

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)		Percent reporting thiamin ⁸ % (SE)		T h i a m i n						Sample size		—All Individuals ⁵ —				—Supplement Users ⁶ —				—Non-users ⁷ —	
				Food		Supplement		Food plus supplement				Food		Supplement		Food plus supplement		Food			
				Sample Size	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)			
\$0 - \$24,999:																					
2 - 19.....		7	(1.5)	951	1.47 (0.040)	0.75* (0.403)	2.22 (0.392)			--	--	--					1.45 (0.048)				
20 and over.....		19	(1.7)	1482	1.58 (0.041)	5.05* (2.204)	6.63* (2.198)	271	1.57 (0.058)	25.97*(10.446)	27.54*(10.419)						1.58 (0.047)				
2 and over...		16	(1.4)	2433	1.55 (0.026)	3.95* (1.654)	5.50* (1.654)	317	1.60 (0.056)	24.36* (9.461)	25.95* (9.441)						1.54 (0.029)				
\$25,000 - \$74,999:																					
2 - 19.....		6	(1.3)	1119	1.54 (0.044)	0.28* (0.134)	1.82 (0.160)	73	2.30 (0.635)	4.47* (1.730)	6.77* (2.307)						1.49 (0.035)				
20 and over.....		24	(1.5)	1799	1.64 (0.026)	6.22* (2.408)	7.85* (2.412)	366	1.66 (0.064)	25.60* (9.463)	27.26* (9.462)						1.63 (0.025)				
2 and over...		20	(1.4)	2918	1.61 (0.024)	4.81* (1.883)	6.42 (1.891)	439	1.71 (0.068)	24.06* (8.923)	25.76* (8.962)						1.59 (0.024)				
\$75,000 and higher:																					
2 - 19.....		7	(1.7)	747	1.65 (0.049)	0.22* (0.084)	1.86 (0.104)			--	--	--					1.64 (0.050)				
20 and over.....		28	(2.2)	1253	1.65 (0.029)	3.66 (0.602)	5.31 (0.612)	300	1.75 (0.071)	13.16 (2.440)	14.91 (2.444)						1.61 (0.029)				
2 and over...		23	(1.6)	2000	1.65 (0.024)	2.79 (0.431)	4.44 (0.438)	352	1.75 (0.068)	12.32 (2.053)	14.07 (2.057)						1.62 (0.026)				
All Individuals⁹:																					
2 - 19.....		7	(0.5)	2974	1.57 (0.027)	0.41* (0.127)	1.98 (0.124)	177	1.99 (0.223)	6.17* (2.035)	8.16 (2.155)						1.54 (0.028)				
20 and over.....		24	(1.2)	4830	1.62 (0.018)	4.84 (1.097)	6.47 (1.103)	991	1.67 (0.037)	20.13 (4.247)	21.80 (4.253)						1.61 (0.022)				
2 and over...		20	(0.9)	7804	1.61 (0.018)	3.75 (0.842)	5.36 (0.850)	1168	1.70 (0.039)	18.97 (3.958)	20.66 (3.975)						1.59 (0.021)				

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.

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Family income in dollars and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		R i b o f l a v i n														
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																	
2 - 19.....	7	(1.5)	951	1.82 (0.048)	0.50* (0.228)	2.32 (0.207)				--	--	--				1.78 (0.067)	
20 and over.....	20	(1.7)	1482	2.08 (0.066)	1.59 (0.295)	3.67 (0.280)	272	2.13 (0.089)	8.14 (1.336)	10.28 (1.321)						2.06 (0.080)	
2 and over...	16	(1.4)	2433	2.01 (0.046)	1.31 (0.178)	3.32 (0.182)	318	2.15 (0.091)	8.06 (1.016)	10.21 (1.002)						1.98 (0.052)	
\$25,000 - \$74,999:																	
2 - 19.....	6	(1.3)	1119	2.02 (0.092)	0.27* (0.131)	2.29 (0.193)	73	3.22* (1.201)	4.33* (1.707)	7.55* (2.825)						1.94 (0.076)	
20 and over.....	24	(1.5)	1799	2.18 (0.042)	2.51 (0.453)	4.68 (0.468)	369	2.29 (0.088)	10.26 (1.662)	12.56 (1.700)						2.14 (0.043)	
2 and over...	20	(1.4)	2918	2.14 (0.048)	1.98 (0.350)	4.12 (0.373)	442	2.36 (0.141)	9.83 (1.567)	12.19 (1.627)						2.08 (0.042)	
\$75,000 and higher:																	
2 - 19.....	7	(1.7)	747	2.10 (0.058)	0.26* (0.114)	2.36 (0.133)			--	--	--					2.09 (0.057)	
20 and over.....	28	(2.1)	1253	2.27 (0.051)	2.27 (0.305)	4.54 (0.321)	297	2.49 (0.106)	8.19 (1.166)	10.68 (1.187)						2.19 (0.042)	
2 and over...	23	(1.5)	2000	2.23 (0.037)	1.76 (0.210)	3.99 (0.224)	348	2.47 (0.092)	7.81 (0.959)	10.28 (0.969)						2.16 (0.036)	
All Individuals⁹:																	
2 - 19.....	7	(0.5)	2974	2.00 (0.040)	0.36 (0.098)	2.36 (0.099)	176	2.64 (0.411)	5.43 (1.596)	8.07 (1.857)						1.95 (0.044)	
20 and over.....	24	(1.1)	4830	2.18 (0.028)	2.15 (0.264)	4.34 (0.273)	992	2.33 (0.051)	8.93 (0.961)	11.26 (0.990)						2.14 (0.034)	
2 and over...	20	(0.9)	7804	2.14 (0.029)	1.71 (0.177)	3.85 (0.190)	1168	2.35 (0.068)	8.64 (0.797)	10.99 (0.819)						2.08 (0.032)	

See page 23 for footnotes.

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Family income in dollars and age (years)		Percent reporting supplement niacin ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷				
				Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																		
2 - 19.....	7	(1.5)	951	21.6	(0.83)	1.9*	(0.65)	23.6	(0.81)		--	--	--		20.6	(0.74)		
20 and over.....	20	(1.7)	1482	25.2	(0.76)	8.0	(0.59)	33.2	(0.94)	281	25.7	(1.40)	39.5	(2.43)	65.3	(2.86)	25.1	(0.68)
2 and over...	17	(1.4)	2433	24.3	(0.56)	6.4	(0.47)	30.8	(0.82)	328	26.8	(1.71)	38.2	(2.37)	65.0	(3.39)	23.8	(0.47)
\$25,000 - \$74,999:																		
2 - 19.....	7	(1.2)	1119	22.0	(0.85)	1.1	(0.23)	23.1	(0.92)	80	31.2	(8.99)	16.4	(0.92)	47.6	(9.62)	21.3	(0.75)
20 and over.....	26	(1.6)	1799	27.2	(0.48)	10.8	(1.61)	38.0	(1.70)	394	26.3	(1.05)	41.4	(5.10)	67.7	(5.00)	27.5	(0.53)
2 and over...	21	(1.4)	2918	26.0	(0.50)	8.5	(1.20)	34.4	(1.29)	474	26.6	(1.28)	39.5	(4.75)	66.2	(4.70)	25.8	(0.50)
\$75,000 and higher:																		
2 - 19.....	9	(1.8)	747	22.8	(1.14)	1.4	(0.28)	24.2	(1.16)		--	--	--		23.0	(1.14)		
20 and over.....	30	(2.3)	1253	26.7	(0.30)	9.8	(1.51)	36.5	(1.58)	328	27.9	(0.87)	32.3	(3.90)	60.2	(4.44)	26.2	(0.48)
2 and over...	25	(1.5)	2000	25.7	(0.41)	7.7	(1.10)	33.4	(1.06)	385	27.2	(0.84)	30.9	(3.63)	58.2	(4.11)	25.2	(0.56)
All Individuals⁹:																		
2 - 19.....	7	(0.6)	2974	22.3	(0.44)	1.4	(0.18)	23.7	(0.53)	190	28.8	(4.20)	19.6	(2.49)	48.4	(5.91)	21.7	(0.46)
20 and over.....	26	(1.3)	4830	26.5	(0.21)	9.6	(0.95)	36.1	(0.96)	1059	26.7	(0.38)	37.1	(2.59)	63.8	(2.55)	26.5	(0.28)
2 and over...	21	(1.0)	7804	25.5	(0.23)	7.6	(0.68)	33.0	(0.73)	1249	26.9	(0.63)	35.6	(2.23)	62.4	(2.37)	25.1	(0.28)

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

V i t a m i n B 6																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement vitamin B6 ⁸		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)	mg
\$0 - \$24,999:																			
2 - 19.....	13	(2.6)	951	1.76	(0.079)	0.53*	(0.212)	2.29	(0.235)	104	2.34	(0.539)	3.95*	(1.656)	6.29*	(2.152)	1.67	(0.080)	
20 and over.....	22	(1.8)	1482	2.08	(0.084)	2.94	(0.687)	5.02	(0.683)	299	2.27	(0.200)	13.65	(2.921)	15.92	(2.867)	2.03	(0.062)	
2 and over...	19	(1.6)	2433	2.00	(0.065)	2.32	(0.469)	4.32	(0.468)	403	2.28	(0.187)	11.93	(2.255)	14.21	(2.162)	1.93	(0.050)	
\$25,000 - \$74,999:																			
2 - 19.....	17	(1.7)	1119	1.79	(0.085)	0.42	(0.123)	2.21	(0.175)	185	1.86	(0.376)	2.46	(0.611)	4.32	(0.969)	1.77	(0.079)	
20 and over.....	27	(1.5)	1799	2.26	(0.066)	5.65*	(2.803)	7.91*	(2.793)	406	2.17	(0.094)	20.87*	(10.242)	23.04*	(10.250)	2.29	(0.073)	
2 and over...	25	(1.3)	2918	2.15	(0.065)	4.41*	(2.136)	6.56*	(2.125)	591	2.12	(0.113)	17.83*	(8.516)	19.96*	(8.523)	2.16	(0.059)	
\$75,000 and higher:																			
2 - 19.....	23	(3.9)	747	1.86	(0.085)	0.59	(0.117)	2.45	(0.154)	150	1.75	(0.096)	2.56	(0.606)	4.32	(0.666)	1.90	(0.104)	
20 and over.....	32	(2.4)	1253	2.23	(0.039)	2.87	(0.411)	5.10	(0.420)	346	2.35	(0.100)	9.10	(1.216)	11.45	(1.232)	2.18	(0.042)	
2 and over...	29	(2.2)	2000	2.14	(0.034)	2.29	(0.292)	4.43	(0.288)	496	2.23	(0.096)	7.81	(0.855)	10.05	(0.873)	2.10	(0.046)	
All Individuals ⁹:																			
2 - 19.....	18	(1.5)	2974	1.81	(0.039)	0.54	(0.093)	2.35	(0.116)	452	1.94	(0.181)	3.01	(0.679)	4.95	(0.838)	1.79	(0.047)	
20 and over.....	27	(1.2)	4830	2.21	(0.030)	3.88	(1.107)	6.08	(1.099)	1107	2.26	(0.045)	14.40	(3.987)	16.66	(3.988)	2.19	(0.032)	
2 and over...	25	(1.1)	7804	2.11	(0.027)	3.05	(0.826)	5.16	(0.820)	1559	2.20	(0.065)	12.37	(3.261)	14.57	(3.264)	2.08	(0.029)	

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Family income in dollars and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
\$0 - \$24,999:																				
2 - 19.....	13	(2.6)	951	199 (9.4)	39 (6.1)	238 (6.2)	104	209 (25.1)	287 (32.3)	496 (46.6)	197 (10.3)									
20 and over.....	21	(1.7)	1482	181 (9.1)	95 (8.7)	276 (13.7)	289	191 (12.4)	459 (13.0)	650 (13.4)	178 (8.5)									
2 and over...	19	(1.5)	2433	185 (7.5)	81 (6.7)	266 (11.1)	393	194 (13.1)	427 (16.7)	622 (17.8)	183 (7.0)									
\$25,000 - \$74,999:																				
2 - 19.....	17	(1.8)	1119	205 (13.0)	37 (4.0)	241 (15.0)	181	229 (62.4)	221 (16.7)	450 (71.0)	200 (11.1)									
20 and over.....	26	(1.6)	1799	179 (7.7)	132 (8.4)	311 (11.4)	399	183 (10.9)	499 (26.9)	682 (31.6)	177 (9.0)									
2 and over...	24	(1.4)	2918	185 (7.5)	109 (6.4)	294 (9.0)	580	191 (14.0)	454 (22.9)	644 (26.1)	183 (9.0)									
\$75,000 and higher:																				
2 - 19.....	22	(4.1)	747	208 (11.5)	48 (8.9)	256 (15.3)	145	200 (18.1)	216 (12.0)	415 (21.4)	210 (13.0)									
20 and over.....	31	(2.3)	1253	179 (4.4)	133 (10.2)	312 (12.9)	342	189 (10.0)	424 (7.3)	613 (13.5)	174 (4.1)									
2 and over...	29	(2.1)	2000	186 (4.2)	111 (7.8)	298 (9.6)	487	191 (10.1)	384 (12.4)	575 (16.4)	184 (4.5)									
All Individuals ⁹:																				
2 - 19.....	17	(1.6)	2974	208 (7.4)	40 (3.2)	248 (7.8)	443	217 (22.7)	232 (11.2)	449 (29.9)	206 (8.4)									
20 and over.....	26	(1.2)	4830	179 (4.3)	121 (5.2)	300 (7.4)	1086	186 (7.0)	459 (12.0)	646 (14.9)	177 (4.6)									
2 and over...	24	(1.1)	7804	186 (4.2)	101 (4.2)	288 (6.2)	1529	192 (7.1)	419 (11.4)	611 (14.2)	184 (4.7)									

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Family income in dollars and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		F o l a t e (D F E)																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
\$0 - \$24,999:																				
2 - 19.....	13	(2.6)	951	495 (19.0)	66 (10.4)	561 (13.3)	104	536 (48.6)	488 (55.0)	1024 (87.3)	489	(21.6)								
20 and over.....	21	(1.7)	1482	514 (19.0)	162 (14.8)	675 (26.5)	289	530 (24.8)	780 (22.0)	1310 (26.3)	509	(18.6)								
2 and over...	19	(1.5)	2433	509 (15.8)	137 (11.4)	646 (21.9)	393	531 (25.6)	727 (28.4)	1258 (35.1)	504	(15.0)								
\$25,000 - \$74,999:																				
2 - 19.....	17	(1.8)	1119	504 (24.3)	62 (6.8)	566 (27.6)	181	541 (114.1)	375 (28.4)	916 (127.8)	497	(22.1)								
20 and over.....	26	(1.6)	1799	525 (14.4)	225 (14.3)	750 (20.6)	399	540 (20.7)	848 (45.7)	1388 (56.1)	520	(15.7)								
2 and over...	24	(1.4)	2918	520 (13.8)	186 (10.9)	706 (16.4)	580	540 (25.2)	771 (39.0)	1311 (45.0)	514	(15.7)								
\$75,000 and higher:																				
2 - 19.....	22	(4.1)	747	515 (19.4)	81 (15.1)	597 (24.7)	145	511 (32.3)	367 (20.4)	878 (40.8)	516	(22.3)								
20 and over.....	31	(2.3)	1253	542 (9.5)	226 (17.3)	768 (23.2)	342	585 (21.7)	721 (12.4)	1306 (27.1)	522	(10.4)								
2 and over...	29	(2.1)	2000	535 (6.9)	189 (13.3)	724 (16.2)	487	571 (19.7)	653 (21.0)	1223 (32.5)	520	(9.7)								
All Individuals⁹:																				
2 - 19.....	17	(1.6)	2974	511 (13.2)	69 (5.5)	580 (13.9)	443	535 (42.7)	394 (19.1)	929 (55.1)	506	(15.3)								
20 and over.....	26	(1.2)	4830	528 (8.5)	206 (8.8)	734 (13.9)	1086	555 (13.4)	781 (20.3)	1336 (26.4)	518	(9.5)								
2 and over...	24	(1.1)	7804	524 (8.1)	172 (7.2)	696 (11.7)	1529	551 (14.6)	712 (19.3)	1263 (26.7)	515	(9.1)								

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Family income in dollars and age (years)		Percent reporting supplement choline ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
				Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
\$0 - \$24,999:																
	2 - 19.....	6	(1.8)	951	253 (7.2)	1* (0.7)	255 (6.9)			--	--	--		241 (7.4)		
	20 and over.....	3	(0.5)	1482	325 (5.8)	1* (0.4)	326 (6.0)			--	--	--		324 (5.8)		
	2 and over...	4	(0.6)	2433	307 (4.3)	1* (0.4)	308 (4.5)	79	398 (74.1)	35 (10.2)	433 (76.0)		303 (4.8)			
\$25,000 - \$74,999:																
	2 - 19.....	7	(1.3)	1119	252 (4.9)	1* (0.2)	253 (4.9)	67	273 (58.8)	9 (2.0)	282 (60.1)		251 (6.1)			
	20 and over.....	5	(0.8)	1799	343 (6.9)	1* (0.5)	344 (6.8)	71	336 (22.6)	29 (7.6)	364 (26.7)		343 (6.5)			
	2 and over...	5	(0.8)	2918	321 (6.6)	1 (0.4)	323 (6.5)	138	317 (22.4)	23 (5.4)	340 (23.8)		322 (6.0)			
\$75,000 and higher:																
	2 - 19.....	10	(1.7)	747	260 (10.2)	1* (0.3)	261 (10.2)	79	281 (18.6)	7* (2.5)	288 (17.2)		258 (11.0)			
	20 and over.....	6	(1.2)	1253	345 (8.4)	1 (0.3)	346 (8.4)	70	342 (20.7)	18 (4.4)	360 (23.1)		345 (8.3)			
	2 and over...	7	(1.1)	2000	324 (5.5)	1 (0.2)	325 (5.5)	149	321 (13.7)	14 (2.5)	335 (15.1)		324 (5.2)			
All Individuals⁹:																
	2 - 19.....	7	(0.9)	2974	256 (3.5)	1 (0.2)	256 (3.5)	187	317 (34.0)	11 (3.0)	328 (34.9)		251 (4.1)			
	20 and over.....	5	(0.7)	4830	339 (4.0)	1 (0.3)	340 (3.9)	192	339 (15.5)	25 (3.6)	364 (17.5)		339 (3.7)			
	2 and over...	5	(0.5)	7804	318 (3.4)	1 (0.2)	319 (3.4)	379	332 (14.3)	20 (2.4)	352 (14.4)		318 (3.2)			

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement vitamin B12 ⁸ % (SE)		All Individuals ⁵					Supplement Users ⁶					Non-users ⁷	
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
\$0 - \$24,999:															
2 - 19.....	13	(2.6)	951	4.42 (0.169)	9.3* (8.36)	13.8* (8.27)	103	4.44 (0.444)	69.6* (61.88)	74.1* (62.09)	4.42 (0.236)				
20 and over.....	23	(1.6)	1482	4.75 (0.116)	56.9 (12.65)	61.6 (12.63)	319	4.66 (0.243)	252.5 (56.80)	257.1 (56.74)	4.78 (0.121)				
2 and over...	20	(1.5)	2433	4.67 (0.091)	44.7 (10.34)	49.4 (10.34)	422	4.62 (0.239)	221.4 (51.86)	226.0 (51.86)	4.68 (0.114)				
\$25,000 - \$74,999:															
2 - 19.....	17	(1.8)	1119	4.84 (0.251)	2.7* (1.19)	7.5 (1.37)	183	5.08 (1.070)	16.0* (6.95)	21.1* (7.90)	4.79 (0.231)				
20 and over.....	28	(1.6)	1799	5.06 (0.166)	81.5 (19.11)	86.5 (19.11)	421	4.78 (0.340)	291.6 (69.83)	296.4 (69.89)	5.17 (0.164)				
2 and over...	25	(1.4)	2918	5.01 (0.152)	62.8 (14.65)	67.8 (14.67)	604	4.83 (0.358)	248.2 (60.46)	253.0 (60.50)	5.07 (0.134)				
\$75,000 and higher:															
2 - 19.....	22	(4.1)	747	4.97 (0.204)	1.9* (0.73)	6.9 (0.80)	147	4.97 (0.313)	8.7* (3.76)	13.6 (4.01)	4.96 (0.273)				
20 and over.....	33	(2.2)	1253	5.03 (0.158)	50.9* (15.36)	55.9 (15.37)	352	5.42 (0.379)	156.3* (47.51)	161.7 (47.41)	4.84 (0.147)				
2 and over...	30	(2.0)	2000	5.01 (0.103)	38.5 (11.31)	43.6 (11.31)	499	5.34 (0.306)	128.5* (38.62)	133.8 (38.56)	4.88 (0.110)				
All Individuals⁹:															
2 - 19.....	18	(1.6)	2974	4.79 (0.106)	4.1* (2.12)	8.9 (2.16)	446	5.02 (0.428)	23.3* (12.45)	28.3* (12.60)	4.75 (0.129)				
20 and over.....	28	(1.1)	4830	4.97 (0.083)	65.3 (8.07)	70.3 (8.08)	1152	4.97 (0.189)	234.1 (33.12)	239.1 (33.08)	4.97 (0.088)				
2 and over...	25	(1.0)	7804	4.93 (0.073)	50.2 (6.41)	55.1 (6.42)	1598	4.98 (0.202)	198.1 (28.75)	203.1 (28.73)	4.91 (0.070)				

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement vitamin C ⁸ % (SE)		V i t a m i n C						—Non-users ⁷ —						
				All Individuals ⁵						Supplement Users ⁶						
		Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																
2 - 19.....		951	75.3 (3.34)	26.0* (10.58)	101.3 (9.19)	111	91.9 (8.77)	173.1* (55.44)	265.0 (54.01)	72.3 (3.73)						
20 and over.....		1482	75.3 (3.62)	59.5 (8.49)	134.8 (9.26)	324	82.9 (5.94)	251.2 (25.06)	334.1 (26.15)	73.0 (4.32)						
2 and over...		2433	75.3 (2.66)	50.9 (8.52)	126.2 (8.36)	435	84.5 (5.13)	237.2 (27.87)	321.7 (28.90)	72.8 (3.24)						
\$25,000 - \$74,999:																
2 - 19.....		1119	69.6 (2.58)	17.1 (4.19)	86.7 (5.41)	200	78.9 (8.13)	94.9 (21.40)	173.8 (26.39)	67.5 (2.48)						
20 and over.....		1799	79.3 (2.33)	91.9 (18.30)	171.1 (19.99)	464	87.1 (5.40)	306.6 (56.03)	393.8 (55.94)	75.9 (3.29)						
2 and over...		2918	77.0 (1.88)	74.2 (13.65)	151.1 (14.84)	664	85.8 (5.14)	273.2 (47.54)	359.1 (47.50)	73.6 (2.39)						
\$75,000 and higher:																
2 - 19.....		747	74.5 (2.85)	20.4* (7.01)	94.9 (7.86)	162	85.0 (7.36)	84.4* (31.48)	169.4 (32.64)	71.2 (3.41)						
20 and over.....		1253	80.1 (3.41)	74.3 (8.00)	154.4 (9.92)	376	97.0 (4.70)	224.4 (26.05)	321.4 (28.71)	71.7 (4.50)						
2 and over...		2000	78.7 (2.87)	60.7 (6.40)	139.4 (8.10)	538	94.6 (4.61)	196.8 (23.06)	291.4 (25.22)	71.6 (3.80)						
All Individuals⁹:																
2 - 19.....		2974	73.1 (1.75)	21.0 (3.70)	94.1 (4.18)	488	84.1 (4.01)	110.2 (21.12)	194.3 (21.85)	70.5 (2.14)						
20 and over.....		4830	78.7 (1.72)	76.3 (8.55)	155.0 (9.73)	1225	90.3 (2.56)	262.3 (25.70)	352.6 (26.30)	74.0 (2.40)						
2 and over...		7804	77.3 (1.27)	62.7 (6.58)	140.0 (7.30)	1713	89.2 (2.34)	235.4 (21.67)	324.6 (22.28)	73.0 (1.71)						

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement vitamin D ⁸ % (SE)		V i t a m i n D						— Non-users ⁷ —					
				All Individuals ⁵						Supplement Users ⁶					
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
\$0 - \$24,999:															
2 - 19.....	14 (2.8)	951	5.0 (0.18)	2.3 (0.61)	7.3 (0.64)	110	5.8 (0.70)	16.5 (2.11)	22.3 (2.01)	4.8 (0.22)					
20 and over.....	26 (1.6)	1482	4.4 (0.11)	8.5 (1.24)	12.9 (1.24)	374	5.2 (0.33)	32.8 (3.99)	38.0 (3.95)	4.2 (0.13)					
2 and over...	23 (1.5)	2433	4.6 (0.10)	6.9 (0.91)	11.5 (0.89)	484	5.3 (0.32)	30.2 (3.48)	35.6 (3.44)	4.4 (0.13)					
\$25,000 - \$74,999:															
2 - 19.....	18 (1.8)	1119	5.4 (0.21)	3.0 (0.70)	8.4 (0.87)	192	5.9 (0.56)	17.3 (4.19)	23.1 (4.45)	5.3 (0.23)					
20 and over.....	32 (1.3)	1799	4.6 (0.17)	11.9 (0.86)	16.4 (0.86)	500	4.8 (0.34)	37.3 (2.27)	42.1 (2.15)	4.4 (0.17)					
2 and over...	28 (1.2)	2918	4.8 (0.14)	9.8 (0.65)	14.5 (0.64)	692	5.0 (0.32)	34.3 (1.81)	39.3 (1.71)	4.7 (0.14)					
\$75,000 and higher:															
2 - 19.....	23 (4.1)	747	5.4 (0.23)	2.8 (0.51)	8.2 (0.62)	155	6.3 (0.35)	12.3 (1.26)	18.6 (1.42)	5.1 (0.25)					
20 and over.....	38 (2.6)	1253	5.2 (0.36)	13.2 (1.27)	18.5 (1.36)	423	6.3 (0.79)	35.0 (2.71)	41.3 (2.75)	4.6 (0.30)					
2 and over...	34 (2.2)	2000	5.3 (0.25)	10.6 (0.93)	15.9 (0.96)	578	6.3 (0.64)	31.1 (2.07)	37.4 (2.19)	4.7 (0.23)					
All Individuals⁹:															
2 - 19.....	18 (1.5)	2974	5.3 (0.10)	2.7 (0.36)	8.0 (0.39)	472	6.2 (0.26)	14.6 (1.69)	20.8 (1.74)	5.1 (0.12)					
20 and over.....	32 (1.3)	4830	4.8 (0.16)	11.9 (0.79)	16.6 (0.79)	1371	5.4 (0.37)	36.9 (1.89)	42.4 (1.77)	4.5 (0.14)					
2 and over...	29 (1.1)	7804	4.9 (0.12)	9.6 (0.62)	14.5 (0.62)	1843	5.5 (0.32)	33.4 (1.74)	39.0 (1.70)	4.6 (0.10)					

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting vitamin K ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)				
\$0 - \$24,999:																
2 - 19.....	2	(0.7)	951	70.5 (4.14)	0.6* (0.26)	71.2 (4.10)				--	--	--			69.8 (4.11)	
20 and over.....	16	(1.3)	1482	107.5 (6.14)	6.7 (1.21)	114.2 (6.73)	223	133.1 (16.29)	40.5 (6.38)	173.6 (16.18)	102.4 (6.17)					
2 and over...	13	(1.1)	2433	98.0 (4.70)	5.1 (0.95)	103.1 (5.15)	237	131.9 (15.66)	39.9 (6.14)	171.8 (15.63)	93.0 (4.57)					
\$25,000 - \$74,999:																
2 - 19.....	2	(0.7)	1119	68.8 (5.97)	0.5* (0.17)	69.3 (5.93)				--	--	--			68.9 (6.12)	
20 and over.....	20	(1.3)	1799	118.2 (5.70)	7.4 (0.55)	125.6 (5.46)	307	141.4 (23.97)	36.2 (2.28)	177.6 (24.12)	112.3 (5.86)					
2 and over...	16	(1.2)	2918	106.5 (4.65)	5.8 (0.44)	112.3 (4.40)	324	139.0 (23.86)	35.9 (2.22)	174.9 (24.09)	100.3 (4.96)					
\$75,000 and higher:																
2 - 19.....	3	(0.7)	747	77.3 (5.10)	1.1 (0.26)	78.4 (5.04)				--	--	--			77.3 (5.12)	
20 and over.....	24	(2.3)	1253	137.7 (4.93)	21.7* (12.19)	159.4 (15.01)	256	164.0 (11.93)	89.1* (45.60)	253.2 (53.98)	129.2 (6.19)					
2 and over...	19	(1.7)	2000	122.4 (4.28)	16.5* (9.09)	138.9 (11.79)	275	160.6 (11.59)	87.0* (44.02)	247.5 (52.40)	113.5 (5.08)					
All Individuals⁹:																
2 - 19.....	3	(0.2)	2974	72.2 (3.12)	0.8 (0.12)	73.0 (3.12)				--	--	--			72.1 (3.05)	
20 and over.....	21	(1.1)	4830	122.5 (3.42)	11.9* (4.24)	134.4 (4.63)	830	148.0 (8.76)	57.9* (18.60)	205.9 (20.72)	115.8 (4.31)					
2 and over...	16	(0.9)	7804	110.0 (2.83)	9.2* (3.22)	119.2 (3.91)	884	145.2 (8.72)	56.9* (17.94)	202.0 (20.23)	103.3 (3.43)					

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement lycopene ⁸ % (SE)		Lycopene						Supplement Users ⁶		Non-users ⁷	
				All Individuals ⁵			Supplement Users ⁶						
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
\$0 - \$24,999:													
2 - 19.....	#	951	4228 (304.8)	2* (0.8)	4230 (304.9)		--	--	--	4236 (306.4)			
20 and over.....	6 (0.9)	1482	4461 (336.9)	35 (6.0)	4496 (337.3)	92	6421 (1317.1)	557 (104.9)	6978 (1278.9)	4330 (316.0)			
2 and over...	5 (0.7)	2433	4402 (287.3)	26 (4.6)	4428 (287.9)	98	6332 (1285.6)	554 (102.6)	6886 (1247.4)	4305 (265.8)			
\$25,000 - \$74,999:													
2 - 19.....	2 (0.8)	1119	3947 (308.3)	9* (4.7)	3956 (308.4)		--	--	--	3936 (331.2)			
20 and over.....	11 (1.5)	1799	4986 (232.9)	64 (12.4)	5050 (227.7)	162	5221 (487.6)	582 (112.7)	5803 (489.2)	4957 (243.5)			
2 and over...	9 (1.3)	2918	4739 (199.3)	51 (9.6)	4791 (193.0)	169	5191 (489.5)	578 (106.2)	5769 (498.2)	4696 (212.0)			
\$75,000 and higher:													
2 - 19.....	1* (0.5)	747	4300 (336.8)	2* (1.3)	4303 (337.0)		--	--	--	4301 (339.2)			
20 and over.....	14 (1.2)	1253	5603 (275.3)	77 (13.1)	5681 (280.1)	151	4469 (791.7)	559 (72.6)	5028 (804.2)	5786 (332.4)			
2 and over...	11 (1.0)	2000	5274 (226.3)	58 (9.9)	5333 (229.1)	157	4464 (780.2)	554 (72.5)	5017 (794.2)	5370 (255.6)			
All Individuals ⁹:													
2 - 19.....	1 (0.2)	2974	4138 (213.7)	4* (1.5)	4142 (214.1)		--	--	--	4137 (216.7)			
20 and over.....	11 (0.9)	4830	5009 (125.7)	59 (5.8)	5069 (127.8)	425	5102 (343.8)	563 (54.9)	5665 (347.3)	4998 (149.9)			
2 and over...	8 (0.7)	7804	4794 (117.6)	46 (4.4)	4840 (118.3)	444	5076 (328.3)	559 (52.2)	5636 (334.5)	4769 (134.2)			

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

		L u t e i n + z e a x a n t h i n															
		— All Individuals ⁵ —							— Supplement Users ⁶ —					— Non-users ⁷ —			
Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)	Sample Size	Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
			µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
\$0 - \$24,999:																	
2 - 19.....	#	951	856	(75.3)	1*	(0.7)	857	(75.4)	--	--	--	--	--	--	856	(75.3)	
20 and over.....	7 (0.8)	1482	1427	(165.7)	68	(10.7)	1494	(167.2)	99	1507	(295.2)	1019	(153.7)	2526	(353.7)	1421	(176.4)
2 and over...	5 (0.6)	2433	1281	(125.0)	50	(7.8)	1331	(125.1)	103	1496	(289.7)	1006	(149.8)	2502	(346.6)	1269	(131.1)
\$25,000 - \$74,999:																	
2 - 19.....	1* (0.5)	1119	769	(82.8)	8*	(5.3)	776	(81.5)	--	--	--	--	--	--	765	(84.1)	
20 and over.....	11 (1.1)	1799	1590	(124.5)	90	(17.2)	1680	(122.0)	167	1575	(138.5)	845	(142.3)	2419	(211.6)	1592	(137.6)
2 and over...	8 (0.9)	2918	1395	(98.7)	71	(13.3)	1466	(95.6)	173	1565	(136.5)	846	(138.6)	2410	(207.0)	1379	(107.8)
\$75,000 and higher:																	
2 - 19.....	1* (0.8)	747	988	(102.4)	4*	(2.2)	991	(101.6)	--	--	--	--	--	--	982	(105.3)	
20 and over.....	13 (1.2)	1253	1885	(110.1)	139	(26.3)	2024	(120.4)	157	2861	(233.5)	1034	(180.8)	3895	(355.0)	1734	(115.9)
2 and over...	10 (0.9)	2000	1659	(85.1)	105	(20.4)	1763	(93.5)	166	2808	(219.1)	1006	(174.2)	3814	(335.8)	1525	(88.7)
All Individuals ⁹:																	
2 - 19.....	1 (0.3)	2974	869	(52.3)	4*	(1.9)	873	(52.7)	--	--	--	--	--	--	866	(52.8)	
20 and over.....	10 (0.8)	4830	1659	(76.8)	98	(10.6)	1756	(74.9)	443	2100	(123.3)	938	(81.8)	3037	(150.8)	1608	(87.7)
2 and over...	8 (0.6)	7804	1464	(57.3)	75	(8.1)	1538	(56.5)	462	2076	(115.3)	925	(79.2)	3002	(141.6)	1410	(65.0)

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement calcium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
				Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
\$0 - \$24,999:																
2 - 19.....	7	(1.7)	951	957 (27.5)	17 (4.7)	975 (26.2)				--	--	--		946 (30.6)		
20 and over.....	26	(1.5)	1482	940 (21.2)	129 (10.8)	1069 (28.9)	363	1008 (41.6)	494 (24.2)	1502 (49.5)	916 (23.4)					
2 and over...	21	(1.4)	2433	944 (16.6)	100 (8.9)	1045 (22.6)	413	1016 (39.9)	475 (24.4)	1492 (49.5)	925 (21.1)					
\$25,000 - \$74,999:																
2 - 19.....	9	(1.4)	1119	989 (25.9)	14 (2.9)	1003 (25.6)	86	1157 (106.1)	158 (18.0)	1314 (95.7)	973 (27.6)					
20 and over.....	32	(1.7)	1799	964 (11.2)	157 (10.7)	1120 (16.0)	498	972 (28.7)	488 (24.2)	1460 (35.0)	960 (10.6)					
2 and over...	27	(1.4)	2918	970 (10.4)	123 (8.9)	1093 (13.0)	584	986 (33.3)	462 (24.0)	1449 (36.0)	964 (6.8)					
\$75,000 and higher:																
2 - 19.....	8	(1.0)	747	1099 (29.7)	18 (3.6)	1117 (30.8)	64	1039 (68.8)	217 (28.5)	1255 (75.2)	1104 (30.5)					
20 and over.....	36	(2.4)	1253	989 (26.8)	168 (12.9)	1156 (33.5)	386	1075 (48.9)	470 (16.4)	1545 (49.5)	941 (28.0)					
2 and over...	29	(1.8)	2000	1017 (20.9)	130 (9.7)	1146 (23.5)	450	1072 (46.4)	451 (16.5)	1524 (46.0)	994 (22.1)					
All Individuals⁹:																
2 - 19.....	8	(0.7)	2974	1021 (18.7)	16 (2.2)	1037 (18.5)	208	1141 (50.3)	204 (18.8)	1345 (44.8)	1011 (20.5)					
20 and over.....	32	(1.3)	4830	967 (12.7)	154 (8.5)	1121 (18.2)	1318	1023 (19.1)	486 (13.7)	1509 (24.4)	941 (13.8)					
2 and over...	26	(1.0)	7804	980 (11.9)	120 (6.3)	1100 (15.7)	1526	1032 (19.0)	465 (12.7)	1497 (24.5)	962 (12.7)					

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		P h o s p h o r u s														
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																	
2 - 19.....	2	(1.0)	951	1227 (28.4)	3* (1.5)	1230 (27.5)				--	--	--			1217	(33.6)	
20 and over.....	11	(0.7)	1482	1335 (20.8)	6 (0.8)	1340 (21.2)	158	1340 (42.3)	53 (6.4)	1393 (45.5)	1334 (24.1)						
2 and over...	9	(0.7)	2433	1307 (15.2)	5 (0.6)	1312 (15.4)	173	1360 (34.8)	57 (5.5)	1418 (37.0)	1302 (16.7)						
\$25,000 - \$74,999:																	
2 - 19.....	2	(0.4)	1119	1243 (21.9)	2* (0.7)	1245 (21.8)			--	--	--			1239	(23.4)		
20 and over.....	13	(1.4)	1799	1400 (18.3)	5 (1.1)	1406 (18.2)	195	1442 (38.8)	43 (7.2)	1485 (41.1)	1394 (20.6)						
2 and over...	10	(1.1)	2918	1363 (15.1)	5 (0.8)	1367 (15.1)	216	1445 (39.7)	46 (6.7)	1490 (42.5)	1354 (17.6)						
\$75,000 and higher:																	
2 - 19.....	2	(0.7)	747	1336 (37.3)	3* (0.9)	1339 (37.4)			--	--	--			1338	(37.4)		
20 and over.....	16	(1.7)	1253	1453 (22.3)	8 (1.1)	1461 (22.8)	176	1600 (76.0)	49 (5.8)	1649 (74.2)	1425 (22.4)						
2 and over...	13	(1.3)	2000	1423 (15.3)	7 (0.8)	1430 (15.5)	196	1583 (74.4)	52 (5.3)	1635 (72.4)	1400 (19.0)						
All Individuals⁹:																	
2 - 19.....	2	(0.5)	2974	1272 (15.3)	2* (0.6)	1274 (15.2)			--	--	--			1269	(16.3)		
20 and over.....	13	(0.8)	4830	1401 (12.3)	6 (0.6)	1407 (12.4)	553	1484 (37.5)	48 (3.7)	1532 (38.1)	1389 (14.3)						
2 and over...	10	(0.7)	7804	1369 (10.9)	5 (0.4)	1375 (10.9)	612	1482 (36.2)	51 (3.0)	1533 (36.2)	1356 (12.4)						

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m															
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷					
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)							
\$0 - \$24,999:																		
2 - 19.....	5	(1.2)	951	231 (5.9)	4* (1.7)	235 (5.3)				--	--	--				225 (7.3)		
20 and over.....	20	(1.4)	1482	286 (6.0)	22 (2.3)	308 (7.3)	273	300 (12.1)	109 (11.0)	409 (19.2)	283 (7.2)							
2 and over...	16	(1.3)	2433	272 (5.3)	17 (2.0)	289 (6.3)	307	303 (10.2)	107 (10.4)	410 (17.6)	266 (5.8)							
\$25,000 - \$74,999:																		
2 - 19.....	6	(1.6)	1119	228 (6.3)	2* (0.9)	230 (6.4)				--	--	--				221 (5.0)		
20 and over.....	25	(1.6)	1799	299 (5.3)	28 (3.0)	326 (6.1)	379	315 (11.5)	111 (11.4)	426 (17.1)	293 (6.4)							
2 and over...	21	(1.5)	2918	282 (4.9)	22 (2.3)	304 (5.4)	429	316 (13.2)	106 (10.7)	421 (17.5)	273 (5.4)							
\$75,000 and higher:																		
2 - 19.....	5	(1.3)	747	247 (6.8)	2* (0.9)	249 (6.9)				--	--	--				245 (7.0)		
20 and over.....	28	(2.2)	1253	326 (6.4)	28 (3.0)	354 (7.3)	292	365 (14.0)	99 (7.4)	463 (14.4)	311 (4.9)							
2 and over...	22	(1.7)	2000	306 (4.6)	21 (2.5)	327 (5.8)	330	359 (13.3)	96 (7.2)	455 (13.6)	291 (4.2)							
All Individuals⁹:																		
2 - 19.....	6	(0.7)	2974	235 (3.0)	3 (0.6)	238 (3.1)	129	313 (40.5)	53 (13.0)	366 (45.7)	230 (3.3)							
20 and over.....	24	(1.2)	4830	305 (3.3)	26 (1.9)	331 (3.7)	996	331 (6.9)	105 (6.7)	436 (9.3)	297 (3.8)							
2 and over...	20	(1.0)	7804	288 (3.0)	20 (1.5)	308 (3.3)	1125	330 (7.5)	102 (6.6)	431 (9.6)	278 (3.3)							

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n														
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																	
2 - 19.....	4	(1.4)	951	13.5 (0.36)	0.9* (0.27)	14.4 (0.30)										13.4 (0.38)	
20 and over.....	12	(1.5)	1482	14.0 (0.38)	2.7 (0.34)	16.7 (0.51)	178	14.3 (1.13)	21.9 (1.41)	36.2 (1.49)						14.0 (0.33)	
2 and over...	10	(1.2)	2433	13.9 (0.34)	2.3 (0.27)	16.1 (0.42)	211	14.5 (0.98)	21.8 (1.33)	36.2 (1.35)						13.8 (0.30)	
\$25,000 - \$74,999:																	
2 - 19.....	4	(0.9)	1119	13.7 (0.59)	0.8 (0.21)	14.6 (0.55)	63	14.5 (1.34)	21.3 (2.40)	35.8 (2.07)						13.7 (0.60)	
20 and over.....	15	(1.3)	1799	14.8 (0.30)	3.5 (0.49)	18.3 (0.47)	227	15.0 (0.84)	24.3 (2.14)	39.3 (2.06)						14.8 (0.33)	
2 and over...	12	(1.1)	2918	14.5 (0.30)	2.9 (0.41)	17.4 (0.38)	290	14.9 (0.79)	24.1 (1.98)	39.0 (1.91)						14.5 (0.32)	
\$75,000 and higher:																	
2 - 19.....	5	(1.2)	747	14.3 (0.34)	1.0* (0.39)	15.3 (0.52)										14.3 (0.35)	
20 and over.....	16	(1.6)	1253	14.6 (0.17)	3.4 (0.46)	18.0 (0.47)	163	14.8 (0.52)	20.9 (1.39)	35.7 (1.45)						14.6 (0.16)	
2 and over...	13	(1.1)	2000	14.6 (0.13)	2.8 (0.35)	17.4 (0.31)	202	14.8 (0.51)	20.7 (1.40)	35.5 (1.47)						14.5 (0.15)	
All Individuals⁹:																	
2 - 19.....	5	(0.5)	2974	13.9 (0.24)	0.9 (0.15)	14.8 (0.25)	142	16.2 (0.88)	19.5 (2.61)	35.6 (2.33)						13.8 (0.25)	
20 and over.....	15	(0.9)	4830	14.6 (0.15)	3.2 (0.24)	17.8 (0.26)	607	14.7 (0.44)	22.2 (0.87)	36.9 (0.85)						14.5 (0.16)	
2 and over...	12	(0.7)	7804	14.4 (0.15)	2.7 (0.19)	17.1 (0.22)	749	14.8 (0.41)	21.9 (0.90)	36.8 (0.85)						14.3 (0.15)	

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z i n c																				
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷										
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)												
\$0 - \$24,999:																							
2 - 19.....	12	(2.4)	951	9.7 (0.25)	0.9 (0.20)	10.6 (0.16)	96	10.7 (1.10)	7.4 (1.48)	18.1 (2.18)	9.5 (0.30)	20 and over.....	21	(1.7)	1482	10.7 (0.24)	3.7 (0.39)	14.4 (0.53)	291	10.8 (0.39)	17.9 (1.08)	28.7 (1.06)	10.7 (0.27)
2 and over...	19	(1.6)	2433	10.4 (0.20)	3.0 (0.31)	13.4 (0.42)	387	10.8 (0.43)	16.1 (1.04)	26.9 (1.05)	10.4 (0.21)												
\$25,000 - \$74,999:																							
2 - 19.....	16	(2.0)	1119	10.1 (0.49)	0.9 (0.19)	11.1 (0.62)	171	11.6 (2.92)	5.9 (1.00)	17.5 (3.72)	9.9 (0.35)	20 and over.....	26	(1.6)	1799	11.3 (0.17)	4.3 (0.36)	15.5 (0.44)	385	11.0 (0.51)	16.7 (1.05)	27.6 (1.34)	11.4 (0.17)
2 and over...	23	(1.4)	2918	11.0 (0.21)	3.5 (0.29)	14.5 (0.40)	556	11.1 (0.62)	14.9 (0.84)	26.0 (1.13)	11.0 (0.18)												
\$75,000 and higher:																							
2 - 19.....	19	(4.0)	747	10.3 (0.32)	0.9 (0.19)	11.2 (0.41)	133	10.7 (0.58)	4.7 (0.29)	15.4 (0.66)	10.2 (0.36)	20 and over.....	29	(2.2)	1253	11.5 (0.22)	4.4 (0.26)	15.9 (0.33)	309	12.0 (0.47)	15.2 (0.68)	27.2 (0.77)	11.3 (0.23)
2 and over...	26	(1.9)	2000	11.2 (0.16)	3.5 (0.22)	14.7 (0.22)	442	11.7 (0.43)	13.3 (0.83)	25.0 (0.94)	11.0 (0.20)												
All Individuals ⁹:																							
2 - 19.....	16	(1.5)	2974	10.1 (0.16)	0.9 (0.10)	11.0 (0.21)	412	11.2 (1.10)	5.6 (0.54)	16.9 (1.49)	9.9 (0.21)	20 and over.....	25	(1.3)	4830	11.2 (0.10)	4.1 (0.22)	15.3 (0.25)	1040	11.3 (0.27)	16.3 (0.51)	27.7 (0.63)	11.1 (0.11)
2 and over...	23	(1.1)	7804	10.9 (0.10)	3.3 (0.17)	14.2 (0.21)	1452	11.3 (0.31)	14.5 (0.50)	25.8 (0.63)	10.8 (0.12)												

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r													
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
\$0 - \$24,999:																
2 - 19.....	5	(1.4)	951	0.9 (0.03)	0.1 (0.02)	1.0 (0.03)				--	--	--		0.9 (0.03)		
20 and over.....	19	(1.7)	1482	1.2 (0.03)	0.3 (0.02)	1.4 (0.04)	256	1.2 (0.04)	1.3 (0.04)	2.5 (0.04)			1.2 (0.04)			
2 and over...	15	(1.4)	2433	1.1 (0.03)	0.2 (0.02)	1.3 (0.04)	289	1.2 (0.04)	1.4 (0.05)	2.6 (0.05)			1.1 (0.03)			
\$25,000 - \$74,999:																
2 - 19.....	5	(1.2)	1119	0.9 (0.03)	0.1* (0.04)	1.0 (0.05)				--	--	--		0.9 (0.02)		
20 and over.....	23	(1.4)	1799	1.2 (0.02)	0.3 (0.03)	1.5 (0.03)	348	1.2 (0.06)	1.3 (0.09)	2.6 (0.11)			1.2 (0.03)			
2 and over...	19	(1.3)	2918	1.1 (0.02)	0.3 (0.03)	1.4 (0.03)	407	1.2 (0.05)	1.4 (0.10)	2.6 (0.13)			1.1 (0.02)			
\$75,000 and higher:																
2 - 19.....	6	(1.2)	747	1.0 (0.02)	0.1 (0.02)	1.1 (0.03)				--	--	--		1.0 (0.02)		
20 and over.....	26	(2.1)	1253	1.3 (0.03)	0.3 (0.03)	1.7 (0.04)	279	1.5 (0.06)	1.3 (0.07)	2.7 (0.06)			1.3 (0.03)			
2 and over...	21	(1.6)	2000	1.2 (0.02)	0.3 (0.02)	1.5 (0.02)	319	1.5 (0.05)	1.3 (0.07)	2.7 (0.06)			1.2 (0.01)			
All Individuals⁹:																
2 - 19.....	5	(0.5)	2974	0.9 (0.01)	0.1 (0.02)	1.0 (0.02)	137	1.3 (0.15)	1.8 (0.32)	3.1 (0.37)			0.9 (0.01)			
20 and over.....	23	(1.2)	4830	1.2 (0.02)	0.3 (0.02)	1.5 (0.03)	932	1.3 (0.04)	1.3 (0.03)	2.6 (0.05)			1.2 (0.02)			
2 and over...	18	(1.0)	7804	1.2 (0.01)	0.2 (0.01)	1.4 (0.02)	1069	1.3 (0.04)	1.3 (0.03)	2.7 (0.06)			1.1 (0.01)			

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m														
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																	
2 - 19.....	4	(1.1)	951	2995 (73.6)	#		2996 (73.6)			--	--	--				3006 (72.0)	
20 and over.....	4	(0.7)	1482	3342 (41.1)	2	(0.5)	3344 (41.2)			--	--	--				3340 (45.3)	
2 and over...	4	(0.6)	2433	3253 (35.3)	1	(0.4)	3254 (35.3)		90	3228 (266.4)	33	(6.0)	3261 (265.0)			3254 (40.6)	
\$25,000 - \$74,999:																	
2 - 19.....	6	(1.3)	1119	2967 (34.5)	1*	(0.3)	2968 (34.3)		74	2870 (172.2)	15	(4.1)	2885 (172.4)			2973 (33.8)	
20 and over.....	6	(1.2)	1799	3594 (44.2)	2	(0.5)	3595 (44.3)		95	3547 (185.5)	32	(7.8)	3579 (181.6)			3596 (48.3)	
2 and over...	6	(1.0)	2918	3445 (36.8)	2	(0.4)	3447 (36.8)		169	3385 (158.9)	28	(6.4)	3413 (155.6)			3449 (39.9)	
\$75,000 and higher:																	
2 - 19.....	5	(1.1)	747	3148 (112.8)	1	(0.1)	3148 (112.9)			--	--	--				3174 (109.4)	
20 and over.....	10	(1.1)	1253	3620 (56.4)	3	(0.5)	3624 (56.5)		93	3391 (189.5)	31	(4.0)	3422 (191.8)			3646 (55.6)	
2 and over...	9	(0.8)	2000	3501 (53.3)	2	(0.4)	3504 (53.2)		136	3283 (158.4)	28	(2.7)	3311 (159.8)			3522 (52.6)	
All Individuals⁹:																	
2 - 19.....	5	(0.7)	2974	3036 (40.1)	1	(0.1)	3036 (40.1)		156	2754 (125.9)	13	(1.9)	2767 (126.0)			3051 (39.6)	
20 and over.....	7	(0.6)	4830	3534 (30.2)	2	(0.4)	3536 (30.2)		254	3419 (92.1)	33	(3.7)	3452 (90.6)			3542 (32.9)	
2 and over...	6	(0.5)	7804	3411 (28.0)	2	(0.3)	3412 (28.0)		410	3290 (80.3)	29	(3.3)	3319 (79.3)			3419 (29.0)	

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement potassium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
				Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
\$0 - \$24,999:																
2 - 19.....	2	(0.8)	951	2126 (45.7)	1*	(0.6)	2127 (45.5)		--	--	--		2083 (56.5)			
20 and over.....	13	(1.2)	1482	2483 (43.4)	11	(1.0)	2494 (44.0)	175	2725 (102.6)	86	(5.1)	2811 (106.1)	2447 (47.2)			
2 and over...	10	(1.1)	2433	2392 (34.9)	9	(0.8)	2400 (35.5)	184	2803 (91.1)	85	(5.1)	2888 (94.7)	2345 (34.4)			
\$25,000 - \$74,999:																
2 - 19.....	1*	(0.5)	1119	2105 (41.3)	1*	(0.4)	2106 (41.2)		--	--	--		2093 (42.8)			
20 and over.....	15	(1.3)	1799	2645 (33.6)	14	(2.8)	2659 (34.6)	228	2920 (67.7)	96	(13.4)	3016 (64.2)	2596 (38.0)			
2 and over...	12	(1.0)	2918	2517 (32.9)	11	(2.1)	2528 (33.5)	242	2924 (67.5)	95	(13.2)	3019 (63.7)	2463 (37.1)			
\$75,000 and higher:																
2 - 19.....	2*	(0.7)	747	2259 (66.9)	1*	(0.4)	2261 (66.8)		--	--	--		2253 (65.1)			
20 and over.....	19	(1.5)	1253	2798 (55.3)	16	(1.1)	2814 (55.5)	198	3230 (174.3)	83	(3.9)	3313 (175.7)	2696 (42.9)			
2 and over...	15	(1.3)	2000	2662 (45.3)	12	(1.0)	2675 (45.4)	210	3207 (169.0)	82	(3.8)	3289 (170.7)	2567 (39.7)			
All Individuals⁹:																
2 - 19.....	2	(0.3)	2974	2161 (27.1)	1	(0.2)	2162 (27.0)		--	--	--		2143 (31.3)			
20 and over.....	16	(0.9)	4830	2660 (30.4)	14	(1.2)	2674 (30.9)	630	3007 (94.1)	87	(5.7)	3094 (94.8)	2596 (29.3)			
2 and over...	12	(0.8)	7804	2537 (27.5)	11	(0.9)	2547 (27.9)	667	3015 (86.3)	87	(5.6)	3102 (87.1)	2471 (27.1)			

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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)		Percent reporting supplement selenium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷				
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)						
\$0 - \$24,999:																		
2 - 19.....	3	(0.9)	951	97.3	(2.51)	1.9*	(0.80)	99.2	(2.70)		--	--	--		93.5	(2.66)		
20 and over.....	18	(1.5)	1482	111.1	(1.76)	11.4	(1.13)	122.4	(2.18)	242	108.6	(3.40)	64.5	(2.85)	173.1	(4.71)	111.6	(2.13)
2 and over...	14	(1.2)	2433	107.5	(1.16)	9.0	(0.91)	116.5	(1.62)	258	115.0	(6.41)	65.0	(2.71)	180.0	(7.26)	106.3	(1.29)
\$25,000 - \$74,999:																		
2 - 19.....	2	(0.8)	1119	96.3	(1.85)	2.5*	(1.12)	98.8	(2.09)		--	--	--		95.3	(1.84)		
20 and over.....	21	(1.4)	1799	116.5	(1.97)	15.5	(1.55)	132.0	(1.91)	328	111.5	(3.40)	72.8	(4.61)	184.3	(6.85)	117.9	(2.21)
2 and over...	17	(1.3)	2918	111.7	(1.83)	12.4	(1.43)	124.2	(1.91)	344	112.4	(3.76)	73.8	(4.92)	186.2	(7.60)	111.6	(2.07)
\$75,000 and higher:																		
2 - 19.....	2	(0.6)	747	99.4	(3.29)	1.4*	(0.45)	100.7	(3.39)		--	--	--		99.1	(3.34)		
20 and over.....	26	(2.1)	1253	121.6	(2.06)	18.7	(1.65)	140.3	(2.97)	268	125.1	(5.22)	72.6	(2.37)	197.6	(6.23)	120.4	(2.64)
2 and over...	20	(1.7)	2000	116.0	(1.52)	14.4	(1.24)	130.3	(1.87)	283	124.5	(5.09)	72.0	(2.26)	196.6	(6.04)	113.9	(2.39)
All Individuals⁹:																		
2 - 19.....	3	(0.4)	2974	97.7	(1.12)	1.9	(0.41)	99.6	(1.07)		--	--	--		96.1	(1.36)		
20 and over.....	22	(1.2)	4830	117.0	(1.03)	15.5	(1.10)	132.5	(1.44)	887	116.0	(2.87)	71.1	(2.57)	187.1	(4.98)	117.3	(1.30)
2 and over...	17	(1.0)	7804	112.3	(0.96)	12.1	(0.86)	124.4	(1.12)	937	117.6	(3.08)	71.2	(2.71)	188.8	(5.24)	111.2	(1.23)

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.

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

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) 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.

⁴ **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.

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

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

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

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

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

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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