

APPENDIX TABLE 15. Baseline dietary intake of WHI Observational Study participants by race/ethnicity

Nutrient ^b	Race/Ethnicity											
	American Indian (N = 382)		Asian/Pacific Islander (N = 2497)		Black (N = 6749)		Hispanic (N = 3254)		White (N = 75,804)		Total ^a (N = 89,916)	
	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD
Energy (kcal)	382	1448 ± 613	2497	1326 ± 510	6749	1383 ± 597	3254	1416 ± 620	75,804	1475 ± 525	89,916	1460 ± 537
Total fat (gm)	382	52 ± 29	2497	43 ± 22	6749	49 ± 28	3254	49 ± 28	75,804	49 ± 24	89,916	49 ± 25
Energy from fat (%)	382	32 ± 9	2497	29 ± 8	6749	32 ± 9	3254	31 ± 9	75,804	30 ± 8	89,916	30 ± 8
Total carbohydrate (gm)	382	178 ± 76	2497	178 ± 67	6749	176 ± 76	3254	179 ± 82	75,804	186 ± 69	89,916	184 ± 70
Energy from carbohydrates (%)	382	49 ± 10	2497	54 ± 9	6749	51 ± 10	3254	50 ± 11	75,804	50 ± 10	89,916	50 ± 10
Protein (gm)	382	60 ± 28	2497	54 ± 24	6749	54 ± 26	3254	58 ± 28	75,804	62 ± 24	89,916	61 ± 25
Energy from protein (%)	382	16 ± 3	2497	16 ± 3	6749	16 ± 4	3254	16 ± 3	75,804	17 ± 3	89,916	17 ± 3
Alcohol (gm)	382	1 ± 1	2497	0.4 ± 0.3	6749	0.7 ± 0.6	3254	0.9 ± 0.9	75,804	2.2 ± 2.6	89,916	1.9 ± 2.3
Energy from alcohol (%)	382	0.6 ± 0.5	2497	0.3 ± 0.2	6749	0.5 ± 0.3	3254	0.6 ± 0.4	75,804	1.3 ± 1.2	89,916	1.1 ± 1
Total PFA (gm)	382	11 ± 6	2497	10 ± 5	6749	11 ± 6	3254	10 ± 6	75,804	10 ± 5	89,916	10 ± 5
Total MFA (gm)	382	20 ± 10	2497	16 ± 8	6749	19 ± 10	3254	18 ± 10	75,804	18 ± 9	89,916	18 ± 9
Total SFA (gm)	382	18 ± 10	2497	13 ± 7	6749	16 ± 9	3254	16 ± 9	75,804	17 ± 9	89,916	16 ± 9
Energy from SFA (%)	382	11 ± 3	2497	9 ± 3	6749	10 ± 3	3254	10 ± 3	75,804	10 ± 3	89,916	10 ± 3
Total trans fatty Acid (gm)	382	3.1 ± 1.4	2497	2.2 ± 1	6749	3.3 ± 1.7	3254	2.7 ± 1.3	75,804	2.9 ± 1.3	89,916	2.9 ± 1.4
Animal protein (gm)	382	41 ± 21	2497	32 ± 18	6749	36 ± 21	3254	38 ± 22	75,804	42 ± 20	89,916	41 ± 20
Vegetable protein (gm)	382	17 ± 8	2497	20 ± 8	6749	16 ± 7	3254	18 ± 8	75,804	18 ± 7	89,916	18 ± 7
Dietary fiber (gm)	382	14 ± 6	2497	14 ± 6	6749	13 ± 6	3254	15 ± 7	75,804	16 ± 6	89,916	16 ± 6
Water soluble fiber (gm)	382	5 ± 1.8	2497	5.2 ± 1.9	6749	4.7 ± 1.8	3254	4.9 ± 1.9	75,804	5.6 ± 1.9	89,916	5.5 ± 1.9
Insoluble dietary fiber (gm)	382	9 ± 4	2497	9 ± 4	6749	9 ± 4	3254	10 ± 4	75,804	11 ± 4	89,916	10 ± 4
Cholesterol (mg)	382	191 ± 121	2497	156 ± 93	6749	174 ± 115	3254	178 ± 112	75,804	168 ± 95	89,916	168 ± 98
Total vitamin A (mcg Re)	382	7257 ± 4337	2497	8722 ± 5239	6749	7598 ± 4691	3254	6308 ± 3971	75,804	8389 ± 4448	89,916	8239 ± 4510
Vitamin D (mcg)	382	3.9 ± 2	2497	3.3 ± 1.7	6749	3.6 ± 1.8	3254	3.5 ± 1.8	75,804	4.4 ± 2.1	89,916	4.3 ± 2.1
Total alpha-toc eq (mg)	382	7 ± 3	2497	7.1 ± 2.8	6749	7 ± 3.1	3254	6.8 ± 3	75,804	7.5 ± 3	89,916	7.5 ± 3
Vitamin K (NDS value) (mg)	382	75 ± 41	2497	103 ± 59	6749	90 ± 51	3254	67 ± 37	75,804	80 ± 39	89,916	80 ± 41
Vitamin C (mg)	382	87 ± 51	2497	95 ± 56	6749	91 ± 57	3254	86 ± 54	75,804	100 ± 54	89,916	99 ± 54
Thiamin (mg)	382	1.2 ± 0.3	2497	1.2 ± 0.3	6749	1.2 ± 0.3	3254	1.2 ± 0.3	75,804	1.3 ± 0.3	89,916	1.3 ± 0.3
Riboflavin (mg)	382	1.5 ± 0.4	2497	1.2 ± 0.3	6749	1.4 ± 0.4	3254	1.5 ± 0.4	75,804	1.6 ± 0.4	89,916	1.6 ± 0.4
Niacin (mg)	382	15 ± 6	2497	15 ± 6	6749	15 ± 6	3254	15 ± 7	75,804	17 ± 6	89,916	16 ± 6
Vitamin B ₆ (mg)	382	1.5 ± 0.4	2497	1.4 ± 0.3	6749	1.4 ± 0.4	3254	1.5 ± 0.4	75,804	1.6 ± 0.4	89,916	1.6 ± 0.4
Folacin (mcg)	382	210 ± 91	2497	207 ± 90	6749	203 ± 97	3254	196 ± 94	75,804	240 ± 97	89,916	234 ± 98
Vitamin B ₁₂ (mcg)	382	4.5 ± 2.4	2497	4.1 ± 2.2	6749	4.8 ± 2.9	3254	4.2 ± 2.2	75,804	4.6 ± 2	89,916	4.6 ± 2.1
Calcium (mg)	382	626 ± 384	2497	475 ± 267	6749	497 ± 290	3254	619 ± 369	75,804	705 ± 366	89,916	675 ± 366
Total calcium (mg)	382	857 ± 568	2497	835 ± 571	6749	633 ± 419	3254	842 ± 560	75,804	1056 ± 618	89,916	999 ± 614
Magnesium (mg)	382	225 ± 95	2497	220 ± 86	6749	207 ± 91	3254	221 ± 98	75,804	254 ± 92	89,916	247 ± 94
Iron (mg)	382	11 ± 5	2497	11 ± 5	6749	11 ± 5	3254	11 ± 5	75,804	13 ± 5	89,916	12 ± 5
Zinc (mg)	382	9 ± 4	2497	8 ± 3	6749	8 ± 4	3254	9 ± 4	75,804	10 ± 4	89,916	10 ± 4
Sodium (mg)	382	2401 ± 1157	2497	2270 ± 964	6749	2213 ± 1044	3254	2257 ± 1112	75,804	2460 ± 957	89,916	2425 ± 979
Potassium (mg)	382	2268 ± 938	2497	2113 ± 876	6749	2031 ± 898	3254	2179 ± 978	75,804	2558 ± 919	89,916	2483 ± 941
Phosphorous (mg)	382	961 ± 471	2497	835 ± 373	6749	837 ± 405	3254	951 ± 468	75,804	1045 ± 430	89,916	1016 ± 435
Copper (mg)	382	1 ± 0.2	2497	1 ± 0.2	6749	1 ± 0.2	3254	1 ± 0.2	75,804	1.1 ± 0.2	89,916	1 ± 0.2
Total carotenoids (mcg)	382	11,993 ± 7103	2497	12,376 ± 6959	6749	10,481 ± 6340	3254	10,824 ± 6764	75,804	13,129 ± 6858	89,916	12,782 ± 6898
Alpha-carotene (mcg)	382	627 ± 567	2497	896 ± 697	6749	524 ± 496	3254	547 ± 503	75,804	827 ± 647	89,916	786 ± 641
Beta-carotene (mcg)	382	2863 ± 2001	2497	3993 ± 2662	6749	3139 ± 2194	3254	2494 ± 1848	75,804	3421 ± 2147	89,916	3371 ± 2169
Lycopene (mcg)	382	6278 ± 4536	2497	4738 ± 3531	6749	4244 ± 3476	3254	5685 ± 4369	75,804	6554 ± 4315	89,916	6243 ± 4319
Lutein + zeaxanthin (mcg)	382	1326 ± 754	2497	1702 ± 1054	6749	1574 ± 994	3254	1260 ± 750	75,804	1451 ± 781	89,916	1458 ± 806
Fruits and vegetables (servings/day)	382	3.2 ± 1.4	2497	3.7 ± 1.6	6749	3.4 ± 1.6	3254	3.1 ± 1.5	75,804	4 ± 1.7	89,916	3.9 ± 1.7
Fruits and vegetables (servings/day/1000 kcal)	382	2.3 ± 1	2497	2.8 ± 1.1	6749	2.5 ± 1.1	3254	2.2 ± 1	75,804	2.8 ± 1	89,916	2.7 ± 1.1
Grains (servings/day)	382	4.1 ± 2	2497	4.3 ± 1.7	6745	3.6 ± 1.7	3253	4.4 ± 2.2	75,795	4 ± 1.7	89,901	4 ± 1.7
Grains (servings/day/1000 kcal)	382	2.8 ± 0.8	2497	3.2 ± 0.8	6745	2.5 ± 0.8	3253	3.1 ± 0.9	75,795	2.7 ± 0.7	89,901	2.7 ± 0.8

^aTotal includes those of unknown ethnicity.

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