

Appendix E-2.11: Percent of total energy intake, 2009-2010, for racial/ethnic groups of the U.S. population, from WWEIA Food Categories

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

	Non-Hispanic White, MF ages 2+	Non-Hispanic Black, MF ages 2+	Hispanic, MF ages 2+
Major category	% of total energy consumption		
DAIRY	6.69	4.42	7.04
PROTEIN FOODS	11.00	14.60	12.20
MIXED DISHES	29.26	9.20	27.29
GRAINS	10.61	27.06	13.13
SNACKS AND SWEETS	16.17	17.52	13.50
FRUITS+FRUIT JUICE	4.57	4.97	5.54
VEGETABLES	7.67	7.36	7.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	2.34	1.69	1.72
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	11.83	12.95	12.28
Total*	99.71	99.78	99.69
Subcategory	% of total energy consumption		
LOWFAT MILK/YOGURT	2.34	0.77	1.31
HIGHER FAT MILK/YOGURT	3.29	2.85	4.44
CHEESE	1.43	0.79	1.29
MEATS (Not incl. Deli and Mixed Dishes)	1.89	2.62	2.83
DELI/CURED PRODUCTS (Meat and Poultry)	1.37	1.76	0.89
POULTRY (Not incl. Deli and Mixed Dishes)	2.60	6.33	4.17
SEAFOOD (Not incl. Mixed Dishes)	1.09	1.12	0.88
EGGS	1.29	1.67	2.56
NUTS, SEEDS, AND SOY	1.98	1.09	0.87
PIZZA	4.67	3.26	3.53
BURGERS, TACOS, AND SANDWICHES	14.63	14.06	11.68
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.97	3.27	3.12
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.99	5.70	6.45
SOUPS	1.00	0.77	2.52
RICE AND PASTA	0.86	1.48	1.77
YEAST BREADS AND TORTILLAS	3.19	2.24	7.23
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.06	2.31	1.36
BREAKFAST CEREALS AND BARS	3.67	3.18	2.76
CHIPS, CRACKERS, AND SAVORY SNACKS	4.87	5.01	3.57
DESSERTS AND SWEET SNACKS	8.76	9.16	7.65
CANDY AND SUGARS	3.13	3.35	2.27
FRUIT (non-juice)	2.76	2.03	2.83
100% FRUIT JUICE	1.45	2.94	2.72
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.99	3.08	3.97
STARCHY VEGETABLES	3.95	4.28	3.03
SUGAR-SWEETENED AND DIET BEVERAGES	6.00	7.89	8.05
COFFEE AND TEA	1.54	1.37	1.28
ALCOHOLIC BEVERAGES	4.25	3.68	2.94
WATERS	0.05	0.01	0.01
CONDIMENTS AND GRAVIES	0.74	0.47	0.59
SPREADS	1.55	0.93	0.87
SALAD DRESSINGS	0.33	0.29	0.26
Total*	99.71	99.78	99.69

*Does not include baby foods and infant formulas