

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Percent reporting supplement thiamin ⁸ % (SE)		T h i a m i n											
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	9	(1.2)	682	1.55 (0.037)	0.31* (0.177)	1.86 (0.178)		--	--	--	1.54 (0.040)			
20 and over.....	28	(1.5)	1775	1.68 (0.027)	5.83 (1.145)	7.51 (1.145)	475	1.70 (0.053)	21.18 (4.033)	22.88 (4.037)	1.67 (0.023)			
2 and over...	24	(1.3)	2457	1.65 (0.026)	4.64 (0.936)	6.30 (0.939)	546	1.70 (0.050)	19.67 (3.732)	21.37 (3.738)	1.64 (0.024)			
Non-Hispanic Black:														
2 - 19.....	7	(1.1)	925	1.46 (0.041)	0.12 (0.026)	1.58 (0.053)		--	--	--	1.45 (0.045)			
20 and over.....	15	(1.4)	1235	1.48 (0.032)	1.48 (0.411)	2.95 (0.415)	199	1.48 (0.059)	10.05 (2.537)	11.53 (2.555)	1.47 (0.034)			
2 and over...	12	(0.9)	2160	1.47 (0.030)	1.05 (0.290)	2.52 (0.291)	256	1.49 (0.056)	8.65 (2.244)	10.14 (2.254)	1.47 (0.031)			
Non-Hispanic Asian⁹:														
2 - 19.....	11	(1.9)	369	1.57 (0.068)	0.40* (0.250)	1.98 (0.265)		--	--	--	1.57 (0.075)			
20 and over.....	23	(2.2)	589	1.54 (0.035)	2.96* (1.062)	4.50 (1.053)	118	1.58 (0.072)	12.97* (3.955)	14.56 (3.939)	1.52 (0.046)			
2 and over...	20	(1.8)	958	1.54 (0.021)	2.36* (0.815)	3.91 (0.816)	149	1.59 (0.073)	11.80 (3.517)	13.39 (3.507)	1.53 (0.030)			
Hispanic:														
2 - 19.....	6	(1.1)	955	1.63 (0.047)	0.16 (0.048)	1.79 (0.057)		--	--	--	1.64 (0.047)			
20 and over.....	13	(1.3)	907	1.67 (0.040)	1.33 (0.331)	3.00 (0.330)	127	1.47 (0.093)	10.39 (2.093)	11.87 (2.083)	1.70 (0.047)			
2 and over...	10	(0.8)	1862	1.65 (0.027)	0.92 (0.216)	2.57 (0.218)	183	1.49 (0.077)	8.93 (1.762)	10.42 (1.748)	1.67 (0.033)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	9	(1.2)	682	2.08 (0.060)	0.33* (0.178)	2.41 (0.186)				--	--	--		2.07 (0.070)		
20 and over.....	28	(1.5)	1775	2.30 (0.035)	2.88 (0.367)	5.18 (0.386)	479	2.35 (0.057)	10.42 (1.189)	12.77 (1.195)				2.28 (0.044)		
2 and over...	24	(1.3)	2457	2.25 (0.029)	2.33 (0.315)	4.58 (0.327)	550	2.34 (0.054)	9.84 (1.117)	12.18 (1.127)				2.22 (0.034)		
Non-Hispanic Black:																
2 - 19.....	7	(1.1)	925	1.72 (0.055)	0.14 (0.030)	1.85 (0.072)			--	--	--		1.72 (0.059)			
20 and over.....	15	(1.4)	1235	1.73 (0.045)	1.09 (0.228)	2.82 (0.254)	201	1.94 (0.103)	7.35 (1.167)	9.29 (1.211)				1.70 (0.045)		
2 and over...	12	(0.9)	2160	1.73 (0.042)	0.79 (0.155)	2.52 (0.178)	258	1.89 (0.080)	6.46 (1.019)	8.35 (1.054)				1.71 (0.041)		
Non-Hispanic Asian⁹:																
2 - 19.....	11	(1.9)	369	1.88 (0.070)	0.42* (0.249)	2.29 (0.275)			--	--	--		1.85 (0.072)			
20 and over.....	23	(2.4)	589	1.80 (0.113)	2.09* (0.736)	3.89 (0.724)	119	2.03 (0.123)	9.02 (2.595)	11.05 (2.537)				1.74 (0.136)		
2 and over...	20	(1.9)	958	1.82 (0.080)	1.69* (0.568)	3.52 (0.569)	150	2.04 (0.106)	8.37 (2.295)	10.41 (2.241)				1.77 (0.095)		
Hispanic:																
2 - 19.....	6	(1.1)	955	2.01 (0.049)	0.17 (0.049)	2.18 (0.060)			--	--	--		2.01 (0.048)			
20 and over.....	13	(1.3)	907	2.11 (0.061)	1.36 (0.361)	3.46 (0.371)	128	2.03 (0.143)	10.54 (2.297)	12.57 (2.331)				2.12 (0.070)		
2 and over...	10	(0.8)	1862	2.07 (0.035)	0.94 (0.236)	3.01 (0.238)	184	2.04 (0.110)	9.07 (1.947)	11.12 (1.978)				2.08 (0.040)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin ⁸ % (SE)		N i a c i n													
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Non-Hispanic White:																
2 - 19.....	9	(1.2)	682	22.4 (0.88)	1.6 (0.29)	23.9 (0.98)									22.4 (1.01)	
20 and over.....	29	(1.4)	1775	26.1 (0.47)	12.4 (1.29)	38.5 (1.37)	489	25.4 (0.63)	43.1 (3.68)	68.5 (3.67)				26.4 (0.58)		
2 and over...	25	(1.2)	2457	25.3 (0.44)	10.0 (1.05)	35.3 (1.13)	561	25.1 (0.66)	40.9 (3.46)	66.0 (3.45)				25.4 (0.49)		
Non-Hispanic Black:																
2 - 19.....	7	(1.1)	925	22.3 (0.50)	1.1 (0.21)	23.4 (0.56)								22.1 (0.44)		
20 and over.....	15	(1.4)	1235	25.3 (0.57)	6.0 (1.74)	31.3 (1.87)	205	25.0 (1.12)	39.1 (9.78)	64.2 (10.37)				25.4 (0.61)		
2 and over...	13	(1.0)	2160	24.4 (0.49)	4.4 (1.24)	28.8 (1.36)	260	24.9 (1.15)	35.5 (8.42)	60.4 (8.91)				24.3 (0.47)		
Non-Hispanic Asian⁹:																
2 - 19.....	13	(2.3)	369	19.9 (0.82)	1.5 (0.34)	21.4 (0.99)								19.8 (0.83)		
20 and over.....	24	(2.4)	589	24.6 (1.09)	8.3 (1.78)	32.9 (2.01)	126	24.4 (1.23)	34.7 (6.36)	59.1 (6.77)				24.7 (1.51)		
2 and over...	21	(2.1)	958	23.5 (0.86)	6.7 (1.34)	30.2 (1.56)	163	23.8 (1.07)	31.5 (5.49)	55.3 (5.80)				23.4 (1.18)		
Hispanic:																
2 - 19.....	6	(1.1)	955	21.9 (0.57)	1.1 (0.22)	22.9 (0.65)								21.8 (0.53)		
20 and over.....	13	(1.3)	907	27.7 (0.66)	3.6 (0.53)	31.4 (0.75)	127	23.8 (1.31)	28.7 (2.85)	52.5 (3.22)				28.3 (0.77)		
2 and over...	10	(0.8)	1862	25.7 (0.36)	2.7 (0.32)	28.4 (0.43)	184	23.5 (1.17)	26.7 (2.45)	50.2 (2.96)				25.9 (0.41)		

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin B6 ⁸ % (SE)		V i t a m i n B 6											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	21	(2.4)	682	1.79 (0.059)	0.56* (0.201)	2.35 (0.208)	142	1.56 (0.135)	2.69* (0.853)	4.26 (0.972)	1.85 (0.081)			
20 and over.....	30	(1.5)	1775	2.19 (0.061)	4.04 (0.665)	6.23 (0.681)	512	2.25 (0.068)	13.52 (1.976)	15.77 (1.976)	2.17 (0.068)			
2 and over...	28	(1.5)	2457	2.11 (0.049)	3.29 (0.545)	5.40 (0.561)	654	2.14 (0.070)	11.78 (1.719)	13.92 (1.724)	2.09 (0.054)			
Non-Hispanic Black:														
2 - 19.....	10	(1.0)	925	1.73 (0.043)	0.20 (0.033)	1.93 (0.063)	93	1.86 (0.145)	2.03 (0.273)	3.90 (0.338)	1.72 (0.040)			
20 and over.....	16	(1.5)	1235	1.97 (0.049)	1.59 (0.367)	3.56 (0.368)	213	2.05 (0.082)	9.96 (2.022)	12.01 (2.006)	1.95 (0.055)			
2 and over...	14	(1.0)	2160	1.89 (0.040)	1.16 (0.249)	3.05 (0.243)	306	2.01 (0.072)	8.22 (1.657)	10.23 (1.642)	1.88 (0.043)			
Non-Hispanic Asian⁹:														
2 - 19.....	23	(3.7)	369	1.68 (0.071)	0.66* (0.240)	2.34 (0.281)		--	--	--	1.68 (0.082)			
20 and over.....	24	(2.6)	589	2.11 (0.114)	2.37 (0.644)	4.47 (0.636)	128	2.14 (0.129)	9.67 (2.069)	11.81 (2.056)	2.09 (0.156)			
2 and over...	24	(2.2)	958	2.01 (0.089)	1.97 (0.494)	3.97 (0.499)	201	2.04 (0.100)	8.14 (1.600)	10.18 (1.586)	1.99 (0.122)			
Hispanic:														
2 - 19.....	9	(1.3)	955	1.82 (0.058)	0.20 (0.037)	2.02 (0.066)	97	2.01 (0.211)	2.25 (0.349)	4.26 (0.406)	1.81 (0.048)			
20 and over.....	13	(1.3)	907	2.37 (0.070)	1.66 (0.397)	4.02 (0.406)	133	2.13 (0.136)	12.53 (2.458)	14.67 (2.474)	2.40 (0.081)			
2 and over...	12	(0.7)	1862	2.18 (0.038)	1.14 (0.253)	3.32 (0.262)	230	2.10 (0.113)	9.78 (2.001)	11.88 (2.020)	2.19 (0.044)			

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Race/ethnicity and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d																					
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷									
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)													
Non-Hispanic White:																								
2 - 19.....	21	(2.7)	682	214 (8.4)	60 (8.9)	274 (12.7)	141	225 (23.9)	281 (11.1)	506 (32.4)	210 (9.3)	20 and over.....	30	(1.6)	1775	204 (6.2)	135 (8.4)	339 (10.4)	510	204 (12.7)	453 (10.2)	658 (20.2)	203 (6.6)	
2 and over...	28	(1.7)	2457	206 (5.4)	119 (7.9)	325 (9.5)	651	208 (12.0)	425 (9.4)	633 (18.3)	205 (5.3)	Non-Hispanic Black:												
2 - 19.....	10	(1.0)	925	191 (7.8)	33 (4.7)	224 (11.3)	96	210 (13.6)	324 (28.4)	533 (31.2)	189 (8.6)	20 and over.....	16	(1.6)	1235	162 (6.9)	76 (9.1)	238 (13.1)	215	162 (10.4)	473 (27.6)	635 (28.6)	162 (7.5)	
2 and over...	14	(1.1)	2160	171 (6.8)	63 (6.0)	234 (9.7)	311	172 (9.3)	440 (22.5)	613 (22.5)	170 (7.5)	Non-Hispanic Asian⁹:												
2 - 19.....	23	(3.7)	369	212 (15.7)	59 (9.1)	271 (17.0)		--	--	--	210 (17.2)	20 and over.....	24	(2.5)	589	183 (9.0)	103 (12.2)	286 (15.6)	127	203 (15.6)	428 (18.6)	630 (26.2)	176 (10.5)	
2 and over...	24	(2.0)	958	190 (6.7)	93 (9.1)	282 (12.4)	198	206 (10.7)	390 (15.7)	596 (23.8)	184 (8.5)	Hispanic:												
2 - 19.....	9	(1.2)	955	229 (8.9)	28 (4.8)	257 (10.7)	94	247 (34.0)	323 (21.5)	570 (48.8)	227 (8.4)	20 and over.....	13	(1.3)	907	205 (6.3)	56 (7.2)	262 (8.9)	130	178 (20.1)	441 (30.5)	619 (40.7)	209 (7.8)	
2 and over...	11	(0.7)	1862	214 (4.5)	46 (4.6)	260 (6.2)	224	196 (20.2)	410 (25.2)	606 (38.4)	216 (5.7)													

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Race/ethnicity and age (years)	Percent reporting folate (DFE) ⁸ % (SE)		F o l a t e (D F E)																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
Non-Hispanic White:																				
2 - 19.....	21	(2.7)	682	526	(16.5)	102	(15.1)	628	(21.6)	141	536	(43.8)	478	(18.8)	1014	(59.0)	523	(18.2)		
20 and over.....	30	(1.6)	1775	585	(13.8)	230	(14.3)	815	(21.3)	510	600	(24.8)	771	(17.4)	1371	(37.3)	578	(14.3)		
2 and over...	28	(1.7)	2457	572	(12.4)	203	(13.4)	775	(19.2)	651	590	(23.9)	723	(16.0)	1312	(34.9)	565	(12.0)		
Non-Hispanic Black:																				
2 - 19.....	10	(1.0)	925	468	(12.2)	56	(8.1)	524	(18.3)	96	501	(24.9)	550	(48.3)	1052	(51.7)	464	(13.4)		
20 and over.....	16	(1.6)	1235	477	(14.0)	130	(15.5)	607	(24.5)	215	500	(24.5)	804	(47.0)	1304	(51.3)	473	(14.8)		
2 and over...	14	(1.1)	2160	474	(12.1)	107	(10.3)	581	(17.7)	311	500	(20.5)	748	(38.2)	1248	(42.0)	470	(12.8)		
Non-Hispanic Asian⁹:																				
2 - 19.....	23	(3.7)	369	544	(29.3)	100	(15.6)	645	(31.1)		--		--		--		543	(31.8)		
20 and over.....	24	(2.5)	589	555	(16.7)	176	(20.7)	730	(25.7)	127	608	(30.0)	727	(31.6)	1335	(44.2)	537	(18.6)		
2 and over...	24	(2.0)	958	552	(11.8)	158	(15.5)	710	(20.6)	198	595	(21.1)	663	(26.6)	1259	(40.7)	539	(14.2)		
Hispanic:																				
2 - 19.....	9	(1.2)	955	570	(15.7)	47	(8.2)	617	(18.3)	94	597	(59.7)	549	(36.5)	1146	(85.8)	567	(15.6)		
20 and over.....	13	(1.3)	907	584	(14.7)	96	(12.2)	680	(18.9)	130	554	(39.2)	750	(51.9)	1304	(67.2)	588	(16.5)		
2 and over...	11	(0.7)	1862	579	(9.8)	79	(7.9)	658	(12.1)	224	566	(32.6)	697	(42.9)	1262	(62.6)	581	(12.0)		

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Race/ethnicity and age (years)	Percent reporting choline ⁸ % (SE)		C h o l i n e													
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Non-Hispanic White:																
2 - 19.....	14	(2.2)	682	264 (7.1)	3 (0.7)	267 (6.8)	85	234 (16.8)	22 (3.6)	256 (16.2)	268 (7.9)					
20 and over.....	6	(0.9)	1775	336 (5.8)	2 (0.4)	339 (5.9)	85	354 (40.3)	37 (4.9)	391 (38.9)	335 (6.2)					
2 and over...	8	(0.9)	2457	321 (4.9)	2 (0.4)	323 (5.0)	170	308 (27.7)	31 (3.3)	339 (26.8)	322 (5.4)					
Non-Hispanic Black:																
2 - 19.....	6	(1.1)	925	242 (4.3)	1 (0.4)	244 (4.2)		--	--	--	243 (4.6)					
20 and over.....	2	(0.5)	1235	325 (5.3)	#	325 (5.3)		--	--	--	325 (5.8)					
2 and over...	3	(0.5)	2160	299 (4.5)	1* (0.2)	300 (4.5)	83	274 (19.1)	20 (4.9)	294 (19.3)	300 (4.7)					
Non-Hispanic Asian⁹:																
2 - 19.....	16	(2.9)	369	260 (12.1)	2* (0.7)	261 (12.0)		--	--	--	267 (13.9)					
20 and over.....	3*	(0.9)	589	328 (11.4)	1* (0.3)	329 (11.1)		--	--	--	327 (11.4)					
2 and over...	6	(0.9)	958	312 (10.1)	1* (0.3)	313 (9.8)		--	--	--	315 (10.1)					
Hispanic:																
2 - 19.....	6	(0.9)	955	278 (8.8)	2 (0.4)	279 (8.7)		--	--	--	278 (9.5)					
20 and over.....	3	(0.8)	907	351 (8.2)	1* (0.6)	352 (8.3)		--	--	--	348 (8.5)					
2 and over...	4	(0.5)	1862	325 (3.9)	1 (0.4)	326 (3.9)	93	359 (43.5)	34 (7.2)	393 (47.7)	324 (4.3)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 ^s % (SE)		V i t a m i n B 1 2											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Non-Hispanic White:														
2 - 19.....	22	(2.3)	682	5.22 (0.230)	2.6* (1.04)	7.8 (1.01)	144	4.73 (0.313)	12.0* (4.81)	16.7 (4.83)	5.35 (0.301)			
20 and over.....	32	(1.5)	1775	5.73 (0.329)	61.4 (13.75)	67.1 (13.75)	540	5.62 (0.267)	193.9 (41.17)	199.5 (41.25)	5.79 (0.531)			
2 and over...	29	(1.4)	2457	5.62 (0.273)	48.8 (10.75)	54.4 (10.74)	684	5.48 (0.227)	165.4 (35.94)	170.9 (36.03)	5.68 (0.429)			
Non-Hispanic Black:														
2 - 19.....	10	(1.0)	925	4.75 (0.275)	0.7 (0.11)	5.4 (0.34)	93	5.26 (0.644)	6.8 (0.82)	12.0 (1.21)	4.70 (0.247)			
20 and over.....	17	(1.6)	1235	4.71 (0.186)	33.4 (8.41)	38.1 (8.40)	231	4.72 (0.303)	191.1 (37.02)	195.8 (37.11)	4.71 (0.216)			
2 and over...	15	(1.1)	2160	4.72 (0.195)	23.2 (5.90)	27.9 (5.86)	324	4.83 (0.257)	153.4 (32.31)	158.3 (32.34)	4.70 (0.203)			
Non-Hispanic Asian⁹:														
2 - 19.....	23	(3.6)	369	4.62 (0.264)	1.5 (0.27)	6.1 (0.37)		--	--	--	4.54 (0.287)			
20 and over.....	26	(2.6)	589	4.74 (0.349)	65.1* (21.77)	69.8* (21.89)	134	5.19 (0.439)	249.9* (79.92)	255.1* (80.15)	4.58 (0.430)			
2 and over...	25	(2.0)	958	4.71 (0.239)	50.2* (16.62)	54.9* (16.71)	206	5.13 (0.393)	198.4* (64.63)	203.6* (64.81)	4.57 (0.321)			
Hispanic:														
2 - 19.....	9	(1.3)	955	5.23 (0.227)	3.5* (3.08)	8.7* (3.13)	97	6.23 (0.773)	39.6* (31.77)	45.9* (32.21)	5.14 (0.226)			
20 and over.....	14	(1.4)	907	5.18 (0.202)	35.4* (15.31)	40.5* (15.25)	138	4.72 (0.397)	252.6*(106.49)	257.3*(106.45)	5.26 (0.251)			
2 and over...	12	(0.9)	1862	5.20 (0.150)	24.1* (10.71)	29.3* (10.66)	235	5.11 (0.381)	198.0* (81.17)	203.1* (81.22)	5.21 (0.170)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin C ⁸ % (SE)		V i t a m i n C																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	23	(2.8)	682	72.8 (7.97)	23.3 (3.41)	96.0 (7.33)	153	78.4 (7.89)	102.3 (13.29)	180.7 (17.26)	71.1 (9.10)									
20 and over.....	31	(1.6)	1775	80.3 (5.09)	96.2 (9.96)	176.5 (11.87)	553	86.3 (5.42)	306.8 (24.86)	393.1 (27.94)	77.5 (6.43)									
2 and over...	30	(1.7)	2457	78.7 (4.35)	80.5 (8.54)	159.2 (10.23)	706	85.0 (4.93)	272.9 (23.75)	357.9 (27.10)	76.0 (5.36)									
Non-Hispanic Black:																				
2 - 19.....	11	(1.1)	925	87.4 (3.40)	12.6 (3.03)	99.9 (4.56)	104	91.7 (13.90)	113.8 (23.04)	205.5 (27.00)	86.8 (2.48)									
20 and over.....	19	(1.9)	1235	93.3 (3.53)	60.2 (16.32)	153.6 (16.93)	248	103.6 (6.91)	323.0 (66.85)	426.6 (65.63)	91.0 (4.19)									
2 and over...	16	(1.4)	2160	91.5 (2.46)	45.4 (11.67)	136.9 (11.71)	352	101.1 (6.15)	278.8 (55.67)	379.9 (54.68)	89.6 (2.92)									
Non-Hispanic Asian⁹:																				
2 - 19.....	26	(3.7)	369	83.4 (8.76)	28.4 (4.49)	111.9 (11.52)	87	90.5 (16.07)	110.9 (18.10)	201.4 (28.56)	81.0 (6.93)									
20 and over.....	29	(2.6)	589	92.0 (4.62)	91.3 (17.92)	183.3 (18.12)	155	94.3 (8.03)	319.0 (54.23)	413.3 (51.13)	91.0 (5.79)									
2 and over...	28	(2.1)	958	90.0 (4.22)	76.6 (13.57)	166.6 (15.03)	242	93.5 (4.36)	274.2 (41.19)	367.7 (39.62)	88.6 (5.37)									
Hispanic:																				
2 - 19.....	10	(1.2)	955	92.0 (3.91)	9.3 (1.85)	101.4 (4.88)	105	109.7 (12.78)	93.7 (17.83)	203.4 (26.29)	90.1 (3.32)									
20 and over.....	14	(1.4)	907	93.3 (6.39)	33.5 (5.40)	126.8 (7.88)	140	106.5 (10.22)	240.3 (35.11)	346.8 (33.26)	91.2 (6.18)									
2 and over...	13	(0.7)	1862	92.9 (4.61)	24.9 (3.54)	117.8 (5.30)	245	107.4 (8.17)	199.3 (25.73)	306.7 (24.06)	90.8 (4.45)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin D ⁸ % (SE)		V i t a m i n D																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
Non-Hispanic White:																				
2 - 19.....	21	(2.5)	682	6.1	(0.21)	2.4	(0.30)	8.4	(0.40)	148	6.3	(0.47)	11.0	(0.75)	17.3	(1.09)	6.0	(0.28)		
20 and over.....	36	(1.7)	1775	4.9	(0.20)	13.7	(1.41)	18.5	(1.35)	635	5.1	(0.38)	38.0	(3.25)	43.1	(3.22)	4.7	(0.18)		
2 and over...	33	(1.6)	2457	5.1	(0.16)	11.2	(1.10)	16.4	(1.04)	783	5.3	(0.33)	34.2	(2.74)	39.5	(2.74)	5.1	(0.18)		
Non-Hispanic Black:																				
2 - 19.....	11	(0.9)	925	4.7	(0.27)	1.2	(0.16)	5.9	(0.25)	101	4.7	(0.39)	11.6	(1.00)	16.3	(0.77)	4.7	(0.28)		
20 and over.....	23	(2.1)	1235	4.0	(0.16)	7.2	(1.54)	11.2	(1.57)	303	4.7	(0.53)	32.0	(6.04)	36.7	(6.10)	3.8	(0.10)		
2 and over...	19	(1.5)	2160	4.2	(0.18)	5.3	(1.08)	9.6	(1.09)	404	4.7	(0.45)	28.4	(4.98)	33.1	(5.01)	4.1	(0.16)		
Non-Hispanic Asian⁹:																				
2 - 19.....	24	(3.7)	369	6.1	(0.32)	2.7	(0.45)	8.8	(0.53)	77	6.8	(0.41)	11.1	(0.86)	17.9	(0.89)	5.9	(0.43)		
20 and over.....	32	(2.7)	589	4.8	(0.28)	10.0	(2.19)	14.8	(2.34)	170	5.4	(0.63)	31.4	(5.48)	36.8	(5.85)	4.5	(0.32)		
2 and over...	30	(2.0)	958	5.1	(0.20)	8.3	(1.64)	13.4	(1.74)	247	5.7	(0.53)	27.6	(4.48)	33.3	(4.76)	4.9	(0.26)		
Hispanic:																				
2 - 19.....	10	(1.3)	955	6.4	(0.33)	1.0	(0.14)	7.4	(0.37)	109	6.4	(0.46)	10.5	(0.48)	16.9	(0.75)	6.4	(0.35)		
20 and over.....	16	(1.5)	907	4.6	(0.18)	3.5	(0.60)	8.0	(0.59)	162	4.3	(0.35)	22.3	(2.87)	26.6	(2.93)	4.6	(0.21)		
2 and over...	14	(0.8)	1862	5.2	(0.16)	2.6	(0.36)	7.8	(0.36)	271	4.8	(0.32)	19.3	(2.29)	24.1	(2.26)	5.3	(0.18)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin K ⁸ % (SE)		V i t a m i n K														
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷		
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)						
Non-Hispanic White:																	
2 - 19.....	2*	(0.7)	682	65.1 (3.95)	0.6* (0.34)	65.8 (3.74)											65.5 (3.98)
20 and over.....	21	(1.3)	1775	135.5 (11.88)	6.9 (0.46)	142.5 (12.12)	375	129.7 (10.74)	32.8 (1.33)	162.5 (11.13)	137.1 (14.68)						
2 and over...	17	(1.0)	2457	120.4 (9.48)	5.6 (0.39)	126.0 (9.66)	387	127.8 (10.45)	32.8 (1.35)	160.6 (10.83)	118.9 (11.00)						
Non-Hispanic Black:																	
2 - 19.....	2*	(0.8)	925	71.7 (3.29)	0.4* (0.18)	72.0 (3.32)											71.5 (3.43)
20 and over.....	12	(1.0)	1235	132.6 (11.46)	3.7 (0.36)	136.2 (11.48)	161	200.4 (31.37)	31.6 (1.15)	232.1 (31.32)	123.7 (10.19)						
2 and over...	8	(0.6)	2160	113.6 (8.26)	2.6 (0.23)	116.3 (8.30)	173	193.5 (32.53)	31.2 (1.20)	224.7 (32.73)	106.2 (7.13)						
Non-Hispanic Asian⁹:																	
2 - 19.....	2*	(0.9)	369	97.7 (11.07)	0.7* (0.42)	98.4 (11.31)											96.4 (10.64)
20 and over.....	20	(1.9)	589	157.5 (14.93)	7.2 (1.21)	164.7 (14.90)	103	180.9 (29.98)	35.7 (4.31)	216.7 (30.41)	151.6 (18.35)						
2 and over...	16	(1.2)	958	143.5 (11.21)	5.7 (0.89)	149.2 (11.17)	108	180.8 (28.56)	35.9 (4.11)	216.7 (28.77)	136.5 (13.28)						
Hispanic:																	
2 - 19.....	2*	(0.6)	955	59.2 (2.06)	0.4 (0.11)	59.5 (2.14)											58.4 (1.72)
20 and over.....	10	(1.1)	907	95.9 (7.84)	3.9 (0.57)	99.8 (8.02)	95	155.4* (52.20)	38.2 (3.33)	193.6 (51.95)	89.2 (4.30)						
2 and over...	7	(0.8)	1862	83.0 (5.30)	2.7 (0.38)	85.6 (5.46)	108	151.5* (48.18)	37.1 (3.25)	188.6 (48.20)	77.7 (3.00)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Lycopene																
Race/ethnicity and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		— All Individuals ⁵ —						— Supplement Users ⁶ —				— Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																
2 - 19.....	#		682	5538 (634.8)	3*	(3.2)	5542 (633.3)			--	--	--		5536 (637.8)		
20 and over.....	13	(1.4)	1775	5391 (238.3)	121	(29.7)	5513 (237.7)	218	6396 (473.9)	936	(195.8)	7332 (519.2)		5242 (244.0)		
2 and over...	10	(1.1)	2457	5423 (259.8)	96	(23.8)	5519 (257.8)	219	6394 (471.0)	936	(194.5)	7330 (515.7)		5312 (266.1)		
Non-Hispanic Black:																
2 - 19.....	1*	(0.5)	925	4543 (449.6)	4*	(3.1)	4547 (449.7)		--	--	--		4522 (448.3)			
20 and over.....	6	(0.7)	1235	5134 (316.8)	27	(4.3)	5161 (317.5)	86	5665 (1539.7)	472	(78.6)	6137 (1555.2)		5102 (339.2)		
2 and over...	4	(0.4)	2160	4950 (267.9)	20	(3.8)	4970 (269.3)	88	5754 (1558.0)	477	(85.1)	6231 (1590.1)		4915 (266.0)		
Non-Hispanic Asian⁹:																
2 - 19.....	1*	(0.5)	369	4541 (805.9)	6*	(4.7)	4547 (810.1)		--	--	--		4495 (815.5)			
20 and over.....	10	(1.3)	589	3618 (335.7)	35	(4.2)	3653 (336.0)		--	--	--		3605 (372.5)			
2 and over...	8	(0.9)	958	3835 (354.3)	28	(3.0)	3863 (354.8)		--	--	--		3830 (360.2)			
Hispanic:																
2 - 19.....	#		955	4805 (284.9)	1*	(1.0)	4806 (284.3)		--	--	--		4817 (279.3)			
20 and over.....	4	(1.0)	907	5379 (329.5)	15	(4.2)	5394 (330.8)		--	--	--		5315 (339.5)			
2 and over...	2	(0.7)	1862	5177 (232.2)	10	(2.9)	5187 (232.3)		--	--	--		5136 (237.5)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

L u t e i n + z e a x a n t h i n																		
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																		
Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	#		682	741 (49.5)	4*	(3.9)	745 (47.6)				--	--	--				742 (49.5)	
20 and over.....	10	(1.0)	1775	1761 (152.2)	189	(46.8)	1950 (178.9)	186	2548*	(807.8)	1820 (380.2)	4368 (1058.3)	1669 (160.9)					
2 and over...	8	(0.8)	2457	1542 (124.1)	149	(37.3)	1691 (144.3)	188	2526*	(800.9)	1810 (374.9)	4336 (1047.9)	1453 (128.0)					
Non-Hispanic Black:																		
2 - 19.....	#		925	896 (53.5)	3*	(2.9)	899 (54.6)				--	--	--				896 (53.7)	
20 and over.....	5	(0.6)	1235	1968 (247.8)	38*	(12.9)	2006 (255.3)				--	--	--				1921 (240.7)	
2 and over...	3	(0.5)	2160	1635 (182.0)	27*	(9.4)	1662 (187.8)				--	--	--				1593 (173.7)	
Non-Hispanic Asian⁹:																		
2 - 19.....	2*	(1.1)	369	1474 (211.4)	11*	(5.9)	1486 (214.4)				--	--	--				1465 (209.3)	
20 and over.....	10	(1.4)	589	2367 (266.5)	155*	(85.1)	2522 (259.5)				--	--	--				2359 (296.7)	
2 and over...	8	(1.1)	958	2158 (197.7)	121*	(64.7)	2279 (192.4)				--	--	--				2136 (215.6)	
Hispanic:																		
2 - 19.....	#		955	712 (27.8)	1*	(0.8)	713 (28.2)				--	--	--				710 (26.5)	
20 and over.....	3	(0.6)	907	1267 (153.6)	54*	(37.7)	1321 (149.9)				--	--	--				1233 (149.7)	
2 and over...	2	(0.4)	1862	1071 (100.7)	35*	(24.2)	1107 (97.3)				--	--	--				1046 (96.3)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium ⁸ % (SE)		C a l c i u m																									
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷									
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food											
mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)												
Non-Hispanic White:																												
2 - 19.....	12	(1.7)	682	1129 (26.1)	20 (3.6)	1149 (28.2)	76	1147 (66.7)	174 (21.3)	1321 (68.7)	1127 (25.6)	20 and over.....	34	(1.9)	1775	1033 (16.7)	169 (11.7)	1202 (22.8)	611	1037 (31.0)	495 (25.0)	1531 (45.4)	1031 (16.5)					
2 and over...	29	(1.6)	2457	1053 (15.7)	137 (9.3)	1191 (20.8)	687	1046 (30.4)	467 (22.2)	1513 (42.8)	1056 (16.1)	Non-Hispanic Black:																
2 - 19.....	7	(1.0)	925	876 (23.1)	11 (2.4)	887 (23.7)	--	--	--	881 (25.6)	20 and over.....	19	(1.4)	1235	853 (26.7)	90 (10.5)	944 (32.1)	257	913 (49.3)	486 (42.5)	1399 (67.2)	840 (29.3)						
2 and over...	15	(1.0)	2160	860 (23.2)	66 (7.2)	926 (26.7)	317	899 (42.7)	441 (37.1)	1339 (60.5)	854 (24.5)	Non-Hispanic Asian⁹:																
2 - 19.....	11	(1.8)	369	1021 (43.0)	15 (3.2)	1036 (44.5)	--	--	--	1007 (42.4)	20 and over.....	30	(2.2)	589	771 (20.7)	138 (14.4)	909 (26.9)	155	873 (58.7)	457 (43.8)	1330 (73.3)	726 (21.2)						
2 and over...	26	(1.7)	958	830 (16.5)	109 (11.4)	939 (21.7)	195	900 (51.5)	424 (43.5)	1324 (66.1)	805 (14.4)	Hispanic:																
2 - 19.....	6	(1.0)	955	1126 (27.0)	9 (2.1)	1135 (27.1)	--	--	--	1130 (27.4)	20 and over.....	16	(1.7)	907	992 (26.4)	80 (10.8)	1073 (29.1)	166	967 (47.1)	491 (54.2)	1458 (70.0)	997 (26.5)						
2 and over...	13	(1.1)	1862	1039 (19.9)	55 (7.1)	1095 (21.4)	226	982 (41.0)	438 (44.4)	1420 (60.0)	1048 (20.7)																	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		P h o s p h o r u s																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)					
Non-Hispanic White:																				
2 - 19.....	6	(1.1)	682	1359 (27.9)	5	(1.0)	1365	(28.3)		--	--	--	--	--	1362	(29.7)				
20 and over.....	14	(1.0)	1775	1446 (18.9)	8	(1.2)	1454	(19.2)	263	1428 (81.5)	54	(7.7)	1482	(84.3)	1449	(18.0)				
2 and over...	12	(0.9)	2457	1428 (15.8)	7	(0.9)	1435	(15.8)	309	1417 (76.1)	58	(6.7)	1474	(78.1)	1429	(15.5)				
Non-Hispanic Black:																				
2 - 19.....	4	(1.2)	925	1157 (19.6)	4*	(1.3)	1160	(20.4)		--	--	--	--	1159	(20.4)					
20 and over.....	7	(1.1)	1235	1289 (24.8)	3	(0.3)	1292	(24.8)	103	1271 (68.7)	43	(4.6)	1315	(70.9)	1291	(25.9)				
2 and over...	6	(0.9)	2160	1248 (20.6)	3	(0.5)	1251	(20.7)	136	1236 (53.9)	55	(5.6)	1291	(56.8)	1249	(20.9)				
Non-Hispanic Asian⁹:																				
2 - 19.....	6	(1.9)	369	1228 (39.1)	4*	(1.1)	1232	(39.1)		--	--	--	--	1228	(39.0)					
20 and over.....	13	(1.2)	589	1268 (30.0)	4	(0.8)	1272	(30.4)		--	--	--	--	1249	(30.4)					
2 and over...	11	(1.0)	958	1258 (21.9)	4	(0.7)	1263	(22.2)	85	1373 (89.2)	38	(5.0)	1411	(91.5)	1244	(22.1)				
Hispanic:																				
2 - 19.....	4	(0.9)	955	1356 (28.3)	4	(1.1)	1360	(28.3)		--	--	--	--	1355	(28.8)					
20 and over.....	6	(1.1)	907	1478 (40.2)	2	(0.6)	1480	(40.1)		--	--	--	--	1488	(41.5)					
2 and over...	6	(0.6)	1862	1435 (24.7)	3	(0.4)	1438	(24.7)	109	1344 (93.9)	54	(6.2)	1398	(92.8)	1440	(26.7)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m											
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	11	(1.1)	682	248 (5.0)	3 (0.6)	251 (5.2)	78	269 (14.5)	27 (4.2)	296 (16.2)	246 (5.2)			
20 and over.....	26	(1.5)	1775	319 (7.9)	32 (5.5)	352 (10.9)	464	342 (11.8)	124 (16.1)	466 (22.0)	311 (7.6)			
2 and over...	23	(1.2)	2457	304 (7.0)	26 (4.4)	330 (9.4)	542	335 (11.0)	113 (14.6)	448 (20.1)	295 (6.4)			
Non-Hispanic Black:														
2 - 19.....	6	(1.2)	925	220 (5.0)	3 (0.6)	223 (4.9)		--	--	--	220 (5.4)			
20 and over.....	14	(1.0)	1235	281 (8.2)	13 (1.4)	294 (9.3)	190	308 (17.1)	97 (7.0)	405 (21.0)	277 (7.1)			
2 and over...	11	(0.6)	2160	262 (6.5)	10 (1.0)	272 (7.3)	242	293 (15.2)	88 (6.3)	381 (19.2)	258 (5.5)			
Non-Hispanic Asian⁹:														
2 - 19.....	11	(2.3)	369	248 (8.2)	2 (0.5)	250 (8.5)		--	--	--	249 (8.5)			
20 and over.....	22	(1.7)	589	323 (9.9)	21 (3.7)	344 (11.6)	114	375 (15.3)	97 (15.5)	471 (26.7)	308 (10.5)			
2 and over...	20	(1.2)	958	305 (8.3)	17 (2.8)	322 (9.8)	147	356 (15.5)	86 (14.1)	442 (26.3)	293 (8.3)			
Hispanic:														
2 - 19.....	6	(0.9)	955	249 (4.1)	2 (0.4)	251 (4.2)		--	--	--	249 (4.1)			
20 and over.....	13	(1.5)	907	314 (8.1)	11 (2.4)	325 (8.9)	123	323 (18.2)	90 (10.6)	413 (25.4)	313 (8.3)			
2 and over...	10	(0.9)	1862	291 (5.0)	8 (1.6)	299 (5.6)	178	307 (15.8)	78 (10.0)	386 (23.1)	289 (5.0)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n														
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
Non-Hispanic White:																	
2 - 19.....	6	(1.0)	682	14.2 (0.33)	1.1 (0.20)	15.2 (0.37)											
20 and over.....	14	(1.0)	1775	16.0 (0.29)	3.1 (0.32)	19.2 (0.43)	264	15.9 (0.56)	21.7 (1.42)	37.7 (1.68)	16.1 (0.32)						
2 and over...	13	(0.9)	2457	15.6 (0.23)	2.7 (0.27)	18.3 (0.35)	313	15.9 (0.55)	21.2 (1.29)	37.1 (1.55)	15.6 (0.25)						
Non-Hispanic Black:																	
2 - 19.....	6	(1.1)	925	13.7 (0.38)	1.6 (0.35)	15.3 (0.59)											
20 and over.....	10	(1.1)	1235	13.9 (0.26)	3.1 (0.33)	17.0 (0.45)	124	12.1 (0.62)	31.0 (1.41)	43.0 (1.62)	14.1 (0.28)						
2 and over...	9	(0.8)	2160	13.9 (0.24)	2.6 (0.27)	16.5 (0.36)	181	12.3 (0.56)	29.8 (1.63)	42.1 (1.71)	14.0 (0.25)						
Non-Hispanic Asian⁹:																	
2 - 19.....	6	(1.8)	369	13.1 (0.51)	0.7* (0.21)	13.8 (0.49)											
20 and over.....	11	(1.4)	589	14.3 (0.46)	2.6 (0.58)	16.8 (0.70)											
2 and over...	10	(1.1)	958	14.0 (0.31)	2.1 (0.42)	16.1 (0.51)	76	15.1 (1.46)	21.0 (3.31)	36.1 (3.36)	13.9 (0.29)						
Hispanic:																	
2 - 19.....	6	(1.1)	955	15.6 (0.40)	1.3 (0.33)	16.9 (0.54)											
20 and over.....	9	(1.0)	907	16.6 (0.61)	1.8 (0.37)	18.4 (0.73)	85	14.2 (1.01)	19.9 (3.08)	34.1 (3.47)	16.8 (0.69)						
2 and over...	8	(0.7)	1862	16.2 (0.40)	1.6 (0.26)	17.9 (0.52)	136	14.4 (0.77)	20.7 (2.26)	35.1 (2.65)	16.4 (0.46)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z i n c													
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Non-Hispanic White:																
2 - 19.....	20	(2.2)	682	10.5 (0.35)	1.3 (0.20)	11.7 (0.45)	129	10.1 (0.99)	6.2 (0.69)	16.3 (1.56)	10.6 (0.38)					
20 and over.....	26	(1.1)	1775	11.7 (0.19)	4.3 (0.29)	16.0 (0.36)	467	12.2 (0.29)	16.3 (0.84)	28.4 (0.85)	11.6 (0.21)					
2 and over...	25	(1.2)	2457	11.4 (0.18)	3.7 (0.25)	15.1 (0.35)	596	11.8 (0.30)	14.5 (0.62)	26.3 (0.77)	11.3 (0.18)					
Non-Hispanic Black:																
2 - 19.....	10	(1.0)	925	9.3 (0.20)	0.9 (0.15)	10.1 (0.29)	90	8.9 (0.68)	9.0 (1.11)	18.0 (1.17)	9.3 (0.21)					
20 and over.....	15	(1.5)	1235	10.5 (0.27)	2.2 (0.30)	12.7 (0.43)	197	10.5 (0.54)	14.9 (0.91)	25.4 (0.84)	10.5 (0.29)					
2 and over...	13	(1.1)	2160	10.1 (0.21)	1.8 (0.20)	11.9 (0.29)	287	10.2 (0.48)	13.6 (0.75)	23.7 (0.76)	10.1 (0.22)					
Non-Hispanic Asian⁹:																
2 - 19.....	20	(3.8)	369	9.7 (0.36)	1.1 (0.18)	10.7 (0.46)		--	--	--	9.6 (0.40)					
20 and over.....	23	(2.3)	589	10.4 (0.25)	3.8 (0.50)	14.2 (0.50)	120	11.6 (0.68)	16.2 (1.28)	27.8 (1.45)	10.0 (0.21)					
2 and over...	23	(2.0)	958	10.2 (0.17)	3.2 (0.38)	13.4 (0.38)	184	11.3 (0.60)	14.0 (1.11)	25.2 (1.34)	9.9 (0.16)					
Hispanic:																
2 - 19.....	8	(1.1)	955	10.4 (0.23)	0.7 (0.13)	11.1 (0.24)	91	10.9 (1.02)	9.0 (0.75)	19.9 (1.56)	10.3 (0.25)					
20 and over.....	13	(1.4)	907	12.0 (0.43)	1.7 (0.18)	13.7 (0.46)	126	11.5 (0.81)	12.9 (0.46)	24.5 (1.03)	12.1 (0.52)					
2 and over...	11	(0.8)	1862	11.4 (0.28)	1.3 (0.11)	12.8 (0.29)	217	11.4 (0.65)	11.9 (0.38)	23.3 (0.86)	11.4 (0.36)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	8	(1.1)	682	1.0 (0.03)	0.1 (0.02)	1.2 (0.05)		--	--	--		1.0 (0.03)		
20 and over.....	24	(1.2)	1775	1.4 (0.07)	0.3 (0.02)	1.7 (0.09)	428	1.4 (0.04)	1.3 (0.05)	2.7 (0.07)		1.4 (0.09)		
2 and over...	21	(1.1)	2457	1.3 (0.06)	0.3 (0.02)	1.6 (0.07)	484	1.4 (0.04)	1.3 (0.05)	2.7 (0.07)		1.3 (0.07)		
Non-Hispanic Black:														
2 - 19.....	6	(1.1)	925	0.9 (0.02)	0.1 (0.02)	1.0 (0.04)		--	--	--		0.9 (0.03)		
20 and over.....	13	(1.0)	1235	1.3 (0.03)	0.2 (0.01)	1.4 (0.05)	172	1.4 (0.08)	1.4 (0.06)	2.8 (0.11)		1.2 (0.03)		
2 and over...	11	(0.7)	2160	1.1 (0.03)	0.2 (0.01)	1.3 (0.03)	223	1.3 (0.07)	1.5 (0.06)	2.8 (0.09)		1.1 (0.03)		
Non-Hispanic Asian⁹:														
2 - 19.....	6	(1.8)	369	1.1 (0.04)	0.1 (0.02)	1.1 (0.03)		--	--	--		1.1 (0.03)		
20 and over.....	21	(2.0)	589	1.4 (0.05)	0.2 (0.04)	1.7 (0.06)	107	1.7 (0.10)	1.2 (0.10)	2.8 (0.12)		1.4 (0.05)		
2 and over...	17	(1.5)	958	1.3 (0.04)	0.2 (0.03)	1.6 (0.05)	128	1.6 (0.10)	1.2 (0.09)	2.8 (0.12)		1.3 (0.04)		
Hispanic:														
2 - 19.....	5	(0.9)	955	1.0 (0.03)	0.1 (0.02)	1.1 (0.04)		--	--	--		1.0 (0.03)		
20 and over.....	11	(1.0)	907	1.3 (0.03)	0.1 (0.02)	1.4 (0.04)	113	1.3 (0.07)	1.2 (0.09)	2.6 (0.14)		1.3 (0.03)		
2 and over...	9	(0.6)	1862	1.2 (0.02)	0.1 (0.01)	1.3 (0.03)	160	1.3 (0.06)	1.4 (0.08)	2.6 (0.12)		1.2 (0.02)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	10	(1.8)	682	3171 (78.8)	1 (0.3)	3173 (78.9)							3235 (93.9)	
20 and over.....	6	(0.8)	1775	3598 (40.8)	2 (0.3)	3600 (40.9)	123	3371 (197.1)	34 (4.9)	3406 (198.8)			3614 (41.9)	
2 and over...	7	(0.8)	2457	3506 (39.5)	2 (0.3)	3508 (39.6)	195	3142 (152.6)	28 (3.6)	3170 (154.5)			3535 (43.4)	
Non-Hispanic Black:														
2 - 19.....	6	(1.0)	925	3042 (59.3)	1 (0.1)	3043 (59.2)							3072 (62.7)	
20 and over.....	2	(0.5)	1235	3537 (70.1)	1 (0.2)	3537 (70.1)							3547 (69.5)	
2 and over...	3	(0.6)	2160	3383 (56.7)	1 (0.1)	3383 (56.7)	86	2687 (150.0)	20 (2.3)	2707 (149.7)			3404 (56.6)	
Non-Hispanic Asian⁹:														
2 - 19.....	6	(1.7)	369	2951 (121.1)	1* (0.2)	2952 (121.0)							2995 (125.9)	
20 and over.....	5	(0.9)	589	3784 (98.2)	2* (0.7)	3786 (98.1)							3756 (105.2)	
2 and over...	5	(0.8)	958	3589 (87.1)	2* (0.6)	3590 (86.9)							3578 (95.6)	
Hispanic:														
2 - 19.....	5	(0.9)	955	3109 (75.2)	#	3110 (75.3)							3133 (78.0)	
20 and over.....	2*	(0.5)	907	3653 (71.2)	1* (0.3)	3653 (71.3)							3663 (69.7)	
2 and over...	3	(0.3)	1862	3461 (53.4)	1 (0.2)	3462 (53.4)	77	2858 (202.2)	24 (5.8)	2883 (203.0)			3480 (53.8)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting potassium ⁸ % (SE)		P o t a s s i u m															
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)							
Non-Hispanic White:																		
2 - 19.....	1*	(0.6)	682	2291 (30.3)	1*	(0.3)	2292 (30.3)											2289 (30.7)
20 and over.....	18	(1.2)	1775	2872 (56.7)	15	(1.4)	2887 (57.3)	321	3027 (88.6)	87	(4.1)	3114 (89.2)	2838 (53.1)					
2 and over...	14	(1.0)	2457	2747 (51.1)	12	(1.2)	2759 (51.7)	329	3018 (86.2)	86	(4.2)	3104 (86.5)	2702 (46.6)					
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	925	2100 (33.6)	#		2101 (33.5)											2097 (35.3)
20 and over.....	8	(1.0)	1235	2461 (41.6)	7	(1.1)	2468 (41.4)	124	2351 (70.8)	90	(4.6)	2440 (70.3)	2471 (45.6)					
2 and over...	6	(0.7)	2160	2349 (32.8)	5	(0.7)	2354 (32.6)	131	2358 (66.3)	88	(4.7)	2446 (65.4)	2348 (34.2)					
Non-Hispanic Asian⁹:																		
2 - 19.....	4*	(2.1)	369	2246 (73.5)	1*	(0.7)	2248 (73.8)											2225 (70.7)
20 and over.....	15	(1.4)	589	2657 (41.5)	11	(1.0)	2668 (41.5)	75	3002 (183.7)	74	(3.0)	3076 (185.6)	2598 (48.6)					
2 and over...	12	(1.0)	958	2561 (33.3)	9	(0.7)	2569 (33.2)	83	2986 (177.7)	71	(3.9)	3057 (180.5)	2502 (44.0)					
Hispanic:																		
2 - 19.....	1*	(0.4)	955	2387 (42.9)	#		2388 (42.9)											2385 (43.6)
20 and over.....	8	(1.0)	907	2772 (54.3)	8	(1.6)	2779 (54.6)	80	2943 (181.4)	91	(16.2)	3034 (179.3)	2756 (55.9)					
2 and over...	6	(0.6)	1862	2636 (35.0)	5	(1.0)	2641 (35.4)	84	2935 (178.6)	90	(15.7)	3024 (176.3)	2619 (35.5)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years)	Percent reporting selenium ⁸ % (SE)		Selenium											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Non-Hispanic White:														
2 - 19.....	3*	(1.0)	682	99.0 (2.58)	1.1* (0.73)	100.1 (2.70)		--	--	--	98.1 (2.65)			
20 and over.....	24	(1.4)	1775	112.9 (2.12)	16.7 (1.58)	129.7 (1.91)	416	112.1 (3.20)	70.8 (3.65)	182.9 (4.29)	113.2 (2.21)			
2 and over...	19	(1.1)	2457	109.9 (1.81)	13.4 (1.30)	123.3 (1.83)	430	112.6 (3.17)	69.9 (3.69)	182.6 (4.24)	109.3 (1.77)			
Non-Hispanic Black:														
2 - 19.....	2*	(0.8)	925	92.6 (1.94)	1.0* (0.55)	93.6 (2.09)		--	--	--	92.4 (2.14)			
20 and over.....	13	(0.9)	1235	115.1 (2.43)	57.6* (46.81)	172.7 (47.39)	169	117.3 (6.37)	460.7*(373.68)	578.0*(376.37)	114.8 (2.37)			
2 and over...	9	(0.6)	2160	108.1 (1.97)	40.0* (32.81)	148.1 (33.75)	180	116.7 (6.54)	436.2*(352.33)	552.9*(355.00)	107.2 (1.79)			
Non-Hispanic Asian⁹:														
2 - 19.....	4*	(2.0)	369	98.9 (3.40)	1.9* (1.02)	100.8 (3.57)		--	--	--	98.1 (3.19)			
20 and over.....	21	(1.9)	589	121.8 (4.11)	15.5 (2.85)	137.3 (4.25)	105	120.9 (8.40)	75.3 (10.55)	196.2 (11.78)	122.0 (3.90)			
2 and over...	17	(1.5)	958	116.4 (3.20)	12.3 (2.10)	128.7 (3.17)	113	120.7 (8.53)	73.4 (10.19)	194.1 (12.50)	115.5 (3.01)			
Hispanic:														
2 - 19.....	1*	(0.4)	955	99.9 (2.51)	0.6* (0.25)	100.5 (2.56)		--	--	--	99.9 (2.52)			
20 and over.....	12	(1.3)	907	122.4 (3.16)	44.6* (34.70)	167.0 (33.87)	113	117.8 (7.46)	385.4*(296.92)	503.2*(295.03)	123.0 (3.60)			
2 and over...	8	(0.8)	1862	114.5 (1.75)	29.1* (22.72)	143.6 (22.63)	120	117.0 (7.48)	371.0*(284.26)	488.0*(282.47)	114.3 (1.95)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent 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. The VIF used in this table is 2.50.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

¹ Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + (1.7* μg folic acid).

Vitamin D: 1 μg = 40 International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2011-2012. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2011-2012 www.ars.usda.gov/nea/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_G) of NHANES 2011-2012. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT_G.htm.

⁵ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

⁶ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁷ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁸ The weighted percentage of respondents in the race/ethnicity/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

⁹ A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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