

APPENDIX TABLE 14. Baseline dietary intake of WHI Calcium and Vitamin D participants by race/ethnicity

Nutrient <sup>b</sup>	Race/Ethnicity											
	American Indian (N = 143)		Asian/Pacific Islander (N = 704)		Black (N = 3190)		Hispanic (N = 1436)		White (N = 29,693)		Total <sup>a</sup> (N = 35,583)	
	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD
Energy (kcal)	143	1569 ± 653	704	1470 ± 614	3190	1543 ± 698	1436	1600 ± 724	29,693	1629 ± 604	35,583	1616 ± 622
Total fat (gm)	143	64 ± 32	704	58 ± 29	3190	64 ± 34	1436	64 ± 34	29,693	66 ± 30	35,583	65 ± 31
Energy from fat (%)	143	37 ± 8	704	35 ± 7	3190	37 ± 7	1436	36 ± 7	29,693	36 ± 7	35,583	36 ± 7
Total carbohydrate (gm)	143	178 ± 76	704	175 ± 72	3190	177 ± 82	1436	187 ± 85	29,693	185 ± 71	35,583	184 ± 73
Energy from carbohydrates (%)	143	45 ± 9	704	48 ± 7	3190	46 ± 8	1436	47 ± 8	29,693	45 ± 8	35,583	46 ± 8
Protein (gm)	143	62 ± 29	704	60 ± 27	3190	60 ± 29	1436	64 ± 31	29,693	67 ± 26	35,583	66 ± 27
Energy from protein (%)	143	16 ± 3	704	16 ± 3	3190	16 ± 3	1436	16 ± 3	29,693	16 ± 3	35,583	16 ± 3
Alcohol (gm)	143	1.3 ± 1.4	704	0.5 ± 0.4	3190	0.7 ± 0.6	1436	0.9 ± 0.8	29,693	2 ± 2.3	35,583	1.7 ± 1.9
Energy from alcohol (%)	143	0.7 ± 0.6	704	0.3 ± 0.2	3190	0.4 ± 0.3	1436	0.5 ± 0.3	29,693	1.1 ± 0.9	35,583	1 ± 0.8
Total PFA (gm)	143	13 ± 6	704	13 ± 7	3190	14 ± 7	1436	13 ± 7	29,693	13 ± 6	35,583	13 ± 6
Total MFA (gm)	143	24 ± 11	704	22 ± 11	3190	24 ± 13	1436	24 ± 13	29,693	24 ± 11	35,583	24 ± 11
Total SFA (gm)	143	22 ± 11	704	18 ± 9	3190	21 ± 11	1436	21 ± 12	29,693	23 ± 11	35,583	22 ± 11
Energy from SFA (%)	143	13 ± 3	704	11 ± 3	3190	12 ± 3	1436	12 ± 3	29,693	13 ± 3	35,583	12 ± 3
Total trans fatty acid (gm)	143	4 ± 1.9	704	3.1 ± 1.4	3190	4.4 ± 2.2	1436	3.6 ± 1.8	29,693	4 ± 1.8	35,583	4 ± 1.8
Animal protein (gm)	143	42 ± 23	704	39 ± 21	3190	42 ± 23	1436	44 ± 24	29,693	47 ± 21	35,583	46 ± 22
Vegetable protein (gm)	143	18 ± 8	704	20 ± 8	3190	17 ± 8	1436	18 ± 9	29,693	19 ± 7	35,583	18 ± 8
Dietary fiber (gm)	143	14 ± 6	704	13 ± 5	3190	13 ± 6	1436	14 ± 7	29,693	15 ± 6	35,583	15 ± 6
Water soluble fiber (gm)	143	5 ± 1.8	704	4.8 ± 1.7	3190	4.6 ± 1.7	1436	4.8 ± 1.9	29,693	5.3 ± 1.7	35,583	5.2 ± 1.7
Insoluble dietary fiber (gm)	143	9 ± 4	704	8 ± 3	3190	8 ± 4	1436	9 ± 4	29,693	10 ± 4	35,583	10 ± 4
Cholesterol (mg)	143	214 ± 132	704	197 ± 113	3190	220 ± 132	1436	221 ± 133	29,693	214 ± 110	35,583	214 ± 114
Total vitamin A (mcg Re)	143	6863 ± 4093	704	7869 ± 4521	3190	7419 ± 4450	1436	6086 ± 3745	29,693	7753 ± 3921	35,583	7641 ± 4009
Vitamin D (mcg)	143	4.3 ± 2.1	704	3.8 ± 1.8	3190	4 ± 1.9	1436	3.8 ± 1.9	29,693	4.7 ± 2.2	35,583	4.6 ± 2.1
Total alpha-toc eq (mg)	143	7.8 ± 3.2	704	8 ± 3.4	3190	8.1 ± 3.6	1436	7.8 ± 3.5	29,693	8.4 ± 3.4	35,583	8.3 ± 3.4
Vitamin K (NDS value) (mg)	143	86 ± 46	704	102 ± 54	3190	94 ± 49	1436	71 ± 37	29,693	82 ± 38	35,583	83 ± 39
Vitamin C (mg)	143	77 ± 45	704	80 ± 49	3190	83 ± 50	1436	77 ± 49	29,693	88 ± 47	35,583	87 ± 48
Thiamin (mg)	143	1.3 ± 0.3	704	1.3 ± 0.3	3190	1.2 ± 0.3	1436	1.3 ± 0.3	29,693	1.3 ± 0.3	35,583	1.3 ± 0.3
Riboflavin (mg)	143	1.6 ± 0.4	704	1.3 ± 0.3	3190	1.5 ± 0.4	1436	1.6 ± 0.5	29,693	1.7 ± 0.4	35,583	1.6 ± 0.4
Niacin (mg)	143	16 ± 7	704	16 ± 7	3190	16 ± 7	1436	16 ± 7	29,693	17 ± 7	35,583	17 ± 7
Vitamin B <sub>6</sub> (mg)	143	1.5 ± 0.4	704	1.4 ± 0.4	3190	1.4 ± 0.4	1436	1.5 ± 0.4	29,693	1.6 ± 0.4	35,583	1.6 ± 0.4
Folacin (mcg)	143	213 ± 88	704	196 ± 87	3190	200 ± 95	1436	193 ± 91	29,693	228 ± 91	35,583	223 ± 92
Vitamin B <sub>12</sub> (mcg)	143	4.9 ± 2.6	704	4.9 ± 2.7	3190	5.8 ± 3.4	1436	4.7 ± 2.5	29,693	5.1 ± 2.2	35,583	5.1 ± 2.4
Calcium (mg)	143	635 ± 339	704	482 ± 265	3190	515 ± 300	1436	650 ± 377	29,693	707 ± 356	35,583	678 ± 357
Total calcium (mg)	143	817 ± 492	704	772 ± 498	3190	635 ± 411	1436	823 ± 524	29,693	970 ± 550	35,583	920 ± 547
Magnesium (mg)	143	232 ± 95	704	217 ± 89	3190	211 ± 95	1436	227 ± 99	29,693	251 ± 92	35,583	245 ± 94
Iron (mg)	143	12 ± 5	704	11 ± 5	3190	11 ± 5	1436	12 ± 5	29,693	13 ± 5	35,583	12 ± 5
Zinc (mg)	143	9 ± 4	704	9 ± 4	3190	9 ± 4	1436	9 ± 4	29,693	10 ± 4	35,583	10 ± 4
Sodium (mg)	143	2541 ± 1108	704	2466 ± 1096	3190	2489 ± 1190	1436	2518 ± 1243	29,693	2672 ± 1049	35,583	2642 ± 1079
Potassium (mg)	143	2283 ± 931	704	2094 ± 889	3190	2034 ± 909	1436	2199 ± 969	29,693	2506 ± 898	35,583	2434 ± 923
Phosphorus (mg)	143	988 ± 464	704	886 ± 405	3190	904 ± 441	1436	1024 ± 497	29,693	1086 ± 445	35,583	1059 ± 452
Copper (mg)	143	1 ± 0.2	704	1 ± 0.2	3190	1 ± 0.2	1436	1 ± 0.2	29,693	1.1 ± 0.2	35,583	1.1 ± 0.2
Total carotenoids (mcg)	143	11,692 ± 6859	704	11,717 ± 6262	3190	10,358 ± 6020	1436	10,519 ± 6498	29,693	12,443 ± 6245	35,583	12,130 ± 6305
Alpha-carotene (mcg)	143	568 ± 496	704	821 ± 595	3190	503 ± 446	1436	506 ± 460	29,693	737 ± 553	35,583	702 ± 549
Beta-carotene (mcg)	143	2660 ± 1860	704	3471 ± 2205	3190	2948 ± 1986	1436	2287 ± 1664	29,693	3014 ± 1803	35,583	2981 ± 1835
Lycopene (mcg)	143	6287 ± 4360	704	5059 ± 3451	3190	4543 ± 3612	1436	5797 ± 4333	29,693	6649 ± 4062	35,583	6347 ± 4114
Lutein + zeaxanthin (mcg)	143	1392 ± 836	704	1488 ± 841	3190	1494 ± 879	1436	1184 ± 666	29,693	1328 ± 665	35,583	1338 ± 691
Fruits and vegetables (servings/day)	143	3.1 ± 1.4	704	3.1 ± 1.3	3190	3 ± 1.3	1436	2.6 ± 1.2	29,693	3.5 ± 1.4	35,583	3.4 ± 1.4
Fruits and vegetables (servings/day/1000 kcal)	143	2 ± 0.8	704	2.1 ± 0.8	3190	2 ± 0.8	1436	1.7 ± 0.7	29,693	2.2 ± 0.8	35,583	2.1 ± 0.8
Grains (servings/day)	143	4 ± 1.8	704	4.3 ± 1.7	3189	3.8 ± 1.8	1436	4.8 ± 2.4	29,692	4.2 ± 1.7	35,581	4.2 ± 1.8
Grains (servings/day/1000 kcal)	143	2.5 ± 0.7	704	2.9 ± 0.7	3189	2.4 ± 0.7	1436	2.9 ± 0.9	29,692	2.6 ± 0.6	35,581	2.6 ± 0.6

<sup>a</sup>Total includes those of unknown ethnicity.

<sup>b</sup>Means and standard deviations were computed on the log scale and back-transformed values are reported.