

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016

T h i a m i n																		
Family income in dollars 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)
\$0 - \$24,999:																		
2 - 19.....	3	(0.9)	735	1.53	(0.045)	0.15*	(0.079)	1.69	(0.089)		--	--	--				1.54	(0.048)
20 and over.....	17	(2.0)	1375	1.50	(0.033)	2.25	(0.632)	3.75	(0.631)	207	1.44	(0.048)	13.33	(3.078)	14.77	(3.060)	1.51	(0.038)
2 and over...	14	(1.7)	2110	1.51	(0.031)	1.75	(0.498)	3.26	(0.500)	229	1.44	(0.045)	12.80	(2.865)	14.24	(2.849)	1.52	(0.035)
\$25,000 - \$74,999:																		
2 - 19.....	4	(1.2)	1217	1.47	(0.036)	0.06	(0.017)	1.54	(0.037)		--	--	--				1.49	(0.039)
20 and over.....	21	(1.4)	1892	1.56	(0.026)	1.94	(0.417)	3.50	(0.416)	338	1.58	(0.062)	9.15	(2.015)	10.73	(1.996)	1.56	(0.028)
2 and over...	17	(1.1)	3109	1.54	(0.021)	1.48	(0.324)	3.02	(0.330)	382	1.56	(0.058)	8.68	(1.926)	10.24	(1.905)	1.54	(0.025)
\$75,000 and higher:																		
2 - 19.....	4	(1.0)	746	1.57	(0.032)	0.09*	(0.043)	1.65	(0.053)		--	--	--				1.56	(0.033)
20 and over.....	25	(2.2)	1148	1.66	(0.033)	3.53	(0.638)	5.19	(0.646)	251	1.74	(0.061)	14.03	(2.257)	15.77	(2.274)	1.63	(0.039)
2 and over...	20	(1.7)	1894	1.63	(0.029)	2.63	(0.492)	4.26	(0.502)	296	1.73	(0.060)	13.39	(2.123)	15.12	(2.141)	1.61	(0.032)
All Individuals ⁹:																		
2 - 19.....	4	(0.6)	2884	1.52	(0.025)	0.09	(0.024)	1.61	(0.034)	117	1.40	(0.068)	2.26	(0.514)	3.65	(0.540)	1.52	(0.027)
20 and over.....	22	(1.3)	4809	1.58	(0.019)	2.56	(0.265)	4.15	(0.274)	873	1.63	(0.039)	11.73	(1.196)	13.35	(1.192)	1.57	(0.022)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Percent reporting supplement riboflavin 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)
\$0 - \$24,999:																		
2 - 19.....	3	(0.9)	735	1.87 (0.048)	0.15* (0.078)	2.02 (0.079)			--	--	--						1.86 (0.047)	
20 and over.....	17	(1.7)	1375	2.01 (0.061)	1.59 (0.379)	3.61 (0.391)	205	2.00 (0.061)	9.20 (1.586)	11.19 (1.609)							2.02 (0.070)	
2 and over...	14	(1.5)	2110	1.98 (0.052)	1.25 (0.300)	3.23 (0.314)	227	2.00 (0.063)	8.91 (1.481)	10.91 (1.505)							1.97 (0.057)	
\$25,000 - \$74,999:																		
2 - 19.....	4	(1.2)	1217	1.84 (0.050)	0.07 (0.019)	1.91 (0.052)			--	--	--						1.85 (0.051)	
20 and over.....	21	(1.4)	1892	2.18 (0.046)	1.24 (0.180)	3.42 (0.189)	335	2.34 (0.107)	5.88 (0.853)	8.22 (0.816)							2.14 (0.043)	
2 and over...	17	(1.1)	3109	2.10 (0.045)	0.96 (0.140)	3.06 (0.153)	379	2.30 (0.099)	5.61 (0.804)	7.91 (0.763)							2.06 (0.044)	
\$75,000 and higher:																		
2 - 19.....	4	(0.8)	746	1.99 (0.070)	0.19* (0.093)	2.18 (0.112)			--	--	--						1.99 (0.073)	
20 and over.....	25	(2.3)	1148	2.29 (0.043)	3.18* (1.380)	5.46 (1.391)	252	2.38 (0.074)	12.50* (4.881)	14.88* (4.882)							2.25 (0.064)	
2 and over...	20	(1.8)	1894	2.21 (0.039)	2.39* (1.019)	4.60 (1.024)	293	2.36 (0.070)	12.04* (4.707)	14.40* (4.705)							2.17 (0.054)	
All Individuals⁹:																		
2 - 19.....	4	(0.6)	2884	1.90 (0.042)	0.13 (0.035)	2.03 (0.053)	113	1.84 (0.108)	3.17 (0.916)	5.01 (0.917)							1.90 (0.045)	
20 and over.....	22	(1.3)	4809	2.17 (0.040)	2.02 (0.441)	4.19 (0.458)	867	2.28 (0.058)	9.15 (1.784)	11.43 (1.802)							2.14 (0.046)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

N i a c i n																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement niacin ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
\$0 - \$24,999:																			
2 - 19.....	4	(1.0)	735	21.5	(0.45)	0.5*	(0.18)	22.1	(0.48)		--	--	--	--	--	21.6	(0.47)		
20 and over.....	18	(2.1)	1375	25.0	(0.67)	6.8	(1.25)	31.8	(1.44)	221	23.2	(1.55)	37.4	(4.58)	60.6	(5.11)	25.5	(0.74)	
2 and over...	15	(1.8)	2110	24.2	(0.52)	5.3	(1.02)	29.5	(1.20)	244	22.9	(1.41)	36.0	(4.27)	59.0	(4.75)	24.4	(0.57)	
\$25,000 - \$74,999:																			
2 - 19.....	5	(1.2)	1217	20.9	(0.52)	0.7	(0.19)	21.6	(0.53)		--	--	--	--	--	21.0	(0.57)		
20 and over.....	23	(1.2)	1892	25.9	(0.59)	8.2	(1.35)	34.1	(1.31)	362	26.1	(1.56)	35.4	(5.67)	61.5	(5.16)	25.8	(0.46)	
2 and over...	19	(1.0)	3109	24.7	(0.54)	6.3	(1.04)	31.0	(1.13)	417	25.7	(1.40)	34.0	(5.40)	59.7	(4.95)	24.5	(0.49)	
\$75,000 and higher:																			
2 - 19.....	8	(1.5)	746	21.8	(0.84)	1.3*	(0.42)	23.2	(1.05)		--	--	--	--	--	21.8	(0.90)		
20 and over.....	28	(2.4)	1148	28.0	(0.81)	13.0	(2.83)	41.0	(2.68)	289	28.4	(1.42)	45.8	(8.51)	74.2	(8.63)	27.8	(1.24)	
2 and over...	23	(1.7)	1894	26.4	(0.68)	9.9	(2.14)	36.3	(2.11)	348	27.9	(1.39)	43.3	(7.97)	71.2	(8.20)	25.9	(0.88)	
All Individuals ⁹:																			
2 - 19.....	6	(1.0)	2884	21.3	(0.41)	0.9	(0.17)	22.2	(0.45)	145	21.2	(0.98)	15.7	(3.07)	36.9	(3.50)	21.3	(0.42)	
20 and over.....	24	(1.5)	4809	26.3	(0.53)	9.5	(1.08)	35.8	(0.99)	956	26.3	(0.71)	39.3	(3.62)	65.6	(3.69)	26.3	(0.61)	
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.

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

Family income in dollars and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		V i t a m i n B 6						— Supplement Users ⁶ —				— Non-users ⁷ —			
			All Individuals ⁵						Food plus supplement		Food		Food plus supplement		Food	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
\$0 - \$24,999:																
2 - 19.....	8	(1.5)	735	1.66 (0.046)	0.22* (0.085)	1.89 (0.092)				--	--	--		1.67 (0.051)		
20 and over.....	19	(2.3)	1375	2.07 (0.072)	2.23 (0.440)	4.30 (0.439)	232	1.97 (0.138)	11.73 (1.760)	13.70 (1.795)			2.10 (0.087)			
2 and over...	16	(2.0)	2110	1.98 (0.053)	1.75 (0.347)	3.73 (0.353)	296	1.92 (0.119)	10.64 (1.442)	12.57 (1.469)			1.99 (0.063)			
\$25,000 - \$74,999:																
2 - 19.....	14	(2.3)	1217	1.71 (0.044)	0.23 (0.043)	1.94 (0.056)	147	1.70 (0.127)	1.72 (0.146)	3.42 (0.199)			1.71 (0.053)			
20 and over.....	25	(1.3)	1892	2.11 (0.075)	2.48 (0.614)	4.60 (0.630)	388	2.19 (0.164)	9.97 (2.221)	12.16 (2.269)			2.08 (0.073)			
2 and over...	22	(1.2)	3109	2.01 (0.059)	1.94 (0.458)	3.95 (0.469)	535	2.11 (0.131)	8.74 (1.930)	10.85 (1.964)			1.98 (0.058)			
\$75,000 and higher:																
2 - 19.....	20	(2.0)	746	1.67 (0.068)	0.66* (0.220)	2.32 (0.216)	151	1.63 (0.116)	3.31* (1.140)	4.93 (1.096)			1.68 (0.072)			
20 and over.....	30	(2.5)	1148	2.28 (0.080)	2.95 (0.699)	5.23 (0.710)	305	2.37 (0.093)	9.79 (1.921)	12.16 (1.978)			2.25 (0.113)			
2 and over...	27	(1.8)	1894	2.12 (0.062)	2.35 (0.524)	4.47 (0.532)	456	2.23 (0.073)	8.55 (1.609)	10.79 (1.657)			2.08 (0.083)			
All Individuals⁹:																
2 - 19.....	15	(1.7)	2884	1.68 (0.038)	0.38 (0.076)	2.06 (0.078)	375	1.65 (0.061)	2.63 (0.600)	4.28 (0.577)			1.68 (0.041)			
20 and over.....	26	(1.5)	4809	2.15 (0.052)	2.61 (0.381)	4.76 (0.390)	1015	2.21 (0.079)	10.17 (1.231)	12.37 (1.283)			2.13 (0.061)			
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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Family income in dollars and age (years)		Percent reporting supplement folate (DFE) 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)
\$0 - \$24,999:																	
2 - 19.....		8 (1.5)	735	509 (17.3)	26 (5.9)	534 (17.3)				--	--	--				516 (18.7)	
20 and over.....		18 (2.0)	1375	479 (7.8)	155 (19.1)	634 (25.4)			234	476 (27.6)	864 (69.2)	1340 (72.9)				480 (10.4)	
2 and over...		16 (1.8)	2110	486 (8.1)	124 (15.4)	610 (21.0)			296	470 (24.1)	797 (57.1)	1267 (59.0)				489 (10.8)	
\$25,000 - \$74,999:																	
2 - 19.....		15 (2.7)	1217	501 (17.3)	48 (9.5)	548 (17.5)			148	407 (38.2)	328 (20.7)	735 (43.2)				517 (19.0)	
20 and over.....		24 (1.4)	1892	492 (9.8)	221 (23.5)	713 (23.0)			389	493 (25.3)	908 (75.4)	1401 (75.7)				492 (7.5)	
2 and over...		22 (1.4)	3109	494 (8.1)	179 (17.3)	673 (16.6)			537	479 (18.6)	815 (65.5)	1293 (67.5)				498 (7.8)	
\$75,000 and higher:																	
2 - 19.....		18 (2.2)	746	499 (13.2)	68 (12.5)	566 (13.4)			145	497 (36.9)	369 (42.1)	866 (52.6)				499 (16.7)	
20 and over.....		30 (2.5)	1148	556 (15.6)	296 (50.4)	852 (54.9)			306	598 (36.5)	977 (143.5)	1575 (149.3)				537 (17.1)	
2 and over...		27 (1.6)	1894	541 (13.1)	236 (37.9)	777 (42.5)			451	580 (31.5)	869 (122.1)	1450 (125.1)				526 (14.2)	
All Individuals⁹:																	
2 - 19.....		14 (1.9)	2884	500 (10.2)	50 (7.8)	550 (11.0)			366	461 (28.0)	353 (25.4)	814 (37.7)				507 (11.7)	
20 and over.....		25 (1.4)	4809	513 (9.5)	231 (24.6)	744 (26.7)			1015	536 (22.6)	914 (71.2)	1451 (73.4)				505 (7.4)	
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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Family income in dollars and age (years)	Percent reporting supplement 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)					
\$0 - \$24,999:																
2 - 19.....	4	(1.1)	735	242 (6.8)	#	242 (6.8)				--	--	--		243 (6.3)		
20 and over.....	3	(0.9)	1375	327 (10.4)	#	327 (10.4)				--	--	--		327 (10.9)		
2 and over...	3	(0.8)	2110	306 (8.5)	#	307 (8.5)				--	--	--		307 (8.7)		
\$25,000 - \$74,999:																
2 - 19.....	6	(1.1)	1217	243 (5.9)	#	244 (5.9)				--	--	--		244 (6.1)		
20 and over.....	4	(0.6)	1892	346 (6.5)	1*	(0.5) 347 (6.5)				--	--	--		346 (7.2)		
2 and over...	4	(0.6)	3109	321 (5.3)	1*	(0.4) 322 (5.2)	116	315 (30.6)	18*	(8.2)	333 (36.6)		321 (5.8)			
\$75,000 and higher:																
2 - 19.....	12	(2.2)	746	258 (10.3)	#	258 (10.3)	79	265 (22.5)	2*	(0.9)	267 (22.4)		257 (10.8)			
20 and over.....	6	(1.3)	1148	346 (7.7)	5*	(2.9) 352 (6.8)			--	--	--		348 (8.7)			
2 and over...	7	(1.0)	1894	323 (6.8)	4*	(2.2) 327 (6.3)	146	297 (26.1)	54*	(25.4)	350 (40.0)		325 (7.4)			
All Individuals⁹:																
2 - 19.....	8	(1.2)	2884	249 (5.6)	#	249 (5.6)	173	249 (16.5)	3	(0.8)	252 (16.3)		249 (5.2)			
20 and over.....	5	(0.6)	4809	340 (4.8)	2*	(1.0) 343 (4.5)	171	332 (22.2)	52*	(19.1)	384 (35.9)		341 (5.2)			
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)			

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Family income in dollars and age (years)	Percent reporting supplement 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)					
\$0 - \$24,999:																
2 - 19.....	8	(1.5)	735	5.4 (0.32)	1.1 (0.25)	6.5 (0.41)				--	--	--		5.3 (0.33)		
20 and over.....	24	(2.6)	1375	4.2 (0.25)	18.9 (4.95)	23.1 (4.91)	316	4.4 (0.40)	79.0 (15.38)	83.3 (15.41)			4.2 (0.27)			
2 and over...	20	(2.3)	2110	4.5 (0.20)	14.6 (3.88)	19.1 (3.84)	380	4.5 (0.36)	72.4 (14.25)	76.9 (14.26)			4.5 (0.21)			
\$25,000 - \$74,999:																
2 - 19.....	15	(2.7)	1217	5.3 (0.26)	3.7* (1.48)	8.9 (1.42)	152	5.1 (0.59)	25.1* (7.72)	30.1 (7.70)			5.3 (0.27)			
20 and over.....	31	(1.3)	1892	4.4 (0.16)	14.6 (1.74)	19.0 (1.73)	501	5.0 (0.32)	47.2 (5.22)	52.2 (5.11)			4.2 (0.17)			
2 and over...	27	(1.4)	3109	4.6 (0.15)	11.9 (1.43)	16.5 (1.38)	653	5.0 (0.27)	44.3 (4.50)	49.3 (4.37)			4.5 (0.16)			
\$75,000 and higher:																
2 - 19.....	20	(2.1)	746	5.4 (0.30)	3.3 (0.51)	8.7 (0.54)	158	6.1 (0.54)	16.6 (2.59)	22.7 (2.28)			5.2 (0.34)			
20 and over.....	38	(2.3)	1148	5.2 (0.37)	22.1 (4.37)	27.3 (4.35)	383	5.1 (0.29)	57.5 (9.82)	62.7 (9.79)			5.2 (0.59)			
2 and over...	34	(1.8)	1894	5.2 (0.31)	17.2 (3.31)	22.4 (3.34)	541	5.3 (0.27)	51.2 (8.34)	56.4 (8.29)			5.2 (0.46)			
All Individuals⁹:																
2 - 19.....	15	(1.9)	2884	5.3 (0.22)	2.9 (0.61)	8.2 (0.61)	390	5.7 (0.42)	19.2 (3.38)	24.9 (3.29)			5.3 (0.25)			
20 and over.....	32	(1.6)	4809	4.6 (0.14)	19.1 (2.33)	23.7 (2.26)	1322	4.8 (0.17)	59.0 (5.98)	63.8 (5.98)			4.6 (0.18)			
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement vitamin K 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)	µg
\$0 - \$24,999:																			
2 - 19.....	2*	(0.9)	735	73.7	(5.31)	0.6*	(0.32)	74.3	(5.47)		--	--	--	--	--	--	71.5	(4.61)	
20 and over.....	13	(1.7)	1375	110.7	(4.55)	5.9	(0.92)	116.6	(4.65)	160	152.0	(30.03)	45.5	(4.56)	197.5	(30.00)	104.6	(6.53)	
2 and over...	10	(1.4)	2110	101.9	(3.46)	4.6	(0.72)	106.5	(3.55)	172	153.8	(28.30)	45.0	(4.37)	198.8	(28.21)	96.0	(5.06)	
\$25,000 - \$74,999:																			
2 - 19.....	3	(0.9)	1217	58.9	(3.13)	1.4	(0.38)	60.3	(3.30)		--	--	--	--	--	--	58.7	(3.12)	
20 and over.....	18	(1.4)	1892	105.7	(3.15)	7.0	(0.71)	112.7	(3.32)	276	117.0	(8.46)	39.2	(2.22)	156.3	(9.24)	103.3	(3.02)	
2 and over...	14	(1.1)	3109	94.3	(2.94)	5.6	(0.56)	99.9	(3.12)	307	114.3	(8.27)	39.5	(2.04)	153.8	(8.80)	91.0	(2.91)	
\$75,000 and higher:																			
2 - 19.....	3	(0.6)	746	68.0	(2.50)	1.5	(0.36)	69.5	(2.53)		--	--	--	--	--	--	67.0	(2.40)	
20 and over.....	21	(2.0)	1148	142.6	(10.26)	8.2	(0.91)	150.9	(10.51)	206	162.6	(24.04)	40.2	(2.40)	202.8	(24.45)	137.5	(10.56)	
2 and over...	16	(1.5)	1894	123.1	(8.51)	6.5	(0.64)	129.5	(8.72)	239	159.6	(23.35)	40.6	(2.28)	200.2	(23.73)	116.2	(7.91)	
All Individuals ⁹:																			
2 - 19.....	3	(0.5)	2884	66.3	(2.34)	1.2	(0.23)	67.5	(2.38)	81	96.6	(20.20)	44.5	(3.48)	141.1	(20.65)	65.4	(2.29)	
20 and over.....	18	(1.3)	4809	119.7	(4.44)	7.2	(0.57)	127.0	(4.68)	702	143.3	(11.38)	40.7	(1.29)	184.0	(11.82)	114.7	(4.09)	
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)	100.9	(3.50)	

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

L y c o p e n e																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement lycopene 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)	µg
\$0 - \$24,999:																			
2 - 19.....	#		735	4102 (205.9)	1*	(0.7)	4102 (206.1)				--	--	--				4102 (206.1)		
20 and over.....	7	(1.1)	1375	4579 (377.4)	34	(7.0)	4613 (376.1)	83	3283 (562.7)	506	(54.4)	3789 (583.4)	4673 (395.7)						
2 and over...	5	(0.9)	2110	4465 (301.7)	26	(5.4)	4491 (300.8)	84	3287 (559.4)	506	(54.3)	3793 (580.1)	4529 (314.1)						
\$25,000 - \$74,999:																			
2 - 19.....	#		1217	4325 (265.9)	#		4325 (266.0)				--	--	--				4326 (266.1)		
20 and over.....	10	(1.3)	1892	5074 (520.5)	44	(6.4)	5118 (522.1)	155	4046 (539.0)	447	(33.7)	4493 (534.9)	5186 (570.3)						
2 and over...	7	(1.0)	3109	4892 (407.1)	33	(5.0)	4925 (408.7)	156	4041 (538.3)	447	(33.6)	4488 (534.1)	4960 (434.7)						
\$75,000 and higher:																			
2 - 19.....	#		746	4383 (547.3)	#		4383 (547.3)				--	--	--				4386 (547.6)		
20 and over.....	11	(1.8)	1148	5582 (301.2)	140*	(46.2)	5723 (304.5)	112	6509 (730.6)	1259*	(386.4)	7768 (675.4)	5466 (362.3)						
2 and over...	8	(1.4)	1894	5268 (286.7)	104*	(35.1)	5371 (288.3)	114	6491 (728.6)	1256*	(385.5)	7747 (674.8)	5158 (333.0)						
All Individuals ⁹:																			
2 - 19.....	#		2884	4273 (232.4)	#		4273 (232.4)				--	--	--				4275 (232.7)		
20 and over.....	10	(0.9)	4809	5135 (235.6)	75	(17.5)	5210 (237.2)	381	5372 (347.7)	769	(157.3)	6142 (367.1)	5110 (264.3)						
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)	4888 (235.5)						

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 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 —						
Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin 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)
\$0 - \$24,999:																		
2 - 19.....	#		735	876	(107.3)	#		876	(107.3)		--		--		--		876	(107.3)
20 and over.....	8	(0.8)	1375	1388	(90.6)	197*	(102.1)	1585	(145.5)	92	1817	(343.2)	2544*	(1308.4)	4362*	(1401.8)	1352	(110.8)
2 and over...	6	(0.6)	2110	1265	(74.1)	150*	(79.2)	1415	(120.8)	93	1810	(337.3)	2533*	(1302.3)	4343*	(1392.6)	1231	(88.7)
\$25,000 - \$74,999:																		
2 - 19.....	#		1217	724	(43.6)	1*	(0.4)	725	(43.7)		--		--		--		725	(43.7)
20 and over.....	10	(1.4)	1892	1380	(70.2)	200*	(64.4)	1580	(91.7)	156	1393	(183.0)	1956	(550.5)	3349	(516.3)	1378	(80.3)
2 and over...	8	(1.1)	3109	1220	(58.9)	152*	(48.4)	1372	(73.4)	162	1386	(181.8)	1942	(544.6)	3327	(509.8)	1206	(65.3)
\$75,000 and higher:																		
2 - 19.....	2*	(1.0)	746	827	(33.2)	5*	(2.6)	832	(33.5)		--		--		--		825	(33.1)
20 and over.....	12	(1.8)	1148	1938	(169.9)	456*	(198.9)	2394	(257.5)	118	1667	(172.4)	3838*	(1574.6)	5505	(1538.0)	1975	(188.3)
2 and over...	9	(1.2)	1894	1647	(139.3)	337*	(146.4)	1984	(200.7)	129	1628	(166.3)	3644*	(1488.8)	5272	(1457.5)	1649	(150.3)
All Individuals ⁹:																		
2 - 19.....	1	(0.4)	2884	825	(40.8)	2*	(1.0)	827	(41.0)		--		--		--		825	(41.2)
20 and over.....	11	(1.0)	4809	1584	(81.0)	286	(68.6)	1870	(108.4)	409	1752	(200.2)	2684	(508.7)	4436	(504.7)	1564	(89.7)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement calcium ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
\$0 - \$24,999:																			
2 - 19.....	3	(1.0)	735	935	(42.5)	9*	(5.5)	944	(43.1)		--	--	--	--	--		934	(42.1)	
20 and over.....	22	(2.2)	1375	879	(19.8)	88	(10.9)	967	(20.2)	276	903	(40.5)	405	(18.7)	1309	(40.5)	872	(25.9)	
2 and over...	17	(1.9)	2110	892	(19.5)	69	(9.1)	962	(21.2)	295	906	(39.7)	401	(19.9)	1307	(41.4)	890	(24.1)	
\$25,000 - \$74,999:																			
2 - 19.....	5	(1.3)	1217	961	(30.6)	12*	(4.0)	973	(31.7)		--	--	--	--	--		963	(29.2)	
20 and over.....	28	(1.7)	1892	957	(29.0)	140	(15.2)	1098	(35.9)	448	987	(62.3)	493	(33.2)	1480	(65.2)	946	(29.0)	
2 and over...	23	(1.5)	3109	958	(27.5)	109	(12.8)	1067	(33.8)	502	983	(60.4)	477	(32.8)	1460	(63.8)	951	(25.9)	
\$75,000 and higher:																			
2 - 19.....	7	(1.2)	746	1033	(36.7)	12*	(3.7)	1045	(36.8)		--	--	--	--	--		1033	(41.7)	
20 and over.....	33	(2.2)	1148	987	(23.9)	152	(14.3)	1139	(29.4)	321	1006	(39.6)	456	(35.5)	1463	(52.0)	977	(27.6)	
2 and over...	26	(1.6)	1894	999	(20.7)	115	(10.7)	1114	(24.5)	375	1008	(36.3)	437	(31.8)	1445	(46.5)	996	(24.4)	
All Individuals ⁹:																			
2 - 19.....	5	(0.8)	2884	978	(28.4)	11	(2.7)	989	(29.7)	134	985	(71.0)	207	(30.3)	1192	(90.4)	978	(29.6)	
20 and over.....	29	(1.3)	4809	946	(18.5)	135	(9.6)	1081	(22.3)	1158	967	(32.9)	465	(22.4)	1432	(41.1)	938	(20.8)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m														
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:																	
2 - 19.....	2*	(0.8)	735	223 (6.2)	2*	(1.3)	225 (6.9)			--	--	--			222 (5.8)		
20 and over.....	16	(2.3)	1375	279 (4.7)	20	(4.0)	300 (6.8)	187	297 (17.4)	126 (11.5)	423 (21.2)	276 (6.1)					
2 and over...	13	(1.9)	2110	266 (4.2)	16	(3.2)	282 (6.1)	195	297 (17.2)	126 (11.0)	423 (20.7)	262 (5.1)					
\$25,000 - \$74,999:																	
2 - 19.....	3	(1.0)	1217	225 (5.3)	2*	(0.7)	227 (5.3)			--	--	--			224 (5.4)		
20 and over.....	20	(1.5)	1892	296 (7.0)	27	(3.7)	324 (6.7)	313	336 (20.2)	134 (13.9)	470 (20.5)	286 (5.2)					
2 and over...	16	(1.2)	3109	279 (6.7)	21	(3.0)	300 (6.8)	338	332 (19.0)	131 (13.6)	463 (18.4)	269 (5.7)					
\$75,000 and higher:																	
2 - 19.....	4	(0.9)	746	242 (6.4)	7*	(3.1)	249 (7.0)			--	--	--			241 (7.2)		
20 and over.....	23	(2.4)	1148	334 (6.6)	39	(7.1)	373 (11.5)	215	350 (12.2)	169 (20.8)	519 (17.4)	329 (8.2)					
2 and over...	18	(1.9)	1894	310 (6.2)	31	(5.0)	341 (9.4)	238	345 (11.7)	170 (18.1)	515 (14.1)	302 (7.0)					
All Individuals⁹:																	
2 - 19.....	3	(0.6)	2884	231 (3.8)	4*	(1.3)	235 (4.3)			--	--	--			230 (4.1)		
20 and over.....	21	(1.4)	4809	306 (5.2)	30	(3.4)	336 (6.4)	796	334 (11.2)	144 (10.2)	477 (13.2)	299 (5.1)					
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r													
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
\$0 - \$24,999:																
2 - 19.....	2*	(0.8)	735	0.9 (0.03)	#	0.9 (0.04)				--	--	--			0.9 (0.03)	
20 and over.....	15	(1.2)	1375	1.1 (0.03)	0.2 (0.02)	1.3 (0.04)	181	1.2 (0.10)	1.4 (0.13)	2.7 (0.18)					1.1 (0.03)	
2 and over...	12	(1.1)	2110	1.1 (0.02)	0.2 (0.02)	1.2 (0.03)	193	1.2 (0.10)	1.4 (0.12)	2.7 (0.18)					1.0 (0.02)	
\$25,000 - \$74,999:																
2 - 19.....	2	(0.6)	1217	0.9 (0.02)	#	0.9 (0.03)				--	--	--			0.9 (0.02)	
20 and over.....	19	(1.3)	1892	1.2 (0.02)	0.2 (0.02)	1.4 (0.03)	302	1.3 (0.05)	1.2 (0.08)	2.5 (0.10)					1.2 (0.02)	
2 and over...	15	(1.0)	3109	1.1 (0.02)	0.2 (0.01)	1.3 (0.03)	330	1.2 (0.05)	1.2 (0.08)	2.5 (0.10)					1.1 (0.02)	
\$75,000 and higher:																
2 - 19.....	3	(0.6)	746	1.0 (0.02)	#	1.0 (0.02)				--	--	--			1.0 (0.02)	
20 and over.....	22	(2.1)	1148	1.4 (0.03)	0.3 (0.03)	1.7 (0.05)	223	1.5 (0.08)	1.3 (0.08)	2.8 (0.06)					1.3 (0.03)	
2 and over...	17	(1.6)	1894	1.3 (0.03)	0.2 (0.02)	1.5 (0.05)	253	1.5 (0.07)	1.3 (0.08)	2.8 (0.06)					1.2 (0.03)	
All Individuals⁹:																
2 - 19.....	2	(0.4)	2884	0.9 (0.02)	#	0.9 (0.02)	76	1.1 (0.07)	1.3 (0.13)	2.3 (0.09)					0.9 (0.02)	
20 and over.....	19	(1.2)	4809	1.2 (0.02)	0.2 (0.01)	1.5 (0.03)	777	1.3 (0.05)	1.3 (0.04)	2.6 (0.06)					1.2 (0.02)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Percent reporting supplement 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)						
\$0 - \$24,999:																	
2 - 19.....	1*	(0.7)	735	2075 (53.6)	#	2075 (53.6)				--	--	--		2065 (52.6)			
20 and over.....	12	(1.4)	1375	2446 (44.9)	16 (3.2)	2463 (45.7)	161	2775 (129.4)	138 (17.0)	2913 (130.5)	2403 (57.5)						
2 and over...	9	(1.2)	2110	2358 (43.8)	12 (2.5)	2370 (44.8)	167	2778 (133.0)	134 (16.1)	2913 (135.0)	2315 (50.6)						
\$25,000 - \$74,999:																	
2 - 19.....	1*	(0.3)	1217	2051 (30.0)	1* (0.4)	2052 (29.9)		--	--	--	2049 (30.6)						
20 and over.....	15	(1.7)	1892	2555 (47.7)	19 (3.3)	2574 (48.0)	229	2866 (105.9)	129 (18.0)	2995 (104.2)	2502 (55.1)						
2 and over...	11	(1.3)	3109	2433 (43.0)	15 (2.6)	2447 (43.3)	242	2853 (100.9)	129 (17.8)	2981 (99.1)	2379 (48.3)						
\$75,000 and higher:																	
2 - 19.....	2*	(0.6)	746	2126 (57.8)	1* (0.3)	2127 (57.6)		--	--	--	2123 (58.2)						
20 and over.....	17	(2.3)	1148	2845 (48.9)	17 (2.6)	2861 (49.2)	150	3066 (154.5)	98 (8.2)	3165 (154.5)	2800 (63.4)						
2 and over...	13	(1.8)	1894	2656 (45.7)	12 (2.1)	2669 (46.5)	162	3043 (144.9)	96 (8.1)	3139 (145.0)	2599 (56.5)						
All Individuals⁹:																	
2 - 19.....	1	(0.2)	2884	2084 (30.8)	1 (0.2)	2084 (30.7)		--	--	--	2080 (30.4)						
20 and over.....	15	(1.1)	4809	2637 (39.1)	18 (1.9)	2654 (39.2)	601	2896 (87.9)	115 (7.4)	3011 (88.0)	2590 (47.2)						
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting selenium 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)	µg
\$0 - \$24,999:																			
2 - 19.....	2*	(0.8)	735	95.1	(2.37)	0.4*	(0.27)	95.5	(2.44)		--	--	--	--	--	--	95.2	(2.41)	
20 and over.....	15	(1.5)	1375	110.7	(3.78)	9.1	(1.47)	119.8	(4.12)	176	105.8	(6.66)	60.3	(5.88)	166.1	(8.82)	111.6	(4.69)	
2 and over...	12	(1.3)	2110	107.0	(2.83)	7.0	(1.13)	114.0	(3.10)	183	105.2	(6.55)	59.3	(5.80)	164.5	(8.72)	107.2	(3.45)	
\$25,000 - \$74,999:																			
2 - 19.....	2	(0.8)	1217	93.3	(2.21)	0.6*	(0.26)	93.9	(2.35)		--	--	--	--	--	--	93.2	(2.29)	
20 and over.....	18	(1.3)	1892	116.2	(2.34)	10.8	(0.90)	127.1	(2.55)	296	112.1	(4.94)	58.7	(4.19)	170.8	(6.57)	117.2	(2.13)	
2 and over...	14	(1.1)	3109	110.7	(2.10)	8.3	(0.74)	119.0	(2.28)	312	111.6	(4.83)	57.9	(3.91)	169.5	(6.27)	110.5	(2.03)	
\$75,000 and higher:																			
2 - 19.....	2*	(0.5)	746	102.3	(3.42)	0.8*	(0.28)	103.1	(3.31)		--	--	--	--	--	--	102.0	(3.60)	
20 and over.....	22	(2.4)	1148	120.6	(3.83)	14.3	(1.96)	134.9	(4.55)	218	125.3	(5.18)	63.8	(5.09)	189.1	(6.91)	119.2	(4.01)	
2 and over...	17	(1.9)	1894	115.8	(3.49)	10.7	(1.49)	126.5	(4.07)	235	125.2	(4.77)	63.2	(4.92)	188.4	(6.46)	113.9	(3.58)	
All Individuals ⁹:																			
2 - 19.....	2	(0.4)	2884	97.0	(1.48)	0.6	(0.19)	97.6	(1.51)		--	--	--	--	--	--	96.9	(1.50)	
20 and over.....	19	(1.3)	4809	115.9	(2.00)	11.5	(0.92)	127.3	(2.17)	756	115.3	(3.17)	59.7	(2.86)	175.0	(4.65)	116.0	(2.22)	
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 + $(1.7 * \mu\text{g}$ 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 income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

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

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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