



Average Daily Servings of Dairy Foods by Ethnicity and Age Group (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 1-18** that follow, dairy food consumption by Americans is divided by age and ethnicity. The top portion of these tables are disaggregated data: all milk, cheese, and yogurt consumed as individual items plus dairy foods in combination foods. The bottom portion provides data for dairy foods consumed individually (e.g., glass of milk, serving of yogurt). These data can be used to discuss average consumption of dairy foods by the USA population.

Table 1: 2+ years
Table 2: 2-3 years
Table 3: 2-5 years
Table 4: 2-8 years
Table 5: 2-18 years
Table 6: 4-8 years
Table 7: 6-11 years
Table 8: 9-13 years
Table 9: 9-18 years

Table 10: 12-18 years
Table 11: 14-18 years
Table 12: 19+ years
Table 13: 19-30 years
Table 14: 19-50 years
Table 15: 31-50 years
Table 16: 51-70 years
Table 17: 51+ years
Table 18: 71+ years

***If comparisons are made between groups (e.g., ethnicities or milk fat level), please connect with NDC Regulatory Affairs, as statistics need to be considered.**

Example messaging*

Table 1, Americans 2+ Years of Age

On average, Americans consume 1.7 cup equivalents of dairy foods (milk, cheese, and yogurt) per day.

On average, Americans consume 0.9 cups of milk per day; approximately 0.6 cups of milk are consumed as a beverage, primarily reduced fat white milk.

On average, Americans consume 0.1 cup equivalents of yogurt per day, primarily low-fat and non-fat versions.

Asian Americans consume an average of 1.2 cup equivalents of dairy foods (milk, cheese, and yogurt) per day.

Asian Americans consume half the amount of cheese (0.4 cup equivalents, on average) as compared to the total American population (0.8 cup equivalents).

Non-Hispanic White Americans consume approximately half of their cheese in mixed dishes and half of their cheese alone.

Non-Hispanic Black Americans consume an average of 1.3 cup equivalents of dairy foods (milk, cheese, and yogurt).

Asian Americans and Non-Hispanic Black Americans consume the least amount of dairy foods (milk, cheese, and yogurt) per day, at an average of 1.2 and 1.3 cup equivalents, respectively.

Table 5, Americans 2-18 Years of Age

American children aged 2-18 years consume an average of 2.2 cup equivalents of dairy foods per day.

American children aged 2-18 years consume an average of 1.3 cups of milk per day, with most milk (1.1 cups) consumed as a beverage.

Mexican American children aged 2-18 years consume an average of 0.8 cup equivalents of cheese per day, and most of this is consumed in mixed dishes.

Non-Hispanic Black American children aged 2-18 years consume the least amount of dairy foods (milk, cheese, and yogurt), as compared to other ethnicities, at an average of 1.7 cup equivalents per day.

***If comparisons are made between groups (e.g., ethnicities or milk fat level), please connect with NDC Regulatory Affairs, as statistics need to be considered if comparisons are made.**

Table 1: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 2+ y

Dairy foods (total, disaggregated)	All (n=15,833)	Asian (n=1,749)	Mexican/Hispanic (n=3,991)	Non-Hispanic Black (n=3,932)	Non-Hispanic White (n=5,509)
All dairy foods weighted mean ²	1.76 ± 0.02	1.24 ± 0.04	1.79 ± 0.04	1.31 ± 0.04	1.89 ± 0.03
Dairy Products (Milk, Cheese, Yogurt)	1.73	1.22	1.75	1.29	1.86
Milk ³	0.87	0.76	0.86	0.58	0.94
Cheese	0.80	0.38	0.84	0.68	0.85
Yogurt	0.06	0.08	0.05	0.03	0.07
Dairy foods as consumed⁴	1.06 ± 0.01	0.80 ± 0.04	1.01 ± 0.03	0.71 ± 0.03	1.17 ± 0.02
White Milk	0.55 ± 0.01	0.47 ± 0.03	0.54 ± 0.02	0.32 ± 0.02	0.60 ± 0.02
Whole	0.12	0.14	0.13	0.12	0.12
Reduced fat	0.25	0.21	0.30	0.15	0.25
Low-fat	0.09	0.04	0.08	0.04	0.01
Non-fat	0.09	0.08	0.04	0.02	0.01
Flavored Milk	0.08 ± 0.01	0.07 ± 0.01	0.10 ± 0.01	0.07 ± 0.01	0.07 ± 0.01
Whole	0.02	0.02	0.02	0.02	0.02
Reduced fat	0.04	0.03	0.05	0.04	0.04
Low-fat	0.02	0.01	0.02	0.01	0.02
Non-fat	0.00	0.01	0.00	0.00	0.00
Cheese	0.35 ± 0.01	0.15 ± 0.01	0.29 ± 0.01	0.28 ± 0.01	0.40 ± 0.02
Cheese	0.34	0.14	0.29	0.28	0.39
Cottage/ricotta	0.00	0.00	0.00	0.00	0.01
Yogurt	0.05 ± 0.00	0.07 ± 0.01	0.05 ± 0.01	0.02 ± 0.00	0.06 ± 0.00
Whole and Reduced fat	0.01	0.02	0.01	0.00	0.00
Low-fat and Non-fat	0.05	0.05	0.04	0.02	0.06
Milk shakes and other dairy drinks⁵	0.02 ± 0.00	0.00 ± 0.00	0.02 ± 0.00	0.01 ± 0.00	0.02 ± 0.00
Milk substitutes⁶	0.01 ± 0.00	0.05 ± 0.01	0.01 ± 0.00	0.01 ± 0.00	0.01 ± 0.00

Source: NHANES 2011-2014, ages 2 years and older with complete, reliable 24-hour recall on Day 1 (n=15,833). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 2-3 y

Dairy foods (total, disaggregated)	All (n=839)	Asian (n=80)	Mexican/Hispanic (n=265)	Non-Hispanic Black (n=242)	Non-Hispanic White (n=202)
All dairy foods weighted mean ²	2.30 ± 0.08	2.41 ± 0.31	2.50 ± 0.12	1.73 ± 0.10	2.40 ± 0.12
Dairy Products (Milk, Cheese, Yogurt)	2.29	2.37	2.49	1.70	2.39
Milk ³	1.63	1.72	1.79	1.27	1.68
Cheese	0.54	0.58	0.59	0.38	0.56
Yogurt	0.12	0.07	0.11	0.05	0.15
Dairy foods as consumed⁴	1.93 ± 0.07	1.90 ± 0.27	2.09 ± 0.11	1.35 ± 0.11	2.08 ± 0.12
White Milk	1.24 ± 0.05	1.46 ± 0.36	1.39 ± 0.07	0.98 ± 0.10	1.25 ± 0.08
Whole	0.41	0.88	0.54	0.35	0.33
Reduced fat	0.62	0.43	0.69	0.52	0.62
Low-fat	0.14	0.12	0.11	0.10	0.17
Non-fat	0.08	0.03	0.04	0.02	0.12
Flavored Milk	0.22 ± 0.03	0.05 ± 0.03	0.26 ± 0.05	0.12 ± 0.05	0.27 ± 0.07
Whole	0.04	0.03	0.05	0.06	0.04
Reduced fat	0.14	0.03	0.15	0.06	0.17
Low-fat					
Non-fat					
Cheese	0.31 ± 0.04	0.27 ± 0.11	0.30 ± 0.06	0.17 ± 0.03	0.35 ± 0.06
Cheese	0.30	0.27	0.30	0.17	0.34
Cottage/ricotta					
Yogurt	0.11 ± 0.01	0.07 ± 0.02	0.10 ± 0.02	0.05 ± 0.02	0.14 ± 0.03
Whole and Reduced fat					
Low-fat and Non-fat	0.09	0.06	0.08	0.04	0.13
Milk shakes and other dairy drinks⁵					
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 2-3 years with complete, reliable 24-hour recall on Day 1 (n=839). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴ Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 2-5 y

Dairy foods (total, disaggregated)	All (n=1,514)	Asian (n=160)	Mexican/Hispanic (n=505)	Non-Hispanic Black (n=410)	Non-Hispanic White (n=341)
All dairy foods weighted mean ²	2.18 ± 0.08	2.24 ± 0.17	2.38 ± 0.07	1.69 ± 0.07	2.26 ± 0.11
Dairy Products (Milk, Cheese, Yogurt)	2.17	2.22	2.36	1.67	2.25
Milk ³	1.50	1.65	1.62	1.18	1.55
Cheese	0.57	0.45	0.65	0.45	0.57
Yogurt	0.10	0.12	0.09	0.04	0.13
Dairy foods as consumed⁴	1.77 ± 0.07	1.80 ± 0.16	1.92 ± 0.07	1.29 ± 0.08	1.87 ± 0.12
White Milk	1.10 ± 0.04	1.35 ± 0.20	1.17 ± 0.06	0.88 ± 0.06	1.12 ± 0.07
Whole	0.33	0.68	0.40	0.33	0.27
Reduced fat	0.53	0.56	0.62	0.42	0.51
Low-fat	0.16	0.09	0.12	0.10	0.21
Non-fat	0.08	0.02	0.03	0.02	0.13
Flavored Milk	0.24 ± 0.03	0.10 ± 0.04	0.32 ± 0.03	0.15 ± 0.04	0.26 ± 0.06
Whole	0.06	0.03	0.07	0.05	0.06
Reduced fat	0.14	0.06	0.19	0.08	0.16
Low-fat	0.04	0.00	0.05	0.01	0.04
Non-fat					
Cheese	0.29 ± 0.03	0.20 ± 0.06	0.32 ± 0.04	0.20 ± 0.03	0.32 ± 0.06
Cheese	0.29	0.20	0.32	0.20	0.31
Cottage/ricotta					
Yogurt	0.10 ± 0.01	0.11 ± 0.04	0.09 ± 0.01	0.04 ± 0.01	0.12 ± 0.02
Whole and Reduced fat	0.01	0.03	0.03	0.00	0.01
Low-fat and Non-fat	0.08	0.08	0.06	0.04	0.11
Milk shakes and other dairy drinks⁵	0.01 ± 0.00	0.00 ± 0.00	0.01 ± 0.00	0.01 ± 0.00	0.02 ± 0.01
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 2-5 years with complete, reliable 24-hour recall on Day 1 (n=1,514). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 2-8 y

Dairy foods (total, disaggregated)	All (n=2,655)	Asian (n=266)	Mexican/Hispanic (n=851)	Non-Hispanic Black (n= 736)	Non-Hispanic White (n=635)
All dairy foods weighted mean ²	2.23 ± 0.05	2.13 ± 0.11	2.28 ± 0.07	1.77 ± 0.06	2.37 ± 0.07
Dairy Products (Milk, Cheese, Yogurt)	2.22	2.11	2.27	1.75	2.36
Milk ³	1.46	1.60	1.48	1.16	1.55
Cheese	0.67	0.39	0.70	0.55	0.71
Yogurt	0.09	0.12	0.09	0.04	0.10
Dairy foods as consumed⁴	1.70 ± 0.04	1.71 ± 0.10	1.72 ± 0.07	1.28 ± 0.06	1.83 ± 0.06
White Milk	1.00 ± 0.03	1.13 ± 0.14	1.02 ± 0.06	0.76 ± 0.05	1.05 ± 0.04
Whole	0.26	0.52	0.28	0.26	0.23
Reduced fat	0.49	0.50	0.60	0.38	0.46
Low-fat	0.15	0.07	0.12	0.11	0.19
Non-fat	0.10	0.04	0.03	0.01	0.17
Flavored Milk	0.28 ± 0.03	0.26 ± 0.07	0.32 ± 0.03	0.26 ± 0.05	0.29 ± 0.04
Whole	0.05	0.06	0.06	0.07	0.05
Reduced fat	0.16	0.14	0.19	0.17	0.15
Low-fat	0.05	0.04	0.05	0.02	0.07
Non-fat					
Cheese	0.30 ± 0.03	0.16 ± 0.04	0.28 ± 0.04	0.21 ± 0.02	0.35 ± 0.05
Cheese Cottage/ricotta	0.29	0.15	0.28	0.21	0.34
Yogurt	0.08 ± 0.01	0.12 ± 0.03	0.08 ± 0.01	0.04 ± 0.01	0.09 ± 0.01
Whole and Reduced fat	0.01	0.03	0.02	0.00	0.01
Low-fat and Non-fat	0.07	0.09	0.06	0.04	0.08
Milk shakes and other dairy drinks⁵	0.02 ± 0.01	0.00 ± 0.00	0.01 ± 0.00	0.01 ± 0.00	0.03 ± 0.01
Milk substitutes⁶	0.02 ± 0.00	0.05 ± 0.02	0.01 ± 0.01	0.01 ± 0.01	0.02 ± 0.01

Source: NHANES 2011-2014, ages 2-8 years with complete, reliable 24-hour recall on Day 1 (n=2,655). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴ Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 2-18 y

Dairy foods (total, disaggregated)	All (n=5,879)	Asian (n=615)	Mexican/Hispanic (n=1,881)	Non-Hispanic Black (n=1,601)	Non-Hispanic White (n=1,433)
All dairy foods weighted mean ²	2.18 ± 0.04	2.07 ± 0.08	2.20 ± 0.06	1.69 ± 0.06	2.31 ± 0.05
Dairy Products (Milk, Cheese, Yogurt)	2.16	2.05	2.19	1.67	2.29
Milk ³	1.30	1.43	1.29	0.95	1.38
Cheese	0.80	0.52	0.84	0.69	0.84
Yogurt	0.06	0.10	0.06	0.03	0.07
Dairy foods as consumed⁴	1.50 ± 0.03	1.54 ± 0.07	1.46 ± 0.05	1.07 ± 0.05	1.62 ± 0.04
White Milk	0.88 ± 0.02	1.01 ± 0.07	0.87 ± 0.04	0.57 ± 0.03	0.95 ± 0.04
Whole	0.18	0.14	0.19	0.18	0.16
Reduced fat	0.44	0.21	0.50	0.29	0.44
Low-fat	0.16	0.04	0.15	0.08	0.19
Non-fat	0.10	0.08	0.03	0.01	0.16
Flavored Milk	0.22 ± 0.02	0.19 ± 0.03	0.24 ± 0.02	0.20 ± 0.04	0.22 ± 0.03
Whole	0.04	0.02	0.05	0.05	0.04
Reduced fat	0.12	0.03	0.14	0.12	0.11
Low-fat	0.05	0.01	0.05	0.02	0.06
Non-fat	0.01	0.01	0.01	0.01	0.01
Cheese	0.31 ± 0.01	0.20 ± 0.03	0.28 ± 0.02	0.25 ± 0.02	0.35 ± 0.02
Cheese Cottage/ricotta	0.31	0.14 0.00	0.28	0.25	0.35
Yogurt	0.05 ± 0.00	0.09 ± 0.02	0.05 ± 0.01	0.02 ± 0.00	0.06 ± 0.01
Whole and Reduced fat	0.01	0.02	0.01		0.01
Low-fat and Non-fat	0.04	0.05	0.04		0.05
Milk shakes and other dairy drinks⁵	0.03 ± 0.00	0.00 ± 0.00	0.01 ± 0.00	0.01 ± 0.00	0.04 ± 0.01
Milk substitutes⁶	0.01 ± 0.00	0.04 ± 0.01	0.01 ± 0.00	0.01 ± 0.00	0.01 ± 0.00

Source: NHANES 2011-2014, ages 2-18 years with complete, reliable 24-hour recall on Day 1 (n=5,879). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 4-8 y

Dairy foods (total, disaggregated)	All (n=1, 816)	Asian (n=186)	Mexican/Hispanic (n=586)	Non-Hispanic Black (n=494)	Non-Hispanic White (n=433)
All dairy foods weighted mean ²	2.20 ± 0.06	2.04 ± 0.12	2.19 ± 0.10	1.79 ± 0.07	2.36 ± 0.07
Dairy Products (Milk, Cheese, Yogurt)	2.19	2.03	2.18	1.77	2.36
Milk ³	1.39	1.56	1.36	1.11	1.49
Cheese	0.72	0.33	0.74	0.63	0.78
Yogurt	0.08	0.14	0.08	0.03	0.09
Dairy foods as consumed⁴	1.60 ± 0.05	1.65 ± 0.13	1.57 ± 0.09	1.25 ± 0.07	1.73 ± 0.06
White Milk	0.90 ± 0.03	1.02 ± 0.09	0.88 ± 0.07	0.66 ± 0.05	0.97 ± 0.04
Whole	0.19	0.40	0.17	0.22	0.18
Reduced fat	0.43	0.52	0.56	0.33	0.39
Low-fat	0.16	0.05	0.12	0.11	0.20
Non-fat	0.11	0.05	0.02	0.01	0.19
Flavored Milk	0.31 ± 0.03	0.32 ± 0.09	0.34 ± 0.03	0.32 ± 0.06	0.29 ± 0.05
Whole	0.06	0.07	0.06	0.07	0.06
Reduced fat	0.17	0.17	0.20	0.22	0.15
Low-fat	0.06	0.06	0.05	0.03	0.08
Non-fat					
Cheese	0.29 ± 0.03	0.12 ± 0.03	0.27 ± 0.03	0.23 ± 0.02	0.34 ± 0.04
Cheese Cottage/ricotta	0.29	0.11	0.27	0.23	0.34
Yogurt	0.07 ± 0.01	0.13 ± 0.03	0.07 ± 0.01	0.03 ± 0.01	0.07 ± 0.02
Whole and Reduced fat	0.01	0.04	0.02	0.00	0.01
Low-fat and Non-fat	0.06	0.09	0.06	0.03	0.07
Milk shakes and other dairy drinks⁵	0.02 ± 0.01	0.00 ± 0.00	0.01 ± 0.00	0.01 ± 0.00	0.03 ± 0.01
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 4-8 years with complete, reliable 24-hour recall on Day 1 (n=1,816). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 6-11 y

Dairy foods (total, disaggregated)	All (n=2,193)	Asian (n=185)	Mexican/Hispanic (n=686)	Non-Hispanic Black (n=620)	Non-Hispanic White (n=565)
All dairy foods weighted mean ²	2.23 ± 0.05	2.12 ± 0.12	2.20 ± 0.09	1.79 ± 0.07	2.37 ± 0.07
Dairy Products (Milk, Cheese, Yogurt)	2.21	2.11	2.19	1.78	2.37
Milk ³	1.32	1.55	1.28	1.02	1.39
Cheese	0.83	0.44	0.83	0.73	0.91
Yogurt	0.06	0.12	0.08	0.03	0.07
Dairy foods as consumed⁴	1.50 ± 0.04	1.61 ± 0.12	1.42 ± 0.07	1.17 ± 0.07	1.62 ± 0.06
White Milk	0.81 ± 0.03	0.94 ± 0.07	0.82 ± 0.05	0.52 ± 0.04	0.88 ± 0.05
Whole	0.16	0.14	0.13	0.15	0.14
Reduced fat	0.38	0.21	0.51	0.29	0.36
Low-fat	0.17	0.04	0.15	0.08	0.21
Non-fat	0.11	0.08	0.03	0.01	0.17
Flavored Milk	0.30 ± 0.03	0.36 ± 0.08	0.29 ± 0.03	0.34 ± 0.06	0.27 ± 0.04
Whole	0.06	0.02	0.04	0.09	0.05
Reduced fat	0.16	0.03	0.17	0.21	0.13
Low-fat	0.06	0.01	0.06	0.03	0.08
Non-fat		0.01			
Cheese	0.30 ± 0.02	0.14 ± 0.04	0.24 ± 0.03	0.27 ± 0.04	0.37 ± 0.04
Cheese	0.30	0.14	0.24	0.27	0.37
Cottage/ricotta		0.00			
Yogurt	0.05 ± 0.01	0.11 ± 0.03	0.06 ± 0.02	0.02 ± 0.01	0.05 ± 0.01
Whole and Reduced fat	0.01	0.02	0.02	0.00	0.00
Low-fat and Non-fat	0.04	0.05	0.04	0.02	0.05
Milk shakes and other dairy drinks⁵	0.03 ± 0.01	0.00	0.02 ± 0.01	0.01 ± 0.01	0.03 ± 0.01
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 6-11 years with complete, reliable 24-hour recall on Day 1 (n=2,193). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 9-13 y

Dairy foods (total, disaggregated)	All (n=1,672)	Asian (n=152)	Mexican/Hispanic (n=549)	Non-Hispanic Black (n=454)	Non-Hispanic White (n=415)
All dairy foods weighted mean ²	2.14 ± 0.04	2.13 ± 0.15	2.21 ± 0.10	1.65 ± 0.07	2.22 ± 0.07
Dairy Products (Milk, Cheese, Yogurt)	2.12	2.12	2.20	1.63	2.21
Milk ³	1.25	1.51	1.29	0.84	1.29
Cheese	0.82	0.52	0.86	0.77	0.85
Yogurt	0.05	0.09	0.05	0.02	0.07
Dairy foods as consumed⁴	1.40 ± 0.04	1.54 ± 0.14	1.39 ± 0.08	0.98 ± 0.05	1.47 ± 0.06
White Milk	0.83 ± 0.04	1.08 ± 0.10	0.86 ± 0.07	0.42 ± 0.04	0.87 ± 0.06
Whole	0.13	0.37	0.14	0.12	0.09
Reduced fat	0.41	0.39	0.44	0.22	0.42
Low-fat	0.20	0.10	0.23	0.07	0.22
Non-fat	0.09	0.22	0.04	0.01	0.13
Flavored Milk	0.21 ± 0.02	0.19 ± 0.05	0.22 ± 0.03	0.21 ± 0.04	0.20 ± 0.03
Whole	0.05	0.04	0.04	0.07	0.05
Reduced fat	0.10	0.07	0.12	0.10	0.09
Low-fat	0.04	0.05	0.05	0.03	0.04
Non-fat					
Cheese	0.29 ± 0.02	0.18 ± 0.03	0.25 ± 0.03	0.30 ± 0.05	0.33 ± 0.03
Cheese Cottage/ricotta	0.29	0.18	0.25	0.30	0.32
Yogurt	0.03 ± 0.00	0.08 ± 0.04	0.04 ± 0.01	0.02 ± 0.00	0.03 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.03	0.05	0.02	0.01	0.03
Milk shakes and other dairy drinks⁵	0.03 ± 0.01	0.00 ± 0.00	0.02 ± 0.01	0.03 ± 0.01	0.04 ± 0.02
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 9-13 years with complete, reliable 24-hour recall on Day 1 (n=1,672). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 9-18 y

Dairy foods (total, disaggregated)	All (n=3,224)	Asian (n=349)	Mexican/Hispanic (n=1,030)	Non-Hispanic Black (n=865)	Non-Hispanic White (n=798)
All dairy foods weighted mean ²	2.14 ± 0.05	2.02 ± 0.14	2.15 ± 0.08	1.63 ± 0.08	2.26 ± 0.06
Dairy Products (Milk, Cheese, Yogurt)	2.11	2.01	2.14	1.61	2.24
Milk ³	1.18	1.31	1.15	0.79	1.27
Cheese	0.89	0.62	0.95	0.80	0.92
Yogurt	0.04	0.08	0.04	0.02	0.05
Dairy foods as consumed⁴	1.35 ± 0.03	1.42 ± 0.13	1.28 ± 0.06	0.90 ± 0.06	1.48 ± 0.05
White Milk	0.80 ± 0.03	0.93 ± 0.12	0.76 ± 0.06	0.43 ± 0.03	0.87 ± 0.05
Whole	0.12	0.20	0.13	0.13	0.11
Reduced fat	0.41	0.45	0.43	0.23	0.42
Low-fat	0.16	0.13	0.17	0.06	0.19
Non-fat	0.10	0.14	0.04	0.01	0.15
Flavored Milk	0.17 ± 0.01	0.15 ± 0.03	0.19 ± 0.03	0.16 ± 0.04	0.17 ± 0.02
Whole	0.03	0.02	0.04	0.04	0.03
Reduced fat	0.09	0.08	0.10	0.09	0.08
Low-fat	0.04	0.03	0.04	0.02	0.05
Non-fat					
Cheese	0.32 ± 0.02	0.23 ± 0.04	0.28 ± 0.03	0.28 ± 0.03	0.36 ± 0.03
Cheese Cottage/ricotta	0.32	0.23	0.28	0.28	0.36
Yogurt	0.03 ± 0.00	0.07 ± 0.03	0.03 ± 0.01	0.01 ± 0.00	0.03 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.02	0.05	0.02	0.01	0.03
Milk shakes and other dairy drinks⁵	0.03 ± 0.00	0.01 ± 0.00	0.02 ± 0.00	0.02 ± 0.01	0.04 ± 0.01
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 9-18 years with complete, reliable 24-hour recall on Day 1 (n=3,224). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 12-18 y

Dairy foods (total, disaggregated)	All (n=2,172)	Asian (n=270)	Mexican/Hispanic (n=690)	Non-Hispanic Black (n=571)	Non-Hispanic White (n=527)
All dairy foods weighted mean ²	2.13 ± 0.06	1.94 ± 0.16	2.10 ± 0.11	1.60 ± 0.09	2.28 ± 0.08
Dairy Products (Milk, Cheese, Yogurt)	2.11	1.93	2.06	1.58	2.25
Milk ³	1.17	1.23	1.09	0.75	1.29
Cheese	0.90	0.64	0.97	0.81	0.91
Yogurt	0.04	0.06	0.02	0.02	0.05
Dairy foods as consumed⁴	1.34 ± 0.04	1.36 ± 0.17	1.22 ± 0.08	0.84 ± 0.07	1.50 ± 0.06
White Milk	0.82 ± 0.04	0.90 ± 0.16	0.75 ± 0.08	0.44 ± 0.05	0.91 ± 0.07
Whole	0.11	0.13	0.12	0.13	0.11
Reduced fat	0.44	0.49	0.42	0.23	0.47
Low-fat	0.15	0.17	0.16	0.07	0.16
Non-fat	0.11	0.12	0.05	0.01	0.17
Flavored Milk	0.13 ± 0.02	0.11 ± 0.04	0.15 ± 0.03	0.11 ± 0.04	0.15 ± 0.03
Whole	0.02	0.01	0.04	0.01	0.01
Reduced fat	0.07	0.07	0.08	0.07	0.08
Low-fat	0.04	0.03	0.03	0.02	0.05
Non-fat					
Cheese	0.33 ± 0.02	0.25 ± 0.05	0.30 ± 0.03	0.26 ± 0.04	0.36 ± 0.03
Cheese Cottage/ricotta	0.33	0.24	0.30	0.26	0.36
Yogurt	0.02 ± 0.00	0.06 ± 0.03	0.02 ± 0.01	0.01 ± 0.00	0.03 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.02	0.05	0.01	0.01	0.02
Milk shakes and other dairy drinks⁵	0.04 ± 0.01	0.01 ± 0.00	0.01 ± 0.00	0.02 ± 0.01	0.05 ± 0.01
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 12-18 years with complete, reliable 24-hour recall on Day 1 (n=2,172). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 14-18 y

Dairy foods (total, disaggregated)	All (n=1,552)	Asian (n=197)	Mexican/Hispanic (n=481)	Non-Hispanic Black (n=411)	Non-Hispanic White (n=383)
All dairy foods weighted mean ²	2.13 ± 0.08	1.93 ± 0.18	2.08 ± 0.11	1.61 ± 0.10	2.30 ± 0.11
Dairy Products (Milk, Cheese, Yogurt)	2.11	1.92	2.06	1.59	2.27
Milk ³	1.12	1.15	1.00	0.74	1.25
Cheese	0.96	0.70	1.04	0.83	0.99
Yogurt	0.03	0.07	0.02	0.02	0.03
Dairy foods as consumed⁴	1.31 ± 0.05	1.32 ± 0.18	1.16 ± 0.07	0.83 ± 0.08	1.48 ± 0.09
White Milk	0.77 ± 0.05	0.81 ± 0.19	0.67 ± 0.06	0.44 ± 0.06	0.87 ± 0.09
Whole	0.12	0.07	0.12	0.14	0.12
Reduced fat	0.41	0.50	0.41	0.24	0.42
Low-fat	0.13	0.16	0.10	0.06	0.15
Non-fat	0.11	0.08	0.04	0.00	0.17
Flavored Milk	0.13 ± 0.02	0.12 ± 0.05	0.16 ± 0.04	0.11 ± 0.04	0.14 ± 0.03
Whole					
Reduced fat	0.07	0.09	0.07	0.07	0.07
Low-fat					
Non-fat					
Cheese	0.35 ± 0.03	0.28 ± 0.07	0.31 ± 0.03	0.26 ± 0.03	0.39 ± 0.05
Cheese Cottage/ricotta	0.35	0.27	0.31	0.26	0.39
Yogurt	0.02 ± 0.01	0.06 ± 0.03	0.01 ± 0.01	0.01 ± 0.00	0.03 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.02	0.05	0.01	0.01	0.03
Milk shakes and other dairy drinks⁵	0.03 ± 0.01	0.01 ± 0.00	0.01 ± 0.01	0.02 ± 0.01	0.05 ± 0.02
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 14-18 years with complete, reliable 24-hour recall on Day 1 (n=1,552). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 19+ y

Dairy foods (total, disaggregated)	All (n=9,954)	Asian (n=1,134)	Mexican/Hispanic (n=2,110)	Non-Hispanic Black (n=2,331)	Non-Hispanic White (n=4,076)
All dairy foods weighted mean ²	1.64 ± 0.02	1.00 ± 0.04	1.59 ± 0.05	1.17 ± 0.04	1.79 ± 0.03
Dairy Products (Milk, Cheese, Yogurt)	1.60	0.97	1.55	1.15	1.75
Milk ³	0.74	0.56	0.66	0.45	0.83
Cheese	0.80	0.33	0.84	0.67	0.85
Yogurt	0.06	0.08	0.05	0.03	0.07
Dairy foods as consumed⁴	0.93 ± 0.01	0.59 ± 0.04	0.79 ± 0.03	0.58 ± 0.02	1.05 ± 0.02
White Milk	0.45 ± 0.01	0.31 ± 0.02	0.38 ± 0.02	0.22 ± 0.02	1.05 ± 0.02
Whole	0.10	0.08	0.10	0.09	0.11
Reduced fat	0.19	0.13	0.20	0.09	0.21
Low-fat	0.06	0.02	0.04	0.02	0.08
Non-fat	0.09	0.08	0.04	0.02	0.12
Flavored Milk	0.03 ± 0.00	0.03 ± 0.01	0.03 ± 0.00	0.02 ± 0.01	0.04 ± 0.00
Whole	0.01	0.01	0.01	0.01	0.01
Reduced fat	0.02	0.01	0.02	0.02	0.02
Low-fat	0.01	0.00	0.00	0.00	0.01
Non-fat					
Cheese	0.36 ± 0.01	0.13 ± 0.01	0.30 ± 0.02	0.29 ± 0.02	0.41 ± 0.02
Cheese	0.35	0.13	0.30	0.29	0.40
Cottage/ricotta	0.01	0.00	0.00	0.00	0.01
Yogurt	0.06 ± 0.00	0.06 ± 0.01	0.04 ± 0.01	0.02 ± 0.00	0.06 ± 0.01
Whole and Reduced fat	0.00	0.02	0.00	0.00	0.00
Low-fat and Non-fat	0.05	0.05	0.04	0.02	0.06
Milk shakes and other dairy drinks⁵	0.02 ± 0.00	0.00 ± 0.00	0.02 ± 0.01	0.01 ± 0.00	0.02 ± 0.00
Milk substitutes⁶	0.01 ± 0.00	0.05 ± 0.01	0.02 ± 0.00	0.01 ± 0.00	0.01 ± 0.00

Source: NHANES 2011-2014, ages 19+ years with complete, reliable 24-hour recall on Day 1 (n=9,954). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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 13: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 19-30 y

Dairy foods (total, disaggregated)	All (n=2,105)	Asian (n=274)	Mexican/Hispanic (n=483)	Non-Hispanic Black (n=505)	Non-Hispanic White (n=733)
All dairy foods weighted mean ²	1.94 ± 0.08	1.10 ± 0.09	1.81 ± 0.10	1.45 ± 0.05	2.20 ± 0.12
Dairy Products (Milk, Cheese, Yogurt)	1.89	1.05	1.72	1.43	2.16
Milk ³	0.75	0.59	0.61	0.47	0.90
Cheese	1.09	0.39	1.08	0.94	1.20
Yogurt	0.05	0.07	0.03	0.02	0.06
Dairy foods as consumed⁴	0.99 ± 0.05	0.55 ± 0.08	0.80 ± 0.06	0.67 ± 0.04	1.20 ± 0.08
White Milk	0.45 ± 0.05	0.26 ± 0.04	0.35 ± 0.05	0.23 ± 0.03	0.57 ± 0.08
Whole	0.12	0.05	0.08	0.10	0.14
Reduced fat	0.23	0.11	0.21	0.10	0.28
Low-fat	0.05	0.02	0.04	0.02	0.07
Non-fat	0.05	0.07	0.01	0.01	0.07
Flavored Milk	0.04 ± 0.01	0.07 ± 0.06	0.03 ± 0.01	0.02 ± 0.01	0.05 ± 0.02
Whole					
Reduced fat					
Low-fat					
Non-fat					
Cheese	0.43 ± 0.04	0.12 ± 0.03	0.36 ± 0.03	0.39 ± 0.06	0.50 ± 0.07
Cheese	0.43	0.12	0.35	0.39	0.50
Cottage/ricotta					
Yogurt	0.04 ± 0.00	0.04 ± 0.01	0.03 ± 0.01	0.02 ± 0.01	0.05 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.03	0.04	0.03	0.02	0.04
Milk shakes and other dairy drinks⁵	0.02 ± 0.00	0.01 ± 0.00	0.02 ± 0.01	0.02 ± 0.00	0.02 ± 0.01
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 19-30 years with complete, reliable 24-hour recall on Day 1 (n=2,105). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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 14: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 19-50 y

Dairy foods (total, disaggregated)	All (n=5,432)	Asian (n=711)	Mexican/Hispanic (n=1,250)	Non-Hispanic Black (n=1,198)	Non-Hispanic White (n=2,054)
All dairy foods weighted mean ²	1.78 ± 0.04	1.06 ± 0.05	1.65 ± 0.06	1.30 ± 0.04	2.00 ± 0.05
Dairy Products (Milk, Cheese, Yogurt)	1.74	1.03	1.59	1.28	1.96
Milk ³	0.73	0.58	0.63	0.43	0.84
Cheese	0.95	0.36	0.91	0.82	1.05
Yogurt	0.06	0.09	0.05	0.03	0.07
Dairy foods as consumed⁴	0.94 ± 0.03	0.57 ± 0.05	0.79 ± 0.04	0.60 ± 0.03	1.10 ± 0.04
White Milk	0.42 ± 0.02	0.29 ± 0.02	0.37 ± 0.03	0.20 ± 0.03	0.50 ± 0.03
Whole	0.11	0.09	0.10	0.08	0.12
Reduced fat	0.19	0.11	0.21	0.08	0.21
Low-fat	0.05	0.02	0.04	0.02	0.07
Non-fat	0.07	0.07	0.02	0.01	0.10
Flavored Milk	0.04 ± 0.01	0.03 ± 0.02	0.03 ± 0.01	0.02 ± 0.01	0.06 ± 0.01
Whole	0.01	0.02	0.01	0.01	0.01
Reduced fat	0.02	0.00	0.02	0.01	0.03
Low-fat					
Non-fat					
Cheese	0.39 ± 0.02	0.12 ± 0.01	0.31 ± 0.02	0.34 ± 0.03	0.46 ± 0.04
Cheese	0.39	0.11	0.31	0.34	0.45
Cottage/ricotta	0.00	0.00	0.01	0.00	0.00
Yogurt	0.05 ± 0.00	0.07 ± 0.01	0.05 ± 0.01	0.02 ± 0.00	0.06 ± 0.01
Whole and Reduced fat	0.00	0.02	0.00	0.00	0.01
Low-fat and Non-fat	0.05	0.05	0.04	0.02	0.05
Milk shakes and other dairy drinks⁵	0.02 ± 0.00	0.01 ± 0.00	0.02 ± 0.01	0.01 ± 0.00	0.02 ± 0.01
Milk substitutes⁶	0.01 ± 0.00	0.05 ± 0.01	0.01 ± 0.00	0.00 ± 0.00	0.01 ± 0.00

Source: NHANES 2011-2014, ages 19-50 years with complete, reliable 24-hour recall on Day 1 (n=5,432). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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 15: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 31-50 y

Dairy foods (total, disaggregated)	All (n=3,327)	Asian (n=437)	Mexican/Hispanic (n=767)	Non-Hispanic Black (n=693)	Non-Hispanic White (n=1,321)
All dairy foods weighted mean ²	1.67 ± 0.04	1.03 ± 0.05	1.53 ± 0.06	1.18 ± 0.06	1.88 ± 0.05
Dairy Products (Milk, Cheese, Yogurt)	1.64	1.01	1.51	1.16	1.84
Milk ³	0.71	0.58	0.65	0.40	0.80
Cheese	0.86	0.33	0.79	0.73	0.96
Yogurt	0.07	0.10	0.07	0.03	0.08
Dairy foods as consumed⁴	0.91 ± 0.04	0.59 ± 0.05	0.78 ± 0.04	0.55 ± 0.04	1.05 ± 0.06
White Milk	0.40 ± 0.02	0.32 ± 0.03	0.38 ± 0.03	0.18 ± 0.03	0.45 ± 0.03
Whole	0.10	0.11	0.11	0.07	0.10
Reduced fat	0.16	0.11	0.20	0.07	0.17
Low-fat	0.06	0.02	0.04	0.03	0.07
Non-fat	0.08	0.07	0.03	0.01	0.11
Flavored Milk	0.04 ± 0.01	0.01 ± 0.00	0.03 ± 0.01	0.03 ± 0.01	0.06 ± 0.01
Whole	0.01	0.00	0.01	0.00	0.01
Reduced fat	0.02	0.00	0.01	0.02	0.03
Low-fat					
Non-fat					
Cheese	0.37 ± 0.02	0.12 ± 0.01	0.28 ± 0.03	0.31 ± 0.02	0.43 ± 0.04
Cheese	0.36	0.11	0.27	0.31	0.43
Cottage/ricotta	0.01		0.01	0.00	0.01
Yogurt	0.06 ± 0.01	0.09 ± 0.02	0.06 ± 0.01	0.03 ± 0.00	0.07 ± 0.01
Whole and Reduced fat	0.00	0.02	0.00	0.00	0.00
Low-fat and Non-fat	0.06	0.06	0.05	0.03	0.06
Milk shakes and other dairy drinks⁵	0.03 ± 0.01	0.00 ± 0.00	0.03 ± 0.01	0.01 ± 0.00	0.03 ± 0.01
Milk substitutes⁶	0.01 ± 0.00	0.06 ± 0.02	0.00 ± 0.00	0.01 ± 0.00	0.01 ± 0.00

Source: NHANES 2011-2014, ages 31-50 years with complete, reliable 24-hour recall on Day 1 (n=3,327). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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 16: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 51-70 y

Dairy foods (total, disaggregated)	All (n=3,204)	Asian (n=341)	Mexican/Hispanic (n=715)	Non-Hispanic Black (n=898)	Non-Hispanic White (n=1,190)
All dairy foods weighted mean ²	1.48 ± 0.05	0.87 ± 0.05	1.44 ± 0.06	0.99 ± 0.06	1.60 ± 0.06
Dairy Products (Milk, Cheese, Yogurt)	1.45	0.85	1.41	0.97	1.57
Milk ³	0.72	0.50	0.71	0.44	0.78
Cheese	0.66	0.29	0.66	0.50	0.71
Yogurt	0.07	0.06	0.04	0.03	0.08
Dairy foods as consumed⁴	0.89 ± 0.03	0.58 ± 0.06	0.79 ± 0.04	0.55 ± 0.04	0.99 ± 0.05
White Milk	0.44 ± 0.03	0.32 ± 0.04	0.41 ± 0.04	0.21 ± 0.02	0.49 ± 0.04
Whole	0.10	0.06	0.10	0.09	0.10
Reduced fat	0.18	0.13	0.19	0.09	0.20
Low-fat	0.06	0.03	0.04	0.02	0.07
Non-fat	0.10	0.09	0.08	0.02	0.12
Flavored Milk	0.02 ± 0.00	0.02 ± 0.00	0.02 ± 0.01	0.03 ± 0.02	0.02 ± 0.00
Whole	0.01	0.00	0.01	0.00	0.01
Reduced fat					
Low-fat					
Non-fat					
Cheese	0.34 ± 0.02	0.14 ± 0.03	0.27 ± 0.03	0.24 ± 0.03	0.38 ± 0.03
Cheese	0.33	0.14	0.27	0.24	0.37
Cottage/ricotta	0.01	0.00	0.01	0.00	0.01
Yogurt	0.06 ± 0.01	0.06 ± 0.01	0.03 ± 0.01	0.03 ± 0.00	0.07 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.06	0.04	0.03	0.03	0.07
Milk shakes and other dairy drinks⁵	0.01 ± 0.00	0.00 ± 0.00	0.00 ± 0.00	0.02 ± 0.01	0.01 ± 0.00
Milk substitutes⁶	0.02 ± 0.00	0.04 ± 0.02	0.04 ± 0.01	0.01 ± 0.00	0.02 ± 0.01

Source: NHANES 2011-2014, ages 51-70 years with complete, reliable 24-hour recall on Day 1 (n=3,204). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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 17: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 51+ y

Dairy foods (total, disaggregated)	All (n=4,522)	Asian (n=423)	Mexican/Hispanic (n=860)	Non-Hispanic Black (n=1,133)	Non-Hispanic White (n=2,022)
All dairy foods weighted mean ²	1.46 ± 0.04	0.91 ± 0.06	1.42 ± 0.05	0.97 ± 0.06	1.58 ± 0.05
Dairy Products (Milk, Cheese, Yogurt)	1.43	0.89	1.39	0.95	1.54
Milk ³	0.76	0.53	0.72	0.47	0.82
Cheese	0.60	0.30	0.63	0.45	0.64
Yogurt	0.07	0.06	0.04	0.03	0.08
Dairy foods as consumed⁴	0.91 ± 0.03	0.62 ± 0.06	0.79 ± 0.04	0.56 ± 0.03	1.00 ± 0.04
White Milk	0.48 ± 0.03	0.35 ± 0.04	0.42 ± 0.03	0.26 ± 0.02	0.53 ± 0.03
Whole	0.10	0.07	0.10	0.10	0.10
Reduced fat	0.20	0.16	0.20	0.11	0.21
Low-fat	0.08	0.03	0.05	0.02	0.09
Non-fat	0.12	0.09	0.07	0.03	0.14
Flavored Milk	0.02 ± 0.00	0.02 ± 0.01	0.03 ± 0.01	0.03 ± 0.01	0.02 ± 0.00
Whole	0.01	0.00	0.10	0.00	0.01
Reduced fat	0.01	0.01	0.20	0.02	0.01
Low-fat			0.05		
Non-fat			0.07		
Cheese	0.32 ± 0.02	0.15 ± 0.03	0.27 ± 0.02	0.22 ± 0.02	0.35 ± 0.02
Cheese	0.31	0.15	0.26	0.22	0.34
Cottage/ricotta	0.01	0.00	0.00	0.00	0.01
Yogurt	0.06 ± 0.01	0.05 ± 0.01	0.04 ± 0.01	0.03 ± 0.00	0.07 ± 0.01
Whole and Reduced fat	0.00	0.01	0.01	0.00	0.00
Low-fat and Non-fat	0.06	0.04	0.03	0.03	0.06
Milk shakes and other dairy drinks⁵	0.01 ± 0.00	0.00 ± 0.00	0.00 ± 0.00	0.02 ± 0.01	0.01 ± 0.00
Milk substitutes⁶	0.02 ± 0.00	0.05 ± 0.01	0.04 ± 0.01	0.01 ± 0.00	0.02 ± 0.00

Source: NHANES 2011-2014, ages 51 years and older with complete, reliable 24-hour recall on Day 1 (n=4,522). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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 18: Average daily servings of dairy foods by ethnicity (cup equivalents¹ ± SE), Americans aged 71+ y

Dairy foods (total, disaggregated)	All (n=1,318)	Asian (n=82)	Mexican/Hispanic (n=145)	Non-Hispanic Black (n=235)	Non-Hispanic White (n=832)
All dairy foods weighted mean ²	1.42 ± 0.03	1.06 ± 0.20	1.32 ± 0.10	0.90 ± 0.09	1.50 ± 0.03
Dairy Products (Milk, Cheese, Yogurt)	1.38	1.00	1.30	0.86	1.46
Milk ³	0.88	0.62	0.79	0.62	0.94
Cheese	0.43	0.33	0.44	0.21	0.45
Yogurt	0.07	0.05	0.07	0.03	0.07
Dairy foods as consumed⁴	0.98 ± 0.03	0.76 ± 0.18	0.80 ± 0.07	0.61 ± 0.08	1.05 ± 0.03
White Milk	0.61 ± 0.02	0.44 ± 0.13	0.44 ± 0.07	0.45 ± 0.08	0.65 ± 0.02
Whole	0.09	0.08	0.10	0.13	0.09
Reduced fat	0.23	0.26	0.23	0.22	0.23
Low-fat	0.12	0.03	0.10	0.04	0.14
Non-fat	0.17	0.08	0.01	0.05	0.20
Flavored Milk	0.02 ± 0.01	0.02 ± 0.02	0.04 ± 0.03	0.02 ± 0.01	0.02 ± 0.01
Whole					
Reduced fat					
Low-fat					
Non-fat					
Cheese	0.26 ± 0.02	0.18 ± 0.07	0.23 ± 0.04	0.11 ± 0.02	0.29 ± 0.03
Cheese	0.25	0.18	0.23	0.10	0.27
Cottage/ricotta	0.01	0.00	0.00	0.01	0.02
Yogurt	0.06 ± 0.01	0.05 ± 0.02	0.06 ± 0.02	0.02 ± 0.01	0.06 ± 0.01
Whole and Reduced fat					
Low-fat and Non-fat	0.05	0.02	0.05	0.02	0.05
Milk shakes and other dairy drinks⁵					
Milk substitutes⁶					

Source: NHANES 2011-2014, ages 71 years and older with complete, reliable 24-hour recall on Day 1 (n=1,318). ¹Cup equivalent servings: 1 cup of milk or yogurt, 1.5 ounces natural cheese, 2 ounces processed cheese. ²NHANES Milk and Dairy Main Group, includes white milk, flavored milk, cheese, yogurt, milk shakes and other dairy drinks, milk substitutes. ³Milk includes whole, reduced fat, low-fat, non-fat, buttermilk, dry reconstituted, evaporated, lactose-free, kefir, goat's milk, and flavored milks (including sweetened condensed and hot cocoa). ⁴Dairy foods consumed individually (e.g., glass of milk, serving of yogurt, cheese snacks, including milk shakes, other dairy drinks, and milk substitutes). ⁵Milk shakes and dairy drinks, e.g. eggnog; ⁶Milk substitutes include soy, almond, rice, and 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>