

Data Brief 341. Contribution of Whole Grains to Total Grains Intake Among Adults Aged 20 and Over: United States, 2013–2016

Data table for Figure 1. Contribution of whole grains to total grains intake among adults aged 20 and over on a given day, by sex and age: United States, 2013–2016

Sex	20 and over	20–39	40–59	60 and over
	Percent (standard error)			
Total	15.8 (0.5)	12.9 (0.6)	15.7 (0.6)	19.7 (0.7)
Men	14.8 (0.6)	11.1 (0.6)	15.0 (0.9)	19.8 (0.9)
Women	16.7 (0.6)	14.7 (0.7)	16.3 (0.9)	19.7 (0.8)

NOTE: Age-adjusted estimates for adults aged 20 and over, using the direct method and the 2000 projected U.S. population using the age groups 20–39, 40–59, and 60 and over, are 15.5% for total, 14.6% for men, and 16.4% for women.

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

Data Brief 341. Contribution of Whole Grains to Total Grains Intake Among Adults Aged 20 and Over: United States, 2013–2016

Data table Figure 2. Age-adjusted contribution of whole grains to total grains intake among adults aged 20 and over on a given day, by sex and race and Hispanic origin: United States, 2013–2016

Sex	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
Percent (standard error)				
Total	16.5 (0.6)	13.7 (0.7)	18.3 (0.8)	11.1 (0.6)
Men	15.7 (0.8)	12.9 (1.2)	18.1 (1.1)	10.0 (1.1)
Women	17.4 (0.7)	14.3 (0.8)	18.6 (1.2)	12.1 (0.8)

NOTE: Estimates were age adjusted by the direct method to the 2000 U.S. population using the age groups 20–39, 40–59, and 60 and over.

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

Data Brief 341. Contribution of Whole Grains to Total Grains Intake Among Adults Aged 20 and Over: United States, 2013–2016

Data table for Figure 3. Age-adjusted contribution of whole grains to total grains intake among adults aged 20 and over on a given day, by sex and family income level: United States, 2013–2016

Sex	Less than or equal to 130% of FPL	Greater than 130% to less than or equal to 350% of FPL	Greater than 350% of FPL
	Percent (standard error)		
Total	12.0 (0.6)	14.8 (0.5)	17.8 (0.7)
Men	10.7 (0.8)	14.3 (0.6)	16.0 (0.8)
Women	13.1 (0.8)	15.4 (0.6)	19.8 (0.9)

NOTES: FPL is federal poverty level. Estimates were age adjusted by the direct method to the 2000 U.S. population using the age groups 20–39, 40–59, and 60 and over.

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

Data Brief 341. Contribution of Whole Grains to Total Grains Intake Among Adults Aged 20 and Over: United States, 2013–2016

Data table for Figure 4. Age-adjusted trends in the contribution of whole grains to total grains intake among adults aged 20 and over on a given day, by sex: United States, 2005–2006 through 2015–2016

Sex	2005–2006	2007–2008	2009–2010	2011–2012	2013–2014	2015–2016
Total	12.6 (0.5)	12.1 (0.6)	14.3 (0.5)	15.6 (0.7)	15.2 (0.5)	15.9 (0.7)
Men	11.8 (0.6)	10.6 (0.5)	13.0 (0.9)	14.8 (0.8)	14.3 (0.8)	14.9 (0.8)
Women	13.3 (0.6)	13.5 (0.9)	15.6 (0.4)	16.4 (0.8)	16.0 (0.4)	16.9 (1.0)

NOTE: Estimates were age adjusted by the direct method to the 2000 U.S. population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2005–2016.