

**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Percent reporting thiamin <sup>9</sup> % (SE)		T h i a m i n												
			All Individuals <sup>6</sup>					Supplement Users <sup>7</sup>					Non-users <sup>8</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>Under 131% poverty:</b>															
2 - 19.....	6	(1.3)	1354	1.47 (0.033)	0.59* (0.296)	2.06 (0.288)	66	1.75 (0.117)	9.81* (4.882)	11.56* (4.961)	1.46 (0.038)				
20 and over.....	18	(1.6)	1517	1.59 (0.030)	4.22* (2.266)	5.81* (2.268)	245	1.57 (0.072)	23.93*(12.404)	25.50*(12.402)	1.59 (0.032)				
2 and over...	14	(1.1)	2871	1.55 (0.024)	3.02* (1.546)	4.57* (1.550)	311	1.60 (0.068)	21.90*(10.738)	23.50*(10.738)	1.54 (0.026)				
<b>131-350% poverty:</b>															
2 - 19.....	6	(1.2)	896	1.63 (0.045)	0.26* (0.125)	1.88 (0.162)	61	2.35 (0.663)	4.31* (1.787)	6.66* (2.407)	1.58 (0.038)				
20 and over.....	22	(1.4)	1558	1.63 (0.032)	5.33* (2.792)	6.96* (2.801)	307	1.57 (0.048)	23.89*(12.027)	25.46*(12.038)	1.65 (0.040)				
2 and over...	18	(1.3)	2454	1.63 (0.031)	4.04* (2.121)	5.67* (2.134)	368	1.64 (0.074)	22.25*(11.148)	23.88*(11.212)	1.63 (0.034)				
<b>Over 350% poverty:</b>															
2 - 19.....	9	(2.1)	532	1.60 (0.058)	0.27* (0.112)	1.88 (0.137)		--	--	--	1.58 (0.056)				
20 and over.....	30	(1.6)	1411	1.65 (0.019)	5.33 (0.984)	6.97 (0.990)	380	1.78 (0.063)	17.59 (3.508)	19.37 (3.513)	1.59 (0.022)				
2 and over...	27	(1.2)	1943	1.64 (0.020)	4.43 (0.832)	6.07 (0.837)	421	1.78 (0.062)	16.71 (3.164)	18.49 (3.168)	1.59 (0.024)				
<b>All Individuals<sup>10</sup>:</b>															
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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Family income as % of poverty level and age (years)		Percent reporting supplement riboflavin <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>															
2 - 19.....	6	(1.3)	1354	1.82 (0.037)	0.39* (0.167)	2.21 (0.152)	66	2.23 (0.265)	6.41* (2.754)	8.64* (3.003)	1.80 (0.051)				
20 and over.....	18	(1.5)	1517	2.07 (0.056)	1.30 (0.265)	3.37 (0.258)	245	2.15 (0.112)	7.33 (1.284)	9.49 (1.254)	2.05 (0.060)				
2 and over...	14	(1.1)	2871	1.99 (0.041)	1.00 (0.169)	2.99 (0.176)	311	2.16 (0.115)	7.20 (1.161)	9.37 (1.164)	1.96 (0.043)				
<b>131-350% poverty:</b>															
2 - 19.....	6	(1.2)	896	2.12 (0.076)	0.27* (0.125)	2.40 (0.180)	61	3.41* (1.244)	4.60* (1.755)	8.01* (2.910)	2.04 (0.072)				
20 and over.....	23	(1.4)	1558	2.19 (0.050)	2.03 (0.342)	4.22 (0.348)	312	2.23 (0.077)	8.95 (1.419)	11.18 (1.441)	2.18 (0.056)				
2 and over...	18	(1.3)	2454	2.17 (0.052)	1.59 (0.265)	3.76 (0.280)	373	2.33 (0.133)	8.59 (1.321)	10.92 (1.375)	2.14 (0.049)				
<b>Over 350% poverty:</b>															
2 - 19.....	9	(2.1)	532	2.06 (0.067)	0.33* (0.153)	2.39 (0.170)		--	--	--	2.05 (0.063)				
20 and over.....	30	(1.6)	1411	2.25 (0.044)	2.89 (0.458)	5.15 (0.473)	375	2.48 (0.108)	9.65 (1.596)	12.13 (1.623)	2.16 (0.033)				
2 and over...	26	(1.2)	1943	2.22 (0.036)	2.44 (0.359)	4.66 (0.375)	415	2.46 (0.096)	9.29 (1.381)	11.75 (1.397)	2.14 (0.030)				
<b>All Individuals<sup>10</sup>:</b>															
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.

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 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)		Percent reporting supplement niacin <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>																
2 - 19.....	6	(1.3)	1354	21.5 (0.65)	1.6* (0.49)	23.1 (0.64)	70	32.8 (9.45)	24.5 (5.03)	57.3 (12.23)	20.8 (0.65)					
20 and over.....	19	(1.6)	1517	26.0 (0.48)	5.3 (0.91)	31.3 (0.98)	259	26.5 (1.73)	28.6 (4.34)	55.1 (4.35)	25.8 (0.40)					
2 and over...	15	(1.1)	2871	24.5 (0.39)	4.1 (0.53)	28.6 (0.69)	329	27.4 (2.15)	28.0 (3.67)	55.4 (4.44)	24.0 (0.38)					
<b>131-350% poverty:</b>																
2 - 19.....	6	(1.1)	896	23.2 (0.78)	1.2 (0.22)	24.3 (0.84)	65	31.6* (9.74)	18.0 (1.05)	49.6 (10.14)	22.6 (0.74)					
20 and over.....	24	(1.6)	1558	27.3 (0.71)	10.3 (1.48)	37.5 (1.68)	327	26.4 (1.38)	42.8 (4.60)	69.2 (4.44)	27.5 (0.75)					
2 and over...	20	(1.4)	2454	26.2 (0.70)	8.0 (1.09)	34.2 (1.36)	392	26.8 (1.91)	40.8 (4.25)	67.6 (4.17)	26.1 (0.64)					
<b>Over 350% poverty:</b>																
2 - 19.....	11	(2.3)	532	22.0 (1.20)	1.6 (0.35)	23.6 (1.24)		--	--	--	22.0 (1.20)					
20 and over.....	33	(2.0)	1411	26.3 (0.32)	12.1 (1.49)	38.3 (1.50)	412	27.2 (0.58)	37.1 (4.05)	64.3 (4.19)	25.8 (0.44)					
2 and over...	29	(1.4)	1943	25.5 (0.37)	10.2 (1.19)	35.7 (1.12)	458	26.8 (0.60)	35.6 (3.68)	62.4 (3.69)	25.0 (0.51)					
<b>All Individuals<sup>10</sup>:</b>																
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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Family income as % of poverty level and age (years)	Percent reporting vitamin B6 <sup>9</sup> % (SE)		V i t a m i n B 6													
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>																
2 - 19.....	13	(2.0)	1354	1.73 (0.063)	0.44* (0.156)	2.17 (0.173)	157	2.11 (0.374)	3.30* (1.151)	5.41 (1.494)	1.68 (0.071)					
20 and over.....	20	(1.5)	1517	2.13 (0.079)	2.15 (0.467)	4.28 (0.455)	274	2.33 (0.257)	11.00 (2.158)	13.33 (2.099)	2.08 (0.065)					
2 and over...	17	(1.3)	2871	2.00 (0.061)	1.59 (0.292)	3.58 (0.299)	431	2.28 (0.218)	9.08 (1.640)	11.35 (1.601)	1.94 (0.054)					
<b>131-350% poverty:</b>																
2 - 19.....	18	(2.0)	896	1.88 (0.083)	0.48 (0.120)	2.36 (0.171)	161	1.95 (0.385)	2.65 (0.643)	4.60 (0.994)	1.87 (0.079)					
20 and over.....	26	(1.4)	1558	2.27 (0.084)	3.19 (0.594)	5.46 (0.602)	345	2.21 (0.123)	12.50 (2.245)	14.71 (2.254)	2.28 (0.087)					
2 and over...	24	(1.2)	2454	2.17 (0.078)	2.50 (0.445)	4.67 (0.464)	506	2.16 (0.164)	10.58 (1.869)	12.74 (1.904)	2.17 (0.066)					
<b>Over 350% poverty:</b>																
2 - 19.....	26	(4.3)	532	1.83 (0.109)	0.67 (0.152)	2.50 (0.191)	118	1.72 (0.126)	2.60 (0.644)	4.32 (0.677)	1.87 (0.119)					
20 and over.....	34	(2.1)	1411	2.20 (0.037)	5.82* (2.738)	8.02* (2.735)	427	2.28 (0.067)	17.31* (8.060)	19.58* (8.061)	2.15 (0.042)					
2 and over...	32	(2.0)	1943	2.13 (0.034)	4.91* (2.252)	7.04* (2.249)	545	2.20 (0.064)	15.22* (6.918)	17.41* (6.919)	2.10 (0.045)					
<b>All Individuals<sup>10</sup>:</b>																
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 as % of poverty level and age (years)	Percent reporting supplement folic acid <sup>9</sup> % (SE)		F o l i c a c i d																
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</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)	Food plus supplement µg (SE)	Food µg (SE)						
<b>Under 131% poverty:</b>																			
2 - 19.....	13	(2.0)	1354	202 (8.0)	35 (5.0)	238 (8.2)	156	198 (18.4)	269 (24.1)	467 (35.2)	203 (9.5)	203	198 (18.4)	269 (24.1)	467 (35.2)	203 (9.5)	203	198 (18.4)	269 (24.1)
20 and over.....	19	(1.5)	1517	187 (10.5)	85 (8.1)	272 (15.4)	263	186 (15.0)	453 (11.6)	639 (20.5)	187 (10.8)	187	186 (15.0)	453 (11.6)	639 (20.5)	187 (10.8)	187	186 (15.0)	453 (11.6)
2 and over...	17	(1.3)	2871	192 (8.9)	69 (5.7)	261 (12.1)	419	189 (14.5)	406 (15.1)	595 (21.9)	192 (9.4)	192	189 (14.5)	406 (15.1)	595 (21.9)	192 (9.4)	192	189 (14.5)	406 (15.1)
<b>131-350% poverty:</b>																			
2 - 19.....	17	(2.0)	896	213 (16.7)	37 (4.1)	250 (19.0)	156	253 (62.4)	212 (18.1)	465 (69.4)	205 (14.1)	205	253 (62.4)	212 (18.1)	465 (69.4)	205 (14.1)	205	253 (62.4)	212 (18.1)
20 and over.....	25	(1.4)	1558	176 (8.1)	113 (7.4)	289 (12.1)	338	172 (9.9)	455 (13.2)	627 (15.6)	177 (9.0)	177	172 (9.9)	455 (13.2)	627 (15.6)	177 (9.0)	177	172 (9.9)	455 (13.2)
2 and over...	23	(1.2)	2454	185 (8.6)	94 (6.2)	279 (12.2)	494	188 (13.4)	408 (14.7)	596 (23.5)	185 (9.3)	185	188 (13.4)	408 (14.7)	596 (23.5)	185 (9.3)	185	188 (13.4)	408 (14.7)
<b>Over 350% poverty:</b>																			
2 - 19.....	25	(4.5)	532	196 (8.5)	57 (10.6)	252 (15.5)	115	184 (16.9)	223 (13.2)	407 (26.5)	200 (10.3)	200	184 (16.9)	223 (13.2)	407 (26.5)	200 (10.3)	200	184 (16.9)	223 (13.2)
20 and over.....	33	(2.1)	1411	178 (3.5)	156 (10.8)	334 (11.4)	424	196 (9.9)	467 (24.7)	663 (25.1)	169 (3.6)	169	196 (9.9)	467 (24.7)	663 (25.1)	169 (3.6)	169	196 (9.9)	467 (24.7)
2 and over...	32	(1.9)	1943	181 (3.6)	138 (9.7)	320 (10.5)	539	195 (9.9)	432 (24.6)	627 (24.8)	175 (3.3)	175	195 (9.9)	432 (24.6)	627 (24.8)	175 (3.3)	175	195 (9.9)	432 (24.6)
<b>All Individuals<sup>10</sup>:</b>																			
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)	206	217 (22.7)	232 (11.2)	449 (29.9)	206 (8.4)	206	217 (22.7)	232 (11.2)
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)	177	186 (7.0)	459 (12.0)	646 (14.9)	177 (4.6)	177	186 (7.0)	459 (12.0)
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)	184	192 (7.1)	419 (11.4)	611 (14.2)	184 (4.7)	184	192 (7.1)	419 (11.4)

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Family income as % of poverty level and age (years)	Percent reporting folate (DFE) <sup>9</sup> % (SE)		F o l a t e ( D F E )																					
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</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)	Food plus supplement µg (SE)	Food µg (SE)											
<b>Under 131% poverty:</b>																								
2 - 19.....	13	(2.0)	1354	498 (16.2)	60 (8.4)	558 (15.9)	156	499 (34.8)	457 (41.0)	957 (64.2)	498 (19.6)	20 and over.....	19	(1.5)	1517	525 (20.8)	145 (13.7)	670 (29.3)	263	521 (31.0)	771 (19.7)	1292 (39.7)	526 (20.8)	
2 and over...	17	(1.3)	2871	516 (17.5)	117 (9.7)	633 (23.1)	419	516 (28.6)	690 (25.7)	1206 (41.7)	516 (18.0)	<b>131-350% poverty:</b>												
2 - 19.....	17	(2.0)	896	523 (30.6)	62 (7.0)	585 (34.3)	156	588 (113.1)	361 (30.7)	948 (123.7)	509 (27.6)	20 and over.....	25	(1.4)	1558	521 (16.6)	192 (12.6)	714 (21.3)	338	519 (20.6)	773 (22.4)	1293 (29.2)	522 (18.2)	
2 and over...	23	(1.2)	2454	522 (16.8)	159 (10.6)	681 (21.6)	494	533 (23.9)	694 (25.0)	1227 (39.2)	519 (18.4)	<b>Over 350% poverty:</b>												
2 - 19.....	25	(4.5)	532	494 (14.5)	96 (18.0)	590 (26.2)	115	489 (37.9)	379 (22.5)	868 (54.3)	496 (16.2)	20 and over.....	33	(2.1)	1411	536 (7.8)	265 (18.4)	801 (18.5)	424	592 (22.7)	793 (42.0)	1385 (41.7)	509 (9.7)	
2 and over...	32	(1.9)	1943	529 (6.5)	235 (16.5)	764 (17.0)	539	577 (22.1)	735 (41.7)	1313 (44.0)	506 (8.6)	<b>All Individuals<sup>10</sup>:</b>												
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)													

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 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)		Percent reporting choline <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>															
2 - 19.....	6	(1.6)	1354	248 (5.5)	1* (0.5)	249 (5.4)	62	367 (86.3)	21* (7.1)	388 (88.1)	240 (6.1)				
20 and over.....	2	(0.4)	1517	327 (6.3)	1* (0.4)	328 (6.4)		--	--	--	326 (6.4)				
2 and over...	4	(0.6)	2871	301 (4.6)	1* (0.4)	302 (4.8)	102	367 (50.8)	29* (9.5)	396 (53.0)	298 (5.3)				
<b>131-350% poverty:</b>															
2 - 19.....	7	(1.2)	896	268 (6.7)	#	268 (6.7)	61	306 (58.6)	6* (2.4)	313 (60.4)	265 (9.0)				
20 and over.....	5	(0.7)	1558	345 (7.4)	1* (0.4)	347 (7.2)		--	--	--	346 (7.0)				
2 and over...	5	(0.6)	2454	326 (7.0)	1 (0.3)	327 (6.9)	120	329 (30.2)	21 (4.6)	349 (31.2)	325 (6.6)				
<b>Over 350% poverty:</b>															
2 - 19.....	11	(2.5)	532	252 (10.0)	1* (0.4)	252 (10.1)	61	277 (26.3)	8* (3.0)	285 (24.7)	248 (10.3)				
20 and over.....	6	(1.4)	1411	342 (6.7)	1 (0.4)	343 (6.6)	82	340 (16.1)	22 (3.8)	363 (17.4)	342 (6.4)				
2 and over...	7	(1.3)	1943	326 (5.2)	1 (0.3)	327 (5.1)	143	323 (16.4)	18 (2.7)	341 (17.1)	326 (5.0)				
<b>All Individuals<sup>10</sup>:</b>															
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.).

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**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)		V i t a m i n B 1 2																
		All Individuals <sup>6</sup>					Supplement Users <sup>7</sup>					Non-users <sup>8</sup>						
Percent reporting vitamin B12 <sup>9</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)	µg
<b>Under 131% poverty:</b>																		
2 - 19.....	13 (2.0)	1354	4.48 (0.132)	7.0* (6.07)	11.4* (6.01)	157	4.33 (0.285)	52.7* (45.90)	57.0* (46.03)	4.50 (0.183)								
20 and over.....	21 (1.5)	1517	4.82 (0.152)	55.4 (12.77)	60.2 (12.78)	291	4.78 (0.321)	266.6 (62.72)	271.3 (62.73)	4.83 (0.173)								
2 and over...	18 (1.4)	2871	4.71 (0.113)	39.4 (9.61)	44.1 (9.62)	448	4.67 (0.277)	215.5 (52.71)	220.2 (52.77)	4.72 (0.146)								
<b>131-350% poverty:</b>																		
2 - 19.....	18 (2.0)	896	4.99 (0.277)	2.8* (1.17)	7.8 (1.32)	158	5.51 (1.227)	16.2* (6.80)	21.7* (7.74)	4.87 (0.225)								
20 and over.....	26 (1.5)	1558	5.17 (0.231)	75.7 (17.75)	80.9 (17.76)	360	4.91 (0.413)	286.6 (72.00)	291.5 (72.09)	5.26 (0.246)								
2 and over...	24 (1.3)	2454	5.12 (0.227)	57.2 (13.30)	62.3 (13.34)	518	5.02 (0.519)	236.6 (60.06)	241.7 (60.17)	5.15 (0.207)								
<b>Over 350% poverty:</b>																		
2 - 19.....	26 (4.4)	532	4.93 (0.335)	2.4* (1.02)	7.3 (1.12)	116	4.76 (0.445)	9.3* (4.53)	14.0* (4.72)	4.98 (0.348)								
20 and over.....	34 (1.8)	1411	4.88 (0.126)	61.2 (12.58)	66.1 (12.57)	435	5.18 (0.259)	177.4 (39.70)	182.6 (39.63)	4.72 (0.108)								
2 and over...	33 (1.7)	1943	4.88 (0.110)	50.8 (10.32)	55.7 (10.30)	551	5.12 (0.228)	154.3 (34.18)	159.4 (34.10)	4.77 (0.101)								
<b>All Individuals <sup>10</sup>:</b>																		
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.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).



**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)		V i t a m i n D																
		All Individuals <sup>6</sup>								Supplement Users <sup>7</sup>								Non-users <sup>8</sup>
Percent reporting vitamin D <sup>9</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)	µg
<b>Under 131% poverty:</b>																		
2 - 19.....	14 (2.2)	1354	5.0 (0.13)	2.0 (0.49)	7.0 (0.55)	164	5.6 (0.47)	14.7 (1.62)	20.3 (1.59)	4.9 (0.15)								
20 and over.....	23 (1.6)	1517	4.4 (0.15)	7.1 (1.11)	11.5 (1.14)	337	5.2 (0.34)	31.5 (4.25)	36.7 (4.19)	4.1 (0.16)								
2 and over...	20 (1.5)	2871	4.6 (0.10)	5.4 (0.72)	10.0 (0.74)	501	5.3 (0.30)	27.7 (3.31)	33.0 (3.27)	4.4 (0.13)								
<b>131-350% poverty:</b>																		
2 - 19.....	18 (1.8)	896	5.5 (0.28)	3.4 (0.66)	9.0 (0.79)	168	6.2 (0.79)	18.6 (3.91)	24.8 (4.14)	5.4 (0.29)								
20 and over.....	31 (1.2)	1558	4.7 (0.31)	12.0 (1.26)	16.8 (1.32)	426	5.4 (0.74)	39.4 (3.89)	44.8 (3.82)	4.4 (0.18)								
2 and over...	27 (1.1)	2454	4.9 (0.25)	9.8 (0.93)	14.8 (0.99)	594	5.5 (0.71)	35.8 (3.44)	41.3 (3.45)	4.7 (0.14)								
<b>Over 350% poverty:</b>																		
2 - 19.....	26 (4.6)	532	5.3 (0.30)	3.0 (0.61)	8.4 (0.86)	122	6.3 (0.56)	11.4 (0.95)	17.7 (1.33)	5.0 (0.24)								
20 and over.....	40 (2.3)	1411	5.0 (0.24)	13.7 (0.97)	18.7 (0.99)	524	5.7 (0.43)	34.1 (1.51)	39.8 (1.47)	4.6 (0.29)								
2 and over...	38 (2.1)	1943	5.1 (0.20)	11.8 (0.76)	16.9 (0.76)	646	5.8 (0.37)	31.3 (1.41)	37.1 (1.39)	4.7 (0.24)								
<b>All Individuals <sup>10</sup>:</b>																		
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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Family income as % of poverty level and age (years)		V i t a m i n K										-Non-users <sup>8</sup> -						
		All Individuals <sup>6</sup>					Supplement Users <sup>7</sup>											
Percent reporting vitamin K <sup>9</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)	µg
<b>Under 131% poverty:</b>																		
2 - 19.....	2 (0.5)	1354	66.2 (3.25)	0.5 (0.16)	66.7 (3.25)	--	--	--	197	123.9 (13.32)	36.5 (2.68)	160.4 (12.41)	65.7 (3.21)					
20 and over.....	14 (1.2)	1517	102.3 (6.06)	5.2 (0.61)	107.6 (6.25)				216	122.1 (12.42)	36.1 (2.66)	158.2 (11.54)	98.8 (6.46)					
2 and over...	10 (0.8)	2871	90.4 (4.29)	3.7 (0.42)	94.1 (4.41)				279	141.9 (28.08)	38.3 (3.91)	180.2 (28.84)	86.8 (4.35)					
<b>131-350% poverty:</b>																		
2 - 19.....	2 (0.7)	896	72.6 (5.85)	0.7* (0.20)	73.3 (5.81)	--	--	--	265	144.8 (28.48)	38.5 (4.01)	183.4 (29.14)	72.8 (6.01)					
20 and over.....	19 (1.3)	1558	120.9 (7.38)	7.5 (0.76)	128.4 (7.41)				279	141.9 (28.08)	38.3 (3.91)	180.2 (28.84)	115.2 (5.85)					
2 and over...	15 (1.1)	2454	108.6 (5.62)	5.7 (0.52)	114.4 (5.65)				320	160.5 (12.41)	79.2* (37.94)	239.7 (47.17)	102.8 (4.84)					
<b>Over 350% poverty:</b>																		
2 - 19.....	4 (0.9)	532	80.2 (6.89)	1.3 (0.29)	81.5 (6.83)	--	--	--	320	160.5 (12.41)	79.2* (37.94)	239.7 (47.17)	80.2 (6.92)					
20 and over.....	26 (1.9)	1411	135.1 (4.55)	20.7* (10.55)	155.8 (13.02)				337	158.1 (12.26)	77.8* (36.92)	235.8 (46.10)	126.1 (6.04)					
2 and over...	22 (1.6)	1943	125.4 (4.30)	17.3* (8.65)	142.7 (11.27)				337	158.1 (12.26)	77.8* (36.92)	235.8 (46.10)	116.1 (5.25)					
<b>All Individuals<sup>10</sup>:</b>																		
2 - 19.....	3 (0.2)	2974	72.2 (3.12)	0.8 (0.12)	73.0 (3.12)	--	--	--	830	148.0 (8.76)	57.9* (18.60)	205.9 (20.72)	72.1 (3.05)					
20 and over.....	21 (1.1)	4830	122.5 (3.42)	11.9* (4.24)	134.4 (4.63)				884	145.2 (8.72)	56.9* (17.94)	202.0 (20.23)	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.

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Family income as % of poverty level and age (years)		Lycopene																
		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>						
Percent reporting supplement lycopene <sup>9</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)	µg
<b>Under 131% poverty:</b>																		
2 - 19.....	#	1354	4013	(269.8)	2*	(0.8)	4015	(270.1)		--	--	--	--				4021	(268.8)
20 and over.....	6	(0.9)	1517	4642	(307.8)	32*	(10.4)	4674	(310.4)	84	6506	(1000.5)	578	(146.8)	7083	(938.8)	4533	(322.2)
2 and over...	4	(0.6)	2871	4434	(252.2)	22*	(6.9)	4456	(253.2)	92	6359	(964.4)	575	(141.4)	6934	(900.9)	4358	(256.8)
<b>131-350% poverty:</b>																		
2 - 19.....	2	(0.8)	896	4403	(395.5)	9*	(4.5)	4412	(397.2)		--	--	--	--	--	--	4404	(429.6)
20 and over.....	9	(1.5)	1558	4831	(236.4)	56	(13.6)	4887	(237.8)	122	4074	(672.8)	631	(170.7)	4704	(698.0)	4905	(262.1)
2 and over...	7	(1.3)	2454	4722	(223.3)	44	(10.5)	4766	(223.1)	128	4092	(601.0)	620	(156.6)	4712	(642.1)	4770	(246.9)
<b>Over 350% poverty:</b>																		
2 - 19.....	1*	(0.4)	532	3833	(377.3)	2*	(1.2)	3835	(377.7)		--	--	--	--	--	--	3821	(375.6)
20 and over.....	16	(1.1)	1411	5561	(211.7)	85	(11.0)	5646	(215.6)	196	5249	(547.6)	537	(53.5)	5786	(557.3)	5620	(243.9)
2 and over...	13	(1.0)	1943	5255	(208.8)	70	(9.3)	5326	(212.5)	201	5250	(542.3)	534	(53.3)	5784	(552.8)	5256	(218.3)
<b>All Individuals<sup>10</sup>:</b>																		
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.

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Family income as % of poverty level and age (years)		Percent reporting supplement lutein + zeaxanthin <sup>9</sup> % (SE)	L u t e i n + z e a x a n t h i n						—Non-users <sup>8</sup> —					
			All Individuals <sup>6</sup>			Supplement Users <sup>7</sup>			Food plus supplement			Food		
		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>Under 131% poverty:</b>														
2 - 19.....	#	1354	782 (59.9)	2* (1.2)	784 (60.1)		--	--	--	782 (60.0)				
20 and over.....	6 (0.7)	1517	1353 (147.3)	48 (13.4)	1401 (150.7)	84	1829 (367.2)	828 (167.7)	2657 (444.2)	1324 (153.6)				
2 and over...	4 (0.5)	2871	1164 (101.2)	33 (8.8)	1197 (102.5)	90	1801 (359.4)	820 (163.2)	2621 (434.5)	1138 (103.7)				
<b>131-350% poverty:</b>														
2 - 19.....	1* (0.5)	896	846 (71.8)	7* (5.1)	853 (70.3)		--	--	--	843 (73.1)				
20 and over.....	9 (1.0)	1558	1629 (173.3)	76 (18.8)	1706 (172.0)	133	1542 (151.4)	873 (195.3)	2415 (229.4)	1638 (187.4)				
2 and over...	7 (0.7)	2454	1430 (133.5)	59 (14.0)	1489 (131.9)	137	1525 (148.6)	868 (189.5)	2393 (227.0)	1423 (142.5)				
<b>Over 350% poverty:</b>														
2 - 19.....	2* (1.0)	532	1035 (137.4)	5* (2.7)	1040 (136.4)		--	--	--	1027 (141.8)				
20 and over.....	15 (1.5)	1411	1845 (106.9)	157 (21.2)	2002 (113.6)	202	2511 (185.4)	1031 (103.3)	3542 (233.1)	1726 (115.6)				
2 and over...	13 (1.3)	1943	1702 (90.2)	130 (18.6)	1832 (97.9)	210	2487 (176.5)	1013 (101.0)	3500 (221.0)	1587 (96.9)				
<b>All Individuals<sup>10</sup>:</b>														
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)		C a l c i u m																	
		All Individuals <sup>6</sup>									Supplement Users <sup>7</sup>						Non-users <sup>8</sup>		
Percent reporting supplement calcium <sup>9</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)	mg	(SE)
<b>Under 131% poverty:</b>																			
2 - 19.....	6 (1.5)	1354	953 (24.3)	14 (3.5)	968 (24.1)	75	1032 (60.0)	232 (29.4)	1264 (78.4)	948 (26.4)									
20 and over.....	23 (1.4)	1517	939 (22.4)	108 (11.0)	1047 (31.4)	330	1022 (45.0)	460 (25.7)	1481 (52.4)	914 (23.8)									
2 and over...	18 (1.2)	2871	944 (19.4)	77 (7.7)	1021 (24.5)	405	1023 (40.8)	433 (22.0)	1456 (47.0)	927 (22.8)									
<b>131-350% poverty:</b>																			
2 - 19.....	9 (1.0)	896	1029 (33.7)	17 (2.7)	1046 (35.1)	73	1194 (105.4)	193 (18.7)	1387 (96.9)	1014 (36.1)									
20 and over.....	31 (1.4)	1558	968 (16.1)	156 (10.1)	1124 (11.9)	429	950 (22.1)	505 (26.9)	1455 (20.0)	976 (19.3)									
2 and over...	25 (1.1)	2454	984 (15.7)	120 (8.3)	1104 (11.6)	502	972 (25.2)	478 (26.8)	1449 (19.1)	988 (17.1)									
<b>Over 350% poverty:</b>																			
2 - 19.....	10 (1.2)	532	1103 (42.6)	18 (4.3)	1121 (44.9)		--	--	--	1108 (43.5)									
20 and over.....	38 (2.1)	1411	984 (25.2)	180 (11.3)	1164 (29.3)	479	1068 (50.4)	473 (16.9)	1542 (53.3)	933 (23.6)									
2 and over...	33 (1.8)	1943	1005 (24.4)	152 (9.1)	1157 (25.6)	528	1068 (47.8)	458 (16.4)	1526 (49.5)	974 (23.8)									
<b>All Individuals <sup>10</sup>:</b>																			
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

<b>P h o s p h o r u s</b>																		
----- <i>All Individuals</i> <sup>6</sup> -----      ----- <i>Supplement Users</i> <sup>7</sup> -----      ----- <i>Non-users</i> <sup>8</sup> -----																		
Family income as % of poverty level and age (years)	Percent reporting supplement phosphorus <sup>9</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>Under 131% poverty:</b>																		
2 - 19.....	2	(0.8)	1354	1215	(20.0)	2*	(1.1)	1218	(19.5)		--	--	--	--		1209	(23.5)	
20 and over.....	9	(0.9)	1517	1340	(22.3)	4	(0.7)	1344	(22.6)	131	1342	(66.3)	46	(5.9)	1388	(63.3)	1340	(24.3)
2 and over...	7	(0.7)	2871	1299	(17.4)	3	(0.5)	1302	(17.4)	153	1360	(60.0)	53	(5.9)	1413	(57.4)	1295	(19.1)
<b>131-350% poverty:</b>																		
2 - 19.....	2	(0.5)	896	1301	(29.7)	3*	(0.8)	1303	(30.1)		--	--	--	--		1297	(31.4)	
20 and over.....	12	(1.0)	1558	1417	(25.2)	5	(0.8)	1422	(25.4)	167	1472	(64.9)	44	(7.2)	1515	(63.3)	1410	(30.0)
2 and over...	9	(0.9)	2454	1388	(21.6)	4	(0.6)	1392	(21.8)	187	1473	(63.8)	48	(6.7)	1521	(62.0)	1379	(25.8)
<b>Over 350% poverty:</b>																		
2 - 19.....	3*	(0.8)	532	1319	(47.1)	2*	(0.7)	1321	(47.2)		--	--	--	--		1319	(46.7)	
20 and over.....	18	(1.5)	1411	1430	(21.1)	9	(1.1)	1439	(21.3)	227	1542	(46.8)	51	(5.0)	1593	(45.1)	1406	(25.6)
2 and over...	15	(1.4)	1943	1410	(18.4)	8	(0.9)	1418	(18.5)	241	1535	(45.5)	52	(4.8)	1587	(43.9)	1388	(23.7)
<b>All Individuals <sup>10</sup>:</b>																		
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement magnesium <sup>9</sup> % (SE)		M a g n e s i u m														
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>																	
2 - 19.....	4	(0.9)	1354	225 (4.5)	3* (1.3)	229 (4.1)				--	--	--				222 (5.9)	
20 and over.....	17	(1.3)	1517	282 (5.0)	17 (2.3)	299 (6.2)	238	294 (13.8)	102 (11.8)	396 (22.9)	279 (5.2)						
2 and over...	13	(1.1)	2871	263 (4.4)	12 (1.7)	276 (5.1)	288	295 (13.5)	99 (10.7)	394 (21.5)	258 (4.6)						
<b>131-350% poverty:</b>																	
2 - 19.....	7	(1.5)	896	239 (6.4)	3* (0.9)	242 (6.4)			--	--	--				233 (6.0)		
20 and over.....	24	(1.2)	1558	303 (6.1)	28 (2.8)	331 (6.4)	325	313 (9.6)	118 (12.5)	431 (16.8)	300 (7.9)						
2 and over...	19	(1.1)	2454	287 (5.6)	21 (2.1)	308 (6.1)	365	315 (12.5)	111 (11.6)	426 (17.8)	280 (6.5)						
<b>Over 350% poverty:</b>																	
2 - 19.....	6	(1.4)	532	244 (7.7)	2* (1.0)	247 (8.0)			--	--	--				241 (7.8)		
20 and over.....	31	(1.9)	1411	322 (5.1)	31 (2.8)	353 (5.5)	374	356 (11.8)	99 (7.2)	455 (12.8)	307 (5.4)						
2 and over...	26	(1.6)	1943	308 (3.7)	26 (2.5)	334 (4.6)	406	353 (11.0)	97 (7.0)	450 (11.9)	292 (4.7)						
<b>All Individuals<sup>10</sup>:</b>																	
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.).

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**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement iron <sup>9</sup> % (SE)		I r o n														
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>																	
2 - 19.....	4	(1.0)	1354	13.6 (0.32)	0.9 (0.23)	14.4 (0.33)										13.5 (0.34)	
20 and over.....	11	(1.2)	1517	14.4 (0.37)	2.6 (0.28)	17.0 (0.47)	163	13.6 (0.83)	23.2 (2.06)	36.8 (2.02)						14.5 (0.38)	
2 and over...	9	(0.9)	2871	14.1 (0.33)	2.0 (0.21)	16.1 (0.37)	213	13.8 (0.67)	22.8 (1.63)	36.7 (1.64)						14.1 (0.33)	
<b>131-350% poverty:</b>																	
2 - 19.....	4	(0.8)	896	14.3 (0.63)	0.7 (0.21)	15.0 (0.62)										14.3 (0.64)	
20 and over.....	15	(1.5)	1558	14.8 (0.37)	3.3 (0.40)	18.1 (0.46)	200	15.0 (0.59)	22.1 (1.79)	37.1 (1.72)						14.8 (0.42)	
2 and over...	12	(1.1)	2454	14.7 (0.37)	2.6 (0.33)	17.3 (0.42)	249	15.0 (0.54)	22.0 (1.77)	37.0 (1.72)						14.6 (0.42)	
<b>Over 350% poverty:</b>																	
2 - 19.....	6	(1.5)	532	13.8 (0.44)	1.2* (0.51)	15.0 (0.73)										13.7 (0.42)	
20 and over.....	16	(1.3)	1411	14.5 (0.16)	3.7 (0.43)	18.2 (0.43)	202	15.0 (0.60)	22.4 (1.34)	37.5 (1.43)						14.3 (0.19)	
2 and over...	15	(1.1)	1943	14.3 (0.13)	3.3 (0.36)	17.6 (0.31)	234	15.0 (0.57)	22.1 (1.29)	37.2 (1.40)						14.2 (0.17)	
<b>All Individuals<sup>10</sup>:</b>																	
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.

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**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement copper <sup>9</sup> % (SE)		C o p p e r													
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</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>Under 131% poverty:</b>																
2 - 19.....	5	(1.2)	1354	0.9 (0.02)	0.1 (0.02)	1.0 (0.02)				--	--	--			0.9 (0.02)	
20 and over.....	17	(1.5)	1517	1.1 (0.02)	0.2 (0.02)	1.4 (0.04)	227	1.1 (0.03)	1.4 (0.08)	2.6 (0.07)			1.1 (0.03)			
2 and over...	13	(1.1)	2871	1.0 (0.02)	0.2 (0.02)	1.2 (0.03)	279	1.1 (0.03)	1.5 (0.09)	2.6 (0.08)			1.0 (0.02)			
<b>131-350% poverty:</b>																
2 - 19.....	5	(1.1)	896	0.9 (0.03)	0.1* (0.04)	1.1 (0.05)				--	--	--			0.9 (0.03)	
20 and over.....	22	(1.4)	1558	1.2 (0.03)	0.3 (0.03)	1.5 (0.03)	298	1.3 (0.06)	1.4 (0.06)	2.6 (0.09)			1.2 (0.04)			
2 and over...	17	(1.2)	2454	1.2 (0.03)	0.2 (0.02)	1.4 (0.03)	345	1.3 (0.05)	1.4 (0.09)	2.7 (0.12)			1.1 (0.03)			
<b>Over 350% poverty:</b>																
2 - 19.....	7	(1.5)	532	1.0 (0.03)	0.1 (0.02)	1.1 (0.04)				--	--	--			1.0 (0.03)	
20 and over.....	29	(1.7)	1411	1.3 (0.03)	0.3 (0.02)	1.7 (0.03)	351	1.4 (0.06)	1.2 (0.03)	2.6 (0.06)			1.3 (0.02)			
2 and over...	25	(1.5)	1943	1.3 (0.02)	0.3 (0.02)	1.6 (0.02)	382	1.4 (0.06)	1.2 (0.03)	2.6 (0.06)			1.2 (0.02)			
<b>All Individuals<sup>10</sup>:</b>																
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of poverty level and age (years)	Percent reporting sodium <sup>9</sup> % (SE)		S o d i u m															
			All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</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>Under 131% poverty:</b>																		
2 - 19.....	4	(1.0)	1354	2974 (47.4)	#	2974 (47.4)				--	--	--				2988 (47.9)		
20 and over.....	3	(0.7)	1517	3464 (45.7)	1 (0.2)	3464 (45.7)				--	--	--				3470 (49.0)		
2 and over...	3	(0.5)	2871	3302 (36.1)	1 (0.1)	3302 (36.1)	99	3007 (147.7)	19 (3.1)	3027 (146.4)						3312 (38.4)		
<b>131-350% poverty:</b>																		
2 - 19.....	5	(1.2)	896	3120 (49.2)	1* (0.3)	3121 (49.2)	60	2912 (173.3)	17 (4.6)	2929 (174.2)						3132 (54.5)		
20 and over.....	7	(1.2)	1558	3550 (52.2)	2 (0.6)	3552 (52.1)	96	3433 (182.3)	30 (6.8)	3463 (181.3)						3559 (50.0)		
2 and over...	6	(1.0)	2454	3441 (46.5)	2 (0.4)	3443 (46.5)	156	3317 (147.9)	27 (5.8)	3344 (147.4)						3449 (45.9)		
<b>Over 350% poverty:</b>																		
2 - 19.....	7	(1.6)	532	3042 (117.6)	1 (0.1)	3042 (117.7)		--	--	--						3062 (113.2)		
20 and over.....	10	(1.0)	1411	3588 (51.5)	3 (0.6)	3591 (51.6)	102	3481 (157.1)	36 (5.0)	3517 (157.9)						3599 (51.2)		
2 and over...	9	(0.8)	1943	3491 (53.2)	3 (0.5)	3494 (53.2)	136	3386 (135.7)	33 (4.1)	3418 (136.0)						3502 (52.8)		
<b>All Individuals<sup>10</sup>:</b>																		
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).



**Table 40. 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 Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2013-2014 (continued)

<b>S e l e n i u m</b>																		
-----All Individuals <sup>6</sup> ----- Supplement Users <sup>7</sup> ----- -Non-users <sup>8</sup> -																		
Family income as % of poverty level and age (years)	Percent reporting supplement selenium <sup>9</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>Under 131% poverty:</b>																		
2 - 19.....	2	(0.6)	1354	95.9	(1.63)	1.6*	(0.55)	97.4	(1.78)		--	--	--	--	--	93.1	(1.85)	
20 and over.....	15	(1.5)	1517	113.5	(1.68)	9.9	(1.21)	123.3	(2.25)	212	109.2	(5.86)	65.7	(3.68)	174.9	(7.51)	114.2	(1.95)
2 and over...	11	(1.0)	2871	107.7	(1.07)	7.1	(0.83)	114.8	(1.46)	232	116.8	(8.06)	66.1	(3.94)	182.9	(10.46)	106.6	(1.42)
<b>131-350% poverty:</b>																		
2 - 19.....	2	(0.8)	896	101.3	(2.06)	2.9*	(1.09)	104.2	(2.11)		--	--	--	--	--	100.3	(2.22)	
20 and over.....	20	(1.4)	1558	117.5	(2.37)	14.4	(1.49)	131.8	(2.51)	282	113.3	(5.81)	70.4	(3.91)	183.7	(8.87)	118.5	(2.60)
2 and over...	16	(1.2)	2454	113.3	(2.24)	11.5	(1.35)	124.8	(2.44)	294	114.3	(6.20)	72.3	(4.44)	186.6	(9.81)	113.2	(2.54)
<b>Over 350% poverty:</b>																		
2 - 19.....	3	(0.8)	532	95.6	(3.02)	1.3	(0.33)	96.8	(3.11)		--	--	--	--	--	95.2	(2.99)	
20 and over.....	28	(1.7)	1411	118.9	(1.74)	20.3	(1.24)	139.2	(2.41)	338	121.2	(4.09)	73.2	(3.49)	194.4	(6.03)	118.0	(2.40)
2 and over...	23	(1.6)	1943	114.8	(1.55)	16.9	(1.04)	131.7	(1.95)	353	120.9	(4.01)	72.4	(3.37)	193.3	(5.94)	112.9	(2.33)
<b>All Individuals<sup>10</sup>:</b>																		
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](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> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>6</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>7</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>8</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>9</sup> 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.

<sup>10</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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