

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Percent reporting thiamin ⁹ % (SE)		T h i a m i n													
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸			
			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)					
Under 131% poverty:																
2 - 19.....	4	(1.1)	1071	1.51 (0.037)	0.14* (0.058)	1.65 (0.070)									1.51 (0.039)	
20 and over.....	14	(1.6)	1371	1.51 (0.037)	1.74 (0.503)	3.25 (0.503)	170	1.51 (0.076)	12.89 (3.531)	14.39 (3.522)				1.51 (0.038)		
2 and over...	11	(1.3)	2442	1.51 (0.025)	1.22 (0.350)	2.72 (0.350)	208	1.48 (0.070)	11.53 (2.844)	13.01 (2.829)				1.51 (0.025)		
131-350% poverty:																
2 - 19.....	3	(1.0)	1053	1.53 (0.046)	0.04* (0.014)	1.57 (0.050)								1.53 (0.050)		
20 and over.....	22	(2.0)	1747	1.57 (0.022)	2.31 (0.466)	3.89 (0.462)	334	1.61 (0.071)	10.42 (2.270)	12.03 (2.237)				1.56 (0.022)		
2 and over...	17	(1.3)	2800	1.56 (0.018)	1.71 (0.354)	3.27 (0.356)	370	1.59 (0.067)	9.95 (2.098)	11.54 (2.063)				1.55 (0.022)		
Over 350% poverty:																
2 - 19.....	5	(1.0)	529	1.54 (0.045)	0.11* (0.057)	1.65 (0.075)								1.54 (0.048)		
20 and over.....	25	(1.9)	1230	1.64 (0.031)	3.29 (0.543)	4.93 (0.558)	282	1.67 (0.059)	13.12 (1.987)	14.79 (2.015)				1.62 (0.037)		
2 and over...	21	(1.7)	1759	1.62 (0.030)	2.71 (0.466)	4.33 (0.479)	318	1.67 (0.059)	12.70 (1.891)	14.36 (1.919)				1.60 (0.035)		
All Individuals¹⁰:																
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.).

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Family income as % of poverty level and age (years)	Percent reporting supplement riboflavin ⁹ % (SE)		R i b o f l a v i n												
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸		
			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)				
Under 131% poverty:															
2 - 19.....	4	(1.1)	1071	1.83 (0.041)	0.14* (0.058)	1.97 (0.064)				--	--	--		1.83 (0.046)	
20 and over.....	14	(1.5)	1371	1.98 (0.059)	1.14 (0.284)	3.12 (0.292)	167	2.03 (0.082)	8.20 (1.766)	10.22 (1.793)			1.97 (0.063)		
2 and over...	11	(1.2)	2442	1.93 (0.037)	0.81 (0.204)	2.74 (0.211)	205	2.00 (0.089)	7.51 (1.507)	9.51 (1.527)			1.92 (0.037)		
131-350% poverty:															
2 - 19.....	4	(1.0)	1053	1.93 (0.065)	0.14* (0.078)	2.07 (0.107)			--	--	--		1.94 (0.066)		
20 and over.....	22	(2.0)	1747	2.20 (0.051)	1.46 (0.213)	3.66 (0.204)	331	2.35 (0.090)	6.60 (1.062)	8.96 (1.024)			2.15 (0.051)		
2 and over...	17	(1.4)	2800	2.13 (0.042)	1.11 (0.162)	3.23 (0.158)	367	2.32 (0.081)	6.43 (0.957)	8.75 (0.917)			2.09 (0.042)		
Over 350% poverty:															
2 - 19.....	4	(0.9)	529	1.95 (0.085)	0.12* (0.057)	2.07 (0.102)			--	--	--		1.95 (0.090)		
20 and over.....	25	(1.9)	1230	2.28 (0.051)	2.98* (1.140)	5.26 (1.145)	284	2.34 (0.064)	11.72* (4.160)	14.06 (4.169)			2.26 (0.066)		
2 and over...	22	(1.7)	1759	2.22 (0.048)	2.46* (0.931)	4.68 (0.933)	316	2.33 (0.063)	11.39* (4.058)	13.72 (4.068)			2.19 (0.062)		
All Individuals¹⁰:															
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.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement niacin ⁹ % (SE)		N i a c i n																	
			All Individuals ⁶								Supplement Users ⁷								Non-users ⁸	
			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)									
Under 131% poverty:																				
2 - 19.....	5	(1.2)	1071	21.1 (0.53)	0.8 (0.21)	21.8 (0.53)					--	--	--				21.2 (0.55)			
20 and over.....	14	(1.6)	1371	25.0 (0.69)	4.9 (1.16)	30.0 (1.22)	180	23.8 (1.61)	34.1 (6.62)	57.9 (6.74)							25.2 (0.67)			
2 and over...	11	(1.3)	2442	23.7 (0.34)	3.6 (0.84)	27.3 (0.88)	221	23.1 (1.35)	31.6 (5.59)	54.8 (5.64)							23.8 (0.32)			
131-350% poverty:																				
2 - 19.....	4	(1.1)	1053	21.5 (0.61)	0.5 (0.14)	22.0 (0.66)			--	--	--						21.4 (0.65)			
20 and over.....	24	(1.8)	1747	26.4 (0.61)	9.4 (1.59)	35.8 (1.34)	358	26.1 (1.21)	38.7 (6.17)	64.9 (5.61)							26.5 (0.66)			
2 and over...	19	(1.2)	2800	25.1 (0.44)	7.0 (1.14)	32.1 (1.04)	402	25.9 (1.11)	37.3 (5.77)	63.2 (5.20)							24.9 (0.47)			
Over 350% poverty:																				
2 - 19.....	9	(1.7)	529	21.8 (1.01)	1.7* (0.59)	23.4 (1.12)			--	--	--						21.8 (1.13)			
20 and over.....	28	(1.9)	1230	27.4 (0.80)	11.9 (2.27)	39.2 (2.22)	321	27.8 (1.32)	42.5 (6.94)	70.3 (6.96)							27.2 (1.14)			
2 and over...	25	(1.6)	1759	26.3 (0.74)	10.0 (1.92)	36.3 (1.96)	372	27.3 (1.29)	40.7 (6.58)	68.0 (6.72)							26.0 (0.97)			
All Individuals¹⁰:																				
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)			

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Family income as % of poverty level and age (years)		Percent reporting supplement vitamin B6 ⁹ % (SE)		V i t a m i n B 6						—All Individuals ⁶ — —Supplement Users ⁷ — —Non-users ⁸ —					
				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)			
Under 131% poverty:															
2 - 19.....	10	(1.9)	1071	1.67 (0.056)	0.21* (0.065)	1.88 (0.075)	99	1.55 (0.058)	2.21 (0.576)	3.76 (0.593)	1.68 (0.062)				
20 and over.....	15	(1.7)	1371	2.05 (0.092)	1.76 (0.332)	3.82 (0.302)	190	1.95 (0.136)	11.39 (1.712)	13.34 (1.735)	2.07 (0.102)				
2 and over...	14	(1.4)	2442	1.93 (0.050)	1.25 (0.238)	3.18 (0.225)	289	1.86 (0.103)	9.26 (1.465)	11.12 (1.484)	1.94 (0.057)				
131-350% poverty:															
2 - 19.....	15	(2.0)	1053	1.73 (0.060)	0.41* (0.154)	2.14 (0.152)	144	1.84 (0.131)	2.66* (1.024)	4.50 (0.982)	1.71 (0.071)				
20 and over.....	26	(1.7)	1747	2.17 (0.064)	2.03 (0.245)	4.20 (0.250)	380	2.28 (0.164)	7.84 (1.057)	10.12 (1.120)	2.13 (0.062)				
2 and over...	23	(1.2)	2800	2.05 (0.041)	1.60 (0.179)	3.65 (0.179)	524	2.20 (0.130)	6.92 (0.800)	9.12 (0.844)	2.00 (0.047)				
Over 350% poverty:															
2 - 19.....	20	(2.1)	529	1.65 (0.075)	0.58* (0.209)	2.23 (0.219)	115	1.50 (0.105)	2.87* (0.949)	4.37 (0.967)	1.69 (0.079)				
20 and over.....	30	(2.2)	1230	2.23 (0.091)	3.53 (0.952)	5.76 (0.963)	341	2.27 (0.114)	11.82 (2.644)	14.10 (2.693)	2.21 (0.120)				
2 and over...	28	(1.8)	1759	2.12 (0.078)	2.99 (0.778)	5.12 (0.787)	456	2.17 (0.099)	10.65 (2.365)	12.82 (2.406)	2.10 (0.099)				
All Individuals¹⁰:															
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 as % of poverty level and age (years)	Percent reporting supplement folic acid ⁹ % (SE)		F o l i c a c i d																	
			All Individuals ⁶								Supplement Users ⁷								-Non-users ⁸ -	
			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)									
Under 131% poverty:																				
2 - 19.....	9	(1.9)	1071	207 (8.3)	21 (5.4)	228 (9.3)	97	166 (16.8)	228 (24.9)	393 (32.2)	211 (9.3)									
20 and over.....	15	(1.4)	1371	158 (5.6)	70 (8.3)	228 (8.6)	193	149 (17.2)	464 (32.6)	613 (36.5)	160 (5.6)									
2 and over...	13	(1.2)	2442	174 (4.7)	54 (6.0)	228 (5.6)	290	153 (14.0)	408 (27.8)	562 (29.4)	177 (5.2)									
131-350% poverty:																				
2 - 19.....	16	(2.6)	1053	210 (10.4)	25 (4.5)	236 (11.8)	144	179 (25.3)	161 (8.7)	340 (25.8)	216 (11.6)									
20 and over.....	25	(1.8)	1747	170 (4.7)	143 (18.6)	313 (21.6)	381	164 (11.6)	570 (60.5)	734 (63.2)	172 (3.9)									
2 and over...	23	(1.3)	2800	181 (5.2)	111 (12.1)	292 (14.6)	525	167 (10.5)	493 (52.4)	660 (55.2)	185 (4.7)									
Over 350% poverty:																				
2 - 19.....	19	(2.1)	529	194 (8.0)	46 (7.7)	239 (9.2)	110	167 (17.3)	243 (28.8)	410 (32.0)	200 (11.0)									
20 and over.....	30	(2.2)	1230	179 (7.4)	166 (26.9)	345 (28.1)	341	203 (16.7)	553 (74.8)	757 (75.3)	168 (7.8)									
2 and over...	28	(1.7)	1759	182 (6.5)	144 (22.5)	325 (23.4)	451	199 (14.9)	515 (65.4)	714 (64.5)	175 (7.1)									
All Individuals¹⁰:																				
2 - 19.....	14	(1.9)	2884	203 (5.7)	29 (4.6)	233 (5.9)	366	177 (15.7)	208 (15.0)	384 (20.6)	208 (6.1)									
20 and over.....	25	(1.4)	4809	171 (4.0)	136 (14.5)	307 (15.2)	1015	182 (10.8)	538 (41.9)	719 (42.3)	168 (2.8)									
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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Family income as % of poverty level and age (years)	Percent reporting supplement folate (DFE) ⁹ % (SE)		F o l a t e (D F E)														
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸				
			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)						
Under 131% poverty:																	
2 - 19.....	9	(1.9)	1071	503 (15.3)	36 (9.1)	539 (17.1)	97	432 (34.1)	387 (42.3)	819 (50.7)	510 (17.3)						
20 and over.....	15	(1.4)	1371	479 (12.5)	118 (14.2)	597 (18.7)	193	493 (36.4)	788 (55.4)	1281 (66.6)	477 (12.2)						
2 and over...	13	(1.2)	2442	487 (9.2)	91 (10.2)	578 (12.7)	290	478 (30.7)	694 (47.2)	1173 (55.1)	488 (10.1)						
131-350% poverty:																	
2 - 19.....	16	(2.6)	1053	508 (19.1)	43 (7.6)	551 (21.6)	144	458 (44.8)	274 (14.8)	731 (46.6)	518 (21.4)						
20 and over.....	25	(1.8)	1747	503 (9.2)	243 (31.6)	746 (36.2)	381	490 (22.1)	969 (102.8)	1458 (107.3)	508 (7.8)						
2 and over...	23	(1.3)	2800	504 (8.2)	189 (20.5)	693 (23.3)	525	484 (20.0)	839 (89.1)	1322 (94.2)	511 (6.7)						
Over 350% poverty:																	
2 - 19.....	19	(2.1)	529	492 (15.9)	78 (13.1)	570 (14.8)	110	460 (32.1)	413 (49.0)	873 (57.4)	499 (22.6)						
20 and over.....	30	(2.2)	1230	538 (16.0)	282 (45.8)	820 (49.7)	341	583 (32.8)	941 (127.2)	1523 (132.1)	519 (16.8)						
2 and over...	28	(1.7)	1759	530 (13.5)	245 (38.2)	774 (42.1)	451	568 (29.0)	876 (111.1)	1443 (112.6)	515 (14.4)						
All Individuals¹⁰:																	
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 as % of poverty level and age (years)	Percent reporting supplement choline ⁹ % (SE)		C h o l i n e													
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			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)					
Under 131% poverty:																
2 - 19.....	4	(0.8)	1071	245 (4.6)	#	245 (4.6)				--	--	--		245 (4.5)		
20 and over.....	2	(0.7)	1371	331 (7.3)	#	331 (7.3)				--	--	--		332 (7.5)		
2 and over...	3	(0.6)	2442	302 (4.5)	#	303 (4.5)				--	--	--		304 (4.5)		
131-350% poverty:																
2 - 19.....	9	(1.5)	1053	247 (9.7)	#	247 (9.8)	73	240 (19.8)	3* (1.2)	243 (19.6)			248 (9.7)			
20 and over.....	4	(0.7)	1747	341 (9.1)	3* (2.3)	344 (9.0)		--	--	--			343 (9.6)			
2 and over...	5	(0.8)	2800	316 (7.1)	2* (1.6)	318 (6.6)	130	280 (13.0)	39* (28.7)	319 (32.3)			318 (7.5)			
Over 350% poverty:																
2 - 19.....	11	(2.1)	529	256 (14.0)	#	257 (14.0)		--	--	--			255 (14.6)			
20 and over.....	5	(1.3)	1230	349 (7.6)	3* (1.8)	352 (8.3)		--	--	--			348 (7.9)			
2 and over...	7	(1.2)	1759	332 (6.9)	3* (1.5)	335 (7.5)	128	331 (30.7)	39* (17.9)	370 (45.3)			332 (6.9)			
All Individuals¹⁰:																
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)			

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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting vitamin B12 ⁹ % (SE)		V i t a m i n B 1 2						—All Individuals ⁶ — —Supplement Users ⁷ — —Non-users ⁸ —								
			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
Under 131% poverty:																	
2 - 19.....	9	(1.9)	1071	4.35 (0.162)	5.3* (4.16)	9.6* (4.17)	98	3.73 (0.249)	55.5* (44.09)	59.2* (44.02)	4.42 (0.161)						
20 and over.....	17	(1.5)	1371	4.55 (0.238)	75.8* (29.44)	80.3* (29.55)	213	4.05 (0.253)	447.2*(184.32)	451.3*(184.44)	4.66 (0.256)						
2 and over...	14	(1.4)	2442	4.49 (0.145)	52.6* (19.15)	57.1* (19.22)	311	3.98 (0.214)	362.7*(140.39)	366.7*(140.48)	4.57 (0.150)						
131-350% poverty:																	
2 - 19.....	15	(2.1)	1053	4.73 (0.173)	1.0 (0.18)	5.7 (0.28)	143	5.06 (0.438)	6.6 (0.55)	11.7 (0.62)	4.67 (0.196)						
20 and over.....	28	(1.9)	1747	5.22 (0.284)	98.3 (19.98)	103.6 (19.95)	418	4.79 (0.233)	352.3 (57.30)	357.1 (57.30)	5.39 (0.375)						
2 and over...	24	(1.3)	2800	5.09 (0.196)	72.2 (14.75)	77.3 (14.71)	561	4.83 (0.181)	296.3 (52.25)	301.1 (52.23)	5.18 (0.266)						
Over 350% poverty:																	
2 - 19.....	19	(2.1)	529	4.54 (0.262)	27.8* (22.92)	32.3* (22.84)	114	4.11 (0.351)	143.6*(123.08)	147.7*(123.09)	4.64 (0.288)						
20 and over.....	32	(2.0)	1230	5.13 (0.225)	124.1* (40.69)	129.3* (40.69)	363	5.30 (0.341)	382.6 (113.33)	387.9 (113.20)	5.05 (0.294)						
2 and over...	30	(1.7)	1759	5.02 (0.201)	106.5 (29.85)	111.5 (29.87)	477	5.16 (0.283)	354.4 (88.07)	359.6 (87.96)	4.96 (0.260)						
All Individuals¹⁰:																	
2 - 19.....	14	(1.8)	2884	4.53 (0.125)	9.4* (4.91)	13.9* (4.93)	372	4.40 (0.211)	66.5* (35.94)	70.9* (36.01)	4.55 (0.138)						
20 and over.....	28	(1.6)	4809	4.97 (0.122)	103.8 (21.06)	108.7 (21.02)	1116	4.85 (0.208)	372.2 (65.17)	377.1 (65.09)	5.02 (0.158)						
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting vitamin C ⁹ % (SE)		V i t a m i n C																	
			All Individuals ⁶								Supplement Users ⁷								Non-users ⁸	
			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)									
Under 131% poverty:																				
2 - 19.....	10	(2.1)	1071	71.6 (3.13)	11.3* (3.44)	82.9 (4.97)	107	92.2 (15.75)	108.3 (20.07)	200.5 (23.00)	69.2 (3.00)									
20 and over.....	17	(1.1)	1371	75.7 (5.89)	50.9 (8.11)	126.6 (10.92)	214	91.8 (11.66)	293.7 (35.15)	385.5 (31.73)	72.3 (6.81)									
2 and over...	15	(1.3)	2442	74.4 (4.53)	37.9 (6.06)	112.2 (8.29)	321	91.9 (8.95)	251.3 (26.88)	343.2 (22.93)	71.3 (5.08)									
131-350% poverty:																				
2 - 19.....	18	(2.6)	1053	61.7 (4.25)	38.9* (18.88)	100.6 (18.49)	160	73.2 (8.72)	219.1* (96.24)	292.3* (95.50)	59.2 (3.81)									
20 and over.....	29	(2.0)	1747	74.1 (2.87)	78.7 (7.21)	152.8 (7.10)	448	77.2 (5.07)	270.5 (20.97)	347.7 (19.16)	72.8 (3.08)									
2 and over...	26	(1.5)	2800	70.8 (2.80)	68.0 (7.25)	138.8 (6.24)	608	76.5 (4.88)	261.1 (27.22)	337.6 (25.23)	68.8 (2.78)									
Over 350% poverty:																				
2 - 19.....	22	(2.7)	529	67.3 (4.41)	11.2 (1.44)	78.5 (4.30)	124	76.8 (4.21)	51.4 (7.43)	128.3 (8.44)	64.7 (5.52)									
20 and over.....	33	(2.3)	1230	83.8 (4.11)	111.8 (16.79)	195.6 (16.91)	373	86.8 (5.67)	339.5 (44.20)	426.3 (44.14)	82.3 (5.07)									
2 and over...	31	(1.9)	1759	80.8 (3.89)	93.4 (13.85)	174.2 (14.47)	497	85.5 (4.96)	302.3 (38.23)	387.8 (37.82)	78.7 (4.69)									
All Individuals¹⁰:																				
2 - 19.....	16	(1.9)	2884	66.9 (3.23)	21.4* (7.40)	88.3 (7.37)	409	78.4 (6.35)	131.9* (44.14)	210.3 (42.82)	64.7 (2.92)									
20 and over.....	29	(1.4)	4809	79.2 (2.56)	87.4 (8.66)	166.6 (8.97)	1157	85.8 (3.36)	305.8 (23.84)	391.6 (24.81)	76.5 (3.07)									
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting vitamin K ⁹		V i t a m i n K															
			All Individuals ⁶						Supplement Users ⁷				Non-users 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)				
Under 131% poverty:																		
2 - 19.....	2	(0.9)	1071	66.4	(3.72)	0.9*	(0.40)	67.3	(3.81)		--	--	--		65.0	(3.24)		
20 and over.....	10	(1.3)	1371	106.2	(6.53)	5.0	(1.04)	111.2	(6.59)	121	165.3	(48.11)	51.4	(6.43)	216.7	(49.55)	99.9	(7.44)
2 and over...	7	(1.0)	2442	93.1	(4.50)	3.6	(0.68)	96.7	(4.62)	141	162.0	(42.36)	50.4	(5.96)	212.4	(43.88)	87.8	(4.92)
131-350% poverty:																		
2 - 19.....	3	(1.0)	1053	62.1	(3.63)	1.3*	(0.50)	63.4	(3.78)		--	--	--		61.0	(3.26)		
20 and over.....	19	(1.5)	1747	108.4	(4.54)	7.4	(0.71)	115.8	(4.69)	280	115.8	(8.47)	39.3	(2.65)	155.1	(9.07)	106.6	(4.77)
2 and over...	15	(1.0)	2800	95.9	(3.77)	5.8	(0.50)	101.7	(3.86)	310	114.8	(8.84)	39.6	(2.40)	154.4	(9.17)	92.7	(3.79)
Over 350% poverty:																		
2 - 19.....	3*	(0.5)	529	69.0	(3.42)	1.6	(0.33)	70.6	(3.29)		--	--	--		68.7	(3.61)		
20 and over.....	20	(1.7)	1230	138.6	(8.06)	8.0	(0.83)	146.6	(8.26)	231	158.7	(21.98)	39.6	(2.45)	198.4	(22.53)	133.5	(8.21)
2 and over...	17	(1.5)	1759	125.9	(6.98)	6.9	(0.66)	132.7	(7.18)	256	155.9	(21.33)	39.9	(2.35)	195.8	(21.89)	119.6	(6.75)
All Individuals¹⁰:																		
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement lutein + zeaxanthin ⁹		L u t e i n + z e a x a n t h i n											
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸	
			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)			
Under 131% poverty:														
2 - 19.....	#		1071	800 (77.4)	#	800 (77.4)								801 (77.4)
20 and over.....	7 (0.9)		1371	1384 (125.6)	70* (29.7)	1454 (134.8)	73	1864 (454.5)	1071* (426.0)	2935 (802.5)			1350 (144.2)	
2 and over...	4 (0.7)		2442	1192 (92.3)	47* (20.2)	1239 (99.8)	74	1854 (446.4)	1065* (423.5)	2920 (792.8)			1161 (102.4)	
131-350% poverty:														
2 - 19.....	#		1053	769 (67.9)	1* (0.4)	769 (68.1)								769 (68.1)
20 and over.....	10 (1.4)		1747	1338 (88.3)	235* (79.7)	1573 (114.0)	148	1301 (241.1)	2460* (867.8)	3761 (830.6)			1342 (89.9)	
2 and over...	7 (1.0)		2800	1185 (73.5)	172* (56.9)	1357 (87.3)	153	1295 (239.1)	2441* (855.4)	3735 (817.3)			1177 (74.7)	
Over 350% poverty:														
2 - 19.....	3* (1.4)		529	837 (44.2)	7* (3.6)	844 (43.6)								834 (45.0)
20 and over.....	13 (1.5)		1230	1912 (141.4)	458* (173.4)	2370 (233.6)	144	1701 (136.6)	3557*(1213.2)	5258 (1181.7)			1943 (157.8)	
2 and over...	11 (1.1)		1759	1715 (117.2)	375* (143.3)	2091 (196.7)	156	1667 (133.8)	3411*(1163.6)	5078 (1137.0)			1721 (128.4)	
All Individuals¹⁰:														
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement calcium ⁹ % (SE)		C a l c i u m															
			All Individuals ⁶						Supplement Users ⁷						Non-users ⁸			
			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)							
Under 131% poverty:																		
2 - 19.....	4	(1.1)	1071	921 (35.2)	10* (4.2)	932 (36.2)					--	--	--				920 (35.9)	
20 and over.....	18	(1.6)	1371	892 (30.3)	76 (10.4)	967 (25.4)	226	908 (43.0)	420 (40.1)	1328 (49.4)				888 (31.4)				
2 and over...	13	(1.3)	2442	901 (24.1)	54 (8.1)	956 (20.9)	261	912 (41.6)	404 (38.8)	1316 (48.1)				900 (24.0)				
131-350% poverty:																		
2 - 19.....	5	(1.1)	1053	1012 (33.3)	10* (3.5)	1022 (33.9)					--	--	--				1017 (33.1)	
20 and over.....	28	(1.7)	1747	960 (29.6)	128 (11.6)	1088 (33.3)	422	997 (56.8)	459 (23.9)	1455 (59.0)				946 (28.8)				
2 and over...	22	(1.2)	2800	974 (27.1)	96 (8.3)	1070 (30.7)	470	993 (55.4)	442 (23.8)	1434 (57.0)				969 (25.3)				
Over 350% poverty:																		
2 - 19.....	7	(1.4)	529	1015 (44.7)	15* (4.4)	1029 (45.0)					--	--	--				1013 (50.7)	
20 and over.....	34	(2.0)	1230	977 (22.4)	165 (13.1)	1142 (29.6)	377	992 (36.6)	480 (38.7)	1471 (54.4)				969 (28.1)				
2 and over...	29	(1.7)	1759	984 (20.4)	137 (11.3)	1121 (27.3)	420	994 (33.8)	466 (35.0)	1461 (49.5)				979 (25.0)				
All Individuals¹⁰:																		
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement magnesium ⁹ % (SE)		M a g n e s i u m														
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸				
			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)						
Under 131% poverty:																	
2 - 19.....	2	(0.7)	1071	218 (4.7)	2* (1.1)	221 (5.3)					--	--	--			217 (4.5)	
20 and over.....	13	(1.9)	1371	275 (6.7)	15 (2.9)	290 (7.6)	146	305 (23.9)	117 (16.9)	422 (30.9)	271 (7.1)						
2 and over...	9	(1.4)	2442	256 (4.7)	11 (2.0)	267 (5.3)	161	304 (23.0)	116 (15.4)	420 (29.2)	252 (4.6)						
131-350% poverty:																	
2 - 19.....	3	(0.8)	1053	235 (5.3)	1* (0.6)	237 (5.3)					--	--	--			235 (5.4)	
20 and over.....	20	(1.3)	1747	300 (6.2)	29 (3.5)	329 (7.3)	299	336 (20.3)	143 (17.2)	479 (28.4)	291 (4.9)						
2 and over...	16	(0.9)	2800	282 (5.5)	22 (2.7)	304 (6.5)	322	332 (18.6)	139 (16.0)	471 (25.1)	273 (4.3)						
Over 350% poverty:																	
2 - 19.....	4	(1.2)	529	241 (7.6)	9* (4.1)	250 (8.7)					--	--	--			240 (8.7)	
20 and over.....	24	(2.4)	1230	328 (6.8)	38 (5.8)	366 (9.3)	259	343 (10.3)	157 (13.5)	500 (14.4)	324 (8.3)						
2 and over...	21	(2.0)	1759	312 (5.8)	33 (4.6)	345 (8.3)	277	340 (9.8)	159 (12.0)	499 (11.9)	305 (7.3)						
All Individuals¹⁰:																	
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement copper ⁹ % (SE)		C o p p e r															
			All Individuals ⁶						Supplement Users ⁷						Non-users ⁸			
			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)							
Under 131% poverty:																		
2 - 19.....	2	(0.8)	1071	0.9 (0.02)	#	0.9 (0.03)				--	--	--					0.9 (0.02)	
20 and over.....	11	(1.2)	1371	1.1 (0.03)	0.1 (0.03)	1.3 (0.04)	136	1.3 (0.12)	1.3 (0.20)	2.6 (0.23)							1.1 (0.03)	
2 and over...	8	(0.9)	2442	1.0 (0.02)	0.1 (0.02)	1.1 (0.03)	156	1.3 (0.11)	1.3 (0.18)	2.6 (0.21)							1.0 (0.02)	
131-350% poverty:																		
2 - 19.....	2	(0.7)	1053	0.9 (0.02)	#	0.9 (0.02)			--	--	--						0.9 (0.02)	
20 and over.....	20	(1.8)	1747	1.2 (0.02)	0.3 (0.02)	1.5 (0.03)	308	1.3 (0.04)	1.3 (0.07)	2.6 (0.07)							1.2 (0.02)	
2 and over...	15	(1.2)	2800	1.1 (0.01)	0.2 (0.02)	1.3 (0.03)	335	1.3 (0.04)	1.3 (0.07)	2.6 (0.07)							1.1 (0.02)	
Over 350% poverty:																		
2 - 19.....	3*	(0.6)	529	1.0 (0.03)	#	1.0 (0.03)			--	--	--						1.0 (0.03)	
20 and over.....	22	(1.7)	1230	1.3 (0.03)	0.3 (0.02)	1.6 (0.04)	250	1.4 (0.07)	1.3 (0.08)	2.7 (0.08)							1.3 (0.03)	
2 and over...	19	(1.5)	1759	1.3 (0.03)	0.2 (0.02)	1.5 (0.04)	272	1.4 (0.06)	1.3 (0.08)	2.7 (0.08)							1.2 (0.03)	
All Individuals¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement potassium ⁹ % (SE)		P o t a s s i u m													
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			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)					
Under 131% poverty:																
2 - 19.....	1*	(0.5)	1071	2044 (41.0)	1*	(0.4)	2045 (40.9)			--	--	--		2035 (41.6)		
20 and over.....	10	(1.4)	1371	2421 (56.3)	13	(2.4)	2434 (56.3)	124	2852 (169.0)	131	(16.6)	2983 (170.3)		2375 (62.3)		
2 and over...	7	(1.1)	2442	2297 (43.7)	9	(1.8)	2306 (43.9)	132	2853 (164.7)	127	(15.1)	2980 (167.0)		2256 (44.4)		
131-350% poverty:																
2 - 19.....	1*	(0.2)	1053	2092 (42.4)	1	(0.3)	2093 (42.4)			--	--	--		2090 (43.1)		
20 and over.....	14	(1.6)	1747	2575 (54.7)	17	(3.2)	2592 (55.6)	228	2824 (104.7)	121	(14.5)	2945 (113.8)		2533 (61.5)		
2 and over...	11	(1.1)	2800	2445 (45.8)	13	(2.3)	2458 (46.2)	240	2814 (99.9)	121	(14.4)	2934 (109.1)		2401 (51.3)		
Over 350% poverty:																
2 - 19.....	2*	(0.7)	529	2129 (85.2)	1*	(0.4)	2129 (85.0)			--	--	--		2127 (85.7)		
20 and over.....	18	(2.1)	1230	2808 (47.0)	20	(4.0)	2828 (46.9)	180	3036 (133.0)	113	(13.2)	3149 (128.3)		2759 (59.7)		
2 and over...	15	(1.9)	1759	2684 (40.9)	16	(3.4)	2700 (41.7)	191	3015 (124.4)	111	(13.1)	3127 (119.7)		2626 (55.1)		
All Individuals¹⁰:																
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.

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://www.cdc.gov/nchs/nhanes/2015-2016/DS1TOT_I.htm.

⁵ The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

⁶ **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.

⁷ **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.

⁸ **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.

⁹ 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.

¹⁰ 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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