

APPENDIX TABLE 12. Baseline dietary intake of WHI Estrogen-Alone participants by race/ethnicity

Nutrient ^b	Race/Ethnicity											
	American Indian (N = 67)		Asian/Pacific Islander (N = 152)		Black (N = 1488)		Hispanic (N = 611)		White (N = 7796)		Total ^a (N = 10,250)	
	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD
Energy (kcal)	67	1577 ± 687	152	1341 ± 607	1488	1463 ± 671	611	1577 ± 730	7796	1529 ± 589	10,250	1517 ± 614
Total fat (gm)	67	59 ± 31	152	48 ± 29	1488	57 ± 32	611	61 ± 35	7796	58 ± 29	10,250	58 ± 30
Energy from fat (%)	67	34 ± 7	152	32 ± 9	1488	35 ± 9	611	35 ± 8	7796	34 ± 9	10,250	34 ± 9
Total carbohydrate (gm)	67	192 ± 77	152	166 ± 72	1488	176 ± 81	611	187 ± 88	7796	179 ± 72	10,250	179 ± 74
Energy from carbohydrates (%)	67	49 ± 9	152	49 ± 10	1488	48 ± 10	611	47 ± 10	7796	47 ± 9	10,250	47 ± 9
Protein (gm)	67	64 ± 33	152	56 ± 27	1488	57 ± 28	611	63 ± 31	7796	63 ± 26	10,250	62 ± 27
Energy from protein (%)	67	16 ± 4	152	17 ± 3	1488	16 ± 3	611	16 ± 3	7796	17 ± 3	10,250	16 ± 3
Alcohol (gm)	67	1 ± 1.1	152	0.4 ± 0.3	1488	0.6 ± 0.6	611	0.6 ± 0.6	7796	1.5 ± 1.7	10,250	1.2 ± 1.4
Energy from alcohol (%)	67	0.5 ± 0.4	152	0.2 ± 0.1	1488	0.4 ± 0.3	611	0.4 ± 0.2	7796	0.9 ± 0.8	10,250	0.8 ± 0.6
Total PFA (gm)	67	12 ± 6	152	11 ± 6	1488	12 ± 7	611	13 ± 7	7796	12 ± 6	10,250	12 ± 6
Total MFA (gm)	67	22 ± 12	152	18 ± 11	1488	21 ± 12	611	23 ± 13	7796	21 ± 11	10,250	21 ± 11
Total SFA (gm)	67	20 ± 11	152	15 ± 9	1488	18 ± 11	611	20 ± 12	7796	20 ± 11	10,250	20 ± 11
Energy from SFA (%)	67	11 ± 3	152	10 ± 3	1488	11 ± 3	611	12 ± 3	7796	12 ± 3	10,250	12 ± 3
Total trans fatty acid (gm)	67	3.5 ± 1.7	152	2.6 ± 1.3	1488	3.9 ± 2.1	611	3.4 ± 1.7	7796	3.7 ± 1.7	10,250	3.6 ± 1.8
Animal protein (gm)	67	44 ± 27	152	36 ± 22	1488	40 ± 23	611	43 ± 25	7796	44 ± 21	10,250	43 ± 22
Vegetable protein (gm)	67	18 ± 8	152	18 ± 8	1488	16 ± 8	611	18 ± 9	7796	18 ± 7	10,250	17 ± 7
Dietary fiber (gm)	67	16 ± 7	152	12 ± 5	1488	13 ± 6	611	14 ± 7	7796	15 ± 6	10,250	14 ± 6
Water soluble fiber (gm)	67	5.5 ± 2.1	152	4.5 ± 1.7	1488	4.5 ± 1.8	611	4.8 ± 1.9	7796	5.1 ± 1.8	10,250	5 ± 1.8
Insoluble dietary fiber (gm)	67	10 ± 4	152	8 ± 3	1488	8 ± 4	611	9 ± 4	7796	10 ± 4	10,250	9 ± 4
Cholesterol (mg)	67	218 ± 136	152	176 ± 117	1488	204 ± 131	611	217 ± 138	7796	197 ± 111	10,250	199 ± 116
Total vitamin A (mcg Re)	67	7745 ± 5162	152	7506 ± 4804	1488	7441 ± 4682	611	6009 ± 3810	7796	7549 ± 4094	10,250	7422 ± 4208
Vitamin D (mcg)	67	4.5 ± 2.4	152	3.7 ± 1.9	1488	3.8 ± 1.9	611	3.7 ± 1.9	7796	4.5 ± 2.2	10,250	4.3 ± 2.1
Total alpha-toc eq (mg)	67	7.7 ± 3.1	152	7.1 ± 3	1488	7.4 ± 3.4	611	7.4 ± 3.3	7796	7.7 ± 3.2	10,250	7.6 ± 3.2
Vitamin K (NDS value) (mg)	67	84 ± 44	152	96 ± 54	1488	90 ± 50	611	70 ± 37	7796	77 ± 37	10,250	79 ± 40
Vitamin C (mg)	67	95 ± 59	152	76 ± 52	1488	85 ± 55	611	78 ± 52	7796	85 ± 49	10,250	85 ± 51
Thiamin (mg)	67	1.3 ± 0.3	152	1.2 ± 0.3	1488	1.2 ± 0.3	611	1.3 ± 0.3	7796	1.3 ± 0.3	10,250	1.3 ± 0.3
Riboflavin (mg)	67	1.7 ± 0.5	152	1.2 ± 0.3	1488	1.4 ± 0.4	611	1.5 ± 0.5	7796	1.6 ± 0.4	10,250	1.6 ± 0.4
Niacin (mg)	67	17 ± 7	152	15 ± 6	1488	15 ± 7	611	15 ± 7	7796	17 ± 6	10,250	16 ± 7
Vitamin B ₆ (mg)	67	1.6 ± 0.4	152	1.3 ± 0.4	1488	1.4 ± 0.4	611	1.5 ± 0.4	7796	1.6 ± 0.4	10,250	1.5 ± 0.4
Folacin (mcg)	67	231 ± 94	152	186 ± 87	1488	199 ± 98	611	188 ± 92	7796	221 ± 93	10,250	214 ± 95
Vitamin B ₁₂ (mcg)	67	5.3 ± 3.2	152	4.6 ± 2.6	1488	5.6 ± 3.4	611	4.6 ± 2.5	7796	4.8 ± 2.2	10,250	4.9 ± 2.4
Calcium (mg)	67	668 ± 384	152	461 ± 281	1488	491 ± 290	611	632 ± 389	7796	664 ± 356	10,250	628 ± 353
Total calcium (mg)	67	809 ± 531	152	687 ± 473	1488	587 ± 384	611	774 ± 510	7796	879 ± 529	10,250	816 ± 516
Magnesium (mg)	67	249 ± 104	152	207 ± 89	1488	205 ± 93	611	223 ± 100	7796	240 ± 93	10,250	233 ± 95
Iron (mg)	67	12 ± 5	152	10 ± 4	1488	11 ± 5	611	11 ± 5	7796	12 ± 5	10,250	12 ± 5
Zinc (mg)	67	10 ± 5	152	8 ± 4	1488	8 ± 4	611	9 ± 4	7796	10 ± 4	10,250	9 ± 4
Sodium (mg)	67	2586 ± 1247	152	2317 ± 1027	1488	2374 ± 1168	611	2468 ± 1229	7796	2527 ± 1031	10,250	2494 ± 1071
Potassium (mg)	67	2530 ± 1085	152	2000 ± 908	1488	1998 ± 916	611	2186 ± 981	7796	2416 ± 923	10,250	2326 ± 946
Phosphorous (mg)	67	1042 ± 535	152	837 ± 412	1488	863 ± 430	611	1007 ± 509	7796	1025 ± 443	10,250	993 ± 450
Copper (mg)	67	1.1 ± 0.3	152	1 ± 0.2	1488	1 ± 0.2	611	1 ± 0.2	7796	1 ± 0.2	10,250	1 ± 0.2
Total carotenoids (mcg)	67	12,410 ± 7676	152	11,042 ± 6084	1488	10,180 ± 6147	611	10,231 ± 6459	7796	11,919 ± 6447	10,250	11,526 ± 6460
Alpha-carotene (mcg)	67	633 ± 540	152	782 ± 614	1488	495 ± 464	611	490 ± 479	7796	707 ± 572	10,250	657 ± 559
Beta-carotene (mcg)	67	3056 ± 2285	152	3319 ± 2333	1488	2962 ± 2100	611	2262 ± 1704	7796	2941 ± 1891	10,250	2902 ± 1930
Lycopene (mcg)	67	6504 ± 4419	152	4575 ± 3140	1488	4311 ± 3544	611	5478 ± 4294	7796	6227 ± 4120	10,250	5828 ± 4124
Lutein + zeaxanthin (mcg)	67	1492 ± 881	152	1480 ± 929	1488	1507 ± 924	611	1199 ± 688	7796	1296 ± 688	10,250	1322 ± 730
Fruits and vegetables (servings/day)	67	3.7 ± 1.7	152	2.9 ± 1.4	1488	3.1 ± 1.4	611	2.6 ± 1.3	7796	3.4 ± 1.5	10,250	3.3 ± 1.5
Fruits and vegetables (servings/day/1000 kcal)	67	2.4 ± 1	152	2.2 ± 1	1488	2.1 ± 0.9	611	1.7 ± 0.8	7796	2.3 ± 0.9	10,250	2.2 ± 0.9
Grains (servings/day)	67	4.1 ± 1.7	152	4.1 ± 1.5	1486	3.7 ± 1.7	611	4.7 ± 2.4	7795	4 ± 1.7	10,247	4 ± 1.7
Grains (servings/day/1000 kcal)	67	2.6 ± 0.7	152	3 ± 0.7	1486	2.5 ± 0.7	611	2.9 ± 0.9	7795	2.6 ± 0.7	10,247	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.