

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016

T h i a m i n																		
Males/Females and age (years)	Percent reporting supplement thiamin ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(1.3)	663	1.21	(0.025)	0.14*	(0.062)	1.35	(0.075)		--		--		--		1.20 (0.026)	
6 - 11.....	4	(0.8)	1033	1.55	(0.041)	0.05*	(0.020)	1.60	(0.044)		--		--		--		1.55 (0.043)	
12 - 19.....	3	(0.9)	1188	1.65	(0.051)	0.09*	(0.039)	1.74	(0.065)		--		--		--		1.65 (0.055)	
Males:																		
20 - 39.....	12	(1.4)	805	1.92	(0.044)	2.13*	(0.674)	4.05	(0.682)	73	1.99	(0.097)	18.07	(4.665)	20.06	(4.678)	1.91 (0.042)	
40 - 59.....	22	(2.4)	759	1.80	(0.049)	1.57*	(0.666)	3.37	(0.662)	130	1.94	(0.087)	7.31*	(2.978)	9.25*	(2.968)	1.76 (0.073)	
60 and over.....	37	(3.5)	805	1.77	(0.077)	4.61	(1.251)	6.38	(1.225)	218	1.78	(0.105)	12.51	(3.207)	14.29	(3.181)	1.76 (0.086)	
20 and over...	22	(1.6)	2369	1.84	(0.023)	2.58	(0.270)	4.42	(0.270)	421	1.88	(0.060)	11.85	(1.480)	13.73	(1.479)	1.83 (0.026)	
Females:																		
20 - 39.....	14	(2.3)	774	1.39	(0.039)	1.76*	(0.634)	3.14	(0.631)	88	1.48	(0.072)	12.92*	(4.599)	14.41*	(4.604)	1.37 (0.043)	
40 - 59.....	19	(2.7)	848	1.36	(0.035)	1.86*	(0.594)	3.23	(0.617)	132	1.50	(0.074)	10.00	(2.765)	11.49	(2.756)	1.33 (0.041)	
60 and over.....	35	(2.9)	818	1.25	(0.029)	4.25	(0.767)	5.50	(0.763)	232	1.26	(0.054)	12.12	(2.574)	13.39	(2.596)	1.24 (0.026)	
20 and over...	22	(1.6)	2440	1.34	(0.020)	2.55	(0.435)	3.89	(0.442)	452	1.38	(0.040)	11.61	(1.667)	12.99	(1.674)	1.32 (0.026)	
All Individuals:																		
2 and over...	17	(1.0)	7693	1.57	(0.018)	1.95	(0.214)	3.52	(0.225)	990	1.61	(0.037)	11.20	(1.097)	12.81	(1.093)	1.56 (0.020)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																		
Males/Females and age (years)	Percent reporting supplement riboflavin ⁸		—All Individuals ⁵ —						—Supplement Users ⁶ —						—Non-users ⁷ —			
			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)
Males and females:																		
2 - 5.....	5	(1.2)	663	1.67	(0.039)	0.15*	(0.062)	1.82	(0.078)		--	--	--		1.68	(0.039)		
6 - 11.....	3	(0.9)	1033	1.95	(0.054)	0.06*	(0.021)	2.01	(0.060)		--	--	--		1.94	(0.058)		
12 - 19.....	4	(0.9)	1188	1.97	(0.076)	0.17*	(0.078)	2.14	(0.112)		--	--	--		1.98	(0.082)		
Males:																		
20 - 39.....	11	(1.4)	805	2.62	(0.076)	1.32	(0.389)	3.94	(0.379)		--	--	--		2.59	(0.087)		
40 - 59.....	22	(2.1)	759	2.57	(0.099)	0.97	(0.142)	3.54	(0.155)	129	2.70	(0.153)	4.41	(0.565)	7.11	(0.586)	2.53	(0.136)
60 and over.....	37	(3.6)	805	2.31	(0.080)	6.47*	(3.421)	8.78*	(3.433)	215	2.49	(0.122)	17.51*	(8.924)	20.01*	(8.946)	2.20	(0.083)
20 and over...	22	(1.5)	2369	2.52	(0.050)	2.55*	(0.867)	5.06	(0.874)	414	2.63	(0.087)	11.70*	(3.773)	14.32	(3.788)	2.49	(0.059)
Females:																		
20 - 39.....	14	(2.3)	774	1.90	(0.059)	1.39*	(0.433)	3.29	(0.445)	88	2.21	(0.196)	10.23	(3.035)	12.43	(3.042)	1.85	(0.061)
40 - 59.....	19	(2.7)	848	1.88	(0.056)	1.11	(0.241)	2.99	(0.257)	134	2.01	(0.098)	5.93	(1.008)	7.94	(0.989)	1.85	(0.059)
60 and over.....	36	(2.9)	818	1.70	(0.043)	2.09	(0.214)	3.79	(0.216)	231	1.82	(0.070)	5.80	(0.549)	7.62	(0.567)	1.63	(0.044)
20 and over...	22	(1.7)	2440	1.83	(0.038)	1.50	(0.183)	3.33	(0.193)	453	1.96	(0.061)	6.72	(0.648)	8.67	(0.635)	1.79	(0.039)
All Individuals:																		
2 and over...	18	(1.1)	7693	2.10	(0.036)	1.55	(0.334)	3.65	(0.347)	980	2.26	(0.055)	8.81	(1.730)	11.07	(1.746)	2.07	(0.041)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

N i a c i n																		
Males/Females and age (years)	Percent reporting supplement niacin ⁸		Sample Size	All Individuals ⁵						Supplement Users ⁶						Non-users ⁷		
	%	(SE)		Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	7	(1.5)	663	16.1	(0.33)	0.8	(0.16)	16.8	(0.41)		--	--	--	--	--	16.0	(0.35)	
6 - 11.....	4	(0.9)	1033	20.7	(0.51)	0.4	(0.11)	21.1	(0.51)		--	--	--	--	--	20.7	(0.52)	
12 - 19.....	7	(1.7)	1188	24.3	(0.72)	1.2*	(0.38)	25.6	(0.80)		--	--	--	--	--	24.4	(0.77)	
Males:																		
20 - 39.....	13	(1.3)	805	35.8	(0.93)	3.2	(0.59)	39.0	(0.93)	79	43.4	(2.65)	25.5	(3.10)	68.9	(3.89)	34.7	(1.10)
40 - 59.....	23	(2.5)	759	30.8	(1.14)	9.7	(2.86)	40.5	(3.13)	138	29.9	(0.79)	42.5	(11.52)	72.4	(11.71)	31.0	(1.45)
60 and over.....	39	(3.6)	805	26.0	(0.97)	20.9	(5.31)	46.9	(5.39)	225	28.3	(1.98)	53.8	(14.05)	82.1	(14.14)	24.6	(0.87)
20 and over...	23	(1.7)	2369	31.5	(0.77)	10.1	(1.78)	41.6	(1.81)	442	32.0	(1.26)	43.9	(6.57)	76.0	(6.76)	31.3	(0.85)
Females:																		
20 - 39.....	16	(2.0)	774	24.0	(0.66)	5.6	(1.37)	29.6	(1.60)	108	25.8	(2.43)	34.3	(7.54)	60.1	(8.38)	23.6	(0.77)
40 - 59.....	22	(2.7)	848	21.3	(0.58)	5.3	(1.13)	26.7	(1.18)	159	21.5	(0.83)	24.7	(2.90)	46.2	(2.95)	21.3	(0.68)
60 and over.....	39	(3.0)	818	18.2	(0.72)	16.7	(3.59)	34.9	(3.44)	247	18.6	(1.00)	42.8	(8.25)	61.5	(7.87)	17.9	(0.64)
20 and over...	25	(1.9)	2440	21.2	(0.37)	8.8	(1.18)	30.1	(1.10)	514	21.1	(0.61)	35.2	(4.19)	56.3	(4.20)	21.3	(0.43)
All Individuals:																		
2 and over...	20	(1.2)	7693	25.1	(0.43)	7.4	(0.84)	32.4	(0.83)	1101	25.9	(0.66)	37.6	(3.57)	63.6	(3.66)	24.9	(0.49)

See page 23 for footnotes.

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V i t a m i n B 6																			
<i>All Individuals</i>⁵ <i>Supplement Users</i>⁶ <i>Non-users</i>⁷																			
Males/Females 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)	
Males and females:																			
2 - 5.....	25	(3.3)	663	1.38	(0.030)	0.38	(0.069)	1.75	(0.076)	142	1.34	(0.060)	1.48	(0.266)	2.82	(0.291)	1.39	(0.031)	
6 - 11.....	14	(2.3)	1033	1.62	(0.051)	0.37*	(0.156)	1.99	(0.185)	138	1.73	(0.113)	2.62*	(0.993)	4.35	(0.970)	1.60	(0.057)	
12 - 19.....	10	(2.0)	1188	1.87	(0.061)	0.40*	(0.132)	2.26	(0.128)	95	1.95	(0.157)	4.09*	(1.403)	6.04	(1.333)	1.86	(0.065)	
Males:																			
20 - 39.....	14	(1.6)	805	2.91	(0.140)	1.40	(0.392)	4.31	(0.393)	87	3.74	(0.480)	10.27	(2.228)	14.01	(2.201)	2.78	(0.124)	
40 - 59.....	23	(2.6)	759	2.44	(0.114)	1.32	(0.249)	3.77	(0.256)	141	2.41	(0.125)	5.80	(0.693)	8.21	(0.726)	2.45	(0.145)	
60 and over.....	40	(4.0)	805	2.09	(0.084)	5.68	(1.613)	7.77	(1.644)	229	2.26	(0.158)	14.21	(3.278)	16.47	(3.337)	1.99	(0.082)	
20 and over...	24	(1.7)	2369	2.53	(0.081)	2.49	(0.424)	5.02	(0.410)	457	2.64	(0.130)	10.48	(1.603)	13.12	(1.651)	2.50	(0.094)	
Females:																			
20 - 39.....	20	(2.1)	774	2.05	(0.096)	2.51*	(0.990)	4.56	(0.995)	123	2.13	(0.170)	12.72*	(5.050)	14.84*	(5.071)	2.03	(0.107)	
40 - 59.....	24	(2.7)	848	1.78	(0.084)	1.56	(0.235)	3.34	(0.256)	175	1.97	(0.118)	6.57	(0.733)	8.54	(0.721)	1.72	(0.091)	
60 and over.....	41	(2.9)	818	1.50	(0.060)	4.43	(1.043)	5.93	(1.046)	260	1.60	(0.086)	10.85	(2.210)	12.45	(2.203)	1.43	(0.054)	
20 and over...	28	(1.8)	2440	1.78	(0.047)	2.73	(0.448)	4.51	(0.463)	558	1.84	(0.072)	9.91	(1.467)	11.75	(1.498)	1.76	(0.049)	
All Individuals:																			
2 and over...	23	(1.2)	7693	2.04	(0.040)	2.06	(0.294)	4.10	(0.297)	1390	2.12	(0.064)	8.99	(1.103)	11.11	(1.138)	2.01	(0.048)	

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F o l i c a c i d																		
—————All Individuals ⁵————— —————Supplement Users ⁶————— —Non-users ⁷ —																		
Males/Females and age	Percent reporting supplement folic acid ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	24	(3.3)	663	166	(7.7)	40	(6.0)	205	(9.2)	135	134	(14.1)	163	(9.0)	297	(19.4)	176	(7.8)
6 - 11.....	14	(2.3)	1033	205	(6.6)	27	(5.2)	231	(8.7)	136	212	(24.4)	195	(29.9)	407	(35.2)	203	(7.0)
12 - 19.....	9	(2.2)	1188	221	(10.0)	26	(6.7)	247	(9.9)	95	190	(30.4)	278	(26.1)	468	(33.4)	224	(10.3)
Males:																		
20 - 39.....	14	(1.6)	805	218	(11.5)	75	(18.7)	293	(25.0)	85	248	(36.0)	553	(117.5)	801	(122.7)	214	(9.8)
40 - 59.....	22	(2.2)	759	184	(10.4)	90	(11.7)	274	(15.4)	138	220	(21.9)	399	(23.4)	618	(16.2)	174	(11.8)
60 and over.....	39	(3.6)	805	192	(14.1)	245	(51.2)	437	(54.2)	232	211	(25.7)	632	(115.6)	843	(115.2)	181	(11.8)
20 and over...	23	(1.7)	2369	199	(7.1)	125	(17.1)	324	(19.0)	455	222	(16.3)	535	(58.5)	757	(59.3)	193	(6.0)
Females:																		
20 - 39.....	19	(2.1)	774	154	(6.3)	83	(9.2)	237	(10.4)	120	156	(24.7)	446	(24.8)	602	(43.0)	154	(7.9)
40 - 59.....	24	(2.4)	848	151	(7.8)	134	(27.5)	284	(26.8)	176	173	(19.7)	561	(80.9)	734	(84.2)	144	(8.7)
60 and over.....	41	(2.8)	818	125	(7.2)	231	(31.7)	356	(31.9)	264	125	(11.1)	571	(80.5)	696	(77.9)	124	(6.7)
20 and over...	27	(1.6)	2440	144	(3.6)	147	(16.3)	291	(17.3)	560	148	(10.7)	540	(47.1)	688	(48.5)	143	(3.6)
All Individuals:																		
2 and over...	22	(1.2)	7693	179	(3.5)	109	(10.9)	289	(11.8)	1381	181	(8.9)	487	(37.5)	667	(37.1)	179	(3.2)

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F o l a t e (D F E)																		
—————All Individuals ⁵ ————— —————Supplement Users ⁶ ————— —Non-users ⁷ —																		
Males/Females and age	Percent reporting supplement folate (DFE) ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	24	(3.3)	663	409	(12.6)	68	(10.2)	477	(15.1)	135	361	(24.2)	277	(15.4)	638	(33.7)	424	(12.5)
6 - 11.....	14	(2.3)	1033	500	(12.8)	46	(8.8)	546	(17.2)	136	537	(46.0)	331	(50.8)	868	(65.2)	494	(13.3)
12 - 19.....	9	(2.2)	1188	544	(19.0)	45	(11.3)	589	(18.7)	95	502	(53.9)	472	(44.4)	974	(61.8)	549	(20.7)
Males:																		
20 - 39.....	14	(1.6)	805	627	(21.6)	128	(31.7)	755	(42.5)	85	700	(75.4)	941	(199.8)	1641	(209.9)	616	(18.7)
40 - 59.....	22	(2.2)	759	566	(21.1)	152	(19.9)	718	(27.6)	138	640	(42.6)	678	(39.8)	1318	(30.8)	544	(25.5)
60 and over.....	39	(3.6)	805	557	(25.5)	416	(87.1)	973	(94.2)	232	595	(51.7)	1074	(196.6)	1669	(199.2)	533	(22.9)
20 and over...	23	(1.7)	2369	587	(13.4)	212	(29.0)	799	(32.8)	455	634	(33.2)	909	(99.5)	1543	(104.5)	573	(12.5)
Females:																		
20 - 39.....	19	(2.1)	774	462	(12.6)	140	(15.6)	603	(21.3)	120	476	(47.5)	758	(42.2)	1234	(78.0)	459	(13.8)
40 - 59.....	24	(2.4)	848	458	(17.8)	227	(46.8)	685	(49.0)	176	508	(38.8)	955	(137.5)	1463	(145.2)	442	(18.0)
60 and over.....	41	(2.8)	818	397	(14.2)	393	(53.9)	791	(51.5)	264	406	(23.0)	971	(136.8)	1376	(131.4)	392	(12.7)
20 and over...	27	(1.6)	2440	441	(9.5)	249	(27.7)	690	(30.3)	560	455	(22.8)	918	(80.1)	1373	(82.6)	436	(8.4)
All Individuals:																		
2 and over...	22	(1.2)	7693	510	(7.9)	186	(18.6)	696	(21.3)	1381	525	(19.0)	827	(63.7)	1352	(64.5)	506	(6.7)

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C h o l i n e																		
Males/Females and age (years)	Percent reporting supplement choline ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	13	(1.7)	663	212	(7.4)	1*	(0.2)	212	(7.4)		--	--	--			210	(5.8)	
6 - 11.....	8	(1.8)	1033	248	(7.6)	#		248	(7.6)		--	--	--			247	(7.5)	
12 - 19.....	5	(1.2)	1188	267	(9.9)	#		267	(9.9)		--	--	--			267	(9.8)	
Males:																		
20 - 39.....	4	(1.1)	805	412	(11.5)	#		412	(11.6)		--	--	--			412	(11.3)	
40 - 59.....	2*	(0.8)	759	414	(16.0)	#		414	(16.0)		--	--	--			415	(17.1)	
60 and over.....	6	(2.2)	805	347	(8.5)	3*	(1.8)	350	(9.1)		--	--	--			347	(8.6)	
20 and over...	4	(0.8)	2369	396	(8.1)	1*	(0.5)	396	(8.0)		--	--	--			396	(8.4)	
Females:																		
20 - 39.....	6	(1.0)	774	297	(7.5)	8*	(5.0)	305	(7.5)		--	--	--			299	(8.4)	
40 - 59.....	4	(0.9)	848	292	(9.0)	1*	(0.3)	292	(9.1)		--	--	--			290	(9.2)	
60 and over.....	7	(2.0)	818	267	(7.3)	4*	(2.9)	271	(8.5)		--	--	--			264	(7.6)	
20 and over...	6	(0.7)	2440	286	(4.6)	4*	(1.8)	290	(4.3)	107	305	(16.9)	68*	(28.4)	373	(38.4)	285	(5.1)
All Individuals:																		
2 and over...	5	(0.6)	7693	318	(4.3)	2*	(0.8)	320	(4.1)	344	303	(16.9)	35*	(13.0)	338	(25.4)	319	(4.4)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 1 2																		
Males/Females and age (years)	Percent reporting supplement vitamin B12 ⁸		—All Individuals ⁵ —						—Supplement Users ⁶ —						—Non-users ⁷ —			
			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)
Males and females:																		
2 - 5.....	25	(3.3)	663	3.81	(0.135)	1.8*	(0.54)	5.6	(0.52)	142	3.62	(0.215)	7.1	(1.87)	10.7	(1.90)	3.87	(0.128)
6 - 11.....	13	(2.1)	1033	4.43	(0.148)	4.8*	(3.93)	9.2*	(3.98)	136	4.68	(0.342)	35.8*	(29.94)	40.5*	(29.97)	4.39	(0.167)
12 - 19.....	9	(2.1)	1188	4.95	(0.209)	16.4*	(10.23)	21.4*	(10.24)	94	5.12	(0.631)	177.4*	(119.46)	182.6*	(119.56)	4.93	(0.224)
Males:																		
20 - 39.....	14	(1.7)	805	6.54	(0.287)	29.1*	(13.57)	35.7*	(13.53)	95	6.94	(0.756)	208.7*	(83.34)	215.7*	(83.69)	6.47	(0.364)
40 - 59.....	24	(2.2)	759	6.20	(0.526)	70.9*	(34.55)	77.1*	(34.98)	149	6.20	(0.652)	301.6*	(151.98)	307.8*	(151.75)	6.21	(0.757)
60 and over.....	42	(3.4)	805	4.84	(0.249)	136.5	(31.67)	141.3	(31.72)	259	5.27	(0.346)	325.6	(69.88)	330.8	(69.85)	4.53	(0.259)
20 and over...	25	(1.5)	2369	5.98	(0.214)	72.0	(16.27)	77.9	(16.32)	503	5.95	(0.358)	292.0	(66.35)	298.0	(66.30)	5.98	(0.300)
Females:																		
20 - 39.....	21	(2.4)	774	4.17	(0.167)	36.6*	(13.15)	40.8*	(13.17)	127	3.94	(0.312)	177.4*	(55.87)	181.3*	(55.88)	4.22	(0.187)
40 - 59.....	26	(3.4)	848	4.07	(0.147)	123.4*	(44.84)	127.5*	(44.84)	186	4.31	(0.320)	482.3	(137.99)	486.6	(137.93)	3.99	(0.194)
60 and over.....	49	(3.0)	818	3.71	(0.186)	254.7	(59.01)	258.4	(58.97)	300	3.82	(0.209)	519.8	(106.52)	523.6	(106.53)	3.61	(0.254)
20 and over...	31	(2.2)	2440	3.99	(0.084)	134.9	(33.95)	138.9	(33.95)	613	4.00	(0.164)	434.4	(90.03)	438.4	(90.04)	3.99	(0.088)
All Individuals:																		
2 and over...	24	(1.3)	7693	4.86	(0.103)	80.5	(15.15)	85.3	(15.11)	1488	4.79	(0.174)	328.8	(53.93)	333.5	(53.85)	4.89	(0.137)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																		
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷																		
Males/Females and age	Percent reporting supplement vitamin C ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	27	(3.5)	663	72.2	(5.28)	10.7	(2.28)	82.9	(6.28)	149	76.4	(8.36)	39.5	(5.78)	115.9	(11.69)	70.6	(5.20)
6 - 11.....	16	(2.3)	1033	65.4	(4.70)	8.1	(1.73)	73.4	(5.56)	147	83.2	(13.70)	51.4	(10.63)	134.6	(20.67)	62.0	(3.28)
12 - 19.....	11	(2.4)	1188	65.5	(3.20)	36.4*	(16.37)	101.9	(16.69)	113	75.8	(5.13)	320.3*	(123.81)	396.1*	(120.60)	64.2	(3.35)
Males:																		
20 - 39.....	15	(1.5)	805	90.8	(4.60)	69.5*	(25.47)	160.4	(25.42)	100	98.4	(10.23)	450.7*	(145.12)	549.1	(147.91)	89.4	(4.75)
40 - 59.....	27	(2.6)	759	76.2	(4.05)	72.1	(10.55)	148.4	(9.33)	157	85.7	(6.39)	265.5	(38.13)	351.1	(36.26)	72.7	(5.61)
60 and over.....	44	(3.9)	805	90.6	(6.59)	139.0	(21.22)	229.6	(22.68)	261	98.5	(7.74)	313.6	(42.19)	412.1	(44.49)	84.2	(10.46)
20 and over...	27	(1.7)	2369	85.6	(2.93)	88.6	(11.95)	174.2	(10.33)	518	94.0	(3.78)	326.6	(39.57)	420.5	(38.52)	82.5	(4.09)
Females:																		
20 - 39.....	20	(2.5)	774	73.9	(5.66)	55.5	(12.88)	129.5	(15.19)	130	90.8	(14.19)	273.8	(47.45)	364.6	(46.33)	69.6	(5.55)
40 - 59.....	27	(2.3)	848	73.7	(4.49)	72.3	(7.22)	146.0	(10.42)	207	79.7	(9.67)	268.8	(19.14)	348.5	(25.31)	71.4	(5.25)
60 and over.....	44	(2.7)	818	70.7	(4.64)	136.7	(20.01)	207.5	(20.21)	302	71.7	(5.95)	308.3	(38.14)	380.0	(38.39)	70.0	(5.58)
20 and over...	30	(1.6)	2440	72.9	(3.56)	86.3	(8.29)	159.2	(10.94)	639	78.6	(5.59)	287.5	(23.04)	366.1	(27.52)	70.4	(3.65)
All Individuals:																		
2 and over...	26	(1.2)	7693	76.1	(2.44)	71.1	(6.98)	147.3	(7.21)	1566	84.6	(3.37)	278.6	(21.22)	363.2	(21.49)	73.2	(2.67)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																		
All Individuals ⁵ Supplement Users ⁶ – Non-users ⁷ –																		
Males/Females and age (years)	Percent reporting supplement vitamin D ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	26	(3.4)	663	5.8	(0.23)	2.7	(0.43)	8.5	(0.38)	146	5.6	(0.47)	10.5	(0.91)	16.1	(1.14)	5.8	(0.23)
6 - 11.....	14	(2.2)	1033	5.5	(0.24)	2.0	(0.34)	7.6	(0.41)	143	6.2	(0.52)	14.3	(1.12)	20.4	(0.99)	5.4	(0.28)
12 - 19.....	10	(2.3)	1188	4.9	(0.32)	3.6*	(1.28)	8.5	(1.34)	101	5.4	(0.95)	34.6	(9.56)	40.0	(9.21)	4.9	(0.32)
Males:																		
20 - 39.....	13	(1.6)	805	5.4	(0.53)	3.9	(0.72)	9.3	(0.84)	89	4.4	(0.64)	29.6	(4.60)	34.0	(4.46)	5.5	(0.59)
40 - 59.....	30	(2.7)	759	5.1	(0.32)	10.1	(1.18)	15.2	(1.31)	171	5.3	(0.58)	34.0	(3.02)	39.3	(3.10)	5.0	(0.37)
60 and over.....	49	(3.1)	805	4.9	(0.28)	27.0	(4.10)	31.8	(3.99)	312	5.5	(0.48)	54.9	(6.29)	60.4	(6.02)	4.2	(0.25)
20 and over...	28	(1.8)	2369	5.1	(0.21)	12.1	(1.03)	17.3	(0.99)	572	5.3	(0.26)	42.6	(2.71)	47.9	(2.62)	5.1	(0.25)
Females:																		
20 - 39.....	19	(2.1)	774	4.0	(0.23)	11.7*	(4.13)	15.7	(4.15)	128	5.2	(0.63)	60.4*	(21.15)	65.6*	(21.00)	3.7	(0.14)
40 - 59.....	32	(3.0)	848	4.3	(0.30)	26.7	(6.29)	31.0	(6.35)	239	4.5	(0.53)	82.2	(13.41)	86.7	(13.68)	4.2	(0.43)
60 and over.....	59	(2.7)	818	4.2	(0.20)	40.1	(8.06)	44.3	(8.09)	383	4.2	(0.29)	68.0	(13.55)	72.2	(13.51)	4.2	(0.33)
20 and over...	36	(2.2)	2440	4.2	(0.13)	25.9	(3.85)	30.1	(3.86)	750	4.5	(0.28)	71.5	(9.02)	76.0	(9.12)	4.0	(0.15)
All Individuals:																		
2 and over...	28	(1.5)	7693	4.8	(0.14)	15.1	(1.77)	19.9	(1.72)	1712	4.9	(0.13)	53.7	(5.06)	58.6	(5.04)	4.8	(0.17)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
Males/Females and age (years)	Percent reporting supplement vitamin K ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	
Males and females:																	
2 - 5.....	3	(0.8)	663	51.7	(2.65)	1.5	(0.42)	53.1	(2.67)		--	--	--		51.2	(2.62)	
6 - 11.....	2	(0.6)	1033	62.5	(2.74)	0.9*	(0.28)	63.4	(2.92)		--	--	--		60.0	(1.84)	
12 - 19.....	3	(0.9)	1188	76.1	(4.15)	1.4*	(0.41)	77.5	(4.14)		--	--	--		76.4	(4.32)	
Males:																	
20 - 39.....	10	(1.4)	805	118.7	(6.88)	3.8	(0.72)	122.5	(7.19)		--	--	--		111.9	(5.97)	
40 - 59.....	18	(2.4)	759	115.7	(6.08)	6.8	(1.02)	122.5	(6.34)	108	125.1	(10.39)	37.5	(2.35)	162.6	(11.37)	
60 and over.....	30	(3.6)	805	121.4	(9.23)	11.9	(1.72)	133.3	(9.65)	182	146.1	(13.57)	39.4	(2.98)	185.5	(14.65)	
20 and over...	18	(1.6)	2369	118.3	(4.42)	7.0	(0.63)	125.3	(4.58)	353	146.0	(10.26)	38.7	(1.55)	184.7	(10.72)	
Females:																	
20 - 39.....	9	(1.5)	774	122.6	(11.06)	4.3	(0.99)	127.0	(11.27)		--	--	--		115.5	(9.32)	
40 - 59.....	15	(1.7)	848	124.6	(9.45)	6.9	(1.17)	131.5	(9.72)	106	131.7	(16.50)	46.4	(5.01)	178.1	(17.06)	
60 and over.....	30	(3.3)	818	115.2	(11.14)	11.6	(1.41)	126.8	(10.99)	185	128.3	(25.36)	38.6	(2.35)	166.9	(25.69)	
20 and over...	18	(1.4)	2440	121.1	(6.76)	7.5	(0.73)	128.6	(6.96)	349	140.5	(20.10)	42.7	(2.34)	183.2	(20.39)	
All Individuals:																	
2 and over...	14	(1.0)	7693	106.6	(4.00)	5.7	(0.43)	112.3	(4.22)	783	141.0	(10.88)	40.9	(1.18)	181.9	(11.26)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																
Males/Females and age (years)	Percent reporting supplement lycopene ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
	% (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	
Males and females:																
2 - 5.....	#		663	3292	(318.6)	#		3292	(318.6)		--	--	--		3292	(318.6)
6 - 11.....	#		1033	4317	(432.2)	#		4317	(432.2)		--	--	--		4317	(432.2)
12 - 19.....	#		1188	4711	(264.2)	1 *	(0.4)	4712	(264.2)		--	--	--		4717	(264.6)
Males:																
20 - 39.....	7	(1.2)	805	6138	(535.6)	39	(9.1)	6177	(537.4)		--	--	--		6114	(553.3)
40 - 59.....	16	(2.7)	759	6296	(734.5)	116 *	(41.4)	6412	(729.9)	91	6354	(1261.3)	743 *	(234.2)	7097	(1418.8)
60 and over.....	23	(3.4)	805	5395	(423.8)	151	(32.0)	5545	(427.8)	145	4933	(945.6)	644	(114.7)	5577	(913.3)
20 and over...	14	(1.7)	2369	6000	(310.5)	95	(18.1)	6095	(309.7)	277	5766	(439.4)	666	(96.7)	6432	(490.2)
Females:																
20 - 39.....	1 *	(0.2)	774	4261	(417.1)	5 *	(1.9)	4266	(416.6)		--	--	--		4264	(417.1)
40 - 59.....	3	(0.8)	848	4808	(528.7)	13 *	(5.8)	4821	(528.6)		--	--	--		4809	(542.8)
60 and over.....	13	(2.5)	818	3680	(295.5)	160 *	(91.6)	3839	(287.4)	79	4241	(1081.3)	1190 *	(619.0)	5432	(1080.9)
20 and over...	5	(1.0)	2440	4291	(307.4)	55 *	(28.8)	4345	(304.4)	104	4320	(861.6)	1045 *	(470.0)	5365	(795.4)
All Individuals:																
2 and over...	7	(0.8)	7693	4923	(216.3)	56	(13.6)	4979	(217.4)	386	5362	(347.7)	768	(157.0)	6130	(367.3)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (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 –																		
Males/Females and age	Percent reporting supplement lutein + zeaxanthin ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		663	718	(51.4)	#		718	(51.4)		--		--		--		718	(51.4)
6 - 11.....	#		1033	779	(62.0)	#		779	(62.1)		--		--		--		779	(62.0)
12 - 19.....	2	(0.9)	1188	911	(73.1)	5*	(2.4)	916	(72.8)		--		--		--		911	(74.2)
Males:																		
20 - 39.....	4	(1.0)	805	1511	(105.9)	76*	(31.4)	1587	(112.5)		--		--		--		1471	(119.9)
40 - 59.....	11	(1.7)	759	1386	(86.7)	70*	(28.4)	1456	(95.4)		--		--		--		1355	(88.5)
60 and over.....	20	(3.3)	805	1580	(131.5)	465*	(156.9)	2046	(209.6)	119	2113	(369.6)	2289*	(749.1)	4402	(906.4)	1444	(137.1)
20 and over...	11	(1.0)	2369	1485	(73.9)	176	(46.4)	1660	(77.5)	205	1991	(200.3)	1629	(478.2)	3620	(557.1)	1424	(77.1)
Females:																		
20 - 39.....	2*	(0.4)	774	1643	(149.8)	12*	(4.2)	1655	(150.8)		--		--		--		1641	(149.9)
40 - 59.....	9	(1.7)	848	1781	(165.8)	152*	(80.8)	1933	(184.6)		--		--		--		1769	(199.0)
60 and over.....	22	(2.5)	818	1598	(241.4)	1103*	(418.8)	2701	(481.6)	135	1305	(186.3)	4953*	(1885.0)	6259*	(1933.7)	1681	(298.9)
20 and over...	11	(1.4)	2440	1681	(116.4)	394*	(125.9)	2074	(188.0)	204	1513	(275.9)	3740	(1118.1)	5253	(1128.0)	1701	(138.5)
All Individuals:																		
2 and over...	8	(0.7)	7693	1397	(70.7)	216	(51.8)	1613	(90.9)	430	1729	(195.5)	2620	(494.4)	4350	(490.9)	1367	(75.6)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

C a l c i u m																		
Males/Females and age (years)	Percent reporting supplement calcium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(1.3)	663	909	(19.0)	9*	(4.4)	918	(19.9)		--		--		--		920	(18.9)
6 - 11.....	3	(0.7)	1033	1005	(32.1)	4	(1.0)	1009	(31.7)		--		--		--		1007	(33.8)
12 - 19.....	6	(1.5)	1188	991	(41.4)	16*	(5.9)	1008	(44.4)		--		--		--		983	(44.0)
Males:																		
20 - 39.....	15	(1.5)	805	1150	(37.0)	49	(7.4)	1199	(37.8)	93	1250	(99.6)	322	(37.8)	1572	(122.8)	1132	(41.5)
40 - 59.....	29	(2.5)	759	1068	(29.9)	82	(10.0)	1150	(30.2)	162	1141	(68.7)	281	(25.7)	1421	(69.2)	1038	(40.4)
60 and over.....	41	(4.1)	805	933	(35.8)	153	(19.7)	1086	(39.6)	252	1027	(58.6)	379	(29.1)	1406	(62.8)	869	(38.2)
20 and over...	27	(1.8)	2369	1064	(21.2)	88	(8.5)	1152	(21.7)	507	1120	(40.9)	328	(19.1)	1448	(48.3)	1044	(23.9)
Females:																		
20 - 39.....	16	(2.0)	774	853	(17.7)	60	(9.4)	913	(23.5)	99	870	(43.7)	383	(45.6)	1253	(78.0)	850	(17.0)
40 - 59.....	27	(2.0)	848	864	(29.5)	146	(20.4)	1010	(40.1)	200	893	(49.2)	546	(52.1)	1440	(75.7)	854	(34.5)
60 and over.....	53	(3.2)	818	767	(26.9)	352	(37.5)	1119	(40.9)	352	795	(46.1)	664	(44.7)	1459	(56.1)	734	(34.6)
20 and over...	31	(1.2)	2440	831	(17.4)	180	(13.9)	1011	(25.1)	651	839	(38.5)	580	(34.3)	1419	(46.3)	828	(18.1)
All Individuals:																		
2 and over...	23	(1.1)	7693	954	(18.8)	104	(7.8)	1058	(22.4)	1292	968	(31.6)	450	(21.4)	1419	(38.7)	950	(20.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s																		
Males/Females and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	#		663	1049	(23.0)	2*	(2.1)	1051	(24.0)		--		--		--	1049	(23.4)	
6 - 11.....	#		1033	1261	(32.6)	#		1261	(32.6)		--		--		--	1260	(32.6)	
12 - 19.....	2	(0.6)	1188	1307	(41.9)	1*	(0.3)	1308	(41.9)		--		--		--	1308	(43.0)	
Males:																		
20 - 39.....	6	(1.4)	805	1720	(49.6)	4*	(1.2)	1724	(49.3)		--		--		--	1698	(45.7)	
40 - 59.....	13	(1.8)	759	1623	(38.1)	5*	(1.8)	1628	(37.8)		--		--		--	1594	(53.2)	
60 and over.....	21	(3.4)	805	1388	(35.4)	8	(2.3)	1396	(35.9)	136	1412	(79.9)	38	(6.2)	1450	(77.2)	1381	(44.6)
20 and over...	13	(1.3)	2369	1599	(26.3)	5	(1.0)	1604	(26.1)	246	1685	(105.6)	42	(5.7)	1727	(106.3)	1587	(26.6)
Females:																		
20 - 39.....	5	(1.3)	774	1221	(22.0)	2*	(0.7)	1223	(21.9)		--		--		--	1223	(21.8)	
40 - 59.....	8	(1.8)	848	1218	(28.5)	3	(0.6)	1220	(28.5)		--		--		--	1200	(28.7)	
60 and over.....	21	(2.0)	818	1084	(32.6)	13	(2.9)	1096	(31.8)	145	1177	(67.3)	60	(10.0)	1237	(64.4)	1058	(26.6)
20 and over...	11	(0.9)	2440	1178	(18.0)	6	(0.9)	1184	(17.9)	225	1243	(60.2)	50	(7.0)	1293	(58.1)	1170	(16.8)
All Individuals:																		
2 and over...	9	(0.7)	7693	1349	(20.6)	4	(0.4)	1353	(20.6)	497	1467	(64.9)	47	(3.0)	1514	(63.9)	1337	(21.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																		
All Individuals ⁵ Supplement Users ⁶ – Non-users ⁷ –																		
Males/Females and age (years)	Percent reporting supplement magnesium 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)
Males and females:																		
2 - 5.....	2*	(1.2)	663	193	(4.4)	1*	(1.1)	194	(4.9)		--		--		--		193	(4.2)
6 - 11.....	1*	(0.4)	1033	231	(5.5)	4*	(2.8)	235	(6.9)		--		--		--		230	(5.3)
12 - 19.....	4	(1.1)	1188	250	(7.8)	5*	(1.7)	254	(8.4)		--		--		--		248	(8.6)
Males:																		
20 - 39.....	12	(1.4)	805	356	(10.1)	15	(3.3)	371	(10.8)	78	415	(29.2)	121	(18.2)	537	(28.4)	348	(9.4)
40 - 59.....	24	(3.0)	759	351	(10.3)	31	(5.7)	382	(11.9)	137	365	(17.4)	126	(15.5)	491	(17.1)	346	(15.4)
60 and over.....	35	(3.3)	805	321	(11.4)	52	(11.1)	374	(18.9)	216	356	(24.0)	148	(24.1)	504	(34.5)	302	(11.9)
20 and over...	23	(1.7)	2369	345	(6.8)	30	(3.9)	375	(8.4)	431	371	(15.2)	134	(12.3)	506	(19.4)	337	(6.8)
Females:																		
20 - 39.....	10	(1.9)	774	274	(7.7)	19	(5.4)	293	(10.3)		--		--		--		269	(6.5)
40 - 59.....	15	(2.0)	848	281	(8.8)	21	(3.5)	301	(9.7)	103	304	(14.6)	139	(17.2)	442	(24.3)	277	(9.6)
60 and over.....	33	(3.1)	818	248	(5.5)	51	(8.7)	299	(7.3)	209	272	(13.8)	153	(18.0)	425	(16.7)	235	(5.1)
20 and over...	19	(1.4)	2440	268	(4.9)	29	(3.8)	298	(5.9)	365	290	(11.4)	155	(14.7)	445	(16.0)	264	(5.2)
All Individuals:																		
2 and over...	16	(1.2)	7693	288	(4.9)	23	(2.6)	311	(6.0)	856	330	(10.6)	143	(9.1)	474	(11.7)	279	(4.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

I r o n																
Males/Females and age (years)	Percent reporting supplement iron 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)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Males and females:																
2 - 5.....	5	(1.1)	663	10.8 (0.31)	0.7 (0.18)	11.5 (0.38)		--	--	--	10.8 (0.32)					
6 - 11.....	3	(0.7)	1033	14.1 (0.38)	0.3 (0.06)	14.4 (0.35)		--	--	--	14.1 (0.39)					
12 - 19.....	3	(0.7)	1188	15.0 (0.56)	0.8 (0.19)	15.7 (0.62)		--	--	--	15.0 (0.57)					
Males:																
20 - 39.....	5	(1.1)	805	16.7 (0.36)	0.9 (0.23)	17.6 (0.45)		--	--	--	16.7 (0.35)					
40 - 59.....	6	(1.2)	759	15.7 (0.68)	1.0 (0.24)	16.8 (0.69)		--	--	--	15.6 (0.74)					
60 and over.....	13	(1.8)	805	15.6 (0.75)	3.7 (1.01)	19.4 (1.15)	101	16.7 (1.34)	27.7 (5.47)	44.4 (4.94)	15.5 (0.77)					
20 and over...	8	(0.8)	2369	16.1 (0.26)	1.7 (0.28)	17.8 (0.33)	178	17.1 (1.12)	22.2 (2.95)	39.3 (3.05)	16.0 (0.28)					
Females:																
20 - 39.....	11	(2.2)	774	12.2 (0.29)	3.1 (0.62)	15.3 (0.66)	80	12.5 (0.88)	27.2 (4.18)	39.7 (4.48)	12.2 (0.32)					
40 - 59.....	15	(1.6)	848	12.2 (0.33)	3.1 (0.40)	15.3 (0.60)	109	12.2 (0.63)	21.4 (2.49)	33.6 (2.69)	12.2 (0.38)					
60 and over.....	22	(1.8)	818	11.5 (0.47)	5.4 (0.77)	16.9 (0.77)	151	10.7 (0.67)	24.4 (2.28)	35.1 (2.36)	11.8 (0.52)					
20 and over...	16	(1.0)	2440	12.0 (0.17)	3.8 (0.30)	15.8 (0.32)	340	11.6 (0.49)	24.0 (1.67)	35.7 (1.79)	12.1 (0.20)					
All Individuals:																
2 and over...	10	(0.6)	7693	14.0 (0.16)	2.2 (0.15)	16.2 (0.19)	619	13.3 (0.54)	23.0 (1.29)	36.4 (1.37)	14.0 (0.19)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

Z i n c																		
Males/Females and age (years)	Percent reporting supplement zinc ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	mg (SE)	mg (SE)		mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)		mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)			
Males and females:																		
2 - 5.....	24	(3.2)	663	7.8	(0.19)	0.8	(0.14)	8.6	(0.24)	134	7.6	(0.39)	3.2	(0.33)	10.7	(0.57)	7.9	(0.17)
6 - 11.....	13	(2.1)	1033	10.0	(0.23)	0.5	(0.13)	10.5	(0.29)	128	11.2	(0.79)	4.0	(0.96)	15.2	(1.11)	9.8	(0.24)
12 - 19.....	6	(1.5)	1188	10.9	(0.44)	0.7*	(0.24)	11.5	(0.51)		--		--		--	10.9	(0.47)	
Males:																		
20 - 39.....	12	(1.5)	805	14.0	(0.31)	1.5	(0.24)	15.5	(0.42)	79	16.5	(1.41)	12.8	(0.95)	29.2	(1.70)	13.6	(0.31)
40 - 59.....	23	(2.1)	759	13.3	(0.55)	3.8	(0.24)	17.1	(0.64)	132	13.4	(0.49)	16.1	(1.58)	29.5	(1.76)	13.3	(0.65)
60 and over.....	36	(3.3)	805	11.8	(0.47)	7.0	(0.70)	18.8	(0.91)	223	12.8	(0.76)	19.6	(1.51)	32.5	(1.43)	11.2	(0.53)
20 and over...	22	(1.5)	2369	13.2	(0.24)	3.7	(0.23)	16.9	(0.32)	434	13.8	(0.50)	16.9	(0.80)	30.7	(1.00)	13.0	(0.27)
Females:																		
20 - 39.....	17	(2.6)	774	9.6	(0.22)	2.1	(0.37)	11.7	(0.47)	96	10.4	(0.50)	12.6	(1.45)	22.9	(1.32)	9.4	(0.23)
40 - 59.....	19	(2.1)	848	9.6	(0.31)	2.5	(0.28)	12.1	(0.47)	146	9.6	(0.58)	13.2	(0.53)	22.8	(0.88)	9.5	(0.31)
60 and over.....	37	(2.8)	818	8.8	(0.31)	7.1	(0.48)	15.8	(0.44)	245	9.2	(0.41)	19.3	(1.23)	28.5	(1.13)	8.6	(0.35)
20 and over...	24	(1.3)	2440	9.3	(0.18)	3.7	(0.23)	13.1	(0.31)	487	9.6	(0.33)	15.9	(0.60)	25.5	(0.59)	9.3	(0.18)
All Individuals:																		
2 and over...	20	(1.1)	7693	10.9	(0.18)	3.0	(0.16)	13.9	(0.24)	1246	11.3	(0.27)	14.7	(0.43)	26.0	(0.42)	10.8	(0.20)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

C o p p e r															
Males/Females and age (years)	Percent reporting supplement copper ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
			Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food				
	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)				
Males and females:															
2 - 5.....	4	(0.9)	663	0.7 (0.02)	0.1 (0.02)	0.8 (0.03)		--	--	--	0.7 (0.02)				
6 - 11.....	2	(0.6)	1033	0.9 (0.02)	#	0.9 (0.03)		--	--	--	0.9 (0.02)				
12 - 19.....	2	(0.6)	1188	1.0 (0.03)	#	1.0 (0.03)		--	--	--	1.0 (0.03)				
Males:															
20 - 39.....	10	(1.4)	805	1.4 (0.04)	0.1 (0.02)	1.5 (0.05)		--	--	--	1.4 (0.04)				
40 - 59.....	21	(2.0)	759	1.4 (0.06)	0.3 (0.03)	1.6 (0.07)	116	1.4 (0.07)	1.3 (0.13)	2.7 (0.13)	1.4 (0.07)				
60 and over.....	33	(3.6)	805	1.3 (0.04)	0.4 (0.05)	1.6 (0.08)	203	1.4 (0.08)	1.1 (0.09)	2.5 (0.14)	1.2 (0.04)				
20 and over...	20	(1.4)	2369	1.4 (0.03)	0.2 (0.02)	1.6 (0.04)	385	1.5 (0.06)	1.2 (0.08)	2.7 (0.10)	1.3 (0.03)				
Females:															
20 - 39.....	10	(1.5)	774	1.1 (0.04)	0.2 (0.03)	1.3 (0.05)		--	--	--	1.1 (0.03)				
40 - 59.....	15	(2.1)	848	1.1 (0.04)	0.2 (0.02)	1.3 (0.04)	112	1.2 (0.05)	1.3 (0.12)	2.5 (0.12)	1.1 (0.04)				
60 and over.....	34	(3.0)	818	1.1 (0.03)	0.4 (0.04)	1.5 (0.05)	217	1.1 (0.05)	1.3 (0.09)	2.4 (0.08)	1.0 (0.03)				
20 and over...	19	(1.4)	2440	1.1 (0.02)	0.3 (0.02)	1.4 (0.03)	392	1.2 (0.05)	1.4 (0.07)	2.6 (0.06)	1.1 (0.02)				
All Individuals:															
2 and over...	15	(0.9)	7693	1.2 (0.02)	0.2 (0.01)	1.4 (0.03)	853	1.3 (0.05)	1.3 (0.05)	2.6 (0.06)	1.1 (0.02)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

S o d i u m																
Males/Females and age (years)	Percent reporting sodium 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)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Males and females:																
2 - 5.....	6	(1.5)	663	2213 (43.3)	1 (0.2)	2214 (43.3)		--	--	--	2220 (46.4)					
6 - 11.....	3	(0.8)	1033	3050 (45.4)	#	3050 (45.4)		--	--	--	3051 (49.0)					
12 - 19.....	3	(1.1)	1188	3361 (82.9)	1* (0.2)	3362 (82.9)		--	--	--	3371 (83.1)					
Males:																
20 - 39.....	6	(1.2)	805	4497 (106.0)	4* (1.5)	4501 (105.8)		--	--	--	4460 (102.5)					
40 - 59.....	6	(1.2)	759	4149 (103.9)	2 (0.5)	4151 (103.8)		--	--	--	4105 (117.9)					
60 and over.....	11	(1.9)	805	3515 (90.3)	3 (0.8)	3518 (90.2)		--	--	--	3470 (79.3)					
20 and over...	7	(1.0)	2369	4117 (65.3)	3 (0.7)	4120 (65.2)	119	4526 (341.0)	39 (7.9)	4565 (343.8)	4086 (64.3)					
Females:																
20 - 39.....	5	(1.0)	774	3226 (72.1)	3* (1.4)	3229 (71.9)		--	--	--	3202 (75.7)					
40 - 59.....	7	(1.3)	848	3045 (73.3)	2* (0.6)	3046 (73.2)		--	--	--	3037 (81.6)					
60 and over.....	13	(1.5)	818	2698 (63.1)	3 (0.6)	2701 (62.8)	84	2477 (76.8)	25 (3.7)	2502 (77.5)	2731 (74.6)					
20 and over...	8	(0.9)	2440	2999 (40.2)	3 (0.4)	3001 (40.1)	174	2930 (142.2)	31 (4.8)	2962 (142.1)	3005 (42.2)					
All Individuals:																
2 and over...	7	(0.5)	7693	3418 (34.8)	2 (0.3)	3420 (34.7)	387	3535 (147.1)	32 (4.0)	3567 (147.8)	3409 (35.6)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																		
Males/Females and age (years)	Percent reporting supplement potassium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	1 *	(0.3)	663	1867	(38.8)	#		1867	(38.9)		--		--		--	1866	(39.7)	
6 - 11.....	1 *	(0.4)	1033	2088	(48.1)	#		2089	(48.1)		--		--		--	2086	(47.7)	
12 - 19.....	2 *	(0.4)	1188	2184	(57.6)	1	(0.3)	2185	(57.5)		--		--		--	2178	(57.7)	
Males:																		
20 - 39.....	8	(1.5)	805	2973	(72.2)	11	(3.4)	2984	(71.5)		--		--		--	2920	(74.8)	
40 - 59.....	18	(2.5)	759	3041	(72.0)	20	(4.2)	3061	(72.1)	95	3377	(142.6)	114	(19.1)	3491	(144.5)	2969	(94.3)
60 and over.....	29	(3.8)	805	2865	(64.5)	33	(5.9)	2898	(65.6)	184	2884	(164.6)	115	(17.2)	2999	(163.8)	2858	(95.6)
20 and over...	17	(1.7)	2369	2969	(39.2)	20	(3.0)	2989	(38.7)	325	3194	(143.9)	120	(12.0)	3314	(144.2)	2923	(54.1)
Females:																		
20 - 39.....	6	(1.4)	774	2277	(76.0)	6	(1.5)	2283	(76.8)		--		--		--	2245	(66.4)	
40 - 59.....	10	(2.1)	848	2385	(59.7)	12	(3.4)	2397	(59.8)		--		--		--	2345	(66.7)	
60 and over.....	28	(2.5)	818	2258	(60.5)	29	(4.8)	2287	(59.2)	178	2395	(73.2)	105	(14.8)	2500	(68.8)	2206	(63.7)
20 and over...	14	(1.0)	2440	2312	(47.4)	15	(1.8)	2327	(47.3)	276	2543	(84.9)	109	(10.6)	2652	(80.6)	2274	(51.4)
All Individuals:																		
2 and over...	12	(0.9)	7693	2500	(36.2)	13	(1.5)	2514	(36.4)	635	2882	(83.3)	114	(7.5)	2996	(83.7)	2449	(42.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, 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 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Male/Female and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																		
Males/Females and age (years)	Percent reporting selenium ⁸ % (SE)		Sample Size	All Individuals ⁵						Supplement Users ⁶						Non-users ⁷		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
Males and females:																		
2 - 5.....	1 *	(0.4)	663	74.6	(1.60)	0.3*	(0.14)	74.8	(1.65)		--		--		--	74.8	(1.66)	
6 - 11.....	1 *	(0.5)	1033	97.8	(2.52)	0.3*	(0.15)	98.1	(2.55)		--		--		--	97.9	(2.55)	
12 - 19.....	3	(0.8)	1188	107.2	(2.94)	1.1*	(0.36)	108.3	(2.95)		--		--		--	106.9	(3.04)	
Males:																		
20 - 39.....	11	(1.6)	805	151.6	(6.12)	10.4	(1.82)	161.9	(6.41)		--		--		--	151.3	(6.64)	
40 - 59.....	21	(2.1)	759	135.3	(5.10)	12.7	(1.56)	148.0	(5.90)	117	136.1	(5.87)	60.3	(5.63)	196.3	(7.27)	135.1	(6.63)
60 and over.....	33	(3.4)	805	114.5	(4.25)	23.1	(2.83)	137.6	(6.12)	200	118.6	(7.97)	70.5	(5.99)	189.1	(12.54)	112.5	(3.42)
20 and over...	20	(1.5)	2369	136.1	(3.38)	14.5	(1.08)	150.6	(3.51)	389	132.2	(5.25)	72.1	(4.48)	204.3	(7.42)	137.1	(4.08)
Females:																		
20 - 39.....	10	(1.8)	774	103.0	(2.62)	5.7	(1.45)	108.6	(3.28)		--		--		--	100.6	(2.11)	
40 - 59.....	16	(2.2)	848	97.7	(2.27)	7.9	(2.02)	105.5	(2.35)	112	96.5	(5.46)	48.5	(8.14)	145.0	(12.98)	97.9	(3.02)
60 and over.....	30	(2.9)	818	86.5	(2.46)	12.3	(1.55)	98.8	(2.69)	195	87.6	(3.82)	40.9	(2.96)	128.5	(4.87)	86.0	(2.76)
20 and over...	18	(1.5)	2440	96.0	(1.16)	8.5	(1.04)	104.5	(1.34)	367	97.0	(3.77)	46.4	(3.10)	143.5	(5.37)	95.8	(1.40)
All Individuals:																		
2 and over...	15	(1.1)	7693	111.2	(1.73)	8.8	(0.73)	120.0	(1.89)	799	114.9	(3.12)	59.1	(2.72)	174.0	(4.44)	110.6	(1.91)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages are as follows:

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 72 for $VIF = 2.41$.

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 + $(1.7 \times \mu\text{g folic acid})$.

Vitamin D: $1 \mu\text{g} = 40$ 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) 2015-2016. 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 2015-2016 www.ars.usda.gov/nea/bhnrc/fsrg.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_I) of NHANES 2015-2016. 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: https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT_I.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 male/female/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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