

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



Appendix E. Usual Energy and Macronutrient Intakes



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Appendix E. Usual Macronutrient and Calorie Intake

Table E.1. Total Fat (Grams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
All young children 1–4 years old	2,314	51	(0.6)	902	51	(0.9)	729	53	(1.2)	671	51	(1.0)
1-year-olds	590	46	(1.1)	275	44	(1.4)	143	51 *	(2.7)	167	46	(2.2)
2-year-olds	701	49	(1.2)	282	51	(2.0)	222	49	(2.2)	193	49	(2.1)
3-year-olds	522	54	(1.4)	186	55	(1.8)	171	54	(2.3)	162	55	(2.4)
4-year-olds	501	56	(1.2)	159	55	(1.9)	193	59	(2.4)	149	54	(1.5)

See notes at end of table.

Table E.1a. Total Fat (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	32	35	38	42	50	59	64	68	73
1-year-olds	28	31	33	37	45	53	58	61	67
2-year-olds	28	32	35	39	48	57	63	67	73
3-year-olds	35	39	41	45	53	61	66	70	75
4-year-olds	37	40	43	46	55	64	69	73	79
WIC participants	30	34	37	41	49	59	65	69	76
1-year-olds	24	28	30	34	42	51	57	61	67
2-year-olds	27	31	34	39	49	60	67	72	80
3-year-olds	34	38	40	45	53	62	68	72	78
4-year-olds	35	39	41	45	53	62	68	71	78
Income-eligible nonparticipants	32	36	39	43	51	61	67	71	77
1-year-olds	35	38	40	43	49	56	61	64	68
2-year-olds	26	30	33	37	47	57	64	68	75
3-year-olds	33	37	40	44	52	62	67	71	77
4-year-olds	36	40	43	47	57	68	75	80	88
Higher income nonparticipants	34	38	40	43	50	57	61	64	69
1-year-olds	28	32	34	38	45	53	57	61	66
2-year-olds	33	36	38	41	48	54	58	61	65
3-year-olds	37	40	42	46	53	61	66	70	75
4-year-olds	39	42	44	47	53	60	64	67	71

Notes: “All young children” includes children with missing WIC participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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.¹ 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

¹ The National Cancer Institute (NCI) method was developed to model particular aspects of usual dietary intakes of foods and nutrients using 24-hour recalls. The premise of the NCI method is that usual intake is equal to the probability of consumption on a given day times the average amount consumed on a “consumption day” (see <https://epi.grants.cancer.gov/diet/usualintakes/method.html>).

Table E.2. Total Fat (Percentage of Calorie Intake): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	32.8	(0.24)	902	32.6	(0.33)	729	32.7	(0.39)	671	33.3	(0.43)
1-year-olds	590	33.7	(0.37)	275	33.2	(0.69)	143	34.8	(0.90)	167	33.9	(0.83)
2-year-olds	701	32.2	(0.44)	282	31.6	(0.53)	222	31.9	(0.70)	193	33.2	(0.74)
3-year-olds	522	32.8	(0.59)	186	33.2	(0.60)	171	32.0	(0.70)	162	33.2	(0.95)
4-year-olds	501	32.7	(0.48)	159	32.5	(0.81)	193	32.2	(0.79)	149	33.1	(0.92)
Percent of Children With Usual Intake Below the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	17.7	(1.89)	902	18.2	(2.94)	729	16.1	(3.29)	671	16.5	(2.97)
1-year-olds	590	19.9	(3.07)	275	22.9	(5.49)	143	9.3 u	(5.57)	167	21.6	(6.30)
2-year-olds	701	26.2	(4.88)	282	28.9 u	(8.94)	222	30.0	(5.54)	193	19.9 u	(8.24)
3-year-olds	522	24.4	(4.78)	186	18.3	(4.93)	171	24.5 u	(10.41)	162	24.5	(5.70)
4-year-olds	501	0.1 u	(0.80)	159	2.7 u	(1.79)	193	0.1 u	(0.94)	149	0.0	(0.71)
Percent of Children With Usual Intake Within the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	74.7	(3.27)	902	72.9	(3.67)	729	78.2	(4.21)	671	76.1	(5.43)
1-year-olds	590	72.1	(4.24)	275	70.7	(6.15)	143	82.9	(8.36)	167	67.9	(6.29)
2-year-olds	701	72.6	(5.21)	282	70.9	(9.15)	222	68.7	(4.97)	193	76.6	(10.41)
3-year-olds	522	72.3	(4.84)	186	79.1	(5.98)	171	75.2	(10.73)	162	68.1	(6.13)
4-year-olds	501	81.7	(10.09)	159	70.8	(7.60)	193	86.2	(8.55)	149	91.7	(16.90)
Percent of Children With Usual Intake Above the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	7.6 u	(2.57)	902	8.9	(2.08)	729	5.7 u	(2.49)	671	7.4 u	(4.47)
1-year-olds	590	8.0	(2.35)	275	6.3 u	(3.11)	143	7.8 u	(5.38)	167	10.5 u	(3.26)
2-year-olds	701	1.2 u	(1.12)	282	0.2 u	(0.59)	222	1.3 u	(1.61)	193	3.5 u	(3.51)
3-year-olds	522	3.3 u	(1.92)	186	2.6 u	(2.47)	171	0.4 u	(0.87)	162	7.4 u	(4.81)
4-year-olds	501	18.2 u	(9.75)	159	26.6	(7.32)	193	13.7 u	(8.26)	149	8.3 u	(16.53)

See notes at end of table.

Table E.2a. Total Fat (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	26.8	28.1	29.0	30.4	32.8	35.2	36.5	37.4	38.7
1-year-olds	26.3	28.0	29.1	30.7	33.7	36.7	38.3	39.4	41.0
2-year-olds	26.3	27.7	28.5	29.8	32.2	34.6	35.8	36.7	37.9
3-year-olds	26.1	27.5	28.5	30.0	32.8	35.4	36.8	37.8	39.2
4-year-olds	28.5	29.4	30.0	30.9	32.6	34.3	35.3	36.0	36.9
WIC participants	26.4	27.8	28.7	30.0	32.5	35.1	36.5	37.5	38.9
1-year-olds	25.7	27.4	28.5	30.2	33.3	36.2	37.8	38.8	40.4
2-year-olds	26.6	27.7	28.5	29.6	31.6	33.5	34.6	35.3	36.4
3-year-olds	27.3	28.6	29.5	30.8	33.1	35.5	36.8	37.6	38.9
4-year-olds	26.0	27.3	28.1	29.5	32.2	35.2	36.9	38.1	40.0
Income-eligible nonparticipants	27.3	28.6	29.3	30.5	32.7	34.9	36.0	36.8	38.0
1-year-olds	28.8	30.1	31.0	32.3	34.8	37.2	38.5	39.5	40.8
2-year-olds	25.4	27.0	27.9	29.3	31.9	34.4	35.7	36.6	37.9
3-year-olds	27.1	28.2	28.9	30.0	32.0	34.0	35.0	35.7	36.9
4-year-olds	28.1	29.0	29.6	30.5	32.2	33.9	34.8	35.4	36.4
Higher income nonparticipants	27.2	28.6	29.5	30.8	33.3	35.8	37.1	38.0	39.4
1-year-olds	25.7	27.6	28.7	30.6	33.9	37.1	38.9	40.1	42.0
2-year-olds	26.9	28.3	29.2	30.6	33.2	35.7	37.0	37.9	39.3
3-year-olds	25.4	27.2	28.2	30.0	33.2	36.3	38.0	39.2	40.9
4-year-olds	30.9	31.4	31.7	32.2	33.1	34.0	34.5	34.8	35.3

Notes: “All young children” includes children with missing WIC 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 and 25–35 percent of calories for children 4–18 years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.3. Protein (Grams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
All young children 1–4 years old	2,314	50.6	(0.52)	902	51.0	(0.87)	729	51.4	(1.09)	671	50.4	(0.90)
1-year-olds	590	46.7	(0.86)	275	45.0	(1.10)	143	49.2	(2.45)	167	47.3	(2.03)
2-year-olds	701	49.6	(1.01)	282	50.0	(1.53)	222	48.8	(1.64)	193	50.3	(1.61)
3-year-olds	522	52.6	(1.05)	186	55.2	(1.75)	171	51.9	(1.88)	162	52.7	(2.07)
4-year-olds	501	53.4	(1.23)	159	53.5	(2.34)	193	55.9	(2.62)	149	51.2	(1.44)

See notes at end of table.

Table E.3a. Protein (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	33.5	36.7	39.0	42.5	49.8	57.6	62.2	65.5	70.4
1-year-olds	29.8	33.0	35.2	38.7	45.9	53.6	58.1	61.3	66.3
2-year-olds	31.3	34.8	37.2	41.0	48.7	57.1	62.0	65.5	70.7
3-year-olds	36.2	39.2	41.4	44.9	51.9	59.4	63.7	66.9	71.6
4-year-olds	36.5	39.6	41.9	45.4	52.5	60.3	64.8	68.0	72.7
WIC participants	33.3	36.6	38.9	42.6	50.0	58.2	63.0	66.5	71.9
1-year-olds	30.1	33.1	35.1	38.3	44.5	51.0	54.8	57.4	61.5
2-year-olds	31.7	35.1	37.6	41.5	49.0	57.5	62.5	66.0	71.5
3-year-olds	36.5	40.1	42.5	46.4	54.2	62.8	67.9	71.4	77.0
4-year-olds	34.7	38.0	40.3	44.1	52.1	61.1	66.7	70.8	77.4
Income-eligible nonparticipants	33.0	36.6	39.0	42.9	50.6	59.0	63.9	67.3	72.7
1-year-olds	31.0	34.4	36.8	40.6	48.3	56.6	61.7	65.3	70.9
2-year-olds	28.9	32.8	35.2	39.2	47.7	57.0	62.4	66.2	72.2
3-year-olds	34.7	38.2	40.4	44.0	51.1	58.9	63.3	66.2	71.3
4-year-olds	37.4	41.0	43.6	47.5	55.2	63.5	68.2	71.4	76.5
Higher income nonparticipants	34.7	37.7	39.7	43.0	49.6	56.9	61.1	64.0	68.9
1-year-olds	29.7	33.1	35.3	39.0	46.2	54.5	59.3	62.7	68.5
2-year-olds	33.6	37.1	39.2	42.8	49.7	57.1	61.4	64.1	69.0
3-year-olds	37.4	40.3	42.1	45.4	51.7	58.9	63.1	66.2	71.0
4-year-olds	37.9	40.4	42.2	44.9	50.6	56.7	60.4	62.9	66.9

Notes: “All young children” includes children with missing WIC participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.4. Protein (Percentage of Calorie Intake): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	14.7	(0.10)	902	14.9	(0.14)	729	14.6	(0.19)	671	14.9	(0.18)
1-year-olds	590	15.5	(0.18)	275	15.6	(0.24)	143	15.3	(0.42)	167	15.6	(0.36)
2-year-olds	701	14.8	(0.20)	282	14.4	(0.24)	222	14.6	(0.37)	193	15.5 **	(0.32)
3-year-olds	522	14.6	(0.21)	186	15.1	(0.26)	171	14.5	(0.39)	162	14.6	(0.48)
4-year-olds	501	14.0	(0.17)	159	14.3	(0.35)	193	14.0	(0.34)	149	13.9	(0.28)
Percent of Children With Usual Intake Below the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	0.1 u	(0.14)	902	0.0 u	(0.15)	729	0.5 u	(0.65)	671	0.0 u	(0.05)
1-year-olds	590	0.0	(0.00)	275	0.0	(0.00)	143	0.0	(0.00)	167	0.0	(0.00)
2-year-olds	701	0.0	(0.00)	282	0.0	(0.00)	222	0.0	(0.00)	193	0.0	(0.00)
3-year-olds	522	0.0	(0.00)	186	0.0	(0.00)	171	0.0	(0.00)	162	0.0	(0.01)
4-year-olds	501	0.5 u	(0.54)	159	0.1 u	(0.60)	193	2.0 u	(2.60)	149	0.1 u	(0.19)
Percent of Children With Usual Intake Within the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	98.3	(0.53)	902	99.6	(0.34)	729	97.6	(1.13)	671	96.9 **	(0.81)
1-year-olds	590	96.6	(1.32)	275	98.8	(1.10)	143	96.8	(2.42)	167	94.6	(2.01)
2-year-olds	701	98.8	(0.73)	282	99.9	(0.16)	222	98.8	(1.60)	193	95.5 **	(1.39)
3-year-olds	522	98.2	(1.39)	186	99.6	(0.50)	171	96.8	(2.30)	162	97.7	(2.12)
4-year-olds	501	99.5	(0.54)	159	99.9	(0.60)	193	98.0	(2.60)	149	99.9	(0.19)
Percent of Children With Usual Intake Above the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	1.6 u	(0.51)	902	0.4 u	(0.30)	729	1.9 u	(0.92)	671	3.1 **	(0.81)
1-year-olds	590	3.4 u	(1.32)	275	1.2 u	(1.10)	143	3.2 u	(2.42)	167	5.4 u	(2.01)
2-year-olds	701	1.2 u	(0.73)	282	0.1 u	(0.16)	222	1.2 u	(1.60)	193	4.5 ** u	(1.39)
3-year-olds	522	1.8 u	(1.39)	186	0.4 u	(0.50)	171	3.2 u	(2.30)	162	2.3 u	(2.11)
4-year-olds	501	0.0	(0.00)	159	0.0	(0.00)	193	0.0	(0.00)	149	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 Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	11.3	12.0	12.5	13.2	14.6	16.1	16.9	17.5	18.4
1-year-olds	11.8	12.6	13.1	13.9	15.4	17.0	17.9	18.5	19.5
2-year-olds	11.2	12.0	12.5	13.2	14.7	16.2	17.1	17.7	18.5
3-year-olds	10.8	11.6	12.1	12.9	14.5	16.1	17.1	17.7	18.7
4-year-olds	11.3	11.8	12.2	12.8	13.9	15.1	15.8	16.3	16.9
WIC participants	12.2	12.7	13.1	13.7	14.7	15.9	16.5	17.0	17.7
1-year-olds	12.7	13.3	13.7	14.3	15.5	16.7	17.4	17.9	18.6
2-year-olds	11.8	12.3	12.7	13.2	14.3	15.4	16.0	16.4	17.1
3-year-olds	12.5	13.0	13.4	13.9	15.0	16.1	16.8	17.3	18.0
4-year-olds	11.7	12.2	12.6	13.1	14.2	15.3	15.9	16.4	17.1
Income-eligible nonparticipants	10.8 *	11.6 *	12.1	12.9	14.4	16.1	17.0	17.6	18.6
1-year-olds	11.5	12.3	12.8	13.6	15.2	16.8	17.8	18.4	19.4
2-year-olds	10.9	11.7	12.2	12.9	14.4	16.0	16.8	17.4	18.3
3-year-olds	10.2 *	11.0 *	11.6 *	12.5 *	14.2	16.2	17.2	18.0	19.2
4-year-olds	10.6	11.3	11.8	12.5	13.9	15.3	16.1	16.6	17.5
Higher income nonparticipants	11.3	12.0	12.5	13.3	14.8	16.3	17.2	17.8	18.8
1-year-olds	11.7	12.4	12.9	13.7	15.3	17.1	18.1	18.9	20.1
2-year-olds	11.4	12.3	12.8	13.7	15.4 *	17.2 ***	18.1 ***	18.8 ***	19.8 ***
3-year-olds	10.5	11.4	11.9	12.8	14.5	16.2	17.2	17.9	18.9
4-year-olds	11.7	12.1	12.4	12.9	13.8	14.8	15.4	15.7	16.4

Notes: “All young children” includes children with missing WIC 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 and 10–30 percent of calories for children 4–18 years old. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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.

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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.5. Protein (Grams Per Kilogram Body Weight): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	3.85	(0.039)	902	3.88	(0.064)	729	3.90	(0.081)	671	3.86	(0.073)
1-year-olds	590	3.89	(0.071)	275	3.75	(0.092)	143	4.10	(0.204)	167	3.94	(0.169)
2-year-olds	701	4.13	(0.084)	282	4.17	(0.128)	222	4.06	(0.137)	193	4.19	(0.135)
3-year-olds	522	4.39	(0.087)	186	4.60	(0.146)	171	4.32	(0.157)	162	4.39	(0.173)
4-year-olds	501	3.00	(0.067)	159	3.01	(0.136)	193	3.10	(0.148)	149	2.91	(0.093)
Percent of Children With Usual Intake Greater Than Estimated Average Requirements												
All young children 1–4 years old	2,314	100.0	(0.02)	902	100.0	(0.04)	729	100.0	(0.04)	671	100.0	(0.00)
1-year-olds	590	100.0	(0.00)	275	100.0	(0.00)	143	100.0	(0.00)	167	100.0	(0.00)
2-year-olds	701	100.0	(0.00)	282	100.0	(0.00)	222	100.0	(0.01)	193	100.0	(0.00)
3-year-olds	522	100.0	(0.00)	186	100.0	(0.00)	171	100.0	(0.00)	162	100.0	(0.00)
4-year-olds	501	99.9	(0.06)	159	99.9	(0.16)	193	99.9	(0.16)	149	100.0	(0.00)

See notes at end of table.

Table E.5a. Protein (Grams Per Kilogram Body Weight): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	2.4	2.7	2.9	3.2	3.7	4.4	4.8	5.0	5.4
1-year-olds	2.4	2.7	2.9	3.2	3.8	4.4	4.8	5.1	5.5
2-year-olds	2.6	2.9	3.1	3.4	4.0	4.7	5.1	5.4	5.9
3-year-olds	3.0	3.2	3.4	3.7	4.3	4.9	5.3	5.5	5.9
4-year-olds	1.7	1.9	2.1	2.3	2.9	3.5	3.8	4.1	4.4
WIC participants	2.4	2.7	2.8	3.1	3.8	4.4	4.8	5.1	5.6
1-year-olds	2.5	2.7	2.9	3.1	3.7	4.2	4.5	4.7	5.1
2-year-olds	2.6	2.9	3.1	3.4	4.0	4.7	5.2	5.5	5.9
3-year-olds	3.0	3.3	3.5	3.8	4.5	5.2	5.6	5.9	6.4
4-year-olds	1.5	1.7	1.9	2.2	2.8	3.6	4.0	4.4	4.9
Income-eligible nonparticipants	2.4	2.7	2.8	3.2	3.8	4.5	4.9	5.1	5.6
1-year-olds	2.5	2.8	3.0	3.3	4.0	4.7	5.1	5.4	5.9
2-year-olds	2.4	2.7	2.9	3.2	3.9	4.7	5.2	5.5	6.0
3-year-olds	2.8	3.1	3.3	3.6	4.2	4.9	5.2	5.5	5.9
4-year-olds	1.7	2.0	2.1	2.4	3.0	3.6	4.0	4.2	4.6
Higher income nonparticipants	2.6	2.8	3.0	3.2	3.7	4.3	4.7	4.9	5.3
1-year-olds	2.4	2.7	2.9	3.2	3.8	4.5	4.9	5.2	5.7
2-year-olds	2.8	3.0	3.2	3.5	4.1	4.7	5.1	5.3	5.7
3-year-olds	3.1	3.3	3.5	3.7	4.3	4.9	5.2	5.5	5.9
4-year-olds	2.0	2.1	2.3	2.4	2.8	3.2	3.5	3.7	4.0

Notes: “All young children” includes children with missing WIC participation or income. The estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	187	(2.0)	902	188	(3.7)	729	194	(3.9)	671	183	(2.9)
1-year-olds	590	158	(3.2)	275	155	(4.7)	143	165	(6.2)	167	158	(3.8)
2-year-olds	701	183	(2.9)	282	195	(6.9)	222	183	(5.8)	193	173 **	(4.2)
3-year-olds	522	197	(4.5)	186	193	(6.4)	171	202	(8.2)	162	199	(6.7)
4-year-olds	501	211	(5.2)	159	208	(10.3)	193	225	(10.0)	149	201	(7.3)
Percent of Children With Usual Intake Greater Than Estimated Average Requirements												
All young children 1–4 years old	2,314	98.5	(0.37)	902	97.4	(0.57)	729	98.4	(0.63)	671	99.4 **	(0.47)
1-year-olds	590	96.0	(1.20)	275	91.3	(2.07)	143	98.7 **	(1.53)	167	98.4 **	(1.59)
2-year-olds	701	98.0	(0.85)	282	98.4	(0.90)	222	96.5	(1.63)	193	99.3	(1.05)
3-year-olds	522	99.9	(0.13)	186	99.7	(0.45)	171	99.4	(0.70)	162	100.0	(0.12)
4-year-olds	501	99.9	(0.14)	159	100.0	(0.06)	193	98.9	(0.93)	149	100.0	(0.03)

See notes at end of table.

Table E.6a. Carbohydrate (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	124	136	144	158	184	213	230	243	261
1-year-olds	103	114	121	132	155	180	194	204	220
2-year-olds	114	127	136	150	179	211	230	244	264
3-year-olds	136	147	155	168	194	222	239	252	270
4-year-olds	144	157	166	180	208	239	257	269	288
WIC participants	124	136	145	158	185	214	231	244	263
1-year-olds	91	103	111	124	151	181	199	212	232
2-year-olds	117	131	142	158	190	227	249	265	289
3-year-olds	132	144	152	165	190	218	234	246	263
4-year-olds	157	167	174	184	206	228	242	251	266
Income-eligible nonparticipants	119	134	143	159	190	225	245	259	282
1-year-olds	115	125	132	143	164	186	199	208	222
2-year-olds	106	121	130	146	178	215	237	252	277
3-year-olds	128	142	151	166	197	232	253	267	291
4-year-olds	129	147	160	181	221	265	290	307	335
Higher income nonparticipants	134	144	150	161	181	203	215	224	238
1-year-olds	112	121	127	137	156	177	188	196	210
2-year-olds	121	132	138	150	171	194 *	207 *	216 *	230 *
3-year-olds	145	155	162	174	196	221	236	246	263
4-year-olds	158	166	172	181	199	219	230	238	250

Notes: “All young children” includes children with missing WIC participation or income. The estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.7. Carbohydrate (Percentage of Calorie Intake): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	53.8	(0.29)	902	53.8	(0.39)	729	54.1	(0.43)	671	53.5	(0.50)
1-year-olds	590	51.9	(0.47)	275	52.3	(0.82)	143	51.0	(1.13)	167	52.3	(1.08)
2-year-olds	701	54.3	(0.48)	282	55.3	(0.63)	222	54.9	(0.58)	193	53.1 *	(0.78)
3-year-olds	522	54.1	(0.73)	186	53.1	(0.71)	171	54.9	(0.78)	162	54.1	(1.06)
4-year-olds	501	54.8	(0.59)	159	54.6	(0.95)	193	55.4	(0.90)	149	54.5	(1.08)
Percent of Children With Usual Intake Below the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	4.0	(0.73)	902	3.5 u	(1.17)	729	3.2 u	(1.56)	671	5.7	(1.51)
1-year-olds	590	11.6	(2.12)	275	8.8 u	(3.14)	143	10.7 u	(6.14)	167	13.3	(3.80)
2-year-olds	701	1.8 u	(1.00)	282	0.1 u	(0.46)	222	1.5 u	(1.16)	193	5.4 u	(2.76)
3-year-olds	522	2.6 u	(1.73)	186	3.1 u	(2.60)	171	0.4 u	(0.77)	162	4.2 u	(3.81)
4-year-olds	501	0.2 u	(0.42)	159	2.0 u	(2.29)	193	0.3 u	(0.82)	149	0.0	(0.33)
Percent of Children With Usual Intake Within the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	95.1	(0.98)	902	96.0	(1.40)	729	96.0	(1.78)	671	92.5	(1.97)
1-year-olds	590	87.1	(2.46)	275	90.0	(3.70)	143	89.1	(6.23)	167	83.3	(4.10)
2-year-olds	701	97.1	(1.56)	282	99.7	(0.92)	222	96.4	(2.09)	193	93.1	(3.99)
3-year-olds	522	96.4	(2.52)	186	96.6	(2.95)	171	98.9	(2.43)	162	93.5	(5.38)
4-year-olds	501	99.8	(0.66)	159	97.6	(2.93)	193	99.4	(1.67)	149	100.0	(0.63)
Percent of Children With Usual Intake Above the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	0.9 u	(0.40)	902	0.5 u	(0.41)	729	0.8 u	(0.61)	671	1.8 u	(0.89)
1-year-olds	590	1.3 u	(0.66)	275	1.2 u	(1.06)	143	0.2 u	(0.28)	167	3.5 u	(1.97)
2-year-olds	701	1.1 u	(0.72)	282	0.2 u	(0.54)	222	2.1 u	(1.25)	193	1.5 u	(1.65)
3-year-olds	522	1.1 u	(1.23)	186	0.3 u	(0.56)	171	0.7 u	(1.76)	162	2.3 u	(2.42)
4-year-olds	501	0.0 u	(0.26)	159	0.4 u	(1.02)	193	0.3 u	(1.02)	149	0.0	(0.31)

See notes at end of table.

Table E.7a. Carbohydrate (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	46.3	47.9	49.0	50.6	53.7	56.8	58.5	59.6	61.3
1-year-olds	42.4	44.5	45.9	47.9	51.9	55.8	57.9	59.4	61.5
2-year-olds	46.9	48.5	49.5	51.2	54.2	57.3	59.0	60.2	62.0
3-year-olds	46.4	48.0	49.1	50.8	54.0	57.1	58.9	60.1	61.8
4-year-olds	49.4	50.6	51.4	52.6	54.8	56.9	58.0	58.8	59.9
WIC participants	46.6	48.2	49.3	50.9	53.9	56.7	58.3	59.3	60.9
1-year-olds	43.4	45.3	46.6	48.6	52.2	55.8	57.8	59.2	61.3
2-year-olds	49.7	51.0	51.8	53.0	55.3	57.5	58.7	59.5	60.7
3-year-olds	45.9	47.5	48.5	50.2	53.0	55.9	57.5	58.5	60.1
4-year-olds	47.1	49.0	50.1	51.9	54.8	57.6	59.0	59.9	61.3
Income-eligible nonparticipants	47.0	48.6	49.6	51.1	54.0	56.9	58.4	59.5	61.1
1-year-olds	42.9	44.8	46.0	47.8	51.1	54.2	56.0	57.2	58.9
2-year-olds	47.2	48.9	50.0	51.6	54.8	58.0	59.8	61.0	62.9
3-year-olds	48.6	50.0	50.8	52.2	54.7	57.4	58.8	59.8	61.4
4-year-olds	49.2	50.6	51.6	52.9	55.4	57.8	59.0	59.8	61.1
Higher income nonparticipants	45.7	47.3	48.4	50.1	53.3	56.6	58.4	59.7	61.6
1-year-olds	41.7	44.0	45.4	47.7	52.0	56.6	59.1	60.8	63.7
2-year-olds	44.7	46.6	47.6	49.5	52.9	56.4	58.4	59.7	61.9
3-year-olds	45.3	47.3	48.5	50.5	54.0	57.6	59.5	60.8	62.8
4-year-olds	50.8	51.5	52.1	52.9	54.4	55.9	56.8	57.3	58.2

Notes: “All young children” includes children with missing WIC 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 year old and older. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.8. Dietary Fiber (Grams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	10.7	(0.17)	902	10.9	(0.30)	729	10.5	(0.23)	671	11.0	(0.30)
1-year-olds	590	9.0	(0.30)	275	8.8	(0.48)	143	9.0	(0.42)	167	9.4	(0.49)
2-year-olds	701	10.5	(0.29)	282	10.1	(0.41)	222	10.0	(0.40)	193	11.4	(0.63)
3-year-olds	522	11.3	(0.36)	186	11.5	(0.46)	171	11.0	(0.54)	162	11.6	(0.59)
4-year-olds	501	12.1	(0.38)	159	13.3	(0.89)	193	11.8	(0.43)	149	11.7	(0.69)
Mean Usual Intake as a Percent of Adequate Intake												
All young children 1–4 years old	2,314	52.6	(0.82)	902	53.2	(1.35)	729	51.3	(1.13)	671	54.4	(1.48)
1-year-olds	590	47.3	(1.58)	275	46.1	(2.53)	143	47.3	(2.19)	167	49.3	(2.56)
2-year-olds	701	55.1	(1.53)	282	53.0	(2.14)	222	52.6	(2.11)	193	59.8	(3.33)
3-year-olds	522	59.4	(1.89)	186	60.4	(2.40)	171	57.8	(2.83)	162	61.2	(3.11)
4-year-olds	501	48.5	(1.53)	159	53.1	(3.56)	193	47.4	(1.73)	149	46.9	(2.75)

See notes at end of table.

Table E.8a. Dietary Fiber (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	5.7	6.6	7.2	8.2	10.4	12.7	14.2	15.2	16.8
1-year-olds	4.2	5.0	5.6	6.6	8.6	10.9	12.3	13.3	14.9
2-year-olds	5.7	6.5	7.1	8.1	10.1	12.4	13.7	14.7	16.2
3-year-olds	5.9	6.8	7.5	8.6	10.9	13.5	15.0	16.1	17.7
4-year-olds	7.1	8.0	8.6	9.6	11.7	14.1	15.6	16.6	18.2
WIC participants	5.5	6.4	7.1	8.2	10.4	13.1	14.7	15.8	17.7
1-year-olds	3.1	4.0	4.7	5.8	8.1	11.0	12.8	14.2	16.3
2-year-olds	5.7	6.5	7.1	8.0	9.8	11.8	13.0	13.8	15.1
3-year-olds	5.9	6.8	7.5	8.6	11.0	13.7	15.4	16.6	18.6
4-year-olds	7.3	8.4	9.1	10.3	12.8	15.7	17.4	18.7	20.8
Income-eligible nonparticipants	5.9	6.7	7.3	8.2	10.1	12.3	13.6	14.5	16.0
1-year-olds	5.2	5.9	6.4	7.1	8.7	10.5	11.5	12.3	13.4
2-year-olds	5.6	6.4	6.9	7.7	9.6	11.8	13.1	14.0	15.5
3-year-olds	5.4	6.4	7.0	8.2	10.5	13.3	14.9	16.0	18.1
4-year-olds	7.4	8.2	8.8	9.7	11.6	13.6	14.8	15.6	17.0
Higher income nonparticipants	6.1	7.0	7.6	8.6	10.7	13.0	14.4	15.3	16.9
1-year-olds	5.0	5.8	6.3	7.3	9.1	11.1	12.3	13.2	14.6
2-year-olds	6.0	7.0	7.7	8.8	11.0	13.5	15.0	16.0	17.7
3-year-olds	6.5	7.5	8.1	9.2	11.3	13.7	15.0	15.9	17.4
4-year-olds	7.0	7.7	8.3	9.2	11.3	13.6	15.1	16.1	17.9

Notes: “All young children” includes children with missing WIC 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 intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.9. Dietary Fiber (Grams per 1,000 Calories): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	7.8	(0.11)	902	7.9	(0.15)	729	7.4 *	(0.14)	671	8.2	(0.22)
1-year-olds	590	7.4	(0.22)	275	7.3	(0.32)	143	7.0	(0.26)	167	7.8	(0.48)
2-year-olds	701	7.9	(0.22)	282	7.4	(0.20)	222	7.6	(0.29)	193	8.7 **	(0.43)
3-year-olds	522	7.9	(0.25)	186	7.9	(0.24)	171	7.6	(0.27)	162	8.2	(0.49)
4-year-olds	501	8.0	(0.22)	159	8.8	(0.41)	193	7.5 **	(0.25)	149	8.0	(0.37)
Mean Usual Intake as a Percent of Adequate Intake												
All young children 1–4 years old	2,314	55.9	(0.81)	902	56.2	(1.08)	729	53.1 *	(0.97)	671	58.6	(1.59)
1-year-olds	590	53.0	(1.55)	275	52.2	(2.25)	143	50.2	(1.89)	167	55.9	(3.46)
2-year-olds	701	56.5	(1.57)	282	52.7	(1.42)	222	53.9	(2.10)	193	62.4 **	(3.05)
3-year-olds	522	56.7	(1.77)	186	56.7	(1.72)	171	54.3	(1.96)	162	58.9	(3.47)
4-year-olds	501	57.3	(1.55)	159	62.9	(2.96)	193	53.8 **	(1.79)	149	57.2	(2.64)

See notes at end of table.

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

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	4.6	5.2	5.6	6.3	7.6	9.1	9.9	10.6	11.5
1-year-olds	3.7	4.4	4.9	5.6	7.2	8.9	9.9	10.6	11.7
2-year-olds	4.9	5.5	5.8	6.4	7.7	9.1	9.9	10.5	11.4
3-year-olds	4.6	5.2	5.6	6.3	7.7	9.2	10.2	10.8	11.8
4-year-olds	5.3	5.8	6.2	6.7	7.8	9.1	9.8	10.3	11.1
WIC participants	4.6	5.2	5.6	6.3	7.6	9.1	10.0	10.6	11.7
1-year-olds	3.3	4.0	4.5	5.3	7.0	8.9	10.0	10.9	12.2
2-year-olds	4.6	5.1	5.5	6.0	7.2	8.5	9.2	9.8	10.6
3-year-olds	4.8	5.3	5.7	6.4	7.7	9.2	10.1	10.8	11.8
4-year-olds	5.9	6.5	6.8	7.5	8.6	9.9	10.7	11.2	12.0
Income-eligible nonparticipants	4.7	5.3	5.6	6.1	7.3	8.5	9.2	9.7	10.5
1-year-olds	4.2	4.7	5.1	5.7	6.9	8.1	8.9	9.4	10.2
2-year-olds	5.2	5.6	5.9	6.4	7.4	8.5	9.1	9.5	10.2
3-year-olds	4.7	5.3	5.6	6.2	7.4	8.7	9.5	10.0	10.9
4-year-olds	4.9	5.4	5.7	6.3	7.4 *	8.6	9.3	9.7	10.5
Higher income nonparticipants	4.8	5.5	5.9	6.6	8.0	9.5	10.4	11.1	12.1
1-year-olds	4.1	4.8	5.2	6.0	7.6	9.3	10.3	11.0	12.2
2-year-olds	5.3	5.9	6.3	7.1	8.5 *	10.1	11.0	11.7	12.8
3-year-olds	4.6	5.3	5.7	6.5	8.0	9.7	10.7	11.4	12.5
4-year-olds	5.4	5.9	6.2	6.8	7.8	9.0	9.7	10.2	11.0

Notes: “All young children” includes children with missing WIC 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 intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.10. Saturated Fat (Grams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
All young children 1–4 years old	2,314	19.1	(0.27)	902	18.6	(0.36)	729	19.8 *	(0.48)	671	19.2	(0.48)
1-year-olds	590	18.6	(0.49)	275	17.8	(0.63)	143	20.2	(1.11)	167	18.8	(1.09)
2-year-olds	701	18.3	(0.53)	282	18.5	(0.79)	222	18.5	(0.95)	193	18.0	(0.82)
3-year-olds	522	19.5	(0.61)	186	19.0	(0.72)	171	19.9	(0.86)	162	20.1	(1.06)
4-year-olds	501	19.9	(0.55)	159	19.1	(0.70)	193	20.4	(0.88)	149	19.9	(0.81)

See notes at end of table.

Table E.10a. Saturated Fat (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	11.5	12.8	13.8	15.4	18.6	22.2	24.3	25.8	28.2
1-year-olds	10.6	12.0	13.1	14.7	18.1	21.9	24.1	25.6	28.1
2-year-olds	10.5	11.9	12.9	14.5	17.8	21.5	23.7	25.3	27.8
3-year-olds	11.9	13.2	14.2	15.8	19.0	22.6	24.7	26.3	28.6
4-year-olds	13.0	14.2	15.1	16.5	19.4	22.7	24.6	26.1	28.1
WIC participants	10.5	11.9	12.9	14.6	18.0	21.9	24.3	26.0	28.7
1-year-olds	9.2	10.7	11.8	13.6	17.2	21.3	23.8	25.6	28.4
2-year-olds	9.5	11.1	12.2	14.0	17.7	22.1	24.8	26.8	29.9
3-year-olds	11.6	13.0	13.8	15.4	18.5	22.0	24.1	25.6	28.0
4-year-olds	11.5	12.9	13.8	15.3	18.5	22.1	24.3	25.9	28.6
Income-eligible nonparticipants	12.4	13.8	14.7	16.1	19.2	22.7	24.8	26.3	28.7
1-year-olds	13.7	14.9	15.8	17.1	19.8	22.8	24.5	25.8	27.7
2-year-olds	10.3	11.8	12.7	14.3	17.7	21.9	24.4	26.2	29.2
3-year-olds	12.8	14.2	15.0	16.5	19.5	22.8	24.7	26.0	28.3
4-year-olds	12.8	14.2	15.1	16.7	19.8	23.5	25.7	27.2	29.8
Higher income nonparticipants	12.1	13.5	14.3	15.8	18.8	22.1	24.0	25.3	27.5
1-year-olds	10.7	12.3	13.3	15.0	18.4	22.1	24.2	25.7	28.2
2-year-olds	11.9	13.1	13.9	15.2	17.7	20.4	21.9	22.9	24.6
3-year-olds	11.6	13.0	14.0	15.8	19.3	23.5	26.0	27.9	30.9
4-year-olds	14.3	15.3	16.1	17.3	19.7	22.2	23.7	24.8	26.5

Notes: “All young children” includes children with missing WIC participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.11. Saturated Fat (Percentage of Calorie Intake): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 2–4 years old	1,724	11.8	(0.16)	627	11.4	(0.20)	586	11.8	(0.20)	504	12.2 *	(0.26)
2-year-olds	701	12.0	(0.22)	282	11.5	(0.26)	222	12.3	(0.38)	193	12.4 *	(0.33)
3-year-olds	522	11.8	(0.27)	186	11.4	(0.27)	171	12.0	(0.32)	162	12.0	(0.47)
4-year-olds	501	11.6	(0.32)	159	11.2	(0.46)	193	11.1	(0.35)	149	12.2	(0.55)
Percent of Children Meeting Dietary Guidelines Recommendation												
All young children 2–4 years old	1,724	15.4	(3.92)	627	22.9	(4.91)	586	11.6 u	(5.72)	504	12.4 u	(4.72)
2-year-olds	701	16.5	(3.24)	282	21.5	(4.80)	222	12.0 u	(6.38)	193	15.2 u	(5.23)
3-year-olds	522	19.4	(5.04)	186	19.4	(5.07)	171	5.3 u	(8.14)	162	21.8 u	(6.94)
4-year-olds	501	10.3 u	(10.18)	159	27.8 u	(13.05)	193	17.6 u	(13.75)	149	0.1 u	(11.24)

See notes at end of table.

Table E.11a. Saturated Fat (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 2–4 years old	8.9	9.5	9.9	10.5	11.7	12.9	13.6	14.1	14.8
2-year-olds	8.7	9.4	9.8	10.6	11.9	13.3	14.1	14.7	15.5
3-year-olds	8.5	9.1	9.6	10.3	11.7	13.1	13.8	14.4	15.1
4-year-olds	9.5	9.9	10.2	10.7	11.5	12.4	12.9	13.2	13.7
WIC participants	8.5	9.1	9.5	10.1	11.3	12.5	13.2	13.7	14.5
2-year-olds	8.4	9.1	9.5	10.2	11.4	12.7	13.4	13.9	14.6
3-year-olds	8.7	9.3	9.7	10.3	11.4	12.5	13.1	13.5	14.2
4-year-olds	8.3	8.8	9.2	9.8	11.0	12.4	13.2	13.8	14.7
Income-eligible nonparticipants	9.4	9.9	10.2	10.7	11.7	12.7	13.3	13.7	14.2
2-year-olds	9.1	9.8	10.2	10.9	12.2	13.5	14.2	14.7	15.5
3-year-olds	9.9	10.4	10.6	11.1	11.9	12.8	13.2	13.6	14.1
4-year-olds	9.1	9.5	9.8	10.3	11.1	11.9	12.4	12.7	13.2
Higher income nonparticipants	9.2	9.8	10.2	10.9	12.1	13.3	14.0	14.5	15.2
2-year-olds	8.6	9.4	9.9	10.7	12.3	13.8	14.7	15.3	16.2
3-year-olds	7.9	8.8	9.3	10.2	11.9	13.6	14.5	15.1	16.1
4-year-olds	11.0	11.3	11.4	11.7	12.1	12.6	12.9	13.0	13.3

Notes: “All young children” includes children with missing WIC participation or income. The 2015–2020 dietary guidelines apply to children 2 years old and older and recommend less than 10 percent of calories per day from saturated fat. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 2–4 years old with complete day 1 and day 2 dietary recall data.

Table E.12. Linoleic Acid (Grams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	9.4	(0.12)	902	9.7	(0.23)	729	9.7	(0.27)	671	9.1	(0.20)
1-year-olds	590	7.3	(0.21)	275	7.0	(0.27)	143	8.2 *	(0.50)	167	7.2	(0.32)
2-year-olds	701	9.1	(0.28)	282	9.9	(0.54)	222	8.5	(0.48)	193	8.9	(0.47)
3-year-olds	522	10.2	(0.21)	186	10.8	(0.39)	171	9.9	(0.62)	162	10.2	(0.37)
4-year-olds	501	11.1	(0.28)	159	11.0	(0.55)	193	12.3	(0.56)	149	10.2	(0.45)
Mean Usual Intake as a Percent of Adequate Intake												
All young children 1–4 years old	2,314	122.8	(1.61)	902	126.8	(2.92)	729	125.7	(3.60)	671	119.7	(2.67)
1-year-olds	590	103.9	(2.99)	275	99.6	(3.82)	143	116.7 *	(7.11)	167	103.5	(4.60)
2-year-olds	701	129.9	(3.96)	282	141.9	(7.75)	222	121.8	(6.80)	193	127.0	(6.67)
3-year-olds	522	145.6	(3.05)	186	154.2	(5.51)	171	141.3	(8.83)	162	145.3	(5.31)
4-year-olds	501	111.1	(2.77)	159	110.4	(5.53)	193	122.6	(5.64)	149	102.4	(4.48)

See notes at end of table.

Table E.12a. Linoleic Acid (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	5.3	6.0	6.5	7.3	9.1	11.1	12.3	13.2	14.5
1-year-olds	3.5	4.2	4.6	5.4	6.9	8.8	9.8	10.6	11.9
2-year-olds	4.4	5.2	5.7	6.7	8.6	11.0	12.4	13.4	15.1
3-year-olds	6.4	7.0	7.5	8.3	9.9	11.7	12.8	13.5	14.7
4-year-olds	6.7	7.4	8.0	8.9	10.8	12.9	14.1	15.1	16.4
WIC participants	5.2	6.0	6.5	7.4	9.3	11.5	12.8	13.8	15.4
1-year-olds	3.0	3.6	4.1	4.9	6.6	8.5	9.8	10.7	12.1
2-year-olds	4.3	5.2	5.9	7.0	9.3	12.1	14.0	15.3	17.5
3-year-olds	6.2	7.0	7.6	8.6	10.5	12.6	13.9	14.8	16.3
4-year-olds	7.1	7.9	8.4	9.2	10.9	12.6	13.6	14.3	15.4
Income-eligible nonparticipants	5.1	5.9	6.4	7.3	9.3	11.6	13.0	14.0	15.6
1-year-olds	4.3	5.0	5.4	6.2	7.8	9.7	10.8	11.7	13.0
2-year-olds	4.1	4.8	5.3	6.2	8.1	10.3	11.7	12.7	14.3
3-year-olds	5.4	6.2	6.7	7.6	9.5	11.7	13.0	13.9	15.6
4-year-olds	6.5	7.4	8.1	9.3	11.7	14.6	16.3	17.6	19.7
Higher income nonparticipants	5.7	6.4	6.8	7.5	8.9	10.5	11.4	12.1	13.1
1-year-olds	3.7	4.4	4.8	5.6	7.0	8.6	9.6	10.2	11.3
2-year-olds	4.8	5.6	6.1	6.9	8.6	10.5	11.6	12.4	13.7
3-year-olds	7.4	8.0	8.3	8.9	10.0	11.2	11.9	12.4	13.2
4-year-olds	6.8	7.4	7.9	8.6	10.0	11.6	12.5	13.2	14.2

Notes: “All young children” includes children with missing WIC 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 intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.13. Linoleic Acid (Percentage of Calorie Intake): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	6.0	(0.06)	902	6.1	(0.10)	729	5.9	(0.11)	671	6.0	(0.10)
1-year-olds	590	5.2	(0.12)	275	5.1	(0.19)	143	5.5	(0.22)	167	5.3	(0.18)
2-year-olds	701	5.9	(0.14)	282	6.1	(0.19)	222	5.5	(0.23)	193	6.0	(0.23)
3-year-olds	522	6.3	(0.12)	186	6.7	(0.20)	171	5.8 **	(0.26)	162	6.4	(0.21)
4-year-olds	501	6.4	(0.11)	159	6.6	(0.23)	193	6.6	(0.20)	149	6.2	(0.22)
Percent of Children With Usual Intake Below the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	23.0	(2.00)	902	20.1	(2.63)	729	26.3	(3.05)	671	21.8	(3.05)
1-year-olds	590	45.0	(3.72)	275	49.3	(5.92)	143	37.4	(6.20)	167	42.9	(5.37)
2-year-olds	701	26.0	(3.12)	282	23.1	(5.16)	222	33.4	(5.67)	193	23.0	(5.22)
3-year-olds	522	13.5 u	(5.01)	186	2.7 u	(3.84)	171	26.0 **	(7.04)	162	13.2 u	(6.55)
4-year-olds	501	8.1 u	(3.84)	159	6.0 u	(5.90)	193	8.8 u	(5.29)	149	8.6 u	(7.06)
Percent of Children With Usual Intake Within the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	76.8	(2.04)	902	79.6	(2.74)	729	73.3	(3.13)	671	78.0	(3.16)
1-year-olds	590	54.8	(3.69)	275	50.5	(5.84)	143	62.3	(6.17)	167	57.0	(5.33)
2-year-olds	701	73.7	(3.13)	282	76.2	(5.62)	222	66.5	(5.61)	193	76.6	(5.17)
3-year-olds	522	86.3	(5.17)	186	97.3	(4.03)	171	73.9 **	(7.13)	162	86.2	(7.28)
4-year-olds	501	91.7	(4.03)	159	93.8	(6.22)	193	90.1	(6.00)	149	91.4	(7.14)
Percent of Children With Usual Intake Above the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	0.2 u	(0.12)	902	0.3 u	(0.32)	729	0.4 u	(0.30)	671	0.3 u	(0.38)
1-year-olds	590	0.1 u	(0.11)	275	0.2 u	(0.26)	143	0.3 u	(0.42)	167	0.1 u	(0.11)
2-year-olds	701	0.3 u	(0.27)	282	0.7 u	(1.07)	222	0.1 u	(0.17)	193	0.4 u	(0.86)
3-year-olds	522	0.3 u	(0.26)	186	0.0 u	(0.26)	171	0.2 u	(0.51)	162	0.5 u	(1.21)
4-year-olds	501	0.2 u	(0.25)	159	0.2 u	(0.55)	193	1.1 u	(1.01)	149	0.0 u	(0.13)

See notes at end of table.

Table E.13a. Linoleic Acid (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	4.1	4.4	4.7	5.1	5.8	6.7	7.2	7.5	8.0
1-year-olds	3.3	3.6	3.9	4.3	5.1	6.0	6.5	6.9	7.5
2-year-olds	3.8	4.2	4.5	4.9	5.8	6.7	7.2	7.6	8.1
3-year-olds	4.4	4.8	5.0	5.4	6.2	6.9	7.4	7.7	8.2
4-year-olds	4.7	5.1	5.3	5.6	6.3	7.1	7.5	7.8	8.2
WIC participants	4.2	4.6	4.9	5.2	6.0	6.8	7.3	7.6	8.1
1-year-olds	3.1	3.5	3.7	4.1	5.0	5.9	6.5	6.9	7.5
2-year-olds	3.8	4.3	4.6	5.0	5.9	6.9	7.5	7.9	8.5
3-year-olds	5.2	5.5	5.7	6.0	6.6	7.2	7.5	7.8	8.1
4-year-olds	4.9	5.2	5.4	5.8	6.5	7.2	7.6	7.9	8.3
Income-eligible nonparticipants	3.9	4.3	4.6	5.0	5.7	6.6	7.1	7.4	8.0
1-year-olds	3.5	3.9	4.1	4.5	5.4	6.3	6.8	7.2	7.8
2-year-olds	3.6	4.0	4.3	4.7	5.4	6.3	6.7	7.0	7.5
3-year-olds	4.0	4.3	4.5	4.9	5.6 *	6.5	6.9	7.2	7.8
4-year-olds	4.7	5.0	5.3	5.7	6.5	7.4	7.9	8.2	8.8
Higher income nonparticipants	4.1	4.4	4.7	5.1	5.9	6.7	7.2	7.5	8.0
1-year-olds	3.2	3.7	3.9	4.3	5.2	6.1	6.5	6.9	7.5
2-year-olds	3.9	4.3	4.6	5.0	5.9	6.9	7.4	7.8	8.4
3-year-olds	4.4	4.8	5.0	5.4	6.2	7.1	7.6	7.9	8.5
4-year-olds	4.7	5.0	5.2	5.5	6.1	6.8	7.2	7.4	7.8

Notes: “All young children” includes children with missing WIC 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 year old and older. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.14. Linolenic Acid (Grams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	1.0	(0.01)	902	1.0	(0.03)	729	1.0	(0.03)	671	1.0	(0.03)
1-year-olds	590	0.9	(0.03)	275	0.9	(0.03)	143	1.0	(0.05)	167	0.9	(0.05)
2-year-olds	701	0.9	(0.03)	282	1.0	(0.06)	222	0.9	(0.04)	193	0.9	(0.06)
3-year-olds	522	1.0	(0.03)	186	1.1	(0.06)	171	1.0	(0.08)	162	1.1	(0.06)
4-year-olds	501	1.1	(0.03)	159	1.1	(0.07)	193	1.2	(0.05)	149	1.0	(0.05)
Mean Usual Intake as a Percent of Adequate Intake												
All young children 1–4 years old	2,314	135.1	(2.03)	902	137.6	(3.86)	729	135.6	(3.90)	671	134.7	(3.62)
1-year-olds	590	134.6	(3.90)	275	133.0	(4.69)	143	144.2	(7.28)	167	134.0	(7.38)
2-year-olds	701	133.4	(4.24)	282	144.1	(9.20)	222	122.9	(6.40)	193	133.6	(7.92)
3-year-olds	522	149.4	(4.83)	186	151.4	(8.50)	171	142.1	(10.87)	162	155.3	(8.08)
4-year-olds	501	122.9	(3.04)	159	121.6	(7.53)	193	133.2	(5.42)	149	115.6	(5.14)

See notes at end of table.

Table E.14a. Linolenic Acid (Grams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	0.5	0.6	0.6	0.7	0.9	1.1	1.3	1.4	1.5
1-year-olds	0.5	0.6	0.6	0.7	0.9	1.1	1.2	1.3	1.4
2-year-olds	0.4	0.5	0.5	0.6	0.8	1.1	1.2	1.3	1.5
3-year-olds	0.5	0.6	0.6	0.7	1.0	1.2	1.3	1.5	1.6
4-year-olds	0.6	0.7	0.8	0.8	1.0	1.2	1.4	1.4	1.6
WIC participants	0.5	0.5	0.6	0.7	0.9	1.2	1.3	1.5	1.7
1-year-olds	0.4	0.5	0.6	0.7	0.9	1.1	1.2	1.3	1.4
2-year-olds	0.4	0.5	0.5	0.7	0.9	1.2	1.4	1.5	1.8
3-year-olds	0.5	0.6	0.6	0.7	1.0	1.2	1.4	1.5	1.8
4-year-olds	0.6	0.6	0.7	0.8	1.0	1.2	1.4	1.5	1.7
Income-eligible nonparticipants	0.5	0.6	0.6	0.7	0.9	1.2	1.3	1.4	1.6
1-year-olds	0.5	0.6	0.6	0.7	0.9	1.1	1.3	1.4	1.5
2-year-olds	0.3	0.4	0.5	0.6	0.8	1.0	1.2	1.3	1.5
3-year-olds	0.4	0.5	0.6	0.7	0.9	1.2	1.3	1.4	1.7
4-year-olds	0.7	0.7	0.8	0.9	1.1	1.4	1.5	1.6	1.8
Higher income nonparticipants	0.6	0.7	0.7	0.8	0.9	1.1	1.2	1.3	1.4
1-year-olds	0.5	0.6	0.6	0.7	0.9	1.1	1.2	1.2	1.4
2-year-olds	0.5	0.6	0.6	0.7	0.9	1.0	1.1	1.2	1.3
3-year-olds	0.6	0.7	0.7	0.8	1.0	1.2	1.3	1.4	1.6
4-year-olds	0.7	0.7	0.8	0.8	1.0	1.1	1.2	1.3	1.4

Notes: “All young children” includes children with missing WIC 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 intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.15. Linolenic Acid (Percentage of Calorie Intake): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Mean Usual Intake												
All young children 1–4 years old	2,314	0.6	(0.01)	902	0.7	(0.01)	729	0.6	(0.01)	671	0.7	(0.01)
1-year-olds	590	0.7	(0.01)	275	0.7	(0.02)	143	0.7	(0.02)	167	0.7	(0.02)
2-year-olds	701	0.6	(0.02)	282	0.6	(0.02)	222	0.6	(0.02)	193	0.6	(0.03)
3-year-olds	522	0.6	(0.02)	186	0.6	(0.03)	171	0.6	(0.03)	162	0.7	(0.03)
4-year-olds	501	0.6	(0.01)	159	0.6	(0.03)	193	0.7	(0.02)	149	0.6	(0.02)
Percent of Children With Usual Intake Below the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	39.1	(3.07)	902	38.5	(3.40)	729	46.3	(5.26)	671	32.4	(7.68)
1-year-olds	590	25.0	(3.68)	275	20.2 u	(6.63)	143	29.4	(5.27)	167	25.0	(6.05)
2-year-olds	701	50.4	(4.52)	282	49.2	(5.45)	222	63.2	(5.38)	193	36.0 u	(12.17)
3-year-olds	522	45.7	(4.76)	186	44.4	(6.16)	171	59.7	(8.77)	162	37.5	(9.12)
4-year-olds	501	34.9	(9.71)	159	39.8	(8.56)	193	32.2 u	(17.53)	149	30.7 u	(25.92)
Percent of Children With Usual Intake Within the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	60.7	(3.06)	902	61.3	(3.34)	729	53.6	(5.26)	671	67.3	(7.70)
1-year-olds	590	74.9	(3.70)	275	79.8	(6.65)	143	70.3	(5.38)	167	74.9	(6.06)
2-year-olds	701	49.5	(4.50)	282	50.6	(5.30)	222	36.8	(5.38)	193	64.0	(12.18)
3-year-olds	522	53.6	(4.58)	186	55.2	(5.85)	171	40.1	(8.66)	162	61.3	(9.36)
4-year-olds	501	65.1	(9.72)	159	60.1	(8.51)	193	67.8	(17.58)	149	69.3 u	(25.93)
Percent of Children With Usual Intake Above the Acceptable Macronutrient Distribution Range												
All young children 1–4 years old	2,314	0.2 u	(0.15)	902	0.2 u	(0.29)	729	0.1 u	(0.14)	671	0.3 u	(0.34)
1-year-olds	590	0.1 u	(0.09)	275	0.0 u	(0.12)	143	0.3 u	(0.44)	167	0.0 u	(0.13)
2-year-olds	701	0.1 u	(0.08)	282	0.2 u	(0.24)	222	0.0 u	(0.03)	193	0.0	(0.12)
3-year-olds	522	0.6 u	(0.58)	186	0.4 u	(1.04)	171	0.2 u	(0.30)	162	1.1 u	(1.33)
4-year-olds	501	0.0 u	(0.03)	159	0.1 u	(0.39)	193	0.0 u	(0.14)	149	0.0	(0.03)

See notes at end of table.

Table E.15a. Linolenic Acid (Percentage of Calorie Intake): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8	0.8
1-year-olds	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9
2-year-olds	0.3	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8
3-year-olds	0.3	0.4	0.4	0.5	0.6	0.7	0.8	0.8	0.9
4-year-olds	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.7	0.8
WIC participants	0.4	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9
1-year-olds	0.5	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9
2-year-olds	0.3	0.4	0.4	0.5	0.6	0.7	0.7	0.8	0.8
3-year-olds	0.3	0.4	0.4	0.5	0.6	0.7	0.8	0.8	0.9
4-year-olds	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8	0.9
Income-eligible nonparticipants	0.4	0.4	0.4	0.5	0.6	0.7	0.7	0.8	0.8
1-year-olds	0.4	0.4	0.5	0.5	0.6	0.7	0.8	0.9	0.9
2-year-olds	0.3	0.3	0.4	0.4	0.5	0.6	0.7	0.7	0.8
3-year-olds	0.3	0.3	0.4	0.4	0.5	0.6	0.7	0.7	0.8
4-year-olds	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.8	0.8
Higher income nonparticipants	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.8	0.8
1-year-olds	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9
2-year-olds	0.4	0.5	0.5	0.5	0.6	0.7	0.7	0.7	0.8
3-year-olds	0.4	0.4	0.4	0.5	0.6	0.7	0.8	0.9	1.0
4-year-olds	0.5	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.7

Notes: “All young children” includes children with missing WIC 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 year old and older. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.16. Cholesterol (Milligrams): Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
All young children 2–4 years old	1,724	172	(4.3)	627	180	(6.6)	586	177	(8.5)	504	165	(6.3)
2-year-olds	701	168	(6.1)	282	181	(7.4)	222	166	(10.9)	193	160	(9.2)
3-year-olds	522	177	(6.6)	186	195	(12.8)	171	174	(11.7)	162	174	(11.8)
4-year-olds	501	172	(9.3)	159	163	(12.9)	193	190	(20.0)	149	162	(11.6)

See notes at end of table.

Table E.16a. Cholesterol (Milligrams): Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 2–4 years old	94	107	116	132	165	204	229	247	275
2-year-olds	75	89	100	117	157	206	237	260	298
3-year-olds	103	115	124	139	171	208	230	247	273
4-year-olds	106	117	125	138	166	199	218	233	255
WIC participants	93	107	117	134	170	215	244	265	300
2-year-olds	73	89	101	122	167	224	263	291	338
3-year-olds	108	122	132	149	186	231	259	279	313
4-year-olds	97 u	109	117	130	158	190	210	224	248
Income-eligible nonparticipants	87	102	112	129	167	214	243	263	299
2-year-olds	91	104	113	127	159	197	220	237	264
3-year-olds	75	91	102	121	162	214	247	270	312
4-year-olds	94	109	121	139	180	230	261	283	322
Higher income nonparticipants	112	121	127	138	160	187	204	215	235
2-year-olds	67	82	91	109	148	197	229	251	292
3-year-olds	126	135	141	152	171	194	207	216	230
4-year-olds	142	146	149	153	161	170	175	178	183 u

Notes: “All young children” includes children with missing WIC participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 2–4 years old with complete day 1 and day 2 dietary recall data.

Table E.17. Calories: Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
All young children 1–4 years old	2,314	1,395	(12.5)	902	1,398	(22.9)	729	1,441	(26.3)	671	1,368	(18.0)
1-year-olds	590	1,216	(22.3)	275	1,182	(28.0)	143	1,300 *	(50.4)	167	1,218	(35.7)
2-year-olds	701	1,355	(22.2)	282	1,422	(47.6)	222	1,349	(42.9)	193	1,306	(36.1)
3-year-olds	522	1,463	(25.1)	186	1,465	(42.0)	171	1,480	(53.7)	162	1,468	(39.4)
4-year-olds	501	1,540	(29.7)	159	1,518	(59.6)	193	1,635	(62.0)	149	1,475	(32.8)

See notes at end of table.

Table E.17a. Calories: Percentile Distribution of Mean Usual Intakes for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	5th	10th	15th	25th	50th	75th	85th	90th	95th
All young children 1–4 years old	956	1,039	1,098	1,190	1,376	1,576	1,692	1,776	1,900
1-year-olds	831	908	960	1,041	1,203	1,375	1,473	1,541	1,648
2-year-olds	868	960	1,025	1,126	1,332	1,557	1,688	1,783	1,926
3-year-olds	1,053	1,129	1,184	1,271	1,445	1,632	1,740	1,820	1,937
4-year-olds	1,068	1,156	1,220	1,320	1,519	1,736	1,863	1,954	2,084
WIC participants	930	1,020	1,081	1,180	1,375	1,590	1,718	1,808	1,950
1-year-olds	734	819	879	974	1,160	1,365	1,486	1,571	1,706
2-year-olds	853	957	1,033	1,151	1,387	1,655	1,818	1,934	2,113
3-year-olds	1,018	1,106	1,163	1,259	1,446	1,649	1,768	1,851	1,981
4-year-olds	1,112	1,192	1,244	1,330	1,501	1,685	1,793	1,870	1,992
Income-eligible nonparticipants	937	1,035	1,100	1,206	1,418	1,650	1,785	1,878	2,029
1-year-olds	954	1,025	1,073	1,148	1,292	1,440	1,527	1,588	1,679
2-year-olds	808	912	977	1,085	1,317	1,575	1,727	1,834	2,004
3-year-olds	984	1,081	1,144	1,249	1,455	1,685	1,817	1,905	2,060
4-year-olds	1,004	1,123	1,207	1,340	1,605	1,896	2,065	2,178	2,366
Higher income nonparticipants	1,035	1,103	1,147	1,219	1,357	1,506	1,589	1,647	1,741 *
1-year-olds	882	953	998	1,072	1,210	1,357	1,438	1,495	1,588
2-year-olds	963	1,037	1,082	1,157	1,300	1,447	1,530 *	1,584 *	1,677 *
3-year-olds	1,138	1,204	1,245	1,318	1,453	1,604	1,689	1,750	1,845
4-year-olds	1,153	1,213	1,257	1,325	1,462	1,610	1,695	1,754	1,849

Notes: “All young children” includes children with missing WIC participation or income. Estimates are based on two dietary recalls per person. The data reflect nutrient intakes 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 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. 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 children 1–4 years old with complete day 1 and day 2 dietary recall data.

Table E.18. Saturated Fats and Added Sugars (Percentage of Calorie Intake): Mean Intakes on a Given Day for Young Children WIC Participants and Nonparticipants by Age

Mean Usual Intake	All Young Children			WIC 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
Percent of Calories From Saturated Fat												
All young children 2–4 years old	1,724	11.8	(0.17)	627	11.4	(0.22)	477	11.7	(0.29)	392	11.7	(0.35)
2-year-olds	701	12.0	(0.20)	282	11.5	(0.24)	172	12.2	(0.40)	144	11.8	(0.37)
3-year-olds	522	11.8	(0.27)	186	11.4	(0.27)	144	11.9	(0.40)	124	11.8	(0.54)
4-year-olds	501	11.6	(0.26)	159	11.2	(0.44)	161	11.0	(0.41)	124	11.5	(0.45)
Percent of Calories From Added Sugars												
All young children 2–4 years old	1,724	11.4	(0.23)	627	10.8	(0.42)	477	12.6 **	(0.51)	392	11.0	(0.45)
2-year-olds	701	10.6	(0.39)	282	11.2	(0.60)	172	11.6	(0.97)	144	9.4 *	(0.58)
3-year-olds	522	11.5	(0.39)	186	10.5	(0.53)	144	12.4 *	(0.60)	124	11.9	(0.87)
4-year-olds	501	12.2	(0.40)	159	10.6	(0.83)	161	13.8 **	(0.85)	124	11.7	(0.72)

Notes: “All young children” includes children with missing WIC participation or income. The 2015–2020 dietary guidelines recommend consuming less than 10 percent of calories per day from saturated fat and less than 10 percent of calories per day from added sugars. Estimates are based on the day 1 dietary recall. The data reflect nutrient intakes 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 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.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES children 2–4 years old with complete day 1 dietary recall data.