



## Average Contribution of Eggs to Calorie and Nutrient Intakes (NHANES 2015-2018)

The [National Health and Nutrition Examination Survey](#) (NHANES) is an ongoing nationally-representative cross-sectional analysis of the U.S. population. The dietary component of this survey is called "[What We Eat in America](#)."

Tables 1-11 below provide data for the **average daily nutrient and energy contributions of eggs<sup>1</sup> to the American diet.<sup>2</sup>**

**Table 1:** 2+ years

**Table 7:** 19+ years

**Table 2:** 2-18 years

**Table 8:** 19-30 years

**Table 3:** 2-4 years

**Table 9:** 19-50 years

**Table 4:** 4-8 years

**Table 10:** 51-70 years

**Table 5:** 9-13 years

**Table 11:** 71+ years

**Table 6:** 14-18 years

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Citation for this document: American Egg Board's Egg Nutrition Center. *What We Eat in America. NHANES 2015-2018*. Available from: <http://www.cdc.gov/nchs/nhanes.htm>; <https://data.nal.usda.gov/dataset/what-we-eat-america-wweia-database>.

1. Eggs were defined as consumption of eggs from all eggs, whole egg/egg yolk/egg white, eggs in mixed dishes and baked goods.
2. These data represent the contribution of eggs to average nutrient intake of all Americans, including both consumers and non-consumers of eggs, and egg-containing foods.



**Table 1: Americans 2+ years: Average contribution of eggs to daily calorie and nutrient intakes N=14,851; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	38.7	27.7	5.0	2.1
Calories, % of total	1.9	1.3	0.2	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	26.1	19.4	3.3	0.9
Cholesterol	33.2	24.0	4.5	1.7
ALA	0.7	0.5	0.1	0.05
Choline	21.1	14.6	2.9	1.2
Lutein+Zeaxanthin	8.6	6.2	1.2	0.4
Vitamin D	10.8	8.2	1.4	0.3
Selenium	7.5	5.4	1.0	0.4
Vitamin A	6.6	4.8	0.9	0.3
Riboflavin	5.9	4.2	0.8	0.3
Vitamin B <sub>12</sub>	4.5	3.1	0.6	0.2
Protein	4.4	3.1	0.6	0.2
Phosphorus	3.9	2.7	0.5	0.2
MUFA	3.4	2.5	0.5	0.2
Vitamin E	3.2	2.3	0.4	0.2
Zinc	3.2	2.3	0.4	0.2
Iron	3.3	2.4	0.4	0.2
Total Fat	3.1	2.2	0.4	0.2
Saturated Fat	3.0	2.2	0.4	0.2
PUFA	2.7	1.9	0.4	0.2
Vitamin B <sub>6</sub>	2.2	1.5	0.3	0.1
Potassium	1.5	1.1	0.2	0.1
Calcium	1.6	1.1	0.2	0.1
Magnesium	1.1	0.8	0.2	0.1
Sodium	1.2	0.8	0.2	0.1
Thiamin	0.6	0.4	0.1	0.03



**Table 2: Americans 2-18 years: Average contribution of eggs to daily calorie and nutrient intakes N=5,038; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	26.8	17.9	2.9	1.8
Calories, % of total	1.4	1.0	0.2	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	36.6	25.7	3.8	1.4
Cholesterol	29.2	20.1	3.4	1.8
ALA	0.6	0.4	0.1	0.05
Choline	18.8	12.2	2.2	1.3
Lutein+Zeaxanthin	10.5	7.2	1.2	0.6
Vitamin D	6.4	4.7	0.7	0.2
Selenium	6.1	4.1	0.7	0.4
Vitamin A	4.9	3.3	0.6	0.3
Riboflavin	4.6	3.1	0.5	0.3
Vitamin B <sub>12</sub>	3.4	2.2	0.4	0.2
Protein	3.6	2.4	0.4	0.2
Phosphorus	3.0	2.0	0.3	0.2
MUFA	2.8	1.9	0.3	0.2
Vitamin E	2.6	1.8	0.3	0.2
Zinc	2.5	1.6	0.3	0.2
Iron	2.4	1.6	0.3	0.2
Total Fat	2.4	1.6	0.3	0.2
Saturated Fat	2.3	1.5	0.3	0.2
PUFA	2.2	1.5	0.2	0.2
Vitamin B <sub>6</sub>	1.8	1.2	0.2	0.1
Potassium	1.2	0.8	0.1	0.1
Calcium	1.1	0.7	0.1	0.1
Magnesium	1.0	0.7	0.1	0.1
Sodium	0.9	0.6	0.1	0.1
Thiamin	0.5	0.3	0.1	0.03



**Table 3: Americans 2-4 Years: Average contribution of eggs to daily calorie and nutrient intakes N=927; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	24.8	19.0	1.0	1.4
Calories, % of total	1.7	1.3	0.1	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	46.8	37.9	1.6	1.4
Cholesterol	34.1	26.9	1.5	1.8
ALA	0.8	0.6	0.03	0.05
Choline	20.6	15.5	0.9	1.2
Lutein+Zeaxanthin	12.5	9.7	0.5	0.6
Vitamin D	5.6	4.6	0.2	0.2
Selenium	7.6	5.8	0.3	0.4
Vitamin A	5.0	3.9	0.2	0.3
Riboflavin	5.0	3.8	0.2	0.3
Vitamin B <sub>12</sub>	3.8	2.9	0.2	0.2
Protein	4.3	3.3	0.2	0.2
Phosphorus	3.2	2.4	0.2	0.2
MUFA	3.4	2.6	0.1	0.2
Vitamin E	3.2	2.5	0.2	0.2
Zinc	3.0	2.3	0.1	0.2
Iron	2.9	2.2	0.1	0.2
Total Fat	3.0	2.3	0.1	0.2
Saturated Fat	2.7	2.1	0.1	0.2
PUFA	2.8	2.1	0.1	0.2
Vitamin B <sub>6</sub>	2.1	1.6	0.1	0.1
Potassium	1.3	1.0	0.1	0.1
Calcium	1.0	0.8	0.1	0.1
Magnesium	1.1	0.8	0.1	0.1
Sodium	1.2	0.9	0.1	0.1
Thiamin	0.5	0.4	0.02	0.03



**Table 4: Americans 4-8 Years: Average contribution of eggs to daily calorie and nutrient intakes N=1,451; NHANES 2015-2018**

	<b>Total Eggs</b>	<b>Whole Egg, Egg Yolk, &amp; Egg White</b>	<b>Eggs in Mixed Dishes</b>	<b>Eggs in Baked Goods</b>
Calories/day	25.1	17.4	2.0	2.0
Calories, % of total	1.4	1.0	0.1	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	45.4	33.9	3.2	1.9
Cholesterol	30.2	21.9	2.5	2.1
ALA	0.7	0.5	0.05	0.05
Choline	19.2	13.1	1.6	1.5
Lutein+Zeaxanthin	12.0	8.6	1.0	0.7
Vitamin D	5.7	4.5	0.4	0.2
Selenium	6.3	4.4	0.5	0.5
Vitamin A	4.5	3.2	0.4	0.3
Riboflavin	4.5	3.1	0.4	0.4
Vitamin B <sub>12</sub>	3.4	2.3	0.3	0.3
Protein	3.7	2.6	0.3	0.3
Phosphorus	2.9	2.0	0.2	0.2
MUFA	2.9	2.0	0.2	0.2
Vitamin E	2.8	1.9	0.2	0.2
Zinc	2.5	1.7	0.2	0.2
Iron	2.4	1.6	0.2	0.2
Total Fat	2.5	1.7	0.2	0.2
Saturated Fat	2.3	1.6	0.2	0.2
PUFA	2.3	1.6	0.2	0.2
Vitamin B <sub>6</sub>	1.8	1.3	0.2	0.1
Potassium	1.2	0.9	0.1	0.1
Calcium	1.0	0.7	0.1	0.1
Magnesium	1.0	0.7	0.1	0.1
Sodium	1.0	0.7	0.1	0.1
Thiamin	0.5	0.3	0.05	0.03



Table 5: Americans 9-13 Years: Average contribution of eggs to daily calorie and nutrient intakes; N=1,510; NHANES 2015-2018

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	28.0	17.9	3.8	1.7
Calories, % of total	1.4	0.9	0.2	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	37.4	24.5	5.1	1.3
Cholesterol	29.2	19.4	4.3	1.6
ALA	0.7	0.4	0.1	0.05
Choline	19.1	11.8	2.7	1.1
Lutein+Zeaxanthin	9.1	5.8	1.4	0.4
Vitamin D	6.5	4.5	0.9	0.2
Selenium	6.1	3.9	0.8	0.4
Vitamin A	4.7	3.0	0.7	0.2
Riboflavin	4.5	2.9	0.6	0.3
Vitamin B <sub>12</sub>	3.4	2.1	0.5	0.2
Protein	3.6	2.3	0.5	0.2
Phosphorus	3.0	1.9	0.4	0.2
MUFA	2.8	1.8	0.4	0.2
Vitamin E	2.4	1.6	0.3	0.1
Zinc	2.4	1.5	0.3	0.1
Iron	2.2	1.4	0.3	0.1
Total Fat	2.4	1.5	0.3	0.1
Saturated Fat	2.2	1.4	0.3	0.1
PUFA	2.1	1.4	0.3	0.1
Vitamin B <sub>6</sub>	1.8	1.1	0.3	0.1
Potassium	1.3	0.8	0.2	0.1
Calcium	1.1	0.7	0.2	0.1
Magnesium	1.0	0.6	0.1	0.1
Sodium	0.9	0.6	0.1	0.1
Thiamin	0.5	0.3	0.1	0.03



**Table 6: Americans 14-18 Years: Average contribution of eggs to daily calorie and nutrient intakes; N=1,421; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	28.0	18.1	3.6	2.1
Calories, % of total	1.4	0.9	0.2	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	29.1	19.8	3.7	1.3
Cholesterol	27.0	17.6	3.6	1.9
ALA	0.6	0.4	0.1	0.05
Choline	17.8	11.0	2.4	1.4
Lutein+Zeaxanthin	10.5	7.0	1.5	0.6
Vitamin D	7.7	5.4	0.9	0.3
Selenium	5.5	3.5	0.7	0.4
Vitamin A	5.4	3.5	0.7	0.4
Riboflavin	4.6	3.0	0.6	0.4
Vitamin B <sub>12</sub>	3.3	2.1	0.4	0.2
Protein	3.3	2.1	0.4	0.3
Phosphorus	2.9	1.9	0.4	0.2
MUFA	2.6	1.7	0.3	0.2
Vitamin E	2.6	1.7	0.3	0.2
Zinc	2.4	1.5	0.3	0.2
Iron	2.3	1.5	0.3	0.2
Total Fat	2.3	1.5	0.3	0.2
Saturated Fat	2.2	1.4	0.3	0.2
PUFA	2.0	1.3	0.3	0.2
Vitamin B <sub>6</sub>	1.7	1.1	0.2	0.1
Potassium	1.2	0.8	0.2	0.1
Calcium	1.1	0.7	0.2	0.1
Magnesium	0.9	0.6	0.1	0.1
Sodium	0.8	0.5	0.1	0.1
Thiamin	0.5	0.3	0.1	0.03



**Table 7: Americans 19+ Years: Average contribution of eggs to daily calorie and nutrient intakes; N=9,813; NHANES 2015-2018**

	<b>Total Eggs</b>	<b>Whole Egg, Egg Yolk, &amp; Egg White</b>	<b>Eggs in Mixed Dishes</b>	<b>Eggs in Baked Goods</b>
Calories/day	42.3	30.6	5.7	2.0
Calories, % of total	2.0	1.4	0.3	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	24.8	18.6	3.3	0.8
Cholesterol	34.1	24.8	4.8	1.6
ALA	0.8	0.6	0.1	0.05
Choline	21.6	15.1	3.1	1.2
Lutein+Zeaxanthin	8.3	6.1	1.2	0.4
Vitamin D	12.2	9.3	1.6	0.4
Selenium	7.9	5.7	1.1	0.4
Vitamin A	7.1	5.2	1.0	0.3
Riboflavin	6.3	4.5	0.8	0.3
Vitamin B <sub>12</sub>	4.8	3.4	0.7	0.2
Protein	4.6	3.3	0.6	0.2
Phosphorus	4.1	3.0	0.6	0.2
MUFA	3.6	2.6	0.5	0.2
Vitamin E	3.3	2.4	0.5	0.2
Zinc	3.4	2.4	0.5	0.2
Iron	3.6	2.6	0.5	0.2
Total Fat	3.2	2.3	0.4	0.2
Saturated Fat	3.2	2.3	0.4	0.2
PUFA	2.8	2.0	0.4	0.2
Vitamin B <sub>6</sub>	2.2	1.6	0.3	0.1
Potassium	1.6	1.2	0.2	0.1
Calcium	1.7	1.2	0.2	0.1
Magnesium	1.2	0.9	0.2	0.1
Sodium	1.2	0.9	0.2	0.1
Thiamin	0.7	0.5	0.1	0.5





**Table 8: Americans 19-30 Years: Average contribution of eggs to daily calorie and nutrient intakes; N=1,823; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	45.4	35.4	5.6	1.3
Calories, % of total	2.0	1.6	0.3	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	31.4	25.2	3.8	0.6
Cholesterol	33.5	26.0	4.5	0.9
ALA	0.8	0.7	0.1	0.02
Choline	22.0	16.6	3.0	0.7
Lutein+Zeaxanthin	10.0	7.8	1.4	0.3
Vitamin D	12.9	10.5	1.5	0.2
Selenium	7.9	6.2	1.0	0.2
Vitamin A	7.9	6.1	1.0	0.2
Riboflavin	6.8	5.3	0.9	0.2
Vitamin B <sub>12</sub>	4.8	3.7	0.7	0.1
Protein	4.7	3.6	0.6	0.1
Phosphorus	4.1	3.2	0.5	0.1
MUFA	3.8	2.9	0.5	0.1
Vitamin E	3.5	2.8	0.4	0.1
Zinc	3.4	2.6	0.4	0.1
Iron	3.7	2.9	0.5	0.1
Total Fat	3.4	2.6	0.4	0.1
Saturated Fat	3.3	2.6	0.4	0.1
PUFA	3.0	2.3	0.4	0.1
Vitamin B <sub>6</sub>	2.2	1.7	0.3	0.1
Potassium	1.8	1.4	0.2	0.1
Calcium	1.7	1.3	0.2	0.1
Magnesium	1.3	1.0	0.2	0.05
Sodium	1.2	1.0	0.2	0.05
Thiamin	0.7	0.5	0.1	0.02



**Table 9: Americans 19-50 Years: Average contribution of eggs to daily calorie and nutrient intakes; N=4,856; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	44.2	32.3	6.8	1.8
Calories, % of total	2.0	1.5	0.3	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	28.8	21.6	4.4	0.7
Cholesterol	33.7	24.5	5.5	1.3
ALA	0.8	0.6	0.1	0.05
Choline	21.7	15.3	3.5	0.9
Lutein+Zeaxanthin	8.5	6.2	1.4	0.3
Vitamin D	12.9	9.8	2.0	0.3
Selenium	7.8	5.8	1.2	0.3
Vitamin A	7.4	5.4	1.2	0.3
Riboflavin	6.4	4.7	1.0	0.3
Vitamin B <sub>12</sub>	4.7	3.4	0.8	3.4
Protein	4.5	3.3	0.7	0.2
Phosphorus	4.1	3.0	0.7	0.2
MUFA	3.6	2.6	0.6	0.2
Vitamin E	3.4	2.4	0.5	0.1
Zinc	3.4	2.4	0.5	0.1
Iron	3.7	2.6	0.6	0.2
Total Fat	3.3	2.4	0.5	0.1
Saturated Fat	3.3	2.4	0.5	0.1
PUFA	2.9	2.1	0.4	0.1
Vitamin B <sub>6</sub>	2.2	1.6	0.3	0.1
Potassium	1.7	1.2	0.3	0.1
Calcium	1.7	1.2	0.3	0.1
Magnesium	1.2	0.9	0.2	0.1
Sodium	1.2	0.9	0.2	0.1
Thiamin	0.7	0.5	0.1	0.03



**Table 10: Americans 51-70 Years: Average contribution of eggs to daily calorie and nutrient intakes; N=3,445; NHANES 2015-20168**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	40.8	29.0	4.9	2.5
Calories, % of total	2.0	1.4	0.2	0.1
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	21.3	15.8	2.5	0.8
Cholesterol	34.0	24.4	4.2	1.9
ALA	0.7	0.5	0.1	0.05
Choline	21.1	14.4	2.8	1.3
Lutein+Zeaxanthin	8.3	6.0	1.1	0.4
Vitamin D	12.2	9.2	1.5	0.5
Selenium	7.8	5.6	0.9	0.5
Vitamin A	7.2	5.1	0.9	0.4
Riboflavin	6.1	4.4	0.7	0.4
Vitamin B <sub>12</sub>	4.8	3.3	0.6	0.3
Protein	4.5	3.2	0.5	0.3
Phosphorus	4.1	2.9	0.5	0.3
MUFA	3.5	2.5	0.4	0.2
Vitamin E	3.3	2.3	0.4	0.2
Zinc	3.3	2.4	0.4	0.2
Iron	3.6	2.5	0.4	0.2
Total Fat	3.2	2.2	0.4	0.2
Saturated Fat	3.2	2.3	0.4	0.2
PUFA	2.7	1.9	0.3	0.2
Vitamin B <sub>6</sub>	2.3	1.6	0.3	0.1
Potassium	1.5	1.1	0.2	0.1
Calcium	1.7	1.2	0.2	0.1
Magnesium	1.1	0.8	0.1	0.1
Sodium	1.2	0.9	0.1	0.1
Thiamin	0.7	0.5	0.1	0.05



**Table 11: Americans 71+ Years: Average contribution of eggs to daily calorie and nutrient intakes; N=1,512; NHANES 2015-2018**

	Total Eggs	Whole Egg, Egg Yolk, & Egg White	Eggs in Mixed Dishes	Eggs in Baked Goods
Calories/day	37.8	27.8	3.0	3.0
Calories, % of total	2.1	1.5	0.2	0.2
<b>Nutrient intakes, % of total daily nutrient intake</b>				
DHA	20.4	15.8	1.5	1.0
Cholesterol	36.7	27.6	3.0	2.5
ALA	0.7	0.5	0.1	0.1
Choline	22.6	16.2	2.0	1.7
Lutein+Zeaxanthin	7.7	5.8	0.6	0.5
Vitamin D	9.8	7.7	0.8	0.5
Selenium	8.3	6.1	0.7	0.7
Vitamin A	5.9	4.4	0.5	0.4
Riboflavin	6.1	4.5	0.5	0.5
Vitamin B <sub>12</sub>	4.9	3.5	0.4	0.4
Protein	4.9	3.6	0.4	0.4
Phosphorus	4.3	3.1	0.3	0.4
MUFA	3.7	2.7	0.3	0.3
Vitamin E	3.3	2.4	0.3	0.3
Zinc	3.5	2.5	0.3	0.3
Iron	3.3	2.4	0.3	0.3
Total Fat	3.3	2.4	0.3	0.3
Saturated Fat	3.4	2.4	0.3	0.3
PUFA	2.9	2.1	0.2	0.2
Vitamin B <sub>6</sub>	2.4	1.8	0.2	0.2
Potassium	1.5	1.1	0.1	0.1
Calcium	1.7	1.3	0.1	0.1
Magnesium	1.1	0.8	0.1	0.1
Sodium	1.3	0.9	0.1	0.1
Thiamin	0.7	0.5	0.1	0.1