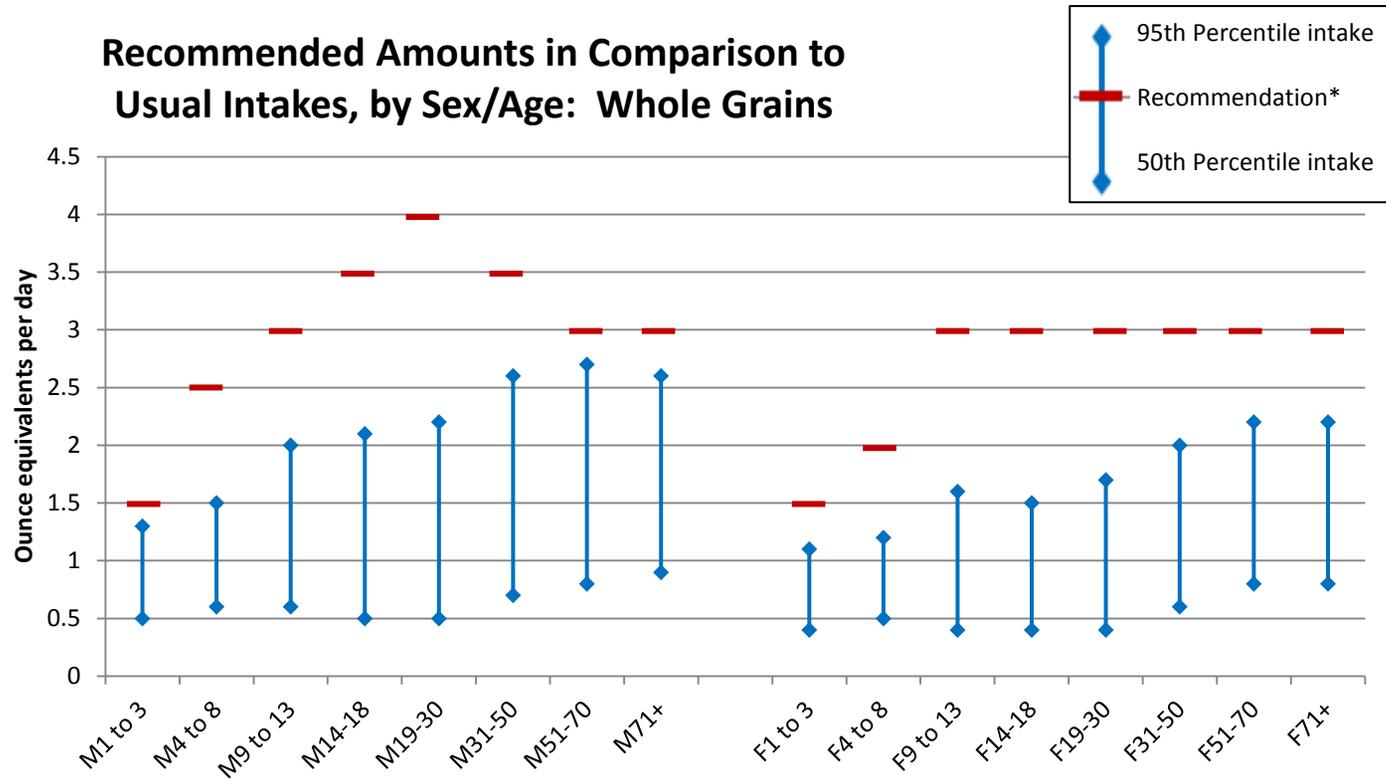


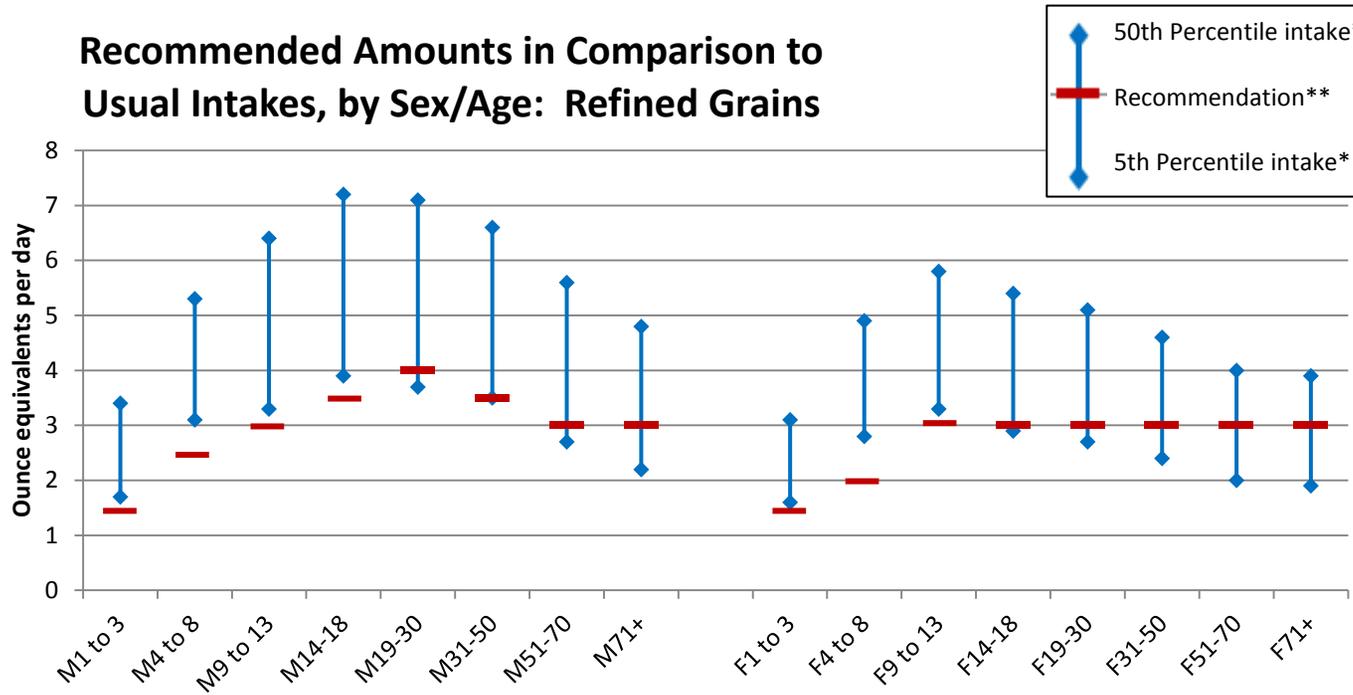
## Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Whole Grains



\*Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

## Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Refined Grains



\* Refined grains are overconsumed, so recommendations are less than median intakes. The range of intakes shown here is from the 5th percentile up to median intakes. 95th percentile intakes are much higher than the range shown.

\*\*Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.