

**Data Brief 386. Breakfast Intake Among Children and Adolescents: United States, 2015–2018**

**Data table for Figure 1. Percentage of children and adolescents aged 2–19 years consuming breakfast on a given day, by sex and age: United States, 2015–2018**

Sex	Age group (years)			
	All	2–5	6–11	12–19
	Percent (standard error)			
Both	82.4 (0.9)	95.8 (0.8)	86.7 (1.2)	72.9 (1.3)
Boys	82.6 (1.2)	95.4 (1.1)	87.7 (1.9)	73.0 (1.9)
Girls	82.2 (1.0)	96.2 (1.1)	85.7 (1.5)	72.8 (1.8)

NOTE: Percentages are based on reporting “breakfast” or “desayuno” as the eating occasion for a food or beverage during the in-person 24-hour dietary recall.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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**Data table for Figure 2. Percentage of children and adolescents aged 2–19 years consuming breakfast on a given day, by age and race or Hispanic origin: United States, 2015–2018**

Age groups (years)	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
	Percent (standard error)			
All	84.5 (1.4)	77.8 (1.6)	85.7 (1.9)	80.2 (1.3)
2–5	98.0 (0.8)	91.0 (2.3)	97.8 (1.4)	93.8 (1.9)
6–11	88.4 (1.8)	84.8 (2.6)	93.7 (2.5)	82.6 (1.7)
12–19	75.0 (2.2)	67.1 (2.4)	76.3 (3.3)	71.9 (2.0)

NOTE: Percentages are based on reporting "breakfast" or "desayuno" as the eating occasion for a food or beverage during the in-person 24-hour dietary recall.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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**Data table for Figure 3. Percentage of children and adolescents aged 2–19 years consuming breakfast on a given day, by age and income: United States, 2015–2018**

Age groups (years)	Less than 100% FPL	100% to less than 200% FPL	200% to less than 400% FPL	Equal to or greater than 400% FPL
	Percent (standard error)			
All	78.4 (1.4)	81.2 (1.3)	81.3 (2.1)	88.2 (1.6)
2–5	93.4 (1.9)	94.5 (1.5)	97.2 (1.2)	99.0 (0.7)
6–11	82.5 (1.6)	86.5 (1.8)	87.0 (2.4)	92.3 (2.5)
12–19	67.1 (2.8)	71.0 (2.4)	68.9 (3.1)	80.8 (2.4)

NOTES: FPL is federal poverty level. Percentages are based on reporting "breakfast" or "desayuno" as the eating occasion for a food or beverage during the in-person 24-hour dietary recall.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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**Data table for Figure 4. Most consumed foods at breakfast on a given day among children and adolescents aged 2–19 years, by age: United States, 2015–2018**

Breakfast foods	2–5 years	6–11 years	12–19 years
	Percent (standard error)		
Milk	59.7 (1.8)	47.3 (1.9)	31.5 (1.4)
Ready-to-eat cereal, higher sugar	26.8 (1.9)	26.1 (1.4)	17.3 (1.2)
Water	19.2 (1.6)	19.5 (1.9)	19.5 (1.3)
Pancakes, waffles, French toast	15.5 (1.4)	12.4 (1.0)	5.8 (0.8)
Eggs and omelets	14.6 (1.2)	10.7 (1.2)	8.8 (1.0)
100% juice	14.4 (1.3)	15.3 (1.7)	8.9 (1.1)

NOTE: Percentages are based on reporting "breakfast" or "desayuno" as the eating occasion for a food or beverage during the in-person 24-hour dietary recall and on the What We Eat in America food categories.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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**Data table for Figure 5. Trends in breakfast intake on a given day among children and adolescents aged 2–19 years: United States, 2009–2010 through 2017–2018**

Survey years	All	2–5 years	6–11 years	12–19 years
	Percent (standard error)			
2009–2010	82.1 (1.2)	93.6 (1.2)	85.2 (2.0)	74.2 (2.0)
2011–2012	83.4 (1.2)	95.7 (1.2)	89.2 (1.9)	73.2 (1.8)
2013–2014	83.7 (1.5)	94.5 (1.1)	88.6 (1.7)	75.3 (2.4)
2015–2016	82.4 (1.4)	96.2 (1.0)	85.7 (1.8)	73.5 (1.8)
2017–2018	82.5 (1.2)	95.5 (1.3)	87.8 (1.6)	72.4 (1.9)

NOTE: Percentages are based on reporting "breakfast" or "desayuno" as the eating occasion for a food or beverage during the in-person 24-hour dietary recall.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.