

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 1. Americans, ages 2 years and older**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
	cup equivalent servings*					
Total Dairy and Mixtures with Dairy	1.76	100	1.01	100	0.71	100
<b>Dairy Products</b>						
White milk	0.71	40.1	0.71	70.1		
Flavored milk	0.09	5.1	0.09	8.9		
Cheese, not cottage/ricotta chees	0.32	18.1			0.32	45.1
Cottage/ricotta cheese	0.01	0.4			0.01	0.9
Yogurt	0.04	2.2				
Mixtures Containing Dairy Products	0.60	34.1	0.21	21.0	0.38	54.0
Pudding made with milk	0.01	0.5	0.01	0.9		
Frozen dairy desserts	0.06	3.4	0.06	5.8		
Milk shakes and smoothies	0.01	0.8	0.01	1.4		
Meal replacements	0.01	0.8	0.01	1.3		
Coffee and other beverages	0.02	1.1	0.02	1.9		
Sauces	0.01	0.5	<0.01	0.4	<0.01	0.6
Soup	0.01	0.8	0.01	1.0	<0.01	0.5
Cooked cereals	0.01	0.6	0.01	1.0	<0.01	<0.1
Mashed potato, creamed vegetab	0.01	0.7	0.01	1.0	<0.01	0.3
Egg omelet or scrambled egg	0.02	1.3	0.01	1.4	0.01	1.2
Miscellaneous mixtures with chee	0.03	1.5	<0.01	0.1	0.03	3.7
Pizza	0.19	11.0			0.19	27.4
Turnovers	0.01	0.6	<0.01	<0.1	0.01	1.3
Italian pasta dishes	0.03	1.4	<0.01	0.2	0.02	3.3
Macaroni and cheese	0.04	2.4	0.01	1.2	0.03	3.8
Misc. meat/poultry/fish mixtures	0.01	0.7	0.01	0.8	<0.01	0.6
Mexican-style mixtures	0.05	2.7	<0.01	0.1	0.05	6.6
Sandwiches	0.03	1.8	<0.01	<0.1	0.03	4.5
Battered and fried foods	<0.01	0.2	<0.01	0.3	<0.01	<0.1
Baked desserts	0.01	0.4	0.01	0.6	<0.01	0.1
Candy	0.02	1.0	0.02	1.7		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n = 16,822)

\*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese

Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 2. Children, 2-18 years**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
	cup equivalent servings*					
Total Dairy and Mixtures with Dairy	2.25	100	1.43	100	0.77	100
<b>Dairy Products</b>						
White milk	1.04	46.1	1.04	72.6		
Flavored milk	0.21	9.4	0.21	14.7		
Cheese, not cottage/ricotta chees	0.29	13.0			0.29	38.0
Cottage/ricotta cheese	<0.01	0.2			<0.01	0.5
Yogurt	0.04	1.9				
Mixtures Containing Dairy Products	0.66	29.5	0.18	12.7	0.47	61.5
Pudding made with milk	0.01	0.3	0.01	0.5		
Frozen dairy desserts	0.07	2.9	0.07	4.6		
Milk shakes and smoothies	0.01	0.6	0.01	0.9		
Meal replacements	<0.01	0.2	<0.01	0.3		
Coffee and other beverages	0.01	0.3	<0.01	0.5		
Sauces	<0.01	0.1	<0.01	0.1	<0.01	0.2
Soup	0.01	0.3	0.01	0.4	<0.01	0.1
Cooked cereals	0.01	0.3	0.01	0.5	<0.01	<0.1
Mashed potato, creamed vegetab	0.01	0.4	0.01	0.6	<0.01	0.2
Egg omelet or scrambled egg	0.02	0.8	0.01	0.8	0.01	0.7
Miscellaneous mixtures with chee	0.03	1.6	<0.01	<0.1	0.03	4.5
Pizza	0.28	12.6			0.28	36.9
Turnovers	0.01	0.6	<0.01	<0.1	0.01	1.5
Italian pasta dishes	0.02	0.9	<0.01	0.1	0.02	2.2
Macaroni and cheese	0.06	2.6	0.02	1.2	0.04	4.8
Misc. meat/poultry/fish mixtures	0.01	0.6	0.01	0.5	0.01	0.7
Mexican-style mixtures	0.04	1.9	<0.01	0.1	0.04	5.3
Sandwiches	0.03	1.5	<0.01	<0.1	0.03	4.4
Battered and fried foods	<0.01	0.1	<0.01	0.2	<0.01	<0.1
Baked desserts	<0.01	0.2	<0.01	0.3	<0.01	0.1
Candy	0.02	0.7	0.02	1.1		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n = 7,332)

\*cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese

Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 3. Children, 2-8 years**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
	cup equivalent servings*					
Total Dairy and Mixtures with Dairy	2.29	100	1.63	100	0.58	100
<b>Dairy Products</b>						
White milk	1.19	51.8	1.19	72.7		
Flavored milk	0.28	12.2	0.28	17.0		
Cheese, not cottage/ricotta chees	0.24	10.7			0.24	41.8
Cottage/ricotta cheese	0.01	0.3			0.01	1.2
Yogurt	0.07	2.8				
Mixtures Containing Dairy Products	0.51	22.3	0.17	10.2	0.33	57.0
Pudding made with milk	0.01	0.5	0.01	0.7		
Frozen dairy desserts	0.06	2.8	0.06	3.9		
Milk shakes and smoothies	0.01	0.4	0.01	0.6		
Meal replacements	<0.01	<0.1	<0.01	<0.1		
Coffee and other beverages	<0.01	0.1	<0.01	0.1		
Sauces	<0.01	0.1	<0.01	0.1	<0.01	0.2
Soup	<0.01	0.1	<0.01	0.1	<0.01	0.1
Cooked cereals	0.01	0.6	0.01	0.8	<0.01	<0.1
Mashed potato, creamed vegetab	0.01	0.4	0.01	0.5	<0.01	0.3
Egg omelet or scrambled egg	0.02	0.8	0.01	0.8	<0.01	0.8
Miscellaneous mixtures with chee	0.02	0.9	<0.01	<0.1	0.02	3.6
Pizza	0.20	8.7			0.20	34.2
Turnovers	0.01	0.2	<0.01	<0.1	<0.01	0.8
Italian pasta dishes	0.02	1.0	<0.01	0.1	0.02	3.4
Macaroni and cheese	0.07	2.9	0.02	1.2	0.04	6.7
Misc. meat/poultry/fish mixtures	0.01	0.5	0.01	0.4	0.00	0.5
Mexican-style mixtures	0.02	0.9	<0.01	<0.1	0.02	3.3
Sandwiches	0.02	0.7	<0.01	<0.1	0.02	2.9
Battered and fried foods	<0.01	0.1	<0.01	0.1	<0.01	<0.1
Baked desserts	<0.01	0.1	<0.01	0.1	<0.01	<0.1
Candy	0.01	0.5	0.01	0.6		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n = 2,601)

\*cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese

Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 4. Children, 9-18 years**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
	cup equivalent servings*					
Total Dairy and Mixtures with Dairy	2.23	100	1.30	100	0.89	100
<b>Dairy Products</b>						
White milk	0.94	42.3	0.94	72.6		
Flavored milk	0.17	7.4	0.17	12.7		
Cheese, not cottage/ricotta chees	0.32	14.6			0.32	36.3
Cottage/ricotta cheese	<0.01	0.1			<0.01	0.2
Yogurt	0.03	1.3				
Mixtures Containing Dairy Products	0.76	34.4	0.19	14.7	0.57	63.4
Pudding made with milk	<0.01	0.2	0.00	0.3		
Frozen dairy desserts	0.07	3.0	0.07	5.1		
Milk shakes and smoothies	0.02	0.7	0.02	1.2		
Meal replacements	0.01	0.3	0.01	0.6		
Coffee and other beverages	0.01	0.4	0.01	0.7		
Sauces	<0.01	0.2	<0.01	0.2	<0.01	0.2
Soup	0.01	0.4	0.01	0.6	<0.01	0.2
Cooked cereals	<0.01	0.2	<0.01	0.3	<0.01	<0.1
Mashed potato, creamed vegetab	0.01	0.4	0.01	0.6	<0.01	0.2
Egg omelet or scrambled egg	0.02	0.8	0.01	0.9	0.01	0.6
Miscellaneous mixtures with chee	0.04	2.0	<0.01	<0.1	0.04	4.8
Pizza	0.34	15.3			0.34	38.0
Turnovers	0.02	0.8	<0.01	0.1	0.02	1.8
Italian pasta dishes	0.02	0.8	<0.01	0.2	0.02	1.7
Macaroni and cheese	0.06	2.5	0.02	1.2	0.04	4.0
Misc. meat/poultry/fish mixtures	0.01	0.7	0.01	0.6	0.01	0.7
Mexican-style mixtures	0.06	2.5	<0.01	0.1	0.06	6.2
Sandwiches	0.05	2.0	<0.01	<0.1	0.04	5.0
Battered and fried foods	<0.01	0.1	<0.01	0.2		
Baked desserts	0.01	0.3	<0.01	0.4	<0.01	0.1
Candy	0.02	0.9	0.02	1.4		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n = 4,731)

\*cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese

Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 5. Adults: 19 years and older**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
	cup equivalent servings*					
Total Dairy and Mixtures with Dairy	1.60	100	0.87	100	0.69	100
<b>Dairy Products</b>						
White milk	0.60	37.4	0.60	68.8		
Flavored milk	0.05	3.2	0.05	5.8		
Cheese, not cottage/ricotta chees	0.33	20.4			0.33	47.7
Cottage/ricotta cheese	0.01	0.4			0.01	1.0
Yogurt	0.04	2.3				
Mixtures Containing Dairy Products	0.58	36.2	0.22	25.5	0.35	51.3
Pudding made with milk	0.01	0.6	0.01	1.1		
Frozen dairy desserts	0.06	3.6	0.06	6.5		
Milk shakes and smoothies	0.01	0.9	0.01	1.6		
Meal replacements	0.02	1.0	0.02	1.8		
Coffee and other beverages	0.02	1.4	0.02	2.6		
Sauces	0.01	0.6	<0.01	0.5	<0.01	0.7
Soup	0.02	1.0	0.01	1.4	<0.01	0.6
Cooked cereals	0.01	0.7	0.01	1.3	<0.01	<0.1
Mashed potato, creamed vegetab	0.01	0.8	0.01	1.2	<0.01	0.3
Egg omelet or scrambled egg	0.02	1.5	0.01	1.7	0.01	1.5
Miscellaneous mixtures with chee	0.02	1.5	<0.01	0.1	0.02	3.4
Pizza	0.16	10.2			0.16	23.9
Turnovers	0.01	0.6	<0.01	<0.1	0.01	1.3
Italian pasta dishes	0.03	1.7	<0.01	0.2	0.03	3.7
Macaroni and cheese	0.04	2.3	0.01	1.2	0.02	3.5
Misc. meat/poultry/fish mixtures	0.01	0.8	0.01	1.0	<0.01	0.5
Mexican-style mixtures	0.05	3.1	<0.01	0.1	0.05	7.1
Sandwiches	0.03	2.0	<0.01	<0.1	0.03	4.6
Battered and fried foods	<0.01	0.2	<0.01	0.4	<0.01	0.0
Baked desserts	0.01	0.5	0.01	0.7	<0.01	0.2
Candy	0.02	1.1	0.02	2.0		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n  
 \*cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese  
 Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease  
 Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 6. Adults, 19-50 years**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
	cup equivalent servings*					
Total Dairy and Mixtures with Dairy	1.76	100	0.90	100	0.82	100
<b>Dairy Products</b>						
White milk	0.60	34.4	0.60	67.5		
Flavored milk	0.06	3.6	0.06	7.1		
Cheese, not cottage/ricotta chees	0.37	21.0			0.37	45.0
Cottage/ricotta cheese	0.01	0.4			0.01	0.8
Yogurt	0.04	2.0				
Mixtures Containing Dairy Products	0.68	38.5	0.23	25.4	0.45	54.2
Pudding made with milk	0.01	0.5	0.01	0.9		
Frozen dairy desserts	0.05	2.8	0.05	5.4		
Milk shakes and smoothies	0.02	1.0	0.02	1.9		
Meal replacements	0.02	1.1	0.02	2.2		
Coffee and other beverages	0.03	1.6	0.03	3.2		
Sauces	0.01	0.5	<0.01	0.4	<0.01	0.6
Soup	0.02	1.1	0.01	1.6	<0.01	0.6
Cooked cereals	0.01	0.5	0.01	0.9	<0.01	<0.1
Mashed potato, creamed vegetab	0.01	0.7	0.01	1.1	<0.01	0.2
Egg omelet or scrambled egg	0.02	1.4	0.01	1.6	0.01	1.2
Miscellaneous mixtures with chee	0.03	1.8	<0.01	0.1	0.03	3.7
Pizza	0.22	12.3			0.22	26.3
Turnovers	0.01	0.6	<0.01	0.1	0.01	1.2
Italian pasta dishes	0.03	1.6	<0.01	0.2	0.03	3.3
Macaroni and cheese	0.04	2.4	0.01	1.4	0.03	3.4
Misc. meat/poultry/fish mixtures	0.01	0.8	0.01	1.0	<0.01	0.6
Mexican-style mixtures	0.07	3.8	<0.01	0.1	0.07	8.1
Sandwiches	0.04	2.3	<0.01	<0.1	0.04	5.0
Battered and fried foods	<0.01	0.2	<0.01	0.4		
Baked desserts	0.01	0.5	0.01	0.7	<0.01	0.1
Candy	0.02	1.2	0.02	2.2		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n = 5,429)

\*cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese

Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]

**Average daily servings of dairy foods and food mixtures made with dairy**
**Table 7. Adults, 51 years and older**

	Total Dairy		Milk		Cheese	
	Mean	Percent (%)	Mean	Percent (%)	Mean	Percent (%)
Total Dairy and Mixtures with Dairy	1.36	100	0.83	100	0.48	100
<b>Dairy Products</b>						
White milk	0.59	43.5	0.59	70.9		
Flavored milk	0.03	2.2	0.03	3.5		
Cheese, not cottage/ricotta chees	0.26	19.3			0.26	54.7
Cottage/ricotta cheese	0.01	0.6			0.01	1.6
Yogurt	0.04	2.9				
Mixtures Containing Dairy Products	0.43	31.5	0.21	25.6	0.21	43.7
Pudding made with milk	0.01	0.8	0.01	1.3		
Frozen dairy desserts	0.07	5.1	0.07	8.2		
Milk shakes and smoothies	0.01	0.7	0.01	1.1		
Meal replacements	0.01	0.7	0.01	1.2		
Coffee and other beverages	0.01	1.0	0.01	1.7		
Sauces	0.01	0.8	0.01	0.7	<0.01	1.0
Soup	0.01	0.9	0.01	1.1	<0.01	0.8
Cooked cereals	0.02	1.3	0.02	2.0	<0.01	0.0
Mashed potato, creamed vegetab	0.02	1.1	0.01	1.4	<0.01	0.7
Egg omelet or scrambled egg	0.03	1.8	0.01	1.7	0.01	2.3
Miscellaneous mixtures with chee	0.01	1.0	<0.01	0.1	0.01	2.7
Pizza	0.08	6.1			0.08	17.4
Turnovers	0.01	0.6	<0.01	<0.1	0.01	1.5
Italian pasta dishes	0.02	1.8	<0.01	0.2	0.02	4.8
Macaroni and cheese	0.03	2.0	0.01	0.9	0.02	3.8
Misc. meat/poultry/fish mixtures	0.01	0.8	0.01	1.1	<0.01	0.4
Mexican-style mixtures	0.02	1.6	<0.01	0.0	0.02	4.6
Sandwiches	0.02	1.3	<0.01	<0.1	0.02	3.6
Battered and fried foods	<0.01	0.2	<0.01	0.4	<0.01	<0.1
Baked desserts	0.01	0.7	0.01	0.8	<0.01	0.2
Candy	0.01	1.0	0.01	1.6		

Source: NHANES, 2003-2006, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n = 4,061)

\*cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese

Citation: Dairy Research Institute™. NHANES 2003-2006. 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, Centers for Disease Control and Prevention, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]