

Data Brief 320. Beverage Consumption Among Youth in the United States, 2013–2016

Data table for Figure 1. Contribution of beverage types to total beverage consumption among youth aged 2–19 years: United States, 2013–2016

Beverage type	Percent (standard error)
Water	43.7 (0.9)
Milk	21.5 (0.7)
Soft drinks	19.9 (0.6)
100% juice	7.3 (0.4)
Other beverages	7.6 (0.6)

NOTES: Percentages are based on total grams of reported beverage intake. Other beverages include: coffee, tea, sports and energy drinks, and other miscellaneous beverages.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 2. Contribution of beverage types to total beverage consumption among youth aged 2–19 years, by sex: United States, 2013–2016

Beverage type	Boys	Girls
	Percent (standard error)	
Water	41.6 (1.0)	45.9 (1.1)
Milk	22.8 (0.7)	20.2 (0.8)
Soft drinks	20.6 (0.7)	19.2 (0.7)
100% juice	7.3 (0.5)	7.2 (0.5)
Other beverages	7.8 (0.7)	7.4 (0.6)

NOTES: Percentages are based on total grams of reported beverage intake. Other beverages include: coffee, tea, sports and energy drinks, and other miscellaneous beverages.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 3. Contribution of beverage types to total beverage consumption among youth aged 2–19 years, by age: United States, 2013–2016

Beverage type	2–5 years	6–11 years	12–19 years
	Percent (standard error)		
Water	39.5 (1.4)	41.9 (1.4)	47.0 (1.0)
Milk	32.1 (0.9)	24.4 (1.1)	14.5 (0.7)
Soft drinks	13.0 (0.8)	20.9 (0.9)	22.3 (0.7)
100% juice	12.4 (0.8)	7.3 (0.6)	4.9 (0.4)
Other beverages	3.0 (0.4)	5.5 (0.4)	11.3 (0.9)

NOTES: Percentages are based on total grams of reported beverage intake. Other beverages include: coffee, tea, sports and energy drinks, and other miscellaneous beverages.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 4. Contribution of beverage types to total beverage consumption among youth aged 2–19 years, by race and Hispanic origin: United States, 2013–2016

Beverage type	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
	Percent (standard error)			
Water	46.0 (1.1)	37.6 (1.1)	55.4 (1.3)	40.4 (1.0)
Milk	22.4 (1.0)	16.4 (0.9)	25.2 (1.4)	21.8 (0.7)
Soft drinks	17.5 (0.8)	30.4 (1.4)	8.8 (0.8)	21.5 (0.8)
100% juice	5.8 (0.5)	9.9 (0.6)	6.4 (0.7)	8.7 (0.5)
Other beverages	8.3 (0.9)	5.7 (0.5)	4.3 (0.7)	7.6 (0.7)

NOTES: Percentages are based on total grams of reported beverage intake. Other beverages include: coffee, tea, sports and energy drinks, and other miscellaneous beverages.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.