

**Table 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years)	Percent reporting thiamin <sup>8</sup> % (SE)		T h i a m i n											
			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>Non-Hispanic White:</b>														
2 - 19.....	6	(0.9)	1322	1.52 (0.026)	0.11* (0.037)	1.63 (0.048)		--	--	--		1.54 (0.029)		
20 and over.....	24	(1.3)	2639	1.57 (0.021)	2.69 (0.280)	4.26 (0.279)	670	1.65 (0.043)	11.30 (0.947)	12.95 (0.956)		1.54 (0.027)		
2 and over...	20	(1.0)	3961	1.56 (0.018)	2.16 (0.230)	3.72 (0.228)	751	1.62 (0.042)	10.67 (0.901)	12.29 (0.910)		1.54 (0.022)		
<b>Non-Hispanic Black:</b>														
2 - 19.....	2	(0.7)	1074	1.36 (0.032)	0.03 (0.007)	1.39 (0.032)		--	--	--		1.36 (0.033)		
20 and over.....	14	(1.1)	1988	1.45 (0.028)	2.01 (0.311)	3.46 (0.310)	284	1.54 (0.048)	14.44 (1.795)	15.98 (1.798)		1.44 (0.029)		
2 and over...	11	(0.7)	3062	1.43 (0.020)	1.48 (0.213)	2.91 (0.214)	313	1.53 (0.045)	13.64 (1.693)	15.16 (1.696)		1.41 (0.021)		
<b>Non-Hispanic Asian:</b>														
2 - 19.....	5*	(1.2)	321	1.50 (0.026)	0.40* (0.345)	1.91 (0.359)		--	--	--		1.50 (0.024)		
20 and over.....	17	(1.5)	803	1.65 (0.072)	2.73 (0.644)	4.38 (0.651)	148	1.66 (0.066)	15.75 (3.724)	17.41 (3.720)		1.65 (0.087)		
2 and over...	15	(1.2)	1124	1.62 (0.061)	2.27 (0.511)	3.90 (0.522)	167	1.65 (0.061)	15.17 (3.451)	16.82 (3.447)		1.62 (0.071)		
<b>Hispanic:</b>														
2 - 19.....	5	(1.1)	939	1.52 (0.051)	0.13* (0.066)	1.65 (0.095)		--	--	--		1.52 (0.054)		
20 and over.....	13	(1.3)	1600	1.63 (0.034)	1.85 (0.356)	3.49 (0.356)	201	1.54 (0.123)	14.13 (2.786)	15.67 (2.793)		1.65 (0.043)		
2 and over...	10	(0.9)	2539	1.60 (0.028)	1.29 (0.245)	2.88 (0.250)	238	1.55 (0.104)	12.45 (2.423)	14.00 (2.411)		1.60 (0.032)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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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Race/ethnicity and age (years)	Percent reporting riboflavin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>							
			Sample Size		Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
			mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																				
2 - 19.....	7	(0.9)	1322	1.84 (0.042)	0.12* (0.037)	1.95 (0.055)													1.87 (0.046)	
20 and over.....	24	(1.2)	2639	2.17 (0.037)	1.80 (0.188)	3.98 (0.206)	673	2.26 (0.058)	7.57 (0.557)	9.83 (0.584)									2.15 (0.039)	
2 and over...	20	(1.0)	3961	2.10 (0.030)	1.46 (0.153)	3.56 (0.167)	755	2.20 (0.059)	7.19 (0.533)	9.39 (0.563)									2.08 (0.031)	
<b>Non-Hispanic Black:</b>																				
2 - 19.....	2	(0.7)	1074	1.50 (0.036)	0.03 (0.008)	1.53 (0.037)													1.50 (0.036)	
20 and over.....	13	(1.0)	1988	1.67 (0.033)	1.19 (0.219)	2.86 (0.225)	273	1.83 (0.076)	8.87 (1.400)	10.70 (1.390)									1.65 (0.033)	
2 and over...	11	(0.7)	3062	1.63 (0.024)	0.89 (0.153)	2.51 (0.159)	302	1.82 (0.071)	8.39 (1.339)	10.21 (1.330)									1.60 (0.024)	
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	5*	(1.2)	321	1.60 (0.042)	0.08 (0.019)	1.68 (0.053)													1.59 (0.042)	
20 and over.....	17	(1.5)	803	1.78 (0.044)	1.43 (0.299)	3.21 (0.314)	149	1.93 (0.099)	8.29 (1.692)	10.23 (1.697)									1.75 (0.041)	
2 and over...	15	(1.2)	1124	1.75 (0.043)	1.17 (0.245)	2.91 (0.263)	168	1.93 (0.091)	7.81 (1.570)	9.73 (1.574)									1.71 (0.040)	
<b>Hispanic:</b>																				
2 - 19.....	4	(1.1)	939	1.78 (0.054)	0.29* (0.183)	2.07 (0.196)													1.77 (0.056)	
20 and over.....	13	(1.3)	1600	2.03 (0.048)	1.38 (0.301)	3.41 (0.313)	200	2.10 (0.146)	10.52 (2.171)	12.62 (2.160)									2.02 (0.055)	
2 and over...	10	(1.0)	2539	1.95 (0.037)	1.02 (0.208)	2.97 (0.214)	234	2.09 (0.131)	10.11 (2.026)	12.20 (2.015)									1.93 (0.044)	

See page 23 for footnotes.

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**Table 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting niacin <sup>8</sup> % (SE)		N i a c i n																	
			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>Non-Hispanic White:</b>																				
2 - 19.....	7	(0.8)	1322	21.7 (0.66)	1.0 (0.14)	22.8 (0.63)	86	17.0 (1.20)	14.5 (0.80)	31.5 (1.62)	22.1 (0.70)									
20 and over.....	26	(1.3)	2639	25.9 (0.54)	9.4 (0.99)	35.3 (1.20)	727	26.5 (1.16)	35.7 (3.46)	62.1 (3.61)	25.7 (0.59)									
2 and over...	22	(1.1)	3961	25.0 (0.50)	7.7 (0.78)	32.7 (0.99)	813	25.9 (1.08)	34.3 (3.22)	60.1 (3.38)	24.8 (0.58)									
<b>Non-Hispanic Black:</b>																				
2 - 19.....	3	(0.7)	1074	20.7 (0.39)	0.4 (0.08)	21.1 (0.41)		--	--	--	20.6 (0.42)									
20 and over.....	15	(1.0)	1988	24.4 (0.33)	4.3 (0.69)	28.8 (0.72)	307	26.6 (1.14)	28.4 (3.79)	54.9 (3.75)	24.0 (0.45)									
2 and over...	12	(0.7)	3062	23.4 (0.26)	3.3 (0.47)	26.7 (0.51)	345	26.4 (1.13)	27.3 (3.53)	53.7 (3.53)	23.0 (0.37)									
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	6*	(1.5)	321	19.6 (0.46)	0.8* (0.25)	20.4 (0.50)		--	--	--	19.5 (0.48)									
20 and over.....	19	(1.6)	803	24.3 (0.96)	4.9 (0.51)	29.2 (0.99)	165	24.3 (1.32)	25.4 (1.79)	49.6 (1.81)	24.3 (1.12)									
2 and over...	17	(1.3)	1124	23.4 (0.87)	4.1 (0.37)	27.5 (0.96)	186	24.1 (1.22)	24.6 (1.69)	48.6 (1.74)	23.3 (0.98)									
<b>Hispanic:</b>																				
2 - 19.....	5	(1.0)	939	20.8 (0.48)	0.9 (0.24)	21.6 (0.53)		--	--	--	20.6 (0.48)									
20 and over.....	15	(1.4)	1600	27.3 (0.71)	4.9 (0.90)	32.3 (1.27)	221	25.3 (1.96)	33.9 (4.39)	59.2 (4.44)	27.7 (0.85)									
2 and over...	12	(1.0)	2539	25.2 (0.46)	3.6 (0.60)	28.8 (0.78)	264	25.0 (1.67)	31.4 (4.01)	56.4 (4.21)	25.2 (0.52)									

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Race/ethnicity 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 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>Non-Hispanic White:</b>														
2 - 19.....	18	(2.0)	1322	1.74 (0.069)	0.37 (0.054)	2.11 (0.081)	236	1.43 (0.067)	2.05 (0.261)	3.49 (0.287)	1.81 (0.084)			
20 and over.....	28	(1.4)	2639	2.16 (0.064)	3.01 (0.291)	5.18 (0.297)	783	2.22 (0.137)	10.59 (0.818)	12.81 (0.829)	2.14 (0.074)			
2 and over...	26	(1.1)	3961	2.08 (0.059)	2.47 (0.235)	4.55 (0.243)	1019	2.11 (0.117)	9.37 (0.780)	11.49 (0.794)	2.06 (0.070)			
<b>Non-Hispanic Black:</b>														
2 - 19.....	10	(1.1)	1074	1.51 (0.042)	0.14 (0.016)	1.65 (0.047)	108	1.66 (0.134)	1.36 (0.099)	3.03 (0.173)	1.49 (0.043)			
20 and over.....	17	(1.3)	1988	1.90 (0.042)	1.72 (0.256)	3.62 (0.255)	330	2.11 (0.090)	9.84 (1.306)	11.96 (1.286)	1.85 (0.056)			
2 and over...	15	(1.1)	3062	1.80 (0.036)	1.30 (0.180)	3.10 (0.180)	438	2.03 (0.074)	8.39 (1.075)	10.43 (1.064)	1.75 (0.048)			
<b>Non-Hispanic Asian:</b>														
2 - 19.....	14	(2.6)	321	1.56 (0.036)	0.35* (0.123)	1.91 (0.138)		--	--	--	1.54 (0.037)			
20 and over.....	20	(1.6)	803	2.03 (0.091)	1.66 (0.428)	3.69 (0.475)	174	2.16 (0.125)	8.27 (1.972)	10.43 (2.039)	2.00 (0.100)			
2 and over...	19	(1.4)	1124	1.94 (0.084)	1.40 (0.353)	3.34 (0.403)	220	2.09 (0.110)	7.42 (1.703)	9.50 (1.758)	1.91 (0.092)			
<b>Hispanic:</b>														
2 - 19.....	12	(0.9)	939	1.68 (0.050)	0.27 (0.062)	1.94 (0.085)	109	1.80 (0.101)	2.21 (0.513)	4.02 (0.544)	1.66 (0.056)			
20 and over.....	16	(1.4)	1600	2.31 (0.059)	2.29 (0.448)	4.61 (0.472)	241	2.29 (0.200)	14.47 (2.591)	16.76 (2.614)	2.32 (0.077)			
2 and over...	15	(1.0)	2539	2.10 (0.034)	1.63 (0.303)	3.73 (0.315)	350	2.16 (0.148)	11.16 (1.927)	13.32 (1.953)	2.10 (0.044)			

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Race/ethnicity 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>Non-Hispanic White:</b>																												
2 - 19.....	18	(2.0)	1322	189 (4.6)	43 (5.3)	232 (8.0)	228	145 (8.0)	243 (14.4)	388 (13.8)	199 (6.3)	20 and over.....	28	(1.4)	2639	155 (3.8)	151 (8.6)	306 (9.4)	777	157 (5.9)	535 (14.9)	691 (15.1)	155 (4.9)					
2 and over...	26	(1.1)	3961	162 (3.1)	129 (7.0)	291 (7.6)	1005	155 (5.5)	494 (14.1)	649 (13.2)	165 (3.8)	<b>Non-Hispanic Black:</b>																
2 - 19.....	10	(1.1)	1074	171 (4.9)	21 (2.9)	192 (4.1)	105	150 (14.4)	212 (13.5)	363 (14.4)	174 (4.7)	20 and over.....	18	(1.3)	1988	148 (5.0)	90 (5.9)	238 (7.7)	345	146 (9.0)	492 (23.9)	637 (23.6)	149 (5.4)					
2 and over...	16	(1.1)	3062	154 (4.3)	72 (4.3)	226 (5.5)	450	147 (7.3)	446 (18.9)	593 (18.1)	156 (4.5)	<b>Non-Hispanic Asian:</b>																
2 - 19.....	13	(2.6)	321	194 (8.3)	38 (7.9)	232 (10.4)		--	--	--	191 (10.4)	20 and over.....	20	(1.4)	803	166 (14.5)	96 (9.2)	262 (17.2)	168	154 (13.1)	488 (26.9)	642 (29.0)	169 (18.5)					
2 and over...	18	(1.3)	1124	172 (11.5)	85 (7.0)	256 (14.8)	211	162 (13.9)	460 (22.7)	623 (24.2)	174 (14.6)	<b>Hispanic:</b>																
2 - 19.....	12	(0.9)	939	190 (10.0)	27 (3.3)	216 (10.1)	106	232 (39.6)	230 (25.1)	462 (39.4)	184 (9.0)	20 and over.....	15	(1.2)	1600	163 (4.0)	88 (12.2)	251 (12.6)	237	156 (16.2)	578 (54.1)	734 (67.6)	164 (6.2)					
2 and over...	14	(0.9)	2539	172 (4.9)	68 (9.0)	240 (9.9)	343	177 (17.2)	484 (48.5)	660 (58.2)	171 (5.5)																	

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Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) <sup>8</sup> % (SE)		F o l a t e ( D F E )																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
<b>Non-Hispanic White:</b>																				
2 - 19.....	18	(2.0)	1322	468	(11.2)	73	(9.0)	541	(14.1)	228	382	(15.3)	413	(24.4)	795	(23.6)	487	(14.8)		
20 and over.....	28	(1.4)	2639	472	(7.6)	257	(14.7)	729	(17.0)	777	482	(11.1)	909	(25.3)	1392	(24.7)	468	(9.2)		
2 and over...	26	(1.1)	3961	471	(6.6)	219	(11.8)	690	(14.1)	1005	468	(10.0)	840	(23.9)	1308	(22.4)	472	(8.6)		
<b>Non-Hispanic Black:</b>																				
2 - 19.....	10	(1.1)	1074	423	(9.7)	36	(5.0)	459	(8.6)	105	396	(29.9)	361	(22.9)	757	(29.1)	426	(9.4)		
20 and over.....	18	(1.3)	1988	435	(10.4)	153	(10.0)	588	(14.9)	345	458	(19.1)	836	(40.6)	1294	(42.5)	430	(10.4)		
2 and over...	16	(1.1)	3062	432	(8.2)	122	(7.3)	554	(10.5)	450	448	(14.3)	758	(32.1)	1207	(31.9)	429	(8.3)		
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	13	(2.6)	321	499	(19.9)	64	(13.5)	563	(22.5)		--		--		--		495	(23.5)		
20 and over.....	20	(1.4)	803	540	(26.3)	163	(15.7)	703	(33.9)	168	562	(33.5)	830	(45.8)	1392	(56.7)	534	(31.5)		
2 and over...	18	(1.3)	1124	532	(23.1)	144	(11.9)	676	(30.3)	211	557	(29.0)	782	(38.6)	1339	(44.9)	526	(27.3)		
<b>Hispanic:</b>																				
2 - 19.....	12	(0.9)	939	482	(19.7)	46	(5.6)	528	(20.0)	106	569	(69.6)	392	(42.7)	961	(68.4)	471	(18.4)		
20 and over.....	15	(1.2)	1600	509	(10.5)	150	(20.8)	659	(21.0)	237	489	(34.5)	983	(92.0)	1472	(121.1)	512	(14.8)		
2 and over...	14	(0.9)	2539	500	(9.4)	116	(15.3)	616	(16.1)	343	511	(31.9)	822	(82.4)	1333	(102.6)	498	(11.0)		

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Race/ethnicity 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>Non-Hispanic White:</b>																
2 - 19.....	4	(0.7)	1322	246 (7.8)	#	246 (7.8)										246 (8.0)
20 and over.....	5	(0.6)	2639	332 (6.1)	1 (0.2)	333 (6.1)	128	347 (15.9)	17 (3.1)	364 (16.5)	332 (6.2)					
2 and over...	5	(0.5)	3961	315 (4.4)	1 (0.1)	315 (4.4)	182	332 (13.4)	14 (2.6)	346 (13.7)	314 (4.5)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	2	(0.6)	1074	228 (8.9)	#	228 (8.9)										227 (9.2)
20 and over.....	4	(0.6)	1988	310 (7.8)	1 (0.2)	311 (7.8)										308 (8.0)
2 and over...	4	(0.5)	3062	289 (7.0)	#	289 (7.0)	84	344 (23.3)	12 (2.9)	356 (23.4)	287 (7.3)					
<b>Non-Hispanic Asian:</b>																
2 - 19.....	5*	(1.3)	321	256 (5.9)	1* (0.7)	257 (6.1)										254 (6.0)
20 and over.....	4	(0.6)	803	327 (7.5)	1* (0.2)	328 (7.6)										326 (7.6)
2 and over...	4	(0.5)	1124	314 (6.8)	1* (0.2)	314 (6.9)										312 (7.0)
<b>Hispanic:</b>																
2 - 19.....	4	(0.8)	939	263 (7.7)	#	263 (7.7)										263 (7.8)
20 and over.....	3	(0.6)	1600	372 (9.5)	2* (1.9)	375 (9.4)										372 (9.2)
2 and over...	4	(0.5)	2539	337 (6.8)	2* (1.3)	338 (6.7)										336 (6.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting 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 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>Non-Hispanic White:</b>													
2 - 19.....	19	(1.8)	1322	4.32 (0.108)	8.1* (5.03)	12.4* (5.06)	236	3.49 (0.146)	42.4* (26.64)	45.9* (26.67)	4.51 (0.141)		
20 and over.....	31	(1.5)	2639	4.83 (0.149)	110.3 (11.84)	115.2 (11.86)	864	4.84 (0.236)	354.9 (33.91)	359.8 (33.93)	4.83 (0.179)		
2 and over...	29	(1.3)	3961	4.73 (0.127)	89.2 (9.77)	93.9 (9.79)	1100	4.65 (0.203)	312.1 (30.19)	316.8 (30.20)	4.76 (0.149)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	10	(1.1)	1074	3.69 (0.150)	0.4 (0.05)	4.1 (0.18)	107	4.18 (0.483)	3.7 (0.46)	7.9 (0.74)	3.64 (0.142)		
20 and over.....	19	(1.3)	1988	4.26 (0.178)	66.3 (14.91)	70.6 (14.91)	374	4.61 (0.679)	344.4 (82.22)	349.0 (82.19)	4.18 (0.139)		
2 and over...	17	(1.1)	3062	4.11 (0.124)	48.9 (11.11)	53.1 (11.11)	481	4.54 (0.574)	290.9 (69.56)	295.4 (69.53)	4.02 (0.110)		
<b>Non-Hispanic Asian:</b>													
2 - 19.....	14	(2.6)	321	3.87 (0.123)	1.6* (0.72)	5.5 (0.74)		--	--	--	3.76 (0.129)		
20 and over.....	21	(1.4)	803	4.01 (0.197)	66.6 (18.48)	70.6 (18.44)	181	4.40 (0.398)	314.3 (85.14)	318.7 (84.87)	3.90 (0.228)		
2 and over...	20	(1.4)	1124	3.98 (0.172)	53.9 (15.03)	57.9 (15.01)	226	4.42 (0.322)	273.8 (72.73)	278.2 (72.53)	3.87 (0.193)		
<b>Hispanic:</b>													
2 - 19.....	12	(0.8)	939	4.50 (0.183)	1.2* (0.68)	5.7 (0.69)	107	4.57 (0.391)	10.5* (5.96)	15.1* (5.97)	4.50 (0.207)		
20 and over.....	17	(1.5)	1600	4.95 (0.164)	61.6 (14.08)	66.5 (14.05)	268	5.25 (0.281)	364.7 (81.23)	370.0 (81.16)	4.89 (0.179)		
2 and over...	15	(1.0)	2539	4.80 (0.132)	41.8 (9.54)	46.6 (9.52)	375	5.08 (0.245)	274.9 (60.52)	280.0 (60.48)	4.75 (0.148)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin C <sup>8</sup> % (SE)		V i t a m i n C																									
			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>Non-Hispanic White:</b>																												
2 - 19.....	21	(2.2)	1322	67.7 (3.86)	19.4 (3.24)	87.1 (5.34)	258	71.8 (6.91)	94.3 (12.26)	166.1 (12.28)	66.7 (4.86)	20 and over.....	32	(1.5)	2639	72.2 (2.69)	79.2 (8.57)	151.4 (8.79)	877	80.6 (3.26)	247.8 (20.07)	328.4 (19.94)	68.2 (3.33)					
2 and over...	30	(1.2)	3961	71.2 (2.47)	66.8 (6.62)	138.1 (6.85)	1135	79.3 (2.68)	225.8 (18.04)	305.2 (18.09)	67.8 (3.04)	<b>Non-Hispanic Black:</b>																
2 - 19.....	11	(1.2)	1074	77.2 (3.63)	6.6 (1.39)	83.8 (3.75)	119	99.0 (8.56)	61.3 (10.85)	160.3 (13.72)	74.6 (3.57)	20 and over.....	19	(1.4)	1988	77.1 (3.08)	43.5 (6.16)	120.6 (6.33)	360	91.4 (5.35)	231.3 (27.11)	322.6 (28.48)	73.7 (3.37)					
2 and over...	17	(1.1)	3062	77.1 (2.55)	33.8 (4.33)	110.9 (4.39)	479	92.7 (5.14)	202.4 (23.19)	295.1 (24.37)	74.0 (2.74)	<b>Non-Hispanic Asian:</b>																
2 - 19.....	16	(2.9)	321	67.0 (6.13)	15.4 (4.09)	82.4 (8.47)		--	--	--	68.5 (7.00)	20 and over.....	23	(1.7)	803	96.0 (5.08)	83.2 (19.88)	179.2 (20.28)	195	103.2 (4.60)	358.3 (75.98)	461.5 (78.45)	93.8 (6.59)					
2 and over...	22	(1.5)	1124	90.3 (4.97)	70.0 (16.19)	160.3 (17.17)	245	97.0 (4.53)	321.7 (66.89)	418.7 (69.41)	88.5 (6.14)	<b>Hispanic:</b>																
2 - 19.....	15	(1.1)	939	78.4 (3.20)	15.8 (3.51)	94.2 (5.20)	129	92.1 (6.89)	107.8 (20.41)	199.8 (18.36)	76.0 (3.52)	20 and over.....	18	(1.3)	1600	88.7 (3.24)	65.2 (12.58)	153.9 (13.46)	276	89.4 (4.91)	368.9 (62.31)	458.3 (65.21)	88.6 (3.51)					
2 and over...	17	(0.9)	2539	85.3 (2.40)	49.0 (8.80)	134.3 (9.09)	405	90.2 (4.01)	293.5 (46.91)	383.7 (47.93)	84.4 (2.61)																	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting 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>Non-Hispanic White:</b>																				
2 - 19.....	18	(2.1)	1322	4.9 (0.11)	3.4 (0.61)	8.2 (0.63)	242	4.3 (0.34)	18.2 (2.36)	22.6 (2.37)	5.0 (0.16)									
20 and over.....	36	(1.5)	2639	4.2 (0.18)	21.0 (1.82)	25.3 (1.86)	1008	4.7 (0.30)	58.4 (4.27)	63.0 (4.28)	4.0 (0.17)									
2 and over...	32	(1.2)	3961	4.4 (0.15)	17.4 (1.42)	21.7 (1.44)	1250	4.6 (0.27)	53.6 (3.67)	58.3 (3.68)	4.3 (0.14)									
<b>Non-Hispanic Black:</b>																				
2 - 19.....	11	(1.2)	1074	3.8 (0.15)	1.6 (0.25)	5.4 (0.33)	113	4.1 (0.35)	15.3 (1.26)	19.4 (1.22)	3.7 (0.14)									
20 and over.....	24	(1.4)	1988	3.9 (0.15)	12.7 (2.06)	16.6 (2.06)	470	4.5 (0.28)	54.0 (8.78)	58.5 (8.67)	3.7 (0.16)									
2 and over...	20	(1.2)	3062	3.8 (0.11)	9.8 (1.53)	13.7 (1.53)	583	4.4 (0.25)	48.7 (7.64)	53.1 (7.55)	3.7 (0.11)									
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	14	(2.8)	321	4.8 (0.20)	2.2 (0.41)	7.0 (0.51)		--	--	--	4.4 (0.17)									
20 and over.....	27	(2.3)	803	5.1 (0.37)	13.5 (1.88)	18.6 (1.72)	236	5.7 (0.51)	50.5 (5.20)	56.2 (5.02)	4.9 (0.45)									
2 and over...	24	(2.0)	1124	5.1 (0.30)	11.3 (1.50)	16.4 (1.39)	283	5.9 (0.45)	46.5 (4.67)	52.4 (4.53)	4.8 (0.36)									
<b>Hispanic:</b>																				
2 - 19.....	12	(0.9)	939	5.2 (0.26)	1.9 (0.28)	7.1 (0.30)	110	5.3 (0.33)	15.4 (1.80)	20.6 (1.74)	5.2 (0.30)									
20 and over.....	20	(1.3)	1600	4.5 (0.18)	8.3 (0.73)	12.8 (0.77)	331	5.5 (0.53)	41.7 (2.80)	47.2 (2.81)	4.3 (0.20)									
2 and over...	17	(1.0)	2539	4.7 (0.12)	6.2 (0.51)	10.9 (0.55)	441	5.4 (0.40)	35.5 (2.30)	41.0 (2.28)	4.6 (0.15)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

<b>V i t a m i n K</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Race/ethnicity and age (years)	Percent reporting vitamin K <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>				<i>Supplement Users</i> <sup>6</sup>				<i>Non-users</i> <sup>7</sup>						
	%	(SE)		Food $\mu\text{g}$	(SE)	Supplement $\mu\text{g}$	(SE)	Food plus supplement $\mu\text{g}$	(SE)	Sample size	Food $\mu\text{g}$	(SE)	Supplement $\mu\text{g}$	(SE)	Food plus supplement $\mu\text{g}$	(SE)	Food $\mu\text{g}$	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	5	(1.2)	1322	74.7	(6.33)	2.0	(0.46)	76.7	(6.28)		--	--	--	--	--	74.8	(6.28)	
20 and over.....	19	(1.2)	2639	125.9	(8.68)	12.3*	(4.51)	138.3	(8.69)	542	136.6	(8.11)	63.6*	(22.47)	200.3	(20.27)	123.4	(10.24)
2 and over...	16	(1.0)	3961	115.4	(7.64)	10.2*	(3.53)	125.6	(7.04)	598	132.8	(7.86)	62.4*	(20.80)	195.1	(18.08)	111.9	(8.56)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	3	(0.6)	1074	75.8	(4.81)	2.1*	(1.09)	77.9	(4.71)		--	--	--	--	--	75.5	(4.89)	
20 and over.....	11	(1.0)	1988	127.7	(5.85)	4.4	(0.51)	132.1	(5.87)	218	172.0	(30.91)	39.6	(2.90)	211.6	(30.80)	122.1	(5.44)
2 and over...	9	(0.7)	3062	114.0	(4.48)	3.8	(0.38)	117.8	(4.49)	243	165.6	(27.91)	42.8	(3.93)	208.4	(28.08)	109.0	(4.38)
<b>Non-Hispanic Asian:</b>																		
2 - 19.....	4*	(1.3)	321	76.4	(7.06)	1.9*	(0.92)	78.3	(7.33)		--	--	--	--	--	75.7	(7.68)	
20 and over.....	13	(1.3)	803	151.0	(10.53)	4.8	(0.74)	155.8	(10.83)	114	216.6	(24.20)	37.1	(3.53)	253.7	(24.88)	141.2	(10.49)
2 and over...	11	(1.1)	1124	136.5	(9.57)	4.2	(0.66)	140.7	(9.92)	127	208.8	(23.34)	38.1	(3.49)	246.8	(23.46)	127.4	(9.50)
<b>Hispanic:</b>																		
2 - 19.....	2*	(0.6)	939	64.1	(2.23)	1.1	(0.29)	65.2	(2.16)		--	--	--	--	--	64.0	(2.27)	
20 and over.....	9	(1.0)	1600	117.0	(6.18)	3.6	(0.53)	120.7	(6.25)	145	109.7	(13.41)	41.4	(5.14)	151.1	(13.03)	117.8	(6.96)
2 and over...	7	(0.7)	2539	99.7	(4.46)	2.8	(0.38)	102.5	(4.54)	169	105.1	(12.14)	42.1	(4.58)	147.1	(11.85)	99.3	(4.94)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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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Race/ethnicity and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)	Sample Size	Lycopene						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>	
			All Individuals <sup>5</sup>			Supplement Users <sup>6</sup>			Supplement Users <sup>6</sup>			Supplement Users <sup>6</sup>			Non-users <sup>7</sup>	
			Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement
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>Non-Hispanic White:</b>																
2 - 19.....	#	1322	4489 (325.8)	#	4490 (325.7)											4490 (326.1)
20 and over.....	10 (0.9)	2639	4717 (222.3)	72 (14.3)	4790 (222.7)	289	6333 (786.3)	728 (153.6)	7061 (767.5)							4539 (187.6)
2 and over...	8 (0.7)	3961	4670 (178.1)	58 (11.4)	4728 (178.8)	290	6327 (781.6)	726 (153.1)	7053 (762.2)							4528 (157.5)
<b>Non-Hispanic Black:</b>																
2 - 19.....	#	1074	4016 (350.7)	#	4017 (350.7)											3990 (352.1)
20 and over.....	6 (0.8)	1988	4018 (250.8)	35 (7.6)	4053 (252.1)	108	4614 (857.7)	630 (95.5)	5245 (853.6)							3984 (280.4)
2 and over...	4 (0.5)	3062	4018 (196.6)	26 (5.5)	4043 (198.5)	109	4781 (860.1)	630 (95.0)	5411 (856.8)							3985 (216.1)
<b>Non-Hispanic Asian:</b>																
2 - 19.....	#	321	4940 (684.5)	2* (2.1)	4942 (682.7)											4946 (679.3)
20 and over.....	7 (1.2)	803	4812 (403.3)	31 (6.9)	4842 (403.8)											4714 (372.5)
2 and over...	6 (1.0)	1124	4837 (408.7)	25 (5.8)	4862 (408.3)											4762 (401.9)
<b>Hispanic:</b>																
2 - 19.....	#	939	4459 (288.4)	2* (1.3)	4461 (288.9)											4464 (290.7)
20 and over.....	4 (0.6)	1600	5769 (483.0)	22 (4.4)	5791 (484.7)											5766 (481.4)
2 and over...	3 (0.4)	2539	5339 (375.8)	15 (3.1)	5354 (377.2)	83	5738 (1577.8)	511 (74.2)	6249 (1643.0)							5327 (372.0)

See page 23 for footnotes.

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Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			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)
<b>Non-Hispanic White:</b>																
2 - 19.....	3	(0.9)	1322	841 (102.2)	4*	(1.3)	845 (102.1)		--	--	--			830 (105.1)		
20 and over.....	11	(1.0)	2639	1613 (176.4)	321	(79.1)	1935 (180.5)	321	1802 (177.9)	2936	(664.4)	4738 (705.2)	1590 (199.8)			
2 and over...	9	(0.8)	3961	1454 (148.5)	256	(61.8)	1710 (150.2)	353	1767 (172.8)	2762	(626.3)	4529 (672.9)	1422 (165.1)			
<b>Non-Hispanic Black:</b>																
2 - 19.....	1*	(0.3)	1074	864 (55.3)	2*	(1.0)	866 (55.1)		--	--	--		864 (55.9)			
20 and over.....	5	(0.6)	1988	1605 (132.1)	78*	(25.8)	1684 (129.1)	98	3021*(1170.0)	1564	(393.8)	4585 (1088.4)	1531 (111.1)			
2 and over...	4	(0.4)	3062	1410 (98.8)	58*	(18.6)	1468 (97.5)	111	2876*(1098.7)	1472	(381.5)	4348 (1041.7)	1350 (85.3)			
<b>Non-Hispanic Asian:</b>																
2 - 19.....	2*	(0.9)	321	1008 (133.1)	15*	(15.0)	1023 (142.7)		--	--	--		1014 (135.7)			
20 and over.....	7	(1.5)	803	2194 (173.2)	29*	(8.8)	2223 (179.0)		--	--	--		2153 (179.9)			
2 and over...	6	(1.3)	1124	1963 (161.5)	27*	(8.7)	1989 (168.0)		--	--	--		1922 (169.2)			
<b>Hispanic:</b>																
2 - 19.....	1*	(0.3)	939	764 (38.6)	4*	(2.6)	768 (39.1)		--	--	--		767 (38.8)			
20 and over.....	5	(0.8)	1600	1470 (123.0)	71*	(21.4)	1541 (128.9)	98	1749 (252.1)	1303	(305.6)	3052 (378.0)	1454 (129.9)			
2 and over...	4	(0.5)	2539	1238 (89.2)	49	(14.5)	1287 (93.4)	107	1652 (233.0)	1232	(285.9)	2884 (357.3)	1221 (92.5)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		C a l c i u m																	
			All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>								Non-users <sup>7</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)					
<b>Non-Hispanic White:</b>																				
2 - 19.....	6	(1.0)	1322	1020 (14.6)	9 (2.0)	1029 (14.8)	88	882 (62.4)	146 (21.3)	1027 (58.9)	1029 (15.6)									
20 and over.....	32	(1.5)	2639	965 (16.0)	150 (9.1)	1115 (18.6)	889	1019 (24.5)	470 (22.9)	1489 (31.2)	939 (17.5)									
2 and over...	27	(1.2)	3961	976 (12.5)	121 (7.8)	1097 (14.8)	977	1012 (22.9)	454 (23.0)	1466 (30.3)	963 (13.6)									
<b>Non-Hispanic Black:</b>																				
2 - 19.....	3	(0.8)	1074	797 (22.5)	5* (1.4)	801 (22.4)		--	--	--	795 (23.0)									
20 and over.....	18	(1.2)	1988	826 (17.5)	67 (7.9)	893 (20.3)	368	928 (37.9)	375 (25.1)	1303 (47.7)	804 (15.3)									
2 and over...	14	(0.9)	3062	818 (12.9)	50 (5.6)	869 (15.1)	398	923 (34.2)	365 (23.9)	1288 (44.0)	801 (12.0)									
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	4*	(1.5)	321	873 (30.9)	10* (4.3)	883 (31.4)		--	--	--	865 (30.2)									
20 and over.....	23	(2.0)	803	806 (19.7)	95 (9.9)	901 (23.6)	191	887 (48.4)	419 (31.5)	1305 (56.9)	782 (18.0)									
2 and over...	19	(1.7)	1124	819 (18.6)	78 (8.6)	898 (21.2)	206	893 (49.5)	410 (30.4)	1303 (58.1)	802 (16.6)									
<b>Hispanic:</b>																				
2 - 19.....	4	(0.8)	939	1005 (30.4)	9* (4.2)	1014 (30.8)		--	--	--	997 (31.8)									
20 and over.....	17	(1.2)	1600	972 (22.4)	68 (6.6)	1039 (23.9)	280	981 (49.2)	400 (26.8)	1380 (57.1)	970 (24.5)									
2 and over...	13	(1.0)	2539	983 (19.6)	49 (5.2)	1031 (21.0)	319	1003 (47.2)	382 (24.3)	1385 (53.7)	980 (21.7)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity 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>Non-Hispanic White:</b>															
2 - 19.....	1*	(0.4)	1322	1295 (42.5)	1*	(0.2)	1296 (42.5)		--	--	--	1293 (42.3)			
20 and over.....	13	(1.0)	2639	1375 (16.0)	6	(1.2)	1381 (16.4)	379	1462 (39.4)	48	(7.8)	1510 (41.2)	1361	(17.6)	
2 and over...	11	(0.9)	3961	1358 (16.0)	5	(1.0)	1363 (16.2)	395	1463 (37.0)	48	(7.7)	1511 (38.8)	1346	(18.8)	
<b>Non-Hispanic Black:</b>															
2 - 19.....	#		1074	1110 (24.1)	#		1111 (24.1)		--	--	--	1110 (24.2)			
20 and over.....	6	(0.7)	1988	1236 (21.1)	2	(0.3)	1239 (21.1)	137	1274 (50.9)	34	(3.1)	1308 (50.4)	1234	(21.8)	
2 and over...	5	(0.5)	3062	1203 (16.0)	2	(0.2)	1205 (16.0)	141	1271 (49.8)	34	(3.0)	1306 (49.3)	1200	(16.7)	
<b>Non-Hispanic Asian:</b>															
2 - 19.....	1*	(0.2)	321	1189 (24.8)	#		1190 (24.8)		--	--	--	1186 (24.8)			
20 and over.....	9	(1.2)	803	1291 (29.0)	4	(0.9)	1295 (29.3)		--	--	--	1293 (29.0)			
2 and over...	7	(1.0)	1124	1271 (26.7)	3	(0.8)	1274 (27.0)	83	1279 (90.0)	45	(6.8)	1324 (89.8)	1270	(26.6)	
<b>Hispanic:</b>															
2 - 19.....	#		939	1259 (30.7)	#		1260 (30.8)		--	--	--	1256 (30.7)			
20 and over.....	7	(0.9)	1600	1444 (29.8)	3	(0.5)	1447 (29.9)	114	1361 (114.1)	43	(6.5)	1404 (117.6)	1450	(31.6)	
2 and over...	5	(0.6)	2539	1383 (23.0)	2	(0.4)	1385 (23.1)	120	1375 (112.0)	45	(6.6)	1420 (115.3)	1384	(24.1)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting 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>Non-Hispanic White:</b>																
2 - 19.....	3	(0.6)	1322	241 (6.0)	4* (2.3)	245 (7.2)										240 (6.2)
20 and over.....	23	(1.1)	2639	303 (4.0)	39 (2.9)	342 (4.9)	646	328 (7.3)	169 (9.0)	497 (9.4)	295 (4.8)					
2 and over...	19	(0.9)	3961	290 (3.8)	32 (2.5)	322 (5.0)	679	326 (7.3)	167 (9.2)	493 (9.6)	282 (4.7)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	1*	(0.6)	1074	206 (3.9)	1* (0.8)	207 (3.9)										206 (3.9)
20 and over.....	11	(1.0)	1988	262 (4.7)	14 (1.9)	275 (5.6)	224	336 (18.4)	124 (11.5)	460 (20.9)	252 (5.3)					
2 and over...	8	(0.7)	3062	247 (3.9)	10 (1.3)	257 (4.5)	230	333 (18.0)	124 (11.1)	456 (20.1)	239 (4.2)					
<b>Non-Hispanic Asian:</b>																
2 - 19.....	1*	(0.4)	321	239 (7.2)	#	240 (7.3)										239 (7.0)
20 and over.....	16	(1.8)	803	321 (8.5)	16 (2.8)	337 (9.6)	132	364 (18.9)	102 (13.0)	466 (23.7)	313 (7.1)					
2 and over...	13	(1.5)	1124	305 (7.6)	13 (2.4)	318 (8.6)	136	363 (18.7)	101 (12.9)	464 (23.3)	297 (6.4)					
<b>Hispanic:</b>																
2 - 19.....	1*	(0.4)	939	240 (5.3)	1* (0.3)	240 (5.4)										238 (5.3)
20 and over.....	11	(1.0)	1600	322 (7.3)	14 (1.7)	336 (7.9)	183	346 (32.1)	127 (10.9)	473 (35.6)	319 (7.5)					
2 and over...	8	(0.6)	2539	295 (4.9)	10 (1.2)	304 (5.4)	194	346 (29.8)	124 (10.4)	470 (32.3)	290 (4.9)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron <sup>8</sup> % (SE)		I r o n													
			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>Non-Hispanic White:</b>																
2 - 19.....	3	(0.6)	1322	13.2 (0.35)	0.6 (0.16)	13.8 (0.34)		--	--	--	13.3 (0.37)					
20 and over.....	14	(0.9)	2639	13.8 (0.18)	3.5 (0.29)	17.3 (0.37)	402	14.0 (0.43)	24.3 (2.14)	38.2 (2.25)	13.7 (0.19)					
2 and over...	12	(0.8)	3961	13.6 (0.16)	2.9 (0.24)	16.5 (0.29)	449	13.8 (0.43)	24.0 (2.03)	37.8 (2.14)	13.6 (0.18)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	2*	(0.6)	1074	12.4 (0.27)	0.5* (0.20)	12.9 (0.36)		--	--	--	12.4 (0.28)					
20 and over.....	9	(0.7)	1988	12.7 (0.29)	3.4 (0.34)	16.0 (0.45)	209	12.8 (0.76)	36.0 (2.29)	48.7 (2.25)	12.7 (0.31)					
2 and over...	7	(0.5)	3062	12.6 (0.22)	2.6 (0.23)	15.2 (0.32)	235	12.8 (0.73)	35.1 (2.06)	47.9 (2.05)	12.6 (0.24)					
<b>Non-Hispanic Asian:</b>																
2 - 19.....	5*	(1.0)	321	13.0 (0.56)	1.2 (0.26)	14.2 (0.69)		--	--	--	13.0 (0.57)					
20 and over.....	10	(1.2)	803	14.0 (0.61)	2.3 (0.52)	16.3 (0.81)		--	--	--	14.1 (0.66)					
2 and over...	9	(1.0)	1124	13.8 (0.53)	2.1 (0.42)	15.9 (0.70)	94	12.9 (0.81)	24.0 (3.79)	36.9 (3.65)	13.9 (0.58)					
<b>Hispanic:</b>																
2 - 19.....	3	(0.9)	939	13.6 (0.52)	0.8 (0.23)	14.4 (0.58)		--	--	--	13.5 (0.52)					
20 and over.....	9	(0.9)	1600	14.6 (0.28)	2.2 (0.31)	16.8 (0.41)	138	14.3 (0.85)	23.7 (2.70)	38.0 (2.73)	14.6 (0.32)					
2 and over...	7	(0.7)	2539	14.3 (0.26)	1.7 (0.19)	16.0 (0.28)	164	14.4 (0.72)	24.0 (2.03)	38.5 (2.13)	14.3 (0.28)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc <sup>8</sup> % (SE)		Z i n c																	
			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>Non-Hispanic White:</b>																				
2 - 19.....	15	(2.0)	1322	9.5 (0.26)	0.7 (0.10)	10.1 (0.28)	206	8.3 (0.30)	4.4 (0.42)	12.7 (0.31)	9.7 (0.31)									
20 and over.....	26	(1.4)	2639	10.8 (0.14)	4.3 (0.34)	15.1 (0.30)	745	11.2 (0.22)	16.5 (0.63)	27.7 (0.61)	10.6 (0.17)									
2 and over...	24	(1.0)	3961	10.5 (0.14)	3.5 (0.27)	14.0 (0.24)	951	10.8 (0.19)	14.9 (0.73)	25.7 (0.74)	10.4 (0.18)									
<b>Non-Hispanic Black:</b>																				
2 - 19.....	9	(1.1)	1074	8.2 (0.22)	0.4 (0.07)	8.6 (0.23)	95	8.0 (0.51)	3.9 (0.53)	12.0 (0.69)	8.3 (0.22)									
20 and over.....	16	(1.2)	1988	9.6 (0.18)	2.2 (0.20)	11.8 (0.31)	309	10.3 (0.44)	13.8 (1.06)	24.0 (1.10)	9.5 (0.18)									
2 and over...	14	(1.0)	3062	9.2 (0.14)	1.7 (0.14)	10.9 (0.24)	404	9.9 (0.36)	12.1 (0.86)	21.9 (0.90)	9.1 (0.15)									
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	12	(2.3)	321	8.9 (0.24)	0.6 (0.16)	9.6 (0.31)		--	--	--	9.0 (0.30)									
20 and over.....	18	(1.8)	803	10.1 (0.27)	2.6 (0.46)	12.7 (0.70)	150	10.7 (0.46)	15.0 (1.74)	25.6 (1.97)	10.0 (0.27)									
2 and over...	17	(1.6)	1124	9.9 (0.24)	2.2 (0.39)	12.1 (0.62)	188	10.4 (0.39)	13.6 (1.61)	24.0 (1.77)	9.8 (0.26)									
<b>Hispanic:</b>																				
2 - 19.....	10	(0.8)	939	9.2 (0.26)	0.5 (0.13)	9.8 (0.30)	93	9.6 (0.53)	5.0 (1.29)	14.6 (1.66)	9.2 (0.28)									
20 and over.....	14	(1.1)	1600	11.7 (0.28)	2.2 (0.38)	13.9 (0.42)	223	11.2 (0.86)	16.2 (2.20)	27.3 (2.21)	11.7 (0.34)									
2 and over...	13	(0.7)	2539	10.9 (0.21)	1.7 (0.27)	12.5 (0.30)	316	10.7 (0.69)	13.3 (1.72)	24.0 (1.86)	10.9 (0.25)									

See page 23 for footnotes.

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**Table 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		C o p p e r											
			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>Non-Hispanic White:</b>														
2 - 19.....	3	(0.5)	1322	1.0 (0.05)	#	1.0 (0.05)				--	--	--	1.0 (0.05)	
20 and over.....	22	(1.3)	2639	1.2 (0.02)	0.2 (0.02)	1.4 (0.02)	618	1.3 (0.03)	1.1 (0.04)	2.4 (0.05)			1.2 (0.02)	
2 and over...	18	(1.1)	3961	1.1 (0.02)	0.2 (0.01)	1.3 (0.02)	655	1.2 (0.03)	1.1 (0.04)	2.4 (0.05)			1.1 (0.03)	
<b>Non-Hispanic Black:</b>														
2 - 19.....	2*	(0.6)	1074	0.8 (0.02)	#	0.8 (0.02)				--	--	--	0.8 (0.02)	
20 and over.....	12	(1.1)	1988	1.1 (0.03)	0.1 (0.02)	1.2 (0.04)	234	1.3 (0.08)	1.3 (0.09)	2.6 (0.14)			1.0 (0.04)	
2 and over...	9	(0.8)	3062	1.0 (0.03)	0.1 (0.01)	1.1 (0.03)	254	1.3 (0.08)	1.3 (0.09)	2.6 (0.14)			1.0 (0.03)	
<b>Non-Hispanic Asian:</b>														
2 - 19.....	3*	(1.1)	321	1.0 (0.04)	0.1* (0.03)	1.1 (0.04)				--	--	--	1.0 (0.04)	
20 and over.....	14	(1.7)	803	1.4 (0.05)	0.2 (0.02)	1.5 (0.06)	122	1.6 (0.10)	1.1 (0.09)	2.7 (0.17)			1.3 (0.04)	
2 and over...	12	(1.3)	1124	1.3 (0.04)	0.1 (0.02)	1.4 (0.05)	132	1.6 (0.10)	1.2 (0.09)	2.7 (0.16)			1.3 (0.04)	
<b>Hispanic:</b>														
2 - 19.....	2*	(0.7)	939	0.9 (0.02)	#	0.9 (0.03)				--	--	--	0.9 (0.02)	
20 and over.....	11	(1.1)	1600	1.2 (0.03)	0.1 (0.02)	1.4 (0.03)	173	1.3 (0.13)	1.2 (0.10)	2.5 (0.16)			1.2 (0.03)	
2 and over...	8	(0.8)	2539	1.1 (0.02)	0.1 (0.01)	1.2 (0.02)	192	1.3 (0.12)	1.2 (0.10)	2.5 (0.18)			1.1 (0.02)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting sodium <sup>8</sup> % (SE)		S o d 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>Non-Hispanic White:</b>														
2 - 19.....	6	(1.3)	1322	3016 (93.7)	1 (0.3)	3017 (93.8)							3043 (101.4)	
20 and over.....	9	(0.8)	2639	3424 (45.4)	3* (1.1)	3427 (45.5)	225	3312 (173.0)	39* (12.1)	3352 (172.0)			3434 (45.6)	
2 and over...	8	(0.9)	3961	3339 (45.2)	3 (0.9)	3342 (45.4)	296	3206 (154.2)	36 (10.4)	3242 (153.9)			3351 (49.3)	
<b>Non-Hispanic Black:</b>														
2 - 19.....	3	(0.9)	1074	2980 (66.1)	#	2981 (66.1)							2974 (68.6)	
20 and over.....	5	(0.7)	1988	3346 (44.9)	1* (0.4)	3347 (44.9)							3336 (45.1)	
2 and over...	4	(0.6)	3062	3250 (41.1)	1 (0.3)	3251 (41.1)	114	3467 (164.0)	22* (6.8)	3489 (166.4)			3240 (42.3)	
<b>Non-Hispanic Asian:</b>														
2 - 19.....	5*	(2.2)	321	2910 (84.1)	1* (0.2)	2910 (84.1)							2901 (84.7)	
20 and over.....	6	(0.7)	803	3572 (101.5)	3 (0.7)	3575 (101.8)							3570 (101.2)	
2 and over...	6	(0.8)	1124	3443 (93.0)	2 (0.6)	3446 (93.4)							3439 (93.6)	
<b>Hispanic:</b>														
2 - 19.....	2	(0.5)	939	2881 (43.3)	#	2882 (43.3)							2877 (47.8)	
20 and over.....	6	(1.0)	1600	3640 (85.6)	3* (1.0)	3643 (85.5)							3661 (89.6)	
2 and over...	5	(0.6)	2539	3391 (60.6)	2 (0.7)	3393 (60.4)	103	3269 (239.1)	47 (11.0)	3316 (246.6)			3397 (63.2)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting potassium <sup>8</sup> % (SE)		P o t a s 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>Non-Hispanic White:</b>															
2 - 19.....	1*	(0.4)	1322	2105 (57.2)	1*	(0.5)	2106 (57.2)		--	--	--		2101 (57.1)		
20 and over.....	15	(1.1)	2639	2614 (37.2)	16	(1.9)	2630 (37.5)	453	2826 (76.5)	108	(9.2)	2933 (80.4)	2576 (41.9)		
2 and over...	12	(0.9)	3961	2509 (32.1)	13	(1.5)	2522 (32.3)	466	2821 (74.8)	108	(9.0)	2929 (78.7)	2465 (35.8)		
<b>Non-Hispanic Black:</b>															
2 - 19.....	#*		1074	1916 (46.3)	#*		1916 (46.3)		--	--	--		1916 (46.3)		
20 and over.....	8	(0.9)	1988	2267 (42.7)	10	(2.3)	2277 (43.6)	175	2500 (76.7)	123	(21.6)	2622 (82.9)	2247 (43.9)		
2 and over...	6	(0.7)	3062	2174 (37.6)	7	(1.7)	2182 (38.3)	175	2500 (76.7)	123	(21.6)	2622 (82.9)	2154 (38.4)		
<b>Non-Hispanic Asian:</b>															
2 - 19.....	1*	(0.4)	321	2089 (55.1)	1	(0.2)	2090 (55.1)		--	--	--		2081 (56.3)		
20 and over.....	10	(1.5)	803	2720 (78.5)	8	(1.3)	2729 (78.8)	89	3042 (211.7)	81	(5.8)	3124 (212.5)	2683 (72.8)		
2 and over...	9	(1.3)	1124	2597 (68.6)	7	(1.1)	2604 (68.9)	94	3033 (209.2)	81	(5.7)	3114 (210.1)	2556 (64.8)		
<b>Hispanic:</b>															
2 - 19.....	#		939	2152 (52.2)	#		2153 (52.2)		--	--	--		2149 (51.9)		
20 and over.....	9	(0.8)	1600	2684 (51.9)	13*	(4.7)	2698 (52.7)	140	2632 (159.1)	152*	(46.0)	2785 (183.3)	2689 (55.4)		
2 and over...	6	(0.6)	2539	2510 (40.0)	9*	(3.1)	2519 (40.5)	144	2641 (155.3)	151	(44.8)	2793 (177.8)	2501 (41.8)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 38. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years)	Percent reporting selenium <sup>8</sup> % (SE)		S e l e n i u m																	
			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>Non-Hispanic White:</b>																				
2 - 19.....	3	(1.1)	1322	94.3 (2.92)	1.2* (0.39)	95.5 (2.92)											94.7 (3.02)			
20 and over.....	21	(1.2)	2639	109.6 (1.50)	12.6 (1.01)	122.2 (1.58)	599	117.1 (3.71)	59.2 (2.36)	176.3 (3.95)							107.5 (2.12)			
2 and over...	18	(1.0)	3961	106.4 (1.44)	10.3 (0.82)	116.7 (1.32)	635	115.7 (3.79)	58.2 (2.58)	173.9 (4.28)							104.4 (1.98)			
<b>Non-Hispanic Black:</b>																				
2 - 19.....	1*	(0.6)	1074	93.8 (2.27)	0.6* (0.31)	94.4 (2.28)											94.2 (2.40)			
20 and over.....	12	(1.1)	1988	107.9 (1.94)	7.4 (1.04)	115.3 (2.35)	235	117.2 (4.92)	62.6 (6.00)	179.9 (8.48)							106.7 (2.20)			
2 and over...	9	(0.7)	3062	104.2 (1.54)	5.6 (0.70)	109.8 (1.87)	244	115.3 (4.63)	62.1 (5.77)	177.3 (8.05)							103.1 (1.71)			
<b>Non-Hispanic Asian:</b>																				
2 - 19.....	2*	(0.8)	321	95.4 (1.94)	0.6 (0.16)	96.0 (1.93)											95.0 (1.89)			
20 and over.....	14	(1.6)	803	116.0 (3.61)	8.6 (1.47)	124.6 (3.94)	124	111.6 (6.74)	59.7 (6.47)	171.2 (8.70)							116.8 (3.99)			
2 and over...	12	(1.3)	1124	112.0 (3.21)	7.1 (1.14)	119.0 (3.51)	132	111.5 (6.56)	58.5 (6.07)	170.1 (8.65)							112.1 (3.50)			
<b>Hispanic:</b>																				
2 - 19.....	2*	(0.6)	939	92.7 (1.99)	0.7* (0.34)	93.5 (2.04)											92.5 (2.00)			
20 and over.....	10	(1.0)	1600	123.3 (3.12)	6.2 (0.71)	129.6 (2.98)	171	117.5 (7.60)	59.5 (5.42)	177.0 (7.87)							124.0 (3.50)			
2 and over...	8	(0.8)	2539	113.3 (2.17)	4.4 (0.55)	117.7 (2.03)	187	116.8 (6.44)	58.1 (4.99)	174.9 (6.39)							113.0 (2.38)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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. The VIF used in this table is 2.76.

**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 2.76.

# 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 83 for VIF = 2.76.

**Note:** The 2017–March 2020 files represent a unique public-use data release from NHANES. The coronavirus disease 2019 (COVID-19) pandemic required suspension of data collection in March 2020. As a result, the partially completed NHANES 2019–2020 cycle was not nationally representative. Therefore, the 2019–March 2020 data were combined with the data from the 2017–2018 cycle to create the nationally representative 2017–March 2020 prepandemic data files.

### 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-March 2020. 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 2017-2020 [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 (P\_DS1TOT) of NHANES 2017-March 2020. 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-March\\_2020/P\\_DS1TOT.htm](https://wwwn.cdc.gov/nchs/nhanes/2017-March_2020/P_DS1TOT.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 race/ethnicity/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

### Abbreviations

SE = standard error; DFE = dietary folate equivalents.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2022. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).