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USUAL NUTRIENT INTAKE from Food and Beverages, among Hispanic Individuals

What We Eat in America, NHANES 2013-2016

Table E

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

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

[△] Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2013-2016 Available www.ars.usda.gov/nea/bhnrc/fsrg

Table E 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	1328 (25)	898* (24)	978 (23)	1127 (22)	1307 (24)	1505 (30)	1704 (37)	1832* (43)
4-8.....	554	1673 (27)	1159 (28)	1259 (27)	1434 (25)	1649 (27)	1884 (32)	2119 (42)	2264 (51)
Males:									
9-13.....	283	2090 (36)	1370* (38)	1505 (38)	1756 (35)	2051 (35)	2387 (40)	2718 (48)	2924* (57)
14-18.....	249	2293 (51)	1526* (51)	1673 (50)	1944 (50)	2259 (52)	2608 (56)	2959 (63)	3172* (69)
19-50.....	695	2535 (35)	1567 (39)	1747 (38)	2086 (36)	2492 (36)	2938 (40)	3378 (50)	3657 (57)
51+.....	574	2348 (33)	1410 (37)	1581 (36)	1907 (34)	2300 (33)	2740 (37)	3171 (46)	3444 (54)
19+.....	1269	2487 (32)	1517 (37)	1697 (36)	2037 (33)	2443 (32)	2893 (37)	3330 (45)	3605 (54)
Females:									
9-13.....	300	1859 (43)	1190* (45)	1315 (44)	1545 (43)	1827 (43)	2138 (46)	2437 (51)	2631* (55)
14-18.....	284	1708 (41)	1071* (39)	1192 (40)	1408 (39)	1675 (40)	1974 (46)	2264 (53)	2455* (58)
19-50.....	790	1870 (26)	1158 (28)	1293 (26)	1538 (25)	1839 (25)	2169 (28)	2487 (34)	2686 (38)
51+.....	647	1723 (29)	1036 (28)	1166 (28)	1402 (28)	1691 (28)	2008 (32)	2319 (37)	2525 (41)
19+.....	1437	1829 (24)	1115 (26)	1249 (25)	1496 (23)	1797 (24)	2127 (27)	2448 (32)	2651 (36)
All:									
1+.....	4725	2032 (16)	1155 (17)	1299 (16)	1575 (15)	1950 (16)	2406 (21)	2882 (29)	3189 (36)

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

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Table E 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	50.5 (1.0)	33.4* (1.0)	36.5 (1.0)	42.4 (0.9)	49.7 (1.0)	57.5 (1.3)	65.5 (1.7)	70.7* (2.0)
4-8.....	554	60.4 (1.0)	40.6 (1.2)	44.4 (1.1)	51.1 (1.0)	59.5 (1.0)	68.6 (1.2)	77.7 (1.7)	83.4 (2.1)
Males:									
9-13.....	283	77.8 (1.6)	47.0* (1.9)	52.5 (1.8)	63.0 (1.4)	75.7 (1.4)	90.6 (2.3)	105.7 (3.6)	115.2* (4.7)
14-18.....	249	91.1 (2.4)	56.4* (2.8)	62.8 (2.6)	74.7 (2.3)	89.0 (2.4)	105.3 (3.0)	122.1 (4.2)	132.4* (5.1)
19-50.....	695	102.6 (2.0)	62.1 (1.7)	69.4 (1.7)	83.6 (1.8)	100.5 (2.0)	119.4 (2.4)	138.3 (3.0)	150.0 (3.3)
51+.....	574	95.7 (1.7)	56.2 (1.7)	63.3 (1.7)	76.9 (1.6)	93.5 (1.7)	112.2 (1.9)	130.8 (2.4)	142.5 (2.8)
19+.....	1269	100.8 (1.8)	60.2 (1.6)	67.6 (1.6)	81.7 (1.6)	98.7 (1.8)	117.7 (2.1)	136.5 (2.7)	148.5 (3.1)
Females:									
9-13.....	300	68.0 (1.9)	39.9* (2.0)	44.9 (1.9)	54.3 (1.7)	66.2 (1.8)	79.7 (2.5)	93.1 (3.6)	102.0* (4.4)
14-18.....	284	63.1 (1.6)	36.4* (2.2)	41.2 (2.1)	50.1 (1.8)	61.3 (1.6)	74.3 (2.0)	87.3 (2.7)	96.0* (3.4)
19-50.....	790	73.6 (1.0)	45.6 (1.1)	50.9 (1.0)	60.6 (0.9)	72.4 (1.0)	85.3 (1.1)	97.9 (1.4)	105.8 (1.5)
51+.....	647	69.1 (1.1)	41.8 (1.1)	46.9 (1.1)	56.3 (1.1)	67.9 (1.1)	80.4 (1.3)	92.8 (1.6)	101.1 (1.7)
19+.....	1437	72.3 (0.9)	44.4 (1.1)	49.6 (1.0)	59.3 (0.9)	71.1 (0.9)	84.0 (1.1)	96.7 (1.3)	104.6 (1.5)
All:									
1+.....	4725	79.8 (0.9)	43.3 (0.8)	48.9 (0.7)	60.0 (0.7)	75.8 (0.8)	95.6 (1.1)	116.7 (1.7)	130.2 (2.2)

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

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Table E 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	4.19 (0.07)	2.70* (0.06)	2.98 (0.06)	3.50 (0.06)	4.13 (0.07)	4.80 (0.09)	5.47 (0.12)	5.90* (0.15)	0.87	<3
4-8.....	551	2.65 (0.05)	1.55 (0.05)	1.75 (0.05)	2.12 (0.05)	2.59 (0.05)	3.12 (0.07)	3.63 (0.09)	3.96 (0.11)	0.76	<3
Males:											
9-13.....	283	1.87 (0.05)	1.01* (0.06)	1.16 (0.06)	1.45 (0.05)	1.81 (0.05)	2.24 (0.06)	2.66 (0.08)	2.93* (0.10)	0.76	<3
14-18.....	249	1.41 (0.05)	0.69* (0.05)	0.81 (0.04)	1.06 (0.04)	1.36 (0.04)	1.72 (0.06)	2.09 (0.08)	2.32* (0.09)	0.73	7* (1.8)
19-50.....	693	1.43 (0.03)	0.77 (0.03)	0.89 (0.03)	1.12 (0.03)	1.39 (0.03)	1.70 (0.03)	2.01 (0.04)	2.20 (0.05)	0.66	<3
51+.....	567	1.35 (0.03)	0.71 (0.03)	0.82 (0.03)	1.04 (0.03)	1.31 (0.03)	1.61 (0.03)	1.92 (0.04)	2.11 (0.05)	0.66	4 (0.8)
19+.....	1260	1.41 (0.03)	0.75 (0.03)	0.87 (0.03)	1.10 (0.03)	1.37 (0.03)	1.68 (0.03)	1.99 (0.04)	2.18 (0.05)	0.66	<3
Females:											
9-13.....	299	1.64 (0.06)	0.84* (0.05)	0.98 (0.05)	1.24 (0.05)	1.58 (0.05)	1.97 (0.07)	2.35 (0.09)	2.61* (0.11)	0.76	3* (1.1)
14-18.....	279	1.09 (0.03)	0.48* (0.04)	0.58 (0.04)	0.78 (0.04)	1.04 (0.03)	1.35 (0.04)	1.67 (0.05)	1.88* (0.06)	0.71	19 (3.1)
19-50.....	783	1.21 (0.02)	0.69 (0.02)	0.79 (0.02)	0.96 (0.02)	1.18 (0.02)	1.42 (0.02)	1.65 (0.02)	1.80 (0.03)	0.66	4 (0.7)
51+.....	641	1.15 (0.02)	0.65 (0.02)	0.74 (0.02)	0.92 (0.02)	1.13 (0.02)	1.37 (0.02)	1.60 (0.03)	1.75 (0.03)	0.66	6 (1.0)
19+.....	1424	1.19 (0.02)	0.67 (0.02)	0.77 (0.02)	0.95 (0.02)	1.17 (0.02)	1.41 (0.02)	1.64 (0.02)	1.79 (0.03)	0.66	4 (0.8)
All:											
1+.....	4694	1.62 (0.02)	0.72 (0.02)	0.84 (0.01)	1.07 (0.01)	1.38 (0.01)	1.84 (0.02)	2.72 (0.04)	3.59 (0.06)		4 (0.4)

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 E 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	175 (3)	115* (3)	126 (3)	147 (3)	172 (3)	200 (4)	228 (5)	245* (5)	100	<3
4-8.....	554	223 (4)	152 (4)	166 (4)	190 (4)	220 (4)	252 (4)	285 (5)	305 (6)	100	<3
Males:											
9-13.....	283	273 (5)	176* (7)	195 (6)	228 (6)	268 (5)	312 (5)	357 (6)	384* (7)	100	<3
14-18.....	249	288 (7)	188* (8)	207 (7)	242 (7)	283 (7)	329 (8)	375 (9)	402* (10)	100	<3
19-50.....	695	304 (4)	171 (5)	194 (5)	240 (4)	296 (4)	360 (5)	424 (7)	465 (8)	100	<3
51+.....	574	280 (5)	153 (6)	176 (6)	219 (6)	272 (5)	334 (6)	395 (7)	435 (8)	100	<3
19+.....	1269	298 (4)	165 (5)	189 (5)	234 (4)	290 (4)	354 (5)	417 (6)	458 (8)	100	<3
Females:											
9-13.....	300	243 (5)	153* (7)	170 (7)	200 (6)	238 (5)	280 (6)	320 (6)	346* (7)	100	<3
14-18.....	284	220 (5)	135* (5)	151 (5)	180 (5)	216 (5)	255 (6)	294 (7)	319* (9)	100	<3
19-50.....	790	233 (3)	134 (4)	152 (3)	186 (3)	228 (3)	275 (4)	322 (4)	351 (5)	100	<3
51+.....	647	213 (4)	118 (3)	135 (3)	168 (4)	208 (4)	252 (4)	297 (5)	327 (5)	100	<3
19+.....	1437	228 (3)	128 (3)	146 (3)	180 (3)	222 (3)	269 (3)	316 (4)	346 (5)	100	<3
All:											
1+.....	4725	253 (2)	140 (2)	159 (2)	195 (2)	243 (2)	299 (3)	360 (3)	401 (4)	100	<3

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

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Table E 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	88 (2)	52* (2)	58 (2)	70 (2)	86 (2)	103 (2)	121 (3)	132* (3)
4-8.....	554	102 (2)	62 (2)	69 (2)	82 (2)	99 (2)	118 (3)	138 (3)	150 (4)
Males:									
9-13.....	283	121 (3)	70* (4)	79 (4)	97 (3)	118 (3)	142 (3)	167 (4)	183* (5)
14-18.....	249	128 (4)	75* (4)	84 (4)	103 (4)	125 (4)	150 (4)	175 (5)	191* (6)
19-50.....	695	128 (3)	51 (3)	63 (3)	88 (3)	121 (3)	160 (3)	203 (4)	232 (6)
51+.....	574	118 (3)	46 (3)	57 (3)	79 (3)	110 (3)	148 (4)	189 (5)	216 (6)
19+.....	1269	126 (3)	50 (3)	61 (3)	85 (3)	118 (3)	158 (3)	200 (4)	228 (5)
Females:									
9-13.....	300	107 (3)	60* (4)	68 (4)	84 (3)	104 (3)	127 (4)	149 (4)	164* (5)
14-18.....	284	96 (3)	52* (3)	60 (3)	74 (3)	93 (3)	114 (3)	135 (4)	149* (5)
19-50.....	790	99 (2)	43 (2)	52 (2)	70 (2)	94 (2)	123 (3)	153 (4)	173 (4)
51+.....	647	93 (3)	39 (2)	48 (3)	65 (3)	87 (3)	115 (4)	144 (4)	164 (5)
19+.....	1437	97 (2)	42 (2)	51 (2)	68 (2)	92 (2)	121 (3)	151 (4)	171 (4)
All:									
1+.....	4725	109 (2)	49 (1)	59 (1)	78 (1)	103 (2)	133 (2)	168 (3)	193 (3)

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

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Table E 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	349	10.6 (0.3)	5.8* (0.3)	6.7 (0.3)	8.3 (0.3)	10.3 (0.3)	12.6 (0.3)	15.0 (0.4)	16.6* (0.4)	19	<3
4-8.....	554	13.7 (0.3)	8.0 (0.3)	9.0 (0.3)	10.9 (0.3)	13.4 (0.3)	16.1 (0.3)	18.9 (0.4)	20.6 (0.5)	25	<3
Males:											
9-13.....	283	17.0 (0.4)	9.7* (0.4)	10.9 (0.4)	13.4 (0.3)	16.4 (0.4)	20.1 (0.5)	23.8 (0.7)	26.1* (0.9)	31	<3
14-18.....	249	17.1 (0.5)	9.7* (0.4)	11.0 (0.4)	13.5 (0.4)	16.6 (0.5)	20.1 (0.6)	23.9 (0.8)	26.2* (1.0)	38	<3
19-50.....	695	20.5 (0.5)	9.6 (0.4)	11.5 (0.4)	15.0 (0.4)	19.7 (0.5)	25.1 (0.6)	30.7 (0.8)	34.5 (1.0)	38	<3
51+.....	574	21.5 (0.6)	10.4 (0.5)	12.2 (0.5)	15.8 (0.5)	20.5 (0.6)	26.2 (0.8)	31.9 (1.0)	35.7 (1.2)	30	14 (2.1)
19+.....	1269	20.8 (0.5)	9.8 (0.4)	11.6 (0.4)	15.2 (0.4)	19.9 (0.5)	25.4 (0.6)	31.1 (0.8)	34.9 (1.0)		5 (0.9)
Females:											
9-13.....	300	15.7 (0.5)	8.8* (0.4)	10.0 (0.4)	12.3 (0.4)	15.2 (0.5)	18.6 (0.6)	22.0 (0.8)	24.3* (1.0)	26	<3
14-18.....	284	14.1 (0.5)	7.6* (0.5)	8.7 (0.5)	10.8 (0.5)	13.6 (0.5)	16.8 (0.5)	20.0 (0.6)	22.2* (0.7)	26	<3
19-50.....	790	17.1 (0.5)	8.3 (0.3)	9.8 (0.3)	12.7 (0.4)	16.5 (0.4)	20.8 (0.5)	25.3 (0.7)	28.2 (0.8)	25	11 (1.5)
51+.....	647	17.4 (0.4)	8.5 (0.3)	10.0 (0.3)	12.9 (0.3)	16.7 (0.4)	21.0 (0.5)	25.6 (0.5)	28.6 (0.6)	21	25 (2.1)
19+.....	1437	17.2 (0.4)	8.4 (0.3)	9.9 (0.3)	12.7 (0.3)	16.5 (0.4)	20.9 (0.5)	25.4 (0.6)	28.3 (0.7)		15 (1.6)
All:											
1+.....	4725	17.4 (0.3)	8.3 (0.2)	9.7 (0.2)	12.5 (0.2)	16.4 (0.3)	21.2 (0.4)	26.6 (0.5)	30.2 (0.6)		7 (0.8)

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 E 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	49.4 (1.2)	30.7* (1.0)	34.1 (1.0)	40.4 (1.0)	48.3 (1.2)	57.2 (1.6)	66.2 (2.2)	72.2* (2.6)
4-8.....	554	62.2 (1.3)	39.7 (1.2)	43.9 (1.1)	51.4 (1.1)	60.9 (1.2)	71.5 (1.6)	82.3 (2.2)	89.1 (2.7)
Males:									
9-13.....	283	79.5 (1.7)	48.0* (1.8)	53.7 (1.7)	64.5 (1.5)	77.5 (1.6)	92.6 (2.3)	107.7 (3.2)	117.2* (4.0)
14-18.....	249	87.4 (2.3)	53.7* (2.2)	59.9 (2.1)	71.7 (2.0)	85.6 (2.3)	101.3 (2.9)	117.3 (3.8)	127.1* (4.5)
19-50.....	695	93.9 (1.8)	53.5 (1.7)	60.8 (1.8)	74.7 (1.7)	91.7 (1.8)	110.7 (2.0)	129.8 (2.5)	142.1 (2.8)
51+.....	574	89.5 (1.7)	50.0 (1.7)	57.0 (1.6)	70.5 (1.6)	87.1 (1.7)	106.1 (2.0)	125.0 (2.6)	136.9 (3.0)
19+.....	1269	92.8 (1.6)	52.5 (1.7)	59.7 (1.7)	73.6 (1.6)	90.6 (1.6)	109.7 (1.9)	128.6 (2.4)	140.6 (2.7)
Females:									
9-13.....	300	72.0 (2.1)	42.4* (2.0)	47.8 (2.0)	57.8 (1.9)	70.3 (2.0)	84.4 (2.6)	98.1 (3.3)	107.2* (3.9)
14-18.....	284	65.7 (2.0)	37.8* (2.3)	42.9 (2.3)	52.2 (2.1)	64.0 (2.0)	77.4 (2.3)	90.7 (2.7)	99.6* (3.1)
19-50.....	790	70.9 (1.4)	38.6 (1.3)	44.4 (1.3)	55.2 (1.3)	68.9 (1.4)	84.5 (1.6)	100.0 (1.9)	109.8 (2.1)
51+.....	647	67.3 (1.7)	35.7 (1.2)	41.3 (1.3)	51.9 (1.4)	65.3 (1.7)	80.4 (2.0)	95.8 (2.4)	106.1 (2.7)
19+.....	1437	69.9 (1.4)	37.6 (1.2)	43.4 (1.2)	54.2 (1.2)	67.9 (1.4)	83.4 (1.6)	98.8 (1.9)	109.0 (2.1)
All:									
1+.....	4725	76.7 (0.9)	40.1 (0.7)	46.0 (0.7)	57.6 (0.8)	73.5 (0.9)	92.4 (1.1)	112.0 (1.5)	124.6 (1.8)

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

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

Table E 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	18.7 (0.5)	11.1* (0.5)	12.4 (0.5)	15.0 (0.5)	18.2 (0.5)	21.8 (0.6)	25.6 (0.8)	28.2* (0.9)
4-8.....	554	22.4 (0.4)	13.6 (0.5)	15.2 (0.4)	18.1 (0.4)	21.8 (0.4)	26.0 (0.5)	30.4 (0.7)	33.2 (0.9)
Males:									
9-13.....	283	27.8 (0.8)	16.1* (0.7)	18.2 (0.7)	22.2 (0.7)	27.0 (0.7)	32.7 (1.0)	38.4 (1.3)	42.1* (1.6)
14-18.....	249	29.7 (0.9)	17.4* (0.8)	19.7 (0.8)	23.9 (0.8)	28.9 (0.9)	34.8 (1.1)	40.8 (1.4)	44.5* (1.6)
19-50.....	695	30.8 (0.7)	17.1 (0.6)	19.4 (0.6)	24.2 (0.6)	29.9 (0.7)	36.5 (0.8)	43.1 (1.0)	47.3 (1.1)
51+.....	574	28.8 (0.6)	15.7 (0.6)	18.0 (0.6)	22.4 (0.6)	27.9 (0.6)	34.4 (0.8)	40.8 (1.0)	44.9 (1.1)
19+.....	1269	30.3 (0.6)	16.6 (0.6)	19.0 (0.6)	23.7 (0.6)	29.4 (0.6)	36.0 (0.8)	42.6 (0.9)	46.8 (1.1)
Females:									
9-13.....	300	24.6 (0.8)	13.9* (0.7)	15.8 (0.7)	19.3 (0.7)	23.9 (0.8)	29.1 (1.0)	34.3 (1.2)	37.7* (1.4)
14-18.....	284	21.7 (0.8)	11.8* (0.8)	13.6 (0.8)	16.8 (0.8)	21.0 (0.8)	25.8 (0.9)	30.7 (1.0)	34.0* (1.2)
19-50.....	790	22.7 (0.5)	11.5 (0.4)	13.4 (0.4)	17.1 (0.4)	21.9 (0.5)	27.4 (0.6)	33.1 (0.7)	36.7 (0.8)
51+.....	647	21.3 (0.6)	10.5 (0.4)	12.4 (0.4)	15.9 (0.5)	20.5 (0.6)	25.8 (0.7)	31.4 (0.9)	35.1 (1.0)
19+.....	1437	22.3 (0.5)	11.2 (0.4)	13.1 (0.4)	16.7 (0.4)	21.5 (0.5)	27.0 (0.6)	32.6 (0.7)	36.3 (0.8)
All:									
1+.....	4725	25.4 (0.3)	12.8 (0.3)	14.9 (0.3)	18.9 (0.2)	24.3 (0.3)	30.7 (0.4)	37.4 (0.6)	41.8 (0.7)

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

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

Table E 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	16.2 (0.5)	9.8* (0.4)	11.0 (0.4)	13.1 (0.4)	15.8 (0.5)	18.8 (0.6)	21.9 (0.8)	24.0* (1.0)
4-8.....	554	20.6 (0.5)	12.9 (0.5)	14.4 (0.4)	16.9 (0.4)	20.2 (0.5)	23.8 (0.7)	27.5 (0.9)	29.8 (1.1)
Males:									
9-13.....	283	26.8 (0.7)	15.7* (0.7)	17.7 (0.6)	21.5 (0.5)	26.1 (0.6)	31.5 (0.9)	36.9 (1.3)	40.4* (1.7)
14-18.....	249	29.7 (0.9)	17.7* (0.8)	19.9 (0.7)	24.1 (0.7)	29.0 (0.8)	34.7 (1.1)	40.5 (1.6)	44.1* (1.9)
19-50.....	695	32.7 (0.7)	17.9 (0.6)	20.5 (0.6)	25.5 (0.6)	31.8 (0.7)	38.8 (0.8)	46.0 (1.0)	50.5 (1.1)
51+.....	574	31.7 (0.7)	17.1 (0.6)	19.7 (0.6)	24.6 (0.6)	30.7 (0.7)	37.8 (0.8)	44.9 (1.0)	49.5 (1.2)
19+.....	1269	32.4 (0.6)	17.7 (0.6)	20.3 (0.6)	25.3 (0.6)	31.5 (0.6)	38.6 (0.7)	45.7 (0.9)	50.3 (1.0)
Females:									
9-13.....	300	24.2 (0.7)	13.8* (0.8)	15.7 (0.7)	19.1 (0.7)	23.6 (0.7)	28.6 (0.9)	33.5 (1.2)	36.8* (1.5)
14-18.....	284	22.0 (0.7)	12.2* (0.8)	14.0 (0.8)	17.2 (0.7)	21.3 (0.7)	26.0 (0.8)	30.8 (1.0)	34.0* (1.2)
19-50.....	790	24.5 (0.5)	13.0 (0.5)	15.0 (0.5)	18.9 (0.5)	23.8 (0.5)	29.4 (0.5)	35.1 (0.7)	38.7 (0.7)
51+.....	647	23.6 (0.6)	12.3 (0.4)	14.2 (0.5)	18.0 (0.5)	22.8 (0.6)	28.4 (0.7)	34.0 (0.9)	37.9 (1.1)
19+.....	1437	24.3 (0.5)	12.8 (0.4)	14.8 (0.4)	18.6 (0.4)	23.5 (0.5)	29.1 (0.6)	34.8 (0.7)	38.5 (0.8)
All:									
1+.....	4725	26.4 (0.4)	13.3 (0.3)	15.3 (0.3)	19.4 (0.3)	25.1 (0.3)	32.1 (0.4)	39.3 (0.6)	44.1 (0.7)

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

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

Table E 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	10.0 (0.3)	5.6* (0.3)	6.4 (0.3)	7.8 (0.3)	9.7 (0.3)	11.8 (0.4)	14.0 (0.5)	15.4* (0.6)
4-8.....	554	13.5 (0.3)	8.0 (0.3)	9.0 (0.3)	10.8 (0.3)	13.1 (0.3)	15.8 (0.4)	18.5 (0.6)	20.3 (0.7)
Males:									
9-13.....	283	17.6 (0.3)	10.0* (0.5)	11.3 (0.4)	13.9 (0.3)	17.0 (0.3)	20.7 (0.5)	24.6 (0.8)	27.1* (1.1)
14-18.....	249	19.3 (0.6)	11.2* (0.6)	12.6 (0.5)	15.4 (0.5)	18.8 (0.6)	22.7 (0.8)	26.8 (1.1)	29.4* (1.4)
19-50.....	695	21.1 (0.5)	11.3 (0.5)	13.0 (0.5)	16.2 (0.5)	20.4 (0.5)	25.1 (0.5)	30.0 (0.7)	33.3 (0.8)
51+.....	574	20.6 (0.5)	11.0 (0.5)	12.6 (0.5)	15.8 (0.5)	19.9 (0.5)	24.7 (0.6)	29.5 (0.8)	32.7 (1.0)
19+.....	1269	21.0 (0.4)	11.3 (0.5)	12.9 (0.5)	16.1 (0.4)	20.2 (0.4)	25.0 (0.5)	29.9 (0.7)	33.1 (0.8)
Females:									
9-13.....	300	16.9 (0.5)	9.5* (0.5)	10.8 (0.5)	13.2 (0.5)	16.3 (0.5)	19.9 (0.7)	23.5 (1.0)	26.0* (1.2)
14-18.....	284	15.7 (0.5)	8.7* (0.6)	9.9 (0.6)	12.2 (0.5)	15.2 (0.5)	18.6 (0.6)	22.2 (0.8)	24.5* (1.0)
19-50.....	790	16.9 (0.4)	8.9 (0.3)	10.3 (0.3)	12.9 (0.3)	16.3 (0.4)	20.2 (0.5)	24.2 (0.6)	26.9 (0.7)
51+.....	647	16.0 (0.5)	8.3 (0.3)	9.6 (0.4)	12.2 (0.4)	15.4 (0.5)	19.3 (0.6)	23.2 (0.7)	26.0 (0.8)
19+.....	1437	16.6 (0.4)	8.7 (0.3)	10.1 (0.3)	12.7 (0.3)	16.0 (0.4)	20.0 (0.5)	24.0 (0.6)	26.6 (0.7)
All:									
1+.....	4725	17.5 (0.2)	8.6 (0.2)	10.0 (0.2)	12.9 (0.2)	16.7 (0.2)	21.3 (0.3)	26.1 (0.4)	29.3 (0.5)

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

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

Table E 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	349	8.8 (0.3)	4.9* (0.2)	5.6 (0.2)	6.8 (0.2)	8.5 (0.3)	10.4 (0.3)	12.4 (0.4)	13.7* (0.5)	7	73 (3.5)
4-8.....	554	12.0 (0.3)	7.0 (0.3)	7.9 (0.3)	9.6 (0.3)	11.7 (0.3)	14.1 (0.4)	16.6 (0.5)	18.2 (0.7)	10	70 (3.1)
Males:											
9-13.....	283	15.7 (0.3)	8.9* (0.4)	10.1 (0.4)	12.4 (0.3)	15.2 (0.3)	18.5 (0.4)	22.0 (0.7)	24.2* (1.0)	12	78 (2.4)
14-18.....	249	17.2 (0.5)	9.9* (0.5)	11.2 (0.5)	13.7 (0.4)	16.7 (0.5)	20.2 (0.7)	23.9 (1.0)	26.2* (1.2)	16	56 (4.1)
19-50.....	695	18.6 (0.4)	9.9 (0.4)	11.4 (0.4)	14.3 (0.4)	18.0 (0.4)	22.2 (0.5)	26.6 (0.6)	29.5 (0.7)	17	57 (2.8)
51+.....	574	18.1 (0.4)	9.6 (0.4)	11.0 (0.4)	13.9 (0.4)	17.5 (0.4)	21.7 (0.5)	26.1 (0.7)	28.9 (0.8)	14	74 (2.4)
19+.....	1269	18.5 (0.4)	9.9 (0.4)	11.3 (0.4)	14.2 (0.4)	17.9 (0.4)	22.1 (0.5)	26.5 (0.6)	29.3 (0.7)		61 (2.6)
Females:											
9-13.....	300	15.1 (0.5)	8.4* (0.5)	9.6 (0.5)	11.8 (0.4)	14.6 (0.4)	17.8 (0.6)	21.1 (0.9)	23.3* (1.1)	10	88 (2.6)
14-18.....	284	14.0 (0.4)	7.7* (0.5)	8.8 (0.5)	10.9 (0.5)	13.5 (0.4)	16.7 (0.5)	19.8 (0.7)	22.0* (0.9)	11	74 (4.1)
19-50.....	790	14.9 (0.4)	7.8 (0.3)	9.0 (0.3)	11.3 (0.3)	14.3 (0.4)	17.9 (0.4)	21.5 (0.6)	23.8 (0.6)	12	69 (2.6)
51+.....	647	14.0 (0.4)	7.2 (0.3)	8.3 (0.3)	10.6 (0.3)	13.5 (0.4)	16.9 (0.5)	20.4 (0.6)	22.9 (0.7)	11	71 (3.0)
19+.....	1437	14.6 (0.4)	7.6 (0.3)	8.8 (0.3)	11.1 (0.3)	14.1 (0.4)	17.6 (0.4)	21.2 (0.6)	23.6 (0.6)		70 (2.6)
All:											
1+.....	4725	15.5 (0.2)	7.5 (0.2)	8.8 (0.2)	11.4 (0.2)	14.8 (0.2)	18.9 (0.3)	23.1 (0.4)	26.0 (0.4)		68 (1.6)

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

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

Table E 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	349	0.98 (0.03)	0.56* (0.02)	0.63 (0.02)	0.77 (0.02)	0.95 (0.03)	1.15 (0.04)	1.38 (0.06)	1.53* (0.07)	0.7	83 (2.5)
4-8.....	554	1.21 (0.03)	0.71 (0.02)	0.80 (0.02)	0.96 (0.02)	1.17 (0.02)	1.42 (0.03)	1.68 (0.05)	1.85 (0.06)	0.9	81 (2.0)
Males:											
9-13.....	283	1.53 (0.04)	0.86* (0.05)	0.97 (0.05)	1.19 (0.04)	1.47 (0.03)	1.80 (0.06)	2.15 (0.10)	2.38* (0.13)	1.2	74 (3.1)
14-18.....	249	1.67 (0.06)	0.95* (0.06)	1.07 (0.06)	1.31 (0.05)	1.61 (0.06)	1.96 (0.08)	2.34 (0.13)	2.58* (0.16)	1.6	51 (4.8)
19-50.....	695	1.98 (0.05)	1.06 (0.05)	1.21 (0.05)	1.51 (0.05)	1.90 (0.05)	2.36 (0.06)	2.84 (0.09)	3.17 (0.11)	1.6	70 (2.9)
51+.....	574	1.99 (0.05)	1.07 (0.05)	1.22 (0.05)	1.52 (0.05)	1.90 (0.05)	2.37 (0.07)	2.86 (0.11)	3.18 (0.13)	1.6	70 (3.0)
19+.....	1269	1.98 (0.05)	1.06 (0.05)	1.22 (0.05)	1.51 (0.04)	1.90 (0.04)	2.36 (0.06)	2.84 (0.09)	3.17 (0.12)	1.6	70 (2.7)
Females:											
9-13.....	300	1.48 (0.06)	0.83* (0.05)	0.94 (0.05)	1.15 (0.04)	1.42 (0.05)	1.75 (0.08)	2.08 (0.12)	2.30* (0.15)	1	86 (3.0)
14-18.....	284	1.36 (0.06)	0.75* (0.06)	0.86 (0.06)	1.05 (0.05)	1.31 (0.05)	1.62 (0.07)	1.93 (0.10)	2.15* (0.13)	1.1	71 (5.0)
19-50.....	790	1.63 (0.04)	0.83 (0.04)	0.96 (0.04)	1.21 (0.04)	1.55 (0.04)	1.97 (0.06)	2.40 (0.08)	2.69 (0.09)	1.1	82 (2.5)
51+.....	647	1.61 (0.05)	0.82 (0.04)	0.94 (0.04)	1.20 (0.04)	1.53 (0.05)	1.94 (0.06)	2.38 (0.09)	2.69 (0.11)	1.1	81 (2.5)
19+.....	1437	1.63 (0.04)	0.82 (0.04)	0.95 (0.04)	1.21 (0.04)	1.55 (0.04)	1.96 (0.06)	2.39 (0.08)	2.69 (0.09)	1.1	82 (2.4)
All:											
1+.....	4725	1.65 (0.03)	0.80 (0.02)	0.93 (0.02)	1.19 (0.02)	1.55 (0.03)	2.00 (0.04)	2.49 (0.06)	2.81 (0.07)		76 (1.6)

NOTES: AI=Adequate Intake

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

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

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

Table E 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	0.01 (#)	#	#	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01* (0.001)
4-8.....	554	0.01 (#)	#	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)
Males:									
9-13.....	283	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02* (0.002)
14-18.....	249	0.02 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02* (0.003)
19-50.....	695	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.002)	0.04 (0.003)
51+.....	574	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.003)
19+.....	1269	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.001)	0.03 (0.002)	0.04 (0.003)
Females:									
9-13.....	300	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02* (0.002)
14-18.....	284	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)
19-50.....	790	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
51+.....	647	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
19+.....	1437	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
All:									
1+.....	4725	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.02 (0.001)	0.03 (0.001)	0.03 (0.002)

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

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

Table E 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.004)	0.05* (0.005)
4-8.....	554	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)	0.05 (0.005)
Males:									
9-13.....	283	0.03 (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.06* (0.005)
14-18.....	249	0.03 (0.003)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.06 (0.006)	0.07* (0.007)
19-50.....	695	0.07 (0.006)	0.02 (0.002)	0.02 (0.003)	0.04 (0.003)	0.06 (0.005)	0.09 (0.007)	0.14 (0.012)	0.18 (0.017)
51+.....	574	0.08 (0.009)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.06 (0.007)	0.10 (0.011)	0.16 (0.018)	0.20 (0.025)
19+.....	1269	0.07 (0.006)	0.02 (0.002)	0.02 (0.003)	0.04 (0.004)	0.06 (0.005)	0.09 (0.008)	0.14 (0.013)	0.18 (0.019)
Females:									
9-13.....	300	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.05* (0.005)
14-18.....	284	0.02 (0.002)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05* (0.006)
19-50.....	790	0.05 (0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.004)	0.10 (0.008)	0.13 (0.011)
51+.....	647	0.06 (0.004)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.08 (0.005)	0.12 (0.009)	0.15 (0.013)
19+.....	1437	0.06 (0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.003)	0.07 (0.004)	0.11 (0.008)	0.13 (0.011)
All:									
1+.....	4725	0.05 (0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.04 (0.002)	0.07 (0.004)	0.11 (0.006)	0.14 (0.009)

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

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

Table E 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	184 (6)	105* (6)	119 (6)	144 (5)	178 (6)	217 (9)	259 (14)	287* (17)
4-8.....	554	206 (6)	119 (7)	134 (6)	162 (5)	199 (5)	242 (8)	288 (13)	318 (16)
Males:									
9-13.....	283	262 (7)	130* (8)	151 (8)	194 (7)	248 (7)	317 (9)	390 (15)	438* (20)
14-18.....	249	305 (10)	155* (10)	180 (10)	229 (9)	291 (9)	366 (12)	448 (18)	500* (23)
19-50.....	695	383 (11)	186 (11)	218 (11)	282 (11)	366 (12)	465 (14)	571 (17)	642 (20)
51+.....	574	370 (10)	178 (10)	209 (10)	271 (10)	351 (11)	451 (13)	554 (17)	623 (20)
19+.....	1269	380 (11)	184 (10)	215 (10)	279 (10)	362 (11)	462 (13)	567 (17)	636 (20)
Females:									
9-13.....	300	231 (9)	111* (8)	130 (8)	168 (7)	219 (8)	281 (11)	346 (16)	390* (20)
14-18.....	284	205 (8)	96* (8)	113 (8)	147 (8)	193 (8)	250 (9)	311 (13)	353* (15)
19-50.....	790	265 (5)	131 (6)	154 (6)	196 (5)	253 (5)	321 (6)	391 (8)	437 (10)
51+.....	647	259 (7)	127 (6)	149 (6)	191 (6)	247 (7)	314 (8)	384 (11)	433 (13)
19+.....	1437	263 (5)	130 (6)	152 (5)	195 (5)	251 (5)	319 (6)	389 (8)	436 (10)
All:									
1+.....	4725	289 (5)	129 (3)	151 (3)	196 (4)	265 (5)	357 (7)	462 (10)	533 (13)

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

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

Table E 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	540 (15)	309* (14)	350 (14)	428 (14)	526 (15)	636 (18)	750 (23)	824* (27)	210	<3
4-8.....	554	580 (19)	334 (17)	379 (17)	460 (17)	564 (19)	681 (22)	801 (28)	876 (32)	275	<3
Males:											
9-13.....	283	664 (22)	312* (24)	369 (23)	483 (21)	630 (21)	810 (30)	1001 (44)	1125* (58)	445	19 (3.1)
14-18.....	249	626 (23)	287* (24)	342 (23)	453 (21)	594 (22)	766 (30)	951 (46)	1068* (58)	630	56 (3.8)
19-50.....	695	598 (21)	241 (13)	293 (13)	404 (16)	555 (20)	745 (27)	955 (38)	1101 (44)	625	60 (3.1)
51+.....	574	621 (26)	253 (14)	307 (16)	421 (19)	575 (24)	777 (32)	994 (44)	1138 (53)	625	57 (3.6)
19+.....	1269	604 (21)	244 (13)	297 (13)	408 (15)	561 (19)	753 (27)	966 (38)	1110 (45)	625	60 (3.1)
Females:											
9-13.....	300	575 (20)	258* (20)	309 (19)	409 (18)	545 (18)	708 (27)	876 (42)	991* (53)	420	27 (3.0)
14-18.....	284	485 (19)	205* (21)	249 (21)	337 (20)	456 (19)	603 (24)	758 (36)	865* (45)	485	56 (3.7)
19-50.....	790	529 (13)	224 (12)	270 (12)	362 (12)	492 (12)	655 (16)	836 (24)	959 (31)	500	51 (2.2)
51+.....	647	568 (15)	243 (16)	292 (16)	391 (16)	528 (16)	700 (18)	893 (24)	1029 (31)	500	45 (2.8)
19+.....	1437	540 (12)	229 (13)	276 (13)	369 (12)	502 (12)	668 (15)	853 (22)	980 (29)	500	50 (2.1)
All:											
1+.....	4725	574 (11)	247 (9)	299 (9)	401 (9)	539 (10)	704 (13)	890 (18)	1022 (22)	44	(1.5)

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

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

Table E 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Hispanic											
Males and females:											
1-3.....	349	445 (15)	249* (17)	285 (16)	352 (16)	434 (15)	526 (16)	618 (19)	678* (21)	600	12 (2.4)
4-8.....	554	469 (14)	266 (15)	303 (14)	371 (13)	458 (14)	553 (16)	649 (20)	710 (24)	900	<3
Males:											
9-13.....	283	537 (21)	227* (15)	276 (16)	375 (16)	505 (20)	666 (29)	837 (39)	949* (50)	1700	<3
14-18.....	249	520 (26)	216* (17)	264 (17)	363 (20)	491 (24)	647 (34)	816 (46)	924* (56)	2800	<3
19-50.....	695	433 (15)	155 (11)	193 (12)	279 (13)	398 (15)	548 (19)	718 (26)	831 (31)	3000	<3
51+.....	574	428 (19)	152 (11)	190 (13)	274 (15)	390 (18)	545 (23)	712 (32)	824 (38)	3000	<3
19+.....	1269	431 (15)	154 (11)	192 (11)	278 (13)	396 (15)	547 (19)	717 (27)	830 (32)	3000	<3
Females:											
9-13.....	300	465 (15)	185* (15)	228 (15)	316 (15)	436 (14)	582 (19)	734 (28)	838* (35)	1700	<3
14-18.....	284	374 (13)	135* (12)	171 (12)	244 (12)	346 (13)	475 (17)	612 (26)	707* (33)	2800	<3
19-50.....	790	351 (9)	141 (8)	173 (8)	236 (8)	326 (9)	439 (11)	562 (16)	646 (20)	3000	<3
51+.....	647	355 (11)	141 (9)	173 (10)	238 (10)	329 (11)	443 (14)	570 (18)	659 (21)	3000	<3
19+.....	1437	352 (8)	141 (8)	173 (8)	236 (8)	327 (8)	440 (10)	564 (15)	650 (19)	3000	<3
All:											
1+.....	4725	417 (7)	158 (7)	197 (7)	278 (6)	389 (6)	523 (8)	669 (12)	774 (17)		<3

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

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

Table E 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	1.11 (0.02)	0.69* (0.03)	0.77 (0.02)	0.91 (0.02)	1.09 (0.02)	1.28 (0.02)	1.48 (0.03)	1.62* (0.04)	0.4	<3
4-8.....	554	1.42 (0.03)	0.92 (0.03)	1.01 (0.03)	1.18 (0.03)	1.39 (0.03)	1.63 (0.03)	1.87 (0.04)	2.02 (0.05)	0.5	<3
Males:											
9-13.....	283	1.75 (0.04)	1.02* (0.05)	1.14 (0.05)	1.39 (0.04)	1.70 (0.04)	2.06 (0.06)	2.42 (0.09)	2.66* (0.12)	0.7	<3
14-18.....	249	1.92 (0.06)	1.13* (0.06)	1.27 (0.06)	1.54 (0.05)	1.87 (0.06)	2.24 (0.08)	2.64 (0.12)	2.88* (0.14)	1	<3
19-50.....	695	1.85 (0.03)	1.04 (0.03)	1.17 (0.03)	1.45 (0.03)	1.79 (0.03)	2.19 (0.03)	2.60 (0.05)	2.86 (0.05)	1	4 (0.7)
51+.....	574	1.78 (0.04)	0.99 (0.03)	1.12 (0.03)	1.38 (0.03)	1.71 (0.04)	2.11 (0.04)	2.50 (0.05)	2.77 (0.06)	1	5 (1.0)
19+.....	1269	1.83 (0.03)	1.02 (0.03)	1.16 (0.03)	1.43 (0.03)	1.77 (0.03)	2.17 (0.03)	2.57 (0.04)	2.84 (0.05)	1	4 (0.7)
Females:											
9-13.....	300	1.53 (0.05)	0.86* (0.05)	0.98 (0.05)	1.20 (0.04)	1.48 (0.04)	1.81 (0.06)	2.13 (0.09)	2.35* (0.11)	0.7	<3
14-18.....	284	1.39 (0.04)	0.76* (0.05)	0.87 (0.05)	1.07 (0.04)	1.34 (0.04)	1.65 (0.05)	1.96 (0.08)	2.17* (0.10)	0.9	12 (2.8)
19-50.....	790	1.40 (0.02)	0.81 (0.03)	0.92 (0.03)	1.11 (0.02)	1.37 (0.02)	1.65 (0.03)	1.94 (0.04)	2.13 (0.04)	0.9	9 (1.4)
51+.....	647	1.32 (0.02)	0.75 (0.02)	0.85 (0.02)	1.04 (0.02)	1.28 (0.02)	1.55 (0.03)	1.83 (0.04)	2.02 (0.05)	0.9	13 (1.6)
19+.....	1437	1.38 (0.02)	0.79 (0.02)	0.89 (0.02)	1.09 (0.02)	1.34 (0.02)	1.62 (0.02)	1.91 (0.03)	2.10 (0.04)	0.9	10 (1.3)
All:											
1+.....	4725	1.57 (0.02)	0.85 (0.02)	0.97 (0.02)	1.19 (0.01)	1.49 (0.02)	1.86 (0.02)	2.27 (0.03)	2.54 (0.04)	6	(0.6)

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

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

Table E 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	1.67 (0.04)	1.04* (0.04)	1.16 (0.04)	1.37 (0.04)	1.64 (0.04)	1.94 (0.04)	2.23 (0.05)	2.43* (0.05)	0.4	<3
4-8.....	554	1.81 (0.04)	1.14 (0.04)	1.27 (0.04)	1.49 (0.04)	1.78 (0.04)	2.09 (0.04)	2.40 (0.05)	2.60 (0.06)	0.5	<3
Males:											
9-13.....	283	2.13 (0.05)	1.14* (0.06)	1.31 (0.06)	1.63 (0.05)	2.05 (0.05)	2.55 (0.08)	3.07 (0.12)	3.41* (0.16)	0.8	<3
14-18.....	249	2.33 (0.07)	1.26* (0.07)	1.44 (0.07)	1.80 (0.06)	2.24 (0.06)	2.77 (0.09)	3.33 (0.14)	3.68* (0.18)	1.1	<3
19-50.....	695	2.42 (0.06)	1.19 (0.05)	1.39 (0.05)	1.78 (0.05)	2.31 (0.06)	2.92 (0.08)	3.58 (0.10)	4.02 (0.12)	1.1	3 (0.7)
51+.....	574	2.38 (0.07)	1.17 (0.04)	1.36 (0.05)	1.75 (0.05)	2.26 (0.06)	2.89 (0.08)	3.54 (0.11)	3.98 (0.13)	1.1	4 (0.7)
19+.....	1269	2.41 (0.06)	1.18 (0.04)	1.38 (0.04)	1.78 (0.05)	2.29 (0.06)	2.92 (0.07)	3.57 (0.10)	4.01 (0.12)	1.1	3 (0.7)
Females:											
9-13.....	300	1.86 (0.05)	0.96* (0.06)	1.11 (0.05)	1.40 (0.05)	1.79 (0.05)	2.24 (0.08)	2.70 (0.12)	3.01* (0.15)	0.8	<3
14-18.....	284	1.63 (0.04)	0.82* (0.06)	0.95 (0.06)	1.21 (0.05)	1.56 (0.04)	1.97 (0.06)	2.40 (0.09)	2.70* (0.12)	0.9	8 (2.2)
19-50.....	790	1.73 (0.03)	0.93 (0.03)	1.08 (0.03)	1.34 (0.03)	1.68 (0.03)	2.07 (0.03)	2.46 (0.04)	2.72 (0.05)	0.9	4 (0.7)
51+.....	647	1.70 (0.03)	0.91 (0.02)	1.05 (0.02)	1.31 (0.02)	1.64 (0.03)	2.02 (0.04)	2.42 (0.05)	2.69 (0.07)	0.9	5 (0.7)
19+.....	1437	1.72 (0.02)	0.93 (0.02)	1.07 (0.02)	1.33 (0.02)	1.67 (0.02)	2.05 (0.03)	2.45 (0.04)	2.71 (0.05)	0.9	4 (0.7)
All:											
1+.....	4725	2.00 (0.02)	1.02 (0.02)	1.18 (0.02)	1.47 (0.02)	1.88 (0.02)	2.39 (0.03)	2.99 (0.05)	3.42 (0.07)		3 (0.4)

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

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

Table E 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	13.3 (0.3)	7.8* (0.3)	8.8 (0.3)	10.6 (0.3)	12.9 (0.3)	15.5 (0.4)	18.2 (0.5)	19.9* (0.6)	5	<3
4-8.....	554	18.2 (0.4)	11.4 (0.4)	12.7 (0.4)	15.0 (0.4)	17.8 (0.4)	21.1 (0.5)	24.3 (0.7)	26.3 (0.8)	6	<3
Males:											
9-13.....	283	24.6 (0.5)	14.3* (0.8)	16.1 (0.7)	19.5 (0.5)	23.8 (0.5)	28.9 (0.7)	34.1 (1.2)	37.5* (1.6)	9	<3
14-18.....	249	29.8 (0.9)	17.8* (0.9)	19.9 (0.9)	24.0 (0.8)	29.0 (0.9)	34.7 (1.2)	40.7 (1.7)	44.4* (2.1)	12	<3
19-50.....	695	32.8 (0.7)	18.4 (0.7)	20.8 (0.7)	25.7 (0.7)	31.8 (0.7)	38.8 (0.9)	46.1 (1.1)	50.8 (1.3)	12	<3
51+.....	574	29.4 (0.6)	15.9 (0.6)	18.2 (0.6)	22.7 (0.6)	28.4 (0.6)	35.0 (0.7)	41.9 (0.9)	46.5 (1.1)	12	<3
19+.....	1269	31.9 (0.7)	17.5 (0.6)	20.0 (0.6)	24.8 (0.6)	30.9 (0.7)	37.9 (0.8)	45.1 (1.1)	49.9 (1.2)	12	<3
Females:											
9-13.....	300	21.4 (0.6)	12.1* (0.7)	13.7 (0.6)	16.7 (0.6)	20.7 (0.6)	25.2 (0.9)	29.8 (1.3)	32.9* (1.6)	9	<3
14-18.....	284	20.3 (0.5)	11.3* (0.8)	12.9 (0.7)	15.8 (0.6)	19.6 (0.5)	24.1 (0.7)	28.6 (1.0)	31.6* (1.3)	11	4* (1.7)
19-50.....	790	22.3 (0.3)	13.1 (0.3)	14.8 (0.3)	17.9 (0.3)	21.8 (0.3)	26.2 (0.4)	30.6 (0.5)	33.4 (0.5)	11	<3
51+.....	647	20.1 (0.4)	11.4 (0.3)	13.0 (0.3)	15.9 (0.3)	19.5 (0.4)	23.7 (0.4)	27.9 (0.5)	30.8 (0.6)	11	4 (0.7)
19+.....	1437	21.7 (0.3)	12.5 (0.3)	14.1 (0.3)	17.2 (0.3)	21.1 (0.3)	25.5 (0.3)	30.0 (0.4)	32.9 (0.5)	11	<3
All:											
1+.....	4725	24.7 (0.3)	12.0 (0.2)	14.0 (0.2)	17.8 (0.2)	23.1 (0.3)	30.0 (0.4)	37.7 (0.6)	42.8 (0.8)		<3

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

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

Table E 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	1.30 (0.03)	0.83* (0.04)	0.92 (0.04)	1.08 (0.03)	1.28 (0.03)	1.50 (0.04)	1.73 (0.05)	1.88* (0.06)	0.4	<3	30	<3
4-8.....	554	1.55 (0.04)	1.01 (0.04)	1.11 (0.04)	1.29 (0.04)	1.52 (0.04)	1.78 (0.05)	2.04 (0.06)	2.20 (0.07)	0.5	<3	40	<3
Males:													
9-13.....	283	2.02 (0.05)	1.04* (0.06)	1.20 (0.06)	1.51 (0.05)	1.92 (0.05)	2.43 (0.08)	2.98 (0.13)	3.34* (0.18)	0.8	<3	60	<3
14-18.....	249	2.34 (0.08)	1.23* (0.07)	1.41 (0.07)	1.78 (0.07)	2.24 (0.08)	2.80 (0.12)	3.42 (0.18)	3.81* (0.23)	1.1	<3	80	<3
19-50.....	695	2.68 (0.08)	1.30 (0.06)	1.51 (0.06)	1.95 (0.07)	2.54 (0.08)	3.25 (0.11)	4.04 (0.15)	4.58 (0.17)	1.1	<3	100	<3
51+.....	574	2.49 (0.08)	1.19 (0.06)	1.39 (0.07)	1.79 (0.07)	2.34 (0.08)	3.03 (0.10)	3.77 (0.13)	4.28 (0.16)	1.4	10 (2.0)	100	<3
19+.....	1269	2.63 (0.08)	1.26 (0.06)	1.47 (0.06)	1.91 (0.06)	2.49 (0.08)	3.20 (0.10)	3.98 (0.14)	4.50 (0.16)		4 (0.9)	100	<3
Females:													
9-13.....	300	1.73 (0.05)	0.87* (0.06)	1.00 (0.05)	1.27 (0.05)	1.64 (0.05)	2.08 (0.08)	2.55 (0.12)	2.88* (0.16)	0.8	3* (1.3)	60	<3
14-18.....	284	1.62 (0.05)	0.80* (0.06)	0.94 (0.06)	1.19 (0.05)	1.54 (0.05)	1.97 (0.06)	2.42 (0.10)	2.74* (0.13)	1	13 (3.1)	80	<3
19-50.....	790	1.84 (0.04)	1.00 (0.03)	1.15 (0.03)	1.41 (0.03)	1.77 (0.04)	2.20 (0.04)	2.64 (0.06)	2.93 (0.07)	1.1	8 (1.2)	100	<3
51+.....	647	1.71 (0.03)	0.92 (0.03)	1.05 (0.03)	1.30 (0.03)	1.64 (0.03)	2.04 (0.03)	2.46 (0.04)	2.76 (0.06)	1.3	25 (1.9)	100	<3
19+.....	1437	1.81 (0.03)	0.97 (0.03)	1.11 (0.03)	1.38 (0.03)	1.73 (0.03)	2.15 (0.04)	2.59 (0.05)	2.89 (0.06)		13 (1.3)	100	<3
All:													
1+.....	4725	2.05 (0.03)	0.99 (0.03)	1.14 (0.03)	1.43 (0.03)	1.86 (0.03)	2.47 (0.04)	3.21 (0.07)	3.73 (0.09)		7 (0.7)		<3

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

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

Table E 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	371 (11)	205* (11)	232 (11)	286 (11)	356 (11)	439 (12)	529 (14)	591* (17)	120	<3
4-8.....	554	482 (13)	274 (12)	309 (13)	375 (13)	464 (13)	568 (15)	680 (19)	754 (23)	160	<3
Males:											
9-13.....	283	593 (18)	321* (20)	365 (18)	454 (15)	566 (16)	705 (26)	853 (44)	950* (58)	250	<3
14-18.....	249	622 (24)	338* (23)	385 (22)	478 (20)	596 (22)	738 (32)	893 (49)	992* (62)	330	4* (1.9)
19-50.....	695	603 (13)	291 (12)	340 (12)	440 (12)	572 (13)	732 (15)	907 (21)	1024 (25)	320	8 (1.3)
51+.....	574	578 (15)	278 (13)	324 (14)	419 (14)	545 (15)	704 (17)	871 (20)	985 (24)	320	10 (1.7)
19+.....	1269	597 (12)	287 (12)	336 (12)	434 (12)	565 (12)	725 (14)	897 (19)	1012 (23)	320	8 (1.3)
Females:											
9-13.....	300	530 (20)	282* (19)	322 (18)	401 (17)	507 (18)	633 (28)	764 (43)	854* (55)	250	<3
14-18.....	284	469 (16)	244* (21)	281 (20)	352 (18)	447 (16)	563 (21)	685 (31)	770* (42)	330	20 (4.1)
19-50.....	790	474 (10)	247 (11)	285 (10)	357 (10)	454 (10)	569 (13)	690 (17)	770 (20)	320	17 (2.1)
51+.....	647	440 (10)	226 (10)	260 (10)	329 (9)	419 (10)	528 (12)	645 (16)	725 (21)	320	23 (2.4)
19+.....	1437	464 (9)	240 (10)	277 (10)	348 (9)	444 (9)	558 (11)	678 (16)	759 (20)	320	18 (2.0)
All:											
1+.....	4725	521 (7)	256 (8)	298 (8)	378 (7)	490 (7)	629 (9)	785 (13)	894 (18)		10 (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

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

Table E 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Hispanic											
Males and females:											
1-3.....	349	142 (6)	57* (6)	70 (6)	96 (6)	133 (6)	177 (7)	227 (10)	261* (12)	300	<3
4-8.....	554	195 (7)	87 (7)	104 (7)	138 (7)	184 (7)	240 (9)	300 (12)	339 (16)	400	<3
Males:											
9-13.....	283	238 (8)	110* (8)	130 (8)	171 (7)	224 (7)	291 (11)	363 (18)	412* (23)	600	<3
14-18.....	249	244 (11)	113* (9)	134 (9)	176 (9)	230 (10)	298 (15)	372 (21)	420* (27)	800	<3
19-50.....	695	204 (6)	64 (4)	82 (5)	124 (5)	184 (5)	262 (7)	352 (11)	413 (14)	1000	<3
51+.....	574	187 (6)	58 (5)	74 (5)	112 (6)	166 (6)	241 (7)	324 (10)	383 (13)	1000	<3
19+.....	1269	200 (5)	62 (4)	80 (5)	121 (5)	179 (5)	257 (6)	345 (10)	406 (13)	1000	<3
Females:											
9-13.....	300	210 (8)	94* (8)	112 (8)	148 (8)	197 (8)	258 (11)	322 (17)	366* (21)	600	<3
14-18.....	284	181 (7)	78* (7)	93 (7)	125 (7)	169 (6)	224 (9)	283 (13)	324* (17)	800	<3
19-50.....	790	161 (5)	53 (4)	68 (4)	99 (4)	146 (5)	206 (6)	273 (9)	319 (12)	1000	<3
51+.....	647	140 (5)	43 (4)	56 (4)	84 (5)	126 (5)	179 (7)	242 (9)	287 (12)	1000	<3
19+.....	1437	155 (4)	49 (4)	64 (4)	94 (4)	140 (4)	199 (5)	265 (9)	311 (11)	1000	<3
All:											
1+.....	4725	185 (3)	60 (3)	78 (3)	115 (3)	168 (3)	236 (4)	311 (7)	365 (9)		<3

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

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

Table E 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	126 (3)	73* (3)	82 (3)	100 (2)	122 (3)	148 (3)	176 (5)	194* (6)
4-8.....	554	149 (4)	88 (4)	99 (4)	119 (4)	144 (4)	174 (4)	205 (6)	225 (7)
Males:									
9-13.....	283	184 (5)	101* (5)	115 (4)	142 (4)	176 (5)	218 (7)	263 (11)	291* (14)
14-18.....	249	198 (6)	109* (5)	124 (5)	154 (5)	190 (6)	234 (8)	281 (12)	311* (14)
19-50.....	695	261 (6)	134 (4)	155 (4)	196 (4)	251 (5)	314 (7)	381 (10)	425 (12)
51+.....	574	265 (6)	137 (5)	158 (5)	200 (5)	254 (6)	319 (7)	386 (10)	430 (12)
19+.....	1269	262 (6)	134 (4)	156 (4)	197 (4)	252 (5)	316 (7)	382 (9)	427 (11)
Females:									
9-13.....	300	171 (6)	92* (5)	105 (5)	130 (5)	164 (6)	203 (8)	244 (12)	271* (14)
14-18.....	284	156 (6)	82* (6)	94 (6)	118 (5)	149 (6)	186 (7)	225 (10)	251* (12)
19-50.....	790	208 (5)	107 (4)	123 (4)	155 (4)	199 (5)	250 (6)	304 (8)	339 (10)
51+.....	647	209 (5)	107 (4)	124 (4)	157 (4)	200 (5)	251 (6)	305 (8)	343 (9)
19+.....	1437	208 (5)	107 (4)	124 (4)	156 (4)	199 (5)	250 (6)	304 (8)	340 (9)
All:									
1+.....	4725	210 (3)	99 (2)	115 (2)	148 (2)	196 (3)	257 (4)	324 (6)	369 (7)

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

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

Table E 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	218 (5)	143* (5)	157 (4)	182 (4)	214 (5)	249 (7)	285 (10)	309* (12)	200	61 (3.6)	1000	<3
4-8.....	554	234 (5)	154 (6)	169 (5)	196 (5)	229 (5)	267 (6)	306 (8)	330 (11)	250	36 (3.5)	1000	<3
Males:													
9-13.....	283	291 (7)	159* (7)	181 (6)	225 (5)	279 (6)	345 (10)	414 (16)	459* (21)	375	17 (2.8)	2000	<3
14-18.....	249	332 (9)	186* (10)	211 (9)	260 (8)	320 (8)	392 (11)	468 (16)	516* (21)	550	<3	3000	<3
19-50.....	695	408 (8)	225 (8)	257 (7)	318 (7)	396 (8)	484 (11)	574 (15)	635 (18)	550	13 (1.8)	3500	<3
51+.....	574	412 (8)	228 (8)	260 (7)	321 (7)	399 (8)	490 (11)	581 (15)	641 (18)	550	14 (2.0)	3500	<3
19+.....	1269	409 (8)	226 (7)	258 (7)	319 (7)	397 (8)	486 (10)	576 (14)	636 (17)	550	13 (1.8)	3500	<3
Females:													
9-13.....	300	257 (7)	137* (8)	157 (7)	196 (7)	247 (7)	306 (9)	367 (14)	409* (17)	375	9 (2.0)	2000	<3
14-18.....	284	231 (6)	121* (8)	139 (8)	174 (7)	221 (7)	277 (8)	334 (11)	374* (14)	400	3* (0.9)	3000	<3
19-50.....	790	290 (4)	168 (5)	190 (5)	231 (4)	282 (4)	341 (4)	401 (5)	439 (6)	425	7 (0.7)	3500	<3
51+.....	647	291 (5)	168 (5)	190 (4)	231 (4)	282 (5)	342 (5)	402 (7)	442 (8)	425	7 (0.9)	3500	<3
19+.....	1437	290 (3)	168 (4)	190 (4)	231 (4)	282 (3)	341 (4)	401 (5)	440 (6)	425	7 (0.7)	3500	<3
All:													
1+.....	4725	318 (4)	164 (3)	186 (3)	230 (3)	296 (3)	383 (4)	480 (8)	545 (11)		15 (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, 2019. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table E 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	4.05 (0.10)	2.26* (0.14)	2.57 (0.13)	3.17 (0.12)	3.93 (0.11)	4.79 (0.12)	5.67 (0.15)	6.26* (0.18)	0.7	<3
4-8.....	554	4.36 (0.12)	2.47 (0.14)	2.81 (0.13)	3.43 (0.12)	4.23 (0.12)	5.14 (0.14)	6.07 (0.19)	6.67 (0.23)	1	<3
Males:											
9-13.....	283	5.40 (0.17)	2.47* (0.18)	2.93 (0.18)	3.86 (0.16)	5.08 (0.16)	6.61 (0.22)	8.26 (0.33)	9.35* (0.43)	1.5	<3
14-18.....	249	6.34 (0.26)	3.01* (0.17)	3.55 (0.16)	4.63 (0.17)	6.02 (0.23)	7.72 (0.36)	9.57 (0.53)	10.75* (0.65)	2	<3
19-50.....	695	5.91 (0.17)	2.50 (0.15)	2.99 (0.15)	4.05 (0.15)	5.49 (0.17)	7.31 (0.21)	9.35 (0.31)	10.72 (0.40)	2	<3
51+.....	574	5.41 (0.18)	2.26 (0.14)	2.71 (0.15)	3.67 (0.15)	5.00 (0.17)	6.73 (0.23)	8.61 (0.32)	9.92 (0.40)	2	3 (0.8)
19+.....	1269	5.78 (0.16)	2.43 (0.14)	2.91 (0.15)	3.94 (0.15)	5.36 (0.16)	7.17 (0.20)	9.17 (0.30)	10.55 (0.39)	2	<3
Females:											
9-13.....	300	4.55 (0.15)	1.97* (0.14)	2.37 (0.14)	3.17 (0.13)	4.27 (0.14)	5.62 (0.21)	7.04 (0.32)	8.02* (0.41)	1.5	<3
14-18.....	284	3.95 (0.11)	1.64* (0.14)	1.99 (0.14)	2.70 (0.12)	3.68 (0.11)	4.91 (0.16)	6.23 (0.24)	7.16* (0.32)	2	10 (2.2)
19-50.....	790	4.01 (0.10)	1.77 (0.08)	2.10 (0.08)	2.78 (0.09)	3.74 (0.10)	4.94 (0.13)	6.25 (0.20)	7.15 (0.25)	2	8 (1.3)
51+.....	647	3.88 (0.12)	1.70 (0.09)	2.02 (0.09)	2.69 (0.10)	3.61 (0.11)	4.78 (0.15)	6.09 (0.21)	7.02 (0.27)	2	10 (1.6)
19+.....	1437	3.97 (0.10)	1.74 (0.08)	2.08 (0.08)	2.75 (0.08)	3.70 (0.09)	4.89 (0.12)	6.20 (0.19)	7.12 (0.25)	2	9 (1.3)
All:											
1+.....	4725	4.81 (0.07)	2.02 (0.05)	2.44 (0.05)	3.25 (0.06)	4.40 (0.07)	5.90 (0.09)	7.70 (0.13)	9.01 (0.19)	4	(0.5)

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

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

Table E 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	83.5 (2.9)	33.5* (2.3)	40.9 (2.3)	56.3 (2.5)	77.8 (2.8)	104.2 (3.6)	133.7 (4.8)	154.4* (6.1)	13	<3	400	<3
4-8.....	554	79.1 (3.7)	32.0 (2.6)	38.9 (2.8)	53.3 (3.0)	73.5 (3.5)	98.9 (4.5)	125.8 (5.8)	145.2 (7.0)	22	<3	650	<3
Males:													
9-13.....	283	90.0 (3.7)	32.6* (2.6)	40.5 (2.8)	57.4 (2.9)	81.3 (3.5)	113.4 (4.7)	150.3 (7.1)	175.8* (9.2)	39	9 (1.8)	1200	<3
14-18.....	249	79.4 (4.5)	27.6* (2.1)	34.6 (2.3)	50.0 (2.8)	71.7 (4.0)	100.5 (6.0)	134.5 (8.5)	157.4* (10.4)	63	40 (4.1)	1800	<3
19-50.....	695	88.5 (4.2)	23.0 (2.2)	30.8 (2.5)	48.5 (3.1)	76.4 (4.0)	115.0 (5.3)	161.3 (7.2)	195.4 (8.6)	75	49 (3.4)	2000	<3
51+.....	574	97.7 (5.3)	26.6 (2.7)	34.9 (3.2)	54.6 (4.1)	84.3 (5.1)	127.3 (6.5)	177.6 (8.4)	212.9 (10.0)	75	43 (4.0)	2000	<3
19+.....	1269	90.9 (4.2)	23.8 (2.3)	31.7 (2.5)	49.9 (3.2)	78.4 (4.1)	118.0 (5.2)	165.8 (7.0)	200.8 (8.3)	75	47 (3.3)	2000	<3
Females:													
9-13.....	300	78.0 (3.8)	27.0* (2.8)	33.9 (2.9)	48.6 (3.3)	70.4 (3.8)	99.0 (4.7)	131.0 (6.3)	154.2* (7.7)	39	15 (2.9)	1200	<3
14-18.....	284	70.4 (3.7)	23.5* (2.6)	29.9 (2.8)	43.2 (3.2)	63.0 (3.6)	89.7 (4.5)	120.0 (6.0)	142.3* (7.3)	56	42 (4.3)	1800	<3
19-50.....	790	78.6 (2.8)	24.1 (1.9)	31.3 (2.1)	46.7 (2.3)	70.0 (2.8)	101.2 (3.5)	137.0 (4.9)	162.2 (6.1)	60	40 (2.8)	2000	<3
51+.....	647	84.7 (2.9)	26.5 (2.0)	34.2 (2.2)	50.7 (2.5)	75.6 (2.9)	108.5 (3.6)	146.8 (5.0)	174.3 (6.2)	60	34 (2.7)	2000	<3
19+.....	1437	80.3 (2.7)	24.7 (1.9)	32.1 (2.1)	47.8 (2.3)	71.6 (2.7)	103.1 (3.4)	139.9 (4.7)	165.8 (5.9)	60	38 (2.7)	2000	<3
All:													
1+.....	4725	83.7 (2.3)	25.8 (1.5)	33.4 (1.5)	49.7 (1.8)	74.1 (2.1)	106.5 (2.8)	145.4 (3.7)	174.1 (4.6)	33	(1.8)		<3

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

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

Table E 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males:													
19-50.....	141	66.8 (3.5)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	96	71.4 (4.3)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	237	67.8 (3.5)	16.9* (1.7)	22.8 (2.0)	36.3 (2.5)	57.9 (3.3)	88.0 (4.5)	124.6 (5.9)	151.9* (7.5)	110	86 (2.0)	2000	<3
Females:													
19-50.....	76	52.2 (2.9)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	58	54.6* (2.8)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	134	52.9 (2.7)	15.1* (1.7)	19.8* (1.9)	30.3 (2.2)	46.1 (2.6)	69.2 (3.3)	94.2* (4.6)	112.5* (5.5)	95	90* (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

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

Table E 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males:													
19-50.....	554	95.1 (4.5)	26.4 (2.6)	34.7 (2.8)	53.8 (3.5)	82.7 (4.4)	123.0 (5.7)	170.2 (7.6)	205.1 (8.8)	75	44 (3.6)	2000	<3
51+.....	477	102.8 (5.5)	29.4 (3.2)	38.4 (3.6)	58.9 (4.4)	89.7 (5.4)	133.1 (6.6)	184.0 (8.6)	218.3 (10.1)	75	38 (4.2)	2000	<3
19+.....	1031	97.1 (4.5)	27.2 (2.6)	35.6 (2.9)	55.0 (3.6)	84.5 (4.4)	125.6 (5.6)	174.1 (7.4)	208.8 (8.6)	75	42 (3.5)	2000	<3
Females:													
19-50.....	712	81.6 (2.9)	27.3 (2.1)	34.5 (2.2)	50.4 (2.5)	73.5 (2.8)	103.9 (3.6)	139.6 (4.8)	163.6 (5.9)	60	36 (2.9)	2000	<3
51+.....	588	86.6 (3.0)	29.4 (2.4)	37.0 (2.5)	53.7 (2.8)	78.1 (3.1)	110.2 (3.7)	147.0 (4.6)	172.9 (5.7)	60	31 (3.0)	2000	<3
19+.....	1300	83.0 (2.8)	27.9 (2.1)	35.2 (2.3)	51.3 (2.6)	74.7 (2.8)	105.7 (3.5)	141.6 (4.6)	166.4 (5.6)	60	34 (2.9)	2000	<3

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

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

Table E 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males:													
19-50.....	695	89.2 (4.2)	23.1 (2.1)	31.0 (2.5)	48.8 (3.1)	76.9 (4.0)	115.8 (5.3)	162.2 (7.1)	196.1 (8.5)	110/75	52 (3.2)	2000	<3
51+.....	573	97.6 (5.3)	26.2 (2.7)	34.9 (3.3)	54.2 (4.1)	84.7 (5.1)	127.0 (6.5)	176.9 (8.4)	211.7 (10.1)	110/75	46 (3.9)	2000	<3
19+.....	1268	91.3 (4.2)	23.8 (2.2)	31.8 (2.6)	50.1 (3.2)	78.9 (4.1)	118.6 (5.2)	166.1 (7.0)	201.3 (8.4)	110/75	51 (3.2)	2000	<3
Females:													
19-50.....	788	78.7 (2.7)	24.6 (1.8)	31.9 (2.0)	47.5 (2.2)	70.7 (2.7)	100.6 (3.4)	136.4 (4.7)	160.6 (5.8)	95/60	41 (2.6)	2000	<3
51+.....	646	83.4 (3.0)	26.4 (2.2)	34.0 (2.4)	50.4 (2.7)	74.9 (3.1)	107.0 (3.7)	143.9 (4.7)	169.1 (5.8)	95/60	37 (3.0)	2000	<3
19+.....	1434	80.0 (2.7)	25.0 (1.9)	32.4 (2.1)	48.3 (2.3)	71.9 (2.7)	102.5 (3.3)	138.5 (4.5)	163.2 (5.5)	95/60	40 (2.5)	2000	<3

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

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

Table E 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	7.0 (0.3)	2.9* (0.2)	3.6 (0.2)	4.9 (0.2)	6.7 (0.3)	8.7 (0.3)	10.8 (0.4)	12.2* (0.4)	10	86 (2.4)	63	<3
4-8.....	554	5.8 (0.2)	2.3 (0.2)	2.8 (0.2)	4.0 (0.2)	5.5 (0.2)	7.3 (0.3)	9.2 (0.4)	10.5 (0.4)	10	93 (1.5)	75	<3
Males:													
9-13.....	283	6.2 (0.2)	2.3* (0.2)	2.8 (0.2)	4.0 (0.2)	5.7 (0.2)	7.9 (0.3)	10.3 (0.4)	11.9* (0.6)	10	89 (1.8)	100	<3
14-18.....	249	6.1 (0.3)	2.2* (0.2)	2.7 (0.2)	3.9 (0.3)	5.6 (0.3)	7.7 (0.4)	10.1 (0.5)	11.6* (0.6)	10	90 (2.2)	100	<3
19-50.....	695	5.0 (0.2)	1.4 (0.1)	1.9 (0.1)	2.8 (0.1)	4.3 (0.2)	6.4 (0.2)	8.9 (0.4)	10.8 (0.5)	10	93 (1.0)	100	<3
51+.....	574	5.4 (0.3)	1.6 (0.1)	2.0 (0.2)	3.1 (0.2)	4.7 (0.3)	7.0 (0.4)	9.7 (0.5)	11.6 (0.6)	10	91 (1.6)	100	<3
19+.....	1269	5.1 (0.2)	1.5 (0.1)	1.9 (0.1)	2.9 (0.1)	4.4 (0.2)	6.5 (0.2)	9.1 (0.4)	11.0 (0.5)	10	93 (1.1)	100	<3
Females:													
9-13.....	300	5.4 (0.2)	1.9* (0.2)	2.3 (0.2)	3.4 (0.2)	4.9 (0.2)	6.9 (0.3)	9.0 (0.4)	10.5* (0.5)	10	94 (1.3)	100	<3
14-18.....	284	4.1 (0.1)	1.3* (0.1)	1.7 (0.1)	2.5 (0.1)	3.7 (0.1)	5.3 (0.2)	7.2 (0.3)	8.5* (0.4)	10	>97	100	<3
19-50.....	790	4.1 (0.1)	1.4 (0.1)	1.7 (0.1)	2.5 (0.1)	3.7 (0.1)	5.2 (0.2)	7.0 (0.2)	8.2 (0.3)	10	>97	100	<3
51+.....	647	4.4 (0.2)	1.5 (0.1)	1.9 (0.1)	2.7 (0.1)	3.9 (0.2)	5.6 (0.2)	7.5 (0.3)	8.9 (0.4)	10	>97	100	<3
19+.....	1437	4.2 (0.1)	1.4 (0.1)	1.8 (0.1)	2.6 (0.1)	3.7 (0.1)	5.3 (0.2)	7.1 (0.2)	8.4 (0.3)	10	>97	100	<3
All:													
1+.....	4725	5.0 (0.1)	1.5 (0.1)	2.0 (0.1)	3.0 (0.1)	4.5 (0.1)	6.5 (0.1)	8.8 (0.2)	10.4 (0.2)	10	94 (0.5)		<3

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

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

Table E 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	4.9 (0.2)	2.6* (0.1)	3.0 (0.1)	3.7 (0.1)	4.7 (0.2)	5.8 (0.2)	7.0 (0.3)	7.8* (0.4)	5	58 (4.3)
4-8.....	554	6.2 (0.2)	3.5 (0.2)	3.9 (0.2)	4.8 (0.2)	5.9 (0.2)	7.3 (0.2)	8.7 (0.3)	9.6 (0.4)	6	51 (3.8)
Males:											
9-13.....	283	8.0 (0.3)	4.0* (0.2)	4.6 (0.2)	5.9 (0.2)	7.6 (0.2)	9.7 (0.4)	12.0 (0.7)	13.6* (0.9)	9	68 (3.5)
14-18.....	249	8.2 (0.4)	4.1* (0.2)	4.8 (0.2)	6.1 (0.2)	7.8 (0.3)	9.9 (0.5)	12.3 (0.8)	13.9* (1.1)	12	89 (3.7)
19-50.....	695	9.3 (0.3)	4.1 (0.2)	4.9 (0.2)	6.5 (0.2)	8.7 (0.3)	11.5 (0.3)	14.5 (0.4)	16.6 (0.5)	12	78 (2.1)
51+.....	574	9.1 (0.3)	4.1 (0.2)	4.8 (0.2)	6.4 (0.3)	8.5 (0.3)	11.2 (0.4)	14.2 (0.5)	16.2 (0.6)	12	80 (2.2)
19+.....	1269	9.3 (0.3)	4.1 (0.2)	4.9 (0.2)	6.5 (0.2)	8.7 (0.3)	11.4 (0.3)	14.4 (0.4)	16.5 (0.5)	12	79 (2.0)
Females:											
9-13.....	300	7.4 (0.3)	3.7* (0.2)	4.2 (0.2)	5.4 (0.2)	7.0 (0.2)	8.9 (0.4)	11.0 (0.6)	12.5* (0.8)	9	76 (4.0)
14-18.....	284	6.8 (0.2)	3.3* (0.3)	3.8 (0.3)	4.9 (0.2)	6.4 (0.2)	8.2 (0.3)	10.2 (0.5)	11.6* (0.7)	12	96* (1.5)
19-50.....	790	7.9 (0.2)	3.5 (0.2)	4.2 (0.2)	5.5 (0.2)	7.4 (0.2)	9.7 (0.2)	12.2 (0.4)	14.0 (0.4)	12	89 (1.4)
51+.....	647	7.6 (0.2)	3.3 (0.1)	4.0 (0.1)	5.3 (0.1)	7.0 (0.2)	9.3 (0.3)	11.8 (0.4)	13.5 (0.5)	12	91 (1.4)
19+.....	1437	7.8 (0.2)	3.5 (0.1)	4.1 (0.1)	5.5 (0.1)	7.3 (0.2)	9.6 (0.2)	12.1 (0.3)	13.9 (0.4)	12	90 (1.3)
All:											
1+.....	4725	7.9 (0.1)	3.5 (0.1)	4.2 (0.1)	5.4 (0.1)	7.3 (0.1)	9.7 (0.2)	12.5 (0.2)	14.5 (0.3)		79 (1.2)

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

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

Table E 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	349	43.0 (1.7)	19.4* (1.6)	22.7 (1.6)	29.7 (1.6)	39.7 (1.6)	52.4 (2.1)	67.7 (3.3)	78.6* (4.5)	30	74 (4.0)
4-8.....	554	55.9 (2.0)	25.8 (2.3)	30.1 (2.3)	38.9 (2.2)	51.6 (2.1)	68.2 (2.3)	86.9 (3.6)	100.5 (4.6)	55	44 (3.6)
Males:											
9-13.....	283	75.7 (3.3)	32.3* (2.1)	38.3 (2.0)	51.0 (1.7)	68.8 (2.3)	93.1 (4.7)	121.5 (8.4)	141.5* (11.4)	60	62 (2.9)
14-18.....	249	71.3 (3.3)	30.2* (2.2)	35.9 (2.2)	48.1 (2.1)	65.0 (2.6)	87.7 (4.5)	114.9 (7.8)	133.6* (10.4)	75	37 (3.8)
19-50.....	695	101.5 (4.1)	41.0 (2.9)	49.3 (3.0)	66.5 (3.3)	92.2 (3.9)	125.7 (5.1)	164.4 (7.5)	193.3 (9.4)	120	28 (3.1)
51+.....	574	111.2 (5.3)	46.5 (3.7)	55.3 (3.9)	74.3 (4.4)	101.2 (5.1)	137.8 (6.4)	179.2 (8.5)	209.0 (10.8)	120	35 (3.9)
19+.....	1269	104.0 (4.2)	42.1 (3.0)	50.7 (3.1)	68.3 (3.4)	94.5 (4.0)	128.8 (5.2)	168.6 (7.3)	198.1 (9.4)	120	30 (3.1)
Females:											
9-13.....	300	70.8 (4.1)	30.0* (2.9)	35.6 (3.0)	47.4 (3.2)	64.6 (3.7)	87.3 (5.4)	113.0 (8.3)	132.0* (10.8)	60	57 (5.3)
14-18.....	284	65.5 (4.0)	27.4* (2.9)	32.7 (3.0)	43.7 (3.2)	59.6 (3.7)	80.9 (5.1)	105.4 (7.7)	123.7* (9.8)	75	31 (4.9)
19-50.....	790	104.5 (3.9)	35.6 (1.8)	44.1 (2.0)	62.4 (2.4)	91.4 (3.3)	131.4 (5.1)	181.6 (8.0)	218.1 (10.3)	90	51 (2.6)
51+.....	647	107.0 (4.3)	36.8 (1.9)	45.3 (2.1)	64.2 (2.5)	93.2 (3.5)	134.1 (5.6)	185.0 (8.4)	224.4 (11.6)	90	53 (2.7)
19+.....	1437	105.2 (3.8)	35.9 (1.7)	44.5 (1.9)	62.9 (2.2)	91.9 (3.1)	132.2 (4.9)	182.6 (7.8)	219.9 (10.2)	90	52 (2.4)
All:											
1+.....	4725	90.3 (2.4)	30.8 (1.0)	37.8 (1.0)	53.3 (1.2)	78.3 (2.0)	113.9 (3.3)	157.2 (5.2)	190.1 (6.9)		44 (1.8)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table E 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	965 (26)	587* (28)	655 (28)	784 (27)	944 (27)	1121 (29)	1303 (32)	1423* (35)	500	<3	2500	<3
4-8.....	554	996 (23)	605 (27)	678 (26)	808 (25)	973 (24)	1157 (24)	1346 (28)	1463 (33)	800	24 (3.4)	2500	<3
Males:													
9-13.....	283	1109 (26)	576* (25)	666 (24)	842 (23)	1063 (25)	1330 (34)	1608 (46)	1787* (58)	1100	54 (2.7)	3000	<3
14-18.....	249	1163 (41)	610* (31)	704 (33)	889 (35)	1119 (40)	1391 (50)	1680 (63)	1861* (72)	1100	48 (4.4)	3000	<3
19-50.....	695	1138 (22)	581 (18)	671 (18)	857 (19)	1092 (21)	1369 (26)	1663 (35)	1853 (40)	800	20 (1.7)	2500	<3
51+.....	574	1022 (24)	512 (16)	594 (18)	760 (20)	975 (24)	1237 (30)	1508 (38)	1687 (46)		32 (2.2)	2000	<3
19+.....	1269	1108 (20)	559 (16)	648 (16)	829 (17)	1061 (19)	1338 (24)	1627 (32)	1819 (38)		23 (1.6)		<3
Females:													
9-13.....	300	971 (26)	486* (23)	567 (23)	724 (23)	931 (25)	1173 (32)	1419 (44)	1586* (52)	1100	68 (2.9)	3000	<3
14-18.....	284	845 (31)	406* (24)	479 (25)	620 (26)	805 (30)	1029 (38)	1259 (48)	1417* (57)	1100	81 (3.0)	3000	<3
19-50.....	790	883 (14)	483 (17)	552 (16)	682 (15)	852 (15)	1051 (16)	1255 (20)	1389 (24)	800	42 (2.2)	2500	<3
51+.....	647	823 (16)	442 (14)	506 (14)	630 (14)	792 (16)	981 (19)	1178 (25)	1315 (30)	1000	77 (1.9)	2000	<3
19+.....	1437	866 (13)	470 (15)	537 (14)	666 (13)	835 (13)	1032 (15)	1236 (19)	1370 (24)		52 (1.7)		<3
All:													
1+.....	4725	993 (10)	511 (10)	591 (9)	743 (9)	946 (10)	1188 (13)	1451 (18)	1637 (23)		39 (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, 2019. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table E 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	1023 (17)	680* (23)	743 (21)	862 (19)	1007 (18)	1164 (20)	1324 (25)	1428* (30)	380	<3	3000	<3
4-8.....	554	1173 (18)	784 (25)	859 (24)	991 (20)	1154 (19)	1333 (20)	1512 (26)	1622 (31)	405	<3	3000	<3
Males:													
9-13.....	283	1406 (26)	831* (34)	935 (30)	1131 (24)	1368 (23)	1644 (39)	1923 (60)	2098* (78)	1055	18 (2.1)	4000	<3
14-18.....	249	1566 (40)	946* (44)	1059 (42)	1275 (38)	1531 (39)	1822 (51)	2120 (69)	2302* (84)	1055	10 (2.2)	4000	<3
19-50.....	695	1697 (25)	1005 (25)	1128 (25)	1370 (24)	1661 (25)	1986 (30)	2311 (40)	2515 (45)	580	<3	4000	<3
51+.....	574	1580 (24)	913 (22)	1033 (22)	1260 (21)	1540 (24)	1860 (31)	2176 (40)	2378 (48)	580	<3		<3
19+.....	1269	1667 (24)	975 (23)	1100 (23)	1340 (22)	1630 (23)	1956 (29)	2279 (38)	2484 (44)	580	<3		<3
Females:													
9-13.....	300	1253 (30)	720* (33)	815 (30)	994 (27)	1221 (28)	1476 (41)	1727 (60)	1892* (74)	1055	31 (2.8)	4000	<3
14-18.....	284	1125 (30)	627* (38)	717 (37)	882 (32)	1092 (30)	1333 (37)	1574 (50)	1734* (62)	1055	45 (3.6)	4000	<3
19-50.....	790	1239 (17)	764 (21)	854 (20)	1017 (18)	1217 (17)	1437 (18)	1650 (21)	1784 (24)	580	<3	4000	<3
51+.....	647	1167 (19)	704 (21)	792 (20)	951 (19)	1146 (19)	1359 (21)	1569 (24)	1709 (27)	580	<3		<3
19+.....	1437	1218 (16)	745 (20)	834 (18)	997 (16)	1198 (16)	1416 (17)	1631 (20)	1766 (23)	580	<3		<3
All:													
1+.....	4725	1373 (11)	777 (14)	875 (12)	1058 (10)	1308 (10)	1621 (14)	1965 (22)	2189 (29)		5 (0.5)		<3

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

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

Table E 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	185 (3)	121* (4)	133 (4)	155 (3)	182 (3)	211 (4)	241 (5)	261* (6)	65	<3
4-8.....	554	215 (3)	142 (4)	156 (4)	180 (4)	211 (4)	244 (4)	278 (5)	299 (6)	110	<3
Males:											
9-13.....	283	259 (5)	153* (7)	172 (6)	207 (5)	251 (5)	303 (8)	356 (12)	391* (16)	200	21 (2.5)
14-18.....	249	283 (8)	169* (8)	189 (8)	228 (7)	275 (8)	330 (11)	387 (15)	423* (18)	340	79 (3.6)
19-50.....	695	351 (7)	186 (6)	215 (6)	269 (6)	338 (7)	419 (8)	502 (10)	558 (12)		51 (2.6)
51+.....	574	352 (9)	187 (5)	215 (6)	269 (7)	339 (8)	421 (11)	506 (13)	561 (16)	350	54 (3.0)
19+.....	1269	351 (6)	187 (5)	215 (5)	269 (6)	339 (6)	419 (8)	503 (10)	558 (11)		52 (2.3)
Females:											
9-13.....	300	236 (6)	137* (7)	154 (7)	187 (6)	228 (6)	277 (8)	325 (12)	357* (15)	200	33 (3.5)
14-18.....	284	219 (5)	125* (8)	142 (7)	172 (6)	212 (5)	258 (6)	304 (9)	336* (12)	300	89 (2.0)
19-50.....	790	277 (4)	157 (4)	179 (4)	218 (4)	269 (4)	326 (5)	386 (6)	424 (7)		46 (1.9)
51+.....	647	272 (4)	154 (4)	175 (4)	214 (4)	264 (4)	321 (5)	379 (6)	419 (7)	265	51 (2.1)
19+.....	1437	275 (3)	157 (3)	178 (3)	217 (3)	267 (3)	325 (4)	384 (5)	423 (6)		48 (1.6)
All:											
1+.....	4725	285 (3)	150 (3)	170 (3)	210 (3)	267 (3)	341 (4)	423 (6)	478 (7)		43 (1.2)

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

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

Table E 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	9.9 (0.3)	5.8* (0.3)	6.5 (0.3)	7.9 (0.3)	9.6 (0.3)	11.6 (0.4)	13.8 (0.4)	15.2* (0.5)	3	<3	40	<3
4-8.....	554	13.1 (0.4)	7.9 (0.3)	8.8 (0.3)	10.5 (0.4)	12.7 (0.4)	15.3 (0.4)	17.9 (0.5)	19.7 (0.6)	4.1	<3	40	<3
Males:													
9-13.....	283	16.4 (0.4)	9.3* (0.4)	10.5 (0.3)	12.8 (0.3)	15.8 (0.3)	19.4 (0.5)	23.2 (0.8)	25.6* (1.0)	5.9	<3	40	<3
14-18.....	249	17.5 (0.7)	9.9* (0.5)	11.2 (0.5)	13.7 (0.6)	16.8 (0.7)	20.6 (0.8)	24.5 (1.1)	27.0* (1.3)	7.7	<3	45	<3
19-50.....	695	16.9 (0.3)	9.0 (0.3)	10.3 (0.3)	12.9 (0.3)	16.3 (0.3)	20.2 (0.4)	24.3 (0.5)	27.1 (0.6)	6	<3	45	<3
51+.....	574	16.6 (0.4)	8.9 (0.4)	10.1 (0.4)	12.7 (0.4)	15.9 (0.4)	19.9 (0.4)	23.9 (0.5)	26.6 (0.6)	6	<3	45	<3
19+.....	1269	16.8 (0.3)	9.0 (0.3)	10.3 (0.3)	12.9 (0.3)	16.2 (0.3)	20.1 (0.4)	24.2 (0.5)	26.9 (0.6)	6	<3	45	<3
Females:													
9-13.....	300	14.5 (0.5)	8.0* (0.4)	9.1 (0.4)	11.2 (0.4)	14.0 (0.4)	17.2 (0.6)	20.5 (0.8)	22.8* (1.0)	5.7	<3	40	<3
14-18.....	284	12.6 (0.4)	6.8* (0.3)	7.8 (0.3)	9.7 (0.3)	12.1 (0.4)	15.1 (0.5)	18.1 (0.7)	20.2* (0.8)	7.9	16 (1.9)	45	<3
19-50.....	790	12.8 (0.2)	6.9 (0.2)	7.9 (0.2)	9.8 (0.2)	12.3 (0.2)	15.2 (0.3)	18.3 (0.4)	20.2 (0.4)	8.1	18 (1.0)	45	<3
51+.....	647	12.3 (0.3)	6.6 (0.2)	7.6 (0.2)	9.4 (0.2)	11.8 (0.2)	14.7 (0.3)	17.7 (0.4)	19.7 (0.5)	5	<3	45	<3
19+.....	1437	12.7 (0.2)	6.8 (0.2)	7.8 (0.2)	9.7 (0.2)	12.2 (0.2)	15.1 (0.2)	18.1 (0.3)	20.1 (0.4)		14 (0.8)	45	<3
All:													
1+.....	4725	14.4 (0.2)	7.4 (0.2)	8.5 (0.2)	10.7 (0.2)	13.7 (0.2)	17.3 (0.2)	21.3 (0.3)	24.0 (0.3)		6 (0.4)		<3

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

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

Table E 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	7.5 (0.1)	4.8* (0.2)	5.3 (0.2)	6.2 (0.2)	7.3 (0.1)	8.6 (0.2)	9.9 (0.2)	10.8* (0.3)	2.5	<3	7	57 (3.3)
4-8.....	554	8.9 (0.2)	5.8 (0.2)	6.4 (0.2)	7.4 (0.2)	8.7 (0.2)	10.2 (0.2)	11.8 (0.3)	12.8 (0.3)	4	<3	12	9 (1.7)
Males:													
9-13.....	283	11.6 (0.3)	6.4* (0.3)	7.3 (0.3)	9.0 (0.2)	11.1 (0.2)	13.8 (0.4)	16.6 (0.7)	18.4* (1.0)	7	8 (1.9)	23	<3
14-18.....	249	12.9 (0.5)	7.2* (0.4)	8.1 (0.4)	10.0 (0.4)	12.4 (0.4)	15.2 (0.6)	18.2 (0.9)	20.2* (1.2)	8.5	12 (2.5)	34	<3
19-50.....	695	13.5 (0.2)	7.6 (0.3)	8.6 (0.3)	10.6 (0.2)	13.1 (0.2)	15.9 (0.2)	18.9 (0.3)	20.8 (0.4)	9.4	15 (1.8)	40	<3
51+.....	574	12.8 (0.2)	7.2 (0.3)	8.1 (0.3)	10.0 (0.2)	12.4 (0.2)	15.2 (0.2)	18.1 (0.2)	20.0 (0.3)	9.4	20 (2.0)	40	<3
19+.....	1269	13.3 (0.2)	7.5 (0.3)	8.5 (0.2)	10.4 (0.2)	12.9 (0.2)	15.7 (0.2)	18.7 (0.3)	20.6 (0.4)	9.4	16 (1.8)	40	<3
Females:													
9-13.....	300	9.9 (0.3)	5.3* (0.3)	6.1 (0.3)	7.5 (0.3)	9.5 (0.3)	11.8 (0.4)	14.2 (0.7)	15.8* (0.8)	7	19 (3.3)	23	<3
14-18.....	284	8.8 (0.3)	4.6* (0.3)	5.3 (0.3)	6.6 (0.3)	8.4 (0.2)	10.5 (0.4)	12.8 (0.6)	14.3* (0.7)	7.3	35 (3.4)	34	<3
19-50.....	790	9.6 (0.2)	5.5 (0.2)	6.2 (0.2)	7.6 (0.2)	9.3 (0.2)	11.3 (0.2)	13.4 (0.2)	14.7 (0.3)	6.8	16 (1.8)	40	<3
51+.....	647	9.2 (0.2)	5.2 (0.2)	5.9 (0.2)	7.2 (0.2)	8.9 (0.2)	10.8 (0.2)	12.8 (0.2)	14.2 (0.3)	6.8	20 (2.2)	40	<3
19+.....	1437	9.5 (0.1)	5.4 (0.2)	6.1 (0.2)	7.5 (0.1)	9.2 (0.1)	11.2 (0.2)	13.2 (0.2)	14.6 (0.3)	6.8	17 (1.7)	40	<3
All:													
1+.....	4725	10.8 (0.1)	5.7 (0.1)	6.5 (0.1)	8.0 (0.1)	10.2 (0.1)	13.0 (0.1)	16.1 (0.2)	18.1 (0.3)	15	(1.1)		4 (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, 2019. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table E 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	0.7 (0.01)	0.4* (0.02)	0.5 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	0.9 (0.02)	1.0* (0.02)	0.26	<3	1	5* (1.0)
4-8.....	554	0.8 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.1 (0.02)	1.2 (0.03)	0.34	<3	3	<3
Males:													
9-13.....	283	1.0 (0.02)	0.6* (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.4 (0.05)	1.5* (0.06)	0.54	<3	5	<3
14-18.....	249	1.1 (0.03)	0.6* (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.3 (0.04)	1.5 (0.05)	1.7* (0.07)	0.685	7 (2.1)	8	<3
19-50.....	695	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	2.0 (0.05)	2.2 (0.06)	0.7	5 (0.9)	10	<3
51+.....	574	1.4 (0.04)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	2.0 (0.06)	2.2 (0.07)	0.7	5 (0.9)	10	<3
19+.....	1269	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	2.0 (0.05)	2.2 (0.06)	0.7	5 (0.8)	10	<3
Females:													
9-13.....	300	0.9 (0.03)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.3 (0.05)	1.4* (0.06)	0.54	5* (1.5)	5	<3
14-18.....	284	0.9 (0.02)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.04)	1.3* (0.05)	0.685	26 (3.2)	8	<3
19-50.....	790	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	11 (1.0)	10	<3
51+.....	647	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	12 (1.4)	10	<3
19+.....	1437	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.0 (0.01)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	11 (1.0)	10	<3
All:													
1+.....	4725	1.1 (0.01)	0.6 (0.01)	0.6 (0.01)	0.8 (0.01)	1.0 (0.01)	1.3 (0.02)	1.7 (0.03)	1.9 (0.04)		7 (0.6)		<3

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

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

Table E 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	349	68 (1)	44* (2)	49 (2)	57 (1)	66 (1)	78 (2)	89 (3)	97* (3)	17	<3	90	9 (2.4)
4-8.....	554	85 (2)	57 (2)	62 (2)	71 (2)	83 (2)	97 (2)	111 (3)	120 (4)	23	<3	150	<3
Males:													
9-13.....	283	109 (3)	67* (3)	75 (3)	89 (3)	106 (3)	127 (3)	147 (5)	160* (6)	35	<3	280	<3
14-18.....	249	127 (3)	80* (4)	88 (4)	105 (3)	124 (3)	146 (4)	169 (5)	183* (6)	45	<3	400	<3
19-50.....	695	142 (3)	84 (2)	95 (2)	115 (2)	139 (3)	166 (4)	193 (5)	211 (6)	45	<3	400	<3
51+.....	574	132 (3)	76 (3)	86 (3)	105 (2)	128 (3)	155 (3)	181 (4)	198 (5)	45	<3	400	<3
19+.....	1269	139 (3)	82 (2)	92 (2)	112 (2)	136 (3)	163 (3)	191 (5)	208 (5)	45	<3	400	<3
Females:													
9-13.....	300	95 (3)	56* (3)	63 (3)	76 (3)	93 (3)	111 (4)	129 (5)	141* (6)	35	<3	280	<3
14-18.....	284	90 (2)	53* (3)	59 (3)	72 (3)	88 (2)	106 (3)	123 (4)	135* (4)	45	<3	400	<3
19-50.....	790	103 (1)	62 (2)	70 (1)	83 (1)	101 (1)	120 (2)	139 (2)	151 (2)	45	<3	400	<3
51+.....	647	96 (2)	57 (2)	64 (2)	77 (2)	94 (2)	113 (2)	131 (2)	144 (3)	45	<3	400	<3
19+.....	1437	101 (1)	60 (1)	68 (1)	82 (1)	99 (1)	118 (1)	137 (2)	149 (2)	45	<3	400	<3
All:													
1+.....	4725	111 (1)	59 (1)	67 (1)	83 (1)	106 (1)	133 (2)	163 (3)	182 (4)		<3		<3

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

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

Table E 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Hispanic													
Males and females:													
1-3.....	349	1902 (41)	1165* (44)	1297 (42)	1548 (39)	1858 (41)	2207 (49)	2563 (64)	2797* (75)	800	>97	1200	94 (1.5)
4-8.....	554	2603 (42)	1673 (45)	1848 (42)	2160 (39)	2552 (41)	2985 (53)	3426 (74)	3704 (91)	1000	>97	1500	>97
Males:													
9-13.....	283	3392 (59)	2144* (70)	2369 (66)	2795 (57)	3308 (56)	3908 (76)	4513 (105)	4896* (132)	1200	>97	1800	>97
14-18.....	249	3825 (83)	2456* (101)	2707 (97)	3181 (89)	3745 (84)	4387 (91)	5047 (112)	5454* (132)	1500	>97	2300	>97
19-50.....	695	4129 (77)	2538 (71)	2829 (71)	3384 (71)	4051 (77)	4791 (92)	5528 (112)	5993 (124)	1500	>97	2300	>97
51+.....	574	3782 (67)	2260 (68)	2533 (66)	3058 (64)	3699 (67)	4419 (77)	5132 (93)	5586 (107)	1500	>97	2300	94 (1.0)
19+.....	1269	4040 (70)	2447 (66)	2739 (65)	3292 (65)	3961 (69)	4706 (83)	5438 (103)	5901 (115)	1500	>97	2300	97 (0.6)
Females:													
9-13.....	300	2984 (74)	1845* (70)	2050 (69)	2433 (67)	2915 (72)	3458 (90)	3994 (118)	4349* (139)	1200	>97	1800	96* (1.2)
14-18.....	284	2814 (78)	1720* (76)	1920 (76)	2284 (74)	2743 (76)	3271 (93)	3796 (114)	4148* (132)	1500	>97	2300	74 (3.7)
19-50.....	790	3077 (52)	1848 (47)	2075 (45)	2489 (46)	3010 (51)	3591 (60)	4164 (74)	4531 (79)	1500	>97	2300	83 (1.7)
51+.....	647	2799 (58)	1631 (46)	1843 (48)	2238 (51)	2731 (57)	3283 (67)	3837 (81)	4212 (92)	1500	>97	2300	72 (2.5)
19+.....	1437	2998 (51)	1772 (44)	1994 (44)	2411 (44)	2931 (50)	3511 (59)	4090 (73)	4461 (79)	1500	>97	2300	80 (1.8)
All:													
1+.....	4725	3291 (36)	1744 (21)	2005 (21)	2507 (27)	3169 (36)	3948 (48)	4745 (64)	5249 (78)		>97		90 (0.7)

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

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

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

Table E 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	349	1920 (34)	1248* (39)	1372 (37)	1604 (35)	1888 (35)	2198 (40)	2511 (47)	2712* (54)	2000	40 (3.0)
4-8.....	554	2075 (39)	1356 (40)	1495 (38)	1738 (36)	2039 (38)	2371 (45)	2703 (57)	2909 (67)	2300	30 (3.0)
Males:											
9-13.....	283	2398 (50)	1465* (54)	1634 (50)	1954 (43)	2338 (46)	2784 (67)	3233 (100)	3516* (126)	2500	40 (3.2)
14-18.....	249	2588 (68)	1601* (78)	1782 (75)	2125 (69)	2532 (68)	2994 (79)	3466 (98)	3756* (116)	3000	25 (3.4)
19-50.....	695	2929 (52)	1663 (52)	1899 (52)	2329 (49)	2869 (53)	3454 (60)	4030 (72)	4406 (80)	3400	27 (2.2)
51+.....	574	3054 (62)	1769 (57)	2003 (58)	2447 (58)	2984 (61)	3595 (70)	4186 (83)	4561 (95)	3400	32 (2.5)
19+.....	1269	2961 (51)	1685 (51)	1924 (50)	2356 (49)	2897 (51)	3491 (59)	4076 (70)	4454 (79)	3400	28 (2.1)
Females:											
9-13.....	300	2131 (53)	1268* (62)	1424 (57)	1715 (53)	2080 (52)	2491 (63)	2894 (84)	3160* (102)	2300	36 (3.3)
14-18.....	284	1954 (49)	1138* (66)	1287 (63)	1559 (56)	1901 (50)	2295 (55)	2684 (70)	2945* (86)	2300	25 (2.9)
19-50.....	790	2315 (36)	1356 (29)	1537 (29)	1863 (30)	2271 (35)	2713 (43)	3154 (54)	3425 (61)	2600	31 (2.2)
51+.....	647	2387 (37)	1417 (35)	1598 (34)	1932 (36)	2340 (37)	2790 (41)	3232 (49)	3523 (55)	2600	34 (2.2)
19+.....	1437	2335 (33)	1371 (28)	1553 (28)	1882 (28)	2290 (32)	2736 (39)	3177 (49)	3453 (55)	2600	32 (2.0)
All:											
1+.....	4725	2480 (28)	1396 (28)	1578 (28)	1919 (31)	2375 (61)	2931 (32)	3525 (90)	3915 (152)		31 (2.5)

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

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

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

Table E 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	349	3.9 (0.4)	0.4* (0.1)	0.6 (0.1)	1.2 (0.2)	2.5 (0.3)	4.9 (0.5)	8.5 (0.9)	11.8* (1.3)
4-8.....	554	8.7 (0.8)	1.4 (0.2)	2.0 (0.3)	3.5 (0.4)	6.3 (0.6)	11.0 (0.9)	17.9 (1.7)	23.7 (2.5)
Males:									
9-13.....	283	23.4 (2.8)	2.3* (0.5)	3.5 (0.7)	6.9 (1.1)	14.3 (1.9)	28.4 (3.4)	52.1 (6.2)	74.4* (9.0)
14-18.....	249	49.9 (5.9)	5.5* (1.0)	8.4 (1.4)	16.2 (2.3)	31.8 (4.0)	61.3 (7.1)	110.2 (13.1)	154.4* (19.9)
19-50.....	695	129.9 (12.3)	9.8 (1.5)	18.5 (2.2)	44.9 (4.4)	96.7 (9.8)	179.8 (17.5)	282.7 (28.5)	362.0 (35.9)
51+.....	574	177.3 (16.8)	24.1 (2.9)	38.9 (4.6)	76.5 (9.1)	143.0 (15.4)	240.1 (23.4)	359.6 (31.8)	449.3 (37.7)
19+.....	1269	142.0 (16.2)	11.8 (1.7)	22.0 (2.9)	51.2 (7.1)	108.1 (14.0)	195.3 (23.3)	305.9 (33.7)	389.4 (39.6)
Females:									
9-13.....	300	21.0 (2.2)	2.0* (0.4)	3.1 (0.5)	6.2 (0.8)	12.9 (1.5)	25.9 (2.8)	46.7 (5.2)	65.9* (7.6)
14-18.....	284	41.5 (5.6)	4.5* (0.8)	6.7 (1.2)	12.9 (1.9)	26.0 (3.5)	51.2 (6.9)	91.3 (12.6)	129.1* (18.8)
19-50.....	790	93.6 (4.5)	5.3 (0.9)	10.9 (1.4)	29.2 (2.5)	67.4 (3.9)	129.1 (6.1)	212.3 (9.1)	274.0 (11.6)
51+.....	647	118.8 (5.0)	10.8 (1.5)	19.4 (2.1)	44.0 (3.2)	90.3 (4.5)	162.5 (6.8)	253.6 (9.5)	324.4 (12.3)
19+.....	1437	100.7 (3.8)	6.4 (1.0)	12.6 (1.4)	32.7 (2.3)	73.3 (3.5)	139.1 (5.2)	224.2 (7.6)	289.1 (9.9)
All:									
1+.....	4725	87.6 (3.7)	2.2 (0.2)	4.1 (0.3)	13.2 (1.0)	49.3 (2.7)	124.1 (5.3)	223.6 (9.1)	299.4 (12.7)

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

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

Table E 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	15.4 (0.2)	12.1* (0.3)	12.8 (0.3)	13.9 (0.2)	15.3 (0.2)	16.7 (0.2)	18.2 (0.3)	19.0* (0.3)	5-20%	>97
4-8.....	554	14.6 (0.1)	11.5 (0.2)	12.1 (0.2)	13.2 (0.1)	14.5 (0.1)	16.0 (0.2)	17.3 (0.3)	18.1 (0.4)	10-30%	>97
Males:											
9-13.....	283	15.2 (0.2)	11.1* (0.5)	11.9 (0.4)	13.4 (0.2)	15.0 (0.2)	16.9 (0.4)	18.8 (0.7)	19.9* (0.9)	10-30%	>97
14-18.....	249	16.3 (0.3)	12.0* (0.5)	12.9 (0.5)	14.4 (0.3)	16.2 (0.3)	18.1 (0.4)	20.1 (0.7)	21.2* (0.9)	10-30%	>97
19-50.....	695	16.6 (0.2)	11.9 (0.2)	12.8 (0.2)	14.5 (0.2)	16.5 (0.2)	18.6 (0.3)	20.7 (0.4)	21.9 (0.4)	10-35%	>97
51+.....	574	16.8 (0.3)	12.1 (0.2)	13.0 (0.2)	14.6 (0.2)	16.6 (0.3)	18.8 (0.3)	20.8 (0.4)	22.1 (0.5)	10-35%	>97
19+.....	1269	16.7 (0.2)	12.0 (0.2)	12.9 (0.2)	14.5 (0.2)	16.5 (0.2)	18.6 (0.3)	20.7 (0.4)	22.0 (0.4)	10-35%	>97
Females:											
9-13.....	300	14.9 (0.3)	10.9* (0.5)	11.7 (0.4)	13.1 (0.3)	14.8 (0.2)	16.6 (0.4)	18.4 (0.7)	19.5* (0.8)	10-30%	>97
14-18.....	284	15.0 (0.3)	10.9* (0.7)	11.7 (0.6)	13.1 (0.4)	14.8 (0.3)	16.7 (0.3)	18.5 (0.4)	19.6* (0.6)	10-30%	>97
19-50.....	790	16.3 (0.2)	11.9 (0.2)	12.7 (0.2)	14.2 (0.2)	16.1 (0.2)	18.1 (0.2)	20.1 (0.3)	21.3 (0.3)	10-35%	>97
51+.....	647	16.6 (0.2)	12.1 (0.2)	13.0 (0.2)	14.5 (0.2)	16.4 (0.2)	18.5 (0.3)	20.5 (0.4)	21.8 (0.4)	10-35%	>97
19+.....	1437	16.4 (0.2)	11.9 (0.2)	12.8 (0.2)	14.3 (0.2)	16.2 (0.2)	18.2 (0.2)	20.2 (0.3)	21.5 (0.4)	10-35%	>97
All:											
1+.....	4725	16.1 (0.1)	11.7 (0.1)	12.5 (0.1)	14.0 (0.1)	15.8 (0.1)	17.9 (0.2)	19.9 (0.2)	21.2 (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, 2019. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table E 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	53.0 (0.4)	45.6* (0.7)	47.2 (0.6)	50.0 (0.4)	53.0 (0.4)	55.9 (0.5)	58.6 (0.6)	60.3* (0.7)	45-65%	96* (1.4)
4-8.....	554	53.7 (0.4)	46.5 (0.7)	48.1 (0.6)	50.7 (0.4)	53.7 (0.4)	56.6 (0.4)	59.2 (0.5)	60.8 (0.6)	45-65%	>97
Males:											
9-13.....	283	52.7 (0.4)	45.4* (0.5)	47.0 (0.4)	49.7 (0.4)	52.6 (0.4)	55.6 (0.5)	58.4 (0.6)	60.0* (0.6)	45-65%	96* (1.1)
14-18.....	249	50.9 (0.4)	43.6* (0.5)	45.2 (0.5)	48.0 (0.4)	50.9 (0.4)	53.9 (0.4)	56.6 (0.5)	58.2* (0.5)	45-65%	91 (1.8)
19-50.....	695	48.4 (0.4)	37.0 (0.7)	39.4 (0.6)	43.7 (0.5)	48.4 (0.4)	53.0 (0.4)	57.2 (0.6)	59.8 (0.6)	45-65%	68 (2.3)
51+.....	574	48.1 (0.5)	36.7 (0.7)	39.1 (0.6)	43.4 (0.5)	48.1 (0.5)	52.8 (0.6)	57.0 (0.7)	59.5 (0.8)	45-65%	67 (2.7)
19+.....	1269	48.3 (0.4)	36.9 (0.7)	39.4 (0.6)	43.7 (0.5)	48.3 (0.4)	53.0 (0.4)	57.2 (0.6)	59.7 (0.7)	45-65%	68 (2.2)
Females:											
9-13.....	300	52.6 (0.5)	45.3* (0.7)	46.9 (0.6)	49.6 (0.5)	52.6 (0.5)	55.6 (0.4)	58.2 (0.5)	59.8* (0.5)	45-65%	95* (1.4)
14-18.....	284	52.1 (0.5)	44.8* (0.6)	46.4 (0.5)	49.1 (0.5)	52.1 (0.5)	55.1 (0.5)	57.8 (0.6)	59.5* (0.7)	45-65%	94* (1.4)
19-50.....	790	50.5 (0.4)	39.7 (0.4)	42.1 (0.3)	46.1 (0.3)	50.5 (0.4)	55.0 (0.4)	58.9 (0.5)	61.2 (0.6)	45-65%	79 (1.3)
51+.....	647	49.9 (0.4)	38.9 (0.5)	41.4 (0.5)	45.4 (0.4)	49.9 (0.4)	54.4 (0.4)	58.4 (0.5)	60.9 (0.5)	45-65%	76 (2.0)
19+.....	1437	50.3 (0.3)	39.5 (0.4)	41.9 (0.3)	45.9 (0.3)	50.4 (0.3)	54.8 (0.4)	58.8 (0.5)	61.1 (0.5)	45-65%	78 (1.3)
All:											
1+.....	4725	50.5 (0.2)	39.4 (0.4)	42.1 (0.3)	46.5 (0.3)	50.8 (0.3)	54.8 (0.3)	58.2 (0.3)	60.3 (0.4)	45-65%	80 (1.1)

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

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

Table E 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	32.9 (0.4)	27.0* (0.6)	28.3 (0.5)	30.5 (0.4)	32.9 (0.4)	35.3 (0.4)	37.5 (0.5)	38.9* (0.6)	30-40%	77 (3.5)
4-8.....	554	32.9 (0.4)	27.1 (0.6)	28.4 (0.5)	30.5 (0.4)	32.9 (0.4)	35.3 (0.4)	37.4 (0.5)	38.7 (0.6)	25-35%	71 (3.9)
Males:											
9-13.....	283	33.6 (0.4)	27.9* (0.7)	29.1 (0.6)	31.3 (0.4)	33.6 (0.3)	35.9 (0.4)	38.0 (0.6)	39.2* (0.7)	25-35%	65 (4.4)
14-18.....	249	33.7 (0.4)	27.9* (0.7)	29.2 (0.6)	31.4 (0.4)	33.7 (0.4)	36.0 (0.5)	38.1 (0.6)	39.3* (0.8)	25-35%	64 (4.5)
19-50.....	695	32.8 (0.3)	25.2 (0.6)	26.9 (0.5)	29.7 (0.4)	32.8 (0.3)	35.8 (0.4)	38.5 (0.5)	40.2 (0.6)	20-35%	68 (2.9)
51+.....	574	33.7 (0.4)	26.3 (0.6)	27.9 (0.5)	30.7 (0.4)	33.7 (0.4)	36.8 (0.4)	39.5 (0.5)	41.1 (0.6)	20-35%	61 (3.0)
19+.....	1269	33.0 (0.3)	25.4 (0.6)	27.1 (0.5)	30.0 (0.4)	33.0 (0.3)	36.1 (0.4)	38.8 (0.5)	40.5 (0.6)	20-35%	66 (2.8)
Females:											
9-13.....	300	34.1 (0.4)	28.4* (0.7)	29.7 (0.6)	31.8 (0.4)	34.1 (0.4)	36.4 (0.5)	38.4 (0.7)	39.7* (0.8)	25-35%	59 (4.9)
14-18.....	284	33.8 (0.5)	28.0* (0.9)	29.3 (0.8)	31.5 (0.6)	33.8 (0.5)	36.1 (0.5)	38.2 (0.6)	39.4* (0.6)	25-35%	63 (5.0)
19-50.....	790	33.2 (0.3)	25.3 (0.5)	27.0 (0.5)	29.9 (0.4)	33.2 (0.3)	36.5 (0.3)	39.4 (0.4)	41.1 (0.4)	20-35%	64 (2.2)
51+.....	647	34.1 (0.4)	26.1 (0.5)	27.8 (0.5)	30.8 (0.4)	34.1 (0.4)	37.4 (0.5)	40.4 (0.5)	42.2 (0.6)	20-35%	57 (3.6)
19+.....	1437	33.5 (0.3)	25.5 (0.5)	27.2 (0.4)	30.2 (0.4)	33.5 (0.3)	36.8 (0.3)	39.7 (0.4)	41.5 (0.4)	20-35%	62 (2.4)
All:											
1+.....	4725	33.3 (0.2)	26.1 (0.4)	27.8 (0.3)	30.4 (0.2)	33.3 (0.2)	36.2 (0.2)	38.8 (0.3)	40.4 (0.3)		65 (1.7)

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

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

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

	N	Mean (SE)	Percentiles						<10%† % (SE)	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)
Hispanic										
Males and females:										
1-3.....	349	12.4 (0.2)	9.2* (0.4)	9.8 (0.3)	11.0 (0.3)	12.4 (0.2)	13.8 (0.2)	15.1 (0.2)	15.9* (0.2)	12 (3.2)
4-8.....	554	11.8 (0.1)	8.7 (0.3)	9.3 (0.2)	10.4 (0.2)	11.7 (0.1)	13.1 (0.2)	14.4 (0.2)	15.2 (0.3)	19 (2.8)
Males:										
9-13.....	283	11.7 (0.2)	9.1* (0.3)	9.6 (0.3)	10.6 (0.2)	11.7 (0.2)	12.8 (0.3)	13.8 (0.3)	14.5* (0.4)	15 (3.7)
14-18.....	249	11.5 (0.2)	8.8* (0.3)	9.4 (0.3)	10.4 (0.3)	11.4 (0.2)	12.5 (0.3)	13.6 (0.3)	14.2* (0.4)	18 (4.6)
19-50.....	695	10.7 (0.2)	8.0 (0.2)	8.5 (0.2)	9.5 (0.2)	10.7 (0.2)	11.8 (0.2)	12.9 (0.2)	13.5 (0.2)	35 (3.4)
51+.....	574	10.8 (0.2)	8.1 (0.2)	8.6 (0.2)	9.7 (0.2)	10.8 (0.2)	12.0 (0.2)	13.0 (0.2)	13.7 (0.2)	32 (3.5)
19+.....	1269	10.7 (0.2)	8.0 (0.2)	8.5 (0.2)	9.6 (0.1)	10.7 (0.2)	11.9 (0.2)	12.9 (0.2)	13.6 (0.2)	34 (3.2)
Females:										
9-13.....	300	11.6 (0.2)	8.9* (0.3)	9.5 (0.3)	10.5 (0.2)	11.6 (0.2)	12.7 (0.3)	13.7 (0.3)	14.3* (0.4)	17 (4.1)
14-18.....	284	11.0 (0.3)	8.4* (0.4)	9.0 (0.4)	9.9 (0.3)	11.0 (0.3)	12.1 (0.3)	13.1 (0.3)	13.8* (0.3)	27 (7.1)
19-50.....	790	10.6 (0.1)	7.5 (0.2)	8.1 (0.2)	9.2 (0.1)	10.5 (0.1)	11.9 (0.1)	13.2 (0.2)	13.9 (0.2)	39 (2.6)
51+.....	647	10.8 (0.2)	7.7 (0.2)	8.3 (0.2)	9.4 (0.2)	10.7 (0.2)	12.1 (0.2)	13.4 (0.2)	14.2 (0.3)	35 (3.2)
19+.....	1437	10.7 (0.1)	7.6 (0.2)	8.2 (0.2)	9.3 (0.1)	10.6 (0.1)	12.0 (0.1)	13.2 (0.2)	14.0 (0.2)	38 (2.6)
All:										
1+.....	4725	11.0 (0.1)	8.0 (0.1)	8.6 (0.1)	9.7 (0.1)	11.0 (0.1)	12.3 (0.1)	13.5 (0.1)	14.3 (0.1)	30 (1.8)

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	5.8 (0.1)	4.2* (0.2)	4.5 (0.2)	5.1 (0.1)	5.7 (0.1)	6.5 (0.1)	7.2 (0.1)	7.6* (0.2)	05-10%	77 (4.3)
4-8.....	554	6.4 (0.1)	4.7 (0.1)	5.0 (0.1)	5.6 (0.1)	6.3 (0.1)	7.1 (0.1)	7.8 (0.2)	8.2 (0.2)	05-10%	90 (2.5)
Males:											
9-13.....	283	6.7 (0.1)	4.8* (0.2)	5.1 (0.2)	5.8 (0.1)	6.6 (0.1)	7.5 (0.1)	8.4 (0.2)	9.0* (0.3)	05-10%	91 (3.3)
14-18.....	249	6.7 (0.1)	4.7* (0.2)	5.1 (0.2)	5.8 (0.1)	6.6 (0.1)	7.5 (0.2)	8.4 (0.3)	8.9* (0.3)	05-10%	91 (2.9)
19-50.....	695	6.5 (0.1)	4.6 (0.2)	5.0 (0.1)	5.6 (0.1)	6.5 (0.1)	7.4 (0.1)	8.2 (0.2)	8.7 (0.2)	05-10%	89 (2.5)
51+.....	574	6.9 (0.1)	4.9 (0.2)	5.2 (0.2)	5.9 (0.1)	6.8 (0.1)	7.7 (0.1)	8.6 (0.2)	9.1 (0.2)	05-10%	92 (2.2)
19+.....	1269	6.6 (0.1)	4.6 (0.2)	5.0 (0.1)	5.7 (0.1)	6.6 (0.1)	7.4 (0.1)	8.3 (0.2)	8.9 (0.2)	05-10%	90 (2.4)
Females:											
9-13.....	300	7.2 (0.1)	5.1* (0.2)	5.6 (0.2)	6.3 (0.1)	7.1 (0.1)	8.1 (0.2)	8.9 (0.3)	9.5* (0.4)	05-10%	94 (2.8)
14-18.....	284	7.2 (0.1)	5.1* (0.3)	5.6 (0.2)	6.3 (0.2)	7.1 (0.1)	8.1 (0.2)	9.0 (0.2)	9.5* (0.3)	05-10%	93 (2.9)
19-50.....	790	7.0 (0.1)	4.8 (0.1)	5.2 (0.1)	6.0 (0.1)	6.9 (0.1)	8.0 (0.1)	8.9 (0.2)	9.6 (0.2)	05-10%	90 (1.4)
51+.....	647	7.1 (0.1)	4.9 (0.1)	5.3 (0.1)	6.1 (0.1)	7.0 (0.1)	8.1 (0.2)	9.1 (0.2)	9.7 (0.2)	05-10%	90 (1.5)
19+.....	1437	7.0 (0.1)	4.8 (0.1)	5.2 (0.1)	6.0 (0.1)	7.0 (0.1)	8.0 (0.1)	9.0 (0.2)	9.6 (0.2)	05-10%	90 (1.4)
All:											
1+.....	4725	6.8 (0.1)	4.7 (0.1)	5.1 (0.1)	5.8 (0.1)	6.7 (0.1)	7.6 (0.1)	8.6 (0.1)	9.2 (0.1)	05-10%	90 (1.3)

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	349	0.65 (0.01)	0.47* (0.01)	0.50 (0.01)	0.57 (0.01)	0.65 (0.01)	0.73 (0.02)	0.82 (0.02)	0.88* (0.02)	0.6-1.2%	65 (3.9)
4-8.....	554	0.65 (0.01)	0.46 (0.01)	0.50 (0.01)	0.56 (0.01)	0.64 (0.01)	0.72 (0.01)	0.81 (0.02)	0.86 (0.03)	0.6-1.2%	62 (3.0)
Males:											
9-13.....	283	0.65 (0.01)	0.47* (0.03)	0.50 (0.03)	0.57 (0.02)	0.64 (0.01)	0.73 (0.02)	0.81 (0.04)	0.87* (0.06)	0.6-1.2%	64 (4.4)
14-18.....	249	0.65 (0.02)	0.47* (0.03)	0.50 (0.03)	0.56 (0.02)	0.64 (0.01)	0.72 (0.03)	0.81 (0.05)	0.86* (0.06)	0.6-1.2%	64 (5.1)
19-50.....	695	0.70 (0.01)	0.47 (0.02)	0.52 (0.02)	0.59 (0.02)	0.69 (0.01)	0.79 (0.02)	0.90 (0.03)	0.97 (0.04)	0.6-1.2%	73 (4.2)
51+.....	574	0.76 (0.01)	0.52 (0.03)	0.56 (0.02)	0.64 (0.02)	0.74 (0.01)	0.86 (0.02)	0.97 (0.03)	1.04 (0.04)	0.6-1.2%	83 (4.2)
19+.....	1269	0.71 (0.01)	0.48 (0.02)	0.53 (0.02)	0.60 (0.02)	0.70 (0.01)	0.81 (0.02)	0.92 (0.03)	0.99 (0.04)	0.6-1.2%	75 (4.1)
Females:											
9-13.....	300	0.71 (0.02)	0.51* (0.03)	0.55 (0.03)	0.62 (0.02)	0.70 (0.02)	0.79 (0.03)	0.88 (0.05)	0.94* (0.07)	0.6-1.2%	79 (5.4)
14-18.....	284	0.70 (0.02)	0.50* (0.04)	0.54 (0.03)	0.60 (0.02)	0.69 (0.02)	0.78 (0.03)	0.87 (0.05)	0.92* (0.06)	0.6-1.2%	76 (7.1)
19-50.....	790	0.77 (0.02)	0.51 (0.02)	0.56 (0.02)	0.65 (0.02)	0.76 (0.01)	0.88 (0.02)	1.01 (0.03)	1.09 (0.04)	0.6-1.2%	82 (3.4)
51+.....	647	0.83 (0.02)	0.55 (0.02)	0.60 (0.02)	0.69 (0.02)	0.81 (0.02)	0.94 (0.02)	1.08 (0.04)	1.17 (0.05)	0.6-1.2%	86 (3.1)
19+.....	1437	0.79 (0.02)	0.52 (0.02)	0.57 (0.02)	0.66 (0.02)	0.77 (0.01)	0.90 (0.02)	1.03 (0.03)	1.11 (0.04)	0.6-1.2%	83 (3.3)
All:											
1+.....	4725	0.72 (0.01)	0.49 (0.01)	0.53 (0.01)	0.61 (0.01)	0.70 (0.01)	0.82 (0.01)	0.94 (0.02)	1.02 (0.03)	0.6-1.2%	75 (2.3)

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

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TABLE NOTES

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

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.21.

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

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

Indicates a non-zero value too small to report.

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

CITATION

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