

Table 1. Estimated mean¹ intakes of energy and selected nutrients from the coffee and tea components of coffee and tea consumed as beverages by adults ages 19 years and older, 2005-2006

Energy & nutrients	Energy & nutrients from coffee for men (N=2289)	Energy & nutrients from coffee for women (N=2482)	Energy & nutrients from coffee for all adults (N=4771)	Energy & nutrients from tea for men (N=2289)	Energy & nutrients from tea for women (N=2482)	Energy & nutrients from tea for all adults (N=4771)	Energy & nutrients from coffee and tea for all adults (N=4771)
Energy (kcal)	5	4	4	3	3	3	7
Protein (g)	0.5	0.4	0.4	*	*	*	0.5
Carbohydrate (g)	*	*	*	1	1	1	1
Thiamin (mg)	0.04	0.03	0.04	*	*	*	0.04
Riboflavin (mg)	0.25	0.18	0.21	0.03	0.02	0.03	0.24
Niacin (mg)	0.9	0.7	0.8	*	*	*	0.8
Folate (mcg DFE)	6	4	5	9	8	9	14
Choline (mg)	9	7	8	1	1	1	9
Vitamin K (mcg)	0.4	0.3	0.3	0	0	0	0.3
Calcium (mg)	9	7	8	1	1	1	9
Phosphorus (mg)	12	9	10	3	2	2	12
Magnesium (mg)	14	12	13	6	6	6	19
Iron (mg)	0.1	0.1	0.1	*	*	*	0.1
Zinc (mg)	0.1	0.1	0.1	*	*	*	0.1
Sodium (mg)	9	7	8	6	6	6	14
Potassium (mg)	198	146	171	84	69	76	247
Selenium (mg)	0.1	0.1	0.1	*	*	*	0.1

¹See notes below.

*Denotes values too small to report.

Source: USDA, Agricultural Research Service, Food Surveys Research Group, What We Eat in America, NHANES 2005-2006, Day 1.

Table 2. Estimated percentages¹ of adults, age 19 years and older, drinking coffee and tea on a given day, 2005-2006

Gender group	Sample size	% Drinking coffee	% Drinking tea	% Drinking coffee or tea
Men	2289	53	22	65
Women	2482	52	28	67
All adults	4771	52	25	66

¹See notes below.

Source: USDA, Agricultural Research Service, Food Surveys Research Group, What We Eat in America, NHANES 2005-2006, Day 1.

Table 3. Estimated percentages¹ of adults, age 19 years and older, drinking coffee and tea at least once in the past year

Gender group	Sample size	% Drinking coffee	% Drinking tea	% Drinking coffee or tea
Men	1399	73	78	90
Women	1651	72	81	90
All adults	3050	73	80	90

¹See notes below.

Source: USDA, Agricultural Research Service, Food Surveys Research Group, NHANES 2005-2006, Food Frequency Questionnaire.

Notes:

Tables 1 and 2. Statistics were estimated using What We Eat in America, NHANES 2005-2006, Day 1 dietary data. Nutrient values (Table 1) represent *only* that of coffee/tea and water components present in the respective beverages.

Coffee: Includes all types of coffee such as regular or decaffeinated coffees made from ground or instant coffee, cappuccino, Cuban, Turkish, espresso, latte and mocha. Any additions to the coffee (e.g., milk, cream, sugar) were not included.

Tea: Includes regular and decaffeinated iced teas and hot teas prepared from leaf, powdered/instant, and frozen concentrates; iced tea; flavored tea; and herbal tea. Any additions to the tea (e.g., milk, sugar, honey, lemon) were not included.

Table 3. Statistics were estimated using NHANES 2005-2006 Food Frequency Questionnaire data.

Coffee: Responses to Q. 123 on the number of cups of coffee (caffeinated or decaffeinated) consumed were used to estimate the percentages of adults drinking coffee at least once in the past one year.

Tea: Responses to Q. 124 and 125 on the number of glasses of iced tea (caffeinated or decaffeinated) and the number of cups of hot tea (caffeinated or decaffeinated) and herbal tea consumed were used to estimate the percentages of adults drinking tea at least once in the past one year.