

Data Brief 238: Nut Consumption Among U.S. Youth, 2009–2012

Data table for Figure 1. Percentage of youth aged 2–19 years who consumed nuts on a given day, by sex and age: United States, 2009–2012

Age group	Total			Boys			Girls		
	Percent	Lower 95% CI	Upper 95% CI	Percent	Lower 95% CI	Upper 95% CI	Percent	Lower 95% CI	Upper 95% CI
Total ¹	32.4	30.1	34.8	32.8	29.7	35.8	32.0	28.4	35.7
2–5 years	35.2	32.2	38.1	35.5	31.7	39.3	34.8	30.7	39.0
6–11 years	33.7	30.0	37.5	33.6	28.4	38.7	33.9	29.0	38.9
12–19 years	30.1	26.5	33.6	30.7	26.2	35.3	29.4	23.7	35.1

¹Significant linear trend by age ($p < 0.05$).

NOTES: No significant difference was seen between boys and girls. Nuts include seeds and nut butters. CI is confidence interval.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

Data Brief 238: Nut Consumption Among U.S. Youth, 2009–2012

Data table for Figure 2. Percentage of youth aged 2–19 years who consumed nuts on a given day, by age and race and Hispanic origin: United States, 2009–2012

Age group	Non-Hispanic white ¹			Non-Hispanic black ²			Hispanic ²		
	Percent	Lower 95% CI	Upper 95% CI	Percent	Lower 95% CI	Upper 95% CI	Percent	Lower 95% CI	Upper 95% CI
Total ¹	37.6	34.3	40.9	³ 24.3	20.7	28.0	³ 25.0	21.8	28.2
2–5 years	41.7	35.6	47.9	³ 28.6	23.2	34.0	³ 23.9	19.3	28.6
6–11 years	41.1	36.3	45.9	³ 23.4	19.5	27.4	³ 23.2	18.3	28.2
12–19 years	33.3	28.1	38.5	³ 22.9	16.7	29.1	27.0	22.6	31.4

¹No difference between age groups 2–5 years and 6–11 years; age group 12–19 years is significantly different from other age groups ($p < 0.05$).

²Age groups not significantly different from each other.

³Significantly different from non-Hispanic white ($p < 0.05$).

NOTES: Nuts include seeds and nut butters. CI is confidence interval.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

Data Brief 238: Nut Consumption Among U.S. Youth, 2009–2012

Data table for Figure 3. Percentage of youth aged 2–19 years who consumed nuts on a given day, by age and poverty status: United States, 2009–2012

Age group	Below 130% PL ¹			130% up to 350% PL ¹			At or above 350% PL ²		
	Percent	Lower 95% CI	Upper 95% CI	Percent	Lower 95% CI	Upper 95% CI	Percent	Lower 95% CI	Upper 95% CI
Total	25.4	22.5	28.2	32.0	28.2	35.8	43.9	39.0	48.8
2–5 years	28.2	23.8	32.6	36.3	30.7	41.9	49.5	41.0	58.0
6–11 years	24.4	20.1	28.7	31.8	28.0	35.6	50.3	41.3	59.3
12–19 years	24.4	20.1	28.8	29.9	22.5	37.4	37.0	31.3	42.6

¹Age groups not significantly different from each other.

²No difference between age groups 2–5 years and 6–11 years; age group 12–19 years is significantly different from other age groups ($p < 0.05$).

NOTES: PL is poverty level; CI is confidence interval. Nuts include seeds and nut butters. Significant linear trend was seen by poverty status ($p < 0.001$) overall and for each age group.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

Data Brief 238: Nut Consumption Among U.S. Youth, 2009–2012

Data table for Figure 4. Source of nuts consumed on a given day among youth aged 2–19 years: United States, 2009–2012

Source	Percent	Lower 95% CI	Upper 95% CI
Nuts ¹	39.5	36.7	42.4
Grains ²	34.4	31.0	37.7
Candy	19.4	16.9	22.0
Other ³	6.7	4.4	9.0

¹Include seeds and nut butters (as a single-item food only).

²Include breads, cakes, cookies, cereals, and nutrition bars.

³Includes ice cream, cheese, and mixed dishes.

NOTE: CI is confidence interval.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.