

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018

<b>T h i a m i n</b>																			
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																			
Family income in dollars and age (years)	Percent reporting supplement thiamin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	4	(0.9)	566	1.58	(0.076)	0.23*	(0.141)	1.81	(0.171)		--	--	--				1.57	(0.074)	
20 and over.....	15	(2.1)	1166	1.56	(0.042)	1.84	(0.472)	3.39	(0.459)	186	1.49	(0.120)	11.87	(2.210)	13.36	(2.243)	1.57	(0.053)	
2 and over...	12	(1.6)	1732	1.56	(0.046)	1.41	(0.354)	2.98	(0.331)	210	1.51	(0.117)	11.34	(2.020)	12.85	(2.040)	1.57	(0.051)	
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	4	(1.4)	916	1.52	(0.026)	0.05*	(0.017)	1.57	(0.022)		--	--	--				1.52	(0.027)	
20 and over.....	21	(2.0)	1714	1.58	(0.030)	3.04	(0.560)	4.62	(0.572)	323	1.66	(0.060)	14.30	(2.759)	15.96	(2.789)	1.56	(0.026)	
2 and over...	17	(1.5)	2630	1.57	(0.024)	2.34	(0.425)	3.91	(0.436)	353	1.64	(0.057)	13.57	(2.606)	15.21	(2.631)	1.55	(0.020)	
<b>\$75,000 and higher:</b>																			
2 - 19.....	9	(1.9)	664	1.54	(0.034)	0.19*	(0.071)	1.73	(0.087)		--	--	--				1.54	(0.032)	
20 and over.....	22	(2.4)	1176	1.62	(0.038)	2.00	(0.364)	3.62	(0.353)	245	1.69	(0.098)	8.98	(1.357)	10.67	(1.302)	1.60	(0.039)	
2 and over...	19	(2.1)	1840	1.60	(0.031)	1.56	(0.283)	3.16	(0.277)	288	1.67	(0.089)	8.13	(1.250)	9.80	(1.203)	1.59	(0.028)	
<b>All Individuals <sup>9</sup>:</b>																			
2 - 19.....	6	(0.9)	2346	1.53	(0.016)	0.14	(0.041)	1.67	(0.043)	107	1.53	(0.143)	2.31	(0.572)	3.83	(0.600)	1.53	(0.019)	
20 and over.....	20	(1.0)	4534	1.59	(0.022)	2.31	(0.291)	3.90	(0.296)	842	1.64	(0.048)	11.26	(1.150)	12.91	(1.153)	1.58	(0.022)	
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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<b>R i b o f l a v i n</b>																			
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																			
Family income in dollars and age (years)	Percent reporting supplement riboflavin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	4	(0.9)	566	1.89	(0.107)	0.64*	(0.430)	2.53	(0.486)		--	--	--				1.88	(0.108)	
20 and over.....	16	(2.1)	1166	1.98	(0.052)	1.12	(0.188)	3.09	(0.173)	183	1.93	(0.122)	7.11	(0.884)	9.04	(0.946)	1.98	(0.058)	
2 and over...	13	(1.7)	1732	1.95	(0.056)	0.99	(0.205)	2.94	(0.198)	207	1.95	(0.122)	7.85	(1.515)	9.81	(1.582)	1.95	(0.059)	
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	4	(1.4)	916	1.77	(0.040)	0.54*	(0.485)	2.32	(0.480)		--	--	--				1.78	(0.040)	
20 and over.....	21	(2.0)	1714	2.09	(0.072)	1.92	(0.494)	4.01	(0.535)	318	2.25	(0.166)	9.28	(2.333)	11.52	(2.432)	2.05	(0.064)	
2 and over...	17	(1.6)	2630	2.02	(0.057)	1.60	(0.422)	3.62	(0.460)	348	2.21	(0.153)	9.51	(2.373)	11.71	(2.492)	1.98	(0.051)	
<b>\$75,000 and higher:</b>																			
2 - 19.....	9	(2.1)	664	1.79	(0.056)	0.15	(0.037)	1.94	(0.080)		--	--	--				1.81	(0.046)	
20 and over.....	22	(2.3)	1176	2.25	(0.075)	1.45	(0.188)	3.70	(0.184)	244	2.36	(0.098)	6.57	(0.704)	8.93	(0.646)	2.22	(0.083)	
2 and over...	19	(2.1)	1840	2.14	(0.064)	1.13	(0.145)	3.27	(0.147)	285	2.28	(0.089)	5.99	(0.650)	8.27	(0.604)	2.11	(0.068)	
<b>All Individuals <sup>9</sup>:</b>																			
2 - 19.....	6	(1.0)	2346	1.80	(0.024)	0.38*	(0.186)	2.18	(0.196)	105	1.70	(0.144)	6.53*	(3.249)	8.23*	(3.250)	1.80	(0.025)	
20 and over.....	20	(1.0)	4534	2.11	(0.043)	1.54	(0.219)	3.65	(0.238)	833	2.21	(0.071)	7.59	(0.945)	9.80	(0.975)	2.09	(0.044)	
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.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

		<b>N i a c i n</b>																	
		— All Individuals <sup>5</sup> —					— Supplement Users <sup>6</sup> —					— Non-users <sup>7</sup> —							
Family income in dollars and age (years)	Percent reporting supplement niacin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	5	(1.0)	566	23.4	(1.16)	1.2*	(0.41)	24.6	(1.33)		--	--	--	--	--	23.2	(1.07)		
20 and over.....	17	(2.2)	1166	26.5	(1.12)	5.4	(0.76)	31.8	(0.64)	199	24.5	(1.63)	32.1	(3.29)	56.6	(4.16)	26.9	(1.34)	
2 and over...	14	(1.7)	1732	25.7	(1.06)	4.3	(0.61)	29.9	(0.67)	226	24.8	(1.57)	31.4	(2.98)	56.3	(3.70)	25.8	(1.17)	
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	5	(1.2)	916	20.5	(0.45)	0.6	(0.14)	21.1	(0.44)		--	--	--	--	--	20.5	(0.43)		
20 and over.....	23	(2.4)	1714	26.1	(0.93)	9.7	(1.88)	35.8	(2.19)	345	27.5	(2.52)	42.4	(6.42)	69.9	(7.11)	25.7	(0.60)	
2 and over...	19	(1.7)	2630	24.8	(0.66)	7.6	(1.45)	32.4	(1.63)	385	27.1	(2.32)	40.6	(5.96)	67.6	(6.58)	24.3	(0.39)	
<b>\$75,000 and higher:</b>																			
2 - 19.....	11	(2.0)	664	22.1	(0.65)	1.6	(0.32)	23.6	(0.78)		--	--	--	--	--	22.3	(0.70)		
20 and over.....	25	(2.1)	1176	26.9	(0.78)	9.1	(1.76)	36.0	(1.75)	278	27.2	(1.03)	36.1	(7.97)	63.4	(7.87)	26.8	(0.81)	
2 and over...	22	(1.9)	1840	25.7	(0.65)	7.3	(1.30)	33.0	(1.28)	324	26.3	(0.89)	33.4	(6.73)	59.7	(6.61)	25.5	(0.67)	
<b>All Individuals <sup>9</sup>:</b>																			
2 - 19.....	7	(0.9)	2346	21.7	(0.44)	1.1	(0.15)	22.8	(0.47)	123	21.3	(0.97)	15.2	(0.77)	36.5	(1.41)	21.8	(0.46)	
20 and over.....	23	(1.0)	4534	26.3	(0.44)	8.4	(0.88)	34.6	(1.08)	924	26.6	(1.04)	37.0	(3.48)	63.6	(3.53)	26.2	(0.41)	
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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Family income in dollars and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup> % (SE)		V i t a m i n B 6						—All Individuals <sup>5</sup> — —Supplement Users <sup>6</sup> — —Non-users <sup>7</sup> —											
			Sample		Food		Supplement		Food plus		Sample		Food		Supplement		Food plus		Food	
			Size	mg (SE)	mg (SE)	mg (SE)	mg (SE)	size	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	
<b>\$0 - \$24,999:</b>																				
2 - 19.....	10	(1.4)	566	1.94 (0.095)	0.31* (0.144)	2.25 (0.169)				218	2.16 (0.146)	8.43 (0.959)	10.59 (0.988)					1.93 (0.099)		
20 and over.....	18	(2.6)	1166	2.30 (0.165)	1.53 (0.207)	3.84 (0.250)												2.33 (0.211)		
2 and over...	16	(2.0)	1732	2.21 (0.128)	1.21 (0.174)	3.42 (0.199)			274	2.14 (0.124)	7.57 (0.871)	9.70 (0.905)						2.22 (0.156)		
<b>\$25,000 - \$74,999:</b>																				
2 - 19.....	16	(2.4)	916	1.63 (0.052)	0.26 (0.039)	1.89 (0.067)			136	1.61 (0.083)	1.57 (0.120)	3.18 (0.146)						1.64 (0.058)		
20 and over.....	25	(2.1)	1714	2.18 (0.124)	3.27 (0.626)	5.45 (0.612)			371	2.44 (0.369)	12.98 (2.889)	15.42 (2.778)						2.10 (0.072)		
2 and over...	23	(1.7)	2630	2.06 (0.091)	2.57 (0.485)	4.62 (0.473)			507	2.30 (0.309)	11.08 (2.289)	13.39 (2.178)						1.98 (0.049)		
<b>\$75,000 and higher:</b>																				
2 - 19.....	21	(3.2)	664	1.77 (0.055)	0.45 (0.081)	2.22 (0.068)			118	1.62 (0.127)	2.15 (0.391)	3.77 (0.430)						1.81 (0.078)		
20 and over.....	26	(2.1)	1176	2.20 (0.096)	2.71 (0.419)	4.91 (0.420)			294	2.31 (0.135)	10.58 (1.545)	12.89 (1.544)						2.17 (0.097)		
2 and over...	24	(1.8)	1840	2.10 (0.079)	2.16 (0.330)	4.26 (0.330)			412	2.16 (0.107)	8.82 (1.440)	10.98 (1.443)						2.08 (0.080)		
<b>All Individuals<sup>9</sup>:</b>																				
2 - 19.....	16	(1.2)	2346	1.75 (0.040)	0.34 (0.042)	2.10 (0.053)			332	1.67 (0.062)	2.10 (0.217)	3.78 (0.261)						1.77 (0.051)		
20 and over.....	24	(1.1)	4534	2.19 (0.060)	2.65 (0.296)	4.84 (0.303)			993	2.30 (0.164)	11.07 (1.201)	13.37 (1.185)						2.16 (0.048)		
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)		

See page 23 for footnotes.

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Family income in dollars and age (years)	Percent reporting supplement folic acid <sup>8</sup> % (SE)		F o l i c a c i d																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			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)									
<b>\$0 - \$24,999:</b>																				
2 - 19.....	10	(1.4)	566	217 (12.8)	26 (5.2)	243 (12.7)				--	--	--						212	(14.1)	
20 and over.....	18	(2.0)	1166	165 (3.9)	83 (9.0)	248 (8.8)			212	160 (15.5)	470 (15.5)	630 (22.9)						166	(4.7)	
2 and over...	16	(1.6)	1732	179 (5.3)	68 (7.4)	247 (6.1)			268	177 (18.7)	437 (13.2)	614 (23.0)						179	(6.3)	
<b>\$25,000 - \$74,999:</b>																				
2 - 19.....	16	(2.4)	916	206 (8.6)	31 (4.7)	237 (9.1)			136	209 (24.0)	190 (11.9)	399 (24.8)						205	(7.9)	
20 and over.....	25	(2.4)	1714	177 (7.8)	119 (10.1)	296 (15.5)			377	179 (13.3)	482 (37.6)	661 (40.5)						176	(7.6)	
2 and over...	23	(1.9)	2630	183 (6.4)	98 (7.5)	282 (12.1)			513	184 (11.6)	433 (30.7)	617 (34.5)						183	(6.2)	
<b>\$75,000 and higher:</b>																				
2 - 19.....	20	(3.1)	664	188 (7.5)	56 (8.5)	244 (8.8)			114	148 (12.9)	277 (22.2)	425 (21.8)						198	(7.7)	
20 and over.....	26	(2.3)	1176	167 (7.9)	115 (11.0)	282 (12.7)			291	181 (13.1)	441 (13.0)	621 (17.3)						162	(8.1)	
2 and over...	25	(1.8)	1840	172 (5.6)	101 (8.2)	273 (8.8)			405	174 (10.3)	408 (11.8)	582 (14.8)						171	(5.4)	
<b>All Individuals<sup>9</sup>:</b>																				
2 - 19.....	16	(1.2)	2346	200 (3.7)	38 (3.7)	238 (3.7)			325	186 (14.6)	240 (13.0)	427 (11.3)						202	(3.0)	
20 and over.....	24	(1.1)	4534	170 (3.5)	112 (5.3)	282 (5.8)			991	172 (7.0)	469 (16.6)	641 (19.5)						169	(3.3)	
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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Family income in dollars and age (years)		Percent reporting supplement folate (DFE) <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>		
				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)				
<b>\$0 - \$24,999:</b>																
2 - 19.....	10	(1.4)	566	515 (24.1)	45 (8.8)	560 (24.0)				--	--	--			503 (24.8)	
20 and over.....	18	(2.0)	1166	475 (7.9)	141 (15.4)	616 (17.4)	212	480 (35.7)	799 (26.3)	1280 (49.5)	474 (10.5)					
2 and over...	16	(1.6)	1732	485 (8.9)	116 (12.5)	601 (11.7)	268	504 (38.1)	742 (22.4)	1246 (46.4)	482 (11.8)					
<b>\$25,000 - \$74,999:</b>																
2 - 19.....	16	(2.4)	916	489 (14.4)	53 (8.0)	542 (15.9)	136	490 (42.5)	323 (20.3)	814 (43.9)	489 (13.4)					
20 and over.....	25	(2.4)	1714	504 (14.1)	202 (17.2)	707 (27.1)	377	509 (26.3)	820 (64.0)	1328 (69.9)	503 (13.0)					
2 and over...	23	(1.9)	2630	501 (10.7)	167 (12.7)	668 (20.7)	513	506 (22.3)	737 (52.2)	1242 (58.7)	499 (9.5)					
<b>\$75,000 and higher:</b>																
2 - 19.....	20	(3.1)	664	479 (14.0)	96 (14.4)	575 (17.6)	114	406 (32.1)	471 (37.7)	877 (46.6)	498 (16.5)					
20 and over.....	26	(2.3)	1176	513 (14.5)	196 (18.6)	709 (24.5)	291	552 (25.5)	749 (22.1)	1301 (29.2)	499 (14.5)					
2 and over...	25	(1.8)	1840	505 (11.3)	172 (14.0)	676 (18.8)	405	523 (19.7)	693 (20.1)	1216 (23.7)	499 (11.4)					
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	16	(1.2)	2346	488 (5.5)	65 (6.3)	553 (6.0)	325	468 (21.9)	409 (22.1)	876 (18.9)	492 (5.8)					
20 and over.....	24	(1.1)	4534	500 (7.4)	191 (9.0)	691 (12.9)	991	516 (13.2)	798 (28.3)	1314 (36.0)	495 (7.5)					
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)					

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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)	Percent reporting supplement choline <sup>8</sup> % (SE)		C h o l i n e														
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>				
			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)						
<b>\$0 - \$24,999:</b>																	
2 - 19.....	2*	(0.7)	566	262 (15.3)	#	262 (15.2)				--	--	--			262 (15.8)		
20 and over.....	3	(0.7)	1166	313 (5.5)	1 (0.2)	314 (5.5)				--	--	--			313 (5.7)		
2 and over...	3	(0.6)	1732	300 (5.8)	#	300 (5.8)				--	--	--			299 (6.0)		
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	7	(1.9)	916	237 (6.7)	#	237 (6.7)				--	--	--			234 (6.8)		
20 and over.....	5	(0.8)	1714	323 (9.0)	1 (0.2)	324 (9.0)				--	--	--			322 (9.1)		
2 and over...	6	(0.8)	2630	303 (7.5)	1 (0.1)	304 (7.5)	127	323 (21.7)	10 (2.3)	333 (21.4)			302 (7.5)				
<b>\$75,000 and higher:</b>																	
2 - 19.....	6	(1.5)	664	248 (10.8)	#	248 (10.8)				--	--	--			247 (10.2)		
20 and over.....	5	(0.8)	1176	350 (10.0)	2* (1.3)	352 (9.9)				--	--	--			348 (9.9)		
2 and over...	5	(0.5)	1840	325 (8.5)	1* (1.0)	327 (8.5)	99	358 (20.1)	27* (17.8)	385 (27.6)			323 (8.7)				
<b>All Individuals<sup>9</sup>:</b>																	
2 - 19.....	5	(0.6)	2346	246 (4.6)	#	247 (4.6)	115	264 (18.8)	2 (0.3)	266 (18.8)			245 (4.8)				
20 and over.....	5	(0.6)	4534	332 (5.3)	1* (0.5)	333 (5.5)	200	359 (12.7)	22* (8.1)	381 (14.5)			330 (5.4)				
2 and over...	5	(0.5)	6880	311 (3.8)	1* (0.4)	312 (3.9)	315	335 (11.6)	17* (6.2)	352 (14.3)			310 (3.8)				

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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)	Percent reporting supplement vitamin B12 <sup>8</sup> % (SE)		V i t a m i n B 1 2						— All Individuals <sup>5</sup> — Supplement Users <sup>6</sup> — Non-users <sup>7</sup> —											
			Sample		Food		Supplement		Food plus		Sample		Food		Supplement		Food plus		Food	
			Size	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)
<b>\$0 - \$24,999:</b>																				
2 - 19.....	10	(1.4)	566	4.93 (0.272)	2.6* (1.91)	7.5 (1.90)													4.87 (0.290)	
20 and over.....	21	(3.0)	1166	4.73 (0.275)	68.6 (14.36)	73.4 (14.24)	244	4.78 (0.420)	331.3 (45.11)	336.1 (45.05)									4.72 (0.376)	
2 and over...	18	(2.3)	1732	4.79 (0.246)	51.2 (11.01)	55.9 (10.91)	301	4.89 (0.373)	286.5 (39.98)	291.4 (39.89)									4.76 (0.319)	
<b>\$25,000 - \$74,999:</b>																				
2 - 19.....	16	(2.4)	916	4.39 (0.157)	1.9* (1.01)	6.3 (1.08)	136	4.69 (0.373)	11.8* (5.40)	16.5* (5.58)									4.33 (0.140)	
20 and over.....	27	(2.4)	1714	4.86 (0.253)	88.1 (18.58)	92.9 (18.55)	408	4.94 (0.466)	324.7 (70.25)	329.6 (70.18)									4.82 (0.216)	
2 and over...	25	(2.0)	2630	4.75 (0.209)	67.9 (14.12)	72.7 (14.09)	544	4.90 (0.404)	276.2 (60.49)	281.1 (60.42)									4.69 (0.174)	
<b>\$75,000 and higher:</b>																				
2 - 19.....	22	(2.8)	664	4.07 (0.125)	8.9* (6.84)	12.9* (6.88)	117	3.50 (0.340)	40.4* (31.87)	43.9* (31.85)									4.23 (0.152)	
20 and over.....	30	(2.3)	1176	5.05 (0.223)	117.6 (21.72)	122.7 (21.76)	328	5.33 (0.262)	398.7 (65.46)	404.1 (65.45)									4.94 (0.286)	
2 and over...	28	(1.9)	1840	4.81 (0.177)	91.0 (16.99)	95.8 (17.02)	445	4.97 (0.220)	329.0 (57.47)	334.0 (57.48)									4.75 (0.221)	
<b>All Individuals<sup>9</sup>:</b>																				
2 - 19.....	17	(1.1)	2346	4.39 (0.104)	4.5* (2.67)	8.9* (2.68)	330	4.22 (0.132)	27.3* (15.96)	31.5* (15.96)									4.42 (0.119)	
20 and over.....	27	(1.3)	4534	4.85 (0.137)	92.8 (9.17)	97.6 (9.17)	1096	4.99 (0.252)	347.7 (36.75)	352.7 (36.71)									4.80 (0.138)	
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.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)	Percent reporting supplement vitamin D <sup>8</sup> % (SE)		V i t a m i n D													
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>			
			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)					
<b>\$0 - \$24,999:</b>																
2 - 19.....	10	(1.3)	566	5.4 (0.38)	1.7 (0.30)	7.0 (0.59)									5.2 (0.39)	
20 and over.....	25	(2.8)	1166	4.1 (0.15)	12.6 (2.14)	16.7 (2.14)	300	4.9 (0.51)	49.5 (5.30)	54.4 (5.35)				3.9 (0.12)		
2 and over...	21	(2.3)	1732	4.5 (0.18)	9.7 (1.67)	14.2 (1.61)	359	5.2 (0.54)	45.4 (4.81)	50.6 (4.83)				4.2 (0.17)		
<b>\$25,000 - \$74,999:</b>																
2 - 19.....	17	(2.5)	916	4.7 (0.19)	2.2 (0.39)	6.9 (0.36)	140	5.5 (0.40)	13.2 (0.93)	18.7 (0.81)				4.5 (0.18)		
20 and over.....	33	(2.4)	1714	4.1 (0.16)	16.4 (2.41)	20.6 (2.46)	501	3.9 (0.28)	50.3 (6.44)	54.2 (6.47)				4.2 (0.18)		
2 and over...	29	(1.8)	2630	4.3 (0.15)	13.1 (1.76)	17.4 (1.82)	641	4.2 (0.24)	45.2 (5.69)	49.4 (5.72)				4.3 (0.15)		
<b>\$75,000 and higher:</b>																
2 - 19.....	22	(3.2)	664	4.4 (0.19)	4.2 (0.92)	8.6 (0.93)	122	4.1 (0.61)	19.3 (3.65)	23.5 (3.64)				4.4 (0.21)		
20 and over.....	33	(2.3)	1176	4.4 (0.29)	20.3 (3.17)	24.7 (3.20)	389	5.3 (0.72)	61.7 (7.93)	67.0 (7.89)				3.9 (0.22)		
2 and over...	30	(1.8)	1840	4.4 (0.23)	16.4 (2.31)	20.7 (2.33)	511	5.1 (0.60)	54.2 (6.82)	59.3 (6.79)				4.1 (0.17)		
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	17	(1.2)	2346	4.7 (0.12)	2.8 (0.37)	7.5 (0.42)	343	5.1 (0.40)	16.4 (1.79)	21.5 (1.78)				4.6 (0.13)		
20 and over.....	31	(1.4)	4534	4.2 (0.14)	17.0 (1.61)	21.2 (1.65)	1327	4.6 (0.29)	54.6 (4.02)	59.3 (4.00)				4.0 (0.12)		
2 and over...	28	(1.1)	6880	4.3 (0.12)	13.6 (1.18)	17.9 (1.21)	1670	4.7 (0.27)	49.0 (3.52)	53.7 (3.51)				4.2 (0.10)		

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 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)		Percent reporting vitamin K <sup>8</sup> (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>	
				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)			
<b>\$0 - \$24,999:</b>															
2 - 19.....	3*	(0.7)	566	69.0 (5.73)	1.3 (0.29)	70.3 (5.77)				--	--	--	68.6 (5.90)		
20 and over.....	11	(1.8)	1166	116.9 (9.85)	4.0 (0.70)	120.9 (10.36)	130	164.2 (22.08)	35.4 (2.02)	199.6 (22.34)	110.9 (10.22)				
2 and over...	9	(1.3)	1732	104.3 (7.69)	3.3 (0.52)	107.5 (8.08)	148	157.5 (20.54)	36.0 (2.01)	193.5 (20.86)	99.0 (7.68)				
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	3	(0.7)	916	62.4 (3.92)	1.6 (0.36)	64.1 (4.06)			--	--	--	62.6 (3.91)			
20 and over.....	18	(1.8)	1714	112.0 (4.53)	7.0 (0.57)	119.0 (4.79)	258	121.7 (13.59)	39.4 (2.41)	161.0 (13.76)	109.9 (4.87)				
2 and over...	14	(1.4)	2630	100.4 (3.53)	5.7 (0.44)	106.1 (3.72)	281	118.1 (13.04)	39.9 (2.32)	158.0 (13.27)	97.5 (3.62)				
<b>\$75,000 and higher:</b>															
2 - 19.....	6	(2.1)	664	81.2 (5.64)	3.1* (1.23)	84.4 (6.32)			--	--	--	82.2 (6.05)			
20 and over.....	18	(1.9)	1176	149.1 (17.39)	14.1* (6.52)	163.2 (18.30)	199	159.4 (19.70)	79.4* (33.91)	238.9 (31.53)	146.8 (20.96)				
2 and over...	15	(1.5)	1840	132.5 (13.97)	11.4* (4.91)	143.9 (14.42)	226	149.8 (17.14)	76.3* (30.14)	226.1 (27.16)	129.4 (16.06)				
<b>All Individuals<sup>9</sup>:</b>															
2 - 19.....	4	(0.8)	2346	71.5 (3.41)	2.0 (0.47)	73.5 (3.63)			--	--	--	71.7 (3.49)			
20 and over.....	16	(0.9)	4534	127.5 (7.33)	8.9 (2.35)	136.4 (7.42)	655	143.7 (7.88)	54.7 (14.02)	198.5 (14.27)	124.4 (8.35)				
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.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

<b>L y c o p e n e</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Family income in dollars and age (years)	Percent reporting supplement lycopene <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	#		566	4499 (440.4)	2*	(1.7)	4501	(440.3)		--	--	--				4430	(449.9)	
20 and over.....	5	(0.8)	1166	4765 (401.5)	25	(6.2)	4790	(400.5)		--	--	--				4751	(427.1)	
2 and over...	4	(0.6)	1732	4695 (281.3)	19	(4.6)	4714	(280.3)		--	--	--				4663	(283.5)	
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	#		916	4827 (484.2)	#		4827	(484.2)		--	--	--				4827	(484.2)	
20 and over.....	9	(1.5)	1714	4995 (343.3)	60	(14.5)	5055	(348.5)	139	6345 (1854.2)	642	(144.3)	6988	(1943.0)		4856	(291.1)	
2 and over...	7	(1.1)	2630	4956 (275.6)	46	(10.9)	5001	(277.2)	139	6345 (1854.2)	642	(144.3)	6988	(1943.0)		4849	(263.5)	
<b>\$75,000 and higher:</b>																		
2 - 19.....	#		664	3993 (316.1)	#		3993	(316.0)		--	--	--				3994	(316.1)	
20 and over.....	9	(1.2)	1176	5545 (683.8)	70	(15.5)	5615	(690.3)	116	7819 (1181.9)	748	(163.6)	8567	(1196.7)		5312	(643.6)	
2 and over...	7	(1.0)	1840	5165 (537.0)	53	(12.2)	5218	(542.1)	117	7810 (1181.8)	749	(163.5)	8559	(1196.4)		4965	(493.6)	
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	#		2346	4355 (222.1)	1*	(0.4)	4355	(222.1)		--	--	--				4341	(220.5)	
20 and over.....	8	(0.8)	4534	5092 (241.6)	68	(13.2)	5159	(244.4)	355	6640 (863.1)	818	(168.0)	7458	(858.0)		4952	(208.6)	
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)		4793	(165.8)	

See page 23 for footnotes.

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup> % (SE)		L u t e i n + z e a x a n t h i n												
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>		
			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)				
<b>\$0 - \$24,999:</b>															
2 - 19.....	1*	(0.3)	566	808 (80.4)	1*	(0.3)	809 (80.3)			--	--	--		811 (80.8)	
20 and over.....	6	(1.1)	1166	1651 (204.2)	200*	(79.1)	1851 (189.4)	82	2482 (713.9)	3213*(1200.1)	5696 (1208.7)		1595 (203.6)		
2 and over...	5	(0.8)	1732	1428 (157.8)	148*	(58.7)	1575 (147.0)	85	2404 (682.8)	3100*(1150.2)	5503 (1147.5)		1379 (155.1)		
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	#		916	732 (38.2)	1*	(0.4)	733 (38.3)			--	--	--		730 (38.8)	
20 and over.....	11	(1.4)	1714	1432 (77.8)	256*	(83.0)	1688 (149.3)	159	1828 (334.1)	2358 (653.0)	4185 (851.2)		1384 (59.3)		
2 and over...	8	(1.1)	2630	1268 (60.9)	196*	(63.8)	1465 (114.9)	166	1819 (329.9)	2332 (646.3)	4151 (842.5)		1218 (47.7)		
<b>\$75,000 and higher:</b>															
2 - 19.....	2*	(1.2)	664	952 (117.4)	7*	(3.6)	959 (117.5)			--	--	--		945 (118.3)	
20 and over.....	9	(1.2)	1176	2099 (373.9)	144	(41.9)	2243 (367.7)	110	2115 (360.9)	1653* (515.5)	3768 (620.0)		2097 (412.0)		
2 and over...	7	(1.0)	1840	1818 (292.5)	110	(31.0)	1928 (288.8)	123	2043 (374.0)	1542* (477.0)	3585 (630.0)		1801 (319.2)		
<b>All Individuals<sup>9</sup>:</b>															
2 - 19.....	1	(0.5)	2346	838 (56.3)	3*	(1.4)	842 (56.3)			--	--	--		835 (57.1)	
20 and over.....	9	(0.8)	4534	1739 (147.4)	205	(47.9)	1944 (142.4)	394	2075 (164.9)	2252 (492.7)	4326 (548.3)		1706 (163.6)		
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.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

<b>C a l c i u m</b>																			
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																			
Family income in dollars and age (years)	Percent reporting supplement calcium <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	5	(1.6)	566	1017	(47.8)	14*	(5.3)	1031	(50.9)		--	--	--	--		1013	(51.3)		
20 and over.....	22	(2.6)	1166	916	(18.3)	89	(13.5)	1005	(18.3)	263	977	(49.0)	407	(27.5)	1383	(39.8)	899	(21.0)	
2 and over...	17	(2.0)	1732	943	(21.2)	69	(9.8)	1012	(17.1)	289	986	(48.2)	395	(25.7)	1381	(35.3)	933	(24.8)	
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	6	(1.1)	916	946	(21.5)	8	(1.4)	954	(21.4)		--	--	--	--		944	(23.9)		
20 and over.....	28	(2.2)	1714	957	(17.2)	135	(13.6)	1092	(22.7)	421	984	(48.3)	487	(38.1)	1471	(64.7)	947	(18.1)	
2 and over...	23	(1.7)	2630	955	(15.1)	105	(10.6)	1060	(18.9)	468	985	(47.9)	466	(37.4)	1451	(61.3)	946	(14.3)	
<b>\$75,000 and higher:</b>																			
2 - 19.....	9	(2.2)	664	994	(30.3)	14*	(5.0)	1008	(31.9)		--	--	--	--		984	(24.2)		
20 and over.....	29	(2.3)	1176	997	(21.7)	122	(10.3)	1119	(22.4)	312	1061	(31.1)	421	(38.6)	1482	(39.2)	971	(24.9)	
2 and over...	24	(1.8)	1840	996	(21.4)	95	(7.2)	1092	(22.0)	353	1065	(34.1)	398	(34.7)	1463	(33.6)	975	(22.1)	
<b>All Individuals <sup>9</sup>:</b>																			
2 - 19.....	6	(0.9)	2346	975	(13.8)	11	(2.2)	986	(14.2)	120	1061	(91.9)	167	(23.9)	1228	(92.5)	970	(14.7)	
20 and over.....	27	(1.1)	4534	961	(15.2)	120	(7.3)	1082	(17.5)	1110	1014	(23.5)	447	(20.9)	1461	(24.6)	942	(15.2)	
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		P h o s p h o r u s													
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>			
			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)					
<b>\$0 - \$24,999:</b>																
2 - 19.....	1*	(0.7)	566	1307 (71.5)	1*	(0.8)	1309 (71.8)			--	--	--		1294 (68.4)		
20 and over.....	8	(1.5)	1166	1332 (25.9)	3	(0.7)	1334 (25.8)	92	1295 (123.6)	35	(5.5)	1329 (124.1)	1335 (30.7)			
2 and over...	6	(1.2)	1732	1325 (29.9)	2	(0.6)	1328 (29.7)	98	1354 (130.6)	38	(5.6)	1392 (132.3)	1323 (32.0)			
<b>\$25,000 - \$74,999:</b>																
2 - 19.....	1*	(0.3)	916	1196 (20.2)	#		1196 (20.2)			--	--	--		1196 (20.8)		
20 and over.....	11	(1.3)	1714	1368 (24.2)	4	(0.7)	1372 (24.3)	187	1293 (45.5)	39	(5.7)	1332 (48.4)	1377 (24.9)			
2 and over...	9	(1.0)	2630	1328 (21.2)	3	(0.5)	1331 (21.3)	197	1292 (44.2)	39	(5.5)	1331 (46.9)	1331 (21.3)			
<b>\$75,000 and higher:</b>																
2 - 19.....	1*	(0.5)	664	1286 (42.3)	1*	(0.4)	1286 (42.3)			--	--	--		1279 (40.5)		
20 and over.....	11	(2.0)	1176	1454 (27.8)	7*	(2.1)	1461 (28.5)	131	1656 (99.5)	60	(14.8)	1716 (93.9)	1428 (25.7)			
2 and over...	9	(1.6)	1840	1413 (25.2)	5*	(1.6)	1418 (25.7)	138	1663 (101.2)	60	(14.4)	1723 (96.5)	1389 (23.0)			
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	1	(0.3)	2346	1250 (20.7)	1*	(0.2)	1251 (20.8)			--	--	--		1245 (20.0)		
20 and over.....	11	(1.0)	4534	1389 (17.0)	5	(1.0)	1394 (17.4)	465	1432 (48.1)	47	(7.5)	1479 (49.2)	1384 (19.4)			
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)	Percent reporting supplement magnesium <sup>8</sup> % (SE)		M a g n e s i u m														
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>				
			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)						
<b>\$0 - \$24,999:</b>																	
2 - 19.....	1*	(1.0)	566	244 (11.5)	2*	(1.4)	245 (12.3)			--	--	--		241 (10.4)			
20 and over.....	15	(1.8)	1166	290 (6.6)	21	(2.9)	312 (7.5)	168	328 (28.7)	146 (13.8)	474 (32.8)	284 (8.0)					
2 and over...	11	(1.5)	1732	278 (4.9)	16	(2.3)	294 (5.8)	174	332 (28.0)	145 (13.1)	476 (32.6)	271 (5.1)					
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1*	(0.5)	916	224 (3.3)	1*	(0.5)	225 (3.2)			--	--	--		223 (3.1)			
20 and over.....	21	(1.6)	1714	295 (5.2)	35	(5.2)	330 (8.2)	304	311 (12.0)	171 (17.5)	482 (21.1)	291 (5.0)					
2 and over...	16	(1.3)	2630	278 (4.3)	27	(4.1)	305 (7.0)	315	311 (11.7)	169 (17.1)	480 (20.9)	272 (3.9)					
<b>\$75,000 and higher:</b>																	
2 - 19.....	4	(1.3)	664	242 (6.6)	6*	(3.1)	248 (7.4)			--	--	--		239 (6.7)			
20 and over.....	22	(2.2)	1176	326 (9.6)	35	(7.7)	361 (13.4)	234	359 (17.0)	159 (22.0)	519 (30.0)	317 (8.8)					
2 and over...	18	(1.8)	1840	305 (8.5)	28	(6.1)	333 (11.9)	251	356 (16.7)	157 (20.9)	513 (29.6)	295 (7.8)					
<b>All Individuals<sup>9</sup>:</b>																	
2 - 19.....	2	(0.6)	2346	235 (3.2)	3*	(1.1)	238 (3.9)			--	--	--		233 (3.1)			
20 and over.....	20	(1.0)	4534	305 (4.7)	32	(2.7)	337 (6.1)	784	332 (7.1)	162 (9.0)	494 (9.5)	299 (5.0)					
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).











**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

<b>P o t a s s i u m</b>																			
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -----																			
Family income in dollars and age (years)	Percent reporting supplement potassium <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	1*	(0.7)	566	2174	(85.3)	2*	(1.7)	2176	(85.6)		--	--	--				2158	(85.5)	
20 and over.....	10	(1.8)	1166	2519	(53.2)	13	(3.1)	2532	(53.7)	124	2569	(204.9)	126	(21.8)	2695	(204.0)	2513	(64.5)	
2 and over...	8	(1.4)	1732	2427	(37.6)	10	(2.2)	2438	(37.5)	127	2610	(204.7)	129	(18.8)	2739	(202.0)	2412	(46.3)	
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	#		916	2025	(36.7)	1*	(0.5)	2026	(36.8)		--	--	--				2024	(36.8)	
20 and over.....	14	(1.4)	1714	2558	(40.0)	17	(3.5)	2575	(38.9)	217	2466	(95.3)	123	(23.8)	2589	(103.5)	2573	(42.4)	
2 and over...	11	(1.1)	2630	2434	(34.1)	13	(2.6)	2447	(33.4)	222	2466	(94.1)	124	(23.6)	2590	(102.2)	2430	(36.2)	
<b>\$75,000 and higher:</b>																			
2 - 19.....	1*	(0.5)	664	2160	(67.8)	2*	(1.0)	2162	(67.7)		--	--	--				2154	(65.7)	
20 and over.....	14	(1.9)	1176	2757	(88.9)	16	(3.0)	2773	(89.7)	165	3020	(165.3)	111	(10.6)	3131	(164.0)	2714	(91.7)	
2 and over...	11	(1.5)	1840	2611	(80.2)	12	(2.3)	2623	(80.7)	174	3009	(167.6)	112	(10.1)	3121	(166.4)	2561	(79.1)	
<b>All Individuals<sup>9</sup>:</b>																			
2 - 19.....	1*	(0.2)	2346	2108	(33.6)	1*	(0.6)	2109	(33.8)		--	--	--				2101	(33.7)	
20 and over.....	13	(0.9)	4534	2618	(41.6)	15	(2.0)	2634	(42.2)	568	2725	(62.3)	117	(11.7)	2841	(66.9)	2602	(47.6)	
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2017-2018 (continued)

Family income in dollars and age (years)		Percent reporting selenium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						-Non-users <sup>7</sup> -	
				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)					
<b>\$0 - \$24,999:</b>																	
2 - 19.....	1*	(0.6)	566	99.0 (5.38)	1.0* (0.65)	100.0 (5.80)				--	--	--		98.0 (5.02)			
20 and over.....	12	(1.9)	1166	108.8 (2.37)	5.6 (0.82)	114.4 (2.19)	140	107.4 (8.06)	46.1 (3.47)	153.6 (10.15)	109.0 (3.05)						
2 and over...	9	(1.5)	1732	106.2 (2.70)	4.4 (0.68)	110.6 (2.64)	148	109.9 (8.19)	47.3 (3.85)	157.2 (10.67)	105.9 (3.12)						
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	2*	(0.6)	916	90.7 (1.86)	0.4* (0.18)	91.1 (1.91)			--	--	--		90.5 (1.92)				
20 and over.....	19	(1.8)	1714	112.7 (2.26)	11.6 (1.39)	124.3 (2.81)	288	112.4 (4.81)	62.3 (4.54)	174.7 (8.05)	112.7 (2.34)						
2 and over...	15	(1.3)	2630	107.5 (1.69)	9.0 (1.04)	116.5 (2.03)	304	112.1 (4.67)	61.2 (4.53)	173.3 (7.86)	106.7 (1.78)						
<b>\$75,000 and higher:</b>																	
2 - 19.....	3	(1.3)	664	93.1 (3.47)	1.4* (0.69)	94.4 (3.27)			--	--	--		94.1 (3.36)				
20 and over.....	19	(1.6)	1176	120.2 (2.97)	13.1 (1.17)	133.3 (2.83)	217	139.5 (11.36)	68.9 (5.88)	208.4 (9.92)	115.6 (2.25)						
2 and over...	15	(1.3)	1840	113.6 (2.68)	10.3 (0.97)	123.8 (2.48)	233	135.6 (11.55)	67.6 (5.63)	203.1 (9.87)	109.6 (1.83)						
<b>All Individuals<sup>9</sup>:</b>																	
2 - 19.....	2	(0.5)	2346	93.3 (1.67)	0.9* (0.28)	94.3 (1.67)			--	--	--		93.4 (1.67)				
20 and over.....	18	(0.9)	4534	114.5 (1.21)	11.0 (0.77)	125.5 (1.49)	725	121.7 (4.93)	62.3 (3.52)	184.0 (5.60)	112.9 (1.57)						
2 and over...	14	(0.6)	6880	109.3 (0.97)	8.6 (0.57)	117.9 (1.05)	768	120.6 (4.95)	61.6 (3.46)	182.1 (5.54)	107.5 (1.30)						

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](http://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

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> 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):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  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.

<sup>3</sup> **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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

<sup>4</sup> **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](https://wwwn.cdc.gov/nchs/nhanes/2017-2018/DS1TOT_J.htm).

<sup>5</sup> **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.

<sup>6</sup> **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.

<sup>7</sup> **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.

<sup>8</sup> The weighted percentage of respondents in the income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

<sup>9</sup> Includes persons of all income levels or with unknown family income.

## 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 Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2017-2018. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).