

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity 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)		
Non-Hispanic White:													
2 - 19.....	7	(1.1)	780	1.52 (0.034)	0.14* (0.060)	1.66 (0.067)		--	--	--		1.54 (0.036)	
20 and over.....	23	(1.5)	1612	1.59 (0.029)	2.38 (0.436)	3.97 (0.439)	385	1.64 (0.051)	10.16 (1.478)	11.80 (1.495)		1.58 (0.032)	
2 and over...	20	(1.2)	2392	1.58 (0.026)	1.91 (0.358)	3.49 (0.357)	434	1.61 (0.049)	9.57 (1.432)	11.18 (1.450)		1.57 (0.029)	
Non-Hispanic Black:													
2 - 19.....	1*	(0.5)	525	1.45 (0.043)	0.02* (0.008)	1.48 (0.046)		--	--	--		1.45 (0.044)	
20 and over.....	13	(1.5)	1085	1.47 (0.034)	1.38 (0.331)	2.85 (0.333)	167	1.55 (0.061)	10.37 (1.834)	11.92 (1.844)		1.46 (0.038)	
2 and over...	10	(1.1)	1610	1.47 (0.027)	1.04 (0.242)	2.51 (0.247)	175	1.55 (0.061)	10.06 (1.840)	11.61 (1.857)		1.46 (0.029)	
Non-Hispanic Asian⁹:													
2 - 19.....	6*	(1.4)	232	1.52 (0.029)	0.09 (0.022)	1.62 (0.042)		--	--	--		1.53 (0.026)	
20 and over.....	17	(1.8)	597	1.62 (0.050)	2.79 (0.830)	4.41 (0.835)	112	1.65 (0.061)	16.78 (4.560)	18.43 (4.540)		1.62 (0.059)	
2 and over...	14	(1.6)	829	1.60 (0.043)	2.25 (0.672)	3.86 (0.678)	125	1.63 (0.053)	15.62 (4.286)	17.25 (4.269)		1.60 (0.050)	
Hispanic:													
2 - 19.....	5	(1.4)	573	1.57 (0.041)	0.08* (0.035)	1.65 (0.051)		--	--	--		1.56 (0.045)	
20 and over.....	15	(1.4)	1010	1.65 (0.049)	2.55 (0.656)	4.20 (0.658)	142	1.63 (0.218)	16.81 (4.225)	18.45 (4.188)		1.65 (0.053)	
2 and over...	12	(1.0)	1583	1.62 (0.031)	1.72 (0.431)	3.34 (0.431)	169	1.64 (0.186)	14.64 (3.692)	16.29 (3.638)		1.62 (0.031)	

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

Race/ethnicity 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)
Non-Hispanic White:																
2 - 19.....	7	(1.1)	780	1.81 (0.054)	0.15* (0.060)	1.97 (0.079)										1.85 (0.056)
20 and over.....	23	(1.5)	1612	2.22 (0.053)	1.53 (0.294)	3.75 (0.319)	384	2.26 (0.088)	6.60 (0.998)	8.86 (1.052)						2.21 (0.056)
2 and over...	20	(1.2)	2392	2.14 (0.043)	1.24 (0.235)	3.38 (0.251)	433	2.19 (0.089)	6.28 (0.948)	8.47 (1.006)						2.12 (0.045)
Non-Hispanic Black:																
2 - 19.....	1*	(0.5)	525	1.64 (0.045)	0.03* (0.010)	1.67 (0.048)										1.63 (0.047)
20 and over.....	13	(1.4)	1085	1.74 (0.036)	0.96 (0.224)	2.70 (0.232)	160	1.80 (0.081)	7.41 (1.409)	9.21 (1.417)						1.73 (0.041)
2 and over...	10	(1.1)	1610	1.71 (0.027)	0.73 (0.164)	2.44 (0.166)	168	1.81 (0.083)	7.21 (1.396)	9.02 (1.408)						1.70 (0.030)
Non-Hispanic Asian⁹:																
2 - 19.....	6*	(1.4)	232	1.64 (0.059)	0.10 (0.026)	1.74 (0.075)										1.64 (0.064)
20 and over.....	16	(1.7)	597	1.80 (0.040)	1.42 (0.337)	3.22 (0.350)	112	2.03 (0.142)	8.63 (1.851)	10.66 (1.853)						1.76 (0.030)
2 and over...	14	(1.5)	829	1.77 (0.040)	1.16 (0.276)	2.93 (0.291)	125	1.99 (0.130)	8.11 (1.694)	10.10 (1.696)						1.73 (0.029)
Hispanic:																
2 - 19.....	4	(1.4)	573	1.84 (0.033)	0.42* (0.374)	2.27 (0.377)										1.83 (0.035)
20 and over.....	15	(1.3)	1010	2.04 (0.067)	1.88 (0.526)	3.92 (0.540)	140	2.06 (0.201)	12.46 (3.413)	14.51 (3.342)						2.04 (0.080)
2 and over...	11	(1.1)	1583	1.97 (0.042)	1.39 (0.365)	3.36 (0.373)	164	2.07 (0.180)	12.29 (3.265)	14.35 (3.198)						1.96 (0.048)

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

Race/ethnicity and age (years)	Percent reporting niacin ⁸ % (SE)		N i a c i n													
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Non-Hispanic White:																
2 - 19.....	9	(1.0)	780	22.1 (0.80)	1.2 (0.15)	23.3 (0.80)										22.4 (0.87)
20 and over.....	26	(1.6)	1612	26.5 (0.68)	9.8 (1.65)	36.3 (1.80)	421	26.9 (1.53)	38.3 (5.95)	65.2 (5.76)						26.4 (0.70)
2 and over...	22	(1.3)	2392	25.6 (0.61)	8.0 (1.28)	33.6 (1.43)	478	26.2 (1.45)	36.4 (5.43)	62.6 (5.29)						25.4 (0.67)
Non-Hispanic Black:																
2 - 19.....	2*	(0.6)	525	21.7 (0.54)	0.3* (0.11)	22.0 (0.59)										21.5 (0.56)
20 and over.....	15	(1.3)	1085	24.6 (0.44)	4.2 (0.64)	28.8 (0.84)	177	25.3 (0.97)	28.4 (4.54)	53.6 (4.84)						24.5 (0.58)
2 and over...	12	(0.9)	1610	23.9 (0.37)	3.2 (0.44)	27.1 (0.60)	186	25.6 (1.01)	28.0 (4.36)	53.6 (4.78)						23.7 (0.48)
Non-Hispanic Asian⁹:																
2 - 19.....	7*	(2.1)	232	19.9 (0.47)	1.2 (0.35)	21.1 (0.53)										19.9 (0.51)
20 and over.....	18	(2.0)	597	24.0 (0.78)	4.8 (0.56)	28.8 (0.93)	124	23.9 (1.07)	26.4 (1.75)	50.3 (2.31)						24.0 (0.89)
2 and over...	16	(1.6)	829	23.2 (0.71)	4.0 (0.40)	27.3 (0.86)	141	23.6 (0.96)	25.5 (1.67)	49.1 (2.14)						23.1 (0.77)
Hispanic:																
2 - 19.....	5	(1.1)	573	21.3 (0.49)	0.9* (0.35)	22.3 (0.58)										21.2 (0.50)
20 and over.....	17	(1.6)	1010	26.7 (0.84)	6.8 (1.44)	33.5 (1.91)	156	24.9 (2.73)	39.2 (6.44)	64.1 (6.29)						27.1 (0.98)
2 and over...	13	(1.1)	1583	24.9 (0.50)	4.8 (0.92)	29.7 (1.14)	186	24.7 (2.31)	36.3 (5.85)	61.0 (5.79)						24.9 (0.52)

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		V i t a m i n B 6											
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Non-Hispanic White:														
2 - 19.....	19	(2.1)	780	1.78 (0.079)	0.43 (0.082)	2.21 (0.118)	147	1.54 (0.088)	2.24 (0.384)	3.78 (0.432)	1.84 (0.101)			
20 and over.....	27	(1.7)	1612	2.22 (0.085)	2.83 (0.420)	5.06 (0.418)	454	2.33 (0.230)	10.47 (1.331)	12.80 (1.311)	2.19 (0.076)			
2 and over...	25	(1.3)	2392	2.13 (0.073)	2.33 (0.332)	4.46 (0.331)	601	2.21 (0.196)	9.18 (1.182)	11.39 (1.168)	2.11 (0.071)			
Non-Hispanic Black:														
2 - 19.....	7	(1.1)	525	1.64 (0.047)	0.12 (0.026)	1.75 (0.059)		--	--	--	1.62 (0.053)			
20 and over.....	16	(1.6)	1085	1.92 (0.051)	1.62 (0.288)	3.54 (0.272)	191	1.96 (0.080)	9.83 (1.391)	11.79 (1.376)	1.91 (0.067)			
2 and over...	14	(1.4)	1610	1.85 (0.045)	1.24 (0.215)	3.10 (0.203)	232	1.96 (0.075)	8.83 (1.215)	10.79 (1.199)	1.83 (0.058)			
Non-Hispanic Asian⁹:														
2 - 19.....	13	(2.9)	232	1.61 (0.045)	0.35* (0.111)	1.97 (0.135)		--	--	--	1.60 (0.051)			
20 and over.....	19	(1.8)	597	2.02 (0.082)	1.88* (0.640)	3.90 (0.694)	131	2.17 (0.115)	9.90* (2.974)	12.07 (3.070)	1.98 (0.087)			
2 and over...	18	(1.8)	829	1.94 (0.073)	1.58* (0.527)	3.52 (0.577)	163	2.11 (0.097)	8.86 (2.541)	10.97 (2.617)	1.90 (0.077)			
Hispanic:														
2 - 19.....	15	(1.6)	573	1.77 (0.050)	0.28 (0.051)	2.05 (0.058)	79	1.85 (0.114)	1.83 (0.294)	3.68 (0.323)	1.76 (0.067)			
20 and over.....	18	(1.6)	1010	2.28 (0.075)	3.07 (0.792)	5.34 (0.826)	169	2.17 (0.217)	16.80 (4.240)	18.97 (4.267)	2.30 (0.094)			
2 and over...	17	(1.3)	1583	2.11 (0.040)	2.13 (0.527)	4.23 (0.540)	248	2.07 (0.150)	12.32 (3.066)	14.39 (3.088)	2.11 (0.050)			

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
Non-Hispanic White:																				
2 - 19.....	19	(2.1)	780	196 (4.5)	46 (5.4)	242 (6.6)	145	150 (10.1)	248 (17.5)	398 (13.2)	207	(6.5)								
20 and over.....	27	(1.8)	1612	170 (5.7)	123 (8.2)	293 (9.2)	455	174 (8.4)	453 (11.1)	627 (13.7)	169	(6.4)								
2 and over...	25	(1.3)	2392	176 (4.3)	107 (6.0)	283 (6.6)	600	170 (7.0)	422 (9.9)	592 (9.4)	177	(4.6)								
Non-Hispanic Black:																				
2 - 19.....	7	(1.1)	525	196 (6.5)	15 (3.0)	211 (6.9)		--	--	--	194	(7.2)								
20 and over.....	17	(1.7)	1085	161 (7.3)	73 (8.2)	235 (11.2)	197	160 (16.0)	429 (15.0)	589 (18.5)	162	(8.2)								
2 and over...	15	(1.5)	1610	170 (6.3)	59 (6.3)	229 (8.1)	238	168 (13.3)	404 (14.0)	572 (15.8)	170	(7.0)								
Non-Hispanic Asian⁹:																				
2 - 19.....	13	(2.9)	232	194 (7.3)	42 (10.2)	236 (12.7)		--	--	--	192	(8.7)								
20 and over.....	19	(1.6)	597	161 (11.5)	86 (11.4)	248 (17.4)	127	158 (14.2)	464 (34.5)	622 (31.9)	162	(14.3)								
2 and over...	17	(1.6)	829	168 (9.4)	77 (9.4)	245 (15.4)	158	166 (15.0)	445 (27.3)	611 (25.6)	168	(11.6)								
Hispanic:																				
2 - 19.....	14	(1.5)	573	211 (13.9)	29 (4.1)	240 (13.3)		--	--	--	201	(11.4)								
20 and over.....	17	(1.4)	1010	170 (4.9)	103 (20.0)	273 (20.8)	164	173 (22.5)	591 (96.7)	764 (116.1)	170	(7.6)								
2 and over...	16	(1.2)	1583	184 (6.0)	78 (14.3)	262 (15.0)	240	201 (22.0)	475 (78.4)	675 (91.0)	181	(6.0)								

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Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		F o l a t e (D F E)																				
			All Individuals ⁵								Supplement Users ⁶								-Non-users ⁷ -				
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)												
Non-Hispanic White:																							
2 - 19.....	19	(2.1)	780	475 (10.1)	79 (9.2)	554 (12.0)	145	391 (19.9)	422 (29.7)	812 (22.6)	495 (14.6)	20 and over.....	27	(1.8)	1612	496 (10.8)	210 (14.0)	706 (18.3)	455	510 (15.5)	770 (18.9)	1281 (24.3)	491 (11.4)
2 and over...	25	(1.3)	2392	492 (8.4)	182 (10.2)	674 (13.8)	600	492 (12.9)	717 (16.8)	1209 (18.0)	492 (9.2)	Non-Hispanic Black:											
2 - 19.....	7	(1.1)	525	470 (13.1)	26 (5.1)	496 (14.7)		--	--	--	466 (14.3)	20 and over.....	17	(1.7)	1085	458 (14.5)	125 (14.0)	582 (21.0)	197	480 (31.1)	729 (25.5)	1209 (31.7)	453 (15.7)
2 and over...	15	(1.5)	1610	461 (12.0)	100 (10.7)	561 (15.7)	238	487 (23.9)	687 (23.9)	1174 (25.2)	456 (13.2)	Non-Hispanic Asian⁹:											
2 - 19.....	13	(2.9)	232	498 (17.9)	71 (17.4)	569 (24.5)		--	--	--	494 (21.6)	20 and over.....	19	(1.6)	597	526 (22.5)	147 (19.4)	673 (36.4)	127	562 (24.7)	789 (58.7)	1351 (65.3)	518 (25.7)
2 and over...	17	(1.6)	829	521 (20.6)	132 (16.1)	653 (32.9)	158	557 (21.4)	756 (46.4)	1313 (49.8)	513 (23.3)	Hispanic:											
2 - 19.....	14	(1.5)	573	519 (23.2)	49 (7.0)	568 (22.3)		--	--	--	505 (20.8)	20 and over.....	17	(1.4)	1010	524 (13.7)	175 (33.9)	699 (37.0)	164	530 (52.8)	1005 (164.4)	1534 (205.3)	523 (17.3)
2 and over...	16	(1.2)	1583	522 (9.5)	132 (24.3)	655 (24.9)	240	552 (44.4)	807 (133.3)	1359 (159.7)	516 (11.0)												

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Race/ethnicity 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)									
Non-Hispanic White:																				
2 - 19.....	5	(1.1)	780	242 (7.2)	#	242 (7.2)											241 (7.9)			
20 and over.....	5	(0.8)	1612	329 (6.6)	1 (0.1)	330 (6.7)	84	369 (20.5)	12 (2.2)	381 (20.4)	327 (6.7)									
2 and over...	5	(0.7)	2392	311 (5.1)	1 (0.1)	312 (5.2)	125	346 (17.7)	10 (1.8)	356 (17.7)	309 (5.3)									
Non-Hispanic Black:																				
2 - 19.....	2*	(0.7)	525	226 (9.8)	#	226 (9.8)											225 (10.2)			
20 and over.....	5	(0.7)	1085	301 (7.4)	1* (0.3)	301 (7.4)											299 (7.5)			
2 and over...	4	(0.6)	1610	282 (7.1)	1* (0.2)	282 (7.1)											280 (7.5)			
Non-Hispanic Asian⁹:																				
2 - 19.....	5*	(1.4)	232	263 (9.6)	1* (0.6)	263 (9.7)											259 (9.6)			
20 and over.....	4	(1.0)	597	323 (8.2)	1* (0.3)	324 (8.3)											322 (7.8)			
2 and over...	4	(0.8)	829	311 (6.5)	1* (0.3)	312 (6.6)											309 (6.8)			
Hispanic:																				
2 - 19.....	7	(1.5)	573	258 (6.4)	#	258 (6.4)											257 (6.7)			
20 and over.....	4	(1.1)	1010	359 (10.6)	4* (3.0)	363 (10.2)											361 (10.1)			
2 and over...	5	(0.9)	1583	325 (7.3)	3* (2.0)	328 (7.1)											327 (7.3)			

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 ⁸ % (SE)		V i t a m i n B 1 2						—All Individuals ⁵ — —Supplement Users ⁶ — —Non-users ⁷ —																
			Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food										
			µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)							
Non-Hispanic White:																									
2 - 19.....	20	(1.9)	780	4.31 (0.156)	7.4* (5.17)	11.7* (5.17)	147	3.52 (0.182)	37.5* (26.20)	41.0* (26.20)	4.50 (0.202)	20 and over.....	30	(1.9)	1612	5.03 (0.187)	100.9 (12.75)	105.9 (12.77)	509	5.00 (0.297)	331.1 (39.78)	336.1 (39.74)	5.04 (0.218)		
2 and over...	28	(1.4)	2392	4.88 (0.162)	81.4 (10.44)	86.3 (10.45)	656	4.78 (0.265)	288.1 (36.01)	292.9 (35.97)	4.92 (0.185)														
Non-Hispanic Black:																									
2 - 19.....	7	(1.1)	525	3.97 (0.186)	0.4* (0.13)	4.4 (0.26)		--	--	--	3.80 (0.151)	20 and over.....	18	(1.7)	1085	4.22 (0.132)	81.2* (32.40)	85.5* (32.40)	208	3.82 (0.196)	453.6*(180.79)	457.4*(180.76)	4.31 (0.166)		
2 and over...	15	(1.5)	1610	4.16 (0.109)	61.1* (24.59)	65.2* (24.59)	249	4.10 (0.278)	402.8*(161.63)	406.9*(161.53)	4.17 (0.134)														
Non-Hispanic Asian⁹:																									
2 - 19.....	13	(2.9)	232	4.11 (0.208)	1.6* (0.64)	5.7 (0.70)		--	--	--	4.01 (0.199)	20 and over.....	20	(1.6)	597	3.95 (0.159)	48.6* (16.76)	52.5* (16.68)	135	4.49 (0.477)	246.5* (82.55)	251.0* (82.21)	3.81 (0.169)		
2 and over...	18	(1.7)	829	3.98 (0.146)	39.3* (13.44)	43.3* (13.40)	167	4.53 (0.390)	213.8* (70.48)	218.3* (70.23)	3.86 (0.149)														
Hispanic:																									
2 - 19.....	15	(1.5)	573	4.72 (0.191)	2.0* (1.36)	6.7 (1.33)		--	--	--	4.64 (0.220)	20 and over.....	19	(1.8)	1010	4.85 (0.168)	65.9 (17.16)	70.7 (17.16)	188	5.48 (0.375)	341.5 (83.25)	347.0 (83.40)	4.70 (0.228)		
2 and over...	18	(1.3)	1583	4.81 (0.131)	44.3 (11.76)	49.1 (11.76)	265	5.39 (0.309)	250.5 (62.65)	255.9 (62.72)	4.68 (0.178)														

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

Race/ethnicity 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)									
Non-Hispanic White:																				
2 - 19.....	21	(2.4)	780	68.2 (4.94)	25.0 (5.73)	93.2 (8.01)	159	74.0 (8.71)	118.2 (22.93)	192.2 (27.09)	66.6 (6.37)									
20 and over.....	31	(1.8)	1612	70.1 (3.71)	78.6 (10.33)	148.7 (11.44)	503	75.9 (5.00)	250.2 (25.93)	326.1 (27.03)	67.4 (4.31)									
2 and over...	29	(1.4)	2392	69.7 (3.40)	67.4 (7.87)	137.1 (8.82)	662	75.6 (4.19)	230.3 (23.40)	305.9 (24.69)	67.2 (4.00)									
Non-Hispanic Black:																				
2 - 19.....	8	(1.1)	525	76.9 (4.79)	5.3* (1.83)	82.2 (4.70)		--	--	--	75.8 (4.43)									
20 and over.....	18	(1.6)	1085	77.3 (4.17)	40.9 (6.54)	118.2 (7.81)	208	92.0 (6.92)	226.5 (26.76)	318.5 (28.41)	74.1 (4.42)									
2 and over...	16	(1.4)	1610	77.2 (3.64)	32.0 (4.73)	109.2 (6.20)	254	91.6 (6.58)	206.3 (24.26)	297.9 (25.70)	74.5 (3.84)									
Non-Hispanic Asian⁹:																				
2 - 19.....	14	(3.1)	232	69.4 (8.47)	16.3* (5.25)	85.7 (10.22)		--	--	--	68.5 (8.17)									
20 and over.....	22	(2.1)	597	96.9 (5.46)	81.6 (17.93)	178.5 (18.66)	151	104.5 (5.82)	374.1 (64.34)	478.6 (66.91)	94.8 (6.89)									
2 and over...	20	(2.0)	829	91.5 (5.36)	68.7 (14.81)	160.1 (15.78)	186	100.3 (6.35)	337.6 (57.70)	437.9 (60.34)	89.2 (6.25)									
Hispanic:																				
2 - 19.....	19	(1.4)	573	79.5 (4.72)	20.7 (5.33)	100.1 (6.27)	93	90.3 (8.50)	111.3 (27.32)	201.6 (24.69)	77.0 (4.82)									
20 and over.....	20	(1.5)	1010	91.8 (3.77)	83.8 (23.87)	175.5 (23.52)	188	88.8 (6.24)	418.8 (119.31)	507.6 (123.38)	92.5 (4.61)									
2 and over...	20	(1.1)	1583	87.6 (3.11)	62.5 (16.69)	150.1 (15.53)	281	89.3 (4.91)	320.2 (85.68)	409.5 (87.27)	87.2 (3.71)									

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

Race/ethnicity and age (years)	Percent reporting vitamin D ⁸ % (SE)		V i t a m i n D																									
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷									
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)																	
Non-Hispanic White:																												
2 - 19.....	20	(2.3)	780	4.7 (0.17)	3.7 (0.74)	8.4 (0.78)	152	4.4 (0.58)	18.8 (2.97)	23.2 (3.01)	4.7 (0.21)	20 and over.....	35	(2.0)	1612	4.2 (0.19)	20.3 (2.20)	24.4 (2.28)	589	4.4 (0.37)	58.2 (4.96)	62.6 (4.96)	4.0 (0.18)					
2 and over...	32	(1.5)	2392	4.3 (0.16)	16.8 (1.69)	21.1 (1.74)	741	4.4 (0.33)	53.1 (4.56)	57.5 (4.56)	4.2 (0.16)	Non-Hispanic Black:																
2 - 19.....	8	(1.3)	525	3.9 (0.16)	1.3* (0.42)	5.2 (0.47)		--	--	--	3.8 (0.16)	20 and over.....	23	(1.7)	1085	3.7 (0.16)	14.2 (3.78)	17.9 (3.76)	267	4.3 (0.32)	62.5 (16.25)	66.8 (16.12)	3.6 (0.17)					
2 and over...	19	(1.6)	1610	3.8 (0.11)	11.0 (2.86)	14.7 (2.85)	310	4.4 (0.29)	57.7 (14.73)	62.1 (14.60)	3.6 (0.12)	Non-Hispanic Asian⁹:																
2 - 19.....	14	(3.3)	232	4.9 (0.38)	2.5 (0.53)	7.4 (0.75)		--	--	--	4.5 (0.29)	20 and over.....	24	(2.9)	597	4.9 (0.42)	11.9 (2.03)	16.9 (1.87)	175	5.8 (0.63)	49.0 (5.56)	54.8 (5.21)	4.7 (0.49)					
2 and over...	22	(2.6)	829	4.9 (0.34)	10.1 (1.66)	15.0 (1.55)	209	6.0 (0.54)	45.2 (4.83)	51.1 (4.56)	4.6 (0.39)	Hispanic:																
2 - 19.....	15	(1.6)	573	5.1 (0.19)	1.6 (0.23)	6.8 (0.25)	78	5.8 (0.33)	11.1 (1.24)	16.9 (1.28)	5.0 (0.22)	20 and over.....	23	(2.0)	1010	4.3 (0.21)	9.4 (0.86)	13.7 (0.89)	234	5.6 (0.53)	40.8 (1.98)	46.3 (2.03)	3.9 (0.18)					
2 and over...	20	(1.5)	1583	4.6 (0.14)	6.8 (0.60)	11.4 (0.61)	312	5.6 (0.39)	33.5 (1.79)	39.2 (1.68)	4.3 (0.14)																	

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

Race/ethnicity and age (years)	Percent reporting vitamin K ⁸ % (SE)		V i t a m i n K											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Non-Hispanic White:														
2 - 19.....	5	(1.2)	780	69.7 (5.02)	2.4 (0.60)	72.1 (5.03)							69.8 (5.01)	
20 and over.....	19	(1.4)	1612	126.6 (11.16)	11.5* (3.76)	138.1 (11.35)	314	136.9 (10.01)	60.1* (19.08)	197.0 (19.19)			124.1 (12.82)	
2 and over...	16	(1.0)	2392	114.7 (9.70)	9.6* (2.92)	124.3 (9.52)	352	132.4 (9.82)	59.2 (17.56)	191.6 (17.30)			111.3 (10.63)	
Non-Hispanic Black:														
2 - 19.....	1*	(0.2)	525	82.2 (7.10)	0.6* (0.19)	82.8 (7.12)							82.8 (7.20)	
20 and over.....	11	(1.5)	1085	126.9 (9.17)	3.9 (0.58)	130.7 (9.24)	125	185.4 (40.96)	35.9 (2.33)	221.4 (40.34)			119.8 (8.56)	
2 and over...	8	(1.1)	1610	115.7 (7.38)	3.1 (0.41)	118.8 (7.43)	131	179.6 (39.32)	36.3 (2.18)	215.9 (38.56)			109.9 (6.83)	
Non-Hispanic Asian⁹:														
2 - 19.....	4*	(1.6)	232	82.5 (8.89)	2.5* (1.11)	85.0 (9.12)							81.6 (9.69)	
20 and over.....	12	(1.1)	597	155.3 (12.86)	4.7 (0.85)	160.0 (13.42)	89	232.6 (29.61)	39.2 (4.64)	271.8 (31.07)			144.7 (12.80)	
2 and over...	11	(1.1)	829	140.9 (11.42)	4.3 (0.78)	145.2 (11.97)	99	221.7 (27.78)	40.6 (4.54)	262.2 (28.32)			131.4 (11.28)	
Hispanic:														
2 - 19.....	2*	(0.6)	573	64.9 (2.48)	1.0* (0.31)	65.9 (2.32)							64.7 (2.56)	
20 and over.....	10	(1.4)	1010	118.8 (9.36)	4.4 (0.87)	123.1 (9.44)	100	95.5 (12.09)	43.6 (8.27)	139.1 (7.74)			121.4 (10.63)	
2 and over...	7	(1.0)	1583	100.6 (6.71)	3.2 (0.60)	103.8 (6.77)	114	93.3 (11.33)	43.9 (7.46)	137.3 (7.64)			101.2 (7.46)	

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

Race/ethnicity and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		Lycopene										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	#		780	4297 (402.3)	#		4297 (402.3)		--	--	--	4297 (402.3)	
20 and over.....	10	(1.3)	1612	4826 (316.0)	90	(21.9)	4916 (320.0)	172	6674 (1235.9)	927	(235.5)	7601 (1209.9)	4626 (253.7)
2 and over...	8	(1.0)	2392	4715 (260.6)	71	(17.8)	4787 (264.3)	172	6674 (1235.9)	927	(235.5)	7601 (1209.9)	4552 (221.3)
Non-Hispanic Black:													
2 - 19.....	#		525	4052 (493.8)	2*	(2.2)	4054 (493.7)		--	--	--	3932 (511.9)	
20 and over.....	5	(0.8)	1085	4412 (371.5)	26	(6.7)	4438 (371.9)		--	--	--	4344 (401.4)	
2 and over...	4	(0.6)	1610	4322 (257.0)	20	(5.1)	4342 (257.5)		--	--	--	4238 (278.8)	
Non-Hispanic Asian⁹:													
2 - 19.....	#		232	4935 (842.3)	4*	(4.1)	4939 (838.9)		--	--	--	4948 (833.1)	
20 and over.....	7	(1.3)	597	4620 (363.4)	31	(8.4)	4651 (365.2)		--	--	--	4636 (354.0)	
2 and over...	6	(1.1)	829	4682 (416.3)	26	(7.0)	4708 (416.8)		--	--	--	4702 (416.4)	
Hispanic:													
2 - 19.....	#		573	4417 (338.0)	1*	(0.5)	4418 (337.9)		--	--	--	4417 (338.6)	
20 and over.....	5	(0.8)	1010	5836 (570.0)	29	(8.2)	5866 (574.3)		--	--	--	5854 (579.2)	
2 and over...	4	(0.5)	1583	5358 (434.2)	20	(5.4)	5378 (437.3)		--	--	--	5353 (433.2)	

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

Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)		L u t e i n + z e a x a n t h i n						- Non-users ⁷ -					
			All Individuals ⁵			Supplement Users ⁶			All Individuals ⁵			Supplement Users ⁶		
			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)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)
Non-Hispanic White:														
2 - 19.....	2*	(0.9)	780	788 (92.2)	3*	(1.3)	791 (92.0)							780 (92.1)
20 and over.....	11	(1.3)	1612	1709 (229.0)	279	(66.4)	1987 (226.0)	191	1953 (220.6)	2619	(654.2)	4572 (712.0)	1679	(259.7)
2 and over...	9	(1.0)	2392	1517 (191.7)	221	(52.3)	1738 (190.7)	205	1915 (227.3)	2505	(614.1)	4420 (681.9)	1478	(213.2)
Non-Hispanic Black:														
2 - 19.....	1*	(0.4)	525	936 (62.5)	1*	(0.9)	937 (62.3)							936 (62.8)
20 and over.....	5	(0.8)	1085	1698 (199.4)	89*	(29.7)	1787 (201.9)							1621 (179.9)
2 and over...	4	(0.6)	1610	1508 (156.8)	67*	(22.4)	1575 (159.3)							1444 (142.4)
Non-Hispanic Asian⁹:														
2 - 19.....	2*	(1.1)	232	1146 (202.5)	29*	(29.3)	1175 (218.7)							1149 (205.4)
20 and over.....	7	(1.6)	597	2336 (229.6)	33*	(10.7)	2369 (237.0)							2277 (240.6)
2 and over...	6	(1.5)	829	2100 (211.9)	32*	(12.0)	2133 (222.1)							2043 (221.6)
Hispanic:														
2 - 19.....	#		573	781 (46.9)	#		781 (46.9)							781 (46.9)
20 and over.....	7	(1.0)	1010	1641 (195.0)	54	(16.1)	1695 (193.6)							1630 (207.3)
2 and over...	4	(0.7)	1583	1352 (140.0)	36	(10.4)	1387 (139.6)							1331 (145.5)

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.).

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium ⁸ % (SE)		C a l c i u m																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	7	(1.3)	780	986 (12.2)	12 (2.6)	998 (13.2)											992 (13.6)			
20 and over.....	31	(1.7)	1612	984 (20.4)	143 (8.2)	1127 (22.6)	520	1024 (29.6)	459 (24.5)	1483 (36.9)	965 (20.0)									
2 and over...	26	(1.2)	2392	984 (16.8)	116 (6.9)	1100 (18.4)	578	1017 (28.3)	441 (23.3)	1458 (35.8)	972 (15.4)									
Non-Hispanic Black:																				
2 - 19.....	2*	(0.6)	525	847 (31.6)	3* (1.5)	850 (31.6)											840 (32.1)			
20 and over.....	17	(1.5)	1085	852 (21.2)	66 (10.3)	918 (23.9)	206	935 (45.7)	396 (31.6)	1331 (55.1)	836 (18.5)									
2 and over...	13	(1.3)	1610	851 (16.5)	50 (7.9)	901 (17.7)	213	946 (43.9)	391 (30.3)	1337 (52.5)	837 (14.6)									
Non-Hispanic Asian⁹:																				
2 - 19.....	6*	(1.9)	232	863 (40.3)	15* (5.5)	878 (42.6)											848 (38.0)			
20 and over.....	20	(2.4)	597	832 (26.6)	89 (12.3)	921 (32.9)	140	909 (69.6)	447 (39.6)	1356 (81.4)	813 (20.7)									
2 and over...	17	(2.0)	829	838 (22.4)	74 (10.6)	913 (27.8)	154	923 (70.4)	434 (36.8)	1357 (82.3)	821 (16.6)									
Hispanic:																				
2 - 19.....	5	(1.1)	573	1016 (23.8)	9* (4.4)	1025 (24.7)											1008 (27.8)			
20 and over.....	18	(1.4)	1010	992 (34.9)	71 (7.5)	1064 (38.0)	191	1027 (80.7)	386 (26.6)	1413 (88.6)	985 (37.5)									
2 and over...	14	(1.1)	1583	1000 (25.3)	50 (5.8)	1051 (27.0)	220	1044 (72.1)	360 (25.6)	1404 (79.3)	993 (28.5)									

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

P h o s p h o r u s																		
Race/ethnicity and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						-Non-users ⁷ -			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.5)	780	1266	(33.3)	1*	(0.4)	1267	(33.5)		--	--	--	--		1257	(32.4)	
20 and over.....	12	(1.4)	1612	1403	(23.6)	6	(1.5)	1409	(24.2)	219	1468	(61.0)	49	(10.3)	1517	(63.6)	1394	(25.9)
2 and over...	10	(1.1)	2392	1375	(21.4)	5	(1.2)	1380	(21.6)	231	1482	(59.7)	49	(10.0)	1531	(62.3)	1363	(23.6)
Non-Hispanic Black:																		
2 - 19.....	#		525	1146	(35.6)	#		1146	(35.6)		--	--	--	--		1146	(35.5)	
20 and over.....	7	(1.0)	1085	1250	(24.6)	3	(0.5)	1253	(24.6)	86	1280	(57.6)	35	(3.4)	1315	(55.6)	1248	(25.1)
2 and over...	6	(0.8)	1610	1224	(20.6)	2	(0.4)	1226	(20.5)	88	1281	(57.0)	35	(3.4)	1316	(55.0)	1221	(20.9)
Non-Hispanic Asian⁹:																		
2 - 19.....	2*	(0.3)	232	1215	(31.5)	#		1216	(31.5)		--	--	--	--		1212	(33.8)	
20 and over.....	9	(1.2)	597	1300	(31.0)	4	(0.9)	1304	(31.4)		--	--	--	--		1302	(31.7)	
2 and over...	7	(1.0)	829	1283	(27.6)	3	(0.8)	1286	(28.0)		--	--	--	--		1283	(27.7)	
Hispanic:																		
2 - 19.....	#		573	1254	(19.7)	#		1255	(19.6)		--	--	--	--		1253	(19.6)	
20 and over.....	8	(1.2)	1010	1444	(43.1)	3	(1.0)	1447	(43.6)	78	1294	(227.3)	44	(10.7)	1339	(234.1)	1456	(43.5)
2 and over...	5	(0.8)	1583	1380	(28.0)	2	(0.7)	1382	(28.3)	83	1304	(220.6)	46	(10.1)	1349	(226.8)	1384	(28.1)

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

Race/ethnicity 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)			
Non-Hispanic White:														
2 - 19.....	4	(1.0)	780	236 (5.2)	4* (2.4)	240 (6.5)							232 (4.9)	
20 and over.....	24	(1.4)	1612	305 (5.8)	42 (3.8)	347 (7.8)	389	322 (8.5)	177 (11.5)	499 (13.4)	300 (6.5)			
2 and over...	19	(1.2)	2392	291 (5.3)	34 (3.1)	325 (7.1)	407	322 (8.8)	175 (11.0)	497 (13.3)	283 (5.7)			
Non-Hispanic Black:														
2 - 19.....	#		525	213 (7.3)	1* (1.0)	214 (7.5)							212 (7.1)	
20 and over.....	11	(1.4)	1085	262 (6.1)	14 (2.7)	276 (7.5)	129	330 (25.6)	126 (17.7)	456 (36.0)	254 (6.1)			
2 and over...	8	(1.0)	1610	250 (5.9)	11 (2.0)	260 (7.0)	131	331 (24.9)	127 (16.5)	459 (34.0)	242 (5.7)			
Non-Hispanic Asian⁹:														
2 - 19.....	2*	(0.3)	232	239 (6.1)	1 (0.3)	240 (6.2)							239 (6.1)	
20 and over.....	16	(1.9)	597	322 (9.9)	16 (3.3)	338 (11.4)	105	362 (21.6)	105 (16.8)	466 (28.1)	314 (8.0)			
2 and over...	13	(1.6)	829	305 (8.7)	13 (2.8)	319 (10.1)	108	359 (21.3)	104 (16.6)	462 (27.5)	297 (6.8)			
Hispanic:														
2 - 19.....	1*	(0.6)	573	240 (4.8)	1* (0.6)	241 (4.9)							239 (4.8)	
20 and over.....	13	(1.4)	1010	324 (10.9)	14 (1.5)	338 (11.6)	128	352 (46.5)	107 (8.6)	459 (49.4)	320 (9.9)			
2 and over...	9	(0.9)	1583	296 (6.9)	9 (1.1)	305 (7.4)	135	352 (43.6)	105 (7.9)	457 (45.4)	290 (5.9)			

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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n																	
			All Individuals ⁵								Supplement Users ⁶								-Non-users ⁷ -	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	3	(0.6)	780	12.9 (0.31)	0.6 (0.16)	13.6 (0.34)												13.0 (0.35)		
20 and over.....	14	(1.0)	1612	14.2 (0.30)	3.5 (0.36)	17.6 (0.48)	224	14.1 (0.72)	24.5 (2.11)	38.7 (2.08)								14.2 (0.31)		
2 and over...	12	(0.8)	2392	13.9 (0.24)	2.9 (0.28)	16.8 (0.37)	251	14.0 (0.72)	24.4 (1.96)	38.4 (1.94)								13.9 (0.26)		
Non-Hispanic Black:																				
2 - 19.....	2*	(0.9)	525	13.1 (0.42)	0.8* (0.46)	13.8 (0.62)												13.1 (0.44)		
20 and over.....	10	(1.1)	1085	13.0 (0.37)	3.4 (0.49)	16.4 (0.67)	121	13.0 (1.02)	33.4 (2.72)	46.4 (2.51)								13.0 (0.41)		
2 and over...	8	(0.8)	1610	13.0 (0.32)	2.8 (0.35)	15.8 (0.47)	128	13.0 (1.01)	33.9 (2.53)	46.9 (2.45)								13.0 (0.35)		
Non-Hispanic Asian⁹:																				
2 - 19.....	5*	(1.3)	232	12.9 (0.45)	1.8* (0.56)	14.6 (0.75)												13.0 (0.50)		
20 and over.....	9	(1.5)	597	13.8 (0.47)	2.7 (0.75)	16.5 (0.91)												13.9 (0.49)		
2 and over...	8	(1.3)	829	13.6 (0.44)	2.5 (0.62)	16.1 (0.79)												13.7 (0.46)		
Hispanic:																				
2 - 19.....	3*	(1.0)	573	13.9 (0.43)	0.8* (0.28)	14.7 (0.52)												13.8 (0.45)		
20 and over.....	9	(1.4)	1010	14.8 (0.38)	2.1 (0.42)	17.0 (0.67)	93	16.3 (1.16)	22.5 (2.27)	38.8 (2.59)								14.7 (0.40)		
2 and over...	7	(1.0)	1583	14.5 (0.25)	1.7 (0.26)	16.2 (0.40)	109	16.4 (0.90)	23.6 (1.51)	40.0 (1.86)								14.4 (0.26)		

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

Race/ethnicity and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z i n c																	
			All Individuals ⁵								Supplement Users ⁶								-Non-users ⁷ -	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	15	(2.2)	780	9.5 (0.22)	0.7 (0.12)	10.2 (0.27)	124	8.2 (0.39)	4.7 (0.39)	12.9 (0.32)	9.7 (0.28)									
20 and over.....	25	(1.5)	1612	11.2 (0.22)	4.0 (0.38)	15.2 (0.35)	419	11.5 (0.34)	16.0 (0.85)	27.5 (0.83)	11.1 (0.27)									
2 and over...	23	(1.0)	2392	10.9 (0.20)	3.3 (0.29)	14.1 (0.26)	543	11.0 (0.31)	14.5 (0.89)	25.5 (0.92)	10.8 (0.25)									
Non-Hispanic Black:																				
2 - 19.....	6	(1.1)	525	8.8 (0.32)	0.3 (0.08)	9.1 (0.36)		--	--	--	8.7 (0.33)									
20 and over.....	15	(1.5)	1085	9.8 (0.24)	2.2 (0.28)	11.9 (0.42)	175	10.8 (0.68)	14.4 (1.59)	25.2 (1.72)	9.6 (0.25)									
2 and over...	13	(1.3)	1610	9.5 (0.18)	1.7 (0.21)	11.2 (0.32)	212	10.7 (0.61)	13.2 (1.29)	24.0 (1.30)	9.4 (0.21)									
Non-Hispanic Asian⁹:																				
2 - 19.....	11	(2.5)	232	9.1 (0.28)	0.8 (0.22)	9.8 (0.38)		--	--	--	9.0 (0.33)									
20 and over.....	16	(1.7)	597	10.1 (0.30)	2.6 (0.49)	12.7 (0.75)	113	10.7 (0.53)	15.8 (1.88)	26.6 (2.26)	10.0 (0.29)									
2 and over...	15	(1.7)	829	9.9 (0.25)	2.2 (0.42)	12.1 (0.65)	139	10.5 (0.43)	14.6 (1.77)	25.2 (2.03)	9.8 (0.25)									
Hispanic:																				
2 - 19.....	13	(1.5)	573	9.5 (0.29)	0.6 (0.15)	10.1 (0.34)		--	--	--	9.4 (0.34)									
20 and over.....	16	(1.5)	1010	11.6 (0.37)	2.3 (0.29)	13.9 (0.42)	153	11.5 (1.31)	14.6 (1.14)	26.0 (1.35)	11.6 (0.38)									
2 and over...	15	(1.2)	1583	10.9 (0.27)	1.7 (0.20)	12.6 (0.32)	220	11.1 (1.03)	11.6 (0.95)	22.7 (1.21)	10.8 (0.28)									

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

Race/ethnicity and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r															
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Food plus supplement mg (SE)						
Non-Hispanic White:																		
2 - 19.....	3*	(0.6)	780	0.9 (0.03)	#	1.0 (0.03)										0.9 (0.03)		
20 and over.....	22	(1.4)	1612	1.2 (0.02)	0.3 (0.02)	1.5 (0.03)	357	1.2 (0.04)	1.2 (0.05)	2.5 (0.06)						1.2 (0.03)		
2 and over...	18	(1.1)	2392	1.1 (0.02)	0.2 (0.01)	1.4 (0.03)	381	1.2 (0.04)	1.2 (0.05)	2.5 (0.06)						1.1 (0.03)		
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	525	0.8 (0.03)	#	0.8 (0.03)										0.8 (0.03)		
20 and over.....	11	(1.5)	1085	1.1 (0.03)	0.1 (0.02)	1.2 (0.04)	134	1.3 (0.12)	1.2 (0.10)	2.6 (0.18)						1.0 (0.03)		
2 and over...	9	(1.1)	1610	1.0 (0.03)	0.1 (0.02)	1.1 (0.04)	138	1.3 (0.12)	1.3 (0.10)	2.6 (0.17)						1.0 (0.03)		
Non-Hispanic Asian⁹:																		
2 - 19.....	4*	(1.5)	232	1.0 (0.04)	0.1* (0.03)	1.1 (0.04)										1.0 (0.04)		
20 and over.....	13	(1.7)	597	1.4 (0.05)	0.1 (0.03)	1.5 (0.07)	94	1.6 (0.10)	1.1 (0.11)	2.7 (0.18)						1.3 (0.05)		
2 and over...	11	(1.4)	829	1.3 (0.04)	0.1 (0.02)	1.4 (0.06)	103	1.6 (0.09)	1.2 (0.11)	2.7 (0.16)						1.3 (0.04)		
Hispanic:																		
2 - 19.....	2*	(0.8)	573	0.9 (0.02)	#	0.9 (0.03)										0.9 (0.02)		
20 and over.....	13	(1.4)	1010	1.3 (0.04)	0.2 (0.02)	1.4 (0.04)	123	1.4 (0.18)	1.2 (0.12)	2.6 (0.23)						1.2 (0.04)		
2 and over...	9	(1.0)	1583	1.1 (0.03)	0.1 (0.02)	1.3 (0.03)	135	1.4 (0.16)	1.3 (0.12)	2.7 (0.24)						1.1 (0.03)		

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

Race/ethnicity and age (years)	Percent reporting 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)	Food plus supplement mg (SE)						
Non-Hispanic White:																		
2 - 19.....	6	(1.4)	780	2938 (87.2)	1* (0.5)	2939 (87.4)					--	--	--			2959 (90.9)		
20 and over.....	9	(1.2)	1612	3522 (70.2)	2 (0.5)	3524 (70.3)	125	3571 (270.2)	28 (3.8)	3599 (270.5)						3517 (67.2)		
2 and over...	8	(1.1)	2392	3400 (67.0)	2 (0.4)	3402 (67.1)	168	3423 (246.1)	27 (3.3)	3450 (246.9)						3398 (65.7)		
Non-Hispanic Black:																		
2 - 19.....	1*	(0.8)	525	3003 (97.4)	#	3003 (97.4)			--	--	--					2990 (94.2)		
20 and over.....	5	(0.8)	1085	3373 (49.5)	1* (0.4)	3374 (49.5)			--	--	--					3366 (51.8)		
2 and over...	4	(0.6)	1610	3281 (52.6)	1* (0.3)	3281 (52.6)			--	--	--					3270 (54.5)		
Non-Hispanic Asian⁹:																		
2 - 19.....	5*	(2.3)	232	2946 (103.9)	#	2946 (103.8)			--	--	--					2924 (106.3)		
20 and over.....	6	(0.8)	597	3560 (109.1)	3* (0.9)	3563 (109.3)			--	--	--					3561 (108.7)		
2 and over...	6	(1.0)	829	3438 (92.2)	2* (0.8)	3441 (92.5)			--	--	--					3433 (91.6)		
Hispanic:																		
2 - 19.....	2*	(0.7)	573	2834 (40.5)	#	2834 (40.5)			--	--	--					2829 (44.8)		
20 and over.....	6	(1.4)	1010	3628 (91.9)	4* (1.7)	3632 (92.0)			--	--	--					3636 (96.8)		
2 and over...	5	(0.9)	1583	3361 (61.2)	3* (1.1)	3363 (61.1)			--	--	--					3356 (63.9)		

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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Percent reporting potassium ⁸ % (SE)		P o t a s s i u m																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Non-Hispanic White:																				
2 - 19.....	1*	(0.4)	780	2085 (54.9)	2*	(1.0)	2087 (55.4)			--	--	--			2072 (53.7)					
20 and over.....	15	(1.3)	1612	2635 (55.1)	18	(2.7)	2652 (55.7)	271	2747 (108.1)	117	(12.2)	2864 (111.3)	2615 (60.3)							
2 and over...	12	(1.1)	2392	2520 (47.7)	14	(2.1)	2534 (48.2)	280	2754 (105.5)	118	(11.7)	2872 (108.4)	2488 (50.0)							
Non-Hispanic Black:																				
2 - 19.....	#		525	1996 (60.1)	#		1996 (60.1)			--	--	--	1996 (60.1)							
20 and over.....	9	(1.3)	1085	2277 (44.9)	8	(2.4)	2286 (45.5)	102	2548 (102.3)	98	(19.4)	2646 (102.7)	2252 (45.5)							
2 and over...	6	(1.0)	1610	2207 (44.8)	6	(1.8)	2213 (45.3)	102	2548 (102.3)	98	(19.4)	2646 (102.7)	2184 (45.9)							
Non-Hispanic Asian⁹:																				
2 - 19.....	2*	(0.3)	232	2141 (69.3)	2	(0.4)	2142 (69.3)			--	--	--	2139 (72.2)							
20 and over.....	11	(1.7)	597	2699 (88.5)	8	(1.4)	2708 (89.0)			--	--	--	2656 (78.5)							
2 and over...	9	(1.5)	829	2589 (70.5)	7	(1.2)	2596 (70.9)	79	3028 (236.6)	79	(5.1)	3107 (235.6)	2546 (60.8)							
Hispanic:																				
2 - 19.....	#		573	2171 (41.3)	#		2171 (41.2)			--	--	--	2169 (41.5)							
20 and over.....	10	(1.4)	1010	2721 (76.4)	14*	(6.1)	2735 (78.3)	96	2602 (298.9)	145*	(53.3)	2747 (317.9)	2734 (77.3)							
2 and over...	7	(0.9)	1583	2536 (53.5)	9*	(4.0)	2545 (54.9)	97	2608 (295.4)	145*	(52.4)	2753 (313.0)	2531 (53.3)							

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

Race/ethnicity and age (years)	Percent reporting selenium ⁸ % (SE)		S e l e n i u m																	
			All Individuals ⁵								Supplement Users ⁶								Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)									
Non-Hispanic White:																				
2 - 19.....	3	(0.9)	780	92.1 (2.56)	1.2* (0.47)	93.2 (2.50)												92.3 (2.64)		
20 and over.....	21	(1.3)	1612	112.6 (1.95)	12.6 (1.14)	125.2 (2.22)	343	121.6 (6.77)	60.9 (3.61)	182.5 (7.26)	110.3 (2.84)									
2 and over...	17	(1.0)	2392	108.4 (1.76)	10.2 (0.93)	118.6 (1.75)	364	120.2 (6.95)	60.1 (3.66)	180.3 (7.39)	105.9 (2.48)									
Non-Hispanic Black:																				
2 - 19.....	1*	(0.4)	525	93.8 (3.26)	0.8* (0.81)	94.6 (3.38)												93.4 (3.36)		
20 and over.....	11	(1.5)	1085	109.6 (1.98)	6.4 (1.11)	115.9 (2.30)	135	115.2 (5.99)	56.4 (6.40)	171.6 (10.85)	108.8 (2.36)									
2 and over...	9	(1.1)	1610	105.6 (1.87)	5.0 (0.78)	110.6 (2.14)	138	116.1 (5.54)	57.8 (6.58)	173.9 (10.61)	104.6 (2.08)									
Non-Hispanic Asian⁹:																				
2 - 19.....	2*	(1.0)	232	98.7 (2.64)	1.2 (0.30)	99.9 (2.57)												98.8 (2.77)		
20 and over.....	14	(1.6)	597	116.0 (2.91)	8.9 (2.10)	124.9 (3.59)	98	111.5 (6.22)	63.4 (9.69)	174.9 (9.58)	116.8 (3.16)									
2 and over...	12	(1.4)	829	112.6 (2.62)	7.3 (1.66)	120.0 (3.09)	103	111.0 (5.89)	62.9 (8.84)	173.9 (9.01)	112.8 (2.75)									
Hispanic:																				
2 - 19.....	2*	(0.7)	573	93.1 (1.76)	0.6* (0.35)	93.7 (1.83)												92.8 (1.75)		
20 and over.....	12	(1.2)	1010	121.9 (4.35)	8.3 (1.16)	130.2 (4.36)	121	120.3 (13.67)	67.3 (9.95)	187.6 (11.74)	122.1 (4.60)									
2 and over...	9	(0.9)	1583	112.2 (2.57)	5.7 (0.83)	117.9 (2.55)	130	119.6 (12.05)	65.5 (9.04)	185.1 (9.76)	111.5 (2.60)									

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

Vitamin D: $1 \mu\text{g}$ = 40 International Units (IU).

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

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

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

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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