

Data Brief 322. Fast Food Consumption Among Adults in the United States, 2013–2016

Data table for Figure 1. Percentage of adults aged 20 and over who consumed fast food on a given day, by sex and age: United States, 2013–2016

Sex	20 and over	20–39	40–59	60 and over
	Percent (standard error)			
Total	36.6 (0.8)	44.9 (1.4)	37.7 (1.2)	24.1 (1.3)
Men	37.9 (1.0)	46.5 (1.5)	37.6 (1.5)	25.6 (1.7)
Women	35.4 (1.1)	43.3 (2.0)	37.8 (1.4)	22.7 (1.6)

NOTES: Age-adjusted estimates for 20 and over were 37.4% total; 38.4% men; and 36.5% women. Age adjusted by the direct method to the 2000 projected U.S. population using age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

Data Brief 322. Fast Food Consumption Among Adults in the United States, 2013–2016

Data table for Figure 2. Age-adjusted percentage of adults aged 20 and over who consumed fast food on a given day, by sex and race and Hispanic origin: United States, 2013–2016

Sex	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
	Percent (standard error)			
Total	37.6 (1.2)	42.4 (1.4)	30.6 (2.3)	35.5 (1.3)
Men	39.0 (1.5)	41.8 (1.6)	31.1 (2.2)	35.2 (2.0)
Women	36.3 (1.3)	42.9 (2.4)	30.4 (2.9)	35.8 (1.5)

NOTES: All estimates age adjusted by the direct method to the 2000 projected U.S. population using age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

Data Brief 322. Fast Food Consumption Among Adults in the United States, 2013–2016

Data table for Figure 3. Age-adjusted percentage of adults aged 20 and over who consumed fast food on a given day, by sex and family income level: United States, 2013–2016

Sex	Less than or equal to 130% of FPL	Greater than 130% to less than or equal to 350% of FPL	Greater than 350% of FPL
	Percent (standard error)		
Total	31.7 (1.2)	36.4 (1.1)	42.0 (1.6)
Men	32.1 (1.7)	36.1 (1.6)	44.0 (2.0)
Women	31.3 (1.7)	36.8 (1.5)	39.7 (2.1)

NOTES: FPL is federal poverty level. All estimates are age adjusted by the direct method to the 2000 projected U.S. population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

Data Brief 322. Fast Food Consumption Among Adults in the United States, 2013–2016

Data table for Figure 4. Percentage of adults aged 20 and over who consumed fast food on a given day, by sex and eating occasion: United States, 2013–2016

Sex	Breakfast	Lunch	Dinner	Snack
	Percent (standard error)			
Total	22.7 (1.1)	43.7 (1.2)	42.0 (1.1)	22.6 (0.9)
Men	21.5 (1.3)	48.3 (2.0)	42.1 (1.7)	19.5 (1.0)
Women	23.8 (1.4)	39.1 (1.5)	41.9 (1.1)	25.7 (1.2)

NOTE: Respondents could report multiple occasions of eating fast food.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.