

**Data Brief 270: Sugar-sweetened Beverage Consumption Among U.S. Adults, 2011–2014**

**Data table for Figure 1. Percentage of adults aged 20 and over who consumed sugar-sweetened beverages on a given day, by number of beverages and sex: United States, 2011–2014**

Number of SSBs consumed	Men		Women	
	Percent	SE	Percent	SE
Any	53.6	1.1	45.1	1.4
One	29.1	0.8	27.3	0.8
Two	16.0	0.7	11.5	0.7
Three or more	8.6	0.6	6.4	0.7

NOTES: The percentage of U.S. adults who consumed one or more sugar-sweetened beverages (SSBs) on a given day was 49.3%. SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 2: Mean kilocalories from sugar-sweetened beverages on a given day for adults aged 20 and over, by sex and age: United States, 2011–2014**

Age group (years)	Men		Women	
	Mean (kcal)	SE	Mean (kcal)	SE
Total	179.0	5.9	112.5	5.6
20–39	248.6	7.6	160.4	8.1
40–59	172.4	15.3	110.7	8.0
60 and over	82.3	5.5	55.2	4.1

NOTES: The total mean calories consumed from sugar-sweetened beverages on a given day by U.S. adults was 145 kilocalories (kcal). SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 3. Mean kilocalories from sugar-sweetened beverages on a given day for adults aged 20 and over, by sex and race and Hispanic origin: United States, 2011–2014**

Race and Hispanic origin	Men		Women	
	Mean (kcal)	SE	Mean (kcal)	SE
Non-Hispanic white	166.7	8.8	<sup>1</sup> 97.5	5.5
Non-Hispanic black	213.3	10.3	179.2	7.6
Non-Hispanic Asian	90.3	10.8	50.8	4.0
Hispanic	215.0	10.0	141.6	9.1

<sup>1</sup>97.47.

NOTE: kcal is kilocalories; SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 4. Mean percentage of total daily kilocalories consumed from sugar-sweetened beverages on a given day by adults aged 20 and over, by sex and age: United States, 2011–2014**

Age group (years)	Men		Women	
	Percent	SE	Percent	SE
Total	6.9	0.2	6.1	0.3
20–39	9.3	0.2	8.2	0.4
40–59	6.6	0.5	6.2	0.4
60 and over	3.8	0.2	3.3	0.3

NOTES: The mean total percentage of calories consumed from sugar-sweetened beverages on a given day by U.S. adults was 6.5%. SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

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**Data table for Figure 5. Mean percentage of total daily kilocalories consumed from sugar-sweetened beverages on a given day by adults aged 20 and over, by sex and race and Hispanic origin: United States, 2011–2014**

Race and Hispanic origin	Men		Women	
	Percent	SE	Percent	SE
Non-Hispanic white	6.4	0.3	5.4	0.3
Non-Hispanic black	8.3	0.4	8.9	0.4
Non-Hispanic Asian	4.0	0.4	3.0	0.2
Hispanic	8.1	0.3	7.4	0.5

NOTE: SE is standard error.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.