

Data Brief 389. Special Diets Among Adults: United States, 2015–2018

Data table for Figure 1. Percentage of adults aged 20 and over on any special diet on a given day, by sex and age: United States, 2015–2018

Age group	Total	Men	Women
	Percent (standard error)		
20 and over	17.1 (0.7)	15.1 (0.7)	19.0 (1.1)
20–39	13.3 (1.0)	10.8 (1.1)	15.8 (1.3)
40–59	19.2 (1.3)	17.6 (1.8)	20.7 (2.2)
60 and over	19.3 (1.2)	17.7 (1.6)	20.7 (1.7)

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 adults aged 20 and over on any special diet on a given day, by race and Hispanic origin, weight status, and educational attainment: United States, 2015–2018

Characteristic	Percent (standard error)
Non-Hispanic white	17.8 (1.0)
Non-Hispanic black	14.7 (0.8)
Non-Hispanic Asian	14.9 (1.1)
Hispanic	16.4 (1.3)
Normal or underweight	8.3 (1.0)
Overweight	17.1 (1.4)
Obesity	23.1 (1.0)
Less than high school education	14.1 (1.2)
High school education or some college	17.0 (0.8)
College graduate or higher	18.6 (1.3)

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 adults aged 20 and over on most common special diets on a given day, by age: United States, 2015–2018

Age group and special diet type	Percent (standard error)
20 and over	
Weight loss or low calorie	9.3 (0.6)
Diabetic	2.3 (0.2)
Low carbohydrate	2.0 (0.4)
Low fat or low cholesterol	1.8 (0.2)
20–39	
Weight loss or low calorie	8.9 (0.9)
Low carbohydrate	1.3 (0.4)
Low fat or low cholesterol	0.9 (0.2)
Weight gain	0.7 (0.3)
40–59	
Weight loss or low calorie	10.1 (1.0)
Diabetic	2.4 (0.4)
Low carbohydrate	2.3 (0.5)
Low fat or low cholesterol	2.0 (0.4)
60 and over	
Weight loss or low calorie	8.9 (0.9)
Diabetic	4.7 (0.5)
Low sodium	3.0 (0.4)
Low fat or low cholesterol	2.7 (0.4)

NOTE: Participants could report more than one kind of special diet.

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

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Data table for Figure 4. Trends in age-adjusted percentage of adults aged 20 and over on any special diet and most common special diets on a given day: United States, 2007–2008 through 2017–2018

Survey period	Any special diet	Weight loss or low calorie diet	Diabetic diet	Low carbohydrate diet	Low fat or low cholesterol diet
	Percent (standard error)				
2007–2008	14.3 (0.7)	7.5 (0.4)	1.8 (0.3)	0.9 (0.2)	2.7 (0.3)
2009–2010	14.9 (0.6)	8.8 (0.5)	2.4 (0.3)	0.9 (0.2)	1.9 (0.2)
2011–2012	14.4 (0.8)	8.8 (0.7)	1.9 (0.2)	0.9 (0.3)	1.6 (0.3)
2013–2014	17.0 (0.7)	9.2 (0.7)	2.0 (0.3)	1.5 (0.2)	2.1 (0.3)
2015–2016	16.5 (1.0)	8.7 (0.8)	2.1 (0.3)	1.7 (0.2)	1.9 (0.3)
2017–2018	17.4 (0.8)	10.0 (0.9)	2.2 (0.2)	2.2 (0.7)	1.5 (0.2)

NOTES: Participants could report more than one kind of special diet. Estimates are age adjusted by the direct method to the 2000 projected U.S. population using age groups 20–39, 40–59, and 60 and over.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2007–2008 through 2017–2018.