



United States  
Department of  
Agriculture

Agricultural  
Research  
Service

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# TOTAL USUAL NUTRIENT INTAKE

## from Food, Beverages, and Dietary Supplements, by Gender and Age

*What We Eat in America, NHANES 2015-2018*

**Table TA**

Thiamin (mg) <i>EAR</i>	page 1	Vitamin D (µg) <i>EAR, UL</i>	page 13
Riboflavin (mg) <i>EAR</i>	2	Vitamin K (µg) <i>AI</i>	14
Niacin (mg) <i>EAR</i>	3	Calcium (mg) <i>EAR, UL</i>	15
Vitamin B6 (mg) <i>EAR, UL</i>	4	Phosphorus (mg) <i>EAR, UL</i>	16
Folate (µg DFE) <i>EAR</i>	5	Magnesium (mg) <i>EAR</i>	17
Folic acid (µg) <i>UL</i>	6	Iron (mg) <i>EAR, UL</i>	18
Choline (mg) <i>AI, UL</i>	7	Zinc (mg) <i>EAR, UL</i>	19
Vitamin B12 (µg) <i>EAR</i>	8	Copper (mg) <i>EAR, UL</i>	20
Vitamin C (mg) <i>EAR, UL</i>	9	Selenium (µg) <i>EAR, UL</i>	21
Vitamin C <i>Adult Smokers</i> (mg) <i>EAR, UL</i>	10	Sodium (mg) <i>AI, CDRR</i>	22
Vitamin C <i>Adult Non-Smokers</i> (mg) <i>EAR, UL</i>	11	Potassium (mg) <i>AI</i>	23
Vitamin C <i>Adult Smokers and Non-Smokers</i> (mg) <i>EAR, UL</i>	12	<b>SAMPLE SIZE</b>	24
		<b>TABLE NOTES</b>	25

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

**Table TA 1. Thiamin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		EAR	% (SE)
<b>Males:</b>												
1-3.....	11 (1.7)	1.22 (0.03)	0.75 (0.03)	0.83 (0.03)	0.97 (0.03)	1.16 (0.03)	1.39 (0.03)	1.64 (0.05)	1.84 (0.07)	0.4	<3	
4-8.....	11 (2.0)	1.59 (0.03)	1.01 (0.03)	1.11 (0.03)	1.29 (0.03)	1.52 (0.03)	1.80 (0.04)	2.14 (0.08)	2.47 (0.14)	0.5	<3	
9-13.....	7 (1.8)	1.87 (0.08)	1.04 (0.04)	1.16 (0.04)	1.41 (0.04)	1.71 (0.04)	2.08 (0.05)	2.49 (0.08)	2.82 (0.11)	0.7	<3	
14-18.....	6 (1.7)	2.10 (0.15)	1.12 (0.05)	1.25 (0.05)	1.51 (0.04)	1.83 (0.05)	2.22 (0.07)	2.66 (0.12)	3.05 (0.20)	1	<3	
19-30.....	16 (2.3)	3.52 (0.61)	1.06 (0.04)	1.21 (0.04)	1.50 (0.04)	1.90 (0.04)	2.40 (0.06)	3.18 (0.28)	7.25 (8.13)	1	3 (1.0)	
31-50.....	23 (2.1)	4.14 (0.53)	1.08 (0.03)	1.23 (0.03)	1.53 (0.04)	1.96 (0.05)	2.60 (0.09)	3.65 (0.22)	8.98 (7.75)	1	3 (0.7)	
19-50.....	20 (1.7)	3.89 (0.31)	1.07 (0.03)	1.22 (0.03)	1.52 (0.03)	1.93 (0.03)	2.52 (0.06)	3.49 (0.18)	8.53 (6.23)	1	3 (0.7)	
51-70.....	36 (2.3)	4.71 (0.49)	1.09 (0.05)	1.25 (0.05)	1.59 (0.05)	2.14 (0.07)	3.17 (0.11)	5.11 (0.86)	14.95 (4.83)	1	3 (0.8)	
71+.....	35 (2.9)	4.41 (0.70)	1.04 (0.04)	1.20 (0.04)	1.52 (0.05)	2.06 (0.07)	3.02 (0.09)	3.87 (0.15)	5.87 (7.93)	1	4 (0.9)	
51+.....	36 (2.1)	4.63 (0.43)	1.08 (0.04)	1.24 (0.04)	1.57 (0.04)	2.12 (0.06)	3.13 (0.09)	4.51 (0.58)	12.08 (4.03)	1	3 (0.8)	
19+.....	27 (1.4)	4.21 (0.21)	1.07 (0.03)	1.23 (0.03)	1.54 (0.03)	2.00 (0.03)	2.76 (0.07)	3.96 (0.20)	10.41 (3.81)	1	3 (0.7)	
<b>Females:</b>												
1-3.....	11 (2.2)	1.14 (0.03)	0.68 (0.02)	0.75 (0.02)	0.89 (0.02)	1.07 (0.03)	1.29 (0.03)	1.56 (0.07)	1.86 (0.15)	0.4	<3	
4-8.....	9 (1.3)	1.41 (0.03)	0.88 (0.03)	0.97 (0.03)	1.14 (0.03)	1.34 (0.03)	1.59 (0.04)	1.90 (0.06)	2.18 (0.10)	0.5	<3	
9-13.....	6 (1.3)	1.64 (0.04)	0.94 (0.03)	1.06 (0.03)	1.28 (0.03)	1.57 (0.04)	1.91 (0.05)	2.29 (0.07)	2.58 (0.11)	0.7	<3	
14-18.....	10 (2.0)	1.60 (0.08)	0.79 (0.04)	0.90 (0.04)	1.11 (0.04)	1.38 (0.04)	1.73 (0.06)	2.20 (0.12)	2.74 (0.27)	0.9	10 (2.2)	
19-30.....	14 (1.8)	2.43 (0.33)	0.79 (0.03)	0.90 (0.03)	1.11 (0.03)	1.39 (0.03)	1.78 (0.06)	2.56 (0.21)	4.66 (1.12)	0.9	10 (1.4)	
31-50.....	25 (2.0)	3.74 (0.46)	0.81 (0.03)	0.93 (0.03)	1.15 (0.03)	1.49 (0.04)	2.12 (0.10)	3.50 (0.23)	10.22 (2.98)	0.9	9 (1.5)	
19-50.....	21 (1.5)	3.24 (0.32)	0.80 (0.03)	0.92 (0.03)	1.14 (0.02)	1.45 (0.03)	1.95 (0.06)	3.19 (0.14)	6.38 (1.33)	0.9	9 (1.3)	
51-70.....	30 (2.4)	5.04 (0.89)	0.78 (0.02)	0.90 (0.02)	1.13 (0.03)	1.49 (0.05)	2.35 (0.17)	4.27 (0.89)	9.07 (11.30)	0.9	10 (1.2)	
71+.....	42 (2.6)	5.79 (1.11)	0.77 (0.03)	0.90 (0.03)	1.15 (0.04)	1.61 (0.07)	2.80 (0.12)	5.72 (2.62)	27.87 (8.22)	0.9	10 (1.5)	
51+.....	34 (1.8)	5.26 (0.71)	0.78 (0.02)	0.90 (0.02)	1.14 (0.02)	1.51 (0.04)	2.53 (0.10)	4.65 (0.81)	16.51 (11.43)	0.9	10 (1.0)	
19+.....	27 (1.2)	4.22 (0.41)	0.79 (0.02)	0.91 (0.02)	1.14 (0.02)	1.48 (0.03)	2.19 (0.08)	3.69 (0.27)	9.24 (2.25)	0.9	10 (1.0)	
<b>All:</b>												
1+.....	23 (0.8)	3.59 (0.17)	0.87 (0.01)	1.00 (0.01)	1.26 (0.01)	1.65 (0.02)	2.31 (0.04)	3.41 (0.08)	6.10 (0.42)		5 (0.4)	

NOTES: <sup>†</sup>Percent reporting supplement containing thiamin. Sample size presented on page 24.  
EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 2. Riboflavin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	9 (1.6)	1.68 (0.04)	1.06 (0.03)	1.17 (0.03)	1.37 (0.04)	1.63 (0.04)	1.92 (0.04)	2.24 (0.05)	2.48 (0.08)	0.4	<3
4-8.....	10 (2.2)	1.95 (0.04)	1.25 (0.03)	1.37 (0.03)	1.60 (0.03)	1.88 (0.03)	2.21 (0.04)	2.60 (0.09)	2.96 (0.16)	0.5	<3
9-13.....	6 (1.8)	2.18 (0.10)	1.12 (0.05)	1.28 (0.05)	1.60 (0.05)	2.01 (0.06)	2.51 (0.08)	3.07 (0.12)	3.49 (0.15)	0.8	<3
14-18.....	6 (1.7)	2.74 (0.39)	1.21 (0.06)	1.38 (0.06)	1.71 (0.06)	2.14 (0.07)	2.67 (0.09)	3.28 (0.13)	3.77 (0.19)	1.1	<3
19-30.....	16 (2.3)	3.47 (0.34)	1.07 (0.05)	1.29 (0.05)	1.73 (0.05)	2.35 (0.07)	3.19 (0.13)	4.44 (0.38)	7.89 (5.43)	1.1	6 (1.0)
31-50.....	23 (2.1)	3.99 (0.37)	1.20 (0.04)	1.44 (0.04)	1.93 (0.06)	2.67 (0.09)	3.68 (0.15)	5.08 (0.30)	7.42 (4.33)	1.1	3 (0.6)
19-50.....	20 (1.7)	3.78 (0.26)	1.14 (0.04)	1.37 (0.04)	1.84 (0.03)	2.53 (0.06)	3.48 (0.12)	4.87 (0.26)	7.58 (2.26)	1.1	4 (0.7)
51-70.....	37 (2.2)	5.92 (1.36)	1.21 (0.05)	1.46 (0.05)	2.01 (0.05)	2.92 (0.08)	4.24 (0.12)	6.28 (0.52)	13.05 (4.65)	1.1	3 (0.6)
71+.....	36 (2.9)	3.96 (0.38)	1.13 (0.06)	1.37 (0.06)	1.89 (0.07)	2.76 (0.11)	3.91 (0.13)	5.27 (0.25)	7.84 (4.03)	1.1	4 (1.0)
51+.....	36 (2.0)	5.42 (1.04)	1.19 (0.05)	1.43 (0.05)	1.97 (0.05)	2.88 (0.07)	4.15 (0.09)	6.01 (0.37)	11.97 (3.34)	1.1	4 (0.7)
19+.....	27 (1.4)	4.49 (0.48)	1.16 (0.04)	1.40 (0.03)	1.89 (0.03)	2.66 (0.05)	3.77 (0.09)	5.41 (0.24)	9.40 (2.48)	1.1	4 (0.6)
<b>Females:</b>											
1-3.....	11 (2.2)	1.59 (0.04)	0.98 (0.03)	1.09 (0.03)	1.28 (0.04)	1.53 (0.04)	1.81 (0.04)	2.16 (0.09)	2.48 (0.16)	0.4	<3
4-8.....	9 (1.2)	1.75 (0.03)	1.11 (0.02)	1.22 (0.02)	1.43 (0.02)	1.68 (0.03)	1.98 (0.04)	2.34 (0.06)	2.64 (0.09)	0.5	<3
9-13.....	5 (1.3)	1.96 (0.04)	1.03 (0.04)	1.18 (0.03)	1.47 (0.03)	1.86 (0.03)	2.33 (0.05)	2.85 (0.08)	3.22 (0.10)	0.8	<3
14-18.....	11 (2.1)	2.50 (0.63)	0.84 (0.04)	0.97 (0.05)	1.24 (0.05)	1.60 (0.05)	2.07 (0.07)	2.70 (0.16)	3.30 (0.29)	0.9	7 (1.7)
19-30.....	14 (1.8)	2.71 (0.32)	0.93 (0.04)	1.08 (0.05)	1.36 (0.05)	1.75 (0.06)	2.29 (0.08)	3.21 (0.23)	5.14 (1.18)	0.9	4 (1.1)
31-50.....	26 (2.1)	3.39 (0.24)	1.02 (0.04)	1.18 (0.04)	1.50 (0.04)	1.98 (0.06)	2.83 (0.12)	4.43 (0.32)	8.74 (3.25)	0.9	<3
19-50.....	21 (1.5)	3.14 (0.21)	0.98 (0.04)	1.13 (0.04)	1.44 (0.04)	1.89 (0.04)	2.60 (0.09)	4.01 (0.22)	7.07 (1.43)	0.9	3 (0.8)
51-70.....	31 (2.4)	3.88 (0.64)	1.01 (0.02)	1.18 (0.03)	1.51 (0.04)	2.03 (0.07)	3.06 (0.20)	4.98 (0.66)	10.38 (10.61)	0.9	<3
71+.....	42 (2.6)	4.13 (0.51)	0.97 (0.05)	1.14 (0.05)	1.50 (0.06)	2.16 (0.12)	3.50 (0.23)	6.15 (2.46)	21.12 (6.58)	0.9	3 (0.8)
51+.....	34 (1.8)	3.95 (0.50)	1.00 (0.03)	1.17 (0.02)	1.51 (0.03)	2.06 (0.06)	3.21 (0.14)	5.19 (0.61)	13.98 (8.00)	0.9	<3
19+.....	27 (1.2)	3.53 (0.26)	0.99 (0.03)	1.15 (0.03)	1.47 (0.03)	1.96 (0.04)	2.87 (0.10)	4.59 (0.26)	9.29 (2.99)	0.9	3 (0.5)
<b>All:</b>											
1+.....	23 (0.8)	3.55 (0.21)	1.05 (0.02)	1.22 (0.02)	1.57 (0.02)	2.10 (0.02)	3.05 (0.04)	4.53 (0.10)	6.72 (0.37)		3 (0.3)

NOTES: <sup>†</sup> Percent reporting supplement containing riboflavin. Sample size presented on page 24.  
EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 3. Niacin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Males:</b>												
1-3.....	8 (1.3)	15.1 (0.5)		8.7 (0.4)	9.8 (0.4)	11.8 (0.3)	14.5 (0.4)	17.6 (0.5)	21.0 (0.7)	23.6 (1.0)	5	<3
4-8.....	9 (1.9)	20.9 (0.5)		12.9 (0.4)	14.3 (0.4)	16.9 (0.4)	20.2 (0.5)	24.0 (0.7)	28.5 (1.0)	31.9 (1.4)	6	<3
9-13.....	8 (2.0)	24.5 (0.7)		13.9 (0.8)	15.7 (0.8)	19.1 (0.7)	23.4 (0.7)	28.6 (0.7)	34.3 (1.1)	38.3 (1.5)	9	<3
14-18.....	10 (1.8)	29.8 (0.8)		17.4 (0.8)	19.5 (0.8)	23.4 (0.7)	28.5 (0.7)	34.7 (1.0)	41.5 (1.4)	46.4 (1.7)	12	<3
19-30.....	17 (2.3)	35.6 (1.0)		17.5 (0.8)	20.4 (0.7)	25.8 (0.7)	33.2 (0.8)	42.2 (1.1)	53.3 (2.0)	61.7 (2.9)	12	<3
31-50.....	25 (2.2)	39.2 (1.5)		18.1 (0.7)	21.0 (0.7)	26.7 (0.9)	34.9 (1.2)	45.6 (1.8)	57.9 (2.3)	67.6 (3.1)	12	<3
19-50.....	22 (1.7)	37.7 (0.9)		17.9 (0.6)	20.7 (0.6)	26.3 (0.5)	34.1 (0.7)	44.1 (1.2)	56.1 (1.9)	65.5 (2.3)	12	<3
51-70.....	38 (2.4)	45.1 (3.7)		16.7 (0.7)	19.6 (0.7)	25.6 (0.7)	35.0 (1.0)	47.4 (1.2)	60.6 (1.7)	71.1 (2.8)	12	<3
71+.....	38 (3.0)	42.2 (4.5)		14.0 (0.8)	16.5 (0.8)	21.9 (0.8)	30.8 (1.2)	42.9 (1.3)	55.0 (1.8)	66.5 (3.9)	12	<3
51+.....	38 (2.2)	44.4 (3.0)		15.8 (0.7)	18.7 (0.6)	24.6 (0.6)	34.0 (0.9)	46.3 (1.0)	59.3 (1.5)	70.4 (2.6)	12	<3
19+.....	29 (1.5)	40.6 (1.6)		16.9 (0.6)	19.8 (0.5)	25.6 (0.5)	34.1 (0.6)	45.0 (0.9)	57.5 (1.4)	67.4 (1.9)	12	<3
<b>Females:</b>												
1-3.....	12 (2.6)	14.0 (0.4)		7.8 (0.2)	8.8 (0.3)	10.8 (0.3)	13.3 (0.3)	16.2 (0.5)	19.9 (1.1)	23.2 (1.9)	5	<3
4-8.....	9 (1.3)	18.5 (0.4)		11.2 (0.4)	12.5 (0.4)	14.8 (0.4)	17.8 (0.5)	21.3 (0.5)	25.4 (0.8)	28.4 (1.1)	6	<3
9-13.....	9 (1.3)	23.1 (0.8)		12.7 (0.7)	14.4 (0.6)	17.6 (0.6)	21.8 (0.6)	26.8 (0.7)	32.3 (1.0)	36.0 (1.3)	9	<3
14-18.....	16 (2.7)	22.4 (0.8)		11.9 (0.7)	13.5 (0.8)	16.7 (0.8)	20.9 (0.9)	26.4 (1.0)	33.1 (1.6)	38.5 (2.5)	11	3 (1.5)
19-30.....	20 (2.1)	27.1 (1.6)		13.1 (0.6)	15.0 (0.5)	18.4 (0.5)	23.1 (0.6)	29.3 (0.8)	38.4 (1.6)	46.2 (3.6)	11	<3
31-50.....	29 (1.8)	29.9 (1.6)		13.2 (0.4)	15.1 (0.4)	18.8 (0.4)	24.2 (0.6)	32.9 (1.2)	44.4 (1.2)	52.6 (2.2)	11	<3
19-50.....	25 (1.3)	28.8 (1.0)		13.2 (0.4)	15.1 (0.4)	18.7 (0.4)	23.7 (0.5)	31.4 (0.8)	42.4 (1.1)	50.7 (2.1)	11	<3
51-70.....	34 (2.3)	29.8 (1.8)		12.1 (0.4)	14.0 (0.4)	17.7 (0.6)	23.3 (1.1)	34.0 (2.1)	45.0 (2.2)	53.6 (3.9)	11	<3
71+.....	45 (3.0)	40.3 (7.1)		11.5 (0.6)	13.3 (0.6)	17.2 (0.7)	24.3 (1.6)	38.1 (1.6)	50.4 (5.5)	75.3 (36.8)	11	4 (1.1)
51+.....	37 (1.9)	32.8 (2.0)		11.9 (0.4)	13.8 (0.4)	17.5 (0.5)	23.5 (1.1)	35.4 (1.7)	46.4 (2.1)	57.7 (4.9)	11	3 (0.7)
19+.....	31 (1.2)	30.8 (1.2)		12.5 (0.4)	14.4 (0.4)	18.1 (0.3)	23.6 (0.5)	33.2 (1.1)	44.5 (1.5)	53.8 (3.0)	11	<3
<b>All:</b>												
1+.....	25 (0.9)	32.3 (0.7)		12.7 (0.2)	14.8 (0.2)	19.2 (0.2)	26.0 (0.3)	36.7 (0.5)	48.9 (0.8)	58.8 (1.2)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing niacin. Sample size presented on page 24.  
EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 4. Vitamin B6 (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	31 (3.0)	1.61 (0.05)	0.90 (0.05)	1.00 (0.04)	1.19 (0.05)	1.46 (0.05)	1.85 (0.07)	2.44 (0.11)	2.98 (0.15)	0.4	<3	30	<3	
4-8.....	34 (2.4)	1.95 (0.05)	1.12 (0.05)	1.24 (0.05)	1.47 (0.05)	1.79 (0.05)	2.27 (0.07)	2.93 (0.11)	3.41 (0.12)	0.5	<3	40	<3	
9-13.....	22 (2.5)	2.32 (0.17)	0.98 (0.07)	1.14 (0.07)	1.46 (0.07)	1.93 (0.07)	2.56 (0.09)	3.41 (0.17)	4.08 (0.36)	0.8	<3	60	<3	
14-18.....	13 (1.9)	2.55 (0.17)	1.12 (0.07)	1.29 (0.08)	1.63 (0.08)	2.12 (0.09)	2.77 (0.13)	3.69 (0.23)	4.61 (0.38)	1.1	5 (1.5)	80	<3	
19-30.....	19 (2.1)	3.87 (0.40)	1.15 (0.09)	1.39 (0.08)	1.90 (0.08)	2.67 (0.11)	3.81 (0.20)	5.76 (0.54)	8.06 (1.41)	1.1	4 (1.4)	100	<3	
31-50.....	26 (2.2)	4.62 (0.42)	1.21 (0.07)	1.46 (0.07)	1.99 (0.09)	2.86 (0.14)	4.25 (0.24)	6.37 (0.46)	10.14 (3.89)	1.1	3 (0.9)	100	<3	
19-50.....	23 (1.6)	4.31 (0.29)	1.18 (0.07)	1.43 (0.07)	1.95 (0.06)	2.78 (0.09)	4.07 (0.18)	6.14 (0.37)	8.99 (1.59)	1.1	4 (1.0)	100	<3	
51-70.....	39 (2.2)	6.02 (0.67)	1.13 (0.08)	1.39 (0.08)	1.97 (0.09)	3.06 (0.16)	5.22 (0.27)	8.44 (0.49)	13.41 (5.34)	1.4	10 (1.8)	100	<3	
71+.....	38 (3.0)	4.59 (0.47)	1.03 (0.08)	1.26 (0.08)	1.79 (0.09)	2.79 (0.18)	4.67 (0.22)	6.81 (0.55)	8.95 (2.67)	1.4	14 (2.4)	100	<3	
51+.....	39 (2.1)	5.65 (0.56)	1.10 (0.08)	1.35 (0.07)	1.92 (0.08)	2.99 (0.14)	5.05 (0.23)	8.10 (0.47)	12.03 (4.31)	1.4	11 (1.8)	100	<3	
19+.....	30 (1.4)	4.89 (0.30)	1.15 (0.07)	1.40 (0.06)	1.94 (0.06)	2.85 (0.08)	4.46 (0.16)	7.10 (0.40)	10.40 (2.50)		7 (1.2)	100	<3	
<b>Females:</b>														
1-3.....	33 (3.2)	1.47 (0.05)	0.82 (0.04)	0.91 (0.04)	1.10 (0.04)	1.35 (0.05)	1.73 (0.08)	2.21 (0.09)	2.55 (0.14)	0.4	<3	30	<3	
4-8.....	32 (2.9)	1.80 (0.08)	0.99 (0.04)	1.10 (0.04)	1.31 (0.04)	1.61 (0.05)	2.09 (0.13)	2.87 (0.21)	3.32 (0.15)	0.5	<3	40	<3	
9-13.....	25 (2.1)	2.11 (0.08)	0.94 (0.06)	1.09 (0.06)	1.41 (0.06)	1.88 (0.07)	2.56 (0.12)	3.40 (0.17)	3.93 (0.19)	0.8	<3	60	<3	
14-18.....	21 (2.9)	2.41 (0.27)	0.80 (0.05)	0.94 (0.05)	1.23 (0.05)	1.64 (0.05)	2.32 (0.12)	3.68 (0.51)	5.66 (1.03)	1	13 (2.2)	80	<3	
19-30.....	23 (2.2)	3.37 (0.50)	0.97 (0.05)	1.13 (0.05)	1.44 (0.05)	1.90 (0.05)	2.65 (0.12)	4.09 (0.34)	6.69 (1.15)	1.1	9 (1.7)	100	<3	
31-50.....	32 (1.9)	4.13 (0.38)	0.98 (0.05)	1.14 (0.05)	1.48 (0.05)	2.02 (0.07)	3.29 (0.18)	5.34 (0.33)	8.50 (2.83)	1.1	9 (1.8)	100	<3	
19-50.....	29 (1.3)	3.84 (0.29)	0.97 (0.05)	1.14 (0.05)	1.46 (0.05)	1.97 (0.05)	3.00 (0.12)	4.92 (0.28)	7.50 (1.15)	1.1	9 (1.6)	100	<3	
51-70.....	36 (2.5)	5.08 (0.86)	0.91 (0.05)	1.07 (0.05)	1.40 (0.06)	1.99 (0.13)	3.93 (0.39)	6.94 (0.51)	10.27 (8.01)	1.3	20 (2.9)	100	<3	
71+.....	46 (2.6)	6.18 (1.22)	0.91 (0.04)	1.08 (0.04)	1.44 (0.05)	2.28 (0.19)	4.51 (0.27)	8.11 (1.56)	19.10 (6.76)	1.3	19 (1.9)	100	<3	
51+.....	39 (2.0)	5.39 (0.74)	0.91 (0.04)	1.07 (0.05)	1.41 (0.05)	2.05 (0.12)	4.14 (0.28)	7.25 (0.48)	12.68 (6.49)	1.3	20 (2.2)	100	<3	
19+.....	34 (1.3)	4.59 (0.42)	0.94 (0.04)	1.10 (0.04)	1.44 (0.04)	2.00 (0.06)	3.49 (0.16)	6.23 (0.33)	10.11 (1.61)		14 (1.6)	100	<3	
<b>All:</b>														
1+.....	30 (0.9)	4.11 (0.18)	0.99 (0.02)	1.16 (0.02)	1.53 (0.02)	2.17 (0.03)	3.52 (0.07)	5.87 (0.18)	8.48 (0.47)		9 (0.7)		<3	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin B6. Sample size presented on page 24.  
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 5. Folate (µg DFE): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	27 (2.8)	406 (14)	207 (7)	236 (7)	294 (9)	378 (13)	482 (18)	602 (25)	696 (31)	120	<3
4-8.....	33 (2.5)	575 (14)	300 (12)	339 (12)	419 (11)	532 (11)	685 (17)	873 (39)	1010 (45)	160	<3
9-13.....	21 (2.7)	621 (26)	314 (13)	360 (13)	449 (14)	571 (19)	732 (28)	933 (47)	1084 (63)	250	<3
14-18.....	13 (2.0)	640 (22)	330 (19)	375 (20)	465 (21)	589 (21)	751 (27)	974 (60)	1168 (76)	330	5 (1.5)
19-30.....	19 (2.1)	681 (26)	297 (10)	351 (10)	458 (12)	608 (17)	810 (29)	1079 (50)	1278 (64)	320	7 (0.9)
31-50.....	27 (2.2)	723 (27)	297 (16)	351 (17)	460 (19)	627 (23)	888 (39)	1231 (54)	1438 (62)	320	7 (1.6)
19-50.....	23 (1.5)	705 (18)	297 (11)	351 (11)	459 (12)	619 (14)	853 (24)	1175 (36)	1383 (44)	320	7 (1.0)
51-70.....	38 (2.3)	828 (26)	294 (12)	350 (13)	469 (14)	678 (27)	1087 (42)	1406 (37)	1634 (56)	320	7 (1.1)
71+.....	39 (3.2)	815 (23)	287 (15)	342 (15)	461 (18)	678 (34)	1107 (35)	1411 (44)	1624 (73)	320	8 (1.4)
51+.....	38 (2.2)	825 (22)	292 (11)	348 (11)	468 (13)	678 (26)	1092 (36)	1408 (33)	1632 (44)	320	7 (1.0)
19+.....	30 (1.3)	757 (16)	295 (11)	349 (10)	463 (10)	639 (13)	949 (28)	1295 (28)	1507 (38)	320	7 (0.9)
<b>Females:</b>											
1-3.....	29 (3.2)	381 (14)	189 (9)	217 (10)	272 (12)	349 (13)	451 (16)	577 (31)	693 (70)	120	<3
4-8.....	32 (3.1)	525 (18)	270 (14)	306 (15)	380 (16)	486 (17)	630 (22)	793 (30)	915 (39)	160	<3
9-13.....	25 (2.2)	602 (19)	302 (15)	345 (16)	432 (17)	558 (18)	722 (21)	909 (32)	1047 (41)	250	<3
14-18.....	20 (3.0)	544 (24)	247 (15)	284 (15)	359 (16)	465 (17)	627 (28)	916 (93)	1153 (94)	330	19 (3.3)
19-30.....	23 (2.0)	564 (17)	236 (11)	276 (11)	353 (11)	469 (13)	648 (22)	996 (54)	1231 (54)	320	18 (2.2)
31-50.....	31 (1.8)	679 (25)	245 (11)	286 (11)	374 (12)	514 (18)	839 (47)	1233 (39)	1593 (129)	320	15 (1.9)
19-50.....	28 (1.3)	636 (15)	241 (10)	282 (10)	365 (9)	495 (10)	744 (22)	1165 (30)	1430 (83)	320	16 (1.6)
51-70.....	35 (2.4)	684 (31)	223 (9)	264 (10)	347 (12)	493 (24)	958 (55)	1277 (58)	1637 (128)	320	20 (2.0)
71+.....	45 (2.8)	753 (30)	226 (10)	268 (10)	360 (12)	555 (35)	1072 (31)	1395 (94)	1735 (84)	320	18 (1.8)
51+.....	38 (1.9)	704 (24)	224 (9)	265 (9)	351 (10)	507 (22)	1000 (32)	1309 (47)	1674 (78)	320	19 (1.6)
19+.....	33 (1.2)	669 (15)	232 (9)	273 (8)	358 (8)	500 (13)	877 (33)	1239 (28)	1567 (74)	320	18 (1.4)
<b>All:</b>											
1+.....	30 (0.9)	675 (12)	255 (6)	300 (6)	397 (6)	550 (10)	831 (21)	1199 (25)	1429 (34)		10 (0.9)

NOTES: <sup>†</sup>Percent reporting supplement containing folate. Sample size presented on page 24. DFE=dietary folate equivalents; EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 6. Folic acid (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>Males:</b>											
1-3.....	27 (2.8)	174 (6)	65 (5)	79 (5)	110 (4)	156 (5)	216 (7)	285 (9)	339 (12)	300	8 (1.1)
4-8.....	33 (2.5)	255 (8)	103 (8)	124 (7)	166 (7)	229 (7)	316 (11)	425 (26)	505 (31)	400	12 (2.1)
9-13.....	21 (2.7)	273 (12)	111 (8)	134 (8)	179 (8)	244 (8)	330 (12)	438 (24)	523 (35)	600	<3
14-18.....	13 (2.0)	271 (13)	112 (8)	133 (9)	178 (11)	241 (14)	326 (18)	445 (34)	561 (46)	800	<3
19-30.....	19 (2.1)	274 (14)	80 (6)	104 (6)	154 (7)	229 (10)	337 (16)	490 (29)	601 (37)	1000	<3
31-50.....	27 (2.2)	280 (11)	71 (7)	93 (7)	140 (8)	220 (10)	358 (19)	561 (26)	667 (29)	1000	<3
19-50.....	23 (1.5)	278 (10)	75 (6)	97 (6)	146 (6)	224 (7)	348 (14)	535 (21)	644 (25)	1000	<3
51-70.....	38 (2.3)	342 (13)	70 (7)	92 (7)	143 (8)	245 (13)	492 (22)	652 (19)	779 (33)	1000	<3
71+.....	39 (3.2)	350 (15)	74 (6)	97 (6)	151 (8)	263 (20)	517 (21)	674 (26)	796 (48)	1000	<3
51+.....	38 (2.2)	344 (11)	71 (6)	93 (6)	146 (6)	249 (13)	499 (19)	658 (19)	783 (32)	1000	<3
19+.....	30 (1.3)	306 (9)	73 (5)	95 (5)	146 (5)	233 (7)	405 (19)	600 (16)	710 (24)	1000	<3
<b>Females:</b>											
1-3.....	29 (3.2)	157 (8)	54 (9)	68 (9)	95 (9)	137 (9)	194 (8)	266 (17)	335 (44)	300	7 (1.8)
4-8.....	32 (3.1)	235 (9)	93 (8)	111 (8)	151 (8)	211 (9)	294 (11)	388 (15)	458 (20)	400	9 (1.4)
9-13.....	25 (2.2)	262 (12)	106 (8)	127 (8)	171 (10)	237 (13)	325 (14)	426 (19)	500 (28)	600	<3
14-18.....	20 (3.0)	232 (13)	78 (6)	96 (7)	132 (8)	186 (10)	272 (16)	436 (57)	573 (53)	800	<3
19-30.....	23 (2.0)	223 (11)	55 (5)	72 (5)	107 (5)	166 (7)	264 (17)	465 (39)	595 (35)	1000	<3
31-50.....	31 (1.8)	284 (15)	56 (5)	73 (5)	113 (6)	184 (10)	366 (28)	585 (22)	802 (98)	1000	<3
19-50.....	28 (1.3)	261 (9)	56 (4)	73 (4)	111 (4)	176 (6)	314 (15)	552 (16)	697 (60)	1000	<3
51-70.....	35 (2.4)	287 (18)	46 (5)	62 (5)	98 (6)	170 (12)	451 (37)	607 (33)	841 (102)	1000	<3
71+.....	45 (2.8)	339 (21)	54 (6)	71 (7)	115 (9)	219 (26)	517 (18)	696 (70)	905 (47)	1000	<3
51+.....	38 (1.9)	302 (14)	48 (5)	64 (5)	102 (5)	181 (11)	475 (15)	632 (27)	869 (59)	1000	<3
19+.....	33 (1.2)	281 (8)	52 (4)	68 (4)	107 (4)	178 (7)	394 (23)	593 (15)	787 (60)	1000	<3
<b>All:</b>											
1+.....	30 (0.9)	281 (5)	64 (4)	84 (4)	130 (3)	208 (4)	358 (10)	564 (9)	684 (17)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing folic acid. Sample size presented on page 24.  
UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 7. Choline (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>Males:</b>													
1-3.....	15 (2.2)	215 (5)	128 (5)	143 (5)	172 (5)	208 (5)	251 (6)	295 (7)	324 (9)	200	56 (3.4)	1000	<3
4-8.....	14 (2.0)	234 (6)	142 (5)	158 (4)	188 (5)	227 (6)	272 (7)	318 (9)	349 (11)	250	36 (3.5)	1000	<3
9-13.....	9 (1.5)	268 (9)	150 (11)	170 (10)	209 (10)	258 (9)	316 (9)	376 (10)	418 (13)	375	10 (1.8)	2000	<3
14-18.....	4 (0.7)	301 (9)	173 (7)	195 (7)	237 (6)	291 (8)	355 (12)	420 (15)	463 (18)	550	<3	3000	<3
19-30.....	7 (1.3)	375 (11)	196 (10)	227 (9)	286 (9)	363 (10)	449 (13)	539 (17)	597 (20)	550	9 (1.8)	3500	<3
31-50.....	6 (1.2)	393 (7)	208 (9)	240 (9)	302 (8)	379 (7)	471 (8)	561 (11)	622 (14)	550	11 (1.3)	3500	<3
19-50.....	6 (0.8)	385 (6)	202 (8)	234 (8)	295 (7)	373 (6)	462 (8)	553 (11)	612 (14)	550	10 (1.3)	3500	<3
51-70.....	5 (1.1)	405 (9)	215 (9)	249 (9)	313 (8)	392 (8)	485 (11)	578 (15)	638 (19)	550	13 (1.9)	3500	<3
71+.....	4 (0.9)	369 (10)	193 (10)	223 (10)	281 (9)	355 (9)	442 (12)	532 (16)	591 (18)	550	8 (1.6)	3500	<3
51+.....	5 (0.9)	396 (7)	208 (8)	241 (7)	304 (6)	382 (7)	475 (9)	568 (14)	628 (17)	550	12 (1.6)	3500	<3
19+.....	6 (0.6)	390 (5)	205 (7)	237 (7)	299 (5)	377 (5)	467 (7)	560 (11)	620 (14)	550	11 (1.2)	3500	<3
<b>Females:</b>													
1-3.....	14 (3.2)	203 (5)	121 (6)	135 (6)	163 (5)	197 (5)	237 (6)	279 (7)	307 (8)	200	48 (3.7)	1000	<3
4-8.....	15 (2.2)	216 (7)	130 (7)	145 (7)	173 (7)	209 (7)	251 (7)	294 (8)	323 (9)	250	26 (3.4)	1000	<3
9-13.....	11 (1.9)	247 (7)	137 (7)	156 (7)	191 (7)	238 (7)	293 (8)	350 (11)	388 (13)	375	6 (1.4)	2000	<3
14-18.....	9 (1.8)	227 (8)	123 (7)	141 (7)	174 (7)	218 (8)	269 (10)	324 (11)	360 (13)	400	<3	3000	<3
19-30.....	9 (1.5)	282 (7)	157 (6)	179 (6)	220 (6)	272 (7)	333 (8)	396 (10)	438 (12)	425	6 (1.1)	3500	<3
31-50.....	9 (1.1)	291 (5)	159 (5)	182 (5)	224 (5)	277 (5)	338 (7)	403 (9)	445 (10)	425	7 (1.1)	3500	<3
19-50.....	9 (0.8)	287 (5)	158 (5)	181 (5)	222 (4)	275 (5)	336 (6)	400 (8)	442 (9)	425	7 (1.0)	3500	<3
51-70.....	8 (1.1)	288 (8)	161 (5)	183 (5)	225 (6)	278 (7)	340 (10)	404 (13)	446 (16)	425	7 (1.6)	3500	<3
71+.....	6 (1.2)	276 (6)	154 (6)	176 (6)	216 (6)	267 (6)	326 (7)	387 (9)	425 (11)	425	5 (1.0)	3500	<3
51+.....	8 (1.0)	284 (6)	159 (4)	180 (4)	222 (4)	275 (6)	336 (8)	399 (10)	441 (13)	425	7 (1.3)	3500	<3
19+.....	8 (0.7)	286 (5)	158 (4)	181 (4)	222 (4)	275 (4)	336 (6)	399 (8)	441 (10)	425	7 (1.0)	3500	<3
<b>All:</b>													
1+.....	8 (0.4)	315 (3)	157 (2)	180 (2)	227 (3)	294 (3)	380 (4)	476 (6)	541 (8)		11 (0.7)		<3

NOTES: <sup>†</sup>Percent reporting supplement containing choline. Sample size presented on page 24.  
AI=Adequate Intake; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table TA 8. Vitamin B12 (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	31 (3.0)	5.52 (0.52)	2.44 (0.16)	2.78 (0.15)	3.43 (0.13)	4.39 (0.13)	5.78 (0.23)	8.07 (0.52)	9.83 (0.65)	0.7	<3
4-8.....	34 (2.4)	5.58 (0.17)	2.79 (0.16)	3.16 (0.15)	3.90 (0.14)	4.94 (0.17)	6.50 (0.27)	8.75 (0.38)	10.04 (0.30)	1	<3
9-13.....	22 (2.6)	18.53* (7.95)	2.28 (0.16)	2.78 (0.17)	3.80 (0.19)	5.30 (0.23)	7.36 (0.33)	10.10 (0.58)	12.46 (1.27)	1.5	<3
14-18.....	13 (1.8)	10.56 (1.83)	2.62 (0.17)	3.13 (0.18)	4.22 (0.19)	5.78 (0.22)	7.95 (0.35)	11.22 (0.74)	15.86 (1.83)	2	<3
19-30.....	21 (2.1)	39.70* (14.62)	2.18 (0.18)	2.77 (0.17)	4.03 (0.17)	6.07 (0.25)	9.66 (0.61)	20.04 (3.08)	40.51 (9.90)	2	4 (1.1)
31-50.....	28 (2.5)	37.88 (5.99)	2.42 (0.18)	3.05 (0.19)	4.44 (0.20)	6.85 (0.36)	11.54 (1.06)	27.95 (8.39)	92.74 (60.89)	2	<3
19-50.....	25 (1.7)	38.62 (6.07)	2.31 (0.16)	2.92 (0.16)	4.25 (0.16)	6.50 (0.24)	10.72 (0.66)	24.91 (3.19)	60.34 (26.23)	2	3 (0.8)
51-70.....	41 (2.2)	87.89 (11.02)	2.31 (0.17)	2.96 (0.18)	4.50 (0.22)	7.82 (0.50)	26.11 (3.51)	104.84 (4.82)	840.15 (389.22)	2	3 (0.8)
71+.....	45 (3.5)	162.36 (33.26)	2.23 (0.18)	2.88 (0.19)	4.44 (0.26)	8.12 (0.92)	29.57 (1.68)	513.82 (487.70)	1008.54 (3.33)	2	4 (1.0)
51+.....	42 (2.2)	106.97 (11.45)	2.30 (0.16)	2.94 (0.16)	4.48 (0.18)	7.89 (0.47)	27.70 (2.27)	107.12 (10.51)	1003.91 (24.38)	2	3 (0.8)
19+.....	32 (1.3)	68.26 (5.90)	2.31 (0.16)	2.93 (0.15)	4.35 (0.15)	6.94 (0.25)	13.95 (1.25)	53.65 (11.18)	240.45 (84.49)	2	3 (0.8)
<b>Females:</b>											
1-3.....	34 (3.3)	12.59* (8.06)	2.26 (0.16)	2.59 (0.16)	3.22 (0.16)	4.12 (0.18)	5.45 (0.24)	7.26 (0.40)	8.86 (0.87)	0.7	<3
4-8.....	32 (2.9)	5.51 (0.50)	2.42 (0.13)	2.75 (0.12)	3.42 (0.13)	4.38 (0.16)	5.92 (0.40)	8.37 (0.59)	9.70 (0.49)	1	<3
9-13.....	25 (2.2)	7.06 (1.28)	1.99 (0.11)	2.42 (0.12)	3.35 (0.13)	4.78 (0.17)	6.87 (0.34)	9.49 (0.56)	11.46 (0.88)	1.5	<3
14-18.....	20 (3.0)	11.56 (3.34)	1.50 (0.12)	1.86 (0.12)	2.63 (0.13)	3.82 (0.14)	5.82 (0.33)	10.92 (1.84)	16.94 (4.34)	2	13 (2.1)
19-30.....	26 (2.5)	28.80* (10.40)	1.85 (0.09)	2.24 (0.09)	3.07 (0.11)	4.42 (0.16)	7.04 (0.50)	15.26 (3.18)	51.89 (20.05)	2	7 (1.2)
31-50.....	35 (2.1)	80.90 (16.11)	1.88 (0.12)	2.29 (0.12)	3.21 (0.14)	4.86 (0.23)	9.63 (0.67)	37.31 (17.95)	254.24 (149.21)	2	6 (1.4)
19-50.....	31 (1.5)	61.16 (10.67)	1.87 (0.11)	2.27 (0.10)	3.15 (0.11)	4.67 (0.15)	8.59 (0.56)	21.78 (5.68)	134.43 (56.61)	2	6 (1.2)
51-70.....	41 (2.7)	188.32 (40.59)	1.90 (0.12)	2.34 (0.13)	3.32 (0.16)	5.41 (0.46)	22.36 (5.18)	412.53 (286.57)	1007.86 (37.54)	2	6 (1.3)
71+.....	55 (2.7)	216.94 (35.62)	2.00 (0.18)	2.47 (0.19)	3.68 (0.27)	8.86 (1.04)	32.52 (11.76)	1002.17 (304.55)	1013.21 (541.89)	2	5 (1.6)
51+.....	45 (2.2)	196.52 (29.16)	1.93 (0.12)	2.37 (0.13)	3.40 (0.14)	5.91 (0.51)	28.00 (1.85)	503.05 (115.22)	1009.24 (15.94)	2	6 (1.2)
19+.....	38 (1.5)	126.87 (16.70)	1.90 (0.10)	2.32 (0.10)	3.26 (0.10)	5.10 (0.17)	12.42 (1.24)	94.99 (32.57)	842.48 (262.37)	2	6 (1.1)
<b>All:</b>											
1+.....	33 (1.0)	76.86 (6.58)	2.07 (0.06)	2.56 (0.06)	3.62 (0.06)	5.54 (0.11)	10.30 (0.35)	35.32 (6.49)	255.65 (106.33)	4	(0.5)

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin B12. Sample size presented on page 24.  
 EAR=Estimated Average Requirement  
 It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 9. Vitamin C (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Percentiles								<EAR		>UL	
		Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Males:</b>													
1-3.....	33 (2.9)	77.1 (4.8)	25.3 (1.8)	32.2 (1.9)	46.7 (2.6)	68.4 (3.6)	96.2 (5.3)	129.0 (8.4)	152.0 (10.9)	13	<3	400	<3
4-8.....	38 (2.6)	87.7 (5.9)	28.5 (2.4)	36.1 (2.7)	52.4 (3.8)	76.5 (5.2)	108.3 (7.3)	148.1 (11.2)	181.0 (17.3)	22	<3	650	<3
9-13.....	23 (2.8)	87.7 (7.0)	25.9 (2.9)	33.3 (3.3)	49.1 (4.1)	72.9 (5.0)	104.9 (6.2)	144.7 (8.8)	177.9 (12.9)	39	15 (3.2)	1200	<3
14-18.....	15 (1.8)	86.1 (4.7)	21.6 (2.3)	27.6 (2.5)	41.2 (3.1)	62.6 (4.3)	93.6 (6.3)	136.6 (8.8)	182.0 (15.2)	63	50 (4.7)	1800	<3
19-30.....	22 (2.2)	126.6 (14.3)	19.0 (2.4)	26.3 (2.9)	43.6 (3.7)	73.4 (5.0)	122.4 (8.1)	211.0 (29.5)	383.5 (83.1)	75	51 (3.5)	2000	<3
31-50.....	32 (2.4)	138.6 (13.1)	23.1 (2.5)	31.6 (2.8)	52.3 (3.5)	89.7 (5.0)	151.1 (8.1)	250.5 (24.5)	394.0 (110.0)	75	41 (2.9)	2000	<3
19-50.....	28 (1.8)	133.7 (10.3)	21.2 (2.4)	29.2 (2.8)	48.2 (3.4)	82.5 (4.2)	139.6 (5.4)	237.5 (14.7)	390.3 (67.9)	75	45 (2.7)	2000	<3
51-70.....	43 (2.1)	201.1 (20.4)	24.3 (2.2)	33.6 (2.6)	57.6 (3.8)	105.5 (5.1)	186.2 (8.0)	397.1 (109.9)	671.0 (76.1)	75	35 (2.5)	2000	<3
71+.....	45 (3.2)	228.3 (15.4)	27.3 (2.9)	37.5 (3.6)	64.7 (6.3)	117.1 (10.0)	220.0 (27.2)	619.4 (25.8)	852.3 (161.4)	75	31 (3.6)	2000	<3
51+.....	44 (2.0)	208.1 (15.0)	24.9 (2.3)	34.5 (2.6)	59.3 (3.8)	108.3 (5.7)	193.4 (9.1)	483.1 (85.4)	705.5 (48.2)	75	34 (2.4)	2000	<3
19+.....	35 (1.3)	166.0 (8.6)	22.6 (2.3)	31.1 (2.5)	52.3 (3.1)	92.1 (3.7)	161.2 (5.0)	314.6 (33.1)	592.7 (37.5)	75	40 (2.1)	2000	<3
<b>Females:</b>													
1-3.....	36 (3.5)	85.1 (7.6)	26.8 (2.3)	34.1 (2.7)	49.3 (3.5)	71.7 (4.5)	101.8 (6.2)	137.9 (10.3)	167.8 (15.9)	13	<3	400	<3
4-8.....	36 (2.9)	84.1 (4.5)	27.3 (2.2)	34.6 (2.4)	50.5 (2.6)	73.4 (3.3)	104.1 (5.0)	140.0 (8.7)	169.9 (13.9)	22	<3	650	<3
9-13.....	29 (2.4)	106.3 (17.1)	27.7 (2.9)	35.0 (3.2)	51.3 (3.7)	76.6 (5.0)	111.6 (7.1)	155.2 (11.1)	195.3 (17.8)	39	13 (2.8)	1200	<3
14-18.....	23 (3.1)	102.2 (17.0)	19.9 (2.5)	25.8 (2.8)	39.1 (3.4)	60.5 (4.4)	94.2 (6.3)	143.5 (11.4)	202.6 (52.0)	56	45 (4.7)	1800	<3
19-30.....	28 (2.1)	123.0 (24.1)	21.1 (1.7)	27.6 (2.0)	42.8 (2.3)	68.4 (2.9)	110.5 (6.2)	190.8 (24.8)	319.4 (164.0)	60	42 (2.5)	2000	<3
31-50.....	36 (1.8)	148.7 (19.6)	24.3 (2.5)	32.1 (2.8)	50.2 (3.4)	81.8 (4.3)	132.9 (5.7)	224.1 (17.0)	444.4 (102.2)	60	33 (3.2)	2000	<3
19-50.....	33 (1.3)	139.0 (17.2)	22.9 (2.0)	30.2 (2.3)	47.1 (2.7)	76.3 (3.2)	125.1 (5.1)	212.5 (17.4)	389.6 (104.0)	60	37 (2.6)	2000	<3
51-70.....	44 (2.2)	183.5 (15.2)	23.7 (2.2)	31.9 (2.6)	51.4 (3.6)	89.3 (6.2)	160.1 (12.5)	468.7 (128.8)	714.0 (162.7)	60	32 (3.2)	2000	<3
71+.....	52 (2.9)	216.7 (14.0)	29.9 (2.7)	40.1 (3.3)	65.9 (4.6)	120.5 (8.0)	229.8 (18.5)	595.4 (50.7)	760.5 (92.7)	60	22 (2.5)	2000	<3
51+.....	46 (1.7)	193.0 (11.6)	25.2 (2.0)	33.8 (2.4)	54.8 (3.1)	96.8 (5.3)	179.6 (11.0)	531.2 (98.6)	735.8 (112.9)	60	29 (2.3)	2000	<3
19+.....	39 (1.1)	165.2 (9.5)	23.8 (1.9)	31.7 (2.2)	50.3 (2.5)	84.7 (3.2)	147.6 (5.7)	297.9 (27.8)	621.9 (30.6)	60	33 (2.1)	2000	<3
<b>All:</b>													
1+.....	35 (0.9)	147.6 (5.1)	23.6 (1.1)	31.5 (1.2)	49.9 (1.6)	82.2 (2.3)	137.9 (3.9)	252.2 (12.4)	545.0 (46.0)		32 (1.4)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR used is for non-smokers regardless of smoking status

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 10. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	23 (4.6)	106.3 (19.8)	13.9* (1.4)	19.2* (1.7)	32.4 (2.6)	56.1 (4.3)	96.8 (9.2)	184.1* (115.1)	509.1* (196.3)	110	80 (3.6)	2000	<3	
31-50.....	21 (3.0)	105.4 (12.3)	15.8* (1.6)	21.9 (1.9)	36.4 (2.6)	61.9 (3.6)	105.3 (6.7)	185.7 (22.1)	324.8* (153.0)	110	77 (2.5)	2000	<3	
19-50.....	22 (2.8)	105.7 (12.7)	14.9 (1.3)	20.6 (1.6)	34.7 (2.2)	59.7 (3.3)	102.0 (6.1)	185.4 (25.8)	390.4 (132.7)	110	78 (2.3)	2000	<3	
51-70.....	36 (5.2)	177.1* (58.1)	16.7* (1.7)	23.4 (2.3)	40.6 (4.1)	74.6 (8.7)	142.0 (25.9)	302.1 (96.3)	416.2* (113.1)	110	67 (5.4)	2000	<3	
71+.....	31 (7.3)	176.3* (56.6)	16.4* (1.8)	23.1* (2.4)	39.3* (4.1)	73.9 (10.4)	149.1* (29.2)	344.1* (653.0)	1066.7* (560.4)	110	65 (7.2)	2000	<3	
51+.....	35 (4.2)	177.0 (51.5)	16.7 (1.6)	23.4 (2.2)	40.5 (3.8)	74.5 (7.9)	142.8 (21.4)	304.1 (91.6)	446.9 (137.5)	110	66 (4.7)	2000	<3	
19+.....	27 (2.4)	132.7 (22.5)	15.6 (1.3)	21.6 (1.6)	36.6 (2.3)	64.3 (3.8)	115.1 (8.5)	229.7 (56.6)	416.2 (94.9)	110	73 (2.5)	2000	<3	
<b>Females:</b>														
19-30.....	23 (4.2)	181.3* (108.3)	13.4* (1.3)	17.5* (1.5)	28.0 (2.0)	46.2 (3.5)	77.9 (12.9)	152.1* (102.2)	539.2* (1810.2)	95	81 (5.0)	2000	<3	
31-50.....	21 (3.3)	72.6 (8.4)	15.4* (1.9)	20.1 (2.3)	31.2 (3.2)	50.5 (4.4)	82.5 (6.8)	133.5 (11.8)	178.3* (30.3)	95	80 (3.1)	2000	<3	
19-50.....	22 (2.5)	112.0* (39.2)	14.5 (1.6)	19.1 (1.8)	30.1 (2.4)	49.1 (3.4)	81.1 (6.7)	137.4 (15.9)	221.1 (54.6)	95	81 (3.1)	2000	<3	
51-70.....	27 (4.9)	118.1 (32.1)	14.3* (1.4)	19.0 (1.7)	29.9 (2.3)	50.1 (3.2)	85.9 (6.2)	141.2 (14.1)	241.2* (212.4)	95	79 (2.6)	2000	<3	
71+.....	34* (12.3)	95.0* (26.9)	18.1* (2.3)	22.7* (3.5)	36.2* (7.1)	61.3* (19.8)	117.7* (67.5)	256.9* (106.3)	292.2* (78.1)	95	68* (12.9)	2000	<3	
51+.....	28 (5.1)	115.5 (29.6)	14.6* (1.5)	19.3 (1.7)	30.5 (2.5)	51.1 (4.0)	88.5 (8.0)	149.9 (18.7)	276.6* (93.1)	95	78 (3.3)	2000	<3	
19+.....	24 (2.8)	113.4 (25.2)	14.5 (1.5)	19.2 (1.7)	30.3 (2.1)	50.0 (3.1)	84.3 (5.9)	142.4 (12.8)	241.7 (52.0)	95	79 (2.5)	2000	<3	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
 Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 11. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	21 (2.6)	131.2 (15.4)	21.6 (1.4)	29.4 (1.7)	47.4 (2.3)	77.8 (4.0)	127.2 (7.1)	213.6 (21.6)	365.5 (67.9)	75	48 (2.7)	2000	<3	
31-50.....	35 (2.9)	147.6 (12.6)	26.5 (2.0)	35.9 (2.2)	58.4 (3.2)	98.0 (4.9)	161.6 (8.4)	263.8 (22.5)	408.4 (83.7)	75	36 (2.6)	2000	<3	
19-50.....	29 (2.1)	140.9 (8.8)	24.2 (1.4)	32.7 (1.6)	53.4 (2.0)	88.7 (3.1)	147.9 (5.3)	246.9 (15.6)	391.2 (52.1)	75	41 (1.8)	2000	<3	
51-70.....	45 (2.4)	207.6 (15.9)	28.1 (1.8)	38.2 (2.4)	64.4 (3.8)	114.4 (5.7)	196.9 (8.5)	436.7 (101.3)	726.5 (68.4)	75	31 (2.3)	2000	<3	
71+.....	47 (3.2)	233.0 (14.3)	29.1 (1.9)	39.8 (2.6)	68.0 (4.6)	121.7 (7.4)	226.3 (20.9)	624.2 (25.1)	836.4 (131.1)	75	29 (2.5)	2000	<3	
51+.....	46 (2.2)	214.8 (11.8)	28.3 (1.5)	38.6 (2.0)	65.4 (3.2)	116.5 (4.9)	203.6 (7.9)	552.4 (74.1)	750.0 (64.6)	75	30 (1.9)	2000	<3	
19+.....	37 (1.5)	173.9 (6.1)	25.8 (1.3)	35.0 (1.5)	57.7 (2.0)	99.4 (3.0)	171.0 (5.0)	331.1 (28.5)	612.4 (29.9)	75	36 (1.5)	2000	<3	
<b>Females:</b>														
19-30.....	29 (2.5)	110.7 (9.6)	24.6 (2.1)	31.8 (2.4)	48.1 (2.9)	73.7 (3.2)	115.7 (6.1)	192.0 (21.6)	304.8 (120.1)	60	37 (3.0)	2000	<3	
31-50.....	39 (2.1)	165.7 (22.6)	29.0 (2.6)	37.6 (2.8)	57.1 (3.3)	90.4 (4.3)	142.6 (6.1)	246.7 (30.0)	540.9 (112.2)	60	27 (2.8)	2000	<3	
19-50.....	35 (1.5)	144.7 (14.3)	27.1 (2.2)	35.1 (2.4)	53.1 (2.8)	83.5 (3.3)	132.6 (5.3)	224.3 (16.7)	443.2 (98.9)	60	31 (2.6)	2000	<3	
51-70.....	47 (2.4)	197.4 (16.2)	28.7 (2.5)	37.6 (2.9)	59.1 (4.0)	99.5 (6.6)	178.4 (15.4)	542.5 (115.7)	806.1 (188.6)	60	26 (3.1)	2000	<3	
71+.....	52 (3.0)	221.8 (15.7)	33.1 (3.0)	43.1 (3.3)	69.0 (4.8)	122.7 (7.3)	230.3 (19.3)	610.5 (45.5)	783.0 (114.6)	60	20 (2.5)	2000	<3	
51+.....	49 (1.8)	205.0 (12.5)	29.8 (2.3)	39.2 (2.7)	61.8 (3.4)	105.8 (5.5)	194.2 (12.5)	567.0 (48.8)	796.9 (149.0)	60	24 (2.4)	2000	<3	
19+.....	42 (1.2)	174.7 (8.2)	28.3 (2.1)	36.9 (2.3)	56.8 (2.7)	92.8 (3.3)	158.7 (6.3)	335.0 (46.7)	647.3 (30.8)	60	28 (2.1)	2000	<3	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
EAR=Estimated Average Requirement for non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 12. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	22 (2.2)	125.9 (12.7)	19.1 (1.4)	26.4 (1.7)	43.5 (2.2)	72.9 (3.6)	121.4 (6.3)	209.9 (23.3)	384.2 (67.8)	110/75	55 (2.4)	2000	<3	
31-50.....	32 (2.4)	138.4 (11.4)	22.7 (1.8)	31.2 (2.1)	52.1 (2.8)	89.1 (4.2)	150.9 (7.3)	251.6 (19.5)	396.8 (82.5)	110/75	45 (2.3)	2000	<3	
19-50.....	28 (1.8)	133.3 (8.1)	20.9 (1.4)	29.0 (1.6)	48.1 (2.0)	82.0 (2.8)	139.1 (4.6)	237.7 (14.5)	391.1 (52.1)	110/75	49 (1.8)	2000	<3	
51-70.....	43 (2.1)	201.5 (17.2)	24.4 (1.7)	33.9 (2.2)	58.4 (3.6)	105.8 (5.4)	187.6 (9.0)	390.3 (76.4)	669.5 (57.0)	110/75	38 (2.4)	2000	<3	
71+.....	45 (3.2)	228.1 (13.4)	27.1 (1.9)	37.5 (2.5)	64.7 (4.6)	117.9 (7.4)	218.1 (18.6)	621.8 (23.0)	858.7 (130.1)	110/75	32 (2.7)	2000	<3	
51+.....	44 (2.0)	208.3 (13.0)	25.0 (1.6)	34.7 (2.0)	59.8 (3.1)	108.6 (5.0)	194.1 (8.5)	480.4 (78.2)	706.1 (40.9)	110/75	36 (2.1)	2000	<3	
19+.....	35 (1.3)	165.8 (6.9)	22.5 (1.3)	31.1 (1.5)	52.4 (1.9)	91.9 (2.8)	161.3 (4.9)	312.2 (26.9)	592.2 (28.8)	110/75	44 (1.5)	2000	<3	
<b>Females:</b>														
19-30.....	28 (2.1)	122.9 (23.5)	20.8 (1.6)	27.7 (1.8)	43.5 (2.2)	68.8 (2.7)	110.6 (5.9)	188.0 (24.1)	311.3 (170.5)	95/60	45 (2.4)	2000	<3	
31-50.....	36 (1.8)	148.5 (18.7)	23.9 (2.6)	31.7 (2.9)	50.2 (3.6)	82.1 (4.5)	132.8 (6.1)	221.2 (16.6)	446.2 (105.0)	95/60	37 (3.1)	2000	<3	
19-50.....	33 (1.3)	138.8 (15.4)	22.6 (1.9)	30.0 (2.2)	47.4 (2.6)	76.7 (3.0)	124.9 (5.0)	210.2 (15.5)	387.6 (105.9)	95/60	40 (2.4)	2000	<3	
51-70.....	44 (2.2)	183.9 (15.1)	23.4 (2.1)	31.7 (2.5)	51.6 (3.4)	89.4 (5.6)	160.4 (12.7)	474.4 (131.4)	720.6 (165.8)	95/60	35 (2.9)	2000	<3	
71+.....	51 (2.9)	214.9 (14.5)	31.2 (2.9)	41.0 (3.3)	66.2 (4.7)	118.7 (7.4)	224.4 (18.2)	596.4 (50.6)	761.8 (94.9)	95/60	22 (2.6)	2000	<3	
51+.....	46 (1.7)	192.8 (11.7)	25.1 (2.1)	33.8 (2.4)	55.0 (3.2)	96.5 (5.4)	178.5 (11.6)	530.6 (97.4)	737.4 (116.8)	95/60	31 (2.4)	2000	<3	
19+.....	39 (1.2)	165.0 (9.3)	23.6 (1.9)	31.7 (2.2)	50.6 (2.5)	85.0 (3.1)	146.9 (5.8)	294.0 (27.8)	624.7 (30.6)	95/60	36 (2.1)	2000	<3	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 13. Vitamin D (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)		Percentiles						EAR	<EAR		>UL	
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	% (SE)	UL	% (SE)
<b>Males:</b>														
1-3.....	32 (3.2)	8.6 (0.4)	3.1 (0.2)	3.7 (0.2)	5.1 (0.2)	7.2 (0.2)	10.7 (0.6)	15.6 (1.3)	19.1 (1.2)	10	72 (2.8)	63	<3	
4-8.....	36 (2.5)	9.6 (1.3)	2.6 (0.2)	3.2 (0.2)	4.6 (0.2)	6.7 (0.3)	10.8 (0.8)	17.2 (1.2)	20.9 (1.2)	10	72 (2.7)	75	<3	
9-13.....	22 (2.7)	8.3 (0.6)	1.8 (0.1)	2.4 (0.1)	3.7 (0.2)	5.9 (0.2)	9.5 (0.6)	16.6 (1.4)	21.5 (1.4)	10	77 (2.5)	100	<3	
14-18.....	14 (2.2)	8.7 (1.4)	1.6 (0.2)	2.1 (0.2)	3.2 (0.3)	5.0 (0.3)	7.9 (0.6)	14.3 (2.4)	20.9 (1.9)	10	83 (2.8)	100	<3	
19-30.....	19 (2.2)	8.8 (1.2)	1.3 (0.1)	1.8 (0.1)	2.8 (0.2)	4.6 (0.2)	7.8 (0.5)	15.8 (2.3)	27.1 (4.4)	10	82 (2.2)	100	<3	
31-50.....	31 (2.4)	13.4 (1.1)	1.5 (0.1)	1.9 (0.1)	3.1 (0.2)	5.4 (0.3)	13.4 (1.9)	29.4 (2.0)	54.2 (5.1)	10	70 (2.6)	100	<3	
19-50.....	26 (1.8)	11.5 (0.8)	1.4 (0.1)	1.9 (0.1)	3.0 (0.1)	5.0 (0.2)	10.0 (0.9)	25.9 (2.3)	50.0 (12.5)	10	75 (1.9)	100	<3	
51-70.....	45 (2.2)	26.5 (3.5)	1.8 (0.1)	2.4 (0.2)	3.9 (0.3)	8.1 (0.8)	27.6 (1.6)	58.7 (5.6)	92.0 (14.7)	10	54 (2.3)	100	5 (1.0)	
71+.....	55 (3.2)	32.2 (3.6)	2.3 (0.2)	3.2 (0.3)	5.4 (0.4)	16.1 (2.4)	38.4 (6.9)	74.5 (13.0)	132.7 (28.2)	10	42 (2.7)	100	7 (2.1)	
51+.....	48 (2.0)	27.9 (2.6)	1.9 (0.1)	2.5 (0.2)	4.2 (0.2)	9.4 (1.0)	29.7 (0.8)	62.1 (4.5)	105.8 (22.3)	10	51 (2.0)	100	5 (0.9)	
19+.....	35 (1.3)	18.6 (1.1)	1.6 (0.1)	2.1 (0.1)	3.4 (0.1)	6.1 (0.2)	18.5 (1.3)	45.2 (5.2)	68.7 (5.4)	10	65 (1.4)	100	3 (0.5)	
<b>Females:</b>														
1-3.....	36 (3.4)	8.3 (0.4)	2.9 (0.2)	3.5 (0.2)	4.9 (0.2)	7.0 (0.3)	10.5 (0.6)	14.9 (0.8)	17.9 (1.2)	10	72 (2.8)	63	<3	
4-8.....	33 (2.7)	8.0 (0.5)	2.3 (0.2)	2.8 (0.2)	4.1 (0.2)	6.0 (0.3)	10.2 (1.1)	16.7 (1.3)	19.7 (0.9)	10	75 (3.4)	75	<3	
9-13.....	26 (2.2)	8.9 (1.2)	1.6 (0.1)	2.1 (0.1)	3.3 (0.2)	5.5 (0.3)	9.8 (0.8)	17.3 (1.3)	21.9 (1.8)	10	76 (2.4)	100	<3	
14-18.....	23 (2.9)	10.6 (2.1)	1.0 (0.1)	1.4 (0.1)	2.3 (0.2)	3.9 (0.3)	7.4 (0.9)	20.4 (6.3)	35.2 (30.1)	10	82 (2.8)	100	<3	
19-30.....	26 (1.8)	10.7 (2.0)	1.3 (0.1)	1.6 (0.1)	2.5 (0.1)	4.1 (0.2)	7.8 (0.6)	23.3 (3.3)	32.2 (3.4)	10	80 (1.8)	100	<3	
31-50.....	37 (2.1)	17.7 (1.6)	1.3 (0.1)	1.8 (0.1)	2.8 (0.2)	5.0 (0.3)	18.6 (3.0)	38.5 (7.4)	72.2 (12.4)	10	67 (2.2)	100	4 (0.9)	
19-50.....	33 (1.5)	15.0 (1.2)	1.3 (0.1)	1.7 (0.1)	2.7 (0.1)	4.6 (0.2)	12.8 (1.4)	31.0 (2.3)	54.9 (5.7)	10	72 (1.5)	100	<3	
51-70.....	53 (2.5)	30.4 (2.5)	1.5 (0.1)	2.0 (0.2)	3.4 (0.3)	10.0 (2.8)	37.7 (5.4)	75.4 (9.3)	123.4 (11.3)	10	50 (2.9)	100	7 (1.3)	
71+.....	70 (2.5)	43.3 (4.2)	1.9 (0.2)	2.7 (0.3)	5.7 (1.2)	28.6 (1.0)	53.4 (1.3)	85.1 (15.8)	118.3 (12.8)	10	32 (2.8)	100	9 (2.3)	
51+.....	58 (2.0)	34.1 (2.1)	1.6 (0.1)	2.1 (0.2)	3.8 (0.3)	15.9 (3.5)	46.9 (4.2)	78.5 (6.6)	120.1 (9.2)	10	45 (2.2)	100	8 (1.1)	
19+.....	45 (1.4)	24.3 (1.3)	1.4 (0.1)	1.9 (0.1)	3.1 (0.1)	6.2 (0.4)	28.6 (0.8)	56.7 (3.4)	101.5 (12.1)	10	59 (1.4)	100	5 (0.7)	
<b>All:</b>														
1+.....	37 (1.0)	18.5 (0.6)	1.5 (0.1)	2.0 (0.1)	3.3 (0.1)	6.0 (0.2)	17.7 (0.9)	46.2 (3.9)	69.9 (5.1)	10	65 (0.9)		3 (0.4)	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin D. Sample size presented on page 24.  
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 14. Vitamin K (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		AI	% (SE)
<b>Males:</b>												
19-30.....	9 (1.7)	104.6 (5.2)	37.2 (2.9)	46.0 (3.2)	64.9 (3.8)	93.4 (4.8)	131.1 (6.4)	177.6 (8.3)	210.5 (9.1)	120	31 (3.5)	
31-50.....	19 (1.9)	129.3 (7.1)	47.0 (4.3)	57.8 (4.8)	80.8 (5.8)	116.0 (7.1)	162.7 (8.6)	218.5 (12.1)	258.5 (14.6)	120	47 (4.7)	
19-50.....	15 (1.4)	119.2 (4.8)	41.9 (3.1)	51.8 (3.3)	73.3 (3.9)	105.9 (4.6)	150.2 (6.0)	203.4 (9.5)	242.3 (11.8)	120	41 (3.1)	
51-70.....	30 (2.3)	139.0 (7.4)	49.7 (5.0)	61.3 (5.5)	86.4 (6.3)	124.7 (6.6)	176.0 (9.4)	234.2 (13.3)	275.5 (16.2)	120	53 (4.2)	
71+.....	31 (2.7)	132.6 (6.7)	47.4 (3.6)	58.3 (3.7)	83.2 (4.7)	118.8 (6.0)	166.7 (7.7)	223.2 (11.0)	263.6 (14.3)	120	49 (3.9)	
51+.....	30 (2.1)	137.4 (6.6)	49.0 (4.4)	60.5 (4.8)	85.5 (5.3)	123.2 (5.8)	173.6 (8.3)	231.4 (12.0)	272.5 (14.6)	120	52 (3.7)	
19+.....	22 (1.2)	127.1 (5.1)	44.5 (3.1)	55.1 (3.1)	78.1 (3.5)	113.1 (4.1)	160.7 (6.5)	216.5 (9.8)	257.3 (12.7)	120	46 (2.9)	
<b>Females:</b>												
19-30.....	7 (1.0)	113.9 (4.7)	39.9 (3.1)	49.1 (3.5)	69.3 (3.7)	99.9 (4.6)	143.2 (6.1)	195.8 (8.6)	235.0 (12.0)	90	58 (3.4)	
31-50.....	17 (1.3)	129.1 (7.6)	44.6 (5.8)	55.1 (6.4)	77.9 (7.2)	113.4 (8.0)	163.0 (9.1)	222.9 (11.7)	266.5 (14.3)	90	66 (5.4)	
19-50.....	13 (0.8)	123.4 (5.1)	42.6 (4.3)	52.6 (4.6)	74.3 (5.1)	108.0 (5.3)	155.4 (6.3)	213.8 (9.0)	255.8 (11.2)	90	63 (4.0)	
51-70.....	25 (2.1)	135.8 (13.5)	43.3 (3.4)	53.8 (3.6)	76.8 (4.5)	111.9 (6.3)	160.4 (8.8)	218.2 (13.2)	261.0 (17.5)	90	65 (3.7)	
71+.....	34 (2.3)	135.3 (6.2)	47.2 (4.0)	59.0 (4.5)	83.7 (4.9)	120.6 (6.1)	170.6 (8.2)	230.8 (12.3)	272.1 (15.7)	90	71 (3.4)	
51+.....	28 (1.6)	135.6 (10.3)	44.4 (3.4)	55.1 (3.4)	78.6 (3.4)	114.4 (4.7)	163.3 (7.5)	221.6 (12.1)	264.4 (15.9)	90	67 (2.6)	
19+.....	20 (0.8)	129.3 (5.9)	43.4 (3.8)	53.7 (4.0)	76.3 (4.0)	111.1 (4.2)	159.4 (5.8)	217.7 (8.4)	260.0 (10.5)	90	65 (3.0)	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin K. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing vitamin K  
 AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 15. Calcium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	6 (1.1)	959 (21)	581 (23)	650 (21)	777 (20)	937 (21)	1116 (24)	1297 (34)	1412 (39)	500	<3	2500	<3	
4-8.....	7 (1.3)	1034 (24)	638 (24)	711 (24)	845 (23)	1012 (24)	1197 (28)	1383 (37)	1504 (44)	800	19 (2.8)	2500	<3	
9-13.....	10 (2.0)	1059 (34)	570 (31)	654 (32)	814 (31)	1020 (33)	1261 (40)	1511 (51)	1684 (59)	1100	59 (4.0)	3000	<3	
14-18.....	14 (2.1)	1101 (40)	601 (27)	684 (29)	852 (32)	1065 (39)	1312 (51)	1560 (62)	1732 (69)	1100	54 (4.8)	3000	<3	
19-30.....	28 (2.5)	1159 (27)	565 (23)	663 (24)	856 (24)	1106 (27)	1401 (32)	1716 (41)	1927 (47)	800	20 (2.0)	2500	<3	
31-50.....	36 (1.9)	1172 (22)	571 (20)	669 (20)	859 (20)	1114 (22)	1412 (29)	1738 (39)	1970 (47)	800	20 (1.6)	2500	<3	
19-50.....	33 (1.6)	1167 (16)	569 (18)	667 (17)	858 (15)	1110 (15)	1407 (21)	1730 (31)	1951 (40)	800	20 (1.3)	2500	<3	
51-70.....	46 (2.3)	1152 (26)	545 (19)	642 (20)	834 (22)	1092 (25)	1405 (34)	1734 (45)	1964 (53)	800	22 (1.9)	2000	4 (0.8)	
71+.....	47 (2.6)	1108 (23)	503 (21)	597 (20)	783 (19)	1033 (21)	1345 (26)	1706 (42)	1990 (63)	1000	47 (2.0)	2000	5 (0.8)	
51+.....	46 (1.9)	1141 (21)	533 (17)	629 (17)	821 (17)	1077 (20)	1391 (28)	1728 (39)	1970 (47)		28 (1.5)	2000	5 (0.7)	
19+.....	39 (1.3)	1155 (13)	552 (16)	650 (15)	841 (12)	1096 (12)	1401 (18)	1729 (29)	1960 (36)		24 (1.1)		<3	
<b>Females:</b>														
1-3.....	7 (2.2)	917 (24)	552 (23)	620 (22)	744 (22)	896 (24)	1067 (27)	1242 (35)	1354 (41)	500	<3	2500	<3	
4-8.....	11 (1.3)	896 (25)	539 (24)	603 (24)	726 (24)	875 (25)	1044 (29)	1212 (36)	1323 (42)	800	37 (4.1)	2500	<3	
9-13.....	13 (2.2)	989 (20)	526 (22)	605 (21)	757 (20)	953 (20)	1181 (26)	1416 (39)	1577 (47)	1100	67 (2.4)	3000	<3	
14-18.....	18 (2.6)	866 (39)	433 (34)	504 (35)	644 (36)	825 (38)	1044 (43)	1284 (49)	1437 (58)	1100	79 (3.3)	3000	<3	
19-30.....	28 (2.7)	925 (25)	479 (19)	552 (20)	689 (21)	874 (24)	1104 (31)	1364 (40)	1544 (45)	800	40 (3.2)	2500	<3	
31-50.....	40 (2.4)	1004 (26)	493 (20)	570 (20)	721 (21)	926 (22)	1190 (27)	1494 (38)	1726 (62)	800	35 (2.5)	2500	<3	
19-50.....	35 (1.9)	974 (21)	488 (17)	562 (17)	708 (16)	905 (18)	1157 (22)	1444 (31)	1655 (46)	800	37 (2.2)	2500	<3	
51-70.....	53 (2.4)	1058 (29)	478 (14)	557 (15)	718 (17)	961 (27)	1301 (44)	1698 (63)	1968 (69)	1000	54 (2.6)	2000	5 (0.8)	
71+.....	61 (2.5)	1142 (29)	452 (21)	533 (23)	710 (27)	1001 (34)	1468 (49)	2002 (48)	2270 (43)	1000	50 (2.4)	2000	10 (1.1)	
51+.....	55 (2.0)	1082 (24)	470 (14)	551 (15)	716 (16)	971 (23)	1342 (38)	1791 (48)	2085 (45)	1000	53 (2.1)	2000	6 (0.7)	
19+.....	45 (1.3)	1027 (15)	479 (14)	557 (14)	712 (13)	933 (14)	1235 (21)	1611 (32)	1904 (37)		44 (1.5)		3 (0.3)	
<b>All:</b>														
1+.....	35 (0.8)	1065 (11)	514 (10)	599 (9)	767 (10)	994 (11)	1281 (14)	1612 (19)	1856 (24)		37 (1.1)		<3	

NOTES: <sup>†</sup> Percent reporting supplement containing calcium. Sample size presented on page 24.  
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table TA 16. Phosphorus (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	6 (1.2)	1616 (39)	923 (40)	1051 (39)	1289 (36)	1584 (41)	1903 (45)	2224 (51)	2427 (57)	580	<3	4000	<3	
31-50.....	11 (1.6)	1649 (36)	950 (33)	1076 (34)	1317 (33)	1610 (37)	1943 (42)	2267 (49)	2476 (54)	580	<3	4000	<3	
19-50.....	9 (1.0)	1636 (27)	938 (32)	1067 (30)	1305 (27)	1599 (27)	1927 (32)	2250 (39)	2457 (46)	580	<3	4000	<3	
51-70.....	21 (2.2)	1597 (35)	906 (32)	1032 (31)	1270 (32)	1560 (34)	1886 (39)	2204 (47)	2408 (57)	580	<3	4000	<3	
71+.....	24 (2.7)	1446 (36)	797 (35)	913 (35)	1137 (34)	1406 (35)	1714 (43)	2026 (54)	2222 (59)	580	<3	3000	<3	
51+.....	22 (2.0)	1558 (28)	870 (29)	997 (27)	1233 (25)	1520 (28)	1844 (33)	2167 (42)	2369 (52)	580	<3		<3	
19+.....	14 (1.0)	1602 (18)	905 (30)	1034 (28)	1272 (22)	1566 (18)	1893 (22)	2215 (33)	2422 (41)	580	<3		<3	
<b>Females:</b>														
19-30.....	6 (1.1)	1215 (21)	728 (22)	821 (23)	989 (21)	1192 (22)	1418 (25)	1637 (30)	1778 (34)	580	<3	4000	<3	
31-50.....	8 (1.0)	1230 (22)	738 (21)	831 (21)	1000 (21)	1208 (22)	1434 (25)	1660 (29)	1798 (33)	580	<3	4000	<3	
19-50.....	7 (0.7)	1224 (17)	734 (19)	827 (19)	996 (17)	1202 (18)	1428 (20)	1652 (24)	1791 (28)	580	<3	4000	<3	
51-70.....	17 (1.7)	1194 (26)	709 (17)	799 (18)	968 (19)	1170 (25)	1396 (33)	1617 (41)	1759 (48)	580	<3	4000	<3	
71+.....	28 (2.3)	1116 (32)	650 (25)	737 (27)	898 (28)	1094 (32)	1312 (37)	1526 (43)	1660 (49)	580	<3	3000	<3	
51+.....	20 (1.4)	1172 (22)	688 (15)	779 (16)	944 (17)	1149 (21)	1373 (28)	1592 (36)	1733 (44)	580	<3		<3	
19+.....	13 (0.7)	1199 (17)	710 (15)	802 (15)	970 (14)	1176 (17)	1402 (21)	1624 (27)	1765 (32)	580	<3		<3	

NOTES: <sup>†</sup> Percent reporting supplement containing phosphorus. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing phosphorus  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 17. Magnesium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)		Percentiles						<EAR		
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Males:</b>												
19-30.....	17 (1.9)	342 (8)		173 (7)	201 (7)	255 (7)	326 (8)	408 (9)	499 (12)	560 (17)	330	51 (2.6)
31-50.....	26 (2.0)	375 (9)		190 (9)	219 (9)	277 (9)	355 (9)	448 (11)	551 (16)	623 (21)	350	48 (3.0)
19-50.....	22 (1.4)	361 (7)		182 (8)	211 (7)	268 (7)	343 (6)	432 (8)	531 (13)	600 (18)		50 (2.2)
51-70.....	38 (2.1)	396 (8)		194 (7)	224 (6)	285 (6)	367 (6)	470 (10)	588 (20)	694 (37)	350	45 (1.8)
71+.....	36 (2.9)	357 (10)		172 (9)	200 (9)	257 (9)	332 (9)	425 (11)	537 (19)	630 (34)	350	56 (2.8)
51+.....	37 (1.9)	386 (7)		187 (6)	217 (6)	277 (6)	358 (6)	459 (7)	577 (16)	678 (29)	350	48 (1.8)
19+.....	29 (1.2)	372 (5)		184 (7)	214 (6)	272 (6)	349 (5)	443 (6)	550 (12)	632 (19)		49 (1.5)
<b>Females:</b>												
19-30.....	13 (1.7)	269 (7)		146 (5)	166 (5)	205 (6)	256 (7)	318 (9)	385 (11)	434 (13)	255	50 (3.3)
31-50.....	19 (1.5)	305 (6)		160 (4)	182 (4)	224 (4)	281 (5)	350 (7)	434 (10)	511 (21)	265	43 (2.2)
19-50.....	16 (1.3)	291 (5)		154 (4)	175 (4)	216 (4)	271 (5)	338 (6)	416 (9)	480 (14)		46 (2.1)
51-70.....	31 (2.4)	317 (11)		159 (6)	182 (6)	226 (7)	287 (9)	366 (12)	471 (21)	576 (42)	265	41 (3.3)
71+.....	43 (2.4)	324 (14)		145 (6)	168 (6)	212 (7)	275 (8)	361 (11)	505 (49)	723 (80)	265	46 (2.8)
51+.....	35 (1.8)	319 (9)		154 (5)	177 (5)	222 (6)	284 (7)	365 (10)	478 (19)	612 (44)	265	43 (2.6)
19+.....	25 (1.2)	304 (6)		154 (4)	176 (4)	219 (4)	277 (4)	350 (6)	443 (11)	535 (20)		44 (1.9)

NOTES: <sup>†</sup> Percent reporting supplement containing magnesium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing magnesium  
 EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 18. Iron (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	6 (1.0)	10.2 (0.3)	5.8 (0.2)	6.5 (0.2)	7.9 (0.2)	9.6 (0.3)	11.7 (0.4)	14.2 (0.5)	16.1 (0.7)	40	<3
4-8.....	5 (1.1)	13.9 (0.2)	8.2 (0.3)	9.1 (0.3)	10.9 (0.2)	13.1 (0.2)	15.8 (0.2)	19.0 (0.4)	21.9 (1.0)	40	<3
9-13.....	4 (1.4)	15.9 (0.5)	8.7 (0.4)	9.9 (0.4)	12.1 (0.4)	15.1 (0.5)	18.7 (0.5)	22.7 (0.8)	26.0 (1.1)	40	<3
14-18.....	4 (1.5)	17.0 (0.5)	9.3 (0.4)	10.5 (0.4)	12.9 (0.4)	16.0 (0.4)	19.8 (0.6)	24.1 (0.9)	27.6 (1.6)	45	<3
19-30.....	7 (1.5)	16.6 (0.4)	8.5 (0.3)	9.8 (0.3)	12.4 (0.3)	15.7 (0.4)	19.7 (0.5)	24.3 (0.8)	27.7 (1.1)	45	<3
31-50.....	10 (1.5)	17.6 (0.5)	8.8 (0.4)	10.1 (0.4)	12.7 (0.4)	16.2 (0.5)	20.6 (0.5)	26.3 (1.0)	31.3 (1.5)	45	<3
19-50.....	8 (1.2)	17.2 (0.4)	8.6 (0.3)	10.0 (0.3)	12.5 (0.3)	16.0 (0.3)	20.2 (0.4)	25.4 (0.6)	29.8 (1.1)	45	<3
51-70.....	10 (1.4)	18.1 (0.6)	8.6 (0.3)	10.0 (0.3)	12.6 (0.3)	16.0 (0.3)	20.5 (0.5)	26.9 (1.3)	33.1 (1.9)	45	<3
71+.....	14 (2.1)	19.8 (0.7)	8.8 (0.3)	10.1 (0.3)	12.7 (0.3)	16.3 (0.4)	21.4 (0.6)	30.0 (1.3)	38.5 (2.4)	45	4 (0.9)
51+.....	11 (1.1)	18.5 (0.5)	8.7 (0.3)	10.0 (0.3)	12.6 (0.2)	16.1 (0.3)	20.7 (0.4)	27.6 (1.0)	34.3 (1.4)	45	<3
19+.....	9 (0.8)	17.8 (0.3)	8.6 (0.3)	10.0 (0.3)	12.6 (0.2)	16.0 (0.2)	20.4 (0.3)	26.2 (0.5)	31.7 (0.9)	45	<3
<b>Females:</b>											
1-3.....	7 (1.9)	9.6 (0.3)	5.4 (0.2)	6.1 (0.2)	7.3 (0.3)	9.0 (0.3)	11.0 (0.3)	13.4 (0.5)	15.4 (0.9)	40	<3
4-8.....	6 (0.8)	12.7 (0.4)	7.4 (0.3)	8.2 (0.3)	9.8 (0.3)	11.9 (0.3)	14.4 (0.4)	17.4 (0.6)	20.2 (1.1)	40	<3
9-13.....	3 (0.7)	15.1 (0.3)	8.2 (0.3)	9.3 (0.3)	11.4 (0.3)	14.3 (0.3)	17.7 (0.4)	21.6 (0.6)	24.7 (0.9)	40	<3
14-18.....	8 (1.5)	14.2 (0.5)	6.8 (0.3)	7.7 (0.3)	9.6 (0.3)	12.2 (0.3)	15.5 (0.4)	20.0 (0.8)	25.8 (2.5)	45	<3
19-30.....	14 (1.4)	15.3 (0.6)	6.8 (0.2)	7.8 (0.2)	9.7 (0.2)	12.3 (0.3)	15.8 (0.4)	22.0 (1.3)	30.8 (2.3)	45	<3
31-50.....	23 (1.8)	17.4 (0.6)	7.1 (0.3)	8.2 (0.3)	10.3 (0.3)	13.3 (0.3)	18.4 (0.6)	30.2 (1.1)	38.0 (2.3)	45	3 (0.6)
19-50.....	20 (1.2)	16.6 (0.4)	7.0 (0.3)	8.0 (0.2)	10.0 (0.2)	12.9 (0.2)	17.3 (0.5)	28.0 (1.1)	35.8 (1.7)	45	3 (0.5)
51-70.....	19 (1.6)	15.2 (0.5)	6.8 (0.2)	7.8 (0.2)	9.8 (0.2)	12.6 (0.3)	16.6 (0.6)	25.3 (1.5)	31.4 (1.0)	45	<3
71+.....	24 (1.9)	18.0 (1.0)	6.7 (0.3)	7.7 (0.4)	9.7 (0.3)	12.7 (0.4)	17.8 (0.8)	30.8 (1.3)	42.5 (11.3)	45	5 (1.0)
51+.....	21 (1.3)	16.0 (0.5)	6.8 (0.2)	7.8 (0.2)	9.8 (0.2)	12.6 (0.3)	16.9 (0.6)	27.3 (0.9)	33.3 (1.0)	45	<3
19+.....	20 (0.7)	16.3 (0.3)	6.9 (0.2)	7.9 (0.2)	9.9 (0.2)	12.8 (0.2)	17.1 (0.4)	27.6 (0.7)	34.4 (0.8)	45	<3
<b>All:</b>											
1+.....	13 (0.4)	16.3 (0.2)	7.4 (0.1)	8.5 (0.1)	10.7 (0.1)	14.0 (0.1)	18.4 (0.2)	25.2 (0.4)	31.3 (0.4)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing iron. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR percentages determined by probability method for groups

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 19. Zinc (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	28 (3.0)	8.0 (0.2)	4.9 (0.2)	5.4 (0.2)	6.4 (0.2)	7.6 (0.2)	9.1 (0.2)	10.7 (0.3)	12.0 (0.4)	2.5	<3	7	63 (3.4)	
4-8.....	31 (2.5)	10.2 (0.2)	6.4 (0.2)	7.0 (0.2)	8.2 (0.2)	9.7 (0.2)	11.5 (0.2)	13.6 (0.3)	15.4 (0.5)	4	<3	12	20 (1.6)	
9-13.....	19 (2.3)	11.5 (0.4)	6.0 (0.3)	6.9 (0.3)	8.6 (0.3)	10.8 (0.4)	13.4 (0.5)	16.5 (0.7)	18.7 (1.0)	7	11 (1.9)	23	<3	
14-18.....	9 (1.7)	12.8 (0.4)	6.9 (0.3)	7.8 (0.3)	9.6 (0.3)	12.0 (0.4)	15.0 (0.5)	18.5 (0.9)	21.5 (1.5)	8.5	15 (2.3)	34	<3	
19-30.....	16 (1.9)	14.2 (0.5)	7.2 (0.4)	8.3 (0.4)	10.4 (0.4)	13.1 (0.4)	16.4 (0.5)	20.7 (0.9)	24.5 (1.4)	9.4	17 (2.6)	40	<3	
31-50.....	26 (2.2)	16.0 (0.5)	7.7 (0.3)	8.8 (0.3)	11.0 (0.3)	14.2 (0.4)	19.0 (0.7)	25.8 (1.1)	30.2 (1.4)	9.4	14 (2.0)	40	<3	
19-50.....	22 (1.5)	15.3 (0.3)	7.5 (0.3)	8.6 (0.3)	10.7 (0.3)	13.7 (0.2)	17.8 (0.4)	23.9 (0.8)	28.5 (1.1)	9.4	15 (1.9)	40	<3	
51-70.....	37 (2.2)	18.4 (0.6)	7.7 (0.3)	8.8 (0.3)	11.2 (0.4)	15.1 (0.5)	22.6 (0.8)	30.4 (0.9)	36.5 (1.2)	9.4	13 (2.0)	40	3 (0.6)	
71+.....	37 (2.7)	19.4 (0.8)	6.9 (0.3)	8.0 (0.3)	10.3 (0.3)	14.1 (0.6)	22.6 (0.8)	32.0 (2.7)	54.3 (8.6)	9.4	19 (2.2)	40	7 (1.4)	
51+.....	37 (2.0)	18.7 (0.5)	7.4 (0.3)	8.6 (0.3)	11.0 (0.3)	14.9 (0.4)	22.6 (0.6)	30.7 (0.9)	37.9 (1.4)	9.4	15 (1.8)	40	4 (0.6)	
19+.....	28 (1.2)	16.7 (0.3)	7.5 (0.3)	8.6 (0.3)	10.8 (0.2)	14.1 (0.2)	19.5 (0.4)	27.2 (0.6)	32.8 (1.0)	9.4	15 (1.7)	40	<3	
<b>Females:</b>														
1-3.....	27 (3.5)	7.6 (0.2)	4.7 (0.1)	5.2 (0.1)	6.1 (0.1)	7.3 (0.2)	8.7 (0.2)	10.2 (0.3)	11.4 (0.5)	2.5	<3	7	56 (3.2)	
4-8.....	30 (2.7)	9.0 (0.2)	5.5 (0.2)	6.1 (0.2)	7.2 (0.1)	8.6 (0.1)	10.2 (0.2)	12.0 (0.3)	13.6 (0.6)	4	<3	12	10 (1.8)	
9-13.....	21 (2.5)	10.6 (0.4)	5.5 (0.2)	6.3 (0.2)	7.9 (0.2)	10.0 (0.3)	12.6 (0.4)	15.3 (0.6)	17.4 (0.9)	7	16 (1.9)	23	<3	
14-18.....	15 (2.5)	9.8 (0.5)	4.6 (0.3)	5.3 (0.3)	6.7 (0.3)	8.6 (0.3)	11.1 (0.4)	14.2 (0.7)	17.3 (1.6)	7.3	32 (3.6)	34	<3	
19-30.....	19 (1.9)	11.0 (0.4)	5.4 (0.2)	6.2 (0.2)	7.6 (0.2)	9.5 (0.3)	12.1 (0.4)	16.3 (1.1)	23.2 (2.1)	6.8	16 (1.8)	40	<3	
31-50.....	25 (1.6)	12.4 (0.5)	5.5 (0.2)	6.3 (0.2)	7.9 (0.2)	10.1 (0.3)	13.8 (0.6)	22.4 (1.2)	26.3 (0.9)	6.8	14 (1.7)	40	<3	
19-50.....	23 (1.2)	11.9 (0.3)	5.5 (0.2)	6.3 (0.2)	7.8 (0.1)	9.8 (0.2)	13.0 (0.4)	20.7 (1.1)	25.6 (0.8)	6.8	15 (1.4)	40	<3	
51-70.....	33 (2.4)	13.8 (0.6)	5.5 (0.2)	6.3 (0.2)	7.9 (0.2)	10.4 (0.3)	17.0 (1.6)	25.5 (1.0)	30.6 (1.5)	6.8	14 (2.0)	40	<3	
71+.....	44 (2.9)	17.1 (0.8)	5.1 (0.3)	5.9 (0.3)	7.6 (0.3)	10.9 (0.8)	21.1 (1.0)	32.7 (3.1)	48.3 (2.5)	6.8	18 (2.5)	40	7 (1.4)	
51+.....	36 (1.7)	14.8 (0.5)	5.3 (0.2)	6.2 (0.2)	7.8 (0.2)	10.5 (0.3)	18.7 (1.0)	26.7 (1.1)	33.8 (1.4)	6.8	15 (1.8)	40	3 (0.5)	
19+.....	30 (0.9)	13.3 (0.2)	5.4 (0.2)	6.2 (0.2)	7.8 (0.1)	10.1 (0.2)	14.9 (0.6)	24.2 (0.5)	29.5 (0.8)	6.8	15 (1.4)	40	<3	
<b>All:</b>														
1+.....	27 (0.8)	13.8 (0.1)	5.8 (0.1)	6.7 (0.1)	8.4 (0.1)	11.2 (0.1)	16.0 (0.2)	23.9 (0.3)	29.1 (0.5)		14 (0.7)		5 (0.2)	

NOTES: <sup>†</sup> Percent reporting supplement containing zinc. Sample size presented on page 24.  
EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 20. Copper (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	10 (1.8)	1.4 (0.04)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.05)	2.1 (0.07)	2.5 (0.13)	0.7	7 (1.2)	10	<3	
31-50.....	20 (2.1)	1.6 (0.05)	0.7 (0.02)	0.8 (0.03)	1.1 (0.03)	1.4 (0.04)	1.9 (0.07)	2.6 (0.15)	3.3 (0.15)	0.7	4 (0.8)	10	<3	
19-50.....	16 (1.5)	1.5 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.8 (0.04)	2.4 (0.08)	3.0 (0.13)	0.7	5 (0.8)	10	<3	
51-70.....	33 (2.1)	1.7 (0.04)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.5 (0.04)	2.0 (0.05)	2.9 (0.13)	3.5 (0.11)	0.7	4 (0.7)	10	<3	
71+.....	36 (2.7)	1.7 (0.05)	0.7 (0.04)	0.8 (0.04)	1.0 (0.04)	1.4 (0.04)	2.0 (0.07)	3.0 (0.12)	3.6 (0.13)	0.7	6 (1.3)	10	<3	
51+.....	34 (2.0)	1.7 (0.03)	0.7 (0.03)	0.8 (0.03)	1.1 (0.03)	1.5 (0.03)	2.0 (0.05)	2.9 (0.10)	3.5 (0.08)	0.7	4 (0.8)	10	<3	
19+.....	24 (1.1)	1.6 (0.03)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.4 (0.02)	1.9 (0.03)	2.6 (0.09)	3.3 (0.08)	0.7	5 (0.7)	10	<3	
<b>Females:</b>														
19-30.....	9 (1.1)	1.2 (0.04)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.04)	1.8 (0.08)	2.3 (0.20)	0.7	13 (1.6)	10	<3	
31-50.....	18 (1.5)	1.4 (0.04)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.6 (0.05)	2.5 (0.20)	3.2 (0.12)	0.7	9 (1.0)	10	<3	
19-50.....	15 (0.9)	1.3 (0.03)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.1 (0.02)	1.5 (0.04)	2.2 (0.11)	3.0 (0.11)	0.7	11 (1.0)	10	<3	
51-70.....	29 (2.2)	1.4 (0.05)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.2 (0.04)	1.7 (0.07)	2.7 (0.17)	3.2 (0.08)	0.7	9 (1.4)	10	<3	
71+.....	40 (2.4)	1.5 (0.04)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.2 (0.04)	1.8 (0.06)	3.0 (0.08)	3.5 (0.07)	0.7	11 (1.5)	10	<3	
51+.....	32 (1.7)	1.5 (0.04)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.2 (0.03)	1.7 (0.06)	2.8 (0.09)	3.3 (0.05)	0.7	9 (1.2)	10	<3	
19+.....	23 (0.9)	1.4 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.6 (0.03)	2.5 (0.08)	3.2 (0.04)	0.7	10 (0.9)	10	<3	

NOTES: <sup>†</sup> Percent reporting supplement containing copper. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing copper  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 21. Selenium (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	11 (1.8)	147 (4)	83 (3)	94 (3)	115 (4)	141 (4)	171 (4)	206 (5)	231 (7)	45	<3	400	<3	
31-50.....	22 (2.1)	152 (4)	82 (2)	93 (2)	114 (3)	143 (3)	178 (5)	222 (8)	253 (9)	45	<3	400	<3	
19-50.....	18 (1.6)	150 (3)	82 (2)	94 (2)	114 (2)	142 (3)	175 (3)	215 (5)	245 (7)	45	<3	400	<3	
51-70.....	34 (2.1)	154 (4)	81 (2)	93 (2)	114 (3)	143 (3)	181 (5)	229 (9)	266 (12)	45	<3	400	<3	
71+.....	35 (3.0)	138 (4)	69 (3)	80 (3)	100 (3)	128 (4)	165 (5)	212 (7)	243 (10)	45	<3	400	<3	
51+.....	34 (1.9)	150 (3)	77 (2)	89 (2)	110 (2)	139 (3)	177 (4)	225 (7)	260 (9)	45	<3	400	<3	
19+.....	25 (1.2)	150 (2)	80 (2)	91 (2)	113 (2)	141 (2)	176 (3)	219 (5)	252 (7)	45	<3	400	<3	
<b>Females:</b>														
19-30.....	9 (1.0)	104 (2)	61 (2)	68 (2)	82 (1)	100 (2)	120 (2)	141 (3)	157 (4)	45	<3	400	<3	
31-50.....	20 (1.7)	109 (2)	61 (2)	69 (2)	83 (2)	102 (2)	124 (3)	151 (4)	173 (6)	45	<3	400	<3	
19-50.....	16 (1.0)	107 (2)	61 (2)	68 (1)	83 (1)	101 (1)	122 (2)	147 (3)	167 (4)	45	<3	400	<3	
51-70.....	26 (2.1)	105 (3)	58 (2)	65 (2)	80 (2)	99 (2)	121 (3)	148 (6)	168 (8)	45	<3	400	<3	
71+.....	37 (2.3)	104 (3)	55 (2)	63 (2)	77 (2)	97 (2)	123 (3)	152 (4)	172 (5)	45	<3	400	<3	
51+.....	29 (1.6)	105 (3)	57 (2)	65 (1)	79 (1)	98 (2)	122 (3)	149 (5)	169 (6)	45	<3	400	<3	
19+.....	22 (0.9)	106 (1)	59 (1)	67 (1)	81 (1)	100 (1)	122 (2)	148 (3)	168 (4)	45	<3	400	<3	

NOTES: <sup>†</sup> Percent reporting supplement containing selenium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing selenium  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 22. Sodium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Males:</b>													
1-3.....	6 (1.4)	2007 (52)	1218 (43)	1357 (42)	1618 (43)	1953 (51)	2335 (64)	2728 (83)	2983 (102)	800	>97	1200	95 (1.0)
4-8.....	8 (1.6)	2797 (63)	1780 (47)	1963 (47)	2306 (50)	2736 (61)	3214 (78)	3705 (97)	4025 (116)	1000	>97	1500	>97
9-13.....	6 (1.7)	3311 (77)	2103 (77)	2322 (73)	2731 (73)	3239 (78)	3812 (88)	4387 (109)	4764 (127)	1200	>97	1800	>97
14-18.....	8 (2.1)	3796 (74)	2459 (69)	2704 (66)	3162 (66)	3722 (71)	4355 (97)	4973 (125)	5388 (145)	1500	>97	2300	>97
19-30.....	9 (1.3)	4173 (107)	2540 (98)	2841 (97)	3401 (97)	4093 (106)	4844 (128)	5608 (154)	6100 (173)	1500	>97	2300	>97
31-50.....	11 (1.4)	4277 (68)	2629 (97)	2929 (90)	3493 (80)	4182 (72)	4971 (72)	5741 (87)	6240 (98)	1500	>97	2300	>97
19-50.....	10 (1.1)	4234 (64)	2587 (86)	2894 (79)	3454 (74)	4145 (66)	4920 (65)	5691 (81)	6185 (97)	1500	>97	2300	>97
51-70.....	9 (1.5)	4068 (65)	2461 (69)	2759 (63)	3306 (61)	3978 (63)	4740 (81)	5488 (107)	5968 (125)	1500	>97	2300	97 (0.6)
71+.....	14 (2.1)	3576 (66)	2112 (84)	2379 (84)	2873 (74)	3482 (67)	4184 (75)	4885 (91)	5335 (105)	1500	>97	2300	92 (1.6)
51+.....	11 (1.3)	3942 (54)	2345 (71)	2633 (64)	3177 (51)	3849 (54)	4612 (71)	5364 (97)	5854 (117)	1500	>97	2300	96 (0.8)
19+.....	10 (0.8)	4107 (41)	2463 (74)	2767 (68)	3327 (54)	4019 (42)	4793 (50)	5557 (73)	6052 (92)	1500	>97	2300	97 (0.7)
<b>Females:</b>													
1-3.....	7 (2.1)	1849 (35)	1112 (37)	1242 (35)	1491 (32)	1799 (33)	2151 (44)	2519 (56)	2764 (64)	800	>97	1200	92 (1.5)
4-8.....	8 (1.5)	2443 (61)	1533 (55)	1697 (58)	2004 (59)	2385 (61)	2819 (67)	3257 (79)	3548 (86)	1000	>97	1500	96 (1.3)
9-13.....	7 (1.9)	3050 (87)	1913 (70)	2122 (70)	2501 (76)	2980 (84)	3521 (102)	4067 (128)	4422 (144)	1200	>97	1800	97 (1.0)
14-18.....	8 (1.9)	2867 (86)	1776 (76)	1973 (76)	2341 (78)	2801 (86)	3313 (100)	3851 (119)	4184 (136)	1500	>97	2300	77 (3.6)
19-30.....	11 (1.7)	3138 (54)	1868 (43)	2104 (41)	2534 (42)	3063 (53)	3668 (68)	4265 (88)	4654 (104)	1500	>97	2300	84 (1.4)
31-50.....	12 (1.8)	3112 (52)	1849 (54)	2079 (53)	2508 (53)	3043 (53)	3636 (59)	4242 (72)	4618 (79)	1500	>97	2300	83 (1.8)
19-50.....	11 (1.5)	3122 (40)	1857 (44)	2089 (43)	2518 (40)	3051 (41)	3648 (51)	4250 (65)	4632 (75)	1500	>97	2300	84 (1.4)
51-70.....	15 (1.9)	2917 (56)	1714 (47)	1930 (44)	2340 (46)	2849 (56)	3417 (68)	3987 (88)	4359 (101)	1500	>97	2300	77 (1.9)
71+.....	16 (2.2)	2711 (68)	1571 (61)	1775 (65)	2160 (64)	2639 (68)	3188 (76)	3740 (86)	4085 (96)	1500	96 (0.9)	2300	68 (3.4)
51+.....	15 (1.6)	2858 (47)	1664 (44)	1877 (43)	2283 (42)	2789 (46)	3355 (59)	3922 (76)	4288 (90)	1500	>97	2300	74 (1.9)
19+.....	13 (1.0)	2994 (34)	1749 (40)	1973 (39)	2397 (34)	2922 (34)	3512 (42)	4104 (58)	4487 (70)	1500	>97	2300	79 (1.4)
<b>All:</b>													
1+.....	11 (0.6)	3383 (30)	1789 (33)	2060 (36)	2575 (37)	3251 (37)	4056 (38)	4883 (51)	5419 (63)	>97			89 (0.9)

NOTES: <sup>†</sup>Percent reporting supplement containing sodium. Sample size presented on page 24.  
AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TA 23. Potassium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Males:</b>											
19-30.....	9 (1.5)	2728 (58)	1460 (52)	1694 (52)	2125 (52)	2665 (59)	3250 (70)	3851 (86)	4228 (100)	3400	20 (2.1)
31-50.....	14 (1.5)	3003 (46)	1666 (56)	1909 (54)	2365 (49)	2928 (48)	3567 (53)	4186 (63)	4593 (74)	3400	31 (1.8)
19-50.....	12 (1.0)	2891 (33)	1566 (46)	1810 (42)	2259 (35)	2820 (33)	3443 (39)	4064 (51)	4459 (61)	3400	26 (1.3)
51-70.....	25 (2.1)	3100 (56)	1730 (54)	1980 (52)	2451 (53)	3026 (56)	3675 (63)	4312 (74)	4709 (85)	3400	35 (2.3)
71+.....	29 (2.7)	2968 (64)	1628 (59)	1872 (58)	2334 (60)	2886 (64)	3515 (75)	4161 (88)	4563 (97)	3400	29 (2.6)
51+.....	26 (1.9)	3066 (45)	1697 (47)	1948 (45)	2419 (44)	2991 (45)	3636 (52)	4274 (65)	4677 (77)	3400	33 (1.9)
19+.....	18 (1.0)	2967 (26)	1619 (39)	1866 (35)	2324 (30)	2892 (27)	3529 (33)	4161 (48)	4564 (61)	3400	29 (1.1)
<b>Females:</b>											
19-30.....	5 (1.1)	2187 (40)	1254 (31)	1428 (32)	1747 (34)	2137 (40)	2577 (48)	3006 (59)	3286 (68)	2600	24 (2.2)
31-50.....	9 (1.1)	2335 (38)	1362 (31)	1542 (32)	1874 (33)	2284 (37)	2737 (45)	3192 (56)	3470 (62)	2600	32 (2.2)
19-50.....	8 (0.7)	2279 (35)	1317 (28)	1493 (29)	1822 (29)	2228 (34)	2677 (42)	3127 (54)	3410 (61)	2600	29 (2.0)
51-70.....	17 (1.8)	2413 (56)	1422 (45)	1606 (47)	1947 (50)	2362 (56)	2824 (64)	3278 (74)	3573 (82)	2600	36 (3.3)
71+.....	31 (2.4)	2324 (53)	1353 (45)	1533 (48)	1866 (48)	2272 (54)	2730 (61)	3183 (69)	3469 (74)	2600	31 (3.0)
51+.....	21 (1.4)	2387 (47)	1400 (39)	1584 (40)	1920 (42)	2337 (47)	2799 (55)	3250 (64)	3545 (72)	2600	35 (2.7)
19+.....	14 (0.7)	2332 (36)	1354 (30)	1534 (30)	1868 (31)	2282 (35)	2738 (44)	3191 (54)	3479 (62)	2600	32 (2.1)

NOTES: <sup>†</sup> Percent reporting supplement containing potassium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing potassium  
 AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**SAMPLE SIZE**

	Sample Size	Sample Size by Adult Smoking Status †		
		Smokers <i>Table TA 10</i>	Non-Smokers <i>Table TA 11</i>	Smokers/Non-Smokers <i>Table TA 12</i>
<b>Males:</b>				
1-3.....	517			
4-8.....	709			
9-13.....	735			
14-18.....	709			
19-30.....	900	191	709	900
31-50.....	1443	396	1046	1442
19-50.....	2343	587	1755	2342
51-70.....	1658	389	1268	1657
71+.....	734	76	655	731
51+.....	2392	465	1923	2388
19+.....	4735	1052	3678	4730
<b>Females:</b>				
1-3.....	483			
4-8.....	722			
9-13.....	757			
14-18.....	701			
19-30.....	889	134	754	888
31-50.....	1525	278	1246	1524
19-50.....	2414	412	2000	2412
51-70.....	1692	268	1423	1691
71+.....	735	44	690	734
51+.....	2427	312	2113	2425
19+.....	4841	724	4113	4837
<b>All:</b>				
1+.....	14909			

†Excludes individuals without smoking status data.

**TABLE NOTES**

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2015-2018 and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2015-2018. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2015-2016 and 2017-2018.

The table includes data from individuals 1 year and over, excluding breast-fed children and pregnant or lactating females. Breast-fed children are excluded because human milk is not quantified in dietary recall interviews. The sample of pregnant and lactating females is not large enough to allow for reliable estimates. Individuals with missing or incomplete 30-day dietary supplement data are also excluded.

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, beverages (including water) and, dietary supplements. They do not contain intakes from medications.

**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 from food and beverages. Daily intake from dietary supplements derived from the 30-day questionnaire and the NCHS Dietary Supplement Database was added to the estimates of usual intake from food and beverages to produce the distributions of total usual nutrient intake presented in this table set. 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 total 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.

**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.

**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.

**Symbol Legend**

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimates are as follows:

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.52.

**Percentiles:** Estimated 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.

**CITATION**

USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>