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| Supplemental Table 1. Food sources of protein (grams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 68.70 | ± | 1.19 | 100.00 |  |
| Poultry | 12.13 | ± | 0.65 | 17.66 | 1 |
| Beef | 8.75 | ± | 0.55 | 12.74 | 2 |
| Milk | 6.33 | ± | 0.23 | 9.22 | 3 |
| Cheese | 5.81 | ± | 0.24 | 8.46 | 4 |
| Frankfurters, sausages, luncheon meats | 4.02 | ± | 0.31 | 5.85 | 5 |
| Yeast breads and rolls | 3.93 | ± | 0.17 | 5.71 | 6 |
| Pork, ham, bacon | 2.87 | ± | 0.27 | 4.18 | 7 |
| Mixtures mostly grain | 2.59 | ± | 0.28 | 3.77 | 8 |
| Fish and shellfish | 1.96 | ± | 0.36 | 2.86 | 9 |
| Crackers, popcorn, pretzels, chips | 1.90 | ± | 0.11 | 2.76 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 78.99 | ± | 1.47 | 100.00 |  |
| Poultry | 16.33 | ± | 0.71 | 20.67 | 1 |
| Beef | 10.05 | ± | 0.47 | 12.72 | 2 |
| Cheese | 5.17 | ± | 0.20 | 6.55 | 3 |
| Pork, ham, bacon | 5.12 | ± | 0.46 | 6.48 | 4 |
| Fish and shellfish | 4.83 | ± | 0.45 | 6.11 | 5 |
| Yeast breads and rolls | 4.76 | ± | 0.17 | 6.03 | 6 |
| Frankfurters, sausages, luncheon meats | 3.95 | ± | 0.29 | 5.00 | 7 |
| Milk | 3.36 | ± | 0.24 | 4.26 | 8 |
| Eggs | 2.82 | ± | 0.14 | 3.57 | 9 |
| Mixtures mostly grain | 1.80 | ± | 0.22 | 2.27 | 10 |

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| Supplemental Table 2. Food sources of total sugars (grams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 136.19 | ± | 3.20 | 100.00 |  |
| Fruit drinks and ades | 26.30 | ± | 1.72 | 19.31 | 1 |
| Soft drinks, soda (includes diet) | 18.84 | ± | 0.99 | 13.83 | 2 |
| Candy, sugars and sugary foods | 18.66 | ± | 1.41 | 13.70 | 3 |
| Fruit juice | 14.67 | ± | 0.98 | 10.77 | 4 |
| Cake, cookies, quick bread, pastry, pie | 12.16 | ± | 0.66 | 8.93 | 5 |
| Milk | 10.06 | ± | 0.36 | 7.39 | 6 |
| Fruit | 6.56 | ± | 0.40 | 4.81 | 7 |
| Ready-to-eat cereal | 6.55 | ± | 0.45 | 4.81 | 8 |
| Milk desserts | 4.24 | ± | 0.26 | 3.12 | 9 |
| Milk drinks | 4.11 | ± | 0.46 | 3.02 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 130.31 | ± | 3.10 | 100.00 |  |
| Soft drinks, soda (includes diet) | 31.82 | ± | 1.91 | 24.42 | 1 |
| Fruit drinks and ades | 19.30 | ± | 1.48 | 14.81 | 2 |
| Candy, sugars and sugary foods | 18.08 | ± | 1.39 | 13.88 | 3 |
| Cake, cookies, quick bread, pastry, pie | 11.99 | ± | 0.63 | 9.20 | 4 |
| Fruit juice | 10.83 | ± | 0.82 | 8.31 | 5 |
| Fruit | 7.48 | ± | 0.52 | 5.74 | 6 |
| Milk | 5.46 | ± | 0.41 | 4.19 | 7 |
| Milk desserts | 4.33 | ± | 0.38 | 3.33 | 8 |
| Yeast breads and rolls | 2.61 | ± | 0.10 | 2.00 | 9 |
| Ready-to-eat cereal | 2.56 | ± | 0.26 | 1.97 | 10 |

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| Supplemental Table 3. Food sources of mono-unsaturated fatty acids (grams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 28.54 | ± | 0.51 | 100.00 |  |
| Frankfurters, sausages, luncheon meats | 3.09 | ± | 0.24 | 10.82 | 1 |
| Poultry | 2.63 | ± | 0.15 | 9.22 | 2 |
| Other fats and oils | 2.59 | ± | 0.14 | 9.07 | 3 |
| Cake, cookies, quick bread, pastry, pie | 2.57 | ± | 0.13 | 9.02 | 4 |
| Beef | 2.25 | ± | 0.13 | 7.90 | 5 |
| Crackers, popcorn, pretzels, chips | 2.22 | ± | 0.12 | 7.78 | 6 |
| Potatoes (white) | 1.80 | ± | 0.12 | 6.30 | 7 |
| Cheese | 1.75 | ± | 0.08 | 6.14 | 8 |
| Milk | 1.28 | ± | 0.05 | 4.47 | 9 |
| Margarine and butter | 1.27 | ± | 0.07 | 4.46 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 30.88 | ± | 0.65 | 100.00 |  |
| Other fats and oils | 3.25 | ± | 0.15 | 10.52 | 1 |
| Beef | 2.76 | ± | 0.16 | 8.93 | 2 |
| Frankfurters, sausages, luncheon meats | 2.73 | ± | 0.23 | 8.85 | 3 |
| Poultry | 2.64 | ± | 0.13 | 8.55 | 4 |
| Cake, cookies, quick bread, pastry, pie | 2.49 | ± | 0.18 | 8.07 | 5 |
| Margarine and butter | 2.02 | ± | 0.10 | 6.53 | 6 |
| Crackers, popcorn, pretzels, chips | 1.77 | ± | 0.10 | 5.74 | 7 |
| Cheese | 1.60 | ± | 0.07 | 5.19 | 8 |
| Salad dressings, mayonnaise | 1.58 | ± | 0.10 | 5.11 | 9 |
| Pork, ham, bacon | 1.43 | ± | 0.12 | 4.65 | 10 |

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| Supplemental Table 4. Food sources of poly unsaturated fatty acids (grams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 15.43 | ± | 0.31 | 100.00 |  |
| Crackers, popcorn, pretzels, chips | 2.70 | ± | 0.16 | 17.47 | 1 |
| Other fats and oils | 1.92 | ± | 0.13 | 12.42 | 2 |
| Poultry | 1.59 | ± | 0.09 | 10.32 | 3 |
| Salad dressings, mayonnaise | 1.53 | ± | 0.14 | 9.90 | 4 |
| Cake, cookies, quick bread, pastry, pie | 1.29 | ± | 0.09 | 8.35 | 5 |
| Margarine and butter | 0.79 | ± | 0.04 | 5.15 | 6 |
| Frankfurters, sausages, luncheon meats | 0.71 | ± | 0.06 | 4.60 | 7 |
| Yeast breads and rolls | 0.68 | ± | 0.03 | 4.40 | 8 |
| Potatoes (white) | 0.54 | ± | 0.04 | 3.52 | 9 |
| Nuts, seeds (include butters, pastes) | 0.45 | ± | 0.07 | 2.93 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 17.79 | ± | 0.41 | 100.00 |  |
| Salad dressings, mayonnaise | 3.00 | ± | 0.17 | 16.88 | 1 |
| Other fats and oils | 2.32 | ± | 0.12 | 13.02 | 2 |
| Crackers, popcorn, pretzels, chips | 2.09 | ± | 0.13 | 11.74 | 3 |
| Poultry | 1.61 | ± | 0.07 | 9.05 | 4 |
| Cake, cookies, quick bread, pastry, pie | 1.32 | ± | 0.08 | 7.42 | 5 |
| Margarine and butter | 1.30 | ± | 0.07 | 7.29 | 6 |
| Yeast breads and rolls | 0.78 | ± | 0.03 | 4.37 | 7 |
| Nuts, seeds (include butters, pastes) | 0.77 | ± | 0.10 | 4.31 | 8 |
| Frankfurters, sausages, luncheon meats | 0.64 | ± | 0.06 | 3.61 | 9 |
| Biscuits, corn bread, pancakes, tortillas | 0.62 | ± | 0.06 | 3.51 | 10 |

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| Supplemental Table 5. Food sources of vitamin A (RAE) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 479.72 | ± | 11.19 | 100.00 |  |
| Ready-to-eat cereal | 94.15 | ± | 5.61 | 19.63 | 1 |
| Milk | 76.26 | ± | 2.93 | 15.90 | 2 |
| Cheese | 47.39 | ± | 2.00 | 9.88 | 3 |
| Margarine and butter | 31.41 | ± | 1.72 | 6.55 | 4 |
| Carrots, sweet potatoes, winter squash | 27.20 | ± | 3.03 | 5.67 | 5 |
| Milk drinks | 20.35 | ± | 2.12 | 4.24 | 6 |
| Cake, cookies, quick bread, pastry, pie | 19.25 | ± | 2.25 | 4.01 | 7 |
| Milk desserts | 18.31 | ± | 1.45 | 3.82 | 8 |
| Eggs | 18.22 | ± | 2.18 | 3.80 | 9 |
| Broccoli, spinach, greens | 16.54 | ± | 2.87 | 3.45 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 501.64 | ± | 12.27 | 100.00 |  |
| Margarine and butter | 50.71 | ± | 2.67 | 10.11 | 1 |
| Cheese | 44.38 | ± | 1.97 | 8.85 | 2 |
| Milk | 42.05 | ± | 2.79 | 8.38 | 3 |
| Carrots, sweet potatoes, winter squash | 42.02 | ± | 3.43 | 8.38 | 4 |
| Broccoli, spinach, greens | 41.72 | ± | 3.97 | 8.32 | 5 |
| Ready-to-eat cereal | 38.95 | ± | 3.70 | 7.77 | 6 |
| Eggs | 30.49 | ± | 1.50 | 6.08 | 7 |
| Cake, cookies, quick bread, pastry, pie | 24.55 | ± | 2.29 | 4.89 | 8 |
| Milk desserts | 17.77 | ± | 1.91 | 3.54 | 9 |
| Organ meats | 16.18 | ± | 5.50 | 3.23 | 10 |

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| Supplemental Table 6. Food sources of vitamin E (mg AT) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 5.64 | ± | 0.12 | 100.00 |  |
| Crackers, popcorn, pretzels, chips | 0.96 | ± | 0.06 | 16.97 | 1 |
| Tomatoes, tomato/vegetable juice | 0.50 | ± | 0.03 | 8.87 | 2 |
| Cake, cookies, quick bread, pastry, pie | 0.36 | ± | 0.02 | 6.37 | 3 |
| Nuts, seeds (include butters, pastes) | 0.35 | ± | 0.07 | 6.16 | 4 |
| Poultry | 0.33 | ± | 0.02 | 5.77 | 5 |
| Margarine and butter | 0.29 | ± | 0.02 | 5.15 | 6 |
| Salad dressings, mayonnaise | 0.28 | ± | 0.03 | 4.98 | 7 |
| Other fats and oils | 0.27 | ± | 0.02 | 4.75 | 8 |
| Fruit juice | 0.15 | ± | 0.01 | 2.69 | 9 |
| Ready-to-eat cereal | 0.15 | ± | 0.02 | 2.62 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 6.37 | ± | 0.17 | 100.00 |  |
| Crackers, popcorn, pretzels, chips | 0.77 | ± | 0.06 | 12.12 | 1 |
| Salad dressings, mayonnaise | 0.56 | ± | 0.04 | 8.71 | 2 |
| Margarine and butter | 0.49 | ± | 0.03 | 7.62 | 3 |
| Tomatoes, tomato/vegetable juice | 0.47 | ± | 0.03 | 7.37 | 4 |
| Nuts, seeds (include butters, pastes) | 0.39 | ± | 0.06 | 6.19 | 5 |
| Cake, cookies, quick bread, pastry, pie | 0.36 | ± | 0.02 | 5.61 | 6 |
| Other fats and oils | 0.33 | ± | 0.02 | 5.25 | 7 |
| Poultry | 0.29 | ± | 0.01 | 4.50 | 8 |
| Fish and shellfish | 0.23 | ± | 0.03 | 3.68 | 9 |
| Eggs | 0.22 | ± | 0.01 | 3.48 | 10 |

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| Supplemental Table 7. Food sources of vitamin C (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 106.46 | ± | 5.16 | 100.00 |  |
| Fruit juice | 36.38 | ± | 2.83 | 34.17 | 1 |
| Fruit drinks and ades | 36.07 | ± | 3.29 | 33.88 | 2 |
| Fruit | 8.54 | ± | 0.77 | 8.02 | 3 |
| Ready-to-eat cereal | 4.43 | ± | 0.37 | 4.16 | 4 |
| Candy, sugars and sugary foods | 3.39 | ± | 0.46 | 3.18 | 5 |
| Tomatoes, tomato/vegetable juice | 3.28 | ± | 0.32 | 3.08 | 6 |
| Broccoli, spinach, greens | 2.81 | ± | 0.44 | 2.64 | 7 |
| Other vegetables | 2.71 | ± | 0.38 | 2.54 | 8 |
| Potatoes (white) | 2.38 | ± | 0.19 | 2.23 | 9 |
| Crackers, popcorn, pretzels, chips | 1.57 | ± | 0.20 | 1.47 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 100.75 | ± | 3.23 | 100.00 |  |
| Fruit juice | 31.97 | ± | 2.35 | 31.73 | 1 |
| Fruit drinks and ades | 30.08 | ± | 3.22 | 29.86 | 2 |
| Fruit | 10.85 | ± | 0.96 | 10.77 | 3 |
| Other vegetables | 5.95 | ± | 0.56 | 5.91 | 4 |
| Broccoli, spinach, greens | 4.42 | ± | 0.38 | 4.39 | 5 |
| Tomatoes, tomato/vegetable juice | 3.78 | ± | 0.20 | 3.75 | 6 |
| Potatoes (white) | 3.45 | ± | 0.17 | 3.43 | 7 |
| Ready-to-eat cereal | 1.70 | ± | 0.18 | 1.69 | 8 |
| Crackers, popcorn, pretzels, chips | 1.37 | ± | 0.15 | 1.36 | 9 |
| Corn, peas, lima beans | 0.98 | ± | 0.11 | 0.97 | 10 |

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| Supplemental Table 8. Food sources of thiamin (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 1.537 | ± | 0.031 | 100.00 |  |
| Ready-to-eat cereal | 0.298 | ± | 0.022 | 19.39 | 1 |
| Yeast breads and rolls | 0.188 | ± | 0.009 | 12.23 | 2 |
| Flour, bran, baking ingredients | 0.109 | ± | 0.006 | 7.09 | 3 |
| Milk | 0.078 | ± | 0.003 | 5.10 | 4 |
| Pork, ham, bacon | 0.078 | ± | 0.009 | 5.07 | 5 |
| Cake, cookies, quick bread, pastry, pie | 0.072 | ± | 0.004 | 4.72 | 6 |
| Pasta | 0.070 | ± | 0.006 | 4.55 | 7 |
| Fruit juice | 0.061 | ± | 0.005 | 3.97 | 8 |
| Biscuits, corn bread, pancakes, tortillas | 0.061 | ± | 0.003 | 3.97 | 9 |
| Mixtures mostly grain | 0.059 | ± | 0.006 | 3.85 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| Yeast breads and rolls | 0.220 | ± | 0.008 | 15.09 | 1 |
| Pork, ham, bacon | 0.126 | ± | 0.012 | 8.64 | 2 |
| Ready-to-eat cereal | 0.119 | ± | 0.010 | 8.13 | 3 |
| Flour, bran, baking ingredients | 0.079 | ± | 0.005 | 5.43 | 4 |
| Biscuits, corn bread, pancakes, tortillas | 0.078 | ± | 0.006 | 5.37 | 5 |
| Cake, cookies, quick bread, pastry, pie | 0.071 | ± | 0.004 | 4.86 | 6 |
| Pasta | 0.062 | ± | 0.004 | 4.22 | 7 |
| Fruit juice | 0.055 | ± | 0.004 | 3.75 | 8 |
| Rice, cooked grains | 0.054 | ± | 0.007 | 3.73 | 9 |
| Frankfurters, sausages, luncheon meats | 0.051 | ± | 0.006 | 3.48 | 10 |

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| Supplemental Table 9. Food sources of riboflavin (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | | | |
|  | Children (n = 2,390) | | | | | | |
| Food Group | Mean | | ± | | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 1.973 | | ± | | 0.043 | 100.00 |  |
| Milk | 0.356 | | ± | | 0.013 | 18.04 | 1 |
| Ready-to-eat cereal | 0.321 | | ± | | 0.022 | 16.29 | 2 |
| Yeast breads and rolls | 0.138 | | ± | | 0.007 | 7.00 | 3 |
| Cheese | 0.103 | | ± | | 0.005 | 5.22 | 4 |
| Poultry | 0.083 | | ± | | 0.005 | 4.21 | 5 |
| Flour, bran, baking ingredients | 0.078 | | ± | | 0.004 | 3.95 | 6 |
| Milk drinks | 0.077 | | ± | | 0.010 | 3.93 | 7 |
| Cake, cookies, quick bread, pastry, pie | 0.072 | | ± | | 0.004 | 3.65 | 8 |
| Eggs | 0.062 | | ± | | 0.007 | 3.15 | 9 |
| Beef | 0.061 | | ± | | 0.004 | 3.10 | 10 |
|  | Adults (n = 2,062) | | | | | | |
| Food Group | Mean | ± | | SE | | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 1.819 | ± | | 0.038 | | 100.00 |  |
| Milk | 0.187 | ± | | 0.013 | | 10.29 | 1 |
| Yeast breads and rolls | 0.161 | ± | | 0.006 | | 8.85 | 2 |
| Ready-to-eat cereal | 0.132 | ± | | 0.012 | | 7.24 | 3 |
| Eggs | 0.104 | ± | | 0.005 | | 5.71 | 4 |
| Poultry | 0.098 | ± | | 0.004 | | 5.41 | 5 |
| Cheese | 0.093 | ± | | 0.003 | | 5.10 | 6 |
| Coffee, tea, other nonalcoholic beverages | 0.079 | ± | | 0.005 | | 4.34 | 7 |
| Cake, cookies, quick bread, pastry, pie | 0.074 | ± | | 0.004 | | 4.09 | 8 |
| Biscuits, corn bread, pancakes, tortillas | 0.074 | ± | | 0.007 | | 4.08 | 9 |
| Beef | 0.069 | ± | | 0.003 | | 3.80 | 10 |

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| Supplemental Table 10. Food sources of vitamin B6 (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 1.674 | ± | 0.052 | 100.00 |  |
| Ready-to-eat cereal | 0.417 | ± | 0.034 | 24.92 | 1 |
| Poultry | 0.176 | ± | 0.010 | 10.51 | 2 |
| Beef | 0.122 | ± | 0.007 | 7.27 | 3 |
| Potatoes (white) | 0.107 | ± | 0.006 | 6.37 | 4 |
| Fruit juice | 0.088 | ± | 0.007 | 5.27 | 5 |
| Crackers, popcorn, pretzels, chips | 0.078 | ± | 0.006 | 4.63 | 6 |
| Milk | 0.070 | ± | 0.003 | 4.19 | 7 |
| Fruit | 0.054 | ± | 0.004 | 3.25 | 8 |
| Frankfurters, sausages, luncheon meats | 0.053 | ± | 0.005 | 3.16 | 9 |
| Pork, ham, bacon | 0.044 | ± | 0.005 | 2.64 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 1.754 | ± | 0.034 | 100.00 |  |
| Poultry | 0.247 | ± | 0.011 | 14.06 | 1 |
| Ready-to-eat cereal | 0.174 | ± | 0.015 | 9.94 | 2 |
| Beef | 0.139 | ± | 0.008 | 7.91 | 3 |
| Potatoes (white) | 0.119 | ± | 0.006 | 6.77 | 4 |
| Fruit | 0.080 | ± | 0.008 | 4.57 | 5 |
| Pork, ham, bacon | 0.074 | ± | 0.007 | 4.25 | 6 |
| Fruit juice | 0.074 | ± | 0.006 | 4.19 | 7 |
| Crackers, popcorn, pretzels, chips | 0.070 | ± | 0.006 | 4.00 | 8 |
| Alcoholic beverages | 0.065 | ± | 0.007 | 3.71 | 9 |
| Frankfurters, sausages, luncheon meats | 0.055 | ± | 0.005 | 3.14 | 10 |

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| Supplemental Table 11. Food sources of folate (DFE micrograms) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 523.20 | ± | 17.26 | 100.00 |  |
| Ready-to-eat cereal | 167.11 | ± | 16.28 | 31.94 | 1 |
| Yeast breads and rolls | 67.97 | ± | 3.42 | 12.99 | 2 |
| Flour, bran, baking ingredients | 36.07 | ± | 2.08 | 6.89 | 3 |
| Pasta | 29.30 | ± | 2.51 | 5.60 | 4 |
| Cake, cookies, quick bread, pastry, pie | 26.64 | ± | 1.37 | 5.09 | 5 |
| Rice, cooked grains | 24.82 | ± | 2.89 | 4.74 | 6 |
| Mixtures mostly grain | 19.83 | ± | 2.47 | 3.79 | 7 |
| Crackers, popcorn, pretzels, chips | 19.24 | ± | 1.18 | 3.68 | 8 |
| Biscuits, corn bread, pancakes, tortillas | 18.88 | ± | 1.10 | 3.61 | 9 |
| Fruit juice | 16.27 | ± | 1.42 | 3.11 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 453.67 | ± | 11.28 | 100.00 |  |
| Yeast breads and rolls | 77.15 | ± | 2.91 | 17.01 | 1 |
| Ready-to-eat cereal | 59.59 | ± | 5.39 | 13.14 | 2 |
| Rice, cooked grains | 32.01 | ± | 3.81 | 7.06 | 3 |
| Pasta | 26.27 | ± | 1.86 | 5.79 | 4 |
| Flour, bran, baking ingredients | 25.95 | ± | 1.77 | 5.72 | 5 |
| Biscuits, corn bread, pancakes, tortillas | 25.64 | ± | 1.92 | 5.65 | 6 |
| Cake, cookies, quick bread, pastry, pie | 25.09 | ± | 1.50 | 5.53 | 7 |
| Crackers, popcorn, pretzels, chips | 17.88 | ± | 1.43 | 3.94 | 8 |
| Fruit juice | 16.08 | ± | 1.30 | 3.55 | 9 |
| Broccoli, spinach, greens | 12.22 | ± | 1.11 | 2.69 | 10 |

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| Supplemental Table 12. Food sources of vitamin B12 (micrograms) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 4.65 | ± | 0.11 | 100.00 |  |
| Ready-to-eat cereal | 1.01 | ± | 0.07 | 21.79 | 1 |
| Milk | 0.85 | ± | 0.03 | 18.27 | 2 |
| Beef | 0.83 | ± | 0.05 | 17.88 | 3 |
| Frankfurters, sausages, luncheon meats | 0.30 | ± | 0.03 | 6.49 | 4 |
| Cheese | 0.27 | ± | 0.01 | 5.83 | 5 |
| Fish and shellfish | 0.26 | ± | 0.05 | 5.64 | 6 |
| Mixtures mostly grain | 0.18 | ± | 0.02 | 3.95 | 7 |
| Poultry | 0.15 | ± | 0.01 | 3.22 | 8 |
| Eggs | 0.14 | ± | 0.02 | 3.11 | 9 |
| Milk drinks | 0.13 | ± | 0.01 | 2.73 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 4.59 | ± | 0.13 | 100.00 |  |
| Beef | 0.92 | ± | 0.04 | 20.13 | 1 |
| Fish and shellfish | 0.69 | ± | 0.10 | 15.05 | 2 |
| Ready-to-eat cereal | 0.49 | ± | 0.04 | 10.72 | 3 |
| Milk | 0.43 | ± | 0.03 | 9.39 | 4 |
| Frankfurters, sausages, luncheon meats | 0.28 | ± | 0.02 | 6.13 | 5 |
| Cheese | 0.25 | ± | 0.01 | 5.50 | 6 |
| Eggs | 0.24 | ± | 0.01 | 5.25 | 7 |
| Poultry | 0.19 | ± | 0.01 | 4.06 | 8 |
| Mixtures mostly grain | 0.16 | ± | 0.02 | 3.55 | 9 |
| Pork, ham, bacon | 0.15 | ± | 0.01 | 3.22 | 10 |

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| Supplemental Table 13. Food sources of phosphorus (grams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | | | | | |
|  | Children (n = 2,390) | | | | | | | | |
| Food Group | Mean | | | ± | SE | | % | | Rank |
| TOTAL (ALL FOOD GROUPS) | 1108.1 | | | ± | 16.5 | | 100.00 | |  |
| Milk | 179.8 | | | ± | 6.5 | | 16.23 | | 1 |
| Cheese | 128.4 | | | ± | 5.4 | | 11.59 | | 2 |
| Poultry | 101.2 | | | ± | 5.9 | | 9.13 | | 3 |
| Beef | 67.4 | | | ± | 4.3 | | 6.09 | | 4 |
| Crackers, popcorn, pretzels, chips | 43.4 | | | ± | 2.5 | | 3.91 | | 5 |
| Biscuits, corn bread, pancakes, tortillas | 43.1 | | | ± | 3.4 | | 3.89 | | 6 |
| Frankfurters, sausages, luncheon meats | 42.0 | | | ± | 3.3 | | 3.79 | | 7 |
| Yeast breads and rolls | 41.7 | | | ± | 1.9 | | 3.76 | | 8 |
| Mixtures mostly grain | 40.6 | | | ± | 4.6 | | 3.67 | | 9 |
| Cake, cookies, quick bread, pastry, pie | 39.3 | | | ± | 1.9 | | 3.55 | | 10 |
|  | Adults (n = 2,062) | | | | | | | | |
| Food Group | Mean | ± | SE | | | % | | Rank | |
| TOTAL (ALL FOOD GROUPS) | 1155.1 | ± | 21.5 | | | 100.00 | |  | |
| Poultry | 115.9 | ± | 4.7 | | | 10.03 | | 1 | |
| Cheese | 113.4 | ± | 4.2 | | | 9.82 | | 2 | |
| Milk | 95.6 | ± | 6.8 | | | 8.28 | | 3 | |
| Beef | 78.4 | ± | 4.0 | | | 6.78 | | 4 | |
| Biscuits, corn bread, pancakes, tortillas | 61.3 | ± | 5.0 | | | 5.31 | | 5 | |
| Yeast breads and rolls | 53.4 | ± | 1.9 | | | 4.62 | | 6 | |
| Fish and shellfish | 53.2 | ± | 5.2 | | | 4.60 | | 7 | |
| Pork, ham, bacon | 50.6 | ± | 4.2 | | | 4.38 | | 8 | |
| Cake, cookies, quick bread, pastry, pie | 41.8 | ± | 2.3 | | | 3.62 | | 9 | |
| Eggs | 41.4 | ± | 2.0 | | | 3.59 | | 10 | |

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| Supplemental Table 14. Food sources of magnesium (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 205.64 | ± | 3.63 | 100.00 |  |
| Milk | 20.22 | ± | 0.73 | 9.83 | 1 |
| Crackers, popcorn, pretzels, chips | 17.86 | ± | 1.10 | 8.69 | 2 |
| Poultry | 11.78 | ± | 0.66 | 5.73 | 3 |
| Fruit juice | 11.63 | ± | 0.92 | 5.66 | 4 |
| Yeast breads and rolls | 11.57 | ± | 0.50 | 5.62 | 5 |
| Potatoes (white) | 9.31 | ± | 0.54 | 4.53 | 6 |
| Cake, cookies, quick bread, pastry, pie | 8.52 | ± | 0.42 | 4.14 | 7 |
| Ready-to-eat cereal | 7.63 | ± | 0.53 | 3.71 | 8 |
| Cheese | 7.20 | ± | 0.31 | 3.50 | 9 |
| Beef | 7.16 | ± | 0.45 | 3.48 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 242.18 | ± | 4.62 | 100.00 |  |
| Coffee, tea, other nonalcoholic beverages | 16.38 | ± | 1.26 | 6.76 | 1 |
| Yeast breads and rolls | 15.27 | ± | 0.61 | 6.30 | 2 |
| Poultry | 14.53 | ± | 0.60 | 6.00 | 3 |
| Crackers, popcorn, pretzels, chips | 14.24 | ± | 0.81 | 5.88 | 4 |
| Milk | 10.86 | ± | 0.76 | 4.48 | 5 |
| Fruit juice | 10.32 | ± | 0.74 | 4.26 | 6 |
| Nuts, seeds (include butters, pastes) | 10.03 | ± | 1.44 | 4.14 | 7 |
| Potatoes (white) | 10.01 | ± | 0.49 | 4.13 | 8 |
| Alcoholic beverages | 8.95 | ± | 0.93 | 3.70 | 9 |
| Cake, cookies, quick bread, pastry, pie | 8.48 | ± | 0.56 | 3.50 | 10 |

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| Supplemental Table 15. Food sources of iron (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 14.73 | ± | 0.34 | 100.00 |  |
| Ready-to-eat cereal | 3.37 | ± | 0.26 | 22.89 | 1 |
| Yeast breads and rolls | 1.53 | ± | 0.07 | 10.41 | 2 |
| Cake, cookies, quick bread, pastry, pie | 0.85 | ± | 0.04 | 5.80 | 3 |
| Beef | 0.83 | ± | 0.05 | 5.63 | 4 |
| Flour, bran, baking ingredients | 0.81 | ± | 0.05 | 5.51 | 5 |
| Crackers, popcorn, pretzels, chips | 0.63 | ± | 0.04 | 4.28 | 6 |
| Poultry | 0.56 | ± | 0.03 | 3.81 | 7 |
| Biscuits, corn bread, pancakes, tortillas | 0.51 | ± | 0.03 | 3.45 | 8 |
| Fruit juice | 0.51 | ± | 0.03 | 3.45 | 9 |
| Mixtures mostly grain | 0.45 | ± | 0.05 | 3.08 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 14.27 | ± | 0.29 | 100.00 |  |
| Yeast breads and rolls | 1.80 | ± | 0.06 | 12.60 | 1 |
| Ready-to-eat cereal | 1.49 | ± | 0.13 | 10.46 | 2 |
| Beef | 0.96 | ± | 0.05 | 6.75 | 3 |
| Cake, cookies, quick bread, pastry, pie | 0.79 | ± | 0.04 | 5.57 | 4 |
| Poultry | 0.74 | ± | 0.03 | 5.15 | 5 |
| Biscuits, corn bread, pancakes, tortillas | 0.64 | ± | 0.05 | 4.47 | 6 |
| Flour, bran, baking ingredients | 0.61 | ± | 0.04 | 4.27 | 7 |
| Crackers, popcorn, pretzels, chips | 0.54 | ± | 0.04 | 3.75 | 8 |
| Hot breakfast cereal | 0.53 | ± | 0.07 | 3.69 | 9 |
| Rice, cooked grains | 0.43 | ± | 0.05 | 3.03 | 10 |

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| Supplemental Table 16. Food sources of zinc (milligrams) among US African-American children aged 2 to 18 years and adults aged 19+ years participating in NHANES 2003-2006 | | | | | |
|  | Children (n = 2,390) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 10.99 | ± | 0.32 | 100.00 |  |
| Beef | 1.99 | ± | 0.13 | 18.13 | 1 |
| Ready-to-eat cereal | 1.62 | ± | 0.19 | 14.74 | 2 |
| Poultry | 0.85 | ± | 0.04 | 7.74 | 3 |
| Milk | 0.80 | ± | 0.03 | 7.27 | 4 |
| Cheese | 0.78 | ± | 0.03 | 7.12 | 5 |
| Frankfurters, sausages, luncheon meats | 0.61 | ± | 0.05 | 5.53 | 6 |
| Crackers, popcorn, pretzels, chips | 0.45 | ± | 0.03 | 4.11 | 7 |
| Mixtures mostly grain | 0.36 | ± | 0.04 | 3.30 | 8 |
| Yeast breads and rolls | 0.35 | ± | 0.02 | 3.22 | 9 |
| Pork, ham, bacon | 0.29 | ± | 0.03 | 2.63 | 10 |
|  | Adults (n = 2,062) | | | | |
| Food Group | Mean | ± | SE | % | Rank |
| TOTAL (ALL FOOD GROUPS) | 11.14 | ± | 0.32 | 100.00 |  |
| Beef | 2.28 | ± | 0.10 | 20.43 | 1 |
| Poultry | 1.17 | ± | 0.06 | 10.48 | 2 |
| Cheese | 0.70 | ± | 0.03 | 6.27 | 3 |
| Fish and shellfish | 0.60 | ± | 0.16 | 5.35 | 4 |
| Frankfurters, sausages, luncheon meats | 0.57 | ± | 0.05 | 5.14 | 5 |
| Pork, ham, bacon | 0.53 | ± | 0.05 | 4.76 | 6 |
| Ready-to-eat cereal | 0.49 | ± | 0.04 | 4.37 | 7 |
| Yeast breads and rolls | 0.46 | ± | 0.02 | 4.09 | 8 |
| Milk | 0.42 | ± | 0.03 | 3.80 | 9 |
| Crackers, popcorn, pretzels, chips | 0.38 | ± | 0.02 | 3.37 | 10 |