

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)		<b>T h i a m i n</b>																
		— All Individuals <sup>5</sup> —									— Supplement Users <sup>6</sup> —						— Non-users <sup>7</sup> —	
		Percent reporting thiamin <sup>8</sup>		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)	
<b>Non-Hispanic White:</b>																		
2 - 19.....	8	(0.8)	799	1.58	(0.042)	0.48*	(0.185)	2.06	(0.185)	62	2.18	(0.393)	6.31*	(2.636)	8.48*	(2.917)	1.53	(0.048)
20 and over.....	29	(1.6)	2146	1.64	(0.020)	6.12	(1.435)	7.76	(1.439)	570	1.69	(0.038)	21.31	(4.749)	23.00	(4.754)	1.62	(0.030)
2 and over...	24	(1.2)	2945	1.63	(0.020)	4.95	(1.131)	6.57	(1.137)	632	1.72	(0.045)	20.33	(4.476)	22.05	(4.495)	1.60	(0.025)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	5	(1.2)	745	1.50	(0.038)	0.07	(0.019)	1.57	(0.042)		--		--		--		1.49	(0.041)
20 and over.....	16	(0.9)	970	1.52	(0.030)	3.44*	(1.185)	4.96	(1.192)	161	1.61	(0.054)	21.41*	(7.942)	23.02*	(7.934)	1.51	(0.032)
2 and over...	13	(0.7)	1715	1.52	(0.020)	2.47*	(0.865)	3.98	(0.874)	200	1.61	(0.052)	19.32*	(7.104)	20.93*	(7.093)	1.50	(0.022)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	11	(1.7)	259	1.61	(0.083)	0.79*	(0.503)	2.41	(0.531)		--		--		--		1.55	(0.086)
20 and over.....	21	(2.0)	492	1.57	(0.034)	2.82*	(1.127)	4.39	(1.122)	99	1.70	(0.100)	13.38*	(4.705)	15.08*	(4.709)	1.54	(0.030)
2 and over...	19	(1.4)	751	1.58	(0.032)	2.34*	(0.913)	3.92	(0.914)	121	1.76	(0.091)	12.60*	(4.462)	14.36*	(4.457)	1.54	(0.032)
<b>Hispanic:</b>																		
2 - 19.....	5	(0.9)	981	1.57	(0.038)	0.45*	(0.409)	2.02	(0.428)		--		--		--		1.57	(0.038)
20 and over.....	13	(1.3)	1076	1.64	(0.032)	1.63	(0.284)	3.26	(0.289)	145	1.49	(0.079)	12.67	(1.731)	14.16	(1.704)	1.66	(0.034)
2 and over...	10	(0.9)	2057	1.62	(0.031)	1.22	(0.264)	2.84	(0.278)	188	1.50	(0.071)	11.92	(2.160)	13.42	(2.161)	1.63	(0.034)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin <sup>8</sup> % (SE)		R i b o f l a v i n												
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>		
			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)				
<b>Non-Hispanic White:</b>															
2 - 19.....	8	(0.8)	799	2.13 (0.042)	0.52* (0.192)	2.65 (0.180)	62	3.09 (0.712)	6.76* (2.696)	9.85* (3.195)	2.05 (0.063)				
20 and over.....	29	(1.5)	2146	2.29 (0.028)	2.58 (0.376)	4.87 (0.382)	572	2.41 (0.059)	8.97 (1.104)	11.39 (1.138)	2.24 (0.040)				
2 and over...	24	(1.1)	2945	2.26 (0.028)	2.15 (0.269)	4.41 (0.278)	634	2.46 (0.082)	8.83 (0.942)	11.29 (0.967)	2.19 (0.033)				
<b>Non-Hispanic Black:</b>															
2 - 19.....	5	(1.2)	745	1.72 (0.036)	0.09 (0.023)	1.80 (0.050)		--	--	--	1.70 (0.033)				
20 and over.....	16	(0.9)	970	1.80 (0.035)	1.50 (0.342)	3.30 (0.364)	161	1.94 (0.070)	9.37 (2.177)	11.30 (2.215)	1.77 (0.040)				
2 and over...	13	(0.7)	1715	1.77 (0.023)	1.09 (0.238)	2.87 (0.250)	200	1.95 (0.055)	8.58 (1.984)	10.52 (1.998)	1.75 (0.027)				
<b>Non-Hispanic Asian<sup>9</sup>:</b>															
2 - 19.....	10	(1.3)	259	1.97 (0.083)	0.62* (0.415)	2.59 (0.382)		--	--	--	1.92 (0.079)				
20 and over.....	21	(2.0)	492	1.78 (0.050)	1.83* (0.653)	3.61 (0.674)	98	2.03 (0.106)	8.76* (2.827)	10.79 (2.892)	1.72 (0.048)				
2 and over...	18	(1.4)	751	1.83 (0.055)	1.54* (0.519)	3.37 (0.534)	119	2.08 (0.118)	8.46* (2.614)	10.54 (2.647)	1.77 (0.051)				
<b>Hispanic:</b>															
2 - 19.....	5	(0.9)	981	1.90 (0.050)	0.17* (0.099)	2.08 (0.125)		--	--	--	1.91 (0.051)				
20 and over.....	13	(1.3)	1076	2.13 (0.088)	1.17 (0.251)	3.31 (0.267)	145	1.95 (0.162)	9.04 (1.378)	10.99 (1.421)	2.16 (0.087)				
2 and over...	10	(0.9)	2057	2.05 (0.072)	0.83 (0.176)	2.89 (0.205)	188	1.92 (0.145)	8.03 (1.176)	9.95 (1.217)	2.07 (0.069)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin <sup>8</sup> % (SE)		N i a c i n													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			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)					
<b>Non-Hispanic White:</b>																
2 - 19.....	9	(1.0)	799	23.1 (0.73)	1.8 (0.35)	24.8 (0.88)	75	32.3 (6.82)	19.8 (3.80)	52.1 (9.35)	22.1 (0.72)					
20 and over.....	31	(1.7)	2146	26.4 (0.31)	11.9 (1.34)	38.3 (1.33)	617	26.6 (0.47)	38.5 (3.03)	65.1 (3.08)	26.4 (0.36)					
2 and over...	26	(1.3)	2945	25.7 (0.35)	9.8 (1.03)	35.5 (1.14)	692	27.0 (0.82)	37.1 (2.70)	64.1 (3.00)	25.3 (0.36)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	5	(1.2)	745	21.2 (0.41)	0.7 (0.18)	21.9 (0.46)		--	--	--	21.1 (0.41)					
20 and over.....	17	(1.1)	970	26.1 (0.50)	4.8 (0.71)	30.9 (0.68)	166	26.0 (1.19)	28.9 (3.02)	54.9 (2.66)	26.1 (0.51)					
2 and over...	13	(0.8)	1715	24.7 (0.39)	3.6 (0.51)	28.3 (0.48)	205	25.8 (1.09)	27.5 (2.64)	53.3 (2.27)	24.5 (0.40)					
<b>Non-Hispanic Asian<sup>9</sup>:</b>																
2 - 19.....	10	(1.7)	259	22.2 (1.74)	2.2 (0.36)	24.4 (2.01)		--	--	--	21.6 (1.82)					
20 and over.....	23	(2.0)	492	24.7 (0.64)	6.2 (0.85)	31.0 (1.08)	108	26.1 (1.25)	26.9 (2.26)	52.9 (3.09)	24.3 (0.68)					
2 and over...	20	(1.4)	751	24.2 (0.64)	5.3 (0.65)	29.4 (0.88)	130	26.2 (1.10)	26.1 (2.07)	52.4 (2.74)	23.6 (0.72)					
<b>Hispanic:</b>																
2 - 19.....	5	(0.9)	981	21.7 (0.58)	1.1 (0.30)	22.7 (0.79)		--	--	--	21.8 (0.64)					
20 and over.....	14	(1.2)	1076	27.5 (0.91)	5.5* (1.79)	33.1 (2.10)	150	26.3 (2.04)	40.0 (11.86)	66.2 (12.68)	27.7 (0.95)					
2 and over...	11	(0.8)	2057	25.5 (0.74)	4.0 (1.20)	29.5 (1.54)	193	25.2 (1.77)	36.6 (9.77)	61.8 (10.59)	25.6 (0.80)					

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<b>V i t a m i n B 6</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>				<i>Supplement Users</i> <sup>6</sup>				<i>Non-users</i> <sup>7</sup>						
	%	(SE)		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)
<b>Non-Hispanic White:</b>																		
2 - 19.....	22	(2.2)	799	1.89	(0.062)	0.80	(0.197)	2.69	(0.227)	167	2.06	(0.294)	3.65*	(1.108)	5.71	(1.360)	1.84	(0.077)
20 and over.....	32	(1.6)	2146	2.21	(0.038)	3.29	(0.583)	5.50	(0.571)	636	2.28	(0.054)	10.29	(1.570)	12.58	(1.549)	2.17	(0.035)
2 and over...	30	(1.4)	2945	2.14	(0.037)	2.77	(0.438)	4.91	(0.427)	803	2.25	(0.085)	9.28	(1.255)	11.53	(1.236)	2.10	(0.029)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	10	(2.2)	745	1.63	(0.047)	0.14	(0.034)	1.77	(0.059)	90	1.89	(0.097)	1.38	(0.088)	3.27	(0.171)	1.60	(0.050)
20 and over.....	18	(1.1)	970	2.02	(0.049)	10.78*	(8.737)	12.81*	(8.750)	179	2.02	(0.101)	58.93*(47.440)		60.94*(47.441)		2.03	(0.061)
2 and over...	16	(0.8)	1715	1.91	(0.040)	7.71*	(6.159)	9.62*	(6.159)	269	1.99	(0.082)	48.33*(38.571)		50.32*(38.570)		1.90	(0.050)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	28	(3.2)	259	1.88	(0.119)	0.85*	(0.354)	2.72	(0.359)		--		--		--		1.88	(0.166)
20 and over.....	24	(2.1)	492	2.07	(0.059)	2.22*	(0.690)	4.29	(0.725)	113	2.27	(0.142)	9.33	(2.434)	11.60	(2.546)	2.00	(0.054)
2 and over...	25	(1.8)	751	2.02	(0.058)	1.90	(0.532)	3.92	(0.548)	168	2.17	(0.109)	7.68	(1.849)	9.85	(1.923)	1.98	(0.066)
<b>Hispanic:</b>																		
2 - 19.....	11	(1.9)	981	1.79	(0.055)	0.18	(0.034)	1.97	(0.075)	104	1.67	(0.107)	1.68	(0.131)	3.35	(0.182)	1.80	(0.060)
20 and over.....	14	(1.1)	1076	2.36	(0.147)	2.31	(0.638)	4.67	(0.631)	158	2.14	(0.194)	16.38	(3.562)	18.53	(3.524)	2.40	(0.156)
2 and over...	13	(0.9)	2057	2.17	(0.108)	1.58	(0.415)	3.75	(0.427)	262	2.01	(0.148)	12.23	(2.756)	14.24	(2.713)	2.19	(0.114)

See page 23 for footnotes.

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Race/ethnicity and age (years)		F o l i c a c i d																
		All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
		Percent reporting folic acid <sup>8</sup>		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)	
<b>Non-Hispanic White:</b>																		
2 - 19.....	21	(2.4)	799	203	(11.5)	47	(4.7)	251	(12.9)	164	225	(36.0)	221	(12.5)	446	(42.6)	198	(14.2)
20 and over.....	31	(1.6)	2146	185	(5.6)	142	(7.1)	327	(8.8)	623	191	(7.9)	451	(13.6)	642	(16.8)	183	(7.0)
2 and over...	29	(1.4)	2945	189	(5.7)	122	(5.8)	311	(7.5)	787	196	(8.4)	416	(13.8)	612	(18.2)	186	(7.4)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	10	(2.3)	745	222	(13.4)	24	(6.4)	246	(11.9)	90	226	(34.8)	248	(13.7)	474	(40.6)	221	(13.4)
20 and over.....	18	(1.1)	970	163	(3.7)	99	(14.6)	261	(15.1)	174	173	(8.5)	554	(70.4)	727	(74.5)	160	(4.6)
2 and over...	15	(0.8)	1715	180	(3.8)	77	(9.9)	257	(10.2)	264	183	(10.9)	498	(55.7)	681	(60.5)	179	(4.4)
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	26	(4.0)	259	210	(18.1)	56	(13.6)	266	(18.4)		--		--		--		212	(22.9)
20 and over.....	23	(1.9)	492	160	(6.4)	106	(11.0)	266	(12.5)	111	153	(18.0)	457	(19.8)	611	(24.4)	162	(7.6)
2 and over...	24	(1.6)	751	172	(7.6)	94	(8.8)	266	(10.3)	163	166	(12.3)	396	(15.0)	562	(13.9)	173	(9.6)
<b>Hispanic:</b>																		
2 - 19.....	10	(2.0)	981	208	(9.0)	29	(4.6)	237	(11.9)	101	213	(22.5)	280	(27.5)	493	(36.1)	207	(9.1)
20 and over.....	14	(1.2)	1076	169	(7.1)	66	(4.9)	234	(8.6)	158	171	(19.4)	453	(23.6)	624	(24.9)	168	(8.0)
2 and over...	13	(1.1)	2057	182	(6.8)	53	(3.8)	235	(8.3)	259	182	(16.9)	406	(20.0)	588	(20.8)	182	(7.1)

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Race/ethnicity and age (years)	Percent reporting folate (DFE) <sup>8</sup> % (SE)		F o l a t e ( D F E )																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
<b>Non-Hispanic White:</b>																				
2 - 19.....	21	(2.4)	799	501	(20.9)	81	(7.9)	581	(23.3)	164	551	(67.3)	376	(21.3)	927	(79.5)	487	(26.5)		
20 and over.....	31	(1.6)	2146	534	(10.2)	241	(12.1)	774	(16.4)	623	562	(13.5)	766	(23.2)	1328	(30.4)	521	(13.6)		
2 and over...	29	(1.4)	2945	527	(10.0)	207	(9.8)	734	(13.8)	787	561	(16.7)	707	(23.5)	1267	(34.5)	513	(13.4)		
<b>Non-Hispanic Black:</b>																				
2 - 19.....	10	(2.3)	745	524	(23.1)	41	(10.8)	566	(20.4)	90	527	(59.8)	421	(23.4)	948	(70.4)	524	(22.8)		
20 and over.....	18	(1.1)	970	478	(10.5)	168	(24.8)	646	(26.7)	174	501	(15.6)	941	(119.7)	1443	(124.8)	473	(13.0)		
2 and over...	15	(0.8)	1715	492	(7.6)	131	(16.8)	623	(16.9)	264	506	(15.9)	846	(94.7)	1352	(100.3)	489	(9.0)		
<b>Non-Hispanic Asian<sup>9</sup>:</b>																				
2 - 19.....	26	(4.0)	259	533	(34.3)	96	(23.1)	628	(36.8)		--		--		--		538	(42.5)		
20 and over.....	23	(1.9)	492	526	(13.9)	180	(18.8)	705	(26.0)	111	540	(33.5)	778	(33.6)	1317	(51.7)	521	(18.9)		
2 and over...	24	(1.6)	751	527	(15.6)	160	(14.9)	687	(22.2)	163	534	(20.5)	673	(25.5)	1207	(30.4)	525	(21.0)		
<b>Hispanic:</b>																				
2 - 19.....	10	(2.0)	981	524	(19.9)	49	(7.8)	573	(24.8)	101	526	(50.5)	476	(46.8)	1003	(71.3)	524	(19.9)		
20 and over.....	14	(1.2)	1076	537	(18.0)	111	(8.3)	649	(20.2)	158	534	(45.5)	770	(40.1)	1304	(58.3)	538	(19.0)		
2 and over...	13	(1.1)	2057	533	(17.3)	90	(6.5)	623	(20.1)	259	532	(38.1)	690	(34.0)	1223	(42.6)	533	(17.4)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement choline <sup>8</sup> % (SE)		C h o l i n e																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			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)			
<b>Non-Hispanic White:</b>																				
2 - 19.....	10	(1.6)	799	257	(5.3)	1*	(0.4)	258	(5.4)	76	343	(49.5)	11*	(3.9)	355	(50.4)	247	(6.6)		
20 and over.....	6	(0.9)	2146	334	(4.9)	1	(0.3)	336	(4.8)	115	324	(14.9)	25	(4.0)	349	(17.3)	335	(5.0)		
2 and over...	7	(0.6)	2945	318	(4.1)	1	(0.2)	319	(4.0)	191	330	(17.2)	21	(2.6)	351	(16.7)	317	(3.8)		
<b>Non-Hispanic Black:</b>																				
2 - 19.....	2	(0.7)	745	237	(5.9)	#		237	(5.9)	--	--	--	--	--	--	--	234	(5.9)		
20 and over.....	3	(0.8)	970	346	(8.8)	#		346	(8.8)	--	--	--	--	--	--	--	345	(8.2)		
2 and over...	3	(0.5)	1715	314	(7.2)	#		314	(7.3)	--	--	--	--	--	--	--	313	(6.9)		
<b>Non-Hispanic Asian<sup>9</sup>:</b>																				
2 - 19.....	15	(2.3)	259	290	(20.8)	2*	(1.2)	292	(20.8)	--	--	--	--	--	--	--	297	(23.1)		
20 and over.....	4	(0.8)	492	331	(8.8)	1*	(0.4)	332	(8.8)	--	--	--	--	--	--	--	329	(9.3)		
2 and over...	7	(1.0)	751	322	(10.8)	1*	(0.4)	323	(10.9)	--	--	--	--	--	--	--	322	(11.4)		
<b>Hispanic:</b>																				
2 - 19.....	4	(1.4)	981	262	(6.7)	1*	(0.3)	263	(6.8)	--	--	--	--	--	--	--	262	(7.0)		
20 and over.....	3	(0.6)	1076	361	(7.6)	1*	(0.4)	362	(7.5)	--	--	--	--	--	--	--	359	(7.5)		
2 and over...	3	(0.6)	2057	327	(7.3)	1*	(0.3)	328	(7.2)	75	354	(19.7)	26	(6.1)	380	(21.3)	326	(7.2)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 <sup>8</sup> % (SE)		V i t a m i n B 1 2											
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>	
			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)			
<b>Non-Hispanic White:</b>														
2 - 19.....	21	(2.4)	799	5.02 (0.142)	2.6* (0.82)	7.6 (0.88)	164	5.44 (0.703)	12.2* (4.55)	17.7 (5.17)	4.90 (0.183)			
20 and over.....	33	(1.4)	2146	5.07 (0.098)	85.1 (11.58)	90.2 (11.59)	662	5.08 (0.209)	256.0 (41.02)	261.1 (40.93)	5.07 (0.111)			
2 and over...	31	(1.3)	2945	5.06 (0.092)	67.9 (9.37)	73.0 (9.38)	826	5.13 (0.241)	220.7 (35.64)	225.8 (35.58)	5.03 (0.088)			
<b>Non-Hispanic Black:</b>														
2 - 19.....	10	(2.2)	745	4.09 (0.111)	1.3* (0.86)	5.4 (0.89)	90	4.34 (0.417)	12.5* (8.63)	16.8* (8.80)	4.06 (0.101)			
20 and over.....	19	(1.0)	970	4.76 (0.205)	31.4 (4.63)	36.2 (4.71)	187	4.65 (0.480)	166.3 (24.61)	171.0 (25.00)	4.78 (0.209)			
2 and over...	16	(0.8)	1715	4.56 (0.150)	22.7 (3.12)	27.3 (3.16)	277	4.60 (0.388)	138.7 (21.10)	143.3 (21.38)	4.56 (0.162)			
<b>Non-Hispanic Asian<sup>9</sup>:</b>														
2 - 19.....	27	(3.9)	259	4.86 (0.324)	1.7 (0.20)	6.5 (0.38)		--	--	--	4.84 (0.455)			
20 and over.....	25	(1.9)	492	4.07 (0.189)	42.7* (13.63)	46.7 (13.74)	118	4.22 (0.252)	170.8* (53.50)	175.0* (53.54)	4.02 (0.214)			
2 and over...	25	(1.6)	751	4.26 (0.154)	33.0* (10.78)	37.3 (10.84)	171	4.40 (0.195)	130.0* (42.19)	134.4* (42.18)	4.21 (0.181)			
<b>Hispanic:</b>														
2 - 19.....	10	(2.0)	981	4.77 (0.106)	10.1* (9.89)	14.9* (9.85)	103	4.31 (0.200)	96.1* (86.99)	100.4* (86.93)	4.83 (0.112)			
20 and over.....	14	(1.1)	1076	4.83 (0.222)	17.7* (6.07)	22.6 (6.24)	164	4.63 (0.518)	122.5* (45.34)	127.2* (45.53)	4.86 (0.222)			
2 and over...	13	(0.9)	2057	4.81 (0.143)	15.1* (6.97)	19.9* (7.07)	267	4.54 (0.383)	115.3* (53.47)	119.8* (53.56)	4.85 (0.148)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).



**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin C <sup>8</sup> % (SE)		V i t a m i n C																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			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)									
<b>Non-Hispanic White:</b>																				
2 - 19.....	23	(2.2)	799	67.1 (2.23)	27.6 (5.68)	94.8 (6.81)	177	82.7 (5.85)	119.9 (29.95)	202.6 (30.43)	62.5 (3.07)									
20 and over.....	35	(1.5)	2146	75.7 (1.74)	92.4 (12.22)	168.1 (13.05)	699	88.4 (3.11)	267.2 (32.48)	355.7 (32.74)	68.9 (2.60)									
2 and over...	32	(1.2)	2945	73.9 (1.18)	78.9 (9.15)	152.8 (9.50)	876	87.6 (3.22)	245.3 (27.69)	332.8 (27.65)	67.4 (1.82)									
<b>Non-Hispanic Black:</b>																				
2 - 19.....	11	(2.4)	745	78.6 (4.03)	10.3* (4.18)	88.9 (6.59)	97	97.0 (6.27)	95.3 (25.27)	192.3 (27.52)	76.4 (4.21)									
20 and over.....	20	(0.9)	970	80.9 (3.44)	50.3 (4.59)	131.2 (6.15)	193	84.9 (4.78)	257.5 (24.10)	342.4 (26.60)	79.9 (3.91)									
2 and over...	17	(1.1)	1715	80.2 (2.79)	38.8 (3.92)	119.0 (5.77)	290	87.1 (4.17)	227.6 (21.24)	314.7 (23.75)	78.8 (2.97)									
<b>Non-Hispanic Asian<sup>9</sup>:</b>																				
2 - 19.....	31	(3.7)	259	79.3 (8.16)	38.0* (23.44)	117.3 (26.68)	62	84.8 (12.65)	123.8* (69.51)	208.6* (69.08)	76.8 (9.61)									
20 and over.....	27	(2.5)	492	87.2 (4.72)	62.8 (16.83)	150.0 (19.26)	135	102.3 (11.96)	233.5 (47.26)	335.8 (54.46)	81.6 (4.67)									
2 and over...	28	(2.2)	751	85.3 (4.39)	57.0 (14.68)	142.3 (16.91)	197	97.8 (9.95)	205.0 (42.45)	302.8 (46.57)	80.5 (4.51)									
<b>Hispanic:</b>																				
2 - 19.....	12	(2.0)	981	80.7 (3.31)	10.9 (3.26)	91.5 (5.98)	115	78.4 (12.54)	89.7 (22.05)	168.1 (28.26)	81.0 (3.13)									
20 and over.....	16	(1.1)	1076	89.4 (6.25)	34.9 (4.13)	124.3 (6.27)	177	103.5 (12.27)	221.2 (21.84)	324.7 (27.81)	86.8 (5.93)									
2 and over...	15	(0.9)	2057	86.4 (4.75)	26.7 (2.52)	113.1 (5.15)	292	96.3 (10.89)	183.8 (14.71)	280.1 (19.13)	84.7 (4.28)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin D <sup>8</sup> % (SE)		V i t a m i n D																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
<b>Non-Hispanic White:</b>																				
2 - 19.....	22	(2.3)	799	5.4	(0.12)	3.6	(0.45)	9.0	(0.45)	171	6.6	(0.45)	16.4	(2.54)	23.0	(2.60)	5.1	(0.14)		
20 and over.....	38	(1.6)	2146	5.0	(0.21)	13.5	(0.83)	18.5	(0.84)	781	5.8	(0.43)	35.4	(1.76)	41.1	(1.59)	4.5	(0.19)		
2 and over...	35	(1.4)	2945	5.1	(0.17)	11.4	(0.61)	16.5	(0.62)	952	5.9	(0.39)	32.9	(1.49)	38.7	(1.42)	4.7	(0.15)		
<b>Non-Hispanic Black:</b>																				
2 - 19.....	10	(2.2)	745	4.2	(0.21)	1.2	(0.28)	5.4	(0.41)	92	5.1	(0.36)	11.9	(0.62)	17.0	(0.87)	4.1	(0.20)		
20 and over.....	22	(1.1)	970	4.1	(0.17)	9.6*	(2.90)	13.6	(3.00)	222	4.2	(0.21)	44.0	(11.71)	48.2	(11.86)	4.0	(0.17)		
2 and over...	18	(0.9)	1715	4.1	(0.11)	7.2	(2.02)	11.3	(2.08)	314	4.4	(0.16)	38.8	(10.16)	43.2	(10.25)	4.0	(0.11)		
<b>Non-Hispanic Asian<sup>9</sup>:</b>																				
2 - 19.....	34	(4.3)	259	6.5	(0.56)	4.6	(0.78)	11.0	(0.97)	63	6.4	(0.98)	13.4	(1.91)	19.8	(1.53)	6.5	(0.88)		
20 and over.....	33	(2.3)	492	4.6	(0.29)	12.9	(3.85)	17.5	(3.85)	155	3.9	(0.32)	39.1	(11.20)	43.0	(11.21)	4.9	(0.43)		
2 and over...	33	(2.4)	751	5.0	(0.29)	11.0	(2.99)	16.0	(2.98)	218	4.5	(0.36)	32.9	(8.59)	37.4	(8.59)	5.3	(0.44)		
<b>Hispanic:</b>																				
2 - 19.....	11	(1.6)	981	5.5	(0.14)	1.2	(0.17)	6.6	(0.21)	109	5.4	(0.18)	10.7	(0.66)	16.2	(0.72)	5.5	(0.16)		
20 and over.....	16	(1.2)	1076	4.5	(0.19)	7.5*	(3.06)	12.0	(3.01)	186	4.7	(0.58)	46.7*	(17.74)	51.5*	(17.61)	4.4	(0.20)		
2 and over...	14	(1.0)	2057	4.8	(0.15)	5.4*	(2.02)	10.2	(1.99)	295	4.9	(0.44)	37.4*	(13.17)	42.3*	(13.08)	4.8	(0.14)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin K <sup>8</sup> % (SE)		V i t a m i n K															
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			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)							
<b>Non-Hispanic White:</b>																		
2 - 19.....	3	(0.5)	799	75.2 (4.75)	1.1 (0.27)	76.4 (4.65)											75.7 (4.77)	
20 and over.....	25	(1.5)	2146	122.7 (4.84)	9.3 (0.74)	132.0 (4.99)	490	151.3 (10.79)	36.9 (2.28)	188.2 (11.52)	113.2 (5.76)							
2 and over...	21	(1.3)	2945	112.8 (4.02)	7.6 (0.61)	120.4 (4.18)	514	148.3 (10.80)	36.8 (2.25)	185.0 (11.51)	103.7 (4.58)							
<b>Non-Hispanic Black:</b>																		
2 - 19.....	1*	(0.5)	745	72.2 (6.03)	0.3* (0.14)	72.5 (6.09)											72.2 (6.07)	
20 and over.....	13	(0.8)	970	124.4 (7.03)	6.4 (1.60)	130.8 (7.55)	133	144.6 (19.18)	48.8 (12.05)	193.4 (25.52)	121.4 (8.32)							
2 and over...	10	(0.5)	1715	109.3 (6.20)	4.6 (1.16)	113.9 (6.53)	140	142.5 (19.14)	48.3 (11.74)	190.7 (25.36)	105.8 (7.03)							
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	6*	(0.8)	259	85.2 (9.87)	1.7 (0.36)	86.9 (9.83)											82.9 (9.81)	
20 and over.....	16	(1.7)	492	166.6 (16.49)	5.6 (0.81)	172.3 (16.66)	80	169.3 (22.83)	34.3 (2.63)	203.6 (23.71)	166.1 (19.52)							
2 and over...	14	(1.3)	751	147.5 (13.03)	4.7 (0.62)	152.2 (13.14)	89	164.8 (20.70)	33.8 (2.71)	198.6 (21.41)	144.7 (14.70)							
<b>Hispanic:</b>																		
2 - 19.....	1*	(0.5)	981	64.9 (3.02)	0.3* (0.13)	65.2 (3.09)											64.2 (2.68)	
20 and over.....	10	(1.0)	1076	111.2 (8.57)	32.1* (28.07)	143.3 (30.08)	116	114.8 (11.10)	316.1*(280.88)	430.9*(284.84)	110.8 (9.79)							
2 and over...	7	(0.7)	2057	95.4 (6.17)	21.2* (18.51)	116.6 (20.33)	126	115.2 (10.90)	299.0*(264.16)	414.2*(268.12)	93.9 (6.61)							

See page 23 for footnotes.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

		<b>L u t e i n + z e a x a n t h i n</b>																
		-----All Individuals <sup>5</sup> -----							-----Supplement Users <sup>6</sup> -----					-----Non-users <sup>7</sup> -----				
Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup>		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)
<b>Non-Hispanic White:</b>																		
2 - 19.....	1*	(0.5)	799	928	(81.9)	6*	(3.3)	934	(82.3)		--	--	--	--	--	924	(83.6)	
20 and over.....	13	(0.9)	2146	1655	(114.8)	106	(13.1)	1761	(111.7)	263	2085	(136.2)	841	(85.8)	2927	(160.5)	1593	(133.7)
2 and over...	10	(0.7)	2945	1504	(89.3)	85	(10.1)	1589	(86.9)	274	2064	(126.8)	832	(82.8)	2895	(148.7)	1439	(102.6)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	0*	(0.0)	745	898	(105.4)	0*	(0.0)	898	(105.4)		--	--	--	--	--	898	(105.4)	
20 and over.....	6	(1.2)	970	1626	(100.7)	62*	(19.2)	1688	(100.6)	61	1715	(465.6)	1022	(243.2)	2736	(485.5)	1620	(87.5)
2 and over...	4	(0.8)	1715	1415	(90.5)	44*	(14.1)	1460	(93.0)	61	1715	(465.6)	1022	(243.2)	2736	(485.5)	1402	(81.9)
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	4*	(0.4)	259	1085	(165.3)	14*	(5.7)	1100	(162.3)		--	--	--	--	--	1073	(164.1)	
20 and over.....	11	(1.4)	492	2553	(324.6)	244*	(98.2)	2797	(356.5)		--	--	--	--	--	2447	(371.5)	
2 and over...	9	(1.1)	751	2208	(254.4)	190*	(79.6)	2398	(290.7)		--	--	--	--	--	2104	(280.7)	
<b>Hispanic:</b>																		
2 - 19.....	#		981	706	(44.4)	2*	(1.7)	708	(45.2)		--	--	--	--	--	706	(44.6)	
20 and over.....	5	(0.6)	1076	1500	(142.9)	48	(14.3)	1548	(141.7)		--	--	--	--	--	1483	(153.5)	
2 and over...	3	(0.4)	2057	1229	(96.3)	32	(9.4)	1261	(95.6)	61	1824	(258.7)	995	(271.0)	2818	(365.0)	1209	(100.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		C a l c i u m													
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>			
			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)					
<b>Non-Hispanic White:</b>																
2 - 19.....	10	(1.0)	799	1064 (28.9)	18 (3.7)	1083 (28.4)	82	1197 (99.0)	186 (25.7)	1383 (93.5)	1050 (35.5)					
20 and over.....	38	(1.6)	2146	999 (18.5)	189 (10.7)	1188 (25.0)	765	1053 (22.0)	497 (15.6)	1550 (29.8)	966 (23.7)					
2 and over...	32	(1.2)	2945	1013 (16.9)	153 (8.4)	1166 (21.6)	847	1063 (23.6)	477 (14.6)	1539 (32.0)	989 (20.8)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	4	(1.3)	745	873 (26.4)	10* (3.2)	883 (26.4)		--	--	--	863 (29.3)					
20 and over.....	19	(1.1)	970	825 (20.5)	85 (8.6)	909 (22.5)	194	888 (38.2)	437 (32.4)	1325 (41.7)	809 (21.6)					
2 and over...	15	(0.7)	1715	839 (18.8)	63 (5.9)	902 (20.0)	236	904 (38.5)	421 (29.6)	1325 (42.3)	827 (19.7)					
<b>Non-Hispanic Asian<sup>9</sup>:</b>																
2 - 19.....	13	(1.5)	259	985 (47.4)	31 (6.8)	1016 (46.8)		--	--	--	957 (46.6)					
20 and over.....	29	(2.1)	492	733 (26.8)	134 (14.7)	867 (26.9)	143	779 (36.1)	457 (37.7)	1237 (53.7)	714 (35.5)					
2 and over...	26	(1.8)	751	792 (27.6)	110 (12.1)	902 (26.2)	167	827 (35.0)	429 (30.4)	1256 (45.8)	780 (33.7)					
<b>Hispanic:</b>																
2 - 19.....	4	(0.9)	981	1035 (25.6)	10 (2.3)	1045 (25.9)		--	--	--	1037 (25.3)					
20 and over.....	16	(1.1)	1076	1017 (26.2)	60 (7.4)	1077 (28.4)	190	1007 (75.5)	371 (31.8)	1378 (55.3)	1019 (27.1)					
2 and over...	12	(0.9)	2057	1023 (22.2)	43 (5.3)	1066 (23.1)	233	1005 (71.6)	354 (25.8)	1359 (53.9)	1025 (21.5)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

<b>P h o s p h o r u s</b>																		
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -----																		
Race/ethnicity and age (years)	Percent reporting supplement phosphorus <sup>8</sup>		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)
<b>Non-Hispanic White:</b>																		
2 - 19.....	3	(0.8)	799	1296	(25.7)	3*	(1.2)	1299	(25.4)		--		--		--		1294	(27.2)
20 and over.....	16	(1.0)	2146	1411	(14.5)	8	(0.8)	1419	(14.9)	333	1515	(41.9)	48	(4.3)	1563	(42.5)	1391	(16.6)
2 and over...	13	(0.9)	2945	1387	(13.5)	7	(0.6)	1394	(13.7)	361	1510	(40.3)	50	(3.7)	1560	(40.1)	1369	(15.0)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	1*	(0.4)	745	1165	(21.9)	#		1166	(21.9)		--		--		--		1158	(22.0)
20 and over.....	7	(1.0)	970	1311	(26.4)	3	(0.5)	1314	(26.2)	76	1389	(102.8)	38	(3.2)	1427	(104.3)	1305	(31.0)
2 and over...	5	(0.8)	1715	1269	(20.3)	2	(0.4)	1271	(20.2)	81	1420	(104.0)	39	(2.9)	1458	(105.7)	1261	(24.3)
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	5*	(2.3)	259	1273	(49.0)	4*	(2.1)	1278	(49.1)		--		--		--		1261	(51.0)
20 and over.....	12	(1.0)	492	1238	(31.1)	5	(0.8)	1243	(31.1)		--		--		--		1239	(36.0)
2 and over...	10	(0.8)	751	1246	(30.8)	5	(0.9)	1251	(31.0)	69	1260	(59.5)	46	(7.1)	1306	(58.9)	1245	(34.1)
<b>Hispanic:</b>																		
2 - 19.....	1*	(0.4)	981	1303	(29.1)	1*	(0.4)	1304	(29.0)		--		--		--		1303	(29.9)
20 and over.....	6	(0.6)	1076	1483	(33.5)	3	(0.7)	1486	(33.4)	76	1354	(100.6)	52	(10.6)	1406	(93.6)	1492	(32.4)
2 and over...	4	(0.3)	2057	1422	(30.4)	2	(0.4)	1424	(30.3)	86	1354	(90.9)	54	(9.7)	1408	(83.6)	1425	(29.6)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement magnesium <sup>8</sup> % (SE)		M a g n e s i u m											
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>	
			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)			
<b>Non-Hispanic White:</b>														
2 - 19.....	7	(1.1)	799	238 (4.3)	4 (1.0)	241 (4.3)	61	337 (61.0)	51 (12.7)	388 (64.4)	230 (5.2)			
20 and over.....	30	(1.4)	2146	307 (4.3)	32 (2.8)	339 (5.2)	588	331 (7.3)	108 (9.0)	439 (11.5)	297 (4.6)			
2 and over...	25	(1.2)	2945	293 (4.0)	26 (2.5)	319 (5.0)	649	332 (8.0)	104 (8.7)	436 (11.3)	280 (4.2)			
<b>Non-Hispanic Black:</b>														
2 - 19.....	2*	(0.5)	745	218 (3.9)	4* (2.3)	222 (4.6)		--	--	--	216 (4.0)			
20 and over.....	15	(0.7)	970	279 (5.2)	14 (1.0)	294 (5.3)	150	309 (15.6)	98 (6.1)	407 (14.6)	274 (6.5)			
2 and over...	11	(0.5)	1715	261 (3.7)	11 (1.0)	273 (3.6)	163	311 (13.2)	102 (9.3)	413 (11.9)	255 (4.2)			
<b>Non-Hispanic Asian<sup>9</sup>:</b>														
2 - 19.....	7	(0.8)	259	259 (12.6)	4 (0.9)	263 (12.9)		--	--	--	256 (12.7)			
20 and over.....	20	(1.9)	492	310 (8.7)	19 (2.5)	328 (9.7)	99	352 (24.7)	94 (8.1)	446 (28.8)	299 (8.6)			
2 and over...	17	(1.5)	751	298 (8.8)	15 (2.1)	313 (9.7)	113	348 (24.3)	90 (8.0)	438 (29.0)	287 (8.4)			
<b>Hispanic:</b>														
2 - 19.....	3	(0.7)	981	238 (5.8)	1* (0.4)	239 (5.9)		--	--	--	237 (5.8)			
20 and over.....	12	(1.0)	1076	318 (7.1)	11 (1.9)	330 (7.8)	143	318 (20.6)	93 (16.4)	411 (24.2)	318 (7.0)			
2 and over...	9	(0.7)	2057	291 (6.6)	8 (1.4)	299 (7.1)	172	313 (20.6)	88 (13.7)	401 (22.5)	289 (6.2)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron <sup>8</sup> % (SE)		I r o n													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			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)					
<b>Non-Hispanic White:</b>																
2 - 19.....	5	(0.9)	799	13.9 (0.35)	0.9* (0.31)	14.8 (0.44)									13.7 (0.39)	
20 and over.....	17	(1.3)	2146	14.6 (0.20)	3.7 (0.34)	18.3 (0.36)	346	14.7 (0.52)	21.7 (1.21)	36.4 (1.26)				14.6 (0.24)		
2 and over...	15	(1.0)	2945	14.4 (0.19)	3.2 (0.28)	17.6 (0.30)	390	14.8 (0.51)	21.5 (1.27)	36.4 (1.29)				14.4 (0.22)		
<b>Non-Hispanic Black:</b>																
2 - 19.....	5	(1.4)	745	13.7 (0.23)	0.8* (0.27)	14.6 (0.38)									13.6 (0.20)	
20 and over.....	10	(1.1)	970	14.2 (0.24)	3.2 (0.36)	17.3 (0.43)	103	15.2 (0.87)	30.8 (3.23)	46.0 (3.47)				14.0 (0.21)		
2 and over...	9	(0.7)	1715	14.0 (0.18)	2.5 (0.28)	16.5 (0.33)	144	15.5 (0.81)	28.8 (2.72)	44.3 (2.75)				13.9 (0.16)		
<b>Non-Hispanic Asian<sup>9</sup>:</b>																
2 - 19.....	9	(1.1)	259	13.6 (0.72)	1.8 (0.20)	15.5 (0.78)									13.1 (0.70)	
20 and over.....	12	(1.2)	492	13.5 (0.28)	2.1 (0.35)	15.6 (0.48)									13.5 (0.34)	
2 and over...	11	(0.9)	751	13.5 (0.34)	2.0 (0.29)	15.6 (0.50)	68	14.6 (1.19)	18.2 (1.76)	32.8 (2.42)				13.4 (0.38)		
<b>Hispanic:</b>																
2 - 19.....	4	(0.5)	981	14.3 (0.40)	0.7 (0.11)	15.0 (0.40)									14.3 (0.41)	
20 and over.....	8	(0.8)	1076	15.1 (0.29)	1.7 (0.28)	16.8 (0.48)	96	13.6 (0.84)	21.2 (2.48)	34.8 (2.35)				15.2 (0.32)		
2 and over...	7	(0.6)	2057	14.8 (0.25)	1.4 (0.21)	16.2 (0.36)	130	13.4 (0.71)	21.0 (1.96)	34.5 (1.77)				14.9 (0.27)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc <sup>8</sup> % (SE)		Z i n c													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			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)					
<b>Non-Hispanic White:</b>																
2 - 19.....	19	(2.2)	799	10.3 (0.23)	1.0 (0.15)	11.3 (0.27)	146	12.2 (1.78)	5.4 (0.71)	17.6 (2.29)	9.9 (0.34)					
20 and over.....	30	(1.5)	2146	11.3 (0.13)	5.0 (0.25)	16.3 (0.31)	605	11.4 (0.30)	16.5 (0.65)	27.9 (0.79)	11.3 (0.13)					
2 and over...	28	(1.1)	2945	11.1 (0.14)	4.2 (0.19)	15.3 (0.26)	751	11.5 (0.38)	15.0 (0.64)	26.5 (0.80)	10.9 (0.17)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	9	(2.2)	745	9.4 (0.17)	0.6 (0.18)	10.1 (0.23)	87	10.6 (1.08)	6.7 (0.67)	17.3 (1.58)	9.3 (0.17)					
20 and over.....	17	(0.9)	970	10.5 (0.26)	2.7 (0.12)	13.3 (0.33)	165	10.9 (0.42)	16.3 (0.70)	27.2 (0.90)	10.5 (0.29)					
2 and over...	15	(0.6)	1715	10.2 (0.17)	2.1 (0.11)	12.3 (0.23)	252	10.9 (0.27)	14.5 (0.32)	25.4 (0.46)	10.1 (0.19)					
<b>Non-Hispanic Asian<sup>9</sup>:</b>																
2 - 19.....	26	(3.9)	259	10.7 (0.80)	1.3 (0.35)	12.0 (0.91)		--	--	--	10.9 (0.97)					
20 and over.....	22	(2.1)	492	10.2 (0.25)	3.8 (0.63)	14.0 (0.59)	108	11.0 (0.57)	17.4 (1.77)	28.4 (1.89)	10.0 (0.30)					
2 and over...	23	(1.9)	751	10.3 (0.33)	3.2 (0.48)	13.6 (0.53)	157	10.8 (0.54)	14.1 (1.38)	24.9 (1.48)	10.2 (0.34)					
<b>Hispanic:</b>																
2 - 19.....	10	(1.6)	981	10.0 (0.27)	0.6 (0.11)	10.7 (0.35)	96	9.3 (0.42)	6.8 (1.06)	16.0 (1.15)	10.1 (0.28)					
20 and over.....	13	(1.0)	1076	11.6 (0.25)	1.7 (0.18)	13.3 (0.37)	142	11.0 (0.96)	13.9 (0.87)	24.9 (1.23)	11.7 (0.30)					
2 and over...	12	(0.8)	2057	11.0 (0.23)	1.4 (0.14)	12.4 (0.32)	238	10.5 (0.70)	11.9 (0.90)	22.4 (0.92)	11.1 (0.25)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		C o p p e r															
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			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)	Food plus supplement mg (SE)						
<b>Non-Hispanic White:</b>																		
2 - 19.....	6	(0.8)	799	0.9 (0.02)	0.1 (0.02)	1.0 (0.03)										0.9 (0.02)		
20 and over.....	28	(1.6)	2146	1.2 (0.02)	0.4 (0.02)	1.6 (0.03)	550	1.3 (0.04)	1.3 (0.02)	2.6 (0.05)						1.2 (0.02)		
2 and over...	23	(1.2)	2945	1.2 (0.02)	0.3 (0.02)	1.5 (0.03)	601	1.3 (0.04)	1.3 (0.03)	2.6 (0.05)						1.1 (0.01)		
<b>Non-Hispanic Black:</b>																		
2 - 19.....	4	(1.1)	745	0.9 (0.02)	0.2* (0.10)	1.0 (0.09)										0.8 (0.02)		
20 and over.....	14	(0.7)	970	1.1 (0.03)	0.2 (0.02)	1.3 (0.03)	141	1.3 (0.06)	1.4 (0.11)	2.7 (0.10)						1.1 (0.03)		
2 and over...	11	(0.6)	1715	1.1 (0.02)	0.2 (0.04)	1.2 (0.03)	175	1.3 (0.05)	1.7 (0.29)	3.0 (0.28)						1.0 (0.02)		
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	8	(1.8)	259	1.1 (0.07)	0.1 (0.03)	1.2 (0.09)										1.1 (0.07)		
20 and over.....	20	(1.8)	492	1.4 (0.04)	0.3 (0.04)	1.7 (0.07)	97	1.6 (0.13)	1.4 (0.08)	2.9 (0.17)						1.4 (0.04)		
2 and over...	17	(1.5)	751	1.3 (0.04)	0.2 (0.03)	1.6 (0.06)	111	1.6 (0.12)	1.4 (0.08)	2.9 (0.16)						1.3 (0.04)		
<b>Hispanic:</b>																		
2 - 19.....	3	(0.6)	981	0.9 (0.03)	0.1 (0.01)	1.0 (0.03)										0.9 (0.02)		
20 and over.....	11	(1.1)	1076	1.3 (0.03)	0.2 (0.02)	1.4 (0.04)	129	1.2 (0.07)	1.4 (0.12)	2.6 (0.10)						1.3 (0.04)		
2 and over...	9	(0.8)	2057	1.1 (0.03)	0.1 (0.02)	1.3 (0.03)	159	1.2 (0.08)	1.5 (0.13)	2.6 (0.09)						1.1 (0.03)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium <sup>8</sup> % (SE)		S o d i u m												
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>		
			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)				
<b>Non-Hispanic White:</b>															
2 - 19.....	6	(1.0)	799	3033 (63.3)	1 (0.2)	3033 (63.4)				--	--	--		3052 (66.4)	
20 and over.....	8	(0.8)	2146	3506 (33.2)	3 (0.5)	3509 (33.2)	150	3387 (109.5)	34 (4.3)	3421 (107.8)			3517 (38.0)		
2 and over...	8	(0.6)	2945	3408 (32.3)	2 (0.4)	3410 (32.2)	208	3285 (107.7)	30 (3.8)	3315 (106.7)			3418 (34.7)		
<b>Non-Hispanic Black:</b>															
2 - 19.....	4	(1.2)	745	3040 (61.0)	#	3040 (61.0)		--	--	--			3033 (59.5)		
20 and over.....	3	(0.7)	970	3532 (73.6)	1* (0.4)	3533 (73.8)		--	--	--			3531 (71.1)		
2 and over...	4	(0.6)	1715	3389 (64.0)	1* (0.3)	3390 (64.1)	72	3427 (285.9)	24 (7.0)	3451 (289.9)			3388 (62.3)		
<b>Non-Hispanic Asian<sup>9</sup>:</b>															
2 - 19.....	8	(3.6)	259	3152 (158.5)	1* (0.4)	3153 (158.5)		--	--	--			3205 (172.4)		
20 and over.....	4	(1.5)	492	3673 (135.8)	1* (0.6)	3675 (135.7)		--	--	--			3688 (145.4)		
2 and over...	5	(0.8)	751	3551 (111.3)	1* (0.4)	3552 (111.3)		--	--	--			3578 (122.3)		
<b>Hispanic:</b>															
2 - 19.....	2	(0.8)	981	3060 (76.9)	#	3060 (76.9)		--	--	--			3068 (78.0)		
20 and over.....	4	(0.5)	1076	3604 (66.3)	1 (0.3)	3605 (66.4)		--	--	--			3593 (68.1)		
2 and over...	3	(0.4)	2057	3418 (56.0)	1 (0.2)	3419 (56.1)	73	3586 (143.8)	28 (5.4)	3614 (142.8)			3412 (55.1)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Percent reporting potassium <sup>8</sup> % (SE)		P o t a s s i u m															
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			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)							
<b>Non-Hispanic White:</b>																		
2 - 19.....	2	(0.7)	799	2177 (33.1)	1* (0.4)	2178 (33.0)										2145 (39.0)		
20 and over.....	19	(1.0)	2146	2702 (34.0)	17 (1.5)	2719 (34.5)	383	3030 (106.1)	88 (6.9)	3118 (107.2)	2624 (28.6)							
2 and over...	16	(0.9)	2945	2593 (33.4)	14 (1.2)	2606 (33.8)	401	3046 (100.3)	86 (6.9)	3132 (101.5)	2508 (29.6)							
<b>Non-Hispanic Black:</b>																		
2 - 19.....	#		745	1976 (39.2)	#	1977 (39.2)										1969 (39.6)		
20 and over.....	9	(1.1)	970	2449 (41.5)	9 (1.1)	2458 (41.5)	97	2872 (153.9)	93 (7.9)	2965 (151.7)	2406 (40.8)							
2 and over...	7	(0.8)	1715	2313 (32.6)	6 (0.8)	2319 (32.7)	100	2885 (146.7)	92 (8.0)	2977 (144.5)	2271 (30.1)							
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	3*	(1.6)	259	2359 (94.7)	2* (1.6)	2361 (94.6)										2343 (99.1)		
20 and over.....	13	(1.1)	492	2585 (57.2)	11 (1.8)	2596 (56.8)	60	2988 (280.8)	90 (9.2)	3078 (278.7)	2526 (69.5)							
2 and over...	10	(1.0)	751	2532 (54.4)	9 (1.6)	2541 (54.1)	66	2981 (261.9)	88 (8.7)	3069 (259.7)	2479 (64.9)							
<b>Hispanic:</b>																		
2 - 19.....	1*	(0.3)	981	2246 (47.3)	#	2247 (47.2)										2249 (47.3)		
20 and over.....	7	(0.8)	1076	2697 (65.7)	5 (0.6)	2702 (66.0)	82	2869 (256.0)	78 (4.7)	2947 (256.9)	2685 (64.2)							
2 and over...	5	(0.6)	2057	2543 (55.5)	3 (0.4)	2546 (55.7)	90	2819 (239.8)	77 (4.3)	2896 (240.1)	2530 (52.8)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, 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](http://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 1.98.

# 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 59 for VIF = 1.98.

## Footnotes

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

<sup>2</sup> 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):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 * \mu\text{g}$  folic acid).

**Vitamin D:** 1  $\mu\text{g}$  = 40 International Units (IU).

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

<sup>3</sup> **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) 2013-2014. 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 2013-2014 [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

<sup>4</sup> **Dietary supplement intake** was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_h) of NHANES 2013-2014. 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/nhanes2013-2014/DS1TOT\\_h.htm](http://www.cdc.gov/nchs/nhanes/nhanes2013-2014/DS1TOT_h.htm).

<sup>5</sup> **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.

<sup>6</sup> **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.

<sup>7</sup> **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.

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

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

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

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