



United States  
Department of  
Agriculture

Agricultural  
Research  
Service

August 2023



# USUAL NUTRIENT INTAKE from Food and Beverages, among Non-Hispanic White Individuals

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

**Table B**

Energy (kcal)	page 1	Vitamin B12 (µg) <i>EAR</i>	page 26
Protein (g)	2	Vitamin C (mg) <i>EAR, UL</i>	27
Protein (g/kg body weight) <i>EAR</i>	3	Vitamin C Adult Smokers (mg) <i>EAR, UL</i>	28
Carbohydrate (g) <i>EAR</i>	4	Vitamin C Adult Non-Smokers (mg) <i>EAR, UL</i>	29
Total sugars (g)	5	Vitamin C Adult Smokers and Non-Smokers (mg) <i>EAR, UL</i>	30
Dietary fiber (g) <i>AI</i>	6	Vitamin D (µg) <i>EAR, UL</i>	31
Total fat (g)	7	Vitamin E as alpha-tocopherol (mg) <i>EAR</i>	32
Saturated fat (g)	8	Vitamin K (µg) <i>AI</i>	33
Monounsaturated fat (g)	9	Calcium (mg) <i>EAR, UL</i>	34
Polyunsaturated fat (g)	10	Phosphorus (mg) <i>EAR, UL</i>	35
Linoleic acid 18:2 (g) <i>AI</i>	11	Magnesium (mg) <i>EAR</i>	36
Linolenic acid 18:3 (g) <i>AI</i>	12	Iron (mg) <i>EAR, UL</i>	37
Eicosapentaenoic acid 20:5 (g)	13	Zinc (mg) <i>EAR, UL</i>	38
Docosahexaenoic acid 22:6 (g)	14	Copper (mg) <i>EAR, UL</i>	39
Cholesterol (mg)	15	Selenium (µg) <i>EAR, UL</i>	40
Vitamin A (µg RAE) <i>EAR</i>	16	Sodium (mg) <i>AI, CDRR</i>	41
Retinol (µg) <i>UL</i>	17	Potassium (mg) <i>AI</i>	42
Thiamin (mg) <i>EAR</i>	18	Caffeine (mg)	43
Riboflavin (mg) <i>EAR</i>	19	Protein (as % of energy) <i>AMDR</i>	44
Niacin (mg) <i>EAR</i>	20	Carbohydrate (as % of energy) <i>AMDR</i>	45
Vitamin B6 (mg) <i>EAR, UL</i>	21	Fat (as % of energy) <i>AMDR</i>	46
Folate (µg DFE) <i>EAR</i>	22	Saturated fat (as % of energy)	47
Folic acid (µg) <i>UL</i>	23	Linoleic acid 18:2 (as % of energy) <i>AMDR</i>	48
Food folate (µg)	24	Linolenic acid 18:3 (as % of energy) <i>AMDR</i>	49
Choline (mg) <i>AI, UL</i>	25	<b>TABLE NOTES</b>	50

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 B 1. Energy (kcal):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	1443 (30)	951* (36)	1039 (33)	1206 (31)	1415 (29)	1647 (34)	1883 (48)	2035* (54)
4-8.....	375	1792 (26)	1194* (39)	1307 (34)	1508 (28)	1758 (26)	2043 (35)	2324 (52)	2497* (62)
<b>Males:</b>									
9-13.....	170	2153 (55)	1380* (33)	1525* (31)	1786 (32)	2114 (50)	2481 (80)	2834* (113)	3077* (139)
14-18.....	197	2391 (71)	1537* (55)	1702* (53)	1999 (58)	2358 (69)	2746 (90)	3118* (120)	3351* (145)
19-50.....	584	2557 (46)	1553 (44)	1739 (44)	2082 (43)	2508 (46)	2976 (52)	3437 (59)	3735 (66)
51+.....	826	2455 (34)	1472 (37)	1652 (35)	1988 (34)	2404 (34)	2868 (36)	3324 (44)	3613 (51)
19+.....	1410	2506 (32)	1510 (35)	1692 (33)	2034 (32)	2455 (32)	2920 (35)	3380 (43)	3675 (50)
<b>Females:</b>									
9-13.....	196	2100 (82)	1328* (43)	1473* (43)	1744 (57)	2059 (76)	2421 (106)	2769* (139)	2989* (165)
14-18.....	155	1841 (88)	1159* (81)	1291* (78)	1513 (82)	1804 (86)	2121 (102)	2445* (122)	2653* (135)
19-50.....	587	1900 (25)	1155 (30)	1295 (28)	1551 (24)	1864 (25)	2209 (28)	2548 (36)	2763 (42)
51+.....	794	1793 (32)	1068 (28)	1207 (28)	1457 (29)	1762 (32)	2092 (38)	2414 (47)	2625 (52)
19+.....	1381	1842 (26)	1105 (26)	1244 (26)	1498 (24)	1808 (26)	2147 (31)	2480 (40)	2696 (44)
<b>All:</b>									
1+.....	4173	2119 (18)	1197 (17)	1353 (17)	1648 (17)	2038 (19)	2506 (26)	2998 (36)	3314 (43)

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

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**Table B 2. Protein (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	51.1 (1.0)	32.4* (1.2)	35.7 (1.2)	41.9 (1.0)	49.8 (1.0)	58.8 (1.3)	68.0 (1.9)	74.1* (2.3)
4-8.....	375	61.0 (1.4)	38.9* (1.3)	43.1 (1.2)	50.4 (1.0)	59.6 (1.3)	70.2 (1.8)	81.0 (2.5)	87.5* (2.9)
<b>Males:</b>									
9-13.....	170	71.8 (2.9)	43.8* (2.2)	48.9* (2.2)	58.3 (2.4)	70.2 (2.8)	83.8 (3.9)	96.9* (5.1)	106.1* (6.2)
14-18.....	197	88.6 (5.2)	55.2* (3.2)	61.6* (3.3)	73.1 (4.1)	87.2 (4.9)	102.5 (6.4)	117.3* (8.2)	126.6* (9.4)
19-50.....	584	96.4 (2.3)	57.8 (2.9)	64.9 (2.7)	78.0 (2.5)	94.5 (2.3)	112.4 (2.4)	130.3 (2.8)	141.9 (3.1)
51+.....	826	91.5 (1.7)	53.7 (2.3)	60.5 (2.1)	73.4 (1.9)	89.5 (1.7)	107.4 (1.8)	125.1 (2.3)	136.3 (2.8)
19+.....	1410	93.9 (1.5)	55.4 (2.3)	62.5 (2.1)	75.7 (1.8)	92.0 (1.5)	110.0 (1.7)	127.7 (2.1)	139.1 (2.5)
<b>Females:</b>									
9-13.....	196	69.7 (3.9)	41.8* (2.0)	46.9* (2.2)	56.6 (2.8)	68.0 (3.6)	81.3 (5.1)	94.2* (6.4)	102.5* (7.4)
14-18.....	155	60.5 (4.5)	36.1* (4.1)	40.7* (3.9)	48.5 (4.0)	59.0 (4.3)	70.6 (5.3)	82.5* (6.1)	90.2* (6.6)
19-50.....	587	70.4 (1.3)	42.9 (1.5)	48.0 (1.5)	57.5 (1.3)	69.1 (1.3)	81.8 (1.4)	94.4 (1.6)	102.5 (1.7)
51+.....	794	67.3 (1.4)	40.1 (1.6)	45.3 (1.5)	54.7 (1.5)	66.1 (1.4)	78.4 (1.4)	90.6 (1.6)	98.5 (1.8)
19+.....	1381	68.7 (1.2)	41.4 (1.5)	46.5 (1.4)	55.9 (1.3)	67.4 (1.2)	80.1 (1.3)	92.4 (1.5)	100.4 (1.6)
<b>All:</b>									
1+.....	4173	78.1 (1.1)	42.9 (1.0)	48.7 (1.1)	59.8 (1.1)	74.7 (1.2)	92.9 (1.4)	112.2 (1.7)	124.7 (2.1)

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

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**Table B 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	4.26 (0.08)	2.73* (0.10)	3.01 (0.10)	3.52 (0.08)	4.17 (0.08)	4.89 (0.10)	5.61 (0.13)	6.07* (0.16)	0.87	<3
4-8.....	373	2.69 (0.06)	1.57* (0.07)	1.78 (0.06)	2.15 (0.06)	2.61 (0.06)	3.15 (0.07)	3.68 (0.09)	4.03* (0.11)	0.76	<3
<b>Males:</b>											
9-13.....	169	1.71 (0.06)	0.93* (0.04)	1.07* (0.04)	1.33 (0.05)	1.66 (0.05)	2.04 (0.07)	2.41* (0.09)	2.67* (0.11)	0.76	<3
14-18.....	196	1.36 (0.06)	0.66* (0.03)	0.79* (0.04)	1.02 (0.04)	1.32 (0.06)	1.65 (0.08)	1.97* (0.10)	2.18* (0.12)	0.73	7* (1.3)
19-50.....	580	1.26 (0.03)	0.68 (0.04)	0.79 (0.04)	0.99 (0.03)	1.23 (0.03)	1.51 (0.03)	1.78 (0.04)	1.95 (0.04)	0.66	4 (1.2)
51+.....	810	1.20 (0.02)	0.63 (0.03)	0.73 (0.02)	0.93 (0.02)	1.17 (0.02)	1.44 (0.03)	1.71 (0.04)	1.88 (0.04)	0.66	6 (1.1)
19+.....	1390	1.23 (0.02)	0.65 (0.03)	0.76 (0.03)	0.96 (0.02)	1.20 (0.02)	1.47 (0.03)	1.74 (0.03)	1.92 (0.04)	0.66	5 (1.1)
<b>Females:</b>											
9-13.....	195	1.63 (0.07)	0.87* (0.05)	1.00* (0.05)	1.27 (0.06)	1.59 (0.06)	1.96 (0.08)	2.32* (0.10)	2.55* (0.12)	0.76	<3
14-18.....	154	1.04 (0.07)	0.48* (0.05)	0.58* (0.05)	0.75 (0.06)	0.99 (0.06)	1.27 (0.08)	1.55* (0.10)	1.74* (0.11)	0.71	21 (4.8)
19-50.....	583	1.11 (0.02)	0.60 (0.02)	0.69 (0.02)	0.87 (0.02)	1.08 (0.02)	1.32 (0.02)	1.56 (0.03)	1.71 (0.03)	0.66	8 (1.2)
51+.....	784	1.07 (0.02)	0.57 (0.02)	0.66 (0.02)	0.83 (0.02)	1.05 (0.02)	1.28 (0.03)	1.51 (0.04)	1.66 (0.04)	0.66	10 (1.3)
19+.....	1367	1.09 (0.02)	0.58 (0.02)	0.67 (0.02)	0.85 (0.02)	1.06 (0.02)	1.30 (0.02)	1.53 (0.03)	1.68 (0.04)	0.66	9 (1.2)
<b>All:</b>											
1+.....	4133	1.37 (0.02)	0.63 (0.01)	0.73 (0.01)	0.93 (0.01)	1.20 (0.02)	1.53 (0.02)	2.07 (0.04)	2.86 (0.06)		7 (0.6)

NOTES: EAR=Estimated Average Requirement  
 Excluded individuals 4 and over without height and weight data.  
 For individuals 4-19, body weights outside of normal range set to their normal boundary; for individuals 19 and over, to Body Mass Index cutoffs. For children 1-3, assumed reference weights.  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 4. Carbohydrate (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	187 (5)	122* (6)	134 (6)	156 (6)	183 (5)	214 (6)	245 (8)	265* (9)	100	<3
4-8.....	375	232 (4)	154* (6)	169 (5)	195 (5)	228 (4)	265 (5)	302 (6)	325* (7)	100	<3
<b>Males:</b>											
9-13.....	170	279 (7)	175* (5)	194* (5)	229 (5)	273 (7)	323 (10)	371* (14)	404* (17)	100	<3
14-18.....	197	290 (8)	180* (8)	201* (8)	240 (8)	286 (8)	336 (9)	385* (12)	415* (14)	100	<3
19-50.....	584	282 (7)	150 (5)	173 (6)	218 (6)	275 (7)	338 (8)	401 (9)	443 (10)	100	<3
51+.....	826	274 (5)	144 (5)	167 (4)	210 (5)	266 (5)	329 (6)	391 (7)	432 (8)	100	<3
19+.....	1410	278 (5)	146 (4)	170 (4)	214 (5)	270 (5)	333 (6)	396 (7)	437 (8)	100	<3
<b>Females:</b>											
9-13.....	196	271 (10)	167* (6)	187* (6)	223 (7)	266 (10)	315 (13)	362* (17)	391* (21)	100	<3
14-18.....	155	233 (10)	142* (9)	160* (9)	189 (9)	228 (9)	270 (11)	314* (13)	342* (15)	100	<3
19-50.....	587	216 (3)	118 (4)	135 (3)	169 (3)	210 (3)	258 (4)	305 (5)	336 (6)	100	<3
51+.....	794	203 (4)	108 (3)	125 (3)	157 (3)	198 (4)	242 (5)	287 (6)	317 (7)	100	3 (0.5)
19+.....	1381	209 (3)	112 (3)	130 (3)	162 (3)	204 (3)	249 (4)	296 (6)	326 (7)	100	<3
<b>All:</b>											
1+.....	4173	244 (2)	127 (3)	147 (2)	185 (2)	234 (2)	292 (3)	354 (5)	394 (7)	100	<3

NOTES: 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 B 5. Total sugars (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	95 (4)	56* (4)	63 (4)	76 (4)	92 (3)	111 (4)	130 (5)	143* (6)
4-8.....	375	109 (3)	65* (4)	73 (4)	87 (3)	106 (3)	127 (4)	149 (5)	162* (7)
<b>Males:</b>									
9-13.....	170	129 (4)	72* (4)	83* (4)	101 (3)	126 (4)	154 (5)	181* (7)	200* (8)
14-18.....	197	128 (5)	70* (4)	81* (4)	100 (4)	125 (5)	153 (6)	180* (7)	197* (9)
19-50.....	584	121 (5)	44 (2)	55 (3)	79 (4)	112 (5)	153 (7)	198 (9)	229 (10)
51+.....	826	121 (3)	44 (2)	56 (2)	79 (2)	112 (3)	153 (4)	197 (6)	228 (7)
19+.....	1410	121 (4)	44 (2)	55 (2)	79 (3)	112 (4)	153 (5)	198 (7)	228 (8)
<b>Females:</b>									
9-13.....	196	127 (5)	70* (4)	80* (4)	100 (4)	123 (5)	151 (6)	178* (9)	196* (11)
14-18.....	155	106 (5)	57* (4)	66* (4)	82 (4)	103 (4)	126 (6)	151* (8)	167* (8)
19-50.....	587	95 (2)	39 (2)	47 (2)	65 (2)	89 (2)	118 (3)	150 (4)	171 (5)
51+.....	794	92 (2)	37 (2)	46 (2)	63 (2)	86 (2)	114 (3)	144 (4)	165 (5)
19+.....	1381	93 (2)	38 (2)	47 (2)	64 (2)	88 (2)	116 (3)	147 (4)	168 (5)
<b>All:</b>									
1+.....	4173	108 (2)	43 (1)	53 (1)	74 (2)	101 (2)	134 (2)	172 (4)	199 (5)

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

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**Table B 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	11.6 (0.5)	6.2* (0.3)	7.1 (0.3)	8.8 (0.3)	11.2 (0.5)	13.9 (0.7)	16.5 (0.9)	18.4* (1.0)	19	4* (1.5)
4-8.....	375	13.7 (0.5)	7.5* (0.3)	8.6 (0.3)	10.6 (0.3)	13.2 (0.4)	16.3 (0.6)	19.4 (0.8)	21.4* (0.9)	25	<3
<b>Males:</b>											
9-13.....	170	15.1 (0.8)	8.1* (0.4)	9.3* (0.5)	11.6 (0.6)	14.6 (0.8)	18.1 (1.1)	21.7* (1.4)	24.2* (1.7)	31	<3
14-18.....	197	15.4 (0.7)	8.1* (0.4)	9.4* (0.5)	11.8 (0.5)	15.0 (0.7)	18.5 (0.9)	22.0* (1.1)	24.3* (1.3)	38	<3
19-50.....	584	17.0 (0.5)	7.7 (0.4)	9.2 (0.4)	12.2 (0.4)	16.2 (0.5)	20.9 (0.6)	25.8 (0.8)	29.1 (0.9)	38	<3
51+.....	826	18.8 (0.4)	8.9 (0.4)	10.5 (0.4)	13.7 (0.4)	18.0 (0.4)	23.0 (0.5)	28.0 (0.7)	31.5 (0.8)	30	7 (1.1)
19+.....	1410	17.9 (0.4)	8.2 (0.4)	9.8 (0.4)	12.9 (0.4)	17.1 (0.4)	22.0 (0.5)	27.1 (0.6)	30.4 (0.7)		4 (0.6)
<b>Females:</b>											
9-13.....	196	15.6 (0.9)	8.3* (0.6)	9.6* (0.6)	12.0 (0.7)	15.0 (0.9)	18.6 (1.1)	22.2* (1.4)	24.6* (1.7)	26	3* (1.8)
14-18.....	155	13.3 (0.9)	7.0* (0.8)	8.1* (0.8)	10.1 (0.8)	12.8 (0.9)	15.9 (1.1)	19.1* (1.3)	21.3* (1.4)	26	<3
19-50.....	587	14.6 (0.5)	6.7 (0.4)	8.0 (0.4)	10.5 (0.4)	13.8 (0.5)	17.9 (0.6)	22.1 (0.8)	25.0 (0.9)	25	5 (1.0)
51+.....	794	15.3 (0.4)	7.1 (0.3)	8.5 (0.4)	11.1 (0.4)	14.6 (0.4)	18.6 (0.5)	22.9 (0.6)	25.8 (0.8)	21	15 (1.9)
19+.....	1381	15.0 (0.4)	6.9 (0.3)	8.3 (0.3)	10.8 (0.4)	14.3 (0.4)	18.3 (0.5)	22.5 (0.6)	25.4 (0.7)		11 (1.3)
<b>All:</b>											
1+.....	4173	15.9 (0.3)	7.4 (0.2)	8.8 (0.2)	11.4 (0.3)	15.1 (0.3)	19.5 (0.4)	24.2 (0.5)	27.5 (0.6)		6 (0.7)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 7. Total fat (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	57.0 (1.5)	34.2* (1.5)	38.2 (1.5)	45.8 (1.5)	55.6 (1.5)	66.6 (1.7)	77.8 (2.4)	85.0* (2.8)
4-8.....	375	71.0 (0.8)	43.5* (1.7)	48.6 (1.5)	57.7 (1.2)	69.3 (0.9)	82.5 (1.0)	95.7 (1.9)	103.8* (2.5)
<b>Males:</b>									
9-13.....	170	86.6 (2.8)	52.2* (1.8)	58.5* (1.9)	70.1 (2.1)	84.7 (2.6)	101.2 (3.7)	117.2* (4.9)	128.2* (5.9)
14-18.....	197	97.7 (4.2)	59.4* (2.9)	66.7* (3.0)	80.0 (3.6)	96.1 (4.2)	113.6 (5.0)	130.5* (6.2)	141.1* (7.2)
19-50.....	584	105.3 (2.3)	59.0 (2.7)	67.5 (2.6)	83.1 (2.4)	102.8 (2.3)	124.6 (2.6)	146.4 (2.9)	160.5 (3.3)
51+.....	826	102.6 (1.6)	57.2 (1.9)	65.4 (1.8)	80.8 (1.7)	100.0 (1.6)	121.7 (1.8)	143.0 (2.3)	156.8 (2.8)
19+.....	1410	104.0 (1.6)	58.1 (2.2)	66.3 (2.0)	81.9 (1.8)	101.3 (1.6)	123.1 (1.7)	144.7 (2.2)	158.7 (2.7)
<b>Females:</b>									
9-13.....	196	85.1 (4.1)	50.6* (2.8)	57.0* (2.9)	69.0 (3.5)	83.2 (4.0)	99.5 (5.1)	115.4* (6.1)	125.4* (6.9)
14-18.....	155	76.3 (4.8)	45.2* (3.9)	51.1* (3.8)	61.2 (4.3)	74.5 (4.7)	89.1 (5.6)	104.0* (6.4)	113.6* (6.9)
19-50.....	587	80.4 (1.5)	44.8 (1.4)	51.2 (1.3)	63.2 (1.3)	78.3 (1.5)	95.2 (1.7)	112.2 (2.1)	123.1 (2.2)
51+.....	794	76.5 (1.8)	41.8 (1.4)	48.2 (1.4)	59.9 (1.5)	74.6 (1.8)	90.8 (2.1)	107.0 (2.4)	117.7 (2.6)
19+.....	1381	78.3 (1.5)	43.1 (1.3)	49.5 (1.3)	61.4 (1.3)	76.3 (1.5)	92.9 (1.8)	109.5 (2.1)	120.4 (2.3)
<b>All:</b>									
1+.....	4173	88.2 (1.0)	46.4 (0.8)	53.3 (0.9)	66.8 (1.0)	84.6 (1.2)	105.8 (1.4)	128.0 (1.7)	142.4 (2.0)

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

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**Table B 8. Saturated fat (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	20.4 (0.6)	11.7* (0.7)	13.2 (0.7)	16.1 (0.6)	19.8 (0.5)	24.0 (0.7)	28.3 (1.0)	31.2* (1.2)
4-8.....	375	25.2 (0.4)	14.7* (0.8)	16.6 (0.7)	20.0 (0.6)	24.4 (0.5)	29.5 (0.6)	34.7 (0.8)	37.9* (1.1)
<b>Males:</b>									
9-13.....	170	29.9 (1.1)	17.5* (1.3)	19.8* (1.2)	23.9 (1.2)	29.2 (1.1)	35.2 (1.2)	41.1* (1.5)	45.2* (1.9)
14-18.....	197	33.5 (1.0)	19.7* (1.3)	22.3* (1.3)	27.0 (1.1)	32.8 (1.0)	39.2 (1.1)	45.4* (1.4)	49.3* (1.7)
19-50.....	584	34.9 (0.8)	18.4 (0.9)	21.4 (0.8)	26.8 (0.8)	33.8 (0.8)	41.7 (0.9)	49.7 (1.1)	54.9 (1.3)
51+.....	826	33.6 (0.6)	17.6 (0.7)	20.4 (0.7)	25.7 (0.6)	32.5 (0.6)	40.3 (0.7)	48.0 (0.9)	53.1 (1.1)
19+.....	1410	34.2 (0.5)	18.0 (0.7)	20.9 (0.7)	26.3 (0.6)	33.1 (0.6)	41.0 (0.6)	48.8 (0.8)	54.0 (1.1)
<b>Females:</b>									
9-13.....	196	29.9 (1.4)	17.3* (1.4)	19.6* (1.4)	24.0 (1.4)	29.1 (1.4)	35.1 (1.4)	41.0* (1.7)	44.8* (2.0)
14-18.....	155	25.7 (1.6)	14.7* (1.6)	16.8* (1.5)	20.3 (1.6)	25.0 (1.6)	30.2 (1.7)	35.6* (1.9)	39.1* (2.1)
19-50.....	587	26.5 (0.4)	14.7 (0.5)	16.8 (0.5)	20.8 (0.4)	25.7 (0.4)	31.4 (0.5)	37.1 (0.8)	40.9 (1.0)
51+.....	794	25.3 (0.6)	13.9 (0.5)	15.9 (0.5)	19.8 (0.5)	24.6 (0.6)	30.0 (0.8)	35.5 (1.0)	39.1 (1.2)
19+.....	1381	25.9 (0.5)	14.3 (0.4)	16.3 (0.4)	20.2 (0.4)	25.1 (0.4)	30.7 (0.6)	36.2 (0.8)	40.0 (1.0)
<b>All:</b>									
1+.....	4173	29.4 (0.3)	15.3 (0.3)	17.6 (0.2)	22.0 (0.2)	28.0 (0.3)	35.2 (0.4)	43.0 (0.5)	48.1 (0.7)

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

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**Table B 9. Monounsaturated fat (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	18.4 (0.4)	11.0* (0.5)	12.3 (0.5)	14.8 (0.5)	17.9 (0.4)	21.5 (0.5)	25.0 (0.7)	27.4* (0.8)
4-8.....	375	23.2 (0.4)	14.2* (0.6)	15.8 (0.5)	18.8 (0.4)	22.6 (0.4)	26.9 (0.5)	31.2 (0.7)	33.9* (0.9)
<b>Males:</b>									
9-13.....	170	28.3 (0.8)	17.1* (0.7)	19.1* (0.7)	22.9 (0.7)	27.7 (0.8)	33.0 (1.0)	38.2* (1.4)	41.8* (1.7)
14-18.....	197	31.9 (1.3)	19.4* (1.0)	21.8* (1.0)	26.1 (1.1)	31.4 (1.3)	37.1 (1.5)	42.6* (1.9)	46.0* (2.2)
19-50.....	584	35.8 (1.0)	19.6 (1.0)	22.6 (1.0)	28.0 (1.0)	34.8 (1.0)	42.6 (1.1)	50.3 (1.3)	55.5 (1.5)
51+.....	826	35.2 (0.6)	19.3 (0.8)	22.1 (0.8)	27.4 (0.7)	34.2 (0.7)	41.8 (0.7)	49.4 (0.8)	54.4 (1.0)
19+.....	1410	35.5 (0.7)	19.5 (0.9)	22.3 (0.8)	27.7 (0.7)	34.5 (0.7)	42.2 (0.7)	49.9 (0.9)	54.9 (1.1)
<b>Females:</b>									
9-13.....	196	27.3 (1.0)	16.2* (0.8)	18.3* (0.8)	22.1 (0.9)	26.7 (1.0)	31.9 (1.2)	37.0* (1.6)	40.3* (1.9)
14-18.....	155	24.7 (1.6)	14.7* (1.5)	16.6* (1.4)	19.9 (1.6)	24.2 (1.6)	28.9 (1.9)	33.7* (2.1)	36.8* (2.3)
19-50.....	587	27.1 (0.5)	14.4 (0.4)	16.6 (0.4)	20.8 (0.4)	26.2 (0.5)	32.4 (0.6)	38.6 (0.7)	42.8 (0.8)
51+.....	794	25.9 (0.7)	13.5 (0.5)	15.7 (0.6)	19.8 (0.6)	25.1 (0.7)	31.0 (0.8)	37.0 (0.9)	41.0 (1.0)
19+.....	1381	26.4 (0.5)	13.9 (0.4)	16.1 (0.5)	20.3 (0.5)	25.6 (0.5)	31.7 (0.6)	37.8 (0.7)	41.9 (0.8)
<b>All:</b>									
1+.....	4173	29.7 (0.4)	15.1 (0.3)	17.4 (0.3)	22.1 (0.3)	28.4 (0.4)	35.9 (0.5)	43.8 (0.6)	49.1 (0.8)

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

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**Table B 10. Polyunsaturated fat (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	12.1 (0.4)	6.5* (0.3)	7.4 (0.3)	9.2 (0.3)	11.6 (0.4)	14.4 (0.5)	17.4 (0.7)	19.4* (0.7)
4-8.....	375	15.7 (0.4)	8.7* (0.4)	9.9 (0.3)	12.2 (0.4)	15.1 (0.4)	18.5 (0.4)	22.1 (0.6)	24.4* (0.7)
<b>Males:</b>									
9-13.....	170	19.9 (1.1)	11.4* (0.5)	12.9* (0.5)	15.7 (0.7)	19.3 (1.0)	23.5 (1.5)	27.7* (2.1)	30.7* (2.5)
14-18.....	197	21.9 (1.3)	12.5* (0.9)	14.2* (0.9)	17.3 (1.0)	21.3 (1.3)	25.8 (1.7)	30.3* (2.3)	33.1* (2.6)
19-50.....	584	23.9 (0.7)	12.8 (0.7)	14.7 (0.7)	18.3 (0.7)	23.1 (0.7)	28.5 (0.8)	34.1 (1.1)	37.8 (1.3)
51+.....	826	24.1 (0.7)	12.9 (0.5)	14.8 (0.4)	18.5 (0.5)	23.3 (0.7)	28.8 (1.0)	34.5 (1.3)	38.2 (1.6)
19+.....	1410	24.0 (0.6)	12.8 (0.6)	14.7 (0.6)	18.4 (0.5)	23.2 (0.6)	28.7 (0.8)	34.3 (1.1)	38.0 (1.4)
<b>Females:</b>									
9-13.....	196	19.7 (1.7)	11.2* (0.7)	12.7* (0.7)	15.5 (1.1)	19.0 (1.5)	23.2 (2.2)	27.4* (2.8)	30.2* (3.2)
14-18.....	155	18.2 (1.5)	10.5* (1.1)	11.9* (1.0)	14.3 (1.2)	17.6 (1.4)	21.4 (1.9)	25.4* (2.4)	28.0* (2.7)
19-50.....	587	18.8 (0.5)	9.6 (0.5)	11.2 (0.5)	14.1 (0.5)	18.0 (0.5)	22.6 (0.6)	27.4 (0.6)	30.6 (0.6)
51+.....	794	17.9 (0.5)	9.0 (0.4)	10.5 (0.4)	13.4 (0.4)	17.2 (0.5)	21.5 (0.5)	26.0 (0.6)	29.1 (0.8)
19+.....	1381	18.3 (0.4)	9.3 (0.4)	10.8 (0.4)	13.7 (0.4)	17.6 (0.5)	22.0 (0.5)	26.7 (0.5)	29.9 (0.6)
<b>All:</b>									
1+.....	4173	20.4 (0.4)	9.9 (0.2)	11.6 (0.2)	15.0 (0.3)	19.4 (0.4)	24.8 (0.5)	30.4 (0.7)	34.1 (0.9)

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

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**Table B 11. Linoleic acid 18:2 (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	10.9 (0.4)	5.9* (0.2)	6.7 (0.2)	8.3 (0.3)	10.5 (0.3)	13.0 (0.4)	15.7 (0.6)	17.5* (0.7)	7	88 (2.2)
4-8.....	375	14.1 (0.3)	7.9* (0.3)	9.0 (0.3)	11.0 (0.3)	13.7 (0.3)	16.7 (0.4)	20.0 (0.5)	22.0* (0.6)	10	84 (2.5)
<b>Males:</b>											
9-13.....	170	18.0 (1.0)	10.3* (0.4)	11.7* (0.5)	14.2 (0.6)	17.5 (0.9)	21.3 (1.3)	25.2* (1.8)	27.9* (2.2)	12	88* (2.7)
14-18.....	197	19.7 (1.2)	11.2* (0.9)	12.7* (0.9)	15.6 (1.0)	19.2 (1.1)	23.2 (1.5)	27.3* (1.9)	29.9* (2.2)	16	72 (6.9)
19-50.....	584	21.3 (0.6)	11.4 (0.7)	13.1 (0.7)	16.3 (0.6)	20.6 (0.6)	25.3 (0.7)	30.3 (0.9)	33.6 (1.1)	17	71 (3.4)
51+.....	826	21.4 (0.6)	11.4 (0.4)	13.1 (0.4)	16.4 (0.4)	20.6 (0.6)	25.5 (0.8)	30.5 (1.2)	33.8 (1.4)	14	87 (1.7)
19+.....	1410	21.3 (0.5)	11.4 (0.5)	13.1 (0.5)	16.4 (0.5)	20.6 (0.5)	25.5 (0.7)	30.4 (1.0)	33.7 (1.2)		79 (2.3)
<b>Females:</b>											
9-13.....	196	17.8 (1.4)	10.0* (0.6)	11.4* (0.6)	14.0 (0.9)	17.2 (1.3)	21.0 (1.8)	24.8* (2.4)	27.3* (2.8)	10	95* (1.7)
14-18.....	155	16.4 (1.2)	9.4* (0.9)	10.7* (0.9)	12.9 (1.0)	15.9 (1.2)	19.3 (1.5)	22.9* (1.9)	25.3* (2.1)	11	88* (5.6)
19-50.....	587	16.8 (0.5)	8.5 (0.5)	9.9 (0.5)	12.6 (0.5)	16.1 (0.5)	20.2 (0.5)	24.6 (0.5)	27.4 (0.6)	12	79 (3.1)
51+.....	794	15.8 (0.5)	7.9 (0.3)	9.2 (0.4)	11.8 (0.4)	15.2 (0.5)	19.1 (0.5)	23.1 (0.6)	25.9 (0.7)	11	80 (2.6)
19+.....	1381	16.3 (0.4)	8.1 (0.4)	9.5 (0.4)	12.1 (0.4)	15.6 (0.4)	19.6 (0.5)	23.8 (0.5)	26.7 (0.6)		79 (2.6)
<b>All:</b>											
1+.....	4173	18.2 (0.3)	8.8 (0.2)	10.3 (0.2)	13.3 (0.3)	17.3 (0.3)	22.1 (0.4)	27.1 (0.6)	30.4 (0.8)		81 (1.5)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 12. Linolenic acid 18:3 (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	1.01 (0.03)	0.52* (0.03)	0.60 (0.03)	0.75 (0.03)	0.96 (0.03)	1.21 (0.04)	1.49 (0.05)	1.68* (0.06)	0.7	80 (3.3)
4-8.....	375	1.29 (0.04)	0.68* (0.04)	0.78 (0.04)	0.97 (0.04)	1.22 (0.04)	1.54 (0.05)	1.88 (0.06)	2.11* (0.08)	0.9	81 (3.2)
<b>Males:</b>											
9-13.....	170	1.59 (0.07)	0.92* (0.05)	1.04* (0.05)	1.25 (0.05)	1.54 (0.06)	1.87 (0.09)	2.21* (0.13)	2.45* (0.16)	1.2	79 (4.3)
14-18.....	197	1.85 (0.12)	1.08* (0.10)	1.21* (0.10)	1.47 (0.11)	1.80 (0.12)	2.18 (0.14)	2.55* (0.17)	2.79* (0.20)	1.6	66 (8.4)
19-50.....	584	2.15 (0.08)	1.06 (0.07)	1.24 (0.07)	1.58 (0.07)	2.05 (0.08)	2.60 (0.11)	3.20 (0.16)	3.60 (0.19)	1.6	74 (3.3)
51+.....	826	2.26 (0.09)	1.13 (0.05)	1.31 (0.05)	1.67 (0.06)	2.15 (0.08)	2.73 (0.13)	3.33 (0.19)	3.74 (0.24)	1.6	78 (2.6)
19+.....	1410	2.20 (0.08)	1.09 (0.06)	1.27 (0.05)	1.63 (0.05)	2.10 (0.07)	2.67 (0.11)	3.27 (0.17)	3.68 (0.21)	1.6	76 (2.5)
<b>Females:</b>											
9-13.....	196	1.67 (0.10)	0.97* (0.07)	1.09* (0.06)	1.33 (0.08)	1.62 (0.09)	1.97 (0.13)	2.32* (0.17)	2.55* (0.21)	1	94* (2.6)
14-18.....	155	1.59 (0.11)	0.94* (0.10)	1.05* (0.10)	1.26 (0.11)	1.54 (0.11)	1.86 (0.12)	2.20* (0.14)	2.43* (0.16)	1.1	87* (7.4)
19-50.....	587	1.73 (0.06)	0.86 (0.06)	1.00 (0.06)	1.28 (0.06)	1.64 (0.06)	2.09 (0.07)	2.56 (0.08)	2.90 (0.09)	1.1	85 (3.0)
51+.....	794	1.72 (0.05)	0.86 (0.05)	1.00 (0.05)	1.27 (0.05)	1.64 (0.05)	2.07 (0.06)	2.53 (0.08)	2.85 (0.10)	1.1	85 (2.6)
19+.....	1381	1.72 (0.05)	0.86 (0.05)	1.00 (0.05)	1.27 (0.05)	1.64 (0.05)	2.08 (0.06)	2.54 (0.07)	2.87 (0.09)	1.1	85 (2.7)
<b>All:</b>											
1+.....	4173	1.86 (0.05)	0.87 (0.03)	1.02 (0.03)	1.33 (0.04)	1.75 (0.04)	2.27 (0.06)	2.84 (0.10)	3.25 (0.13)		81 (1.9)

NOTES: AI=Adequate Intake

The AI is specifically for the  $\alpha$ -linolenic isomer (18:3 n-3 c,c,c). Intakes of linolenic 18:3 are for the undifferentiated fatty acid.

\* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	0.01 (0.001)	#	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.001)
4-8.....	375	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)
<b>Males:</b>									
9-13.....	170	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02* (0.003)	0.02* (0.004)
14-18.....	197	0.02 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03* (0.003)	0.03* (0.003)
19-50.....	584	0.02 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)	0.04 (0.005)
51+.....	826	0.02 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.005)
19+.....	1410	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)	0.04 (0.005)
<b>Females:</b>									
9-13.....	196	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)	0.03* (0.003)
14-18.....	155	0.01 (0.002)	#	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02* (0.002)	0.02* (0.003)
19-50.....	587	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.03 (0.004)
51+.....	794	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.03 (0.004)
19+.....	1381	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.03 (0.004)
<b>All:</b>									
1+.....	4173	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.002)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error  
# Indicates a non-zero value too small to report

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 14. Docosahexaenoic acid 22:6 (g):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	0.02 (0.002)	#	#	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.005)
4-8.....	375	0.02 (0.002)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.006)
<b>Males:</b>									
9-13.....	170	0.02 (0.004)	#	0.01* (0.002)	0.01 (0.003)	0.01 (0.004)	0.02 (0.005)	0.03* (0.008)	0.04* (0.011)
14-18.....	197	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.003)	0.03 (0.004)	0.04* (0.007)	0.05* (0.009)
19-50.....	584	0.05 (0.004)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.06 (0.005)	0.09 (0.009)	0.12 (0.013)
51+.....	826	0.06 (0.005)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.08 (0.006)	0.12 (0.010)	0.16 (0.015)
19+.....	1410	0.05 (0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.005)	0.11 (0.008)	0.14 (0.013)
<b>Females:</b>									
9-13.....	196	0.02 (0.003)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.01 (0.003)	0.02 (0.003)	0.03* (0.005)	0.04* (0.007)
14-18.....	155	0.02 (0.002)	#	0.01* (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03* (0.004)	0.03* (0.006)
19-50.....	587	0.04 (0.005)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.04 (0.006)	0.08 (0.010)	0.10 (0.015)
51+.....	794	0.04 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.003)	0.05 (0.006)	0.08 (0.011)	0.12 (0.015)
19+.....	1381	0.04 (0.004)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.03 (0.003)	0.05 (0.005)	0.08 (0.010)	0.11 (0.014)
<b>All:</b>									
1+.....	4173	0.04 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.03 (0.002)	0.05 (0.003)	0.09 (0.005)	0.12 (0.008)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error  
# Indicates a non-zero value too small to report

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	181 (11)	72* (9)	87 (9)	118 (10)	164 (11)	224 (13)	294 (16)	347* (19)
4-8.....	375	208 (8)	83* (7)	101 (7)	137 (7)	189 (8)	258 (10)	339 (17)	396* (23)
<b>Males:</b>									
9-13.....	170	229 (16)	105* (15)	124* (15)	162 (16)	216 (17)	281 (19)	349* (22)	399* (26)
14-18.....	197	286 (15)	134* (13)	159* (13)	208 (13)	273 (15)	349 (18)	428* (24)	480* (29)
19-50.....	584	358 (12)	156 (10)	188 (10)	251 (10)	338 (11)	443 (15)	554 (20)	630 (24)
51+.....	826	354 (8)	153 (8)	184 (8)	248 (8)	334 (8)	438 (10)	547 (15)	621 (18)
19+.....	1410	356 (9)	154 (8)	186 (8)	249 (8)	336 (8)	440 (11)	550 (16)	625 (20)
<b>Females:</b>									
9-13.....	196	232 (12)	106* (11)	126* (10)	166 (11)	219 (11)	285 (15)	355* (20)	401* (25)
14-18.....	155	201 (14)	91* (13)	109* (13)	142 (14)	189 (14)	246 (17)	309* (20)	352* (23)
19-50.....	587	271 (10)	118 (7)	142 (7)	190 (7)	255 (9)	334 (13)	420 (20)	479 (24)
51+.....	794	266 (10)	115 (8)	139 (8)	186 (8)	251 (10)	328 (13)	410 (19)	467 (22)
19+.....	1381	268 (10)	117 (7)	140 (7)	188 (7)	253 (9)	331 (13)	414 (18)	473 (23)
<b>All:</b>									
1+.....	4173	293 (5)	116 (6)	141 (5)	195 (4)	271 (5)	366 (8)	473 (13)	546 (16)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table B 16. Vitamin A (µg RAE):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	583 (29)	291* (17)	339 (17)	429 (20)	556 (26)	707 (38)	860 (52)	969* (62)	210	<3
4-8.....	375	600 (35)	294* (21)	346 (22)	443 (25)	572 (33)	728 (44)	891 (58)	999* (68)	275	4* (1.4)
<b>Males:</b>											
9-13.....	170	652 (34)	281* (21)	338* (22)	451 (24)	611 (32)	809 (43)	1017* (58)	1171* (72)	445	24 (3.9)
14-18.....	197	598 (28)	244* (16)	299* (17)	410 (20)	562 (27)	747 (36)	942* (49)	1073* (62)	630	61 (4.5)
19-50.....	584	653 (31)	256 (24)	314 (25)	435 (25)	605 (30)	817 (40)	1053 (50)	1217 (57)	625	53 (4.3)
51+.....	826	729 (23)	293 (22)	358 (22)	490 (20)	677 (21)	909 (31)	1165 (40)	1339 (56)	625	43 (2.6)
19+.....	1410	691 (20)	272 (22)	335 (21)	461 (20)	640 (19)	865 (26)	1112 (37)	1282 (47)	625	48 (2.7)
<b>Females:</b>											
9-13.....	196	633 (32)	267* (16)	323* (16)	440 (20)	592 (28)	786 (44)	992* (60)	1129* (69)	420	22 (2.8)
14-18.....	155	500 (28)	205* (19)	251* (20)	337 (22)	465 (26)	621 (36)	796* (49)	917* (58)	485	54 (5.1)
19-50.....	587	600 (25)	256 (19)	307 (19)	412 (21)	557 (24)	743 (32)	945 (43)	1087 (50)	500	40 (4.0)
51+.....	794	645 (16)	276 (20)	332 (20)	444 (19)	604 (17)	796 (20)	1009 (29)	1160 (40)	500	34 (2.9)
19+.....	1381	625 (16)	266 (18)	319 (18)	430 (16)	582 (16)	773 (20)	981 (30)	1129 (40)	500	37 (2.6)
<b>All:</b>											
1+.....	4173	645 (14)	268 (15)	324 (16)	438 (14)	598 (13)	799 (16)	1023 (21)	1183 (32)		39 (2.0)

NOTES: RAE=Retinol Activity 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Non-Hispanic White</b>												
<b>Males and females:</b>												
1-3.....	289	456 (24)	221* (15)	261 (15)	335 (16)	436 (22)	555 (31)	678 (42)	762* (49)	600	18 (4.4)	
4-8.....	375	485 (19)	234* (22)	277 (21)	357 (19)	463 (20)	590 (21)	722 (30)	805* (35)	900	<3	
<b>Males:</b>												
9-13.....	170	549 (29)	219* (19)	269* (21)	369 (21)	511 (28)	689 (38)	878* (50)	1017* (64)	1700	<3	
14-18.....	197	489 (29)	181* (15)	227* (17)	323 (21)	455 (27)	619 (37)	793* (50)	909* (60)	2800	<3	
19-50.....	584	460 (22)	166 (17)	208 (17)	295 (18)	422 (20)	583 (31)	760 (43)	887 (56)	3000	<3	
51+.....	826	505 (23)	185 (17)	231 (18)	327 (18)	464 (22)	638 (30)	832 (38)	964 (44)	3000	<3	
19+.....	1410	483 (20)	175 (17)	219 (17)	311 (17)	442 (19)	611 (27)	798 (36)	927 (44)	3000	<3	
<b>Females:</b>												
9-13.....	196	512 (31)	196* (20)	243* (21)	342 (23)	474 (28)	644 (42)	825* (57)	947* (66)	1700	<3	
14-18.....	155	381 (25)	138* (18)	174* (18)	244 (20)	349 (24)	481 (32)	630* (41)	734* (48)	2800	<3	
19-50.....	587	399 (13)	169 (15)	204 (15)	275 (14)	373 (14)	494 (16)	626 (21)	717 (27)	3000	<3	
51+.....	794	400 (18)	168 (19)	203 (20)	274 (20)	376 (19)	495 (22)	627 (26)	719 (32)	3000	<3	
19+.....	1381	399 (15)	168 (17)	204 (17)	275 (17)	374 (15)	495 (18)	626 (22)	718 (29)	3000	<3	
<b>All:</b>												
1+.....	4173	448 (11)	175 (10)	215 (11)	297 (12)	413 (11)	559 (12)	726 (16)	844 (22)		<3	

NOTES: UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 18. Thiamin (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	1.11 (0.02)	0.69* (0.03)	0.77 (0.03)	0.90 (0.02)	1.08 (0.02)	1.28 (0.02)	1.49 (0.03)	1.62* (0.04)	0.4	<3
4-8.....	375	1.41 (0.02)	0.89* (0.03)	0.99 (0.02)	1.16 (0.02)	1.38 (0.02)	1.63 (0.03)	1.88 (0.04)	2.04* (0.05)	0.5	<3
<b>Males:</b>											
9-13.....	170	1.75 (0.04)	0.99* (0.04)	1.12* (0.04)	1.37 (0.03)	1.69 (0.04)	2.08 (0.06)	2.46* (0.09)	2.73* (0.12)	0.7	<3
14-18.....	197	1.84 (0.06)	1.03* (0.06)	1.17* (0.06)	1.44 (0.06)	1.79 (0.06)	2.18 (0.07)	2.57* (0.09)	2.83* (0.12)	1	4* (1.9)
19-50.....	584	1.85 (0.04)	1.06 (0.05)	1.20 (0.05)	1.46 (0.04)	1.79 (0.04)	2.17 (0.05)	2.56 (0.07)	2.83 (0.09)	1	3* (1.3)
51+.....	826	1.86 (0.03)	1.07 (0.05)	1.20 (0.05)	1.47 (0.04)	1.80 (0.04)	2.19 (0.04)	2.59 (0.06)	2.85 (0.08)	1	3 (1.1)
19+.....	1410	1.85 (0.03)	1.06 (0.05)	1.20 (0.05)	1.46 (0.04)	1.80 (0.03)	2.18 (0.04)	2.58 (0.06)	2.84 (0.08)	1	3 (1.2)
<b>Females:</b>											
9-13.....	196	1.65 (0.06)	0.91* (0.04)	1.04* (0.05)	1.29 (0.05)	1.59 (0.05)	1.96 (0.08)	2.33* (0.10)	2.57* (0.12)	0.7	<3
14-18.....	155	1.34 (0.06)	0.73* (0.06)	0.84* (0.06)	1.03 (0.06)	1.29 (0.06)	1.59 (0.08)	1.91* (0.10)	2.12* (0.11)	0.9	14* (4.1)
19-50.....	587	1.37 (0.03)	0.78 (0.03)	0.88 (0.03)	1.07 (0.03)	1.32 (0.03)	1.61 (0.04)	1.91 (0.05)	2.10 (0.06)	0.9	11 (1.9)
51+.....	794	1.33 (0.03)	0.75 (0.03)	0.86 (0.02)	1.05 (0.02)	1.29 (0.02)	1.57 (0.03)	1.85 (0.05)	2.05 (0.06)	0.9	13 (1.7)
19+.....	1381	1.35 (0.02)	0.76 (0.03)	0.87 (0.03)	1.06 (0.02)	1.31 (0.02)	1.59 (0.03)	1.88 (0.05)	2.07 (0.06)	0.9	12 (1.7)
<b>All:</b>											
1+.....	4173	1.58 (0.02)	0.84 (0.02)	0.96 (0.02)	1.19 (0.02)	1.50 (0.02)	1.88 (0.03)	2.30 (0.03)	2.57 (0.04)		7 (1.0)

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 19. Riboflavin (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	1.52 (0.04)	0.96* (0.04)	1.07 (0.03)	1.25 (0.03)	1.48 (0.03)	1.75 (0.04)	2.02 (0.06)	2.20* (0.08)	0.4	<3
4-8.....	375	1.73 (0.04)	1.10* (0.03)	1.21 (0.03)	1.42 (0.02)	1.69 (0.03)	1.99 (0.05)	2.30 (0.07)	2.49* (0.08)	0.5	<3
<b>Males:</b>											
9-13.....	170	2.02 (0.07)	1.11* (0.05)	1.27* (0.05)	1.56 (0.05)	1.95 (0.07)	2.41 (0.09)	2.87* (0.13)	3.20* (0.16)	0.8	<3
14-18.....	197	2.17 (0.10)	1.18* (0.08)	1.36* (0.08)	1.68 (0.08)	2.10 (0.10)	2.58 (0.12)	3.06* (0.15)	3.37* (0.18)	1.1	<3
19-50.....	584	2.58 (0.08)	1.20 (0.06)	1.41 (0.05)	1.84 (0.05)	2.42 (0.07)	3.15 (0.11)	3.93 (0.17)	4.48 (0.22)	1.1	3* (0.9)
51+.....	826	2.51 (0.05)	1.17 (0.06)	1.38 (0.06)	1.79 (0.05)	2.36 (0.05)	3.06 (0.07)	3.82 (0.12)	4.34 (0.16)	1.1	4 (0.9)
19+.....	1410	2.54 (0.06)	1.18 (0.06)	1.39 (0.05)	1.82 (0.05)	2.39 (0.05)	3.11 (0.08)	3.87 (0.14)	4.41 (0.19)	1.1	4 (0.9)
<b>Females:</b>											
9-13.....	196	1.97 (0.09)	1.07* (0.06)	1.22* (0.06)	1.52 (0.07)	1.89 (0.08)	2.34 (0.11)	2.80* (0.16)	3.09* (0.19)	0.8	<3
14-18.....	155	1.59 (0.10)	0.85* (0.08)	0.98* (0.08)	1.21 (0.09)	1.53 (0.10)	1.89 (0.12)	2.29* (0.15)	2.55* (0.16)	0.9	7* (2.8)
19-50.....	587	1.87 (0.04)	1.04 (0.03)	1.18 (0.03)	1.45 (0.03)	1.80 (0.04)	2.21 (0.05)	2.63 (0.06)	2.91 (0.08)	0.9	<3
51+.....	794	1.85 (0.04)	1.02 (0.03)	1.17 (0.03)	1.44 (0.03)	1.79 (0.04)	2.19 (0.05)	2.60 (0.07)	2.88 (0.08)	0.9	<3
19+.....	1381	1.86 (0.04)	1.03 (0.03)	1.17 (0.03)	1.45 (0.03)	1.80 (0.04)	2.20 (0.05)	2.62 (0.06)	2.89 (0.08)	0.9	<3
<b>All:</b>											
1+.....	4173	2.12 (0.02)	1.07 (0.02)	1.22 (0.02)	1.53 (0.02)	1.96 (0.03)	2.52 (0.03)	3.22 (0.07)	3.73 (0.12)		<3

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	13.9 (0.4)	8.3* (0.3)	9.3 (0.3)	11.1 (0.3)	13.5 (0.4)	16.2 (0.4)	19.0 (0.6)	20.8* (0.6)	5	<3
4-8.....	375	18.7 (0.3)	11.6* (0.4)	12.9 (0.3)	15.2 (0.3)	18.2 (0.3)	21.6 (0.4)	25.1 (0.5)	27.2* (0.6)	6	<3
<b>Males:</b>											
9-13.....	170	23.9 (0.7)	13.7* (0.6)	15.5* (0.6)	18.8 (0.6)	23.2 (0.7)	28.3 (0.9)	33.4* (1.2)	37.0* (1.5)	9	<3
14-18.....	197	29.2 (1.1)	16.9* (0.8)	19.2* (0.8)	23.3 (0.9)	28.5 (1.1)	34.2 (1.4)	39.9* (1.8)	43.6* (2.2)	12	<3
19-50.....	584	33.6 (0.8)	17.5 (0.9)	20.2 (0.8)	25.3 (0.7)	32.2 (0.8)	40.3 (1.1)	48.9 (1.6)	54.7 (2.0)	12	<3
51+.....	826	29.5 (0.7)	14.8 (0.8)	17.1 (0.8)	21.8 (0.7)	28.0 (0.7)	35.6 (0.9)	43.6 (1.5)	48.9 (1.9)	12	<3
19+.....	1410	31.5 (0.7)	15.9 (0.8)	18.4 (0.8)	23.4 (0.7)	30.1 (0.6)	38.0 (0.9)	46.5 (1.4)	52.2 (1.9)	12	<3
<b>Females:</b>											
9-13.....	196	23.0 (1.0)	12.9* (0.7)	14.7* (0.8)	18.1 (0.8)	22.3 (1.0)	27.2 (1.3)	32.2* (1.6)	35.3* (1.9)	9	<3
14-18.....	155	20.3 (1.5)	11.4* (1.2)	13.0* (1.2)	15.8 (1.4)	19.6 (1.5)	24.0 (1.8)	28.5* (2.0)	31.6* (2.2)	11	4* (2.2)
19-50.....	587	21.8 (0.5)	12.8 (0.6)	14.4 (0.6)	17.4 (0.5)	21.2 (0.5)	25.5 (0.6)	29.9 (0.7)	32.7 (0.8)	11	<3
51+.....	794	20.0 (0.5)	11.6 (0.4)	13.1 (0.4)	15.9 (0.4)	19.5 (0.5)	23.5 (0.6)	27.6 (0.7)	30.3 (0.9)	11	4 (1.0)
19+.....	1381	20.8 (0.4)	12.0 (0.5)	13.6 (0.5)	16.6 (0.4)	20.3 (0.4)	24.5 (0.5)	28.7 (0.7)	31.5 (0.8)	11	<3
<b>All:</b>											
1+.....	4173	25.1 (0.4)	12.4 (0.3)	14.3 (0.3)	17.9 (0.3)	23.0 (0.4)	30.1 (0.6)	38.6 (0.8)	44.6 (1.2)		<3

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	1.32 (0.03)	0.82* (0.04)	0.91 (0.04)	1.08 (0.03)	1.29 (0.03)	1.53 (0.03)	1.78 (0.05)	1.94* (0.06)	0.4	<3	30	<3	
4-8.....	375	1.53 (0.03)	0.95* (0.04)	1.06 (0.04)	1.25 (0.03)	1.49 (0.03)	1.76 (0.04)	2.04 (0.06)	2.22* (0.07)	0.5	<3	40	<3	
<b>Males:</b>														
9-13.....	170	1.80 (0.12)	0.90* (0.07)	1.05* (0.08)	1.32 (0.08)	1.71 (0.11)	2.18 (0.15)	2.68* (0.20)	3.05* (0.24)	0.8	<3	60	<3	
14-18.....	197	2.12 (0.14)	1.06* (0.08)	1.23* (0.09)	1.57 (0.09)	2.02 (0.13)	2.56 (0.17)	3.12* (0.23)	3.50* (0.28)	1.1	6* (2.5)	80	<3	
19-50.....	584	2.67 (0.09)	1.13 (0.11)	1.36 (0.11)	1.81 (0.10)	2.47 (0.09)	3.30 (0.13)	4.24 (0.20)	4.91 (0.28)	1.1	5 (2.0)	100	<3	
51+.....	826	2.48 (0.08)	1.04 (0.09)	1.24 (0.09)	1.67 (0.09)	2.29 (0.09)	3.08 (0.09)	3.97 (0.17)	4.59 (0.23)	1.4	15 (3.0)	100	<3	
19+.....	1410	2.58 (0.07)	1.08 (0.10)	1.29 (0.10)	1.74 (0.09)	2.37 (0.08)	3.19 (0.10)	4.10 (0.17)	4.76 (0.25)	10	(2.6)	100	<3	
<b>Females:</b>														
9-13.....	196	1.83 (0.10)	0.91* (0.05)	1.06* (0.06)	1.35 (0.07)	1.73 (0.09)	2.21 (0.13)	2.72* (0.18)	3.06* (0.21)	0.8	<3	60	<3	
14-18.....	155	1.52 (0.12)	0.76* (0.07)	0.88* (0.07)	1.11 (0.09)	1.44 (0.11)	1.83 (0.15)	2.27* (0.19)	2.57* (0.23)	1	17 (5.4)	80	<3	
19-50.....	587	1.72 (0.05)	0.89 (0.05)	1.03 (0.05)	1.29 (0.05)	1.64 (0.05)	2.06 (0.06)	2.50 (0.07)	2.80 (0.09)	1.1	14 (2.6)	100	<3	
51+.....	794	1.67 (0.05)	0.87 (0.04)	1.00 (0.04)	1.26 (0.04)	1.60 (0.04)	2.00 (0.06)	2.42 (0.08)	2.71 (0.10)	1.3	28 (2.9)	100	<3	
19+.....	1381	1.69 (0.04)	0.88 (0.04)	1.01 (0.04)	1.27 (0.04)	1.62 (0.04)	2.02 (0.05)	2.45 (0.07)	2.75 (0.09)	22	(2.4)	100	<3	
<b>All:</b>														
1+.....	4173	2.03 (0.03)	0.93 (0.03)	1.07 (0.03)	1.37 (0.03)	1.81 (0.03)	2.44 (0.04)	3.27 (0.08)	3.91 (0.14)	13	(1.3)		<3	

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 22. Folate (µg DFE):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	312 (7)	171* (9)	195 (8)	238 (7)	299 (7)	370 (8)	444 (11)	496* (12)	120	<3
4-8.....	375	434 (11)	245* (11)	277 (10)	339 (10)	418 (11)	513 (14)	612 (20)	675* (24)	160	<3
<b>Males:</b>											
9-13.....	170	552 (20)	277* (16)	321* (16)	406 (15)	524 (20)	669 (26)	821* (38)	933* (50)	250	3* (1.1)
14-18.....	197	574 (30)	282* (22)	330* (24)	423 (26)	548 (30)	696 (35)	851* (41)	955* (51)	330	10* (3.4)
19-50.....	584	558 (13)	288 (15)	333 (15)	419 (14)	534 (13)	671 (15)	815 (21)	911 (27)	320	8 (1.7)
51+.....	826	544 (13)	279 (12)	322 (12)	406 (12)	519 (13)	654 (17)	796 (25)	892 (33)	320	10 (1.7)
19+.....	1410	551 (12)	284 (13)	327 (13)	413 (12)	526 (12)	662 (14)	804 (21)	902 (26)	320	9 (1.6)
<b>Females:</b>											
9-13.....	196	531 (32)	261* (19)	304* (21)	391 (24)	502 (29)	643 (40)	791* (53)	890* (63)	250	4* (1.5)
14-18.....	155	428 (30)	209* (19)	245* (19)	310 (23)	404 (27)	516 (37)	642* (47)	728* (54)	330	30 (6.0)
19-50.....	587	432 (10)	228 (11)	261 (11)	327 (10)	414 (10)	517 (13)	627 (17)	702 (21)	320	23 (2.6)
51+.....	794	403 (9)	209 (8)	241 (8)	304 (8)	386 (8)	483 (11)	584 (17)	655 (21)	320	30 (2.3)
19+.....	1381	416 (8)	217 (9)	250 (8)	313 (7)	399 (8)	498 (10)	605 (15)	678 (20)	320	27 (2.1)
<b>All:</b>											
1+.....	4173	479 (7)	234 (9)	272 (9)	347 (8)	451 (7)	580 (9)	723 (13)	821 (17)		16 (1.6)

NOTES: DFE=dietary folate equivalents; 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 B 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	118 (3)	50* (5)	61 (5)	81 (5)	111 (4)	147 (4)	186 (6)	214* (8)	300	<3
4-8.....	375	180 (7)	83* (7)	99 (7)	130 (6)	171 (7)	221 (9)	274 (13)	308* (14)	400	<3
<b>Males:</b>											
9-13.....	170	236 (8)	97* (8)	118* (9)	160 (8)	220 (9)	295 (9)	375* (11)	434* (14)	600	<3
14-18.....	197	237 (15)	94* (12)	116* (12)	160 (13)	222 (16)	297 (18)	376* (20)	429* (22)	800	<3
19-50.....	584	198 (9)	70 (8)	88 (8)	126 (8)	182 (9)	252 (11)	331 (16)	386 (20)	1000	<3
51+.....	826	182 (7)	62 (6)	79 (7)	114 (7)	166 (8)	232 (10)	305 (15)	356 (19)	1000	<3
19+.....	1410	190 (6)	66 (7)	83 (7)	120 (7)	174 (6)	242 (8)	319 (13)	371 (17)	1000	<3
<b>Females:</b>											
9-13.....	196	222 (16)	88* (10)	108* (11)	150 (13)	206 (15)	278 (19)	355* (22)	407* (25)	600	<3
14-18.....	155	171 (10)	65* (5)	81* (5)	111 (7)	157 (9)	214 (14)	278* (19)	323* (23)	800	<3
19-50.....	587	142 (4)	49 (3)	61 (4)	89 (4)	129 (4)	181 (6)	239 (10)	280 (13)	1000	<3
51+.....	794	125 (4)	40 (3)	52 (3)	76 (3)	113 (4)	159 (6)	212 (9)	249 (11)	1000	<3
19+.....	1381	133 (4)	44 (3)	56 (3)	82 (3)	120 (3)	169 (5)	225 (9)	264 (12)	1000	<3
<b>All:</b>											
1+.....	4173	167 (3)	54 (3)	69 (3)	101 (3)	150 (3)	214 (5)	288 (7)	340 (9)		<3

NOTES: UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 24. Food folate (µg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	113 (4)	62* (3)	71 (3)	86 (4)	108 (4)	134 (5)	160 (7)	179* (8)
4-8.....	375	133 (3)	74* (2)	84 (2)	103 (3)	128 (3)	158 (4)	189 (6)	210* (8)
<b>Males:</b>									
9-13.....	170	162 (7)	93* (5)	105* (5)	127 (5)	156 (6)	191 (9)	226* (13)	252* (16)
14-18.....	197	173 (9)	99* (5)	112* (5)	136 (6)	168 (8)	204 (11)	242* (15)	266* (19)
19-50.....	584	227 (5)	112 (6)	131 (6)	168 (6)	217 (6)	274 (6)	335 (7)	375 (9)
51+.....	826	243 (5)	123 (5)	143 (5)	181 (5)	232 (5)	293 (6)	355 (8)	397 (10)
19+.....	1410	235 (4)	117 (5)	137 (5)	174 (5)	224 (4)	284 (5)	345 (6)	388 (8)
<b>Females:</b>									
9-13.....	196	161 (10)	92* (6)	104* (6)	127 (7)	155 (9)	190 (12)	225* (16)	249* (19)
14-18.....	155	142 (14)	82* (9)	92* (10)	111 (11)	136 (13)	166 (16)	198* (20)	220* (22)
19-50.....	587	189 (6)	91 (4)	106 (4)	137 (5)	178 (5)	229 (7)	284 (9)	321 (11)
51+.....	794	193 (4)	93 (4)	109 (3)	141 (3)	183 (4)	233 (5)	287 (7)	324 (9)
19+.....	1381	191 (4)	92 (3)	108 (3)	139 (4)	181 (4)	232 (5)	286 (8)	323 (9)
<b>All:</b>									
1+.....	4173	199 (4)	92 (3)	108 (3)	140 (4)	186 (4)	244 (4)	306 (5)	349 (6)

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

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**Table B 25. Choline (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	289	219 (6)	122* (5)	138 (5)	168 (5)	209 (6)	260 (8)	313 (10)	351* (13)	200	56 (3.1)	1000	<3
4-8.....	375	232 (7)	128* (4)	145 (4)	177 (5)	221 (6)	275 (9)	333 (14)	371* (17)	250	35 (3.8)	1000	<3
<b>Males:</b>													
9-13.....	170	261 (13)	147* (8)	166* (8)	203 (10)	252 (12)	309 (17)	368* (21)	409* (26)	375	9* (3.5)	2000	<3
14-18.....	197	310 (19)	176* (10)	200* (11)	244 (14)	301 (18)	366 (23)	431* (30)	473* (36)	550	<3	3000	<3
19-50.....	584	382 (10)	197 (11)	229 (11)	290 (10)	369 (10)	459 (13)	551 (17)	612 (22)	550	10 (1.9)	3500	<3
51+.....	826	397 (10)	208 (8)	240 (8)	303 (8)	383 (9)	476 (15)	569 (21)	630 (27)	550	12 (2.6)	3500	<3
19+.....	1410	389 (8)	202 (9)	235 (8)	296 (7)	376 (8)	468 (12)	561 (18)	623 (24)	550	11 (2.1)	3500	<3
<b>Females:</b>													
9-13.....	196	254 (14)	141* (7)	160* (7)	198 (10)	245 (13)	301 (19)	359* (25)	396* (30)	375	7* (3.6)	2000	<3
14-18.....	155	216 (14)	119* (11)	136* (11)	166 (11)	208 (13)	255 (17)	306* (20)	340* (23)	400	<3	3000	<3
19-50.....	587	284 (7)	157 (6)	179 (6)	221 (6)	275 (7)	337 (9)	400 (10)	443 (12)	425	7 (1.3)	3500	<3
51+.....	794	288 (6)	160 (5)	183 (5)	226 (5)	280 (5)	341 (7)	404 (9)	446 (11)	425	7 (1.1)	3500	<3
19+.....	1381	286 (5)	159 (4)	181 (4)	223 (4)	278 (5)	339 (7)	402 (9)	444 (11)	425	7 (1.1)	3500	<3
<b>All:</b>													
1+.....	4173	319 (5)	158 (4)	182 (4)	232 (5)	300 (5)	385 (6)	481 (11)	544 (16)		11 (1.3)		<3

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	3.74 (0.13)	2.03* (0.16)	2.33 (0.15)	2.87 (0.15)	3.60 (0.13)	4.46 (0.15)	5.33 (0.19)	5.93* (0.22)	0.7	<3
4-8.....	375	4.05 (0.09)	2.17* (0.13)	2.50 (0.12)	3.11 (0.11)	3.90 (0.10)	4.83 (0.12)	5.81 (0.17)	6.40* (0.21)	1	<3
<b>Males:</b>											
9-13.....	170	4.91 (0.29)	2.09* (0.19)	2.51* (0.20)	3.36 (0.22)	4.56 (0.27)	6.09 (0.36)	7.73* (0.47)	8.96* (0.59)	1.5	<3
14-18.....	197	5.59 (0.29)	2.38* (0.16)	2.88* (0.16)	3.88 (0.20)	5.25 (0.26)	6.93 (0.36)	8.72* (0.52)	9.93* (0.67)	2	<3
19-50.....	584	6.21 (0.32)	2.25 (0.17)	2.79 (0.17)	3.95 (0.17)	5.66 (0.25)	7.84 (0.44)	10.34 (0.71)	12.12 (0.92)	2	3* (1.0)
51+.....	826	5.70 (0.22)	2.02 (0.17)	2.52 (0.16)	3.59 (0.15)	5.16 (0.17)	7.21 (0.30)	9.52 (0.51)	11.18 (0.68)	2	5 (1.3)
19+.....	1410	5.95 (0.25)	2.12 (0.16)	2.64 (0.16)	3.76 (0.14)	5.40 (0.19)	7.53 (0.36)	9.95 (0.60)	11.67 (0.80)	2	4 (1.2)
<b>Females:</b>											
9-13.....	196	4.41 (0.24)	1.81* (0.14)	2.19* (0.16)	3.00 (0.17)	4.08 (0.21)	5.49 (0.32)	7.02* (0.42)	8.06* (0.50)	1.5	<3
14-18.....	155	3.42 (0.30)	1.37* (0.19)	1.68* (0.20)	2.27 (0.24)	3.15 (0.29)	4.25 (0.36)	5.52* (0.47)	6.41* (0.53)	2	18 (5.4)
19-50.....	587	3.86 (0.18)	1.69 (0.11)	2.02 (0.12)	2.68 (0.14)	3.60 (0.17)	4.76 (0.22)	6.03 (0.29)	6.92 (0.33)	2	10 (2.3)
51+.....	794	3.82 (0.18)	1.68 (0.13)	2.00 (0.14)	2.66 (0.16)	3.58 (0.18)	4.71 (0.21)	5.93 (0.24)	6.82 (0.27)	2	10 (2.4)
19+.....	1381	3.84 (0.15)	1.69 (0.12)	2.01 (0.12)	2.67 (0.13)	3.59 (0.15)	4.73 (0.18)	5.97 (0.22)	6.86 (0.26)	2	10 (2.2)
<b>All:</b>											
1+.....	4173	4.76 (0.12)	1.85 (0.08)	2.23 (0.08)	3.03 (0.08)	4.21 (0.08)	5.85 (0.13)	8.00 (0.27)	9.60 (0.45)	6	(1.0)

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	73.9 (4.4)	23.5* (2.1)	30.4 (2.4)	44.8 (2.9)	66.3 (3.8)	94.9 (6.2)	126.9 (9.4)	149.9* (11.9)	13	<3	400	<3	
4-8.....	375	73.6 (5.8)	22.8* (2.9)	29.7 (3.4)	44.3 (4.3)	66.0 (5.5)	94.8 (7.4)	127.2 (9.4)	149.9* (11.4)	22	4* (2.0)	650	<3	
<b>Males:</b>														
9-13.....	170	65.0 (5.0)	21.2* (3.1)	26.9* (3.5)	39.1 (4.3)	57.8 (4.9)	83.2 (6.4)	112.0* (8.9)	134.5* (11.6)	39	25 (5.7)	1200	<3	
14-18.....	197	54.9 (3.6)	16.4* (2.1)	21.4* (2.2)	32.3 (2.3)	48.8 (3.1)	70.8 (4.8)	96.1* (7.8)	114.0* (10.0)	63	68 (3.9)	1800	<3	
19-50.....	584	73.0 (2.7)	17.4 (2.0)	23.7 (2.2)	38.3 (2.5)	62.0 (2.9)	95.3 (3.5)	136.2 (5.0)	166.6 (6.4)	75	62 (2.4)	2000	<3	
51+.....	826	88.4 (3.8)	22.8 (2.5)	30.4 (2.9)	48.1 (3.4)	76.0 (3.9)	114.8 (4.9)	161.3 (6.7)	195.4 (8.3)	75	49 (3.2)	2000	<3	
19+.....	1410	80.7 (2.9)	19.7 (2.1)	26.6 (2.3)	42.8 (2.7)	68.7 (3.0)	105.3 (3.8)	149.8 (5.5)	182.4 (7.1)	75	55 (2.5)	2000	<3	
<b>Females:</b>														
9-13.....	196	72.0 (7.1)	23.8* (2.9)	30.2* (3.2)	44.3 (4.0)	64.2 (6.0)	91.8 (8.9)	123.0* (13.8)	145.0* (18.2)	39	19 (4.3)	1200	<3	
14-18.....	155	49.6 (6.5)	15.5* (3.1)	20.0* (3.4)	29.1 (4.2)	43.7 (5.6)	63.1 (8.4)	86.8* (11.9)	104.0* (14.4)	56	67 (8.9)	1800	<3	
19-50.....	587	64.3 (3.7)	18.0 (1.8)	23.5 (2.0)	36.2 (2.6)	55.7 (3.4)	83.2 (4.7)	115.2 (5.9)	138.8 (6.5)	60	55 (3.9)	2000	<3	
51+.....	794	71.8 (2.5)	20.9 (1.2)	27.3 (1.3)	41.4 (1.6)	63.6 (2.2)	92.6 (3.4)	126.7 (4.9)	152.2 (6.0)	60	46 (2.2)	2000	<3	
19+.....	1381	68.4 (2.5)	19.3 (1.4)	25.3 (1.5)	38.9 (1.8)	59.8 (2.3)	88.2 (3.2)	121.8 (4.5)	146.4 (5.3)	60	50 (2.5)	2000	<3	
<b>All:</b>														
1+.....	4173	72.7 (1.9)	19.6 (1.0)	25.9 (1.2)	40.2 (1.4)	62.7 (1.8)	93.8 (2.4)	131.7 (3.4)	160.3 (4.5)		47 (1.7)		<3	

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 28. Vitamin C (mg) Adult Smokers:** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males:</b>														
19-50.....	156	60.8 (5.1)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	121	72.6 (6.3)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	277	65.6 (5.4)	15.0* (2.2)	20.7 (2.9)	33.7 (3.8)	55.1 (5.1)	86.2 (7.1)	123.5 (10.1)	153.1* (11.9)	110	86 (3.1)	2000	<3	
<b>Females:</b>														
19-50.....	150	44.8 (2.9)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	112	49.6 (2.2)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	262	47.0 (2.3)	12.1* (1.2)	16.2 (1.4)	25.6 (1.9)	40.2 (2.3)	60.6 (2.8)	86.5 (4.0)	104.2* (4.6)	95	93* (1.2)	2000	<3	

NOTES: 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  
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 29. Vitamin C (mg) Adult Non-Smokers:** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males:</b>													
19-50.....	427	76.8 (4.1)	18.8* (2.0)	25.4 (2.3)	40.8 (2.7)	66.0 (3.7)	100.1 (5.1)	142.1 (8.2)	174.3* (10.3)	75	58 (3.3)	2000	<3
51+.....	705	90.7 (3.8)	24.0 (2.1)	31.9 (2.3)	49.9 (2.6)	78.6 (3.5)	117.5 (5.0)	164.0 (7.9)	198.9 (10.2)	75	47 (2.7)	2000	<3
19+.....	1132	84.0 (3.3)	21.0 (2.0)	28.4 (2.3)	45.2 (2.5)	72.3 (3.0)	109.5 (4.5)	153.8 (6.7)	188.0 (9.1)	75	52 (2.6)	2000	<3
<b>Females:</b>													
19-50.....	437	68.7 (3.6)	20.7* (1.6)	26.9 (1.9)	40.3 (2.6)	60.7 (3.3)	88.1 (4.5)	120.8 (6.0)	144.8* (6.9)	60	49 (3.8)	2000	<3
51+.....	682	75.7 (2.8)	23.7 (1.4)	30.4 (1.6)	45.0 (1.9)	67.5 (2.5)	97.4 (3.7)	131.1 (5.1)	155.5 (6.2)	60	42 (2.4)	2000	<3
19+.....	1119	72.7 (2.6)	22.3 (1.4)	28.7 (1.5)	42.8 (1.9)	64.4 (2.4)	93.3 (3.4)	127.0 (4.7)	151.0 (5.6)	60	45 (2.6)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 30. Vitamin C (mg) Adult Smokers/Non-Smokers:** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males:</b>													
19-50.....	583	73.5 (4.1)	17.3 (2.1)	23.8 (2.4)	38.5 (2.8)	62.5 (3.7)	96.0 (5.3)	137.2 (7.9)	168.8 (9.6)	110/75	65 (3.5)	2000	<3
51+.....	826	88.1 (3.9)	22.6 (2.5)	30.3 (2.7)	47.9 (3.0)	76.1 (3.7)	114.6 (5.1)	160.3 (7.8)	195.2 (10.1)	110/75	52 (2.8)	2000	<3
19+.....	1409	80.8 (3.5)	19.6 (2.2)	26.5 (2.4)	42.7 (2.8)	68.9 (3.3)	105.5 (4.6)	149.5 (6.8)	182.9 (8.9)	110/75	58 (2.8)	2000	<3
<b>Females:</b>													
19-50.....	587	63.9 (3.7)	17.3 (1.7)	23.0 (2.0)	35.8 (2.7)	55.8 (3.5)	82.9 (4.5)	115.0 (5.9)	138.8 (7.3)	95/60	58 (4.1)	2000	<3
51+.....	794	72.2 (2.5)	21.0 (1.1)	27.5 (1.2)	41.7 (1.5)	63.9 (2.3)	93.5 (3.4)	127.3 (5.0)	151.8 (6.0)	95/60	49 (2.2)	2000	<3
19+.....	1381	68.4 (2.5)	19.0 (1.3)	25.3 (1.5)	38.9 (1.8)	60.1 (2.3)	88.6 (3.3)	121.9 (4.5)	146.1 (5.5)	95/60	53 (2.6)	2000	<3

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	5.9 (0.2)	2.7* (0.2)	3.2 (0.2)	4.2 (0.2)	5.6 (0.2)	7.2 (0.3)	8.8 (0.4)	9.9* (0.5)	10	95* (1.6)	63	<3	
4-8.....	375	5.1 (0.2)	2.1* (0.2)	2.6 (0.2)	3.6 (0.2)	4.9 (0.2)	6.4 (0.3)	8.0 (0.4)	9.0* (0.5)	10	>97	75	<3	
<b>Males:</b>														
9-13.....	170	5.5 (0.3)	1.7* (0.2)	2.2* (0.2)	3.3 (0.2)	4.9 (0.3)	7.1 (0.3)	9.6* (0.4)	11.4* (0.5)	10	91* (1.3)	100	<3	
14-18.....	197	4.7 (0.3)	1.3* (0.2)	1.8* (0.2)	2.8 (0.2)	4.2 (0.3)	6.2 (0.4)	8.4* (0.4)	9.9* (0.5)	10	95* (1.0)	100	<3	
19-50.....	584	4.5 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.2)	5.7 (0.3)	7.9 (0.4)	9.5 (0.6)	10	96 (1.2)	100	<3	
51+.....	826	5.4 (0.3)	1.7 (0.2)	2.1 (0.2)	3.2 (0.2)	4.8 (0.3)	6.9 (0.4)	9.5 (0.6)	11.3 (0.7)	10	92 (1.9)	100	<3	
19+.....	1410	4.9 (0.2)	1.5 (0.1)	1.9 (0.1)	2.8 (0.2)	4.3 (0.2)	6.3 (0.3)	8.8 (0.5)	10.5 (0.7)	10	94 (1.5)	100	<3	
<b>Females:</b>														
9-13.....	196	4.8 (0.3)	1.4* (0.1)	1.8* (0.2)	2.8 (0.2)	4.3 (0.3)	6.2 (0.4)	8.5* (0.5)	10.1* (0.5)	10	95* (1.2)	100	<3	
14-18.....	155	3.3 (0.2)	0.9* (0.1)	1.2* (0.1)	1.8 (0.2)	2.8 (0.2)	4.2 (0.3)	5.9* (0.4)	7.2* (0.4)	10	>97	100	<3	
19-50.....	587	3.7 (0.2)	1.2 (0.2)	1.5 (0.2)	2.2 (0.2)	3.2 (0.2)	4.7 (0.2)	6.4 (0.3)	7.6 (0.4)	10	>97	100	<3	
51+.....	794	4.0 (0.2)	1.3 (0.2)	1.6 (0.2)	2.4 (0.2)	3.6 (0.2)	5.1 (0.2)	6.8 (0.3)	8.2 (0.3)	10	>97	100	<3	
19+.....	1381	3.8 (0.2)	1.2 (0.1)	1.5 (0.2)	2.3 (0.2)	3.4 (0.2)	4.9 (0.2)	6.6 (0.3)	7.9 (0.3)	10	>97	100	<3	
<b>All:</b>														
1+.....	4173	4.5 (0.1)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.1)	5.8 (0.2)	7.9 (0.2)	9.5 (0.3)	10	96 (0.7)		<3	

NOTES: 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

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**Table B 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	5.9 (0.2)	3.3* (0.1)	3.8 (0.1)	4.5 (0.1)	5.6 (0.2)	6.9 (0.3)	8.2 (0.4)	9.2* (0.5)	5	35 (3.3)
4-8.....	375	7.1 (0.2)	4.0* (0.2)	4.6 (0.2)	5.6 (0.2)	6.9 (0.2)	8.4 (0.3)	10.1 (0.4)	11.1* (0.5)	6	33 (3.3)
<b>Males:</b>											
9-13.....	170	9.1 (0.7)	4.6* (0.3)	5.3* (0.4)	6.7 (0.4)	8.6 (0.6)	10.9 (0.9)	13.4* (1.2)	15.3* (1.4)	9	55 (8.4)
14-18.....	197	9.5 (0.5)	4.8* (0.3)	5.5* (0.3)	7.0 (0.4)	9.0 (0.5)	11.4 (0.6)	14.0* (0.9)	15.8* (1.1)	12	79 (4.9)
19-50.....	584	10.6 (0.4)	5.0 (0.3)	5.8 (0.3)	7.6 (0.3)	10.0 (0.4)	12.9 (0.6)	16.1 (0.7)	18.3 (0.9)	12	68 (4.0)
51+.....	826	10.7 (0.3)	5.1 (0.2)	6.0 (0.2)	7.7 (0.2)	10.1 (0.3)	13.1 (0.4)	16.2 (0.5)	18.4 (0.6)	12	67 (2.6)
19+.....	1410	10.7 (0.3)	5.0 (0.2)	5.9 (0.2)	7.7 (0.2)	10.1 (0.3)	13.0 (0.4)	16.2 (0.6)	18.3 (0.7)	12	68 (2.7)
<b>Females:</b>											
9-13.....	196	9.1 (0.6)	4.6* (0.4)	5.3* (0.4)	6.7 (0.5)	8.6 (0.6)	11.0 (0.8)	13.5* (1.0)	15.2* (1.2)	9	55 (7.7)
14-18.....	155	7.8 (0.7)	4.0* (0.4)	4.6* (0.5)	5.7 (0.5)	7.4 (0.6)	9.3 (0.8)	11.5* (1.1)	13.1* (1.2)	12	92* (3.9)
19-50.....	587	8.9 (0.3)	4.0 (0.2)	4.7 (0.2)	6.2 (0.2)	8.3 (0.3)	10.9 (0.4)	13.6 (0.5)	15.6 (0.6)	12	82 (2.6)
51+.....	794	8.5 (0.2)	3.8 (0.2)	4.5 (0.2)	6.0 (0.2)	8.0 (0.2)	10.4 (0.3)	13.0 (0.4)	14.9 (0.5)	12	86 (1.7)
19+.....	1381	8.6 (0.2)	3.9 (0.2)	4.6 (0.2)	6.1 (0.2)	8.1 (0.2)	10.6 (0.3)	13.3 (0.4)	15.2 (0.5)	12	84 (1.8)
<b>All:</b>											
1+.....	4173	9.3 (0.2)	4.2 (0.1)	5.0 (0.1)	6.5 (0.1)	8.7 (0.2)	11.4 (0.3)	14.4 (0.4)	16.5 (0.5)		72 (2.0)

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	49.2 (2.6)	23.7* (1.5)	27.3 (1.7)	34.6 (2.1)	45.6 (2.5)	59.8 (3.3)	75.3 (4.0)	87.1* (4.8)	30	85 (3.5)
4-8.....	375	59.2 (2.9)	28.0* (2.0)	32.7 (2.1)	41.8 (2.4)	54.9 (2.8)	71.9 (3.5)	91.2 (4.8)	104.9* (5.8)	55	50 (5.1)
<b>Males:</b>											
9-13.....	170	72.6 (5.4)	33.6* (5.1)	39.3* (5.3)	50.8 (5.4)	67.3 (5.4)	88.8 (6.8)	112.5* (9.4)	130.7* (11.7)	60	61 (8.4)
14-18.....	197	86.6 (10.9)	39.6* (8.0)	46.7* (8.7)	61.0 (9.9)	80.9 (11.0)	105.9 (12.1)	133.3* (14.0)	152.3* (16.6)	75	57 (12.9)
19-50.....	584	119.7 (8.9)	44.1 (3.2)	54.2 (3.7)	75.6 (5.3)	107.4 (7.7)	150.0 (11.4)	199.8 (16.4)	237.2 (21.1)	120	41 (5.7)
51+.....	826	134.1 (6.2)	51.7 (4.2)	62.8 (4.5)	86.5 (4.8)	121.3 (5.9)	167.4 (7.9)	220.7 (12.7)	259.3 (16.2)	120	51 (3.9)
19+.....	1410	126.9 (6.9)	47.3 (3.1)	58.0 (3.5)	80.8 (4.4)	114.3 (6.3)	159.1 (8.8)	211.0 (12.4)	249.3 (15.9)	120	46 (4.3)
<b>Females:</b>											
9-13.....	196	84.6 (8.3)	39.2* (7.0)	45.9* (7.2)	59.8 (8.0)	78.5 (8.5)	103.1 (9.3)	130.3* (11.3)	149.2* (14.5)	60	75 (9.1)
14-18.....	155	78.3 (7.7)	37.2* (7.1)	43.6* (7.1)	55.3 (7.5)	72.9 (7.9)	94.7 (8.8)	120.1* (10.4)	138.1* (11.4)	75	47 (11.0)
19-50.....	587	118.3 (7.7)	39.2 (4.1)	48.6 (4.7)	69.6 (5.7)	102.0 (7.3)	149.0 (9.5)	207.1 (12.8)	251.4 (15.2)	90	59 (5.2)
51+.....	794	123.1 (5.7)	41.0 (2.8)	51.1 (3.2)	73.1 (3.9)	107.6 (5.2)	154.8 (7.2)	213.0 (10.2)	258.9 (13.3)	90	62 (3.4)
19+.....	1381	120.9 (6.2)	40.1 (3.4)	49.8 (3.8)	71.4 (4.5)	105.0 (5.8)	152.2 (7.6)	210.3 (10.3)	255.7 (13.0)	90	61 (4.0)
<b>All:</b>											
1+.....	4173	113.1 (4.8)	37.7 (1.9)	46.4 (2.4)	66.2 (3.4)	98.1 (4.6)	143.1 (6.2)	198.0 (8.8)	238.9 (11.0)		55 (3.6)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	982 (26)	586* (32)	660 (31)	788 (28)	957 (24)	1148 (35)	1335 (51)	1464* (61)	500	<3	2500	<3	
4-8.....	375	1018 (33)	597* (41)	675 (39)	814 (37)	991 (35)	1194 (43)	1398 (60)	1523* (71)	800	23 (4.5)	2500	<3	
<b>Males:</b>														
9-13.....	170	1075 (50)	614* (39)	695* (39)	846 (43)	1043 (50)	1270 (58)	1496* (66)	1655* (80)	1100	57 (6.0)	3000	<3	
14-18.....	197	1122 (43)	634* (33)	723* (34)	887 (35)	1094 (41)	1326 (53)	1556* (68)	1703* (83)	1100	51 (5.4)	3000	<3	
19-50.....	584	1134 (33)	586 (34)	679 (32)	857 (30)	1091 (32)	1363 (41)	1644 (54)	1834 (65)	800	20 (2.9)	2500	<3	
51+.....	826	1068 (27)	540 (28)	627 (26)	799 (26)	1024 (27)	1289 (33)	1563 (47)	1745 (59)		32 (2.6)	2000	<3	
19+.....	1410	1101 (28)	560 (29)	652 (28)	828 (27)	1058 (28)	1327 (33)	1605 (49)	1789 (58)		26 (2.5)		<3	
<b>Females:</b>														
9-13.....	196	1024 (34)	573* (33)	653* (30)	806 (29)	991 (32)	1212 (41)	1431* (58)	1573* (70)	1100	64 (4.3)	3000	<3	
14-18.....	155	850 (68)	469* (49)	538* (52)	658 (58)	821 (66)	1006 (78)	1201* (91)	1330* (104)	1100	83 (6.5)	3000	<3	
19-50.....	587	896 (25)	507 (21)	572 (22)	702 (23)	866 (24)	1059 (29)	1254 (35)	1386 (40)	800	40 (3.7)	2500	<3	
51+.....	794	836 (25)	463 (20)	529 (21)	652 (22)	810 (24)	990 (29)	1174 (35)	1299 (40)	1000	76 (3.1)	2000	<3	
19+.....	1381	864 (23)	481 (20)	548 (20)	673 (21)	836 (23)	1023 (27)	1213 (33)	1341 (37)		59 (3.1)		<3	
<b>All:</b>														
1+.....	4173	986 (15)	520 (14)	596 (13)	744 (13)	940 (14)	1178 (19)	1436 (29)	1611 (39)		43 (1.6)		<3	

NOTES: 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

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**Table B 35. Phosphorus (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	1087 (25)	682* (29)	756 (27)	891 (24)	1063 (24)	1256 (32)	1449 (45)	1576* (54)	380	<3	3000	<3	
4-8.....	375	1222 (26)	769* (25)	855 (21)	1007 (20)	1197 (25)	1411 (35)	1627 (50)	1756* (60)	405	<3	3000	<3	
<b>Males:</b>														
9-13.....	170	1370 (61)	803* (44)	904* (46)	1091 (50)	1333 (58)	1610 (75)	1883* (99)	2074* (122)	1055	22 (4.1)	4000	<3	
14-18.....	197	1546 (68)	910* (45)	1028* (45)	1245 (54)	1513 (65)	1810 (85)	2102* (110)	2287* (129)	1055	11 (2.4)	4000	<3	
19-50.....	584	1616 (38)	924 (48)	1050 (47)	1285 (41)	1579 (38)	1904 (41)	2231 (50)	2443 (55)	580	<3	4000	<3	
51+.....	826	1576 (29)	893 (26)	1015 (25)	1247 (26)	1538 (30)	1862 (37)	2184 (52)	2391 (62)	580	<3		<3	
19+.....	1410	1596 (26)	908 (30)	1033 (26)	1266 (22)	1558 (25)	1883 (32)	2206 (41)	2415 (49)	580	<3		<3	
<b>Females:</b>														
9-13.....	196	1327 (68)	765* (38)	866* (39)	1058 (50)	1289 (63)	1561 (87)	1829* (118)	2001* (142)	1055	25 (4.5)	4000	<3	
14-18.....	155	1100 (75)	625* (68)	712* (66)	863 (71)	1067 (74)	1296 (85)	1535* (95)	1692* (101)	1055	48 (9.3)	4000	<3	
19-50.....	587	1219 (18)	740 (21)	829 (20)	995 (18)	1196 (17)	1418 (23)	1636 (32)	1778 (38)	580	<3	4000	<3	
51+.....	794	1175 (22)	703 (22)	793 (21)	956 (19)	1155 (21)	1370 (28)	1581 (36)	1719 (41)	580	<3		<3	
19+.....	1381	1195 (18)	719 (20)	810 (19)	973 (16)	1173 (17)	1393 (23)	1608 (31)	1746 (38)	580	<3		<3	
<b>All:</b>														
1+.....	4173	1367 (16)	768 (16)	867 (16)	1058 (15)	1308 (15)	1613 (23)	1948 (34)	2168 (41)		4 (0.7)		<3	

NOTES: 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

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**Table B 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	202 (4)	130* (4)	144 (4)	167 (4)	198 (4)	232 (5)	266 (6)	289* (7)	65	<3
4-8.....	375	224 (4)	144* (4)	159 (4)	186 (4)	219 (4)	257 (5)	295 (7)	319* (9)	110	<3
<b>Males:</b>											
9-13.....	170	255 (9)	151* (7)	169* (7)	203 (6)	247 (8)	298 (11)	349* (16)	386* (19)	200	23 (3.3)
14-18.....	197	283 (12)	168* (7)	189* (7)	228 (8)	277 (11)	332 (15)	386* (22)	421* (27)	340	78 (5.4)
19-50.....	584	336 (7)	179 (6)	207 (6)	258 (6)	324 (6)	401 (8)	481 (10)	534 (13)		57 (2.5)
51+.....	826	351 (6)	191 (6)	218 (6)	271 (6)	339 (6)	419 (7)	499 (8)	552 (11)	350	54 (2.1)
19+.....	1410	344 (4)	185 (5)	212 (5)	264 (4)	332 (4)	410 (5)	490 (8)	544 (10)		55 (1.6)
<b>Females:</b>											
9-13.....	196	253 (12)	149* (6)	167* (6)	202 (8)	245 (11)	296 (16)	347* (22)	380* (26)	200	24 (3.8)
14-18.....	155	225 (16)	133* (12)	150* (12)	178 (14)	218 (16)	262 (19)	309* (23)	340* (26)	300	88* (6.0)
19-50.....	587	273 (6)	151 (5)	172 (4)	212 (5)	263 (6)	323 (7)	386 (10)	427 (11)		49 (2.8)
51+.....	794	273 (5)	150 (5)	172 (5)	212 (5)	264 (5)	323 (6)	384 (8)	425 (10)	265	50 (2.5)
19+.....	1381	273 (4)	151 (4)	172 (4)	212 (4)	263 (4)	323 (6)	385 (8)	426 (10)		50 (2.1)
<b>All:</b>											
1+.....	4173	293 (4)	156 (3)	177 (3)	219 (3)	278 (4)	351 (4)	430 (5)	484 (6)		48 (1.4)

NOTES: 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 B 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	9.2 (0.3)	5.5* (0.3)	6.1 (0.3)	7.3 (0.3)	8.9 (0.3)	10.7 (0.4)	12.6 (0.5)	13.9* (0.5)	3	<3	40	<3	
4-8.....	375	12.3 (0.3)	7.5* (0.4)	8.3 (0.4)	9.9 (0.4)	11.9 (0.3)	14.3 (0.4)	16.9 (0.5)	18.4* (0.6)	4.1	<3	40	<3	
<b>Males:</b>														
9-13.....	170	15.3 (0.5)	8.0* (0.5)	9.2* (0.5)	11.5 (0.4)	14.6 (0.5)	18.3 (0.7)	22.2* (0.9)	25.0* (1.2)	5.9	<3	40	<3	
14-18.....	197	16.4 (0.7)	8.5* (0.4)	9.9* (0.4)	12.4 (0.5)	15.8 (0.6)	19.7 (0.8)	23.7* (1.2)	26.4* (1.5)	7.7	4* (1.0)	45	<3	
19-50.....	584	15.9 (0.4)	8.7 (0.4)	9.9 (0.4)	12.2 (0.4)	15.3 (0.4)	18.9 (0.5)	22.6 (0.7)	25.1 (0.8)	6	<3	45	<3	
51+.....	826	16.2 (0.3)	8.8 (0.3)	10.1 (0.2)	12.5 (0.2)	15.6 (0.3)	19.2 (0.5)	22.9 (0.7)	25.5 (0.9)	6	<3	45	<3	
19+.....	1410	16.0 (0.3)	8.7 (0.3)	10.0 (0.3)	12.3 (0.3)	15.4 (0.3)	19.1 (0.4)	22.8 (0.6)	25.3 (0.7)	6	<3	45	<3	
<b>Females:</b>														
9-13.....	196	14.8 (0.8)	7.7* (0.4)	8.8* (0.4)	11.1 (0.5)	14.1 (0.7)	17.7 (1.0)	21.5* (1.4)	24.0* (1.7)	5.7	<3	40	<3	
14-18.....	155	11.9 (0.7)	6.1* (0.5)	7.1* (0.5)	8.9 (0.5)	11.4 (0.6)	14.3 (0.8)	17.5* (1.1)	19.7* (1.3)	7.9	21 (3.8)	45	<3	
19-50.....	587	12.2 (0.3)	6.9 (0.3)	7.8 (0.3)	9.5 (0.3)	11.7 (0.3)	14.3 (0.4)	17.0 (0.5)	18.8 (0.6)	8.1	20 (1.6)	45	<3	
51+.....	794	12.0 (0.2)	6.8 (0.3)	7.7 (0.2)	9.4 (0.2)	11.7 (0.2)	14.2 (0.3)	16.8 (0.5)	18.5 (0.6)	5	<3	45	<3	
19+.....	1381	12.1 (0.2)	6.9 (0.3)	7.8 (0.2)	9.5 (0.2)	11.7 (0.2)	14.3 (0.3)	16.9 (0.4)	18.7 (0.6)	10	(1.3)	45	<3	
<b>All:</b>														
1+.....	4173	13.8 (0.2)	7.3 (0.2)	8.3 (0.2)	10.3 (0.2)	13.1 (0.2)	16.6 (0.2)	20.4 (0.3)	22.9 (0.4)	5	(0.6)		<3	

NOTES: 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

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**Table B 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	289	7.2 (0.1)	4.6* (0.2)	5.0 (0.1)	5.9 (0.1)	7.0 (0.1)	8.3 (0.1)	9.6 (0.2)	10.5* (0.3)	2.5	<3	7	50 (2.2)
4-8.....	375	8.7 (0.2)	5.5* (0.2)	6.1 (0.2)	7.1 (0.2)	8.4 (0.2)	10.0 (0.2)	11.5 (0.3)	12.5* (0.4)	4	<3	12	7 (1.7)
<b>Males:</b>													
9-13.....	170	10.2 (0.5)	5.7* (0.3)	6.5* (0.3)	7.9 (0.3)	9.9 (0.4)	12.1 (0.6)	14.4* (0.8)	16.1* (1.0)	7	15 (3.2)	23	<3
14-18.....	197	12.2 (0.6)	6.9* (0.3)	7.8* (0.4)	9.6 (0.4)	11.8 (0.6)	14.4 (0.8)	17.0* (1.1)	18.7* (1.3)	8.5	15 (3.2)	34	<3
19-50.....	584	13.0 (0.3)	7.4 (0.4)	8.3 (0.4)	10.2 (0.4)	12.6 (0.3)	15.3 (0.3)	18.1 (0.4)	20.0 (0.5)	9.4	18 (3.2)	40	<3
51+.....	826	12.5 (0.2)	7.0 (0.3)	8.0 (0.3)	9.8 (0.3)	12.1 (0.2)	14.8 (0.3)	17.5 (0.4)	19.3 (0.5)	9.4	21 (2.6)	40	<3
19+.....	1410	12.7 (0.2)	7.2 (0.3)	8.2 (0.3)	10.0 (0.3)	12.3 (0.2)	15.0 (0.2)	17.8 (0.3)	19.7 (0.4)	9.4	20 (2.6)	40	<3
<b>Females:</b>													
9-13.....	196	9.8 (0.5)	5.4* (0.2)	6.2* (0.2)	7.6 (0.3)	9.4 (0.4)	11.6 (0.6)	13.9* (0.9)	15.3* (1.1)	7	18 (3.1)	23	<3
14-18.....	155	7.9 (0.5)	4.3* (0.4)	4.9* (0.4)	6.0 (0.4)	7.6 (0.4)	9.3 (0.5)	11.2* (0.7)	12.5* (0.8)	7.3	45 (7.3)	34	<3
19-50.....	587	9.4 (0.2)	5.5 (0.2)	6.2 (0.2)	7.5 (0.2)	9.1 (0.2)	11.1 (0.2)	13.0 (0.3)	14.3 (0.3)	6.8	16 (2.1)	40	<3
51+.....	794	9.1 (0.2)	5.2 (0.2)	5.9 (0.2)	7.2 (0.2)	8.8 (0.2)	10.7 (0.2)	12.5 (0.2)	13.8 (0.3)	6.8	19 (2.5)	40	<3
19+.....	1381	9.2 (0.1)	5.4 (0.2)	6.1 (0.2)	7.3 (0.2)	9.0 (0.1)	10.8 (0.2)	12.7 (0.2)	14.0 (0.3)	6.8	18 (2.1)	40	<3
<b>All:</b>													
1+.....	4173	10.6 (0.1)	5.7 (0.2)	6.4 (0.1)	7.9 (0.1)	10.0 (0.2)	12.7 (0.2)	15.6 (0.3)	17.5 (0.3)	18	(1.8)		<3

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	0.7 (0.02)	0.4* (0.01)	0.5 (0.01)	0.5 (0.01)	0.7 (0.02)	0.8 (0.02)	0.9 (0.03)	1.0* (0.03)	0.26	<3	1	7* (1.3)	
4-8.....	375	0.9 (0.03)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.2 (0.04)	1.3* (0.05)	0.34	<3	3	<3	
<b>Males:</b>														
9-13.....	170	1.0 (0.05)	0.6* (0.03)	0.7* (0.03)	0.8 (0.03)	1.0 (0.04)	1.2 (0.06)	1.4* (0.09)	1.6* (0.12)	0.54	<3	5	<3	
14-18.....	197	1.1 (0.06)	0.6* (0.03)	0.7* (0.03)	0.9 (0.03)	1.1 (0.05)	1.3 (0.08)	1.6* (0.12)	1.7* (0.14)	0.685	8* (1.7)	8	<3	
19-50.....	584	1.3 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.2 (0.03)	1.5 (0.04)	1.9 (0.06)	2.1 (0.07)	0.7	6 (1.3)	10	<3	
51+.....	826	1.4 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	2.0 (0.05)	2.2 (0.06)	0.7	4 (1.0)	10	<3	
19+.....	1410	1.3 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.03)	1.9 (0.05)	2.2 (0.06)	0.7	5 (1.1)	10	<3	
<b>Females:</b>														
9-13.....	196	1.0 (0.06)	0.6* (0.03)	0.6* (0.03)	0.8 (0.04)	0.9 (0.05)	1.2 (0.07)	1.4* (0.11)	1.5* (0.14)	0.54	3* (1.0)	5	<3	
14-18.....	155	0.9 (0.07)	0.6* (0.05)	0.6* (0.04)	0.7 (0.05)	0.9 (0.06)	1.1 (0.08)	1.3* (0.11)	1.4* (0.13)	0.685	19 (6.7)	8	<3	
19-50.....	587	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	13 (1.7)	10	<3	
51+.....	794	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	12 (1.5)	10	<3	
19+.....	1381	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	13 (1.4)	10	<3	
<b>All:</b>														
1+.....	4173	1.2 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.03)	2.0 (0.04)		8 (0.9)		<3	

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table B 40. Selenium (µg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	289	64 (1)	38* (2)	42 (2)	51 (1)	62 (1)	75 (2)	89 (2)	98* (3)	17	<3	90	9 (1.7)	
4-8.....	375	84 (2)	50* (2)	56 (1)	67 (2)	81 (2)	98 (2)	115 (3)	125* (4)	23	<3	150	<3	
<b>Males:</b>														
9-13.....	170	100 (5)	62* (5)	69* (5)	82 (5)	98 (5)	117 (6)	135* (7)	148* (8)	35	<3	280	<3	
14-18.....	197	126 (7)	79* (5)	88* (5)	104 (6)	124 (7)	146 (9)	167* (11)	181* (12)	45	<3	400	<3	
19-50.....	584	133 (3)	80 (3)	90 (3)	108 (3)	130 (3)	155 (3)	180 (4)	195 (5)	45	<3	400	<3	
51+.....	826	128 (3)	76 (3)	85 (3)	103 (3)	125 (3)	151 (3)	176 (4)	192 (4)	45	<3	400	<3	
19+.....	1410	131 (2)	78 (3)	87 (3)	105 (2)	128 (2)	153 (2)	178 (3)	194 (4)	45	<3	400	<3	
<b>Females:</b>														
9-13.....	196	99 (7)	60* (5)	67* (6)	80 (6)	96 (7)	115 (9)	133* (11)	145* (12)	35	<3	280	<3	
14-18.....	155	87 (7)	53* (6)	59* (6)	70 (7)	84 (7)	100 (8)	117* (9)	128* (9)	45	<3	400	<3	
19-50.....	587	96 (2)	56 (2)	64 (2)	77 (2)	94 (2)	112 (2)	130 (3)	142 (3)	45	<3	400	<3	
51+.....	794	91 (2)	53 (2)	60 (2)	73 (2)	89 (2)	107 (2)	124 (3)	136 (3)	45	<3	400	<3	
19+.....	1381	93 (2)	54 (2)	62 (2)	75 (2)	91 (2)	109 (2)	127 (3)	139 (3)	45	<3	400	<3	
<b>All:</b>														
1+.....	4173	108 (2)	57 (1)	65 (1)	81 (1)	103 (1)	129 (2)	156 (3)	174 (4)		<3		<3	

NOTES: 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

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**Table B 41. Sodium (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	289	1962 (60)	1187* (47)	1322 (48)	1575 (50)	1905 (58)	2285 (68)	2674 (87)	2937* (94)	800	>97	1200	95* (1.4)
4-8.....	375	2671 (47)	1655* (50)	1840 (46)	2175 (46)	2603 (48)	3094 (52)	3601 (59)	3906* (71)	1000	>97	1500	>97
<b>Males:</b>													
9-13.....	170	3338 (153)	2091* (117)	2318* (126)	2733 (134)	3263 (149)	3866 (181)	4455* (223)	4866* (262)	1200	>97	1800	>97
14-18.....	197	3976 (180)	2518* (132)	2795* (138)	3296 (159)	3909 (174)	4582 (217)	5236* (279)	5650* (328)	1500	>97	2300	>97
19-50.....	584	4201 (104)	2652 (129)	2939 (121)	3466 (111)	4124 (108)	4843 (106)	5562 (126)	6032 (144)	1500	>97	2300	>97
51+.....	826	3874 (56)	2387 (76)	2653 (69)	3164 (60)	3792 (54)	4495 (68)	5197 (101)	5647 (125)	1500	>97	2300	96 (0.9)
19+.....	1410	4037 (58)	2498 (85)	2779 (77)	3306 (68)	3954 (61)	4675 (68)	5395 (92)	5855 (118)	1500	>97	2300	>97
<b>Females:</b>													
9-13.....	196	3228 (206)	1994* (147)	2220* (150)	2646 (177)	3152 (200)	3742 (244)	4319* (292)	4688* (327)	1200	>97	1800	>97
14-18.....	155	2866 (211)	1773* (171)	1980* (173)	2330 (189)	2798 (205)	3314 (238)	3850* (274)	4198* (302)	1500	>97	2300	76 (8.2)
19-50.....	587	3078 (56)	1892 (79)	2110 (74)	2515 (64)	3014 (57)	3570 (60)	4122 (73)	4481 (82)	1500	>97	2300	84 (2.5)
51+.....	794	2828 (57)	1703 (68)	1913 (65)	2298 (60)	2773 (58)	3293 (66)	3809 (81)	4152 (93)	1500	>97	2300	75 (2.9)
19+.....	1381	2943 (50)	1780 (66)	1995 (62)	2388 (55)	2881 (50)	3425 (56)	3969 (69)	4321 (80)	1500	>97	2300	79 (2.5)
<b>All:</b>													
1+.....	4173	3373 (41)	1844 (53)	2105 (56)	2602 (58)	3252 (61)	4021 (65)	4806 (77)	5305 (107)		>97		89 (1.4)

NOTES: 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. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 42. Potassium (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	1931 (44)	1226* (41)	1356 (40)	1585 (42)	1888 (43)	2227 (52)	2558 (66)	2788* (77)	2000	41 (3.8)
4-8.....	375	2013 (36)	1263* (35)	1403 (32)	1654 (31)	1968 (35)	2325 (45)	2685 (62)	2907* (75)	2300	26 (2.5)
<b>Males:</b>											
9-13.....	170	2175 (76)	1321* (85)	1477* (77)	1761 (73)	2125 (74)	2537 (104)	2938* (139)	3218* (166)	2500	27 (5.3)
14-18.....	197	2416 (94)	1471* (87)	1650* (85)	1975 (85)	2373 (91)	2809 (113)	3233* (147)	3501* (167)	3000	17 (4.5)
19-50.....	584	2839 (66)	1539 (77)	1774 (74)	2213 (69)	2763 (67)	3379 (77)	3993 (94)	4400 (112)	3400	24 (2.4)
51+.....	826	3074 (55)	1742 (55)	1982 (54)	2436 (49)	2999 (54)	3632 (71)	4247 (94)	4650 (113)	3400	33 (2.5)
19+.....	1410	2956 (46)	1624 (57)	1868 (53)	2320 (45)	2883 (46)	3511 (60)	4135 (78)	4538 (97)	3400	29 (2.0)
<b>Females:</b>											
9-13.....	196	2166 (90)	1302* (64)	1461* (59)	1760 (66)	2113 (84)	2525 (110)	2927* (151)	3182* (185)	2300	37 (6.0)
14-18.....	155	1843 (136)	1097* (129)	1238* (122)	1477 (128)	1797 (133)	2150 (155)	2515* (176)	2752* (189)	2300	18 (7.4)
19-50.....	587	2276 (47)	1318 (46)	1494 (46)	1816 (49)	2220 (48)	2677 (52)	3130 (60)	3420 (66)	2600	29 (2.6)
51+.....	794	2400 (38)	1408 (44)	1595 (42)	1934 (39)	2353 (38)	2808 (42)	3259 (49)	3556 (54)	2600	35 (2.1)
19+.....	1381	2343 (34)	1362 (39)	1544 (37)	1879 (36)	2291 (35)	2751 (38)	3205 (45)	3498 (53)	2600	32 (1.9)
<b>All:</b>											
1+.....	4173	2530 (29)	1389 (42)	1576 (39)	1939 (33)	2423 (31)	3002 (42)	3632 (50)	4049 (63)		30 (1.6)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 43. Caffeine (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Non-Hispanic White</b>									
<b>Males and females:</b>									
1-3.....	289	5.3* (1.7)	0.4* (0.2)	0.7 (0.3)	1.6 (0.5)	3.5 (1.2)	6.8 (2.2)	11.9 (3.7)	16.4* (5.3)
4-8.....	375	9.2 (1.7)	1.2* (0.4)	1.8 (0.5)	3.5 (0.6)	6.5 (1.1)	11.8 (2.1)	19.4 (3.9)	25.9* (5.5)
<b>Males:</b>									
9-13.....	170	33.3 (5.8)	4.3* (1.1)	6.1* (1.4)	11.8 (2.3)	22.4 (3.8)	42.1 (7.3)	72.7* (12.3)	98.0* (17.7)
14-18.....	197	62.9 (8.2)	8.1* (1.8)	12.1* (2.3)	22.5 (3.4)	42.9 (5.3)	80.3 (10.2)	134.9* (19.3)	179.6* (27.4)
19-50.....	584	199.6 (10.5)	26.7 (2.9)	43.4 (4.8)	87.6 (6.9)	162.7 (10.3)	271.1 (13.7)	404.3 (18.9)	497.8 (24.0)
51+.....	826	231.0 (10.8)	44.0 (4.2)	64.5 (5.5)	114.4 (7.9)	195.3 (10.7)	309.3 (14.0)	441.8 (17.5)	540.7 (18.5)
19+.....	1410	215.3 (9.8)	33.5 (3.5)	53.1 (4.8)	100.5 (6.9)	179.2 (9.6)	291.3 (12.5)	423.5 (16.5)	520.7 (18.6)
<b>Females:</b>									
9-13.....	196	27.0 (3.7)	3.3* (0.8)	4.9* (1.0)	9.2 (1.6)	18.0 (2.5)	33.8 (4.7)	59.4* (8.4)	79.7* (11.6)
14-18.....	155	47.9 (4.1)	6.2* (1.0)	9.2* (1.3)	17.1 (1.7)	33.1 (2.6)	59.5 (5.6)	102.4* (9.7)	140.4* (16.3)
19-50.....	587	166.4 (9.3)	22.9 (3.7)	36.5 (4.8)	71.8 (6.9)	134.1 (8.7)	225.9 (13.0)	339.0 (20.6)	419.9 (27.9)
51+.....	794	184.5 (8.8)	28.8 (3.5)	44.9 (4.2)	85.4 (5.3)	152.7 (7.2)	248.6 (12.4)	363.3 (19.4)	448.1 (23.8)
19+.....	1381	176.2 (8.2)	25.6 (3.5)	40.6 (4.4)	78.8 (5.7)	143.8 (6.6)	237.9 (11.2)	352.1 (18.3)	434.9 (23.6)
<b>All:</b>									
1+.....	4173	161.6 (4.4)	5.0 (0.9)	11.4 (1.5)	47.1 (2.6)	124.9 (4.2)	232.2 (7.5)	360.0 (12.1)	451.6 (15.0)

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

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**Table B 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	14.4 (0.3)	11.6* (0.3)	12.2 (0.3)	13.1 (0.3)	14.3 (0.3)	15.5 (0.3)	16.7 (0.4)	17.4* (0.5)	5-20%	>97
4-8.....	375	13.8 (0.3)	11.1* (0.3)	11.7 (0.3)	12.6 (0.3)	13.8 (0.3)	15.0 (0.3)	16.1 (0.4)	16.8* (0.5)	10-30%	>97
<b>Males:</b>											
9-13.....	170	13.5 (0.3)	10.4* (0.6)	11.0* (0.6)	12.1 (0.5)	13.4 (0.4)	14.9 (0.2)	16.2* (0.3)	17.1* (0.4)	10-30%	97* (1.9)
14-18.....	197	15.2 (0.4)	11.6* (0.5)	12.3* (0.5)	13.6 (0.4)	15.1 (0.4)	16.6 (0.5)	18.0* (0.7)	18.9* (0.7)	10-30%	>97
19-50.....	584	15.6 (0.3)	11.1 (0.3)	11.9 (0.3)	13.5 (0.3)	15.4 (0.3)	17.4 (0.3)	19.4 (0.4)	20.7 (0.5)	10-35%	>97
51+.....	826	15.4 (0.2)	10.9 (0.3)	11.8 (0.2)	13.3 (0.2)	15.2 (0.2)	17.2 (0.3)	19.2 (0.4)	20.5 (0.5)	10-35%	>97
19+.....	1410	15.5 (0.2)	11.0 (0.3)	11.8 (0.2)	13.4 (0.2)	15.3 (0.2)	17.3 (0.2)	19.3 (0.4)	20.6 (0.4)	10-35%	>97
<b>Females:</b>											
9-13.....	196	13.5 (0.4)	10.3* (0.6)	10.9* (0.5)	12.1 (0.4)	13.4 (0.4)	14.8 (0.4)	16.2* (0.5)	17.0* (0.6)	10-30%	96* (2.0)
14-18.....	155	13.2 (0.5)	10.1* (0.8)	10.8* (0.7)	11.8 (0.6)	13.1 (0.5)	14.5 (0.5)	15.8* (0.5)	16.7* (0.6)	10-30%	96* (2.9)
19-50.....	587	15.3 (0.2)	11.0 (0.3)	11.8 (0.3)	13.3 (0.2)	15.1 (0.2)	17.1 (0.2)	19.0 (0.3)	20.3 (0.4)	10-35%	>97
51+.....	794	15.4 (0.2)	11.0 (0.3)	11.9 (0.3)	13.4 (0.2)	15.2 (0.2)	17.2 (0.2)	19.1 (0.3)	20.3 (0.4)	10-35%	>97
19+.....	1381	15.3 (0.2)	11.0 (0.3)	11.8 (0.3)	13.3 (0.2)	15.2 (0.2)	17.1 (0.2)	19.0 (0.3)	20.3 (0.4)	10-35%	>97
<b>All:</b>											
1+.....	4173	15.1 (0.2)	10.9 (0.2)	11.7 (0.2)	13.1 (0.2)	14.9 (0.2)	16.8 (0.2)	18.8 (0.2)	20.1 (0.3)		>97

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	51.9 (0.6)	44.7* (0.9)	46.3 (0.7)	48.9 (0.6)	51.9 (0.6)	54.9 (0.7)	57.5 (0.9)	59.1* (0.9)	45-65%	94* (2.2)
4-8.....	375	52.2 (0.5)	44.8* (0.8)	46.5 (0.7)	49.2 (0.5)	52.2 (0.5)	55.2 (0.6)	57.9 (0.7)	59.5* (0.7)	45-65%	94* (1.8)
<b>Males:</b>											
9-13.....	170	52.2 (0.7)	44.4* (1.0)	46.1* (0.9)	49.0 (0.8)	52.2 (0.8)	55.5 (0.8)	58.4* (0.8)	60.2* (0.9)	45-65%	93* (2.8)
14-18.....	197	49.2 (0.9)	41.1* (0.9)	42.9* (0.9)	46.0 (0.8)	49.3 (0.9)	52.5 (1.0)	55.4* (1.2)	57.1* (1.2)	45-65%	81 (4.6)
19-50.....	584	44.3 (0.6)	31.6 (0.7)	34.4 (0.6)	39.1 (0.6)	44.3 (0.6)	49.5 (0.6)	54.3 (0.7)	57.1 (0.7)	45-65%	46 (3.0)
51+.....	826	45.0 (0.6)	32.2 (0.7)	34.9 (0.7)	39.7 (0.6)	44.9 (0.6)	50.2 (0.7)	54.9 (0.7)	57.8 (0.8)	45-65%	49 (3.1)
19+.....	1410	44.6 (0.5)	31.9 (0.6)	34.7 (0.6)	39.4 (0.5)	44.6 (0.5)	49.9 (0.6)	54.6 (0.6)	57.4 (0.7)	45-65%	48 (2.6)
<b>Females:</b>											
9-13.....	196	52.0 (0.8)	44.0* (0.9)	45.8* (0.8)	48.8 (0.8)	52.0 (0.8)	55.3 (0.9)	58.1* (1.1)	59.8* (1.2)	45-65%	92* (2.4)
14-18.....	155	51.4 (1.2)	43.7* (1.3)	45.5* (1.3)	48.2 (1.2)	51.4 (1.2)	54.5 (1.2)	57.4* (1.3)	59.1* (1.4)	45-65%	91* (4.2)
19-50.....	587	45.7 (0.5)	33.3 (0.7)	35.9 (0.7)	40.6 (0.6)	45.7 (0.5)	50.9 (0.5)	55.5 (0.6)	58.4 (0.6)	45-65%	53 (2.6)
51+.....	794	45.6 (0.5)	33.1 (0.9)	35.9 (0.8)	40.4 (0.6)	45.7 (0.5)	50.7 (0.5)	55.3 (0.5)	58.2 (0.5)	45-65%	53 (2.7)
19+.....	1381	45.7 (0.4)	33.2 (0.8)	35.9 (0.7)	40.5 (0.6)	45.7 (0.5)	50.8 (0.4)	55.4 (0.5)	58.3 (0.5)	45-65%	53 (2.5)
<b>All:</b>											
1+.....	4173	46.5 (0.3)	33.4 (0.5)	36.3 (0.5)	41.3 (0.4)	46.8 (0.4)	51.8 (0.4)	56.0 (0.4)	58.4 (0.5)	45-65%	58 (1.8)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table B 46. Fat (as % of energy):** Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	35.1 (0.4)	29.3* (0.5)	30.6 (0.5)	32.6 (0.5)	35.1 (0.4)	37.5 (0.5)	39.5 (0.5)	40.8* (0.6)	30-40%	85 (2.3)
4-8.....	375	35.3 (0.3)	29.4* (0.5)	30.8 (0.4)	32.9 (0.4)	35.4 (0.3)	37.8 (0.4)	39.9 (0.4)	41.2* (0.5)	25-35%	46 (3.6)
<b>Males:</b>											
9-13.....	170	35.5 (0.5)	29.6* (0.9)	30.9* (0.7)	33.1 (0.5)	35.5 (0.5)	37.9 (0.6)	40.0* (0.8)	41.3* (0.9)	25-35%	44 (5.6)
14-18.....	197	36.2 (0.7)	30.1* (1.2)	31.5* (1.0)	33.8 (0.8)	36.3 (0.7)	38.6 (0.7)	40.6* (0.8)	41.8* (0.9)	25-35%	37 (7.1)
19-50.....	584	36.6 (0.4)	27.4 (0.6)	29.5 (0.5)	32.9 (0.4)	36.7 (0.4)	40.3 (0.6)	43.6 (0.8)	45.6 (0.9)	20-35%	38 (2.5)
51+.....	826	37.2 (0.3)	28.1 (0.6)	30.1 (0.5)	33.6 (0.3)	37.3 (0.3)	41.0 (0.5)	44.2 (0.8)	46.2 (0.9)	20-35%	34 (1.8)
19+.....	1410	36.9 (0.3)	27.7 (0.6)	29.8 (0.4)	33.2 (0.3)	37.0 (0.3)	40.7 (0.5)	43.9 (0.7)	45.9 (0.9)	20-35%	36 (1.6)
<b>Females:</b>											
9-13.....	196	35.8 (0.6)	29.8* (1.1)	31.2* (1.0)	33.4 (0.8)	35.8 (0.6)	38.2 (0.6)	40.2* (0.6)	41.4* (0.6)	25-35%	41 (6.5)
14-18.....	155	36.5 (0.6)	30.9* (0.9)	32.2* (0.7)	34.2 (0.7)	36.6 (0.6)	38.8 (0.7)	40.9* (0.7)	42.1* (0.8)	25-35%	33 (6.7)
19-50.....	587	37.7 (0.4)	29.1 (0.5)	31.0 (0.5)	34.2 (0.4)	37.7 (0.4)	41.3 (0.4)	44.5 (0.5)	46.4 (0.5)	20-35%	30 (3.0)
51+.....	794	37.9 (0.5)	29.2 (0.6)	31.1 (0.5)	34.4 (0.5)	37.9 (0.5)	41.4 (0.5)	44.5 (0.6)	46.4 (0.6)	20-35%	29 (3.1)
19+.....	1381	37.8 (0.4)	29.1 (0.5)	31.0 (0.4)	34.3 (0.4)	37.8 (0.4)	41.3 (0.4)	44.5 (0.5)	46.4 (0.5)	20-35%	29 (2.7)
<b>All:</b>											
1+.....	4173	37.0 (0.2)	28.7 (0.5)	30.6 (0.4)	33.6 (0.3)	37.0 (0.2)	40.4 (0.2)	43.6 (0.3)	45.6 (0.4)		36 (1.7)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>Non-Hispanic White</b>										
<b>Males and females:</b>										
1-3.....	289	12.6 (0.2)	9.5* (0.3)	10.1 (0.3)	11.2 (0.2)	12.5 (0.2)	13.9 (0.2)	15.1 (0.3)	15.9* (0.3)	9 (2.1)
4-8.....	375	12.5 (0.2)	9.3* (0.3)	10.0 (0.3)	11.2 (0.3)	12.5 (0.2)	13.8 (0.2)	15.1 (0.2)	15.9* (0.2)	10 (2.8)
<b>Males:</b>										
9-13.....	170	12.3 (0.4)	9.6* (0.5)	10.2* (0.4)	11.1 (0.4)	12.3 (0.4)	13.4 (0.3)	14.5* (0.4)	15.1* (0.4)	9* (3.9)
14-18.....	197	12.4 (0.3)	9.6* (0.5)	10.2* (0.5)	11.3 (0.4)	12.4 (0.3)	13.6 (0.3)	14.6* (0.3)	15.2* (0.3)	8* (3.6)
19-50.....	584	12.2 (0.2)	8.6 (0.3)	9.4 (0.3)	10.7 (0.2)	12.1 (0.2)	13.6 (0.2)	15.0 (0.2)	15.8 (0.3)	16 (2.7)
51+.....	826	12.1 (0.2)	8.6 (0.2)	9.3 (0.2)	10.6 (0.2)	12.1 (0.2)	13.6 (0.2)	14.9 (0.3)	15.8 (0.3)	17 (2.0)
19+.....	1410	12.1 (0.1)	8.6 (0.2)	9.3 (0.2)	10.6 (0.1)	12.1 (0.1)	13.6 (0.2)	15.0 (0.2)	15.8 (0.2)	17 (1.9)
<b>Females:</b>										
9-13.....	196	12.6 (0.4)	9.8* (0.4)	10.4* (0.4)	11.4 (0.4)	12.5 (0.4)	13.7 (0.4)	14.7* (0.4)	15.4* (0.4)	6* (3.1)
14-18.....	155	12.2 (0.3)	9.6* (0.4)	10.2* (0.4)	11.1 (0.4)	12.2 (0.3)	13.3 (0.3)	14.4* (0.3)	15.0* (0.3)	8* (3.5)
19-50.....	587	12.5 (0.2)	9.3 (0.2)	9.9 (0.2)	11.1 (0.2)	12.4 (0.2)	13.8 (0.3)	15.1 (0.3)	15.9 (0.4)	11 (2.0)
51+.....	794	12.6 (0.3)	9.4 (0.2)	10.0 (0.2)	11.2 (0.2)	12.5 (0.3)	13.9 (0.3)	15.1 (0.4)	16.0 (0.5)	10 (1.9)
19+.....	1381	12.5 (0.2)	9.3 (0.2)	10.0 (0.2)	11.1 (0.2)	12.5 (0.2)	13.8 (0.3)	15.1 (0.4)	15.9 (0.4)	10 (1.6)
<b>All:</b>										
1+.....	4173	12.4 (0.1)	9.1 (0.2)	9.8 (0.1)	11.0 (0.1)	12.3 (0.1)	13.7 (0.2)	15.0 (0.2)	15.8 (0.3)	12 (1.4)

NOTES: † 2020-2025 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<https://www.dietaryguidelines.gov/current-dietary-guidelines>)  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 48. Linoleic acid 18:2 (as % of energy):** Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	6.7 (0.1)	4.8* (0.1)	5.2 (0.1)	5.8 (0.1)	6.6 (0.1)	7.4 (0.2)	8.2 (0.2)	8.7* (0.2)	05-10%	92 (2.1)
4-8.....	375	7.0 (0.2)	5.1* (0.2)	5.5 (0.2)	6.2 (0.2)	7.0 (0.2)	7.8 (0.2)	8.6 (0.2)	9.1* (0.3)	05-10%	95* (2.2)
<b>Males:</b>											
9-13.....	170	7.4 (0.3)	5.7* (0.3)	6.0* (0.3)	6.6 (0.2)	7.3 (0.3)	8.1 (0.3)	8.9* (0.4)	9.4* (0.4)	05-10%	>97
14-18.....	197	7.2 (0.3)	5.5* (0.4)	5.8* (0.4)	6.5 (0.3)	7.2 (0.3)	8.0 (0.3)	8.7* (0.3)	9.1* (0.4)	05-10%	>97
19-50.....	584	7.4 (0.2)	4.9 (0.3)	5.4 (0.2)	6.3 (0.2)	7.3 (0.2)	8.5 (0.3)	9.6 (0.5)	10.3 (0.5)	05-10%	88 (5.0)
51+.....	826	7.8 (0.2)	5.2 (0.3)	5.7 (0.2)	6.6 (0.1)	7.7 (0.2)	8.9 (0.3)	10.0 (0.5)	10.7 (0.6)	05-10%	87 (5.4)
19+.....	1410	7.6 (0.2)	5.1 (0.2)	5.6 (0.2)	6.4 (0.2)	7.5 (0.2)	8.7 (0.3)	9.8 (0.5)	10.5 (0.6)	05-10%	87 (5.1)
<b>Females:</b>											
9-13.....	196	7.4 (0.4)	5.7* (0.4)	6.0* (0.4)	6.7 (0.4)	7.4 (0.4)	8.2 (0.4)	8.9* (0.4)	9.4* (0.5)	05-10%	>97
14-18.....	155	7.9 (0.4)	6.1* (0.5)	6.5* (0.4)	7.1 (0.4)	7.8 (0.4)	8.6 (0.4)	9.4* (0.4)	9.8* (0.4)	05-10%	96* (2.6)
19-50.....	587	7.9 (0.2)	5.3 (0.2)	5.8 (0.2)	6.7 (0.2)	7.7 (0.2)	8.9 (0.2)	10.1 (0.3)	10.8 (0.3)	05-10%	86 (2.9)
51+.....	794	7.8 (0.1)	5.2 (0.2)	5.7 (0.2)	6.6 (0.1)	7.7 (0.1)	8.9 (0.2)	10.0 (0.3)	10.7 (0.4)	05-10%	87 (3.1)
19+.....	1381	7.8 (0.2)	5.2 (0.2)	5.7 (0.2)	6.6 (0.2)	7.7 (0.2)	8.9 (0.2)	10.0 (0.3)	10.8 (0.3)	05-10%	86 (3.0)
<b>All:</b>											
1+.....	4173	7.6 (0.1)	5.2 (0.1)	5.7 (0.1)	6.5 (0.1)	7.5 (0.1)	8.6 (0.2)	9.7 (0.2)	10.5 (0.3)	05-10%	89 (2.4)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table B 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	289	0.61 (0.02)	0.42* (0.02)	0.45 (0.02)	0.52 (0.01)	0.60 (0.02)	0.69 (0.02)	0.79 (0.03)	0.85* (0.03)	0.6-1.2%	49 (5.1)
4-8.....	375	0.63 (0.02)	0.43* (0.02)	0.47 (0.02)	0.53 (0.02)	0.62 (0.02)	0.72 (0.02)	0.82 (0.03)	0.88* (0.03)	0.6-1.2%	56 (5.8)
<b>Males:</b>											
9-13.....	170	0.65 (0.02)	0.45* (0.02)	0.49* (0.02)	0.55 (0.02)	0.64 (0.02)	0.74 (0.03)	0.83* (0.04)	0.90* (0.05)	0.6-1.2%	61 (5.6)
14-18.....	197	0.68 (0.03)	0.47* (0.04)	0.51* (0.04)	0.58 (0.03)	0.67 (0.03)	0.77 (0.03)	0.87* (0.04)	0.93* (0.05)	0.6-1.2%	70 (9.1)
19-50.....	584	0.75 (0.03)	0.45 (0.04)	0.50 (0.03)	0.60 (0.02)	0.73 (0.02)	0.88 (0.04)	1.03 (0.07)	1.13 (0.09)	0.6-1.2%	72 (5.2)
51+.....	826	0.83 (0.04)	0.50 (0.03)	0.56 (0.02)	0.66 (0.02)	0.80 (0.03)	0.96 (0.06)	1.12 (0.09)	1.23 (0.11)	0.6-1.2%	79 (5.9)
19+.....	1410	0.79 (0.03)	0.47 (0.03)	0.52 (0.03)	0.63 (0.02)	0.77 (0.03)	0.92 (0.05)	1.08 (0.08)	1.19 (0.10)	0.6-1.2%	75 (5.4)
<b>Females:</b>											
9-13.....	196	0.71 (0.03)	0.49* (0.03)	0.53* (0.03)	0.60 (0.02)	0.69 (0.02)	0.80 (0.04)	0.90* (0.05)	0.97* (0.07)	0.6-1.2%	75 (5.7)
14-18.....	155	0.77 (0.03)	0.54* (0.04)	0.58* (0.04)	0.66 (0.03)	0.75 (0.03)	0.86 (0.04)	0.97* (0.05)	1.04* (0.06)	0.6-1.2%	86* (6.2)
19-50.....	587	0.81 (0.03)	0.51 (0.03)	0.56 (0.03)	0.66 (0.03)	0.79 (0.03)	0.93 (0.04)	1.09 (0.05)	1.19 (0.06)	0.6-1.2%	80 (4.9)
51+.....	794	0.85 (0.03)	0.53 (0.03)	0.59 (0.03)	0.69 (0.03)	0.83 (0.03)	0.98 (0.04)	1.14 (0.06)	1.24 (0.07)	0.6-1.2%	82 (4.0)
19+.....	1381	0.83 (0.03)	0.52 (0.03)	0.57 (0.03)	0.68 (0.03)	0.81 (0.03)	0.96 (0.04)	1.11 (0.05)	1.22 (0.07)	0.6-1.2%	81 (4.3)
<b>All:</b>											
1+.....	4173	0.78 (0.02)	0.48 (0.02)	0.53 (0.02)	0.63 (0.01)	0.76 (0.02)	0.91 (0.03)	1.07 (0.05)	1.17 (0.07)	0.6-1.2%	76 (3.4)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**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. 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.

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 and beverages (including water) and therefore, are not total nutrient intakes. They do not contain intakes from dietary supplements or 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. 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 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.

The estimated distributions of usual contributions to energy are derived using the same univariate usual intake methodology employed for individual nutrients. These distributions represent the long-term daily relationship of the specific nutrient with total energy intake. When applicable, these distributions are compared to age-specific Acceptable Macronutrient Distribution Ranges (AMDRs). Individuals with nonzero energy intake for at least one day of intake were excluded.

**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. For most nutrients, the UL is based on contribution from food/beverages and dietary supplements; however, the UL estimates in this table are based on intakes from food and beverages only.

**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.

**Acceptable Macronutrient Distribution Range (AMDR):** A range of intakes for a particular energy source that is associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. An AMDR is expressed as a percentage of total energy intake.

**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.

# Indicates a non-zero value too small to report.

-- Estimate not displayed due to small sample size and for consistency of presentation.

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