



United States  
Department of  
Agriculture

Agricultural  
Research  
Service

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# TOTAL USUAL NUTRIENT INTAKE

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

*What We Eat in America, NHANES 2017-March 2020 Prepandemic*

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	<b>SAMPLE SIZE</b>	24
		<b>TABLE NOTES</b>	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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
<b>Males:</b>												
1-3.....	9 (2.0)	1.23 (0.03)	0.74* (0.03)	0.82 (0.03)	0.98 (0.03)	1.18 (0.03)	1.42 (0.03)	1.68 (0.05)	1.89* (0.09)	0.4	<3	
4-8.....	12 (2.0)	1.67 (0.07)	0.99 (0.03)	1.09 (0.03)	1.28 (0.03)	1.52 (0.04)	1.82 (0.06)	2.18 (0.09)	2.49 (0.13)	0.5	<3	
9-13.....	7 (1.7)	1.86 (0.12)	0.95 (0.04)	1.09 (0.03)	1.34 (0.03)	1.67 (0.03)	2.08 (0.06)	2.54 (0.11)	2.88 (0.15)	0.7	<3	
14-18.....	6 (1.6)	2.03 (0.14)	1.01 (0.05)	1.14 (0.05)	1.41 (0.04)	1.76 (0.04)	2.19 (0.06)	2.68 (0.11)	3.06 (0.16)	1	5 (1.6)	
19-30.....	11 (2.5)	2.70 (0.34)	1.01 (0.05)	1.15 (0.05)	1.42 (0.04)	1.76 (0.05)	2.22 (0.07)	2.82 (0.14)	3.91 (0.75)	1	5 (1.3)	
31-50.....	23 (2.4)	3.94 (0.48)	1.08 (0.05)	1.23 (0.05)	1.53 (0.04)	1.94 (0.04)	2.57 (0.07)	3.57 (0.18)	9.87 (4.97)	1	3 (0.9)	
19-50.....	19 (1.7)	3.45 (0.31)	1.05 (0.04)	1.20 (0.04)	1.48 (0.03)	1.87 (0.03)	2.41 (0.04)	3.31 (0.11)	5.93 (1.81)	1	4 (0.9)	
51-70.....	35 (2.4)	6.50 (0.68)	1.11 (0.05)	1.28 (0.04)	1.61 (0.04)	2.15 (0.06)	3.20 (0.10)	6.13 (3.28)	26.83 (2.56)	1	<3	
71+.....	40 (4.3)	4.41 (0.40)	1.07 (0.05)	1.22 (0.04)	1.57 (0.04)	2.15 (0.10)	3.12 (0.09)	3.91 (0.13)	6.00 (3.69)	1	4* (0.9)	
51+.....	36 (2.0)	5.95 (0.55)	1.10 (0.04)	1.26 (0.04)	1.60 (0.04)	2.15 (0.06)	3.17 (0.07)	4.76 (0.88)	24.35 (4.61)	1	<3	
19+.....	26 (1.2)	4.52 (0.27)	1.07 (0.04)	1.22 (0.04)	1.52 (0.03)	1.96 (0.02)	2.72 (0.05)	3.90 (0.12)	15.12 (5.05)	1	3 (0.8)	
<b>Females:</b>												
1-3.....	13 (2.9)	1.16 (0.04)	0.67* (0.03)	0.75 (0.03)	0.90 (0.03)	1.09 (0.03)	1.33 (0.04)	1.63 (0.10)	1.95* (0.15)	0.4	<3	
4-8.....	11 (1.8)	1.39 (0.04)	0.85 (0.03)	0.94 (0.03)	1.11 (0.03)	1.33 (0.03)	1.60 (0.04)	1.91 (0.06)	2.17 (0.09)	0.5	<3	
9-13.....	6 (1.7)	1.65 (0.05)	0.88 (0.04)	1.01 (0.04)	1.25 (0.04)	1.57 (0.05)	1.95 (0.07)	2.36 (0.10)	2.66 (0.12)	0.7	<3	
14-18.....	9 (2.5)	1.45 (0.06)	0.69 (0.05)	0.79 (0.05)	1.00 (0.04)	1.28 (0.05)	1.65 (0.07)	2.16 (0.18)	2.81 (0.20)	0.9	17 (3.3)	
19-30.....	14 (2.1)	2.33 (0.28)	0.80 (0.04)	0.91 (0.04)	1.12 (0.04)	1.40 (0.05)	1.79 (0.08)	2.46 (0.18)	3.40 (0.95)	0.9	9 (2.2)	
31-50.....	24 (2.2)	2.79 (0.26)	0.78 (0.03)	0.89 (0.03)	1.11 (0.03)	1.42 (0.04)	1.96 (0.08)	3.22 (0.23)	5.71 (1.25)	0.9	10 (1.6)	
19-50.....	20 (1.6)	2.61 (0.20)	0.79 (0.03)	0.90 (0.03)	1.12 (0.02)	1.41 (0.03)	1.88 (0.06)	2.93 (0.15)	4.83 (0.88)	0.9	10 (1.4)	
51-70.....	30 (2.2)	5.78 (1.38)	0.78 (0.03)	0.89 (0.03)	1.12 (0.03)	1.46 (0.04)	2.28 (0.17)	4.79 (2.57)	25.29 (21.02)	0.9	11 (1.7)	
71+.....	40 (2.4)	5.65 (1.27)	0.79 (0.03)	0.91 (0.03)	1.16 (0.03)	1.61 (0.08)	2.77 (0.10)	5.80 (2.33)	23.17 (21.24)	0.9	9 (1.4)	
51+.....	33 (1.8)	5.74 (1.05)	0.78 (0.03)	0.90 (0.02)	1.13 (0.02)	1.50 (0.04)	2.47 (0.12)	5.28 (1.38)	23.30 (20.77)	0.9	10 (1.4)	
19+.....	26 (1.3)	4.13 (0.47)	0.78 (0.03)	0.90 (0.02)	1.12 (0.02)	1.45 (0.03)	2.10 (0.09)	3.53 (0.34)	10.28 (3.67)	0.9	10 (1.3)	
<b>All:</b>												
1+.....	22 (0.6)	3.68 (0.17)	0.85 (0.02)	0.98 (0.01)	1.24 (0.01)	1.63 (0.02)	2.27 (0.03)	3.36 (0.05)	6.11 (0.38)		6 (0.6)	

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
<b>Males:</b>												
1-3.....	9 (2.0)	1.62 (0.04)	0.98* (0.04)	1.09 (0.04)	1.30 (0.04)	1.56 (0.04)	1.87 (0.06)	2.20 (0.09)	2.46* (0.12)	0.4	<3	
4-8.....	11 (2.2)	1.89 (0.06)	1.15 (0.03)	1.28 (0.03)	1.51 (0.04)	1.80 (0.05)	2.16 (0.08)	2.57 (0.12)	2.92 (0.15)	0.5	<3	
9-13.....	6 (1.6)	2.00 (0.08)	1.04 (0.05)	1.19 (0.04)	1.48 (0.04)	1.88 (0.05)	2.36 (0.09)	2.89 (0.15)	3.26 (0.18)	0.8	<3	
14-18.....	6 (1.6)	2.56 (0.32)	1.12 (0.07)	1.28 (0.07)	1.60 (0.07)	2.02 (0.07)	2.53 (0.10)	3.11 (0.16)	3.55 (0.21)	1.1	4 (1.6)	
19-30.....	12 (2.5)	2.95 (0.35)	0.97 (0.06)	1.16 (0.06)	1.54 (0.06)	2.07 (0.07)	2.82 (0.13)	3.84 (0.29)	5.30 (0.95)	1.1	8 (1.6)	
31-50.....	24 (2.4)	3.99 (0.34)	1.22 (0.05)	1.45 (0.05)	1.94 (0.07)	2.65 (0.10)	3.66 (0.16)	5.06 (0.30)	7.68 (3.88)	1.1	3 (0.7)	
19-50.....	19 (1.8)	3.59 (0.27)	1.09 (0.05)	1.31 (0.04)	1.75 (0.04)	2.40 (0.07)	3.34 (0.12)	4.69 (0.26)	6.82 (1.04)	1.1	5 (0.9)	
51-70.....	35 (2.4)	5.47 (0.33)	1.15 (0.05)	1.39 (0.05)	1.91 (0.04)	2.77 (0.09)	4.09 (0.15)	6.26 (2.03)	22.09 (3.02)	1.1	4 (0.9)	
71+.....	40 (4.3)	3.88 (0.21)	1.13 (0.07)	1.36 (0.07)	1.90 (0.08)	2.80 (0.13)	3.93 (0.13)	5.19 (0.20)	6.91 (2.79)	1.1	5 (1.0)	
51+.....	36 (2.0)	5.05 (0.25)	1.14 (0.05)	1.38 (0.05)	1.91 (0.04)	2.77 (0.08)	4.04 (0.11)	5.87 (0.43)	18.70 (4.68)	1.1	4 (0.9)	
19+.....	27 (1.2)	4.21 (0.19)	1.11 (0.05)	1.34 (0.04)	1.81 (0.03)	2.54 (0.06)	3.64 (0.10)	5.20 (0.23)	11.37 (3.51)	1.1	5 (0.8)	
<b>Females:</b>												
1-3.....	13 (2.9)	1.55 (0.05)	0.91* (0.04)	1.02 (0.04)	1.22 (0.04)	1.47 (0.04)	1.79 (0.06)	2.17 (0.11)	2.49* (0.15)	0.4	<3	
4-8.....	11 (1.7)	1.69 (0.04)	1.02 (0.03)	1.13 (0.03)	1.35 (0.03)	1.62 (0.04)	1.94 (0.06)	2.32 (0.09)	2.61 (0.12)	0.5	<3	
9-13.....	6 (1.7)	1.92 (0.06)	1.00 (0.04)	1.15 (0.04)	1.44 (0.04)	1.83 (0.06)	2.28 (0.09)	2.77 (0.13)	3.12 (0.16)	0.8	<3	
14-18.....	9 (2.5)	2.78* (1.23)	0.76 (0.06)	0.89 (0.06)	1.13 (0.06)	1.46 (0.06)	1.89 (0.08)	2.47 (0.15)	3.03 (0.24)	0.9	11 (2.8)	
19-30.....	14 (2.2)	2.57 (0.23)	0.91 (0.03)	1.05 (0.04)	1.32 (0.04)	1.68 (0.05)	2.19 (0.07)	2.98 (0.16)	3.96 (0.58)	0.9	5 (1.0)	
31-50.....	26 (2.3)	3.24 (0.30)	0.99 (0.03)	1.15 (0.03)	1.45 (0.03)	1.89 (0.04)	2.64 (0.10)	4.17 (0.30)	7.04 (1.12)	0.9	<3	
19-50.....	21 (1.6)	2.98 (0.18)	0.96 (0.03)	1.11 (0.03)	1.40 (0.03)	1.80 (0.04)	2.44 (0.07)	3.67 (0.17)	6.18 (1.04)	0.9	4 (0.6)	
51-70.....	30 (2.2)	4.17 (0.63)	1.00 (0.03)	1.16 (0.03)	1.47 (0.04)	1.96 (0.06)	2.90 (0.16)	5.07 (1.64)	19.19 (6.33)	0.9	<3	
71+.....	41 (2.5)	4.00 (0.43)	0.97 (0.03)	1.13 (0.03)	1.46 (0.03)	2.08 (0.08)	3.39 (0.10)	6.49 (1.59)	12.94 (3.25)	0.9	4* (0.6)	
51+.....	33 (1.8)	4.12 (0.47)	0.99 (0.03)	1.15 (0.03)	1.47 (0.03)	1.98 (0.05)	3.08 (0.13)	5.44 (1.01)	15.65 (5.61)	0.9	3 (0.5)	
19+.....	27 (1.4)	3.53 (0.25)	0.97 (0.03)	1.13 (0.02)	1.43 (0.03)	1.88 (0.04)	2.71 (0.08)	4.39 (0.23)	10.23 (1.82)	0.9	3 (0.5)	
<b>All:</b>												
1+.....	22 (0.7)	3.44 (0.12)	1.01 (0.02)	1.17 (0.02)	1.50 (0.02)	2.01 (0.03)	2.91 (0.05)	4.36 (0.09)	6.70 (0.39)		4 (0.4)	

NOTES: <sup>†</sup> Percent reporting supplement containing riboflavin. 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
<b>Males:</b>												
1-3.....	8 (1.6)	15.3 (0.5)	8.9* (0.3)	10.0 (0.4)	12.1 (0.4)	14.7 (0.5)	17.9 (0.6)	21.3 (0.8)	23.6* (0.9)	5	<3	
4-8.....	11 (2.0)	20.7 (0.5)	12.5 (0.4)	13.9 (0.3)	16.5 (0.4)	19.7 (0.4)	23.7 (0.6)	28.1 (0.9)	31.4 (1.1)	6	<3	
9-13.....	9 (2.1)	24.0 (0.7)	13.2 (0.5)	15.0 (0.4)	18.4 (0.4)	22.9 (0.5)	28.3 (0.9)	34.1 (1.4)	38.0 (1.7)	9	<3	
14-18.....	9 (1.5)	29.4 (1.0)	16.6 (0.7)	18.7 (0.6)	22.8 (0.7)	28.1 (0.8)	34.3 (1.2)	41.0 (1.8)	45.9 (2.4)	12	<3	
19-30.....	13 (2.5)	33.9 (1.3)	16.4 (0.9)	19.0 (0.9)	24.1 (0.8)	30.9 (1.0)	39.7 (1.5)	50.1 (2.5)	58.6 (3.8)	12	<3	
31-50.....	25 (2.5)	38.3 (1.3)	17.9 (1.0)	20.8 (0.9)	26.6 (0.9)	34.9 (1.1)	45.9 (1.7)	58.8 (2.3)	68.6 (3.0)	12	<3	
19-50.....	20 (1.8)	36.6 (0.9)	17.3 (0.8)	20.0 (0.7)	25.5 (0.6)	33.3 (0.7)	43.4 (1.2)	55.9 (2.1)	65.5 (2.8)	12	<3	
51-70.....	36 (2.5)	42.8 (2.7)	16.0 (0.8)	18.9 (0.7)	24.8 (0.6)	34.2 (0.9)	47.1 (1.2)	61.1 (1.9)	74.1 (3.1)	12	<3	
71+.....	42 (4.2)	40.1 (3.0)	14.2 (0.8)	16.8 (0.8)	22.5 (0.7)	32.2 (1.2)	43.9 (1.2)	55.0 (1.6)	63.7 (2.6)	12	<3	
51+.....	37 (2.0)	42.0 (2.1)	15.4 (0.8)	18.2 (0.7)	24.3 (0.5)	33.6 (0.8)	46.2 (1.0)	59.3 (1.6)	71.2 (2.7)	12	<3	
19+.....	28 (1.3)	38.9 (1.2)	16.4 (0.8)	19.3 (0.7)	25.0 (0.5)	33.4 (0.6)	44.6 (1.0)	57.4 (1.6)	67.9 (2.2)	12	<3	
<b>Females:</b>												
1-3.....	12 (2.8)	14.2 (0.5)	7.9* (0.3)	9.0 (0.3)	10.9 (0.4)	13.4 (0.4)	16.6 (0.6)	20.6 (1.3)	24.0* (1.9)	5	<3	
4-8.....	10 (1.7)	18.3 (0.5)	10.9 (0.4)	12.2 (0.4)	14.5 (0.4)	17.6 (0.5)	21.2 (0.5)	25.3 (0.7)	28.4 (1.0)	6	<3	
9-13.....	8 (1.6)	22.9 (0.8)	12.5 (0.5)	14.2 (0.6)	17.6 (0.6)	22.0 (0.8)	27.1 (1.0)	32.6 (1.3)	36.3 (1.5)	9	<3	
14-18.....	13 (3.4)	21.0 (1.0)	10.8 (0.9)	12.4 (1.0)	15.5 (1.0)	19.6 (1.0)	24.9 (1.2)	31.4 (1.4)	36.9 (2.1)	11	6 (2.2)	
19-30.....	20 (2.8)	26.0 (1.3)	13.3 (0.6)	15.0 (0.6)	18.3 (0.6)	22.7 (0.6)	28.7 (0.9)	37.3 (1.7)	44.6 (3.1)	11	<3	
31-50.....	28 (2.1)	27.7 (1.3)	12.9 (0.5)	14.7 (0.4)	18.1 (0.4)	22.9 (0.5)	30.7 (1.0)	41.9 (1.3)	49.1 (1.8)	11	<3	
19-50.....	25 (1.7)	27.0 (1.0)	13.0 (0.5)	14.8 (0.5)	18.2 (0.4)	22.8 (0.5)	29.8 (0.8)	40.4 (1.3)	47.7 (1.9)	11	<3	
51-70.....	34 (2.3)	28.8 (1.4)	12.1 (0.5)	13.9 (0.5)	17.4 (0.5)	22.6 (0.8)	32.7 (1.7)	45.0 (2.4)	55.1 (4.4)	11	<3	
71+.....	43 (2.7)	37.9 (5.0)	11.9 (0.4)	13.7 (0.5)	17.4 (0.6)	24.0 (1.3)	37.8 (1.4)	50.9 (5.2)	71.9 (9.3)	11	3* (0.7)	
51+.....	37 (1.9)	31.5 (1.8)	12.1 (0.4)	13.8 (0.4)	17.4 (0.5)	22.9 (0.8)	34.5 (1.4)	46.4 (2.1)	59.6 (4.1)	11	<3	
19+.....	31 (1.3)	29.2 (0.9)	12.5 (0.4)	14.3 (0.4)	17.8 (0.4)	22.8 (0.5)	31.7 (0.9)	43.3 (1.2)	52.5 (2.6)	11	<3	
<b>All:</b>												
1+.....	25 (0.7)	31.0 (0.6)	12.6 (0.2)	14.6 (0.2)	18.7 (0.2)	25.3 (0.3)	35.9 (0.4)	48.3 (0.7)	58.5 (1.2)		<3	

NOTES: <sup>†</sup> Percent reporting supplement containing niacin. 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

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**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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	27 (3.6)	1.62 (0.07)	0.89* (0.05)	0.99 (0.05)	1.20 (0.05)	1.48 (0.07)	1.88 (0.10)	2.46 (0.17)	3.01* (0.21)	0.4	<3	30	<3	
4-8.....	32 (2.6)	1.92 (0.05)	1.06 (0.05)	1.18 (0.05)	1.42 (0.04)	1.74 (0.05)	2.23 (0.10)	2.99 (0.14)	3.48 (0.10)	0.5	<3	40	<3	
9-13.....	21 (2.9)	1.99 (0.09)	0.89 (0.05)	1.04 (0.05)	1.34 (0.05)	1.79 (0.07)	2.39 (0.12)	3.16 (0.18)	3.72 (0.24)	0.8	3* (1.1)	60	<3	
14-18.....	12 (1.5)	2.50 (0.15)	1.05 (0.06)	1.22 (0.06)	1.56 (0.06)	2.04 (0.08)	2.70 (0.14)	3.67 (0.26)	5.01 (0.65)	1.1	6 (1.7)	80	<3	
19-30.....	15 (2.6)	3.56 (0.53)	1.06 (0.08)	1.28 (0.08)	1.74 (0.08)	2.43 (0.13)	3.47 (0.23)	5.08 (0.54)	7.34 (1.44)	1.1	6 (1.5)	100	<3	
31-50.....	28 (2.6)	4.95 (0.42)	1.20 (0.12)	1.45 (0.13)	2.00 (0.15)	2.89 (0.18)	4.44 (0.26)	7.08 (0.64)	11.37 (2.96)	1.1	3 (2.0)	100	<3	
19-50.....	23 (1.8)	4.41 (0.38)	1.14 (0.09)	1.37 (0.09)	1.88 (0.09)	2.69 (0.10)	4.02 (0.15)	6.31 (0.35)	9.97 (1.23)	1.1	4 (1.5)	100	<3	
51-70.....	38 (2.4)	6.36 (0.66)	1.10 (0.09)	1.36 (0.09)	1.93 (0.09)	3.01 (0.15)	5.09 (0.23)	8.66 (0.90)	22.93 (8.18)	1.4	11 (2.1)	100	<3	
71+.....	42 (4.2)	4.62 (0.37)	1.05 (0.08)	1.29 (0.08)	1.88 (0.11)	3.01 (0.25)	4.95 (0.25)	7.28 (0.45)	9.68 (3.17)	1.4	13 (2.1)	100	<3	
51+.....	39 (1.9)	5.90 (0.51)	1.09 (0.09)	1.34 (0.08)	1.92 (0.08)	3.01 (0.14)	5.04 (0.18)	8.27 (0.48)	18.57 (6.78)	1.4	11 (2.0)	100	<3	
19+.....	30 (1.2)	5.05 (0.31)	1.11 (0.08)	1.36 (0.08)	1.90 (0.08)	2.80 (0.08)	4.46 (0.12)	7.32 (0.45)	11.84 (2.01)		7 (1.7)	100	<3	
<b>Females:</b>														
1-3.....	29 (3.6)	1.51 (0.06)	0.83* (0.04)	0.93 (0.04)	1.13 (0.04)	1.39 (0.06)	1.77 (0.09)	2.26 (0.12)	2.60* (0.15)	0.4	<3	30	<3	
4-8.....	37 (3.6)	1.85 (0.06)	0.97 (0.05)	1.08 (0.04)	1.31 (0.04)	1.64 (0.05)	2.20 (0.13)	3.09 (0.13)	3.42 (0.10)	0.5	<3	40	<3	
9-13.....	27 (2.7)	2.08 (0.10)	0.91 (0.05)	1.07 (0.05)	1.40 (0.06)	1.88 (0.09)	2.56 (0.16)	3.32 (0.18)	3.82 (0.21)	0.8	<3	60	<3	
14-18.....	16 (3.6)	1.91 (0.16)	0.73 (0.05)	0.85 (0.05)	1.11 (0.06)	1.48 (0.07)	2.03 (0.10)	3.03 (0.42)	4.35 (0.60)	1	18 (3.2)	80	<3	
19-30.....	23 (2.7)	2.93 (0.25)	0.96 (0.06)	1.11 (0.05)	1.41 (0.06)	1.84 (0.07)	2.55 (0.14)	3.79 (0.27)	5.77 (1.64)	1.1	10 (2.2)	100	<3	
31-50.....	33 (2.1)	3.75 (0.33)	0.93 (0.06)	1.08 (0.06)	1.39 (0.06)	1.90 (0.07)	3.13 (0.20)	5.45 (0.37)	9.09 (2.09)	1.1	11 (2.4)	100	<3	
19-50.....	29 (1.5)	3.43 (0.20)	0.94 (0.05)	1.09 (0.05)	1.40 (0.05)	1.87 (0.06)	2.85 (0.14)	4.78 (0.30)	7.48 (1.23)	1.1	10 (2.2)	100	<3	
51-70.....	36 (2.4)	5.70 (1.21)	0.91 (0.04)	1.06 (0.04)	1.39 (0.05)	1.95 (0.10)	3.71 (0.33)	7.01 (0.97)	12.27 (21.21)	1.3	21 (2.5)	100	<3	
71+.....	45 (2.4)	6.52 (1.35)	0.94 (0.04)	1.11 (0.05)	1.47 (0.05)	2.24 (0.17)	4.55 (0.28)	7.53 (0.76)	17.86 (9.23)	1.3	18 (2.0)	100	<3	
51+.....	39 (2.0)	5.94 (0.97)	0.92 (0.04)	1.07 (0.04)	1.41 (0.05)	2.02 (0.10)	4.00 (0.30)	7.23 (0.60)	15.52 (10.95)	1.3	20 (2.0)	100	<3	
19+.....	34 (1.3)	4.65 (0.45)	0.93 (0.04)	1.08 (0.04)	1.40 (0.04)	1.93 (0.05)	3.33 (0.12)	6.11 (0.35)	11.30 (1.61)		15 (1.6)	100	<3	
<b>All:</b>														
1+.....	30 (0.6)	4.17 (0.23)	0.96 (0.03)	1.13 (0.03)	1.48 (0.03)	2.11 (0.04)	3.44 (0.06)	5.83 (0.18)	8.85 (0.59)		10 (0.9)		<3	

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
<b>Males:</b>												
1-3.....	23 (3.7)	378 (11)	186* (6)	214 (7)	271 (8)	349 (11)	456 (15)	576 (20)	660* (22)	120	<3	
4-8.....	31 (2.6)	549 (16)	277 (12)	317 (12)	394 (12)	501 (14)	649 (20)	838 (35)	989 (45)	160	<3	
9-13.....	20 (2.9)	595 (17)	270 (13)	316 (12)	409 (10)	542 (12)	718 (27)	944 (54)	1129 (66)	250	3* (0.9)	
14-18.....	11 (1.6)	610 (23)	282 (19)	328 (20)	421 (21)	551 (23)	725 (29)	972 (52)	1173 (69)	330	10 (2.7)	
19-30.....	14 (2.4)	624 (24)	299 (14)	348 (15)	441 (17)	570 (22)	743 (31)	966 (51)	1146 (62)	320	7 (1.6)	
31-50.....	27 (2.5)	704 (23)	296 (18)	344 (18)	446 (18)	595 (19)	838 (29)	1213 (53)	1491 (77)	320	7 (1.7)	
19-50.....	22 (1.7)	673 (12)	297 (14)	346 (14)	444 (13)	584 (12)	793 (14)	1118 (31)	1354 (46)	320	7 (1.4)	
51-70.....	37 (2.4)	859 (32)	299 (16)	353 (16)	466 (17)	660 (26)	1131 (46)	1605 (57)	1883 (77)	320	7 (1.6)	
71+.....	43 (4.3)	866 (38)	286 (14)	337 (16)	453 (19)	671 (37)	1159 (57)	1594 (86)	1821 (82)	320	8 (1.7)	
51+.....	39 (2.1)	861 (25)	295 (14)	349 (14)	463 (15)	663 (22)	1138 (35)	1602 (48)	1865 (63)	320	7 (1.4)	
19+.....	29 (1.2)	753 (15)	296 (14)	347 (13)	451 (12)	611 (12)	911 (21)	1350 (37)	1654 (43)	320	7 (1.3)	
<b>Females:</b>												
1-3.....	25 (3.1)	366 (15)	172* (9)	198 (9)	251 (10)	327 (12)	431 (17)	581 (45)	725* (70)	120	<3	
4-8.....	36 (3.6)	511 (15)	251 (9)	287 (10)	362 (11)	471 (15)	624 (20)	787 (28)	906 (35)	160	<3	
9-13.....	26 (2.7)	582 (21)	260 (12)	306 (12)	400 (14)	538 (20)	717 (29)	913 (42)	1049 (53)	250	4 (1.0)	
14-18.....	16 (3.5)	499 (21)	202 (14)	237 (14)	310 (14)	416 (15)	569 (24)	824 (104)	1139 (159)	330	30 (3.3)	
19-30.....	23 (2.4)	554 (23)	233 (10)	270 (10)	345 (12)	451 (15)	621 (29)	992 (65)	1210 (71)	320	19 (2.4)	
31-50.....	31 (2.2)	630 (19)	234 (9)	272 (9)	350 (9)	473 (13)	732 (43)	1184 (35)	1508 (89)	320	19 (1.8)	
19-50.....	28 (1.5)	600 (16)	233 (8)	271 (8)	348 (8)	463 (11)	681 (29)	1119 (35)	1386 (70)	320	19 (1.6)	
51-70.....	36 (2.6)	703 (32)	216 (8)	253 (8)	332 (9)	466 (20)	923 (56)	1426 (77)	1770 (79)	320	22 (1.9)	
71+.....	43 (2.6)	788 (37)	225 (10)	265 (11)	351 (13)	529 (36)	1118 (50)	1590 (68)	1864 (130)	320	19 (2.1)	
51+.....	38 (2.1)	728 (27)	218 (7)	256 (7)	337 (8)	481 (18)	995 (36)	1493 (51)	1807 (63)	320	22 (1.6)	
19+.....	33 (1.3)	662 (16)	226 (7)	264 (6)	343 (6)	470 (10)	818 (42)	1291 (51)	1647 (47)	320	20 (1.2)	
<b>All:</b>												
1+.....	29 (0.7)	665 (9)	243 (6)	287 (6)	378 (6)	523 (7)	791 (14)	1221 (24)	1551 (34)		12 (0.9)	

NOTES: <sup>†</sup> Percent reporting supplement containing folate. Sample size presented on page 24.  
 DFE=dietary folate equivalents; 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>Males:</b>											
1-3.....	23 (3.7)	155 (4)	57* (4)	70 (4)	97 (3)	138 (4)	195 (6)	263 (9)	310* (10)	300	6 (1.0)
4-8.....	31 (2.6)	244 (9)	100 (8)	120 (8)	159 (7)	215 (7)	297 (11)	404 (21)	493 (28)	400	10 (1.7)
9-13.....	20 (2.9)	259 (9)	93 (8)	115 (8)	161 (7)	229 (7)	321 (13)	443 (28)	549 (35)	600	3* (1.0)
14-18.....	11 (1.6)	255 (15)	92 (10)	113 (11)	157 (13)	222 (15)	310 (18)	439 (27)	564 (46)	800	<3
19-30.....	14 (2.4)	246 (14)	81 (10)	102 (11)	147 (12)	213 (13)	306 (17)	432 (26)	537 (29)	1000	<3
31-50.....	27 (2.5)	276 (8)	71 (7)	91 (7)	136 (7)	209 (8)	338 (15)	558 (23)	717 (46)	1000	<3
19-50.....	22 (1.7)	265 (7)	74 (7)	95 (7)	140 (7)	210 (7)	322 (10)	512 (17)	639 (24)	1000	<3
51-70.....	37 (2.4)	364 (17)	71 (6)	93 (6)	143 (7)	239 (14)	518 (23)	792 (32)	943 (43)	1000	4 (0.9)
71+.....	43 (4.3)	382 (26)	72 (7)	93 (8)	147 (10)	261 (26)	546 (36)	798 (54)	928 (51)	1000	3* (1.1)
51+.....	39 (2.1)	369 (14)	71 (6)	93 (6)	144 (7)	244 (13)	525 (17)	794 (27)	938 (36)	1000	4 (0.8)
19+.....	29 (1.2)	309 (8)	73 (6)	94 (6)	142 (6)	221 (7)	388 (15)	636 (20)	820 (22)	1000	<3
<b>Females:</b>											
1-3.....	25 (3.1)	150 (8)	51* (5)	63 (5)	88 (5)	126 (6)	182 (9)	267 (26)	356* (44)	300	7 (2.2)
4-8.....	36 (3.6)	225 (9)	87 (6)	104 (6)	142 (6)	199 (8)	286 (12)	378 (16)	446 (21)	400	8 (1.5)
9-13.....	26 (2.7)	251 (10)	87 (7)	109 (7)	155 (8)	226 (10)	321 (14)	425 (20)	498 (26)	600	<3
14-18.....	16 (3.5)	210 (16)	60 (8)	75 (8)	109 (8)	161 (7)	239 (14)	376 (82)	572 (117)	800	<3
19-30.....	23 (2.4)	223 (13)	58 (4)	73 (4)	108 (5)	162 (7)	254 (16)	467 (40)	581 (39)	1000	<3
31-50.....	31 (2.2)	256 (10)	53 (4)	68 (4)	102 (4)	162 (7)	300 (26)	556 (21)	752 (65)	1000	<3
19-50.....	28 (1.5)	243 (9)	55 (3)	70 (3)	105 (3)	162 (6)	277 (17)	527 (19)	674 (49)	1000	<3
51-70.....	36 (2.6)	299 (20)	45 (4)	59 (4)	92 (4)	155 (10)	425 (38)	717 (60)	903 (50)	1000	4 (0.7)
71+.....	43 (2.6)	360 (26)	55 (7)	72 (8)	113 (11)	205 (26)	537 (29)	815 (42)	969 (84)	1000	4 (1.4)
51+.....	38 (2.1)	317 (16)	47 (4)	62 (4)	97 (4)	167 (10)	468 (17)	756 (28)	928 (35)	1000	4 (0.6)
19+.....	33 (1.3)	279 (9)	51 (3)	66 (3)	101 (3)	164 (6)	356 (27)	620 (33)	841 (30)	1000	<3
<b>All:</b>											
1+.....	29 (0.7)	278 (5)	61 (3)	80 (3)	122 (3)	194 (3)	337 (9)	576 (13)	774 (20)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing folic acid. Sample size presented on page 24.  
 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>Males:</b>													
1-3.....	8 (2.2)	228 (7)	125* (5)	141 (6)	174 (6)	217 (6)	270 (8)	328 (10)	368* (13)	200	60 (3.7)	1000	<3
4-8.....	8 (2.0)	241 (7)	133 (3)	151 (3)	185 (4)	230 (6)	286 (9)	345 (13)	385 (16)	250	40 (3.4)	1000	<3
9-13.....	6 (1.2)	259 (8)	145 (7)	165 (6)	201 (7)	250 (8)	307 (10)	365 (14)	405 (17)	375	9 (2.1)	2000	<3
14-18.....	4* (0.9)	309 (11)	177 (8)	200 (8)	243 (9)	299 (11)	364 (14)	430 (18)	479 (23)	550	<3	3000	<3
19-30.....	7 (1.7)	362 (13)	186 (11)	216 (11)	275 (12)	349 (13)	435 (16)	525 (19)	583 (21)	550	7 (1.8)	3500	<3
31-50.....	7 (1.1)	397 (8)	209 (10)	241 (10)	304 (9)	384 (8)	476 (9)	571 (12)	632 (16)	550	12 (1.4)	3500	<3
19-50.....	7 (1.0)	384 (7)	198 (9)	230 (9)	291 (8)	370 (7)	461 (8)	554 (11)	615 (15)	550	10 (1.3)	3500	<3
51-70.....	5 (1.2)	401 (9)	211 (9)	244 (9)	308 (8)	388 (9)	479 (11)	573 (16)	635 (20)	550	13 (1.9)	3500	<3
71+.....	4 (0.8)	382 (12)	198 (10)	231 (10)	291 (11)	370 (12)	458 (14)	550 (17)	611 (20)	550	10 (1.8)	3500	<3
51+.....	5 (0.9)	396 (7)	207 (9)	240 (8)	304 (7)	383 (7)	474 (10)	568 (15)	629 (19)	550	12 (1.6)	3500	<3
19+.....	6 (0.6)	389 (5)	202 (8)	234 (8)	296 (6)	376 (5)	467 (7)	560 (11)	621 (15)	550	11 (1.2)	3500	<3
<b>Females:</b>													
1-3.....	7 (2.1)	214 (6)	117* (5)	132 (5)	163 (5)	204 (6)	253 (7)	306 (10)	345* (12)	200	52 (3.6)	1000	<3
4-8.....	9 (1.9)	220 (6)	120 (4)	136 (4)	168 (5)	211 (6)	262 (8)	317 (12)	355 (14)	250	30 (3.1)	1000	<3
9-13.....	5 (1.3)	252 (9)	139 (4)	158 (5)	195 (6)	242 (9)	298 (12)	356 (17)	396 (21)	375	7 (2.3)	2000	<3
14-18.....	5 (0.9)	214 (10)	116 (9)	133 (9)	164 (10)	206 (10)	255 (12)	305 (14)	340 (15)	400	<3	3000	<3
19-30.....	7 (2.1)	284 (8)	157 (7)	179 (7)	222 (7)	274 (7)	336 (9)	400 (11)	442 (12)	425	7 (1.3)	3500	<3
31-50.....	8 (1.3)	286 (7)	158 (5)	181 (6)	222 (6)	275 (7)	338 (8)	403 (11)	444 (13)	425	7 (1.3)	3500	<3
19-50.....	8 (1.1)	285 (6)	158 (6)	180 (6)	222 (6)	275 (6)	337 (7)	402 (10)	443 (12)	425	7 (1.2)	3500	<3
51-70.....	7 (1.1)	291 (7)	162 (5)	184 (5)	227 (5)	282 (6)	344 (8)	409 (11)	449 (13)	425	8 (1.6)	3500	<3
71+.....	7 (1.8)	280 (6)	155 (6)	177 (6)	219 (6)	272 (6)	332 (8)	394 (10)	436 (12)	425	6 (1.1)	3500	<3
51+.....	7 (1.1)	288 (5)	159 (4)	182 (4)	225 (4)	279 (5)	340 (7)	405 (10)	445 (12)	425	7 (1.3)	3500	<3
19+.....	7 (0.9)	286 (5)	159 (5)	181 (4)	223 (4)	277 (5)	339 (6)	403 (9)	444 (11)	425	7 (1.2)	3500	<3
<b>All:</b>													
1+.....	7 (0.4)	315 (4)	155 (3)	179 (3)	228 (3)	296 (4)	382 (5)	476 (6)	542 (8)		12 (0.7)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing choline. Sample size presented on page 24.  
 AI=Adequate Intake; 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Males:</b>											
1-3.....	26 (4.0)	4.70 (0.26)	2.22* (0.11)	2.58 (0.11)	3.28 (0.12)	4.23 (0.18)	5.50 (0.24)	7.07 (0.36)	8.58* (0.69)	0.7	<3
4-8.....	32 (2.6)	6.14 (0.79)	2.54 (0.19)	2.95 (0.19)	3.72 (0.19)	4.77 (0.20)	6.22 (0.26)	8.19 (0.44)	9.84 (0.47)	1	<3
9-13.....	23 (3.2)	19.81* (10.57)	2.17 (0.17)	2.63 (0.18)	3.60 (0.20)	5.04 (0.27)	7.03 (0.47)	9.77 (0.87)	12.61 (2.02)	1.5	<3
14-18.....	12 (1.5)	8.51 (1.30)	2.44 (0.16)	2.93 (0.16)	3.95 (0.18)	5.44 (0.24)	7.48 (0.38)	10.43 (0.76)	13.67 (1.74)	2	<3
19-30.....	17 (2.6)	19.60* (7.01)	1.95 (0.18)	2.49 (0.19)	3.61 (0.21)	5.38 (0.35)	8.45 (0.72)	15.76 (3.11)	30.40 (17.47)	2	5 (1.4)
31-50.....	30 (3.1)	39.88 (9.67)	2.44 (0.19)	3.08 (0.22)	4.52 (0.28)	6.98 (0.45)	12.19 (1.24)	32.22 (16.65)	78.26 (96.25)	2	<3
19-50.....	25 (2.1)	31.93 (5.77)	2.22 (0.15)	2.80 (0.14)	4.09 (0.16)	6.28 (0.29)	10.52 (0.70)	26.09 (4.14)	61.59 (15.75)	2	4 (0.9)
51-70.....	40 (2.5)	105.15 (15.26)	2.19 (0.18)	2.83 (0.17)	4.34 (0.22)	7.46 (0.48)	20.71 (4.01)	100.10 (38.75)	1001.10 (756.09)	2	4 (1.0)
71+.....	50 (4.4)	235.77 (55.17)	2.19 (0.19)	2.84 (0.22)	4.58 (0.37)	9.23 (1.69)	30.97 (1.76)	1001.41 (529.62)	1026.33 (50.49)	2	4 (0.9)
51+.....	42 (2.2)	139.65 (16.20)	2.19 (0.15)	2.83 (0.15)	4.39 (0.20)	7.79 (0.50)	27.24 (3.12)	106.60 (20.38)	1005.61 (233.91)	2	4 (0.9)
19+.....	32 (1.4)	78.20 (6.98)	2.20 (0.14)	2.81 (0.13)	4.20 (0.15)	6.74 (0.28)	13.37 (0.84)	52.78 (13.44)	251.93 (166.91)	2	4 (0.8)
<b>Females:</b>											
1-3.....	31 (3.7)	18.48* (13.53)	2.06* (0.17)	2.39 (0.17)	3.06 (0.18)	3.98 (0.19)	5.28 (0.25)	7.22 (0.60)	9.18* (1.49)	0.7	<3
4-8.....	37 (3.6)	5.10 (0.28)	2.18 (0.10)	2.54 (0.10)	3.27 (0.11)	4.33 (0.17)	5.89 (0.35)	8.31 (0.61)	9.67 (0.54)	1	<3
9-13.....	26 (2.7)	5.08 (0.22)	1.90 (0.11)	2.33 (0.10)	3.24 (0.12)	4.59 (0.18)	6.40 (0.33)	8.46 (0.42)	9.81 (0.52)	1.5	<3
14-18.....	17 (3.6)	10.37* (3.23)	1.37 (0.11)	1.69 (0.11)	2.38 (0.12)	3.43 (0.14)	5.03 (0.27)	8.72 (1.68)	14.06 (5.78)	2	16 (2.5)
19-30.....	27 (3.5)	32.35* (11.72)	1.76 (0.12)	2.14 (0.14)	2.93 (0.15)	4.19 (0.18)	6.82 (0.74)	13.49 (3.95)	53.46 (30.24)	2	8 (2.0)
31-50.....	35 (2.6)	83.61 (23.36)	1.78 (0.12)	2.17 (0.12)	2.99 (0.12)	4.50 (0.27)	8.91 (1.06)	27.80 (21.40)	254.05 (200.43)	2	8 (1.6)
19-50.....	31 (2.0)	63.75 (15.40)	1.77 (0.12)	2.15 (0.11)	2.97 (0.12)	4.36 (0.17)	8.03 (0.75)	20.04 (3.73)	153.02 (89.57)	2	8 (1.6)
51-70.....	41 (2.6)	200.18 (37.61)	1.76 (0.14)	2.15 (0.15)	3.06 (0.19)	4.92 (0.38)	21.42 (5.70)	378.12 (251.73)	1009.50 (29.08)	2	8 (2.0)
71+.....	53 (2.7)	262.87 (46.52)	1.96 (0.18)	2.42 (0.19)	3.54 (0.22)	8.13 (1.52)	46.68 (12.73)	1003.89 (1.57)	1029.29 (1194.52)	2	5 (1.6)
51+.....	44 (1.9)	218.55 (24.30)	1.81 (0.14)	2.22 (0.16)	3.18 (0.19)	5.36 (0.46)	28.16 (1.32)	529.17 (365.76)	1011.23 (15.67)	2	7 (1.7)
19+.....	38 (1.5)	138.70 (12.96)	1.79 (0.11)	2.18 (0.11)	3.05 (0.11)	4.71 (0.18)	11.41 (1.43)	102.32 (29.94)	1002.90 (40.70)	2	7 (1.5)
<b>All:</b>											
1+.....	33 (0.8)	85.60 (5.37)	1.94 (0.07)	2.40 (0.07)	3.42 (0.05)	5.26 (0.10)	9.86 (0.30)	38.08 (9.35)	336.21 (123.98)		5 (0.6)

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	28 (3.6)	85.7 (6.3)	24.9* (2.5)	32.8 (2.7)	49.5 (3.5)	74.4 (4.8)	108.1 (7.0)	144.9 (10.4)	174.1* (13.0)	13	<3	400	<3	
4-8.....	37 (2.8)	94.5 (6.0)	26.0 (2.8)	34.4 (3.1)	52.1 (3.6)	78.7 (4.9)	117.2 (6.9)	167.8 (13.6)	216.2 (30.5)	22	3* (1.2)	650	<3	
9-13.....	23 (3.0)	86.2 (7.4)	24.3 (3.4)	31.1 (3.7)	46.2 (4.3)	69.9 (5.1)	102.7 (7.5)	145.6 (13.2)	190.6 (30.8)	39	17 (4.2)	1200	<3	
14-18.....	15 (1.9)	84.6 (4.7)	19.4 (2.4)	25.1 (2.9)	37.9 (3.6)	58.5 (4.6)	90.3 (7.6)	141.2 (12.0)	222.4 (47.8)	63	55 (5.3)	1800	<3	
19-30.....	19 (2.7)	107.4 (14.7)	16.9 (2.5)	23.3 (3.0)	38.5 (3.9)	64.8 (5.3)	108.7 (8.1)	174.9 (15.8)	281.7 (73.5)	75	57 (4.1)	2000	<3	
31-50.....	32 (2.9)	133.0 (10.3)	21.7 (2.1)	29.8 (2.6)	49.9 (3.6)	86.2 (5.3)	145.6 (8.0)	237.6 (19.0)	396.5 (104.1)	75	43 (3.1)	2000	<3	
19-50.....	27 (2.2)	123.0 (9.0)	19.5 (2.1)	26.8 (2.4)	44.6 (3.0)	77.0 (3.9)	131.0 (5.3)	215.2 (12.9)	355.1 (58.9)	75	49 (2.6)	2000	<3	
51-70.....	41 (2.4)	194.6 (16.5)	24.4 (2.4)	34.0 (3.0)	58.2 (4.2)	104.0 (5.4)	177.2 (6.8)	325.1 (44.5)	624.0 (68.3)	75	35 (2.7)	2000	<3	
71+.....	49 (3.9)	242.4 (14.5)	29.8 (2.6)	41.3 (3.1)	72.9 (4.8)	129.9 (7.5)	246.1 (26.0)	628.8 (31.9)	807.1 (136.8)	75	26 (2.4)	2000	<3	
51+.....	43 (1.9)	207.2 (13.3)	25.6 (2.4)	35.6 (2.9)	61.5 (3.9)	110.3 (4.7)	190.7 (6.7)	417.9 (78.5)	686.0 (42.0)	75	33 (2.3)	2000	<3	
19+.....	34 (1.3)	159.2 (6.7)	21.5 (2.1)	29.7 (2.4)	50.3 (3.0)	89.1 (3.7)	155.7 (4.5)	280.0 (17.8)	568.7 (30.6)	75	42 (2.2)	2000	<3	
<b>Females:</b>														
1-3.....	31 (3.5)	92.7 (4.2)	28.0* (2.0)	36.3 (2.2)	54.5 (2.5)	82.0 (3.4)	118.5 (5.8)	161.3 (9.9)	193.3* (13.7)	13	<3	400	<3	
4-8.....	39 (3.4)	94.9 (3.2)	27.3 (2.2)	35.5 (2.3)	54.0 (2.5)	81.0 (2.8)	118.4 (4.3)	163.4 (7.5)	199.5 (10.6)	22	<3	650	<3	
9-13.....	31 (3.2)	97.2 (8.5)	27.8 (3.1)	35.6 (3.5)	52.9 (4.3)	79.2 (5.8)	116.1 (9.4)	166.2 (16.3)	216.8 (25.6)	39	12 (2.8)	1200	<3	
14-18.....	22 (2.8)	73.4 (6.3)	18.1 (3.0)	23.5 (3.3)	35.9 (4.0)	55.5 (4.9)	86.1 (7.0)	129.0 (10.4)	172.4 (20.1)	56	51 (5.8)	1800	<3	
19-30.....	28 (3.2)	116.3 (23.0)	19.8 (2.0)	26.6 (2.4)	42.2 (3.1)	68.0 (4.3)	109.2 (7.7)	173.5 (16.7)	251.3 (37.0)	60	43 (3.7)	2000	<3	
31-50.....	37 (2.3)	150.2 (17.5)	22.3 (2.2)	29.9 (2.7)	47.5 (3.8)	79.5 (4.8)	131.4 (6.5)	230.1 (20.3)	442.2 (120.4)	60	36 (3.5)	2000	<3	
19-50.....	34 (1.7)	137.1 (14.7)	21.1 (1.9)	28.5 (2.3)	45.3 (3.1)	74.6 (4.1)	122.7 (6.2)	207.9 (16.3)	342.3 (61.3)	60	39 (3.1)	2000	<3	
51-70.....	47 (2.4)	203.8 (17.3)	23.9 (1.5)	32.3 (1.9)	54.0 (3.1)	95.1 (5.9)	176.9 (18.5)	545.1 (52.3)	692.8 (113.2)	60	29 (2.5)	2000	<3	
71+.....	50 (2.9)	211.7 (14.7)	28.0 (2.2)	37.7 (2.7)	63.4 (4.4)	116.1 (6.8)	221.6 (18.8)	571.4 (89.5)	758.4 (105.3)	60	23 (2.3)	2000	<3	
51+.....	48 (1.9)	206.1 (14.1)	24.9 (1.3)	33.7 (1.5)	56.4 (2.4)	100.7 (4.8)	190.0 (14.8)	550.7 (35.2)	713.6 (80.6)	60	28 (1.7)	2000	<3	
19+.....	40 (1.5)	170.5 (10.6)	22.8 (1.5)	30.7 (1.8)	49.7 (2.4)	85.3 (3.2)	149.2 (5.8)	318.9 (38.5)	611.0 (24.1)	60	33 (1.9)	2000	<3	
<b>All:</b>														
1+.....	35 (0.8)	146.9 (4.6)	22.3 (1.2)	30.2 (1.4)	48.9 (1.7)	82.2 (2.1)	138.9 (3.1)	251.0 (11.6)	528.4 (47.7)		33 (1.3)		<3	

NOTES: <sup>†</sup> 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  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	16 (5.0)	111.8 (33.2)	13.5* (2.5)	18.7* (3.0)	31.1 (4.2)	53.9 (6.7)	92.3 (11.8)	161.1* (31.4)	719.0* (578.0)	110	81 (4.7)	2000	<3	
31-50.....	22 (3.1)	100.7 (10.5)	16.7* (2.0)	23.1 (2.4)	38.0 (3.2)	65.8 (4.6)	113.4 (8.5)	187.8 (20.6)	250.1* (45.2)	110	74 (3.1)	2000	<3	
19-50.....	19 (2.8)	105.1 (15.6)	15.3 (2.1)	21.1 (2.5)	34.9 (3.3)	60.6 (4.9)	105.1 (7.8)	181.6 (22.2)	279.4 (66.4)	110	77 (3.0)	2000	<3	
51-70.....	34 (5.8)	185.4 (50.1)	18.9* (2.5)	26.8 (3.2)	45.8 (4.7)	83.3 (8.6)	145.7 (20.3)	295.0 (98.2)	517.7* (165.4)	110	63 (4.9)	2000	<3	
71+.....	43* (12.4)	181.8* (45.7)	22.1* (3.8)	30.8* (4.7)	53.7* (11.2)	109.0* (33.2)	192.4* (40.2)	527.0* (268.0)	633.7* (226.9)	110	50* (11.5)	2000	<3	
51+.....	35 (5.0)	185.1 (45.6)	19.0* (2.6)	27.2 (3.2)	46.4 (4.6)	84.7 (8.0)	150.6 (17.9)	302.9 (91.5)	558.1* (161.8)	110	62 (4.2)	2000	<3	
19+.....	25 (3.0)	134.0 (21.7)	16.3 (2.1)	22.8 (2.5)	38.2 (3.4)	67.9 (5.0)	120.8 (9.5)	214.5 (30.2)	402.2 (153.7)	110	71 (3.1)	2000	<3	
<b>Females:</b>														
19-30.....	24 (4.8)	177.5* (119.5)	12.4* (1.3)	16.8* (1.7)	27.0 (2.5)	45.2 (3.9)	78.5 (10.4)	155.0* (56.7)	272.6* (3186.7)	95	82* (5.1)	2000	<3	
31-50.....	21 (3.7)	66.5 (8.3)	13.1* (1.7)	17.8 (2.0)	28.5 (2.9)	46.2 (4.1)	77.4 (7.3)	119.2 (12.7)	157.4* (18.4)	95	83 (3.2)	2000	<3	
19-50.....	22 (3.2)	106.1* (41.6)	12.8* (1.5)	17.5 (1.8)	28.0 (2.6)	45.8 (3.6)	77.7 (7.1)	126.6 (15.4)	196.3* (46.8)	95	83 (3.0)	2000	<3	
51-70.....	26 (5.4)	95.8 (14.6)	14.0* (1.1)	18.8* (1.4)	30.1 (2.2)	49.8 (3.7)	84.6 (7.5)	147.3* (29.1)	523.8* (236.4)	95	79 (3.3)	2000	<3	
71+.....	47* (10.9)	120.9* (29.3)	17.2* (2.2)	23.6* (3.0)	39.8* (6.2)	73.0* (17.7)	143.2* (81.3)	292.3* (72.0)	331.6* (210.9)	95	62* (9.9)	2000	<3	
51+.....	28 (6.1)	99.0 (13.0)	14.2* (1.1)	19.2 (1.4)	31.0 (2.4)	51.7 (4.4)	90.6 (9.3)	166.2 (65.7)	520.9* (184.6)	95	77 (3.9)	2000	<3	
19+.....	24 (2.9)	103.2 (24.8)	13.4 (1.3)	18.2 (1.4)	29.1 (2.0)	48.1 (2.9)	82.5 (5.2)	141.5 (13.5)	259.4 (114.8)	95	80 (2.3)	2000	<3	

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	20 (3.1)	106.4 (14.7)	18.4 (2.7)	25.3 (3.2)	41.3 (4.3)	68.6 (5.9)	112.7 (8.3)	177.2 (15.6)	257.7 (81.2)	75	55 (4.6)	2000	<3	
31-50.....	35 (3.6)	141.9 (11.7)	23.8 (2.3)	32.8 (2.8)	54.0 (3.8)	92.3 (5.9)	153.0 (8.6)	253.3 (26.4)	446.2 (103.2)	75	40 (3.2)	2000	<3	
19-50.....	29 (2.6)	128.0 (10.2)	21.1 (2.3)	29.1 (2.6)	48.1 (3.3)	81.6 (4.3)	137.3 (5.7)	223.2 (14.1)	377.2 (70.4)	75	46 (2.8)	2000	<3	
51-70.....	42 (2.5)	197.4 (17.0)	27.0 (2.4)	37.1 (3.0)	62.8 (4.2)	110.0 (5.6)	184.1 (8.4)	336.5 (56.3)	656.3 (167.5)	75	32 (2.6)	2000	<3	
71+.....	49 (3.9)	245.9 (14.8)	31.8 (2.9)	43.7 (3.4)	74.2 (5.2)	132.0 (7.4)	249.7 (26.8)	631.5 (29.1)	811.6 (144.0)	75	25 (2.3)	2000	<3	
51+.....	44 (1.9)	211.8 (13.7)	28.1 (2.3)	38.7 (2.8)	65.8 (3.8)	115.9 (4.8)	197.9 (7.6)	462.7 (87.3)	721.3 (78.4)	75	30 (2.1)	2000	<3	
19+.....	36 (1.4)	165.3 (7.0)	23.6 (2.3)	32.5 (2.6)	54.4 (3.2)	95.3 (3.8)	163.0 (4.9)	297.6 (25.7)	585.2 (30.1)	75	39 (2.2)	2000	<3	
<b>Females:</b>														
19-30.....	29 (3.8)	104.0 (9.1)	23.0 (2.0)	30.1 (2.3)	46.1 (3.1)	72.1 (4.3)	112.5 (7.5)	174.9 (14.7)	243.8 (29.0)	60	39 (3.7)	2000	<3	
31-50.....	41 (2.5)	168.5 (20.6)	26.5 (2.2)	34.8 (2.6)	54.2 (3.5)	87.8 (4.3)	143.5 (6.7)	258.8 (33.8)	559.5 (109.7)	60	30 (3.1)	2000	<3	
19-50.....	36 (1.8)	143.1 (13.5)	24.8 (1.9)	32.7 (2.3)	50.5 (3.1)	81.1 (4.0)	130.4 (6.3)	220.1 (17.6)	382.8 (96.6)	60	33 (3.0)	2000	<3	
51-70.....	51 (2.4)	225.0 (20.0)	28.5 (2.0)	37.9 (2.4)	62.0 (3.4)	106.8 (6.6)	199.8 (22.5)	569.6 (29.3)	744.7 (214.3)	60	24 (2.2)	2000	<3	
71+.....	51 (3.2)	217.4 (15.7)	30.7 (2.3)	40.9 (3.0)	66.8 (4.9)	119.5 (7.0)	224.6 (18.1)	586.0 (85.2)	788.2 (143.7)	60	21 (2.4)	2000	<3	
51+.....	51 (2.0)	222.6 (16.1)	29.2 (1.7)	38.9 (2.0)	63.4 (3.0)	110.7 (5.5)	207.6 (18.1)	573.4 (31.4)	760.3 (136.9)	60	23 (1.7)	2000	<3	
19+.....	43 (1.5)	182.5 (11.6)	26.6 (1.7)	35.2 (1.9)	55.9 (2.5)	93.1 (3.3)	161.6 (7.1)	365.1 (56.3)	634.7 (27.0)	60	28 (2.0)	2000	<3	

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	19 (2.7)	107.5 (14.7)	17.0 (2.5)	23.6 (3.0)	38.6 (4.0)	65.4 (5.6)	108.5 (7.9)	175.1 (15.9)	281.6 (75.2)	110/75	61 (4.1)	2000	<3	
31-50.....	32 (3.0)	133.2 (10.3)	21.6 (2.2)	29.9 (2.6)	49.7 (3.5)	86.1 (5.2)	145.2 (8.2)	236.4 (19.8)	398.2 (101.2)	110/75	47 (3.0)	2000	<3	
19-50.....	27 (2.2)	123.1 (9.1)	19.5 (2.1)	26.9 (2.5)	44.7 (3.0)	76.9 (3.9)	131.1 (5.4)	215.2 (12.3)	360.3 (57.4)	110/75	52 (2.5)	2000	<3	
51-70.....	41 (2.4)	195.0 (16.5)	24.7 (2.5)	34.4 (3.0)	59.0 (4.2)	104.3 (5.2)	177.4 (7.1)	329.3 (43.8)	621.4 (65.4)	110/75	38 (2.9)	2000	<3	
71+.....	49 (3.9)	242.3 (14.3)	31.0 (2.6)	42.6 (3.2)	72.8 (5.0)	131.2 (7.4)	243.9 (26.0)	627.3 (30.7)	799.9 (140.4)	110/75	27 (2.2)	2000	<3	
51+.....	43 (1.9)	207.5 (13.3)	26.1 (2.5)	36.2 (2.9)	62.0 (3.9)	110.5 (4.6)	190.8 (6.9)	419.7 (77.0)	684.2 (41.3)	110/75	35 (2.4)	2000	<3	
19+.....	34 (1.3)	159.4 (6.7)	21.6 (2.1)	29.9 (2.5)	50.6 (3.0)	89.6 (3.7)	155.8 (4.6)	280.1 (18.6)	569.9 (29.8)	110/75	45 (2.1)	2000	<3	
<b>Females:</b>														
19-30.....	28 (3.2)	115.7 (22.9)	19.9 (1.8)	26.5 (2.1)	42.1 (2.8)	68.1 (4.1)	108.4 (7.4)	173.8 (17.5)	250.9 (37.4)	95/60	46 (3.7)	2000	<3	
31-50.....	37 (2.3)	150.0 (17.4)	21.5 (2.3)	29.0 (2.7)	46.8 (3.7)	79.4 (4.8)	131.5 (6.7)	230.5 (21.1)	447.1 (121.7)	95/60	39 (3.6)	2000	<3	
19-50.....	34 (1.7)	136.7 (14.8)	20.8 (1.9)	28.0 (2.3)	44.8 (3.0)	74.4 (4.1)	121.9 (6.3)	206.7 (16.6)	342.2 (62.7)	95/60	42 (3.3)	2000	<3	
51-70.....	47 (2.4)	203.9 (17.3)	23.1 (1.5)	31.9 (1.9)	53.4 (3.0)	95.0 (5.7)	178.0 (18.4)	545.1 (51.0)	691.8 (111.7)	95/60	33 (2.4)	2000	<3	
71+.....	50 (2.9)	211.9 (14.6)	29.0 (2.1)	39.3 (2.7)	64.8 (4.4)	116.5 (6.5)	221.0 (18.3)	571.6 (89.3)	756.4 (107.7)	95/60	23 (2.3)	2000	<3	
51+.....	48 (1.9)	206.3 (14.1)	24.6 (1.2)	33.7 (1.6)	56.3 (2.4)	100.4 (4.8)	189.9 (15.4)	551.8 (35.6)	711.0 (81.2)	95/60	30 (1.6)	2000	<3	
19+.....	40 (1.5)	170.4 (10.6)	22.4 (1.5)	30.4 (1.7)	49.4 (2.2)	85.1 (3.1)	149.8 (5.9)	318.2 (39.4)	610.9 (25.9)	95/60	36 (2.0)	2000	<3	

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	28 (3.7)	8.1 (0.3)	2.8* (0.2)	3.5 (0.2)	4.8 (0.2)	6.7 (0.3)	10.0 (0.5)	14.8 (0.9)	17.9* (1.5)	10	75 (2.8)	63	<3	
4-8.....	34 (3.0)	10.8 (2.0)	2.7 (0.2)	3.3 (0.3)	4.6 (0.3)	6.7 (0.5)	11.3 (1.2)	19.0 (1.4)	23.3 (2.3)	10	71 (4.1)	75	<3	
9-13.....	21 (3.3)	8.0 (0.7)	1.8 (0.2)	2.4 (0.2)	3.6 (0.2)	5.7 (0.4)	9.1 (0.9)	16.1 (2.1)	21.5 (2.4)	10	79 (3.6)	100	<3	
14-18.....	12 (2.0)	8.1 (1.0)	1.4 (0.1)	1.9 (0.2)	2.9 (0.2)	4.5 (0.3)	7.1 (0.5)	13.0 (2.5)	20.9 (5.3)	10	86 (2.5)	100	<3	
19-30.....	18 (3.1)	8.8 (2.3)	1.3 (0.1)	1.7 (0.1)	2.6 (0.2)	4.2 (0.3)	7.3 (0.8)	15.8 (3.4)	27.1 (7.4)	10	83 (3.5)	100	<3	
31-50.....	32 (3.1)	14.8 (1.5)	1.6 (0.1)	2.0 (0.1)	3.3 (0.1)	5.5 (0.3)	14.2 (2.7)	31.7 (13.6)	59.2 (15.8)	10	70 (3.2)	100	<3	
19-50.....	27 (2.4)	12.5 (1.1)	1.4 (0.1)	1.9 (0.1)	3.0 (0.1)	4.9 (0.2)	10.0 (1.2)	27.4 (3.0)	53.1 (11.2)	10	75 (2.9)	100	<3	
51-70.....	43 (2.2)	28.8 (4.4)	1.9 (0.2)	2.5 (0.2)	4.1 (0.3)	8.0 (0.6)	28.3 (1.5)	59.3 (6.8)	87.6 (6.0)	10	55 (2.3)	100	4 (0.6)	
71+.....	57 (3.7)	32.8 (2.8)	2.4 (0.2)	3.2 (0.3)	5.6 (0.8)	17.3 (5.4)	39.0 (4.2)	77.4 (15.5)	139.5 (33.1)	10	41 (5.3)	100	7 (1.9)	
51+.....	47 (1.7)	29.8 (3.3)	2.0 (0.1)	2.7 (0.2)	4.4 (0.3)	9.3 (0.9)	30.1 (0.9)	63.6 (6.0)	95.3 (24.4)	10	51 (1.9)	100	5 (0.7)	
19+.....	35 (1.3)	19.9 (1.4)	1.6 (0.1)	2.1 (0.1)	3.4 (0.1)	6.1 (0.3)	19.3 (1.4)	51.1 (5.9)	77.9 (4.7)	10	65 (1.4)	100	3 (0.5)	
<b>Females:</b>														
1-3.....	32 (4.0)	8.5 (0.5)	2.9* (0.3)	3.5 (0.3)	4.9 (0.3)	7.1 (0.5)	11.0 (0.8)	15.4 (0.9)	18.5* (1.2)	10	71 (3.7)	63	<3	
4-8.....	37 (3.5)	8.6 (0.5)	2.2 (0.1)	2.8 (0.1)	4.0 (0.2)	6.1 (0.4)	11.8 (1.4)	18.8 (0.8)	21.8 (1.2)	10	71 (3.3)	75	<3	
9-13.....	29 (2.6)	7.9 (0.4)	1.6 (0.2)	2.1 (0.2)	3.3 (0.2)	5.4 (0.3)	10.3 (1.1)	17.2 (0.8)	21.2 (1.0)	10	74 (2.7)	100	<3	
14-18.....	20 (3.3)	7.8 (1.1)	0.9 (0.1)	1.2 (0.1)	2.0 (0.2)	3.4 (0.2)	6.1 (0.5)	18.8 (6.6)	29.2 (3.8)	10	85 (2.6)	100	<3	
19-30.....	24 (2.1)	9.2 (1.0)	1.2 (0.1)	1.5 (0.1)	2.3 (0.2)	3.7 (0.2)	6.9 (0.7)	24.8 (4.4)	34.8 (6.7)	10	82 (2.1)	100	<3	
31-50.....	37 (2.7)	18.7 (2.4)	1.3 (0.1)	1.7 (0.1)	2.7 (0.1)	4.8 (0.3)	17.8 (3.1)	36.3 (8.0)	74.5 (15.4)	10	68 (2.5)	100	4 (1.0)	
19-50.....	32 (1.9)	15.0 (1.7)	1.2 (0.1)	1.6 (0.1)	2.5 (0.1)	4.3 (0.2)	11.7 (1.5)	30.5 (2.9)	56.1 (9.3)	10	73 (1.7)	100	<3	
51-70.....	56 (2.8)	31.8 (2.1)	1.5 (0.1)	2.0 (0.2)	3.4 (0.2)	10.3 (2.0)	42.3 (6.5)	81.5 (12.2)	129.1 (8.3)	10	50 (2.4)	100	8 (1.2)	
71+.....	70 (2.9)	42.3 (3.1)	2.0 (0.2)	2.7 (0.2)	5.7 (1.2)	28.9 (1.0)	53.5 (1.2)	80.4 (6.5)	125.5 (19.3)	10	32 (2.9)	100	8 (1.9)	
51+.....	60 (2.3)	34.8 (2.1)	1.6 (0.1)	2.2 (0.2)	3.8 (0.2)	16.7 (3.2)	49.3 (3.8)	81.0 (7.2)	128.4 (7.2)	10	44 (2.0)	100	8 (1.1)	
19+.....	46 (1.6)	24.6 (1.4)	1.4 (0.1)	1.8 (0.1)	3.0 (0.1)	6.0 (0.3)	28.5 (0.9)	57.5 (3.4)	103.3 (9.3)	10	59 (1.3)	100	5 (0.7)	
<b>All:</b>														
1+.....	37 (0.9)	19.0 (0.7)	1.5 (0.1)	2.0 (0.1)	3.2 (0.1)	5.9 (0.1)	18.3 (1.0)	49.8 (3.4)	76.8 (3.0)	10	65 (0.8)		3 (0.3)	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin D. 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Males:</b>											
19-30.....	8 (2.0)	100.6 (6.1)	37.2 (1.9)	45.5 (2.1)	63.4 (2.8)	89.6 (4.7)	125.8 (8.3)	170.0 (13.2)	200.1 (16.9)	120	28 (4.7)
31-50.....	19 (2.3)	131.7 (9.0)	48.8 (3.9)	59.6 (4.5)	83.2 (5.7)	118.3 (8.0)	165.2 (11.6)	221.4 (16.4)	261.9 (20.5)	120	49 (5.4)
19-50.....	14 (1.7)	119.5 (7.0)	42.6 (2.4)	52.5 (2.7)	73.7 (3.7)	106.1 (5.8)	150.4 (9.2)	203.7 (14.2)	243.1 (18.2)	120	41 (4.4)
51-70.....	29 (2.1)	141.3 (8.0)	50.8 (4.4)	63.0 (4.8)	88.8 (5.7)	127.2 (7.4)	178.4 (10.1)	237.4 (14.1)	280.0 (17.7)	120	54 (4.5)
71+.....	38 (3.8)	137.1 (5.6)	49.2 (3.6)	60.7 (3.7)	86.5 (3.9)	123.8 (4.9)	173.2 (7.5)	230.4 (11.2)	269.9 (14.0)	120	52 (3.1)
51+.....	31 (1.8)	140.2 (6.7)	50.3 (3.9)	62.4 (4.2)	88.2 (4.8)	126.2 (6.1)	177.2 (8.7)	235.5 (12.4)	276.7 (15.3)	120	54 (3.8)
19+.....	22 (1.2)	128.4 (5.8)	45.5 (2.4)	56.1 (2.6)	79.2 (3.3)	114.4 (4.9)	162.3 (7.7)	218.7 (11.8)	259.2 (15.1)	120	46 (3.3)
<b>Females:</b>											
19-30.....	7 (1.3)	114.4 (5.5)	38.1 (2.9)	47.3 (3.2)	67.8 (3.9)	99.0 (5.1)	144.3 (7.1)	200.3 (9.5)	242.1 (12.0)	90	57 (3.8)
31-50.....	18 (1.7)	130.0 (7.6)	42.3 (4.2)	52.7 (4.8)	75.7 (5.8)	111.0 (7.1)	163.6 (8.9)	227.4 (11.7)	277.1 (14.3)	90	64 (4.6)
19-50.....	14 (1.2)	124.0 (5.6)	40.5 (3.3)	50.4 (3.7)	72.4 (4.4)	106.2 (5.3)	156.0 (6.7)	217.4 (9.1)	263.6 (11.3)	90	61 (3.7)
51-70.....	24 (2.1)	150.3 (25.2)	42.0 (2.7)	52.5 (3.0)	76.0 (3.5)	112.2 (4.6)	162.6 (6.9)	223.8 (10.7)	269.8 (15.7)	90	65 (2.7)
71+.....	32 (2.3)	138.5 (6.0)	45.5 (4.2)	57.3 (4.8)	82.9 (5.7)	121.6 (6.6)	175.4 (7.0)	239.4 (7.8)	288.2 (9.4)	90	70 (3.9)
51+.....	26 (1.7)	146.9 (16.9)	42.9 (2.9)	53.8 (3.0)	77.9 (3.5)	115.0 (4.0)	166.5 (5.2)	228.1 (7.7)	275.9 (11.5)	90	67 (2.5)
19+.....	20 (1.2)	135.1 (7.9)	41.6 (3.0)	51.9 (3.3)	75.0 (3.7)	110.4 (4.1)	161.3 (4.6)	222.8 (6.2)	269.5 (8.3)	90	64 (2.8)

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles						EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	% (SE)	UL	% (SE)
<b>Males:</b>													
1-3.....	5* (1.3)	976 (29)	555* (28)	629 (29)	774 (26)	948 (29)	1151 (37)	1356 (50)	1491* (62)	500	<3	2500	<3
4-8.....	9 (2.2)	1050 (30)	609 (26)	691 (24)	837 (23)	1022 (28)	1233 (41)	1446 (54)	1577 (64)	800	21 (2.6)	2500	<3
9-13.....	10 (2.2)	1043 (32)	583 (26)	665 (27)	814 (28)	1010 (31)	1235 (38)	1463 (48)	1615 (59)	1100	61 (3.9)	3000	<3
14-18.....	13 (1.6)	1091 (31)	613 (22)	695 (23)	855 (25)	1057 (29)	1289 (39)	1526 (52)	1694 (63)	1100	55 (3.8)	3000	<3
19-30.....	26 (3.0)	1066 (35)	520 (28)	610 (28)	783 (28)	1008 (32)	1285 (41)	1583 (56)	1787 (78)	800	27 (3.0)	2500	<3
31-50.....	36 (2.3)	1159 (23)	571 (22)	666 (23)	855 (22)	1103 (23)	1397 (27)	1714 (41)	1931 (57)	800	20 (2.0)	2500	<3
19-50.....	32 (1.8)	1122 (21)	549 (22)	642 (21)	825 (19)	1066 (20)	1355 (25)	1668 (40)	1880 (53)	800	23 (1.9)	2500	<3
51-70.....	46 (2.8)	1155 (27)	549 (19)	649 (18)	840 (19)	1094 (25)	1405 (39)	1742 (56)	1976 (69)	800	21 (1.7)	2000	5 (1.0)
71+.....	50 (4.4)	1114 (39)	511 (25)	603 (26)	792 (28)	1037 (33)	1352 (49)	1701 (77)	1970 (122)	1000	46 (3.4)	2000	5 (1.5)
51+.....	47 (2.0)	1144 (23)	537 (18)	635 (16)	827 (16)	1080 (21)	1392 (35)	1730 (49)	1974 (63)	800	28 (1.6)	2000	5 (0.9)
19+.....	39 (1.3)	1132 (18)	544 (18)	639 (17)	825 (16)	1072 (17)	1370 (26)	1695 (41)	1921 (52)	800	25 (1.5)	2000	<3
<b>Females:</b>													
1-3.....	5* (1.3)	925 (26)	520* (23)	592 (21)	729 (20)	899 (25)	1094 (35)	1287 (50)	1420* (61)	500	4* (1.0)	2500	<3
4-8.....	13 (2.8)	915 (27)	511 (22)	583 (21)	718 (20)	891 (25)	1084 (37)	1281 (51)	1406 (62)	800	37 (3.0)	2500	<3
9-13.....	12 (2.6)	992 (24)	545 (17)	622 (17)	771 (17)	959 (21)	1177 (33)	1400 (46)	1554 (56)	1100	67 (3.2)	3000	<3
14-18.....	16 (3.6)	834 (41)	439 (30)	504 (31)	633 (34)	802 (39)	1002 (50)	1202 (61)	1338 (69)	1100	84 (4.0)	3000	<3
19-30.....	28 (2.8)	910 (26)	484 (18)	552 (19)	686 (20)	863 (24)	1081 (31)	1329 (43)	1500 (52)	800	41 (3.3)	2500	<3
31-50.....	42 (2.5)	993 (26)	508 (16)	582 (16)	722 (16)	917 (18)	1171 (26)	1461 (36)	1671 (57)	800	35 (2.2)	2500	<3
19-50.....	36 (2.1)	961 (22)	497 (16)	569 (15)	708 (16)	895 (17)	1136 (23)	1413 (33)	1607 (48)	800	37 (2.2)	2500	<3
51-70.....	54 (2.4)	1042 (40)	484 (19)	561 (21)	715 (25)	942 (36)	1256 (54)	1656 (80)	1969 (81)	1000	56 (3.7)	2000	5 (0.9)
71+.....	60 (2.5)	1111 (26)	464 (18)	544 (18)	712 (21)	983 (31)	1410 (44)	1902 (45)	2167 (44)	1000	51 (2.5)	2000	8 (0.8)
51+.....	56 (2.0)	1062 (32)	478 (17)	557 (19)	714 (21)	953 (31)	1296 (50)	1741 (59)	2047 (47)	1000	54 (3.0)	2000	6 (0.7)
19+.....	46 (1.6)	1010 (21)	488 (15)	563 (15)	710 (16)	918 (19)	1204 (28)	1562 (39)	1853 (41)	800	46 (2.2)	2000	<3
<b>All:</b>													
1+.....	35 (0.8)	1049 (17)	515 (11)	598 (11)	759 (12)	981 (16)	1259 (22)	1578 (29)	1815 (33)	800	38 (1.5)	2000	<3

NOTES: <sup>†</sup> Percent reporting supplement containing calcium. 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	<3	1504 (38)	842 (55)	961 (53)	1186 (47)	1464 (40)	1777 (34)	2097 (33)	2301 (41)	580	<3		4000	<3
31-50.....	11 (1.8)	1633 (35)	933 (41)	1058 (41)	1298 (38)	1594 (36)	1923 (40)	2258 (50)	2468 (61)	580	<3		4000	<3
19-50.....	8 (1.1)	1582 (24)	890 (40)	1017 (37)	1250 (32)	1542 (27)	1871 (27)	2199 (35)	2409 (45)	580	<3		4000	<3
51-70.....	21 (2.3)	1592 (32)	895 (38)	1026 (36)	1264 (31)	1552 (32)	1879 (38)	2205 (48)	2418 (58)	580	<3		4000	<3
71+.....	30 (3.8)	1473 (39)	810 (45)	929 (44)	1156 (41)	1434 (40)	1748 (43)	2065 (49)	2273 (57)	580	<3		3000	<3
51+.....	23 (1.7)	1561 (26)	870 (38)	997 (35)	1233 (29)	1520 (27)	1846 (33)	2172 (44)	2386 (55)	580	<3			<3
19+.....	14 (1.0)	1573 (18)	882 (37)	1008 (34)	1243 (26)	1533 (20)	1859 (19)	2188 (30)	2399 (40)	580	<3			<3
<b>Females:</b>														
19-30.....	5 (1.4)	1201 (25)	728 (25)	818 (25)	982 (24)	1176 (24)	1397 (28)	1615 (34)	1753 (39)	580	<3		4000	<3
31-50.....	8 (1.3)	1201 (18)	727 (18)	817 (17)	979 (17)	1175 (18)	1399 (23)	1618 (29)	1750 (33)	580	<3		4000	<3
19-50.....	7 (1.1)	1201 (17)	727 (18)	817 (17)	980 (16)	1176 (16)	1398 (21)	1617 (28)	1751 (31)	580	<3		4000	<3
51-70.....	18 (1.6)	1181 (24)	711 (21)	799 (22)	963 (21)	1160 (24)	1376 (30)	1590 (36)	1721 (42)	580	<3		4000	<3
71+.....	27 (2.5)	1121 (27)	664 (23)	749 (22)	906 (23)	1100 (26)	1312 (31)	1519 (38)	1653 (44)	580	<3		3000	<3
51+.....	21 (1.2)	1163 (22)	695 (19)	782 (19)	944 (19)	1142 (21)	1358 (27)	1571 (34)	1704 (40)	580	<3			<3
19+.....	13 (0.8)	1183 (16)	711 (17)	800 (16)	963 (15)	1159 (16)	1379 (21)	1596 (27)	1729 (33)	580	<3			<3

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup>		Percentiles							<EAR	
	% (SE)	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Males:</b>											
19-30.....	13 (2.5)	313 (9)	162 (6)	187 (6)	236 (7)	298 (8)	374 (11)	455 (15)	511 (20)	330	62 (3.3)
31-50.....	26 (2.6)	372 (10)	191 (8)	220 (8)	277 (8)	352 (9)	444 (11)	545 (15)	613 (20)	350	49 (3.0)
19-50.....	21 (1.9)	349 (7)	177 (5)	204 (5)	258 (5)	330 (6)	418 (8)	514 (12)	581 (15)		54 (2.2)
51-70.....	36 (2.5)	396 (11)	193 (7)	224 (7)	284 (7)	365 (7)	465 (10)	586 (20)	694 (39)	350	45 (2.3)
71+.....	42 (4.2)	377 (11)	181 (8)	210 (8)	269 (9)	348 (10)	451 (14)	570 (22)	673 (32)	350	50 (3.1)
51+.....	38 (2.0)	391 (9)	189 (7)	220 (6)	281 (6)	361 (7)	462 (10)	582 (17)	687 (30)	350	47 (2.1)
19+.....	28 (1.3)	367 (6)	182 (5)	210 (5)	267 (5)	342 (5)	437 (7)	543 (12)	624 (17)		51 (1.7)
<b>Females:</b>											
19-30.....	14 (2.4)	268 (9)	142 (6)	162 (6)	202 (7)	253 (9)	316 (11)	384 (13)	433 (15)	255	51 (4.1)
31-50.....	19 (1.9)	297 (6)	155 (3)	177 (3)	219 (3)	275 (4)	345 (7)	427 (13)	500 (21)	265	46 (1.7)
19-50.....	17 (1.7)	286 (5)	149 (4)	171 (4)	212 (4)	266 (5)	333 (7)	411 (10)	474 (15)		48 (2.1)
51-70.....	29 (2.3)	309 (11)	155 (6)	178 (7)	223 (7)	282 (8)	359 (12)	461 (21)	557 (35)	265	43 (3.4)
71+.....	45 (2.5)	336 (17)	145 (5)	169 (6)	216 (6)	282 (6)	376 (12)	565 (61)	731 (82)	265	44 (2.3)
51+.....	34 (1.8)	317 (9)	153 (6)	176 (6)	221 (6)	282 (7)	364 (10)	481 (22)	613 (43)	265	43 (2.7)
19+.....	25 (1.5)	301 (5)	151 (4)	173 (4)	216 (4)	274 (4)	347 (6)	442 (11)	535 (19)		45 (1.8)

NOTES: <sup>†</sup> Percent reporting supplement containing magnesium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing magnesium  
 EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup>		Percentiles							EAR	<EAR		>UL	
	% (SE)	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	6 (1.4)	10.4 (0.5)	6.1* (0.4)	6.8 (0.4)	8.2 (0.4)	9.8 (0.5)	11.9 (0.6)	14.3 (0.9)	16.2* (1.1)	3	<3	40	<3	
4-8.....	7 (1.7)	13.7 (0.3)	8.3 (0.5)	9.3 (0.4)	10.9 (0.3)	13.1 (0.3)	15.7 (0.5)	18.7 (0.8)	21.1 (1.3)	4.1	<3	40	<3	
9-13.....	5 (1.5)	15.5 (0.4)	7.9 (0.5)	9.1 (0.4)	11.4 (0.4)	14.5 (0.4)	18.4 (0.5)	23.0 (1.1)	26.5 (1.8)	5.9	<3	40	<3	
14-18.....	4 (1.4)	16.6 (0.6)	8.5 (0.5)	9.8 (0.5)	12.3 (0.4)	15.6 (0.5)	19.7 (0.7)	24.3 (1.2)	28.0 (1.7)	7.7	4 (1.2)	45	<3	
19-30.....	6 (1.6)	15.7 (0.6)	8.2 (0.4)	9.4 (0.4)	11.7 (0.5)	14.8 (0.6)	18.5 (0.7)	22.8 (1.1)	26.1 (1.5)	6	<3	45	<3	
31-50.....	11 (1.5)	17.4 (0.5)	8.8 (0.4)	10.1 (0.4)	12.6 (0.4)	16.0 (0.4)	20.1 (0.6)	25.5 (1.0)	30.8 (1.7)	6	<3	45	<3	
19-50.....	9 (1.2)	16.7 (0.4)	8.6 (0.3)	9.8 (0.3)	12.2 (0.3)	15.5 (0.3)	19.5 (0.4)	24.4 (0.7)	28.8 (1.2)	6	<3	45	<3	
51-70.....	14 (1.7)	18.7 (0.6)	8.8 (0.3)	10.1 (0.3)	12.7 (0.3)	16.1 (0.4)	20.7 (0.7)	28.5 (1.8)	35.1 (1.5)	6	<3	45	<3	
71+.....	19 (2.7)	20.9 (1.0)	8.7 (0.4)	10.0 (0.4)	12.6 (0.4)	16.2 (0.5)	21.4 (0.8)	33.2 (2.1)	59.5 (18.8)	6	<3	45	6 (1.5)	
51+.....	15 (1.5)	19.3 (0.6)	8.8 (0.2)	10.1 (0.2)	12.7 (0.2)	16.2 (0.3)	20.9 (0.6)	29.6 (1.4)	37.0 (1.3)	6	<3	45	<3	
19+.....	12 (1.0)	17.8 (0.4)	8.6 (0.3)	9.9 (0.3)	12.4 (0.2)	15.8 (0.2)	20.1 (0.4)	26.2 (0.9)	32.6 (1.2)	6	<3	45	<3	
<b>Females:</b>														
1-3.....	5* (1.4)	9.5 (0.4)	5.5* (0.5)	6.2 (0.5)	7.4 (0.5)	8.9 (0.4)	10.8 (0.4)	13.0 (0.5)	14.9* (0.8)	3	<3	40	<3	
4-8.....	6 (0.8)	12.4 (0.5)	7.4 (0.6)	8.2 (0.6)	9.7 (0.5)	11.7 (0.5)	14.1 (0.5)	16.9 (0.6)	19.2 (1.1)	4.1	<3	40	<3	
9-13.....	4 (0.9)	14.9 (0.6)	7.5 (0.3)	8.6 (0.3)	10.9 (0.4)	14.0 (0.5)	17.7 (0.8)	21.9 (1.2)	25.1 (1.4)	5.7	<3	40	<3	
14-18.....	8 (1.5)	13.5 (0.5)	5.9 (0.4)	6.9 (0.4)	8.8 (0.4)	11.5 (0.4)	14.9 (0.6)	19.5 (1.1)	25.7 (2.6)	7.9	21 (2.4)	45	<3	
19-30.....	14 (1.5)	14.7 (0.8)	6.8 (0.3)	7.8 (0.3)	9.6 (0.3)	12.1 (0.3)	15.5 (0.5)	22.0 (1.9)	30.2 (2.9)	8.1	19 (1.6)	45	<3	
31-50.....	23 (2.0)	17.0 (0.5)	7.0 (0.4)	8.1 (0.3)	10.0 (0.3)	12.7 (0.3)	17.3 (0.6)	28.9 (0.9)	38.2 (3.7)	8.1	17 (1.7)	45	4 (0.8)	
19-50.....	20 (1.5)	16.1 (0.5)	6.9 (0.3)	7.9 (0.3)	9.8 (0.3)	12.5 (0.3)	16.5 (0.5)	26.8 (1.4)	35.1 (2.5)	8.1	18 (1.4)	45	3 (0.7)	
51-70.....	18 (1.6)	14.7 (0.5)	6.8 (0.3)	7.7 (0.3)	9.6 (0.3)	12.1 (0.3)	15.8 (0.6)	24.6 (1.8)	30.8 (1.2)	5	<3	45	<3	
71+.....	24 (2.4)	18.2 (1.6)	7.0 (0.3)	8.0 (0.3)	10.0 (0.3)	12.8 (0.4)	17.8 (1.0)	30.3 (1.4)	37.4 (13.7)	5	<3	45	4 (1.3)	
51+.....	20 (1.5)	15.7 (0.5)	6.9 (0.2)	7.8 (0.2)	9.7 (0.2)	12.3 (0.3)	16.3 (0.5)	26.8 (1.2)	32.4 (1.1)	5	<3	45	<3	
19+.....	20 (1.0)	15.9 (0.4)	6.9 (0.2)	7.9 (0.2)	9.8 (0.2)	12.4 (0.2)	16.4 (0.5)	26.8 (1.0)	33.5 (1.1)	10 (0.8)		45	<3	
<b>All:</b>														
1+.....	13 (0.5)	16.2 (0.2)	7.3 (0.2)	8.4 (0.2)	10.5 (0.2)	13.7 (0.2)	18.1 (0.3)	24.9 (0.6)	31.3 (0.6)	5 (0.5)			<3	

NOTES: <sup>†</sup> 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  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	23 (3.6)	7.6 (0.2)	4.6* (0.2)	5.1 (0.2)	6.1 (0.2)	7.4 (0.2)	8.9 (0.2)	10.5 (0.3)	11.6* (0.4)	2.5	<3	7	57 (4.1)	
4-8.....	29 (2.6)	9.6 (0.3)	5.8 (0.3)	6.5 (0.3)	7.7 (0.3)	9.2 (0.2)	11.0 (0.3)	13.1 (0.4)	14.7 (0.5)	4	<3	12	17 (2.5)	
9-13.....	19 (2.6)	10.7 (0.4)	5.7 (0.3)	6.5 (0.3)	8.0 (0.3)	10.0 (0.4)	12.5 (0.6)	15.3 (0.9)	17.5 (1.5)	7	14 (2.4)	23	<3	
14-18.....	10 (1.7)	12.4 (0.5)	6.9 (0.3)	7.7 (0.3)	9.5 (0.3)	11.8 (0.4)	14.6 (0.6)	17.8 (1.1)	20.5 (1.5)	8.5	16 (2.2)	34	<3	
19-30.....	12 (2.3)	12.9 (0.5)	6.8 (0.4)	7.8 (0.4)	9.6 (0.4)	12.0 (0.5)	15.0 (0.6)	18.6 (0.9)	21.6 (1.2)	9.4	23 (4.2)	40	<3	
31-50.....	27 (2.7)	15.7 (0.6)	7.6 (0.5)	8.6 (0.5)	10.8 (0.4)	13.7 (0.4)	18.2 (0.8)	25.1 (1.3)	29.7 (1.6)	9.4	15 (3.1)	40	<3	
19-50.....	21 (1.8)	14.6 (0.3)	7.2 (0.4)	8.2 (0.4)	10.2 (0.3)	13.0 (0.3)	16.8 (0.4)	22.7 (0.9)	27.3 (1.1)	9.4	18 (2.6)	40	<3	
51-70.....	36 (2.3)	17.6 (0.6)	7.3 (0.4)	8.4 (0.4)	10.6 (0.3)	14.2 (0.4)	21.9 (0.8)	29.0 (0.8)	34.7 (1.4)	9.4	16 (2.2)	40	<3	
71+.....	44 (3.7)	20.7 (1.2)	6.8 (0.3)	7.9 (0.4)	10.2 (0.4)	14.7 (1.0)	23.8 (0.9)	34.3 (3.4)	58.1 (13.7)	9.4	19 (2.5)	40	8 (1.8)	
51+.....	38 (1.9)	18.4 (0.6)	7.1 (0.3)	8.2 (0.3)	10.5 (0.3)	14.3 (0.4)	22.4 (0.6)	29.9 (1.0)	37.4 (1.6)	9.4	17 (1.9)	40	4 (0.7)	
19+.....	28 (1.2)	16.2 (0.3)	7.2 (0.3)	8.2 (0.3)	10.3 (0.3)	13.4 (0.2)	18.7 (0.4)	26.3 (0.6)	31.8 (1.0)	9.4	18 (2.1)	40	<3	
<b>Females:</b>														
1-3.....	23 (3.2)	7.3 (0.2)	4.4* (0.2)	4.9 (0.2)	5.8 (0.2)	7.0 (0.2)	8.4 (0.2)	10.0 (0.3)	11.2* (0.4)	2.5	<3	7	50 (3.3)	
4-8.....	34 (3.1)	8.9 (0.2)	5.3 (0.2)	5.9 (0.2)	7.0 (0.2)	8.4 (0.2)	10.2 (0.3)	12.1 (0.4)	13.7 (0.6)	4	<3	12	11 (2.2)	
9-13.....	24 (2.6)	10.2 (0.4)	5.4 (0.2)	6.2 (0.2)	7.7 (0.2)	9.7 (0.4)	12.1 (0.6)	14.6 (0.9)	16.4 (1.1)	7	17 (2.0)	23	<3	
14-18.....	15 (3.5)	8.6 (0.3)	4.2 (0.3)	4.8 (0.3)	6.0 (0.3)	7.7 (0.3)	9.9 (0.4)	12.6 (0.7)	15.5 (1.6)	7.3	44 (4.5)	34	<3	
19-30.....	19 (2.6)	10.6 (0.4)	5.4 (0.2)	6.1 (0.2)	7.5 (0.2)	9.3 (0.2)	11.7 (0.4)	15.7 (1.0)	21.8 (2.2)	6.8	17 (2.6)	40	<3	
31-50.....	27 (2.0)	11.7 (0.3)	5.5 (0.2)	6.2 (0.2)	7.7 (0.1)	9.7 (0.2)	13.0 (0.3)	20.2 (1.0)	24.4 (0.8)	6.8	15 (1.6)	40	<3	
19-50.....	24 (1.6)	11.3 (0.3)	5.5 (0.2)	6.2 (0.2)	7.6 (0.2)	9.5 (0.2)	12.4 (0.3)	18.7 (1.0)	23.6 (0.8)	6.8	16 (1.7)	40	<3	
51-70.....	35 (2.3)	13.9 (0.6)	5.4 (0.2)	6.2 (0.2)	7.8 (0.3)	10.1 (0.3)	16.2 (1.1)	24.3 (1.0)	31.0 (2.6)	6.8	15 (2.4)	40	<3	
71+.....	43 (2.6)	17.1 (1.2)	5.1 (0.2)	5.9 (0.2)	7.5 (0.2)	10.5 (0.5)	20.3 (0.8)	31.3 (3.7)	49.8 (14.9)	6.8	18 (2.2)	40	7 (2.0)	
51+.....	38 (1.6)	14.8 (0.5)	5.3 (0.2)	6.1 (0.2)	7.7 (0.2)	10.2 (0.3)	17.7 (0.8)	25.5 (1.0)	34.9 (2.6)	6.8	16 (2.2)	40	4 (0.7)	
19+.....	30 (1.1)	13.0 (0.2)	5.4 (0.2)	6.2 (0.2)	7.6 (0.2)	9.8 (0.2)	14.0 (0.4)	22.7 (0.4)	28.1 (0.8)	6.8	16 (1.6)	40	<3	
<b>All:</b>														
1+.....	27 (0.6)	13.4 (0.2)	5.6 (0.1)	6.5 (0.1)	8.2 (0.1)	10.8 (0.2)	15.2 (0.3)	22.8 (0.3)	28.0 (0.5)		16 (1.0)		5 (0.3)	

NOTES: <sup>†</sup> Percent reporting supplement containing zinc. 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	8 (2.0)	1.2 (0.04)	0.6 (0.02)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.5 (0.05)	1.8 (0.08)	2.2 (0.12)	0.7	9 (1.6)	10	<3	
31-50.....	21 (2.5)	1.5 (0.05)	0.7 (0.03)	0.8 (0.03)	1.1 (0.03)	1.4 (0.04)	1.8 (0.06)	2.4 (0.12)	3.1 (0.17)	0.7	4 (1.0)	10	<3	
19-50.....	16 (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)	2.2 (0.07)	2.8 (0.13)	0.7	6 (1.0)	10	<3	
51-70.....	31 (2.2)	1.7 (0.04)	0.7 (0.03)	0.9 (0.03)	1.1 (0.04)	1.5 (0.04)	2.0 (0.05)	2.8 (0.09)	3.4 (0.09)	0.7	3 (1.0)	10	<3	
71+.....	42 (3.7)	1.7 (0.05)	0.7 (0.03)	0.8 (0.03)	1.1 (0.04)	1.5 (0.04)	2.1 (0.07)	3.0 (0.10)	3.5 (0.11)	0.7	4 (1.0)	10	<3	
51+.....	34 (1.9)	1.7 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.5 (0.04)	2.0 (0.04)	2.8 (0.08)	3.4 (0.07)	0.7	4 (1.0)	10	<3	
19+.....	24 (1.3)	1.5 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.8 (0.03)	2.5 (0.07)	3.1 (0.08)	0.7	5 (0.9)	10	<3	
<b>Females:</b>														
19-30.....	11 (1.4)	1.1 (0.04)	0.5 (0.02)	0.6 (0.02)	0.8 (0.03)	1.0 (0.03)	1.3 (0.04)	1.8 (0.08)	2.3 (0.19)	0.7	16 (2.4)	10	<3	
31-50.....	18 (1.9)	1.3 (0.03)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.1 (0.02)	1.5 (0.04)	2.1 (0.11)	2.8 (0.22)	0.7	12 (1.1)	10	<3	
19-50.....	15 (1.4)	1.2 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.4 (0.03)	2.0 (0.08)	2.6 (0.18)	0.7	14 (1.3)	10	<3	
51-70.....	28 (2.3)	1.4 (0.05)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.2 (0.03)	1.6 (0.06)	2.4 (0.19)	3.0 (0.11)	0.7	10 (1.5)	10	<3	
71+.....	38 (2.5)	1.5 (0.04)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.2 (0.04)	1.7 (0.05)	2.8 (0.13)	3.3 (0.07)	0.7	12 (1.7)	10	<3	
51+.....	31 (1.9)	1.4 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.2 (0.03)	1.6 (0.05)	2.5 (0.13)	3.1 (0.06)	0.7	11 (1.3)	10	<3	
19+.....	23 (1.3)	1.3 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.02)	1.5 (0.03)	2.2 (0.07)	2.9 (0.05)	0.7	12 (1.1)	10	<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Males:</b>													
19-30.....	10 (2.2)	139 (5)	81 (4)	91 (4)	109 (4)	132 (5)	160 (6)	192 (7)	216 (10)	45	<3	400	<3
31-50.....	22 (2.6)	147 (4)	82 (3)	92 (3)	112 (3)	138 (3)	171 (5)	213 (7)	245 (9)	45	<3	400	<3
19-50.....	17 (1.8)	144 (2)	81 (3)	92 (3)	111 (2)	135 (3)	166 (3)	205 (4)	235 (6)	45	<3	400	<3
51-70.....	33 (2.2)	154 (3)	82 (3)	94 (3)	115 (3)	142 (3)	179 (3)	228 (4)	263 (7)	45	<3	400	<3
71+.....	41 (4.2)	138 (4)	71 (3)	81 (3)	101 (3)	128 (4)	166 (5)	207 (7)	234 (9)	45	<3	400	<3
51+.....	35 (1.9)	149 (3)	79 (3)	90 (3)	111 (3)	139 (3)	176 (3)	222 (5)	255 (6)	45	<3	400	<3
19+.....	25 (1.3)	146 (2)	80 (3)	91 (2)	111 (2)	137 (2)	170 (2)	212 (3)	244 (5)	45	<3	400	<3
<b>Females:</b>													
19-30.....	11 (1.6)	102 (2)	59 (2)	67 (2)	81 (2)	98 (2)	118 (3)	139 (3)	153 (4)	45	<3	400	<3
31-50.....	19 (1.9)	104 (2)	58 (2)	66 (1)	80 (1)	98 (1)	120 (2)	145 (3)	165 (5)	45	<3	400	<3
19-50.....	16 (1.4)	103 (2)	58 (2)	66 (2)	80 (1)	98 (1)	119 (2)	142 (3)	160 (4)	45	<3	400	<3
51-70.....	26 (2.1)	106 (3)	57 (2)	64 (2)	79 (2)	98 (2)	120 (3)	147 (5)	170 (9)	45	<3	400	<3
71+.....	34 (2.6)	101 (2)	53 (2)	61 (2)	75 (2)	95 (2)	120 (2)	148 (4)	166 (5)	45	<3	400	<3
51+.....	29 (1.8)	104 (2)	55 (2)	63 (2)	78 (1)	97 (2)	120 (2)	147 (4)	169 (6)	45	<3	400	<3
19+.....	22 (1.1)	104 (1)	57 (2)	65 (2)	79 (1)	97 (1)	120 (2)	145 (3)	164 (4)	45	<3	400	<3

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Males:</b>													
1-3.....	5* (1.5)	2021 (73)	1220* (50)	1357 (54)	1631 (59)	1963 (71)	2351 (86)	2754 (109)	3019* (124)	800	>97	1200	96* (1.4)
4-8.....	8 (1.9)	2762 (57)	1745 (39)	1930 (42)	2269 (47)	2698 (55)	3186 (69)	3679 (88)	3985 (99)	1000	>97	1500	>97
9-13.....	8 (1.9)	3249 (89)	2009 (83)	2237 (78)	2650 (77)	3174 (84)	3764 (106)	4357 (148)	4743 (183)	1200	>97	1800	>97
14-18.....	9 (2.0)	3885 (125)	2464 (117)	2724 (112)	3212 (119)	3803 (126)	4476 (138)	5144 (155)	5605 (173)	1500	>97	2300	>97
19-30.....	9 (1.4)	3963 (97)	2469 (105)	2746 (104)	3256 (98)	3881 (97)	4580 (106)	5294 (123)	5733 (142)	1500	>97	2300	97* (1.0)
31-50.....	10 (1.7)	4211 (78)	2652 (93)	2934 (90)	3471 (82)	4131 (79)	4858 (90)	5586 (111)	6047 (137)	1500	>97	2300	>97
19-50.....	10 (1.1)	4114 (65)	2569 (89)	2856 (84)	3382 (73)	4031 (66)	4757 (76)	5478 (96)	5937 (120)	1500	>97	2300	>97
51-70.....	8 (1.1)	3957 (66)	2457 (86)	2736 (80)	3252 (69)	3877 (66)	4575 (78)	5273 (103)	5730 (124)	1500	>97	2300	97 (0.9)
71+.....	14 (2.3)	3510 (53)	2121 (78)	2380 (75)	2853 (64)	3441 (55)	4084 (60)	4737 (78)	5164 (101)	1500	>97	2300	92 (1.6)
51+.....	10 (1.0)	3839 (48)	2336 (76)	2615 (70)	3128 (58)	3761 (50)	4455 (61)	5165 (88)	5622 (111)	1500	>97	2300	96 (1.0)
19+.....	10 (0.7)	3996 (43)	2455 (76)	2741 (69)	3267 (54)	3912 (44)	4634 (55)	5355 (83)	5816 (106)	1500	>97	2300	97 (0.8)
<b>Females:</b>													
1-3.....	7 (1.8)	1834 (55)	1093* (46)	1223 (47)	1470 (50)	1781 (54)	2141 (64)	2503 (82)	2758* (90)	800	>97	1200	91 (2.0)
4-8.....	10 (1.1)	2451 (48)	1515 (51)	1683 (51)	2000 (51)	2395 (50)	2840 (48)	3297 (49)	3585 (55)	1000	>97	1500	95 (1.2)
9-13.....	8 (1.9)	3151 (162)	1932 (99)	2149 (113)	2564 (128)	3077 (158)	3657 (191)	4241 (230)	4640 (263)	1200	>97	1800	97* (1.1)
14-18.....	7 (2.3)	2775 (179)	1671 (172)	1869 (176)	2240 (174)	2707 (178)	3234 (189)	3761 (205)	4112 (219)	1500	>97	2300	72 (8.2)
19-30.....	10 (1.8)	3133 (54)	1939 (49)	2160 (47)	2570 (45)	3065 (51)	3625 (69)	4187 (91)	4541 (110)	1500	>97	2300	86 (1.5)
31-50.....	11 (2.0)	3021 (56)	1854 (66)	2071 (63)	2467 (58)	2950 (58)	3511 (62)	4059 (74)	4401 (83)	1500	>97	2300	82 (2.5)
19-50.....	11 (1.3)	3064 (43)	1885 (55)	2104 (52)	2505 (45)	2996 (43)	3554 (52)	4108 (69)	4460 (84)	1500	>97	2300	84 (1.9)
51-70.....	15 (2.3)	2878 (62)	1752 (56)	1957 (56)	2345 (55)	2821 (61)	3342 (75)	3876 (93)	4194 (108)	1500	>97	2300	77 (2.6)
71+.....	16 (2.7)	2706 (49)	1620 (61)	1818 (59)	2193 (55)	2651 (50)	3156 (53)	3667 (66)	4000 (75)	1500	97* (0.8)	2300	69 (2.9)
51+.....	16 (1.7)	2828 (52)	1701 (55)	1911 (52)	2297 (49)	2768 (50)	3292 (63)	3820 (81)	4144 (97)	1500	>97	2300	75 (2.4)
19+.....	13 (1.0)	2950 (38)	1785 (50)	2001 (47)	2399 (40)	2884 (38)	3433 (48)	3982 (67)	4324 (81)	1500	>97	2300	79 (1.8)
<b>All:</b>													
1+.....	11 (0.5)	3327 (25)	1802 (34)	2065 (35)	2564 (34)	3208 (31)	3969 (40)	4748 (58)	5251 (76)		>97		89 (1.0)

NOTES: <sup>†</sup> Percent reporting supplement containing sodium. Sample size presented on page 24.  
 AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	Percent reporting <sup>†</sup>		Percentiles							>AI	
	% (SE)	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Males:</b>											
19-30.....	5 (1.3)	2534 (77)	1333 (70)	1550 (67)	1953 (69)	2458 (75)	3033 (87)	3619 (103)	3995 (122)	3400	14 (2.3)
31-50.....	14 (1.8)	2969 (52)	1639 (46)	1876 (44)	2328 (45)	2895 (53)	3522 (65)	4162 (84)	4564 (105)	3400	29 (2.2)
19-50.....	11 (1.1)	2798 (42)	1482 (50)	1719 (45)	2161 (43)	2721 (43)	3351 (54)	3982 (71)	4386 (88)	3400	23 (1.7)
51-70.....	24 (2.0)	3035 (54)	1668 (53)	1920 (51)	2390 (47)	2957 (52)	3602 (71)	4238 (89)	4655 (106)	3400	32 (2.4)
71+.....	34 (3.1)	3048 (97)	1675 (84)	1922 (85)	2395 (90)	2970 (98)	3617 (109)	4265 (122)	4691 (132)	3400	32 (3.8)
51+.....	27 (1.6)	3038 (45)	1669 (53)	1920 (51)	2391 (44)	2961 (43)	3606 (59)	4246 (80)	4665 (95)	3400	32 (2.0)
19+.....	18 (1.0)	2902 (30)	1552 (44)	1796 (39)	2251 (33)	2825 (30)	3464 (42)	4108 (64)	4518 (82)	3400	27 (1.4)
<b>Females:</b>											
19-30.....	4 (1.2)	2173 (47)	1238 (46)	1410 (44)	1729 (43)	2116 (46)	2561 (56)	3003 (76)	3292 (87)	2600	23 (2.4)
31-50.....	9 (1.1)	2291 (31)	1321 (31)	1503 (30)	1829 (28)	2230 (31)	2695 (42)	3149 (59)	3432 (70)	2600	29 (1.8)
19-50.....	7 (0.8)	2245 (32)	1287 (33)	1464 (33)	1789 (31)	2185 (32)	2645 (41)	3097 (58)	3382 (70)	2600	27 (1.8)
51-70.....	17 (1.7)	2394 (54)	1402 (48)	1583 (49)	1925 (49)	2342 (54)	2806 (63)	3268 (68)	3553 (76)	2600	35 (3.1)
71+.....	30 (2.6)	2359 (56)	1367 (47)	1549 (47)	1886 (53)	2305 (56)	2770 (63)	3240 (73)	3546 (84)	2600	33 (3.1)
51+.....	21 (1.8)	2384 (43)	1391 (40)	1573 (40)	1913 (40)	2332 (43)	2796 (50)	3261 (58)	3551 (69)	2600	35 (2.4)
19+.....	14 (1.0)	2312 (25)	1330 (29)	1513 (28)	1845 (25)	2256 (24)	2720 (34)	3180 (52)	3471 (66)	2600	31 (1.4)

NOTES: <sup>†</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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>
<b>Males:</b>				
1-3.....	403			
4-8.....	545			
9-13.....	570			
14-18.....	579			
19-30.....	681	148	533	681
31-50.....	1135	298	836	1134
19-50.....	1816	446	1369	1815
51-70.....	1342	314	1028	1342
71+.....	569	46	522	568
51+.....	1911	360	1550	1910
19+.....	3727	806	2919	3725
<b>Females:</b>				
1-3.....	374			
4-8.....	529			
9-13.....	598			
14-18.....	523			
19-30.....	675	94	581	675
31-50.....	1198	232	966	1198
19-50.....	1873	326	1547	1873
51-70.....	1404	208	1195	1403
71+.....	544	36	508	544
51+.....	1948	244	1703	1947
19+.....	3821	570	3250	3820
<b>All:</b>				
1+.....	11669			

†Excludes individuals without smoking status data.

**TABLE NOTES**

The 2017–March 2020 files represent a unique public-use data release from NHANES. The coronavirus disease 2019 (COVID-19) pandemic required suspension of data collection in March 2020. As a result, the partially completed NHANES 2019–2020 cycle was not nationally representative. Therefore, the 2019–March 2020 data were combined with the data from the 2017–2018 cycle to create the nationally representative 2017–March 2020 prepandemic data files.

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) 2017-March 2020 Prepandemic and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2017-March 2020 Prepandemic. 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 2017-2018 and 2019-2020 as applicable <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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 2.76.

**Percentiles:** Estimated 50<sup>th</sup> 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 25<sup>th</sup> and 75<sup>th</sup> percentile, 0.10 at the 10<sup>th</sup> and 90<sup>th</sup> percentile, and 0.05 at the 5<sup>th</sup> and 95<sup>th</sup> 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, 2023. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>