

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018

T h i a m i n																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of poverty level and age (years)	Percent reporting supplement thiamin ⁹		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)
Under 131% poverty:																		
2 - 19.....	3	(0.9)	853	1.54 (0.044)	0.16* (0.101)	1.71 (0.120)	--	--	--	153	1.48 (0.127)	9.17 (1.482)	10.66 (1.468)	1.54 (0.042)				
20 and over.....	13	(1.5)	1129	1.54 (0.056)	1.16 (0.183)	2.70 (0.211)	181	1.49 (0.116)	8.72 (1.394)	10.21 (1.392)	1.55 (0.069)							
2 and over...	9	(1.1)	1982	1.54 (0.043)	0.82 (0.117)	2.36 (0.135)	314	1.67 (0.072)	16.00 (2.983)	17.67 (2.975)	1.58 (0.030)							
131-350% poverty:																		
2 - 19.....	6	(2.4)	818	1.55 (0.033)	0.08* (0.036)	1.64 (0.055)	--	--	--	314	1.67 (0.072)	16.00 (2.983)	17.67 (2.975)	1.54 (0.026)				
20 and over.....	21	(1.5)	1643	1.62 (0.032)	3.31 (0.639)	4.93 (0.634)	344	1.69 (0.072)	14.64 (2.794)	16.32 (2.788)	1.60 (0.037)							
2 and over...	17	(1.2)	2461	1.60 (0.027)	2.49 (0.478)	4.09 (0.476)	344	1.69 (0.072)	14.64 (2.794)	16.32 (2.788)	1.58 (0.030)							
Over 350% poverty:																		
2 - 19.....	10	(1.4)	448	1.51 (0.048)	0.21* (0.094)	1.72 (0.106)	--	--	--	282	1.67 (0.084)	9.10 (1.283)	10.77 (1.256)	1.53 (0.046)				
20 and over.....	24	(2.2)	1227	1.60 (0.033)	2.21 (0.373)	3.81 (0.371)	319	1.64 (0.081)	8.54 (1.184)	10.18 (1.164)	1.57 (0.028)							
2 and over...	22	(2.0)	1675	1.59 (0.030)	1.86 (0.304)	3.44 (0.300)	319	1.64 (0.081)	8.54 (1.184)	10.18 (1.164)	1.57 (0.028)							
All Individuals ¹⁰:																		
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.).

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement riboflavin ⁹ % (SE)		R i b o f l a v i n																			
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸									
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)											
Under 131% poverty:																						
2 - 19.....	3	(0.9)	853	1.85 (0.080)	0.44* (0.306)	2.29 (0.361)																
20 and over.....	13	(1.5)	1129	1.98 (0.069)	0.77 (0.124)	2.75 (0.136)	152	1.90 (0.111)	6.11 (0.932)	8.01 (0.919)												
2 and over...	9	(1.1)	1982	1.93 (0.059)	0.66 (0.142)	2.59 (0.167)	180	1.90 (0.102)	7.04 (1.644)	8.94 (1.680)												
131-350% poverty:																						
2 - 19.....	6	(2.4)	818	1.78 (0.042)	0.58* (0.474)	2.36 (0.480)																
20 and over.....	20	(1.6)	1643	2.09 (0.051)	1.94 (0.380)	4.04 (0.395)	309	2.22 (0.106)	9.61 (1.839)	11.83 (1.910)												
2 and over...	17	(1.2)	2461	2.01 (0.045)	1.60 (0.329)	3.61 (0.343)	340	2.19 (0.096)	9.56 (1.907)	11.75 (1.964)												
Over 350% poverty:																						
2 - 19.....	9	(1.9)	448	1.80 (0.066)	0.15 (0.035)	1.94 (0.065)																
20 and over.....	24	(2.2)	1227	2.24 (0.076)	1.65 (0.263)	3.89 (0.263)	280	2.35 (0.128)	6.83 (0.900)	9.19 (0.876)												
2 and over...	21	(2.0)	1675	2.16 (0.067)	1.38 (0.212)	3.55 (0.210)	314	2.28 (0.127)	6.46 (0.852)	8.74 (0.840)												
All Individuals¹⁰:																						
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)												
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 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)												

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement vitamin B6 ⁹ % (SE)		V i t a m i n B 6													
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Under 131% poverty:																
2 - 19.....	10	(1.3)	853	1.82 (0.084)	0.27* (0.086)	2.08 (0.126)	84	1.83 (0.111)	2.76 (0.828)	4.59 (0.845)	1.81 (0.088)					
20 and over.....	15	(1.8)	1129	2.26 (0.171)	1.10 (0.198)	3.37 (0.285)	180	2.20 (0.167)	7.31 (1.168)	9.51 (1.208)	2.27 (0.218)					
2 and over...	13	(1.1)	1982	2.11 (0.123)	0.82 (0.138)	2.93 (0.195)	264	2.11 (0.131)	6.17 (0.961)	8.29 (1.004)	2.11 (0.150)					
131-350% poverty:																
2 - 19.....	19	(2.5)	818	1.68 (0.030)	0.31 (0.050)	1.99 (0.064)	132	1.66 (0.095)	1.64 (0.141)	3.30 (0.172)	1.68 (0.041)					
20 and over.....	24	(1.9)	1643	2.14 (0.050)	2.81 (0.481)	4.95 (0.502)	358	2.23 (0.116)	11.89 (2.155)	14.12 (2.200)	2.11 (0.066)					
2 and over...	22	(1.5)	2461	2.02 (0.040)	2.17 (0.359)	4.19 (0.372)	490	2.11 (0.087)	9.69 (1.613)	11.80 (1.640)	2.00 (0.048)					
Over 350% poverty:																
2 - 19.....	22	(2.7)	448	1.79 (0.078)	0.48 (0.104)	2.28 (0.067)	91	1.57 (0.111)	2.19 (0.485)	3.76 (0.529)	1.86 (0.108)					
20 and over.....	29	(2.0)	1227	2.25 (0.108)	3.33 (0.585)	5.58 (0.553)	338	2.45 (0.306)	11.63 (1.812)	14.08 (1.692)	2.17 (0.091)					
2 and over...	27	(1.8)	1675	2.17 (0.093)	2.82 (0.470)	5.00 (0.443)	429	2.33 (0.262)	10.28 (1.626)	12.60 (1.532)	2.11 (0.081)					
All Individuals¹⁰:																
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)					

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement folic acid ⁹ % (SE)		F o l i c a c i d														
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸				
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)						
Under 131% poverty:																	
2 - 19.....	10	(1.3)	853	214 (9.3)	24 (4.5)	237 (10.1)	84	231 (48.5)	244 (28.5)	475 (46.2)	212 (10.5)						
20 and over.....	15	(1.5)	1129	169 (8.9)	72 (9.0)	240 (14.2)	178	170 (20.0)	488 (35.8)	657 (46.4)	168 (11.0)						
2 and over...	13	(0.9)	1982	184 (5.4)	55 (5.7)	239 (7.9)	262	185 (20.8)	426 (26.2)	611 (34.2)	184 (7.6)						
131-350% poverty:																	
2 - 19.....	18	(2.5)	818	202 (8.0)	39 (8.8)	241 (10.0)	130	206 (22.7)	214 (26.3)	420 (28.3)	201 (7.6)						
20 and over.....	23	(2.0)	1643	183 (7.5)	112 (9.9)	295 (9.2)	360	181 (15.6)	482 (35.5)	663 (41.0)	184 (8.5)						
2 and over...	22	(1.5)	2461	188 (5.7)	93 (6.9)	281 (7.4)	490	186 (11.7)	425 (26.8)	612 (30.1)	189 (6.3)						
Over 350% poverty:																	
2 - 19.....	22	(2.5)	448	184 (9.8)	60 (7.0)	244 (9.2)	89	140 (9.4)	274 (26.8)	414 (24.6)	196 (11.1)						
20 and over.....	29	(2.1)	1227	161 (4.2)	129 (10.6)	290 (11.8)	337	176 (10.3)	443 (18.0)	619 (18.2)	154 (5.3)						
2 and over...	28	(1.8)	1675	165 (4.0)	117 (8.4)	281 (8.9)	426	171 (8.9)	419 (17.1)	590 (16.8)	162 (4.4)						
All Individuals¹⁰:																	
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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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting folate (DFE) ⁹ % (SE)	Sample Size	F o l a t e (D F E)															
			All Individuals ⁶						Supplement Users ⁷						Non-users ⁸			
			Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	(SE)				
µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
Under 131% poverty:																		
2 - 19.....	10 (1.3)	853	505 (16.6)	40 (7.7)	545 (17.1)	84	538 (88.1)	415 (48.5)	953 (84.9)	502 (18.4)								
20 and over.....	15 (1.5)	1129	481 (18.4)	122 (15.2)	602 (26.3)	178	492 (40.2)	829 (60.9)	1321 (84.3)	479 (22.6)								
2 and over...	13 (0.9)	1982	489 (11.3)	94 (9.7)	583 (14.6)	262	504 (38.4)	724 (44.6)	1228 (62.0)	487 (15.4)								
131-350% poverty:																		
2 - 19.....	18 (2.5)	818	491 (13.3)	67 (14.9)	558 (18.7)	130	516 (41.2)	364 (44.7)	880 (64.7)	485 (13.6)								
20 and over.....	23 (2.0)	1643	517 (13.8)	190 (16.8)	706 (16.7)	360	519 (32.9)	820 (60.3)	1339 (73.0)	516 (14.6)								
2 and over...	22 (1.5)	2461	510 (10.2)	158 (11.7)	669 (13.0)	490	518 (23.7)	723 (45.6)	1241 (51.8)	508 (10.8)								
Over 350% poverty:																		
2 - 19.....	22 (2.5)	448	471 (17.6)	101 (11.8)	572 (14.7)	89	371 (20.9)	466 (45.5)	837 (41.3)	499 (20.5)								
20 and over.....	29 (2.1)	1227	501 (12.0)	219 (17.9)	720 (23.4)	337	535 (20.3)	752 (30.5)	1288 (29.7)	487 (13.9)								
2 and over...	28 (1.8)	1675	496 (11.9)	198 (14.3)	694 (18.6)	426	512 (18.6)	713 (29.0)	1225 (28.4)	489 (13.5)								
All Individuals¹⁰:																		
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)								

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Family income as % of poverty level and age (years)	Percent reporting supplement choline ⁹ % (SE)		C h o l i n e														
			All Individuals ⁶						Supplement Users ⁷						Non-users ⁸		
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
Under 131% poverty:																	
2 - 19.....	3	(1.1)	853	247 (11.8)	#	247 (11.7)				--	--	--				247 (12.4)	
20 and over.....	2	(0.6)	1129	306 (11.3)	#	307 (11.3)				--	--	--				306 (11.5)	
2 and over...	3	(0.5)	1982	286 (9.6)	#	286 (9.6)				--	--	--				286 (9.8)	
131-350% poverty:																	
2 - 19.....	5	(1.1)	818	244 (5.1)	#	244 (5.1)				--	--	--				243 (4.7)	
20 and over.....	6	(1.0)	1643	331 (9.9)	2* (1.4)	333 (11.1)				--	--	--				331 (10.0)	
2 and over...	6	(0.8)	2461	309 (8.1)	2* (1.0)	311 (9.1)	121	316 (27.4)	30* (16.5)	346 (37.1)						309 (7.9)	
Over 350% poverty:																	
2 - 19.....	8	(2.0)	448	250 (11.5)	#	250 (11.5)				--	--	--				248 (11.3)	
20 and over.....	5	(0.8)	1227	346 (9.3)	1* (0.2)	347 (9.3)				--	--	--				343 (9.3)	
2 and over...	6	(0.6)	1675	329 (7.7)	1* (0.2)	329 (7.7)	99	367 (18.7)	9 (2.3)	376 (20.0)						326 (8.0)	
All Individuals¹⁰:																	
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)	

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Family income as % of poverty level and age (years)	Percent reporting vitamin C ⁹ % (SE)		V i t a m i n C													
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Under 131% poverty:																
2 - 19.....	12	(1.8)	853	67.5 (4.56)	24.4* (10.60)	91.9 (9.28)	98	73.0 (7.95)	198.8* (70.02)	271.8 (72.82)	66.7 (5.35)					
20 and over.....	17	(1.9)	1129	70.3 (3.93)	54.5* (23.71)	124.8 (24.18)	196	81.2 (11.31)	330.1*(135.83)	411.3*(139.13)	68.1 (3.83)					
2 and over...	15	(1.4)	1982	69.3 (3.28)	44.2* (16.99)	113.5 (17.04)	294	78.9 (8.33)	293.5*(103.50)	372.4 (106.01)	67.6 (3.73)					
131-350% poverty:																
2 - 19.....	20	(2.6)	818	69.2 (5.76)	12.1 (2.54)	81.3 (7.18)	140	86.8 (17.48)	59.6 (9.71)	146.5 (21.36)	64.8 (4.76)					
20 and over.....	28	(2.4)	1643	71.7 (2.24)	76.9 (16.06)	148.7 (16.25)	407	77.6 (5.08)	275.7 (42.77)	353.3 (44.30)	69.5 (2.94)					
2 and over...	26	(1.7)	2461	71.1 (2.51)	60.4 (11.73)	131.5 (11.49)	547	79.5 (5.05)	232.8 (36.16)	312.3 (36.41)	68.2 (2.61)					
Over 350% poverty:																
2 - 19.....	25	(3.0)	448	83.5 (7.99)	31.8 (8.10)	115.3 (10.40)	106	82.3 (10.22)	127.1 (27.62)	209.4 (28.79)	83.9 (10.17)					
20 and over.....	32	(2.3)	1227	82.7 (4.70)	87.3 (14.04)	170.0 (14.28)	368	84.3 (5.69)	275.7 (36.73)	360.0 (36.80)	82.0 (6.77)					
2 and over...	30	(2.0)	1675	82.9 (4.60)	77.4 (11.33)	160.3 (12.10)	474	84.0 (4.36)	254.0 (32.08)	338.0 (32.18)	82.4 (6.22)					
All Individuals¹⁰:																
2 - 19.....	18	(1.2)	2346	72.8 (3.59)	20.5 (3.38)	93.3 (4.37)	370	83.4 (8.81)	110.7 (16.48)	194.1 (17.51)	70.4 (3.97)					
20 and over.....	27	(1.4)	4534	76.0 (2.42)	76.0 (8.04)	151.9 (8.76)	1103	80.8 (3.23)	277.9 (23.19)	358.7 (24.14)	74.2 (3.04)					
2 and over...	25	(1.0)	6880	75.2 (2.28)	62.5 (6.17)	137.7 (6.54)	1473	81.2 (2.75)	248.0 (20.56)	329.3 (21.14)	73.2 (2.55)					

See page 23 for footnotes.

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

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement lycopene ⁹ % (SE)	Lycopene										
		All Individuals ⁶					Supplement Users ⁷					Non-users ⁸
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Under 131% poverty:												
2 - 19.....	#	853	4610 (502.7)	1* (1.2)	4612 (502.7)	--	--	--		4563 (506.2)		
20 and over.....	4 (0.6)	1129	4865 (362.9)	19 (5.0)	4884 (362.4)	--	--	--		4856 (394.8)		
2 and over...	2 (0.5)	1982	4778 (197.0)	13 (3.4)	4791 (197.7)	--	--	--		4754 (204.1)		
131-350% poverty:												
2 - 19.....	#	818	4203 (418.8)	#	4203 (418.8)	--	--	--		4203 (418.8)		
20 and over.....	8 (1.2)	1643	4835 (409.1)	51 (10.5)	4886 (410.0)	128	4931*(1502.9)	633 (158.6)	5564 (1568.4)	4827 (386.2)		
2 and over...	6 (0.9)	2461	4674 (334.8)	38 (7.8)	4712 (335.8)	128	4931*(1502.9)	633 (158.6)	5564 (1568.4)	4658 (318.9)		
Over 350% poverty:												
2 - 19.....	#	448	4386 (695.4)	1* (0.6)	4386 (695.3)	--	--	--		4387 (695.5)		
20 and over.....	11 (1.4)	1227	5577 (655.7)	80 (17.4)	5658 (662.1)	139	8249 (1563.5)	727 (128.8)	8976 (1584.6)	5245 (585.1)		
2 and over...	9 (1.3)	1675	5365 (549.8)	66 (15.0)	5431 (553.4)	140	8242 (1563.3)	728 (128.8)	8970 (1584.2)	5077 (503.1)		
All Individuals¹⁰:												
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.

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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

L u t e i n + z e a x a n t h i n																		
-----All Individuals ⁶ ----- Supplement Users ⁷ ----- -Non-users ⁸ -																		
Family income as % of poverty level and age (years)	Percent reporting supplement lutein + zeaxanthin ⁹		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)
Under 131% poverty:																		
2 - 19.....	1*	(0.2)	853	780 (59.9)	1*	(0.4)	780 (60.0)			--	--	--					782 (60.4)	
20 and over.....	4	(0.7)	1129	1458 (150.1)	170*	(74.9)	1627 (131.7)			--	--	--					1397 (149.2)	
2 and over...	3	(0.4)	1982	1226 (109.9)	112*	(49.0)	1338 (92.2)			--	--	--					1181 (108.9)	
131-350% poverty:																		
2 - 19.....	1*	(0.5)	818	773 (70.9)	1*	(0.5)	774 (70.9)			--	--	--					774 (71.5)	
20 and over.....	10	(1.3)	1643	1539 (96.8)	281*	(92.1)	1820 (155.9)	148	1692 (245.8)	2689	(719.4)	4381	(829.7)				1522 (105.0)	
2 and over...	8	(1.0)	2461	1344 (78.9)	209*	(68.8)	1554 (119.9)	158	1663 (238.3)	2614	(699.4)	4277	(806.4)				1317 (84.9)	
Over 350% poverty:																		
2 - 19.....	3*	(1.3)	448	991 (140.3)	10*	(4.9)	1000 (140.7)			--	--	--					978 (140.9)	
20 and over.....	10	(1.3)	1227	2068 (355.2)	151	(40.4)	2219 (351.8)	134	2176 (328.7)	1487	(365.3)	3663	(590.4)				2056 (404.0)	
2 and over...	9	(1.1)	1675	1877 (296.4)	126	(32.8)	2002 (294.0)	143	2139 (331.0)	1428	(349.9)	3568	(586.0)				1851 (334.5)	
All Individuals¹⁰:																		
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.).

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement calcium ⁹ % (SE)		C a l c i u m																	
			All Individuals ⁶								Supplement Users ⁷								Non-users ⁸	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)									
Under 131% poverty:																				
2 - 19.....	4	(1.2)	853	987 (35.1)	8* (3.4)	995 (35.2)					--	--	--					986 (36.2)		
20 and over.....	19	(1.9)	1129	912 (30.4)	80 (13.7)	992 (28.1)	212	953 (58.8)	425 (49.1)	1378 (49.4)	902 (30.4)									
2 and over...	14	(1.3)	1982	937 (26.6)	56 (9.5)	993 (23.6)	245	958 (54.6)	403 (46.8)	1360 (44.1)	934 (27.6)									
131-350% poverty:																				
2 - 19.....	8	(2.3)	818	983 (25.0)	11 (3.1)	994 (26.1)			--	--	--							967 (24.4)		
20 and over.....	26	(2.0)	1643	960 (18.7)	121 (10.1)	1081 (18.6)	405	971 (41.6)	465 (21.6)	1436 (47.7)	956 (25.2)									
2 and over...	21	(1.6)	2461	966 (16.8)	93 (7.2)	1059 (17.2)	452	990 (47.2)	435 (21.2)	1425 (49.3)	959 (19.1)									
Over 350% poverty:																				
2 - 19.....	8	(2.2)	448	974 (21.7)	13* (6.4)	987 (24.6)			--	--	--							973 (20.0)		
20 and over.....	32	(2.6)	1227	997 (25.0)	138 (12.1)	1135 (31.7)	365	1067 (30.1)	435 (35.3)	1502 (39.6)	965 (28.1)									
2 and over...	28	(2.1)	1675	993 (22.3)	116 (9.1)	1109 (27.3)	397	1062 (30.6)	420 (32.4)	1482 (38.3)	967 (23.8)									
All Individuals¹⁰:																				
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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement phosphorus ⁹ % (SE)		P h o s p h o r u s														
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
Under 131% poverty:																	
2 - 19.....	1*	(0.5)	853	1250 (49.3)	1*	(0.5)	1251 (49.5)			--	--	--		1240 (46.7)			
20 and over.....	6	(0.9)	1129	1324 (38.8)	2	(0.3)	1326 (38.9)			--	--	--		1330 (41.6)			
2 and over...	4	(0.7)	1982	1299 (34.8)	1	(0.3)	1300 (34.9)	81	1310 (136.8)	35	(5.7)	1344 (140.6)		1298 (35.9)			
131-350% poverty:																	
2 - 19.....	1*	(0.6)	818	1242 (21.1)	#		1243 (21.0)			--	--	--		1245 (21.2)			
20 and over.....	10	(1.2)	1643	1385 (24.8)	4	(0.8)	1389 (24.7)	174	1321 (66.9)	44	(6.7)	1365 (68.1)		1392 (24.3)			
2 and over...	8	(0.8)	2461	1348 (20.2)	3	(0.5)	1352 (20.2)	186	1309 (59.6)	44	(6.3)	1353 (60.5)		1352 (20.2)			
Over 350% poverty:																	
2 - 19.....	1*	(0.5)	448	1280 (47.7)	1*	(0.5)	1281 (47.9)			--	--	--		1267 (44.9)			
20 and over.....	13	(1.9)	1227	1442 (27.0)	7	(1.9)	1449 (27.9)	160	1577 (82.2)	53	(11.8)	1629 (79.5)		1421 (28.0)			
2 and over...	11	(1.5)	1675	1413 (23.9)	6	(1.6)	1419 (24.5)	164	1594 (81.1)	53	(11.7)	1648 (78.4)		1391 (24.4)			
All Individuals¹⁰:																	
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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement magnesium ⁹ % (SE)		M a g n e s i u m														
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
Under 131% poverty:																	
2 - 19.....	1*	(0.8)	853	233 (7.7)	1* (1.0)	234 (8.3)										231 (6.9)	
20 and over.....	12	(1.2)	1129	285 (8.9)	15 (1.6)	301 (9.5)	133	312 (22.8)	129 (10.3)	441 (29.4)	282 (9.3)						
2 and over...	8	(0.9)	1982	267 (6.5)	11 (1.1)	278 (7.1)	143	316 (21.7)	127 (10.2)	443 (27.6)	263 (6.3)						
131-350% poverty:																	
2 - 19.....	2*	(0.7)	818	230 (4.1)	1* (0.6)	232 (4.1)										229 (4.2)	
20 and over.....	19	(1.4)	1643	298 (5.4)	31 (4.1)	330 (7.1)	294	321 (13.4)	163 (14.8)	484 (18.4)	293 (5.4)						
2 and over...	15	(1.0)	2461	281 (4.5)	24 (3.0)	305 (5.6)	304	320 (12.6)	161 (14.8)	482 (17.6)	274 (4.4)						
Over 350% poverty:																	
2 - 19.....	6	(2.2)	448	245 (7.3)	7* (4.8)	252 (9.0)										241 (6.9)	
20 and over.....	25	(2.0)	1227	324 (8.7)	41 (6.1)	365 (11.2)	275	349 (15.0)	169 (15.1)	518 (19.9)	316 (8.8)						
2 and over...	21	(1.8)	1675	310 (7.8)	35 (5.0)	345 (9.9)	289	348 (14.7)	167 (14.3)	515 (19.6)	300 (7.7)						
All Individuals¹⁰:																	
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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement copper ⁹ % (SE)		C o p p e r											
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Under 131% poverty:														
2 - 19.....	2*	(0.6)	853	0.9 (0.03)	#	0.9 (0.04)				--	--	--	0.9 (0.03)	
20 and over.....	12	(1.4)	1129	1.1 (0.04)	0.2 (0.02)	1.3 (0.05)	135	1.2 (0.12)	1.3 (0.10)	2.5 (0.18)			1.1 (0.05)	
2 and over...	8	(1.0)	1982	1.0 (0.03)	0.1 (0.01)	1.1 (0.03)	153	1.2 (0.11)	1.4 (0.10)	2.6 (0.17)			1.0 (0.03)	
131-350% poverty:														
2 - 19.....	4	(2.2)	818	0.9 (0.01)	0.1* (0.04)	0.9 (0.05)				--	--	--	0.9 (0.01)	
20 and over.....	18	(1.4)	1643	1.2 (0.02)	0.2 (0.02)	1.4 (0.03)	277	1.2 (0.05)	1.2 (0.07)	2.4 (0.10)			1.1 (0.02)	
2 and over...	14	(1.1)	2461	1.1 (0.02)	0.2 (0.01)	1.3 (0.03)	293	1.2 (0.04)	1.2 (0.07)	2.5 (0.10)			1.1 (0.02)	
Over 350% poverty:														
2 - 19.....	3*	(0.9)	448	1.0 (0.04)	0.1* (0.02)	1.1 (0.05)				--	--	--	1.0 (0.05)	
20 and over.....	22	(2.0)	1227	1.3 (0.03)	0.3 (0.02)	1.6 (0.04)	245	1.4 (0.06)	1.2 (0.06)	2.6 (0.08)			1.3 (0.03)	
2 and over...	18	(1.6)	1675	1.3 (0.03)	0.2 (0.02)	1.5 (0.04)	260	1.4 (0.06)	1.3 (0.06)	2.6 (0.09)			1.2 (0.03)	
All Individuals¹⁰:														
2 - 19.....	3	(0.7)	2346	0.9 (0.02)	0.1 (0.02)	1.0 (0.03)				--	--	--	0.9 (0.02)	
20 and over.....	18	(0.9)	4534	1.2 (0.02)	0.2 (0.01)	1.4 (0.03)	740	1.3 (0.04)	1.2 (0.05)	2.5 (0.06)			1.2 (0.02)	
2 and over...	15	(0.7)	6880	1.1 (0.02)	0.2 (0.01)	1.3 (0.02)	795	1.3 (0.04)	1.3 (0.05)	2.6 (0.06)			1.1 (0.02)	

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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Family Income (as % of Poverty Level⁵) and Age, in the United States, 2017-2018 (continued)

Family income as % of poverty level and age (years)	Percent reporting potassium ⁹ % (SE)		P o t a s s i u m													
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Under 131% poverty:																
2 - 19.....	1*	(0.5)	853	2068 (67.5)	2*	(1.3)	2070 (67.8)			--	--	--		2057 (66.4)		
20 and over.....	9	(1.5)	1129	2473 (77.5)	10	(2.4)	2483 (77.1)	95	2302 (183.1)	118	(28.3)	2420 (193.7)	2489 (80.8)			
2 and over...	6	(1.0)	1982	2335 (55.9)	7	(1.3)	2342 (55.7)	100	2351 (197.1)	123	(24.2)	2474 (204.0)	2334 (58.0)			
131-350% poverty:																
2 - 19.....	1*	(0.5)	818	2100 (39.6)	1*	(0.5)	2101 (39.5)			--	--	--		2102 (39.8)		
20 and over.....	12	(1.6)	1643	2573 (40.8)	17	(4.5)	2590 (38.8)	215	2588 (107.9)	134	(29.4)	2722 (111.7)	2571 (41.0)			
2 and over...	9	(1.1)	2461	2453 (35.3)	13	(3.3)	2465 (34.3)	221	2571 (103.4)	134	(28.7)	2704 (107.2)	2441 (34.0)			
Over 350% poverty:																
2 - 19.....	1*	(0.5)	448	2179 (76.1)	2*	(1.3)	2181 (76.5)			--	--	--		2163 (73.1)		
20 and over.....	16	(1.8)	1227	2758 (80.9)	18	(2.4)	2776 (81.4)	194	2915 (138.5)	109	(8.0)	3024 (138.7)	2728 (90.8)			
2 and over...	13	(1.5)	1675	2655 (72.1)	15	(2.0)	2670 (72.4)	200	2926 (136.0)	110	(7.9)	3035 (136.2)	2613 (77.5)			
All Individuals¹⁰:																
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.

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

⁶ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

⁷ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁸ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁹ The weighted percentage of respondents in the income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

¹⁰ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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 (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.