

Appendix E-2.15: Amount of key nutrients and food groups by age group per 1000 kcal from each point of purchase

Data from NHANES 2003-04, 2005-06, 2007-08, 2009-10, day 1 reliable intakes, population 2+
 Calculated as mean nutrient or food group intake per person from each point of purchase, divided by calories/1000 from that source (missing food sources not replaced with zero)

Age Group (yrs)	Point of Purchase	2003-04	2005-06	2007-08	2009-10
SODIUM (mg/1000 kcal)					
2-5	Store	1404	1404	1415	1451
2-5	Full service restaurant	2383	1856	2225	2167
2-5	Quick serve restaurant	1635	1616	1582	1660
2-5	School/day care	1472	1494	1448	1537
6-11	Store	1432	1531	1476	1566
6-11	Full service restaurant	1948	1656	1873	1808
6-11	Quick serve restaurant	1638	1629	1526	1763
6-11	School/day care	1607	1620	1631	1580
12-19	Store	1420	1443	1528	1583
12-19	Full service restaurant	1926	2058	2084	1740
12-19	Quick serve restaurant	1694	1702	1764	1788
12-19	School/day care	1657	1685	1772	1795
20-40	Store	1454	1482	1474	1565
20-40	Full service restaurant	1825	1898	1952	1819
20-40	Quick serve restaurant	1734	1799	1801	1885
41-50	Store	1405	1405	1478	1590
41-50	Full service restaurant	1761	1964	2111	2132
41-50	Quick serve restaurant	1738	1935	1845	1909
51-70	Store	1540	1486	1525	1606
51-70	Full service restaurant	1979	2013	1991	2033
51-70	Quick serve restaurant	1883	1917	1901	1999
71+	Store	1502	1483	1511	1614
71+	Full service restaurant	2144	2200	2215	2068
71+	Quick serve restaurant	1874	1756	1963	1974
SATURATED FAT (g/1000 kcal)					
2-5	Store	13.20	12.72	13.18	13.17
2-5	Full service restaurant	11.96	14.55	14.03	13.39
2-5	Quick serve restaurant	14.46	14.00	15.19	12.59
2-5	School/day care	14.94	12.82	12.80	13.10
6-11	Store	12.56	13.01	12.74	12.15
6-11	Full service restaurant	14.45	14.80	12.52	13.21
6-11	Quick serve restaurant	13.99	15.19	15.18	13.70
6-11	School/day care	14.67	14.94	14.04	13.44
12-19	Store	12.02	12.36	12.15	11.86
12-19	Full service restaurant	14.21	13.73	14.37	14.51
12-19	Quick serve restaurant	14.38	14.61	14.77	13.93
12-19	School/day care	14.28	13.97	14.47	14.23
20-40	Store	11.66	12.18	11.42	11.17
20-40	Full service restaurant	12.34	12.44	12.38	12.79

Appendix E-2.15: Amount of key nutrients and food groups by age group per 1000 kcal from each point of purchase, continued

Age Group (yrs)	Point of Purchase	2003-04	2005-06	2007-08	2009-10
SATURATED FAT (g/1000 kcal)					
20-40	Quick serve restaurant	14.28	14.83	14.90	13.85
41-50	Store	12.12	12.02	12.36	11.78
41-50	Full service restaurant	11.32	12.67	14.29	12.33
41-50	Quick serve restaurant	14.78	14.66	14.56	13.81
51-70	Store	12.16	12.63	12.29	12.16
51-70	Full service restaurant	13.29	12.84	13.95	13.90
51-70	Quick serve restaurant	15.09	14.79	14.97	14.17
71+	Store	12.04	12.60	11.92	11.87
71+	Full service restaurant	13.09	14.30	13.63	13.97
71+	Quick serve restaurant	15.00	14.68	16.19	14.14
TOTAL FRUIT (cup eq/1000 kcal)					
2-5	Store	1.00	1.03	1.07	1.06
2-5	Full service restaurant	0.23	0.14	0.05	0.30
2-5	Quick serve restaurant	0.06	0.11	0.34	0.15
2-5	School/day care	0.98	1.13	1.14	1.00
6-11	Store	0.55	0.61	0.67	0.65
6-11	Full service restaurant	0.09	0.17	0.17	0.18
6-11	Quick serve restaurant	0.04	0.08	0.14	0.14
6-11	School/day care	0.65	0.59	0.68	0.90
12-19	Store	0.53	0.53	0.55	0.53
12-19	Full service restaurant	0.11	0.10	0.11	0.12
12-19	Quick serve restaurant	0.09	0.05	0.05	0.09
12-19	School/day care	0.44	0.52	0.43	0.53
20-40	Store	0.47	0.46	0.55	0.55
20-40	Full service restaurant	0.10	0.09	0.13	0.14
20-40	Quick serve restaurant	0.12	0.07	0.08	0.09
41-50	Store	0.60	0.58	0.48	0.61
41-50	Full service restaurant	0.12	0.09	0.06	0.11
41-50	Quick serve restaurant	0.11	0.08	0.07	0.11
51-70	Store	0.65	0.67	0.67	0.69
51-70	Full service restaurant	0.24	0.12	0.11	0.10
51-70	Quick serve restaurant	0.09	0.09	0.12	0.12
71+	Store	0.81	0.80	0.80	0.84
71+	Full service restaurant	0.08	0.24	0.14	0.06
71+	Quick serve restaurant	0.17	0.09	0.05	0.14
TOTAL VEGETABLES (cup eq/1000 kcal)					
2-5	Store	0.40	0.42	0.43	0.38
2-5	Full service restaurant	0.99	0.67	0.94	0.73
2-5	Quick serve restaurant	0.83	0.71	0.52	0.64
2-5	School/day care	0.50	0.50	0.51	0.47
6-11	Store	0.44	0.39	0.41	0.40
6-11	Full service restaurant	0.71	0.57	0.59	0.57
6-11	Quick serve restaurant	0.61	0.56	0.52	0.59

Appendix E-2.15: Amount of key nutrients and food groups by age group per 1000 kcal from each point of purchase, continued

Age Group (yrs)	Point of Purchase	2003-04	2005-06	2007-08	2009-10
TOTAL VEGETABLES (cup eq/1000 kcal)					
6-11	School/day care	0.46	0.47	0.47	0.33
12-19	Store	0.46	0.43	0.44	0.47
12-19	Full service restaurant	0.75	0.80	0.88	0.64
12-19	Quick serve restaurant	0.66	0.64	0.58	0.54
12-19	School/day care	0.59	0.59	0.52	0.44
20-40	Store	0.60	0.59	0.59	0.60
20-40	Full service restaurant	1.00	0.93	0.92	0.81
20-40	Quick serve restaurant	0.77	0.76	0.69	0.67
41-50	Store	0.62	0.59	0.63	0.74
41-50	Full service restaurant	0.83	0.94	1.02	0.98
41-50	Quick serve restaurant	0.80	0.79	0.66	0.68
51-70	Store	0.75	0.72	0.77	0.79
51-70	Full service restaurant	1.35	1.17	1.14	1.06
51-70	Quick serve restaurant	0.83	0.79	0.77	0.84
71+	Store	0.73	0.75	0.78	0.80
71+	Full service restaurant	1.20	1.29	1.29	1.22
71+	Quick serve restaurant	1.09	0.71	0.66	0.69
TOTAL DAIRY (cup eq/1000 kcal)					
2-5	Store	1.50	1.49	1.54	1.65
2-5	Full service restaurant	0.42	1.17	1.05	1.28
2-5	Quick serve restaurant	0.69	0.83	0.98	0.74
2-5	School/day care	2.08	1.69	1.85	1.96
6-11	Store	1.13	1.13	0.99	1.17
6-11	Full service restaurant	1.09	0.75	0.66	0.94
6-11	Quick serve restaurant	0.76	0.82	0.90	0.85
6-11	School/day care	2.09	2.17	1.97	2.17
12-19	Store	1.00	0.98	1.02	1.05
12-19	Full service restaurant	0.67	0.61	0.69	0.75
12-19	Quick serve restaurant	0.78	0.76	0.75	0.75
12-19	School/day care	1.53	1.30	1.45	1.75
20-40	Store	0.84	0.88	0.79	0.88
20-40	Full service restaurant	0.50	0.49	0.51	0.63
20-40	Quick serve restaurant	0.70	0.69	0.74	0.79
41-50	Store	0.66	0.87	0.77	0.86
41-50	Full service restaurant	0.44	0.42	0.53	0.44
41-50	Quick serve restaurant	0.78	0.72	0.72	0.77
51-70	Store	0.75	0.81	0.84	0.87
51-70	Full service restaurant	0.39	0.44	0.47	0.56
51-70	Quick serve restaurant	0.68	0.63	0.51	0.76
71+	Store	0.90	0.93	0.88	0.91
71+	Full service restaurant	0.39	0.38	0.49	0.49
71+	Quick serve restaurant	0.43	0.52	0.71	0.52

Appendix E-2.15: Amount of key nutrients and food groups by age group per 1000 kcal from each point of purchase, continued

Age Group (yrs)	Point of Purchase	2003-04	2005-06	2007-08	2009-10
TOTAL PROTEIN FOODS (oz eq/1000 kcal)					
2-5	Store	1.62	1.83	1.89	1.92
2-5	Full service restaurant	3.56	1.50	2.50	2.48
2-5	Quick serve restaurant	2.24	2.14	2.06	2.26
2-5	School/day care	1.45	1.57	1.73	1.38
6-11	Store	1.85	1.95	2.08	2.00
6-11	Full service restaurant	2.13	2.18	3.00	2.75
6-11	Quick serve restaurant	1.96	2.21	2.10	2.46
6-11	School/day care	1.87	1.68	1.96	1.66
12-19	Store	2.06	2.11	2.13	2.28
12-19	Full service restaurant	2.96	3.29	3.76	2.98
12-19	Quick serve restaurant	2.33	2.36	2.57	2.81
12-19	School/day care	1.76	2.24	2.35	2.07
20-40	Store	2.34	2.67	2.62	2.65
20-40	Full service restaurant	3.56	3.27	3.34	3.33
20-40	Quick serve restaurant	2.65	2.84	2.78	2.89
41-50	Store	2.44	2.62	2.75	2.90
41-50	Full service restaurant	3.27	4.29	3.94	3.81
41-50	Quick serve restaurant	2.76	3.11	3.07	3.29
51-70	Store	2.89	2.77	2.73	2.86
51-70	Full service restaurant	3.77	3.44	4.12	3.94
51-70	Quick serve restaurant	3.08	3.40	3.39	3.37
71+	Store	2.45	2.45	2.55	2.66
71+	Full service restaurant	3.84	4.17	3.70	4.14
71+	Quick serve restaurant	3.91	3.39	3.31	3.98
WHOLE GRAINS (oz eq/1000 kcal)					
2-5	Store	0.31	0.38	0.37	0.55
2-5	Full service restaurant	0.04	0.06	0.04	0.02
2-5	Quick serve restaurant	0.04	0.04	0.06	0.07
2-5	School/day care	0.15	0.25	0.17	0.25
6-11	Store	0.35	0.34	0.38	0.46
6-11	Full service restaurant	0.03	0.01	0.01	0.06
6-11	Quick serve restaurant	0.07	0.08	0.03	0.03
6-11	School/day care	0.15	0.13	0.18	0.16
12-19	Store	0.24	0.29	0.37	0.36
12-19	Full service restaurant	0.05	0.04	0.03	0.08
12-19	Quick serve restaurant	0.06	0.04	0.06	0.06
12-19	School/day care	0.05	0.08	0.08	0.14
20-40	Store	0.31	0.36	0.35	0.47
20-40	Full service restaurant	0.03	0.04	0.14	0.07
20-40	Quick serve restaurant	0.05	0.07	0.05	0.07
41-50	Store	0.33	0.51	0.34	0.48
41-50	Full service restaurant	0.09	0.04	0.06	0.14
41-50	Quick serve restaurant	0.11	0.11	0.10	0.15

Appendix E-2.15: Amount of key nutrients and food groups by age group per 1000 kcal from each point of purchase, continued

Age Group (yrs)	Point of Purchase	2003-04	2005-06	2007-08	2009-10
WHOLE GRAINS (oz eq/1000 kcal)					
51-70	Store	0.50	0.53	0.54	0.58
51-70	Full service restaurant	0.14	0.15	0.10	0.11
51-70	Quick serve restaurant	0.07	0.09	0.13	0.05
71+	Store	0.63	0.65	0.63	0.65
71+	Full service restaurant	0.17	0.11	0.11	0.11
71+	Quick serve restaurant	0.02	0.33	0.10	0.12
REFINED GRAINS (oz eq/1000 kcal)					
2-5	Store	2.67	2.48	2.52	2.50
2-5	Full service restaurant	3.61	4.13	2.82	3.17
2-5	Quick serve restaurant	3.49	3.13	3.14	3.00
2-5	School/day care	2.71	3.37	3.07	3.30
6-11	Store	2.94	3.14	2.96	3.29
6-11	Full service restaurant	3.62	3.61	3.43	3.22
6-11	Quick serve restaurant	3.79	3.41	3.17	3.27
6-11	School/day care	3.09	2.93	2.91	3.37
12-19	Store	2.96	2.88	3.08	3.12
12-19	Full service restaurant	3.28	3.41	3.01	3.00
12-19	Quick serve restaurant	3.85	3.91	3.63	3.75
12-19	School/day care	3.36	3.41	3.13	3.57
20-40	Store	2.71	2.50	2.62	2.62
20-40	Full service restaurant	2.72	3.09	2.93	2.68
20-40	Quick serve restaurant	3.78	3.79	3.58	3.80
41-50	Store	2.42	2.36	2.43	2.44
41-50	Full service restaurant	2.63	2.59	2.82	3.10
41-50	Quick serve restaurant	3.63	3.66	3.68	3.45
51-70	Store	2.57	2.39	2.36	2.27
51-70	Full service restaurant	2.70	2.99	2.56	2.83
51-70	Quick serve restaurant	3.74	3.76	3.31	3.64
71+	Store	2.75	2.45	2.55	2.50
71+	Full service restaurant	2.95	2.46	2.86	2.76
71+	Quick serve restaurant	3.42	3.06	3.41	3.80
SOLID FATS (g/1000 kcal)					
2-5	Store	22.67	18.22	19.06	18.50
2-5	Full service restaurant	20.31	22.35	19.60	19.41
2-5	Quick serve restaurant	29.91	19.46	21.94	21.03
2-5	School/day care	27.65	19.18	19.20	19.62
6-11	Store	21.56	19.53	19.12	17.99
6-11	Full service restaurant	26.93	23.01	18.35	19.33
6-11	Quick serve restaurant	27.37	22.33	22.89	21.72
6-11	School/day care	25.48	22.14	21.03	20.89
12-19	Store	19.37	18.37	18.14	16.92
12-19	Full service restaurant	25.18	20.64	21.41	22.72
12-19	Quick serve restaurant	27.94	23.69	23.66	22.27

Appendix E-2.15: Amount of key nutrients and food groups by age group per 1000 kcal from each point of purchase, continued

Age Group (yrs)	Point of Purchase	2003-04	2005-06	2007-08	2009-10
SOLID FATS (g/1000 kcal)					
12-19	School/day care	25.36	22.24	21.43	23.06
20-40	Store	19.08	17.60	16.47	15.68
20-40	Full service restaurant	21.39	18.68	18.27	19.30
20-40	Quick serve restaurant	27.60	23.20	22.84	22.00
41-50	Store	19.52	16.95	18.02	16.80
41-50	Full service restaurant	21.36	17.96	21.35	17.88
41-50	Quick serve restaurant	28.55	23.01	22.81	20.61
51-70	Store	19.59	18.16	18.00	17.01
51-70	Full service restaurant	23.01	18.43	20.90	21.54
51-70	Quick serve restaurant	29.93	22.88	24.01	22.78
71+	Store	19.88	18.71	17.60	17.03
71+	Full service restaurant	24.15	21.44	22.01	22.52
71+	Quick serve restaurant	29.03	22.97	26.82	24.14
ADDED SUGARS (tsp/1000 kcal)					
2-5	Store	9.39	8.89	8.60	8.10
2-5	Full service restaurant	5.98	7.77	8.43	6.82
2-5	Quick serve restaurant	7.11	8.52	7.64	8.15
2-5	School/day care	6.75	6.19	6.64	6.32
6-11	Store	11.76	10.14	11.14	9.74
6-11	Full service restaurant	9.28	10.73	9.83	9.75
6-11	Quick serve restaurant	9.89	9.28	10.84	9.14
6-11	School/day care	6.99	7.44	6.85	7.12
12-19	Store	12.49	12.64	11.28	11.43
12-19	Full service restaurant	8.70	7.84	7.54	10.76
12-19	Quick serve restaurant	9.42	9.13	9.93	8.15
12-19	School/day care	7.69	7.36	7.80	6.86
20-40	Store	11.24	10.04	10.64	9.82
20-40	Full service restaurant	7.33	5.96	4.99	6.32
20-40	Quick serve restaurant	8.73	7.47	8.73	7.89
41-50	Store	10.20	9.72	10.29	8.86
41-50	Full service restaurant	6.21	4.95	4.76	5.87
41-50	Quick serve restaurant	7.89	7.05	6.81	7.32
51-70	Store	8.14	8.20	8.26	8.07
51-70	Full service restaurant	5.44	5.34	4.57	4.46
51-70	Quick serve restaurant	6.77	6.64	6.28	6.59
71+	Store	7.74	7.73	7.49	7.08
71+	Full service restaurant	4.81	5.57	4.56	5.04
71+	Quick serve restaurant	6.07	7.84	6.45	6.01