

Appendix E-2.12: Percent of total energy intake, 2009-2010, for age/income groups of the U.S. population, from WWEIA Food Categories

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

	Income less than or equal to 185% of the Poverty Index Ratio				Income greater than 185% of the Poverty Index Ratio			
	MF 2-11	MF 12-19	MF 20+	MF 2+	MF 2-11	MF 12-19	MF 20+	MF 2+
Major category	% of total energy consumption							
DAIRY	13.69	7.85	5.49	7.10	14.35	7.27	5.52	6.51
PROTEIN FOODS	9.92	8.72	11.54	10.90	8.27	9.95	11.47	11.02
MIXED DISHES	27.12	31.50	28.10	28.40	25.30	33.72	29.22	29.31
GRAINS	10.36	9.45	10.69	10.47	13.17	10.29	10.14	10.44
SNACKS AND SWEETS	18.65	18.11	14.43	15.59	20.89	17.85	15.78	16.46
FRUITS+FRUIT JUICE	6.15	3.71	4.36	4.55	6.39	3.47	4.38	4.47
VEGETABLES	5.49	5.84	8.09	7.38	4.41	5.20	8.54	7.82
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.41	1.61	2.12	1.94	1.70	1.43	2.86	2.60
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	6.89	13.17	14.95	13.44	5.33	10.73	11.80	11.09
Total*	99.68	99.96	99.76	99.77	99.81	99.92	99.71	99.74
Subcategory	% of total energy consumption							
LOWFAT MILK/YOGURT	2.40	1.23	1.08	1.31	4.45	2.56	2.05	2.32
HIGHER FAT MILK/YOGURT	9.88	5.34	3.29	4.60	8.26	3.62	2.05	2.79
CHEESE	1.41	1.28	1.13	1.19	1.64	1.09	1.42	1.40
MEATS (Not incl. Deli and Mixed Dishes)	1.28	1.72	2.63	2.29	0.75	1.49	2.22	2.01
DELI/CURED PRODUCTS (Meat and Poultry)	1.57	0.80	1.45	1.38	1.24	1.49	1.29	1.31
POULTRY (Not incl. Deli and Mixed Dishes)	4.71	4.06	3.51	3.78	3.91	3.96	2.83	3.05
SEAFOOD (Not incl. Mixed Dishes)	0.33	0.28	1.08	0.85	0.45	0.59	1.34	1.18
EGGS	1.61	1.17	1.63	1.57	1.02	1.22	1.52	1.44
NUTS, SEEDS, AND SOY	0.43	0.70	1.23	1.03	0.91	1.20	2.28	2.04
PIZZA	5.07	5.99	2.84	3.62	3.99	7.20	4.39	4.64
BURGERS, TACOS, AND SANDWICHES	12.32	14.63	14.33	14.05	11.31	14.95	14.04	13.88
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.95	2.51	3.94	3.43	2.29	3.96	4.59	4.31
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.23	7.33	5.31	5.73	6.94	6.95	4.95	5.33
SOUPS	1.55	1.04	1.68	1.57	0.77	0.67	1.25	1.15
RICE AND PASTA	1.19	1.23	1.79	1.62	1.02	1.34	1.27	1.26
YEAST BREADS AND TORTILLAS	2.80	3.29	4.20	3.86	3.91	3.38	3.56	3.58
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.99	1.84	1.81	1.84	3.95	2.44	1.72	2.00
BREAKFAST CEREALS AND BARS	4.38	3.08	2.90	3.15	4.28	3.14	3.59	3.61
CHIPS, CRACKERS, AND SAVORY SNACKS	5.38	6.74	3.84	4.47	6.68	5.65	4.43	4.76

Appendix E-2.12: Percent of total energy intake, 2009-2010, for age/income groups of the U.S. population, from WWEIA Food Categories, continued

	Income less than or equal to 185% of the Poverty Index				Income greater than 185% of the Poverty Index			
	Index Ratio				Ratio			
	MF 2-11	MF 12-19	MF 20+	MF 2+	MF 2-11	MF 12-19	MF 20+	MF 2+
DESSERTS AND SWEET SNACKS	10.11	8.35	7.58	8.08	10.10	9.01	8.37	8.60
CANDY AND SUGARS	3.16	3.01	3.02	3.04	4.11	3.19	2.98	3.11
FRUIT (non-juice)	3.20	1.57	2.26	2.32	3.66	1.91	2.97	2.92
100% FRUIT JUICE	2.95	2.14	2.10	2.24	2.73	1.57	1.41	1.55
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.78	2.13	3.80	3.26	1.63	2.13	4.65	4.11
STARCHY VEGETABLES	3.72	3.71	4.29	4.12	2.78	3.06	3.90	3.71
SUGAR-SWEETENED AND DIET BEVERAGES**	6.39	10.99	8.64	8.60	4.96	8.96	4.91	5.33
COFFEE AND TEA	0.45	1.17	1.79	1.49	0.34	1.36	1.53	1.40
ALCOHOLIC BEVERAGES	0.00	0.84	4.46	3.28	0.00	0.30	5.26	4.27
WATERS	0.04	0.17	0.05	0.07	0.02	0.11	0.09	0.09
CONDIMENTS AND GRAVIES	0.63	0.86	0.62	0.66	0.60	0.48	0.76	0.72
SPREADS	0.52	0.46	1.27	1.04	0.86	0.77	1.67	1.51
SALAD DRESSINGS	0.27	0.28	0.23	0.24	0.23	0.18	0.42	0.38
Total*	99.68	99.96	99.76	99.77	99.81	99.92	99.71	99.74

*Does not include baby foods and infant formulas

****Additional breakdown for SUGAR-SWEETENED AND DIET BEVERAGES:**

	% of total energy consumption							
Diet soft drinks	0.00	0.01	0.05	0.04	0.01	0.05	0.11	0.09
Diet sport and energy drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
Other diet drinks	0.01	0.01	0.01	0.01	0.01	0.02	0.02	0.02
Soft drinks	2.42	7.05	5.75	5.40	1.89	5.04	2.82	2.96
Fruit drinks	3.68	3.15	2.13	2.51	2.61	2.64	1.43	1.66
Sport and energy drinks	0.24	0.71	0.45	0.46	0.29	1.11	0.36	0.43
Nutritional beverages	0.03	0.03	0.23	0.17	0.14	0.05	0.12	0.12
Flavored or carbonated water	0.01	0.03	0.01	0.01	0.01	0.05	0.05	0.05