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# USUAL NUTRIENT INTAKE from Food and Beverages, among Individuals 131 - 350% of Poverty Level

What We Eat in America, NHANES 2013-2016

**Table G**

Energy (kcal)	page 1	Vitamin B12 (µg) <sup>EAR</sup>	page 26
Protein (g)	2	Vitamin C (mg) <sup>EAR, UL</sup>	27
Protein (g/kg body weight) <sup>EAR</sup>	3	Vitamin C Adult Smokers (mg) <sup>EAR, UL</sup>	28
Carbohydrate (g) <sup>EAR</sup>	4	Vitamin C Adult Non-Smokers (mg) <sup>EAR, UL</sup>	29
Total sugars (g)	5	Vitamin C Adult Smokers and Non-Smokers (mg) <sup>EAR, UL</sup>	30
Dietary fiber (g) <sup>AI</sup>	6	Vitamin D (µg) <sup>EAR, UL</sup>	31
Total fat (g)	7	Vitamin E as alpha-tocopherol (mg) <sup>EAR</sup>	32
Saturated fat (g)	8	Vitamin K (µg) <sup>AI</sup>	33
Monounsaturated fat (g)	9	Calcium (mg) <sup>EAR, UL</sup>	34
Polyunsaturated fat (g)	10	Phosphorus (mg) <sup>EAR, UL</sup>	35
Linoleic acid 18:2 (g) <sup>AI</sup>	11	Magnesium (mg) <sup>EAR</sup>	36
Linolenic acid 18:3 (g) <sup>AI</sup>	12	Iron (mg) <sup>EAR, UL</sup>	37
Eicosapentaenoic acid 20:5 (g)	13	Zinc (mg) <sup>EAR, UL</sup>	38
Docosahexaenoic acid 22:6 (g)	14	Copper (mg) <sup>EAR, UL</sup>	39
Cholesterol (mg)	15	Selenium (µg) <sup>EAR, UL</sup>	40
Vitamin A (µg RAE) <sup>EAR</sup>	16	Sodium (mg) <sup>AI, CDRR</sup>	41 <sup>△</sup>
Retinol (µg) <sup>UL</sup>	17	Potassium (mg) <sup>AI</sup>	42 <sup>△</sup>
Thiamin (mg) <sup>EAR</sup>	18	Caffeine (mg)	43
Riboflavin (mg) <sup>EAR</sup>	19	Protein (as % of energy) <sup>AMDR</sup>	44
Niacin (mg) <sup>EAR</sup>	20	Carbohydrate (as % of energy) <sup>AMDR</sup>	45
Vitamin B6 (mg) <sup>EAR, UL</sup>	21	Fat (as % of energy) <sup>AMDR</sup>	46
Folate (µg DFE) <sup>EAR</sup>	22	Saturated fat (as % of energy)	47
Folic acid (µg) <sup>UL</sup>	23	Linoleic acid 18:2 (as % of energy) <sup>AMDR</sup>	48
Food folate (µg)	24	Linolenic acid 18:3 (as % of energy) <sup>AMDR</sup>	49
Choline (mg) <sup>AI, UL</sup>	25	<b>TABLE NOTES</b>	50

Compared to Dietary Reference Intakes: **EAR**=Estimated Average Requirement; **AI**=Adequate Intake; **UL**=Tolerable Upper Intake Level;  
**CDRR**=Chronic Disease Risk Reduction Intake; **AMDR**=Acceptable Macronutrient Distribution Range

<sup>△</sup>Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

**Table G 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	1365 (20)	931 (22)	1014 (20)	1164 (18)	1343 (19)	1547 (26)	1740 (36)	1870 (42)
4-8.....	525	1719 (30)	1200 (30)	1297 (29)	1476 (27)	1696 (29)	1934 (36)	2169 (46)	2319 (54)
<b>Males:</b>									
9-13.....	302	2136 (55)	1409* (48)	1545 (49)	1796 (51)	2103 (56)	2435 (61)	2772 (72)	2977* (79)
14-18.....	254	2342 (63)	1570* (55)	1714 (54)	1985 (58)	2313 (62)	2667 (70)	3008 (79)	3220* (89)
19-50.....	918	2588 (42)	1603 (34)	1787 (33)	2134 (35)	2543 (42)	2994 (51)	3443 (64)	3721 (73)
51+.....	787	2347 (31)	1394 (29)	1574 (27)	1899 (26)	2301 (31)	2748 (41)	3175 (52)	3455 (62)
19+.....	1705	2491 (34)	1500 (29)	1687 (28)	2032 (28)	2447 (33)	2903 (44)	3347 (57)	3630 (66)
<b>Females:</b>									
9-13.....	273	1901 (43)	1218* (44)	1347 (44)	1582 (42)	1869 (42)	2184 (46)	2493 (53)	2690* (57)
14-18.....	286	1756 (46)	1106* (41)	1232 (42)	1459 (42)	1725 (46)	2026 (53)	2320 (63)	2498* (68)
19-50.....	900	1891 (18)	1173 (26)	1308 (25)	1558 (21)	1858 (19)	2192 (19)	2511 (23)	2714 (27)
51+.....	853	1721 (20)	1035 (25)	1167 (24)	1403 (22)	1692 (20)	2005 (22)	2311 (26)	2510 (30)
19+.....	1753	1810 (13)	1098 (22)	1233 (21)	1478 (18)	1778 (14)	2107 (14)	2425 (18)	2633 (22)
<b>All:</b>									
1+.....	5459	2071 (19)	1176 (15)	1324 (13)	1608 (13)	1988 (16)	2451 (24)	2936 (39)	3247 (50)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	50.1 (0.8)	33.2 (1.2)	36.4 (1.1)	42.2 (0.9)	49.2 (0.8)	57.2 (1.0)	64.8 (1.3)	69.9 (1.7)
4-8.....	525	60.1 (1.4)	40.5 (1.6)	44.2 (1.5)	50.9 (1.4)	59.2 (1.4)	68.3 (1.6)	77.3 (1.9)	83.0 (2.2)
<b>Males:</b>									
9-13.....	302	77.5 (2.2)	46.7* (2.2)	52.2 (2.1)	62.5 (1.9)	75.6 (2.1)	90.2 (2.8)	105.5 (4.0)	114.9* (4.8)
14-18.....	254	90.8 (2.3)	56.2* (2.5)	62.4 (2.3)	74.2 (2.1)	88.9 (2.2)	105.3 (3.0)	121.5 (4.1)	131.7* (5.1)
19-50.....	918	100.5 (1.9)	60.5 (1.5)	67.8 (1.5)	81.8 (1.6)	98.4 (1.9)	117.0 (2.3)	135.6 (2.8)	147.4 (3.3)
51+.....	787	90.2 (1.3)	51.7 (1.2)	58.8 (1.1)	71.8 (1.1)	88.2 (1.3)	106.5 (1.7)	124.2 (2.2)	135.9 (2.6)
19+.....	1705	96.3 (1.5)	56.2 (1.3)	63.6 (1.2)	77.4 (1.3)	94.3 (1.4)	113.0 (1.9)	131.5 (2.5)	143.4 (2.9)
<b>Females:</b>									
9-13.....	273	67.8 (1.8)	39.5* (1.9)	44.6 (1.8)	54.0 (1.6)	66.0 (1.7)	79.6 (2.4)	93.3 (3.5)	102.2* (4.3)
14-18.....	286	63.1 (1.7)	36.1* (2.2)	41.1 (2.1)	50.2 (1.8)	61.3 (1.7)	74.3 (2.0)	87.3 (2.8)	95.4* (3.5)
19-50.....	900	72.1 (0.8)	44.6 (0.9)	49.8 (0.8)	59.3 (0.7)	70.8 (0.8)	83.6 (1.0)	96.0 (1.3)	103.8 (1.5)
51+.....	853	66.0 (0.9)	39.5 (1.0)	44.6 (0.9)	53.6 (0.9)	64.8 (0.9)	76.9 (1.0)	88.8 (1.3)	96.5 (1.6)
19+.....	1753	69.2 (0.6)	41.9 (0.8)	47.0 (0.7)	56.5 (0.6)	68.0 (0.6)	80.5 (0.8)	92.9 (1.1)	100.8 (1.4)
<b>All:</b>									
1+.....	5459	78.7 (0.8)	42.9 (0.6)	48.6 (0.5)	59.6 (0.5)	74.8 (0.7)	93.9 (1.1)	114.4 (1.7)	127.6 (2.2)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	4.11 (0.07)	2.65 (0.08)	2.93 (0.08)	3.44 (0.07)	4.05 (0.07)	4.73 (0.08)	5.37 (0.10)	5.79 (0.13)	0.87	<3
4-8.....	520	2.60 (0.08)	1.50 (0.07)	1.70 (0.07)	2.08 (0.07)	2.54 (0.08)	3.06 (0.08)	3.56 (0.10)	3.90 (0.11)	0.76	<3
<b>Males:</b>											
9-13.....	300	1.83 (0.07)	0.97* (0.07)	1.13 (0.08)	1.41 (0.07)	1.78 (0.07)	2.19 (0.08)	2.62 (0.09)	2.88* (0.11)	0.76	<3
14-18.....	253	1.38 (0.04)	0.66* (0.04)	0.78 (0.04)	1.02 (0.04)	1.33 (0.04)	1.68 (0.05)	2.04 (0.07)	2.26* (0.09)	0.73	8 (1.9)
19-50.....	911	1.34 (0.03)	0.70 (0.04)	0.81 (0.03)	1.03 (0.03)	1.30 (0.03)	1.60 (0.03)	1.90 (0.03)	2.09 (0.04)	0.66	4 (1.0)
51+.....	771	1.20 (0.02)	0.59 (0.03)	0.70 (0.03)	0.91 (0.02)	1.17 (0.02)	1.46 (0.02)	1.75 (0.02)	1.93 (0.03)	0.66	8 (1.2)
19+.....	1682	1.28 (0.02)	0.65 (0.03)	0.76 (0.03)	0.98 (0.03)	1.25 (0.02)	1.55 (0.02)	1.84 (0.03)	2.03 (0.03)	0.66	5 (1.1)
<b>Females:</b>											
9-13.....	272	1.60 (0.05)	0.80* (0.05)	0.94 (0.05)	1.20 (0.05)	1.54 (0.05)	1.93 (0.05)	2.32 (0.07)	2.57* (0.09)	0.76	4* (1.5)
14-18.....	280	1.07 (0.04)	0.46* (0.05)	0.56 (0.05)	0.76 (0.04)	1.02 (0.04)	1.32 (0.04)	1.64 (0.05)	1.83* (0.06)	0.71	21 (3.7)
19-50.....	893	1.14 (0.01)	0.63 (0.02)	0.73 (0.02)	0.90 (0.01)	1.11 (0.01)	1.35 (0.02)	1.58 (0.02)	1.73 (0.03)	0.66	6 (0.8)
51+.....	845	1.06 (0.02)	0.57 (0.02)	0.66 (0.02)	0.83 (0.02)	1.04 (0.02)	1.27 (0.02)	1.49 (0.02)	1.64 (0.03)	0.66	10 (1.1)
19+.....	1738	1.10 (0.01)	0.60 (0.02)	0.69 (0.01)	0.87 (0.01)	1.08 (0.01)	1.31 (0.01)	1.54 (0.02)	1.69 (0.03)	0.66	8 (0.9)
<b>All:</b>											
1+.....	5406	1.44 (0.02)	0.64 (0.01)	0.75 (0.01)	0.96 (0.01)	1.24 (0.01)	1.63 (0.02)	2.29 (0.05)	3.09 (0.09)		6 (0.6)

NOTES: EAR=Estimated Average Requirement  
 Excluded individuals 4 and over without height and weight data.  
 For individuals 4-19, body weights outside of normal range set to their normal boundary; for individuals 19 and over, to Body Mass Index cutoffs. For children 1-3, assumed reference weights.  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	179 (3)	119 (3)	130 (3)	151 (3)	176 (3)	205 (4)	232 (5)	250 (6)	100	<3
4-8.....	525	228 (5)	157 (4)	170 (4)	195 (4)	225 (4)	258 (5)	291 (7)	311 (8)	100	<3
<b>Males:</b>											
9-13.....	302	278 (8)	181* (8)	199 (8)	233 (8)	274 (8)	318 (9)	363 (10)	390* (11)	100	<3
14-18.....	254	293 (9)	193* (9)	212 (9)	247 (9)	289 (9)	336 (10)	380 (12)	407* (13)	100	<3
19-50.....	918	302 (5)	169 (5)	193 (5)	238 (5)	294 (5)	357 (6)	420 (7)	461 (9)	100	<3
51+.....	787	273 (4)	147 (5)	170 (5)	211 (5)	265 (4)	325 (5)	386 (5)	424 (6)	100	<3
19+.....	1705	290 (4)	158 (5)	182 (5)	227 (4)	282 (4)	345 (5)	408 (6)	448 (7)	100	<3
<b>Females:</b>											
9-13.....	273	247 (6)	156* (7)	174 (7)	205 (7)	243 (6)	285 (6)	326 (7)	353* (8)	100	<3
14-18.....	286	226 (6)	140* (6)	156 (6)	186 (6)	222 (6)	261 (7)	300 (9)	324* (10)	100	<3
19-50.....	900	226 (3)	128 (3)	146 (3)	180 (3)	221 (3)	268 (3)	313 (4)	343 (4)	100	<3
51+.....	853	204 (3)	112 (3)	129 (3)	160 (3)	199 (3)	243 (3)	286 (4)	315 (4)	100	<3
19+.....	1753	216 (2)	119 (3)	137 (3)	169 (3)	210 (2)	256 (3)	302 (3)	332 (4)	100	<3
<b>All:</b>											
1+.....	5459	249 (2)	134 (2)	154 (2)	191 (2)	240 (2)	297 (3)	358 (4)	399 (5)	100	<3

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	92 (2)	55 (1)	61 (1)	74 (2)	89 (2)	107 (2)	125 (3)	137 (3)
4-8.....	525	106 (2)	65 (2)	72 (2)	86 (2)	103 (2)	123 (3)	143 (4)	156 (4)
<b>Males:</b>									
9-13.....	302	129 (5)	75* (5)	85 (5)	103 (5)	125 (5)	150 (5)	177 (5)	193* (5)
14-18.....	254	135 (5)	80* (5)	90 (5)	109 (5)	132 (5)	159 (5)	185 (6)	201* (7)
19-50.....	918	132 (3)	53 (3)	65 (3)	90 (3)	124 (3)	164 (4)	209 (5)	238 (5)
51+.....	787	121 (3)	47 (3)	58 (3)	81 (3)	113 (3)	152 (3)	194 (4)	221 (5)
19+.....	1705	127 (3)	50 (3)	62 (3)	86 (3)	119 (3)	160 (3)	203 (4)	232 (5)
<b>Females:</b>									
9-13.....	273	113 (3)	64* (4)	73 (4)	89 (4)	110 (3)	134 (3)	158 (4)	173* (4)
14-18.....	286	103 (3)	56* (4)	65 (4)	81 (3)	100 (3)	122 (3)	145 (4)	158* (5)
19-50.....	900	99 (2)	43 (2)	52 (2)	70 (2)	94 (2)	123 (2)	153 (3)	173 (4)
51+.....	853	93 (2)	39 (1)	48 (1)	65 (1)	88 (2)	115 (2)	144 (3)	164 (4)
19+.....	1753	96 (1)	41 (1)	50 (1)	67 (1)	91 (1)	119 (2)	149 (3)	169 (3)
<b>All:</b>									
1+.....	5459	112 (1)	48 (1)	58 (1)	78 (1)	105 (1)	137 (2)	173 (3)	199 (3)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	10.2 (0.3)	5.5 (0.3)	6.4 (0.2)	7.9 (0.3)	9.9 (0.3)	12.1 (0.3)	14.4 (0.4)	15.9 (0.5)	19	<3
4-8.....	525	13.2 (0.3)	7.6 (0.3)	8.6 (0.3)	10.5 (0.3)	12.8 (0.3)	15.5 (0.4)	18.2 (0.5)	19.9 (0.6)	25	<3
<b>Males:</b>											
9-13.....	302	16.0 (0.6)	8.9* (0.5)	10.1 (0.5)	12.5 (0.5)	15.5 (0.6)	18.9 (0.7)	22.5 (0.8)	24.8* (0.9)	31	<3
14-18.....	254	16.0 (0.5)	8.9* (0.4)	10.2 (0.4)	12.5 (0.4)	15.6 (0.5)	19.0 (0.6)	22.5 (0.8)	24.8* (1.0)	38	<3
19-50.....	918	18.2 (0.4)	8.2 (0.3)	9.8 (0.3)	13.1 (0.4)	17.3 (0.4)	22.4 (0.6)	27.6 (0.8)	31.2 (0.9)	38	<3
51+.....	787	18.5 (0.3)	8.4 (0.3)	10.1 (0.3)	13.3 (0.3)	17.7 (0.3)	22.8 (0.5)	28.1 (0.7)	31.5 (0.8)	30	7 (1.1)
19+.....	1705	18.3 (0.3)	8.3 (0.3)	9.9 (0.3)	13.2 (0.3)	17.5 (0.3)	22.5 (0.5)	27.8 (0.7)	31.3 (0.8)		3 (0.6)
<b>Females:</b>											
9-13.....	273	14.8 (0.4)	8.0* (0.4)	9.2 (0.4)	11.4 (0.4)	14.3 (0.4)	17.6 (0.6)	21.0 (0.7)	23.2* (0.9)	26	<3
14-18.....	286	13.2 (0.4)	7.0* (0.4)	8.1 (0.4)	10.1 (0.4)	12.7 (0.4)	15.8 (0.4)	18.9 (0.5)	20.9* (0.6)	26	<3
19-50.....	900	15.3 (0.3)	7.2 (0.2)	8.6 (0.3)	11.2 (0.3)	14.7 (0.3)	18.7 (0.4)	22.9 (0.5)	25.7 (0.6)	25	6 (0.9)
51+.....	853	15.1 (0.3)	7.1 (0.3)	8.5 (0.2)	11.1 (0.2)	14.5 (0.3)	18.4 (0.3)	22.5 (0.4)	25.3 (0.5)	21	14 (1.2)
19+.....	1753	15.2 (0.3)	7.2 (0.2)	8.5 (0.2)	11.1 (0.2)	14.6 (0.3)	18.6 (0.3)	22.7 (0.4)	25.5 (0.5)		10 (0.9)
<b>All:</b>											
1+.....	5459	16.0 (0.2)	7.5 (0.1)	8.8 (0.1)	11.5 (0.2)	15.1 (0.2)	19.5 (0.3)	24.3 (0.4)	27.7 (0.5)		5 (0.5)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	51.9 (0.9)	32.7 (0.9)	36.2 (0.8)	42.7 (0.7)	50.8 (0.8)	60.0 (1.2)	69.1 (1.9)	75.1 (2.3)
4-8.....	525	65.3 (1.1)	42.2 (1.3)	46.4 (1.2)	54.2 (1.0)	63.9 (1.0)	74.8 (1.4)	85.8 (1.9)	92.8 (2.3)
<b>Males:</b>									
9-13.....	302	82.3 (2.1)	50.2* (2.0)	56.0 (1.9)	66.9 (1.9)	80.6 (2.1)	95.6 (2.6)	111.2 (3.6)	120.7* (4.3)
14-18.....	254	90.4 (2.6)	56.1* (2.3)	62.3 (2.2)	74.2 (2.2)	88.8 (2.6)	104.9 (3.3)	120.6 (4.1)	130.5* (4.8)
19-50.....	918	99.0 (2.1)	56.7 (1.6)	64.4 (1.6)	79.1 (1.8)	96.8 (2.1)	116.5 (2.5)	136.6 (3.1)	149.0 (3.6)
51+.....	787	93.3 (1.7)	52.1 (1.5)	59.6 (1.4)	73.4 (1.5)	91.1 (1.7)	110.6 (2.2)	129.8 (2.9)	142.4 (3.4)
19+.....	1705	96.7 (1.8)	54.6 (1.5)	62.3 (1.5)	76.7 (1.5)	94.4 (1.8)	114.3 (2.3)	134.0 (2.9)	146.7 (3.3)
<b>Females:</b>									
9-13.....	273	74.6 (1.9)	44.0* (1.9)	49.6 (1.9)	60.0 (1.7)	72.9 (1.8)	87.2 (2.3)	101.6 (3.1)	110.8* (3.7)
14-18.....	286	68.7 (2.1)	39.7* (2.3)	45.1 (2.2)	55.1 (2.1)	67.0 (2.1)	80.7 (2.4)	94.3 (2.9)	102.7* (3.3)
19-50.....	900	75.8 (1.0)	42.0 (1.2)	48.0 (1.2)	59.5 (1.1)	73.7 (1.0)	90.0 (1.1)	106.0 (1.2)	116.3 (1.4)
51+.....	853	71.3 (1.0)	38.5 (1.0)	44.5 (1.0)	55.5 (0.9)	69.4 (1.0)	84.9 (1.3)	100.4 (1.6)	110.7 (1.8)
19+.....	1753	73.6 (0.8)	40.2 (0.9)	46.2 (0.9)	57.5 (0.8)	71.6 (0.8)	87.6 (0.9)	103.5 (1.1)	114.0 (1.4)
<b>All:</b>									
1+.....	5459	81.6 (1.0)	43.0 (0.6)	49.4 (0.6)	61.7 (0.7)	78.3 (0.9)	97.9 (1.3)	118.2 (1.9)	131.3 (2.4)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	19.8 (0.4)	12.0 (0.4)	13.3 (0.4)	16.0 (0.4)	19.3 (0.4)	23.1 (0.6)	26.9 (0.8)	29.5 (1.0)
4-8.....	525	23.7 (0.4)	14.6 (0.5)	16.2 (0.4)	19.2 (0.4)	23.1 (0.4)	27.4 (0.6)	31.9 (0.8)	34.8 (1.0)
<b>Males:</b>									
9-13.....	302	29.3 (0.9)	17.1* (0.6)	19.3 (0.6)	23.3 (0.7)	28.5 (0.9)	34.3 (1.1)	40.3 (1.6)	44.0* (1.8)
14-18.....	254	31.2 (1.1)	18.5* (0.7)	20.7 (0.7)	25.1 (0.8)	30.5 (1.0)	36.6 (1.4)	42.6 (1.8)	46.4* (2.0)
19-50.....	918	32.9 (0.6)	18.1 (0.5)	20.7 (0.5)	25.8 (0.5)	32.0 (0.6)	39.0 (0.8)	46.1 (1.0)	50.6 (1.2)
51+.....	787	30.8 (0.6)	16.6 (0.5)	19.1 (0.5)	23.8 (0.5)	29.9 (0.6)	36.7 (0.7)	43.6 (0.9)	48.0 (1.1)
19+.....	1705	32.0 (0.6)	17.4 (0.5)	20.0 (0.5)	25.0 (0.5)	31.1 (0.5)	38.1 (0.7)	45.1 (0.9)	49.7 (1.1)
<b>Females:</b>									
9-13.....	273	25.9 (0.7)	14.6* (0.6)	16.6 (0.6)	20.4 (0.6)	25.2 (0.7)	30.6 (1.0)	36.0 (1.3)	39.6* (1.5)
14-18.....	286	23.1 (0.9)	12.7* (0.7)	14.6 (0.7)	18.1 (0.8)	22.4 (0.9)	27.4 (1.1)	32.5 (1.3)	35.7* (1.5)
19-50.....	900	24.6 (0.4)	12.6 (0.4)	14.7 (0.4)	18.7 (0.4)	23.8 (0.4)	29.7 (0.4)	35.6 (0.5)	39.6 (0.5)
51+.....	853	23.3 (0.4)	11.7 (0.3)	13.7 (0.3)	17.6 (0.3)	22.5 (0.3)	28.1 (0.4)	33.9 (0.6)	37.7 (0.7)
19+.....	1753	24.0 (0.3)	12.2 (0.3)	14.2 (0.3)	18.1 (0.3)	23.1 (0.3)	28.9 (0.3)	34.8 (0.4)	38.8 (0.5)
<b>All:</b>									
1+.....	5459	27.3 (0.3)	13.8 (0.2)	16.1 (0.2)	20.3 (0.2)	26.1 (0.3)	33.0 (0.4)	40.1 (0.7)	44.7 (0.8)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	17.1 (0.3)	10.5 (0.3)	11.7 (0.3)	13.9 (0.2)	16.7 (0.3)	19.8 (0.4)	23.0 (0.6)	25.0 (0.8)
4-8.....	525	21.7 (0.4)	13.8 (0.5)	15.2 (0.4)	17.9 (0.3)	21.2 (0.4)	25.0 (0.5)	28.8 (0.7)	31.2 (0.8)
<b>Males:</b>									
9-13.....	302	27.7 (0.8)	16.4* (0.7)	18.4 (0.7)	22.2 (0.6)	27.0 (0.7)	32.4 (1.0)	38.0 (1.4)	41.5* (1.7)
14-18.....	254	30.7 (1.0)	18.5* (0.8)	20.7 (0.8)	24.8 (0.8)	30.1 (0.9)	35.9 (1.3)	41.6 (1.6)	45.2* (2.0)
19-50.....	918	34.5 (0.8)	19.1 (0.6)	21.8 (0.6)	27.1 (0.7)	33.6 (0.8)	40.9 (0.9)	48.3 (1.1)	53.0 (1.3)
51+.....	787	33.0 (0.7)	17.9 (0.6)	20.5 (0.5)	25.6 (0.6)	32.1 (0.6)	39.3 (0.8)	46.5 (1.0)	51.3 (1.2)
19+.....	1705	33.9 (0.7)	18.5 (0.6)	21.3 (0.6)	26.5 (0.6)	32.9 (0.7)	40.2 (0.8)	47.6 (1.0)	52.4 (1.2)
<b>Females:</b>									
9-13.....	273	25.0 (0.7)	14.3* (0.7)	16.2 (0.7)	19.8 (0.6)	24.3 (0.7)	29.5 (0.9)	34.6 (1.2)	38.0* (1.4)
14-18.....	286	22.9 (0.7)	12.8* (0.8)	14.7 (0.8)	18.1 (0.7)	22.2 (0.7)	27.1 (0.8)	31.9 (1.1)	34.9* (1.3)
19-50.....	900	26.1 (0.4)	14.1 (0.4)	16.2 (0.4)	20.3 (0.4)	25.3 (0.4)	31.2 (0.4)	37.0 (0.5)	40.7 (0.6)
51+.....	853	24.7 (0.4)	13.0 (0.4)	15.1 (0.3)	19.0 (0.4)	24.0 (0.4)	29.6 (0.6)	35.3 (0.7)	39.0 (0.9)
19+.....	1753	25.5 (0.3)	13.6 (0.3)	15.7 (0.3)	19.6 (0.3)	24.7 (0.3)	30.4 (0.4)	36.2 (0.5)	40.1 (0.6)
<b>All:</b>									
1+.....	5459	28.2 (0.4)	14.3 (0.2)	16.5 (0.2)	20.9 (0.2)	26.8 (0.3)	34.0 (0.5)	41.6 (0.7)	46.5 (0.9)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	10.3 (0.3)	5.9 (0.3)	6.7 (0.3)	8.1 (0.2)	10.0 (0.3)	12.2 (0.3)	14.4 (0.4)	15.9 (0.5)
4-8.....	525	14.0 (0.3)	8.3 (0.4)	9.3 (0.3)	11.2 (0.3)	13.6 (0.3)	16.3 (0.4)	19.1 (0.6)	20.9 (0.7)
<b>Males:</b>									
9-13.....	302	17.9 (0.5)	10.2* (0.5)	11.5 (0.5)	14.1 (0.4)	17.3 (0.5)	21.0 (0.7)	24.9 (1.0)	27.4* (1.2)
14-18.....	254	19.6 (0.7)	11.4* (0.6)	12.8 (0.6)	15.6 (0.6)	19.1 (0.7)	23.1 (0.9)	27.1 (1.3)	29.7* (1.5)
19-50.....	918	22.2 (0.6)	12.2 (0.5)	13.9 (0.5)	17.3 (0.5)	21.5 (0.5)	26.3 (0.7)	31.4 (0.9)	34.6 (1.0)
51+.....	787	21.3 (0.5)	11.4 (0.4)	13.1 (0.4)	16.4 (0.4)	20.6 (0.5)	25.4 (0.6)	30.3 (0.8)	33.5 (1.0)
19+.....	1705	21.8 (0.5)	11.8 (0.4)	13.6 (0.4)	16.9 (0.4)	21.1 (0.5)	26.0 (0.6)	31.0 (0.8)	34.2 (1.0)
<b>Females:</b>									
9-13.....	273	17.1 (0.5)	9.6* (0.5)	10.9 (0.5)	13.4 (0.4)	16.6 (0.5)	20.2 (0.7)	23.9 (1.0)	26.4* (1.2)
14-18.....	286	16.0 (0.5)	8.9* (0.6)	10.2 (0.6)	12.6 (0.5)	15.5 (0.5)	19.0 (0.6)	22.6 (0.9)	24.8* (1.0)
19-50.....	900	18.0 (0.3)	9.8 (0.3)	11.2 (0.3)	13.9 (0.3)	17.4 (0.3)	21.5 (0.4)	25.7 (0.5)	28.4 (0.6)
51+.....	853	16.9 (0.3)	8.9 (0.3)	10.3 (0.3)	12.9 (0.3)	16.3 (0.3)	20.2 (0.3)	24.1 (0.5)	26.8 (0.5)
19+.....	1753	17.5 (0.3)	9.3 (0.3)	10.7 (0.3)	13.4 (0.3)	16.9 (0.3)	20.9 (0.3)	25.0 (0.4)	27.7 (0.5)
<b>All:</b>									
1+.....	5459	18.6 (0.2)	9.3 (0.2)	10.8 (0.2)	13.8 (0.2)	17.8 (0.2)	22.5 (0.3)	27.4 (0.5)	30.7 (0.6)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	9.1 (0.2)	5.1 (0.2)	5.8 (0.2)	7.1 (0.2)	8.8 (0.2)	10.8 (0.3)	12.8 (0.4)	14.2 (0.5)	7	77 (3.0)
4-8.....	525	12.5 (0.3)	7.4 (0.3)	8.3 (0.3)	10.0 (0.3)	12.2 (0.3)	14.7 (0.4)	17.2 (0.5)	18.9 (0.6)	10	75 (3.0)
<b>Males:</b>											
9-13.....	302	16.0 (0.4)	9.1* (0.5)	10.3 (0.4)	12.6 (0.4)	15.5 (0.4)	18.8 (0.6)	22.4 (0.9)	24.6* (1.1)	12	79 (2.8)
14-18.....	254	17.5 (0.6)	10.1* (0.5)	11.4 (0.5)	13.9 (0.5)	17.0 (0.6)	20.6 (0.8)	24.2 (1.1)	26.5* (1.4)	16	58 (4.5)
19-50.....	918	19.6 (0.5)	10.7 (0.4)	12.2 (0.4)	15.2 (0.4)	19.0 (0.5)	23.3 (0.6)	27.9 (0.8)	30.7 (1.0)	17	63 (3.1)
51+.....	787	18.7 (0.4)	10.0 (0.4)	11.5 (0.4)	14.3 (0.4)	18.1 (0.4)	22.4 (0.6)	26.8 (0.8)	29.7 (0.9)	14	77 (2.2)
19+.....	1705	19.3 (0.4)	10.4 (0.4)	11.9 (0.4)	14.9 (0.4)	18.6 (0.4)	23.0 (0.6)	27.4 (0.8)	30.4 (0.9)		69 (2.6)
<b>Females:</b>											
9-13.....	273	15.3 (0.5)	8.6* (0.4)	9.7 (0.4)	12.0 (0.4)	14.8 (0.4)	18.1 (0.6)	21.5 (0.9)	23.7* (1.1)	10	89 (2.3)
14-18.....	286	14.4 (0.5)	7.9* (0.5)	9.1 (0.5)	11.2 (0.5)	13.9 (0.5)	17.0 (0.6)	20.3 (0.8)	22.3* (0.9)	11	77 (4.2)
19-50.....	900	16.0 (0.3)	8.6 (0.3)	9.8 (0.3)	12.3 (0.3)	15.4 (0.3)	19.1 (0.4)	22.8 (0.4)	25.3 (0.5)	12	77 (2.0)
51+.....	853	14.8 (0.3)	7.7 (0.3)	8.9 (0.3)	11.3 (0.3)	14.3 (0.3)	17.7 (0.3)	21.3 (0.4)	23.7 (0.5)	11	77 (1.9)
19+.....	1753	15.4 (0.2)	8.1 (0.3)	9.4 (0.2)	11.8 (0.2)	14.9 (0.2)	18.5 (0.3)	22.1 (0.4)	24.7 (0.5)		77 (1.8)
<b>All:</b>											
1+.....	5459	16.5 (0.2)	8.1 (0.1)	9.5 (0.1)	12.2 (0.2)	15.7 (0.2)	19.9 (0.3)	24.3 (0.4)	27.2 (0.6)		74 (1.3)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	0.97 (0.03)	0.55 (0.03)	0.62 (0.03)	0.76 (0.03)	0.93 (0.03)	1.14 (0.04)	1.36 (0.05)	1.51 (0.06)	0.7	82 (3.3)
4-8.....	525	1.20 (0.03)	0.70 (0.03)	0.79 (0.03)	0.95 (0.03)	1.16 (0.03)	1.41 (0.04)	1.67 (0.05)	1.84 (0.06)	0.9	80 (3.1)
<b>Males:</b>											
9-13.....	302	1.53 (0.04)	0.87* (0.06)	0.98 (0.05)	1.19 (0.04)	1.48 (0.04)	1.80 (0.06)	2.16 (0.10)	2.38* (0.13)	1.2	74 (3.5)
14-18.....	254	1.67 (0.07)	0.96* (0.07)	1.08 (0.06)	1.31 (0.06)	1.62 (0.07)	1.97 (0.09)	2.34 (0.13)	2.57* (0.16)	1.6	52 (5.4)
19-50.....	918	2.01 (0.05)	1.09 (0.06)	1.25 (0.05)	1.55 (0.05)	1.94 (0.05)	2.39 (0.06)	2.88 (0.09)	3.19 (0.11)	1.6	72 (3.1)
51+.....	787	1.99 (0.05)	1.08 (0.05)	1.23 (0.05)	1.53 (0.05)	1.92 (0.05)	2.37 (0.07)	2.85 (0.10)	3.17 (0.12)	1.6	71 (3.0)
19+.....	1705	2.01 (0.05)	1.09 (0.05)	1.24 (0.05)	1.54 (0.05)	1.93 (0.05)	2.38 (0.06)	2.87 (0.09)	3.18 (0.11)	1.6	71 (2.9)
<b>Females:</b>											
9-13.....	273	1.48 (0.05)	0.82* (0.05)	0.94 (0.05)	1.15 (0.04)	1.43 (0.04)	1.75 (0.07)	2.09 (0.11)	2.31* (0.14)	1	86 (2.8)
14-18.....	286	1.37 (0.06)	0.75* (0.06)	0.86 (0.06)	1.07 (0.05)	1.32 (0.05)	1.63 (0.07)	1.94 (0.10)	2.14* (0.13)	1.1	72 (5.1)
19-50.....	900	1.71 (0.04)	0.89 (0.04)	1.02 (0.04)	1.28 (0.04)	1.63 (0.04)	2.06 (0.05)	2.50 (0.06)	2.80 (0.08)	1.1	86 (2.2)
51+.....	853	1.67 (0.03)	0.86 (0.04)	0.99 (0.03)	1.25 (0.03)	1.59 (0.03)	2.00 (0.04)	2.44 (0.07)	2.74 (0.08)	1.1	85 (1.8)
19+.....	1753	1.69 (0.03)	0.87 (0.04)	1.01 (0.04)	1.27 (0.03)	1.61 (0.03)	2.03 (0.04)	2.47 (0.06)	2.77 (0.08)	1.1	85 (1.9)
<b>All:</b>											
1+.....	5459	1.72 (0.02)	0.84 (0.02)	0.98 (0.02)	1.25 (0.02)	1.63 (0.02)	2.09 (0.03)	2.57 (0.05)	2.89 (0.06)		78 (1.4)

NOTES: AI=Adequate Intake

The AI is specifically for the  $\alpha$ -linolenic isomer (18:3 n-3 c,c,c). Intakes of linolenic 18:3 are for the undifferentiated fatty acid.

\* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	0.01 (#)	#	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)
4-8.....	525	0.01 (0.001)	#	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
<b>Males:</b>									
9-13.....	302	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)
14-18.....	254	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02* (0.002)
19-50.....	918	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
51+.....	787	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)	0.04 (0.004)
19+.....	1705	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)	0.04 (0.003)
<b>Females:</b>									
9-13.....	273	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)
14-18.....	286	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)
19-50.....	900	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)
51+.....	853	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
19+.....	1753	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
<b>All:</b>									
1+.....	5459	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (#)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.002)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error  
# Indicates a non-zero value too small to report

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>131 - 350% poverty</b>										
<b>Males and females:</b>										
1-3.....	361	0.02 (0.001)	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
4-8.....	525	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
<b>Males:</b>										
9-13.....	302	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.004)	0.05* (0.005)
14-18.....	254	0.03 (0.003)	0.01* (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.06* (0.008)
19-50.....	918	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.07 (0.005)	0.12 (0.009)	0.15 (0.012)	
51+.....	787	0.06 (0.005)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.08 (0.006)	0.12 (0.010)	0.16 (0.015)	
19+.....	1705	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.08 (0.005)	0.12 (0.009)	0.15 (0.013)	
<b>Females:</b>										
9-13.....	273	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.004)	0.05* (0.005)	
14-18.....	286	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05* (0.005)	
19-50.....	900	0.05 (0.003)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.04 (0.003)	0.06 (0.004)	0.10 (0.006)	0.12 (0.010)	
51+.....	853	0.05 (0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.003)	0.07 (0.004)	0.10 (0.007)	0.13 (0.010)	
19+.....	1753	0.05 (0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.004)	0.10 (0.006)	0.13 (0.009)	
<b>All:</b>										
1+.....	5459	0.05 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.04 (0.002)	0.06 (0.002)	0.10 (0.004)	0.13 (0.007)	

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error  
# Indicates a non-zero value too small to report

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	171 (5)	96 (6)	108 (5)	133 (4)	165 (5)	203 (8)	242 (12)	269 (15)
4-8.....	525	192 (6)	109 (6)	123 (6)	150 (5)	185 (5)	227 (8)	271 (12)	300 (16)
<b>Males:</b>									
9-13.....	302	253 (9)	125* (8)	145 (8)	186 (8)	241 (9)	306 (12)	378 (18)	425* (22)
14-18.....	254	295 (12)	150* (10)	173 (9)	220 (10)	282 (12)	356 (16)	433 (22)	483* (27)
19-50.....	918	356 (9)	169 (9)	199 (9)	260 (9)	339 (9)	434 (11)	536 (14)	603 (18)
51+.....	787	335 (9)	156 (9)	184 (9)	241 (9)	318 (9)	410 (11)	507 (15)	572 (18)
19+.....	1705	348 (8)	163 (9)	193 (9)	252 (8)	330 (9)	425 (10)	524 (14)	591 (17)
<b>Females:</b>									
9-13.....	273	223 (8)	106* (7)	125 (7)	162 (6)	212 (7)	272 (11)	337 (16)	380* (20)
14-18.....	286	198 (9)	91* (8)	109 (8)	143 (8)	187 (9)	242 (11)	301 (15)	339* (17)
19-50.....	900	262 (4)	129 (5)	151 (5)	194 (5)	250 (4)	317 (5)	387 (8)	434 (10)
51+.....	853	253 (6)	123 (5)	145 (5)	186 (5)	241 (6)	306 (7)	375 (9)	421 (11)
19+.....	1753	257 (4)	126 (5)	148 (5)	190 (5)	246 (4)	312 (5)	381 (8)	429 (10)
<b>All:</b>									
1+.....	5459	281 (4)	125 (3)	147 (3)	193 (4)	260 (4)	346 (6)	442 (9)	509 (12)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table G 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	552 (16)	316 (14)	358 (14)	438 (14)	538 (15)	649 (19)	763 (25)	836 (29)	210	<3
4-8.....	525	591 (18)	343 (14)	387 (15)	470 (15)	576 (17)	695 (21)	814 (28)	890 (34)	275	<3
<b>Males:</b>											
9-13.....	302	711 (31)	339* (30)	399 (30)	519 (30)	678 (31)	864 (37)	1067 (46)	1195* (54)	445	15 (3.6)
14-18.....	254	672 (30)	314* (28)	371 (28)	487 (29)	641 (30)	823 (36)	1011 (47)	1134* (57)	630	48 (5.0)
19-50.....	918	657 (19)	267 (12)	325 (12)	446 (14)	611 (18)	817 (26)	1047 (38)	1201 (46)	625	52 (2.5)
51+.....	787	710 (22)	292 (14)	356 (15)	484 (16)	662 (20)	884 (29)	1127 (40)	1290 (50)	625	45 (2.8)
19+.....	1705	678 (19)	276 (12)	336 (12)	460 (13)	631 (17)	844 (25)	1079 (37)	1238 (46)	625	49 (2.4)
<b>Females:</b>											
9-13.....	273	617 (23)	278* (24)	333 (24)	441 (23)	586 (23)	759 (28)	940 (39)	1062* (48)	420	21 (3.6)
14-18.....	286	528 (24)	226* (24)	275 (25)	372 (25)	498 (26)	654 (28)	819 (35)	924* (42)	485	47 (5.1)
19-50.....	900	572 (18)	245 (12)	294 (13)	394 (14)	532 (17)	707 (24)	898 (36)	1032 (45)	500	44 (2.9)
51+.....	853	628 (15)	273 (13)	327 (13)	436 (12)	586 (14)	772 (19)	980 (31)	1126 (40)	500	36 (2.1)
19+.....	1753	598 (15)	256 (12)	308 (12)	413 (12)	558 (14)	739 (20)	939 (30)	1082 (39)	500	40 (2.2)
<b>All:</b>											
1+.....	5459	631 (11)	273 (8)	329 (7)	439 (8)	588 (10)	775 (15)	985 (23)	1135 (30)		38 (1.7)

NOTES: RAE=Retinol Activity Equivalents; EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	456 (14)	256 (17)	293 (16)	361 (15)	445 (14)	539 (15)	632 (19)	692 (22)	600	14 (2.5)
4-8.....	525	480 (13)	272 (16)	310 (15)	380 (13)	468 (13)	567 (15)	665 (20)	726 (25)	900	<3
<b>Males:</b>											
9-13.....	302	577 (25)	249* (19)	301 (20)	405 (21)	546 (24)	713 (31)	895 (39)	1010* (46)	1700	<3
14-18.....	254	561 (28)	238* (18)	288 (19)	393 (22)	532 (27)	698 (35)	870 (45)	982* (53)	2800	<3
19-50.....	918	483 (17)	170 (11)	214 (11)	310 (13)	443 (16)	612 (22)	802 (31)	932 (37)	3000	<3
51+.....	787	505 (19)	179 (11)	227 (13)	324 (14)	463 (18)	641 (24)	836 (33)	967 (41)	3000	<3
19+.....	1705	492 (17)	174 (10)	219 (11)	316 (12)	451 (16)	623 (22)	816 (31)	947 (38)	3000	<3
<b>Females:</b>											
9-13.....	273	499 (17)	200* (16)	247 (16)	341 (16)	470 (17)	625 (21)	788 (29)	898* (35)	1700	<3
14-18.....	286	411 (19)	151* (15)	192 (16)	274 (17)	383 (19)	520 (24)	666 (31)	759* (37)	2800	<3
19-50.....	900	383 (10)	153 (7)	187 (7)	257 (7)	355 (9)	480 (13)	615 (20)	708 (25)	3000	<3
51+.....	853	405 (12)	162 (8)	199 (9)	273 (10)	377 (12)	504 (15)	647 (20)	748 (24)	3000	<3
19+.....	1753	394 (9)	157 (7)	192 (7)	264 (7)	365 (8)	492 (12)	631 (18)	729 (22)	3000	<3
<b>All:</b>											
1+.....	5459	456 (9)	173 (6)	215 (6)	302 (6)	422 (7)	570 (11)	737 (17)	857 (24)		<3

NOTES: UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	1.11 (0.02)	0.70 (0.03)	0.77 (0.03)	0.91 (0.02)	1.09 (0.02)	1.28 (0.02)	1.48 (0.03)	1.61 (0.04)	0.4	<3
4-8.....	525	1.42 (0.03)	0.92 (0.03)	1.01 (0.03)	1.18 (0.03)	1.39 (0.03)	1.63 (0.04)	1.86 (0.04)	2.01 (0.05)	0.5	<3
<b>Males:</b>											
9-13.....	302	1.79 (0.06)	1.05* (0.06)	1.18 (0.05)	1.43 (0.05)	1.74 (0.06)	2.10 (0.08)	2.48 (0.11)	2.71* (0.13)	0.7	<3
14-18.....	254	1.97 (0.07)	1.17* (0.06)	1.31 (0.06)	1.58 (0.06)	1.92 (0.07)	2.30 (0.09)	2.68 (0.13)	2.93* (0.16)	1	<3
19-50.....	918	1.89 (0.03)	1.06 (0.03)	1.20 (0.03)	1.48 (0.03)	1.83 (0.03)	2.23 (0.04)	2.65 (0.06)	2.92 (0.06)	1	3 (0.6)
51+.....	787	1.80 (0.03)	1.00 (0.03)	1.14 (0.03)	1.40 (0.03)	1.74 (0.03)	2.13 (0.04)	2.53 (0.04)	2.79 (0.05)	1	5 (0.8)
19+.....	1705	1.85 (0.03)	1.04 (0.03)	1.17 (0.03)	1.45 (0.03)	1.79 (0.03)	2.19 (0.04)	2.60 (0.05)	2.87 (0.06)	1	4 (0.7)
<b>Females:</b>											
9-13.....	273	1.57 (0.05)	0.88* (0.05)	1.00 (0.05)	1.23 (0.04)	1.52 (0.04)	1.85 (0.06)	2.19 (0.09)	2.41* (0.11)	0.7	<3
14-18.....	286	1.43 (0.04)	0.79* (0.05)	0.90 (0.04)	1.12 (0.04)	1.38 (0.04)	1.70 (0.05)	2.01 (0.08)	2.21* (0.10)	0.9	10 (2.4)
19-50.....	900	1.42 (0.02)	0.82 (0.03)	0.92 (0.03)	1.12 (0.02)	1.38 (0.02)	1.67 (0.03)	1.96 (0.04)	2.15 (0.05)	0.9	9 (1.3)
51+.....	853	1.32 (0.02)	0.75 (0.02)	0.85 (0.02)	1.04 (0.02)	1.29 (0.02)	1.56 (0.03)	1.84 (0.04)	2.03 (0.05)	0.9	13 (1.3)
19+.....	1753	1.37 (0.02)	0.78 (0.02)	0.89 (0.02)	1.08 (0.02)	1.33 (0.02)	1.62 (0.02)	1.91 (0.03)	2.10 (0.04)	0.9	11 (1.1)
<b>All:</b>											
1+.....	5459	1.59 (0.02)	0.85 (0.01)	0.97 (0.01)	1.20 (0.01)	1.52 (0.02)	1.90 (0.03)	2.31 (0.04)	2.59 (0.05)		6 (0.5)

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	1.72 (0.04)	1.08 (0.04)	1.20 (0.04)	1.42 (0.04)	1.69 (0.04)	1.99 (0.04)	2.29 (0.05)	2.48 (0.05)	0.4	<3
4-8.....	525	1.86 (0.04)	1.18 (0.04)	1.30 (0.04)	1.54 (0.04)	1.83 (0.04)	2.15 (0.04)	2.47 (0.05)	2.67 (0.06)	0.5	<3
<b>Males:</b>											
9-13.....	302	2.23 (0.08)	1.20* (0.08)	1.37 (0.08)	1.71 (0.07)	2.15 (0.08)	2.66 (0.10)	3.21 (0.14)	3.56* (0.17)	0.8	<3
14-18.....	254	2.44 (0.09)	1.33* (0.08)	1.51 (0.08)	1.88 (0.08)	2.35 (0.09)	2.90 (0.12)	3.47 (0.16)	3.83* (0.19)	1.1	<3
19-50.....	918	2.54 (0.05)	1.23 (0.04)	1.44 (0.04)	1.87 (0.04)	2.42 (0.05)	3.08 (0.07)	3.79 (0.09)	4.26 (0.11)	1.1	<3
51+.....	787	2.50 (0.06)	1.21 (0.04)	1.42 (0.04)	1.83 (0.05)	2.38 (0.06)	3.04 (0.08)	3.74 (0.10)	4.20 (0.12)	1.1	3 (0.6)
19+.....	1705	2.52 (0.05)	1.22 (0.04)	1.43 (0.04)	1.85 (0.04)	2.40 (0.05)	3.06 (0.07)	3.77 (0.09)	4.23 (0.11)	1.1	3 (0.5)
<b>Females:</b>											
9-13.....	273	1.95 (0.06)	1.01* (0.06)	1.16 (0.06)	1.47 (0.05)	1.87 (0.05)	2.34 (0.08)	2.83 (0.12)	3.16* (0.15)	0.8	<3
14-18.....	286	1.73 (0.05)	0.87* (0.06)	1.01 (0.06)	1.29 (0.06)	1.65 (0.06)	2.08 (0.07)	2.53 (0.10)	2.82* (0.12)	0.9	6* (1.9)
19-50.....	900	1.86 (0.03)	1.00 (0.03)	1.16 (0.03)	1.44 (0.03)	1.80 (0.03)	2.22 (0.04)	2.64 (0.05)	2.92 (0.06)	0.9	<3
51+.....	853	1.84 (0.03)	0.99 (0.02)	1.14 (0.02)	1.42 (0.02)	1.78 (0.03)	2.19 (0.04)	2.61 (0.05)	2.89 (0.07)	0.9	<3
19+.....	1753	1.85 (0.02)	1.00 (0.02)	1.15 (0.02)	1.43 (0.02)	1.79 (0.02)	2.20 (0.03)	2.62 (0.05)	2.90 (0.06)	0.9	<3
<b>All:</b>											
1+.....	5459	2.13 (0.03)	1.08 (0.02)	1.24 (0.02)	1.56 (0.02)	1.99 (0.02)	2.55 (0.03)	3.20 (0.06)	3.66 (0.08)		<3

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	13.5 (0.2)	8.0 (0.3)	9.0 (0.3)	10.8 (0.2)	13.1 (0.2)	15.8 (0.3)	18.4 (0.4)	20.1 (0.5)	5	<3
4-8.....	525	18.5 (0.4)	11.6 (0.4)	12.9 (0.4)	15.2 (0.4)	18.1 (0.4)	21.4 (0.5)	24.6 (0.7)	26.7 (0.8)	6	<3
<b>Males:</b>											
9-13.....	302	25.0 (0.8)	14.6* (0.9)	16.4 (0.9)	19.9 (0.8)	24.3 (0.8)	29.3 (1.0)	34.6 (1.4)	37.9* (1.7)	9	<3
14-18.....	254	30.2 (0.9)	18.2* (1.0)	20.3 (0.9)	24.4 (0.8)	29.5 (0.9)	35.3 (1.2)	41.1 (1.7)	44.8* (2.1)	12	<3
19-50.....	918	33.4 (0.7)	18.8 (0.6)	21.3 (0.6)	26.2 (0.6)	32.4 (0.7)	39.5 (0.9)	46.9 (1.1)	51.6 (1.3)	12	<3
51+.....	787	29.1 (0.5)	15.6 (0.5)	17.9 (0.5)	22.3 (0.5)	28.1 (0.5)	34.8 (0.7)	41.5 (0.9)	46.1 (1.1)	12	<3
19+.....	1705	31.7 (0.6)	17.1 (0.5)	19.7 (0.5)	24.5 (0.5)	30.6 (0.6)	37.7 (0.7)	45.0 (1.0)	49.8 (1.2)	12	<3
<b>Females:</b>											
9-13.....	273	21.7 (0.6)	12.3* (0.7)	13.9 (0.7)	17.0 (0.6)	21.0 (0.6)	25.6 (0.9)	30.3 (1.3)	33.4* (1.6)	9	<3
14-18.....	286	20.7 (0.6)	11.6* (0.8)	13.3 (0.8)	16.3 (0.7)	20.1 (0.6)	24.5 (0.7)	29.1 (1.1)	31.9* (1.3)	11	4* (1.6)
19-50.....	900	22.5 (0.4)	13.3 (0.3)	14.9 (0.3)	18.1 (0.4)	21.9 (0.4)	26.4 (0.5)	30.8 (0.5)	33.7 (0.6)	11	<3
51+.....	853	19.9 (0.4)	11.3 (0.3)	12.9 (0.3)	15.7 (0.4)	19.4 (0.4)	23.4 (0.4)	27.6 (0.5)	30.3 (0.6)	11	4 (0.8)
19+.....	1753	21.3 (0.3)	12.2 (0.3)	13.8 (0.3)	16.9 (0.3)	20.7 (0.3)	25.1 (0.4)	29.5 (0.5)	32.4 (0.5)	11	<3
<b>All:</b>											
1+.....	5459	25.1 (0.3)	12.4 (0.2)	14.3 (0.2)	18.2 (0.2)	23.5 (0.3)	30.4 (0.4)	38.2 (0.7)	43.3 (0.9)		<3

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	1.26 (0.03)	0.80 (0.04)	0.89 (0.04)	1.04 (0.03)	1.23 (0.03)	1.45 (0.03)	1.67 (0.04)	1.81 (0.05)	0.4	<3	30	<3
4-8.....	525	1.51 (0.04)	0.98 (0.05)	1.08 (0.05)	1.25 (0.04)	1.48 (0.04)	1.73 (0.04)	1.98 (0.06)	2.14 (0.06)	0.5	<3	40	<3
<b>Males:</b>													
9-13.....	302	2.04 (0.08)	1.05* (0.08)	1.21 (0.08)	1.52 (0.08)	1.94 (0.08)	2.44 (0.11)	3.00 (0.15)	3.36* (0.18)	0.8	<3	60	<3
14-18.....	254	2.36 (0.09)	1.25* (0.08)	1.42 (0.07)	1.78 (0.07)	2.26 (0.09)	2.83 (0.12)	3.43 (0.17)	3.82* (0.22)	1.1	<3	80	<3
19-50.....	918	2.68 (0.07)	1.29 (0.04)	1.51 (0.04)	1.95 (0.05)	2.53 (0.06)	3.24 (0.09)	4.03 (0.12)	4.56 (0.16)	1.1	<3	100	<3
51+.....	787	2.43 (0.06)	1.16 (0.05)	1.35 (0.05)	1.75 (0.05)	2.29 (0.05)	2.96 (0.07)	3.68 (0.10)	4.17 (0.13)	1.4	12 (1.5)	100	<3
19+.....	1705	2.58 (0.06)	1.23 (0.04)	1.44 (0.04)	1.86 (0.04)	2.43 (0.05)	3.13 (0.08)	3.90 (0.11)	4.42 (0.14)		6 (0.8)	100	<3
<b>Females:</b>													
9-13.....	273	1.74 (0.06)	0.87* (0.06)	1.01 (0.06)	1.28 (0.06)	1.65 (0.06)	2.10 (0.08)	2.58 (0.12)	2.91* (0.15)	0.8	3* (1.5)	60	<3
14-18.....	286	1.64 (0.05)	0.81* (0.07)	0.95 (0.06)	1.22 (0.06)	1.56 (0.05)	1.99 (0.06)	2.45 (0.09)	2.74* (0.12)	1	12 (3.1)	80	<3
19-50.....	900	1.83 (0.04)	1.00 (0.03)	1.14 (0.03)	1.41 (0.04)	1.76 (0.04)	2.18 (0.05)	2.61 (0.06)	2.90 (0.07)	1.1	8 (1.3)	100	<3
51+.....	853	1.67 (0.03)	0.90 (0.03)	1.03 (0.03)	1.28 (0.03)	1.60 (0.03)	1.99 (0.04)	2.39 (0.05)	2.67 (0.06)	1.3	27 (2.1)	100	<3
19+.....	1753	1.75 (0.03)	0.94 (0.03)	1.08 (0.03)	1.34 (0.03)	1.68 (0.03)	2.09 (0.04)	2.51 (0.05)	2.81 (0.06)		17 (1.5)	100	<3
<b>All:</b>													
1+.....	5459	2.05 (0.03)	0.98 (0.02)	1.13 (0.02)	1.43 (0.02)	1.87 (0.02)	2.48 (0.04)	3.21 (0.07)	3.74 (0.10)		9 (0.6)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	364 (12)	202 (11)	229 (11)	281 (12)	349 (12)	432 (14)	519 (17)	577 (20)	120	<3
4-8.....	525	475 (17)	270 (14)	304 (15)	370 (15)	456 (17)	559 (20)	668 (26)	742 (30)	160	<3
<b>Males:</b>											
9-13.....	302	594 (28)	322* (22)	366 (22)	453 (22)	569 (26)	705 (36)	855 (52)	951* (64)	250	<3
14-18.....	254	624 (31)	340* (24)	386 (24)	478 (24)	600 (28)	743 (40)	892 (57)	990* (70)	330	4* (1.8)
19-50.....	918	599 (16)	288 (12)	337 (12)	436 (13)	567 (15)	726 (19)	902 (26)	1016 (29)	320	8 (1.4)
51+.....	787	568 (13)	271 (12)	318 (13)	411 (13)	538 (14)	691 (16)	856 (19)	966 (23)	320	10 (1.7)
19+.....	1705	586 (14)	281 (12)	329 (12)	426 (12)	555 (14)	713 (16)	883 (22)	998 (26)	320	9 (1.4)
<b>Females:</b>											
9-13.....	273	531 (24)	281* (19)	322 (18)	402 (18)	508 (21)	635 (32)	769 (48)	860* (60)	250	<3
14-18.....	286	472 (18)	245* (20)	283 (19)	357 (17)	451 (18)	566 (23)	689 (36)	767* (45)	330	19 (3.9)
19-50.....	900	473 (11)	245 (8)	282 (8)	356 (8)	452 (10)	568 (14)	690 (21)	772 (25)	320	17 (1.7)
51+.....	853	434 (9)	221 (7)	256 (6)	324 (6)	414 (8)	522 (12)	636 (18)	715 (22)	320	24 (1.6)
19+.....	1753	454 (8)	232 (6)	269 (6)	340 (6)	434 (7)	546 (12)	666 (18)	747 (23)	320	20 (1.3)
<b>All:</b>											
1+.....	5459	516 (10)	251 (6)	292 (6)	373 (7)	485 (10)	625 (14)	781 (20)	890 (25)	12	(1.0)

NOTES: DFE=dietary folate equivalents; EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	145 (7)	59 (6)	72 (7)	99 (7)	135 (7)	181 (8)	229 (11)	262 (13)	300	<3
4-8.....	525	199 (9)	89 (8)	107 (8)	141 (8)	188 (9)	244 (11)	304 (15)	345 (18)	400	<3
<b>Males:</b>											
9-13.....	302	249 (13)	117* (9)	138 (9)	179 (10)	236 (12)	304 (17)	379 (24)	428* (30)	600	<3
14-18.....	254	257 (16)	121* (10)	142 (10)	185 (11)	244 (15)	314 (21)	388 (28)	436* (34)	800	<3
19-50.....	918	214 (8)	68 (5)	88 (5)	131 (6)	193 (7)	274 (10)	366 (15)	430 (19)	1000	<3
51+.....	787	196 (6)	61 (5)	79 (5)	119 (6)	177 (6)	253 (8)	338 (11)	398 (14)	1000	<3
19+.....	1705	207 (7)	65 (5)	84 (5)	126 (5)	186 (6)	266 (9)	356 (13)	418 (17)	1000	<3
<b>Females:</b>											
9-13.....	273	220 (11)	99* (8)	118 (8)	156 (9)	207 (10)	270 (15)	337 (22)	383* (27)	600	<3
14-18.....	286	192 (9)	83* (7)	101 (7)	135 (7)	180 (8)	237 (12)	298 (18)	338* (22)	800	<3
19-50.....	900	165 (5)	54 (3)	69 (3)	102 (4)	150 (4)	212 (7)	280 (11)	328 (13)	1000	<3
51+.....	853	145 (5)	45 (3)	59 (4)	88 (4)	131 (5)	186 (7)	249 (10)	294 (12)	1000	<3
19+.....	1753	155 (4)	49 (3)	64 (3)	95 (3)	140 (4)	200 (6)	266 (9)	313 (12)	1000	<3
<b>All:</b>											
1+.....	5459	188 (5)	60 (3)	78 (3)	115 (3)	171 (4)	241 (7)	320 (10)	376 (13)		<3

NOTES: UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	118 (3)	67 (3)	76 (3)	92 (3)	114 (3)	138 (4)	164 (5)	181 (6)
4-8.....	525	139 (4)	81 (4)	91 (4)	110 (4)	135 (4)	163 (5)	192 (7)	211 (8)
<b>Males:</b>									
9-13.....	302	173 (7)	93* (5)	107 (5)	132 (5)	166 (6)	206 (9)	249 (12)	277* (15)
14-18.....	254	186 (6)	101* (5)	115 (4)	143 (5)	179 (6)	222 (8)	265 (12)	294* (14)
19-50.....	918	242 (5)	122 (3)	142 (4)	181 (4)	232 (5)	292 (7)	355 (9)	397 (11)
51+.....	787	238 (5)	120 (4)	139 (4)	177 (4)	228 (5)	287 (6)	350 (8)	390 (9)
19+.....	1705	240 (5)	121 (4)	141 (4)	180 (4)	230 (5)	290 (6)	353 (8)	394 (10)
<b>Females:</b>									
9-13.....	273	161 (6)	85* (4)	97 (4)	122 (4)	154 (5)	192 (8)	232 (11)	259* (14)
14-18.....	286	146 (5)	75* (5)	88 (5)	111 (4)	140 (5)	175 (6)	213 (9)	236* (11)
19-50.....	900	197 (4)	100 (3)	116 (3)	147 (3)	188 (4)	237 (5)	289 (7)	324 (8)
51+.....	853	192 (4)	97 (3)	113 (3)	143 (3)	184 (4)	231 (4)	282 (6)	317 (7)
19+.....	1753	194 (3)	98 (3)	114 (3)	145 (3)	186 (3)	234 (4)	285 (6)	321 (7)
<b>All:</b>									
1+.....	5459	201 (3)	94 (2)	110 (2)	142 (2)	188 (3)	245 (4)	307 (5)	349 (6)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	207 (5)	135 (5)	148 (5)	172 (4)	202 (5)	237 (6)	271 (8)	294 (10)	200	52 (3.8)	1000	<3
4-8.....	525	223 (6)	145 (7)	159 (6)	185 (6)	218 (6)	255 (7)	292 (8)	317 (10)	250	28 (3.8)	1000	<3
<b>Males:</b>													
9-13.....	302	286 (9)	156* (7)	178 (7)	220 (7)	275 (9)	339 (12)	409 (17)	453* (21)	375	16 (3.0)	2000	<3
14-18.....	254	327 (10)	182* (9)	206 (9)	254 (9)	316 (10)	388 (13)	461 (18)	508* (22)	550	<3	3000	<3
19-50.....	918	398 (8)	219 (7)	250 (7)	310 (7)	385 (8)	471 (10)	561 (14)	619 (17)	550	11 (1.7)	3500	<3
51+.....	787	392 (9)	213 (8)	245 (8)	303 (8)	380 (9)	467 (12)	555 (16)	613 (18)	550	11 (1.8)	3500	<3
19+.....	1705	395 (8)	216 (7)	248 (7)	307 (7)	383 (8)	469 (10)	559 (14)	617 (17)	550	11 (1.7)	3500	<3
<b>Females:</b>													
9-13.....	273	253 (8)	134* (7)	154 (7)	192 (7)	243 (8)	302 (11)	365 (15)	406* (19)	375	8 (2.2)	2000	<3
14-18.....	286	227 (7)	118* (8)	137 (7)	172 (7)	218 (7)	273 (8)	331 (11)	367* (14)	400	<3	3000	<3
19-50.....	900	286 (4)	165 (4)	187 (4)	227 (4)	278 (4)	336 (5)	395 (7)	433 (8)	425	6 (0.9)	3500	<3
51+.....	853	281 (5)	162 (4)	184 (4)	223 (4)	274 (5)	331 (6)	389 (8)	427 (9)	425	5 (0.9)	3500	<3
19+.....	1753	284 (4)	164 (3)	185 (3)	225 (3)	276 (4)	334 (5)	392 (7)	431 (8)	425	6 (0.8)	3500	<3
<b>All:</b>													
1+.....	5459	316 (4)	162 (3)	185 (3)	230 (3)	297 (4)	382 (6)	475 (9)	538 (12)		11 (0.9)		<3

NOTES: AI=Adequate Intake; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	3.90 (0.11)	2.15 (0.13)	2.46 (0.13)	3.05 (0.12)	3.79 (0.11)	4.63 (0.13)	5.49 (0.17)	6.04 (0.20)	0.7	<3
4-8.....	525	4.21 (0.13)	2.35 (0.14)	2.68 (0.14)	3.30 (0.13)	4.09 (0.13)	4.99 (0.15)	5.90 (0.20)	6.48 (0.24)	1	<3
<b>Males:</b>											
9-13.....	302	5.53 (0.24)	2.53* (0.23)	3.00 (0.23)	3.94 (0.24)	5.23 (0.24)	6.77 (0.28)	8.47 (0.36)	9.57* (0.43)	1.5	<3
14-18.....	254	6.49 (0.27)	3.09* (0.21)	3.62 (0.20)	4.72 (0.21)	6.19 (0.26)	7.93 (0.37)	9.75 (0.50)	10.94* (0.61)	2	<3
19-50.....	918	6.19 (0.19)	2.60 (0.12)	3.13 (0.12)	4.24 (0.13)	5.75 (0.17)	7.66 (0.27)	9.80 (0.40)	11.27 (0.50)	2	<3
51+.....	787	5.69 (0.18)	2.36 (0.11)	2.85 (0.11)	3.86 (0.11)	5.28 (0.16)	7.07 (0.25)	9.05 (0.39)	10.40 (0.48)	2	<3
19+.....	1705	5.99 (0.18)	2.50 (0.11)	3.01 (0.11)	4.07 (0.11)	5.55 (0.15)	7.43 (0.25)	9.51 (0.38)	10.94 (0.48)	2	<3
<b>Females:</b>											
9-13.....	273	4.65 (0.19)	2.00* (0.19)	2.41 (0.18)	3.24 (0.18)	4.37 (0.19)	5.75 (0.23)	7.24 (0.32)	8.26* (0.40)	1.5	<3
14-18.....	286	4.08 (0.13)	1.69* (0.16)	2.07 (0.16)	2.82 (0.15)	3.82 (0.14)	5.08 (0.15)	6.44 (0.22)	7.32* (0.28)	2	9 (2.3)
19-50.....	900	4.20 (0.11)	1.85 (0.08)	2.20 (0.08)	2.92 (0.08)	3.91 (0.10)	5.17 (0.15)	6.54 (0.22)	7.49 (0.29)	2	7 (1.1)
51+.....	853	4.08 (0.12)	1.79 (0.10)	2.14 (0.10)	2.84 (0.11)	3.81 (0.12)	5.02 (0.16)	6.37 (0.22)	7.32 (0.27)	2	8 (1.4)
19+.....	1753	4.14 (0.10)	1.82 (0.08)	2.17 (0.08)	2.88 (0.08)	3.86 (0.09)	5.10 (0.13)	6.46 (0.20)	7.42 (0.26)	2	7 (1.2)
<b>All:</b>											
1+.....	5459	4.98 (0.08)	2.07 (0.05)	2.49 (0.05)	3.32 (0.06)	4.53 (0.07)	6.14 (0.10)	8.05 (0.19)	9.42 (0.27)	4	(0.5)

NOTES: EAR=Estimated Average Requirement  
 It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	69.1 (3.5)	25.6 (2.4)	31.9 (2.6)	45.0 (2.8)	63.3 (3.4)	87.4 (4.5)	113.1 (5.9)	131.7 (7.1)	13	<3	400	<3
4-8.....	525	65.7 (4.2)	24.3 (2.6)	30.0 (2.8)	42.7 (3.3)	60.4 (4.1)	82.9 (5.3)	107.7 (7.0)	125.2 (8.2)	22	3 (1.4)	650	<3
<b>Males:</b>													
9-13.....	302	77.8 (4.8)	26.6* (2.8)	33.4 (3.1)	48.0 (3.7)	69.9 (4.6)	98.4 (6.0)	132.5 (8.2)	155.6* (10.0)	39	15 (3.4)	1200	<3
14-18.....	254	68.0 (4.2)	22.2* (2.0)	28.1 (2.2)	41.3 (2.7)	61.0 (3.7)	87.0 (5.6)	116.8 (7.8)	137.5* (9.7)	63	53 (4.5)	1800	<3
19-50.....	918	78.3 (2.9)	19.7 (1.5)	26.4 (1.7)	42.3 (2.0)	67.0 (2.7)	101.8 (3.8)	144.6 (5.7)	175.0 (7.0)	75	57 (2.4)	2000	<3
51+.....	787	86.2 (3.1)	22.3 (1.9)	29.8 (2.1)	47.1 (2.5)	74.1 (3.1)	112.2 (3.9)	157.5 (5.3)	190.3 (6.4)	75	51 (2.6)	2000	<3
19+.....	1705	81.5 (2.7)	20.6 (1.5)	27.7 (1.7)	44.1 (2.0)	69.9 (2.5)	106.0 (3.5)	149.9 (5.1)	181.4 (6.2)	75	54 (2.2)	2000	<3
<b>Females:</b>													
9-13.....	273	67.3 (3.3)	21.7* (2.4)	27.7 (2.6)	40.7 (2.9)	60.2 (3.3)	86.0 (4.1)	116.1 (5.6)	137.6* (6.9)	39	23 (3.7)	1200	<3
14-18.....	286	60.0 (3.8)	18.6* (2.3)	24.1 (2.7)	36.0 (3.2)	53.3 (3.8)	77.0 (4.6)	104.6 (5.9)	123.3* (7.1)	56	53 (4.9)	1800	<3
19-50.....	900	69.7 (2.1)	20.5 (1.4)	26.8 (1.6)	40.6 (1.7)	61.5 (2.0)	90.0 (2.7)	122.9 (4.1)	146.6 (5.2)	60	48 (2.2)	2000	<3
51+.....	853	74.0 (2.1)	22.0 (1.5)	28.8 (1.6)	43.5 (1.7)	65.6 (1.8)	94.9 (2.7)	129.5 (4.4)	154.8 (5.7)	60	44 (2.0)	2000	<3
19+.....	1753	71.7 (1.8)	21.2 (1.4)	27.7 (1.5)	42.0 (1.6)	63.5 (1.7)	92.4 (2.4)	126.1 (3.8)	150.4 (5.1)	60	46 (1.9)	2000	<3
<b>All:</b>													
1+.....	5459	74.3 (1.5)	21.4 (0.9)	28.1 (1.0)	42.7 (1.2)	64.8 (1.4)	95.2 (1.9)	131.9 (2.7)	159.3 (3.3)	43	(1.4)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR used is for non-smokers regardless of smoking status  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males:</b>													
19-50.....	229	59.1 (2.5)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	147	62.9 (3.3)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	376	60.4 (2.5)	14.4 (1.2)	19.7 (1.4)	31.7 (1.7)	50.9 (2.3)	78.7 (3.2)	113.0 (5.0)	137.7 (6.6)	110	89 (1.5)	2000	<3
<b>Females:</b>													
19-50.....	154	48.5 (2.6)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	127	49.5 (2.2)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	281	49.0 (2.3)	13.8* (1.3)	17.9 (1.5)	27.4 (1.8)	42.6 (2.2)	63.7 (2.9)	87.6 (3.8)	105.1* (4.8)	95	92 (1.3)	2000	<3

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males:</b>													
19-50.....	689	84.8 (3.2)	22.6 (1.7)	30.3 (2.0)	47.4 (2.4)	73.4 (3.0)	109.8 (4.3)	153.7 (6.0)	185.2 (7.7)	75	51 (2.7)	2000	<3
51+.....	639	90.9 (3.4)	25.3 (2.2)	33.3 (2.4)	51.3 (2.9)	78.9 (3.4)	117.3 (4.3)	162.9 (5.8)	196.2 (7.2)	75	47 (3.0)	2000	<3
19+.....	1328	87.4 (3.0)	23.8 (1.8)	31.5 (2.0)	48.9 (2.4)	75.7 (2.9)	113.0 (4.0)	157.9 (5.5)	190.1 (6.9)	75	49 (2.6)	2000	<3
<b>Females:</b>													
19-50.....	746	75.1 (2.1)	24.4 (1.6)	31.0 (1.7)	45.8 (1.8)	67.4 (2.0)	95.6 (2.8)	128.3 (4.1)	152.2 (5.4)	60	42 (2.1)	2000	<3
51+.....	725	78.8 (2.2)	26.1 (1.7)	33.0 (1.8)	48.2 (1.9)	70.8 (2.0)	100.6 (2.9)	134.9 (4.3)	159.0 (5.7)	60	38 (2.2)	2000	<3
19+.....	1471	76.8 (1.9)	25.1 (1.6)	31.9 (1.6)	46.9 (1.7)	69.0 (1.8)	98.2 (2.5)	131.3 (3.9)	155.4 (5.2)	60	40 (1.9)	2000	<3

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males:</b>													
19-50.....	918	78.6 (2.8)	19.3 (1.4)	26.3 (1.5)	42.1 (1.9)	67.3 (2.6)	102.5 (3.8)	145.1 (5.5)	176.9 (7.3)	110/75	61 (2.2)	2000	<3
51+.....	786	85.9 (3.2)	22.3 (1.9)	29.6 (2.2)	46.9 (2.6)	74.1 (3.2)	111.4 (4.0)	156.3 (5.5)	189.4 (6.8)	110/75	54 (2.7)	2000	<3
19+.....	1704	81.6 (2.7)	20.4 (1.5)	27.6 (1.7)	44.0 (2.0)	70.1 (2.6)	106.1 (3.5)	149.7 (5.0)	182.2 (6.5)	110/75	58 (2.1)	2000	<3
<b>Females:</b>													
19-50.....	900	70.3 (2.0)	20.8 (1.4)	27.1 (1.5)	41.1 (1.6)	62.7 (1.9)	90.5 (2.6)	123.4 (3.9)	147.2 (5.2)	95/60	51 (1.8)	2000	<3
51+.....	852	73.3 (2.0)	21.7 (1.5)	28.2 (1.6)	42.8 (1.7)	65.2 (1.9)	94.8 (2.7)	128.4 (4.2)	152.6 (5.4)	95/60	48 (2.2)	2000	<3
19+.....	1752	71.8 (1.7)	21.2 (1.4)	27.6 (1.5)	41.9 (1.5)	63.8 (1.7)	92.5 (2.3)	125.6 (3.6)	149.8 (4.9)	95/60	50 (1.7)	2000	<3

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	6.8 (0.3)	2.8 (0.2)	3.5 (0.2)	4.8 (0.2)	6.5 (0.3)	8.5 (0.3)	10.6 (0.4)	11.9 (0.4)	10	87 (2.2)	63	<3
4-8.....	525	5.7 (0.2)	2.1 (0.2)	2.7 (0.2)	3.8 (0.2)	5.3 (0.2)	7.1 (0.3)	9.1 (0.4)	10.3 (0.4)	10	94 (1.4)	75	<3
<b>Males:</b>													
9-13.....	302	6.1 (0.3)	2.2* (0.2)	2.7 (0.2)	3.9 (0.2)	5.6 (0.3)	7.8 (0.4)	10.2 (0.5)	11.9* (0.6)	10	89 (2.1)	100	<3
14-18.....	254	6.0 (0.4)	2.1* (0.2)	2.6 (0.2)	3.8 (0.3)	5.5 (0.4)	7.6 (0.5)	10.0 (0.6)	11.5* (0.7)	10	90 (2.7)	100	<3
19-50.....	918	4.9 (0.2)	1.4 (0.1)	1.8 (0.1)	2.8 (0.1)	4.3 (0.1)	6.3 (0.2)	8.9 (0.4)	10.7 (0.5)	10	93 (1.0)	100	<3
51+.....	787	5.6 (0.2)	1.6 (0.1)	2.1 (0.1)	3.2 (0.2)	4.8 (0.2)	7.2 (0.3)	9.9 (0.4)	11.9 (0.5)	10	90 (1.4)	100	<3
19+.....	1705	5.2 (0.2)	1.5 (0.1)	1.9 (0.1)	2.9 (0.1)	4.5 (0.2)	6.7 (0.2)	9.3 (0.4)	11.2 (0.5)	10	92 (1.1)	100	<3
<b>Females:</b>													
9-13.....	273	5.3 (0.2)	1.8* (0.2)	2.3 (0.2)	3.3 (0.2)	4.8 (0.2)	6.8 (0.3)	9.0 (0.4)	10.5* (0.5)	10	94* (1.4)	100	<3
14-18.....	286	4.1 (0.2)	1.2* (0.1)	1.6 (0.1)	2.5 (0.1)	3.7 (0.2)	5.3 (0.2)	7.2 (0.4)	8.4* (0.5)	10	>97	100	<3
19-50.....	900	3.9 (0.1)	1.3 (0.1)	1.6 (0.1)	2.4 (0.1)	3.5 (0.1)	5.0 (0.2)	6.8 (0.2)	8.1 (0.3)	10	>97	100	<3
51+.....	853	4.3 (0.2)	1.4 (0.1)	1.8 (0.1)	2.6 (0.1)	3.9 (0.1)	5.4 (0.2)	7.3 (0.3)	8.7 (0.3)	10	>97	100	<3
19+.....	1753	4.1 (0.1)	1.4 (0.1)	1.7 (0.1)	2.5 (0.1)	3.7 (0.1)	5.2 (0.2)	7.0 (0.2)	8.4 (0.3)	10	>97	100	<3
<b>All:</b>													
1+.....	5459	4.9 (0.1)	1.5 (0.1)	1.9 (0.1)	2.9 (0.1)	4.3 (0.1)	6.3 (0.1)	8.6 (0.2)	10.3 (0.2)	10	94 (0.5)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table G 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	5.1 (0.1)	2.8 (0.1)	3.2 (0.1)	4.0 (0.1)	5.0 (0.1)	6.1 (0.2)	7.3 (0.3)	8.1 (0.3)	5	51 (3.3)
4-8.....	525	6.5 (0.1)	3.7 (0.2)	4.2 (0.1)	5.1 (0.1)	6.3 (0.1)	7.7 (0.2)	9.2 (0.3)	10.2 (0.3)	6	43 (2.8)
<b>Males:</b>											
9-13.....	302	8.2 (0.3)	4.2* (0.2)	4.8 (0.2)	6.1 (0.2)	7.8 (0.2)	9.9 (0.4)	12.2 (0.7)	13.8* (1.0)	9	66 (4.1)
14-18.....	254	8.4 (0.4)	4.3* (0.2)	4.9 (0.2)	6.2 (0.2)	8.0 (0.3)	10.2 (0.6)	12.5 (0.9)	14.0* (1.1)	12	88 (4.2)
19-50.....	918	10.1 (0.3)	4.6 (0.2)	5.5 (0.2)	7.2 (0.2)	9.5 (0.3)	12.3 (0.4)	15.5 (0.5)	17.7 (0.6)	12	73 (2.5)
51+.....	787	9.8 (0.2)	4.5 (0.2)	5.2 (0.2)	6.9 (0.2)	9.2 (0.2)	11.9 (0.3)	15.0 (0.4)	17.1 (0.5)	12	75 (2.0)
19+.....	1705	10.0 (0.2)	4.6 (0.2)	5.4 (0.2)	7.1 (0.2)	9.4 (0.2)	12.2 (0.3)	15.3 (0.4)	17.4 (0.5)	12	74 (2.1)
<b>Females:</b>											
9-13.....	273	7.6 (0.3)	3.8* (0.2)	4.4 (0.2)	5.5 (0.2)	7.2 (0.2)	9.1 (0.4)	11.3 (0.7)	12.8* (0.9)	9	74 (4.0)
14-18.....	286	7.0 (0.2)	3.4* (0.2)	4.0 (0.2)	5.1 (0.2)	6.6 (0.2)	8.4 (0.3)	10.4 (0.6)	11.8* (0.7)	12	96* (1.8)
19-50.....	900	8.6 (0.2)	4.0 (0.1)	4.7 (0.1)	6.2 (0.1)	8.1 (0.2)	10.5 (0.3)	13.1 (0.5)	15.0 (0.6)	12	85 (2.1)
51+.....	853	8.1 (0.2)	3.7 (0.1)	4.4 (0.1)	5.8 (0.1)	7.6 (0.2)	9.9 (0.3)	12.4 (0.4)	14.2 (0.5)	12	88 (1.9)
19+.....	1753	8.4 (0.2)	3.9 (0.1)	4.6 (0.1)	6.0 (0.1)	7.9 (0.2)	10.2 (0.3)	12.8 (0.4)	14.6 (0.5)	12	87 (1.8)
<b>All:</b>											
1+.....	5459	8.6 (0.1)	3.9 (0.1)	4.6 (0.1)	6.0 (0.1)	8.0 (0.1)	10.6 (0.2)	13.5 (0.3)	15.5 (0.3)		77 (1.3)

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	43.6 (1.8)	19.9 (1.7)	23.3 (1.7)	30.3 (1.7)	40.4 (1.8)	53.2 (2.3)	68.0 (3.5)	78.6 (4.7)	30	76 (4.1)
4-8.....	525	57.0 (2.2)	26.5 (2.3)	30.9 (2.3)	40.1 (2.3)	52.8 (2.2)	69.3 (2.6)	88.0 (3.9)	101.7 (5.2)	55	46 (4.0)
<b>Males:</b>											
9-13.....	302	81.1 (4.0)	35.0* (2.4)	41.4 (2.3)	54.7 (2.3)	74.2 (3.2)	99.5 (5.6)	129.9 (9.4)	150.8* (12.5)	60	68 (3.2)
14-18.....	254	76.7 (4.0)	32.8* (2.4)	38.8 (2.4)	51.6 (2.5)	70.3 (3.3)	94.6 (5.4)	122.5 (8.6)	141.9* (11.2)	75	44 (4.4)
19-50.....	918	109.6 (3.2)	45.9 (2.7)	54.8 (2.7)	73.3 (2.7)	100.1 (3.0)	135.2 (4.1)	176.0 (6.4)	205.1 (8.5)	120	34 (2.5)
51+.....	787	118.5 (3.7)	50.6 (3.4)	60.2 (3.6)	80.1 (3.6)	108.9 (3.8)	146.1 (4.4)	188.7 (6.1)	218.7 (7.7)	120	41 (2.9)
19+.....	1705	113.2 (3.0)	47.5 (2.8)	56.9 (2.9)	75.9 (2.9)	103.6 (2.9)	139.6 (3.7)	181.3 (5.7)	211.4 (7.4)	120	37 (2.3)
<b>Females:</b>											
9-13.....	273	76.2 (4.5)	32.3* (2.9)	38.4 (3.0)	51.2 (3.2)	69.7 (3.9)	93.9 (5.7)	122.0 (8.6)	142.4* (11.1)	60	63 (4.8)
14-18.....	286	70.6 (4.9)	29.7* (3.1)	35.6 (3.3)	47.7 (3.8)	64.5 (4.5)	87.2 (6.2)	113.4 (9.1)	131.3* (11.4)	75	37 (6.1)
19-50.....	900	114.9 (4.1)	40.9 (2.5)	50.3 (2.8)	70.3 (3.2)	101.2 (3.9)	144.1 (5.1)	196.2 (7.4)	235.6 (9.5)	90	59 (2.9)
51+.....	853	114.5 (2.9)	41.0 (2.3)	50.3 (2.5)	70.5 (2.6)	101.1 (2.9)	143.2 (3.6)	194.9 (5.6)	234.4 (7.6)	90	59 (2.2)
19+.....	1753	114.7 (3.2)	40.9 (2.3)	50.3 (2.5)	70.4 (2.7)	101.1 (3.1)	143.7 (4.0)	195.5 (5.9)	235.0 (8.0)	90	59 (2.4)
<b>All:</b>											
1+.....	5459	101.8 (2.0)	35.0 (0.9)	43.3 (1.0)	61.6 (1.5)	89.9 (2.2)	128.6 (2.8)	174.5 (3.7)	208.7 (4.9)		50 (1.7)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	976 (26)	590 (27)	659 (27)	790 (26)	952 (26)	1137 (28)	1319 (32)	1439 (36)	500	<3	2500	<3
4-8.....	525	1006 (23)	606 (26)	678 (25)	812 (24)	982 (23)	1172 (24)	1363 (29)	1487 (34)	800	23 (3.1)	2500	<3
<b>Males:</b>													
9-13.....	302	1132 (42)	585* (31)	677 (32)	855 (35)	1088 (41)	1358 (50)	1647 (64)	1829* (73)	1100	51 (4.3)	3000	<3
14-18.....	254	1186 (49)	619* (33)	714 (34)	901 (40)	1145 (47)	1426 (59)	1711 (75)	1896* (86)	1100	45 (4.8)	3000	<3
19-50.....	918	1127 (20)	561 (17)	654 (17)	840 (18)	1078 (21)	1360 (25)	1661 (31)	1859 (37)	800	21 (1.5)	2500	<3
51+.....	787	1003 (24)	488 (18)	571 (18)	737 (20)	957 (23)	1218 (29)	1494 (34)	1673 (40)		40 (2.5)	2000	<3
19+.....	1705	1077 (19)	526 (16)	617 (16)	794 (17)	1028 (19)	1307 (23)	1600 (29)	1795 (34)		29 (1.7)		<3
<b>Females:</b>													
9-13.....	273	989 (29)	488* (24)	572 (24)	735 (25)	948 (28)	1198 (35)	1458 (46)	1631* (55)	1100	66 (3.0)	3000	<3
14-18.....	286	870 (37)	413* (25)	491 (27)	641 (29)	830 (36)	1060 (45)	1299 (58)	1450* (68)	1100	78 (3.6)	3000	<3
19-50.....	900	884 (15)	476 (15)	545 (15)	678 (14)	850 (15)	1054 (17)	1265 (23)	1404 (27)	800	43 (2.2)	2500	<3
51+.....	853	824 (16)	437 (13)	503 (13)	630 (13)	793 (15)	985 (20)	1184 (27)	1320 (33)	1000	77 (2.1)	2000	<3
19+.....	1753	856 (12)	456 (13)	524 (12)	654 (12)	823 (12)	1021 (15)	1228 (21)	1367 (26)		59 (1.6)		<3
<b>All:</b>													
1+.....	5459	980 (13)	493 (11)	572 (11)	726 (11)	931 (13)	1180 (16)	1448 (21)	1636 (25)		43 (1.4)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	1027 (16)	684 (25)	748 (23)	866 (20)	1009 (16)	1171 (16)	1325 (19)	1427 (24)	380	<3	3000	<3
4-8.....	525	1177 (23)	789 (30)	862 (29)	993 (26)	1159 (23)	1339 (23)	1518 (27)	1630 (31)	405	<3	3000	<3
<b>Males:</b>													
9-13.....	302	1418 (42)	837* (41)	941 (40)	1137 (38)	1384 (42)	1658 (52)	1943 (70)	2118* (83)	1055	18 (3.1)	4000	<3
14-18.....	254	1579 (45)	953* (44)	1065 (42)	1280 (41)	1547 (44)	1843 (57)	2133 (74)	2316* (88)	1055	10 (2.1)	4000	<3
19-50.....	918	1668 (30)	976 (26)	1102 (25)	1342 (26)	1631 (30)	1955 (37)	2281 (45)	2486 (51)	580	<3	4000	<3
51+.....	787	1516 (25)	856 (19)	977 (20)	1198 (20)	1479 (24)	1791 (33)	2102 (43)	2302 (51)	580	<3		<3
19+.....	1705	1607 (26)	919 (22)	1044 (21)	1279 (22)	1569 (26)	1893 (33)	2216 (42)	2423 (49)	580	<3		<3
<b>Females:</b>													
9-13.....	273	1264 (31)	720* (33)	818 (31)	1001 (28)	1231 (30)	1490 (42)	1750 (60)	1919* (73)	1055	30 (2.9)	4000	<3
14-18.....	286	1141 (33)	632* (38)	726 (36)	899 (33)	1109 (33)	1352 (40)	1597 (54)	1747* (65)	1055	43 (3.9)	4000	<3
19-50.....	900	1225 (13)	755 (16)	843 (15)	1006 (13)	1203 (13)	1422 (16)	1634 (21)	1768 (25)	580	<3	4000	<3
51+.....	853	1137 (17)	683 (18)	770 (17)	926 (16)	1117 (16)	1325 (20)	1529 (24)	1662 (28)	580	<3		<3
19+.....	1753	1183 (11)	718 (15)	806 (14)	966 (12)	1163 (11)	1377 (14)	1587 (19)	1723 (23)	580	<3		<3
<b>All:</b>													
1+.....	5459	1358 (14)	764 (12)	864 (11)	1048 (10)	1296 (11)	1604 (18)	1942 (29)	2164 (37)		4 (0.4)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	186 (3)	123 (4)	135 (4)	156 (3)	183 (3)	213 (3)	242 (4)	261 (4)	65	<3
4-8.....	525	216 (4)	144 (5)	158 (5)	182 (4)	213 (4)	246 (5)	280 (5)	301 (6)	110	<3
<b>Males:</b>											
9-13.....	302	260 (9)	154* (8)	172 (8)	207 (7)	252 (8)	303 (11)	357 (15)	391* (18)	200	21 (3.6)
14-18.....	254	283 (9)	170* (8)	190 (7)	228 (7)	276 (8)	331 (11)	386 (16)	422* (19)	340	78 (3.9)
19-50.....	918	342 (7)	182 (6)	209 (6)	262 (6)	330 (7)	409 (8)	491 (9)	544 (11)		54 (2.4)
51+.....	787	334 (6)	175 (5)	202 (5)	254 (5)	322 (6)	400 (7)	481 (10)	534 (11)	350	60 (2.1)
19+.....	1705	339 (6)	179 (5)	206 (5)	259 (5)	327 (6)	405 (7)	487 (9)	541 (10)		56 (2.1)
<b>Females:</b>											
9-13.....	273	236 (6)	137* (7)	154 (6)	187 (6)	229 (6)	278 (8)	327 (12)	360* (15)	200	32 (3.4)
14-18.....	286	220 (5)	126* (7)	143 (6)	174 (5)	213 (5)	259 (7)	306 (10)	335* (13)	300	89 (2.3)
19-50.....	900	268 (4)	153 (3)	174 (4)	211 (4)	260 (4)	316 (5)	372 (7)	410 (8)		51 (2.1)
51+.....	853	257 (4)	146 (4)	166 (4)	202 (4)	250 (4)	303 (5)	358 (6)	395 (8)	265	58 (2.2)
19+.....	1753	263 (3)	149 (3)	170 (3)	207 (3)	255 (3)	310 (4)	366 (6)	404 (7)		54 (1.8)
<b>All:</b>											
1+.....	5459	283 (3)	151 (2)	171 (2)	210 (3)	267 (3)	338 (4)	417 (5)	471 (7)		49 (1.4)

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	9.6 (0.2)	5.6 (0.2)	6.3 (0.2)	7.6 (0.2)	9.3 (0.2)	11.2 (0.3)	13.3 (0.3)	14.6 (0.4)	3	<3	40	<3
4-8.....	525	12.7 (0.3)	7.6 (0.3)	8.5 (0.3)	10.2 (0.3)	12.3 (0.3)	14.8 (0.4)	17.4 (0.5)	19.0 (0.6)	4.1	<3	40	<3
<b>Males:</b>													
9-13.....	302	16.5 (0.6)	9.3* (0.5)	10.5 (0.5)	12.9 (0.5)	15.9 (0.6)	19.5 (0.7)	23.3 (0.9)	25.7* (1.1)	5.9	<3	40	<3
14-18.....	254	17.6 (0.7)	10.0* (0.6)	11.3 (0.6)	13.8 (0.6)	17.0 (0.7)	20.7 (0.9)	24.6 (1.1)	27.0* (1.3)	7.7	<3	45	<3
19-50.....	918	16.5 (0.4)	8.8 (0.3)	10.1 (0.3)	12.6 (0.3)	15.9 (0.4)	19.7 (0.5)	23.9 (0.7)	26.5 (0.8)	6	<3	45	<3
51+.....	787	16.2 (0.3)	8.5 (0.3)	9.8 (0.3)	12.3 (0.3)	15.5 (0.3)	19.3 (0.3)	23.3 (0.4)	25.9 (0.5)	6	<3	45	<3
19+.....	1705	16.4 (0.3)	8.7 (0.3)	10.0 (0.3)	12.5 (0.3)	15.7 (0.3)	19.6 (0.4)	23.6 (0.6)	26.3 (0.7)	6	<3	45	<3
<b>Females:</b>													
9-13.....	273	14.6 (0.5)	8.0* (0.5)	9.1 (0.5)	11.2 (0.5)	14.0 (0.5)	17.3 (0.6)	20.7 (0.8)	22.9* (1.0)	5.7	<3	40	<3
14-18.....	286	12.8 (0.4)	6.9* (0.4)	7.9 (0.4)	9.8 (0.4)	12.3 (0.4)	15.2 (0.5)	18.3 (0.7)	20.2* (0.8)	7.9	15 (2.0)	45	<3
19-50.....	900	12.8 (0.2)	6.9 (0.2)	7.9 (0.2)	9.8 (0.2)	12.3 (0.2)	15.3 (0.3)	18.3 (0.4)	20.3 (0.5)	8.1	18 (0.9)	45	<3
51+.....	853	12.2 (0.2)	6.5 (0.2)	7.5 (0.2)	9.3 (0.2)	11.7 (0.2)	14.5 (0.3)	17.5 (0.4)	19.4 (0.5)	5	<3	45	<3
19+.....	1753	12.5 (0.2)	6.7 (0.2)	7.7 (0.1)	9.6 (0.1)	12.0 (0.2)	14.9 (0.2)	17.9 (0.4)	19.9 (0.4)	11	(0.6)	45	<3
<b>All:</b>													
1+.....	5459	14.3 (0.2)	7.3 (0.1)	8.4 (0.1)	10.6 (0.1)	13.5 (0.2)	17.2 (0.3)	21.1 (0.4)	23.8 (0.5)	5	(0.3)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR percentages determined by probability method for groups  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	7.5 (0.1)	4.8 (0.2)	5.3 (0.2)	6.2 (0.2)	7.3 (0.1)	8.6 (0.1)	9.9 (0.2)	10.7 (0.3)	2.5	<3	7	57 (3.1)
4-8.....	525	9.0 (0.2)	5.8 (0.2)	6.4 (0.2)	7.4 (0.2)	8.8 (0.2)	10.3 (0.2)	11.9 (0.3)	12.9 (0.3)	4	<3	12	9 (1.8)
<b>Males:</b>													
9-13.....	302	12.0 (0.4)	6.6* (0.4)	7.5 (0.4)	9.2 (0.4)	11.5 (0.4)	14.2 (0.5)	17.1 (0.8)	18.9* (0.9)	7	7 (2.1)	23	<3
14-18.....	254	13.2 (0.5)	7.4* (0.4)	8.4 (0.4)	10.3 (0.4)	12.8 (0.5)	15.7 (0.7)	18.7 (1.0)	20.7* (1.2)	8.5	11 (2.6)	34	<3
19-50.....	918	13.6 (0.3)	7.6 (0.2)	8.6 (0.2)	10.6 (0.2)	13.1 (0.2)	16.0 (0.3)	19.0 (0.5)	21.0 (0.6)	9.4	15 (1.3)	40	<3
51+.....	787	12.7 (0.2)	7.0 (0.2)	8.0 (0.2)	9.9 (0.2)	12.3 (0.2)	15.1 (0.3)	18.0 (0.4)	19.8 (0.5)	9.4	21 (1.4)	40	<3
19+.....	1705	13.2 (0.2)	7.3 (0.2)	8.4 (0.2)	10.3 (0.2)	12.8 (0.2)	15.7 (0.3)	18.6 (0.4)	20.6 (0.5)	9.4	17 (1.3)	40	<3
<b>Females:</b>													
9-13.....	273	10.2 (0.3)	5.4* (0.4)	6.2 (0.3)	7.7 (0.3)	9.7 (0.3)	12.1 (0.4)	14.7 (0.6)	16.3* (0.8)	7	17 (3.4)	23	<3
14-18.....	286	9.1 (0.3)	4.8* (0.3)	5.5 (0.3)	6.9 (0.3)	8.7 (0.3)	10.9 (0.4)	13.2 (0.6)	14.7* (0.7)	7.3	30 (3.7)	34	<3
19-50.....	900	9.8 (0.1)	5.6 (0.1)	6.3 (0.1)	7.7 (0.1)	9.5 (0.1)	11.5 (0.2)	13.6 (0.3)	14.9 (0.3)	6.8	14 (1.1)	40	<3
51+.....	853	9.2 (0.2)	5.2 (0.2)	5.9 (0.1)	7.2 (0.1)	8.9 (0.2)	10.8 (0.2)	12.8 (0.3)	14.2 (0.3)	6.8	19 (1.8)	40	<3
19+.....	1753	9.5 (0.1)	5.4 (0.1)	6.1 (0.1)	7.5 (0.1)	9.2 (0.1)	11.2 (0.2)	13.2 (0.2)	14.6 (0.3)	6.8	17 (1.2)	40	<3
<b>All:</b>													
1+.....	5459	11.0 (0.1)	5.8 (0.1)	6.6 (0.1)	8.2 (0.1)	10.4 (0.1)	13.2 (0.2)	16.3 (0.3)	18.4 (0.4)		15 (0.8)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	0.7 (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	0.9 (0.02)	1.0 (0.02)	0.26	<3	1	5 (1.1)
4-8.....	525	0.8 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.1 (0.03)	1.2 (0.04)	0.34	<3	3	<3
<b>Males:</b>													
9-13.....	302	1.0 (0.04)	0.6* (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.04)	1.2 (0.04)	1.4 (0.06)	1.5* (0.07)	0.54	<3	5	<3
14-18.....	254	1.1 (0.04)	0.7* (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.04)	1.3 (0.05)	1.5 (0.06)	1.7* (0.07)	0.685	7* (2.0)	8	<3
19-50.....	918	1.4 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.03)	2.0 (0.04)	2.2 (0.05)	0.7	5 (0.8)	10	<3
51+.....	787	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.02)	1.9 (0.03)	2.2 (0.04)	0.7	5 (0.8)	10	<3
19+.....	1705	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	2.0 (0.04)	2.2 (0.04)	0.7	5 (0.8)	10	<3
<b>Females:</b>													
9-13.....	273	0.9 (0.03)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.1 (0.04)	1.3 (0.05)	1.4* (0.06)	0.54	5* (1.5)	5	<3
14-18.....	286	0.9 (0.02)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.04)	1.3* (0.05)	0.685	24 (2.5)	8	<3
19-50.....	900	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.1 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	10 (1.0)	10	<3
51+.....	853	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	12 (1.2)	10	<3
19+.....	1753	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	11 (0.9)	10	<3
<b>All:</b>													
1+.....	5459	1.1 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.4 (0.02)	1.7 (0.02)	1.9 (0.03)		7 (0.6)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table G 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	69 (1)	45 (2)	50 (2)	58 (1)	67 (1)	79 (2)	90 (3)	98 (3)	17	<3	90	10 (2.3)
4-8.....	525	87 (2)	58 (2)	63 (2)	73 (2)	85 (2)	98 (2)	112 (3)	121 (4)	23	<3	150	<3
<b>Males:</b>													
9-13.....	302	110 (3)	67* (3)	75 (3)	89 (3)	107 (3)	128 (4)	148 (5)	161* (6)	35	<3	280	<3
14-18.....	254	128 (4)	80* (4)	89 (4)	105 (4)	125 (4)	148 (5)	170 (6)	184* (7)	45	<3	400	<3
19-50.....	918	141 (3)	84 (3)	94 (3)	114 (2)	138 (3)	165 (3)	192 (4)	209 (5)	45	<3	400	<3
51+.....	787	126 (2)	72 (2)	82 (2)	100 (2)	123 (2)	149 (3)	174 (3)	191 (4)	45	<3	400	<3
19+.....	1705	135 (2)	78 (2)	88 (2)	108 (2)	132 (2)	159 (3)	185 (4)	203 (4)	45	<3	400	<3
<b>Females:</b>													
9-13.....	273	96 (3)	57* (3)	64 (3)	77 (2)	93 (3)	112 (4)	131 (5)	143* (6)	35	<3	280	<3
14-18.....	286	91 (2)	53* (3)	60 (3)	73 (3)	88 (2)	106 (3)	125 (4)	136* (5)	45	<3	400	<3
19-50.....	900	101 (1)	61 (1)	68 (1)	82 (1)	99 (1)	118 (2)	137 (2)	149 (2)	45	<3	400	<3
51+.....	853	93 (2)	54 (2)	61 (2)	74 (2)	91 (2)	109 (2)	126 (2)	138 (2)	45	<3	400	<3
19+.....	1753	97 (1)	57 (1)	65 (1)	78 (1)	95 (1)	114 (1)	132 (2)	145 (2)	45	<3	400	<3
<b>All:</b>													
1+.....	5459	111 (1)	60 (1)	68 (1)	84 (1)	105 (1)	132 (2)	161 (2)	180 (3)		<3		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	361	1940 (33)	1198 (41)	1334 (38)	1585 (33)	1893 (32)	2250 (42)	2597 (57)	2833 (71)	800	>97	1200	95 (1.2)
4-8.....	525	2655 (52)	1717 (50)	1891 (48)	2208 (46)	2603 (51)	3043 (65)	3485 (87)	3765 (105)	1000	>97	1500	>97
<b>Males:</b>													
9-13.....	302	3463 (84)	2197* (81)	2425 (80)	2852 (76)	3388 (83)	3984 (100)	4604 (131)	4986* (156)	1200	>97	1800	>97
14-18.....	254	3905 (93)	2519* (102)	2768 (98)	3243 (93)	3834 (93)	4488 (106)	5132 (128)	5539* (150)	1500	>97	2300	>97
19-50.....	918	4252 (76)	2632 (63)	2931 (63)	3499 (66)	4173 (75)	4920 (92)	5672 (110)	6133 (128)	1500	>97	2300	>97
51+.....	787	3808 (63)	2268 (57)	2554 (56)	3077 (57)	3730 (62)	4455 (78)	5159 (96)	5620 (112)	1500	>97	2300	95 (0.8)
19+.....	1705	4073 (65)	2451 (58)	2753 (57)	3312 (58)	3993 (65)	4750 (80)	5491 (101)	5967 (115)	1500	>97	2300	97 (0.5)
<b>Females:</b>													
9-13.....	273	3048 (60)	1882* (60)	2093 (58)	2486 (52)	2978 (57)	3531 (76)	4089 (105)	4450* (126)	1200	>97	1800	97* (1.0)
14-18.....	286	2888 (72)	1765* (74)	1975 (72)	2358 (69)	2820 (71)	3353 (87)	3888 (111)	4218* (128)	1500	>97	2300	78 (3.2)
19-50.....	900	3193 (36)	1931 (40)	2161 (39)	2592 (36)	3121 (36)	3722 (41)	4309 (51)	4685 (60)	1500	>97	2300	86 (1.2)
51+.....	853	2858 (39)	1669 (41)	1890 (40)	2291 (39)	2793 (39)	3348 (46)	3903 (56)	4268 (63)	1500	>97	2300	75 (1.8)
19+.....	1753	3033 (31)	1786 (38)	2016 (36)	2437 (33)	2963 (31)	3552 (36)	4138 (44)	4524 (53)	1500	>97	2300	81 (1.3)
<b>All:</b>													
1+.....	5459	3394 (33)	1823 (21)	2091 (21)	2603 (23)	3273 (32)	4059 (46)	4863 (66)	5370 (82)		>97		90 (0.6)

<sup>Δ</sup> Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

NOTES: AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	1837 (41)	1188 (47)	1308 (46)	1532 (42)	1802 (42)	2109 (42)	2404 (49)	2600 (53)	2000	33 (3.3)
4-8.....	525	1991 (53)	1297 (49)	1425 (50)	1663 (49)	1957 (52)	2280 (59)	2601 (70)	2805 (78)	2300	24 (3.8)
<b>Males:</b>											
9-13.....	302	2372 (79)	1444* (64)	1611 (64)	1925 (65)	2318 (77)	2755 (97)	3208 (129)	3487* (150)	2500	39 (5.2)
14-18.....	254	2560 (70)	1579* (70)	1756 (65)	2092 (65)	2510 (70)	2974 (87)	3430 (110)	3715* (131)	3000	24 (3.7)
19-50.....	918	2916 (47)	1658 (42)	1894 (42)	2324 (43)	2853 (48)	3436 (56)	4016 (67)	4386 (71)	3400	26 (2.0)
51+.....	787	3000 (44)	1723 (42)	1959 (41)	2395 (40)	2940 (43)	3532 (52)	4120 (64)	4485 (73)	3400	30 (1.8)
19+.....	1705	2950 (43)	1683 (40)	1919 (40)	2351 (39)	2887 (43)	3477 (51)	4058 (62)	4427 (70)	3400	28 (1.8)
<b>Females:</b>											
9-13.....	273	2108 (54)	1241* (56)	1399 (53)	1691 (50)	2057 (53)	2468 (68)	2881 (94)	3148* (112)	2300	34 (3.4)
14-18.....	286	1937 (40)	1118* (55)	1270 (51)	1550 (45)	1887 (40)	2278 (49)	2669 (73)	2908* (90)	2300	24 (2.4)
19-50.....	900	2258 (33)	1324 (26)	1501 (27)	1819 (27)	2214 (32)	2646 (40)	3069 (52)	3344 (60)	2600	27 (2.0)
51+.....	853	2300 (34)	1361 (35)	1540 (33)	1863 (32)	2257 (34)	2689 (39)	3114 (48)	3388 (54)	2600	29 (2.0)
19+.....	1753	2278 (28)	1339 (26)	1519 (25)	1839 (24)	2235 (28)	2666 (34)	3090 (45)	3364 (52)	2600	28 (1.7)
<b>All:</b>											
1+.....	5459	2484 (24)	1381 (20)	1565 (19)	1914 (20)	2381 (24)	2946 (30)	3547 (42)	3943 (53)		28 (1.2)

<sup>Δ</sup> Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	361	3.8 (0.4)	0.4 (0.1)	0.6 (0.2)	1.2 (0.2)	2.5 (0.4)	4.9 (0.5)	8.5 (0.9)	11.9 (1.2)
4-8.....	525	9.0 (0.6)	1.4 (0.3)	2.1 (0.3)	3.6 (0.4)	6.5 (0.6)	11.5 (0.8)	18.5 (1.4)	24.8 (2.1)
<b>Males:</b>									
9-13.....	302	25.6 (2.9)	2.4* (0.5)	3.8 (0.7)	7.6 (1.1)	15.8 (2.0)	31.1 (3.5)	57.1 (6.4)	81.0* (9.4)
14-18.....	254	55.0 (6.3)	5.9* (1.0)	9.1 (1.3)	17.6 (2.2)	35.1 (4.1)	68.8 (7.8)	121.8 (14.2)	168.9* (21.1)
19-50.....	918	156.9 (7.6)	12.0 (2.0)	23.2 (2.7)	55.3 (4.3)	117.7 (6.9)	215.5 (10.9)	340.7 (15.9)	433.9 (19.6)
51+.....	787	209.5 (9.5)	28.3 (3.4)	45.6 (4.4)	90.1 (6.3)	168.8 (8.9)	283.9 (12.4)	425.5 (17.7)	530.0 (22.1)
19+.....	1705	178.1 (7.8)	16.4 (2.4)	29.7 (3.1)	67.1 (4.7)	137.3 (7.1)	244.5 (10.8)	379.3 (16.0)	477.9 (19.4)
<b>Females:</b>									
9-13.....	273	22.6 (2.1)	2.2* (0.4)	3.3 (0.5)	6.5 (0.8)	13.6 (1.4)	27.9 (2.6)	51.1 (4.8)	72.5* (7.4)
14-18.....	286	46.1 (5.7)	4.8* (0.8)	7.4 (1.1)	14.6 (1.9)	29.4 (3.5)	58.0 (7.0)	103.5 (13.5)	141.3* (19.9)
19-50.....	900	121.4 (5.7)	8.1 (1.9)	16.2 (2.7)	40.8 (4.0)	90.3 (5.6)	167.8 (7.9)	266.9 (10.5)	342.0 (13.5)
51+.....	853	155.0 (6.0)	16.8 (2.7)	29.4 (3.3)	62.4 (4.6)	122.0 (6.0)	210.8 (8.0)	322.2 (10.0)	406.4 (12.1)
19+.....	1753	137.4 (4.8)	11.1 (2.0)	21.0 (2.8)	50.0 (3.8)	104.7 (5.0)	188.7 (6.5)	295.7 (8.8)	376.1 (10.8)
<b>All:</b>									
1+.....	5459	123.4 (4.3)	3.1 (0.3)	6.2 (0.6)	23.4 (2.1)	80.3 (4.4)	176.6 (6.3)	299.8 (9.0)	392.0 (11.7)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	14.9 (0.2)	11.6 (0.3)	12.3 (0.2)	13.4 (0.2)	14.8 (0.2)	16.2 (0.2)	17.6 (0.3)	18.5 (0.4)	5-20%	>97
4-8.....	525	14.2 (0.2)	11.1 (0.2)	11.7 (0.2)	12.8 (0.2)	14.1 (0.2)	15.5 (0.3)	16.8 (0.4)	17.6 (0.5)	10-30%	>97
<b>Males:</b>											
9-13.....	302	14.8 (0.2)	10.7* (0.5)	11.5 (0.4)	12.9 (0.2)	14.6 (0.2)	16.5 (0.4)	18.3 (0.6)	19.4* (0.8)	10-30%	>97
14-18.....	254	15.9 (0.3)	11.6* (0.5)	12.4 (0.4)	13.9 (0.3)	15.8 (0.3)	17.7 (0.4)	19.6 (0.7)	20.7* (0.9)	10-30%	>97
19-50.....	918	15.9 (0.2)	11.3 (0.2)	12.2 (0.2)	13.9 (0.2)	15.8 (0.2)	17.8 (0.2)	19.8 (0.3)	21.1 (0.4)	10-35%	>97
51+.....	787	15.8 (0.1)	11.2 (0.2)	12.1 (0.2)	13.7 (0.2)	15.6 (0.1)	17.7 (0.2)	19.7 (0.3)	20.9 (0.3)	10-35%	>97
19+.....	1705	15.9 (0.1)	11.3 (0.2)	12.2 (0.2)	13.8 (0.1)	15.7 (0.1)	17.8 (0.2)	19.8 (0.3)	21.0 (0.3)	10-35%	>97
<b>Females:</b>											
9-13.....	273	14.5 (0.3)	10.5* (0.5)	11.3 (0.4)	12.7 (0.3)	14.4 (0.3)	16.2 (0.4)	18.0 (0.7)	19.1* (0.8)	10-30%	>97
14-18.....	286	14.6 (0.2)	10.5* (0.6)	11.3 (0.6)	12.7 (0.4)	14.4 (0.3)	16.3 (0.2)	18.0 (0.4)	19.1* (0.5)	10-30%	97* (2.3)
19-50.....	900	15.7 (0.1)	11.4 (0.2)	12.2 (0.2)	13.7 (0.2)	15.5 (0.2)	17.5 (0.2)	19.4 (0.2)	20.7 (0.3)	10-35%	>97
51+.....	853	15.8 (0.2)	11.4 (0.2)	12.3 (0.2)	13.8 (0.2)	15.6 (0.2)	17.6 (0.2)	19.6 (0.3)	20.8 (0.3)	10-35%	>97
19+.....	1753	15.8 (0.1)	11.4 (0.2)	12.2 (0.2)	13.7 (0.2)	15.6 (0.1)	17.6 (0.2)	19.5 (0.2)	20.8 (0.3)	10-35%	>97
<b>All:</b>											
1+.....	5459	15.5 (0.1)	11.2 (0.1)	12.1 (0.1)	13.5 (0.1)	15.3 (0.1)	17.3 (0.1)	19.3 (0.2)	20.5 (0.2)		>97

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	52.7 (0.3)	45.5 (0.7)	47.1 (0.6)	49.8 (0.4)	52.7 (0.3)	55.7 (0.3)	58.3 (0.4)	59.8 (0.5)	45-65%	96* (1.5)
4-8.....	525	53.4 (0.4)	46.2 (0.8)	47.8 (0.7)	50.5 (0.5)	53.5 (0.3)	56.4 (0.3)	59.0 (0.4)	60.6 (0.5)	45-65%	97* (1.3)
<b>Males:</b>											
9-13.....	302	52.5 (0.5)	45.3* (0.6)	46.8 (0.6)	49.5 (0.5)	52.5 (0.5)	55.4 (0.5)	58.2 (0.6)	59.8* (0.6)	45-65%	95* (1.3)
14-18.....	254	50.7 (0.5)	43.5* (0.7)	45.1 (0.6)	47.8 (0.5)	50.8 (0.5)	53.7 (0.5)	56.4 (0.5)	57.9* (0.6)	45-65%	90 (2.3)
19-50.....	918	47.0 (0.4)	35.5 (0.8)	38.0 (0.7)	42.4 (0.5)	47.0 (0.4)	51.7 (0.4)	55.9 (0.5)	58.4 (0.6)	45-65%	61 (2.2)
51+.....	787	46.7 (0.5)	35.2 (0.8)	37.8 (0.7)	42.1 (0.5)	46.8 (0.5)	51.4 (0.6)	55.6 (0.7)	58.1 (0.8)	45-65%	60 (2.7)
19+.....	1705	46.9 (0.4)	35.4 (0.7)	37.9 (0.6)	42.2 (0.5)	46.9 (0.4)	51.6 (0.4)	55.8 (0.5)	58.3 (0.6)	45-65%	60 (2.2)
<b>Females:</b>											
9-13.....	273	52.4 (0.4)	45.1* (0.7)	46.7 (0.6)	49.4 (0.5)	52.4 (0.4)	55.4 (0.4)	58.0 (0.4)	59.7* (0.4)	45-65%	95* (1.6)
14-18.....	286	52.0 (0.5)	44.7* (0.6)	46.3 (0.6)	49.1 (0.5)	52.0 (0.5)	55.0 (0.5)	57.6 (0.6)	59.2* (0.6)	45-65%	94* (1.6)
19-50.....	900	48.2 (0.4)	37.4 (0.5)	39.8 (0.4)	43.8 (0.4)	48.2 (0.4)	52.7 (0.4)	56.6 (0.5)	59.0 (0.6)	45-65%	68 (2.1)
51+.....	853	47.8 (0.4)	36.9 (0.6)	39.3 (0.5)	43.4 (0.5)	47.8 (0.4)	52.2 (0.4)	56.2 (0.5)	58.6 (0.5)	45-65%	66 (2.5)
19+.....	1753	48.0 (0.4)	37.2 (0.5)	39.6 (0.4)	43.6 (0.4)	48.0 (0.4)	52.5 (0.4)	56.4 (0.5)	58.8 (0.5)	45-65%	67 (2.0)
<b>All:</b>											
1+.....	5459	48.7 (0.2)	37.2 (0.4)	39.9 (0.4)	44.4 (0.3)	49.1 (0.2)	53.4 (0.2)	56.9 (0.3)	59.0 (0.3)	45-65%	72 (1.2)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	33.7 (0.3)	27.8 (0.5)	29.1 (0.4)	31.3 (0.3)	33.8 (0.3)	36.1 (0.4)	38.3 (0.5)	39.6 (0.6)	30-40%	81 (3.2)
4-8.....	525	33.7 (0.3)	27.9 (0.5)	29.2 (0.4)	31.4 (0.3)	33.7 (0.3)	36.1 (0.4)	38.2 (0.5)	39.5 (0.6)	25-35%	64 (3.7)
<b>Males:</b>											
9-13.....	302	34.1 (0.5)	28.4* (0.8)	29.7 (0.7)	31.8 (0.5)	34.2 (0.5)	36.4 (0.5)	38.5 (0.6)	39.7* (0.7)	25-35%	59 (5.2)
14-18.....	254	34.2 (0.4)	28.5* (0.7)	29.8 (0.6)	31.9 (0.4)	34.3 (0.4)	36.6 (0.5)	38.6 (0.6)	39.8* (0.7)	25-35%	58 (4.4)
19-50.....	918	34.0 (0.3)	26.4 (0.7)	28.1 (0.6)	31.0 (0.4)	34.1 (0.3)	37.1 (0.3)	39.9 (0.5)	41.5 (0.5)	20-35%	58 (2.7)
51+.....	787	35.3 (0.4)	27.7 (0.7)	29.4 (0.7)	32.3 (0.5)	35.4 (0.4)	38.4 (0.4)	41.1 (0.5)	42.7 (0.6)	20-35%	47 (3.6)
19+.....	1705	34.5 (0.3)	26.8 (0.7)	28.6 (0.6)	31.5 (0.4)	34.6 (0.3)	37.7 (0.4)	40.4 (0.4)	42.1 (0.5)	20-35%	53 (2.9)
<b>Females:</b>											
9-13.....	273	34.6 (0.4)	28.8* (0.7)	30.1 (0.6)	32.3 (0.4)	34.6 (0.4)	37.0 (0.5)	39.0 (0.6)	40.2* (0.7)	25-35%	54 (4.5)
14-18.....	286	34.4 (0.4)	28.6* (0.9)	30.0 (0.8)	32.2 (0.6)	34.5 (0.4)	36.8 (0.4)	38.8 (0.5)	40.0* (0.5)	25-35%	56 (4.8)
19-50.....	900	35.4 (0.3)	27.4 (0.5)	29.1 (0.5)	32.1 (0.4)	35.4 (0.3)	38.7 (0.3)	41.7 (0.3)	43.4 (0.4)	20-35%	47 (2.7)
51+.....	853	36.4 (0.3)	28.3 (0.5)	30.1 (0.4)	33.1 (0.4)	36.4 (0.3)	39.7 (0.3)	42.7 (0.4)	44.5 (0.4)	20-35%	39 (2.6)
19+.....	1753	35.9 (0.3)	27.8 (0.5)	29.5 (0.5)	32.6 (0.4)	35.9 (0.3)	39.2 (0.3)	42.2 (0.3)	44.0 (0.4)	20-35%	43 (2.4)
<b>All:</b>											
1+.....	5459	34.9 (0.2)	27.5 (0.4)	29.2 (0.3)	31.9 (0.2)	34.9 (0.2)	37.9 (0.2)	40.7 (0.2)	42.5 (0.3)		52 (1.6)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>131 - 350% poverty</b>										
<b>Males and females:</b>										
1-3.....	361	12.9 (0.2)	9.5 (0.3)	10.2 (0.3)	11.4 (0.2)	12.8 (0.2)	14.2 (0.2)	15.6 (0.2)	16.4 (0.3)	8 (2.5)
4-8.....	525	12.2 (0.2)	9.0 (0.3)	9.6 (0.2)	10.8 (0.2)	12.2 (0.2)	13.5 (0.2)	14.8 (0.3)	15.6 (0.3)	14 (2.3)
<b>Males:</b>										
9-13.....	302	12.1 (0.2)	9.4* (0.3)	9.9 (0.2)	10.9 (0.2)	12.1 (0.2)	13.2 (0.2)	14.3 (0.3)	14.9* (0.4)	11 (2.4)
14-18.....	254	11.8 (0.2)	9.1* (0.3)	9.7 (0.2)	10.7 (0.2)	11.8 (0.2)	13.0 (0.2)	14.0 (0.3)	14.6* (0.4)	14 (2.9)
19-50.....	918	11.3 (0.1)	8.3 (0.2)	8.9 (0.1)	10.0 (0.1)	11.2 (0.1)	12.5 (0.1)	13.6 (0.2)	14.3 (0.2)	25 (1.9)
51+.....	787	11.6 (0.2)	8.6 (0.2)	9.3 (0.2)	10.4 (0.2)	11.6 (0.2)	12.8 (0.2)	14.0 (0.2)	14.7 (0.2)	19 (2.4)
19+.....	1705	11.4 (0.1)	8.4 (0.2)	9.1 (0.1)	10.2 (0.1)	11.4 (0.1)	12.6 (0.1)	13.8 (0.2)	14.5 (0.2)	22 (2.0)
<b>Females:</b>										
9-13.....	273	11.9 (0.2)	9.2* (0.3)	9.8 (0.2)	10.8 (0.2)	11.9 (0.2)	13.1 (0.2)	14.1 (0.3)	14.8* (0.4)	12 (2.6)
14-18.....	286	11.5 (0.2)	8.7* (0.4)	9.3 (0.3)	10.3 (0.3)	11.4 (0.2)	12.6 (0.2)	13.6 (0.3)	14.2* (0.3)	19 (4.9)
19-50.....	900	11.5 (0.1)	8.1 (0.2)	8.8 (0.2)	10.0 (0.2)	11.4 (0.2)	12.8 (0.1)	14.2 (0.2)	15.0 (0.2)	25 (2.9)
51+.....	853	11.9 (0.1)	8.5 (0.2)	9.2 (0.2)	10.4 (0.1)	11.8 (0.1)	13.3 (0.1)	14.6 (0.1)	15.5 (0.2)	19 (2.0)
19+.....	1753	11.7 (0.1)	8.3 (0.2)	9.0 (0.2)	10.2 (0.2)	11.6 (0.1)	13.0 (0.1)	14.4 (0.1)	15.3 (0.2)	22 (2.3)
<b>All:</b>										
1+.....	5459	11.7 (0.1)	8.5 (0.1)	9.2 (0.1)	10.3 (0.1)	11.6 (0.1)	13.0 (0.1)	14.2 (0.1)	15.0 (0.1)	20 (1.3)

NOTES: † 2015-2020 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<http://health.gov/dietaryguidelines/2015/guidelines>)  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table G 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	5.9 (0.1)	4.2 (0.2)	4.6 (0.1)	5.1 (0.1)	5.8 (0.1)	6.5 (0.1)	7.3 (0.2)	7.7 (0.2)	05-10%	79 (3.8)
4-8.....	525	6.5 (0.1)	4.8 (0.1)	5.1 (0.1)	5.7 (0.1)	6.4 (0.1)	7.2 (0.1)	7.9 (0.2)	8.4 (0.2)	05-10%	91 (2.2)
<b>Males:</b>											
9-13.....	302	6.7 (0.1)	4.7* (0.2)	5.1 (0.2)	5.8 (0.2)	6.7 (0.1)	7.6 (0.2)	8.4 (0.3)	9.0* (0.3)	05-10%	91 (3.4)
14-18.....	254	6.7 (0.2)	4.7* (0.2)	5.1 (0.2)	5.8 (0.2)	6.7 (0.2)	7.6 (0.2)	8.4 (0.3)	8.9* (0.4)	05-10%	90 (3.1)
19-50.....	918	6.8 (0.1)	4.8 (0.2)	5.2 (0.2)	5.9 (0.1)	6.7 (0.1)	7.6 (0.1)	8.4 (0.2)	9.0 (0.2)	05-10%	92 (2.3)
51+.....	787	7.1 (0.1)	5.1 (0.2)	5.5 (0.2)	6.2 (0.1)	7.0 (0.1)	7.9 (0.1)	8.8 (0.2)	9.3 (0.2)	05-10%	94 (1.9)
19+.....	1705	6.9 (0.1)	4.9 (0.2)	5.3 (0.2)	6.0 (0.1)	6.8 (0.1)	7.7 (0.1)	8.6 (0.1)	9.1 (0.2)	05-10%	92 (2.1)
<b>Females:</b>											
9-13.....	273	7.2 (0.2)	5.1* (0.2)	5.5 (0.2)	6.3 (0.1)	7.1 (0.1)	8.1 (0.2)	9.0 (0.3)	9.6* (0.4)	05-10%	93 (3.0)
14-18.....	286	7.3 (0.2)	5.1* (0.3)	5.6 (0.2)	6.3 (0.2)	7.2 (0.2)	8.1 (0.2)	9.0 (0.3)	9.6* (0.3)	05-10%	94 (2.9)
19-50.....	900	7.5 (0.1)	5.2 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.1)	9.5 (0.2)	10.2 (0.2)	05-10%	91 (1.5)
51+.....	853	7.6 (0.1)	5.2 (0.1)	5.7 (0.1)	6.5 (0.1)	7.5 (0.1)	8.6 (0.1)	9.6 (0.2)	10.2 (0.2)	05-10%	90 (1.4)
19+.....	1753	7.5 (0.1)	5.2 (0.1)	5.7 (0.1)	6.5 (0.1)	7.4 (0.1)	8.5 (0.1)	9.5 (0.2)	10.2 (0.2)	05-10%	90 (1.5)
<b>All:</b>											
1+.....	5459	7.1 (0.1)	4.9 (0.1)	5.3 (0.1)	6.1 (0.1)	7.0 (0.1)	8.0 (0.1)	9.0 (0.1)	9.6 (0.1)	05-10%	91 (1.2)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table G 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	361	0.63 (0.02)	0.45 (0.02)	0.48 (0.02)	0.54 (0.01)	0.62 (0.02)	0.71 (0.02)	0.79 (0.02)	0.84 (0.03)	0.6-1.2%	57 (5.0)
4-8.....	525	0.62 (0.01)	0.44 (0.01)	0.48 (0.01)	0.54 (0.01)	0.62 (0.01)	0.70 (0.02)	0.78 (0.02)	0.84 (0.03)	0.6-1.2%	55 (4.0)
<b>Males:</b>											
9-13.....	302	0.64 (0.01)	0.46* (0.03)	0.49 (0.03)	0.55 (0.02)	0.63 (0.01)	0.71 (0.02)	0.80 (0.04)	0.85* (0.05)	0.6-1.2%	60 (4.7)
14-18.....	254	0.64 (0.02)	0.46* (0.03)	0.49 (0.03)	0.55 (0.02)	0.63 (0.02)	0.71 (0.03)	0.80 (0.05)	0.85* (0.06)	0.6-1.2%	60 (6.5)
19-50.....	918	0.70 (0.01)	0.47 (0.02)	0.52 (0.02)	0.59 (0.02)	0.69 (0.01)	0.79 (0.02)	0.89 (0.03)	0.96 (0.03)	0.6-1.2%	73 (4.1)
51+.....	787	0.76 (0.01)	0.52 (0.03)	0.56 (0.02)	0.65 (0.02)	0.75 (0.02)	0.86 (0.02)	0.97 (0.03)	1.04 (0.04)	0.6-1.2%	83 (4.3)
19+.....	1705	0.72 (0.01)	0.49 (0.02)	0.53 (0.02)	0.61 (0.02)	0.71 (0.01)	0.82 (0.02)	0.93 (0.03)	1.00 (0.03)	0.6-1.2%	77 (4.1)
<b>Females:</b>											
9-13.....	273	0.69 (0.02)	0.50* (0.03)	0.53 (0.03)	0.60 (0.02)	0.68 (0.02)	0.77 (0.03)	0.86 (0.05)	0.92* (0.07)	0.6-1.2%	76 (6.0)
14-18.....	286	0.68 (0.02)	0.49* (0.04)	0.53 (0.03)	0.60 (0.03)	0.68 (0.02)	0.77 (0.03)	0.85 (0.05)	0.91* (0.06)	0.6-1.2%	74 (7.9)
19-50.....	900	0.80 (0.01)	0.54 (0.02)	0.58 (0.02)	0.68 (0.02)	0.79 (0.01)	0.92 (0.02)	1.05 (0.03)	1.13 (0.04)	0.6-1.2%	85 (3.3)
51+.....	853	0.86 (0.02)	0.58 (0.02)	0.63 (0.02)	0.72 (0.02)	0.84 (0.01)	0.97 (0.02)	1.11 (0.03)	1.20 (0.04)	0.6-1.2%	88 (3.3)
19+.....	1753	0.83 (0.01)	0.55 (0.02)	0.60 (0.02)	0.70 (0.02)	0.81 (0.01)	0.94 (0.02)	1.08 (0.03)	1.17 (0.04)	0.6-1.2%	86 (3.3)
<b>All:</b>											
1+.....	5459	0.74 (0.01)	0.49 (0.01)	0.54 (0.01)	0.62 (0.01)	0.72 (0.01)	0.85 (0.01)	0.98 (0.02)	1.07 (0.03)	0.6-1.2%	77 (2.1)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**TABLE NOTES**

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from individuals 1 year and over, excluding breast-fed children and pregnant or lactating females. Breast-fed children are excluded because human milk is not quantified in dietary recall interviews. The sample of pregnant and lactating females is not large enough to allow for reliable estimates.

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

The assessments presented in this table cover nutrient intakes from food and beverages (including water) and therefore, are not total nutrient intakes. They do not contain intakes from dietary supplements or medications.

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

**Usual Nutrient Intakes**

Usual intakes (expressed on a per day basis) are an estimate of the usual or habitual intake over the long term, as opposed to what was reported on the days surveyed. The National Cancer Institute (NCI) Method <https://epi.grants.cancer.gov/diet/usualintakes/method.html> was used to produce group usual intake distributions. Information on this distribution is presented as mean and percentiles of usual nutrient intake with standard errors for a specific gender/age/lifestyle group.

When applicable, the estimated usual nutrient intakes are compared to age/gender specific Dietary Reference Intakes (DRIs) <http://nationalacademies.org/HMD/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>. The DRIs, nutrient reference values developed by the Institute of Medicine of the National Academies, are used to assess and plan the diets of healthy people. Estimates of percentages less than, within range of, or greater than the DRI, plus the standard error are presented for each age/gender/lifestyle group.

The estimated distributions of usual contributions to energy are derived using the same univariate usual intake methodology employed for individual nutrients. These distributions represent the long-term daily relationship of the specific nutrient with total energy intake. When applicable, these distributions are compared to age-specific Acceptable Macronutrient Distribution Ranges (AMDRs). Individuals with nonzero energy intake for at least one day of intake were excluded.

**DRI Definitions**

**Estimated Average Requirement (EAR):** The average daily nutrient intake level that is estimated to meet the requirements of half of the healthy individuals in a particular life stage and gender group. The EAR is used to estimate the prevalence of inadequate intakes in a population group.

**Adequate Intake (AI):** The recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate.

**Tolerable Upper Intake Level (UL):** The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase. For most nutrients, the UL is based on contribution from food/beverages and dietary supplements; however, the UL estimates in this table are based on intakes from food and beverages only.

**Chronic Disease Risk Reduction Intake (CDRR):** Reductions in intake that exceed the CDRR are expected to reduce chronic disease risk within the apparently healthy population. Established for sodium using evidence of the beneficial effect of reducing sodium intake on cardiovascular disease risk, hypertension risk, systolic blood pressure, and diastolic blood pressure.

**Acceptable Macronutrient Distribution Range (AMDR):** A range of intakes for a particular energy source that is associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. An AMDR is expressed as a percentage of total energy intake.

**Symbol Legend**

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimates 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 report is 2.21.

**Percentiles:** Estimated 50<sup>th</sup> percentile values are flagged when  $n$  is less than 30 times the VIF, where  $n$  is the sample size. Estimated values at the other percentiles are flagged when  $np$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is 0.25 at the 25<sup>th</sup> and 75<sup>th</sup> percentile, 0.10 at the 10<sup>th</sup> and 90<sup>th</sup> percentile, and 0.05 at the 5<sup>th</sup> and 95<sup>th</sup> percentile.

**Percentage above or below a DRI value:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the VIF, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 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.

# Indicates a non-zero value too small to report.

-- Estimate not displayed due to small sample size and for consistency of presentation.

**CITATION**

USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>