

**Data Brief 271: Sugar-sweetened Beverage Consumption Among U.S. Youth, 2011–2014**

**Data table for Figure 1. Percentage of youth aged 2–19 years who consumed sugar-sweetened beverages on a given day, by number of beverages and sex: United States, 2011–2014**

Number of SSBs consumed	Boys		Girls	
	Percent	SE	Percent	SE
Any	64.5	1.4	61.3	1.5
One	32.7	1.2	33.7	1.4
Two	20.2	1.0	18.1	0.9
Three or more	11.5	0.8	9.5	0.8

NOTES: The percentage of U.S. youth who consumed one sugar-sweetened beverage (SSB) or more on a given day was 62.9%. SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 2. Mean kilocalories from sugar-sweetened beverages on a given day for youth aged 2–19 years, by sex and age: United States, 2011–2014**

Age group (years)	Boys		Girls	
	Mean (kcal)	SE	Mean (kcal)	SE
Total	163.5	6.3	121.1	6.5
2–5	65.4	6.3	59.4	5.9
6–11	132.9	7.3	104.2	6.4
12–19	231.6	11.1	162.1	10.5

NOTES: The total mean calories consumed from sugar-sweetened beverages on a given day by U.S. youth was 143 kilocalories (kcal). SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 3. Mean kilocalories from sugar-sweetened beverages on a given day for youth aged 2–19 years, by sex and race and Hispanic origin: United States, 2011–2014**

Race and Hispanic origin	Boys		Girls	
	Mean (kcal)	SE	Mean (kcal)	SE
Non-Hispanic white	175.8	10.2	123.7	11.8
Non-Hispanic black	166.8	11.2	155.9	11.5
Non-Hispanic Asian	73.4	10.1	57.6	9.0
Hispanic	156.0	10.2	115.3	6.4

NOTE: kcal is kilocalories; SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 4. Mean percentage of total daily kilocalories consumed from sugar-sweetened beverages on a given day by youth aged 2–19 years, by sex and age: United States, 2011–2014**

Age group (years)	Boys		Girls	
	Percent	SE	Percent	SE
Total	7.3	0.3	7.2	0.4
2–5	4.1	0.3	4.0	0.3
6–11	6.6	0.3	5.8	0.3
12–19	9.3	0.4	9.7	0.8

NOTES: The mean total percentage of calories from sugar-sweetened beverages for U.S. youth was 7.3%. SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 5. Mean percentage of total daily kilocalories consumed from sugar-sweetened beverages on a given day by youth aged 2–19 years, by sex and race and Hispanic origin: United States, 2011–2014**

Race and Hispanic origin	Boys		Girls	
	Percent	SE	Percent	SE
Non-Hispanic white	7.6	0.4	7.5	0.8
Non-Hispanic black	7.9	0.4	8.9	0.6
Non-Hispanic Asian	3.5	0.4	3.6	0.7
Hispanic	7.3	0.4	6.8	0.4

NOTE: SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.