



## Average Contribution of Dairy Foods to Calorie and Nutrient Intakes (NHANES 2011-2014)

The National Health and Nutrition Examination Survey ([NHANES](#)) is a nationally representative cross-sectional study of the non-institutionalized USA population. Food and nutrient intake data are collected in two nonconsecutive 24-hour dietary recalls ([What We Eat in America](#)). For the current analysis, the first day dietary interview data are reported.

In **Tables 1-12** that follow, the nutrient contribution of dairy foods by Americans is divided into age groups. These tables reflect total dairy consumption: all milk, cheese, and yogurt consumed as individual items plus dairy foods in combination foods.

Table 1: 2+ years

Table 2: 2-5 years

Table 3: 2-8 years

Table 4: 2-18 years

Table 5: 6-11 years

Table 6: 9-18 years

Table 7: 12-17 years

Table 8: 14-18 years

Table 9: 19+ years

Table 10: 19-30 years

Table 11: 19-50 years

Table 12: 51+ years

## **Example messaging**

### Table 1, Americans 2+ Years of Age

On average, dairy foods (milk, cheese, and yogurt) provide 54% of calcium, 56% vitamin D, 29% vitamin A, 27% vitamin B12, 28% phosphorus, 24% of riboflavin, 18% of protein, 17% zinc, and 14% of potassium; these foods also contribute 226 calories, 27% of saturated fat, and 15% of total fat per day in the diet of Americans aged 2+ years of age.

At an average of 106 calories per day, cheese contributes 27% of daily calcium intake in the diet of Americans 2+ years of age.

On average, milk provides 22% of daily calcium in the diet of Americans, at only 89 calories per day.

### Table 4, Americans 2-18 Years of Age

At an average of 285 calories per day, dairy foods provide 72% of vitamin D, 63% of calcium, 40% of vitamin A, ~40% of vitamin A, vitamin B12, and phosphorus, 36% of riboflavin, and 24% of zinc in the diet of American children aged 2-18 years of age, and also contribute 19% total fat and 33% saturated fat.

At an average of 103 calories per day, cheese contributes 26% of daily calcium intake in the diet of American children ages 2-18 years of age.

On average, milk provides 51% of vitamin D and 29% of calcium in the diet of American children aged 2-18 years of age, at only 125 calories per day.



**TABLE 1. All Americans 2 years and older: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	226	89	15	106	17	11
Calories, % of total	10.7	4.2	0.7	5.0	0.8	0.5
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	53.6	21.9	2.3	26.9	2.5	1.7
Vitamin D	55.7	40.5	4.6	9.1	1.6	1.8
Potassium	14.4	10.1	1.2	1.9	1.3	0.7
Protein	17.8	7.5	0.8	8.3	1.1	0.4
Vitamin A	29.0	15.2	1.6	11.5	0.7	1.2
Vitamin B12	27.4	17.1	1.3	7.4	1.6	1.1
Riboflavin	24.5	15.5	1.7	5.7	1.6	1.7
Vitamin B6	5.4	3.2	0.4	1.3	0.4	0.2
Phosphorus	28.2	12.2	1.4	13.1	1.5	0.6
Magnesium	11.6	6.8	0.9	3.0	0.9	0.6
Zinc	17.1	7.2	0.9	8.0	1.1	0.5
Sodium	10.8	2.4	0.4	7.8	0.3	0.3
Total Fat	14.9	4.1	0.4	10.0	0.3	0.5
Saturated Fat	27.0	7.6	0.8	17.9	0.6	0.8
Cholesterol	14.7	4.6	0.5	9.2	0.4	0.4
Carbohydrate	6.1	3.5	0.9	0.6	1.1	0.6
Total Sugar	12.5	8.0	1.7	0.7	2.1	1.0
Added Sugar	3.1	0	1.3	0	1.8	1.4

Data from NHANES 2011-2014 (n=15,829). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk refers to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 2. American children, 2-5 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	301	151	47	74	28	8
Calories, % of total	19.6	9.8	3.1	4.8	1.8	0.5
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	67.8	36.2	7.6	19.5	4.4	1.7
Vitamin D	75.5	55.7	12.1	5.4	2.4	1.6
Potassium	30.6	21.0	5.0	1.8	2.8	0.8
Protein	32.9	17.9	3.6	8.8	2.6	0.5
Vitamin A	43.6	27.5	5.7	9.2	1.2	1.3
Vitamin B12	50.9	35.1	5.8	6.7	3.4	1.4
Riboflavin	44.7	30.2	6.5	4.8	3.1	1.6
Vitamin B6	12.7	7.9	2.5	1.4	0.9	0.3
Phosphorus	45.2	24.7	5.4	11.8	3.2	0.6
Magnesium	25.2	15.7	4.4	3.1	2.1	0.9
Zinc	30.2	15.9	4.0	7.8	2.6	0.6
Sodium	16.5	5.9	1.6	8.3	0.7	0.4
Total Fat	24.1	11.0	2.3	10.1	0.8	0.5
Saturated Fat	40.0	18.4	3.9	16.4	1.4	0.6
Cholesterol	26.5	13.0	2.7	9.9	0.9	0.3
Carbohydrate	13.1	6.9	3.4	0.5	2.3	0.6
Total Sugar	25.4	14.4	6.1	0.6	4.4	0.9
Added Sugar	12.0	0.0	6.7	0.0	5.3	1.6

Data from NHANES 2011-2014 (n=1,511). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 3. American children, 2 to 8 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	303	139	53	86	25	10
Calories, % of total	17.9	8.2	3.1	5.1	1.5	0.6
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	66.4	32.4	8.3	22.0	3.7	1.5
Vitamin D	74.6	52.1	14.0	6.3	2.2	1.4
Potassium	29.0	19.0	5.6	2.0	2.3	0.9
Protein	30.6	15.5	3.8	9.2	2.1	0.5
Vitamin A	42.1	24.5	6.5	10.1	0.9	1.2
Vitamin B12	46.9	31.1	5.9	7.1	2.7	1.2
Riboflavin	42.0	27.0	7.1	5.3	2.6	1.8
Vitamin B6	11.4	6.9	2.3	1.5	0.7	0.3
Phosphorus	43.2	21.7	5.9	12.9	2.6	0.7
Magnesium	23.7	13.9	4.6	3.4	1.7	0.9
Zinc	28.1	13.9	3.9	8.2	2.1	0.6
Sodium	16.0	4.9	1.8	8.7	0.6	0.4
Total Fat	21.9	8.7	2.1	10.5	0.6	0.6
Saturated Fat	36.3	14.7	3.5	17.1	1.0	0.8
Cholesterol	25.3	11.0	2.6	10.9	0.8	0.5
Carbohydrate	11.9	5.9	3.6	0.6	1.8	0.7
Total Sugar	23.1	12.6	6.4	0.6	3.5	1.0
Added Sugar	9.9	0	6.1	0	3.8	1.6

Data from NHANES 2011-2014 (n=2,652). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 4. American children, 2 to 18 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	285	125	40	103	17	13
Calories, % of total	15.0	6.6	2.1	5.4	0.9	0.7
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	63.4	29.0	6.2	25.7	2.4	1.4
Vitamin D	71.7	50.7	11.4	8.1	1.4	1.2
Potassium	24.2	16.5	4.0	2.2	1.5	0.9
Protein	25.3	12.2	2.5	9.4	1.2	0.5
Vitamin A	40.5	22.7	5.1	12.1	0.6	1.3
Vitamin B12	38.9	25.7	3.9	7.6	1.7	1.0
Riboflavin	36.1	23.3	5.1	6.0	1.6	2.1
Vitamin B6	8.8	5.4	1.4	1.6	0.4	0.3
Phosphorus	38.2	18.3	4.1	14.1	1.6	0.7
Magnesium	19.5	11.6	3.2	3.7	1.0	0.8
Zinc	23.6	11.2	2.6	8.6	1.2	0.6
Sodium	14.1	3.8	1.2	8.8	0.3	0.3
Total Fat	19.4	6.6	1.3	11.1	0.4	0.7
Saturated Fat	33.2	11.6	2.4	18.6	0.6	1.1
Cholesterol	21.6	8.3	1.7	11.2	0.4	0.7
Carbohydrate	9.2	4.9	2.5	0.7	1.1	0.7
Total Sugar	18.1	10.7	4.5	0.7	2.2	1.2
Added Sugar	5.8	0	3.7	0	2.1	1.6

Data from NHANES 2011-2014 (n=5,876). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 5. American children 6-11 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	295	117	54	106	18	13
Calories, % of total	15.1	6.0	2.8	5.4	0.9	0.7
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	63.5	26.7	8.2	26.2	2.5	1.3
Vitamin D	71.9	46.7	15.2	8.4	1.6	1.3
Potassium	25.0	15.6	5.5	2.3	1.6	0.9
Protein	26.0	11.7	3.5	9.7	1.2	0.5
Vitamin A	39.0	20.2	6.4	11.9	0.6	1.2
Vitamin B12	39.1	24.5	5.2	7.8	1.7	0.9
Riboflavin	36.5	21.9	6.8	6.2	1.7	1.9
Vitamin B6	9.1	5.2	1.8	1.6	0.4	0.3
Phosphorus	39.0	17.2	5.6	14.5	1.7	0.7
Magnesium	20.3	11.0	4.3	3.8	1.1	0.8
Zinc	24.0	10.6	3.4	8.8	1.3	0.6
Sodium	14.6	3.6	1.6	9.1	0.3	0.3
Total Fat	19.1	5.9	1.7	11.1	0.4	0.6
Saturated Fat	31.9	10.1	2.9	18.3	0.6	1.0
Cholesterol	22.5	7.9	2.3	11.9	0.5	0.7
Carbohydrate	9.5	4.5	3.2	0.6	1.2	0.7
Total Sugar	18.8	9.9	5.9	0.7	2.3	1.2
Added Sugar	6.8	0.0	4.8	0.0	2.1	1.5

Data from NHANES 2011-2014 (n=2,193). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 6. American children, 9 to 18 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	272	115	30	116	11	15
Calories, % of total	13.3	5.6	1.5	5.6	0.6	0.7
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	61.4	26.7	4.8	28.3	1.6	1.4
Vitamin D	69.3	49.6	9.4	9.5	0.9	1.1
Potassium	21.2	14.8	3.1	2.4	0.9	0.9
Protein	22.3	10.4	1.8	9.5	0.7	0.5
Vitamin A	39.4	21.5	4.0	13.5	0.4	1.4
Vitamin B12	34.2	22.5	2.7	7.9	1.0	0.8
Riboflavin	32.3	21.0	3.8	6.4	1.0	2.2
Vitamin B6	7.4	4.6	0.9	1.6	0.3	0.3
Phosphorus	35.1	16.2	3.1	14.9	1.0	0.8
Magnesium	17.1	10.2	2.3	3.9	0.6	0.8
Zinc	21.0	9.6	1.8	8.8	0.7	0.6
Sodium	13.1	3.2	0.8	8.9	0.2	0.3
Total Fat	18.0	5.5	0.9	11.4	0.2	0.8
Saturated Fat	31.3	9.8	1.7	19.4	0.4	1.3
Cholesterol	19.6	6.8	1.2	11.4	0.3	0.8
Carbohydrate	7.5	4.3	1.8	0.7	0.7	0.8
Total Sugar	15.0	9.5	3.3	0.8	1.5	1.3
Added Sugar	3.7	0	2.5	0	1.2	1.6

Data from NHANES 2011-2014 (n=3,224). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.





**TABLE 7. American children 12-17 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	268	118	24	115	11	16
Calories, % of total	13.3	5.9	1.2	5.7	0.5	0.8
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	61.8	28.1	3.8	28.5	1.4	1.5
Vitamin D	70.0	52.0	7.8	9.6	0.7	0.9
Potassium	21.2	15.4	2.5	2.4	0.9	1.0
Protein	22.4	10.8	1.4	9.4	0.7	0.5
Vitamin A	40.8	23.0	3.6	13.8	0.5	1.5
Vitamin B12	35.2	23.9	2.2	8.1	1.0	0.9
Riboflavin	33.0	22.3	3.2	6.6	1.0	2.5
Vitamin B6	7.5	4.9	0.7	1.6	0.2	0.3
Phosphorus	35.2	16.9	2.5	14.9	0.9	0.9
Magnesium	17.1	10.7	1.9	3.9	0.6	0.9
Zinc	21.3	10.2	1.5	8.9	0.7	0.7
Sodium	13.1	3.3	0.7	8.9	0.2	0.3
Total Fat	18.2	5.6	0.7	11.6	0.2	0.9
Saturated Fat	31.6	10.2	1.3	19.7	0.4	1.5
Cholesterol	19.5	7.0	0.9	11.3	0.3	0.9
Carbohydrate	7.5	4.5	1.5	0.8	0.7	0.9
Total Sugar	14.8	10.0	2.6	0.8	1.3	1.5
Added Sugar	3.1	0.0	2.0	0.0	1.0	1.8

Data from NHANES 2011-2014 (n=1,864). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 8. American children, 14-18 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	268	111	23	125	8	15
Calories, % of total	12.6	5.2	1.1	5.9	0.4	0.7
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	60.1	25.5	3.7	29.8	1.1	1.4
Vitamin D	67.2	48.7	7.5	10.3	0.7	0.9
Potassium	19.4	14.0	2.3	2.5	0.7	0.9
Protein	21.1	9.5	1.3	9.7	0.5	0.5
Vitamin A	39.4	21.1	3.4	14.6	0.4	1.4
Vitamin B12	31.9	20.9	2.0	8.2	0.7	0.8
Riboflavin	30.3	19.8	3.0	6.7	0.8	2.4
Vitamin B6	6.6	4.1	0.7	1.6	0.2	0.3
Phosphorus	33.6	15.1	2.3	15.5	0.7	0.8
Magnesium	15.6	9.5	1.7	4.0	0.5	0.8
Zinc	20.0	9.0	1.3	9.2	0.5	0.6
Sodium	12.9	3.0	0.6	9.2	0.1	0.3
Total Fat	17.7	5.1	0.6	11.8	0.2	0.7
Saturated Fat	31.4	9.3	1.2	20.6	0.3	1.3
Cholesterol	18.9	6.3	0.8	11.6	0.2	0.8
Carbohydrate	6.7	4.0	1.3	0.8	0.5	0.8
Total Sugar	13.1	8.9	2.5	0.8	0.9	1.3
Added Sugar	2.7	0.0	1.9	0.0	0.8	1.6

Data from NHANES 2011-2014 (n=1,552). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 9. American adults, 19 years and older: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	208	79	7	106	16	11
Calories, % of total	9.6	3.6	0.3	4.9	0.8	0.5
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	50.4	19.6	1.1	27.3	2.5	1.8
Vitamin D	49.9	36.7	2.1	9.5	1.6	2.0
Potassium	12.0	8.5	0.5	1.8	1.2	0.6
Protein	15.9	6.4	0.3	8.1	1.1	0.3
Vitamin A	25.8	13.1	0.7	11.3	0.8	1.2
Vitamin B12	24.1	14.6	0.7	7.3	1.6	1.2
Riboflavin	21.3	13.4	0.7	5.6	1.6	1.6
Vitamin B6	4.6	2.7	0.2	1.3	0.4	0.2
Phosphorus	25.4	10.5	0.6	12.8	1.5	0.5
Magnesium	9.8	5.7	0.4	2.9	0.8	0.6
Zinc	15.4	6.1	0.4	7.8	1.1	0.5
Sodium	9.9	2.0	0.2	7.5	0.3	0.3
Total Fat	13.7	3.5	0.2	9.7	0.3	0.5
Saturated Fat	25.2	6.5	0.4	17.7	0.6	0.8
Cholesterol	13.1	3.8	0.2	8.8	0.3	0.4
Carbohydrate	5.1	3.0	0.4	0.6	1.0	0.6
Total Sugar	10.7	7.1	0.8	0.7	2.0	1.0
Added Sugar	2.4	0	0.6	0	1.7	1.3

Data from NHANES 2011-2014 (n=9,953). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 10. American adults, 19-30 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	249	82	8	147	12	10
Calories, % of total	10.5	3.4	0.3	6.2	0.5	0.4
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	54.2	17.8	1.2	33.5	1.6	1.6
Vitamin D	53.5	37.5	2.7	12.2	1.2	1.8
Potassium	12.8	8.8	0.6	2.5	0.9	0.5
Protein	17.0	5.9	0.4	10.0	0.8	0.3
Vitamin A	31.2	13.7	0.9	16.2	0.5	1.2
Vitamin B12	23.7	13.3	0.7	8.7	1.0	1.0
Riboflavin	22.3	13.1	0.9	7.2	1.1	1.4
Vitamin B6	4.5	2.5	0.2	1.6	0.2	0.2
Phosphorus	27.7	9.9	0.7	16.1	1.0	0.4
Magnesium	10.8	5.8	0.5	3.9	0.6	0.5
Zinc	16.6	5.8	0.4	9.8	0.7	0.4
Sodium	11.6	1.9	0.2	9.4	0.2	0.2
Total Fat	16.3	3.5	0.3	12.3	0.2	0.4
Saturated Fat	29.3	6.5	0.5	21.9	0.4	0.6
Cholesterol	15.5	3.8	0.3	11.1	0.2	0.3
Carbohydrate	4.8	2.8	0.4	0.9	0.7	0.5
Total Sugar	9.5	6.4	0.9	0.8	1.4	0.8
Added Sugar	1.9	0.0	0.7	0.0	1.2	1.0

Data from NHANES 2011-2014 (n=2,105). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 11. American adults, 19-50 years of age: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	226	77	9	126	15	12
Calories, % of total	9.8	3.3	0.4	5.4	0.7	0.5
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	51.9	17.8	1.3	30.6	2.2	1.8
Vitamin D	51.2	35.7	2.7	11.4	1.4	1.9
Potassium	12.1	8.2	0.7	2.1	1.1	0.6
Protein	16.0	5.7	0.4	8.9	1.0	0.3
Vitamin A	28.7	13.1	0.9	14.0	0.6	1.4
Vitamin B12	24.0	13.6	0.7	8.2	1.5	1.1
Riboflavin	21.4	12.6	0.9	6.4	1.5	1.8
Vitamin B6	4.4	2.4	0.2	1.4	0.3	0.2
Phosphorus	25.9	9.5	0.7	14.3	1.3	0.6
Magnesium	9.9	5.3	0.5	3.3	0.7	0.6
Zinc	15.7	5.6	0.5	8.7	0.9	0.5
Sodium	10.6	1.8	0.2	8.4	0.2	0.3
Total Fat	14.7	3.3	0.3	10.9	0.3	0.5
Saturated Fat	26.9	6.2	0.5	19.7	0.5	0.9
Cholesterol	14.0	3.6	0.3	9.8	0.3	0.4
Carbohydrate	4.8	2.7	0.5	0.7	0.9	0.6
Total Sugar	9.8	6.3	1.0	0.8	1.7	1.0
Added Sugar	2.1	0	0.7	0	1.4	1.3

Data from NHANES 2011-2014 (n=5,431). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.



**TABLE 12. American adults, 51 years and older: average contribution of dairy foods to calorie and nutrient intakes**

	Total Milk, Cheese, Yogurt <sup>1</sup>	Milk	Flavored Milk	Cheese	Yogurt	Dairy Drinks and Substitutes
<b>Calories</b>						
Calories/day	185	81	5	81	18	9
Calories, % of total	9.3	4.1	0.2	4.1	0.9	0.4
<b>Nutrient intakes, % of total daily nutrient intake</b>						
Calcium	48.3	22.3	0.8	22.2	3.0	1.9
Vitamin D	48.2	38.0	1.4	6.9	1.8	2.1
Potassium	12.0	9.0	0.4	1.4	1.3	0.6
Protein	15.7	7.3	0.2	6.9	1.3	0.4
Vitamin A	22.4	13.0	0.4	8.1	0.9	1.0
Vitamin B12	24.4	16.1	0.4	6.0	1.9	1.3
Riboflavin	21.3	14.5	0.5	4.5	1.8	1.3
Vitamin B6	4.8	3.1	0.2	1.1	0.4	0.2
Phosphorus	24.8	12.0	0.4	10.6	1.8	0.5
Magnesium	9.6	6.1	0.3	2.3	0.9	0.6
Zinc	14.8	6.8	0.3	6.5	1.2	0.4
Sodium	8.9	2.4	0.1	6.1	0.3	0.3
Total Fat	12.1	3.7	0.2	7.9	0.3	0.4
Saturated Fat	22.8	7.1	0.3	14.8	0.6	0.5
Cholesterol	11.8	4.1	0.1	7.2	0.4	0.3
Carbohydrate	5.6	3.5	0.3	0.5	1.3	0.5
Total Sugar	12.1	8.4	0.6	0.6	2.4	1.0
Added Sugar	2.8	0	0.5	0	2.2	1.5

Data from NHANES 2011-2014 (n=4,522). Values include dairy in food mixtures (e.g., pizza, Mexican mixed dishes). <sup>1</sup>This does not include Dairy Drinks and Substitutes column, ice cream, frozen dairy desserts, pudding, cream, smoothies, cream cheese, sour cream, whipped cream, butter. Values across rows may not sum to total dairy due to rounding of individual values. Milk references to whole, reduced-fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free milks, kefir, goat's milk, and all flavored milks (including sweetened condensed and hot cocoa). Dairy Drinks and Substitutes includes milk shakes, eggnog; soy, almond, rice, coconut beverages. Citation: National Dairy Council. NHANES 2011-2014. Data Source: Centers for Disease control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.