

# Indicators of Diet Quality, Nutrition, and Health for Americans by Program Participation Status, 2011–2016: SNAP Report



## Appendix E. Usual Energy and Macronutrient Intakes



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## Appendix E. Usual Energy and Macronutrient Intakes



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## Appendix E. Usual Energy and Macronutrient Intakes

**Table E.1. Total Fat (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>All individuals</b>	24,281	80	(0.4)	6,093	77	(0.9)	4,551	77	(1.0)	12,244	81 ***	(0.6)
Men and boys	12,123	91	(0.7)	2,890	88	(1.6)	2,291	89	(1.8)	6,235	93 *	(1.0)
Women and girls	12,158	69	(0.4)	3,203	67	(0.8)	2,260	65	(0.9)	6,009	71 ***	(0.6)
<b>Children 1–18 years old</b>	9,260	70	(0.5)	3,076	69	(0.9)	1,709	67	(1.2)	4,023	71	(0.8)
Boys	4,682	75	(0.8)	1,545	72	(1.3)	865	73	(1.9)	2,044	77 *	(1.2)
Girls	4,578	64	(0.7)	1,531	65	(1.1)	844	61 *	(1.5)	1,979	64	(1.0)
<b>Adults 19–59 years old</b>	10,269	87	(0.6)	2,215	84	(1.4)	1,994	84	(1.5)	5,473	88 *	(0.9)
Men	5,094	100	(1.1)	997	98	(2.5)	1,012	98	(2.7)	2,776	101	(1.6)
Women	5,175	73	(0.6)	1,218	70	(1.2)	982	69	(1.4)	2,697	74 **	(0.9)
<b>Older adults 60+ years old</b>	4,752	74	(0.8)	802	69	(2.1)	848	69	(2.2)	2,748	77 ***	(1.0)
Men	2,347	85	(1.2)	348	80	(3.9)	414	83	(4.3)	1,415	87	(1.4)
Women	2,405	66	(1.1)	454	59	(2.2)	434	57	(1.9)	1,333	68 ***	(1.3)

See notes at end of table.

**Table E.1a. Total Fat (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	53	60	65	73	89	107	118	126	138
Children 1–18 years old	46	51	55	61	74	88	96	102	111
Adults 19–59 years old	57	65	71	79	98	118	130	139	152
Older adults 60+ years old	48	54	59	67	83	101	112	119	131
<b>SNAP participants</b>	50	57	62	70	86	104	115	123	135
Children 1–18 years old	50	54	57	62	71	82	88	92	99
Adults 19–59 years old	53	61	67	76	95	116	129	138	152
Older adults 60+ years old	40	47	52	60	77	97	109	118	133
<b>Income-eligible nonparticipants</b>	46	54	59	68	86	107	120	129	142
Children 1–18 years old	40	46	50	57	71	87	96	103	113
Adults 19–59 years old	50	58	64	74	95	118	132	142	158
Older adults 60+ years old	40	48	54	63	81	102	113	121	134
<b>Higher income nonparticipants</b>	56	62	67	75 *	91	108	118	125	137
Children 1–18 years old	48	53	57	63	75	89	97	103	113
Adults 19–59 years old	61	68	73	82	99	118	129	137	149
Older adults 60+ years old	50	57	62 *	69	85	102	112	120	131
<b>Women and girls</b>									
<b>All individuals</b>	40	45	49	55	68	82	90	96	105
Children 1–18 years old	41	45	48	53	63	73	80	84	91
Adults 19–59 years old	41	47	51	58	71	86	95	102	112
Older adults 60+ years old	34	40	44	50	63	79	88	94	105
<b>SNAP participants</b>	36	42	46	52	65	79	88	94	104
Children 1–18 years old	40	45	48	53	64	76	83	87	95
Adults 19–59 years old	37	43	47	54	68	84	93	100	111
Older adults 60+ years old	29	34	38	44	57	71	80	87	97
<b>Income-eligible nonparticipants</b>	35	40	44	50	63	78	86	92	103
Children 1–18 years old	40	44	47	51	60	70	75	79	86
Adults 19–59 years old	36	42	46	53	67	84	93	100	110
Older adults 60+ years old	25	30	34	40	54	70	80	88	100

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Higher income nonparticipants</b>	42 *	47 **	51 **	57 ***	69 ***	82	90	96	105
Children 1–18 years old	42	46	49	54	63	73	79	83	90
Adults 19–59 years old	43	49	53	59 *	72 *	87	96	102	111
Older adults 60+ years old	38 *	44 *	48 **	54 **	66 **	81 *	90	96	105

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.2. Total Fat (Percentage of Calorie Intake): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	34.0	(0.09)	6,093	33.1	(0.19)	4,551	33.1	(0.20)	12,244	34.4 ***	(0.12)
Men and boys	12,123	33.9	(0.14)	2,890	32.9	(0.30)	2,291	33.3	(0.32)	6,235	34.3 ***	(0.18)
Women and girls	12,158	34.2	(0.12)	3,203	33.2	(0.25)	2,260	32.9	(0.23)	6,009	34.6 ***	(0.17)
<b>Children 1–18 years old</b>	9,260	33.3	(0.12)	3,076	33.4	(0.20)	1,709	32.8	(0.28)	4,023	33.3	(0.17)
Boys	4,682	33.1	(0.16)	1,545	33.0	(0.24)	865	32.5	(0.44)	2,044	33.3	(0.22)
Girls	4,578	33.4	(0.18)	1,531	33.7	(0.33)	844	33.1	(0.33)	1,979	33.3	(0.26)
<b>Adults 19–59 years old</b>	10,269	34.1	(0.13)	2,215	32.8	(0.28)	1,994	33.0	(0.27)	5,473	34.6 ***	(0.19)
Men	5,094	33.9	(0.21)	997	32.4	(0.44)	1,012	33.1	(0.44)	2,776	34.4 ***	(0.28)
Women	5,175	34.2	(0.17)	1,218	33.1	(0.35)	982	33.0	(0.32)	2,697	34.7 ***	(0.25)
<b>Older adults 60+ years old</b>	4,752	34.9	(0.22)	802	33.5	(0.50)	848	33.7	(0.55)	2,748	35.4 ***	(0.26)
Men	2,347	35.0	(0.31)	348	34.6	(0.81)	414	35.1	(0.98)	1,415	35.1	(0.36)
Women	2,405	34.9	(0.30)	454	32.7	(0.62)	434	32.6	(0.61)	1,333	35.7 ***	(0.37)
<b>Percent of individuals with usual intake below the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	1.2	(0.11)	6,093	1.1	(0.21)	4,551	2.1 *	(0.42)	12,244	1.3	(0.20)
Men and boys	12,123	1.5	(0.13)	2,890	1.3	(0.33)	2,291	2.2	(0.55)	6,235	1.5	(0.17)
Women and girls	12,158	1.0	(0.19)	3,203	0.9	(0.27)	2,260	1.9 u	(0.63)	6,009	1.1 u	(0.35)
<b>Children 1–18 years old</b>	9,260	4.5	(0.43)	3,076	3.3	(0.63)	1,709	6.1	(1.34)	4,023	4.8	(0.80)
Boys	4,682	5.1	(0.43)	1,545	3.5	(0.92)	865	7.4	(1.94)	2,044	5.3	(0.63)
Girls	4,578	3.9	(0.76)	1,531	3.1	(0.84)	844	4.8 u	(1.83)	1,979	4.3 u	(1.49)
<b>Adults 19–59 years old</b>	10,269	0.1 u	(0.06)	2,215	0.3 u	(0.20)	1,994	0.5 u	(0.38)	5,473	0.1 u	(0.05)
Men	5,094	0.2 u	(0.10)	997	0.2 u	(0.30)	1,012	0.4 u	(0.39)	2,776	0.1 u	(0.09)
Women	5,175	0.1 u	(0.07)	1,218	0.3 u	(0.27)	982	0.7 u	(0.64)	2,697	0.0 u	(0.04)
<b>Older adults 60+ years old</b>	4,752	0.4 u	(0.11)	802	0.8 u	(0.49)	848	1.5 u	(0.84)	2,748	0.2 u	(0.10)
Men	2,347	0.4 u	(0.17)	348	1.4 u	(0.93)	414	0.8 u	(0.55)	1,415	0.3 u	(0.15)
Women	2,405	0.3 u	(0.15)	454	0.3 u	(0.46)	434	2.0 u	(1.46)	1,333	0.1 u	(0.13)

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Percent of individuals with usual intake within the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	59.2	(0.89)	6,093	69.0	(3.00)	4,551	65.6	(1.84)	12,244	55.9 ***	(1.27)
Men and boys	12,123	60.2	(1.37)	2,890	71.2	(4.45)	2,291	64.3	(2.85)	6,235	57.0 **	(1.88)
Women and girls	12,158	58.3	(1.13)	3,203	66.9	(4.03)	2,260	66.7	(2.34)	6,009	54.9 **	(1.70)
<b>Children 1–18 years old</b>	9,260	69.0	(1.61)	3,076	74.3	(7.64)	1,709	72.3	(4.10)	4,023	67.7	(2.26)
Boys	4,682	69.5	(2.01)	1,545	79.9	(6.25)	865	70.0	(5.56)	2,044	67.2	(2.73)
Girls	4,578	68.6	(2.52)	1,531	68.4	(14.21)	844	74.8	(6.05)	1,979	68.1	(3.63)
<b>Adults 19–59 years old</b>	10,269	57.9	(1.31)	2,215	69.1	(3.88)	1,994	65.4	(2.47)	5,473	53.9 ***	(1.91)
Men	5,094	59.3	(2.12)	997	72.8	(6.99)	1,012	66.5	(3.84)	2,776	55.0 *	(2.94)
Women	5,175	56.5	(1.52)	1,218	65.4	(3.43)	982	64.2	(3.13)	2,697	52.8 **	(2.43)
<b>Older adults 60+ years old</b>	4,752	50.4	(1.54)	802	61.7	(4.22)	848	57.3	(3.36)	2,748	46.6 **	(1.89)
Men	2,347	49.2	(2.14)	348	52.3	(6.32)	414	48.5	(6.55)	1,415	48.4	(2.70)
Women	2,405	51.3	(2.18)	454	69.2	(5.67)	434	64.4	(2.99)	1,333	45.2 ***	(2.64)
<b>Percent of individuals with usual intake above the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	39.6	(0.87)	6,093	29.9	(2.96)	4,551	32.4	(1.76)	12,244	42.8 ***	(1.24)
Men and boys	12,123	38.4	(1.35)	2,890	27.6	(4.35)	2,291	33.4	(2.75)	6,235	41.5 **	(1.86)
Women and girls	12,158	40.7	(1.10)	3,203	32.2	(4.02)	2,260	31.3	(2.20)	6,009	44.1 **	(1.63)
<b>Children 1–18 years old</b>	9,260	26.5	(1.48)	3,076	22.4 u	(7.57)	1,709	21.5	(3.83)	4,023	27.5	(2.01)
Boys	4,682	25.5	(1.93)	1,545	16.6 u	(6.01)	865	22.6	(5.15)	2,044	27.5	(2.63)
Girls	4,578	27.6	(2.25)	1,531	28.5 u	(14.17)	844	20.4	(5.69)	1,979	27.6	(3.04)
<b>Adults 19–59 years old</b>	10,269	42.0	(1.29)	2,215	30.6	(3.84)	1,994	34.1	(2.36)	5,473	46.0 ***	(1.90)
Men	5,094	40.5	(2.09)	997	26.9	(6.88)	1,012	33.1	(3.75)	2,776	44.9 *	(2.91)
Women	5,175	43.4	(1.52)	1,218	34.4	(3.44)	982	35.1	(2.88)	2,697	47.1 **	(2.44)
<b>Older adults 60+ years old</b>	4,752	49.3	(1.55)	802	37.5	(4.00)	848	41.3	(3.37)	2,748	53.1 ***	(1.92)
Men	2,347	50.4	(2.19)	348	46.3	(5.70)	414	50.7	(6.38)	1,415	51.3	(2.76)
Women	2,405	48.4	(2.18)	454	30.5	(5.58)	434	33.7	(3.28)	1,333	54.6 ***	(2.65)

See notes at end of table.

**Table E.2a. Total Fat (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	26.5	28.2	29.3	30.9	33.9	36.9	38.5	39.6	41.2
Children 1–18 years old	27.4	28.6	29.5	30.8	33.1	35.5	36.7	37.6	38.9
Adults 19–59 years old	26.4	28.1	29.2	30.9	33.9	36.9	38.6	39.7	41.3
Older adults 60+ years old	25.6	27.7	29.1	31.2	35.1	38.9	40.9	42.3	44.3
<b>SNAP participants</b>	25.9	27.5	28.5	30.1	32.9	35.8	37.3	38.3	39.9
Children 1–18 years old	28.7	29.7	30.3	31.2	33.0	34.8	35.7	36.3	37.3
Adults 19–59 years old	25.4	27.0	28.0	29.5	32.4	35.2	36.8	37.8	39.4
Older adults 60+ years old	23.6	26.1	27.7	30.1	34.6	39.0	41.5	43.1	45.5
<b>Income-eligible nonparticipants</b>	25.8	27.5	28.6	30.3	33.4	36.4	38.0	39.0	40.6
Children 1–18 years old	25.8	27.3	28.3	29.8	32.6	35.3	36.8	37.8	39.2
Adults 19–59 years old	26.0	27.6	28.7	30.3	33.2	36.0	37.5	38.6	40.0
Older adults 60+ years old	24.9	27.4	28.9	31.1	35.2	39.2	41.3	42.6	44.8
<b>Higher income nonparticipants</b>	27.1	28.7	29.8	31.3	34.3 ***	37.2	38.8	39.8	41.4
Children 1–18 years old	27.5	28.8	29.6	30.9	33.3	35.7	37.0	37.8	39.1
Adults 19–59 years old	27.2	28.8	29.9	31.5	34.5 ***	37.4	39.0	40.0	41.6
Older adults 60+ years old	26.1	28.1	29.5	31.5	35.2	38.8	40.8	42.2	44.1
<b>Women and girls</b>									
<b>All individuals</b>	26.8	28.4	29.5	31.1	34.2	37.2	38.8	39.9	41.6
Children 1–18 years old	27.8	29.1	29.9	31.2	33.5	35.7	36.9	37.7	38.9
Adults 19–59 years old	26.6	28.3	29.4	31.1	34.2	37.4	39.0	40.2	41.9
Older adults 60+ years old	26.1	28.0	29.3	31.2	34.8	38.5	40.4	41.7	43.8
<b>SNAP participants</b>	26.4	28.0	29.0	30.5	33.2	35.9	37.4	38.4	39.9
Children 1–18 years old	29.4	30.4	31.0	32.0	33.8	35.5	36.5	37.1	38.1
Adults 19–59 years old	25.7	27.4	28.5	30.1	33.2	36.2	37.8	38.9	40.5
Older adults 60+ years old	25.0	26.8	27.9	29.6	32.7	35.8	37.5	38.6	40.4

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	25.1	26.9	28.0	29.8	33.0	36.1	37.7	38.8	40.6
Children 1–18 years old	28.4	29.5	30.2	31.2	33.1	35.0	36.0	36.6	37.6
Adults 19–59 years old	24.5	26.4	27.6	29.5	33.0	36.4	38.2	39.4	41.3
Older adults 60+ years old	23.2	25.3	26.7	28.8	32.6	36.4	38.4	39.8	41.9
<b>Higher income nonparticipants</b>	27.5	29.1	30.1	31.7 *	34.6 ***	37.5 ***	39.1 **	40.1 *	41.7
Children 1–18 years old	27.4	28.8	29.6	31.0	33.4	35.8	37.0	37.9	39.1
Adults 19–59 years old	27.7	29.2	30.2	31.8 *	34.7 **	37.6	39.2	40.3	41.9
Older adults 60+ years old	27.2	29.0	30.3	32.1 *	35.6 ***	39.2 **	41.1 *	42.4 *	44.3

Notes: “All individuals” includes respondents with missing SNAP participation or income. The acceptable macronutrient distribution range (AMDR) is the range of intakes for macronutrients, as a percentage of calories, associated with reduced risk of chronic disease while providing recommended intakes of other essential nutrients. The AMDR for fat is 30–40 percent of calories for children 1–3 years old, 25–35 percent of calories for children 4–18 years old, and 20–35 percent of calories for individuals 19+ years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.3. Protein (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>All individuals</b>	24,281	79.4	(0.38)	6,093	75.9	(0.69)	4,551	76.5	(0.93)	12,244	80.7 ***	(0.51)
Men and boys	12,123	92.4	(0.64)	2,890	87.4	(1.16)	2,291	89.4	(1.67)	6,235	94.0 ***	(0.87)
Women and girls	12,158	66.8	(0.42)	3,203	64.9	(0.75)	2,260	64.1	(0.87)	6,009	68.0 ***	(0.55)
<b>Children 1–18 years old</b>	9,260	66.7	(0.57)	3,076	64.7	(0.83)	1,709	66.6	(1.41)	4,023	67.6 *	(0.84)
Boys	4,682	73.8	(0.89)	1,545	69.7	(1.33)	865	74.2	(2.35)	2,044	75.2 **	(1.32)
Girls	4,578	59.2	(0.71)	1,531	59.4	(0.99)	844	58.7	(1.49)	1,979	59.5	(1.02)
<b>Adults 19–59 years old</b>	10,269	87.0	(0.59)	2,215	82.7	(1.01)	1,994	83.5	(1.42)	5,473	88.6 ***	(0.79)
Men	5,094	102.9	(1.01)	997	97.9	(1.70)	1,012	98.7	(2.54)	2,776	104.6 **	(1.36)
Women	5,175	71.3	(0.63)	1,218	67.7	(1.10)	982	68.4	(1.29)	2,697	72.8 ***	(0.80)
<b>Older adults 60+ years old</b>	4,752	72.7	(0.59)	802	70.1	(1.69)	848	68.5	(1.69)	2,748	74.1 *	(0.74)
Men	2,347	84.4	(0.85)	348	78.6	(3.07)	414	80.8	(3.18)	1,415	86.0 *	(1.05)
Women	2,405	63.3	(0.80)	454	63.3	(1.78)	434	58.6	(1.66)	1,333	64.5	(1.04)

See notes at end of table.

**Table E.3a. Protein (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	56.6	63.2	67.9	75.3	90.5	107.1	117.0	123.9	134.7
Children 1–18 years old	46.6	51.6	55.1	60.7	72.2	85.1	92.7	98.1	106.6
Adults 19–59 years old	61.4	69.1	74.5	83.1	100.8	120.1	131.5	139.6	152.1
Older adults 60+ years old	55.5	61.0	64.8	70.8	83.0	96.3	104.0	109.5	117.9
<b>SNAP participants</b>	52.2	58.8	63.4	70.7	85.6	102.0	111.5	118.4	129.0
Children 1–18 years old	45.9	50.5	53.7	58.7	68.7	79.5	85.8	90.2	97.1
Adults 19–59 years old	56.7	64.2	69.6	78.2	95.7	115.0	126.3	134.4	146.9
Older adults 60+ years old	46.7	52.8	56.9	63.6	77.0	91.7	100.4	106.5	116.0
<b>Income-eligible nonparticipants</b>	50.9	57.9	62.8	70.6	86.9	105.3	116.3	124.2	136.4
Children 1–18 years old	42.4	48.1	52.3	58.9	72.2	87.2	96.2	102.5	112.7
Adults 19–59 years old	53.2	61.4	67.1	76.2	95.6	117.5	130.8	140.4	154.9
Older adults 60+ years old	55.8	60.9	64.2	69.3	79.7	91.2	97.5	101.9	109.0
<b>Higher income nonparticipants</b>	59.6 *	65.9 **	70.4 **	77.6 ***	92.1 ***	108.1 *	117.6	124.4	134.8
Children 1–18 years old	48.3	53.1	56.6	62.2	73.6	86.3 *	93.9	99.3	107.9
Adults 19–59 years old	65.3	72.6	77.7	85.9 *	102.5 *	120.8	131.8	139.5	151.4
Older adults 60+ years old	57.3	62.7	66.6	72.5	84.6	97.7	105.3	110.9	119.2
<b>Women and girls</b>									
<b>All individuals</b>	41.8	46.5	49.8	55.1	65.6	77.1	83.8	88.5	95.8
Children 1–18 years old	39.2	43.0	45.7	49.9	58.4	67.4	72.7	76.5	82.2
Adults 19–59 years old	43.7	48.9	52.5	58.3	69.9	82.7	90.0	95.3	103.3
Older adults 60+ years old	39.8	44.2	47.4	52.3	62.2	73.0	79.3	83.7	90.6
<b>SNAP participants</b>	40.2	44.9	48.1	53.2	63.5	75.0	81.7	86.5	93.9
Children 1–18 years old	38.1	42.1	44.9	49.3	58.3	68.3	74.0	78.2	84.6
Adults 19–59 years old	42.0	46.9	50.2	55.5	66.3	78.3	85.3	90.3	98.0
Older adults 60+ years old	37.7	42.5	46.0	51.3	62.0	73.7	80.6	85.5	93.3
<b>Income-eligible nonparticipants</b>	39.2	43.8	47.0	52.2	62.7	74.4	81.2	85.9	93.5
Children 1–18 years old	37.5	41.5	44.3	48.7	57.6	67.4	73.1	77.1	83.4
Adults 19–59 years old	41.5	46.6	50.0	55.6	67.0	79.5	86.8	91.8	99.8
Older adults 60+ years old	34.8	39.0	42.0	46.9	56.9	68.3	75.1	79.9	88.0

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Higher income nonparticipants</b>	43.2	47.8	51.1	56.4	66.8 **	78.2	84.7	89.4	96.7
Children 1–18 years old	40.5	44.2	46.8	50.8	58.7	67.3	72.3	75.8	81.2
Adults 19–59 years old	45.0	50.1	53.8	59.7	71.4 **	84.2 *	91.6	97.0	105.2
Older adults 60+ years old	41.3	45.7	48.8	53.7	63.4	74.1	80.2	84.5	91.2

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.4. Protein (Percentage of Calorie Intake): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	15.6	(0.06)	6,093	15.2	(0.11)	4,551	15.4	(0.12)	12,244	15.7 ***	(0.08)
Men and boys	12,123	15.8	(0.09)	2,890	15.1	(0.14)	2,291	15.4	(0.18)	6,235	16.0 ***	(0.12)
Women and girls	12,158	15.4	(0.08)	3,203	15.3	(0.17)	2,260	15.3	(0.17)	6,009	15.5	(0.09)
<b>Children 1–18 years old</b>	9,260	14.6	(0.08)	3,076	14.4	(0.12)	1,709	14.8	(0.16)	4,023	14.6	(0.12)
Boys	4,682	14.8	(0.11)	1,545	14.6	(0.16)	865	14.9	(0.23)	2,044	14.9	(0.14)
Girls	4,578	14.4	(0.11)	1,531	14.2	(0.17)	844	14.6	(0.22)	1,979	14.4	(0.18)
<b>Adults 19–59 years old</b>	10,269	15.9	(0.09)	2,215	15.2	(0.17)	1,994	15.4	(0.18)	5,473	16.2 ***	(0.12)
Men	5,094	16.2	(0.14)	997	15.2	(0.22)	1,012	15.5	(0.26)	2,776	16.5 ***	(0.19)
Women	5,175	15.7	(0.11)	1,218	15.2	(0.25)	982	15.4	(0.24)	2,697	15.8 *	(0.14)
<b>Older adults 60+ years old</b>	4,752	15.9	(0.11)	802	16.2	(0.24)	848	15.9	(0.32)	2,748	15.9	(0.13)
Men	2,347	16.1	(0.18)	348	15.5	(0.25)	414	15.7	(0.44)	1,415	16.1	(0.20)
Women	2,405	15.8	(0.14)	454	16.7	(0.39)	434	16.0	(0.45)	1,333	15.7 *	(0.16)
<b>Percent of individuals with usual intake below the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	1.0	(0.17)	6,093	1.4 u	(0.45)	4,551	1.8	(0.44)	12,244	0.6 u	(0.19)
Men and boys	12,123	1.0	(0.17)	2,890	1.0 u	(0.63)	2,291	1.5 u	(0.51)	6,235	0.5 u	(0.18)
Women and girls	12,158	1.1	(0.28)	3,203	1.8 u	(0.65)	2,260	2.0 u	(0.71)	6,009	0.7 u	(0.33)
<b>Children 1–18 years old</b>	9,260	0.7 u	(0.35)	3,076	0.8 u	(0.42)	1,709	0.6 u	(0.51)	4,023	0.7 u	(0.58)
Boys	4,682	0.6 u	(0.23)	1,545	1.1 u	(0.78)	865	0.6 u	(0.70)	2,044	0.4 u	(0.27)
Girls	4,578	0.8 u	(0.68)	1,531	0.4 u	(0.28)	844	0.5 u	(0.75)	1,979	1.1 u	(1.16)
<b>Adults 19–59 years old</b>	10,269	1.5	(0.25)	2,215	2.1 u	(0.77)	1,994	2.6	(0.71)	5,473	0.7 u	(0.22)
Men	5,094	1.4	(0.28)	997	1.2 u	(1.04)	1,012	2.3 u	(0.83)	2,776	0.7 u	(0.29)
Women	5,175	1.6	(0.41)	1,218	3.0 u	(1.15)	982	2.9 u	(1.16)	2,697	0.7 u	(0.33)
<b>Older adults 60+ years old</b>	4,752	0.2 u	(0.10)	802	0.3 u	(0.24)	848	0.7 u	(0.63)	2,748	0.2 u	(0.11)
Men	2,347	0.1 u	(0.09)	348	0.2 u	(0.43)	414	0.2 u	(0.28)	1,415	0.2 u	(0.12)
Women	2,405	0.2 u	(0.16)	454	0.3 u	(0.26)	434	1.1 u	(1.11)	1,333	0.2 u	(0.17)

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Percent of individuals with usual intake within the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	98.9	(0.17)	6,093	98.6	(0.45)	4,551	98.1	(0.45)	12,244	99.2	(0.20)
Men and boys	12,123	98.9	(0.18)	2,890	99.0	(0.63)	2,291	98.4	(0.52)	6,235	99.3	(0.20)
Women and girls	12,158	98.8	(0.28)	3,203	98.1	(0.65)	2,260	97.9	(0.72)	6,009	99.2	(0.33)
<b>Children 1–18 years old</b>	9,260	99.0	(0.37)	3,076	99.2	(0.42)	1,709	98.9	(0.55)	4,023	98.7	(0.61)
Boys	4,682	99.0	(0.30)	1,545	98.9	(0.78)	865	98.8	(0.77)	2,044	98.7	(0.40)
Girls	4,578	99.0	(0.69)	1,531	99.5	(0.29)	844	99.0	(0.80)	1,979	98.6	(1.17)
<b>Adults 19–59 years old</b>	10,269	98.5	(0.25)	2,215	97.9	(0.77)	1,994	97.4	(0.72)	5,473	99.3	(0.22)
Men	5,094	98.6	(0.28)	997	98.8	(1.04)	1,012	97.7	(0.83)	2,776	99.3	(0.30)
Women	5,175	98.4	(0.41)	1,218	97.0	(1.15)	982	97.1	(1.17)	2,697	99.3	(0.33)
<b>Older adults 60+ years old</b>	4,752	99.8	(0.10)	802	99.7	(0.24)	848	99.3	(0.65)	2,748	99.8	(0.11)
Men	2,347	99.9	(0.09)	348	99.8	(0.43)	414	99.8	(0.28)	1,415	99.8	(0.12)
Women	2,405	99.8	(0.16)	454	99.7	(0.26)	434	98.9	(1.16)	1,333	99.8	(0.17)
<b>Percent of individuals with usual intake above the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	0.1 u	(0.03)	6,093	0.0 u	(0.01)	4,551	0.1 *u	(0.05)	12,244	0.2 **	(0.04)
Men and boys	12,123	0.1 u	(0.05)	2,890	0.0 u	(0.01)	2,291	0.1 *u	(0.06)	6,235	0.2 **u	(0.08)
Women and girls	12,158	0.1 u	(0.02)	3,203	0.0 u	(0.02)	2,260	0.1 u	(0.07)	6,009	0.1 u	(0.04)
<b>Children 1–18 years old</b>	9,260	0.3 u	(0.11)	3,076	0.1 u	(0.04)	1,709	0.5 *u	(0.18)	4,023	0.6 **	(0.18)
Boys	4,682	0.4 u	(0.19)	1,545	0.0 u	(0.04)	865	0.5 *u	(0.24)	2,044	0.9 **u	(0.29)
Girls	4,578	0.2 u	(0.10)	1,531	0.1 u	(0.07)	844	0.4 u	(0.28)	1,979	0.3 u	(0.19)
<b>Adults 19–59 years old</b>	10,269	0.0 u	(0.00)	2,215	0.0 u	(0.00)	1,994	0.0 u	(0.01)	5,473	0.0 u	(0.00)
Men	5,094	0.0 u	(0.00)	997	0.0	(0.00)	1,012	0.0 u	(0.01)	2,776	0.0 u	(0.01)
Women	5,175	0.0 u	(0.00)	1,218	0.0 u	(0.01)	982	0.0	(0.01)	2,697	0.0 u	(0.00)
<b>Older adults 60+ years old</b>	4,752	0.0	(0.00)	802	0.0	(0.00)	848	0.0 u	(0.04)	2,748	0.0 u	(0.00)
Men	2,347	0.0	(0.00)	348	0.0	(0.00)	414	0.0	(0.00)	1,415	0.0 u	(0.00)
Women	2,405	0.0	(0.00)	454	0.0	(0.00)	434	0.0 u	(0.07)	1,333	0.0	(0.00)

See notes at end of table.

**Table E.4a. Protein (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	11.6	12.4	13.0	13.9	15.7	17.6	18.7	19.4	20.6
Children 1–18 years old	11.3	12.0	12.5	13.2	14.7	16.2	17.2	17.8	18.8
Adults 19–59 years old	11.5	12.4	13.0	14.0	16.0	18.1	19.4	20.3	21.6
Older adults 60+ years old	12.6	13.3	13.7	14.5	15.9	17.5	18.4	19.1	20.1
<b>SNAP participants</b>	11.5	12.2	12.7	13.4	15.0	16.6	17.6	18.2	19.3
Children 1–18 years old	11.5	12.1	12.5	13.2	14.5	15.8	16.6	17.2	18.0
Adults 19–59 years old	11.2	12.0	12.5	13.4	15.1	16.9	17.9	18.7	19.8
Older adults 60+ years old	12.2	12.9	13.3	14.0	15.4	16.9	17.8	18.4	19.3
<b>Income-eligible nonparticipants</b>	11.6	12.4	12.9	13.7	15.2	16.9	17.9	18.6	19.6
Children 1–18 years old	11.2	11.9	12.4	13.2	14.7	16.4	17.4	18.1	19.2
Adults 19–59 years old	11.1	12.0	12.6	13.5	15.4	17.3	18.5	19.3	20.4
Older adults 60+ years old	14.1	14.4	14.6	15.0	15.6	16.3	16.8	17.1	17.5
<b>Higher income nonparticipants</b>	11.9	12.7	13.2	14.1	15.8 ***	17.7 ***	18.8 **	19.6 *	20.9
Children 1–18 years old	11.4	12.1	12.5	13.3	14.7	16.3	17.2	17.9	18.9
Adults 19–59 years old	11.9	12.8	13.4	14.3	16.3 ***	18.4 **	19.6 *	20.5	21.9
Older adults 60+ years old	12.5	13.2	13.7	14.5	16.0	17.6	18.6	19.3	20.3
<b>Women and girls</b>									
<b>All individuals</b>	11.4	12.2	12.7	13.5	15.2	17.0	18.1	18.8	20.0
Children 1–18 years old	11.3	11.9	12.3	13.0	14.3	15.7	16.4	17.0	17.8
Adults 19–59 years old	11.2	12.0	12.6	13.6	15.4	17.5	18.7	19.5	20.8
Older adults 60+ years old	12.1	12.8	13.3	14.1	15.7	17.4	18.4	19.1	20.2
<b>SNAP participants</b>	11.3	12.1	12.6	13.5	15.1	16.9	17.9	18.7	19.8
Children 1–18 years old	11.6	12.1	12.5	13.1	14.2	15.3	15.9	16.4	17.1
Adults 19–59 years old	10.6	11.5	12.1	13.0	15.0	17.1	18.4	19.2	20.6
Older adults 60+ years old	13.1	13.8	14.3	15.0	16.5	18.1	19.0	19.7	20.7

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	11.1	11.9	12.5	13.3	15.1	17.1	18.2	19.0	20.3
Children 1–18 years old	11.7	12.2	12.6	13.3	14.5	15.9	16.6	17.2	18.0
Adults 19–59 years old	10.7	11.6	12.2	13.2	15.2	17.3	18.6	19.5	20.9
Older adults 60+ years old	11.5	12.4	12.9	13.9	15.8	17.9	19.1	20.0	21.5
<b>Higher income nonparticipants</b>	11.7	12.4	12.9	13.7	15.3	17.0	18.0	18.7	19.8
Children 1–18 years old	11.2	11.9	12.3	13.0	14.3	15.6	16.4	17.0	17.8
Adults 19–59 years old	11.7	12.5	13.0	13.9 *	15.6	17.5	18.6	19.4	20.7
Older adults 60+ years old	12.2	12.9	13.4	14.1	15.5	17.1	18.0	18.7	19.6

Notes: “All individuals” includes respondents with missing SNAP participation or income. The acceptable macronutrient distribution range (AMDR) is the range of intakes for macronutrients, as a percentage of calories, associated with reduced risk of chronic disease while providing recommended intakes of other essential nutrients. The AMDR for protein is 5–20 percent of calories for children 1–3 years old, 10–30 percent of calories for children 4–18 years old, and 10–35 percent of calories for individuals 19+ years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.5. Protein (Gram/Kilogram Body Weight): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	1.46	(0.007)	6,093	1.43	(0.012)	4,551	1.44	(0.016)	12,244	1.48 ***	(0.009)
Men and boys	12,123	1.59	(0.011)	2,890	1.54	(0.020)	2,291	1.57	(0.027)	6,235	1.60 *	(0.015)
Women and girls	12,158	1.34	(0.008)	3,203	1.31	(0.014)	2,260	1.31	(0.017)	6,009	1.36 **	(0.011)
<b>Children 1–18 years old</b>	9,260	2.24	(0.017)	3,076	2.21	(0.025)	1,709	2.21	(0.040)	4,023	2.27	(0.025)
Boys	4,682	2.37	(0.026)	1,545	2.32	(0.038)	865	2.34	(0.065)	2,044	2.40	(0.039)
Girls	4,578	2.11	(0.021)	1,531	2.09	(0.032)	844	2.07	(0.045)	1,979	2.13	(0.030)
<b>Adults 19–59 years old</b>	10,269	1.25	(0.009)	2,215	1.20	(0.016)	1,994	1.23	(0.020)	5,473	1.26 **	(0.011)
Men	5,094	1.37	(0.014)	997	1.33	(0.025)	1,012	1.36	(0.034)	2,776	1.38	(0.018)
Women	5,175	1.13	(0.010)	1,218	1.08	(0.018)	982	1.11	(0.021)	2,697	1.15 **	(0.013)
<b>Older adults 60+ years old</b>	4,752	1.08	(0.009)	802	1.07	(0.028)	848	1.04	(0.026)	2,748	1.09	(0.011)
Men	2,347	1.14	(0.014)	348	1.10	(0.050)	414	1.11	(0.044)	1,415	1.15	(0.016)
Women	2,405	1.04	(0.013)	454	1.06	(0.032)	434	0.98	(0.032)	1,333	1.04	(0.016)
<b>Percent of individuals with usual intake greater than estimated average requirements</b>												
<b>All individuals</b>	24,281	95.0	(0.35)	6,093	91.8	(1.04)	4,551	91.8	(0.92)	12,244	96.3 ***	(0.40)
Men and boys	12,123	96.8	(0.44)	2,890	93.3	(1.44)	2,291	94.5	(1.21)	6,235	97.8 **	(0.42)
Women and girls	12,158	93.2	(0.55)	3,203	90.4	(1.49)	2,260	89.3	(1.39)	6,009	94.8 **	(0.68)
<b>Children 1–18 years old</b>	9,260	96.4	(0.47)	3,076	95.2	(1.15)	1,709	94.8	(1.16)	4,023	97.4	(0.60)
Boys	4,682	98.3	(0.50)	1,545	97.7	(0.94)	865	96.9	(1.30)	2,044	98.8	(0.55)
Girls	4,578	94.5	(0.81)	1,531	92.7	(2.14)	844	92.5	(1.95)	1,979	96.0	(1.09)
<b>Adults 19–59 years old</b>	10,269	95.4	(0.49)	2,215	91.7	(1.52)	1,994	92.0	(1.35)	5,473	96.7 **	(0.54)
Men	5,094	97.1	(0.65)	997	93.1	(2.27)	1,012	93.9	(1.87)	2,776	98.3 *	(0.56)
Women	5,175	93.6	(0.72)	1,218	90.3	(2.03)	982	90.1	(1.96)	2,697	95.1 *	(0.92)
<b>Older adults 60+ years old</b>	4,752	91.8	(1.01)	802	87.8	(2.67)	848	87.6	(2.27)	2,748	93.4	(1.15)
Men	2,347	93.7	(1.15)	348	87.5	(3.34)	414	92.7	(2.62)	1,415	94.8 *	(1.38)
Women	2,405	90.3	(1.58)	454	88.0	(3.99)	434	83.5	(3.52)	1,333	92.3	(1.75)

See notes at end of table.

**Table E.5a. Protein (Gram/Kilogram Body Weight): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	0.88	1.01	1.11	1.25	1.55	1.88	2.07	2.21	2.42
Children 1–18 years old	1.38	1.56	1.69	1.90	2.32	2.79	3.06	3.25	3.55
Adults 19–59 years old	0.74	0.85	0.94	1.07	1.34	1.64	1.81	1.94	2.13
Older adults 60+ years old	0.65	0.74	0.81	0.91	1.12	1.35	1.48	1.57	1.72
<b>SNAP participants</b>	0.81	0.94	1.03	1.19	1.50	1.85	2.06	2.21	2.44
Children 1–18 years old	1.43	1.60	1.71	1.90	2.28	2.69	2.93	3.10	3.37
Adults 19–59 years old	0.61	0.73	0.83	0.97	1.28	1.63	1.84	1.99	2.22
Older adults 60+ years old	0.55	0.65	0.72	0.83	1.06	1.33	1.48	1.60	1.77
<b>Income-eligible nonparticipants</b>	0.77	0.91	1.01	1.17	1.51	1.90	2.13	2.30	2.56
Children 1–18 years old	1.09 **	1.31 *	1.46 *	1.72	2.25	2.86	3.22	3.49	3.90
Adults 19–59 years old	0.64	0.77	0.85	1.00	1.31	1.66	1.87	2.02	2.25
Older adults 60+ years old	0.69	0.78	0.83	0.92	1.09	1.29	1.40	1.48	1.60
<b>Higher income nonparticipants</b>	0.94 *	1.07 *	1.15 *	1.29 *	1.57	1.87	2.05	2.18	2.38
Children 1–18 years old	1.44	1.62	1.75	1.95	2.36	2.80	3.05	3.24	3.52
Adults 19–59 years old	0.80	0.91	0.98	1.10	1.35	1.62	1.78	1.89	2.06
Older adults 60+ years old	0.66	0.76	0.82	0.92	1.13	1.35	1.48	1.58	1.72
<b>Women and girls</b>									
<b>All individuals</b>	0.76	0.87	0.95	1.07	1.31	1.58	1.74	1.85	2.03
Children 1–18 years old	1.23	1.39	1.51	1.69	2.06	2.47	2.71	2.88	3.15
Adults 19–59 years old	0.63	0.72	0.79	0.89	1.11	1.34	1.48	1.58	1.73
Older adults 60+ years old	0.58	0.67	0.73	0.82	1.02	1.23	1.35	1.43	1.57
<b>SNAP participants</b>	0.70	0.81	0.89	1.02	1.28	1.57	1.74	1.86	2.05
Children 1–18 years old	1.14	1.31	1.43	1.62	2.03	2.48	2.75	2.95	3.25
Adults 19–59 years old	0.58	0.67	0.73	0.84	1.05	1.29	1.43	1.53	1.68
Older adults 60+ years old	0.54	0.63	0.70	0.81	1.03	1.27	1.41	1.52	1.68

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	0.70	0.81	0.89	1.01	1.27	1.56	1.74	1.86	2.06
Children 1–18 years old	1.19	1.34	1.45	1.63	2.01	2.44	2.70	2.89	3.20
Adults 19–59 years old	0.57	0.67	0.74	0.85	1.08	1.33	1.48	1.59	1.76
Older adults 60+ years old	0.50	0.58	0.64	0.74	0.95	1.19	1.33	1.43	1.60
<b>Higher income nonparticipants</b>	0.81 **	0.91 **	0.98 **	1.10 **	1.33 *	1.59	1.74	1.84	2.01
Children 1–18 years old	1.33	1.47	1.58	1.74	2.09	2.47	2.69	2.85	3.10
Adults 19–59 years old	0.67	0.75	0.82	0.92 *	1.13 **	1.35	1.48	1.57	1.72
Older adults 60+ years old	0.61	0.69	0.75	0.84	1.03	1.22	1.34	1.42	1.55

Notes: “All individuals” includes respondents with missing SNAP participation or income. The estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.6. Carbohydrate (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	253	(1.1)	6,093	260	(2.4)	4,551	253	(2.7)	12,244	251 ***	(1.4)
Men and boys	12,123	286	(1.8)	2,890	297	(4.0)	2,291	288	(4.3)	6,235	283 **	(2.2)
Women and girls	12,158	221	(1.3)	3,203	225	(2.6)	2,260	220	(3.3)	6,009	219	(1.6)
<b>Children 1–18 years old</b>	9,260	244	(1.6)	3,076	241	(2.6)	1,709	238	(3.4)	4,023	248	(2.3)
Boys	4,682	265	(2.6)	1,545	257	(4.1)	865	261	(5.7)	2,044	269 *	(3.6)
Girls	4,578	223	(1.8)	1,531	225	(3.3)	844	214	(3.7)	1,979	226	(2.7)
<b>Adults 19–59 years old</b>	10,269	266	(1.6)	2,215	282	(3.6)	1,994	273	(4.2)	5,473	260 ***	(2.0)
Men	5,094	306	(2.7)	997	330	(6.0)	1,012	315	(6.7)	2,776	298 ***	(3.3)
Women	5,175	227	(1.9)	1,218	235	(4.1)	982	231	(5.2)	2,697	223 **	(2.3)
<b>Older adults 60+ years old</b>	4,752	224	(2.1)	802	219	(5.3)	848	216	(4.4)	2,748	227	(2.5)
Men	2,347	254	(3.3)	348	249	(10.2)	414	242	(7.2)	1,415	257	(3.8)
Women	2,405	201	(2.8)	454	194	(4.9)	434	195	(5.4)	1,333	203	(3.4)
<b>Percent of individuals with usual intake greater than estimated average requirements</b>												
<b>All individuals</b>	24,281	99.2	(0.09)	6,093	98.6	(0.30)	4,551	99.0	(0.21)	12,244	99.3 *	(0.11)
Men and boys	12,123	99.7	(0.06)	2,890	99.0	(0.44)	2,291	99.4	(0.14)	6,235	99.8	(0.06)
Women and girls	12,158	98.7	(0.16)	3,203	98.3	(0.42)	2,260	98.7	(0.39)	6,009	98.8	(0.21)
<b>Children 1–18 years old</b>	9,260	99.7	(0.08)	3,076	99.5	(0.15)	1,709	99.1	(0.24)	4,023	99.8	(0.10)
Boys	4,682	99.7	(0.13)	1,545	99.6	(0.18)	865	98.8 *	(0.28)	2,044	99.9	(0.14)
Girls	4,578	99.7	(0.11)	1,531	99.5	(0.23)	844	99.3	(0.38)	1,979	99.8	(0.14)
<b>Adults 19–59 years old</b>	10,269	99.3	(0.11)	2,215	98.9	(0.30)	1,994	99.3	(0.30)	5,473	99.4	(0.15)
Men	5,094	99.8	(0.07)	997	99.4	(0.32)	1,012	99.7	(0.14)	2,776	99.8	(0.06)
Women	5,175	98.8	(0.21)	1,218	98.3	(0.51)	982	98.8	(0.57)	2,697	98.9	(0.28)
<b>Older adults 60+ years old</b>	4,752	98.3	(0.30)	802	96.8	(1.33)	848	98.3	(0.59)	2,748	98.4	(0.36)
Men	2,347	99.5	(0.16)	348	96.8	(2.33)	414	99.1	(0.57)	1,415	99.6	(0.17)
Women	2,405	97.3	(0.52)	454	96.8	(1.50)	434	97.6	(0.96)	1,333	97.5	(0.63)

See notes at end of table.

**Table E.6a. Carbohydrate (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	167	189	204	229	280	336	369	393	429
Children 1–18 years old	175	192	204	223	261	302	326	343	369
Adults 19–59 years old	169	194	211	239	298	362	401	428	470
Older adults 60+ years old	146	166	180	202	248	299	328	348	380
<b>SNAP participants</b>	165	188	205	232	289	353	391	418	461
Children 1–18 years old	188	202	211	225	254	285	303	316	336
Adults 19–59 years old	166	194	215	248	318	398	446	481	535
Older adults 60+ years old	125	148	163	189	242	301	336	361	400
<b>Income-eligible nonparticipants</b>	163	186	202	228	281	340	376	401	440
Children 1–18 years old	165	184	197	218	257	300	325	342	368
Adults 19–59 years old	171	196	214	243	304	374	417	448	495
Older adults 60+ years old	137	157	171	192	237	286	314	333	365
<b>Higher income nonparticipants</b>	170	191	206	230	278	330 **	361 **	383 **	417 **
Children 1–18 years old	178	195	207	227	265	306 *	330 *	347	374
Adults 19–59 years old	173	196	212	239	292 ***	350 ***	384 ***	409 ***	446 ***
Older adults 60+ years old	149	169	183	206	251	301	330	351	383
<b>Women and girls</b>									
<b>All individuals</b>	131	148	159	178	216	258	283	300	327
Children 1–18 years old	151	165	175	190	220	252	271	284	304
Adults 19–59 years old	129	147	160	181	222	268	295	314	344
Older adults 60+ years old	112	128	139	158	195	238	263	280	308
<b>SNAP participants</b>	129	146	158	178	218	264	291	311	342
Children 1–18 years old	146	162	172	188	222	258	279	294	317
Adults 19–59 years old	128	147	160	182	227	280	311	334	370
Older adults 60+ years old	111	126	137	155	189	228	251	267	293

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	130	146	158	177	215	257	282	299	326
Children 1–18 years old	144	157	167	181	211	242	261	274	294
Adults 19–59 years old	130	149	162	183	227	274	301	319	349
Older adults 60+ years old	112	126	137	154	189	230	254	272	301
<b>Higher income nonparticipants</b>	132	149	160	178	215	256	279	295	321 *
Children 1–18 years old	158	172	181	195	223	253	271	283	301
Adults 19–59 years old	128	146	158	178	218	262 *	287 *	306 *	334 *
Older adults 60+ years old	114	130	141	160	197	240	264	282	309

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.7. Carbohydrate (Percentage of Calorie Intake): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Mean Usual Intake	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	49.3	(0.11)	6,093	50.9	(0.24)	4,551	50.7	(0.25)	12,244	48.6 ***	(0.15)
Men and boys	12,123	48.6	(0.16)	2,890	50.2	(0.38)	2,291	49.9	(0.39)	6,235	47.9 ***	(0.20)
Women and girls	12,158	50.0	(0.16)	3,203	51.5	(0.29)	2,260	51.4	(0.32)	6,009	49.3 ***	(0.23)
<b>Children 1–18 years old</b>	9,260	53.3	(0.16)	3,076	53.3	(0.24)	1,709	53.6	(0.36)	4,023	53.3	(0.24)
Boys	4,682	53.2	(0.22)	1,545	53.6	(0.30)	865	53.8	(0.55)	2,044	53.0	(0.29)
Girls	4,578	53.5	(0.25)	1,531	53.1	(0.37)	844	53.3	(0.45)	1,979	53.7	(0.38)
<b>Adults 19–59 years old</b>	10,269	47.8	(0.17)	2,215	50.1	(0.36)	1,994	49.7	(0.37)	5,473	46.8 ***	(0.23)
Men	5,094	46.9	(0.24)	997	49.2	(0.57)	1,012	48.9	(0.55)	2,776	45.9 ***	(0.30)
Women	5,175	48.8	(0.24)	1,218	51.1	(0.43)	982	50.4	(0.50)	2,697	47.7 ***	(0.35)
<b>Older adults 60+ years old</b>	4,752	48.4	(0.24)	802	49.9	(0.59)	848	49.9	(0.56)	2,748	47.7 ***	(0.28)
Men	2,347	47.2	(0.36)	348	48.9	(1.03)	414	47.2	(1.02)	1,415	46.9	(0.43)
Women	2,405	49.3	(0.33)	454	50.7	(0.68)	434	52.0	(0.59)	1,333	48.5 **	(0.37)
<b>Percent of individuals with usual intake below the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	25.7	(0.64)	6,093	16.0	(1.59)	4,551	18.6	(1.97)	12,244	29.0 ***	(0.86)
Men and boys	12,123	30.1	(0.93)	2,890	19.5	(2.75)	2,291	23.0	(3.63)	6,235	33.4 ***	(1.14)
Women and girls	12,158	21.5	(0.87)	3,203	12.6	(1.63)	2,260	14.3	(1.66)	6,009	24.8 ***	(1.29)
<b>Children 1–18 years old</b>	9,260	3.0	(0.58)	3,076	1.1 u	(0.68)	1,709	5.0 *	(1.36)	4,023	2.9	(0.77)
Boys	4,682	4.3	(0.97)	1,545	1.3 u	(1.06)	865	7.3 *u	(2.30)	2,044	4.3 u	(1.33)
Girls	4,578	1.5 u	(0.62)	1,531	0.9 u	(0.85)	844	2.5 u	(1.41)	1,979	1.4 u	(0.72)
<b>Adults 19–59 years old</b>	10,269	33.9	(0.99)	2,215	20.3	(2.46)	1,994	23.3	(2.17)	5,473	38.7 ***	(1.39)
Men	5,094	39.3	(1.46)	997	24.6	(4.32)	1,012	26.5	(3.39)	2,776	44.4 ***	(1.77)
Women	5,175	28.6	(1.34)	1,218	16.1	(2.38)	982	20.1	(2.71)	2,697	33.0 ***	(2.13)
<b>Older adults 60+ years old</b>	4,752	30.9	(1.43)	802	22.5	(3.91)	848	22.1 u	(8.05)	2,748	34.1 **	(1.61)
Men	2,347	37.9	(1.97)	348	29.7	(6.78)	414	34.9 u	(17.69)	1,415	40.2	(2.27)
Women	2,405	25.1	(2.04)	454	16.7	(4.48)	434	11.8	(2.93)	1,333	29.2 *	(2.26)

Mean Usual Intake	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Percent of individuals with usual intake within the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	73.6	(0.65)	6,093	83.0	(1.69)	4,551	80.4	(2.05)	12,244	70.4 ***	(0.87)
Men and boys	12,123	69.2	(0.95)	2,890	79.5	(2.86)	2,291	75.9	(3.71)	6,235	66.0 ***	(1.16)
Women and girls	12,158	77.8	(0.90)	3,203	86.5	(1.84)	2,260	84.7	(1.85)	6,009	74.7 ***	(1.29)
<b>Children 1–18 years old</b>	9,260	96.5	(0.65)	3,076	98.7	(0.82)	1,709	93.3 **	(1.60)	4,023	96.6	(0.86)
Boys	4,682	94.9	(1.07)	1,545	98.4	(1.35)	865	90.0 **	(2.71)	2,044	94.9	(1.45)
Girls	4,578	98.3	(0.72)	1,531	99.1	(0.90)	844	96.8	(1.61)	1,979	98.3	(0.89)
<b>Adults 19–59 years old</b>	10,269	65.4	(1.01)	2,215	78.5	(2.61)	1,994	75.9	(2.34)	5,473	60.9 ***	(1.38)
Men	5,094	60.2	(1.47)	997	74.3	(4.44)	1,012	72.9	(3.58)	2,776	55.2 ***	(1.78)
Women	5,175	70.5	(1.37)	1,218	82.6	(2.76)	982	78.9	(3.02)	2,697	66.4 ***	(2.11)
<b>Older adults 60+ years old</b>	4,752	68.5	(1.46)	802	76.3	(4.21)	848	77.1	(8.09)	2,748	65.3 *	(1.64)
Men	2,347	61.3	(1.99)	348	68.6	(7.37)	414	64.9	(17.71)	1,415	58.9	(2.31)
Women	2,405	74.2	(2.10)	454	82.5	(4.75)	434	86.9	(3.20)	1,333	70.4 *	(2.31)
<b>Percent of individuals with usual intake above the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	0.7	(0.09)	6,093	1.0	(0.29)	4,551	1.0	(0.31)	12,244	0.5	(0.10)
Men and boys	12,123	0.6	(0.10)	2,890	1.0 u	(0.33)	2,291	1.1 u	(0.43)	6,235	0.6	(0.12)
Women and girls	12,158	0.7	(0.15)	3,203	0.9 u	(0.46)	2,260	1.0 u	(0.44)	6,009	0.5 u	(0.16)
<b>Children 1–18 years old</b>	9,260	0.5	(0.12)	3,076	0.2 u	(0.19)	1,709	1.7 **	(0.51)	4,023	0.6 u	(0.21)
Boys	4,682	0.8	(0.19)	1,545	0.2 u	(0.35)	865	2.7 **u	(0.91)	2,044	0.9 u	(0.28)
Girls	4,578	0.2 u	(0.14)	1,531	0.1 u	(0.11)	844	0.6 u	(0.43)	1,979	0.3 u	(0.31)
<b>Adults 19–59 years old</b>	10,269	0.7	(0.14)	2,215	1.2 u	(0.45)	1,994	0.8 u	(0.47)	5,473	0.5	(0.13)
Men	5,094	0.6	(0.13)	997	1.1 u	(0.48)	1,012	0.6 u	(0.62)	2,776	0.4	(0.11)
Women	5,175	0.9	(0.25)	1,218	1.3 u	(0.77)	982	1.0 u	(0.71)	2,697	0.6 u	(0.23)
<b>Older adults 60+ years old</b>	4,752	0.7	(0.20)	802	1.2 u	(0.61)	848	0.8 u	(0.46)	2,748	0.6 u	(0.23)
Men	2,347	0.7 u	(0.28)	348	1.7 u	(0.99)	414	0.2 u	(0.36)	1,415	0.9 u	(0.37)
Women	2,405	0.6 u	(0.27)	454	0.7 u	(0.75)	434	1.3 u	(0.77)	1,333	0.4 u	(0.30)

See notes at end of table.

**Table E.7a. Carbohydrate (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	37.8	40.2	41.8	44.2	48.6	53.0	55.3	56.9	59.3
Children 1–18 years old	45.6	47.2	48.4	50.1	53.2	56.3	58.0	59.2	60.8
Adults 19–59 years old	35.2	37.8	39.5	42.1	47.0	51.7	54.3	56.1	58.6
Older adults 60+ years old	35.3	37.9	39.7	42.3	47.3	52.2	54.8	56.6	59.3
<b>SNAP participants</b>	40.6	42.7	44.1	46.2	50.2	54.2	56.3	57.8	60.0
Children 1–18 years old	47.5	48.8	49.7	51.1	53.6	56.1	57.4	58.3	59.7
Adults 19–59 years old	38.6	40.9	42.5	44.8	49.2	53.5	55.8	57.4	59.8
Older adults 60+ years old	36.9	39.5	41.2	43.9	48.8	53.8	56.6	58.5	61.3
<b>Income-eligible nonparticipants</b>	40.1	42.3	43.8	45.9	49.9	53.9	56.0	57.4	59.6
Children 1–18 years old	44.3	46.4	47.9	50.0	53.9	57.6	59.7	61.0	63.1
Adults 19–59 years old	38.7	41.0	42.5	44.7	49.0	53.1	55.4	57.0	59.2
Older adults 60+ years old	38.9	40.8	42.0	43.8	47.2	50.7	52.5	53.7	55.5
<b>Higher income nonparticipants</b>	37.1 *	39.5 **	41.1 **	43.5 ***	47.9 ***	52.3 ***	54.6 *	56.3	58.6
Children 1–18 years old	45.5	47.2	48.3	49.9	53.0	56.0	57.6	58.7	60.3
Adults 19–59 years old	34.1	36.8 *	38.5 **	41.2 **	46.0 ***	50.7 **	53.3 *	55.1	57.6
Older adults 60+ years old	34.4	37.2	39.0	41.7	46.9	51.9	54.7	56.6	59.3
<b>Women and girls</b>									
<b>All individuals</b>	40.0	42.2	43.7	45.9	50.0	54.0	56.2	57.7	59.9
Children 1–18 years old	47.2	48.5	49.5	50.9	53.5	56.1	57.5	58.4	59.9
Adults 19–59 years old	37.5	40.0	41.7	44.2	48.8	53.4	55.8	57.5	59.9
Older adults 60+ years old	38.8	41.1	42.7	45.0	49.3	53.6	55.9	57.4	59.7
<b>SNAP participants</b>	42.9	44.8	46.1	48.0	51.5	55.0	56.9	58.2	60.2
Children 1–18 years old	48.8	49.8	50.4	51.3	53.1	54.9	55.8	56.5	57.4
Adults 19–59 years old	41.0	43.3	44.7	46.9	51.1	55.2	57.5	59.0	61.3
Older adults 60+ years old	41.1	43.3	44.8	46.9	50.8	54.6	56.7	58.1	60.3

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	42.0	44.1	45.5	47.6	51.5	55.3	57.3	58.6	60.7
Children 1–18 years old	47.1	48.5	49.4	50.7	53.3	55.9	57.3	58.3	59.7
Adults 19–59 years old	39.6	42.1	43.7	46.1	50.5	54.8	57.1	58.5	60.8
Older adults 60+ years old	42.4	44.5	45.9	48.1	52.0	55.9	58.0	59.4	61.5
<b>Higher income nonparticipants</b>	39.5 ***	41.6 ***	43.1 ***	45.3 ***	49.3 ***	53.3 **	55.4	56.8	59.0
Children 1–18 years old	47.4	48.8	49.7	51.1	53.7	56.3	57.8	58.7	60.2
Adults 19–59 years old	36.7 ***	39.1 ***	40.8 ***	43.2 ***	47.7 ***	52.2 ***	54.5 **	56.1 *	58.6
Older adults 60+ years old	38.0	40.3	41.9	44.2	48.5 *	52.7	55.0	56.6	58.9

Notes: “All individuals” includes respondents with missing SNAP participation or income. The acceptable macronutrient distribution range (AMDR) is the range of intakes for macronutrients, as a percentage of calories, associated with reduced risk of chronic disease while providing recommended intakes of other essential nutrients. The AMDR for carbohydrates is 45–65 percent of calories for individuals 1+ years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.8. Dietary Fiber (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Mean Usual Intake	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	16.6	(0.10)	6,093	14.8	(0.20)	4,551	16.2 ***	(0.22)	12,244	17.1 ***	(0.13)
Men and boys	12,123	18.3	(0.15)	2,890	16.6	(0.35)	2,291	18.1 **	(0.32)	6,235	18.7 ***	(0.20)
Women and girls	12,158	14.9	(0.13)	3,203	13.1	(0.22)	2,260	14.4 ***	(0.30)	6,009	15.6 ***	(0.16)
<b>Children 1–18 years old</b>	9,260	13.8	(0.12)	3,076	13.3	(0.21)	1,709	13.8	(0.25)	4,023	14.1 **	(0.16)
Boys	4,682	14.8	(0.19)	1,545	14.1	(0.34)	865	15.0	(0.40)	2,044	15.0 *	(0.25)
Girls	4,578	12.8	(0.14)	1,531	12.4	(0.24)	844	12.5	(0.30)	1,979	13.1 *	(0.21)
<b>Adults 19–59 years old</b>	10,269	17.6	(0.15)	2,215	15.2	(0.30)	1,994	17.6 ***	(0.34)	5,473	18.2 ***	(0.19)
Men	5,094	19.6	(0.21)	997	17.5	(0.50)	1,012	19.7 **	(0.49)	2,776	20.1 ***	(0.29)
Women	5,175	15.6	(0.20)	1,218	12.9	(0.33)	982	15.5 ***	(0.47)	2,697	16.4 ***	(0.25)
<b>Older adults 60+ years old</b>	4,752	17.1	(0.21)	802	15.6	(0.53)	848	15.3	(0.42)	2,748	17.7 ***	(0.26)
Men	2,347	19.0	(0.38)	348	17.2	(1.03)	414	17.4	(0.63)	1,415	19.6 *	(0.45)
Women	2,405	15.5	(0.24)	454	14.2	(0.49)	434	13.7	(0.56)	1,333	16.1 **	(0.31)
<b>Mean usual intake as a percent of adequate intake</b>												
<b>All individuals</b>	24,281	59.6	(0.35)	6,093	53.0	(0.69)	4,551	57.9 ***	(0.78)	12,244	61.6 ***	(0.45)
Men and boys	12,123	55.1	(0.43)	2,890	50.1	(1.03)	2,291	54.3 **	(0.92)	6,235	56.4 ***	(0.58)
Women and girls	12,158	63.9	(0.54)	3,203	55.8	(0.92)	2,260	61.4 ***	(1.25)	6,009	66.6 ***	(0.70)
<b>Children 1–18 years old</b>	9,260	51.7	(0.42)	3,076	49.8	(0.72)	1,709	51.2	(0.86)	4,023	52.7 **	(0.62)
Boys	4,682	51.3	(0.63)	1,545	49.2	(1.07)	865	51.3	(1.24)	2,044	52.0 *	(0.86)
Girls	4,578	52.2	(0.56)	1,531	50.4	(0.95)	844	51.1	(1.19)	1,979	53.5 *	(0.88)
<b>Adults 19–59 years old</b>	10,269	59.8	(0.52)	2,215	51.1	(0.97)	1,994	59.5 ***	(1.19)	5,473	62.1 ***	(0.67)
Men	5,094	54.4	(0.60)	997	48.4	(1.40)	1,012	54.5 **	(1.37)	2,776	55.8 ***	(0.82)
Women	5,175	65.2	(0.84)	1,218	53.8	(1.35)	982	64.4 ***	(1.94)	2,697	68.4 ***	(1.06)
<b>Older adults 60+ years old</b>	4,752	69.3	(0.84)	802	63.1	(2.01)	848	61.8	(1.75)	2,748	71.6 ***	(1.05)
Men	2,347	63.4	(1.25)	348	57.4	(3.44)	414	57.8	(2.11)	1,415	65.2 *	(1.51)
Women	2,405	73.9	(1.13)	454	67.7	(2.33)	434	65.1	(2.66)	1,333	76.7 **	(1.46)

See notes at end of table.

**Table E.8a. Dietary Fiber (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	8.8	10.4	11.5	13.4	17.5	22.2	25.1	27.2	30.6
Children 1–18 years old	8.5	9.6	10.4	11.7	14.4	17.4	19.3	20.5	22.6
Adults 19–59 years old	8.9	10.7	12.0	14.1	18.7	24.0	27.3	29.7	33.5
Older adults 60+ years old	8.8	10.4	11.7	13.6	18.0	23.3	26.6	28.9	32.7
<b>SNAP participants</b>	7.4	8.8	9.9	11.7	15.7	20.4	23.3	25.5	29.0
Children 1–18 years old	8.1	9.2	9.9	11.1	13.7	16.6	18.4	19.6	21.7
Adults 19–59 years old	7.1	8.6	9.8	11.8	16.3	21.8	25.2	27.8	31.9
Older adults 60+ years old	7.4	9.0	10.2	12.1	16.3	21.3	24.4	26.7	30.3
<b>Income-eligible nonparticipants</b>	8.1	9.8	10.9	12.8	17.1 *	22.2 *	25.4	27.7	31.4
Children 1–18 years old	8.8	9.9	10.7	12.0	14.6	17.6	19.3	20.6	22.6
Adults 19–59 years old	8.3	10.1	11.4	13.6 *	18.5 **	24.4	28.1	30.8	35.1
Older adults 60+ years old	6.7	8.3	9.6	11.6	16.1	21.9	25.4	27.9	32.2
<b>Higher income nonparticipants</b>	9.6 ***	11.1 ***	12.2 ***	14.1 ***	18.0 ***	22.4 **	25.2	27.2	30.4
Children 1–18 years old	8.7	9.8	10.6	11.9	14.6	17.6	19.4	20.7	22.7
Adults 19–59 years old	10.0 ***	11.7 ***	12.9 ***	15.0 ***	19.2 ***	24.2 *	27.3	29.5	33.0
Older adults 60+ years old	9.5	11.1	12.3	14.3	18.6	23.7	26.9	29.3	33.0
<b>Women and girls</b>									
<b>All individuals</b>	7.3	8.5	9.5	11.0	14.3	18.2	20.5	22.2	24.8
Children 1–18 years old	7.3	8.3	9.0	10.1	12.4	15.1	16.7	17.8	19.6
Adults 19–59 years old	7.2	8.6	9.6	11.3	14.9	19.2	21.8	23.7	26.7
Older adults 60+ years old	7.5	8.8	9.8	11.5	14.9	18.9	21.3	23.0	25.8
<b>SNAP participants</b>	6.2	7.3	8.2	9.5	12.5	15.9	18.1	19.6	22.1
Children 1–18 years old	7.0	8.0	8.7	9.8	12.1	14.7	16.2	17.3	19.0
Adults 19–59 years old	5.8	7.0	7.8	9.2	12.2	15.9	18.2	19.9	22.6
Older adults 60+ years old	6.2	7.5	8.5	10.2	13.6	17.5	20.0	21.7	24.6

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	6.9	8.1	9.0	10.5 *	13.7 **	17.5 **	19.9 *	21.5	24.2
Children 1–18 years old	7.0	8.0	8.6	9.7	12.1	14.7	16.3	17.5	19.4
Adults 19–59 years old	6.7	8.2	9.2	10.9 *	14.7 ***	19.1 ***	21.9 **	23.8 **	27.0 *
Older adults 60+ years old	7.1	8.2	9.0	10.3	13.1	16.4	18.3	19.7	22.1
<b>Higher income nonparticipants</b>	7.8 ***	9.1 ***	10.1 ***	11.6 ***	14.9 ***	18.8 ***	21.1 ***	22.8 ***	25.5 ***
Children 1–18 years old	7.5	8.5	9.2	10.4	12.7	15.5	17.1	18.3	20.1
Adults 19–59 years old	7.9 ***	9.3 ***	10.4 ***	12.1 ***	15.7 ***	19.9 ***	22.5 ***	24.4 ***	27.4 ***
Older adults 60+ years old	7.9	9.3	10.3	12.0 *	15.4 *	19.5 *	22.0	23.8	26.6

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. Adequate intake is the recommended average daily intake level. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.9. Dietary Fiber (Grams per 1,000 Calories): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	8.3	(0.04)	6,093	7.5	(0.10)	4,551	8.3 ***	(0.10)	12,244	8.5 ***	(0.06)
Men and boys	12,123	7.9	(0.06)	2,890	7.2	(0.14)	2,291	8.0 ***	(0.12)	6,235	8.0 ***	(0.09)
Women and girls	12,158	8.7	(0.06)	3,203	7.8	(0.12)	2,260	8.6 ***	(0.15)	6,009	8.9 ***	(0.08)
<b>Children 1–18 years old</b>	9,260	7.7	(0.05)	3,076	7.4	(0.08)	1,709	7.8 **	(0.12)	4,023	7.8 **	(0.08)
Boys	4,682	7.6	(0.07)	1,545	7.4	(0.11)	865	7.8	(0.16)	2,044	7.6	(0.10)
Girls	4,578	7.8	(0.08)	1,531	7.4	(0.12)	844	7.9 *	(0.17)	1,979	8.0 **	(0.12)
<b>Adults 19–59 years old</b>	10,269	8.2	(0.07)	2,215	7.0	(0.14)	1,994	8.3 ***	(0.14)	5,473	8.5 ***	(0.09)
Men	5,094	7.7	(0.09)	997	6.7	(0.20)	1,012	7.9 ***	(0.18)	2,776	7.9 ***	(0.13)
Women	5,175	8.6	(0.09)	1,218	7.2	(0.19)	982	8.6 ***	(0.21)	2,697	9.0 ***	(0.12)
<b>Older adults 60+ years old</b>	4,752	9.4	(0.10)	802	9.2	(0.28)	848	9.0	(0.27)	2,748	9.5	(0.12)
Men	2,347	9.0	(0.15)	348	8.6	(0.50)	414	8.5	(0.29)	1,415	9.1	(0.17)
Women	2,405	9.8	(0.13)	454	9.6	(0.30)	434	9.5	(0.42)	1,333	9.9	(0.15)
<b>Mean usual intake as a percent of adequate intake</b>												
<b>All individuals</b>	24,281	59.2	(0.31)	6,093	53.5	(0.68)	4,551	59.3 ***	(0.70)	12,244	60.7 ***	(0.42)
Men and boys	12,123	56.4	(0.44)	2,890	51.5	(1.03)	2,291	56.8 ***	(0.86)	6,235	57.4 ***	(0.62)
Women and girls	12,158	61.9	(0.44)	3,203	55.4	(0.89)	2,260	61.7 ***	(1.09)	6,009	63.8 ***	(0.58)
<b>Children 1–18 years old</b>	9,260	54.9	(0.38)	3,076	52.9	(0.58)	1,709	56.0 **	(0.83)	4,023	55.5 **	(0.57)
Boys	4,682	53.9	(0.52)	1,545	52.7	(0.78)	865	55.4	(1.15)	2,044	54.1	(0.75)
Girls	4,578	56.0	(0.56)	1,531	53.1	(0.86)	844	56.6 *	(1.21)	1,979	56.8 **	(0.85)
<b>Adults 19–59 years old</b>	10,269	58.3	(0.47)	2,215	49.8	(0.97)	1,994	59.0 ***	(1.00)	5,473	60.5 ***	(0.65)
Men	5,094	55.1	(0.66)	997	48.0	(1.41)	1,012	56.4 ***	(1.27)	2,776	56.5 ***	(0.95)
Women	5,175	61.5	(0.67)	1,218	51.7	(1.33)	982	61.7 ***	(1.53)	2,697	64.4 ***	(0.89)
<b>Older adults 60+ years old</b>	4,752	67.3	(0.71)	802	65.4	(2.00)	848	64.6	(1.89)	2,748	68.0	(0.83)
Men	2,347	64.3	(1.09)	348	61.7	(3.58)	414	60.6	(2.06)	1,415	65.1	(1.24)
Women	2,405	69.8	(0.93)	454	68.4	(2.17)	434	67.8	(2.99)	1,333	70.4	(1.11)

See notes at end of table.

**Table E.9a. Dietary Fiber (Grams per 1,000 Calories): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	4.3	4.9	5.4	6.1	7.6	9.4	10.4	11.2	12.4
Children 1–18 years old	4.8	5.3	5.7	6.2	7.4	8.7	9.5	10.0	10.8
Adults 19–59 years old	3.9	4.6	5.1	5.8	7.4	9.3	10.4	11.2	12.5
Older adults 60+ years old	4.8	5.5	6.0	6.9	8.7	10.7	12.0	12.9	14.4
<b>SNAP participants</b>	3.9	4.4	4.9	5.5	6.9	8.6	9.6	10.3	11.5
Children 1–18 years old	4.7	5.2	5.6	6.1	7.2	8.5	9.2	9.7	10.5
Adults 19–59 years old	3.3	3.9	4.3	5.0	6.4	8.1	9.2	9.9	11.1
Older adults 60+ years old	4.4	5.1	5.6	6.5	8.3	10.4	11.7	12.6	14.2
<b>Income-eligible nonparticipants</b>	4.4	5.0	5.5 *	6.2 **	7.7 ***	9.4 *	10.5	11.2	12.4
Children 1–18 years old	5.7	6.1	6.4	6.8	7.6	8.6	9.1	9.5	10.2
Adults 19–59 years old	3.8	4.5	5.0 *	5.8 **	7.6 ***	9.6 ***	10.8 **	11.7 *	13.1
Older adults 60+ years old	4.5	5.2	5.7	6.5	8.1	10.2	11.4	12.2	13.6
<b>Higher income nonparticipants</b>	4.5 **	5.1 ***	5.6 ***	6.3 ***	7.8 ***	9.5 **	10.5 *	11.3	12.5
Children 1–18 years old	4.7	5.3	5.6	6.2	7.4	8.8	9.5	10.1	10.9
Adults 19–59 years old	4.3 **	4.9 ***	5.4 ***	6.1 ***	7.6 ***	9.4 ***	10.5 *	11.3	12.5
Older adults 60+ years old	5.0	5.7	6.2	7.0	8.8	10.8	12.1	13.0	14.5
<b>Women and girls</b>									
<b>All individuals</b>	4.9	5.5	6.0	6.8	8.4	10.2	11.4	12.2	13.4
Children 1–18 years old	5.1	5.6	6.0	6.5	7.7	9.0	9.7	10.3	11.1
Adults 19–59 years old	4.5	5.2	5.7	6.5	8.3	10.3	11.6	12.5	13.9
Older adults 60+ years old	5.6	6.3	6.9	7.7	9.5	11.5	12.7	13.6	14.9
<b>SNAP participants</b>	4.2	4.8	5.3	6.0	7.5	9.2	10.3	11.1	12.3
Children 1–18 years old	5.1	5.6	5.9	6.4	7.3	8.4	9.0	9.5	10.1
Adults 19–59 years old	3.6	4.3	4.7	5.4	6.9	8.7	9.8	10.6	11.9
Older adults 60+ years old	4.6	5.5	6.1	7.1	9.1	11.6	13.1	14.2	16.1

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	4.7 *	5.4 **	5.9 **	6.7 ***	8.4 ***	10.3 ***	11.4 **	12.2 *	13.5
Children 1–18 years old	5.1	5.6	6.0	6.5	7.7	9.1	9.9	10.5	11.4
Adults 19–59 years old	4.4 *	5.2 **	5.7 ***	6.5 ***	8.3 ***	10.4 ***	11.6 **	12.5 **	13.9 *
Older adults 60+ years old	5.2	5.9	6.5	7.3	9.2	11.3	12.5	13.4	14.9
<b>Higher income nonparticipants</b>	5.1 ***	5.8 ***	6.3 ***	7.0 ***	8.7 ***	10.5 ***	11.6 ***	12.4 ***	13.7 **
Children 1–18 years old	5.2	5.7	6.1	6.6	7.8 *	9.1 *	9.9 *	10.4 *	11.3
Adults 19–59 years old	4.9 ***	5.5 ***	6.1 ***	6.9 ***	8.7 ***	10.7 ***	12.0 ***	12.9 ***	14.4 ***
Older adults 60+ years old	5.9 *	6.6 *	7.1 *	7.9	9.6	11.5	12.6	13.4	14.7

Notes: “All individuals” includes respondents with missing SNAP participation or income. Adequate intake is the recommended average daily intake level. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.10. Saturated Fat (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>All individuals</b>	24,281	26.4	(0.16)	6,093	25.7	(0.33)	4,551	25.4	(0.37)	12,244	26.8 **	(0.21)
Men and boys	12,123	30.3	(0.28)	2,890	29.3	(0.57)	2,291	29.6	(0.65)	6,235	30.6 *	(0.36)
Women and girls	12,158	22.8	(0.17)	3,203	22.3	(0.33)	2,260	21.4	(0.36)	6,009	23.2 *	(0.23)
<b>Children 1–18 years old</b>	9,260	24.6	(0.21)	3,076	24.0	(0.33)	1,709	23.4	(0.50)	4,023	25.2 *	(0.32)
Boys	4,682	26.7	(0.31)	1,545	25.2	(0.53)	865	25.5	(0.77)	2,044	27.5 **	(0.49)
Girls	4,578	22.3	(0.28)	1,531	22.7	(0.40)	844	21.2 *	(0.62)	1,979	22.7	(0.42)
<b>Adults 19–59 years old</b>	10,269	28.1	(0.25)	2,215	27.6	(0.50)	1,994	27.1	(0.56)	5,473	28.3	(0.33)
Men	5,094	32.6	(0.44)	997	32.2	(0.87)	1,012	32.1	(1.01)	2,776	32.8	(0.58)
Women	5,175	23.6	(0.24)	1,218	23.1	(0.48)	982	22.3	(0.51)	2,697	23.9	(0.34)
<b>Older adults 60+ years old</b>	4,752	24.0	(0.28)	802	22.3	(0.79)	848	22.8	(0.75)	2,748	24.5 **	(0.33)
Men	2,347	27.5	(0.40)	348	25.8	(1.44)	414	27.5	(1.34)	1,415	27.9	(0.46)
Women	2,405	21.1	(0.38)	454	19.5	(0.84)	434	19.1	(0.82)	1,333	21.8 *	(0.48)

See notes at end of table.

**Table E.10a. Saturated Fat (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	16.6	19.0	20.7	23.5	29.3	35.9	39.8	42.6	47.0
Children 1–18 years old	15.5	17.5	18.9	21.2	25.9	31.2	34.5	36.8	40.4
Adults 19–59 years old	17.6	20.3	22.1	25.2	31.7	38.9	43.2	46.2	51.0
Older adults 60+ years old	14.8	17.0	18.6	21.2	26.6	32.8	36.5	39.1	43.3
<b>SNAP participants</b>	15.2	17.6	19.3	22.1	28.1	35.1	39.3	42.4	47.3
Children 1–18 years old	17.3	18.7	19.8	21.4	24.7	28.4	30.6	32.1	34.5
Adults 19–59 years old	15.3	18.1	20.2	23.6	30.8	39.1	44.1	47.8	53.6
Older adults 60+ years old	11.5	13.8	15.4	18.1	24.2	31.5	36.2	39.7	45.3
<b>Income-eligible nonparticipants</b>	14.2	16.9	18.8	21.8	28.4	36.0	40.6	43.9	49.0
Children 1–18 years old	13.7	15.7	17.2	19.6	24.6	30.4	33.9	36.4	40.4
Adults 19–59 years old	15.0	17.9	20.0	23.4	30.7	39.1	44.2	48.0	53.7
Older adults 60+ years old	12.5	15.2	17.0	20.0	26.3	33.8	38.1	41.1	46.2
<b>Higher income nonparticipants</b>	17.8 **	20.1 **	21.7 **	24.3 **	29.8	35.9	39.6	42.2	46.3
Children 1–18 years old	15.9	18.0	19.4	21.8	26.7 *	32.2 **	35.5 **	38.0 **	41.7 *
Adults 19–59 years old	19.1 **	21.6 *	23.3 *	26.2	32.0	38.4	42.3	45.1	49.4
Older adults 60+ years old	15.9 *	18.0 **	19.6 **	22.0 *	27.1	32.8	36.3	38.8	42.6
<b>Women and girls</b>									
<b>All individuals</b>	12.2	14.0	15.3	17.5	22.0	27.1	30.2	32.4	35.9
Children 1–18 years old	13.3	14.9	16.1	17.9	21.7	26.0	28.5	30.3	33.1
Adults 19–59 years old	12.3	14.3	15.7	18.0	22.7	28.2	31.5	33.8	37.5
Older adults 60+ years old	10.4	12.1	13.5	15.6	20.1	25.5	28.7	31.1	34.8
<b>SNAP participants</b>	11.8	13.6	14.9	17.0	21.4	26.6	29.7	31.9	35.4
Children 1–18 years old	13.5	15.1	16.3	18.2	22.1	26.5	29.1	31.0	33.9
Adults 19–59 years old	12.1	14.0	15.3	17.5	22.2	27.6	30.9	33.2	37.0
Older adults 60+ years old	9.1	10.8	12.1	14.2	18.5	23.7	26.9	29.2	33.1

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	10.9	12.7	13.9	16.0	20.5	25.7	28.8	31.0	34.7
Children 1–18 years old	13.4	14.8	15.7	17.3	20.7	24.4	26.7	28.3	30.9
Adults 19–59 years old	11.0	12.9	14.3	16.6	21.4	26.9	30.2	32.5	36.3
Older adults 60+ years old	7.8	9.5	10.8	13.0	17.8	23.7	27.3	30.0	34.6
<b>Higher income nonparticipants</b>	12.6	14.4	15.7	17.9	22.4	27.5	30.6	32.8	36.3
Children 1–18 years old	13.5	15.2	16.4	18.2	22.1	26.4	28.9	30.8	33.6
Adults 19–59 years old	12.7	14.6	16.0	18.3	23.1	28.5	31.7	34.1	37.8
Older adults 60+ years old	11.2	13.0	14.3	16.4	20.9	26.1	29.2	31.5	35.1

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.11. Saturated Fat (Percentage of Calorie Intake): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals 2+ years old</b>	23,691	11.2	(0.04)	5,866	10.9	(0.08)	4,460	10.9	(0.09)	12,001	11.3 ***	(0.06)
Men and boys	11,815	11.2	(0.06)	2,779	10.8	(0.11)	2,237	11.0	(0.13)	6,107	11.4 ***	(0.08)
Women and girls	11,876	11.2	(0.06)	3,087	11.0	(0.11)	2,223	10.8	(0.12)	5,894	11.3 *	(0.08)
<b>Children 2–18 years old</b>	8,670	11.6	(0.06)	2,849	11.5	(0.09)	1,618	11.4	(0.15)	3,780	11.8 *	(0.10)
Boys	4,374	11.7	(0.09)	1,434	11.4	(0.12)	811	11.3	(0.22)	1,916	11.9 **	(0.13)
Girls	4,296	11.6	(0.09)	1,415	11.6	(0.14)	807	11.5	(0.20)	1,864	11.7	(0.14)
<b>Adults 19–59 years old</b>	10,269	11.0	(0.06)	2,215	10.7	(0.11)	1,994	10.7	(0.12)	5,473	11.1 **	(0.08)
Men	5,094	11.0	(0.10)	997	10.5	(0.17)	1,012	10.8	(0.18)	2,776	11.1 **	(0.12)
Women	5,175	11.0	(0.08)	1,218	10.9	(0.15)	982	10.5	(0.16)	2,697	11.1	(0.12)
<b>Older adults 60+ years old</b>	4,752	11.3	(0.09)	802	10.8	(0.19)	848	11.2	(0.24)	2,748	11.4 *	(0.11)
Men	2,347	11.3	(0.12)	348	10.9	(0.28)	414	11.5	(0.37)	1,415	11.3	(0.13)
Women	2,405	11.2	(0.13)	454	10.8	(0.26)	434	10.9	(0.31)	1,333	11.4 *	(0.16)
<b>Percent of individuals meeting dietary guidelines recommendation</b>												
<b>All individuals 2+ years old</b>	23,691	27.0	(0.94)	5,866	31.3	(1.68)	4,460	32.1	(1.98)	12,001	23.4 ***	(1.41)
Men and boys	11,815	25.9	(1.46)	2,779	33.5	(2.33)	2,237	30.8	(3.10)	6,107	20.9 ***	(2.17)
Women and girls	11,876	28.0	(1.18)	3,087	29.3	(2.42)	2,223	33.3	(2.49)	5,894	25.8	(1.80)
<b>Children 2–18 years old</b>	8,670	17.5	(1.49)	2,849	14.4	(2.49)	1,618	20.4	(3.53)	3,780	16.1	(2.28)
Boys	4,374	17.3	(1.93)	1,434	13.7	(3.95)	811	24.8	(5.83)	1,916	15.1	(2.87)
Girls	4,296	17.8	(2.28)	1,415	15.2	(2.96)	807	15.9	(3.87)	1,864	17.1	(3.58)
<b>Adults 19–59 years old</b>	10,269	30.3	(1.41)	2,215	36.5	(2.52)	1,994	37.2	(2.85)	5,473	25.4 ***	(2.17)
Men	5,094	29.0	(2.31)	997	40.9	(3.39)	1,012	34.5	(4.45)	2,776	21.8 ***	(3.46)
Women	5,175	31.6	(1.61)	1,218	32.2	(3.72)	982	39.9	(3.57)	2,697	28.9	(2.64)
<b>Older adults 60+ years old</b>	4,752	29.1	(1.77)	802	37.8	(3.43)	848	31.7	(4.04)	2,748	27.1 **	(2.04)
Men	2,347	28.3	(2.19)	348	37.9	(4.63)	414	27.4	(5.50)	1,415	26.7 *	(2.79)
Women	2,405	29.8	(2.66)	454	37.7	(4.94)	434	35.2	(5.79)	1,333	27.4	(2.91)

See notes at end of table.

**Table E.11a. Saturated Fat (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All persons 2+ years old</b>	8.3	8.9	9.3	10.0	11.2	12.4	13.1	13.6	14.3
Children 2–18 years old	8.9	9.4	9.8	10.4	11.6	12.8	13.5	14.0	14.7
Adults 19–59 years old	8.2	8.8	9.2	9.8	11.0	12.2	12.8	13.3	13.9
Older adults 60+ years old	7.9	8.6	9.1	9.8	11.2	12.7	13.5	14.1	15.0
<b>SNAP participants</b>	7.7	8.3	8.8	9.4	10.8	12.1	12.9	13.4	14.2
Children 2–18 years old	9.3	9.8	10.1	10.5	11.4	12.3	12.8	13.1	13.6
Adults 19–59 years old	7.1	7.8	8.3	9.1	10.5	11.9	12.7	13.3	14.1
Older adults 60+ years old	6.9	7.7	8.3	9.1	10.8	12.5	13.5	14.2	15.3
<b>Income-eligible nonparticipants</b>	7.9	8.6	9.0	9.7	11.0	12.3	13.1	13.6	14.3
Children 2–18 years old	8.3	8.9	9.4	10.0	11.3	12.6	13.3	13.8	14.5
Adults 19–59 years old	7.8	8.4	8.9	9.5	10.8	12.0	12.7	13.2	13.8
Older adults 60+ years old	7.7	8.5	9.1	9.9	11.4	13.1	14.1	14.7	15.7
<b>Higher income nonparticipants</b>	8.7 **	9.2 **	9.6 ***	10.2 ***	11.3 ***	12.5	13.1	13.5	14.2
Children 2–18 years old	9.0	9.6	10.0	10.6	11.8	13.1 **	13.8 *	14.3 *	15.0 *
Adults 19–59 years old	8.7 **	9.2 **	9.6 ***	10.1 ***	11.1 *	12.1	12.7	13.1	13.6
Older adults 60+ years old	8.1	8.8	9.2	9.9	11.2	12.6	13.4	13.9	14.7
<b>Women and boys</b>									
<b>All persons 2+ years old</b>	8.1	8.7	9.2	9.8	11.1	12.5	13.2	13.7	14.5
Children 2–18 years old	8.8	9.4	9.8	10.4	11.6	12.8	13.4	13.9	14.6
Adults 19–59 years old	7.9	8.5	9.0	9.6	10.9	12.2	13.0	13.5	14.3
Older adults 60+ years old	7.7	8.4	8.9	9.7	11.1	12.7	13.6	14.2	15.1
<b>SNAP participants</b>	8.1	8.7	9.1	9.8	11.0	12.2	12.9	13.4	14.1
Children 2–18 years old	9.0	9.6	10.0	10.5	11.6	12.7	13.3	13.7	14.3
Adults 19–59 years old	8.0	8.6	9.0	9.6	10.8	12.0	12.7	13.2	13.9
Older adults 60+ years old	7.4	8.1	8.6	9.3	10.7	12.1	13.0	13.6	14.5

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	7.9	8.5	8.9	9.5	10.8	12.1	12.8	13.2	14.0
Children 2–18 years old	9.2	9.7	10.0	10.5	11.4	12.4	12.9	13.3	13.8
Adults 19–59 years old	7.5	8.1	8.6	9.2	10.5	11.8	12.5	13.0	13.7
Older adults 60+ years old	7.2	8.0	8.5	9.3	10.8	12.4	13.3	13.9	14.9
<b>Higher income nonparticipants</b>	8.2	8.8	9.3	10.0	11.2	12.6	13.4	13.9	14.7
Children 2–18 years old	8.8	9.4	9.8	10.5	11.7	12.9	13.6	14.1	14.8
Adults 19–59 years old	8.1	8.7	9.1	9.8	11.0	12.4	13.1	13.6	14.4
Older adults 60+ years old	7.9	8.6	9.1	9.8	11.3	12.9	13.8	14.4	15.3

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.12. Linoleic Acid (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	16.4	(0.10)	6,093	15.8	(0.25)	4,551	15.7	(0.22)	12,244	16.7 **	(0.14)
Men and boys	12,123	18.4	(0.16)	2,890	18.0	(0.47)	2,291	17.8	(0.39)	6,235	18.6	(0.23)
Women and girls	12,158	14.5	(0.12)	3,203	13.7	(0.21)	2,260	13.6	(0.22)	6,009	14.8 ***	(0.15)
<b>Children 1–18 years old</b>	9,260	13.7	(0.13)	3,076	13.8	(0.23)	1,709	13.5	(0.28)	4,023	13.7	(0.18)
Boys	4,682	14.6	(0.18)	1,545	14.3	(0.34)	865	14.3	(0.40)	2,044	14.7	(0.27)
Girls	4,578	12.8	(0.18)	1,531	13.2	(0.32)	844	12.6	(0.39)	1,979	12.7	(0.25)
<b>Adults 19–59 years old</b>	10,269	17.9	(0.15)	2,215	17.2	(0.40)	1,994	17.2	(0.32)	5,473	18.2 *	(0.21)
Men	5,094	20.4	(0.24)	997	19.9	(0.74)	1,012	19.7	(0.55)	2,776	20.6	(0.36)
Women	5,175	15.5	(0.16)	1,218	14.6	(0.30)	982	14.8	(0.32)	2,697	15.8 **	(0.21)
<b>Older adults 60+ years old</b>	4,752	15.5	(0.22)	802	14.2	(0.53)	848	13.8	(0.60)	2,748	16.1 ***	(0.27)
Men	2,347	17.5	(0.36)	348	17.1	(1.02)	414	16.5	(1.22)	1,415	17.9	(0.42)
Women	2,405	13.9	(0.27)	454	11.8	(0.48)	434	11.6	(0.43)	1,333	14.7 ***	(0.36)
<b>Mean usual intake as a percent of adequate intake</b>												
<b>All individuals</b>	24,281	127.8	(0.73)	6,093	122.7	(1.70)	4,551	121.3	(1.60)	12,244	129.9 ***	(1.00)
Men and boys	12,123	125.1	(1.04)	2,890	122.7	(2.89)	2,291	120.4	(2.57)	6,235	126.7	(1.49)
Women and girls	12,158	130.4	(1.02)	3,203	122.8	(1.81)	2,260	122.2	(1.94)	6,009	132.9 ***	(1.34)
<b>Children 1–18 years old</b>	9,260	127.9	(1.15)	3,076	129.4	(2.07)	1,709	125.2	(2.47)	4,023	127.7	(1.66)
Boys	4,682	125.3	(1.44)	1,545	125.4	(2.74)	865	121.6	(3.07)	2,044	126.1	(2.23)
Girls	4,578	130.5	(1.81)	1,531	133.7	(3.12)	844	129.0	(3.91)	1,979	129.4	(2.46)
<b>Adults 19–59 years old</b>	10,269	128.4	(1.02)	2,215	122.7	(2.52)	1,994	123.0	(2.15)	5,473	130.4 **	(1.43)
Men	5,094	125.0	(1.51)	997	121.6	(4.39)	1,012	120.6	(3.38)	2,776	126.6	(2.21)
Women	5,175	131.7	(1.39)	1,218	123.8	(2.50)	982	125.5	(2.68)	2,697	134.0 ***	(1.81)
<b>Older adults 60+ years old</b>	4,752	125.8	(1.80)	802	114.0	(4.04)	848	111.0	(4.46)	2,748	131.1 ***	(2.25)
Men	2,347	124.9	(2.59)	348	122.2	(7.26)	414	117.9	(8.73)	1,415	127.9	(3.01)
Women	2,405	126.5	(2.50)	454	107.4	(4.36)	434	105.5	(3.93)	1,333	133.8 ***	(3.26)

See notes at end of table.

**Table E.12a. Linoleic Acid (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	10.2	11.6	12.6	14.3	17.8	21.8	24.3	26.0	28.7
Children 1–18 years old	8.4	9.4	10.2	11.5	14.1	17.2	19.0	20.3	22.4
Adults 19–59 years old	11.3	12.9	14.0	15.8	19.7	24.2	26.8	28.7	31.7
Older adults 60+ years old	9.2	10.6	11.6	13.3	16.8	20.9	23.5	25.3	28.1
<b>SNAP participants</b>	9.8	11.2	12.2	13.9	17.4	21.4	23.9	25.7	28.6
Children 1–18 years old	8.7	9.7	10.4	11.6	14.0	16.7	18.3	19.5	21.4
Adults 19–59 years old	10.8	12.3	13.5	15.3	19.2	23.7	26.4	28.4	31.5
Older adults 60+ years old	8.2	9.6	10.6	12.3	16.2	20.8	23.7	25.9	29.5
<b>Income-eligible nonparticipants</b>	9.1	10.6	11.6	13.4	17.1	21.4	24.0	25.9	29.0
Children 1–18 years old	7.8	8.9	9.8	11.1	13.8	17.0	18.9	20.2	22.4
Adults 19–59 years old	10.1	11.8	12.9	14.8	18.9	23.7	26.6	28.8	32.0
Older adults 60+ years old	7.5	9.0	10.1	11.8	15.6	20.3	23.1	25.1	28.6
<b>Higher income nonparticipants</b>	10.7	12.1	13.1	14.7	18.1	21.9	24.3	26.0	28.6
Children 1–18 years old	8.6	9.6	10.4	11.7	14.3	17.2	19.0	20.3	22.4
Adults 19–59 years old	11.9	13.4	14.5	16.3	20.0	24.2	26.7	28.6	31.5
Older adults 60+ years old	9.7	11.1	12.1	13.8	17.3	21.3	23.7	25.5	28.3
<b>Women and girls</b>									
<b>All individuals</b>	7.9	9.0	9.9	11.2	14.0	17.3	19.3	20.7	23.0
Children 1–18 years old	7.8	8.7	9.3	10.4	12.5	14.9	16.3	17.4	19.0
Adults 19–59 years old	8.3	9.5	10.4	11.9	14.9	18.5	20.7	22.2	24.7
Older adults 60+ years old	7.1	8.2	9.0	10.4	13.3	16.7	18.9	20.4	22.9
<b>SNAP participants</b>	7.1	8.2	9.0	10.3	13.1	16.4	18.4	19.9	22.2
Children 1–18 years old	8.0	8.9	9.6	10.6	12.8	15.3	16.8	17.9	19.6
Adults 19–59 years old	7.3	8.6	9.4	10.8	13.9	17.6	19.8	21.5	24.1
Older adults 60+ years old	5.5	6.5	7.3	8.6	11.2	14.4	16.4	17.8	20.2

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	6.9	8.0	8.8	10.1	13.0	16.4	18.5	20.1	22.6
Children 1–18 years old	7.8	8.6	9.2	10.2	12.2	14.6	16.1	17.2	19.0
Adults 19–59 years old	7.2	8.5	9.4	10.9	14.1	17.9	20.3	21.9	24.6
Older adults 60+ years old	5.0	5.9	6.7	7.9	10.8	14.3	16.6	18.3	21.2
<b>Higher income nonparticipants</b>	8.5 *	9.6 *	10.4 **	11.7 ***	14.4 ***	17.4 *	19.3	20.6	22.8
Children 1–18 years old	8.1	8.9	9.5	10.5	12.4	14.6	15.9	16.9	18.3
Adults 19–59 years old	8.8	10.0	10.9	12.3 *	15.2 **	18.6	20.7	22.2	24.5
Older adults 60+ years old	8.2 **	9.3 **	10.1 ***	11.4 ***	14.2 ***	17.4 ***	19.4 *	20.8	23.1

Notes: “All individuals” includes respondents with missing SNAP participation or income. Adequate intake is the recommended average daily intake level. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.13. Linoleic Acid (Percentage of Calorie Intake): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	7.0	(0.03)	6,093	6.8	(0.07)	4,551	6.8	(0.06)	12,244	7.1 ***	(0.04)
Men and boys	12,123	6.8	(0.04)	2,890	6.7	(0.12)	2,291	6.6	(0.10)	6,235	6.9	(0.06)
Women and girls	12,158	7.2	(0.05)	3,203	6.8	(0.08)	2,260	6.9	(0.08)	6,009	7.3 ***	(0.06)
<b>Children 1–18 years old</b>	9,260	6.5	(0.04)	3,076	6.6	(0.08)	1,709	6.6	(0.10)	4,023	6.5	(0.06)
Boys	4,682	6.4	(0.05)	1,545	6.5	(0.10)	865	6.4	(0.13)	2,044	6.4	(0.08)
Girls	4,578	6.7	(0.07)	1,531	6.8	(0.12)	844	6.8	(0.15)	1,979	6.6	(0.10)
<b>Adults 19–59 years old</b>	10,269	7.1	(0.04)	2,215	6.8	(0.11)	1,994	6.8	(0.08)	5,473	7.2 ***	(0.06)
Men	5,094	6.9	(0.06)	997	6.7	(0.19)	1,012	6.7	(0.11)	2,776	7.0	(0.09)
Women	5,175	7.3	(0.06)	1,218	6.9	(0.12)	982	7.0	(0.11)	2,697	7.4 ***	(0.08)
<b>Older adults 60+ years old</b>	4,752	7.3	(0.07)	802	6.9	(0.15)	848	6.7	(0.19)	2,748	7.5 **	(0.09)
Men	2,347	7.2	(0.11)	348	7.4	(0.27)	414	6.9	(0.36)	1,415	7.2	(0.13)
Women	2,405	7.4	(0.10)	454	6.5	(0.17)	434	6.6	(0.19)	1,333	7.6 ***	(0.13)
<b>Percent of individuals with usual intake below the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	6.0	(0.55)	6,093	7.2	(1.61)	4,551	9.8	(1.55)	12,244	5.4	(0.65)
Men and boys	12,123	6.7	(0.85)	2,890	6.5 u	(2.62)	2,291	8.5	(2.35)	6,235	6.6	(1.01)
Women and girls	12,158	5.3	(0.71)	3,203	7.9	(1.90)	2,260	11.0	(2.05)	6,009	4.2	(0.83)
<b>Children 1–18 years old</b>	9,260	9.3	(1.06)	3,076	7.5	(1.46)	1,709	9.4	(2.15)	4,023	10.6	(1.54)
Boys	4,682	10.5	(1.42)	1,545	8.7	(2.45)	865	9.8 u	(3.72)	2,044	11.3	(1.95)
Girls	4,578	8.0	(1.59)	1,531	6.4	(1.52)	844	8.9	(2.06)	1,979	9.9	(2.41)
<b>Adults 19–59 years old</b>	10,269	4.9	(0.78)	2,215	6.9 u	(2.60)	1,994	8.6	(2.12)	5,473	3.6	(0.88)
Men	5,094	5.3	(1.27)	997	5.5 u	(4.37)	1,012	6.8 u	(3.34)	2,776	4.9	(1.45)
Women	5,175	4.6	(0.93)	1,218	8.3 u	(2.84)	982	10.4	(2.62)	2,697	2.4 u	(1.01)
<b>Older adults 60+ years old</b>	4,752	4.8	(1.02)	802	7.7 u	(2.86)	848	13.8 u	(4.42)	2,748	3.7	(0.93)
Men	2,347	5.9	(1.43)	348	7.0 u	(2.51)	414	12.0 u	(5.60)	1,415	5.2 u	(1.61)
Women	2,405	4.0 u	(1.45)	454	8.2 u	(4.75)	434	15.2 u	(6.58)	1,333	2.5 u	(1.06)

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Percent of individuals with usual intake within the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	91.4	(0.83)	6,093	90.9	(1.85)	4,551	87.6	(1.85)	12,244	91.7	(1.04)
Men and boys	12,123	91.7	(1.14)	2,890	91.5	(2.94)	2,291	90.2	(2.55)	6,235	91.5	(1.40)
Women and girls	12,158	91.1	(1.19)	3,203	90.4	(2.26)	2,260	85.1	(2.69)	6,009	91.9	(1.53)
<b>Children 1–18 years old</b>	9,260	89.7	(1.35)	3,076	92.1	(1.66)	1,709	88.2	(2.50)	4,023	88.3	(1.83)
Boys	4,682	88.9	(1.53)	1,545	90.8	(2.84)	865	88.8	(4.06)	2,044	88.2	(2.05)
Girls	4,578	90.4	(2.25)	1,531	93.5	(1.64)	844	87.6	(2.87)	1,979	88.3	(3.08)
<b>Adults 19–59 years old</b>	10,269	92.2	(1.21)	2,215	91.4	(2.94)	1,994	88.9	(2.63)	5,473	93.2	(1.53)
Men	5,094	93.3	(1.76)	997	93.8	(4.76)	1,012	92.8	(3.78)	2,776	93.0	(2.12)
Women	5,175	91.2	(1.66)	1,218	88.9	(3.46)	982	85.0	(3.67)	2,697	93.4	(2.20)
<b>Older adults 60+ years old</b>	4,752	91.0	(1.71)	802	88.0	(3.65)	848	82.9	(4.85)	2,748	91.6	(1.86)
Men	2,347	90.4	(2.10)	348	84.4	(4.70)	414	83.4	(4.92)	1,415	91.1	(2.59)
Women	2,405	91.5	(2.59)	454	91.0	(5.40)	434	82.5	(7.81)	1,333	92.0	(2.63)
<b>Percent of individuals with usual intake above the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	2.6	(0.38)	6,093	1.8	(0.52)	4,551	2.6	(0.57)	12,244	3.0	(0.54)
Men and boys	12,123	1.6	(0.41)	2,890	2.0 <b>u</b>	(0.80)	2,291	1.4 <b>u</b>	(0.60)	6,235	2.0 <b>u</b>	(0.60)
Women and girls	12,158	3.7	(0.63)	3,203	1.7 <b>u</b>	(0.66)	2,260	3.8	(0.95)	6,009	3.9 <b>*</b>	(0.90)
<b>Children 1–18 years old</b>	9,260	1.0 <b>u</b>	(0.46)	3,076	0.3 <b>u</b>	(0.34)	1,709	2.4 <b>*u</b>	(0.86)	4,023	1.1 <b>u</b>	(0.50)
Boys	4,682	0.5 <b>u</b>	(0.25)	1,545	0.5 <b>u</b>	(0.57)	865	1.4 <b>u</b>	(0.78)	2,044	0.5 <b>u</b>	(0.30)
Girls	4,578	1.6 <b>u</b>	(0.90)	1,531	0.1 <b>u</b>	(0.35)	844	3.5 <b>*u</b>	(1.55)	1,979	1.9 <b>u</b>	(0.98)
<b>Adults 19–59 years old</b>	10,269	2.8	(0.56)	2,215	1.7 <b>u</b>	(0.71)	1,994	2.5 <b>u</b>	(0.79)	5,473	3.2	(0.84)
Men	5,094	1.4 <b>u</b>	(0.63)	997	0.7 <b>u</b>	(0.87)	1,012	0.4 <b>u</b>	(0.59)	2,776	2.1 <b>u</b>	(0.95)
Women	5,175	4.2	(0.92)	1,218	2.7 <b>u</b>	(1.12)	982	4.5 <b>u</b>	(1.46)	2,697	4.2 <b>u</b>	(1.39)
<b>Older adults 60+ years old</b>	4,752	4.1	(0.93)	802	4.3 <b>u</b>	(1.69)	848	3.3 <b>u</b>	(1.47)	2,748	4.7	(1.22)
Men	2,347	3.6	(1.05)	348	8.6 <b>u</b>	(3.60)	414	4.7 <b>u</b>	(2.67)	1,415	3.7 <b>u</b>	(1.36)
Women	2,405	4.5 <b>u</b>	(1.44)	454	0.8 <b>u</b>	(0.96)	434	2.3 <b>u</b>	(1.55)	1,333	5.5 <b>*u</b>	(1.91)

See notes at end of table.

**Table E.13a. Linoleic Acid (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	4.9	5.3	5.5	5.9	6.8	7.6	8.1	8.5	9.0
Children 1–18 years old	4.7	5.0	5.2	5.6	6.3	7.1	7.5	7.8	8.3
Adults 19–59 years old	5.0	5.4	5.6	6.0	6.8	7.7	8.2	8.6	9.1
Older adults 60+ years old	4.9	5.3	5.6	6.1	7.1	8.1	8.7	9.1	9.7
<b>SNAP participants</b>	5.0	5.3	5.6	5.9	6.7	7.5	7.9	8.3	8.8
Children 1–18 years old	4.8	5.1	5.3	5.7	6.4	7.2	7.7	8.0	8.5
Adults 19–59 years old	5.2	5.4	5.7	6.0	6.6	7.3	7.7	7.9	8.4
Older adults 60+ years old	4.7	5.3	5.6	6.2	7.3	8.5	9.2	9.7	10.5
<b>Income-eligible nonparticipants</b>	4.9	5.2	5.5	5.8	6.6	7.4	7.8	8.1	8.6
Children 1–18 years old	5.0	5.2	5.4	5.7	6.3	6.9	7.3	7.6	8.0
Adults 19–59 years old	5.0	5.3	5.5	5.9	6.6	7.4	7.8	8.1	8.6
Older adults 60+ years old	4.4	4.9	5.2	5.7	6.8	8.0	8.6	9.1	9.9
<b>Higher income nonparticipants</b>	4.9	5.3	5.6	6.0	6.8	7.7	8.2	8.6	9.1
Children 1–18 years old	4.6	5.0	5.2	5.6	6.3	7.1	7.5	7.8	8.3
Adults 19–59 years old	5.0	5.4	5.7	6.1	6.9	7.8	8.4	8.7	9.3
Older adults 60+ years old	5.0	5.4	5.7	6.2	7.1	8.1	8.7	9.1	9.8
<b>Women and girls</b>									
<b>All individuals</b>	5.0	5.5	5.7	6.2	7.1	8.0	8.6	9.0	9.6
Children 1–18 years old	4.9	5.3	5.5	5.9	6.6	7.4	7.9	8.2	8.7
Adults 19–59 years old	5.1	5.5	5.8	6.3	7.2	8.2	8.8	9.2	9.9
Older adults 60+ years old	5.2	5.6	5.9	6.3	7.3	8.3	8.9	9.3	9.9
<b>SNAP participants</b>	4.9	5.3	5.5	5.9	6.7	7.6	8.0	8.4	8.9
Children 1–18 years old	5.4	5.7	5.9	6.2	6.7	7.3	7.6	7.8	8.2
Adults 19–59 years old	4.7	5.1	5.4	5.9	6.8	7.8	8.4	8.8	9.4
Older adults 60+ years old	4.7	5.1	5.3	5.7	6.5	7.3	7.7	8.0	8.5

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	4.6	5.0	5.3	5.8	6.8	7.9	8.5	8.9	9.6
Children 1–18 years old	4.8	5.2	5.5	5.9	6.7	7.7	8.2	8.6	9.2
Adults 19–59 years old	4.6	5.0	5.4	5.9	6.9	8.0	8.7	9.1	9.9
Older adults 60+ years old	4.3	4.7	5.0	5.5	6.5	7.5	8.1	8.6	9.3
<b>Higher income nonparticipants</b>	5.3	5.6	5.9	6.4 *	7.2 ***	8.1 ***	8.7 *	9.0 *	9.6
Children 1–18 years old	4.8	5.1	5.4	5.8	6.5	7.4	7.8	8.2	8.7
Adults 19–59 years old	5.4	5.8	6.0	6.5 *	7.4 ***	8.3	8.8	9.2	9.8
Older adults 60+ years old	5.5	5.9	6.2	6.7 *	7.6 ***	8.5 **	9.1 *	9.5	10.1

Notes: “All individuals” includes respondents with missing SNAP participation or income. The acceptable macronutrient distribution range (AMDR) is the range of intakes for macronutrients, as a percentage of calories, associated with reduced risk of chronic disease while providing recommended intakes of other essential nutrients. The AMDR for linoleic acid is 5–10 percent of calories for individuals 1+ years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Estimates are weighted to account for differential probabilities of selection, non-response to survey instruments, and differences between the final sample and the U.S. civilian non-institutionalized population. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.14. Linolenic Acid (Grams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	1.7	(0.01)	6,093	1.6	(0.03)	4,551	1.6	(0.03)	12,244	1.7 ***	(0.02)
Men and boys	12,123	1.9	(0.02)	2,890	1.8	(0.05)	2,291	1.8	(0.05)	6,235	1.9	(0.03)
Women and girls	12,158	1.5	(0.02)	3,203	1.4	(0.02)	2,260	1.4	(0.03)	6,009	1.6 ***	(0.02)
<b>Children 1–18 years old</b>	9,260	1.3	(0.01)	3,076	1.4	(0.02)	1,709	1.3	(0.03)	4,023	1.3	(0.02)
Boys	4,682	1.4	(0.02)	1,545	1.4	(0.03)	865	1.4	(0.05)	2,044	1.4	(0.03)
Girls	4,578	1.3	(0.02)	1,531	1.3	(0.03)	844	1.3	(0.05)	1,979	1.2	(0.03)
<b>Adults 19–59 years old</b>	10,269	1.9	(0.02)	2,215	1.8	(0.04)	1,994	1.8	(0.04)	5,473	1.9 *	(0.03)
Men	5,094	2.1	(0.03)	997	2.0	(0.07)	1,012	2.0	(0.06)	2,776	2.1	(0.04)
Women	5,175	1.6	(0.02)	1,218	1.5	(0.03)	982	1.6	(0.05)	2,697	1.7 ***	(0.03)
<b>Older adults 60+ years old</b>	4,752	1.7	(0.03)	802	1.5	(0.06)	848	1.5	(0.08)	2,748	1.8 ***	(0.04)
Men	2,347	1.9	(0.05)	348	1.8	(0.12)	414	1.8	(0.15)	1,415	1.9	(0.06)
Women	2,405	1.6	(0.04)	454	1.3	(0.06)	434	1.3	(0.06)	1,333	1.7 ***	(0.05)
<b>Mean usual intake as a percent of adequate intake</b>												
<b>All individuals</b>	24,281	135.8	(0.98)	6,093	129.0	(1.76)	4,551	129.2	(2.05)	12,244	138.3 ***	(1.31)
Men and boys	12,123	126.6	(1.16)	2,890	124.5	(2.85)	2,291	123.1	(2.98)	6,235	127.8	(1.69)
Women and girls	12,158	144.6	(1.57)	3,203	133.3	(2.10)	2,260	135.2	(2.82)	6,009	148.4 ***	(2.00)
<b>Children 1–18 years old</b>	9,260	129.9	(1.30)	3,076	131.6	(2.14)	1,709	128.1	(2.97)	4,023	129.3	(1.81)
Boys	4,682	127.0	(1.54)	1,545	126.4	(2.61)	865	122.9	(3.69)	2,044	127.8	(2.35)
Girls	4,578	132.9	(2.12)	1,531	137.1	(3.43)	844	133.5	(4.70)	1,979	130.9	(2.77)
<b>Adults 19–59 years old</b>	10,269	139.6	(1.39)	2,215	132.3	(2.58)	1,994	133.9	(2.88)	5,473	142.0 **	(1.92)
Men	5,094	129.1	(1.63)	997	127.2	(4.32)	1,012	126.8	(4.03)	2,776	129.9	(2.54)
Women	5,175	150.0	(2.25)	1,218	137.4	(2.84)	982	140.9	(4.11)	2,697	154.1 ***	(2.87)
<b>Older adults 60+ years old</b>	4,752	132.1	(2.59)	802	115.2	(4.43)	848	116.6	(5.31)	2,748	138.6 ***	(3.15)
Men	2,347	117.8	(3.22)	348	112.2	(7.25)	414	110.8	(9.49)	1,415	120.8	(3.66)
Women	2,405	143.5	(3.89)	454	117.5	(5.45)	434	121.3	(5.79)	1,333	152.9 ***	(4.86)

See notes at end of table.

**Table E.14a. Linolenic Acid (Grams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	1.0	1.2	1.3	1.5	1.8	2.2	2.5	2.6	2.9
Children 1–18 years old	0.8	0.9	1.0	1.1	1.4	1.7	1.9	2.0	2.2
Adults 19–59 years old	1.2	1.3	1.4	1.6	2.0	2.4	2.7	2.9	3.2
Older adults 60+ years old	0.9	1.1	1.2	1.4	1.8	2.3	2.6	2.8	3.2
<b>SNAP participants</b>	1.0	1.1	1.2	1.4	1.8	2.2	2.5	2.7	3.0
Children 1–18 years old	0.8	0.9	1.0	1.1	1.4	1.6	1.8	1.9	2.1
Adults 19–59 years old	1.1	1.2	1.3	1.5	1.9	2.4	2.7	3.0	3.3
Older adults 60+ years old	0.8	1.0	1.1	1.3	1.7	2.2	2.5	2.8	3.2
<b>Income-eligible nonparticipants</b>	0.9	1.1	1.2	1.4	1.7	2.2	2.5	2.7	3.0
Children 1–18 years old	0.7	0.9	0.9	1.1	1.3	1.7	1.9	2.0	2.2
Adults 19–59 years old	1.0	1.2	1.3	1.5	1.9	2.4	2.8	3.0	3.4
Older adults 60+ years old	0.9	1.0	1.1	1.3	1.7	2.2	2.5	2.7	3.0
<b>Higher income nonparticipants</b>	1.1	1.2	1.3	1.5	1.8	2.2	2.4	2.6	2.9
Children 1–18 years old	0.9	1.0	1.0	1.1	1.4	1.7	1.8	2.0	2.2
Adults 19–59 years old	1.3	1.4	1.5	1.7	2.0	2.4	2.7	2.8	3.1
Older adults 60+ years old	1.0	1.1	1.2	1.4	1.8	2.3	2.6	2.9	3.2
<b>Women and girls</b>									
<b>All individuals</b>	0.8	0.9	1.0	1.2	1.5	1.8	2.1	2.2	2.5
Children 1–18 years old	0.8	0.8	0.9	1.0	1.2	1.5	1.6	1.7	1.9
Adults 19–59 years old	0.9	1.0	1.1	1.2	1.6	2.0	2.2	2.4	2.7
Older adults 60+ years old	0.8	0.9	1.0	1.2	1.5	1.9	2.2	2.3	2.7
<b>SNAP participants</b>	0.8	0.9	1.0	1.1	1.4	1.7	1.9	2.0	2.2
Children 1–18 years old	0.8	0.9	0.9	1.0	1.3	1.5	1.7	1.8	2.0
Adults 19–59 years old	0.8	1.0	1.0	1.2	1.5	1.8	2.0	2.1	2.4
Older adults 60+ years old	0.6	0.7	0.8	0.9	1.2	1.6	1.8	2.0	2.3

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	0.7	0.8	0.9	1.1	1.4	1.7	2.0	2.1	2.4
Children 1–18 years old	0.8	0.9	0.9	1.0	1.2	1.5	1.6	1.7	1.9
Adults 19–59 years old	0.8	0.9	1.0	1.1	1.5	1.9	2.1	2.3	2.6
Older adults 60+ years old	0.6	0.7	0.8	0.9	1.2	1.6	1.9	2.1	2.4
<b>Higher income nonparticipants</b>	0.9	1.0	1.1	1.2 *	1.5 ***	1.9 ***	2.1 **	2.3 *	2.5
Children 1–18 years old	0.8	0.9	0.9	1.0	1.2	1.4	1.6	1.7	1.8
Adults 19–59 years old	0.9	1.0	1.1	1.3	1.6 **	2.0 **	2.3 *	2.5	2.8
Older adults 60+ years old	0.9 **	1.0 **	1.1 **	1.3 ***	1.6 ***	2.0 ***	2.2 *	2.4	2.7

Notes

“All individuals” includes respondents with missing SNAP participation or income. Adequate intake is the recommended average daily intake level. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.15. Linolenic Acid (Percentage of Calorie Intake): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Mean usual intake</b>												
<b>All individuals</b>	24,281	0.7	(0.00)	6,093	0.7	(0.01)	4,551	0.7	(0.01)	12,244	0.7 ***	(0.01)
Men and boys	12,123	0.7	(0.01)	2,890	0.7	(0.01)	2,291	0.7	(0.01)	6,235	0.7	(0.01)
Women and girls	12,158	0.8	(0.01)	3,203	0.7	(0.01)	2,260	0.7	(0.01)	6,009	0.8 ***	(0.01)
<b>Children 1–18 years old</b>	9,260	0.6	(0.01)	3,076	0.6	(0.01)	1,709	0.6	(0.01)	4,023	0.6	(0.01)
Boys	4,682	0.6	(0.01)	1,545	0.6	(0.01)	865	0.6	(0.02)	2,044	0.6	(0.01)
Girls	4,578	0.7	(0.01)	1,531	0.7	(0.01)	844	0.7	(0.02)	1,979	0.6	(0.01)
<b>Adults 19–59 years old</b>	10,269	0.7	(0.01)	2,215	0.7	(0.01)	1,994	0.7	(0.01)	5,473	0.8 ***	(0.01)
Men	5,094	0.7	(0.01)	997	0.7	(0.02)	1,012	0.7	(0.02)	2,776	0.7	(0.01)
Women	5,175	0.8	(0.01)	1,218	0.7	(0.01)	982	0.7	(0.02)	2,697	0.8 ***	(0.01)
<b>Older adults 60+ years old</b>	4,752	0.8	(0.01)	802	0.7	(0.02)	848	0.8	(0.03)	2,748	0.8 ***	(0.02)
Men	2,347	0.8	(0.02)	348	0.8	(0.03)	414	0.7	(0.05)	1,415	0.8	(0.02)
Women	2,405	0.8	(0.02)	454	0.7	(0.02)	434	0.8	(0.03)	1,333	0.9 ***	(0.02)
<b>Percent of individuals with usual intake below the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	22.2	(1.64)	6,093	21.4	(3.31)	4,551	25.7	(3.25)	12,244	20.3	(1.84)
Men and boys	12,123	27.5	(2.74)	2,890	29.1	(5.24)	2,291	30.8	(5.78)	6,235	23.5	(2.93)
Women and girls	12,158	17.1	(1.85)	3,203	13.8	(4.11)	2,260	20.7	(3.11)	6,009	17.3	(2.26)
<b>Children 1–18 years old</b>	9,260	37.4	(4.77)	3,076	27.3	(4.80)	1,709	36.2	(6.08)	4,023	35.9	(4.50)
Boys	4,682	43.3	(8.04)	1,545	39.1	(6.33)	865	48.4	(9.73)	2,044	34.8	(6.71)
Girls	4,578	31.3	(4.94)	1,531	15.0 u	(7.25)	844	23.3 u	(7.13)	1,979	37.0 *	(5.97)
<b>Adults 19–59 years old</b>	10,269	18.5	(1.89)	2,215	18.4	(5.26)	1,994	23.4	(4.53)	5,473	16.4	(2.48)
Men	5,094	22.9	(2.96)	997	27.6 u	(8.42)	1,012	26.2 u	(8.17)	2,776	19.7	(3.97)
Women	5,175	14.0	(2.35)	1,218	9.4 u	(6.32)	982	20.7	(4.00)	2,697	13.1	(2.97)
<b>Older adults 60+ years old</b>	4,752	13.6	(2.23)	802	22.4	(4.47)	848	18.8 u	(6.99)	2,748	11.9 *	(2.41)
Men	2,347	19.4	(3.59)	348	19.4 u	(6.89)	414	20.0 u	(13.38)	1,415	19.4	(4.09)
Women	2,405	8.9 u	(2.80)	454	24.8	(5.85)	434	17.7 u	(6.58)	1,333	5.9 **u	(2.85)

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>Percent of individuals with usual intake within the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	76.4	(1.77)	6,093	77.9	(3.41)	4,551	73.4	(3.40)	12,244	77.5	(2.05)
Men and boys	12,123	71.7	(2.80)	2,890	69.7	(5.40)	2,291	68.6	(5.96)	6,235	75.5	(3.02)
Women and girls	12,158	80.9	(2.17)	3,203	85.9	(4.21)	2,260	78.1	(3.37)	6,009	79.4	(2.79)
<b>Children 1–18 years old</b>	9,260	62.4	(4.78)	3,076	72.7	(4.80)	1,709	63.3	(6.08)	4,023	63.8	(4.52)
Boys	4,682	56.6	(8.04)	1,545	60.9	(6.33)	865	51.5	(9.73)	2,044	64.9	(6.70)
Girls	4,578	68.6	(4.99)	1,531	85.0	(7.25)	844	75.6	(7.15)	1,979	62.6 *	(6.02)
<b>Adults 19–59 years old</b>	10,269	80.5	(2.10)	2,215	81.1	(5.41)	1,994	75.7	(4.79)	5,473	81.8	(2.80)
Men	5,094	76.8	(3.07)	997	71.7	(8.69)	1,012	73.2	(8.47)	2,776	79.9	(4.09)
Women	5,175	84.1	(2.88)	1,218	90.4	(6.47)	982	78.3	(4.51)	2,697	83.6	(3.82)
<b>Older adults 60+ years old</b>	4,752	82.3	(2.99)	802	75.2	(4.81)	848	79.8	(7.41)	2,748	82.5	(3.65)
Men	2,347	77.4	(4.19)	348	76.1	(7.51)	414	78.7	(14.04)	1,415	76.5	(4.79)
Women	2,405	86.2	(4.22)	454	74.4	(6.23)	434	80.7	(7.16)	1,333	87.3	(5.34)
<b>Percent of individuals with usual intake above the acceptable macronutrient distribution range</b>												
<b>All individuals</b>	24,281	1.4	(0.34)	6,093	0.7 u	(0.35)	4,551	0.9 u	(0.43)	12,244	2.2 *	(0.50)
Men and boys	12,123	0.7 u	(0.28)	2,890	1.2 u	(0.61)	2,291	0.6 u	(0.60)	6,235	1.0 u	(0.39)
Women and girls	12,158	2.1	(0.61)	3,203	0.3 u	(0.36)	2,260	1.1 u	(0.60)	6,009	3.3 **	(0.91)
<b>Children 1–18 years old</b>	9,260	0.1 u	(0.15)	3,076	0.0 u	(0.01)	1,709	0.6 u	(0.36)	4,023	0.3 u	(0.27)
Boys	4,682	0.1 u	(0.07)	1,545	0.0 u	(0.02)	865	0.1 u	(0.12)	2,044	0.3 u	(0.18)
Girls	4,578	0.2 u	(0.29)	1,531	0.0 u	(0.02)	844	1.1 u	(0.73)	1,979	0.4 u	(0.52)
<b>Adults 19–59 years old</b>	10,269	1.1 u	(0.43)	2,215	0.5 u	(0.48)	1,994	0.8 u	(0.63)	5,473	1.9 u	(0.64)
Men	5,094	0.3 u	(0.28)	997	0.7 u	(0.81)	1,012	0.6 u	(0.93)	2,776	0.4 u	(0.48)
Women	5,175	1.9 u	(0.82)	1,218	0.2 u	(0.52)	982	1.0 u	(0.87)	2,697	3.3 *u	(1.19)
<b>Older adults 60+ years old</b>	4,752	4.1	(1.22)	802	2.5 u	(1.18)	848	1.4 u	(1.11)	2,748	5.6 u	(1.81)
Men	2,347	3.2 u	(1.34)	348	4.5 u	(2.33)	414	1.3 u	(1.61)	1,415	4.1 u	(1.60)
Women	2,405	4.9 u	(1.92)	454	0.8 u	(1.03)	434	1.6 u	(1.52)	1,333	6.8 u	(3.00)

See notes at end of table.

**Table E.15a. Linolenic Acid (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9
Children 1–18 years old	0.5	0.5	0.5	0.5	0.6	0.7	0.7	0.8	0.8
Adults 19–59 years old	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9
Older adults 60+ years old	0.5	0.5	0.6	0.6	0.8	0.9	1.0	1.0	1.1
<b>SNAP participants</b>	0.5	0.5	0.5	0.6	0.7	0.8	0.8	0.9	0.9
Children 1–18 years old	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8
Adults 19–59 years old	0.5	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1.0
Older adults 60+ years old	0.5	0.5	0.6	0.6	0.8	0.9	1.0	1.0	1.1
<b>Income-eligible nonparticipants</b>	0.5	0.5	0.5	0.6	0.7	0.8	0.8	0.9	0.9
Children 1–18 years old	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.8	0.8
Adults 19–59 years old	0.5	0.5	0.5	0.6	0.7	0.8	0.8	0.9	0.9
Older adults 60+ years old	0.5	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.0
<b>Higher income nonparticipants</b>	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9
Children 1–18 years old	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.7	0.8
Adults 19–59 years old	0.5	0.6	0.6	0.6	0.7	0.8	0.8	0.9	0.9
Older adults 60+ years old	0.5	0.5	0.6	0.6	0.8	0.9	1.0	1.1	1.2
<b>Women and girls</b>									
<b>All individuals</b>	0.5	0.6	0.6	0.6	0.7	0.9	0.9	1.0	1.1
Children 1–18 years old	0.5	0.5	0.5	0.6	0.7	0.7	0.8	0.8	0.9
Adults 19–59 years old	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.0	1.1
Older adults 60+ years old	0.6	0.6	0.6	0.7	0.8	1.0	1.0	1.1	1.2
<b>SNAP participants</b>	0.6	0.6	0.6	0.6	0.7	0.8	0.8	0.8	0.9
Children 1–18 years old	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.8
Adults 19–59 years old	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9
Older adults 60+ years old	0.5	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1.0

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	0.5	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1.0
Children 1–18 years old	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9
Adults 19–59 years old	0.5	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.0
Older adults 60+ years old	0.5	0.6	0.6	0.6	0.7	0.9	0.9	1.0	1.1
<b>Higher income nonparticipants</b>	0.5	0.6	0.6	0.7	0.8 ***	0.9 ***	1.0 ***	1.0 ***	1.1 ***
Children 1–18 years old	0.5	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9
Adults 19–59 years old	0.5	0.6	0.6	0.7	0.8 **	0.9 ***	1.0 ***	1.0 ***	1.1 **
Older adults 60+ years old	0.6	0.6	0.7 *	0.7 **	0.9 ***	1.0 ***	1.1 *	1.1	1.2

Notes: “All individuals” includes respondents with missing SNAP participation or income. The acceptable macronutrient distribution range (AMDR) is the range of intakes for macronutrients, as a percentage of calories, associated with reduced risk of chronic disease while providing recommended intakes of other essential nutrients. The AMDR for linolenic acid is 0.6–1.2 percent of calories for individuals 1+ years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.16. Cholesterol (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>All individuals 2+ years old</b>	23,691	274	(2.2)	5,866	277	(4.2)	4,460	270	(5.3)	12,001	274	(2.9)
Men and boys	11,815	319	(3.6)	2,779	316	(6.9)	2,237	319	(9.5)	6,107	318	(4.7)
Women and girls	11,876	231	(2.5)	3,087	239	(4.8)	2,223	222 *	(5.0)	5,894	231	(3.5)
<b>Children 2–18 years old</b>	8,670	214	(2.7)	2,849	211	(4.4)	1,618	222	(7.4)	3,780	213	(3.9)
Boys	4,374	237	(3.7)	1,434	225	(6.9)	811	250	(12.3)	1,916	237	(5.2)
Girls	4,296	191	(4.0)	1,415	197	(5.4)	807	193	(8.1)	1,864	188	(5.8)
<b>Adults 19–59 years old</b>	10,269	304	(3.4)	2,215	308	(6.4)	1,994	294	(7.9)	5,473	304	(4.6)
Men	5,094	359	(5.8)	997	365	(10.8)	1,012	351	(14.0)	2,776	357	(7.6)
Women	5,175	249	(3.7)	1,218	252	(6.9)	982	238	(7.3)	2,697	251	(5.1)
<b>Older adults 60+ years old</b>	4,752	262	(4.0)	802	268	(9.3)	848	258	(11.8)	2,748	264	(4.7)
Men	2,347	305	(5.8)	348	289	(14.6)	414	316	(23.4)	1,415	309	(6.2)
Women	2,405	227	(5.5)	454	252	(12.0)	434	212 *	(9.9)	1,333	228	(6.9)

See notes at end of table.

**Table E.16a. Cholesterol (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All persons 2+ years old</b>	153	180	199	232	303	387	439	478	539
Children 2–18 years old	121	140	154	176	225	284	320	347	389
Adults 19–59 years old	169	200	222	259	341	438	498	542	613
Older adults 60+ years old	147	173	192	223	291	371	420	455	512
<b>SNAP participants</b>	165	189	208	237	302	378	425	460	515
Children 2–18 years old	135	151	161	179	217	261	288	308	340
Adults 19–59 years old	181	211	233	269	347	440	497	540	608
Older adults 60+ years old	153	176	192	219	278	345	386	416	463
<b>Income-eligible nonparticipants</b>	131	160	181	217	297	397	460	506	582
Children 2–18 years old	97	119	136	165	230	312	364	403	469
Adults 19–59 years old	144	176	199	238	327	436	506	558	641
Older adults 60+ years old	137	167	188	222	298	392	447	486	553
<b>Higher income nonparticipants</b>	157	183	202	234	303	384	435	473	531
Children 2–18 years old	128	145	158	180	226	281	315	340	380
Adults 19–59 years old	172	202	224	260	339	433	492	535	604
Older adults 60+ years old	151	177	196	227	295	374	423	460	516
<b>Women and girls</b>									
<b>All persons 2+ years old</b>	114	133	147	170	220	279	315	342	384
Children 2–18 years old	102	117	127	145	182	227	255	275	308
Adults 19–59 years old	117	138	154	180	236	304	345	376	424
Older adults 60+ years old	120	138	151	172	218	270	302	325	362
<b>SNAP participants</b>	117	137	152	175	227	288	327	355	401
Children 2–18 years old	106	121	132	149	188	234	263	284	318
Adults 19–59 years old	128	149	163	187	240	302	341	369	414
Older adults 60+ years old	101	125	143	172	235	313	363	399	459

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	103	122	136	159	210	271	309	337	383
Children 2–18 years old	105	120	130	148	185	229	256	276	308
Adults 19–59 years old	103	124	139	164	222	293	338	371	425
Older adults 60+ years old	101	119	133	155	203	258	291	315	355
<b>Higher income nonparticipants</b>	116	134	149	172	221	279	314	341	383
Children 2–18 years old	100	115	125	142	179	223	250	270	302
Adults 19–59 years old	118	139	155	182	238	306	348	378	428
Older adults 60+ years old	128	145	157	178	220	268	298	319	352

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.17. Calories: Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
<b>All individuals</b>	24,281	2,083	(8.1)	6,093	2,073	(18.6)	4,551	2,037	(20.6)	12,244	2,093	(10.5)
Men and boys	12,123	2,389	(13.6)	2,890	2,396	(32.9)	2,291	2,357	(35.6)	6,235	2,396	(17.5)
Women and girls	12,158	1,786	(9.2)	3,203	1,761	(18.0)	2,260	1,727	(21.3)	6,009	1,800	(11.8)
<b>Children 1–18 years old</b>	9,260	1,851	(11.6)	3,076	1,826	(19.4)	1,709	1,806	(24.7)	4,023	1,875	(16.9)
Boys	4,682	2,014	(18.3)	1,545	1,938	(31.1)	865	1,981	(38.4)	2,044	2,048 **	(27.0)
Girls	4,578	1,681	(14.1)	1,531	1,708	(22.7)	844	1,623 *	(30.5)	1,979	1,694	(19.9)
<b>Adults 19–59 years old</b>	10,269	2,251	(12.5)	2,215	2,274	(28.0)	1,994	2,224	(32.6)	5,473	2,248	(15.9)
Men	5,094	2,624	(21.1)	997	2,695	(49.3)	1,012	2,605	(56.5)	2,776	2,612	(27.0)
Women	5,175	1,882	(13.3)	1,218	1,858	(27.0)	982	1,846	(32.9)	2,697	1,886	(16.9)
<b>Older adults 60+ years old</b>	4,752	1,873	(15.1)	802	1,787	(44.2)	848	1,771	(35.5)	2,748	1,910 **	(17.8)
Men	2,347	2,156	(22.5)	348	2,072	(86.2)	414	2,085	(63.5)	1,415	2,189	(24.3)
Women	2,405	1,646	(20.4)	454	1,557	(39.5)	434	1,518	(38.6)	1,333	1,686 **	(25.5)

See notes at end of table.

**Table E.17a. Calories: Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Men and boys</b>									
<b>All individuals</b>	1,507	1,674	1,790	1,975	2,350	2,756	2,993	3,160	3,417
Children 1–18 years old	1,348	1,473	1,563	1,702	1,985	2,291	2,471	2,596	2,790
Adults 19–59 years old	1,615	1,806	1,938	2,149	2,579	3,043	3,315	3,508	3,803
Older adults 60+ years old	1,379	1,528	1,632	1,793	2,123	2,480	2,685	2,829	3,051
<b>SNAP participants</b>	1,408	1,588	1,716	1,920	2,341	2,807	3,081	3,280	3,587
Children 1–18 years old	1,411	1,514	1,585	1,695	1,918	2,155	2,293	2,390	2,541
Adults 19–59 years old	1,494	1,708	1,864	2,111	2,624	3,195	3,533	3,778	4,156
Older adults 60+ years old	1,116	1,293	1,413	1,611	2,017	2,469	2,739	2,931	3,231
<b>Income-eligible nonparticipants</b>	1,380	1,559	1,685	1,884	2,298	2,763	3,039	3,238	3,546
Children 1–18 years old	1,253	1,392	1,493	1,649	1,954	2,282	2,471	2,603	2,810
Adults 19–59 years old	1,478	1,678	1,818	2,043	2,523	3,072	3,406	3,650	4,024
Older adults 60+ years old	1,240	1,411	1,524	1,699	2,052	2,441	2,654	2,800	3,038
<b>Higher income nonparticipants</b>	1,572 *	1,729 *	1,839	2,013	2,361	2,737	2,956	3,112	3,348
Children 1–18 years old	1,379	1,505	1,593	1,735	2,017	2,324 *	2,503	2,631	2,828
Adults 19–59 years old	1,695	1,871	1,993	2,188	2,575	2,991	3,235 *	3,407 *	3,668 *
Older adults 60+ years old	1,443 **	1,586 **	1,687 *	1,843	2,157	2,496	2,693	2,835	3,047
<b>Women and girls</b>									
<b>All individuals</b>	1,133	1,257	1,344	1,482	1,757	2,057	2,230	2,353	2,543
Children 1–18 years old	1,153	1,254	1,326	1,438	1,660	1,898	2,036	2,133	2,283
Adults 19–59 years old	1,175	1,310	1,404	1,552	1,851	2,175	2,362	2,494	2,698
Older adults 60+ years old	996	1,116	1,202	1,338	1,612	1,917	2,093	2,218	2,414
<b>SNAP participants</b>	1,053	1,184	1,275	1,419	1,717	2,053	2,252	2,395	2,619
Children 1–18 years old	1,118	1,231	1,309	1,430	1,679	1,952	2,111	2,226	2,401
Adults 19–59 years old	1,082	1,223	1,320	1,476	1,802	2,178	2,402	2,564	2,818
Older adults 60+ years old	899	1,025	1,114	1,253	1,527	1,825	2,003	2,127	2,326

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
<b>Income-eligible nonparticipants</b>	1,068	1,192	1,278	1,416	1,695	2,001	2,178	2,301	2,500
Children 1–18 years old	1,112	1,210	1,278	1,385	1,601	1,834	1,969	2,065	2,215
Adults 19–59 years old	1,125	1,264	1,359	1,511	1,818	2,148	2,337	2,465	2,671
Older adults 60+ years old	860	973	1,054	1,188	1,469	1,791	1,984	2,123	2,357
<b>Higher income nonparticipants</b>	1,174 **	1,292 **	1,377 **	1,509 **	1,772	2,060	2,225	2,342	2,523
Children 1–18 years old	1,197	1,295	1,362	1,468	1,675	1,898	2,027	2,118	2,255
Adults 19–59 years old	1,207	1,334	1,426	1,570	1,856	2,168	2,346	2,475	2,673
Older adults 60+ years old	1,056	1,174	1,258	1,390	1,655	1,947	2,118	2,237	2,422

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample  $t$ -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

**Table E.18. Saturated Fats, Added Sugars, and Alcohol: Mean Intakes on a Given Day for SNAP Participants and Nonparticipants by Age Group and Gender**

Subgroup	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error
<b>Percentage of calories from saturated fat</b>								
<b>All individuals 2+ years old</b>								
<i>Sample size</i>	23,689	–	5,865	–	4,459	–	12,001	–
Both genders	11.2	(0.06)	10.9	(0.11)	11.0	(0.12)	11.4 ***	(0.07)
Men and boys	11.2	(0.07)	10.8	(0.13)	11.1	(0.19)	11.4 ***	(0.08)
Women and girls	11.2	(0.07)	11.0	(0.11)	10.9	(0.12)	11.4 *	(0.08)
<b>Children 2–18 years old</b>								
<i>Sample size</i>	8,669	–	2,848	–	1,618	–	3,780	–
Both genders	11.7	(0.08)	11.5	(0.13)	11.4	(0.19)	11.8	(0.12)
Boys	11.7	(0.10)	11.4	(0.14)	11.3	(0.26)	11.9 *	(0.16)
Girls	11.7	(0.10)	11.6	(0.18)	11.5	(0.22)	11.8	(0.13)
<b>Adults 19–59 years old</b>								
<i>Sample size</i>	10,268	–	2,215	–	1,993	–	5,473	–
Both genders	11.0	(0.07)	10.7	(0.12)	10.7	(0.16)	11.2 **	(0.08)
Men	11.0	(0.09)	10.6	(0.16)	10.8	(0.21)	11.2 **	(0.10)
Women	11.0	(0.09)	10.9	(0.14)	10.6	(0.20)	11.2	(0.12)
<b>Older adults 60+ years old</b>								
<i>Sample size</i>	4,752	–	802	–	848	–	2,748	–
Both genders	11.3	(0.09)	10.8	(0.24)	11.2	(0.26)	11.4 *	(0.10)
Men	11.3	(0.12)	10.9	(0.39)	11.5	(0.35)	11.4	(0.15)
Women	11.3	(0.13)	10.8	(0.29)	10.9	(0.35)	11.4 *	(0.14)
<b>Percentage of calories from added sugars</b>								
<b>All individuals 2+ years old</b>								
<i>Sample size</i>	23,689	–	5,865	–	4,459	–	12,001	–
Both genders	13.1	(0.13)	15.5	(0.37)	13.4 ***	(0.19)	12.5 ***	(0.16)
Men and boys	13.1	(0.15)	15.5	(0.55)	13.1 ***	(0.29)	12.5 ***	(0.21)
Women and girls	13.2	(0.17)	15.5	(0.42)	13.7 ***	(0.24)	12.4 ***	(0.19)

Subgroup	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error
<b>Children 2–18 years old</b>								
<i>Sample size</i>	8,669	–	2,848	–	1,618	–	3,780	–
Both genders	14.3	(0.17)	14.9	(0.26)	13.8 **	(0.29)	14.1 *	(0.23)
Boys	14.3	(0.19)	14.9	(0.43)	13.9	(0.42)	14.3	(0.25)
Girls	14.2	(0.24)	14.9	(0.36)	13.8	(0.50)	14.0	(0.34)
<b>Adults 19–59 years old</b>								
<i>Sample size</i>	10,268	–	2,215	–	1,993	–	5,473	–
Both genders	13.2	(0.19)	16.8	(0.52)	13.7 ***	(0.28)	12.2 ***	(0.22)
Men	13.1	(0.23)	16.6	(0.78)	13.6 ***	(0.37)	12.2 ***	(0.28)
Women	13.4	(0.23)	17.0	(0.58)	13.9 ***	(0.35)	12.3 ***	(0.26)
<b>Older adults 60+ years old</b>								
<i>Sample size</i>	4,752	–	802	–	848	–	2,748	–
Both genders	11.3	(0.19)	11.5	(0.45)	12.0	(0.33)	11.1	(0.22)
Men	11.0	(0.24)	11.9	(0.75)	10.5	(0.57)	11.0	(0.30)
Women	11.5	(0.27)	11.3	(0.49)	13.2 *	(0.58)	11.3	(0.31)
<b>Percentage of calories from alcohol</b>								
<b>All individuals 2+ years old</b>								
<i>Sample size</i>	23,689	–	5,865	–	4,459	–	12,001	–
Both genders	1.1	(0.05)	1.0	(0.11)	1.0	(0.11)	1.1	(0.07)
Men and boys	1.3	(0.07)	1.5	(0.23)	1.2	(0.18)	1.3	(0.09)
Women and girls	0.8	(0.05)	0.5	(0.08)	0.8	(0.14)	0.9 ***	(0.08)
<b>Children 2–18 years old</b>								
<i>Sample size</i>	8,669	–	2,848	–	1,618	–	3,780	–
Both genders	0.0	(0.01)	0.0 u	(0.01)	0.0 *u	(0.02)	0.0 u	(0.01)
Boys	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.03)	0.0 u	(0.02)
Girls	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.01)

Subgroup	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error	Mean Percent of Calories	Standard Error
<b>Adults 19–59 years old</b>								
<i>Sample size</i>	10,268	–	2,215	–	1,993	–	5,473	–
Both genders	1.5	(0.08)	1.4	(0.18)	1.5	(0.19)	1.6	(0.13)
Men	1.8	(0.12)	2.2	(0.36)	1.7	(0.27)	1.8	(0.15)
Women	1.2	(0.07)	0.7	(0.11)	1.3 *	(0.23)	1.4 ***	(0.13)
<b>Older adults 60+ years old</b>								
<i>Sample size</i>	4,752	–	802	–	848	–	2,748	–
Both genders	0.9	(0.07)	0.8	(0.19)	0.8	(0.16)	0.9	(0.08)
Men	1.3	(0.12)	1.1	(0.30)	1.4	(0.31)	1.3	(0.13)
Women	0.5	(0.09)	0.6 <b>u</b>	(0.24)	0.3 <b>u</b>	(0.14)	0.6	(0.09)

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on day 1 dietary recalls. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by \* $p < .05$ , \*\* $p < .01$ , or \*\*\* $p < .001$ . Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits.

**u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

– Denotes not applicable

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 2+ years old with complete day 1 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.