Types of meat, among those eating any</i>											
Beef	3.8 u (1.19)	2.2 u (0.85)		2.7 u (1.47)		11.1 u (4.81)		1.8 u (1.39)		3.9 u (2.71)	
Ground beef	0.7 u (0.42)	1.2 u (0.65)		2.2 u (1.26)		0.0 (0.00)		0.1 u (0.12)		0.0 (0.00)	
Pork	1.8 u (1.06)	0.9 u (0.92)		0.0 (0.00)		2.2 u (1.40)		2.2 u (2.09)		2.9 u (2.09)	
Ham	0.2 u (0.16)	0.0 (0.00)		0.0 (.)		0.0 (.)		0.0 (.)		0.6 u (0.64)	
Lamb and misc. meats	0.2 u (0.23)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.8 u (0.82)	
Chicken	59.3 (3.92)	68.1 (5.60)		76.8 (4.89)		58.6 * (6.69)		65.0 (8.95)		47.3 (9.80)	
Turkey	2.9 u (1.48)	4.9 u (2.80)		4.8 u (2.90)		1.7 u (1.45)		5.3 u (4.28)		0.6 u (0.64)	
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	2.3 u (1.05)	2.7 u (1.48)		3.1 u (2.05)		2.7 u (1.89)		2.7 u (2.58)		0.8 u (0.87)	
Cold cuts	6.2 (1.85)	0.9 u (0.51)		0.7 u (0.52)		13.8 ** (4.00)		1.3 u (1.03)		13.0 * u (5.13)	
Fish	5.3 u (2.43)	9.6 u (4.87)		2.4 u (1.61)		4.6 u (3.65)		6.2 u (3.21)		0.8 u (0.60)	
Shellfish	0.5 u (0.22)	0.2 u (0.09)		0.2 u (0.15)		2.0 u (1.52)		0.1 u (0.11)		0.4 u (0.28)	
Bacon/sausage	3.1 u (1.66)	3.5 u (1.79)		2.7 u (1.15)		0.5 u (0.50)		6.8 u (5.76)		5.2 u (4.79)	
Eggs	3.7 u (1.87)	0.2 u (0.21)		0.4 u (0.41)		0.5 u (0.50)		0.1 u (0.09)		10.4 u (5.87)	
Beans	2.6 u (1.30)	1.4 u (0.57)		2.3 u (1.03)		3.1 u (1.54)		0.6 u (0.44)		2.8 u (2.59)	
Baked/refried beans	2.7 u (1.40)	2.3 u (1.13)		2.5 u (1.48)		0.2 u (0.23)		2.4 u (1.80)		3.0 u (2.81)	
Soy products	0.0 u (0.05)	0.2 u (0.16)		0.0 (0.00)		0.0 (0.00)		0.5 u (0.57)		0.0 (0.00)	
Protein/meal enhancement	1.6 u (0.89)	1.2 u (1.15)		0.0 (0.00)		2.6 u (2.43)		2.7 u (2.60)		0.8 u (0.85)	
Nuts	1.0 u (0.49)	0.2 u (0.15)		0.0 (0.00)		0.4 u (0.31)		0.0 (.)		2.1 u (1.30)	
Peanut/almond butter	2.8 u (1.15)	1.5 u (0.92)		0.0 (.)		4.2 u (4.04)		3.3 u (1.97)		4.9 u (3.06)	
Seeds	4.5 u (2.62)	1.0 u (0.56)		0.6 u (0.44)		0.7 u (0.75)		1.6 u (1.71)		7.7 u (5.31)	
Mixed dishes	69.5 (1.61)	78.9 (2.07)		80.1 (2.26)		59.1 *** (2.86)		77.7 (3.03)		64.0 ** (3.38)	
<i>Types of mixed dishes, among those eating any</i>											
Tomato sauce and meat (no pasta)	0.0 u (0.02)	0.0 (0.00)		0.0 (0.00)		0.1 u (0.10)		0.0 (0.00)		0.0 (0.00)	
Chili con carne	0.5 u (0.29)	0.3 u (0.23)		0.6 u (0.63)		0.1 u (0.12)		0.1 u (0.12)		0.8 u (0.79)	
Meat mixtures w/ red meat	1.3 (0.37)	2.1 u (0.67)		3.0 u (1.35)		0.4 u (0.27)		1.6 u (0.78)		0.4 u (0.23)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Meat mixtures w/ chicken/turkey	2.6	(0.60)	1.5 u	(0.51)	1.1	(0.29)	3.6 u	(2.45)	1.1 u	(0.91)	4.3 * u	(1.31)
Meat mixtures w/ fish	0.5 u	(0.31)	0.0	(0.00)	0.0	(.)	0.4 u	(0.30)	0.0	(0.00)	1.3 u	(0.85)
Hamburgers/cheeseburgers	10.9	(0.96)	10.4	(1.44)	10.1	(1.71)	14.0	(2.91)	10.9	(2.60)	10.9	(2.16)
Other sandwiches	43.4	(2.01)	34.9	(2.59)	34.5	(3.55)	48.1 *	(4.40)	34.4	(3.66)	57.6 ***	(4.12)
Hot dogs	6.4	(0.97)	10.0	(1.80)	11.0	(3.24)	3.8 * u	(1.39)	9.5	(2.76)	1.4 ** u	(0.87)
Luncheon meat	14.7	(1.23)	7.6	(1.56)	5.8	(1.19)	24.0 ***	(4.27)	9.0	(2.44)	23.6 ***	(2.40)
Beef, pork, ham	2.8	(0.84)	3.4	(1.00)	2.5 u	(1.08)	2.0 u	(1.00)	3.3 u	(1.57)	2.5 u	(1.18)
Chicken, turkey	7.2	(0.90)	9.2	(1.24)	10.7	(1.97)	6.6	(1.85)	7.8	(1.98)	4.6 u	(1.79)
Cheese (no meat)	2.5	(0.46)	2.3	(0.63)	2.3 u	(0.86)	4.4 u	(2.19)	2.2 u	(0.98)	2.1	(0.62)
Fish	1.3 u	(0.49)	0.6 u	(0.23)	0.7 u	(0.44)	1.4 u	(0.98)	0.5 u	(0.24)	2.7 u	(1.37)
Peanut butter	8.8	(0.93)	2.3	(0.44)	2.5	(0.67)	6.1 u	(2.08)	1.6 u	(0.65)	21.4 ***	(2.80)
Breakfast sandwiches	0.3 u	(0.18)	0.3 u	(0.29)	0.0	(0.00)	0.6 u	(0.48)	0.8 u	(0.73)	0.1 u	(0.06)
Pizza (no meat)	10.0	(0.79)	12.7	(1.29)	14.1	(2.17)	4.8 ***	(1.16)	12.1	(2.09)	6.6 *	(1.27)
Pizza w/ meat	15.2	(1.32)	22.2	(1.96)	22.2	(3.22)	12.5 *	(2.64)	21.1	(2.64)	5.0 ***	(1.78)
Mexican entrees	8.7	(0.99)	9.2	(1.30)	9.5	(2.19)	13.2	(3.61)	9.6	(2.10)	5.8	(1.73)
Macaroni and cheese	3.2	(0.57)	2.9	(0.63)	2.3	(0.49)	2.3	(0.45)	4.0 u	(1.49)	4.4 u	(1.59)
Pasta dishes	4.3	(0.59)	5.4	(0.94)	5.1	(1.37)	2.3 u	(0.84)	7.1	(1.86)	2.3 * u	(1.03)
Rice dishes	1.3	(0.28)	1.1 u	(0.36)	1.4 u	(0.71)	1.9 u	(0.73)	1.2 u	(0.59)	1.6 u	(0.65)
Other grain mixtures	1.2 u	(0.39)	0.9 u	(0.48)	0.5 u	(0.31)	1.8 u	(1.14)	1.0 u	(0.52)	1.4 u	(0.68)
Meat soup	1.1 u	(0.45)	0.2 u	(0.08)	0.2 u	(0.14)	1.1 u	(0.67)	0.1 u	(0.10)	2.8 u	(1.34)
Bean soup	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Grain soups	1.7 u	(0.54)	0.9 u	(0.45)	1.2 u	(0.78)	2.9 u	(1.18)	0.1 u	(0.05)	2.6 u	(1.50)
Vegetables mixtures (incl. soup)	0.6 u	(0.19)	0.6 u	(0.25)	0.9 u	(0.41)	0.3 u	(0.22)	0.2 u	(0.23)	0.7 u	(0.49)
Entrée salads	2.1 u	(0.63)	2.9 u	(0.95)	1.7 u	(0.58)	0.0 **	(0.00)	2.9 u	(1.49)	0.6 u	(0.57)
Beverages excluding milk and 100% fruit juice	58.7	(2.05)	39.1	(2.12)	30.9	(2.94)	80.4 ***	(2.78)	48.3	(2.85)	75.2 ***	(2.76)
<i>Types of beverages, among those drinking any</i>												
Coffee	0.9 u	(0.55)	0.2 u	(0.19)	0.0	(.)	0.7 u	(0.51)	0.4 u	(0.39)	1.5 u	(1.15)
Tea	5.1	(0.78)	4.3 u	(1.42)	2.1 u	(0.97)	7.2 *	(2.02)	6.1 u	(2.26)	4.9	(1.28)
Beer	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Wine	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Liquor	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Water (plain)	56.1 (2.00)	63.4 (3.51)		65.0 (4.62)		46.9 ** (3.27)		63.0 (4.17)		54.9 (2.79)	
Noncarbonated, sweetened drinks	25.1 (1.83)	24.5 (3.34)		23.6 (4.12)		27.0 (3.45)		24.0 (4.37)		26.8 (2.95)	
Noncarbonated, low-calorie/sugar-free drinks	7.0 (1.09)	5.6 (1.40)		4.4 (1.10)		6.8 u (2.18)		6.8 u (2.34)		7.9 (2.10)	
Energy drinks	0.7 u (0.27)	0.1 u (0.09)		0.3 u (0.30)		2.1 u (1.08)		0.0 (0.00)		0.5 u (0.25)	
Any soda	26.7 (2.86)	12.7 (2.66)		15.8 (3.17)		37.4 *** (5.64)		9.9 u (3.13)		29.8 *** (3.83)	
Soda, regular	24.5 (2.67)	11.4 (2.41)		13.8 (2.80)		34.5 *** (5.36)		8.6 u (2.92)		27.2 *** (3.73)	
Soda, sugar-free	3.2 (0.89)	2.0 u (1.09)		1.9 u (1.41)		2.9 u (1.07)		2.5 u (1.76)		4.5 u (1.81)	
Sweets and desserts	35.8 (1.36)	25.5 (1.95)		23.1 (2.54)		42.8 *** (2.71)		28.6 (3.60)		48.1 *** (3.28)	
Types of sweets and desserts, among those eating any											
Sugar and sugar substitutes	3.9 u (1.72)	0.7 u (0.50)		0.0 (.)		5.8 u (2.19)		1.6 u (1.09)		5.2 u (3.48)	
Syrups/sweet toppings	5.8 (1.33)	6.3 u (2.01)		8.8 u (3.37)		2.2 u (1.24)		5.1 u (2.92)		6.4 u (2.86)	
Jelly	1.0 u (0.73)	1.1 u (1.05)		0.0 (.)		0.0 (.)		2.2 u (2.11)		1.4 u (1.32)	
Jello	3.0 (0.89)	3.2 (0.93)		4.7 u (1.59)		4.5 u (3.05)		1.9 u (1.04)		2.6 u (1.67)	
Candy	39.7 (2.47)	32.0 (2.77)		33.2 (5.20)		45.9 (4.74)		33.2 (4.32)		44.2 (4.47)	
Ice cream	12.2 (1.90)	13.4 (2.75)		12.7 u (3.98)		14.3 (3.83)		14.2 u (4.42)		10.9 (2.79)	
Pudding	2.7 (0.77)	1.9 u (1.10)		3.5 u (2.47)		0.9 u (0.63)		1.1 u (0.74)		4.5 * u (1.56)	
Ice/popsicles	6.7 (1.29)	4.8 (1.26)		5.2 (1.44)		6.9 u (2.73)		2.0 u (1.58)		8.6 * (2.24)	
Sweet rolls	1.7 u (0.67)	1.2 u (0.67)		1.7 u (1.09)		0.1 u (0.09)		1.0 u (1.02)		1.2 u (0.69)	
Cake/cupcakes	5.3 (0.95)	8.6 (2.29)		7.8 u (2.51)		3.1 u (1.48)		10.3 u (4.18)		4.1 (1.14)	
Cookies	32.8 (2.55)	38.6 (3.21)		38.1 (6.03)		35.4 (5.53)		38.1 (4.02)		28.4 (4.13)	
Pies/cobblers	1.2 u (0.74)	1.0 u (0.70)		0.7 u (0.49)		0.0 (0.00)		1.7 u (1.57)		1.8 u (1.09)	
Pastries	2.9 u (0.93)	3.7 u (1.71)		1.1 u (0.90)		3.3 u (2.06)		6.5 u (3.30)		2.1 u (1.22)	
Doughnuts	0.5 u (0.20)	0.3 u (0.21)		0.5 u (0.37)		0.6 u (0.38)		0.1 u (0.15)		0.5 u (0.36)	
Salty snacks	20.9 (1.27)	11.8 (1.31)		11.1 (1.52)		30.2 *** (3.18)		12.6 (2.25)		29.9 *** (2.73)	
Types of salty snacks, among those eating any											
Corn-based salty snacks	51.1 (3.82)	47.7 (4.69)		50.9 (6.92)		47.7 (7.45)		43.0 (7.10)		55.0 (4.98)	
Pretzels/party mix	21.1 (3.79)	20.8 (4.90)		20.6 u (6.45)		10.0 u (3.11)		24.2 u (8.30)		26.4 (6.23)	
Popcorn	5.3 (1.21)	4.8 u (1.47)		5.3 u (2.32)		7.8 u (3.07)		5.0 u (2.69)		4.3 u (1.89)	
Potato chips	28.6 (3.21)	29.9 (3.80)		30.8 (6.66)		40.6 (6.81)		28.0 (7.34)		21.7 (4.49)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Added fats and oils	6.0 (0.72)	4.9 (0.73)		4.9 (0.92)		3.1 u (1.06)		5.0 (1.35)		9.1 (1.68)	
<i>Types of added fats/oils among those eating any</i>											
Butter	13.3 (3.77)	13.6 u (4.50)		16.9 u (6.04)		0.9 ** u (0.69)		11.0 u (5.16)		15.5 u (6.42)	
Margarine	11.3 u (5.44)	6.9 u (3.47)		6.3 u (3.52)		8.9 u (8.54)		9.9 u (8.38)		13.9 u (8.19)	
Other added fats	7.6 u (2.97)	4.9 u (2.56)		3.9 u (2.54)		13.8 u (8.74)		6.6 u (4.27)		7.6 u (3.85)	
Other added oils	4.0 u (3.63)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		8.7 u (7.01)	
Salad dressing	25.8 (5.44)	37.6 (7.87)		32.7 u (10.44)		54.3 (9.32)		44.0 (12.78)		14.4 * u (7.25)	
Mayonnaise	7.7 u (2.64)	15.7 u (5.17)		17.9 u (6.95)		9.6 u (7.76)		9.3 u (8.12)		0.6 u (0.60)	
Gravy	9.3 (2.02)	16.1 u (4.98)		22.8 u (7.98)		0.0 ** (0.00)		9.5 u (4.43)		6.6 u (4.50)	
Cream cheese	16.1 u (5.92)	0.0 (0.00)		0.0 (0.00)		8.5 u (6.79)		0.0 (0.00)		28.7 ** u (11.05)	
Cream/sour cream	11.2 (3.17)	10.0 u (4.46)		1.5 u (1.31)		5.0 u (3.11)		17.3 (4.85)		12.4 u (5.32)	
Other	3.0 (0.59)	3.2 (0.72)		3.0 (0.83)		5.6 u (2.08)		3.2 u (1.15)		1.7 u (0.60)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Sample size	820	-	548	-	353	-	104	-	163	-	157	-
Grains	23.7	(2.35)	21.1	(3.40)	14.1	(2.57)	14.5	(4.11)	31.2	(7.17)	32.2	(5.06)
Types of grains, among those eating any												
Whole grains ¹	12.7 u	(4.23)	5.6 u	(2.49)	8.3 u	(4.31)	12.8 u	(7.32)	4.6 u	(3.13)	21.2 * u	(7.88)
Not whole grain	90.4	(3.53)	97.3	(1.62)	97.5	(2.45)	94.2	(3.38)	96.9	(2.43)	81.5 *	(6.98)
Bread	19.3	(5.35)	13.4 u	(5.32)	16.7 u	(5.78)	18.6 u	(15.84)	8.9 u	(6.75)	26.3 u	(9.74)
Rolls	13.9 u	(4.30)	27.0 u	(8.13)	22.5	(5.38)	0.0 ***	(0.00)	33.4 u	(13.31)	1.4 * u	(1.41)
English muffin	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Bagels	2.7 u	(2.49)	0.0	(0.00)	0.0	(.)	0.0	(0.00)	0.0	(.)	6.7 u	(6.45)
Biscuits, scones, croissants	0.4 u	(0.36)	0.8 u	(0.71)	2.2 u	(2.15)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Muffins	1.1 u	(0.80)	0.0	(0.00)	0.0	(.)	6.5 u	(6.39)	0.0	(.)	1.4 u	(1.53)
Cornbread	4.5 u	(4.07)	9.1 u	(7.99)	0.0	(0.00)	0.0	(0.00)	16.4 u	(13.19)	0.0	(0.00)
Corn tortillas	1.3 u	(1.18)	2.6 u	(2.43)	6.6 u	(6.29)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Flour tortillas	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(.)	0.0	(.)	0.0	(0.00)
Taco shells	0.2 u	(0.19)	0.4 u	(0.39)	1.0 u	(1.05)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Crackers	41.7	(5.84)	38.0	(7.97)	24.6 u	(9.11)	47.3 u	(14.48)	52.2	(10.64)	42.2	(10.38)
Breakfast/granola bar	8.3 u	(2.98)	2.8 u	(1.72)	0.0	(.)	12.7 u	(11.65)	5.1 u	(3.30)	13.9 u	(5.80)
Pancakes, waffles, French toast	5.5 u	(2.84)	10.8 u	(5.80)	15.4 u	(7.37)	2.2 u	(2.26)	9.3 u	(9.01)	0.0	(0.00)
Cold cereal	10.3 u	(3.53)	5.4 u	(2.40)	10.7 u	(4.26)	12.8 u	(7.32)	2.7 u	(2.40)	16.3 u	(6.70)
Hot cereal	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Rice	5.7 u	(2.32)	9.5 u	(4.07)	11.0 u	(6.53)	6.8 u	(6.60)	1.1 u	(1.10)	1.2 u	(1.17)
Pasta	1.3 u	(1.24)	2.7 u	(2.40)	0.6 u	(0.58)	0.0	(.)	0.0	(0.00)	0.0	(0.00)
Vegetables	38.5	(2.50)	47.5	(2.93)	45.5	(3.42)	25.6 **	(5.99)	51.7	(6.40)	28.0 **	(4.68)
Types of vegetables, among those eating any												
Raw vegetables	26.0	(3.79)	29.6	(4.44)	27.2	(4.97)	13.5 * u	(4.42)	32.1	(8.22)	21.4 u	(9.76)
Raw lettuce/greens	1.1 u	(0.55)	1.6 u	(0.81)	0.8 u	(0.25)	0.0 **	(0.00)	3.0 u	(2.01)	0.0	(0.00)
Raw carrots	8.9	(2.50)	9.6 u	(3.00)	9.4 u	(3.11)	8.5 u	(6.57)	10.1 u	(6.51)	7.7 u	(7.35)
Raw tomatoes	1.8 u	(1.32)	1.1 u	(1.09)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	5.0 u	(4.95)
Raw cabbage/coleslaw	0.7 u	(0.71)	1.0 u	(1.03)	1.9 u	(1.84)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other raw (higher in vitamins A and C) ²	0.9 u	(0.77)	1.4 u	(1.11)	0.2 u	(0.25)	0.0	(0.00)	0.4 u	(0.39)	0.0	(.)
Other raw (lower in vitamins A and C) ²	4.9 u	(2.04)	7.0 u	(2.80)	2.9 u	(1.82)	0.6 u	(0.68)	10.7 u	(5.99)	0.2 u	(0.22)
Salads (w/greens)	12.3	(2.28)	14.7	(2.68)	12.4	(2.93)	4.4 u	(4.59)	18.9 u	(6.61)	8.4 u	(5.40)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Cooked vegetables, excl. potatoes	52.1	(4.93)	60.0	(4.18)	62.9	(4.98)	70.1	(11.17)	60.5	(7.43)	25.0 ** u	(8.06)
Cooked green beans	6.7	(1.46)	9.3	(2.10)	12.4	(3.13)	0.0 ***	(0.00)	6.6 u	(3.93)	1.6 u	(1.65)
Cooked corn	13.3	(2.50)	16.3	(3.06)	19.9	(5.49)	22.1 u	(6.77)	13.1	(3.90)	1.6 ** u	(1.65)
Cooked peas	3.0 u	(1.33)	4.2 u	(1.77)	5.5 u	(2.73)	0.0	(.)	3.0 u	(2.79)	0.6 u	(0.57)
Cooked carrots	0.7 u	(0.35)	1.0 u	(0.49)	1.6 u	(0.94)	0.0	(.)	0.5 u	(0.38)	0.0	(.)
Cooked broccoli	1.5 u	(0.50)	2.0 u	(0.72)	1.9 u	(0.91)	1.8 u	(1.83)	2.6 u	(1.24)	0.0 *	(0.00)
Cooked tomatoes	30.7	(4.12)	33.0	(4.66)	28.4	(5.62)	40.8	(12.01)	40.0	(7.19)	22.4 u	(8.29)
Cooked mixed	1.4 u	(0.53)	1.4 u	(0.87)	2.5 u	(1.58)	4.9 u	(4.30)	0.3 u	(0.25)	0.0	(0.00)
Cooked starchy	0.6 u	(0.50)	0.0	(0.00)	0.0	(.)	6.3 u	(6.07)	0.0	(0.00)	0.4 u	(0.37)
Other cooked deep yellow	0.3 u	(0.25)	0.4 u	(0.37)	0.7 u	(0.70)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other cooked dark green	0.1 u	(0.05)	0.1 u	(0.08)	0.2 u	(0.14)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other cooked (higher in vitamins A and C) ²	0.3 u	(0.26)	0.5 u	(0.38)	0.0	(.)	0.0	(0.00)	1.2 u	(0.96)	0.0	(0.00)
Other cooked (lower in vitamins A and C) ²	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other fried	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked potatoes	40.0	(4.69)	30.1	(5.62)	30.7	(5.88)	52.0	(11.36)	22.2 u	(7.80)	61.3 **	(10.69)
Cooked potatoes-not fried	8.4 u	(2.68)	10.2 u	(3.13)	13.4 u	(5.48)	0.0 *	(0.00)	3.4 u	(1.75)	6.6 u	(5.49)
Cooked potatoes-fried	31.6	(4.29)	19.9	(3.34)	17.3	(3.30)	52.0 **	(11.36)	18.7 u	(6.69)	54.7 **	(11.09)
Vegetable juice	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Fruit and 100% fruit juice	53.3	(3.24)	62.0	(2.95)	64.2	(3.23)	35.2 ***	(5.39)	60.5	(6.02)	47.2	(7.38)
Types of fruit, among those eating any												
Any whole fruit	78.9	(2.62)	82.0	(3.23)	80.9	(4.40)	73.7	(6.58)	84.3	(5.99)	71.8	(8.01)
Fresh fruit	52.7	(3.40)	48.4	(4.92)	45.9	(4.99)	58.1	(8.37)	49.8	(9.53)	59.9	(8.11)
Fresh orange	12.2	(2.42)	16.2	(3.07)	14.2	(2.94)	5.7 u	(4.39)	15.7 u	(6.06)	5.0 u	(3.31)
Fresh other citrus	0.1 u	(0.11)	0.2 u	(0.16)	0.0	(0.00)	0.0	(0.00)	0.4 u	(0.45)	0.0	(0.00)
Fresh apple	18.3	(2.47)	17.0	(2.48)	18.7	(3.37)	15.3 u	(7.28)	15.6	(4.31)	20.4 u	(6.18)
Fresh banana	8.1	(2.13)	7.2 u	(2.61)	5.5 u	(1.87)	16.8 u	(6.54)	9.9 u	(5.54)	8.3 u	(4.04)
Fresh melon	0.9 u	(0.79)	0.1 u	(0.07)	0.1 u	(0.12)	0.0	(0.00)	0.0	(0.00)	3.1 u	(3.05)
Fresh watermelon	3.6 u	(1.39)	2.6 u	(1.56)	1.5 u	(1.19)	9.3 u	(6.62)	4.7 u	(3.91)	4.7 u	(3.15)
Fresh grapes	7.6 u	(2.46)	3.5	(0.78)	3.6 u	(1.17)	7.3 u	(4.40)	2.9 u	(1.48)	17.2 u	(7.73)
Fresh peach/nectarine	1.5 u	(0.52)	2.3 u	(0.81)	3.7 u	(1.63)	0.0 *	(0.00)	0.6 u	(0.50)	0.0	(0.00)
Fresh pear	1.8 u	(0.92)	2.8 u	(1.41)	4.7 u	(2.45)	0.0	(0.00)	0.2 u	(0.18)	0.0	(0.00)
Fresh berries	1.5 u	(0.60)	0.3 u	(0.17)	0.5 u	(0.28)	11.4 u	(7.73)	0.1 u	(0.13)	1.6 u	(1.19)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	0.5 u (0.34)	0.1 u (0.07)		0.1 u (0.11)		2.7 u (2.64)		0.0 (.)		0.0 (0.00)	
Other fresh fruit	2.7 u (2.04)	2.6 u (1.89)		1.4 u (1.00)		0.0 (0.00)		3.9 u (3.56)		4.0 u (3.24)	
Avocado/guacamole	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Lemon/lime - any form	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Canned or frozen fruit, total	28.0 (2.73)	33.9 (3.41)		35.5 (4.20)		19.1 * u (6.80)		33.8 (6.70)		17.1 * u (5.21)	
Canned or frozen in syrup	4.3 (1.12)	5.7 (1.39)		4.8 u (1.66)		0.0 (.)		7.0 u (2.47)		2.5 u (2.16)	
Canned or frozen, no syrup	24.0 (2.84)	28.7 (3.70)		31.6 (3.96)		19.1 u (6.80)		26.8 (7.08)		14.6 u (4.75)	
Applesauce, canned/ frozen apples	10.1 (1.80)	10.0 (1.71)		12.9 (2.52)		10.7 u (6.32)		5.6 u (2.05)		10.2 u (4.26)	
Canned/frozen peaches	3.2 u (1.18)	3.7 u (1.30)		3.2 u (1.49)		0.0 (.)		5.0 u (2.80)		3.1 u (3.07)	
Canned/frozen pineapple	4.3 u (1.45)	6.2 u (2.13)		4.6 u (1.89)		3.6 u (3.24)		9.7 u (4.76)		0.0 * (0.00)	
Other canned/frozen	11.7 (1.96)	14.8 (2.91)		15.7 (2.79)		4.8 * u (3.55)		14.0 u (6.52)		6.9 u (3.84)	
100% Fruit juice	32.7 (3.14)	31.4 (5.15)		31.5 (4.90)		42.6 (8.18)		29.1 u (10.93)		34.1 (9.15)	
Non-citrus juice	21.2 (2.75)	17.6 (3.30)		20.7 (4.32)		35.9 (7.99)		12.7 u (4.51)		26.2 u (8.41)	
Citrus juice	12.6 (2.67)	15.5 (3.96)		13.8 (3.49)		6.7 u (4.68)		16.3 u (7.87)		7.9 u (5.46)	
Dried fruit	2.1 u (0.98)	1.3 u (0.91)		1.5 u (1.41)		0.0 (.)		1.2 u (1.18)		4.8 u (2.97)	
Milk and milk products	64.8 (3.21)	87.1 (1.73)		86.4 (2.16)		36.6 *** (7.13)		89.3 (2.82)		40.8 *** (7.14)	
<i>Types of milk, among those eating any</i>											
Cow's milk, total	90.4 (2.14)	99.5 (0.28)		99.2 (0.51)		55.8 *** (9.19)		99.9 (0.13)		66.5 *** (8.92)	
Unflavored white milk, total	32.8 (2.79)	30.3 (2.58)		30.7 (3.02)		33.0 (9.11)		26.3 (5.49)		42.6 (10.52)	
Unflavored whole milk	6.6 (1.47)	5.7 (1.51)		5.4 u (1.66)		13.1 u (5.33)		6.6 u (2.78)		7.8 u (3.73)	
Unflavored non-whole, total	22.9 (2.53)	20.8 (2.31)		20.9 (3.02)		13.0 u (6.76)		16.3 (3.84)		34.9 (9.72)	
2% milk, unflavored	14.9 (2.20)	13.5 (2.22)		13.7 (2.74)		4.8 * u (2.75)		9.6 u (3.55)		24.1 u (7.70)	
1% milk, unflavored	6.0 (1.15)	5.7 (1.20)		5.3 (1.37)		4.4 u (3.10)		5.2 u (2.34)		7.5 u (3.59)	
Skim milk, unflavored	2.1 u (0.84)	1.6 u (0.70)		1.9 u (1.08)		3.8 u (3.66)		1.5 u (0.90)		3.3 u (3.22)	
Unflavored, fat not specified	3.4 (0.67)	3.8 (0.81)		4.3 u (1.36)		6.9 u (4.46)		3.4 u (1.03)		0.9 u (0.97)	
Flavored milk, total	59.4 (2.72)	69.7 (2.51)		69.3 (3.08)		25.3 *** (8.96)		73.8 (5.47)		31.0 *** (7.78)	
Flavored, whole milk	8.6 (1.89)	9.7 (1.90)		12.6 (2.48)		0.0 (.)		5.1 u (1.86)		7.3 u (4.68)	
Flavored non-whole, total	35.7 (3.04)	40.6 (2.95)		36.9 (3.51)		21.9 u (9.10)		49.1 (6.68)		21.2 ** u (7.97)	
2% milk, flavored	21.9 (2.93)	22.7 (2.82)		19.4 (2.80)		21.9 u (9.10)		29.0 (6.06)		18.5 u (7.81)	
1% milk, flavored	13.1 (2.61)	17.0 (3.30)		16.3 (3.17)		0.0 *** (0.00)		19.9 u (6.45)		2.7 ** u (1.71)	
Skim milk, flavored	0.7 u (0.35)	1.0 u (0.46)		1.3 u (0.73)		0.0 (0.00)		0.1 u (0.12)		0.0 (0.00)	
Flavored, fat not specified	15.2 (2.90)	19.4 (3.47)		19.8 (3.34)		3.4 *** (3.37)		19.7 u (7.59)		2.6 * u (2.39)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	1.0 u (0.97)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (.)		5.3 u (5.06)	
Dry or evaporated milk	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Yogurt	5.1 (1.21)	0.6 u (0.28)		1.0 u (0.50)		24.9 * u (10.06)		0.2 u (0.20)		15.7 * u (6.39)	
Cheese	12.1 (2.16)	4.8 (1.42)		3.0 u (1.03)		43.9 *** (10.54)		6.7 u (3.26)		29.7 * (8.47)	
Meat and meat alternates	23.9 (2.29)	26.7 (2.98)		24.6 (3.04)		22.1 (6.32)		32.6 (5.62)		20.2 (4.34)	
<i>Types of meat, among those eating any</i>											
Beef	3.5 u (1.72)	1.5 (0.34)		1.5 u (1.49)		22.8 u (13.74)		0.3 u (0.33)		0.0 (.)	
Ground beef	2.6 u (1.51)	4.1 u (2.32)		8.0 u (4.56)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Pork	0.6 u (0.54)	0.0 (0.00)		0.0 (0.00)		5.3 u (4.71)		0.0 (0.00)		0.0 (.)	
Ham	0.6 u (0.57)	0.0 (0.00)		0.0 (0.00)		0.0 (.)		0.0 (0.00)		2.2 u (2.30)	
Lamb and misc. meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Chicken	58.3 (4.60)	60.8 (6.52)		72.9 (6.56)		21.7 *** (11.81)		50.5 (11.22)		71.8 (9.89)	
Turkey	6.1 u (4.40)	8.9 u (6.80)		2.5 u (2.13)		0.0 (0.00)		16.7 u (14.38)		2.2 u (2.30)	
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	2.1 u (1.00)	1.7 u (1.12)		3.3 u (2.09)		9.6 u (6.83)		0.0 (0.00)		0.0 (.)	
Cold cuts	11.6 (3.38)	0.9 u (0.91)		1.8 u (1.75)		35.2 * u (13.37)		0.0 (0.00)		28.2 * u (11.62)	
Fish	7.5 u (3.20)	9.3 u (4.57)		1.1 u (0.80)		14.0 u (12.74)		14.7 u (9.34)		0.8 u (0.87)	
Shellfish	0.2 u (0.15)	0.3 u (0.24)		0.3 u (0.31)		0.0 (0.00)		0.4 u (0.41)		0.0 (.)	
Bacon/sausage	2.0 u (1.04)	3.2 u (1.68)		4.5 u (2.79)		0.0 (.)		1.8 u (1.88)		0.0 (0.00)	
Eggs	0.1 u (0.09)	0.2 u (0.15)		0.0 (0.00)		0.0 (.)		0.3 u (0.34)		0.0 (0.00)	
Beans	2.2 u (1.00)	2.5 u (1.40)		3.4 u (2.35)		5.9 u (3.46)		1.7 u (1.54)		0.0 (0.00)	
Baked/refried beans	2.3 u (1.80)	3.6 u (2.91)		0.7 u (0.74)		0.8 u (0.84)		7.1 u (6.48)		0.0 (0.00)	
Soy products	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Protein/meal enhancement	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (.)		0.0 (0.00)	
Nuts	0.2 u (0.16)	0.0 (0.00)		0.0 (0.00)		0.6 u (0.64)		0.0 (.)		0.4 u (0.38)	
Peanut/almond butter	4.0 u (2.32)	2.9 u (2.86)		0.0 (.)		6.3 u (6.24)		6.4 u (5.99)		5.9 u (5.37)	
Seeds	1.7 u (1.60)	0.0 (.)		0.0 (.)		0.0 (0.00)		0.0 (.)		0.0 (0.00)	
Mixed dishes	68.9 (2.58)	73.2 (3.43)		74.9 (3.17)		60.6 (6.67)		68.9 (6.42)		64.4 (5.33)	
<i>Types of mixed dishes, among those eating any</i>											
Tomato sauce and meat (no pasta)	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Chili con carne	0.1 u (0.09)	0.1 u (0.15)		0.0 (.)		0.0 (0.00)		0.4 u (0.43)		0.0 (0.00)	
Meat mixtures w/ red meat	1.5 u (0.68)	2.5 u (1.17)		3.1 u (1.61)		0.0 (.)		2.2 u (2.17)		0.0 (.)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Meat mixtures w/ chicken/turkey	3.2 u (1.24)	1.7 u (0.82)	0.8 u (0.45)	9.6 u (8.38)	0.0 (0.00)	4.2 u (2.25)						
Meat mixtures w/ fish	0.5 u (0.36)	0.0 (0.00)	0.0 (.)	0.0 (.)	0.0 (0.00)	1.7 u (1.31)						
Hamburgers/cheeseburgers	10.9 (2.20)	9.3 (1.79)	9.7 (2.28)	9.6 u (4.84)	8.9 u (3.05)	15.4 u (5.99)						
Other sandwiches	41.4 (3.10)	33.4 (3.88)	35.1 (4.33)	52.9 (8.66)	31.7 (7.26)	54.0 * (7.10)						
Hot dogs	9.7 (1.65)	14.0 (2.85)	11.4 (2.81)	5.8 u (3.77)	17.0 u (6.32)	3.3 u (3.01)						
Luncheon meat	12.8 (1.93)	8.2 (2.03)	7.3 u (2.31)	26.1 u (10.03)	10.6 u (3.62)	17.5 (4.77)						
Beef, pork, ham	2.1 u (0.83)	3.0 u (1.23)	5.0 u (2.13)	1.5 u (1.51)	0.0 (0.00)	0.8 u (0.71)						
Chicken, turkey	2.1 u (0.78)	2.8 u (1.09)	4.4 u (1.84)	0.5 * u (0.48)	0.9 u (0.49)	1.5 u (1.45)						
Cheese (no meat)	2.4 (0.67)	2.3 u (0.96)	2.4 u (1.23)	4.6 u (3.33)	2.6 u (1.74)	1.9 u (1.12)						
Fish	0.4 u (0.19)	0.2 u (0.15)	0.0 (.)	2.5 u (2.45)	0.6 u (0.44)	0.0 (0.00)						
Peanut butter	12.2 (2.20)	3.5 (0.87)	5.5 (1.62)	12.7 u (5.12)	0.2 u (0.20)	29.0 *** (6.25)						
Breakfast sandwiches	0.2 u (0.18)	0.0 (0.00)	0.0 (.)	1.6 u (1.63)	0.0 (0.00)	0.0 (.)						
Pizza (no meat)	11.7 (1.58)	14.1 (1.68)	16.8 (3.21)	2.1 *** (1.56)	11.8 u (3.94)	6.7 u (3.30)						
Pizza w/ meat	12.3 (2.08)	17.7 (3.03)	21.0 (3.47)	14.9 u (6.68)	14.5 u (4.65)	1.2 ** u (1.14)						
Mexican entrees	9.8 (1.61)	11.8 (2.40)	10.6 (2.86)	11.6 u (5.16)	14.0 u (5.06)	5.7 u (2.31)						
Macaroni and cheese	5.8 (1.61)	5.4 u (1.89)	2.8 u (1.68)	0.0 (0.00)	9.5 u (4.89)	9.2 u (4.18)						
Pasta dishes	3.5 u (1.09)	4.9 u (1.74)	3.2 (0.81)	2.4 u (1.47)	8.7 u (4.42)	0.7 u (0.68)						
Rice dishes	1.6 u (0.62)	1.6 u (0.72)	0.5 u (0.43)	0.5 u (0.45)	3.6 u (2.04)	2.1 u (1.61)						
Other grain mixtures	0.5 u (0.30)	0.8 u (0.51)	0.2 u (0.14)	0.0 (.)	1.1 u (1.09)	0.0 (0.00)						
Meat soup	0.6 u (0.29)	0.2 u (0.13)	0.3 u (0.22)	2.7 u (2.28)	0.0 (0.00)	0.5 u (0.46)						
Bean soup	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Grain soups	2.1 u (1.21)	1.1 u (0.73)	1.7 u (1.30)	2.9 u (2.08)	0.2 u (0.20)	4.1 u (3.95)						
Vegetables mixtures (incl. soup)	0.4 u (0.24)	0.1 u (0.11)	0.2 u (0.18)	0.0 (0.00)	0.0 (.)	1.1 u (0.80)						
Entrée salads	1.7 u (0.87)	2.8 u (1.48)	0.5 u (0.49)	0.0 (0.00)	3.1 u (2.27)	0.1 u (0.08)						
Beverages excluding milk and 100% fruit juice	53.2 (3.47)	34.2 (3.23)	27.4 (3.13)	77.0 *** (4.50)	44.2 (6.22)	74.5 *** (5.65)						
Types of beverages, among those drinking any												
Coffee	0.0 u (0.04)	0.0 (0.00)	0.0 (0.00)	0.2 u (0.23)	0.0 (0.00)	0.0 (.)						
Tea	2.3 u (1.12)	1.7 u (1.17)	0.0 (.)	3.9 u (2.31)	3.4 u (2.53)	2.3 u (2.23)						
Beer	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Wine	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Liquor	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Water (plain)	62.9	(3.31)	73.1	(5.42)	73.3	(6.84)	48.4 *	(7.03)	71.2	(8.75)	60.4	(5.48)
Noncarbonated, sweetened drinks	27.6	(2.62)	23.3	(4.78)	21.9	(5.67)	35.0	(8.30)	24.1 u	(7.46)	29.5	(4.30)
Noncarbonated, low-calorie/sugar-free drinks	10.6	(2.68)	7.4 u	(3.08)	4.2 u	(2.21)	12.4 u	(6.90)	11.4 u	(5.67)	13.8 u	(5.00)
Energy drinks	0.0	(0.00)	0.0	(.)	0.0	(0.00)	0.0	(.)	0.0	(0.00)	0.0	(.)
Any soda	19.6	(3.25)	6.5 u	(2.43)	6.6 u	(2.77)	24.9 * u	(8.64)	6.0 u	(4.01)	23.5 *	(5.74)
Soda, regular	18.8	(3.15)	6.3 u	(2.43)	6.2 u	(2.74)	24.9 * u	(8.64)	6.0 u	(4.01)	21.7 *	(5.47)
Soda, sugar-free	1.7 u	(1.12)	0.2 u	(0.17)	0.4 u	(0.38)	0.0	(0.00)	0.0	(0.00)	3.9 u	(2.70)
Sweets and desserts	39.9	(2.72)	28.4	(3.50)	26.6	(4.18)	48.4 **	(6.57)	31.5	(4.86)	57.8 ***	(5.39)
Types of sweets and desserts, among those eating any												
Sugar and sugar substitutes	2.3 u	(1.39)	1.0 u	(1.03)	0.0	(0.00)	5.9 u	(4.33)	2.4 u	(2.53)	2.4 u	(2.66)
Syrups/sweet toppings	5.8 u	(2.46)	9.4 u	(4.12)	8.1 u	(3.67)	0.7 * u	(0.67)	12.5 u	(8.68)	4.5 u	(3.93)
Jelly	2.2 u	(2.16)	0.0	(0.00)	0.0	(.)	0.0	(0.00)	0.0	(0.00)	5.1 u	(4.75)
Jello	3.6 u	(1.84)	1.1 u	(0.70)	1.8 u	(1.32)	13.8 u	(10.59)	0.4 u	(0.43)	2.6 u	(2.46)
Candy	33.9	(4.92)	23.4	(5.41)	19.6 u	(6.54)	39.9	(9.85)	31.7 u	(10.25)	38.5	(7.05)
Ice cream	14.4	(3.77)	18.2 u	(5.92)	13.2 u	(4.47)	9.6 u	(5.58)	19.6 u	(10.59)	13.4 u	(5.85)
Pudding	4.8 u	(2.31)	1.1 u	(0.84)	1.3 u	(1.36)	2.0 u	(1.99)	1.1 u	(1.06)	9.3 u	(5.04)
Ice/popsicles	8.5	(2.03)	7.2	(2.05)	10.2 u	(3.43)	6.2 u	(4.34)	2.5 u	(1.79)	11.0 u	(4.15)
Sweet rolls	0.3 u	(0.24)	0.1 u	(0.14)	0.0	(0.00)	0.0	(0.00)	0.3 u	(0.35)	0.0	(0.00)
Cake/cupcakes	5.0	(1.44)	9.3 u	(2.78)	7.7 u	(3.57)	0.8 u	(0.62)	12.6 u	(5.40)	2.9 u	(1.81)
Cookies	36.8	(4.78)	40.6	(6.24)	48.7	(7.60)	43.7	(7.92)	31.0 u	(9.94)	32.5	(9.07)
Pies/cobblers	2.6 u	(2.51)	2.4 u	(2.38)	0.0	(.)	0.0	(0.00)	5.8 u	(5.67)	3.9 u	(3.67)
Pastries	2.5 u	(1.40)	0.8 u	(0.84)	0.0	(.)	0.3 u	(0.33)	2.0 u	(2.02)	5.0 u	(3.21)
Doughnuts	0.4 u	(0.27)	1.0 u	(0.70)	1.9 u	(1.35)	0.0	(.)	0.0	(.)	0.0	(.)
Salty snacks	20.1	(2.56)	12.6	(2.39)	10.6	(2.12)	29.9 **	(6.25)	16.9	(4.68)	30.7	(5.33)
Types of salty snacks, among those eating any												
Corn-based salty snacks	47.6	(5.22)	34.1	(8.07)	32.3 u	(10.83)	42.8	(10.44)	37.3 u	(12.78)	58.4	(8.05)
Pretzels/party mix	19.8 u	(6.29)	18.6 u	(7.09)	23.5 u	(10.62)	8.1 u	(4.70)	12.4 u	(6.85)	23.1 u	(11.97)
Popcorn	6.9 u	(2.30)	8.4 u	(3.81)	11.6 u	(7.19)	17.1 u	(9.93)	6.0 u	(5.35)	2.1 u	(1.77)
Potato chips	31.4	(5.25)	39.2	(9.02)	33.3 u	(14.08)	39.3	(10.47)	44.3 u	(15.65)	23.1 u	(7.68)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Added fats and oils	4.7 u (1.48)	3.4 (0.97)		2.8 u (1.07)		1.0 u (0.74)		4.8 u (1.99)		8.5 u (3.82)	
<i>Types of added fats/oils among those eating any</i>											
Butter	17.4 u (9.41)	43.3 u (16.21)		53.2 u (20.06)		0.0 (.)		34.7 u (21.10)		0.0 (.)	
Margarine	24.8 u (16.15)	3.6 u (3.24)		7.8 u (5.47)		32.1 u (30.81)		0.0 (.)		36.1 u (26.85)	
Other added fats	5.9 u (3.82)	6.5 u (3.64)		3.2 u (3.31)		0.0 (.)		9.3 u (6.92)		6.1 u (5.79)	
Other added oils	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Salad dressing	27.0 u (15.70)	19.2 u (10.26)		35.8 u (23.91)		67.9 u (30.81)		4.8 u (4.07)		32.2 u (25.97)	
Mayonnaise	0.0 (0.00)	0.0 (0.00)		0.0 (.)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Gravy	2.3 u (1.61)	5.8 u (3.79)		0.0 (0.00)		0.0 (.)		10.9 u (6.64)		0.0 (0.00)	
Cream cheese	13.9 u (11.38)	0.0 (0.00)		0.0 (0.00)		0.0 (.)		0.0 (0.00)		25.5 u (22.59)	
Cream/sour cream	13.4 u (6.97)	33.4 u (15.77)		0.0 (0.00)		0.0 (.)		62.5 (17.52)		0.0 (.)	
Other	3.2 (0.83)	3.1 u (1.14)		4.8 u (1.96)		4.6 u (3.04)		0.8 u (0.53)		3.1 u (1.98)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Sample size	1,084	-	675	-	416	-	170	-	220	-	219	-
Grains	24.8	(2.41)	24.1	(2.78)	21.6	(3.36)	12.7	(3.41)	28.1	(5.42)	32.1	(5.33)
Types of grains, among those eating any												
Whole grains ¹	8.3	(2.39)	4.4 u	(2.77)	2.0 u	(1.23)	26.5 * u	(11.74)	7.4 u	(5.79)	10.4 u	(3.98)
Not whole grain	91.9	(2.34)	95.9	(2.75)	98.0	(1.23)	74.7 *	(10.97)	93.3	(5.73)	89.6	(3.98)
Bread	25.9	(4.66)	29.7	(6.03)	34.3	(6.51)	20.3 u	(12.40)	23.7 u	(10.16)	20.6 u	(8.28)
Rolls	14.8	(3.70)	28.9	(5.96)	28.5	(7.28)	1.1 ***	(1.18)	32.0 u	(9.76)	0.2 ** u	(0.24)
English muffin	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Bagels	4.2 u	(2.59)	0.0	0.00	0.0	0.00	0.7 u	(0.76)	0.0	0.00	10.1 u	(6.12)
Biscuits, scones, croissants	0.6 u	(0.55)	0.1 u	(0.16)	0.3 u	(0.33)	0.0	0.00	0.0	0.00	1.3 u	(1.32)
Muffins	4.2 u	(1.85)	6.1 u	(3.38)	1.3 u	(1.35)	10.8 u	(10.06)	11.7 u	(8.04)	0.8 u	(0.78)
Cornbread	1.1 u	(0.89)	2.2 u	(1.70)	4.4 u	(3.36)	0.0	(.)	0.0	0.00	0.1 u	(0.13)
Corn tortillas	0.0 u	(0.05)	0.1 u	(0.09)	0.2 u	(0.19)	0.0	0.00	0.0	0.00	0.0	(.)
Flour tortillas	1.1 u	(1.02)	0.0	0.00	0.0	0.00	15.5 u	(13.41)	0.0	0.00	0.0	(.)
Taco shells	2.7 u	(2.66)	5.3 u	(5.10)	10.9 u	(9.62)	0.0	0.00	0.0	0.00	0.0	0.00
Crackers	32.4	(3.92)	17.6	(4.69)	14.1 u	(5.09)	31.9 u	(11.74)	22.6 u	(8.14)	49.1 *	(7.34)
Breakfast/granola bar	7.0 u	(2.48)	4.0 u	(2.72)	0.4 u	(0.41)	5.1 u	(2.91)	8.2 u	(5.74)	11.2 u	(5.21)
Pancakes, waffles, French toast	0.5 u	(0.48)	0.9 u	(0.94)	0.0	0.00	0.0	0.00	2.0 u	(2.04)	0.0	0.00
Cold cereal	0.7 u	(0.45)	0.6 u	(0.32)	1.2 u	(0.66)	6.1 u	(5.67)	0.0	(.)	0.0	0.00
Hot cereal	0.4 u	(0.41)	0.0	0.00	0.0	0.00	0.0	0.00	0.0	(.)	1.0 u	(0.97)
Rice	3.3 u	(1.37)	5.2 u	(2.36)	5.9 u	(3.02)	6.5 u	(4.19)	0.0	0.00	0.4 u	(0.35)
Pasta	3.2 u	(2.07)	1.0 u	(0.83)	0.0	0.00	3.2 u	(3.28)	2.1 u	(1.82)	6.0 u	(5.08)
Vegetables	29.2	(2.54)	40.5	(3.64)	42.3	(3.70)	23.5 **	(5.86)	38.2	(6.47)	15.2 **	(3.40)
Types of vegetables, among those eating any												
Raw vegetables	23.7	(3.14)	25.8	(3.26)	25.5	(3.27)	11.4 * u	(6.37)	23.8 u	(7.61)	23.0 u	(9.92)
Raw lettuce/greens	1.5 u	(0.69)	2.1 u	(0.96)	2.7 u	(1.39)	0.4 u	(0.40)	1.4 u	(1.39)	0.0	0.00
Raw carrots	8.2	(2.44)	7.7 u	(2.89)	7.0 u	(2.96)	9.0 u	(6.17)	9.7 u	(6.21)	9.9 u	(6.58)
Raw tomatoes	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Raw cabbage/coleslaw	0.5 u	(0.51)	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	3.1 u	(2.98)
Other raw (higher in vitamins A and C) ²	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	(.)
Other raw (lower in vitamins A and C) ²	4.1 u	(1.66)	5.3 u	(2.17)	5.8 u	(2.90)	1.3 u	(1.14)	0.4 u	(0.34)	0.5 u	(0.48)
Salads (w/greens)	11.5	(2.32)	13.6	(2.77)	14.8	(2.77)	0.8 ***	(0.79)	12.5 u	(5.83)	9.5 u	(7.27)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Cooked vegetables, excl. potatoes	55.3	(3.78)	62.8	(3.33)	62.5	(4.74)	37.3 *	(9.86)	65.6	(6.77)	33.5 * u	(12.39)
Cooked green beans	9.3	(2.38)	12.9	(3.07)	18.2	(4.98)	0.0	(.)	3.7 u	(1.82)	0.0	(.)
Cooked corn	6.5 u	(2.07)	6.3 u	(2.18)	7.8 u	(2.56)	4.6 u	(3.83)	4.8 u	(3.99)	8.6 u	(6.88)
Cooked peas	1.8 u	(1.18)	2.5 u	(1.57)	4.1 u	(2.54)	0.0	0.00	0.0	0.00	0.0	0.00
Cooked carrots	3.1 u	(1.51)	4.0 u	(2.03)	2.9 u	(1.01)	2.2 u	(2.27)	6.2 u	(5.34)	0.0	(.)
Cooked broccoli	3.6 u	(1.54)	4.6 u	(2.04)	4.0 u	(1.29)	2.2 u	(2.12)	6.1 u	(5.34)	0.0	0.00
Cooked tomatoes	32.5	(4.01)	35.0	(4.17)	27.5	(4.76)	26.5 u	(9.68)	47.9	(9.00)	24.9 u	(11.85)
Cooked mixed	1.7 u	(1.17)	2.3 u	(1.61)	1.1 u	(0.90)	0.0	0.00	4.4 u	(3.96)	0.0	0.00
Cooked starchy	0.6 u	(0.64)	0.8 u	(0.91)	0.0	0.00	0.0	0.00	2.2 u	(2.65)	0.0	0.00
Other cooked deep yellow	0.7 u	(0.40)	1.0 u	(0.55)	1.5 u	(0.95)	0.0	0.00	0.2 u	(0.21)	0.0	0.00
Other cooked dark green	0.2 u	(0.18)	0.0	0.00	0.0	0.00	1.7 u	(1.95)	0.0	0.00	0.0	0.00
Other cooked (higher in vitamins A and C) ²	0.4 u	(0.37)	0.0	0.00	0.0	0.00	3.5 u	(3.55)	0.0	0.00	0.0	0.00
Other cooked (lower in vitamins A and C) ²	0.3 u	(0.26)	0.4 u	(0.36)	0.6 u	(0.64)	0.0	0.00	0.0	0.00	0.0	0.00
Other fried	0.4 u	(0.27)	0.5 u	(0.37)	0.9 u	(0.63)	0.0	0.00	0.0	0.00	0.0	0.00
Cooked potatoes	49.0	(4.26)	38.9	(4.25)	38.2	(5.82)	80.6 ***	(8.19)	43.6	(7.02)	72.1 *	(11.23)
Cooked potatoes-not fried	10.5	(3.01)	8.1	(2.40)	11.5 u	(3.47)	14.3 u	(7.56)	3.0 u	(1.81)	18.7 u	(9.52)
Cooked potatoes-fried	38.5	(4.22)	30.8	(4.34)	26.7	(4.85)	66.3 ***	(10.80)	40.6	(7.35)	53.5	(13.06)
Vegetable juice	1.0 u	(1.05)	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	6.3 u	(6.10)
Fruit and 100% fruit juice	40.7	(2.90)	45.3	(2.85)	45.0	(4.19)	29.5 *	(6.12)	48.0	(5.57)	35.7	(5.65)
Types of fruit, among those eating any												
Any whole fruit	84.9	(2.22)	84.2	(2.38)	83.5	(3.32)	78.8	(10.89)	86.3	(4.07)	87.0	(5.03)
Fresh fruit	59.4	(3.88)	49.2	(3.94)	47.1	(6.20)	64.3	(14.57)	50.3	(7.58)	76.2 *	(7.59)
Fresh orange	7.2	(1.83)	7.2	(1.51)	8.6	(2.29)	1.7 * u	(1.43)	3.7 u	(1.91)	9.9 u	(6.01)
Fresh other citrus	0.0 u	(0.04)	0.1 u	(0.07)	0.0	(0.00)	0.0	(0.00)	0.2 u	(0.16)	0.0	(0.00)
Fresh apple	25.2	(3.07)	25.4	(3.48)	23.8	(4.95)	10.8 u	(5.17)	26.1	(6.11)	31.1	(7.39)
Fresh banana	9.6 u	(2.95)	4.9 u	(1.91)	4.7 u	(1.95)	45.0 * u	(16.32)	5.5 u	(3.58)	2.3 u	(1.45)
Fresh melon	1.7 u	(1.00)	1.5 u	(1.49)	2.8 u	(2.58)	1.2 u	(1.18)	0.0	(0.00)	1.1 u	(0.92)
Fresh watermelon	1.6 u	(0.94)	0.3 u	(0.27)	0.6 u	(0.50)	0.0	(.)	0.0	(.)	5.0 u	(2.90)
Fresh grapes	6.5	(1.66)	3.9 u	(1.41)	2.6 u	(1.29)	6.2 u	(3.90)	6.0 u	(2.46)	11.2 u	(4.31)
Fresh peach/nectarine	1.4 u	(0.56)	2.3 u	(0.96)	3.1 u	(1.58)	0.5 u	(0.40)	1.6 u	(0.85)	0.0	(0.00)
Fresh pear	1.8 u	(0.99)	2.5 u	(1.65)	3.5 u	(2.16)	2.8 u	(2.82)	1.3 u	(1.33)	0.1 u	(0.08)
Fresh berries	3.9 u	(2.54)	0.4 u	(0.29)	0.8 u	(0.53)	4.6 u	(4.45)	0.0	(.)	11.5 u	(8.82)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	4.3 (0.80)	6.8 (1.38)		6.7 u (4.24)		0.0 (0.00)		7.4 u (4.92)		0.0 (0.00)	
Other fresh fruit	4.9 u (2.14)	1.0 u (0.53)		0.4 u (0.36)		3.2 u (3.22)		0.3 u (0.27)		8.3 u (4.76)	
Avocado/guacamole	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Lemon/lime - any form	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Canned or frozen fruit, total	27.7 (3.65)	37.1 (4.21)		39.5 (6.64)		19.1 u (10.23)		36.0 (8.04)		12.6 * u (5.49)	
Canned or frozen in syrup	3.3 u (1.10)	5.3 u (1.86)		7.2 u (2.36)		0.0 (.)		3.4 u (3.23)		0.8 u (0.79)	
Canned or frozen, no syrup	24.3 (3.69)	31.8 (4.55)		32.3 (6.24)		19.1 u (10.23)		32.6 (7.97)		11.9 * u (5.48)	
Applesauce, canned/ frozen apples	6.7 u (2.14)	3.1 u (1.13)		3.4 u (2.13)		17.7 u (9.63)		2.8 u (1.87)		10.9 u (5.53)	
Canned/frozen peaches	8.2 (1.95)	12.5 (2.65)		13.3 (3.57)		1.4 ** u (1.49)		12.5 u (5.26)		0.9 * u (0.90)	
Canned/frozen pineapple	6.5 u (2.22)	11.0 u (3.48)		10.6 u (5.21)		0.0 * (0.00)		11.7 u (5.23)		0.0 * (0.00)	
Other canned/frozen	7.2 (1.88)	12.0 (3.10)		15.1 u (4.60)		0.0 ** (0.00)		9.0 u (4.42)		0.8 u (0.80)	
100% Fruit juice	24.9 (3.46)	24.4 (4.01)		25.3 (4.69)		58.7 * (15.34)		22.3 (6.25)		16.9 u (5.29)	
Non-citrus juice	18.7 (3.33)	16.4 (3.70)		17.4 (4.05)		50.2 * u (15.91)		14.1 u (6.02)		15.0 u (5.41)	
Citrus juice	6.4 (1.20)	8.4 (1.61)		8.6 (2.11)		8.5 u (4.22)		8.2 u (2.54)		1.9 * u (1.71)	
Dried fruit	0.4 u (0.25)	0.4 u (0.36)		0.8 u (0.66)		0.0 (0.00)		0.0 (0.00)		0.6 u (0.50)	
Milk and milk products	53.7 (2.96)	80.1 (2.40)		84.7 (2.24)		16.6 *** (3.64)		74.9 (4.28)		27.8 *** (5.92)	
<i>Types of milk, among those eating any</i>											
Cow's milk, total	92.4 (2.04)	98.8 (0.48)		98.4 (0.65)		63.7 * (14.01)		99.1 (0.82)		76.6 *** (6.18)	
Unflavored white milk, total	29.5 (3.22)	27.4 (3.55)		27.5 (4.69)		43.6 (12.10)		26.6 (6.36)		38.8 (7.33)	
Unflavored whole milk	3.8 (0.94)	3.5 (0.93)		5.2 (1.35)		20.8 u (11.41)		0.5 u (0.38)		0.9 u (0.64)	
Unflavored non-whole, total	22.0 (2.92)	19.5 (2.97)		17.7 (3.37)		13.8 u (7.38)		21.6 (6.04)		37.9 (7.26)	
2% milk, unflavored	11.4 (1.79)	9.6 (1.72)		9.4 (2.21)		8.9 u (5.78)		9.7 u (4.01)		21.8 u (7.53)	
1% milk, unflavored	9.2 (1.71)	8.9 (2.25)		6.7 (1.98)		4.9 u (4.39)		11.6 u (4.94)		12.7 u (5.64)	
Skim milk, unflavored	1.4 u (0.48)	1.0 u (0.42)		1.6 u (0.77)		0.0 (.)		0.3 u (0.15)		3.4 u (1.75)	
Unflavored, fat not specified	3.8 u (1.23)	4.4 u (1.53)		4.6 u (2.04)		9.0 u (7.99)		4.6 u (2.60)		0.0 (0.00)	
Flavored milk, total	62.9 (3.80)	71.4 (3.56)		71.1 (4.69)		20.1 *** (11.57)		72.4 (6.42)		37.8 ** (8.70)	
Flavored, whole milk	12.6 (2.01)	15.4 (2.40)		17.2 (3.06)		11.2 u (10.40)		13.1 u (3.99)		0.9 ** u (0.85)	
Flavored non-whole, total	34.2 (4.03)	38.2 (4.67)		31.8 (5.12)		5.6 *** (4.46)		47.5 (7.99)		25.3 u (8.60)	
2% milk, flavored	18.1 (2.48)	20.9 (2.83)		18.4 (3.88)		5.6 * u (4.46)		22.6 (5.03)		10.1 u (4.40)	
1% milk, flavored	12.9 (2.63)	13.4 (2.95)		9.8 (2.89)		0.0 (.)		20.6 (5.71)		14.9 u (8.00)	
Skim milk, flavored	3.1 u (1.30)	3.9 u (1.66)		3.6 u (1.32)		0.0 (.)		4.3 u (3.90)		0.3 u (0.27)	
Flavored, fat not specified	16.3 (1.97)	17.8 (1.98)		22.0 (3.07)		3.3 *** (3.04)		11.8 (3.21)		12.9 u (6.94)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Soymilk	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	0.0 (.)		0.0 (0.00)		0.0 (0.00)	
Dry or evaporated milk	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Yogurt	3.3 u (1.35)	2.2 u (1.32)		0.7 u (0.42)		5.1 u (3.51)		4.8 u (3.37)		8.0 u (5.03)		
Cheese	12.2 (2.28)	5.0 (1.34)		4.7 (1.34)		42.1 * u (15.08)		6.0 u (2.42)		32.4 ** (8.59)		
Meat and meat alternates	21.5 (2.42)	23.8 (3.03)		22.0 (3.75)		19.3 (4.15)		25.6 (3.99)		19.6 (5.09)		
Types of meat, among those eating any												
Beef	5.4 u (2.56)	3.1 u (1.70)		3.9 u (2.35)		10.1 u (6.65)		2.6 u (2.59)		8.3 u (7.54)		
Ground beef	0.1 u (0.09)	0.1 u (0.15)		0.0 (0.00)		0.0 (0.00)		0.3 u (0.35)		0.0 (0.00)		
Pork	3.3 u (2.11)	2.6 u (2.60)		0.0 (0.00)		1.1 u (1.09)		6.1 u (5.92)		5.6 u (5.10)		
Ham	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		
Lamb and misc. meats	0.7 u (0.65)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		2.3 u (2.32)		
Chicken	57.0 (6.52)	68.1 (6.00)		71.8 (6.17)		58.6 (12.99)		71.3 (10.49)		32.8 * u (14.25)		
Turkey	1.9 u (0.96)	2.3 u (1.37)		3.9 u (2.64)		4.7 u (4.10)		0.7 u (0.71)		0.0 (0.00)		
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		
Hot dogs	3.7 u (2.50)	6.4 u (4.04)		6.2 u (5.42)		0.0 (0.00)		7.7 u (7.31)		0.0 (0.00)		
Cold cuts	3.8 u (1.36)	1.9 u (1.27)		0.6 u (0.60)		11.0 * u (4.59)		3.7 u (2.91)		4.7 u (2.80)		
Fish	4.3 u (2.46)	6.9 u (3.74)		1.5 u (0.84)		0.4 u (0.43)		3.0 u (2.57)		0.8 u (0.81)		
Shellfish	0.9 u (0.56)	0.2 u (0.18)		0.4 u (0.34)		5.5 u (4.30)		0.0 (0.00)		0.5 u (0.56)		
Bacon/sausage	5.2 u (4.25)	1.5 u (1.08)		3.0 u (2.09)		0.0 (.)		0.0 (.)		14.8 u (13.55)		
Eggs	6.5 u (4.07)	0.6 u (0.59)		1.2 u (1.15)		0.0 (.)		0.0 (.)		21.1 u (13.22)		
Beans	1.7 u (0.81)	2.1 u (1.17)		3.9 u (2.22)		4.0 u (3.47)		0.3 u (0.28)		0.0 (.)		
Baked/refried beans	1.8 u (1.38)	3.1 u (2.28)		6.0 u (4.15)		0.0 (0.00)		0.0 (0.00)		0.2 u (0.20)		
Soy products	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		
Protein/meal enhancement	1.9 u (1.83)	3.3 u (3.26)		0.0 (0.00)		0.0 (0.00)		7.7 u (7.35)		0.0 (.)		
Nuts	0.9 u (0.65)	0.4 u (0.43)		0.0 (0.00)		0.6 u (0.70)		0.0 (0.00)		1.9 u (2.22)		
Peanut/almond butter	3.9 u (2.41)	1.8 u (1.37)		0.0 (.)		7.1 u (6.72)		4.3 u (3.27)		6.9 u (6.80)		
Seeds	1.5 u (0.79)	1.3 u (0.77)		1.8 u (1.26)		0.0 (0.00)		0.0 (.)		2.5 u (2.35)		
Mixed dishes	70.6 (2.60)	75.0 (2.90)		75.8 (3.99)		62.5 * (5.20)		73.7 (3.68)		67.2 (6.17)		
Types of mixed dishes, among those eating any												
Tomato sauce and meat (no pasta)	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		
Chili con carne	0.0 u (0.02)	0.0 u (0.03)		0.1 u (0.06)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		
Meat mixtures w/ red meat	1.4 u (0.49)	2.3 u (0.84)		2.2 u (1.17)		1.0 u (0.76)		2.7 u (1.45)		0.0 (.)		

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Meat mixtures w/ chicken/turkey	1.5 u (0.75)	0.8 u (0.28)	1.4 u (0.49)	1.5 u (1.34)	0.1 u (0.14)	2.9 u (2.27)						
Meat mixtures w/ fish	0.1 u (0.08)	0.0 (0.00)	0.0 (0.00)	0.7 u (0.67)	0.0 (0.00)	0.0 (.)						
Hamburgers/cheeseburgers	9.5 (1.74)	11.0 (2.52)	6.5 (1.59)	11.7 u (5.15)	15.2 (4.35)	6.8 u (2.67)						
Other sandwiches	47.6 (3.16)	37.1 (3.54)	38.0 (4.36)	53.7 (6.92)	36.6 (5.44)	66.0 *** (5.92)						
Hot dogs	6.9 (1.44)	10.8 (2.43)	11.4 u (3.49)	4.9 u (2.46)	10.3 u (4.09)	1.0 * u (0.62)						
Luncheon meat	14.7 (2.07)	6.1 (1.65)	5.8 u (2.07)	32.9 ** (8.52)	6.3 u (3.34)	23.4 ** (5.12)						
Beef, pork, ham	2.5 (0.73)	2.2 u (0.94)	1.9 u (1.31)	1.2 u (0.91)	1.6 u (0.97)	3.8 u (2.09)						
Chicken, turkey	9.3 (1.60)	10.9 (2.06)	12.9 (3.46)	6.3 u (2.81)	9.4 u (3.46)	8.2 u (3.72)						
Cheese (no meat)	2.7 u (0.88)	3.6 u (1.36)	4.0 u (2.12)	3.7 u (2.77)	3.5 u (1.70)	1.0 u (0.66)						
Fish	1.9 u (1.00)	0.8 u (0.35)	1.2 u (0.60)	0.2 u (0.23)	0.3 u (0.22)	4.9 u (3.15)						
Peanut butter	9.7 (1.45)	3.0 u (0.95)	2.7 u (1.22)	5.0 u (2.33)	3.0 u (1.57)	23.7 *** (4.51)						
Breakfast sandwiches	0.5 u (0.46)	0.8 u (0.83)	0.0 (0.00)	0.0 (0.00)	2.1 u (2.08)	0.0 (.)						
Pizza (no meat)	8.5 (1.38)	13.0 (2.20)	13.5 (2.54)	5.0 ** (0.93)	13.7 (3.84)	2.3 ** u (0.89)						
Pizza w/ meat	13.6 (1.96)	18.7 (2.77)	20.6 (3.91)	9.5 u (4.11)	15.7 (3.96)	5.1 * u (2.21)						
Mexican entrees	8.0 (1.12)	9.3 (2.00)	8.4 (2.35)	13.5 u (4.96)	10.1 u (3.95)	3.2 u (1.61)						
Macaroni and cheese	2.4 u (0.81)	1.8 u (0.57)	2.3 u (0.94)	4.0 u (3.62)	1.3 u (0.76)	3.1 u (2.01)						
Pasta dishes	6.4 (1.17)	7.9 (1.69)	6.6 (1.68)	4.0 u (2.11)	10.8 u (3.63)	5.0 u (2.79)						
Rice dishes	0.7 u (0.27)	0.3 u (0.18)	0.4 u (0.27)	2.8 u (1.67)	0.3 u (0.23)	0.5 u (0.44)						
Other grain mixtures	1.6 u (0.67)	1.3 u (0.74)	0.4 u (0.42)	0.0 (.)	1.1 u (0.94)	2.7 u (1.58)						
Meat soup	2.2 u (1.16)	0.1 u (0.07)	0.0 (.)	0.8 u (0.62)	0.2 u (0.17)	6.8 u (3.46)						
Bean soup	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Grain soups	1.7 u (1.05)	1.1 u (1.07)	2.0 u (1.94)	1.7 u (0.88)	0.0 (.)	2.8 u (2.86)						
Vegetables mixtures (incl. soup)	1.1 u (0.49)	1.2 u (0.61)	1.7 u (1.00)	0.7 u (0.54)	0.6 u (0.64)	1.2 u (1.17)						
Entrée salads	2.0 u (1.04)	1.8 u (0.67)	2.3 u (1.03)	0.0 * (0.00)	0.7 u (0.33)	0.1 u (0.06)						
Beverages excluding milk and 100% fruit juice	55.3 (2.78)	36.4 (2.85)	30.2 (3.21)	79.1 *** (4.93)	43.6 (4.54)	73.8 *** (4.13)						
Types of beverages, among those drinking any												
Coffee	0.2 u (0.18)	0.5 u (0.53)	0.0 (0.00)	0.1 u (0.07)	1.1 u (1.11)	0.0 (.)						
Tea	3.3 (0.97)	2.0 u (1.12)	1.0 u (1.01)	4.2 u (2.64)	3.3 u (2.07)	4.2 u (2.05)						
Beer	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Wine	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Liquor	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Water (plain)	58.6 (2.84)	68.6 (4.96)	67.0 (6.39)	52.5 (5.90)	70.2 (7.00)	55.2 (5.07)					
Noncarbonated, sweetened drinks	24.5 (3.09)	17.5 (3.24)	15.1 (4.22)	27.7 (5.49)	19.5 (5.47)	30.0 (6.39)					
Noncarbonated, low-calorie/sugar-free drinks	8.0 (1.87)	5.9 (1.76)	8.5 u (2.80)	5.9 u (2.53)	4.3 u (2.21)	8.2 u (2.67)					
Energy drinks	0.4 u (0.28)	0.0 (.)	0.0 (0.00)	0.9 u (0.93)	0.0 (0.00)	0.5 u (0.50)					
Any soda	26.3 (3.33)	15.8 (4.15)	19.7 (5.78)	38.3 * (6.34)	12.4 u (5.88)	28.7 (5.97)					
Soda, regular	22.8 (2.84)	13.4 (3.04)	18.2 (5.20)	33.0 (5.70)	8.8 u (5.05)	24.7 * (5.14)					
Soda, sugar-free	4.3 u (2.00)	2.4 u (1.84)	1.5 u (1.61)	5.3 u (2.72)	3.6 u (3.47)	5.8 u (4.16)					
Sweets and desserts	36.4 (2.55)	26.3 (2.32)	22.9 (2.91)	43.2 *** (5.07)	31.8 (4.53)	48.8 * (6.18)					
Types of sweets and desserts, among those eating any											
Sugar and sugar substitutes	4.1 u (2.91)	1.1 u (1.11)	0.0 (.)	2.6 u (1.97)	2.3 u (2.32)	7.7 u (6.54)					
Syrups/sweet toppings	6.1 u (2.59)	5.3 u (2.96)	10.4 u (5.42)	0.0 (.)	0.6 u (0.51)	8.1 u (5.29)					
Jelly	1.1 u (1.10)	3.0 u (2.99)	0.0 (0.00)	0.0 (0.00)	6.2 u (5.96)	0.0 (0.00)					
Jello	4.3 u (1.40)	6.9 u (2.35)	8.1 u (3.97)	1.9 u (1.90)	5.1 u (2.92)	3.2 u (2.52)					
Candy	36.3 (3.83)	28.2 (4.41)	34.1 (7.81)	56.8 * (7.19)	23.3 (6.41)	38.6 (6.83)					
Ice cream	11.7 (2.74)	11.8 u (4.22)	7.3 u (2.95)	21.6 u (7.38)	15.1 u (7.59)	8.7 u (3.32)					
Pudding	2.3 u (1.02)	1.5 u (0.97)	1.0 u (0.79)	0.9 u (0.92)	2.2 u (1.90)	3.8 u (2.36)					
Ice/popsicles	6.9 (1.91)	4.4 u (1.97)	2.2 u (1.39)	9.8 u (4.97)	3.4 u (3.16)	8.7 u (3.63)					
Sweet rolls	3.0 u (2.00)	0.7 u (0.69)	1.5 u (1.48)	0.0 (0.00)	0.0 (.)	2.0 u (1.78)					
Cake/cupcakes	6.2 u (2.03)	7.2 u (3.23)	11.1 u (5.39)	7.4 u (4.05)	4.0 u (3.26)	5.3 u (2.51)					
Cookies	32.3 (4.29)	36.2 (6.25)	30.0 (7.01)	33.0 (7.37)	44.7 (10.53)	29.1 (6.49)					
Pies/cobblers	0.3 u (0.16)	0.5 u (0.37)	0.7 u (0.73)	0.0 (0.00)	0.2 u (0.22)	0.2 u (0.17)					
Pastries	4.0 u (1.78)	7.6 u (4.31)	3.2 u (2.55)	1.1 u (0.79)	12.8 u (8.06)	2.1 u (1.32)					
Doughnuts	0.1 u (0.09)	0.2 u (0.21)	0.0 (.)	0.0 (0.00)	0.4 u (0.43)	0.1 u (0.09)					
Salty snacks	23.2 (2.50)	13.4 (2.10)	13.6 (2.43)	36.9 *** (4.96)	12.0 (3.47)	33.5 *** (4.46)					
Types of salty snacks, among those eating any											
Corn-based salty snacks	46.7 (6.68)	43.1 (7.77)	46.8 (9.56)	44.5 (11.73)	27.1 u (11.12)	50.8 (10.57)					
Pretzels/party mix	22.8 u (7.12)	22.6 u (8.43)	15.4 u (7.20)	8.6 u (5.54)	39.0 u (16.04)	30.6 u (10.47)					
Popcorn	4.2 (1.18)	6.9 u (2.70)	6.0 u (2.90)	3.8 u (2.69)	9.5 u (6.23)	2.8 u (1.48)					
Potato chips	29.5 (5.24)	29.6 (7.45)	35.0 (9.02)	45.5 (12.29)	25.1 u (13.34)	20.1 u (6.65)					

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Added fats and oils	8.4	(1.48)	6.7	(1.69)	5.8	(1.59)	3.5 u	(1.64)	6.8 u	(2.99)	13.7	(3.89)
Types of added fats/oils among those eating any												
Butter	17.2 u	(8.52)	4.5 u	(2.02)	6.2 u	(3.53)	2.5 u	(1.95)	3.9 u	(3.47)	29.3 u	(15.79)
Margarine	8.5 u	(4.96)	16.7 u	(9.65)	11.6 u	(8.89)	0.0	(.)	27.9 u	(23.72)	2.9 u	(3.01)
Other added fats	8.5 u	(5.13)	7.9 u	(6.59)	6.8 u	(6.58)	15.7 u	(13.82)	11.5 u	(11.76)	8.4 u	(7.46)
Other added oils	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Salad dressing	28.6 u	(8.88)	55.6	(9.94)	45.7	(11.93)	80.5	(13.51)	56.7 u	(25.47)	0.5 * u	(0.40)
Mayonnaise	0.8 u	(0.85)	0.0	(.)	0.0	(.)	0.0	(0.00)	0.0	(0.00)	1.6 u	(1.71)
Gravy	9.1 u	(3.45)	17.6 u	(7.44)	31.2 u	(11.64)	0.0 **	(0.00)	3.9 u	(3.47)	3.3 u	(3.22)
Cream cheese	22.6 u	(10.85)	0.0	(0.00)	0.0	(0.00)	2.7 u	(2.88)	0.0	(0.00)	43.2 ** u	(15.91)
Cream/sour cream	14.7 u	(7.64)	2.0 u	(1.82)	4.3 u	(3.72)	1.4 u	(1.50)	0.0	(.)	26.5 u	(13.31)
Other	2.8	(0.80)	3.9 u	(1.33)	2.7 u	(0.98)	3.1 u	(2.57)	6.0 u	(3.01)	1.0 u	(0.46)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
	Percent	Standard error	Percent	Standard error	NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Sample size	827	-	332	-	172	-	202	-	132	-	267	-
Grains	19.7	(2.36)	11.5	(2.36)	7.4 u	(2.82)	10.6 u	(3.21)	15.7	(4.58)	29.9	(6.09)
Types of grains, among those eating any												
Whole grains ¹	22.2	(5.73)	4.6 u	(4.10)	15.0 u	(12.62)	44.6 u	(17.19)	1.1 u	(1.15)	27.4 ** u	(9.66)
Not whole grain	79.3	(5.80)	96.1	(3.99)	85.0	(12.62)	55.4 u	(17.19)	100.0	(0.00)	74.8 **	(9.72)
Bread	11.3 u	(3.58)	12.3 u	(6.64)	13.2 u	(10.62)	4.1 u	(2.65)	12.8 u	(8.98)	13.5 u	(5.39)
Rolls	9.0 u	(3.62)	37.2 u	(14.73)	39.8 u	(12.80)	0.0 **	(0.00)	37.9 u	(20.05)	1.4 u	(1.37)
English muffin	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Bagels	2.4 u	(1.93)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	3.9 u	(3.21)
Biscuits, scones, croissants	5.9 u	(3.80)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	9.7 u	(5.98)
Muffins	0.4 u	(0.23)	0.7 u	(0.67)	0.0	(0.00)	0.0	(0.00)	0.9 u	(1.00)	0.4 u	(0.29)
Cornbread	0.9 u	(0.94)	4.2 u	(4.30)	16.3 u	(15.22)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Corn tortillas	0.2 u	(0.14)	0.0	(0.00)	0.0	(0.00)	1.2 u	(1.26)	0.0	(0.00)	0.1 u	(0.09)
Flour tortillas	6.0 u	(3.31)	3.4 u	(3.85)	0.0	(0.00)	9.2 u	(8.50)	0.0	(0.00)	7.0 u	(5.04)
Taco shells	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Crackers	32.8	(7.56)	27.5 u	(15.21)	19.9 u	(12.17)	16.0 u	(10.05)	32.2 u	(21.17)	35.6	(9.54)
Breakfast/granola bar	20.2	(5.83)	0.8 u	(0.77)	0.0	(0.00)	31.7 u	(17.71)	1.1 u	(1.15)	22.3 ** u	(8.10)
Pancakes, waffles, French toast	3.9 u	(1.28)	0.0	(0.00)	0.0	(0.00)	15.3 u	(11.17)	0.0	(0.00)	3.9 u	(2.55)
Cold cereal	4.6 u	(2.20)	3.9 u	(3.99)	15.0 u	(12.62)	15.0 u	(11.93)	0.0	(0.00)	3.6 u	(2.56)
Hot cereal	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Rice	6.1 u	(2.34)	14.6 u	(9.30)	12.1 u	(11.02)	7.3 u	(5.16)	15.7 u	(13.15)	3.2 u	(2.03)
Pasta	3.0 u	(2.49)	0.8 u	(0.77)	0.0	(0.00)	3.1 u	(2.31)	1.1 u	(1.15)	4.1 u	(4.07)
Vegetables	28.1	(2.46)	40.2	(5.01)	36.5	(5.36)	18.6 **	(3.40)	43.7	(8.02)	23.6 *	(4.67)
Types of vegetables, among those eating any												
Raw vegetables	16.1	(3.60)	12.5	(2.97)	7.7 u	(2.74)	7.0 u	(6.32)	17.0	(4.52)	25.3 u	(9.42)
Raw lettuce/greens	0.3 u	(0.32)	0.6 u	(0.59)	0.0	(0.00)	0.0	(0.00)	1.1 u	(1.08)	0.0	(0.00)
Raw carrots	2.3 u	(1.59)	3.5 u	(2.82)	1.4 u	(1.44)	0.0	(0.00)	5.4 u	(4.84)	1.1 u	(1.14)
Raw tomatoes	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(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)	0.0	(0.00)	0.0	(0.00)
Other raw (higher in vitamins A and C) ²	0.8 u	(0.48)	0.3 u	(0.26)	0.0	(0.00)	0.0	(0.00)	0.5 u	(0.49)	1.9 u	(1.39)
Other raw (lower in vitamins A and C) ²	0.1 u	(0.10)	0.2 u	(0.18)	0.5 u	(0.50)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Salads (w/greens)	13.0	(3.42)	7.9	(2.26)	5.8 u	(2.43)	7.0 u	(6.32)	10.1 u	(3.50)	23.4 u	(9.36)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Cooked vegetables, excl. potatoes	47.9 (4.55)	41.1 (6.34)	55.0 (8.55)	56.5 (10.34)	27.0 (8.05)	55.8* (8.02)					
Cooked green beans	1.6 u (0.96)	1.1 u (0.56)	2.9 u (1.52)	0.0 (0.00)	0.0 (0.00)	3.1 u (2.76)					
Cooked corn	3.4 u (1.74)	6.0 u (3.23)	4.7 u (2.57)	1.9 u (1.37)	2.6 u (2.59)	0.0 (0.00)					
Cooked peas	0.4 u (0.34)	0.7 u (0.64)	1.9 u (1.65)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Cooked carrots	2.4 u (2.37)	0.0 (0.00)	0.0 (0.00)	0.4 u (0.40)	0.0 (0.00)	7.1 u (6.99)					
Cooked broccoli	1.7 u (0.84)	1.2 u (0.84)	0.2 u (0.22)	0.4 u (0.40)	1.5 u (1.42)	3.2 u (2.30)					
Cooked tomatoes	38.7 (4.85)	33.4 (5.36)	48.5 (8.94)	51.6 (11.04)	22.9 u (7.42)	42.4 (10.55)					
Cooked mixed	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Cooked starchy	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Other cooked deep yellow	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (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)	0.0 (0.00)	0.0 (0.00)					
Other cooked (higher in vitamins A and C) ²	0.5 u (0.35)	0.1 u (0.08)	0.0 (0.00)	2.6 u (2.72)	0.1 u (0.15)	0.4 u (0.36)					
Other cooked (lower in vitamins A and C) ²	0.0 u (0.05)	0.0 (0.00)	0.0 (0.00)	0.4 u (0.40)	0.0 (0.00)	0.0 (0.00)					
Other fried	0.3 u (0.26)	0.5 u (0.47)	1.3 u (1.27)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Cooked potatoes	68.9 (5.91)	80.0 (4.90)	82.0 (4.74)	82.1 (8.75)	81.5 (6.92)	46.1* (12.44)					
Cooked potatoes-not fried	8.9 u (2.97)	13.4 u (4.25)	12.1 (3.25)	11.1 u (10.09)	15.8 u (6.92)	0.6* u (0.59)					
Cooked potatoes-fried	60.2 (5.68)	66.8 (6.58)	70.5 (5.23)	71.0 (11.67)	65.7 (10.40)	45.5 (12.51)					
Vegetable juice	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Fruit and 100% fruit juice	22.9 (2.49)	26.4 (4.00)	26.7 (4.71)	12.7* (3.77)	22.4 (6.19)	23.7 (3.88)					
<i>Types of fruit, among those eating any</i>											
Any whole fruit	79.2 (4.34)	75.2 (5.93)	65.3 (8.21)	65.6 (13.34)	88.8 (5.73)	90.1 (4.30)					
Fresh fruit	63.0 (5.81)	40.9 (7.18)	31.9 (5.58)	60.4 (13.73)	41.9 (10.08)	88.5*** (4.51)					
Fresh orange	7.5 u (2.59)	7.3 u (3.26)	3.8 u (2.14)	5.2 u (4.41)	13.1 u (7.55)	9.3 u (5.16)					
Fresh other citrus	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Fresh apple	31.2 (5.45)	19.9 (5.33)	15.9 u (5.65)	42.5* (11.18)	20.8 u (10.06)	43.4 (11.16)					
Fresh banana	6.2 u (2.40)	6.2 u (4.06)	2.3 u (1.75)	5.8 u (4.99)	0.0 (0.00)	6.7 u (3.68)					
Fresh melon	0.5 u (0.47)	1.2 u (1.06)	2.9 u (2.34)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Fresh watermelon	2.3 u (2.04)	0.4 u (0.43)	0.0 (0.00)	0.0 (0.00)	1.0 u (1.02)	0.4 u (0.38)					
Fresh grapes	8.2 u (3.52)	3.2 u (2.10)	2.3 u (2.25)	5.8 u (4.99)	5.3 u (4.55)	14.9 u (7.74)					
Fresh peach/nectarine	0.6 u (0.46)	1.4 u (1.07)	3.3 u (2.57)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Fresh pear	0.2 u (0.17)	0.5 u (0.41)	0.2 u (0.25)	0.0 (0.00)	0.9 u (0.93)	0.0 (0.00)					
Fresh berries	4.3 u (3.00)	1.1 u (1.06)	2.7 u (2.35)	0.0 (0.00)	0.0 (0.00)	9.3 u (7.42)					

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	3.0 u (2.17)	2.2 u (1.33)		5.3 u (2.64)		0.0 * (0.00)		0.0 (0.00)		5.0 u (4.79)	
Other fresh fruit	4.6 u (2.54)	1.5 u (1.19)		2.7 u (2.69)		7.4 u (4.68)		0.9 u (0.95)		7.6 u (5.78)	
Avocado/guacamole	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Lemon/lime - any form	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Canned or frozen fruit, total	18.2 (3.45)	37.3 (5.35)		33.4 (7.35)		11.5 * u (5.47)		54.0 (10.24)		1.6 *** (1.26)	
Canned or frozen in syrup	1.3 u (0.71)	2.6 u (1.66)		6.0 u (3.77)		1.4 u (1.42)		0.3 u (0.34)		0.0 (0.00)	
Canned or frozen, no syrup	16.9 (3.52)	34.7 (5.64)		27.4 (7.63)		10.1 u (5.33)		53.7 (10.27)		1.6 *** (1.26)	
Applesauce, canned/ frozen apples	5.5 u (2.11)	9.6 u (4.53)		7.6 u (4.81)		5.3 u (3.35)		15.1 u (7.97)		1.6 u (1.26)	
Canned/frozen peaches	4.6 u (1.67)	10.1 u (3.59)		6.9 u (4.61)		0.4 u (0.46)		16.1 u (7.42)		0.0 * (0.00)	
Canned/frozen pineapple	1.3 u (0.92)	2.9 u (1.99)		0.0 (0.00)		0.0 (0.00)		6.8 u (4.28)		0.0 (0.00)	
Other canned/frozen	7.0 u (2.36)	14.7 u (5.68)		18.9 u (6.21)		5.8 u (4.99)		16.0 u (11.24)		0.0 (0.00)	
100% Fruit juice	30.3 (6.15)	39.1 (9.59)		41.9 (8.04)		40.6 u (14.02)		28.7 u (14.91)		16.2 u (5.84)	
Non-citrus juice	15.8 u (4.87)	24.1 u (8.70)		30.3 (7.41)		13.3 u (8.02)		26.3 u (14.75)		9.4 u (4.86)	
Citrus juice	14.5 (4.10)	15.0 u (6.19)		11.6 u (4.94)		27.3 u (12.11)		2.4 u (1.84)		6.8 u (2.90)	
Dried fruit	2.1 u (2.09)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		5.0 u (4.79)	
Milk and milk products	28.0 (3.33)	60.2 (4.36)		68.5 (6.11)		6.2 *** (2.32)		55.9 (6.61)		9.1 *** (2.95)	
<i>Types of milk, among those eating any</i>											
Cow's milk, total	86.1 (3.41)	96.9 (1.50)		97.0 (2.58)		42.3 ** u (17.19)		97.7 (1.83)		46.2 *** (13.69)	
Unflavored white milk, total	35.2 (5.85)	35.0 (7.07)		35.8 (7.58)		24.0 u (9.85)		35.4 u (13.29)		45.1 u (13.81)	
Unflavored whole milk	5.6 u (2.31)	6.0 u (2.85)		6.3 u (2.04)		15.7 u (7.33)		6.5 u (5.52)		0.5 u (0.50)	
Unflavored non-whole, total	25.9 (5.90)	24.7 (6.87)		22.8 u (7.63)		2.4 * u (2.51)		26.4 u (12.41)		44.7 u (13.87)	
2% milk, unflavored	13.6 (3.78)	10.0 u (3.55)		14.2 u (7.34)		2.4 u (2.51)		3.8 u (2.22)		42.2 ** u (14.20)	
1% milk, unflavored	8.2 u (3.34)	9.8 u (4.02)		7.8 u (3.19)		0.0 * (0.00)		12.8 u (6.21)		2.5 u (2.53)	
Skim milk, unflavored	4.0 u (3.18)	5.0 u (3.88)		0.8 u (0.48)		0.0 (0.00)		9.8 u (7.65)		0.0 (0.00)	
Unflavored, fat not specified	3.7 u (1.91)	4.3 u (2.36)		6.7 u (4.57)		5.9 u (4.65)		2.5 u (1.64)		0.0 (0.00)	
Flavored milk, total	51.9 (6.27)	63.2 (7.02)		63.7 (7.63)		18.3 ** u (12.24)		62.6 (12.68)		1.1 *** (0.97)	
Flavored, whole milk	6.0 (1.63)	7.4 (2.07)		6.9 (1.45)		0.0 *** (0.00)		8.7 u (4.11)		0.0 * (0.00)	
Flavored non-whole, total	29.0 (4.18)	34.8 (4.96)		30.2 (6.44)		18.3 u (12.24)		39.6 (10.18)		1.1 *** (0.97)	
2% milk, flavored	12.8 (2.97)	15.4 (3.72)		9.2 u (3.05)		5.4 u (4.56)		21.1 u (7.52)		0.9 ** u (0.93)	
1% milk, flavored	11.6 (3.18)	13.6 (3.86)		16.8 u (5.11)		12.9 u (11.71)		10.4 u (5.88)		0.2 u (0.21)	
Skim milk, flavored	4.7 u (1.97)	5.8 u (2.36)		4.2 u (1.89)		0.0 * (0.00)		8.1 u (5.33)		0.0 (0.00)	
Flavored, fat not specified	16.9 (4.35)	21.0 (5.05)		26.6 u (8.18)		0.0 ** (0.00)		14.3 u (7.18)		0.0 * (0.00)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	0.5 u	(0.53)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	4.1 u	(3.98)
Dry or evaporated milk	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Yogurt	1.8 u	(0.97)	0.2 u	(0.16)	0.0	(0.00)	4.1 u	(4.21)	0.3 u	(0.33)	11.7 u	(7.33)
Cheese	14.8	(3.50)	6.8 u	(2.47)	5.9 u	(3.38)	56.1 ** u	(17.46)	7.3 u	(3.46)	38.0 * u	(11.61)
Meat and meat alternates	14.5	(2.31)	12.2	(2.28)	16.4	(4.42)	16.8	(4.33)	7.0 u	(2.10)	16.5 *	(4.29)
Types of meat, among those eating any												
Beef	2.6 u	(1.15)	2.0 u	(1.12)	2.5 u	(1.87)	3.4 u	(2.37)	2.2 u	(2.31)	2.7 u	(2.19)
Ground beef	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Pork	1.4 u	(0.94)	0.0	(0.00)	0.0	(0.00)	1.0 u	(1.00)	0.0	(0.00)	2.5 u	(2.03)
Ham	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Lamb and misc. meats	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Chicken	62.3	(7.02)	73.5	(9.65)	84.5	(8.64)	86.1	(7.37)	69.8	(17.64)	42.8 u	(13.99)
Turkey	1.4 u	(1.30)	4.3 u	(4.18)	7.4 u	(7.09)	0.0	(0.00)	1.1 u	(1.21)	0.0	(0.00)
Organ meats	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Hot dogs	1.0 u	(1.05)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	2.3 u	(2.35)
Cold cuts	4.4 u	(2.98)	0.0	(0.00)	0.0	(0.00)	0.4 u	(0.40)	0.0	(0.00)	9.4 u	(6.46)
Fish	4.6 u	(3.15)	12.3 u	(8.68)	4.1 u	(4.20)	1.4 u	(1.19)	2.9 u	(3.40)	0.9 u	(0.72)
Shellfish	0.2 u	(0.23)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.5 u	(0.52)
Bacon/sausage	2.0 u	(1.59)	5.5 u	(4.63)	1.1 u	(1.23)	1.3 u	(1.35)	17.0 u	(15.44)	0.0	(0.00)
Eggs	3.9 u	(3.30)	0.0	(0.00)	0.0	(0.00)	1.3 u	(1.35)	0.0	(0.00)	7.9 u	(7.57)
Beans	3.7 u	(3.37)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	7.6 u	(7.00)
Baked/refried beans	3.8 u	(3.30)	0.6 u	(0.44)	0.4 u	(0.48)	0.0	(0.00)	1.2 u	(1.31)	7.9 u	(7.57)
Soy products	0.1 u	(0.12)	0.4 u	(0.43)	0.0	(0.00)	0.0	(0.00)	1.4 u	(1.53)	0.0	(0.00)
Protein/meal enhancement	2.6 u	(1.85)	0.0	(0.00)	0.0	(0.00)	7.2 u	(6.57)	0.0	(0.00)	2.3 u	(2.29)
Nuts	1.7 u	(1.17)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	3.7 u	(2.66)
Peanut/almond butter	0.9 u	(0.94)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	2.1 u	(2.08)
Seeds	9.4 u	(6.99)	1.3 u	(1.30)	0.0	(0.00)	1.9 u	(2.02)	4.4 u	(4.61)	18.4 u	(14.16)
Mixed dishes	68.9	(3.00)	86.8	(3.59)	88.1	(3.95)	54.7 ***	(4.69)	88.0	(5.54)	60.6 ***	(4.01)
Types of mixed dishes, among those eating any												
Tomato sauce and meat (no pasta)	0.0 u	(0.04)	0.0	(0.00)	0.0	(0.00)	0.3 u	(0.27)	0.0	(0.00)	0.0	(0.00)
Chili con carne	1.1 u	(0.82)	0.7 u	(0.72)	1.7 u	(1.69)	0.3 u	(0.31)	0.0	(0.00)	2.1 u	(2.13)
Meat mixtures w/ red meat	1.2 u	(0.72)	1.6 u	(1.42)	3.8 u	(3.31)	0.0	(0.00)	0.2 u	(0.17)	1.1 u	(0.62)

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Meat mixtures w/ chicken/turkey	3.1 u (1.20)	1.9 u (1.32)		1.0 u (0.84)	1.1 u (0.62)	2.7 u (2.46)	5.6 u (2.65)					
Meat mixtures w/ fish	0.9 u (0.78)	0.0 (0.00)	0.0 (0.00)	0.5 u (0.48)	0.0 (0.00)	2.4 u (2.15)						
Hamburgers/cheeseburgers	12.1 (2.36)	10.7 u (3.24)	13.9 (3.97)	19.4 (5.52)	8.2 u (4.77)	11.5 u (3.73)						
Other sandwiches	40.9 (3.63)	34.0 (5.19)	30.8 (6.94)	39.1 (9.07)	34.2 (7.02)	52.3 (6.49)						
Hot dogs	3.5 u (1.49)	6.3 u (3.01)	10.2 u (5.53)	1.3 u (0.95)	3.2 u (3.04)	0.5 u (0.49)						
Luncheon meat	16.2 (2.18)	8.5 u (2.76)	4.6 u (1.70)	14.0 * u (4.40)	10.2 u (4.49)	28.3 ** (4.05)						
Beef, pork, ham	3.7 u (1.89)	4.8 u (2.27)	1.2 u (1.08)	3.2 u (2.31)	7.4 u (4.31)	2.6 u (2.24)						
Chicken, turkey	8.9 (1.36)	12.4 (2.36)	13.3 (3.17)	11.5 u (4.45)	11.5 u (4.32)	3.5 u (1.38)						
Cheese (no meat)	2.4 u (1.02)	1.0 u (0.62)	0.6 u (0.59)	4.8 u (4.49)	0.7 u (0.73)	3.2 u (1.90)						
Fish	1.5 u (0.89)	0.6 u (0.41)	0.8 u (0.83)	1.8 u (1.78)	0.6 u (0.44)	2.5 u (2.28)						
Peanut butter	5.4 u (1.87)	0.6 u (0.55)	0.0 (0.00)	2.2 u (2.13)	1.2 u (1.07)	13.5 * u (5.12)						
Breakfast sandwiches	0.3 u (0.19)	0.0 (0.00)	0.0 (0.00)	0.4 u (0.39)	0.0 (0.00)	0.2 u (0.17)						
Pizza (no meat)	10.2 (1.58)	11.3 (2.91)	12.7 u (5.07)	6.7 u (3.28)	10.7 u (3.93)	10.8 (3.11)						
Pizza w/ meat	19.0 (3.27)	29.0 (4.87)	24.7 (6.91)	13.6 u (6.99)	31.2 (5.48)	7.7 *** (3.99)						
Mexican entrees	8.6 (1.85)	7.0 (2.09)	9.8 u (3.87)	14.3 u (4.76)	5.8 u (2.10)	8.3 u (3.71)						
Macaroni and cheese	2.1 u (0.89)	2.0 u (1.09)	1.9 u (0.92)	2.4 u (2.46)	2.4 u (2.07)	2.2 u (1.85)						
Pasta dishes	2.8 u (1.19)	3.3 u (1.70)	5.2 u (3.41)	0.5 u (0.34)	2.2 u (1.40)	1.1 u (0.66)						
Rice dishes	1.8 u (0.54)	1.4 u (0.78)	3.1 u (1.89)	2.1 u (0.98)	0.3 u (0.25)	2.2 u (1.27)						
Other grain mixtures	1.5 u (0.64)	0.7 u (0.47)	0.7 u (0.71)	4.8 u (3.08)	0.8 u (0.71)	1.2 u (1.07)						
Meat soup	0.4 u (0.23)	0.3 u (0.18)	0.4 u (0.34)	0.2 u (0.24)	0.2 u (0.22)	0.6 u (0.60)						
Bean soup	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Grain soups	1.5 u (0.58)	0.4 u (0.43)	0.0 (0.00)	4.1 u (2.65)	0.0 (0.00)	1.3 u (0.77)						
Vegetables mixtures (incl. soup)	0.2 u (0.07)	0.3 u (0.25)	0.6 u (0.59)	0.3 u (0.30)	0.1 u (0.08)	0.0 (0.00)						
Entrée salads	2.4 u (1.13)	4.0 u (2.07)	2.2 u (1.12)	0.0 * (0.00)	4.8 u (3.74)	1.5 u (1.55)						
Beverages excluding milk and 100% fruit juice	66.0 (2.43)	45.5 (4.05)	34.2 (5.39)	84.3 *** (2.55)	55.7 (5.93)	77.0 ** (3.78)						
Types of beverages, among those drinking any												
Coffee	2.3 u (1.49)	0.0 (0.00)	0.0 (0.00)	1.5 u (1.35)	0.0 (0.00)	4.1 u (3.12)						
Tea	9.0 (1.78)	8.3 u (3.49)	4.7 u (2.46)	12.7 u (4.31)	10.9 u (5.56)	7.5 (2.11)						
Beer	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Wine	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						
Liquor	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)						

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Water (plain)	48.6 (3.61)	51.1 (7.68)		57.0 (9.59)		40.3 (7.16)		49.9 (9.08)		50.3 (4.49)	
Noncarbonated, sweetened drinks	23.7 (3.14)	32.2 (7.36)		32.9 (9.81)		20.5 (3.95)		28.3 u (9.24)		21.8 (3.75)	
Noncarbonated, low-calorie/sugar-free drinks	3.4 u (1.31)	3.8 u (2.87)		0.6 u (0.42)		3.5 u (2.09)		5.7 u (4.49)		3.1 u (2.20)	
Energy drinks	1.6 u (0.78)	0.2 u (0.25)		0.8 u (0.82)		4.8 u (3.18)		0.0 (0.00)		0.8 u (0.48)	
Any soda	32.3 (4.17)	14.5 u (4.55)		18.9 (5.65)		45.8 ** (8.55)		10.5 u (4.42)		35.6 *** (4.85)	
Soda, regular	30.5 (4.01)	13.4 u (4.43)		15.3 u (4.77)		43.1 ** (8.63)		10.5 u (4.42)		33.7 *** (4.86)	
Soda, sugar-free	3.2 u (1.32)	3.1 u (2.30)		3.5 u (3.46)		2.7 u (1.43)		3.3 u (3.25)		3.7 u (2.28)	
Sweets and desserts	32.2 (2.45)	22.6 (3.58)		20.6 (4.59)		38.2 ** (4.69)		23.3 (6.84)		40.1 * (4.65)	
Types of sweets and desserts, among those eating any											
Sugar and sugar substitutes	4.8 u (2.02)	0.2 u (0.17)		0.0 (0.00)		8.9 u (4.64)		0.3 u (0.34)		4.8 u (2.79)	
Syrups/sweet toppings	5.6 (1.60)	4.9 u (3.34)		7.8 u (6.60)		5.3 u (3.39)		3.9 u (4.06)		6.1 u (2.64)	
Jelly	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Jello	1.4 u (0.98)	1.3 u (0.96)		3.5 u (2.50)		0.0 (0.00)		0.0 (0.00)		2.1 u (1.90)	
Candy	47.2 (4.44)	42.0 (6.51)		42.5 (11.63)		40.0 (10.08)		43.8 (7.13)		53.9 (7.29)	
Ice cream	11.0 u (3.62)	11.3 u (4.72)		17.4 u (8.83)		10.8 u (4.66)		9.2 u (6.28)		11.3 u (6.36)	
Pudding	1.5 u (0.89)	2.7 u (2.67)		7.4 u (6.61)		0.0 (0.00)		0.0 (0.00)		1.6 u (1.02)	
Ice/popsicles	5.2 u (2.79)	3.5 u (2.14)		4.4 u (2.87)		4.7 u (3.51)		0.3 u (0.34)		6.5 u (5.12)	
Sweet rolls	1.4 u (0.60)	2.4 u (1.73)		3.1 u (2.60)		0.2 u (0.25)		2.4 u (2.73)		1.4 u (0.73)	
Cake/cupcakes	4.7 u (1.79)	9.3 u (6.09)		4.8 u (2.78)		0.7 u (0.60)		14.4 u (11.55)		3.9 u (1.83)	
Cookies	30.2 (4.48)	39.5 (7.01)		38.1 u (12.55)		31.4 u (9.57)		37.1 (7.79)		24.8 (5.73)	
Pies/cobblers	1.0 u (0.61)	0.4 u (0.44)		1.2 u (1.17)		0.0 (0.00)		0.0 (0.00)		1.8 u (1.20)	
Pastries	2.3 u (1.39)	2.1 u (2.06)		0.0 (0.00)		7.6 u (5.53)		3.9 u (4.06)		0.0 (0.00)	
Doughnuts	1.0 u (0.50)	0.0 (0.00)		0.0 (0.00)		1.6 u (1.03)		0.0 (0.00)		1.3 u (0.97)	
Salty snacks	19.3 (1.71)	9.8 (1.95)		9.0 (2.46)		24.1 ** (4.94)		9.9 (2.78)		25.8 ** (4.22)	
Types of salty snacks, among those eating any											
Corn-based salty snacks	58.0 (5.72)	62.2 (8.72)		68.6 (11.55)		54.5 (11.20)		62.5 (13.13)		56.5 (7.25)	
Pretzels/party mix	20.5 (5.25)	20.8 u (8.79)		23.4 u (14.95)		12.8 u (6.03)		18.9 u (11.74)		24.9 u (8.54)	
Popcorn	5.1 u (2.78)	0.0 (0.00)		0.0 (0.00)		4.8 u (3.69)		0.0 (0.00)		7.5 u (4.96)	
Potato chips	25.7 (4.51)	23.3 (6.87)		24.9 u (10.56)		36.8 (9.20)		18.6 u (9.82)		22.3 (6.63)	

See notes at end of table.

Table C-4. Food Choices at Lunch: Percentage Consuming Different Types of Foods—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Added fats and oils	4.6 (0.97)	4.4 u (1.33)		5.7 u (2.18)		4.3 u (1.80)		3.5 u (1.71)		5.3 u (1.82)	
<i>Types of added fats/oils among those eating any</i>											
Butter	6.4 u (4.95)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		14.0 u (10.78)	
Margarine	3.7 u (3.49)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		7.7 u (7.55)	
Other added fats	8.0 u (4.51)	0.9 u (0.94)		1.7 u (1.82)		22.3 u (18.17)		0.0 (0.00)		7.9 u (6.19)	
Other added oils	10.8 u (9.81)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		23.4 u (18.95)	
Salad dressing	22.3 u (7.69)	34.3 u (15.73)		18.1 u (15.96)		19.0 u (12.60)		61.3 u (23.89)		14.4 u (9.78)	
Mayonnaise	19.9 u (7.31)	42.6 u (13.98)		48.3 u (18.81)		25.9 u (20.99)		25.0 u (21.97)		0.0 (0.00)	
Gravy	14.8 (4.07)	22.3 u (10.60)		31.9 u (16.95)		0.0 (0.00)		13.7 u (11.03)		14.8 u (11.79)	
Cream cheese	11.6 u (7.78)	0.0 (0.00)		0.0 (0.00)		20.5 u (17.91)		0.0 (0.00)		17.2 u (15.19)	
Cream/sour cream	6.2 u (3.29)	0.0 (0.00)		0.0 (0.00)		12.3 u (8.12)		0.0 (0.00)		8.2 u (6.68)	
Other	3.1 u (0.96)	2.5 u (1.14)		2.1 u (1.04)		8.6 u (4.01)		2.3 u (1.52)		1.2 u (0.57)	

Source: NHANES 2005–2010 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, ages 5–18 years old. Excludes women ages 12–19 years who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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 school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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 "higher in nutrients"; all others are "lower in nutrients." Raw vegetables higher 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 higher in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are lower 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. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Grains	75.2	(1.15)	73.0	(1.53)	67.3	(2.83)	68.5	(2.80)	77.2	(1.75)	80.3	(2.52)
Types of grains, among those eating any												
Whole grains ¹	27.4	(1.82)	25.4	(2.13)	22.7	(2.35)	22.3	(2.90)	27.5	(3.70)	30.3	(4.10)
Not whole grain	88.0	(1.32)	87.9	(1.81)	89.4	(2.05)	89.0	(2.13)	87.4	(3.07)	87.2	(2.14)
Bread	24.8	(1.70)	22.0	(2.05)	21.9	(2.12)	23.7	(3.30)	22.0	(3.20)	28.1	(2.65)
Rolls	5.9	(1.05)	10.6	(2.12)	7.5	(1.43)	6.0 u	(2.06)	14.8	(3.62)	1.7 ***	(0.64)
English muffin	1.0 u	(0.53)	1.7 u	(1.37)	0.2 u	(0.15)	0.0	(.)	2.9 u	(2.39)	1.2 u	(0.79)
Bagels	5.2	(0.85)	1.3 u	(0.49)	1.6 u	(0.70)	3.3 u	(1.24)	1.4 u	(0.96)	9.2 ***	(1.37)
Biscuits, scones, croissants	3.6	(0.71)	4.0	(1.03)	5.6	(1.59)	5.8 u	(2.09)	1.8 u	(0.83)	2.5 u	(1.16)
Muffins	3.7	(0.65)	4.7	(1.06)	4.3	(1.24)	1.9 u	(0.83)	6.0 u	(2.08)	3.3	(0.97)
Cornbread	1.8	(0.38)	3.1	(0.93)	3.3 u	(1.57)	0.4 u	(0.28)	3.5 u	(1.66)	1.3 u	(0.54)
Corn tortillas	2.7	(0.47)	4.6	(0.77)	8.1	(1.53)	3.4 * u	(1.16)	1.2 u	(0.51)	0.3 u	(0.14)
Flour tortillas	3.4	(0.94)	1.8 u	(0.60)	3.3	(0.86)	4.6	(1.22)	0.4 u	(0.38)	4.5 * u	(1.82)
Taco shells	0.4 u	(0.29)	0.9 u	(0.58)	1.2 u	(1.02)	0.1 u	(0.05)	0.6 u	(0.47)	0.0	0.00
Crackers	20.8	(2.07)	18.0	(2.92)	13.8	(2.37)	20.7	(3.97)	22.6	(4.32)	23.8	(3.19)
Breakfast/granola bar	8.1	(1.07)	6.4	(1.14)	4.6 u	(1.59)	10.1 u	(3.17)	8.0	(1.95)	9.0	(1.70)
Pancakes, waffles, French toast	15.2	(1.19)	13.6	(1.84)	9.0	(1.27)	12.4	(2.69)	17.4	(3.39)	17.0	(1.98)
Cold cereal	45.3	(1.89)	42.9	(2.58)	46.8	(3.17)	45.6	(4.75)	39.1	(4.26)	46.5	(3.27)
Hot cereal	3.3	(0.53)	3.3	(0.80)	3.5	(0.90)	1.7 u	(0.74)	3.6 u	(1.52)	3.6 u	(1.18)
Rice	9.9	(1.61)	12.6	(2.51)	15.1	(3.61)	10.3	(1.88)	7.5 u	(2.69)	6.8	(1.91)
Pasta	3.5	(0.56)	2.2 u	(1.00)	1.1 u	(0.65)	1.6 u	(0.70)	3.0 u	(1.89)	5.5	(1.11)
Vegetables	58.3	(1.59)	65.0	(2.31)	64.9	(3.37)	50.0 **	(3.13)	65.9	(4.06)	53.1 *	(3.03)
Types of vegetables, among those eating any												
Raw vegetables	24.2	(2.15)	23.6	(1.91)	18.9	(2.42)	17.7	(4.02)	26.2	(2.82)	28.7	(4.58)
Raw lettuce/greens	0.8 u	(0.27)	1.2 u	(0.36)	1.1 u	(0.43)	0.1 * u	(0.06)	1.2 u	(0.67)	0.7 u	(0.58)
Raw carrots	7.1	(1.05)	7.3	(1.47)	6.0	(1.50)	5.6 u	(2.79)	9.6	(2.71)	9.0	(2.31)
Raw tomatoes	1.7 u	(0.69)	0.3 u	(0.21)	0.1 u	(0.06)	1.0 u	(0.80)	0.1 u	(0.10)	3.5 * u	(1.61)
Raw cabbage/coleslaw	0.6 u	(0.23)	0.4 u	(0.24)	0.5 u	(0.36)	0.0 u	(0.05)	0.0	(.)	1.1 u	(0.54)
Other raw (higher in vitamins A and C) ²	1.5	(0.40)	1.1 u	(0.42)	0.8 u	(0.62)	0.2 u	(0.18)	0.9 u	(0.45)	2.2 u	(0.91)
Other raw (lower in vitamins A and C) ²	4.7	(1.00)	5.4	(1.38)	3.0 u	(0.96)	1.5 u	(1.08)	6.5 u	(2.44)	4.4 u	(1.77)
Salads (w/greens)	13.2	(1.73)	12.7	(1.53)	10.3	(1.63)	11.0 u	(3.53)	14.1	(2.39)	14.9	(3.37)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Cooked vegetables, excl. potatoes	60.5 (1.76)	61.9 (2.91)		66.4 (3.03)		63.7 (3.15)		58.5 (4.76)		55.8 (3.50)	
Cooked green beans	8.4 (1.19)	10.4 (1.54)		16.5 (2.85)		1.9 *** (0.90)		4.2 u (1.38)		8.3 u (2.62)	
Cooked corn	9.6 (1.09)	11.4 (1.36)		11.5 (1.46)		12.2 (2.32)		10.1 (1.89)		5.9 (1.70)	
Cooked peas	2.0 (0.57)	2.8 (0.80)		3.3 u (1.17)		0.6 * u (0.35)		2.5 u (1.26)		1.4 u (0.86)	
Cooked carrots	2.9 (0.66)	2.3 u (0.94)		2.2 u (0.77)		1.1 u (0.60)		2.4 u (1.37)		2.6 (0.70)	
Cooked broccoli	4.4 (0.80)	4.3 (1.20)		3.2 (0.88)		7.0 u (3.13)		4.6 u (1.54)		3.6 u (1.30)	
Cooked tomatoes	37.0 (1.86)	36.8 (2.95)		38.3 (3.49)		39.0 (3.86)		39.2 (4.09)		35.2 (3.15)	
Cooked mixed	1.7 (0.45)	1.6 u (0.53)		1.0 u (0.39)		0.9 u (0.62)		1.9 u (1.07)		1.6 u (0.90)	
Cooked starchy	1.1 u (0.37)	1.1 u (0.48)		1.0 u (0.54)		2.9 u (1.87)		1.2 u (0.83)		0.9 u (0.79)	
Other cooked deep yellow	0.8 u (0.35)	0.7 u (0.27)		0.9 u (0.46)		0.7 u (0.62)		0.4 u (0.24)		1.0 u (0.77)	
Other cooked dark green	1.5 u (0.49)	2.3 u (1.00)		1.7 (0.47)		0.6 u (0.62)		2.7 u (1.77)		1.1 u (0.76)	
Other cooked (higher in vitamins A and C) ²	2.1 (0.61)	2.3 u (1.03)		1.0 u (0.48)		3.8 u (1.37)		1.5 u (0.74)		1.2 u (0.70)	
Other cooked (lower in vitamins A and C) ²	2.9 (0.80)	2.7 u (1.23)		0.8 u (0.41)		2.2 u (1.54)		3.1 u (2.12)		3.5 u (1.26)	
Other fried	0.1 u (0.08)	0.2 u (0.18)		0.5 u (0.39)		0.0 0.00		0.0 0.00		0.0 0.00	
Cooked potatoes	55.9 (2.96)	57.9 (3.46)		58.9 (4.20)		59.3 (5.56)		57.6 (4.54)		51.0 (5.95)	
Cooked potatoes-not fried	16.2 (1.71)	18.4 (2.12)		17.2 (2.38)		16.8 (4.14)		18.6 (3.28)		14.5 (4.19)	
Cooked potatoes-fried	43.0 (2.98)	44.1 (3.93)		45.5 (5.04)		44.7 (5.08)		44.8 (5.16)		39.0 (5.24)	
Vegetable juice	0.6 u (0.38)	0.2 u (0.11)		0.3 u (0.19)		0.0 (.)		0.0 (.)		0.7 u (0.62)	
Fruit and 100% fruit juice	63.3 (1.47)	67.7 (2.14)		69.8 (2.68)		52.3 *** (2.78)		63.7 (3.10)		60.8 (2.95)	
<i>Types of fruit, among those eating any</i>											
Any whole fruit	78.6 (1.93)	77.1 (2.18)		73.9 (2.96)		71.8 (4.91)		81.4 (3.48)		83.6 (2.86)	
Fresh fruit	66.6 (2.21)	58.0 (3.16)		56.3 (3.88)		63.0 (4.94)		56.8 (4.93)		79.0 *** (3.18)	
Fresh orange	11.0 (1.32)	13.0 (2.00)		15.5 (3.30)		11.0 (1.96)		9.6 (2.13)		8.0 (2.11)	
Fresh other citrus	0.1 u (0.04)	0.0 u (0.04)		0.0 0.00		0.3 u (0.24)		0.1 u (0.10)		0.0 0.00	
Fresh apple	26.6 (1.70)	24.1 (2.15)		23.2 (2.75)		23.6 (3.81)		23.9 (3.37)		29.7 (3.30)	
Fresh banana	12.0 (1.17)	12.2 (1.70)		13.3 (2.45)		16.9 (4.03)		9.3 (2.23)		9.7 (2.08)	
Fresh melon	2.4 (0.64)	2.7 u (1.31)		1.8 u (0.84)		2.2 u (1.20)		1.2 u (0.89)		2.9 u (1.07)	
Fresh watermelon	5.1 (1.01)	2.7 u (1.29)		0.6 u (0.30)		6.2 * u (2.24)		2.6 u (1.25)		7.9 * (1.92)	
Fresh grapes	8.4 (1.16)	6.7 (1.17)		5.4 (1.09)		7.2 (1.68)		6.7 (1.43)		11.7 (2.48)	
Fresh peach/nectarine	1.5 (0.37)	2.3 (0.64)		3.2 u (1.16)		0.8 * u (0.41)		0.8 u (0.34)		1.3 u (0.81)	
Fresh pear	2.0 (0.49)	2.0 (0.53)		2.6 (0.73)		1.0 u (0.70)		1.3 u (0.56)		2.2 u (1.19)	
Fresh berries	8.5 (1.82)	4.5 u (1.66)		2.0 u (0.68)		8.3 * u (3.07)		7.4 u (3.87)		13.8 (2.85)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	2.7 (0.62)	2.5 (0.53)		3.0 u (1.31)		1.2 u (0.80)		2.1 u (1.15)		2.8 u (1.25)	
Other fresh fruit	5.2 (1.23)	3.2 (0.86)		2.3 u (0.95)		4.4 u (1.50)		4.5 u (1.57)		7.8 u (2.55)	
Avocado/guacamole	0.3 u (0.16)	0.2 u (0.19)		0.0 u (0.02)		0.5 u (0.43)		0.6 u (0.46)		0.2 u (0.21)	
Lemon/lime - any form	0.0 u (0.01)	0.0 u (0.03)		0.1 u (0.08)		0.0 0.00		0.0 0.00		0.0 0.00	
Canned or frozen fruit, total	17.6 (1.54)	25.9 (2.60)		24.0 (2.87)		12.0 ** (2.69)		31.6 (4.40)		10.6 *** (1.87)	
Canned or frozen in syrup	3.9 (0.71)	4.6 (0.97)		4.5 (1.22)		2.2 u (1.23)		4.8 u (1.69)		4.1 u (1.49)	
Canned or frozen, no syrup	14.2 (1.49)	22.0 (2.55)		20.2 (2.71)		9.9 ** (2.48)		27.9 (4.34)		6.8 *** (1.69)	
Applesauce, canned/ frozen apples	5.3 (0.86)	6.0 (1.27)		5.5 (1.43)		6.0 u (2.10)		7.3 u (2.23)		5.0 u (1.67)	
Canned/frozen peaches	3.6 (0.67)	5.9 (1.19)		5.3 (1.30)		0.4 *** (0.24)		7.5 (2.23)		2.0 * u (1.21)	
Canned/frozen pineapple	2.8 (0.59)	4.5 (1.04)		3.5 u (1.07)		2.1 u (1.37)		6.3 u (1.94)		0.8 ** u (0.48)	
Other canned/frozen	7.3 (0.85)	11.3 (1.77)		11.9 (1.85)		3.5 *** (1.55)		12.0 (3.58)		4.1 * (1.22)	
100% Fruit juice	50.4 (2.27)	57.0 (2.99)		60.4 (2.79)		56.5 (4.83)		47.3 (5.69)		41.2 (3.38)	
Non-citrus juice	28.3 (1.87)	31.5 (2.94)		37.5 (3.43)		35.6 (4.19)		25.4 (4.79)		25.1 (3.22)	
Citrus juice	26.4 (1.75)	32.1 (2.43)		33.0 (3.05)		23.2 * (3.37)		25.0 (3.49)		18.5 (2.74)	
Dried fruit	1.5 u (0.48)	0.8 u (0.34)		1.3 u (0.64)		0.7 u (0.42)		0.4 u (0.30)		2.7 * u (1.06)	
Milk and milk products	75.5 (1.43)	87.5 (1.28)		89.4 (1.64)		58.4 *** (3.27)		87.8 (2.24)		70.0 *** (2.91)	
<i>Types of milk, among those eating any</i>											
Cow's milk, total	91.8 (1.23)	96.8 (1.02)		98.1 (0.84)		87.3 *** (2.73)		95.4 (1.92)		87.7 * (2.41)	
Unflavored white milk, total	74.8 (1.77)	67.0 (2.69)		62.9 (3.40)		83.6 *** (3.02)		70.0 (4.50)		83.6 ** (2.44)	
Unflavored whole milk	18.8 (1.49)	17.2 (1.46)		19.2 (2.15)		31.6 ** (4.08)		15.2 (2.40)		15.8 (2.55)	
Unflavored non-whole, total	54.3 (1.95)	48.4 (3.21)		40.9 (3.47)		49.1 (4.11)		54.2 (4.96)		66.2 * (2.71)	
2% milk, unflavored	34.8 (2.01)	31.0 (2.63)		28.4 (2.77)		36.9 (4.37)		31.0 (4.50)		40.4 (3.51)	
1% milk, unflavored	14.6 (1.61)	15.8 (2.32)		12.5 (2.17)		10.0 (2.57)		18.8 (3.69)		15.2 (2.80)	
Skim milk, unflavored	7.2 (1.27)	5.0 (1.31)		2.5 (0.64)		2.8 u (0.85)		8.4 (2.39)		12.3 (2.46)	
Unflavored, fat not specified	4.5 (0.53)	5.5 (0.97)		7.4 (1.71)		6.2 (1.73)		3.6 (0.99)		1.9 u (0.79)	
Flavored milk, total	36.8 (1.87)	60.0 (1.99)		63.2 (3.08)		8.1 *** (2.05)		57.8 (3.59)		13.0 *** (1.70)	
Flavored, whole milk	6.0 (0.72)	10.1 (1.25)		12.2 (1.31)		1.6 *** (1.07)		7.5 (1.84)		1.3 ** u (0.66)	
Flavored non-whole, total	21.7 (1.67)	33.8 (2.10)		31.2 (2.84)		5.1 *** (1.81)		38.1 (3.81)		10.4 *** (1.73)	
2% milk, flavored	11.9 (1.31)	17.8 (1.91)		15.1 (1.88)		3.9 *** (1.53)		20.6 (3.30)		6.2 *** (1.41)	
1% milk, flavored	8.1 (1.12)	12.9 (1.68)		13.2 (2.24)		1.2 *** (0.76)		14.2 (2.54)		3.5 *** (1.42)	
Skim milk, flavored	1.8 (0.40)	3.1 (0.74)		2.8 (0.72)		0.0 *** 0.00		3.5 u (1.67)		0.8 u (0.51)	
Flavored, fat not specified	9.7 (0.91)	16.9 (1.68)		21.1 (2.58)		1.5 *** (0.65)		12.4 (2.86)		1.9 *** (0.96)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	1.2 u	(0.36)	0.4 u	(0.17)	0.5 u	(0.27)	1.0 u	(0.78)	0.3 u	(0.19)	2.5 * u	(1.01)
Dry or evaporated milk	0.1 u	(0.09)	0.1 u	(0.05)	0.1 u	(0.10)	1.0 u	(0.81)	0.0 u	(0.04)	0.0	0.00
Yogurt	6.9	(0.86)	4.8	(0.82)	4.2	(1.01)	8.4	(2.25)	5.8	(1.36)	9.9	(1.90)
Cheese	20.5	(1.40)	15.5	(1.46)	13.2	(1.55)	22.5 *	(3.35)	18.9	(2.65)	25.4	(2.86)
Meat and meat alternates	54.6	(1.55)	55.8	(2.33)	59.7	(3.08)	50.8	(3.58)	51.8	(3.13)	55.2	(2.97)
Types of meat, among those eating any												
Beef	10.8	(1.62)	12.0	(2.12)	13.4	(3.67)	12.1	(3.18)	10.3	(3.04)	10.1	(2.98)
Ground beef	0.8 u	(0.30)	1.3 u	(0.57)	2.1 u	(1.07)	0.2 u	(0.16)	0.7 u	(0.39)	0.6 u	(0.55)
Pork	6.5	(0.78)	7.8	(1.53)	9.5	(2.20)	8.8	(2.49)	5.9 u	(2.11)	3.6 u	(1.19)
Ham	0.6 u	(0.27)	0.7 u	(0.40)	0.6 u	(0.34)	1.4 u	(1.02)	0.8 u	(0.76)	0.2 u	(0.20)
Lamb and misc. meats	0.1 u	(0.10)	0.1 u	(0.07)	0.1 u	(0.13)	0.2 u	(0.20)	0.0	(.)	0.3 u	(0.25)
Chicken	45.8	(2.51)	53.9	(3.03)	57.3	(4.62)	49.4	(4.01)	52.1	(4.52)	31.9 ***	(3.64)
Turkey	2.6 u	(1.18)	2.3 u	(1.04)	2.1 u	(1.05)	2.2 u	(0.96)	3.3 u	(2.42)	3.6 u	(3.01)
Organ meats	0.1 u	(0.09)	0.0	0.00	0.0	0.00	0.4 u	(0.42)	0.0	0.00	0.0	0.00
Hot dogs	2.2 u	(0.73)	4.0 u	(1.68)	6.2 u	(3.57)	2.6 u	(1.25)	2.1 u	(1.25)	0.3 u	(0.27)
Cold cuts	4.6	(0.92)	3.2 u	(1.34)	2.7 u	(1.06)	5.1 u	(1.77)	4.4 u	(3.23)	6.9	(1.94)
Fish	7.2	(1.39)	7.5	(2.03)	6.1 u	(2.09)	7.2	(2.14)	6.1 u	(1.84)	5.8 u	(2.16)
Shellfish	1.7	(0.42)	1.5 u	(0.46)	1.4 u	(0.63)	1.2 u	(0.62)	1.3 u	(0.58)	2.2 u	(0.78)
Bacon/sausage	11.8	(1.21)	10.9	(1.68)	8.4	(1.55)	11.6	(2.57)	13.8	(3.60)	14.3	(2.52)
Eggs	14.7	(1.45)	9.5	(1.69)	11.1	(2.01)	18.5 *	(3.05)	6.1 u	(2.58)	19.1 **	(3.65)
Beans	6.2	(1.34)	7.5	(2.04)	9.0	(1.99)	3.8 *	(1.12)	6.0 u	(3.85)	6.0 u	(2.23)
Baked/refried beans	2.0	(0.48)	2.5	(0.71)	2.4 u	(0.96)	1.3 u	(0.77)	3.0 u	(1.46)	1.5 u	(1.01)
Soy products	0.6 u	(0.48)	0.1 u	(0.09)	0.0	0.00	0.1 u	(0.15)	0.3 u	(0.26)	1.3 u	(1.31)
Protein/meal enhancement	1.9 u	(0.58)	2.0 u	(0.75)	1.1 u	(0.74)	1.2 u	(0.88)	3.7 u	(1.65)	2.3 u	(1.13)
Nuts	4.3	(0.81)	2.3 u	(0.69)	0.7 u	(0.32)	3.0 * u	(1.05)	3.4 u	(1.39)	7.0	(1.99)
Peanut/almond butter	4.8	(0.81)	3.3	(0.94)	1.6 u	(0.96)	1.7 u	(1.44)	6.3 u	(2.04)	8.8	(1.88)
Seeds	3.2 u	(0.96)	1.3 u	(0.50)	0.9 u	(0.42)	2.1 u	(1.09)	1.6 u	(0.92)	5.7 u	(2.30)
Mixed dishes	90.9	(1.06)	94.2	(1.28)	93.7	(1.01)	87.3 **	(1.89)	94.1	(2.32)	89.8	(1.99)
Types of mixed dishes, among those eating any												
Tomato sauce and meat (no pasta)	0.3 u	(0.16)	0.1 u	(0.05)	0.1 u	(0.09)	1.1 u	(1.06)	0.0 u	(0.03)	0.1 u	(0.06)
Chili con carne	0.8 u	(0.26)	1.1 u	(0.37)	0.9 u	(0.62)	0.1 u	(0.10)	1.9 u	(0.85)	0.7 u	(0.51)
Meat mixtures w/ red meat	7.4	(0.87)	8.4	(1.27)	7.7	(2.13)	8.0	(1.63)	11.0	(2.24)	5.6 *	(1.24)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Meat mixtures w/ chicken/turkey	9.8 (1.14)	10.0 (1.73)		5.6 (1.07)		8.0 (1.67)		11.0 (2.82)		11.2 (2.19)	
Meat mixtures w/ fish	1.3 u (0.47)	0.8 u (0.31)		1.2 u (0.60)		0.7 u (0.38)		0.5 u (0.33)		2.2 u (1.15)	
Hamburgers/cheeseburgers	14.6 (0.95)	15.3 (1.32)		15.8 (2.11)		15.7 (2.25)		15.2 (2.21)		14.2 (2.27)	
Other sandwiches	48.9 (1.67)	47.5 (2.50)		46.4 (3.53)		49.7 (3.10)		46.9 (3.73)		51.8 (3.06)	
Hot dogs	9.3 (0.98)	12.1 (1.72)		14.2 (3.00)		6.3 * (1.73)		9.9 (2.36)		6.3 (1.73)	
Luncheon meat	16.3 (1.10)	12.9 (1.42)		8.8 (1.22)		19.5 *** (2.55)		14.5 (2.08)		20.3 (2.21)	
Beef, pork, ham	6.3 (0.85)	7.3 (1.10)		5.7 (1.13)		6.6 (1.80)		8.0 (1.69)		4.4 (1.32)	
Chicken, turkey	8.6 (0.86)	10.6 (1.29)		13.4 (2.62)		8.9 (2.20)		8.4 (1.56)		6.5 (1.44)	
Cheese (no meat)	3.7 (0.77)	3.8 (0.95)		3.8 (1.03)		4.7 u (1.91)		3.6 u (1.75)		3.2 u (1.10)	
Fish	1.4 (0.35)	1.2 (0.30)		1.3 u (0.50)		1.2 u (0.70)		1.3 (0.38)		1.7 u (0.93)	
Peanut butter	8.5 (0.82)	4.5 (0.83)		4.3 (0.77)		5.4 (1.36)		4.1 u (1.32)		16.2 *** (2.02)	
Breakfast sandwiches	3.4 (0.61)	3.4 (0.99)		3.0 u (1.18)		5.3 u (1.72)		4.3 u (1.76)		2.1 u (0.84)	
Pizza (no meat)	11.8 (0.80)	13.9 (1.19)		15.2 (1.89)		6.6 *** (1.66)		14.2 (2.29)		10.2 (1.70)	
Pizza w/ meat	19.2 (1.34)	26.7 (2.47)		26.8 (3.32)		15.2 ** (2.36)		26.5 (3.12)		12.7 *** (1.30)	
Mexican entrees	17.2 (0.95)	17.4 (1.63)		18.9 (2.51)		21.8 (2.54)		15.6 (2.58)		13.8 (1.67)	
Macaroni and cheese	9.9 (0.93)	10.9 (1.77)		7.0 (1.27)		7.7 (2.21)		14.2 (3.02)		10.5 (1.65)	
Pasta dishes	12.2 (1.39)	12.2 (1.50)		11.4 (1.94)		11.0 (2.64)		15.1 (2.90)		11.6 (2.46)	
Rice dishes	5.8 (0.72)	5.2 (0.86)		6.1 (1.38)		6.4 (1.77)		4.8 (1.32)		6.5 (1.38)	
Other grain mixtures	2.5 (0.50)	2.1 (0.53)		2.0 u (0.77)		1.7 u (0.70)		2.0 u (0.65)		2.9 u (1.04)	
Meat soup	4.3 (0.84)	3.3 (0.61)		4.7 (0.99)		4.5 (1.27)		1.9 u (0.68)		5.6 u (2.06)	
Bean soup	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.02)		0.0 (.)		0.0 (.)		0.0 u (0.01)	
Grain soups	5.1 (0.66)	5.1 (0.97)		5.5 (1.11)		4.4 (0.96)		4.6 u (1.50)		5.2 (1.24)	
Vegetables mixtures (incl. soup)	2.7 (0.61)	2.2 (0.44)		2.7 u (0.82)		3.1 u (1.25)		1.9 u (0.77)		3.5 u (1.72)	
Entrée salads	2.3 (0.54)	3.3 (0.90)		2.5 (0.56)		1.3 u (0.63)		3.1 u (1.40)		0.7 u (0.41)	
Beverages excluding milk and 100% fruit juice	97.5 (0.46)	97.2 (0.39)		96.0 (0.63)		98.1 * (0.73)		98.3 (0.57)		97.6 (1.08)	
<i>Types of beverages, among those drinking any</i>											
Coffee	4.5 (0.82)	3.5 (0.98)		3.2 (0.70)		7.3 * (1.82)		4.1 u (1.70)		4.0 u (1.31)	
Tea	12.7 (1.36)	11.6 (1.66)		12.8 (1.77)		14.6 (2.27)		11.2 (2.70)		12.2 (1.87)	
Beer	0.5 u (0.20)	0.7 u (0.36)		1.3 u (0.80)		1.1 u (0.61)		0.3 u (0.32)		0.1 u (0.08)	
Wine	0.1 u (0.07)	0.0 u (0.02)		0.0 0.00		0.4 u (0.32)		0.0 u (0.05)		0.0 0.00	
Liquor	0.2 u (0.08)	0.0 0.00		0.0 0.00		0.6 u (0.36)		0.0 0.00		0.1 u (0.08)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Water (plain)	76.9	(1.41)	73.9	(2.69)	69.5	(3.22)	74.5	(2.08)	77.1	(3.33)	81.9	(1.87)
Noncarbonated, sweetened drinks	40.6	(1.38)	37.8	(2.55)	36.9	(3.28)	44.1	(3.40)	37.2	(3.32)	42.7	(2.48)
Noncarbonated, low-calorie/sugar-free drinks	10.1	(0.97)	9.7	(1.51)	7.2	(1.27)	10.1	(1.48)	13.7	(2.73)	11.6	(2.10)
Energy drinks	1.1 u	(0.44)	0.4 u	(0.24)	0.6 u	(0.42)	3.6 * u	(1.48)	0.3 u	(0.21)	0.5 u	(0.22)
Any soda	47.2	(2.38)	42.2	(2.81)	43.2	(3.69)	55.6 *	(4.40)	42.8	(3.68)	48.5	(3.80)
Soda, regular	42.9	(2.24)	39.0	(2.92)	39.7	(3.61)	50.8 *	(4.33)	39.4	(4.02)	43.0	(3.26)
Soda, sugar-free	6.3	(0.87)	4.5	(0.86)	3.8 u	(1.22)	6.6 u	(2.17)	5.9 u	(1.79)	8.8	(1.79)
Sweets and desserts	81.8	(1.50)	79.8	(1.78)	76.9	(2.49)	81.7	(2.09)	84.5	(2.53)	84.6	(2.40)
Types of sweets and desserts, among those eating any												
Sugar and sugar substitutes	10.8	(0.96)	8.6	(1.80)	8.2	(1.47)	11.7	(1.91)	8.3 u	(2.84)	13.0	(1.64)
Syrups/sweet toppings	15.5	(1.18)	14.4	(1.62)	12.3	(1.87)	12.0	(2.48)	15.6	(3.36)	17.5	(2.18)
Jelly	3.8	(0.79)	4.6	(0.94)	5.6 u	(1.88)	2.7 u	(0.90)	4.1 u	(1.85)	3.8 u	(1.88)
Jello	1.8	(0.41)	1.7	(0.40)	2.3	(0.69)	2.8 u	(1.53)	1.2 u	(0.47)	1.4 u	(0.92)
Candy	44.9	(1.91)	40.3	(2.72)	38.7	(2.96)	51.1 **	(3.56)	41.0	(3.52)	47.2	(3.04)
Ice cream	26.5	(1.62)	21.0	(1.54)	18.8	(2.24)	29.0 *	(4.14)	24.4	(2.48)	32.1	(3.27)
Pudding	2.2	(0.34)	2.1 u	(0.66)	1.9 u	(0.90)	1.7 u	(0.79)	2.5 u	(1.11)	3.0 u	(1.00)
Ice/popsicles	9.1	(1.11)	7.5	(1.21)	6.3	(1.18)	8.1	(1.77)	7.7 u	(2.42)	11.2	(2.47)
Sweet rolls	3.4	(0.49)	5.1	(0.95)	6.3	(1.45)	2.3 * u	(0.74)	3.9	(0.97)	1.5 * u	(0.52)
Cake/cupcakes	8.5	(1.13)	9.2	(1.07)	11.4	(2.03)	5.6 *	(1.41)	8.2	(1.42)	8.5	(2.42)
Cookies	38.0	(1.57)	40.0	(2.42)	37.8	(2.64)	40.1	(4.59)	41.2	(3.48)	34.1	(3.18)
Pies/cobblers	2.5 u	(0.77)	2.0	(0.58)	3.3 u	(1.60)	0.8 u	(0.53)	1.5 u	(0.77)	4.2 u	(2.21)
Pastries	8.3	(0.75)	8.9	(1.11)	7.6	(1.81)	10.2	(2.14)	10.9	(2.42)	6.8	(1.34)
Doughnuts	4.4	(0.75)	4.2	(0.75)	5.5	(1.08)	3.0 u	(1.13)	2.5 u	(0.86)	5.1	(1.28)
Salty snacks	46.5	(1.40)	42.5	(1.78)	43.1	(2.29)	47.9	(3.75)	41.8	(3.13)	49.9 *	(2.18)
Types of salty snacks, among those eating any												
Corn-based salty snacks	50.9	(2.31)	49.9	(3.19)	47.3	(4.75)	49.9	(5.42)	50.8	(4.81)	53.4	(2.64)
Pretzels/party mix	17.0	(2.26)	13.8	(2.17)	14.5	(3.50)	15.1	(3.47)	15.0	(3.94)	22.2	(4.53)
Popcorn	15.4	(1.53)	14.8	(2.12)	11.8	(2.37)	15.8	(3.80)	19.3	(3.95)	13.4	(3.00)
Potato chips	30.9	(1.80)	34.8	(2.88)	41.9	(4.54)	38.2	(4.32)	26.5	(4.53)	25.2	(2.64)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

All ages, 5–18 years old													
		All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
						NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Added fats and oils		26.5	(1.33)	21.3	(1.79)	16.6	(1.55)	25.7 **	(3.01)	27.8	(3.24)	31.8	(2.52)
Types of added fats/oils among those eating any													
Butter		28.0	(2.39)	24.8	(4.01)	17.1	(3.75)	25.6	(6.97)	29.8	(5.07)	30.7	(4.30)
Margarine		24.2	(3.02)	20.3	(3.63)	16.1	(3.46)	28.8	(7.60)	25.7	(5.93)	27.0	(6.16)
Other added fats		6.9	(1.65)	5.4	(1.57)	9.8 u	(3.68)	9.7 u	(4.49)	3.3 u	(1.50)	6.3	(1.88)
Other added oils		0.8 u	(0.69)	0.0	0.00	0.0	(.)	0.0	0.00	0.0	0.00	1.8 u	(1.58)
Salad dressing		12.5	(1.62)	19.3	(3.28)	18.4	(4.12)	11.5 u	(4.12)	19.2	(3.75)	8.4 *	(2.37)
Mayonnaise		2.2	(0.57)	4.2 u	(1.70)	8.6 u	(3.75)	1.7 u	(1.28)	1.5 u	(1.32)	1.6 u	(1.08)
Gravy		10.3	(1.68)	14.9	(3.29)	17.1	(4.15)	8.1 u	(2.82)	14.2 u	(5.49)	8.4 u	(2.95)
Cream cheese		10.8	(2.26)	2.3 u	(0.88)	6.9 u	(2.63)	9.1	(2.72)	0.3 u	(0.32)	17.3 ***	(4.65)
Cream/sour cream		16.6	(2.67)	17.7	(5.27)	12.4	(3.69)	14.8	(2.73)	17.6 u	(7.52)	15.5	(3.79)
Other		8.3	(1.02)	8.1	(1.18)	7.5	(1.19)	9.4	(2.19)	9.0	(2.24)	8.5	(1.79)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Grains	85.1	(1.73)	84.3	(1.99)	80.9	(2.97)	73.4	(5.78)	88.2	(3.59)	92.8	(2.54)
Types of grains, among those eating any												
Whole grains ¹	32.9	(3.27)	30.8	(2.86)	29.6	(3.80)	32.3	(8.24)	32.5	(4.88)	37.0	(7.82)
Not whole grain	85.6	(2.24)	87.3	(2.21)	86.3	(2.99)	91.8	(2.59)	88.0	(3.60)	80.6	(4.96)
Bread	24.7	(2.63)	23.8	(2.82)	24.9	(3.11)	32.8	(7.85)	24.1	(4.46)	24.8	(5.32)
Rolls	5.9 u	(1.79)	8.3 u	(2.71)	5.2	(1.24)	9.0 u	(6.84)	14.0 u	(6.20)	1.4 * u	(0.67)
English muffin	0.6 u	(0.48)	0.2 u	(0.21)	0.4 u	(0.39)	0.0	(.)	0.0	(.)	1.4 u	(1.39)
Bagels	1.6 u	(0.80)	0.0	0.00	0.0	(.)	3.9 u	(3.05)	0.0	(.)	3.6 u	(2.29)
Biscuits, scones, croissants	2.5 u	(0.87)	2.7 u	(1.08)	3.8 u	(1.77)	7.2 u	(3.73)	1.7 u	(1.15)	0.6 u	(0.65)
Muffins	5.5	(1.50)	6.4 u	(2.45)	3.6 u	(1.46)	1.6 u	(1.27)	8.5 u	(5.45)	5.8 u	(2.87)
Cornbread	2.3 u	(1.26)	3.6 u	(2.33)	0.0	0.00	0.0	0.00	7.8 u	(5.47)	1.2 u	(0.64)
Corn tortillas	2.7	(0.75)	4.8	(1.30)	7.9 u	(2.38)	1.1 ** u	(0.75)	0.3 u	(0.21)	0.0	0.00
Flour tortillas	0.8 u	(0.49)	1.3 u	(0.84)	2.4 u	(1.57)	0.9 u	(0.86)	0.0	(.)	0.1 u	(0.13)
Taco shells	0.5 u	(0.38)	0.9 u	(0.70)	0.2 u	(0.18)	0.0	0.00	1.9 u	(1.68)	0.0	0.00
Crackers	23.0	(2.66)	21.1	(3.85)	15.6	(3.40)	30.9	(9.25)	30.4	(7.20)	23.1	(3.74)
Breakfast/granola bar	8.0	(1.42)	5.2 u	(2.06)	4.6 u	(2.11)	10.6 u	(6.40)	4.3 u	(1.99)	12.0 u	(4.12)
Pancakes, waffles, French toast	18.8	(2.61)	19.0	(3.33)	15.6	(2.46)	15.2 u	(7.26)	25.6	(6.82)	18.6	(4.11)
Cold cereal	58.5	(2.68)	58.0	(3.22)	63.9	(3.44)	55.9	(8.07)	49.9	(6.26)	59.2	(4.70)
Hot cereal	4.9	(1.36)	4.2	(1.10)	2.6 u	(0.95)	0.0	(.)	6.6 u	(2.47)	8.0 u	(3.64)
Rice	8.7	(1.87)	10.1	(2.47)	10.6 u	(3.36)	11.0	(3.25)	5.4 u	(2.16)	6.3 u	(2.99)
Pasta	3.3 u	(1.14)	2.0 u	(0.99)	1.4 u	(0.65)	2.8 u	(2.01)	1.6 u	(1.47)	5.7 u	(2.97)
Vegetables	65.2	(2.73)	69.2	(2.00)	70.7	(2.76)	52.8 *	(6.67)	70.3	(5.13)	60.5	(6.33)
Types of vegetables, among those eating any												
Raw vegetables	25.7	(2.91)	26.9	(3.29)	23.5	(3.82)	12.4 * u	(3.92)	30.7	(5.94)	30.9	(7.15)
Raw lettuce/greens	1.5 u	(0.69)	1.5 u	(0.60)	1.0 u	(0.43)	0.0 *	0.00	2.4 u	(1.47)	2.2 u	(2.09)
Raw carrots	10.0	(2.23)	10.1	(3.00)	8.0	(2.12)	6.5 u	(3.87)	13.5 u	(5.90)	12.4 u	(4.54)
Raw tomatoes	1.8 u	(0.95)	0.9 u	(0.75)	0.0	(.)	0.6 u	(0.57)	0.3 u	(0.35)	4.4 u	(2.91)
Raw cabbage/coleslaw	1.0 u	(0.53)	1.4 u	(0.86)	1.8 u	(1.29)	0.0	0.00	0.0	(.)	0.5 u	(0.50)
Other raw (higher in vitamins A and C) ²	1.1	(0.17)	1.0 u	(0.76)	0.3 u	(0.21)	0.0	(.)	0.3 u	(0.29)	1.9 u	(1.89)
Other raw (lower in vitamins A and C) ²	6.2	(1.43)	6.6 u	(2.00)	2.0 u	(1.29)	0.3 u	(0.31)	12.1 u	(4.52)	7.8 u	(3.29)
Salads (w/greens)	11.4	(1.61)	13.1	(2.16)	11.0	(2.38)	8.1 u	(2.53)	17.1	(5.02)	9.8 u	(3.54)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
	Percent	Standard error	Percent	Standard error	NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
					Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Cooked vegetables, excl. potatoes	59.7	(3.69)	62.9	(3.48)	63.0	(3.97)	72.6	(6.64)	65.5	(6.25)	49.8	(7.22)
Cooked green beans	7.3	(1.38)	9.6	(1.77)	12.7	(2.19)	2.0 ***	(1.54)	6.3 u	(3.03)	5.3 u	(3.18)
Cooked corn	13.2	(1.86)	17.1	(2.72)	20.2	(4.04)	17.2 u	(6.24)	13.0	(3.33)	4.8 * u	(1.81)
Cooked peas	3.4 u	(1.19)	4.9 u	(1.81)	4.3 u	(1.92)	0.3 * u	(0.31)	6.5 u	(3.80)	1.8 u	(1.57)
Cooked carrots	2.3 u	(0.91)	2.8 u	(1.20)	2.0 u	(0.96)	1.3 u	(0.98)	3.2 u	(1.77)	0.0	0.00
Cooked broccoli	4.4 u	(1.36)	4.9 u	(1.61)	3.1 u	(1.68)	12.2 u	(9.10)	8.1 u	(3.17)	1.2 * u	(0.76)
Cooked tomatoes	35.4	(2.99)	34.9	(3.56)	30.4	(3.46)	30.1	(7.69)	43.5	(6.16)	38.4	(6.79)
Cooked mixed	1.6 u	(0.62)	1.5 u	(0.71)	2.6 u	(1.20)	2.3 u	(2.16)	0.2 u	(0.19)	1.7 u	(1.66)
Cooked starchy	2.3 u	(1.08)	0.6 u	(0.41)	0.1 u	(0.14)	9.9 u	(6.73)	0.7 u	(0.76)	3.2 u	(2.84)
Other cooked deep yellow	0.5 u	(0.23)	0.8 u	(0.41)	1.1 u	(0.63)	0.0	(.)	0.5 u	(0.52)	0.0	(.)
Other cooked dark green	0.2 u	(0.15)	0.4 u	(0.26)	0.3 u	(0.17)	0.0	(.)	0.6 u	(0.63)	0.0	0.00
Other cooked (higher in vitamins A and C) ²	2.0 u	(0.72)	3.2 u	(1.19)	3.6 u	(1.71)	0.0 *	0.00	1.9 u	(1.13)	0.6 u	(0.60)
Other cooked (lower in vitamins A and C) ²	2.9 u	(1.28)	3.8 u	(1.89)	0.9 u	(0.66)	0.4 u	(0.43)	7.5 u	(4.56)	2.3 u	(2.28)
Other fried	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Cooked potatoes	52.1	(3.74)	48.9	(4.35)	53.6	(3.95)	60.4	(9.47)	38.7	(7.08)	50.2	(7.65)
Cooked potatoes-not fried	14.2	(2.66)	16.7	(2.80)	20.0	(4.06)	16.4 u	(9.54)	10.5 u	(3.41)	8.1 u	(3.45)
Cooked potatoes-fried	39.8	(3.98)	35.0	(3.52)	35.6	(4.08)	44.0	(9.84)	32.6	(5.83)	42.8	(8.27)
Vegetable juice	0.1 u	(0.13)	0.3 u	(0.22)	0.5 u	(0.38)	0.0	0.00	0.0	0.00	0.0	0.00
Fruit and 100% fruit juice	79.1	(2.29)	83.8	(2.11)	84.6	(2.59)	65.4 **	(5.48)	81.7	(3.42)	77.6	(4.57)
Types of fruit, among those eating any												
Any whole fruit	79.2	(2.25)	79.0	(2.49)	75.0	(4.39)	75.2	(7.52)	83.0	(4.87)	80.6	(4.42)
Fresh fruit	63.9	(2.66)	58.4	(3.23)	54.9	(4.73)	62.2	(7.80)	58.8	(6.49)	74.0	(4.53)
Fresh orange	12.2	(1.92)	15.2	(2.14)	14.4	(2.30)	9.6 u	(4.28)	14.4 u	(4.56)	7.1 u	(2.96)
Fresh other citrus	0.1 u	(0.07)	0.1 u	(0.12)	0.0	0.00	0.0	(.)	0.3 u	(0.33)	0.0	0.00
Fresh apple	21.8	(2.36)	22.3	(2.59)	22.8	(3.23)	16.1 u	(5.15)	19.1	(4.63)	22.9	(5.15)
Fresh banana	13.6	(2.04)	15.9	(2.53)	14.8	(2.68)	20.2	(3.99)	16.9	(4.51)	7.9 u	(3.31)
Fresh melon	3.3 u	(1.35)	1.7 u	(1.25)	0.8 u	(0.76)	3.7 u	(3.42)	0.1 u	(0.13)	6.7 u	(3.75)
Fresh watermelon	5.4	(1.24)	3.2 u	(1.30)	1.8 u	(0.99)	16.2 * u	(7.21)	3.5 u	(2.91)	6.3 u	(3.04)
Fresh grapes	9.7	(2.43)	6.3	(1.30)	8.9	(2.12)	10.2	(2.60)	2.8 u	(1.22)	16.4 u	(7.29)
Fresh peach/nectarine	1.8 u	(0.60)	1.8 u	(0.60)	2.9 u	(1.26)	1.3 u	(1.12)	0.4 u	(0.36)	2.2 u	(1.67)
Fresh pear	3.0 u	(1.31)	2.7 u	(1.26)	3.8 u	(1.94)	2.0 u	(1.98)	1.5 u	(0.99)	4.1 u	(3.43)
Fresh berries	11.9	(3.33)	5.7 u	(2.49)	0.8 u	(0.37)	13.4 * u	(5.37)	9.2 u	(5.78)	19.8 u	(8.36)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	0.6 u (0.30)	0.6 u (0.35)		0.1 u (0.09)		1.4 u (1.37)		0.7 u (0.57)		0.0 (.)	
Other fresh fruit	3.6 u (1.60)	2.7 u (1.44)		1.6 u (0.79)		4.6 u (3.29)		4.0 u (2.78)		5.2 u (2.83)	
Avocado/guacamole	0.4 u (0.25)	0.2 u (0.20)		0.1 u (0.07)		0.2 u (0.25)		0.5 u (0.55)		0.8 u (0.76)	
Lemon/lime - any form	0.0 0.00	0.0 0.00		0.0 (.)		0.0 0.00		0.0 0.00		0.0 0.00	
Canned or frozen fruit, total	23.7 (2.76)	28.7 (3.38)		29.5 (3.60)		17.9 u (5.85)		31.1 (6.29)		17.2 (4.80)	
Canned or frozen in syrup	5.6 (1.33)	5.4 (1.35)		4.2 u (1.38)		2.0 u (1.98)		7.5 u (2.74)		7.8 u (4.18)	
Canned or frozen, no syrup	19.0 (2.39)	25.1 (3.38)		26.0 (3.39)		15.9 u (5.68)		27.2 (6.12)		9.4 * u (3.31)	
Applesauce, canned/ frozen apples	8.3 (1.70)	9.9 (2.03)		11.3 (2.58)		5.5 u (3.27)		8.6 u (2.83)		6.5 u (2.77)	
Canned/frozen peaches	3.8 (1.13)	3.4 u (1.06)		3.6 u (1.31)		0.4 * u (0.42)		3.7 u (2.01)		6.2 u (4.29)	
Canned/frozen pineapple	3.4 u (1.13)	4.6 u (1.60)		3.5 u (1.44)		7.5 u (4.93)		7.2 u (3.64)		0.0 * 0.00	
Other canned/frozen	10.2 (1.33)	13.5 (2.13)		12.4 (2.18)		4.5 * u (2.68)		16.6 (4.56)		6.4 u (2.66)	
100% Fruit juice	57.3 (3.27)	59.5 (3.77)		63.7 (3.97)		60.8 (7.45)		53.4 (7.75)		52.3 (5.58)	
Non-citrus juice	34.5 (2.43)	33.8 (2.96)		41.3 (3.80)		38.6 (6.48)		24.2 (4.86)		36.0 (5.53)	
Citrus juice	28.8 (3.14)	34.2 (3.49)		32.7 (3.72)		22.6 u (8.16)		34.0 (6.20)		20.2 u (6.96)	
Dried fruit	2.3 u (0.98)	1.6 u (0.83)		2.3 u (1.40)		0.0 (.)		0.9 u (0.87)		4.6 u (2.26)	
Milk and milk products	88.4 (1.56)	96.5 (0.78)		95.6 (1.25)		72.8 *** (6.50)		97.4 (1.16)		83.8 *** (3.82)	
Types of milk, among those eating any											
Cow's milk, total	96.2 (0.96)	98.8 (0.66)		99.8 (0.18)		92.3 * (3.60)		97.1 (1.75)		92.4 (2.82)	
Unflavored white milk, total	79.4 (1.90)	74.4 (2.52)		76.8 (3.77)		84.7 (5.61)		69.5 (4.73)		87.2 ** (3.41)	
Unflavored whole milk	23.5 (2.05)	24.9 (2.34)		27.1 (2.91)		30.5 (6.33)		24.8 (5.14)		18.9 (4.84)	
Unflavored non-whole, total	57.6 (2.61)	52.6 (3.51)		54.0 (4.43)		52.6 (7.03)		46.2 (5.95)		68.3 * (6.27)	
2% milk, unflavored	42.5 (2.70)	39.7 (3.12)		39.2 (4.00)		40.1 (7.90)		36.0 (4.95)		48.2 (6.74)	
1% milk, unflavored	13.5 (1.97)	13.7 (2.11)		13.8 (3.27)		8.8 u (3.01)		12.4 (3.16)		14.3 u (4.81)	
Skim milk, unflavored	5.3 (1.36)	3.6 u (1.20)		3.9 u (1.48)		4.8 u (2.62)		3.9 u (1.75)		9.2 u (3.49)	
Unflavored, fat not specified	4.3 (0.77)	5.3 (0.98)		6.8 (1.65)		8.6 u (3.67)		3.2 (0.92)		1.0 * u (0.70)	
Flavored milk, total	48.9 (2.56)	66.6 (2.75)		68.4 (3.42)		16.5 *** (5.51)		69.0 (5.29)		26.0 *** (4.74)	
Flavored, whole milk	7.8 (1.49)	10.7 (1.89)		14.6 (2.58)		2.3 *** (2.24)		5.1 u (1.78)		4.2 u (2.39)	
Flavored non-whole, total	31.2 (2.79)	39.9 (3.17)		38.1 (3.88)		10.7 *** (5.10)		46.5 (6.28)		22.2 ** (4.87)	
2% milk, flavored	19.2 (2.72)	22.9 (2.93)		21.4 (3.10)		10.7 u (5.10)		27.3 (5.53)		15.4 u (4.64)	
1% milk, flavored	11.1 (2.17)	16.1 (3.00)		15.5 (2.93)		0.0 *** 0.00		19.1 u (6.01)		5.2 * u (3.34)	
Skim milk, flavored	1.0 u (0.51)	0.9 u (0.42)		1.2 u (0.67)		0.0 0.00		0.1 u (0.11)		1.6 u (1.53)	
Flavored, fat not specified	11.5 (2.03)	18.0 (3.14)		18.7 (3.04)		3.5 *** (2.11)		18.0 u (6.85)		1.2 * u (1.14)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	1.8 u (0.80)	0.9 u (0.54)		1.3 u (0.93)		0.0	0.00	0.4 u (0.24)		4.4 u (2.61)	
Dry or evaporated milk	0.3 u (0.30)	0.1 u (0.05)		0.0	(.)	2.9 u (2.89)		0.1 u (0.14)		0.0	0.00
Yogurt	10.3 (1.87)	8.5 (2.03)		7.9 (2.23)		14.7 u (5.80)		8.7 u (4.20)		13.1 u (4.74)	
Cheese	20.9 (2.09)	18.9 (2.87)		17.8 (2.86)		24.6 (6.12)		22.7 (6.03)		24.7 (5.02)	
Meat and meat alternates	64.0 (3.18)	62.4 (3.17)		64.8 (3.56)		61.6 (6.97)		58.2 (5.72)		65.0 (7.61)	
<i>Types of meat, among those eating any</i>											
Beef	14.0 (2.65)	12.6 (2.88)		13.7 (2.95)		17.8 u (6.90)		7.1 u (3.86)		15.9 u (6.23)	
Ground beef	2.0 u (0.85)	2.5 u (1.15)		3.2 u (1.88)		0.0	0.00	2.0 u (1.38)		2.0 u (1.98)	
Pork	5.4 (1.35)	7.0 (1.58)		7.2 u (2.16)		12.3 u (7.97)		5.0 u (2.51)		0.0 *	0.00
Ham	0.6 u (0.40)	0.1 u (0.13)		0.2 u (0.23)		2.7 u (2.61)		0.0	(.)	0.7 u (0.71)	
Lamb and misc. meats	0.0 u (0.04)	0.0	0.00	0.0	0.00	0.3 u (0.35)		0.0	0.00	0.0	0.00
Chicken	48.2 (3.74)	55.6 (3.53)		63.7 (4.16)		29.3 *** (6.90)		50.4 (7.15)		39.5 (7.49)	
Turkey	2.6 u (1.60)	4.2 u (3.03)		1.5 u (0.93)		1.4 u (1.41)		9.5 u (8.19)		0.7 u (0.71)	
Organ meats	0.0	0.00		0.0	0.00	0.0	(.)	0.0	0.00	0.0	0.00
Hot dogs	2.6 (0.62)	3.2 u (1.11)		3.6 u (1.33)		7.5 u (3.53)		2.3 u (1.45)		0.1 u (0.09)	
Cold cuts	7.3 (1.79)	4.4 u (2.19)		3.8 u (1.89)		12.0 u (5.78)		6.5 u (5.48)		11.4 u (4.29)	
Fish	6.4 (1.60)	8.6 (2.28)		6.4 u (2.59)		9.9 u (5.28)		11.5 u (5.00)		1.8 u (0.98)	
Shellfish	1.7 u (0.61)	2.1 u (0.87)		1.3 u (0.68)		0.4 u (0.44)		3.0 u (1.70)		1.6 u (1.33)	
Bacon/sausage	8.8 (1.91)	8.9 (2.31)		9.7 (2.70)		9.4 u (5.20)		8.4 u (4.44)		8.8 u (3.84)	
Eggs	13.7 (2.05)	12.8 (3.56)		9.6 (2.74)		17.4 u (5.69)		14.3 u (7.98)		14.6 (3.59)	
Beans	5.9 (1.22)	6.9 (1.68)		8.2 u (2.96)		5.3 u (2.64)		3.9 u (2.63)		5.3 u (2.25)	
Baked/refried beans	1.9 u (0.86)	2.6 u (1.41)		1.0 u (0.69)		1.0 u (0.78)		5.8 u (3.91)		1.5 u (1.46)	
Soy products	0.8 u (0.67)	0.3 u (0.30)		0.0	0.00	0.0	(.)	0.9 u (0.88)		2.1 u (2.15)	
Protein/meal enhancement	1.2 u (0.73)	0.8 u (0.59)		0.0	0.00	1.5 u (1.47)		2.4 u (1.62)		2.0 u (1.97)	
Nuts	3.8 u (1.49)	1.3 u (0.69)		0.9 u (0.64)		5.2 u (2.91)		2.3 u (1.69)		7.1 u (4.10)	
Peanut/almond butter	6.2 (1.82)	4.1 u (1.49)		1.5 u (0.82)		2.9 u (2.27)		8.3 u (3.80)		12.2 u (4.29)	
Seeds	3.0 u (1.52)	0.3 u (0.28)		0.0	0.00	0.0	(.)	0.0	(.)	7.3 u (3.98)	
Mixed dishes	89.9 (1.65)	92.1 (2.29)		91.7 (1.95)		88.8 (3.51)		91.3 (5.39)		88.1 (3.86)	
<i>Types of mixed dishes, among those eating any</i>											
Tomato sauce and meat (no pasta)	0.6 u (0.49)	0.2 u (0.18)		0.3 u (0.32)		3.9 u (3.80)		0.1 u (0.12)		0.0	0.00
Chili con carne	0.8 u (0.46)	1.1 u (0.76)		0.4 u (0.27)		0.0	0.00	2.5 u (1.96)		0.6 u (0.59)	
Meat mixtures w/ red meat	7.6 (1.72)	9.0 (2.36)		8.1 (2.27)		9.5 u (4.97)		12.4 u (4.70)		3.3 u (1.79)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Meat mixtures w/ chicken/turkey	11.8 (2.14)	10.0 (2.07)	7.6 (1.84)	13.4 u (6.15)	9.3 u (3.14)	15.5 u (4.78)						
Meat mixtures w/ fish	0.7 u (0.32)	0.4 u (0.24)	0.6 u (0.42)	0.3 u (0.34)	0.3 u (0.19)	1.6 u (1.00)						
Hamburgers/cheeseburgers	14.5 (2.15)	12.7 (1.91)	14.6 (2.90)	11.8 u (4.26)	10.3 (2.23)	19.8 u (5.98)						
Other sandwiches	45.7 (2.54)	43.9 (3.62)	47.7 (3.78)	43.9 (6.93)	41.8 (6.19)	49.8 (4.68)						
Hot dogs	10.8 (1.41)	16.0 (2.51)	16.9 (2.97)	5.5 ** u (2.72)	14.8 u (5.12)	4.0 u (2.41)						
Luncheon meat	14.7 (1.80)	12.4 (2.22)	9.1 (2.17)	20.3 u (7.76)	19.1 (4.13)	16.9 (3.97)						
Beef, pork, ham	5.2 (1.05)	7.3 (1.54)	10.1 (2.22)	3.9 u (2.32)	4.2 u (2.12)	1.7 u (1.24)						
Chicken, turkey	3.5 u (1.23)	3.1 u (1.03)	4.7 u (1.75)	1.7 u (0.90)	0.8 u (0.39)	5.3 u (3.50)						
Cheese (no meat)	4.2 u (1.36)	3.8 u (1.20)	4.8 u (1.82)	3.9 u (2.25)	2.3 u (1.36)	5.3 u (3.31)						
Fish	0.7 u (0.36)	0.9 u (0.43)	0.8 u (0.70)	1.6 u (1.62)	1.2 u (0.44)	0.0 ** 0.00						
Peanut butter	12.1 (1.53)	5.7 (1.23)	8.2 (2.06)	11.4 u (3.51)	2.3 u (1.98)	23.9 *** (4.40)						
Breakfast sandwiches	0.7 u (0.27)	0.6 u (0.36)	0.7 u (0.55)	1.7 u (1.17)	0.0 (.)	0.2 u (0.16)						
Pizza (no meat)	13.5 (1.87)	13.7 (1.48)	17.5 (2.84)	5.6 ** u (3.08)	10.0 (2.88)	14.0 u (4.78)						
Pizza w/ meat	16.1 (2.19)	21.3 (2.65)	24.7 (2.99)	20.1 u (6.67)	18.6 (4.18)	5.1 ** u (2.10)						
Mexican entrees	17.5 (1.90)	20.6 (2.45)	21.1 (3.26)	23.0 (5.66)	18.1 (4.46)	10.6 u (3.19)						
Macaroni and cheese	12.2 (1.27)	10.1 (1.51)	8.2 (2.34)	5.9 u (3.00)	12.5 u (3.90)	19.6 (2.92)						
Pasta dishes	10.8 (1.84)	13.8 (2.54)	9.8 (2.59)	5.7 (1.57)	22.3 (4.72)	7.6 ** u (2.85)						
Rice dishes	4.5 (0.76)	4.9 (1.01)	4.5 u (1.36)	4.5 u (1.96)	5.6 u (2.04)	3.8 u (1.86)						
Other grain mixtures	1.5 u (0.57)	1.2 u (0.50)	0.5 u (0.32)	0.0 0.00	1.8 u (1.04)	2.8 u (1.77)						
Meat soup	5.0 (1.26)	4.9 (1.31)	7.4 u (2.22)	6.4 u (2.73)	2.1 u (0.99)	4.8 u (3.13)						
Bean soup	0.0 u (0.02)	0.0 u (0.04)	0.1 u (0.07)	0.0 0.00	0.0 0.00	0.0 0.00						
Grain soups	6.7 (1.62)	6.9 (1.82)	7.6 (2.10)	2.9 u (1.54)	6.8 u (3.57)	7.6 u (3.69)						
Vegetables mixtures (incl. soup)	2.4 u (0.79)	2.4 u (0.76)	2.2 u (0.78)	2.6 u (2.51)	3.3 u (1.65)	2.4 u (1.84)						
Entrée salads	1.6 u (0.71)	2.8 u (1.26)	1.4 u (0.75)	0.0 0.00	2.3 u (1.72)	0.1 u (0.06)						
Beverages excluding milk and 100% fruit juice	95.9 (1.07)	96.0 (1.06)	95.3 (1.36)	98.9 * (0.80)	97.1 (1.35)	94.7 (2.97)						
<i>Types of beverages, among those drinking any</i>												
Coffee	1.2 u (0.46)	1.2 u (0.61)	2.2 u (1.10)	3.9 u (2.26)	0.0 (.)	0.2 u (0.18)						
Tea	8.2 (1.40)	7.2 (1.46)	9.1 (2.34)	9.8 u (3.21)	5.4 (1.57)	6.3 u (2.92)						
Beer	0.0 0.00	0.0 0.00	0.0 (.)	0.0 0.00	0.0 0.00	0.0 (.)						
Wine	0.0 0.00	0.0 0.00	0.0 0.00	0.0 0.00	0.0 0.00	0.0 0.00						
Liquor	0.0 0.00	0.0 0.00	0.0 0.00	0.0 0.00	0.0 (.)	0.0 (.)						

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Water (plain)	79.1	(1.86)	76.2	(3.16)	76.4	(3.07)	75.5	(6.18)	73.6	(5.72)	86.6	(4.08)
Noncarbonated, sweetened drinks	47.2	(2.11)	42.4	(3.16)	35.4	(3.89)	53.4 *	(6.95)	51.0	(6.04)	51.5	(5.47)
Noncarbonated, low-calorie/sugar-free drinks	13.8	(2.25)	12.3	(2.31)	8.4	(1.94)	16.7 *	(3.50)	19.8	(5.21)	16.8 u	(5.52)
Energy drinks	0.0	0.00	0.0	(.)	0.0	(.)	0.0	0.00	0.0	0.00	0.0	0.00
Any soda	39.6	(2.72)	35.2	(3.29)	40.3	(4.17)	51.8	(7.69)	31.0	(5.13)	40.1	(5.74)
Soda, regular	35.4	(2.56)	32.6	(3.14)	36.9	(3.65)	49.9	(7.59)	29.7	(5.31)	31.6	(5.23)
Soda, sugar-free	5.4	(1.43)	3.1 u	(0.96)	3.7 u	(1.50)	4.2 u	(2.67)	2.4 u	(1.14)	10.7 * u	(4.05)
Sweets and desserts	87.5	(1.89)	84.4	(2.47)	85.7	(2.68)	91.9	(3.22)	86.5	(3.14)	92.1	(2.45)
Types of sweets and desserts, among those eating any												
Sugar and sugar substitutes	12.6	(1.86)	10.1	(1.92)	10.3	(2.66)	8.9	(2.42)	6.8 u	(2.61)	17.9 *	(4.96)
Syrups/sweet toppings	20.2	(2.43)	20.7	(3.10)	17.0	(2.64)	8.7 u	(5.44)	27.3	(7.18)	24.0	(4.56)
Jelly	4.1 u	(1.35)	4.8 u	(1.84)	4.9 u	(2.04)	4.1 u	(1.77)	4.6 u	(3.58)	3.2 u	(2.91)
Jello	2.8 u	(0.95)	2.5 u	(1.04)	3.2 u	(1.61)	7.2 u	(5.20)	1.9 u	(1.18)	1.6 u	(1.52)
Candy	43.8	(2.91)	44.4	(4.44)	42.7	(4.54)	58.4 *	(6.30)	47.2	(7.29)	35.3	(5.55)
Ice cream	31.2	(2.94)	24.8	(3.24)	21.9	(3.54)	25.9	(6.58)	28.9	(5.53)	39.9	(5.80)
Pudding	3.2 u	(1.19)	1.8 u	(0.83)	2.2 u	(1.37)	3.3 u	(2.42)	1.4 u	(0.82)	5.9 u	(3.35)
Ice/popsicles	12.8	(1.99)	8.7	(1.57)	9.9	(2.23)	8.2 u	(3.84)	6.4 u	(2.20)	19.5 **	(4.34)
Sweet rolls	3.6	(0.82)	5.1	(1.40)	6.0 u	(2.07)	1.7 u	(1.25)	2.9 u	(1.42)	1.7 u	(0.98)
Cake/cupcakes	7.4	(1.15)	10.5	(1.49)	10.1	(1.90)	5.9 u	(2.89)	12.2	(2.98)	3.5 * u	(1.81)
Cookies	44.0	(2.32)	44.6	(3.78)	48.3	(3.70)	43.7	(6.59)	40.8	(7.89)	43.3	(4.96)
Pies/cobblers	1.7 u	(1.12)	1.4 u	(0.85)	1.1 u	(0.68)	0.0	(.)	2.1 u	(1.97)	3.0 u	(2.21)
Pastries	5.4	(1.54)	4.7 u	(1.49)	3.3 u	(1.12)	8.1 u	(3.78)	6.7 u	(3.30)	5.9 u	(3.26)
Doughnuts	5.1	(1.36)	4.1	(1.12)	5.5	(1.58)	5.2 u	(3.24)	1.7 u	(1.03)	7.2 u	(3.31)
Salty snacks	45.7	(2.63)	43.4	(3.06)	41.6	(3.40)	42.6	(7.71)	47.4	(5.18)	49.8	(5.57)
Types of salty snacks, among those eating any												
Corn-based salty snacks	46.4	(3.42)	42.0	(4.11)	46.7	(6.46)	36.7	(7.73)	40.7	(8.85)	60.1	(7.68)
Pretzels/party mix	15.5	(3.29)	12.2	(2.94)	11.5	(3.21)	15.4 u	(5.84)	13.2 u	(4.70)	18.1 u	(7.37)
Popcorn	22.9	(3.57)	27.6	(4.95)	22.0	(4.62)	20.4 u	(7.70)	36.4	(9.10)	13.6 * u	(6.05)
Potato chips	33.1	(3.94)	36.4	(5.44)	37.0	(6.19)	43.8	(8.69)	30.3	(8.49)	26.3	(7.67)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

5–8 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
				Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent
Added fats and oils	25.6	(2.41)	21.4	(3.15)	15.3	(2.14)	27.8 *	(5.62)	30.8	(5.88)	31.6	(4.83)
Types of added fats/oils among those eating any												
Butter	25.7	(3.87)	24.6	(4.39)	25.9 u	(9.13)	26.8 u	(9.25)	26.5	(5.38)	23.7 u	(7.14)
Margarine	33.9	(4.63)	32.2	(5.78)	31.2	(7.87)	34.6 u	(16.44)	36.6	(7.42)	36.2	(9.68)
Other added fats	4.6 u	(1.61)	4.6 u	(1.75)	5.4 u	(2.49)	0.5 u	(0.48)	4.6 u	(2.55)	6.4 u	(3.68)
Other added oils	0.1 u	(0.06)	0.0	0.00	0.0	(.)	0.0	0.00	0.0	0.00	0.2 u	(0.17)
Salad dressing	12.3 u	(3.92)	11.7 u	(4.32)	12.8 u	(5.87)	10.7 u	(8.15)	12.3 u	(6.06)	14.0 u	(8.09)
Mayonnaise	2.2 u	(1.51)	0.6 u	(0.36)	0.4 u	(0.40)	0.0	(.)	0.8 u	(0.59)	5.2 u	(3.85)
Gravy	10.7	(2.51)	15.8	(4.11)	19.4 u	(6.81)	7.4 u	(5.21)	15.0 u	(6.33)	6.3 u	(4.21)
Cream cheese	4.0 u	(2.50)	0.0	0.00	0.0	(.)	8.6 u	(7.32)	0.0	0.00	7.6 u	(6.48)
Cream/sour cream	17.4	(4.76)	16.9 u	(5.52)	10.4 u	(5.02)	11.5 u	(11.71)	12.0 u	(6.00)	17.5 u	(8.04)
Other	8.6	(1.64)	8.4	(2.04)	10.9	(2.78)	9.1 u	(3.40)	5.8 u	(2.18)	9.7 u	(4.30)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

	9–13 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
<i>Sample size</i>	1,151	-	675	-	416	-	206	-	220	-	244	-
Grains	81.2	(1.77)	81.5	(1.90)	79.0	(2.55)	73.3	(4.79)	84.0	(2.84)	83.2	(3.97)
Types of grains, among those eating any												
Whole grains ¹	25.9	(2.72)	27.5	(3.87)	24.9	(3.82)	16.5	(4.44)	28.9	(6.23)	25.1	(5.41)
Not whole grain	89.2	(2.04)	89.8	(2.47)	89.6	(2.52)	90.0	(3.45)	90.8	(3.60)	87.5	(3.72)
Bread	29.4	(2.82)	28.9	(2.80)	27.4	(2.88)	25.2	(7.36)	29.6	(5.72)	30.4	(5.02)
Rolls	7.0	(1.54)	10.6	(2.41)	10.4	(2.36)	8.8 u	(4.63)	12.2 u	(4.27)	1.9 * u	(1.49)
English muffin	0.5 u	(0.32)	0.2 u	(0.15)	0.3 u	(0.28)	0.0	(.)	0.0	(.)	1.1 u	(0.89)
Bagels	5.3	(1.16)	3.0 u	(1.32)	2.6 u	(1.23)	3.0 u	(1.69)	3.9 u	(2.73)	8.9	(2.56)
Biscuits, scones, croissants	2.5	(0.45)	3.7 u	(1.16)	6.3 u	(1.90)	4.0 u	(2.92)	0.9 u	(0.77)	0.5 u	(0.46)
Muffins	3.4	(1.01)	4.8 u	(1.69)	3.1 u	(2.08)	2.5 u	(1.76)	7.5 u	(3.18)	2.2 u	(1.03)
Cornbread	1.8 u	(0.64)	2.0 u	(0.81)	2.9 u	(1.43)	1.0 u	(0.79)	0.6 u	(0.55)	2.2 u	(1.39)
Corn tortillas	2.9	(0.71)	4.3	(1.11)	7.2	(1.98)	4.6 u	(2.17)	0.1 u	(0.12)	0.5 u	(0.34)
Flour tortillas	2.6 u	(1.18)	0.5 u	(0.27)	0.9 u	(0.50)	3.3 u	(2.29)	0.1 u	(0.08)	5.2 u	(3.15)
Taco shells	0.8 u	(0.76)	1.7 u	(1.55)	3.0 u	(2.86)	0.3 u	(0.18)	0.1 u	(0.12)	0.0	0.00
Crackers	19.6	(1.77)	17.5	(2.18)	16.1	(3.03)	15.8 u	(5.51)	20.1	(4.20)	24.4	(4.32)
Breakfast/granola bar	7.6	(1.50)	7.6	(1.73)	2.3 u	(0.83)	13.3 u	(6.73)	12.0 u	(3.79)	6.1 u	(2.65)
Pancakes, waffles, French toast	17.6	(2.07)	15.7	(2.81)	9.7	(2.17)	15.5	(4.27)	22.3	(5.36)	20.4	(3.81)
Cold cereal	44.0	(3.04)	42.3	(3.31)	43.8	(4.02)	42.6	(7.52)	40.0	(6.67)	46.2	(5.83)
Hot cereal	3.6	(0.89)	5.9	(1.62)	7.4 u	(2.26)	1.0 ** u	(0.62)	4.9 u	(2.62)	1.6 u	(0.64)
Rice	10.8	(1.80)	12.4	(2.76)	15.8	(3.98)	12.2 u	(3.95)	4.8 u	(2.08)	7.1 u	(2.31)
Pasta	2.6	(0.74)	0.5 u	(0.28)	0.1 u	(0.08)	0.5 u	(0.48)	1.1 u	(0.69)	4.0 *	(1.11)
Vegetables	56.1	(2.34)	63.3	(2.91)	65.2	(3.58)	49.1 *	(5.34)	62.8	(5.24)	48.0 *	(5.31)
Types of vegetables, among those eating any												
Raw vegetables	28.2	(3.43)	25.8	(3.41)	23.0	(3.38)	30.3 u	(9.57)	26.0	(5.88)	35.3	(7.70)
Raw lettuce/greens	1.0 u	(0.39)	1.7 u	(0.69)	2.4 u	(1.09)	0.2 * u	(0.16)	0.8 u	(0.83)	0.1 u	(0.13)
Raw carrots	8.4	(2.02)	6.3 u	(2.01)	5.6 u	(2.13)	5.9 u	(4.55)	8.1 u	(4.05)	14.4 u	(5.19)
Raw tomatoes	1.3 u	(0.69)	0.1 u	(0.09)	0.2 u	(0.16)	2.3 u	(2.25)	0.0	0.00	3.3 u	(2.17)
Raw cabbage/coleslaw	0.5 u	(0.34)	0.0 u	(0.05)	0.1 u	(0.09)	0.0	0.00	0.0	0.00	1.7 u	(1.16)
Other raw (higher in vitamins A and C) ²	2.3 u	(0.91)	2.1 u	(1.04)	2.1 u	(1.74)	0.0	(.)	2.1 u	(1.23)	4.0 u	(2.27)
Other raw (lower in vitamins A and C) ²	5.4 u	(1.67)	7.1 u	(2.81)	5.5 u	(1.99)	3.9 u	(3.03)	5.2 u	(3.92)	3.4 u	(1.86)
Salads (w/greens)	14.4	(2.96)	13.2	(2.61)	14.1	(3.03)	20.4 u	(9.25)	11.8 u	(4.51)	15.7 u	(6.12)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Cooked vegetables, excl. potatoes	58.0	(2.90)	65.2	(2.97)	68.6	(4.02)	41.0 **	(7.42)	61.8	(5.65)	52.9	(6.01)
Cooked green beans	10.9	(2.43)	14.5	(2.84)	21.8	(4.74)	0.1 ***	(0.14)	3.8 u	(1.37)	10.1 u	(5.84)
Cooked corn	9.7	(1.89)	11.1	(2.33)	11.7	(2.64)	6.4 u	(2.96)	11.0 u	(3.84)	9.5 u	(4.25)
Cooked peas	1.7 u	(0.83)	2.0 u	(1.11)	3.5 u	(1.83)	0.0	0.00	0.0	0.00	2.1 u	(2.02)
Cooked carrots	3.0 u	(1.43)	4.3 u	(2.42)	4.5 u	(2.04)	0.9 u	(0.89)	4.4 u	(3.41)	1.8 u	(1.68)
Cooked broccoli	4.7 u	(1.51)	5.7 u	(2.42)	6.4 u	(2.09)	3.5 u	(2.63)	5.1 u	(3.39)	4.2 u	(2.27)
Cooked tomatoes	33.7	(2.77)	37.6	(3.16)	33.5	(3.07)	25.1	(6.28)	44.3	(6.04)	28.2 *	(5.13)
Cooked mixed	1.9 u	(0.82)	3.3 u	(1.38)	0.9 u	(0.60)	0.0	(.)	5.3 u	(2.95)	0.4 u	(0.42)
Cooked starchy	0.6 u	(0.38)	1.1 u	(0.72)	1.0 u	(0.71)	0.0	0.00	1.5 u	(1.53)	0.0	0.00
Other cooked deep yellow	0.8 u	(0.37)	1.1 u	(0.60)	1.9 u	(1.07)	0.5 u	(0.48)	0.1 u	(0.12)	0.6 u	(0.61)
Other cooked dark green	2.3 u	(0.80)	2.3 u	(0.74)	4.1 u	(1.26)	0.7 * u	(0.70)	0.0	(.)	3.2 u	(2.14)
Other cooked (higher in vitamins A and C) ²	1.6 u	(0.70)	0.9 u	(0.73)	0.1 u	(0.11)	5.4 u	(2.99)	0.3 u	(0.22)	1.4 u	(1.32)
Other cooked (lower in vitamins A and C) ²	2.8 u	(1.06)	2.6 u	(1.31)	1.5 u	(0.94)	0.0	0.00	2.6 u	(2.57)	4.9 u	(2.44)
Other fried	0.2 u	(0.13)	0.3 u	(0.23)	0.6 u	(0.39)	0.0	0.00	0.0	0.00	0.0	0.00
Cooked potatoes	55.6	(3.27)	54.4	(2.80)	53.8	(5.02)	55.0	(9.39)	59.2	(5.16)	56.4	(8.69)
Cooked potatoes-not fried	17.8	(2.96)	16.8	(2.97)	19.9	(4.31)	16.5 u	(5.57)	13.4	(3.82)	22.7 u	(7.57)
Cooked potatoes-fried	40.5	(3.02)	40.2	(3.59)	37.3	(5.00)	43.0	(8.62)	47.6	(5.24)	36.0	(6.72)
Vegetable juice	1.6 u	(1.06)	0.3 u	(0.26)	0.5 u	(0.45)	0.0	(.)	0.0	0.00	1.9 u	(1.74)
Fruit and 100% fruit juice	68.7	(2.13)	77.1	(2.35)	78.2	(2.33)	55.3 ***	(4.82)	75.9	(5.68)	61.2 *	(4.70)
Types of fruit, among those eating any												
Any whole fruit	79.7	(2.35)	77.5	(2.62)	74.2	(3.68)	74.1	(4.65)	85.5	(3.41)	83.6	(4.93)
Fresh fruit	67.3	(2.88)	60.1	(3.21)	56.8	(4.39)	63.0	(6.89)	65.8	(6.20)	79.7	(5.19)
Fresh orange	10.9	(2.04)	11.0	(1.93)	13.9	(2.63)	8.7 u	(3.44)	5.6 u	(3.00)	10.5 u	(5.00)
Fresh other citrus	0.1 u	(0.04)	0.0 u	(0.04)	0.0	0.00	0.4 u	(0.31)	0.1 u	(0.10)	0.0	0.00
Fresh apple	26.4	(2.29)	27.3	(2.64)	26.3	(4.00)	14.5 *	(4.15)	29.2	(3.84)	29.5	(4.95)
Fresh banana	14.3	(2.12)	13.5	(2.28)	15.4	(3.34)	23.5 u	(9.38)	11.7 u	(3.81)	10.5 u	(4.00)
Fresh melon	2.3 u	(0.71)	1.8 u	(0.99)	2.9 u	(1.70)	3.3 u	(2.08)	0.6 u	(0.61)	2.2 u	(1.10)
Fresh watermelon	4.7 u	(1.87)	2.4 u	(1.27)	0.4 u	(0.31)	3.6 u	(2.41)	4.1 u	(2.79)	10.1 u	(4.06)
Fresh grapes	9.0	(1.63)	6.5	(1.60)	4.0	(1.17)	7.4 u	(3.11)	10.9 u	(3.55)	11.0 u	(3.38)
Fresh peach/nectarine	1.9 u	(0.66)	2.4 u	(0.74)	2.9 u	(1.11)	0.7 u	(0.46)	1.9 u	(0.91)	1.9 u	(1.80)
Fresh pear	2.2 u	(0.66)	3.1 u	(1.14)	3.7 u	(1.43)	1.2 u	(1.23)	1.8 u	(1.29)	1.2 u	(0.75)
Fresh berries	7.1 u	(2.43)	3.9 u	(1.72)	2.6 u	(1.07)	8.7 u	(5.55)	6.1 u	(3.89)	10.6 u	(5.78)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	3.4 (0.71)	5.2 (1.14)		5.6 u (2.90)		0.0 0.00		5.4 u (3.26)		1.1 u (1.14)	
Other fresh fruit	6.4 (1.76)	3.8 u (1.32)		1.8 u (0.89)		4.9 u (2.20)		5.9 u (2.92)		9.3 u (3.80)	
Avocado/guacamole	0.2 u (0.16)	0.3 u (0.28)		0.0 0.00		0.0 0.00		0.7 u (0.71)		0.0 0.00	
Lemon/lime - any form	0.0 0.00	0.0 0.00		0.0 (.)		0.0 0.00		0.0 0.00		0.0 0.00	
Canned or frozen fruit, total	19.6 (2.30)	25.4 (2.91)		25.9 (4.17)		14.1 u (5.31)		27.4 (5.11)		12.1 * u (3.91)	
Canned or frozen in syrup	3.7 u (1.12)	4.7 u (1.55)		6.2 u (2.30)		1.5 u (1.52)		3.1 u (2.13)		3.2 u (2.40)	
Canned or frozen, no syrup	16.6 (2.23)	21.5 (3.03)		20.9 (3.90)		12.6 u (5.16)		24.3 (5.20)		9.7 * u (3.26)	
Applesauce, canned/ frozen apples	5.5 (1.42)	3.4 u (1.28)		2.6 u (1.35)		11.2 u (4.99)		4.8 u (2.85)		7.6 u (3.39)	
Canned/frozen peaches	4.9 (1.13)	7.8 (1.71)		8.4 (2.39)		0.6 ** u (0.59)		7.9 u (3.33)		0.8 * u (0.60)	
Canned/frozen pineapple	4.1 u (1.30)	6.7 u (2.19)		6.4 u (3.06)		0.0 * 0.00		7.4 u (3.43)		1.5 u (1.24)	
Other canned/frozen	6.7 (1.30)	9.1 (1.98)		11.3 (2.89)		2.3 ** u (1.67)		7.3 u (2.74)		4.4 u (2.37)	
100% Fruit juice	47.7 (2.37)	50.4 (3.14)		60.7 (3.92)		59.2 (7.59)		32.3 (6.41)		40.8 (5.68)	
Non-citrus juice	28.8 (2.55)	28.1 (2.88)		35.5 (4.12)		39.7 (8.42)		18.0 (5.04)		27.7 (5.23)	
Citrus juice	22.0 (2.02)	26.1 (2.90)		29.3 (4.32)		23.1 (4.96)		17.8 (4.26)		15.0 (3.84)	
Dried fruit	0.6 u (0.24)	0.4 u (0.29)		0.4 u (0.37)		0.9 u (0.80)		0.5 u (0.50)		0.8 u (0.53)	
Milk and milk products	79.3 (2.06)	91.9 (1.48)		92.6 (1.74)		58.6 *** (4.81)		93.3 (2.28)		71.2 *** (3.85)	
Types of milk, among those eating any											
Cow's milk, total	93.8 (1.27)	97.9 (0.55)		98.7 (0.52)		88.9 ** (3.22)		96.5 (1.15)		91.5 (2.83)	
Unflavored white milk, total	74.6 (2.22)	67.6 (2.90)		63.4 (4.10)		87.6 *** (3.46)		72.5 (3.96)		85.6 ** (3.17)	
Unflavored whole milk	16.8 (1.74)	13.7 (1.93)		18.1 (2.44)		31.1 * (5.50)		7.2 u (2.44)		17.6 * (4.00)	
Unflavored non-whole, total	55.5 (2.67)	50.7 (3.37)		41.7 (4.30)		54.0 (7.33)		62.9 (4.52)		68.2 (4.35)	
2% milk, unflavored	33.4 (2.65)	29.6 (3.12)		28.7 (3.85)		39.2 (7.82)		30.3 (5.33)		39.8 (5.53)	
1% milk, unflavored	17.2 (2.02)	18.2 (2.97)		13.5 (3.25)		13.5 u (4.36)		24.9 (5.28)		17.9 (3.72)	
Skim milk, unflavored	7.4 (1.41)	6.1 (1.57)		2.9 u (1.05)		2.2 u (1.57)		11.1 u (3.86)		12.3 (3.46)	
Unflavored, fat not specified	4.5 (0.89)	6.4 (1.46)		6.6 (1.85)		5.0 u (3.10)		5.7 u (2.36)		0.2 * u (0.10)	
Flavored milk, total	41.9 (3.00)	64.8 (3.24)		67.3 (4.35)		6.8 *** (3.15)		60.9 (6.01)		14.2 *** (3.61)	
Flavored, whole milk	8.2 (1.38)	13.9 (2.10)		16.5 (2.70)		2.7 *** (2.54)		10.5 u (3.23)		0.3 ** u (0.31)	
Flavored non-whole, total	23.1 (2.72)	35.1 (4.12)		30.5 (4.72)		3.4 *** (1.93)		40.5 (6.99)		9.8 *** (3.21)	
2% milk, flavored	12.4 (1.67)	19.5 (2.58)		17.4 (3.62)		1.6 *** (1.04)		20.5 (4.47)		4.0 *** (1.73)	
1% milk, flavored	8.9 (1.70)	12.4 (2.56)		9.8 (2.64)		1.8 ** u (1.59)		17.2 (4.69)		5.7 * u (2.82)	
Skim milk, flavored	2.0 u (0.84)	3.4 u (1.46)		3.3 u (1.21)		0.0 ** 0.00		3.5 u (3.18)		0.1 u (0.09)	
Flavored, fat not specified	11.0 (1.31)	16.4 (1.80)		21.4 (2.76)		0.8 *** (0.73)		9.9 (2.54)		4.5 u (2.56)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	0.7 u	(0.29)	0.4 u	(0.25)	0.3 u	(0.27)	0.3 u	(0.33)	0.7 u	(0.48)	1.6 u	(0.76)
Dry or evaporated milk	0.0 u	(0.04)	0.0	0.00	0.0	(.)	0.4 u	(0.40)	0.0	0.00	0.0	0.00
Yogurt	5.6	(1.49)	5.3 u	(1.60)	3.7	(1.07)	5.1 u	(2.53)	8.0 u	(3.43)	6.9 u	(3.06)
Cheese	20.7	(2.29)	15.8	(2.23)	14.0	(2.98)	25.0	(6.57)	18.9	(3.61)	25.9	(5.18)
Meat and meat alternates	55.1	(2.39)	59.4	(3.03)	62.4	(4.30)	46.1 *	(5.51)	56.5	(4.05)	55.9	(4.87)
Types of meat, among those eating any												
Beef	7.9	(1.58)	7.7	(1.87)	7.3	(2.03)	11.4 u	(5.22)	9.1 u	(3.22)	7.0 u	(2.75)
Ground beef	0.2 u	(0.14)	0.4 u	(0.26)	0.4 u	(0.42)	0.0	0.00	0.4 u	(0.26)	0.0	0.00
Pork	9.2	(2.07)	12.1 u	(3.76)	13.4 u	(4.52)	6.3 u	(2.74)	11.0 u	(5.41)	5.9 u	(2.43)
Ham	0.7 u	(0.32)	0.9 u	(0.55)	1.6 u	(0.95)	1.4 u	(1.06)	0.0	0.00	0.0	0.00
Lamb and misc. meats	0.4 u	(0.26)	0.2 u	(0.21)	0.4 u	(0.37)	0.3 u	(0.31)	0.0	0.00	0.7 u	(0.72)
Chicken	43.9	(4.56)	54.7	(4.57)	55.9	(5.39)	45.7	(8.29)	57.3	(7.30)	26.6 ** u	(8.57)
Turkey	4.5 u	(3.00)	1.3 u	(0.63)	1.6 u	(0.93)	4.5 u	(2.17)	1.1 u	(0.83)	9.6 u	(8.48)
Organ meats	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Hot dogs	2.2 u	(0.97)	3.8 u	(1.74)	3.9 u	(2.09)	1.5 u	(1.38)	4.1 u	(3.40)	0.1 u	(0.08)
Cold cuts	3.9	(1.02)	3.6 u	(1.49)	2.7 u	(1.30)	3.9 u	(1.61)	5.4 u	(3.28)	4.5 u	(1.89)
Fish	7.3	(1.78)	7.5 u	(2.45)	5.9 u	(3.28)	9.9 u	(4.02)	4.9 u	(2.11)	5.5 u	(3.15)
Shellfish	2.4 u	(0.73)	2.2 u	(0.88)	2.4 u	(1.41)	2.5 u	(1.62)	1.4 u	(0.81)	2.9 u	(1.46)
Bacon/sausage	19.3	(2.40)	15.2	(3.15)	12.9	(3.47)	19.4	(5.29)	17.5 u	(5.99)	26.3	(5.61)
Eggs	17.5	(2.79)	12.0	(2.58)	15.9	(3.64)	25.9	(6.17)	3.5 u	(1.95)	21.6 ** u	(6.51)
Beans	5.7	(1.55)	7.4 u	(2.27)	7.6	(2.14)	3.4 u	(2.04)	6.3 u	(4.30)	4.0 u	(2.38)
Baked/refried beans	2.3 u	(0.75)	3.6 u	(1.21)	5.5 u	(2.08)	2.1 u	(1.94)	1.2 u	(1.15)	0.6 u	(0.51)
Soy products	0.0	0.00	0.0	0.00	0.0	(.)	0.0	(.)	0.0	(.)	0.0	0.00
Protein/meal enhancement	1.0 u	(0.70)	1.8 u	(1.38)	0.0	0.00	0.0	(.)	4.8 u	(3.60)	0.0	0.00
Nuts	4.6	(1.34)	2.3 u	(0.85)	1.3 u	(0.76)	3.6 u	(1.70)	3.6 u	(1.76)	8.3 u	(3.89)
Peanut/almond butter	5.4 u	(1.66)	4.1 u	(2.02)	0.7 u	(0.68)	2.5 u	(2.40)	9.8 u	(4.81)	8.6 u	(3.43)
Seeds	1.4 u	(0.54)	1.0 u	(0.40)	1.3 u	(0.59)	1.8 u	(1.57)	0.2 u	(0.16)	2.1 u	(1.44)
Mixed dishes	92.6	(1.18)	94.9	(1.40)	93.3	(1.86)	90.0	(2.66)	96.6	(2.13)	90.4	(2.81)
Types of mixed dishes, among those eating any												
Tomato sauce and meat (no pasta)	0.3 u	(0.25)	0.0 u	(0.04)	0.1 u	(0.07)	0.0	(.)	0.0	(.)	0.0	0.00
Chili con carne	0.8 u	(0.39)	1.4 u	(0.78)	0.1 u	(0.05)	0.1 u	(0.07)	3.5 u	(1.96)	0.1 u	(0.06)
Meat mixtures w/ red meat	7.6	(1.27)	8.9	(2.00)	7.2	(1.94)	7.9	(2.30)	12.3 u	(3.88)	6.0 u	(1.93)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Meat mixtures w/ chicken/turkey	7.9 (1.45)	7.6 (2.22)	4.7 (1.17)	6.5 u (2.85)	9.2 u (4.81)	9.5 u (3.47)					
Meat mixtures w/ fish	1.3 u (0.44)	1.1 u (0.41)	1.3 (0.37)	1.3 u (1.01)	0.9 u (0.82)	1.6 u (1.11)					
Hamburgers/cheeseburgers	13.8 (1.29)	16.8 (1.91)	12.6 (2.51)	17.3 (3.20)	21.0 (3.67)	8.9 ** (2.41)					
Other sandwiches	50.2 (2.97)	45.4 (2.76)	50.4 (3.97)	51.7 (5.69)	39.0 (4.43)	58.0 * (6.46)					
Hot dogs	9.8 (1.43)	12.9 (2.24)	15.5 (3.61)	7.3 u (2.26)	10.0 u (3.52)	6.9 u (2.61)					
Luncheon meat	15.9 (1.84)	11.0 (2.01)	12.0 (2.41)	27.1 * (5.73)	8.3 u (2.89)	19.3 * (3.72)					
Beef, pork, ham	6.5 (1.06)	6.0 (1.32)	5.9 (1.74)	6.5 u (2.25)	6.0 u (2.14)	5.3 u (2.44)					
Chicken, turkey	9.3 (1.21)	10.5 (1.71)	11.7 (3.03)	6.9 (2.08)	9.9 (2.66)	9.5 u (2.88)					
Cheese (no meat)	2.9 (0.70)	3.6 u (1.10)	4.2 u (1.77)	4.2 u (2.35)	3.2 u (1.32)	1.5 u (0.67)					
Fish	1.7 u (0.75)	1.3 u (0.40)	1.7 u (0.69)	0.1 * u (0.13)	0.9 u (0.36)	3.3 u (2.23)					
Peanut butter	8.8 (1.19)	5.1 (0.96)	5.7 (1.38)	4.4 u (1.70)	3.6 u (1.41)	16.7 *** (3.09)					
Breakfast sandwiches	2.4 u (0.79)	2.5 u (1.09)	1.2 u (0.59)	2.6 u (1.89)	4.6 u (2.41)	2.0 u (1.39)					
Pizza (no meat)	10.9 (1.53)	15.4 (2.49)	12.9 (2.40)	7.9 u (3.15)	20.4 (4.43)	6.1 ** u (1.96)					
Pizza w/ meat	17.4 (1.87)	20.8 (2.55)	22.2 (3.41)	13.7 (3.15)	19.6 (3.35)	14.1 (4.10)					
Mexican entrees	17.5 (1.69)	19.3 (2.58)	20.1 (3.25)	21.5 (4.75)	17.3 (4.26)	11.7 (2.22)					
Macaroni and cheese	9.4 (1.20)	11.8 (2.18)	8.9 (2.48)	9.5 u (3.61)	16.8 (4.55)	6.5 * u (2.37)					
Pasta dishes	15.6 (3.06)	14.6 (2.72)	13.6 (3.45)	13.8 u (5.79)	17.0 (4.22)	18.6 u (6.79)					
Rice dishes	6.1 (1.11)	4.8 (1.29)	4.2 (1.02)	7.9 u (2.65)	5.7 u (2.92)	7.8 (2.27)					
Other grain mixtures	3.8 (1.11)	2.9 (0.84)	2.4 u (1.02)	1.0 u (0.73)	2.2 u (1.40)	4.7 u (2.21)					
Meat soup	4.1 (0.99)	2.5 (0.70)	3.8 u (1.30)	4.5 u (1.65)	1.0 u (0.60)	6.2 u (2.75)					
Bean soup	0.0 u (0.01)	0.0 0.00	0.0 (.)	0.0 0.00	0.0 (.)	0.0 u (0.02)					
Grain soups	4.3 (0.94)	4.5 (1.32)	6.3 u (2.13)	5.9 (1.73)	2.0 u (1.02)	3.7 u (2.14)					
Vegetables mixtures (incl. soup)	3.9 (1.14)	2.5 (0.73)	3.8 u (1.27)	6.4 u (2.77)	1.0 u (0.60)	5.5 u (3.12)					
Entrée salads	2.1 u (0.78)	2.6 (0.70)	2.9 u (0.93)	0.7 u (0.67)	1.4 u (0.78)	0.0 u (0.04)					
Beverages excluding milk and 100% fruit juice	97.8 (0.44)	96.7 (0.78)	95.5 (1.16)	97.6 (1.26)	98.0 (1.03)	99.4 (0.31)					
Types of beverages, among those drinking any											
Coffee	2.0 u (0.91)	1.3 u (0.53)	1.7 u (0.80)	2.3 u (0.81)	0.8 u (0.54)	3.2 u (2.52)					
Tea	13.4 (1.98)	12.6 (3.16)	13.3 (3.18)	15.5 (3.61)	12.4 u (4.98)	12.5 (3.37)					
Beer	0.0 0.00	0.0 0.00	0.0 (.)	0.0 0.00	0.0 0.00	0.0 0.00					
Wine	0.0 u (0.02)	0.1 u (0.05)	0.0 0.00	0.0 0.00	0.1 u (0.13)	0.0 0.00					
Liquor	0.0 0.00	0.0 0.00	0.0 0.00	0.0 0.00	0.0 (.)	0.0 (.)					

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Water (plain)	78.1 (2.21)	73.8 (3.32)	64.3 (4.54)	78.3 * (3.90)	85.1 (3.50)	83.2 (3.92)					
Noncarbonated, sweetened drinks	40.8 (2.79)	37.4 (3.81)	40.1 (4.59)	42.0 (5.58)	32.6 (5.46)	42.9 (6.57)					
Noncarbonated, low-calorie/sugar-free drinks	10.6 (1.49)	8.0 (1.73)	7.9 (2.15)	7.5 (2.07)	8.6 u (2.69)	14.4 (2.51)					
Energy drinks	1.0 u (0.50)	1.0 u (0.66)	1.4 u (1.17)	2.7 u (2.06)	0.6 u (0.58)	0.3 u (0.33)					
Any soda	47.8 (3.25)	41.8 (4.39)	41.4 (5.62)	58.7 * (5.67)	44.6 (6.31)	49.1 (5.40)					
Soda, regular	42.8 (2.74)	39.0 (4.23)	39.9 (5.54)	50.5 (5.21)	39.6 (5.82)	44.5 (4.48)					
Soda, sugar-free	7.4 (1.63)	3.6 (1.05)	1.8 u (0.86)	11.4 u (5.30)	6.6 u (2.58)	8.9 u (3.41)					
Sweets and desserts	83.7 (1.65)	84.7 (2.09)	81.2 (2.58)	78.6 (3.91)	92.5 (2.15)	84.6 (3.70)					
Types of sweets and desserts, among those eating any											
Sugar and sugar substitutes	10.4 (1.88)	7.7 (1.75)	7.6 (2.10)	7.5 u (2.77)	7.3 u (3.04)	15.0 (4.39)					
Syrups/sweet toppings	17.8 (1.94)	17.3 (2.54)	16.7 (2.68)	17.0 (4.07)	16.3 u (4.94)	17.7 (3.91)					
Jelly	3.3 (0.91)	3.8 u (1.27)	5.1 u (1.63)	2.7 u (1.76)	2.6 u (2.13)	2.9 u (2.12)					
Jello	2.1 (0.60)	2.5 u (0.81)	2.9 u (1.27)	2.1 u (1.23)	1.8 u (0.98)	1.7 u (1.31)					
Candy	43.7 (2.90)	39.5 (3.43)	41.1 (3.78)	51.3 (6.94)	37.6 (5.07)	46.2 (5.04)					
Ice cream	27.6 (1.89)	21.9 (1.88)	16.4 (2.86)	40.2 *** (6.53)	29.0 (4.03)	30.8 (4.55)					
Pudding	2.0 (0.50)	1.9 u (0.77)	0.9 u (0.55)	1.3 u (0.78)	3.1 u (1.58)	2.7 u (1.29)					
Ice/popsicles	10.5 (1.54)	11.5 (2.59)	7.3 (1.81)	8.0 u (2.69)	15.0 u (5.87)	10.8 u (3.42)					
Sweet rolls	3.7 (0.98)	4.1 (1.01)	4.2 (1.08)	2.0 u (1.20)	4.4 u (1.82)	1.8 u (0.99)					
Cake/cupcakes	9.2 (1.52)	9.5 (1.69)	13.3 (3.04)	6.3 u (2.45)	5.5 u (1.78)	10.3 u (3.29)					
Cookies	37.6 (2.67)	38.9 (3.47)	36.7 (3.97)	41.5 (6.43)	43.4 (5.41)	33.9 (6.28)					
Pies/cobblers	3.2 u (2.03)	1.3 u (0.62)	1.0 u (0.52)	0.1 u (0.15)	1.8 u (1.29)	7.5 u (5.80)					
Pastries	8.7 (0.93)	10.9 (1.66)	7.9 (2.11)	9.1 u (2.76)	14.4 (4.06)	5.2 * u (1.79)					
Doughnuts	2.8 u (0.85)	2.6 u (0.88)	3.1 u (1.19)	0.8 u (0.39)	0.8 u (0.36)	4.3 u (2.12)					
Salty snacks	50.1 (2.13)	45.9 (2.79)	47.3 (3.22)	51.2 (5.51)	44.3 (5.24)	54.5 (3.73)					
Types of salty snacks, among those eating any											
Corn-based salty snacks	51.6 (3.38)	53.3 (4.49)	54.0 (5.30)	54.6 (9.63)	47.5 (8.73)	50.7 (5.87)					
Pretzels/party mix	18.0 (3.81)	14.7 (3.88)	11.5 u (3.97)	18.7 (5.41)	20.6 u (7.24)	23.8 (6.81)					
Popcorn	14.7 (2.64)	13.5 (2.93)	10.4 (2.34)	12.3 u (3.85)	19.4 u (6.78)	15.1 u (4.82)					
Potato chips	29.3 (2.94)	27.8 (3.37)	35.3 (4.65)	43.0 (8.58)	18.9 u (5.96)	24.6 (5.47)					

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Added fats and oils	29.9	(2.41)	24.9	(2.88)	21.9	(2.45)	21.9	(5.39)	29.1	(5.79)	38.7	(4.84)
<i>Types of added fats/oils among those eating any</i>												
Butter	24.7	(4.06)	25.9	(5.02)	19.7	(5.36)	24.4 u	(10.63)	31.2	(8.23)	25.4	(7.43)
Margarine	29.1	(5.48)	27.3 u	(8.49)	21.0 u	(6.96)	49.0 u	(16.90)	36.9 u	(15.02)	24.5 u	(7.77)
Other added fats	7.5 u	(2.51)	7.7 u	(3.80)	10.9 u	(5.99)	4.9 u	(3.62)	5.3 u	(3.76)	8.1 u	(4.04)
Other added oils	0.0	0.00	0.0	0.00	0.0	(.)	0.0	0.00	0.0	0.00	0.0	0.00
Salad dressing	14.8	(3.55)	25.0	(6.03)	23.3	(6.18)	17.3 u	(7.61)	23.1 u	(8.37)	5.9 u	(2.93)
Mayonnaise	0.5 u	(0.33)	0.6 u	(0.59)	1.2 u	(1.23)	0.0	(.)	0.0	0.00	0.5 u	(0.52)
Gravy	12.7	(3.35)	14.1 u	(4.57)	16.2 u	(6.04)	9.1 u	(5.19)	12.8 u	(7.10)	13.8 u	(5.96)
Cream cheese	12.6	(3.64)	1.9 u	(0.94)	3.2 u	(2.02)	12.5 u	(4.57)	0.9 u	(0.91)	21.6 ** u	(7.95)
Cream/sour cream	14.5	(3.97)	7.0 u	(3.28)	10.1 u	(5.63)	3.7 u	(3.24)	4.4 u	(2.56)	22.2 * u	(6.69)
Other	9.2	(1.40)	10.2	(1.87)	8.6	(2.00)	6.9 u	(2.78)	13.3 u	(4.91)	9.7 u	(3.15)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Grains	62.1	(2.58)	56.3	(3.26)	45.9	(6.10)	60.3 *	(4.11)	62.4	(4.65)	68.1	(4.21)
Types of grains, among those eating any												
Whole grains ¹	24.8	(3.44)	19.4	(3.87)	15.4 u	(5.28)	20.3	(5.03)	22.5 u	(7.74)	30.2	(5.24)
Not whole grain	88.8	(2.34)	86.5	(3.37)	91.6	(4.14)	86.0	(4.27)	83.7	(6.72)	91.9	(2.85)
Bread	20.4	(2.33)	14.0	(3.07)	14.4 u	(4.64)	15.5 u	(5.01)	13.1	(3.70)	28.4 *	(4.85)
Rolls	4.8 u	(1.50)	12.5 u	(4.27)	6.4 u	(2.48)	1.0 * u	(0.71)	17.8 u	(7.09)	1.7 * u	(0.77)
English muffin	1.9 u	(1.30)	4.4 u	(3.70)	0.0	0.00	0.0	0.00	7.8 u	(6.48)	1.1 u	(1.05)
Bagels	7.8	(2.04)	0.6 u	(0.49)	1.9 u	(1.46)	3.0 u	(1.80)	0.0	0.00	13.5 ***	(3.69)
Biscuits, scones, croissants	5.5	(1.55)	5.2 u	(2.00)	6.2 u	(3.37)	6.4 u	(2.22)	2.6 u	(1.80)	5.7 u	(3.08)
Muffins	2.6	(0.51)	3.5 u	(1.17)	6.0 u	(2.53)	1.5 u	(1.03)	2.6 u	(1.66)	2.3 u	(0.97)
Cornbread	1.4 u	(0.57)	3.8 u	(1.59)	6.3 u	(3.77)	0.1 u	(0.11)	3.1 u	(1.94)	0.4 u	(0.39)
Corn tortillas	2.5	(0.56)	4.6	(1.30)	9.0 u	(2.87)	4.1 u	(1.99)	2.9 u	(1.39)	0.3 u	(0.22)
Flour tortillas	6.0 u	(2.40)	3.5 u	(1.50)	6.4 u	(2.00)	8.5 u	(5.03)	1.1 u	(1.00)	7.3 u	(3.89)
Taco shells	0.0 u	(0.04)	0.1 u	(0.08)	0.2 u	(0.23)	0.1 u	(0.07)	0.0	0.00	0.0	0.00
Crackers	20.2	(3.94)	16.2 u	(6.23)	10.3 u	(3.99)	17.7 u	(7.55)	19.2 u	(8.62)	23.7	(5.72)
Breakfast/granola bar	8.6	(2.13)	6.1 u	(2.47)	6.8 u	(4.02)	6.7 u	(3.68)	6.8 u	(3.73)	9.6 u	(3.53)
Pancakes, waffles, French toast	10.1	(1.87)	7.5	(2.13)	3.4 u	(2.19)	7.3 u	(2.88)	6.5 u	(2.48)	12.4	(3.39)
Cold cereal	36.6	(3.06)	32.0	(4.67)	37.0	(6.04)	40.8	(9.78)	30.1	(6.62)	37.3	(5.05)
Hot cereal	1.7 u	(0.61)	0.2 u	(0.14)	0.5 u	(0.38)	3.5 u	(1.90)	0.1 u	(0.12)	2.1 u	(1.10)
Rice	9.9	(2.24)	14.7 u	(4.46)	17.9 u	(6.78)	7.9 u	(2.39)	11.6 u	(6.09)	6.8 u	(2.61)
Pasta	4.5 u	(1.58)	3.9 u	(2.33)	1.9 u	(1.66)	1.8 u	(1.03)	5.8 u	(4.03)	6.7 u	(2.78)
Vegetables	55.3	(2.91)	63.5	(4.59)	60.3	(6.85)	48.7	(5.46)	65.4	(6.64)	52.4	(3.84)
Types of vegetables, among those eating any												
Raw vegetables	19.2	(3.56)	19.1	(3.83)	11.6 u	(3.93)	9.7 u	(4.60)	23.2	(6.18)	20.8	(5.40)
Raw lettuce/greens	0.2 u	(0.16)	0.4 u	(0.38)	0.0	0.00	0.1 u	(0.07)	0.7 u	(0.73)	0.1 u	(0.14)
Raw carrots	3.8 u	(1.47)	6.1 u	(3.15)	4.8 u	(3.24)	4.7 u	(4.05)	8.1 u	(5.63)	1.2 u	(0.80)
Raw tomatoes	1.9 u	(1.42)	0.0	0.00	0.0	0.00	0.1 u	(0.14)	0.0	0.00	3.1 u	(3.13)
Raw cabbage/coleslaw	0.4 u	(0.35)	0.0	0.00	0.0	0.00	0.1 u	(0.14)	0.0	0.00	0.9 u	(0.88)
Other raw (higher in vitamins A and C) ²	1.2 u	(0.73)	0.2 u	(0.16)	0.0	0.00	0.5 u	(0.49)	0.3 u	(0.32)	0.8 u	(0.56)
Other raw (lower in vitamins A and C) ²	2.9 u	(1.50)	2.8 u	(2.19)	1.4 u	(1.21)	0.2 u	(0.16)	3.6 u	(4.08)	2.8 u	(2.57)
Salads (w/greens)	13.5	(2.62)	11.9	(2.66)	6.2 u	(2.32)	4.3 u	(2.62)	14.0	(3.66)	17.9	(4.83)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Cooked vegetables, excl. potatoes	63.6	(3.23)	57.9	(6.08)	66.9	(7.26)	78.5	(5.27)	50.0	(7.63)	63.2	(5.72)
Cooked green beans	6.8	(2.01)	7.2 u	(3.44)	14.4 u	(7.97)	3.4 u	(2.12)	3.1 u	(2.51)	8.7 u	(3.62)
Cooked corn	6.9	(1.46)	7.3 u	(2.32)	4.7 u	(1.94)	14.0 *	(3.45)	7.1 u	(2.87)	3.2 u	(1.73)
Cooked peas	1.1 u	(0.49)	1.8 u	(1.08)	2.3 u	(1.53)	1.3 u	(0.93)	1.8 u	(1.83)	0.4 u	(0.42)
Cooked carrots	3.3 u	(1.10)	0.0	0.00	0.0	0.00	1.2 u	(1.13)	0.0	0.00	5.3 ***	(0.95)
Cooked broccoli	4.1 u	(1.48)	2.5 u	(1.69)	0.1 u	(0.13)	6.4 u	(4.25)	1.4 u	(1.06)	5.0 u	(2.71)
Cooked tomatoes	41.2	(3.82)	37.5	(5.61)	48.7	(7.24)	59.1	(7.77)	31.2	(7.02)	39.4	(6.63)
Cooked mixed	1.5 u	(0.91)	0.0	0.00	0.0	0.00	0.9 u	(0.56)	0.0	0.00	2.6 u	(2.25)
Cooked starchy	0.6 u	(0.36)	1.4 u	(0.88)	1.6 u	(1.23)	0.3 u	(0.30)	1.4 u	(1.41)	0.0	0.00
Other cooked deep yellow	1.1 u	(0.85)	0.2 u	(0.25)	0.0	0.00	1.4 u	(1.24)	0.5 u	(0.49)	2.0 u	(2.02)
Other cooked dark green	1.7 u	(1.05)	3.7 u	(2.60)	0.5 u	(0.43)	1.0 u	(1.00)	6.8 u	(4.80)	0.0	0.00
Other cooked (higher in vitamins A and C) ²	2.7 u	(1.15)	3.1 u	(2.00)	0.0	0.00	5.1 * u	(2.26)	2.4 u	(1.80)	1.5 u	(1.35)
Other cooked (lower in vitamins A and C) ²	2.9 u	(1.24)	1.9 u	(1.77)	0.0	0.00	5.7 u	(4.16)	0.3 u	(0.31)	2.9 u	(1.73)
Other fried	0.1 u	(0.12)	0.3 u	(0.29)	0.8 u	(0.76)	0.0	0.00	0.0	0.00	0.0	0.00
Cooked potatoes	58.9	(4.75)	67.9	(7.13)	67.8	(9.43)	62.6	(7.58)	70.1	(8.87)	46.5 *	(6.56)
Cooked potatoes-not fried	16.1	(2.22)	21.1	(5.56)	12.6	(3.70)	17.4 u	(6.65)	29.6 u	(9.72)	11.6 u	(4.69)
Cooked potatoes-fried	47.8	(5.06)	54.6	(7.46)	60.9	(10.09)	47.0	(7.38)	51.2	(9.88)	38.9	(7.07)
Vegetable juice	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Fruit and 100% fruit juice	46.4	(2.89)	46.6	(5.18)	50.8	(6.59)	39.6	(3.96)	38.5	(7.03)	47.8	(4.40)
Types of fruit, among those eating any												
Any whole fruit	77.1	(2.74)	75.4	(3.84)	73.0	(5.90)	67.0	(7.20)	76.4	(6.83)	86.0	(4.00)
Fresh fruit	67.9	(3.54)	55.6	(6.34)	56.9	(7.31)	63.5	(7.23)	46.7	(8.89)	82.1 ***	(4.69)
Fresh orange	10.3	(2.30)	13.3 u	(4.26)	18.0 u	(7.22)	14.4	(2.68)	9.8 u	(4.01)	6.3 u	(3.02)
Fresh other citrus	0.1 u	(0.07)	0.0	0.00	0.0	0.00	0.4 u	(0.38)	0.0	0.00	0.0	0.00
Fresh apple	30.3	(3.34)	22.4	(4.40)	20.6	(5.06)	38.0	(8.74)	22.4	(6.70)	34.9	(5.85)
Fresh banana	8.6	(2.00)	8.1 u	(3.40)	10.3 u	(5.43)	8.3 u	(2.92)	1.4 u	(0.75)	10.2 * u	(3.91)
Fresh melon	1.8 u	(0.95)	4.2 u	(2.53)	1.6 u	(1.30)	0.0	0.00	2.7 u	(2.39)	0.9 u	(0.84)
Fresh watermelon	5.1 u	(1.86)	2.7 u	(2.41)	0.0	0.00	1.1 u	(0.82)	0.6 u	(0.58)	6.9 * u	(3.05)
Fresh grapes	7.0	(1.65)	7.1 u	(2.58)	4.0 u	(2.21)	4.8 u	(2.47)	5.5 u	(2.85)	8.8 u	(3.56)
Fresh peach/nectarine	1.0 u	(0.52)	2.5 u	(1.45)	3.8 u	(2.68)	0.5 u	(0.60)	0.0	0.00	0.0	0.00
Fresh pear	1.0 u	(0.76)	0.5 u	(0.44)	0.6 u	(0.51)	0.0	0.00	0.5 u	(0.53)	1.9 u	(1.74)
Fresh berries	7.3 u	(2.50)	4.1 u	(2.21)	2.3 u	(1.48)	3.9 u	(2.12)	7.4 u	(4.94)	12.4 u	(5.10)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Fresh pineapple	3.5 u	(1.50)	1.2 u	(0.74)	2.8 u	(1.49)	2.3 u	(1.87)	0.0	0.00	6.4 * u	(3.26)
Other fresh fruit	5.3 u	(1.62)	2.9 u	(1.36)	3.3 u	(2.13)	3.9 u	(1.89)	3.4 u	(2.32)	8.2 u	(3.58)
Avocado/guacamole	0.3 u	(0.22)	0.2 u	(0.22)	0.0	0.00	1.1 u	(1.15)	0.5 u	(0.52)	0.0	0.00
Lemon/lime - any form	0.0 u	(0.03)	0.1 u	(0.09)	0.2 u	(0.21)	0.0	0.00	0.0	0.00	0.0	0.00
Canned or frozen fruit, total	11.2	(2.02)	24.2	(4.01)	18.2	(5.19)	5.6 * u	(2.93)	36.0	(7.85)	4.2 ***	(2.43)
Canned or frozen in syrup	2.8 u	(1.13)	4.1 u	(1.65)	3.1 u	(2.15)	2.9 u	(2.50)	4.4 u	(2.76)	2.2 u	(2.12)
Canned or frozen, no syrup	8.4	(1.84)	20.2	(4.03)	15.0 u	(4.83)	2.7 * u	(1.64)	31.7	(8.13)	2.0 ***	(1.19)
Applesauce, canned/ frozen apples	2.7 u	(1.07)	5.5 u	(2.74)	4.0 u	(2.59)	1.4 u	(0.86)	8.7 u	(5.31)	1.3 u	(0.94)
Canned/frozen peaches	2.1 u	(0.77)	5.9 u	(2.08)	3.6 u	(2.45)	0.1 u	(0.12)	9.8 u	(4.07)	0.0 *	0.00
Canned/frozen pineapple	1.1 u	(0.52)	2.2 u	(1.19)	0.6 u	(0.61)	0.0	0.00	4.6 u	(2.66)	0.7 u	(0.70)
Other canned/frozen	5.7	(1.41)	11.6	(2.89)	12.1 u	(4.52)	4.0 u	(2.82)	13.0 u	(6.98)	2.2 u	(2.12)
100% Fruit juice	47.8	(4.00)	61.3	(5.07)	57.7	(6.35)	50.7	(7.60)	57.0	(8.79)	33.4 *	(5.70)
Non-citrus juice	23.0	(3.27)	33.1	(5.51)	36.4	(6.62)	29.6	(7.07)	33.4	(8.86)	14.6	(3.90)
Citrus juice	28.8	(3.28)	36.2	(4.65)	36.8	(6.00)	23.7	(6.15)	25.2	(6.19)	20.6	(4.83)
Dried fruit	1.7 u	(1.03)	0.6 u	(0.60)	1.3 u	(1.33)	1.0 u	(0.82)	0.0	0.00	3.0 u	(2.31)
Milk and milk products	62.2	(3.23)	76.5	(2.64)	81.7	(3.59)	47.4 ***	(5.33)	75.3	(4.28)	58.4 *	(5.14)
Types of milk, among those eating any												
Cow's milk, total	86.6	(2.92)	94.3	(2.48)	96.1	(2.25)	82.1 *	(6.15)	93.1	(4.44)	80.5	(5.92)
Unflavored white milk, total	71.4	(3.84)	61.0	(5.92)	52.1	(6.32)	79.0 **	(6.41)	68.0	(9.39)	78.9	(5.94)
Unflavored whole milk	17.1	(3.30)	14.9	(3.13)	14.4	(4.01)	32.9 u	(11.16)	15.7 u	(5.07)	11.9	(3.38)
Unflavored non-whole, total	50.6	(4.28)	43.0	(6.47)	30.5	(6.67)	41.8	(8.61)	52.0	(10.07)	62.8	(5.84)
2% milk, unflavored	30.5	(3.78)	25.7	(5.18)	20.1 u	(6.39)	32.3	(7.41)	28.0	(7.19)	35.3	(6.27)
1% milk, unflavored	13.0	(2.45)	15.0	(3.90)	10.6	(3.02)	7.6 u	(3.34)	17.9 u	(6.12)	13.2	(3.74)
Skim milk, unflavored	8.5 u	(3.09)	5.1 u	(3.23)	0.9 u	(0.48)	1.8 u	(1.23)	9.3 u	(6.18)	14.7 u	(5.27)
Unflavored, fat not specified	4.5	(1.20)	4.7 u	(2.05)	8.7 u	(4.22)	5.5 u	(2.24)	1.9 u	(1.17)	4.2 u	(2.27)
Flavored milk, total	22.8	(3.08)	50.6	(4.93)	55.4	(7.06)	3.1 ***	(1.68)	46.5	(8.02)	2.3 ***	(1.08)
Flavored, whole milk	2.6	(0.63)	6.1	(1.53)	6.2	(1.14)	0.0 ***	0.00	6.4 u	(2.88)	0.0 *	0.00
Flavored non-whole, total	13.1	(1.85)	27.9	(3.56)	26.7	(5.39)	2.4 ***	(1.59)	29.4	(6.91)	2.3 ***	(1.08)
2% milk, flavored	5.9	(1.34)	12.3	(2.66)	8.3 u	(2.65)	1.0 ** u	(0.70)	15.7 u	(5.23)	1.3 ** u	(0.70)
1% milk, flavored	5.0	(1.35)	11.1	(3.12)	14.8	(4.33)	1.4 ** u	(1.40)	7.8 u	(4.35)	0.2 u	(0.15)
Skim milk, flavored	2.2 u	(0.98)	4.5 u	(1.86)	3.5 u	(1.57)	0.0 *	0.00	6.0 u	(3.92)	0.8 u	(0.81)
Flavored, fat not specified	7.1	(1.95)	16.6	(4.01)	22.5 u	(7.17)	0.6 ** u	(0.46)	10.6 u	(5.29)	0.0 *	0.00

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Soymilk	1.1 u	(0.62)	0.0	0.00	0.0	0.00	2.3 u	(2.08)	0.0	0.00	1.8 u	(1.34)
Dry or evaporated milk	0.0 u	(0.05)	0.1 u	(0.12)	0.3 u	(0.27)	0.0	0.00	0.0	0.00	0.0	0.00
Yogurt	5.7	(1.39)	1.7 u	(0.95)	2.1 u	(1.60)	6.8 u	(3.24)	1.6 u	(1.24)	10.3 * u	(3.41)
Cheese	20.0	(3.08)	12.5	(3.64)	9.0 u	(3.07)	18.4 u	(5.82)	16.1 u	(5.84)	25.4	(4.17)
Meat and meat alternates	47.2	(2.37)	47.5	(4.92)	53.2	(6.31)	47.3	(3.75)	42.6	(6.56)	47.3	(3.69)
Types of meat, among those eating any												
Beef	11.1	(2.59)	15.8 u	(4.82)	19.0 u	(9.17)	8.4 u	(3.95)	13.9 u	(5.37)	8.8 u	(3.26)
Ground beef	0.6 u	(0.39)	1.3 u	(1.05)	2.9 u	(2.41)	0.5 u	(0.44)	0.0	0.00	0.0	0.00
Pork	4.9	(1.21)	4.2 u	(1.69)	7.5 u	(3.17)	8.4 u	(2.60)	1.7 u	(1.70)	4.0 u	(2.47)
Ham	0.4 u	(0.33)	0.9 u	(0.94)	0.0	0.00	0.5 u	(0.36)	2.1 u	(2.05)	0.0	0.00
Lamb and misc. meats	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Chicken	45.9	(3.76)	51.8	(5.93)	54.0	(10.87)	68.0	(6.25)	48.5	(5.67)	31.2 * u	(5.32)
Turkey	0.8 u	(0.42)	1.8 u	(1.25)	3.1 u	(2.69)	0.8 u	(0.48)	0.9 u	(0.79)	0.0	0.00
Organ meats	0.2 u	(0.24)	0.0	0.00	0.0	0.00	1.2 u	(1.14)	0.0	0.00	0.0	0.00
Hot dogs	1.9 u	(1.56)	4.7 u	(4.07)	10.4 u	(9.33)	0.0	0.00	0.0	0.00	0.7 u	(0.72)
Cold cuts	3.2 u	(1.41)	1.7 u	(1.24)	1.9 u	(1.93)	1.1 u	(1.04)	1.8 u	(1.86)	5.9 u	(3.28)
Fish	7.8	(2.24)	6.7 u	(3.22)	6.2 u	(3.65)	2.6 u	(1.17)	3.2 u	(1.93)	9.1 u	(3.63)
Shellfish	1.1 u	(0.38)	0.4 u	(0.30)	0.6 u	(0.62)	0.6 u	(0.34)	0.0	0.00	2.0 * u	(0.90)
Bacon/sausage	6.9	(2.05)	8.2 u	(2.88)	3.2 u	(1.92)	5.9 u	(2.54)	14.3 u	(5.97)	6.8 u	(4.15)
Eggs	12.8	(2.61)	4.7 u	(2.07)	7.8 u	(4.07)	12.2 u	(4.42)	2.4 u	(1.66)	20.1 **	(5.90)
Beans	7.0 u	(2.76)	8.2 u	(3.40)	10.8 u	(3.98)	3.2 u	(1.51)	7.2 u	(6.17)	8.4 u	(5.64)
Baked/refried beans	1.7 u	(0.89)	1.5 u	(0.97)	0.6 u	(0.47)	0.8 u	(0.84)	2.6 u	(1.99)	2.5 u	(2.50)
Soy products	0.9 u	(0.80)	0.1 u	(0.11)	0.0	0.00	0.4 u	(0.40)	0.2 u	(0.24)	2.0 u	(1.95)
Protein/meal enhancement	3.4 u	(1.37)	3.0 u	(1.60)	3.1 u	(1.99)	2.1 u	(2.04)	3.6 u	(2.82)	4.6 u	(2.74)
Nuts	4.5 u	(1.60)	3.0 u	(1.71)	0.0	0.00	0.8 u	(0.60)	3.9 u	(3.08)	5.5 u	(2.54)
Peanut/almond butter	3.3 u	(1.37)	1.8 u	(1.33)	2.4 u	(2.42)	0.0	0.00	1.5 u	(1.57)	6.5 u	(3.03)
Seeds	5.0 u	(2.24)	2.4 u	(1.23)	1.2 u	(1.00)	4.1 u	(2.32)	4.0 u	(2.45)	8.1 u	(5.14)
Mixed dishes	90.1	(2.20)	95.0	(2.95)	95.5	(2.10)	83.7 **	(3.92)	93.7	(4.69)	90.5	(3.23)
Types of mixed dishes, among those eating any												
Tomato sauce and meat (no pasta)	0.1 u	(0.07)	0.0	0.00	0.0	0.00	0.1 u	(0.15)	0.0	0.00	0.1 u	(0.15)
Chili con carne	0.9 u	(0.58)	0.9 u	(0.70)	2.1 u	(1.64)	0.3 u	(0.23)	0.0	0.00	1.3 u	(1.31)
Meat mixtures w/ red meat	7.2	(1.71)	7.5 u	(2.99)	7.8 u	(6.26)	6.9 u	(3.50)	8.7 u	(3.60)	7.1 u	(2.44)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	
Meat mixtures w/ chicken/turkey	10.0	(1.84)	12.3	(3.16)	4.9 u	(2.52)	5.5 u	(2.50)	14.0 u	(4.98)	9.7	(2.67)
Meat mixtures w/ fish	1.7 u	(0.87)	0.9 u	(0.68)	1.7 u	(1.57)	0.3 u	(0.26)	0.4 u	(0.35)	3.1 u	(2.00)
Hamburgers/cheeseburgers	15.4	(1.81)	15.9	(3.24)	19.8	(4.31)	17.1	(3.12)	13.2 u	(4.49)	15.0	(3.48)
Other sandwiches	50.1	(2.63)	52.0	(5.04)	41.6	(7.43)	52.1	(4.80)	58.2	(7.48)	47.3	(4.58)
Hot dogs	7.7	(1.92)	8.3 u	(3.34)	10.8 u	(5.21)	6.1 u	(4.16)	6.2 u	(4.19)	7.4 u	(2.84)
Luncheon meat	17.9	(1.74)	15.1	(2.73)	5.4 u	(1.67)	11.5	(2.93)	16.9 u	(5.27)	23.8	(3.35)
Beef, pork, ham	7.1	(1.76)	8.5	(2.51)	2.3 u	(1.24)	8.8 u	(3.44)	12.8 u	(4.57)	5.6 u	(2.31)
Chicken, turkey	11.8	(1.77)	16.3	(2.75)	21.7	(5.13)	16.2 u	(5.52)	12.7 u	(4.19)	4.5	(1.16)
Cheese (no meat)	4.2	(1.15)	4.1 u	(1.76)	2.8 u	(1.68)	5.8 u	(3.21)	5.0 u	(3.13)	3.3 u	(1.59)
Fish	1.5 u	(0.65)	1.4 u	(0.57)	1.3 u	(0.91)	2.0 u	(1.39)	1.7 u	(0.88)	1.5 u	(1.36)
Peanut butter	5.5 u	(1.90)	2.9 u	(1.72)	0.0	0.00	1.8 u	(1.19)	5.8 u	(3.45)	10.0 u	(4.40)
Breakfast sandwiches	6.5	(1.44)	6.3 u	(2.52)	6.4 u	(3.14)	10.5 u	(4.17)	7.2 u	(4.19)	3.7 u	(1.69)
Pizza (no meat)	11.3	(1.26)	12.6	(2.58)	15.6	(4.38)	6.0 * u	(1.87)	11.4 u	(3.95)	11.2	(2.57)
Pizza w/ meat	23.2	(3.43)	36.4	(6.46)	32.8	(8.03)	13.0 *	(3.49)	39.0	(7.86)	17.2 **	(2.85)
Mexican entrees	16.7	(1.54)	13.3	(2.65)	16.2	(4.22)	21.2	(3.70)	12.0	(3.51)	18.2	(3.96)
Macaroni and cheese	8.8	(2.01)	10.7 u	(4.22)	4.4 u	(1.73)	7.2 u	(3.40)	13.1 u	(6.44)	7.4	(2.20)
Pasta dishes	9.9	(1.82)	8.8	(2.24)	10.6 u	(3.60)	12.2 u	(3.89)	7.8 u	(3.58)	7.9 u	(2.94)
Rice dishes	6.5	(1.40)	5.8	(1.65)	9.2 u	(3.57)	6.4 u	(3.09)	3.2 u	(1.45)	7.3 u	(2.78)
Other grain mixtures	2.0 u	(0.62)	2.0 u	(0.86)	2.7 u	(1.70)	3.6 u	(1.83)	1.9 u	(1.09)	1.4 u	(0.78)
Meat soup	3.9 u	(1.31)	2.8 u	(0.88)	3.5 u	(1.46)	3.0 u	(2.35)	2.5 u	(1.33)	5.6 u	(2.74)
Bean soup	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00	0.0	0.00
Grain soups	4.7	(1.17)	4.3 u	(1.94)	3.1 u	(1.16)	4.1 u	(1.82)	5.4 u	(3.49)	4.8 u	(2.01)
Vegetables mixtures (incl. soup)	1.8 u	(0.79)	1.7 u	(0.96)	2.0 u	(1.60)	0.2 u	(0.17)	1.7 u	(1.42)	2.4 u	(1.48)
Entrée salads	2.9 u	(0.88)	4.3 u	(1.93)	2.9 u	(1.23)	2.7 u	(1.60)	5.2 u	(3.54)	1.9 u	(1.10)
Beverages excluding milk and 100% fruit juice	98.3	(0.79)	98.5	(0.56)	97.0	(1.33)	98.1	(0.99)	99.5	(0.30)	98.1	(1.81)
Types of beverages, among those drinking any												
Coffee	9.4	(2.10)	7.4 u	(2.61)	5.4 u	(1.86)	14.5 u	(4.67)	10.2 u	(4.60)	7.7 u	(2.47)
Tea	15.4	(2.51)	14.0	(2.64)	15.2	(3.23)	17.3	(4.40)	14.4 u	(4.86)	16.5	(3.34)
Beer	1.4 u	(0.54)	1.9 u	(0.97)	3.5 u	(2.16)	3.1 u	(1.64)	0.9 u	(0.86)	0.2 u	(0.20)
Wine	0.2 u	(0.20)	0.0	0.00	0.0	0.00	0.9 u	(0.87)	0.0	0.00	0.0	0.00
Liquor	0.4 u	(0.22)	0.0	0.00	0.0	0.00	1.5 u	(0.97)	0.0	0.00	0.3 u	(0.22)

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old													
		All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
						NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
		Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Water (plain)	74.1	(2.38)	72.4	(4.81)	69.2	(5.55)	70.1	(5.05)	72.1	(6.76)	77.2	(3.44)	
Noncarbonated, sweetened drinks	35.6	(2.68)	34.9	(4.26)	34.9	(6.15)	39.1	(4.70)	31.4	(6.37)	35.9	(4.47)	
Noncarbonated, low-calorie/sugar-free drinks	6.9	(1.47)	9.5	(2.81)	5.7 u	(2.29)	7.6 u	(2.41)	13.9 u	(5.00)	5.0 u	(1.93)	
Energy drinks	2.1 u	(0.88)	0.2 u	(0.15)	0.3 u	(0.28)	7.2 u	(3.65)	0.2 u	(0.19)	1.0 u	(0.49)	
Any soda	52.4	(3.37)	47.8	(4.04)	47.2	(5.42)	55.4	(6.57)	50.0	(5.71)	54.3	(5.53)	
Soda, regular	48.6	(3.37)	43.7	(4.28)	41.5	(5.64)	51.9	(6.87)	46.5	(5.83)	50.1	(5.41)	
Soda, sugar-free	6.0	(1.23)	6.4 u	(2.24)	5.7 u	(2.92)	3.9 u	(1.44)	8.0 u	(3.85)	7.2 u	(2.18)	
Sweets and desserts	75.6	(3.31)	71.8	(4.11)	66.2	(7.27)	77.1	(4.15)	75.3	(5.85)	78.9	(6.11)	
Types of sweets and desserts, among those eating any													
Sugar and sugar substitutes	9.8	(1.48)	8.4 u	(3.37)	7.2 u	(2.90)	17.8	(4.65)	10.4 u	(5.71)	7.3	(1.16)	
Syrups/sweet toppings	9.6	(1.42)	7.0	(1.79)	4.6 u	(2.50)	9.8 u	(3.42)	6.0 u	(2.45)	12.4	(2.68)	
Jelly	4.2 u	(1.37)	5.1	(1.42)	6.6 u	(3.44)	1.7 u	(0.99)	5.0 u	(3.44)	5.0 u	(3.13)	
Jello	0.6 u	(0.38)	0.5 u	(0.31)	1.2 u	(0.80)	0.3 u	(0.19)	0.0	0.00	1.0 u	(0.88)	
Candy	46.8	(2.57)	37.9	(4.36)	33.5	(4.87)	45.5	(4.13)	39.5	(5.47)	57.2 *	(4.33)	
Ice cream	21.8	(3.09)	17.3	(3.67)	18.6	(4.92)	20.7 u	(6.37)	16.6	(4.47)	27.5	(5.12)	
Pudding	1.5 u	(0.60)	2.5 u	(1.60)	2.8 u	(2.19)	1.0 u	(0.76)	2.7 u	(2.64)	1.2	(0.30)	
Ice/popsicles	4.9	(1.42)	2.8 u	(1.08)	2.5 u	(1.27)	8.1 *	(2.10)	1.6 u	(1.11)	5.4 u	(3.02)	
Sweet rolls	3.1	(0.70)	5.9 u	(1.82)	8.5 u	(3.20)	3.1 u	(1.22)	4.0 u	(1.82)	1.2 u	(0.60)	
Cake/cupcakes	8.7	(1.81)	8.0	(2.12)	10.5 u	(3.39)	4.7 u	(1.70)	7.7 u	(3.40)	10.6 u	(3.38)	
Cookies	33.8	(2.55)	37.6	(4.38)	31.0	(5.28)	36.1	(6.04)	39.3	(6.83)	27.5	(3.91)	
Pies/cobblers	2.3 u	(0.92)	3.1 u	(1.81)	7.1 u	(4.23)	2.0 u	(1.44)	0.8 u	(0.82)	2.0 u	(1.48)	
Pastries	10.0	(1.71)	10.2	(2.65)	10.6 u	(3.65)	12.9 u	(5.25)	10.7 u	(4.54)	9.1	(2.55)	
Doughnuts	5.3	(1.42)	5.7	(1.48)	7.7 u	(2.39)	3.6 u	(1.60)	4.7 u	(2.11)	4.2 u	(2.09)	
Salty snacks	43.7	(2.39)	38.5	(3.41)	40.2	(5.69)	48.8	(5.59)	35.3	(5.20)	45.6	(5.01)	
Types of salty snacks, among those eating any													
Corn-based salty snacks	53.5	(3.19)	52.6	(6.17)	41.2	(9.08)	55.3	(7.59)	61.4	(10.19)	51.0	(5.41)	
Pretzels/party mix	17.1	(3.75)	14.1 u	(4.25)	19.7 u	(8.28)	11.4 u	(4.20)	11.1 u	(5.36)	23.8	(6.46)	
Popcorn	10.6	(2.02)	6.4 u	(3.14)	5.4 u	(3.90)	15.8 u	(5.90)	6.5 u	(4.54)	11.6	(3.00)	
Potato chips	30.8	(3.04)	40.2	(6.27)	52.0	(9.89)	29.4 *	(5.82)	31.0 u	(9.49)	24.9	(4.01)	

See notes at end of table.

Table C-5. Food Choices over 24 Hours: Percentage Consuming Different Types of Foods—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error	Percent	Standard error
Added fats and oils	23.9 (2.09)	17.8 (2.75)		12.6 (3.34)		27.9 ** (4.82)		24.4 (4.29)		25.5 (3.82)	
Types of added fats/oils among those eating any											
Butter	32.8 (4.33)	23.8 u (10.99)		8.1 u (4.87)		25.9 u (9.65)		30.8 u (14.82)		41.0 (7.03)	
Margarine	12.2 (3.41)	4.7 u (2.83)		0.0 0.00		5.2 u (3.73)		6.8 u (4.21)		22.4 * (6.14)	
Other added fats	8.1 u (3.26)	3.6 u (2.49)		12.0 u (8.91)		21.3 u (11.54)		0.3 u (0.30)		4.5 * u (2.10)	
Other added oils	2.0 u (1.88)	0.0 0.00		0.0 0.00		0.0 0.00		0.0 0.00		4.6 u (4.27)	
Salad dressing	10.4 (2.78)	19.6 u (9.91)		17.8 u (8.74)		6.5 u (3.24)		20.8 u (13.18)		6.6 u (2.51)	
Mayonnaise	3.8 u (1.36)	10.5 u (4.59)		21.9 u (10.11)		4.6 u (3.47)		3.6 u (3.58)		0.0 0.00	
Gravy	7.8 (2.32)	15.0 u (6.58)		16.2 u (8.65)		7.6 u (3.93)		14.9 u (9.32)		4.9 u (2.85)	
Cream cheese	14.1 (3.80)	4.4 u (2.34)		15.5 u (7.10)		6.2 u (3.12)		0.0 0.00		20.6 ** u (6.46)	
Cream/sour cream	17.9 (4.57)	28.5 u (12.80)		16.0 u (6.38)		28.0 u (11.33)		34.3 u (19.09)		7.5 u (4.10)	
Other	7.2 (1.35)	5.9 u (2.12)		3.9 u (1.34)		12.1 * u (3.77)		7.3 u (3.82)		6.5 (1.58)	

Source: NHANES 2005–2010 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, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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 school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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 "higher in nutrients"; all others are "lower in nutrients." Raw vegetables higher 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 higher in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are lower 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 over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Grains (ounce eq.)	2.1	(0.08)	2.0	(0.12)	1.8	(0.10)	1.7	(0.10)	2.2	(0.22)	2.5	(0.14)
Whole grains ¹	0.3	(0.03)	0.3	(0.03)	0.2	(0.03)	0.2	(0.03)	0.3	(0.05)	0.4	(0.08)
Not whole grain	1.8	(0.08)	1.7	(0.12)	1.6	(0.10)	1.5	(0.10)	1.9	(0.22)	2.1	(0.12)
Bread	0.4	(0.05)	0.4	(0.08)	0.3	(0.05)	0.3	(0.06)	0.5	(0.16)	0.5	(0.06)
Rolls	0.1	(0.02)	0.1	(0.03)	0.1	(0.01)	0.1 u	(0.04)	0.2	(0.05)	0.0 ** u	(0.01)
English muffin	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.02)	0.0 u	(0.02)
Bagels	0.2	(0.03)	0.0 u	(0.02)	0.1 u	(0.03)	0.1 u	(0.02)	0.0 u	(0.03)	0.3 ***	(0.06)
Biscuits, scones, croissants	0.1	(0.02)	0.1	(0.02)	0.1 u	(0.03)	0.1 u	(0.02)	0.0 u	(0.01)	0.1 u	(0.04)
Muffins	0.1	(0.02)	0.1 u	(0.03)	0.1 u	(0.02)	0.0 u	(0.02)	0.2 u	(0.07)	0.1	(0.02)
Cornbread	0.0	(0.00)	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Corn tortillas	0.1	(0.01)	0.1	(0.02)	0.2	(0.03)	0.1 u	(0.05)	0.0 u	(0.02)	0.0 u	(0.00)
Flour tortillas	0.1	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.1 u	(0.04)	0.0 u	(0.00)	0.1 * u	(0.03)
Taco shells	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Crackers	0.2	(0.03)	0.2	(0.03)	0.2	(0.03)	0.2	(0.05)	0.3	(0.06)	0.3	(0.07)
Breakfast/granola bar	0.0	(0.00)	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.01)	0.0	(0.01)
Pancakes, waffles, French toast	0.3	(0.03)	0.2	(0.03)	0.2	(0.02)	0.2	(0.06)	0.3	(0.06)	0.4	(0.06)
Cold cereal	0.4	(0.02)	0.3	(0.02)	0.3	(0.03)	0.3	(0.04)	0.4	(0.05)	0.4	(0.05)
Hot cereal	0.1	(0.02)	0.1	(0.02)	0.1 u	(0.03)	0.0 * u	(0.01)	0.1 u	(0.03)	0.1 u	(0.05)
Rice	0.1	(0.03)	0.2	(0.03)	0.2	(0.05)	0.1	(0.03)	0.1 u	(0.02)	0.1 u	(0.05)
Pasta	0.1	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.03)	0.1	(0.02)
Vegetables (cup eq.)	0.5	(0.03)	0.6	(0.04)	0.5	(0.04)	0.4	(0.05)	0.6	(0.08)	0.6	(0.07)
Raw vegetables	0.2	(0.02)	0.1	(0.03)	0.1	(0.02)	0.1	(0.02)	0.2	(0.05)	0.2	(0.05)
Raw lettuce/greens	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 * u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Raw carrots	0.0	(0.01)	0.0 u	(0.01)	0.0	(0.01)	0.0 u	(0.02)	0.1 u	(0.03)	0.0 u	(0.01)
Raw tomatoes	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Raw cabbage/coleslaw	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Other raw (higher in vitamins A and C) ²	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other raw (lower in vitamins A and C) ²	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)
Salads (w/greens)	0.1	(0.02)	0.1	(0.01)	0.1	(0.02)	0.1 u	(0.02)	0.1	(0.03)	0.1	(0.03)
Cooked vegetables, excl. potatoes	0.2	(0.01)	0.2	(0.02)	0.2	(0.02)	0.2	(0.03)	0.2	(0.03)	0.1	(0.02)
Cooked green beans	0.0	(0.01)	0.0	(0.01)	0.1	(0.01)	0.0 *** u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Cooked corn	0.0	(0.00)	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.0	(0.01)	0.0 * u	(0.01)
Cooked peas	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 ** u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Cooked broccoli	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Cooked tomatoes	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 u	(0.02)	0.0	(0.01)	0.0	(0.01)
Cooked mixed	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Cooked starchy	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)
Other cooked deep yellow	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other cooked dark green	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 * u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Other cooked (higher in vitamins A and C) ²	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other cooked (lower in vitamins A and C) ²	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.00)
Other fried	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked potatoes	0.2	(0.01)	0.2	(0.02)	0.2	(0.02)	0.2	(0.03)	0.2	(0.04)	0.2	(0.03)
Cooked potatoes-not fried	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.1	(0.03)	0.1 u	(0.04)
Cooked potatoes-fried	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.1	(0.03)	0.1	(0.02)
Vegetable juice	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)
Fruit and 100% fruit juice (cup eq.)	1.1	(0.05)	1.2	(0.06)	1.3	(0.08)	1.0 **	(0.08)	0.9	(0.09)	1.0	(0.08)
Any whole fruit	0.7	(0.03)	0.7	(0.03)	0.7	(0.05)	0.5 *	(0.07)	0.6	(0.05)	0.7	(0.07)
Fresh fruit	0.6	(0.03)	0.6	(0.03)	0.6	(0.05)	0.5	(0.06)	0.5	(0.05)	0.7 *	(0.07)
Fresh orange	0.0	(0.00)	0.1	(0.01)	0.1	(0.01)	0.0 **	(0.01)	0.0	(0.01)	0.0	(0.01)
Fresh other citrus	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Fresh apple	0.3	(0.02)	0.3	(0.02)	0.3	(0.03)	0.2 *	(0.04)	0.2	(0.03)	0.3	(0.04)
Fresh banana	0.1	(0.01)	0.1	(0.01)	0.1	(0.03)	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)
Fresh melon	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh watermelon	0.1	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.1 u	(0.04)	0.0 u	(0.01)	0.1 *	(0.02)
Fresh grapes	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.0	(0.01)	0.1 u	(0.02)
Fresh peach/nectarine	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0 * u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh pear	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0 * u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh berries	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)	0.1	(0.01)
Fresh pineapple	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Other fresh fruit	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)
Avocado/guacamole	0.0 u	(0.00)	0.0 u	(0.00)	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 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	0.1	(0.01)	0.1	(0.01)	0.1	(0.01)	0.0 ***	(0.01)	0.1	(0.02)	0.0 **	(0.01)
Canned or frozen in syrup	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	0.1 (0.01)	0.1 (0.01)		0.1 (0.01)		0.0 *** (0.01)		0.1 (0.01)		0.0 *** (0.01)	
Applesauce, canned/ frozen apples	0.0 (0.00)	0.0 (0.01)		0.0 (0.01)		0.0 u (0.01)		0.0 (0.01)		0.0 u (0.01)	
Canned/frozen peaches	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 *** u (0.00)		0.0 u (0.01)		0.0 u (0.01)	
Canned/frozen pineapple	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 * u (0.00)		0.0 u (0.01)		0.0 * u (0.00)	
Other canned/frozen	0.0 (0.00)	0.0 (0.01)		0.0 (0.01)		0.0 *** u (0.01)		0.0 (0.01)		0.0 ** u (0.00)	
100% Fruit juice	0.4 (0.03)	0.5 (0.04)		0.6 (0.05)		0.4 * (0.05)		0.4 (0.07)		0.3 (0.03)	
Non-citrus juice	0.2 (0.02)	0.3 (0.03)		0.3 (0.04)		0.2 (0.04)		0.2 (0.05)		0.2 (0.03)	
Citrus juice	0.2 (0.02)	0.2 (0.02)		0.2 (0.03)		0.2 (0.04)		0.2 (0.03)		0.1 (0.02)	
Dried fruit	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.01)	
Milk and milk products (cup eq.)	1.4 (0.05)	1.8 (0.07)		1.8 (0.09)		0.9 *** (0.07)		1.9 (0.15)		1.3 *** (0.08)	
Cow's milk, total	1.3 (0.04)	1.6 (0.06)		1.6 (0.08)		0.8 *** (0.06)		1.6 (0.13)		1.0 *** (0.06)	
Unflavored white milk, total	0.9 (0.04)	1.0 (0.07)		1.0 (0.09)		0.7 ** (0.07)		1.0 (0.14)		0.9 (0.07)	
Unflavored whole milk	0.2 (0.04)	0.3 (0.07)		0.3 (0.08)		0.3 (0.06)		0.3 u (0.13)		0.1 (0.03)	
Unflavored non-whole, total	0.6 (0.03)	0.6 (0.04)		0.6 (0.05)		0.3 *** (0.03)		0.7 (0.07)		0.7 (0.06)	
2% milk, unflavored	0.4 (0.03)	0.4 (0.04)		0.4 (0.04)		0.2 ** (0.04)		0.4 (0.06)		0.4 (0.05)	
1% milk, unflavored	0.2 (0.02)	0.2 (0.03)		0.1 (0.02)		0.1 u (0.02)		0.2 (0.05)		0.2 (0.03)	
Skim milk, unflavored	0.1 (0.02)	0.1 (0.01)		0.0 u (0.02)		0.0 u (0.01)		0.1 (0.03)		0.2 (0.04)	
Unflavored, fat not specified	0.0 (0.01)	0.1 (0.01)		0.1 (0.01)		0.0 u (0.01)		0.0 (0.01)		0.0 u (0.01)	
Flavored milk, total	0.4 (0.02)	0.6 (0.03)		0.7 (0.03)		0.1 *** u (0.02)		0.6 (0.05)		0.1 *** (0.02)	
Flavored, whole milk	0.1 (0.01)	0.1 (0.02)		0.2 (0.02)		0.0 *** u (0.01)		0.1 (0.02)		0.0 *** u (0.01)	
Flavored non-whole, total	0.2 (0.02)	0.4 (0.03)		0.3 (0.03)		0.1 *** u (0.02)		0.4 (0.04)		0.1 *** (0.02)	
2% milk, flavored	0.1 (0.01)	0.2 (0.02)		0.2 (0.03)		0.0 *** u (0.02)		0.2 (0.04)		0.1 *** (0.01)	
1% milk, flavored	0.1 (0.01)	0.1 (0.02)		0.1 (0.02)		0.0 *** u (0.00)		0.1 (0.03)		0.0 *** u (0.02)	
Skim milk, flavored	0.0 (0.00)	0.0 (0.01)		0.0 (0.01)		0.0 *** (0.00)		0.0 u (0.02)		0.0 u (0.00)	
Flavored, fat not specified	0.1 (0.01)	0.2 (0.02)		0.2 (0.02)		0.0 *** u (0.00)		0.2 (0.04)		0.0 ** u (0.01)	
Soymilk	0.0 u (0.01)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.02)	
Dry or evaporated milk	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 (0.00)	
Yogurt	0.0 (0.01)	0.0 (0.01)		0.0 (0.01)		0.1 u (0.02)		0.0 (0.01)		0.1 (0.01)	
Cheese	0.1 (0.01)	0.1 (0.02)		0.1 (0.03)		0.1 (0.02)		0.2 (0.03)		0.2 (0.03)	
Meat and meat alternates (oz. eq.)	1.7 (0.09)	1.8 (0.11)		2.0 (0.16)		1.7 (0.20)		1.7 (0.16)		1.7 (0.18)	
Beef	0.2 (0.03)	0.2 (0.03)		0.2 (0.04)		0.2 (0.05)		0.2 u (0.06)		0.2 u (0.06)	
Ground beef	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.02)	
Pork	0.1 (0.02)	0.1 u (0.05)		0.1 (0.03)		0.2 u (0.06)		0.2 u (0.10)		0.1 u (0.03)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
	Mean	Standard error	Mean	Standard error	NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
					Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)
Lamb and misc. meats	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Chicken	0.7	(0.06)	0.9	(0.08)	1.1	(0.13)	0.7 *	(0.11)	0.7	(0.12)	0.5	(0.08)
Turkey	0.1 u	(0.03)	0.0 u	(0.02)	0.0 u	(0.01)	0.1 u	(0.03)	0.1 u	(0.05)	0.1 u	(0.08)
Organ meats	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Hot dogs	0.0	(0.00)	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)
Cold cuts	0.1	(0.02)	0.1 u	(0.03)	0.0 u	(0.01)	0.0 u	(0.01)	0.1 u	(0.07)	0.1 u	(0.02)
Fish	0.1	(0.02)	0.1 u	(0.03)	0.1 u	(0.05)	0.1 u	(0.06)	0.1 u	(0.03)	0.1 u	(0.04)
Shellfish	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Bacon/sausage	0.1	(0.02)	0.1	(0.02)	0.1 u	(0.04)	0.1 u	(0.03)	0.1 u	(0.03)	0.1 u	(0.03)
Eggs	0.2	(0.02)	0.1	(0.02)	0.1	(0.02)	0.2	(0.06)	0.1 u	(0.02)	0.3 ***	(0.06)
Beans	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.0 * u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Baked/refried beans	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Soy products	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Protein/meal enhancement	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Nuts	0.1 u	(0.03)	0.0 u	(0.02)	0.0 u	(0.00)	0.0 * u	(0.01)	0.1 u	(0.02)	0.1 u	(0.07)
Peanut/almond butter	0.1	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.1 u	(0.03)	0.1	(0.03)
Seeds	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)
Mixed dishes (grams)	339.0	(10.99)	342.0	(14.09)	330.0	(13.72)	347.0	(20.01)	359.0	(21.72)	326.0	(17.76)
Tomato sauce and meat (no pasta)	0.7 u	(0.44)	0.1 u	(0.07)	0.1 u	(0.11)	2.4 u	(2.41)	0.1 u	(0.10)	0.1 u	(0.08)
Chili con carne	1.8 u	(0.62)	3.3 u	(1.29)	0.8 u	(0.58)	0.2 u	(0.19)	6.8 u	(3.44)	0.6 u	(0.40)
Meat mixtures w/ red meat	17.8	(3.18)	21.6	(4.84)	21.3 u	(7.57)	22.4 u	(11.24)	25.3	(7.04)	11.7	(2.84)
Meat mixtures w/ chicken/turkey	19.2	(2.42)	20.0	(3.85)	14.2	(3.06)	13.9	(3.46)	24.1 u	(8.12)	21.4	(5.25)
Meat mixtures w/ fish	2.3 u	(0.84)	1.8 u	(0.90)	2.3 u	(1.39)	1.1 u	(0.69)	1.5 u	(1.28)	3.7 u	(2.02)
Hamburgers/cheeseburgers	26.5	(2.26)	26.3	(3.38)	21.2	(2.96)	32.8	(5.50)	31.9	(6.63)	25.9	(3.83)
Other sandwiches	81.0	(4.19)	79.4	(5.58)	78.0	(6.70)	87.1	(8.01)	80.9	(8.59)	81.0	(5.60)
Hot dogs	11.4	(1.29)	15.9	(2.21)	19.6	(3.55)	8.7 * u	(2.78)	12.2	(3.22)	7.0	(2.09)
Luncheon meat	25.2	(2.08)	21.5	(2.66)	18.9	(3.92)	29.2	(5.18)	21.5	(2.78)	29.4	(3.20)
Beef, pork, ham	10.7	(1.97)	10.9	(2.33)	8.8	(1.72)	13.9	(4.08)	13.5 u	(4.99)	7.9	(2.34)
Chicken, turkey	13.2	(1.31)	14.5	(1.76)	16.0	(3.61)	16.0	(4.50)	13.5	(2.68)	10.2	(2.51)
Cheese (no meat)	4.8	(1.14)	4.5	(1.14)	4.8 u	(1.67)	4.2 u	(1.75)	4.6 u	(1.94)	5.5 u	(2.14)
Fish	2.3 u	(0.77)	1.7	(0.41)	2.0 u	(0.76)	2.6 u	(1.56)	1.5	(0.34)	3.2 u	(2.04)
Peanut butter	7.6	(0.85)	4.3	(1.02)	4.5	(0.87)	3.7	(0.97)	4.1 u	(2.01)	14.0 ***	(1.87)
Breakfast sandwiches	5.9	(1.30)	6.1 u	(2.30)	3.3 u	(1.34)	8.8 u	(3.20)	10.1 u	(4.99)	3.9 u	(1.50)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	15.7	(1.95)	17.2	(1.53)	20.4	(2.44)	9.4 **	(2.70)	15.5	(2.67)	12.0	(1.92)
Pizza w/ meat	28.1	(2.81)	35.1	(4.00)	33.3	(3.18)	23.0 u	(7.19)	36.8	(6.06)	20.6 *	(3.37)
Mexican entrees	36.4	(3.43)	33.2	(4.37)	37.4	(5.95)	46.3	(6.69)	28.1	(5.02)	36.2	(6.44)
Macaroni and cheese	22.8	(2.65)	24.3	(4.34)	15.9	(3.64)	16.3 u	(5.89)	32.6	(9.51)	23.9	(3.98)
Pasta dishes	34.5	(5.12)	31.1	(3.98)	27.5	(4.48)	41.8 u	(17.11)	36.0	(7.52)	34.8	(10.17)
Rice dishes	8.5	(1.09)	8.9	(1.65)	9.7	(2.26)	10.2	(2.66)	7.9 u	(2.45)	7.7	(1.91)
Other grain mixtures	3.3	(0.89)	2.2	(0.57)	2.0 u	(0.75)	1.9 u	(0.91)	1.8 u	(0.66)	4.0 u	(1.70)
Meat soup	14.0	(2.84)	11.2	(2.40)	17.3	(4.32)	14.8 u	(4.81)	5.4 u	(2.04)	17.7 u	(7.13)
Bean soup	0.0 u	(0.02)	0.0 u	(0.04)	0.1 u	(0.08)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)
Grain soups	14.7	(2.24)	16.0	(2.79)	18.6	(3.68)	12.8	(3.05)	13.5 u	(4.69)	13.8 u	(4.18)
Vegetables mixtures (incl. soup)	4.7	(1.00)	3.5	(0.88)	5.1 u	(1.81)	4.7 u	(2.13)	2.1 u	(0.90)	6.4 u	(2.47)
Entrée salads	6.6	(1.87)	7.2 u	(2.21)	5.2	(1.39)	6.1 u	(3.69)	9.0 u	(4.72)	4.2 u	(3.04)
Beverages excluding milk and 100% fruit juice (grams)	1,125.0	(48.79)	874.0	(41.51)	798.0	(39.73)	1401.0 ***	(139.11)	993.0	(74.42)	1304.0 **	(82.75)
Coffee	13.8	(2.71)	10.0	(2.51)	10.8	(3.20)	33.3 u	(13.32)	10.3 u	(3.95)	8.9 u	(3.35)
Tea	65.6	(12.50)	41.9	(6.54)	38.5	(5.39)	111.0 u	(40.57)	50.6	(13.32)	75.8 u	(24.33)
Beer	3.2 u	(1.42)	2.5 u	(1.40)	2.4 u	(1.18)	7.6 u	(4.50)	3.0 u	(2.92)	2.3 u	(2.30)
Wine	0.9 u	(0.81)	0.1 u	(0.09)	0.0	(0.00)	5.4 u	(5.21)	0.2 u	(0.20)	0.0	(0.00)
Liquor	0.4 u	(0.24)	0.0	(0.00)	0.0	(0.00)	2.2 u	(1.35)	0.0	(0.00)	0.3 u	(0.31)
Water (plain)	557.0	(31.10)	439.0	(33.47)	396.0	(35.64)	621.0 *	(91.34)	491.0	(52.49)	680.0 **	(49.26)
Noncarbonated, sweetened drinks	197.0	(11.51)	169.0	(16.52)	157.0	(17.41)	231.0 *	(24.03)	188.0	(27.27)	225.0	(23.51)
Noncarbonated, low-calorie/sugar-free drinks	46.0	(13.14)	27.5	(5.23)	21.5	(4.06)	37.4 *	(6.13)	38.4	(10.91)	44.6 u	(16.79)
Energy drinks	5.3 u	(2.77)	2.6 u	(1.88)	4.1 u	(3.59)	20.8 u	(11.79)	1.1 u	(1.01)	2.8 u	(1.59)
Any soda	236.0	(16.35)	182.0	(17.56)	166.0	(21.54)	331.0 **	(51.06)	211.0	(27.96)	264.0	(28.99)
Soda, regular	207.0	(15.02)	166.0	(17.20)	153.0	(21.64)	305.0 **	(50.26)	189.0	(27.62)	220.0	(20.73)
Soda, sugar-free	28.7	(5.67)	15.9	(3.77)	12.8 u	(5.18)	26.4	(7.69)	21.6 u	(7.99)	43.9 u	(14.18)
Sweets and desserts (grams)	101.0	(3.51)	92.2	(4.22)	87.4	(5.75)	102.0	(6.43)	104.0	(9.31)	115.0	(7.28)
Sugar and sugar substitutes	1.0	(0.23)	1.0 u	(0.44)	0.8	(0.21)	2.1 u	(0.65)	1.4 u	(0.96)	0.6	(0.14)
Syrups/sweet toppings	5.0	(0.50)	4.5	(0.57)	4.3	(0.74)	4.3	(1.18)	4.5	(1.13)	6.2	(1.09)
Jelly	0.8	(0.22)	0.9 u	(0.36)	0.7 u	(0.25)	0.5 u	(0.22)	1.4 u	(0.83)	0.9 u	(0.44)
Jello	1.8	(0.48)	1.9	(0.44)	2.6	(0.77)	2.8 u	(1.50)	1.2 u	(0.48)	1.5 u	(1.06)
Candy	14.5	(1.24)	12.9	(1.91)	13.1	(2.27)	15.9	(2.27)	13.7	(2.28)	16.8	(1.72)
Ice cream	30.8	(2.90)	25.5	(2.29)	20.8	(3.49)	30.0	(4.47)	33.5	(4.49)	38.9	(6.95)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pudding	2.6	(0.46)	2.4	(0.69)	2.4 u	(0.97)	2.0 u	(0.97)	2.7 u	(1.01)	3.4 u	(1.08)
Ice/popsicles	11.1	(1.93)	9.4	(2.74)	7.2	(1.50)	11.2	(2.33)	11.9 u	(6.55)	13.5	(3.68)
Sweet rolls	1.8	(0.29)	2.6	(0.53)	3.3	(0.76)	1.5 u	(0.55)	1.9 u	(0.59)	0.9 u	(0.35)
Cake/cupcakes	7.7	(1.32)	8.2	(1.58)	9.3	(2.68)	5.6 u	(1.80)	8.1	(2.06)	7.9 u	(2.59)
Cookies	13.4	(0.84)	12.8	(0.93)	12.5	(1.04)	17.5	(3.11)	12.8	(1.67)	12.6	(1.40)
Pies/cobblers	2.5 u	(1.04)	2.0 u	(0.70)	2.4 u	(1.26)	0.3 u	(0.19)	1.9 u	(0.96)	4.3 u	(2.87)
Pastries	5.3	(0.62)	6.0	(0.95)	5.3 u	(2.08)	5.9	(1.32)	7.3	(1.68)	4.4	(0.93)
Doughnuts	2.8	(0.52)	2.2	(0.45)	2.8	(0.70)	2.1 u	(0.70)	1.4 u	(0.52)	3.6	(1.05)
Salty snacks (grams)	21.0	(1.19)	18.8	(1.39)	18.9	(1.18)	25.7 *	(2.81)	17.4	(2.29)	22.5	(3.01)
Corn-based salty snacks	9.5	(0.63)	8.2	(0.91)	8.1	(1.05)	12.8 *	(2.09)	8.4	(1.89)	10.0	(0.67)
Pretzels/party mix	4.3	(1.25)	2.9	(0.70)	2.5	(0.50)	3.3	(0.86)	2.3 u	(0.75)	7.2 u	(3.52)
Popcorn	2.4	(0.23)	2.3	(0.32)	1.9	(0.37)	3.5 u	(1.16)	2.8	(0.57)	1.9	(0.45)
Potato chips	4.8	(0.40)	5.4	(0.61)	6.3	(0.77)	6.1	(1.06)	3.9	(0.95)	3.4	(0.47)
Added fats and oils (grams)	8.2	(0.96)	6.0	(0.77)	6.8	(1.16)	10.8	(2.99)	5.6	(1.17)	9.3	(1.68)
Butter	0.6	(0.09)	0.4	(0.06)	0.3	(0.05)	0.4 u	(0.14)	0.6	(0.13)	0.8	(0.21)
Margarine	0.7	(0.12)	0.5	(0.13)	0.5 u	(0.16)	1.1 u	(0.43)	0.6 u	(0.20)	0.8 u	(0.29)
Other added fats	1.3 u	(0.52)	0.7 u	(0.40)	1.1 u	(0.77)	3.8 u	(2.91)	0.3 u	(0.15)	1.1 u	(0.44)
Other added oils	0.0 u	(0.04)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.12)
Salad dressing	1.0	(0.16)	1.1	(0.22)	1.0 u	(0.31)	1.0 u	(0.35)	1.4	(0.40)	0.6 u	(0.20)
Mayonnaise	0.1 u	(0.06)	0.1 u	(0.04)	0.1 u	(0.07)	0.4 u	(0.40)	0.0 u	(0.02)	0.1 u	(0.04)
Gravy	1.6	(0.43)	2.0 u	(0.60)	2.4 u	(0.89)	1.4 u	(0.79)	1.8 u	(1.02)	1.4 u	(0.89)
Cream cheese	0.9	(0.26)	0.1 u	(0.05)	0.2 u	(0.11)	0.3 u	(0.13)	0.0 u	(0.01)	2.1 ** u	(0.73)
Cream/sour cream	2.0	(0.46)	1.0 u	(0.33)	1.1 u	(0.51)	2.3 u	(0.71)	0.8 u	(0.34)	2.3 *	(0.65)
Other (grams)	2.6	(0.32)	2.6	(0.53)	2.0	(0.44)	2.8 u	(1.05)	3.6 u	(1.13)	2.6	(0.46)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Grains (ounce eq.)	2.1	(0.16)	2.0	(0.16)	1.8	(0.14)	1.8	(0.24)	2.3	(0.32)	2.5	(0.29)
Whole grains ¹	0.4	(0.06)	0.3	(0.03)	0.3	(0.04)	0.1 *	(0.04)	0.3	(0.05)	0.6 u	(0.19)
Not whole grain	1.8	(0.13)	1.7	(0.16)	1.5	(0.14)	1.7	(0.23)	2.0	(0.31)	1.9	(0.20)
Bread	0.4	(0.06)	0.4	(0.05)	0.4	(0.07)	0.4 u	(0.14)	0.4	(0.10)	0.4	(0.11)
Rolls	0.1 u	(0.02)	0.1 u	(0.03)	0.0 u	(0.01)	0.1 u	(0.08)	0.2 u	(0.08)	0.0 u	(0.01)
English muffin	0.0 u	(0.02)	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.06)
Bagels	0.1 u	(0.05)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.05)	0.0	(0.00)	0.2 u	(0.14)
Biscuits, scones, croissants	0.0 u	(0.01)	0.0 u	(0.02)	0.1 u	(0.03)	0.1 u	(0.05)	0.0 u	(0.03)	0.0 u	(0.01)
Muffins	0.1	(0.02)	0.1 u	(0.03)	0.1 u	(0.02)	0.0 u	(0.02)	0.1 u	(0.06)	0.1 u	(0.04)
Cornbread	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.03)	0.0 u	(0.01)
Corn tortillas	0.0 u	(0.02)	0.1 u	(0.03)	0.1 u	(0.06)	0.0 * u	(0.01)	0.0 u	(0.00)	0.0	(0.00)
Flour tortillas	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.00)
Taco shells	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0	(0.00)
Crackers	0.3	(0.04)	0.3	(0.07)	0.2	(0.04)	0.3 u	(0.13)	0.5	(0.15)	0.3	(0.05)
Breakfast/granola bar	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.01)	0.1 u	(0.02)
Pancakes, waffles, French toast	0.3	(0.05)	0.3	(0.05)	0.2	(0.04)	0.1 u	(0.07)	0.4	(0.11)	0.4 u	(0.13)
Cold cereal	0.4	(0.03)	0.4	(0.03)	0.5	(0.04)	0.3	(0.06)	0.4	(0.05)	0.5	(0.08)
Hot cereal	0.1 u	(0.04)	0.1	(0.02)	0.1 u	(0.02)	0.0 *	(0.00)	0.1 u	(0.04)	0.2 u	(0.13)
Rice	0.1	(0.03)	0.1	(0.03)	0.1 u	(0.04)	0.2 u	(0.07)	0.1 u	(0.02)	0.1 u	(0.05)
Pasta	0.1 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.01)	0.1 u	(0.07)	0.1 u	(0.05)	0.1 u	(0.03)
Vegetables (cup eq.)	0.5	(0.04)	0.6	(0.07)	0.5	(0.06)	0.3 *	(0.07)	0.7	(0.15)	0.4	(0.07)
Raw vegetables	0.2	(0.04)	0.2 u	(0.06)	0.1 u	(0.05)	0.1 u	(0.04)	0.2 u	(0.13)	0.2	(0.06)
Raw lettuce/greens	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Raw carrots	0.0 u	(0.02)	0.1 u	(0.03)	0.0 u	(0.01)	0.0 u	(0.03)	0.1 u	(0.06)	0.0 u	(0.01)
Raw tomatoes	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.02)
Raw cabbage/coleslaw	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Other raw (higher in vitamins A and C) ²	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other raw (lower in vitamins A and C) ²	0.0 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.03)	0.0 u	(0.00)	0.0 u	(0.02)	0.1 u	(0.04)
Salads (w/greens)	0.1	(0.01)	0.1 u	(0.02)	0.1 u	(0.03)	0.0 u	(0.02)	0.1 u	(0.05)	0.0 u	(0.02)
Cooked vegetables, excl. potatoes	0.2	(0.02)	0.2	(0.02)	0.2	(0.03)	0.1 u	(0.04)	0.2	(0.04)	0.1 ***	(0.02)
Cooked green beans	0.0	(0.00)	0.0	(0.01)	0.0	(0.01)	0.0 ** u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Cooked corn	0.0	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1 u	(0.04)	0.0 u	(0.01)	0.0 * u	(0.00)
Cooked peas	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

5-8 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Cooked broccoli	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.00)
Cooked tomatoes	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.0 * u	(0.00)	0.1	(0.02)	0.0 u	(0.01)
Cooked mixed	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Cooked starchy	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.00)	0.0 u	(0.01)
Other cooked deep yellow	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Other cooked dark green	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Other cooked (higher in vitamins A and C) ²	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other cooked (lower in vitamins A and C) ²	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.1 u	(0.04)	0.0 u	(0.01)
Other fried	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked potatoes	0.2	(0.02)	0.2	(0.03)	0.2	(0.03)	0.1	(0.03)	0.2 u	(0.07)	0.2	(0.04)
Cooked potatoes-not fried	0.1	(0.02)	0.1	(0.03)	0.1	(0.02)	0.0 u	(0.02)	0.1 u	(0.06)	0.1 u	(0.04)
Cooked potatoes-fried	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1	(0.03)	0.1	(0.02)	0.1	(0.02)
Vegetable juice	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Fruit and 100% fruit juice (cup eq.)	1.3	(0.07)	1.3	(0.06)	1.4	(0.11)	1.3	(0.22)	1.1	(0.11)	1.3	(0.17)
Any whole fruit	0.8	(0.06)	0.7	(0.04)	0.7	(0.08)	0.8	(0.20)	0.6	(0.05)	0.8	(0.14)
Fresh fruit	0.7	(0.05)	0.6	(0.04)	0.6	(0.07)	0.7	(0.21)	0.5	(0.06)	0.7 *	(0.12)
Fresh orange	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.0 u	(0.02)	0.1 u	(0.02)	0.1 u	(0.03)
Fresh other citrus	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Fresh apple	0.2	(0.03)	0.3	(0.03)	0.3	(0.05)	0.1 * u	(0.05)	0.2	(0.05)	0.2	(0.07)
Fresh banana	0.1	(0.02)	0.1	(0.02)	0.1	(0.03)	0.1	(0.03)	0.1	(0.03)	0.1 u	(0.04)
Fresh melon	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh watermelon	0.1 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.02)	0.3 u	(0.16)	0.0 u	(0.01)	0.0 u	(0.03)
Fresh grapes	0.1 u	(0.03)	0.0	(0.01)	0.0 u	(0.01)	0.1 u	(0.02)	0.0 u	(0.01)	0.1 u	(0.08)
Fresh peach/nectarine	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh pear	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.03)
Fresh berries	0.1 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.00)	0.0 u	(0.02)	0.1 u	(0.04)	0.1 u	(0.03)
Fresh pineapple	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)
Other fresh fruit	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Avocado/guacamole	0.0 u	(0.00)	0.0 u	(0.00)	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	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.0 *** u	(0.01)	0.1	(0.04)	0.1 u	(0.02)
Canned or frozen in syrup	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 * u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Canned or frozen, no syrup	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.1 (0.02)	0.0 ** u (0.01)	0.1 (0.03)	0.0 * u (0.02)					
Applesauce, canned/ frozen apples	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.0 * u (0.01)	0.0 u (0.02)	0.0 u (0.01)	0.0 u (0.01)					
Canned/frozen peaches	0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.02)	0.0 (0.00)					
Canned/frozen pineapple	0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.02)	0.0 (0.00)					
Other canned/frozen	0.0 (0.01)	0.1 (0.01)	0.0 (0.01)	0.0 *** u (0.00)	0.1 (0.02)	0.0 * u (0.01)						
100% Fruit juice	0.5 (0.04)	0.5 (0.06)	0.6 (0.07)	0.5 (0.08)	0.4 (0.11)	0.4 (0.08)						
Non-citrus juice	0.3 (0.04)	0.3 (0.04)	0.4 (0.05)	0.4 (0.08)	0.3 u (0.09)	0.3 (0.08)						
Citrus juice	0.2 (0.02)	0.2 (0.03)	0.3 (0.04)	0.1 u (0.06)	0.2 (0.04)	0.1 u (0.05)						
Dried fruit	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 (0.00)	0.0 u (0.00)	0.0 u (0.01)						
Milk and milk products (cup eq.)	1.7 (0.07)	2.0 (0.09)	2.0 (0.09)	1.1 *** (0.19)	1.9 (0.16)	1.5 (0.14)						
Cow's milk, total	1.4 (0.06)	1.7 (0.06)	1.8 (0.07)	0.9 *** (0.14)	1.6 (0.11)	1.2 * (0.12)						
Unflavored white milk, total	1.0 (0.05)	1.0 (0.07)	1.1 (0.08)	0.7 * (0.13)	0.9 (0.14)	1.0 (0.11)						
Unflavored whole milk	0.3 (0.03)	0.3 (0.04)	0.3 (0.06)	0.3 (0.09)	0.3 (0.06)	0.2 u (0.05)						
Unflavored non-whole, total	0.7 (0.05)	0.7 (0.08)	0.7 (0.08)	0.4 ** (0.08)	0.6 (0.14)	0.8 (0.10)						
2% milk, unflavored	0.5 (0.04)	0.5 (0.07)	0.5 (0.08)	0.3 * (0.07)	0.4 (0.10)	0.5 (0.07)						
1% milk, unflavored	0.1 (0.02)	0.1 (0.02)	0.1 (0.04)	0.1 u (0.03)	0.1 (0.02)	0.1 u (0.06)						
Skim milk, unflavored	0.1 u (0.03)	0.1 u (0.02)	0.1 u (0.03)	0.0 u (0.03)	0.0 u (0.03)	0.1 u (0.07)						
Unflavored, fat not specified	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.0 u (0.02)	0.0 u (0.01)	0.0 u (0.01)						
Flavored milk, total	0.5 (0.03)	0.7 (0.03)	0.7 (0.05)	0.2 *** u (0.06)	0.7 (0.06)	0.2 *** (0.05)						
Flavored, whole milk	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.0 *** u (0.02)	0.1 u (0.02)	0.0 u (0.02)						
Flavored non-whole, total	0.3 (0.03)	0.4 (0.04)	0.4 (0.05)	0.1 *** u (0.06)	0.5 (0.07)	0.2 *** (0.05)						
2% milk, flavored	0.2 (0.03)	0.2 (0.04)	0.2 (0.04)	0.1 u (0.06)	0.3 (0.07)	0.1 * u (0.04)						
1% milk, flavored	0.1 (0.02)	0.2 (0.03)	0.2 (0.03)	0.0 *** (0.00)	0.2 u (0.06)	0.1 u (0.04)						
Skim milk, flavored	0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	0.0 (0.00)	0.0 u (0.00)	0.0 u (0.01)						
Flavored, fat not specified	0.1 (0.02)	0.2 (0.03)	0.2 (0.03)	0.0 *** u (0.01)	0.2 u (0.07)	0.0 * u (0.01)						
Soymilk	0.0 u (0.02)	0.0 u (0.01)	0.0 u (0.01)	0.0 (0.00)	0.0 u (0.00)	0.1 u (0.05)						
Dry or evaporated milk	0.0 u (0.00)	0.0 u (0.00)	0.0 (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 (0.00)						
Yogurt	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 u (0.07)	0.0 u (0.02)	0.1 u (0.03)						
Cheese	0.2 (0.02)	0.2 (0.03)	0.2 (0.04)	0.1 (0.03)	0.2 (0.06)	0.2 u (0.05)						
Meat and meat alternates (oz. eq.)	1.7 (0.16)	1.6 (0.11)	1.7 (0.16)	1.4 (0.28)	1.5 (0.17)	1.8 (0.44)						
Beef	0.2 (0.06)	0.2 (0.05)	0.2 u (0.07)	0.2 u (0.08)	0.1 u (0.03)	0.3 u (0.15)						
Ground beef	0.0 u (0.02)	0.0 u (0.02)	0.0 u (0.03)	0.0 (0.00)	0.0 u (0.04)	0.1 u (0.06)						
Pork	0.1 u (0.03)	0.1 (0.02)	0.1 u (0.03)	0.3 u (0.19)	0.1 u (0.03)	0.0 (0.00)						

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.04)		0.0 (0.00)		0.0 u (0.00)	
Lamb and misc. meats	0.0 u (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)		0.0 (0.00)		0.0 (0.00)	
Chicken	0.6 (0.06)	0.8 (0.08)		0.9 (0.11)		0.3 *** (0.07)		0.7 (0.10)		0.5 (0.10)	
Turkey	0.0 u (0.03)	0.1 u (0.06)		0.0 u (0.02)		0.0 u (0.04)		0.2 u (0.14)		0.0 u (0.00)	
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	0.0 (0.01)	0.0 u (0.01)		0.0 u (0.01)		0.1 u (0.05)		0.0 u (0.01)		0.0 u (0.00)	
Cold cuts	0.1 u (0.03)	0.1 u (0.05)		0.0 u (0.02)		0.1 u (0.04)		0.1 u (0.12)		0.1 u (0.04)	
Fish	0.1 u (0.03)	0.1 u (0.03)		0.1 u (0.04)		0.2 u (0.18)		0.1 u (0.03)		0.0 * u (0.01)	
Shellfish	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.01)	
Bacon/sausage	0.1 u (0.02)	0.0 u (0.02)		0.1 u (0.03)		0.0 u (0.01)		0.0 u (0.01)		0.1 u (0.05)	
Eggs	0.1 (0.03)	0.1 (0.03)		0.1 u (0.03)		0.1 u (0.04)		0.1 u (0.04)		0.2 u (0.09)	
Beans	0.0 (0.00)	0.0 (0.01)		0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.01)	
Baked/refried beans	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.00)	
Soy products	0.0 u (0.00)	0.0 u (0.01)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)		0.0 u (0.01)	
Protein/meal enhancement	0.0 u (0.00)	0.0 u (0.00)		0.0 (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)	
Nuts	0.1 u (0.08)	0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.02)		0.0 u (0.03)		0.3 u (0.25)	
Peanut/almond butter	0.1 u (0.03)	0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.02)		0.1 u (0.09)	
Seeds	0.0 u (0.01)	0.0 u (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)	
Mixed dishes (grams)	252.0 (11.59)	260.0 (12.99)		265.0 (13.59)		251.0 (31.12)		265.0 (23.89)		248.0 (23.78)	
Tomato sauce and meat (no pasta)	1.2 u (1.11)	0.2 u (0.18)		0.2 u (0.25)		9.3 u (9.09)		0.3 u (0.28)		0.0 (0.00)	
Chili con carne	2.1 u (1.50)	3.4 u (2.70)		0.3 u (0.21)		0.0 (0.00)		8.3 u (6.71)		0.7 u (0.69)	
Meat mixtures w/ red meat	9.4 (2.42)	12.0 (3.43)		12.4 (3.72)		9.9 u (5.21)		13.3 u (6.68)		3.7 u (2.18)	
Meat mixtures w/ chicken/turkey	17.0 (3.08)	17.6 (4.19)		16.2 u (5.01)		18.6 u (8.32)		15.9 u (6.15)		16.8 u (6.15)	
Meat mixtures w/ fish	1.3 u (0.92)	0.4 u (0.23)		0.5 u (0.37)		0.3 u (0.30)		0.3 u (0.32)		3.5 u (2.96)	
Hamburgers/cheeseburgers	17.4 (3.55)	14.8 (2.59)		15.1 (3.49)		17.7 u (6.55)		13.9 (3.61)		23.1 u (9.87)	
Other sandwiches	51.9 (3.42)	52.8 (5.48)		57.8 (5.63)		48.9 (7.82)		48.9 (9.71)		51.2 (5.15)	
Hot dogs	11.9 (2.06)	18.3 (3.55)		19.4 (3.92)		7.1 * u (3.42)		17.6 u (7.41)		3.4 u (1.94)	
Luncheon meat	17.2 (2.11)	15.5 (2.60)		11.1 (2.68)		21.3 u (7.66)		23.6 (5.47)		18.7 (4.45)	
Beef, pork, ham	5.4 (1.28)	7.0 (1.59)		10.4 (2.53)		3.9 u (2.31)		3.2 u (1.78)		2.0 u (1.51)	
Chicken, turkey	3.4 u (1.06)	3.3 u (1.13)		5.0 u (1.85)		2.4 u (1.30)		0.9 u (0.52)		4.2 u (2.59)	
Cheese (no meat)	3.7 u (1.60)	2.9 u (1.20)		3.9 u (2.01)		3.0 u (2.24)		1.5 u (0.82)		5.9 u (4.20)	
Fish	0.8 u (0.48)	1.1 u (0.69)		1.3 u (1.18)		1.8 u (1.86)		1.1 u (0.52)		0.0 * (0.00)	
Peanut butter	8.7 (1.28)	4.1 (0.95)		6.2 (1.66)		7.5 u (2.70)		1.1 u (0.99)		16.9 *** (3.61)	
Breakfast sandwiches	0.7 u (0.29)	0.6 u (0.37)		0.6 u (0.51)		1.8 u (1.29)		0.0 (0.00)		0.3 u (0.19)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pizza (no meat)	13.9 (2.06)	15.0 (2.06)		19.3 (3.93)		10.4 u (6.55)		10.9 u (3.64)		13.7 u (5.05)	
Pizza w/ meat	19.9 (3.83)	23.4 (3.85)		25.6 (3.52)		43.6 u (23.58)		23.0 (6.77)		5.8 * u (2.79)	
Mexican entrees	27.2 (4.48)	24.2 (3.56)		27.5 (5.07)		38.1 u (12.06)		16.8 (4.15)		30.5 u (11.11)	
Macaroni and cheese	25.5 (4.64)	19.0 u (6.02)		11.8 (3.46)		7.2 u (3.54)		29.1 u (15.79)		46.2 (10.05)	
Pasta dishes	23.1 (3.77)	28.9 (5.37)		22.7 u (6.85)		14.2 (3.12)		42.3 (9.64)		16.5 * u (6.42)	
Rice dishes	5.8 (1.21)	8.0 (2.39)		6.1 u (2.34)		6.5 u (2.81)		10.9 u (5.72)		1.9 u (0.94)	
Other grain mixtures	1.4 u (0.66)	0.8 u (0.36)		0.5 u (0.30)		0.0 (0.00)		1.2 u (0.72)		2.9 u (1.97)	
Meat soup	13.4 (3.49)	14.0 u (4.42)		22.8 u (8.01)		18.4 u (9.18)		3.8 u (1.86)		11.3 u (7.06)	
Bean soup	0.1 u (0.06)	0.1 u (0.12)		0.2 u (0.21)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Grain soups	17.6 (4.62)	20.4 (5.86)		22.1 (6.23)		5.7 * u (2.90)		20.5 u (12.47)		17.9 u (10.85)	
Vegetables mixtures (incl. soup)	2.3 u (0.78)	2.5 u (0.98)		2.2 u (0.92)		1.8 u (1.52)		3.2 u (2.09)		2.4 u (1.54)	
Entrée salads	1.3 u (0.63)	2.3 u (1.16)		1.9 u (1.04)		0.0 (0.00)		2.3 u (1.66)		0.0 u (0.04)	
Beverages excluding milk and 100% fruit juice (grams)	704.0 (32.20)	617.0 (26.30)		623.0 (30.74)		771.0 * (57.74)		632.0 (43.45)		810.0 (80.14)	
Coffee	2.0 u (1.02)	1.8 u (1.37)		3.2 u (2.52)		8.4 u (5.55)		0.0 (0.00)		0.1 u (0.11)	
Tea	21.0 (3.29)	21.7 (4.54)		21.2 u (7.59)		27.8 u (9.79)		25.3 (4.86)		11.5 u (5.15)	
Beer	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Wine	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Liquor	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Water (plain)	378.0 (26.12)	341.0 (28.91)		335.0 (32.99)		327.0 (37.38)		353.0 (44.08)		448.0 (65.43)	
Noncarbonated, sweetened drinks	141.0 (8.96)	122.0 (11.35)		113.0 (16.06)		186.0 * (25.91)		136.0 (19.41)		155.0 (22.59)	
Noncarbonated, low-calorie/sugar-free drinks	50.3 u (17.42)	28.6 (5.97)		24.5 u (7.91)		64.1 *** (8.12)		38.7 u (11.75)		87.7 u (51.98)	
Energy drinks	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Any soda	111.0 (9.54)	102.0 (11.88)		126.0 (17.66)		158.0 (40.56)		78.7 (17.07)		108.0 (16.88)	
Soda, regular	96.8 (8.88)	91.9 (10.74)		111.0 (14.92)		146.0 (38.22)		74.6 (16.87)		84.0 (16.01)	
Soda, sugar-free	14.4 u (4.34)	10.1 u (5.64)		14.5 u (9.76)		12.2 u (8.46)		4.1 u (2.18)		24.1 * u (8.70)	
Sweets and desserts (grams)	108.0 (7.41)	91.0 (8.17)		93.2 (12.50)		104.0 (13.68)		94.8 (12.72)		135.0 (17.24)	
Sugar and sugar substitutes	0.7 (0.14)	0.7 (0.18)		0.8 (0.22)		0.8 u (0.57)		0.6 u (0.30)		0.6 u (0.27)	
Syrups/sweet toppings	6.0 (0.84)	5.7 (0.91)		5.1 (1.17)		2.2 u (1.26)		6.8 (1.69)		7.4 (2.12)	
Jelly	0.7 u (0.32)	0.6 u (0.35)		0.8 u (0.56)		1.1 u (0.76)		0.5 u (0.41)		0.8 u (0.78)	
Jello	2.9 u (1.00)	2.5 u (1.00)		3.4 u (1.63)		8.2 u (5.85)		1.7 u (1.03)		1.8 u (1.79)	
Candy	14.2 (1.88)	13.3 (2.55)		11.9 (2.70)		17.6 (3.48)		16.5 (4.47)		14.5 (4.25)	
Ice cream	35.2 (5.55)	24.5 (4.57)		22.8 (5.09)		24.3 (5.96)		28.2 (8.26)		54.6 (13.64)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	3.4 u (1.21)	2.4 u (1.15)		3.1 u (1.89)		4.3 u (3.25)		1.7 u (1.26)		5.2 u (3.11)	
Ice/popsicles	12.2 (2.13)	7.2 (1.41)		10.0 (2.40)		14.7 u (8.16)		3.6 u (1.19)		18.6 *** (4.17)	
Sweet rolls	1.9 (0.51)	2.8 (0.82)		3.6 u (1.20)		0.5 * u (0.46)		1.5 u (1.05)		0.8 u (0.49)	
Cake/cupcakes	7.0 (1.57)	9.3 (2.05)		7.8 u (2.71)		3.9 u (2.22)		12.9 u (4.08)		4.8 u (2.95)	
Cookies	15.1 (1.36)	14.6 (1.68)		15.6 (1.63)		15.9 (4.30)		14.0 u (4.32)		15.5 (3.08)	
Pies/cobblers	1.4 u (0.71)	1.6 u (1.15)		2.3 u (1.97)		0.0 (0.00)		1.0 u (0.94)		1.5 u (0.81)	
Pastries	3.6 (0.99)	3.0 u (1.01)		2.0 u (0.74)		7.5 u (3.75)		4.6 u (2.32)		3.5 u (2.02)	
Doughnuts	3.5 u (1.07)	2.8 u (0.93)		4.0 u (1.51)		3.0 u (1.92)		1.2 u (0.88)		5.2 u (2.68)	
Salty snacks (grams)	19.0 (1.92)	20.5 (2.76)		18.5 (2.17)		19.2 (3.75)		21.0 (4.75)		17.2 (3.17)	
Corn-based salty snacks	8.3 (1.12)	8.3 (1.66)		7.5 (1.82)		6.5 u (2.37)		10.7 u (4.16)		9.6 (1.97)	
Pretzels/party mix	3.6 u (1.13)	3.6 u (1.62)		2.1 u (0.77)		3.6 u (1.78)		2.3 u (0.99)		3.7 u (2.01)	
Popcorn	2.8 (0.44)	3.6 (0.68)		2.7 (0.64)		3.3 u (1.44)		4.6 u (1.43)		1.2 * u (0.49)	
Potato chips	4.4 (0.54)	5.1 (0.73)		6.2 (1.02)		5.8 (1.70)		3.3 u (1.09)		2.8 (0.80)	
Added fats and oils (grams)	5.1 (0.70)	4.0 (0.64)		3.9 (0.91)		7.2 u (3.14)		4.2 (0.77)		6.4 (1.40)	
Butter	0.5 (0.10)	0.5 (0.12)		0.3 u (0.11)		0.3 u (0.16)		0.8 u (0.25)		0.5 u (0.19)	
Margarine	0.9 (0.20)	0.6 u (0.18)		0.4 u (0.19)		1.7 u (1.11)		0.9 u (0.28)		1.1 u (0.46)	
Other added fats	0.3 u (0.14)	0.4 u (0.19)		0.3 u (0.21)		0.0 u (0.01)		0.7 u (0.41)		0.4 u (0.25)	
Other added oils	0.0 u (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)	
Salad dressing	0.6 u (0.25)	0.6 u (0.22)		0.6 u (0.32)		0.2 u (0.16)		0.7 u (0.33)		0.9 u (0.65)	
Mayonnaise	0.1 u (0.05)	0.0 u (0.02)		0.0 u (0.01)		0.0 (0.00)		0.1 u (0.04)		0.2 u (0.15)	
Gravy	1.1 u (0.42)	1.0 u (0.33)		1.3 u (0.55)		3.1 u (2.93)		0.8 u (0.35)		0.7 u (0.46)	
Cream cheese	0.4 u (0.29)	0.0 (0.00)		0.0 (0.00)		0.3 u (0.26)		0.0 (0.00)		1.0 u (0.91)	
Cream/sour cream	1.3 u (0.41)	0.9 u (0.37)		0.9 u (0.56)		1.6 u (1.65)		0.4 u (0.16)		1.6 u (0.96)	
Other (grams)	2.1 (0.50)	2.0 u (0.60)		2.7 u (0.99)		2.0 u (1.26)		1.1 u (0.49)		2.4 u (1.13)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

	9–13 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	<i>1,151</i>	<i>-</i>	<i>675</i>	<i>-</i>	<i>416</i>	<i>-</i>	<i>206</i>	<i>-</i>	<i>220</i>	<i>-</i>	<i>244</i>	<i>-</i>
Grains (ounce eq.)	2.3	(0.13)	2.3	(0.20)	2.0	(0.14)	1.9	(0.17)	2.7	(0.38)	2.4	(0.22)
Whole grains ¹	0.3	(0.03)	0.3	(0.05)	0.2	(0.06)	0.2 u	(0.08)	0.3	(0.08)	0.3	(0.08)
Not whole grain	2.1	(0.13)	2.0	(0.20)	1.8	(0.13)	1.7	(0.17)	2.4	(0.40)	2.2	(0.19)
Bread	0.6	(0.09)	0.6	(0.16)	0.4	(0.07)	0.3 u	(0.13)	0.9 u	(0.37)	0.5	(0.12)
Rolls	0.1 u	(0.04)	0.1 u	(0.05)	0.1	(0.02)	0.2 u	(0.09)	0.2 u	(0.10)	0.0 u	(0.02)
English muffin	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)
Bagels	0.2	(0.04)	0.1 u	(0.05)	0.1 u	(0.06)	0.1 u	(0.03)	0.1 u	(0.08)	0.3 u	(0.11)
Biscuits, scones, croissants	0.0 u	(0.01)	0.1 u	(0.03)	0.1 u	(0.05)	0.0 u	(0.03)	0.0 u	(0.01)	0.0 u	(0.00)
Muffins	0.1 u	(0.04)	0.1 u	(0.07)	0.0 u	(0.03)	0.1 u	(0.04)	0.3 u	(0.16)	0.0 u	(0.02)
Cornbread	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)
Corn tortillas	0.1	(0.01)	0.1	(0.02)	0.1	(0.04)	0.1 u	(0.04)	0.0 u	(0.00)	0.0 u	(0.01)
Flour tortillas	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)	0.1 u	(0.05)
Taco shells	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.04)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Crackers	0.2	(0.03)	0.2	(0.03)	0.2	(0.03)	0.2 u	(0.10)	0.2	(0.05)	0.3	(0.07)
Breakfast/granola bar	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.00)	0.0 u	(0.02)	0.1 u	(0.02)	0.0 u	(0.01)
Pancakes, waffles, French toast	0.4	(0.06)	0.3	(0.05)	0.2	(0.04)	0.3 u	(0.12)	0.4	(0.10)	0.5	(0.13)
Cold cereal	0.3	(0.03)	0.3	(0.04)	0.3	(0.03)	0.3	(0.09)	0.4	(0.07)	0.4	(0.06)
Hot cereal	0.1	(0.02)	0.1 u	(0.03)	0.1 u	(0.05)	0.0 * u	(0.01)	0.1 u	(0.04)	0.0 u	(0.01)
Rice	0.2	(0.03)	0.2	(0.04)	0.3	(0.07)	0.2 u	(0.06)	0.0 u	(0.02)	0.1 u	(0.04)
Pasta	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.1 **	(0.02)
Vegetables (cup eq.)	0.5	(0.04)	0.5	(0.05)	0.6	(0.06)	0.3 ***	(0.04)	0.5	(0.10)	0.5	(0.09)
Raw vegetables	0.1	(0.02)	0.1	(0.02)	0.1	(0.03)	0.1 u	(0.05)	0.1 u	(0.05)	0.1	(0.03)
Raw lettuce/greens	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Raw carrots	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.1 u	(0.02)
Raw tomatoes	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.00)
Raw cabbage/coleslaw	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Other raw (higher in vitamins A and C) ²	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Other raw (lower in vitamins A and C) ²	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Salads (w/greens)	0.1	(0.02)	0.1 u	(0.02)	0.1 u	(0.02)	0.1 u	(0.04)	0.1 u	(0.04)	0.0 u	(0.02)
Cooked vegetables, excl. potatoes	0.2	(0.02)	0.2	(0.03)	0.2	(0.04)	0.0 ***	(0.01)	0.1	(0.03)	0.1	(0.04)
Cooked green beans	0.0 u	(0.01)	0.1 u	(0.02)	0.1 u	(0.03)	0.0 ** u	(0.00)	0.0 u	(0.01)	0.0 u	(0.03)
Cooked corn	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.0 * u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)
Cooked peas	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 u (0.00)	0.0 * u (0.00)		0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	
Cooked broccoli	0.0 (0.00)	0.0 u (0.00)		0.0 (0.01)	0.0 (0.01)	0.0 u (0.00)		0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	
Cooked tomatoes	0.0 (0.01)	0.0 (0.00)		0.0 (0.01)	0.0 u (0.01)	0.0 u (0.01)		0.0 (0.01)	0.0 u (0.01)	0.0 u (0.01)	
Cooked mixed	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)		0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.00)	
Cooked starchy	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	
Other cooked deep yellow	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	
Other cooked dark green	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.01)	0.0 * u (0.00)	0.0 (0.00)		0.0 (0.00)	0.0 u (0.01)	0.0 u (0.01)	
Other cooked (higher in vitamins A and C) ²	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 u (0.01)	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 and C) ²	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)		0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.00)	
Other fried	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	
Cooked potatoes	0.2 (0.02)	0.2 (0.02)		0.2 (0.03)	0.1 (0.03)	0.2 (0.05)		0.2 (0.03)	0.2 (0.05)	0.2 (0.05)	
Cooked potatoes-not fried	0.1 (0.02)	0.1 (0.02)		0.1 (0.03)	0.1 u (0.02)	0.1 (0.04)		0.1 (0.02)	0.1 u (0.04)	0.1 u (0.04)	
Cooked potatoes-fried	0.1 (0.02)	0.1 (0.02)		0.1 (0.01)	0.1 (0.02)	0.1 u (0.03)		0.2 u (0.05)	0.1 u (0.03)	0.1 u (0.03)	
Vegetable juice	0.0 u (0.01)	0.0 u (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 u (0.04)		0.0 (0.00)	0.0 u (0.04)	0.0 u (0.04)	
Fruit and 100% fruit juice (cup eq.)	1.1 (0.06)	1.2 (0.09)		1.3 (0.09)	0.9 ** (0.11)	1.0 (0.08)		1.0 (0.17)	1.0 (0.08)	1.0 (0.08)	
Any whole fruit	0.7 (0.04)	0.7 (0.05)		0.8 (0.08)	0.4 *** (0.07)	0.6 (0.06)		0.7 (0.08)	0.6 (0.06)	0.6 (0.06)	
Fresh fruit	0.6 (0.03)	0.6 (0.05)		0.7 (0.08)	0.4 ** (0.07)	0.6 (0.05)		0.6 (0.09)	0.6 (0.05)	0.6 (0.05)	
Fresh orange	0.1 (0.01)	0.1 (0.01)		0.1 (0.02)	0.0 u (0.02)	0.0 u (0.02)		0.0 u (0.02)	0.0 u (0.02)	0.0 u (0.02)	
Fresh other citrus	0.0 u (0.00)	0.0 u (0.00)		0.0 (0.00)	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	
Fresh apple	0.3 (0.03)	0.3 (0.03)		0.3 (0.05)	0.1 *** u (0.03)	0.2 (0.06)		0.3 (0.06)	0.2 (0.06)	0.2 (0.06)	
Fresh banana	0.1 (0.02)	0.1 (0.03)		0.1 u (0.05)	0.1 u (0.05)	0.1 u (0.02)		0.1 u (0.02)	0.1 u (0.02)	0.1 u (0.02)	
Fresh melon	0.0 (0.00)	0.0 u (0.01)		0.0 u (0.01)	0.0 u (0.02)	0.0 u (0.01)		0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	
Fresh watermelon	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.00)	0.0 u (0.03)	0.1 u (0.03)		0.0 u (0.03)	0.1 u (0.03)	0.1 u (0.03)	
Fresh grapes	0.0 (0.01)	0.0 (0.01)		0.0 (0.00)	0.0 u (0.01)	0.1 u (0.02)		0.1 u (0.02)	0.1 u (0.02)	0.1 u (0.02)	
Fresh peach/nectarine	0.0 u (0.00)	0.0 u (0.01)		0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.01)		0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	
Fresh pear	0.0 u (0.00)	0.0 u (0.01)		0.0 u (0.01)	0.0 * u (0.00)	0.0 u (0.01)		0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.00)	
Fresh berries	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.01)	0.0 u (0.02)	0.0 u (0.03)		0.0 u (0.02)	0.0 u (0.03)	0.0 u (0.03)	
Fresh pineapple	0.0 (0.00)	0.0 (0.00)		0.0 u (0.01)	0.0 (0.00)	0.0 u (0.00)		0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.00)	
Other fresh fruit	0.0 u (0.01)	0.0 u (0.03)		0.0 u (0.01)	0.0 u (0.01)	0.1 u (0.06)		0.1 u (0.06)	0.0 u (0.01)	0.0 u (0.01)	
Avocado/guacamole	0.0 u (0.00)	0.0 u (0.00)		0.0 (0.00)	0.0 (0.00)	0.0 (0.00)		0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	
Lemon/lime - any form	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	
Canned or frozen fruit, total	0.1 (0.01)	0.1 (0.01)		0.1 (0.02)	0.0 ** u (0.02)	0.1 (0.02)		0.1 (0.02)	0.0 u (0.01)	0.0 u (0.01)	
Canned or frozen in syrup	0.0 (0.00)	0.0 (0.00)		0.0 u (0.01)	0.0 * u (0.00)	0.0 u (0.01)		0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Canned or frozen, no syrup	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	0.0 * u (0.02)	0.1 (0.02)	0.1 (0.02)	0.1 (0.02)	0.0 * u (0.01)	0.1 (0.02)	0.0 * u (0.01)	
Applesauce, canned/ frozen apples	0.0 (0.01)	0.0 u (0.01)	0.0 (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	
Canned/frozen peaches	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 ** u (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 u (0.01)	0.0 * u (0.00)	0.0 (0.00)	0.0 * u (0.00)	
Canned/frozen pineapple	0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 * (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 u (0.01)	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 (0.01)	0.0 (0.01)	0.0 ** u (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	
100% Fruit juice	0.4 (0.04)	0.4 (0.06)	0.4 (0.06)	0.5 (0.06)	0.4 (0.08)	0.3 u (0.13)	0.3 (0.06)	0.3 u (0.13)	0.3 (0.06)	0.3 (0.06)	0.3 (0.06)	
Non-citrus juice	0.2 (0.03)	0.2 (0.04)	0.2 (0.04)	0.3 (0.06)	0.3 (0.07)	0.2 u (0.07)	0.2 (0.07)	0.2 u (0.07)	0.2 (0.05)	0.2 (0.05)	0.2 (0.05)	
Citrus juice	0.2 (0.02)	0.2 (0.03)	0.2 (0.03)	0.2 (0.03)	0.2 u (0.06)	0.1 u (0.04)	0.2 u (0.06)	0.2 u (0.07)	0.1 u (0.04)	0.1 u (0.04)	0.1 u (0.04)	
Dried fruit	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	
Milk and milk products (cup eq.)	1.4 (0.07)	1.8 (0.12)	1.8 (0.12)	1.6 (0.08)	0.9 *** (0.10)	2.0 (0.29)	1.1 ** (0.11)	2.0 (0.29)	1.1 ** (0.11)	1.1 ** (0.11)	1.1 ** (0.11)	
Cow's milk, total	1.2 (0.07)	1.6 (0.12)	1.6 (0.12)	1.5 (0.07)	0.8 *** (0.09)	1.8 (0.25)	0.9 ** (0.10)	1.8 (0.25)	0.9 ** (0.10)	0.9 ** (0.10)	0.9 ** (0.10)	
Unflavored white milk, total	0.9 (0.07)	1.0 (0.13)	1.0 (0.13)	0.8 (0.07)	0.7 (0.10)	1.1 (0.29)	0.8 (0.09)	1.1 (0.29)	0.8 (0.09)	0.8 (0.09)	0.8 (0.09)	
Unflavored whole milk	0.2 (0.07)	0.3 u (0.13)	0.3 u (0.13)	0.2 (0.04)	0.3 u (0.09)	0.4 u (0.32)	0.1 (0.03)	0.4 u (0.32)	0.1 (0.03)	0.1 (0.03)	0.1 (0.03)	
Unflavored non-whole, total	0.6 (0.04)	0.6 (0.06)	0.6 (0.06)	0.5 (0.06)	0.4 (0.07)	0.7 (0.08)	0.7 (0.08)	0.7 (0.08)	0.7 (0.08)	0.7 (0.08)	0.7 (0.08)	
2% milk, unflavored	0.3 (0.03)	0.4 (0.04)	0.4 (0.04)	0.3 (0.05)	0.3 (0.06)	0.3 (0.06)	0.4 (0.07)	0.3 (0.06)	0.4 (0.07)	0.4 (0.07)	0.4 (0.07)	
1% milk, unflavored	0.2 (0.02)	0.2 (0.03)	0.2 (0.03)	0.1 (0.03)	0.1 u (0.06)	0.2 (0.06)	0.2 (0.05)	0.2 (0.06)	0.2 (0.05)	0.2 (0.05)	0.2 (0.05)	
Skim milk, unflavored	0.1 (0.02)	0.1 u (0.03)	0.1 u (0.03)	0.0 u (0.02)	0.0 u (0.02)	0.1 u (0.06)	0.1 (0.04)	0.1 u (0.06)	0.1 (0.04)	0.1 (0.04)	0.1 (0.04)	
Unflavored, fat not specified	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 u (0.02)	0.0 u (0.03)	0.1 u (0.02)	0.0 * u (0.00)	0.1 u (0.02)	0.0 * u (0.00)	0.0 * u (0.00)	0.0 * u (0.00)	
Flavored milk, total	0.4 (0.03)	0.6 (0.04)	0.6 (0.04)	0.7 (0.05)	0.1 *** u (0.04)	0.6 (0.08)	0.1 *** (0.03)	0.6 (0.08)	0.1 *** (0.03)	0.1 *** (0.03)	0.1 *** (0.03)	
Flavored, whole milk	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.04)	0.0 *** u (0.03)	0.1 u (0.03)	0.0 ** u (0.00)	0.1 u (0.03)	0.0 ** u (0.00)	0.0 ** u (0.00)	0.0 ** u (0.00)	
Flavored non-whole, total	0.2 (0.03)	0.4 (0.05)	0.4 (0.05)	0.3 (0.06)	0.0 *** u (0.03)	0.4 (0.08)	0.1 *** u (0.02)	0.4 (0.08)	0.1 *** u (0.02)	0.1 *** u (0.02)	0.1 *** u (0.02)	
2% milk, flavored	0.1 (0.02)	0.2 (0.03)	0.2 (0.03)	0.2 (0.04)	0.0 ** u (0.03)	0.2 (0.05)	0.0 *** u (0.01)	0.2 (0.05)	0.0 *** u (0.01)	0.0 *** u (0.01)	0.0 *** u (0.01)	
1% milk, flavored	0.1 (0.02)	0.1 (0.03)	0.1 (0.03)	0.1 u (0.03)	0.0 ** u (0.01)	0.2 (0.05)	0.0 * u (0.02)	0.2 (0.05)	0.0 * u (0.02)	0.0 * u (0.02)	0.0 * u (0.02)	
Skim milk, flavored	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 * (0.00)	0.0 u (0.03)	0.0 u (0.00)	0.0 u (0.03)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	
Flavored, fat not specified	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.0 *** u (0.01)	0.1 u (0.04)	0.1 u (0.04)	0.1 u (0.04)	0.1 u (0.04)	0.1 u (0.04)	0.1 u (0.04)	
Soy milk	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.00)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	
Dry or evaporated milk	0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	
Yogurt	0.0 (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.01)	0.0 u (0.02)	0.0 u (0.02)	0.0 u (0.02)	0.0 u (0.02)	0.0 u (0.02)	0.0 u (0.02)	
Cheese	0.2 (0.03)	0.1 (0.03)	0.1 (0.03)	0.1 (0.04)	0.1 (0.04)	0.2 u (0.07)	0.2 u (0.06)	0.2 u (0.07)	0.2 u (0.06)	0.2 u (0.06)	0.2 u (0.06)	
Meat and meat alternates (oz. eq.)	1.9 (0.16)	2.1 (0.20)	2.1 (0.20)	2.3 (0.33)	1.8 (0.43)	1.9 (0.28)	1.7 (0.24)	1.9 (0.28)	1.7 (0.24)	1.7 (0.24)	1.7 (0.24)	
Beef	0.1 (0.03)	0.1 (0.04)	0.1 (0.04)	0.1 u (0.04)	0.2 u (0.09)	0.2 u (0.07)	0.1 u (0.03)	0.2 u (0.07)	0.1 u (0.03)	0.1 u (0.03)	0.1 u (0.03)	
Ground beef	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 (0.00)	0.0 u (0.00)	0.0 (0.00)	0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	
Pork	0.2 u (0.06)	0.2 u (0.11)	0.2 u (0.11)	0.2 u (0.06)	0.1 u (0.06)	0.4 u (0.23)	0.1 u (0.06)	0.4 u (0.23)	0.1 u (0.06)	0.1 u (0.06)	0.1 u (0.06)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.00)		0.0 (0.00)		0.0 (0.00)	
Lamb and misc. meats	0.0 u (0.00)	0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.00)		0.0 (0.00)		0.0 u (0.00)	
Chicken	0.7 (0.12)	1.0 (0.18)		1.3 (0.28)		0.7 u (0.24)		0.8 (0.21)		0.4 u (0.12)	
Turkey	0.1 u (0.07)	0.0 u (0.01)		0.0 u (0.01)		0.1 u (0.07)		0.0 u (0.01)		0.2 u (0.21)	
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	0.0 u (0.01)	0.1 u (0.02)		0.1 u (0.02)		0.0 u (0.01)		0.0 u (0.04)		0.0 u (0.00)	
Cold cuts	0.0 u (0.02)	0.1 u (0.03)		0.0 u (0.02)		0.0 u (0.01)		0.1 u (0.07)		0.0 u (0.02)	
Fish	0.1 (0.03)	0.1 u (0.05)		0.1 u (0.08)		0.1 u (0.04)		0.1 u (0.03)		0.1 u (0.05)	
Shellfish	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.02)		0.0 u (0.01)		0.0 u (0.02)	
Bacon/sausage	0.1 (0.03)	0.2 u (0.05)		0.2 u (0.09)		0.2 u (0.07)		0.1 u (0.05)		0.1 (0.04)	
Eggs	0.2 (0.05)	0.1 (0.03)		0.2 (0.04)		0.3 u (0.14)		0.0 u (0.03)		0.4 * u (0.12)	
Beans	0.0 (0.00)	0.0 (0.01)		0.0 (0.01)		0.0 u (0.01)		0.0 u (0.01)		0.0 u (0.01)	
Baked/refried beans	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.01)		0.0 * u (0.00)		0.0 u (0.00)		0.0 u (0.00)	
Soy products	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Protein/meal enhancement	0.0 u (0.00)	0.0 u (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.00)		0.0 (0.00)	
Nuts	0.0 (0.01)	0.0 u (0.02)		0.0 u (0.01)		0.0 u (0.02)		0.1 u (0.04)		0.0 u (0.02)	
Peanut/almond butter	0.1 u (0.04)	0.1 u (0.03)		0.0 u (0.01)		0.0 u (0.01)		0.1 u (0.06)		0.2 u (0.10)	
Seeds	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.02)		0.0 u (0.04)		0.0 u (0.00)		0.0 u (0.01)	
Mixed dishes (grams)	337.0 (15.17)	353.0 (20.67)		345.0 (24.30)		351.0 (41.71)		367.0 (35.03)		303.0 (26.22)	
Tomato sauce and meat (no pasta)	0.7 u (0.65)	0.0 u (0.04)		0.1 u (0.08)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Chili con carne	2.1 u (1.31)	4.1 u (2.63)		0.0 u (0.05)		0.1 u (0.06)		10.0 u (6.52)		0.1 u (0.06)	
Meat mixtures w/ red meat	15.9 (4.41)	20.8 u (7.39)		20.5 u (10.18)		10.9 u (4.28)		23.8 u (11.02)		12.2 u (4.33)	
Meat mixtures w/ chicken/turkey	14.9 (3.59)	17.1 u (6.70)		11.4 u (4.03)		9.4 u (3.96)		24.1 u (15.75)		14.9 u (6.86)	
Meat mixtures w/ fish	1.7 u (0.77)	2.2 u (1.39)		1.6 u (0.89)		2.0 u (1.70)		3.2 u (3.19)		1.1 u (0.69)	
Hamburgers/cheeseburgers	26.0 (4.00)	32.3 (5.89)		18.9 (3.63)		24.8 (6.44)		47.8 (12.74)		19.5 * u (6.42)	
Other sandwiches	82.4 (5.98)	80.8 (7.99)		87.2 (11.30)		86.2 (12.15)		72.1 (11.73)		84.6 (10.42)	
Hot dogs	12.0 (1.93)	17.3 (3.60)		22.7 (5.95)		8.9 * u (3.28)		10.8 u (3.76)		6.2 u (2.14)	
Luncheon meat	26.7 (3.57)	21.7 (4.88)		26.7 (7.01)		42.3 (11.39)		12.4 u (4.76)		29.0 * (4.87)	
Beef, pork, ham	10.3 (1.60)	9.0 (1.95)		8.2 u (2.53)		13.3 u (4.53)		9.3 u (3.24)		7.9 u (3.30)	
Chicken, turkey	14.8 (2.27)	15.8 (3.02)		15.8 (4.36)		10.9 u (4.21)		17.2 u (5.79)		16.6 u (5.52)	
Cheese (no meat)	2.9 u (0.92)	3.9 u (1.66)		4.7 u (2.90)		3.7 u (2.09)		3.3 u (1.39)		1.2 u (0.53)	
Fish	3.3 u (1.69)	2.1 u (0.67)		2.7 u (1.18)		0.2 * u (0.19)		1.4 u (0.44)		6.8 u (5.01)	
Peanut butter	7.1 (1.09)	4.0 (0.88)		4.6 (1.24)		3.5 u (1.43)		2.8 u (1.06)		13.8 *** (2.73)	
Breakfast sandwiches	5.3 u (2.53)	7.1 u (4.84)		1.9 u (1.14)		3.4 u (2.56)		15.0 u (11.06)		3.1 u (1.92)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	13.0	(2.26)	18.9	(4.06)	17.8	(4.84)	6.7 * u	(2.60)	22.3	(5.74)	7.8 * u	(2.47)
Pizza w/ meat	23.0	(2.63)	29.0	(3.61)	32.0	(4.52)	15.3 * u	(5.65)	25.6	(4.98)	15.8 u	(4.93)
Mexican entrees	38.6	(5.21)	43.9	(8.41)	49.9	(10.51)	43.1	(10.16)	35.7	(9.28)	24.8	(5.06)
Macaroni and cheese	19.3	(3.17)	25.7	(5.93)	18.3 u	(5.63)	21.0 u	(9.98)	37.8 u	(13.47)	10.7 u	(4.63)
Pasta dishes	48.0	(11.78)	34.6	(6.88)	31.0	(7.58)	74.7 u	(42.42)	40.5 u	(12.53)	58.5 u	(26.02)
Rice dishes	9.2	(1.80)	7.7	(1.73)	8.8 u	(2.75)	11.8 u	(4.11)	6.0 u	(2.87)	11.3 u	(4.10)
Other grain mixtures	5.8 u	(2.05)	3.1	(0.92)	2.4 u	(1.08)	1.5 u	(1.30)	2.3 u	(1.45)	7.4 u	(3.62)
Meat soup	11.5	(2.57)	7.8 u	(2.40)	12.0 u	(4.36)	15.1 u	(7.50)	2.9 u	(1.47)	14.7 u	(6.20)
Bean soup	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.04)
Grain soups	11.6	(2.54)	13.1	(3.36)	17.5	(4.70)	16.3 u	(5.51)	6.8 u	(3.47)	8.3 u	(5.12)
Vegetables mixtures (incl. soup)	7.8	(2.29)	5.4 u	(2.23)	8.8 u	(3.99)	11.4 u	(5.43)	1.4 u	(0.90)	10.9 u	(5.64)
Entrée salads	5.8 u	(2.42)	6.9	(2.05)	7.2 u	(2.46)	0.8 * u	(0.74)	5.0 u	(2.88)	0.1 u	(0.12)
Beverages excluding milk and 100% fruit juice (grams)	1,035.0	(60.64)	863.0	(49.46)	779.0	(39.83)	1,090.0 ***	(62.43)	975.0	(122.12)	1,180.0	(108.30)
Coffee	6.1 u	(2.85)	5.5 u	(2.69)	8.8 u	(4.48)	3.8 u	(1.46)	1.5 u	(0.92)	8.5 u	(7.58)
Tea	55.1	(9.16)	46.0	(12.00)	43.8	(9.99)	60.6	(18.02)	51.7 u	(22.12)	60.9	(17.35)
Beer	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Wine	0.1 u	(0.10)	0.2 u	(0.21)	0.0	(0.00)	0.0	(0.00)	0.5 u	(0.52)	0.0	(0.00)
Liquor	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Water (plain)	501.0	(37.91)	418.0	(37.32)	342.0	(33.06)	519.0 **	(58.28)	497.0	(71.96)	626.0	(90.68)
Noncarbonated, sweetened drinks	188.0	(17.44)	166.0	(26.03)	175.0	(25.96)	215.0	(38.58)	157.0 u	(51.56)	215.0	(40.51)
Noncarbonated, low-calorie/sugar-free drinks	60.1 u	(31.12)	29.0 u	(9.60)	19.6	(5.05)	27.0 u	(10.40)	43.8 u	(22.38)	33.0	(7.17)
Energy drinks	4.5 u	(2.63)	6.1 u	(4.45)	9.3 u	(8.09)	7.5 u	(5.97)	2.6 u	(2.58)	1.2 u	(1.15)
Any soda	220.0	(21.18)	193.0	(24.98)	181.0	(35.05)	257.0	(39.32)	221.0	(36.88)	236.0	(44.43)
Soda, regular	191.0	(16.88)	180.0	(23.62)	176.0	(34.89)	221.0	(40.24)	194.0	(32.85)	198.0	(30.57)
Soda, sugar-free	29.3 u	(8.86)	13.1 u	(4.40)	4.2 u	(2.06)	35.2 * u	(12.89)	26.9 u	(11.96)	37.7 u	(20.40)
Sweets and desserts (grams)	105.0	(6.08)	102.0	(9.65)	86.3	(7.62)	109.0	(10.14)	128.0	(18.72)	115.0	(10.77)
Sugar and sugar substitutes	1.3 u	(0.55)	1.4 u	(1.01)	0.5	(0.16)	2.2 u	(1.63)	2.8 u	(2.35)	0.7	(0.21)
Syrups/sweet toppings	5.8	(0.78)	4.6	(0.77)	4.5	(0.96)	6.3 u	(2.54)	4.3 u	(1.36)	7.4	(1.50)
Jelly	0.7 u	(0.31)	0.8 u	(0.52)	0.5	(0.16)	0.2 u	(0.14)	1.4 u	(1.26)	0.7 u	(0.60)
Jello	1.8	(0.54)	2.0 u	(0.60)	2.4 u	(0.89)	1.7 u	(1.17)	1.5 u	(0.82)	1.7 u	(1.36)
Candy	13.3	(1.78)	13.2	(2.70)	15.4	(4.20)	15.1	(3.19)	11.0	(2.13)	13.5	(2.70)
Ice cream	32.7	(3.48)	29.5	(4.33)	22.0	(6.06)	43.3 *	(7.47)	42.5	(8.23)	35.1	(8.31)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	2.1 (0.50)	2.3 u (0.93)		1.4 u (0.96)		0.9 u (0.46)		3.8 u (1.85)		2.6 u (1.09)	
Ice/popsicles	12.9 (3.82)	14.5 u (6.40)		6.0 u (1.93)		7.8 u (2.92)		26.0 u (15.83)		13.9 u (6.58)	
Sweet rolls	1.5 (0.28)	1.9 (0.52)		2.2 u (0.75)		1.0 u (0.71)		1.9 u (0.69)		0.9 u (0.48)	
Cake/cupcakes	9.3 (2.13)	9.1 u (2.83)		11.3 u (5.00)		7.7 u (3.99)		7.2 u (2.93)		10.8 u (3.91)	
Cookies	12.7 (1.16)	11.7 (1.44)		10.7 (1.82)		16.8 (3.69)		12.8 (1.99)		12.8 (1.98)	
Pies/cobblers	4.0 u (2.61)	1.5 u (0.75)		0.9 u (0.46)		0.1 u (0.06)		2.5 u (1.79)		10.1 u (7.70)	
Pastries	5.5 (0.90)	7.7 (1.54)		6.9 u (3.53)		5.2 u (1.70)		9.3 u (3.10)		2.5 * u (0.92)	
Doughnuts	1.5 (0.37)	1.3 (0.38)		1.5 u (0.56)		0.5 u (0.27)		0.8 u (0.49)		2.3 u (0.92)	
Salty snacks (grams)	19.8 (1.25)	17.7 (1.33)		18.7 (1.69)		25.4 (4.21)		16.1 (2.36)		21.4 (2.32)	
Corn-based salty snacks	9.3 (0.98)	8.0 (1.08)		8.7 (1.55)		13.4 (3.71)		5.9 (1.43)		10.3 * (1.53)	
Pretzels/party mix	3.2 (0.79)	2.4 (0.72)		2.3 u (0.84)		4.0 u (1.62)		2.9 u (1.27)		4.2 u (1.71)	
Popcorn	2.5 (0.41)	2.0 (0.45)		1.5 u (0.57)		2.0 u (0.99)		2.7 (0.80)		3.3 u (1.07)	
Potato chips	4.8 (0.61)	5.3 (0.88)		6.1 (0.98)		6.1 (1.30)		4.6 u (2.16)		3.6 u (1.13)	
Added fats and oils (grams)	10.7 (1.82)	8.1 (1.65)		9.7 (2.51)		7.3 (2.07)		6.7 u (2.41)		14.1 (4.02)	
Butter	0.5 (0.13)	0.4 (0.11)		0.3 (0.07)		0.3 u (0.17)		0.6 u (0.23)		0.8 u (0.32)	
Margarine	0.9 (0.25)	0.7 u (0.27)		0.7 u (0.33)		1.6 u (0.88)		0.8 u (0.50)		0.9 u (0.43)	
Other added fats	1.3 u (0.61)	1.1 u (0.94)		1.9 u (1.73)		1.6 u (1.56)		0.2 u (0.14)		1.4 u (0.83)	
Other added oils	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Salad dressing	1.1 (0.24)	1.2 (0.36)		1.3 u (0.45)		1.8 u (0.83)		1.2 u (0.54)		0.6 u (0.30)	
Mayonnaise	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.00)	
Gravy	2.7 u (1.05)	3.3 u (1.42)		3.9 u (1.95)		0.6 u (0.33)		2.9 u (2.33)		3.0 u (2.35)	
Cream cheese	1.2 u (0.53)	0.1 u (0.06)		0.2 u (0.12)		0.4 u (0.29)		0.0 u (0.02)		3.0 * u (1.54)	
Cream/sour cream	2.9 u (1.07)	1.2 u (0.66)		1.5 u (1.03)		0.9 u (0.86)		0.9 u (0.68)		4.3 * u (1.45)	
Other (grams)	2.6 (0.51)	3.6 u (1.13)		1.7 (0.42)		1.1 u (0.41)		6.5 u (2.73)		1.9 u (0.79)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

	14–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Grains (ounce eq.)	1.8	(0.13)	1.3	(0.09)	1.3	(0.19)	1.4	(0.16)	1.4	(0.13)	2.5 **	(0.31)
Whole grains ¹	0.2	(0.03)	0.2	(0.05)	0.1 u	(0.05)	0.2	(0.04)	0.3 u	(0.11)	0.3	(0.06)
Not whole grain	1.6	(0.13)	1.2	(0.10)	1.1	(0.18)	1.3	(0.15)	1.2	(0.13)	2.2 **	(0.33)
Bread	0.3	(0.04)	0.1	(0.04)	0.1 u	(0.06)	0.2 u	(0.08)	0.1 u	(0.04)	0.4 **	(0.08)
Rolls	0.1 u	(0.02)	0.1 u	(0.05)	0.0 u	(0.01)	0.0 u	(0.02)	0.2 u	(0.09)	0.0 u	(0.02)
English muffin	0.0 u	(0.02)	0.1 u	(0.05)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.09)	0.0 u	(0.01)
Bagels	0.2	(0.06)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.02)	0.0	(0.00)	0.4 ** u	(0.12)
Biscuits, scones, croissants	0.1 u	(0.05)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.2 u	(0.12)
Muffins	0.0	(0.01)	0.0 u	(0.01)	0.1 u	(0.03)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)
Cornbread	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.03)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.00)
Corn tortillas	0.1 u	(0.03)	0.1 u	(0.05)	0.2 u	(0.07)	0.2 u	(0.10)	0.1 u	(0.07)	0.0 u	(0.00)
Flour tortillas	0.1 u	(0.04)	0.1 u	(0.03)	0.1 u	(0.07)	0.2 u	(0.09)	0.0 u	(0.02)	0.1 u	(0.07)
Taco shells	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Crackers	0.2 u	(0.08)	0.1 u	(0.05)	0.1 u	(0.03)	0.1 u	(0.05)	0.1 u	(0.07)	0.4 u	(0.17)
Breakfast/granola bar	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.02)
Pancakes, waffles, French toast	0.2	(0.04)	0.1 u	(0.04)	0.0 u	(0.01)	0.1 u	(0.06)	0.1 u	(0.07)	0.2	(0.06)
Cold cereal	0.3	(0.03)	0.3	(0.05)	0.3	(0.06)	0.3	(0.06)	0.3 u	(0.11)	0.3	(0.05)
Hot cereal	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)	0.1 u	(0.03)	0.0 u	(0.00)	0.0 u	(0.02)
Rice	0.1	(0.04)	0.1 u	(0.05)	0.2 u	(0.09)	0.1 u	(0.02)	0.1 u	(0.05)	0.1 u	(0.07)
Pasta	0.1 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.03)	0.1 u	(0.04)	0.1 u	(0.04)
Vegetables (cup eq.)	0.7	(0.07)	0.6	(0.07)	0.5	(0.09)	0.6	(0.11)	0.6	(0.09)	0.7	(0.13)
Raw vegetables	0.2 u	(0.05)	0.1	(0.03)	0.1 u	(0.02)	0.0 u	(0.02)	0.2 u	(0.05)	0.3 u	(0.12)
Raw lettuce/greens	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Raw carrots	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.00)
Raw tomatoes	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.04)
Raw cabbage/coleslaw	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.01)
Other raw (higher in vitamins A and C) ²	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other raw (lower in vitamins A and C) ²	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.03)
Salads (w/greens)	0.1	(0.04)	0.1	(0.02)	0.0 u	(0.01)	0.0 u	(0.02)	0.1 u	(0.04)	0.2 u	(0.08)
Cooked vegetables, excl. potatoes	0.2	(0.02)	0.2	(0.04)	0.2	(0.03)	0.3	(0.07)	0.2	(0.04)	0.2	(0.03)
Cooked green beans	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)
Cooked corn	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)
Cooked peas	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.02)
Cooked broccoli	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)
Cooked tomatoes	0.1	(0.02)	0.1	(0.01)	0.1 u	(0.02)	0.2 u	(0.05)	0.0 u	(0.01)	0.1 u	(0.02)
Cooked mixed	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.01)
Cooked starchy	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Other cooked deep yellow	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Other cooked dark green	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.03)	0.0	(0.00)
Other cooked (higher in vitamins A and C) ²	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Other cooked (lower in vitamins A and C) ²	0.0 u	(0.01)	0.0 u	(0.02)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.00)
Other fried	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked potatoes	0.3	(0.03)	0.3	(0.05)	0.3	(0.07)	0.3	(0.06)	0.3	(0.08)	0.2	(0.04)
Cooked potatoes-not fried	0.1	(0.02)	0.1	(0.03)	0.1 u	(0.03)	0.1 u	(0.04)	0.2 u	(0.07)	0.1 u	(0.04)
Cooked potatoes-fried	0.2	(0.02)	0.2	(0.04)	0.2	(0.07)	0.2	(0.05)	0.1	(0.03)	0.1	(0.03)
Vegetable juice	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Fruit and 100% fruit juice (cup eq.)	0.9	(0.08)	1.0	(0.11)	1.3	(0.22)	0.8	(0.11)	0.6	(0.10)	0.9	(0.14)
Any whole fruit	0.6	(0.06)	0.5	(0.06)	0.6	(0.09)	0.4	(0.08)	0.3	(0.07)	0.7 **	(0.12)
Fresh fruit	0.5	(0.06)	0.4	(0.05)	0.5	(0.08)	0.4	(0.08)	0.3	(0.06)	0.7 **	(0.12)
Fresh orange	0.0	(0.01)	0.0	(0.01)	0.1 u	(0.02)	0.0 u	(0.01)	0.0	(0.01)	0.0 u	(0.02)
Fresh other citrus	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Fresh apple	0.3	(0.04)	0.2	(0.04)	0.2	(0.06)	0.3	(0.07)	0.1 u	(0.05)	0.3	(0.08)
Fresh banana	0.1	(0.01)	0.0 u	(0.02)	0.1 u	(0.05)	0.0 u	(0.02)	0.0 u	(0.00)	0.1 * u	(0.03)
Fresh melon	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Fresh watermelon	0.1 u	(0.03)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.1 u	(0.05)
Fresh grapes	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Fresh peach/nectarine	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Fresh pear	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh berries	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.02)
Fresh pineapple	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.02)
Other fresh fruit	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.03)
Avocado/guacamole	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Lemon/lime - any form	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	0.0	(0.01)	0.1	(0.01)	0.1 u	(0.03)	0.0 u	(0.02)	0.1 u	(0.02)	0.0 u	(0.01)
Canned or frozen in syrup	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.00)	0.0 u	(0.01)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	0.0	(0.01)	0.1	(0.01)	0.1 u	(0.03)	0.0 u	(0.01)	0.1 u	(0.02)	0.0 u	(0.01)
Applesauce, canned/ frozen apples	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Canned/frozen peaches	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 *	(0.00)
Canned/frozen pineapple	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Other canned/frozen	0.0	(0.01)	0.0	(0.01)	0.1 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.01)
100% Fruit juice	0.4	(0.04)	0.5	(0.09)	0.7	(0.20)	0.4	(0.08)	0.3	(0.06)	0.2	(0.04)
Non-citrus juice	0.1	(0.02)	0.2	(0.05)	0.3	(0.09)	0.2	(0.05)	0.1 u	(0.04)	0.1 u	(0.03)
Citrus juice	0.2	(0.03)	0.3	(0.06)	0.4 u	(0.15)	0.2	(0.07)	0.2	(0.05)	0.2	(0.03)
Dried fruit	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.01)
Milk and milk products (cup eq.)	1.2	(0.09)	1.6	(0.19)	1.7	(0.36)	0.7 *	(0.18)	1.7	(0.22)	1.2	(0.15)
Cow's milk, total	1.1	(0.09)	1.5	(0.19)	1.6	(0.36)	0.6 *	(0.18)	1.5	(0.21)	1.0	(0.15)
Unflavored white milk, total	0.9	(0.09)	1.0	(0.20)	1.1 u	(0.39)	0.6	(0.18)	0.9	(0.20)	1.0	(0.15)
Unflavored whole milk	0.3	(0.08)	0.3 u	(0.17)	0.7 u	(0.41)	0.4 u	(0.19)	0.2 u	(0.05)	0.1 u	(0.05)
Unflavored non-whole, total	0.6	(0.06)	0.6	(0.10)	0.4	(0.06)	0.2	(0.06)	0.8	(0.19)	0.8	(0.13)
2% milk, unflavored	0.3	(0.05)	0.3	(0.08)	0.3	(0.06)	0.2	(0.05)	0.4 u	(0.13)	0.3	(0.10)
1% milk, unflavored	0.2	(0.04)	0.2 u	(0.08)	0.1	(0.02)	0.1 u	(0.02)	0.3 u	(0.16)	0.2 u	(0.07)
Skim milk, unflavored	0.1 u	(0.04)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.00)	0.1 u	(0.04)	0.2 u	(0.09)
Unflavored, fat not specified	0.0 u	(0.01)	0.0 u	(0.01)	0.1 u	(0.03)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.03)
Flavored milk, total	0.2	(0.04)	0.5	(0.10)	0.5	(0.09)	0.0 *** u	(0.01)	0.5	(0.15)	0.0 *** u	(0.01)
Flavored, whole milk	0.0	(0.01)	0.1	(0.02)	0.1 u	(0.03)	0.0 **	(0.00)	0.1 u	(0.02)	0.0 *	(0.00)
Flavored non-whole, total	0.1	(0.02)	0.3	(0.04)	0.2	(0.05)	0.0 *** u	(0.01)	0.3	(0.07)	0.0 *** u	(0.01)
2% milk, flavored	0.0	(0.01)	0.1	(0.02)	0.1 u	(0.03)	0.0 * u	(0.01)	0.1 u	(0.04)	0.0 ** u	(0.01)
1% milk, flavored	0.0	(0.01)	0.1 u	(0.03)	0.1	(0.03)	0.0 ** u	(0.01)	0.1 u	(0.04)	0.0 u	(0.00)
Skim milk, flavored	0.0 u	(0.01)	0.1 u	(0.03)	0.0 u	(0.02)	0.0 *	(0.00)	0.1 u	(0.05)	0.0 u	(0.01)
Flavored, fat not specified	0.1 u	(0.03)	0.2 u	(0.07)	0.2 u	(0.06)	0.0 ** u	(0.00)	0.2 u	(0.14)	0.0	(0.00)
Soymilk	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.02)
Dry or evaporated milk	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Yogurt	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)	0.1 u	(0.02)
Cheese	0.1	(0.02)	0.1 u	(0.04)	0.0 u	(0.01)	0.1 u	(0.02)	0.2 u	(0.07)	0.1	(0.03)
Meat and meat alternates (oz. eq.)	1.6	(0.13)	1.6	(0.20)	1.9	(0.25)	1.8	(0.26)	1.5	(0.29)	1.6	(0.19)
Beef	0.2	(0.04)	0.3 u	(0.09)	0.2 u	(0.11)	0.1 u	(0.07)	0.4 u	(0.15)	0.1 u	(0.05)
Ground beef	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Pork	0.1	(0.02)	0.0 u	(0.02)	0.1 u	(0.05)	0.1 u	(0.06)	0.0 u	(0.02)	0.1 u	(0.04)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.0 u (0.00)	0.0 u (0.00)		0.0 (0.00)		0.0 u (0.01)		0.0 u (0.00)		0.0 (0.00)	
Lamb and misc. meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Chicken	0.7 (0.09)	0.8 (0.14)		1.1 (0.22)		1.1 (0.18)		0.6 (0.16)		0.6 (0.13)	
Turkey	0.0 u (0.01)	0.0 u (0.02)		0.1 u (0.06)		0.0 u (0.02)		0.0 u (0.00)		0.0 (0.00)	
Organ meats	0.0 u (0.01)	0.0 (0.00)		0.0 (0.00)		0.0 u (0.03)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	0.0 u (0.01)	0.0 u (0.01)		0.0 u (0.04)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)	
Cold cuts	0.0 u (0.02)	0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.02)		0.1 u (0.04)	
Fish	0.1 u (0.05)	0.1 u (0.04)		0.0 u (0.02)		0.1 u (0.06)		0.1 u (0.06)		0.2 u (0.09)	
Shellfish	0.0 u (0.01)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 (0.00)		0.0 * u (0.02)	
Bacon/sausage	0.1 u (0.02)	0.1 u (0.05)		0.0 u (0.01)		0.1 u (0.02)		0.2 u (0.09)		0.1 u (0.03)	
Eggs	0.2 (0.04)	0.0 u (0.01)		0.1 u (0.03)		0.1 u (0.05)		0.0 u (0.01)		0.3 * u (0.11)	
Beans	0.0 u (0.01)	0.1 u (0.03)		0.1 u (0.03)		0.0 u (0.01)		0.0 u (0.04)		0.0 u (0.02)	
Baked/refried beans	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)	
Soy products	0.0 u (0.01)	0.0 u (0.00)		0.0 (0.00)		0.0 u (0.01)		0.0 u (0.00)		0.0 u (0.02)	
Protein/meal enhancement	0.0 u (0.00)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.01)		0.0 u (0.00)	
Nuts	0.1 u (0.03)	0.1 u (0.08)		0.0 (0.00)		0.0 u (0.02)		0.0 u (0.03)		0.1 u (0.04)	
Peanut/almond butter	0.0 u (0.01)	0.0 u (0.02)		0.0 u (0.01)		0.0 (0.00)		0.0 u (0.03)		0.0 u (0.03)	
Seeds	0.0 u (0.01)	0.0 u (0.02)		0.0 u (0.04)		0.0 u (0.02)		0.0 u (0.03)		0.0 u (0.02)	
Mixed dishes (grams)	438.0 (22.15)	469.0 (36.01)		456.0 (49.90)		407.0 (33.16)		472.0 (47.95)		415.0 (31.64)	
Tomato sauce and meat (no pasta)	0.1 u (0.10)	0.0 (0.00)		0.0 (0.00)		0.1 u (0.14)		0.0 (0.00)		0.2 u (0.22)	
Chili con carne	1.0 u (0.62)	1.5 u (1.38)		4.0 u (3.62)		0.6 u (0.43)		0.0 (0.00)		1.0 u (0.99)	
Meat mixtures w/ red meat	29.7 u (9.22)	40.3 u (18.62)		46.5 u (41.32)		40.9 u (28.10)		43.5 u (20.55)		17.9 u (6.53)	
Meat mixtures w/ chicken/turkey	27.4 (6.13)	29.8 u (10.15)		16.5 u (10.38)		15.0 u (6.47)		35.0 u (17.00)		32.3 u (11.13)	
Meat mixtures w/ fish	4.2 u (2.25)	3.6 u (3.24)		8.7 u (8.29)		0.8 u (0.80)		0.6 u (0.52)		6.7 u (4.68)	
Hamburgers/cheeseburgers	37.2 (3.61)	35.0 (8.12)		43.3 (9.26)		49.8 (10.71)		31.8 u (12.10)		35.0 (4.67)	
Other sandwiches	112.0 (7.76)	124.0 (9.62)		104.0 (19.35)		113.0 (15.41)		136.0 (13.11)		102.0 * (11.04)	
Hot dogs	10.0 (2.22)	8.9 u (2.84)		11.8 u (4.21)		9.7 u (6.00)		7.2 u (4.03)		10.8 u (4.08)	
Luncheon meat	32.1 (3.61)	31.8 (6.10)		17.1 u (9.20)		22.6 (6.64)		32.4 (8.75)		38.8 (5.95)	
Beef, pork, ham	17.0 u (5.57)	21.7 u (10.00)		6.3 u (3.13)		20.9 u (9.00)		33.3 u (18.48)		12.7 u (5.46)	
Chicken, turkey	22.1 (3.00)	32.1 (4.82)		45.3 (10.23)		29.3 u (9.47)		24.5 u (7.57)		8.5 * (2.19)	
Cheese (no meat)	8.4 u (2.77)	8.5 u (3.64)		7.5 u (5.29)		5.4 u (2.83)		10.5 u (5.78)		9.7 u (5.36)	
Fish	2.6 u (1.10)	1.8 u (0.60)		1.9 u (1.24)		5.3 u (3.76)		2.1 u (0.83)		2.1 u (1.87)	
Peanut butter	6.9 u (2.20)	5.3 u (3.91)		0.0 (0.00)		1.4 u (0.86)		10.1 u (7.59)		11.8 u (4.25)	
Breakfast sandwiches	12.5 (2.71)	14.0 u (5.61)		14.4 u (7.32)		18.1 u (7.20)		16.0 u (9.05)		7.9 u (3.53)	

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

	14–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Pizza (no meat)	21.4 u	(6.43)	18.1	(4.45)	30.9 u	(10.27)	11.2 u	(5.00)	11.4 u	(3.69)	14.9	(3.57)
Pizza w/ meat	44.0	(9.18)	67.9	(15.50)	56.8	(14.93)	16.5 **	(4.20)	71.8	(17.85)	38.2	(9.12)
Mexican entrees	44.0	(6.00)	28.4	(6.75)	28.4 u	(8.70)	54.5	(11.51)	31.8 u	(10.08)	53.0	(12.91)
Macaroni and cheese	24.6	(6.50)	31.2 u	(11.12)	19.9 u	(12.86)	18.1 u	(10.14)	29.3 u	(14.00)	18.9 u	(5.73)
Pasta dishes	29.4	(7.12)	28.2	(8.18)	29.7 u	(10.02)	29.9 u	(11.89)	20.9 u	(10.13)	25.5 u	(13.55)
Rice dishes	10.8	(1.97)	12.8	(3.84)	21.4 u	(8.30)	11.1 u	(4.81)	6.9 u	(3.15)	8.7	(2.58)
Other grain mixtures	2.2 u	(0.67)	2.7 u	(1.21)	4.6 u	(2.85)	3.6 u	(2.09)	1.7 u	(0.95)	1.4 u	(0.65)
Meat soup	17.9 u	(6.87)	13.1 u	(4.77)	17.7 u	(9.06)	12.2 u	(8.88)	11.4 u	(6.41)	26.2 u	(15.31)
Bean soup	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Grain soups	15.7	(4.64)	13.7 u	(6.34)	12.8 u	(5.29)	14.2 u	(6.58)	14.4 u	(10.32)	16.0 u	(8.06)
Vegetables mixtures (incl. soup)	3.1 u	(1.41)	1.8 u	(0.87)	2.6 u	(1.77)	0.4 u	(0.42)	1.6 u	(1.10)	5.2 u	(3.23)
Entrée salads	13.7 u	(5.17)	16.5 u	(9.16)	8.2 u	(3.97)	14.7 u	(9.44)	24.0 u	(17.26)	12.1 u	(8.71)
Beverages excluding milk and 100% fruit juice (grams)	1,718.0	(103.65)	1,354.0	(101.84)	1,300.0	(171.50)	2094.0 *	(297.22)	1494.0	(124.57)	1852.0 *	(119.69)
Coffee	37.2	(8.06)	33.1 u	(10.69)	36.2 u	(16.53)	76.2 u	(30.14)	37.2 u	(14.80)	16.9 u	(5.13)
Tea	129.0	(35.66)	70.0	(15.78)	68.6	(11.91)	211.0 u	(97.12)	82.2 u	(30.79)	146.0 u	(64.77)
Beer	11.2 u	(5.00)	11.9 u	(6.74)	15.6 u	(7.60)	19.5 u	(11.48)	11.5 u	(11.37)	6.7 u	(6.64)
Wine	2.8 u	(2.78)	0.0	(0.00)	0.0	(0.00)	13.8 u	(12.55)	0.0	(0.00)	0.0	(0.00)
Liquor	1.5 u	(0.79)	0.0	(0.00)	0.0	(0.00)	5.6 u	(3.40)	0.0	(0.00)	0.9 u	(0.91)
Water (plain)	833.0	(75.17)	656.0	(88.03)	708.0	(151.73)	905.0	(213.29)	663.0	(94.59)	934.0 *	(86.50)
Noncarbonated, sweetened drinks	271.0	(27.90)	257.0	(43.65)	222.0	(53.09)	275.0	(55.43)	302.0	(73.26)	295.0	(57.40)
Noncarbonated, low-calorie/sugar-free drinks	22.4	(5.04)	22.8	(5.96)	18.7 u	(7.75)	29.5 u	(10.93)	30.1 u	(10.07)	20.3 u	(8.87)
Energy drinks	12.5 u	(6.49)	0.3 u	(0.19)	0.3 u	(0.28)	46.5 u	(27.72)	0.3 u	(0.30)	6.8 u	(4.24)
Any soda	396.0	(34.07)	302.0	(47.25)	231.0	(46.80)	512.0 *	(108.03)	369.0	(71.48)	425.0	(51.60)
Soda, regular	352.0	(31.85)	270.0	(43.75)	198.0	(42.22)	484.0 *	(108.77)	332.0	(68.79)	358.0	(36.75)
Soda, sugar-free	44.1 u	(14.15)	31.5 u	(13.95)	32.5 u	(19.66)	27.7 u	(11.91)	36.8 u	(23.68)	67.0 u	(32.50)
Sweets and desserts (grams)	88.2	(4.41)	76.0	(6.12)	75.7	(7.94)	93.4	(7.28)	79.5	(8.17)	99.2	(8.24)
Sugar and sugar substitutes	1.1	(0.29)	0.8 u	(0.42)	1.4 u	(1.03)	2.8 u	(1.11)	0.4 u	(0.24)	0.5 u	(0.19)
Syrups/sweet toppings	3.0	(0.60)	2.0 u	(0.60)	1.5 u	(0.88)	3.8 u	(1.51)	2.0 u	(0.96)	3.8 u	(1.15)
Jelly	1.1 u	(0.54)	1.7 u	(1.18)	0.8 u	(0.36)	0.3 u	(0.19)	2.7 u	(2.34)	1.0 u	(0.80)
Jello	0.6 u	(0.42)	0.4 u	(0.27)	1.1 u	(0.67)	0.2 u	(0.23)	0.0	(0.00)	1.1 u	(1.00)
Candy	16.5	(1.76)	11.9	(2.06)	10.0	(2.26)	15.6	(3.56)	13.9	(3.18)	22.1	(3.63)
Ice cream	23.4	(4.04)	19.6	(4.33)	12.6	(3.43)	21.6	(6.21)	27.1	(7.83)	29.5	(8.12)

See notes at end of table.

Table C-6. Average Amounts Consumed over 24 Hours in Food Pattern Units among All School Children, by Food Group and Subgroup—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Pudding	2.3 u	(0.89)	2.5 u	(1.67)	3.5 u	(3.11)	1.5 u	(1.07)	2.3 u	(2.27)	2.7 u	(1.43)
Ice/popsicles	7.3	(2.14)	3.6 u	(1.55)	3.3 u	(1.71)	11.9 u	(4.61)	1.7 u	(1.20)	8.8 u	(4.42)
Sweet rolls	2.1	(0.51)	3.5 u	(1.14)	5.4 u	(2.20)	2.6 u	(1.12)	2.4 u	(1.08)	0.9 u	(0.64)
Cake/cupcakes	6.2	(1.39)	4.4 u	(1.50)	7.2 u	(3.63)	4.9 u	(2.45)	3.1 u	(1.39)	7.5 u	(2.32)
Cookies	12.5	(1.45)	11.4	(1.78)	9.7	(1.76)	19.3	(4.77)	11.4	(2.78)	9.9	(1.82)
Pies/cobblers	1.7 u	(0.83)	3.7 u	(2.36)	6.9 u	(5.12)	0.6 u	(0.49)	2.1 u	(2.13)	0.6 u	(0.40)
Pastries	6.8	(1.34)	7.8	(2.27)	9.1 u	(3.31)	5.5 u	(2.25)	8.0 u	(3.81)	7.1 u	(2.39)
Doughnuts	3.6 u	(1.14)	2.7 u	(0.81)	3.3 u	(1.17)	2.9 u	(1.20)	2.4 u	(1.40)	3.7 u	(1.92)
Salty snacks (grams)	24.7	(4.18)	18.0	(2.27)	20.4	(3.30)	30.2	(5.64)	14.5	(2.35)	28.1 u	(9.55)
Corn-based salty snacks	10.9	(1.03)	8.6	(1.38)	7.8	(1.56)	16.3 *	(3.45)	8.9	(2.05)	10.0	(1.28)
Pretzels/party mix	6.8 u	(4.03)	2.5 u	(0.80)	4.3 u	(1.79)	2.3 u	(0.94)	1.4 u	(0.75)	13.2 u	(9.54)
Popcorn	1.8 u	(0.54)	0.7 u	(0.31)	0.8 u	(0.50)	5.2 u	(2.64)	0.4 u	(0.25)	1.2	(0.30)
Potato chips	5.2	(0.75)	6.2	(1.70)	7.4 u	(2.30)	6.4	(1.68)	3.7 u	(1.21)	3.7	(0.95)
Added fats and oils (grams)	8.4	(1.65)	5.4	(1.24)	6.2 u	(1.99)	16.2 u	(6.80)	5.9 u	(2.50)	6.8	(1.33)
Butter	0.8	(0.16)	0.3 u	(0.12)	0.1 u	(0.09)	0.6 u	(0.28)	0.5 u	(0.23)	1.1 u	(0.38)
Margarine	0.2 u	(0.07)	0.0 u	(0.03)	0.0	(0.00)	0.3 u	(0.25)	0.1 u	(0.06)	0.4 * u	(0.12)
Other added fats	2.5 u	(1.53)	0.5 u	(0.42)	1.2 u	(1.13)	8.3 u	(7.06)	0.0 u	(0.04)	1.5 u	(0.92)
Other added oils	0.1 u	(0.15)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.4 u	(0.35)
Salad dressing	1.2 u	(0.45)	1.9 u	(1.05)	1.4 u	(1.04)	0.8 u	(0.33)	2.7 u	(1.87)	0.4 u	(0.14)
Mayonnaise	0.3 u	(0.22)	0.4 u	(0.18)	0.8 u	(0.42)	1.1 u	(1.03)	0.1 u	(0.07)	0.0	(0.00)
Gravy	0.7	(0.19)	1.1 u	(0.40)	1.0 u	(0.52)	0.9 u	(0.52)	1.4 u	(0.98)	0.3 u	(0.14)
Cream cheese	1.1 u	(0.39)	0.4 u	(0.23)	0.9 u	(0.59)	0.3 u	(0.14)	0.0	(0.00)	2.1 * u	(0.90)
Cream/sour cream	1.5 u	(0.58)	0.9 u	(0.31)	0.7 u	(0.32)	4.1 u	(2.35)	1.1 u	(0.51)	0.7 u	(0.41)
Other (grams)	3.1	(0.56)	1.8 u	(0.69)	1.2 u	(0.52)	5.0 u	(2.33)	2.4 u	(1.24)	3.5	(0.41)

Source: NHANES 2005–2010 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, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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 school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results are not age-adjusted. Significant differences in proportions are noted by * (.05 level), ** (.01

level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). 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 "higher in nutrients"; all others are "lower in nutrients." Raw vegetables higher 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 higher in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are lower 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 over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups

	All ages, 5–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Grains (ounce eq.)	2.7	(0.09)	2.5	(0.13)	2.3	(0.11)	2.4	(0.12)	2.7	(0.24)	3.0	(0.14)
Whole grains ¹	1.2	(0.08)	1.2	(0.06)	1.1	(0.10)	1.0	(0.19)	1.2	(0.11)	1.4	(0.21)
Refined grains	2.6	(0.08)	2.4	(0.13)	2.3	(0.11)	2.4	(0.13)	2.6	(0.26)	2.9	(0.14)
Bread	2.0	(0.14)	2.1	(0.26)	1.7	(0.16)	1.8	(0.12)	2.4	(0.52)	1.9	(0.15)
Rolls	1.5	(0.12)	1.4	(0.13)	1.2	(0.07)	1.6 **	(0.09)	1.5	(0.20)	1.7	(0.31)
English muffin	2.2	(0.38)	2.0	(0.00)	2.0	(0.00)	.	(.)	2.0	(0.00)	2.4	(0.64)
Bagels	3.6	(0.27)	3.9	(0.37)	4.3	(0.36)	3.0 *	(0.46)	3.4	(0.57)	3.6	(0.37)
Biscuits, scones, croissants	2.3	(0.45)	1.9	(0.21)	2.0	(0.23)	1.2 *	(0.27)	1.8	(0.49)	4.7 u	(1.47)
Muffins	2.1	(0.29)	2.3	(0.49)	1.7	(0.15)	2.5	(0.49)	2.5 u	(0.87)	1.7	(0.17)
Cornbread	1.1	(0.32)	1.0 u	(0.32)	1.3	(0.22)	1.6	(0.18)	0.8 u	(0.42)	1.5	(0.23)
Corn tortillas	2.8	(0.19)	2.5	(0.20)	2.4	(0.17)	4.3 *	(0.79)	3.8 u	(1.43)	2.4	(0.24)
Flour tortillas	2.5	(0.32)	2.3	(0.61)	2.4	(0.66)	2.1	(0.57)	2.8	(0.12)	2.7	(0.41)
Taco shells	2.1	(0.45)	2.0	(0.47)	2.5	(0.19)	2.4	(0.71)	1.0	(0.04)	.	(.)
Crackers	1.4	(0.12)	1.4	(0.11)	1.2	(0.11)	1.4	(0.24)	1.6	(0.16)	1.5	(0.22)
Breakfast/granola bar	0.5	(0.03)	0.6	(0.03)	0.6	(0.06)	0.4 *	(0.07)	0.6	(0.04)	0.5	(0.04)
Pancakes, waffles, French toast	2.2	(0.15)	1.8	(0.08)	1.6	(0.13)	2.2	(0.36)	1.9	(0.14)	2.5	(0.25)
Cold cereal	0.9	(0.04)	0.9	(0.03)	0.8	(0.03)	0.9	(0.06)	1.0	(0.07)	1.0	(0.08)
Hot cereal	2.2	(0.26)	1.9	(0.16)	2.1	(0.21)	2.2	(0.33)	1.7	(0.18)	2.6	(0.58)
Rice	1.7	(0.11)	1.7	(0.12)	1.9	(0.18)	1.7	(0.30)	1.2	(0.09)	1.9 *	(0.30)
Pasta	2.1	(0.16)	1.9	(0.30)	2.7	(0.29)	2.9	(0.57)	2.0	(0.31)	2.2	(0.21)
Vegetables (cup eq.)	0.9	(0.05)	0.8	(0.05)	0.8	(0.05)	0.8	(0.08)	0.9	(0.09)	1.0	(0.10)
Raw vegetables	0.8	(0.10)	0.7	(0.10)	0.7	(0.08)	0.7	(0.10)	0.8	(0.19)	1.1	(0.22)
Raw lettuce/greens	0.2	(0.05)	0.3	(0.03)	0.3	(0.04)	0.5 **	(0.01)	0.2	(0.02)	0.2 u	(0.07)
Raw carrots	0.5	(0.07)	0.6	(0.12)	0.4	(0.07)	0.6	(0.12)	0.7	(0.17)	0.4	(0.07)
Raw tomatoes	0.8	(0.22)	0.2 u	(0.08)	0.6	(0.05)	0.4 ***	(0.02)	0.5	(0.00)	1.0 *	(0.23)
Raw cabbage/coleslaw	1.0	(0.13)	0.9	(0.08)	1.0	(0.10)	0.4 ***	(0.00)	.	(.)	1.1	(0.24)
Other raw (higher in vitamins A and C) ²	0.4	(0.08)	0.6	(0.17)	0.6	(0.15)	0.2 *	(0.00)	1.0	(0.25)	0.4 * u	(0.14)
Other raw (lower in vitamins A and C) ²	0.6 u	(0.18)	0.4 u	(0.14)	0.8 u	(0.41)	0.4	(0.06)	0.3	(0.06)	1.0 u	(0.40)
Salads (w/greens)	0.8	(0.10)	0.7	(0.07)	0.7	(0.08)	0.7	(0.13)	0.7	(0.10)	1.2	(0.26)
Cooked vegetables, excl. potatoes	0.4	(0.03)	0.4	(0.03)	0.4	(0.03)	0.5	(0.07)	0.4	(0.05)	0.5	(0.04)
Cooked green beans	0.5	(0.04)	0.5	(0.05)	0.5	(0.06)	0.8	(0.17)	0.5	(0.09)	0.6	(0.08)
Cooked corn	0.5	(0.03)	0.5	(0.04)	0.4	(0.04)	0.5	(0.10)	0.5	(0.07)	0.5	(0.05)
Cooked peas	0.4	(0.04)	0.3	(0.04)	0.4	(0.06)	1.1 *	(0.30)	0.3	(0.01)	0.4 *	(0.06)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.4 u (0.14)	0.3 (0.06)	0.3 (0.09)	0.1 * (0.02)	0.2 u (0.07)	0.8 u (0.46)					
Cooked broccoli	0.5 (0.07)	0.5 (0.07)	0.4 (0.07)	0.4 u (0.21)	0.5 (0.09)	0.6 (0.04)					
Cooked tomatoes	0.2 (0.02)	0.2 (0.01)	0.2 (0.03)	0.3 (0.09)	0.2 (0.01)	0.2 (0.03)					
Cooked mixed	0.5 (0.07)	0.5 (0.06)	0.4 (0.08)	0.3 u (0.17)	0.5 (0.11)	0.7 (0.19)					
Cooked starchy	0.5 (0.09)	0.6 (0.13)	1.0 (0.15)	0.6 u (0.24)	0.2 (0.03)	0.4 *** (0.02)					
Other cooked deep yellow	0.5 (0.04)	0.4 (0.03)	0.5 (0.05)	0.8 *** (0.05)	0.2 u (0.12)	0.6 * (0.09)					
Other cooked dark green	0.7 (0.10)	0.7 (0.13)	0.6 u (0.19)	0.4 (0.00)	0.8 (0.13)	1.0 (0.23)					
Other cooked (higher in vitamins A and C) ²	0.5 (0.08)	0.5 (0.11)	0.7 u (0.28)	0.4 (0.10)	0.3 (0.07)	0.6 u (0.22)					
Other cooked (lower in vitamins A and C) ²	0.5 (0.09)	0.7 (0.07)	0.3 u (0.10)	0.3 (0.04)	0.7 (0.07)	0.3 *** u (0.09)					
Other fried	0.5 (0.09)	0.5 (0.09)	0.5 (0.09)	. (.)	. (.)	. (.)					
Cooked potatoes	0.6 (0.03)	0.6 (0.04)	0.6 (0.04)	0.6 (0.05)	0.6 (0.08)	0.7 (0.08)					
Cooked potatoes-not fried	0.9 (0.08)	0.8 (0.08)	0.7 (0.09)	0.7 (0.12)	1.0 (0.15)	1.1 (0.20)					
Cooked potatoes-fried	0.5 (0.02)	0.4 (0.03)	0.4 (0.03)	0.6 ** (0.04)	0.4 (0.05)	0.5 (0.04)					
Vegetable juice	1.3 u (0.60)	0.6 u (0.20)	0.6 u (0.20)	. (.)	. (.)	2.3 (0.04)					
Fruit and 100% fruit juice (cup eq.)	1.6 (0.05)	1.5 (0.07)	1.6 (0.10)	1.7 (0.13)	1.3 (0.10)	1.6 * (0.08)					
Any whole fruit	1.2 (0.04)	1.1 (0.04)	1.2 (0.06)	1.2 (0.15)	1.0 (0.06)	1.3 ** (0.08)					
Fresh fruit	1.3 (0.04)	1.2 (0.04)	1.3 (0.06)	1.3 (0.17)	1.1 (0.07)	1.2 (0.08)					
Fresh orange	0.6 (0.03)	0.6 (0.04)	0.7 (0.04)	0.6 (0.06)	0.4 (0.04)	0.7 *** (0.08)					
Fresh other citrus	1.6 u (0.81)	0.5 (0.02)	. (.)	2.7 (0.52)	0.5 (0.02)	. (.)					
Fresh apple	1.4 (0.05)	1.4 (0.05)	1.4 (0.07)	1.5 (0.10)	1.3 (0.10)	1.4 (0.12)					
Fresh banana	0.9 (0.04)	0.9 (0.05)	0.9 (0.07)	0.7 * (0.09)	0.8 (0.02)	1.0 * (0.09)					
Fresh melon	0.7 (0.12)	0.5 (0.10)	0.6 (0.07)	0.8 (0.22)	0.6 u (0.26)	0.9 (0.25)					
Fresh watermelon	1.4 (0.22)	0.9 (0.17)	1.3 u (0.45)	2.0 u (0.61)	0.8 u (0.29)	1.2 (0.22)					
Fresh grapes	0.7 (0.06)	0.6 (0.04)	0.5 (0.06)	0.7 (0.13)	0.6 (0.08)	0.8 (0.10)					
Fresh peach/nectarine	0.8 (0.06)	0.8 (0.07)	0.9 (0.09)	0.6 (0.11)	0.5 (0.13)	0.9 ** (0.10)					
Fresh pear	0.8 (0.04)	0.8 (0.05)	0.8 (0.10)	0.4 ** (0.09)	0.5 (0.15)	0.8 (0.05)					
Fresh berries	0.5 (0.07)	0.7 (0.09)	0.5 (0.11)	0.4 (0.07)	0.7 (0.13)	0.5 (0.09)					
Fresh pineapple	0.6 (0.12)	0.4 (0.09)	0.3 u (0.10)	1.1 *** (0.13)	0.4 (0.03)	1.0 ** (0.19)					
Other fresh fruit	0.7 (0.08)	0.9 (0.14)	0.9 (0.19)	0.7 (0.18)	0.9 (0.18)	0.6 (0.07)					
Avocado/guacamole	0.4 (0.03)	0.3 (0.02)	0.1 (0.00)	0.5 ** u (0.16)	0.4 (0.01)	0.3 (0.00)					
Lemon/lime - any form	0.3 (0.00)	0.3 (0.00)	0.3 (0.00)	. (.)	. (.)	. (.)					
Canned or frozen fruit, total	0.5 (0.03)	0.5 (0.03)	0.5 (0.04)	0.5 (0.07)	0.5 (0.05)	0.5 (0.04)					
Canned or frozen in syrup	0.4 (0.05)	0.4 (0.05)	0.4 (0.09)	0.7 u (0.39)	0.3 (0.06)	0.4 (0.06)					

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	All ages, 5–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	0.5	(0.03)	0.5	(0.03)	0.5	(0.04)	0.4 *	(0.03)	0.5	(0.04)	0.5	(0.06)
Applesauce, canned/ frozen apples	0.5	(0.02)	0.5	(0.04)	0.5	(0.05)	0.4	(0.04)	0.5	(0.05)	0.5	(0.04)
Canned/frozen peaches	0.4	(0.03)	0.4	(0.04)	0.4	(0.05)	0.7 *	(0.12)	0.4	(0.06)	0.4	(0.03)
Canned/frozen pineapple	0.5	(0.04)	0.5	(0.04)	0.5	(0.07)	0.3 **	(0.02)	0.4	(0.05)	0.6 u	(0.26)
Other canned/frozen	0.4	(0.04)	0.5	(0.04)	0.5	(0.06)	0.6 u	(0.24)	0.4	(0.06)	0.3	(0.07)
100% Fruit juice	1.2	(0.05)	1.1	(0.07)	1.1	(0.09)	1.4	(0.12)	1.1	(0.14)	1.2	(0.08)
Non-citrus juice	1.1	(0.05)	1.1	(0.06)	1.1	(0.08)	1.2	(0.12)	1.1	(0.12)	1.1	(0.11)
Citrus juice	1.0	(0.06)	0.9	(0.07)	1.0	(0.09)	1.4 *	(0.20)	0.9	(0.10)	1.1	(0.12)
Dried fruit	0.5	(0.14)	0.6 u	(0.30)	0.7 u	(0.41)	0.7 u	(0.45)	0.3 u	(0.14)	0.5 u	(0.16)
Milk and milk products (cup eq.)	1.8	(0.05)	2.0	(0.06)	1.9	(0.08)	1.5 ***	(0.09)	2.1	(0.14)	1.7 *	(0.10)
Cow's milk, total	1.7	(0.04)	1.8	(0.06)	1.8	(0.08)	1.4 ***	(0.08)	1.9	(0.12)	1.6 *	(0.06)
Unflavored white milk, total	1.5	(0.06)	1.5	(0.09)	1.5	(0.09)	1.3	(0.09)	1.5	(0.17)	1.4	(0.08)
Unflavored whole milk	1.5	(0.18)	1.7	(0.32)	1.6	(0.27)	1.6	(0.15)	1.9 u	(0.66)	1.2	(0.12)
Unflavored non-whole, total	1.4	(0.04)	1.3	(0.05)	1.3	(0.06)	1.1	(0.10)	1.3	(0.08)	1.5	(0.10)
2% milk, unflavored	1.3	(0.05)	1.3	(0.07)	1.2	(0.08)	1.0 *	(0.10)	1.2	(0.09)	1.3	(0.12)
1% milk, unflavored	1.3	(0.07)	1.1	(0.09)	1.1	(0.07)	1.4	(0.18)	1.2	(0.17)	1.5	(0.13)
Skim milk, unflavored	1.5	(0.16)	1.4	(0.15)	1.5	(0.22)	1.1	(0.29)	1.4	(0.16)	1.6	(0.23)
Unflavored, fat not specified	1.1	(0.08)	1.1	(0.07)	1.1	(0.08)	0.8 *	(0.06)	1.1	(0.16)	1.9 **	(0.23)
Flavored milk, total	1.1	(0.04)	1.1	(0.04)	1.1	(0.04)	1.4	(0.17)	1.2	(0.05)	1.1	(0.10)
Flavored, whole milk	1.1	(0.05)	1.1	(0.05)	1.2	(0.07)	1.4	(0.38)	1.1	(0.07)	1.2	(0.17)
Flavored non-whole, total	1.1	(0.03)	1.1	(0.04)	1.1	(0.05)	1.5	(0.25)	1.1	(0.04)	1.0	(0.09)
2% milk, flavored	1.1	(0.05)	1.1	(0.05)	1.1	(0.08)	1.6	(0.29)	1.2	(0.06)	1.1	(0.12)
1% milk, flavored	1.0	(0.04)	1.0	(0.04)	1.0	(0.05)	1.2	(0.16)	1.0	(0.05)	1.0	(0.11)
Skim milk, flavored	1.1	(0.17)	1.2	(0.15)	1.1	(0.11)	.	(.)	1.3	(0.34)	0.5 u	(0.24)
Flavored, fat not specified	1.1	(0.07)	1.1	(0.07)	1.0	(0.06)	1.1	(0.19)	1.2	(0.18)	1.4	(0.27)
Soy milk	1.3	(0.25)	0.8	(0.13)	0.9	(0.08)	0.9	(0.02)	0.4 u	(0.19)	1.4 **	(0.30)
Dry or evaporated milk	0.1 u	(0.05)	0.1 u	(0.04)	0.0	(0.00)	0.1 u	(0.07)	0.1	(0.00)	.	(.)
Yogurt	0.7	(0.04)	0.6	(0.04)	0.6	(0.06)	1.0 *	(0.16)	0.6	(0.06)	0.6	(0.06)
Cheese	0.8	(0.06)	0.9	(0.10)	0.9	(0.16)	0.6	(0.06)	0.9	(0.13)	0.8	(0.11)
Meat and meat alternates (oz. eq.)	3.1	(0.12)	3.1	(0.15)	3.2	(0.22)	3.4	(0.24)	3.0	(0.20)	3.0	(0.22)
Beef	2.8	(0.23)	2.9	(0.24)	2.5	(0.31)	2.4	(0.50)	3.4	(0.55)	2.7	(0.41)
Ground beef	2.8	(0.22)	2.7	(0.36)	2.7	(0.18)	4.8 ***	(0.34)	2.7 u	(1.11)	2.8	(0.00)
Pork	2.9	(0.25)	2.7	(0.37)	2.3	(0.15)	2.8	(0.28)	3.3	(0.67)	3.6	(0.51)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	1.4	(0.24)	1.0 u	(0.40)	1.3 u	(0.50)	2.3	(0.52)	0.3	(0.00)	0.9	(0.00)
Lamb and misc. meats	2.1 u	(1.00)	4.1	(0.00)	4.1	(0.00)	3.9	(0.00)	.	(.)	0.7	(0.00)
Chicken	2.8	(0.13)	2.7	(0.18)	2.8	(0.26)	3.0	(0.26)	2.5	(0.24)	2.8	(0.24)
Turkey	3.6	(0.52)	2.6	(0.27)	3.1	(0.71)	6.8 ***	(0.62)	2.3	(0.17)	4.3 ***	(0.35)
Organ meats	10.2	(0.00)	.	(.)	.	(.)	10.2	(0.00)	.	(.)	.	(.)
Hot dogs	1.9	(0.21)	1.7	(0.18)	1.8	(0.25)	2.5	(0.35)	1.6	(0.05)	3.2 ***	(0.39)
Cold cuts	1.9	(0.30)	2.5	(0.42)	1.7	(0.37)	1.3	(0.12)	3.1	(0.21)	1.6 ***	(0.35)
Fish	2.5	(0.30)	2.1	(0.37)	2.6	(0.62)	3.2	(0.64)	2.0	(0.47)	3.7 *	(0.54)
Shellfish	1.9	(0.32)	1.7	(0.31)	1.8	(0.41)	2.2	(0.59)	1.3	(0.34)	2.0	(0.59)
Bacon/sausage	1.3	(0.18)	1.4	(0.26)	1.5	(0.37)	1.4	(0.31)	1.2 u	(0.38)	1.1	(0.34)
Eggs	2.0	(0.16)	1.5	(0.12)	1.5	(0.09)	1.9 *	(0.18)	1.3	(0.33)	2.6 **	(0.25)
Beans	0.7	(0.06)	0.7	(0.08)	0.7	(0.09)	0.8	(0.14)	0.7	(0.19)	0.6	(0.11)
Baked/refried beans	0.4	(0.05)	0.4	(0.05)	0.4	(0.07)	0.5	(0.08)	0.4	(0.09)	0.2 u	(0.11)
Soy products	1.6	(0.22)	2.8	(0.01)	.	(.)	2.4	(0.00)	2.8	(0.01)	1.4 ***	(0.00)
Protein/meal enhancement	0.2 u	(0.08)	0.3 u	(0.15)	0.2	(0.02)	0.3	(0.02)	0.3 u	(0.18)	0.2 u	(0.09)
Nuts	2.6	(0.74)	3.1 u	(1.02)	1.6 u	(0.59)	2.2	(0.56)	2.3	(0.47)	2.7 u	(1.14)
Peanut/almond butter	1.9	(0.35)	1.4	(0.29)	0.9	(0.25)	0.2 **	(0.02)	1.6	(0.35)	2.4	(0.61)
Seeds	1.3	(0.30)	2.3	(0.57)	3.4	(0.84)	2.6	(0.68)	2.2	(0.25)	0.6 *** u	(0.22)
Mixed dishes (grams)	367.0	(10.93)	364.0	(13.74)	354.0	(13.79)	384.0	(19.90)	382.0	(21.09)	356.0	(18.19)
Tomato sauce and meat (no pasta)	226.0	(19.31)	140.0	(15.85)	122.0	(2.19)	252.0 ***	(16.57)	187.0	(0.00)	249.0	(0.00)
Chili con carne	220.0	(40.94)	248.0	(46.64)	117.0 u	(93.72)	208.0	(8.35)	293.0	(28.02)	119.0 ***	(23.74)
Meat mixtures w/ red meat	246.0	(32.34)	249.0	(45.90)	284.0	(79.21)	322.0 u	(125.68)	222.0	(46.11)	218.0	(32.95)
Meat mixtures w/ chicken/turkey	202.0	(13.75)	207.0	(22.53)	259.0	(29.33)	190.0	(27.02)	216.0	(34.76)	202.0	(23.36)
Meat mixtures w/ fish	190.0	(37.42)	238.0	(47.47)	220.0	(62.65)	172.0	(17.34)	281.0 u	(85.16)	170.0	(49.54)
Hamburgers/cheeseburgers	181.0	(6.78)	167.0	(11.06)	141.0	(9.45)	210.0 ***	(14.76)	195.0	(13.20)	187.0	(12.01)
Other sandwiches	166.0	(5.64)	171.0	(8.02)	165.0	(10.01)	173.0	(10.63)	177.0	(13.60)	155.0	(6.48)
Hot dogs	128.0	(6.42)	127.0	(8.82)	135.0	(9.45)	134.0	(9.69)	119.0	(16.02)	124.0	(10.77)
Luncheon meat	144.0	(5.63)	158.0	(10.45)	169.0	(21.41)	132.0	(9.19)	146.0	(8.82)	137.0	(6.04)
Beef, pork, ham	168.0	(18.17)	151.0	(24.98)	125.0	(14.57)	213.0 **	(26.34)	176.0	(49.88)	182.0	(21.84)
Chicken, turkey	159.0	(7.18)	156.0	(6.58)	150.0	(9.95)	190.0	(21.30)	165.0	(10.79)	147.0	(16.52)
Cheese (no meat)	128.0	(13.62)	119.0	(13.06)	108.0	(16.39)	91.5	(13.42)	143.0	(16.71)	161.0	(36.14)
Fish	178.0	(16.83)	140.0	(9.51)	150.0	(14.35)	196.0	(34.30)	125.0	(8.50)	213.0 ***	(19.36)
Peanut butter	86.3	(4.80)	94.4	(14.41)	82.1	(9.30)	77.7	(4.86)	122.0 u	(41.45)	85.5	(4.81)
Breakfast sandwiches	175.0	(11.00)	178.0	(19.13)	145.0	(7.95)	174.0	(15.33)	198.0	(23.22)	182.0	(15.89)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pizza (no meat)	152.0	(16.87)	137.0	(6.37)	143.0	(10.58)	176.0	(32.14)	128.0	(9.03)	137.0	(17.39)
Pizza w/ meat	174.0	(10.64)	160.0	(10.37)	151.0	(9.57)	184.0	(36.73)	166.0	(12.95)	197.0	(20.96)
Mexican entrees	213.0	(11.79)	180.0	(14.33)	190.0	(18.27)	220.0	(21.15)	170.0	(19.50)	259.0 **	(20.77)
Macaroni and cheese	235.0	(12.25)	228.0	(21.60)	211.0	(26.01)	243.0	(19.15)	238.0	(33.61)	233.0	(21.74)
Pasta dishes	302.0	(21.01)	256.0	(20.98)	250.0	(31.36)	370.0 *	(44.57)	243.0	(39.50)	335.0	(55.80)
Rice dishes	166.0	(12.31)	187.0	(19.74)	198.0	(18.65)	193.0	(21.84)	171.0	(35.06)	131.0	(17.05)
Other grain mixtures	140.0	(8.84)	121.0	(10.42)	132.0	(17.52)	137.0	(19.03)	114.0	(15.03)	145.0	(12.65)
Meat soup	338.0	(19.22)	336.0	(34.01)	352.0	(40.36)	362.0	(42.14)	284.0	(48.02)	330.0	(27.17)
Bean soup	282.0	(48.46)	332.0	(0.00)	332.0	(0.00)	.	(.)	.	(.)	173.0	(0.00)
Grain soups	333.0	(24.40)	321.0	(26.66)	286.0	(31.88)	374.0	(40.43)	396.0	(25.95)	344.0	(58.09)
Vegetables mixtures (incl. soup)	177.0	(15.67)	169.0	(25.88)	197.0	(36.61)	166.0	(28.40)	119.0	(31.28)	196.0	(31.17)
Entrée salads	254.0	(31.92)	206.0	(36.42)	193.0	(10.80)	346.0	(86.88)	280.0	(56.98)	427.0 *	(29.40)
Beverages excluding milk and 100% fruit juice (grams)	1,149.0	(49.43)	897.0	(42.82)	827.0	(40.06)	1417.0 ***	(140.06)	1009.0	(75.22)	1330.0 **	(81.16)
Coffee	312.0	(42.05)	365.0	(60.49)	379.0	(91.82)	372.0	(73.66)	347.0	(79.62)	205.0	(53.44)
Tea	521.0	(73.01)	392.0	(29.89)	320.0	(19.36)	670.0 u	(221.06)	503.0	(73.03)	612.0	(183.00)
Beer	662.0	(99.49)	609.0	(176.00)	444.0 u	(159.98)	468.0	(101.43)	960.0	(0.00)	2160.0	(0.00)
Wine	927.0	(177.29)	235.0	(0.00)	.	(.)	1080.0	(0.00)	235.0	(0.00)	.	(.)
Liquor	266.0	(64.09)	.	(.)	.	(.)	274.0 u	(90.14)	.	(.)	244.0	(58.86)
Water (plain)	715.0	(35.35)	593.0	(36.36)	575.0	(40.60)	813.0	(125.20)	627.0	(55.90)	819.0 *	(52.94)
Noncarbonated, sweetened drinks	464.0	(24.38)	422.0	(29.94)	417.0	(23.58)	511.0 *	(37.44)	457.0	(60.54)	512.0	(54.71)
Noncarbonated, low-calorie/sugar-free drinks	459.0	(112.02)	305.0	(34.26)	297.0	(30.90)	379.0	(38.43)	315.0	(54.81)	395.0	(106.27)
Energy drinks	459.0	(90.99)	470.0	(87.44)	510.0	(90.05)	456.0	(118.46)	347.0	(16.06)	509.0 u	(205.41)
Any soda	517.0	(20.16)	450.0	(19.33)	399.0	(22.46)	597.0 **	(71.58)	514.0	(39.39)	571.0	(41.98)
Soda, regular	511.0	(20.03)	445.0	(19.94)	397.0	(24.95)	629.0 **	(72.78)	505.0	(41.18)	547.0	(35.36)
Soda, sugar-free	412.0	(51.62)	384.0	(52.22)	384.0	(66.16)	296.0	(72.50)	384.0	(66.79)	472.0	(111.08)
Sweets and desserts (grams)	118.0	(3.98)	109.0	(4.84)	104.0	(6.46)	118.0	(7.67)	117.0	(10.53)	133.0	(7.10)
Sugar and sugar substitutes	10.2	(1.96)	12.3 u	(4.32)	9.7	(1.77)	17.7	(5.18)	17.5 u	(8.30)	5.1	(0.91)
Syrups/sweet toppings	34.2	(2.16)	29.6	(1.89)	30.2	(3.35)	40.6	(7.38)	28.4	(2.10)	38.7 *	(4.62)
Jelly	22.2	(4.00)	23.3	(6.98)	14.7	(3.49)	21.6 u	(7.36)	36.4 u	(12.57)	21.0	(3.48)
Jello	107.0	(4.35)	111.0	(7.10)	118.0	(10.29)	98.0	(3.19)	99.1	(7.25)	110.0	(7.75)
Candy	36.5	(2.26)	35.0	(3.17)	36.6	(4.40)	35.9	(4.05)	34.8	(3.09)	39.8	(4.82)
Ice cream	126.0	(7.94)	125.0	(7.69)	118.0	(11.58)	115.0	(12.26)	135.0	(13.71)	134.0	(15.14)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pudding	129.0	(10.14)	134.0	(9.85)	159.0	(21.36)	126.0	(19.31)	114.0	(3.18)	126.0	(19.88)
Ice/popsicles	133.0	(16.01)	120.0	(24.74)	110.0	(10.23)	164.0 ***	(11.53)	134.0 u	(49.51)	137.0	(24.66)
Sweet rolls	58.2	(6.79)	62.3	(5.23)	69.1	(6.12)	78.1	(12.21)	54.5	(11.34)	66.3	(11.96)
Cake/cupcakes	104.0	(8.71)	100.0	(12.54)	96.5	(19.36)	129.0	(17.45)	106.0	(12.21)	103.0	(12.66)
Cookies	39.0	(1.59)	36.0	(2.04)	36.4	(2.79)	47.1 *	(4.59)	34.0	(2.49)	40.5	(2.69)
Pies/cobblers	107.0	(25.25)	121.0	(22.33)	125.0	(30.72)	23.8 **	(2.11)	116.0 u	(46.98)	110.0 u	(34.56)
Pastries	81.8	(4.15)	87.9	(7.81)	97.3	(17.55)	69.9	(7.64)	83.8	(8.51)	80.3	(7.85)
Doughnuts	70.7	(4.91)	64.4	(7.08)	61.9	(8.44)	99.7 **	(9.34)	81.9	(17.08)	71.0	(8.39)
Salty snacks (grams)	42.8	(2.22)	41.7	(2.48)	42.0	(2.12)	49.7	(4.20)	38.1	(3.44)	43.0	(5.52)
Corn-based salty snacks	37.7	(1.49)	37.9	(2.69)	37.0	(2.65)	48.9 *	(4.79)	39.2	(4.91)	33.8	(1.56)
Pretzels/party mix	51.3	(12.37)	46.9	(9.82)	43.5	(5.89)	36.4	(7.24)	33.0	(5.23)	62.7 u	(24.38)
Popcorn	29.5	(2.35)	27.7	(2.46)	26.6	(3.52)	43.4	(8.92)	26.5	(3.60)	27.3	(3.57)
Potato chips	31.4	(1.56)	34.9	(1.90)	36.4	(1.98)	30.3	(2.89)	30.9	(2.85)	26.6	(2.72)
Added fats and oils (grams)	27.3	(2.77)	24.2	(2.90)	33.4	(5.19)	35.3	(9.15)	18.1	(2.96)	26.3	(4.17)
Butter	7.4	(0.58)	6.8	(0.61)	6.2	(0.70)	6.4	(0.76)	7.1	(0.87)	8.2	(1.12)
Margarine	8.6	(0.59)	8.1	(0.95)	10.3	(1.68)	11.0	(1.72)	6.8	(1.21)	7.8	(1.14)
Other added fats	65.4	(12.13)	59.5 u	(20.37)	73.8 u	(24.88)	110.0	(24.43)	32.6 u	(11.99)	43.0 u	(14.55)
Other added oils	24.8	(2.43)	.	(.)	.	(.)	.	(.)	.	(.)	24.8	(2.43)
Salad dressing	25.4	(4.01)	24.4	(5.59)	29.7	(6.94)	30.8	(8.55)	23.5 u	(7.16)	20.7	(3.67)
Mayonnaise	17.5 u	(7.07)	12.0	(2.37)	13.8	(2.75)	43.8 *	(12.26)	9.4 u	(3.30)	8.4	(1.29)
Gravy	50.5	(8.39)	51.7	(10.10)	67.4	(16.35)	68.2 u	(30.40)	37.8	(11.06)	43.9 u	(17.10)
Cream cheese	28.9	(5.01)	29.6 u	(9.17)	31.5 u	(10.23)	15.5	(4.38)	9.7	(0.00)	33.8 ***	(6.36)
Cream/sour cream	37.3	(6.51)	26.7	(7.74)	39.8 u	(18.26)	48.3	(6.72)	18.9 u	(7.22)	33.6	(6.87)
Other (grams)	27.1	(2.39)	26.0	(4.06)	21.1	(3.04)	28.1	(7.80)	31.6	(6.46)	28.2	(4.12)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	5–8 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	<i>833</i>	<i>-</i>	<i>548</i>	<i>-</i>	<i>353</i>	<i>-</i>	<i>113</i>	<i>-</i>	<i>163</i>	<i>-</i>	<i>159</i>	<i>-</i>
Grains (ounce eq.)	2.4	(0.16)	2.3	(0.16)	2.1	(0.14)	2.4	(0.20)	2.6	(0.30)	2.7	(0.28)
Whole grains ¹	1.2	(0.17)	1.1	(0.07)	1.1	(0.09)	0.5 ***	(0.13)	1.1	(0.10)	1.6	(0.42)
Refined grains	2.3	(0.13)	2.2	(0.16)	2.1	(0.16)	2.4	(0.20)	2.5	(0.28)	2.5	(0.22)
Bread	1.8	(0.11)	1.8	(0.15)	1.8	(0.24)	1.8	(0.18)	1.8	(0.36)	1.7	(0.18)
Rolls	1.2	(0.05)	1.2	(0.07)	1.2	(0.17)	1.2	(0.08)	1.2	(0.07)	0.9	(0.12)
English muffin	3.5	(0.49)	2.0	(0.00)	2.0	(0.00)	.	(.)	.	(.)	4.0	(0.00)
Bagels	3.7	(0.30)	.	(.)	.	(.)	2.3 u	(0.88)	.	(.)	3.9	(0.12)
Biscuits, scones, croissants	1.8	(0.39)	2.1	(0.36)	2.0	(0.27)	1.4 u	(0.80)	2.4 u	(1.25)	2.0	(0.00)
Muffins	1.5	(0.19)	1.5	(0.31)	1.7	(0.24)	2.4 **	(0.14)	1.2	(0.21)	1.4	(0.06)
Cornbread	0.7 u	(0.37)	0.6 u	(0.38)	.	(.)	.	(.)	0.5 u	(0.38)	1.2	(0.27)
Corn tortillas	1.8	(0.30)	1.8	(0.33)	1.9	(0.36)	0.8 **	(0.14)	0.6 u	(0.31)	.	(.)
Flour tortillas	1.8	(0.08)	1.8	(0.08)	1.8	(0.08)	2.1 ***	(0.00)	.	(.)	1.1	(0.00)
Taco shells	0.9	(0.02)	0.9	(0.02)	0.9	(0.00)	.	(.)	0.9	(0.02)	.	(.)
Crackers	1.3	(0.13)	1.6	(0.22)	1.3	(0.19)	1.2	(0.33)	1.9	(0.32)	1.1 *	(0.12)
Breakfast/granola bar	0.5	(0.06)	0.7	(0.04)	0.6	(0.08)	0.3 ***	(0.05)	0.6	(0.05)	0.4 *	(0.07)
Pancakes, waffles, French toast	1.8	(0.19)	1.5	(0.09)	1.4	(0.18)	1.2	(0.18)	1.6	(0.09)	2.2	(0.47)
Cold cereal	0.8	(0.05)	0.8	(0.03)	0.8	(0.04)	0.7	(0.13)	0.8	(0.07)	0.9	(0.13)
Hot cereal	2.3	(0.45)	1.8	(0.19)	2.2	(0.43)	.	(.)	1.7	(0.12)	2.7	(0.69)
Rice	1.6	(0.13)	1.4	(0.11)	1.4	(0.17)	1.8 u	(0.55)	1.3	(0.15)	1.8	(0.27)
Pasta	2.0	(0.23)	2.0	(0.52)	2.4	(0.29)	2.2	(0.44)	3.0	(0.04)	1.8 ***	(0.15)
Vegetables (cup eq.)	0.7	(0.06)	0.8	(0.09)	0.7	(0.08)	0.6	(0.11)	0.9	(0.18)	0.7	(0.08)
Raw vegetables	0.8	(0.14)	0.8	(0.21)	0.7	(0.16)	0.8	(0.17)	0.9 u	(0.42)	0.8	(0.16)
Raw lettuce/greens	0.2	(0.05)	0.3	(0.03)	0.3	(0.07)	.	(.)	0.2	(0.02)	0.1 ***	(0.00)
Raw carrots	0.5	(0.12)	0.6 u	(0.19)	0.4	(0.09)	0.8 *	(0.19)	0.8	(0.24)	0.3	(0.06)
Raw tomatoes	0.9 u	(0.36)	0.2	(0.06)	.	(.)	0.7	(0.00)	0.5	(0.00)	1.2 u	(0.45)
Raw cabbage/coleslaw	0.9	(0.07)	0.9	(0.08)	1.0	(0.10)	.	(.)	.	(.)	0.8	(0.00)
Other raw (higher in vitamins A and C) ²	0.2	(0.03)	0.2	(0.07)	0.4 u	(0.13)	.	(.)	0.6	(0.00)	0.1	(0.00)
Other raw (lower in vitamins A and C) ²	0.7 u	(0.22)	0.5 u	(0.27)	2.0 u	(0.99)	0.0	(0.00)	0.3	(0.08)	0.9 u	(0.39)
Salads (w/greens)	0.6	(0.09)	0.6	(0.13)	0.6	(0.14)	0.6	(0.16)	0.6	(0.18)	0.6	(0.07)
Cooked vegetables, excl. potatoes	0.4	(0.03)	0.4	(0.04)	0.4	(0.04)	0.3 u	(0.09)	0.5	(0.07)	0.3 *	(0.04)
Cooked green beans	0.3	(0.03)	0.3	(0.04)	0.3	(0.04)	0.5 u	(0.29)	0.4	(0.10)	0.3	(0.02)
Cooked corn	0.4	(0.05)	0.4	(0.05)	0.5	(0.05)	0.5 u	(0.19)	0.3	(0.09)	0.4	(0.08)
Cooked peas	0.3	(0.04)	0.3	(0.04)	0.3	(0.07)	0.5 *	(0.00)	0.3	(0.01)	0.5 ***	(0.03)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Cooked carrots	0.3 (0.05)	0.3 (0.07)	0.3 (0.08)	0.1 u (0.07)	0.2 u (0.14)	.	(.)					
Cooked broccoli	0.4 (0.10)	0.4 (0.10)	0.3 (0.05)	0.1 *** u (0.03)	0.5 (0.11)	0.7 (0.16)						
Cooked tomatoes	0.2 (0.02)	0.2 (0.03)	0.2 (0.05)	0.1 * (0.02)	0.2 (0.03)	0.1 (0.04)						
Cooked mixed	0.3 (0.06)	0.4 (0.05)	0.4 (0.05)	0.1 *** (0.00)	0.3 (0.00)	0.3 (0.00)						
Cooked starchy	0.4 (0.10)	0.2 (0.00)	0.2 (0.00)	0.6 u (0.23)	0.2 (0.00)	0.4 *** (0.02)						
Other cooked deep yellow	0.4 (0.09)	0.4 (0.09)	0.4 (0.06)	.	(.)	0.1 (0.00)	.	(.)				
Other cooked dark green	0.2 u (0.07)	0.2 u (0.07)	0.4 (0.08)	.	(.)	0.1 (0.00)	.	(.)				
Other cooked (higher in vitamins A and C) ²	0.5 u (0.20)	0.5 u (0.21)	0.7 u (0.29)	.	(.)	0.2 u (0.06)	0.3 ** (0.00)					
Other cooked (lower in vitamins A and C) ²	0.7 (0.14)	0.8 (0.12)	0.2 (0.00)	0.1 *** (0.00)	0.8 (0.12)	0.4 *** (0.00)						
Other fried	.	(.)	.	(.)	.	(.)	.	(.)				
Cooked potatoes	0.5 (0.05)	0.6 (0.09)	0.5 (0.05)	0.4 (0.06)	0.7 u (0.25)	0.6 (0.12)						
Cooked potatoes-not fried	0.8 (0.17)	0.8 (0.18)	0.6 (0.10)	0.3 *** (0.04)	1.3 u (0.49)	1.3 u (0.45)						
Cooked potatoes-fried	0.4 (0.03)	0.4 (0.03)	0.4 (0.04)	0.4 (0.07)	0.4 (0.05)	0.4 (0.05)						
Vegetable juice	0.5 u (0.25)	0.5 u (0.25)	0.5 u (0.25)	.	(.)	.	(.)					
Fruit and 100% fruit juice (cup eq.)	1.5 (0.07)	1.5 (0.07)	1.6 (0.13)	1.8 (0.30)	1.3 (0.12)	1.6 (0.17)						
Any whole fruit	1.1 (0.06)	1.1 (0.06)	1.1 (0.09)	1.4 (0.33)	0.9 (0.09)	1.2 (0.14)						
Fresh fruit	1.2 (0.07)	1.1 (0.07)	1.2 (0.10)	1.6 (0.38)	0.9 (0.10)	1.2 (0.13)						
Fresh orange	0.6 (0.07)	0.5 (0.04)	0.6 (0.06)	0.5 (0.05)	0.4 (0.04)	0.9 u (0.32)						
Fresh other citrus	0.4 (0.00)	0.4 (0.00)	.	(.)	0.4 (0.00)	.	(.)					
Fresh apple	1.3 (0.08)	1.3 (0.08)	1.4 (0.11)	1.2 (0.19)	1.2 (0.15)	1.3 (0.18)						
Fresh banana	0.9 (0.06)	0.8 (0.04)	0.9 (0.05)	0.7 (0.10)	0.8 (0.04)	1.2 (0.27)						
Fresh melon	0.4 (0.09)	0.3 u (0.09)	0.4 (0.02)	0.4 (0.09)	0.3 (0.00)	0.5 (0.11)						
Fresh watermelon	1.4 (0.32)	0.9 u (0.33)	1.5 u (0.48)	2.3 (0.63)	0.3 (0.04)	1.0 ** (0.22)						
Fresh grapes	0.7 (0.11)	0.5 (0.06)	0.4 (0.08)	0.8 (0.20)	0.7 (0.07)	0.9 (0.12)						
Fresh peach/nectarine	0.7 (0.08)	0.6 (0.12)	0.6 (0.15)	0.6 (0.09)	0.2 u (0.13)	0.8 *** (0.07)						
Fresh pear	0.7 (0.04)	0.7 (0.08)	0.8 (0.19)	0.5 (0.00)	0.5 u (0.19)	0.7 (0.03)						
Fresh berries	0.5 (0.06)	0.7 (0.13)	0.4 (0.05)	0.4 (0.13)	0.7 (0.20)	0.4 (0.04)						
Fresh pineapple	1.2 (0.27)	1.1 u (0.46)	0.6 (0.00)	1.1 (0.00)	0.5 (0.07)	.	(.)					
Other fresh fruit	0.4 (0.05)	0.5 (0.13)	0.6 u (0.26)	0.3 (0.05)	0.4 (0.02)	0.3 * (0.03)						
Avocado/guacamole	0.3 (0.02)	0.3 (0.04)	0.1 (0.00)	0.1 (0.00)	0.3 (0.00)	0.3 (0.00)						
Lemon/lime - any form	.	(.)	.	(.)	.	(.)						
Canned or frozen fruit, total	0.5 (0.04)	0.5 (0.05)	0.5 (0.05)	0.3 * (0.04)	0.6 (0.09)	0.5 (0.07)						
Canned or frozen in syrup	0.4 (0.06)	0.5 (0.06)	0.5 (0.10)	0.0 *** (0.00)	0.4 (0.07)	0.3 (0.09)						

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	0.5 (0.04)	0.5 (0.04)		0.5 (0.04)		0.4 (0.03)		0.6 (0.08)		0.6 (0.08)	
Applesauce, canned/ frozen apples	0.5 (0.03)	0.5 (0.04)		0.5 (0.05)		0.4 (0.02)		0.6 (0.10)		0.5 (0.05)	
Canned/frozen peaches	0.4 (0.04)	0.4 (0.07)		0.3 (0.03)		0.8 *** (0.00)		0.5 u (0.20)		0.4 (0.01)	
Canned/frozen pineapple	0.4 (0.04)	0.4 (0.04)		0.4 (0.07)		0.3 (0.02)		0.5 (0.02)		.	(.)
Other canned/frozen	0.4 (0.05)	0.5 (0.06)		0.5 (0.07)		0.2 * u (0.08)		0.5 (0.10)		0.3 (0.08)	
100% Fruit juice	1.0 (0.06)	1.0 (0.07)		1.1 (0.08)		1.2 (0.16)		1.0 (0.17)		1.0 (0.13)	
Non-citrus juice	1.1 (0.06)	1.0 (0.06)		1.0 (0.07)		1.4 (0.22)		1.2 (0.22)		1.1 (0.17)	
Citrus juice	0.8 (0.05)	0.8 (0.05)		0.9 (0.06)		0.8 (0.12)		0.7 (0.10)		0.7 (0.05)	
Dried fruit	0.5 u (0.21)	0.7 u (0.42)		0.8 u (0.55)		.	(.)	0.5 (0.00)		0.4 u (0.13)	
Milk and milk products (cup eq.)	1.9 (0.07)	2.0 (0.08)		2.1 (0.08)		1.5 ** (0.22)		1.9 (0.16)		1.8 (0.16)	
Cow's milk, total	1.7 (0.06)	1.8 (0.06)		1.9 (0.07)		1.2 *** (0.17)		1.7 (0.10)		1.6 (0.13)	
Unflavored white milk, total	1.3 (0.06)	1.4 (0.07)		1.4 (0.08)		1.1 (0.16)		1.3 (0.19)		1.3 (0.12)	
Unflavored whole milk	1.2 (0.09)	1.2 (0.12)		1.2 (0.12)		1.4 (0.25)		1.2 (0.24)		1.1 (0.12)	
Unflavored non-whole, total	1.3 (0.08)	1.3 (0.11)		1.3 (0.09)		0.9 * (0.15)		1.2 (0.21)		1.3 (0.14)	
2% milk, unflavored	1.2 (0.08)	1.3 (0.13)		1.3 (0.14)		0.8 * (0.18)		1.2 (0.21)		1.2 (0.11)	
1% milk, unflavored	1.0 (0.07)	0.9 (0.08)		1.0 (0.10)		1.1 (0.13)		0.8 (0.12)		1.2 ** (0.09)	
Skim milk, unflavored	1.5 (0.29)	1.4 (0.25)		1.5 (0.33)		1.0 (0.05)		1.3 (0.26)		1.6 u (0.51)	
Unflavored, fat not specified	1.0 (0.08)	1.1 (0.09)		1.1 (0.12)		0.7 * (0.11)		1.0 (0.03)		1.4 (0.35)	
Flavored milk, total	1.1 (0.04)	1.1 (0.03)		1.1 (0.05)		1.2 (0.12)		1.1 (0.04)		1.1 (0.14)	
Flavored, whole milk	1.2 (0.10)	1.2 (0.10)		1.2 (0.13)		0.9 * (0.01)		1.4 (0.18)		1.2 (0.18)	
Flavored non-whole, total	1.1 (0.05)	1.1 (0.04)		1.1 (0.07)		1.3 (0.14)		1.1 (0.04)		1.0 (0.13)	
2% milk, flavored	1.1 (0.06)	1.1 (0.05)		1.1 (0.09)		1.3 (0.14)		1.2 (0.08)		1.2 (0.15)	
1% milk, flavored	1.0 (0.04)	1.0 (0.05)		1.1 (0.08)		.	(.)	1.0 (0.05)		0.9 (0.05)	
Skim milk, flavored	0.7 u (0.30)	1.3 (0.26)		1.4 (0.30)		.	(.)	0.5 (0.00)		0.3 (0.00)	
Flavored, fat not specified	1.0 (0.04)	1.0 (0.05)		1.0 (0.07)		0.9 (0.08)		1.0 (0.06)		1.0 (0.00)	
Soymilk	1.2 (0.23)	0.8 (0.11)		0.9 (0.09)		.	(.)	0.4 u (0.24)		1.3 ** (0.24)	
Dry or evaporated milk	0.1 (0.01)	0.1 (0.00)		.	(.)	0.1 (0.00)		0.1 (0.00)		.	(.)
Yogurt	0.6 (0.07)	0.5 (0.04)		0.5 (0.06)		1.2 *** (0.18)		0.5 (0.02)		0.5 (0.09)	
Cheese	0.7 (0.09)	0.8 (0.12)		0.9 (0.21)		0.5 * (0.06)		0.7 (0.14)		0.7 (0.17)	
Meat and meat alternates (oz. eq.)	2.6 (0.17)	2.6 (0.13)		2.6 (0.17)		2.3 (0.25)		2.5 (0.22)		2.7 (0.42)	
Beef	2.5 (0.34)	2.3 (0.24)		2.2 (0.29)		1.5 u (0.72)		1.6 (0.41)		2.6 (0.63)	
Ground beef	2.7 (0.27)	2.6 (0.49)		2.5 (0.19)		.	(.)	2.7 u (1.30)		2.8 (0.00)	
Pork	2.5 (0.32)	1.9 (0.28)		1.8 (0.23)		3.0 *** (0.24)		1.9 u (0.57)		.	(.)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	5–8 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	2.1 u	(0.67)	3.5	(0.00)	3.5	(0.00)	2.9	(0.00)	.	(.)	0.9	(0.00)
Lamb and misc. meats	5.1	(0.00)	.	(.)	.	(.)	5.1	(0.00)	.	(.)	.	(.)
Chicken	2.1	(0.11)	2.2	(0.12)	2.3	(0.18)	1.4 ***	(0.19)	2.2	(0.13)	2.2	(0.27)
Turkey	2.5	(0.29)	2.5	(0.24)	3.1 u	(1.10)	6.6 **	(0.00)	2.4	(0.04)	0.9 ***	(0.00)
Organ meats	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Hot dogs	1.8	(0.38)	1.4	(0.32)	1.4	(0.38)	2.4 *	(0.36)	1.7	(0.04)	1.6 *	(0.00)
Cold cuts	1.7	(0.38)	2.4	(0.58)	1.5	(0.37)	1.5	(0.16)	3.4	(0.06)	1.3 *** u	(0.43)
Fish	2.0	(0.47)	1.7	(0.35)	2.2	(0.59)	4.0 u	(1.41)	1.4	(0.40)	1.2	(0.17)
Shellfish	1.2	(0.25)	1.5	(0.31)	1.8	(0.44)	0.3 ***	(0.00)	1.3 u	(0.51)	0.8 u	(0.29)
Bacon/sausage	1.1	(0.25)	0.8 u	(0.27)	1.2 u	(0.42)	0.5	(0.13)	0.4 u	(0.14)	1.7 ***	(0.31)
Eggs	1.7	(0.29)	1.3	(0.22)	1.4	(0.20)	1.1	(0.16)	1.0 u	(0.32)	2.6 *	(0.65)
Beans	0.5	(0.08)	0.5	(0.06)	0.5	(0.06)	0.6 u	(0.25)	0.4 u	(0.14)	0.4 u	(0.21)
Baked/refried beans	0.3 u	(0.11)	0.4	(0.11)	0.3 u	(0.18)	0.6 u	(0.22)	0.5	(0.12)	0.1 **	(0.00)
Soy products	1.2 u	(0.45)	2.8	(0.00)	.	(.)	.	(.)	2.8	(0.00)	0.8	(0.00)
Protein/meal enhancement	0.0 u	(0.03)	0.0 u	(0.01)	.	(.)	0.2	(0.00)	0.0 u	(0.01)	0.0	(0.00)
Nuts	3.9 u	(1.50)	2.3	(0.22)	1.8 u	(0.61)	1.1 u	(0.37)	2.5	(0.02)	5.1 u	(1.73)
Peanut/almond butter	1.2	(0.28)	0.7	(0.19)	0.7	(0.09)	0.1 *** u	(0.06)	0.7 u	(0.28)	1.6 *	(0.29)
Seeds	0.9 u	(0.56)	0.8	(0.00)	.	(.)	.	(.)	.	(.)	0.3 u	(0.22)
Mixed dishes (grams)	276.0	(11.39)	282.0	(10.68)	289.0	(13.41)	272.0	(32.25)	292.0	(15.03)	275.0	(24.19)
Tomato sauce and meat (no pasta)	243.0	(22.60)	146.0	(19.78)	125.0	(0.00)	265.0	(0.00)	187.0	(0.00)	.	(.)
Chili con carne	241.0	(24.88)	250.0	(23.55)	96.2	(4.60)	.	(.)	272.0	(13.90)	190.0 ***	(0.00)
Meat mixtures w/ red meat	132.0	(9.57)	145.0	(15.55)	162.0	(18.78)	110.0 **	(7.40)	127.0	(28.37)	118.0	(19.97)
Meat mixtures w/ chicken/turkey	158.0	(14.96)	191.0	(23.98)	226.0	(37.37)	149.0	(36.26)	195.0	(50.31)	121.0	(16.33)
Meat mixtures w/ fish	189.0	(51.15)	127.0	(31.11)	121.0	(19.94)	156.0	(0.00)	143.0 u	(100.50)	211.0	(58.58)
Hamburgers/cheeseburgers	128.0	(6.85)	126.0	(8.62)	113.0	(10.97)	152.0	(26.44)	148.0	(15.69)	123.0	(11.63)
Other sandwiches	115.0	(4.56)	125.0	(6.36)	124.0	(7.65)	113.0	(10.16)	127.0	(11.18)	101.0 *	(6.43)
Hot dogs	118.0	(10.68)	121.0	(11.67)	121.0	(9.36)	141.0	(23.71)	122.0	(26.73)	88.8	(13.92)
Luncheon meat	115.0	(7.45)	127.0	(8.83)	121.0	(18.95)	98.5	(11.88)	133.0	(6.79)	104.0 *	(10.29)
Beef, pork, ham	105.0	(14.49)	98.1	(10.78)	105.0	(13.65)	109.0	(7.00)	78.0	(12.26)	91.6 u	(66.88)
Chicken, turkey	104.0	(15.18)	131.0	(16.61)	132.0	(20.78)	130.0	(15.27)	115.0	(22.70)	77.9	(12.15)
Cheese (no meat)	89.7	(6.81)	76.7	(6.27)	76.6	(8.28)	84.8	(12.69)	72.7	(4.23)	107.0 ***	(5.78)
Fish	123.0	(8.48)	127.0	(10.22)	150.0	(5.18)	113.0 ***	(0.00)	102.0	(13.15)	.	(.)
Peanut butter	72.8	(4.61)	75.9	(9.65)	75.1	(10.84)	71.9	(7.01)	69.0	(2.74)	73.4	(6.32)
Breakfast sandwiches	119.0	(9.39)	113.0	(16.60)	97.1	(23.05)	116.0	(14.40)	.	(.)	128.0	(0.16)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	5–8 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pizza (no meat)	116.0	(11.60)	119.0	(6.97)	116.0	(8.22)	223.0	(58.71)	128.0	(19.84)	115.0 u	(35.28)
Pizza w/ meat	147.0	(15.37)	125.0	(6.88)	120.0	(7.78)	255.0 u	(81.08)	135.0	(13.63)	157.0	(33.94)
Mexican entrees	164.0	(15.77)	126.0	(12.05)	137.0	(14.93)	168.0	(17.10)	102.0	(13.06)	275.0 ***	(43.46)
Macaroni and cheese	217.0	(27.57)	202.0	(43.70)	156.0	(24.10)	129.0	(21.03)	250.0	(71.91)	240.0	(40.42)
Pasta dishes	227.0	(26.06)	218.0	(26.12)	250.0	(39.14)	246.0	(29.64)	199.0	(51.74)	243.0	(70.87)
Rice dishes	136.0	(26.79)	174.0	(36.46)	147.0	(26.96)	152.0	(20.99)	212.0 u	(79.75)	50.1 * u	(16.25)
Other grain mixtures	117.0	(23.21)	94.9	(20.59)	145.0 u	(60.96)	.	(.)	87.2 u	(27.09)	132.0	(33.58)
Meat soup	303.0	(35.52)	323.0	(53.45)	350.0	(56.65)	306.0	(86.16)	194.0 u	(89.48)	267.0	(9.13)
Bean soup	332.0	(0.00)	332.0	(0.00)	332.0	(0.00)	.	(.)	.	(.)	.	(.)
Grain soups	320.0	(34.84)	326.0	(32.36)	291.0	(36.03)	284.0	(67.42)	396.0	(27.62)	320.0	(93.09)
Vegetables mixtures (incl. soup)	120.0	(17.89)	128.0	(24.92)	125.0	(29.80)	75.4	(11.64)	132.0 u	(39.74)	127.0	(32.81)
Entrée salads	78.9 u	(23.97)	78.8 u	(24.19)	131.0	(23.57)	.	(.)	100.0	(3.31)	85.5 ***	(0.00)
Beverages excluding milk and 100% fruit juice (grams)	729.0	(32.73)	638.0	(27.32)	650.0	(30.83)	777.0	(58.26)	645.0	(44.97)	849.0 *	(77.54)
Coffee	167.0 u	(54.20)	148.0 u	(91.88)	148.0 u	(91.88)	204.0	(32.49)	.	(.)	59.2	(0.00)
Tea	276.0	(22.38)	303.0	(29.81)	232.0	(39.33)	292.0	(34.36)	478.0	(79.58)	222.0 **	(59.12)
Beer	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Wine	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Liquor	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Water (plain)	479.0	(28.97)	447.0	(31.15)	447.0	(38.72)	437.0	(38.26)	462.0	(44.30)	526.0	(65.50)
Noncarbonated, sweetened drinks	303.0	(17.66)	291.0	(15.55)	336.0	(22.42)	329.0	(26.87)	260.0	(25.02)	321.0	(49.29)
Noncarbonated, low-calorie/sugar-free drinks	400.0	(100.19)	270.0	(32.67)	336.0	(64.46)	363.0	(65.98)	231.0	(26.76)	576.0 u	(220.06)
Energy drinks	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Any soda	293.0	(12.50)	295.0	(16.28)	311.0	(20.14)	306.0	(55.18)	270.0	(30.60)	286.0	(19.89)
Soda, regular	293.0	(12.21)	291.0	(16.76)	307.0	(21.04)	302.0	(52.27)	269.0	(31.61)	298.0	(20.59)
Soda, sugar-free	234.0	(32.91)	281.0	(61.16)	319.0	(68.99)	222.0 u	(81.01)	168.0	(25.94)	211.0	(32.41)
Sweets and desserts (grams)	121.0	(7.86)	105.0	(8.36)	106.0	(12.79)	112.0	(14.85)	107.0	(13.66)	147.0	(17.54)
Sugar and sugar substitutes	6.1	(1.10)	7.5	(1.23)	7.8	(1.24)	9.2 u	(4.77)	10.0	(2.51)	3.8 * u	(1.76)
Syrups/sweet toppings	31.8	(3.58)	30.4	(3.43)	32.9	(5.88)	23.2	(3.10)	26.9	(4.02)	33.8	(7.33)
Jelly	17.3	(3.26)	14.7 u	(4.56)	17.0 u	(7.16)	26.7 u	(14.46)	12.1	(0.49)	18.7 ***	(0.00)
Jello	112.0	(4.75)	117.0	(5.10)	121.0	(4.28)	102.0 ***	(3.71)	108.0	(9.33)	120.0	(0.00)
Candy	34.9	(3.33)	32.7	(3.20)	30.1	(4.57)	31.6	(4.86)	37.3	(5.63)	41.5	(10.44)
Ice cream	125.0	(13.20)	112.0	(9.68)	111.0	(14.74)	107.0	(7.54)	116.0	(17.14)	144.0	(27.42)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	113.0 (9.52)	135.0 (22.52)	153.0 (35.25)	107.0 (1.96)	104.0 (9.64)	102.0 (10.35)					
Ice/popsicles	107.0 (11.11)	94.5 (11.49)	114.0 (16.02)	189.0 * (26.45)	61.8 (7.50)	100.0 * (15.13)					
Sweet rolls	64.4 (9.77)	68.8 (9.51)	73.4 (7.09)	38.7 *** (6.34)	70.8 u (35.09)	63.7 u (21.96)					
Cake/cupcakes	98.3 (11.25)	96.8 (13.48)	84.2 (21.86)	91.2 (11.09)	112.0 (14.23)	106.0 u (34.75)					
Cookies	38.2 (2.52)	36.6 (2.71)	35.7 (3.02)	37.9 (7.12)	37.6 (5.61)	40.7 (5.49)					
Pies/cobblers	66.7 u (41.08)	113.0 u (73.02)	257.0 u (90.97)	. (.)	40.6 (0.00)	37.5 u (21.43)					
Pastries	79.6 (9.00)	84.6 (15.97)	72.1 (8.66)	87.4 (17.44)	98.6 u (30.80)	68.4 (5.70)					
Doughnuts	69.9 (9.59)	75.6 (12.95)	74.7 (15.43)	87.5 (6.32)	93.8 (21.58)	62.7 (14.00)					
Salty snacks (grams)	39.5 (3.27)	45.1 (5.12)	42.2 (3.11)	43.4 (5.57)	42.4 (8.35)	32.5 (4.48)					
Corn-based salty snacks	37.0 (3.03)	43.4 (5.67)	37.6 (3.09)	40.3 (7.03)	51.7 (12.12)	29.8 (3.04)					
Pretzels/party mix	46.6 (11.40)	62.4 u (25.73)	38.3 (7.03)	40.4 u (15.19)	36.7 (6.75)	43.5 (6.75)					
Popcorn	23.0 (3.06)	26.7 (3.51)	25.8 (5.00)	31.9 (6.11)	24.4 (5.15)	13.5 (3.18)					
Potato chips	27.9 (2.45)	31.1 (2.02)	37.4 (2.75)	32.3 (3.47)	23.7 (2.75)	19.0 (4.61)					
Added fats and oils (grams)	17.7 (1.96)	16.5 (2.44)	23.2 (4.47)	24.5 u (9.68)	11.9 (1.48)	17.6 (3.31)					
Butter	6.7 (0.57)	7.9 (1.02)	6.6 (1.08)	5.0 (1.31)	8.7 (1.35)	5.9 (1.01)					
Margarine	8.3 (0.86)	7.0 (0.57)	8.4 (1.64)	13.6 (3.34)	6.3 (0.94)	7.9 (0.98)					
Other added fats	25.8 (7.18)	44.1 (12.59)	38.6 u (16.76)	5.3 * (0.00)	48.3 u (18.62)	14.7 (1.92)					
Other added oils	13.5 (0.00)	. (.)	. (.)	. (.)	. (.)	13.5 (0.00)					
Salad dressing	18.8 (3.81)	21.6 (4.88)	27.3 (8.14)	5.5 * u (3.33)	17.2 (4.17)	21.3 u (6.61)					
Mayonnaise	10.3 (1.02)	17.0 (4.19)	9.2 (0.00)	. (.)	19.8 (4.77)	9.3 * (0.57)					
Gravy	37.3 u (11.50)	26.5 (5.49)	36.2 (8.74)	200.0 *** (38.68)	15.9 (1.88)	28.7 u (12.10)					
Cream cheese	25.5 (2.89)	. (.)	. (.)	13.2 (1.58)	. (.)	28.1 (1.16)					
Cream/sour cream	22.2 (5.65)	22.8 u (8.49)	54.1 (14.95)	56.6 (5.42)	8.9 u (4.51)	19.9 u (7.20)					
Other (grams)	22.1 (3.43)	21.3 (4.24)	21.9 (5.04)	25.3 u (14.32)	18.6 u (6.80)	22.4 (5.76)					

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Grains (ounce eq.)	2.8	(0.14)	2.8	(0.22)	2.5	(0.16)	2.4	(0.19)	3.1	(0.40)	2.8	(0.20)
Whole grains ¹	1.2	(0.08)	1.2	(0.10)	1.2	(0.17)	1.5 u	(0.50)	1.3	(0.20)	1.2	(0.16)
Refined grains	2.8	(0.15)	2.7	(0.21)	2.4	(0.16)	2.4	(0.20)	3.0	(0.43)	2.9	(0.23)
Bread	2.2	(0.27)	2.4	(0.50)	1.7	(0.21)	1.4	(0.10)	3.2	(0.90)	1.9	(0.24)
Rolls	1.7	(0.23)	1.6	(0.26)	1.3	(0.10)	1.7	(0.27)	2.0	(0.41)	1.8	(0.22)
English muffin	2.0	(0.00)	2.0	(0.00)	2.0	(0.00)	.	(.)	.	(.)	2.0	(0.00)
Bagels	3.7	(0.23)	3.9	(0.38)	4.4	(0.34)	3.2 **	(0.29)	3.4	(0.57)	3.6	(0.37)
Biscuits, scones, croissants	2.0	(0.38)	2.2	(0.31)	2.2	(0.34)	1.2 **	(0.20)	2.1	(0.23)	1.6	(0.17)
Muffins	2.9	(0.59)	3.4 u	(1.01)	1.7	(0.20)	2.4 u	(0.75)	4.3	(1.24)	2.1	(0.35)
Cornbread	1.5	(0.17)	1.4	(0.24)	1.4	(0.32)	1.5	(0.13)	1.5	(0.09)	1.7	(0.30)
Corn tortillas	2.6	(0.14)	2.6	(0.20)	2.6	(0.22)	2.8	(0.20)	2.0	(0.00)	2.6 ***	(0.15)
Flour tortillas	2.3	(0.49)	2.4	(0.29)	2.4	(0.29)	0.7 * u	(0.68)	1.3	(0.00)	2.4 ***	(0.16)
Taco shells	2.6	(0.09)	2.6	(0.08)	2.7	(0.01)	2.1	(0.58)	1.4	(0.00)	.	(.)
Crackers	1.3	(0.14)	1.2	(0.15)	1.0	(0.11)	1.9	(0.51)	1.4	(0.31)	1.3	(0.27)
Breakfast/granola bar	0.5	(0.06)	0.6	(0.05)	0.6	(0.07)	0.3 ***	(0.04)	0.6	(0.05)	0.6	(0.08)
Pancakes, waffles, French toast	2.4	(0.21)	2.0	(0.11)	2.0	(0.16)	2.5	(0.47)	2.1	(0.18)	2.7	(0.39)
Cold cereal	0.9	(0.05)	0.9	(0.05)	0.7	(0.05)	1.1 **	(0.10)	1.0	(0.08)	0.9	(0.08)
Hot cereal	1.9	(0.18)	1.9	(0.21)	2.0	(0.24)	1.9	(0.24)	1.6	(0.25)	1.8	(0.24)
Rice	1.7	(0.13)	2.0	(0.16)	2.1	(0.21)	1.6 u	(0.49)	1.2	(0.14)	1.4	(0.32)
Pasta	2.3	(0.31)	2.9 u	(1.01)	4.4	(0.00)	2.6	(0.00)	2.7 u	(1.08)	2.8	(0.47)
Vegetables (cup eq.)	0.8	(0.05)	0.8	(0.06)	0.8	(0.07)	0.6 **	(0.05)	0.8	(0.13)	1.0	(0.10)
Raw vegetables	0.7	(0.06)	0.7	(0.08)	0.7	(0.08)	0.6	(0.08)	0.7	(0.10)	0.7	(0.07)
Raw lettuce/greens	0.4	(0.07)	0.3	(0.05)	0.3	(0.05)	0.5 **	(0.00)	0.2	(0.00)	1.7	(0.00)
Raw carrots	0.5	(0.06)	0.5	(0.10)	0.5	(0.08)	0.5	(0.02)	0.6 u	(0.18)	0.5	(0.08)
Raw tomatoes	0.4	(0.09)	0.6	(0.05)	0.6	(0.05)	0.4 ***	(0.00)	.	(.)	0.3 u	(0.13)
Raw cabbage/coleslaw	0.8	(0.11)	1.6	(0.00)	1.6	(0.00)	.	(.)	.	(.)	0.8	(0.11)
Other raw (higher in vitamins A and C) ²	0.7	(0.12)	0.8	(0.17)	0.6	(0.16)	.	(.)	1.1	(0.27)	0.6	(0.16)
Other raw (lower in vitamins A and C) ²	0.3	(0.06)	0.3	(0.06)	0.3 u	(0.12)	0.4	(0.04)	0.2 u	(0.07)	0.4	(0.07)
Salads (w/greens)	0.7	(0.09)	0.7	(0.09)	0.7	(0.10)	0.6	(0.11)	0.7	(0.15)	0.8	(0.16)
Cooked vegetables, excl. potatoes	0.4	(0.04)	0.4	(0.04)	0.5	(0.05)	0.2 ***	(0.05)	0.3	(0.07)	0.5	(0.08)
Cooked green beans	0.6	(0.07)	0.6	(0.08)	0.6	(0.09)	0.3 ***	(0.00)	0.7	(0.12)	0.7	(0.12)
Cooked corn	0.5	(0.04)	0.4	(0.05)	0.4	(0.06)	0.3	(0.05)	0.5	(0.07)	0.5	(0.05)
Cooked peas	0.4	(0.10)	0.4 u	(0.14)	0.4 u	(0.14)	.	(.)	.	(.)	0.4	(0.03)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
	Mean	Standard error	Mean	Standard error	NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
					Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.3	(0.05)	0.3	(0.08)	0.3 u	(0.12)	0.1	(0.00)	0.2	(0.05)	0.2	(0.00)
Cooked broccoli	0.5	(0.08)	0.5	(0.10)	0.5	(0.10)	0.4	(0.09)	0.5 u	(0.17)	0.5	(0.03)
Cooked tomatoes	0.2	(0.02)	0.1	(0.02)	0.1	(0.02)	0.1 u	(0.05)	0.1	(0.02)	0.2 u	(0.06)
Cooked mixed	0.5	(0.09)	0.5	(0.09)	0.3 u	(0.20)	.	(.)	0.5	(0.12)	0.7 *	(0.00)
Cooked starchy	0.6 u	(0.29)	0.6 u	(0.29)	1.3	(0.11)	.	(.)	0.3	(0.00)	.	(.)
Other cooked deep yellow	0.6	(0.10)	0.5	(0.07)	0.5	(0.07)	0.2 **	(0.00)	0.7	(0.00)	1.1	(0.00)
Other cooked dark green	0.7	(0.15)	0.6 u	(0.20)	0.6 u	(0.20)	0.1 *	(0.00)	.	(.)	1.0	(0.23)
Other cooked (higher in vitamins A and C) ²	0.3	(0.06)	0.3	(0.03)	0.5	(0.00)	0.3 u	(0.11)	0.4	(0.12)	0.3	(0.03)
Other cooked (lower in vitamins A and C) ²	0.3	(0.09)	0.5	(0.08)	0.3 u	(0.14)	.	(.)	0.5	(0.00)	0.2 ** u	(0.11)
Other fried	0.6	(0.12)	0.6	(0.12)	0.6	(0.12)	.	(.)	.	(.)	.	(.)
Cooked potatoes	0.6	(0.04)	0.6	(0.05)	0.6	(0.05)	0.5	(0.06)	0.6	(0.09)	0.7	(0.10)
Cooked potatoes-not fried	0.9	(0.09)	0.8	(0.11)	0.8	(0.16)	0.6	(0.09)	0.9	(0.09)	1.0	(0.21)
Cooked potatoes-fried	0.4	(0.04)	0.4	(0.05)	0.4	(0.02)	0.4	(0.04)	0.5	(0.11)	0.4	(0.07)
Vegetable juice	1.4 u	(0.64)	0.8	(0.00)	0.8	(0.00)	.	(.)	.	(.)	2.3	(0.04)
Fruit and 100% fruit juice (cup eq.)	1.5	(0.07)	1.5	(0.11)	1.6	(0.11)	1.4	(0.13)	1.3	(0.20)	1.5	(0.10)
Any whole fruit	1.1	(0.04)	1.2	(0.06)	1.3	(0.09)	0.9 **	(0.12)	1.0	(0.08)	1.1	(0.08)
Fresh fruit	1.2	(0.05)	1.3	(0.06)	1.5	(0.09)	1.0 **	(0.15)	1.2	(0.09)	1.1	(0.09)
Fresh orange	0.7	(0.06)	0.7	(0.10)	0.8	(0.12)	0.6	(0.08)	0.5	(0.09)	0.6	(0.05)
Fresh other citrus	1.7	(0.50)	0.6	(0.00)	.	(.)	2.0	(0.49)	0.6	(0.00)	.	(.)
Fresh apple	1.3	(0.07)	1.4	(0.07)	1.4	(0.12)	1.2	(0.17)	1.4	(0.10)	1.2	(0.16)
Fresh banana	0.8	(0.08)	0.9	(0.12)	1.0	(0.17)	0.6 *	(0.11)	0.7	(0.03)	0.8	(0.05)
Fresh melon	0.8	(0.10)	0.6	(0.08)	0.7	(0.06)	1.1 *	(0.14)	0.2	(0.00)	1.0 **	(0.28)
Fresh watermelon	1.1	(0.15)	1.0	(0.18)	0.7	(0.09)	1.3 u	(0.54)	1.2	(0.08)	1.0	(0.20)
Fresh grapes	0.6	(0.07)	0.6	(0.08)	0.7	(0.10)	0.7 u	(0.21)	0.6	(0.12)	0.7	(0.12)
Fresh peach/nectarine	0.9	(0.08)	0.8	(0.07)	0.9	(0.05)	0.6 * u	(0.17)	0.6	(0.13)	1.1 ***	(0.00)
Fresh pear	0.7	(0.08)	0.8	(0.08)	0.8	(0.11)	0.3 ***	(0.00)	0.5 u	(0.22)	0.9	(0.07)
Fresh berries	0.5	(0.10)	0.5	(0.08)	0.5	(0.16)	0.3	(0.05)	0.5	(0.10)	0.7	(0.13)
Fresh pineapple	0.3	(0.07)	0.3	(0.07)	0.3 u	(0.10)	.	(.)	0.4	(0.03)	0.3 *	(0.00)
Other fresh fruit	0.7	(0.13)	1.0	(0.16)	1.3	(0.23)	0.8	(0.18)	1.0	(0.20)	0.5 *	(0.06)
Avocado/guacamole	0.3	(0.00)	0.3	(0.00)	.	(.)	.	(.)	0.3	(0.00)	.	(.)
Lemon/lime - any form	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Canned or frozen fruit, total	0.5	(0.03)	0.5	(0.05)	0.5	(0.08)	0.4	(0.04)	0.4	(0.03)	0.4	(0.05)
Canned or frozen in syrup	0.3	(0.07)	0.3	(0.08)	0.3 u	(0.10)	0.4	(0.00)	0.2	(0.05)	0.4 *	(0.09)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	9–13 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	0.5	(0.03)	0.5	(0.05)	0.6	(0.07)	0.4 *	(0.05)	0.4	(0.03)	0.4	(0.06)
Applesauce, canned/ frozen apples	0.4	(0.03)	0.5	(0.05)	0.5	(0.12)	0.4	(0.05)	0.5	(0.04)	0.4	(0.07)
Canned/frozen peaches	0.4	(0.04)	0.4	(0.05)	0.4	(0.07)	0.5	(0.07)	0.4	(0.04)	0.2 ***	(0.01)
Canned/frozen pineapple	0.4	(0.07)	0.4	(0.08)	0.6	(0.11)	.	(.)	0.3	(0.07)	0.3	(0.01)
Other canned/frozen	0.4	(0.06)	0.4	(0.07)	0.4	(0.10)	0.4	(0.02)	0.3	(0.04)	0.3 u	(0.12)
100% Fruit juice	1.1	(0.10)	1.0	(0.14)	1.0	(0.12)	1.2	(0.18)	1.3	(0.29)	1.2	(0.16)
Non-citrus juice	1.1	(0.08)	1.0	(0.12)	1.0	(0.16)	1.0	(0.11)	1.0	(0.13)	1.1	(0.14)
Citrus juice	1.0	(0.11)	0.9	(0.12)	0.7	(0.09)	1.4	(0.31)	1.1	(0.14)	1.2	(0.30)
Dried fruit	0.2 u	(0.06)	0.1 u	(0.04)	0.1 u	(0.09)	0.2	(0.01)	0.1	(0.00)	0.2 u	(0.15)
Milk and milk products (cup eq.)	1.7	(0.08)	1.9	(0.13)	1.7	(0.07)	1.4 *	(0.15)	2.1	(0.30)	1.5 *	(0.13)
Cow's milk, total	1.6	(0.08)	1.8	(0.13)	1.6	(0.06)	1.3	(0.15)	2.0	(0.27)	1.3 *	(0.12)
Unflavored white milk, total	1.4	(0.10)	1.5	(0.18)	1.3	(0.06)	1.2	(0.16)	1.6	(0.38)	1.2	(0.11)
Unflavored whole milk	1.6	(0.36)	2.0 u	(0.66)	1.3	(0.09)	1.4	(0.30)	4.2 u	(1.42)	0.9 *	(0.17)
Unflavored non-whole, total	1.3	(0.06)	1.3	(0.09)	1.3	(0.08)	1.1	(0.16)	1.2	(0.11)	1.3	(0.12)
2% milk, unflavored	1.2	(0.07)	1.2	(0.09)	1.2	(0.09)	1.0	(0.12)	1.1	(0.08)	1.3	(0.16)
1% milk, unflavored	1.2	(0.11)	1.0	(0.12)	1.1	(0.15)	1.6	(0.48)	1.0	(0.19)	1.3	(0.20)
Skim milk, unflavored	1.4	(0.16)	1.5	(0.21)	1.5	(0.27)	1.7 u	(1.01)	1.5	(0.25)	1.2	(0.18)
Unflavored, fat not specified	1.0	(0.08)	1.1	(0.11)	1.1	(0.12)	0.9	(0.09)	1.0	(0.24)	1.0 u	(0.31)
Flavored milk, total	1.1	(0.04)	1.1	(0.04)	1.0	(0.06)	1.8	(0.46)	1.1	(0.05)	1.2	(0.14)
Flavored, whole milk	1.1	(0.05)	1.1	(0.05)	1.1	(0.07)	2.0 ***	(0.00)	1.1	(0.07)	0.9	(0.00)
Flavored non-whole, total	1.1	(0.05)	1.1	(0.05)	1.1	(0.08)	1.7 u	(0.83)	1.2	(0.07)	1.0	(0.13)
2% milk, flavored	1.1	(0.08)	1.1	(0.08)	1.1	(0.13)	2.3 u	(1.27)	1.2	(0.10)	0.9 *	(0.06)
1% milk, flavored	1.0	(0.06)	1.0	(0.05)	1.0	(0.06)	1.0	(0.00)	1.1	(0.07)	1.0	(0.23)
Skim milk, flavored	1.0	(0.03)	1.0	(0.03)	0.9	(0.05)	.	(.)	1.0	(0.00)	1.0	(0.00)
Flavored, fat not specified	1.1	(0.09)	1.0	(0.08)	0.9	(0.08)	1.8 ***	(0.11)	1.2	(0.15)	1.5	(0.29)
Soy milk	0.7	(0.18)	0.6 u	(0.17)	0.7	(0.00)	0.9	(0.00)	0.4 u	(0.20)	0.8 u	(0.26)
Dry or evaporated milk	0.5	(0.00)	.	(.)	.	(.)	0.5	(0.00)	.	(.)	.	(.)
Yogurt	0.6	(0.08)	0.6	(0.07)	0.7	(0.06)	0.4 u	(0.21)	0.6	(0.12)	0.7	(0.17)
Cheese	0.8	(0.09)	0.9	(0.13)	0.9	(0.15)	0.8	(0.14)	0.9	(0.20)	0.8	(0.21)
Meat and meat alternates (oz. eq.)	3.3	(0.24)	3.4	(0.27)	3.6	(0.43)	3.9	(0.64)	3.3	(0.35)	3.0	(0.36)
Beef	2.7	(0.34)	3.0	(0.42)	2.9	(0.54)	3.1	(0.80)	3.2	(0.65)	2.0	(0.34)
Ground beef	2.6	(0.34)	2.6	(0.34)	2.7	(0.00)	.	(.)	2.5	(0.64)	.	(.)
Pork	3.1	(0.36)	3.1	(0.47)	2.5	(0.22)	2.3	(0.47)	3.8	(0.66)	3.4	(0.58)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.9 u (0.33)	1.0 u (0.43)		1.0 u (0.43)		0.6 u (0.28)		.	(.)	.	(.)
Lamb and misc. meats	1.8 u (0.98)	4.1 (0.00)		4.1 (0.00)		2.6 (0.00)		.	(.)	0.7 (0.00)	
Chicken	3.0 (0.25)	3.0 (0.35)		3.3 (0.47)		3.4 (0.63)		2.6 (0.51)		2.6 (0.21)	
Turkey	4.3 (0.33)	2.1 (0.46)		1.9 (0.51)		7.1 *** (0.78)		2.4 u (0.93)		4.5 * (0.06)	
Organ meats	.	(.)		.	(.)	.	(.)	.	(.)	.	(.)
Hot dogs	1.9 (0.27)	1.9 (0.26)		2.1 (0.47)		2.9 (0.20)		1.6 (0.01)		5.9 *** (0.00)	
Cold cuts	2.1 (0.36)	2.8 (0.49)		2.4 u (0.72)		1.0 (0.11)		3.0 (0.47)		1.6 ** (0.14)	
Fish	2.4 (0.33)	2.6 (0.49)		3.7 (0.51)		1.8 ** (0.41)		2.1 (0.43)		2.8 (0.62)	
Shellfish	1.9 (0.43)	2.0 (0.53)		1.8 u (0.66)		3.1 u (1.18)		1.3 (0.24)		1.6 u (0.75)	
Bacon/sausage	1.2 (0.21)	1.4 (0.34)		1.8 u (0.54)		1.7 (0.42)		1.0 u (0.34)		0.9 (0.25)	
Eggs	2.2 (0.27)	1.6 (0.11)		1.5 (0.12)		2.3 * (0.37)		1.9 (0.38)		2.8 (0.46)	
Beans	0.6 (0.07)	0.6 (0.09)		0.7 (0.11)		0.7 (0.07)		0.3 (0.06)		0.6 (0.17)	
Baked/refried beans	0.4 (0.06)	0.4 (0.07)		0.5 (0.09)		0.3 (0.01)		0.2 (0.00)		0.3 u (0.09)	
Soy products	.	(.)		.	(.)	.	(.)	.	(.)	.	(.)
Protein/meal enhancement	0.0 (0.00)	0.0 (0.00)		.	(.)	.	(.)	0.0 (0.00)		.	(.)
Nuts	1.4 u (0.43)	2.2 (0.60)		1.5 u (0.88)		2.7 (0.37)		2.6 u (0.83)		0.8 * u (0.25)	
Peanut/almond butter	2.8 (0.76)	2.0 (0.35)		2.0 (0.00)		0.3 (0.00)		2.0 (0.38)		3.9 u (1.17)	
Seeds	1.7 u (0.69)	2.2 u (0.89)		2.9 u (1.03)		5.0 (0.41)		1.0 u (0.52)		0.5 (0.13)	
Mixed dishes (grams)	362.0 (14.52)	372.0 (19.61)		369.0 (24.25)		378.0 (42.26)		381.0 (35.17)		334.0 (27.20)	
Tomato sauce and meat (no pasta)	212.0 (8.08)	117.0 (0.00)		117.0 (0.00)		.	(.)	.	(.)	.	(.)
Chili con carne	297.0 (43.52)	305.0 (41.97)		79.4 (0.00)		95.3 (0.00)		311.0 (40.80)		131.0 ** (36.79)	
Meat mixtures w/ red meat	206.0 (22.73)	205.0 (32.26)		260.0 (49.95)		186.0 (30.76)		165.0 (30.44)		217.0 (20.32)	
Meat mixtures w/ chicken/turkey	190.0 (26.76)	209.0 (44.37)		276.0 (40.79)		142.0 ** (23.16)		204.0 u (69.15)		174.0 (27.27)	
Meat mixtures w/ fish	131.0 u (47.35)	220.0 (65.13)		135.0 u (41.81)		157.0 (8.19)		379.0 (35.11)		56.2 *** u (20.49)	
Hamburgers/cheeseburgers	183.0 (13.57)	180.0 (16.03)		152.0 (13.18)		155.0 (12.00)		199.0 (17.73)		213.0 (25.83)	
Other sandwiches	161.0 (6.56)	174.0 (10.93)		177.0 (15.72)		154.0 (10.26)		168.0 (15.89)		148.0 (9.21)	
Hot dogs	123.0 (7.82)	128.0 (10.73)		143.0 (14.32)		121.0 (14.95)		101.0 (8.97)		109.0 (9.85)	
Luncheon meat	149.0 (7.36)	173.0 (14.68)		181.0 (24.00)		126.0 * (10.72)		149.0 (16.58)		140.0 (8.60)	
Beef, pork, ham	156.0 (14.17)	147.0 (19.82)		140.0 (24.82)		221.0 (46.24)		146.0 (32.29)		152.0 (21.65)	
Chicken, turkey	155.0 (12.88)	149.0 (13.37)		137.0 (16.88)		177.0 (41.17)		164.0 (19.89)		160.0 (27.63)	
Cheese (no meat)	92.2 (11.29)	106.0 (14.69)		110.0 (20.11)		72.3 (2.71)		98.3 (13.98)		72.2 (10.24)	
Fish	192.0 (22.86)	157.0 (15.44)		159.0 (21.94)		141.0 (0.00)		148.0 (8.48)		215.0 ** (24.12)	
Peanut butter	85.7 (5.33)	85.6 (9.79)		93.0 (14.87)		78.7 (4.91)		78.3 (16.37)		86.6 (7.24)	
Breakfast sandwiches	181.0 (19.96)	192.0 (25.56)		176.0 (10.58)		179.0 (11.71)		196.0 (29.15)		145.0 (11.20)	

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	9–13 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pizza (no meat)	137.0	(10.02)	138.0	(10.55)	151.0	(22.20)	116.0	(25.50)	126.0	(9.44)	142.0	(31.34)
Pizza w/ meat	154.0	(8.99)	157.0	(9.38)	165.0	(12.92)	139.0	(20.93)	148.0	(15.68)	134.0	(12.07)
Mexican entrees	215.0	(18.72)	216.0	(25.37)	243.0	(32.48)	201.0	(34.02)	182.0	(28.62)	213.0	(33.16)
Macaroni and cheese	223.0	(18.27)	231.0	(26.22)	224.0	(31.33)	256.0	(26.89)	235.0	(39.90)	182.0	(37.08)
Pasta dishes	327.0	(35.64)	257.0	(34.51)	236.0	(53.48)	440.0 **	(41.52)	275.0	(45.73)	360.0	(77.27)
Rice dishes	168.0	(19.63)	175.0	(22.94)	215.0	(32.33)	159.0	(22.16)	122.0	(19.48)	166.0	(42.15)
Other grain mixtures	154.0	(8.45)	129.0	(14.08)	125.0	(26.58)	221.0	(61.75)	150.0	(9.92)	160.0	(10.20)
Meat soup	293.0	(36.15)	323.0	(39.71)	332.0	(49.31)	410.0	(56.93)	283.0	(37.19)	236.0	(51.39)
Bean soup	173.0	(0.00)	.	(.)	.	(.)	.	(.)	.	(.)	173.0	(0.00)
Grain soups	311.0	(26.01)	293.0	(37.11)	266.0	(42.66)	336.0	(35.16)	393.0	(36.98)	340.0	(45.29)
Vegetables mixtures (incl. soup)	215.0	(26.23)	228.0	(38.31)	249.0	(41.62)	187.0	(26.73)	134.0	(30.83)	220.0	(49.98)
Entrée salads	231.0	(11.18)	234.0	(15.01)	214.0	(11.94)	98.3 ***	(0.00)	283.0	(28.75)	448.0 ***	(0.00)
Beverages excluding milk and 100% fruit juice (grams)	1,053.0	(61.32)	886.0	(51.75)	805.0	(41.06)	1105.0 ***	(62.30)	995.0	(124.26)	1187.0	(108.56)
Coffee	263.0	(49.17)	367.0 u	(120.04)	415.0 u	(152.15)	122.0 u	(76.77)	181.0	(22.41)	252.0 *	(16.74)
Tea	410.0	(43.17)	382.0	(52.35)	338.0	(33.81)	343.0	(57.32)	460.0	(134.15)	477.0	(94.40)
Beer	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Wine	235.0	(0.00)	235.0	(0.00)	.	(.)	.	(.)	235.0	(0.00)	.	(.)
Liquor	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Water (plain)	647.0	(41.06)	580.0	(38.48)	544.0	(34.50)	649.0	(62.96)	598.0	(76.35)	750.0	(88.38)
Noncarbonated, sweetened drinks	447.0	(27.67)	430.0	(44.89)	434.0	(39.29)	510.0	(64.65)	448.0	(100.15)	469.0	(45.15)
Noncarbonated, low-calorie/sugar-free drinks	579.0 u	(248.12)	382.0	(74.42)	268.0	(24.13)	348.0	(37.01)	532.0	(129.95)	239.0 *	(20.23)
Energy drinks	373.0	(80.76)	509.0	(76.53)	556.0	(62.06)	233.0 ***	(7.40)	360.0	(0.00)	252.0	(0.00)
Any soda	465.0	(27.94)	449.0	(25.16)	432.0	(35.45)	444.0	(65.26)	473.0	(30.25)	513.0	(69.96)
Soda, regular	461.0	(27.59)	446.0	(26.86)	435.0	(36.29)	489.0	(43.24)	466.0	(30.60)	482.0	(71.51)
Soda, sugar-free	361.0	(67.10)	372.0	(78.40)	279.0	(26.27)	222.0 u	(73.57)	400.0	(90.11)	422.0	(112.93)
Sweets and desserts (grams)	121.0	(6.66)	117.0	(10.37)	104.0	(8.28)	128.0	(11.87)	136.0	(19.92)	131.0	(10.41)
Sugar and sugar substitutes	13.0 u	(4.41)	17.5 u	(8.11)	8.1	(0.82)	27.2 u	(12.67)	27.4 u	(12.48)	5.4	(0.58)
Syrups/sweet toppings	35.3	(3.06)	28.6	(2.80)	27.3	(3.49)	41.6	(10.17)	29.2	(4.73)	45.8 *	(6.96)
Jelly	22.9	(5.74)	24.9 u	(9.59)	12.8	(3.19)	12.9	(0.79)	50.0	(8.41)	22.2 **	(4.19)
Jello	104.0	(8.47)	107.0	(14.14)	119.0	(24.84)	86.8	(3.48)	91.2	(10.32)	107.0	(12.16)
Candy	33.4	(3.57)	35.9	(5.38)	43.0	(9.27)	35.3	(4.46)	27.9	(2.66)	31.6	(5.67)
Ice cream	129.0	(10.36)	135.0	(14.70)	141.0	(16.29)	117.0	(22.10)	134.0	(23.13)	133.0	(13.84)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	126.0 (7.65)	137.0 (14.87)	192.0 (24.23)	106.0 ** (18.81)	119.0 (4.71)	118.0 (4.35)					
Ice/popsicles	138.0 (28.95)	132.0 u (39.93)	98.9 (15.59)	120.0 (11.19)	158.0 u (63.99)	155.0 u (56.82)					
Sweet rolls	43.5 (9.56)	54.4 (9.77)	61.4 (14.49)	62.6 (8.80)	46.0 (10.10)	53.3 (4.46)					
Cake/cupcakes	116.0 (17.54)	114.0 (27.70)	108.0 u (36.66)	146.0 (29.56)	132.0 (31.22)	115.0 (24.50)					
Cookies	36.9 (2.60)	33.9 (3.15)	35.4 (4.20)	40.7 (3.31)	29.5 (3.40)	41.6 * (4.87)					
Pies/cobblers	154.0 (7.63)	138.0 (18.02)	97.1 (8.45)	38.5 *** (0.00)	172.0 (10.42)	161.0 (4.88)					
Pastries	75.5 (6.91)	86.0 (12.24)	103.0 (29.58)	62.6 (9.94)	75.5 (9.22)	55.0 (9.16)					
Doughnuts	55.8 (6.22)	54.0 (7.89)	48.4 (6.11)	97.2 ** (13.76)	104.0 u (43.50)	55.0 (9.95)					
Salty snacks (grams)	37.7 (1.97)	37.3 (2.08)	38.9 (3.28)	44.0 (6.74)	34.1 (2.37)	37.1 (3.75)					
Corn-based salty snacks	34.6 (2.20)	33.3 (3.02)	34.8 (5.07)	46.3 (5.72)	28.1 (1.57)	32.8 (3.11)					
Pretzels/party mix	33.8 (3.88)	36.6 (6.27)	42.1 (12.14)	32.4 u (9.87)	33.0 (6.75)	32.2 (6.44)					
Popcorn	32.0 (2.48)	28.9 (3.28)	26.7 (5.02)	25.5 (5.70)	30.9 (4.83)	38.4 (3.82)					
Potato chips	29.6 (2.11)	35.5 (2.02)	34.2 (2.51)	22.3 ** (2.71)	38.6 (3.24)	27.3 (5.40)					
Added fats and oils (grams)	32.6 (5.11)	30.3 (6.46)	38.8 (9.66)	24.9 u (8.79)	23.1 u (7.73)	34.1 (7.30)					
Butter	6.7 (0.79)	6.5 (0.67)	5.8 (0.80)	5.6 (1.64)	6.7 (0.99)	7.4 (1.65)					
Margarine	9.3 (1.15)	9.7 (1.98)	11.9 (2.50)	9.2 (0.90)	8.0 u (2.59)	9.0 (2.56)					
Other added fats	56.6 u (18.11)	66.0 u (29.44)	87.6 u (26.93)	130.0 u (78.73)	17.8 u (7.04)	38.2 u (17.78)					
Other added oils	. (.)	. (.)	. (.)	. (.)	. (.)	. (.)					
Salad dressing	21.9 (4.87)	18.6 u (5.67)	26.2 (6.75)	38.4 (10.30)	15.8 u (5.95)	22.2 u (6.89)					
Mayonnaise	1.6 (0.40)	1.2 (0.00)	1.2 (0.00)	. (.)	. (.)	2.3 (0.00)					
Gravy	67.9 (12.93)	84.5 (17.42)	101.0 (22.72)	36.6 ** (9.16)	67.0 u (27.47)	53.7 u (19.93)					
Cream cheese	29.9 (8.42)	18.2 (5.22)	19.8 (5.80)	15.2 u (8.33)	9.7 (0.00)	35.4 * u (10.90)					
Cream/sour cream	56.0 (15.93)	40.3 u (22.24)	36.1 u (27.12)	103.0 * (12.61)	55.8 u (31.99)	44.1 (11.40)					
Other (grams)	24.1 (3.58)	30.0 (6.56)	19.2 (2.63)	14.0 u (5.34)	38.0 (9.40)	17.4 (4.70)					

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	14–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Grains (ounce eq.)	2.8	(0.18)	2.2	(0.13)	2.4	(0.23)	2.4	(0.27)	2.1	(0.16)	3.5 **	(0.41)
Whole grains ¹	1.3	(0.13)	1.4	(0.21)	1.3	(0.19)	1.4	(0.20)	1.5	(0.32)	1.3	(0.18)
Refined grains	2.8	(0.22)	2.2	(0.14)	2.4	(0.25)	2.4	(0.27)	2.1	(0.17)	3.3 *	(0.49)
Bread	2.1	(0.18)	1.5	(0.18)	1.5	(0.33)	2.6 *	(0.28)	1.3	(0.19)	2.2 *	(0.26)
Rolls	1.6	(0.27)	1.4	(0.31)	1.1	(0.12)	2.7 ***	(0.28)	1.5	(0.35)	2.2 u	(0.77)
English muffin	1.7	(0.28)	2.0	(0.00)	.	(.)	.	(.)	2.0	(0.00)	1.0	(0.00)
Bagels	3.5	(0.63)	3.2	(0.47)	3.2	(0.47)	3.9	(0.21)	.	(.)	3.4	(0.78)
Biscuits, scones, croissants	2.9 u	(0.94)	1.2	(0.17)	1.0	(0.23)	1.0	(0.07)	1.3	(0.27)	5.2 * u	(1.71)
Muffins	2.1	(0.20)	1.7	(0.20)	2.0	(0.23)	2.9 *	(0.29)	1.4	(0.18)	2.5 **	(0.34)
Cornbread	1.3	(0.31)	1.3	(0.33)	1.1	(0.29)	3.2 ***	(0.00)	1.4 u	(0.60)	0.4	(0.00)
Corn tortillas	4.6	(0.66)	4.0	(0.76)	3.7	(0.66)	6.6 **	(0.64)	4.5 u	(1.68)	1.7	(0.32)
Flour tortillas	2.8	(0.49)	2.9 u	(1.52)	3.1 u	(1.96)	2.7	(0.55)	2.9	(0.07)	2.9	(0.74)
Taco shells	3.6	(0.00)	3.6	(0.00)	3.6	(0.00)	3.6	(0.00)	.	(.)	.	(.)
Crackers	1.7	(0.39)	1.3	(0.16)	1.4	(0.10)	1.1	(0.27)	1.2	(0.31)	2.1	(0.60)
Breakfast/granola bar	0.6	(0.06)	0.6	(0.10)	0.4	(0.05)	0.8	(0.21)	0.7	(0.13)	0.6	(0.09)
Pancakes, waffles, French toast	2.6	(0.28)	2.1	(0.61)	0.9	(0.20)	3.1 ***	(0.57)	3.4	(0.60)	2.5	(0.31)
Cold cereal	1.2	(0.07)	1.3	(0.15)	1.2	(0.12)	1.0	(0.10)	1.4	(0.29)	1.2	(0.10)
Hot cereal	2.5	(0.37)	2.7	(0.39)	2.6	(0.54)	2.2	(0.39)	2.9	(0.00)	2.7	(0.60)
Rice	1.8	(0.30)	1.4	(0.29)	2.2	(0.35)	1.8	(0.28)	1.2	(0.14)	2.5 *	(0.50)
Pasta	2.1	(0.31)	1.5	(0.28)	3.2	(0.26)	4.4	(1.18)	1.3	(0.27)	2.1	(0.39)
Vegetables (cup eq.)	1.1	(0.10)	0.9	(0.08)	0.8	(0.11)	1.2 *	(0.15)	0.9	(0.09)	1.3	(0.20)
Raw vegetables	1.3	(0.29)	0.8	(0.10)	0.7	(0.16)	0.8 u	(0.33)	0.9	(0.13)	2.1 *	(0.52)
Raw lettuce/greens	0.2	(0.03)	0.1	(0.00)	.	(.)	0.4	(0.00)	0.1	(0.00)	0.2	(0.00)
Raw carrots	0.6	(0.13)	0.7	(0.19)	0.7 u	(0.28)	0.3	(0.02)	0.7 u	(0.24)	0.5	(0.14)
Raw tomatoes	1.0	(0.28)	.	(.)	.	(.)	0.1	(0.00)	.	(.)	1.3	(0.00)
Raw cabbage/coleslaw	1.5	(0.12)	.	(.)	.	(.)	0.4	(0.00)	.	(.)	1.6	(0.00)
Other raw (higher in vitamins A and C) ²	0.3	(0.03)	0.4	(0.00)	.	(.)	0.2	(0.00)	0.4	(0.00)	0.3 u	(0.08)
Other raw (lower in vitamins A and C) ²	1.0 u	(0.44)	0.5	(0.08)	0.7 u	(0.37)	0.1	(0.02)	0.5	(0.00)	2.0 ***	(0.11)
Salads (w/greens)	1.3	(0.28)	0.7	(0.14)	0.6	(0.15)	1.4 ***	(0.10)	0.9	(0.19)	1.7	(0.46)
Cooked vegetables, excl. potatoes	0.5	(0.05)	0.5	(0.08)	0.3	(0.06)	0.7 *	(0.14)	0.4	(0.06)	0.6	(0.07)
Cooked green beans	0.7	(0.08)	0.6	(0.08)	0.6	(0.12)	0.9 *	(0.10)	0.5	(0.08)	0.7	(0.10)
Cooked corn	0.6	(0.06)	0.6	(0.09)	0.7	(0.07)	0.6	(0.10)	0.7	(0.17)	0.4	(0.07)
Cooked peas	0.5 u	(0.15)	0.4	(0.10)	0.5 u	(0.17)	1.2	(0.31)	0.3	(0.00)	0.1	(0.00)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	14–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.8 u	(0.41)	.	(.)	.	(.)	0.2	(0.03)	.	(.)	1.1 u	(0.58)
Cooked broccoli	0.8	(0.09)	0.8	(0.06)	0.3	(0.00)	1.0 ***	(0.12)	0.8	(0.05)	0.6 *	(0.07)
Cooked tomatoes	0.3	(0.05)	0.2	(0.04)	0.2	(0.05)	0.5 u	(0.14)	0.2	(0.05)	0.3	(0.08)
Cooked mixed	0.9	(0.13)	.	(.)	.	(.)	0.7	(0.06)	.	(.)	1.0	(0.08)
Cooked starchy	1.1	(0.09)	1.0	(0.03)	1.0	(0.03)	1.4 ***	(0.00)	.	(.)	.	(.)
Other cooked deep yellow	0.5	(0.08)	0.1	(0.00)	.	(.)	1.0	(0.11)	0.1	(0.00)	0.5	(0.00)
Other cooked dark green	0.9	(0.12)	0.9	(0.14)	1.3	(0.00)	0.8	(0.00)	0.9	(0.13)	.	(.)
Other cooked (higher in vitamins A and C) ²	0.6	(0.09)	0.5	(0.05)	.	(.)	0.5	(0.15)	0.4	(0.11)	1.0 ***	(0.09)
Other cooked (lower in vitamins A and C) ²	0.5 u	(0.19)	0.9	(0.09)	.	(.)	0.3	(0.04)	0.1	(0.00)	0.3 u	(0.21)
Other fried	0.4	(0.00)	0.4	(0.00)	0.4	(0.00)	.	(.)	.	(.)	.	(.)
Cooked potatoes	0.7	(0.03)	0.6	(0.08)	0.6	(0.10)	0.8	(0.09)	0.7	(0.12)	0.9	(0.08)
Cooked potatoes-not fried	1.0	(0.06)	0.9	(0.07)	0.8	(0.12)	1.1	(0.16)	0.9	(0.08)	1.2 *	(0.10)
Cooked potatoes-fried	0.6	(0.04)	0.5	(0.07)	0.5	(0.11)	0.7	(0.07)	0.4	(0.05)	0.7 **	(0.07)
Vegetable juice	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Fruit and 100% fruit juice (cup eq.)	1.8	(0.10)	1.8	(0.16)	2.0	(0.31)	2.1	(0.21)	1.4	(0.15)	1.8	(0.16)
Any whole fruit	1.4	(0.11)	1.1	(0.10)	1.2	(0.12)	1.6	(0.22)	1.0	(0.14)	1.5 *	(0.16)
Fresh fruit	1.5	(0.12)	1.3	(0.09)	1.2	(0.10)	1.6	(0.23)	1.3	(0.18)	1.5	(0.16)
Fresh orange	0.6	(0.08)	0.5	(0.10)	0.6	(0.17)	0.6	(0.11)	0.4	(0.11)	0.7	(0.20)
Fresh other citrus	3.8	(0.00)	.	(.)	.	(.)	3.8	(0.00)	.	(.)	.	(.)
Fresh apple	1.6	(0.11)	1.5	(0.11)	1.7	(0.12)	1.7	(0.10)	1.5	(0.15)	1.7	(0.22)
Fresh banana	0.9	(0.03)	0.9	(0.04)	1.0	(0.04)	1.1	(0.16)	0.9	(0.02)	0.9	(0.01)
Fresh melon	1.0 u	(0.53)	0.5	(0.12)	0.4	(0.01)	.	(.)	1.1	(0.00)	3.3	(0.00)
Fresh watermelon	1.8	(0.53)	0.6	(0.02)	.	(.)	1.2 u	(0.62)	0.8	(0.00)	1.8 u	(0.62)
Fresh grapes	0.7	(0.10)	0.8	(0.07)	1.0	(0.26)	0.5	(0.12)	0.7	(0.09)	0.7	(0.18)
Fresh peach/nectarine	1.1	(0.09)	1.1	(0.10)	1.2	(0.15)	1.0	(0.00)	.	(.)	.	(.)
Fresh pear	1.0	(0.05)	1.0	(0.06)	1.0	(0.11)	.	(.)	1.1	(0.00)	1.0	(0.00)
Fresh berries	0.6	(0.17)	1.0 u	(0.41)	0.3	(0.08)	0.7	(0.21)	1.3 u	(0.41)	0.5 u	(0.19)
Fresh pineapple	1.0	(0.14)	0.5	(0.11)	0.5	(0.11)	1.1 *	(0.27)	.	(.)	1.1	(0.15)
Other fresh fruit	0.9	(0.11)	1.1	(0.10)	1.0	(0.12)	1.3	(0.32)	1.2	(0.09)	0.8	(0.16)
Avocado/guacamole	0.6	(0.03)	0.6	(0.00)	.	(.)	0.7	(0.00)	0.6	(0.00)	.	(.)
Lemon/lime - any form	0.3	(0.00)	0.3	(0.00)	0.3	(0.00)	.	(.)	.	(.)	.	(.)
Canned or frozen fruit, total	0.6	(0.06)	0.6	(0.05)	0.7	(0.11)	1.1	(0.26)	0.5	(0.04)	0.7	(0.15)
Canned or frozen in syrup	0.6	(0.15)	0.5	(0.07)	0.6 u	(0.20)	1.3 *	(0.22)	0.4	(0.04)	0.5 *	(0.01)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

	14–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	0.6	(0.07)	0.6	(0.07)	0.7	(0.12)	0.8	(0.19)	0.5	(0.04)	0.9 *	(0.18)
Applesauce, canned/ frozen apples	0.5	(0.07)	0.4	(0.06)	0.3	(0.09)	0.8 u	(0.34)	0.5	(0.00)	0.7	(0.13)
Canned/frozen peaches	0.5	(0.09)	0.5	(0.09)	0.7	(0.07)	1.6 ***	(0.00)	0.4	(0.11)	.	(.)
Canned/frozen pineapple	0.8	(0.21)	0.6	(0.13)	0.4	(0.00)	.	(.)	0.6	(0.16)	1.2 ***	(0.01)
Other canned/frozen	0.6	(0.09)	0.6	(0.06)	0.7	(0.11)	1.1	(0.32)	0.5	(0.06)	0.5	(0.01)
100% Fruit juice	1.5	(0.11)	1.5	(0.21)	2.1	(0.41)	1.9	(0.20)	1.2	(0.18)	1.4	(0.16)
Non-citrus juice	1.2	(0.09)	1.2	(0.15)	1.4	(0.23)	1.4	(0.15)	0.9	(0.13)	1.1	(0.13)
Citrus juice	1.5	(0.12)	1.4	(0.23)	1.8	(0.45)	2.1	(0.36)	1.4	(0.31)	1.4	(0.14)
Dried fruit	0.8	(0.15)	0.7	(0.00)	0.7	(0.00)	1.5 *	(0.37)	.	(.)	0.8	(0.20)
Milk and milk products (cup eq.)	1.9	(0.12)	2.1	(0.21)	2.0	(0.42)	1.5	(0.24)	2.1	(0.20)	1.9	(0.20)
Cow's milk, total	1.9	(0.12)	2.0	(0.20)	2.0	(0.43)	1.7	(0.24)	2.1	(0.19)	1.9	(0.17)
Unflavored white milk, total	1.8	(0.15)	1.9	(0.30)	2.3	(0.70)	1.7	(0.25)	1.8	(0.23)	1.9	(0.17)
Unflavored whole milk	2.1	(0.38)	2.4 u	(0.89)	3.9 u	(1.41)	2.0	(0.37)	1.2	(0.15)	1.9 **	(0.22)
Unflavored non-whole, total	1.7	(0.14)	1.7	(0.20)	1.5	(0.13)	1.4	(0.19)	1.9	(0.30)	1.8	(0.21)
2% milk, unflavored	1.5	(0.12)	1.6	(0.18)	1.6	(0.20)	1.4	(0.21)	1.7	(0.24)	1.5	(0.19)
1% milk, unflavored	1.9	(0.32)	1.7	(0.47)	1.1	(0.08)	1.6 u	(0.52)	2.1 u	(0.75)	2.2	(0.54)
Skim milk, unflavored	1.9	(0.43)	1.3	(0.21)	1.6	(0.26)	0.7 ** u	(0.21)	1.2	(0.21)	2.1	(0.48)
Unflavored, fat not specified	1.5	(0.21)	1.1	(0.19)	1.0	(0.15)	1.0	(0.10)	1.6	(0.29)	2.0	(0.18)
Flavored milk, total	1.3	(0.14)	1.3	(0.15)	1.2	(0.09)	1.8 *	(0.25)	1.5	(0.26)	1.6	(0.25)
Flavored, whole milk	1.2	(0.16)	1.2	(0.16)	1.5	(0.33)	.	(.)	1.0	(0.03)	.	(.)
Flavored non-whole, total	1.2	(0.12)	1.2	(0.12)	1.0	(0.13)	1.9 **	(0.29)	1.3	(0.17)	1.6	(0.25)
2% milk, flavored	1.2	(0.08)	1.1	(0.07)	1.2	(0.16)	2.3 **	(0.34)	1.1	(0.05)	1.6	(0.37)
1% milk, flavored	1.2	(0.15)	1.1	(0.15)	0.9	(0.17)	1.5 ***	(0.00)	1.5	(0.14)	1.7	(0.39)
Skim milk, flavored	1.6	(0.36)	1.6	(0.42)	1.3	(0.19)	.	(.)	1.8 u	(0.63)	1.5	(0.00)
Flavored, fat not specified	1.5	(0.36)	1.5	(0.37)	1.2	(0.11)	1.2	(0.29)	2.0 u	(0.82)	.	(.)
Soy milk	1.9 u	(0.95)	.	(.)	.	(.)	0.9	(0.02)	.	(.)	2.2 u	(1.26)
Dry or evaporated milk	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	.	(.)	.	(.)	.	(.)
Yogurt	0.8	(0.07)	1.0	(0.03)	1.0	(0.02)	0.8	(0.12)	0.9	(0.07)	0.8	(0.10)
Cheese	0.8	(0.08)	1.0	(0.19)	0.4 u	(0.13)	0.6	(0.09)	1.3	(0.26)	0.8	(0.12)
Meat and meat alternates (oz. eq.)	3.4	(0.19)	3.4	(0.27)	3.5	(0.37)	3.9	(0.42)	3.4	(0.42)	3.4	(0.31)
Beef	3.6	(0.50)	3.9	(0.64)	3.1 u	(1.13)	3.2	(0.92)	4.6	(0.79)	3.7	(0.73)
Ground beef	3.9	(0.60)	3.6	(0.61)	3.6	(0.61)	4.8	(0.34)	.	(.)	.	(.)
Pork	3.1	(0.45)	2.3	(0.40)	2.4	(0.48)	3.0	(0.71)	1.8	(0.00)	4.0 *	(1.09)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	1.3 u (0.86)	0.3 (0.00)		.	(.)	3.8 (0.24)		0.3 (0.00)		.	(.)
Lamb and misc. meats	.	(.)		.	(.)	.	(.)	.	(.)	.	(.)
Chicken	3.3 (0.20)	3.1 (0.30)		3.2 (0.33)		3.5 (0.41)		3.2 (0.57)		3.6 (0.51)	
Turkey	4.1 (1.18)	3.7 u (1.37)		5.1 u (1.57)		5.8 (1.03)		0.8 u (0.70)		.	(.)
Organ meats	10.2 (0.00)	.	(.)	.	(.)	10.2 (0.00)		.	(.)	.	(.)
Hot dogs	2.1 (0.50)	1.7 (0.25)		1.7 (0.25)		.	(.)	.	(.)	3.2 (0.00)	
Cold cuts	2.2 u (0.70)	1.1 u (0.40)		0.4 (0.00)		1.6 *** (0.13)		1.6 (0.00)		2.6 u (0.93)	
Fish	3.2 (0.84)	1.9 u (0.64)		1.3 u (0.54)		6.1 *** (1.33)		4.1 (0.95)		5.1 (0.59)	
Shellfish	3.2 (0.54)	1.3 (0.03)		1.3 (0.00)		0.4 *** (0.07)		.	(.)	3.8 (0.63)	
Bacon/sausage	2.0 (0.30)	2.5 (0.52)		0.6 u (0.21)		1.6 u (0.57)		2.9 (0.45)		1.8 (0.34)	
Eggs	2.3 (0.36)	1.8 (0.27)		1.5 (0.27)		2.3 * (0.26)		2.6 (0.55)		2.4 (0.52)	
Beans	1.0 (0.11)	1.3 (0.13)		1.1 (0.21)		1.3 (0.09)		1.4 (0.07)		0.8 *** (0.09)	
Baked/refried beans	0.5 (0.03)	0.5 (0.02)		0.4 (0.05)		0.6 * (0.00)		0.5 (0.02)		0.4 ** (0.00)	
Soy products	2.2 (0.05)	2.7 (0.00)		.	(.)	2.4 (0.00)		2.7 (0.00)		2.1 (0.00)	
Protein/meal enhancement	0.3 u (0.10)	0.5 (0.12)		0.2 (0.02)		0.3 *** (0.00)		0.6 (0.00)		0.2 *** u (0.12)	
Nuts	2.9 u (1.12)	5.2 u (3.36)		.	(.)	4.7 u (1.99)		1.5 u (0.54)		2.5 u (0.82)	
Peanut/almond butter	2.1 (0.60)	2.1 u (1.21)		0.5 (0.00)		.	(.)	4.0 (0.00)		2.1 ** u (0.69)	
Seeds	1.4 (0.30)	2.9 (0.52)		4.8 (0.01)		1.6 *** (0.20)		2.3 (0.32)		0.9 *** (0.23)	
Mixed dishes (grams)	474.0 (21.44)	490.0 (33.84)		474.0 (51.73)		465.0 (28.63)		499.0 (43.29)		444.0 (31.30)	
Tomato sauce and meat (no pasta)	167.0 u (58.68)	.	(.)	.	(.)	83.0 (0.00)		.	(.)	249.0 (0.00)	
Chili con carne	117.0 u (58.65)	124.0 u (125.35)		124.0 u (125.35)		236.0 (27.48)		.	(.)	95.3 (0.00)	
Meat mixtures w/ red meat	439.0 (80.39)	616.0 (103.87)		759.0 (151.21)		621.0 (103.44)		538.0 (82.98)		256.0 ** (53.62)	
Meat mixtures w/ chicken/turkey	265.0 (28.08)	224.0 (41.22)		351.0 (51.89)		323.0 (93.06)		248.0 (58.08)		319.0 (34.16)	
Meat mixtures w/ fish	252.0 (59.27)	323.0 (71.69)		390.0 (5.05)		225.0 *** (1.58)		114.0 (13.54)		232.0 u (72.41)	
Hamburgers/cheeseburgers	228.0 (13.59)	191.0 (16.31)		165.0 (16.35)		280.0 *** (21.57)		226.0 (27.67)		237.0 (28.39)	
Other sandwiches	222.0 (10.86)	227.0 (15.05)		234.0 (25.50)		227.0 (20.09)		228.0 (23.57)		214.0 (15.69)	
Hot dogs	154.0 (13.70)	158.0 (30.87)		160.0 u (55.27)		143.0 (19.35)		176.0 (28.02)		153.0 (17.88)	
Luncheon meat	164.0 (11.51)	176.0 (20.91)		264.0 u (95.22)		187.0 (20.42)		161.0 (22.55)		153.0 (12.77)	
Beef, pork, ham	234.0 (35.88)	225.0 u (69.19)		231.0 (40.90)		235.0 (46.18)		234.0 u (88.70)		247.0 (31.15)	
Chicken, turkey	180.0 (6.60)	170.0 (5.65)		171.0 (6.94)		200.0 (25.49)		169.0 (10.20)		186.0 (15.94)	
Cheese (no meat)	208.0 (28.27)	214.0 (28.65)		228.0 (61.60)		114.0 u (35.03)		238.0 (5.48)		275.0 (37.64)	
Fish	186.0 (18.74)	124.0 (19.16)		123.0 (29.58)		238.0 *** (10.93)		125.0 (17.98)		204.0 *** (5.07)	
Peanut butter	118.0 (22.35)	184.0 u (79.74)		.	(.)	104.0 (12.26)		184.0 u (79.74)		105.0 (17.20)	
Breakfast sandwiches	177.0 (12.53)	173.0 (21.96)		143.0 (5.76)		179.0 (20.42)		201.0 (39.32)		205.0 (18.73)	

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	222.0	(54.09)	170.0	(30.57)	202.0	(43.96)	206.0	(43.29)	131.0	(30.04)	159.0	(10.25)
Pizza w/ meat	212.0	(17.93)	197.0	(18.45)	185.0	(29.03)	152.0	(22.52)	198.0	(19.98)	256.0	(35.50)
Mexican entrees	263.0	(17.24)	215.0	(25.97)	173.0	(36.08)	278.0 *	(38.91)	261.0	(24.53)	281.0	(19.04)
Macaroni and cheese	277.0	(26.76)	259.0	(36.42)	350.0 u	(145.13)	294.0	(36.45)	230.0	(10.61)	261.0	(21.38)
Pasta dishes	344.0	(36.59)	369.0	(66.61)	307.0	(41.44)	307.0	(35.45)	330.0	(62.91)	350.0	(77.27)
Rice dishes	189.0	(20.12)	223.0	(22.11)	236.0	(29.66)	279.0	(41.13)	193.0	(29.10)	133.0	(18.24)
Other grain mixtures	117.0	(9.48)	121.0	(16.38)	142.0	(10.98)	121.0	(10.88)	94.8	(23.41)	108.0	(19.46)
Meat soup	440.0	(54.38)	386.0	(59.40)	408.0	(112.93)	380.0	(77.93)	360.0	(29.25)	484.0	(80.52)
Bean soup	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Grain soups	378.0	(52.59)	374.0	(42.09)	366.0	(33.58)	467.0	(107.40)	396.0	(72.58)	374.0	(109.53)
Vegetables mixtures (incl. soup)	148.0	(41.14)	98.9 u	(49.78)	115.0 u	(80.63)	404.0 **	(56.36)	84.8 u	(56.81)	189.0 u	(66.02)
Entrée salads	358.0	(32.38)	298.0	(49.58)	201.0	(26.89)	396.0 *	(84.68)	360.0	(39.52)	432.0	(27.83)
Beverages excluding milk and 100% fruit juice (grams)	1,736.0	(104.89)	1,371.0	(101.35)	1,337.0	(170.33)	2117.0 *	(297.99)	1501.0	(124.69)	1870.0 *	(117.51)
Coffee	344.0	(59.83)	423.0	(88.12)	542.0 u	(171.20)	439.0	(77.03)	367.0	(91.29)	189.0 u	(68.43)
Tea	761.0	(190.56)	487.0	(42.47)	401.0	(41.17)	1045.0 u	(370.67)	565.0	(58.75)	806.0 u	(358.93)
Beer	662.0	(99.49)	609.0	(176.00)	444.0 u	(159.98)	468.0	(101.43)	960.0	(0.00)	2160.0	(0.00)
Wine	1,080.0	(0.00)	.	(.)	.	(.)	1080.0	(0.00)	.	(.)	.	(.)
Liquor	266.0	(64.09)	.	(.)	.	(.)	274.0 u	(90.14)	.	(.)	244.0	(58.86)
Water (plain)	1,077.0	(81.44)	882.0	(90.87)	1,000.0	(185.78)	1221.0	(243.19)	902.0	(85.50)	1153.0 *	(93.29)
Noncarbonated, sweetened drinks	710.0	(41.49)	661.0	(75.27)	543.0	(75.76)	677.0	(73.82)	861.0	(162.72)	765.0	(85.63)
Noncarbonated, low-calorie/sugar-free drinks	334.0	(31.80)	254.0	(16.28)	274.0	(27.93)	439.0 ***	(40.99)	248.0	(18.69)	382.0	(70.46)
Energy drinks	515.0	(107.15)	109.0 u	(50.25)	60.0	(0.00)	530.0 ***	(127.70)	240.0	(0.00)	621.0 u	(272.01)
Any soda	764.0	(46.19)	661.0	(60.84)	520.0	(81.42)	913.0 **	(108.16)	772.0	(85.12)	791.0	(96.31)
Soda, regular	736.0	(42.68)	648.0	(62.59)	508.0	(87.93)	940.0 **	(110.58)	754.0	(92.14)	723.0	(69.87)
Soda, sugar-free	689.0	(148.82)	501.0	(100.72)	610.0 u	(196.17)	569.0	(166.68)	449.0	(117.44)	850.0 u	(268.84)
Sweets and desserts (grams)	110.0	(5.05)	97.5	(6.88)	101.0	(8.29)	114.0	(7.99)	100.0	(11.84)	122.0	(9.35)
Sugar and sugar substitutes	12.2	(2.41)	12.0 u	(6.39)	21.7 u	(14.40)	16.2	(4.61)	5.7 u	(2.24)	7.2 u	(2.28)
Syrups/sweet toppings	37.7	(6.41)	30.8	(6.74)	36.9	(5.88)	53.6 u	(16.40)	34.5 u	(13.19)	35.8	(9.59)
Jelly	27.5 u	(8.55)	35.1 u	(16.89)	13.8	(0.45)	20.6 *	(2.72)	51.7 u	(17.68)	22.0	(6.46)
Jello	95.7	(8.31)	91.5	(26.14)	91.5	(26.14)	90.0 u	(31.35)	.	(.)	101.0	(2.74)
Candy	42.9	(4.82)	38.3	(4.35)	36.9	(7.69)	40.6	(9.93)	42.8	(6.92)	46.6	(8.72)
Ice cream	123.0	(7.94)	130.0	(15.56)	79.4	(15.59)	120.0	(21.52)	177.0	(23.49)	120.0 *	(14.59)

See notes at end of table.

Table C-7. Average Amounts Consumed over 24 Hours in Food Pattern Units among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	175.0 (49.19)	127.0 (11.22)		144.0 (4.17)		221.0 u (99.33)		113.0 (0.00)		230.0 u (121.74)	
Ice/popsicles	208.0 (39.59)	158.0 (28.07)		173.0 (13.81)		185.0 (39.00)		121.0 (11.78)		255.0 u (96.08)	
Sweet rolls	74.6 (7.99)	63.6 (7.07)		71.9 (10.30)		101.0 (18.61)		55.5 (9.51)		90.1 (26.70)	
Cake/cupcakes	91.1 (9.94)	73.0 (10.57)		92.2 (12.13)		135.0 (35.18)		54.0 (6.99)		87.2 * (13.69)	
Cookies	43.7 (3.54)	39.2 (4.01)		43.9 (8.13)		63.2 (8.55)		37.7 (6.43)		38.8 (5.99)	
Pies/cobblers	75.5 (19.12)	116.0 (24.28)		93.4 (3.80)		23.1 *** (2.27)		283.0 (0.00)		45.9 *** u (20.33)	
Pastries	91.6 (6.00)	94.4 (6.41)		107.0 (0.70)		64.6 *** (11.04)		90.7 (11.03)		106.0 (12.29)	
Doughnuts	84.1 (9.52)	59.1 (10.35)		52.7 (6.17)		111.0 ** (18.63)		69.3 u (21.53)		109.0 (25.33)	
Salty snacks (grams)	54.8 (7.80)	44.8 (3.49)		51.9 (4.79)		59.2 (6.99)		38.1 (5.04)		60.5 (17.24)	
Corn-based salty snacks	43.0 (2.77)	39.1 (3.67)		44.3 (5.94)		54.1 (9.27)		39.3 (5.34)		39.4 (2.54)	
Pretzels/party mix	82.5 u (36.98)	42.7 (7.75)		55.6 (3.49)		39.9 (7.92)		27.2 u (10.63)		109.0 u (56.90)	
Popcorn	44.1 (8.68)	31.5 (6.44)		33.9 (6.27)		71.1 (20.03)		24.6 u (9.88)		27.6 (5.16)	
Potato chips	39.0 (3.09)	41.0 (6.31)		40.2 (5.49)		41.3 (3.97)		30.7 (4.32)		34.4 (4.56)	
Added fats and oils (grams)	30.5 (5.05)	25.4 (4.38)		37.2 (7.93)		50.0 u (15.99)		20.9 u (7.13)		23.9 (4.35)	
Butter	8.8 (1.06)	5.8 (1.46)		7.5 (1.86)		7.8 (1.05)		5.6 (1.54)		10.5 * (1.48)	
Margarine	6.6 (1.43)	3.9 u (1.24)		. (.)		16.4 (2.26)		3.9 u (1.24)		5.7 (1.18)	
Other added fats	100.0 (22.87)	64.4 (14.38)		65.5 (14.80)		109.0 (26.57)		46.9 (0.00)		95.0 u (40.07)	
Other added oils	25.5 (2.05)	. (.)		. (.)		. (.)		. (.)		25.5 (2.05)	
Salad dressing	41.5 (7.37)	45.1 (9.81)		52.8 u (26.61)		52.3 (14.40)		42.6 (10.20)		17.7 * (3.99)	
Mayonnaise	23.3 u (9.20)	12.8 (2.40)		16.4 (2.39)		43.8 * (12.26)		6.0 (0.00)		. (.)	
Gravy	29.6 (4.00)	30.2 (3.92)		38.8 (9.92)		34.5 (9.88)		27.1 (3.20)		23.3 u (10.53)	
Cream cheese	28.9 (6.98)	44.2 u (18.14)		44.2 u (18.14)		17.7 u (6.69)		. (.)		34.4 (8.66)	
Cream/sour cream	30.2 (6.07)	17.1 u (5.42)		30.0 (0.00)		42.3 (9.84)		14.3 u (5.58)		28.9 ** (1.04)	
Other (grams)	39.2 (6.25)	24.4 (5.00)		26.0 (5.53)		36.9 u (11.64)		25.4 (7.09)		55.9 (15.70)	

Source: NHANES 2005–2010 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, ages 5–18 years old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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 school children’ includes children with missing NSLP participation or income. ‘All NSLP participants’ includes children with missing income. Results are not age-adjusted. Significant differences in proportions are noted by * (.05 level), ** (.01

level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A). 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 "higher in nutrients"; all others are "lower in nutrients." Raw vegetables higher 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 higher in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are lower 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 over 24 Hours in Grams among All School Children, by Food Group and Subgroup

	All ages, 5–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	<i>2,907</i>	<i>-</i>	<i>1,555</i>	<i>-</i>	<i>941</i>	<i>-</i>	<i>571</i>	<i>-</i>	<i>515</i>	<i>-</i>	<i>705</i>	<i>-</i>
Grains	85.2	(3.62)	82.5	(4.51)	77.8	(5.60)	66.3	(4.45)	85.9	(6.91)	95.3	(7.30)
Whole grains ¹	16.0	(1.73)	16.1	(2.20)	14.8	(2.83)	8.3 *	(1.12)	17.2	(3.10)	19.5	(5.10)
Refined grains	69.1	(3.01)	66.4	(4.47)	63.1	(4.91)	58.0	(4.47)	68.8	(7.01)	75.7	(4.91)
Bread	11.5	(1.37)	11.6	(2.22)	8.9	(1.18)	8.6	(1.69)	15.1 u	(4.75)	12.2	(1.84)
Rolls	2.1	(0.49)	3.1	(0.72)	1.9	(0.33)	2.7 u	(1.15)	5.0	(1.48)	0.7 ** u	(0.29)
English muffin	0.5 u	(0.26)	0.4 u	(0.30)	0.2 u	(0.11)	0.0	(0.00)	0.8 u	(0.67)	0.8 u	(0.62)
Bagels	3.9	(0.72)	1.2 u	(0.51)	1.4 u	(0.72)	1.4 u	(0.43)	1.1 u	(0.83)	8.2 ***	(1.47)
Biscuits, scones, croissants	1.9 u	(0.57)	1.8 u	(0.56)	2.7 u	(0.96)	1.5 u	(0.53)	0.8 u	(0.41)	2.4 u	(1.43)
Muffins	3.3	(0.77)	4.6 u	(1.43)	2.3 u	(0.75)	1.9 u	(0.79)	6.9 u	(3.07)	2.5	(0.72)
Cornbread	0.8	(0.18)	1.0	(0.25)	0.8 u	(0.39)	0.2 u	(0.12)	1.1 u	(0.46)	0.8 u	(0.45)
Corn tortillas	1.5	(0.29)	2.4	(0.45)	3.7	(0.81)	2.3 u	(1.10)	0.7 u	(0.40)	0.1 u	(0.10)
Flour tortillas	1.6	(0.43)	0.8 u	(0.24)	1.3 u	(0.45)	2.1 u	(1.08)	0.1 u	(0.10)	2.3 * u	(0.98)
Taco shells	0.1 u	(0.10)	0.3 u	(0.21)	0.4 u	(0.40)	0.0 u	(0.02)	0.1 u	(0.07)	0.0	(0.00)
Crackers	5.6	(0.78)	4.9	(0.81)	3.5	(0.66)	5.0	(1.18)	7.0	(1.48)	6.9	(1.62)
Breakfast/granola bar	2.3	(0.30)	1.8	(0.38)	1.0 u	(0.37)	2.7 u	(0.95)	2.2	(0.50)	2.6	(0.41)
Pancakes, waffles, French toast	11.9	(1.20)	10.1	(1.37)	7.2	(1.06)	9.0 u	(2.72)	13.0	(2.58)	14.3	(2.04)
Cold cereal	16.4	(1.12)	16.0	(1.11)	15.9	(1.29)	13.4	(1.88)	16.5	(2.35)	18.3	(2.09)
Hot cereal	6.7	(1.52)	7.7	(1.96)	9.3 u	(2.97)	2.4 * u	(1.07)	6.7 u	(2.63)	8.0 u	(3.95)
Rice	11.1	(2.19)	12.7	(2.65)	16.0	(3.63)	10.1	(2.56)	5.4 u	(1.84)	9.2 u	(3.59)
Pasta	3.9	(0.73)	2.1 u	(0.87)	1.1 u	(0.44)	3.0 u	(1.58)	3.4 u	(2.19)	6.0	(1.42)
Vegetables	87.9	(5.81)	90.4	(5.87)	87.6	(6.43)	73.6	(9.03)	94.2	(11.74)	92.7	(13.05)
Raw vegetables	23.3	(3.79)	20.7	(3.55)	16.3	(3.01)	13.3	(3.84)	27.1	(7.17)	32.3	(8.46)
Raw lettuce/greens	0.2 u	(0.07)	0.3 u	(0.12)	0.4 u	(0.18)	0.0 * u	(0.02)	0.3 u	(0.18)	0.1 u	(0.08)
Raw carrots	3.9	(0.88)	4.5 u	(1.60)	2.6	(0.71)	2.9 u	(1.95)	7.5 u	(3.25)	3.8 u	(1.17)
Raw tomatoes	1.8 u	(0.91)	0.1 u	(0.09)	0.1 u	(0.05)	0.6 u	(0.56)	0.1 u	(0.09)	4.5 u	(2.54)
Raw cabbage/coleslaw	0.4 u	(0.18)	0.4 u	(0.25)	0.7 u	(0.46)	0.0 u	(0.01)	0.0	(0.00)	0.6 u	(0.38)
Other raw (higher in vitamins A and C) ²	0.4 u	(0.15)	0.5 u	(0.21)	0.3 u	(0.28)	0.0 u	(0.03)	0.6 u	(0.34)	0.4 u	(0.26)
Other raw (lower in vitamins A and C) ²	3.0 u	(1.19)	2.6 u	(1.06)	2.6 u	(1.76)	0.6 u	(0.55)	2.4 u	(1.11)	4.6 u	(3.04)
Salads (w/greens)	13.6	(2.51)	12.2	(2.45)	9.6	(2.25)	9.1 u	(3.07)	16.3	(4.83)	18.2	(5.12)
Cooked vegetables, excl. potatoes	27.9	(2.13)	32.7	(3.00)	34.2	(3.21)	26.8	(5.53)	29.0	(4.14)	23.3	(2.69)
Cooked green beans	4.3	(0.83)	5.1	(1.06)	8.0	(1.92)	1.2 *** u	(0.71)	2.3 u	(0.73)	5.0 u	(1.83)
Cooked corn	5.2	(0.72)	7.3	(1.06)	8.4	(1.37)	5.9 u	(1.90)	6.2	(1.26)	2.3 * u	(0.92)
Cooked peas	0.8	(0.24)	1.2 u	(0.39)	1.6 u	(0.63)	0.5 u	(0.43)	1.0 u	(0.50)	0.5 u	(0.30)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	1.2 u (0.38)	0.8 (0.23)	0.9 u (0.28)	0.1 ** u (0.04)	0.6 u (0.28)	1.9 u (1.01)					
Cooked broccoli	2.6 (0.52)	3.1 (0.83)	2.6 u (0.84)	3.0 u (1.64)	3.1 u (1.25)	2.1 u (0.69)					
Cooked tomatoes	7.8 (0.93)	7.5 (0.89)	7.4 (1.29)	11.6 u (4.26)	7.9 (1.18)	6.8 (1.21)					
Cooked mixed	0.8 (0.24)	1.0 u (0.32)	0.6 u (0.29)	0.2 u (0.14)	1.0 u (0.51)	0.9 u (0.53)					
Cooked starchy	0.8 u (0.28)	0.9 u (0.43)	0.8 u (0.45)	1.5 u (0.92)	1.0 u (0.81)	0.5 u (0.40)					
Other cooked deep yellow	0.5 u (0.22)	0.5 u (0.23)	0.9 u (0.45)	0.4 u (0.40)	0.1 u (0.08)	0.7 u (0.51)					
Other cooked dark green	1.1 u (0.37)	1.5 u (0.61)	1.3 u (0.41)	0.2 * u (0.23)	2.0 u (1.35)	1.0 u (0.69)					
Other cooked (higher in vitamins A and C) ²	1.0 u (0.32)	1.2 u (0.51)	1.0 u (0.67)	1.6 u (0.69)	0.5 u (0.26)	0.5 u (0.32)					
Other cooked (lower in vitamins A and C) ²	1.6 u (0.62)	2.5 u (1.25)	0.3 u (0.17)	0.4 u (0.35)	3.3 u (2.26)	1.1 u (0.51)					
Other fried	0.1 u (0.04)	0.1 u (0.08)	0.2 u (0.16)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Cooked potatoes	35.2 (2.67)	36.7 (2.57)	36.6 (3.51)	33.5 (4.91)	38.1 (4.87)	33.6 (6.98)					
Cooked potatoes-not fried	16.1 (2.56)	17.4 (1.92)	18.2 (2.90)	12.6 (3.43)	18.0 (3.38)	17.0 u (7.48)					
Cooked potatoes-fried	19.1 (1.73)	19.3 (2.14)	18.5 (2.42)	21.0 (3.44)	20.1 (3.97)	16.6 (2.67)					
Vegetable juice	1.5 u (1.19)	0.2 u (0.15)	0.4 u (0.29)	0.0 (0.00)	0.0 (0.00)	3.5 u (3.31)					
Fruit and 100% fruit juice	205.0 (8.76)	224.0 (12.22)	255.0 (14.85)	184.0 ** (15.95)	180.0 (20.10)	185.0 (13.47)					
Any whole fruit	98.2 (4.81)	102.0 (3.99)	109.0 (7.63)	75.8 * (10.72)	88.0 (6.69)	100.0 (9.62)					
Fresh fruit	81.0 (4.44)	76.3 (3.75)	80.9 (6.99)	66.8 (9.46)	63.6 (7.20)	89.4 * (8.66)					
Fresh orange	9.2 (0.91)	11.2 (1.43)	14.7 (2.39)	6.9 ** (1.57)	6.1 (1.57)	7.1 (1.29)					
Fresh other citrus	0.2 u (0.12)	0.0 u (0.04)	0.0 (0.00)	0.9 u (0.80)	0.1 u (0.09)	0.0 (0.00)					
Fresh apple	26.9 (2.18)	28.1 (2.37)	30.3 (3.46)	18.6 * (3.72)	23.7 (3.54)	28.4 (4.48)					
Fresh banana	12.0 (1.32)	13.8 (2.17)	16.6 (3.72)	12.1 (3.00)	9.9 (2.86)	9.3 (2.20)					
Fresh melon	2.0 (0.45)	1.5 u (0.60)	1.9 u (0.96)	1.7 u (0.89)	0.4 u (0.30)	2.5 u (1.01)					
Fresh watermelon	7.8 (1.86)	2.9 u (1.17)	1.5 u (1.09)	13.2 u (6.50)	2.8 u (1.76)	10.4 * (3.10)					
Fresh grapes	7.6 (1.62)	5.1 (0.88)	4.5 (0.87)	4.6 u (1.52)	5.3 (1.56)	11.7 u (3.93)					
Fresh peach/nectarine	1.4 (0.41)	1.9 (0.56)	3.2 u (1.05)	0.4 * u (0.23)	0.4 u (0.19)	1.4 u (0.91)					
Fresh pear	2.0 u (0.65)	2.3 (0.64)	3.3 u (1.08)	0.5 * u (0.35)	1.0 u (0.46)	2.4 u (1.67)					
Fresh berries	5.5 (1.31)	3.9 u (1.61)	1.1 u (0.39)	4.0 u (1.89)	5.9 u (3.40)	8.2 (1.42)					
Fresh pineapple	1.9 (0.52)	1.4 (0.37)	1.4 u (0.73)	0.8 u (0.50)	1.2 u (0.60)	2.6 u (1.25)					
Other fresh fruit	4.5 (1.29)	4.0 u (1.86)	2.3 (0.68)	3.0 u (1.03)	6.4 u (4.09)	5.3 u (2.26)					
Avocado/guacamole	0.1 u (0.06)	0.1 u (0.08)	0.0 u (0.00)	0.1 u (0.10)	0.3 u (0.18)	0.1 u (0.07)					
Lemon/lime - any form	0.0 u (0.00)	0.0 u (0.00)	0.0 u (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)					
Canned or frozen fruit, total	16.9 (1.45)	24.9 (2.23)	27.8 (3.40)	8.8 *** (2.36)	24.3 (3.95)	10.4 ** (2.37)					
Canned or frozen in syrup	3.2 (0.72)	3.8 (0.77)	4.5 (0.99)	2.1 u (1.79)	3.1 u (1.23)	3.0 u (1.46)					

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	13.7 (1.31)	21.2 (2.12)		23.3 (3.22)		6.7 *** (1.64)		21.2 (3.37)		7.3 *** (2.05)	
Applesauce, canned/ frozen apples	5.6 (0.92)	6.7 (1.35)		7.3 (1.89)		4.6 u (1.53)		6.9 (2.04)		4.9 u (1.63)	
Canned/frozen peaches	3.0 (0.65)	4.3 (0.84)		4.8 (1.04)		0.4 *** u (0.22)		4.4 u (1.33)		2.0 u (1.41)	
Canned/frozen pineapple	2.5 (0.44)	4.3 (0.81)		4.7 u (1.43)		1.0 * u (0.71)		4.5 u (1.50)		0.8 * u (0.56)	
Other canned/frozen	5.9 (0.71)	9.6 (1.27)		11.1 (1.76)		2.9 ** u (1.89)		8.5 (2.06)		2.6 * u (0.99)	
100% Fruit juice	106.0 (6.53)	123.0 (10.50)		145.0 (12.49)		108.0 * (11.62)		92.3 (17.57)		84.8 (7.86)	
Non-citrus juice	58.5 (4.45)	66.3 (7.29)		83.8 (9.40)		60.7 (9.58)		47.3 (11.86)		50.8 (6.30)	
Citrus juice	47.8 (4.35)	56.4 (5.99)		61.6 (8.14)		47.6 (8.99)		45.0 (8.22)		34.0 (5.26)	
Dried fruit	0.4 u (0.18)	0.4 u (0.22)		0.6 u (0.42)		0.2 u (0.12)		0.1 u (0.12)		0.5 u (0.26)	
Milk and milk products	330.0 (10.30)	419.0 (16.29)		419.0 (20.17)		205.0 *** (16.11)		427.0 (32.05)		280.0 *** (16.56)	
Cow's milk, total	308.0 (10.15)	402.0 (15.68)		403.0 (19.75)		185.0 *** (15.39)		407.0 (30.89)		250.0 *** (15.30)	
Unflavored white milk, total	219.0 (9.79)	242.0 (16.01)		236.0 (21.15)		166.0 ** (15.86)		245.0 (33.24)		220.0 (16.89)	
Unflavored whole milk	60.0 (8.73)	74.3 (17.00)		82.4 (18.48)		76.5 (15.30)		70.6 u (31.68)		34.3 (7.45)	
Unflavored non-whole, total	150.0 (7.17)	154.0 (10.61)		138.0 (13.00)		80.8 *** (8.30)		165.0 (17.04)		181.0 (13.73)	
2% milk, unflavored	90.1 (6.70)	99.2 (9.03)		93.5 (10.12)		56.1 ** (8.83)		92.7 (15.09)		96.3 (12.77)	
1% milk, unflavored	37.5 (4.26)	39.6 (6.22)		32.6 (5.46)		19.0 u (5.96)		50.0 (12.11)		43.6 (8.45)	
Skim milk, unflavored	22.3 (4.27)	15.5 (3.47)		11.9 u (4.15)		5.7 u (2.67)		22.2 (6.18)		40.7 (10.03)	
Unflavored, fat not specified	9.3 (1.35)	13.0 (2.26)		16.0 (3.35)		8.6 u (2.75)		9.3 (2.56)		4.9 u (2.53)	
Flavored milk, total	89.0 (6.19)	160.0 (7.85)		167.0 (8.57)		19.0 *** u (6.03)		162.0 (11.50)		30.7 *** (5.01)	
Flavored, whole milk	14.5 (2.17)	27.9 (4.11)		38.3 (5.65)		3.5 *** u (2.54)		17.3 (4.17)		2.6 *** u (1.41)	
Flavored non-whole, total	51.8 (4.86)	89.9 (6.79)		83.9 (8.66)		13.1 *** u (5.43)		104.0 (10.52)		21.9 *** (4.84)	
2% milk, flavored	29.7 (3.66)	50.3 (5.74)		45.8 (6.39)		11.2 *** u (5.22)		58.8 (9.26)		12.6 *** (3.09)	
1% milk, flavored	18.4 (2.87)	32.5 (4.71)		31.7 (5.95)		1.9 *** u (1.23)		36.4 (6.88)		8.2 *** u (3.81)	
Skim milk, flavored	3.7 (1.04)	7.2 (2.04)		6.4 (1.83)		0.0 *** (0.00)		8.4 u (4.51)		1.1 u (0.69)	
Flavored, fat not specified	22.6 (2.72)	42.3 (4.66)		44.8 (4.05)		2.4 *** u (1.11)		40.9 (10.52)		6.2 ** u (3.85)	
Soymilk	3.4 u (1.56)	0.9 u (0.51)		1.5 u (0.96)		0.9 u (0.65)		0.3 u (0.23)		8.3 u (4.36)	
Dry or evaporated milk	0.0 u (0.01)	0.0 u (0.00)		0.0 u (0.00)		0.0 u (0.04)		0.0 u (0.01)		0.0 (0.00)	
Yogurt	10.2 (1.34)	8.4 (1.50)		7.5 (1.71)		12.6 u (4.72)		9.3 (2.41)		12.6 (2.43)	
Cheese	8.1 (0.85)	8.0 (1.12)		6.7 (1.44)		6.8 u (2.23)		10.5 (2.36)		9.0 (2.16)	
Meat and meat alternates	70.6 (3.31)	74.9 (3.85)		82.3 (5.76)		67.8 (8.28)		67.6 (7.27)		69.0 (6.66)	
Beef	5.6 (0.94)	6.1 (1.02)		5.9 (1.13)		4.8 (1.44)		5.4 u (1.79)		5.2 u (1.98)	
Ground beef	0.5 u (0.22)	0.6 u (0.25)		0.8 u (0.38)		0.1 u (0.09)		0.5 u (0.37)		0.5 u (0.53)	
Pork	3.6 (0.57)	4.4 u (1.41)		4.3 (1.09)		4.6 u (1.69)		4.6 u (2.76)		2.1 u (0.81)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.1 u (0.06)	0.1 u (0.05)		0.2 u (0.09)		0.4 u (0.30)		0.0 u (0.02)		0.0 u (0.03)	
Lamb and misc. meats	0.1 u (0.04)	0.1 u (0.06)		0.1 u (0.12)		0.1 u (0.11)		0.0 (0.00)		0.0 u (0.04)	
Chicken	27.8 (2.28)	34.1 (3.00)		42.0 (4.60)		28.5 * (4.02)		28.4 (4.03)		19.9 (3.53)	
Turkey	1.6 u (0.83)	1.2 u (0.67)		0.9 u (0.40)		1.6 u (0.86)		1.7 u (1.45)		2.4 u (2.20)	
Organ meats	0.1 u (0.06)	0.0 (0.00)		0.0 (0.00)		0.4 u (0.38)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	0.8 (0.17)	1.2 (0.32)		1.7 (0.47)		1.1 u (0.51)		0.8 u (0.55)		0.2 u (0.12)	
Cold cuts	1.7 (0.45)	1.6 u (0.89)		1.0 u (0.38)		1.1 u (0.42)		2.6 u (2.11)		2.1 u (0.65)	
Fish	3.7 (0.85)	3.8 u (1.15)		3.4 u (1.81)		4.6 u (2.27)		3.2 u (1.01)		3.3 u (1.21)	
Shellfish	0.7 u (0.23)	0.6 u (0.24)		0.6 u (0.22)		0.3 u (0.22)		0.5 u (0.21)		1.1 u (0.40)	
Bacon/sausage	3.4 (0.60)	3.6 (0.80)		3.9 u (1.37)		3.0 u (1.00)		3.4 u (1.11)		3.6 u (1.24)	
Eggs	10.6 (1.43)	6.1 (1.21)		7.1 (1.41)		12.0 u (3.95)		3.6 u (1.41)		16.7 *** (3.72)	
Beans	4.8 (1.28)	6.5 u (2.36)		6.6 (1.45)		2.6 * u (0.90)		6.8 u (5.09)		3.8 u (1.50)	
Baked/refried beans	1.3 (0.34)	2.1 u (0.72)		3.0 u (1.34)		0.7 u (0.44)		1.4 u (0.71)		0.5 u (0.32)	
Soy products	0.4 u (0.39)	0.1 u (0.05)		0.0 (0.00)		0.1 u (0.08)		0.2 u (0.12)		1.1 u (1.13)	
Protein/meal enhancement	1.4 u (0.55)	1.2 u (0.61)		0.1 u (0.09)		0.8 u (0.74)		2.6 u (1.43)		2.1 u (1.25)	
Nuts	1.1 u (0.39)	0.7 u (0.35)		0.1 u (0.07)		0.5 * u (0.18)		0.7 u (0.28)		1.8 u (1.01)	
Peanut/almond butter	1.0 (0.17)	0.5 u (0.18)		0.1 u (0.07)		0.1 u (0.05)		1.0 u (0.42)		2.2 * (0.40)	
Seeds	0.3 (0.07)	0.2 u (0.08)		0.2 u (0.12)		0.4 u (0.22)		0.2 u (0.10)		0.2 u (0.12)	
Mixed dishes	339.0 (10.99)	342.0 (14.09)		330.0 (13.72)		347.0 (20.01)		359.0 (21.72)		326.0 (17.76)	
Tomato sauce and meat (no pasta)	0.7 u (0.44)	0.1 u (0.07)		0.1 u (0.11)		2.4 u (2.41)		0.1 u (0.10)		0.1 u (0.08)	
Chili con carne	1.8 u (0.62)	3.3 u (1.29)		0.8 u (0.58)		0.2 u (0.19)		6.8 u (3.44)		0.6 u (0.40)	
Meat mixtures w/ red meat	17.8 (3.18)	21.6 (4.84)		21.3 u (7.57)		22.4 u (11.24)		25.3 (7.04)		11.7 (2.84)	
Meat mixtures w/ chicken/turkey	19.2 (2.42)	20.0 (3.85)		14.2 (3.06)		13.9 (3.46)		24.1 u (8.12)		21.4 (5.25)	
Meat mixtures w/ fish	2.3 u (0.84)	1.8 u (0.90)		2.3 u (1.39)		1.1 u (0.69)		1.5 u (1.28)		3.7 u (2.02)	
Hamburgers/cheeseburgers	26.5 (2.26)	26.3 (3.38)		21.2 (2.96)		32.8 (5.50)		31.9 (6.63)		25.9 (3.83)	
Other sandwiches	81.0 (4.19)	79.4 (5.58)		78.0 (6.70)		87.1 (8.01)		80.9 (8.59)		81.0 (5.60)	
Hot dogs	11.4 (1.29)	15.9 (2.21)		19.6 (3.55)		8.7 * u (2.78)		12.2 (3.22)		7.0 (2.09)	
Luncheon meat	25.2 (2.08)	21.5 (2.66)		18.9 (3.92)		29.2 (5.18)		21.5 (2.78)		29.4 (3.20)	
Beef, pork, ham	10.7 (1.97)	10.9 (2.33)		8.8 (1.72)		13.9 (4.08)		13.5 u (4.99)		7.9 (2.34)	
Chicken, turkey	13.2 (1.31)	14.5 (1.76)		16.0 (3.61)		16.0 (4.50)		13.5 (2.68)		10.2 (2.51)	
Cheese (no meat)	4.8 (1.14)	4.5 (1.14)		4.8 u (1.67)		4.2 u (1.75)		4.6 u (1.94)		5.5 u (2.14)	
Fish	2.3 u (0.77)	1.7 (0.41)		2.0 u (0.76)		2.6 u (1.56)		1.5 (0.34)		3.2 u (2.04)	
Peanut butter	7.6 (0.85)	4.3 (1.02)		4.5 (0.87)		3.7 (0.97)		4.1 u (2.01)		14.0 *** (1.87)	
Breakfast sandwiches	5.9 (1.30)	6.1 u (2.30)		3.3 u (1.34)		8.8 u (3.20)		10.1 u (4.99)		3.9 u (1.50)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pizza (no meat)	15.7 (1.95)	17.2 (1.53)		20.4 (2.44)		9.4 ** (2.70)		15.5 (2.67)		12.0 (1.92)	
Pizza w/ meat	28.1 (2.81)	35.1 (4.00)		33.3 (3.18)		23.0 u (7.19)		36.8 (6.06)		20.6 * (3.37)	
Mexican entrees	36.4 (3.43)	33.2 (4.37)		37.4 (5.95)		46.3 (6.69)		28.1 (5.02)		36.2 (6.44)	
Macaroni and cheese	22.8 (2.65)	24.3 (4.34)		15.9 (3.64)		16.3 u (5.89)		32.6 (9.51)		23.9 (3.98)	
Pasta dishes	34.5 (5.12)	31.1 (3.98)		27.5 (4.48)		41.8 u (17.11)		36.0 (7.52)		34.8 (10.17)	
Rice dishes	8.5 (1.09)	8.9 (1.65)		9.7 (2.26)		10.2 (2.66)		7.9 u (2.45)		7.7 (1.91)	
Other grain mixtures	3.3 (0.89)	2.2 (0.57)		2.0 u (0.75)		1.9 u (0.91)		1.8 u (0.66)		4.0 u (1.70)	
Meat soup	14.0 (2.84)	11.2 (2.40)		17.3 (4.32)		14.8 u (4.81)		5.4 u (2.04)		17.7 u (7.13)	
Bean soup	0.0 u (0.02)	0.0 u (0.04)		0.1 u (0.08)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)	
Grain soups	14.7 (2.24)	16.0 (2.79)		18.6 (3.68)		12.8 (3.05)		13.5 u (4.69)		13.8 u (4.18)	
Vegetables mixtures (incl. soup)	4.7 (1.00)	3.5 (0.88)		5.1 u (1.81)		4.7 u (2.13)		2.1 u (0.90)		6.4 u (2.47)	
Entrée salads	6.6 (1.87)	7.2 u (2.21)		5.2 (1.39)		6.1 u (3.69)		9.0 u (4.72)		4.2 u (3.04)	
Beverages excluding milk and 100% fruit juice	1,125.0 (48.79)	874.0 (41.51)		798.0 (39.73)		1401.0 *** (139.11)		993.0 (74.42)		1304.0 ** (82.75)	
Coffee	13.8 (2.71)	10.0 (2.51)		10.8 (3.20)		33.3 u (13.32)		10.3 u (3.95)		8.9 u (3.35)	
Tea	65.6 (12.50)	41.9 (6.54)		38.5 (5.39)		111.0 u (40.57)		50.6 (13.32)		75.8 u (24.33)	
Beer	3.2 u (1.42)	2.5 u (1.40)		2.4 u (1.18)		7.6 u (4.50)		3.0 u (2.92)		2.3 u (2.30)	
Wine	0.9 u (0.81)	0.1 u (0.09)		0.0 (0.00)		5.4 u (5.21)		0.2 u (0.20)		0.0 (0.00)	
Liquor	0.4 u (0.24)	0.0 (0.00)		0.0 (0.00)		2.2 u (1.35)		0.0 (0.00)		0.3 u (0.31)	
Water (plain)	557.0 (31.10)	439.0 (33.47)		396.0 (35.64)		621.0 * (91.34)		491.0 (52.49)		680.0 ** (49.26)	
Noncarbonated, sweetened drinks	197.0 (11.51)	169.0 (16.52)		157.0 (17.41)		231.0 * (24.03)		188.0 (27.27)		225.0 (23.51)	
Noncarbonated, low-calorie/sugar-free drinks	46.0 (13.14)	27.5 (5.23)		21.5 (4.06)		37.4 * (6.13)		38.4 (10.91)		44.6 u (16.79)	
Energy drinks	5.3 u (2.77)	2.6 u (1.88)		4.1 u (3.59)		20.8 u (11.79)		1.1 u (1.01)		2.8 u (1.59)	
Any soda	236.0 (16.35)	182.0 (17.56)		166.0 (21.54)		331.0 ** (51.06)		211.0 (27.96)		264.0 (28.99)	
Soda, regular	207.0 (15.02)	166.0 (17.20)		153.0 (21.64)		305.0 ** (50.26)		189.0 (27.62)		220.0 (20.73)	
Soda, sugar-free	28.7 (5.67)	15.9 (3.77)		12.8 u (5.18)		26.4 (7.69)		21.6 u (7.99)		43.9 u (14.18)	
Sweets and desserts	101.0 (3.51)	92.2 (4.22)		87.4 (5.75)		102.0 (6.43)		104.0 (9.31)		115.0 (7.28)	
Sugar and sugar substitutes	1.0 (0.23)	1.0 u (0.44)		0.8 (0.21)		2.1 u (0.65)		1.4 u (0.96)		0.6 (0.14)	
Syrups/sweet toppings	5.0 (0.50)	4.5 (0.57)		4.3 (0.74)		4.3 (1.18)		4.5 (1.13)		6.2 (1.09)	
Jelly	0.8 (0.22)	0.9 u (0.36)		0.7 u (0.25)		0.5 u (0.22)		1.4 u (0.83)		0.9 u (0.44)	
Jello	1.8 (0.48)	1.9 (0.44)		2.6 (0.77)		2.8 u (1.50)		1.2 u (0.48)		1.5 u (1.06)	
Candy	14.5 (1.24)	12.9 (1.91)		13.1 (2.27)		15.9 (2.27)		13.7 (2.28)		16.8 (1.72)	
Ice cream	30.8 (2.90)	25.5 (2.29)		20.8 (3.49)		30.0 (4.47)		33.5 (4.49)		38.9 (6.95)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	2.6 (0.46)	2.4 (0.69)		2.4 u (0.97)		2.0 u (0.97)		2.7 u (1.01)		3.4 u (1.08)	
Ice/popsicles	11.1 (1.93)	9.4 (2.74)		7.2 (1.50)		11.2 (2.33)		11.9 u (6.55)		13.5 (3.68)	
Sweet rolls	1.8 (0.29)	2.6 (0.53)		3.3 (0.76)		1.5 u (0.55)		1.9 u (0.59)		0.9 u (0.35)	
Cake/cupcakes	7.7 (1.32)	8.2 (1.58)		9.3 (2.68)		5.6 u (1.80)		8.1 (2.06)		7.9 u (2.59)	
Cookies	13.4 (0.84)	12.8 (0.93)		12.5 (1.04)		17.5 (3.11)		12.8 (1.67)		12.6 (1.40)	
Pies/cobblers	2.5 u (1.04)	2.0 u (0.70)		2.4 u (1.26)		0.3 u (0.19)		1.9 u (0.96)		4.3 u (2.87)	
Pastries	5.3 (0.62)	6.0 (0.95)		5.3 u (2.08)		5.9 (1.32)		7.3 (1.68)		4.4 (0.93)	
Doughnuts	2.8 (0.52)	2.2 (0.45)		2.8 (0.70)		2.1 u (0.70)		1.4 u (0.52)		3.6 (1.05)	
Salty snacks	21.0 (1.19)	18.8 (1.39)		18.9 (1.18)		25.7 * (2.81)		17.4 (2.29)		22.5 (3.01)	
Corn-based salty snacks	9.5 (0.63)	8.2 (0.91)		8.1 (1.05)		12.8 * (2.09)		8.4 (1.89)		10.0 (0.67)	
Pretzels/party mix	4.3 (1.25)	2.9 (0.70)		2.5 (0.50)		3.3 (0.86)		2.3 u (0.75)		7.2 u (3.52)	
Popcorn	2.4 (0.23)	2.3 (0.32)		1.9 (0.37)		3.5 u (1.16)		2.8 (0.57)		1.9 (0.45)	
Potato chips	4.8 (0.40)	5.4 (0.61)		6.3 (0.77)		6.1 (1.06)		3.9 (0.95)		3.4 (0.47)	
Added fats and oils	8.2 (0.96)	6.0 (0.77)		6.8 (1.16)		10.8 (2.99)		5.6 (1.17)		9.3 (1.68)	
Butter	0.6 (0.09)	0.4 (0.06)		0.3 (0.05)		0.4 u (0.14)		0.6 (0.13)		0.8 (0.21)	
Margarine	0.7 (0.12)	0.5 (0.13)		0.5 u (0.16)		1.1 u (0.43)		0.6 u (0.20)		0.8 u (0.29)	
Other added fats	1.3 u (0.52)	0.7 u (0.40)		1.1 u (0.77)		3.8 u (2.91)		0.3 u (0.15)		1.1 u (0.44)	
Other added oils	0.0 u (0.04)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.1 u (0.12)	
Salad dressing	1.0 (0.16)	1.1 (0.22)		1.0 u (0.31)		1.0 u (0.35)		1.4 (0.40)		0.6 u (0.20)	
Mayonnaise	0.1 u (0.06)	0.1 u (0.04)		0.1 u (0.07)		0.4 u (0.40)		0.0 u (0.02)		0.1 u (0.04)	
Gravy	1.6 (0.43)	2.0 u (0.60)		2.4 u (0.89)		1.4 u (0.79)		1.8 u (1.02)		1.4 u (0.89)	
Cream cheese	0.9 (0.26)	0.1 u (0.05)		0.2 u (0.11)		0.3 u (0.13)		0.0 u (0.01)		2.1 ** u (0.73)	
Cream/sour cream	2.0 (0.46)	1.0 u (0.33)		1.1 u (0.51)		2.3 u (0.71)		0.8 u (0.34)		2.3 * (0.65)	
Other	2.6 (0.32)	2.6 (0.53)		2.0 (0.44)		2.8 u (1.05)		3.6 u (1.13)		2.6 (0.46)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

	5–8 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	<i>833</i>	<i>-</i>	<i>548</i>	<i>-</i>	<i>353</i>	<i>-</i>	<i>113</i>	<i>-</i>	<i>163</i>	<i>-</i>	<i>159</i>	<i>-</i>
Grains	87.7	(6.84)	83.1	(5.52)	74.7	(4.94)	69.7	(9.56)	91.0	(10.92)	104.0	(13.96)
Whole grains ¹	21.1	(4.10)	17.8	(2.41)	16.1	(2.74)	8.3 * u	(2.51)	20.1	(4.30)	33.3 u	(12.44)
Refined grains	66.5	(4.34)	65.3	(5.56)	58.7	(5.07)	61.5	(8.86)	70.9	(10.81)	71.1	(7.28)
Bread	10.4	(1.50)	10.5	(1.45)	10.2	(1.94)	10.9 u	(3.39)	11.8	(2.53)	10.8	(3.04)
Rolls	1.8 u	(0.59)	2.4 u	(0.91)	1.4 u	(0.42)	3.2 u	(2.33)	4.3 u	(2.19)	0.3 u	(0.16)
English muffin	0.6 u	(0.51)	0.1 u	(0.14)	0.2 u	(0.25)	0.0	(0.00)	0.0	(0.00)	1.6 u	(1.60)
Bagels	2.0 u	(1.18)	0.0	(0.00)	0.0	(0.00)	1.6 u	(1.21)	0.0	(0.00)	5.8 u	(3.60)
Biscuits, scones, croissants	1.2 u	(0.49)	1.5 u	(0.70)	1.9 u	(1.09)	2.4 u	(1.50)	1.0 u	(0.92)	0.3 u	(0.27)
Muffins	3.8	(0.98)	4.3 u	(1.55)	2.4 u	(1.10)	1.3 u	(1.06)	4.4 u	(2.49)	4.1 u	(1.99)
Cornbread	0.7 u	(0.27)	0.9 u	(0.45)	0.0	(0.00)	0.0	(0.00)	1.7 u	(0.97)	0.6 u	(0.33)
Corn tortillas	1.1 u	(0.41)	2.0 u	(0.74)	3.4 u	(1.37)	0.2 * u	(0.16)	0.0 u	(0.04)	0.0	(0.00)
Flour tortillas	0.4 u	(0.23)	0.6 u	(0.41)	1.1 u	(0.75)	0.3 u	(0.25)	0.0	(0.00)	0.0 u	(0.03)
Taco shells	0.1 u	(0.04)	0.1 u	(0.08)	0.0 u	(0.04)	0.0	(0.00)	0.2 u	(0.20)	0.0	(0.00)
Crackers	6.6	(0.98)	6.5	(1.47)	3.9	(1.07)	8.5 u	(3.31)	11.0	(3.04)	6.2	(1.19)
Breakfast/granola bar	2.4	(0.57)	1.9 u	(0.82)	1.7 u	(0.87)	3.1 u	(2.28)	1.3 u	(0.62)	3.1 u	(1.23)
Pancakes, waffles, French toast	12.7	(2.05)	11.7	(2.18)	9.2	(1.82)	6.0 u	(2.66)	16.7	(4.57)	15.2 u	(4.89)
Cold cereal	20.3	(1.13)	19.6	(1.55)	21.1	(1.72)	14.1 *	(2.61)	18.1	(2.48)	23.8	(2.81)
Hot cereal	10.2 u	(3.50)	7.6	(2.24)	5.8 u	(2.70)	0.0 *	(0.00)	11.0 u	(4.08)	19.5 u	(10.27)
Rice	9.4	(2.36)	10.0	(2.88)	10.3 u	(3.58)	12.2 u	(5.30)	4.9 u	(2.04)	7.9 u	(3.81)
Pasta	4.1 u	(1.22)	3.1 u	(1.50)	2.1 u	(0.96)	5.8 u	(5.02)	4.4 u	(4.04)	5.1 u	(2.31)
Vegetables	77.2	(6.13)	87.4	(8.17)	83.2	(9.86)	51.0 *	(11.05)	95.2	(18.48)	68.0	(11.39)
Raw vegetables	22.7	(5.10)	23.4 u	(7.63)	19.1 u	(6.21)	10.6 u	(4.64)	31.3 u	(16.99)	27.8	(8.06)
Raw lettuce/greens	0.3 u	(0.12)	0.4 u	(0.17)	0.3 u	(0.17)	0.0	(0.00)	0.5 u	(0.36)	0.3 u	(0.25)
Raw carrots	5.8 u	(2.27)	6.8 u	(3.88)	2.9 u	(1.19)	5.7 u	(4.14)	13.2 u	(8.30)	4.5 u	(1.78)
Raw tomatoes	2.2 u	(1.41)	0.3 u	(0.22)	0.0	(0.00)	0.2 u	(0.23)	0.3 u	(0.26)	6.5 u	(4.47)
Raw cabbage/coleslaw	0.6 u	(0.36)	1.1 u	(0.65)	1.6 u	(1.08)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.13)
Other raw (higher in vitamins A and C) ²	0.2	(0.04)	0.3 u	(0.17)	0.1 u	(0.07)	0.0	(0.00)	0.1 u	(0.12)	0.3 u	(0.25)
Other raw (lower in vitamins A and C) ²	5.2 u	(2.26)	4.2 u	(2.50)	4.4 u	(4.25)	0.0 u	(0.01)	4.3 u	(2.69)	9.3 u	(5.60)
Salads (w/greens)	8.4	(1.94)	10.4	(3.10)	9.8 u	(4.01)	4.6 u	(2.31)	12.9 u	(6.43)	6.7 u	(2.69)
Cooked vegetables, excl. potatoes	24.9	(2.78)	33.0	(3.63)	32.5	(4.71)	19.8 u	(7.10)	36.3	(6.56)	13.0 **	(3.10)
Cooked green beans	2.4	(0.43)	3.3	(0.72)	4.0	(0.86)	0.8 ** u	(0.52)	2.8 u	(1.39)	1.5 u	(0.85)
Cooked corn	6.8	(1.44)	8.8	(2.00)	11.3	(2.92)	10.3 u	(6.72)	6.2 u	(1.99)	1.6 * u	(0.65)
Cooked peas	1.2 u	(0.43)	1.7 u	(0.66)	1.6 u	(0.83)	0.1 u	(0.15)	2.2 u	(1.28)	0.8 u	(0.71)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.7 u	(0.29)	0.9 u	(0.36)	0.7 u	(0.36)	0.1 u	(0.07)	0.9 u	(0.62)	0.0	(0.00)
Cooked broccoli	2.4 u	(0.89)	3.6 u	(1.53)	2.7 u	(1.67)	1.5 u	(0.97)	5.5 u	(3.11)	0.8 u	(0.55)
Cooked tomatoes	6.1	(1.03)	7.9	(1.59)	7.2	(2.09)	1.9 * u	(0.63)	10.0	(2.77)	4.9 u	(1.50)
Cooked mixed	0.5 u	(0.24)	0.7 u	(0.38)	1.2 u	(0.67)	0.1 u	(0.11)	0.1 u	(0.06)	0.4 u	(0.37)
Cooked starchy	1.2 u	(0.58)	0.2 u	(0.14)	0.0 u	(0.03)	5.0 u	(3.36)	0.2 u	(0.20)	1.6 u	(1.34)
Other cooked deep yellow	0.3 u	(0.17)	0.5 u	(0.32)	0.9 u	(0.59)	0.0	(0.00)	0.0 u	(0.04)	0.0	(0.00)
Other cooked dark green	0.1 u	(0.04)	0.1 u	(0.07)	0.1 u	(0.10)	0.0	(0.00)	0.1 u	(0.11)	0.0	(0.00)
Other cooked (higher in vitamins A and C) ²	1.0 u	(0.52)	1.7 u	(0.93)	2.5 u	(1.59)	0.0	(0.00)	0.3 u	(0.24)	0.2 u	(0.18)
Other cooked (lower in vitamins A and C) ²	2.3 u	(1.18)	3.6 u	(1.99)	0.2 u	(0.16)	0.0 u	(0.03)	7.9 u	(4.91)	1.2 u	(1.21)
Other fried	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked potatoes	29.5	(3.44)	30.8	(4.06)	31.2	(4.18)	20.6	(4.76)	27.6	(7.06)	27.2	(7.85)
Cooked potatoes-not fried	12.6	(2.92)	14.7	(3.14)	16.5	(3.73)	6.4 u	(3.66)	12.7 u	(5.81)	11.5 u	(7.45)
Cooked potatoes-fried	16.9	(2.32)	16.1	(2.22)	14.7	(2.82)	14.2	(3.87)	14.9	(2.41)	15.7	(3.80)
Vegetable juice	0.1 u	(0.08)	0.2 u	(0.15)	0.4 u	(0.27)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Fruit and 100% fruit juice	241.0	(14.06)	249.0	(12.97)	266.0	(20.06)	237.0	(36.69)	212.0	(26.82)	234.0	(32.08)
Any whole fruit	116.0	(8.70)	112.0	(6.04)	111.0	(10.93)	113.0	(30.77)	101.0	(8.10)	124.0	(19.99)
Fresh fruit	91.0	(7.24)	80.1	(4.70)	78.9	(8.87)	103.0 u	(31.00)	65.6	(8.05)	105.0 *	(16.05)
Fresh orange	11.3	(2.03)	13.2	(1.90)	14.9	(2.90)	7.0 u	(3.29)	9.7 u	(3.43)	10.0 u	(5.42)
Fresh other citrus	0.1 u	(0.06)	0.1 u	(0.10)	0.0	(0.00)	0.0	(0.00)	0.3 u	(0.26)	0.0	(0.00)
Fresh apple	26.1	(3.33)	28.4	(3.79)	29.7	(5.25)	14.2 * u	(5.28)	21.7	(5.33)	26.2	(7.31)
Fresh banana	15.4	(2.42)	17.1	(2.96)	16.2	(3.46)	16.5	(3.57)	17.4	(4.97)	13.2 u	(5.91)
Fresh melon	1.7 u	(0.73)	0.7 u	(0.48)	0.7 u	(0.69)	1.5 u	(1.25)	0.1 u	(0.09)	3.6 u	(2.22)
Fresh watermelon	9.5 u	(3.19)	3.7 u	(1.72)	3.3 u	(2.65)	41.6 u	(24.26)	1.3 u	(0.98)	7.6 u	(4.00)
Fresh grapes	10.2 u	(4.21)	4.2	(1.02)	5.4 u	(1.70)	9.1 u	(3.89)	2.6 u	(1.30)	21.0 u	(12.18)
Fresh peach/nectarine	1.6 u	(0.69)	1.5 u	(0.67)	2.6 u	(1.25)	0.7 u	(0.51)	0.1 u	(0.10)	2.2 u	(1.93)
Fresh pear	3.3 u	(1.81)	2.5 u	(1.31)	3.9 u	(2.18)	1.2 u	(1.16)	1.1 u	(0.49)	5.8 u	(5.16)
Fresh berries	8.7 u	(2.74)	6.1 u	(3.05)	0.5 u	(0.22)	7.8 u	(4.13)	9.1 u	(6.58)	12.5 u	(5.64)
Fresh pineapple	1.0 u	(0.56)	0.9 u	(0.69)	0.1 u	(0.07)	1.5 u	(1.53)	0.6 u	(0.57)	0.0	(0.00)
Other fresh fruit	2.0 u	(0.79)	1.6 u	(0.65)	1.7 u	(0.71)	1.9 u	(1.43)	1.4 u	(0.94)	2.9 u	(1.56)
Avocado/guacamole	0.2 u	(0.10)	0.1 u	(0.13)	0.0 u	(0.01)	0.0 u	(0.03)	0.3 u	(0.34)	0.2 u	(0.24)
Lemon/lime - any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	23.8	(3.39)	31.2	(4.69)	30.9	(4.92)	10.2 *** u	(3.61)	34.9	(8.46)	17.5 u	(6.14)
Canned or frozen in syrup	4.5 u	(1.58)	4.9	(1.47)	4.2 u	(1.57)	0.1 ** u	(0.12)	6.0 u	(2.89)	5.7 u	(4.09)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

	5–8 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	19.3	(2.99)	26.3	(4.01)	26.7	(4.45)	10.1 ** u	(3.62)	28.9	(6.75)	11.7 * u	(5.23)
Applesauce, canned/ frozen apples	9.2	(2.11)	11.8	(2.97)	13.6	(3.93)	4.4 * u	(2.51)	10.8 u	(4.28)	6.9 u	(3.01)
Canned/frozen peaches	3.6 u	(1.47)	2.7 u	(0.90)	2.9 u	(1.09)	0.6 u	(0.57)	3.0 u	(1.67)	6.6 u	(4.51)
Canned/frozen pineapple	2.8 u	(0.89)	4.3 u	(1.47)	3.2 u	(1.23)	4.0 u	(2.76)	6.5 u	(3.29)	0.0 *	(0.00)
Other canned/frozen	8.2	(1.29)	12.4	(2.08)	11.2	(2.28)	1.3 *** u	(0.85)	14.6	(3.79)	4.0 * u	(2.33)
100% Fruit juice	125.0	(10.31)	137.0	(13.78)	155.0	(16.98)	123.0	(19.00)	111.0	(27.13)	111.0	(19.56)
Non-citrus juice	79.4	(9.34)	78.9	(10.91)	91.6	(12.36)	89.4	(19.02)	63.0 u	(22.76)	81.2	(21.02)
Citrus juice	45.6	(5.61)	57.6	(7.04)	63.9	(9.51)	33.9 u	(14.30)	47.9	(10.76)	29.5 u	(11.64)
Dried fruit	0.7 u	(0.50)	0.8 u	(0.55)	1.2 u	(1.01)	0.0	(0.00)	0.3 u	(0.35)	1.0 u	(0.66)
Milk and milk products	387.0	(15.32)	456.0	(16.81)	471.0	(18.74)	259.0 ***	(43.44)	428.0	(31.19)	335.0 *	(26.24)
Cow's milk, total	356.0	(15.05)	431.0	(15.11)	449.0	(17.77)	218.0 ***	(35.49)	401.0	(27.21)	295.0 **	(29.26)
Unflavored white milk, total	237.0	(13.05)	254.0	(17.55)	266.0	(20.67)	180.0 *	(32.84)	216.0	(34.04)	237.0	(26.58)
Unflavored whole milk	61.3	(7.33)	72.4	(9.87)	79.6	(14.02)	76.3	(21.33)	68.4	(15.73)	40.4 u	(12.30)
Unflavored non-whole, total	166.0	(12.41)	168.0	(19.03)	168.0	(19.61)	92.6 **	(18.56)	140.0	(33.03)	194.0	(24.02)
2% milk, unflavored	116.0	(10.38)	126.0	(16.31)	119.0	(19.24)	64.0 *	(17.39)	106.0	(24.13)	122.0	(16.83)
1% milk, unflavored	31.0	(5.49)	29.7	(5.50)	34.0	(8.79)	17.5 u	(6.91)	24.0	(5.88)	36.4 u	(14.10)
Skim milk, unflavored	19.4 u	(6.77)	12.7 u	(5.75)	15.8 u	(7.47)	11.1 u	(7.16)	10.6 u	(7.05)	36.0 u	(17.82)
Unflavored, fat not specified	9.5	(1.90)	13.6	(3.15)	17.8	(5.21)	10.7 u	(4.96)	7.2 u	(2.28)	2.6 u	(2.04)
Flavored milk, total	119.0	(8.17)	177.0	(8.67)	183.0	(11.63)	38.2 *** u	(15.16)	185.0	(14.77)	58.2 ***	(12.46)
Flavored, whole milk	18.5	(4.23)	28.3	(5.86)	38.5	(8.14)	4.6 *** u	(4.38)	14.4 u	(5.11)	8.2 u	(4.73)
Flavored non-whole, total	75.6	(8.26)	105.0	(10.12)	101.0	(12.64)	28.5 *** u	(15.10)	125.0	(18.21)	47.5 ***	(12.40)
2% milk, flavored	47.2	(7.54)	62.4	(9.21)	56.3	(9.58)	28.5 u	(15.10)	79.7	(17.37)	31.1 * u	(10.49)
1% milk, flavored	26.1	(5.47)	39.5	(7.89)	39.6	(8.65)	0.0 ***	(0.00)	44.7 u	(14.86)	14.7 u	(10.24)
Skim milk, flavored	2.3 u	(1.14)	3.3 u	(1.81)	5.0 u	(3.18)	0.0	(0.00)	0.2 u	(0.19)	1.7 u	(1.65)
Flavored, fat not specified	25.4	(4.63)	44.0	(7.55)	43.8	(7.64)	5.1 *** u	(3.21)	45.8 u	(17.50)	2.5 * u	(2.25)
Soy milk	6.0 u	(4.03)	1.9 u	(1.28)	3.1 u	(2.25)	0.0	(0.00)	0.4 u	(0.31)	16.1 u	(12.40)
Dry or evaporated milk	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.02)	0.0 u	(0.03)	0.0	(0.00)
Yogurt	15.3	(3.19)	11.4	(2.80)	9.8	(2.76)	36.6 u	(16.75)	11.4 u	(5.65)	15.2 u	(6.29)
Cheese	9.0	(1.70)	10.9	(2.69)	9.0	(2.51)	4.7	(1.28)	15.3 u	(6.05)	7.7 u	(2.36)
Meat and meat alternates	66.9	(4.76)	67.4	(4.45)	69.6	(6.00)	57.9	(11.16)	61.7	(6.69)	67.3	(12.07)
Beef	7.8	(2.16)	6.5	(1.70)	6.9 u	(2.13)	4.5 u	(2.24)	1.9 u	(0.97)	9.9 u	(5.81)
Ground beef	1.2 u	(0.65)	1.2 u	(0.60)	1.4 u	(0.81)	0.0	(0.00)	1.1 u	(1.05)	1.8 u	(1.80)
Pork	2.6 u	(0.85)	2.4	(0.70)	2.3 u	(0.83)	8.1 u	(5.39)	1.6 u	(0.87)	0.0	(0.00)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.2 u (0.14)	0.1 u (0.07)		0.1 u (0.13)		1.1 u (1.03)		0.0 (0.00)		0.1 u (0.12)	
Lamb and misc. meats	0.0 u (0.04)	0.0 (0.00)		0.0 (0.00)		0.3 u (0.30)		0.0 (0.00)		0.0 (0.00)	
Chicken	26.0 (2.03)	31.3 (2.69)		37.1 (4.06)		11.0 *** (2.86)		27.2 (3.80)		21.4 (4.37)	
Turkey	1.3 u (0.84)	2.1 u (1.56)		0.8 u (0.66)		1.0 u (1.03)		4.4 u (3.85)		0.1 u (0.12)	
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	0.9 (0.24)	0.9 u (0.29)		1.1 u (0.39)		3.6 u (1.69)		0.6 u (0.43)		0.1 u (0.05)	
Cold cuts	2.6 u (0.81)	2.2 u (1.31)		1.3 u (0.60)		3.0 u (1.52)		3.9 u (3.32)		3.3 u (1.36)	
Fish	3.3 u (1.18)	3.9 u (1.17)		3.4 u (1.74)		8.7 u (7.43)		4.2 u (1.46)		0.5 * u (0.23)	
Shellfish	0.6 u (0.22)	0.7 u (0.35)		0.6 u (0.35)		0.0 u (0.04)		0.9 u (0.51)		0.5 u (0.32)	
Bacon/sausage	2.2 u (0.72)	1.8 u (0.63)		2.7 u (1.12)		1.0 u (0.58)		0.8 u (0.40)		3.4 u (1.89)	
Eggs	8.8 (2.00)	7.2 (1.98)		5.9 u (1.88)		7.5 u (2.43)		6.2 u (2.96)		12.8 u (5.39)	
Beans	3.5 (0.81)	4.1 (1.07)		5.0 u (1.94)		3.6 u (2.34)		2.5 u (1.39)		2.6 u (1.61)	
Baked/refried beans	0.9 u (0.37)	1.3 u (0.66)		0.7 u (0.50)		0.9 u (0.63)		2.3 u (1.57)		0.2 u (0.25)	
Soy products	0.4 u (0.35)	0.1 u (0.12)		0.0 (0.00)		0.0 (0.00)		0.3 u (0.32)		1.1 u (1.13)	
Protein/meal enhancement	1.7 u (1.07)	1.1 u (1.04)		0.0 (0.00)		2.9 u (2.87)		2.8 u (2.64)		2.6 u (2.59)	
Nuts	1.6 u (1.15)	0.3 u (0.17)		0.1 u (0.13)		0.7 u (0.36)		0.6 u (0.40)		4.1 u (3.51)	
Peanut/almond butter	1.0 u (0.52)	0.3 u (0.12)		0.1 u (0.07)		0.1 u (0.05)		0.5 u (0.28)		2.6 u (1.54)	
Seeds	0.3 u (0.19)	0.0 u (0.02)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.2 u (0.15)	
Mixed dishes	252.0 (11.59)	260.0 (12.99)		265.0 (13.59)		251.0 (31.12)		265.0 (23.89)		248.0 (23.78)	
Tomato sauce and meat (no pasta)	1.2 u (1.11)	0.2 u (0.18)		0.2 u (0.25)		9.3 u (9.09)		0.3 u (0.28)		0.0 (0.00)	
Chili con carne	2.1 u (1.50)	3.4 u (2.70)		0.3 u (0.21)		0.0 (0.00)		8.3 u (6.71)		0.7 u (0.69)	
Meat mixtures w/ red meat	9.4 (2.42)	12.0 (3.43)		12.4 (3.72)		9.9 u (5.21)		13.3 u (6.68)		3.7 u (2.18)	
Meat mixtures w/ chicken/turkey	17.0 (3.08)	17.6 (4.19)		16.2 u (5.01)		18.6 u (8.32)		15.9 u (6.15)		16.8 u (6.15)	
Meat mixtures w/ fish	1.3 u (0.92)	0.4 u (0.23)		0.5 u (0.37)		0.3 u (0.30)		0.3 u (0.32)		3.5 u (2.96)	
Hamburgers/cheeseburgers	17.4 (3.55)	14.8 (2.59)		15.1 (3.49)		17.7 u (6.55)		13.9 (3.61)		23.1 u (9.87)	
Other sandwiches	51.9 (3.42)	52.8 (5.48)		57.8 (5.63)		48.9 (7.82)		48.9 (9.71)		51.2 (5.15)	
Hot dogs	11.9 (2.06)	18.3 (3.55)		19.4 (3.92)		7.1 * u (3.42)		17.6 u (7.41)		3.4 u (1.94)	
Luncheon meat	17.2 (2.11)	15.5 (2.60)		11.1 (2.68)		21.3 u (7.66)		23.6 (5.47)		18.7 (4.45)	
Beef, pork, ham	5.4 (1.28)	7.0 (1.59)		10.4 (2.53)		3.9 u (2.31)		3.2 u (1.78)		2.0 u (1.51)	
Chicken, turkey	3.4 u (1.06)	3.3 u (1.13)		5.0 u (1.85)		2.4 u (1.30)		0.9 u (0.52)		4.2 u (2.59)	
Cheese (no meat)	3.7 u (1.60)	2.9 u (1.20)		3.9 u (2.01)		3.0 u (2.24)		1.5 u (0.82)		5.9 u (4.20)	
Fish	0.8 u (0.48)	1.1 u (0.69)		1.3 u (1.18)		1.8 u (1.86)		1.1 u (0.52)		0.0 * (0.00)	
Peanut butter	8.7 (1.28)	4.1 (0.95)		6.2 (1.66)		7.5 u (2.70)		1.1 u (0.99)		16.9 *** (3.61)	
Breakfast sandwiches	0.7 u (0.29)	0.6 u (0.37)		0.6 u (0.51)		1.8 u (1.29)		0.0 (0.00)		0.3 u (0.19)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	13.9	(2.06)	15.0	(2.06)	19.3	(3.93)	10.4 u	(6.55)	10.9 u	(3.64)	13.7 u	(5.05)
Pizza w/ meat	19.9	(3.83)	23.4	(3.85)	25.6	(3.52)	43.6 u	(23.58)	23.0	(6.77)	5.8 * u	(2.79)
Mexican entrees	27.2	(4.48)	24.2	(3.56)	27.5	(5.07)	38.1 u	(12.06)	16.8	(4.15)	30.5 u	(11.11)
Macaroni and cheese	25.5	(4.64)	19.0 u	(6.02)	11.8	(3.46)	7.2 u	(3.54)	29.1 u	(15.79)	46.2	(10.05)
Pasta dishes	23.1	(3.77)	28.9	(5.37)	22.7 u	(6.85)	14.2	(3.12)	42.3	(9.64)	16.5 * u	(6.42)
Rice dishes	5.8	(1.21)	8.0	(2.39)	6.1 u	(2.34)	6.5 u	(2.81)	10.9 u	(5.72)	1.9 u	(0.94)
Other grain mixtures	1.4 u	(0.66)	0.8 u	(0.36)	0.5 u	(0.30)	0.0	(0.00)	1.2 u	(0.72)	2.9 u	(1.97)
Meat soup	13.4	(3.49)	14.0 u	(4.42)	22.8 u	(8.01)	18.4 u	(9.18)	3.8 u	(1.86)	11.3 u	(7.06)
Bean soup	0.1 u	(0.06)	0.1 u	(0.12)	0.2 u	(0.21)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Grain soups	17.6	(4.62)	20.4	(5.86)	22.1	(6.23)	5.7 * u	(2.90)	20.5 u	(12.47)	17.9 u	(10.85)
Vegetables mixtures (incl. soup)	2.3 u	(0.78)	2.5 u	(0.98)	2.2 u	(0.92)	1.8 u	(1.52)	3.2 u	(2.09)	2.4 u	(1.54)
Entrée salads	1.3 u	(0.63)	2.3 u	(1.16)	1.9 u	(1.04)	0.0	(0.00)	2.3 u	(1.66)	0.0 u	(0.04)
Beverages excluding milk and 100% fruit juice	704.0	(32.20)	617.0	(26.30)	623.0	(30.74)	771.0 *	(57.74)	632.0	(43.45)	810.0	(80.14)
Coffee	2.0 u	(1.02)	1.8 u	(1.37)	3.2 u	(2.52)	8.4 u	(5.55)	0.0	(0.00)	0.1 u	(0.11)
Tea	21.0	(3.29)	21.7	(4.54)	21.2 u	(7.59)	27.8 u	(9.79)	25.3	(4.86)	11.5 u	(5.15)
Beer	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Wine	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Liquor	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Water (plain)	378.0	(26.12)	341.0	(28.91)	335.0	(32.99)	327.0	(37.38)	353.0	(44.08)	448.0	(65.43)
Noncarbonated, sweetened drinks	141.0	(8.96)	122.0	(11.35)	113.0	(16.06)	186.0 *	(25.91)	136.0	(19.41)	155.0	(22.59)
Noncarbonated, low-calorie/sugar-free drinks	50.3 u	(17.42)	28.6	(5.97)	24.5 u	(7.91)	64.1 ***	(8.12)	38.7 u	(11.75)	87.7 u	(51.98)
Energy drinks	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Any soda	111.0	(9.54)	102.0	(11.88)	126.0	(17.66)	158.0	(40.56)	78.7	(17.07)	108.0	(16.88)
Soda, regular	96.8	(8.88)	91.9	(10.74)	111.0	(14.92)	146.0	(38.22)	74.6	(16.87)	84.0	(16.01)
Soda, sugar-free	14.4 u	(4.34)	10.1 u	(5.64)	14.5 u	(9.76)	12.2 u	(8.46)	4.1 u	(2.18)	24.1 * u	(8.70)
Sweets and desserts	108.0	(7.41)	91.0	(8.17)	93.2	(12.50)	104.0	(13.68)	94.8	(12.72)	135.0	(17.24)
Sugar and sugar substitutes	0.7	(0.14)	0.7	(0.18)	0.8	(0.22)	0.8 u	(0.57)	0.6 u	(0.30)	0.6 u	(0.27)
Syrups/sweet toppings	6.0	(0.84)	5.7	(0.91)	5.1	(1.17)	2.2 u	(1.26)	6.8	(1.69)	7.4	(2.12)
Jelly	0.7 u	(0.32)	0.6 u	(0.35)	0.8 u	(0.56)	1.1 u	(0.76)	0.5 u	(0.41)	0.8 u	(0.78)
Jello	2.9 u	(1.00)	2.5 u	(1.00)	3.4 u	(1.63)	8.2 u	(5.85)	1.7 u	(1.03)	1.8 u	(1.79)
Candy	14.2	(1.88)	13.3	(2.55)	11.9	(2.70)	17.6	(3.48)	16.5	(4.47)	14.5	(4.25)
Ice cream	35.2	(5.55)	24.5	(4.57)	22.8	(5.09)	24.3	(5.96)	28.2	(8.26)	54.6	(13.64)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

5–8 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	3.4 u (1.21)	2.4 u (1.15)		3.1 u (1.89)		4.3 u (3.25)		1.7 u (1.26)		5.2 u (3.11)	
Ice/popsicles	12.2 (2.13)	7.2 (1.41)		10.0 (2.40)		14.7 u (8.16)		3.6 u (1.19)		18.6 *** (4.17)	
Sweet rolls	1.9 (0.51)	2.8 (0.82)		3.6 u (1.20)		0.5 * u (0.46)		1.5 u (1.05)		0.8 u (0.49)	
Cake/cupcakes	7.0 (1.57)	9.3 (2.05)		7.8 u (2.71)		3.9 u (2.22)		12.9 u (4.08)		4.8 u (2.95)	
Cookies	15.1 (1.36)	14.6 (1.68)		15.6 (1.63)		15.9 (4.30)		14.0 u (4.32)		15.5 (3.08)	
Pies/cobblers	1.4 u (0.71)	1.6 u (1.15)		2.3 u (1.97)		0.0 (0.00)		1.0 u (0.94)		1.5 u (0.81)	
Pastries	3.6 (0.99)	3.0 u (1.01)		2.0 u (0.74)		7.5 u (3.75)		4.6 u (2.32)		3.5 u (2.02)	
Doughnuts	3.5 u (1.07)	2.8 u (0.93)		4.0 u (1.51)		3.0 u (1.92)		1.2 u (0.88)		5.2 u (2.68)	
Salty snacks	19.0 (1.92)	20.5 (2.76)		18.5 (2.17)		19.2 (3.75)		21.0 (4.75)		17.2 (3.17)	
Corn-based salty snacks	8.3 (1.12)	8.3 (1.66)		7.5 (1.82)		6.5 u (2.37)		10.7 u (4.16)		9.6 (1.97)	
Pretzels/party mix	3.6 u (1.13)	3.6 u (1.62)		2.1 u (0.77)		3.6 u (1.78)		2.3 u (0.99)		3.7 u (2.01)	
Popcorn	2.8 (0.44)	3.6 (0.68)		2.7 (0.64)		3.3 u (1.44)		4.6 u (1.43)		1.2 * u (0.49)	
Potato chips	4.4 (0.54)	5.1 (0.73)		6.2 (1.02)		5.8 (1.70)		3.3 u (1.09)		2.8 (0.80)	
Added fats and oils	5.1 (0.70)	4.0 (0.64)		3.9 (0.91)		7.2 u (3.14)		4.2 (0.77)		6.4 (1.40)	
Butter	0.5 (0.10)	0.5 (0.12)		0.3 u (0.11)		0.3 u (0.16)		0.8 u (0.25)		0.5 u (0.19)	
Margarine	0.9 (0.20)	0.6 u (0.18)		0.4 u (0.19)		1.7 u (1.11)		0.9 u (0.28)		1.1 u (0.46)	
Other added fats	0.3 u (0.14)	0.4 u (0.19)		0.3 u (0.21)		0.0 u (0.01)		0.7 u (0.41)		0.4 u (0.25)	
Other added oils	0.0 u (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 u (0.01)	
Salad dressing	0.6 u (0.25)	0.6 u (0.22)		0.6 u (0.32)		0.2 u (0.16)		0.7 u (0.33)		0.9 u (0.65)	
Mayonnaise	0.1 u (0.05)	0.0 u (0.02)		0.0 u (0.01)		0.0 (0.00)		0.1 u (0.04)		0.2 u (0.15)	
Gravy	1.1 u (0.42)	1.0 u (0.33)		1.3 u (0.55)		3.1 u (2.93)		0.8 u (0.35)		0.7 u (0.46)	
Cream cheese	0.4 u (0.29)	0.0 (0.00)		0.0 (0.00)		0.3 u (0.26)		0.0 (0.00)		1.0 u (0.91)	
Cream/sour cream	1.3 u (0.41)	0.9 u (0.37)		0.9 u (0.56)		1.6 u (1.65)		0.4 u (0.16)		1.6 u (0.96)	
Other	2.1 (0.50)	2.0 u (0.60)		2.7 u (0.99)		2.0 u (1.26)		1.1 u (0.49)		2.4 u (1.13)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

	9–13 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	<i>1,151</i>	<i>-</i>	<i>675</i>	<i>-</i>	<i>416</i>	<i>-</i>	<i>206</i>	<i>-</i>	<i>220</i>	<i>-</i>	<i>244</i>	<i>-</i>
Grains	92.6	(5.38)	95.5	(7.81)	90.1	(9.05)	75.4	(7.44)	98.1	(12.30)	89.7	(9.36)
Whole grains ¹	14.4	(2.00)	17.1	(3.51)	16.9 u	(5.40)	7.3 u	(2.24)	15.2	(4.00)	12.7	(3.36)
Refined grains	78.2	(5.32)	78.4	(7.40)	73.3	(6.63)	68.1	(7.65)	82.9	(12.86)	77.0	(8.02)
Bread	15.7	(2.76)	16.5	(4.77)	9.7	(1.59)	9.5 u	(4.15)	25.1 u	(11.05)	14.8	(3.92)
Rolls	2.8 u	(0.98)	3.8 u	(1.28)	2.8	(0.66)	4.5 u	(2.55)	5.7 u	(2.87)	0.8 u	(0.64)
English muffin	0.2 u	(0.15)	0.1 u	(0.06)	0.1 u	(0.12)	0.0	(0.00)	0.0	(0.00)	0.6 u	(0.43)
Bagels	4.5	(1.16)	2.7 u	(1.25)	2.8 u	(1.63)	1.5 u	(0.74)	2.8 u	(2.15)	8.1 u	(2.80)
Biscuits, scones, croissants	1.4 u	(0.46)	2.5 u	(1.04)	4.1 u	(1.73)	1.0 u	(0.75)	0.5 u	(0.42)	0.2 u	(0.17)
Muffins	4.3 u	(1.85)	6.3 u	(3.17)	2.0 u	(1.21)	3.1 u	(1.88)	12.8 u	(7.34)	2.2 u	(1.10)
Cornbread	1.1 u	(0.42)	0.8 u	(0.41)	1.2 u	(0.71)	0.4 u	(0.32)	0.3 u	(0.25)	1.9 u	(1.11)
Corn tortillas	1.5	(0.34)	2.2	(0.52)	3.5	(0.89)	1.8 u	(0.87)	0.1 u	(0.09)	0.3 u	(0.26)
Flour tortillas	1.2 u	(0.57)	0.3 u	(0.17)	0.5 u	(0.31)	0.5 u	(0.34)	0.0 u	(0.02)	2.4 u	(1.60)
Taco shells	0.3 u	(0.25)	0.5 u	(0.50)	1.0 u	(0.90)	0.1 u	(0.07)	0.0 u	(0.04)	0.0	(0.00)
Crackers	4.9	(0.63)	4.2	(0.68)	3.7	(0.81)	4.9 u	(1.96)	5.2	(1.19)	6.2	(1.48)
Breakfast/granola bar	2.2	(0.43)	2.1	(0.50)	0.6 u	(0.22)	3.4 u	(1.94)	3.2 u	(1.02)	2.0 u	(0.78)
Pancakes, waffles, French toast	14.7	(2.46)	11.1	(2.01)	7.7	(1.76)	14.6 u	(5.55)	14.1	(3.64)	18.7	(4.56)
Cold cereal	15.0	(1.50)	13.9	(1.39)	12.7	(1.27)	15.5	(4.06)	15.3	(3.02)	16.0	(2.86)
Hot cereal	6.5	(1.95)	11.5 u	(3.54)	15.6 u	(5.69)	1.1 * u	(0.69)	7.3 u	(3.71)	2.0 u	(0.68)
Rice	13.1	(2.48)	16.2	(3.69)	21.9	(5.39)	13.1 u	(5.30)	3.9 u	(1.65)	8.5 u	(2.88)
Pasta	3.0 u	(1.07)	0.9 u	(0.47)	0.2 u	(0.22)	0.4 u	(0.42)	1.8 u	(1.15)	5.1 u	(2.23)
Vegetables	81.3	(6.74)	86.3	(8.70)	91.6	(9.43)	52.1 ***	(6.97)	82.2	(17.17)	89.2	(14.40)
Raw vegetables	19.8	(3.40)	18.9	(4.33)	16.3	(3.45)	21.2 u	(7.29)	22.6 u	(8.91)	22.7 u	(6.91)
Raw lettuce/greens	0.3 u	(0.12)	0.5 u	(0.21)	0.7 u	(0.36)	0.0 u	(0.04)	0.2 u	(0.18)	0.1 u	(0.06)
Raw carrots	4.0	(1.07)	2.9 u	(0.99)	2.4 u	(0.92)	3.1 u	(2.54)	3.8 u	(1.88)	6.4 u	(2.53)
Raw tomatoes	0.6 u	(0.30)	0.1 u	(0.06)	0.1 u	(0.11)	1.6 u	(1.58)	0.0	(0.00)	1.0 u	(0.61)
Raw cabbage/coleslaw	0.2 u	(0.18)	0.0 u	(0.04)	0.1 u	(0.08)	0.0	(0.00)	0.0	(0.00)	0.7 u	(0.55)
Other raw (higher in vitamins A and C) ²	0.7 u	(0.34)	0.9 u	(0.49)	0.7 u	(0.64)	0.0	(0.00)	1.3 u	(0.87)	0.8 u	(0.69)
Other raw (lower in vitamins A and C) ²	1.5	(0.44)	1.7 u	(0.68)	1.5 u	(0.65)	1.7 u	(1.52)	1.2 u	(0.79)	1.1 u	(0.76)
Salads (w/greens)	12.6	(3.02)	12.8 u	(4.27)	10.8	(3.10)	14.7 u	(6.61)	16.1 u	(9.06)	12.7 u	(5.28)
Cooked vegetables, excl. potatoes	25.0	(2.89)	32.6	(4.13)	39.1	(6.06)	7.5 ***	(2.16)	23.2	(4.88)	22.4	(5.14)
Cooked green beans	5.9 u	(1.81)	8.1 u	(2.64)	13.1 u	(4.60)	0.0 ** u	(0.02)	2.1 u	(1.02)	5.6 u	(3.64)
Cooked corn	4.9	(1.13)	6.6	(1.51)	7.3	(2.09)	1.6 * u	(0.76)	6.3 u	(2.42)	4.2 u	(2.47)
Cooked peas	0.7 u	(0.32)	0.9 u	(0.51)	1.6 u	(0.91)	0.0	(0.00)	0.0	(0.00)	0.7 u	(0.60)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	0.7 u (0.27)	1.2 u (0.47)		1.5 u (0.56)		0.1 * u (0.07)		0.9 u (0.63)		0.4 u (0.33)	
Cooked broccoli	2.3 (0.60)	2.8 u (0.85)		3.4 (0.97)		1.0 u (0.75)		2.2 u (1.18)		2.4 u (1.25)	
Cooked tomatoes	5.3 (0.78)	6.6 (0.85)		6.1 (1.14)		2.6 * u (1.18)		6.9 (1.45)		4.2 u (1.62)	
Cooked mixed	1.0 u (0.40)	1.7 u (0.70)		0.4 u (0.25)		0.0 (0.00)		2.6 u (1.26)		0.4 u (0.39)	
Cooked starchy	0.4 u (0.25)	0.8 u (0.50)		1.1 u (0.84)		0.0 (0.00)		0.5 u (0.46)		0.0 (0.00)	
Other cooked deep yellow	0.6 u (0.25)	0.8 u (0.42)		1.3 u (0.75)		0.1 u (0.10)		0.2 u (0.20)		0.4 u (0.44)	
Other cooked dark green	1.6 u (0.68)	1.4 u (0.47)		2.5 u (0.86)		0.1 ** u (0.05)		0.0 (0.00)		2.8 u (1.89)	
Other cooked (higher in vitamins A and C) ²	0.6 u (0.26)	0.3 u (0.25)		0.1 u (0.07)		2.1 u (1.34)		0.2 u (0.17)		0.3 u (0.27)	
Other cooked (lower in vitamins A and C) ²	1.0 u (0.44)	1.3 u (0.73)		0.5 u (0.30)		0.0 (0.00)		1.3 u (1.31)		1.1 u (0.66)	
Other fried	0.1 u (0.06)	0.2 u (0.13)		0.3 u (0.23)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Cooked potatoes	32.8 (4.03)	34.4 (3.54)		35.6 (4.91)		23.4 (5.77)		36.4 (8.11)		34.5 (9.50)	
Cooked potatoes-not fried	16.5 (3.29)	16.4 (2.82)		20.8 (4.74)		9.8 u (3.67)		12.1 (2.97)		21.2 u (8.42)	
Cooked potatoes-fried	16.3 (2.55)	18.0 (3.48)		14.8 (2.14)		13.6 (3.44)		24.3 u (8.24)		13.3 u (4.22)	
Vegetable juice	3.7 u (3.08)	0.3 u (0.34)		0.6 u (0.62)		0.0 (0.00)		0.0 (0.00)		9.5 u (9.07)	
Fruit and 100% fruit juice	198.0 (11.93)	217.0 (20.42)		241.0 (16.96)		176.0 * (23.13)		188.0 (37.65)		174.0 (16.40)	
Any whole fruit	98.3 (5.25)	109.0 (7.23)		118.0 (11.64)		66.4 ** (10.49)		101.0 (11.42)		88.0 (8.01)	
Fresh fruit	81.4 (4.66)	85.5 (6.71)		89.6 (10.78)		56.3 * (9.69)		81.8 (12.11)		78.1 (6.28)	
Fresh orange	9.2 (1.71)	11.5 (2.71)		15.9 (4.52)		5.5 u (2.93)		4.6 u (2.78)		6.4 u (2.80)	
Fresh other citrus	0.2 u (0.12)	0.0 u (0.02)		0.0 (0.00)		1.0 u (0.87)		0.0 u (0.04)		0.0 (0.00)	
Fresh apple	27.5 (3.20)	32.0 (3.38)		33.0 (5.04)		10.6 *** u (3.47)		31.4 (6.29)		26.4 (5.95)	
Fresh banana	13.0 (2.45)	14.6 (3.88)		18.9 u (6.76)		16.2 u (6.23)		9.5 u (3.59)		7.1 u (2.68)	
Fresh melon	2.5 (0.70)	2.0 u (1.10)		3.4 u (1.97)		3.6 u (2.37)		0.2 u (0.21)		1.9 u (1.15)	
Fresh watermelon	5.8 u (2.24)	2.8 u (1.81)		0.3 u (0.20)		6.8 u (4.55)		5.9 u (4.33)		10.5 u (3.87)	
Fresh grapes	7.8 (1.54)	5.9 (1.52)		4.0 (0.77)		4.4 u (2.36)		9.2 u (3.62)		10.3 u (3.68)	
Fresh peach/nectarine	1.8 u (0.75)	2.1 u (0.82)		3.2 u (1.47)		0.4 u (0.31)		0.9 u (0.47)		2.0 u (1.94)	
Fresh pear	1.8 u (0.56)	2.9 u (1.03)		3.8 u (1.53)		0.5 * u (0.53)		1.3 u (1.02)		0.9 u (0.54)	
Fresh berries	4.1 u (1.86)	2.3 u (1.15)		1.9 u (0.88)		3.6 u (2.61)		3.2 u (2.55)		7.3 u (5.02)	
Fresh pineapple	1.5 (0.35)	2.4 (0.52)		2.6 u (1.59)		0.0 (0.00)		2.5 u (1.46)		0.5 u (0.50)	
Other fresh fruit	6.1 u (2.40)	6.8 u (4.33)		2.4 u (1.24)		3.6 u (1.70)		12.8 u (9.88)		4.8 u (2.28)	
Avocado/guacamole	0.1 u (0.06)	0.1 u (0.11)		0.0 (0.00)		0.0 (0.00)		0.3 u (0.28)		0.0 (0.00)	
Lemon/lime - any form	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Canned or frozen fruit, total	16.8 (2.10)	23.2 (3.00)		27.9 (5.20)		10.0 ** u (3.92)		19.4 (4.20)		9.8 u (3.47)	
Canned or frozen in syrup	2.6 (0.75)	3.3 (0.96)		5.2 u (1.59)		0.9 * u (0.85)		1.1 u (0.98)		2.2 u (1.53)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	14.2	(1.94)	19.9	(3.05)	22.7	(5.04)	9.2 * u	(3.85)	18.3	(4.23)	7.6 * u	(3.04)
Applesauce, canned/ frozen apples	5.2	(1.35)	3.8 u	(1.50)	3.0 u	(1.47)	8.5 u	(3.75)	5.3 u	(3.23)	6.3 u	(2.96)
Canned/frozen peaches	3.6	(0.92)	6.0	(1.41)	7.0	(1.97)	0.4 *** u	(0.36)	5.5 u	(2.44)	0.4 * u	(0.27)
Canned/frozen pineapple	3.3 u	(1.07)	6.0 u	(1.99)	7.5 u	(3.22)	0.0 *	(0.00)	4.2 u	(1.89)	0.8 u	(0.68)
Other canned/frozen	4.7	(1.09)	7.4	(1.90)	10.4	(3.08)	1.2 ** u	(0.90)	4.3 u	(1.82)	2.4 u	(1.50)
100% Fruit juice	99.3	(9.76)	109.0	(16.03)	124.0	(14.77)	109.0	(20.85)	86.3 u	(32.63)	85.7	(14.62)
Non-citrus juice	57.6	(7.29)	60.8	(10.88)	77.9	(15.14)	64.1	(17.86)	42.2 u	(16.82)	53.2	(11.19)
Citrus juice	41.6	(6.16)	47.9	(8.55)	45.9	(6.79)	45.4 u	(15.63)	44.2 u	(17.06)	32.4 u	(9.84)
Dried fruit	0.1 u	(0.03)	0.0 u	(0.02)	0.0 u	(0.02)	0.1 u	(0.06)	0.0 u	(0.04)	0.1 u	(0.08)
Milk and milk products	319.0	(16.89)	410.0	(29.50)	374.0	(16.93)	202.0 ***	(22.94)	461.0	(62.95)	244.0 **	(25.55)
Cow's milk, total	303.0	(16.43)	394.0	(29.07)	361.0	(15.96)	192.0 ***	(22.44)	440.0	(62.00)	224.0 **	(23.85)
Unflavored white milk, total	209.0	(17.47)	234.0	(31.61)	197.0	(17.37)	173.0	(24.52)	279.0	(71.11)	191.0	(21.14)
Unflavored whole milk	55.9	(16.06)	71.7 u	(31.60)	56.7	(8.56)	66.5 u	(22.40)	94.2 u	(77.72)	28.8	(8.01)
Unflavored non-whole, total	143.0	(9.49)	148.0	(13.46)	126.0	(14.14)	96.2	(16.94)	172.0	(19.58)	162.0	(19.51)
2% milk, unflavored	82.8	(7.05)	85.6	(8.74)	80.7	(11.33)	63.4	(15.66)	81.7	(15.44)	89.0	(16.32)
1% milk, unflavored	39.4	(5.96)	41.6	(7.47)	34.2	(7.66)	26.0 u	(13.92)	53.6	(14.00)	43.3	(12.82)
Skim milk, unflavored	21.2	(4.48)	20.9 u	(6.60)	11.2 u	(4.72)	6.9 u	(5.89)	36.7 u	(15.57)	29.8	(8.81)
Unflavored, fat not specified	9.3	(1.64)	14.2	(3.17)	14.2 u	(4.46)	10.3 u	(6.61)	13.1 u	(5.27)	0.3 * u	(0.20)
Flavored milk, total	94.2	(7.59)	160.0	(9.77)	164.0	(13.90)	18.7 *** u	(9.98)	161.0	(18.78)	33.1 ***	(8.23)
Flavored, whole milk	18.4	(3.45)	34.5	(6.01)	44.9	(9.14)	6.5 *** u	(6.29)	22.3 u	(6.86)	0.7 ** u	(0.66)
Flavored non-whole, total	51.7	(6.77)	89.1	(11.67)	75.8	(14.13)	9.9 *** u	(7.44)	108.0	(19.21)	17.4 *** u	(6.12)
2% milk, flavored	28.6	(4.53)	50.8	(8.73)	44.3	(11.14)	7.4 ** u	(7.04)	57.5	(13.61)	6.5 *** u	(2.59)
1% milk, flavored	19.3	(3.81)	31.0	(6.27)	25.3 u	(7.63)	2.5 ** u	(2.16)	42.5	(12.06)	10.7 * u	(5.58)
Skim milk, flavored	3.8 u	(1.81)	7.3 u	(3.55)	6.2 u	(2.53)	0.0 *	(0.00)	8.6 u	(7.85)	0.2 u	(0.24)
Flavored, fat not specified	24.2	(3.82)	36.9	(4.87)	43.5	(5.82)	2.3 *** u	(2.22)	29.7 u	(9.39)	14.9 u	(10.40)
Soy milk	1.1 u	(0.47)	0.5 u	(0.29)	0.5 u	(0.46)	0.4 u	(0.44)	0.5 u	(0.34)	2.3 u	(1.26)
Dry or evaporated milk	0.0 u	(0.02)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.12)	0.0	(0.00)	0.0	(0.00)
Yogurt	7.5	(2.17)	8.1 u	(2.66)	6.1 u	(1.89)	3.0 u	(1.34)	11.8 u	(5.70)	9.3 u	(4.50)
Cheese	7.2	(1.23)	6.8	(1.34)	6.3	(1.82)	6.5 u	(1.97)	8.3 u	(2.85)	8.1 u	(2.69)
Meat and meat alternates	74.8	(5.93)	83.8	(6.83)	93.9	(10.99)	70.8	(17.76)	73.0	(9.99)	68.8	(10.49)
Beef	3.7	(0.86)	4.3	(1.22)	4.1 u	(1.27)	5.3 u	(2.54)	5.1 u	(2.03)	2.4 u	(0.95)
Ground beef	0.1 u	(0.05)	0.1 u	(0.09)	0.1 u	(0.14)	0.0	(0.00)	0.2 u	(0.11)	0.0	(0.00)
Pork	5.4 u	(1.71)	7.8 u	(3.24)	6.4 u	(2.08)	2.4 u	(1.60)	10.1 u	(6.69)	3.6 u	(1.86)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.1 u (0.05)	0.2 u (0.10)		0.3 u (0.18)		0.1 u (0.08)		0.0 (0.00)		0.0 (0.00)	
Lamb and misc. meats	0.1 u (0.08)	0.1 u (0.15)		0.3 u (0.27)		0.1 u (0.10)		0.0 (0.00)		0.1 u (0.11)	
Chicken	28.3 (4.16)	38.2 (5.93)		45.9 (9.37)		24.4 u (7.55)		32.1 (7.30)		16.8 u (5.65)	
Turkey	2.7 u (1.99)	0.4 u (0.21)		0.5 u (0.31)		3.1 u (1.90)		0.4 u (0.28)		6.4 u (5.93)	
Organ meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	1.0 u (0.35)	1.8 u (0.69)		2.2 u (0.80)		0.4 u (0.40)		1.6 u (1.37)		0.1 u (0.07)	
Cold cuts	1.4 u (0.47)	1.8 u (0.89)		1.2 u (0.68)		0.7 u (0.30)		2.8 u (2.07)		1.2 u (0.48)	
Fish	3.8 (1.08)	4.2 u (1.69)		4.1 u (2.70)		3.3 u (1.31)		2.6 u (1.23)		3.5 u (1.81)	
Shellfish	0.9 u (0.31)	0.8 u (0.33)		0.7 u (0.35)		0.9 u (0.61)		0.4 u (0.26)		1.1 u (0.71)	
Bacon/sausage	5.3 (1.00)	5.4 u (1.71)		6.4 u (2.84)		5.8 u (2.46)		4.0 u (1.82)		5.3 (1.40)	
Eggs	13.4 (2.73)	7.1 (1.71)		9.5 (2.39)		20.3 u (9.55)		2.9 u (1.96)		20.9 ** u (6.48)	
Beans	3.9 (1.07)	5.1 u (1.64)		5.8 (1.72)		2.1 u (1.42)		4.1 u (3.05)		3.1 u (1.77)	
Baked/refried beans	1.8 u (0.70)	3.3 u (1.36)		5.8 u (2.35)		0.5 * u (0.48)		0.5 u (0.43)		0.3 u (0.21)	
Soy products	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Protein/meal enhancement	0.7 u (0.58)	1.4 u (1.16)		0.0 (0.00)		0.0 (0.00)		3.4 u (2.98)		0.0 (0.00)	
Nuts	0.6 (0.15)	0.5 u (0.24)		0.1 u (0.10)		0.6 u (0.33)		1.0 u (0.57)		0.7 u (0.31)	
Peanut/almond butter	1.5 u (0.59)	0.8 u (0.42)		0.1 u (0.11)		0.1 u (0.11)		1.8 u (0.99)		3.2 u (1.63)	
Seeds	0.2 u (0.10)	0.2 u (0.12)		0.4 u (0.22)		0.6 u (0.55)		0.0 u (0.02)		0.1 u (0.07)	
Mixed dishes	337.0 (15.17)	353.0 (20.67)		345.0 (24.30)		351.0 (41.71)		367.0 (35.03)		303.0 (26.22)	
Tomato sauce and meat (no pasta)	0.7 u (0.65)	0.0 u (0.04)		0.1 u (0.08)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Chili con carne	2.1 u (1.31)	4.1 u (2.63)		0.0 u (0.05)		0.1 u (0.06)		10.0 u (6.52)		0.1 u (0.06)	
Meat mixtures w/ red meat	15.9 (4.41)	20.8 u (7.39)		20.5 u (10.18)		10.9 u (4.28)		23.8 u (11.02)		12.2 u (4.33)	
Meat mixtures w/ chicken/turkey	14.9 (3.59)	17.1 u (6.70)		11.4 u (4.03)		9.4 u (3.96)		24.1 u (15.75)		14.9 u (6.86)	
Meat mixtures w/ fish	1.7 u (0.77)	2.2 u (1.39)		1.6 u (0.89)		2.0 u (1.70)		3.2 u (3.19)		1.1 u (0.69)	
Hamburgers/cheeseburgers	26.0 (4.00)	32.3 (5.89)		18.9 (3.63)		24.8 (6.44)		47.8 (12.74)		19.5 * u (6.42)	
Other sandwiches	82.4 (5.98)	80.8 (7.99)		87.2 (11.30)		86.2 (12.15)		72.1 (11.73)		84.6 (10.42)	
Hot dogs	12.0 (1.93)	17.3 (3.60)		22.7 (5.95)		8.9 * u (3.28)		10.8 u (3.76)		6.2 u (2.14)	
Luncheon meat	26.7 (3.57)	21.7 (4.88)		26.7 (7.01)		42.3 (11.39)		12.4 u (4.76)		29.0 * (4.87)	
Beef, pork, ham	10.3 (1.60)	9.0 (1.95)		8.2 u (2.53)		13.3 u (4.53)		9.3 u (3.24)		7.9 u (3.30)	
Chicken, turkey	14.8 (2.27)	15.8 (3.02)		15.8 (4.36)		10.9 u (4.21)		17.2 u (5.79)		16.6 u (5.52)	
Cheese (no meat)	2.9 u (0.92)	3.9 u (1.66)		4.7 u (2.90)		3.7 u (2.09)		3.3 u (1.39)		1.2 u (0.53)	
Fish	3.3 u (1.69)	2.1 u (0.67)		2.7 u (1.18)		0.2 * u (0.19)		1.4 u (0.44)		6.8 u (5.01)	
Peanut butter	7.1 (1.09)	4.0 (0.88)		4.6 (1.24)		3.5 u (1.43)		2.8 u (1.06)		13.8 *** (2.73)	
Breakfast sandwiches	5.3 u (2.53)	7.1 u (4.84)		1.9 u (1.14)		3.4 u (2.56)		15.0 u (11.06)		3.1 u (1.92)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	13.0	(2.26)	18.9	(4.06)	17.8	(4.84)	6.7 * u	(2.60)	22.3	(5.74)	7.8 * u	(2.47)
Pizza w/ meat	23.0	(2.63)	29.0	(3.61)	32.0	(4.52)	15.3 * u	(5.65)	25.6	(4.98)	15.8 u	(4.93)
Mexican entrees	38.6	(5.21)	43.9	(8.41)	49.9	(10.51)	43.1	(10.16)	35.7	(9.28)	24.8	(5.06)
Macaroni and cheese	19.3	(3.17)	25.7	(5.93)	18.3 u	(5.63)	21.0 u	(9.98)	37.8 u	(13.47)	10.7 u	(4.63)
Pasta dishes	48.0	(11.78)	34.6	(6.88)	31.0	(7.58)	74.7 u	(42.42)	40.5 u	(12.53)	58.5 u	(26.02)
Rice dishes	9.2	(1.80)	7.7	(1.73)	8.8 u	(2.75)	11.8 u	(4.11)	6.0 u	(2.87)	11.3 u	(4.10)
Other grain mixtures	5.8 u	(2.05)	3.1	(0.92)	2.4 u	(1.08)	1.5 u	(1.30)	2.3 u	(1.45)	7.4 u	(3.62)
Meat soup	11.5	(2.57)	7.8 u	(2.40)	12.0 u	(4.36)	15.1 u	(7.50)	2.9 u	(1.47)	14.7 u	(6.20)
Bean soup	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.04)
Grain soups	11.6	(2.54)	13.1	(3.36)	17.5	(4.70)	16.3 u	(5.51)	6.8 u	(3.47)	8.3 u	(5.12)
Vegetables mixtures (incl. soup)	7.8	(2.29)	5.4 u	(2.23)	8.8 u	(3.99)	11.4 u	(5.43)	1.4 u	(0.90)	10.9 u	(5.64)
Entrée salads	5.8 u	(2.42)	6.9	(2.05)	7.2 u	(2.46)	0.8 * u	(0.74)	5.0 u	(2.88)	0.1 u	(0.12)
Beverages excluding milk and 100% fruit juice	1,035.0	(60.64)	863.0	(49.46)	779.0	(39.83)	1,090.0 ***	(62.43)	975.0	(122.12)	1,180.0	(108.30)
Coffee	6.1 u	(2.85)	5.5 u	(2.69)	8.8 u	(4.48)	3.8 u	(1.46)	1.5 u	(0.92)	8.5 u	(7.58)
Tea	55.1	(9.16)	46.0	(12.00)	43.8	(9.99)	60.6	(18.02)	51.7 u	(22.12)	60.9	(17.35)
Beer	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Wine	0.1 u	(0.10)	0.2 u	(0.21)	0.0	(0.00)	0.0	(0.00)	0.5 u	(0.52)	0.0	(0.00)
Liquor	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Water (plain)	501.0	(37.91)	418.0	(37.32)	342.0	(33.06)	519.0 **	(58.28)	497.0	(71.96)	626.0	(90.68)
Noncarbonated, sweetened drinks	188.0	(17.44)	166.0	(26.03)	175.0	(25.96)	215.0	(38.58)	157.0 u	(51.56)	215.0	(40.51)
Noncarbonated, low-calorie/sugar-free drinks	60.1 u	(31.12)	29.0 u	(9.60)	19.6	(5.05)	27.0 u	(10.40)	43.8 u	(22.38)	33.0	(7.17)
Energy drinks	4.5 u	(2.63)	6.1 u	(4.45)	9.3 u	(8.09)	7.5 u	(5.97)	2.6 u	(2.58)	1.2 u	(1.15)
Any soda	220.0	(21.18)	193.0	(24.98)	181.0	(35.05)	257.0	(39.32)	221.0	(36.88)	236.0	(44.43)
Soda, regular	191.0	(16.88)	180.0	(23.62)	176.0	(34.89)	221.0	(40.24)	194.0	(32.85)	198.0	(30.57)
Soda, sugar-free	29.3 u	(8.86)	13.1 u	(4.40)	4.2 u	(2.06)	35.2 * u	(12.89)	26.9 u	(11.96)	37.7 u	(20.40)
Sweets and desserts	105.0	(6.08)	102.0	(9.65)	86.3	(7.62)	109.0	(10.14)	128.0	(18.72)	115.0	(10.77)
Sugar and sugar substitutes	1.3 u	(0.55)	1.4 u	(1.01)	0.5	(0.16)	2.2 u	(1.63)	2.8 u	(2.35)	0.7	(0.21)
Syrups/sweet toppings	5.8	(0.78)	4.6	(0.77)	4.5	(0.96)	6.3 u	(2.54)	4.3 u	(1.36)	7.4	(1.50)
Jelly	0.7 u	(0.31)	0.8 u	(0.52)	0.5	(0.16)	0.2 u	(0.14)	1.4 u	(1.26)	0.7 u	(0.60)
Jello	1.8	(0.54)	2.0 u	(0.60)	2.4 u	(0.89)	1.7 u	(1.17)	1.5 u	(0.82)	1.7 u	(1.36)
Candy	13.3	(1.78)	13.2	(2.70)	15.4	(4.20)	15.1	(3.19)	11.0	(2.13)	13.5	(2.70)
Ice cream	32.7	(3.48)	29.5	(4.33)	22.0	(6.06)	43.3 *	(7.47)	42.5	(8.23)	35.1	(8.31)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	2.1	(0.50)	2.3 u	(0.93)	1.4 u	(0.96)	0.9 u	(0.46)	3.8 u	(1.85)	2.6 u	(1.09)
Ice/popsicles	12.9	(3.82)	14.5 u	(6.40)	6.0 u	(1.93)	7.8 u	(2.92)	26.0 u	(15.83)	13.9 u	(6.58)
Sweet rolls	1.5	(0.28)	1.9	(0.52)	2.2 u	(0.75)	1.0 u	(0.71)	1.9 u	(0.69)	0.9 u	(0.48)
Cake/cupcakes	9.3	(2.13)	9.1 u	(2.83)	11.3 u	(5.00)	7.7 u	(3.99)	7.2 u	(2.93)	10.8 u	(3.91)
Cookies	12.7	(1.16)	11.7	(1.44)	10.7	(1.82)	16.8	(3.69)	12.8	(1.99)	12.8	(1.98)
Pies/cobblers	4.0 u	(2.61)	1.5 u	(0.75)	0.9 u	(0.46)	0.1 u	(0.06)	2.5 u	(1.79)	10.1 u	(7.70)
Pastries	5.5	(0.90)	7.7	(1.54)	6.9 u	(3.53)	5.2 u	(1.70)	9.3 u	(3.10)	2.5 * u	(0.92)
Doughnuts	1.5	(0.37)	1.3	(0.38)	1.5 u	(0.56)	0.5 u	(0.27)	0.8 u	(0.49)	2.3 u	(0.92)
Salty snacks	19.8	(1.25)	17.7	(1.33)	18.7	(1.69)	25.4	(4.21)	16.1	(2.36)	21.4	(2.32)
Corn-based salty snacks	9.3	(0.98)	8.0	(1.08)	8.7	(1.55)	13.4	(3.71)	5.9	(1.43)	10.3 *	(1.53)
Pretzels/party mix	3.2	(0.79)	2.4	(0.72)	2.3 u	(0.84)	4.0 u	(1.62)	2.9 u	(1.27)	4.2 u	(1.71)
Popcorn	2.5	(0.41)	2.0	(0.45)	1.5 u	(0.57)	2.0 u	(0.99)	2.7	(0.80)	3.3 u	(1.07)
Potato chips	4.8	(0.61)	5.3	(0.88)	6.1	(0.98)	6.1	(1.30)	4.6 u	(2.16)	3.6 u	(1.13)
Added fats and oils	10.7	(1.82)	8.1	(1.65)	9.7	(2.51)	7.3	(2.07)	6.7 u	(2.41)	14.1	(4.02)
Butter	0.5	(0.13)	0.4	(0.11)	0.3	(0.07)	0.3 u	(0.17)	0.6 u	(0.23)	0.8 u	(0.32)
Margarine	0.9	(0.25)	0.7 u	(0.27)	0.7 u	(0.33)	1.6 u	(0.88)	0.8 u	(0.50)	0.9 u	(0.43)
Other added fats	1.3 u	(0.61)	1.1 u	(0.94)	1.9 u	(1.73)	1.6 u	(1.56)	0.2 u	(0.14)	1.4 u	(0.83)
Other added oils	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Salad dressing	1.1	(0.24)	1.2	(0.36)	1.3 u	(0.45)	1.8 u	(0.83)	1.2 u	(0.54)	0.6 u	(0.30)
Mayonnaise	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Gravy	2.7 u	(1.05)	3.3 u	(1.42)	3.9 u	(1.95)	0.6 u	(0.33)	2.9 u	(2.33)	3.0 u	(2.35)
Cream cheese	1.2 u	(0.53)	0.1 u	(0.06)	0.2 u	(0.12)	0.4 u	(0.29)	0.0 u	(0.02)	3.0 * u	(1.54)
Cream/sour cream	2.9 u	(1.07)	1.2 u	(0.66)	1.5 u	(1.03)	0.9 u	(0.86)	0.9 u	(0.68)	4.3 * u	(1.45)
Other	2.6	(0.51)	3.6 u	(1.13)	1.7	(0.42)	1.1 u	(0.41)	6.5 u	(2.73)	1.9 u	(0.79)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

	14–18 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Grains	72.5	(4.54)	56.4	(4.50)	51.7	(9.14)	55.8	(6.24)	61.2	(6.84)	93.4 **	(9.46)
Whole grains ¹	12.4	(2.00)	11.1 u	(3.57)	5.7 u	(2.81)	9.2	(2.47)	16.2 u	(7.79)	15.0	(3.40)
Refined grains	60.1	(4.17)	45.3	(4.11)	45.9	(8.67)	46.6	(5.89)	45.0	(5.28)	78.3 **	(9.51)
Bread	7.3	(1.06)	4.3	(1.10)	3.2 u	(1.52)	6.3 u	(2.07)	4.3 u	(1.50)	10.6 *	(2.01)
Rolls	1.5 u	(0.54)	3.0 u	(1.33)	1.0 u	(0.32)	0.7 u	(0.52)	4.9 u	(2.53)	0.8 u	(0.48)
English muffin	0.7 u	(0.49)	1.7 u	(1.33)	0.0	(0.00)	0.0	(0.00)	3.2 u	(2.47)	0.3 u	(0.29)
Bagels	5.4	(1.59)	0.3 u	(0.22)	0.8 u	(0.57)	1.3 u	(0.62)	0.0	(0.00)	10.2 ** u	(3.15)
Biscuits, scones, croissants	3.3 u	(1.72)	1.2 u	(0.51)	0.9 u	(0.47)	1.4 u	(0.43)	1.0 u	(0.65)	6.4 u	(4.07)
Muffins	1.5	(0.33)	1.9 u	(0.64)	3.1 u	(1.40)	1.1 u	(0.66)	1.4 u	(0.81)	1.4 u	(0.56)
Cornbread	0.6 u	(0.27)	1.7 u	(0.73)	2.1 u	(1.33)	0.1 u	(0.07)	1.7 u	(1.11)	0.0 u	(0.02)
Corn tortillas	2.0 u	(0.62)	3.3 u	(1.10)	5.2 u	(1.65)	4.0 u	(2.51)	2.5 u	(1.57)	0.1 u	(0.06)
Flour tortillas	3.4 u	(1.24)	1.9 u	(0.74)	4.0 u	(1.96)	4.9 u	(2.54)	0.4 u	(0.37)	4.2 u	(2.23)
Taco shells	0.0 u	(0.02)	0.0 u	(0.04)	0.1 u	(0.11)	0.0 u	(0.02)	0.0	(0.00)	0.0	(0.00)
Crackers	5.3 u	(1.83)	3.3 u	(1.43)	1.6 u	(0.64)	2.8 u	(1.21)	4.4 u	(2.07)	8.4 u	(3.92)
Breakfast/granola bar	2.2	(0.56)	1.2 u	(0.50)	0.6 u	(0.33)	1.7 u	(0.98)	1.8 u	(0.95)	2.7 u	(0.92)
Pancakes, waffles, French toast	7.4	(1.68)	5.0 u	(1.70)	1.0 u	(0.59)	5.8 u	(2.96)	6.5 u	(3.25)	8.9 u	(2.83)
Cold cereal	14.0	(1.78)	13.7	(3.08)	11.3	(2.77)	11.1	(2.52)	16.3 u	(6.49)	16.1	(3.00)
Hot cereal	3.0 u	(1.26)	0.4 u	(0.23)	0.8 u	(0.56)	5.0 u	(2.83)	0.2 u	(0.19)	4.5 u	(2.68)
Rice	10.2	(2.95)	10.8 u	(4.01)	14.5 u	(7.19)	6.0 u	(1.83)	8.2 u	(5.21)	11.1 u	(5.93)
Pasta	4.9 u	(1.87)	2.8 u	(1.62)	1.3 u	(1.13)	3.6 u	(2.40)	4.4 u	(2.94)	7.7 u	(3.24)
Vegetables	109.0	(11.89)	104.0	(11.71)	87.8	(14.40)	108.0	(18.94)	111.0	(14.88)	117.0	(24.02)
Raw vegetables	28.8 u	(8.74)	19.6	(5.29)	9.3	(2.76)	8.0 u	(4.47)	28.2 u	(9.59)	46.2 u	(19.05)
Raw lettuce/greens	0.0 u	(0.02)	0.1 u	(0.06)	0.0	(0.00)	0.0 u	(0.02)	0.1 u	(0.12)	0.0 u	(0.02)
Raw carrots	1.7 u	(0.66)	3.8 u	(1.83)	2.4 u	(1.67)	0.8 u	(0.72)	5.4 u	(3.35)	0.6 u	(0.45)
Raw tomatoes	2.9 u	(2.69)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.02)	0.0	(0.00)	6.4 u	(6.47)
Raw cabbage/coleslaw	0.4 u	(0.38)	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.04)	0.0	(0.00)	1.0 u	(0.92)
Other raw (higher in vitamins A and C) ²	0.3 u	(0.24)	0.0 u	(0.04)	0.0	(0.00)	0.1 u	(0.07)	0.1 u	(0.07)	0.2 u	(0.18)
Other raw (lower in vitamins A and C) ²	2.4 u	(1.78)	1.4 u	(0.98)	1.2 u	(0.87)	0.0 u	(0.02)	1.6 u	(1.72)	4.3 u	(4.13)
Salads (w/greens)	21.0	(5.94)	14.4 u	(4.70)	5.7 u	(2.11)	7.0 u	(4.43)	21.0 u	(8.47)	33.8 u	(13.02)
Cooked vegetables, excl. potatoes	35.2	(3.76)	32.5	(6.65)	25.0	(4.53)	48.7	(11.35)	28.0	(6.48)	33.0	(4.91)
Cooked green beans	4.5 u	(1.60)	2.6 u	(0.95)	4.4 u	(1.83)	2.5 u	(1.76)	1.9 u	(1.36)	7.4 u	(3.82)
Cooked corn	3.9	(0.84)	5.9 u	(1.95)	3.9 u	(1.68)	7.1	(2.09)	5.8 u	(2.71)	1.0 u	(0.45)
Cooked peas	0.6 u	(0.30)	1.0 u	(0.60)	1.5 u	(1.10)	1.3 u	(1.09)	0.8 u	(0.83)	0.0 u	(0.03)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	2.5 u	(1.24)	0.0	(0.00)	0.0	(0.00)	0.1 u	(0.08)	0.0	(0.00)	5.1 u	(2.90)
Cooked broccoli	3.3 u	(1.21)	2.7 u	(1.90)	0.0 u	(0.03)	5.8 u	(4.07)	1.4 u	(1.09)	2.9 u	(1.38)
Cooked tomatoes	12.9	(2.59)	8.5	(2.16)	11.6 u	(4.30)	26.2 u	(9.35)	6.5 u	(2.18)	11.2	(3.19)
Cooked mixed	0.9 u	(0.62)	0.0	(0.00)	0.0	(0.00)	0.5 u	(0.36)	0.0	(0.00)	2.0 u	(1.47)
Cooked starchy	0.9 u	(0.57)	2.3 u	(1.65)	2.0 u	(1.54)	0.4 u	(0.43)	3.0 u	(2.95)	0.0	(0.00)
Other cooked deep yellow	0.8 u	(0.64)	0.0 u	(0.05)	0.0	(0.00)	1.0 u	(0.93)	0.1 u	(0.10)	1.5 u	(1.44)
Other cooked dark green	1.5 u	(0.93)	4.2 u	(2.69)	1.0 u	(0.93)	0.5 u	(0.52)	7.3 u	(5.07)	0.0	(0.00)
Other cooked (higher in vitamins A and C) ²	1.5 u	(0.77)	1.9 u	(1.31)	0.0	(0.00)	2.3 u	(1.27)	1.3 u	(0.92)	1.0 u	(0.89)
Other cooked (lower in vitamins A and C) ²	1.7 u	(1.12)	3.1 u	(3.05)	0.0	(0.00)	1.1 u	(0.90)	0.1 u	(0.05)	1.0 u	(0.75)
Other fried	0.1 u	(0.08)	0.2 u	(0.23)	0.6 u	(0.59)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked potatoes	44.6	(4.29)	51.5	(7.93)	53.5	(11.28)	51.1	(11.21)	54.6	(11.96)	38.0	(7.44)
Cooked potatoes-not fried	19.4	(3.44)	24.3	(5.57)	15.1 u	(5.56)	19.1 u	(8.80)	33.9 u	(10.90)	17.1 u	(9.08)
Cooked potatoes-fried	25.2	(3.28)	27.2	(5.73)	38.5	(11.04)	32.0	(6.87)	20.8	(4.17)	20.9	(4.27)
Vegetable juice	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Fruit and 100% fruit juice	173.0	(14.95)	194.0	(24.50)	261.0	(52.05)	157.0	(23.26)	128.0	(20.95)	155.0	(20.98)
Any whole fruit	78.8	(8.50)	69.1	(7.44)	81.3	(12.84)	59.9	(10.96)	51.1	(10.39)	93.4 *	(16.05)
Fresh fruit	69.1	(7.85)	52.0	(7.11)	61.5	(9.79)	52.7	(10.19)	33.6	(8.05)	87.9 **	(16.02)
Fresh orange	6.7	(1.64)	6.9	(1.77)	11.1 u	(4.06)	8.1 u	(2.63)	3.7	(1.02)	5.5 u	(3.00)
Fresh other citrus	0.3 u	(0.26)	0.0	(0.00)	0.0	(0.00)	1.3 u	(1.28)	0.0	(0.00)	0.0	(0.00)
Fresh apple	27.2	(4.41)	20.0	(4.18)	24.3	(6.55)	28.7	(7.61)	14.9 u	(4.89)	32.4	(8.61)
Fresh banana	6.9	(1.88)	6.7 u	(3.40)	11.2 u	(7.16)	5.4 u	(2.31)	0.8 u	(0.48)	8.4 * u	(3.49)
Fresh melon	1.6 u	(0.97)	1.9 u	(1.13)	0.7 u	(0.56)	0.0	(0.00)	1.2 u	(1.10)	2.2 u	(2.14)
Fresh watermelon	8.4 u	(3.89)	1.6 u	(1.49)	0.0	(0.00)	0.6 u	(0.44)	0.2 u	(0.21)	12.8 u	(7.26)
Fresh grapes	4.2	(0.88)	5.0 u	(1.87)	3.4 u	(2.01)	1.8 u	(0.87)	2.9 u	(1.55)	5.2 u	(1.89)
Fresh peach/nectarine	0.9 u	(0.48)	2.4 u	(1.36)	4.5 u	(3.08)	0.3 u	(0.37)	0.0	(0.00)	0.0	(0.00)
Fresh pear	0.8 u	(0.56)	0.6 u	(0.54)	0.7 u	(0.70)	0.0	(0.00)	0.5 u	(0.52)	1.3 u	(1.25)
Fresh berries	3.7 u	(1.55)	3.2 u	(2.81)	0.6 u	(0.52)	2.0 u	(1.34)	5.7 u	(5.34)	5.3 u	(3.02)
Fresh pineapple	3.2 u	(1.59)	0.5 u	(0.32)	1.4 u	(0.79)	1.0 u	(0.80)	0.0	(0.00)	6.9 u	(3.67)
Other fresh fruit	5.2 u	(2.14)	3.1 u	(1.46)	3.5 u	(2.19)	3.3 u	(1.76)	3.4 u	(2.30)	7.9 u	(4.95)
Avocado/guacamole	0.1 u	(0.05)	0.1 u	(0.06)	0.0	(0.00)	0.2 u	(0.25)	0.1 u	(0.11)	0.0	(0.00)
Lemon/lime - any form	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.02)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	9.3	(1.68)	17.0	(2.52)	19.3 u	(7.28)	6.8 u	(4.62)	17.5 u	(5.84)	4.9 * u	(2.52)
Canned or frozen in syrup	2.5 u	(1.21)	2.7 u	(1.11)	3.0 u	(2.09)	4.6 u	(4.50)	2.0 u	(1.20)	1.6 u	(1.57)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	6.8	(1.41)	14.3	(2.44)	16.3 u	(7.08)	2.2 u	(1.25)	15.5 u	(5.81)	3.3 * u	(1.99)
Applesauce, canned/ frozen apples	2.1 u	(0.81)	3.3 u	(1.66)	2.9 u	(1.65)	1.1 u	(0.90)	4.3 u	(2.92)	1.8 u	(1.29)
Canned/frozen peaches	1.3 u	(0.52)	3.7 u	(1.34)	3.5 u	(2.40)	0.2 u	(0.24)	4.4 u	(2.06)	0.0 *	(0.00)
Canned/frozen pineapple	1.1 u	(0.66)	1.3 u	(0.71)	0.4 u	(0.41)	0.0	(0.00)	2.2 u	(1.32)	1.5 u	(1.50)
Other canned/frozen	4.8	(1.30)	8.7	(1.66)	12.5 u	(5.74)	5.5 u	(4.55)	6.5 u	(4.26)	1.6 u	(1.57)
100% Fruit juice	94.6	(10.74)	125.0	(21.99)	180.0	(50.86)	97.4	(20.26)	76.6	(14.75)	62.0	(11.06)
Non-citrus juice	36.2	(5.08)	54.3	(11.33)	80.4	(22.26)	38.9	(11.19)	34.1 u	(10.78)	22.6 u	(7.10)
Citrus juice	58.4	(8.64)	70.8	(15.94)	99.7 u	(37.02)	58.4	(17.00)	42.5	(11.28)	39.4	(8.17)
Dried fruit	0.4 u	(0.24)	0.2 u	(0.19)	0.5 u	(0.49)	0.3 u	(0.31)	0.0	(0.00)	0.6 u	(0.53)
Milk and milk products	281.0	(22.14)	371.0	(46.83)	411.0	(88.55)	173.0 *	(42.29)	375.0	(51.58)	272.0	(38.25)
Cow's milk, total	261.0	(21.99)	363.0	(47.01)	403.0	(88.76)	157.0 *	(42.77)	365.0	(51.66)	240.0 *	(35.77)
Unflavored white milk, total	213.0	(23.10)	234.0	(47.58)	271.0 u	(94.79)	151.0	(43.05)	232.0	(48.70)	235.0	(36.64)
Unflavored whole milk	63.9	(19.10)	82.9 u	(42.27)	161.0 u	(101.16)	85.7 u	(47.08)	38.0 u	(13.33)	34.8 u	(11.73)
Unflavored non-whole, total	140.0	(15.77)	142.0	(24.98)	92.8	(14.39)	59.1	(13.84)	187.0	(46.08)	188.0	(31.67)
2% milk, unflavored	71.0	(13.16)	78.2	(18.35)	64.9	(14.20)	44.4	(12.24)	92.1 u	(31.78)	82.4	(23.70)
1% milk, unflavored	42.3	(9.80)	53.6 u	(20.43)	24.2	(5.91)	13.6 u	(5.97)	79.1 u	(38.14)	49.8 u	(16.16)
Skim milk, unflavored	26.9 u	(9.79)	9.7 u	(5.03)	3.7 u	(2.36)	1.1 u	(0.73)	16.0 u	(9.40)	56.0 u	(22.62)
Unflavored, fat not specified	9.3 u	(3.33)	9.6 u	(3.61)	16.5 u	(6.54)	5.8 u	(2.32)	6.5 u	(4.71)	11.6 u	(7.53)
Flavored milk, total	47.7	(10.45)	129.0	(24.23)	133.0	(22.87)	6.8 *** u	(3.58)	133.0	(36.88)	5.1 *** u	(2.58)
Flavored, whole milk	5.0	(1.50)	14.6	(4.16)	19.1 u	(7.26)	0.0 **	(0.00)	13.8 u	(6.23)	0.0 *	(0.00)
Flavored non-whole, total	25.4	(4.56)	64.4	(9.46)	62.5	(12.62)	5.9 *** u	(3.50)	68.6	(16.95)	5.1 *** u	(2.58)
2% milk, flavored	11.6	(2.76)	27.7	(5.83)	22.9 u	(7.58)	3.5 * u	(2.42)	33.1 u	(11.00)	3.4 ** u	(2.14)
1% milk, flavored	8.5	(2.49)	23.0 u	(6.93)	29.4	(8.67)	2.5 ** u	(2.47)	16.6 u	(9.03)	0.3 u	(0.21)
Skim milk, flavored	5.3 u	(2.94)	13.7 u	(6.81)	10.2 u	(4.94)	0.0 *	(0.00)	18.9 u	(13.10)	1.4 u	(1.43)
Flavored, fat not specified	17.3 u	(7.01)	49.8 u	(18.54)	51.1 u	(16.53)	0.8 ** u	(0.62)	51.1 u	(33.93)	0.0	(0.00)
Soymilk	3.6 u	(2.46)	0.0	(0.00)	0.0	(0.00)	1.8 u	(1.57)	0.0	(0.00)	7.9 u	(5.83)
Dry or evaporated milk	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Yogurt	8.0	(2.32)	3.4 u	(2.00)	5.5 u	(4.38)	5.6 u	(2.47)	2.5 u	(1.97)	13.8 u	(5.48)
Cheese	8.3 u	(2.64)	4.9 u	(1.61)	2.2 u	(0.75)	8.5 u	(5.48)	7.4 u	(2.98)	11.1 u	(5.09)
Meat and meat alternates	69.2	(6.07)	71.0	(10.53)	82.6	(11.09)	71.7	(9.76)	67.4	(16.58)	70.6	(8.67)
Beef	5.6	(1.21)	8.6	(2.53)	7.8 u	(3.42)	4.5 u	(2.30)	10.6 u	(4.18)	4.2 u	(1.58)
Ground beef	0.2 u	(0.14)	0.5 u	(0.35)	1.4 u	(0.98)	0.3 u	(0.23)	0.0	(0.00)	0.0	(0.00)
Pork	2.4	(0.64)	1.5 u	(0.68)	3.4 u	(1.69)	4.3 u	(1.91)	0.4 u	(0.43)	2.4 u	(1.21)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	0.1 u (0.04)	0.0 u (0.04)		0.0 (0.00)		0.3 u (0.21)		0.1 u (0.07)		0.0 (0.00)	
Lamb and misc. meats	0.0 (0.00)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)	
Chicken	29.0 (3.62)	31.4 (5.46)		44.0 (9.48)		43.6 (7.24)		24.6 (6.04)		21.8 (5.16)	
Turkey	0.5 u (0.24)	1.0 u (0.67)		2.4 u (1.80)		0.7 u (0.45)		0.1 u (0.10)		0.0 (0.00)	
Organ meats	0.2 u (0.20)	0.0 (0.00)		0.0 (0.00)		1.0 u (0.97)		0.0 (0.00)		0.0 (0.00)	
Hot dogs	0.4 u (0.23)	0.6 u (0.51)		1.7 u (1.47)		0.0 (0.00)		0.0 (0.00)		0.3 u (0.34)	
Cold cuts	1.0 u (0.51)	0.4 u (0.30)		0.1 u (0.14)		0.2 u (0.21)		0.6 u (0.57)		2.1 u (1.24)	
Fish	4.2 u (1.43)	2.8 u (1.23)		1.8 u (0.92)		3.0 u (2.15)		2.9 u (1.96)		5.4 u (2.32)	
Shellfish	0.7 u (0.34)	0.1 u (0.06)		0.1 u (0.15)		0.0 u (0.02)		0.0 (0.00)		1.6 * u (0.82)	
Bacon/sausage	2.4 (0.73)	3.4 u (1.72)		0.5 u (0.25)		1.9 u (0.79)		6.0 u (3.22)		2.1 u (1.19)	
Eggs	8.9 u (2.70)	2.1 u (0.71)		3.6 u (1.67)		7.3 u (2.47)		1.2 u (0.71)		15.7 * u (6.61)	
Beans	7.5 u (3.43)	13.5 u (8.25)		13.0 u (5.02)		2.5 * u (1.15)		16.4 u (14.86)		5.6 u (3.95)	
Baked/refried beans	0.9 u (0.30)	1.2 u (0.76)		1.0 u (0.97)		0.9 u (0.97)		1.5 u (1.27)		0.9 u (0.87)	
Soy products	1.0 u (0.97)	0.1 u (0.11)		0.0 (0.00)		0.2 u (0.21)		0.2 u (0.22)		2.3 u (2.35)	
Protein/meal enhancement	2.0 u (1.28)	1.0 u (0.61)		0.9 u (0.57)		0.3 u (0.26)		1.1 u (1.10)		3.9 u (2.96)	
Nuts	1.2 u (0.59)	1.9 u (1.60)		0.0 (0.00)		0.4 u (0.28)		0.5 u (0.40)		1.1 u (0.52)	
Peanut/almond butter	0.4 u (0.20)	0.3 u (0.28)		0.2 u (0.20)		0.0 (0.00)		0.5 u (0.52)		0.8 u (0.41)	
Seeds	0.4 u (0.17)	0.5 u (0.27)		0.6 u (0.50)		0.4 u (0.25)		0.6 u (0.36)		0.4 u (0.32)	
Mixed dishes	438.0 (22.15)	469.0 (36.01)		456.0 (49.90)		407.0 (33.16)		472.0 (47.95)		415.0 (31.64)	
Tomato sauce and meat (no pasta)	0.1 u (0.10)	0.0 (0.00)		0.0 (0.00)		0.1 u (0.14)		0.0 (0.00)		0.2 u (0.22)	
Chili con carne	1.0 u (0.62)	1.5 u (1.38)		4.0 u (3.62)		0.6 u (0.43)		0.0 (0.00)		1.0 u (0.99)	
Meat mixtures w/ red meat	29.7 u (9.22)	40.3 u (18.62)		46.5 u (41.32)		40.9 u (28.10)		43.5 u (20.55)		17.9 u (6.53)	
Meat mixtures w/ chicken/turkey	27.4 (6.13)	29.8 u (10.15)		16.5 u (10.38)		15.0 u (6.47)		35.0 u (17.00)		32.3 u (11.13)	
Meat mixtures w/ fish	4.2 u (2.25)	3.6 u (3.24)		8.7 u (8.29)		0.8 u (0.80)		0.6 u (0.52)		6.7 u (4.68)	
Hamburgers/cheeseburgers	37.2 (3.61)	35.0 (8.12)		43.3 (9.26)		49.8 (10.71)		31.8 u (12.10)		35.0 (4.67)	
Other sandwiches	112.0 (7.76)	124.0 (9.62)		104.0 (19.35)		113.0 (15.41)		136.0 (13.11)		102.0 * (11.04)	
Hot dogs	10.0 (2.22)	8.9 u (2.84)		11.8 u (4.21)		9.7 u (6.00)		7.2 u (4.03)		10.8 u (4.08)	
Luncheon meat	32.1 (3.61)	31.8 (6.10)		17.1 u (9.20)		22.6 (6.64)		32.4 (8.75)		38.8 (5.95)	
Beef, pork, ham	17.0 u (5.57)	21.7 u (10.00)		6.3 u (3.13)		20.9 u (9.00)		33.3 u (18.48)		12.7 u (5.46)	
Chicken, turkey	22.1 (3.00)	32.1 (4.82)		45.3 (10.23)		29.3 u (9.47)		24.5 u (7.57)		8.5 * (2.19)	
Cheese (no meat)	8.4 u (2.77)	8.5 u (3.64)		7.5 u (5.29)		5.4 u (2.83)		10.5 u (5.78)		9.7 u (5.36)	
Fish	2.6 u (1.10)	1.8 u (0.60)		1.9 u (1.24)		5.3 u (3.76)		2.1 u (0.83)		2.1 u (1.87)	
Peanut butter	6.9 u (2.20)	5.3 u (3.91)		0.0 (0.00)		1.4 u (0.86)		10.1 u (7.59)		11.8 u (4.25)	
Breakfast sandwiches	12.5 (2.71)	14.0 u (5.61)		14.4 u (7.32)		18.1 u (7.20)		16.0 u (9.05)		7.9 u (3.53)	

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	21.4 u	(6.43)	18.1	(4.45)	30.9 u	(10.27)	11.2 u	(5.00)	11.4 u	(3.69)	14.9	(3.57)
Pizza w/ meat	44.0	(9.18)	67.9	(15.50)	56.8	(14.93)	16.5 **	(4.20)	71.8	(17.85)	38.2	(9.12)
Mexican entrees	44.0	(6.00)	28.4	(6.75)	28.4 u	(8.70)	54.5	(11.51)	31.8 u	(10.08)	53.0	(12.91)
Macaroni and cheese	24.6	(6.50)	31.2 u	(11.12)	19.9 u	(12.86)	18.1 u	(10.14)	29.3 u	(14.00)	18.9 u	(5.73)
Pasta dishes	29.4	(7.12)	28.2	(8.18)	29.7 u	(10.02)	29.9 u	(11.89)	20.9 u	(10.13)	25.5 u	(13.55)
Rice dishes	10.8	(1.97)	12.8	(3.84)	21.4 u	(8.30)	11.1 u	(4.81)	6.9 u	(3.15)	8.7	(2.58)
Other grain mixtures	2.2 u	(0.67)	2.7 u	(1.21)	4.6 u	(2.85)	3.6 u	(2.09)	1.7 u	(0.95)	1.4 u	(0.65)
Meat soup	17.9 u	(6.87)	13.1 u	(4.77)	17.7 u	(9.06)	12.2 u	(8.88)	11.4 u	(6.41)	26.2 u	(15.31)
Bean soup	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Grain soups	15.7	(4.64)	13.7 u	(6.34)	12.8 u	(5.29)	14.2 u	(6.58)	14.4 u	(10.32)	16.0 u	(8.06)
Vegetables mixtures (incl. soup)	3.1 u	(1.41)	1.8 u	(0.87)	2.6 u	(1.77)	0.4 u	(0.42)	1.6 u	(1.10)	5.2 u	(3.23)
Entrée salads	13.7 u	(5.17)	16.5 u	(9.16)	8.2 u	(3.97)	14.7 u	(9.44)	24.0 u	(17.26)	12.1 u	(8.71)
Beverages excluding milk and 100% fruit juice	1,718.0	(103.65)	1,354.0	(101.84)	1,300.0	(171.50)	2,094.0 *	(297.22)	1,494.0	(124.57)	1,852.0 *	(119.69)
Coffee	37.2	(8.06)	33.1 u	(10.69)	36.2 u	(16.53)	76.2 u	(30.14)	37.2 u	(14.80)	16.9 u	(5.13)
Tea	129.0	(35.66)	70.0	(15.78)	68.6	(11.91)	211.0 u	(97.12)	82.2 u	(30.79)	146.0 u	(64.77)
Beer	11.2 u	(5.00)	11.9 u	(6.74)	15.6 u	(7.60)	19.5 u	(11.48)	11.5 u	(11.37)	6.7 u	(6.64)
Wine	2.8 u	(2.78)	0.0	(0.00)	0.0	(0.00)	13.8 u	(12.55)	0.0	(0.00)	0.0	(0.00)
Liquor	1.5 u	(0.79)	0.0	(0.00)	0.0	(0.00)	5.6 u	(3.40)	0.0	(0.00)	0.9 u	(0.91)
Water (plain)	833.0	(75.17)	656.0	(88.03)	708.0	(151.73)	905.0	(213.29)	663.0	(94.59)	934.0 *	(86.50)
Noncarbonated, sweetened drinks	271.0	(27.90)	257.0	(43.65)	222.0	(53.09)	275.0	(55.43)	302.0	(73.26)	295.0	(57.40)
Noncarbonated, low-calorie/sugar-free drinks	22.4	(5.04)	22.8	(5.96)	18.7 u	(7.75)	29.5 u	(10.93)	30.1 u	(10.07)	20.3 u	(8.87)
Energy drinks	12.5 u	(6.49)	0.3 u	(0.19)	0.3 u	(0.28)	46.5 u	(27.72)	0.3 u	(0.30)	6.8 u	(4.24)
Any soda	396.0	(34.07)	302.0	(47.25)	231.0	(46.80)	512.0 *	(108.03)	369.0	(71.48)	425.0	(51.60)
Soda, regular	352.0	(31.85)	270.0	(43.75)	198.0	(42.22)	484.0 *	(108.77)	332.0	(68.79)	358.0	(36.75)
Soda, sugar-free	44.1 u	(14.15)	31.5 u	(13.95)	32.5 u	(19.66)	27.7 u	(11.91)	36.8 u	(23.68)	67.0 u	(32.50)
Sweets and desserts	88.2	(4.41)	76.0	(6.12)	75.7	(7.94)	93.4	(7.28)	79.5	(8.17)	99.2	(8.24)
Sugar and sugar substitutes	1.1	(0.29)	0.8 u	(0.42)	1.4 u	(1.03)	2.8 u	(1.11)	0.4 u	(0.24)	0.5 u	(0.19)
Syrups/sweet toppings	3.0	(0.60)	2.0 u	(0.60)	1.5 u	(0.88)	3.8 u	(1.51)	2.0 u	(0.96)	3.8 u	(1.15)
Jelly	1.1 u	(0.54)	1.7 u	(1.18)	0.8 u	(0.36)	0.3 u	(0.19)	2.7 u	(2.34)	1.0 u	(0.80)
Jello	0.6 u	(0.42)	0.4 u	(0.27)	1.1 u	(0.67)	0.2 u	(0.23)	0.0	(0.00)	1.1 u	(1.00)
Candy	16.5	(1.76)	11.9	(2.06)	10.0	(2.26)	15.6	(3.56)	13.9	(3.18)	22.1	(3.63)
Ice cream	23.4	(4.04)	19.6	(4.33)	12.6	(3.43)	21.6	(6.21)	27.1	(7.83)	29.5	(8.12)

See notes at end of table.

Table C-8. Average Amounts Consumed over 24 Hours in Grams among All School Children, by Food Group and Subgroup—Continued

14–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP participants		Nonparticipants		NSLP participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	2.3 u (0.89)	2.5 u (1.67)		3.5 u (3.11)		1.5 u (1.07)		2.3 u (2.27)		2.7 u (1.43)	
Ice/popsicles	7.3 (2.14)	3.6 u (1.55)		3.3 u (1.71)		11.9 u (4.61)		1.7 u (1.20)		8.8 u (4.42)	
Sweet rolls	2.1 (0.51)	3.5 u (1.14)		5.4 u (2.20)		2.6 u (1.12)		2.4 u (1.08)		0.9 u (0.64)	
Cake/cupcakes	6.2 (1.39)	4.4 u (1.50)		7.2 u (3.63)		4.9 u (2.45)		3.1 u (1.39)		7.5 u (2.32)	
Cookies	12.5 (1.45)	11.4 (1.78)		9.7 (1.76)		19.3 (4.77)		11.4 (2.78)		9.9 (1.82)	
Pies/cobblers	1.7 u (0.83)	3.7 u (2.36)		6.9 u (5.12)		0.6 u (0.49)		2.1 u (2.13)		0.6 u (0.40)	
Pastries	6.8 (1.34)	7.8 (2.27)		9.1 u (3.31)		5.5 u (2.25)		8.0 u (3.81)		7.1 u (2.39)	
Doughnuts	3.6 u (1.14)	2.7 u (0.81)		3.3 u (1.17)		2.9 u (1.20)		2.4 u (1.40)		3.7 u (1.92)	
Salty snacks	24.7 (4.18)	18.0 (2.27)		20.4 (3.30)		30.2 (5.64)		14.5 (2.35)		28.1 u (9.55)	
Corn-based salty snacks	10.9 (1.03)	8.6 (1.38)		7.8 (1.56)		16.3 * (3.45)		8.9 (2.05)		10.0 (1.28)	
Pretzels/party mix	6.8 u (4.03)	2.5 u (0.80)		4.3 u (1.79)		2.3 u (0.94)		1.4 u (0.75)		13.2 u (9.54)	
Popcorn	1.8 u (0.54)	0.7 u (0.31)		0.8 u (0.50)		5.2 u (2.64)		0.4 u (0.25)		1.2 (0.30)	
Potato chips	5.2 (0.75)	6.2 (1.70)		7.4 u (2.30)		6.4 (1.68)		3.7 u (1.21)		3.7 (0.95)	
Added fats and oils	8.4 (1.65)	5.4 (1.24)		6.2 u (1.99)		16.2 u (6.80)		5.9 u (2.50)		6.8 (1.33)	
Butter	0.8 (0.16)	0.3 u (0.12)		0.1 u (0.09)		0.6 u (0.28)		0.5 u (0.23)		1.1 u (0.38)	
Margarine	0.2 u (0.07)	0.0 u (0.03)		0.0 (0.00)		0.3 u (0.25)		0.1 u (0.06)		0.4 * u (0.12)	
Other added fats	2.5 u (1.53)	0.5 u (0.42)		1.2 u (1.13)		8.3 u (7.06)		0.0 u (0.04)		1.5 u (0.92)	
Other added oils	0.1 u (0.15)	0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.0 (0.00)		0.4 u (0.35)	
Salad dressing	1.2 u (0.45)	1.9 u (1.05)		1.4 u (1.04)		0.8 u (0.33)		2.7 u (1.87)		0.4 u (0.14)	
Mayonnaise	0.3 u (0.22)	0.4 u (0.18)		0.8 u (0.42)		1.1 u (1.03)		0.1 u (0.07)		0.0 (0.00)	
Gravy	0.7 (0.19)	1.1 u (0.40)		1.0 u (0.52)		0.9 u (0.52)		1.4 u (0.98)		0.3 u (0.14)	
Cream cheese	1.1 u (0.39)	0.4 u (0.23)		0.9 u (0.59)		0.3 u (0.14)		0.0 (0.00)		2.1 * u (0.90)	
Cream/sour cream	1.5 u (0.58)	0.9 u (0.31)		0.7 u (0.32)		4.1 u (2.35)		1.1 u (0.51)		0.7 u (0.41)	
Other	3.1 (0.56)	1.8 u (0.69)		1.2 u (0.52)		5.0 u (2.33)		2.4 u (1.24)		3.5 (0.41)	

Source: NHANES 2005–2010 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, ages 5–18 years old. Excludes women ages 12–19 years who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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 school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results are not age-adjusted. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences

are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

- 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 "higher in nutrients"; all others are "lower in nutrients." Raw vegetables higher 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 higher in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are lower 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. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Grains	107.0	(3.86)	103.0	(4.94)	99.7	(6.45)	93.9	(5.84)	105.0	(7.35)	115.0	(7.02)
Whole grains ¹	69.3	(6.11)	72.4	(6.96)	71.9	(11.90)	50.6	(7.32)	72.3	(9.39)	72.4	(15.38)
Refined grains	98.1	(3.34)	93.3	(4.77)	90.8	(5.75)	91.8	(6.84)	94.6	(7.67)	105.0	(5.82)
Bread	53.6	(4.29)	56.0	(7.81)	44.4	(4.13)	46.8	(2.70)	68.3	(15.65)	51.4	(4.94)
Rolls	41.1	(3.25)	39.7	(3.70)	34.2	(2.04)	44.2 **	(2.55)	43.1	(5.64)	46.3	(8.55)
English muffin	64.2	(10.94)	58.0	(0.00)	58.0	(0.00)	.	(.)	58.0	(0.00)	69.8	(18.68)
Bagels	93.7	(7.03)	101.0	(9.53)	111.0	(9.46)	78.8 *	(11.95)	88.1	(14.69)	93.6	(9.49)
Biscuits, scones, croissants	76.0	(15.70)	64.3	(7.68)	68.6	(8.02)	35.6 **	(8.04)	57.0 u	(17.46)	156.0 u	(50.95)
Muffins	94.6	(13.30)	101.0	(22.26)	79.0	(6.77)	115.0	(23.12)	113.0 u	(39.03)	76.6	(7.70)
Cornbread	48.4	(12.51)	41.5	(11.58)	58.7	(8.88)	48.0	(4.79)	31.4 u	(13.22)	66.3 *	(10.15)
Corn tortillas	66.5	(4.48)	60.4	(4.77)	58.3	(4.18)	102.0 *	(19.05)	90.6 u	(34.24)	56.9	(5.87)
Flour tortillas	73.2	(9.85)	68.1	(17.99)	70.3	(19.71)	58.2	(17.41)	60.1	(3.21)	78.6	(12.43)
Taco shells	44.2	(9.30)	43.7	(9.68)	53.4	(3.98)	59.5 u	(18.22)	21.5	(2.35)	.	(.)
Crackers	31.9	(2.87)	31.8	(2.90)	26.7	(3.05)	32.9	(5.08)	37.0	(4.20)	33.1	(4.88)
Breakfast/granola bar	31.8	(1.65)	34.7	(1.97)	33.6	(3.29)	29.7	(3.99)	33.1	(1.83)	29.8	(2.43)
Pancakes, waffles, French toast	90.7	(5.67)	78.1	(3.35)	76.1	(5.82)	95.4	(16.70)	79.4	(5.92)	99.2	(8.28)
Cold cereal	42.7	(1.76)	41.5	(1.69)	38.4	(1.54)	42.1	(3.01)	46.5	(4.17)	44.3	(3.31)
Hot cereal	218.0	(20.17)	209.0	(19.02)	235.0	(23.44)	212.0	(18.92)	183.0	(17.84)	232.0	(41.51)
Rice	139.0	(8.34)	137.0	(9.46)	154.0	(14.58)	138.0	(24.69)	106.0	(6.46)	150.0	(24.07)
Pasta	151.0	(17.14)	145.0	(24.94)	190.0	(22.03)	211.0	(47.43)	158.0	(25.14)	152.0	(27.29)
Vegetables	140.0	(8.37)	130.0	(6.95)	125.0	(7.09)	134.0	(12.53)	135.0	(13.31)	163.0	(19.43)
Raw vegetables	127.0	(14.97)	106.0	(13.36)	96.9	(10.99)	103.0	(14.74)	124.0	(25.20)	164.0	(32.60)
Raw lettuce/greens	26.2	(5.19)	31.0	(3.75)	37.0	(4.94)	41.4	(2.52)	24.1	(2.73)	15.2	(4.00)
Raw carrots	68.6	(8.98)	77.9	(15.40)	56.2	(9.12)	73.1	(15.04)	94.9	(21.75)	56.6	(9.26)
Raw tomatoes	146.0	(38.89)	44.9 u	(13.99)	115.0	(8.86)	80.5 ***	(3.36)	90.0	(0.00)	187.0 *	(40.48)
Raw cabbage/coleslaw	118.0	(15.09)	111.0	(8.95)	117.0	(11.25)	46.0 ***	(0.00)	.	(.)	127.0	(28.42)
Other raw (higher in vitamins A and C) ²	41.7	(6.96)	48.8	(12.36)	38.2	(9.16)	22.0	(0.00)	85.7	(21.92)	33.7 * u	(12.15)
Other raw (lower in vitamins A and C) ²	79.6 u	(23.96)	56.0 u	(18.86)	102.0 u	(55.44)	53.4	(7.39)	40.2	(8.13)	133.0 u	(53.18)
Salads (w/greens)	136.0	(15.87)	111.0	(11.95)	99.2	(10.36)	113.0	(22.21)	128.0	(19.15)	186.0	(36.55)
Cooked vegetables, excl. potatoes	72.0	(4.24)	72.6	(5.05)	71.2	(4.74)	76.8	(12.39)	66.9	(7.92)	73.2	(6.05)
Cooked green beans	76.0	(6.23)	65.6	(7.28)	67.2	(8.69)	105.0	(20.56)	63.7	(11.52)	93.5	(13.84)
Cooked corn	79.6	(5.94)	76.2	(6.22)	76.1	(6.82)	91.9	(17.97)	78.4	(12.24)	78.1	(8.18)
Cooked peas	61.7	(7.16)	55.9	(7.15)	63.2	(11.24)	182.0 *	(54.10)	44.6	(1.93)	64.1 *	(8.79)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	64.4 u (19.48)	42.8 (8.38)	47.6 (12.90)	20.3 * (3.65)	35.1 u (10.71)	124.0 u (66.04)					
Cooked broccoli	88.4 (11.20)	88.4 (11.09)	81.1 (11.80)	77.5 u (36.49)	87.4 (14.14)	96.9 (8.42)					
Cooked tomatoes	32.8 (3.13)	28.2 (2.32)	28.9 (3.88)	52.4 (15.04)	26.9 (2.69)	33.5 (4.71)					
Cooked mixed	88.1 (13.63)	75.3 (8.58)	65.2 (14.37)	57.2 u (38.59)	76.0 (10.97)	132.0 u (41.71)					
Cooked starchy	102.0 (18.29)	118.0 (23.53)	172.0 (23.88)	110.0 u (40.39)	95.0 u (42.11)	70.1 (8.68)					
Other cooked deep yellow	102.0 (8.43)	85.2 (8.03)	96.9 (5.61)	163.0 *** (9.17)	39.5 u (23.53)	113.0 * (19.24)					
Other cooked dark green	124.0 (18.31)	112.0 (21.05)	91.2 (26.57)	71.4 (0.00)	138.0 (23.51)	173.0 (42.67)					
Other cooked (higher in vitamins A and C) ²	68.1 (9.50)	65.4 (13.46)	88.6 u (33.68)	68.7 (15.20)	46.7 (12.08)	77.4 u (27.39)					
Other cooked (lower in vitamins A and C) ²	83.1 (13.73)	110.0 (12.09)	44.0 u (14.50)	36.5 (2.90)	108.0 (6.93)	53.8 ** u (18.01)					
Other fried	104.0 (19.14)	104.0 (19.14)	104.0 (19.14)	. (.)	. (.)	. (.)					
Cooked potatoes	104.0 (5.60)	96.4 (4.73)	93.9 (6.27)	108.0 (8.43)	100.0 (8.48)	123.0 (19.94)					
Cooked potatoes-not fried	160.0 (18.10)	144.0 (9.53)	138.0 (14.23)	143.0 (25.91)	158.0 (11.32)	208.0 (48.48)					
Cooked potatoes-fried	73.8 (2.64)	66.5 (4.13)	64.2 (5.49)	88.7 ** (5.80)	66.8 (8.25)	81.9 (6.46)					
Vegetable juice	320.0 u (144.85)	153.0 u (49.11)	153.0 u (49.11)	. (.)	. (.)	565.0 (3.22)					
Fruit and 100% fruit juice	294.0 (9.92)	293.0 (13.91)	317.0 (18.67)	330.0 (24.70)	254.0 (23.91)	282.0 (14.75)					
Any whole fruit	175.0 (6.22)	169.0 (5.60)	181.0 (7.64)	179.0 (22.63)	149.0 (7.29)	178.0 * (10.45)					
Fresh fruit	172.0 (5.74)	166.0 (5.19)	177.0 (7.64)	184.0 (24.21)	146.0 (8.62)	169.0 (9.63)					
Fresh orange	114.0 (5.32)	106.0 (6.49)	122.0 (7.26)	108.0 (10.86)	77.4 (6.74)	135.0 *** (15.85)					
Fresh other citrus	369.0 u (186.65)	103.0 (4.29)	. (.)	629.0 (119.22)	103.0 (4.29)	. (.)					
Fresh apple	149.0 (5.70)	146.0 (5.66)	151.0 (7.47)	154.0 (10.66)	138.0 (10.59)	149.0 (12.51)					
Fresh banana	121.0 (5.95)	124.0 (6.42)	129.0 (10.20)	96.3 * (12.42)	113.0 (6.04)	133.0 (12.87)					
Fresh melon	106.0 (19.60)	73.7 (16.82)	99.7 (10.81)	122.0 (34.51)	89.3 u (40.87)	136.0 (39.11)					
Fresh watermelon	206.0 (33.21)	132.0 (26.54)	205.0 u (68.83)	303.0 u (93.36)	119.0 u (43.36)	189.0 (33.98)					
Fresh grapes	110.0 (9.93)	95.2 (6.35)	86.1 (9.48)	110.0 (20.57)	102.0 (13.55)	125.0 (16.42)					
Fresh peach/nectarine	130.0 (9.09)	126.0 (10.34)	134.0 (13.53)	101.0 (17.55)	74.3 (20.40)	142.0 ** (16.21)					
Fresh pear	124.0 (6.61)	124.0 (9.54)	135.0 (16.55)	64.2 ** (15.53)	88.9 (24.69)	131.0 (7.62)					
Fresh berries	84.1 (10.55)	113.0 (15.27)	79.8 (18.15)	71.3 (11.81)	118.0 (21.68)	79.5 (13.22)					
Fresh pineapple	98.7 (19.05)	59.7 (14.41)	45.7 u (14.82)	170.0 *** (20.78)	62.4 (4.62)	150.0 ** (29.63)					
Other fresh fruit	112.0 (12.63)	146.0 (23.72)	151.0 (30.55)	123.0 (31.16)	154.0 (29.54)	94.7 (11.11)					
Avocado/guacamole	53.4 (4.51)	50.2 (3.42)	10.0 (0.00)	76.8 ** u (23.63)	52.8 (1.73)	50.3 (0.00)					
Lemon/lime - any form	67.0 (0.00)	67.0 (0.00)	67.0 (0.00)	. (.)	. (.)	. (.)					
Canned or frozen fruit, total	118.0 (6.63)	119.0 (7.62)	124.0 (10.15)	112.0 (18.63)	114.0 (11.13)	116.0 (10.52)					
Canned or frozen in syrup	96.1 (11.44)	90.6 (12.11)	93.9 (20.87)	176.0 u (98.56)	84.2 (13.85)	90.8 (14.01)					

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	119.0	(6.98)	119.0	(8.41)	126.0	(10.24)	100.0 *	(7.86)	113.0	(10.70)	126.0	(14.48)
Applesauce, canned/ frozen apples	117.0	(5.82)	121.0	(8.17)	119.0	(10.34)	106.0	(10.90)	129.0	(13.15)	117.0	(11.08)
Canned/frozen peaches	105.0	(7.11)	102.0	(9.23)	101.0	(11.83)	164.0	(30.51)	103.0	(14.83)	105.0	(7.58)
Canned/frozen pineapple	106.0	(11.69)	106.0	(12.21)	125.0	(18.69)	76.7 *	(5.12)	91.0	(9.71)	123.0 u	(59.72)
Other canned/frozen	103.0	(9.60)	108.0	(9.50)	109.0	(14.36)	143.0 u	(62.71)	103.0	(12.53)	74.5	(18.33)
100% Fruit juice	287.0	(13.64)	277.0	(18.28)	286.0	(22.04)	340.0	(30.66)	274.0	(35.14)	287.0	(20.92)
Non-citrus juice	273.0	(11.87)	264.0	(13.86)	264.0	(20.98)	304.0	(30.68)	264.0	(30.59)	276.0	(26.28)
Citrus juice	252.0	(14.31)	229.0	(16.67)	237.0	(22.00)	356.0 *	(49.09)	229.0	(25.98)	266.0	(30.35)
Dried fruit	32.9	(9.03)	42.5 u	(20.46)	49.6 u	(27.77)	40.8 u	(26.63)	24.6 u	(9.92)	26.7	(6.20)
Milk and milk products	414.0	(10.72)	459.0	(15.67)	451.0	(19.52)	333.0 ***	(21.26)	469.0	(30.80)	379.0 *	(19.90)
Cow's milk, total	416.0	(10.69)	451.0	(15.27)	438.0	(19.52)	340.0 ***	(20.24)	466.0	(29.73)	383.0 *	(15.65)
Unflavored white milk, total	356.0	(13.67)	370.0	(21.62)	363.0	(22.34)	319.0	(21.24)	371.0	(42.45)	351.0	(19.94)
Unflavored whole milk	373.0	(44.08)	408.0	(79.18)	379.0	(65.45)	390.0	(36.63)	463.0 u	(162.17)	285.0	(29.96)
Unflavored non-whole, total	334.0	(10.96)	328.0	(11.78)	317.0	(13.48)	266.0	(24.73)	327.0	(19.46)	362.0	(23.45)
2% milk, unflavored	309.0	(13.39)	314.0	(16.55)	304.0	(20.11)	242.0 *	(24.30)	303.0	(21.38)	327.0	(29.44)
1% milk, unflavored	315.0	(15.90)	274.0	(22.19)	261.0	(17.92)	349.0	(44.22)	292.0	(41.11)	370.0	(31.05)
Skim milk, unflavored	376.0	(38.13)	350.0	(35.80)	369.0	(53.05)	277.0	(70.99)	339.0	(40.13)	401.0	(57.39)
Unflavored, fat not specified	275.0	(19.06)	266.0	(17.54)	258.0	(19.02)	204.0 *	(13.80)	268.0	(38.47)	454.0 **	(56.74)
Flavored milk, total	285.0	(9.26)	282.0	(9.34)	275.0	(10.68)	356.0	(42.97)	294.0	(12.64)	288.0	(24.69)
Flavored, whole milk	290.0	(12.45)	287.0	(11.92)	292.0	(17.47)	351.0	(95.61)	283.0	(16.90)	297.0	(41.69)
Flavored non-whole, total	277.0	(8.63)	277.0	(8.96)	269.0	(12.21)	379.0	(63.45)	287.0	(10.99)	257.0	(23.55)
2% milk, flavored	288.0	(12.34)	283.0	(11.48)	278.0	(20.03)	395.0	(74.81)	293.0	(14.81)	286.0	(29.75)
1% milk, flavored	259.0	(8.94)	261.0	(9.78)	255.0	(13.60)	302.0	(39.77)	263.0	(12.02)	248.0	(26.27)
Skim milk, flavored	269.0	(43.33)	303.0	(37.57)	282.0	(28.30)	.	(.)	332.0	(85.05)	135.0 u	(60.12)
Flavored, fat not specified	280.0	(18.52)	274.0	(18.54)	250.0	(14.06)	274.0	(46.26)	313.0	(44.14)	358.0	(71.66)
Soymilk	302.0	(59.48)	182.0	(31.20)	215.0	(20.76)	216.0	(5.88)	99.8 u	(39.02)	341.0 **	(73.36)
Dry or evaporated milk	9.6 u	(8.13)	9.3 u	(4.97)	1.6	(0.00)	9.7 u	(10.13)	15.7	(0.00)	.	(.)
Yogurt	161.0	(10.73)	142.0	(10.33)	142.0	(13.56)	236.0 *	(38.23)	135.0	(15.23)	157.0	(14.44)
Cheese	45.6	(3.43)	47.1	(5.25)	44.9	(7.62)	45.8	(12.91)	50.6	(7.49)	46.6	(7.69)
Meat and meat alternates	124.0	(4.71)	126.0	(5.26)	130.0	(7.48)	135.0	(10.98)	123.0	(9.02)	122.0	(8.35)
Beef	87.4	(7.78)	88.2	(7.41)	77.5	(9.99)	74.5	(15.04)	100.0	(15.35)	86.0	(17.39)
Ground beef	85.6	(6.43)	83.6	(10.29)	86.0	(5.88)	150.0 ***	(10.39)	78.6 u	(32.09)	85.5	(0.00)
Pork	90.6	(6.93)	85.0	(9.71)	76.3	(6.01)	84.1	(7.47)	96.2	(18.44)	111.0	(16.59)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	39.7	(6.91)	28.8 u	(11.20)	35.5 u	(14.22)	64.4	(14.67)	8.9	(0.00)	25.5	(0.00)
Lamb and misc. meats	65.8 u	(29.60)	117.0	(0.00)	117.0	(0.00)	140.0	(0.00)	.	(.)	25.1	(0.00)
Chicken	109.0	(4.76)	105.0	(5.51)	109.0	(8.21)	118.0	(9.86)	101.0	(6.86)	116.0	(11.06)
Turkey	103.0	(14.71)	73.1	(7.68)	87.8	(20.01)	192.0 ***	(17.56)	65.8	(4.85)	121.0 ***	(9.93)
Organ meats	290.0	(0.00)	.	(.)	.	(.)	290.0	(0.00)	.	(.)	.	(.)
Hot dogs	67.1	(7.34)	60.9	(6.32)	64.3	(9.10)	87.9	(13.41)	57.0	(0.00)	109.0 ***	(11.96)
Cold cuts	57.7	(8.09)	71.4	(11.77)	50.9	(10.20)	44.4	(6.53)	88.6	(5.53)	50.9 ***	(9.79)
Fish	92.8	(9.35)	79.8	(12.45)	97.4	(24.07)	116.0	(28.57)	75.8	(13.21)	125.0 **	(12.98)
Shellfish	63.6	(10.51)	55.5	(9.24)	57.8	(13.13)	63.6	(16.47)	44.4	(11.15)	71.8	(21.08)
Bacon/sausage	46.8	(6.32)	48.2	(8.54)	53.1	(11.44)	52.8	(10.46)	43.0 u	(13.19)	43.7	(12.60)
Eggs	121.0	(9.21)	86.3	(6.69)	89.4	(6.39)	119.0	(15.40)	77.9	(17.06)	155.0 ***	(14.37)
Beans	138.0	(19.16)	152.0	(29.55)	125.0	(13.83)	133.0	(24.73)	225.0 u	(72.60)	116.0	(17.88)
Baked/refried beans	104.0	(17.58)	124.0	(15.76)	136.0	(20.74)	117.0 u	(37.29)	101.0	(15.19)	50.6 u	(21.91)
Soy products	136.0	(12.53)	86.0 u	(30.91)	.	(.)	76.0	(0.00)	86.0 u	(30.91)	146.0	(0.00)
Protein/meal enhancement	147.0	(42.12)	112.0 u	(57.42)	45.3 u	(15.25)	158.0 u	(97.52)	124.0 u	(69.92)	189.0	(53.35)
Nuts	39.6	(11.13)	51.3 u	(20.90)	22.4 u	(8.33)	32.6	(7.63)	32.0	(6.64)	38.9 u	(16.14)
Peanut/almond butter	32.1	(5.34)	23.2	(4.53)	15.5	(3.61)	3.5 ***	(0.27)	25.7	(5.59)	40.7	(9.15)
Seeds	17.8	(4.26)	33.0	(8.08)	48.3	(11.91)	36.9	(9.64)	30.7	(3.53)	7.8 *** u	(3.07)
Mixed dishes	367.0	(10.93)	364.0	(13.74)	354.0	(13.79)	384.0	(19.90)	382.0	(21.09)	356.0	(18.19)
Tomato sauce and meat (no pasta)	226.0	(19.31)	140.0	(15.85)	122.0	(2.19)	252.0 ***	(16.57)	187.0	(0.00)	249.0	(0.00)
Chili con carne	220.0	(40.94)	248.0	(46.64)	117.0 u	(93.72)	208.0	(8.35)	293.0	(28.02)	119.0 ***	(23.74)
Meat mixtures w/ red meat	246.0	(32.34)	249.0	(45.90)	284.0	(79.21)	322.0 u	(125.68)	222.0	(46.11)	218.0	(32.95)
Meat mixtures w/ chicken/turkey	202.0	(13.75)	207.0	(22.53)	259.0	(29.33)	190.0	(27.02)	216.0	(34.76)	202.0	(23.36)
Meat mixtures w/ fish	190.0	(37.42)	238.0	(47.47)	220.0	(62.65)	172.0	(17.34)	281.0 u	(85.16)	170.0	(49.54)
Hamburgers/cheeseburgers	181.0	(6.78)	167.0	(11.06)	141.0	(9.45)	210.0 ***	(14.76)	195.0	(13.20)	187.0	(12.01)
Other sandwiches	166.0	(5.64)	171.0	(8.02)	165.0	(10.01)	173.0	(10.63)	177.0	(13.60)	155.0	(6.48)
Hot dogs	128.0	(6.42)	127.0	(8.82)	135.0	(9.45)	134.0	(9.69)	119.0	(16.02)	124.0	(10.77)
Luncheon meat	144.0	(5.63)	158.0	(10.45)	169.0	(21.41)	132.0	(9.19)	146.0	(8.82)	137.0	(6.04)
Beef, pork, ham	168.0	(18.17)	151.0	(24.98)	125.0	(14.57)	213.0 **	(26.34)	176.0	(49.88)	182.0	(21.84)
Chicken, turkey	159.0	(7.18)	156.0	(6.58)	150.0	(9.95)	190.0	(21.30)	165.0	(10.79)	147.0	(16.52)
Cheese (no meat)	128.0	(13.62)	119.0	(13.06)	108.0	(16.39)	91.5	(13.42)	143.0	(16.71)	161.0	(36.14)
Fish	178.0	(16.83)	140.0	(9.51)	150.0	(14.35)	196.0	(34.30)	125.0	(8.50)	213.0 ***	(19.36)
Peanut butter	86.3	(4.80)	94.4	(14.41)	82.1	(9.30)	77.7	(4.86)	122.0 u	(41.45)	85.5	(4.81)
Breakfast sandwiches	175.0	(11.00)	178.0	(19.13)	145.0	(7.95)	174.0	(15.33)	198.0	(23.22)	182.0	(15.89)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	152.0	(16.87)	137.0	(6.37)	143.0	(10.58)	176.0	(32.14)	128.0	(9.03)	137.0	(17.39)
Pizza w/ meat	174.0	(10.64)	160.0	(10.37)	151.0	(9.57)	184.0	(36.73)	166.0	(12.95)	197.0	(20.96)
Mexican entrees	213.0	(11.79)	180.0	(14.33)	190.0	(18.27)	220.0	(21.15)	170.0	(19.50)	259.0 **	(20.77)
Macaroni and cheese	235.0	(12.25)	228.0	(21.60)	211.0	(26.01)	243.0	(19.15)	238.0	(33.61)	233.0	(21.74)
Pasta dishes	302.0	(21.01)	256.0	(20.98)	250.0	(31.36)	370.0 *	(44.57)	243.0	(39.50)	335.0	(55.80)
Rice dishes	166.0	(12.31)	187.0	(19.74)	198.0	(18.65)	193.0	(21.84)	171.0	(35.06)	131.0	(17.05)
Other grain mixtures	140.0	(8.84)	121.0	(10.42)	132.0	(17.52)	137.0	(19.03)	114.0	(15.03)	145.0	(12.65)
Meat soup	338.0	(19.22)	336.0	(34.01)	352.0	(40.36)	362.0	(42.14)	284.0	(48.02)	330.0	(27.17)
Bean soup	282.0	(48.46)	332.0	(0.00)	332.0	(0.00)	.	(.)	.	(.)	173.0	(0.00)
Grain soups	333.0	(24.40)	321.0	(26.66)	286.0	(31.88)	374.0	(40.43)	396.0	(25.95)	344.0	(58.09)
Vegetables mixtures (incl. soup)	177.0	(15.67)	169.0	(25.88)	197.0	(36.61)	166.0	(28.40)	119.0	(31.28)	196.0	(31.17)
Entrée salads	254.0	(31.92)	206.0	(36.42)	193.0	(10.80)	346.0	(86.88)	280.0	(56.98)	427.0 *	(29.40)
Beverages excluding milk and 100% fruit juice	1,149.0	(49.43)	897.0	(42.82)	827.0	(40.06)	1,417.0 ***	(140.06)	1,009.0	(75.22)	1,330.0 **	(81.16)
Coffee	312.0	(42.05)	365.0	(60.49)	379.0	(91.82)	372.0	(73.66)	347.0	(79.62)	205.0	(53.44)
Tea	521.0	(73.01)	392.0	(29.89)	320.0	(19.36)	670.0 u	(221.06)	503.0	(73.03)	612.0	(183.00)
Beer	662.0	(99.49)	609.0	(176.00)	444.0 u	(159.98)	468.0	(101.43)	960.0	(0.00)	2160.0	(0.00)
Wine	927.0	(177.29)	235.0	(0.00)	.	(.)	1080.0	(0.00)	235.0	(0.00)	.	(.)
Liquor	266.0	(64.09)	.	(.)	.	(.)	274.0 u	(90.14)	.	(.)	244.0	(58.86)
Water (plain)	715.0	(35.35)	593.0	(36.36)	575.0	(40.60)	813.0	(125.20)	627.0	(55.90)	819.0 *	(52.94)
Noncarbonated, sweetened drinks	464.0	(24.38)	422.0	(29.94)	417.0	(23.58)	511.0 *	(37.44)	457.0	(60.54)	512.0	(54.71)
Noncarbonated, low-calorie/sugar-free drinks	459.0	(112.02)	305.0	(34.26)	297.0	(30.90)	379.0	(38.43)	315.0	(54.81)	395.0	(106.27)
Energy drinks	459.0	(90.99)	470.0	(87.44)	510.0	(90.05)	456.0	(118.46)	347.0	(16.06)	509.0 u	(205.41)
Any soda	517.0	(20.16)	450.0	(19.33)	399.0	(22.46)	597.0 **	(71.58)	514.0	(39.39)	571.0	(41.98)
Soda, regular	511.0	(20.03)	445.0	(19.94)	397.0	(24.95)	629.0 **	(72.78)	505.0	(41.18)	547.0	(35.36)
Soda, sugar-free	412.0	(51.62)	384.0	(52.22)	384.0	(66.16)	296.0	(72.50)	384.0	(66.79)	472.0	(111.08)
Sweets and desserts	118.0	(3.98)	109.0	(4.84)	104.0	(6.46)	118.0	(7.67)	117.0	(10.53)	133.0	(7.10)
Sugar and sugar substitutes	10.2	(1.96)	12.3 u	(4.32)	9.7	(1.77)	17.7	(5.18)	17.5 u	(8.30)	5.1	(0.91)
Syrups/sweet toppings	34.2	(2.16)	29.6	(1.89)	30.2	(3.35)	40.6	(7.38)	28.4	(2.10)	38.7 *	(4.62)
Jelly	22.2	(4.00)	23.3	(6.98)	14.7	(3.49)	21.6 u	(7.36)	36.4 u	(12.57)	21.0	(3.48)
Jello	107.0	(4.35)	111.0	(7.10)	118.0	(10.29)	98.0	(3.19)	99.1	(7.25)	110.0	(7.75)
Candy	36.5	(2.26)	35.0	(3.17)	36.6	(4.40)	35.9	(4.05)	34.8	(3.09)	39.8	(4.82)
Ice cream	126.0	(7.94)	125.0	(7.69)	118.0	(11.58)	115.0	(12.26)	135.0	(13.71)	134.0	(15.14)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pudding	129.0	(10.14)	134.0	(9.85)	159.0	(21.36)	126.0	(19.31)	114.0	(3.18)	126.0	(19.88)
Ice/popsicles	133.0	(16.01)	120.0	(24.74)	110.0	(10.23)	164.0 ***	(11.53)	134.0 u	(49.51)	137.0	(24.66)
Sweet rolls	58.2	(6.79)	62.3	(5.23)	69.1	(6.12)	78.1	(12.21)	54.5	(11.34)	66.3	(11.96)
Cake/cupcakes	104.0	(8.71)	100.0	(12.54)	96.5	(19.36)	129.0	(17.45)	106.0	(12.21)	103.0	(12.66)
Cookies	39.0	(1.59)	36.0	(2.04)	36.4	(2.79)	47.1 *	(4.59)	34.0	(2.49)	40.5	(2.69)
Pies/cobblers	107.0	(25.25)	121.0	(22.33)	125.0	(30.72)	23.8 **	(2.11)	116.0 u	(46.98)	110.0 u	(34.56)
Pastries	81.8	(4.15)	87.9	(7.81)	97.3	(17.55)	69.9	(7.64)	83.8	(8.51)	80.3	(7.85)
Doughnuts	70.7	(4.91)	64.4	(7.08)	61.9	(8.44)	99.7 **	(9.34)	81.9	(17.08)	71.0	(8.39)
Salty snacks	42.8	(2.22)	41.7	(2.48)	42.0	(2.12)	49.7	(4.20)	38.1	(3.44)	43.0	(5.52)
Corn-based salty snacks	37.7	(1.49)	37.9	(2.69)	37.0	(2.65)	48.9 *	(4.79)	39.2	(4.91)	33.8	(1.56)
Pretzels/party mix	51.3	(12.37)	46.9	(9.82)	43.5	(5.89)	36.4	(7.24)	33.0	(5.23)	62.7 u	(24.38)
Popcorn	29.5	(2.35)	27.7	(2.46)	26.6	(3.52)	43.4	(8.92)	26.5	(3.60)	27.3	(3.57)
Potato chips	31.4	(1.56)	34.9	(1.90)	36.4	(1.98)	30.3	(2.89)	30.9	(2.85)	26.6	(2.72)
Added fats and oils	27.3	(2.77)	24.2	(2.90)	33.4	(5.19)	35.3	(9.15)	18.1	(2.96)	26.3	(4.17)
Butter	7.4	(0.58)	6.8	(0.61)	6.2	(0.70)	6.4	(0.76)	7.1	(0.87)	8.2	(1.12)
Margarine	8.6	(0.59)	8.1	(0.95)	10.3	(1.68)	11.0	(1.72)	6.8	(1.21)	7.8	(1.14)
Other added fats	65.4	(12.13)	59.5 u	(20.37)	73.8 u	(24.88)	110.0	(24.43)	32.6 u	(11.99)	43.0 u	(14.55)
Other added oils	24.8	(2.43)	.	(.)	.	(.)	.	(.)	.	(.)	24.8	(2.43)
Salad dressing	25.4	(4.01)	24.4	(5.59)	29.7	(6.94)	30.8	(8.55)	23.5 u	(7.16)	20.7	(3.67)
Mayonnaise	17.5 u	(7.07)	12.0	(2.37)	13.8	(2.75)	43.8 *	(12.26)	9.4 u	(3.30)	8.4	(1.29)
Gravy	50.5	(8.39)	51.7	(10.10)	67.4	(16.35)	68.2 u	(30.40)	37.8	(11.06)	43.9 u	(17.10)
Cream cheese	28.9	(5.01)	29.6 u	(9.17)	31.5 u	(10.23)	15.5	(4.38)	9.7	(0.00)	33.8 ***	(6.36)
Cream/sour cream	37.3	(6.51)	26.7	(7.74)	39.8 u	(18.26)	48.3	(6.72)	18.9 u	(7.22)	33.6	(6.87)
Other	27.1	(2.39)	26.0	(4.06)	21.1	(3.04)	28.1	(7.80)	31.6	(6.46)	28.2	(4.12)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old													
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income					
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants			
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error		
Sample size	833	-	-	548	-	353	-	113	-	163	-	159	-
Grains	100.0	(6.77)	96.4	(5.36)	88.9	(5.10)	91.7	(8.79)	103.0	(9.64)	111.0	(13.60)	
Whole grains ¹	70.6	(11.79)	66.2	(8.36)	62.4	(9.94)	29.3 **	(6.12)	70.3	(14.53)	89.6 u	(30.80)	
Refined grains	87.8	(4.16)	85.2	(5.28)	79.8	(5.58)	88.3	(9.35)	88.9	(9.58)	92.6	(8.18)	
Bread	45.9	(2.84)	47.5	(4.00)	47.2	(6.35)	43.5	(4.24)	49.2	(9.00)	44.6	(5.13)	
Rolls	32.5	(1.40)	33.1	(1.98)	33.7	(4.76)	33.7	(2.35)	32.8	(1.93)	25.9	(3.22)	
English muffin	103.0	(14.31)	58.0	(0.00)	58.0	(0.00)	.	(.)	.	(.)	116.0	(0.00)	
Bagels	95.2	(7.70)	.	(.)	.	(.)	59.7 u	(22.88)	.	(.)	102.0	(3.00)	
Biscuits, scones, croissants	60.0	(12.97)	69.4	(12.43)	65.4	(8.97)	42.4 u	(23.48)	82.6 u	(44.87)	69.0	(0.00)	
Muffins	68.2	(8.37)	69.5	(13.78)	74.3	(10.77)	107.0 **	(6.20)	52.4	(9.26)	61.6	(2.53)	
Cornbread	29.5 u	(11.17)	25.9 u	(11.11)	.	(.)	.	(.)	21.7 u	(9.34)	47.4	(11.26)	
Corn tortillas	42.7	(7.29)	44.0	(7.84)	45.7	(8.76)	18.3 **	(3.35)	13.6 u	(7.42)	.	(.)	
Flour tortillas	52.8	(2.47)	52.9	(2.50)	52.9	(2.50)	63.6 ***	(0.00)	.	(.)	31.8	(0.00)	
Taco shells	19.4	(0.17)	19.4	(0.17)	18.7	(0.00)	.	(.)	19.5	(0.07)	.	(.)	
Crackers	30.4	(2.89)	35.5	(4.41)	30.2	(5.45)	31.2	(8.30)	40.7	(6.02)	25.2 *	(3.00)	
Breakfast/granola bar	29.8	(3.00)	36.3	(2.28)	34.6	(4.24)	34.2	(3.71)	32.4	(1.82)	23.9 *	(3.57)	
Pancakes, waffles, French toast	73.9	(7.34)	68.3	(3.73)	66.9	(8.09)	49.3	(7.63)	69.7	(2.68)	85.5	(18.13)	
Cold cereal	38.6	(1.98)	38.5	(1.73)	38.4	(2.17)	32.0	(5.07)	39.5	(3.83)	40.5	(4.54)	
Hot cereal	219.0	(29.49)	213.0	(27.06)	250.0	(51.57)	.	(.)	205.0	(26.27)	223.0	(44.73)	
Rice	128.0	(10.91)	118.0	(9.85)	120.0	(13.77)	144.0 u	(44.08)	106.0	(13.20)	146.0	(21.85)	
Pasta	148.0	(18.03)	156.0	(43.84)	184.0	(25.97)	155.0	(29.91)	236.0	(5.14)	138.0 ***	(7.90)	
Vegetables	114.0	(7.34)	120.0	(10.53)	115.0	(11.34)	90.5	(16.54)	126.0	(20.69)	110.0	(14.08)	
Raw vegetables	108.0	(17.35)	106.0	(25.83)	95.6	(21.01)	114.0	(20.13)	125.0 u	(51.85)	111.0	(23.82)	
Raw lettuce/greens	20.4	(5.01)	28.9	(3.66)	33.7	(7.36)	.	(.)	26.3	(2.36)	12.0 ***	(0.00)	
Raw carrots	67.3	(15.82)	80.3 u	(24.18)	48.6	(12.08)	107.0 *	(23.74)	104.0	(31.05)	41.8	(7.94)	
Raw tomatoes	164.0 u	(64.03)	38.5	(10.35)	.	(.)	123.0	(0.00)	90.0	(0.00)	223.0 u	(80.22)	
Raw cabbage/coleslaw	108.0	(8.11)	109.0	(8.76)	115.0	(10.73)	.	(.)	.	(.)	92.0	(0.00)	
Other raw (higher in vitamins A and C) ²	22.0	(4.74)	29.0	(4.23)	35.3 u	(11.45)	.	(.)	49.5	(0.00)	15.5	(0.00)	
Other raw (lower in vitamins A and C) ²	91.4 u	(29.48)	71.6 u	(35.30)	261.0 u	(132.66)	4.0	(0.00)	39.1	(10.53)	122.0 u	(51.25)	
Salads (w/greens)	89.6	(10.60)	90.2	(14.97)	95.3	(18.60)	85.8	(19.65)	88.9	(18.04)	92.7	(11.28)	
Cooked vegetables, excl. potatoes	60.7	(5.12)	71.0	(6.69)	68.9	(6.91)	48.1 u	(15.27)	73.9	(10.84)	43.3 *	(6.83)	
Cooked green beans	43.7	(4.29)	44.0	(5.46)	41.9	(5.31)	66.6 u	(39.27)	49.0	(13.74)	39.9	(3.06)	
Cooked corn	74.1	(8.70)	69.3	(8.61)	76.8	(8.47)	98.3 u	(35.85)	57.9	(15.56)	59.2	(13.31)	
Cooked peas	52.6	(6.47)	48.3	(6.22)	54.3	(11.89)	82.0 *	(0.00)	43.3	(1.48)	76.2 ***	(4.53)	

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Cooked carrots	40.3 (7.00)	42.5 (10.93)	49.3 (12.22)	18.8 u (10.74)	34.2 u (21.42)	.	(.)					
Cooked broccoli	67.9 (15.22)	84.5 (10.68)	82.9 (7.29)	18.4 *** (4.24)	85.7 (17.18)	112.0 (27.43)						
Cooked tomatoes	25.4 (3.64)	30.6 (4.58)	31.8 (7.14)	11.5 ** (2.85)	31.6 (5.83)	21.3 (5.08)						
Cooked mixed	55.5 (10.62)	70.2 (9.57)	71.5 (9.79)	11.4 *** (0.00)	46.8 (0.00)	45.5 (0.00)						
Cooked starchy	78.0 (15.76)	43.5 u (14.32)	27.0 (0.00)	103.0 u (39.27)	27.0 (0.00)	70.1 *** (8.68)						
Other cooked deep yellow	80.8 (21.34)	80.8 (21.34)	99.8 (13.78)	.	(.)	12.3 (0.00)						
Other cooked dark green	39.8 (11.84)	39.8 (11.84)	62.7 (9.95)	.	(.)	23.8 (0.00)						
Other cooked (higher in vitamins A and C) ²	67.5 u (23.62)	68.0 u (25.21)	89.1 u (34.87)	.	(.)	23.8 u (9.23)	60.0 *** (0.00)					
Other cooked (lower in vitamins A and C) ²	110.0 (12.02)	118.0 (11.24)	47.7 (5.17)	16.0 *** (0.00)	126.0 (9.76)	87.4 *** (0.00)						
Other fried	.	(.)	.	(.)	.	(.)						
Cooked potatoes	89.5 (7.16)	91.0 (8.43)	85.1 (6.91)	62.8 * (9.04)	99.1 (22.04)	100.0 (24.82)						
Cooked potatoes-not fried	130.0 (23.57)	121.0 (13.74)	115.0 (12.84)	61.1 *** (7.56)	155.0 (30.34)	264.0 u (96.93)						
Cooked potatoes-fried	68.3 (4.44)	66.3 (5.27)	61.5 (6.81)	63.6 (11.59)	62.3 (6.36)	67.7 (7.81)						
Vegetable juice	110.0 u (61.02)	110.0 u (61.02)	110.0 u (61.02)	.	(.)	.	(.)					
Fruit and 100% fruit juice	294.0 (12.72)	289.0 (13.87)	305.0 (22.82)	342.0 (51.78)	254.0 (28.68)	289.0 (31.79)						
Any whole fruit	174.0 (9.54)	163.0 (8.94)	168.0 (11.43)	213.0 (50.04)	144.0 (13.21)	181.0 (20.82)						
Fresh fruit	167.0 (9.22)	154.0 (8.51)	161.0 (12.58)	234.0 (58.71)	127.0 (11.22)	167.0 (17.01)						
Fresh orange	107.0 (13.55)	93.2 (8.33)	109.0 (11.19)	99.0 (9.85)	70.1 (6.66)	169.0 u (61.95)						
Fresh other citrus	100.0 (0.00)	100.0 (0.00)	.	(.)	100.0 (0.00)	.	(.)					
Fresh apple	137.0 (8.73)	140.0 (9.08)	145.0 (11.40)	125.0 (20.26)	123.0 (15.93)	134.0 (19.19)						
Fresh banana	124.0 (8.21)	118.0 (4.25)	116.0 (6.93)	98.7 (14.25)	115.0 (4.64)	166.0 (36.30)						
Fresh melon	65.4 (14.80)	39.4 u (13.66)	70.0 (2.58)	64.4 (13.73)	57.0 (0.00)	85.7 (17.88)						
Fresh watermelon	212.0 (49.02)	132.0 u (50.52)	227.0 u (73.63)	351.0 (96.34)	40.9 (6.52)	152.0 ** (33.88)						
Fresh grapes	116.0 (17.26)	76.9 (10.11)	68.6 (13.39)	122.0 (32.53)	112.0 (10.53)	136.0 (18.77)						
Fresh peach/nectarine	103.0 (13.08)	94.9 (19.19)	102.0 (23.00)	88.2 (14.21)	30.3 u (19.99)	118.0 *** (11.64)						
Fresh pear	120.0 (6.73)	123.0 (13.49)	138.0 (31.00)	89.0 (0.00)	79.6 u (30.80)	120.0 (5.25)						
Fresh berries	80.3 (9.89)	121.0 (21.73)	68.4 (9.95)	73.1 (21.64)	119.0 (35.25)	66.5 (7.55)						
Fresh pineapple	184.0 (41.40)	163.0 u (71.17)	87.2 (0.00)	168.0 (0.00)	72.7 (11.34)	.	(.)					
Other fresh fruit	63.4 (8.66)	83.8 (20.38)	103.0 u (42.05)	51.3 (6.17)	68.0 (2.55)	54.0 (7.54)						
Avocado/guacamole	46.2 (3.59)	45.5 (5.91)	10.0 (0.00)	20.0 (0.00)	50.2 (0.00)	50.3 (0.00)						
Lemon/lime - any form	.	(.)	.	(.)	.	(.)						
Canned or frozen fruit, total	118.0 (9.46)	123.0 (10.39)	114.0 (10.00)	81.0 * (10.04)	139.0 (20.01)	117.0 (18.32)						
Canned or frozen in syrup	90.2 (13.12)	103.0 (9.91)	112.0 (13.13)	9.0 *** (0.00)	97.2 (17.59)	80.9 (23.26)						

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	120.0	(10.15)	117.0	(10.15)	111.0	(9.96)	89.5	(7.19)	129.0	(19.63)	150.0	(21.96)
Applesauce, canned/ frozen apples	125.0	(7.86)	124.0	(10.16)	121.0	(8.89)	109.0	(3.98)	142.0	(25.75)	135.0	(12.44)
Canned/frozen peaches	106.0	(10.38)	95.5	(17.61)	82.2	(7.18)	166.0 ***	(0.00)	123.0 u	(51.72)	113.0	(0.00)
Canned/frozen pineapple	97.9	(7.89)	104.0	(8.10)	101.0	(16.67)	76.7	(5.12)	106.0	(5.70)	.	(.)
Other canned/frozen	97.9	(11.09)	110.0	(13.87)	107.0	(16.91)	42.1 ** u	(18.14)	111.0	(22.86)	68.6 u	(20.78)
100% Fruit juice	258.0	(15.52)	260.0	(17.48)	274.0	(19.57)	290.0	(40.04)	238.0	(42.12)	249.0	(32.88)
Non-citrus juice	273.0	(15.62)	260.0	(15.85)	245.0	(17.87)	348.0	(55.81)	289.0	(55.31)	271.0	(42.61)
Citrus juice	189.0	(11.19)	194.0	(13.59)	221.0	(15.42)	200.0	(29.51)	170.0	(24.55)	176.0	(13.00)
Dried fruit	36.7 u	(14.52)	51.8 u	(28.32)	56.8 u	(37.20)	.	(.)	36.2	(0.00)	26.3 u	(9.73)
Milk and milk products	431.0	(15.42)	469.0	(16.27)	488.0	(18.03)	335.0 **	(52.01)	438.0	(30.92)	396.0	(31.34)
Cow's milk, total	414.0	(14.91)	450.0	(14.90)	466.0	(17.39)	300.0 ***	(41.49)	425.0	(25.03)	380.0	(32.10)
Unflavored white milk, total	325.0	(15.85)	342.0	(18.30)	348.0	(18.69)	266.0	(38.94)	309.0	(45.71)	318.0	(29.26)
Unflavored whole milk	290.0	(21.26)	294.0	(29.45)	292.0	(30.06)	336.0	(60.05)	292.0	(58.50)	259.0	(30.32)
Unflavored non-whole, total	311.0	(19.82)	316.0	(26.77)	314.0	(22.35)	212.0 *	(35.73)	290.0	(51.83)	330.0	(34.29)
2% milk, unflavored	295.0	(20.14)	313.0	(32.60)	307.0	(33.10)	195.0 *	(43.96)	282.0	(52.08)	299.0	(27.86)
1% milk, unflavored	254.0	(16.09)	224.0	(19.67)	250.0	(24.72)	259.0	(31.95)	192.0	(30.18)	292.0 **	(21.31)
Skim milk, unflavored	357.0	(69.89)	349.0	(61.69)	366.0	(81.99)	234.0	(11.45)	317.0	(63.45)	387.0 u	(125.77)
Unflavored, fat not specified	253.0	(18.64)	268.0	(21.17)	264.0	(28.14)	168.0 *	(25.96)	244.0	(6.55)	351.0	(85.25)
Flavored milk, total	277.0	(9.24)	277.0	(7.33)	283.0	(12.24)	295.0	(31.12)	272.0	(9.45)	271.0	(34.79)
Flavored, whole milk	300.0	(23.53)	304.0	(23.76)	300.0	(32.88)	221.0 *	(2.89)	347.0	(45.52)	303.0	(45.75)
Flavored non-whole, total	270.0	(11.60)	271.0	(9.50)	274.0	(16.67)	336.0	(35.18)	272.0	(10.14)	251.0	(31.67)
2% milk, flavored	288.0	(14.45)	281.0	(13.34)	273.0	(21.85)	336.0	(35.18)	296.0	(19.45)	295.0	(38.42)
1% milk, flavored	251.0	(10.59)	254.0	(12.59)	269.0	(20.37)	.	(.)	239.0	(12.43)	237.0	(13.56)
Skim milk, flavored	187.0 u	(74.86)	316.0	(65.58)	346.0	(74.68)	.	(.)	125.0	(0.00)	78.3	(0.00)
Flavored, fat not specified	248.0	(10.90)	249.0	(11.25)	251.0	(16.31)	215.0	(20.41)	239.0	(14.06)	250.0	(0.06)
Soy milk	291.0	(57.92)	198.0	(30.15)	221.0	(21.28)	.	(.)	92.2 u	(40.41)	322.0 **	(58.26)
Dry or evaporated milk	3.4 u	(2.39)	15.7	(0.00)	.	(.)	1.4	(0.00)	15.7	(0.00)	.	(.)
Yogurt	151.0	(16.24)	125.0	(10.10)	120.0	(14.46)	297.0 ***	(43.34)	114.0	(5.64)	129.0	(21.34)
Cheese	42.7	(5.37)	51.8	(7.04)	50.2	(11.05)	22.7 *	(2.82)	55.8	(9.90)	34.2	(7.17)
Meat and meat alternates	103.0	(4.78)	106.0	(5.22)	106.0	(6.21)	94.3	(10.90)	105.0	(8.77)	102.0	(9.30)
Beef	79.8	(12.96)	73.5	(7.72)	67.1	(10.08)	42.5 u	(20.29)	51.0	(10.62)	88.5 u	(28.23)
Ground beef	81.6	(7.86)	78.5	(14.06)	78.3	(6.00)	.	(.)	79.0 u	(37.68)	85.5	(0.00)
Pork	74.9	(9.79)	60.1	(10.98)	53.6	(5.78)	86.5 ***	(6.95)	57.2	(16.90)	.	(.)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	60.2 u	(18.93)	101.0	(0.00)	101.0	(0.00)	83.5	(0.00)	.	(.)	25.5	(0.00)
Lamb and misc. meats	184.0	(0.00)	.	(.)	.	(.)	184.0	(0.00)	.	(.)	.	(.)
Chicken	87.5	(3.97)	89.8	(3.83)	91.0	(6.11)	59.2 **	(9.55)	87.8	(4.05)	93.6	(11.54)
Turkey	72.0	(8.31)	71.6	(6.96)	86.6 u	(31.06)	188.0 **	(0.00)	68.4	(1.07)	25.5 ***	(0.00)
Organ meats	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Hot dogs	61.7	(13.27)	49.9	(11.13)	50.2	(13.94)	85.3	(13.56)	57.0	(0.00)	57.0	(0.00)
Cold cuts	52.7	(10.19)	70.2	(15.81)	44.5	(10.18)	51.0	(9.52)	95.9	(1.71)	41.1 ***	(11.78)
Fish	83.9	(18.12)	72.1	(12.86)	87.8	(25.83)	150.0 u	(63.42)	61.8	(11.19)	49.9	(7.28)
Shellfish	42.4	(7.90)	49.2	(9.30)	57.4	(11.34)	12.0 ***	(0.00)	44.9 u	(16.30)	32.3 u	(11.38)
Bacon/sausage	39.3	(9.32)	30.0 u	(9.57)	42.6 u	(14.78)	21.3	(5.21)	13.3	(3.58)	64.8 ***	(12.30)
Eggs	97.7	(16.57)	77.9	(10.43)	86.0	(11.86)	66.8	(9.93)	63.3	(14.53)	155.0 *	(40.31)
Beans	90.8	(13.91)	99.5	(10.91)	94.4	(10.48)	97.1 u	(42.73)	125.0 u	(38.36)	71.2 u	(35.88)
Baked/refried beans	63.1 u	(21.36)	87.0	(17.47)	86.4 u	(34.38)	112.0 u	(43.39)	87.3	(20.04)	15.8 ***	(0.00)
Soy products	77.5	(4.39)	62.0	(0.00)	.	(.)	.	(.)	62.0	(0.00)	81.4	(0.00)
Protein/meal enhancement	255.0	(65.03)	238.0 u	(178.65)	.	(.)	315.0	(0.00)	238.0 u	(178.65)	247.0	(0.00)
Nuts	56.7 u	(20.85)	31.9	(3.16)	24.8 u	(8.66)	19.6 u	(6.40)	35.6	(0.35)	73.6 u	(24.23)
Peanut/almond butter	20.9	(5.22)	11.4 u	(3.44)	10.6	(1.50)	2.1 *** u	(0.88)	12.0 u	(5.07)	28.0 *	(5.29)
Seeds	12.2 u	(7.94)	11.5	(0.00)	.	(.)	.	(.)	.	(.)	4.0 u	(3.10)
Mixed dishes	276.0	(11.39)	282.0	(10.68)	289.0	(13.41)	272.0	(32.25)	292.0	(15.03)	275.0	(24.19)
Tomato sauce and meat (no pasta)	243.0	(22.60)	146.0	(19.78)	125.0	(0.00)	265.0	(0.00)	187.0	(0.00)	.	(.)
Chili con carne	241.0	(24.88)	250.0	(23.55)	96.2	(4.60)	.	(.)	272.0	(13.90)	190.0 ***	(0.00)
Meat mixtures w/ red meat	132.0	(9.57)	145.0	(15.55)	162.0	(18.78)	110.0 **	(7.40)	127.0	(28.37)	118.0	(19.97)
Meat mixtures w/ chicken/turkey	158.0	(14.96)	191.0	(23.98)	226.0	(37.37)	149.0	(36.26)	195.0	(50.31)	121.0	(16.33)
Meat mixtures w/ fish	189.0	(51.15)	127.0	(31.11)	121.0	(19.94)	156.0	(0.00)	143.0 u	(100.50)	211.0	(58.58)
Hamburgers/cheeseburgers	128.0	(6.85)	126.0	(8.62)	113.0	(10.97)	152.0	(26.44)	148.0	(15.69)	123.0	(11.63)
Other sandwiches	115.0	(4.56)	125.0	(6.36)	124.0	(7.65)	113.0	(10.16)	127.0	(11.18)	101.0 *	(6.43)
Hot dogs	118.0	(10.68)	121.0	(11.67)	121.0	(9.36)	141.0	(23.71)	122.0	(26.73)	88.8	(13.92)
Luncheon meat	115.0	(7.45)	127.0	(8.83)	121.0	(18.95)	98.5	(11.88)	133.0	(6.79)	104.0 *	(10.29)
Beef, pork, ham	105.0	(14.49)	98.1	(10.78)	105.0	(13.65)	109.0	(7.00)	78.0	(12.26)	91.6 u	(66.88)
Chicken, turkey	104.0	(15.18)	131.0	(16.61)	132.0	(20.78)	130.0	(15.27)	115.0	(22.70)	77.9	(12.15)
Cheese (no meat)	89.7	(6.81)	76.7	(6.27)	76.6	(8.28)	84.8	(12.69)	72.7	(4.23)	107.0 ***	(5.78)
Fish	123.0	(8.48)	127.0	(10.22)	150.0	(5.18)	113.0 ***	(0.00)	102.0	(13.15)	.	(.)
Peanut butter	72.8	(4.61)	75.9	(9.65)	75.1	(10.84)	71.9	(7.01)	69.0	(2.74)	73.4	(6.32)
Breakfast sandwiches	119.0	(9.39)	113.0	(16.60)	97.1	(23.05)	116.0	(14.40)	.	(.)	128.0	(0.16)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	116.0	(11.60)	119.0	(6.97)	116.0	(8.22)	223.0	(58.71)	128.0	(19.84)	115.0 u	(35.28)
Pizza w/ meat	147.0	(15.37)	125.0	(6.88)	120.0	(7.78)	255.0 u	(81.08)	135.0	(13.63)	157.0	(33.94)
Mexican entrees	164.0	(15.77)	126.0	(12.05)	137.0	(14.93)	168.0	(17.10)	102.0	(13.06)	275.0 ***	(43.46)
Macaroni and cheese	217.0	(27.57)	202.0	(43.70)	156.0	(24.10)	129.0	(21.03)	250.0	(71.91)	240.0	(40.42)
Pasta dishes	227.0	(26.06)	218.0	(26.12)	250.0	(39.14)	246.0	(29.64)	199.0	(51.74)	243.0	(70.87)
Rice dishes	136.0	(26.79)	174.0	(36.46)	147.0	(26.96)	152.0	(20.99)	212.0 u	(79.75)	50.1 * u	(16.25)
Other grain mixtures	117.0	(23.21)	94.9	(20.59)	145.0 u	(60.96)	.	(.)	87.2 u	(27.09)	132.0	(33.58)
Meat soup	303.0	(35.52)	323.0	(53.45)	350.0	(56.65)	306.0	(86.16)	194.0 u	(89.48)	267.0	(9.13)
Bean soup	332.0	(0.00)	332.0	(0.00)	332.0	(0.00)	.	(.)	.	(.)	.	(.)
Grain soups	320.0	(34.84)	326.0	(32.36)	291.0	(36.03)	284.0	(67.42)	396.0	(27.62)	320.0	(93.09)
Vegetables mixtures (incl. soup)	120.0	(17.89)	128.0	(24.92)	125.0	(29.80)	75.4	(11.64)	132.0 u	(39.74)	127.0	(32.81)
Entrée salads	78.9 u	(23.97)	78.8 u	(24.19)	131.0	(23.57)	.	(.)	100.0	(3.31)	85.5 ***	(0.00)
Beverages excluding milk and 100% fruit juice	729.0	(32.73)	638.0	(27.32)	650.0	(30.83)	777.0	(58.26)	645.0	(44.97)	849.0 *	(77.54)
Coffee	167.0 u	(54.20)	148.0 u	(91.88)	148.0 u	(91.88)	204.0	(32.49)	.	(.)	59.2	(0.00)
Tea	276.0	(22.38)	303.0	(29.81)	232.0	(39.33)	292.0	(34.36)	478.0	(79.58)	222.0 **	(59.12)
Beer	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Wine	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Liquor	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Water (plain)	479.0	(28.97)	447.0	(31.15)	447.0	(38.72)	437.0	(38.26)	462.0	(44.30)	526.0	(65.50)
Noncarbonated, sweetened drinks	303.0	(17.66)	291.0	(15.55)	336.0	(22.42)	329.0	(26.87)	260.0	(25.02)	321.0	(49.29)
Noncarbonated, low-calorie/sugar-free drinks	400.0	(100.19)	270.0	(32.67)	336.0	(64.46)	363.0	(65.98)	231.0	(26.76)	576.0 u	(220.06)
Energy drinks	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Any soda	293.0	(12.50)	295.0	(16.28)	311.0	(20.14)	306.0	(55.18)	270.0	(30.60)	286.0	(19.89)
Soda, regular	293.0	(12.21)	291.0	(16.76)	307.0	(21.04)	302.0	(52.27)	269.0	(31.61)	298.0	(20.59)
Soda, sugar-free	234.0	(32.91)	281.0	(61.16)	319.0	(68.99)	222.0 u	(81.01)	168.0	(25.94)	211.0	(32.41)
Sweets and desserts	121.0	(7.86)	105.0	(8.36)	106.0	(12.79)	112.0	(14.85)	107.0	(13.66)	147.0	(17.54)
Sugar and sugar substitutes	6.1	(1.10)	7.5	(1.23)	7.8	(1.24)	9.2 u	(4.77)	10.0	(2.51)	3.8 * u	(1.76)
Syrups/sweet toppings	31.8	(3.58)	30.4	(3.43)	32.9	(5.88)	23.2	(3.10)	26.9	(4.02)	33.8	(7.33)
Jelly	17.3	(3.26)	14.7 u	(4.56)	17.0 u	(7.16)	26.7 u	(14.46)	12.1	(0.49)	18.7 ***	(0.00)
Jello	112.0	(4.75)	117.0	(5.10)	121.0	(4.28)	102.0 ***	(3.71)	108.0	(9.33)	120.0	(0.00)
Candy	34.9	(3.33)	32.7	(3.20)	30.1	(4.57)	31.6	(4.86)	37.3	(5.63)	41.5	(10.44)
Ice cream	125.0	(13.20)	112.0	(9.68)	111.0	(14.74)	107.0	(7.54)	116.0	(17.14)	144.0	(27.42)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

5–8 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	113.0	(9.52)	135.0	(22.52)	153.0	(35.25)	107.0	(1.96)	104.0	(9.64)	102.0	(10.35)
Ice/popsicles	107.0	(11.11)	94.5	(11.49)	114.0	(16.02)	189.0 *	(26.45)	61.8	(7.50)	100.0 *	(15.13)
Sweet rolls	64.4	(9.77)	68.8	(9.51)	73.4	(7.09)	38.7 ***	(6.34)	70.8 u	(35.09)	63.7 u	(21.96)
Cake/cupcakes	98.3	(11.25)	96.8	(13.48)	84.2	(21.86)	91.2	(11.09)	112.0	(14.23)	106.0 u	(34.75)
Cookies	38.2	(2.52)	36.6	(2.71)	35.7	(3.02)	37.9	(7.12)	37.6	(5.61)	40.7	(5.49)
Pies/cobblers	66.7 u	(41.08)	113.0 u	(73.02)	257.0 u	(90.97)	.	(.)	40.6	(0.00)	37.5 u	(21.43)
Pastries	79.6	(9.00)	84.6	(15.97)	72.1	(8.66)	87.4	(17.44)	98.6 u	(30.80)	68.4	(5.70)
Doughnuts	69.9	(9.59)	75.6	(12.95)	74.7	(15.43)	87.5	(6.32)	93.8	(21.58)	62.7	(14.00)
Salty snacks	39.5	(3.27)	45.1	(5.12)	42.2	(3.11)	43.4	(5.57)	42.4	(8.35)	32.5	(4.48)
Corn-based salty snacks	37.0	(3.03)	43.4	(5.67)	37.6	(3.09)	40.3	(7.03)	51.7	(12.12)	29.8	(3.04)
Pretzels/party mix	46.6	(11.40)	62.4 u	(25.73)	38.3	(7.03)	40.4 u	(15.19)	36.7	(6.75)	43.5	(6.75)
Popcorn	23.0	(3.06)	26.7	(3.51)	25.8	(5.00)	31.9	(6.11)	24.4	(5.15)	13.5	(3.18)
Potato chips	27.9	(2.45)	31.1	(2.02)	37.4	(2.75)	32.3	(3.47)	23.7	(2.75)	19.0	(4.61)
Added fats and oils	17.7	(1.96)	16.5	(2.44)	23.2	(4.47)	24.5 u	(9.68)	11.9	(1.48)	17.6	(3.31)
Butter	6.7	(0.57)	7.9	(1.02)	6.6	(1.08)	5.0	(1.31)	8.7	(1.35)	5.9	(1.01)
Margarine	8.3	(0.86)	7.0	(0.57)	8.4	(1.64)	13.6	(3.34)	6.3	(0.94)	7.9	(0.98)
Other added fats	25.8	(7.18)	44.1	(12.59)	38.6 u	(16.76)	5.3 *	(0.00)	48.3 u	(18.62)	14.7	(1.92)
Other added oils	13.5	(0.00)	.	(.)	.	(.)	.	(.)	.	(.)	13.5	(0.00)
Salad dressing	18.8	(3.81)	21.6	(4.88)	27.3	(8.14)	5.5 * u	(3.33)	17.2	(4.17)	21.3 u	(6.61)
Mayonnaise	10.3	(1.02)	17.0	(4.19)	9.2	(0.00)	.	(.)	19.8	(4.77)	9.3 *	(0.57)
Gravy	37.3 u	(11.50)	26.5	(5.49)	36.2	(8.74)	200.0 ***	(38.68)	15.9	(1.88)	28.7 u	(12.10)
Cream cheese	25.5	(2.89)	.	(.)	.	(.)	13.2	(1.58)	.	(.)	28.1	(1.16)
Cream/sour cream	22.2	(5.65)	22.8 u	(8.49)	54.1	(14.95)	56.6	(5.42)	8.9 u	(4.51)	19.9 u	(7.20)
Other	22.1	(3.43)	21.3	(4.24)	21.9	(5.04)	25.3 u	(14.32)	18.6 u	(6.80)	22.4	(5.76)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

	9–13 years old											
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
<i>Sample size</i>	<i>1,151</i>	<i>-</i>	<i>675</i>	<i>-</i>	<i>416</i>	<i>-</i>	<i>206</i>	<i>-</i>	<i>220</i>	<i>-</i>	<i>244</i>	<i>-</i>
Grains	110.0	(5.97)	114.0	(8.92)	110.0	(10.58)	95.9	(8.36)	115.0	(12.61)	105.0	(8.71)
Whole grains ¹	66.3	(6.82)	75.8	(9.68)	84.0	(19.99)	57.6	(12.01)	64.6	(11.52)	57.9	(6.83)
Refined grains	104.0	(6.05)	103.0	(8.15)	99.4	(8.45)	96.1	(9.65)	106.0	(13.36)	103.0	(9.46)
Bread	59.2	(6.45)	65.1	(15.31)	42.6	(4.76)	40.0	(4.13)	89.3 u	(27.77)	54.0	(9.49)
Rolls	46.2	(6.45)	45.2	(7.39)	35.1	(2.63)	48.5	(7.40)	55.8	(11.44)	49.3	(6.14)
English muffin	58.0	(0.00)	58.0	(0.00)	58.0	(0.00)	.	(.)	.	(.)	58.0	(0.00)
Bagels	95.1	(5.92)	102.0	(9.96)	115.0	(8.73)	83.4 **	(7.61)	88.1	(14.69)	94.7	(9.56)
Biscuits, scones, croissants	66.3	(14.12)	74.9	(11.16)	76.3	(11.97)	35.1 **	(5.74)	62.4	(6.83)	53.7	(6.59)
Muffins	133.0	(26.72)	152.0 u	(45.62)	78.1	(8.96)	109.0 u	(33.53)	192.0	(56.00)	93.3	(15.64)
Cornbread	65.2	(7.93)	56.5	(11.13)	60.3	(14.09)	44.0	(0.00)	44.1	(1.81)	76.4 *	(13.47)
Corn tortillas	63.1	(3.36)	62.2	(4.81)	61.7	(5.30)	67.8	(4.78)	48.0	(0.00)	61.9 ***	(3.65)
Flour tortillas	64.0	(14.54)	67.0	(7.98)	68.5	(8.21)	15.2 ** u	(14.08)	38.5	(0.00)	69.6 ***	(5.99)
Taco shells	55.6	(1.26)	55.6	(0.84)	56.3	(0.43)	55.4 u	(19.29)	40.2	(0.00)	.	(.)
Crackers	29.3	(3.31)	26.8	(3.82)	23.7	(3.25)	41.1	(8.86)	30.7	(7.18)	29.8	(6.02)
Breakfast/granola bar	30.4	(2.52)	33.7	(3.22)	36.2	(6.88)	23.5	(0.90)	32.0	(2.23)	32.3	(5.28)
Pancakes, waffles, French toast	99.8	(7.56)	84.9	(4.80)	91.9	(7.13)	111.0	(21.41)	79.3	(7.02)	107.0	(13.35)
Cold cereal	40.8	(1.91)	38.2	(1.93)	34.8	(1.98)	50.4 **	(5.16)	42.9	(4.08)	40.5	(3.11)
Hot cereal	205.0	(21.40)	206.0	(24.45)	229.0	(26.32)	197.0	(25.70)	160.0	(19.21)	202.0	(22.57)
Rice	140.0	(11.12)	158.0	(13.42)	170.0	(16.80)	133.0 u	(40.38)	96.7	(11.73)	115.0	(26.30)
Pasta	146.0	(41.41)	224.0 u	(79.63)	306.0	(0.00)	217.0	(0.00)	214.0 u	(86.65)	150.0 u	(74.48)
Vegetables	133.0	(9.62)	127.0	(10.64)	130.0	(9.52)	92.9 **	(8.52)	124.0	(23.08)	170.0	(19.96)
Raw vegetables	101.0	(9.51)	96.5	(14.64)	95.5	(9.98)	90.3	(11.71)	107.0	(24.24)	112.0	(16.63)
Raw lettuce/greens	37.9	(6.28)	36.1	(5.17)	38.2	(5.92)	39.0	(0.00)	27.5	(0.00)	100.0	(0.00)
Raw carrots	68.9	(7.07)	66.7	(13.02)	58.9	(10.48)	70.2	(2.65)	75.4 u	(23.35)	70.3	(9.75)
Raw tomatoes	68.6	(16.66)	115.0	(8.86)	115.0	(8.86)	80.0 ***	(0.00)	.	(.)	59.7 u	(23.62)
Raw cabbage/coleslaw	94.1	(12.89)	184.0	(0.00)	184.0	(0.00)	.	(.)	.	(.)	89.7	(13.65)
Other raw (higher in vitamins A and C) ²	53.9	(11.68)	60.4	(16.78)	38.5	(10.05)	.	(.)	96.6	(24.07)	45.9 u	(16.43)
Other raw (lower in vitamins A and C) ²	42.3	(7.88)	35.8	(7.79)	39.1 u	(16.13)	57.9	(5.56)	32.3 u	(10.06)	57.2	(9.90)
Salads (w/greens)	119.0	(13.73)	116.0	(17.44)	101.0	(12.95)	92.4	(15.66)	135.0	(29.60)	144.0	(15.71)
Cooked vegetables, excl. potatoes	68.3	(5.96)	70.9	(6.24)	77.7	(7.22)	34.9 ***	(7.67)	54.8	(11.06)	78.6	(11.56)
Cooked green beans	82.6	(9.48)	78.0	(11.44)	79.4	(12.59)	33.8 ***	(0.00)	86.9	(16.15)	94.7	(16.07)
Cooked corn	78.0	(6.86)	76.6	(8.89)	70.7	(11.51)	52.8	(8.61)	90.4	(12.63)	88.6	(8.28)
Cooked peas	68.5	(17.03)	68.8 u	(25.30)	67.4 u	(25.68)	.	(.)	.	(.)	67.9	(5.60)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	38.8 (8.22)	43.0 (11.90)	46.9 u (17.23)	17.6 (0.00)	35.9 (7.28)	28.0 (0.00)					
Cooked broccoli	82.5 (13.93)	79.8 (19.07)	80.1 (19.50)	67.7 (14.74)	79.2 u (26.66)	91.8 (7.99)					
Cooked tomatoes	24.5 (3.29)	24.3 (2.77)	24.8 (4.01)	19.4 u (7.41)	21.6 (3.68)	27.3 u (9.03)					
Cooked mixed	80.1 (10.90)	77.4 (11.48)	51.6 u (32.89)	. (.)</td <td>77.1 (11.50)</td> <td>106.0 * (0.00)</td> <td></td> <td></td> <td></td> <td></td> <td></td>	77.1 (11.50)	106.0 * (0.00)					
Cooked starchy	105.0 u (45.32)	105.0 u (45.32)	193.0 (27.92)	. (.)</td <td>44.1 (0.70)</td> <td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td>	44.1 (0.70)	. (.)</td <td></td> <td></td> <td></td> <td></td> <td></td>					
Other cooked deep yellow	112.0 (18.90)	98.6 (11.75)	95.0 (12.05)	49.0 *** (0.00)	147.0 (0.00)	228.0 (0.00)					
Other cooked dark green	115.0 (26.32)	86.6 u (27.57)	86.1 u (28.09)	11.3 ** (0.00)	. (.)</td <td>173.0 (42.67)</td> <td></td> <td></td> <td></td> <td></td> <td></td>	173.0 (42.67)					
Other cooked (higher in vitamins A and C) ²	50.4 (10.14)	50.2 (5.96)	77.5 (0.00)	56.4 u (18.54)	73.4 (18.07)	38.8 (5.12)					
Other cooked (lower in vitamins A and C) ²	55.9 (13.61)	69.1 (12.94)	42.5 u (20.45)	. (.)</td <td>67.5 (0.00)</td> <td>41.3 u (19.49)</td> <td></td> <td></td> <td></td> <td></td> <td></td>	67.5 (0.00)	41.3 u (19.49)					
Other fried	122.0 (24.19)	122.0 (24.19)	122.0 (24.19)	. (.)</td <td>.<!-- (.)</td--><td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td></td>	. (.)</td <td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td>	. (.)</td <td></td> <td></td> <td></td> <td></td> <td></td>					
Cooked potatoes	98.0 (8.50)	92.4 (7.67)	96.2 (9.62)	92.1 (10.85)	88.2 (13.74)	119.0 (21.70)					
Cooked potatoes-not fried	157.0 (20.16)	150.0 (17.97)	154.0 (26.71)	125.0 (16.33)	143.0 (17.13)	177.0 (47.45)					
Cooked potatoes-fried	64.8 (5.82)	62.4 (8.29)	54.4 (3.05)	68.2 * (5.54)	71.3 (16.83)	70.8 (11.06)					
Vegetable juice	337.0 u (153.62)	197.0 (0.00)	197.0 (0.00)	. (.)</td <td>.<!-- (.)</td--><td>565.0 (3.22)</td><td></td><td></td><td></td><td></td><td></td></td>	. (.)</td <td>565.0 (3.22)</td> <td></td> <td></td> <td></td> <td></td> <td></td>	565.0 (3.22)					
Fruit and 100% fruit juice	271.0 (15.02)	274.0 (24.87)	301.0 (21.96)	280.0 (29.71)	239.0 (46.29)	264.0 (21.43)					
Any whole fruit	166.0 (6.08)	175.0 (9.09)	197.0 (12.68)	133.0 ** (19.70)	148.0 (10.67)	158.0 (9.92)					
Fresh fruit	164.0 (6.07)	178.0 (8.99)	196.0 (12.84)	134.0 * (21.31)	156.0 (11.63)	149.0 (10.38)					
Fresh orange	121.0 (11.05)	128.0 (17.84)	140.0 (21.22)	110.0 (15.55)	92.5 (16.72)	107.0 (8.37)					
Fresh other citrus	401.0 (115.37)	128.0 (0.00)	. (.)</td <td>458.0 (111.74)</td> <td>128.0 (0.00)</td> <td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td>	458.0 (111.74)	128.0 (0.00)	. (.)</td <td></td> <td></td> <td></td> <td></td> <td></td>					
Fresh apple	143.0 (7.14)	147.0 (7.65)	150.0 (12.54)	132.0 (17.55)	144.0 (10.13)	132.0 (16.82)					
Fresh banana	115.0 (11.31)	130.0 (16.19)	141.0 (22.56)	83.9 * (14.76)	109.0 (9.71)	113.0 (7.40)					
Fresh melon	136.0 (15.25)	103.0 (12.01)	113.0 (8.29)	166.0 * (21.27)	34.1 (0.00)	154.0 ** (43.87)					
Fresh watermelon	160.0 (22.35)	155.0 (27.89)	102.0 (13.32)	199.0 u (82.48)	187.0 (12.05)	154.0 (30.60)					
Fresh grapes	104.0 (10.71)	99.6 (13.24)	105.0 (16.31)	109.0 u (32.97)	97.2 (18.47)	118.0 (18.62)					
Fresh peach/nectarine	144.0 (12.19)	133.0 (11.56)	147.0 (7.11)	89.1 * u (26.89)	89.6 (20.65)	175.0 *** (0.00)					
Fresh pear	118.0 (13.46)	122.0 (14.51)	130.0 (16.20)	44.5 *** (0.00)	84.9 u (36.41)	154.0 (11.39)					
Fresh berries	81.0 (14.80)	81.8 (13.83)	90.0 (26.37)	55.8 (6.83)	77.7 (16.71)	103.0 (18.22)					
Fresh pineapple	52.4 (10.75)	48.2 (10.96)	42.2 u (16.20)	. (.)</td <td>60.5 (4.14)</td> <td>51.6 * (0.00)</td> <td></td> <td></td> <td></td> <td></td> <td></td>	60.5 (4.14)	51.6 * (0.00)					
Other fresh fruit	117.0 (21.08)	166.0 (25.88)	212.0 (32.61)	134.0 (29.01)	168.0 (32.58)	83.9 * (10.12)					
Avocado/guacamole	50.3 (0.00)	50.3 (0.00)	. (.)</td <td>.<!-- (.)</td--><td>50.3 (0.00)</td><td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td></td>	. (.)</td <td>50.3 (0.00)</td> <td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td>	50.3 (0.00)	. (.)</td <td></td> <td></td> <td></td> <td></td> <td></td>					
Lemon/lime - any form	. (.)</td <td>.<!-- (.)</td--><td>.<!-- (.)</td--><td>.<!-- (.)</td--><td>.<!-- (.)</td--><td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td></td></td></td></td>	. (.)</td <td>.<!-- (.)</td--><td>.<!-- (.)</td--><td>.<!-- (.)</td--><td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td></td></td></td>	. (.)</td <td>.<!-- (.)</td--><td>.<!-- (.)</td--><td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td></td></td>	. (.)</td <td>.<!-- (.)</td--><td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td></td>	. (.)</td <td>.<!-- (.)</td--><td></td><td></td><td></td><td></td><td></td></td>	. (.)</td <td></td> <td></td> <td></td> <td></td> <td></td>					
Canned or frozen fruit, total	108.0 (8.68)	110.0 (11.72)	128.0 (18.93)	98.3 (10.05)	88.1 (8.74)	102.0 (13.65)					
Canned or frozen in syrup	81.9 (18.47)	72.5 (19.98)	78.4 u (27.09)	90.7 (0.00)	49.3 (13.28)	102.0 * (22.37)					

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups--Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Canned or frozen, no syrup	109.0	(8.27)	115.0	(11.63)	136.0	(17.12)	99.1	(11.12)	92.6	(9.69)	92.7	(15.74)
Applesauce, canned/ frozen apples	104.0	(8.64)	118.0	(13.70)	125.0	(30.46)	98.1	(11.74)	114.0	(8.60)	97.7	(16.22)
Canned/frozen peaches	102.0	(11.27)	101.0	(11.85)	104.0	(17.92)	113.0	(13.09)	96.5	(12.20)	49.5 ***	(1.06)
Canned/frozen pineapple	99.8	(18.05)	105.0	(20.41)	140.0	(27.03)	.	(.)	68.6	(14.87)	60.5	(1.04)
Other canned/frozen	87.8	(15.28)	92.7	(18.17)	97.7	(25.72)	96.0	(5.68)	79.4	(10.88)	67.2 u	(30.73)
100% Fruit juice	275.0	(24.11)	260.0	(35.35)	242.0	(28.97)	298.0	(45.09)	317.0	(72.60)	302.0	(39.79)
Non-citrus juice	263.0	(20.47)	255.0	(29.12)	259.0	(41.16)	253.0	(26.95)	258.0	(32.30)	285.0	(35.95)
Citrus juice	244.0	(26.35)	215.0	(29.40)	186.0	(23.02)	339.0	(76.22)	261.0	(34.32)	291.0	(73.74)
Dried fruit	11.8 u	(4.40)	7.7 u	(2.78)	8.6 u	(6.55)	11.3	(0.47)	7.0	(0.00)	16.7 u	(10.96)
Milk and milk products	386.0	(20.12)	442.0	(30.27)	401.0	(14.84)	304.0 **	(32.55)	488.0	(65.18)	326.0 *	(31.28)
Cow's milk, total	393.0	(20.21)	434.0	(30.68)	391.0	(14.38)	325.0	(37.01)	483.0	(66.28)	331.0 *	(28.44)
Unflavored white milk, total	334.0	(25.19)	360.0	(44.25)	321.0	(15.04)	299.0	(37.83)	396.0	(92.18)	302.0	(25.80)
Unflavored whole milk	379.0	(87.53)	495.0 u	(161.11)	309.0	(22.35)	339.0	(73.33)	1030.0 u	(347.24)	213.0 *	(42.68)
Unflavored non-whole, total	312.0	(14.66)	307.0	(20.82)	308.0	(19.37)	275.0	(40.17)	292.0	(27.55)	323.0	(28.38)
2% milk, unflavored	297.0	(17.51)	292.0	(22.32)	281.0	(23.01)	232.0	(29.45)	272.0	(19.33)	324.0	(38.56)
1% milk, unflavored	286.0	(27.21)	252.0	(30.04)	273.0	(36.53)	394.0	(115.98)	239.0	(45.74)	315.0	(49.97)
Skim milk, unflavored	333.0	(38.99)	364.0	(51.09)	371.0	(65.43)	421.0 u	(248.19)	361.0	(60.41)	299.0	(44.20)
Unflavored, fat not specified	251.0	(19.59)	260.0	(25.94)	259.0	(28.94)	213.0	(20.77)	253.0	(58.45)	248.0 u	(76.57)
Flavored milk, total	278.0	(10.24)	271.0	(9.82)	262.0	(13.93)	458.0	(118.27)	288.0	(12.25)	305.0	(37.38)
Flavored, whole milk	279.0	(13.76)	273.0	(12.51)	278.0	(16.83)	500.0 ***	(0.00)	267.0	(17.03)	250.0	(0.00)
Flavored non-whole, total	274.0	(13.05)	275.0	(13.42)	266.0	(19.25)	436.0 u	(211.14)	288.0	(17.11)	245.0	(33.32)
2% milk, flavored	286.0	(20.91)	286.0	(20.45)	280.0	(32.92)	582.0 u	(324.67)	299.0	(23.94)	226.0 **	(14.89)
1% milk, flavored	260.0	(14.36)	260.0	(12.48)	253.0	(13.59)	250.0	(0.08)	268.0	(17.58)	258.0	(57.12)
Skim milk, flavored	242.0	(6.99)	241.0	(7.16)	232.0	(12.61)	.	(.)	250.0	(0.02)	250.0	(0.00)
Flavored, fat not specified	272.0	(24.14)	251.0	(19.32)	231.0	(21.43)	448.0 ***	(26.60)	304.0	(36.19)	381.0	(76.42)
Soymilk	173.0	(42.06)	138.0 u	(42.76)	184.0	(0.00)	230.0	(0.00)	106.0 u	(48.84)	184.0 u	(58.67)
Dry or evaporated milk	63.0	(0.00)	.	(.)	.	(.)	63.0	(0.00)	.	(.)	.	(.)
Yogurt	156.0	(18.82)	157.0	(17.71)	165.0	(14.35)	99.8 u	(50.50)	151.0	(28.22)	169.0	(42.60)
Cheese	39.8	(4.41)	41.8	(6.72)	44.1	(7.25)	39.5	(7.69)	41.3	(10.52)	40.7	(9.22)
Meat and meat alternates	132.0	(9.84)	136.0	(8.42)	146.0	(13.11)	151.0	(27.44)	123.0	(12.10)	121.0	(18.46)
Beef	80.7	(9.98)	88.5	(12.62)	83.0	(15.91)	91.6	(22.02)	96.0	(19.35)	59.7	(8.18)
Ground beef	80.4	(10.44)	80.4	(10.44)	84.0	(0.00)	.	(.)	76.8	(19.90)	.	(.)
Pork	97.1	(9.33)	97.8	(11.63)	87.3	(9.04)	69.9	(11.40)	109.0	(18.30)	107.0	(18.68)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	25.2 u (9.45)	27.8 u (12.13)		27.8 u (12.13)		17.0 u (8.03)		. (.)		. (.)	
Lamb and misc. meats	56.9 u (27.05)	117.0 (0.00)		117.0 (0.00)		91.9 (0.00)		. (.)		25.1 (0.00)	
Chicken	114.0 (7.66)	113.0 (10.09)		121.0 (14.17)		118.0 (15.89)		103.0 (15.36)		119.0 (9.11)	
Turkey	123.0 (9.40)	58.3 (12.94)		54.1 (14.36)		200.0 *** (22.24)		67.4 u (26.33)		128.0 * (1.57)	
Organ meats	. (.)	. (.)		. (.)		. (.)		. (.)		. (.)	
Hot dogs	69.8 (9.71)	67.3 (9.17)		74.7 (17.02)		108.0 (7.24)		57.0 (0.00)		171.0 (0.00)	
Cold cuts	62.4 (9.85)	79.7 (13.29)		68.9 (20.29)		30.8 (2.83)		87.3 (11.94)		50.2 ** (5.04)	
Fish	90.7 (11.32)	96.2 (15.20)		128.0 (21.95)		60.4 * (15.73)		77.5 (15.28)		113.0 (23.79)	
Shellfish	63.9 (15.03)	63.3 (16.77)		59.0 u (22.64)		91.1 u (32.88)		43.4 (10.97)		58.5 u (28.65)	
Bacon/sausage	44.3 (7.01)	50.1 (10.66)		61.1 (16.55)		64.4 (14.34)		35.7 u (10.94)		33.7 (9.35)	
Eggs	133.0 (15.05)	94.4 (8.25)		92.4 (8.91)		151.0 * (28.25)		115.0 (27.58)		167.0 (24.01)	
Beans	122.0 (10.49)	116.0 (12.58)		124.0 (16.46)		120.0 (11.52)		112.0 (21.68)		140.0 (24.97)	
Baked/refried beans	128.0 (20.14)	137.0 (21.29)		144.0 (26.81)		64.0 ** (1.07)		75.2 (0.00)		88.5 (10.38)	
Soy products	. (.)	. (.)		. (.)		. (.)		. (.)		. (.)	
Protein/meal enhancement	114.0 u (99.70)	114.0 u (99.70)		. (.)		. (.)		114.0 u (99.70)		. (.)	
Nuts	20.5 u (6.35)	32.7 (8.56)		20.7 u (12.43)		38.9 (5.21)		36.8 u (11.79)		12.1 * u (3.90)	
Peanut/almond butter	45.0 (12.13)	31.4 (5.62)		32.0 (0.00)		5.3 (0.00)		31.4 (6.06)		61.7 u (18.79)	
Seeds	24.6 u (9.75)	30.6 u (12.62)		41.7 u (14.57)		70.5 (5.86)		14.7 u (7.44)		7.3 (1.88)	
Mixed dishes	362.0 (14.52)	372.0 (19.61)		369.0 (24.25)		378.0 (42.26)		381.0 (35.17)		334.0 (27.20)	
Tomato sauce and meat (no pasta)	212.0 (8.08)	117.0 (0.00)		117.0 (0.00)		. (.)		. (.)		. (.)	
Chili con carne	297.0 (43.52)	305.0 (41.97)		79.4 (0.00)		95.3 (0.00)		311.0 (40.80)		131.0 ** (36.79)	
Meat mixtures w/ red meat	206.0 (22.73)	205.0 (32.26)		260.0 (49.95)		186.0 (30.76)		165.0 (30.44)		217.0 (20.32)	
Meat mixtures w/ chicken/turkey	190.0 (26.76)	209.0 (44.37)		276.0 (40.79)		142.0 ** (23.16)		204.0 u (69.15)		174.0 (27.27)	
Meat mixtures w/ fish	131.0 u (47.35)	220.0 (65.13)		135.0 u (41.81)		157.0 (8.19)		379.0 (35.11)		56.2 *** u (20.49)	
Hamburgers/cheeseburgers	183.0 (13.57)	180.0 (16.03)		152.0 (13.18)		155.0 (12.00)		199.0 (17.73)		213.0 (25.83)	
Other sandwiches	161.0 (6.56)	174.0 (10.93)		177.0 (15.72)		154.0 (10.26)		168.0 (15.89)		148.0 (9.21)	
Hot dogs	123.0 (7.82)	128.0 (10.73)		143.0 (14.32)		121.0 (14.95)		101.0 (8.97)		109.0 (9.85)	
Luncheon meat	149.0 (7.36)	173.0 (14.68)		181.0 (24.00)		126.0 * (10.72)		149.0 (16.58)		140.0 (8.60)	
Beef, pork, ham	156.0 (14.17)	147.0 (19.82)		140.0 (24.82)		221.0 (46.24)		146.0 (32.29)		152.0 (21.65)	
Chicken, turkey	155.0 (12.88)	149.0 (13.37)		137.0 (16.88)		177.0 (41.17)		164.0 (19.89)		160.0 (27.63)	
Cheese (no meat)	92.2 (11.29)	106.0 (14.69)		110.0 (20.11)		72.3 (2.71)		98.3 (13.98)		72.2 (10.24)	
Fish	192.0 (22.86)	157.0 (15.44)		159.0 (21.94)		141.0 (0.00)		148.0 (8.48)		215.0 ** (24.12)	
Peanut butter	85.7 (5.33)	85.6 (9.79)		93.0 (14.87)		78.7 (4.91)		78.3 (16.37)		86.6 (7.24)	
Breakfast sandwiches	181.0 (19.96)	192.0 (25.56)		176.0 (10.58)		179.0 (11.71)		196.0 (29.15)		145.0 (11.20)	

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	137.0	(10.02)	138.0	(10.55)	151.0	(22.20)	116.0	(25.50)	126.0	(9.44)	142.0	(31.34)
Pizza w/ meat	154.0	(8.99)	157.0	(9.38)	165.0	(12.92)	139.0	(20.93)	148.0	(15.68)	134.0	(12.07)
Mexican entrees	215.0	(18.72)	216.0	(25.37)	243.0	(32.48)	201.0	(34.02)	182.0	(28.62)	213.0	(33.16)
Macaroni and cheese	223.0	(18.27)	231.0	(26.22)	224.0	(31.33)	256.0	(26.89)	235.0	(39.90)	182.0	(37.08)
Pasta dishes	327.0	(35.64)	257.0	(34.51)	236.0	(53.48)	440.0 **	(41.52)	275.0	(45.73)	360.0	(77.27)
Rice dishes	168.0	(19.63)	175.0	(22.94)	215.0	(32.33)	159.0	(22.16)	122.0	(19.48)	166.0	(42.15)
Other grain mixtures	154.0	(8.45)	129.0	(14.08)	125.0	(26.58)	221.0	(61.75)	150.0	(9.92)	160.0	(10.20)
Meat soup	293.0	(36.15)	323.0	(39.71)	332.0	(49.31)	410.0	(56.93)	283.0	(37.19)	236.0	(51.39)
Bean soup	173.0	(0.00)	.	(.)	.	(.)	.	(.)	.	(.)	173.0	(0.00)
Grain soups	311.0	(26.01)	293.0	(37.11)	266.0	(42.66)	336.0	(35.16)	393.0	(36.98)	340.0	(45.29)
Vegetables mixtures (incl. soup)	215.0	(26.23)	228.0	(38.31)	249.0	(41.62)	187.0	(26.73)	134.0	(30.83)	220.0	(49.98)
Entrée salads	231.0	(11.18)	234.0	(15.01)	214.0	(11.94)	98.3 ***	(0.00)	283.0	(28.75)	448.0 ***	(0.00)
Beverages excluding milk and 100% fruit juice	1,053.0	(61.32)	886.0	(51.75)	805.0	(41.06)	1,105.0 ***	(62.30)	995.0	(124.26)	1,187.0	(108.56)
Coffee	263.0	(49.17)	367.0 u	(120.04)	415.0 u	(152.15)	122.0 u	(76.77)	181.0	(22.41)	252.0 *	(16.74)
Tea	410.0	(43.17)	382.0	(52.35)	338.0	(33.81)	343.0	(57.32)	460.0	(134.15)	477.0	(94.40)
Beer	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Wine	235.0	(0.00)	235.0	(0.00)	.	(.)	.	(.)	235.0	(0.00)	.	(.)
Liquor	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Water (plain)	647.0	(41.06)	580.0	(38.48)	544.0	(34.50)	649.0	(62.96)	598.0	(76.35)	750.0	(88.38)
Noncarbonated, sweetened drinks	447.0	(27.67)	430.0	(44.89)	434.0	(39.29)	510.0	(64.65)	448.0	(100.15)	469.0	(45.15)
Noncarbonated, low-calorie/sugar-free drinks	579.0 u	(248.12)	382.0	(74.42)	268.0	(24.13)	348.0	(37.01)	532.0	(129.95)	239.0 *	(20.23)
Energy drinks	373.0	(80.76)	509.0	(76.53)	556.0	(62.06)	233.0 ***	(7.40)	360.0	(0.00)	252.0	(0.00)
Any soda	465.0	(27.94)	449.0	(25.16)	432.0	(35.45)	444.0	(65.26)	473.0	(30.25)	513.0	(69.96)
Soda, regular	461.0	(27.59)	446.0	(26.86)	435.0	(36.29)	489.0	(43.24)	466.0	(30.60)	482.0	(71.51)
Soda, sugar-free	361.0	(67.10)	372.0	(78.40)	279.0	(26.27)	222.0 u	(73.57)	400.0	(90.11)	422.0	(112.93)
Sweets and desserts	121.0	(6.66)	117.0	(10.37)	104.0	(8.28)	128.0	(11.87)	136.0	(19.92)	131.0	(10.41)
Sugar and sugar substitutes	13.0 u	(4.41)	17.5 u	(8.11)	8.1	(0.82)	27.2 u	(12.67)	27.4 u	(12.48)	5.4	(0.58)
Syrups/sweet toppings	35.3	(3.06)	28.6	(2.80)	27.3	(3.49)	41.6	(10.17)	29.2	(4.73)	45.8 *	(6.96)
Jelly	22.9	(5.74)	24.9 u	(9.59)	12.8	(3.19)	12.9	(0.79)	50.0	(8.41)	22.2 **	(4.19)
Jello	104.0	(8.47)	107.0	(14.14)	119.0	(24.84)	86.8	(3.48)	91.2	(10.32)	107.0	(12.16)
Candy	33.4	(3.57)	35.9	(5.38)	43.0	(9.27)	35.3	(4.46)	27.9	(2.66)	31.6	(5.67)
Ice cream	129.0	(10.36)	135.0	(14.70)	141.0	(16.29)	117.0	(22.10)	134.0	(23.13)	133.0	(13.84)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

9–13 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	126.0	(7.65)	137.0	(14.87)	192.0	(24.23)	106.0 **	(18.81)	119.0	(4.71)	118.0	(4.35)
Ice/popsicles	138.0	(28.95)	132.0 u	(39.93)	98.9	(15.59)	120.0	(11.19)	158.0 u	(63.99)	155.0 u	(56.82)
Sweet rolls	43.5	(9.56)	54.4	(9.77)	61.4	(14.49)	62.6	(8.80)	46.0	(10.10)	53.3	(4.46)
Cake/cupcakes	116.0	(17.54)	114.0	(27.70)	108.0 u	(36.66)	146.0	(29.56)	132.0	(31.22)	115.0	(24.50)
Cookies	36.9	(2.60)	33.9	(3.15)	35.4	(4.20)	40.7	(3.31)	29.5	(3.40)	41.6 *	(4.87)
Pies/cobblers	154.0	(7.63)	138.0	(18.02)	97.1	(8.45)	38.5 ***	(0.00)	172.0	(10.42)	161.0	(4.88)
Pastries	75.5	(6.91)	86.0	(12.24)	103.0	(29.58)	62.6	(9.94)	75.5	(9.22)	55.0	(9.16)
Doughnuts	55.8	(6.22)	54.0	(7.89)	48.4	(6.11)	97.2 **	(13.76)	104.0 u	(43.50)	55.0	(9.95)
Salty snacks	37.7	(1.97)	37.3	(2.08)	38.9	(3.28)	44.0	(6.74)	34.1	(2.37)	37.1	(3.75)
Corn-based salty snacks	34.6	(2.20)	33.3	(3.02)	34.8	(5.07)	46.3	(5.72)	28.1	(1.57)	32.8	(3.11)
Pretzels/party mix	33.8	(3.88)	36.6	(6.27)	42.1	(12.14)	32.4 u	(9.87)	33.0	(6.75)	32.2	(6.44)
Popcorn	32.0	(2.48)	28.9	(3.28)	26.7	(5.02)	25.5	(5.70)	30.9	(4.83)	38.4	(3.82)
Potato chips	29.6	(2.11)	35.5	(2.02)	34.2	(2.51)	22.3 **	(2.71)	38.6	(3.24)	27.3	(5.40)
Added fats and oils	32.6	(5.11)	30.3	(6.46)	38.8	(9.66)	24.9 u	(8.79)	23.1 u	(7.73)	34.1	(7.30)
Butter	6.7	(0.79)	6.5	(0.67)	5.8	(0.80)	5.6	(1.64)	6.7	(0.99)	7.4	(1.65)
Margarine	9.3	(1.15)	9.7	(1.98)	11.9	(2.50)	9.2	(0.90)	8.0 u	(2.59)	9.0	(2.56)
Other added fats	56.6 u	(18.11)	66.0 u	(29.44)	87.6 u	(26.93)	130.0 u	(78.73)	17.8 u	(7.04)	38.2 u	(17.78)
Other added oils	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Salad dressing	21.9	(4.87)	18.6 u	(5.67)	26.2	(6.75)	38.4	(10.30)	15.8 u	(5.95)	22.2 u	(6.89)
Mayonnaise	1.6	(0.40)	1.2	(0.00)	1.2	(0.00)	.	(.)	.	(.)	2.3	(0.00)
Gravy	67.9	(12.93)	84.5	(17.42)	101.0	(22.72)	36.6 **	(9.16)	67.0 u	(27.47)	53.7 u	(19.93)
Cream cheese	29.9	(8.42)	18.2	(5.22)	19.8	(5.80)	15.2 u	(8.33)	9.7	(0.00)	35.4 * u	(10.90)
Cream/sour cream	56.0	(15.93)	40.3 u	(22.24)	36.1 u	(27.12)	103.0 *	(12.61)	55.8 u	(31.99)	44.1	(11.40)
Other	24.1	(3.58)	30.0	(6.56)	19.2	(2.63)	14.0 u	(5.34)	38.0	(9.40)	17.4	(4.70)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Sample size	923	-	332	-	172	-	252	-	132	-	302	-
Grains	111.0	(4.95)	91.2	(6.06)	98.4	(10.77)	93.5	(10.87)	91.4	(8.55)	132.0 **	(10.33)
Whole grains ¹	71.6	(9.61)	83.3	(14.94)	67.3	(9.93)	76.5	(16.92)	91.9	(19.63)	63.7	(12.29)
Refined grains	103.0	(5.51)	86.1	(6.70)	97.0	(11.86)	89.5	(10.37)	82.2	(8.33)	119.0 *	(12.52)
Bread	53.9	(5.04)	44.2	(6.39)	39.6	(9.70)	69.0 *	(7.60)	41.7	(7.74)	54.6	(6.94)
Rolls	44.8	(7.63)	39.3	(8.83)	30.4	(3.39)	76.6 ***	(7.90)	41.6	(10.13)	60.4 u	(21.44)
English muffin	49.3	(8.13)	58.0	(0.00)	.	(.)	.	(.)	58.0	(0.00)	29.0	(0.00)
Bagels	91.6	(16.31)	83.4	(12.22)	83.4	(12.22)	100.0	(5.48)	.	(.)	89.3	(20.19)
Biscuits, scones, croissants	93.4 u	(32.55)	37.9	(5.93)	34.3	(8.58)	30.3	(1.93)	37.9	(7.84)	173.0 * u	(59.03)
Muffins	95.7	(8.97)	79.4	(8.72)	92.5	(8.88)	145.0 **	(13.33)	64.8	(8.02)	112.0 **	(14.95)
Cornbread	58.5	(13.20)	60.5	(14.01)	56.2	(9.82)	88.0 **	(0.00)	64.9 u	(26.91)	17.2	(0.00)
Corn tortillas	111.0	(15.88)	96.3	(18.19)	89.9	(15.93)	159.0 **	(15.27)	108.0 u	(40.29)	41.1	(7.69)
Flour tortillas	83.1	(14.54)	82.7 u	(44.45)	93.8 u	(58.81)	78.6	(12.82)	62.6	(6.58)	86.1	(22.30)
Taco shells	75.0	(0.00)	74.6	(0.00)	74.6	(0.00)	76.2	(0.00)	.	(.)	.	(.)
Crackers	38.8	(8.36)	35.2	(1.85)	28.1	(1.74)	27.2	(6.08)	39.2	(1.97)	46.2	(13.62)
Breakfast/granola bar	37.0	(4.09)	33.9	(4.53)	24.8	(1.56)	43.3 u	(14.35)	37.5	(6.02)	36.6	(5.84)
Pancakes, waffles, French toast	114.0	(11.34)	104.0	(24.88)	55.1	(6.69)	139.0 **	(31.10)	152.0	(33.77)	108.0	(14.23)
Cold cereal	56.1	(4.36)	65.9	(9.57)	56.3	(5.80)	44.4	(4.96)	74.2	(18.19)	56.3	(5.75)
Hot cereal	261.0	(39.63)	285.0	(43.75)	308.0	(60.13)	216.0	(21.87)	230.0	(0.00)	293.0	(63.47)
Rice	152.0	(22.84)	122.0	(21.86)	174.0	(27.39)	141.0	(22.85)	114.0	(10.22)	200.0 *	(39.62)
Pasta	159.0	(26.20)	107.0	(21.17)	180.0	(31.61)	334.0 u	(102.59)	98.8	(22.20)	162.0	(33.76)
Vegetables	182.0	(18.17)	154.0	(12.74)	136.0	(18.96)	202.0 *	(25.28)	161.0	(16.27)	205.0	(39.00)
Raw vegetables	212.0	(45.83)	131.0	(25.69)	112.0	(22.02)	142.0 u	(61.82)	154.0	(37.07)	315.0	(85.35)
Raw lettuce/greens	16.7	(2.79)	14.1	(0.47)	.	(.)	48.0	(0.00)	13.8	(0.00)	22.5	(0.00)
Raw carrots	73.0	(16.88)	92.2	(24.72)	87.9 u	(35.76)	32.4	(3.16)	93.7 u	(31.14)	59.9	(17.43)
Raw tomatoes	181.0	(50.00)	.	(.)	.	(.)	23.1	(0.00)	.	(.)	232.0	(0.00)
Raw cabbage/coleslaw	184.0	(14.75)	.	(.)	.	(.)	46.0	(0.00)	.	(.)	196.0	(0.00)
Other raw (higher in vitamins A and C) ²	42.2	(5.59)	33.0	(0.00)	.	(.)	22.0	(0.00)	33.0	(0.00)	37.6 u	(11.57)
Other raw (lower in vitamins A and C) ²	131.0 u	(57.77)	68.8	(10.01)	95.5 u	(46.97)	13.7	(2.49)	63.0	(0.00)	267.0 ***	(15.38)
Salads (w/greens)	208.0	(43.02)	143.0	(36.95)	108.0	(26.26)	261.0 ***	(16.13)	183.0	(54.16)	261.0	(71.30)
Cooked vegetables, excl. potatoes	89.8	(8.83)	79.2	(12.45)	56.8	(9.45)	114.0 *	(22.38)	75.3	(11.39)	89.5	(12.54)
Cooked green beans	108.0	(14.27)	77.2	(11.11)	79.3	(15.68)	120.0 *	(9.93)	73.8	(12.48)	120.0 *	(18.77)
Cooked corn	96.9	(9.38)	102.0	(15.19)	113.0	(11.80)	101.0	(16.89)	110.0	(28.15)	71.8	(10.95)
Cooked peas	80.9 u	(27.08)	66.1	(16.38)	87.9 u	(26.50)	201.0	(54.78)	50.0	(0.00)	10.3	(0.00)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Cooked carrots	117.0 u	(57.72)	.	(.)	.	(.)	24.0	(4.25)	.	(.)	165.0 u	(81.77)
Cooked broccoli	129.0	(17.17)	131.0	(5.58)	46.0	(0.00)	184.0 **	(45.83)	137.0	(5.84)	98.4 **	(13.68)
Cooked tomatoes	49.6	(8.74)	31.8	(6.07)	32.2	(9.27)	76.6 u	(23.40)	29.6	(7.56)	48.2	(10.88)
Cooked mixed	173.0	(31.08)	.	(.)	.	(.)	148.0	(23.11)	.	(.)	208.0	(11.75)
Cooked starchy	187.0	(5.00)	183.0	(2.64)	177.0	(3.63)	243.0 ***	(0.00)	186.0	(0.00)	.	(.)
Other cooked deep yellow	103.0	(16.04)	20.2	(0.00)	.	(.)	205.0	(21.01)	20.2	(0.00)	98.0	(0.00)
Other cooked dark green	156.0	(22.32)	158.0	(24.73)	236.0	(0.00)	139.0	(0.00)	153.0	(24.07)	.	(.)
Other cooked (higher in vitamins A and C) ²	82.8	(10.18)	68.0	(7.47)	.	(.)	83.7	(22.01)	63.8	(17.91)	125.0 **	(9.75)
Other cooked (lower in vitamins A and C) ²	82.8 u	(35.33)	163.0	(15.69)	.	(.)	37.4	(2.73)	18.6	(0.00)	51.1 u	(37.71)
Other fried	85.0	(0.00)	85.0	(0.00)	85.0	(0.00)	.	(.)	.	(.)	.	(.)
Cooked potatoes	125.0	(6.02)	109.0	(10.71)	106.0	(15.93)	145.0	(17.00)	117.0	(17.23)	148.0	(20.00)
Cooked potatoes-not fried	198.0	(18.98)	168.0	(12.42)	159.0	(27.02)	222.0	(36.83)	169.0	(15.22)	233.0 *	(27.38)
Cooked potatoes-fried	89.9	(5.88)	73.0	(10.08)	84.0	(17.09)	115.0	(8.42)	64.2	(6.68)	107.0 **	(11.38)
Vegetable juice	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Fruit and 100% fruit juice	336.0	(18.39)	358.0	(35.03)	419.0	(74.49)	386.0	(46.00)	293.0	(29.20)	297.0	(24.77)
Any whole fruit	194.0	(14.17)	170.0	(12.80)	174.0	(17.89)	214.0	(28.21)	163.0	(19.07)	199.0	(19.53)
Fresh fruit	192.0	(14.88)	167.0	(11.82)	164.0	(12.79)	200.0	(28.47)	170.0	(26.95)	198.0	(20.38)
Fresh orange	115.0	(14.41)	100.0	(17.70)	109.0	(31.00)	113.0	(20.87)	82.2	(19.77)	136.0	(35.90)
Fresh other citrus	864.0	(0.00)	.	(.)	.	(.)	864.0	(0.00)	.	(.)	.	(.)
Fresh apple	175.0	(11.68)	160.0	(11.38)	179.0	(12.78)	178.0	(10.49)	154.0	(15.44)	182.0	(23.38)
Fresh banana	126.0	(4.17)	126.0	(5.31)	131.0	(5.97)	149.0	(22.11)	121.0	(2.57)	120.0	(1.93)
Fresh melon	150.0 u	(82.03)	76.6	(18.76)	69.3	(1.35)	.	(.)	165.0	(0.00)	520.0	(0.00)
Fresh watermelon	269.0	(80.40)	88.0	(2.87)	.	(.)	178.0 u	(94.02)	114.0	(0.00)	276.0 u	(94.56)
Fresh grapes	113.0	(16.19)	127.0	(11.54)	155.0	(42.05)	86.0	(19.59)	116.0	(13.62)	109.0	(28.05)
Fresh peach/nectarine	171.0	(14.46)	173.0	(16.13)	183.0	(23.83)	150.0	(0.00)	.	(.)	.	(.)
Fresh pear	173.0	(7.44)	170.0	(10.42)	163.0	(18.10)	.	(.)	178.0	(0.00)	166.0	(0.00)
Fresh berries	103.0	(28.84)	168.0 u	(67.36)	49.4	(12.50)	117.0	(35.07)	210.0 u	(67.57)	84.1 u	(31.57)
Fresh pineapple	162.0	(20.96)	73.2	(17.24)	73.2	(17.24)	172.0 *	(41.09)	.	(.)	175.0	(22.68)
Other fresh fruit	154.0	(16.95)	176.0	(16.43)	153.0	(18.00)	231.0	(57.37)	198.0	(11.08)	138.0 *	(26.10)
Avocado/guacamole	96.4	(4.00)	87.4	(0.00)	.	(.)	101.0	(0.00)	87.4	(0.00)	.	(.)
Lemon/lime - any form	67.0	(0.00)	67.0	(0.00)	67.0	(0.00)	.	(.)	.	(.)	.	(.)
Canned or frozen fruit, total	151.0	(14.47)	135.0	(13.19)	171.0	(27.33)	254.0	(74.74)	117.0	(10.01)	163.0	(32.59)
Canned or frozen in syrup	151.0	(37.55)	114.0	(16.95)	148.0 u	(48.08)	330.0 *	(58.38)	90.6	(10.31)	114.0 *	(1.96)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
	All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Canned or frozen, no syrup	151.0	(14.35)	139.0	(15.90)	176.0	(30.46)	171.0 u	(55.55)	121.0	(10.73)	206.0 *	(34.85)
Applesauce, canned/ frozen apples	130.0	(16.73)	110.0	(14.66)	89.0	(22.39)	195.0 u	(85.63)	124.0	(1.69)	169.0	(29.53)
Canned/frozen peaches	118.0	(20.26)	116.0	(20.98)	153.0	(15.93)	392.0 ***	(0.00)	103.0	(26.92)	.	(.)
Canned/frozen pineapple	197.0	(43.13)	140.0	(33.32)	93.4	(0.00)	.	(.)	151.0	(40.74)	275.0 **	(1.04)
Other canned/frozen	150.0	(21.45)	137.0	(14.77)	166.0	(26.48)	267.0 u	(92.76)	114.0	(15.62)	114.0	(1.96)
100% Fruit juice	373.0	(27.64)	367.0	(51.87)	510.0	(102.59)	476.0	(50.15)	289.0	(44.28)	340.0	(38.51)
Non-citrus juice	301.0	(22.92)	303.0	(37.45)	360.0	(58.38)	343.0	(36.91)	225.0	(32.54)	270.0	(31.25)
Citrus juice	373.0	(30.85)	346.0	(57.94)	452.0	(112.45)	534.0	(89.27)	342.0	(78.02)	356.0	(33.92)
Dried fruit	37.2	(5.89)	48.3	(0.00)	48.3	(0.00)	90.2	(22.45)	.	(.)	30.3	(5.38)
Milk and milk products	434.0	(29.87)	479.0	(51.35)	495.0	(102.20)	367.0	(59.34)	484.0	(47.43)	425.0	(49.22)
Cow's milk, total	464.0	(28.75)	495.0	(49.43)	505.0	(105.24)	412.0	(59.34)	505.0	(46.45)	458.0	(40.36)
Unflavored white milk, total	449.0	(35.89)	470.0	(74.17)	573.0	(170.15)	410.0	(61.70)	431.0	(57.08)	455.0	(42.47)
Unflavored whole milk	524.0	(93.41)	587.0 u	(218.08)	951.0 u	(343.65)	487.0	(91.05)	281.0	(36.72)	471.0 **	(52.94)
Unflavored non-whole, total	418.0	(32.99)	415.0	(48.66)	371.0	(31.38)	339.0	(46.68)	460.0	(73.72)	449.0	(51.13)
2% milk, unflavored	365.0	(29.96)	380.0	(44.14)	400.0	(49.14)	336.0	(51.86)	412.0	(59.31)	377.0	(46.59)
1% milk, unflavored	466.0	(78.37)	422.0	(114.00)	261.0	(19.73)	385.0 u	(126.22)	512.0 u	(182.84)	546.0	(131.52)
Skim milk, unflavored	458.0	(105.53)	307.0	(50.95)	384.0	(63.49)	162.0 ** u	(52.45)	296.0	(52.27)	507.0	(117.62)
Unflavored, fat not specified	354.0	(51.93)	279.0	(45.73)	240.0	(36.73)	254.0	(25.26)	401.0	(69.69)	492.0	(44.65)
Flavored milk, total	332.0	(36.10)	327.0	(38.32)	290.0	(22.90)	446.0 *	(63.04)	365.0	(63.76)	393.0	(61.95)
Flavored, whole milk	299.0	(39.88)	299.0	(39.88)	363.0	(81.69)	.	(.)	255.0	(7.32)	.	(.)
Flavored non-whole, total	312.0	(29.14)	300.0	(30.50)	262.0	(31.97)	475.0 **	(72.69)	324.0	(42.62)	393.0	(61.95)
2% milk, flavored	296.0	(19.05)	276.0	(16.25)	303.0	(40.54)	586.0 **	(84.72)	268.0	(13.44)	399.0	(92.92)
1% milk, flavored	293.0	(37.91)	288.0	(39.58)	223.0	(42.28)	374.0 ***	(0.00)	369.0	(35.50)	436.0	(97.93)
Skim milk, flavored	398.0	(89.99)	401.0	(104.62)	327.0	(48.31)	.	(.)	439.0 u	(157.30)	374.0	(0.00)
Flavored, fat not specified	381.0	(90.83)	382.0	(91.54)	307.0	(30.82)	312.0	(73.72)	510.0 u	(204.23)	.	(.)
Soymilk	466.0 u	(230.87)	.	(.)	.	(.)	214.0	(4.83)	.	(.)	538.0 u	(306.18)
Dry or evaporated milk	1.6	(0.00)	1.6	(0.00)	1.6	(0.00)	.	(.)	.	(.)	.	(.)
Yogurt	194.0	(17.74)	236.0	(7.55)	243.0	(5.14)	197.0	(28.43)	226.0	(16.46)	187.0	(23.35)
Cheese	60.8	(12.18)	45.9	(7.95)	22.4 u	(6.94)	88.2 u	(43.89)	57.9	(10.96)	69.0 u	(21.46)
Meat and meat alternates	144.0	(9.33)	146.0	(15.02)	153.0	(18.33)	155.0	(15.98)	151.0	(27.48)	146.0	(13.49)
Beef	112.0	(15.22)	120.0	(19.01)	105.0 u	(35.44)	105.0	(30.62)	135.0	(23.27)	109.0	(22.16)
Ground beef	124.0	(21.30)	117.0	(21.87)	117.0	(21.87)	150.0	(10.39)	.	(.)	.	(.)
Pork	95.7	(13.14)	76.5	(12.33)	83.1	(13.53)	90.5	(19.29)	52.0	(0.00)	118.0	(33.67)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Ham	35.6 u	(24.30)	8.9	(0.00)	.	(.)	107.0	(6.78)	8.9	(0.00)	.	(.)
Lamb and misc. meats	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Chicken	132.0	(9.53)	121.0	(12.30)	128.0	(15.43)	141.0	(16.83)	124.0	(19.88)	140.0	(22.91)
Turkey	118.0	(33.42)	106.0 u	(38.78)	143.0 u	(44.39)	164.0	(29.09)	22.7 u	(19.77)	.	(.)
Organ meats	290.0	(0.00)	.	(.)	.	(.)	290.0	(0.00)	.	(.)	.	(.)
Hot dogs	75.8	(17.12)	62.5	(7.59)	62.5	(7.59)	.	(.)	.	(.)	114.0	(0.00)
Cold cuts	66.7	(19.51)	38.7 u	(14.40)	14.0	(0.00)	52.9 ***	(4.86)	56.0	(0.00)	75.2 u	(25.93)
Fish	106.0	(22.35)	64.5 u	(19.69)	49.5 u	(20.76)	218.0 **	(53.75)	128.0	(28.64)	155.0	(10.53)
Shellfish	112.0	(15.04)	45.0	(2.65)	48.0	(0.00)	16.2 ***	(2.50)	.	(.)	131.0	(15.69)
Bacon/sausage	72.6	(10.20)	86.7	(18.90)	23.3	(6.96)	54.4 u	(18.29)	102.0	(17.58)	67.7	(11.75)
Eggs	131.0	(23.26)	96.5	(17.80)	83.5	(19.24)	118.0	(13.82)	130.0	(33.41)	142.0	(33.90)
Beans	215.0	(53.00)	310.0	(76.60)	190.0	(28.67)	229.0	(15.91)	486.0	(22.33)	135.0 ***	(21.10)
Baked/refried beans	129.0	(38.41)	180.0	(9.71)	172.0	(21.53)	222.0 *	(0.00)	184.0	(8.38)	84.3 ***	(0.00)
Soy products	204.0	(18.33)	333.0	(0.00)	.	(.)	76.0	(0.00)	333.0	(0.00)	217.0	(0.00)
Protein/meal enhancement	115.0 u	(48.71)	52.9	(13.58)	45.3 u	(15.25)	35.0	(0.00)	58.9	(17.22)	167.0 u	(72.57)
Nuts	49.0 u	(21.93)	99.5 u	(69.70)	.	(.)	66.4 u	(28.18)	21.1 u	(7.64)	37.4 u	(12.12)
Peanut/almond butter	34.9	(9.24)	36.6 u	(17.51)	14.0	(0.00)	.	(.)	64.0	(0.00)	34.4 ** u	(10.84)
Seeds	20.4	(4.24)	40.9	(7.36)	67.7	(0.21)	22.2 ***	(2.89)	32.4	(4.59)	12.8 ***	(3.24)
Mixed dishes	474.0	(21.44)	490.0	(33.84)	474.0	(51.73)	465.0	(28.63)	499.0	(43.29)	444.0	(31.30)
Tomato sauce and meat (no pasta)	167.0 u	(58.68)	.	(.)	.	(.)	83.0	(0.00)	.	(.)	249.0	(0.00)
Chili con carne	117.0 u	(58.65)	124.0 u	(125.35)	124.0 u	(125.35)	236.0	(27.48)	.	(.)	95.3	(0.00)
Meat mixtures w/ red meat	439.0	(80.39)	616.0	(103.87)	759.0	(151.21)	621.0	(103.44)	538.0	(82.98)	256.0 **	(53.62)
Meat mixtures w/ chicken/turkey	265.0	(28.08)	224.0	(41.22)	351.0	(51.89)	323.0	(93.06)	248.0	(58.08)	319.0	(34.16)
Meat mixtures w/ fish	252.0	(59.27)	323.0	(71.69)	390.0	(5.05)	225.0 ***	(1.58)	114.0	(13.54)	232.0 u	(72.41)
Hamburgers/cheeseburgers	228.0	(13.59)	191.0	(16.31)	165.0	(16.35)	280.0 ***	(21.57)	226.0	(27.67)	237.0	(28.39)
Other sandwiches	222.0	(10.86)	227.0	(15.05)	234.0	(25.50)	227.0	(20.09)	228.0	(23.57)	214.0	(15.69)
Hot dogs	154.0	(13.70)	158.0	(30.87)	160.0 u	(55.27)	143.0	(19.35)	176.0	(28.02)	153.0	(17.88)
Luncheon meat	164.0	(11.51)	176.0	(20.91)	264.0 u	(95.22)	187.0	(20.42)	161.0	(22.55)	153.0	(12.77)
Beef, pork, ham	234.0	(35.88)	225.0 u	(69.19)	231.0	(40.90)	235.0	(46.18)	234.0 u	(88.70)	247.0	(31.15)
Chicken, turkey	180.0	(6.60)	170.0	(5.65)	171.0	(6.94)	200.0	(25.49)	169.0	(10.20)	186.0	(15.94)
Cheese (no meat)	208.0	(28.27)	214.0	(28.65)	228.0	(61.60)	114.0 u	(35.03)	238.0	(5.48)	275.0	(37.64)
Fish	186.0	(18.74)	124.0	(19.16)	123.0	(29.58)	238.0 ***	(10.93)	125.0	(17.98)	204.0 ***	(5.07)
Peanut butter	118.0	(22.35)	184.0 u	(79.74)	.	(.)	104.0	(12.26)	184.0 u	(79.74)	105.0	(17.20)
Breakfast sandwiches	177.0	(12.53)	173.0	(21.96)	143.0	(5.76)	179.0	(20.42)	201.0	(39.32)	205.0	(18.73)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	
Pizza (no meat)	222.0	(54.09)	170.0	(30.57)	202.0	(43.96)	206.0	(43.29)	131.0	(30.04)	159.0	(10.25)
Pizza w/ meat	212.0	(17.93)	197.0	(18.45)	185.0	(29.03)	152.0	(22.52)	198.0	(19.98)	256.0	(35.50)
Mexican entrees	263.0	(17.24)	215.0	(25.97)	173.0	(36.08)	278.0 *	(38.91)	261.0	(24.53)	281.0	(19.04)
Macaroni and cheese	277.0	(26.76)	259.0	(36.42)	350.0 u	(145.13)	294.0	(36.45)	230.0	(10.61)	261.0	(21.38)
Pasta dishes	344.0	(36.59)	369.0	(66.61)	307.0	(41.44)	307.0	(35.45)	330.0	(62.91)	350.0	(77.27)
Rice dishes	189.0	(20.12)	223.0	(22.11)	236.0	(29.66)	279.0	(41.13)	193.0	(29.10)	133.0	(18.24)
Other grain mixtures	117.0	(9.48)	121.0	(16.38)	142.0	(10.98)	121.0	(10.88)	94.8	(23.41)	108.0	(19.46)
Meat soup	440.0	(54.38)	386.0	(59.40)	408.0	(112.93)	380.0	(77.93)	360.0	(29.25)	484.0	(80.52)
Bean soup	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)	.	(.)
Grain soups	378.0	(52.59)	374.0	(42.09)	366.0	(33.58)	467.0	(107.40)	396.0	(72.58)	374.0	(109.53)
Vegetables mixtures (incl. soup)	148.0	(41.14)	98.9 u	(49.78)	115.0 u	(80.63)	404.0 **	(56.36)	84.8 u	(56.81)	189.0 u	(66.02)
Entrée salads	358.0	(32.38)	298.0	(49.58)	201.0	(26.89)	396.0 *	(84.68)	360.0	(39.52)	432.0	(27.83)
Beverages excluding milk and 100% fruit juice	1,736.0	(104.89)	1,371.0	(101.35)	1,337.0	(170.33)	2,117.0 *	(297.99)	1,501.0	(124.69)	1,870.0 *	(117.51)
Coffee	344.0	(59.83)	423.0	(88.12)	542.0 u	(171.20)	439.0	(77.03)	367.0	(91.29)	189.0 u	(68.43)
Tea	761.0	(190.56)	487.0	(42.47)	401.0	(41.17)	1045.0 u	(370.67)	565.0	(58.75)	806.0 u	(358.93)
Beer	662.0	(99.49)	609.0	(176.00)	444.0 u	(159.98)	468.0	(101.43)	960.0	(0.00)	2160.0	(0.00)
Wine	1,080.0	(0.00)	.	(.)	.	(.)	1080.0	(0.00)	.	(.)	.	(.)
Liquor	266.0	(64.09)	.	(.)	.	(.)	274.0 u	(90.14)	.	(.)	244.0	(58.86)
Water (plain)	1,077.0	(81.44)	882.0	(90.87)	1,000.0	(185.78)	1221.0	(243.19)	902.0	(85.50)	1153.0 *	(93.29)
Noncarbonated, sweetened drinks	710.0	(41.49)	661.0	(75.27)	543.0	(75.76)	677.0	(73.82)	861.0	(162.72)	765.0	(85.63)
Noncarbonated, low-calorie/sugar-free drinks	334.0	(31.80)	254.0	(16.28)	274.0	(27.93)	439.0 ***	(40.99)	248.0	(18.69)	382.0	(70.46)
Energy drinks	515.0	(107.15)	109.0 u	(50.25)	60.0	(0.00)	530.0 ***	(127.70)	240.0	(0.00)	621.0 u	(272.01)
Any soda	764.0	(46.19)	661.0	(60.84)	520.0	(81.42)	913.0 **	(108.16)	772.0	(85.12)	791.0	(96.31)
Soda, regular	736.0	(42.68)	648.0	(62.59)	508.0	(87.93)	940.0 **	(110.58)	754.0	(92.14)	723.0	(69.87)
Soda, sugar-free	689.0	(148.82)	501.0	(100.72)	610.0 u	(196.17)	569.0	(166.68)	449.0	(117.44)	850.0 u	(268.84)
Sweets and desserts	110.0	(5.05)	97.5	(6.88)	101.0	(8.29)	114.0	(7.99)	100.0	(11.84)	122.0	(9.35)
Sugar and sugar substitutes	12.2	(2.41)	12.0 u	(6.39)	21.7 u	(14.40)	16.2	(4.61)	5.7 u	(2.24)	7.2 u	(2.28)
Syrups/sweet toppings	37.7	(6.41)	30.8	(6.74)	36.9	(5.88)	53.6 u	(16.40)	34.5 u	(13.19)	35.8	(9.59)
Jelly	27.5 u	(8.55)	35.1 u	(16.89)	13.8	(0.45)	20.6 *	(2.72)	51.7 u	(17.68)	22.0	(6.46)
Jello	95.7	(8.31)	91.5	(26.14)	91.5	(26.14)	90.0 u	(31.35)	.	(.)	101.0	(2.74)
Candy	42.9	(4.82)	38.3	(4.35)	36.9	(7.69)	40.6	(9.93)	42.8	(6.92)	46.6	(8.72)
Ice cream	123.0	(7.94)	130.0	(15.56)	79.4	(15.59)	120.0	(21.52)	177.0	(23.49)	120.0 *	(14.59)

See notes at end of table.

Table C-9. Average Amounts Consumed over 24 Hours in Grams among School Children Consuming Specific Food Groups and Subgroups—Continued

14–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean	Standard error		Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error	Mean	Standard error
Pudding	175.0	(49.19)	127.0	(11.22)	144.0	(4.17)	221.0 u	(99.33)	113.0	(0.00)	230.0 u	(121.74)
Ice/popsicles	208.0	(39.59)	158.0	(28.07)	173.0	(13.81)	185.0	(39.00)	121.0	(11.78)	255.0 u	(96.08)
Sweet rolls	74.6	(7.99)	63.6	(7.07)	71.9	(10.30)	101.0	(18.61)	55.5	(9.51)	90.1	(26.70)
Cake/cupcakes	91.1	(9.94)	73.0	(10.57)	92.2	(12.13)	135.0	(35.18)	54.0	(6.99)	87.2 *	(13.69)
Cookies	43.7	(3.54)	39.2	(4.01)	43.9	(8.13)	63.2	(8.55)	37.7	(6.43)	38.8	(5.99)
Pies/cobblers	75.5	(19.12)	116.0	(24.28)	93.4	(3.80)	23.1 ***	(2.27)	283.0	(0.00)	45.9 *** u	(20.33)
Pastries	91.6	(6.00)	94.4	(6.41)	107.0	(0.70)	64.6 ***	(11.04)	90.7	(11.03)	106.0	(12.29)
Doughnuts	84.1	(9.52)	59.1	(10.35)	52.7	(6.17)	111.0 **	(18.63)	69.3 u	(21.53)	109.0	(25.33)
Salty snacks	54.8	(7.80)	44.8	(3.49)	51.9	(4.79)	59.2 (6.99)		38.1 (5.04)		60.5 (17.24)	
Corn-based salty snacks	43.0	(2.77)	39.1	(3.67)	44.3	(5.94)	54.1	(9.27)	39.3	(5.34)	39.4	(2.54)
Pretzels/party mix	82.5 u	(36.98)	42.7	(7.75)	55.6	(3.49)	39.9	(7.92)	27.2 u	(10.63)	109.0 u	(56.90)
Popcorn	44.1	(8.68)	31.5	(6.44)	33.9	(6.27)	71.1	(20.03)	24.6 u	(9.88)	27.6	(5.16)
Potato chips	39.0	(3.09)	41.0	(6.31)	40.2	(5.49)	41.3	(3.97)	30.7	(4.32)	34.4	(4.56)
Added fats and oils	30.5	(5.05)	25.4	(4.38)	37.2	(7.93)	50.0 u	(15.99)	20.9 u	(7.13)	23.9	(4.35)
Butter	8.8	(1.06)	5.8	(1.46)	7.5	(1.86)	7.8	(1.05)	5.6	(1.54)	10.5 *	(1.48)
Margarine	6.6	(1.43)	3.9 u	(1.24)	.	(.)	16.4	(2.26)	3.9 u	(1.24)	5.7	(1.18)
Other added fats	100.0	(22.87)	64.4	(14.38)	65.5	(14.80)	109.0	(26.57)	46.9	(0.00)	95.0 u	(40.07)
Other added oils	25.5	(2.05)	.	(.)	.	(.)	.	(.)	.	(.)	25.5	(2.05)
Salad dressing	41.5	(7.37)	45.1	(9.81)	52.8 u	(26.61)	52.3	(14.40)	42.6	(10.20)	17.7 *	(3.99)
Mayonnaise	23.3 u	(9.20)	12.8	(2.40)	16.4	(2.39)	43.8 *	(12.26)	6.0	(0.00)	.	(.)
Gravy	29.6	(4.00)	30.2	(3.92)	38.8	(9.92)	34.5	(9.88)	27.1	(3.20)	23.3 u	(10.53)
Cream cheese	28.9	(6.98)	44.2 u	(18.14)	44.2 u	(18.14)	17.7 u	(6.69)	.	(.)	34.4	(8.66)
Cream/sour cream	30.2	(6.07)	17.1 u	(5.42)	30.0	(0.00)	42.3	(9.84)	14.3 u	(5.58)	28.9 **	(1.04)
Other	39.2	(6.25)	24.4	(5.00)	26.0	(5.53)	36.9 u	(11.64)	25.4	(7.09)	55.9	(15.70)

Source: NHANES 2005–2010 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, ages 5–18 years old. Excludes women ages 12–19 years who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per child. 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 school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results are not age-adjusted. Significant differences in proportions are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences

are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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 "higher in nutrients"; all others are "lower in nutrients." Raw vegetables higher 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 higher in nutrients include cabbage, peppers, asparagus, cauliflower, Brussels sprouts, and snow peas. Cooked vegetables that are lower 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-10. Healthy Eating Index-2005 (HEI-2005) Scores

All ages, 5–18 years old											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Both sexes											
<i>Sample size</i>	2,907 -	1,555 -		941 -		571 -		515 -		705 -	
Total Fruit	3.4 (0.11)	3.4 (0.14)		3.9 (0.23)		3.3 (0.22)		2.7 (0.15)		3.4 * (0.22)	
Whole Fruit	3.9 (0.15)	3.7 (0.15)		3.9 (0.24)		3.2 (0.29)		3.2 (0.24)		4.1 * (0.29)	
Total Vegetables	2.3 (0.07)	2.5 (0.09)		2.5 (0.10)		2.2 * (0.13)		2.4 (0.15)		2.2 (0.14)	
Dark Green and Orange Vegetables, and Legumes	0.6 (0.06)	0.6 (0.10)		0.5 (0.09)		0.5 (0.09)		0.8 (0.16)		0.6 (0.10)	
Total Grains	5.0 (0.00)	5.0 (0.00)		5.0 (0.00)		5.0 (0.01)		5.0 (0.01)		5.0 0.00	
Whole Grains	0.8 (0.04)	0.7 (0.05)		0.6 (0.05)		0.7 (0.07)		0.8 (0.09)		0.9 (0.08)	
Milk	8.3 (0.17)	9.3 (0.17)		9.1 (0.27)		6.8 *** (0.36)		9.5 (0.22)		7.6 *** (0.36)	
Meat and Beans	8.7 (0.17)	8.8 (0.19)		8.9 (0.24)		8.8 (0.36)		8.5 (0.27)		8.6 (0.31)	
Oils	6.7 (0.16)	6.7 (0.26)		6.9 (0.35)		7.0 (0.33)		6.6 (0.40)		6.6 (0.33)	
Saturated Fat	5.4 (0.17)	5.0 (0.27)		5.2 (0.38)		5.7 (0.28)		4.8 (0.44)		5.7 (0.27)	
Sodium	3.8 (0.14)	3.6 (0.16)		3.8 (0.17)		4.1 (0.32)		3.4 (0.27)		3.9 (0.28)	
Empty Calories	9.1 (0.25)	9.8 (0.33)		10.3 (0.52)		8.0 ** (0.52)		9.0 (0.42)		8.7 (0.40)	
Total HEI-2005 Score	57.8 (0.74)	59.1 (0.90)		60.5 (1.24)		55.1 ** (1.32)		56.8 (1.19)		57.1 (1.31)	

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys												
Sample size	1,477	-	847	-	501	-	264	-	293	-	336	-
Total Fruit	3.1	(0.11)	3.3	(0.18)	3.7	(0.28)	3.1	(0.32)	2.7	(0.21)	2.9	(0.22)
Whole Fruit	3.5	(0.17)	3.5	(0.22)	3.6	(0.32)	2.7	(0.42)	3.2	(0.32)	3.6	(0.33)
Total Vegetables	2.2	(0.09)	2.4	(0.12)	2.6	(0.13)	1.9 **	(0.16)	2.4	(0.20)	1.9	(0.14)
Dark Green and Orange Vegetables, and Legumes	0.6	(0.09)	0.7	(0.15)	0.5	(0.10)	0.3 u	(0.10)	1.0	(0.26)	0.6	(0.14)
Total Grains	5.0	(0.00)	5.0	(0.01)	5.0	(0.01)	5.0	(0.03)	5.0	(0.01)	5.0	0.00
Whole Grains	0.7	(0.05)	0.6	(0.06)	0.5	(0.05)	0.6	(0.09)	0.8	(0.11)	1.0	(0.13)
Milk	8.5	(0.19)	9.6	(0.20)	9.5	(0.32)	7.2 ***	(0.52)	9.6	(0.24)	7.4 ***	(0.41)
Meat and Beans	8.8	(0.20)	8.9	(0.24)	8.6	(0.38)	8.7	(0.41)	8.9	(0.31)	8.7	(0.34)
Oils	6.4	(0.19)	6.4	(0.35)	6.2	(0.37)	6.9	(0.46)	6.6	(0.56)	6.4	(0.39)
Saturated Fat	5.3	(0.20)	4.9	(0.32)	4.9	(0.49)	5.3	(0.42)	4.9	(0.53)	5.7	(0.40)
Sodium	3.8	(0.18)	3.7	(0.18)	3.8	(0.23)	4.0	(0.52)	3.6	(0.29)	4.1	(0.35)
Empty Calories	8.7	(0.30)	9.6	(0.42)	9.9	(0.70)	7.5 *	(0.63)	9.1	(0.52)	7.8	(0.46)
Total HEI-2005 Score	56.6	(0.72)	58.5	(1.04)	58.8	(1.58)	53.3 *	(1.67)	57.6	(1.40)	55.0	(1.19)
Girls												
Sample size	1,430	-	708	-	440	-	307	-	222	-	369	-
Total Fruit	3.7	(0.20)	3.6	(0.20)	3.8	(0.21)	3.2	(0.23)	2.7	(0.27)	3.9 *	(0.38)
Whole Fruit	4.3	(0.26)	3.9	(0.25)	3.7	(0.24)	3.0	(0.30)	3.3	(0.41)	4.5 *	(0.34)
Total Vegetables	2.5	(0.12)	2.6	(0.11)	2.5	(0.14)	2.4	(0.20)	2.5	(0.19)	2.5	(0.26)
Dark Green and Orange Vegetables, and Legumes	0.6	(0.09)	0.6	(0.11)	0.7	(0.15)	0.6	(0.16)	0.6	(0.16)	0.7	(0.18)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.02)	5.0	(0.03)	5.0	(0.02)	5.0	(0.01)
Whole Grains	0.8	(0.05)	0.7	(0.07)	0.6	(0.09)	0.7	(0.10)	0.7	(0.12)	0.8	(0.08)
Milk	7.9	(0.24)	8.8	(0.22)	8.6	(0.36)	6.5 ***	(0.45)	9.1	(0.26)	7.8 *	(0.49)
Meat and Beans	8.4	(0.27)	8.5	(0.30)	9.1	(0.25)	8.5	(0.49)	7.6	(0.49)	8.3	(0.50)
Oils	7.0	(0.29)	7.2	(0.39)	7.9	(0.43)	7.1	(0.50)	6.7	(0.58)	6.9	(0.50)
Saturated Fat	5.6	(0.23)	5.2	(0.38)	5.4	(0.44)	5.9	(0.37)	4.6	(0.67)	5.8	(0.32)
Sodium	3.7	(0.18)	3.4	(0.28)	3.5	(0.30)	4.2	(0.32)	3.2	(0.50)	3.6	(0.36)
Empty Calories	9.5	(0.35)	10.1	(0.38)	10.8	(0.53)	8.1 **	(0.84)	8.9	(0.65)	9.8	(0.57)
Total HEI-2005 Score	59.2	(1.24)	59.6	(1.24)	61.6	(1.15)	55.1 **	(1.87)	55.0	(2.16)	59.6	(2.22)

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores

Ages, 5–8 years												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	
Both sexes												
Sample size	833	-	548	-	353	-	113	-	163	-	159	-
Total Fruit	4.3	(0.22)	4.3	(0.20)	4.5	(0.34)	4.5	(0.55)	3.6	(0.27)	4.2	(0.46)
Whole Fruit	4.8	(0.24)	4.7	(0.25)	4.6	(0.40)	4.6	(0.65)	4.1	(0.38)	4.7	(0.44)
Total Vegetables	2.0	(0.10)	2.3	(0.11)	2.4	(0.14)	1.7 **	(0.17)	2.2	(0.23)	1.6	(0.22)
Dark Green and Orange Vegetables, and Legumes	0.5	(0.10)	0.7	(0.16)	0.6	(0.10)	0.4 u	(0.14)	0.9 u	(0.30)	0.3 u	(0.13)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	0.00	5.0	0.00
Whole Grains	1.0	(0.09)	0.9	(0.08)	0.7	(0.07)	0.7	(0.12)	1.1	(0.19)	1.3	(0.22)
Milk	9.6	(0.26)	10.0	(0.05)	10.0	(0.05)	8.1 *	(0.88)	9.9	(0.22)	9.1	(0.55)
Meat and Beans	7.7	(0.32)	7.7	(0.31)	7.6	(0.32)	7.7	(0.76)	7.3	(0.54)	7.5	(0.72)
Oils	6.4	(0.25)	6.3	(0.32)	6.5	(0.37)	6.1	(0.63)	6.4	(0.57)	6.5	(0.58)
Saturated Fat	5.4	(0.22)	5.4	(0.27)	5.5	(0.37)	5.5	(0.48)	5.1	(0.63)	5.5	(0.46)
Sodium	4.9	(0.20)	4.5	(0.23)	4.6	(0.18)	5.1	(0.45)	4.1	(0.45)	5.2	(0.47)
Empty Calories	9.5	(0.38)	9.9	(0.51)	9.9	(0.71)	8.0	(0.87)	9.3	(0.73)	9.6	(0.86)
Total HEI-2005 Score	61.0	(1.08)	61.6	(1.19)	61.8	(1.85)	57.4	(2.84)	59.1	(1.91)	60.6	(2.52)

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

Ages, 5–8 years											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys											
Sample size	426 -	300 -		192 -		48 -		94 -		74 -	
Total Fruit	3.9 (0.22)	3.9 (0.27)		3.9 (0.36)		3.6 (0.75)		3.6 (0.40)		4.1 (0.54)	
Whole Fruit	4.1 (0.34)	3.9 (0.45)		3.5 (0.53)		2.7 u (1.01)		3.9 (0.58)		4.5 (0.65)	
Total Vegetables	2.0 (0.14)	2.3 (0.16)		2.4 (0.20)		1.7 * (0.24)		2.2 (0.32)		1.3 * (0.25)	
Dark Green and Orange Vegetables, and Legumes	0.6 u (0.19)	0.8 u (0.28)		0.5 (0.13)		0.2 u (0.13)		1.3 u (0.59)		0.4 u (0.19)	
Total Grains	5.0 (0.00)	5.0 (0.00)		5.0 (0.02)		5.0 (0.01)		5.0 (0.01)		5.0 0.00	
Whole Grains	1.0 (0.13)	0.8 (0.08)		0.6 (0.07)		0.6 (0.13)		0.9 (0.17)		1.6 (0.39)	
Milk	9.8 (0.21)	10.0 (0.10)		9.9 (0.15)		8.6 (0.96)		9.9 (0.26)		9.5 (0.55)	
Meat and Beans	7.4 (0.39)	7.6 (0.51)		7.3 (0.54)		7.7 (0.99)		7.4 (0.85)		7.1 (0.68)	
Oils	6.3 (0.36)	6.0 (0.42)		5.8 (0.34)		5.6 (0.68)		6.5 (1.00)		7.2 (0.84)	
Saturated Fat	5.4 (0.29)	5.4 (0.30)		5.3 (0.37)		3.9 (0.68)		5.3 (0.60)		5.8 (0.71)	
Sodium	5.0 (0.26)	4.6 (0.22)		4.8 (0.28)		4.8 (0.64)		4.4 (0.36)		5.7 (0.67)	
Empty Calories	9.4 (0.49)	9.3 (0.75)		9.0 (1.02)		7.0 (1.48)		9.2 (1.09)		10.1 (0.75)	
Total HEI-2005 Score	59.9 (1.42)	59.5 (1.86)		58.1 (2.09)		51.4 (3.72)		59.6 (3.32)		62.3 (2.85)	
Girls											
Sample size	407 -	248 -		161 -		65 -		69 -		85 -	
Total Fruit	4.6 (0.28)	4.7 (0.26)		4.9 (0.24)		4.7 (0.52)		3.6 (0.27)		4.2 (0.55)	
Whole Fruit	5.0 (0.08)	5.0 (0.06)		5.0 (0.11)		4.8 (0.54)		4.3 (0.46)		4.8 (0.41)	
Total Vegetables	2.1 (0.12)	2.2 (0.16)		2.3 (0.19)		1.8 (0.23)		2.2 (0.32)		1.9 (0.30)	
Dark Green and Orange Vegetables, and Legumes	0.5 (0.09)	0.6 (0.12)		0.6 (0.12)		0.5 u (0.21)		0.6 u (0.21)		0.3 u (0.17)	
Total Grains	5.0 (0.00)	5.0 (0.01)		5.0 (0.03)		5.0 (0.04)		5.0 (0.02)		5.0 0.00	
Whole Grains	1.0 (0.09)	1.1 (0.14)		0.9 (0.12)		0.8 (0.17)		1.4 (0.35)		1.0 (0.19)	
Milk	9.3 (0.36)	10.0 (0.08)		10.0 (0.06)		7.8 (1.27)		9.8 (0.35)		8.7 (0.74)	
Meat and Beans	7.9 (0.50)	7.8 (0.38)		8.0 (0.55)		7.6 (1.04)		7.2 (0.71)		8.0 (1.19)	
Oils	6.5 (0.36)	6.7 (0.50)		7.4 (0.65)		6.4 (0.97)		6.3 (0.71)		5.9 (0.68)	
Saturated Fat	5.4 (0.35)	5.5 (0.50)		5.7 (0.58)		6.4 (0.67)		4.9 (1.13)		5.1 (0.55)	
Sodium	4.7 (0.25)	4.3 (0.41)		4.4 (0.27)		5.2 (0.60)		3.7 (0.98)		4.8 (0.40)	
Empty Calories	9.6 (0.54)	10.6 (0.46)		11.1 (0.69)		8.6 (1.09)		9.4 (0.78)		9.1 (1.36)	
Total HEI-2005 Score	61.6 (1.37)	63.4 (1.23)		65.2 (1.81)		59.5 (3.49)		58.4 (2.23)		58.7 (3.41)	

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores

Ages, 9–13 years												
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Standard error
Both sexes												
Sample size	1,151	-	675	-	416	-	206	-	220	-	244	-
Total Fruit	3.5	(0.17)	3.6	(0.18)	4.0	(0.25)	3.0 *	(0.31)	3.0	(0.24)	3.4	(0.32)
Whole Fruit	4.1	(0.22)	4.3	(0.24)	4.6	(0.36)	2.7 ***	(0.42)	4.0	(0.47)	4.1	(0.42)
Total Vegetables	2.3	(0.13)	2.3	(0.12)	2.4	(0.11)	2.1	(0.22)	2.2	(0.22)	2.3	(0.28)
Dark Green and Orange Vegetables, and Legumes	0.6	(0.09)	0.6	(0.11)	0.6	(0.09)	0.4	(0.11)	0.7	(0.21)	0.8	(0.17)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	0.00	5.0	0.00	5.0	0.00
Whole Grains	0.8	(0.05)	0.7	(0.08)	0.6	(0.09)	0.7	(0.11)	0.8	(0.13)	0.9	(0.11)
Milk	8.1	(0.26)	9.3	(0.28)	9.2	(0.33)	6.5 ***	(0.49)	9.4	(0.37)	7.2 **	(0.57)
Meat and Beans	8.8	(0.26)	8.9	(0.30)	9.0	(0.41)	8.9	(0.65)	8.6	(0.43)	8.5	(0.50)
Oils	6.8	(0.21)	6.6	(0.35)	6.7	(0.45)	6.8	(0.49)	6.6	(0.53)	7.2	(0.50)
Saturated Fat	5.4	(0.24)	5.2	(0.33)	5.3	(0.45)	5.6	(0.48)	5.1	(0.66)	5.8	(0.46)
Sodium	3.8	(0.19)	3.6	(0.21)	3.5	(0.25)	3.9	(0.38)	3.8	(0.35)	4.0	(0.40)
Empty Calories	9.5	(0.37)	10.0	(0.47)	10.3	(0.63)	8.6	(0.75)	9.5	(0.72)	8.9	(0.62)
Total HEI-2005 Score	58.6	(1.08)	60.2	(1.14)	61.3	(1.75)	54.2 **	(1.78)	58.7	(1.60)	58.2	(1.77)

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

Ages, 9–13 years												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys												
Sample size	560	-	357	-	207	-	80	-	126	-	113	-
Total Fruit	3.1	(0.19)	3.3	(0.18)	3.3	(0.29)	2.2 *	(0.47)	3.1	(0.29)	3.0	(0.40)
Whole Fruit	3.8	(0.30)	4.1	(0.27)	4.2	(0.45)	1.9 ***	(0.50)	4.0	(0.55)	4.0	(0.63)
Total Vegetables	2.1	(0.14)	2.3	(0.17)	2.5	(0.18)	1.6 ***	(0.20)	2.1	(0.28)	2.1	(0.27)
Dark Green and Orange Vegetables, and Legumes	0.6	(0.14)	0.6	(0.18)	0.5	(0.13)	0.2 * u	(0.09)	0.9 u	(0.32)	0.9 u	(0.26)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	(0.01)	5.0	(0.01)	5.0	0.00
Whole Grains	0.8	(0.07)	0.7	(0.10)	0.5	(0.08)	0.6	(0.17)	0.9	(0.19)	1.0	(0.19)
Milk	8.2	(0.32)	9.5	(0.30)	9.7	(0.33)	7.0 ***	(0.74)	9.4	(0.44)	6.6 **	(0.75)
Meat and Beans	8.9	(0.36)	9.1	(0.44)	9.0	(0.67)	8.4	(0.81)	9.0	(0.52)	8.9	(0.69)
Oils	6.9	(0.30)	6.6	(0.38)	6.7	(0.60)	7.4	(0.96)	6.7	(0.61)	7.1	(0.70)
Saturated Fat	5.2	(0.29)	5.0	(0.42)	4.7	(0.57)	5.4	(0.78)	5.2	(0.78)	5.6	(0.67)
Sodium	3.7	(0.21)	3.4	(0.28)	3.0	(0.44)	4.3	(0.61)	3.7	(0.37)	4.0	(0.36)
Empty Calories	8.8	(0.41)	9.9	(0.46)	10.1	(0.76)	7.2 *	(0.92)	9.6	(0.67)	7.6	(0.85)
Total HEI-2005 Score	57.3	(1.11)	59.6	(1.09)	59.0	(1.77)	51.2 **	(2.44)	59.6	(1.61)	55.8	(2.03)
Girls												
Sample size	591	-	318	-	209	-	126	-	94	-	131	-
Total Fruit	3.9	(0.27)	3.9	(0.32)	4.6	(0.32)	3.6	(0.41)	2.8	(0.45)	3.8	(0.52)
Whole Fruit	4.4	(0.35)	4.6	(0.37)	4.8	(0.30)	3.4 *	(0.59)	3.8	(0.75)	4.2	(0.53)
Total Vegetables	2.4	(0.17)	2.3	(0.13)	2.4	(0.14)	2.5	(0.31)	2.3	(0.27)	2.5	(0.41)
Dark Green and Orange Vegetables, and Legumes	0.6	(0.10)	0.7	(0.10)	0.8	(0.16)	0.6 u	(0.19)	0.5 u	(0.17)	0.8 u	(0.25)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	0.00	5.0	(0.01)	5.0	0.00
Whole Grains	0.8	(0.06)	0.6	(0.12)	0.6	(0.16)	0.7	(0.15)	0.5	(0.13)	0.8 *	(0.11)
Milk	8.0	(0.37)	9.1	(0.41)	8.6	(0.43)	6.0 **	(0.66)	9.4	(0.57)	7.9	(0.73)
Meat and Beans	8.6	(0.38)	8.7	(0.40)	9.0	(0.50)	9.1	(0.75)	7.9	(0.64)	8.1	(0.68)
Oils	6.6	(0.32)	6.6	(0.51)	6.7	(0.69)	6.4	(0.45)	6.6	(0.85)	7.3	(0.64)
Saturated Fat	5.6	(0.36)	5.4	(0.49)	6.0	(0.44)	5.8	(0.64)	4.7	(1.35)	6.0	(0.54)
Sodium	3.9	(0.30)	3.8	(0.35)	4.0	(0.37)	3.6	(0.46)	3.8	(0.62)	3.9	(0.66)
Empty Calories	10.1	(0.50)	10.2	(0.70)	10.6	(0.82)	9.6	(1.05)	9.4	(1.41)	10.4	(0.67)
Total HEI-2005 Score	60.0	(1.67)	60.9	(1.90)	63.1	(2.10)	56.4 *	(2.33)	56.7	(4.02)	60.8	(2.58)

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores

Ages, 14–18 years												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Both sexes												
<i>Sample size</i>	923	-	332	-	172	-	252	-	132	-	302	-
Total Fruit	2.7	(0.21)	2.7	(0.29)	3.4	(0.52)	2.7	(0.29)	1.8	(0.26)	2.7 *	(0.36)
Whole Fruit	3.0	(0.29)	2.5	(0.29)	2.7	(0.45)	2.5	(0.45)	1.9	(0.38)	3.6 *	(0.59)
Total Vegetables	2.6	(0.13)	2.7	(0.19)	2.7	(0.24)	2.5	(0.25)	2.7	(0.29)	2.5	(0.22)
Dark Green and Orange Vegetables, and Legumes	0.6	(0.10)	0.6 u	(0.20)	0.4 u	(0.23)	0.6 u	(0.20)	0.7 u	(0.30)	0.7	(0.19)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	(0.02)	5.0	(0.02)	5.0	0.00
Whole Grains	0.6	(0.06)	0.5	(0.08)	0.4	(0.09)	0.6	(0.11)	0.5	(0.14)	0.6	(0.07)
Milk	7.4	(0.35)	8.8	(0.37)	8.5	(0.65)	6.1 **	(0.57)	9.2	(0.44)	6.8 **	(0.70)
Meat and Beans	9.4	(0.30)	9.6	(0.35)	9.6	(0.45)	9.5	(0.47)	9.4	(0.46)	9.4	(0.44)
Oils	6.8	(0.35)	7.0	(0.57)	7.4	(0.78)	7.9	(0.59)	6.8	(0.87)	6.0	(0.61)
Saturated Fat	5.4	(0.36)	4.6	(0.63)	4.7	(0.88)	6.0	(0.48)	4.2	(0.90)	5.8	(0.48)
Sodium	3.0	(0.30)	3.0	(0.34)	3.4	(0.37)	3.5	(0.69)	2.6	(0.56)	2.7	(0.54)
Empty Calories	8.3	(0.49)	9.5	(0.66)	10.6	(1.14)	7.2 *	(1.02)	8.3	(0.70)	7.7	(0.66)
Total HEI-2005 Score	54.8	(1.52)	56.3	(1.99)	58.8	(2.56)	54.1	(2.29)	53.2	(2.45)	53.5	(2.49)

See notes at end of table.

Table C-10. Healthy Eating Index-2005 (HEI-2005) Scores—Continued

Ages, 14–18 years												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys												
Sample size	491	-	190	-	102	-	136	-	73	-	149	-
Total Fruit	2.6	(0.19)	2.8	(0.41)	4.0	(0.66)	3.5	(0.47)	1.7	(0.38)	2.0	(0.20)
Whole Fruit	2.7	(0.27)	2.5	(0.40)	3.2	(0.63)	3.5	(0.69)	1.9	(0.53)	2.5	(0.45)
Total Vegetables	2.4	(0.16)	2.6	(0.25)	2.8	(0.27)	2.5	(0.33)	2.7	(0.41)	2.2	(0.19)
Dark Green and Orange Vegetables, and Legumes	0.5 u	(0.16)	0.6 u	(0.30)	0.4 u	(0.22)	0.5 u	(0.24)	0.8 u	(0.46)	0.5 u	(0.24)
Total Grains	5.0	(0.00)	5.0	(0.02)	5.0	(0.03)	5.0	(0.09)	5.0	(0.03)	5.0	0.00
Whole Grains	0.5	(0.08)	0.4	(0.12)	0.4	(0.11)	0.5	(0.15)	0.5 u	(0.21)	0.5	(0.10)
Milk	7.8	(0.38)	9.4	(0.45)	8.9	(0.81)	6.2 *	(0.98)	9.6	(0.45)	6.6 ***	(0.73)
Meat and Beans	9.7	(0.29)	9.8	(0.32)	9.3	(0.71)	9.9	(0.31)	9.9	(0.25)	9.6	(0.41)
Oils	6.1	(0.35)	6.4	(0.82)	6.0	(0.79)	7.5	(0.65)	6.7	(1.19)	5.1	(0.50)
Saturated Fat	5.2	(0.42)	4.5	(0.73)	4.8	(1.18)	6.4	(0.68)	4.2	(1.14)	5.5	(0.68)
Sodium	3.1	(0.39)	3.3	(0.38)	3.9	(0.39)	3.2 u	(1.19)	2.8	(0.64)	3.0	(0.73)
Empty Calories	8.0	(0.59)	9.4	(0.86)	10.5	(1.56)	8.2	(0.97)	8.5	(0.95)	6.2	(0.76)
Total HEI-2005 Score	53.5	(1.26)	56.8	(2.22)	59.0	(3.58)	56.7	(2.70)	54.3	(2.39)	48.9	(1.41)
Girls												
Sample size	432	-	142	-	70	-	116	-	59	-	153	-
Total Fruit	3.0	(0.41)	2.5	(0.42)	2.1	(0.46)	1.6	(0.29)	2.0	(0.55)	3.7	(0.80)
Whole Fruit	3.6	(0.62)	2.4	(0.57)	1.5 u	(0.58)	1.3 u	(0.44)	2.0 u	(0.76)	4.5 *	(0.70)
Total Vegetables	2.9	(0.27)	3.0	(0.23)	2.7	(0.34)	2.7	(0.41)	3.0	(0.37)	3.0	(0.55)
Dark Green and Orange Vegetables, and Legumes	0.8	(0.21)	0.6 u	(0.25)	0.7 u	(0.36)	0.8 u	(0.37)	0.7 u	(0.36)	0.9 u	(0.41)
Total Grains	5.0	(0.00)	5.0	(0.00)	5.0	(0.04)	5.0	(0.07)	5.0	(0.04)	5.0	(0.04)
Whole Grains	0.7	(0.09)	0.5	(0.10)	0.5 u	(0.16)	0.7	(0.18)	0.5	(0.14)	0.7	(0.15)
Milk	6.9	(0.47)	7.7	(0.46)	7.7	(0.89)	5.9	(0.44)	8.3	(0.38)	7.0	(0.98)
Meat and Beans	8.7	(0.51)	8.9	(0.66)	9.9	(0.28)	8.6	(0.78)	7.7	(1.05)	8.8	(0.78)
Oils	7.8	(0.68)	8.1	(0.86)	9.5	(0.83)	8.3	(1.05)	7.2	(1.24)	7.3	(1.10)
Saturated Fat	5.7	(0.43)	4.8	(0.84)	4.6	(1.03)	5.6	(0.63)	4.2	(0.95)	6.1	(0.57)
Sodium	2.8	(0.36)	2.3	(0.62)	2.5	(0.69)	3.9	(0.60)	2.2 u	(0.96)	2.3	(0.69)
Empty Calories	8.8	(0.70)	9.5	(0.69)	10.8	(1.10)	6.2 * u	(1.87)	8.0	(0.99)	9.7	(0.98)
Total HEI-2005 Score	56.6	(2.77)	55.4	(2.68)	57.4	(1.97)	50.6	(3.71)	50.7	(4.08)	59.1	(4.84)

Sources: NHANES 2005–2010 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 old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in mean scores are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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 NSLP participating and nonparticipating school children 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 & 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.

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 NSLP participants and nonparticipants relative to the most recent dietary guidance. The analysis is based on data from the NHANES 2005-2010, and estimates are based on a single day of intake. In this Appendix, we discuss only statistically significant comparisons between NSLP participants within both income-eligible and higher-income groups.

Healthy Eating Index-2010

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. This table 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 energy intake, and (2) there is usually less score truncation in the HEI scoring system for the group-level HEI measure than in the mean of the individual-level HEI scores (Freedman et al. 2008).

the criteria for the maximum and minimum scores yields a score that is half the maximum score. Higher scores for each of the adequacy components reflect greater consumption, while higher scores for each of the moderation components reflect lower consumption. Scores for each of the 12 components are summed to create a total HEI-2010 score, with a range from 0 to 100.

Figure D-1. Healthy Eating Index-2010 Components and Standards for Scoring

Component ^a	Maximum Score	Standard for Minimum Score of Zero	Standard for Maximum Score
Adequacy Components (higher score indicates <i>higher</i> consumption)			
1. Total Fruit	5	No intake	≥ 0.8 cup equiv. per 1,000 kcal
2. Whole Fruit	5	No intake	≥ 0.4 cup equiv. per 1,000 kcal
3. Total Vegetables	5	No intake	≥ 1.1 cup equiv. per 1,000 kcal
4. Greens and Beans	5	No intake	≥ 0.2 cup equiv. per 1,000 kcal
5. Whole Grains	10	No intake	≥ 1.5 oz equiv. per 1,000 kcal
6. Dairy	10	No intake	≥ 1.3 cup equiv. per 1,000 kcal
7. Total Protein Foods	5	No intake	≥ 2.5 oz equiv. per 1,000 kcal
8. Seafood and Plant Proteins	5	No intake	≥ 0.8 oz. equiv. per 1,000 kcal
9. Fatty Acids ^b	10	(PUFAs + MUFAs)/SFAs ≤ 1.2	(PUFAs + MUFAs)/SFAs ≥ 2.5
Moderation Components (higher score indicates <i>lower</i> consumption)			
10. Refined Grains	10	≥ 4.3 oz. equiv. per 1,000 calories	≤ 1.8 oz equiv. per 1,000 kcal
11. Sodium	10	≥ 2.0 grams per 1,000 calories	≤ 1.1 grams per 1,000 kcal
12. Empty Calories ^c	20	≥ 50% of calories	≤ 19% of calories
Total Score	100		

Source: Healthy Eating Index-2010, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 2, February 2013. See: <http://www.cnpp.usda.gov/Publications/HEI/HEI-2010/CNPPFactSheetNo2.pdf>

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 were 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.

HEI-2010 Scores for NSLP Participants and Nonparticipants

HEI-2010 total and component scores for all school children, all NSLP participants, income-eligible participants and nonparticipants, and higher-income participants and nonparticipants, overall and for age and gender subgroups are shown in Table D-1. We discuss only statistically significant differences below.

All School Children

- School children overall scored 47 out of a possible 100 points on the HEI-2010. Total scores across income and eligibility groups ranged from a low of 44 to a high of 50. This indicates that the diets of school children, regardless of income and NSLP participation, fell considerably short of meeting the 2010 *Dietary Guidelines* recommendations.
- Income-eligible NSLP participants had a higher HEI-2010 total score than nonparticipants (49.5 versus 44.0). There were no differences in total HEI-2010 scores between higher-income NSLP participants and nonparticipants.
- Scores were highest for Total Protein Foods (ranging from 4.3 to 4.4 out of 5 across groups) and Dairy (ranging from 6.8 to 9.5 out of 10), and lowest for Greens and Beans (ranging from 0.5 to 0.8 out of 5) and Whole Grains (ranging from 1.1 to 1.8 out of 10 overall).

- Among school children in both income groups, NSLP participants had a higher score than nonparticipants for Dairy (9.2 versus 6.8 for income-eligible children; 9.5 versus 7.6 for higher-income children).
- Among income-eligible school children, NSLP participating had higher scores than nonparticipants for Total Vegetables (2.5 versus 2.2) and Empty Calories (10.0 versus 7.8).
- Among higher-income school children, NSLP participants had lower scores than nonparticipants for Total Fruit (2.7 versus 3.4), Whole Fruit (3.2 versus 4.1), and Seafood and Plant Proteins (2.0 versus 3.2).

School Children 5–8 Years Old

- School children 5–8 years old scored 52 out of a possible 100 points on the HEI-2010. Relative to school children in other age groups, school children 5–8 years old had the highest total HEI-2010 score (51.9 versus 47.7 for school children 9–13 years old and 43.7 for school children 14–18 years old). There were no differences between NSLP participants and nonparticipants in this age group on total HEI-2010 scores.
- Among income-eligible school children 5–8 years old, NSLP participants had a higher mean score than nonparticipants for Total Vegetables (2.4 versus 1.7) and Dairy (10.0 versus 8.1).
- Among higher-income school children in this age group, there were no differences between NSLP participants and nonparticipants in HEI-2010 components scores.

School Children 9–13 Years Old

- School children 9–13 years old scored 48 out of a possible 100 points on the HEI-2010. Income-eligible NSLP participants had a higher HEI-2010 total score than their nonparticipant counterparts (49.8 versus 42.1). There were no differences between higher-income NSLP participants and nonparticipants in this age group on total HEI-2010 scores.
- Among income-eligible school children 9–13 years old, NSLP participants had a higher mean score than nonparticipants for Total Fruit (4.0 versus 3.0), Whole Fruit (4.6 versus 2.7), and Dairy (9.2 versus 6.5).
- Among higher-income school children 9–13 years old, NSLP participants had a higher mean score than nonparticipants for Dairy (9.4 versus 7.2) and a lower mean score for Seafood and Plant Proteins (1.9 versus 3.4).

School Children 14–18 Years Old

- School children 14–18 years old scored 44 out of a possible 100 points on the HEI-2010. There were no differences between NSLP participants and nonparticipants on total scores for the HEI-2010.

- Among income-eligible school children 14–18 years old, NSLP participants had a higher mean score than nonparticipants for Dairy (8.5 versus 6.1) and Empty Calories (10.4 versus 7.4).
- Among higher-income school children in this age group, NSLP participants had a lower mean score than nonparticipants for Total Fruit (1.8 versus 2.7) and Whole Fruit (1.9 versus 3.6), and had a higher mean score for Dairy (9.2 versus 6.8).

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Both sexes												
Sample size	2,907	-	1,555	-	941	-	571	-	515	-	705	-
Total Fruit	3.4	(0.11)	3.4	(0.14)	3.9	(0.23)	3.3	(0.22)	2.7	(0.15)	3.4 *	(0.22)
Whole Fruit	3.9	(0.15)	3.7	(0.15)	3.9	(0.23)	3.2	(0.29)	3.2	(0.24)	4.1 *	(0.29)
Total Vegetables	2.3	(0.07)	2.5	(0.09)	2.5	(0.11)	2.2 *	(0.13)	2.4	(0.15)	2.2	(0.14)
Greens and Beans	0.6	(0.08)	0.6	(0.12)	0.5 u	(0.15)	0.5	(0.15)	0.8	(0.18)	0.6	(0.15)
Whole Grains	1.5	(0.07)	1.3	(0.09)	1.1	(0.10)	1.3	(0.13)	1.5	(0.17)	1.8	(0.16)
Dairy	8.3	(0.17)	9.3	(0.17)	9.2	(0.27)	6.8 ***	(0.36)	9.5	(0.22)	7.6 ***	(0.35)
Total Protein Foods	4.3	(0.08)	4.4	(0.09)	4.4	(0.12)	4.4	(0.18)	4.3	(0.13)	4.3	(0.15)
Seafood and Plant Proteins	2.4	(0.18)	2.0	(0.21)	1.8	(0.21)	1.8	(0.27)	2.0	(0.32)	3.2 *	(0.41)
Fatty Acids	3.2	(0.12)	3.0	(0.18)	3.2	(0.25)	3.4	(0.27)	2.8	(0.24)	3.4	(0.28)
Refined Grains	3.9	(0.19)	4.3	(0.23)	4.3	(0.24)	4.3	(0.32)	4.3	(0.36)	3.5	(0.32)
Sodium	4.7	(0.18)	4.5	(0.20)	4.7	(0.21)	5.1	(0.39)	4.3	(0.34)	4.8	(0.35)
Empty Calories	8.8	(0.23)	9.5	(0.31)	10.0	(0.49)	7.8 **	(0.49)	8.8	(0.40)	8.4	(0.39)
Total HEI-2010 Score	47.4	(0.74)	48.6	(0.85)	49.5	(0.92)	44.0 ***	(1.23)	46.7	(1.11)	47.2	(1.45)

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

All ages, 5–18 years old												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys												
Sample size	1,477	-	847	-	501	-	264	-	293	-	336	-
Total Fruit	3.1	(0.11)	3.3	(0.18)	3.7	(0.29)	3.1	(0.32)	2.7	(0.21)	2.9	(0.22)
Whole Fruit	3.5	(0.17)	3.5	(0.21)	3.6	(0.32)	2.7	(0.41)	3.2	(0.31)	3.6	(0.33)
Total Vegetables	2.2	(0.09)	2.4	(0.12)	2.6	(0.13)	1.9 **	(0.16)	2.4	(0.20)	1.9	(0.14)
Greens and Beans	0.5	(0.12)	0.6 u	(0.19)	0.4 u	(0.15)	0.5 u	(0.18)	0.9 u	(0.30)	0.5 u	(0.17)
Whole Grains	1.5	(0.11)	1.3	(0.12)	1.0	(0.10)	1.1	(0.18)	1.5	(0.22)	2.0	(0.26)
Dairy	8.5	(0.19)	9.6	(0.20)	9.5	(0.33)	7.2 ***	(0.52)	9.6	(0.24)	7.4 ***	(0.40)
Total Protein Foods	4.4	(0.10)	4.5	(0.12)	4.3	(0.19)	4.4	(0.20)	4.4	(0.16)	4.3	(0.17)
Seafood and Plant Proteins	2.3	(0.23)	2.1	(0.28)	1.6	(0.25)	1.7	(0.30)	2.2	(0.46)	3.0	(0.49)
Fatty Acids	3.0	(0.15)	2.8	(0.21)	2.8	(0.31)	3.3	(0.41)	2.8	(0.30)	3.1	(0.35)
Refined Grains	4.1	(0.22)	4.4	(0.28)	4.3	(0.38)	4.2	(0.45)	4.7	(0.39)	3.9	(0.30)
Sodium	4.8	(0.22)	4.6	(0.23)	4.8	(0.28)	5.0	(0.65)	4.5	(0.36)	5.1	(0.44)
Empty Calories	8.5	(0.28)	9.3	(0.39)	9.7	(0.66)	7.5 *	(0.59)	8.8	(0.50)	7.6	(0.44)
Total HEI-2010 Score	46.3	(0.72)	48.3	(0.94)	48.2	(1.09)	42.6 **	(1.49)	47.7	(1.34)	45.4	(1.28)
Girls												
Sample size	1,430	-	708	-	440	-	307	-	222	-	369	-
Total Fruit	3.7	(0.20)	3.6	(0.21)	3.8	(0.21)	3.2	(0.23)	2.7	(0.27)	3.9 *	(0.38)
Whole Fruit	4.3	(0.26)	3.9	(0.25)	3.7	(0.24)	3.0	(0.30)	3.3	(0.40)	4.5 *	(0.34)
Total Vegetables	2.5	(0.12)	2.5	(0.11)	2.5	(0.14)	2.4	(0.20)	2.5	(0.19)	2.5	(0.26)
Greens and Beans	0.7	(0.14)	0.7	(0.17)	0.7 u	(0.25)	0.7 u	(0.24)	0.7 u	(0.25)	0.8 u	(0.29)
Whole Grains	1.6	(0.10)	1.4	(0.13)	1.3	(0.17)	1.4	(0.19)	1.5	(0.24)	1.7	(0.17)
Dairy	7.9	(0.24)	8.8	(0.22)	8.6	(0.36)	6.5 ***	(0.45)	9.1	(0.26)	7.8 *	(0.48)
Total Protein Foods	4.2	(0.13)	4.3	(0.15)	4.5	(0.13)	4.3	(0.24)	3.8	(0.25)	4.2	(0.25)
Seafood and Plant Proteins	2.4	(0.26)	1.8	(0.18)	1.8	(0.30)	1.8	(0.39)	1.5	(0.22)	3.4 ***	(0.46)
Fatty Acids	3.5	(0.18)	3.4	(0.25)	3.8	(0.29)	3.5	(0.35)	3.0	(0.42)	3.7	(0.36)
Refined Grains	3.6	(0.33)	4.0	(0.33)	4.3	(0.35)	4.2	(0.49)	3.6	(0.56)	3.1	(0.64)
Sodium	4.6	(0.23)	4.2	(0.36)	4.4	(0.37)	5.2	(0.41)	4.0	(0.62)	4.4	(0.45)
Empty Calories	9.2	(0.34)	9.8	(0.37)	10.5	(0.53)	7.8 **	(0.81)	8.7	(0.64)	9.5	(0.55)
Total HEI-2010 Score	48.5	(1.28)	48.4	(1.14)	49.9	(1.09)	44.0 **	(1.85)	44.5	(1.79)	49.4	(2.40)

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

Ages, 5–8 years											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Both sexes											
Sample size	833 -	548 -		353 -		113 -		163 -		159 -	
Total Fruit	4.3 (0.22)	4.3 (0.20)		4.5 (0.34)		4.5 (0.55)		3.6 (0.27)		4.2 (0.46)	
Whole Fruit	4.8 (0.24)	4.7 (0.24)		4.6 (0.39)		4.6 (0.65)		4.1 (0.37)		4.7 (0.44)	
Total Vegetables	2.0 (0.10)	2.3 (0.12)		2.4 (0.14)		1.7 ** (0.18)		2.2 (0.23)		1.6 (0.22)	
Greens and Beans	0.4 (0.08)	0.5 (0.12)		0.4 (0.08)		0.2 u (0.09)		0.9 (0.25)		0.3 * u (0.16)	
Whole Grains	2.0 (0.17)	1.8 (0.16)		1.5 (0.14)		1.4 (0.25)		2.2 (0.39)		2.6 (0.44)	
Dairy	9.6 (0.26)	10.0 (0.05)		10.0 (0.05)		8.1 * (0.88)		9.9 (0.23)		9.1 (0.55)	
Total Protein Foods	3.8 (0.16)	3.8 (0.15)		3.8 (0.16)		3.8 (0.38)		3.7 (0.27)		3.8 (0.36)	
Seafood and Plant Proteins	2.2 (0.33)	1.8 (0.18)		1.5 (0.20)		2.3 u (0.84)		2.0 (0.37)		2.9 u (0.90)	
Fatty Acids	2.9 (0.25)	3.0 (0.25)		3.0 (0.35)		2.8 (0.53)		2.9 (0.44)		2.9 (0.63)	
Refined Grains	4.6 (0.25)	4.7 (0.36)		4.9 (0.41)		4.4 (0.64)		4.5 (0.52)		4.1 (0.29)	
Sodium	6.1 (0.25)	5.6 (0.29)		5.8 (0.23)		6.3 (0.56)		5.1 (0.56)		6.5 (0.58)	
Empty Calories	9.2 (0.37)	9.6 (0.49)		9.6 (0.68)		7.8 (0.83)		9.0 (0.73)		9.3 (0.82)	
Total HEI-2010 Score	51.9 (1.04)	52.0 (1.06)		51.9 (1.73)		48.0 (2.91)		50.1 (1.44)		52.0 (2.44)	

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

Ages, 5–8 years											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys											
<i>Sample size</i>	426 -	300 -		192 -		48 -		94 -		74 -	
Total Fruit	3.9 (0.22)	3.9 (0.27)		3.9 (0.37)		3.6 (0.75)		3.6 (0.40)		4.1 (0.54)	
Whole Fruit	4.1 (0.34)	3.9 (0.44)		3.5 (0.53)		2.7 u (1.00)		3.9 (0.57)		4.5 (0.64)	
Total Vegetables	2.0 (0.14)	2.3 (0.16)		2.4 (0.20)		1.7 * (0.25)		2.2 (0.33)		1.3 * (0.25)	
Greens and Beans	0.4 (0.11)	0.5 (0.16)		0.3 (0.08)		0.2 u (0.18)		0.9 u (0.35)		0.1 * u (0.09)	
Whole Grains	2.0 (0.26)	1.5 (0.15)		1.3 (0.14)		1.2 (0.26)		1.8 (0.33)		3.2 (0.77)	
Dairy	9.8 (0.21)	10.0 (0.10)		9.9 (0.15)		8.6 (0.95)		9.9 (0.26)		9.5 (0.55)	
Total Protein Foods	3.7 (0.19)	3.8 (0.26)		3.7 (0.27)		3.9 (0.49)		3.7 (0.43)		3.6 (0.34)	
Seafood and Plant Proteins	2.4 (0.59)	1.7 (0.25)		1.3 (0.23)		2.3 u (0.83)		2.2 (0.61)		3.6 u (1.39)	
Fatty Acids	3.0 (0.35)	2.8 (0.30)		2.8 (0.36)		2.6 (0.70)		2.9 (0.57)		3.3 (0.90)	
Refined Grains	4.6 (0.27)	4.7 (0.36)		4.7 (0.60)		4.1 (0.75)		4.9 (0.65)		4.6 (0.46)	
Sodium	6.2 (0.32)	5.8 (0.27)		6.0 (0.35)		5.9 (0.79)		5.5 (0.45)		7.1 (0.83)	
Empty Calories	9.1 (0.48)	9.0 (0.73)		8.7 (0.98)		6.7 (1.41)		9.0 (1.06)		9.8 (0.72)	
Total HEI-2010 Score	51.1 (1.41)	50.0 (1.50)		48.5 (1.78)		43.5 (3.54)		50.4 (2.54)		54.6 (2.96)	
Girls											
<i>Sample size</i>	407 -	248 -		161 -		65 -		69 -		85 -	
Total Fruit	4.6 (0.29)	4.7 (0.26)		4.9 (0.25)		4.7 (0.52)		3.6 (0.27)		4.2 (0.56)	
Whole Fruit	5.0 (0.08)	5.0 (0.06)		5.0 (0.10)		4.8 (0.54)		4.3 (0.45)		4.8 (0.41)	
Total Vegetables	2.1 (0.12)	2.2 (0.16)		2.3 (0.19)		1.8 (0.23)		2.2 (0.32)		1.9 (0.30)	
Greens and Beans	0.4 u (0.13)	0.5 u (0.20)		0.4 u (0.14)		0.2 u (0.12)		0.8 u (0.43)		0.4 u (0.30)	
Whole Grains	1.9 (0.19)	2.1 (0.28)		1.8 (0.24)		1.5 (0.34)		2.8 (0.69)		1.9 (0.38)	
Dairy	9.3 (0.36)	10.0 (0.08)		10.0 (0.06)		7.8 (1.27)		9.8 (0.36)		8.7 (0.74)	
Total Protein Foods	3.9 (0.25)	3.9 (0.19)		4.0 (0.27)		3.8 (0.52)		3.6 (0.36)		4.0 (0.60)	
Seafood and Plant Proteins	2.0 (0.25)	1.8 (0.24)		1.9 (0.36)		2.3 u (1.15)		1.8 (0.43)		1.9 (0.40)	
Fatty Acids	2.9 (0.30)	3.1 (0.32)		3.2 (0.47)		2.9 (0.86)		3.0 (0.59)		2.6 (0.65)	
Refined Grains	4.6 (0.38)	4.7 (0.58)		5.2 (0.63)		4.5 (0.91)		4.1 (0.83)		3.7 (0.62)	
Sodium	5.9 (0.32)	5.3 (0.51)		5.5 (0.35)		6.5 (0.76)		4.6 (1.21)		5.9 (0.50)	
Empty Calories	9.3 (0.52)	10.3 (0.44)		10.7 (0.66)		8.3 (1.04)		9.1 (0.77)		8.8 (1.30)	
Total HEI-2010 Score	52.0 (1.31)	53.8 (1.31)		54.8 (1.89)		49.2 (3.85)		49.8 (1.72)		48.9 (2.96)	

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

Ages, 9–13 years													
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income				
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants		
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	
Both sexes													
<i>Sample size</i>		<i>1,151</i>	<i>-</i>	<i>675</i>	<i>-</i>	<i>416</i>	<i>-</i>	<i>206</i>	<i>-</i>	<i>220</i>	<i>-</i>	<i>244</i>	<i>-</i>
Total Fruit	3.5	(0.17)	3.6	(0.18)	4.0	(0.25)	3.0 *	(0.31)	3.0	(0.24)	3.4	(0.32)	
Whole Fruit	4.1	(0.22)	4.3	(0.24)	4.6	(0.36)	2.7 ***	(0.41)	4.0	(0.46)	4.1	(0.41)	
Total Vegetables	2.3	(0.13)	2.3	(0.12)	2.4	(0.11)	2.1	(0.23)	2.2	(0.22)	2.3	(0.28)	
Greens and Beans	0.6	(0.10)	0.6	(0.13)	0.6	(0.11)	0.3 u	(0.14)	0.7 u	(0.25)	0.9	(0.21)	
Whole Grains	1.6	(0.10)	1.4	(0.16)	1.1	(0.18)	1.3	(0.22)	1.6	(0.25)	1.9	(0.22)	
Dairy	8.1	(0.25)	9.3	(0.28)	9.2	(0.33)	6.5 ***	(0.49)	9.4	(0.37)	7.2 ***	(0.56)	
Total Protein Foods	4.4	(0.13)	4.5	(0.15)	4.5	(0.20)	4.4	(0.32)	4.3	(0.21)	4.3	(0.25)	
Seafood and Plant Proteins	2.4	(0.26)	2.1	(0.22)	2.1	(0.34)	1.6	(0.21)	1.9	(0.31)	3.4 *	(0.66)	
Fatty Acids	3.2	(0.16)	3.0	(0.21)	3.2	(0.34)	3.1	(0.46)	2.9	(0.29)	3.6	(0.44)	
Refined Grains	3.6	(0.26)	3.7	(0.35)	3.7	(0.38)	3.7	(0.47)	3.8	(0.72)	3.6	(0.47)	
Sodium	4.8	(0.24)	4.5	(0.26)	4.3	(0.31)	4.9	(0.48)	4.7	(0.44)	5.0	(0.50)	
Empty Calories	9.1	(0.36)	9.7	(0.46)	10.0	(0.61)	8.3	(0.72)	9.2	(0.70)	8.6	(0.60)	
Total HEI-2010 Score	47.7	(1.01)	48.9	(1.01)	49.8	(1.42)	42.1 ***	(1.51)	47.6	(1.28)	48.2	(1.96)	

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

Ages, 9–13 years												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys												
Sample size	560	-	357	-	207	-	80	-	126	-	113	-
Total Fruit	3.1	(0.19)	3.3	(0.18)	3.3	(0.29)	2.2 *	(0.47)	3.1	(0.29)	3.0	(0.41)
Whole Fruit	3.8	(0.30)	4.1	(0.27)	4.2	(0.45)	1.9 ***	(0.50)	4.0	(0.54)	4.0	(0.62)
Total Vegetables	2.1	(0.14)	2.3	(0.17)	2.5	(0.19)	1.6 ***	(0.20)	2.1	(0.29)	2.1	(0.27)
Greens and Beans	0.6	(0.16)	0.5 u	(0.19)	0.3 u	(0.19)	0.2 u	(0.13)	0.7 u	(0.38)	0.9 u	(0.42)
Whole Grains	1.6	(0.15)	1.5	(0.20)	1.0	(0.16)	1.2	(0.34)	1.9	(0.37)	2.0	(0.38)
Dairy	8.2	(0.32)	9.5	(0.30)	9.7	(0.33)	7.0 ***	(0.74)	9.4	(0.44)	6.6 ***	(0.73)
Total Protein Foods	4.5	(0.18)	4.5	(0.22)	4.5	(0.33)	4.2	(0.40)	4.5	(0.26)	4.4	(0.34)
Seafood and Plant Proteins	2.4	(0.24)	2.1	(0.30)	1.9	(0.42)	1.9	(0.31)	2.1	(0.51)	3.0	(0.51)
Fatty Acids	3.0	(0.23)	2.9	(0.23)	2.7	(0.37)	3.2	(0.78)	3.0	(0.30)	3.2	(0.59)
Refined Grains	3.9	(0.34)	3.9	(0.47)	3.8	(0.71)	3.6	(0.83)	4.2	(0.79)	4.0	(0.44)
Sodium	4.6	(0.26)	4.2	(0.35)	3.7	(0.55)	5.4	(0.76)	4.7	(0.47)	5.1	(0.45)
Empty Calories	8.5	(0.40)	9.6	(0.45)	9.7	(0.74)	7.0 *	(0.88)	9.3	(0.65)	7.3	(0.82)
Total HEI-2010 Score	46.5	(1.10)	48.4	(1.09)	47.3	(1.45)	39.3 **	(2.26)	49.0	(1.88)	45.7	(2.23)
Girls												
Sample size	591	-	318	-	209	-	126	-	94	-	131	-
Total Fruit	3.9	(0.27)	3.9	(0.32)	4.6	(0.32)	3.6	(0.41)	2.8	(0.45)	3.8	(0.52)
Whole Fruit	4.4	(0.35)	4.6	(0.37)	4.8	(0.30)	3.4 *	(0.58)	3.8	(0.74)	4.2	(0.52)
Total Vegetables	2.4	(0.17)	2.3	(0.13)	2.4	(0.14)	2.5	(0.31)	2.3	(0.27)	2.5	(0.40)
Greens and Beans	0.7	(0.11)	0.8	(0.16)	0.9	(0.24)	0.5 u	(0.22)	0.5 u	(0.31)	0.8 u	(0.26)
Whole Grains	1.6	(0.12)	1.2	(0.23)	1.3	(0.31)	1.4	(0.31)	1.0	(0.26)	1.7 *	(0.22)
Dairy	8.0	(0.36)	9.1	(0.41)	8.6	(0.42)	6.0 **	(0.66)	9.4	(0.56)	7.9	(0.73)
Total Protein Foods	4.3	(0.19)	4.3	(0.20)	4.5	(0.25)	4.6	(0.38)	3.9	(0.32)	4.1	(0.33)
Seafood and Plant Proteins	2.4	(0.42)	2.0	(0.37)	2.3	(0.54)	1.3	(0.31)	1.5	(0.36)	3.7 *	(0.96)
Fatty Acids	3.4	(0.25)	3.2	(0.35)	3.7	(0.38)	3.1	(0.55)	2.8	(0.80)	4.1	(0.46)
Refined Grains	3.3	(0.37)	3.5	(0.40)	3.7	(0.42)	3.8	(0.55)	3.1	(0.84)	3.2	(0.86)
Sodium	4.9	(0.37)	4.8	(0.43)	4.9	(0.46)	4.5	(0.58)	4.8	(0.75)	4.9	(0.83)
Empty Calories	9.8	(0.47)	9.9	(0.66)	10.3	(0.79)	9.3	(1.01)	9.0	(1.34)	10.0	(0.64)
Total HEI-2010 Score	49.0	(1.62)	49.6	(1.50)	52.0	(1.70)	44.1 **	(1.76)	45.0	(2.49)	50.9	(3.06)

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

Ages, 14–18 years											
All school children		All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
				NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Both sexes											
<i>Sample size</i>	923 -	332 -		172 -		252 -		132 -		302 -	
Total Fruit	2.7 (0.21)	2.7 (0.29)		3.4 (0.53)		2.7 (0.29)		1.8 (0.26)		2.7 * (0.36)	
Whole Fruit	3.0 (0.29)	2.5 (0.28)		2.7 (0.44)		2.5 (0.45)		1.9 (0.38)		3.6 * (0.59)	
Total Vegetables	2.6 (0.13)	2.7 (0.19)		2.7 (0.24)		2.5 (0.25)		2.7 (0.28)		2.5 (0.22)	
Greens and Beans	0.6 (0.17)	0.7 u (0.29)		0.4 u (0.39)		0.9 u (0.36)		0.8 u (0.39)		0.6 u (0.34)	
Whole Grains	1.1 (0.11)	0.9 (0.17)		0.8 (0.18)		1.2 (0.22)		1.0 (0.27)		1.2 (0.15)	
Dairy	7.4 (0.35)	8.8 (0.37)		8.5 (0.65)		6.1 ** (0.56)		9.2 (0.44)		6.8 ** (0.68)	
Total Protein Foods	4.7 (0.15)	4.8 (0.17)		4.8 (0.23)		4.8 (0.23)		4.7 (0.23)		4.7 (0.22)	
Seafood and Plant Proteins	2.5 (0.35)	2.1 (0.51)		1.6 (0.44)		1.5 (0.34)		2.2 u (0.76)		3.4 (0.63)	
Fatty Acids	3.4 (0.22)	3.1 (0.39)		3.4 (0.52)		4.1 (0.42)		2.7 (0.49)		3.4 (0.43)	
Refined Grains	3.7 (0.42)	4.4 (0.46)		4.4 (0.45)		4.8 (0.58)		4.7 (0.59)		2.9 (0.72)	
Sodium	3.7 (0.37)	3.7 (0.43)		4.3 (0.47)		4.4 (0.86)		3.3 (0.69)		3.4 (0.68)	
Empty Calories	8.2 (0.46)	9.3 (0.63)		10.4 (1.08)		7.4 * (0.96)		8.1 (0.67)		7.5 (0.63)	
Total HEI-2010 Score	43.7 (1.56)	45.7 (1.92)		47.4 (1.65)		42.8 (2.06)		43.2 (2.51)		42.7 (2.91)	

See notes at end of table.

Table D-1. Healthy Eating Index-2010 (HEI-2010) Scores—Continued

Ages, 14–18 years												
All school children			All NSLP participants		Income-eligible for free/reduced-price meals				Higher-income			
					NSLP Participants		Nonparticipants		NSLP Participants		Nonparticipants	
Mean score	Standard error		Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error	Mean score	Standard error
Boys												
Sample size	491	-	190	-	102	-	136	-	73	-	149	-
Total Fruit	2.6	(0.19)	2.8	(0.41)	4.0	(0.67)	3.5	(0.48)	1.7	(0.38)	2.0	(0.20)
Whole Fruit	2.7	(0.27)	2.5	(0.39)	3.2	(0.63)	3.5	(0.68)	1.9	(0.52)	2.6	(0.45)
Total Vegetables	2.4	(0.16)	2.6	(0.25)	2.8	(0.28)	2.4	(0.33)	2.7	(0.41)	2.2	(0.19)
Greens and Beans	0.5 u	(0.26)	0.7 u	(0.48)	0.4 u	(0.36)	0.9 u	(0.45)	1.1 u	(0.67)	0.3 u	(0.20)
Whole Grains	1.0	(0.15)	0.9	(0.23)	0.8	(0.21)	1.1	(0.30)	1.0 u	(0.41)	1.0	(0.20)
Dairy	7.8	(0.39)	9.4	(0.45)	8.9	(0.82)	6.2 *	(0.97)	9.6	(0.45)	6.6 ***	(0.72)
Total Protein Foods	4.9	(0.15)	4.9	(0.16)	4.6	(0.36)	4.9	(0.15)	4.9	(0.12)	4.8	(0.20)
Seafood and Plant Proteins	2.2	(0.39)	2.3	(0.68)	1.6 u	(0.52)	1.0 u	(0.44)	2.4 u	(1.04)	2.6	(0.67)
Fatty Acids	2.9	(0.22)	2.8	(0.49)	3.0	(0.70)	4.0	(0.63)	2.5	(0.63)	2.9	(0.37)
Refined Grains	4.0	(0.46)	4.7	(0.56)	4.6	(0.64)	5.0	(0.71)	5.2	(0.55)	3.3 *	(0.60)
Sodium	3.9	(0.49)	4.1	(0.47)	4.8	(0.49)	4.0 u	(1.47)	3.5	(0.80)	3.7	(0.92)
Empty Calories	7.9	(0.54)	9.2	(0.81)	10.3	(1.46)	8.5	(0.83)	8.2	(0.92)	6.1	(0.73)
Total HEI-2010 Score	42.7	(1.25)	47.0	(2.03)	48.9	(2.25)	44.9	(2.15)	44.6	(2.52)	38.1 *	(1.62)
Girls												
Sample size	432	-	142	-	70	-	116	-	59	-	153	-
Total Fruit	3.0	(0.41)	2.5	(0.42)	2.1	(0.46)	1.6	(0.29)	2.0	(0.55)	3.7	(0.81)
Whole Fruit	3.6	(0.62)	2.4	(0.56)	1.5 u	(0.57)	1.3 u	(0.44)	2.0 u	(0.75)	4.5 *	(0.71)
Total Vegetables	2.9	(0.27)	3.0	(0.23)	2.7	(0.34)	2.7	(0.41)	3.0	(0.37)	3.0	(0.55)
Greens and Beans	1.0 u	(0.35)	0.8 u	(0.41)	0.8 u	(0.62)	1.3 u	(0.62)	0.9 u	(0.52)	1.2 u	(0.71)
Whole Grains	1.3	(0.19)	1.0	(0.20)	0.9 u	(0.32)	1.3	(0.35)	1.0	(0.28)	1.5	(0.29)
Dairy	6.9	(0.47)	7.7	(0.47)	7.6	(0.89)	5.9	(0.42)	8.3	(0.38)	7.0	(0.96)
Total Protein Foods	4.3	(0.25)	4.5	(0.33)	4.9	(0.14)	4.3	(0.39)	3.9	(0.53)	4.4	(0.39)
Seafood and Plant Proteins	2.9	(0.54)	1.5	(0.29)	1.2 u	(0.57)	1.9	(0.53)	1.3	(0.39)	4.2 **	(0.80)
Fatty Acids	4.2	(0.37)	3.7	(0.55)	4.3	(0.62)	4.3	(0.48)	3.1	(0.71)	4.1	(0.72)
Refined Grains	3.2	(0.77)	3.8	(0.69)	4.3	(0.73)	4.5	(1.02)	3.8	(1.14)	2.4 u	(1.46)
Sodium	3.4	(0.44)	2.9	(0.78)	3.1	(0.87)	4.8	(0.76)	2.7 u	(1.21)	2.9 u	(0.87)
Empty Calories	8.6	(0.68)	9.4	(0.68)	10.6	(1.10)	6.0 *	(1.81)	8.1	(1.00)	9.4	(0.96)
Total HEI-2010 Score	45.3	(2.95)	43.1	(2.56)	44.1	(2.03)	40.1	(3.72)	40.0	(4.03)	48.4	(5.36)

Sources: NHANES 2005–2010 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 old. Excludes women 12–18 years old who were pregnant or breastfeeding in the NHANES 2005–2006 data; pregnant and breastfeeding women in NHANES 2007–2010 could not be identified in the data.

Notes: Estimates are based on a single dietary recall per person. 'All school children' includes children with missing NSLP participation or income. 'All NSLP participants' includes children with missing income. Results for school children 5–18 years old are age-adjusted to account for different age distributions of NSLP participants and nonparticipants. Significant differences in mean scores are noted by * (.05 level), ** (.01 level), or *** (.001 level). Differences are tested comparing NSLP participants and nonparticipants within income groups. NSLP participants are identified as school children likely to have received a reimbursable school lunch on the intake day (see Appendix A).

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

References for Appendices

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