

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement thiamin ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
				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)			
Under 131% poverty:															
2 - 19.....	6	(1.0)	1394	1.56 (0.035)	0.10 (0.018)	1.66 (0.043)	82	1.57 (0.106)	1.71 (0.127)	3.28 (0.185)	1.56 (0.033)				
20 and over.....	14	(1.3)	1536	1.63 (0.058)	3.30 (0.946)	4.94 (0.936)	224	1.61 (0.118)	22.91* (6.954)	24.53 (6.916)	1.64 (0.053)				
2 and over...	11	(1.0)	2930	1.61 (0.046)	2.20 (0.601)	3.81 (0.592)	306	1.60 (0.109)	19.15 (5.516)	20.75 (5.486)	1.61 (0.042)				
131-350% poverty:															
2 - 19.....	9	(1.7)	910	1.51 (0.052)	0.17 (0.043)	1.69 (0.057)		--	--	--	1.50 (0.054)				
20 and over.....	22	(1.5)	1460	1.58 (0.054)	4.85* (1.750)	6.43 (1.767)	293	1.54 (0.087)	22.12* (8.550)	23.66* (8.601)	1.59 (0.060)				
2 and over...	19	(1.3)	2370	1.56 (0.049)	3.64* (1.270)	5.20 (1.287)	360	1.55 (0.074)	19.63* (7.428)	21.17* (7.474)	1.56 (0.053)				
Over 350% poverty:															
2 - 19.....	10	(1.9)	569	1.57 (0.050)	0.57* (0.337)	2.13 (0.333)		--	--	--	1.56 (0.059)				
20 and over.....	31	(1.8)	1290	1.72 (0.039)	5.07 (1.087)	6.80 (1.088)	364	1.79 (0.056)	16.39 (3.146)	18.17 (3.162)	1.70 (0.051)				
2 and over...	27	(1.6)	1859	1.70 (0.036)	4.24 (0.921)	5.94 (0.928)	421	1.78 (0.056)	15.66 (2.902)	17.44 (2.921)	1.66 (0.045)				
All Individuals¹⁰:															
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.).

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Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement riboflavin ⁹ % (SE)	Sample Size	All Individuals ⁶						Supplement Users ⁷						Non-users ⁸	
				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)						
Under 131% poverty:																	
2 - 19.....	6	(1.0)	1394	2.04 (0.099)	0.11 (0.019)	2.15 (0.096)	82	1.94 (0.133)	1.86 (0.095)	3.80 (0.184)	2.04 (0.105)						
20 and over.....	15	(1.4)	1536	2.05 (0.068)	1.50* (0.474)	3.56 (0.475)	226	2.18 (0.172)	10.33 (2.889)	12.51 (2.824)	2.03 (0.057)						
2 and over...	12	(1.0)	2930	2.05 (0.071)	1.02* (0.324)	3.07 (0.326)	308	2.14 (0.154)	8.84 (2.405)	10.98 (2.362)	2.04 (0.066)						
131-350% poverty:																	
2 - 19.....	9	(1.7)	910	1.89 (0.048)	0.19 (0.045)	2.08 (0.069)		--	--	--	1.88 (0.053)						
20 and over.....	22	(1.5)	1460	2.06 (0.059)	2.20 (0.285)	4.26 (0.304)	297	2.12 (0.066)	9.93 (1.312)	12.05 (1.313)	2.04 (0.072)						
2 and over...	19	(1.3)	2370	2.01 (0.044)	1.68 (0.214)	3.69 (0.219)	364	2.10 (0.057)	8.98 (1.176)	11.08 (1.181)	1.99 (0.054)						
Over 350% poverty:																	
2 - 19.....	10	(1.9)	569	2.09 (0.063)	0.59* (0.336)	2.68 (0.371)		--	--	--	2.07 (0.054)						
20 and over.....	31	(1.8)	1290	2.38 (0.047)	2.98 (0.458)	5.36 (0.476)	366	2.45 (0.084)	9.62 (1.210)	12.07 (1.228)	2.35 (0.072)						
2 and over...	27	(1.6)	1859	2.33 (0.045)	2.54 (0.385)	4.87 (0.409)	423	2.44 (0.083)	9.37 (1.110)	11.81 (1.132)	2.28 (0.059)						
All Individuals¹⁰:																	
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.

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Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement niacin ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸		
				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)				
Under 131% poverty:																
2 - 19.....	6	(1.0)	1394	23.1 (1.47)	1.0 (0.17)	24.1 (1.47)	84	22.9 (2.30)	16.3 (0.86)	39.2 (2.71)	23.1 (1.50)					
20 and over.....	15	(1.4)	1536	26.0 (0.94)	5.2 (1.07)	31.3 (0.83)	230	23.4 (1.07)	35.3 (5.82)	58.7 (5.41)	26.5 (0.99)					
2 and over...	12	(1.0)	2930	25.0 (1.07)	3.8 (0.74)	28.8 (0.87)	314	23.3 (1.17)	32.0 (5.02)	55.3 (4.56)	25.2 (1.11)					
131-350% poverty:																
2 - 19.....	9	(1.6)	910	21.0 (0.63)	1.3 (0.26)	22.4 (0.62)		--	--	--	21.1 (0.65)					
20 and over.....	23	(1.6)	1460	24.5 (0.55)	8.7 (1.68)	33.2 (1.91)	304	23.8 (0.71)	37.8 (6.07)	61.6 (6.22)	24.7 (0.65)					
2 and over...	19	(1.3)	2370	23.6 (0.52)	6.8 (1.26)	30.4 (1.47)	374	23.4 (0.67)	35.1 (5.46)	58.5 (5.65)	23.7 (0.54)					
Over 350% poverty:																
2 - 19.....	10	(2.1)	569	21.8 (0.90)	2.0 (0.44)	23.8 (1.19)		--	--	--	21.6 (0.92)					
20 and over.....	32	(1.8)	1290	27.8 (0.61)	13.8 (1.70)	41.6 (1.76)	376	27.1 (1.01)	42.9 (4.39)	70.0 (4.26)	28.2 (0.91)					
2 and over...	28	(1.6)	1859	26.7 (0.54)	11.6 (1.41)	38.3 (1.54)	436	26.9 (0.98)	41.3 (4.01)	68.2 (3.81)	26.6 (0.68)					
All Individuals¹⁰:																
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 as % of Federal poverty threshold and age (years)		Percent reporting vitamin B6 ⁹ % (SE)	Sample Size	All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
				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)				
Under 131% poverty:															
2 - 19.....	9	(1.2)	1394	1.87 (0.104)	0.16 (0.023)	2.03 (0.109)	138	1.78 (0.128)	1.76 (0.105)	3.54 (0.202)	1.88 (0.109)				
20 and over.....	15	(1.4)	1536	2.15 (0.097)	1.98* (0.648)	4.12 (0.684)	241	2.17 (0.171)	12.84 (3.700)	15.01 (3.732)	2.14 (0.093)				
2 and over...	13	(1.1)	2930	2.05 (0.090)	1.35* (0.444)	3.40 (0.482)	379	2.08 (0.143)	10.20 (2.923)	12.28 (2.968)	2.05 (0.089)				
131-350% poverty:															
2 - 19.....	17	(2.8)	910	1.67 (0.045)	0.33 (0.049)	1.99 (0.052)	130	1.49 (0.120)	1.95 (0.308)	3.44 (0.375)	1.70 (0.042)				
20 and over.....	24	(1.4)	1460	1.96 (0.072)	3.13 (0.497)	5.10 (0.508)	318	1.93 (0.070)	13.15 (1.942)	15.08 (1.949)	1.97 (0.090)				
2 and over...	22	(1.4)	2370	1.89 (0.058)	2.41 (0.371)	4.29 (0.375)	448	1.85 (0.063)	10.94 (1.564)	12.79 (1.575)	1.90 (0.067)				
Over 350% poverty:															
2 - 19.....	27	(3.4)	569	1.75 (0.070)	0.94* (0.368)	2.69 (0.391)	138	1.70 (0.150)	3.47* (1.286)	5.17 (1.404)	1.77 (0.082)				
20 and over.....	34	(1.9)	1290	2.39 (0.060)	4.16 (0.915)	6.55 (0.929)	391	2.37 (0.074)	12.36 (2.395)	14.73 (2.396)	2.40 (0.086)				
2 and over...	32	(1.8)	1859	2.27 (0.051)	3.57 (0.755)	5.84 (0.771)	529	2.27 (0.076)	10.98 (2.041)	13.25 (2.041)	2.27 (0.069)				
All Individuals¹⁰:															
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 as % of Federal poverty threshold and age (years)		F o l i c a c i d																
		All Individuals ⁶								Supplement Users ⁷						Non-users ⁸		
		Percent reporting folic acid ⁹	Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	(SE)						
%	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
Under 131% poverty:																		
2 - 19.....	9	(1.1)	1394	222	(7.3)	29	(3.8)	251	(9.5)	137	223	(15.0)	322	(12.9)	545	(23.5)	222	(8.1)
20 and over.....	16	(1.4)	1536	197	(10.7)	71	(7.5)	268	(13.1)	241	193	(23.5)	458	(14.3)	652	(31.3)	198	(9.1)
2 and over...	13	(1.1)	2930	206	(7.9)	57	(5.6)	262	(10.2)	378	200	(18.4)	426	(12.9)	626	(25.1)	206	(7.2)
131-350% poverty:																		
2 - 19.....	17	(2.9)	910	199	(10.4)	50	(9.7)	248	(17.8)	128	209	(16.6)	298	(25.4)	507	(35.9)	197	(10.4)
20 and over.....	24	(1.3)	1460	187	(7.3)	110	(7.7)	298	(9.9)	316	183	(18.0)	468	(16.1)	651	(22.7)	189	(7.2)
2 and over...	22	(1.4)	2370	190	(5.7)	95	(6.8)	285	(7.9)	444	188	(14.9)	434	(15.5)	622	(18.2)	191	(5.7)
Over 350% poverty:																		
2 - 19.....	28	(3.5)	569	212	(13.5)	76	(11.5)	288	(22.2)	136	240	(28.8)	272	(10.5)	512	(33.9)	201	(14.1)
20 and over.....	34	(2.0)	1290	207	(4.6)	149	(10.2)	356	(12.1)	392	213	(12.4)	441	(12.2)	654	(22.5)	204	(7.4)
2 and over...	33	(1.9)	1859	208	(5.0)	136	(9.3)	344	(12.1)	528	217	(12.3)	414	(11.2)	631	(20.9)	204	(6.2)
All Individuals ¹⁰:																		
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 as % of Federal poverty threshold and age (years)		F o l a t e (D F E)																	
		All Individuals ⁶								Supplement Users ⁷								Non-users ⁸	
		Percent reporting folate (DFE) ⁹		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)		
Under 131% poverty:																			
2 - 19.....	9	(1.1)	1394	540	(15.3)	50	(6.5)	589	(18.3)	137	530	(29.6)	547	(21.9)	1078	(43.5)	541	(16.4)	
20 and over.....	16	(1.4)	1536	556	(22.8)	121	(12.8)	677	(26.2)	241	568	(48.3)	779	(24.3)	1348	(64.0)	554	(19.3)	
2 and over...	13	(1.1)	2930	551	(17.7)	96	(9.5)	647	(20.9)	378	560	(37.7)	725	(21.9)	1284	(52.3)	549	(15.7)	
131-350% poverty:																			
2 - 19.....	17	(2.9)	910	505	(16.4)	84	(16.5)	590	(28.8)	128	518	(29.3)	507	(43.3)	1025	(67.6)	503	(16.1)	
20 and over.....	24	(1.3)	1460	535	(14.8)	188	(13.1)	723	(19.6)	316	537	(30.9)	795	(27.3)	1332	(42.3)	534	(17.0)	
2 and over...	22	(1.4)	2370	527	(11.4)	161	(11.5)	688	(14.8)	444	533	(24.9)	738	(26.4)	1271	(36.0)	526	(13.4)	
Over 350% poverty:																			
2 - 19.....	28	(3.5)	569	524	(26.0)	130	(19.6)	654	(39.4)	136	560	(56.1)	462	(17.9)	1022	(65.1)	511	(28.0)	
20 and over.....	34	(2.0)	1290	614	(10.7)	253	(17.3)	868	(22.8)	392	640	(26.4)	749	(20.8)	1389	(41.9)	602	(15.9)	
2 and over...	33	(1.9)	1859	598	(11.3)	231	(15.8)	828	(22.6)	528	627	(25.8)	704	(19.0)	1331	(39.7)	584	(13.3)	
All Individuals ¹⁰:																			
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 as % of Federal poverty threshold and age (years)		Percent reporting supplement choline ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				-Non-users ⁸ -		
				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)				
Under 131% poverty:																
2 - 19.....	4	(0.6)	1394	272 (10.3)	1 (0.3)	273 (10.2)	77	239 (17.0)	25 (4.5)	263 (19.4)	273 (11.0)					
20 and over.....	3	(1.1)	1536	328 (8.5)	1* (0.5)	329 (8.6)		--	--	--	329 (9.3)					
2 and over...	3	(0.8)	2930	309 (7.3)	1* (0.4)	310 (7.4)	107	273 (27.4)	33 (4.5)	306 (25.5)	310 (7.8)					
131-350% poverty:																
2 - 19.....	12	(2.2)	910	252 (10.2)	3 (0.8)	255 (10.2)	91	248 (22.0)	26 (2.4)	274 (22.0)	253 (11.3)					
20 and over.....	3	(0.6)	1460	323 (12.1)	2 (0.4)	324 (12.2)		--	--	--	320 (11.6)					
2 and over...	5	(0.8)	2370	305 (10.2)	2 (0.4)	306 (10.2)	133	312 (34.4)	36 (3.4)	348 (35.7)	304 (10.3)					
Over 350% poverty:																
2 - 19.....	19	(3.5)	569	268 (9.9)	4* (1.1)	272 (10.3)	95	230 (24.6)	19 (4.8)	248 (22.9)	277 (12.0)					
20 and over.....	7	(1.4)	1290	355 (7.2)	2 (0.5)	358 (7.2)		--	--	--	354 (7.0)					
2 and over...	9	(1.4)	1859	339 (6.9)	2 (0.5)	342 (7.0)	169	318 (32.3)	26 (4.2)	344 (32.3)	341 (7.3)					
All Individuals¹⁰:																
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

V i t a m i n B 1 2																		
----- All Individuals ⁶ ----- ----- Supplement Users ⁷ ----- ----- Non-users ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B12 ⁹		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)
Under 131% poverty:																		
2 - 19.....	9	(1.2)	1394	5.37	(0.350)	0.5	(0.08)	5.9	(0.37)	138	5.20	(0.520)	5.8	(0.39)	11.0	(0.85)	5.39	(0.380)
20 and over.....	16	(1.4)	1536	5.08	(0.220)	31.0	(6.38)	36.1	(6.44)	257	5.24	(0.526)	191.7	(39.26)	196.9	(39.54)	5.05	(0.195)
2 and over...	14	(1.1)	2930	5.18	(0.241)	20.5	(4.06)	25.7	(4.13)	395	5.23	(0.445)	149.1	(29.17)	154.4	(29.35)	5.17	(0.240)
131-350% poverty:																		
2 - 19.....	17	(2.8)	910	4.70	(0.227)	1.7*	(0.55)	6.4	(0.59)	130	4.46	(0.217)	9.9*	(3.43)	14.4	(3.42)	4.75	(0.263)
20 and over.....	26	(1.7)	1460	4.78	(0.152)	68.8*	(25.72)	73.6*	(25.77)	335	4.96	(0.210)	267.3*	(90.58)	272.3*	(90.56)	4.72	(0.179)
2 and over...	23	(1.5)	2370	4.76	(0.132)	51.4*	(18.90)	56.1*	(18.91)	465	4.87	(0.176)	219.7*	(76.82)	224.5*	(76.81)	4.73	(0.151)
Over 350% poverty:																		
2 - 19.....	29	(3.0)	569	5.25	(0.269)	6.6*	(3.17)	11.9	(3.19)	140	5.17	(0.423)	23.2*	(11.20)	28.3*	(11.30)	5.28	(0.350)
20 and over.....	35	(1.9)	1290	6.29	(0.532)	57.9	(8.46)	64.2	(8.35)	412	5.77	(0.313)	163.4	(22.94)	169.2	(22.99)	6.57	(0.890)
2 and over...	34	(1.7)	1859	6.10	(0.479)	48.4	(6.85)	54.5	(6.79)	552	5.68	(0.274)	141.8	(19.70)	147.4	(19.79)	6.31	(0.776)
All Individuals ¹⁰:																		
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement vitamin C ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
				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)			
Under 131% poverty:															
2 - 19.....	10	(1.6)	1394	75.3 (4.44)	11.2 (3.28)	86.5 (5.03)	153	84.4 (5.45)	109.0 (23.33)	193.4 (22.65)	74.3 (4.59)				
20 and over.....	16	(1.4)	1536	84.8 (7.02)	33.9 (4.83)	118.7 (6.56)	267	88.3 (12.05)	216.5 (20.39)	304.8 (21.89)	84.2 (7.74)				
2 and over...	14	(1.1)	2930	81.5 (5.34)	26.1 (3.87)	107.6 (5.04)	420	87.3 (9.66)	188.9 (18.88)	276.2 (21.14)	80.6 (5.64)				
131-350% poverty:															
2 - 19.....	18	(2.8)	910	90.6 (11.35)	22.5 (4.01)	113.1 (11.27)	149	102.4 (19.72)	123.7 (14.97)	226.1 (23.73)	88.0 (13.01)				
20 and over.....	26	(1.3)	1460	77.3 (4.53)	80.6 (6.39)	157.9 (7.95)	358	75.6 (6.01)	309.5 (27.15)	385.1 (29.84)	77.9 (5.32)				
2 and over...	24	(1.4)	2370	80.8 (4.22)	65.5 (4.83)	146.3 (6.24)	507	80.9 (7.29)	273.0 (25.07)	353.9 (28.81)	80.7 (4.90)				
Over 350% poverty:															
2 - 19.....	29	(3.6)	569	71.5 (3.92)	19.9 (5.39)	91.5 (5.10)	148	69.5 (4.87)	67.6 (15.31)	137.1 (17.87)	72.4 (5.17)				
20 and over.....	36	(2.0)	1290	89.9 (3.74)	112.9 (12.86)	202.8 (14.15)	432	99.7 (5.60)	315.8 (33.26)	415.5 (35.73)	84.4 (4.83)				
2 and over...	35	(1.9)	1859	86.5 (3.34)	95.7 (11.53)	182.2 (12.39)	580	95.0 (4.85)	276.7 (31.11)	371.7 (33.73)	82.0 (4.28)				
All Individuals¹⁰:															
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement vitamin D ⁹ % (SE)		V i t a m i n D						—Non-users ⁸ —						
				All Individuals ⁶						Supplement 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)						
Under 131% poverty:																
2 - 19.....	10	(1.5)	1394	6.1 (0.31)	1.1 (0.15)	7.3 (0.34)	151	5.5 (0.35)	11.2 (0.94)	16.7 (0.84)	6.2 (0.36)					
20 and over.....	20	(1.5)	1536	4.8 (0.33)	7.0 (2.01)	11.8 (2.04)	317	4.8 (0.52)	35.4 (9.30)	40.2 (9.16)	4.8 (0.33)					
2 and over...	16	(1.2)	2930	5.3 (0.28)	4.9 (1.37)	10.2 (1.41)	468	4.9 (0.42)	30.2 (7.54)	35.2 (7.41)	5.3 (0.29)					
131-350% poverty:																
2 - 19.....	17	(2.8)	910	5.5 (0.24)	1.7 (0.24)	7.2 (0.36)	143	6.0 (0.33)	9.7 (0.73)	15.7 (0.81)	5.4 (0.27)					
20 and over.....	30	(1.5)	1460	4.3 (0.15)	8.8 (1.02)	13.1 (1.07)	418	4.4 (0.28)	28.9 (2.28)	33.3 (2.48)	4.2 (0.16)					
2 and over...	27	(1.5)	2370	4.6 (0.12)	6.9 (0.79)	11.5 (0.79)	561	4.7 (0.22)	25.7 (2.13)	30.4 (2.24)	4.6 (0.14)					
Over 350% poverty:																
2 - 19.....	28	(3.3)	569	6.3 (0.29)	3.4 (0.47)	9.7 (0.59)	147	6.6 (0.73)	12.0 (1.12)	18.5 (1.80)	6.3 (0.41)					
20 and over.....	40	(2.4)	1290	5.0 (0.23)	14.9 (2.58)	19.9 (2.48)	487	5.4 (0.56)	37.2 (5.20)	42.7 (5.02)	4.7 (0.23)					
2 and over...	38	(2.1)	1859	5.2 (0.20)	12.7 (2.12)	18.0 (2.07)	634	5.6 (0.49)	33.8 (4.64)	39.4 (4.50)	5.0 (0.22)					
All Individuals¹⁰:																
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		V i t a m i n K																
		All Individuals ⁶								Supplement Users ⁷						Non-users ⁸		
		Percent reporting vitamin K ⁹		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)	
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	1394	68.0	(4.41)	0.3*	(0.11)	68.3	(4.45)		--	--	--	--	--	--	67.6	(4.46)
20 and over.....	11	(1.1)	1536	100.7	(7.44)	3.6	(0.36)	104.3	(7.50)	178	97.7	(10.67)	32.3	(1.67)	130.0	(10.20)	101.0	(8.20)
2 and over...	8	(0.8)	2930	89.4	(5.70)	2.4	(0.24)	91.8	(5.73)	194	97.7	(9.89)	31.7	(1.56)	129.4	(9.44)	88.7	(6.10)
131-350% poverty:																		
2 - 19.....	1*	(0.4)	910	66.1	(3.58)	0.3*	(0.12)	66.4	(3.54)		--	--	--	--	--	--	66.1	(3.61)
20 and over.....	18	(1.3)	1460	105.5	(4.45)	5.7	(0.48)	111.3	(4.60)	236	130.9	(11.56)	31.0	(1.40)	161.9	(12.11)	99.8	(3.44)
2 and over...	14	(1.2)	2370	95.3	(3.59)	4.3	(0.42)	99.6	(3.71)	245	129.8	(11.23)	31.0	(1.38)	160.8	(11.76)	89.7	(2.89)
Over 350% poverty:																		
2 - 19.....	3*	(1.3)	569	63.8	(3.98)	1.3*	(0.68)	65.1	(3.78)		--	--	--	--	--	--	64.2	(4.01)
20 and over.....	23	(1.4)	1290	170.1	(18.66)	7.9	(0.47)	178.0	(18.80)	288	156.3	(16.88)	34.3	(1.59)	190.5	(17.14)	174.2	(23.65)
2 and over...	19	(1.1)	1859	150.4	(15.38)	6.7	(0.36)	157.1	(15.50)	302	153.0	(16.43)	34.4	(1.60)	187.4	(16.66)	149.8	(18.40)
All Individuals ¹⁰:																		
2 - 19.....	2	(0.4)	3097	66.4	(2.51)	0.5*	(0.18)	66.9	(2.41)		--	--	--	--	--	--	66.3	(2.44)
20 and over.....	18	(1.0)	4644	129.8	(8.73)	6.1	(0.32)	135.9	(8.90)	753	140.5	(9.38)	33.2	(1.12)	173.7	(9.65)	127.4	(10.00)
2 and over...	14	(0.8)	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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement lycopene ⁹ % (SE)	Lycopene											
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸	
			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)			
Under 131% poverty:														
2 - 19.....	#		1394	5444 (503.5)	1* (0.6)	5444 (503.9)		--	--	--			5449 (511.0)	
20 and over.....	4 (0.7)		1536	5674 (363.3)	15 (2.5)	5689 (363.7)		--	--	--			5744 (393.5)	
2 and over...	3 (0.4)		2930	5594 (340.7)	10 (1.6)	5604 (341.0)		--	--	--			5639 (363.2)	
131-350% poverty:														
2 - 19.....	#		910	5164 (499.8)	1* (0.7)	5164 (499.8)		--	--	--			5165 (500.1)	
20 and over.....	11 (1.1)		1460	4680 (261.0)	91* (34.3)	4771 (267.7)	146	5237 (890.1)	800* (282.8)	6036 (862.2)			4608 (266.4)	
2 and over...	8 (0.9)		2370	4805 (259.8)	68* (25.1)	4873 (263.2)	147	5234 (888.2)	800* (282.1)	6034 (860.3)			4766 (275.3)	
Over 350% poverty:														
2 - 19.....	1* (0.7)		569	5258 (682.6)	10* (6.6)	5268 (680.1)		--	--	--			5237 (700.5)	
20 and over.....	14 (1.9)		1290	5564 (357.8)	131* (42.4)	5695 (374.3)	165	7463 (984.3)	941 (258.8)	8404 (1051.3)			5258 (378.4)	
2 and over...	12 (1.6)		1859	5508 (279.5)	108* (34.8)	5616 (292.8)	170	7453 (969.9)	937 (253.3)	8390 (1034.8)			5254 (296.6)	
All Individuals¹⁰:														
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		L u t e i n + z e a x a n t h i n																
		----- All Individuals ⁶ -----							----- Supplement Users ⁷ -----							- Non-users ⁸ -		
		Percent reporting supplement lutein + zeaxanthin ⁹		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)	
Under 131% poverty:																		
2 - 19.....	#	1394	788	(53.2)	#	788	(53.2)			--	--	--	--			789	(53.3)	
20 and over.....	4 (0.7)	1536	1266	(99.2)	41*	(16.2)	1308	(98.5)			--	--	--			1266	(99.6)	
2 and over...	3 (0.5)	2930	1101	(75.0)	27*	(10.4)	1128	(74.1)			--	--	--			1097	(75.6)	
131-350% poverty:																		
2 - 19.....	#	910	819	(59.6)	1*	(0.9)	821	(59.4)			--	--	--			817	(60.1)	
20 and over.....	9 (1.3)	1460	1389	(85.9)	124*	(39.1)	1513	(85.2)	114	2014	(387.0)	1427*	(485.2)	3441	(608.7)	1330	(68.7)	
2 and over...	6 (1.1)	2370	1241	(65.4)	92*	(28.9)	1333	(64.1)	117	2013	(384.1)	1420*	(481.3)	3433	(604.0)	1188	(53.8)	
Over 350% poverty:																		
2 - 19.....	2*	(0.8)	569	747	(71.9)	12*	(8.0)	759	(71.9)			--	--	--			745	(73.1)
20 and over.....	11	(1.2)	1290	2326	(205.4)	244*	(88.9)	2570	(261.3)	142	3315*(1315.9)	2252	(672.4)	5567*(1726.9)		2205	(229.7)	
2 and over...	9	(1.0)	1859	2034	(165.2)	201*	(72.6)	2235	(209.4)	149	3241*(1282.4)	2206	(651.8)	5447*(1681.8)		1912	(176.3)	
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

C a l c i u m																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement calcium ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(0.8)	1394	1066	(37.2)	9	(2.0)	1074	(36.6)	80	970	(42.9)	153	(23.2)	1123	(52.0)	1071	(38.9)
20 and over.....	19	(2.3)	1536	1021	(38.0)	89	(12.9)	1110	(38.9)	309	979	(62.8)	474	(15.1)	1453	(57.9)	1030	(39.7)
2 and over...	14	(1.5)	2930	1036	(33.2)	61	(8.2)	1098	(34.7)	389	978	(54.7)	430	(16.0)	1408	(52.9)	1046	(35.0)
131-350% poverty:																		
2 - 19.....	10	(2.4)	910	1053	(38.9)	20*	(6.1)	1073	(38.4)		--		--		--		1046	(39.7)
20 and over.....	28	(1.6)	1460	917	(30.7)	144	(11.5)	1061	(36.5)	379	925	(38.8)	507	(33.7)	1432	(58.5)	914	(34.0)
2 and over...	24	(1.4)	2370	952	(27.7)	112	(8.6)	1064	(29.2)	453	946	(33.7)	475	(28.7)	1421	(53.2)	954	(31.8)
Over 350% poverty:																		
2 - 19.....	14	(1.9)	569	1155	(42.7)	23	(2.5)	1177	(43.4)		--		--		--		1160	(34.6)
20 and over.....	37	(2.3)	1290	1046	(26.5)	178	(15.7)	1223	(36.6)	446	1097	(47.0)	476	(29.3)	1573	(52.4)	1015	(25.5)
2 and over...	33	(1.8)	1859	1066	(26.7)	149	(12.8)	1215	(35.7)	519	1099	(48.9)	451	(25.8)	1550	(54.3)	1050	(23.9)
All Individuals ¹⁰:																		
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement phosphorus ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
				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)			
Under 131% poverty:															
2 - 19.....	3	(0.6)	1394	1324 (38.9)	3 (0.7)	1327 (38.8)				--	--	--		1325 (39.0)	
20 and over.....	8	(1.0)	1536	1422 (35.0)	3 (0.4)	1424 (35.0)	135	1396 (100.1)	33 (3.0)	1429 (100.2)	1424 (33.8)				
2 and over...	6	(0.6)	2930	1388 (31.1)	3 (0.4)	1391 (31.1)	186	1382 (99.2)	43 (4.1)	1425 (98.7)	1389 (30.5)				
131-350% poverty:															
2 - 19.....	6	(1.8)	910	1278 (38.9)	6* (1.9)	1284 (39.2)			--	--	--		1276 (39.4)		
20 and over.....	12	(1.5)	1460	1342 (39.7)	7 (2.0)	1349 (40.1)	156	1273 (68.1)	55 (14.8)	1329 (73.8)	1352 (40.1)				
2 and over...	11	(1.3)	2370	1325 (35.0)	7 (1.5)	1332 (35.1)	203	1278 (62.3)	61 (12.5)	1338 (66.2)	1331 (35.4)				
Over 350% poverty:															
2 - 19.....	6	(2.0)	569	1383 (42.9)	6* (1.9)	1389 (43.1)			--	--	--		1394 (37.9)		
20 and over.....	15	(1.6)	1290	1502 (29.3)	8 (1.8)	1510 (30.0)	184	1541 (120.4)	57 (9.0)	1598 (125.8)	1495 (30.7)				
2 and over...	13	(1.4)	1859	1480 (26.3)	8 (1.4)	1488 (26.4)	218	1512 (114.9)	60 (7.8)	1572 (118.5)	1475 (28.8)				
All Individuals¹⁰:															
2 - 19.....	5	(0.6)	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.....	12	(0.7)	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...	10	(0.6)	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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement magnesium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				-Non-users ⁸ -		
				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)				
Under 131% poverty:																
2 - 19.....	6	(1.0)	1394	241 (5.7)	1* (0.5)	242 (5.9)	82	226 (16.1)	26 (5.3)	252 (18.6)	242 (6.1)					
20 and over.....	14	(1.6)	1536	297 (6.5)	12 (1.9)	309 (7.0)	227	321 (14.4)	89 (5.4)	410 (13.2)	293 (7.7)					
2 and over...	11	(1.1)	2930	278 (5.5)	9 (1.2)	286 (5.6)	309	304 (14.2)	78 (4.8)	382 (14.4)	274 (6.3)					
131-350% poverty:																
2 - 19.....	8	(1.9)	910	238 (5.8)	2 (0.4)	240 (5.8)		--	--	--	236 (5.9)					
20 and over.....	22	(1.6)	1460	292 (7.4)	24 (2.1)	315 (8.0)	281	301 (11.5)	109 (8.4)	410 (16.8)	289 (8.6)					
2 and over...	18	(1.4)	2370	278 (6.2)	18 (1.5)	296 (6.5)	347	295 (10.4)	99 (7.8)	394 (15.2)	274 (6.9)					
Over 350% poverty:																
2 - 19.....	15	(1.7)	569	257 (8.2)	5 (1.0)	262 (8.3)		--	--	--	253 (7.9)					
20 and over.....	29	(1.8)	1290	347 (9.5)	38 (7.2)	384 (13.4)	347	375 (12.4)	131 (20.5)	506 (26.9)	335 (9.7)					
2 and over...	26	(1.5)	1859	330 (8.5)	32 (6.0)	362 (12.2)	411	365 (11.3)	120 (18.2)	485 (24.2)	318 (8.2)					
All Individuals¹⁰:																
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement iron ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
				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)			
Under 131% poverty:															
2 - 19.....	5	(0.7)	1394	14.7 (0.25)	1.1 (0.16)	15.7 (0.32)				--	--	--		14.7 (0.25)	
20 and over.....	10	(0.9)	1536	15.2 (0.38)	2.7 (0.34)	17.9 (0.55)	157	13.9 (0.76)	26.7 (2.00)	40.6 (2.52)			15.4 (0.37)		
2 and over...	8	(0.6)	2930	15.0 (0.28)	2.1 (0.24)	17.2 (0.40)	224	13.9 (0.64)	25.8 (1.62)	39.7 (2.08)			15.1 (0.26)		
131-350% poverty:															
2 - 19.....	5	(1.6)	910	13.9 (0.41)	0.9* (0.31)	14.8 (0.65)				--	--	--	13.8 (0.35)		
20 and over.....	12	(1.0)	1460	14.9 (0.44)	2.9 (0.30)	17.8 (0.55)	157	14.8 (0.79)	24.8 (2.09)	39.7 (2.24)			15.0 (0.49)		
2 and over...	10	(1.0)	2370	14.7 (0.33)	2.4 (0.28)	17.1 (0.46)	206	15.0 (0.70)	23.9 (1.83)	38.9 (2.04)			14.6 (0.36)		
Over 350% poverty:															
2 - 19.....	9	(2.0)	569	14.1 (0.49)	1.6 (0.41)	15.7 (0.63)				--	--	--	14.1 (0.50)		
20 and over.....	16	(1.5)	1290	16.8 (0.37)	3.1 (0.44)	19.9 (0.43)	196	16.2 (0.57)	18.8 (1.94)	35.0 (1.97)			16.9 (0.44)		
2 and over...	15	(1.1)	1859	16.3 (0.34)	2.8 (0.34)	19.1 (0.34)	248	15.9 (0.53)	18.8 (1.80)	34.7 (1.77)			16.4 (0.39)		
All Individuals¹⁰:															
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement zinc ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸									
				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)											
Under 131% poverty:																							
2 - 19.....	8	(1.0)	1394	10.4 (0.28)	0.7 (0.11)	11.1 (0.31)	124	9.9 (0.49)	8.7 (0.84)	18.6 (0.88)	10.4 (0.30)	20 and over.....	14	(1.1)	1536	11.5 (0.21)	2.0 (0.21)	13.4 (0.30)	223	11.5 (0.62)	14.3 (0.61)	25.8 (0.99)	11.5 (0.21)
2 and over...	12	(0.9)	2930	11.1 (0.17)	1.5 (0.13)	12.6 (0.22)	347	11.1 (0.52)	12.9 (0.44)	24.0 (0.71)	11.1 (0.16)												
131-350% poverty:																							
2 - 19.....	15	(2.9)	910	9.7 (0.36)	1.0 (0.23)	10.7 (0.44)	118	9.4 (0.56)	6.7 (1.04)	16.1 (1.44)	9.7 (0.36)	20 and over.....	22	(1.3)	1460	10.8 (0.38)	3.3 (0.12)	14.1 (0.40)	290	10.8 (0.61)	15.3 (0.72)	26.1 (1.09)	10.8 (0.39)
2 and over...	20	(1.4)	2370	10.5 (0.32)	2.7 (0.12)	13.2 (0.32)	408	10.6 (0.49)	13.6 (0.57)	24.1 (0.93)	10.5 (0.35)												
Over 350% poverty:																							
2 - 19.....	27	(2.9)	569	10.7 (0.66)	1.6 (0.26)	12.4 (0.87)	134	10.4 (1.26)	6.0 (0.73)	16.4 (1.80)	10.9 (0.66)	20 and over.....	30	(1.5)	1290	12.3 (0.27)	5.0 (0.42)	17.2 (0.52)	363	13.0 (0.47)	16.4 (1.12)	29.4 (1.13)	12.0 (0.30)
2 and over...	30	(1.4)	1859	12.0 (0.27)	4.3 (0.37)	16.3 (0.52)	497	12.6 (0.45)	14.6 (0.94)	27.2 (1.11)	11.8 (0.27)												
All Individuals¹⁰:																							
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.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement copper ⁹ % (SE)		Sample Size		C o p p e r							
						All Individuals ⁶			Supplement Users ⁷			Non-users ⁸	
						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)
Under 131% poverty:													
2 - 19.....		5	(0.7)	1394	1.0 (0.02)	0.1 (0.02)	1.1 (0.03)			--	--	--	1.0 (0.02)
20 and over.....		13	(1.2)	1536	1.2 (0.02)	0.1 (0.02)	1.4 (0.03)	201	1.3 (0.05)	1.2 (0.07)	2.5 (0.10)	1.2 (0.03)	
2 and over...		10	(0.8)	2930	1.1 (0.02)	0.1 (0.01)	1.3 (0.03)	267	1.3 (0.05)	1.3 (0.07)	2.6 (0.09)	1.1 (0.02)	
131-350% poverty:													
2 - 19.....		7	(1.9)	910	1.0 (0.03)	0.1 (0.04)	1.1 (0.05)			--	--	--	1.0 (0.04)
20 and over.....		20	(1.2)	1460	1.2 (0.03)	0.2 (0.02)	1.5 (0.03)	260	1.3 (0.06)	1.1 (0.08)	2.4 (0.12)	1.2 (0.03)	
2 and over...		17	(1.2)	2370	1.2 (0.02)	0.2 (0.02)	1.4 (0.02)	313	1.2 (0.05)	1.2 (0.07)	2.4 (0.11)	1.2 (0.02)	
Over 350% poverty:													
2 - 19.....		10	(1.9)	569	1.1 (0.06)	0.2 (0.03)	1.3 (0.09)			--	--	--	1.1 (0.05)
20 and over.....		27	(1.6)	1290	1.6 (0.11)	0.4 (0.03)	1.9 (0.13)	327	1.6 (0.05)	1.4 (0.08)	3.0 (0.09)	1.6 (0.14)	
2 and over...		24	(1.4)	1859	1.5 (0.10)	0.3 (0.03)	1.8 (0.12)	380	1.6 (0.05)	1.4 (0.08)	3.0 (0.09)	1.5 (0.12)	
All Individuals¹⁰:													
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement sodium ⁹ % (SE)		S o d i u m						—All Individuals ⁶ —		—Supplement Users ⁷ —		—Non-users ⁸ —	
				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)			
Under 131% poverty:															
2 - 19.....	6	(1.0)	1394	3172 (89.8)	1 (0.1)	3172 (89.8)	81	2566 (116.4)	11 (0.8)	2576 (116.6)	3209 (92.5)				
20 and over.....	3	(0.7)	1536	3645 (104.0)	1* (0.4)	3646 (104.0)		--	--	--	3651 (107.0)				
2 and over...	4	(0.7)	2930	3482 (91.0)	1* (0.2)	3482 (91.0)	126	2973 (164.3)	20 (4.8)	2993 (167.7)	3501 (93.7)				
131-350% poverty:															
2 - 19.....	9	(2.1)	910	3130 (103.3)	1 (0.3)	3131 (103.2)		--	--	--	3166 (111.0)				
20 and over.....	5	(0.9)	1460	3473 (93.8)	2 (0.5)	3475 (93.9)		--	--	--	3491 (92.4)				
2 and over...	6	(1.0)	2370	3384 (84.9)	2 (0.4)	3386 (84.9)	137	2994 (173.4)	32 (4.9)	3026 (174.5)	3409 (84.9)				
Over 350% poverty:															
2 - 19.....	10	(2.7)	569	3137 (90.6)	1 (0.3)	3138 (90.7)		--	--	--	3226 (112.7)				
20 and over.....	7	(0.9)	1290	3717 (85.9)	2 (0.5)	3719 (86.0)	85	3595 (221.4)	32 (4.8)	3627 (223.0)	3726 (88.5)				
2 and over...	8	(0.8)	1859	3610 (74.4)	2 (0.4)	3612 (74.5)	140	3283 (182.3)	27 (3.8)	3310 (183.9)	3636 (80.1)				
All Individuals¹⁰:															
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

P o t a s s i u m																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement potassium ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1394	2257	(32.0)	#		2257	(32.0)		--	--	--	--		2256	(32.0)	
20 and over.....	9	(1.2)	1536	2675	(61.0)	9	(1.3)	2684	(60.7)	154	2649	(148.7)	95	(5.7)	2744	(146.5)	2677	(64.9)
2 and over...	6	(0.7)	2930	2530	(47.1)	6	(0.8)	2536	(46.7)	156	2648	(146.0)	95	(5.7)	2743	(143.7)	2523	(49.3)
131-350% poverty:																		
2 - 19.....	1*	(0.2)	910	2244	(59.6)	#		2244	(59.6)		--	--	--	--		2243	(60.0)	
20 and over.....	14	(1.5)	1460	2618	(61.4)	12	(1.3)	2630	(61.6)	186	2695	(120.7)	85	(4.3)	2780	(119.9)	2605	(64.9)
2 and over...	11	(1.2)	2370	2521	(55.2)	9	(1.0)	2530	(55.3)	193	2690	(119.3)	85	(4.3)	2775	(118.5)	2500	(57.8)
Over 350% poverty:																		
2 - 19.....	2*	(1.4)	569	2384	(70.6)	1*	(0.3)	2385	(70.5)		--	--	--	--		2380	(71.8)	
20 and over.....	20	(1.5)	1290	3045	(73.0)	17	(2.0)	3061	(73.9)	231	3295	(123.4)	86	(6.2)	3381	(123.8)	2982	(69.4)
2 and over...	17	(1.1)	1859	2922	(68.0)	14	(1.7)	2936	(68.8)	241	3276	(120.5)	84	(6.4)	3360	(121.1)	2852	(62.8)
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years)		S e l e n i u m																
		----- All Individuals ⁶ -----									----- Supplement Users ⁷ -----						----- Non-users ⁸ -----	
		Percent reporting selenium ⁹		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)	
Under 131% poverty:																		
2 - 19.....	1*	(0.4)	1394	98.8	(3.44)	0.4*	(0.26)	99.2	(3.59)		--	--	--	--		98.8	(3.51)	
20 and over.....	12	(1.1)	1536	114.7	(2.71)	7.5	(0.85)	122.2	(2.46)	187	110.8	(5.91)	63.2	(3.02)	174.1	(5.65)	115.2	(2.71)
2 and over...	8	(0.7)	2930	109.2	(2.76)	5.0	(0.51)	114.3	(2.61)	198	110.7	(5.44)	62.5	(2.82)	173.2	(5.24)	109.1	(2.81)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	910	94.5	(3.65)	0.4*	(0.16)	94.9	(3.52)		--	--	--	--		94.7	(3.69)	
20 and over.....	20	(1.3)	1460	109.8	(3.11)	29.8*	(16.53)	139.6	(16.98)	264	110.0	(6.16)	147.4*	(81.46)	257.4*	(81.96)	109.8	(2.82)
2 and over...	15	(1.2)	2370	105.8	(2.82)	22.2*	(12.29)	128.0	(12.78)	274	109.4	(6.06)	145.0*	(79.83)	254.4*	(80.32)	105.2	(2.69)
Over 350% poverty:																		
2 - 19.....	5	(1.9)	569	102.1	(4.80)	2.6*	(1.47)	104.7	(4.92)		--	--	--	--		100.3	(4.83)	
20 and over.....	27	(1.7)	1290	120.1	(3.28)	19.9	(1.78)	140.0	(3.19)	321	118.7	(4.35)	75.1	(4.20)	193.9	(6.15)	120.6	(3.83)
2 and over...	23	(1.4)	1859	116.8	(2.48)	16.7	(1.53)	133.5	(2.73)	340	119.5	(4.19)	74.0	(4.08)	193.5	(5.94)	116.0	(2.57)
All Individuals ¹⁰:																		
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* 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 Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

⁶ **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.

⁷ **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.

⁸ **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.

⁹ 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.

¹⁰ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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