

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



Appendix D. Food Consumption Patterns



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Appendix D. Food Consumption Patterns



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Appendix D. Food Consumption Patterns

Table D.1. Percentages of Young Children WIC Participants and Nonparticipants Consuming WIC-Eligible Foods on a Given Day by WIC Food Category

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
<i>Sample size</i>	2,314	–	902	–	729	–	671	–
Any WIC food	95.4	(0.56)	95.9	(0.84)	93.3 *	(0.88)	96.6	(0.86)
Fruits and vegetables	90.2	(0.85)	88.8	(1.21)	87.0	(1.15)	93.3 **	(1.23)
Legumes	32.1	(1.66)	31.1	(2.14)	26.5	(2.32)	36.9	(3.04)
Milk ^a	49.9	(1.80)	57.1	(2.20)	41.1 ***	(2.93)	51.8	(3.64)
Eggs	23.6	(1.38)	25.4	(1.90)	23.2	(2.97)	22.6	(2.33)
100 percent fruit juice	18.6	(1.26)	23.1	(2.54)	18.5	(2.09)	15.4 *	(2.02)
Breakfast cereal	17.5	(1.06)	22.8	(1.80)	11.5 ***	(1.61)	18.9	(1.96)
Whole wheat bread	8.2	(1.19)	7.3	(1.19)	4.8	(1.41)	11.3	(2.45)

Notes: “All young children” includes children with missing WIC participation or income. Includes WIC-eligible foods consumed either as discrete food items or as part of a mixed dish. Excludes foods allowed as substitutions. Estimates are based on the day 1 dietary recall. 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 to ensure different age distributions of NSLP 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 WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of children in households that at the time of data collection reported receiving WIC benefits.

^a Includes dry milk, evaporated milk, lactose-free milk, and soy beverages. Fat content of WIC-eligible cow’s milk depends on age and year to reflect changes in milk eligibility. The analysis is limited to whole milk for 1-year-olds; 2 percent, 1 percent, and skim milk for 2- to 4-year-olds from 2011–2014; and 1 percent and skim milk for 2- to 4-year-olds from 2015–2016.

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES children aged 1–4 years with complete day 1 dietary recall data.

Table D.2. Food Choices: Percentages of Young Children WIC Participants and Nonparticipants Consuming Different Types of Food on a Given Day

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Children 1–4 Years Old								
<i>Sample size</i>	2,314	–	902	–	729	–	671	–
Grains	89.1	(0.87)	86.1	(1.56)	87.0	(1.70)	92.7 **	(1.74)
<i>Types of grains, among those consuming any</i>								
Whole grains ^a	50.8	(1.68)	47.5	(1.95)	51.8	(3.41)	52.1	(3.09)
Refined grains	83.0	(1.37)	81.6	(1.95)	77.3	(2.38)	88.0 *	(1.57)
Bread	22.4	(1.61)	22.3	(2.11)	19.4	(2.17)	24.5	(2.37)
Rolls	3.8	(0.84)	1.8	(0.54)	4.6 u	(1.72)	4.5 u	(1.40)
English muffin	0.5 u	(0.17)	0.2 u	(0.22)	0.2 u	(0.17)	0.8 u	(0.35)
Bagels	2.9	(0.68)	1.2 u	(0.56)	2.0 u	(0.65)	4.7 *	(1.37)
Biscuits, scones, croissants	4.5	(0.68)	3.9	(1.05)	4.8	(1.09)	4.5	(1.13)
Muffins	3.6	(0.64)	1.8 u	(0.71)	3.4 u	(1.29)	4.7 *	(0.95)
Cornbread	0.7 u	(0.23)	0.9 u	(0.44)	0.6 u	(0.27)	0.6 u	(0.37)
Corn tortillas	4.4	(0.74)	10.4	(2.09)	4.1 **	(0.74)	0.6 *** u	(0.32)
Flour tortillas	2.1	(0.44)	2.4 u	(0.89)	2.9 u	(1.05)	1.6 u	(0.60)
Taco shells	0.1 u	(0.04)	0.3 u	(0.18)	0.0	(0.00)	0.0	(0.00)
Crackers	38.0	(1.75)	28.4	(1.82)	31.6	(2.26)	49.0 ***	(2.46)
Breakfast/granola bar	7.4	(1.07)	5.2	(1.05)	3.3	(0.90)	11.7 *	(2.28)
Pancakes, waffles, French toast	15.6	(1.36)	10.5	(1.40)	13.3	(1.75)	20.9 **	(2.91)
Cold cereal	49.0	(1.51)	53.0	(2.00)	52.1	(2.55)	44.6 *	(2.70)
Hot cereal	13.1	(1.10)	13.4	(1.70)	13.9	(2.28)	12.0	(1.88)
Rice	13.9	(0.97)	16.1	(1.75)	13.7	(1.73)	12.5	(1.71)
Pasta	4.4	(0.51)	3.6	(0.84)	3.6	(1.06)	5.6	(1.09)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Vegetables	60.0	(1.75)	56.3	(2.39)	59.7	(2.40)	62.4	(2.95)
Types of vegetables, among those consuming any								
Raw vegetables	21.1	(1.47)	19.6	(3.06)	14.5	(2.42)	26.3	(2.06)
Raw lettuce/greens	0.6 u	(0.22)	0.9 u	(0.42)	0.8 u	(0.51)	0.2 u	(0.23)
Raw carrots	9.3	(1.20)	6.1	(1.43)	5.4 u	(1.88)	13.8 **	(2.17)
Raw tomatoes	3.7 u	(1.12)	5.4 u	(2.71)	1.7 u	(0.67)	3.5	(0.88)
Raw cabbage/coleslaw	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other raw ^b	7.5	(1.16)	8.0	(2.18)	6.7 u	(2.42)	8.6	(1.84)
Salads (w/ greens)	5.3	(0.81)	4.2	(1.06)	3.9	(0.93)	6.9	(1.53)
Cooked vegetables, excl. potatoes	64.9	(2.00)	58.0	(3.17)	67.6 *	(3.61)	69.0 *	(3.25)
Cooked green beans	13.3	(1.48)	13.3	(2.32)	9.5	(1.94)	16.0	(2.78)
Cooked corn	10.5	(1.51)	5.5	(1.35)	18.9 ***	(3.05)	7.8	(1.78)
Cooked peas	5.7	(1.17)	3.7 u	(1.59)	7.1 u	(2.20)	6.3 u	(2.61)
Cooked carrots	4.3	(0.87)	4.0 u	(1.31)	3.7 u	(1.32)	5.4	(1.55)
Cooked broccoli	7.9	(0.95)	5.6	(1.16)	9.0	(2.22)	8.4	(1.58)
Cooked tomatoes	21.5	(1.47)	20.6	(2.64)	21.8	(2.58)	22.9	(2.34)
Cooked mixed	5.4	(0.73)	6.3	(1.32)	3.1 *	(0.69)	6.7	(1.69)
Cooked starchy	1.4	(0.36)	1.8	(0.51)	2.2 u	(0.77)	0.8 u	(0.68)
Other cooked deep yellow	3.2	(0.60)	1.5 u	(0.50)	1.5 u	(0.58)	5.7 **	(1.32)
Other cooked dark green	1.6	(0.38)	2.2 u	(0.74)	1.3 u	(0.52)	1.1 u	(0.57)
Other cooked ^b	5.0	(1.05)	4.4 u	(1.48)	6.5	(1.95)	5.3 u	(1.87)
Other fried	0.9 u	(0.72)	0.0	(0.00)	0.1 u	(0.10)	2.3 u	(1.87)
Cooked potatoes	42.7	(1.99)	49.8	(2.81)	49.1	(2.78)	32.6 ***	(3.05)
Cooked potatoes, not fried	13.2	(1.14)	13.6	(1.85)	19.4	(2.59)	8.1 *	(1.86)
Cooked potatoes, fried	31.0	(1.78)	38.0	(3.10)	32.0	(2.73)	25.3 **	(2.94)
Vegetable juice	2.7	(0.68)	1.8 u	(0.77)	2.4 u	(0.86)	3.6 u	(1.24)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Fruit and 100 percent fruit juice	83.4	(1.07)	80.5	(1.54)	77.7	(1.78)	88.7 ***	(1.47)
Types of fruit and 100 percent fruit juice, among those consuming any								
Any whole fruit	83.4	(1.43)	73.4	(2.35)	78.8	(2.16)	93.3 ***	(1.57)
Fresh fruit	70.8	(1.91)	65.3	(2.32)	65.0	(2.40)	78.2 ***	(2.95)
Fresh orange	8.5	(1.06)	11.8	(1.34)	7.2 *	(1.44)	7.9	(1.61)
Fresh other citrus	0.2 u	(0.11)	0.2 u	(0.22)	0.0	(0.00)	0.2 u	(0.24)
Fresh apple	22.3	(1.75)	23.1	(2.54)	21.7	(2.28)	22.1	(2.88)
Fresh banana	26.4	(1.52)	29.1	(2.47)	22.0 *	(2.61)	28.0	(2.43)
Fresh melon	2.8	(0.50)	3.0	(0.71)	1.6 u	(0.51)	3.6	(0.93)
Fresh watermelon	4.4	(0.96)	4.1 u	(1.49)	3.0 u	(0.92)	6.0 u	(2.22)
Fresh grapes	16.2	(1.53)	11.2	(1.19)	11.1	(1.70)	22.8 ***	(3.24)
Fresh peach/nectarine	2.2 u	(0.73)	2.0 u	(0.77)	3.3 u	(1.72)	1.4 u	(0.47)
Fresh pear	2.5	(0.61)	1.4 u	(0.59)	2.4 u	(0.98)	3.1 u	(1.02)
Fresh berries	16.7	(1.75)	7.9	(1.83)	10.2	(2.03)	26.5 ***	(3.53)
Fresh pineapple	1.0 u	(0.31)	0.5 u	(0.25)	1.6 u	(0.61)	1.0 u	(0.56)
Other fresh fruit	4.7	(0.66)	5.0	(1.13)	5.4	(0.93)	4.2	(1.08)
Avocado/Guacamole	1.4	(0.37)	0.7 u	(0.42)	0.4 u	(0.23)	2.2 u	(0.71)
Lemon/lime, any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	23.3	(1.77)	14.5	(1.42)	22.5 **	(2.57)	29.5 ***	(3.31)
Canned or frozen in syrup	2.6	(0.58)	1.3	(0.37)	2.7 u	(1.18)	3.4 u	(1.19)
Canned or frozen, no syrup	21.8	(1.76)	13.3	(1.44)	20.8 **	(2.45)	28.0 ***	(3.22)
Applesauce, canned/frozen apples	10.9	(1.18)	6.0	(1.08)	10.0	(2.04)	14.2 ***	(2.24)
Canned/frozen peaches	2.8	(0.55)	2.2	(0.64)	2.5 u	(0.98)	3.6	(0.94)
Canned/frozen pineapple	1.8	(0.49)	1.5 u	(0.57)	3.8 u	(1.64)	0.9 u	(0.43)
Other canned/frozen	10.7	(1.24)	5.5	(1.24)	9.2	(2.02)	15.0 ***	(2.37)
100 percent fruit juice	59.8	(2.04)	72.8	(1.86)	64.6 *	(2.71)	46.9 ***	(2.83)
Noncitrus juice	48.5	(2.39)	59.0	(2.76)	53.1	(2.47)	37.5 ***	(3.80)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Citrus juice	16.2	(1.44)	21.8	(2.86)	15.5	(1.98)	13.1 *	(2.18)
Dried fruit	3.8	(0.61)	1.4 u	(0.63)	3.0 u	(0.98)	6.3 ***	(1.23)
Milk and milk products	88.4	(1.11)	88.5	(1.49)	86.9	(1.79)	90.0	(1.72)
<i>Types of milk and milk products, among those consuming any</i>								
Cow's milk, total	90.6	(1.09)	90.8	(1.58)	91.7	(1.48)	89.4	(1.76)
Unflavored white milk, total	88.7	(1.05)	87.8	(1.83)	89.5	(1.58)	88.4	(1.81)
Unflavored whole milk	39.9	(1.70)	34.9	(2.57)	47.1 **	(3.67)	37.2	(2.74)
Unflavored fat-reduced milk, total	53.1	(2.08)	56.8	(2.69)	46.5 *	(3.07)	56.0	(3.75)
2 percent milk, unflavored	35.6	(1.75)	37.3	(2.21)	35.3	(2.87)	34.9	(2.89)
1 percent milk, unflavored	11.8	(1.37)	17.7	(2.58)	8.0 **	(1.92)	10.6 *	(1.88)
Skim milk, unflavored	5.7	(1.38)	1.5 u	(0.49)	2.0 u	(0.70)	11.2 ***	(2.69)
Unflavored milk, fat not specified	3.1	(0.62)	1.9 u	(0.66)	4.0	(1.12)	3.3 u	(1.16)
Flavored milk, total	6.5	(0.74)	6.6	(1.55)	7.0	(1.43)	6.1	(1.29)
Flavored, whole milk	2.6	(0.71)	2.7 u	(0.90)	4.0 u	(1.37)	1.5 u	(0.92)
Flavored fat-reduced milk, total	10.5	(1.25)	12.4	(3.53)	11.6	(2.27)	9.4	(2.21)
2 percent milk, flavored	4.4	(1.02)	6.0 u	(2.54)	4.8 u	(1.80)	3.7 u	(1.17)
1 percent milk, flavored	3.5	(0.78)	4.6 u	(1.87)	2.8	(0.79)	3.6 u	(1.39)
Skim milk, flavored	0.4 u	(0.25)	0.2 u	(0.23)	0.8 u	(0.62)	0.4 u	(0.41)
Flavored milk, fat not specified	2.4	(0.61)	1.9 u	(0.92)	3.3 u	(1.20)	2.0 u	(0.81)
Dry or evaporated milk	0.5 u	(0.19)	0.4 u	(0.20)	1.4 u	(0.68)	0.0 u	(0.05)
Cheese	29.8	(2.16)	24.9	(2.59)	30.3	(2.68)	32.6	(3.78)
Yogurt	22.6	(1.49)	17.6	(1.86)	17.1	(2.10)	30.6 ***	(2.49)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Meat and meat alternatives	70.0	(1.65)	70.4	(1.88)	68.9	(2.67)	69.9	(2.75)
<i>Types of meat and meat alternatives, among those consuming any</i>								
Beef	6.5	(0.86)	6.2	(1.10)	7.9	(1.35)	4.7	(1.36)
Ground beef	2.9 u	(0.94)	3.0 u	(2.33)	4.8 u	(2.10)	1.6 u	(0.51)
Pork	5.6	(0.73)	6.4	(1.13)	7.1	(1.83)	3.8	(1.05)
Ham	1.4 u	(0.45)	1.9 u	(1.03)	1.6 u	(0.85)	1.0 u	(0.46)
Lamb and misc. meats	1.2 u	(0.45)	1.6 u	(1.00)	0.5 u	(0.54)	1.3 u	(0.68)
Chicken	42.7	(1.77)	45.2	(2.99)	47.2	(3.48)	37.8	(3.30)
Turkey	1.8	(0.52)	0.6 u	(0.32)	2.2 u	(1.07)	1.9 u	(0.78)
Organ meats	0.0 u	(0.02)	0.1 u	(0.05)	0.0	(0.00)	0.0	(0.00)
Hot dogs	10.5	(1.46)	7.5	(1.19)	5.8	(1.69)	16.4 **	(2.79)
Cold cuts	7.8	(1.10)	6.1	(1.23)	5.5	(1.42)	11.1	(2.26)
Fish	5.1	(0.71)	6.0	(1.41)	4.2	(1.21)	5.5	(1.28)
Shellfish	1.6	(0.40)	2.4 u	(0.86)	1.8 u	(0.75)	0.9 u	(0.48)
Bacon/Sausage	14.9	(1.59)	13.0	(1.79)	17.3	(2.33)	14.8	(3.04)
Eggs	31.2	(1.82)	33.4	(2.34)	32.2	(3.62)	29.4	(3.75)
Beans	10.6	(1.11)	12.8	(1.53)	9.2	(1.88)	10.4	(2.02)
Baked/refried beans	2.3	(0.62)	2.4 u	(0.96)	1.4 u	(0.69)	3.0 u	(1.08)
Soy products	1.1 u	(0.57)	0.7 u	(0.45)	0.0 u	(0.03)	2.2 u	(1.32)
Protein/meal enhancement	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Nuts	5.0	(0.94)	3.4 u	(1.02)	5.0	(1.29)	6.1 u	(2.00)
Peanut/almond butter	5.1	(0.96)	3.5	(0.75)	2.3 u	(1.18)	8.4 *	(2.13)
Seeds	0.9 u	(0.38)	1.2 u	(0.74)	0.4 u	(0.25)	1.1 u	(0.73)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Mixed dishes	84.5	(1.05)	83.9	(1.34)	84.6	(1.61)	85.1	(2.13)
Types of mixed dishes, among those consuming any								
Tomato sauce and meat (no pasta)	0.3 u	(0.16)	0.2 u	(0.11)	0.1 u	(0.07)	0.7 u	(0.42)
Chili con carne	1.0 u	(0.43)	1.8 u	(1.18)	0.7 u	(0.36)	0.5 u	(0.40)
Meat mixtures w/ red meat	7.7	(0.99)	7.8	(1.34)	6.5	(1.29)	8.7	(2.08)
Meat mixtures w/ chicken/turkey	8.1	(0.86)	6.1	(0.87)	8.4	(1.61)	9.5	(1.88)
Meat mixtures w/ fish	1.1	(0.32)	0.6 u	(0.26)	0.9 u	(0.43)	1.6 u	(0.68)
Hamburgers/Cheeseburgers	5.4	(0.66)	7.0	(1.24)	5.8	(1.15)	3.9	(0.99)
Other sandwiches	39.5	(1.96)	31.6	(2.61)	36.9	(2.93)	46.7 ***	(3.07)
Hot dogs	4.2	(0.70)	3.5	(0.91)	2.9	(0.76)	5.5	(1.13)
Luncheon meat	9.3	(0.93)	11.7	(1.74)	8.4	(1.36)	8.2	(1.94)
Beef, pork, ham	2.8	(0.57)	3.0 u	(1.15)	2.8 u	(0.86)	2.6 u	(0.79)
Chicken, turkey	2.3	(0.61)	2.0 u	(0.62)	2.1 u	(0.74)	2.7 u	(1.47)
Cheese (no meat)	12.5	(1.14)	8.5	(1.77)	13.6	(1.93)	14.5 *	(2.13)
Fish	0.7 u	(0.41)	0.3 u	(0.22)	0.2 u	(0.19)	1.4 u	(0.90)
Peanut butter	12.6	(1.59)	6.7	(1.33)	12.0 *	(2.28)	17.1 ***	(2.46)
Breakfast sandwiches	0.6 u	(0.34)	0.3 u	(0.18)	0.2 u	(0.15)	1.0 u	(0.71)
Pizza (no meat)	7.8	(1.03)	4.5	(1.27)	5.1	(1.11)	12.2 ***	(1.95)
Pizza w/ meat	9.5	(1.01)	10.8	(1.63)	11.7	(1.53)	7.5	(2.05)
Mexican entrees	15.9	(1.46)	17.7	(2.50)	16.0	(2.16)	15.2	(2.94)
Macaroni and cheese	15.4	(1.25)	15.5	(2.16)	14.6	(1.96)	15.5	(2.41)
Pasta dishes	16.1	(1.41)	15.4	(2.81)	18.6	(1.99)	14.5	(2.03)
Rice dishes	10.3	(1.19)	14.5	(1.39)	12.0	(2.43)	6.4 ***	(1.69)
Other grain mixtures	1.7	(0.42)	2.4 u	(0.98)	1.9 u	(0.92)	1.2 u	(0.52)
Soups/Stews	13.6	(1.42)	22.1	(2.50)	11.0 ***	(1.68)	9.5 ***	(1.42)
Vegetable mixtures	3.7	(0.72)	3.0	(0.84)	2.4 u	(1.04)	4.7 u	(1.48)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Entrée salads	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Beverages excluding milk and 100 percent fruit juice	93.1	(0.71)	90.5	(1.31)	93.5	(1.36)	94.6 *	(1.28)
<i>Types of beverages excluding milk and 100 percent fruit juice, among those consuming any</i>								
Coffee	1.1	(0.22)	2.8	(0.68)	1.0 * u	(0.47)	0.3 *** u	(0.19)
Tea	7.4	(0.79)	8.3	(1.35)	10.1	(1.65)	4.4 *	(1.28)
Water (plain)	86.5	(1.15)	83.8	(1.95)	82.9	(1.50)	91.4 **	(1.64)
Noncarbonated, sweetened drinks	35.5	(1.91)	41.4	(2.77)	41.6	(2.81)	26.4 ***	(2.21)
Noncarbonated, low-calorie/sugar-free drinks	9.2	(0.96)	11.0	(1.59)	9.8	(1.54)	7.8	(1.53)
Plant-based beverages	4.4	(0.83)	2.5	(0.73)	1.9	(0.47)	7.5 *	(1.82)
Energy drinks	0.0 u	(0.02)	0.0	(0.00)	0.1 u	(0.07)	0.0	(0.00)
Any soda	16.5	(1.58)	21.1	(2.02)	18.8	(1.77)	11.5 **	(2.43)
Soda, regular	14.0	(1.60)	18.7	(1.97)	17.3	(1.74)	8.2 ***	(2.39)
Soda, sugar-free	2.5	(0.56)	2.4 u	(1.03)	1.7	(0.45)	3.3 u	(1.21)
Sweets and desserts	78.2	(1.05)	75.4	(1.75)	80.1	(2.20)	78.7	(1.95)
<i>Types of sweets and desserts, among those consuming any</i>								
Sugar and sugar substitutes	4.7	(0.65)	5.9	(1.05)	5.6	(1.13)	3.2 u	(1.00)
Syrups/Sweet toppings	16.2	(1.19)	13.4	(1.67)	16.1	(2.39)	18.1	(1.85)
Jelly	5.0	(0.80)	2.6 u	(0.85)	5.1	(1.42)	7.0 *	(1.68)
Gelatin dessert	2.4	(0.47)	3.8	(1.01)	1.6 u	(0.65)	1.8 u	(0.90)
Candy	37.9	(1.84)	33.1	(2.40)	42.0 *	(3.49)	37.3	(3.21)
Ice cream	19.7	(1.62)	17.3	(1.64)	17.6	(2.44)	22.8	(3.07)
Pudding	2.4	(0.57)	1.3 u	(0.53)	4.0 u	(1.34)	2.4 u	(0.95)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Flavored ice	9.1	(1.20)	7.1	(1.42)	10.4	(2.08)	9.1	(2.05)
Sweet rolls	4.4	(0.63)	5.1	(1.27)	5.8	(1.14)	2.9 u	(0.91)
Cake/Cupcakes	7.5	(0.78)	8.4	(1.60)	7.4	(1.25)	7.1	(1.49)
Cookies	45.9	(1.74)	44.7	(2.85)	41.7	(2.39)	48.4	(3.10)
Pies/Cobblers	1.4 u	(0.45)	1.3 u	(0.56)	1.7 u	(0.99)	1.4 u	(0.75)
Pastries	3.9	(0.80)	2.8	(0.67)	4.6 u	(1.48)	3.9 u	(1.49)
Doughnuts	6.0	(0.99)	5.0	(1.35)	5.6	(1.27)	7.1	(1.82)
Salty snacks	38.0	(1.24)	40.3	(1.96)	40.5	(2.23)	34.1 *	(2.37)
<i>Types of salty snacks, among those consuming any</i>								
Corn-based salty snacks	42.2	(2.50)	43.7	(3.79)	43.8	(3.45)	40.2	(3.83)
Pretzels/Party mix	17.5	(2.69)	10.6	(2.33)	11.8	(3.17)	28.0 **	(5.40)
Popcorn	17.3	(1.92)	15.1	(1.96)	17.9	(3.40)	20.3	(4.44)
Potato chips	31.7	(2.68)	39.3	(4.35)	34.5	(3.75)	21.1 ***	(3.42)
Added fats and oils	21.3	(1.36)	16.4	(1.77)	18.7	(1.89)	26.8 ***	(2.49)
<i>Types of added fats and oils, among those consuming any</i>								
Butter	39.6	(2.95)	30.6	(4.02)	40.2	(5.70)	42.5 *	(4.36)
Margarine	17.4	(2.34)	14.1	(3.43)	13.9	(3.91)	21.0	(4.20)
Other added fats	5.8	(1.74)	3.8 u	(1.54)	6.3 u	(2.26)	6.2 u	(2.50)
Other added oils	1.7 u	(0.84)	1.6 u	(0.99)	0.0	(0.00)	3.2 u	(1.98)
Salad dressing	14.0	(2.48)	22.9	(6.18)	14.4	(3.22)	9.8 u	(3.36)
Mayonnaise	1.1 u	(0.50)	1.7 u	(1.16)	2.3 u	(1.39)	0.2 u	(0.20)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Gravy	8.2	(2.15)	8.9 u	(3.38)	15.6 u	(5.11)	3.3 u	(1.54)
Cream cheese	10.6	(2.38)	7.2 u	(3.22)	8.1 u	(2.98)	13.1	(3.91)
Cream/Sour cream	10.1	(1.73)	14.3	(3.77)	10.0 u	(3.41)	8.4 u	(2.88)
Other	4.8	(0.70)	3.5 u	(1.39)	5.2	(1.36)	5.6	(1.46)

Notes: "All young children" includes children with missing WIC participation or income. Estimates are based on the day 1 dietary recall. Food choices reflect individual foods consumed except when foods were reported to be eaten in "combination" (i.e., mixed-dishes category). In these cases, the foods reported in combination are counted as one food choice. 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 to ensure different age distributions of NSLP 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 WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of children in households that at the time of data collection reported receiving WIC benefits.

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

^a All grains are categorized both by type of grain (e.g., bread, cold cereal, pasta) and as either refined or whole grains. Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The Food Pattern Equivalents Database data sources listed in the table were used to classify grains.

^b "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately.

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES children aged 1–4 years with complete day 1 dietary recall data.

Table D.3. Average Amounts of Different Types of Foods Consumed (Food Pattern Units) on a Given Day by Young Children WIC Participants and Nonparticipants

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Children 1–4 Years Old								
Sample size	2,314	–	902	–	729	–	671	–
Grains	1.8	(0.05)	1.7	(0.09)	1.6	(0.09)	2.0 *	(0.08)
Whole grains ^a	0.4	(0.03)	0.4	(0.04)	0.4	(0.04)	0.5	(0.05)
Refined grains	1.4	(0.04)	1.3	(0.08)	1.3	(0.08)	1.5	(0.06)
Bread	0.3	(0.03)	0.3	(0.04)	0.3	(0.04)	0.3	(0.04)
Rolls	0.1	(0.02)	0.0 u	(0.01)	0.1 u	(0.04)	0.1 u	(0.02)
English muffin	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Bagels	0.1	(0.02)	0.0 u	(0.01)	0.1 u	(0.02)	0.1 * u	(0.03)
Biscuits, scones, croissants	0.1	(0.01)	0.1 u	(0.02)	0.1	(0.02)	0.0 u	(0.01)
Muffins	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.1	(0.02)
Cornbread	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Corn tortillas	0.1	(0.01)	0.2	(0.04)	0.1 *	(0.02)	0.0 *** u	(0.00)
Flour tortillas	0.0	(0.01)	0.1 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.01)
Taco shells	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Crackers	0.4	(0.03)	0.3	(0.04)	0.3	(0.02)	0.5 ***	(0.04)
Breakfast/granola bar	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.1 *	(0.02)
Pancakes, waffles, French toast	0.2	(0.01)	0.1	(0.02)	0.1	(0.02)	0.2 ***	(0.03)
Cold cereal	0.3	(0.02)	0.3	(0.02)	0.3	(0.02)	0.2 *	(0.02)
Hot cereal	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)
Rice	0.2	(0.02)	0.2	(0.02)	0.1	(0.02)	0.2	(0.03)
Pasta	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.1	(0.01)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Vegetables	0.4	(0.02)	0.4	(0.03)	0.4	(0.03)	0.4	(0.03)
Raw vegetables	0.1	(0.01)	0.1	(0.03)	0.1	(0.02)	0.1	(0.02)
Raw lettuce/greens	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Raw carrots	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.01)
Raw tomatoes	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)
Raw cabbage/coleslaw	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other raw ^b	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)
Salads (w/ greens)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked vegetables, excl. potatoes	0.2	(0.01)	0.1	(0.02)	0.2	(0.01)	0.2	(0.02)
Cooked green beans	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)
Cooked corn	0.0	(0.00)	0.0 u	(0.01)	0.0 ***	(0.01)	0.0	(0.01)
Cooked peas	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Cooked carrots	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Cooked broccoli	0.0	(0.00)	0.0	(0.00)	0.0	(0.01)	0.0 *	(0.01)
Cooked tomatoes	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked mixed	0.0	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Cooked starchy	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 ** u	(0.00)
Other cooked deep yellow	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 *	(0.00)
Other cooked dark green	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other cooked ^b	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Other fried	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Cooked potatoes	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1 **	(0.01)
Cooked potatoes, not fried	0.0	(0.01)	0.1	(0.01)	0.1	(0.01)	0.0 u	(0.01)
Cooked potatoes, fried	0.1	(0.01)	0.1	(0.01)	0.1	(0.01)	0.0 *	(0.01)
Vegetable juice	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Fruit and 100 percent fruit juice	1.3	(0.04)	1.4	(0.07)	1.2 *	(0.06)	1.2	(0.07)
Any whole fruit	0.8	(0.03)	0.7	(0.05)	0.6	(0.04)	0.9	(0.04)
Fresh fruit	0.6	(0.03)	0.7	(0.05)	0.5 *	(0.04)	0.7	(0.04)
Fresh orange	0.0	(0.01)	0.1	(0.01)	0.0 *	(0.01)	0.0 *	(0.01)
Fresh other citrus	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Fresh apple	0.2	(0.02)	0.2	(0.04)	0.2	(0.02)	0.2	(0.02)
Fresh banana	0.1	(0.01)	0.2	(0.02)	0.1	(0.02)	0.2	(0.01)
Fresh melon	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Fresh watermelon	0.0	(0.01)	0.1 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)
Fresh grapes	0.1	(0.01)	0.1	(0.01)	0.0	(0.01)	0.1 **	(0.01)
Fresh peach/nectarine	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Fresh pear	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh berries	0.1	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 ***	(0.02)
Fresh pineapple	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other fresh fruit	0.0	(0.00)	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Avocado/Guacamole	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Lemon/lime, any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	0.1	(0.01)	0.1	(0.01)	0.1 *	(0.01)	0.1 ***	(0.02)
Canned or frozen in syrup	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Canned or frozen, no syrup	0.1	(0.01)	0.1	(0.01)	0.1 *	(0.01)	0.1 ***	(0.02)
Applesauce, canned/frozen apples	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 ***	(0.01)
Canned/frozen peaches	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Canned/frozen pineapple	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Other canned/frozen	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 ***	(0.01)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
100 percent fruit juice	0.5	(0.03)	0.7	(0.06)	0.6 *	(0.04)	0.4 ***	(0.04)
Noncitrus juice	0.4	(0.03)	0.5	(0.06)	0.5	(0.04)	0.3 **	(0.04)
Citrus juice	0.1	(0.01)	0.2	(0.03)	0.1 *	(0.02)	0.1 **	(0.02)
Dried fruit	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 * u	(0.01)
Milk and milk products	1.7	(0.04)	1.7	(0.06)	1.8	(0.10)	1.8	(0.06)
Cow's milk, total	1.4	(0.04)	1.4	(0.06)	1.4	(0.09)	1.4	(0.06)
Unflavored white milk, total	1.3	(0.04)	1.3	(0.05)	1.4	(0.08)	1.4	(0.06)
Unflavored whole milk	0.6	(0.04)	0.6	(0.05)	0.6	(0.05)	0.7	(0.06)
Unflavored fat-reduced milk, total	0.7	(0.04)	0.7	(0.04)	0.7	(0.09)	0.7	(0.07)
2 percent milk, unflavored	0.5	(0.03)	0.5	(0.03)	0.5	(0.07)	0.4	(0.05)
1 percent milk, unflavored	0.2	(0.03)	0.2	(0.03)	0.2 u	(0.06)	0.1	(0.02)
Skim milk, unflavored	0.1 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)	0.1 ** u	(0.04)
Unflavored milk, fat not specified	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Flavored milk, total	0.1	(0.01)	0.1 u	(0.03)	0.1	(0.02)	0.1	(0.01)
Flavored, whole milk	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Flavored fat-reduced milk, total	0.0	(0.01)	0.1 u	(0.03)	0.0 u	(0.02)	0.0	(0.01)
2 percent milk, flavored	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.02)	0.0 u	(0.01)
1 percent milk, flavored	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)
Skim milk, flavored	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Flavored milk, fat not specified	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Dry or evaporated milk	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Cheese	0.2	(0.02)	0.2	(0.03)	0.2	(0.04)	0.2	(0.03)
Yogurt	0.1	(0.01)	0.1	(0.01)	0.1	(0.01)	0.1 **	(0.02)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Meat and meat alternatives	1.8	(0.06)	1.9	(0.09)	1.9	(0.12)	1.6 **	(0.09)
Beef	0.1	(0.01)	0.1	(0.02)	0.1	(0.03)	0.0 u	(0.01)
Ground beef	0.0 u	(0.01)	0.0 u	(0.03)	0.1 u	(0.04)	0.0 u	(0.00)
Pork	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.0 u	(0.01)
Ham	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Lamb and misc. meats	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)
Chicken	0.6	(0.04)	0.7	(0.06)	0.7	(0.08)	0.5 *	(0.07)
Turkey	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.01)
Organ meats	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Hot dogs	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)	0.2	(0.03)
Cold cuts	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1	(0.03)
Fish	0.1	(0.02)	0.1 u	(0.05)	0.1 u	(0.03)	0.1	(0.02)
Shellfish	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Bacon/Sausage	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)
Eggs	0.3	(0.02)	0.3	(0.03)	0.3	(0.05)	0.2 **	(0.03)
Beans	0.1	(0.02)	0.2	(0.03)	0.1	(0.03)	0.1	(0.03)
Baked/refried beans	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Soy products	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.02)
Protein/meal enhancement	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Nuts	0.1	(0.01)	0.0 u	(0.01)	0.1 u	(0.03)	0.1 u	(0.02)
Peanut/almond butter	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.02)	0.1	(0.02)
Seeds	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)

Notes: "All young children" includes children with missing WIC participation or income. Estimates are based on the day 1 dietary recall. Food pattern units are cup-equivalents for fruit, vegetables, and milk and ounce-equivalents for grains and meat and meat alternatives. Foods consumed from the vegetables, fruits, grains, and meat/meat alternative food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Only food groups measured in cup equivalents or ounces are included in this table. See tables D.5 and D.6 for average amounts consumed in grams for all food groups. 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 to ensure different age distributions of NSLP 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 WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of children in households that at the time of data collection reported receiving WIC benefits.

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

^a All grains are categorized both by type of grain (e.g., bread, cold cereal, pasta) and as either refined or whole grains. Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The Food Pattern Equivalents Database data sources listed in the table were used to classify grains.

^b "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately.

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES children aged 1–4 years with complete day 1 dietary recall data.

Table D.4. Average Amounts of Foods Consumed (Food Pattern Units) on a Given Day Among Young Children WIC Participants and Nonparticipants Reporting Consumption of those Food Types

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Children 1–4 Years Old								
Sample size	2,314	–	902	–	729	–	671	–
Grains	1.8	(0.05)	1.7	(0.09)	1.6	(0.09)	2.0 *	(0.08)
Whole grains ^a	0.4	(0.03)	0.4	(0.04)	0.4	(0.04)	0.5	(0.05)
Refined grains	1.4	(0.04)	1.3	(0.08)	1.3	(0.08)	1.5	(0.06)
Bread	0.3	(0.03)	0.3	(0.04)	0.3	(0.04)	0.3	(0.04)
Rolls	0.1	(0.02)	0.0 u	(0.01)	0.1 u	(0.04)	0.1 u	(0.02)
English muffin	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Bagels	0.1	(0.02)	0.0 u	(0.01)	0.1 u	(0.02)	0.1 * u	(0.03)
Biscuits, scones, croissants	0.1	(0.01)	0.1 u	(0.02)	0.1	(0.02)	0.0 u	(0.01)
Muffins	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.1	(0.02)
Cornbread	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Corn tortillas	0.1	(0.01)	0.2	(0.04)	0.1 *	(0.02)	0.0 *** u	(0.00)
Flour tortillas	0.0	(0.01)	0.1 u	(0.02)	0.0 u	(0.02)	0.0 u	(0.01)
Taco shells	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Crackers	0.4	(0.03)	0.3	(0.04)	0.3	(0.02)	0.5 ***	(0.04)
Breakfast/granola bar	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.1 *	(0.02)
Pancakes, waffles, French toast	0.2	(0.01)	0.1	(0.02)	0.1	(0.02)	0.2 ***	(0.03)
Cold cereal	0.3	(0.02)	0.3	(0.02)	0.3	(0.02)	0.2 *	(0.02)
Hot cereal	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)
Rice	0.2	(0.02)	0.2	(0.02)	0.1	(0.02)	0.2	(0.03)
Pasta	0.0	(0.01)	0.0	(0.01)	0.0 u	(0.01)	0.1	(0.01)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Vegetables	0.4	(0.02)	0.4	(0.03)	0.4	(0.03)	0.4	(0.03)
Raw vegetables	0.1	(0.01)	0.1	(0.03)	0.1	(0.02)	0.1	(0.02)
Raw lettuce/greens	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Raw carrots	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.01)
Raw tomatoes	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)
Raw cabbage/coleslaw	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other raw ^b	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)
Salads (w/ greens)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked vegetables, excl. potatoes	0.2	(0.01)	0.1	(0.02)	0.2	(0.01)	0.2	(0.02)
Cooked green beans	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)
Cooked corn	0.0	(0.00)	0.0 u	(0.01)	0.0 ***	(0.01)	0.0	(0.01)
Cooked peas	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Cooked carrots	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Cooked broccoli	0.0	(0.00)	0.0	(0.00)	0.0	(0.01)	0.0 *	(0.01)
Cooked tomatoes	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Cooked mixed	0.0	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Cooked starchy	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 ** u	(0.00)
Other cooked deep yellow	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 *	(0.00)
Other cooked dark green	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other cooked ^b	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Other fried	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Cooked potatoes	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1 **	(0.01)
Cooked potatoes, not fried	0.0	(0.01)	0.1	(0.01)	0.1	(0.01)	0.0 u	(0.01)
Cooked potatoes, fried	0.1	(0.01)	0.1	(0.01)	0.1	(0.01)	0.0 *	(0.01)
Vegetable juice	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Fruit and 100 percent fruit juice	1.3	(0.04)	1.4	(0.07)	1.2 *	(0.06)	1.2	(0.07)
Any whole fruit	0.8	(0.03)	0.7	(0.05)	0.6	(0.04)	0.9	(0.04)
Fresh fruit	0.6	(0.03)	0.7	(0.05)	0.5 *	(0.04)	0.7	(0.04)
Fresh orange	0.0	(0.01)	0.1	(0.01)	0.0 *	(0.01)	0.0 *	(0.01)
Fresh other citrus	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.00)
Fresh apple	0.2	(0.02)	0.2	(0.04)	0.2	(0.02)	0.2	(0.02)
Fresh banana	0.1	(0.01)	0.2	(0.02)	0.1	(0.02)	0.2	(0.01)
Fresh melon	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Fresh watermelon	0.0	(0.01)	0.1 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)
Fresh grapes	0.1	(0.01)	0.1	(0.01)	0.0	(0.01)	0.1 **	(0.01)
Fresh peach/nectarine	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Fresh pear	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)
Fresh berries	0.1	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 ***	(0.02)
Fresh pineapple	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Other fresh fruit	0.0	(0.00)	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Avocado/Guacamole	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Lemon/lime, any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	0.1	(0.01)	0.1	(0.01)	0.1 *	(0.01)	0.1 ***	(0.02)
Canned or frozen in syrup	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Canned or frozen, no syrup	0.1	(0.01)	0.1	(0.01)	0.1 *	(0.01)	0.1 ***	(0.02)
Applesauce, canned/frozen apples	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 ***	(0.01)
Canned/frozen peaches	0.0	(0.00)	0.0	(0.00)	0.0 u	(0.00)	0.0	(0.00)
Canned/frozen pineapple	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Other canned/frozen	0.0	(0.01)	0.0	(0.01)	0.0	(0.01)	0.1 ***	(0.01)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
100 percent fruit juice	0.5	(0.03)	0.7	(0.06)	0.6 *	(0.04)	0.4 ***	(0.04)
Noncitrus juice	0.4	(0.03)	0.5	(0.06)	0.5	(0.04)	0.3 **	(0.04)
Citrus juice	0.1	(0.01)	0.2	(0.03)	0.1 *	(0.02)	0.1 **	(0.02)
Dried fruit	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 * u	(0.01)
Milk and milk products	1.7	(0.04)	1.7	(0.06)	1.8	(0.10)	1.8	(0.06)
Cow's milk, total	1.4	(0.04)	1.4	(0.06)	1.4	(0.09)	1.4	(0.06)
Unflavored white milk, total	1.3	(0.04)	1.3	(0.05)	1.4	(0.08)	1.4	(0.06)
Unflavored whole milk	0.6	(0.04)	0.6	(0.05)	0.6	(0.05)	0.7	(0.06)
Unflavored fat-reduced milk, total	0.7	(0.04)	0.7	(0.04)	0.7	(0.09)	0.7	(0.07)
2 percent milk, unflavored	0.5	(0.03)	0.5	(0.03)	0.5	(0.07)	0.4	(0.05)
1 percent milk, unflavored	0.2	(0.03)	0.2	(0.03)	0.2 u	(0.06)	0.1	(0.02)
Skim milk, unflavored	0.1 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.01)	0.1 ** u	(0.04)
Unflavored milk, fat not specified	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Flavored milk, total	0.1	(0.01)	0.1 u	(0.03)	0.1	(0.02)	0.1	(0.01)
Flavored, whole milk	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)
Flavored fat-reduced milk, total	0.0	(0.01)	0.1 u	(0.03)	0.0 u	(0.02)	0.0	(0.01)
2 percent milk, flavored	0.0 u	(0.01)	0.0 u	(0.03)	0.0 u	(0.02)	0.0 u	(0.01)
1 percent milk, flavored	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)
Skim milk, flavored	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.00)
Flavored milk, fat not specified	0.0	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Dry or evaporated milk	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)
Cheese	0.2	(0.02)	0.2	(0.03)	0.2	(0.04)	0.2	(0.03)
Yogurt	0.1	(0.01)	0.1	(0.01)	0.1	(0.01)	0.1 **	(0.02)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Meat and meat alternatives	1.8	(0.06)	1.9	(0.09)	1.9	(0.12)	1.6 **	(0.09)
Beef	0.1	(0.01)	0.1	(0.02)	0.1	(0.03)	0.0 u	(0.01)
Ground beef	0.0 u	(0.01)	0.0 u	(0.03)	0.1 u	(0.04)	0.0 u	(0.00)
Pork	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.0 u	(0.01)
Ham	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Lamb and misc. meats	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.01)
Chicken	0.6	(0.04)	0.7	(0.06)	0.7	(0.08)	0.5 *	(0.07)
Turkey	0.0 u	(0.01)	0.0 u	(0.00)	0.0 u	(0.02)	0.0 u	(0.01)
Organ meats	0.0 u	(0.00)	0.0 u	(0.00)	0.0	(0.00)	0.0	(0.00)
Hot dogs	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)	0.2	(0.03)
Cold cuts	0.1	(0.01)	0.1	(0.01)	0.1	(0.02)	0.1	(0.03)
Fish	0.1	(0.02)	0.1 u	(0.05)	0.1 u	(0.03)	0.1	(0.02)
Shellfish	0.0	(0.00)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.00)
Bacon/Sausage	0.1	(0.01)	0.1	(0.02)	0.1	(0.02)	0.1	(0.02)
Eggs	0.3	(0.02)	0.3	(0.03)	0.3	(0.05)	0.2 **	(0.03)
Beans	0.1	(0.02)	0.2	(0.03)	0.1	(0.03)	0.1	(0.03)
Baked/refried beans	0.0	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)	0.0 u	(0.01)
Soy products	0.0 u	(0.01)	0.0 u	(0.00)	0.0	(0.00)	0.0 u	(0.02)
Protein/meal enhancement	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Nuts	0.1	(0.01)	0.0 u	(0.01)	0.1 u	(0.03)	0.1 u	(0.02)
Peanut/almond butter	0.0	(0.01)	0.0 u	(0.02)	0.0 u	(0.02)	0.1	(0.02)
Seeds	0.0 u	(0.00)	0.0 u	(0.00)	0.0 u	(0.01)	0.0 u	(0.00)

Notes: "All young children" includes children with missing WIC participation or income. Estimates are based on the day 1 dietary recall. Food pattern units are cup-equivalents for fruit, vegetables, and milk and ounce-equivalents for grains and meat and meat alternatives. Foods consumed from the vegetables, fruits, grains, and meat/meat alternative food groups reflect foods consumed as discrete items and do not include foods consumed as part of mixed dishes. Only food groups measured in cup equivalents or ounces are included in this table. See tables D.5 and D.6 for average amounts consumed in grams for all food groups. 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 to ensure different age distributions of NSLP 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 WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of children in households that at the time of data collection reported receiving WIC benefits.

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

^a All grains are categorized both by type of grain (e.g., bread, cold cereal, pasta) and as either refined or whole grains. Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The Food Pattern Equivalents Database data sources listed in the table were used to classify grains.

^b "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately.

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES children aged 1–4 years with complete day 1 dietary recall data.

Table D.5. Average Amounts of Different Types of Foods Consumed (Grams) on a Given Day by Young Children WIC Participants and Nonparticipants

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Children 1–4 Years Old								
<i>Sample size</i>	2,314	–	902	–	729	–	671	–
Grains	81.9	(2.58)	79.0	(3.71)	75.7	(3.71)	88.5	(5.00)
Whole grains ^a	27.5	(1.92)	24.8	(2.61)	25.1	(3.18)	31.5	(3.99)
Refined grains	54.4	(1.83)	54.2	(3.71)	50.6	(3.19)	56.9	(2.66)
Bread	8.1	(0.76)	8.4	(1.29)	7.9	(1.23)	8.1	(1.16)
Rolls	1.4	(0.34)	0.7 u	(0.25)	2.1 u	(0.77)	1.4 u	(0.45)
English muffin	0.2 u	(0.10)	0.1 u	(0.05)	0.1 u	(0.04)	0.4 u	(0.22)
Bagels	1.3	(0.37)	0.4 u	(0.23)	1.2 u	(0.50)	1.9 * u	(0.71)
Biscuits, scones, croissants	1.8	(0.34)	1.8 u	(0.64)	2.1	(0.55)	1.6 u	(0.49)
Muffins	2.8	(0.67)	2.3 u	(1.58)	2.0 u	(0.72)	3.3	(0.90)
Cornbread	0.6 u	(0.25)	0.4 u	(0.22)	0.8 u	(0.46)	0.5 u	(0.37)
Corn tortillas	1.5	(0.33)	3.9	(1.05)	1.5 *	(0.43)	0.1 *** u	(0.04)
Flour tortillas	0.8	(0.19)	1.4 u	(0.55)	0.9 u	(0.39)	0.5 u	(0.20)
Taco shells	0.0 u	(0.02)	0.1 u	(0.08)	0.0	(0.00)	0.0	(0.00)
Crackers	8.9	(0.62)	7.0	(0.88)	6.1	(0.50)	12.0 ***	(0.94)
Breakfast/granola bar	2.6	(0.47)	1.8	(0.39)	0.9 u	(0.30)	4.2 *	(1.04)
Pancakes, waffles, French toast	7.1	(0.59)	4.6	(0.60)	6.5	(0.89)	9.3 ***	(1.24)
Cold cereal	11.5	(0.70)	12.8	(0.88)	13.4	(1.01)	9.4 **	(0.99)
Hot cereal	17.3	(1.85)	17.8	(3.19)	17.2	(3.05)	17.4	(3.50)
Rice	12.8	(1.39)	13.1	(1.75)	10.2	(1.49)	14.3	(2.64)
Pasta	3.2	(0.46)	2.3	(0.54)	3.0 u	(0.96)	4.1	(0.99)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Vegetables	58.9	(3.16)	55.9	(4.17)	64.8	(4.58)	56.9	(5.33)
Raw vegetables	11.0	(1.43)	11.1	(2.54)	8.3	(2.12)	12.9	(2.34)
Raw lettuce/greens	0.1 u	(0.02)	0.1 u	(0.07)	0.0 u	(0.03)	0.0 u	(0.01)
Raw carrots	3.0	(0.45)	2.7 u	(0.81)	1.6 u	(0.50)	4.1	(0.83)
Raw tomatoes	1.6	(0.46)	1.4 u	(0.65)	1.7 u	(1.15)	1.4	(0.42)
Raw cabbage/coleslaw	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other raw ^b	3.3	(0.79)	3.2 u	(1.73)	3.3 u	(1.41)	3.5 u	(1.31)
Salads (w/ greens)	0.0 u	(0.03)	0.1 u	(0.08)	0.0	(0.00)	0.0	(0.00)
Cooked vegetables, excl. potatoes	26.0	(1.93)	21.6	(2.36)	27.8	(2.22)	28.0	(3.84)
Cooked green beans	4.8	(0.82)	4.7	(1.05)	3.9	(0.97)	5.3	(1.42)
Cooked corn	4.4	(0.70)	2.3 u	(0.88)	7.4 ***	(1.22)	3.6	(1.06)
Cooked peas	1.6	(0.42)	1.0 u	(0.44)	2.1 u	(0.92)	1.7 u	(0.83)
Cooked carrots	1.4	(0.29)	1.6 u	(0.61)	1.3 u	(0.47)	1.2	(0.35)
Cooked broccoli	3.8	(0.61)	2.0	(0.43)	4.3	(1.19)	4.6 *	(1.01)
Cooked tomatoes	2.3	(0.36)	2.1	(0.36)	2.3	(0.48)	2.7	(0.71)
Cooked mixed	2.3	(0.40)	3.2 u	(1.06)	1.3	(0.34)	2.4 u	(0.73)
Cooked starchy	0.7	(0.16)	1.3 u	(0.47)	1.0 u	(0.47)	0.1 ** u	(0.08)
Other cooked deep yellow	1.6	(0.32)	1.1 u	(0.36)	0.7 u	(0.28)	2.5 *	(0.64)
Other cooked dark green	0.5	(0.14)	0.7 u	(0.34)	0.7 u	(0.29)	0.2 u	(0.09)
Other cooked ^b	2.0	(0.48)	1.6 u	(0.56)	2.7 u	(0.95)	2.1 u	(0.82)
Other fried	0.6 u	(0.61)	0.0	(0.00)	0.0 u	(0.00)	1.6 u	(1.41)
Cooked potatoes	18.5	(1.50)	21.0	(2.61)	25.2	(2.99)	11.5 **	(1.54)
Cooked potatoes, not fried	9.0	(1.16)	10.3	(2.47)	12.9	(2.26)	4.9 *	(1.28)
Cooked potatoes, fried	9.4	(0.96)	10.7	(1.20)	12.4	(2.23)	6.6 *	(1.23)
Vegetable juice	3.5	(0.99)	2.1 u	(0.91)	3.4 u	(1.49)	4.5 u	(1.97)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Fruit and 100 percent fruit juice	249.3	(8.39)	284.3	(14.95)	239.9 *	(13.36)	230.6 **	(13.21)
Any whole fruit	115.2	(4.44)	106.9	(7.82)	98.0	(5.74)	132.5 *	(6.63)
Fresh fruit	88.4	(3.73)	92.3	(7.27)	73.1 *	(4.84)	96.7	(6.11)
Fresh orange	8.0	(1.10)	12.0	(1.66)	7.1 *	(1.70)	6.5 *	(1.63)
Fresh other citrus	0.2 u	(0.16)	0.2 u	(0.17)	0.0	(0.00)	0.3 u	(0.35)
Fresh apple	20.7	(1.93)	24.6	(4.05)	18.9	(2.73)	19.1	(2.60)
Fresh banana	21.6	(1.17)	23.7	(2.44)	19.0	(2.26)	22.7	(2.03)
Fresh melon	2.6	(0.66)	2.7 u	(0.92)	1.4 u	(0.91)	3.3 u	(1.09)
Fresh watermelon	6.2	(1.24)	8.5 u	(3.26)	4.6 u	(1.85)	5.7 u	(2.02)
Fresh grapes	10.1	(0.98)	7.6	(1.08)	6.2	(1.18)	14.1 **	(1.86)
Fresh peach/nectarine	1.8 u	(0.73)	1.4 u	(0.62)	3.1 u	(1.79)	1.1 u	(0.43)
Fresh pear	2.2	(0.54)	1.7 u	(0.74)	1.7 u	(0.72)	2.8 u	(0.96)
Fresh berries	10.1	(1.47)	4.8	(1.25)	5.3	(1.12)	16.7 ***	(3.09)
Fresh pineapple	0.8 u	(0.36)	0.3 u	(0.17)	0.8 u	(0.37)	1.0 u	(0.81)
Other fresh fruit	3.4	(0.66)	4.3 u	(1.31)	4.7	(1.42)	2.2	(0.66)
Avocado/Guacamole	0.7 u	(0.23)	0.3 u	(0.21)	0.2 u	(0.10)	1.3 u	(0.57)
Lemon/lime, any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	25.8	(2.25)	14.5	(1.80)	24.1 *	(3.28)	34.0 ***	(3.84)
Canned or frozen in syrup	2.4	(0.58)	1.1 u	(0.39)	2.9 u	(1.23)	2.6 u	(0.95)
Canned or frozen, no syrup	23.4	(2.24)	13.3	(1.90)	21.2 *	(3.20)	31.3 ***	(3.76)
Applesauce, canned/frozen apples	11.8	(1.55)	6.2	(1.43)	9.2	(2.22)	16.8 ***	(2.83)
Canned/frozen peaches	2.2	(0.43)	1.7	(0.44)	2.4 u	(0.99)	2.3	(0.61)
Canned/frozen pineapple	1.1	(0.33)	1.1 u	(0.54)	2.4 u	(1.06)	0.5 u	(0.27)
Other canned/frozen	10.7	(1.41)	5.5	(1.39)	10.2	(2.51)	14.3 **	(2.42)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
100 percent fruit juice	134.1	(7.73)	177.4	(14.36)	141.9 *	(10.73)	98.1 ***	(10.61)
Noncitrus juice	106.4	(7.68)	134.5	(14.67)	116.1	(10.95)	77.3 **	(9.85)
Citrus juice	27.7	(2.83)	42.9	(7.20)	25.9 *	(3.92)	20.8 **	(4.05)
Dried fruit	1.0 u	(0.37)	0.1 u	(0.08)	0.7 u	(0.37)	1.8 * u	(0.81)
Milk and milk products	386.8	(9.64)	370.4	(13.51)	386.7	(21.00)	397.3	(13.67)
Cow's milk, total	345.7	(9.83)	337.7	(14.82)	350.9	(20.91)	346.5	(13.74)
Unflavored white milk, total	328.3	(9.22)	315.5	(12.49)	332.2	(19.31)	333.3	(14.33)
Unflavored whole milk	154.0	(8.71)	141.6	(11.59)	152.0	(13.30)	159.1	(14.61)
Unflavored fat-reduced milk, total	166.5	(9.25)	169.7	(10.84)	171.4	(21.71)	165.6	(17.31)
2 percent milk, unflavored	113.2	(6.43)	118.7	(8.16)	127.2	(16.79)	104.8	(11.90)
1 percent milk, unflavored	37.9	(6.77)	47.6	(8.07)	38.6 u	(14.99)	31.2	(5.87)
Skim milk, unflavored	15.5 u	(4.89)	3.4 u	(1.32)	5.5 u	(2.38)	29.6 ** u	(9.79)
Unflavored milk, fat not specified	7.7	(1.77)	4.2 u	(1.53)	8.8 u	(2.76)	8.6 u	(3.30)
Flavored milk, total	17.4	(2.47)	22.2 u	(7.83)	18.7	(5.13)	13.2	(3.04)
Flavored, whole milk	2.7	(0.82)	2.5 u	(0.93)	3.6 u	(1.48)	2.1 u	(1.29)
Flavored fat-reduced milk, total	11.7	(2.36)	17.6 u	(7.75)	10.9 u	(3.82)	8.7	(2.49)
2 percent milk, flavored	6.9 u	(2.45)	10.8 u	(6.49)	7.2 u	(3.77)	4.0 u	(1.44)
1 percent milk, flavored	4.4	(1.22)	6.3 u	(3.40)	2.7 u	(0.89)	4.7 u	(2.10)
Skim milk, flavored	0.4 u	(0.25)	0.4 u	(0.45)	1.0 u	(0.83)	0.0 u	(0.03)
Flavored milk, fat not specified	3.0	(0.77)	2.1 u	(1.07)	4.1 u	(1.66)	2.5 u	(0.98)
Dry or evaporated milk	1.3 u	(0.56)	1.6 u	(0.76)	3.1 u	(1.82)	0.2 u	(0.17)
Cheese	9.5	(1.04)	7.7	(1.35)	9.9	(1.74)	10.2	(1.67)
Yogurt	30.3	(2.50)	23.4	(3.14)	22.8	(3.63)	40.4 **	(4.54)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Meat and meat alternatives	69.5	(2.54)	77.0	(3.94)	74.3	(5.07)	60.8 **	(2.99)
Beef	2.0	(0.35)	2.1	(0.44)	2.7	(0.77)	1.3 u	(0.44)
Ground beef	1.1 u	(0.49)	1.2 u	(1.06)	1.9 u	(1.17)	0.4 u	(0.15)
Pork	1.8	(0.29)	1.9	(0.46)	2.2	(0.60)	1.3 u	(0.43)
Ham	0.3 u	(0.13)	0.4 u	(0.21)	0.7 u	(0.33)	0.1 u	(0.06)
Lamb and misc. meats	0.3 u	(0.12)	0.5 u	(0.30)	0.1 u	(0.12)	0.3 u	(0.17)
Chicken	22.2	(1.27)	25.0	(2.30)	27.2	(3.02)	16.6 **	(2.13)
Turkey	0.8 u	(0.23)	0.1 u	(0.08)	1.3 u	(0.60)	0.6 u	(0.26)
Organ meats	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Hot dogs	4.4	(0.66)	3.5	(0.66)	2.5	(0.71)	6.1 *	(1.10)
Cold cuts	2.3	(0.38)	1.6	(0.40)	1.8 u	(0.55)	3.1	(0.72)
Fish	3.4	(0.70)	5.0 u	(1.79)	2.8 u	(1.06)	3.1	(0.88)
Shellfish	0.4	(0.13)	0.7 u	(0.34)	0.5 u	(0.25)	0.2 u	(0.12)
Bacon/Sausage	3.7	(0.44)	3.8	(0.78)	4.9	(0.74)	3.0	(0.69)
Eggs	16.4	(1.30)	19.5	(1.70)	17.1	(2.68)	13.8 *	(1.63)
Beans	6.2	(0.83)	7.7	(1.55)	6.1	(1.44)	5.6	(1.46)
Baked/refried beans	1.5	(0.39)	1.8 u	(0.67)	0.5 u	(0.34)	1.8 u	(0.60)
Soy products	0.5 u	(0.35)	0.5 u	(0.43)	0.0 u	(0.00)	1.0 u	(0.73)
Protein/meal enhancement	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Nuts	1.2	(0.26)	0.6 u	(0.21)	1.4 u	(0.51)	1.4 u	(0.50)
Peanut/almond butter	0.8	(0.15)	0.8 u	(0.27)	0.4 u	(0.26)	1.0	(0.30)
Seeds	0.1 u	(0.03)	0.1 u	(0.06)	0.1 u	(0.09)	0.1 u	(0.04)
Mixed dishes	178.1	(5.57)	201.9	(8.91)	177.2 *	(8.27)	166.7 **	(8.45)
Tomato sauce and meat (no pasta)	0.2 u	(0.13)	0.1 u	(0.08)	0.1 u	(0.07)	0.5 u	(0.29)
Chili con carne	1.0 u	(0.40)	1.8 u	(1.25)	1.3 u	(0.64)	0.3 u	(0.19)
Meat mixtures w/ red meat	7.1	(0.97)	8.4	(1.83)	6.0	(1.50)	7.3	(2.15)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Meat mixtures w/ chicken/turkey	9.5	(1.38)	6.1	(1.04)	11.4	(2.73)	10.7	(3.01)
Meat mixtures w/ fish	1.8 u	(0.80)	0.5 u	(0.25)	2.1 u	(1.18)	2.5 u	(1.64)
Hamburgers/Cheeseburgers	4.4	(0.73)	5.0	(0.95)	5.1	(1.15)	3.4 u	(1.34)
Other sandwiches	36.3	(2.41)	30.5	(3.62)	35.4	(3.21)	40.1	(3.76)
Hot dogs	3.5	(0.62)	2.8	(0.79)	2.4	(0.65)	4.6	(0.96)
Luncheon meat	7.9	(0.97)	9.6	(1.53)	9.0	(1.91)	6.1	(1.65)
Beef, pork, ham	2.4	(0.60)	3.0 u	(1.33)	2.4 u	(0.81)	1.9 u	(0.62)
Chicken, turkey	2.3 u	(0.82)	1.9 u	(0.65)	1.8 u	(0.57)	2.9 u	(1.84)
Cheese (no meat)	11.4	(1.40)	8.8	(2.01)	12.9	(1.99)	12.1	(2.66)
Fish	0.7 u	(0.42)	0.3 u	(0.24)	0.1 u	(0.12)	1.2 u	(0.86)
Peanut butter	7.4	(0.96)	3.6	(0.63)	6.8 *	(1.23)	10.3 ***	(1.56)
Breakfast sandwiches	0.6 u	(0.42)	0.3 u	(0.22)	0.1 u	(0.07)	1.0 u	(0.82)
Pizza (no meat)	6.5	(1.03)	3.5 u	(1.15)	4.7	(1.03)	9.5 *	(2.11)
Pizza w/ meat	8.3	(0.99)	10.9	(2.05)	11.5	(2.59)	5.3 *	(1.49)
Mexican entrees	18.0	(1.81)	24.3	(4.19)	16.2	(2.94)	17.0	(4.04)
Macaroni and cheese	20.9	(1.90)	20.0	(3.37)	18.9	(3.05)	22.3	(3.81)
Pasta dishes	24.8	(3.09)	27.0	(6.63)	27.7	(3.73)	21.6	(3.82)
Rice dishes	10.9	(1.83)	16.6	(2.65)	12.9	(3.49)	6.5 ** u	(2.49)
Other grain mixtures	1.2	(0.31)	1.3 u	(0.53)	1.5 u	(0.74)	1.0 u	(0.51)
Soups/Stews	24.0	(2.92)	41.3	(5.50)	20.8 **	(4.43)	15.2 ***	(3.14)
Vegetable mixtures	3.4	(0.84)	4.7 u	(2.65)	1.7 u	(0.68)	3.5 u	(1.16)
Entrée salads	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Beverages excluding milk and 100 percent fruit juice	530.2	(12.85)	559.2	(20.38)	568.0	(26.67)	492.9 *	(18.93)
Coffee	1.1 u	(0.42)	2.8 u	(1.50)	0.9 u	(0.51)	0.3 u	(0.22)
Tea	14.2	(2.07)	15.6	(2.90)	22.6	(4.99)	7.3 * u	(2.47)
Water (plain)	355.6	(10.65)	347.7	(20.95)	353.2	(21.31)	368.5	(15.20)
Noncarbonated, sweetened drinks	97.0	(8.12)	115.1	(10.31)	120.0	(12.94)	69.0 **	(9.60)
Noncarbonated, low-calorie/sugar-free drinks	24.3	(2.92)	32.6	(8.43)	29.2	(5.76)	16.8	(3.38)
Plant-based beverages	12.4	(2.10)	11.1 u	(4.33)	9.1 u	(3.28)	15.4	(3.78)
Energy drinks	0.0 u	(0.02)	0.0	(0.00)	0.1 u	(0.06)	0.0	(0.00)
Any soda	25.6	(2.60)	34.2	(5.15)	32.9	(4.43)	15.6 **	(3.46)
Soda, regular	22.0	(2.56)	30.0	(5.04)	30.5	(4.37)	11.2 **	(3.35)
Soda, sugar-free	3.6	(0.96)	4.2 u	(2.45)	2.4	(0.71)	4.3 u	(1.77)
Sweets and desserts	58.2	(2.21)	50.5	(2.87)	63.3 **	(3.23)	58.5	(4.04)
Sugar and sugar substitutes	0.2	(0.04)	0.3	(0.06)	0.3	(0.08)	0.2 u	(0.07)
Syrups/Sweet toppings	3.1	(0.63)	2.4	(0.61)	4.0 u	(1.41)	2.8 u	(0.89)
Jelly	0.4	(0.07)	0.3 u	(0.13)	0.4	(0.13)	0.5	(0.13)
Gelatin dessert	2.1	(0.55)	2.9 u	(0.89)	1.7 u	(0.68)	1.7 u	(1.04)
Candy	7.3	(0.56)	6.9	(1.27)	8.1	(0.64)	6.7	(0.92)
Ice cream	12.8	(1.41)	10.4	(1.27)	10.8	(1.70)	15.6	(2.79)
Pudding	2.8 u	(0.91)	1.9 u	(0.97)	3.2 u	(1.08)	3.5 u	(1.83)
Flavored ice	5.4	(0.95)	3.3	(0.72)	7.5	(2.12)	4.9	(1.20)
Sweet rolls	1.9	(0.37)	2.2	(0.57)	2.4	(0.55)	1.5 u	(0.62)
Cake/Cupcakes	4.9	(0.88)	4.4	(1.17)	6.5 u	(2.27)	4.0	(1.06)
Cookies	12.9	(0.70)	12.3	(1.13)	12.9	(1.02)	13.0	(1.20)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Pies/Cobblers	0.7	(0.18)	0.5 u	(0.20)	1.0 u	(0.41)	0.6 u	(0.28)
Pastries	1.4	(0.28)	1.1	(0.28)	1.7 u	(0.53)	1.3 u	(0.50)
Doughnuts	2.2	(0.41)	1.8	(0.52)	2.7 u	(0.90)	2.2	(0.59)
Salty snacks	10.2	(1.09)	11.3	(0.77)	10.3	(1.17)	9.2	(2.29)
Corn-based salty snacks	3.8	(0.33)	5.3	(0.68)	4.3	(0.58)	2.6 ***	(0.34)
Pretzels/Party mix	3.0 u	(1.16)	1.8	(0.41)	1.8 u	(1.04)	4.4 u	(2.38)
Popcorn	0.9	(0.10)	0.9	(0.13)	1.1	(0.22)	0.8	(0.20)
Potato chips	2.5	(0.25)	3.4	(0.39)	3.0	(0.38)	1.4 ***	(0.29)
Added fats and oils	2.9	(0.25)	2.1	(0.37)	3.5	(0.74)	2.8	(0.39)
Butter	0.5	(0.07)	0.3 u	(0.09)	0.5 u	(0.16)	0.5	(0.10)
Margarine	0.2	(0.04)	0.1	(0.03)	0.2 u	(0.06)	0.3 *	(0.10)
Other added fats	0.3 u	(0.11)	0.1 u	(0.06)	0.3 u	(0.13)	0.4 u	(0.20)
Other added oils	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.02)
Salad dressing	0.6	(0.10)	0.8 u	(0.32)	0.7 u	(0.23)	0.4 u	(0.12)
Mayonnaise	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.00)
Gravy	0.5	(0.14)	0.4 u	(0.15)	0.7 u	(0.24)	0.4 u	(0.23)
Cream cheese	0.2	(0.07)	0.1 u	(0.03)	0.3 u	(0.16)	0.3 * u	(0.10)
Cream/Sour cream	0.5 u	(0.18)	0.3 u	(0.11)	0.8 u	(0.56)	0.5 u	(0.23)
Other	1.0	(0.20)	0.8 u	(0.48)	1.7 u	(0.53)	0.7 u	(0.25)

Notes: "All young children" includes children with missing WIC participation or income. Estimates are based on the day 1 dietary recall. Food choices reflect individual foods consumed, except when foods were reported to be eaten in "combination." In these cases, the foods reported in combination are counted as one food choice and reported in the mixed dishes category. 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 to ensure different age distributions of NSLP 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 WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of children in households that at the time of data collection reported receiving WIC benefits.

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

^a All grains are categorized both by type of grain (e.g., bread, cold cereal, pasta) and as either refined or whole grains. Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The Food Pattern Equivalents Database data sources listed in the table were used to classify grains.

^b "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately.

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES children aged 1–4 years with complete day 1 dietary recall data.

Table D.6. Average Amounts of Different Types of Foods Consumed (Grams) on a Given Day by Young Children WIC Participants and Nonparticipants Reporting Consumption of those Food Types

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Children 1–4 Years Old								
Sample size	2,314	–	902	–	729	–	671	–
Grains	81.9	(2.58)	79.0	(3.71)	75.7	(3.71)	88.5	(5.00)
Whole grains ^a	27.5	(1.92)	24.8	(2.61)	25.1	(3.18)	31.5	(3.99)
Refined grains	54.4	(1.83)	54.2	(3.71)	50.6	(3.19)	56.9	(2.66)
Bread	8.1	(0.76)	8.4	(1.29)	7.9	(1.23)	8.1	(1.16)
Rolls	1.4	(0.34)	0.7 u	(0.25)	2.1 u	(0.77)	1.4 u	(0.45)
English muffin	0.2 u	(0.10)	0.1 u	(0.05)	0.1 u	(0.04)	0.4 u	(0.22)
Bagels	1.3	(0.37)	0.4 u	(0.23)	1.2 u	(0.50)	1.9 * u	(0.71)
Biscuits, scones, croissants	1.8	(0.34)	1.8 u	(0.64)	2.1	(0.55)	1.6 u	(0.49)
Muffins	2.8	(0.67)	2.3 u	(1.58)	2.0 u	(0.72)	3.3	(0.90)
Cornbread	0.6 u	(0.25)	0.4 u	(0.22)	0.8 u	(0.46)	0.5 u	(0.37)
Corn tortillas	1.5	(0.33)	3.9	(1.05)	1.5 *	(0.43)	0.1 *** u	(0.04)
Flour tortillas	0.8	(0.19)	1.4 u	(0.55)	0.9 u	(0.39)	0.5 u	(0.20)
Taco shells	0.0 u	(0.02)	0.1 u	(0.08)	0.0	(0.00)	0.0	(0.00)
Crackers	8.9	(0.62)	7.0	(0.88)	6.1	(0.50)	12.0 ***	(0.94)
Breakfast/granola bar	2.6	(0.47)	1.8	(0.39)	0.9 u	(0.30)	4.2 *	(1.04)
Pancakes, waffles, French toast	7.1	(0.59)	4.6	(0.60)	6.5	(0.89)	9.3 ***	(1.24)
Cold cereal	11.5	(0.70)	12.8	(0.88)	13.4	(1.01)	9.4 **	(0.99)
Hot cereal	17.3	(1.85)	17.8	(3.19)	17.2	(3.05)	17.4	(3.50)
Rice	12.8	(1.39)	13.1	(1.75)	10.2	(1.49)	14.3	(2.64)
Pasta	3.2	(0.46)	2.3	(0.54)	3.0 u	(0.96)	4.1	(0.99)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Vegetables	58.9	(3.16)	55.9	(4.17)	64.8	(4.58)	56.9	(5.33)
Raw vegetables	11.0	(1.43)	11.1	(2.54)	8.3	(2.12)	12.9	(2.34)
Raw lettuce/greens	0.1 u	(0.02)	0.1 u	(0.07)	0.0 u	(0.03)	0.0 u	(0.01)
Raw carrots	3.0	(0.45)	2.7 u	(0.81)	1.6 u	(0.50)	4.1	(0.83)
Raw tomatoes	1.6	(0.46)	1.4 u	(0.65)	1.7 u	(1.15)	1.4	(0.42)
Raw cabbage/coleslaw	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Other raw ^b	3.3	(0.79)	3.2 u	(1.73)	3.3 u	(1.41)	3.5 u	(1.31)
Salads (w/ greens)	0.0 u	(0.03)	0.1 u	(0.08)	0.0	(0.00)	0.0	(0.00)
Cooked vegetables, excl. potatoes	26.0	(1.93)	21.6	(2.36)	27.8	(2.22)	28.0	(3.84)
Cooked green beans	4.8	(0.82)	4.7	(1.05)	3.9	(0.97)	5.3	(1.42)
Cooked corn	4.4	(0.70)	2.3 u	(0.88)	7.4 ***	(1.22)	3.6	(1.06)
Cooked peas	1.6	(0.42)	1.0 u	(0.44)	2.1 u	(0.92)	1.7 u	(0.83)
Cooked carrots	1.4	(0.29)	1.6 u	(0.61)	1.3 u	(0.47)	1.2	(0.35)
Cooked broccoli	3.8	(0.61)	2.0	(0.43)	4.3	(1.19)	4.6 *	(1.01)
Cooked tomatoes	2.3	(0.36)	2.1	(0.36)	2.3	(0.48)	2.7	(0.71)
Cooked mixed	2.3	(0.40)	3.2 u	(1.06)	1.3	(0.34)	2.4 u	(0.73)
Cooked starchy	0.7	(0.16)	1.3 u	(0.47)	1.0 u	(0.47)	0.1 ** u	(0.08)
Other cooked deep yellow	1.6	(0.32)	1.1 u	(0.36)	0.7 u	(0.28)	2.5 *	(0.64)
Other cooked dark green	0.5	(0.14)	0.7 u	(0.34)	0.7 u	(0.29)	0.2 u	(0.09)
Other cooked ^b	2.0	(0.48)	1.6 u	(0.56)	2.7 u	(0.95)	2.1 u	(0.82)
Other fried	0.6 u	(0.61)	0.0	(0.00)	0.0 u	(0.00)	1.6 u	(1.41)
Cooked potatoes	18.5	(1.50)	21.0	(2.61)	25.2	(2.99)	11.5 **	(1.54)
Cooked potatoes, not fried	9.0	(1.16)	10.3	(2.47)	12.9	(2.26)	4.9 *	(1.28)
Cooked potatoes, fried	9.4	(0.96)	10.7	(1.20)	12.4	(2.23)	6.6 *	(1.23)
Vegetable juice	3.5	(0.99)	2.1 u	(0.91)	3.4 u	(1.49)	4.5 u	(1.97)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Fruit and 100 percent fruit juice	249.3	(8.39)	284.3	(14.95)	239.9 *	(13.36)	230.6 **	(13.21)
Any whole fruit	115.2	(4.44)	106.9	(7.82)	98.0	(5.74)	132.5 *	(6.63)
Fresh fruit	88.4	(3.73)	92.3	(7.27)	73.1 *	(4.84)	96.7	(6.11)
Fresh orange	8.0	(1.10)	12.0	(1.66)	7.1 *	(1.70)	6.5 *	(1.63)
Fresh other citrus	0.2 u	(0.16)	0.2 u	(0.17)	0.0	(0.00)	0.3 u	(0.35)
Fresh apple	20.7	(1.93)	24.6	(4.05)	18.9	(2.73)	19.1	(2.60)
Fresh banana	21.6	(1.17)	23.7	(2.44)	19.0	(2.26)	22.7	(2.03)
Fresh melon	2.6	(0.66)	2.7 u	(0.92)	1.4 u	(0.91)	3.3 u	(1.09)
Fresh watermelon	6.2	(1.24)	8.5 u	(3.26)	4.6 u	(1.85)	5.7 u	(2.02)
Fresh grapes	10.1	(0.98)	7.6	(1.08)	6.2	(1.18)	14.1 **	(1.86)
Fresh peach/nectarine	1.8 u	(0.73)	1.4 u	(0.62)	3.1 u	(1.79)	1.1 u	(0.43)
Fresh pear	2.2	(0.54)	1.7 u	(0.74)	1.7 u	(0.72)	2.8 u	(0.96)
Fresh berries	10.1	(1.47)	4.8	(1.25)	5.3	(1.12)	16.7 ***	(3.09)
Fresh pineapple	0.8 u	(0.36)	0.3 u	(0.17)	0.8 u	(0.37)	1.0 u	(0.81)
Other fresh fruit	3.4	(0.66)	4.3 u	(1.31)	4.7	(1.42)	2.2	(0.66)
Avocado/Guacamole	0.7 u	(0.23)	0.3 u	(0.21)	0.2 u	(0.10)	1.3 u	(0.57)
Lemon/lime, any form	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Canned or frozen fruit, total	25.8	(2.25)	14.5	(1.80)	24.1 *	(3.28)	34.0 ***	(3.84)
Canned or frozen in syrup	2.4	(0.58)	1.1 u	(0.39)	2.9 u	(1.23)	2.6 u	(0.95)
Canned or frozen, no syrup	23.4	(2.24)	13.3	(1.90)	21.2 *	(3.20)	31.3 ***	(3.76)
Applesauce, canned/frozen apples	11.8	(1.55)	6.2	(1.43)	9.2	(2.22)	16.8 ***	(2.83)
Canned/frozen peaches	2.2	(0.43)	1.7	(0.44)	2.4 u	(0.99)	2.3	(0.61)
Canned/frozen pineapple	1.1	(0.33)	1.1 u	(0.54)	2.4 u	(1.06)	0.5 u	(0.27)
Other canned/frozen	10.7	(1.41)	5.5	(1.39)	10.2	(2.51)	14.3 **	(2.42)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
100 percent fruit juice	134.1	(7.73)	177.4	(14.36)	141.9 *	(10.73)	98.1 ***	(10.61)
Noncitrus juice	106.4	(7.68)	134.5	(14.67)	116.1	(10.95)	77.3 **	(9.85)
Citrus juice	27.7	(2.83)	42.9	(7.20)	25.9 *	(3.92)	20.8 **	(4.05)
Dried fruit	1.0 u	(0.37)	0.1 u	(0.08)	0.7 u	(0.37)	1.8 * u	(0.81)
Milk and milk products	386.8	(9.64)	370.4	(13.51)	386.7	(21.00)	397.3	(13.67)
Cow's milk, total	345.7	(9.83)	337.7	(14.82)	350.9	(20.91)	346.5	(13.74)
Unflavored white milk, total	328.3	(9.22)	315.5	(12.49)	332.2	(19.31)	333.3	(14.33)
Unflavored whole milk	154.0	(8.71)	141.6	(11.59)	152.0	(13.30)	159.1	(14.61)
Unflavored fat-reduced milk, total	166.5	(9.25)	169.7	(10.84)	171.4	(21.71)	165.6	(17.31)
2 percent milk, unflavored	113.2	(6.43)	118.7	(8.16)	127.2	(16.79)	104.8	(11.90)
1 percent milk, unflavored	37.9	(6.77)	47.6	(8.07)	38.6 u	(14.99)	31.2	(5.87)
Skim milk, unflavored	15.5 u	(4.89)	3.4 u	(1.32)	5.5 u	(2.38)	29.6 ** u	(9.79)
Unflavored milk, fat not specified	7.7	(1.77)	4.2 u	(1.53)	8.8 u	(2.76)	8.6 u	(3.30)
Flavored milk, total	17.4	(2.47)	22.2 u	(7.83)	18.7	(5.13)	13.2	(3.04)
Flavored, whole milk	2.7	(0.82)	2.5 u	(0.93)	3.6 u	(1.48)	2.1 u	(1.29)
Flavored fat-reduced milk, total	11.7	(2.36)	17.6 u	(7.75)	10.9 u	(3.82)	8.7	(2.49)
2 percent milk, flavored	6.9 u	(2.45)	10.8 u	(6.49)	7.2 u	(3.77)	4.0 u	(1.44)
1 percent milk, flavored	4.4	(1.22)	6.3 u	(3.40)	2.7 u	(0.89)	4.7 u	(2.10)
Skim milk, flavored	0.4 u	(0.25)	0.4 u	(0.45)	1.0 u	(0.83)	0.0 u	(0.03)
Flavored milk, fat not specified	3.0	(0.77)	2.1 u	(1.07)	4.1 u	(1.66)	2.5 u	(0.98)
Dry or evaporated milk	1.3 u	(0.56)	1.6 u	(0.76)	3.1 u	(1.82)	0.2 u	(0.17)
Cheese	9.5	(1.04)	7.7	(1.35)	9.9	(1.74)	10.2	(1.67)
Yogurt	30.3	(2.50)	23.4	(3.14)	22.8	(3.63)	40.4 **	(4.54)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Meat and meat alternatives	69.5	(2.54)	77.0	(3.94)	74.3	(5.07)	60.8 **	(2.99)
Beef	2.0	(0.35)	2.1	(0.44)	2.7	(0.77)	1.3 u	(0.44)
Ground beef	1.1 u	(0.49)	1.2 u	(1.06)	1.9 u	(1.17)	0.4 u	(0.15)
Pork	1.8	(0.29)	1.9	(0.46)	2.2	(0.60)	1.3 u	(0.43)
Ham	0.3 u	(0.13)	0.4 u	(0.21)	0.7 u	(0.33)	0.1 u	(0.06)
Lamb and misc. meats	0.3 u	(0.12)	0.5 u	(0.30)	0.1 u	(0.12)	0.3 u	(0.17)
Chicken	22.2	(1.27)	25.0	(2.30)	27.2	(3.02)	16.6 **	(2.13)
Turkey	0.8 u	(0.23)	0.1 u	(0.08)	1.3 u	(0.60)	0.6 u	(0.26)
Organ meats	0.0 u	(0.00)	0.0 u	(0.01)	0.0	(0.00)	0.0	(0.00)
Hot dogs	4.4	(0.66)	3.5	(0.66)	2.5	(0.71)	6.1 *	(1.10)
Cold cuts	2.3	(0.38)	1.6	(0.40)	1.8 u	(0.55)	3.1	(0.72)
Fish	3.4	(0.70)	5.0 u	(1.79)	2.8 u	(1.06)	3.1	(0.88)
Shellfish	0.4	(0.13)	0.7 u	(0.34)	0.5 u	(0.25)	0.2 u	(0.12)
Bacon/Sausage	3.7	(0.44)	3.8	(0.78)	4.9	(0.74)	3.0	(0.69)
Eggs	16.4	(1.30)	19.5	(1.70)	17.1	(2.68)	13.8 *	(1.63)
Beans	6.2	(0.83)	7.7	(1.55)	6.1	(1.44)	5.6	(1.46)
Baked/refried beans	1.5	(0.39)	1.8 u	(0.67)	0.5 u	(0.34)	1.8 u	(0.60)
Soy products	0.5 u	(0.35)	0.5 u	(0.43)	0.0 u	(0.00)	1.0 u	(0.73)
Protein/meal enhancement	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)
Nuts	1.2	(0.26)	0.6 u	(0.21)	1.4 u	(0.51)	1.4 u	(0.50)
Peanut/almond butter	0.8	(0.15)	0.8 u	(0.27)	0.4 u	(0.26)	1.0	(0.30)
Seeds	0.1 u	(0.03)	0.1 u	(0.06)	0.1 u	(0.09)	0.1 u	(0.04)
Mixed dishes	178.1	(5.57)	201.9	(8.91)	177.2 *	(8.27)	166.7 **	(8.45)
Tomato sauce and meat (no pasta)	0.2 u	(0.13)	0.1 u	(0.08)	0.1 u	(0.07)	0.5 u	(0.29)
Chili con carne	1.0 u	(0.40)	1.8 u	(1.25)	1.3 u	(0.64)	0.3 u	(0.19)
Meat mixtures w/ red meat	7.1	(0.97)	8.4	(1.83)	6.0	(1.50)	7.3	(2.15)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Meat mixtures w/ chicken/turkey	9.5	(1.38)	6.1	(1.04)	11.4	(2.73)	10.7	(3.01)
Meat mixtures w/ fish	1.8 u	(0.80)	0.5 u	(0.25)	2.1 u	(1.18)	2.5 u	(1.64)
Hamburgers/Cheeseburgers	4.4	(0.73)	5.0	(0.95)	5.1	(1.15)	3.4 u	(1.34)
Other sandwiches	36.3	(2.41)	30.5	(3.62)	35.4	(3.21)	40.1	(3.76)
Hot dogs	3.5	(0.62)	2.8	(0.79)	2.4	(0.65)	4.6	(0.96)
Luncheon meat	7.9	(0.97)	9.6	(1.53)	9.0	(1.91)	6.1	(1.65)
Beef, pork, ham	2.4	(0.60)	3.0 u	(1.33)	2.4 u	(0.81)	1.9 u	(0.62)
Chicken, turkey	2.3 u	(0.82)	1.9 u	(0.65)	1.8 u	(0.57)	2.9 u	(1.84)
Cheese (no meat)	11.4	(1.40)	8.8	(2.01)	12.9	(1.99)	12.1	(2.66)
Fish	0.7 u	(0.42)	0.3 u	(0.24)	0.1 u	(0.12)	1.2 u	(0.86)
Peanut butter	7.4	(0.96)	3.6	(0.63)	6.8 *	(1.23)	10.3 ***	(1.56)
Breakfast sandwiches	0.6 u	(0.42)	0.3 u	(0.22)	0.1 u	(0.07)	1.0 u	(0.82)
Pizza (no meat)	6.5	(1.03)	3.5 u	(1.15)	4.7	(1.03)	9.5 *	(2.11)
Pizza w/ meat	8.3	(0.99)	10.9	(2.05)	11.5	(2.59)	5.3 *	(1.49)
Mexican entrees	18.0	(1.81)	24.3	(4.19)	16.2	(2.94)	17.0	(4.04)
Macaroni and cheese	20.9	(1.90)	20.0	(3.37)	18.9	(3.05)	22.3	(3.81)
Pasta dishes	24.8	(3.09)	27.0	(6.63)	27.7	(3.73)	21.6	(3.82)
Rice dishes	10.9	(1.83)	16.6	(2.65)	12.9	(3.49)	6.5 ** u	(2.49)
Other grain mixtures	1.2	(0.31)	1.3 u	(0.53)	1.5 u	(0.74)	1.0 u	(0.51)
Soups/Stews	24.0	(2.92)	41.3	(5.50)	20.8 **	(4.43)	15.2 ***	(3.14)
Vegetable mixtures	3.4	(0.84)	4.7 u	(2.65)	1.7 u	(0.68)	3.5 u	(1.16)
Entrée salads	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)	0.0	(0.00)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Beverages excluding milk and 100 percent fruit juice	530.2	(12.85)	559.2	(20.38)	568.0	(26.67)	492.9 *	(18.93)
Coffee	1.1 u	(0.42)	2.8 u	(1.50)	0.9 u	(0.51)	0.3 u	(0.22)
Tea	14.2	(2.07)	15.6	(2.90)	22.6	(4.99)	7.3 * u	(2.47)
Water (plain)	355.6	(10.65)	347.7	(20.95)	353.2	(21.31)	368.5	(15.20)
Noncarbonated, sweetened drinks	97.0	(8.12)	115.1	(10.31)	120.0	(12.94)	69.0 **	(9.60)
Noncarbonated, low-calorie/sugar-free drinks	24.3	(2.92)	32.6	(8.43)	29.2	(5.76)	16.8	(3.38)
Plant-based beverages	12.4	(2.10)	11.1 u	(4.33)	9.1 u	(3.28)	15.4	(3.78)
Energy drinks	0.0 u	(0.02)	0.0	(0.00)	0.1 u	(0.06)	0.0	(0.00)
Any soda	25.6	(2.60)	34.2	(5.15)	32.9	(4.43)	15.6 **	(3.46)
Soda, regular	22.0	(2.56)	30.0	(5.04)	30.5	(4.37)	11.2 **	(3.35)
Soda, sugar-free	3.6	(0.96)	4.2 u	(2.45)	2.4	(0.71)	4.3 u	(1.77)
Sweets and desserts	58.2	(2.21)	50.5	(2.87)	63.3 **	(3.23)	58.5	(4.04)
Sugar and sugar substitutes	0.2	(0.04)	0.3	(0.06)	0.3	(0.08)	0.2 u	(0.07)
Syrups/Sweet toppings	3.1	(0.63)	2.4	(0.61)	4.0 u	(1.41)	2.8 u	(0.89)
Jelly	0.4	(0.07)	0.3 u	(0.13)	0.4	(0.13)	0.5	(0.13)
Gelatin dessert	2.1	(0.55)	2.9 u	(0.89)	1.7 u	(0.68)	1.7 u	(1.04)
Candy	7.3	(0.56)	6.9	(1.27)	8.1	(0.64)	6.7	(0.92)
Ice cream	12.8	(1.41)	10.4	(1.27)	10.8	(1.70)	15.6	(2.79)
Pudding	2.8 u	(0.91)	1.9 u	(0.97)	3.2 u	(1.08)	3.5 u	(1.83)
Flavored ice	5.4	(0.95)	3.3	(0.72)	7.5	(2.12)	4.9	(1.20)
Sweet rolls	1.9	(0.37)	2.2	(0.57)	2.4	(0.55)	1.5 u	(0.62)
Cake/Cupcakes	4.9	(0.88)	4.4	(1.17)	6.5 u	(2.27)	4.0	(1.06)
Cookies	12.9	(0.70)	12.3	(1.13)	12.9	(1.02)	13.0	(1.20)
Pies/Cobblers	0.7	(0.18)	0.5 u	(0.20)	1.0 u	(0.41)	0.6 u	(0.28)

Food Group	All Young Children		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error	Mean	Standard Error
Pastries	1.4	(0.28)	1.1	(0.28)	1.7 u	(0.53)	1.3 u	(0.50)
Doughnuts	2.2	(0.41)	1.8	(0.52)	2.7 u	(0.90)	2.2	(0.59)
Salty snacks	10.2	(1.09)	11.3	(0.77)	10.3	(1.17)	9.2	(2.29)
Corn-based salty snacks	3.8	(0.33)	5.3	(0.68)	4.3	(0.58)	2.6 ***	(0.34)
Pretzels/Party mix	3.0 u	(1.16)	1.8	(0.41)	1.8 u	(1.04)	4.4 u	(2.38)
Popcorn	0.9	(0.10)	0.9	(0.13)	1.1	(0.22)	0.8	(0.20)
Potato chips	2.5	(0.25)	3.4	(0.39)	3.0	(0.38)	1.4 ***	(0.29)
Added fats and oils	2.9	(0.25)	2.1	(0.37)	3.5	(0.74)	2.8	(0.39)
Butter	0.5	(0.07)	0.3 u	(0.09)	0.5 u	(0.16)	0.5	(0.10)
Margarine	0.2	(0.04)	0.1	(0.03)	0.2 u	(0.06)	0.3 *	(0.10)
Other added fats	0.3 u	(0.11)	0.1 u	(0.06)	0.3 u	(0.13)	0.4 u	(0.20)
Other added oils	0.0 u	(0.01)	0.0 u	(0.01)	0.0	(0.00)	0.0 u	(0.02)
Salad dressing	0.6	(0.10)	0.8 u	(0.32)	0.7 u	(0.23)	0.4 u	(0.12)
Mayonnaise	0.0 u	(0.01)	0.0 u	(0.02)	0.0 u	(0.01)	0.0 u	(0.00)
Gravy	0.5	(0.14)	0.4 u	(0.15)	0.7 u	(0.24)	0.4 u	(0.23)
Cream cheese	0.2	(0.07)	0.1 u	(0.03)	0.3 u	(0.16)	0.3 * u	(0.10)
Cream/Sour cream	0.5 u	(0.18)	0.3 u	(0.11)	0.8 u	(0.56)	0.5 u	(0.23)
Other	1.0	(0.20)	0.8 u	(0.48)	1.7 u	(0.53)	0.7 u	(0.25)

Notes: "All young children" includes children with missing WIC participation or income. Estimates are based on the day 1 dietary recall. Food choices reflect individual foods consumed, except when foods were reported to be eaten in "combination." In these cases, the foods reported in combination are counted as one food choice and reported in the mixed dishes category. 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 to ensure different age distributions of NSLP 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 WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of children in households that at the time of data collection reported receiving WIC benefits.

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

^a All grains are categorized both by type of grain (e.g., bread, cold cereal, pasta) and as either refined or whole grains. Grains are classified as whole grains if at least 50 percent of the total grains are whole grain. The Food Pattern Equivalents Database data sources listed in the table were used to classify grains.

^b "Other raw" and "Other cooked" vegetables include all vegetables not categorized separately.

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES children aged 1–4 years with complete day 1 dietary recall data.