

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-March 2020 Prepandemic

Family income as % of poverty level and age (years)		Percent reporting thiamin ⁹ % (SE)		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	(0.8)	1496	1.50 (0.040)	0.16* (0.079)	1.65 (0.092)			--	--	--			1.50 (0.040)	
20 and over.....	12	(1.4)	1821	1.59 (0.049)	1.25 (0.230)	2.84 (0.242)	226	1.42 (0.089)	10.12 (1.874)	11.54 (1.857)			1.61 (0.062)		
2 and over...	9	(0.9)	3317	1.56 (0.039)	0.88 (0.151)	2.43 (0.160)	271	1.42 (0.072)	9.60 (1.741)	11.02 (1.722)			1.57 (0.046)		
131-350% poverty:															
2 - 19.....	5	(1.4)	1316	1.47 (0.023)	0.07* (0.021)	1.54 (0.032)			--	--	--			1.47 (0.024)	
20 and over.....	20	(1.5)	2514	1.58 (0.029)	3.07 (0.398)	4.65 (0.390)	472	1.65 (0.068)	15.09 (1.746)	16.74 (1.726)			1.57 (0.033)		
2 and over...	16	(1.2)	3830	1.56 (0.025)	2.30 (0.304)	3.86 (0.300)	522	1.65 (0.065)	14.00 (1.639)	15.65 (1.623)			1.54 (0.026)		
Over 350% poverty:															
2 - 19.....	8	(1.3)	815	1.54 (0.038)	0.15* (0.047)	1.69 (0.062)			--	--	--			1.57 (0.038)	
20 and over.....	24	(1.6)	2127	1.57 (0.023)	2.82 (0.333)	4.39 (0.331)	509	1.68 (0.059)	11.63 (1.136)	13.32 (1.137)			1.53 (0.026)		
2 and over...	21	(1.4)	2942	1.56 (0.022)	2.34 (0.278)	3.90 (0.275)	571	1.65 (0.056)	10.94 (1.035)	12.59 (1.034)			1.54 (0.023)		
All Individuals¹⁰:															
2 - 19.....	5	(0.7)	4037	1.50 (0.014)	0.13 (0.031)	1.63 (0.036)	180	1.39 (0.077)	2.44 (0.547)	3.83 (0.560)			1.51 (0.017)		
20 and over.....	20	(0.9)	7390	1.57 (0.015)	2.50 (0.187)	4.07 (0.187)	1358	1.64 (0.036)	12.21 (0.713)	13.84 (0.717)			1.56 (0.018)		
2 and over...	17	(0.8)	11427	1.56 (0.012)	1.93 (0.145)	3.48 (0.145)	1538	1.62 (0.034)	11.44 (0.662)	13.06 (0.665)			1.54 (0.014)		

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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Family income as % of poverty level and age (years)	Percent reporting supplement riboflavin ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	3	(0.8)	1496	1.78	(0.065)	0.29*	(0.163)	2.07	(0.194)		--	--	--			1.78	(0.067)	
20 and over.....	12	(1.4)	1821	1.97	(0.067)	0.77	(0.140)	2.74	(0.137)	226	1.81	(0.086)	6.18	(0.914)	7.99	(0.894)	2.00	(0.075)
2 and over...	9	(0.9)	3317	1.91	(0.058)	0.60	(0.107)	2.51	(0.121)	272	1.81	(0.073)	6.56	(1.098)	8.38	(1.096)	1.92	(0.064)
131-350% poverty:																		
2 - 19.....	5	(1.4)	1316	1.71	(0.029)	0.57*	(0.490)	2.28	(0.490)		--	--	--			1.71	(0.030)	
20 and over.....	20	(1.5)	2514	2.07	(0.039)	1.70	(0.230)	3.76	(0.246)	467	2.20	(0.076)	8.46	(1.022)	10.66	(1.047)	2.03	(0.044)
2 and over...	16	(1.2)	3830	1.98	(0.034)	1.41	(0.240)	3.38	(0.252)	518	2.16	(0.069)	8.64	(1.292)	10.79	(1.306)	1.94	(0.035)
Over 350% poverty:																		
2 - 19.....	8	(1.0)	815	1.84	(0.054)	0.12	(0.023)	1.96	(0.053)		--	--	--			1.87	(0.054)	
20 and over.....	24	(1.5)	2127	2.15	(0.051)	2.10	(0.236)	4.25	(0.246)	509	2.32	(0.082)	8.64	(0.745)	10.96	(0.750)	2.10	(0.053)
2 and over...	21	(1.3)	2942	2.10	(0.044)	1.74	(0.195)	3.84	(0.202)	568	2.26	(0.082)	8.17	(0.688)	10.43	(0.696)	2.05	(0.045)
All Individuals¹⁰:																		
2 - 19.....	5	(0.7)	4037	1.77	(0.023)	0.32*	(0.170)	2.08	(0.171)	179	1.59	(0.080)	5.83*	(3.123)	7.42*	(3.126)	1.78	(0.025)
20 and over.....	20	(0.9)	7390	2.07	(0.033)	1.65	(0.134)	3.72	(0.152)	1350	2.20	(0.047)	8.09	(0.513)	10.29	(0.534)	2.04	(0.034)
2 and over...	17	(0.7)	11427	2.00	(0.027)	1.33	(0.115)	3.33	(0.133)	1529	2.16	(0.046)	7.91	(0.559)	10.07	(0.586)	1.97	(0.026)

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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Family income as % of poverty level and age (years)	Percent reporting supplement niacin ⁹ % (SE)		N i a c 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	(0.8)	1496	21.0 (0.56)	0.6* (0.19)	21.6 (0.62)				--	--	--		21.0 (0.54)		
20 and over.....	13	(1.4)	1821	26.6 (1.10)	4.7 (1.05)	31.3 (1.75)	248	24.0 (1.22)	34.6 (5.62)	58.5 (5.36)				27.0 (1.41)		
2 and over...	10	(0.9)	3317	24.7 (0.87)	3.3 (0.68)	28.0 (1.25)	303	23.6 (0.92)	32.7 (5.31)	56.4 (5.27)				24.8 (1.02)		
131-350% poverty:																
2 - 19.....	5	(1.4)	1316	20.5 (0.31)	0.7 (0.20)	21.2 (0.37)				--	--	--		20.3 (0.34)		
20 and over.....	22	(1.6)	2514	25.9 (0.50)	8.6 (1.17)	34.5 (1.32)	512	26.6 (1.04)	39.0 (4.62)	65.5 (4.88)				25.7 (0.62)		
2 and over...	18	(1.3)	3830	24.5 (0.39)	6.6 (0.90)	31.1 (1.03)	566	26.3 (0.95)	37.1 (4.15)	63.4 (4.36)				24.1 (0.46)		
Over 350% poverty:																
2 - 19.....	10	(1.3)	815	21.9 (0.73)	1.4 (0.24)	23.2 (0.63)				--	--	--		22.4 (0.76)		
20 and over.....	27	(1.5)	2127	26.0 (0.56)	9.5 (1.06)	35.4 (1.23)	557	27.4 (1.45)	34.5 (4.12)	61.9 (4.54)				25.4 (0.44)		
2 and over...	24	(1.3)	2942	25.2 (0.49)	8.0 (0.87)	33.2 (1.03)	626	26.6 (1.33)	33.0 (3.79)	59.6 (4.15)				24.8 (0.42)		
All Individuals¹⁰:																
2 - 19.....	6	(0.6)	4037	21.2 (0.35)	0.9 (0.11)	22.1 (0.34)	203	19.7 (0.86)	14.8 (0.68)	34.5 (1.27)				21.3 (0.37)		
20 and over.....	23	(1.0)	7390	25.9 (0.34)	7.9 (0.59)	33.9 (0.81)	1488	26.4 (0.81)	35.0 (2.26)	61.3 (2.51)				25.8 (0.35)		
2 and over...	19	(0.8)	11427	24.8 (0.29)	6.2 (0.46)	31.0 (0.66)	1691	25.9 (0.75)	33.4 (2.09)	59.2 (2.34)				24.6 (0.31)		

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Family income as % of poverty level and age (years)	Percent reporting supplement vitamin B6 ⁹ % (SE)	Sample Size	All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food	
			mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	9 (1.3)	1496	1.67 (0.061)	0.26 (0.068)	1.94 (0.106)	137	1.65 (0.089)	2.84 (0.687)	4.49 (0.717)	1.67 (0.065)						
20 and over.....	15 (1.5)	1821	2.28 (0.185)	0.97 (0.131)	3.24 (0.267)	266	2.08 (0.113)	6.65 (0.748)	8.74 (0.774)	2.31 (0.224)						
2 and over...	13 (0.9)	3317	2.07 (0.133)	0.73 (0.089)	2.79 (0.184)	403	1.97 (0.095)	5.70 (0.651)	7.67 (0.691)	2.08 (0.154)						
131-350% poverty:																
2 - 19.....	17 (2.1)	1316	1.60 (0.033)	0.30 (0.044)	1.90 (0.063)	196	1.56 (0.067)	1.72 (0.116)	3.28 (0.119)	1.61 (0.045)						
20 and over.....	24 (1.7)	2514	2.12 (0.050)	2.73 (0.331)	4.86 (0.352)	546	2.21 (0.087)	11.40 (1.295)	13.61 (1.292)	2.10 (0.064)						
2 and over...	22 (1.3)	3830	1.99 (0.040)	2.11 (0.256)	4.10 (0.273)	742	2.08 (0.069)	9.47 (1.088)	11.55 (1.093)	1.96 (0.048)						
Over 350% poverty:																
2 - 19.....	20 (1.8)	815	1.75 (0.064)	0.40 (0.072)	2.15 (0.047)	166	1.48 (0.094)	1.97 (0.329)	3.45 (0.362)	1.82 (0.082)						
20 and over.....	30 (1.6)	2127	2.15 (0.067)	3.37 (0.387)	5.53 (0.383)	607	2.34 (0.184)	11.39 (1.051)	13.73 (1.028)	2.07 (0.056)						
2 and over...	28 (1.3)	2942	2.08 (0.057)	2.84 (0.324)	4.92 (0.319)	773	2.23 (0.153)	10.14 (0.979)	12.37 (0.955)	2.02 (0.051)						
All Individuals¹⁰:																
2 - 19.....	15 (1.1)	4037	1.68 (0.035)	0.31 (0.027)	1.99 (0.042)	546	1.55 (0.053)	2.03 (0.201)	3.58 (0.234)	1.71 (0.041)						
20 and over.....	25 (0.9)	7390	2.15 (0.043)	2.63 (0.198)	4.79 (0.209)	1602	2.23 (0.099)	10.72 (0.664)	12.95 (0.670)	2.12 (0.044)						
2 and over...	22 (0.7)	11427	2.04 (0.037)	2.07 (0.155)	4.11 (0.165)	2148	2.12 (0.083)	9.29 (0.608)	11.41 (0.617)	2.01 (0.037)						

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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.....	9	(1.3)	1496	196 (7.5)	23 (4.2)	219 (9.2)	137	192 (26.4)	245 (20.8)	438 (24.1)	197 (8.8)									
20 and over.....	15	(1.4)	1821	164 (5.5)	83 (11.2)	248 (13.4)	269	148 (11.2)	570 (52.5)	718 (54.7)	167 (7.1)									
2 and over...	13	(0.8)	3317	175 (4.4)	63 (7.2)	238 (8.0)	406	159 (11.4)	489 (39.9)	648 (41.5)	178 (5.9)									
131-350% poverty:																				
2 - 19.....	17	(2.1)	1316	185 (6.5)	36 (5.8)	221 (8.4)	187	189 (20.6)	214 (15.8)	403 (24.6)	184 (6.6)									
20 and over.....	24	(1.6)	2514	170 (6.5)	125 (8.5)	296 (9.8)	550	170 (13.8)	527 (21.0)	697 (27.1)	170 (7.3)									
2 and over...	22	(1.2)	3830	174 (5.2)	103 (6.3)	277 (8.5)	737	174 (11.3)	466 (19.7)	640 (23.7)	174 (5.4)									
Over 350% poverty:																				
2 - 19.....	20	(1.8)	815	185 (7.1)	51 (5.6)	237 (8.0)	161	141 (8.8)	256 (19.5)	397 (20.0)	196 (8.2)									
20 and over.....	29	(1.6)	2127	148 (3.6)	151 (10.9)	299 (11.4)	598	158 (8.1)	518 (21.6)	676 (21.7)	144 (4.6)									
2 and over...	28	(1.3)	2942	155 (3.6)	133 (9.1)	288 (9.3)	759	156 (7.3)	484 (19.7)	640 (19.4)	154 (4.1)									
All Individuals¹⁰:																				
2 - 19.....	15	(1.0)	4037	187 (3.0)	36 (3.0)	223 (4.5)	528	169 (9.8)	239 (9.7)	409 (11.7)	190 (3.3)									
20 and over.....	24	(0.9)	7390	158 (2.7)	130 (5.8)	288 (6.1)	1600	157 (5.8)	532 (12.4)	689 (13.5)	158 (3.1)									
2 and over...	22	(0.7)	11427	165 (2.4)	107 (4.4)	272 (4.7)	2128	159 (5.2)	484 (12.3)	643 (12.9)	167 (2.6)									

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Family income as % of poverty level and age (years)		Percent reporting supplement folate (DFE) ⁹ % (SE)	Sample Size	All Individuals ⁶						Supplement Users ⁷						Non-users ⁸	
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food	
				µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	
Under 131% poverty:																	
2 - 19.....		9 (1.3)	1496	477 (14.0)	39 (7.2)	516 (16.3)	137	473 (48.9)	417 (35.3)	890 (43.8)	478 (16.3)						
20 and over.....		15 (1.4)	1821	474 (12.9)	142 (19.0)	616 (24.6)	269	442 (23.5)	969 (89.2)	1411 (93.5)	480 (16.2)						
2 and over...		13 (0.8)	3317	475 (10.1)	107 (12.3)	582 (15.0)	406	450 (22.0)	832 (67.8)	1281 (70.4)	479 (12.8)						
131-350% poverty:																	
2 - 19.....		17 (2.1)	1316	458 (12.2)	61 (9.8)	519 (15.6)	187	478 (36.2)	364 (26.8)	843 (47.2)	454 (12.7)						
20 and over.....		24 (1.6)	2514	491 (12.8)	213 (14.5)	705 (17.1)	550	501 (26.4)	896 (35.7)	1396 (47.5)	488 (14.0)						
2 and over...		22 (1.2)	3830	483 (9.9)	175 (10.8)	657 (14.9)	737	496 (20.9)	792 (33.5)	1288 (41.1)	479 (10.5)						
Over 350% poverty:																	
2 - 19.....		20 (1.8)	815	478 (16.4)	87 (9.5)	565 (14.8)	161	381 (16.0)	436 (33.1)	817 (32.4)	503 (19.0)						
20 and over.....		29 (1.6)	2127	477 (8.6)	257 (18.5)	735 (20.3)	598	502 (15.0)	881 (36.6)	1382 (35.6)	467 (9.8)						
2 and over...		28 (1.3)	2942	477 (9.1)	227 (15.5)	704 (16.9)	759	486 (13.4)	822 (33.6)	1308 (32.1)	474 (10.8)						
All Individuals¹⁰:																	
2 - 19.....		15 (1.0)	4037	467 (5.9)	61 (5.2)	528 (7.8)	528	437 (16.8)	407 (16.5)	844 (19.4)	473 (7.1)						
20 and over.....		24 (0.9)	7390	480 (5.8)	221 (9.9)	701 (11.4)	1600	488 (10.2)	904 (21.1)	1392 (24.2)	477 (6.7)						
2 and over...		22 (0.7)	11427	477 (5.1)	182 (7.4)	659 (9.1)	2128	480 (8.7)	823 (20.9)	1303 (23.1)	476 (6.1)						

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Family income as % of poverty level and age (years)	Percent reporting supplement choline ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	2	(0.7)	1496	253	(10.1)	#		253	(10.1)		--	--	--	--		253	(10.3)	
20 and over.....	2	(0.5)	1821	317	(9.0)	#		318	(9.0)		--	--	--	--		317	(9.2)	
2 and over...	2	(0.3)	3317	295	(8.0)	#		296	(8.0)		--	--	--	--		295	(8.2)	
131-350% poverty:																		
2 - 19.....	4	(0.8)	1316	238	(3.6)	#		238	(3.6)		--	--	--	--		237	(3.3)	
20 and over.....	5	(0.8)	2514	332	(7.4)	2*	(0.9)	333	(8.1)	95	323	(27.3)	31*	(16.6)	353	(35.6)	332	(7.5)
2 and over...	5	(0.6)	3830	308	(5.8)	1*	(0.7)	309	(6.4)	151	310	(23.0)	25*	(13.2)	334	(30.2)	308	(5.7)
Over 350% poverty:																		
2 - 19.....	5	(1.1)	815	256	(10.1)	#		256	(10.1)		--	--	--	--		256	(10.1)	
20 and over.....	6	(0.7)	2127	348	(7.8)	1	(0.3)	349	(7.8)	113	369	(19.4)	18	(3.6)	387	(20.1)	347	(7.7)
2 and over...	6	(0.6)	2942	331	(6.6)	1	(0.2)	332	(6.6)	155	349	(16.4)	15	(3.2)	364	(17.0)	330	(6.6)
All Individuals¹⁰:																		
2 - 19.....	4	(0.4)	4037	249	(4.4)	#		249	(4.4)	140	256	(17.7)	3	(0.4)	259	(17.5)	248	(4.5)
20 and over.....	5	(0.4)	7390	337	(4.4)	1	(0.3)	338	(4.5)	283	353	(12.2)	22	(5.7)	375	(14.1)	336	(4.5)
2 and over...	5	(0.4)	11427	315	(2.9)	1	(0.2)	316	(3.0)	423	334	(10.0)	18	(4.4)	352	(11.7)	314	(2.9)

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.).

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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement vitamin B12 ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸				
			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)	
Under 131% poverty:																	
2 - 19.....	9	(1.2)	1496	4.53 (0.184)	2.5*	(1.89)	7.1	(1.91)	138	4.73 (0.332)	27.1*	(22.19)	31.8*	(22.37)	4.51	(0.203)	
20 and over.....	16	(1.7)	1821	4.74 (0.260)	55.7	(9.77)	60.4	(9.73)	305	4.49 (0.415)	342.7	(57.86)	347.2	(57.91)	4.79	(0.331)	
2 and over...	14	(1.0)	3317	4.67 (0.210)	37.4	(6.54)	42.1	(6.52)	443	4.54 (0.320)	269.5	(44.01)	274.0	(43.97)	4.69	(0.257)	
131-350% poverty:																	
2 - 19.....	17	(2.1)	1316	4.08 (0.079)	1.4*	(0.47)	5.5	(0.52)	191	3.81 (0.269)	8.3*	(2.79)	12.1	(2.88)	4.14	(0.088)	
20 and over.....	27	(2.0)	2514	4.84 (0.175)	99.4	(17.55)	104.3	(17.54)	604	4.68 (0.228)	371.2	(55.18)	375.9	(55.15)	4.90	(0.239)	
2 and over...	24	(1.4)	3830	4.65 (0.135)	74.5	(13.20)	79.1	(13.20)	795	4.52 (0.179)	306.7	(47.25)	311.2	(47.22)	4.69	(0.172)	
Over 350% poverty:																	
2 - 19.....	22	(2.1)	815	4.15 (0.142)	10.0*	(8.26)	14.1*	(8.23)	167	3.51 (0.174)	45.2*	(35.21)	48.7*	(35.14)	4.33	(0.161)	
20 and over.....	32	(1.6)	2127	4.80 (0.149)	111.5	(15.67)	116.3	(15.67)	663	5.22 (0.346)	351.5	(44.12)	356.7	(44.11)	4.60	(0.166)	
2 and over...	30	(1.5)	2942	4.68 (0.127)	93.1	(13.42)	97.8	(13.42)	830	4.99 (0.299)	310.8	(39.52)	315.8	(39.51)	4.55	(0.136)	
All Individuals¹⁰:																	
2 - 19.....	16	(1.0)	4037	4.27 (0.074)	4.7*	(2.59)	8.9	(2.59)	542	3.88 (0.119)	29.7*	(16.36)	33.6*	(16.39)	4.34	(0.086)	
20 and over.....	27	(1.1)	7390	4.75 (0.115)	94.4	(7.42)	99.2	(7.42)	1771	4.88 (0.190)	353.1	(25.14)	358.0	(25.16)	4.71	(0.121)	
2 and over...	24	(0.8)	11427	4.64 (0.096)	72.8	(5.87)	77.4	(5.87)	2313	4.72 (0.164)	302.4	(22.12)	307.2	(22.12)	4.61	(0.099)	

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.

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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement 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)	Food plus supplement mg (SE)	Food mg (SE)											
Under 131% poverty:																								
2 - 19.....	11	(1.5)	1496	67.2 (3.24)	15.1 (4.39)	82.3 (5.30)	160	76.4 (9.21)	139.3 (34.18)	215.8 (35.21)	66.1 (3.69)	20 and over.....	16	(1.6)	1821	69.9 (3.35)	44.1 (11.78)	114.0 (12.53)	296	74.6 (6.54)	276.5 (66.50)	351.1 (68.26)	68.9 (3.58)	
2 and over...	14	(1.0)	3317	68.9 (2.74)	34.2 (8.02)	103.1 (8.49)	456	75.1 (4.83)	240.5 (51.68)	315.6 (53.12)	67.9 (3.09)	131-350% poverty:												
2 - 19.....	19	(2.2)	1316	69.1 (3.69)	14.9 (3.69)	84.1 (5.22)	208	78.9 (10.05)	77.1 (15.30)	156.0 (16.89)	66.8 (3.59)	20 and over.....	28	(2.1)	2514	73.1 (1.95)	73.4 (9.98)	146.5 (9.95)	616	80.3 (4.35)	263.1 (24.09)	343.4 (24.54)	70.4 (2.47)	
2 and over...	26	(1.4)	3830	72.1 (1.81)	58.5 (7.22)	130.6 (7.02)	824	80.0 (3.90)	227.4 (21.26)	307.4 (20.92)	69.4 (2.23)	Over 350% poverty:												
2 - 19.....	23	(2.0)	815	79.2 (5.51)	22.5 (3.33)	101.7 (6.51)	192	82.5 (8.62)	98.5 (14.11)	181.0 (16.30)	78.2 (6.74)	20 and over.....	32	(1.9)	2127	82.1 (3.44)	91.8 (11.50)	173.9 (11.39)	669	89.2 (4.31)	288.2 (26.30)	377.3 (25.24)	78.9 (5.06)	
2 and over...	30	(1.6)	2942	81.6 (3.15)	79.2 (9.74)	160.8 (9.81)	861	88.2 (3.62)	262.2 (23.77)	350.5 (22.80)	78.7 (4.39)	All Individuals¹⁰:												
2 - 19.....	17	(1.1)	4037	71.5 (2.47)	16.4 (1.41)	87.9 (2.79)	609	78.9 (5.55)	94.0 (7.50)	172.9 (7.18)	69.9 (2.84)	20 and over.....	28	(1.2)	7390	76.5 (1.91)	74.2 (6.47)	150.7 (6.61)	1788	83.4 (2.37)	269.8 (17.13)	353.2 (16.87)	73.9 (2.43)	
2 and over...	25	(0.8)	11427	75.3 (1.64)	60.3 (4.95)	135.6 (5.00)	2397	82.6 (1.91)	240.4 (15.60)	323.0 (15.22)	72.9 (1.94)													

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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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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)		Percent reporting vitamin D ⁹ % (SE)		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.....	9	(1.2)	1496	5.3 (0.29)	1.5 (0.26)	6.8 (0.35)	141	6.0 (0.66)	15.9 (1.33)	21.8 (1.48)	5.2 (0.32)					
20 and over.....	21	(1.6)	1821	4.1 (0.18)	8.4 (0.95)	12.5 (0.99)	378	4.3 (0.44)	40.8 (3.33)	45.1 (3.45)	4.0 (0.17)					
2 and over...	17	(1.1)	3317	4.5 (0.18)	6.1 (0.62)	10.5 (0.67)	519	4.6 (0.42)	36.0 (2.80)	40.7 (2.93)	4.5 (0.19)					
131-350% poverty:																
2 - 19.....	18	(2.1)	1316	4.6 (0.16)	2.5 (0.34)	7.1 (0.35)	200	4.4 (0.40)	14.4 (0.62)	18.7 (0.53)	4.6 (0.19)					
20 and over.....	30	(2.1)	2514	4.4 (0.13)	15.6 (2.25)	20.1 (2.28)	710	4.3 (0.26)	51.7 (5.44)	56.0 (5.41)	4.5 (0.20)					
2 and over...	27	(1.5)	3830	4.5 (0.12)	12.3 (1.65)	16.7 (1.69)	910	4.3 (0.22)	45.5 (4.81)	49.8 (4.82)	4.5 (0.16)					
Over 350% poverty:																
2 - 19.....	22	(2.1)	815	4.7 (0.21)	4.5 (0.99)	9.2 (1.01)	174	4.5 (0.26)	20.7 (3.58)	25.2 (3.61)	4.8 (0.24)					
20 and over.....	37	(1.8)	2127	4.3 (0.23)	22.7 (2.53)	27.1 (2.56)	812	5.2 (0.47)	60.7 (5.77)	66.0 (5.78)	3.8 (0.18)					
2 and over...	35	(1.6)	2942	4.4 (0.20)	19.4 (2.12)	23.8 (2.14)	986	5.2 (0.41)	56.2 (5.10)	61.4 (5.11)	4.0 (0.16)					
All Individuals¹⁰:																
2 - 19.....	16	(1.1)	4037	4.8 (0.10)	2.7 (0.32)	7.5 (0.34)	563	4.7 (0.25)	17.0 (1.48)	21.8 (1.48)	4.8 (0.13)					
20 and over.....	31	(1.1)	7390	4.3 (0.13)	17.2 (1.26)	21.5 (1.28)	2139	4.8 (0.24)	55.0 (3.28)	59.8 (3.26)	4.1 (0.12)					
2 and over...	28	(0.8)	11427	4.4 (0.11)	13.7 (0.94)	18.2 (0.96)	2702	4.8 (0.21)	49.8 (2.74)	54.5 (2.72)	4.3 (0.10)					

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement vitamin K ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	2	(0.4)	1496	62.6	(4.01)	1.3*	(0.57)	63.8	(4.08)		--	--	--	--	--	62.4	(4.05)	
20 and over.....	9	(1.3)	1821	106.8	(5.94)	3.3	(0.44)	110.2	(6.01)	166	121.7	(17.42)	35.1	(2.52)	156.8	(18.57)	105.3	(6.52)
2 and over...	7	(0.9)	3317	91.6	(4.88)	2.6	(0.37)	94.3	(4.94)	196	117.6	(16.15)	38.6	(3.52)	156.2	(17.13)	89.7	(5.25)
131-350% poverty:																		
2 - 19.....	6	(1.8)	1316	67.1	(3.96)	2.4	(0.68)	69.5	(4.18)		--	--	--	--	--	65.7	(3.06)	
20 and over.....	16	(1.3)	2514	113.7	(3.83)	6.0	(0.47)	119.7	(3.93)	361	130.8	(9.67)	38.8	(1.76)	169.6	(10.04)	110.5	(3.83)
2 and over...	13	(1.1)	3830	101.8	(3.17)	5.1	(0.37)	106.9	(3.24)	414	125.5	(8.69)	38.7	(1.90)	164.2	(9.20)	98.2	(3.19)
Over 350% poverty:																		
2 - 19.....	4	(1.1)	815	86.6	(7.92)	2.1*	(0.75)	88.7	(7.78)		--	--	--	--	--	88.1	(8.04)	
20 and over.....	20	(1.5)	2127	144.6	(12.27)	15.1*	(7.05)	159.8	(13.85)	416	153.0	(12.37)	76.7*	(33.09)	229.7	(28.97)	142.6	(15.61)
2 and over...	17	(1.2)	2942	134.1	(10.24)	12.8*	(5.75)	146.9	(11.14)	445	148.8	(11.87)	75.8*	(31.78)	224.6	(27.94)	131.1	(12.28)
All Individuals¹⁰:																		
2 - 19.....	4	(0.7)	4037	72.4	(3.84)	1.9	(0.29)	74.3	(3.90)	126	73.4	(14.14)	47.7	(5.89)	121.0	(12.22)	72.4	(3.84)
20 and over.....	16	(0.9)	7390	125.9	(5.65)	9.3*	(2.85)	135.2	(5.70)	1062	142.1	(6.13)	57.4	(16.93)	199.5	(15.47)	122.7	(6.56)
2 and over...	13	(0.7)	11427	113.0	(4.81)	7.5	(2.16)	120.5	(4.48)	1188	137.3	(5.92)	56.7	(15.53)	193.9	(13.63)	109.3	(5.32)

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)		Percent reporting supplement lycopene ⁹ % (SE)	All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	
Under 131% poverty:																		
2 - 19.....	#		1496	4869 (514.4)	1*	(1.1)	4871 (514.4)		--	--	--					4861 (515.7)		
20 and over.....	4	(0.5)	1821	4715 (249.1)	23*	(6.9)	4738 (248.3)	83	4515 (1139.7)	574 (145.2)	5089 (1163.1)					4724 (266.8)		
2 and over...	3	(0.3)	3317	4768 (154.4)	15	(4.5)	4784 (155.5)	87	4626 (1106.6)	578 (141.6)	5204 (1128.1)					4772 (161.3)		
131-350% poverty:																		
2 - 19.....	#		1316	4125 (317.9)	#		4125 (317.9)		--	--	--					4126 (318.0)		
20 and over.....	8	(1.0)	2514	4677 (289.5)	40	(5.2)	4717 (291.1)	187	5604 (1382.6)	533 (64.0)	6137 (1403.2)					4601 (263.7)		
2 and over...	6	(0.8)	3830	4536 (246.7)	30	(3.9)	4566 (248.4)	188	5594 (1379.3)	533 (63.8)	6127 (1399.8)					4473 (224.9)		
Over 350% poverty:																		
2 - 19.....	#		815	4391 (475.1)	1*	(0.7)	4392 (474.9)		--	--	--					4392 (476.0)		
20 and over.....	11	(0.9)	2127	5079 (401.3)	66	(11.2)	5145 (404.9)	237	7443 (1097.5)	614 (95.1)	8058 (1100.1)					4795 (363.8)		
2 and over...	9	(0.8)	2942	4955 (322.6)	54	(9.3)	5009 (324.3)	239	7427 (1088.1)	613 (94.7)	8041 (1090.2)					4715 (296.6)		
All Individuals¹⁰:																		
2 - 19.....	#		4037	4407 (187.2)	1	(0.2)	4408 (187.2)		--	--	--					4405 (187.5)		
20 and over.....	8	(0.6)	7390	4833 (169.5)	56	(8.7)	4889 (169.7)	565	6309 (620.4)	677 (113.8)	6986 (610.6)					4699 (149.7)		
2 and over...	6	(0.5)	11427	4730 (132.3)	43	(6.7)	4773 (132.8)	572	6306 (618.6)	676 (113.1)	6982 (608.3)					4624 (123.6)		

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement lutein + zeaxanthin ⁹ % (SE)		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	
			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.....	1*	(0.4)	1496	753 (46.8)	4* (2.4)	756 (47.2)				--	--	--	756 (47.9)	
20 and over.....	4	(0.7)	1821	1372 (121.0)	194* (110.8)	1566 (99.0)	94	2497*(1001.0)	4423*(2223.1)	6920*(2145.2)	1321 (116.7)			
2 and over...	3	(0.4)	3317	1159 (89.8)	128* (72.1)	1288 (63.7)	110	2255* (878.2)	3944*(1975.6)	6198*(1906.7)	1123 (87.5)			
131-350% poverty:														
2 - 19.....	3	(0.9)	1316	731 (58.1)	3* (0.9)	734 (58.1)			--	--	--	729 (59.2)		
20 and over.....	10	(1.3)	2514	1439 (80.9)	311* (105.4)	1750 (167.5)	203	1654 (292.0)	3133 (912.5)	4788 (1067.6)	1415 (81.0)			
2 and over...	8	(0.9)	3830	1258 (63.9)	232* (79.0)	1491 (126.7)	232	1586 (266.3)	2887 (837.9)	4472 (978.3)	1230 (64.4)			
Over 350% poverty:														
2 - 19.....	3*	(0.9)	815	1017 (155.1)	6* (2.7)	1023 (155.3)			--	--	--	1002 (159.3)		
20 and over.....	11	(1.0)	2127	1886 (258.4)	215 (53.3)	2101 (260.7)	238	1985 (229.5)	2022 (443.1)	4007 (573.0)	1874 (295.3)			
2 and over...	9	(0.9)	2942	1728 (213.9)	177 (43.6)	1906 (215.9)	260	1963 (216.3)	1928 (427.6)	3891 (553.1)	1705 (240.8)			
All Individuals¹⁰:														
2 - 19.....	2	(0.5)	4037	837 (58.5)	4 (1.0)	841 (58.5)			--	--	--	833 (60.0)		
20 and over.....	9	(0.7)	7390	1619 (114.0)	234 (55.9)	1854 (113.5)	605	1917 (144.3)	2573 (528.2)	4490 (564.0)	1590 (126.8)			
2 and over...	7	(0.5)	11427	1431 (92.5)	179 (42.1)	1610 (90.4)	674	1862 (137.1)	2421 (499.9)	4283 (539.8)	1397 (101.2)			

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.

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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)		Percent reporting supplement calcium ⁹ % (SE)		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	(0.8)	1496	998 (37.0)	7 (1.7)	1005 (36.9)				--	--	--		999 (38.0)		
20 and over.....	19	(1.8)	1821	896 (22.5)	80 (12.5)	976 (20.9)	321	923 (53.5)	425 (38.8)	1348 (39.8)	889 (22.1)					
2 and over...	14	(1.2)	3317	931 (20.2)	55 (8.4)	986 (20.7)	370	927 (47.3)	406 (39.2)	1333 (33.2)	932 (21.9)					
131-350% poverty:																
2 - 19.....	6	(1.2)	1316	952 (18.8)	9 (2.0)	961 (19.3)			--	--	--		947 (20.7)			
20 and over.....	26	(1.7)	2514	943 (15.6)	125 (10.8)	1068 (20.4)	619	974 (29.7)	472 (19.6)	1446 (38.0)	932 (19.2)					
2 and over...	21	(1.4)	3830	945 (13.2)	95 (8.5)	1041 (17.4)	687	978 (31.3)	450 (20.4)	1428 (38.1)	937 (15.2)					
Over 350% poverty:																
2 - 19.....	7	(1.4)	815	1008 (19.4)	11* (4.8)	1019 (21.2)			--	--	--		1013 (19.8)			
20 and over.....	32	(2.0)	2127	971 (21.2)	141 (10.3)	1113 (25.7)	657	1054 (27.9)	447 (27.1)	1501 (32.0)	934 (22.8)					
2 and over...	27	(1.6)	2942	978 (18.3)	118 (8.3)	1096 (21.8)	712	1048 (26.9)	434 (25.3)	1482 (30.8)	952 (19.4)					
All Individuals¹⁰:																
2 - 19.....	5	(0.6)	4037	979 (13.9)	9 (1.7)	988 (14.0)	190	986 (60.1)	170 (23.2)	1157 (65.6)	979 (15.0)					
20 and over.....	27	(1.1)	7390	942 (14.3)	123 (7.0)	1064 (16.8)	1807	1004 (19.8)	451 (17.2)	1455 (20.8)	918 (14.9)					
2 and over...	22	(0.9)	11427	951 (11.3)	95 (5.7)	1046 (13.7)	1997	1003 (18.8)	435 (17.5)	1437 (20.3)	936 (11.9)					

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement phosphorus ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	1*	(0.3)	1496	1248	(40.8)	1*	(0.3)	1248	(40.8)		--	--	--	--		1243	(40.1)	
20 and over.....	6	(0.8)	1821	1311	(28.8)	2	(0.2)	1312	(28.9)	115	1121	(121.0)	31	(3.4)	1152	(122.6)	1323	(31.3)
2 and over...	4	(0.5)	3317	1289	(26.9)	1	(0.2)	1290	(26.9)	124	1170	(115.9)	34	(3.9)	1204	(118.2)	1294	(28.9)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	1316	1216	(17.9)	#		1217	(17.9)		--	--	--	--		1217	(18.0)	
20 and over.....	10	(1.1)	2514	1359	(21.1)	4	(0.5)	1363	(21.0)	250	1322	(56.7)	38	(4.8)	1360	(56.3)	1364	(22.2)
2 and over...	8	(0.8)	3830	1323	(16.3)	3	(0.4)	1326	(16.3)	263	1314	(50.6)	38	(4.7)	1353	(50.0)	1324	(17.2)
Over 350% poverty:																		
2 - 19.....	1*	(0.3)	815	1319	(56.4)	1*	(0.3)	1320	(56.4)		--	--	--	--		1316	(56.2)	
20 and over.....	14	(1.4)	2127	1404	(18.8)	8	(1.5)	1412	(19.2)	283	1544	(48.9)	55	(8.8)	1599	(46.8)	1382	(19.1)
2 and over...	11	(1.2)	2942	1389	(19.4)	6	(1.3)	1395	(19.6)	292	1546	(48.7)	55	(8.7)	1601	(46.7)	1369	(20.7)
All Individuals¹⁰:																		
2 - 19.....	1	(0.2)	4037	1256	(23.8)	#		1256	(23.8)		--	--	--	--		1254	(23.7)	
20 and over.....	11	(0.8)	7390	1368	(11.5)	5	(0.8)	1373	(11.8)	740	1429	(33.0)	46	(5.8)	1475	(33.7)	1360	(13.0)
2 and over...	9	(0.6)	11427	1341	(10.4)	4	(0.6)	1345	(10.5)	773	1431	(30.4)	46	(5.7)	1477	(31.1)	1332	(12.3)

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement magnesium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	1*	(0.4)	1496	230	(5.3)	1*	(0.4)	230	(5.5)		--	--	--	--		229	(5.2)	
20 and over.....	12	(1.0)	1821	279	(6.8)	16	(1.9)	295	(7.6)	190	298	(19.5)	139	(10.5)	437	(24.9)	276	(7.1)
2 and over...	8	(0.7)	3317	262	(5.2)	11	(1.3)	273	(5.8)	205	299	(18.3)	137	(10.5)	436	(23.7)	259	(5.1)
131-350% poverty:																		
2 - 19.....	2	(0.8)	1316	230	(3.8)	2*	(0.8)	232	(3.8)		--	--	--	--		229	(3.8)	
20 and over.....	19	(1.5)	2514	296	(4.5)	33	(3.9)	328	(6.2)	432	315	(10.1)	172	(11.9)	487	(15.1)	291	(4.7)
2 and over...	15	(1.2)	3830	279	(3.5)	25	(3.0)	304	(5.2)	450	313	(9.4)	169	(12.2)	482	(14.9)	273	(3.6)
Over 350% poverty:																		
2 - 19.....	4	(1.5)	815	250	(8.0)	7*	(4.5)	257	(9.4)		--	--	--	--		250	(8.2)	
20 and over.....	23	(1.4)	2127	319	(6.2)	36	(4.0)	355	(7.7)	475	352	(11.1)	155	(10.7)	507	(12.7)	309	(6.3)
2 and over...	20	(1.3)	2942	307	(5.5)	30	(3.4)	337	(7.1)	499	349	(11.0)	154	(10.3)	503	(12.7)	296	(5.7)
All Individuals¹⁰:																		
2 - 19.....	2	(0.3)	4037	236	(3.4)	3*	(1.1)	239	(3.9)		--	--	--	--		235	(3.5)	
20 and over.....	19	(0.9)	7390	303	(3.2)	30	(2.2)	333	(4.0)	1237	334	(6.2)	157	(6.6)	491	(6.2)	295	(3.5)
2 and over...	15	(0.7)	11427	287	(2.7)	24	(1.7)	310	(3.5)	1300	332	(6.0)	155	(6.6)	488	(6.5)	279	(2.9)

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement iron ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		
Under 131% poverty:																		
2 - 19.....	2	(0.5)	1496	13.3	(0.37)	0.6*	(0.20)	13.8	(0.42)		--		--		--	13.3	(0.38)	
20 and over.....	9	(1.3)	1821	13.5	(0.39)	2.6	(0.39)	16.2	(0.56)	170	12.9	(1.01)	28.3	(2.73)	41.2	(3.35)	13.6	(0.46)
2 and over...	7	(0.9)	3317	13.4	(0.30)	1.9	(0.24)	15.4	(0.37)	206	12.9	(0.85)	28.5	(2.92)	41.3	(3.49)	13.5	(0.34)
131-350% poverty:																		
2 - 19.....	3	(1.1)	1316	12.9	(0.26)	0.5*	(0.22)	13.4	(0.27)		--		--		--	12.8	(0.27)	
20 and over.....	12	(1.0)	2514	14.1	(0.25)	3.3	(0.44)	17.4	(0.46)	281	13.5	(0.49)	28.2	(2.67)	41.7	(2.98)	14.2	(0.29)
2 and over...	9	(0.8)	3830	13.8	(0.21)	2.6	(0.33)	16.4	(0.38)	312	13.5	(0.51)	27.4	(2.54)	40.9	(2.82)	13.8	(0.23)
Over 350% poverty:																		
2 - 19.....	5	(1.0)	815	13.7	(0.42)	1.0	(0.28)	14.7	(0.49)		--		--		--	13.8	(0.45)	
20 and over.....	14	(1.3)	2127	13.8	(0.23)	3.2	(0.43)	17.0	(0.53)	297	14.4	(0.59)	22.0	(1.94)	36.4	(2.10)	13.7	(0.25)
2 and over...	13	(1.1)	2942	13.8	(0.22)	2.8	(0.35)	16.5	(0.41)	338	14.2	(0.55)	22.0	(1.88)	36.2	(2.04)	13.7	(0.25)
All Individuals¹⁰:																		
2 - 19.....	3	(0.5)	4037	13.2	(0.22)	0.7	(0.12)	13.9	(0.23)	127	12.8	(0.80)	21.4	(1.51)	34.2	(1.85)	13.2	(0.23)
20 and over.....	13	(0.7)	7390	13.8	(0.14)	3.2	(0.19)	17.0	(0.23)	859	13.8	(0.37)	25.0	(1.41)	38.9	(1.50)	13.8	(0.15)
2 and over...	10	(0.5)	11427	13.7	(0.12)	2.6	(0.15)	16.2	(0.18)	986	13.7	(0.35)	24.8	(1.33)	38.5	(1.42)	13.7	(0.14)

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 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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting supplement zinc ⁹ % (SE)		Z 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.....	8	(1.1)	1496	9.3 (0.28)	0.4 (0.10)	9.8 (0.33)	121	9.1 (0.66)	5.5 (0.86)	14.6 (0.96)	9.3 (0.31)						
20 and over.....	14	(1.3)	1821	10.1 (0.22)	1.9 (0.22)	12.0 (0.31)	243	9.6 (0.53)	14.0 (0.60)	23.6 (0.70)	10.2 (0.25)						
2 and over...	12	(0.9)	3317	9.8 (0.19)	1.4 (0.15)	11.3 (0.24)	364	9.5 (0.38)	12.0 (0.66)	21.4 (0.65)	9.9 (0.22)						
131-350% poverty:																	
2 - 19.....	16	(2.1)	1316	8.9 (0.19)	0.6 (0.15)	9.5 (0.21)	171	8.9 (0.41)	4.0 (0.62)	12.9 (0.84)	8.8 (0.21)						
20 and over.....	22	(1.7)	2514	10.7 (0.19)	3.5 (0.36)	14.2 (0.38)	510	10.5 (0.48)	16.0 (0.80)	26.5 (0.95)	10.8 (0.22)						
2 and over...	20	(1.2)	3830	10.3 (0.17)	2.7 (0.27)	13.0 (0.31)	681	10.2 (0.38)	13.6 (0.80)	23.8 (0.89)	10.3 (0.20)						
Over 350% poverty:																	
2 - 19.....	17	(1.9)	815	9.5 (0.24)	0.8 (0.15)	10.3 (0.28)	149	8.1 (0.36)	4.8 (0.66)	12.9 (0.72)	9.8 (0.26)						
20 and over.....	26	(1.4)	2127	11.1 (0.18)	4.4 (0.39)	15.5 (0.36)	570	11.8 (0.30)	16.8 (0.99)	28.6 (0.97)	10.9 (0.23)						
2 and over...	25	(1.2)	2942	10.8 (0.16)	3.8 (0.33)	14.6 (0.30)	719	11.3 (0.27)	15.3 (0.94)	26.6 (0.95)	10.6 (0.20)						
All Individuals¹⁰:																	
2 - 19.....	13	(1.0)	4037	9.2 (0.16)	0.6 (0.07)	9.8 (0.17)	478	8.7 (0.23)	4.6 (0.38)	13.3 (0.48)	9.3 (0.18)						
20 and over.....	22	(1.0)	7390	10.8 (0.11)	3.6 (0.26)	14.3 (0.23)	1491	11.1 (0.24)	16.1 (0.54)	27.2 (0.52)	10.7 (0.11)						
2 and over...	20	(0.7)	11427	10.4 (0.10)	2.9 (0.20)	13.3 (0.19)	1969	10.7 (0.21)	14.3 (0.59)	25.0 (0.60)	10.3 (0.11)						

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 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-March 2020 Prepandemic (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	(0.4)	1496	0.9 (0.02)	#	0.9 (0.02)	196	--	--	--	0.9 (0.02)			
20 and over.....	11	(1.2)	1821	1.1 (0.03)	0.1 (0.02)	1.2 (0.03)	226	1.1 (0.08)	1.2 (0.07)	2.3 (0.12)	1.1 (0.03)			
2 and over...	8	(0.9)	3317	1.0 (0.02)	0.1 (0.01)	1.1 (0.02)	435	1.1 (0.05)	1.1 (0.05)	2.4 (0.11)	1.0 (0.02)			
131-350% poverty:														
2 - 19.....	3	(1.1)	1316	0.9 (0.02)	#	0.9 (0.03)	408	--	--	--	0.9 (0.02)			
20 and over.....	18	(1.5)	2514	1.2 (0.03)	0.2 (0.01)	1.4 (0.03)	477	1.2 (0.06)	1.1 (0.05)	2.4 (0.08)	1.2 (0.03)			
2 and over...	14	(1.2)	3830	1.1 (0.02)	0.2 (0.01)	1.3 (0.03)	435	1.2 (0.05)	1.1 (0.05)	2.4 (0.08)	1.1 (0.02)			
Over 350% poverty:														
2 - 19.....	3	(0.8)	815	1.0 (0.06)	0.1* (0.02)	1.1 (0.06)	454	--	--	--	1.0 (0.06)			
20 and over.....	21	(1.5)	2127	1.3 (0.02)	0.3 (0.02)	1.5 (0.03)	477	1.4 (0.04)	1.2 (0.05)	2.5 (0.05)	1.3 (0.03)			
2 and over...	18	(1.2)	2942	1.2 (0.03)	0.2 (0.02)	1.5 (0.03)	477	1.3 (0.04)	1.2 (0.04)	2.5 (0.05)	1.2 (0.03)			
All Individuals¹⁰:														
2 - 19.....	3	(0.4)	4037	0.9 (0.03)	#	1.0 (0.03)	95	0.9 (0.06)	1.6 (0.15)	2.5 (0.16)	0.9 (0.03)			
20 and over.....	18	(1.0)	7390	1.2 (0.02)	0.2 (0.01)	1.4 (0.02)	1195	1.3 (0.03)	1.2 (0.03)	2.4 (0.04)	1.2 (0.02)			
2 and over...	14	(0.8)	11427	1.1 (0.02)	0.2 (0.01)	1.3 (0.02)	1290	1.3 (0.03)	1.2 (0.03)	2.4 (0.04)	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.).

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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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting sodium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸						
			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
Under 131% poverty:																			
2 - 19.....	2	(0.5)	1496	2941	(80.0)	#		2941	(79.9)		--	--	--	--	--		2934	(82.0)	
20 and over.....	4	(0.8)	1821	3375	(90.3)	1*	(0.3)	3376	(90.3)		--	--	--	--	--		3398	(97.1)	
2 and over...	3	(0.5)	3317	3226	(71.3)	1	(0.2)	3227	(71.3)	98	2902	(272.5)	23*	(7.3)	2925	(274.7)		3237	(76.7)
131-350% poverty:																			
2 - 19.....	5	(1.4)	1316	2873	(44.2)	1	(0.2)	2874	(44.2)		--	--	--	--	--		2869	(50.3)	
20 and over.....	7	(1.1)	2514	3450	(67.8)	2	(0.3)	3451	(67.9)	148	3351	(250.2)	26	(3.4)	3377	(251.5)		3457	(63.3)
2 and over...	7	(0.7)	3830	3303	(50.0)	2	(0.2)	3304	(50.1)	200	3272	(192.4)	23	(2.5)	3295	(193.1)		3305	(46.4)
Over 350% poverty:																			
2 - 19.....	7	(1.1)	815	3113	(110.3)	1	(0.3)	3115	(110.3)		--	--	--	--	--		3147	(111.0)	
20 and over.....	10	(0.7)	2127	3528	(53.0)	5	(1.6)	3533	(53.0)	199	3457	(117.1)	57*	(17.2)	3514	(108.9)		3535	(60.5)
2 and over...	9	(0.7)	2942	3453	(52.4)	5	(1.4)	3458	(52.4)	262	3349	(106.3)	51	(14.9)	3400	(102.0)		3463	(58.8)
All Individuals¹⁰:																			
2 - 19.....	5	(0.7)	4037	2974	(54.5)	1	(0.1)	2975	(54.5)	169	2856	(143.5)	15	(2.2)	2871	(144.0)		2980	(56.8)
20 and over.....	8	(0.5)	7390	3465	(31.8)	3	(0.7)	3468	(31.8)	462	3347	(131.2)	42	(8.5)	3389	(129.8)		3475	(30.2)
2 and over...	7	(0.5)	11427	3347	(28.3)	3	(0.5)	3349	(28.3)	631	3267	(104.5)	37	(7.3)	3305	(103.6)		3353	(29.0)

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.

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-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years)	Percent reporting selenium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	1496	95.4	(2.51)	0.7*	(0.30)	96.1	(2.64)		--	--	--	--	--	95.2	(2.46)	
20 and over.....	10	(1.3)	1821	111.8	(2.35)	4.9	(0.72)	116.7	(2.46)	178	99.1	(8.64)	49.2	(3.18)	148.3	(7.83)	113.2	(2.82)
2 and over...	7	(0.8)	3317	106.2	(1.92)	3.5	(0.50)	109.6	(2.00)	196	99.9	(7.76)	49.6	(3.42)	149.5	(6.94)	106.6	(2.25)
131-350% poverty:																		
2 - 19.....	4	(1.6)	1316	89.8	(1.73)	1.0*	(0.36)	90.9	(1.82)		--	--	--	--	--	90.1	(1.92)	
20 and over.....	17	(1.6)	2514	110.6	(2.36)	10.2	(1.35)	120.8	(2.72)	405	111.5	(3.09)	59.8	(4.03)	171.3	(5.53)	110.4	(2.79)
2 and over...	14	(1.1)	3830	105.3	(1.70)	7.9	(1.03)	113.2	(2.00)	439	109.4	(2.67)	57.1	(4.76)	166.5	(6.24)	104.6	(1.90)
Over 350% poverty:																		
2 - 19.....	2*	(0.9)	815	96.6	(4.51)	1.0*	(0.59)	97.6	(4.38)		--	--	--	--	--	97.4	(4.44)	
20 and over.....	22	(1.3)	2127	114.6	(1.73)	13.4	(1.00)	128.0	(1.64)	451	126.9	(5.08)	62.1	(3.33)	189.1	(4.73)	111.3	(1.82)
2 and over...	18	(1.1)	2942	111.4	(1.91)	11.1	(0.88)	122.5	(1.73)	468	125.5	(5.19)	61.9	(3.28)	187.4	(4.67)	108.3	(1.98)
All Individuals¹⁰:																		
2 - 19.....	3	(0.7)	4037	93.9	(1.69)	0.9	(0.21)	94.9	(1.68)		--	--	--	--	--	94.1	(1.72)	
20 and over.....	18	(0.9)	7390	112.4	(0.89)	10.7	(0.72)	123.1	(1.06)	1173	117.6	(2.72)	59.9	(2.20)	177.5	(3.02)	111.2	(1.20)
2 and over...	14	(0.7)	11427	107.9	(0.81)	8.4	(0.56)	116.3	(0.82)	1250	116.3	(2.71)	58.9	(2.33)	175.2	(3.23)	106.6	(1.08)

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.

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

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-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.

⁴ **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://www.cdc.gov/nchs/nhanes/2017-March-2020/P_DS1TOT.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. 2022. 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-March 2020 Prepandemic. Available: www.ars.usda.gov/nea/bhnrc/fsrg.