

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018

Gender and age (years)	Percent reporting thiamin ⁸ % (SE)		T h i a m 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)				
Males and females:															
2 - 5.....	8	(2.0)	533	1.26 (0.037)	0.08 (0.023)	1.34 (0.039)		--	--	--				1.28 (0.039)	
6 - 11.....	8	(1.2)	782	1.60 (0.035)	0.09 (0.019)	1.68 (0.041)		--	--	--				1.59 (0.035)	
12 - 19.....	4	(1.1)	1031	1.61 (0.038)	0.20* (0.085)	1.82 (0.097)		--	--	--				1.60 (0.039)	
Males:															
20 - 39.....	10	(2.2)	657	1.88 (0.047)	1.88* (0.640)	3.76 (0.644)		--	--	--				1.85 (0.041)	
40 - 59.....	22	(3.7)	707	1.87 (0.055)	1.99 (0.447)	3.86 (0.443)	121	1.88 (0.121)	9.05 (1.651)	10.92 (1.589)				1.87 (0.061)	
60 and over.....	29	(2.4)	885	1.78 (0.053)	2.41 (0.349)	4.19 (0.337)	229	1.87 (0.073)	8.29 (1.172)	10.16 (1.183)				1.75 (0.072)	
20 and over...	19	(1.4)	2249	1.85 (0.027)	2.06 (0.301)	3.91 (0.295)	399	1.92 (0.074)	10.61 (1.827)	12.53 (1.797)				1.83 (0.029)	
Females:															
20 - 39.....	11	(1.9)	677	1.35 (0.034)	1.40 (0.345)	2.75 (0.360)		--	--	--				1.34 (0.042)	
40 - 59.....	22	(2.2)	767	1.38 (0.059)	2.27* (0.709)	3.65 (0.747)	130	1.49 (0.109)	10.45* (3.563)	11.94* (3.590)				1.35 (0.050)	
60 and over.....	32	(3.3)	841	1.29 (0.035)	4.14 (1.206)	5.43 (1.223)	244	1.30 (0.054)	12.76 (3.359)	14.06 (3.384)				1.28 (0.040)	
20 and over...	21	(1.3)	2285	1.34 (0.028)	2.54 (0.492)	3.88 (0.505)	443	1.39 (0.056)	11.85 (2.131)	13.24 (2.149)				1.33 (0.027)	
All Individuals:															
2 and over...	17	(0.8)	6880	1.58 (0.018)	1.78 (0.220)	3.36 (0.222)	949	1.63 (0.044)	10.49 (1.077)	12.12 (1.079)				1.57 (0.017)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender 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	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	8	(2.0)	533	1.58 (0.031)	0.08 (0.025)	1.67 (0.033)			--	--	--				1.60 (0.034)	
6 - 11.....	7	(1.6)	782	1.87 (0.051)	0.10 (0.022)	1.96 (0.062)			--	--	--				1.87 (0.048)	
12 - 19.....	4	(1.2)	1031	1.85 (0.061)	0.73* (0.422)	2.58 (0.452)			--	--	--				1.85 (0.062)	
Males:																
20 - 39.....	9	(2.1)	657	2.52 (0.076)	0.92 (0.249)	3.44 (0.278)			--	--	--				2.49 (0.085)	
40 - 59.....	22	(3.7)	707	2.54 (0.137)	1.87 (0.446)	4.41 (0.444)	121	2.47 (0.139)	8.49 (1.706)	10.96 (1.632)				2.56 (0.167)		
60 and over.....	29	(2.4)	885	2.27 (0.061)	1.53 (0.207)	3.80 (0.235)	225	2.49 (0.194)	5.31 (0.715)	7.79 (0.817)				2.18 (0.053)		
20 and over...	19	(1.6)	2249	2.46 (0.060)	1.43 (0.154)	3.89 (0.181)	392	2.54 (0.115)	7.56 (0.888)	10.10 (0.855)				2.44 (0.070)		
Females:																
20 - 39.....	11	(1.9)	677	1.76 (0.051)	1.18* (0.381)	2.94 (0.404)			--	--	--				1.70 (0.038)	
40 - 59.....	22	(2.2)	767	1.85 (0.092)	1.56* (0.626)	3.41 (0.705)	130	2.03 (0.181)	7.19* (2.789)	9.23* (2.931)				1.79 (0.072)		
60 and over.....	33	(3.2)	841	1.72 (0.058)	2.25 (0.405)	3.97 (0.435)	242	1.75 (0.080)	6.87 (1.059)	8.62 (1.115)				1.71 (0.067)		
20 and over...	22	(1.3)	2285	1.78 (0.052)	1.64 (0.359)	3.42 (0.397)	441	1.93 (0.106)	7.61 (1.545)	9.54 (1.605)				1.74 (0.038)		
All Individuals:																
2 and over...	17	(0.8)	6880	2.04 (0.034)	1.25 (0.172)	3.29 (0.191)	938	2.17 (0.066)	7.50 (0.926)	9.67 (0.967)				2.01 (0.033)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	N i a c i n																	
	All Individuals ⁵									Supplement Users ⁶						Non-users ⁷		
	Percent reporting 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)	
Males and females:																		
2 - 5.....	7	(2.0)	533	16.0 (0.32)	0.8 (0.24)	16.8 (0.38)	--	--	--	--	--	--	--	--	--	16.1 (0.34)		
6 - 11.....	8	(1.1)	782	21.5 (0.64)	0.9 (0.19)	22.4 (0.74)	--	--	--	--	--	--	--	--	--	21.6 (0.66)		
12 - 19.....	6	(1.2)	1031	24.7 (0.75)	1.3 (0.26)	25.9 (0.80)	--	--	--	--	--	--	--	--	--	24.5 (0.75)		
Males:																		
20 - 39.....	10	(2.2)	657	33.7 (1.05)	3.3 (0.93)	37.0 (1.48)	--	--	--	--	--	--	--	--	--	33.5 (1.03)		
40 - 59.....	24	(3.9)	707	32.0 (1.38)	6.3 (1.22)	38.3 (1.78)	129	30.9 (1.49)	26.6 (2.62)	57.5 (2.09)	32.4 (1.71)							
60 and over.....	31	(2.5)	885	28.4 (1.54)	15.9* (5.57)	44.3 (5.81)	239	31.3 (3.55)	52.0* (16.32)	83.3 (16.42)	27.1 (1.58)							
20 and over...	21	(1.7)	2249	31.7 (0.63)	7.8 (1.44)	39.5 (1.84)	424	32.0 (1.70)	37.9 (7.14)	69.9 (7.15)	31.6 (0.72)							
Females:																		
20 - 39.....	14	(2.2)	677	21.9 (0.46)	4.3* (1.30)	26.1 (1.65)	84	25.9 (2.27)	30.0 (5.26)	55.8 (6.50)	21.2 (0.32)							
40 - 59.....	25	(2.4)	767	21.4 (0.97)	5.4 (0.50)	26.8 (1.31)	153	23.4 (2.13)	21.1 (1.38)	44.5 (2.82)	20.7 (0.71)							
60 and over.....	35	(3.4)	841	19.6 (0.77)	18.2 (3.94)	37.8 (4.07)	263	19.3 (0.98)	52.2 (11.79)	71.5 (11.41)	19.7 (0.92)							
20 and over...	25	(1.1)	2285	21.0 (0.51)	8.9 (1.02)	29.9 (1.19)	500	22.1 (1.15)	36.4 (4.19)	58.5 (4.14)	20.7 (0.36)							
All Individuals:																		
2 and over...	19	(0.8)	6880	25.2 (0.36)	6.6 (0.67)	31.8 (0.83)	1047	26.1 (0.97)	35.1 (3.08)	61.2 (3.16)	25.0 (0.35)							

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting 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		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food			
			mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																						
2 - 5.....	29	(2.8)	533	1.43 (0.022)	0.34 (0.045)	1.77 (0.039)	137	1.49 (0.070)	1.18 (0.079)	2.67 (0.086)	1.41 (0.040)											
6 - 11.....	18	(1.9)	782	1.75 (0.061)	0.31 (0.052)	2.06 (0.095)	113	1.64 (0.105)	1.76 (0.199)	3.40 (0.241)	1.77 (0.072)											
12 - 19.....	9	(1.3)	1031	1.91 (0.079)	0.37 (0.084)	2.28 (0.115)	82	1.98 (0.122)	3.90 (0.736)	5.88 (0.822)	1.90 (0.085)											
Males:																						
20 - 39.....	12	(2.2)	657	2.87 (0.117)	2.22 (0.654)	5.09 (0.657)		--	--	--	2.84 (0.126)											
40 - 59.....	25	(4.0)	707	2.53 (0.158)	3.01 (0.754)	5.54 (0.759)	138	2.46 (0.159)	12.20 (2.639)	14.66 (2.564)	2.56 (0.204)											
60 and over.....	31	(2.5)	885	2.57 (0.308)	2.02 (0.260)	4.59 (0.449)	242	2.99 (0.671)	6.54 (0.678)	9.53 (1.134)	2.38 (0.319)											
20 and over...	22	(1.6)	2249	2.67 (0.101)	2.45 (0.354)	5.12 (0.387)	444	2.80 (0.319)	11.32 (1.656)	14.12 (1.667)	2.63 (0.097)											
Females:																						
20 - 39.....	16	(2.1)	677	1.83 (0.071)	2.18 (0.624)	4.01 (0.655)	99	2.24 (0.325)	13.58 (4.068)	15.81 (4.160)	1.75 (0.058)											
40 - 59.....	26	(2.3)	767	1.70 (0.099)	2.54 (0.673)	4.24 (0.747)	167	1.91 (0.151)	9.66 (2.389)	11.57 (2.504)	1.63 (0.095)											
60 and over.....	38	(3.9)	841	1.63 (0.063)	3.96 (0.883)	5.60 (0.877)	283	1.71 (0.094)	10.54 (1.860)	12.24 (1.855)	1.59 (0.061)											
20 and over...	26	(1.3)	2285	1.72 (0.052)	2.85 (0.471)	4.58 (0.502)	549	1.89 (0.100)	10.87 (1.595)	12.76 (1.643)	1.67 (0.042)											
All Individuals:																						
2 and over...	22	(0.9)	6880	2.08 (0.047)	2.09 (0.225)	4.18 (0.230)	1325	2.18 (0.135)	9.46 (1.015)	11.64 (1.000)	2.06 (0.039)											

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting 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)						
Males and females:																	
2 - 5.....	28	(2.8)	533	156 (8.1)	48 (6.3)	204 (8.7)	135	166 (22.4)	168 (12.6)	334 (21.5)	152 (5.6)						
6 - 11.....	17	(2.0)	782	220 (6.8)	38 (5.6)	259 (9.8)	108	201 (16.8)	231 (17.4)	432 (16.5)	224 (7.9)						
12 - 19.....	9	(1.3)	1031	206 (5.4)	34 (5.7)	239 (6.6)	82	198 (29.7)	355 (22.2)	553 (31.3)	206 (4.3)						
Males:																	
20 - 39.....	11	(2.0)	657	214 (10.0)	44 (9.9)	259 (16.0)		--	--	--	216 (11.5)						
40 - 59.....	24	(3.9)	707	196 (13.7)	108 (18.7)	304 (22.6)	137	207 (25.1)	441 (32.2)	648 (44.1)	193 (16.8)						
60 and over.....	34	(2.4)	885	183 (10.8)	157 (9.2)	340 (14.1)	254	193 (19.5)	467 (22.4)	660 (31.1)	178 (14.6)						
20 and over...	22	(1.7)	2249	199 (5.2)	98 (6.7)	297 (7.7)	454	200 (10.3)	443 (16.9)	642 (22.2)	199 (6.2)						
Females:																	
20 - 39.....	16	(1.8)	677	143 (11.2)	79 (14.3)	222 (16.6)	98	158 (12.6)	509 (105.5)	667 (109.4)	140 (13.6)						
40 - 59.....	26	(2.4)	767	146 (10.1)	121 (13.1)	267 (20.9)	163	174 (19.2)	467 (25.3)	641 (36.3)	136 (12.1)						
60 and over.....	37	(3.8)	841	132 (5.5)	186 (16.6)	318 (17.2)	276	125 (7.8)	503 (22.5)	628 (23.7)	136 (6.5)						
20 and over...	26	(1.2)	2285	141 (4.7)	127 (7.0)	267 (8.5)	537	149 (8.8)	491 (22.1)	640 (26.2)	138 (4.6)						
All Individuals:																	
2 and over...	22	(0.9)	6880	177 (3.0)	94 (3.9)	271 (4.2)	1316	175 (6.3)	429 (14.2)	604 (16.6)	178 (2.7)						

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Gender and age (years)	Percent reporting 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)
Males and females:																
2 - 5.....	28 (2.8)	533	388 (15.5)	81 (10.7)	469 (16.6)	135	403 (41.4)	286 (21.4)	689 (39.4)	382 (12.0)						
6 - 11.....	17 (2.0)	782	521 (12.7)	65 (9.5)	587 (17.1)	108	476 (29.1)	392 (29.5)	868 (28.5)	530 (14.8)						
12 - 19.....	9 (1.3)	1031	511 (9.7)	57 (9.7)	568 (11.8)	82	550 (50.7)	604 (37.7)	1153 (55.5)	507 (10.2)						
Males:																
20 - 39.....	11 (2.0)	657	592 (18.4)	76 (16.8)	668 (27.3)	--	--	--	587 (20.3)							
40 - 59.....	24 (3.9)	707	586 (24.5)	184 (31.8)	769 (40.9)	137	616 (50.3)	750 (54.7)	1366 (83.6)	575 (31.0)						
60 and over.....	34 (2.4)	885	527 (19.9)	267 (15.6)	794 (25.3)	254	553 (31.6)	793 (38.0)	1347 (51.4)	514 (25.9)						
20 and over...	22 (1.7)	2249	572 (9.1)	166 (11.3)	739 (13.7)	454	594 (23.0)	753 (28.7)	1346 (44.2)	566 (10.4)						
Females:																
20 - 39.....	16 (1.8)	677	440 (16.8)	134 (24.4)	574 (29.2)	98	475 (30.3)	865 (179.3)	1340 (191.1)	433 (21.5)						
40 - 59.....	26 (2.4)	767	437 (20.6)	206 (22.3)	642 (38.8)	163	493 (37.0)	793 (43.1)	1287 (63.7)	417 (21.1)						
60 and over.....	37 (3.8)	841	411 (11.3)	317 (28.2)	728 (27.1)	276	406 (11.3)	855 (38.2)	1261 (40.4)	414 (14.5)						
20 and over...	26 (1.2)	2285	430 (10.5)	215 (12.0)	645 (18.4)	537	451 (17.3)	835 (37.6)	1286 (45.5)	423 (10.8)						
All Individuals:																
2 and over...	22 (0.9)	6880	497 (6.1)	160 (6.7)	658 (9.9)	1316	508 (11.1)	729 (24.1)	1237 (30.3)	494 (6.2)						

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Gender 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)
Males and females:																						
2 - 5.....	30	(2.8)	533	3.76 (0.115)	6.8* (5.56)	10.6* (5.52)	138	3.82 (0.262)	22.8* (18.12)	26.6* (17.95)	3.74 (0.121)											
6 - 11.....	18	(1.9)	782	4.57 (0.169)	5.1* (4.26)	9.7* (4.30)	109	4.54 (0.368)	29.1* (24.10)	33.7* (24.20)	4.57 (0.183)											
12 - 19.....	10	(1.2)	1031	4.55 (0.188)	3.0* (1.14)	7.6 (1.14)	83	4.39 (0.436)	31.6* (12.61)	36.0* (12.65)	4.57 (0.182)											
Males:																						
20 - 39.....	12	(2.2)	657	6.26 (0.304)	38.5* (20.57)	44.8* (20.57)		--	--	--	6.25 (0.362)											
40 - 59.....	26	(4.2)	707	5.87 (0.552)	54.7* (17.16)	60.6 (17.30)	148	5.58 (0.456)	209.8 (54.52)	215.4 (54.61)	5.97 (0.694)											
60 and over.....	37	(2.5)	885	5.60 (0.343)	125.8 (19.62)	131.4 (19.59)	275	6.64 (0.758)	342.2 (45.68)	348.8 (45.72)	5.00 (0.353)											
20 and over...	24	(1.9)	2249	5.94 (0.229)	68.0 (10.38)	74.0 (10.39)	491	6.17 (0.394)	284.1 (44.28)	290.3 (44.25)	5.87 (0.286)											
Females:																						
20 - 39.....	17	(2.2)	677	3.67 (0.139)	36.6* (12.62)	40.2* (12.63)	104	3.98 (0.254)	215.3* (77.15)	219.2* (77.13)	3.61 (0.167)											
40 - 59.....	30	(2.3)	767	4.00 (0.242)	112.1* (38.18)	116.1* (38.16)	184	4.84 (0.431)	371.4* (126.15)	376.2* (126.06)	3.64 (0.206)											
60 and over.....	42	(3.2)	841	3.65 (0.180)	212.6 (26.45)	216.3 (26.42)	317	3.44 (0.184)	503.1 (69.85)	506.5 (69.85)	3.79 (0.261)											
20 and over...	29	(1.4)	2285	3.78 (0.126)	117.0 (14.07)	120.7 (14.07)	605	4.05 (0.203)	398.4 (50.69)	402.5 (50.66)	3.67 (0.117)											
All Individuals:																						
2 and over...	24	(1.0)	6880	4.74 (0.117)	71.3 (7.14)	76.0 (7.14)	1426	4.87 (0.220)	294.4 (31.99)	299.2 (31.96)	4.70 (0.114)											

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting vitamin C ⁸ % (SE)		V i t a m 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)									
Males and females:																				
2 - 5.....	32	(3.0)	533	82.8 (7.03)	16.5 (4.11)	99.3 (9.11)	150	81.7 (6.32)	51.5 (11.75)	133.2 (11.40)	83.4 (9.95)									
6 - 11.....	18	(2.1)	782	77.3 (5.02)	13.8 (3.35)	91.1 (5.96)	119	76.3 (9.36)	74.9 (19.27)	151.2 (22.11)	77.5 (5.94)									
12 - 19.....	12	(1.4)	1031	64.9 (4.06)	27.2 (7.40)	92.1 (8.38)	101	93.3 (21.75)	224.2 (51.42)	317.5 (55.53)	60.9 (3.49)									
Males:																				
20 - 39.....	12	(2.0)	657	76.6 (4.55)	33.1 (8.12)	109.7 (7.40)		--	--	--	72.5 (5.06)									
40 - 59.....	28	(4.6)	707	84.3 (5.88)	103.6* (31.33)	187.9 (31.78)	149	77.6 (9.76)	376.6 (101.84)	454.2 (99.46)	86.8 (8.16)									
60 and over.....	34	(2.7)	885	78.1 (4.46)	99.7 (15.43)	177.7 (16.79)	270	78.8 (8.08)	291.9 (35.27)	370.7 (36.07)	77.6 (5.86)									
20 and over...	24	(1.7)	2249	79.8 (3.20)	76.5 (12.10)	156.3 (12.02)	489	83.4 (4.86)	323.1 (40.52)	406.6 (38.67)	78.6 (4.01)									
Females:																				
20 - 39.....	18	(2.3)	677	70.7 (4.57)	47.2 (11.88)	117.9 (10.43)	112	69.5 (5.56)	259.0 (50.05)	328.5 (48.45)	71.0 (4.83)									
40 - 59.....	33	(2.8)	767	73.3 (4.09)	80.1 (11.90)	153.3 (12.69)	194	82.6 (10.88)	244.2 (38.57)	326.8 (38.24)	68.7 (3.59)									
60 and over.....	43	(3.2)	841	72.9 (3.22)	101.8 (7.42)	174.7 (9.26)	308	79.8 (5.27)	236.8 (19.02)	316.7 (20.12)	67.7 (3.87)									
20 and over...	31	(1.6)	2285	72.3 (2.30)	75.4 (6.67)	147.7 (7.88)	614	78.8 (5.37)	244.1 (18.37)	322.9 (20.79)	69.4 (2.47)									
All Individuals:																				
2 and over...	25	(1.0)	6880	75.2 (2.28)	62.5 (6.17)	137.7 (6.54)	1473	81.2 (2.75)	248.0 (20.56)	329.3 (21.14)	73.2 (2.55)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting vitamin K ⁸		V i t a m i n K											
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷	
			Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food			
%	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
Males and females:														
2 - 5.....	4	(1.3)	533	50.1 (2.91)	1.5* (0.56)	51.6 (3.05)	--	--	--	50.3 (3.05)				
6 - 11.....	4	(1.0)	782	71.0 (5.74)	2.0 (0.56)	73.0 (6.15)	--	--	--	71.8 (6.40)				
12 - 19.....	4	(1.3)	1031	82.0 (4.75)	2.3* (0.80)	84.3 (4.81)	--	--	--	81.8 (4.77)				
Males:														
20 - 39.....	7	(2.2)	657	109.7 (6.45)	3.3* (1.14)	113.0 (6.75)	--	--	--	102.8 (6.74)				
40 - 59.....	19	(3.3)	707	147.1 (16.43)	7.5 (1.64)	154.6 (16.44)	106	150.6 (26.50)	40.0 (4.67)	190.6 (26.85)	146.3 (16.31)			
60 and over.....	25	(2.0)	885	122.3 (7.49)	9.5 (0.84)	131.7 (7.83)	188	142.8 (18.04)	37.2 (2.18)	180.0 (18.19)	115.2 (5.96)			
20 and over...	16	(1.5)	2249	126.6 (8.33)	6.5 (0.77)	133.1 (8.60)	327	155.1 (17.77)	39.5 (2.63)	194.6 (18.91)	121.0 (7.88)			
Females:														
20 - 39.....	7	(1.4)	677	146.4 (20.76)	3.1 (0.74)	149.5 (20.77)	--	--	--	146.4 (21.84)				
40 - 59.....	16	(2.0)	767	126.7 (7.59)	6.8 (1.25)	133.4 (7.39)	94	141.2 (26.22)	43.5 (4.45)	184.7 (26.49)	124.0 (9.56)			
60 and over.....	27	(2.8)	841	110.4 (4.28)	25.7* (15.23)	136.1 (15.56)	189	123.0 (10.22)	93.5* (54.04)	216.5 (54.53)	105.6 (4.19)			
20 and over...	16	(1.0)	2285	128.4 (7.07)	11.3* (4.79)	139.7 (7.86)	328	132.4 (9.10)	69.9* (27.55)	202.3 (28.73)	127.7 (9.41)			
All Individuals:														
2 and over...	13	(0.7)	6880	113.9 (6.23)	7.2 (1.78)	121.1 (6.14)	727	137.8 (7.40)	54.2 (12.78)	192.1 (12.56)	110.2 (6.79)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

L y c o p e n e																		
Gender and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		----- All Individuals ⁵ -----					----- Supplement Users ⁶ -----				----- Non-users ⁷ -----						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		533	3540	(350.5)	#		3540	(350.5)	--	--	--			3540	(350.5)		
6 - 11.....	#		782	4201	(307.8)	#		4201	(307.8)	--	--	--			4201	(307.8)		
12 - 19.....	#		1031	4852	(358.5)	1*	(0.9)	4853	(358.7)	--	--	--			4822	(352.5)		
Males:																		
20 - 39.....	5	(1.7)	657	5588	(561.2)	29*	(10.0)	5617	(560.9)	--	--	--			5490	(555.2)		
40 - 59.....	14	(3.1)	707	6830	(645.3)	95*	(29.6)	6925	(657.7)	--	--	--			6502	(573.4)		
60 and over.....	20	(2.3)	885	5551	(301.3)	191*	(100.3)	5742	(268.0)	150	6062	(1794.1)	951*	(517.5)	7013	(1726.0)		
20 and over...	12	(1.4)	2249	6025	(410.2)	97	(23.4)	6121	(416.2)	249	7416	(1081.7)	795	(196.7)	8211	(1070.6)		
Females:																		
20 - 39.....	1*	(0.4)	677	4430	(365.5)	27*	(21.7)	4457	(364.8)	--	--	--			4326	(349.9)		
40 - 59.....	3	(1.1)	767	4129	(263.7)	46*	(32.1)	4175	(267.2)	--	--	--			4200	(289.5)		
60 and over.....	10	(0.9)	841	3956	(388.4)	45	(9.1)	4001	(392.0)	80	4367	(813.7)	451	(74.4)	4818	(834.7)		
20 and over...	4	(0.6)	2285	4179	(182.3)	39*	(13.3)	4218	(181.2)	106	4562	(937.9)	879*	(268.7)	5441	(914.2)		
All Individuals:																		
2 and over...	6	(0.6)	6880	4912	(187.4)	51	(10.2)	4963	(189.9)	359	6686	(875.2)	817	(167.4)	7503	(869.8)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸		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	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Food		
%	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
Males and females:														
2 - 5.....	1*	(0.5)	533	634 (49.3)	1*	(0.5)	635 (49.4)	--	--	--	--	635	(49.6)	
6 - 11.....	1*	(0.8)	782	870 (121.4)	1*	(0.8)	871 (121.1)	--	--	--	--	875	(121.0)	
12 - 19.....	1*	(0.4)	1031	912 (78.0)	6*	(2.8)	918 (78.5)	--	--	--	--	901	(78.0)	
Males:														
20 - 39.....	2*	(0.9)	657	1341 (147.1)	44*	(18.0)	1385 (146.0)	--	--	--	--	1327	(151.7)	
40 - 59.....	10	(2.3)	707	1909 (272.6)	99	(25.1)	2008 (265.9)	--	--	--	--	1880	(310.5)	
60 and over.....	16	(2.2)	885	1561 (135.3)	370	(101.3)	1930 (168.2)	120	1598 (396.0)	2304 (519.1)	3902 (674.1)	1554	(117.9)	
20 and over...	9	(1.1)	2249	1605 (146.0)	152	(33.0)	1757 (141.9)	180	1861 (252.2)	1744 (347.3)	3605 (357.1)	1580	(159.2)	
Females:														
20 - 39.....	2*	(0.4)	677	2307 (490.6)	14*	(7.0)	2321 (490.9)	--	--	--	--	2266	(500.9)	
40 - 59.....	7	(1.4)	767	1724 (140.6)	82*	(45.4)	1806 (133.2)	--	--	--	--	1659	(155.7)	
60 and over.....	20	(1.6)	841	1550 (105.1)	728*	(222.9)	2278 (237.9)	149	1933 (294.3)	3555 (943.4)	5487 (987.5)	1451	(74.3)	
20 and over...	9	(1.0)	2285	1870 (165.7)	256	(76.1)	2127 (176.7)	214	2267 (234.8)	2710 (679.9)	4977 (766.0)	1829	(184.2)	
All Individuals:														
2 and over...	7	(0.6)	6880	1520 (119.9)	156	(36.2)	1676 (116.2)	417	2036 (164.8)	2172 (470.1)	4209 (530.5)	1480	(130.6)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting 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)						
Males and females:																	
2 - 5.....	4	(0.7)	533	965 (32.7)	3 (0.8)	968 (32.5)		--	--	--				970	(33.5)		
6 - 11.....	6	(1.1)	782	1015 (31.6)	5 (1.1)	1020 (32.2)		--	--	--				1003	(27.8)		
12 - 19.....	8	(1.5)	1031	952 (21.4)	18 (4.4)	970 (22.4)		--	--	--				945	(24.3)		
Males:																	
20 - 39.....	12	(2.4)	657	1135 (28.2)	32 (6.9)	1167 (28.0)		--	--	--				1102	(35.7)		
40 - 59.....	24	(3.7)	707	1106 (47.9)	68 (12.2)	1173 (51.5)	136	1146 (69.8)	287 (24.9)	1433 (72.9)				1093	(53.7)		
60 and over.....	35	(2.2)	885	982 (30.3)	135 (19.1)	1116 (35.2)	269	1071 (51.4)	390 (38.5)	1461 (62.1)				934	(30.5)		
20 and over...	22	(1.8)	2249	1083 (19.7)	73 (6.7)	1156 (21.8)	469	1161 (37.8)	329 (14.0)	1490 (40.1)				1061	(20.5)		
Females:																	
20 - 39.....	16	(2.0)	677	872 (22.6)	69 (14.2)	942 (28.0)	93	950 (58.4)	424 (56.4)	1374 (86.2)				857	(24.9)		
40 - 59.....	32	(2.6)	767	853 (38.2)	155 (18.2)	1008 (48.5)	191	972 (69.6)	479 (52.0)	1451 (91.6)				797	(31.5)		
60 and over.....	48	(3.3)	841	796 (31.9)	290 (24.5)	1086 (48.7)	357	853 (33.9)	606 (33.4)	1459 (54.7)				744	(37.0)		
20 and over...	32	(1.7)	2285	842 (19.1)	167 (12.6)	1009 (23.5)	641	913 (33.1)	528 (27.0)	1441 (34.2)				810	(17.0)		
All Individuals:																	
2 and over...	22	(0.9)	6880	965 (13.2)	94 (5.8)	1058 (14.8)	1230	1017 (23.9)	427 (20.3)	1444 (24.1)				950	(12.6)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	P h o s p h o r u s													
	All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
	Percent reporting phosphorus ⁸ % (SE)	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)				
Males and females:														
2 - 5.....	#	533	1109 (16.6)	#	1109 (16.6)	--	--	--					1110 (16.3)	
6 - 11.....	#	782	1264 (33.3)	#	1264 (33.3)	--	--	--					1265 (33.2)	
12 - 19.....	2* (0.5)	1031	1307 (37.4)	1* (0.5)	1308 (37.7)	--	--	--					1294 (33.5)	
Males:														
20 - 39.....	3 (1.4)	657	1624 (38.3)	1* (0.5)	1626 (38.1)	--	--	--					1601 (45.8)	
40 - 59.....	12 (2.5)	707	1666 (50.8)	5* (1.8)	1671 (50.6)	--	--	--					1666 (52.3)	
60 and over.....	19 (1.9)	885	1473 (34.5)	8 (2.1)	1481 (34.9)	139	1482 (66.1)	41 (9.9)	1522 (70.4)				1471 (42.2)	
20 and over...	11 (1.4)	2249	1598 (20.4)	5 (0.9)	1603 (20.2)	222	1645 (76.1)	41 (6.4)	1687 (75.7)				1593 (25.7)	
Females:														
20 - 39.....	3 (1.2)	677	1216 (25.9)	4* (3.2)	1220 (26.5)	--	--	--					1215 (27.1)	
40 - 59.....	9 (1.4)	767	1175 (54.2)	4 (0.9)	1179 (54.5)	--	--	--					1158 (53.5)	
60 and over.....	20 (2.2)	841	1159 (41.2)	8 (1.6)	1168 (41.6)	158	1141 (54.7)	42 (5.4)	1182 (55.1)				1164 (43.1)	
20 and over...	10 (1.0)	2285	1184 (26.5)	5 (1.3)	1189 (27.2)	243	1212 (68.9)	52 (10.2)	1265 (71.9)				1181 (25.7)	
All Individuals:														
2 and over...	8 (0.7)	6880	1355 (14.5)	4 (0.7)	1359 (14.7)	489	1444 (46.2)	47 (7.3)	1491 (47.4)				1347 (16.7)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food	
			mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	#		533	206 (3.8)	#		206 (3.8)			--	--	--			206 (3.8)	
6 - 11.....	2*	(0.8)	782	235 (4.6)	1*	(0.6)	236 (4.6)			--	--	--			234 (4.6)	
12 - 19.....	4	(0.9)	1031	248 (7.4)	5*	(2.7)	254 (8.7)			--	--	--			244 (6.5)	
Males:																
20 - 39.....	11	(2.7)	657	342 (7.1)	17	(4.8)	359 (9.1)			--	--	--			327 (8.6)	
40 - 59.....	23	(3.8)	707	359 (10.4)	41*	(15.4)	400 (21.3)	129	373 (23.0)	178	(45.2)	551	(47.7)		355 (10.6)	
60 and over.....	30	(2.7)	885	320 (7.7)	46	(8.4)	366 (11.9)	227	342 (13.2)	151	(20.9)	493	(29.3)		311 (9.9)	
20 and over...	21	(1.6)	2249	342 (4.7)	34	(5.1)	376 (7.5)	404	378 (14.8)	163	(18.1)	542	(18.8)		333 (5.9)	
Females:																
20 - 39.....	9	(1.5)	677	269 (8.1)	14	(4.1)	284 (9.7)			--	--	--			268 (8.4)	
40 - 59.....	16	(2.0)	767	271 (11.7)	19	(3.2)	289 (13.9)	103	297 (20.1)	114	(13.6)	411	(28.8)		266 (11.6)	
60 and over.....	33	(2.4)	841	267 (9.0)	62	(12.0)	329 (14.1)	227	276 (12.1)	187	(32.5)	463	(37.4)		263 (10.4)	
20 and over...	19	(1.5)	2285	269 (6.3)	30	(4.0)	299 (8.2)	380	283 (13.4)	160	(17.0)	443	(22.7)		266 (6.0)	
All Individuals:																
2 and over...	16	(0.8)	6880	288 (3.9)	25	(2.1)	313 (5.0)	820	332 (6.9)	160	(8.6)	492	(9.2)		280 (4.0)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting supplement iron ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	3*	(1.0)	533	10.5	(0.28)	0.6*	(0.18)	11.1	(0.29)		--	--	--		10.5	(0.28)
6 - 11.....	4	(1.0)	782	14.2	(0.39)	0.7	(0.21)	14.9	(0.45)		--	--	--		14.2	(0.42)
12 - 19.....	3	(1.1)	1031	13.9	(0.32)	1.1	(0.32)	15.0	(0.36)		--	--	--		13.9	(0.34)
Males:																
20 - 39.....	6	(2.1)	657	16.2	(0.36)	0.9*	(0.28)	17.0	(0.46)		--	--	--		15.8	(0.34)
40 - 59.....	10	(2.5)	707	16.7	(0.57)	2.1	(0.59)	18.8	(0.95)		--	--	--		16.9	(0.63)
60 and over.....	12	(1.5)	885	15.5	(0.37)	3.2	(0.58)	18.8	(0.70)	111	15.6	(0.83)	26.2	(4.19)	41.8	(4.54)
20 and over...	9	(1.2)	2249	16.2	(0.23)	2.0	(0.32)	18.2	(0.44)	193	16.9	(0.90)	21.1	(1.71)	37.9	(1.83)
Females:																
20 - 39.....	11	(1.7)	677	12.2	(0.20)	3.1	(0.58)	15.2	(0.62)		--	--	--		12.0	(0.22)
40 - 59.....	15	(1.6)	767	12.4	(0.63)	4.3	(0.85)	16.7	(0.98)	101	12.8	(1.37)	29.7	(4.07)	42.4	(3.71)
60 and over.....	22	(2.5)	841	12.0	(0.36)	5.8	(0.88)	17.9	(0.85)	152	12.4	(0.73)	26.2	(2.74)	38.6	(3.07)
20 and over...	16	(0.9)	2285	12.2	(0.27)	4.4	(0.47)	16.5	(0.43)	321	12.7	(0.60)	27.8	(2.56)	40.6	(2.61)
All Individuals:																
2 and over...	10	(0.5)	6880	14.0	(0.16)	2.6	(0.19)	16.6	(0.20)	585	14.2	(0.56)	25.3	(1.45)	39.5	(1.42)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender 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)									
Males and females:																				
2 - 5.....	26	(2.4)	533	7.6 (0.20)	0.8 (0.14)	8.4 (0.19)	124	8.4 (0.40)	3.0 (0.42)	11.4 (0.32)	7.4 (0.21)									
6 - 11.....	14	(2.1)	782	9.7 (0.34)	0.7 (0.14)	10.4 (0.41)	101	9.6 (0.58)	4.8 (0.55)	14.5 (1.01)	9.7 (0.36)									
12 - 19.....	7	(1.4)	1031	10.1 (0.30)	0.6 (0.16)	10.7 (0.33)		--	--	--	10.1 (0.31)									
Males:																				
20 - 39.....	10	(2.0)	657	13.2 (0.25)	1.5 (0.30)	14.7 (0.29)		--	--	--	12.8 (0.36)									
40 - 59.....	23	(3.9)	707	13.7 (0.62)	3.9 (0.75)	17.6 (0.83)	131	13.3 (0.76)	16.8 (2.16)	30.2 (2.10)	13.8 (0.68)									
60 and over.....	29	(2.3)	885	11.8 (0.30)	5.3 (0.50)	17.0 (0.55)	233	12.8 (0.59)	17.9 (1.02)	30.7 (1.12)	11.4 (0.35)									
20 and over...	20	(1.7)	2249	13.0 (0.23)	3.4 (0.33)	16.4 (0.32)	419	13.6 (0.48)	16.9 (0.93)	30.5 (1.02)	12.8 (0.25)									
Females:																				
20 - 39.....	13	(1.9)	677	9.4 (0.21)	1.7 (0.36)	11.1 (0.41)	85	9.3 (0.38)	13.1 (1.30)	22.3 (1.26)	9.4 (0.25)									
40 - 59.....	21	(2.0)	767	9.2 (0.38)	2.7 (0.37)	11.9 (0.69)	136	10.7 (0.58)	12.9 (0.93)	23.5 (1.25)	8.8 (0.41)									
60 and over.....	37	(3.0)	841	9.0 (0.37)	6.2 (0.65)	15.1 (0.65)	264	9.1 (0.37)	16.7 (0.94)	25.8 (0.90)	8.9 (0.49)									
20 and over...	23	(1.0)	2285	9.2 (0.17)	3.4 (0.26)	12.6 (0.31)	485	9.6 (0.32)	14.8 (0.67)	24.4 (0.63)	9.0 (0.18)									
All Individuals:																				
2 and over...	20	(0.8)	6880	10.7 (0.14)	2.7 (0.18)	13.4 (0.18)	1190	11.1 (0.33)	14.0 (0.55)	25.0 (0.61)	10.6 (0.15)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	Percent reporting supplement copper ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size		Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement	
			mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	3*	(0.9)	533	0.7 (0.01)	#		0.8 (0.02)			--	--	--				0.7 (0.01)		
6 - 11.....	3	(0.9)	782	0.9 (0.03)	0.1*	(0.02)	1.0 (0.04)			--	--	--				0.9 (0.03)		
12 - 19.....	2	(1.0)	1031	1.0 (0.03)	#		1.0 (0.04)			--	--	--				1.0 (0.03)		
Males:																		
20 - 39.....	8	(2.2)	657	1.3 (0.04)	0.1	(0.03)	1.4 (0.05)			--	--	--				1.3 (0.04)		
40 - 59.....	21	(3.5)	707	1.4 (0.06)	0.3	(0.05)	1.7 (0.07)	113	1.5 (0.08)	1.2	(0.12)	2.7 (0.12)	1.4 (0.07)	1.4 (0.07)	1.3 (0.04)	1.4 (0.07)		
60 and over.....	28	(2.2)	885	1.3 (0.03)	0.3	(0.03)	1.6 (0.05)	213	1.4 (0.07)	1.1	(0.07)	2.4 (0.12)	1.3 (0.04)	1.3 (0.04)	1.3 (0.04)			
20 and over...	18	(1.6)	2249	1.3 (0.03)	0.2	(0.02)	1.6 (0.04)	365	1.5 (0.07)	1.2	(0.08)	2.7 (0.11)	1.3 (0.04)	1.3 (0.04)	1.3 (0.04)			
Females:																		
20 - 39.....	9	(1.7)	677	1.1 (0.03)	0.1	(0.04)	1.2 (0.05)			--	--	--				1.1 (0.03)		
40 - 59.....	16	(1.6)	767	1.1 (0.04)	0.2	(0.03)	1.3 (0.07)	103	1.1 (0.10)	1.3	(0.12)	2.5 (0.16)	1.0 (0.04)	1.0 (0.04)	1.0 (0.04)			
60 and over.....	33	(2.8)	841	1.1 (0.03)	0.4	(0.04)	1.5 (0.05)	220	1.1 (0.04)	1.1	(0.06)	2.3 (0.08)	1.1 (0.04)	1.1 (0.04)	1.1 (0.04)			
20 and over...	19	(0.9)	2285	1.1 (0.02)	0.2	(0.02)	1.3 (0.03)	375	1.1 (0.03)	1.3	(0.05)	2.4 (0.07)	1.1 (0.04)	1.1 (0.04)	1.1 (0.04)			
All Individuals:																		
2 and over...	15	(0.7)	6880	1.1 (0.02)	0.2	(0.01)	1.3 (0.02)	795	1.3 (0.04)	1.3	(0.05)	2.6 (0.06)	1.1 (0.04)	1.1 (0.04)	1.1 (0.04)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender 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)						
Males and females:																	
2 - 5.....	6	(1.5)	533	2177 (60.0)	1* (0.2)	2178 (60.1)				--	--	--			2190	(61.8)	
6 - 11.....	6	(1.2)	782	2896 (88.4)	1 (0.1)	2897 (88.5)				--	--	--			2911	(94.3)	
12 - 19.....	4	(1.1)	1031	3326 (81.9)	1* (0.5)	3327 (82.2)				--	--	--			3291	(80.7)	
Males:																	
20 - 39.....	4	(1.2)	657	4295 (114.6)	2* (0.8)	4297 (114.8)				--	--	--			4249	(105.9)	
40 - 59.....	6	(1.5)	707	4218 (122.4)	3* (0.9)	4221 (122.5)				--	--	--			4263	(114.1)	
60 and over.....	7	(1.6)	885	3749 (68.7)	3 (0.9)	3753 (69.1)				--	--	--			3747	(66.6)	
20 and over...	6	(0.8)	2249	4119 (58.2)	3 (0.6)	4122 (58.3)	114	4108 (353.4)	46 (7.5)	4153 (354.8)			4120	(55.3)			
Females:																	
20 - 39.....	5	(1.2)	677	3185 (60.9)	1* (0.5)	3186 (60.8)				--	--	--			3151	(57.9)	
40 - 59.....	12	(2.3)	767	2891 (124.9)	3* (0.9)	2894 (124.8)				--	--	--			2877	(116.0)	
60 and over.....	12	(2.3)	841	2763 (74.1)	4* (1.2)	2767 (74.5)	85	3191 (244.2)	28 (7.0)	3219 (249.3)			2702	(72.0)			
20 and over...	10	(1.1)	2285	2953 (54.4)	3 (0.5)	2955 (54.4)	171	3223 (176.8)	27 (4.0)	3250 (177.7)			2923	(46.9)			
All Individuals:																	
2 and over...	7	(0.6)	6880	3385 (40.3)	2 (0.3)	3387 (40.4)	377	3462 (161.8)	31 (3.5)	3493 (163.1)			3379	(37.5)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2017-2018 (continued)

Gender and age (years)	P o t a s s i u m															
	All Individuals ⁵							Supplement Users ⁶							Non-users ⁷	
	Percent reporting potassium ⁸ % (SE)	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)						
Males and females:																
2 - 5.....	#	533	1999 (35.8)	#	1999 (35.8)	--	--	--	2000 (35.9)							
6 - 11.....	#	782	2092 (47.8)	#	2092 (47.8)	--	--	--	2093 (47.6)							
12 - 19.....	2* (0.6)	1031	2170 (59.8)	3* (1.3)	2173 (60.4)	--	--	--	2155 (56.8)							
Males:																
20 - 39.....	7 (1.9)	657	2825 (53.7)	8* (2.6)	2833 (53.6)	--	--	--	2775 (75.0)							
40 - 59.....	14 (2.6)	707	3038 (91.3)	15 (4.0)	3053 (92.0)	86	3111 (282.1)	105 (20.8)	3217 (287.4)	3026 (95.0)						
60 and over.....	23 (2.1)	885	2928 (70.0)	26 (3.0)	2953 (69.3)	185	2850 (118.7)	115 (10.5)	2965 (120.5)	2950 (77.1)						
20 and over...	14 (1.2)	2249	2929 (38.7)	15 (1.9)	2945 (38.6)	297	3069 (125.1)	111 (10.2)	3180 (128.0)	2907 (50.2)						
Females:																
20 - 39.....	5 (1.4)	677	2302 (70.1)	7* (3.3)	2309 (70.3)	--	--	--	2299 (72.0)							
40 - 59.....	13 (2.1)	767	2312 (104.1)	15 (4.3)	2327 (105.2)	79	2440 (154.1)	116 (25.1)	2557 (165.8)	2294 (103.2)						
60 and over.....	21 (2.0)	841	2330 (76.0)	27 (7.4)	2356 (74.9)	163	2310 (110.3)	125 (28.7)	2434 (116.9)	2335 (86.1)						
20 and over...	13 (1.2)	2285	2314 (58.4)	16 (2.9)	2330 (59.1)	271	2363 (91.4)	123 (18.0)	2486 (92.7)	2307 (60.8)						
All Individuals:																
2 and over...	10 (0.7)	6880	2494 (33.2)	12 (1.4)	2506 (33.5)	586	2729 (62.0)	118 (11.2)	2847 (66.0)	2467 (36.9)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-2018, 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 2.57.

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 77 for VIF = 2.57.

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) 2017-2018. 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 2017-2018 www.ars.usda.gov/nea/bhnrc/fsrg.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_J) of NHANES 2017-2018. 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/2017-2018/DS1TOT_J.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 gender/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Gender and Age, *What We Eat in America*, NHANES 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.