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Service

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

*What We Eat in America, NHANES 2017-March 2020 Prepandemic*

**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 <i>18:2</i> (g) <i>AI</i>	11	Magnesium (mg) <i>EAR</i>	36
Linolenic acid <i>18:3</i> (g) <i>AI</i>	12	Iron (mg) <i>EAR, UL</i>	37
Eicosapentaenoic acid <i>20:5</i> (g)	13	Zinc (mg) <i>EAR, UL</i>	38
Docosahexaenoic acid <i>22:6</i> (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 <i>18:2</i> (as % of energy) <i>AMDR</i>	48
Food folate (µg)	24	Linolenic acid <i>18:3</i> (as % of energy) <i>AMDR</i>	49
Choline (mg) <i>AI, UL</i>	25	<b>TABLE NOTES</b>	50

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

**CITATION:** USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic

Available [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	1415 (31)	926* (34)	1017 (35)	1185 (33)	1387 (31)	1616 (36)	1845 (48)	2003* (59)
4-8.....	358	1762 (33)	1169* (40)	1279 (37)	1481 (33)	1728 (32)	2011 (41)	2288 (64)	2465* (74)
<b>Males:</b>									
9-13.....	213	2105 (30)	1342* (57)	1485* (46)	1743 (36)	2067 (31)	2427 (40)	2777* (59)	3006* (81)
14-18.....	191	2346 (62)	1517* (75)	1675* (70)	1969 (61)	2308 (61)	2680 (70)	3060* (91)	3319* (107)
19-50.....	619	2479 (57)	1473 (41)	1661 (43)	2004 (48)	2426 (55)	2900 (69)	3365 (82)	3663 (95)
51+.....	696	2394 (44)	1413 (39)	1592 (39)	1931 (41)	2344 (44)	2804 (51)	3256 (61)	3542 (72)
19+.....	1315	2443 (45)	1447 (37)	1630 (37)	1972 (38)	2391 (43)	2859 (54)	3321 (65)	3618 (78)
<b>Females:</b>									
9-13.....	204	2044 (65)	1295* (65)	1439* (59)	1702 (53)	2004 (61)	2354 (83)	2684* (111)	2906* (136)
14-18.....	167	1783 (79)	1113* (86)	1235* (81)	1466 (81)	1746 (82)	2059 (86)	2378* (95)	2590* (108)
19-50.....	590	1912 (39)	1165 (37)	1309 (36)	1565 (37)	1877 (38)	2224 (44)	2562 (52)	2780 (55)
51+.....	713	1802 (36)	1077 (28)	1216 (29)	1467 (33)	1771 (36)	2100 (42)	2430 (48)	2639 (56)
19+.....	1303	1856 (35)	1118 (31)	1257 (31)	1513 (32)	1821 (35)	2162 (40)	2499 (48)	2713 (53)
<b>All:</b>									
1+.....	3992	2074 (22)	1182 (19)	1334 (19)	1622 (20)	1996 (22)	2445 (32)	2917 (51)	3229 (64)

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

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**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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	49.1 (1.2)	30.8* (1.4)	34.1 (1.4)	40.4 (1.3)	47.9 (1.2)	56.7 (1.2)	65.5 (1.4)	71.8* (1.7)
4-8.....	358	59.0 (1.4)	37.4* (1.5)	41.4 (1.4)	48.5 (1.3)	57.6 (1.4)	68.1 (1.6)	78.6 (2.0)	85.1* (2.2)
<b>Males:</b>									
9-13.....	213	70.4 (2.1)	42.8* (2.3)	47.8* (2.1)	57.1 (1.9)	68.9 (2.0)	82.1 (2.8)	95.1* (3.4)	103.6* (3.9)
14-18.....	191	87.0 (3.4)	54.7* (2.6)	60.8* (2.6)	72.1 (2.9)	85.4 (3.3)	100.0 (3.9)	115.0* (4.8)	125.3* (5.5)
19-50.....	619	93.4 (2.8)	55.0 (2.3)	62.0 (2.3)	75.2 (2.5)	91.4 (2.7)	109.5 (3.2)	127.3 (3.7)	138.9 (4.4)
51+.....	696	87.6 (2.3)	50.4 (2.4)	57.1 (2.3)	69.9 (2.2)	85.6 (2.2)	103.1 (2.7)	120.4 (3.4)	131.5 (4.0)
19+.....	1315	91.0 (2.4)	52.8 (2.3)	59.9 (2.0)	72.9 (2.1)	88.9 (2.3)	106.9 (2.8)	124.7 (3.4)	136.0 (4.0)
<b>Females:</b>									
9-13.....	204	68.0 (2.3)	41.0* (1.7)	46.1* (1.7)	55.5 (2.0)	66.4 (2.2)	79.2 (3.0)	91.4* (3.9)	99.7* (4.4)
14-18.....	167	58.9 (2.9)	34.9* (2.6)	39.2* (2.5)	47.4 (2.5)	57.4 (2.8)	68.8 (3.3)	80.5* (3.7)	88.4* (4.0)
19-50.....	590	70.1 (2.1)	42.8 (2.3)	48.0 (2.2)	57.4 (2.1)	68.8 (2.2)	81.5 (2.2)	93.9 (2.4)	102.0 (2.5)
51+.....	713	66.4 (2.1)	39.7 (2.2)	44.7 (2.1)	54.0 (2.2)	65.2 (2.1)	77.4 (2.2)	89.5 (2.1)	97.3 (2.2)
19+.....	1303	68.2 (2.1)	41.2 (2.2)	46.2 (2.2)	55.6 (2.2)	66.9 (2.1)	79.5 (2.1)	91.8 (2.2)	99.7 (2.3)
<b>All:</b>									
1+.....	3992	75.4 (1.3)	41.4 (1.2)	46.9 (1.2)	57.8 (1.3)	72.1 (1.4)	89.6 (1.5)	108.2 (2.1)	120.6 (2.7)

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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	4.09 (0.08)	2.59* (0.10)	2.87 (0.10)	3.39 (0.09)	4.00 (0.08)	4.71 (0.09)	5.42 (0.12)	5.90* (0.15)	0.87	<3
4-8.....	357	2.58 (0.05)	1.48* (0.07)	1.68 (0.06)	2.05 (0.06)	2.51 (0.05)	3.03 (0.06)	3.56 (0.08)	3.90* (0.10)	0.76	<3
<b>Males:</b>											
9-13.....	212	1.69 (0.05)	0.91* (0.05)	1.05* (0.05)	1.31 (0.05)	1.64 (0.05)	2.02 (0.05)	2.38* (0.07)	2.63* (0.08)	0.76	<3
14-18.....	190	1.33 (0.04)	0.65* (0.03)	0.78* (0.03)	1.01 (0.03)	1.29 (0.03)	1.61 (0.05)	1.95* (0.07)	2.18* (0.08)	0.73	8* (1.4)
19-50.....	614	1.26 (0.03)	0.66 (0.03)	0.77 (0.03)	0.97 (0.03)	1.22 (0.03)	1.50 (0.03)	1.78 (0.04)	1.96 (0.05)	0.66	5 (1.1)
51+.....	682	1.17 (0.03)	0.60 (0.03)	0.70 (0.03)	0.90 (0.03)	1.14 (0.03)	1.41 (0.03)	1.68 (0.04)	1.85 (0.05)	0.66	8 (1.4)
19+.....	1296	1.22 (0.02)	0.63 (0.03)	0.74 (0.03)	0.94 (0.02)	1.19 (0.02)	1.46 (0.03)	1.74 (0.04)	1.91 (0.04)	0.66	6 (1.2)
<b>Females:</b>											
9-13.....	204	1.60 (0.05)	0.85* (0.05)	0.99* (0.05)	1.25 (0.05)	1.55 (0.05)	1.92 (0.05)	2.26* (0.07)	2.50* (0.08)	0.76	<3
14-18.....	165	1.01 (0.05)	0.46* (0.04)	0.55* (0.04)	0.73 (0.04)	0.97 (0.05)	1.24 (0.06)	1.53* (0.07)	1.73* (0.08)	0.71	23 (3.8)
19-50.....	587	1.12 (0.03)	0.61 (0.03)	0.70 (0.03)	0.88 (0.03)	1.10 (0.03)	1.34 (0.03)	1.57 (0.04)	1.73 (0.04)	0.66	7 (1.6)
51+.....	700	1.07 (0.03)	0.56 (0.02)	0.66 (0.03)	0.83 (0.03)	1.05 (0.03)	1.28 (0.03)	1.51 (0.04)	1.66 (0.04)	0.66	10 (1.8)
19+.....	1287	1.10 (0.03)	0.58 (0.03)	0.68 (0.03)	0.86 (0.03)	1.07 (0.03)	1.31 (0.03)	1.54 (0.04)	1.70 (0.04)	0.66	9 (1.6)
<b>All:</b>											
1+.....	3952	1.41 (0.02)	0.62 (0.02)	0.73 (0.02)	0.94 (0.02)	1.21 (0.02)	1.58 (0.02)	2.23 (0.05)	3.07 (0.07)		7 (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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	186 (4)	121* (6)	133 (6)	155 (5)	182 (5)	213 (5)	243 (7)	264* (8)	100	<3
4-8.....	358	232 (5)	153* (6)	168 (6)	195 (5)	227 (5)	264 (6)	301 (8)	324* (9)	100	<3
<b>Males:</b>											
9-13.....	213	271 (6)	168* (7)	187* (6)	222 (5)	266 (6)	315 (7)	362* (9)	393* (11)	100	<3
14-18.....	191	283 (9)	176* (10)	196* (9)	234 (9)	278 (9)	327 (9)	376* (11)	410* (12)	100	<3
19-50.....	619	288 (8)	152 (5)	176 (5)	222 (6)	279 (8)	345 (10)	409 (12)	451 (14)	100	<3
51+.....	696	281 (6)	148 (5)	171 (5)	216 (5)	273 (6)	336 (7)	399 (9)	440 (11)	100	<3
19+.....	1315	285 (7)	150 (5)	174 (5)	220 (5)	277 (6)	341 (8)	405 (10)	446 (12)	100	<3
<b>Females:</b>											
9-13.....	204	263 (8)	162* (8)	181* (7)	216 (7)	257 (8)	304 (11)	349* (14)	379* (17)	100	<3
14-18.....	167	224 (8)	135* (10)	151* (9)	182 (9)	219 (8)	261 (9)	304* (10)	332* (12)	100	<3
19-50.....	590	226 (4)	125 (4)	144 (4)	178 (4)	220 (4)	268 (5)	317 (6)	348 (7)	100	<3
51+.....	713	212 (4)	115 (3)	132 (2)	166 (3)	207 (3)	252 (5)	299 (6)	328 (8)	100	<3
19+.....	1303	219 (3)	120 (3)	137 (3)	171 (3)	213 (3)	260 (4)	308 (6)	339 (7)	100	<3
<b>All:</b>											
1+.....	3992	248 (3)	133 (2)	153 (2)	190 (2)	238 (2)	296 (4)	356 (7)	397 (9)	100	<3

NOTES: EAR=Estimated Average Requirement  
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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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	94 (4)	55* (3)	62 (4)	75 (3)	91 (3)	110 (4)	129 (5)	142* (7)
4-8.....	358	107 (3)	64* (3)	71 (3)	86 (3)	104 (3)	126 (4)	147 (6)	161* (7)
<b>Males:</b>									
9-13.....	213	122 (5)	66* (5)	76* (5)	94 (5)	118 (4)	145 (6)	173* (7)	191* (8)
14-18.....	191	120 (5)	64* (4)	74* (4)	94 (4)	117 (5)	143 (5)	171* (7)	190* (8)
19-50.....	619	123 (5)	44 (3)	56 (3)	80 (4)	113 (5)	156 (6)	202 (8)	233 (10)
51+.....	696	126 (3)	47 (2)	59 (3)	84 (3)	118 (3)	160 (4)	204 (6)	235 (7)
19+.....	1315	124 (4)	45 (2)	57 (3)	81 (3)	115 (4)	157 (5)	203 (7)	234 (8)
<b>Females:</b>									
9-13.....	204	119 (5)	64* (6)	74* (5)	93 (5)	115 (6)	142 (6)	168* (8)	186* (10)
14-18.....	167	98 (4)	50* (4)	58* (4)	74 (4)	94 (5)	117 (5)	142* (6)	158* (7)
19-50.....	590	98 (3)	41 (2)	50 (2)	68 (3)	92 (3)	122 (3)	154 (4)	176 (5)
51+.....	713	96 (2)	40 (2)	49 (2)	66 (2)	90 (2)	119 (3)	150 (4)	171 (5)
19+.....	1303	97 (2)	40 (2)	49 (2)	67 (2)	91 (2)	120 (3)	152 (4)	173 (5)
<b>All:</b>									
1+.....	3992	110 (2)	45 (2)	56 (2)	76 (2)	103 (2)	135 (2)	173 (4)	200 (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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	11.2 (0.3)	6.0* (0.2)	6.9 (0.3)	8.6 (0.3)	10.8 (0.3)	13.4 (0.4)	15.9 (0.5)	17.8* (0.5)	19	3* (0.7)
4-8.....	358	13.3 (0.4)	7.3* (0.4)	8.4 (0.4)	10.4 (0.4)	12.9 (0.4)	15.8 (0.5)	18.8 (0.5)	20.7* (0.6)	25	<3
<b>Males:</b>											
9-13.....	213	15.1 (0.4)	8.1* (0.4)	9.3* (0.3)	11.6 (0.4)	14.6 (0.4)	18.1 (0.6)	21.7* (0.8)	24.0* (1.0)	31	<3
14-18.....	191	15.5 (0.6)	8.2* (0.6)	9.5* (0.6)	12.0 (0.6)	14.9 (0.6)	18.4 (0.7)	22.1* (0.9)	24.6* (1.0)	38	<3
19-50.....	619	16.9 (0.5)	7.4 (0.3)	9.0 (0.3)	12.0 (0.4)	16.1 (0.5)	20.9 (0.6)	26.0 (0.9)	29.4 (1.0)	38	<3
51+.....	696	18.3 (0.4)	8.3 (0.4)	10.0 (0.4)	13.2 (0.4)	17.4 (0.4)	22.4 (0.5)	27.5 (0.8)	31.1 (0.9)	30	6 (1.1)
19+.....	1315	17.5 (0.4)	7.7 (0.3)	9.3 (0.3)	12.5 (0.3)	16.6 (0.4)	21.6 (0.6)	26.7 (0.8)	30.1 (0.9)		3 (0.6)
<b>Females:</b>											
9-13.....	204	15.4 (0.7)	8.3* (0.7)	9.5* (0.7)	12.0 (0.7)	14.9 (0.7)	18.4 (0.9)	21.9* (1.0)	24.2* (1.1)	26	<3
14-18.....	167	13.2 (0.6)	6.9* (0.6)	8.0* (0.6)	10.1 (0.6)	12.8 (0.6)	15.8 (0.6)	19.1* (0.7)	21.4* (0.8)	26	<3
19-50.....	590	14.5 (0.6)	6.6 (0.4)	7.8 (0.5)	10.4 (0.5)	13.7 (0.5)	17.7 (0.7)	22.1 (0.9)	25.0 (1.0)	25	5 (1.3)
51+.....	713	15.0 (0.5)	6.9 (0.4)	8.2 (0.4)	10.8 (0.5)	14.3 (0.5)	18.3 (0.6)	22.7 (0.7)	25.5 (0.9)	21	14 (1.9)
19+.....	1303	14.7 (0.5)	6.7 (0.4)	8.0 (0.4)	10.6 (0.5)	14.0 (0.5)	18.0 (0.5)	22.4 (0.7)	25.2 (0.9)		10 (1.5)
<b>All:</b>											
1+.....	3992	15.5 (0.3)	7.1 (0.3)	8.5 (0.3)	11.1 (0.3)	14.6 (0.4)	18.9 (0.4)	23.7 (0.6)	26.9 (0.7)		5 (1.0)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	55.2 (1.6)	32.5* (1.5)	36.6 (1.7)	44.3 (1.6)	53.6 (1.5)	64.5 (1.7)	75.4 (2.3)	83.0* (2.9)
4-8.....	358	69.1 (1.5)	41.8* (1.8)	46.7 (1.7)	55.9 (1.5)	67.4 (1.4)	80.6 (1.8)	93.6 (2.6)	101.8* (3.0)
<b>Males:</b>									
9-13.....	213	85.5 (2.4)	51.2* (2.6)	57.5* (2.1)	69.0 (1.7)	83.6 (2.2)	99.9 (3.3)	115.8* (4.5)	126.3* (5.4)
14-18.....	191	96.7 (2.9)	59.2* (4.4)	66.3* (4.2)	79.5 (3.8)	94.9 (3.1)	111.9 (3.3)	129.2* (4.7)	141.1* (5.6)
19-50.....	619	99.9 (3.2)	54.1 (2.1)	62.4 (2.2)	77.8 (2.6)	97.1 (3.0)	119.0 (3.8)	140.8 (4.5)	155.1 (5.1)
51+.....	696	98.6 (2.0)	53.7 (1.9)	61.6 (1.9)	76.9 (1.9)	96.1 (2.1)	117.4 (2.4)	138.5 (3.1)	152.3 (3.7)
19+.....	1315	99.3 (2.3)	53.9 (1.7)	62.1 (1.8)	77.4 (1.9)	96.6 (2.2)	118.4 (2.8)	139.9 (3.5)	153.9 (4.1)
<b>Females:</b>									
9-13.....	204	83.6 (3.5)	49.8* (3.4)	56.2* (3.2)	68.0 (3.1)	81.7 (3.4)	97.6 (4.2)	112.7* (4.8)	122.9* (5.3)
14-18.....	167	74.5 (2.9)	43.7* (2.9)	49.2* (2.6)	59.8 (2.6)	72.7 (2.9)	87.2 (3.3)	102.1* (4.2)	111.9* (5.0)
19-50.....	590	78.9 (2.2)	43.5 (1.8)	50.0 (1.8)	61.9 (1.9)	76.8 (2.2)	93.7 (2.5)	110.6 (3.0)	121.6 (3.2)
51+.....	713	75.4 (2.3)	40.9 (1.6)	47.2 (1.7)	58.9 (2.0)	73.5 (2.3)	89.6 (2.7)	106.2 (3.0)	116.6 (3.4)
19+.....	1303	77.1 (2.2)	42.2 (1.6)	48.4 (1.7)	60.4 (1.9)	75.1 (2.1)	91.6 (2.5)	108.2 (2.8)	119.2 (3.2)
<b>All:</b>									
1+.....	3992	84.8 (1.2)	44.4 (0.9)	51.1 (1.0)	64.3 (1.1)	81.4 (1.3)	101.7 (1.5)	122.9 (2.3)	137.0 (2.8)

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

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**Table G 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	19.5 (0.7)	10.9* (0.5)	12.4 (0.6)	15.3 (0.6)	18.8 (0.6)	23.0 (0.8)	27.2 (0.9)	30.2* (1.2)
4-8.....	358	24.2 (0.5)	13.8* (0.5)	15.7 (0.5)	19.1 (0.5)	23.5 (0.5)	28.5 (0.6)	33.6 (1.0)	36.9* (1.2)
<b>Males:</b>									
9-13.....	213	29.2 (0.9)	16.9* (1.2)	19.1* (1.1)	23.2 (0.9)	28.4 (0.8)	34.4 (1.1)	40.2* (1.5)	44.0* (1.6)
14-18.....	191	32.7 (1.3)	19.4* (1.8)	21.8* (1.8)	26.5 (1.7)	32.0 (1.4)	38.1 (1.2)	44.5* (1.5)	48.9* (1.8)
19-50.....	619	32.6 (0.8)	16.4 (0.7)	19.2 (0.7)	24.6 (0.7)	31.4 (0.8)	39.4 (0.9)	47.4 (1.2)	52.6 (1.4)
51+.....	696	32.0 (0.7)	16.2 (0.6)	18.8 (0.6)	24.2 (0.6)	30.9 (0.6)	38.6 (0.8)	46.4 (1.1)	51.4 (1.3)
19+.....	1315	32.3 (0.6)	16.3 (0.6)	19.1 (0.6)	24.4 (0.6)	31.2 (0.6)	39.0 (0.8)	46.9 (1.1)	52.2 (1.3)
<b>Females:</b>									
9-13.....	204	28.9 (1.1)	16.8* (1.5)	19.0* (1.3)	23.2 (1.1)	28.2 (1.1)	34.0 (1.2)	39.6* (1.5)	43.4* (2.0)
14-18.....	167	24.7 (1.2)	14.0* (1.1)	15.8* (1.1)	19.5 (0.9)	24.0 (1.1)	29.1 (1.4)	34.5* (1.9)	38.1* (2.2)
19-50.....	590	25.7 (0.7)	14.0 (0.7)	16.1 (0.7)	20.0 (0.6)	24.9 (0.7)	30.6 (0.8)	36.2 (1.1)	40.0 (1.2)
51+.....	713	24.7 (0.8)	13.4 (0.6)	15.4 (0.6)	19.2 (0.6)	24.0 (0.7)	29.4 (0.9)	35.0 (1.2)	38.6 (1.4)
19+.....	1303	25.2 (0.7)	13.7 (0.6)	15.7 (0.6)	19.6 (0.6)	24.4 (0.7)	30.0 (0.8)	35.6 (1.1)	39.3 (1.3)
<b>All:</b>									
1+.....	3992	28.0 (0.4)	14.3 (0.3)	16.6 (0.3)	21.0 (0.3)	26.7 (0.3)	33.6 (0.5)	41.0 (0.7)	46.1 (0.9)

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

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**Table G 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	18.0 (0.6)	10.6* (0.6)	12.0 (0.6)	14.4 (0.6)	17.5 (0.6)	21.0 (0.6)	24.5 (0.7)	27.0* (0.9)
4-8.....	358	22.7 (0.5)	13.7* (0.7)	15.4 (0.6)	18.4 (0.6)	22.2 (0.5)	26.5 (0.6)	30.8 (0.8)	33.5* (1.0)
<b>Males:</b>									
9-13.....	213	28.2 (0.6)	17.0* (0.8)	19.0* (0.8)	22.8 (0.7)	27.6 (0.6)	32.9 (0.6)	38.1* (0.8)	41.6* (1.0)
14-18.....	191	31.9 (1.1)	19.6* (1.0)	22.0* (1.0)	26.3 (1.0)	31.3 (1.1)	36.9 (1.3)	42.6* (1.6)	46.5* (1.9)
19-50.....	619	34.5 (1.0)	18.4 (0.7)	21.2 (0.8)	26.6 (0.8)	33.4 (0.9)	41.2 (1.2)	49.0 (1.6)	54.1 (1.9)
51+.....	696	34.2 (0.7)	18.5 (0.7)	21.2 (0.6)	26.5 (0.6)	33.2 (0.7)	40.8 (0.9)	48.3 (1.2)	53.2 (1.5)
19+.....	1315	34.3 (0.7)	18.4 (0.6)	21.2 (0.6)	26.6 (0.6)	33.3 (0.7)	41.0 (0.9)	48.7 (1.3)	53.7 (1.6)
<b>Females:</b>									
9-13.....	204	27.1 (0.8)	16.2* (0.9)	18.2* (0.9)	22.1 (0.9)	26.5 (0.9)	31.6 (0.9)	36.5* (1.1)	39.8* (1.1)
14-18.....	167	24.5 (1.3)	14.4* (0.9)	16.2* (1.0)	19.7 (1.1)	23.9 (1.3)	28.6 (1.5)	33.4* (1.8)	36.7* (2.0)
19-50.....	590	26.7 (0.7)	14.1 (0.6)	16.4 (0.6)	20.5 (0.6)	25.8 (0.7)	31.9 (0.8)	38.2 (1.0)	42.4 (1.2)
51+.....	713	25.6 (0.8)	13.3 (0.5)	15.5 (0.6)	19.6 (0.7)	24.8 (0.8)	30.6 (1.0)	36.8 (1.1)	40.7 (1.3)
19+.....	1303	26.1 (0.7)	13.7 (0.5)	15.9 (0.6)	20.0 (0.6)	25.3 (0.7)	31.3 (0.9)	37.5 (1.0)	41.5 (1.1)
<b>All:</b>									
1+.....	3992	28.8 (0.5)	14.6 (0.3)	16.9 (0.3)	21.4 (0.4)	27.5 (0.5)	34.7 (0.6)	42.4 (0.8)	47.5 (1.1)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	11.7 (0.4)	6.2* (0.3)	7.1 (0.3)	8.9 (0.3)	11.2 (0.4)	14.0 (0.6)	16.9 (0.7)	18.9* (0.9)
4-8.....	358	15.2 (0.5)	8.4* (0.4)	9.6 (0.4)	11.8 (0.5)	14.7 (0.5)	18.1 (0.6)	21.6 (0.8)	23.9* (0.9)
<b>Males:</b>									
9-13.....	213	19.7 (0.6)	11.3* (0.6)	12.8* (0.5)	15.5 (0.5)	19.1 (0.6)	23.2 (0.9)	27.5* (1.3)	30.3* (1.6)
14-18.....	191	21.7 (1.2)	12.6* (1.1)	14.2* (1.1)	17.3 (1.1)	21.1 (1.2)	25.4 (1.3)	30.0* (1.7)	33.2* (2.0)
19-50.....	619	22.7 (0.8)	11.9 (0.8)	13.8 (0.8)	17.3 (0.8)	21.9 (0.8)	27.3 (1.0)	32.8 (1.2)	36.4 (1.4)
51+.....	696	23.2 (0.6)	12.2 (0.6)	14.0 (0.5)	17.7 (0.5)	22.4 (0.5)	27.7 (0.8)	33.2 (1.1)	36.8 (1.4)
19+.....	1315	22.9 (0.5)	12.0 (0.7)	13.9 (0.7)	17.5 (0.6)	22.1 (0.5)	27.5 (0.6)	33.0 (0.9)	36.6 (1.2)
<b>Females:</b>									
9-13.....	204	19.4 (1.1)	11.1* (0.6)	12.6* (0.6)	15.4 (0.8)	18.8 (1.0)	22.9 (1.5)	26.9* (1.9)	29.7* (2.2)
14-18.....	167	17.9 (1.0)	10.3* (0.9)	11.6* (0.9)	14.1 (0.9)	17.3 (1.0)	21.1 (1.1)	25.0* (1.3)	27.7* (1.6)
19-50.....	590	18.5 (0.6)	9.4 (0.5)	11.0 (0.5)	13.9 (0.6)	17.7 (0.6)	22.3 (0.7)	27.0 (0.8)	30.2 (0.8)
51+.....	713	17.6 (0.5)	8.8 (0.4)	10.3 (0.4)	13.2 (0.5)	16.9 (0.5)	21.2 (0.6)	25.8 (0.7)	28.7 (0.8)
19+.....	1303	18.0 (0.5)	9.1 (0.4)	10.6 (0.4)	13.5 (0.5)	17.3 (0.5)	21.7 (0.6)	26.4 (0.7)	29.5 (0.7)
<b>All:</b>									
1+.....	3992	19.6 (0.3)	9.5 (0.3)	11.1 (0.3)	14.4 (0.3)	18.7 (0.4)	23.8 (0.4)	29.2 (0.5)	32.8 (0.7)

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

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**Table G 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	10.6 (0.4)	5.6* (0.2)	6.5 (0.3)	8.1 (0.3)	10.2 (0.4)	12.7 (0.5)	15.3 (0.7)	17.1* (0.8)	7	86 (2.4)
4-8.....	358	13.8 (0.4)	7.6* (0.3)	8.7 (0.3)	10.7 (0.3)	13.3 (0.4)	16.4 (0.5)	19.5 (0.6)	21.6* (0.7)	10	81 (2.7)
<b>Males:</b>											
9-13.....	213	17.8 (0.7)	10.2* (0.5)	11.5* (0.5)	14.0 (0.5)	17.3 (0.6)	21.1 (0.9)	24.9* (1.3)	27.5* (1.6)	12	87 (2.6)
14-18.....	191	19.5 (1.2)	11.2* (1.1)	12.7* (1.1)	15.5 (1.1)	18.9 (1.2)	22.9 (1.3)	27.1* (1.6)	30.0* (1.9)	16	72 (7.3)
19-50.....	619	20.3 (0.6)	10.6 (0.7)	12.3 (0.7)	15.4 (0.6)	19.5 (0.6)	24.3 (0.7)	29.2 (0.9)	32.4 (1.1)	17	66 (3.7)
51+.....	696	20.5 (0.5)	10.8 (0.5)	12.4 (0.5)	15.7 (0.4)	19.8 (0.4)	24.6 (0.6)	29.5 (0.9)	32.7 (1.1)	14	84 (2.1)
19+.....	1315	20.4 (0.4)	10.7 (0.5)	12.3 (0.5)	15.5 (0.5)	19.6 (0.4)	24.4 (0.5)	29.3 (0.7)	32.5 (1.0)		73 (2.8)
<b>Females:</b>											
9-13.....	204	17.5 (1.1)	9.9* (0.6)	11.3* (0.6)	13.8 (0.8)	16.9 (1.1)	20.6 (1.5)	24.3* (1.9)	26.8* (2.1)	10	95* (1.6)
14-18.....	167	16.1 (1.0)	9.1* (0.9)	10.3* (0.9)	12.6 (0.9)	15.5 (1.0)	18.9 (1.1)	22.5* (1.2)	25.0* (1.4)	11	86 (4.7)
19-50.....	590	16.5 (0.5)	8.3 (0.4)	9.7 (0.5)	12.3 (0.5)	15.8 (0.5)	19.9 (0.6)	24.2 (0.7)	27.1 (0.7)	12	77 (3.3)
51+.....	713	15.6 (0.5)	7.7 (0.3)	9.0 (0.4)	11.6 (0.4)	14.9 (0.5)	18.8 (0.5)	22.9 (0.6)	25.6 (0.7)	11	79 (2.7)
19+.....	1303	16.0 (0.5)	8.0 (0.4)	9.3 (0.4)	11.9 (0.4)	15.3 (0.5)	19.3 (0.5)	23.5 (0.6)	26.4 (0.7)		78 (2.8)
<b>All:</b>											
1+.....	3992	17.5 (0.3)	8.4 (0.2)	9.9 (0.2)	12.8 (0.3)	16.6 (0.3)	21.2 (0.3)	26.0 (0.4)	29.2 (0.6)		78 (1.5)

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

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**Table G 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	0.98 (0.04)	0.50* (0.03)	0.58 (0.03)	0.73 (0.03)	0.93 (0.04)	1.17 (0.04)	1.45 (0.06)	1.64* (0.07)	0.7	78 (3.5)
4-8.....	358	1.25 (0.05)	0.66* (0.03)	0.75 (0.04)	0.94 (0.04)	1.19 (0.04)	1.50 (0.06)	1.83 (0.08)	2.05* (0.10)	0.9	79 (3.3)
<b>Males:</b>											
9-13.....	213	1.58 (0.04)	0.92* (0.04)	1.03* (0.04)	1.25 (0.04)	1.53 (0.04)	1.86 (0.06)	2.19* (0.10)	2.41* (0.12)	1.2	79 (2.9)
14-18.....	191	1.85 (0.12)	1.09* (0.12)	1.23* (0.12)	1.48 (0.12)	1.80 (0.12)	2.15 (0.12)	2.53* (0.15)	2.80* (0.17)	1.6	66 (9.2)
19-50.....	619	2.03 (0.08)	0.98 (0.08)	1.15 (0.08)	1.49 (0.07)	1.93 (0.08)	2.47 (0.09)	3.04 (0.12)	3.43 (0.14)	1.6	69 (4.4)
51+.....	696	2.14 (0.08)	1.06 (0.06)	1.23 (0.06)	1.58 (0.06)	2.04 (0.07)	2.59 (0.10)	3.16 (0.15)	3.55 (0.19)	1.6	74 (3.5)
19+.....	1315	2.08 (0.07)	1.01 (0.07)	1.18 (0.06)	1.53 (0.06)	1.97 (0.07)	2.52 (0.08)	3.09 (0.12)	3.49 (0.15)	1.6	71 (3.6)
<b>Females:</b>											
9-13.....	204	1.66 (0.07)	0.97* (0.06)	1.10* (0.06)	1.33 (0.06)	1.60 (0.07)	1.94 (0.10)	2.27* (0.13)	2.50* (0.15)	1	94* (2.0)
14-18.....	167	1.57 (0.10)	0.93* (0.10)	1.04* (0.10)	1.25 (0.10)	1.52 (0.10)	1.84 (0.10)	2.17* (0.11)	2.40* (0.12)	1.1	86 (5.7)
19-50.....	590	1.69 (0.06)	0.85 (0.06)	0.98 (0.06)	1.25 (0.06)	1.60 (0.06)	2.04 (0.07)	2.51 (0.07)	2.83 (0.08)	1.1	84 (3.4)
51+.....	713	1.68 (0.05)	0.84 (0.05)	0.98 (0.05)	1.24 (0.05)	1.60 (0.05)	2.02 (0.06)	2.48 (0.07)	2.79 (0.08)	1.1	84 (2.9)
19+.....	1303	1.68 (0.05)	0.84 (0.05)	0.98 (0.05)	1.25 (0.05)	1.60 (0.05)	2.03 (0.06)	2.49 (0.07)	2.80 (0.07)	1.1	84 (3.0)
<b>All:</b>											
1+.....	3992	1.76 (0.04)	0.82 (0.03)	0.97 (0.03)	1.26 (0.03)	1.66 (0.04)	2.15 (0.05)	2.68 (0.08)	3.06 (0.10)		78 (1.8)

NOTES: AI=Adequate Intake

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>131 - 350% poverty</b>										
<b>Males and females:</b>										
1-3.....	241	0.01 (0.001)	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01*	(0.001)
4-8.....	358	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)
<b>Males:</b>										
9-13.....	213	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)	0.02*
14-18.....	191	0.02 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03*	(0.003)	0.03*
19-50.....	619	0.02 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04	(0.004)
51+.....	696	0.02 (0.003)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.005)	0.04	(0.006)
19+.....	1315	0.02 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04	(0.005)
<b>Females:</b>										
9-13.....	204	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02*	(0.002)	0.03*
14-18.....	167	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02*	(0.002)	0.02*
19-50.....	590	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04	(0.005)
51+.....	713	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+.....	1303	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)
<b>All:</b>										
1+.....	3992	0.02 (0.001)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04	(0.003)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	0.01 (0.001)	#	#	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.03* (0.003)
4-8.....	358	0.01 (0.002)	#	#	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.004)
<b>Males:</b>									
9-13.....	213	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* (0.007)	0.05* (0.010)
14-18.....	191	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.004)	0.03 (0.006)	0.04* (0.008)	0.05* (0.011)
19-50.....	619	0.05 (0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.06 (0.005)	0.10 (0.011)	0.14 (0.017)
51+.....	696	0.06 (0.007)	0.01 (0.002)	0.01 (0.003)	0.02 (0.004)	0.04 (0.006)	0.08 (0.008)	0.13 (0.014)	0.17 (0.020)
19+.....	1315	0.05 (0.005)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.11 (0.012)	0.15 (0.017)
<b>Females:</b>									
9-13.....	204	0.02 (0.003)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04* (0.005)	0.05* (0.007)
14-18.....	167	0.02 (0.004)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.01 (0.003)	0.02 (0.005)	0.03* (0.007)	0.04* (0.008)
19-50.....	590	0.04 (0.006)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.03 (0.004)	0.05 (0.007)	0.09 (0.012)	0.12 (0.017)
51+.....	713	0.04 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.05 (0.006)	0.09 (0.011)	0.13 (0.015)
19+.....	1303	0.04 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.05 (0.006)	0.09 (0.010)	0.12 (0.014)
<b>All:</b>									
1+.....	3992	0.04 (0.003)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.03 (0.002)	0.05 (0.004)	0.09 (0.007)	0.12 (0.010)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	176 (8)	70* (7)	84 (8)	115 (7)	159 (8)	218 (9)	286 (14)	338* (19)
4-8.....	358	203 (10)	81* (6)	98 (6)	133 (6)	185 (8)	253 (14)	331 (22)	386* (27)
<b>Males:</b>									
9-13.....	213	234 (15)	108* (15)	128* (15)	167 (15)	221 (15)	287 (16)	357* (18)	405* (20)
14-18.....	191	292 (14)	141* (14)	166* (13)	215 (12)	278 (14)	353 (18)	436* (23)	495* (27)
19-50.....	619	364 (14)	156 (9)	188 (10)	254 (11)	343 (13)	452 (18)	567 (23)	645 (28)
51+.....	696	355 (12)	151 (7)	183 (7)	248 (8)	335 (11)	441 (16)	551 (23)	628 (29)
19+.....	1315	360 (12)	153 (8)	186 (8)	252 (9)	340 (11)	447 (16)	561 (21)	638 (26)
<b>Females:</b>									
9-13.....	204	236 (8)	109* (9)	130* (9)	171 (8)	223 (8)	289 (10)	356* (16)	404* (24)
14-18.....	167	206 (16)	94* (14)	111* (15)	147 (16)	194 (17)	252 (19)	316* (23)	362* (26)
19-50.....	590	270 (13)	117 (10)	142 (11)	189 (11)	254 (13)	334 (15)	420 (19)	479 (22)
51+.....	713	263 (11)	114 (9)	137 (10)	185 (10)	249 (11)	325 (14)	410 (18)	464 (20)
19+.....	1303	267 (11)	116 (9)	139 (10)	187 (10)	251 (11)	329 (14)	414 (17)	472 (21)
<b>All:</b>									
1+.....	3992	289 (7)	112 (6)	137 (6)	190 (7)	265 (9)	362 (10)	471 (13)	546 (17)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	532 (25)	251* (19)	295 (19)	384 (21)	504 (23)	650 (31)	799 (39)	908* (48)	210	<3
4-8.....	358	551 (22)	256* (19)	304 (19)	397 (20)	522 (21)	676 (28)	836 (38)	941* (46)	275	7 (2.0)
<b>Males:</b>											
9-13.....	213	619 (24)	264* (20)	319* (21)	428 (21)	581 (24)	770 (31)	971* (45)	1111* (55)	445	28 (3.5)
14-18.....	191	569 (21)	234* (16)	286* (16)	392 (16)	532 (20)	704 (28)	897* (41)	1038* (53)	630	66 (3.4)
19-50.....	619	613 (28)	235 (20)	289 (22)	404 (24)	565 (26)	771 (35)	997 (46)	1156 (57)	625	59 (3.8)
51+.....	696	695 (21)	271 (21)	338 (20)	465 (21)	646 (22)	868 (27)	1113 (38)	1280 (50)	625	47 (2.9)
19+.....	1315	648 (21)	248 (20)	306 (20)	428 (21)	597 (21)	814 (27)	1051 (35)	1214 (42)	625	54 (2.9)
<b>Females:</b>											
9-13.....	204	593 (26)	250* (20)	305* (20)	414 (21)	555 (25)	736 (35)	923* (47)	1057* (54)	420	26 (3.5)
14-18.....	167	467 (30)	188* (20)	228* (21)	315 (24)	433 (29)	581 (38)	749* (49)	868* (64)	485	60 (5.8)
19-50.....	590	568 (29)	242 (20)	291 (21)	392 (24)	528 (28)	702 (35)	896 (47)	1031 (55)	500	45 (4.9)
51+.....	713	622 (17)	266 (17)	319 (18)	428 (18)	582 (17)	768 (22)	979 (32)	1120 (42)	500	37 (2.7)
19+.....	1303	596 (20)	252 (18)	304 (18)	409 (19)	556 (20)	738 (25)	942 (35)	1080 (43)	500	41 (3.3)
<b>All:</b>											
1+.....	3992	605 (11)	247 (12)	300 (13)	409 (10)	560 (9)	751 (15)	966 (32)	1115 (43)		42 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>131 - 350% poverty</b>												
<b>Males and females:</b>												
1-3.....	241	420 (17)	191* (15)	228 (15)	301 (14)	398 (15)	516 (23)	638 (31)	725* (39)	600	13	(2.8)
4-8.....	358	449 (16)	204* (21)	244 (20)	323 (18)	427 (17)	553 (20)	685 (31)	769* (36)	900	<3	
<b>Males:</b>												
9-13.....	213	513 (28)	199* (20)	246* (22)	341 (23)	476 (28)	646 (34)	827* (45)	955* (55)	1700	<3	
14-18.....	191	455 (19)	168* (16)	210* (16)	300 (16)	421 (18)	572 (25)	743* (36)	869* (45)	2800	<3	
19-50.....	619	430 (17)	147 (16)	186 (16)	270 (16)	391 (17)	549 (23)	725 (33)	849 (43)	3000	<3	
51+.....	696	488 (15)	169 (18)	218 (17)	311 (17)	447 (16)	619 (21)	810 (26)	940 (35)	3000	<3	
19+.....	1315	455 (15)	156 (16)	197 (16)	286 (16)	413 (15)	579 (20)	763 (26)	890 (34)	3000	<3	
<b>Females:</b>												
9-13.....	204	470 (23)	178* (18)	222* (18)	314 (19)	435 (21)	592 (31)	757* (43)	876* (54)	1700	<3	
14-18.....	167	346 (22)	120* (14)	151* (15)	219 (17)	316 (21)	439 (28)	581* (36)	683* (48)	2800	<3	
19-50.....	590	382 (17)	157 (14)	192 (15)	261 (15)	356 (15)	476 (21)	606 (30)	697 (37)	3000	<3	
51+.....	713	394 (13)	161 (13)	195 (13)	267 (13)	368 (13)	489 (16)	627 (21)	717 (29)	3000	<3	
19+.....	1303	388 (13)	158 (13)	193 (14)	264 (13)	362 (13)	482 (17)	617 (23)	708 (29)	3000	<3	
<b>All:</b>												
1+.....	3992	426 (8)	161 (12)	200 (13)	280 (11)	392 (9)	534 (12)	696 (17)	809 (23)		<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 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	1.08 (0.02)	0.67* (0.03)	0.74 (0.03)	0.88 (0.02)	1.05 (0.02)	1.25 (0.02)	1.45 (0.03)	1.60* (0.04)	0.4	<3
4-8.....	358	1.39 (0.02)	0.87* (0.03)	0.96 (0.02)	1.14 (0.02)	1.35 (0.02)	1.60 (0.03)	1.85 (0.05)	2.01* (0.05)	0.5	<3
<b>Males:</b>											
9-13.....	213	1.69 (0.05)	0.95* (0.05)	1.07* (0.05)	1.32 (0.04)	1.64 (0.05)	2.01 (0.06)	2.39* (0.09)	2.65* (0.12)	0.7	<3
14-18.....	191	1.78 (0.06)	1.00* (0.06)	1.14* (0.06)	1.40 (0.06)	1.73 (0.06)	2.10 (0.07)	2.50* (0.09)	2.78* (0.11)	1	5* (1.9)
19-50.....	619	1.81 (0.05)	1.02 (0.06)	1.15 (0.06)	1.41 (0.05)	1.75 (0.05)	2.13 (0.05)	2.53 (0.07)	2.80 (0.08)	1	5 (1.5)
51+.....	696	1.82 (0.04)	1.03 (0.05)	1.16 (0.05)	1.43 (0.05)	1.76 (0.04)	2.15 (0.05)	2.54 (0.07)	2.80 (0.09)	1	4 (1.2)
19+.....	1315	1.81 (0.04)	1.02 (0.05)	1.16 (0.05)	1.42 (0.05)	1.75 (0.04)	2.14 (0.05)	2.54 (0.06)	2.80 (0.08)	1	4 (1.3)
<b>Females:</b>											
9-13.....	204	1.59 (0.06)	0.88* (0.05)	1.00* (0.05)	1.24 (0.05)	1.53 (0.05)	1.88 (0.07)	2.23* (0.09)	2.47* (0.12)	0.7	<3
14-18.....	167	1.28 (0.05)	0.69* (0.05)	0.79* (0.05)	0.98 (0.05)	1.23 (0.05)	1.52 (0.06)	1.84* (0.07)	2.05* (0.10)	0.9	18 (3.9)
19-50.....	590	1.38 (0.04)	0.78 (0.03)	0.89 (0.03)	1.09 (0.03)	1.34 (0.04)	1.63 (0.05)	1.93 (0.06)	2.13 (0.06)	0.9	11 (1.7)
51+.....	713	1.34 (0.03)	0.76 (0.02)	0.86 (0.02)	1.06 (0.03)	1.30 (0.03)	1.58 (0.04)	1.88 (0.04)	2.07 (0.05)	0.9	12 (1.7)
19+.....	1303	1.36 (0.03)	0.77 (0.03)	0.88 (0.03)	1.07 (0.03)	1.32 (0.03)	1.60 (0.04)	1.90 (0.05)	2.10 (0.06)	0.9	12 (1.6)
<b>All:</b>											
1+.....	3992	1.55 (0.02)	0.83 (0.02)	0.94 (0.02)	1.17 (0.01)	1.47 (0.02)	1.85 (0.03)	2.24 (0.05)	2.51 (0.06)		7 (0.7)

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 19. Riboflavin (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	1.44 (0.03)	0.89* (0.03)	0.99 (0.03)	1.17 (0.03)	1.40 (0.03)	1.67 (0.04)	1.93 (0.05)	2.11* (0.07)	0.4	<3
4-8.....	358	1.65 (0.03)	1.03* (0.03)	1.14 (0.03)	1.35 (0.02)	1.61 (0.02)	1.91 (0.04)	2.22 (0.06)	2.41* (0.08)	0.5	<3
<b>Males:</b>											
9-13.....	213	1.90 (0.06)	1.02* (0.07)	1.17* (0.06)	1.45 (0.06)	1.83 (0.06)	2.27 (0.07)	2.72* (0.10)	3.03* (0.13)	0.8	<3
14-18.....	191	2.04 (0.06)	1.10* (0.07)	1.26* (0.07)	1.58 (0.07)	1.97 (0.06)	2.41 (0.07)	2.90* (0.10)	3.24* (0.12)	1.1	5* (1.8)
19-50.....	619	2.35 (0.06)	1.03 (0.06)	1.23 (0.06)	1.64 (0.05)	2.20 (0.06)	2.90 (0.08)	3.67 (0.13)	4.20 (0.18)	1.1	6 (1.4)
51+.....	696	2.34 (0.06)	1.05 (0.07)	1.24 (0.07)	1.64 (0.07)	2.19 (0.06)	2.87 (0.07)	3.60 (0.10)	4.12 (0.13)	1.1	6 (1.6)
19+.....	1315	2.35 (0.05)	1.04 (0.06)	1.23 (0.06)	1.64 (0.05)	2.19 (0.05)	2.89 (0.07)	3.64 (0.11)	4.17 (0.15)	1.1	6 (1.4)
<b>Females:</b>											
9-13.....	204	1.83 (0.06)	0.98* (0.06)	1.13* (0.05)	1.41 (0.05)	1.76 (0.05)	2.19 (0.07)	2.61* (0.10)	2.91* (0.14)	0.8	<3
14-18.....	167	1.46 (0.06)	0.76* (0.07)	0.87* (0.06)	1.10 (0.06)	1.40 (0.06)	1.75 (0.07)	2.13* (0.09)	2.40* (0.10)	0.9	11* (3.6)
19-50.....	590	1.76 (0.05)	0.95 (0.04)	1.09 (0.04)	1.35 (0.04)	1.69 (0.05)	2.10 (0.07)	2.53 (0.09)	2.80 (0.11)	0.9	4* (0.9)
51+.....	713	1.77 (0.05)	0.95 (0.03)	1.10 (0.03)	1.37 (0.04)	1.71 (0.05)	2.11 (0.07)	2.52 (0.09)	2.79 (0.10)	0.9	4 (0.7)
19+.....	1303	1.77 (0.05)	0.95 (0.03)	1.09 (0.04)	1.36 (0.04)	1.70 (0.05)	2.10 (0.07)	2.52 (0.09)	2.80 (0.10)	0.9	4 (0.7)
<b>All:</b>											
1+.....	3992	1.96 (0.03)	0.97 (0.03)	1.12 (0.02)	1.41 (0.02)	1.81 (0.03)	2.34 (0.03)	2.97 (0.07)	3.46 (0.12)		4 (0.7)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	13.6 (0.3)	8.1* (0.3)	9.1 (0.3)	11.0 (0.3)	13.2 (0.3)	15.9 (0.4)	18.6 (0.5)	20.5* (0.6)	5	<3
4-8.....	358	18.4 (0.3)	11.4* (0.4)	12.6 (0.4)	15.0 (0.4)	17.9 (0.3)	21.3 (0.4)	24.7 (0.5)	26.8* (0.5)	6	<3
<b>Males:</b>											
9-13.....	213	22.9 (0.7)	12.9* (0.7)	14.6* (0.7)	17.9 (0.7)	22.2 (0.7)	27.1 (0.9)	32.1* (1.1)	35.5* (1.2)	9	<3
14-18.....	191	27.9 (0.7)	16.2* (0.7)	18.3* (0.7)	22.3 (0.6)	27.2 (0.7)	32.7 (0.9)	38.4* (1.2)	42.5* (1.5)	12	<3
19-50.....	619	32.1 (1.0)	16.3 (1.0)	18.9 (0.9)	23.9 (0.9)	30.6 (1.0)	38.6 (1.3)	47.1 (1.7)	52.9 (2.3)	12	<3
51+.....	696	28.1 (0.8)	13.8 (1.0)	16.1 (0.9)	20.7 (0.9)	26.7 (0.8)	34.0 (1.0)	41.7 (1.4)	46.9 (1.7)	12	<3
19+.....	1315	30.4 (0.9)	15.0 (0.9)	17.5 (0.9)	22.4 (0.8)	28.9 (0.8)	36.7 (1.1)	45.1 (1.6)	50.7 (2.0)	12	<3
<b>Females:</b>											
9-13.....	204	22.0 (0.6)	12.2* (0.7)	14.0* (0.6)	17.3 (0.6)	21.2 (0.6)	26.0 (0.7)	30.6* (0.9)	33.9* (1.1)	9	<3
14-18.....	167	19.2 (0.9)	10.5* (0.8)	12.0* (0.8)	14.9 (0.8)	18.5 (0.9)	22.7 (1.1)	27.2* (1.3)	30.2* (1.5)	11	6* (2.2)
19-50.....	590	22.2 (0.5)	13.1 (0.5)	14.7 (0.5)	17.8 (0.5)	21.6 (0.5)	26.0 (0.6)	30.3 (0.7)	33.2 (0.9)	11	<3
51+.....	713	20.3 (0.5)	11.8 (0.4)	13.3 (0.4)	16.2 (0.5)	19.8 (0.5)	23.8 (0.6)	28.0 (0.8)	30.7 (1.0)	11	3 (0.8)
19+.....	1303	21.2 (0.5)	12.3 (0.4)	13.9 (0.4)	16.9 (0.4)	20.6 (0.5)	24.9 (0.6)	29.2 (0.7)	32.1 (0.9)	11	<3
<b>All:</b>											
1+.....	3992	24.3 (0.3)	12.1 (0.2)	14.0 (0.2)	17.5 (0.2)	22.5 (0.3)	29.0 (0.5)	36.9 (0.9)	42.7 (1.3)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	1.29 (0.03)	0.80* (0.05)	0.89 (0.05)	1.05 (0.04)	1.26 (0.03)	1.50 (0.03)	1.74 (0.05)	1.90* (0.07)	0.4	<3	30	<3	
4-8.....	358	1.49 (0.04)	0.93* (0.05)	1.03 (0.04)	1.22 (0.04)	1.46 (0.04)	1.73 (0.06)	2.00 (0.08)	2.18* (0.09)	0.5	<3	40	<3	
<b>Males:</b>														
9-13.....	213	1.70 (0.07)	0.84* (0.06)	0.98* (0.06)	1.24 (0.06)	1.61 (0.07)	2.06 (0.09)	2.55* (0.11)	2.89* (0.14)	0.8	4* (1.9)	60	<3	
14-18.....	191	2.00 (0.07)	1.00* (0.07)	1.16* (0.07)	1.49 (0.07)	1.90 (0.07)	2.40 (0.09)	2.96* (0.12)	3.36* (0.15)	1.1	8* (2.3)	80	<3	
19-50.....	619	2.56 (0.10)	1.06 (0.07)	1.27 (0.07)	1.72 (0.08)	2.35 (0.09)	3.17 (0.13)	4.10 (0.20)	4.77 (0.27)	1.1	6 (1.4)	100	<3	
51+.....	696	2.37 (0.10)	0.97 (0.09)	1.17 (0.09)	1.59 (0.08)	2.18 (0.09)	2.94 (0.12)	3.80 (0.17)	4.41 (0.21)	1.4	17 (3.1)	100	<3	
19+.....	1315	2.48 (0.09)	1.02 (0.08)	1.23 (0.07)	1.66 (0.08)	2.28 (0.08)	3.07 (0.12)	3.98 (0.17)	4.62 (0.24)	1.1	11 (2.0)	100	<3	
<b>Females:</b>														
9-13.....	204	1.72 (0.10)	0.85* (0.06)	0.99* (0.06)	1.27 (0.07)	1.63 (0.09)	2.08 (0.13)	2.55* (0.17)	2.88* (0.20)	0.8	4* (1.4)	60	<3	
14-18.....	167	1.42 (0.10)	0.69* (0.06)	0.80* (0.07)	1.03 (0.08)	1.34 (0.10)	1.71 (0.12)	2.13* (0.13)	2.43* (0.15)	1	23 (5.0)	80	<3	
19-50.....	590	1.74 (0.06)	0.91 (0.06)	1.04 (0.06)	1.31 (0.06)	1.66 (0.06)	2.08 (0.07)	2.52 (0.09)	2.83 (0.10)	1.1	13 (3.0)	100	<3	
51+.....	713	1.67 (0.05)	0.87 (0.04)	1.00 (0.04)	1.26 (0.05)	1.61 (0.05)	2.00 (0.05)	2.44 (0.07)	2.72 (0.09)	1.3	28 (3.1)	100	<3	
19+.....	1303	1.70 (0.05)	0.89 (0.05)	1.02 (0.05)	1.28 (0.05)	1.63 (0.05)	2.04 (0.05)	2.48 (0.07)	2.78 (0.08)	1.1	20 (2.8)	100	<3	
<b>All:</b>														
1+.....	3992	1.95 (0.04)	0.90 (0.03)	1.04 (0.03)	1.33 (0.03)	1.75 (0.03)	2.34 (0.06)	3.11 (0.11)	3.72 (0.16)	1.1	13 (1.6)	100	<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

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**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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	302 (8)	164* (8)	186 (8)	231 (7)	289 (8)	358 (10)	431 (14)	482* (17)	120	<3
4-8.....	358	423 (14)	237* (9)	269 (9)	329 (10)	407 (13)	501 (18)	599 (24)	662* (27)	160	<3
<b>Males:</b>											
9-13.....	213	535 (21)	265* (19)	308* (18)	391 (18)	507 (20)	648 (25)	797* (35)	902* (45)	250	4* (1.7)
14-18.....	191	557 (26)	276* (21)	321* (23)	413 (23)	530 (25)	671 (30)	828* (38)	942* (45)	330	11* (3.3)
19-50.....	619	564 (17)	288 (15)	333 (14)	421 (15)	537 (17)	679 (20)	830 (27)	928 (34)	320	8 (1.7)
51+.....	696	541 (16)	274 (11)	316 (11)	403 (12)	516 (15)	652 (21)	796 (30)	893 (39)	320	11 (1.6)
19+.....	1315	554 (15)	282 (12)	326 (12)	413 (13)	529 (15)	668 (20)	816 (27)	915 (32)	320	9 (1.6)
<b>Females:</b>											
9-13.....	204	510 (27)	251* (20)	293* (21)	377 (23)	483 (25)	617 (33)	755* (44)	855* (54)	250	5* (2.1)
14-18.....	167	411 (19)	198* (17)	231* (17)	298 (17)	387 (18)	497 (24)	620* (30)	708* (37)	330	34 (4.8)
19-50.....	590	439 (13)	230 (10)	266 (10)	332 (11)	420 (12)	526 (16)	638 (21)	716 (25)	320	22 (2.6)
51+.....	713	409 (10)	212 (8)	245 (8)	308 (9)	392 (10)	490 (12)	597 (17)	666 (21)	320	28 (2.6)
19+.....	1303	424 (11)	221 (8)	254 (9)	319 (9)	405 (10)	507 (13)	618 (18)	692 (22)	320	25 (2.4)
<b>All:</b>											
1+.....	3992	478 (6)	231 (5)	269 (5)	345 (5)	449 (5)	579 (9)	723 (16)	822 (22)		15 (1.1)

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

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**Table G 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	116 (4)	48* (4)	59 (4)	80 (4)	108 (4)	144 (6)	182 (8)	209* (11)	300	<3
4-8.....	358	177 (6)	82* (6)	97 (6)	128 (5)	168 (6)	218 (7)	270 (10)	303* (13)	400	<3
<b>Males:</b>											
9-13.....	213	222 (11)	88* (8)	108* (8)	149 (9)	206 (11)	279 (13)	357* (18)	411* (23)	600	<3
14-18.....	191	223 (15)	88* (9)	108* (11)	151 (12)	208 (15)	278 (18)	357* (23)	415* (26)	800	<3
19-50.....	619	208 (9)	74 (6)	93 (6)	133 (7)	190 (9)	264 (12)	347 (16)	402 (21)	1000	<3
51+.....	696	189 (11)	65 (6)	82 (7)	120 (9)	173 (11)	241 (15)	316 (21)	369 (26)	1000	<3
19+.....	1315	200 (10)	70 (6)	88 (6)	127 (7)	183 (9)	254 (13)	334 (17)	389 (21)	1000	<3
<b>Females:</b>											
9-13.....	204	208 (10)	81* (6)	100* (6)	140 (7)	193 (8)	261 (13)	332* (18)	384* (25)	600	<3
14-18.....	167	158 (8)	57* (7)	72* (8)	102 (8)	144 (9)	199 (11)	261* (15)	306* (19)	800	<3
19-50.....	590	152 (5)	54 (4)	68 (4)	97 (5)	139 (5)	194 (7)	253 (10)	297 (15)	1000	<3
51+.....	713	134 (6)	45 (4)	58 (5)	84 (5)	123 (6)	171 (8)	227 (11)	265 (13)	1000	<3
19+.....	1303	143 (5)	49 (4)	62 (4)	90 (4)	130 (5)	182 (7)	240 (10)	281 (13)	1000	<3
<b>All:</b>											
1+.....	3992	174 (5)	58 (5)	74 (4)	108 (5)	157 (5)	221 (6)	295 (8)	348 (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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	108 (3)	59* (3)	67 (3)	83 (3)	104 (3)	129 (4)	154 (6)	172* (7)
4-8.....	358	128 (3)	71* (3)	81 (3)	99 (3)	124 (3)	153 (4)	183 (6)	202* (7)
<b>Males:</b>									
9-13.....	213	161 (5)	93* (6)	105* (6)	126 (5)	155 (5)	189 (6)	225* (8)	249* (10)
14-18.....	191	173 (6)	101* (6)	113* (6)	138 (6)	168 (6)	203 (7)	241* (10)	268* (12)
19-50.....	619	219 (6)	106 (6)	125 (6)	161 (5)	208 (6)	266 (7)	326 (9)	367 (11)
51+.....	696	230 (7)	114 (6)	133 (6)	170 (6)	220 (7)	278 (8)	339 (11)	379 (14)
19+.....	1315	223 (5)	109 (5)	128 (5)	165 (5)	213 (5)	271 (7)	332 (9)	373 (11)
<b>Females:</b>									
9-13.....	204	159 (8)	92* (7)	103* (7)	126 (7)	153 (8)	186 (9)	220* (11)	243* (12)
14-18.....	167	141 (10)	82* (8)	91* (8)	111 (8)	136 (10)	165 (12)	197* (14)	219* (16)
19-50.....	590	181 (7)	87 (4)	101 (5)	131 (5)	171 (7)	221 (9)	275 (12)	311 (13)
51+.....	713	184 (6)	88 (4)	103 (4)	134 (5)	175 (6)	223 (8)	277 (10)	313 (13)
19+.....	1303	183 (6)	87 (4)	102 (4)	132 (5)	173 (6)	222 (8)	276 (10)	312 (12)
<b>All:</b>									
1+.....	3992	187 (4)	86 (2)	101 (2)	131 (3)	175 (3)	230 (5)	290 (7)	331 (8)

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

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**Table G 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	241	211 (6)	116* (6)	131 (6)	161 (6)	200 (6)	249 (7)	301 (8)	339* (9)	200	50 (4.1)	1000	<3
4-8.....	358	223 (6)	122* (5)	138 (6)	170 (6)	213 (6)	266 (8)	323 (11)	360* (13)	250	31 (3.2)	1000	<3
<b>Males:</b>													
9-13.....	213	260 (6)	147* (8)	166* (8)	203 (7)	251 (6)	307 (7)	365* (9)	404* (11)	375	9* (1.4)	2000	<3
14-18.....	191	309 (11)	178* (10)	201* (9)	246 (9)	300 (10)	362 (12)	428* (16)	475* (18)	550	<3	3000	<3
19-50.....	619	379 (11)	192 (10)	225 (10)	286 (10)	365 (10)	456 (13)	550 (17)	612 (22)	550	10 (1.9)	3500	<3
51+.....	696	389 (11)	201 (9)	232 (8)	296 (8)	375 (10)	467 (14)	560 (20)	621 (25)	550	11 (2.4)	3500	<3
19+.....	1315	383 (10)	196 (9)	228 (8)	290 (8)	369 (9)	461 (13)	554 (18)	615 (22)	550	10 (1.9)	3500	<3
<b>Females:</b>													
9-13.....	204	251 (8)	141* (5)	160* (5)	197 (6)	242 (7)	297 (10)	351* (14)	388* (19)	375	6* (2.1)	2000	<3
14-18.....	167	214 (11)	119* (11)	134* (11)	166 (11)	206 (12)	253 (12)	303* (12)	338* (14)	400	<3	3000	<3
19-50.....	590	281 (10)	156 (8)	178 (9)	220 (9)	272 (10)	334 (11)	397 (13)	439 (14)	425	6 (1.4)	3500	<3
51+.....	713	284 (7)	158 (7)	180 (7)	222 (7)	276 (7)	336 (8)	400 (9)	440 (10)	425	7 (1.1)	3500	<3
19+.....	1303	283 (8)	157 (7)	179 (7)	221 (8)	274 (8)	335 (9)	399 (10)	440 (11)	425	7 (1.2)	3500	<3
<b>All:</b>													
1+.....	3992	308 (7)	151 (6)	175 (7)	223 (8)	289 (8)	373 (8)	467 (10)	531 (13)		11 (1.0)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table G 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	3.55 (0.15)	1.88* (0.13)	2.17 (0.13)	2.71 (0.14)	3.41 (0.15)	4.23 (0.18)	5.08 (0.23)	5.67* (0.26)	0.7	<3
4-8.....	358	3.86 (0.13)	2.04* (0.13)	2.35 (0.13)	2.94 (0.13)	3.72 (0.13)	4.63 (0.16)	5.58 (0.20)	6.18* (0.24)	1	<3
<b>Males:</b>											
9-13.....	213	4.79 (0.24)	2.00* (0.18)	2.41* (0.18)	3.25 (0.20)	4.45 (0.23)	5.97 (0.31)	7.61* (0.40)	8.78* (0.49)	1.5	<3
14-18.....	191	5.43 (0.20)	2.31* (0.13)	2.79* (0.14)	3.78 (0.16)	5.08 (0.18)	6.69 (0.25)	8.52* (0.40)	9.88* (0.52)	2	<3
19-50.....	619	5.78 (0.31)	1.99 (0.21)	2.51 (0.21)	3.61 (0.24)	5.22 (0.28)	7.34 (0.39)	9.78 (0.60)	11.50 (0.80)	2	5 (1.5)
51+.....	696	5.36 (0.25)	1.83 (0.17)	2.30 (0.18)	3.34 (0.19)	4.84 (0.22)	6.82 (0.32)	9.04 (0.46)	10.66 (0.62)	2	7 (1.7)
19+.....	1315	5.60 (0.27)	1.92 (0.17)	2.42 (0.18)	3.49 (0.20)	5.05 (0.25)	7.11 (0.33)	9.48 (0.53)	11.15 (0.71)	2	6 (1.5)
<b>Females:</b>											
9-13.....	204	4.29 (0.17)	1.74* (0.11)	2.13* (0.12)	2.92 (0.13)	3.96 (0.15)	5.34 (0.22)	6.79* (0.31)	7.86* (0.41)	1.5	<3
14-18.....	167	3.30 (0.20)	1.28* (0.12)	1.57* (0.13)	2.17 (0.16)	3.03 (0.19)	4.12 (0.26)	5.38* (0.35)	6.30* (0.48)	2	21 (3.8)
19-50.....	590	3.89 (0.18)	1.71 (0.14)	2.05 (0.16)	2.71 (0.16)	3.63 (0.18)	4.79 (0.24)	6.08 (0.39)	6.98 (0.50)	2	9 (2.9)
51+.....	713	3.86 (0.22)	1.69 (0.14)	2.03 (0.15)	2.69 (0.17)	3.62 (0.21)	4.75 (0.26)	6.02 (0.34)	6.87 (0.43)	2	10 (2.8)
19+.....	1303	3.88 (0.18)	1.70 (0.14)	2.04 (0.15)	2.70 (0.16)	3.63 (0.17)	4.77 (0.22)	6.05 (0.35)	6.92 (0.46)	2	9 (2.8)
<b>All:</b>											
1+.....	3992	4.57 (0.08)	1.79 (0.10)	2.17 (0.10)	2.95 (0.07)	4.06 (0.07)	5.60 (0.10)	7.58 (0.24)	9.09 (0.40)		7 (1.1)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	76.7 (3.2)	24.4* (1.8)	31.3 (2.0)	46.5 (2.2)	68.7 (2.8)	98.0 (4.4)	131.4 (6.7)	155.8* (8.8)	13	<3	400	<3	
4-8.....	358	75.7 (4.3)	23.2* (2.7)	30.4 (3.0)	45.7 (3.6)	67.9 (4.2)	97.5 (5.3)	131.5 (6.9)	153.9* (8.6)	22	4* (1.7)	650	<3	
<b>Males:</b>														
9-13.....	213	66.2 (5.8)	21.3* (4.1)	27.1* (4.6)	39.6 (5.4)	58.9 (6.1)	84.8 (6.8)	114.6* (7.9)	136.6* (9.7)	39	24 (6.8)	1200	<3	
14-18.....	191	55.4 (6.0)	16.7* (3.1)	21.6* (3.5)	32.8 (4.3)	48.9 (5.7)	70.6 (7.4)	97.2* (10.0)	117.8* (12.8)	63	68 (7.3)	1800	<3	
19-50.....	619	74.5 (3.6)	17.9 (2.0)	24.3 (2.3)	39.2 (2.7)	63.2 (3.4)	97.3 (4.8)	138.8 (6.8)	169.8 (8.4)	75	60 (2.9)	2000	<3	
51+.....	696	87.0 (4.3)	22.3 (2.1)	30.1 (2.4)	47.5 (3.0)	75.1 (4.0)	112.9 (5.7)	158.2 (8.0)	191.7 (9.7)	75	50 (3.2)	2000	<3	
19+.....	1315	79.7 (3.5)	19.4 (2.0)	26.2 (2.2)	42.3 (2.6)	67.9 (3.2)	104.2 (4.7)	147.7 (6.9)	180.0 (8.4)	75	56 (2.7)	2000	<3	
<b>Females:</b>														
9-13.....	204	71.8 (5.1)	23.7* (3.1)	30.2* (3.4)	44.4 (3.7)	64.1 (4.6)	91.5 (6.9)	121.8* (10.4)	144.6* (12.3)	39	19 (3.7)	1200	<3	
14-18.....	167	50.7 (5.8)	15.5* (3.6)	19.9* (3.7)	29.7 (4.7)	44.5 (5.8)	64.7 (7.2)	89.3* (8.7)	107.7* (10.6)	56	66 (8.2)	1800	<3	
19-50.....	590	66.2 (3.9)	18.3 (2.0)	24.0 (2.3)	37.3 (3.0)	57.4 (3.7)	85.5 (4.9)	119.7 (6.4)	144.2 (6.9)	60	53 (4.3)	2000	<3	
51+.....	713	72.5 (2.4)	20.5 (1.4)	27.1 (1.5)	41.4 (1.8)	63.9 (2.2)	93.3 (3.0)	129.8 (4.5)	155.3 (5.6)	60	46 (2.4)	2000	<3	
19+.....	1303	69.5 (2.9)	19.3 (1.7)	25.5 (1.9)	39.3 (2.3)	60.7 (2.8)	89.8 (3.6)	125.1 (4.7)	150.0 (5.2)	60	49 (3.1)	2000	<3	
<b>All:</b>														
1+.....	3992	72.7 (1.7)	19.6 (1.0)	25.9 (1.1)	40.4 (1.2)	62.8 (1.5)	94.0 (2.1)	131.9 (3.3)	159.5 (4.3)		46 (1.5)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males:</b>														
19-50.....	159	65.5 (5.6)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	130	74.2 (6.9)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	289	69.1 (6.0)	16.1* (2.4)	22.2 (2.9)	36.0 (4.0)	58.8 (5.6)	90.1 (7.9)	129.5 (10.9)	158.4* (13.4)	110	84 (3.7)	2000	<3	
<b>Females:</b>														
19-50.....	103	46.1 (3.6)	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	84	50.0 (2.6)	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	187	47.7 (3.2)	12.1* (1.6)	16.1* (1.7)	25.7 (2.5)	40.6 (3.2)	62.6 (4.1)	88.5* (5.1)	107.1* (6.2)	95	92* (1.6)	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  
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males:</b>													
19-50.....	460	77.2 (3.6)	19.0 (2.1)	25.8 (2.3)	41.1 (2.8)	65.7 (3.5)	100.6 (4.6)	142.4 (7.8)	172.3 (10.0)	75	58 (3.0)	2000	<3
51+.....	566	89.3 (4.6)	23.7 (2.1)	31.6 (2.3)	49.6 (2.7)	76.9 (3.9)	115.8 (6.1)	162.6 (9.9)	197.0 (12.9)	75	48 (3.1)	2000	<3
19+.....	1026	82.4 (3.5)	20.7 (1.9)	27.9 (2.1)	44.4 (2.5)	70.4 (2.9)	106.9 (4.6)	151.2 (7.6)	184.1 (10.7)	75	54 (2.5)	2000	<3
<b>Females:</b>													
19-50.....	487	71.4 (4.0)	21.5 (2.0)	28.0 (2.4)	41.9 (3.0)	62.4 (3.7)	91.6 (4.9)	126.2 (6.3)	150.7 (6.9)	60	47 (4.2)	2000	<3
51+.....	629	76.7 (2.9)	23.4 (1.6)	30.3 (1.9)	45.2 (2.1)	68.1 (2.7)	98.4 (3.6)	134.4 (4.8)	160.0 (5.7)	60	41 (2.8)	2000	<3
19+.....	1116	74.3 (3.1)	22.5 (1.8)	29.1 (2.0)	43.6 (2.4)	65.6 (3.0)	95.3 (4.0)	131.1 (5.0)	156.0 (5.6)	60	44 (3.2)	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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males:</b>														
19-50.....	619	74.7 (3.9)	18.1 (2.1)	24.5 (2.4)	39.4 (3.1)	63.2 (3.8)	97.9 (5.0)	138.7 (8.0)	168.9 (9.6)	110/75	64 (3.3)	2000	<3	
51+.....	696	86.4 (4.6)	22.2 (2.3)	29.9 (2.6)	47.2 (3.0)	74.2 (4.2)	111.8 (6.1)	158.0 (9.5)	192.2 (11.8)	110/75	55 (2.9)	2000	<3	
19+.....	1315	79.6 (3.8)	19.5 (2.0)	26.5 (2.3)	42.4 (2.8)	67.9 (3.4)	103.7 (5.0)	147.1 (7.9)	179.4 (10.7)	110/75	60 (2.6)	2000	<3	
<b>Females:</b>														
19-50.....	590	65.7 (4.1)	17.4 (2.0)	23.2 (2.5)	36.5 (3.2)	57.1 (4.0)	85.4 (5.0)	119.6 (6.4)	143.1 (7.1)	95/60	58 (4.4)	2000	<3	
51+.....	713	73.0 (2.5)	20.6 (1.5)	27.1 (1.7)	41.7 (1.8)	64.4 (2.3)	94.3 (3.3)	130.2 (4.6)	155.5 (5.8)	95/60	48 (2.5)	2000	<3	
19+.....	1303	69.4 (3.1)	18.8 (1.7)	25.2 (2.1)	39.2 (2.5)	60.7 (3.0)	90.1 (3.9)	124.9 (4.9)	150.0 (5.6)	95/60	53 (3.3)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	241	5.4 (0.2)	2.3* (0.2)	2.8 (0.2)	3.8 (0.1)	5.1 (0.1)	6.7 (0.2)	8.2 (0.3)	9.4* (0.4)	10	97* (1.1)	63	<3
4-8.....	358	4.8 (0.2)	1.9* (0.1)	2.3 (0.1)	3.3 (0.1)	4.5 (0.2)	6.0 (0.2)	7.6 (0.3)	8.6* (0.4)	10	>97	75	<3
<b>Males:</b>													
9-13.....	213	5.3 (0.2)	1.6* (0.1)	2.1* (0.2)	3.1 (0.2)	4.7 (0.2)	6.8 (0.3)	9.2* (0.4)	11.0* (0.5)	10	93* (1.4)	100	<3
14-18.....	191	4.5 (0.2)	1.3* (0.1)	1.7* (0.2)	2.6 (0.2)	4.0 (0.2)	5.8 (0.3)	8.0* (0.4)	9.7* (0.5)	10	96* (1.0)	100	<3
19-50.....	619	4.6 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.2)	4.0 (0.2)	5.9 (0.3)	8.2 (0.4)	9.9 (0.6)	10	95 (1.1)	100	<3
51+.....	696	5.6 (0.3)	1.7 (0.2)	2.2 (0.2)	3.3 (0.2)	4.9 (0.3)	7.1 (0.4)	9.7 (0.5)	11.5 (0.7)	10	91 (1.8)	100	<3
19+.....	1315	5.0 (0.2)	1.5 (0.1)	1.9 (0.1)	2.9 (0.2)	4.4 (0.2)	6.4 (0.3)	8.9 (0.5)	10.7 (0.6)	10	93 (1.4)	100	<3
<b>Females:</b>													
9-13.....	204	4.6 (0.2)	1.3* (0.1)	1.7* (0.1)	2.7 (0.2)	4.0 (0.2)	5.9 (0.3)	8.0* (0.4)	9.6* (0.5)	10	96* (0.9)	100	<3
14-18.....	167	3.1 (0.2)	0.8* (0.1)	1.0* (0.1)	1.7 (0.2)	2.6 (0.2)	4.0 (0.3)	5.6* (0.4)	6.9* (0.5)	10	>97	100	<3
19-50.....	590	3.7 (0.2)	1.2 (0.1)	1.5 (0.1)	2.2 (0.2)	3.2 (0.2)	4.7 (0.2)	6.5 (0.3)	7.7 (0.3)	10	>97	100	<3
51+.....	713	4.0 (0.1)	1.3 (0.1)	1.6 (0.1)	2.4 (0.2)	3.6 (0.2)	5.1 (0.2)	7.0 (0.2)	8.3 (0.3)	10	>97	100	<3
19+.....	1303	3.9 (0.1)	1.2 (0.1)	1.6 (0.1)	2.3 (0.2)	3.4 (0.2)	4.9 (0.2)	6.7 (0.2)	8.0 (0.3)	10	>97	100	<3
<b>All:</b>													
1+.....	3992	4.5 (0.1)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.1)	5.7 (0.1)	7.9 (0.2)	9.4 (0.3)	10	96 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	5.5 (0.2)	3.1* (0.1)	3.5 (0.1)	4.3 (0.1)	5.3 (0.2)	6.5 (0.3)	7.8 (0.4)	8.7* (0.5)	5	43 (3.9)
4-8.....	358	6.7 (0.2)	3.8* (0.2)	4.3 (0.2)	5.2 (0.2)	6.5 (0.2)	8.0 (0.3)	9.6 (0.4)	10.6* (0.5)	6	41 (3.2)
<b>Males:</b>											
9-13.....	213	8.6 (0.4)	4.4* (0.2)	5.1* (0.2)	6.4 (0.3)	8.2 (0.3)	10.4 (0.5)	12.8* (0.7)	14.5* (0.9)	9	60 (4.9)
14-18.....	191	9.1 (0.4)	4.6* (0.4)	5.3* (0.4)	6.8 (0.4)	8.6 (0.4)	10.9 (0.4)	13.4* (0.5)	15.3* (0.6)	12	83 (2.6)
19-50.....	619	10.1 (0.4)	4.6 (0.2)	5.5 (0.2)	7.2 (0.3)	9.5 (0.4)	12.3 (0.5)	15.4 (0.7)	17.5 (0.8)	12	73 (3.5)
51+.....	696	10.2 (0.2)	4.8 (0.2)	5.6 (0.2)	7.4 (0.2)	9.7 (0.2)	12.5 (0.3)	15.5 (0.5)	17.6 (0.6)	12	72 (2.1)
19+.....	1315	10.1 (0.3)	4.7 (0.2)	5.5 (0.2)	7.3 (0.2)	9.6 (0.3)	12.4 (0.4)	15.4 (0.5)	17.5 (0.7)	12	72 (2.7)
<b>Females:</b>											
9-13.....	204	8.6 (0.5)	4.4* (0.4)	5.1* (0.4)	6.4 (0.5)	8.1 (0.5)	10.3 (0.6)	12.6* (0.7)	14.3* (0.7)	9	61 (6.7)
14-18.....	167	7.3 (0.5)	3.7* (0.3)	4.3* (0.3)	5.4 (0.4)	6.9 (0.5)	8.8 (0.5)	10.9* (0.7)	12.4* (0.8)	12	94* (2.1)
19-50.....	590	8.5 (0.4)	3.9 (0.2)	4.6 (0.2)	6.1 (0.3)	8.0 (0.4)	10.5 (0.5)	13.1 (0.7)	15.0 (0.8)	12	85 (3.2)
51+.....	713	8.1 (0.3)	3.7 (0.2)	4.4 (0.2)	5.8 (0.2)	7.6 (0.3)	9.9 (0.4)	12.5 (0.6)	14.2 (0.7)	12	88 (2.5)
19+.....	1303	8.3 (0.4)	3.8 (0.2)	4.5 (0.2)	5.9 (0.2)	7.8 (0.3)	10.2 (0.5)	12.8 (0.6)	14.6 (0.8)	12	87 (2.7)
<b>All:</b>											
1+.....	3992	8.8 (0.2)	4.0 (0.1)	4.7 (0.1)	6.1 (0.1)	8.2 (0.2)	10.8 (0.3)	13.6 (0.3)	15.6 (0.4)		75 (1.7)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	45.7 (2.5)	22.2* (1.6)	25.5 (1.6)	32.5 (1.9)	42.4 (2.4)	55.2 (3.0)	69.1 (4.0)	80.3* (4.9)	30	81 (4.2)
4-8.....	358	55.0 (3.5)	26.3* (2.1)	30.6 (2.3)	39.2 (2.8)	51.1 (3.3)	66.6 (4.3)	84.3 (5.7)	96.4* (6.9)	55	43 (6.4)
<b>Males:</b>											
9-13.....	213	69.7 (4.3)	32.5* (4.9)	38.0* (4.8)	49.0 (4.7)	64.8 (4.1)	85.0 (5.4)	107.5* (9.0)	123.8* (11.7)	60	57 (7.0)
14-18.....	191	83.4 (10.7)	39.2* (8.1)	45.9* (8.6)	59.6 (9.6)	77.9 (10.7)	100.8 (12.6)	127.6* (15.4)	147.8* (18.3)	75	54 (13.4)
19-50.....	619	111.0 (7.1)	41.2 (3.5)	50.6 (3.7)	70.6 (4.3)	99.7 (6.1)	139.3 (9.4)	185.1 (13.4)	218.7 (16.5)	120	36 (4.9)
51+.....	696	123.2 (7.0)	48.0 (4.1)	58.0 (4.3)	80.1 (5.0)	111.8 (6.4)	153.8 (8.4)	201.6 (12.2)	236.9 (15.8)	120	44 (4.7)
19+.....	1315	116.2 (5.8)	43.6 (3.4)	53.4 (3.6)	74.4 (3.7)	104.9 (5.1)	145.5 (7.6)	192.5 (11.2)	227.4 (14.2)	120	39 (4.0)
<b>Females:</b>											
9-13.....	204	80.5 (9.0)	38.1* (7.0)	44.6* (7.2)	57.7 (8.1)	75.0 (9.0)	97.7 (10.6)	122.1* (12.2)	140.3* (12.5)	60	72 (10.2)
14-18.....	167	74.7 (7.9)	35.7* (7.9)	41.4* (8.1)	53.3 (8.5)	69.6 (8.7)	90.3 (8.5)	114.4* (9.4)	131.9* (11.2)	75	42 (12.4)
19-50.....	590	110.0 (6.0)	37.4 (3.6)	46.1 (3.9)	65.7 (4.6)	95.5 (5.5)	138.1 (7.5)	192.0 (10.4)	232.0 (12.4)	90	54 (4.4)
51+.....	713	114.7 (5.8)	38.9 (3.6)	48.5 (3.9)	68.8 (4.8)	100.7 (5.6)	143.7 (7.1)	198.9 (9.5)	239.0 (11.7)	90	58 (4.2)
19+.....	1303	112.4 (5.6)	38.1 (3.4)	47.3 (3.7)	67.3 (4.5)	98.2 (5.3)	141.2 (6.8)	195.8 (9.3)	235.9 (11.4)	90	56 (4.0)
<b>All:</b>											
1+.....	3992	102.1 (4.7)	34.6 (2.2)	42.4 (2.8)	60.0 (4.1)	88.4 (5.2)	129.0 (6.2)	178.7 (9.5)	216.1 (11.7)		50 (3.8)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	909 (32)	517* (33)	588 (32)	718 (33)	882 (32)	1072 (34)	1260 (41)	1388* (52)	500	4* (1.9)	2500	<3	
4-8.....	358	949 (26)	531* (26)	606 (24)	745 (22)	922 (24)	1125 (34)	1330 (48)	1459* (56)	800	32 (2.8)	2500	<3	
<b>Males:</b>														
9-13.....	213	1020 (34)	570* (34)	648* (34)	796 (33)	988 (34)	1210 (40)	1432* (49)	1582* (61)	1100	63 (4.2)	3000	<3	
14-18.....	191	1063 (40)	595* (34)	678* (35)	838 (38)	1032 (39)	1252 (46)	1485* (56)	1647* (64)	1100	59 (5.0)	3000	<3	
19-50.....	619	1058 (28)	521 (33)	609 (32)	784 (31)	1011 (29)	1282 (32)	1564 (42)	1753 (48)	800	27 (3.3)	2500	<3	
51+.....	696	1004 (20)	489 (26)	572 (24)	740 (21)	961 (20)	1220 (28)	1489 (42)	1669 (54)	40	40 (2.1)	2000	<3	
19+.....	1315	1035 (21)	506 (27)	594 (25)	765 (24)	990 (21)	1256 (26)	1534 (38)	1717 (46)	32	32 (2.5)		<3	
<b>Females:</b>														
9-13.....	204	963 (37)	532* (30)	609* (31)	756 (33)	931 (38)	1142 (43)	1348* (55)	1491* (65)	1100	71 (4.3)	3000	<3	
14-18.....	167	791 (41)	424* (38)	486* (37)	608 (38)	763 (40)	942 (49)	1133* (54)	1263* (61)	1100	88* (3.4)	3000	<3	
19-50.....	590	877 (23)	492 (18)	558 (19)	686 (19)	847 (22)	1037 (28)	1235 (37)	1364 (45)	800	43 (3.4)	2500	<3	
51+.....	713	819 (23)	450 (13)	515 (14)	637 (18)	793 (21)	971 (29)	1158 (39)	1280 (49)	1000	78 (3.1)	2000	<3	
19+.....	1303	847 (21)	469 (14)	534 (15)	660 (16)	818 (20)	1004 (27)	1197 (37)	1323 (44)		61 (2.9)		<3	
<b>All:</b>														
1+.....	3992	941 (18)	491 (8)	565 (9)	709 (12)	896 (19)	1125 (27)	1370 (38)	1540 (45)		48 (2.3)		<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

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**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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	1032 (26)	633* (28)	706 (28)	842 (26)	1006 (25)	1196 (32)	1386 (40)	1517* (49)	380	<3	3000	<3	
4-8.....	358	1167 (18)	722* (25)	804 (22)	954 (19)	1141 (18)	1354 (25)	1567 (37)	1698* (41)	405	<3	3000	<3	
<b>Males:</b>														
9-13.....	213	1337 (39)	779* (42)	879* (42)	1063 (39)	1301 (40)	1573 (44)	1842* (52)	2022* (67)	1055	24 (3.9)	4000	<3	
14-18.....	191	1510 (29)	896* (41)	1009* (39)	1222 (33)	1475 (30)	1759 (35)	2055* (50)	2260* (62)	1055	13 (2.4)	4000	<3	
19-50.....	619	1541 (36)	856 (41)	979 (39)	1212 (37)	1500 (35)	1828 (41)	2154 (49)	2364 (60)	580	<3	4000	<3	
51+.....	696	1501 (28)	831 (40)	950 (36)	1178 (32)	1464 (27)	1782 (33)	2097 (43)	2301 (52)	580	<3		<3	
19+.....	1315	1524 (29)	844 (39)	967 (34)	1198 (29)	1485 (28)	1809 (34)	2130 (41)	2339 (51)	580	<3		<3	
<b>Females:</b>														
9-13.....	204	1289 (54)	745* (37)	845* (37)	1031 (42)	1252 (50)	1514 (68)	1767* (88)	1940* (106)	1055	27 (4.6)	4000	<3	
14-18.....	167	1063 (54)	598* (51)	678* (49)	835 (51)	1031 (54)	1255 (60)	1491* (67)	1650* (71)	1055	53 (6.8)	4000	<3	
19-50.....	590	1210 (30)	734 (28)	826 (31)	988 (27)	1187 (29)	1407 (34)	1626 (43)	1767 (51)	580	<3	4000	<3	
51+.....	713	1161 (33)	694 (26)	783 (26)	945 (29)	1141 (33)	1353 (40)	1566 (46)	1703 (54)	580	<3		<3	
19+.....	1303	1185 (31)	712 (27)	802 (27)	965 (28)	1163 (31)	1381 (37)	1597 (46)	1734 (51)	580	<3		<3	
<b>All:</b>														
1+.....	3992	1316 (25)	738 (22)	836 (23)	1022 (24)	1261 (27)	1553 (28)	1868 (33)	2082 (42)		5 (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

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**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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	194 (4)	123* (5)	136 (5)	160 (4)	190 (4)	223 (5)	257 (6)	280* (8)	65	<3
4-8.....	358	216 (5)	138* (5)	152 (5)	179 (4)	211 (5)	249 (6)	286 (8)	309* (9)	110	<3
<b>Males:</b>											
9-13.....	213	247 (8)	146* (9)	164* (8)	197 (7)	240 (8)	290 (9)	340* (12)	374* (15)	200	27 (4.1)
14-18.....	191	276 (10)	165* (9)	185* (8)	223 (8)	268 (10)	321 (13)	376* (18)	415* (22)	340	81 (4.1)
19-50.....	619	322 (6)	168 (6)	194 (5)	245 (5)	310 (6)	386 (8)	465 (10)	517 (13)		62 (2.2)
51+.....	696	333 (5)	177 (7)	203 (6)	255 (6)	321 (6)	398 (6)	476 (8)	528 (10)	350	61 (2.1)
19+.....	1315	326 (4)	171 (5)	198 (5)	249 (4)	314 (4)	391 (6)	470 (8)	522 (10)		61 (1.6)
<b>Females:</b>											
9-13.....	204	244 (10)	144* (7)	162* (7)	196 (8)	236 (9)	285 (13)	333* (17)	366* (21)	200	27 (4.2)
14-18.....	167	216 (11)	127* (9)	142* (9)	172 (9)	210 (10)	253 (13)	299* (16)	331* (21)	300	90* (3.6)
19-50.....	590	263 (7)	145 (5)	165 (5)	204 (6)	253 (7)	312 (9)	374 (12)	413 (14)		54 (3.6)
51+.....	713	261 (8)	144 (6)	164 (6)	203 (6)	253 (8)	310 (10)	370 (12)	409 (14)	265	56 (3.9)
19+.....	1303	262 (7)	144 (5)	165 (5)	204 (6)	253 (7)	311 (9)	372 (11)	411 (14)		55 (3.6)
<b>All:</b>											
1+.....	3992	277 (3)	147 (2)	167 (2)	207 (2)	262 (3)	331 (4)	407 (6)	459 (7)		51 (1.3)

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 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	8.9 (0.2)	5.4* (0.3)	6.0 (0.3)	7.2 (0.2)	8.6 (0.2)	10.4 (0.3)	12.3 (0.5)	13.6* (0.7)	3	<3	40	<3	
4-8.....	358	12.0 (0.5)	7.3* (0.4)	8.1 (0.4)	9.7 (0.4)	11.7 (0.5)	14.0 (0.7)	16.5 (0.9)	18.0* (1.0)	4.1	<3	40	<3	
<b>Males:</b>														
9-13.....	213	14.9 (0.5)	7.8* (0.5)	8.9* (0.5)	11.2 (0.5)	14.2 (0.5)	17.8 (0.6)	21.6* (0.8)	24.3* (1.0)	5.9	<3	40	<3	
14-18.....	191	16.0 (0.5)	8.4* (0.5)	9.7* (0.5)	12.2 (0.5)	15.3 (0.5)	19.0 (0.6)	23.1* (0.9)	26.1* (1.1)	7.7	4* (1.2)	45	<3	
19-50.....	619	15.8 (0.4)	8.5 (0.4)	9.7 (0.4)	12.1 (0.4)	15.2 (0.4)	18.9 (0.5)	22.6 (0.6)	25.2 (0.7)	6	<3	45	<3	
51+.....	696	16.0 (0.3)	8.6 (0.3)	9.9 (0.3)	12.3 (0.3)	15.5 (0.3)	19.1 (0.5)	22.8 (0.6)	25.4 (0.8)	6	<3	45	<3	
19+.....	1315	15.9 (0.7)	8.5 (0.6)	9.8 (0.6)	12.2 (0.7)	15.3 (0.7)	19.0 (0.8)	22.7 (0.9)	25.3 (1.0)	6	<3	45	<3	
<b>Females:</b>														
9-13.....	204	14.3 (0.5)	7.4* (0.4)	8.6* (0.4)	10.8 (0.4)	13.6 (0.5)	17.1 (0.7)	20.6* (1.0)	23.1* (1.3)	5.7	<3	40	<3	
14-18.....	167	11.5 (0.5)	5.9* (0.4)	6.8* (0.4)	8.6 (0.4)	10.9 (0.4)	13.8 (0.6)	17.0* (0.8)	19.2* (1.0)	7.9	23 (3.0)	45	<3	
19-50.....	590	12.1 (0.4)	6.9 (0.3)	7.8 (0.3)	9.5 (0.3)	11.7 (0.4)	14.3 (0.5)	17.0 (0.6)	18.8 (0.7)	8.1	20 (1.9)	45	<3	
51+.....	713	12.0 (0.3)	6.8 (0.3)	7.7 (0.3)	9.4 (0.3)	11.7 (0.3)	14.2 (0.4)	16.8 (0.5)	18.5 (0.6)	5	<3	45	<3	
19+.....	1303	12.1 (0.3)	6.9 (0.3)	7.8 (0.2)	9.5 (0.3)	11.7 (0.3)	14.2 (0.4)	16.9 (0.5)	18.7 (0.6)	11	(1.2)	45	<3	
<b>All:</b>														
1+.....	3992	13.6 (0.2)	7.1 (0.2)	8.1 (0.2)	10.2 (0.2)	12.9 (0.1)	16.3 (0.2)	20.1 (0.4)	22.6 (0.5)	6	(0.5)		<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

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**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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	6.7 (0.2)	4.2* (0.2)	4.7 (0.2)	5.5 (0.2)	6.6 (0.2)	7.8 (0.3)	9.0 (0.3)	9.9* (0.4)	2.5	<3	7	40 (4.4)	
4-8.....	358	8.2 (0.3)	5.2* (0.2)	5.7 (0.2)	6.7 (0.2)	8.0 (0.2)	9.5 (0.3)	11.0 (0.4)	12.0* (0.4)	4	<3	12	5* (1.6)	
<b>Males:</b>														
9-13.....	213	10.1 (0.3)	5.6* (0.4)	6.4* (0.3)	7.8 (0.3)	9.7 (0.3)	12.0 (0.5)	14.3* (0.6)	15.9* (0.8)	7	16 (3.2)	23	<3	
14-18.....	191	12.0 (0.4)	6.8* (0.4)	7.8* (0.4)	9.5 (0.4)	11.7 (0.4)	14.1 (0.5)	16.8* (0.8)	18.7* (0.9)	8.5	16 (2.9)	34	<3	
19-50.....	619	12.4 (0.4)	6.9 (0.4)	7.8 (0.4)	9.6 (0.4)	12.0 (0.4)	14.7 (0.4)	17.5 (0.4)	19.4 (0.5)	9.4	23 (3.5)	40	<3	
51+.....	696	11.9 (0.3)	6.6 (0.3)	7.5 (0.3)	9.2 (0.3)	11.5 (0.3)	14.1 (0.3)	16.8 (0.4)	18.5 (0.5)	9.4	27 (3.2)	40	<3	
19+.....	1315	12.2 (0.3)	6.7 (0.4)	7.7 (0.3)	9.5 (0.3)	11.8 (0.3)	14.5 (0.3)	17.2 (0.4)	19.0 (0.5)	9.4	24 (3.3)	40	<3	
<b>Females:</b>														
9-13.....	204	9.6 (0.4)	5.3* (0.3)	6.1* (0.3)	7.5 (0.3)	9.3 (0.4)	11.4 (0.6)	13.5* (0.7)	15.0* (0.9)	7	19 (3.6)	23	<3	
14-18.....	167	7.7 (0.3)	4.2* (0.4)	4.8* (0.4)	5.9 (0.3)	7.4 (0.4)	9.2 (0.4)	11.1* (0.5)	12.4* (0.6)	7.3	48 (6.0)	34	<3	
19-50.....	590	9.2 (0.3)	5.4 (0.3)	6.1 (0.3)	7.4 (0.3)	9.0 (0.3)	10.9 (0.4)	12.8 (0.4)	14.1 (0.5)	6.8	18 (3.6)	40	<3	
51+.....	713	8.9 (0.3)	5.1 (0.3)	5.8 (0.3)	7.0 (0.3)	8.7 (0.3)	10.5 (0.3)	12.3 (0.4)	13.6 (0.4)	6.8	22 (4.2)	40	<3	
19+.....	1303	9.1 (0.3)	5.2 (0.2)	5.9 (0.3)	7.2 (0.3)	8.8 (0.3)	10.7 (0.3)	12.6 (0.4)	13.8 (0.4)	6.8	20 (3.7)	40	<3	
<b>All:</b>														
1+.....	3992	10.2 (0.1)	5.4 (0.1)	6.1 (0.1)	7.6 (0.1)	9.6 (0.1)	12.1 (0.2)	14.9 (0.3)	16.8 (0.4)	20	(1.3)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	0.6 (0.02)	0.4* (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.02)	1.0* (0.03)	0.26	<3	1	5* (0.9)	
4-8.....	358	0.8 (0.03)	0.5* (0.02)	0.5 (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.1 (0.04)	1.2* (0.05)	0.34	<3	3	<3	
<b>Males:</b>														
9-13.....	213	1.0 (0.03)	0.6* (0.03)	0.6* (0.03)	0.8 (0.03)	0.9 (0.03)	1.1 (0.04)	1.4* (0.06)	1.5* (0.08)	0.54	3* (1.6)	5	<3	
14-18.....	191	1.1 (0.04)	0.6* (0.03)	0.7* (0.03)	0.9 (0.03)	1.0 (0.03)	1.3 (0.05)	1.5* (0.09)	1.7* (0.11)	0.685	8* (2.1)	8	<3	
19-50.....	619	1.2 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.02)	1.2 (0.03)	1.5 (0.03)	1.8 (0.05)	2.0 (0.06)	0.7	8 (1.5)	10	<3	
51+.....	696	1.3 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.2 (0.03)	1.6 (0.03)	1.9 (0.04)	2.1 (0.05)	0.7	6 (1.4)	10	<3	
19+.....	1315	1.3 (0.02)	0.7 (0.03)	0.8 (0.02)	0.9 (0.02)	1.2 (0.02)	1.5 (0.03)	1.8 (0.03)	2.1 (0.04)	0.7	7 (1.3)	10	<3	
<b>Females:</b>														
9-13.....	204	1.0 (0.05)	0.6* (0.03)	0.6* (0.03)	0.8 (0.04)	0.9 (0.04)	1.1 (0.06)	1.3* (0.09)	1.5* (0.10)	0.54	4* (1.4)	5	<3	
14-18.....	167	0.9 (0.04)	0.5* (0.03)	0.6* (0.03)	0.7 (0.03)	0.9 (0.03)	1.0 (0.05)	1.3* (0.07)	1.4* (0.10)	0.685	22 (4.1)	8	<3	
19-50.....	590	1.0 (0.03)	0.6 (0.02)	0.6 (0.02)	0.8 (0.03)	1.0 (0.03)	1.2 (0.04)	1.5 (0.05)	1.7 (0.06)	0.7	16 (2.6)	10	<3	
51+.....	713	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 (0.04)	1.7 (0.05)	0.7	14 (1.9)	10	<3	
19+.....	1303	1.1 (0.03)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.5 (0.04)	1.7 (0.05)	0.7	15 (1.9)	10	<3	
<b>All:</b>														
1+.....	3992	1.1 (0.02)	0.6 (0.01)	0.6 (0.01)	0.8 (0.01)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.03)		10 (1.0)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>131 - 350% poverty</b>														
<b>Males and females:</b>														
1-3.....	241	62 (2)	36* (1)	40 (1)	49 (1)	60 (2)	72 (2)	85 (2)	94* (3)	17	<3	90	7* (1.2)	
4-8.....	358	81 (2)	48* (2)	54 (2)	65 (2)	78 (2)	94 (2)	111 (3)	121* (3)	23	<3	150	<3	
<b>Males:</b>														
9-13.....	213	99 (3)	61* (5)	68* (5)	80 (4)	96 (3)	115 (4)	133* (4)	145* (6)	35	<3	280	<3	
14-18.....	191	125 (4)	79* (5)	87* (5)	103 (4)	122 (4)	143 (5)	165* (7)	180* (9)	45	<3	400	<3	
19-50.....	619	130 (5)	77 (3)	87 (3)	105 (4)	127 (5)	152 (6)	177 (7)	193 (8)	45	<3	400	<3	
51+.....	696	124 (4)	71 (4)	81 (4)	99 (3)	121 (4)	145 (5)	170 (7)	186 (7)	45	<3	400	<3	
19+.....	1315	127 (4)	75 (3)	84 (3)	102 (3)	124 (4)	149 (5)	174 (6)	190 (7)	45	<3	400	<3	
<b>Females:</b>														
9-13.....	204	97 (5)	59* (3)	66* (3)	79 (3)	94 (4)	112 (6)	130* (8)	142* (11)	35	<3	280	<3	
14-18.....	167	85 (5)	51* (5)	57* (5)	69 (4)	82 (4)	98 (5)	115* (6)	126* (7)	45	<3	400	<3	
19-50.....	590	97 (3)	58 (2)	65 (2)	79 (2)	95 (3)	114 (3)	132 (4)	144 (5)	45	<3	400	<3	
51+.....	713	92 (2)	54 (2)	61 (2)	74 (2)	90 (2)	108 (3)	125 (3)	137 (4)	45	<3	400	<3	
19+.....	1303	95 (2)	56 (2)	63 (2)	76 (2)	93 (2)	111 (3)	129 (4)	140 (4)	45	<3	400	<3	
<b>All:</b>														
1+.....	3992	105 (1)	55 (1)	64 (1)	80 (2)	101 (2)	126 (2)	152 (2)	169 (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

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**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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>131 - 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	241	1892 (42)	1136* (32)	1269 (34)	1523 (37)	1833 (40)	2203 (52)	2579 (72)	2840* (85)	800	>97	1200	93* (1.3)
4-8.....	358	2591 (51)	1597* (57)	1778 (52)	2106 (50)	2524 (49)	3007 (58)	3497 (78)	3803* (91)	1000	>97	1500	97* (0.9)
<b>Males:</b>													
9-13.....	213	3249 (76)	2025* (92)	2248* (81)	2657 (70)	3178 (73)	3765 (109)	4345* (147)	4729* (186)	1200	>97	1800	>97
14-18.....	191	3880 (133)	2474* (122)	2737* (116)	3229 (119)	3806 (133)	4448 (161)	5111* (223)	5567* (268)	1500	>97	2300	>97
19-50.....	619	4056 (91)	2519 (101)	2801 (92)	3327 (79)	3974 (86)	4698 (111)	5418 (141)	5883 (157)	1500	>97	2300	>97
51+.....	696	3731 (85)	2263 (87)	2527 (83)	3034 (78)	3649 (81)	4341 (109)	5031 (153)	5473 (192)	1500	>97	2300	94 (1.6)
19+.....	1315	3919 (76)	2391 (94)	2673 (87)	3194 (79)	3835 (72)	4551 (96)	5273 (126)	5728 (150)	1500	>97	2300	96 (1.2)
<b>Females:</b>													
9-13.....	204	3132 (161)	1940* (116)	2164* (117)	2576 (140)	3058 (157)	3625 (192)	4168* (229)	4539* (247)	1200	>97	1800	>97
14-18.....	167	2765 (163)	1698* (163)	1887* (162)	2250 (166)	2698 (169)	3204 (181)	3730* (216)	4082* (268)	1500	>97	2300	72 (7.9)
19-50.....	590	3118 (75)	1926 (77)	2150 (73)	2558 (68)	3057 (75)	3617 (91)	4162 (117)	4532 (130)	1500	>97	2300	85 (2.5)
51+.....	713	2848 (70)	1725 (66)	1934 (67)	2322 (64)	2794 (71)	3313 (85)	3835 (99)	4176 (123)	1500	>97	2300	76 (3.1)
19+.....	1303	2979 (69)	1813 (67)	2025 (66)	2426 (63)	2915 (68)	3464 (85)	4014 (105)	4368 (122)	1500	>97	2300	81 (2.7)
<b>All:</b>													
1+.....	3992	3287 (64)	1793 (65)	2056 (71)	2548 (63)	3176 (59)	3912 (96)	4665 (133)	5154 (143)		>97		89 (2.0)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	1890 (35)	1191* (37)	1317 (37)	1551 (36)	1845 (36)	2183 (40)	2509 (51)	2738* (59)	2000	38 (2.9)
4-8.....	358	1976 (39)	1234* (37)	1369 (36)	1620 (35)	1932 (39)	2288 (48)	2644 (64)	2867* (72)	2300	24 (2.5)
<b>Males:</b>											
9-13.....	213	2140 (70)	1295* (80)	1449* (81)	1732 (75)	2092 (72)	2497 (72)	2895* (93)	3158* (106)	2500	25 (4.0)
14-18.....	191	2379 (66)	1461* (71)	1633* (66)	1954 (63)	2331 (66)	2750 (74)	3183* (96)	3479* (114)	3000	15 (2.8)
19-50.....	619	2720 (66)	1432 (67)	1662 (67)	2099 (63)	2639 (66)	3257 (76)	3870 (91)	4272 (107)	3400	21 (2.4)
51+.....	696	2949 (53)	1628 (69)	1871 (68)	2322 (62)	2878 (55)	3502 (52)	4105 (57)	4513 (71)	3400	28 (2.0)
19+.....	1315	2817 (44)	1503 (61)	1740 (56)	2190 (51)	2744 (44)	3366 (50)	3981 (61)	4384 (69)	3400	24 (1.6)
<b>Females:</b>											
9-13.....	204	2120 (75)	1280* (66)	1438* (63)	1730 (64)	2070 (72)	2468 (94)	2848* (122)	3107* (147)	2300	35 (5.3)
14-18.....	167	1804 (91)	1067* (90)	1197* (89)	1448 (91)	1758 (92)	2108 (98)	2470* (110)	2712* (134)	2300	16 (4.3)
19-50.....	590	2222 (45)	1277 (38)	1446 (36)	1770 (40)	2166 (44)	2619 (55)	3077 (64)	3361 (70)	2600	26 (2.5)
51+.....	713	2347 (40)	1365 (39)	1549 (41)	1885 (40)	2300 (39)	2749 (44)	3211 (48)	3497 (59)	2600	32 (2.1)
19+.....	1303	2286 (36)	1315 (34)	1496 (33)	1826 (33)	2236 (35)	2688 (41)	3149 (52)	3437 (62)	2600	29 (1.9)
<b>All:</b>											
1+.....	3992	2415 (35)	1323 (41)	1506 (42)	1851 (42)	2310 (42)	2863 (38)	3467 (40)	3869 (46)		26 (1.7)

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 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>131 - 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	241	4.8 (1.2)	0.3* (0.1)	0.6 (0.2)	1.3 (0.4)	3.0 (0.8)	6.0 (1.5)	10.8 (2.8)	15.2* (3.9)
4-8.....	358	8.5 (1.5)	1.0* (0.3)	1.5 (0.3)	3.1 (0.5)	5.9 (0.9)	10.9 (1.8)	18.2 (3.4)	24.2* (4.9)
<b>Males:</b>									
9-13.....	213	28.6 (4.6)	3.0* (0.7)	4.6* (0.9)	9.2 (1.6)	18.4 (2.8)	35.9 (5.7)	63.7* (10.6)	88.0* (15.0)
14-18.....	191	54.4 (6.7)	5.9* (1.1)	9.1* (1.5)	17.9 (2.3)	35.4 (4.2)	68.0 (7.8)	119.5* (15.4)	163.2* (23.1)
19-50.....	619	157.8 (9.6)	11.2 (2.0)	21.5 (3.2)	54.0 (5.8)	118.0 (9.0)	218.8 (13.1)	347.0 (19.0)	439.1 (22.9)
51+.....	696	200.6 (9.4)	27.9 (4.0)	44.8 (5.2)	89.9 (7.0)	163.5 (9.3)	273.1 (12.2)	402.4 (16.6)	501.3 (19.7)
19+.....	1315	175.9 (7.7)	15.7 (2.3)	28.7 (3.3)	67.7 (5.1)	137.6 (7.4)	243.1 (10.5)	372.9 (14.4)	467.9 (17.7)
<b>Females:</b>									
9-13.....	204	23.4 (3.0)	2.4* (0.5)	3.8* (0.7)	7.5 (1.2)	14.9 (2.1)	29.0 (3.8)	51.2* (6.6)	70.5* (9.0)
14-18.....	167	38.8 (4.8)	4.0* (0.9)	6.2* (1.2)	12.5 (2.0)	25.4 (3.3)	48.0 (5.9)	86.4* (10.3)	121.8* (15.4)
19-50.....	590	127.1 (9.6)	8.8 (1.6)	17.6 (2.3)	43.4 (4.2)	94.6 (7.7)	175.1 (13.4)	279.5 (22.4)	357.4 (29.6)
51+.....	713	153.0 (9.8)	16.3 (2.4)	28.0 (2.8)	61.1 (4.4)	120.5 (8.5)	207.2 (13.2)	319.0 (22.3)	402.8 (27.9)
19+.....	1303	140.4 (9.1)	11.9 (1.7)	22.0 (2.2)	51.9 (3.8)	107.7 (7.1)	192.1 (12.3)	302.6 (21.6)	381.4 (28.3)
<b>All:</b>									
1+.....	3992	123.6 (4.5)	3.0 (0.5)	6.2 (0.9)	23.4 (1.9)	81.7 (4.3)	178.4 (7.2)	300.8 (11.2)	389.4 (14.1)

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

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**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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	14.1 (0.2)	11.4* (0.3)	11.9 (0.3)	12.9 (0.2)	14.0 (0.2)	15.2 (0.2)	16.4 (0.3)	17.1* (0.3)	5-20%	>97
4-8.....	358	13.6 (0.2)	10.9* (0.3)	11.5 (0.3)	12.4 (0.3)	13.5 (0.2)	14.7 (0.2)	15.9 (0.3)	16.6* (0.4)	10-30%	>97
<b>Males:</b>											
9-13.....	213	13.7 (0.3)	10.4* (0.5)	11.0* (0.4)	12.2 (0.4)	13.6 (0.3)	15.0 (0.3)	16.4* (0.3)	17.3* (0.4)	10-30%	97* (1.7)
14-18.....	191	15.2 (0.4)	11.7* (0.4)	12.4* (0.3)	13.7 (0.3)	15.1 (0.4)	16.7 (0.5)	18.2* (0.6)	19.2* (0.6)	10-30%	>97
19-50.....	619	15.5 (0.2)	11.0 (0.4)	11.8 (0.4)	13.4 (0.3)	15.3 (0.2)	17.4 (0.2)	19.5 (0.3)	20.8 (0.4)	10-35%	>97
51+.....	696	15.0 (0.3)	10.6 (0.4)	11.4 (0.3)	13.0 (0.3)	14.8 (0.3)	16.9 (0.4)	18.8 (0.5)	20.1 (0.5)	10-35%	>97
19+.....	1315	15.3 (0.3)	10.8 (0.4)	11.7 (0.3)	13.2 (0.3)	15.1 (0.3)	17.2 (0.3)	19.2 (0.3)	20.5 (0.4)	10-35%	>97
<b>Females:</b>											
9-13.....	204	13.6 (0.4)	10.3* (0.3)	11.0* (0.3)	12.2 (0.3)	13.5 (0.3)	15.0 (0.4)	16.3* (0.5)	17.2* (0.6)	10-30%	97* (1.3)
14-18.....	167	13.4 (0.4)	10.2* (0.6)	10.8* (0.5)	11.9 (0.5)	13.3 (0.4)	14.7 (0.4)	16.1* (0.4)	16.9* (0.4)	10-30%	96* (2.2)
19-50.....	590	15.1 (0.2)	10.8 (0.3)	11.6 (0.2)	13.1 (0.2)	14.9 (0.2)	16.8 (0.2)	18.8 (0.3)	20.0 (0.4)	10-35%	>97
51+.....	713	15.1 (0.2)	10.8 (0.3)	11.6 (0.3)	13.1 (0.2)	14.9 (0.2)	16.8 (0.2)	18.7 (0.3)	19.9 (0.4)	10-35%	>97
19+.....	1303	15.1 (0.2)	10.8 (0.3)	11.6 (0.2)	13.1 (0.2)	14.9 (0.2)	16.8 (0.2)	18.7 (0.3)	20.0 (0.4)	10-35%	>97
<b>All:</b>											
1+.....	3992	14.9 (0.1)	10.8 (0.2)	11.5 (0.1)	12.9 (0.1)	14.6 (0.1)	16.5 (0.2)	18.5 (0.2)	19.8 (0.3)		>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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	52.6 (0.5)	45.3* (0.6)	46.9 (0.5)	49.6 (0.4)	52.5 (0.5)	55.5 (0.5)	58.1 (0.6)	59.8* (0.7)	45-65%	95* (1.3)
4-8.....	358	52.8 (0.4)	45.3* (0.6)	47.0 (0.5)	49.8 (0.4)	52.8 (0.4)	55.8 (0.5)	58.6 (0.6)	60.1* (0.7)	45-65%	95* (1.3)
<b>Males:</b>											
9-13.....	213	51.8 (0.6)	43.8* (1.0)	45.6* (0.9)	48.5 (0.7)	51.8 (0.6)	55.1 (0.6)	58.0* (0.7)	59.8* (0.7)	45-65%	92* (3.0)
14-18.....	191	48.8 (0.7)	40.7* (0.8)	42.5* (0.7)	45.6 (0.7)	48.8 (0.7)	52.0 (0.8)	55.0* (1.0)	56.9* (1.1)	45-65%	79 (4.0)
19-50.....	619	46.7 (0.5)	34.1 (0.6)	36.8 (0.6)	41.5 (0.5)	46.6 (0.6)	51.9 (0.6)	56.6 (0.7)	59.4 (0.8)	45-65%	57 (2.5)
51+.....	696	47.3 (0.6)	34.6 (0.7)	37.4 (0.6)	42.1 (0.6)	47.2 (0.6)	52.4 (0.7)	57.1 (0.7)	59.9 (0.8)	45-65%	61 (2.9)
19+.....	1315	46.9 (0.5)	34.3 (0.6)	37.0 (0.6)	41.7 (0.5)	46.9 (0.5)	52.1 (0.6)	56.8 (0.7)	59.7 (0.7)	45-65%	59 (2.4)
<b>Females:</b>											
9-13.....	204	51.6 (0.4)	43.6* (0.6)	45.4* (0.5)	48.4 (0.4)	51.5 (0.5)	54.8 (0.6)	57.6* (0.8)	59.4* (0.9)	45-65%	91* (1.6)
14-18.....	167	50.9 (1.0)	43.1* (1.1)	44.8* (1.1)	47.7 (1.0)	50.9 (1.0)	54.1 (1.0)	57.0* (1.1)	58.8* (1.2)	45-65%	89* (4.5)
19-50.....	590	47.8 (0.7)	35.4 (0.9)	38.1 (0.9)	42.7 (0.8)	47.7 (0.8)	52.9 (0.8)	57.6 (0.8)	60.4 (0.9)	45-65%	63 (3.6)
51+.....	713	47.6 (0.7)	35.1 (1.1)	37.9 (1.0)	42.5 (0.8)	47.7 (0.7)	52.7 (0.7)	57.4 (0.8)	60.1 (0.8)	45-65%	63 (3.7)
19+.....	1303	47.7 (0.7)	35.3 (1.0)	38.0 (0.9)	42.6 (0.8)	47.7 (0.7)	52.8 (0.7)	57.5 (0.8)	60.3 (0.8)	45-65%	63 (3.5)
<b>All:</b>											
1+.....	3992	48.4 (0.3)	35.9 (0.5)	38.8 (0.4)	43.7 (0.3)	48.8 (0.3)	53.4 (0.3)	57.4 (0.3)	59.8 (0.4)	45-65%	68 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	34.5 (0.5)	28.5* (0.5)	29.8 (0.5)	32.1 (0.5)	34.5 (0.5)	37.0 (0.5)	39.1 (0.5)	40.5* (0.6)	30-40%	83 (2.3)
4-8.....	358	34.9 (0.4)	28.6* (0.7)	30.1 (0.6)	32.4 (0.4)	34.9 (0.4)	37.4 (0.4)	39.6 (0.4)	40.9* (0.4)	25-35%	51 (3.7)
<b>Males:</b>											
9-13.....	213	35.8 (0.7)	29.8* (0.7)	31.2* (0.6)	33.4 (0.5)	35.8 (0.7)	38.3 (0.9)	40.4* (1.1)	41.7* (1.1)	25-35%	41 (5.7)
14-18.....	191	36.5 (0.7)	30.5* (0.7)	31.9* (0.6)	34.2 (0.6)	36.6 (0.7)	38.9 (0.9)	41.1* (1.1)	42.4* (1.2)	25-35%	33 (5.4)
19-50.....	619	35.7 (0.3)	26.2 (0.6)	28.3 (0.5)	31.9 (0.3)	35.7 (0.3)	39.5 (0.5)	42.9 (0.7)	44.9 (0.8)	20-35%	45 (1.9)
51+.....	696	36.6 (0.3)	27.2 (0.6)	29.4 (0.5)	32.9 (0.3)	36.7 (0.4)	40.4 (0.5)	43.7 (0.7)	45.7 (0.9)	20-35%	38 (2.2)
19+.....	1315	36.1 (0.3)	26.6 (0.6)	28.7 (0.5)	32.3 (0.3)	36.1 (0.3)	39.9 (0.5)	43.2 (0.7)	45.2 (0.8)	20-35%	42 (1.6)
<b>Females:</b>											
9-13.....	204	36.1 (0.5)	30.1* (1.0)	31.5* (0.8)	33.8 (0.6)	36.1 (0.5)	38.5 (0.6)	40.5* (0.7)	41.8* (0.8)	25-35%	37 (6.1)
14-18.....	167	36.8 (0.8)	31.0* (0.8)	32.3* (0.8)	34.5 (0.8)	36.8 (0.8)	39.1 (0.9)	41.3* (0.9)	42.6* (1.1)	25-35%	30 (6.6)
19-50.....	590	36.5 (0.5)	27.6 (0.6)	29.7 (0.5)	32.9 (0.5)	36.5 (0.4)	40.2 (0.5)	43.5 (0.5)	45.4 (0.6)	20-35%	39 (3.3)
51+.....	713	36.9 (0.5)	28.0 (0.6)	30.0 (0.5)	33.4 (0.5)	37.0 (0.5)	40.6 (0.5)	43.8 (0.6)	45.7 (0.6)	20-35%	35 (3.4)
19+.....	1303	36.8 (0.4)	27.8 (0.5)	29.8 (0.5)	33.2 (0.4)	36.8 (0.4)	40.4 (0.5)	43.7 (0.5)	45.6 (0.6)	20-35%	37 (3.1)
<b>All:</b>											
1+.....	3992	36.2 (0.2)	27.8 (0.4)	29.8 (0.3)	32.9 (0.3)	36.2 (0.2)	39.6 (0.2)	42.7 (0.3)	44.7 (0.4)		41 (1.8)

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 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>131 - 350% poverty</b>										
<b>Males and females:</b>										
1-3.....	241	12.2 (0.3)	9.0* (0.3)	9.7 (0.2)	10.8 (0.2)	12.1 (0.2)	13.5 (0.3)	14.7 (0.4)	15.5* (0.4)	13 (2.7)
4-8.....	358	12.2 (0.2)	9.0* (0.3)	9.6 (0.3)	10.8 (0.2)	12.1 (0.2)	13.5 (0.2)	14.8 (0.2)	15.6* (0.3)	14 (3.0)
<b>Males:</b>										
9-13.....	213	12.2 (0.2)	9.5* (0.4)	10.1* (0.3)	11.1 (0.3)	12.2 (0.2)	13.4 (0.3)	14.4* (0.3)	15.1* (0.4)	9* (2.8)
14-18.....	191	12.4 (0.3)	9.6* (0.3)	10.2* (0.3)	11.3 (0.3)	12.4 (0.3)	13.5 (0.3)	14.6* (0.4)	15.3* (0.4)	8* (2.5)
19-50.....	619	11.6 (0.2)	8.0 (0.3)	8.8 (0.3)	10.1 (0.3)	11.6 (0.2)	13.1 (0.2)	14.6 (0.2)	15.4 (0.3)	24 (3.6)
51+.....	696	11.8 (0.1)	8.1 (0.2)	8.9 (0.2)	10.2 (0.2)	11.7 (0.1)	13.3 (0.2)	14.7 (0.2)	15.5 (0.2)	22 (2.6)
19+.....	1315	11.7 (0.2)	8.1 (0.3)	8.8 (0.2)	10.1 (0.2)	11.6 (0.2)	13.2 (0.2)	14.6 (0.2)	15.5 (0.2)	23 (2.8)
<b>Females:</b>										
9-13.....	204	12.5 (0.2)	9.7* (0.4)	10.3* (0.3)	11.4 (0.3)	12.5 (0.3)	13.6 (0.3)	14.6* (0.3)	15.3* (0.4)	7* (2.5)
14-18.....	167	12.1 (0.3)	9.4* (0.4)	10.0* (0.3)	11.0 (0.3)	12.1 (0.3)	13.2 (0.3)	14.3* (0.4)	15.0* (0.5)	10* (3.4)
19-50.....	590	11.9 (0.1)	8.6 (0.3)	9.3 (0.2)	10.4 (0.2)	11.8 (0.1)	13.3 (0.2)	14.6 (0.3)	15.5 (0.4)	18 (2.7)
51+.....	713	12.2 (0.2)	8.8 (0.3)	9.5 (0.2)	10.7 (0.2)	12.1 (0.2)	13.5 (0.3)	14.9 (0.4)	15.7 (0.4)	15 (2.6)
19+.....	1303	12.0 (0.1)	8.7 (0.3)	9.4 (0.2)	10.6 (0.2)	12.0 (0.1)	13.4 (0.2)	14.8 (0.3)	15.6 (0.4)	17 (2.3)
<b>All:</b>										
1+.....	3992	12.0 (0.1)	8.6 (0.2)	9.3 (0.2)	10.5 (0.1)	11.9 (0.1)	13.3 (0.1)	14.7 (0.2)	15.5 (0.2)	17 (1.9)

NOTES: † 2020-2025 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<https://www.dietaryguidelines.gov/current-dietary-guidelines>)  
\* Estimate may be less reliable due to small sample size and/or large relative standard error

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**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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	6.6 (0.2)	4.7* (0.2)	5.1 (0.2)	5.7 (0.1)	6.5 (0.2)	7.4 (0.2)	8.2 (0.3)	8.7* (0.3)	05-10%	91 (2.6)
4-8.....	358	6.9 (0.1)	5.0* (0.1)	5.4 (0.1)	6.1 (0.1)	6.9 (0.1)	7.8 (0.2)	8.6 (0.3)	9.1* (0.3)	05-10%	93 (2.0)
<b>Males:</b>											
9-13.....	213	7.5 (0.2)	5.7* (0.2)	6.0* (0.2)	6.7 (0.2)	7.4 (0.2)	8.2 (0.3)	9.0* (0.4)	9.5* (0.4)	05-10%	>97
14-18.....	191	7.3 (0.3)	5.5* (0.3)	5.9* (0.3)	6.6 (0.3)	7.3 (0.3)	8.0 (0.3)	8.8* (0.3)	9.3* (0.3)	05-10%	>97
19-50.....	619	7.3 (0.2)	4.8 (0.3)	5.3 (0.3)	6.1 (0.2)	7.2 (0.2)	8.3 (0.2)	9.4 (0.3)	10.1 (0.4)	05-10%	88 (4.6)
51+.....	696	7.7 (0.2)	5.1 (0.3)	5.6 (0.3)	6.5 (0.2)	7.6 (0.2)	8.7 (0.3)	9.8 (0.4)	10.6 (0.6)	05-10%	87 (4.8)
19+.....	1315	7.4 (0.2)	4.9 (0.3)	5.4 (0.2)	6.3 (0.2)	7.3 (0.2)	8.5 (0.2)	9.6 (0.4)	10.3 (0.5)	05-10%	88 (4.7)
<b>Females:</b>											
9-13.....	204	7.5 (0.4)	5.7* (0.4)	6.1* (0.4)	6.7 (0.4)	7.5 (0.4)	8.3 (0.4)	9.0* (0.4)	9.5* (0.4)	05-10%	>97
14-18.....	167	7.9 (0.3)	6.1* (0.3)	6.5* (0.3)	7.1 (0.3)	7.9 (0.3)	8.7 (0.3)	9.5* (0.3)	10.0* (0.4)	05-10%	95* (2.5)
19-50.....	590	7.6 (0.2)	5.1 (0.2)	5.6 (0.2)	6.5 (0.2)	7.5 (0.2)	8.7 (0.2)	9.8 (0.2)	10.6 (0.2)	05-10%	87 (2.4)
51+.....	713	7.6 (0.1)	5.1 (0.2)	5.6 (0.2)	6.4 (0.2)	7.5 (0.1)	8.7 (0.2)	9.8 (0.2)	10.5 (0.3)	05-10%	87 (2.5)
19+.....	1303	7.6 (0.1)	5.1 (0.2)	5.6 (0.2)	6.4 (0.2)	7.5 (0.1)	8.7 (0.2)	9.8 (0.2)	10.6 (0.2)	05-10%	87 (2.5)
<b>All:</b>											
1+.....	3992	7.5 (0.1)	5.1 (0.2)	5.5 (0.1)	6.4 (0.1)	7.4 (0.1)	8.4 (0.1)	9.5 (0.2)	10.2 (0.2)	05-10%	89 (1.9)

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, 2017-March 2020 Prepandemic**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>131 - 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	241	0.60 (0.02)	0.41* (0.02)	0.45 (0.02)	0.51 (0.02)	0.59 (0.02)	0.68 (0.02)	0.78 (0.03)	0.84* (0.03)	0.6-1.2%	47 (5.5)
4-8.....	358	0.63 (0.02)	0.42* (0.02)	0.46 (0.02)	0.53 (0.02)	0.61 (0.02)	0.71 (0.02)	0.81 (0.03)	0.87* (0.04)	0.6-1.2%	54 (5.8)
<b>Males:</b>											
9-13.....	213	0.66 (0.02)	0.46* (0.03)	0.49* (0.03)	0.56 (0.03)	0.65 (0.02)	0.75 (0.03)	0.84* (0.04)	0.91* (0.04)	0.6-1.2%	64 (7.2)
14-18.....	191	0.69 (0.04)	0.48* (0.05)	0.52* (0.04)	0.59 (0.04)	0.68 (0.04)	0.78 (0.03)	0.88* (0.04)	0.95* (0.05)	0.6-1.2%	73 (9.9)
19-50.....	619	0.73 (0.02)	0.43 (0.04)	0.49 (0.04)	0.58 (0.03)	0.71 (0.02)	0.85 (0.03)	1.00 (0.06)	1.10 (0.08)	0.6-1.2%	70 (6.2)
51+.....	696	0.80 (0.03)	0.48 (0.04)	0.54 (0.03)	0.65 (0.02)	0.78 (0.02)	0.93 (0.05)	1.09 (0.08)	1.19 (0.10)	0.6-1.2%	78 (6.4)
19+.....	1315	0.76 (0.02)	0.45 (0.04)	0.51 (0.04)	0.61 (0.03)	0.74 (0.02)	0.89 (0.04)	1.04 (0.07)	1.14 (0.09)	0.6-1.2%	73 (6.4)
<b>Females:</b>											
9-13.....	204	0.72 (0.02)	0.50* (0.04)	0.54* (0.03)	0.62 (0.03)	0.71 (0.02)	0.81 (0.03)	0.91* (0.04)	0.98* (0.05)	0.6-1.2%	78 (6.7)
14-18.....	167	0.78 (0.03)	0.55* (0.05)	0.59* (0.04)	0.67 (0.04)	0.77 (0.03)	0.87 (0.03)	0.99* (0.03)	1.06* (0.04)	0.6-1.2%	88* (5.9)
19-50.....	590	0.78 (0.02)	0.49 (0.04)	0.55 (0.04)	0.64 (0.03)	0.76 (0.03)	0.90 (0.03)	1.05 (0.04)	1.15 (0.04)	0.6-1.2%	79 (6.1)
51+.....	713	0.82 (0.02)	0.52 (0.04)	0.57 (0.03)	0.67 (0.03)	0.80 (0.02)	0.95 (0.03)	1.11 (0.05)	1.20 (0.06)	0.6-1.2%	82 (5.3)
19+.....	1303	0.80 (0.02)	0.50 (0.04)	0.56 (0.04)	0.66 (0.03)	0.78 (0.02)	0.93 (0.03)	1.08 (0.04)	1.18 (0.05)	0.6-1.2%	80 (5.7)
<b>All:</b>											
1+.....	3992	0.76 (0.02)	0.47 (0.02)	0.52 (0.02)	0.61 (0.01)	0.73 (0.01)	0.87 (0.02)	1.02 (0.04)	1.13 (0.05)	0.6-1.2%	74 (3.4)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals 131 - 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**TABLE NOTES**

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

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) 2017-March 2020 Prepandemic. 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 2017-2018 and 2019-2020 as applicable <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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 2.76.

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

**Percentage above or below a DRI value:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the VIF, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction.

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

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

## CITATION

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