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TOTAL USUAL NUTRIENT INTAKE

from Food, Beverages, and Dietary Supplements, by Gender and Age

What We Eat in America, NHANES 2013-2016

Table TA

Thiamin (mg) <i>EAR</i>	page 1	Vitamin D (μg) <i>EAR, UL</i>	page 13
Riboflavin (mg) <i>EAR</i>	2	Vitamin K (μg) <i>AI</i>	14
Niacin (mg) <i>EAR</i>	3	Calcium (mg) <i>EAR, UL</i>	15
Vitamin B6 (mg) <i>EAR, UL</i>	4	Phosphorus (mg) <i>EAR, UL</i>	16
Folate (μg DFE) <i>EAR</i>	5	Magnesium (mg) <i>EAR</i>	17
Folic acid (μg) <i>UL</i>	6	Iron (mg) <i>EAR, UL</i>	18
Choline (mg) <i>AI, UL</i>	7	Zinc (mg) <i>EAR, UL</i>	19
Vitamin B12 (μg) <i>EAR</i>	8	Copper (mg) <i>EAR, UL</i>	20
Vitamin C (mg) <i>EAR, UL</i>	9	Selenium (μg) <i>EAR, UL</i>	21
Vitamin C <i>Adult Smokers</i> (mg) <i>EAR, UL</i>	10	Sodium (mg) <i>AI, CDRR</i>	22
Vitamin C <i>Adult Non-Smokers</i> (mg) <i>EAR, UL</i>	11	Potassium (mg) <i>AI</i>	23
Vitamin C <i>Adult Smokers and Non-Smokers</i> (mg) <i>EAR, UL</i>	12	SAMPLE SIZE	24
		TABLE NOTES	25

Compared to Dietary Reference Intakes: **EAR**=Estimated Average Requirement; **AI**=Adequate Intake; **UL**=Tolerable Upper Intake Level;
CDRR=Chronic Disease Risk Reduction Intake; **AMDR**=Acceptable Macronutrient Distribution Range

Table TA 1. Thiamin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:												
1-3.....	10 (2.0)	1.22 (0.03)	(0.03)	0.75 (0.02)	0.83 (0.02)	0.98 (0.02)	1.16 (0.02)	1.39 (0.03)	1.63 (0.04)	1.83 (0.06)	0.4	<3
4-8.....	9 (1.7)	1.66 (0.10)	(0.10)	1.00 (0.03)	1.10 (0.03)	1.28 (0.03)	1.50 (0.03)	1.78 (0.04)	2.15 (0.09)	2.58 (0.18)	0.5	<3
9-13.....	6 (1.4)	1.99 (0.11)	(0.11)	1.03 (0.05)	1.16 (0.05)	1.41 (0.04)	1.73 (0.04)	2.12 (0.07)	2.57 (0.12)	2.94 (0.19)	0.7	<3
14-18.....	9 (1.6)	2.60 (0.27)	(0.27)	1.15 (0.07)	1.29 (0.06)	1.56 (0.06)	1.92 (0.06)	2.36 (0.09)	2.94 (0.19)	3.69 (0.47)	1	<3
19-30.....	19 (1.9)	3.78 (0.58)	(0.58)	1.09 (0.02)	1.24 (0.02)	1.53 (0.03)	1.94 (0.04)	2.49 (0.07)	3.44 (0.23)	6.77 (4.25)	1	3 (0.5)
31-50.....	23 (1.6)	4.34 (0.46)	(0.46)	1.09 (0.03)	1.24 (0.03)	1.55 (0.03)	1.99 (0.03)	2.68 (0.06)	3.90 (0.22)	13.94 (6.92)	1	3 (0.5)
19-50.....	21 (1.3)	4.11 (0.28)	(0.28)	1.09 (0.02)	1.24 (0.02)	1.54 (0.02)	1.96 (0.03)	2.60 (0.05)	3.73 (0.18)	9.54 (4.88)	1	3 (0.4)
51-70.....	38 (2.0)	9.32* (2.96)	(2.96)	1.08 (0.04)	1.24 (0.04)	1.58 (0.04)	2.15 (0.06)	3.20 (0.09)	4.98 (0.55)	14.81 (6.27)	1	3 (0.6)
71+.....	37 (2.4)	4.98 (0.75)	(0.75)	1.02 (0.03)	1.17 (0.03)	1.51 (0.03)	2.06 (0.06)	3.05 (0.07)	3.90 (0.14)	11.54 (8.84)	1	5 (0.7)
51+.....	38 (1.7)	8.26 (2.29)	(2.29)	1.06 (0.03)	1.22 (0.03)	1.56 (0.03)	2.13 (0.05)	3.16 (0.07)	4.56 (0.32)	14.51 (5.35)	1	4 (0.6)
19+.....	28 (1.1)	5.88 (0.98)	(0.98)	1.08 (0.02)	1.23 (0.02)	1.55 (0.02)	2.02 (0.02)	2.83 (0.04)	4.11 (0.17)	11.74 (3.75)	1	3 (0.5)
Females:												
1-3.....	11 (1.9)	1.14 (0.03)	(0.03)	0.69 (0.03)	0.76 (0.03)	0.90 (0.03)	1.08 (0.03)	1.29 (0.03)	1.56 (0.05)	1.82 (0.10)	0.4	<3
4-8.....	8 (1.0)	1.42 (0.03)	(0.03)	0.89 (0.03)	0.98 (0.03)	1.14 (0.03)	1.35 (0.03)	1.60 (0.04)	1.91 (0.06)	2.18 (0.08)	0.5	<3
9-13.....	7 (1.4)	1.91 (0.28)	(0.28)	0.87 (0.05)	0.99 (0.04)	1.23 (0.03)	1.53 (0.03)	1.90 (0.05)	2.36 (0.09)	2.82 (0.18)	0.7	<3
14-18.....	10 (1.5)	1.69 (0.10)	(0.10)	0.78 (0.05)	0.89 (0.04)	1.10 (0.04)	1.39 (0.04)	1.76 (0.06)	2.28 (0.14)	2.86 (0.27)	0.9	11 (2.6)
19-30.....	19 (2.0)	2.84 (0.58)	(0.58)	0.82 (0.03)	0.93 (0.03)	1.15 (0.03)	1.44 (0.03)	1.87 (0.05)	2.82 (0.19)	4.65 (0.96)	0.9	8 (1.3)
31-50.....	27 (1.7)	4.46 (0.52)	(0.52)	0.85 (0.03)	0.97 (0.03)	1.20 (0.03)	1.55 (0.04)	2.25 (0.10)	3.77 (0.31)	11.96 (4.77)	0.9	7 (1.2)
19-50.....	24 (1.4)	3.86 (0.40)	(0.40)	0.84 (0.03)	0.95 (0.02)	1.18 (0.02)	1.50 (0.03)	2.07 (0.07)	3.37 (0.15)	7.81 (1.83)	0.9	8 (1.1)
51-70.....	34 (2.2)	7.75 (1.67)	(1.67)	0.80 (0.02)	0.92 (0.02)	1.16 (0.02)	1.54 (0.05)	2.54 (0.11)	5.25 (0.94)	20.29 (7.09)	0.9	9 (0.9)
71+.....	43 (2.4)	6.14 (1.02)	(1.02)	0.79 (0.03)	0.91 (0.03)	1.17 (0.03)	1.65 (0.06)	2.76 (0.08)	4.98 (1.39)	28.51 (6.46)	0.9	9 (1.5)
51+.....	36 (1.6)	7.31 (1.26)	(1.26)	0.80 (0.02)	0.91 (0.02)	1.16 (0.02)	1.56 (0.04)	2.62 (0.06)	5.20 (0.83)	26.24 (4.49)	0.9	9 (0.9)
19+.....	30 (1.2)	5.50 (0.67)	(0.67)	0.82 (0.02)	0.93 (0.02)	1.17 (0.02)	1.52 (0.02)	2.34 (0.07)	3.85 (0.26)	13.50 (3.63)	0.9	8 (0.9)
All:												
1+.....	24 (0.8)	4.73 (0.49)	(0.49)	0.88 (0.01)	1.01 (0.01)	1.28 (0.01)	1.68 (0.02)	2.39 (0.03)	3.53 (0.07)	6.78 (0.68)		5 (0.5)

NOTES: [†] Percent reporting supplement containing thiamin. Sample size presented on page 24.
 EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 2. Riboflavin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:												
1-3.....	9 (2.0)	1.82 (0.04)		1.10 (0.03)	1.23 (0.03)	1.46 (0.03)	1.75 (0.03)	2.08 (0.04)	2.43 (0.05)	2.69 (0.06)	0.4	<3
4-8.....	8 (1.6)	2.14 (0.13)		1.24 (0.04)	1.38 (0.03)	1.63 (0.03)	1.94 (0.03)	2.31 (0.04)	2.77 (0.09)	3.22 (0.16)	0.5	<3
9-13.....	6 (1.4)	2.40 (0.12)		1.16 (0.07)	1.33 (0.06)	1.67 (0.06)	2.12 (0.06)	2.67 (0.09)	3.32 (0.15)	3.83 (0.22)	0.8	<3
14-18.....	9 (1.6)	3.04 (0.26)		1.29 (0.07)	1.47 (0.07)	1.85 (0.06)	2.34 (0.06)	2.97 (0.10)	3.79 (0.20)	4.69 (0.45)	1.1	<3
19-30.....	18 (1.9)	3.87 (0.36)		1.23 (0.04)	1.45 (0.05)	1.89 (0.05)	2.52 (0.07)	3.38 (0.10)	4.73 (0.29)	7.75 (2.43)	1.1	3 (0.6)
31-50.....	23 (1.6)	4.14 (0.29)		1.26 (0.03)	1.49 (0.03)	1.95 (0.03)	2.64 (0.05)	3.67 (0.08)	5.23 (0.23)	8.97 (6.39)	1.1	<3
19-50.....	21 (1.3)	4.03 (0.22)		1.25 (0.03)	1.47 (0.03)	1.92 (0.03)	2.59 (0.04)	3.55 (0.07)	5.04 (0.19)	8.58 (2.75)	1.1	<3
51-70.....	38 (1.8)	6.33 (1.38)		1.30 (0.04)	1.56 (0.04)	2.09 (0.04)	2.98 (0.07)	4.31 (0.09)	6.26 (0.32)	14.84 (3.97)	1.1	<3
71+.....	37 (2.3)	4.41 (0.42)		1.19 (0.04)	1.43 (0.04)	1.95 (0.05)	2.81 (0.08)	3.99 (0.09)	5.31 (0.19)	10.78 (3.96)	1.1	4 (0.5)
51+.....	38 (1.6)	5.86 (1.05)		1.27 (0.03)	1.52 (0.03)	2.05 (0.04)	2.94 (0.05)	4.23 (0.07)	6.02 (0.20)	13.12 (3.34)	1.1	<3
19+.....	28 (1.1)	4.81 (0.47)		1.26 (0.03)	1.49 (0.03)	1.97 (0.03)	2.71 (0.04)	3.84 (0.05)	5.51 (0.14)	10.55 (2.52)	1.1	<3
Females:												
1-3.....	11 (1.9)	1.72 (0.04)		1.04 (0.05)	1.15 (0.05)	1.37 (0.05)	1.65 (0.05)	1.98 (0.05)	2.37 (0.06)	2.67 (0.07)	0.4	<3
4-8.....	7 (0.9)	1.81 (0.03)		1.10 (0.03)	1.22 (0.03)	1.44 (0.03)	1.73 (0.03)	2.07 (0.04)	2.46 (0.05)	2.77 (0.07)	0.5	<3
9-13.....	7 (1.4)	2.05 (0.06)		0.98 (0.05)	1.14 (0.05)	1.45 (0.04)	1.86 (0.04)	2.39 (0.06)	3.03 (0.11)	3.58 (0.17)	0.8	<3
14-18.....	11 (1.6)	2.08 (0.15)		0.85 (0.06)	0.98 (0.06)	1.26 (0.05)	1.65 (0.05)	2.16 (0.07)	2.89 (0.18)	3.67 (0.39)	0.9	7 (2.1)
19-30.....	18 (2.0)	2.71 (0.24)		0.94 (0.04)	1.10 (0.04)	1.39 (0.04)	1.79 (0.05)	2.37 (0.08)	3.38 (0.20)	4.87 (0.70)	0.9	4 (0.8)
31-50.....	27 (1.7)	3.67 (0.21)		1.05 (0.04)	1.21 (0.04)	1.54 (0.04)	2.04 (0.05)	2.93 (0.10)	4.52 (0.28)	11.88 (3.61)	0.9	<3
19-50.....	24 (1.4)	3.32 (0.16)		1.00 (0.03)	1.16 (0.03)	1.48 (0.03)	1.94 (0.04)	2.70 (0.08)	4.09 (0.17)	7.40 (1.18)	0.9	<3
51-70.....	34 (2.2)	4.16 (0.36)		1.05 (0.03)	1.22 (0.03)	1.57 (0.03)	2.13 (0.06)	3.29 (0.13)	5.55 (0.61)	20.76 (5.62)	0.9	<3
71+.....	43 (2.5)	4.54 (0.43)		1.00 (0.04)	1.18 (0.05)	1.55 (0.05)	2.24 (0.10)	3.49 (0.12)	5.49 (2.09)	21.95 (2.45)	0.9	<3
51+.....	37 (1.7)	4.26 (0.26)		1.03 (0.03)	1.21 (0.02)	1.56 (0.02)	2.15 (0.05)	3.35 (0.09)	5.54 (0.50)	21.41 (3.04)	0.9	<3
19+.....	30 (1.2)	3.76 (0.14)		1.02 (0.03)	1.18 (0.03)	1.52 (0.02)	2.02 (0.03)	3.01 (0.08)	4.68 (0.19)	12.20 (2.97)	0.9	<3
All:												
1+.....	24 (0.8)	3.77 (0.21)		1.09 (0.02)	1.27 (0.02)	1.63 (0.02)	2.19 (0.02)	3.16 (0.04)	4.65 (0.07)	7.33 (0.49)		<3

NOTES: [†] Percent reporting supplement containing riboflavin. Sample size presented on page 24.
EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 3. Niacin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	9 (2.0)	14.6 (0.4)	8.5 (0.3)	9.6 (0.3)	11.6 (0.3)	14.0 (0.3)	17.0 (0.5)	20.2 (0.7)	22.6 (0.9)	5	<3
4-8.....	8 (1.6)	20.5 (0.6)	12.5 (0.5)	13.9 (0.5)	16.4 (0.4)	19.5 (0.5)	23.3 (0.7)	27.8 (1.1)	31.6 (1.6)	6	<3
9-13.....	7 (1.5)	25.6 (0.7)	14.3 (0.7)	16.2 (0.7)	19.7 (0.6)	24.2 (0.6)	29.6 (0.9)	35.7 (1.4)	40.2 (1.9)	9	<3
14-18.....	12 (1.8)	31.9 (0.9)	18.0 (0.8)	20.2 (0.7)	24.4 (0.7)	29.8 (0.8)	36.7 (1.3)	45.1 (2.1)	53.1 (3.0)	12	<3
19-30.....	20 (1.9)	37.3 (0.8)	19.3 (0.6)	22.0 (0.6)	27.2 (0.6)	34.2 (0.7)	43.2 (1.0)	54.2 (1.6)	63.2 (2.3)	12	<3
31-50.....	25 (1.5)	38.7 (1.0)	18.9 (0.6)	21.6 (0.6)	26.9 (0.6)	34.4 (0.7)	44.5 (0.9)	56.5 (1.3)	66.0 (1.9)	12	<3
19-50.....	23 (1.2)	38.1 (0.7)	19.1 (0.5)	21.8 (0.5)	27.1 (0.5)	34.3 (0.6)	43.9 (0.8)	55.6 (1.2)	64.8 (1.6)	12	<3
51-70.....	40 (2.2)	47.0 (3.2)	17.8 (0.5)	20.6 (0.5)	26.4 (0.5)	35.6 (0.7)	48.0 (0.9)	61.5 (1.8)	75.3 (4.7)	12	<3
71+.....	40 (2.4)	47.8 (6.5)	14.9 (0.5)	17.3 (0.5)	22.6 (0.6)	31.5 (0.9)	44.1 (1.0)	56.4 (1.7)	72.8 (10.9)	12	<3
51+.....	40 (1.9)	47.2 (3.0)	16.9 (0.4)	19.7 (0.4)	25.4 (0.4)	34.7 (0.6)	47.1 (0.7)	60.5 (1.4)	74.8 (3.7)	12	<3
19+.....	30 (1.2)	42.0 (1.4)	18.0 (0.4)	20.9 (0.4)	26.4 (0.4)	34.4 (0.4)	45.2 (0.6)	57.6 (1.0)	68.4 (1.7)	12	<3
Females:											
1-3.....	12 (2.4)	13.9 (0.4)	8.0 (0.4)	9.0 (0.4)	10.8 (0.4)	13.2 (0.4)	16.1 (0.5)	19.6 (0.7)	22.3 (0.9)	5	<3
4-8.....	7 (0.9)	18.5 (0.4)	11.3 (0.5)	12.5 (0.4)	14.8 (0.4)	17.8 (0.4)	21.3 (0.5)	25.1 (0.7)	28.0 (0.8)	6	<3
9-13.....	9 (1.4)	22.8 (0.8)	12.2 (0.5)	13.8 (0.5)	17.1 (0.4)	21.2 (0.5)	26.4 (0.8)	32.3 (1.2)	36.8 (1.5)	9	<3
14-18.....	14 (2.0)	22.2 (0.5)	11.6 (0.7)	13.2 (0.6)	16.3 (0.6)	20.5 (0.5)	26.0 (0.6)	33.1 (1.3)	38.8 (2.2)	11	4 (1.3)
19-30.....	22 (1.9)	26.5 (0.9)	13.6 (0.4)	15.4 (0.4)	18.8 (0.4)	23.4 (0.4)	29.6 (0.6)	38.1 (1.1)	45.0 (1.7)	11	<3
31-50.....	31 (1.8)	30.2 (1.2)	13.9 (0.4)	15.7 (0.4)	19.4 (0.4)	24.7 (0.5)	33.1 (0.7)	44.4 (0.8)	54.2 (2.2)	11	<3
19-50.....	28 (1.4)	28.8 (0.8)	13.8 (0.3)	15.6 (0.3)	19.2 (0.3)	24.2 (0.4)	31.6 (0.5)	42.2 (0.8)	50.8 (1.3)	11	<3
51-70.....	37 (2.1)	31.7 (1.8)	12.7 (0.3)	14.5 (0.3)	18.2 (0.4)	24.0 (0.6)	35.2 (1.1)	46.3 (1.2)	58.3 (3.8)	11	<3
71+.....	46 (2.8)	39.1 (2.7)	11.6 (0.5)	13.4 (0.5)	17.2 (0.6)	24.3 (1.1)	36.9 (1.2)	46.8 (1.8)	64.6 (9.1)	11	4 (0.9)
51+.....	40 (1.8)	33.7 (1.1)	12.3 (0.3)	14.2 (0.3)	17.9 (0.3)	24.1 (0.5)	35.7 (0.8)	46.4 (1.0)	59.5 (3.1)	11	<3
19+.....	33 (1.3)	31.1 (0.7)	13.0 (0.3)	14.9 (0.3)	18.6 (0.3)	24.1 (0.3)	33.4 (0.5)	44.4 (0.7)	54.4 (1.6)	11	<3
All:											
1+.....	26 (0.8)	33.0 (0.7)	12.9 (0.2)	15.0 (0.2)	19.5 (0.2)	26.5 (0.3)	37.0 (0.4)	49.2 (0.5)	59.5 (0.9)		<3

NOTES: [†] Percent reporting supplement containing niacin. Sample size presented on page 24.
EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 4. Vitamin B6 (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	31 (3.0)	1.53 (0.03)	0.89 (0.03)	0.99 (0.03)	1.17 (0.03)	1.41 (0.03)	1.74 (0.04)	2.21 (0.08)	2.62 (0.16)	0.4	<3		30	<3
4-8.....	37 (2.8)	2.05 (0.14)	1.11 (0.05)	1.22 (0.05)	1.44 (0.04)	1.76 (0.04)	2.25 (0.07)	3.01 (0.15)	3.50 (0.12)	0.5	<3		40	<3
9-13.....	23 (2.2)	2.53 (0.18)	1.04 (0.07)	1.21 (0.07)	1.55 (0.06)	2.05 (0.06)	2.73 (0.10)	3.60 (0.19)	4.41 (0.42)	0.8	<3		60	<3
14-18.....	16 (2.1)	3.20 (0.27)	1.23 (0.07)	1.41 (0.07)	1.80 (0.06)	2.32 (0.08)	3.07 (0.15)	4.25 (0.34)	6.07 (0.69)	1.1	<3		80	<3
19-30.....	21 (1.9)	4.21 (0.44)	1.32 (0.05)	1.55 (0.05)	2.03 (0.06)	2.73 (0.08)	3.84 (0.16)	5.83 (0.42)	8.08 (0.82)	1.1	<3		100	<3
31-50.....	26 (1.5)	4.58 (0.33)	1.33 (0.04)	1.57 (0.04)	2.07 (0.05)	2.83 (0.07)	4.13 (0.13)	6.35 (0.37)	11.59 (4.76)	1.1	<3		100	<3
19-50.....	24 (1.3)	4.42 (0.31)	1.33 (0.04)	1.56 (0.04)	2.05 (0.04)	2.79 (0.06)	4.01 (0.11)	6.12 (0.30)	9.60 (1.59)	1.1	<3		100	<3
51-70.....	41 (2.0)	5.90 (0.58)	1.28 (0.05)	1.53 (0.05)	2.07 (0.06)	3.12 (0.12)	5.33 (0.19)	8.34 (0.42)	13.15 (2.63)	1.4	7 (1.0)		100	<3
71+.....	40 (2.4)	5.68 (0.63)	1.16 (0.05)	1.39 (0.05)	1.90 (0.06)	2.88 (0.13)	4.89 (0.15)	6.95 (0.50)	11.85 (8.52)	1.4	10 (1.3)		100	<3
51+.....	41 (1.8)	5.85 (0.45)	1.24 (0.04)	1.49 (0.04)	2.03 (0.05)	3.06 (0.11)	5.20 (0.15)	8.08 (0.37)	12.90 (2.40)	1.4	8 (0.9)		100	<3
19+.....	31 (1.2)	5.03 (0.24)	1.29 (0.04)	1.53 (0.03)	2.04 (0.03)	2.88 (0.05)	4.50 (0.11)	7.05 (0.32)	11.15 (1.73)		5 (0.5)		100	<3
Females:														
1-3.....	35 (2.8)	1.48 (0.04)	0.82 (0.04)	0.91 (0.04)	1.09 (0.04)	1.33 (0.04)	1.68 (0.05)	2.24 (0.11)	2.87 (0.18)	0.4	<3		30	<3
4-8.....	32 (3.2)	1.75 (0.05)	0.99 (0.04)	1.09 (0.04)	1.29 (0.04)	1.58 (0.04)	2.02 (0.08)	2.70 (0.13)	3.19 (0.13)	0.5	<3		40	<3
9-13.....	26 (2.1)	2.06 (0.05)	0.87 (0.06)	1.02 (0.06)	1.33 (0.05)	1.79 (0.04)	2.48 (0.07)	3.41 (0.13)	4.00 (0.16)	0.8	3 (1.2)		60	<3
14-18.....	20 (2.3)	2.50 (0.24)	0.81 (0.07)	0.95 (0.06)	1.23 (0.06)	1.65 (0.05)	2.32 (0.08)	3.65 (0.33)	5.52 (1.08)	1	12 (3.0)		80	<3
19-30.....	25 (2.2)	3.22 (0.44)	1.02 (0.04)	1.17 (0.04)	1.47 (0.04)	1.92 (0.05)	2.70 (0.12)	4.10 (0.24)	5.82 (0.82)	1.1	8 (1.2)		100	<3
31-50.....	34 (1.8)	4.09 (0.21)	1.04 (0.03)	1.20 (0.03)	1.53 (0.04)	2.08 (0.06)	3.36 (0.12)	5.45 (0.33)	9.12 (2.10)	1.1	7 (1.0)		100	<3
19-50.....	31 (1.4)	3.77 (0.21)	1.03 (0.03)	1.19 (0.03)	1.51 (0.03)	2.01 (0.04)	3.09 (0.11)	4.86 (0.23)	7.57 (0.63)	1.1	7 (0.9)		100	<3
51-70.....	39 (2.1)	8.44* (2.97)	0.98 (0.03)	1.14 (0.03)	1.47 (0.03)	2.09 (0.08)	4.19 (0.22)	7.59 (0.51)	21.83 (6.79)	1.3	17 (1.5)		100	<3
71+.....	47 (2.4)	5.90 (0.57)	0.93 (0.04)	1.09 (0.04)	1.44 (0.05)	2.29 (0.17)	4.41 (0.16)	7.54 (0.82)	20.19 (4.63)	1.3	19 (2.1)		100	<3
51+.....	41 (1.8)	7.74 (2.16)	0.96 (0.03)	1.12 (0.03)	1.46 (0.03)	2.13 (0.07)	4.27 (0.15)	7.57 (0.44)	21.33 (5.14)	1.3	17 (1.3)		100	<3
19+.....	36 (1.3)	5.65 (1.03)	1.00 (0.03)	1.16 (0.03)	1.49 (0.03)	2.06 (0.04)	3.61 (0.11)	6.34 (0.20)	12.08 (1.98)		12 (1.0)		100	<3
All:														
1+.....	32 (0.9)	4.59 (0.42)	1.03 (0.02)	1.21 (0.02)	1.57 (0.02)	2.24 (0.03)	3.58 (0.06)	5.93 (0.15)	9.00 (0.62)		7 (0.5)			<3

NOTES: [†] Percent reporting supplement containing vitamin B6. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 5. Folate (µg DFE): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	28 (2.8)	421 (9)	220 (9)	251 (8)	313 (8)	396 (9)	501 (11)	615 (17)	698 (23)	120	<3
4-8.....	36 (2.9)	580 (13)	304 (11)	346 (11)	427 (11)	541 (12)	690 (18)	863 (29)	995 (39)	160	<3
9-13.....	22 (2.3)	640 (25)	319 (23)	366 (21)	459 (19)	590 (20)	759 (31)	957 (51)	1105 (66)	250	<3
14-18.....	17 (2.2)	672 (25)	336 (25)	383 (23)	481 (21)	614 (22)	797 (36)	1049 (64)	1231 (78)	330	5 (1.9)
19-30.....	21 (1.9)	701 (20)	301 (9)	354 (9)	462 (10)	618 (12)	843 (23)	1134 (41)	1345 (58)	320	7 (0.9)
31-50.....	26 (1.5)	736 (13)	304 (10)	357 (10)	470 (10)	639 (14)	907 (22)	1246 (24)	1451 (30)	320	6 (0.9)
19-50.....	24 (1.1)	722 (12)	302 (9)	356 (8)	466 (8)	630 (11)	878 (17)	1204 (23)	1413 (31)	320	6 (0.8)
51-70.....	39 (2.0)	851 (27)	296 (12)	354 (12)	478 (12)	701 (22)	1123 (27)	1435 (32)	1680 (64)	320	7 (1.0)
71+.....	40 (2.6)	847 (27)	293 (11)	350 (12)	478 (16)	716 (35)	1172 (32)	1459 (38)	1663 (61)	320	7 (1.0)
51+.....	39 (1.8)	850 (21)	296 (10)	353 (10)	478 (11)	704 (20)	1135 (23)	1442 (25)	1676 (47)	320	7 (0.8)
19+.....	30 (1.1)	776 (13)	300 (9)	355 (8)	471 (8)	654 (10)	984 (19)	1328 (20)	1541 (33)	320	7 (0.7)
Females:											
1-3.....	31 (3.1)	413 (13)	208 (12)	238 (12)	297 (12)	382 (13)	491 (15)	619 (21)	724 (32)	120	<3
4-8.....	32 (3.4)	533 (16)	274 (12)	312 (12)	387 (13)	495 (15)	639 (20)	801 (27)	918 (32)	160	<3
9-13.....	26 (2.2)	597 (16)	284 (19)	327 (17)	416 (14)	546 (15)	724 (23)	934 (35)	1076 (44)	250	<3
14-18.....	18 (2.2)	534 (17)	245 (21)	282 (20)	358 (18)	467 (15)	627 (24)	884 (59)	1086 (68)	330	19 (3.9)
19-30.....	25 (2.2)	596 (21)	248 (10)	288 (10)	370 (10)	488 (14)	683 (28)	1068 (57)	1334 (74)	320	15 (1.8)
31-50.....	34 (1.7)	694 (21)	256 (10)	299 (10)	388 (11)	537 (16)	890 (41)	1243 (34)	1567 (111)	320	13 (1.6)
19-50.....	31 (1.3)	658 (16)	253 (9)	295 (9)	381 (9)	517 (12)	796 (31)	1194 (30)	1471 (80)	320	14 (1.4)
51-70.....	37 (2.1)	703 (22)	236 (9)	278 (9)	366 (11)	523 (22)	1004 (30)	1290 (35)	1602 (86)	320	17 (1.6)
71+.....	46 (2.7)	762 (22)	232 (9)	275 (9)	371 (11)	579 (30)	1074 (21)	1359 (46)	1686 (59)	320	17 (1.6)
51+.....	40 (1.7)	719 (17)	235 (8)	277 (8)	367 (9)	536 (19)	1028 (20)	1308 (28)	1633 (50)	320	17 (1.3)
19+.....	35 (1.2)	687 (12)	244 (8)	286 (7)	375 (7)	524 (11)	927 (25)	1256 (21)	1564 (56)	320	15 (1.2)
All:											
1+.....	31 (0.9)	691 (9)	264 (6)	311 (6)	408 (6)	566 (8)	864 (15)	1222 (15)	1449 (25)		9 (0.7)

NOTES: [†]Percent reporting supplement containing folate. Sample size presented on page 24. DFE=dietary folate equivalents; EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 6. Folic acid (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Males:											
1-3.....	28 (2.8)	177 (5)	69 (5)	84 (5)	117 (5)	162 (5)	220 (6)	283 (9)	331 (12)	300	8 (1.1)
4-8.....	36 (2.9)	256 (7)	106 (7)	128 (7)	171 (6)	233 (6)	316 (9)	411 (14)	488 (20)	400	11 (1.4)
9-13.....	22 (2.3)	274 (13)	115 (9)	137 (9)	182 (8)	246 (10)	331 (15)	434 (25)	514 (32)	600	<3
14-18.....	17 (2.2)	283 (14)	118 (9)	140 (9)	185 (10)	249 (12)	341 (20)	475 (37)	583 (42)	800	<3
19-30.....	21 (1.9)	279 (13)	79 (5)	102 (5)	151 (6)	228 (7)	347 (14)	512 (26)	625 (35)	1000	<3
31-50.....	26 (1.5)	282 (7)	72 (5)	94 (5)	142 (5)	221 (7)	360 (12)	559 (13)	663 (17)	1000	<3
19-50.....	24 (1.1)	281 (7)	75 (4)	97 (5)	145 (4)	224 (6)	354 (11)	541 (15)	649 (19)	1000	<3
51-70.....	39 (2.0)	353 (14)	71 (6)	94 (6)	148 (6)	257 (11)	508 (13)	663 (16)	798 (44)	1000	<3
71+.....	40 (2.6)	361 (16)	74 (5)	98 (6)	156 (8)	276 (19)	546 (18)	690 (23)	801 (42)	1000	<3
51+.....	39 (1.8)	355 (11)	72 (5)	95 (5)	150 (5)	261 (10)	518 (11)	671 (14)	799 (33)	1000	<3
19+.....	30 (1.1)	312 (8)	74 (4)	96 (4)	147 (4)	236 (5)	421 (14)	610 (11)	720 (20)	1000	<3
Females:											
1-3.....	31 (3.1)	173 (7)	63 (7)	77 (7)	108 (7)	154 (7)	215 (9)	286 (12)	345 (18)	300	8 (1.4)
4-8.....	32 (3.4)	236 (8)	94 (7)	114 (7)	154 (7)	214 (8)	294 (11)	385 (15)	452 (18)	400	8 (1.4)
9-13.....	26 (2.2)	257 (9)	101 (8)	121 (8)	163 (7)	227 (8)	319 (12)	431 (19)	509 (21)	600	<3
14-18.....	18 (2.2)	226 (9)	83 (7)	99 (7)	135 (6)	187 (7)	267 (13)	409 (33)	531 (39)	800	<3
19-30.....	25 (2.2)	243 (11)	61 (4)	78 (4)	117 (4)	179 (7)	288 (17)	507 (32)	651 (44)	1000	<3
31-50.....	34 (1.7)	290 (11)	60 (4)	78 (4)	120 (5)	196 (8)	395 (25)	588 (18)	775 (84)	1000	<3
19-50.....	31 (1.3)	273 (9)	60 (4)	78 (4)	119 (4)	189 (6)	345 (17)	565 (16)	721 (52)	1000	<3
51-70.....	37 (2.1)	294 (12)	50 (4)	67 (5)	106 (6)	184 (12)	470 (14)	612 (18)	807 (65)	1000	<3
71+.....	46 (2.7)	344 (13)	56 (4)	75 (4)	121 (6)	234 (18)	517 (11)	671 (28)	881 (34)	1000	<3
51+.....	40 (1.7)	307 (10)	52 (4)	69 (4)	109 (5)	196 (11)	485 (10)	628 (14)	842 (36)	1000	<3
19+.....	35 (1.2)	289 (6)	56 (3)	74 (3)	115 (3)	191 (6)	430 (17)	599 (11)	781 (43)	1000	<3
All:											
1+.....	31 (0.9)	287 (5)	67 (3)	89 (3)	135 (3)	214 (4)	371 (9)	571 (7)	687 (14)		<3

NOTES: [†] Percent reporting supplement containing folic acid. Sample size presented on page 24.
UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 7. Choline (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Males:													
1-3.....	15 (2.0)	212 (5)	138 (6)	151 (6)	176 (5)	207 (5)	243 (6)	277 (8)	299 (10)	200	56 (4.3)	1000	<3
4-8.....	20 (2.3)	235 (5)	155 (7)	170 (7)	197 (6)	230 (5)	268 (5)	307 (7)	332 (9)	250	36 (3.4)	1000	<3
9-13.....	13 (1.8)	282 (5)	152 (6)	174 (6)	216 (5)	271 (5)	336 (7)	404 (11)	450 (14)	375	15 (1.9)	2000	<3
14-18.....	8 (1.4)	323 (7)	179 (9)	203 (8)	250 (8)	311 (7)	383 (9)	457 (12)	506 (14)	550	<3	3000	<3
19-30.....	6 (1.0)	390 (7)	213 (7)	244 (7)	303 (6)	377 (7)	464 (9)	553 (13)	611 (16)	550	10 (1.5)	3500	<3
31-50.....	7 (1.2)	404 (6)	224 (7)	255 (7)	315 (6)	391 (6)	480 (8)	571 (12)	630 (15)	550	13 (1.5)	3500	<3
19-50.....	6 (0.8)	399 (5)	219 (6)	250 (6)	310 (5)	386 (5)	474 (7)	563 (12)	622 (15)	550	12 (1.4)	3500	<3
51-70.....	5 (1.0)	407 (8)	225 (6)	257 (6)	317 (6)	395 (7)	483 (10)	573 (15)	633 (18)	550	13 (1.8)	3500	<3
71+.....	4 (0.9)	366 (6)	196 (8)	225 (8)	282 (7)	353 (6)	436 (7)	520 (9)	576 (12)	550	7 (0.9)	3500	<3
51+.....	5 (0.8)	397 (6)	216 (6)	248 (6)	308 (5)	385 (6)	472 (8)	562 (13)	623 (16)	550	11 (1.5)	3500	<3
19+.....	6 (0.6)	398 (4)	218 (6)	249 (5)	309 (4)	385 (4)	473 (7)	563 (11)	622 (14)	550	12 (1.3)	3500	<3
Females:													
1-3.....	17 (2.9)	202 (5)	132 (5)	144 (5)	168 (4)	198 (5)	231 (7)	266 (9)	289 (11)	200	48 (4.1)	1000	<3
4-8.....	16 (2.0)	212 (4)	138 (5)	151 (5)	176 (4)	207 (4)	242 (5)	277 (7)	301 (9)	250	21 (2.6)	1000	<3
9-13.....	15 (1.7)	251 (5)	132 (6)	151 (6)	190 (5)	241 (5)	301 (6)	363 (9)	404 (12)	375	8 (1.4)	2000	<3
14-18.....	8 (1.7)	224 (5)	116 (7)	134 (7)	168 (7)	214 (6)	268 (5)	328 (7)	366 (9)	400	<3	3000	<3
19-30.....	8 (1.2)	276 (5)	158 (5)	179 (5)	219 (5)	267 (5)	325 (6)	385 (7)	424 (9)	425	5 (0.8)	3500	<3
31-50.....	9 (1.1)	293 (4)	166 (4)	187 (4)	228 (4)	280 (4)	340 (5)	401 (6)	443 (7)	425	7 (0.8)	3500	<3
19-50.....	9 (0.6)	287 (3)	163 (4)	184 (4)	224 (3)	275 (3)	335 (4)	396 (5)	436 (7)	425	6 (0.7)	3500	<3
51-70.....	8 (1.2)	289 (5)	166 (4)	187 (4)	228 (4)	279 (5)	339 (6)	402 (8)	444 (11)	425	7 (1.1)	3500	<3
71+.....	5 (1.1)	273 (6)	155 (5)	175 (5)	215 (6)	265 (6)	323 (7)	381 (9)	420 (11)	425	5 (0.9)	3500	<3
51+.....	7 (1.1)	285 (4)	163 (4)	184 (3)	224 (3)	275 (4)	335 (5)	397 (7)	438 (9)	425	6 (0.9)	3500	<3
19+.....	8 (0.6)	286 (3)	163 (3)	184 (3)	224 (3)	275 (2)	335 (3)	396 (5)	437 (7)	425	6 (0.7)	3500	<3
All:													
1+.....	8 (0.5)	319 (2)	161 (2)	184 (2)	230 (2)	298 (2)	385 (3)	481 (6)	546 (9)		12 (0.7)		<3

NOTES: [†]Percent reporting supplement containing choline. Sample size presented on page 24.
AI=Adequate Intake; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 8. Vitamin B12 (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:												
1-3.....	30 (2.9)	5.27 (0.42)		2.31 (0.15)	2.68 (0.14)	3.37 (0.12)	4.31 (0.09)	5.59 (0.09)	7.33 (0.25)	8.93 (0.41)	0.7	<3
4-8.....	36 (2.8)	5.62 (0.12)		2.69 (0.13)	3.08 (0.12)	3.86 (0.11)	5.01 (0.13)	6.73 (0.21)	8.98 (0.26)	10.25 (0.22)	1	<3
9-13.....	22 (2.3)	11.91* (5.00)		2.45 (0.19)	2.94 (0.19)	3.95 (0.18)	5.45 (0.19)	7.50 (0.27)	10.09 (0.45)	12.33 (0.84)	1.5	<3
14-18.....	16 (2.0)	13.14 (2.39)		2.99 (0.16)	3.54 (0.16)	4.69 (0.17)	6.29 (0.25)	8.59 (0.47)	12.72 (1.20)	18.85 (3.14)	2	<3
19-30.....	22 (1.8)	35.95* (12.49)		2.74 (0.15)	3.32 (0.15)	4.56 (0.16)	6.49 (0.22)	9.91 (0.50)	19.83 (2.12)	37.00 (6.89)	2	<3
31-50.....	27 (1.6)	32.57 (5.50)		2.64 (0.14)	3.21 (0.13)	4.46 (0.13)	6.52 (0.19)	10.66 (0.53)	24.62 (1.93)	53.35 (24.40)	2	<3
19-50.....	25 (1.2)	33.97 (5.75)		2.68 (0.13)	3.25 (0.12)	4.50 (0.12)	6.51 (0.15)	10.33 (0.40)	23.00 (1.32)	40.60 (8.09)	2	<3
51-70.....	43 (1.8)	92.82 (19.36)		2.59 (0.12)	3.22 (0.12)	4.63 (0.13)	7.73 (0.30)	27.35 (1.91)	86.99 (22.00)	252.10 (264.33)	2	<3
71+.....	44 (2.7)	137.71 (25.65)		2.54 (0.15)	3.17 (0.16)	4.62 (0.19)	7.89 (0.58)	29.25 (1.12)	236.44 (177.50)	1007.17 (3.80)	2	<3
51+.....	43 (1.6)	103.73 (14.92)		2.58 (0.12)	3.21 (0.11)	4.63 (0.10)	7.77 (0.26)	28.03 (1.35)	104.21 (12.88)	527.22 (302.27)	2	<3
19+.....	33 (1.0)	63.65 (7.21)		2.64 (0.12)	3.23 (0.11)	4.55 (0.10)	6.88 (0.14)	13.93 (0.98)	34.88 (2.67)	109.72 (17.44)	2	<3
Females:												
1-3.....	34 (2.9)	4.69 (0.14)		2.25 (0.12)	2.59 (0.12)	3.28 (0.12)	4.25 (0.14)	5.59 (0.18)	7.42 (0.33)	8.96 (0.39)	0.7	<3
4-8.....	32 (3.2)	5.48 (0.40)		2.35 (0.13)	2.71 (0.12)	3.42 (0.11)	4.47 (0.11)	6.06 (0.20)	8.25 (0.32)	9.56 (0.30)	1	<3
9-13.....	26 (2.1)	7.27 (1.32)		1.99 (0.14)	2.42 (0.14)	3.34 (0.14)	4.76 (0.16)	7.04 (0.29)	10.10 (0.42)	12.05 (0.65)	1.5	<3
14-18.....	19 (2.2)	9.53 (2.50)		1.65 (0.15)	2.02 (0.14)	2.80 (0.13)	3.97 (0.12)	5.85 (0.25)	10.01 (1.22)	14.72 (1.75)	2	10 (2.2)
19-30.....	26 (2.1)	54.78* (28.28)		1.96 (0.10)	2.35 (0.10)	3.19 (0.11)	4.52 (0.14)	6.97 (0.32)	12.23 (1.15)	27.99 (9.21)	2	5 (1.1)
31-50.....	36 (1.8)	65.57 (10.71)		1.97 (0.10)	2.38 (0.11)	3.29 (0.12)	4.96 (0.18)	9.34 (0.49)	29.28 (7.50)	201.91 (122.83)	2	5 (1.1)
19-50.....	32 (1.2)	61.59 (11.32)		1.96 (0.10)	2.37 (0.10)	3.25 (0.10)	4.77 (0.13)	8.40 (0.33)	18.79 (3.87)	104.33 (30.68)	2	5 (1.1)
51-70.....	44 (2.4)	151.44 (32.35)		2.02 (0.09)	2.46 (0.09)	3.48 (0.11)	5.81 (0.39)	24.91 (4.73)	203.09 (162.19)	1005.32 (25.89)	2	5 (0.8)
71+.....	52 (2.3)	195.21 (41.91)		2.03 (0.17)	2.51 (0.18)	3.68 (0.23)	8.13 (0.90)	29.54 (0.83)	503.92 (110.62)	1008.17 (17.82)	2	5 (1.4)
51+.....	46 (2.0)	163.35 (24.02)		2.02 (0.10)	2.47 (0.10)	3.53 (0.11)	6.18 (0.42)	27.85 (1.62)	255.54 (170.09)	1005.89 (8.26)	2	5 (0.9)
19+.....	39 (1.4)	109.83 (13.38)		1.99 (0.09)	2.41 (0.09)	3.37 (0.08)	5.22 (0.14)	11.63 (0.76)	57.81 (16.80)	506.25 (181.07)	2	5 (0.9)
All:												
1+.....	33 (0.9)	67.80 (5.40)		2.21 (0.05)	2.70 (0.06)	3.76 (0.06)	5.66 (0.08)	10.10 (0.22)	30.99 (0.82)	115.10 (21.30)		3 (0.4)

NOTES: [†] Percent reporting supplement containing vitamin B12. Sample size presented on page 24.
 EAR=Estimated Average Requirement
 It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 9. Vitamin C (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	33 (2.7)	85.5 (3.2)	32.7 (2.4)	40.4 (2.5)	56.1 (2.6)	78.1 (2.8)	106.3 (3.6)	137.0 (5.0)	158.6 (6.5)	13	<3	400	<3	
4-8.....	38 (2.9)	85.4 (4.0)	29.6 (2.2)	37.0 (2.4)	52.0 (2.7)	73.6 (3.2)	102.3 (4.4)	135.9 (6.4)	165.9 (9.5)	22	<3	650	<3	
9-13.....	25 (2.6)	103.7 (10.0)	29.1 (2.8)	36.8 (3.0)	53.6 (3.4)	79.5 (4.2)	116.0 (6.3)	164.3 (13.0)	219.3 (42.3)	39	12 (2.4)	1200	<3	
14-18.....	19 (2.0)	106.2 (10.4)	24.2 (1.9)	30.9 (2.2)	46.0 (2.6)	69.3 (3.6)	104.8 (6.5)	162.6 (15.1)	296.2 (70.8)	63	44 (3.4)	1800	<3	
19-30.....	25 (1.7)	128.0 (11.3)	21.1 (1.5)	28.7 (1.8)	46.6 (2.5)	77.8 (3.9)	128.5 (6.8)	223.7 (22.1)	387.3 (72.3)	75	48 (2.8)	2000	<3	
31-50.....	30 (1.5)	148.4 (11.2)	23.0 (1.6)	31.2 (1.8)	51.2 (2.2)	87.3 (3.1)	147.2 (4.7)	249.1 (13.8)	410.0 (51.1)	75	42 (1.9)	2000	<3	
19-50.....	28 (1.2)	140.0 (7.3)	22.2 (1.4)	30.1 (1.5)	49.2 (1.9)	83.1 (2.5)	139.5 (3.6)	239.9 (11.2)	400.8 (31.4)	75	45 (1.6)	2000	<3	
51-70.....	45 (2.2)	197.1 (14.1)	25.7 (1.9)	35.7 (2.3)	60.8 (3.2)	109.0 (4.4)	187.2 (7.7)	397.2 (88.8)	726.3 (98.9)	75	33 (2.0)	2000	<3	
71+.....	47 (2.9)	233.4 (11.9)	31.7 (2.5)	43.5 (3.0)	73.8 (4.5)	127.9 (6.4)	219.1 (11.9)	625.9 (30.6)	979.0 (121.9)	75	26 (2.3)	2000	<3	
51+.....	45 (2.0)	205.9 (10.4)	26.8 (1.9)	37.3 (2.3)	63.8 (3.2)	113.5 (4.1)	195.2 (6.9)	501.8 (95.3)	782.0 (123.1)	75	31 (1.8)	2000	<3	
19+.....	35 (1.1)	168.0 (6.5)	23.8 (1.4)	32.5 (1.6)	54.3 (1.9)	94.2 (2.6)	162.5 (3.9)	307.3 (19.9)	605.5 (28.4)	75	39 (1.4)	2000	<3	
Females:														
1-3.....	37 (3.1)	83.1 (5.7)	28.5 (2.5)	35.6 (2.7)	50.0 (3.0)	70.9 (3.4)	98.1 (4.1)	130.7 (5.8)	157.3 (9.4)	13	<3	400	<3	
4-8.....	36 (3.3)	99.3 (17.5)	28.8 (2.8)	36.0 (3.0)	50.8 (3.3)	72.6 (3.7)	100.6 (4.6)	132.7 (6.7)	158.7 (11.3)	22	<3	650	<3	
9-13.....	29 (2.3)	104.7 (16.8)	24.4 (2.2)	31.2 (2.3)	46.6 (2.5)	70.5 (2.6)	104.0 (3.3)	147.2 (7.0)	191.1 (18.9)	39	17 (2.3)	1200	<3	
14-18.....	22 (2.4)	116.0 (19.4)	20.9 (2.5)	26.9 (2.8)	40.6 (3.4)	62.8 (4.0)	97.7 (6.0)	152.5 (14.6)	228.2 (218.5)	56	43 (4.1)	1800	<3	
19-30.....	28 (2.0)	112.3 (9.6)	21.1 (1.4)	27.8 (1.6)	43.6 (2.0)	69.9 (2.9)	113.9 (5.4)	191.1 (16.0)	321.0 (70.7)	60	41 (2.3)	2000	<3	
31-50.....	36 (1.7)	139.0 (7.6)	24.0 (1.8)	31.9 (2.0)	50.2 (2.4)	82.9 (3.0)	135.5 (4.8)	236.8 (18.7)	494.7 (73.8)	60	33 (2.2)	2000	<3	
19-50.....	33 (1.3)	129.1 (6.6)	22.8 (1.5)	30.2 (1.6)	47.5 (1.9)	77.7 (2.4)	127.8 (4.2)	217.8 (14.0)	419.8 (67.4)	60	36 (1.7)	2000	<3	
51-70.....	43 (2.0)	206.2 (14.7)	24.4 (1.5)	32.5 (1.7)	53.1 (2.0)	93.2 (3.8)	170.3 (9.1)	547.9 (120.5)	991.8 (93.3)	60	30 (1.6)	2000	<3	
71+.....	56 (2.7)	239.8 (15.2)	31.5 (2.4)	42.5 (2.9)	71.0 (4.5)	130.2 (7.0)	250.2 (23.0)	646.2 (35.4)	947.4 (116.9)	60	19 (2.1)	2000	<3	
51+.....	47 (1.7)	215.3 (11.9)	25.8 (1.5)	34.7 (1.6)	56.9 (1.8)	101.9 (3.4)	190.4 (8.7)	591.0 (40.6)	981.0 (82.0)	60	27 (1.3)	2000	<3	
19+.....	40 (1.2)	170.0 (7.0)	24.0 (1.5)	32.0 (1.6)	51.3 (1.7)	87.1 (2.3)	153.1 (4.6)	330.5 (28.2)	667.7 (34.3)	60	32 (1.4)	2000	<3	
All:														
1+.....	35 (1.0)	152.2 (4.5)	24.4 (0.9)	32.5 (1.0)	51.4 (1.1)	84.2 (1.4)	140.7 (2.3)	262.8 (8.7)	578.7 (20.9)		31 (0.9)		<3	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 EAR used is for non-smokers regardless of smoking status

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 10. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	23 (4.0)	85.2 (11.4)	14.7* (1.2)	20.3 (1.6)	33.9 (2.4)	58.1 (3.8)	94.9 (6.4)	146.6 (18.8)	226.5* (132.2)	110	81 (2.9)	2000	<3	
31-50.....	20 (2.4)	104.7 (11.1)	15.1 (1.2)	20.9 (1.3)	34.7 (1.7)	59.0 (2.6)	98.9 (4.5)	173.1 (20.1)	381.9 (106.3)	110	79 (1.7)	2000	<3	
19-50.....	21 (2.3)	96.2 (9.4)	14.9 (1.1)	20.6 (1.2)	34.3 (1.6)	58.5 (2.4)	97.1 (4.4)	159.2 (15.4)	345.4 (110.6)	110	80 (1.8)	2000	<3	
51-70.....	28 (4.8)	140.3 (23.9)	16.4 (1.4)	22.3 (1.7)	37.1 (2.5)	66.3 (5.2)	127.2 (16.0)	236.7 (36.0)	508.4 (186.9)	110	70 (3.8)	2000	<3	
71+.....	27* (6.8)	156.5* (61.5)	18.4* (2.0)	25.9* (2.5)	41.9* (4.1)	73.6* (7.8)	122.7* (17.2)	233.9* (697.6)	1039.3* (789.4)	110	70* (5.2)	2000	<3	
51+.....	28 (3.9)	142.3 (22.3)	16.6 (1.4)	22.6 (1.7)	37.7 (2.4)	67.2 (4.7)	126.3 (13.6)	236.4 (37.4)	539.7 (249.2)	110	70 (3.4)	2000	<3	
19+.....	23 (1.8)	111.7 (10.6)	15.4 (1.1)	21.2 (1.3)	35.4 (1.6)	61.0 (2.5)	105.1 (5.0)	186.4 (19.5)	374.7 (94.9)	110	77 (1.8)	2000	<3	
Females:														
19-30.....	21 (2.6)	69.0 (9.8)	13.3* (1.1)	17.8 (1.3)	27.9 (1.6)	45.3 (2.4)	73.8 (4.6)	116.3 (12.7)	154.6* (21.7)	95	85 (2.6)	2000	<3	
31-50.....	31 (3.4)	113.3 (18.7)	15.2* (1.6)	20.4 (1.8)	32.7 (2.3)	54.5 (3.0)	98.5 (6.4)	183.7 (64.2)	524.8* (218.9)	95	74 (2.4)	2000	<3	
19-50.....	27 (2.2)	96.3 (12.0)	14.5 (1.3)	19.2 (1.5)	30.6 (1.8)	50.7 (2.2)	87.6 (4.0)	153.8 (13.7)	292.2 (160.3)	95	78 (1.7)	2000	<3	
51-70.....	29 (3.6)	169.6 (37.5)	15.1* (1.4)	20.4 (1.5)	32.1 (1.8)	54.8 (3.3)	102.3 (8.2)	204.1 (87.7)	715.4* (405.9)	95	72 (3.0)	2000	<3	
71+.....	36* (13.3)	161.6* (52.6)	17.3* (2.9)	23.1* (3.3)	36.5* (6.1)	66.1* (22.1)	143.4* (42.7)	285.3* (452.8)	825.8* (506.7)	95	63* (12.0)	2000	<3	
51+.....	30 (3.4)	168.9 (36.3)	15.3* (1.4)	20.5 (1.6)	32.5 (1.9)	55.6 (3.3)	105.0 (8.5)	223.2 (82.7)	809.7* (363.1)	95	72 (2.9)	2000	<3	
19+.....	28 (2.3)	126.1 (19.1)	14.7 (1.3)	19.8 (1.4)	31.3 (1.6)	52.5 (2.0)	94.1 (4.2)	170.4 (20.9)	537.4 (191.7)	95	75 (1.6)	2000	<3	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
 Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
 EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 11. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	25 (2.1)	141.7 (14.5)	24.9 (1.9)	33.2 (2.3)	52.6 (3.1)	85.2 (4.9)	139.4 (8.3)	248.4 (29.7)	414.7 (97.4)	75	43 (3.1)	2000	<3	
31-50.....	33 (1.6)	161.1 (12.5)	27.3 (2.0)	36.3 (2.2)	58.6 (2.8)	97.4 (3.8)	160.4 (5.7)	264.4 (13.8)	413.9 (49.2)	75	36 (2.1)	2000	<3	
19-50.....	30 (1.3)	153.2 (8.4)	26.2 (1.7)	34.9 (1.9)	55.8 (2.3)	92.2 (3.0)	151.9 (4.5)	259.6 (12.4)	414.0 (40.5)	75	39 (1.9)	2000	<3	
51-70.....	48 (2.3)	210.2 (14.7)	30.1 (2.3)	41.5 (2.7)	69.6 (3.6)	119.4 (4.7)	200.7 (8.7)	468.6 (110.7)	762.3 (186.8)	75	28 (2.1)	2000	<3	
71+.....	49 (3.0)	239.1 (12.8)	34.8 (2.9)	47.3 (3.5)	78.5 (4.7)	132.6 (6.5)	224.3 (12.2)	631.0 (32.7)	929.6 (141.7)	75	23 (2.3)	2000	<3	
51+.....	48 (2.0)	217.8 (10.9)	31.2 (2.3)	42.8 (2.7)	71.9 (3.5)	122.7 (4.2)	207.0 (7.4)	561.7 (80.7)	833.4 (142.1)	75	27 (1.9)	2000	<3	
19+.....	38 (1.3)	182.1 (7.0)	28.0 (1.8)	37.8 (2.0)	61.6 (2.4)	104.3 (3.1)	175.8 (4.4)	335.6 (24.5)	635.5 (32.2)	75	33 (1.6)	2000	<3	
Females:														
19-30.....	30 (2.3)	123.4 (10.9)	25.3 (1.6)	32.8 (1.7)	49.7 (2.2)	77.5 (3.2)	123.0 (6.0)	210.1 (23.5)	370.5 (96.2)	60	35 (2.4)	2000	<3	
31-50.....	38 (2.1)	144.9 (7.8)	28.7 (2.0)	37.5 (2.2)	56.9 (2.5)	90.0 (3.5)	141.4 (5.3)	241.6 (19.8)	494.0 (65.5)	60	28 (2.2)	2000	<3	
19-50.....	35 (1.7)	137.1 (7.3)	27.2 (1.6)	35.5 (1.8)	54.0 (2.0)	85.2 (2.8)	135.2 (4.8)	229.4 (16.6)	443.7 (68.0)	60	30 (1.9)	2000	<3	
51-70.....	47 (2.3)	215.3 (16.7)	29.8 (1.9)	39.1 (2.0)	61.7 (2.4)	104.8 (4.5)	187.4 (11.7)	588.7 (89.1)	999.6 (95.7)	60	24 (1.5)	2000	<3	
71+.....	56 (2.7)	241.1 (15.9)	33.8 (2.3)	44.7 (2.7)	72.8 (4.2)	130.7 (6.9)	248.3 (23.4)	645.6 (33.0)	962.1 (123.4)	60	18 (1.9)	2000	<3	
51+.....	50 (1.9)	223.1 (13.0)	30.9 (1.8)	40.7 (1.8)	64.6 (2.1)	111.7 (3.8)	204.6 (10.5)	615.0 (40.3)	991.7 (80.3)	60	22 (1.3)	2000	<3	
19+.....	42 (1.5)	179.0 (7.7)	28.9 (1.6)	37.7 (1.7)	58.3 (1.9)	96.0 (2.7)	163.4 (5.1)	363.0 (38.2)	685.4 (39.4)	60	26 (1.4)	2000	<3	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
EAR=Estimated Average Requirement for non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 12. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	25 (1.7)	127.9 (11.2)	21.0 (1.5)	28.7 (1.9)	47.0 (2.5)	78.0 (3.8)	127.8 (6.6)	223.1 (22.7)	384.5 (68.5)	110/75	52 (2.4)	2000	<3	
31-50.....	30 (1.5)	148.6 (11.3)	22.7 (1.5)	31.0 (1.8)	51.3 (2.2)	87.7 (3.1)	147.8 (4.7)	252.1 (13.9)	404.6 (48.1)	110/75	46 (1.9)	2000	<3	
19-50.....	28 (1.2)	140.0 (7.3)	21.9 (1.3)	29.9 (1.5)	49.4 (1.8)	83.4 (2.5)	139.6 (3.7)	241.5 (11.6)	395.7 (28.9)	110/75	48 (1.6)	2000	<3	
51-70.....	45 (2.2)	197.3 (14.1)	25.3 (1.8)	35.2 (2.2)	60.7 (3.2)	109.2 (4.4)	188.2 (7.5)	398.1 (89.2)	724.7 (105.0)	110/75	36 (2.1)	2000	<3	
71+.....	47 (2.9)	232.4 (11.9)	32.1 (2.7)	43.8 (3.3)	74.0 (4.6)	126.8 (6.4)	217.0 (11.6)	625.4 (31.6)	966.4 (122.3)	110/75	27 (2.4)	2000	<3	
51+.....	45 (2.0)	205.8 (10.3)	26.5 (1.8)	37.0 (2.2)	63.6 (3.2)	113.3 (4.3)	195.2 (6.8)	502.6 (94.8)	784.9 (116.9)	110/75	34 (1.9)	2000	<3	
19+.....	35 (1.1)	168.0 (6.5)	23.6 (1.4)	32.4 (1.6)	54.3 (2.0)	94.4 (2.6)	162.6 (3.9)	307.2 (20.6)	606.1 (28.8)	110/75	42 (1.4)	2000	<3	
Females:														
19-30.....	28 (2.0)	112.1 (9.5)	20.5 (1.4)	27.4 (1.5)	43.5 (1.9)	70.5 (2.9)	113.3 (5.2)	188.8 (16.3)	319.4 (71.6)	95/60	45 (2.3)	2000	<3	
31-50.....	36 (1.7)	138.8 (7.6)	23.8 (1.8)	31.8 (2.0)	50.7 (2.3)	83.3 (3.0)	135.2 (4.8)	232.7 (18.6)	497.7 (74.0)	95/60	37 (2.0)	2000	<3	
19-50.....	33 (1.3)	129.0 (6.5)	22.4 (1.4)	30.0 (1.6)	47.7 (1.8)	78.1 (2.3)	127.2 (4.1)	215.3 (13.9)	418.6 (68.4)	95/60	40 (1.6)	2000	<3	
51-70.....	43 (2.0)	206.4 (14.7)	24.2 (1.6)	32.5 (1.7)	53.2 (2.0)	94.2 (3.6)	169.9 (8.9)	550.1 (121.7)	996.8 (94.0)	95/60	33 (1.5)	2000	<3	
71+.....	56 (2.7)	237.4 (15.0)	32.1 (2.3)	42.7 (2.8)	70.1 (4.4)	127.8 (6.8)	242.7 (20.8)	644.3 (33.2)	950.9 (120.6)	95/60	20 (2.1)	2000	<3	
51+.....	47 (1.8)	214.8 (11.8)	25.9 (1.6)	34.6 (1.7)	57.0 (1.9)	102.0 (3.4)	188.4 (8.8)	593.1 (41.0)	986.4 (82.8)	95/60	30 (1.3)	2000	<3	
19+.....	40 (1.2)	169.6 (6.9)	23.8 (1.5)	31.9 (1.5)	51.5 (1.7)	87.6 (2.3)	152.0 (4.3)	326.1 (27.0)	668.3 (33.6)	95/60	35 (1.3)	2000	<3	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 13. Vitamin D (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	32 (3.1)	8.9 (0.3)	3.2 (0.3)	4.0 (0.3)	5.6 (0.3)	7.9 (0.2)	11.1 (0.3)	15.1 (0.6)	18.1 (0.9)	10	68 (1.8)	63	<3	
4-8.....	37 (2.8)	8.8 (0.3)	2.6 (0.2)	3.3 (0.2)	4.8 (0.2)	7.2 (0.2)	11.3 (0.4)	16.4 (0.7)	19.8 (0.8)	10	69 (1.8)	75	<3	
9-13.....	23 (2.2)	8.4 (0.5)	2.1 (0.2)	2.7 (0.2)	4.0 (0.2)	6.1 (0.3)	9.5 (0.5)	15.2 (1.0)	20.8 (1.4)	10	77 (2.0)	100	<3	
14-18.....	18 (2.2)	8.2 (0.8)	2.0 (0.2)	2.6 (0.2)	3.8 (0.3)	5.7 (0.3)	8.6 (0.5)	14.1 (1.5)	21.3 (2.3)	10	81 (2.3)	100	<3	
19-30.....	21 (1.7)	8.5 (0.5)	1.5 (0.1)	2.0 (0.1)	3.1 (0.2)	5.0 (0.2)	8.5 (0.4)	16.4 (1.5)	24.7 (1.8)	10	80 (1.6)	100	<3	
31-50.....	28 (1.2)	11.9 (0.7)	1.6 (0.1)	2.1 (0.1)	3.3 (0.1)	5.6 (0.2)	11.6 (0.8)	24.9 (1.6)	44.6 (7.1)	10	72 (1.5)	100	<3	
19-50.....	25 (1.0)	10.5 (0.4)	1.6 (0.1)	2.0 (0.1)	3.2 (0.1)	5.3 (0.2)	9.9 (0.5)	21.6 (0.9)	32.6 (2.0)	10	75 (1.2)	100	<3	
51-70.....	47 (2.0)	19.8 (1.5)	1.8 (0.1)	2.5 (0.2)	4.1 (0.2)	8.6 (0.7)	21.8 (1.2)	44.3 (5.2)	66.8 (6.8)	10	53 (2.0)	100	3 (0.8)	
71+.....	55 (2.6)	29.2 (2.6)	2.4 (0.2)	3.3 (0.2)	5.6 (0.3)	15.6 (1.3)	34.1 (3.4)	62.8 (5.8)	122.0 (27.1)	10	41 (2.2)	100	6 (1.5)	
51+.....	49 (1.8)	22.1 (1.2)	1.9 (0.1)	2.6 (0.1)	4.4 (0.2)	9.8 (0.8)	24.7 (1.5)	53.1 (3.1)	73.1 (9.8)	10	50 (1.6)	100	4 (0.7)	
19+.....	35 (1.1)	15.4 (0.6)	1.7 (0.1)	2.2 (0.1)	3.6 (0.1)	6.3 (0.2)	16.0 (0.6)	32.6 (1.3)	56.0 (1.7)	10	65 (1.1)	100	<3	
Females:														
1-3.....	36 (3.0)	8.7 (0.3)	2.9 (0.2)	3.7 (0.2)	5.2 (0.2)	7.5 (0.3)	11.2 (0.4)	15.5 (0.6)	18.6 (0.8)	10	69 (2.3)	63	<3	
4-8.....	33 (3.2)	8.0 (0.4)	2.1 (0.2)	2.7 (0.2)	4.0 (0.2)	6.2 (0.3)	10.4 (0.7)	16.1 (0.9)	19.4 (0.9)	10	73 (2.4)	75	<3	
9-13.....	26 (2.3)	8.7 (1.1)	1.7 (0.1)	2.3 (0.2)	3.5 (0.2)	5.5 (0.2)	9.4 (0.5)	16.0 (0.9)	20.3 (1.4)	10	77 (1.7)	100	<3	
14-18.....	21 (2.3)	10.3 (1.9)	1.2 (0.1)	1.6 (0.1)	2.5 (0.1)	4.0 (0.2)	7.0 (0.5)	16.1 (2.5)	25.6 (17.6)	10	83 (2.0)	100	<3	
19-30.....	27 (2.0)	10.5 (1.9)	1.4 (0.1)	1.8 (0.1)	2.7 (0.1)	4.3 (0.2)	8.1 (0.6)	21.9 (2.3)	30.8 (1.9)	10	79 (1.6)	100	<3	
31-50.....	38 (1.9)	17.3 (1.4)	1.4 (0.1)	1.9 (0.1)	2.9 (0.1)	5.1 (0.2)	16.5 (1.9)	37.3 (3.7)	65.3 (8.8)	10	67 (1.7)	100	3 (0.8)	
19-50.....	34 (1.5)	14.8 (1.1)	1.4 (0.1)	1.8 (0.1)	2.8 (0.1)	4.7 (0.2)	12.8 (0.9)	30.4 (1.4)	53.1 (5.0)	10	71 (1.2)	100	<3	
51-70.....	54 (1.9)	28.8 (1.7)	1.7 (0.1)	2.2 (0.1)	3.7 (0.1)	10.7 (1.6)	34.8 (2.8)	67.7 (4.8)	107.5 (19.5)	10	49 (1.9)	100	6 (0.9)	
71+.....	69 (2.5)	36.8 (3.1)	2.1 (0.1)	2.9 (0.2)	5.5 (0.6)	24.7 (2.3)	48.3 (2.9)	69.5 (6.8)	114.6 (17.5)	10	34 (2.4)	100	6 (1.3)	
51+.....	58 (1.6)	31.0 (1.5)	1.8 (0.1)	2.4 (0.1)	4.0 (0.1)	14.1 (1.1)	38.7 (2.3)	68.2 (4.3)	111.8 (15.0)	10	45 (1.4)	100	6 (0.8)	
19+.....	45 (1.4)	22.5 (1.0)	1.6 (0.1)	2.0 (0.1)	3.2 (0.1)	6.3 (0.2)	27.1 (0.7)	54.4 (1.1)	82.3 (8.8)	10	59 (1.0)	100	4 (0.6)	
All:														
1+.....	37 (1.0)	16.5 (0.5)	1.7 (0.1)	2.2 (0.1)	3.5 (0.1)	6.2 (0.1)	15.6 (0.4)	36.4 (1.7)	59.1 (3.0)	10	65 (0.6)		<3	

NOTES: [†] Percent reporting supplement containing vitamin D. Sample size presented on page 24.
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 14. Vitamin K (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		AI	% (SE)
Males:												
19-30.....	13 (1.5)	105.4 (4.2)	42.4 (2.9)	50.8 (3.0)	68.8 (3.3)	95.3 (3.9)	130.7 (5.4)	173.2 (7.8)	203.3 (9.6)	120	31 (3.1)	
31-50.....	19 (1.2)	126.9 (3.4)	51.9 (2.8)	62.1 (2.8)	83.7 (2.8)	115.3 (3.1)	157.6 (4.5)	206.5 (7.2)	241.8 (9.7)	120	47 (2.3)	
19-50.....	17 (0.9)	118.0 (2.9)	46.9 (2.6)	56.4 (2.6)	76.6 (2.6)	106.6 (2.7)	146.8 (3.9)	194.2 (6.4)	228.4 (8.6)	120	40 (2.0)	
51-70.....	33 (2.2)	136.8 (4.2)	54.5 (3.8)	65.9 (4.0)	89.3 (4.2)	124.3 (4.5)	169.7 (5.2)	221.1 (6.8)	258.9 (8.8)	120	53 (3.0)	
71+.....	33 (2.4)	130.7 (3.8)	52.4 (3.4)	63.5 (3.6)	87.0 (3.8)	119.7 (3.9)	161.7 (4.7)	211.6 (6.6)	245.6 (8.6)	120	50 (2.9)	
51+.....	33 (1.9)	135.3 (3.7)	54.0 (3.6)	65.3 (3.7)	88.8 (3.8)	123.1 (3.9)	167.8 (4.5)	219.0 (6.2)	255.7 (8.3)	120	52 (2.6)	
19+.....	23 (1.0)	125.4 (2.6)	49.4 (2.8)	59.6 (2.8)	81.3 (2.7)	113.3 (2.6)	156.2 (3.4)	205.6 (5.6)	240.8 (7.7)	120	45 (1.8)	
Females:												
19-30.....	11 (1.3)	109.8 (4.9)	36.8 (2.2)	45.7 (2.5)	65.4 (3.2)	95.1 (4.3)	138.8 (6.3)	191.3 (9.0)	230.1 (11.3)	90	54 (3.3)	
31-50.....	19 (1.5)	129.9 (4.6)	43.6 (2.4)	54.0 (2.6)	77.0 (3.2)	113.0 (4.1)	163.2 (5.7)	225.4 (8.3)	271.9 (10.8)	90	66 (2.5)	
19-50.....	16 (1.1)	122.5 (3.8)	40.6 (2.0)	50.3 (2.2)	72.0 (2.6)	106.1 (3.4)	154.4 (4.9)	213.8 (7.2)	257.9 (9.5)	90	61 (2.2)	
51-70.....	28 (2.0)	144.1 (14.1)	43.8 (2.4)	54.5 (2.7)	78.7 (3.4)	116.0 (4.5)	167.9 (6.4)	232.1 (9.4)	278.3 (12.0)	90	67 (2.6)	
71+.....	36 (2.1)	129.9 (5.9)	41.7 (2.5)	52.6 (2.9)	76.0 (3.8)	112.3 (5.1)	162.6 (7.6)	221.5 (10.8)	269.1 (13.3)	90	65 (3.2)	
51+.....	30 (1.5)	140.3 (10.5)	43.2 (2.2)	53.9 (2.4)	77.9 (2.9)	114.9 (3.8)	166.5 (5.6)	229.2 (8.6)	275.9 (11.0)	90	67 (2.2)	
19+.....	23 (1.0)	130.9 (6.1)	41.7 (1.9)	51.9 (2.0)	74.7 (2.3)	110.2 (3.0)	160.0 (4.5)	221.2 (7.2)	266.9 (9.6)	90	64 (1.9)	

NOTES: [†] Percent reporting supplement containing vitamin K. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing vitamin K
 AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 15. Calcium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Percentiles								EAR	<EAR		>UL	
		Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	7 (2.0)	986 (26)	593 (26)	662 (26)	798 (26)	963 (26)	1152 (30)	1336 (35)	1454 (39)	500	<3	2500	<3	
4-8.....	10 (1.9)	1051 (20)	639 (21)	716 (20)	854 (19)	1026 (20)	1222 (24)	1418 (31)	1544 (38)	800	18 (2.2)	2500	<3	
9-13.....	9 (1.6)	1121 (31)	569 (27)	662 (26)	839 (27)	1071 (29)	1347 (38)	1645 (52)	1842 (60)	1100	53 (3.1)	3000	<3	
14-18.....	16 (2.4)	1190 (37)	604 (27)	701 (27)	891 (29)	1134 (35)	1432 (45)	1749 (61)	1962 (75)	1100	47 (3.4)	3000	<3	
19-30.....	28 (2.3)	1211 (28)	597 (19)	695 (20)	892 (23)	1151 (27)	1462 (34)	1799 (42)	2031 (49)	800	17 (1.7)	2500	<3	
31-50.....	35 (1.5)	1154 (16)	557 (17)	652 (17)	840 (16)	1091 (16)	1394 (17)	1724 (23)	1955 (30)	800	21 (1.4)	2500	<3	
19-50.....	32 (1.3)	1178 (16)	572 (15)	668 (15)	860 (15)	1115 (15)	1423 (18)	1758 (26)	1989 (33)	800	20 (1.3)	2500	<3	
51-70.....	50 (2.0)	1151 (25)	534 (20)	633 (21)	825 (22)	1087 (24)	1405 (28)	1751 (37)	1993 (45)	800	23 (1.9)	2000	5 (0.6)	
71+.....	49 (2.2)	1114 (22)	491 (19)	589 (20)	778 (21)	1035 (23)	1366 (28)	1749 (37)	2008 (43)	1000	47 (2.0)	2000	5 (0.6)	
51+.....	50 (1.8)	1142 (20)	523 (18)	621 (18)	813 (18)	1075 (19)	1398 (23)	1751 (30)	1997 (36)		29 (1.6)	2000	5 (0.5)	
19+.....	39 (1.2)	1163 (12)	549 (15)	648 (14)	840 (13)	1099 (12)	1413 (14)	1756 (20)	1992 (25)		24 (1.2)		<3	
Females:														
1-3.....	8 (2.1)	936 (26)	557 (27)	626 (26)	752 (25)	913 (26)	1092 (28)	1277 (33)	1397 (37)	500	<3	2500	<3	
4-8.....	10 (1.1)	929 (21)	552 (21)	618 (21)	744 (20)	904 (21)	1086 (23)	1267 (30)	1389 (35)	800	33 (3.1)	2500	<3	
9-13.....	10 (1.5)	981 (19)	480 (20)	562 (20)	725 (19)	936 (19)	1190 (24)	1451 (35)	1626 (43)	1100	67 (2.1)	3000	<3	
14-18.....	17 (2.2)	878 (28)	407 (23)	481 (23)	629 (24)	828 (27)	1076 (36)	1340 (47)	1516 (55)	1100	77 (2.6)	3000	<3	
19-30.....	29 (2.3)	918 (19)	471 (16)	543 (17)	683 (17)	868 (19)	1102 (23)	1357 (32)	1530 (37)	800	41 (2.4)	2500	<3	
31-50.....	38 (1.8)	1001 (21)	487 (16)	563 (16)	711 (17)	921 (19)	1194 (24)	1521 (34)	1777 (52)	800	36 (2.2)	2500	<3	
19-50.....	35 (1.6)	970 (15)	481 (15)	555 (15)	700 (14)	900 (15)	1158 (18)	1458 (25)	1684 (33)	800	38 (1.8)	2500	<3	
51-70.....	54 (2.1)	1108 (21)	479 (13)	559 (13)	725 (14)	992 (19)	1383 (34)	1839 (52)	2138 (55)	1000	51 (1.5)	2000	7 (0.9)	
71+.....	63 (2.3)	1178 (26)	462 (17)	546 (19)	729 (24)	1045 (33)	1524 (41)	2030 (42)	2317 (48)	1000	47 (2.3)	2000	11 (1.0)	
51+.....	56 (1.8)	1127 (17)	474 (13)	555 (13)	726 (14)	1004 (18)	1419 (27)	1898 (35)	2194 (36)	1000	50 (1.4)	2000	8 (0.6)	
19+.....	45 (1.2)	1045 (10)	478 (12)	555 (12)	711 (11)	940 (10)	1265 (15)	1679 (25)	1989 (32)		43 (1.1)		4 (0.3)	
All:														
1+.....	35 (0.8)	1082 (8)	510 (10)	597 (10)	768 (9)	1006 (8)	1309 (9)	1664 (14)	1921 (19)		36 (0.9)		<3	

NOTES: [†] Percent reporting supplement containing calcium. Sample size presented on page 24.
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 16. Phosphorus (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	7 (1.2)	1690 (27)	992 (25)	1119 (25)	1358 (25)	1651 (27)	1980 (32)	2310 (41)	2520 (48)	580	<3	4000	<3	
31-50.....	10 (1.0)	1651 (21)	965 (25)	1091 (24)	1322 (21)	1611 (21)	1939 (25)	2262 (32)	2475 (38)	580	<3	4000	<3	
19-50.....	9 (0.8)	1667 (18)	975 (23)	1102 (21)	1337 (18)	1627 (18)	1956 (22)	2282 (31)	2495 (37)	580	<3	4000	<3	
51-70.....	23 (1.9)	1585 (17)	910 (19)	1032 (18)	1261 (16)	1546 (17)	1868 (22)	2184 (30)	2382 (37)	580	<3	4000	<3	
71+.....	27 (2.6)	1401 (22)	775 (23)	889 (22)	1104 (21)	1363 (21)	1658 (25)	1958 (32)	2150 (37)	580	<3	3000	<3	
51+.....	24 (1.7)	1540 (15)	867 (19)	989 (17)	1217 (15)	1501 (15)	1821 (20)	2140 (28)	2341 (34)	580	<3		<3	
19+.....	15 (0.8)	1613 (14)	922 (19)	1049 (18)	1282 (14)	1573 (13)	1903 (18)	2227 (27)	2436 (34)	580	<3		<3	
Females:														
19-30.....	6 (0.9)	1199 (17)	729 (18)	819 (17)	982 (17)	1174 (17)	1394 (20)	1608 (24)	1743 (27)	580	<3	4000	<3	
31-50.....	9 (1.0)	1238 (17)	759 (18)	847 (17)	1012 (17)	1214 (17)	1438 (19)	1656 (23)	1796 (26)	580	<3	4000	<3	
19-50.....	8 (0.7)	1223 (14)	747 (16)	836 (15)	1001 (14)	1200 (14)	1423 (16)	1639 (20)	1778 (24)	580	<3	4000	<3	
51-70.....	19 (1.6)	1186 (12)	717 (14)	802 (13)	963 (11)	1162 (12)	1381 (14)	1602 (21)	1745 (25)	580	<3	4000	<3	
71+.....	30 (2.3)	1097 (25)	642 (22)	726 (22)	882 (23)	1074 (25)	1289 (28)	1500 (33)	1639 (36)	580	<3	3000	<3	
51+.....	22 (1.3)	1162 (13)	692 (15)	779 (14)	939 (12)	1138 (13)	1357 (15)	1576 (20)	1721 (25)	580	<3		<3	
19+.....	15 (0.6)	1194 (9)	718 (14)	806 (12)	970 (10)	1170 (9)	1393 (12)	1612 (17)	1752 (21)	580	<3		<3	

NOTES: [†] Percent reporting supplement containing phosphorus. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing phosphorus
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 17. Magnesium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	5 (1.6)	189 (3)	125 (4)	137 (4)	159 (3)	186 (3)	216 (4)	246 (6)	264 (7)	65	<3
4-8.....	7 (1.9)	226 (4)	152 (5)	166 (4)	191 (4)	222 (4)	256 (5)	290 (6)	312 (7)	110	<3
9-13.....	5 (0.9)	262 (8)	152 (7)	171 (7)	205 (6)	250 (6)	303 (8)	358 (14)	397 (18)	200	22 (2.8)
14-18.....	9 (1.6)	287 (6)	168 (8)	188 (7)	227 (6)	276 (6)	335 (9)	398 (14)	441 (17)	340	77 (2.9)
19-30.....	20 (1.5)	350 (10)	180 (7)	208 (7)	262 (8)	333 (9)	419 (11)	511 (15)	577 (20)	330	49 (3.0)
31-50.....	25 (1.6)	373 (5)	191 (5)	221 (5)	278 (4)	353 (5)	444 (7)	543 (10)	613 (13)	350	49 (1.7)
19-50.....	23 (1.2)	363 (5)	186 (5)	215 (5)	271 (4)	345 (4)	434 (6)	530 (9)	600 (12)		49 (1.4)
51-70.....	40 (1.8)	392 (9)	195 (5)	227 (5)	286 (6)	368 (7)	467 (10)	576 (15)	660 (23)	350	44 (2.1)
71+.....	38 (2.5)	355 (10)	168 (6)	197 (6)	253 (6)	326 (7)	418 (9)	529 (19)	630 (41)	350	57 (2.1)
51+.....	40 (1.6)	383 (7)	187 (5)	218 (5)	278 (5)	358 (6)	456 (9)	567 (14)	655 (21)	350	48 (1.8)
19+.....	30 (1.1)	372 (5)	187 (4)	216 (4)	273 (4)	350 (4)	443 (6)	546 (10)	623 (14)		48 (1.2)
Females:											
1-3.....	7 (2.0)	180 (3)	118 (4)	130 (4)	151 (3)	177 (3)	206 (3)	236 (4)	255 (5)	65	<3
4-8.....	7 (1.4)	206 (4)	135 (4)	148 (4)	171 (3)	199 (3)	232 (4)	265 (6)	288 (9)	110	<3
9-13.....	7 (1.6)	236 (4)	136 (6)	153 (6)	186 (5)	228 (4)	278 (6)	328 (10)	361 (13)	200	33 (2.5)
14-18.....	10 (1.8)	227 (5)	126 (7)	142 (7)	173 (5)	214 (4)	265 (6)	325 (11)	370 (18)	300	85 (2.0)
19-30.....	15 (1.6)	264 (5)	145 (4)	165 (4)	203 (4)	252 (5)	311 (6)	374 (8)	419 (10)	255	52 (2.4)
31-50.....	23 (1.4)	301 (5)	163 (3)	185 (4)	227 (4)	282 (4)	350 (5)	427 (8)	491 (13)	265	42 (1.9)
19-50.....	20 (1.2)	288 (4)	155 (3)	176 (3)	217 (3)	271 (4)	335 (5)	409 (7)	467 (10)		46 (1.8)
51-70.....	37 (2.1)	321 (7)	159 (4)	181 (4)	226 (4)	287 (5)	366 (7)	475 (15)	608 (37)	265	41 (2.0)
71+.....	43 (2.3)	306 (7)	144 (4)	166 (4)	209 (4)	268 (5)	346 (6)	457 (18)	627 (63)	265	49 (2.0)
51+.....	39 (1.6)	317 (5)	155 (3)	177 (3)	221 (4)	282 (4)	361 (6)	471 (13)	613 (30)	265	43 (1.7)
19+.....	29 (1.1)	301 (4)	155 (3)	176 (3)	219 (3)	275 (3)	347 (4)	435 (7)	521 (13)		44 (1.3)
All:											
1+.....	24 (0.8)	311 (3)	153 (2)	174 (2)	218 (2)	283 (2)	370 (3)	476 (6)	558 (9)		43 (0.9)

NOTES: [†] Percent reporting supplement containing magnesium. Sample size presented on page 24.
EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 18. Iron (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	7 (1.9)	10.3 (0.2)	5.9 (0.2)	6.6 (0.2)	8.0 (0.2)	9.8 (0.2)	12.0 (0.3)	14.4 (0.3)	16.2 (0.5)	3	<3		40	<3
4-8.....	7 (1.4)	14.2 (0.3)	8.2 (0.3)	9.2 (0.3)	11.0 (0.2)	13.3 (0.3)	16.2 (0.4)	19.8 (0.7)	23.5 (1.5)	4.1	<3		40	<3
9-13.....	4 (1.0)	16.4 (0.4)	9.1 (0.4)	10.3 (0.4)	12.6 (0.4)	15.7 (0.4)	19.3 (0.6)	23.4 (0.9)	26.4 (1.2)	5.9	<3		40	<3
14-18.....	5 (0.9)	17.5 (0.6)	9.8 (0.5)	11.0 (0.5)	13.5 (0.5)	16.7 (0.6)	20.6 (0.7)	24.8 (0.9)	27.7 (1.1)	7.7	<3		45	<3
19-30.....	7 (1.2)	17.2 (0.3)	8.9 (0.3)	10.2 (0.3)	12.8 (0.3)	16.2 (0.3)	20.4 (0.4)	25.2 (0.6)	28.9 (0.8)	6	<3		45	<3
31-50.....	9 (0.8)	17.8 (0.3)	8.9 (0.3)	10.3 (0.2)	12.9 (0.2)	16.4 (0.3)	20.9 (0.4)	26.5 (0.7)	31.4 (0.8)	6	<3		45	<3
19-50.....	8 (0.7)	17.6 (0.2)	8.9 (0.2)	10.2 (0.2)	12.8 (0.2)	16.3 (0.2)	20.7 (0.3)	25.9 (0.5)	30.4 (0.7)	6	<3		45	<3
51-70.....	10 (1.5)	18.4 (0.7)	8.7 (0.4)	10.0 (0.4)	12.6 (0.3)	16.1 (0.3)	20.7 (0.4)	27.0 (1.0)	33.4 (1.7)	6	<3		45	<3
71+.....	13 (2.2)	20.1 (0.8)	8.7 (0.4)	10.1 (0.4)	12.8 (0.4)	16.4 (0.5)	21.5 (0.7)	31.0 (1.6)	39.1 (2.7)	6	<3		45	4 (0.8)
51+.....	11 (1.2)	18.8 (0.5)	8.7 (0.3)	10.0 (0.3)	12.6 (0.3)	16.1 (0.2)	20.9 (0.3)	27.8 (0.9)	34.8 (1.2)	6	<3		45	<3
19+.....	9 (0.6)	18.1 (0.2)	8.8 (0.3)	10.1 (0.2)	12.7 (0.2)	16.2 (0.2)	20.7 (0.3)	26.6 (0.4)	32.1 (0.5)	6	<3		45	<3
Females:														
1-3.....	7 (1.9)	10.3 (0.3)	5.7 (0.3)	6.5 (0.3)	7.8 (0.3)	9.6 (0.4)	11.8 (0.4)	14.5 (0.5)	17.1 (1.0)	3	<3		40	<3
4-8.....	6 (1.0)	13.0 (0.4)	7.5 (0.3)	8.4 (0.3)	10.1 (0.4)	12.3 (0.4)	15.0 (0.5)	18.2 (0.6)	21.1 (0.9)	4.1	<3		40	<3
9-13.....	5 (0.8)	14.9 (0.3)	7.9 (0.4)	9.0 (0.4)	11.1 (0.3)	13.9 (0.3)	17.4 (0.4)	21.4 (0.7)	24.9 (0.9)	5.7	<3		40	<3
14-18.....	9 (1.3)	14.0 (0.5)	6.8 (0.3)	7.7 (0.3)	9.6 (0.3)	12.2 (0.3)	15.6 (0.5)	20.4 (1.0)	26.1 (2.0)	7.9	16 (1.6)		45	<3
19-30.....	17 (1.5)	15.8 (0.5)	6.8 (0.2)	7.8 (0.2)	9.9 (0.2)	12.6 (0.2)	16.6 (0.4)	24.6 (1.5)	33.1 (1.5)	8.1	18 (1.0)		45	<3
31-50.....	24 (1.8)	17.6 (0.7)	7.2 (0.2)	8.3 (0.2)	10.4 (0.3)	13.6 (0.3)	19.1 (0.8)	30.7 (1.2)	37.7 (1.9)	8.1	15 (1.1)		45	<3
19-50.....	22 (1.2)	16.9 (0.4)	7.0 (0.2)	8.1 (0.2)	10.2 (0.2)	13.2 (0.2)	18.0 (0.5)	29.1 (1.0)	36.3 (1.4)	8.1	16 (0.9)		45	<3
51-70.....	22 (1.7)	16.4 (0.7)	6.8 (0.2)	7.8 (0.2)	9.9 (0.2)	12.8 (0.3)	17.5 (0.5)	27.6 (1.1)	32.9 (1.1)	5	<3		45	<3
71+.....	22 (2.0)	17.5 (0.8)	6.5 (0.2)	7.5 (0.2)	9.6 (0.3)	12.5 (0.3)	17.6 (0.6)	30.0 (1.2)	44.3 (14.6)	5	<3		45	5 (1.0)
51+.....	22 (1.4)	16.7 (0.6)	6.7 (0.2)	7.7 (0.2)	9.8 (0.2)	12.8 (0.2)	17.5 (0.5)	28.2 (0.8)	34.1 (1.0)	5	<3		45	<3
19+.....	22 (0.8)	16.8 (0.3)	6.9 (0.2)	7.9 (0.2)	10.0 (0.1)	13.0 (0.1)	17.8 (0.3)	28.6 (0.6)	35.2 (0.8)		9 (0.6)		45	<3
All:														
1+.....	13 (0.5)	16.7 (0.2)	7.4 (0.1)	8.6 (0.1)	10.9 (0.1)	14.3 (0.1)	18.9 (0.2)	25.9 (0.3)	31.8 (0.4)		5 (0.3)			<3

NOTES: [†] Percent reporting supplement containing iron. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 EAR percentages determined by probability method for groups

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 19. Zinc (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	28 (3.0)	8.0 (0.1)	5.0 (0.2)	5.5 (0.2)	6.5 (0.2)	7.7 (0.1)	9.1 (0.2)	10.7 (0.2)	11.8 (0.3)	2.5	<3	7	64 (3.2)	
4-8.....	36 (2.9)	10.4 (0.2)	6.5 (0.2)	7.1 (0.2)	8.3 (0.2)	9.9 (0.2)	11.8 (0.2)	14.1 (0.5)	16.5 (1.0)	4	<3	12	23 (2.4)	
9-13.....	20 (2.3)	12.3 (0.4)	6.5 (0.4)	7.4 (0.4)	9.2 (0.3)	11.6 (0.3)	14.6 (0.5)	17.9 (0.8)	20.4 (1.1)	7	8 (2.0)	23	<3	
14-18.....	13 (1.8)	13.9 (0.5)	7.3 (0.4)	8.2 (0.4)	10.2 (0.3)	12.8 (0.4)	16.2 (0.6)	20.4 (1.1)	24.1 (1.5)	8.5	12 (2.3)	34	<3	
19-30.....	19 (1.8)	15.0 (0.4)	7.8 (0.2)	8.9 (0.2)	11.0 (0.2)	13.8 (0.3)	17.5 (0.4)	22.6 (0.8)	27.0 (1.2)	9.4	13 (1.2)	40	<3	
31-50.....	25 (1.5)	16.0 (0.2)	7.7 (0.2)	8.8 (0.2)	11.0 (0.2)	14.1 (0.2)	19.0 (0.4)	25.8 (0.6)	30.1 (0.8)	9.4	14 (1.2)	40	<3	
19-50.....	22 (1.1)	15.6 (0.2)	7.7 (0.2)	8.8 (0.2)	11.0 (0.1)	14.0 (0.2)	18.3 (0.3)	24.6 (0.6)	29.0 (0.7)	9.4	13 (1.0)	40	<3	
51-70.....	40 (2.1)	18.8 (0.5)	7.7 (0.2)	8.9 (0.2)	11.4 (0.2)	15.5 (0.4)	23.5 (0.6)	31.0 (1.0)	37.6 (1.9)	9.4	13 (1.2)	40	4 (0.9)	
71+.....	38 (2.4)	19.5 (0.8)	7.0 (0.2)	8.1 (0.2)	10.4 (0.3)	14.4 (0.5)	23.0 (0.5)	30.9 (1.6)	46.1 (9.9)	9.4	18 (1.7)	40	6 (1.2)	
51+.....	39 (1.9)	19.0 (0.4)	7.5 (0.2)	8.7 (0.2)	11.1 (0.2)	15.2 (0.3)	23.4 (0.5)	31.0 (0.8)	38.6 (1.9)	9.4	14 (1.1)	40	4 (0.8)	
19+.....	29 (1.1)	17.0 (0.2)	7.6 (0.2)	8.8 (0.2)	11.0 (0.1)	14.4 (0.1)	20.2 (0.3)	27.6 (0.5)	33.0 (0.9)	9.4	14 (0.9)	40	<3	
Females:														
1-3.....	30 (3.3)	8.1 (0.2)	5.0 (0.2)	5.5 (0.2)	6.4 (0.1)	7.7 (0.2)	9.2 (0.2)	11.0 (0.4)	12.6 (0.6)	2.5	<3	7	64 (2.9)	
4-8.....	31 (3.1)	9.2 (0.2)	5.7 (0.2)	6.3 (0.2)	7.3 (0.2)	8.8 (0.2)	10.5 (0.2)	12.4 (0.3)	14.2 (0.5)	4	<3	12	12 (1.6)	
9-13.....	23 (2.3)	10.7 (0.2)	5.4 (0.3)	6.2 (0.3)	7.8 (0.3)	10.0 (0.2)	12.8 (0.3)	15.8 (0.5)	18.3 (0.7)	7	17 (2.6)	23	<3	
14-18.....	14 (1.6)	10.0 (0.4)	4.7 (0.3)	5.4 (0.3)	6.8 (0.3)	8.8 (0.3)	11.4 (0.4)	14.9 (0.8)	18.5 (1.8)	7.3	31 (3.4)	34	<3	
19-30.....	22 (2.0)	11.3 (0.3)	5.5 (0.2)	6.2 (0.2)	7.7 (0.2)	9.7 (0.2)	12.5 (0.3)	18.4 (1.4)	24.6 (1.3)	6.8	15 (1.9)	40	<3	
31-50.....	28 (1.6)	12.6 (0.3)	5.7 (0.2)	6.5 (0.2)	8.1 (0.2)	10.4 (0.2)	14.7 (0.6)	22.8 (0.6)	26.6 (0.7)	6.8	12 (1.6)	40	<3	
19-50.....	26 (1.4)	12.1 (0.3)	5.6 (0.2)	6.4 (0.2)	7.9 (0.2)	10.1 (0.2)	13.7 (0.4)	21.7 (0.7)	26.1 (0.6)	6.8	14 (1.5)	40	<3	
51-70.....	35 (2.2)	14.3 (0.4)	5.6 (0.2)	6.3 (0.2)	8.0 (0.2)	10.6 (0.3)	18.4 (1.1)	25.9 (0.6)	31.1 (1.0)	6.8	14 (1.4)	40	<3	
71+.....	47 (2.6)	17.8 (0.7)	5.1 (0.2)	6.0 (0.2)	7.7 (0.3)	11.7 (0.9)	21.5 (0.7)	33.5 (3.8)	50.9 (4.7)	6.8	17 (2.5)	40	8 (1.4)	
51+.....	38 (1.8)	15.2 (0.3)	5.4 (0.2)	6.2 (0.2)	7.9 (0.2)	10.8 (0.3)	19.7 (0.6)	27.0 (0.5)	34.2 (1.2)	6.8	14 (1.3)	40	4 (0.4)	
19+.....	32 (1.1)	13.6 (0.2)	5.5 (0.1)	6.3 (0.1)	7.9 (0.1)	10.4 (0.2)	16.0 (0.5)	24.5 (0.3)	29.8 (0.7)	6.8	14 (1.2)	40	<3	
All:														
1+.....	29 (0.9)	14.2 (0.1)	5.9 (0.1)	6.8 (0.1)	8.6 (0.1)	11.5 (0.1)	16.7 (0.2)	24.4 (0.2)	29.5 (0.4)		13 (0.8)		6 (0.2)	

NOTES: [†] Percent reporting supplement containing zinc. Sample size presented on page 24.
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 20. Copper (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	5 (1.9)	0.7 (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.1 (0.06)	0.26	<3	1	9 (1.8)	
4-8.....	7 (1.5)	1.0 (0.03)	0.6 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.0 (0.03)	1.3 (0.06)	1.6 (0.37)	0.34	<3	3	<3	
9-13.....	4 (1.0)	1.1 (0.03)	0.6 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.2 (0.04)	1.5 (0.06)	1.7 (0.09)	0.54	<3	5	<3	
14-18.....	8 (1.8)	1.2 (0.05)	0.7 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.3 (0.04)	1.7 (0.09)	2.1 (0.31)	0.685	7 (1.9)	8	<3	
19-30.....	14 (1.7)	1.4 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.7 (0.04)	2.3 (0.08)	2.8 (0.16)	0.7	5 (0.8)	10	<3	
31-50.....	21 (1.4)	1.6 (0.03)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.4 (0.02)	1.9 (0.04)	2.7 (0.10)	3.3 (0.08)	0.7	3 (0.4)	10	<3	
19-50.....	18 (1.2)	1.6 (0.02)	0.7 (0.02)	0.8 (0.01)	1.1 (0.01)	1.4 (0.02)	1.8 (0.03)	2.5 (0.08)	3.1 (0.09)	0.7	4 (0.5)	10	<3	
51-70.....	36 (2.1)	1.7 (0.04)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.5 (0.04)	2.1 (0.06)	3.0 (0.13)	3.5 (0.09)	0.7	3 (0.5)	10	<3	
71+.....	37 (2.5)	1.7 (0.04)	0.7 (0.02)	0.8 (0.03)	1.1 (0.03)	1.4 (0.04)	2.0 (0.06)	3.0 (0.13)	3.6 (0.10)	0.7	5 (0.9)	10	<3	
51+.....	36 (1.9)	1.7 (0.03)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.5 (0.03)	2.0 (0.05)	3.0 (0.09)	3.5 (0.07)	0.7	4 (0.5)	10	<3	
19+.....	26 (1.0)	1.6 (0.02)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.4 (0.02)	1.9 (0.03)	2.7 (0.08)	3.3 (0.07)	0.7	4 (0.4)	10	<3	
Females:														
1-3.....	5 (1.2)	0.7 (0.02)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.0 (0.03)	1.1 (0.09)	0.26	<3	1	8 (1.5)	
4-8.....	6 (0.9)	0.9 (0.02)	0.5 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.0 (0.02)	1.1 (0.04)	1.4 (0.09)	0.34	<3	3	<3	
9-13.....	4 (0.8)	1.0 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.04)	1.6 (0.06)	0.54	5 (1.0)	5	<3	
14-18.....	6 (1.1)	1.0 (0.09)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.3 (0.04)	1.6 (0.16)	0.685	24 (2.7)	8	<3	
19-30.....	12 (1.4)	1.2 (0.04)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.0 (0.03)	1.4 (0.04)	1.9 (0.10)	2.6 (0.19)	0.7	13 (1.3)	10	<3	
31-50.....	22 (1.6)	1.4 (0.04)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.2 (0.03)	1.6 (0.06)	2.6 (0.14)	3.2 (0.07)	0.7	8 (0.8)	10	<3	
19-50.....	18 (1.1)	1.3 (0.03)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.5 (0.04)	2.3 (0.11)	3.0 (0.07)	0.7	10 (0.8)	10	<3	
51-70.....	32 (2.2)	1.5 (0.04)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.2 (0.03)	1.8 (0.05)	2.8 (0.10)	3.3 (0.06)	0.7	8 (0.8)	10	<3	
71+.....	44 (2.3)	1.6 (0.04)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.3 (0.04)	1.9 (0.07)	3.0 (0.08)	3.5 (0.07)	0.7	10 (1.3)	10	<3	
51+.....	35 (1.9)	1.5 (0.03)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.02)	1.8 (0.05)	2.9 (0.07)	3.3 (0.04)	0.7	9 (0.7)	10	<3	
19+.....	26 (1.1)	1.4 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.02)	1.7 (0.03)	2.6 (0.07)	3.2 (0.03)	0.7	9 (0.6)	10	<3	
All:														
1+.....	21 (0.7)	1.4 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.01)	1.6 (0.02)	2.4 (0.06)	3.1 (0.04)		6 (0.3)		<3	

NOTES: [†] Percent reporting supplement containing copper. Sample size presented on page 24.
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 21. Selenium (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	15 (1.7)	153 (3)	88 (3)	99 (3)	120 (3)	146 (3)	178 (4)	215 (6)	242 (7)	45	<3	400	<3	
31-50.....	21 (1.3)	155 (2)	85 (2)	96 (2)	117 (2)	145 (2)	181 (3)	227 (4)	259 (5)	45	<3	400	<3	
19-50.....	18 (1.1)	154 (2)	86 (2)	97 (2)	118 (2)	145 (2)	180 (3)	222 (4)	252 (5)	45	<3	400	<3	
51-70.....	37 (1.9)	156 (3)	82 (2)	94 (2)	115 (2)	145 (3)	185 (4)	234 (5)	266 (7)	45	<3	400	<3	
71+.....	36 (2.4)	140 (4)	70 (2)	80 (2)	101 (3)	129 (3)	167 (4)	215 (7)	250 (12)	45	<3	400	<3	
51+.....	36 (1.7)	152 (2)	78 (2)	90 (2)	111 (2)	141 (2)	181 (3)	230 (4)	263 (6)	45	<3	400	<3	
19+.....	26 (1.0)	153 (2)	83 (2)	94 (2)	115 (2)	144 (2)	180 (3)	225 (4)	257 (4)	45	<3	400	<3	
Females:														
19-30.....	12 (1.4)	105 (2)	61 (1)	69 (1)	83 (1)	101 (2)	122 (2)	145 (3)	162 (4)	45	<3	400	<3	
31-50.....	22 (1.8)	110 (2)	62 (2)	70 (1)	85 (2)	104 (2)	128 (2)	156 (4)	179 (5)	45	<3	400	<3	
19-50.....	18 (1.2)	109 (1)	62 (1)	69 (1)	84 (1)	103 (1)	126 (2)	152 (3)	173 (4)	45	<3	400	<3	
51-70.....	31 (2.0)	110 (2)	59 (2)	67 (1)	82 (1)	102 (2)	128 (2)	159 (3)	183 (4)	45	<3	400	<3	
71+.....	39 (2.1)	107 (3)	54 (2)	62 (2)	77 (2)	99 (2)	127 (3)	158 (4)	180 (6)	45	<3	400	<3	
51+.....	33 (1.6)	109 (1)	57 (1)	65 (1)	81 (1)	101 (1)	128 (2)	159 (2)	182 (3)	45	<3	400	<3	
19+.....	25 (1.1)	109 (1)	59 (1)	67 (1)	82 (1)	102 (1)	127 (1)	155 (2)	178 (3)	45	<3	400	<3	

NOTES: [†] Percent reporting supplement containing selenium. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing selenium
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 22. Sodium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Males:													
1-3.....	9 (1.9)	2019 (47)	1263 (43)	1398 (42)	1657 (43)	1974 (47)	2335 (55)	2689 (65)	2917 (74)	800	>97	1200	97 (1.0)
4-8.....	10 (1.6)	2783 (53)	1821 (57)	2005 (57)	2331 (55)	2730 (54)	3179 (59)	3628 (68)	3916 (78)	1000	>97	1500	>97
9-13.....	5 (1.4)	3438 (55)	2170 (68)	2404 (65)	2829 (58)	3364 (56)	3966 (63)	4569 (83)	4967 (99)	1200	>97	1800	>97
14-18.....	7 (1.6)	3882 (78)	2496 (93)	2744 (91)	3221 (84)	3799 (80)	4462 (80)	5120 (89)	5536 (99)	1500	>97	2300	>97
19-30.....	8 (1.2)	4286 (76)	2666 (55)	2962 (55)	3524 (60)	4206 (75)	4963 (95)	5711 (124)	6185 (141)	1500	>97	2300	>97
31-50.....	9 (0.8)	4262 (57)	2651 (59)	2948 (56)	3501 (52)	4177 (56)	4934 (71)	5686 (93)	6162 (112)	1500	>97	2300	>97
19-50.....	8 (0.6)	4272 (51)	2658 (48)	2954 (44)	3511 (41)	4189 (49)	4946 (68)	5697 (95)	6173 (113)	1500	>97	2300	>97
51-70.....	10 (1.8)	3993 (53)	2442 (51)	2729 (47)	3262 (46)	3917 (51)	4639 (67)	5354 (93)	5807 (107)	1500	>97	2300	97 (0.5)
71+.....	13 (2.0)	3515 (56)	2085 (54)	2342 (54)	2843 (51)	3439 (55)	4116 (67)	4779 (85)	5198 (99)	1500	>97	2300	91 (1.2)
51+.....	11 (1.6)	3877 (45)	2320 (45)	2613 (42)	3145 (38)	3798 (44)	4521 (60)	5242 (85)	5706 (102)	1500	>97	2300	95 (0.6)
19+.....	9 (0.8)	4104 (42)	2483 (42)	2788 (38)	3341 (34)	4021 (39)	4780 (59)	5524 (85)	6001 (104)	1500	>97	2300	97 (0.4)
Females:													
1-3.....	10 (2.0)	1863 (48)	1150 (50)	1279 (51)	1516 (49)	1820 (48)	2155 (51)	2504 (56)	2729 (63)	800	>97	1200	93 (1.8)
4-8.....	10 (1.8)	2526 (35)	1634 (42)	1795 (41)	2097 (38)	2474 (36)	2897 (40)	3315 (54)	3595 (66)	1000	>97	1500	>97
9-13.....	7 (1.3)	3040 (43)	1877 (46)	2087 (42)	2485 (37)	2970 (41)	3527 (57)	4076 (83)	4435 (103)	1200	>97	1800	96 (0.7)
14-18.....	6 (1.6)	2870 (57)	1761 (54)	1961 (52)	2330 (52)	2795 (56)	3328 (70)	3877 (92)	4228 (108)	1500	>97	2300	77 (2.5)
19-30.....	7 (1.2)	3138 (43)	1876 (40)	2113 (40)	2544 (39)	3060 (43)	3661 (51)	4254 (63)	4633 (71)	1500	>97	2300	84 (1.3)
31-50.....	9 (1.3)	3135 (41)	1878 (39)	2104 (36)	2531 (38)	3064 (41)	3661 (49)	4254 (61)	4638 (68)	1500	>97	2300	84 (1.3)
19-50.....	8 (1.0)	3136 (31)	1877 (32)	2107 (30)	2536 (29)	3063 (31)	3661 (38)	4254 (51)	4636 (58)	1500	>97	2300	84 (1.0)
51-70.....	13 (1.2)	2922 (31)	1729 (28)	1941 (27)	2346 (27)	2849 (30)	3417 (41)	3993 (55)	4376 (65)	1500	>97	2300	77 (1.1)
71+.....	14 (1.6)	2668 (62)	1532 (55)	1734 (55)	2118 (58)	2600 (63)	3139 (67)	3689 (75)	4038 (85)	1500	96 (1.0)	2300	66 (3.2)
51+.....	13 (1.0)	2853 (27)	1661 (33)	1878 (31)	2278 (28)	2781 (27)	3348 (34)	3922 (47)	4294 (58)	1500	>97	2300	74 (1.3)
19+.....	11 (0.7)	3002 (22)	1756 (29)	1983 (27)	2404 (23)	2927 (21)	3521 (30)	4111 (43)	4499 (54)	1500	>97	2300	79 (0.9)
All:													
1+.....	9 (0.5)	3395 (21)	1806 (17)	2073 (16)	2589 (15)	3268 (20)	4072 (29)	4890 (49)	5410 (68)	>97			90 (0.5)

NOTES: [†] Percent reporting supplement containing sodium. Sample size presented on page 24.
AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TA 23. Potassium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		AI	% (SE)
Males:												
19-30.....	11 (1.6)	2833 (48)	1595 (35)	1822 (37)	2244 (40)	2765 (47)	3348 (58)	3933 (73)	4296 (86)	3400	23 (2.0)	
31-50.....	14 (1.2)	3034 (45)	1750 (47)	1988 (48)	2424 (45)	2966 (46)	3574 (50)	4169 (56)	4558 (65)	3400	31 (1.8)	
19-50.....	13 (0.9)	2951 (31)	1676 (33)	1914 (33)	2344 (30)	2882 (31)	3484 (38)	4078 (49)	4461 (59)	3400	28 (1.3)	
51-70.....	27 (2.2)	3124 (34)	1806 (38)	2049 (36)	2499 (33)	3059 (34)	3679 (39)	4280 (49)	4661 (60)	3400	35 (1.5)	
71+.....	30 (2.5)	2916 (42)	1641 (51)	1878 (49)	2319 (46)	2847 (44)	3437 (44)	4032 (47)	4421 (52)	3400	26 (1.5)	
51+.....	27 (1.9)	3073 (28)	1759 (37)	2001 (34)	2452 (30)	3006 (29)	3624 (33)	4228 (43)	4612 (51)	3400	33 (1.2)	
19+.....	19 (0.9)	3003 (23)	1710 (32)	1948 (30)	2388 (26)	2934 (24)	3543 (30)	4145 (42)	4531 (50)	3400	30 (1.0)	
Females:												
19-30.....	6 (1.1)	2164 (45)	1246 (31)	1420 (32)	1736 (37)	2114 (44)	2547 (54)	2969 (65)	3234 (72)	2600	23 (2.4)	
31-50.....	10 (1.0)	2359 (38)	1393 (30)	1568 (30)	1902 (33)	2311 (38)	2763 (46)	3209 (56)	3495 (64)	2600	33 (2.3)	
19-50.....	8 (0.7)	2287 (37)	1329 (27)	1507 (27)	1834 (31)	2239 (36)	2688 (45)	3130 (55)	3410 (62)	2600	29 (2.1)	
51-70.....	20 (1.7)	2410 (33)	1424 (33)	1604 (31)	1943 (30)	2357 (33)	2819 (37)	3282 (49)	3575 (57)	2600	36 (2.0)	
71+.....	33 (2.4)	2311 (55)	1333 (51)	1516 (51)	1848 (52)	2261 (55)	2723 (60)	3169 (70)	3464 (75)	2600	31 (2.9)	
51+.....	23 (1.1)	2383 (29)	1398 (33)	1579 (30)	1917 (29)	2332 (30)	2794 (34)	3253 (43)	3550 (51)	2600	34 (1.7)	
19+.....	15 (0.7)	2333 (28)	1359 (24)	1539 (24)	1872 (24)	2283 (28)	2738 (34)	3189 (44)	3482 (52)	2600	32 (1.7)	

NOTES: [†] Percent reporting supplement containing potassium. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing potassium
 AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

SAMPLE SIZE

	Sample Size	Sample Size by Adult Smoking Status †		
		Smokers <i>Table TA 10</i>	Non-Smokers <i>Table TA 11</i>	Smokers/Non-Smokers <i>Table TA 12</i>
Males:				
1-3.....	568			
4-8.....	854			
9-13.....	836			
14-18.....	788			
19-30.....	1016	248	768	1016
31-50.....	1600	419	1180	1599
19-50.....	2616	667	1948	2615
51-70.....	1579	360	1218	1578
71+.....	681	63	614	677
51+.....	2260	423	1832	2255
19+.....	4876	1090	3780	4870
Females:				
1-3.....	539			
4-8.....	810			
9-13.....	808			
14-18.....	807			
19-30.....	964	178	785	963
31-50.....	1707	327	1379	1706
19-50.....	2671	505	2164	2669
51-70.....	1669	311	1357	1668
71+.....	711	32	677	709
51+.....	2380	343	2034	2377
19+.....	5051	848	4198	5046
All:				
1+.....	15937			

†Excludes individuals without smoking status data.

TABLE NOTES

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2013-2016 and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from individuals 1 year and over, excluding breast-fed children and pregnant or lactating females. Breast-fed children are excluded because human milk is not quantified in dietary recall interviews. The sample of pregnant and lactating females is not large enough to allow for reliable estimates. Individuals with missing or incomplete 30-day dietary supplement data are also excluded.

Sample weights designed for dietary analysis were used to allow estimates representative of the U.S. population for the years of collection.

The assessments presented in this table cover nutrient intakes from food, beverages (including water) and, dietary supplements. They do not contain intakes from medications.

Usual Nutrient Intakes

Usual intakes (expressed on a per day basis) are an estimate of the usual or habitual intake over the long term, as opposed to what was reported on the days surveyed. The National Cancer Institute (NCI) Method <https://epi.grants.cancer.gov/diet/usualintakes/method.html> was used to produce group usual intake distributions from food and beverages. Daily intake from dietary supplements derived from the 30-day questionnaire and the NCHS Dietary Supplement Database was added to the estimates of usual intake from food and beverages to produce the distributions of total usual nutrient intake presented in this table set. Information on this distribution is presented as mean and percentiles of usual nutrient intake with standard errors for a specific gender/age/lifestyle group.

When applicable, the estimated total usual nutrient intakes are compared to age/gender specific Dietary Reference Intakes (DRIs) <http://nationalacademies.org/HMD/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>. The DRIs, nutrient reference values developed by the Institute of Medicine of the National Academies, are used to assess and plan the diets of healthy people. Estimates of percentages less than, within range of, or greater than the DRI, plus the standard error are presented for each age/gender/lifestyle group.

DRI Definitions

Estimated Average Requirement (EAR): The average daily nutrient intake level that is estimated to meet the requirements of half of the healthy individuals in a particular life stage and gender group. The EAR is used to estimate the prevalence of inadequate intakes in a population group.

Adequate Intake (AI): The recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate.

Tolerable Upper Intake Level (UL): The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase.

Chronic Disease Risk Reduction Intake (CDRR): Reductions in intake that exceed the CDRR are expected to reduce chronic disease risk within the apparently healthy population. Established for sodium using evidence of the beneficial effect of reducing sodium intake on cardiovascular disease risk, hypertension risk, systolic blood pressure, and diastolic blood pressure.

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimates are as follows:

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.21.

Percentiles: Estimated 50th percentile values are flagged when n is less than 30 times the VIF, where n is the sample size. Estimated values at the other percentiles are flagged when np is less than 8 times the VIF, where n is the sample size and p is 0.25 at the 25th and 75th percentile, 0.10 at the 10th and 90th percentile, and 0.05 at the 5th and 95th percentile.

Percentage above or below a DRI value: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the VIF, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction.

CITATION

USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>