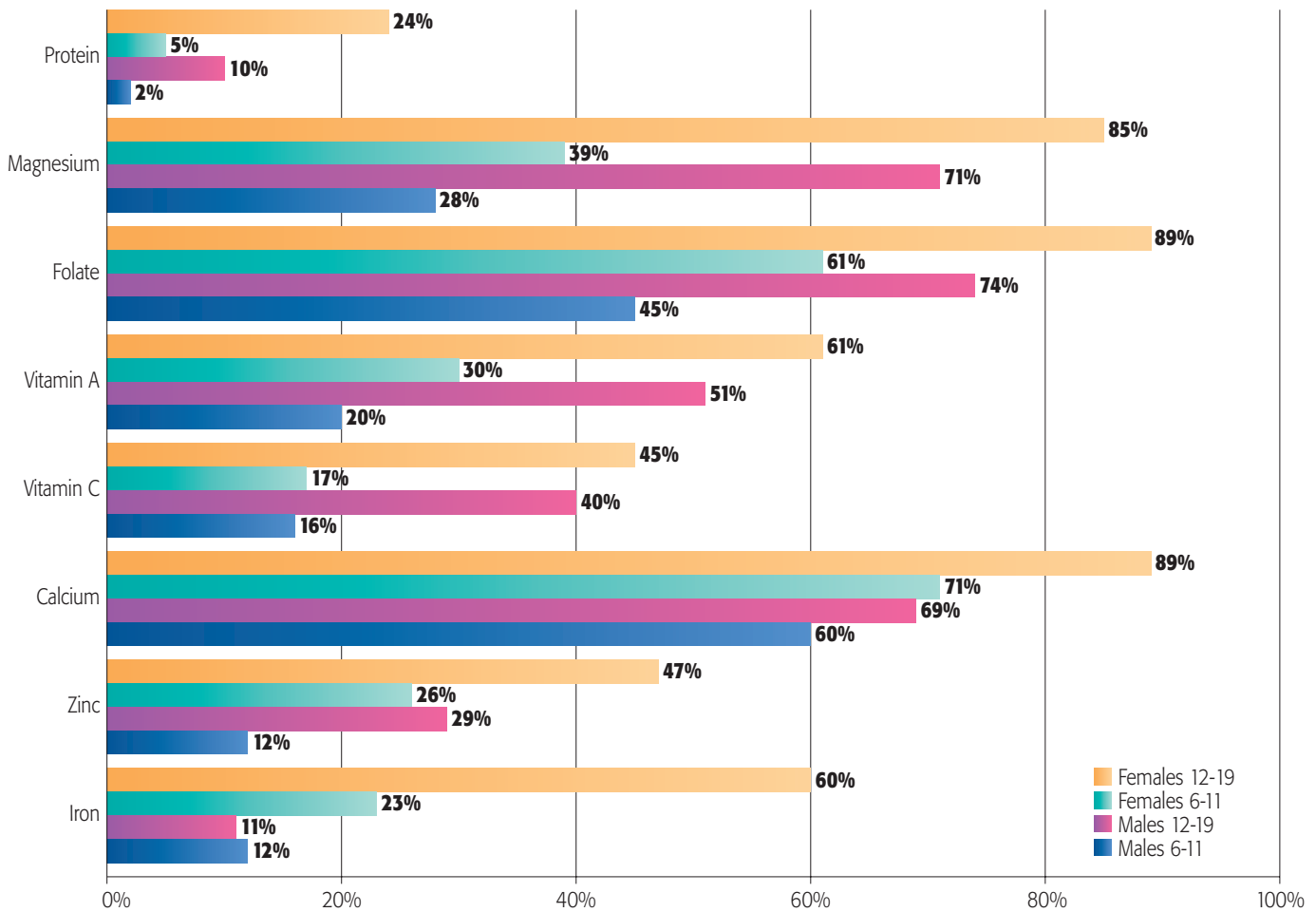


## Percent of Boys and Girls NOT Meeting Recommended Amounts of Important Nutrients



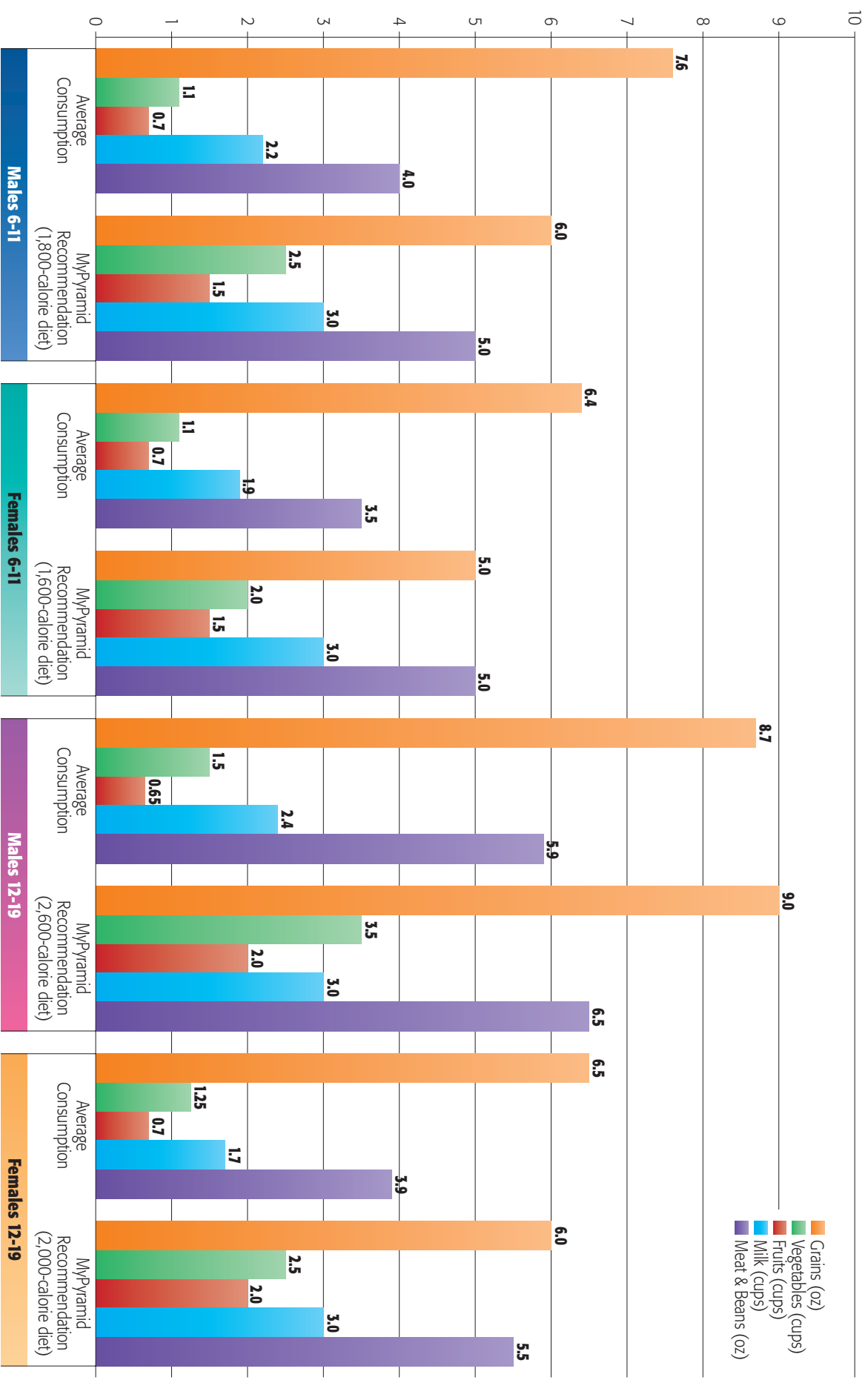
## Top Food Sources and Percentage Contributed to the American Diet

The chart below lists the top six food sources of these important nutrients and the percentage each food provides to the American diet. Though data for Vitamin E and potassium are not available for the chart above they are included below because they are frequently mentioned as important nutrients for youth.

	#1	#2	#3	#4	#5	#6
Protein	beef 17%	poultry 14%	milk 8%	yeast bread 7%	cheese 7%	fish/shellfish 4%
Magnesium	milk 8%	yeast bread 8%	coffee 7%	ready-to-eat cereal 5%	potatoes 5%	beef 4%
Folate	ready-to-eat cereal 18%	yeast bread 8%	dried beans/lentils 7%	orange/ grapefruit juice 6%	lettuce 4%	milk 3%
Vitamin A	carrots 39%	tomatoes 6%	spinach 5%	milk 5%	sweet potatoes 5%	ready-to-eat cereal 4%
Vitamin C	orange/ grapefruit juice 24%	fruit drinks 10%	tomatoes 10%	peppers 7%	potatoes 6%	broccoli 6%
Calcium	milk 28%	cheese 20%	yeast bread 9%	frozen desserts 4%	sweet bakery goods 2%	N/A
Zinc	beef 25%	ready-to-eat cereal 8%	milk 6%	poultry 6%	cheese 6%	yeast bread 5%
Iron	ready-to-eat cereal 17%	yeast bread 13%	beef 9%	sweet bakery goods 4%	pasta 4%	flour/baking ingredients 3%
Vitamin E	salad dressing 12%	oils 10%	ready-to-eat cereal 8%	margarine 8%	sweet bakery goods 7%	tomatoes 7%
Potassium	milk 10%	potatoes 9%	coffee 7%	beef 6%	tomatoes 6%	orange/ grapefruit juice 4%

Sources: Bermudez Consultenos International. Updated Analysis of the 1994-96, 1998 Continuing Survey of Food Intake by Individuals (CSFII). August 2002. Cotton PA, Subar AF, Friday JE, Cook A, Dietary sources of nutrients among US adults, 1994-96, J.Am.Diet.Assoc. 2004 June 104(6):921-30.

# Average Consumption from Each Food Group Compared to MyPyramid Daily Recommendations



Sources: Pyramid Servings Intakes in the United States 1999-2002. Community Nutrition Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, March 2005.  
 U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, [www.MyPyramid.gov](http://www.MyPyramid.gov)

