

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars 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)			
\$0 - \$24,999:														
2 - 19.....	7	(1.0)	1067	1.60 (0.043)	0.11 (0.022)	1.71 (0.055)		--	--	--		1.60 (0.040)		
20 and over.....	17	(1.2)	1635	1.62 (0.045)	3.81 (1.122)	5.43 (1.102)	269	1.58 (0.088)	21.99 (6.084)	23.57 (6.059)		1.63 (0.045)		
2 and over...	15	(1.0)	2702	1.62 (0.040)	2.85 (0.843)	4.47 (0.823)	332	1.58 (0.087)	19.64 (5.388)	21.23 (5.363)		1.62 (0.039)		
\$25,000 - \$74,999:														
2 - 19.....	7	(1.1)	1150	1.49 (0.049)	0.14 (0.037)	1.62 (0.047)	81	1.43 (0.096)	1.99 (0.433)	3.41 (0.458)		1.49 (0.053)		
20 and over.....	23	(1.9)	1693	1.60 (0.042)	5.74 (1.708)	7.34 (1.716)	350	1.60 (0.081)	24.44* (7.470)	26.04 (7.516)		1.60 (0.044)		
2 and over...	19	(1.6)	2843	1.57 (0.040)	4.35 (1.295)	5.92 (1.304)	431	1.58 (0.071)	22.44* (6.773)	24.03 (6.814)		1.57 (0.040)		
\$75,000 and higher:														
2 - 19.....	10	(2.0)	705	1.58 (0.039)	0.51* (0.293)	2.09 (0.295)		--	--	--		1.56 (0.046)		
20 and over.....	30	(2.2)	1005	1.75 (0.047)	3.51 (0.877)	5.26 (0.889)	270	1.83 (0.056)	11.85 (2.624)	13.68 (2.633)		1.71 (0.059)		
2 and over...	25	(1.6)	1710	1.70 (0.037)	2.71 (0.652)	4.41 (0.663)	336	1.82 (0.054)	11.04 (2.342)	12.86 (2.350)		1.66 (0.044)		
All Individuals ⁹:														
2 - 19.....	8	(0.7)	3097	1.55 (0.024)	0.24* (0.092)	1.80 (0.090)	230	1.62 (0.057)	3.03* (1.032)	4.66 (1.053)		1.55 (0.025)		
20 and over.....	24	(1.1)	4644	1.64 (0.019)	4.46 (0.753)	6.10 (0.754)	945	1.67 (0.044)	18.91 (3.104)	20.58 (3.107)		1.64 (0.015)		
2 and over...	20	(0.9)	7741	1.62 (0.016)	3.38 (0.573)	5.00 (0.576)	1175	1.66 (0.039)	17.25 (2.802)	18.92 (2.806)		1.61 (0.013)		

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement riboflavin ⁸ % (SE)		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)			
\$0 - \$24,999:															
2 - 19.....	7	(1.0)	1067	2.08 (0.146)	0.12 (0.023)	2.20 (0.146)				--	--	--		2.08 (0.155)	
20 and over.....	17	(1.2)	1635	2.01 (0.064)	1.73 (0.427)	3.74 (0.436)	272	2.14 (0.135)	9.90 (2.268)	12.03 (2.213)			1.99 (0.056)		
2 and over...	15	(1.0)	2702	2.03 (0.078)	1.32 (0.326)	3.35 (0.336)	335	2.12 (0.127)	8.98 (2.028)	11.10 (1.983)			2.01 (0.074)		
\$25,000 - \$74,999:															
2 - 19.....	7	(1.1)	1150	1.86 (0.037)	0.15 (0.038)	2.01 (0.055)	81	1.78 (0.149)	2.16 (0.432)	3.94 (0.484)			1.86 (0.039)		
20 and over.....	24	(1.9)	1693	2.15 (0.052)	2.41 (0.384)	4.56 (0.394)	353	2.20 (0.064)	10.22 (1.382)	12.42 (1.404)			2.13 (0.062)		
2 and over...	19	(1.6)	2843	2.07 (0.044)	1.85 (0.296)	3.93 (0.308)	434	2.17 (0.057)	9.51 (1.229)	11.67 (1.248)			2.05 (0.049)		
\$75,000 and higher:															
2 - 19.....	10	(2.0)	705	2.10 (0.055)	0.53* (0.295)	2.63 (0.326)			--	--	--		2.07 (0.047)		
20 and over.....	30	(2.1)	1005	2.40 (0.064)	2.77 (0.617)	5.17 (0.615)	272	2.51 (0.102)	9.33 (1.889)	11.84 (1.871)			2.35 (0.087)		
2 and over...	25	(1.6)	1710	2.32 (0.050)	2.17 (0.464)	4.49 (0.463)	338	2.49 (0.095)	8.84 (1.652)	11.33 (1.633)			2.26 (0.059)		
All Individuals⁹:															
2 - 19.....	8	(0.7)	3097	1.99 (0.032)	0.26* (0.093)	2.25 (0.094)	230	2.08 (0.097)	3.22* (1.029)	5.30 (1.106)			1.99 (0.039)		
20 and over.....	24	(1.1)	4644	2.17 (0.029)	2.38 (0.221)	4.55 (0.232)	953	2.29 (0.050)	10.04 (0.888)	12.33 (0.881)			2.14 (0.036)		
2 and over...	20	(0.9)	7741	2.13 (0.026)	1.84 (0.175)	3.97 (0.182)	1183	2.26 (0.044)	9.34 (0.807)	11.60 (0.805)			2.09 (0.031)		

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars 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)						
\$0 - \$24,999:																	
2 - 19.....	7	(1.0)	1067	24.2 (1.92)	1.1 (0.20)	25.3 (1.92)				--	--	--			24.2 (1.97)		
20 and over.....	18	(1.3)	1635	25.3 (0.93)	5.8 (1.14)	31.0 (0.91)	275	23.3 (0.95)	32.6 (4.93)	55.9 (4.94)			25.7 (1.04)				
2 and over...	15	(1.0)	2702	25.0 (1.12)	4.6 (0.88)	29.5 (0.86)	340	23.4 (1.01)	30.8 (4.52)	54.2 (4.43)			25.2 (1.22)				
\$25,000 - \$74,999:																	
2 - 19.....	7	(1.0)	1150	20.6 (0.68)	1.0 (0.19)	21.6 (0.70)	85	18.0 (1.52)	14.6 (1.48)	32.6 (2.67)			20.8 (0.70)				
20 and over.....	25	(1.9)	1693	25.4 (0.69)	10.9 (2.16)	36.3 (2.12)	364	24.5 (0.86)	43.9 (6.36)	68.4 (6.05)			25.7 (0.72)				
2 and over...	20	(1.5)	2843	24.2 (0.61)	8.5 (1.65)	32.6 (1.65)	449	23.9 (0.84)	41.4 (5.98)	65.3 (5.74)			24.2 (0.59)				
\$75,000 and higher:																	
2 - 19.....	11	(2.1)	705	22.0 (0.83)	2.0 (0.47)	24.0 (1.12)				--	--	--			21.7 (0.84)		
20 and over.....	31	(2.3)	1005	28.2 (0.78)	12.2 (2.22)	40.4 (2.07)	279	27.8 (1.11)	39.9 (6.34)	67.7 (6.17)			28.4 (0.97)				
2 and over...	25	(1.7)	1710	26.6 (0.58)	9.4 (1.59)	36.0 (1.52)	347	27.4 (0.99)	37.4 (5.76)	64.8 (5.50)			26.3 (0.62)				
All Individuals⁹:																	
2 - 19.....	8	(0.7)	3097	22.1 (0.52)	1.3 (0.14)	23.4 (0.56)	236	22.1 (1.32)	16.5 (0.78)	38.6 (1.97)			22.1 (0.57)				
20 and over.....	24	(1.2)	4644	26.2 (0.35)	10.0 (1.06)	36.1 (1.03)	974	25.3 (0.51)	40.8 (3.08)	66.1 (3.04)			26.4 (0.41)				
2 and over...	20	(1.0)	7741	25.1 (0.31)	7.8 (0.81)	32.9 (0.78)	1210	25.0 (0.51)	38.4 (2.88)	63.3 (2.81)			25.2 (0.32)				

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Family income in dollars and age (years)		Percent reporting supplement 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)					
\$0 - \$24,999:																	
2 - 19.....	11	(1.8)	1067	1.95 (0.151)	0.20 (0.036)	2.15 (0.176)	104	1.88 (0.162)	1.87 (0.104)	3.76 (0.221)	1.95 (0.160)						
20 and over.....	18	(1.2)	1635	2.06 (0.087)	2.43 (0.675)	4.49 (0.705)	285	2.07 (0.128)	13.26 (3.544)	15.33 (3.579)	2.06 (0.087)						
2 and over...	16	(1.1)	2702	2.03 (0.091)	1.85 (0.513)	3.89 (0.543)	389	2.04 (0.117)	11.36 (2.988)	13.40 (3.026)	2.03 (0.095)						
\$25,000 - \$74,999:																	
2 - 19.....	13	(2.2)	1150	1.63 (0.049)	0.24 (0.041)	1.87 (0.061)	152	1.37 (0.080)	1.78 (0.309)	3.15 (0.351)	1.68 (0.049)						
20 and over.....	25	(1.7)	1693	2.11 (0.074)	3.25 (0.487)	5.36 (0.488)	381	2.07 (0.087)	12.76 (1.529)	14.83 (1.536)	2.13 (0.081)						
2 and over...	22	(1.6)	2843	1.99 (0.062)	2.50 (0.377)	4.49 (0.377)	533	1.97 (0.079)	11.13 (1.230)	13.10 (1.229)	2.00 (0.064)						
\$75,000 and higher:																	
2 - 19.....	25	(3.4)	705	1.78 (0.060)	0.85* (0.323)	2.63 (0.348)	158	1.74 (0.169)	3.33* (1.074)	5.08 (1.219)	1.80 (0.058)						
20 and over.....	33	(2.2)	1005	2.38 (0.072)	3.98* (1.215)	6.36 (1.220)	292	2.41 (0.101)	12.22 (3.360)	14.63 (3.363)	2.37 (0.088)						
2 and over...	31	(2.1)	1710	2.22 (0.050)	3.14 (0.893)	5.36 (0.896)	450	2.26 (0.088)	10.24 (2.645)	12.50 (2.643)	2.21 (0.059)						
All Individuals⁹:																	
2 - 19.....	16	(1.4)	3097	1.78 (0.033)	0.42 (0.100)	2.20 (0.095)	443	1.65 (0.086)	2.57 (0.574)	4.22 (0.644)	1.81 (0.045)						
20 and over.....	25	(1.2)	4644	2.18 (0.040)	3.28 (0.408)	5.47 (0.413)	1013	2.23 (0.053)	12.90 (1.487)	15.12 (1.481)	2.17 (0.047)						
2 and over...	23	(1.2)	7741	2.08 (0.030)	2.55 (0.312)	4.63 (0.317)	1456	2.12 (0.051)	11.04 (1.217)	13.16 (1.215)	2.07 (0.033)						

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Family income in dollars and age (years)		F o l i c a c i d																	
		— All Individuals ⁵ —									— Supplement Users ⁶ —						— Non-users ⁷ —		
		Percent reporting supplement folic acid 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)		
\$0 - \$24,999:																			
2 - 19.....	11	(1.8)	1067	223	(9.1)	34	(5.4)	257	(12.5)	104	224	(20.3)	321	(17.4)	546	(31.4)	223	(9.7)	
20 and over.....	18	(1.3)	1635	195	(8.2)	84	(7.7)	279	(11.6)	286	187	(15.8)	456	(17.1)	643	(23.8)	197	(7.2)	
2 and over...	16	(1.1)	2702	202	(6.1)	71	(6.3)	273	(10.1)	390	193	(13.7)	434	(15.3)	627	(19.2)	204	(5.6)	
\$25,000 - \$74,999:																			
2 - 19.....	13	(2.2)	1150	203	(8.7)	40	(6.0)	243	(12.3)	150	195	(11.3)	299	(24.0)	494	(22.4)	205	(10.2)	
20 and over.....	25	(1.8)	1693	189	(7.1)	116	(8.2)	306	(9.6)	381	195	(14.9)	456	(12.4)	651	(20.9)	188	(6.6)	
2 and over...	22	(1.8)	2843	193	(6.0)	97	(7.3)	290	(8.1)	531	195	(12.3)	433	(10.9)	628	(17.4)	192	(5.8)	
\$75,000 and higher:																			
2 - 19.....	26	(3.8)	705	212	(10.5)	72	(12.4)	285	(19.7)	155	246	(32.4)	276	(11.8)	521	(40.5)	200	(9.9)	
20 and over.....	33	(2.2)	1005	211	(5.9)	144	(12.8)	355	(14.4)	290	214	(15.5)	444	(14.7)	658	(25.6)	209	(9.9)	
2 and over...	31	(2.2)	1710	211	(5.0)	125	(11.3)	336	(12.7)	445	221	(14.7)	406	(11.9)	627	(22.8)	207	(7.4)	
All Individuals ⁹:																			
2 - 19.....	17	(1.5)	3097	213	(4.1)	48	(4.4)	261	(6.5)	440	225	(18.0)	288	(8.9)	513	(24.5)	211	(3.9)	
20 and over.....	25	(1.2)	4644	198	(4.1)	115	(6.2)	313	(7.6)	1012	201	(10.1)	451	(8.3)	652	(16.0)	197	(4.2)	
2 and over...	23	(1.2)	7741	202	(3.2)	98	(5.4)	299	(6.2)	1452	205	(9.1)	422	(6.8)	627	(13.1)	201	(3.1)	

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Family income in dollars and age (years)		F o l a t e (D F E)																	
		All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
		Percent reporting supplement folate (DFE) 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)		
\$0 - \$24,999:																			
2 - 19.....	11	(1.8)	1067	544	(17.6)	58	(9.2)	602	(23.5)	104	546	(36.4)	546	(29.5)	1092	(54.1)	544	(17.5)	
20 and over.....	18	(1.3)	1635	547	(17.6)	143	(13.1)	690	(21.6)	286	546	(35.7)	776	(29.0)	1322	(51.2)	547	(15.1)	
2 and over...	16	(1.1)	2702	546	(13.6)	121	(10.7)	667	(18.9)	390	546	(30.7)	738	(26.0)	1284	(43.1)	546	(11.8)	
\$25,000 - \$74,999:																			
2 - 19.....	13	(2.2)	1150	507	(15.8)	68	(10.1)	575	(21.0)	150	479	(18.6)	509	(40.7)	988	(49.5)	512	(17.8)	
20 and over.....	25	(1.8)	1693	553	(12.9)	197	(14.0)	751	(20.8)	381	584	(27.7)	776	(21.1)	1360	(40.3)	543	(12.6)	
2 and over...	22	(1.8)	2843	542	(11.0)	165	(12.4)	707	(17.5)	531	569	(23.1)	736	(18.5)	1305	(32.1)	534	(10.9)	
\$75,000 and higher:																			
2 - 19.....	26	(3.8)	705	531	(20.9)	123	(21.1)	654	(35.2)	155	575	(60.5)	469	(20.0)	1044	(74.7)	515	(21.2)	
20 and over.....	33	(2.2)	1005	620	(14.0)	245	(21.8)	865	(25.3)	290	636	(26.3)	755	(25.0)	1391	(43.4)	612	(19.9)	
2 and over...	31	(2.2)	1710	596	(11.5)	213	(19.3)	808	(21.7)	445	622	(25.9)	689	(20.3)	1312	(38.9)	584	(15.3)	
All Individuals⁹:																			
2 - 19.....	17	(1.5)	3097	527	(8.5)	81	(7.5)	608	(11.0)	440	539	(33.2)	490	(15.1)	1029	(45.0)	524	(8.9)	
20 and over.....	25	(1.2)	4644	570	(8.8)	195	(10.5)	765	(14.8)	1012	593	(19.5)	767	(14.1)	1360	(29.7)	562	(9.0)	
2 and over...	23	(1.2)	7741	559	(7.2)	166	(9.1)	725	(12.0)	1452	583	(17.7)	717	(11.6)	1300	(24.9)	552	(6.9)	

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Family income in dollars and age (years)	Percent reporting supplement 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)					
\$0 - \$24,999:																
2 - 19.....	6	(1.3)	1067	282 (14.8)	1 (0.3)	283 (14.8)		--	--	--				282 (14.9)		
20 and over.....	3	(1.0)	1635	322 (7.3)	1* (0.6)	323 (7.5)		--	--	--				322 (8.0)		
2 and over...	4	(0.8)	2702	312 (7.2)	1* (0.5)	313 (7.3)	95	307 (35.6)	41 (8.0)	348 (35.4)			312 (7.5)			
\$25,000 - \$74,999:																
2 - 19.....	9	(1.8)	1150	244 (8.8)	2 (0.6)	246 (8.9)	100	220 (17.0)	26 (2.8)	246 (17.4)			246 (9.1)			
20 and over.....	4	(0.8)	1693	331 (9.1)	2 (0.4)	333 (9.1)		--	--	--			328 (9.1)			
2 and over...	5	(0.7)	2843	310 (8.5)	2 (0.4)	311 (8.5)	160	330 (30.9)	33 (4.3)	363 (34.0)			309 (8.6)			
\$75,000 and higher:																
2 - 19.....	18	(3.1)	705	273 (8.4)	4 (0.7)	276 (8.7)	109	239 (22.7)	20 (3.3)	258 (22.8)			280 (10.0)			
20 and over.....	7	(1.9)	1005	360 (10.1)	2* (0.7)	362 (9.8)		--	--	--			360 (10.1)			
2 and over...	10	(1.8)	1710	336 (7.9)	2 (0.5)	339 (7.8)	163	296 (35.5)	24 (3.3)	320 (34.7)			341 (8.9)			
All Individuals ⁹:																
2 - 19.....	11	(1.1)	3097	263 (3.9)	2 (0.3)	266 (3.8)	296	238 (13.6)	22 (2.4)	260 (13.2)			266 (4.8)			
20 and over.....	5	(0.6)	4644	336 (3.7)	2 (0.3)	338 (3.8)	157	362 (35.6)	36 (4.0)	398 (34.9)			335 (3.9)			
2 and over...	6	(0.6)	7741	318 (2.9)	2 (0.3)	319 (2.9)	453	309 (22.0)	30 (2.5)	338 (21.6)			318 (3.2)			

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)	Percent reporting supplement vitamin B12 ⁸ % (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)					
\$0 - \$24,999:																
2 - 19.....	11	(1.8)	1067	5.65 (0.511)	0.6 (0.12)	6.3 (0.60)	104	5.66 (0.684)	6.0 (0.41)	11.7 (1.02)	5.65 (0.541)					
20 and over.....	19	(1.3)	1635	4.96 (0.242)	30.5 (5.34)	35.5 (5.38)	302	5.16 (0.391)	160.8 (27.34)	166.0 (27.55)	4.91 (0.245)					
2 and over...	17	(1.1)	2702	5.14 (0.278)	22.8 (4.01)	27.9 (4.06)	406	5.24 (0.356)	135.7 (22.24)	140.9 (22.37)	5.12 (0.283)					
\$25,000 - \$74,999:																
2 - 19.....	13	(2.2)	1150	4.60 (0.153)	0.9 (0.21)	5.5 (0.23)	153	4.17 (0.282)	6.7 (1.59)	10.9 (1.58)	4.67 (0.162)					
20 and over.....	27	(2.1)	1693	5.03 (0.183)	67.1* (21.58)	72.1 (21.58)	399	5.02 (0.178)	247.4 (70.13)	252.5 (70.09)	5.03 (0.222)					
2 and over...	24	(1.9)	2843	4.92 (0.165)	50.7* (16.21)	55.6 (16.21)	552	4.90 (0.161)	213.7 (62.43)	218.6 (62.42)	4.93 (0.188)					
\$75,000 and higher:																
2 - 19.....	27	(3.1)	705	5.24 (0.231)	6.2* (2.59)	11.4 (2.58)	159	5.15 (0.418)	23.2* (10.31)	28.4* (10.39)	5.27 (0.295)					
20 and over.....	35	(1.9)	1005	6.51 (0.760)	59.1 (7.45)	65.6 (7.39)	311	6.01 (0.402)	170.0 (23.08)	176.0 (23.23)	6.78 (1.174)					
2 and over...	33	(1.7)	1710	6.17 (0.602)	44.9 (5.58)	51.1 (5.53)	470	5.82 (0.329)	137.8 (18.52)	143.6 (18.68)	6.34 (0.896)					
All Individuals⁹:																
2 - 19.....	17	(1.4)	3097	5.13 (0.156)	2.5* (0.88)	7.6 (0.89)	445	4.98 (0.236)	14.7* (5.12)	19.7 (5.17)	5.16 (0.189)					
20 and over.....	27	(1.3)	4644	5.46 (0.220)	53.9 (10.52)	59.4 (10.51)	1072	5.47 (0.228)	199.4 (34.04)	204.9 (34.13)	5.45 (0.323)					
2 and over...	24	(1.2)	7741	5.37 (0.183)	40.8 (7.90)	46.2 (7.89)	1517	5.38 (0.182)	167.2 (29.62)	172.6 (29.69)	5.37 (0.261)					

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement vitamin C ⁸ % (SE)		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)				
\$0 - \$24,999:																
2 - 19.....	11	(1.8)	1067	74.6 (4.32)	12.2* (3.97)	86.8 (5.47)	109	75.3 (8.71)	111.7 (27.84)	186.9 (31.89)	74.5 (4.08)					
20 and over.....	19	(1.7)	1635	86.0 (8.01)	51.0 (7.09)	137.0 (9.92)	317	82.6 (7.85)	266.5 (22.85)	349.1 (24.26)	86.8 (9.04)					
2 and over...	17	(1.4)	2702	83.0 (6.24)	41.0 (5.93)	124.0 (7.84)	426	81.4 (7.42)	240.8 (22.06)	322.2 (23.69)	83.4 (6.80)					
\$25,000 - \$74,999:																
2 - 19.....	15	(1.9)	1150	85.4 (10.12)	16.3 (2.79)	101.7 (9.62)	176	102.3 (16.11)	106.8 (16.76)	209.2 (23.02)	82.4 (10.78)					
20 and over.....	28	(1.4)	1693	79.7 (4.75)	97.8 (12.82)	177.5 (15.77)	431	93.4 (9.77)	353.2 (38.13)	446.5 (45.03)	74.4 (3.45)					
2 and over...	25	(1.5)	2843	81.1 (3.87)	77.6 (9.95)	158.7 (12.45)	607	94.7 (8.49)	315.3 (31.42)	410.1 (37.37)	76.7 (3.38)					
\$75,000 and higher:																
2 - 19.....	28	(3.8)	705	78.1 (3.95)	23.1 (4.93)	101.2 (5.31)	173	75.5 (5.23)	83.2 (13.39)	158.7 (16.27)	79.1 (4.61)					
20 and over.....	34	(2.2)	1005	88.9 (4.39)	87.0 (8.60)	175.9 (10.46)	317	91.4 (4.82)	254.9 (23.07)	346.3 (23.61)	87.6 (5.57)					
2 and over...	32	(2.3)	1710	86.0 (3.64)	69.9 (6.84)	155.9 (7.68)	490	87.8 (3.55)	215.5 (19.23)	303.2 (20.10)	85.2 (4.58)					
All Individuals ⁹:																
2 - 19.....	18	(1.5)	3097	79.7 (4.40)	18.5 (1.90)	98.2 (3.99)	495	84.3 (7.19)	102.5 (8.66)	186.8 (12.11)	78.6 (4.46)					
20 and over.....	27	(1.2)	4644	84.3 (4.06)	82.0 (6.75)	166.3 (7.62)	1127	89.8 (4.42)	302.2 (20.07)	392.0 (22.36)	82.3 (4.89)					
2 and over...	25	(1.1)	7741	83.1 (3.33)	65.8 (5.38)	149.0 (6.19)	1622	88.8 (4.25)	265.2 (18.09)	354.0 (20.60)	81.3 (3.78)					

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement vitamin D ⁸ % (SE)		V i t a m i n D						Sample size		—All Individuals ⁵ —				—Supplement Users ⁶ —				—Non-users ⁷ —	
				Food		Supplement		Food plus supplement				Food		Supplement		Food plus supplement		Food			
				µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)		
\$0 - \$24,999:																					
2 - 19.....		11	(1.6)	1067	6.2 (0.41)	1.4 (0.19)	7.6 (0.52)	114	5.9 (0.48)	12.1 (0.81)	18.0 (0.93)	6.2 (0.44)									
20 and over.....		24	(2.0)	1635	4.7 (0.32)	9.1 (2.33)	13.7 (2.34)	382	4.7 (0.42)	37.9 (9.09)	42.5 (9.01)	4.6 (0.33)									
2 and over...		21	(1.7)	2702	5.0 (0.28)	7.1 (1.79)	12.2 (1.83)	496	4.8 (0.40)	34.3 (7.85)	39.1 (7.76)	5.1 (0.29)									
\$25,000 - \$74,999:																					
2 - 19.....		14	(2.0)	1150	5.4 (0.26)	1.3 (0.18)	6.8 (0.33)	166	5.5 (0.33)	9.4 (0.70)	14.9 (0.78)	5.4 (0.29)									
20 and over.....		31	(2.0)	1693	4.5 (0.17)	9.8 (1.46)	14.3 (1.44)	486	4.4 (0.25)	32.1 (3.17)	36.5 (3.23)	4.5 (0.25)									
2 and over...		27	(1.9)	2843	4.7 (0.17)	7.7 (1.16)	12.5 (1.15)	652	4.6 (0.19)	29.1 (2.63)	33.6 (2.68)	4.8 (0.24)									
\$75,000 and higher:																					
2 - 19.....		26	(3.4)	705	6.4 (0.28)	3.1 (0.49)	9.5 (0.59)	171	6.6 (0.65)	11.7 (0.92)	18.3 (1.52)	6.4 (0.33)									
20 and over.....		39	(2.5)	1005	5.1 (0.31)	14.6 (2.07)	19.7 (2.01)	364	5.8 (0.74)	37.1 (4.76)	43.0 (4.76)	4.5 (0.22)									
2 and over...		36	(2.3)	1710	5.4 (0.25)	11.5 (1.49)	17.0 (1.49)	535	6.0 (0.61)	32.1 (3.95)	38.1 (3.99)	5.1 (0.21)									
All Individuals⁹:																					
2 - 19.....		17	(1.4)	3097	6.0 (0.15)	1.9 (0.17)	7.8 (0.22)	481	6.2 (0.33)	10.9 (0.52)	17.1 (0.76)	5.9 (0.19)									
20 and over.....		31	(1.6)	4644	4.7 (0.15)	11.2 (1.19)	15.9 (1.19)	1310	5.0 (0.30)	35.7 (2.77)	40.7 (2.72)	4.6 (0.13)									
2 and over...		28	(1.5)	7741	5.0 (0.12)	8.8 (0.91)	13.8 (0.92)	1791	5.2 (0.25)	31.8 (2.30)	37.0 (2.27)	5.0 (0.13)									

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement vitamin K ⁸ % (SE)		V i t a m i n K						Supplement Users ⁶		Non-users ⁷	
				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)			
\$0 - \$24,999:													
2 - 19.....		1067	70.1 (3.93)	0.3* (0.13)	70.5 (4.03)	214	-- (10.16)	-- (1.50)	-- (9.91)	69.6 (3.92)			
20 and over.....		1635	101.7 (5.63)	4.3 (0.30)	106.0 (5.65)	278	103.9 (11.63)	31.3 (1.53)	135.2 (11.91)	101.4 (6.41)			
2 and over...		2702	93.6 (4.75)	3.3 (0.23)	96.9 (4.78)	227	103.8 (9.52)	30.9 (1.37)	134.7 (9.26)	92.4 (5.28)			
\$25,000 - \$74,999:													
2 - 19.....		1150	63.5 (4.98)	0.2* (0.09)	63.7 (4.98)	278	-- (11.63)	-- (1.53)	-- (11.91)	63.4 (5.01)			
20 and over.....		1693	138.5 (22.05)	5.8 (0.40)	144.4 (22.28)	287	133.9 (11.33)	32.8 (1.52)	166.7 (11.60)	139.5 (26.67)			
2 and over...		2843	119.9 (16.60)	4.4 (0.34)	124.4 (16.80)	234	133.4 (20.58)	32.8 (2.13)	166.1 (20.64)	117.8 (19.01)			
\$75,000 and higher:													
2 - 19.....		705	66.9 (4.10)	1.2* (0.56)	68.0 (3.82)	217	-- (21.17)	-- (2.20)	-- (21.25)	67.3 (4.14)			
20 and over.....		1005	146.3 (11.46)	8.0 (0.77)	154.4 (11.83)	234	165.0 (21.17)	33.8 (2.20)	198.9 (21.25)	140.5 (13.56)			
2 and over...		1710	125.0 (8.18)	6.2 (0.59)	131.2 (8.43)	234	159.8 (20.58)	34.0 (2.13)	193.8 (20.64)	117.3 (8.80)			
All Individuals ⁹:													
2 - 19.....		3097	66.4 (2.51)	0.5* (0.18)	66.9 (2.41)	753	-- (9.38)	-- (1.12)	-- (9.65)	66.3 (2.44)			
20 and over.....		4644	129.8 (8.73)	6.1 (0.32)	135.9 (8.90)	797	140.5 (9.38)	33.2 (1.12)	173.7 (9.65)	127.4 (10.00)			
2 and over...		7741	113.7 (6.76)	4.7 (0.26)	118.3 (6.90)	797	138.4 (9.07)	33.1 (1.11)	171.5 (9.34)	109.6 (7.31)			

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement lycopene ⁸ % (SE)		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)			
\$0 - \$24,999:															
2 - 19.....	#		1067	5708 (492.0)	1* (0.8)	5709 (492.7)		--	--	--		5723 (504.2)			
20 and over.....	6 (0.8)		1635	5349 (329.5)	38* (15.7)	5387 (331.2)	93	4303 (840.1)	634* (255.5)	4936 (924.5)		5416 (370.6)			
2 and over...	5 (0.6)		2702	5441 (337.3)	29* (11.8)	5470 (338.1)	94	4245 (848.1)	628* (251.0)	4873 (929.3)		5498 (370.8)			
\$25,000 - \$74,999:															
2 - 19.....	#		1150	5148 (613.2)	1* (0.6)	5149 (613.1)		--	--	--		5144 (614.2)			
20 and over.....	11 (1.4)		1693	4890 (251.7)	78* (26.4)	4968 (255.3)	162	6103 (828.0)	709* (220.4)	6811 (737.1)		4741 (255.2)			
2 and over...	8 (1.1)		2843	4954 (273.4)	58* (20.0)	5013 (272.9)	165	6111 (824.6)	708* (219.9)	6819 (734.2)		4850 (275.4)			
\$75,000 and higher:															
2 - 19.....	1* (0.6)		705	5141 (598.4)	8* (5.4)	5149 (596.1)		--	--	--		5122 (612.0)			
20 and over.....	14 (1.6)		1005	5772 (416.3)	145* (50.2)	5917 (434.5)	126	7353 (1246.5)	1057* (341.7)	8410 (1415.3)		5520 (411.0)			
2 and over...	10 (1.2)		1710	5603 (287.0)	108* (36.8)	5711 (296.9)	131	7341 (1212.4)	1049* (331.8)	8390 (1375.9)		5402 (297.1)			
All Individuals⁹:															
2 - 19.....	#		3097	5255 (347.3)	3* (1.8)	5257 (346.5)		--	--	--		5251 (352.3)			
20 and over.....	10 (1.0)		4644	5264 (159.7)	88 (21.0)	5353 (162.5)	407	6221 (402.5)	846 (162.3)	7067 (421.7)		5152 (167.0)			
2 and over...	8 (0.8)		7741	5262 (165.5)	67 (15.8)	5328 (165.9)	417	6218 (406.2)	843 (160.7)	7062 (425.8)		5180 (174.7)			

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) 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 —			
Family income in dollars 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)	
\$0 - \$24,999:																			
2 - 19.....	0*	(0.0)	1067	834	(54.9)	0*	(0.0)	834	(54.9)		--	--	--	--	--	--	834	(54.9)	
20 and over.....	5	(0.7)	1635	1296	(81.4)	58*	(22.5)	1354	(81.2)	88	1456	(358.2)	1131*	(397.2)	2587	(646.7)	1287	(80.4)	
2 and over...	4	(0.5)	2702	1177	(66.1)	43*	(16.8)	1220	(66.7)	88	1456	(358.2)	1131*	(397.2)	2587	(646.7)	1166	(65.6)	
\$25,000 - \$74,999:																			
2 - 19.....	#		1150	755	(56.7)	1*	(0.8)	756	(56.6)		--	--	--	--	--	--	753	(57.2)	
20 and over.....	9	(0.8)	1693	1718	(199.0)	133	(36.8)	1851	(210.4)	141	3632*	(1587.6)	1516	(435.0)	5147*	(1790.7)	1534	(115.1)	
2 and over...	7	(0.7)	2843	1479	(152.3)	100	(27.3)	1579	(159.9)	147	3609*	(1578.8)	1504	(431.8)	5113*	(1783.1)	1327	(89.5)	
\$75,000 and higher:																			
2 - 19.....	1*	(0.6)	705	803	(67.1)	9*	(6.5)	812	(66.0)		--	--	--	--	--	--	801	(67.4)	
20 and over.....	11	(1.7)	1005	2168	(271.1)	262*	(112.1)	2430	(336.7)	102	2042	(401.0)	2478*	(867.4)	4520	(1240.8)	2183	(280.5)	
2 and over...	8	(1.3)	1710	1802	(193.0)	194*	(82.7)	1996	(241.4)	108	1996	(389.6)	2410*	(836.9)	4406	(1200.7)	1785	(192.2)	
All Individuals ⁹:																			
2 - 19.....	#		3097	792	(33.8)	3*	(2.1)	796	(32.8)		--	--	--	--	--	--	791	(33.5)	
20 and over.....	8	(0.7)	4644	1732	(122.1)	146	(31.7)	1878	(140.0)	354	2548	(678.9)	1731	(321.4)	4278	(896.2)	1657	(123.1)	
2 and over...	6	(0.6)	7741	1492	(96.4)	110	(23.8)	1602	(109.3)	366	2519	(669.0)	1711	(315.9)	4230	(882.8)	1422	(94.4)	

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement calcium ⁸ % (SE)		C a l c i u m						Supplement Users ⁶		Non-users ⁷	
				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)			
\$0 - \$24,999:													
2 - 19.....	7 (1.1)	1067	1090 (43.1)	15* (5.4)	1106 (47.2)		--	--	--	1093 (42.4)			
20 and over.....	22 (2.4)	1635	992 (37.8)	106 (13.2)	1098 (40.0)	355	968 (40.3)	486 (18.5)	1453 (36.3)	999 (41.9)			
2 and over...	18 (1.8)	2702	1018 (35.9)	83 (9.8)	1100 (39.0)	417	977 (40.6)	459 (16.9)	1436 (36.5)	1026 (38.8)			
\$25,000 - \$74,999:													
2 - 19.....	7 (0.9)	1150	1016 (29.2)	11 (1.6)	1027 (29.1)	87	942 (62.1)	157 (12.2)	1099 (65.4)	1021 (30.5)			
20 and over.....	29 (2.3)	1693	954 (24.1)	142 (12.5)	1096 (29.6)	457	973 (40.9)	483 (33.9)	1456 (55.4)	946 (26.5)			
2 and over...	24 (1.8)	2843	969 (22.4)	109 (9.5)	1079 (26.2)	544	970 (37.3)	459 (30.5)	1430 (50.6)	969 (24.5)			
\$75,000 and higher:													
2 - 19.....	14 (2.3)	705	1170 (43.8)	23 (3.2)	1193 (45.5)	83	1190 (109.7)	163 (20.2)	1353 (107.6)	1167 (38.1)			
20 and over.....	37 (2.5)	1005	1054 (29.8)	180 (18.1)	1235 (38.7)	333	1106 (52.9)	489 (32.3)	1595 (61.7)	1024 (35.4)			
2 and over...	31 (1.9)	1710	1085 (28.7)	138 (13.7)	1224 (35.6)	416	1116 (53.3)	448 (29.1)	1565 (61.6)	1072 (29.9)			
All Individuals⁹:													
2 - 19.....	9 (0.9)	3097	1082 (20.5)	16 (2.1)	1098 (21.0)	252	1097 (56.0)	170 (16.1)	1266 (57.6)	1081 (20.4)			
20 and over.....	30 (1.7)	4644	989 (14.5)	144 (10.1)	1133 (21.4)	1221	1013 (28.0)	487 (21.7)	1500 (39.5)	979 (14.1)			
2 and over...	24 (1.4)	7741	1013 (13.9)	111 (7.9)	1124 (19.2)	1473	1021 (26.8)	456 (18.8)	1477 (36.8)	1010 (14.5)			

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement phosphorus ⁸ % (SE)		P h o s p h o r u s						— Non-users ⁷ —					
				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)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)
\$0 - \$24,999:															
2 - 19.....		1067	1355 (50.0)	3 (0.9)	1358 (50.1)	160	--	--	--	1354	(50.4)				
20 and over.....		1635	1374 (33.7)	5* (2.2)	1380 (34.0)	160	1321 (81.2)	55* (20.8)	1375 (85.2)	1380	(33.9)				
2 and over...		2702	1369 (34.5)	5* (1.8)	1374 (34.7)	200	1328 (83.1)	59* (19.0)	1387 (84.5)	1373	(34.5)				
\$25,000 - \$74,999:															
2 - 19.....		1150	1249 (35.1)	4 (1.1)	1254 (35.2)	186	--	--	--	1253	(36.6)				
20 and over.....		1693	1396 (31.0)	6 (1.0)	1401 (30.9)	186	1290 (72.9)	48 (7.6)	1338 (75.7)	1410	(36.5)				
2 and over...		2843	1359 (29.3)	5 (0.7)	1365 (29.2)	241	1276 (65.0)	53 (6.6)	1329 (68.0)	1369	(33.5)				
\$75,000 and higher:															
2 - 19.....		705	1392 (41.0)	6 (1.4)	1398 (41.8)	135	--	--	--	1396	(38.1)				
20 and over.....		1005	1517 (35.6)	8 (2.1)	1525 (36.0)	135	1643 (142.3)	55 (9.4)	1698 (149.0)	1495	(37.8)				
2 and over...		1710	1483 (28.4)	8 (1.4)	1491 (28.4)	176	1596 (127.7)	60 (7.4)	1657 (132.4)	1467	(31.1)				
All Individuals⁹:															
2 - 19.....		3097	1319 (17.6)	5 (0.5)	1323 (17.7)	149	1300 (54.6)	90 (4.1)	1389 (54.6)	1320	(18.3)				
20 and over.....		4644	1420 (13.1)	6 (0.8)	1426 (13.2)	514	1413 (65.4)	51 (6.1)	1464 (67.5)	1421	(13.8)				
2 and over...		7741	1394 (10.3)	6 (0.6)	1400 (10.3)	663	1398 (60.2)	56 (5.4)	1454 (61.7)	1394	(11.7)				

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars 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)						
\$0 - \$24,999:																	
2 - 19.....	6	(1.4)	1067	246 (8.4)	2* (0.6)	248 (8.7)				--	--	--				246 (9.2)	
20 and over.....	17	(1.6)	1635	291 (5.6)	16 (1.8)	307 (6.0)	268	308 (11.0)	99 (4.6)	407 (10.2)	287 (6.8)						
2 and over...	14	(1.2)	2702	279 (5.5)	13 (1.3)	292 (5.7)	330	301 (12.2)	91 (3.3)	392 (11.8)	276 (6.7)						
\$25,000 - \$74,999:																	
2 - 19.....	6	(1.0)	1150	233 (6.6)	1 (0.2)	234 (6.6)	79	213 (20.7)	19 (2.4)	232 (22.3)	234 (6.6)						
20 and over.....	22	(1.8)	1693	308 (7.0)	29 (7.1)	337 (11.1)	333	320 (12.4)	132 (28.0)	452 (38.8)	304 (9.0)						
2 and over...	18	(1.4)	2843	289 (6.0)	22 (5.5)	311 (8.8)	412	310 (10.3)	122 (25.6)	432 (34.0)	285 (7.4)						
\$75,000 and higher:																	
2 - 19.....	15	(1.7)	705	257 (7.7)	5 (0.9)	262 (7.9)	76	288 (14.1)	33 (4.9)	321 (14.2)	252 (7.6)						
20 and over.....	29	(2.3)	1005	347 (10.3)	32 (5.6)	379 (12.7)	262	384 (16.0)	111 (14.8)	495 (22.7)	333 (9.7)						
2 and over...	25	(1.7)	1710	323 (8.0)	25 (4.2)	348 (9.9)	338	369 (13.9)	99 (13.3)	468 (20.8)	308 (7.1)						
All Individuals⁹:																	
2 - 19.....	9	(0.7)	3097	244 (2.8)	3 (0.4)	246 (2.8)	235	257 (9.7)	29 (3.2)	286 (10.7)	242 (2.8)						
20 and over.....	22	(1.2)	4644	314 (5.0)	26 (3.8)	340 (7.1)	915	339 (9.2)	116 (12.8)	455 (17.8)	306 (5.1)						
2 and over...	19	(1.0)	7741	296 (4.0)	20 (2.9)	316 (5.8)	1150	329 (8.4)	106 (11.3)	435 (15.7)	288 (3.7)						

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars 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)						
\$0 - \$24,999:																	
2 - 19.....	5	(0.8)	1067	14.9 (0.33)	1.2 (0.21)	16.2 (0.43)				--	--	--				15.0 (0.33)	
20 and over.....	11	(0.8)	1635	15.1 (0.28)	2.7 (0.26)	17.9 (0.42)	175	14.1 (0.73)	25.3 (1.90)	39.3 (2.35)						15.3 (0.29)	
2 and over...	9	(0.6)	2702	15.1 (0.23)	2.4 (0.21)	17.4 (0.33)	230	14.1 (0.67)	24.9 (1.62)	39.0 (2.06)						15.2 (0.22)	
\$25,000 - \$74,999:																	
2 - 19.....	4	(0.8)	1150	13.7 (0.37)	0.8 (0.19)	14.5 (0.48)				--	--	--				13.8 (0.37)	
20 and over.....	11	(0.8)	1693	15.3 (0.29)	2.6 (0.22)	17.9 (0.40)	184	15.0 (0.86)	22.2 (1.88)	37.2 (2.30)						15.4 (0.29)	
2 and over...	10	(0.6)	2843	14.9 (0.25)	2.1 (0.18)	17.1 (0.36)	243	14.8 (0.74)	22.0 (1.72)	36.8 (2.08)						15.0 (0.25)	
\$75,000 and higher:																	
2 - 19.....	9	(1.5)	705	14.4 (0.42)	1.6 (0.28)	15.9 (0.57)				--	--	--				14.2 (0.40)	
20 and over.....	18	(1.8)	1005	16.9 (0.46)	3.6 (0.59)	20.5 (0.63)	155	16.4 (0.83)	20.2 (2.08)	36.6 (1.96)						17.0 (0.52)	
2 and over...	15	(1.4)	1710	16.2 (0.34)	3.0 (0.45)	19.3 (0.41)	213	16.3 (0.76)	19.7 (1.82)	36.0 (1.70)						16.2 (0.38)	
All Individuals⁹:																	
2 - 19.....	6	(0.5)	3097	14.3 (0.21)	1.2 (0.10)	15.5 (0.25)	189	14.7 (0.84)	19.3 (1.05)	33.9 (1.00)						14.3 (0.20)	
20 and over.....	13	(0.8)	4644	15.8 (0.17)	2.9 (0.20)	18.7 (0.27)	544	15.4 (0.42)	22.3 (1.30)	37.7 (1.51)						15.8 (0.18)	
2 and over...	11	(0.6)	7741	15.4 (0.13)	2.5 (0.16)	17.9 (0.20)	733	15.3 (0.40)	21.8 (1.16)	37.1 (1.36)						15.4 (0.14)	

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars 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)						
\$0 - \$24,999:																	
2 - 19.....	10	(1.7)	1067	10.5 (0.44)	0.9 (0.14)	11.4 (0.51)	96	10.3 (0.70)	8.7 (1.17)	19.0 (1.30)	10.6 (0.45)						
20 and over.....	16	(1.3)	1635	11.2 (0.23)	2.3 (0.24)	13.5 (0.36)	259	11.4 (0.66)	14.1 (0.57)	25.5 (0.94)	11.2 (0.22)						
2 and over...	15	(1.2)	2702	11.0 (0.23)	1.9 (0.19)	13.0 (0.33)	355	11.2 (0.56)	13.1 (0.48)	24.4 (0.72)	11.0 (0.22)						
\$25,000 - \$74,999:																	
2 - 19.....	12	(2.1)	1150	9.7 (0.37)	0.8 (0.15)	10.4 (0.37)	134	8.5 (0.40)	6.5 (1.04)	15.0 (1.19)	9.8 (0.40)						
20 and over.....	22	(1.4)	1693	11.2 (0.32)	3.5 (0.27)	14.8 (0.38)	353	11.5 (0.37)	15.8 (0.78)	27.3 (0.98)	11.2 (0.43)						
2 and over...	20	(1.4)	2843	10.8 (0.30)	2.9 (0.21)	13.7 (0.36)	487	11.0 (0.32)	14.4 (0.56)	25.5 (0.75)	10.8 (0.38)						
\$75,000 and higher:																	
2 - 19.....	26	(3.0)	705	10.6 (0.58)	1.6 (0.30)	12.3 (0.82)	154	10.7 (1.29)	6.3 (0.84)	17.0 (2.04)	10.6 (0.52)						
20 and over.....	31	(2.1)	1005	12.3 (0.32)	5.0 (0.50)	17.3 (0.56)	271	13.0 (0.62)	16.4 (1.28)	29.4 (1.38)	12.0 (0.35)						
2 and over...	29	(1.9)	1710	11.9 (0.29)	4.1 (0.40)	16.0 (0.51)	425	12.5 (0.60)	14.0 (0.97)	26.5 (1.27)	11.6 (0.29)						
All Individuals ⁹:																	
2 - 19.....	16	(1.3)	3097	10.2 (0.20)	1.1 (0.09)	11.3 (0.24)	413	10.0 (0.62)	6.7 (0.57)	16.7 (1.06)	10.2 (0.21)						
20 and over.....	23	(1.0)	4644	11.5 (0.15)	3.6 (0.23)	15.1 (0.28)	934	12.0 (0.26)	15.8 (0.72)	27.8 (0.73)	11.4 (0.16)						
2 and over...	21	(1.0)	7741	11.2 (0.13)	3.0 (0.18)	14.1 (0.25)	1347	11.6 (0.25)	14.1 (0.51)	25.7 (0.60)	11.1 (0.13)						

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars 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		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)	
\$0 - \$24,999:																					
2 - 19.....		6	(0.8)	1067	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)		--	--	--					1.0	(0.03)	
20 and over.....		15	(1.2)	1635	1.2	(0.02)	0.2	(0.02)	1.4	(0.02)	240	1.2	(0.04)	1.1	(0.08)	2.4	(0.09)			1.2	(0.02)
2 and over...		13	(1.0)	2702	1.1	(0.02)	0.2	(0.02)	1.3	(0.02)	294	1.2	(0.04)	1.2	(0.06)	2.5	(0.08)			1.1	(0.02)
\$25,000 - \$74,999:																					
2 - 19.....		6	(1.0)	1150	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)		--	--	--					1.0	(0.03)	
20 and over.....		21	(1.5)	1693	1.3	(0.03)	0.3	(0.03)	1.5	(0.03)	314	1.4	(0.04)	1.2	(0.07)	2.6	(0.09)			1.3	(0.03)
2 and over...		17	(1.2)	2843	1.2	(0.02)	0.2	(0.02)	1.4	(0.03)	378	1.3	(0.04)	1.3	(0.06)	2.6	(0.08)			1.2	(0.03)
\$75,000 and higher:																					
2 - 19.....		10	(1.8)	705	1.1	(0.05)	0.2	(0.04)	1.3	(0.08)		--	--	--					1.1	(0.04)	
20 and over.....		27	(2.1)	1005	1.6	(0.14)	0.4	(0.03)	2.0	(0.15)	241	1.6	(0.08)	1.4	(0.09)	3.0	(0.11)			1.6	(0.18)
2 and over...		22	(1.5)	1710	1.5	(0.11)	0.3	(0.02)	1.8	(0.12)	299	1.6	(0.07)	1.4	(0.08)	3.0	(0.11)			1.4	(0.13)
All Individuals⁹:																					
2 - 19.....		7	(0.6)	3097	1.0	(0.02)	0.1	(0.01)	1.1	(0.02)	189	1.1	(0.07)	1.8	(0.05)	3.0	(0.09)			1.0	(0.02)
20 and over.....		21	(1.0)	4644	1.4	(0.05)	0.3	(0.02)	1.6	(0.06)	843	1.4	(0.03)	1.3	(0.05)	2.7	(0.06)			1.3	(0.06)
2 and over...		17	(0.8)	7741	1.3	(0.04)	0.2	(0.01)	1.5	(0.05)	1032	1.4	(0.04)	1.3	(0.04)	2.7	(0.05)			1.2	(0.04)

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars 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)						
\$0 - \$24,999:																	
2 - 19.....	6	(1.0)	1067	3329 (113.8)	1 (0.2)	3330 (113.8)										3368 (119.8)	
20 and over.....	3	(0.7)	1635	3559 (88.3)	1* (0.3)	3560 (88.3)										3570 (89.0)	
2 and over...	4	(0.7)	2702	3500 (89.6)	1 (0.3)	3501 (89.6)	112	2997 (188.0)	23 (4.9)	3020 (191.3)						3519 (91.9)	
\$25,000 - \$74,999:																	
2 - 19.....	7	(1.3)	1150	2999 (102.8)	1 (0.2)	3000 (102.7)	86	2490 (181.8)	14 (1.6)	2504 (181.4)						3040 (110.4)	
20 and over.....	6	(0.8)	1693	3547 (69.0)	2 (0.3)	3549 (69.1)	87	3395 (212.7)	42 (5.6)	3438 (214.4)						3556 (68.8)	
2 and over...	6	(0.8)	2843	3411 (71.5)	2 (0.3)	3413 (71.6)	173	3119 (178.9)	34 (3.7)	3152 (180.5)						3430 (73.5)	
\$75,000 and higher:																	
2 - 19.....	10	(2.9)	705	3181 (93.9)	1 (0.3)	3182 (93.9)										3249 (111.6)	
20 and over.....	7	(1.2)	1005	3749 (83.4)	2 (0.5)	3751 (83.3)										3764 (88.5)	
2 and over...	8	(0.9)	1710	3597 (66.6)	2 (0.4)	3598 (66.5)	123	3198 (152.0)	22 (4.1)	3221 (153.1)						3630 (74.8)	
All Individuals⁹:																	
2 - 19.....	8	(1.1)	3097	3138 (48.7)	1 (0.2)	3139 (48.7)	221	2601 (110.3)	13 (0.8)	2613 (110.5)						3185 (55.1)	
20 and over.....	5	(0.4)	4644	3607 (29.4)	2 (0.2)	3608 (29.4)	213	3412 (151.3)	35 (4.0)	3447 (152.9)						3617 (27.7)	
2 and over...	6	(0.5)	7741	3487 (24.6)	2 (0.2)	3489 (24.6)	434	3130 (116.4)	27 (2.8)	3158 (117.9)						3509 (25.7)	

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)		Percent reporting supplement 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)					
\$0 - \$24,999:																	
2 - 19.....	#	1067	2304 (50.4)	#	2304 (50.4)	--	--	--	2302 (50.3)								
20 and over.....	11 (1.1)	1635	2636 (56.2)	11 (1.3)	2647 (56.2)	181	2623 (119.2)	97 (4.6)	2720 (119.1)	2638 (60.2)							
2 and over...	8 (0.8)	2702	2551 (49.1)	8 (0.9)	2559 (49.1)	183	2628 (118.4)	97 (4.6)	2725 (118.4)	2544 (52.2)							
\$25,000 - \$74,999:																	
2 - 19.....	#	1150	2200 (59.6)	#	2200 (59.7)	--	--	--	2199 (59.9)								
20 and over.....	15 (1.5)	1693	2753 (64.5)	12 (1.5)	2765 (65.4)	225	3013 (154.8)	81 (4.8)	3094 (156.1)	2706 (68.5)							
2 and over...	12 (1.2)	2843	2616 (57.0)	9 (1.2)	2625 (57.7)	231	3009 (154.7)	81 (4.8)	3089 (156.0)	2564 (59.8)							
\$75,000 and higher:																	
2 - 19.....	2* (1.1)	705	2389 (65.7)	1* (0.4)	2390 (65.4)	--	--	--	2387 (67.0)								
20 and over.....	19 (2.1)	1005	3027 (69.5)	17 (2.8)	3043 (69.8)	171	3202 (119.5)	87 (8.6)	3289 (120.0)	2985 (71.5)							
2 and over...	14 (1.5)	1710	2856 (57.6)	12 (2.1)	2868 (57.8)	183	3174 (114.4)	85 (8.6)	3259 (114.8)	2802 (60.3)							
All Individuals⁹:																	
2 - 19.....	1 (0.4)	3097	2281 (21.3)	1 (0.1)	2282 (21.3)	--	--	--	2278 (21.8)								
20 and over.....	15 (0.9)	4644	2793 (38.0)	13 (0.9)	2806 (38.5)	618	2982 (70.7)	86 (3.1)	3069 (70.8)	2759 (36.1)							
2 and over...	12 (0.7)	7741	2663 (32.4)	10 (0.7)	2672 (32.9)	646	2973 (68.6)	86 (3.2)	3059 (68.4)	2622 (29.4)							

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years)	Percent reporting supplement selenium ⁸ % (SE)		S e l e n i u m													
			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)					
\$0 - \$24,999:																
2 - 19.....	1*	(0.6)	1067	102.4 (4.13)	0.6* (0.34)	102.9 (4.33)				--	--	--		102.3 (4.25)		
20 and over.....	14	(1.1)	1635	110.7 (2.55)	9.0 (1.05)	119.6 (2.33)	224	112.3 (5.07)	61.9 (4.21)	174.2 (6.57)			110.4 (2.70)			
2 and over...	11	(0.8)	2702	108.5 (2.67)	6.8 (0.75)	115.3 (2.47)	233	112.1 (5.10)	61.5 (3.98)	173.6 (6.57)			108.1 (2.87)			
\$25,000 - \$74,999:																
2 - 19.....	1*	(0.3)	1150	91.5 (3.23)	0.2* (0.14)	91.8 (3.15)				--	--	--		91.6 (3.23)		
20 and over.....	21	(1.5)	1693	112.3 (2.62)	28.0* (13.31)	140.3 (13.41)	315	108.2 (4.90)	136.4* (65.12)	244.6 (66.18)			113.3 (3.24)			
2 and over...	16	(1.3)	2843	107.1 (2.55)	21.1* (10.01)	128.2 (10.30)	322	107.9 (4.83)	135.6* (64.55)	243.5 (65.59)			107.0 (2.96)			
\$75,000 and higher:																
2 - 19.....	5	(1.6)	705	102.7 (4.17)	2.2* (1.20)	104.9 (4.16)				--	--	--		101.2 (4.36)		
20 and over.....	26	(2.0)	1005	123.1 (3.07)	19.1 (1.60)	142.2 (3.35)	240	122.8 (6.46)	72.7 (3.76)	195.5 (8.31)			123.2 (3.64)			
2 and over...	21	(1.4)	1710	117.6 (2.11)	14.6 (1.19)	132.2 (2.50)	264	123.3 (6.07)	70.9 (4.03)	194.2 (8.20)			116.1 (2.05)			
All Individuals ⁹:																
2 - 19.....	2	(0.6)	3097	98.1 (1.65)	1.0* (0.41)	99.1 (1.67)				--	--	--		97.5 (1.70)		
20 and over.....	20	(1.1)	4644	114.9 (1.52)	25.2* (7.79)	140.2 (7.61)	825	113.9 (2.48)	123.7* (39.24)	237.6 (39.78)			115.2 (1.59)			
2 and over...	16	(0.9)	7741	110.6 (1.09)	19.1* (5.84)	129.7 (5.86)	867	114.2 (2.44)	121.1* (37.88)	235.3 (38.38)			110.0 (1.06)			

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 + $(1.7 * \mu\text{g}$ 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 income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

⁹ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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