

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016

T h i a m i n																
Race/ethnicity and age (years)	Percent reporting 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	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	4	(1.0)	826	1.53 (0.035)	0.10* (0.039)	1.63 (0.047)				--	--	--		1.54 (0.037)		
20 and over.....	26	(1.6)	1645	1.60 (0.023)	3.01 (0.411)	4.61 (0.419)	403	1.64 (0.054)	11.77 (1.588)	13.41 (1.584)				1.58 (0.033)		
2 and over...	21	(1.3)	2471	1.58 (0.023)	2.42 (0.353)	4.00 (0.362)	448	1.63 (0.053)	11.38 (1.510)	13.00 (1.505)				1.57 (0.030)		
Non-Hispanic Black:																
2 - 19.....	3	(1.3)	652	1.50 (0.063)	0.13* (0.082)	1.63 (0.097)			--	--	--			1.51 (0.064)		
20 and over.....	13	(1.1)	1030	1.41 (0.036)	1.23* (0.394)	2.64 (0.402)	140	1.51 (0.096)	9.72 (2.853)	11.23 (2.852)				1.40 (0.032)		
2 and over...	10	(1.0)	1682	1.44 (0.034)	0.90* (0.289)	2.34 (0.297)	163	1.51 (0.097)	9.13 (2.379)	10.64 (2.371)				1.43 (0.030)		
Non-Hispanic Asian⁹:																
2 - 19.....	4*	(1.6)	224	1.57 (0.046)	0.05* (0.022)	1.62 (0.053)			--	--	--			1.56 (0.048)		
20 and over.....	22	(2.6)	493	1.67 (0.037)	2.71* (0.865)	4.38 (0.863)	103	1.71 (0.061)	12.34 (3.020)	14.05 (2.984)				1.66 (0.046)		
2 and over...	18	(2.1)	717	1.65 (0.032)	2.19* (0.693)	3.84 (0.691)	110	1.71 (0.064)	11.85 (2.947)	13.56 (2.908)				1.64 (0.039)		
Hispanic:																
2 - 19.....	3	(0.7)	986	1.48 (0.030)	0.05* (0.017)	1.53 (0.035)			--	--	--			1.48 (0.031)		
20 and over.....	12	(1.2)	1467	1.61 (0.035)	1.30 (0.303)	2.91 (0.287)	188	1.52 (0.084)	11.02 (2.201)	12.54 (2.232)				1.62 (0.041)		
2 and over...	9	(0.8)	2453	1.56 (0.029)	0.86 (0.185)	2.42 (0.170)	214	1.51 (0.079)	10.03 (1.970)	11.54 (2.002)				1.57 (0.033)		

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		R i b o f l a v i n										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	5	(1.0)	826	1.98 (0.074)	0.17* (0.064)	2.15 (0.092)		--	--	--		1.98 (0.078)	
20 and over.....	26	(1.6)	1645	2.28 (0.036)	2.45 (0.638)	4.73 (0.646)	405	2.37 (0.070)	9.44 (2.319)	11.81 (2.341)		2.25 (0.052)	
2 and over...	22	(1.3)	2471	2.22 (0.037)	1.98 (0.505)	4.20 (0.509)	448	2.35 (0.067)	9.20 (2.252)	11.55 (2.271)		2.18 (0.050)	
Non-Hispanic Black:													
2 - 19.....	3	(1.3)	652	1.75 (0.076)	0.14* (0.083)	1.88 (0.107)		--	--	--		1.75 (0.076)	
20 and over.....	13	(1.1)	1030	1.71 (0.053)	0.94 (0.257)	2.65 (0.287)	138	1.79 (0.145)	7.53 (1.744)	9.31 (1.799)		1.70 (0.050)	
2 and over...	10	(0.9)	1682	1.72 (0.053)	0.70 (0.197)	2.42 (0.222)	160	1.79 (0.143)	7.19 (1.543)	8.98 (1.595)		1.71 (0.049)	
Non-Hispanic Asian⁹:													
2 - 19.....	4*	(1.6)	224	1.91 (0.105)	0.05* (0.025)	1.97 (0.111)		--	--	--		1.90 (0.107)	
20 and over.....	22	(2.5)	493	1.82 (0.060)	1.71* (0.528)	3.53 (0.526)	103	1.81 (0.080)	7.82 (1.913)	9.64 (1.900)		1.82 (0.077)	
2 and over...	18	(2.0)	717	1.84 (0.062)	1.38* (0.429)	3.22 (0.435)	110	1.83 (0.077)	7.54 (1.849)	9.37 (1.832)		1.84 (0.074)	
Hispanic:													
2 - 19.....	3	(0.7)	986	1.81 (0.038)	0.05* (0.017)	1.87 (0.040)		--	--	--		1.81 (0.037)	
20 and over.....	12	(1.2)	1467	2.10 (0.043)	0.83 (0.209)	2.93 (0.212)	182	2.10 (0.108)	7.16 (1.496)	9.26 (1.488)		2.10 (0.053)	
2 and over...	8	(0.7)	2453	2.00 (0.035)	0.56 (0.131)	2.55 (0.128)	208	2.07 (0.106)	6.55 (1.356)	8.62 (1.345)		1.99 (0.041)	

See page 23 for footnotes.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin ⁸ % (SE)		N i a c i n															
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)							
Non-Hispanic White:																		
2 - 19.....	7	(1.4)	826	21.4 (0.65)	0.8 (0.16)	22.2 (0.61)												
20 and over.....	28	(1.7)	1645	26.2 (0.63)	12.0 (1.59)	38.1 (1.48)	440	26.4 (0.85)	42.4 (4.75)	68.7 (4.86)	21.5 (0.68)	26.1 (0.76)						
2 and over...	24	(1.4)	2471	25.2 (0.55)	9.7 (1.34)	34.9 (1.34)	496	26.0 (0.79)	40.6 (4.59)	66.7 (4.69)	24.9 (0.65)							
Non-Hispanic Black:																		
2 - 19.....	4	(1.4)	652	21.8 (0.70)	0.6* (0.24)	22.4 (0.69)												
20 and over.....	14	(1.0)	1030	24.7 (0.45)	4.0 (0.54)	28.7 (0.68)	154	24.7 (1.20)	28.3 (3.41)	53.0 (3.27)	21.8 (0.71)	24.7 (0.39)						
2 and over...	11	(0.8)	1682	23.8 (0.44)	3.0 (0.41)	26.8 (0.56)	180	24.5 (1.21)	27.0 (3.03)	51.5 (2.87)	23.7 (0.37)							
Non-Hispanic Asian⁹:																		
2 - 19.....	7*	(2.2)	224	21.8 (0.74)	0.8* (0.34)	22.6 (0.75)												
20 and over.....	24	(2.8)	493	24.5 (0.60)	5.9 (0.85)	30.3 (1.03)	118	23.9 (1.52)	24.1 (1.26)	48.0 (1.71)	21.8 (0.79)	24.7 (0.70)						
2 and over...	21	(2.3)	717	24.0 (0.50)	4.9 (0.71)	28.8 (0.89)	131	23.8 (1.44)	23.3 (1.33)	47.1 (1.67)	24.0 (0.54)							
Hispanic:																		
2 - 19.....	3	(0.7)	986	20.8 (0.48)	0.5 (0.14)	21.3 (0.49)												
20 and over.....	13	(1.4)	1467	27.2 (0.54)	4.7 (0.98)	31.8 (1.05)	202	27.1 (1.54)	36.1 (4.61)	63.2 (4.10)	20.8 (0.47)	27.2 (0.62)						
2 and over...	9	(0.9)	2453	24.9 (0.51)	3.2 (0.61)	28.1 (0.71)	232	26.5 (1.53)	33.7 (4.09)	60.2 (3.69)	24.8 (0.56)							

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		V i t a m i n B 6										
			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)		
Non-Hispanic White:													
2 - 19.....	19	(2.1)	826	1.69 (0.060)	0.55 (0.151)	2.24 (0.149)	167	1.63 (0.090)	2.91 (0.819)	4.53 (0.776)	1.71 (0.071)		
20 and over.....	30	(1.8)	1645	2.16 (0.062)	3.06 (0.530)	5.21 (0.537)	458	2.23 (0.094)	10.27 (1.584)	12.50 (1.632)	2.13 (0.075)		
2 and over...	28	(1.4)	2471	2.06 (0.051)	2.55 (0.430)	4.61 (0.428)	625	2.14 (0.078)	9.24 (1.404)	11.38 (1.432)	2.03 (0.065)		
Non-Hispanic Black:													
2 - 19.....	9	(1.4)	652	1.63 (0.057)	0.25* (0.090)	1.88 (0.099)		--	--	--	1.62 (0.056)		
20 and over.....	16	(1.2)	1030	1.96 (0.039)	1.70 (0.452)	3.67 (0.460)	171	2.01 (0.125)	10.58 (2.383)	12.59 (2.398)	1.96 (0.039)		
2 and over...	14	(0.9)	1682	1.86 (0.037)	1.26 (0.334)	3.12 (0.340)	234	1.95 (0.118)	8.97 (2.002)	10.91 (2.011)	1.85 (0.036)		
Non-Hispanic Asian⁹:													
2 - 19.....	16	(2.8)	224	1.79 (0.087)	0.26 (0.071)	2.05 (0.127)		--	--	--	1.80 (0.109)		
20 and over.....	26	(3.4)	493	2.00 (0.059)	2.06 (0.580)	4.06 (0.604)	122	2.00 (0.130)	7.97 (1.664)	9.98 (1.657)	2.00 (0.085)		
2 and over...	24	(2.7)	717	1.96 (0.053)	1.71 (0.479)	3.67 (0.493)	154	1.97 (0.112)	7.15 (1.535)	9.12 (1.528)	1.96 (0.073)		
Hispanic:													
2 - 19.....	7	(2.1)	986	1.66 (0.045)	0.17* (0.056)	1.82 (0.075)		--	--	--	1.66 (0.047)		
20 and over.....	14	(1.3)	1467	2.19 (0.047)	1.25 (0.276)	3.44 (0.283)	217	2.18 (0.129)	8.65 (1.691)	10.82 (1.665)	2.19 (0.067)		
2 and over...	12	(1.0)	2453	2.00 (0.039)	0.87 (0.183)	2.87 (0.187)	289	2.06 (0.119)	7.24 (1.297)	9.29 (1.267)	1.99 (0.053)		

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Race/ethnicity and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d																	
			All Individuals ⁵								Supplement Users ⁶								-Non-users ⁷ -	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
Non-Hispanic White:																				
2 - 19.....	19	(2.4)	826	206 (9.0)	36 (5.5)	242 (7.3)	167	156 (16.6)	192 (11.1)	348 (17.3)	218	(10.5)								
20 and over.....	29	(1.7)	1645	173 (5.0)	162 (19.7)	335 (20.3)	457	187 (13.3)	555 (52.2)	743 (53.2)	166	(4.0)								
2 and over...	27	(1.2)	2471	179 (4.9)	136 (15.9)	316 (16.5)	624	183 (11.4)	504 (47.1)	687 (46.8)	178	(5.0)								
Non-Hispanic Black:																				
2 - 19.....	9	(1.6)	652	207 (14.3)	23 (5.6)	231 (15.9)		--	--	--	201	(13.0)								
20 and over.....	17	(1.2)	1030	159 (8.5)	93 (15.0)	252 (18.1)	174	174 (29.2)	558 (78.1)	731 (73.8)	156	(7.0)								
2 and over...	14	(1.0)	1682	174 (7.3)	72 (9.5)	246 (10.8)	235	191 (24.9)	500 (65.9)	691 (60.8)	171	(5.9)								
Non-Hispanic Asian⁹:																				
2 - 19.....	16	(2.8)	224	205 (13.6)	33 (8.9)	238 (17.4)		--	--	--	204	(15.4)								
20 and over.....	25	(3.1)	493	180 (6.4)	125 (17.4)	305 (20.4)	118	185 (12.5)	502 (43.5)	688 (47.3)	178	(7.8)								
2 and over...	23	(2.4)	717	185 (5.8)	107 (14.1)	292 (17.3)	150	189 (10.8)	463 (34.7)	652 (38.8)	184	(6.5)								
Hispanic:																				
2 - 19.....	6	(1.5)	986	195 (6.2)	18* (6.1)	212 (6.5)		--	--	--	195	(5.7)								
20 and over.....	14	(1.2)	1467	169 (6.1)	64 (6.7)	233 (8.5)	222	139 (8.6)	449 (22.6)	588 (22.0)	174	(6.9)								
2 and over...	11	(0.8)	2453	178 (5.0)	48 (4.0)	226 (5.6)	288	149 (9.0)	415 (21.9)	564 (18.7)	182	(5.4)								

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Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		Folate (DFE)																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
Non-Hispanic White:																				
2 - 19.....	19	(2.4)	826	499 (15.9)	61 (9.4)	561 (12.6)	167	420 (29.3)	326 (18.8)	746 (31.9)	518 (19.9)									
20 and over.....	29	(1.7)	1645	514 (11.5)	276 (33.5)	790 (35.8)	457	544 (26.4)	944 (88.8)	1488 (93.3)	502 (10.8)									
2 and over...	27	(1.2)	2471	511 (10.2)	232 (27.0)	743 (29.7)	624	526 (22.6)	856 (80.1)	1383 (81.9)	505 (9.8)									
Non-Hispanic Black:																				
2 - 19.....	9	(1.6)	652	500 (27.2)	40 (9.5)	540 (30.2)		--	--	--	488 (24.8)									
20 and over.....	17	(1.2)	1030	451 (16.5)	158 (25.5)	609 (31.0)	174	478 (49.7)	948 (132.7)	1426 (127.3)	446 (13.5)									
2 and over...	14	(1.0)	1682	466 (14.3)	122 (16.1)	588 (18.9)	235	505 (42.5)	851 (112.1)	1356 (104.7)	459 (11.6)									
Non-Hispanic Asian⁹:																				
2 - 19.....	16	(2.8)	224	527 (29.8)	56 (15.2)	583 (37.9)		--	--	--	522 (30.9)									
20 and over.....	25	(3.1)	493	570 (20.4)	213 (29.6)	782 (42.5)	118	585 (25.7)	854 (73.9)	1439 (84.2)	564 (24.8)									
2 and over...	23	(2.4)	717	561 (18.8)	182 (24.0)	743 (37.8)	150	581 (20.6)	787 (58.9)	1368 (66.6)	555 (22.3)									
Hispanic:																				
2 - 19.....	6	(1.5)	986	494 (12.8)	30* (10.4)	524 (13.6)		--	--	--	494 (11.9)									
20 and over.....	14	(1.2)	1467	523 (13.9)	109 (11.4)	632 (16.1)	222	472 (25.7)	764 (38.5)	1236 (37.9)	532 (15.9)									
2 and over...	11	(0.8)	2453	513 (11.9)	81 (6.8)	594 (12.5)	288	478 (23.5)	706 (37.2)	1184 (33.6)	518 (13.2)									

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Race/ethnicity and age (years)	Percent reporting choline ⁸ % (SE)		C h o l i n e															
			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)							
Non-Hispanic White:																		
2 - 19.....	11	(1.7)	826	245 (10.3)	#	245 (10.3)	90	253 (23.3)	2*	(1.0)	255 (23.1)	244 (10.0)						
20 and over.....	5	(0.9)	1645	341 (6.4)	3*	(1.6)	344 (5.9)	--	--	--	341 (6.9)							
2 and over...	6	(0.9)	2471	321 (6.0)	3*	(1.3)	324 (5.6)	158	304 (23.7)	44*	(18.1)	348 (33.3)	322 (6.2)					
Non-Hispanic Black:																		
2 - 19.....	4	(1.1)	652	237 (7.9)	1*	(0.2)	237 (7.9)	--	--	--	238 (8.3)							
20 and over.....	3	(0.8)	1030	315 (7.4)	1*	(0.2)	316 (7.5)	--	--	--	317 (7.9)							
2 and over...	3	(0.7)	1682	291 (7.5)	1	(0.2)	292 (7.6)	--	--	--	293 (7.9)							
Non-Hispanic Asian⁹:																		
2 - 19.....	8*	(2.4)	224	301 (9.9)	#	302 (9.9)	--	--	--	--	303 (10.7)							
20 and over.....	5	(1.4)	493	329 (6.7)	1*	(0.4)	330 (6.7)	--	--	--	326 (7.6)							
2 and over...	6	(1.2)	717	323 (5.6)	1*	(0.3)	324 (5.6)	--	--	--	321 (6.5)							
Hispanic:																		
2 - 19.....	3	(1.1)	986	255 (4.6)	#	255 (4.7)	--	--	--	--	256 (4.7)							
20 and over.....	3	(0.8)	1467	356 (6.5)	1*	(0.4)	357 (6.6)	--	--	--	359 (6.7)							
2 and over...	3	(0.7)	2453	321 (4.3)	1*	(0.3)	321 (4.3)	--	--	--	322 (4.5)							

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin B12 ⁸ % (SE)		V i t a m i n B 1 2						—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)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																						
2 - 19.....	18	(2.3)	826	4.67 (0.221)	3.9*	(2.40)	8.5	(2.43)	165	4.57 (0.320)	21.3*	(12.80)	25.9*	(12.71)	4.69	(0.261)						
20 and over.....	32	(1.9)	1645	5.12 (0.136)	131.4	(31.05)	136.5	(31.04)	507	5.05 (0.262)	405.4	(82.30)	410.4	(82.20)	5.15	(0.241)						
2 and over...	30	(1.5)	2471	5.03 (0.129)	105.4	(25.75)	110.5	(25.74)	672	4.99 (0.228)	357.2	(75.49)	362.2	(75.39)	5.04	(0.219)						
Non-Hispanic Black:																						
2 - 19.....	9	(1.4)	652	4.06 (0.174)	0.6	(0.14)	4.7	(0.21)		--	--	--	--	--	4.06	(0.180)						
20 and over.....	17	(1.1)	1030	4.28 (0.098)	41.2	(9.40)	45.5	(9.40)	190	4.04 (0.375)	236.2	(54.94)	240.3	(54.82)	4.34	(0.101)						
2 and over...	15	(0.9)	1682	4.22 (0.099)	28.9	(6.41)	33.1	(6.38)	252	4.06 (0.357)	192.8	(42.02)	196.9	(41.90)	4.25	(0.092)						
Non-Hispanic Asian⁹:																						
2 - 19.....	16	(2.8)	224	4.61 (0.345)	1.0	(0.27)	5.6	(0.44)		--	--	--	--	--	4.62	(0.444)						
20 and over.....	26	(2.9)	493	4.09 (0.215)	107.5*	(47.53)	111.6*	(47.44)	123	3.65 (0.291)	408.2*	(205.70)	411.9*	(205.70)	4.24	(0.284)						
2 and over...	24	(2.3)	717	4.19 (0.177)	86.7*	(38.14)	90.9*	(38.03)	155	3.77 (0.264)	356.8*	(175.11)	360.6*	(175.13)	4.32	(0.247)						
Hispanic:																						
2 - 19.....	7	(2.1)	986	4.43 (0.134)	28.9*	(23.60)	33.3*	(23.62)		--	--	--	--	--	4.47	(0.132)						
20 and over.....	16	(1.5)	1467	4.87 (0.127)	41.4	(4.54)	46.3	(4.58)	248	4.40 (0.295)	253.0	(34.00)	257.4	(33.93)	4.96	(0.143)						
2 and over...	13	(1.0)	2453	4.71 (0.094)	37.0	(9.25)	41.7	(9.31)	319	4.32 (0.251)	281.0	(69.01)	285.3	(69.04)	4.77	(0.109)						

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin D ⁸ % (SE)		V i t a m i n D																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
Non-Hispanic White:																				
2 - 19.....	19	(2.4)	826	5.4 (0.37)	3.8 (1.09)	9.2 (1.03)	171	6.0 (0.58)	19.4 (4.45)	25.4 (4.18)	5.3 (0.42)									
20 and over.....	37	(1.9)	1645	4.8 (0.20)	24.3 (3.69)	29.1 (3.61)	597	4.9 (0.23)	65.1 (8.41)	70.1 (8.39)	4.7 (0.33)									
2 and over...	34	(1.7)	2471	4.9 (0.21)	20.1 (3.06)	25.0 (3.00)	768	5.1 (0.19)	59.8 (7.39)	64.8 (7.36)	4.8 (0.30)									
Non-Hispanic Black:																				
2 - 19.....	9	(1.2)	652	4.5 (0.21)	1.3 (0.17)	5.8 (0.29)		--	--	--	4.5 (0.27)									
20 and over.....	21	(1.6)	1030	3.9 (0.15)	9.5 (1.11)	13.4 (1.12)	224	4.2 (0.52)	46.1 (3.37)	50.3 (3.14)	3.8 (0.15)									
2 and over...	17	(1.3)	1682	4.0 (0.15)	7.0 (0.82)	11.1 (0.81)	287	4.2 (0.44)	40.8 (2.90)	45.0 (2.70)	4.0 (0.13)									
Non-Hispanic Asian⁹:																				
2 - 19.....	17	(3.1)	224	6.1 (0.30)	2.6 (0.70)	8.7 (0.81)		--	--	--	5.9 (0.32)									
20 and over.....	33	(3.1)	493	4.9 (0.31)	11.5 (1.42)	16.3 (1.66)	160	4.8 (0.51)	35.0 (2.45)	39.8 (2.62)	4.9 (0.42)									
2 and over...	30	(2.4)	717	5.1 (0.25)	9.8 (1.20)	14.9 (1.39)	194	5.1 (0.48)	32.8 (2.28)	37.9 (2.38)	5.1 (0.32)									
Hispanic:																				
2 - 19.....	8	(2.1)	986	5.4 (0.19)	1.9* (0.82)	7.2 (0.81)	76	4.9 (0.81)	24.5* (7.67)	29.3 (7.88)	5.4 (0.18)									
20 and over.....	18	(1.2)	1467	4.7 (0.18)	7.4 (1.08)	12.0 (1.16)	285	4.7 (0.35)	41.4 (6.31)	46.1 (6.08)	4.7 (0.22)									
2 and over...	14	(1.0)	2453	4.9 (0.11)	5.4 (0.93)	10.3 (0.96)	361	4.7 (0.24)	38.2 (6.08)	42.9 (5.95)	4.9 (0.13)									

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting vitamin K ⁸ % (SE)		V i t a m i n K											
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Non-Hispanic White:														
2 - 19.....	3	(0.8)	826	64.2 (2.32)	1.4 (0.28)	65.6 (2.28)	328	--	--	--	63.4 (2.54)			
20 and over.....	21	(1.6)	1645	117.4 (5.50)	8.5 (0.68)	126.0 (5.74)	115	146.6 (13.30)	41.5 (1.60)	188.1 (14.14)	109.9 (5.24)			
2 and over...	17	(1.3)	2471	106.6 (4.94)	7.1 (0.56)	113.7 (5.18)	364	144.3 (12.52)	41.5 (1.50)	185.8 (13.24)	98.8 (4.49)			
Non-Hispanic Black:														
2 - 19.....	2*	(1.3)	652	80.8 (7.90)	1.2* (0.64)	82.0 (8.01)	115	--	--	--	79.5 (7.52)			
20 and over.....	11	(0.9)	1030	125.8 (7.11)	3.6 (0.37)	129.4 (7.04)	131	111.0 (12.47)	34.1 (2.22)	145.1 (11.53)	127.6 (8.05)			
2 and over...	8	(0.7)	1682	112.2 (5.18)	2.9 (0.31)	115.1 (5.08)	131	112.8 (15.03)	35.5 (2.11)	148.3 (14.03)	112.1 (5.52)			
Non-Hispanic Asian⁹:														
2 - 19.....	3*	(1.6)	224	87.8 (9.05)	1.0* (0.46)	88.7 (9.35)	83	--	--	--	87.7 (9.37)			
20 and over.....	18	(3.1)	493	197.5 (14.61)	6.6 (1.24)	204.1 (14.64)	89	150.7 (23.16)	36.6 (2.35)	187.3 (21.78)	207.7 (17.02)			
2 and over...	15	(2.5)	717	176.1 (12.47)	5.5 (1.02)	181.5 (12.58)	89	148.2 (22.38)	36.4 (2.29)	184.6 (21.10)	181.0 (14.15)			
Hispanic:														
2 - 19.....	1*	(0.4)	986	57.7 (2.39)	0.8* (0.35)	58.5 (2.32)	141	--	--	--	57.0 (2.58)			
20 and over.....	10	(1.2)	1467	95.2 (4.97)	4.1 (0.75)	99.3 (5.23)	155	105.7 (9.34)	41.7 (3.74)	147.3 (11.34)	94.1 (5.45)			
2 and over...	7	(0.8)	2453	82.0 (3.93)	2.9 (0.49)	84.9 (4.08)	155	105.5 (8.22)	42.8 (3.76)	148.3 (9.72)	80.2 (4.20)			

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		Lycopene										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	#		826	4238 (431.0)	#		4238 (431.0)		--	--	--	4238 (431.2)	
20 and over.....	12	(1.4)	1645	5495 (338.8)	100	(25.7)	5595 (337.5)	187	5700 (433.4)	850	(195.2)	6550 (426.2)	5467 (384.1)
2 and over...	9	(1.2)	2471	5238 (316.9)	80	(21.1)	5318 (315.8)	188	5698 (432.2)	850	(195.1)	6548 (424.9)	5191 (350.2)
Non-Hispanic Black:													
2 - 19.....	#		652	4477 (373.6)	#		4477 (373.6)		--	--	--	4477 (373.6)	
20 and over.....	4	(0.7)	1030	3854 (256.0)	22	(4.1)	3876 (257.5)		--	--	--	3825 (245.4)	
2 and over...	3	(0.5)	1682	4042 (232.3)	15	(3.0)	4058 (233.7)		--	--	--	4029 (230.6)	
Non-Hispanic Asian⁹:													
2 - 19.....	1*	(0.5)	224	3366 (237.3)	2*	(1.4)	3368 (237.8)		--	--	--	3384 (244.3)	
20 and over.....	10	(1.8)	493	4363 (310.3)	47	(7.6)	4410 (312.1)		--	--	--	4315 (286.2)	
2 and over...	8	(1.5)	717	4168 (284.4)	38	(6.0)	4207 (285.8)		--	--	--	4118 (267.4)	
Hispanic:													
2 - 19.....	#		986	4345 (238.1)	#		4346 (238.1)		--	--	--	4350 (238.4)	
20 and over.....	4	(0.5)	1467	5145 (290.6)	20	(3.3)	5165 (289.0)	81	4097 (723.7)	467	(56.0)	4564 (697.9)	5192 (288.7)
2 and over...	3	(0.3)	2453	4862 (181.2)	13	(2.2)	4876 (180.4)	83	4040 (714.3)	465	(54.7)	4505 (688.6)	4887 (180.8)

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)		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	
			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)			
Non-Hispanic White:														
2 - 19.....	1*	(0.7)	826	783 (40.6)	3*	(1.9)	786 (41.0)						782 (40.7)	
20 and over.....	13	(1.1)	1645	1500 (92.6)	409	(98.9)	1909 (135.2)	213	1667 (159.8)	3088	(606.1)	4755 (564.0)	1474 (101.4)	
2 and over...	11	(0.9)	2471	1354 (79.8)	326	(78.9)	1680 (114.2)	221	1647 (157.7)	3018	(589.4)	4664 (550.9)	1318 (85.6)	
Non-Hispanic Black:														
2 - 19.....	#		652	1121 (168.3)	#		1121 (168.3)						1122 (168.3)	
20 and over.....	4	(0.6)	1030	1732 (159.1)	30*	(9.3)	1762 (157.7)						1760 (164.5)	
2 and over...	3	(0.4)	1682	1547 (135.1)	21*	(6.5)	1568 (134.2)						1561 (138.7)	
Non-Hispanic Asian⁹:														
2 - 19.....	2*	(1.5)	224	1037 (145.6)	5*	(4.0)	1042 (147.2)						1048 (152.6)	
20 and over.....	10	(1.8)	493	3121 (333.7)	154*	(103.1)	3275 (371.7)						3042 (316.1)	
2 and over...	9	(1.5)	717	2713 (271.6)	125*	(83.1)	2839 (302.5)						2625 (250.2)	
Hispanic:														
2 - 19.....	#		986	677 (28.0)	1*	(0.4)	678 (28.1)						674 (28.4)	
20 and over.....	4	(0.7)	1467	1259 (93.8)	35*	(12.3)	1294 (94.9)	82	1410 (310.3)	803*	(273.5)	2212 (414.0)	1252 (95.8)	
2 and over...	3	(0.5)	2453	1053 (69.1)	23*	(7.8)	1077 (69.4)	86	1424 (294.8)	786*	(264.1)	2209 (392.6)	1042 (68.9)	

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium ⁸ % (SE)		C a l c i u m																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	6	(0.9)	826	1032 (43.6)	14 (3.5)	1046 (44.4)												1035 (47.0)		
20 and over.....	33	(1.4)	1645	984 (19.0)	161 (11.0)	1146 (21.7)	527	995 (39.2)	481 (29.6)	1476 (47.4)	979 (23.1)									
2 and over...	28	(1.3)	2471	994 (20.5)	131 (9.5)	1125 (22.7)	582	994 (37.4)	469 (27.8)	1464 (43.4)	994 (23.5)									
Non-Hispanic Black:																				
2 - 19.....	4	(1.3)	652	846 (28.4)	7* (2.8)	853 (28.4)												849 (26.8)		
20 and over.....	17	(1.1)	1030	766 (24.6)	67 (5.4)	833 (24.6)	182	879 (67.7)	390 (29.4)	1269 (65.4)	743 (18.8)									
2 and over...	13	(0.9)	1682	790 (24.6)	49 (4.1)	839 (23.7)	204	871 (65.5)	373 (26.8)	1244 (61.2)	778 (21.2)									
Non-Hispanic Asian⁹:																				
2 - 19.....	7*	(2.9)	224	942 (65.9)	13* (6.7)	955 (63.1)												948 (67.3)		
20 and over.....	28	(2.8)	493	801 (35.0)	116 (16.3)	917 (37.8)	129	823 (59.7)	410 (36.7)	1233 (51.5)	793 (38.4)									
2 and over...	24	(2.0)	717	829 (38.3)	96 (12.1)	925 (41.0)	142	826 (57.2)	398 (35.1)	1223 (49.8)	830 (43.5)									
Hispanic:																				
2 - 19.....	3	(0.6)	986	935 (26.3)	3 (0.8)	939 (26.7)												935 (26.5)		
20 and over.....	17	(1.6)	1467	982 (20.2)	66 (7.5)	1048 (24.4)	270	943 (47.1)	401 (26.1)	1343 (65.3)	990 (23.8)									
2 and over...	12	(1.0)	2453	965 (16.4)	44 (4.4)	1010 (18.3)	298	944 (47.5)	376 (26.8)	1320 (65.2)	968 (18.2)									

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		P h o s p h o r u s															
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)							
Non-Hispanic White:																		
2 - 19.....	1*	(0.6)	826	1267 (40.0)	1*	(1.0)	1268 (39.9)									1268 (40.0)		
20 and over.....	14	(1.2)	1645	1408 (24.0)	7	(0.7)	1415 (24.0)	231	1491 (85.0)	48	(4.4)	1539 (84.1)	1394	(24.5)				
2 and over...	12	(0.9)	2471	1379 (24.2)	6	(0.6)	1385 (24.1)	238	1485 (82.2)	49	(4.4)	1534 (81.1)	1365	(25.3)				
Non-Hispanic Black:																		
2 - 19.....	#		652	1148 (29.5)	#		1148 (29.5)									1148 (29.5)		
20 and over.....	5	(0.7)	1030	1216 (23.2)	2	(0.4)	1218 (23.2)									1220 (21.3)		
2 and over...	4	(0.5)	1682	1195 (23.0)	1	(0.3)	1197 (23.1)									1197 (21.5)		
Non-Hispanic Asian⁹:																		
2 - 19.....	3*	(1.6)	224	1263 (51.0)	2*	(0.8)	1265 (51.0)									1259 (51.0)		
20 and over.....	12	(1.5)	493	1288 (33.5)	6	(0.9)	1293 (33.6)									1281 (37.2)		
2 and over...	10	(1.2)	717	1283 (33.0)	5	(0.8)	1288 (33.0)									1276 (35.9)		
Hispanic:																		
2 - 19.....	1*	(0.4)	986	1203 (23.0)	#		1204 (23.0)									1202 (23.0)		
20 and over.....	6	(1.0)	1467	1444 (20.6)	3	(0.6)	1447 (20.5)	104	1630 (83.6)	41	(5.5)	1671 (80.6)	1432	(20.4)				
2 and over...	4	(0.7)	2453	1359 (15.4)	2	(0.4)	1361 (15.2)	116	1601 (87.8)	40	(4.8)	1642 (85.0)	1348	(15.0)				

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting magnesium ⁸ % (SE)		M a g n e s i u m											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	4	(1.1)	826	236 (6.1)	4* (1.4)	240 (6.1)							235 (6.8)	
20 and over.....	25	(1.9)	1645	311 (6.1)	38 (4.6)	348 (7.6)	384	331 (13.1)	152 (12.6)	484 (16.4)	304 (6.2)			
2 and over...	20	(1.6)	2471	295 (5.6)	31 (3.7)	326 (6.8)	407	329 (12.5)	150 (11.8)	479 (14.2)	287 (5.9)			
Non-Hispanic Black:														
2 - 19.....	1*	(0.4)	652	218 (6.7)	#	218 (6.7)							218 (6.8)	
20 and over.....	10	(1.2)	1030	261 (6.9)	9 (1.2)	270 (7.6)	113	318 (25.5)	90 (4.3)	408 (27.1)	255 (6.7)			
2 and over...	7	(0.9)	1682	248 (6.7)	6 (0.8)	254 (7.2)	117	314 (25.6)	89 (4.3)	403 (27.3)	243 (6.2)			
Non-Hispanic Asian⁹:														
2 - 19.....	3*	(1.6)	224	249 (11.1)	9* (6.7)	258 (14.9)							247 (10.6)	
20 and over.....	20	(2.8)	493	327 (10.2)	22 (3.3)	348 (11.2)	91	352 (15.5)	107 (9.6)	459 (15.7)	321 (11.5)			
2 and over...	17	(2.3)	717	312 (10.0)	19 (2.9)	331 (11.2)	96	351 (15.6)	114 (11.6)	465 (15.3)	304 (10.8)			
Hispanic:														
2 - 19.....	2	(0.6)	986	225 (4.7)	4* (3.6)	229 (5.4)							223 (4.6)	
20 and over.....	11	(1.5)	1467	311 (5.5)	15 (3.5)	326 (6.9)	172	350 (10.1)	131 (21.2)	481 (15.9)	306 (6.3)			
2 and over...	8	(1.1)	2453	281 (5.5)	11 (2.8)	292 (6.8)	193	342 (9.9)	136 (22.2)	479 (18.1)	275 (5.9)			

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n																	
			All Individuals ⁵								Supplement Users ⁶								-Non-users ⁷ -	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	3	(0.6)	826	13.9 (0.44)	0.5 (0.08)	14.3 (0.45)												13.9 (0.48)		
20 and over.....	13	(0.9)	1645	14.1 (0.22)	2.9 (0.25)	17.0 (0.35)	221	13.4 (0.72)	22.5 (1.47)	35.9 (1.66)								14.2 (0.27)		
2 and over...	11	(0.7)	2471	14.0 (0.23)	2.4 (0.21)	16.4 (0.32)	259	13.4 (0.69)	22.0 (1.37)	35.3 (1.57)								14.1 (0.28)		
Non-Hispanic Black:																				
2 - 19.....	3*	(1.4)	652	13.5 (0.58)	0.7* (0.41)	14.3 (0.69)												13.5 (0.57)		
20 and over.....	8	(0.7)	1030	12.7 (0.34)	3.1 (0.50)	15.8 (0.64)	90	11.2 (0.93)	37.6 (6.91)	48.8 (7.57)								12.8 (0.36)		
2 and over...	7	(0.6)	1682	13.0 (0.31)	2.4 (0.38)	15.3 (0.50)	111	11.6 (1.14)	36.0 (5.83)	47.6 (6.51)								13.0 (0.30)		
Non-Hispanic Asian⁹:																				
2 - 19.....	3*	(1.5)	224	13.8 (0.54)	0.8* (0.38)	14.6 (0.77)												13.6 (0.50)		
20 and over.....	13	(1.7)	493	14.3 (0.59)	3.1 (0.60)	17.4 (0.83)												14.3 (0.61)		
2 and over...	11	(1.3)	717	14.2 (0.53)	2.6 (0.44)	16.9 (0.67)												14.1 (0.52)		
Hispanic:																				
2 - 19.....	2	(0.4)	986	13.8 (0.50)	0.7* (0.23)	14.5 (0.48)												13.8 (0.50)		
20 and over.....	8	(1.4)	1467	14.5 (0.26)	1.8 (0.32)	16.2 (0.42)	120	13.0 (0.83)	21.2 (1.90)	34.2 (2.31)								14.6 (0.25)		
2 and over...	6	(0.9)	2453	14.2 (0.27)	1.4 (0.26)	15.6 (0.30)	143	12.9 (0.77)	22.3 (2.52)	35.3 (2.82)								14.3 (0.27)		

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z i n c																	
			All Individuals ⁵								Supplement Users ⁶								-Non-users ⁷ -	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	16	(1.9)	826	10.2 (0.35)	0.8 (0.18)	11.1 (0.36)	152	9.7 (0.59)	5.1 (1.12)	14.8 (1.12)	10.3 (0.43)									
20 and over.....	26	(1.6)	1645	11.4 (0.22)	4.5 (0.25)	15.9 (0.27)	423	11.7 (0.40)	17.2 (0.60)	28.9 (0.69)	11.3 (0.26)									
2 and over...	24	(1.3)	2471	11.2 (0.23)	3.8 (0.21)	14.9 (0.25)	575	11.4 (0.37)	15.5 (0.51)	27.0 (0.48)	11.1 (0.28)									
Non-Hispanic Black:																				
2 - 19.....	8	(1.2)	652	9.4 (0.38)	0.4* (0.14)	9.9 (0.40)		--	--	--	9.4 (0.38)									
20 and over.....	14	(0.9)	1030	10.0 (0.30)	2.1 (0.13)	12.1 (0.34)	149	10.0 (0.82)	14.2 (0.81)	24.2 (0.87)	10.0 (0.29)									
2 and over...	13	(0.7)	1682	9.8 (0.26)	1.6 (0.07)	11.4 (0.31)	203	10.0 (0.77)	12.5 (0.55)	22.5 (0.82)	9.8 (0.25)									
Non-Hispanic Asian⁹:																				
2 - 19.....	13	(2.5)	224	10.5 (0.41)	0.5* (0.17)	11.0 (0.45)		--	--	--	10.6 (0.44)									
20 and over.....	24	(3.1)	493	10.5 (0.33)	2.9 (0.38)	13.4 (0.52)	107	10.4 (0.45)	12.2 (0.61)	22.6 (0.62)	10.6 (0.42)									
2 and over...	22	(2.3)	717	10.5 (0.30)	2.4 (0.31)	13.0 (0.47)	133	10.3 (0.39)	11.2 (0.63)	21.5 (0.63)	10.6 (0.36)									
Hispanic:																				
2 - 19.....	6	(1.9)	986	9.3 (0.23)	0.4* (0.16)	9.7 (0.24)		--	--	--	9.4 (0.22)									
20 and over.....	13	(1.2)	1467	11.4 (0.23)	2.0 (0.19)	13.4 (0.23)	199	11.4 (0.63)	15.6 (1.28)	26.9 (1.34)	11.4 (0.23)									
2 and over...	11	(0.9)	2453	10.7 (0.21)	1.4 (0.12)	12.1 (0.19)	261	10.7 (0.45)	13.5 (1.20)	24.3 (1.19)	10.7 (0.22)									

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r															
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)							
Non-Hispanic White:																		
2 - 19.....	3	(0.6)	826	0.9 (0.02)	#	1.0 (0.02)												0.9 (0.02)
20 and over.....	23	(1.5)	1645	1.3 (0.02)	0.3 (0.02)	1.5 (0.03)	371	1.3 (0.05)	1.3 (0.05)	2.6 (0.07)								1.2 (0.03)
2 and over...	19	(1.4)	2471	1.2 (0.02)	0.2 (0.02)	1.4 (0.03)	404	1.3 (0.05)	1.3 (0.05)	2.6 (0.07)								1.2 (0.03)
Non-Hispanic Black:																		
2 - 19.....	2*	(1.2)	652	0.8 (0.03)	#	0.9 (0.05)												0.8 (0.03)
20 and over.....	11	(0.8)	1030	1.1 (0.03)	0.2 (0.01)	1.2 (0.03)	118	1.3 (0.13)	1.4 (0.07)	2.7 (0.12)								1.0 (0.02)
2 and over...	8	(0.7)	1682	1.0 (0.03)	0.1 (0.01)	1.1 (0.03)	133	1.2 (0.13)	1.4 (0.06)	2.7 (0.12)								1.0 (0.02)
Non-Hispanic Asian⁹:																		
2 - 19.....	2*	(1.5)	224	1.0 (0.04)	#	1.1 (0.04)												1.0 (0.03)
20 and over.....	19	(2.8)	493	1.4 (0.04)	0.2 (0.04)	1.6 (0.07)	89	1.4 (0.06)	1.2 (0.10)	2.6 (0.10)								1.4 (0.05)
2 and over...	16	(2.3)	717	1.3 (0.04)	0.2 (0.03)	1.5 (0.06)	93	1.4 (0.06)	1.2 (0.09)	2.6 (0.10)								1.3 (0.05)
Hispanic:																		
2 - 19.....	1*	(0.4)	986	0.9 (0.02)	#	0.9 (0.02)												0.9 (0.02)
20 and over.....	10	(1.1)	1467	1.2 (0.03)	0.1 (0.02)	1.3 (0.03)	162	1.2 (0.07)	1.3 (0.09)	2.5 (0.12)								1.2 (0.03)
2 and over...	7	(0.7)	2453	1.1 (0.02)	0.1 (0.01)	1.2 (0.02)	176	1.2 (0.06)	1.3 (0.09)	2.5 (0.11)								1.1 (0.03)

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	5	(1.2)	826	2992 (67.8)	1 (0.1)	2993 (67.7)												3011 (72.4)		
20 and over.....	9	(0.7)	1645	3531 (55.7)	3 (0.6)	3534 (55.7)	145	3621 (225.2)	36 (5.8)	3657 (226.5)								3521 (55.1)		
2 and over...	8	(0.5)	2471	3421 (49.9)	3 (0.5)	3424 (49.9)	186	3503 (193.0)	33 (5.1)	3536 (194.1)								3413 (49.0)		
Non-Hispanic Black:																				
2 - 19.....	2*	(1.1)	652	3081 (104.3)	#	3081 (104.3)			--	--	--							3081 (106.1)		
20 and over.....	4	(0.8)	1030	3357 (62.7)	1* (0.3)	3358 (62.7)			--	--	--							3369 (62.8)		
2 and over...	3	(0.6)	1682	3274 (58.0)	1* (0.2)	3274 (58.0)			--	--	--							3281 (58.8)		
Non-Hispanic Asian⁹:																				
2 - 19.....	2*	(1.1)	224	3167 (67.9)	#	3167 (67.9)			--	--	--							3175 (72.2)		
20 and over.....	6	(1.4)	493	3871 (117.3)	2* (0.8)	3873 (117.2)			--	--	--							3861 (111.4)		
2 and over...	5	(1.2)	717	3733 (103.2)	2* (0.7)	3735 (103.1)			--	--	--							3722 (99.2)		
Hispanic:																				
2 - 19.....	2	(0.7)	986	2947 (55.4)	1* (0.4)	2947 (55.5)			--	--	--							2957 (58.4)		
20 and over.....	5	(1.0)	1467	3583 (72.6)	2 (0.5)	3584 (72.7)			--	--	--							3583 (75.0)		
2 and over...	4	(0.7)	2453	3358 (51.9)	1* (0.5)	3359 (51.9)	90	3366 (196.8)	34 (8.9)	3400 (200.6)								3358 (50.4)		

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting potassium ⁸ % (SE)		P o t a s s i u m																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	1*	(0.4)	826	2077 (56.7)	1*	(0.3)	2078 (56.6)										2073 (55.9)			
20 and over.....	19	(1.6)	1645	2693 (44.1)	22	(2.6)	2715 (44.0)	301	2922 (98.7)	119	(8.8)	3041 (99.6)					2640 (58.7)			
2 and over...	15	(1.4)	2471	2567 (43.7)	18	(2.2)	2585 (43.9)	311	2916 (93.5)	118	(8.8)	3033 (94.5)					2506 (56.4)			
Non-Hispanic Black:																				
2 - 19.....	#		652	2018 (53.8)	#		2018 (53.8)										2018 (53.8)			
20 and over.....	7	(0.9)	1030	2260 (49.1)	9	(2.1)	2269 (49.8)	89	2320 (118.7)	118	(18.3)	2439 (125.6)					2255 (49.0)			
2 and over...	5	(0.7)	1682	2187 (43.9)	6	(1.5)	2193 (44.6)	89	2320 (118.7)	118	(18.3)	2439 (125.6)					2179 (43.6)			
Non-Hispanic Asian⁹:																				
2 - 19.....	2*	(1.5)	224	2305 (67.0)	2*	(1.2)	2307 (67.3)										2298 (66.6)			
20 and over.....	12	(1.7)	493	2665 (63.3)	11	(1.7)	2675 (63.6)										2644 (78.6)			
2 and over...	10	(1.4)	717	2594 (59.5)	9	(1.3)	2603 (59.7)										2571 (70.4)			
Hispanic:																				
2 - 19.....	2*	(0.4)	986	2075 (39.3)	1*	(0.4)	2076 (39.3)										2069 (38.7)			
20 and over.....	8	(1.6)	1467	2621 (44.3)	8	(1.6)	2629 (44.5)	129	3003 (133.4)	99	(9.2)	3103 (129.7)					2587 (41.0)			
2 and over...	6	(1.1)	2453	2428 (42.2)	6	(1.0)	2433 (42.4)	144	2945 (130.7)	96	(8.8)	3041 (127.9)					2396 (38.8)			

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 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Percent reporting selenium ⁸ % (SE)		S e l e n i u m												
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)				
Non-Hispanic White:															
2 - 19.....	2*	(0.8)	826	97.2 (2.73)	0.8* (0.32)	98.0 (2.63)				--	--	--		96.9 (2.80)	
20 and over.....	22	(1.8)	1645	114.2 (2.84)	13.1 (1.34)	127.2 (3.10)	355	112.6 (4.11)	58.4 (3.70)	171.0 (5.61)			114.6 (3.32)		
2 and over...	18	(1.5)	2471	110.7 (2.62)	10.6 (1.14)	121.3 (2.84)	372	112.6 (4.12)	57.9 (3.56)	170.5 (5.47)			110.3 (2.98)		
Non-Hispanic Black:															
2 - 19.....	1*	(0.3)	652	95.0 (3.29)	0.2* (0.06)	95.2 (3.28)			--	--	--		95.2 (3.25)		
20 and over.....	11	(1.0)	1030	111.1 (2.09)	6.2 (0.73)	117.3 (2.45)	122	109.4 (6.91)	55.1 (3.71)	164.5 (10.24)			111.4 (2.24)		
2 and over...	8	(0.7)	1682	106.2 (2.35)	4.4 (0.50)	110.6 (2.66)	127	108.2 (6.73)	54.2 (3.67)	162.3 (10.08)			106.1 (2.33)		
Non-Hispanic Asian⁹:															
2 - 19.....	2*	(1.5)	224	108.7 (3.76)	1.2* (0.83)	109.9 (3.82)			--	--	--		108.9 (3.67)		
20 and over.....	18	(2.5)	493	122.4 (2.57)	11.8 (2.03)	134.2 (2.86)	85	116.8 (6.47)	64.6 (5.93)	181.3 (8.76)			123.7 (2.42)		
2 and over...	15	(2.2)	717	119.7 (2.07)	9.7 (1.72)	129.5 (2.65)	89	116.3 (6.29)	64.1 (5.80)	180.4 (8.52)			120.4 (2.03)		
Hispanic:															
2 - 19.....	1*	(0.4)	986	94.9 (1.99)	0.5* (0.22)	95.4 (1.95)			--	--	--		94.9 (2.08)		
20 and over.....	11	(1.2)	1467	122.1 (2.40)	6.4 (1.06)	128.5 (2.67)	156	131.2 (8.23)	61.2 (6.48)	192.3 (6.83)			121.0 (2.16)		
2 and over...	7	(0.7)	2453	112.5 (1.78)	4.3 (0.65)	116.8 (1.86)	167	128.5 (8.21)	59.8 (5.90)	188.3 (7.23)			111.2 (1.63)		

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* μg folic acid).

Vitamin D: 1 μg = 40 International Units (IU).

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

³ **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 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 race/ethnicity/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

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

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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