

APPENDIX TABLE 13. Baseline dietary intake of WHI Dietary Modification participants by race/ethnicity

Nutrient ^b	Race/Ethnicity											
	American Indian (N = 203)		Asian/Pacific Islander (N = 1103)		Black (N = 5245)		Hispanic (N = 1844)		White (N = 39,575)		Total ^a (N = 48,614)	
	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD
Energy (kcal)	203	1594 ± 679	1103	1545 ± 614	5245	1570 ± 703	1844	1670 ± 732	39,575	1680 ± 618	48,614	1663 ± 636
Total fat (gm)	203	70 ± 32	1103	65 ± 28	5245	69 ± 33	1844	72 ± 33	39,575	72 ± 29	48,614	71 ± 29
Energy from fat (%)	203	39 ± 5	1103	38 ± 4	5245	40 ± 5	1844	39 ± 5	39,575	39 ± 5	48,614	39 ± 5
Total carbohydrate (gm)	203	175 ± 77	1103	177 ± 70	5245	175 ± 81	1844	187 ± 84	39,575	185 ± 72	48,614	184 ± 73
Energy from carbohydrates (%)	203	44 ± 7	1103	46 ± 6	5245	44 ± 7	1844	45 ± 6	39,575	44 ± 6	48,614	44 ± 6
Protein (gm)	203	63 ± 29	1103	63 ± 27	5245	61 ± 29	1844	67 ± 31	39,575	68 ± 27	48,614	67 ± 27
Energy from protein (%)	203	16 ± 3	1103	16 ± 3	5245	16 ± 3	1844	16 ± 3	39,575	16 ± 3	48,614	16 ± 3
Alcohol (gm)	203	1.3 ± 1.4	1103	0.4 ± 0.3	5245	0.7 ± 0.6	1844	0.9 ± 0.8	39,575	1.9 ± 2.1	48,614	1.6 ± 1.8
Energy from alcohol (%)	203	0.8 ± 0.6	1103	0.3 ± 0.1	5245	0.4 ± 0.2	1844	0.5 ± 0.3	39,575	1 ± 0.8	48,614	0.9 ± 0.7
Total PFA (gm)	203	14 ± 7	1103	15 ± 6	5245	15 ± 7	1844	15 ± 7	39,575	15 ± 6	48,614	15 ± 6
Total MFA (gm)	203	26 ± 12	1103	25 ± 10	5245	26 ± 12	1844	27 ± 13	39,575	27 ± 10	48,614	26 ± 11
Total SFA (gm)	203	24 ± 11	1103	20 ± 9	5245	22 ± 11	1844	24 ± 12	39,575	25 ± 11	48,614	24 ± 11
Energy from SFA (%)	203	13 ± 3	1103	12 ± 2	5245	13 ± 2	1844	13 ± 2	39,575	13 ± 2	48,614	13 ± 2
Total trans fatty acid (gm)	203	4.4 ± 2	1103	3.4 ± 1.4	5245	4.7 ± 2.3	1844	3.9 ± 1.8	39,575	4.4 ± 1.9	48,614	4.4 ± 1.9
Animal protein (gm)	203	43 ± 23	1103	41 ± 21	5245	43 ± 23	1844	47 ± 24	39,575	48 ± 21	48,614	47 ± 22
Vegetable protein (gm)	203	18 ± 8	1103	20 ± 8	5245	17 ± 8	1844	19 ± 9	39,575	19 ± 7	48,614	19 ± 8
Dietary fiber (gm)	203	14 ± 6	1103	13 ± 5	5245	13 ± 6	1844	14 ± 6	39,575	15 ± 6	48,614	15 ± 6
Water soluble fiber (gm)	203	4.9 ± 1.7	1103	4.8 ± 1.7	5245	4.5 ± 1.7	1844	4.8 ± 1.8	39,575	5.2 ± 1.7	48,614	5.1 ± 1.7
Insoluble dietary fiber (gm)	203	9 ± 4	1103	9 ± 3	5245	8 ± 4	1844	9 ± 4	39,575	10 ± 4	48,614	10 ± 4
Cholesterol (mg)	203	229 ± 132	1103	214 ± 114	5245	231 ± 132	1844	242 ± 129	39,575	228 ± 111	48,614	229 ± 114
Total vitamin A (mcg Re)	203	6899 ± 3834	1103	7864 ± 4467	5245	7302 ± 4307	1844	6062 ± 3549	39,575	7686 ± 3785	48,614	7572 ± 3881
Vitamin D (mcg)	203	4.4 ± 2	1103	3.9 ± 1.8	5245	4.1 ± 2	1844	4 ± 1.9	39,575	4.8 ± 2.1	48,614	4.7 ± 2.1
Total alpha-toc eq (mg)	203	8.2 ± 3.5	1103	8.7 ± 3.4	5245	8.4 ± 3.6	1844	8.4 ± 3.5	39,575	8.9 ± 3.5	48,614	8.8 ± 3.5
Vitamin K (NDS value) (mg)	203	84 ± 46	1103	108 ± 55	5245	95 ± 49	1844	74 ± 37	39,575	83 ± 38	48,614	85 ± 40
Vitamin C (mg)	203	74 ± 41	1103	78 ± 45	5245	81 ± 48	1844	76 ± 46	39,575	86 ± 45	48,614	85 ± 46
Thiamin (mg)	203	1.2 ± 0.3	1103	1.3 ± 0.3	5245	1.2 ± 0.3	1844	1.3 ± 0.3	39,575	1.4 ± 0.3	48,614	1.3 ± 0.3
Riboflavin (mg)	203	1.6 ± 0.4	1103	1.3 ± 0.3	5245	1.5 ± 0.4	1844	1.6 ± 0.5	39,575	1.7 ± 0.4	48,614	1.7 ± 0.4
Niacin (mg)	203	16 ± 7	1103	16 ± 7	5245	16 ± 7	1844	17 ± 7	39,575	18 ± 7	48,614	17 ± 7
Vitamin B ₆ (mg)	203	1.5 ± 0.4	1103	1.5 ± 0.4	5245	1.4 ± 0.4	1844	1.5 ± 0.4	39,575	1.6 ± 0.4	48,614	1.6 ± 0.4
Folacin (mcg)	203	209 ± 87	1103	197 ± 85	5245	198 ± 93	1844	194 ± 88	39,575	226 ± 89	48,614	221 ± 91
Vitamin B ₁₂ (mcg)	203	5.1 ± 2.7	1103	5.1 ± 2.6	5245	5.9 ± 3.4	1844	5 ± 2.4	39,575	5.2 ± 2.2	48,614	5.2 ± 2.4
Calcium (mg)	203	621 ± 341	1103	482 ± 253	5245	513 ± 294	1844	660 ± 378	39,575	704 ± 351	48,614	671 ± 351
Total calcium (mg)	203	816 ± 503	1103	797 ± 513	5245	621 ± 394	1844	841 ± 529	39,575	976 ± 555	48,614	918 ± 550
Magnesium (mg)	203	231 ± 92	1103	219 ± 86	5245	209 ± 93	1844	229 ± 99	39,575	250 ± 91	48,614	243 ± 93
Iron (mg)	203	12 ± 5	1103	11 ± 5	5245	11 ± 5	1844	12 ± 5	39,575	13 ± 5	48,614	12 ± 5
Zinc (mg)	203	9 ± 4	1103	9 ± 4	5245	9 ± 4	1844	10 ± 4	39,575	11 ± 4	48,614	10 ± 4
Sodium (mg)	203	2567 ± 1164	1103	2569 ± 1074	5245	2533 ± 1182	1844	2640 ± 1242	39,575	2738 ± 1066	48,614	2705 ± 1094
Potassium (mg)	203	2252 ± 892	1103	2108 ± 858	5245	2006 ± 881	1844	2220 ± 961	39,575	2479 ± 882	48,614	2400 ± 907
Phosphorous (mg)	203	997 ± 460	1103	908 ± 397	5245	907 ± 435	1844	1054 ± 500	39,575	1095 ± 447	48,614	1065 ± 453
Copper (mg)	203	1 ± 0.2	1103	1.1 ± 0.2	5245	1 ± 0.2	1844	1 ± 0.2	39,575	1.1 ± 0.2	48,614	1.1 ± 0.2
Total carotenoids (mcg)	203	11,685 ± 6396	1103	11,745 ± 6267	5245	10,159 ± 5888	1844	10,545 ± 6356	39,575	12,352 ± 6072	48,614	11,998 ± 6147
Alpha-carotene (mcg)	203	568 ± 447	1103	836 ± 613	5245	491 ± 429	1844	501 ± 440	39,575	720 ± 525	48,614	682 ± 523
Beta-carotene (mcg)	203	2641 ± 1706	1103	3467 ± 2181	5245	2863 ± 1909	1844	2282 ± 1589	39,575	2969 ± 1723	48,614	2936 ± 1761
Lycopene (mcg)	203	6386 ± 4334	1103	5077 ± 3657	5245	4492 ± 3489	1844	5882 ± 4338	39,575	6661 ± 4024	48,614	6307 ± 4079
Lutein + zeaxanthin (mcg)	203	1321 ± 741	1103	1479 ± 824	5245	1469 ± 849	1844	1176 ± 638	39,575	1310 ± 638	48,614	1324 ± 668
Fruits and vegetables (servings/day)	203	2.9 ± 1.2	1103	3 ± 1.2	5245	2.9 ± 1.2	1844	2.6 ± 1.1	39,575	3.4 ± 1.3	48,614	3.3 ± 1.3
Fruits and vegetables (servings/day/1000 kcal)	203	1.8 ± 0.6	1103	2 ± 0.7	5245	1.9 ± 0.7	1844	1.6 ± 0.6	39,575	2 ± 0.6	48,614	2 ± 0.7
Grains (servings/day)	203	4 ± 1.8	1103	4.5 ± 1.7	5244	3.9 ± 1.8	1844	4.9 ± 2.4	39,572	4.3 ± 1.7	48,610	4.3 ± 1.8
Grains (servings/day/1000 kcal)	203	2.5 ± 0.7	1103	2.9 ± 0.6	5244	2.4 ± 0.6	1844	2.9 ± 0.8	39,572	2.5 ± 0.6	48,610	2.5 ± 0.6

^aTotal includes those of unknown ethnicity.

^bMeans and standard deviations were computed on the log scale and back-transformed values are reported.