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

What We Eat in America, NHANES 2015-2018

Table G

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

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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	1372 (18)	904* (15)	994 (15)	1154 (16)	1351 (17)	1561 (23)	1780 (32)	1917* (37)
4-8.....	504	1726 (24)	1172 (26)	1276 (25)	1463 (23)	1700 (24)	1958 (28)	2207 (36)	2371 (42)
Males:									
9-13.....	297	2097 (61)	1385* (64)	1518 (64)	1766 (64)	2070 (63)	2387 (61)	2712 (63)	2921* (72)
14-18.....	261	2292 (65)	1540* (70)	1684 (67)	1941 (66)	2258 (65)	2607 (74)	2943 (82)	3167* (90)
19-50.....	866	2523 (57)	1527 (50)	1717 (50)	2053 (53)	2473 (56)	2938 (65)	3397 (74)	3673 (81)
51+.....	922	2382 (57)	1402 (44)	1587 (45)	1925 (51)	2333 (59)	2788 (64)	3238 (73)	3528 (79)
19+.....	1788	2462 (52)	1467 (44)	1658 (44)	1997 (48)	2414 (52)	2877 (58)	3333 (67)	3620 (74)
Females:									
9-13.....	283	1960 (62)	1284* (66)	1408 (64)	1641 (62)	1929 (62)	2243 (63)	2554 (71)	2751* (75)
14-18.....	249	1788 (57)	1156* (63)	1275 (63)	1488 (61)	1751 (59)	2051 (59)	2344 (63)	2536* (67)
19-50.....	861	1922 (32)	1175 (36)	1317 (34)	1578 (33)	1891 (32)	2230 (36)	2566 (46)	2781 (55)
51+.....	894	1783 (32)	1065 (28)	1202 (28)	1452 (28)	1752 (32)	2080 (40)	2400 (51)	2608 (60)
19+.....	1755	1855 (28)	1116 (29)	1255 (28)	1514 (27)	1824 (29)	2160 (34)	2493 (44)	2704 (54)
All:									
1+.....	5472	2076 (23)	1183 (25)	1336 (21)	1624 (18)	2000 (25)	2448 (43)	2920 (53)	3235 (62)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	49.8 (0.7)	32.3* (0.8)	35.7 (0.8)	41.7 (0.7)	49.0 (0.7)	56.8 (0.8)	64.9 (1.0)	70.0* (1.1)
4-8.....	504	59.6 (1.0)	39.8 (1.0)	43.5 (1.0)	50.2 (0.9)	58.7 (1.0)	67.9 (1.1)	76.8 (1.3)	82.7 (1.5)
Males:									
9-13.....	297	72.8 (2.1)	45.0* (2.4)	50.0 (2.3)	59.6 (2.3)	71.5 (2.2)	84.1 (2.2)	97.2 (2.6)	105.7* (3.0)
14-18.....	261	86.4 (2.6)	55.3* (2.7)	61.2 (2.5)	71.7 (2.6)	84.9 (2.7)	99.5 (3.1)	113.7 (3.7)	123.2* (4.2)
19-50.....	866	96.2 (2.5)	57.6 (2.3)	64.8 (2.2)	77.8 (2.2)	94.1 (2.5)	112.3 (3.0)	130.3 (3.6)	141.4 (4.1)
51+.....	922	88.7 (2.1)	50.6 (2.2)	57.9 (2.2)	70.7 (2.1)	86.7 (2.3)	104.5 (2.7)	122.2 (3.3)	133.7 (3.9)
19+.....	1788	93.0 (2.2)	54.2 (2.2)	61.5 (2.1)	74.7 (2.0)	90.9 (2.1)	109.1 (2.7)	127.2 (3.3)	138.5 (3.8)
Females:									
9-13.....	283	67.5 (1.7)	41.2* (2.1)	45.9 (2.0)	54.8 (1.8)	66.1 (1.7)	78.5 (2.0)	90.9 (2.3)	98.9* (2.5)
14-18.....	249	62.6 (2.6)	37.8* (2.4)	42.3 (2.5)	50.6 (2.5)	61.0 (2.7)	73.0 (2.9)	84.8 (3.2)	92.6* (3.3)
19-50.....	861	71.8 (1.2)	44.3 (1.4)	49.6 (1.3)	59.2 (1.3)	70.7 (1.3)	83.1 (1.3)	95.5 (1.6)	103.3 (1.9)
51+.....	894	67.0 (1.4)	40.3 (1.3)	45.5 (1.3)	54.7 (1.3)	65.9 (1.4)	78.0 (1.7)	89.9 (1.9)	97.4 (2.2)
19+.....	1755	69.5 (1.2)	42.2 (1.3)	47.4 (1.2)	57.0 (1.2)	68.4 (1.2)	80.7 (1.4)	93.0 (1.6)	100.7 (1.9)
All:									
1+.....	5472	77.0 (1.0)	42.8 (0.8)	48.3 (0.9)	59.2 (0.9)	73.7 (1.1)	91.3 (1.3)	110.4 (1.6)	123.0 (1.9)

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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	4.08 (0.06)	2.67* (0.08)	2.94 (0.07)	3.43 (0.07)	4.03 (0.06)	4.66 (0.07)	5.30 (0.09)	5.71* (0.10)	0.87	<3
4-8.....	502	2.59 (0.06)	1.56 (0.06)	1.75 (0.06)	2.10 (0.06)	2.54 (0.06)	3.03 (0.07)	3.51 (0.08)	3.83 (0.09)	0.76	<3
Males:											
9-13.....	294	1.74 (0.07)	0.92* (0.07)	1.06 (0.07)	1.35 (0.07)	1.70 (0.07)	2.08 (0.06)	2.47 (0.06)	2.73* (0.07)	0.76	<3
14-18.....	261	1.34 (0.05)	0.64* (0.05)	0.76 (0.05)	0.99 (0.05)	1.29 (0.05)	1.63 (0.05)	1.97 (0.06)	2.20* (0.06)	0.73	8 (2.3)
19-50.....	858	1.28 (0.03)	0.67 (0.04)	0.78 (0.04)	0.99 (0.03)	1.25 (0.03)	1.54 (0.03)	1.83 (0.03)	2.01 (0.04)	0.66	5 (1.3)
51+.....	903	1.19 (0.03)	0.59 (0.03)	0.70 (0.03)	0.90 (0.03)	1.16 (0.03)	1.44 (0.03)	1.73 (0.04)	1.91 (0.04)	0.66	8 (1.5)
19+.....	1761	1.24 (0.03)	0.63 (0.03)	0.74 (0.03)	0.95 (0.03)	1.21 (0.03)	1.50 (0.03)	1.79 (0.03)	1.97 (0.04)	0.66	6 (1.4)
Females:											
9-13.....	282	1.60 (0.05)	0.82* (0.06)	0.96 (0.06)	1.22 (0.05)	1.55 (0.05)	1.93 (0.06)	2.31 (0.06)	2.55* (0.07)	0.76	3* (1.3)
14-18.....	243	1.07 (0.05)	0.47* (0.05)	0.57 (0.05)	0.76 (0.05)	1.02 (0.05)	1.32 (0.05)	1.63 (0.06)	1.84* (0.06)	0.71	20 (4.2)
19-50.....	855	1.14 (0.02)	0.63 (0.02)	0.73 (0.02)	0.91 (0.02)	1.12 (0.02)	1.36 (0.02)	1.59 (0.03)	1.74 (0.04)	0.66	6 (1.1)
51+.....	883	1.08 (0.02)	0.59 (0.02)	0.68 (0.02)	0.85 (0.02)	1.06 (0.02)	1.29 (0.03)	1.52 (0.04)	1.66 (0.04)	0.66	9 (1.3)
19+.....	1738	1.12 (0.02)	0.61 (0.02)	0.70 (0.02)	0.88 (0.02)	1.09 (0.02)	1.32 (0.02)	1.56 (0.03)	1.70 (0.04)	0.66	7 (1.1)
All:											
1+.....	5416	1.43 (0.02)	0.64 (0.02)	0.75 (0.02)	0.96 (0.02)	1.23 (0.02)	1.62 (0.02)	2.29 (0.04)	3.10 (0.05)		6 (0.7)

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, 2015-2018

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	180 (3)	116* (3)	128 (3)	150 (3)	177 (3)	206 (4)	235 (5)	254* (6)	100	<3
4-8.....	504	228 (4)	152 (4)	167 (4)	192 (4)	224 (4)	259 (5)	294 (6)	316 (7)	100	<3
Males:											
9-13.....	297	270 (6)	174* (7)	192 (7)	226 (7)	267 (7)	310 (7)	353 (8)	381* (9)	100	<3
14-18.....	261	283 (8)	184* (8)	203 (7)	237 (8)	278 (8)	324 (9)	368 (10)	397* (11)	100	<3
19-50.....	866	294 (6)	160 (5)	185 (6)	229 (6)	286 (6)	350 (7)	415 (8)	454 (9)	100	<3
51+.....	922	277 (6)	147 (5)	171 (5)	215 (5)	269 (6)	331 (7)	394 (7)	435 (9)	100	<3
19+.....	1788	287 (5)	154 (5)	178 (5)	223 (5)	279 (5)	342 (6)	407 (7)	447 (8)	100	<3
Females:											
9-13.....	283	255 (6)	163* (7)	180 (6)	211 (6)	251 (6)	293 (6)	335 (7)	362* (8)	100	<3
14-18.....	249	225 (7)	140* (7)	156 (7)	185 (7)	220 (7)	260 (7)	299 (7)	324* (8)	100	<3
19-50.....	861	229 (4)	127 (4)	146 (4)	180 (4)	223 (4)	271 (5)	319 (7)	351 (8)	100	<3
51+.....	894	213 (4)	116 (3)	133 (3)	167 (3)	207 (4)	253 (5)	299 (7)	329 (9)	100	<3
19+.....	1755	221 (4)	121 (3)	139 (3)	173 (3)	216 (4)	262 (5)	310 (6)	341 (8)	100	<3
All:											
1+.....	5472	250 (2)	135 (3)	155 (3)	192 (2)	240 (2)	297 (3)	357 (5)	398 (6)	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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	91 (2)	54* (2)	61 (2)	74 (1)	89 (1)	106 (2)	124 (3)	136* (4)
4-8.....	504	106 (2)	65 (2)	73 (2)	86 (2)	104 (2)	123 (3)	142 (3)	155 (4)
Males:									
9-13.....	297	122 (5)	68* (4)	77 (4)	95 (5)	119 (5)	144 (5)	170 (6)	187* (7)
14-18.....	261	122 (5)	68* (4)	78 (4)	96 (5)	119 (5)	145 (6)	170 (7)	188* (8)
19-50.....	866	125 (5)	48 (3)	59 (3)	83 (4)	116 (4)	157 (6)	201 (8)	230 (9)
51+.....	922	124 (6)	48 (3)	59 (4)	83 (5)	115 (6)	156 (8)	199 (10)	230 (12)
19+.....	1788	124 (5)	48 (3)	59 (3)	83 (4)	115 (4)	156 (6)	200 (7)	230 (9)
Females:									
9-13.....	283	116 (4)	64* (4)	73 (4)	90 (4)	112 (4)	137 (4)	163 (5)	179* (6)
14-18.....	249	99 (5)	52* (3)	60 (4)	76 (4)	95 (5)	118 (6)	141 (7)	157* (7)
19-50.....	861	100 (3)	40 (2)	50 (2)	68 (2)	93 (2)	124 (3)	157 (5)	180 (7)
51+.....	894	97 (2)	39 (2)	48 (2)	66 (2)	91 (2)	120 (3)	153 (4)	174 (6)
19+.....	1755	98 (2)	40 (2)	49 (2)	67 (2)	92 (2)	122 (3)	155 (4)	177 (6)
All:									
1+.....	5472	110 (1)	46 (1)	57 (1)	77 (1)	103 (1)	136 (2)	172 (3)	199 (5)

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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	10.6 (0.3)	5.8* (0.2)	6.7 (0.2)	8.3 (0.3)	10.3 (0.3)	12.6 (0.3)	15.0 (0.4)	16.6* (0.5)	19	<3
4-8.....	504	13.1 (0.3)	7.6 (0.3)	8.6 (0.3)	10.4 (0.3)	12.8 (0.3)	15.5 (0.4)	18.1 (0.5)	19.9 (0.5)	25	<3
Males:											
9-13.....	297	15.6 (0.5)	8.7* (0.5)	9.9 (0.5)	12.3 (0.5)	15.2 (0.6)	18.3 (0.6)	21.7 (0.7)	23.9* (0.9)	31	<3
14-18.....	261	15.7 (0.5)	8.9* (0.5)	10.1 (0.4)	12.4 (0.5)	15.3 (0.5)	18.6 (0.7)	21.9 (0.8)	24.1* (1.0)	38	<3
19-50.....	866	17.8 (0.5)	7.8 (0.3)	9.5 (0.3)	12.6 (0.3)	16.9 (0.4)	22.0 (0.6)	27.4 (0.8)	30.8 (1.0)	38	<3
51+.....	922	18.3 (0.4)	8.1 (0.3)	9.8 (0.3)	13.1 (0.3)	17.4 (0.4)	22.5 (0.5)	27.8 (0.7)	31.5 (0.9)	30	7 (1.1)
19+.....	1788	18.0 (0.4)	7.9 (0.3)	9.6 (0.3)	12.8 (0.3)	17.1 (0.3)	22.2 (0.5)	27.6 (0.7)	31.1 (0.9)		4 (0.7)
Females:											
9-13.....	283	15.3 (0.6)	8.6* (0.5)	9.8 (0.5)	12.0 (0.5)	14.9 (0.6)	18.1 (0.7)	21.4 (0.9)	23.5* (1.0)	26	<3
14-18.....	249	13.5 (0.5)	7.4* (0.5)	8.5 (0.5)	10.5 (0.5)	13.0 (0.5)	16.0 (0.6)	19.1 (0.7)	21.1* (0.8)	26	<3
19-50.....	861	15.3 (0.5)	7.2 (0.3)	8.5 (0.3)	11.2 (0.4)	14.6 (0.5)	18.6 (0.6)	22.8 (0.7)	25.7 (0.8)	25	6 (1.2)
51+.....	894	15.3 (0.4)	7.3 (0.3)	8.6 (0.3)	11.3 (0.4)	14.6 (0.4)	18.6 (0.5)	22.8 (0.7)	25.6 (0.8)	21	15 (2.0)
19+.....	1755	15.3 (0.4)	7.2 (0.3)	8.6 (0.3)	11.2 (0.3)	14.6 (0.4)	18.6 (0.5)	22.8 (0.7)	25.7 (0.8)		10 (1.5)
All:											
1+.....	5472	15.9 (0.3)	7.5 (0.2)	8.8 (0.2)	11.5 (0.2)	15.0 (0.2)	19.3 (0.3)	24.2 (0.5)	27.5 (0.7)		5 (0.7)

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 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	53.1 (0.9)	32.4* (1.0)	36.3 (0.8)	43.3 (0.8)	52.1 (0.9)	61.6 (1.2)	71.5 (1.7)	77.8* (2.0)
4-8.....	504	66.6 (1.1)	42.2 (1.4)	46.7 (1.3)	54.9 (1.1)	65.3 (1.1)	76.8 (1.3)	88.1 (1.7)	95.5 (2.1)
Males:									
9-13.....	297	83.7 (2.1)	52.3* (1.7)	58.1 (1.7)	68.9 (1.8)	82.3 (2.0)	96.5 (2.5)	111.1 (3.4)	120.5* (4.1)
14-18.....	261	91.5 (3.4)	58.4* (2.8)	64.6 (2.8)	75.9 (3.1)	89.9 (3.3)	105.4 (3.9)	120.5 (4.7)	130.6* (5.2)
19-50.....	866	99.1 (2.7)	54.8 (2.1)	62.9 (2.1)	77.7 (2.3)	96.5 (2.6)	117.7 (3.3)	139.0 (4.1)	152.0 (4.6)
51+.....	922	97.5 (2.3)	53.3 (1.9)	61.3 (1.9)	76.3 (2.0)	94.8 (2.3)	115.8 (2.9)	136.6 (3.6)	150.5 (4.1)
19+.....	1788	98.4 (2.4)	54.1 (1.9)	62.2 (2.0)	77.1 (2.1)	95.8 (2.3)	116.9 (3.0)	138.0 (3.7)	151.4 (4.3)
Females:									
9-13.....	283	78.1 (2.1)	48.3* (2.2)	53.7 (2.1)	63.9 (1.9)	76.6 (2.0)	90.6 (2.6)	104.6 (3.4)	113.5* (4.0)
14-18.....	249	73.2 (2.7)	44.9* (2.8)	50.1 (2.8)	59.6 (2.7)	71.4 (2.8)	85.1 (3.0)	98.5 (3.5)	107.3* (3.9)
19-50.....	861	78.0 (1.5)	42.7 (1.5)	49.1 (1.5)	61.2 (1.5)	76.0 (1.5)	92.6 (1.7)	109.5 (2.2)	120.5 (2.6)
51+.....	894	73.5 (1.4)	39.5 (1.1)	45.6 (1.1)	57.2 (1.2)	71.4 (1.4)	87.6 (1.8)	103.7 (2.3)	114.3 (2.7)
19+.....	1755	75.8 (1.3)	41.0 (1.2)	47.3 (1.2)	59.2 (1.2)	73.9 (1.3)	90.2 (1.6)	107.0 (2.1)	117.5 (2.5)
All:									
1+.....	5472	83.4 (1.2)	43.8 (0.8)	50.5 (0.7)	63.2 (0.8)	80.0 (1.1)	99.9 (1.6)	121.0 (2.5)	134.9 (3.1)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	19.5 (0.4)	11.7* (0.4)	13.1 (0.4)	15.8 (0.3)	19.1 (0.4)	22.6 (0.5)	26.4 (0.6)	28.8* (0.7)
4-8.....	504	23.7 (0.4)	14.7 (0.6)	16.4 (0.6)	19.4 (0.5)	23.2 (0.4)	27.5 (0.5)	31.7 (0.8)	34.5 (0.9)
Males:									
9-13.....	297	29.3 (0.8)	17.2* (0.9)	19.4 (0.9)	23.5 (0.8)	28.7 (0.8)	34.2 (0.9)	40.0 (1.1)	43.8* (1.3)
14-18.....	261	32.0 (1.1)	19.2* (1.0)	21.6 (1.0)	25.8 (1.0)	31.2 (1.1)	37.3 (1.3)	43.4 (1.6)	47.5* (1.9)
19-50.....	866	32.8 (0.9)	17.4 (0.7)	20.1 (0.7)	25.2 (0.8)	31.8 (0.8)	39.3 (1.1)	46.9 (1.3)	51.6 (1.6)
51+.....	922	32.1 (0.9)	16.8 (0.7)	19.5 (0.7)	24.7 (0.8)	31.1 (0.9)	38.5 (1.1)	45.9 (1.4)	50.9 (1.6)
19+.....	1788	32.5 (0.8)	17.1 (0.7)	19.9 (0.7)	25.0 (0.7)	31.5 (0.8)	38.9 (1.0)	46.5 (1.3)	51.3 (1.5)
Females:									
9-13.....	283	27.4 (0.8)	16.0* (0.8)	18.0 (0.8)	21.8 (0.8)	26.7 (0.8)	32.2 (0.9)	37.8 (1.2)	41.4* (1.4)
14-18.....	249	24.6 (1.0)	14.1* (0.9)	16.0 (0.9)	19.5 (0.9)	23.9 (1.0)	29.0 (1.2)	34.2 (1.5)	37.7* (1.8)
19-50.....	861	25.4 (0.5)	13.1 (0.5)	15.2 (0.5)	19.4 (0.5)	24.6 (0.5)	30.6 (0.6)	36.7 (0.8)	40.8 (1.0)
51+.....	894	24.2 (0.5)	12.3 (0.4)	14.4 (0.4)	18.4 (0.4)	23.4 (0.5)	29.2 (0.7)	35.1 (0.9)	39.0 (1.0)
19+.....	1755	24.9 (0.4)	12.7 (0.4)	14.8 (0.4)	18.9 (0.4)	24.0 (0.4)	29.9 (0.5)	36.0 (0.7)	40.0 (0.9)
All:									
1+.....	5472	27.9 (0.4)	14.2 (0.3)	16.5 (0.3)	20.8 (0.2)	26.6 (0.3)	33.6 (0.5)	41.0 (0.8)	45.9 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	17.5 (0.3)	10.5* (0.3)	11.8 (0.2)	14.2 (0.3)	17.1 (0.3)	20.4 (0.4)	23.7 (0.6)	25.9* (0.7)
4-8.....	504	22.2 (0.3)	13.9 (0.4)	15.4 (0.4)	18.2 (0.4)	21.7 (0.3)	25.7 (0.4)	29.5 (0.5)	32.1 (0.6)
Males:									
9-13.....	297	28.0 (0.7)	17.2* (0.8)	19.1 (0.8)	22.8 (0.8)	27.5 (0.8)	32.4 (0.8)	37.5 (1.0)	40.8* (1.2)
14-18.....	261	30.6 (1.1)	19.1* (0.9)	21.3 (0.9)	25.1 (1.0)	30.0 (1.0)	35.3 (1.2)	40.6 (1.5)	44.1* (1.7)
19-50.....	866	34.4 (0.9)	18.6 (0.7)	21.4 (0.7)	26.6 (0.8)	33.3 (0.9)	41.1 (1.1)	48.8 (1.4)	53.6 (1.6)
51+.....	922	34.3 (0.7)	18.4 (0.6)	21.3 (0.6)	26.6 (0.6)	33.3 (0.7)	41.0 (0.9)	48.6 (1.2)	53.7 (1.4)
19+.....	1788	34.4 (0.8)	18.5 (0.6)	21.3 (0.6)	26.6 (0.7)	33.3 (0.8)	41.0 (1.0)	48.7 (1.3)	53.7 (1.5)
Females:									
9-13.....	283	25.9 (0.8)	15.7* (0.9)	17.5 (0.9)	21.0 (0.8)	25.4 (0.8)	30.2 (0.9)	35.1 (1.1)	38.2* (1.2)
14-18.....	249	24.4 (1.1)	14.7* (1.0)	16.5 (1.0)	19.7 (1.0)	23.8 (1.1)	28.5 (1.2)	33.1 (1.3)	36.2* (1.4)
19-50.....	861	26.7 (0.6)	14.3 (0.5)	16.5 (0.5)	20.7 (0.5)	25.9 (0.6)	31.9 (0.7)	38.0 (0.9)	42.1 (1.0)
51+.....	894	25.3 (0.6)	13.2 (0.4)	15.4 (0.4)	19.4 (0.5)	24.5 (0.6)	30.3 (0.7)	36.1 (0.9)	40.0 (1.1)
19+.....	1755	26.0 (0.5)	13.7 (0.4)	15.9 (0.4)	20.0 (0.4)	25.3 (0.5)	31.1 (0.6)	37.2 (0.8)	41.1 (1.0)
All:									
1+.....	5472	28.7 (0.4)	14.6 (0.2)	16.9 (0.2)	21.3 (0.3)	27.3 (0.4)	34.5 (0.6)	42.3 (0.8)	47.5 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	10.9 (0.3)	5.7* (0.2)	6.6 (0.2)	8.3 (0.2)	10.5 (0.3)	13.0 (0.4)	15.7 (0.5)	17.5* (0.6)
4-8.....	504	14.4 (0.3)	8.0 (0.3)	9.1 (0.3)	11.1 (0.3)	13.9 (0.3)	17.1 (0.4)	20.3 (0.5)	22.5 (0.6)
Males:									
9-13.....	297	18.5 (0.6)	11.2* (0.4)	12.5 (0.4)	15.0 (0.5)	18.1 (0.6)	21.5 (0.8)	25.1 (1.1)	27.4* (1.3)
14-18.....	261	19.7 (0.8)	12.1* (0.7)	13.4 (0.7)	16.0 (0.8)	19.2 (0.8)	22.9 (0.9)	26.5 (1.1)	29.0* (1.2)
19-50.....	866	22.3 (0.7)	11.7 (0.6)	13.5 (0.6)	17.0 (0.6)	21.5 (0.7)	26.8 (0.9)	32.3 (1.3)	35.7 (1.5)
51+.....	922	22.3 (0.7)	11.6 (0.5)	13.5 (0.5)	17.0 (0.5)	21.5 (0.6)	26.8 (0.9)	32.2 (1.2)	35.9 (1.5)
19+.....	1788	22.3 (0.7)	11.7 (0.5)	13.5 (0.5)	17.0 (0.5)	21.5 (0.6)	26.8 (0.9)	32.3 (1.2)	35.8 (1.5)
Females:									
9-13.....	283	17.6 (0.7)	10.6* (0.5)	11.8 (0.5)	14.1 (0.5)	17.1 (0.7)	20.5 (0.9)	24.0 (1.2)	26.2* (1.4)
14-18.....	249	17.1 (0.7)	10.3* (0.6)	11.6 (0.6)	13.8 (0.6)	16.6 (0.7)	20.0 (0.8)	23.4 (0.9)	25.6* (1.1)
19-50.....	861	18.5 (0.5)	10.0 (0.4)	11.4 (0.5)	14.3 (0.5)	17.9 (0.5)	22.0 (0.6)	26.4 (0.7)	29.3 (0.9)
51+.....	894	17.2 (0.4)	9.1 (0.4)	10.5 (0.4)	13.2 (0.4)	16.6 (0.4)	20.5 (0.5)	24.6 (0.6)	27.3 (0.7)
19+.....	1755	17.9 (0.4)	9.5 (0.4)	10.9 (0.4)	13.7 (0.4)	17.3 (0.4)	21.3 (0.5)	25.6 (0.6)	28.4 (0.7)
All:									
1+.....	5472	19.0 (0.3)	9.4 (0.2)	11.0 (0.2)	14.2 (0.2)	18.2 (0.3)	23.0 (0.3)	28.1 (0.5)	31.7 (0.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	9.8 (0.3)	5.0* (0.2)	5.8 (0.2)	7.4 (0.2)	9.4 (0.3)	11.7 (0.3)	14.2 (0.5)	15.8* (0.5)	7	79 (2.4)
4-8.....	504	13.0 (0.3)	7.1 (0.3)	8.1 (0.3)	10.0 (0.3)	12.5 (0.3)	15.4 (0.3)	18.4 (0.4)	20.4 (0.5)	10	75 (2.5)
Males:											
9-13.....	297	16.7 (0.5)	10.0* (0.3)	11.2 (0.3)	13.5 (0.3)	16.3 (0.4)	19.4 (0.6)	22.7 (0.8)	24.8* (1.0)	12	86 (2.2)
14-18.....	261	17.6 (0.6)	10.7* (0.5)	11.9 (0.5)	14.2 (0.6)	17.2 (0.6)	20.5 (0.8)	23.8 (0.9)	26.1* (1.0)	16	60 (5.2)
19-50.....	866	19.8 (0.7)	10.4 (0.7)	12.0 (0.7)	15.0 (0.7)	19.1 (0.7)	23.8 (0.8)	28.7 (1.1)	31.8 (1.2)	17	63 (4.3)
51+.....	922	19.8 (0.5)	10.3 (0.5)	11.9 (0.5)	15.0 (0.5)	19.0 (0.5)	23.8 (0.7)	28.6 (1.0)	31.9 (1.2)	14	81 (2.5)
19+.....	1788	19.8 (0.6)	10.3 (0.6)	11.9 (0.6)	15.0 (0.6)	19.1 (0.6)	23.8 (0.7)	28.7 (1.0)	31.8 (1.2)		71 (3.4)
Females:											
9-13.....	283	15.8 (0.5)	9.4* (0.4)	10.5 (0.4)	12.7 (0.4)	15.4 (0.4)	18.5 (0.6)	21.6 (0.8)	23.7* (0.9)	10	93 (1.7)
14-18.....	249	15.4 (0.5)	9.2* (0.5)	10.3 (0.5)	12.3 (0.5)	14.9 (0.5)	18.0 (0.6)	21.0 (0.8)	23.1* (0.9)	11	85 (3.2)
19-50.....	861	16.4 (0.4)	8.8 (0.4)	10.1 (0.4)	12.6 (0.4)	15.9 (0.4)	19.6 (0.5)	23.5 (0.6)	26.1 (0.7)	12	79 (2.5)
51+.....	894	15.1 (0.4)	7.9 (0.3)	9.2 (0.3)	11.6 (0.3)	14.6 (0.4)	18.1 (0.4)	21.8 (0.5)	24.2 (0.6)	11	79 (2.3)
19+.....	1755	15.8 (0.4)	8.3 (0.3)	9.6 (0.3)	12.1 (0.3)	15.3 (0.4)	18.9 (0.4)	22.7 (0.5)	25.3 (0.6)		79 (2.2)
All:											
1+.....	5472	16.9 (0.3)	8.3 (0.2)	9.8 (0.2)	12.6 (0.2)	16.1 (0.3)	20.4 (0.3)	25.1 (0.5)	28.2 (0.6)		76 (1.5)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	0.95 (0.03)	0.51* (0.03)	0.58 (0.03)	0.72 (0.03)	0.91 (0.03)	1.12 (0.04)	1.36 (0.05)	1.52* (0.06)	0.7	78 (3.9)
4-8.....	504	1.19 (0.03)	0.66 (0.03)	0.75 (0.03)	0.92 (0.03)	1.14 (0.03)	1.41 (0.04)	1.68 (0.06)	1.87 (0.07)	0.9	77 (3.3)
Males:											
9-13.....	297	1.50 (0.04)	0.94* (0.04)	1.04 (0.04)	1.23 (0.04)	1.47 (0.04)	1.73 (0.06)	2.01 (0.08)	2.20* (0.10)	1.2	78 (3.4)
14-18.....	261	1.67 (0.08)	1.06* (0.08)	1.17 (0.08)	1.37 (0.08)	1.63 (0.08)	1.93 (0.08)	2.23 (0.09)	2.43* (0.10)	1.6	53 (7.6)
19-50.....	866	2.02 (0.07)	1.00 (0.06)	1.17 (0.06)	1.49 (0.06)	1.92 (0.06)	2.45 (0.09)	3.01 (0.12)	3.37 (0.15)	1.6	69 (3.5)
51+.....	922	2.08 (0.06)	1.04 (0.06)	1.21 (0.05)	1.54 (0.05)	1.98 (0.06)	2.51 (0.08)	3.07 (0.12)	3.46 (0.15)	1.6	72 (2.7)
19+.....	1788	2.05 (0.06)	1.02 (0.06)	1.19 (0.06)	1.51 (0.05)	1.95 (0.05)	2.48 (0.08)	3.03 (0.12)	3.41 (0.14)	1.6	70 (2.9)
Females:											
9-13.....	283	1.50 (0.05)	0.94* (0.05)	1.04 (0.05)	1.23 (0.05)	1.47 (0.05)	1.74 (0.06)	2.02 (0.08)	2.20* (0.10)	1	92 (2.8)
14-18.....	249	1.48 (0.06)	0.93* (0.07)	1.02 (0.06)	1.20 (0.06)	1.43 (0.06)	1.70 (0.07)	1.98 (0.08)	2.16* (0.10)	1.1	84 (4.8)
19-50.....	861	1.74 (0.05)	0.89 (0.04)	1.03 (0.04)	1.30 (0.05)	1.66 (0.05)	2.08 (0.06)	2.54 (0.08)	2.85 (0.09)	1.1	87 (2.2)
51+.....	894	1.68 (0.04)	0.86 (0.04)	1.00 (0.04)	1.27 (0.04)	1.61 (0.04)	2.02 (0.05)	2.47 (0.07)	2.77 (0.09)	1.1	85 (2.0)
19+.....	1755	1.71 (0.04)	0.88 (0.04)	1.01 (0.04)	1.28 (0.04)	1.63 (0.04)	2.06 (0.05)	2.51 (0.07)	2.81 (0.08)	1.1	86 (2.0)
All:											
1+.....	5472	1.74 (0.03)	0.83 (0.02)	0.98 (0.02)	1.26 (0.02)	1.64 (0.03)	2.11 (0.03)	2.64 (0.05)	3.01 (0.08)		78 (1.5)

NOTES: AI=Adequate Intake

The AI is specifically for the α-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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	0.01 (#)	#	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)
4-8.....	504	0.01 (#)	#	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)
Males:									
9-13.....	297	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.....	261	0.02 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03* (0.002)
19-50.....	866	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.03 (0.003)	0.04 (0.004)
51+.....	922	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)
19+.....	1788	0.02 (0.002)	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)
Females:									
9-13.....	283	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)	0.02* (0.002)
14-18.....	249	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)
19-50.....	861	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.004)
51+.....	894	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
19+.....	1755	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
All:									
1+.....	5472	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (0.001)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	0.02 (0.002)	#	#	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.004)
4-8.....	504	0.02 (0.002)	#	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)
Males:									
9-13.....	297	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05* (0.007)
14-18.....	261	0.03 (0.004)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.004)	0.04 (0.005)	0.05 (0.006)	0.06* (0.007)
19-50.....	866	0.05 (0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.006)	0.11 (0.010)	0.15 (0.014)
51+.....	922	0.06 (0.005)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.08 (0.007)	0.13 (0.012)	0.17 (0.017)
19+.....	1788	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.005)	0.12 (0.009)	0.16 (0.013)
Females:									
9-13.....	283	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05* (0.006)
14-18.....	249	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.005)	0.05* (0.006)
19-50.....	861	0.05 (0.005)	0.01 (0.003)	0.01 (0.003)	0.02 (0.004)	0.04 (0.006)	0.07 (0.007)	0.11 (0.008)	0.14 (0.012)
51+.....	894	0.06 (0.004)	0.01 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.004)	0.07 (0.005)	0.11 (0.008)	0.15 (0.012)
19+.....	1755	0.05 (0.004)	0.01 (0.003)	0.02 (0.003)	0.02 (0.004)	0.04 (0.005)	0.07 (0.005)	0.11 (0.007)	0.14 (0.010)
All:									
1+.....	5472	0.05 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.06 (0.003)	0.10 (0.005)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	173 (5)	78* (4)	93 (5)	122 (5)	162 (5)	211 (6)	268 (9)	307* (11)
4-8.....	504	197 (6)	93 (4)	109 (4)	141 (4)	185 (5)	241 (8)	301 (12)	344 (15)
Males:									
9-13.....	297	245 (11)	118* (10)	138 (10)	179 (10)	235 (11)	297 (13)	367 (16)	414* (19)
14-18.....	261	285 (13)	142* (12)	166 (12)	211 (13)	272 (13)	345 (16)	420 (18)	473* (21)
19-50.....	866	352 (13)	158 (11)	189 (11)	250 (12)	333 (13)	434 (15)	542 (18)	611 (21)
51+.....	922	346 (12)	153 (10)	184 (10)	245 (11)	327 (12)	427 (15)	531 (18)	605 (22)
19+.....	1788	350 (12)	155 (10)	187 (10)	248 (11)	330 (12)	431 (14)	538 (18)	608 (21)
Females:									
9-13.....	283	231 (8)	110* (9)	129 (9)	168 (8)	220 (8)	282 (9)	349 (12)	394* (14)
14-18.....	249	213 (14)	100* (9)	118 (10)	153 (11)	201 (14)	260 (16)	323 (20)	366* (22)
19-50.....	861	269 (8)	126 (9)	150 (9)	196 (8)	256 (8)	328 (10)	405 (13)	458 (17)
51+.....	894	259 (7)	121 (8)	144 (8)	189 (8)	246 (8)	317 (9)	391 (12)	441 (14)
19+.....	1755	265 (8)	124 (8)	147 (8)	192 (8)	252 (8)	323 (9)	398 (12)	449 (15)
All:									
1+.....	5472	284 (6)	119 (4)	143 (5)	193 (6)	263 (7)	352 (9)	453 (13)	523 (17)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	547 (18)	293* (16)	339 (16)	423 (16)	528 (17)	651 (21)	779 (29)	864* (34)	210	<3
4-8.....	504	592 (23)	325 (19)	372 (19)	458 (20)	574 (23)	704 (29)	837 (35)	925 (41)	275	<3
Males:											
9-13.....	297	689 (37)	303* (27)	363 (28)	485 (32)	652 (38)	845 (43)	1061 (54)	1208* (65)	445	19 (4.0)
14-18.....	261	626 (36)	270* (29)	326 (30)	435 (33)	588 (37)	775 (44)	974 (54)	1115* (61)	630	57 (5.7)
19-50.....	866	637 (25)	248 (23)	304 (24)	420 (25)	587 (25)	798 (30)	1034 (40)	1189 (48)	625	55 (3.5)
51+.....	922	689 (24)	270 (22)	333 (22)	460 (23)	639 (24)	862 (29)	1115 (39)	1280 (43)	625	48 (3.2)
19+.....	1788	659 (23)	256 (22)	316 (22)	436 (23)	608 (23)	828 (28)	1068 (36)	1232 (42)	625	52 (3.2)
Females:											
9-13.....	283	641 (32)	279* (26)	334 (28)	447 (30)	604 (32)	794 (37)	999 (50)	1137* (56)	420	21 (4.4)
14-18.....	249	526 (29)	217* (24)	264 (24)	358 (26)	488 (28)	655 (34)	834 (44)	959* (51)	485	49 (5.0)
19-50.....	861	603 (25)	257 (20)	308 (21)	414 (22)	562 (25)	744 (29)	949 (43)	1092 (56)	500	39 (4.1)
51+.....	894	637 (20)	272 (19)	326 (20)	440 (22)	593 (21)	789 (24)	1003 (37)	1155 (48)	500	35 (3.5)
19+.....	1755	619 (20)	263 (18)	317 (18)	427 (19)	576 (20)	766 (24)	976 (37)	1126 (47)	500	37 (3.3)
All:											
1+.....	5472	630 (11)	265 (11)	321 (11)	433 (10)	585 (10)	777 (14)	995 (23)	1150 (32)		39 (1.9)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	446 (13)	242* (16)	280 (15)	348 (14)	433 (13)	529 (16)	630 (21)	697* (26)	600	13 (2.4)
4-8.....	504	484 (16)	268 (19)	307 (18)	377 (17)	471 (16)	575 (16)	678 (20)	747 (23)	900	<3
Males:											
9-13.....	297	568 (33)	230* (25)	282 (25)	388 (28)	535 (32)	706 (42)	897 (58)	1028* (68)	1700	<3
14-18.....	261	517 (30)	204* (23)	252 (24)	347 (26)	482 (29)	649 (39)	826 (51)	952* (59)	2800	<3
19-50.....	866	457 (19)	158 (18)	200 (18)	288 (17)	415 (18)	581 (23)	767 (33)	891 (41)	3000	<3
51+.....	922	491 (24)	170 (19)	216 (19)	312 (21)	449 (25)	623 (30)	823 (37)	953 (40)	3000	<3
19+.....	1788	471 (21)	162 (19)	206 (18)	297 (18)	429 (20)	599 (25)	790 (32)	920 (39)	3000	<3
Females:											
9-13.....	283	518 (30)	205* (27)	251 (27)	348 (29)	484 (30)	650 (36)	830 (50)	951* (58)	1700	<3
14-18.....	249	400 (26)	145* (21)	182 (22)	258 (24)	366 (25)	507 (34)	659 (44)	767* (53)	2800	<3
19-50.....	861	405 (17)	156 (13)	192 (14)	268 (15)	374 (17)	507 (20)	657 (27)	763 (33)	3000	<3
51+.....	894	406 (14)	156 (10)	192 (11)	269 (12)	374 (13)	510 (17)	661 (25)	766 (30)	3000	<3
19+.....	1755	405 (13)	156 (10)	192 (11)	268 (12)	374 (13)	508 (15)	659 (21)	764 (26)	3000	<3
All:											
1+.....	5472	451 (8)	168 (9)	210 (9)	297 (8)	416 (7)	566 (10)	734 (17)	853 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	1.09 (0.02)	0.68* (0.02)	0.75 (0.02)	0.89 (0.02)	1.06 (0.02)	1.25 (0.02)	1.45 (0.03)	1.58* (0.03)	0.4	<3
4-8.....	504	1.40 (0.03)	0.91 (0.03)	1.00 (0.03)	1.16 (0.03)	1.38 (0.03)	1.61 (0.03)	1.84 (0.04)	1.99 (0.04)	0.5	<3
Males:											
9-13.....	297	1.74 (0.06)	1.04* (0.05)	1.17 (0.05)	1.41 (0.06)	1.71 (0.06)	2.03 (0.08)	2.37 (0.09)	2.59* (0.11)	0.7	<3
14-18.....	261	1.86 (0.06)	1.13* (0.06)	1.26 (0.06)	1.50 (0.06)	1.81 (0.06)	2.16 (0.07)	2.51 (0.08)	2.74* (0.09)	1	<3
19-50.....	866	1.84 (0.03)	1.04 (0.03)	1.18 (0.03)	1.44 (0.03)	1.78 (0.03)	2.18 (0.04)	2.59 (0.05)	2.85 (0.06)	1	4 (0.7)
51+.....	922	1.79 (0.04)	1.00 (0.04)	1.14 (0.04)	1.40 (0.04)	1.73 (0.04)	2.12 (0.04)	2.52 (0.04)	2.79 (0.05)	1	5 (1.0)
19+.....	1788	1.82 (0.03)	1.02 (0.03)	1.16 (0.03)	1.42 (0.03)	1.76 (0.03)	2.15 (0.04)	2.56 (0.04)	2.82 (0.05)	1	4 (0.8)
Females:											
9-13.....	283	1.59 (0.05)	0.94* (0.04)	1.05 (0.04)	1.27 (0.04)	1.55 (0.05)	1.87 (0.05)	2.19 (0.07)	2.39* (0.08)	0.7	<3
14-18.....	249	1.38 (0.05)	0.80* (0.05)	0.90 (0.05)	1.09 (0.05)	1.34 (0.05)	1.63 (0.06)	1.92 (0.06)	2.11* (0.07)	0.9	10 (2.7)
19-50.....	861	1.42 (0.03)	0.81 (0.03)	0.92 (0.03)	1.12 (0.02)	1.38 (0.03)	1.68 (0.03)	1.98 (0.05)	2.18 (0.06)	0.9	9 (1.4)
51+.....	894	1.35 (0.02)	0.76 (0.02)	0.87 (0.02)	1.06 (0.02)	1.31 (0.02)	1.59 (0.03)	1.88 (0.04)	2.07 (0.06)	0.9	12 (1.2)
19+.....	1755	1.39 (0.02)	0.79 (0.02)	0.89 (0.02)	1.09 (0.02)	1.35 (0.02)	1.64 (0.03)	1.93 (0.04)	2.13 (0.05)	0.9	10 (1.1)
All:											
1+.....	5472	1.57 (0.01)	0.85 (0.01)	0.97 (0.01)	1.20 (0.01)	1.50 (0.01)	1.87 (0.02)	2.27 (0.03)	2.53 (0.04)	6	(0.6)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	1.57 (0.02)	1.00* (0.02)	1.10 (0.02)	1.30 (0.01)	1.54 (0.02)	1.80 (0.02)	2.06 (0.03)	2.23* (0.04)	0.4	<3
4-8.....	504	1.77 (0.03)	1.16 (0.03)	1.27 (0.03)	1.48 (0.03)	1.75 (0.03)	2.03 (0.04)	2.31 (0.04)	2.49 (0.05)	0.5	<3
Males:											
9-13.....	297	2.07 (0.08)	1.13* (0.07)	1.29 (0.07)	1.60 (0.08)	2.01 (0.08)	2.45 (0.10)	2.93 (0.12)	3.25* (0.13)	0.8	<3
14-18.....	261	2.20 (0.08)	1.22* (0.07)	1.39 (0.07)	1.71 (0.08)	2.12 (0.08)	2.61 (0.09)	3.10 (0.11)	3.43* (0.12)	1.1	<3
19-50.....	866	2.45 (0.06)	1.11 (0.04)	1.33 (0.04)	1.73 (0.04)	2.30 (0.05)	3.01 (0.08)	3.78 (0.12)	4.28 (0.16)	1.1	5 (0.8)
51+.....	922	2.43 (0.06)	1.10 (0.05)	1.31 (0.05)	1.72 (0.05)	2.28 (0.06)	2.98 (0.08)	3.73 (0.11)	4.27 (0.14)	1.1	5 (1.0)
19+.....	1788	2.44 (0.05)	1.11 (0.05)	1.32 (0.04)	1.73 (0.04)	2.29 (0.05)	3.00 (0.07)	3.76 (0.11)	4.27 (0.14)	1.1	5 (0.8)
Females:											
9-13.....	283	1.91 (0.06)	1.03* (0.06)	1.18 (0.06)	1.47 (0.06)	1.85 (0.06)	2.28 (0.07)	2.74 (0.09)	3.03* (0.10)	0.8	<3
14-18.....	249	1.62 (0.07)	0.85* (0.06)	0.98 (0.06)	1.22 (0.07)	1.55 (0.07)	1.94 (0.08)	2.35 (0.09)	2.62* (0.10)	0.9	7* (2.3)
19-50.....	861	1.86 (0.04)	0.99 (0.03)	1.14 (0.03)	1.43 (0.03)	1.80 (0.04)	2.22 (0.05)	2.66 (0.06)	2.96 (0.07)	0.9	<3
51+.....	894	1.83 (0.04)	0.98 (0.03)	1.13 (0.03)	1.41 (0.03)	1.77 (0.04)	2.19 (0.05)	2.62 (0.07)	2.90 (0.08)	0.9	3 (0.5)
19+.....	1755	1.85 (0.04)	0.99 (0.03)	1.13 (0.03)	1.42 (0.03)	1.78 (0.03)	2.20 (0.04)	2.64 (0.06)	2.93 (0.07)	0.9	3 (0.5)
All:											
1+.....	5472	2.07 (0.02)	1.04 (0.02)	1.20 (0.02)	1.51 (0.02)	1.92 (0.02)	2.46 (0.03)	3.12 (0.05)	3.61 (0.08)		3 (0.4)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	13.6 (0.2)	7.9* (0.2)	8.9 (0.2)	10.8 (0.2)	13.2 (0.2)	15.9 (0.3)	18.7 (0.4)	20.4* (0.5)	5	<3
4-8.....	504	18.7 (0.4)	11.6 (0.4)	12.9 (0.4)	15.3 (0.4)	18.3 (0.4)	21.7 (0.4)	24.9 (0.5)	27.1 (0.5)	6	<3
Males:											
9-13.....	297	23.7 (0.9)	13.9* (0.8)	15.6 (0.8)	18.9 (0.8)	23.2 (0.9)	27.8 (1.0)	32.6 (1.1)	35.8* (1.2)	9	<3
14-18.....	261	28.5 (0.9)	17.3* (0.9)	19.3 (0.8)	23.0 (0.8)	27.8 (0.9)	33.2 (1.0)	38.6 (1.3)	42.2* (1.4)	12	<3
19-50.....	866	32.6 (0.9)	17.2 (0.8)	19.8 (0.8)	24.7 (0.8)	31.2 (0.9)	39.0 (1.2)	47.2 (1.6)	52.5 (2.0)	12	<3
51+.....	922	28.3 (0.7)	14.2 (0.8)	16.6 (0.7)	21.1 (0.7)	27.0 (0.8)	34.2 (0.9)	41.8 (1.3)	46.9 (1.7)	12	<3
19+.....	1788	30.8 (0.7)	15.6 (0.7)	18.2 (0.7)	23.0 (0.6)	29.4 (0.7)	37.0 (1.0)	45.2 (1.4)	50.4 (1.8)	12	<3
Females:											
9-13.....	283	21.8 (0.7)	12.6* (0.6)	14.2 (0.6)	17.3 (0.6)	21.2 (0.7)	25.7 (0.8)	30.3 (1.0)	33.3* (1.1)	9	<3
14-18.....	249	20.4 (0.7)	11.7* (0.6)	13.2 (0.6)	16.1 (0.7)	19.7 (0.7)	24.1 (0.8)	28.4 (1.0)	31.4* (1.1)	11	3* (1.3)
19-50.....	861	22.8 (0.5)	13.2 (0.5)	14.9 (0.4)	18.1 (0.4)	22.2 (0.4)	26.7 (0.5)	31.4 (0.7)	34.4 (0.8)	11	<3
51+.....	894	20.3 (0.5)	11.5 (0.4)	13.1 (0.4)	16.0 (0.4)	19.8 (0.5)	24.0 (0.6)	28.3 (0.8)	31.1 (0.9)	11	4 (0.9)
19+.....	1755	21.6 (0.4)	12.2 (0.4)	13.9 (0.4)	17.0 (0.4)	21.0 (0.4)	25.5 (0.5)	30.1 (0.7)	33.0 (0.8)	11	<3
All:											
1+.....	5472	24.7 (0.3)	12.3 (0.2)	14.2 (0.2)	17.9 (0.2)	23.0 (0.3)	29.7 (0.5)	37.5 (0.8)	43.1 (1.2)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	1.28 (0.02)	0.80* (0.03)	0.89 (0.03)	1.05 (0.02)	1.25 (0.02)	1.48 (0.03)	1.71 (0.04)	1.85* (0.05)	0.4	<3	30	<3
4-8.....	504	1.54 (0.04)	0.99 (0.04)	1.09 (0.04)	1.27 (0.04)	1.51 (0.04)	1.76 (0.04)	2.01 (0.06)	2.18 (0.07)	0.5	<3	40	<3
Males:													
9-13.....	297	1.88 (0.08)	0.95* (0.07)	1.10 (0.07)	1.39 (0.08)	1.79 (0.09)	2.25 (0.09)	2.76 (0.11)	3.11* (0.13)	0.8	<3	60	<3
14-18.....	261	2.12 (0.08)	1.10* (0.08)	1.27 (0.08)	1.59 (0.08)	2.02 (0.08)	2.55 (0.10)	3.10 (0.12)	3.49* (0.15)	1.1	5* (1.9)	80	<3
19-50.....	866	2.61 (0.09)	1.13 (0.07)	1.35 (0.07)	1.79 (0.06)	2.42 (0.08)	3.21 (0.13)	4.11 (0.20)	4.72 (0.26)	1.1	5 (1.2)	100	<3
51+.....	922	2.36 (0.08)	0.99 (0.08)	1.19 (0.08)	1.61 (0.08)	2.18 (0.08)	2.92 (0.11)	3.74 (0.16)	4.33 (0.21)	1.4	17 (2.9)	100	<3
19+.....	1788	2.50 (0.08)	1.06 (0.07)	1.28 (0.07)	1.71 (0.06)	2.31 (0.07)	3.09 (0.11)	3.97 (0.18)	4.56 (0.24)		10 (1.8)	100	<3
Females:													
9-13.....	283	1.78 (0.06)	0.90* (0.06)	1.04 (0.05)	1.32 (0.06)	1.70 (0.06)	2.15 (0.08)	2.64 (0.11)	2.97* (0.13)	0.8	<3	60	<3
14-18.....	249	1.57 (0.06)	0.78* (0.05)	0.91 (0.05)	1.15 (0.06)	1.48 (0.06)	1.90 (0.07)	2.34 (0.09)	2.65* (0.10)	1	15 (3.1)	80	<3
19-50.....	861	1.83 (0.05)	0.95 (0.06)	1.10 (0.06)	1.38 (0.06)	1.75 (0.06)	2.19 (0.06)	2.66 (0.07)	2.98 (0.09)	1.1	10 (2.4)	100	<3
51+.....	894	1.67 (0.04)	0.86 (0.04)	0.99 (0.04)	1.26 (0.04)	1.60 (0.04)	2.01 (0.05)	2.44 (0.06)	2.73 (0.08)	1.3	28 (3.0)	100	<3
19+.....	1755	1.75 (0.04)	0.90 (0.05)	1.04 (0.05)	1.32 (0.05)	1.68 (0.04)	2.10 (0.05)	2.56 (0.06)	2.86 (0.08)		19 (2.5)	100	<3
All:													
1+.....	5472	2.01 (0.03)	0.93 (0.02)	1.09 (0.02)	1.38 (0.02)	1.81 (0.02)	2.41 (0.04)	3.17 (0.08)	3.75 (0.13)		11 (1.2)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	331 (10)	180* (9)	206 (9)	254 (9)	317 (10)	392 (11)	472 (14)	526* (16)	120	<3
4-8.....	504	455 (16)	261 (12)	294 (12)	356 (13)	439 (15)	536 (19)	637 (24)	707 (27)	160	<3
Males:											
9-13.....	297	567 (28)	311* (28)	353 (28)	436 (29)	546 (29)	670 (30)	807 (36)	899* (41)	250	<3
14-18.....	261	593 (26)	329* (31)	373 (30)	457 (29)	569 (26)	703 (29)	842 (33)	940* (36)	330	5* (2.4)
19-50.....	866	587 (13)	287 (11)	335 (11)	429 (11)	555 (12)	712 (17)	880 (24)	989 (29)	320	8 (1.1)
51+.....	922	556 (12)	268 (10)	314 (10)	405 (11)	525 (12)	674 (16)	833 (20)	945 (25)	320	11 (1.3)
19+.....	1788	573 (11)	278 (10)	326 (10)	418 (9)	543 (11)	695 (15)	861 (21)	970 (27)	320	9 (1.1)
Females:											
9-13.....	283	538 (22)	295* (25)	334 (25)	413 (25)	517 (23)	640 (24)	771 (30)	859* (34)	250	<3
14-18.....	249	454 (25)	244* (24)	279 (24)	345 (23)	432 (25)	541 (27)	655 (30)	734* (31)	330	21 (5.5)
19-50.....	861	474 (11)	242 (9)	280 (9)	354 (9)	452 (10)	569 (14)	696 (22)	782 (29)	320	17 (1.9)
51+.....	894	432 (10)	218 (7)	253 (7)	322 (7)	411 (9)	519 (13)	636 (19)	715 (24)	320	24 (1.7)
19+.....	1755	454 (9)	229 (8)	266 (7)	337 (7)	433 (8)	545 (12)	668 (19)	752 (25)	320	21 (1.6)
All:											
1+.....	5472	506 (7)	245 (6)	286 (5)	366 (5)	475 (6)	612 (10)	764 (15)	868 (20)		12 (0.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles						>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	132 (5)	52* (6)	64 (6)	89 (6)	123 (6)	164 (7)	212 (12)	243* (15)	300	<3
4-8.....	504	193 (7)	88 (8)	105 (8)	137 (7)	183 (7)	237 (9)	295 (11)	336 (14)	400	<3
Males:											
9-13.....	297	241 (13)	109* (13)	130 (13)	172 (14)	229 (14)	295 (15)	368 (20)	419* (24)	600	<3
14-18.....	261	244 (13)	112* (14)	133 (14)	174 (14)	231 (13)	300 (16)	373 (20)	425* (22)	800	<3
19-50.....	866	214 (11)	71 (5)	91 (6)	132 (7)	194 (9)	274 (14)	364 (22)	426 (27)	1000	<3
51+.....	922	194 (8)	62 (5)	80 (6)	119 (7)	175 (7)	248 (10)	331 (14)	390 (19)	1000	<3
19+.....	1788	205 (9)	67 (5)	86 (6)	126 (6)	185 (8)	263 (12)	351 (19)	411 (23)	1000	<3
Females:											
9-13.....	283	225 (11)	101* (11)	120 (11)	159 (12)	213 (12)	278 (14)	348 (18)	395* (21)	600	<3
14-18.....	249	181 (12)	77* (9)	93 (9)	125 (10)	168 (12)	224 (14)	285 (16)	327* (18)	800	<3
19-50.....	861	166 (5)	54 (3)	70 (3)	103 (4)	151 (4)	212 (7)	283 (11)	333 (15)	1000	<3
51+.....	894	145 (5)	45 (4)	59 (4)	88 (4)	131 (5)	186 (7)	250 (10)	295 (13)	1000	<3
19+.....	1755	156 (4)	49 (3)	64 (3)	95 (4)	141 (4)	200 (6)	268 (10)	316 (13)	1000	<3
All:											
1+.....	5472	186 (4)	60 (3)	77 (3)	115 (3)	168 (4)	238 (5)	316 (8)	372 (11)		<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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	111 (3)	62* (3)	71 (3)	87 (3)	107 (3)	131 (3)	157 (4)	174* (5)
4-8.....	504	134 (4)	78 (3)	88 (3)	106 (3)	130 (4)	158 (4)	186 (6)	205 (7)
Males:									
9-13.....	297	163 (7)	95* (6)	106 (6)	128 (7)	158 (7)	190 (8)	225 (10)	249* (12)
14-18.....	261	174 (9)	102* (7)	115 (7)	138 (8)	168 (9)	204 (10)	241 (11)	267* (11)
19-50.....	866	230 (6)	113 (4)	132 (5)	169 (5)	219 (6)	279 (7)	342 (9)	383 (10)
51+.....	922	236 (6)	115 (5)	135 (5)	174 (6)	225 (6)	285 (6)	350 (8)	393 (9)
19+.....	1788	232 (5)	114 (4)	133 (4)	171 (5)	221 (5)	282 (6)	346 (7)	388 (9)
Females:									
9-13.....	283	158 (8)	92* (5)	103 (5)	125 (6)	153 (8)	186 (10)	221 (13)	243* (15)
14-18.....	249	146 (6)	85* (6)	95 (6)	115 (6)	140 (7)	172 (7)	204 (7)	226* (7)
19-50.....	861	191 (5)	97 (4)	112 (4)	143 (4)	183 (5)	230 (7)	282 (10)	317 (11)
51+.....	894	189 (5)	96 (4)	111 (4)	141 (4)	180 (5)	228 (6)	278 (8)	313 (9)
19+.....	1755	190 (5)	96 (3)	112 (3)	142 (4)	182 (4)	229 (6)	280 (8)	315 (10)
All:									
1+.....	5472	194 (3)	92 (2)	107 (2)	138 (2)	181 (3)	237 (4)	299 (5)	341 (6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	207 (4)	122* (4)	137 (4)	166 (4)	201 (4)	241 (4)	285 (6)	314* (7)	200	51 (2.8)	1000	<3
4-8.....	504	223 (5)	134 (4)	150 (4)	178 (4)	216 (5)	260 (6)	304 (9)	335 (10)	250	30 (3.0)	1000	<3
Males:													
9-13.....	297	271 (9)	154* (8)	174 (8)	213 (9)	263 (9)	319 (10)	379 (12)	419* (14)	375	11 (2.0)	2000	<3
14-18.....	261	304 (11)	176* (10)	199 (10)	240 (10)	295 (11)	358 (14)	422 (15)	466* (17)	550	<3	3000	<3
19-50.....	866	383 (9)	202 (9)	233 (8)	292 (8)	369 (9)	459 (12)	551 (16)	608 (19)	550	10 (1.9)	3500	<3
51+.....	922	390 (11)	205 (10)	237 (10)	299 (10)	377 (12)	467 (14)	559 (19)	621 (22)	550	11 (2.2)	3500	<3
19+.....	1788	386 (9)	203 (9)	235 (8)	295 (8)	373 (9)	462 (11)	554 (16)	614 (19)	550	11 (1.8)	3500	<3
Females:													
9-13.....	283	250 (8)	141* (8)	159 (7)	195 (7)	242 (8)	296 (9)	353 (11)	390* (13)	375	7* (1.5)	2000	<3
14-18.....	249	229 (10)	127* (9)	145 (9)	177 (9)	220 (10)	271 (12)	324 (14)	360* (15)	400	<3	3000	<3
19-50.....	861	288 (7)	162 (7)	185 (7)	227 (7)	280 (7)	340 (8)	402 (9)	442 (10)	425	7 (1.2)	3500	<3
51+.....	894	285 (7)	160 (6)	183 (6)	225 (6)	277 (7)	336 (8)	397 (9)	436 (10)	425	6 (1.1)	3500	<3
19+.....	1755	287 (6)	161 (6)	184 (6)	226 (6)	279 (7)	338 (7)	399 (9)	439 (10)	425	6 (1.1)	3500	<3
All:													
1+.....	5472	312 (5)	157 (3)	181 (4)	228 (4)	293 (5)	376 (7)	469 (11)	533 (14)		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

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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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	3.80 (0.08)	2.16* (0.14)	2.46 (0.12)	3.01 (0.10)	3.69 (0.08)	4.46 (0.11)	5.28 (0.17)	5.81* (0.21)	0.7	<3
4-8.....	504	4.14 (0.11)	2.40 (0.16)	2.71 (0.15)	3.28 (0.12)	4.03 (0.11)	4.86 (0.14)	5.70 (0.20)	6.26 (0.25)	1	<3
Males:											
9-13.....	297	5.32 (0.28)	2.28* (0.19)	2.74 (0.20)	3.68 (0.23)	5.00 (0.28)	6.55 (0.33)	8.31 (0.44)	9.52* (0.53)	1.5	<3
14-18.....	261	6.00 (0.28)	2.66* (0.22)	3.18 (0.22)	4.20 (0.24)	5.63 (0.26)	7.39 (0.35)	9.27 (0.47)	10.61* (0.54)	2	<3
19-50.....	866	6.01 (0.30)	2.21 (0.18)	2.75 (0.18)	3.85 (0.20)	5.47 (0.26)	7.57 (0.40)	9.97 (0.58)	11.57 (0.73)	2	4 (1.0)
51+.....	922	5.59 (0.26)	2.01 (0.18)	2.51 (0.17)	3.57 (0.18)	5.07 (0.23)	7.06 (0.35)	9.29 (0.50)	10.93 (0.64)	2	5 (1.3)
19+.....	1788	5.83 (0.27)	2.12 (0.18)	2.64 (0.17)	3.72 (0.18)	5.30 (0.23)	7.35 (0.36)	9.70 (0.54)	11.30 (0.69)	2	4 (1.1)
Females:											
9-13.....	283	4.68 (0.23)	1.95* (0.16)	2.35 (0.17)	3.18 (0.19)	4.36 (0.22)	5.82 (0.28)	7.42 (0.39)	8.52* (0.46)	1.5	<3
14-18.....	249	3.80 (0.19)	1.51* (0.15)	1.85 (0.16)	2.53 (0.17)	3.49 (0.19)	4.74 (0.23)	6.12 (0.30)	7.10* (0.34)	2	13 (3.2)
19-50.....	861	4.20 (0.16)	1.82 (0.14)	2.17 (0.14)	2.90 (0.14)	3.91 (0.15)	5.17 (0.20)	6.60 (0.27)	7.61 (0.33)	2	7 (2.0)
51+.....	894	4.07 (0.14)	1.75 (0.13)	2.10 (0.13)	2.82 (0.14)	3.78 (0.14)	5.01 (0.16)	6.39 (0.23)	7.35 (0.28)	2	8 (2.2)
19+.....	1755	4.14 (0.13)	1.79 (0.13)	2.14 (0.13)	2.86 (0.13)	3.85 (0.14)	5.10 (0.15)	6.50 (0.21)	7.48 (0.26)	2	8 (2.0)
All:											
1+.....	5472	4.87 (0.12)	1.95 (0.09)	2.36 (0.08)	3.19 (0.07)	4.36 (0.09)	5.98 (0.16)	8.00 (0.26)	9.52 (0.38)		5 (0.9)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	64.1 (3.0)	21.5* (1.7)	27.5 (1.7)	40.0 (2.0)	58.0 (2.6)	81.5 (4.0)	108.8 (5.9)	127.9* (7.5)	13	<3	400	<3
4-8.....	504	67.2 (4.8)	23.5 (2.6)	29.7 (2.9)	42.4 (3.5)	61.2 (4.4)	85.4 (6.1)	112.6 (8.2)	132.1 (9.9)	22	4 (1.5)	650	<3
Males:													
9-13.....	297	69.1 (3.8)	23.0* (2.5)	29.1 (2.8)	42.5 (3.2)	62.5 (3.7)	87.5 (4.8)	117.6 (6.5)	139.1* (8.2)	39	21 (3.8)	1200	<3
14-18.....	261	59.6 (2.9)	19.1* (2.0)	24.4 (2.2)	35.8 (2.4)	53.1 (2.6)	76.3 (4.0)	102.8 (6.3)	122.6* (8.1)	63	63 (3.4)	1800	<3
19-50.....	866	78.1 (3.4)	19.5 (1.5)	26.3 (1.8)	41.5 (2.2)	66.3 (3.0)	101.7 (4.4)	145.0 (6.4)	175.2 (8.1)	75	57 (2.7)	2000	<3
51+.....	922	82.9 (3.6)	21.1 (1.7)	28.4 (2.0)	44.9 (2.5)	71.0 (3.4)	107.7 (4.7)	152.1 (7.2)	184.7 (9.2)	75	53 (2.9)	2000	<3
19+.....	1788	80.1 (3.1)	20.2 (1.5)	27.2 (1.7)	43.0 (2.1)	68.3 (2.7)	104.3 (4.0)	147.7 (6.1)	179.8 (8.1)	75	56 (2.4)	2000	<3
Females:													
9-13.....	283	71.3 (4.1)	24.1* (2.8)	30.3 (2.9)	43.9 (3.3)	64.3 (3.9)	90.8 (5.1)	121.4 (7.1)	143.0* (8.3)	39	19 (3.7)	1200	<3
14-18.....	249	54.7 (3.2)	17.2* (2.2)	22.1 (2.4)	32.5 (2.8)	48.2 (3.3)	70.0 (3.9)	95.2 (5.2)	113.7* (6.4)	56	60 (4.4)	1800	<3
19-50.....	861	68.3 (2.2)	20.6 (1.7)	26.6 (1.9)	40.2 (2.1)	60.5 (2.4)	87.3 (2.7)	119.6 (4.1)	142.8 (5.3)	60	49 (2.7)	2000	<3
51+.....	894	70.0 (2.8)	21.3 (1.5)	27.6 (1.6)	41.6 (1.9)	62.1 (2.4)	90.0 (3.7)	122.4 (5.5)	146.1 (6.9)	60	48 (2.5)	2000	<3
19+.....	1755	69.1 (2.2)	20.9 (1.6)	27.1 (1.7)	40.9 (1.8)	61.2 (2.1)	88.6 (3.0)	121.0 (4.5)	144.5 (5.9)	60	49 (2.4)	2000	<3
All:													
1+.....	5472	72.1 (1.6)	20.8 (0.8)	27.1 (0.9)	41.2 (1.1)	62.6 (1.4)	92.2 (2.1)	128.4 (3.1)	155.4 (4.2)	45	(1.3)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
131 - 350% poverty														
Males:														
19-50.....	225	61.6 (4.1)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	165	63.0 (4.2)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	390	62.2 (3.9)	15.1* (1.5)	20.3 (1.8)	32.8 (2.5)	52.3 (3.5)	81.3 (5.1)	116.9 (6.8)	142.3* (8.7)	110	88 (2.0)	2000	<3	
Females:														
19-50.....	141	47.5 (3.2)	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	119	46.0 (2.6)	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	260	46.8 (2.8)	13.3* (1.5)	17.4 (1.7)	26.8 (2.0)	41.0 (2.6)	60.6 (3.5)	83.1 (4.6)	99.5* (5.3)	95	94* (1.2)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males:													
19-50.....	641	84.3 (3.4)	22.3 (1.4)	29.5 (1.6)	46.5 (2.1)	72.5 (3.0)	109.5 (4.5)	153.3 (6.7)	185.9 (8.2)	75	52 (2.6)	2000	<3
51+.....	756	87.3 (3.9)	23.6 (1.6)	31.2 (1.8)	48.1 (2.4)	75.4 (3.4)	113.1 (5.1)	158.1 (7.3)	190.9 (9.0)	75	50 (2.9)	2000	<3
19+.....	1397	85.7 (3.2)	22.9 (1.3)	30.3 (1.5)	47.1 (1.9)	73.8 (2.8)	111.0 (4.3)	155.4 (6.5)	188.1 (7.9)	75	51 (2.4)	2000	<3
Females:													
19-50.....	720	73.1 (2.4)	24.1 (1.9)	30.8 (2.1)	44.8 (2.3)	65.3 (2.4)	92.9 (3.0)	125.9 (4.2)	149.1 (5.6)	60	44 (2.9)	2000	<3
51+.....	775	74.1 (2.8)	24.4 (1.8)	31.2 (1.9)	45.3 (2.2)	66.5 (2.6)	94.4 (3.5)	126.7 (5.2)	149.4 (6.4)	60	42 (2.8)	2000	<3
19+.....	1495	73.6 (2.4)	24.2 (1.8)	31.0 (1.9)	45.0 (2.0)	66.0 (2.3)	93.7 (3.0)	126.3 (4.4)	149.3 (5.7)	60	43 (2.5)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018
 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males:													
19-50.....	866	79.0 (3.3)	19.7 (1.4)	26.3 (1.6)	42.1 (2.1)	67.2 (2.9)	103.2 (4.3)	145.9 (6.4)	177.5 (8.0)	110/75	61 (2.5)	2000	<3
51+.....	921	82.4 (3.7)	21.0 (1.6)	28.3 (1.8)	44.4 (2.4)	70.8 (3.3)	107.1 (4.7)	150.6 (6.8)	183.6 (8.6)	110/75	57 (2.7)	2000	<3
19+.....	1787	80.5 (3.1)	20.3 (1.4)	27.1 (1.6)	43.1 (2.0)	68.8 (2.7)	104.9 (4.0)	148.0 (6.1)	180.2 (7.6)	110/75	59 (2.2)	2000	<3
Females:													
19-50.....	861	68.3 (2.3)	20.2 (1.8)	26.6 (1.9)	40.3 (2.1)	60.7 (2.4)	87.5 (2.8)	119.8 (4.0)	143.5 (5.0)	95/60	53 (2.8)	2000	<3
51+.....	894	69.8 (2.7)	21.0 (1.6)	27.2 (1.8)	41.1 (2.1)	62.2 (2.6)	89.8 (3.5)	121.6 (5.3)	144.8 (6.3)	95/60	50 (2.8)	2000	<3
19+.....	1755	69.0 (2.2)	20.5 (1.6)	26.9 (1.7)	40.7 (1.9)	61.4 (2.1)	88.6 (2.8)	120.8 (4.3)	144.1 (5.4)	95/60	52 (2.4)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	6.0 (0.1)	2.6* (0.2)	3.2 (0.2)	4.4 (0.1)	5.8 (0.1)	7.4 (0.2)	9.2 (0.3)	10.3* (0.4)	10	94 (1.4)	63	<3
4-8.....	504	5.2 (0.2)	2.2 (0.2)	2.7 (0.2)	3.7 (0.2)	5.0 (0.2)	6.5 (0.2)	8.1 (0.3)	9.1 (0.3)	10	>97	75	<3
Males:													
9-13.....	297	5.7 (0.3)	1.8* (0.1)	2.3 (0.2)	3.4 (0.2)	5.2 (0.2)	7.3 (0.4)	9.9 (0.6)	11.7* (0.7)	10	90 (2.1)	100	<3
14-18.....	261	5.1 (0.4)	1.5* (0.3)	2.0 (0.3)	3.0 (0.3)	4.6 (0.4)	6.6 (0.5)	9.0 (0.6)	10.7* (0.7)	10	93* (1.9)	100	<3
19-50.....	866	4.6 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	4.0 (0.2)	5.9 (0.3)	8.3 (0.4)	10.0 (0.5)	10	95 (1.0)	100	<3
51+.....	922	5.4 (0.2)	1.6 (0.1)	2.1 (0.1)	3.1 (0.2)	4.7 (0.2)	6.9 (0.3)	9.6 (0.4)	11.5 (0.5)	10	91 (1.3)	100	<3
19+.....	1788	5.0 (0.2)	1.4 (0.1)	1.9 (0.1)	2.8 (0.1)	4.3 (0.2)	6.4 (0.3)	8.9 (0.4)	10.7 (0.4)	10	93 (1.0)	100	<3
Females:													
9-13.....	283	5.1 (0.3)	1.5* (0.2)	2.0 (0.2)	3.0 (0.2)	4.5 (0.3)	6.5 (0.4)	8.9 (0.5)	10.6* (0.6)	10	94* (1.5)	100	<3
14-18.....	249	3.7 (0.3)	1.0* (0.1)	1.3 (0.2)	2.0 (0.2)	3.2 (0.3)	4.8 (0.4)	6.7 (0.5)	8.0* (0.6)	10	>97	100	<3
19-50.....	861	4.0 (0.2)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.5 (0.2)	5.1 (0.2)	7.0 (0.3)	8.4 (0.4)	10	>97	100	<3
51+.....	894	4.2 (0.2)	1.3 (0.1)	1.7 (0.1)	2.5 (0.1)	3.7 (0.2)	5.4 (0.2)	7.3 (0.3)	8.7 (0.3)	10	>97	100	<3
19+.....	1755	4.1 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.1)	3.6 (0.2)	5.2 (0.2)	7.2 (0.2)	8.6 (0.3)	10	>97	100	<3
All:													
1+.....	5472	4.7 (0.1)	1.4 (0.1)	1.8 (0.1)	2.7 (0.1)	4.1 (0.1)	6.0 (0.1)	8.2 (0.2)	9.8 (0.2)	10	95 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	5.3 (0.1)	2.9* (0.1)	3.3 (0.1)	4.1 (0.1)	5.1 (0.1)	6.3 (0.2)	7.5 (0.2)	8.4* (0.3)	5	48 (2.9)
4-8.....	504	6.6 (0.2)	3.7 (0.1)	4.2 (0.1)	5.1 (0.1)	6.4 (0.2)	7.8 (0.2)	9.3 (0.3)	10.3 (0.4)	6	43 (3.1)
Males:											
9-13.....	297	8.5 (0.4)	4.5* (0.2)	5.1 (0.2)	6.4 (0.3)	8.1 (0.4)	10.1 (0.5)	12.3 (0.7)	13.8* (0.9)	9	63 (5.3)
14-18.....	261	8.4 (0.3)	4.5* (0.3)	5.1 (0.3)	6.3 (0.3)	8.0 (0.3)	10.0 (0.4)	12.1 (0.6)	13.7* (0.7)	12	89 (2.7)
19-50.....	866	10.1 (0.4)	4.4 (0.2)	5.3 (0.2)	7.0 (0.3)	9.4 (0.4)	12.4 (0.5)	15.7 (0.7)	17.9 (0.8)	12	72 (3.3)
51+.....	922	9.9 (0.3)	4.3 (0.2)	5.2 (0.2)	6.9 (0.2)	9.2 (0.3)	12.1 (0.3)	15.3 (0.5)	17.6 (0.6)	12	74 (2.2)
19+.....	1788	10.0 (0.3)	4.4 (0.2)	5.2 (0.2)	6.9 (0.2)	9.3 (0.3)	12.3 (0.4)	15.6 (0.6)	17.8 (0.7)	12	73 (2.5)
Females:											
9-13.....	283	8.0 (0.3)	4.2* (0.3)	4.8 (0.3)	6.0 (0.3)	7.6 (0.3)	9.5 (0.4)	11.6 (0.6)	13.0* (0.7)	9	69 (4.5)
14-18.....	249	7.3 (0.4)	3.8* (0.3)	4.4 (0.3)	5.5 (0.4)	6.9 (0.4)	8.7 (0.5)	10.6 (0.7)	12.0* (0.8)	12	95* (2.3)
19-50.....	861	8.8 (0.4)	4.1 (0.2)	4.9 (0.2)	6.3 (0.3)	8.3 (0.3)	10.7 (0.5)	13.3 (0.6)	15.2 (0.8)	12	84 (3.0)
51+.....	894	8.1 (0.3)	3.8 (0.2)	4.5 (0.2)	5.8 (0.2)	7.6 (0.3)	9.9 (0.4)	12.4 (0.6)	14.1 (0.7)	12	88 (2.4)
19+.....	1755	8.5 (0.3)	4.0 (0.2)	4.7 (0.2)	6.1 (0.2)	8.0 (0.3)	10.3 (0.4)	12.9 (0.6)	14.7 (0.7)	12	86 (2.6)
All:											
1+.....	5472	8.7 (0.2)	4.0 (0.1)	4.7 (0.1)	6.1 (0.1)	8.0 (0.2)	10.6 (0.3)	13.6 (0.4)	15.7 (0.6)		76 (1.8)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	43.8 (2.0)	20.8* (1.5)	24.4 (1.5)	31.4 (1.7)	40.8 (1.9)	53.0 (2.4)	66.9 (3.4)	76.9* (4.2)	30	78 (3.9)
4-8.....	504	53.9 (2.2)	26.4 (1.9)	30.6 (2.0)	38.9 (2.1)	50.5 (2.2)	65.2 (2.7)	81.4 (3.7)	93.4 (4.7)	55	41 (4.4)
Males:											
9-13.....	297	69.8 (3.3)	36.5* (2.9)	41.6 (2.9)	52.1 (3.0)	66.4 (3.2)	83.1 (4.0)	102.2 (5.2)	115.4* (6.6)	60	61 (5.7)
14-18.....	261	73.2 (5.7)	38.6* (4.5)	44.1 (4.7)	54.7 (5.2)	69.4 (5.7)	87.6 (6.6)	107.1 (8.0)	121.2* (9.4)	75	41 (9.2)
19-50.....	866	110.1 (6.1)	41.5 (2.4)	50.6 (2.7)	69.8 (3.4)	98.8 (5.0)	138.1 (8.0)	183.8 (12.4)	216.6 (15.3)	120	35 (4.2)
51+.....	922	121.1 (5.6)	46.4 (3.3)	56.6 (3.3)	78.2 (3.8)	108.9 (5.1)	151.0 (7.2)	199.4 (10.0)	236.0 (12.8)	120	42 (3.8)
19+.....	1788	114.8 (4.7)	43.3 (2.3)	52.9 (2.5)	73.1 (2.8)	103.1 (3.8)	143.7 (6.3)	191.0 (9.9)	225.5 (12.4)	120	38 (3.1)
Females:											
9-13.....	283	72.2 (5.0)	38.0* (4.3)	43.3 (4.3)	53.9 (4.5)	68.6 (5.1)	86.4 (5.9)	106.0 (7.6)	119.5* (8.6)	60	64 (8.4)
14-18.....	249	71.4 (5.9)	37.8* (4.8)	43.1 (5.1)	53.4 (5.5)	67.4 (6.0)	85.3 (6.7)	104.6 (7.3)	118.3* (8.5)	75	38 (9.5)
19-50.....	861	114.8 (4.9)	42.0 (2.5)	51.3 (2.7)	71.5 (3.2)	101.9 (4.3)	142.9 (6.1)	193.8 (9.2)	231.4 (12.7)	90	60 (3.2)
51+.....	894	113.4 (4.5)	41.8 (2.3)	50.9 (2.6)	71.4 (3.1)	100.9 (3.9)	141.8 (5.7)	191.1 (8.4)	228.2 (10.7)	90	58 (3.0)
19+.....	1755	114.1 (4.5)	41.9 (2.2)	51.2 (2.4)	71.5 (2.9)	101.4 (3.9)	142.3 (5.7)	192.4 (8.3)	230.0 (10.5)	90	59 (2.9)
All:											
1+.....	5472	101.1 (2.9)	35.5 (1.5)	43.2 (1.7)	60.2 (2.5)	87.5 (3.4)	127.4 (3.9)	176.4 (5.4)	212.4 (6.9)		50 (2.7)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	943 (23)	570* (22)	641 (22)	768 (21)	922 (22)	1094 (27)	1272 (39)	1388* (48)	500	<3	2500	<3
4-8.....	504	971 (26)	588 (26)	658 (25)	785 (23)	950 (26)	1132 (32)	1311 (45)	1430 (53)	800	27 (3.3)	2500	<3
Males:													
9-13.....	297	1063 (44)	578* (40)	662 (41)	824 (44)	1032 (45)	1260 (46)	1503 (54)	1663* (61)	1100	58 (5.4)	3000	<3
14-18.....	261	1103 (45)	608* (41)	696 (40)	858 (43)	1069 (45)	1311 (53)	1555 (63)	1722* (70)	1100	54 (5.4)	3000	<3
19-50.....	866	1099 (25)	551 (22)	644 (23)	818 (23)	1051 (24)	1328 (32)	1617 (43)	1801 (52)	800	23 (2.3)	2500	<3
51+.....	922	1005 (30)	489 (23)	575 (23)	743 (25)	959 (31)	1220 (36)	1489 (44)	1675 (50)		39 (3.5)	2000	<3
19+.....	1788	1059 (24)	520 (21)	612 (22)	784 (22)	1011 (24)	1282 (29)	1569 (38)	1751 (47)		30 (2.5)		<3
Females:													
9-13.....	283	994 (33)	535* (35)	613 (35)	764 (34)	962 (34)	1187 (38)	1419 (48)	1570* (54)	1100	66 (3.8)	3000	<3
14-18.....	249	845 (43)	439* (39)	509 (39)	640 (41)	810 (44)	1014 (47)	1223 (53)	1364* (59)	1100	82 (3.7)	3000	<3
19-50.....	861	897 (24)	486 (26)	557 (26)	693 (25)	867 (25)	1066 (24)	1277 (29)	1417 (36)	800	40 (3.6)	2500	<3
51+.....	894	823 (22)	437 (21)	504 (21)	632 (22)	793 (23)	983 (27)	1178 (34)	1310 (39)	1000	77 (2.8)	2000	<3
19+.....	1755	862 (22)	460 (23)	529 (23)	662 (23)	832 (23)	1027 (23)	1232 (27)	1369 (32)		58 (2.9)		<3
All:													
1+.....	5472	966 (17)	497 (17)	575 (17)	726 (17)	922 (17)	1157 (19)	1411 (25)	1585 (31)		44 (2.0)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	1033 (13)	674* (18)	744 (17)	868 (15)	1019 (13)	1179 (15)	1343 (20)	1445* (24)	380	<3	3000	<3
4-8.....	504	1173 (21)	780 (22)	854 (22)	988 (21)	1156 (22)	1339 (24)	1514 (30)	1628 (34)	405	<3	3000	<3
Males:													
9-13.....	297	1366 (61)	826* (52)	924 (54)	1110 (59)	1341 (63)	1586 (63)	1841 (66)	2006* (72)	1055	20 (5.7)	4000	<3
14-18.....	261	1510 (58)	936* (50)	1043 (50)	1237 (55)	1480 (59)	1752 (64)	2016 (68)	2195* (71)	1055	11 (3.3)	4000	<3
19-50.....	866	1604 (33)	922 (34)	1049 (33)	1278 (32)	1567 (32)	1888 (38)	2211 (46)	2407 (52)	580	<3	4000	<3
51+.....	922	1512 (34)	844 (29)	966 (29)	1194 (31)	1475 (36)	1789 (40)	2102 (48)	2304 (54)	580	<3		<3
19+.....	1788	1564 (30)	884 (30)	1012 (29)	1241 (29)	1526 (31)	1848 (35)	2168 (43)	2366 (50)	580	<3		<3
Females:													
9-13.....	283	1282 (41)	768* (39)	859 (38)	1034 (38)	1254 (40)	1497 (44)	1742 (52)	1898* (56)	1055	27 (4.3)	4000	<3
14-18.....	249	1129 (53)	660* (47)	745 (47)	901 (50)	1096 (54)	1324 (58)	1551 (63)	1700* (64)	1055	45 (6.8)	4000	<3
19-50.....	861	1240 (25)	752 (23)	845 (21)	1015 (21)	1219 (25)	1440 (30)	1660 (40)	1800 (46)	580	<3	4000	<3
51+.....	894	1166 (30)	694 (22)	784 (23)	948 (25)	1145 (30)	1361 (36)	1571 (43)	1708 (48)	580	<3		<3
19+.....	1755	1204 (24)	721 (20)	813 (19)	981 (20)	1184 (24)	1403 (29)	1621 (38)	1758 (44)	580	<3		<3
All:													
1+.....	5472	1345 (18)	765 (15)	865 (14)	1050 (15)	1290 (17)	1582 (24)	1898 (36)	2114 (45)		4 (0.7)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	189 (3)	122* (4)	135 (3)	158 (3)	186 (3)	216 (3)	247 (4)	267* (5)	65	<3
4-8.....	504	215 (4)	143 (4)	156 (3)	181 (3)	212 (4)	246 (4)	279 (6)	301 (7)	110	<3
Males:											
9-13.....	297	249 (8)	150* (8)	167 (8)	201 (8)	243 (8)	289 (9)	337 (12)	369* (14)	200	25 (4.4)
14-18.....	261	271 (10)	166* (9)	185 (9)	220 (9)	264 (10)	315 (11)	365 (13)	399* (15)	340	84 (3.5)
19-50.....	866	335 (10)	177 (8)	204 (8)	255 (9)	322 (10)	401 (11)	483 (14)	534 (15)		57 (3.4)
51+.....	922	332 (10)	174 (8)	201 (9)	253 (10)	319 (11)	398 (11)	479 (12)	533 (13)	350	61 (3.6)
19+.....	1788	334 (10)	176 (8)	203 (8)	254 (9)	321 (10)	399 (11)	481 (12)	534 (14)		59 (3.4)
Females:											
9-13.....	283	241 (9)	145* (7)	162 (7)	194 (7)	234 (8)	281 (11)	328 (15)	358* (17)	200	29 (4.4)
14-18.....	249	222 (10)	133* (10)	149 (10)	178 (10)	215 (10)	259 (10)	304 (11)	333* (12)	300	89 (2.9)
19-50.....	861	271 (5)	153 (4)	173 (4)	212 (5)	262 (5)	319 (6)	379 (8)	419 (10)		49 (2.7)
51+.....	894	261 (5)	147 (5)	167 (5)	205 (5)	253 (5)	309 (6)	366 (8)	405 (9)	265	56 (2.6)
19+.....	1755	266 (5)	150 (4)	170 (4)	209 (4)	258 (5)	314 (6)	373 (7)	413 (9)		53 (2.4)
All:											
1+.....	5472	281 (4)	151 (3)	171 (3)	210 (3)	265 (4)	335 (5)	414 (7)	468 (9)		49 (1.6)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	9.1 (0.2)	5.3* (0.2)	6.0 (0.2)	7.2 (0.2)	8.8 (0.2)	10.6 (0.3)	12.6 (0.4)	13.9* (0.4)	3	<3	40	<3
4-8.....	504	12.3 (0.3)	7.5 (0.3)	8.3 (0.3)	9.9 (0.3)	11.9 (0.3)	14.3 (0.4)	16.7 (0.4)	18.3 (0.5)	4.1	<3	40	<3
Males:													
9-13.....	297	15.6 (0.8)	8.8* (0.6)	9.9 (0.7)	12.2 (0.8)	15.1 (0.8)	18.4 (0.9)	22.0 (1.1)	24.4* (1.1)	5.9	<3	40	<3
14-18.....	261	16.5 (0.7)	9.4* (0.6)	10.6 (0.6)	12.9 (0.7)	16.0 (0.7)	19.5 (0.8)	23.2 (0.9)	25.8* (1.0)	7.7	<3	45	<3
19-50.....	866	16.2 (0.3)	8.6 (0.3)	9.9 (0.3)	12.3 (0.3)	15.6 (0.3)	19.3 (0.4)	23.3 (0.5)	25.9 (0.6)	6	<3	45	<3
51+.....	922	16.1 (0.3)	8.5 (0.3)	9.8 (0.2)	12.3 (0.3)	15.5 (0.3)	19.2 (0.3)	23.1 (0.4)	25.8 (0.5)	6	<3	45	<3
19+.....	1788	16.2 (0.3)	8.6 (0.3)	9.9 (0.3)	12.3 (0.3)	15.5 (0.3)	19.3 (0.3)	23.3 (0.5)	25.8 (0.6)	6	<3	45	<3
Females:													
9-13.....	283	14.8 (0.6)	8.3* (0.5)	9.3 (0.5)	11.4 (0.5)	14.2 (0.6)	17.5 (0.7)	20.9 (0.9)	23.2* (1.0)	5.7	<3	40	<3
14-18.....	249	12.4 (0.6)	6.8* (0.5)	7.7 (0.5)	9.5 (0.6)	11.8 (0.7)	14.7 (0.7)	17.7 (0.8)	19.7* (0.8)	7.9	17 (3.3)	45	<3
19-50.....	861	12.8 (0.3)	7.1 (0.3)	8.1 (0.3)	9.9 (0.2)	12.4 (0.3)	15.1 (0.4)	18.1 (0.6)	20.0 (0.7)	8.1	18 (1.2)	45	<3
51+.....	894	12.3 (0.3)	6.8 (0.2)	7.7 (0.2)	9.6 (0.2)	11.9 (0.3)	14.6 (0.4)	17.4 (0.6)	19.2 (0.7)	5	<3	45	<3
19+.....	1755	12.6 (0.2)	6.9 (0.2)	7.9 (0.2)	9.8 (0.2)	12.1 (0.2)	14.9 (0.4)	17.8 (0.5)	19.7 (0.7)	10	(0.8)	45	<3
All:													
1+.....	5472	14.1 (0.1)	7.3 (0.1)	8.4 (0.1)	10.5 (0.1)	13.3 (0.1)	16.9 (0.2)	20.7 (0.3)	23.3 (0.4)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	7.2 (0.1)	4.6* (0.1)	5.1 (0.1)	6.0 (0.1)	7.1 (0.1)	8.3 (0.2)	9.6 (0.2)	10.4* (0.3)	2.5	<3	7	51 (2.8)
4-8.....	504	8.8 (0.2)	5.7 (0.2)	6.3 (0.2)	7.3 (0.2)	8.6 (0.2)	10.1 (0.2)	11.6 (0.3)	12.6 (0.3)	4	<3	12	8 (1.7)
Males:													
9-13.....	297	11.1 (0.5)	6.1* (0.4)	6.9 (0.4)	8.6 (0.4)	10.7 (0.5)	13.1 (0.5)	15.7 (0.7)	17.4* (0.8)	7	11 (2.7)	23	<3
14-18.....	261	12.5 (0.4)	7.0* (0.4)	8.0 (0.4)	9.7 (0.4)	12.0 (0.4)	14.8 (0.5)	17.5 (0.7)	19.4* (0.7)	8.5	14 (3.1)	34	<3
19-50.....	866	13.1 (0.3)	7.3 (0.3)	8.3 (0.3)	10.2 (0.3)	12.6 (0.3)	15.5 (0.3)	18.4 (0.5)	20.3 (0.5)	9.4	18 (2.6)	40	<3
51+.....	922	12.5 (0.3)	6.9 (0.3)	7.8 (0.2)	9.7 (0.2)	12.1 (0.3)	14.9 (0.3)	17.7 (0.4)	19.7 (0.5)	9.4	22 (2.3)	40	<3
19+.....	1788	12.8 (0.3)	7.1 (0.3)	8.1 (0.3)	10.0 (0.3)	12.4 (0.3)	15.2 (0.3)	18.2 (0.4)	20.1 (0.5)	9.4	20 (2.4)	40	<3
Females:													
9-13.....	283	10.2 (0.4)	5.6* (0.3)	6.3 (0.3)	7.8 (0.4)	9.8 (0.4)	12.1 (0.5)	14.6 (0.6)	16.2* (0.7)	7	16 (3.4)	23	<3
14-18.....	249	8.8 (0.4)	4.7* (0.4)	5.4 (0.4)	6.7 (0.4)	8.4 (0.4)	10.5 (0.4)	12.7 (0.5)	14.2* (0.5)	7.3	33 (5.6)	34	<3
19-50.....	861	9.7 (0.2)	5.6 (0.2)	6.3 (0.2)	7.7 (0.2)	9.5 (0.2)	11.4 (0.3)	13.5 (0.4)	14.9 (0.5)	6.8	15 (2.0)	40	<3
51+.....	894	9.2 (0.2)	5.2 (0.2)	5.9 (0.2)	7.3 (0.2)	8.9 (0.2)	10.9 (0.3)	12.8 (0.3)	14.1 (0.4)	6.8	19 (2.8)	40	<3
19+.....	1755	9.5 (0.2)	5.4 (0.2)	6.1 (0.2)	7.5 (0.2)	9.2 (0.2)	11.2 (0.2)	13.2 (0.3)	14.5 (0.4)	6.8	17 (2.1)	40	<3
All:													
1+.....	5472	10.7 (0.1)	5.7 (0.1)	6.5 (0.1)	8.0 (0.1)	10.2 (0.1)	12.8 (0.2)	15.8 (0.3)	17.8 (0.4)	16	(1.1)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	0.7 (0.01)	0.4* (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.8 (0.01)	0.9 (0.02)	1.0* (0.02)	0.26	<3	1	4* (0.9)
4-8.....	504	0.8 (0.02)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.0 (0.02)	1.1 (0.03)	1.2 (0.03)	0.34	<3	3	<3
Males:													
9-13.....	297	1.0 (0.03)	0.6* (0.03)	0.7 (0.03)	0.8 (0.03)	0.9 (0.03)	1.1 (0.04)	1.3 (0.04)	1.5* (0.05)	0.54	<3	5	<3
14-18.....	261	1.0 (0.03)	0.6* (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.2 (0.04)	1.4 (0.05)	1.6* (0.05)	0.685	8 (2.0)	8	<3
19-50.....	866	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.6 (0.03)	1.9 (0.04)	2.1 (0.05)	0.7	6 (1.0)	10	<3
51+.....	922	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.6 (0.03)	1.9 (0.04)	2.1 (0.05)	0.7	7 (1.1)	10	<3
19+.....	1788	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.02)	1.6 (0.03)	1.9 (0.04)	2.1 (0.04)	0.7	6 (1.0)	10	<3
Females:													
9-13.....	283	0.9 (0.03)	0.6* (0.02)	0.6 (0.02)	0.8 (0.03)	0.9 (0.03)	1.1 (0.03)	1.3 (0.04)	1.4* (0.05)	0.54	3* (1.1)	5	<3
14-18.....	249	0.9 (0.03)	0.6* (0.03)	0.6 (0.02)	0.7 (0.03)	0.9 (0.03)	1.0 (0.03)	1.2 (0.04)	1.4* (0.04)	0.685	19 (3.6)	8	<3
19-50.....	861	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	11 (1.3)	10	<3
51+.....	894	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.03)	1.8 (0.04)	0.7	12 (1.5)	10	<3
19+.....	1755	1.1 (0.02)	0.6 (0.01)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	11 (1.2)	10	<3
All:													
1+.....	5472	1.1 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.0 (0.01)	1.3 (0.02)	1.7 (0.02)	1.9 (0.03)		8 (0.7)		<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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	65 (1)	40* (1)	45 (1)	53 (1)	64 (1)	76 (2)	89 (2)	97* (2)	17	<3	90	9 (1.5)
4-8.....	504	84 (2)	53 (2)	58 (2)	69 (1)	82 (2)	97 (2)	113 (2)	123 (3)	23	<3	150	<3
Males:													
9-13.....	297	103 (3)	63* (4)	70 (4)	83 (4)	101 (4)	119 (3)	138 (4)	150* (5)	35	<3	280	<3
14-18.....	261	125 (4)	79* (4)	87 (4)	103 (4)	122 (5)	144 (5)	165 (6)	180* (7)	45	<3	400	<3
19-50.....	866	135 (4)	79 (3)	89 (3)	108 (3)	132 (3)	159 (4)	187 (5)	204 (6)	45	<3	400	<3
51+.....	922	126 (3)	70 (3)	80 (3)	99 (3)	122 (3)	148 (4)	175 (4)	193 (5)	45	<3	400	<3
19+.....	1788	131 (3)	75 (3)	85 (3)	104 (3)	128 (3)	155 (4)	182 (4)	199 (5)	45	<3	400	<3
Females:													
9-13.....	283	95 (3)	58* (3)	64 (3)	77 (3)	93 (3)	111 (3)	129 (4)	141* (4)	35	<3	280	<3
14-18.....	249	90 (4)	54* (3)	61 (3)	73 (3)	88 (4)	105 (5)	123 (5)	135* (6)	45	<3	400	<3
19-50.....	861	102 (2)	62 (2)	69 (2)	83 (2)	100 (2)	118 (2)	137 (2)	149 (3)	45	<3	400	<3
51+.....	894	94 (2)	56 (2)	63 (2)	76 (2)	92 (2)	110 (2)	127 (2)	139 (3)	45	<3	400	<3
19+.....	1755	98 (2)	59 (2)	66 (2)	80 (2)	96 (2)	114 (2)	133 (2)	144 (3)	45	<3	400	<3
All:													
1+.....	5472	109 (1)	58 (1)	67 (1)	83 (1)	104 (1)	129 (2)	157 (2)	176 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
131 - 350% poverty													
Males and females:													
1-3.....	335	1894 (37)	1130* (37)	1269 (37)	1523 (38)	1844 (36)	2204 (43)	2585 (58)	2832* (68)	800	>97	1200	93 (1.2)
4-8.....	504	2590 (48)	1613 (50)	1786 (48)	2109 (44)	2529 (47)	3000 (62)	3471 (90)	3787 (112)	1000	>97	1500	>97
Males:													
9-13.....	297	3350 (80)	2143* (84)	2362 (81)	2776 (79)	3292 (80)	3840 (91)	4412 (121)	4784* (147)	1200	>97	1800	>97
14-18.....	261	3826 (101)	2502* (91)	2749 (86)	3195 (93)	3755 (102)	4381 (120)	4994 (146)	5408* (170)	1500	>97	2300	>97
19-50.....	866	4168 (90)	2557 (86)	2852 (86)	3393 (86)	4076 (86)	4839 (115)	5610 (151)	6078 (176)	1500	>97	2300	>97
51+.....	922	3828 (86)	2262 (81)	2554 (78)	3081 (77)	3736 (87)	4474 (110)	5219 (147)	5703 (179)	1500	>97	2300	95 (1.2)
19+.....	1788	4022 (81)	2408 (78)	2711 (76)	3251 (76)	3930 (80)	4692 (105)	5459 (136)	5940 (167)	1500	>97	2300	96 (0.9)
Females:													
9-13.....	283	3071 (101)	1947* (84)	2147 (84)	2528 (87)	3009 (100)	3542 (117)	4079 (145)	4425* (162)	1200	>97	1800	>97
14-18.....	249	2882 (111)	1816* (97)	2011 (100)	2365 (100)	2809 (110)	3326 (129)	3839 (150)	4179* (168)	1500	>97	2300	78 (4.9)
19-50.....	861	3216 (53)	1941 (55)	2175 (54)	2613 (53)	3149 (55)	3741 (59)	4341 (72)	4731 (83)	1500	>97	2300	86 (1.6)
51+.....	894	2901 (53)	1708 (52)	1928 (51)	2336 (52)	2836 (53)	3395 (62)	3953 (70)	4321 (82)	1500	>97	2300	76 (2.1)
19+.....	1755	3065 (47)	1812 (49)	2040 (49)	2469 (48)	2998 (48)	3582 (53)	4175 (66)	4555 (75)	1500	>97	2300	82 (1.7)
All:													
1+.....	5472	3368 (52)	1806 (50)	2076 (53)	2594 (52)	3252 (50)	4018 (63)	4809 (90)	5329 (109)	>97			90 (1.3)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	1841 (32)	1168* (35)	1300 (34)	1530 (31)	1808 (32)	2114 (37)	2425 (50)	2626* (58)	2000	33 (2.8)
4-8.....	504	1972 (44)	1272 (38)	1403 (37)	1639 (38)	1941 (43)	2266 (53)	2584 (66)	2793 (76)	2300	23 (3.2)
Males:											
9-13.....	297	2235 (65)	1376* (63)	1533 (62)	1829 (63)	2197 (67)	2585 (73)	2988 (90)	3248* (106)	2500	30 (4.1)
14-18.....	261	2409 (69)	1511* (69)	1679 (65)	1982 (65)	2363 (70)	2786 (82)	3198 (100)	3476* (114)	3000	16 (3.2)
19-50.....	866	2820 (57)	1542 (53)	1775 (53)	2205 (55)	2748 (57)	3358 (65)	3958 (78)	4336 (89)	3400	24 (2.1)
51+.....	922	2969 (62)	1653 (53)	1894 (52)	2349 (56)	2897 (63)	3517 (72)	4122 (85)	4528 (96)	3400	29 (2.5)
19+.....	1788	2884 (53)	1583 (49)	1824 (48)	2262 (51)	2812 (54)	3429 (62)	4036 (75)	4424 (86)	3400	26 (2.0)
Females:											
9-13.....	283	2146 (61)	1316* (58)	1465 (55)	1748 (53)	2103 (58)	2495 (75)	2886 (99)	3136* (111)	2300	36 (4.3)
14-18.....	249	1913 (61)	1150* (70)	1290 (68)	1545 (65)	1863 (64)	2232 (64)	2597 (71)	2837* (76)	2300	22 (3.3)
19-50.....	861	2267 (41)	1324 (30)	1498 (31)	1826 (34)	2223 (41)	2655 (49)	3092 (63)	3372 (70)	2600	28 (2.4)
51+.....	894	2332 (48)	1375 (40)	1558 (40)	1891 (42)	2287 (48)	2728 (56)	3160 (65)	3438 (71)	2600	31 (2.8)
19+.....	1755	2299 (40)	1348 (31)	1527 (31)	1856 (34)	2253 (40)	2691 (48)	3126 (60)	3405 (67)	2600	29 (2.4)
All:											
1+.....	5472	2454 (27)	1367 (21)	1547 (21)	1893 (23)	2346 (27)	2900 (34)	3508 (47)	3911 (60)		27 (1.3)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
131 - 350% poverty									
Males and females:									
1-3.....	335	4.6 (0.7)	0.4* (0.2)	0.7 (0.2)	1.4 (0.3)	2.8 (0.5)	5.7 (0.8)	10.3 (1.6)	14.6* (2.5)
4-8.....	504	8.8 (1.1)	1.2 (0.4)	1.7 (0.5)	3.2 (0.7)	6.0 (1.0)	11.0 (1.4)	18.8 (2.5)	26.0 (4.0)
Males:									
9-13.....	297	29.7 (3.2)	3.1* (0.7)	4.8 (1.0)	9.5 (1.6)	19.0 (2.6)	36.8 (4.2)	65.4 (6.7)	92.2* (9.7)
14-18.....	261	47.0 (6.9)	4.7* (1.2)	7.3 (1.7)	14.7 (2.9)	29.9 (4.8)	57.6 (8.2)	103.7 (15.5)	144.3* (21.9)
19-50.....	866	155.0 (9.3)	11.2 (2.1)	22.4 (3.3)	55.0 (5.6)	117.9 (8.5)	214.7 (13.2)	335.9 (19.6)	423.7 (24.0)
51+.....	922	223.0 (8.8)	34.4 (3.6)	54.2 (4.1)	102.5 (5.2)	183.0 (7.5)	300.1 (12.3)	442.0 (21.2)	545.4 (28.4)
19+.....	1788	184.2 (8.1)	16.8 (2.6)	31.6 (3.4)	72.1 (5.0)	144.9 (7.3)	254.6 (11.5)	385.7 (18.1)	484.6 (24.5)
Females:									
9-13.....	283	22.9 (2.4)	2.3* (0.6)	3.5 (0.8)	7.0 (1.3)	14.5 (2.0)	28.8 (3.1)	50.9 (6.0)	71.6* (9.1)
14-18.....	249	45.0 (5.2)	4.7* (1.3)	7.4 (1.7)	14.3 (2.7)	28.5 (4.4)	56.1 (7.0)	100.0 (11.7)	138.6* (16.7)
19-50.....	861	128.8 (6.9)	9.2 (1.6)	18.0 (2.0)	44.5 (2.9)	97.2 (5.6)	177.8 (10.1)	280.6 (15.8)	359.4 (20.8)
51+.....	894	159.1 (8.9)	18.5 (2.8)	31.5 (3.7)	65.7 (5.0)	126.0 (7.9)	217.1 (12.4)	329.1 (18.4)	411.9 (21.9)
19+.....	1755	143.4 (7.1)	12.5 (1.7)	23.3 (2.3)	53.9 (3.2)	110.7 (5.9)	197.0 (10.2)	305.5 (15.5)	386.0 (20.2)
All:									
1+.....	5472	127.4 (3.8)	3.0 (0.4)	6.1 (0.7)	24.0 (1.8)	84.6 (4.3)	184.4 (5.9)	308.3 (8.3)	400.4 (10.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	14.8 (0.2)	11.8* (0.2)	12.4 (0.2)	13.5 (0.2)	14.7 (0.2)	16.0 (0.3)	17.2 (0.3)	18.0* (0.4)	5-20%	>97
4-8.....	504	14.1 (0.2)	11.3 (0.2)	11.8 (0.2)	12.8 (0.2)	14.0 (0.2)	15.2 (0.3)	16.4 (0.3)	17.1 (0.4)	10-30%	>97
Males:											
9-13.....	297	14.2 (0.2)	10.9* (0.4)	11.5 (0.4)	12.7 (0.3)	14.1 (0.2)	15.5 (0.2)	17.0 (0.2)	17.8* (0.3)	10-30%	>97
14-18.....	261	15.5 (0.3)	12.0* (0.4)	12.7 (0.3)	13.9 (0.3)	15.4 (0.3)	16.9 (0.3)	18.4 (0.4)	19.3* (0.4)	10-30%	>97
19-50.....	866	15.6 (0.2)	11.2 (0.3)	12.1 (0.2)	13.6 (0.2)	15.4 (0.2)	17.4 (0.3)	19.4 (0.3)	20.6 (0.4)	10-35%	>97
51+.....	922	15.2 (0.2)	10.9 (0.3)	11.7 (0.3)	13.2 (0.3)	15.0 (0.3)	17.0 (0.3)	18.9 (0.4)	20.1 (0.5)	10-35%	>97
19+.....	1788	15.4 (0.2)	11.1 (0.3)	11.9 (0.3)	13.4 (0.2)	15.2 (0.2)	17.2 (0.2)	19.2 (0.3)	20.4 (0.4)	10-35%	>97
Females:											
9-13.....	283	14.0 (0.3)	10.8* (0.4)	11.4 (0.4)	12.6 (0.3)	14.0 (0.3)	15.4 (0.3)	16.8 (0.3)	17.7* (0.4)	10-30%	>97
14-18.....	249	14.2 (0.3)	11.0* (0.4)	11.6 (0.3)	12.8 (0.3)	14.1 (0.3)	15.6 (0.4)	17.0 (0.4)	17.9* (0.5)	10-30%	>97
19-50.....	861	15.4 (0.2)	11.1 (0.3)	11.9 (0.2)	13.5 (0.2)	15.2 (0.2)	17.2 (0.3)	19.1 (0.4)	20.3 (0.5)	10-35%	>97
51+.....	894	15.5 (0.2)	11.2 (0.3)	12.0 (0.2)	13.5 (0.2)	15.3 (0.2)	17.2 (0.2)	19.1 (0.3)	20.3 (0.4)	10-35%	>97
19+.....	1755	15.4 (0.2)	11.2 (0.3)	12.0 (0.2)	13.5 (0.2)	15.3 (0.2)	17.2 (0.2)	19.1 (0.4)	20.3 (0.5)	10-35%	>97
All:											
1+.....	5472	15.2 (0.1)	11.1 (0.1)	11.9 (0.1)	13.3 (0.1)	15.0 (0.1)	16.8 (0.1)	18.7 (0.2)	19.9 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	52.4 (0.5)	45.6* (0.6)	47.1 (0.6)	49.6 (0.5)	52.4 (0.5)	55.1 (0.5)	57.6 (0.6)	59.1* (0.7)	45-65%	96* (1.2)
4-8.....	504	53.0 (0.3)	46.3 (0.5)	47.8 (0.5)	50.3 (0.3)	53.0 (0.3)	55.7 (0.3)	58.1 (0.4)	59.6 (0.5)	45-65%	>97
Males:											
9-13.....	297	51.9 (0.5)	44.2* (0.7)	45.9 (0.6)	48.8 (0.5)	52.0 (0.5)	55.0 (0.5)	57.8 (0.6)	59.5* (0.7)	45-65%	93 (1.9)
14-18.....	261	49.8 (0.6)	42.1* (0.7)	43.8 (0.6)	46.6 (0.6)	49.8 (0.6)	52.9 (0.7)	55.7 (0.8)	57.4* (0.9)	45-65%	85 (3.0)
19-50.....	866	47.0 (0.4)	35.3 (0.7)	37.8 (0.6)	42.1 (0.5)	47.0 (0.4)	51.9 (0.4)	56.4 (0.5)	59.0 (0.6)	45-65%	60 (2.1)
51+.....	922	46.9 (0.6)	35.1 (0.8)	37.7 (0.7)	42.0 (0.6)	46.9 (0.6)	51.7 (0.6)	56.2 (0.7)	58.9 (0.7)	45-65%	60 (3.1)
19+.....	1788	47.0 (0.4)	35.2 (0.7)	37.8 (0.6)	42.1 (0.5)	46.9 (0.4)	51.8 (0.4)	56.3 (0.6)	58.9 (0.6)	45-65%	60 (2.2)
Females:											
9-13.....	283	52.2 (0.5)	44.6* (0.6)	46.2 (0.5)	49.1 (0.4)	52.3 (0.5)	55.4 (0.5)	58.2 (0.7)	59.8* (0.7)	45-65%	94* (1.5)
14-18.....	249	50.7 (0.5)	43.1* (0.7)	44.8 (0.6)	47.6 (0.5)	50.7 (0.5)	53.8 (0.5)	56.6 (0.6)	58.3* (0.7)	45-65%	89 (2.4)
19-50.....	861	47.9 (0.5)	36.4 (0.6)	38.9 (0.6)	43.2 (0.5)	47.9 (0.5)	52.6 (0.5)	56.9 (0.6)	59.5 (0.6)	45-65%	66 (2.6)
51+.....	894	48.0 (0.5)	36.5 (0.6)	39.0 (0.6)	43.4 (0.5)	48.0 (0.5)	52.7 (0.5)	56.9 (0.5)	59.6 (0.6)	45-65%	66 (2.7)
19+.....	1755	48.0 (0.5)	36.5 (0.6)	39.0 (0.5)	43.3 (0.5)	48.0 (0.5)	52.6 (0.5)	56.9 (0.5)	59.5 (0.5)	45-65%	66 (2.4)
All:											
1+.....	5472	48.6 (0.3)	36.8 (0.4)	39.6 (0.4)	44.2 (0.3)	49.0 (0.3)	53.3 (0.2)	57.0 (0.3)	59.2 (0.3)	45-65%	71 (1.4)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	34.4 (0.3)	28.6* (0.5)	29.9 (0.4)	32.1 (0.3)	34.4 (0.3)	36.7 (0.4)	38.8 (0.5)	40.1* (0.5)	30-40%	85 (2.8)
4-8.....	504	34.3 (0.3)	28.7 (0.5)	29.9 (0.4)	32.0 (0.3)	34.3 (0.3)	36.6 (0.4)	38.7 (0.5)	39.9 (0.6)	25-35%	57 (3.6)
Males:											
9-13.....	297	35.2 (0.5)	29.3* (0.7)	30.6 (0.6)	32.9 (0.5)	35.3 (0.5)	37.6 (0.5)	39.8 (0.6)	41.1* (0.7)	25-35%	46 (4.9)
14-18.....	261	35.4 (0.5)	29.5* (0.7)	30.8 (0.6)	33.0 (0.5)	35.4 (0.5)	37.8 (0.5)	39.9 (0.6)	41.2* (0.6)	25-35%	45 (5.7)
19-50.....	866	34.8 (0.4)	26.1 (0.7)	28.1 (0.6)	31.3 (0.5)	34.8 (0.4)	38.3 (0.4)	41.5 (0.5)	43.3 (0.6)	20-35%	51 (3.1)
51+.....	922	36.3 (0.5)	27.6 (0.7)	29.6 (0.7)	32.9 (0.6)	36.4 (0.5)	39.8 (0.5)	42.9 (0.6)	44.7 (0.7)	20-35%	39 (3.8)
19+.....	1788	35.4 (0.4)	26.7 (0.7)	28.7 (0.6)	31.9 (0.5)	35.5 (0.4)	39.0 (0.4)	42.1 (0.6)	44.0 (0.6)	20-35%	46 (2.8)
Females:											
9-13.....	283	35.1 (0.4)	29.2* (0.7)	30.5 (0.6)	32.7 (0.5)	35.2 (0.4)	37.6 (0.3)	39.7 (0.4)	41.0* (0.5)	25-35%	48 (3.9)
14-18.....	249	36.0 (0.6)	30.2* (0.8)	31.5 (0.7)	33.7 (0.7)	36.0 (0.6)	38.4 (0.6)	40.6 (0.6)	41.9* (0.7)	25-35%	38 (6.9)
19-50.....	861	36.0 (0.8)	27.2 (0.7)	29.2 (0.7)	32.4 (0.7)	36.0 (0.8)	39.5 (0.9)	42.8 (1.0)	44.7 (1.1)	20-35%	42 (5.2)
51+.....	894	36.4 (0.6)	27.7 (0.6)	29.6 (0.5)	32.9 (0.5)	36.4 (0.6)	39.9 (0.7)	43.1 (0.8)	45.0 (0.8)	20-35%	39 (4.1)
19+.....	1755	36.2 (0.7)	27.4 (0.6)	29.4 (0.6)	32.7 (0.6)	36.2 (0.7)	39.7 (0.8)	42.9 (0.9)	44.9 (0.9)	20-35%	41 (4.5)
All:											
1+.....	5472	35.6 (0.2)	27.6 (0.5)	29.4 (0.4)	32.4 (0.3)	35.6 (0.2)	38.8 (0.3)	41.9 (0.4)	43.8 (0.4)		46 (1.8)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
131 - 350% poverty										
Males and females:										
1-3.....	335	12.6 (0.2)	9.5* (0.3)	10.2 (0.3)	11.3 (0.2)	12.6 (0.2)	13.9 (0.2)	15.1 (0.2)	15.9* (0.3)	8 (2.2)
4-8.....	504	12.2 (0.2)	9.2 (0.2)	9.9 (0.2)	10.9 (0.1)	12.2 (0.2)	13.5 (0.2)	14.7 (0.3)	15.5 (0.3)	11 (2.1)
Males:										
9-13.....	297	12.3 (0.2)	9.5* (0.4)	10.1 (0.3)	11.1 (0.3)	12.3 (0.2)	13.4 (0.2)	14.5 (0.2)	15.2* (0.2)	9 (3.6)
14-18.....	261	12.4 (0.3)	9.6* (0.4)	10.2 (0.3)	11.2 (0.3)	12.3 (0.3)	13.5 (0.3)	14.6 (0.3)	15.3* (0.3)	8 (2.8)
19-50.....	866	11.5 (0.1)	8.2 (0.2)	8.9 (0.2)	10.1 (0.1)	11.4 (0.1)	12.9 (0.2)	14.2 (0.3)	15.0 (0.3)	24 (2.3)
51+.....	922	11.9 (0.2)	8.5 (0.2)	9.3 (0.2)	10.5 (0.2)	11.9 (0.2)	13.3 (0.2)	14.6 (0.3)	15.4 (0.3)	18 (2.7)
19+.....	1788	11.7 (0.2)	8.3 (0.2)	9.0 (0.2)	10.2 (0.2)	11.6 (0.2)	13.1 (0.2)	14.4 (0.2)	15.2 (0.3)	21 (2.3)
Females:										
9-13.....	283	12.3 (0.2)	9.5* (0.3)	10.1 (0.3)	11.1 (0.2)	12.2 (0.2)	13.4 (0.2)	14.5 (0.2)	15.2* (0.2)	9 (2.7)
14-18.....	249	12.0 (0.3)	9.3* (0.3)	9.9 (0.3)	10.8 (0.3)	12.0 (0.3)	13.2 (0.3)	14.2 (0.3)	14.9* (0.3)	12 (4.2)
19-50.....	861	11.7 (0.2)	8.3 (0.2)	9.0 (0.2)	10.2 (0.2)	11.6 (0.1)	13.1 (0.2)	14.5 (0.2)	15.4 (0.3)	22 (2.4)
51+.....	894	12.0 (0.2)	8.6 (0.2)	9.3 (0.2)	10.5 (0.2)	11.9 (0.2)	13.4 (0.2)	14.8 (0.3)	15.7 (0.3)	18 (2.3)
19+.....	1755	11.9 (0.2)	8.4 (0.2)	9.1 (0.2)	10.4 (0.2)	11.8 (0.2)	13.3 (0.2)	14.7 (0.2)	15.6 (0.3)	20 (2.2)
All:										
1+.....	5472	11.9 (0.1)	8.6 (0.1)	9.3 (0.1)	10.5 (0.1)	11.9 (0.1)	13.3 (0.1)	14.6 (0.1)	15.4 (0.2)	18 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	6.3 (0.1)	4.3* (0.2)	4.7 (0.2)	5.4 (0.2)	6.2 (0.2)	7.0 (0.2)	7.9 (0.2)	8.4* (0.2)	05-10%	85 (4.0)
4-8.....	504	6.7 (0.1)	4.7 (0.2)	5.1 (0.2)	5.8 (0.1)	6.6 (0.1)	7.5 (0.1)	8.3 (0.2)	8.8 (0.2)	05-10%	91 (2.6)
Males:											
9-13.....	297	7.1 (0.2)	5.2* (0.2)	5.6 (0.2)	6.2 (0.2)	7.0 (0.2)	7.9 (0.3)	8.7 (0.3)	9.2* (0.3)	05-10%	95* (1.5)
14-18.....	261	6.8 (0.2)	4.9* (0.2)	5.3 (0.2)	5.9 (0.2)	6.7 (0.2)	7.6 (0.2)	8.3 (0.2)	8.9* (0.3)	05-10%	94* (2.4)
19-50.....	866	7.0 (0.1)	4.7 (0.2)	5.1 (0.2)	5.9 (0.1)	6.9 (0.1)	8.0 (0.2)	9.0 (0.2)	9.6 (0.3)	05-10%	89 (2.7)
51+.....	922	7.4 (0.1)	5.0 (0.2)	5.5 (0.2)	6.3 (0.1)	7.3 (0.1)	8.4 (0.2)	9.4 (0.3)	10.1 (0.3)	05-10%	89 (2.8)
19+.....	1788	7.2 (0.1)	4.8 (0.2)	5.3 (0.2)	6.1 (0.1)	7.1 (0.1)	8.2 (0.2)	9.2 (0.2)	9.9 (0.3)	05-10%	89 (2.7)
Females:											
9-13.....	283	7.1 (0.2)	5.2* (0.1)	5.6 (0.1)	6.3 (0.1)	7.1 (0.1)	7.9 (0.2)	8.8 (0.2)	9.3* (0.2)	05-10%	95* (1.0)
14-18.....	249	7.6 (0.2)	5.7* (0.2)	6.0 (0.2)	6.7 (0.1)	7.5 (0.2)	8.4 (0.2)	9.3 (0.2)	9.8* (0.2)	05-10%	95* (1.5)
19-50.....	861	7.6 (0.1)	5.2 (0.2)	5.7 (0.2)	6.5 (0.1)	7.5 (0.1)	8.6 (0.1)	9.7 (0.2)	10.4 (0.2)	05-10%	89 (2.0)
51+.....	894	7.5 (0.1)	5.1 (0.2)	5.6 (0.2)	6.4 (0.1)	7.4 (0.1)	8.5 (0.2)	9.5 (0.2)	10.2 (0.2)	05-10%	90 (1.9)
19+.....	1755	7.5 (0.1)	5.2 (0.2)	5.6 (0.1)	6.5 (0.1)	7.5 (0.1)	8.5 (0.1)	9.6 (0.2)	10.3 (0.2)	05-10%	90 (2.0)
All:											
1+.....	5472	7.2 (0.1)	4.9 (0.1)	5.4 (0.1)	6.2 (0.1)	7.1 (0.1)	8.2 (0.1)	9.2 (0.1)	9.9 (0.1)	05-10%	90 (1.5)

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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
131 - 350% poverty											
Males and females:											
1-3.....	335	0.61 (0.02)	0.42* (0.02)	0.46 (0.02)	0.52 (0.02)	0.60 (0.02)	0.68 (0.02)	0.78 (0.02)	0.83* (0.03)	0.6-1.2%	49 (5.7)
4-8.....	504	0.61 (0.01)	0.43 (0.02)	0.46 (0.02)	0.52 (0.01)	0.60 (0.01)	0.69 (0.02)	0.77 (0.02)	0.83 (0.02)	0.6-1.2%	50 (4.7)
Males:											
9-13.....	297	0.63 (0.02)	0.47* (0.03)	0.50 (0.02)	0.55 (0.02)	0.62 (0.02)	0.70 (0.02)	0.77 (0.03)	0.82* (0.03)	0.6-1.2%	59 (7.7)
14-18.....	261	0.64 (0.02)	0.47* (0.02)	0.51 (0.02)	0.56 (0.02)	0.63 (0.02)	0.71 (0.03)	0.78 (0.03)	0.83* (0.04)	0.6-1.2%	61 (7.1)
19-50.....	866	0.71 (0.01)	0.44 (0.02)	0.49 (0.02)	0.58 (0.02)	0.69 (0.01)	0.83 (0.02)	0.96 (0.03)	1.05 (0.04)	0.6-1.2%	69 (3.7)
51+.....	922	0.78 (0.02)	0.49 (0.02)	0.54 (0.02)	0.64 (0.02)	0.76 (0.01)	0.90 (0.02)	1.04 (0.04)	1.14 (0.05)	0.6-1.2%	78 (3.7)
19+.....	1788	0.74 (0.01)	0.46 (0.02)	0.51 (0.02)	0.60 (0.02)	0.72 (0.01)	0.86 (0.02)	1.00 (0.03)	1.09 (0.04)	0.6-1.2%	73 (3.7)
Females:											
9-13.....	283	0.67 (0.02)	0.50* (0.02)	0.53 (0.02)	0.59 (0.01)	0.67 (0.02)	0.75 (0.02)	0.82 (0.03)	0.87* (0.04)	0.6-1.2%	73 (4.7)
14-18.....	249	0.73 (0.02)	0.54* (0.03)	0.58 (0.03)	0.64 (0.03)	0.72 (0.02)	0.80 (0.03)	0.88 (0.03)	0.94* (0.04)	0.6-1.2%	85 (6.3)
19-50.....	861	0.80 (0.02)	0.53 (0.03)	0.58 (0.03)	0.67 (0.02)	0.79 (0.02)	0.91 (0.02)	1.05 (0.03)	1.14 (0.03)	0.6-1.2%	84 (4.1)
51+.....	894	0.84 (0.01)	0.55 (0.03)	0.60 (0.02)	0.70 (0.02)	0.82 (0.02)	0.96 (0.02)	1.10 (0.03)	1.19 (0.03)	0.6-1.2%	86 (3.6)
19+.....	1755	0.82 (0.01)	0.54 (0.03)	0.59 (0.02)	0.69 (0.02)	0.80 (0.02)	0.94 (0.02)	1.07 (0.03)	1.17 (0.03)	0.6-1.2%	85 (3.9)
All:											
1+.....	5472	0.75 (0.01)	0.48 (0.01)	0.52 (0.01)	0.61 (0.01)	0.72 (0.01)	0.86 (0.01)	1.00 (0.02)	1.10 (0.03)	0.6-1.2%	74 (2.2)

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 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) 2015-2018. 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 2015-2016 and 2017-2018.

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 2.52.

Percentiles: Estimated 50th 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 25th and 75th percentile, 0.10 at the 10th and 90th percentile, and 0.05 at the 5th and 95th 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

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