

Findings from CDC's Second **Nutrition Report**

Serving Size 1 infographic

The results from CDC's Second Nutrition Report are in, and there's lots of good news.

The CDC report presents information on 58 measures of diet and nutrition in the body to give us a snapshot of the nutrition status of the U.S. population.

Featured Results

Folic Acid

Iodine

Vitamin D

Iron

The results? Americans are doing pretty well: More than **9 out of 10** people are getting enough of some important vitamins and nutrients.



Here's a closer look
at 4 specific measures.



Folic Acid Fortification:

A public health success story



Folate is very important for pregnant women and **women who may become pregnant** because it lowers the risk that the baby will be born with birth defects of the brain and spine.

Often, women get folate by taking **folic acid** as a dietary supplement. In 1992, CDC recommended that those who may become pregnant take folic acid to prevent birth defects.

By 1998, the FDA required that folic acid be **added to all enriched cereal grain products**, which include most breads, rice, and pasta.

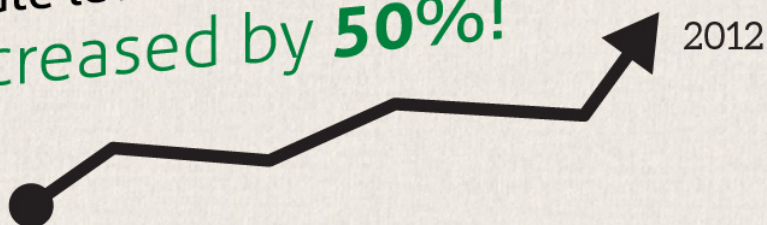
This process is called **folic acid fortification**.

FOLIC ACID



As a result,
folate levels in women
increased by 50%!

1998



Want to add more **folate** to your diet?



Folate is found naturally in lots of foods, including:

spinach



broccoli



asparagus



oranges



Iodine



Iodine: An ongoing challenge



Iodine deficiency (not getting enough iodine) is the **most preventable cause of intellectual disability** in the world.

Women need iodine during pregnancy for normal development of the baby's brain.



The CDC report found that:

Women have lower levels of iodine than men

Women ages 20 to 39 — those most likely to be pregnant — **have lower iodine levels than any other age group**

Do you need more **iodine**?



Iodine is found in:

seafood



low-fat dairy products



iodized salt



Vitamin D

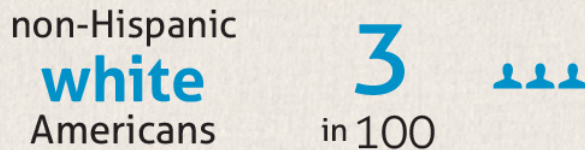
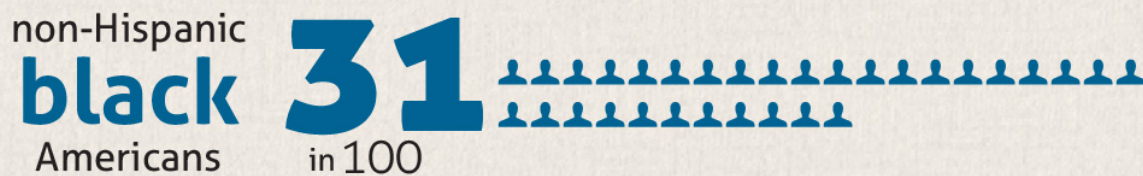


Non-Hispanic black Americans aren't getting enough vitamin D

Everyone needs vitamin D to **have healthy bones**. It may also help **keep muscles strong** — and even **protect us from cancer and type 2 diabetes**.



Who is most at risk for vitamin D deficiency?



Looking for more vitamin D?



In the U.S., vitamin D is often added to **milk**. It's also found naturally in:

fatty fishes



mushrooms



egg yolks



liver





Some women and children are at increased risk for iron deficiency

Our bodies need iron. Iron is a mineral that has many important roles, including carrying oxygen from our lungs to other parts of the body.

And it turns out that **some women and children aren't getting enough.**

The CDC report found that:

Mexican American children are



more likely to be **iron deficient** than non-Hispanic black and non-Hispanic white children

Mexican American and non-Hispanic black women are about



more likely to be **iron deficient** than non-Hispanic white women

Need to get more iron?



Iron is found in:

red meat



poultry (like chicken)



seafood



white beans



lentils



spinach



Sources:

Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population 2012
Centers for Disease Control and Prevention

Dietary Guidelines for Americans 2010

U.S. Department of Agriculture

U.S. Department of Health and Human Services