

Appendix E-2.14: Food group and nutrient content of foods per 1000 calories obtained from major points of purchase

Data from NHANES 2003-04, 2005-06, 2007-08, 2009-10, day 1 reliable intakes, population 2+
 Calculated as mean nutrient or food group intake per person from each point of purchase,
 divided by calories/1000 from that source (missing food sources not replaced with zero)

| Point of purchase | 2003-04 | 2005-06 | 2007-08 | 2009-10 |
|---|----------------|----------------|----------------|----------------|
| SODIUM (mg/1000 kcal) | | | | |
| Store | 1459 | 1467 | 1492 | 1579 |
| Restaurant | 1881 | 1956 | 2017 | 1936 |
| Quick serve restaurant | 1742 | 1807 | 1798 | 1884 |
| School/day care | 1613 | 1653 | 1677 | 1667 |
| Other | 1467 | 1590 | 1574 | 1595 |
| SATURATED FAT (g/1000 kcal) | | | | |
| Store | 12.05 | 12.39 | 12.07 | 11.79 |
| Restaurant | 12.62 | 12.92 | 13.41 | 13.24 |
| Quick serve restaurant | 14.48 | 14.76 | 14.90 | 13.87 |
| School/day care | 14.74 | 14.09 | 14.08 | 13.65 |
| Other | 12.56 | 13.08 | 13.02 | 12.29 |
| FIBER (g/1000 kcal) | | | | |
| Store | 7.15 | 7.38 | 7.82 | 8.33 |
| Restaurant | 5.95 | 6.46 | 6.40 | 6.18 |
| Quick serve restaurant | 5.64 | 5.86 | 5.66 | 6.16 |
| School/day care | 6.81 | 6.67 | 7.31 | 7.61 |
| Other | 7.10 | 6.95 | 7.38 | 7.56 |
| CALCIUM (mg/1000 kcal) | | | | |
| Store | 454 | 483 | 484 | 524 |
| Restaurant | 299 | 309 | 321 | 355 |
| Quick serve restaurant | 365 | 361 | 374 | 404 |
| School/day care | 654 | 614 | 654 | 722 |
| Other | 292 | 375 | 385 | 365 |
| POTASSIUM (mg/1000kcal) | | | | |
| Store | 1276 | 1301 | 1288 | 1351 |
| Restaurant | 1091 | 1113 | 1144 | 1097 |
| Quick serve restaurant | 929 | 922 | 916 | 974 |
| School/day care | 1301 | 1282 | 1312 | 1309 |
| Other | 1193 | 1184 | 1179 | 1227 |
| TOTAL FRUIT (whole + juice) (cup eq/1000 kcal) | | | | |
| Store | 0.59 | 0.59 | 0.62 | 0.64 |
| Restaurant | 0.13 | 0.11 | 0.11 | 0.13 |
| Quick serve restaurant | 0.10 | 0.07 | 0.09 | 0.10 |
| School/day care | 0.60 | 0.62 | 0.67 | 0.77 |
| Other | 0.52 | 0.41 | 0.56 | 0.56 |
| TOTAL VEGETABLES (cup eq/1000 kcal) | | | | |
| Store | 0.60 | 0.59 | 0.61 | 0.64 |
| Restaurant | 1.01 | 0.97 | 1.00 | 0.90 |
| Quick serve restaurant | 0.76 | 0.74 | 0.66 | 0.68 |
| School/day care | 0.55 | 0.54 | 0.52 | 0.41 |
| Other | 0.81 | 0.88 | 0.82 | 0.88 |

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| Point of purchase | 2003-04 | 2005-06 | 2007-08 | 2009-10 |
|---|----------------|----------------|----------------|----------------|
| DARK GREEN VEGETABLES (cup eq/1000 kcal) | | | | |
| Store | 0.04 | 0.05 | 0.05 | 0.06 |
| Restaurant | 0.07 | 0.08 | 0.09 | 0.09 |
| Quick serve restaurant | 0.02 | 0.02 | 0.03 | 0.03 |
| School/day care | 0.01 | 0.02 | 0.01 | 0.02 |
| Other | 0.05 | 0.08 | 0.07 | 0.07 |
| RED AND ORANGE VEGETABLES (cup eq/1000 kcal) | | | | |
| Store | n/a | 0.16 | 0.16 | 0.16 |
| Restaurant | n/a | 0.23 | 0.23 | 0.20 |
| Quick serve restaurant | n/a | 0.22 | 0.17 | 0.17 |
| School/day care | n/a | 0.19 | 0.17 | 0.14 |
| Other | n/a | 0.23 | 0.22 | 0.22 |
| STARCHY VEGETABLES (cup eq/1000 kcal) | | | | |
| Store | 0.20 | 0.18 | 0.20 | 0.19 |
| Restaurant | 0.23 | 0.24 | 0.26 | 0.24 |
| Quick serve restaurant | 0.24 | 0.22 | 0.23 | 0.23 |
| School/day care | 0.16 | 0.17 | 0.21 | 0.12 |
| Other | 0.22 | 0.23 | 0.25 | 0.25 |
| OTHER VEGETABLES (cup eq/1000 kcal) | | | | |
| Store | 0.20 | 0.20 | 0.20 | 0.22 |
| Restaurant | 0.44 | 0.42 | 0.42 | 0.38 |
| Quick serve restaurant | 0.26 | 0.28 | 0.23 | 0.25 |
| School/day care | 0.16 | 0.16 | 0.13 | 0.12 |
| Other | 0.32 | 0.33 | 0.27 | 0.35 |
| TOTAL GRAINS (ounce eq/1000 kcal) | | | | |
| Store | 3.06 | 2.99 | 3.01 | 3.10 |
| Restaurant | 2.88 | 3.10 | 2.93 | 2.93 |
| Quick serve restaurant | 3.81 | 3.83 | 3.59 | 3.73 |
| School/day care | 3.26 | 3.27 | 3.15 | 3.63 |
| Other | 2.68 | 2.78 | 2.80 | 2.71 |
| WHOLE GRAINS (ounce eq/1000 kcal) | | | | |
| Store | 0.37 | 0.43 | 0.42 | 0.50 |
| Restaurant | 0.07 | 0.07 | 0.10 | 0.09 |
| Quick serve restaurant | 0.06 | 0.08 | 0.07 | 0.08 |
| School/day care | 0.11 | 0.13 | 0.17 | 0.17 |
| Other | 0.15 | 0.16 | 0.14 | 0.17 |
| REFINED GRAINS (ounce eq/1000 kcal) | | | | |
| Store | 2.69 | 2.56 | 2.60 | 2.60 |
| Restaurant | 2.81 | 3.03 | 2.83 | 2.84 |
| Quick serve restaurant | 3.74 | 3.75 | 3.51 | 3.66 |
| School/day care | 3.15 | 3.15 | 2.98 | 3.46 |
| Other | 2.53 | 2.62 | 2.66 | 2.54 |

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| Point of purchase | 2003-04 | 2005-06 | 2007-08 | 2009-10 |
|--|----------------|----------------|----------------|----------------|
| TOTAL DAIRY (cup eq/1000 kcal) | | | | |
| Store | 0.88 | 0.92 | 0.88 | 0.95 |
| Restaurant | 0.50 | 0.49 | 0.53 | 0.61 |
| Quick serve restaurant | 0.72 | 0.70 | 0.72 | 0.77 |
| School/day care | 1.80 | 1.69 | 1.72 | 1.95 |
| Other | 0.40 | 0.60 | 0.59 | 0.53 |
| MILK (cup eq/1000 kcal) | | | | |
| Store | 0.62 | 0.62 | 0.58 | 0.59 |
| Restaurant | 0.10 | 0.11 | 0.12 | 0.11 |
| Quick serve restaurant | 0.10 | 0.14 | 0.12 | 0.13 |
| School/day care | 1.28 | 1.24 | 1.27 | 1.35 |
| Other | 0.21 | 0.33 | 0.27 | 0.26 |
| CHEESE (cup eq/1000 kcal) | | | | |
| Store | 0.23 | 0.26 | 0.26 | 0.32 |
| Restaurant | 0.39 | 0.37 | 0.41 | 0.49 |
| Quick serve restaurant | 0.61 | 0.56 | 0.59 | 0.63 |
| School/day care | 0.50 | 0.41 | 0.44 | 0.58 |
| Other | 0.19 | 0.25 | 0.30 | 0.25 |
| TOTAL PROTEIN FOODS (oz eq/1000 kcal) | | | | |
| Store | 2.36 | 2.51 | 2.53 | 2.62 |
| Restaurant | 3.45 | 3.47 | 3.69 | 3.54 |
| Quick serve restaurant | 2.64 | 2.84 | 2.84 | 3.01 |
| School/day care | 1.83 | 1.92 | 2.10 | 1.79 |
| Other | 2.95 | 3.03 | 2.75 | 2.95 |
| RED MEATS (oz eq/1000 kcal) | | | | |
| Store | 0.69 | 0.65 | 0.66 | 0.64 |
| Restaurant | 1.32 | 1.12 | 1.12 | 1.03 |
| Quick serve restaurant | 1.06 | 1.06 | 0.95 | 0.89 |
| School/day care | 0.71 | 0.45 | 0.50 | 0.56 |
| Other | 0.98 | 0.89 | 0.80 | 1.02 |
| ADDED SUGARS (tsp/1000 kcal) | | | | |
| Store | 10.31 | 9.79 | 9.84 | 9.16 |
| Restaurant | 6.80 | 6.01 | 5.24 | 6.15 |
| Quick serve restaurant | 8.41 | 7.75 | 8.27 | 7.65 |
| School/day care | 7.13 | 7.53 | 7.11 | 6.80 |
| Other | 10.06 | 10.07 | 10.48 | 10.17 |

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| Point of purchase | 2003-04 | 2005-06 | 2007-08 | 2009-10 |
|--------------------------|----------------|----------------|----------------|----------------|
| SOLID FATS (g/1000 kcal) | | | | |
| Store | 19.72 | 17.98 | 17.66 | 16.70 |
| Restaurant | 22.39 | 19.03 | 20.02 | 20.11 |
| Quick serve restaurant | 28.21 | 23.08 | 23.22 | 21.96 |
| School/day care | 25.99 | 21.83 | 20.89 | 21.43 |
| Other | 22.06 | 21.56 | 21.52 | 19.23 |
| OILS (g/1000 kcal) | | | | |
| Store | 8.57 | 9.15 | 9.14 | 9.65 |
| Restaurant | 10.21 | 13.68 | 13.52 | 12.96 |
| Quick serve restaurant | 8.57 | 12.15 | 12.67 | 12.49 |
| School/day care | 6.92 | 9.06 | 10.10 | 7.34 |
| Other | 9.68 | 9.94 | 8.67 | 11.05 |