

Current Intakes: Ages 12 Through 23 Months

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Average Intakes of Added Sugars, Saturated Fat, and Sodium

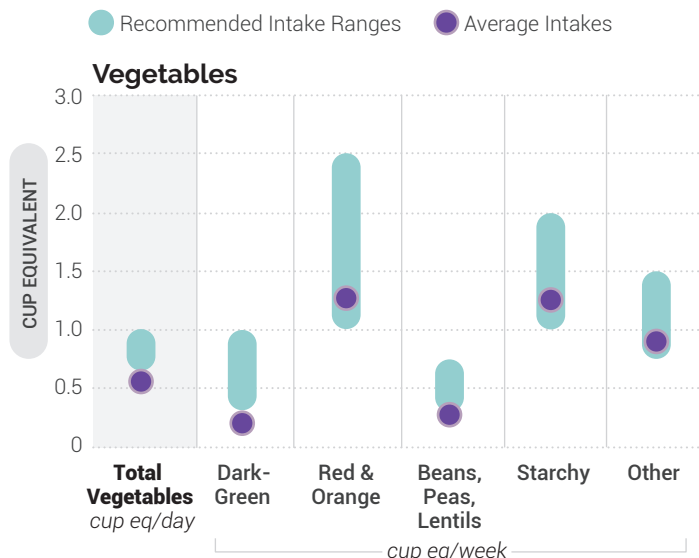
Added Sugars
Limit: **Avoid**
Average Intakes
104 kcals

Saturated Fat
Limit: **N/A**
Average Intakes
167 kcals

Sodium
Limit: **1,200 mg**
Average Intakes
1,586 mg

Data Sources: Average Intakes: Analysis of What We Eat in America, NHANES 2007-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).

Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 12 Through 23 Months



Data Sources: *Average Intakes:* Analysis of What We Eat in America, NHANES NHANES 2007-2016, day 1 dietary intake data, weighted. *Recommended Intake Ranges:* Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).

