

APPENDIX TABLE 11. Baseline dietary intake of WHI Estrogen + Progestin participants by race/ethnicity

Nutrient ^b	Race/Ethnicity											
	American Indian (N = 53)		Asian/Pacific Islander (N = 342)		Black (N = 1045)		Hispanic (N = 808)		White (N = 13,581)		Total ^a (N = 16,049)	
	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD
Energy (kcal)	53	1498 ± 680	342	1360 ± 547	1045	1499 ± 676	808	1515 ± 671	13,581	1562 ± 579	16,049	1550 ± 593
Total fat (gm)	53	62 ± 34	342	48 ± 26	1045	58 ± 33	808	58 ± 32	13,581	57 ± 29	16,049	57 ± 29
Energy from fat (%)	53	37 ± 9	342	32 ± 8	1045	35 ± 9	808	34 ± 8	13,581	33 ± 9	16,049	33 ± 9
Total carbohydrate (gm)	53	171 ± 81	342	172 ± 68	1045	180 ± 81	808	182 ± 81	13,581	185 ± 71	16,049	184 ± 73
Energy from carbohydrates (%)	53	46 ± 10	342	51 ± 9	1045	48 ± 9	808	48 ± 9	13,581	47 ± 9	16,049	48 ± 9
Protein (gm)	53	57 ± 28	342	55 ± 23	1045	57 ± 28	808	61 ± 30	13,581	65 ± 26	16,049	64 ± 26
Energy from protein (%)	53	15 ± 3	342	16 ± 3	1045	15 ± 3	808	16 ± 3	13,581	17 ± 3	16,049	16 ± 3
Alcohol (gm)	53	0.9 ± 0.8	342	0.5 ± 0.5	1045	0.8 ± 0.7	808	0.8 ± 0.7	13,581	2.1 ± 2.6	16,049	1.9 ± 2.2
Energy from alcohol (%)	53	0.5 ± 0.3	342	0.4 ± 0.2	1045	0.5 ± 0.3	808	0.5 ± 0.3	13,581	1.2 ± 1.1	16,049	1.1 ± 1
Total PFA (gm)	53	13 ± 7	342	11 ± 6	1045	13 ± 7	808	12 ± 7	13,581	12 ± 6	16,049	12 ± 6
Total MFA (gm)	53	23 ± 12	342	18 ± 9	1045	22 ± 12	808	21 ± 12	13,581	21 ± 11	16,049	21 ± 11
Total SFA (gm)	53	21 ± 13	342	15 ± 8	1045	19 ± 11	808	19 ± 11	13,581	20 ± 10	16,049	20 ± 10
Energy from SFA (%)	53	13 ± 4	342	10 ± 3	1045	11 ± 3	808	11 ± 3	13,581	11 ± 3	16,049	11 ± 3
Total trans fatty acid (gm)	53	3.8 ± 2.1	342	2.6 ± 1.1	1045	4 ± 2.1	808	3.1 ± 1.5	13,581	3.5 ± 1.7	16,049	3.5 ± 1.7
Animal protein (gm)	53	38 ± 23	342	34 ± 17	1045	39 ± 22	808	42 ± 23	13,581	45 ± 21	16,049	44 ± 21
Vegetable protein (gm)	53	17 ± 8	342	19 ± 8	1045	16 ± 8	808	17 ± 8	13,581	18 ± 7	16,049	18 ± 7
Dietary fiber (gm)	53	13 ± 6	342	13 ± 5	1045	13 ± 6	808	14 ± 6	13,581	15 ± 6	16,049	15 ± 6
Water soluble fiber (gm)	53	4.5 ± 1.7	342	4.8 ± 1.7	1045	4.7 ± 1.8	808	4.7 ± 1.8	13,581	5.3 ± 1.8	16,049	5.2 ± 1.8
Insoluble dietary fiber (gm)	53	9 ± 4	342	8 ± 3	1045	9 ± 4	808	9 ± 4	13,581	10 ± 4	16,049	10 ± 4
Cholesterol (mg)	53	210 ± 145	342	177 ± 100	1045	203 ± 131	808	205 ± 132	13,581	193 ± 107	16,049	194 ± 110
Total vitamin A (mcg Re)	53	6140 ± 3774	342	7777 ± 4390	1045	7617 ± 4834	808	5926 ± 3836	13,581	7856 ± 4149	16,049	7721 ± 4227
Vitamin D (mcg)	53	4.1 ± 2	342	3.5 ± 1.6	1045	3.9 ± 1.9	808	3.6 ± 1.9	13,581	4.6 ± 2.2	16,049	4.5 ± 2.1
Total alpha-toc eq (mg)	53	7.4 ± 3	342	7.2 ± 3	1045	7.8 ± 3.4	808	7.2 ± 3.2	13,581	7.9 ± 3.2	16,049	7.8 ± 3.2
Vitamin K (NDS value) (mg)	53	81 ± 42	342	94 ± 49	1045	94 ± 52	808	68 ± 36	13,581	79 ± 38	16,049	80 ± 39
Vitamin C (mg)	53	67 ± 43	342	84 ± 50	1045	89 ± 54	808	78 ± 50	13,581	91 ± 51	16,049	90 ± 51
Thiamin (mg)	53	1.2 ± 0.3	342	1.2 ± 0.3	1045	1.2 ± 0.3	808	1.2 ± 0.3	13,581	1.3 ± 0.3	16,049	1.3 ± 0.3
Riboflavin (mg)	53	1.5 ± 0.4	342	1.2 ± 0.3	1045	1.4 ± 0.4	808	1.5 ± 0.4	13,581	1.7 ± 0.4	16,049	1.6 ± 0.4
Niacin (mg)	53	15 ± 6	342	15 ± 6	1045	15 ± 7	808	15 ± 7	13,581	17 ± 6	16,049	17 ± 6
Vitamin B ₆ (mg)	53	1.4 ± 0.4	342	1.4 ± 0.3	1045	1.4 ± 0.4	808	1.4 ± 0.4	13,581	1.6 ± 0.4	16,049	1.6 ± 0.4
Folacin (mcg)	53	192 ± 83	342	192 ± 82	1045	204 ± 97	808	186 ± 90	13,581	231 ± 94	16,049	225 ± 95
Vitamin B ₁₂ (mcg)	53	4.2 ± 2.2	342	4.6 ± 2.4	1045	5.5 ± 3.4	808	4.5 ± 2.5	13,581	4.9 ± 2.2	16,049	4.9 ± 2.3
Calcium (mg)	53	567 ± 340	342	455 ± 241	1045	511 ± 304	808	629 ± 362	13,581	706 ± 363	16,049	679 ± 363
Total calcium (mg)	53	687 ± 448	342	728 ± 490	1045	623 ± 412	808	771 ± 498	13,581	962 ± 558	16,049	917 ± 555
Magnesium (mg)	53	212 ± 95	342	210 ± 82	1045	211 ± 95	808	216 ± 96	13,581	252 ± 93	16,049	246 ± 94
Iron (mg)	53	11 ± 5	342	11 ± 4	1045	11 ± 5	808	11 ± 5	13,581	13 ± 5	16,049	12 ± 5
Zinc (mg)	53	9 ± 4	342	8 ± 3	1045	9 ± 4	808	9 ± 4	13,581	10 ± 4	16,049	10 ± 4
Sodium (mg)	53	2417 ± 1114	342	2294 ± 1001	1045	2379 ± 1175	808	2372 ± 1184	13,581	2564 ± 1020	16,049	2535 ± 1047
Potassium (mg)	53	2087 ± 893	342	2032 ± 802	1045	2065 ± 937	808	2127 ± 957	13,581	2535 ± 922	16,049	2464 ± 943
Phosphorous (mg)	53	905 ± 463	342	829 ± 351	1045	877 ± 435	808	978 ± 475	13,581	1066 ± 441	16,049	1041 ± 447
Copper (mg)	53	1 ± 0.2	342	1 ± 0.2	1045	1 ± 0.2	808	1 ± 0.2	13,581	1.1 ± 0.2	16,049	1.1 ± 0.2
Total carotenoids (mcg)	53	11,628 ± 6738	342	11,612 ± 6286	1045	10,646 ± 6526	808	9998 ± 6544	13,581	12,416 ± 6514	16,049	12,133 ± 6577
Alpha-carotene (mcg)	53	503 ± 498	342	795 ± 585	1045	518 ± 492	808	490 ± 464	13,581	756 ± 591	16,049	721 ± 586
Beta-carotene (mcg)	53	2392 ± 1702	342	3460 ± 2194	1045	3040 ± 2184	808	2235 ± 1713	13,581	3089 ± 1938	16,049	3041 ± 1965
Lycopene (mcg)	53	6758 ± 4333	342	4946 ± 3482	1045	4600 ± 3771	808	5324 ± 4526	13,581	6448 ± 4151	16,049	6209 ± 4200
Lutein + zeaxanthin (mcg)	53	1303 ± 778	342	1460 ± 823	1045	1540 ± 944	808	1143 ± 671	13,581	1348 ± 711	16,049	1350 ± 729
Fruits and vegetables (servings/day)	53	2.6 ± 1.2	342	3.2 ± 1.3	1045	3.2 ± 1.5	808	2.6 ± 1.3	13,581	3.6 ± 1.5	16,049	3.5 ± 1.5
Fruits and vegetables (servings/day/1000 kcal)	53	1.8 ± 0.8	342	2.4 ± 0.9	1045	2.2 ± 0.9	808	1.8 ± 0.8	13,581	2.3 ± 0.9	16,049	2.3 ± 0.9
Grains (servings/day)	53	4 ± 1.9	342	4.2 ± 1.7	1045	3.7 ± 1.8	808	4.4 ± 2.2	13,579	4.1 ± 1.7	16,047	4.1 ± 1.7
Grains (servings/day/1000 kcal)	53	2.6 ± 0.7	342	3 ± 0.8	1045	2.4 ± 0.7	808	2.9 ± 0.9	13,579	2.6 ± 0.7	16,047	2.6 ± 0.7

^aTotal includes those of unknown ethnicity.

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