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USUAL NUTRIENT INTAKE from Food and Beverages, among Hispanic Individuals

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

Table E

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

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

Table E 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	1405 (48)	923* (27)	1011* (28)	1172 (34)	1378 (45)	1606 (63)	1838* (80)	1983* (92)
4-8.....	233	1721 (52)	1138* (28)	1251 (30)	1449 (37)	1691 (49)	1962 (67)	2230 (88)	2404* (105)
Males:									
9-13.....	149	1954 (53)	1230* (67)	1361* (63)	1615 (57)	1920 (54)	2260 (61)	2584* (77)	2802* (94)
14-18.....	129	2180 (63)	1404* (81)	1547* (80)	1805 (73)	2139 (63)	2494 (69)	2880* (81)	3144* (100)
19-50.....	457	2481 (68)	1488 (51)	1671 (50)	2013 (55)	2425 (67)	2899 (80)	3360 (92)	3652 (102)
51+.....	370	2406 (66)	1426* (50)	1618 (53)	1949 (57)	2361 (65)	2806 (77)	3260 (87)	3557* (94)
19+.....	827	2461 (64)	1471 (48)	1655 (49)	1996 (53)	2409 (63)	2876 (75)	3334 (88)	3630 (98)
Females:									
9-13.....	147	1897 (47)	1185* (56)	1310* (54)	1554 (45)	1859 (45)	2200 (63)	2529* (91)	2751* (111)
14-18.....	131	1664 (76)	1007* (84)	1133* (79)	1355 (80)	1629 (79)	1934 (78)	2245* (83)	2450* (93)
19-50.....	453	1832 (31)	1111 (28)	1245 (28)	1493 (28)	1799 (31)	2136 (36)	2466 (44)	2674 (52)
51+.....	403	1749 (38)	1035* (29)	1169 (29)	1419 (31)	1711 (37)	2045 (45)	2378 (54)	2578* (63)
19+.....	856	1803 (31)	1080 (27)	1217 (27)	1466 (27)	1768 (31)	2104 (37)	2437 (46)	2645 (53)
All:									
1+.....	2634	2027 (35)	1138 (25)	1285 (26)	1566 (28)	1941 (30)	2400 (41)	2889 (65)	3214 (79)

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

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

Table E 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	51.6 (2.0)	32.6* (2.1)	36.1* (2.0)	42.3 (2.0)	50.5 (2.1)	59.4 (2.2)	68.9* (2.5)	74.6* (2.8)
4-8.....	233	60.8 (2.4)	38.7* (2.3)	42.8 (2.3)	50.3 (2.3)	59.5 (2.4)	69.9 (2.7)	80.3 (3.0)	87.1* (3.4)
Males:									
9-13.....	149	69.6 (3.2)	42.2* (3.4)	47.1* (3.5)	56.6 (3.4)	68.2 (3.3)	81.3 (3.4)	93.8* (3.9)	102.3* (4.4)
14-18.....	129	86.2 (2.9)	54.5* (2.5)	60.3* (2.7)	70.7 (2.4)	84.4 (2.8)	99.0 (3.6)	114.9* (4.8)	125.8* (5.9)
19-50.....	457	99.6 (3.0)	59.8 (2.8)	67.1 (2.7)	80.9 (2.7)	97.4 (3.0)	116.3 (3.4)	134.6 (3.8)	146.3 (4.4)
51+.....	370	95.5 (3.0)	56.2* (2.5)	63.8 (2.5)	77.1 (2.6)	93.6 (3.0)	111.5 (3.6)	129.7 (4.2)	141.6* (4.6)
19+.....	827	98.5 (2.8)	58.8 (2.6)	66.2 (2.6)	79.8 (2.5)	96.4 (2.7)	115.1 (3.2)	133.3 (3.7)	145.1 (4.2)
Females:									
9-13.....	147	67.2 (2.4)	40.3* (2.2)	45.0* (1.9)	54.1 (2.1)	65.6 (2.3)	78.7 (2.9)	91.4* (3.8)	100.0* (4.5)
14-18.....	131	58.6 (3.3)	34.0* (3.6)	38.6* (3.5)	46.9 (3.5)	57.2 (3.5)	68.8 (3.3)	80.8* (3.2)	88.7* (3.7)
19-50.....	453	71.2 (1.4)	43.8 (1.4)	48.9 (1.4)	58.3 (1.3)	70.0 (1.4)	82.8 (1.6)	95.3 (2.0)	103.1 (2.3)
51+.....	403	69.1 (1.4)	41.5* (1.4)	46.8 (1.3)	56.4 (1.3)	67.7 (1.5)	80.5 (1.6)	93.2 (1.8)	100.9* (2.0)
19+.....	856	70.5 (1.3)	42.9 (1.3)	48.2 (1.3)	57.6 (1.2)	69.2 (1.3)	81.9 (1.5)	94.6 (1.9)	102.4 (2.1)
All:									
1+.....	2634	78.5 (1.5)	42.1 (1.1)	47.9 (1.0)	59.1 (0.9)	74.6 (1.4)	93.9 (2.0)	114.7 (2.9)	128.1 (3.4)

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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	4.20 (0.14)	2.68* (0.16)	2.96* (0.15)	3.47 (0.15)	4.13 (0.14)	4.83 (0.15)	5.56* (0.16)	6.00* (0.18)	0.87	<3
4-8.....	231	2.62 (0.09)	1.53* (0.09)	1.73 (0.09)	2.10 (0.09)	2.56 (0.09)	3.07 (0.10)	3.60 (0.12)	3.92* (0.14)	0.76	<3
Males:											
9-13.....	149	1.67 (0.05)	0.90* (0.05)	1.04* (0.05)	1.31 (0.05)	1.63 (0.06)	2.00 (0.06)	2.35* (0.07)	2.59* (0.08)	0.76	<3
14-18.....	126	1.33 (0.03)	0.66* (0.03)	0.78* (0.03)	0.99 (0.03)	1.28 (0.03)	1.59 (0.05)	1.95* (0.07)	2.19* (0.09)	0.73	8* (1.5)
19-50.....	455	1.39 (0.03)	0.77 (0.03)	0.88 (0.03)	1.10 (0.03)	1.36 (0.03)	1.65 (0.04)	1.93 (0.05)	2.11 (0.06)	0.66	<3
51+.....	368	1.33 (0.03)	0.72* (0.02)	0.84 (0.02)	1.04 (0.03)	1.30 (0.03)	1.58 (0.04)	1.86 (0.06)	2.04* (0.07)	0.66	3* (0.6)
19+.....	823	1.37 (0.03)	0.76 (0.02)	0.87 (0.02)	1.08 (0.02)	1.34 (0.03)	1.63 (0.04)	1.92 (0.05)	2.10 (0.06)	0.66	<3
Females:											
9-13.....	147	1.59 (0.06)	0.84* (0.06)	0.97* (0.06)	1.22 (0.05)	1.54 (0.06)	1.91 (0.06)	2.27* (0.08)	2.51* (0.09)	0.76	3* (1.2)
14-18.....	130	1.01 (0.06)	0.45* (0.05)	0.55* (0.05)	0.73 (0.05)	0.97 (0.06)	1.25 (0.07)	1.54* (0.08)	1.73* (0.09)	0.71	23 (4.5)
19-50.....	441	1.14 (0.02)	0.63* (0.03)	0.72 (0.03)	0.90 (0.02)	1.12 (0.02)	1.36 (0.03)	1.59 (0.03)	1.74* (0.04)	0.66	6 (1.2)
51+.....	395	1.12 (0.02)	0.60* (0.03)	0.70 (0.02)	0.88 (0.02)	1.09 (0.02)	1.34 (0.03)	1.58 (0.03)	1.72* (0.04)	0.66	8 (1.3)
19+.....	836	1.13 (0.02)	0.62 (0.02)	0.71 (0.02)	0.89 (0.02)	1.11 (0.02)	1.35 (0.02)	1.59 (0.03)	1.73 (0.03)	0.66	7 (1.2)
All:											
1+.....	2604	1.55 (0.03)	0.68 (0.02)	0.80 (0.02)	1.02 (0.02)	1.32 (0.02)	1.74 (0.03)	2.54 (0.08)	3.49 (0.13)		5 (0.5)

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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	187 (7)	122* (4)	134* (4)	156 (5)	184 (6)	214 (8)	246* (10)	265* (12)	100	<3
4-8.....	233	230 (8)	151* (5)	167 (5)	193 (6)	226 (7)	262 (10)	298 (12)	321* (15)	100	<3
Males:											
9-13.....	149	254 (7)	156* (9)	174* (8)	208 (7)	250 (7)	296 (7)	340* (10)	369* (12)	100	<3
14-18.....	129	266 (10)	165* (12)	183* (12)	217 (11)	260 (10)	306 (10)	357* (10)	391* (11)	100	<3
19-50.....	457	289 (8)	153 (6)	177 (6)	224 (7)	280 (8)	346 (9)	411 (11)	453 (12)	100	<3
51+.....	370	282 (8)	148* (7)	174 (7)	218 (7)	275 (8)	337 (9)	402 (11)	444* (12)	100	<3
19+.....	827	287 (7)	152 (6)	176 (6)	222 (6)	279 (7)	344 (9)	409 (10)	451 (12)	100	<3
Females:											
9-13.....	147	246 (6)	150* (7)	167* (6)	200 (5)	241 (6)	287 (8)	332* (12)	362* (14)	100	<3
14-18.....	131	211 (8)	124* (10)	140* (9)	170 (9)	207 (9)	248 (9)	290* (9)	317* (10)	100	<3
19-50.....	453	219 (5)	121 (4)	138 (4)	172 (4)	214 (4)	261 (6)	308 (7)	339 (9)	100	<3
51+.....	403	208 (6)	111* (4)	129 (4)	162 (5)	202 (6)	248 (7)	295 (9)	324* (10)	100	<3
19+.....	856	215 (5)	117 (4)	135 (4)	168 (4)	209 (5)	256 (6)	304 (8)	334 (9)	100	<3
All:											
1+.....	2634	245 (4)	132 (3)	151 (4)	187 (4)	234 (4)	292 (5)	354 (7)	397 (9)	100	<3

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	94 (5)	56* (2)	63* (2)	75 (3)	92 (4)	110 (6)	130* (8)	141* (9)
4-8.....	233	106 (5)	63* (2)	71 (3)	85 (3)	103 (5)	124 (6)	145 (8)	158* (10)
Males:									
9-13.....	149	111 (4)	60* (5)	68* (5)	86 (4)	108 (4)	133 (4)	157* (6)	174* (7)
14-18.....	129	110 (4)	59* (4)	68* (4)	84 (4)	106 (4)	130 (5)	158* (6)	176* (7)
19-50.....	457	117 (4)	41 (2)	52 (3)	75 (3)	107 (4)	149 (6)	194 (7)	225 (8)
51+.....	370	118 (4)	42* (3)	54 (3)	77 (4)	109 (4)	149 (5)	193 (6)	223* (7)
19+.....	827	117 (4)	41 (2)	53 (3)	76 (3)	108 (4)	149 (5)	194 (6)	224 (7)
Females:									
9-13.....	147	108 (4)	58* (4)	66* (4)	83 (4)	105 (4)	130 (5)	155* (7)	172* (9)
14-18.....	131	90 (3)	45* (4)	53* (4)	68 (4)	87 (4)	109 (4)	132* (4)	147* (6)
19-50.....	453	92 (2)	37 (2)	46 (2)	63 (2)	86 (2)	114 (3)	145 (4)	165 (5)
51+.....	403	89 (3)	36* (2)	44 (2)	61 (2)	83 (3)	112 (4)	142 (5)	162* (6)
19+.....	856	91 (2)	37 (2)	45 (2)	62 (2)	85 (2)	113 (3)	144 (4)	164 (5)
All:									
1+.....	2634	104 (2)	42 (1)	53 (1)	72 (2)	97 (2)	128 (3)	163 (4)	189 (5)

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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	162	11.6 (0.6)	6.1* (0.5)	7.1* (0.5)	8.8 (0.5)	11.1 (0.6)	13.8 (0.7)	16.6* (0.8)	18.4* (0.9)	19	4* (1.5)
4-8.....	233	13.6 (0.6)	7.4* (0.5)	8.5 (0.6)	10.6 (0.6)	13.1 (0.6)	16.1 (0.6)	19.2 (0.6)	21.1* (0.6)	25	<3
Males:											
9-13.....	149	15.4 (0.7)	8.3* (0.6)	9.5* (0.6)	11.9 (0.6)	14.9 (0.7)	18.5 (0.8)	21.9* (1.0)	24.3* (1.3)	31	<3
14-18.....	129	15.8 (0.8)	8.5* (0.7)	9.8* (0.7)	12.1 (0.7)	15.2 (0.8)	18.7 (0.9)	22.6* (1.0)	25.3* (1.2)	38	<3
19-50.....	457	19.2 (0.4)	9.0 (0.4)	10.7 (0.3)	14.0 (0.3)	18.3 (0.4)	23.6 (0.5)	28.9 (0.7)	32.4 (0.8)	38	<3
51+.....	370	21.1 (0.6)	10.2* (0.5)	12.2 (0.5)	15.7 (0.5)	20.3 (0.5)	25.5 (0.7)	31.1 (0.9)	34.8* (1.1)	30	12 (1.9)
19+.....	827	19.7 (0.4)	9.2 (0.3)	11.0 (0.3)	14.4 (0.3)	18.8 (0.4)	24.1 (0.5)	29.5 (0.7)	33.1 (0.8)	4	4 (0.7)
Females:											
9-13.....	147	15.8 (0.7)	8.5* (0.6)	9.7* (0.6)	12.1 (0.6)	15.3 (0.7)	18.9 (0.9)	22.6* (1.1)	25.1* (1.3)	26	4* (1.9)
14-18.....	131	13.6 (0.7)	7.0* (0.7)	8.2* (0.7)	10.3 (0.7)	13.1 (0.8)	16.3 (0.7)	19.7* (0.8)	22.0* (0.9)	26	<3
19-50.....	453	16.1 (0.5)	7.7 (0.3)	9.1 (0.3)	11.8 (0.4)	15.4 (0.4)	19.6 (0.6)	24.2 (0.7)	27.1 (0.9)	25	8 (1.4)
51+.....	403	17.0 (0.7)	8.3* (0.5)	9.7 (0.5)	12.6 (0.6)	16.3 (0.7)	20.7 (0.8)	25.4 (0.9)	28.4* (1.0)	21	24 (3.1)
19+.....	856	16.5 (0.5)	7.9 (0.4)	9.3 (0.4)	12.1 (0.4)	15.7 (0.5)	20.0 (0.6)	24.6 (0.7)	27.6 (0.8)	14	14 (1.8)
All:											
1+.....	2634	16.9 (0.3)	7.9 (0.3)	9.3 (0.3)	12.1 (0.3)	15.8 (0.3)	20.6 (0.4)	25.8 (0.5)	29.2 (0.6)	7	7 (0.7)

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

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Table E 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	52.0 (2.1)	30.4* (1.2)	34.3* (1.3)	41.4 (1.6)	50.7 (2.0)	60.9 (2.8)	71.6* (3.4)	78.2* (3.7)
4-8.....	233	64.0 (2.2)	38.3* (1.3)	43.2 (1.3)	51.9 (1.6)	62.6 (2.1)	74.7 (2.8)	86.8 (3.7)	94.7* (4.4)
Males:									
9-13.....	149	76.2 (3.1)	44.5* (2.9)	50.2* (2.8)	61.2 (2.8)	74.6 (3.1)	89.6 (3.7)	104.1* (4.4)	113.8* (5.0)
14-18.....	129	86.5 (3.6)	52.3* (3.3)	58.5* (3.5)	69.8 (3.6)	84.6 (3.6)	100.4 (4.3)	117.7* (5.1)	129.5* (5.7)
19-50.....	457	96.2 (2.9)	52.2 (2.2)	60.1 (2.1)	75.0 (2.3)	93.3 (2.8)	114.9 (3.6)	136.0 (4.3)	149.6 (5.0)
51+.....	370	94.6 (3.0)	51.1* (2.0)	59.4 (2.2)	73.9 (2.4)	92.3 (2.9)	112.4 (3.7)	133.2 (4.6)	146.8* (5.0)
19+.....	827	95.8 (2.7)	52.0 (2.0)	59.9 (2.0)	74.8 (2.2)	93.1 (2.7)	114.3 (3.4)	135.3 (4.2)	148.9 (4.9)
Females:									
9-13.....	147	74.5 (2.7)	43.2* (3.1)	48.6* (3.2)	59.3 (2.9)	72.7 (2.8)	87.9 (3.0)	102.6* (3.8)	112.6* (4.6)
14-18.....	131	66.8 (4.3)	37.4* (3.9)	42.9* (3.8)	52.8 (4.2)	65.1 (4.5)	78.9 (4.6)	93.1* (4.9)	102.4* (5.5)
19-50.....	453	73.0 (1.6)	39.9 (1.6)	45.7 (1.7)	56.9 (1.7)	71.1 (1.7)	87.0 (1.8)	103.0 (2.0)	113.3 (2.3)
51+.....	403	70.3 (2.1)	37.5* (1.7)	43.3 (1.8)	54.6 (1.8)	68.1 (2.1)	84.0 (2.3)	100.2 (2.7)	110.0* (3.1)
19+.....	856	72.1 (1.7)	38.9 (1.6)	44.9 (1.7)	56.1 (1.6)	70.0 (1.7)	86.0 (1.8)	102.1 (2.0)	112.2 (2.3)
All:									
1+.....	2634	79.4 (1.6)	40.6 (1.4)	46.9 (1.4)	59.2 (1.4)	75.7 (1.4)	95.6 (1.6)	116.8 (2.4)	131.0 (3.1)

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	18.8 (0.7)	10.5* (0.5)	12.0* (0.5)	14.6 (0.6)	18.2 (0.7)	22.2 (0.9)	26.4* (1.3)	28.9* (1.4)
4-8.....	233	22.8 (0.9)	13.0* (0.6)	14.8 (0.6)	18.1 (0.7)	22.2 (0.8)	26.9 (1.2)	31.6 (1.6)	34.7* (2.0)
Males:									
9-13.....	149	26.0 (1.1)	14.7* (1.1)	16.7* (1.1)	20.6 (1.1)	25.3 (1.2)	30.7 (1.4)	36.0* (1.7)	39.6* (2.1)
14-18.....	129	29.2 (1.3)	17.1* (1.4)	19.2* (1.4)	23.2 (1.4)	28.5 (1.3)	34.1 (1.6)	40.4* (2.1)	44.8* (2.4)
19-50.....	457	31.2 (0.9)	15.9 (0.7)	18.5 (0.7)	23.6 (0.8)	30.1 (0.9)	37.7 (1.1)	45.3 (1.4)	50.2 (1.7)
51+.....	370	30.2 (1.0)	15.2* (0.7)	18.0 (0.8)	22.9 (0.8)	29.2 (1.0)	36.4 (1.3)	43.8 (1.6)	48.7* (1.8)
19+.....	827	31.0 (0.9)	15.7 (0.7)	18.4 (0.7)	23.5 (0.7)	29.9 (0.9)	37.4 (1.1)	44.9 (1.4)	49.9 (1.6)
Females:									
9-13.....	147	25.8 (1.1)	14.6* (1.2)	16.5* (1.3)	20.3 (1.2)	25.1 (1.1)	30.6 (1.3)	36.0* (1.7)	39.7* (2.0)
14-18.....	131	22.2 (1.4)	12.0* (1.3)	13.8* (1.2)	17.2 (1.3)	21.5 (1.4)	26.4 (1.5)	31.4* (1.7)	34.8* (2.1)
19-50.....	453	23.4 (0.6)	12.6 (0.6)	14.5 (0.6)	18.1 (0.6)	22.7 (0.6)	27.9 (0.6)	33.2 (0.8)	36.6 (0.9)
51+.....	403	22.5 (0.8)	12.0* (0.6)	13.8 (0.6)	17.4 (0.7)	21.7 (0.8)	26.9 (1.0)	32.2 (1.2)	35.5* (1.4)
19+.....	856	23.1 (0.6)	12.4 (0.6)	14.3 (0.6)	17.8 (0.6)	22.3 (0.6)	27.5 (0.7)	32.9 (0.8)	36.3 (0.9)
All:									
1+.....	2634	26.1 (0.5)	13.2 (0.4)	15.3 (0.4)	19.3 (0.4)	24.7 (0.5)	31.4 (0.6)	38.6 (0.8)	43.6 (1.1)

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	16.4 (0.6)	9.6* (0.3)	10.8* (0.4)	13.0 (0.4)	16.0 (0.6)	19.2 (0.8)	22.6* (1.0)	24.7* (1.1)
4-8.....	233	20.4 (0.7)	12.2* (0.4)	13.7 (0.4)	16.5 (0.5)	20.0 (0.6)	23.9 (0.9)	27.7 (1.1)	30.3* (1.4)
Males:									
9-13.....	149	25.0 (1.0)	14.7* (1.0)	16.5* (1.0)	20.1 (1.0)	24.5 (1.0)	29.4 (1.1)	34.1* (1.3)	37.3* (1.4)
14-18.....	129	28.4 (1.2)	17.2* (1.1)	19.3* (1.1)	22.9 (1.2)	27.8 (1.1)	32.9 (1.4)	38.6* (1.6)	42.5* (1.8)
19-50.....	457	33.1 (1.0)	17.6 (0.9)	20.4 (0.8)	25.5 (0.9)	32.0 (1.0)	39.7 (1.2)	47.2 (1.5)	52.2 (1.8)
51+.....	370	32.8 (1.1)	17.5* (0.9)	20.4 (0.9)	25.4 (0.9)	31.9 (1.1)	39.0 (1.4)	46.5 (1.6)	51.4* (1.8)
19+.....	827	33.0 (0.9)	17.6 (0.9)	20.4 (0.8)	25.5 (0.8)	32.0 (0.9)	39.5 (1.1)	47.0 (1.4)	52.0 (1.6)
Females:									
9-13.....	147	24.0 (1.0)	13.9* (1.0)	15.7* (1.1)	19.1 (1.0)	23.4 (1.0)	28.3 (1.1)	33.1* (1.1)	36.3* (1.4)
14-18.....	131	21.8 (1.4)	12.3* (1.3)	14.1* (1.3)	17.3 (1.4)	21.2 (1.5)	25.7 (1.5)	30.3* (1.6)	33.4* (1.8)
19-50.....	453	24.8 (0.6)	13.0 (0.5)	15.0 (0.6)	18.9 (0.6)	24.0 (0.6)	29.8 (0.7)	35.8 (0.8)	39.6 (0.9)
51+.....	403	24.1 (0.6)	12.3* (0.5)	14.4 (0.5)	18.3 (0.6)	23.2 (0.6)	29.0 (0.7)	35.0 (0.7)	38.7* (0.8)
19+.....	856	24.6 (0.6)	12.7 (0.5)	14.8 (0.5)	18.7 (0.5)	23.7 (0.6)	29.5 (0.6)	35.5 (0.7)	39.3 (0.8)
All:									
1+.....	2634	26.8 (0.5)	13.2 (0.4)	15.3 (0.4)	19.5 (0.4)	25.4 (0.5)	32.6 (0.6)	40.3 (0.8)	45.4 (1.1)

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

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Table E 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	10.8 (0.5)	5.7* (0.2)	6.6* (0.2)	8.2 (0.3)	10.4 (0.4)	13.0 (0.6)	15.7* (0.8)	17.5* (0.9)
4-8.....	233	13.9 (0.5)	7.6* (0.4)	8.7 (0.4)	10.8 (0.5)	13.4 (0.5)	16.5 (0.6)	19.7 (0.8)	21.8* (0.9)
Males:									
9-13.....	149	17.5 (0.8)	9.9* (0.9)	11.2* (0.9)	13.7 (0.8)	17.0 (0.8)	20.8 (0.9)	24.5* (1.1)	27.1* (1.4)
14-18.....	129	19.4 (0.9)	11.1* (1.2)	12.5* (1.2)	15.2 (1.1)	18.7 (1.0)	22.7 (1.0)	27.2* (1.1)	30.4* (1.4)
19-50.....	457	21.6 (0.9)	11.2 (0.8)	13.0 (0.8)	16.4 (0.8)	20.8 (0.9)	26.0 (1.1)	31.3 (1.3)	34.8 (1.5)
51+.....	370	22.1 (0.9)	11.5* (0.6)	13.4 (0.6)	16.8 (0.7)	21.3 (0.8)	26.4 (1.1)	31.8 (1.5)	35.4* (1.7)
19+.....	827	21.8 (0.8)	11.3 (0.7)	13.1 (0.7)	16.5 (0.7)	20.9 (0.8)	26.1 (1.0)	31.5 (1.2)	35.0 (1.5)
Females:									
9-13.....	147	17.3 (0.6)	9.7* (0.6)	10.9* (0.6)	13.4 (0.5)	16.7 (0.6)	20.5 (0.9)	24.3* (1.3)	27.0* (1.7)
14-18.....	131	16.1 (1.0)	8.9* (1.1)	10.1* (1.1)	12.5 (1.1)	15.5 (1.1)	19.0 (1.1)	22.8* (1.2)	25.3* (1.4)
19-50.....	453	17.2 (0.5)	8.7 (0.3)	10.1 (0.4)	12.8 (0.4)	16.5 (0.5)	20.8 (0.6)	25.3 (0.7)	28.2 (0.8)
51+.....	403	16.5 (0.4)	8.2* (0.3)	9.5 (0.3)	12.3 (0.4)	15.7 (0.4)	20.0 (0.5)	24.5 (0.7)	27.3* (0.8)
19+.....	856	17.0 (0.4)	8.5 (0.3)	9.9 (0.3)	12.6 (0.4)	16.2 (0.4)	20.5 (0.5)	25.0 (0.6)	28.0 (0.7)
All:									
1+.....	2634	18.2 (0.4)	8.6 (0.2)	10.1 (0.2)	13.2 (0.3)	17.2 (0.4)	22.2 (0.5)	27.4 (0.7)	30.9 (0.9)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	162	9.7 (0.4)	5.1* (0.2)	5.9* (0.2)	7.3 (0.3)	9.3 (0.4)	11.6 (0.6)	14.1* (0.7)	15.7* (0.8)	7	79 (3.2)
4-8.....	233	12.5 (0.5)	6.8* (0.4)	7.8 (0.4)	9.6 (0.4)	12.0 (0.5)	14.8 (0.6)	17.7 (0.7)	19.5* (0.8)	10	72 (4.4)
Males:											
9-13.....	149	15.8 (0.7)	8.9* (0.8)	10.0* (0.7)	12.4 (0.7)	15.3 (0.7)	18.8 (0.8)	22.2* (1.0)	24.6* (1.2)	12	78 (4.9)
14-18.....	129	17.3 (1.0)	9.9* (1.1)	11.1* (1.1)	13.5 (1.1)	16.8 (1.0)	20.3 (1.0)	24.4* (1.0)	27.3* (1.2)	16	56 (8.3)
19-50.....	457	19.1 (0.8)	9.9 (0.7)	11.5 (0.7)	14.5 (0.7)	18.4 (0.8)	23.0 (1.0)	27.7 (1.2)	30.8 (1.4)	17	59 (4.6)
51+.....	370	19.4 (0.8)	10.1* (0.5)	11.8 (0.6)	14.8 (0.6)	18.8 (0.7)	23.2 (1.0)	28.0 (1.3)	31.2* (1.5)	14	80 (3.1)
19+.....	827	19.2 (0.7)	10.0 (0.6)	11.6 (0.6)	14.6 (0.6)	18.5 (0.7)	23.0 (0.9)	27.8 (1.1)	30.9 (1.3)		64 (4.1)
Females:											
9-13.....	147	15.5 (0.5)	8.6* (0.5)	9.7* (0.5)	12.0 (0.4)	15.0 (0.5)	18.4 (0.8)	21.9* (1.2)	24.4* (1.5)	10	89* (2.5)
14-18.....	131	14.4 (1.0)	7.8* (1.0)	9.0* (1.0)	11.1 (1.0)	13.9 (1.0)	17.1 (1.0)	20.5* (1.1)	22.8* (1.2)	11	76 (7.7)
19-50.....	453	15.2 (0.5)	7.5 (0.3)	8.8 (0.4)	11.3 (0.4)	14.5 (0.5)	18.4 (0.6)	22.4 (0.6)	25.1 (0.7)	12	70 (3.3)
51+.....	403	14.5 (0.4)	7.0* (0.3)	8.2 (0.3)	10.7 (0.3)	13.8 (0.4)	17.6 (0.5)	21.6 (0.6)	24.1* (0.7)	11	73 (2.6)
19+.....	856	14.9 (0.4)	7.3 (0.3)	8.6 (0.3)	11.1 (0.3)	14.3 (0.4)	18.1 (0.5)	22.2 (0.6)	24.8 (0.7)		71 (2.7)
All:											
1+.....	2634	16.1 (0.3)	7.6 (0.2)	9.0 (0.2)	11.6 (0.2)	15.3 (0.2)	19.7 (0.3)	24.3 (0.6)	27.4 (0.7)		70 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	162	0.98 (0.05)	0.50* (0.03)	0.58* (0.03)	0.73 (0.03)	0.93 (0.04)	1.18 (0.06)	1.45* (0.08)	1.63* (0.10)	0.7	78 (4.0)
4-8.....	233	1.24 (0.05)	0.65* (0.03)	0.74 (0.03)	0.93 (0.04)	1.18 (0.05)	1.48 (0.07)	1.80 (0.09)	2.02* (0.10)	0.9	78 (3.8)
Males:											
9-13.....	149	1.41 (0.06)	0.80* (0.06)	0.90* (0.06)	1.11 (0.06)	1.37 (0.06)	1.67 (0.08)	1.97* (0.09)	2.18* (0.11)	1.2	67 (5.6)
14-18.....	129	1.65 (0.11)	0.97* (0.11)	1.08* (0.12)	1.30 (0.12)	1.60 (0.11)	1.93 (0.11)	2.31* (0.10)	2.58* (0.12)	1.6	50 (9.6)
19-50.....	457	2.01 (0.08)	0.97 (0.09)	1.13 (0.08)	1.46 (0.08)	1.90 (0.08)	2.45 (0.09)	3.02 (0.11)	3.41 (0.14)	1.6	67 (4.8)
51+.....	370	2.12 (0.10)	1.04* (0.08)	1.23 (0.08)	1.57 (0.08)	2.03 (0.09)	2.56 (0.13)	3.15 (0.18)	3.55* (0.21)	1.6	73 (4.2)
19+.....	827	2.04 (0.07)	0.98 (0.09)	1.15 (0.08)	1.49 (0.08)	1.93 (0.08)	2.48 (0.08)	3.05 (0.12)	3.44 (0.15)	1.6	69 (4.4)
Females:											
9-13.....	147	1.48 (0.05)	0.85* (0.06)	0.95* (0.05)	1.16 (0.05)	1.43 (0.05)	1.75 (0.07)	2.07* (0.10)	2.30* (0.13)	1	87* (3.2)
14-18.....	131	1.42 (0.11)	0.80* (0.11)	0.91* (0.11)	1.11 (0.12)	1.37 (0.12)	1.67 (0.12)	1.99* (0.11)	2.21* (0.13)	1.1	76 (9.4)
19-50.....	453	1.64 (0.05)	0.82 (0.04)	0.95 (0.04)	1.21 (0.04)	1.56 (0.05)	1.99 (0.06)	2.45 (0.08)	2.76 (0.10)	1.1	82 (2.6)
51+.....	403	1.64 (0.04)	0.81* (0.04)	0.94 (0.04)	1.21 (0.03)	1.56 (0.04)	1.98 (0.05)	2.45 (0.08)	2.76* (0.09)	1.1	82 (2.0)
19+.....	856	1.64 (0.04)	0.82 (0.04)	0.95 (0.04)	1.21 (0.04)	1.56 (0.04)	1.99 (0.05)	2.45 (0.07)	2.76 (0.09)	1.1	82 (2.3)
All:											
1+.....	2634	1.69 (0.04)	0.77 (0.02)	0.91 (0.02)	1.19 (0.03)	1.57 (0.03)	2.06 (0.05)	2.61 (0.06)	2.98 (0.08)		75 (2.1)

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

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	0.01 (0.001)	#	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)	0.01* (0.002)
4-8.....	233	0.01 (0.001)	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.001)
Males:									
9-13.....	149	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02* (0.003)	0.02* (0.003)
14-18.....	129	0.02 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03* (0.003)	0.03* (0.004)
19-50.....	457	0.02 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04 (0.005)
51+.....	370	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.005)	0.05* (0.006)
19+.....	827	0.02 (0.002)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04 (0.005)
Females:									
9-13.....	147	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02* (0.003)	0.03* (0.004)
14-18.....	131	0.01 (0.001)	#	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)	0.02* (0.002)
19-50.....	453	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.004)	0.03 (0.006)
51+.....	403	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* (0.004)
19+.....	856	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 (0.004)	0.04 (0.005)
All:									
1+.....	2634	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	0.02 (0.002)	#	#	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03* (0.005)	0.04* (0.007)
4-8.....	233	0.02 (0.002)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.007)
Males:									
9-13.....	149	0.02 (0.004)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.005)	0.03* (0.008)	0.04* (0.009)
14-18.....	129	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.008)	0.05* (0.011)
19-50.....	457	0.05 (0.005)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.11 (0.012)	0.15 (0.018)
51+.....	370	0.07 (0.008)	0.01* (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.09 (0.010)	0.15 (0.017)	0.20* (0.025)
19+.....	827	0.06 (0.005)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.12 (0.012)	0.16 (0.019)
Females:									
9-13.....	147	0.02 (0.003)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.004)	0.04* (0.006)	0.04* (0.007)
14-18.....	131	0.02 (0.003)	#	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03* (0.006)	0.04* (0.008)
19-50.....	453	0.05 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.06 (0.007)	0.10 (0.012)	0.13 (0.016)
51+.....	403	0.05 (0.006)	0.01* (0.001)	0.01 (0.001)	0.02 (0.002)	0.04 (0.004)	0.06 (0.007)	0.11 (0.015)	0.15* (0.022)
19+.....	856	0.05 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.06 (0.006)	0.10 (0.012)	0.14 (0.017)
All:									
1+.....	2634	0.04 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.03 (0.002)	0.05 (0.003)	0.09 (0.005)	0.13 (0.008)

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	208 (13)	85* (11)	102* (11)	137 (12)	190 (14)	258 (16)	340* (21)	395* (26)
4-8.....	233	235 (19)	96* (10)	115 (10)	157 (13)	215 (17)	291 (24)	379 (32)	441* (40)
Males:									
9-13.....	149	229 (12)	105* (12)	124* (13)	164 (13)	217 (13)	282 (15)	348* (17)	395* (20)
14-18.....	129	287 (11)	139* (10)	163* (10)	208 (9)	272 (10)	346 (15)	432* (22)	495* (28)
19-50.....	457	404 (17)	180 (13)	216 (13)	288 (15)	382 (17)	498 (21)	619 (25)	700 (29)
51+.....	370	399 (20)	177* (15)	215 (17)	285 (18)	378 (20)	489 (24)	610 (28)	691* (30)
19+.....	827	402 (17)	179 (13)	216 (14)	287 (15)	381 (17)	496 (21)	617 (24)	698 (28)
Females:									
9-13.....	147	232 (10)	106* (9)	125* (9)	165 (9)	219 (10)	285 (13)	354* (18)	404* (23)
14-18.....	131	203 (11)	89* (12)	108* (11)	143 (12)	191 (12)	249 (12)	314* (15)	359* (19)
19-50.....	453	287 (14)	129 (9)	153 (10)	203 (11)	271 (13)	354 (18)	442 (25)	501 (29)
51+.....	403	285 (10)	126* (8)	151 (8)	202 (8)	268 (9)	351 (12)	441 (18)	499* (21)
19+.....	856	286 (12)	127 (8)	153 (9)	203 (9)	270 (11)	353 (16)	442 (22)	500 (26)
All:									
1+.....	2634	310 (8)	120 (8)	146 (8)	202 (7)	283 (7)	389 (11)	509 (16)	591 (21)

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	558 (33)	272* (30)	320* (30)	410 (31)	533 (36)	675 (35)	832* (39)	932* (42)	210	<3
4-8.....	233	567 (32)	275* (27)	323 (28)	418 (30)	541 (32)	688 (36)	845 (41)	946* (47)	275	5* (2.4)
Males:											
9-13.....	149	602 (44)	254* (26)	306* (27)	416 (34)	565 (42)	749 (55)	941* (67)	1078* (79)	445	30 (6.5)
14-18.....	129	553 (29)	228* (23)	276* (24)	372 (25)	514 (28)	682 (37)	884* (48)	1034* (57)	630	69 (4.7)
19-50.....	457	581 (33)	218 (21)	269 (23)	380 (25)	533 (32)	733 (42)	954 (56)	1105 (67)	625	63 (4.7)
51+.....	370	639 (46)	247* (22)	306 (26)	425 (32)	591 (43)	801 (56)	1031 (74)	1197* (87)	625	55 (6.1)
19+.....	827	596 (36)	224 (20)	278 (22)	390 (25)	547 (34)	752 (45)	977 (58)	1131 (69)	625	61 (5.0)
Females:											
9-13.....	147	581 (41)	242* (24)	291* (26)	395 (31)	542 (39)	726 (50)	920* (64)	1060* (74)	420	29 (5.0)
14-18.....	131	461 (27)	178* (18)	221* (19)	307 (22)	427 (26)	578 (33)	748* (42)	868* (50)	485	61 (5.2)
19-50.....	453	571 (27)	243 (17)	291 (19)	391 (21)	531 (26)	706 (34)	903 (45)	1036 (57)	500	45 (4.3)
51+.....	403	609 (25)	258* (22)	312 (22)	419 (22)	566 (24)	753 (32)	966 (44)	1108* (54)	500	39 (3.9)
19+.....	856	584 (22)	247 (17)	297 (18)	400 (18)	543 (21)	723 (29)	926 (41)	1060 (53)	500	43 (3.3)
All:											
1+.....	2634	579 (17)	236 (11)	288 (11)	393 (14)	537 (16)	720 (19)	923 (25)	1064 (31)		45 (2.7)

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

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

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Hispanic												
Males and females:												
1-3.....	162	457 (34)	221* (19)	260* (20)	334 (25)	438 (32)	555 (42)	682* (53)	761* (60)	600	18	(5.4)
4-8.....	233	477 (25)	229* (22)	271 (23)	352 (22)	456 (24)	579 (31)	708 (39)	791* (48)	900	<3	
Males:												
9-13.....	149	504 (38)	196* (22)	240* (23)	337 (29)	469 (36)	635 (47)	808* (58)	933* (69)	1700	<3	
14-18.....	129	449 (26)	168* (17)	208* (18)	290 (20)	413 (24)	561 (34)	741* (46)	875* (54)	2800	<3	
19-50.....	457	395 (23)	133 (15)	169 (17)	247 (16)	358 (22)	505 (30)	668 (43)	782 (52)	3000	<3	
51+.....	370	426 (36)	146* (17)	187 (19)	270 (24)	388 (34)	541 (45)	711 (62)	834* (74)	3000	<3	
19+.....	827	403 (27)	136 (15)	174 (17)	253 (17)	366 (24)	515 (34)	681 (48)	796 (58)	3000	<3	
Females:												
9-13.....	147	466 (35)	175* (20)	216* (22)	304 (25)	430 (33)	590 (44)	761* (57)	885* (66)	1700	<3	
14-18.....	131	349 (27)	116* (16)	150* (18)	219 (22)	318 (27)	444 (33)	589* (40)	692* (46)	2800	<3	
19-50.....	453	368 (17)	154 (13)	186 (13)	252 (13)	344 (16)	458 (23)	582 (30)	666 (36)	3000	<3	
51+.....	403	365 (16)	150* (16)	183 (16)	249 (16)	340 (15)	454 (21)	583 (30)	669* (36)	3000	<3	
19+.....	856	367 (16)	152 (14)	185 (14)	251 (13)	343 (15)	457 (22)	582 (30)	667 (35)	3000	<3	
All:												
1+.....	2634	407 (13)	151 (8)	189 (9)	266 (10)	375 (13)	512 (18)	664 (22)	767 (27)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	1.18 (0.05)	0.74* (0.04)	0.82* (0.04)	0.96 (0.04)	1.15 (0.05)	1.36 (0.06)	1.58* (0.06)	1.71* (0.07)	0.4	<3
4-8.....	233	1.47 (0.05)	0.93* (0.04)	1.03 (0.04)	1.21 (0.05)	1.44 (0.05)	1.69 (0.06)	1.95 (0.08)	2.11* (0.09)	0.5	<3
Males:											
9-13.....	149	1.65 (0.06)	0.92* (0.07)	1.05* (0.06)	1.29 (0.06)	1.60 (0.06)	1.96 (0.07)	2.32* (0.09)	2.57* (0.11)	0.7	<3
14-18.....	129	1.74 (0.07)	0.98* (0.08)	1.11* (0.08)	1.35 (0.08)	1.68 (0.07)	2.04 (0.08)	2.46* (0.09)	2.75* (0.10)	1	5* (2.7)
19-50.....	457	1.83 (0.05)	1.04 (0.05)	1.18 (0.05)	1.44 (0.05)	1.77 (0.05)	2.16 (0.07)	2.55 (0.09)	2.81 (0.11)	1	4* (1.1)
51+.....	370	1.85 (0.06)	1.05* (0.05)	1.20 (0.05)	1.46 (0.05)	1.79 (0.06)	2.17 (0.07)	2.57 (0.09)	2.84* (0.10)	1	4* (1.1)
19+.....	827	1.83 (0.05)	1.04 (0.05)	1.18 (0.04)	1.44 (0.04)	1.78 (0.05)	2.16 (0.06)	2.56 (0.09)	2.82 (0.10)	1	4 (1.0)
Females:											
9-13.....	147	1.55 (0.05)	0.85* (0.06)	0.97* (0.06)	1.19 (0.05)	1.49 (0.05)	1.85 (0.06)	2.20* (0.08)	2.45* (0.10)	0.7	<3
14-18.....	131	1.26 (0.06)	0.66* (0.06)	0.77* (0.06)	0.96 (0.07)	1.21 (0.07)	1.50 (0.07)	1.82* (0.08)	2.03* (0.09)	0.9	20 (5.1)
19-50.....	453	1.36 (0.03)	0.77 (0.03)	0.87 (0.03)	1.07 (0.02)	1.31 (0.03)	1.60 (0.04)	1.89 (0.05)	2.08 (0.07)	0.9	12 (1.6)
51+.....	403	1.33 (0.04)	0.75* (0.03)	0.85 (0.03)	1.05 (0.03)	1.28 (0.03)	1.57 (0.05)	1.86 (0.06)	2.05* (0.07)	0.9	13 (1.9)
19+.....	856	1.35 (0.03)	0.77 (0.03)	0.87 (0.03)	1.06 (0.02)	1.30 (0.03)	1.59 (0.04)	1.88 (0.05)	2.07 (0.06)	0.9	12 (1.6)
All:											
1+.....	2634	1.55 (0.03)	0.83 (0.02)	0.95 (0.02)	1.18 (0.03)	1.48 (0.03)	1.85 (0.04)	2.25 (0.05)	2.52 (0.06)		7 (0.9)

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	1.59 (0.08)	1.01* (0.05)	1.11* (0.06)	1.30 (0.06)	1.55 (0.08)	1.83 (0.09)	2.11* (0.11)	2.29* (0.13)	0.4	<3
4-8.....	233	1.78 (0.08)	1.13* (0.05)	1.25 (0.05)	1.47 (0.06)	1.74 (0.08)	2.05 (0.10)	2.35 (0.12)	2.55* (0.14)	0.5	<3
Males:											
9-13.....	149	1.85 (0.07)	1.00* (0.07)	1.14* (0.07)	1.43 (0.07)	1.79 (0.07)	2.21 (0.09)	2.63* (0.12)	2.93* (0.14)	0.8	<3
14-18.....	129	1.99 (0.07)	1.10* (0.08)	1.25* (0.08)	1.53 (0.07)	1.92 (0.07)	2.35 (0.08)	2.84* (0.09)	3.20* (0.11)	1.1	5* (2.0)
19-50.....	457	2.27 (0.08)	1.02 (0.05)	1.21 (0.05)	1.59 (0.05)	2.11 (0.07)	2.79 (0.11)	3.51 (0.17)	4.02 (0.22)	1.1	7 (1.4)
51+.....	370	2.22 (0.08)	1.00* (0.07)	1.20 (0.07)	1.58 (0.07)	2.09 (0.08)	2.71 (0.11)	3.41 (0.15)	3.90* (0.19)	1.1	7 (1.6)
19+.....	827	2.25 (0.08)	1.01 (0.06)	1.21 (0.05)	1.59 (0.05)	2.11 (0.07)	2.77 (0.11)	3.49 (0.16)	3.99 (0.21)	1.1	7 (1.4)
Females:											
9-13.....	147	1.79 (0.07)	0.96* (0.06)	1.09* (0.06)	1.36 (0.06)	1.72 (0.07)	2.14 (0.09)	2.57* (0.12)	2.87* (0.15)	0.8	<3
14-18.....	131	1.45 (0.06)	0.74* (0.07)	0.86* (0.06)	1.09 (0.06)	1.39 (0.06)	1.74 (0.07)	2.12* (0.08)	2.38* (0.10)	0.9	12* (3.5)
19-50.....	453	1.65 (0.04)	0.90 (0.03)	1.03 (0.03)	1.27 (0.03)	1.59 (0.04)	1.96 (0.04)	2.35 (0.06)	2.61 (0.07)	0.9	5 (1.0)
51+.....	403	1.67 (0.04)	0.90* (0.03)	1.03 (0.03)	1.29 (0.03)	1.60 (0.04)	1.98 (0.05)	2.38 (0.06)	2.63* (0.08)	0.9	5* (0.9)
19+.....	856	1.66 (0.03)	0.90 (0.03)	1.03 (0.03)	1.28 (0.03)	1.60 (0.03)	1.97 (0.04)	2.36 (0.06)	2.62 (0.07)	0.9	5 (0.9)
All:											
1+.....	2634	1.89 (0.03)	0.95 (0.02)	1.10 (0.02)	1.38 (0.02)	1.76 (0.03)	2.25 (0.04)	2.84 (0.07)	3.31 (0.12)		5 (0.7)

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	14.0 (0.6)	8.4* (0.3)	9.4* (0.4)	11.2 (0.4)	13.7 (0.5)	16.4 (0.7)	19.2* (0.8)	21.0* (0.9)	5	<3
4-8.....	233	18.6 (0.6)	11.5* (0.5)	12.8 (0.5)	15.2 (0.5)	18.2 (0.6)	21.5 (0.7)	24.9 (0.8)	27.1* (0.9)	6	<3
Males:											
9-13.....	149	22.1 (0.8)	12.4* (0.8)	14.1* (0.8)	17.3 (0.8)	21.4 (0.8)	26.2 (0.9)	30.8* (1.1)	34.0* (1.2)	9	<3
14-18.....	129	27.0 (0.6)	15.8* (0.8)	17.8* (0.8)	21.4 (0.7)	26.2 (0.6)	31.5 (0.8)	37.5* (1.1)	41.6* (1.3)	12	<3
19-50.....	457	32.5 (1.0)	16.7 (0.9)	19.3 (0.8)	24.4 (0.8)	31.0 (0.9)	39.1 (1.3)	47.6 (1.9)	53.3 (2.4)	12	<3
51+.....	370	28.8 (0.9)	14.3* (0.8)	16.7 (0.8)	21.3 (0.7)	27.5 (0.8)	34.7 (1.2)	42.6 (1.7)	48.0* (2.1)	12	<3
19+.....	827	31.5 (0.9)	16.0 (0.8)	18.5 (0.7)	23.5 (0.7)	30.1 (0.8)	38.1 (1.2)	46.5 (1.8)	52.2 (2.3)	12	<3
Females:											
9-13.....	147	21.1 (0.7)	11.7* (0.7)	13.2* (0.7)	16.4 (0.7)	20.4 (0.7)	25.1 (0.8)	29.8* (1.1)	33.0* (1.3)	9	<3
14-18.....	131	18.7 (1.0)	10.1* (0.9)	11.6* (0.9)	14.4 (1.0)	18.0 (1.0)	22.2 (1.1)	26.7* (1.2)	29.6* (1.3)	11	8* (2.9)
19-50.....	453	21.3 (0.5)	12.5 (0.5)	14.1 (0.5)	17.1 (0.5)	20.8 (0.5)	25.0 (0.6)	29.3 (0.7)	32.1 (0.9)	11	<3
51+.....	403	19.8 (0.7)	11.4* (0.6)	12.9 (0.6)	15.8 (0.7)	19.2 (0.7)	23.3 (0.9)	27.5 (1.1)	30.1* (1.3)	11	4* (1.4)
19+.....	856	20.8 (0.6)	12.1 (0.5)	13.7 (0.5)	16.6 (0.5)	20.2 (0.6)	24.5 (0.6)	28.7 (0.8)	31.5 (1.0)	11	<3
All:											
1+.....	2634	24.3 (0.4)	11.9 (0.3)	13.7 (0.3)	17.2 (0.3)	22.3 (0.3)	29.1 (0.5)	37.7 (1.0)	43.8 (1.5)		<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 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	162	1.38 (0.05)	0.86* (0.05)	0.95* (0.05)	1.13 (0.05)	1.35 (0.05)	1.60 (0.06)	1.86* (0.08)	2.02* (0.09)	0.4	<3	30	<3
4-8.....	233	1.57 (0.05)	0.99* (0.05)	1.09 (0.05)	1.29 (0.05)	1.54 (0.05)	1.82 (0.06)	2.10 (0.08)	2.28* (0.10)	0.5	<3	40	<3
Males:													
9-13.....	149	1.71 (0.11)	0.85* (0.08)	0.98* (0.09)	1.26 (0.10)	1.63 (0.11)	2.08 (0.14)	2.54* (0.18)	2.88* (0.22)	0.8	4* (2.3)	60	<3
14-18.....	129	2.02 (0.07)	1.03* (0.07)	1.19* (0.06)	1.49 (0.07)	1.91 (0.07)	2.41 (0.09)	3.00* (0.12)	3.44* (0.16)	1.1	7* (2.4)	80	<3
19-50.....	457	2.67 (0.11)	1.12 (0.08)	1.34 (0.07)	1.81 (0.07)	2.46 (0.09)	3.31 (0.16)	4.26 (0.24)	4.93 (0.32)	1.1	5* (1.5)	100	<3
51+.....	370	2.50 (0.09)	1.03* (0.08)	1.26 (0.08)	1.69 (0.07)	2.30 (0.08)	3.08 (0.13)	3.99 (0.22)	4.63* (0.27)	1.4	14 (2.6)	100	<3
19+.....	827	2.62 (0.10)	1.10 (0.08)	1.32 (0.07)	1.77 (0.07)	2.42 (0.08)	3.25 (0.14)	4.19 (0.22)	4.86 (0.29)	7	7 (1.6)	100	<3
Females:													
9-13.....	147	1.73 (0.13)	0.86* (0.08)	0.99* (0.08)	1.26 (0.10)	1.64 (0.12)	2.10 (0.16)	2.59* (0.20)	2.94* (0.23)	0.8	4* (1.8)	60	<3
14-18.....	131	1.45 (0.11)	0.69* (0.07)	0.82* (0.07)	1.05 (0.09)	1.37 (0.11)	1.76 (0.13)	2.19* (0.16)	2.49* (0.18)	1	22 (5.4)	80	<3
19-50.....	453	1.80 (0.05)	0.95 (0.05)	1.09 (0.05)	1.37 (0.05)	1.73 (0.05)	2.16 (0.07)	2.61 (0.09)	2.92 (0.11)	1.1	10 (2.2)	100	<3
51+.....	403	1.76 (0.07)	0.92* (0.05)	1.06 (0.05)	1.34 (0.06)	1.68 (0.07)	2.11 (0.09)	2.56 (0.11)	2.86* (0.13)	1.3	23 (3.5)	100	<3
19+.....	856	1.79 (0.05)	0.94 (0.04)	1.08 (0.04)	1.36 (0.05)	1.71 (0.05)	2.14 (0.07)	2.60 (0.09)	2.89 (0.11)	15	15 (2.4)	100	<3
All:													
1+.....	2634	2.03 (0.03)	0.94 (0.02)	1.09 (0.02)	1.38 (0.02)	1.81 (0.03)	2.42 (0.04)	3.25 (0.09)	3.90 (0.16)	9	9 (0.9)		<3

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	343 (21)	190* (13)	216* (14)	264 (16)	331 (20)	406 (26)	490* (33)	541* (37)	120	<3
4-8.....	233	469 (23)	268* (12)	302 (14)	369 (17)	453 (21)	552 (29)	655 (36)	723* (42)	160	<3
Males:											
9-13.....	149	526 (23)	261* (19)	302* (17)	388 (19)	500 (22)	637 (31)	779* (44)	881* (58)	250	4* (1.5)
14-18.....	129	548 (27)	275* (24)	318* (25)	401 (25)	519 (27)	657 (33)	821* (45)	941* (57)	330	12* (4.1)
19-50.....	457	579 (16)	299 (17)	345 (16)	434 (16)	552 (16)	696 (19)	846 (27)	945 (33)	320	7 (1.7)
51+.....	370	563 (18)	288* (16)	336 (16)	423 (15)	539 (18)	675 (23)	823 (33)	924* (39)	320	8 (1.7)
19+.....	827	575 (15)	296 (16)	343 (16)	431 (15)	549 (14)	690 (19)	841 (27)	940 (35)	320	7 (1.6)
Females:											
9-13.....	147	503 (27)	247* (21)	286* (21)	366 (23)	476 (25)	611 (33)	753* (51)	855* (64)	250	5* (2.6)
14-18.....	131	408 (20)	192* (16)	227* (16)	294 (17)	384 (20)	495 (24)	619* (32)	706* (39)	330	35 (5.0)
19-50.....	453	431 (10)	228 (8)	262 (8)	326 (8)	413 (9)	516 (13)	625 (19)	697 (24)	320	23 (2.0)
51+.....	403	404 (12)	210* (9)	242 (9)	305 (10)	385 (12)	484 (16)	590 (22)	659* (27)	320	30 (2.9)
19+.....	856	421 (10)	221 (8)	254 (8)	318 (8)	403 (9)	505 (13)	613 (19)	685 (24)	320	26 (2.1)
All:											
1+.....	2634	488 (9)	237 (7)	276 (7)	353 (7)	459 (8)	592 (11)	737 (17)	838 (22)		14 (1.1)

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

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Table E 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Hispanic											
Males and females:											
1-3.....	162	129 (11)	55* (5)	67* (6)	89 (7)	122 (10)	160 (14)	203* (18)	230* (20)	300	<3
4-8.....	233	191 (11)	90* (8)	106 (9)	139 (10)	182 (11)	233 (14)	288 (18)	324* (20)	400	<3
Males:											
9-13.....	149	214 (13)	85* (10)	104* (11)	144 (12)	199 (14)	269 (16)	341* (19)	393* (23)	600	<3
14-18.....	129	216 (17)	86* (12)	105* (13)	143 (15)	200 (17)	267 (20)	348* (24)	409* (28)	800	<3
19-50.....	457	202 (7)	70 (6)	89 (6)	128 (6)	184 (7)	257 (11)	338 (15)	394 (19)	1000	<3
51+.....	370	183 (13)	62* (6)	80 (7)	116 (8)	167 (12)	233 (18)	308 (25)	360* (30)	1000	<3
19+.....	827	197 (8)	68 (6)	86 (6)	124 (6)	180 (7)	251 (11)	330 (17)	386 (21)	1000	<3
Females:											
9-13.....	147	200 (12)	78* (9)	95* (10)	132 (11)	185 (12)	252 (14)	324* (17)	376* (20)	600	<3
14-18.....	131	154 (9)	54* (4)	69* (5)	99 (6)	141 (8)	195 (11)	257* (16)	301* (19)	800	<3
19-50.....	453	144 (6)	50 (4)	63 (4)	91 (5)	131 (5)	183 (7)	241 (11)	281 (14)	1000	<3
51+.....	403	125 (5)	41* (4)	52 (4)	77 (4)	113 (5)	160 (6)	214 (9)	251* (12)	1000	<3
19+.....	856	137 (5)	46 (4)	59 (4)	86 (4)	125 (5)	175 (6)	233 (9)	272 (12)	1000	<3
All:											
1+.....	2634	173 (6)	58 (3)	73 (4)	107 (4)	156 (6)	220 (7)	293 (9)	344 (11)		<3

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

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Table E 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	119 (6)	66* (5)	75* (5)	92 (6)	115 (6)	141 (7)	170* (9)	188* (10)
4-8.....	233	140 (6)	78* (4)	89 (5)	109 (5)	135 (6)	165 (7)	197 (9)	217* (11)
Males:									
9-13.....	149	164 (8)	95* (7)	106* (7)	129 (6)	159 (7)	193 (9)	228* (12)	253* (16)
14-18.....	129	176 (8)	103* (7)	115* (7)	138 (7)	170 (8)	206 (10)	247* (13)	277* (17)
19-50.....	457	240 (7)	120 (6)	140 (6)	179 (6)	229 (7)	291 (8)	354 (10)	398 (12)
51+.....	370	259 (5)	132* (5)	155 (5)	196 (5)	250 (5)	311 (7)	378 (9)	422* (12)
19+.....	827	245 (6)	123 (6)	143 (5)	183 (5)	234 (5)	296 (7)	361 (9)	404 (11)
Females:									
9-13.....	147	163 (8)	94* (6)	105* (6)	127 (6)	157 (7)	192 (10)	228* (15)	253* (17)
14-18.....	131	144 (8)	82* (7)	92* (7)	113 (7)	139 (8)	170 (10)	203* (12)	226* (14)
19-50.....	453	188 (5)	91 (4)	107 (4)	137 (4)	178 (5)	229 (5)	284 (7)	320 (9)
51+.....	403	197 (6)	96* (5)	112 (5)	144 (6)	186 (6)	238 (7)	295 (9)	332* (10)
19+.....	856	191 (5)	92 (4)	108 (4)	140 (4)	181 (5)	232 (5)	288 (7)	325 (8)
All:									
1+.....	2634	197 (4)	91 (3)	106 (3)	137 (3)	182 (4)	242 (5)	308 (6)	352 (7)

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

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Table E 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	162	238 (12)	133* (10)	150* (10)	182 (11)	228 (12)	281 (13)	341* (15)	379* (18)	200	65 (6.4)	1000	<3
4-8.....	233	248 (12)	137* (8)	155 (9)	191 (10)	237 (11)	293 (14)	354 (18)	395* (21)	250	43 (6.0)	1000	<3
Males:													
9-13.....	149	257 (11)	144* (10)	163* (10)	201 (11)	249 (11)	305 (13)	361* (15)	399* (16)	375	8* (2.1)	2000	<3
14-18.....	129	306 (11)	177* (10)	199* (10)	240 (10)	296 (10)	358 (15)	428* (19)	479* (24)	550	<3	3000	<3
19-50.....	457	409 (14)	214 (15)	247 (14)	312 (12)	394 (14)	490 (16)	588 (19)	650 (23)	550	15 (2.5)	3500	<3
51+.....	370	426 (16)	225* (12)	262 (13)	328 (14)	412 (16)	507 (20)	606 (23)	671* (27)	550	17 (3.1)	3500	<3
19+.....	827	413 (14)	217 (14)	251 (13)	317 (13)	399 (14)	495 (17)	593 (20)	656 (23)	550	15 (2.5)	3500	<3
Females:													
9-13.....	147	249 (9)	139* (7)	157* (7)	193 (8)	240 (9)	296 (13)	353* (18)	392* (22)	375	7* (2.4)	2000	<3
14-18.....	131	213 (11)	115* (11)	132* (11)	164 (11)	205 (11)	253 (12)	305* (14)	340* (17)	400	<3	3000	<3
19-50.....	453	294 (8)	166 (7)	188 (7)	231 (7)	285 (8)	349 (9)	413 (11)	455 (12)	425	8 (1.5)	3500	<3
51+.....	403	303 (8)	170* (7)	193 (7)	238 (7)	293 (8)	358 (9)	425 (12)	466* (13)	425	10 (1.8)	3500	<3
19+.....	856	297 (7)	167 (6)	190 (7)	233 (7)	288 (7)	352 (8)	418 (11)	460 (12)	425	9 (1.5)	3500	<3
All:													
1+.....	2634	323 (4)	157 (7)	182 (7)	232 (6)	301 (5)	392 (5)	495 (7)	564 (11)		16 (1.3)		<3

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

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Table E 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	4.10 (0.27)	2.25* (0.23)	2.57* (0.24)	3.17 (0.25)	3.97 (0.28)	4.86 (0.30)	5.82* (0.36)	6.42* (0.40)	0.7	<3
4-8.....	233	4.35 (0.25)	2.36* (0.16)	2.72 (0.18)	3.38 (0.21)	4.21 (0.25)	5.17 (0.30)	6.17 (0.37)	6.81* (0.44)	1	<3
Males:											
9-13.....	149	4.99 (0.44)	2.13* (0.24)	2.55* (0.26)	3.45 (0.33)	4.66 (0.42)	6.19 (0.54)	7.80* (0.68)	8.96* (0.82)	1.5	<3
14-18.....	129	5.70 (0.36)	2.52* (0.21)	3.00* (0.22)	3.94 (0.26)	5.32 (0.34)	6.96 (0.44)	8.94* (0.60)	10.41* (0.74)	2	<3
19-50.....	457	5.85 (0.25)	2.05 (0.20)	2.56 (0.20)	3.68 (0.19)	5.27 (0.22)	7.41 (0.35)	9.84 (0.56)	11.53 (0.75)	2	5* (1.4)
51+.....	370	5.38 (0.24)	1.84* (0.20)	2.35 (0.20)	3.37 (0.20)	4.87 (0.24)	6.79 (0.30)	9.06 (0.46)	10.67* (0.58)	2	6 (1.7)
19+.....	827	5.72 (0.22)	2.00 (0.19)	2.51 (0.19)	3.60 (0.18)	5.17 (0.20)	7.28 (0.32)	9.65 (0.52)	11.36 (0.71)	2	5 (1.4)
Females:											
9-13.....	147	4.46 (0.31)	1.85* (0.17)	2.22* (0.19)	3.01 (0.22)	4.14 (0.28)	5.57 (0.39)	7.10* (0.53)	8.23* (0.62)	1.5	<3
14-18.....	131	3.50 (0.22)	1.36* (0.15)	1.68* (0.17)	2.32 (0.19)	3.22 (0.22)	4.37 (0.26)	5.69* (0.35)	6.64* (0.43)	2	17 (4.0)
19-50.....	453	3.82 (0.12)	1.69 (0.10)	2.01 (0.10)	2.65 (0.09)	3.57 (0.11)	4.71 (0.16)	5.96 (0.21)	6.82 (0.27)	2	10 (2.0)
51+.....	403	3.80 (0.20)	1.66* (0.13)	1.98 (0.14)	2.65 (0.16)	3.54 (0.20)	4.68 (0.25)	5.95 (0.31)	6.81* (0.36)	2	10 (2.5)
19+.....	856	3.81 (0.14)	1.68 (0.11)	2.00 (0.11)	2.65 (0.11)	3.56 (0.14)	4.70 (0.19)	5.96 (0.23)	6.82 (0.28)	2	10 (2.1)
All:											
1+.....	2634	4.69 (0.10)	1.84 (0.06)	2.24 (0.06)	3.05 (0.06)	4.20 (0.07)	5.75 (0.12)	7.72 (0.23)	9.27 (0.36)		6 (0.7)

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	162	87.5 (5.5)	29.3* (3.6)	37.7* (4.0)	54.4 (4.2)	79.4 (5.4)	111.4 (6.9)	148.3* (9.5)	173.3* (10.7)	13	<3	400	<3
4-8.....	233	86.8 (3.8)	28.9* (3.9)	36.9 (4.1)	54.3 (4.1)	78.9 (4.2)	110.7 (4.7)	146.8 (6.4)	171.4* (7.7)	22	<3	650	<3
Males:													
9-13.....	149	82.8 (8.4)	29.0* (5.6)	36.1* (6.3)	52.0 (7.3)	74.9 (8.5)	105.2 (9.5)	138.7* (11.4)	163.6* (14.0)	39	13* (6.0)	1200	<3
14-18.....	129	70.9 (6.0)	23.8* (4.1)	29.9* (4.4)	42.8 (4.8)	63.1 (5.7)	89.0 (7.8)	122.3* (10.7)	148.1* (13.6)	63	50 (6.9)	1800	<3
19-50.....	457	83.4 (4.5)	20.6 (3.0)	27.8 (3.3)	44.7 (4.0)	70.9 (4.7)	109.0 (5.6)	154.6 (6.8)	187.7 (8.5)	75	54 (4.0)	2000	<3
51+.....	370	99.1 (5.0)	26.5* (3.3)	35.6 (3.8)	55.4 (4.5)	86.1 (5.2)	128.1 (6.1)	178.5 (8.0)	216.7* (9.7)	75	42 (4.1)	2000	<3
19+.....	827	87.5 (4.3)	21.7 (3.0)	29.4 (3.3)	47.1 (4.0)	74.5 (4.6)	114.2 (5.3)	161.7 (6.3)	196.1 (7.9)	75	50 (3.8)	2000	<3
Females:													
9-13.....	147	90.7 (7.1)	32.4* (4.6)	39.9* (4.7)	56.8 (5.0)	81.9 (6.3)	115.2 (9.4)	152.2* (12.8)	180.0* (16.1)	39	9* (3.3)	1200	<3
14-18.....	131	64.5 (5.7)	20.8* (3.6)	26.7* (3.7)	39.1 (4.4)	57.5 (5.4)	82.1 (7.3)	111.5* (9.9)	133.2* (12.1)	56	48 (6.6)	1800	<3
19-50.....	453	79.9 (3.5)	24.4 (1.7)	31.4 (2.0)	47.0 (2.5)	70.6 (3.5)	102.4 (4.5)	140.3 (5.8)	166.9 (7.1)	60	39 (3.3)	2000	<3
51+.....	403	89.2 (4.9)	28.0* (2.1)	36.0 (2.4)	53.4 (3.3)	79.3 (4.5)	114.1 (6.3)	155.4 (8.3)	184.3* (9.8)	60	31 (3.3)	2000	<3
19+.....	856	83.1 (3.3)	25.4 (1.7)	32.8 (1.9)	49.2 (2.3)	73.7 (3.1)	106.6 (4.2)	145.9 (6.0)	173.5 (7.4)	60	36 (2.8)	2000	<3
All:													
1+.....	2634	84.0 (2.3)	24.4 (1.6)	31.9 (1.7)	48.5 (2.0)	73.7 (2.4)	108.2 (2.8)	149.1 (3.6)	178.7 (4.3)		36 (2.0)		<3

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Hispanic														
Males:														
19-50.....	97	70.1 (6.1)	--	--	--	--	--	--	--	110	--	2000	--	
51+.....	39	82.6* (8.6)	--	--	--	--	--	--	--	110	--	2000	--	
19+.....	136	72.0 (6.4)	16.9* (3.1)	23.3* (3.6)	38.1 (4.8)	61.8 (6.4)	94.9 (8.4)	132.7* (10.0)	162.3* (11.4)	110	82 (3.6)	2000	<3	
Females:														
19-50.....	50	53.9* (3.8)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	33	59.9* (4.5)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	83	55.7 (3.8)	15.6* (1.6)	20.7* (1.9)	31.9* (2.6)	49.0 (3.6)	72.1* (4.9)	98.6* (6.1)	119.6* (7.5)	95	89* (2.4)	2000	<3	

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
 EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males:													
19-50.....	359	86.2 (6.0)	22.1* (3.6)	29.6 (4.2)	46.7 (5.2)	73.5 (6.1)	111.9 (7.4)	159.5 (8.9)	191.2* (10.1)	75	51 (5.1)	2000	<3
51+.....	331	101.5 (7.8)	28.1* (3.8)	37.3 (4.5)	57.7 (6.0)	88.2 (7.4)	130.4 (9.7)	181.8 (12.4)	219.6* (14.2)	75	39 (5.9)	2000	<3
19+.....	690	90.6 (6.3)	23.4 (3.6)	31.4 (4.1)	49.5 (5.0)	77.6 (6.2)	117.5 (7.8)	166.3 (9.5)	200.4 (10.9)	75	48 (5.1)	2000	<3
Females:													
19-50.....	403	82.5 (3.6)	27.0* (1.8)	34.2 (2.1)	50.0 (2.6)	73.4 (3.3)	105.4 (4.6)	141.8 (6.3)	168.0* (7.7)	60	36 (3.3)	2000	<3
51+.....	370	90.9 (4.8)	30.0* (2.0)	38.3 (2.3)	56.1 (3.2)	82.1 (4.3)	115.5 (6.1)	155.0 (8.1)	182.9* (9.8)	60	29 (3.1)	2000	<3
19+.....	773	85.5 (3.5)	27.9 (1.7)	35.5 (1.9)	52.0 (2.3)	76.4 (3.1)	109.1 (4.5)	146.8 (6.3)	173.8 (7.5)	60	33 (2.7)	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
 * Estimate may be less reliable due to small sample size and/or large relative standard error

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males:													
19-50.....	456	83.0 (6.0)	20.6 (3.4)	27.8 (3.8)	44.5 (4.8)	70.6 (6.0)	108.0 (7.5)	154.2 (9.1)	185.2 (10.1)	110/75	58 (4.9)	2000	<3
51+.....	370	99.6 (7.9)	27.1* (3.8)	36.1 (4.5)	56.4 (5.9)	86.5 (7.5)	128.2 (9.8)	179.2 (12.6)	216.1* (14.3)	110/75	43 (6.0)	2000	<3
19+.....	826	87.3 (6.2)	21.8 (3.4)	29.5 (3.9)	47.1 (4.9)	74.6 (6.2)	113.7 (7.7)	161.5 (9.7)	194.5 (11.1)	110/75	54 (5.0)	2000	<3
Females:													
19-50.....	453	79.5 (3.5)	24.4 (1.9)	31.8 (2.1)	47.4 (2.6)	70.5 (3.3)	102.4 (4.4)	138.6 (6.0)	164.9 (7.3)	95/60	41 (3.3)	2000	<3
51+.....	403	88.3 (4.7)	27.8* (2.2)	35.9 (2.5)	53.5 (3.2)	79.5 (4.3)	113.0 (5.9)	152.0 (8.0)	179.8* (9.6)	95/60	33 (3.4)	2000	<3
19+.....	856	82.6 (3.4)	25.6 (1.7)	33.0 (1.9)	49.4 (2.4)	73.5 (3.0)	106.0 (4.2)	143.4 (6.1)	170.6 (7.2)	95/60	39 (2.8)	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
 * Estimate may be less reliable due to small sample size and/or large relative standard error

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	162	6.5 (0.4)	3.1* (0.3)	3.7* (0.3)	4.8 (0.4)	6.3 (0.5)	7.9 (0.5)	9.7* (0.6)	10.8* (0.7)	10	92* (3.4)	63	<3
4-8.....	233	5.6 (0.4)	2.4* (0.2)	3.0 (0.2)	4.0 (0.3)	5.4 (0.3)	7.0 (0.4)	8.6 (0.5)	9.7* (0.6)	10	96* (1.9)	75	<3
Males:													
9-13.....	149	5.6 (0.4)	1.8* (0.2)	2.2* (0.2)	3.4 (0.3)	5.0 (0.3)	7.2 (0.5)	9.6* (0.6)	11.4* (0.8)	10	91* (2.2)	100	<3
14-18.....	129	4.8 (0.4)	1.4* (0.2)	1.9* (0.2)	2.8 (0.3)	4.3 (0.4)	6.2 (0.5)	8.6* (0.6)	10.5* (0.7)	10	94* (1.5)	100	<3
19-50.....	457	4.6 (0.3)	1.4 (0.2)	1.8 (0.2)	2.7 (0.2)	4.0 (0.3)	6.0 (0.4)	8.3 (0.6)	9.9 (0.7)	10	95* (1.5)	100	<3
51+.....	370	5.5 (0.4)	1.7* (0.2)	2.2 (0.2)	3.3 (0.3)	4.9 (0.3)	7.0 (0.4)	9.6 (0.6)	11.5* (0.8)	10	91 (2.2)	100	<3
19+.....	827	4.9 (0.3)	1.4 (0.2)	1.8 (0.2)	2.8 (0.2)	4.2 (0.3)	6.3 (0.4)	8.7 (0.6)	10.4 (0.7)	10	94 (1.6)	100	<3
Females:													
9-13.....	147	4.9 (0.3)	1.4* (0.2)	1.9* (0.2)	2.8 (0.2)	4.3 (0.3)	6.3 (0.4)	8.6* (0.5)	10.3* (0.7)	10	94* (1.6)	100	<3
14-18.....	131	3.3 (0.3)	0.8* (0.1)	1.2* (0.1)	1.8 (0.2)	2.9 (0.2)	4.3 (0.3)	6.1* (0.4)	7.5* (0.5)	10	>97	100	<3
19-50.....	453	3.9 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.2)	3.5 (0.2)	5.0 (0.3)	6.8 (0.5)	8.1 (0.6)	10	>97	100	<3
51+.....	403	4.3 (0.2)	1.4* (0.2)	1.8 (0.2)	2.6 (0.2)	3.8 (0.2)	5.4 (0.3)	7.4 (0.5)	8.7* (0.6)	10	>97	100	<3
19+.....	856	4.0 (0.2)	1.3 (0.1)	1.7 (0.1)	2.4 (0.2)	3.6 (0.2)	5.1 (0.3)	7.0 (0.5)	8.3 (0.6)	10	>97	100	<3
All:													
1+.....	2634	4.7 (0.1)	1.4 (0.1)	1.8 (0.1)	2.7 (0.1)	4.2 (0.1)	6.1 (0.2)	8.2 (0.3)	9.7 (0.4)	10	96 (0.8)		<3

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	5.1 (0.2)	2.8* (0.1)	3.2* (0.2)	3.9 (0.2)	4.9 (0.2)	6.0 (0.3)	7.3* (0.4)	8.1* (0.4)	5	52 (5.0)
4-8.....	233	6.1 (0.2)	3.4* (0.2)	3.9 (0.2)	4.8 (0.2)	5.9 (0.2)	7.3 (0.3)	8.7 (0.3)	9.7* (0.4)	6	52 (4.7)
Males:											
9-13.....	149	7.7 (0.4)	3.9* (0.2)	4.5* (0.2)	5.7 (0.2)	7.3 (0.3)	9.4 (0.5)	11.5* (0.8)	13.0* (0.9)	9	71 (5.1)
14-18.....	129	8.1 (0.4)	4.1* (0.3)	4.7* (0.3)	5.9 (0.4)	7.7 (0.4)	9.7 (0.5)	12.2* (0.7)	14.0* (0.9)	12	89* (2.8)
19-50.....	457	9.7 (0.5)	4.4 (0.2)	5.2 (0.2)	6.9 (0.3)	9.1 (0.4)	11.9 (0.6)	14.9 (0.7)	17.0 (0.9)	12	76 (4.1)
51+.....	370	9.9 (0.4)	4.5* (0.3)	5.4 (0.3)	7.1 (0.3)	9.3 (0.4)	12.0 (0.5)	15.0 (0.7)	17.1* (0.7)	12	75 (3.8)
19+.....	827	9.7 (0.4)	4.4 (0.2)	5.3 (0.2)	6.9 (0.3)	9.1 (0.4)	11.9 (0.5)	14.9 (0.7)	17.0 (0.8)	12	76 (3.8)
Females:											
9-13.....	147	7.7 (0.4)	3.9* (0.3)	4.4* (0.4)	5.6 (0.4)	7.3 (0.4)	9.4 (0.5)	11.6* (0.6)	13.2* (0.7)	9	71 (4.6)
14-18.....	131	6.7 (0.4)	3.3* (0.3)	3.8* (0.3)	4.9 (0.3)	6.3 (0.4)	8.0 (0.5)	10.0* (0.6)	11.4* (0.8)	12	96* (1.7)
19-50.....	453	8.4 (0.3)	3.8 (0.2)	4.5 (0.2)	5.9 (0.3)	7.9 (0.3)	10.4 (0.4)	13.0 (0.5)	14.9 (0.6)	12	85 (2.2)
51+.....	403	8.2 (0.3)	3.6* (0.3)	4.3 (0.3)	5.7 (0.3)	7.6 (0.3)	10.1 (0.3)	12.7 (0.4)	14.5* (0.5)	12	87 (2.0)
19+.....	856	8.3 (0.3)	3.7 (0.2)	4.4 (0.2)	5.9 (0.3)	7.8 (0.3)	10.3 (0.3)	12.9 (0.4)	14.7 (0.5)	12	86 (1.9)
All:											
1+.....	2634	8.3 (0.2)	3.7 (0.1)	4.4 (0.1)	5.7 (0.1)	7.7 (0.2)	10.3 (0.2)	13.2 (0.3)	15.2 (0.4)		77 (1.6)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	162	44.1 (2.8)	20.8* (1.8)	24.3* (1.9)	31.0 (2.2)	40.8 (2.8)	53.3 (3.3)	68.1* (4.3)	78.2* (4.8)	30	77 (5.5)
4-8.....	233	52.8 (2.9)	25.0* (1.7)	29.0 (1.8)	37.4 (2.2)	49.0 (2.7)	63.9 (3.5)	81.1 (4.5)	93.1* (5.6)	55	38 (5.3)
Males:											
9-13.....	149	62.8 (5.2)	28.7* (4.5)	33.6* (4.5)	44.0 (4.8)	58.4 (4.7)	77.0 (6.9)	97.2* (10.1)	112.3* (12.5)	60	47 (8.0)
14-18.....	129	75.4 (7.6)	35.1* (6.6)	40.9* (7.0)	52.5 (7.7)	69.8 (8.0)	91.0 (9.0)	117.5* (11.4)	137.9* (13.0)	75	43 (10.6)
19-50.....	457	107.7 (6.0)	38.5 (3.1)	47.7 (3.2)	67.1 (4.1)	95.8 (5.4)	136.1 (7.8)	182.1 (11.8)	216.4 (15.4)	120	33 (4.0)
51+.....	370	122.0 (7.8)	45.6* (5.3)	56.6 (5.7)	78.3 (6.4)	110.3 (7.7)	152.0 (9.3)	202.1 (11.9)	238.7* (14.0)	120	43 (5.5)
19+.....	827	111.4 (5.7)	40.1 (3.2)	49.4 (3.5)	69.7 (4.4)	99.5 (5.7)	140.2 (7.1)	187.7 (9.7)	222.2 (12.6)	120	36 (3.9)
Females:											
9-13.....	147	73.0 (5.8)	33.7* (4.9)	39.1* (5.1)	50.9 (5.2)	67.7 (5.5)	89.3 (7.4)	113.2* (11.2)	131.1* (13.9)	60	61 (7.8)
14-18.....	131	68.2 (6.5)	31.1* (5.9)	36.7* (5.9)	47.8 (6.4)	63.2 (6.7)	83.1 (7.6)	106.1* (9.1)	122.8* (10.7)	75	34 (8.9)
19-50.....	453	110.1 (4.7)	36.5 (2.5)	45.3 (2.8)	64.8 (3.2)	95.3 (4.2)	138.6 (6.0)	193.6 (9.0)	234.4 (12.0)	90	54 (3.2)
51+.....	403	116.1 (6.1)	38.5* (2.4)	47.9 (2.6)	68.7 (3.6)	100.6 (4.8)	146.1 (8.1)	203.9 (13.1)	246.5* (16.3)	90	58 (3.5)
19+.....	856	112.2 (4.5)	37.1 (2.3)	46.0 (2.5)	66.2 (3.0)	97.2 (3.9)	141.2 (5.8)	197.2 (9.6)	238.6 (12.6)	90	55 (2.9)
All:											
1+.....	2634	95.9 (3.7)	31.4 (1.3)	38.4 (1.6)	54.3 (2.4)	81.2 (3.7)	121.6 (5.4)	172.4 (7.4)	210.1 (9.0)		47 (2.9)

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	162	992 (66)	589* (31)	664* (37)	795 (47)	970 (64)	1157 (82)	1354* (102)	1473* (115)	500	<3	2500	<3	
4-8.....	233	1011 (66)	589* (37)	669 (35)	811 (46)	987 (63)	1186 (84)	1385 (108)	1514* (127)	800	23 (6.7)	2500	<3	
Males:														
9-13.....	149	1046 (44)	595* (48)	672* (46)	826 (46)	1017 (45)	1237 (50)	1453* (55)	1600* (61)	1100	61 (5.8)	3000	<3	
14-18.....	129	1094 (48)	629* (44)	710* (46)	860 (49)	1061 (48)	1282 (52)	1529* (60)	1702* (70)	1100	55 (5.9)	3000	<3	
19-50.....	457	1055 (32)	531 (37)	619 (38)	790 (35)	1010 (34)	1276 (34)	1547 (41)	1728 (51)	800	26 (3.7)	2500	<3	
51+.....	370	1000 (41)	493* (35)	582 (37)	745 (37)	959 (41)	1206 (47)	1473 (55)	1652* (63)		36 (4.7)	2000	<3	
19+.....	827	1041 (30)	521 (35)	609 (35)	778 (33)	997 (31)	1257 (34)	1528 (41)	1711 (51)		29 (3.6)		<3	
Females:														
9-13.....	147	992 (38)	556* (41)	628* (41)	774 (39)	961 (38)	1177 (41)	1392* (50)	1541* (59)	1100	67 (4.4)	3000	<3	
14-18.....	131	827 (47)	443* (44)	512* (45)	638 (47)	799 (48)	986 (48)	1182* (55)	1314* (66)	1100	85* (3.8)	3000	<3	
19-50.....	453	891 (18)	506 (16)	571 (15)	699 (15)	863 (17)	1052 (23)	1248 (31)	1376 (35)	800	40 (2.6)	2500	<3	
51+.....	403	845 (23)	469* (17)	535 (18)	661 (19)	816 (22)	1001 (28)	1195 (36)	1315* (43)	1000	75 (2.9)	2000	<3	
19+.....	856	875 (17)	492 (15)	559 (14)	685 (15)	846 (17)	1036 (22)	1230 (30)	1356 (35)		52 (2.4)		<3	
All:														
1+.....	2634	970 (17)	516 (16)	594 (15)	740 (16)	930 (18)	1158 (22)	1396 (28)	1560 (33)		42 (1.9)		<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	162	1090 (45)	682* (38)	757* (36)	891 (39)	1068 (44)	1258 (53)	1457* (64)	1576* (71)	380	<3	3000	<3	
4-8.....	233	1207 (44)	756* (29)	843 (30)	997 (36)	1184 (44)	1394 (53)	1602 (69)	1736* (81)	405	<3	3000	<3	
Males:														
9-13.....	149	1306 (45)	758* (49)	853* (48)	1042 (46)	1273 (45)	1538 (56)	1795* (72)	1970* (89)	1055	26 (4.5)	4000	<3	
14-18.....	129	1478 (39)	882* (49)	987* (48)	1182 (42)	1439 (39)	1719 (47)	2029* (70)	2245* (93)	1055	15* (3.4)	4000	<3	
19-50.....	457	1606 (46)	911 (46)	1036 (45)	1275 (43)	1564 (47)	1897 (51)	2227 (57)	2436 (69)	580	<3	4000	<3	
51+.....	370	1579 (61)	889* (43)	1022 (47)	1253 (51)	1544 (61)	1861 (72)	2188 (83)	2400* (94)	580	<3		<3	
19+.....	827	1599 (45)	905 (43)	1033 (41)	1269 (39)	1559 (45)	1889 (51)	2217 (60)	2428 (69)	580	<3		<3	
Females:														
9-13.....	147	1259 (43)	724* (33)	814* (32)	994 (29)	1223 (38)	1487 (60)	1747* (87)	1925* (108)	1055	31 (3.3)	4000	<3	
14-18.....	131	1048 (55)	575* (63)	661* (60)	817 (61)	1015 (59)	1242 (55)	1479* (53)	1638* (63)	1055	55 (6.9)	4000	<3	
19-50.....	453	1212 (24)	739 (27)	827 (27)	989 (24)	1190 (24)	1410 (27)	1627 (34)	1764 (39)	580	<3	4000	<3	
51+.....	403	1184 (32)	710* (31)	800 (31)	965 (30)	1160 (32)	1381 (38)	1601 (47)	1735* (54)	580	<3		<3	
19+.....	856	1202 (25)	727 (28)	818 (27)	981 (25)	1180 (25)	1400 (30)	1618 (37)	1754 (42)	580	<3		<3	
All:														
1+.....	2634	1348 (23)	753 (20)	853 (19)	1042 (18)	1288 (21)	1592 (30)	1923 (47)	2150 (63)		6 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	202 (6)	130* (5)	143* (5)	167 (5)	198 (6)	232 (7)	267* (8)	289* (9)	65	<3
4-8.....	233	221 (7)	142* (5)	157 (5)	184 (6)	217 (7)	254 (8)	291 (10)	314* (11)	110	<3
Males:											
9-13.....	149	246 (10)	145* (11)	163* (11)	197 (11)	239 (10)	288 (11)	337* (13)	370* (17)	200	27 (5.6)
14-18.....	129	274 (10)	165* (11)	184* (11)	219 (10)	266 (10)	318 (12)	377* (17)	418* (22)	340	82 (3.6)
19-50.....	457	341 (8)	182 (6)	209 (6)	262 (6)	328 (8)	409 (10)	490 (13)	544 (16)		55 (3.0)
51+.....	370	360 (10)	195* (7)	225 (8)	279 (8)	348 (9)	427 (12)	510 (14)	565* (16)	350	51 (3.2)
19+.....	827	346 (8)	185 (6)	213 (6)	266 (6)	333 (8)	413 (10)	495 (12)	549 (15)		54 (2.8)
Females:											
9-13.....	147	243 (10)	143* (8)	160* (7)	193 (7)	236 (9)	286 (13)	335* (19)	370* (23)	200	29 (3.8)
14-18.....	131	217 (10)	125* (11)	142* (10)	172 (10)	211 (11)	255 (11)	302* (13)	334* (16)	300	90* (2.7)
19-50.....	453	274 (7)	153 (6)	174 (6)	214 (6)	265 (7)	325 (8)	388 (10)	428 (11)		48 (3.3)
51+.....	403	280 (9)	155* (8)	177 (8)	219 (8)	270 (9)	332 (10)	396 (11)	436* (13)	265	48 (4.3)
19+.....	856	276 (7)	153 (6)	175 (7)	216 (7)	267 (7)	327 (8)	391 (10)	432 (10)		48 (3.4)
All:											
1+.....	2634	287 (4)	152 (4)	172 (4)	213 (3)	270 (4)	343 (5)	425 (7)	479 (9)		45 (1.7)

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	162	9.9 (0.5)	6.0* (0.4)	6.7* (0.4)	7.9 (0.4)	9.6 (0.5)	11.5 (0.6)	13.6* (0.8)	14.9* (0.9)	3	<3	40	<3	
4-8.....	233	13.1 (0.7)	7.9* (0.5)	8.9 (0.5)	10.6 (0.6)	12.7 (0.7)	15.2 (0.8)	17.7 (0.9)	19.4* (1.1)	4.1	<3	40	<3	
Males:														
9-13.....	149	14.9 (0.7)	7.8* (0.7)	8.9* (0.6)	11.2 (0.7)	14.2 (0.7)	17.8 (0.7)	21.5* (0.9)	24.1* (1.0)	5.9	<3	40	<3	
14-18.....	129	16.0 (0.6)	8.5* (0.7)	9.7* (0.7)	12.0 (0.6)	15.3 (0.6)	19.0 (0.8)	23.3* (1.0)	26.5* (1.2)	7.7	4* (1.7)	45	<3	
19-50.....	457	16.1 (0.5)	8.7 (0.3)	10.0 (0.4)	12.4 (0.4)	15.5 (0.5)	19.2 (0.6)	23.0 (0.8)	25.5 (1.0)	6	<3	45	<3	
51+.....	370	16.4 (0.6)	8.9* (0.4)	10.2 (0.4)	12.7 (0.5)	15.8 (0.6)	19.4 (0.8)	23.3 (1.0)	25.8* (1.2)	6	<3	45	<3	
19+.....	827	16.2 (0.5)	8.8 (0.4)	10.0 (0.4)	12.5 (0.4)	15.6 (0.5)	19.3 (0.7)	23.1 (0.9)	25.6 (1.0)	6	<3	45	<3	
Females:														
9-13.....	147	14.3 (0.6)	7.4* (0.5)	8.5* (0.4)	10.7 (0.5)	13.6 (0.5)	17.2 (0.8)	20.9* (1.1)	23.5* (1.3)	5.7	<3	40	<3	
14-18.....	131	11.6 (0.5)	5.8* (0.5)	6.8* (0.5)	8.6 (0.5)	11.1 (0.5)	14.0 (0.6)	17.2* (0.7)	19.5* (0.8)	7.9	23 (3.3)	45	<3	
19-50.....	453	12.2 (0.3)	7.0 (0.3)	7.9 (0.3)	9.6 (0.3)	11.8 (0.3)	14.4 (0.5)	17.1 (0.6)	18.8 (0.7)	8.1	20 (1.5)	45	<3	
51+.....	403	12.1 (0.5)	6.9* (0.3)	7.8 (0.3)	9.5 (0.4)	11.7 (0.4)	14.3 (0.6)	17.0 (0.7)	18.8* (0.9)	5	<3	45	<3	
19+.....	856	12.2 (0.4)	7.0 (0.3)	7.8 (0.3)	9.6 (0.3)	11.8 (0.4)	14.4 (0.5)	17.0 (0.6)	18.8 (0.7)	13	(1.1)	45	<3	
All:														
1+.....	2634	13.9 (0.3)	7.3 (0.2)	8.3 (0.2)	10.4 (0.2)	13.1 (0.3)	16.6 (0.4)	20.4 (0.5)	23.0 (0.6)	6	(0.5)		<3	

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

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Table E 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	162	7.2 (0.3)	4.6* (0.2)	5.0* (0.2)	5.9 (0.3)	7.0 (0.3)	8.3 (0.4)	9.6* (0.5)	10.5* (0.5)	2.5	<3	7	51 (7.1)	
4-8.....	233	8.6 (0.3)	5.5* (0.2)	6.0 (0.2)	7.1 (0.2)	8.4 (0.3)	9.9 (0.4)	11.4 (0.5)	12.4* (0.6)	4	<3	12	7* (2.4)	
Males:														
9-13.....	149	10.0 (0.5)	5.6* (0.4)	6.4* (0.4)	7.8 (0.4)	9.7 (0.5)	11.9 (0.5)	14.1* (0.7)	15.7* (0.8)	7	16 (4.2)	23	<3	
14-18.....	129	12.0 (0.3)	6.9* (0.3)	7.8* (0.3)	9.4 (0.3)	11.6 (0.3)	14.0 (0.4)	16.8* (0.7)	18.8* (0.9)	8.5	16* (2.5)	34	<3	
19-50.....	457	13.2 (0.3)	7.5 (0.4)	8.4 (0.3)	10.3 (0.3)	12.7 (0.3)	15.6 (0.4)	18.4 (0.5)	20.3 (0.6)	9.4	17 (2.5)	40	<3	
51+.....	370	12.8 (0.4)	7.2* (0.3)	8.2 (0.3)	10.0 (0.3)	12.4 (0.4)	15.1 (0.5)	17.9 (0.7)	19.7* (0.8)	9.4	19 (3.0)	40	<3	
19+.....	827	13.1 (0.3)	7.4 (0.3)	8.4 (0.3)	10.3 (0.3)	12.6 (0.3)	15.4 (0.4)	18.3 (0.5)	20.2 (0.6)	9.4	17 (2.5)	40	<3	
Females:														
9-13.....	147	9.6 (0.4)	5.3* (0.3)	6.0* (0.3)	7.4 (0.4)	9.2 (0.4)	11.4 (0.6)	13.6* (0.8)	15.1* (0.9)	7	20 (4.1)	23	<3	
14-18.....	131	7.8 (0.3)	4.1* (0.4)	4.8* (0.4)	5.9 (0.4)	7.4 (0.4)	9.2 (0.4)	11.2* (0.4)	12.5* (0.5)	7.3	48 (6.0)	34	<3	
19-50.....	453	9.4 (0.2)	5.5 (0.2)	6.2 (0.2)	7.5 (0.2)	9.1 (0.2)	11.0 (0.2)	12.9 (0.3)	14.2 (0.4)	6.8	17 (1.9)	40	<3	
51+.....	403	9.2 (0.3)	5.3* (0.2)	6.0 (0.2)	7.3 (0.2)	8.9 (0.3)	10.8 (0.3)	12.7 (0.3)	13.9* (0.4)	6.8	18 (2.8)	40	<3	
19+.....	856	9.3 (0.2)	5.4 (0.2)	6.1 (0.2)	7.4 (0.2)	9.0 (0.2)	10.9 (0.2)	12.8 (0.3)	14.1 (0.3)	6.8	17 (2.1)	40	<3	
All:														
1+.....	2634	10.5 (0.1)	5.5 (0.2)	6.3 (0.2)	7.8 (0.1)	9.9 (0.1)	12.7 (0.2)	15.6 (0.3)	17.7 (0.4)		16 (1.2)		3 (0.6)	

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

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Table E 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	162	0.7 (0.02)	0.4* (0.02)	0.4* (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.03)	0.9* (0.03)	1.0* (0.04)	0.26	<3	1	5* (1.3)	
4-8.....	233	0.8 (0.03)	0.5* (0.02)	0.5 (0.02)	0.6 (0.03)	0.8 (0.03)	0.9 (0.04)	1.1 (0.04)	1.2* (0.05)	0.34	<3	3	<3	
Males:														
9-13.....	149	0.9 (0.04)	0.6* (0.04)	0.6* (0.04)	0.7 (0.04)	0.9 (0.04)	1.1 (0.05)	1.3* (0.06)	1.5* (0.08)	0.54	4* (2.1)	5	<3	
14-18.....	129	1.0 (0.04)	0.6* (0.05)	0.7* (0.05)	0.8 (0.04)	1.0 (0.04)	1.2 (0.05)	1.5* (0.09)	1.7* (0.13)	0.685	10* (3.7)	8	<3	
19-50.....	457	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.6 (0.04)	1.9 (0.06)	2.1 (0.07)	0.7	6 (1.0)	10	<3	
51+.....	370	1.4 (0.04)	0.7* (0.03)	0.9 (0.03)	1.1 (0.04)	1.3 (0.04)	1.7 (0.05)	2.0 (0.06)	2.3* (0.08)	0.7	4* (0.9)	10	<3	
19+.....	827	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.9 (0.06)	2.2 (0.07)	0.7	5 (1.0)	10	<3	
Females:														
9-13.....	147	0.9 (0.04)	0.5* (0.04)	0.6* (0.03)	0.7 (0.03)	0.9 (0.04)	1.1 (0.06)	1.3* (0.08)	1.5* (0.11)	0.54	5* (1.8)	5	<3	
14-18.....	131	0.9 (0.04)	0.5* (0.04)	0.6* (0.04)	0.7 (0.04)	0.8 (0.04)	1.0 (0.04)	1.2* (0.07)	1.4* (0.09)	0.685	25 (5.6)	8	<3	
19-50.....	453	1.1 (0.02)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	15 (1.9)	10	<3	
51+.....	403	1.1 (0.03)	0.6* (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.3 (0.04)	1.6 (0.05)	1.8* (0.06)	0.7	12 (1.9)	10	<3	
19+.....	856	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	14 (1.8)	10	<3	
All:														
1+.....	2634	1.1 (0.02)	0.5 (0.01)	0.6 (0.01)	0.8 (0.01)	1.0 (0.02)	1.3 (0.02)	1.7 (0.03)	1.9 (0.04)		9 (0.9)		<3	

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Hispanic													
Males and females:													
1-3.....	162	66 (2)	39* (2)	43* (2)	52 (2)	64 (2)	77 (3)	91* (3)	100* (3)	17	<3	90	11* (2.3)
4-8.....	233	84 (3)	50* (3)	56 (3)	67 (3)	82 (3)	98 (4)	115 (4)	126* (4)	23	<3	150	<3
Males:													
9-13.....	149	96 (5)	59* (5)	65* (5)	78 (5)	93 (5)	111 (5)	129* (5)	140* (6)	35	<3	280	<3
14-18.....	129	121 (5)	77* (5)	85* (5)	99 (4)	118 (5)	139 (5)	161* (7)	177* (9)	45	<3	400	<3
19-50.....	457	140 (4)	85 (3)	95 (3)	114 (3)	137 (4)	164 (5)	189 (6)	206 (7)	45	<3	400	<3
51+.....	370	137 (4)	82* (4)	92 (4)	111 (4)	134 (4)	160 (5)	186 (6)	203* (7)	45	<3	400	<3
19+.....	827	140 (4)	84 (3)	95 (3)	113 (3)	137 (4)	163 (5)	189 (6)	205 (6)	45	<3	400	<3
Females:													
9-13.....	147	94 (4)	57* (3)	63* (3)	76 (3)	91 (3)	109 (5)	127* (8)	139* (9)	35	<3	280	<3
14-18.....	131	82 (5)	49* (6)	55* (5)	66 (5)	80 (6)	96 (6)	113* (7)	124* (8)	45	3* (2.0)	400	<3
19-50.....	453	98 (2)	59 (2)	66 (2)	80 (2)	96 (2)	115 (3)	133 (3)	145 (4)	45	<3	400	<3
51+.....	403	95 (2)	56* (2)	63 (2)	77 (2)	93 (3)	111 (3)	130 (3)	141* (4)	45	<3	400	<3
19+.....	856	97 (2)	58 (2)	65 (2)	79 (2)	95 (2)	114 (3)	132 (3)	144 (4)	45	<3	400	<3
All:													
1+.....	2634	109 (3)	56 (2)	65 (2)	81 (2)	104 (2)	132 (3)	162 (5)	181 (6)		<3		<3

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

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

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Hispanic													
Males and females:													
1-3.....	162	1868 (66)	1117* (50)	1250* (52)	1490 (58)	1818 (64)	2176 (75)	2564* (87)	2799* (96)	800	>97	1200	92* (2.2)
4-8.....	233	2512 (68)	1540* (63)	1718 (61)	2047 (66)	2449 (69)	2914 (74)	3384 (88)	3688* (108)	1000	>97	1500	96* (1.2)
Males:													
9-13.....	149	3074 (99)	1901* (97)	2108* (90)	2514 (91)	3009 (99)	3570 (120)	4112* (143)	4480* (160)	1200	>97	1800	97* (1.3)
14-18.....	129	3682 (120)	2348* (127)	2589* (125)	3027 (120)	3602 (118)	4220 (138)	4900* (158)	5371* (185)	1500	>97	2300	96* (1.5)
19-50.....	457	4076 (130)	2547 (101)	2827 (99)	3353 (103)	3988 (127)	4715 (161)	5430 (199)	5883 (223)	1500	>97	2300	>97
51+.....	370	3798 (125)	2316* (72)	2601 (76)	3103 (92)	3723 (119)	4397 (157)	5095 (194)	5552* (215)	1500	>97	2300	95* (0.8)
19+.....	827	4003 (115)	2482 (86)	2762 (87)	3284 (93)	3919 (111)	4645 (143)	5353 (181)	5818 (210)	1500	>97	2300	>97
Females:													
9-13.....	147	2960 (105)	1815* (87)	2010* (88)	2398 (79)	2888 (99)	3446 (136)	3992* (186)	4365* (223)	1200	>97	1800	95* (1.3)
14-18.....	131	2634 (130)	1576* (117)	1773* (119)	2127 (125)	2568 (136)	3069 (145)	3586* (156)	3931* (175)	1500	96* (1.7)	2300	65 (7.1)
19-50.....	453	2947 (59)	1803 (53)	2012 (50)	2405 (46)	2886 (56)	3427 (77)	3963 (103)	4303 (126)	1500	>97	2300	80 (2.1)
51+.....	403	2737 (77)	1635* (57)	1839 (58)	2219 (61)	2671 (75)	3194 (98)	3723 (123)	4047* (144)	1500	>97	2300	71 (3.4)
19+.....	856	2874 (59)	1733 (52)	1949 (48)	2332 (48)	2810 (56)	3348 (75)	3884 (100)	4221 (121)	1500	>97	2300	77 (2.2)
All:													
1+.....	2634	3224 (61)	1692 (38)	1951 (40)	2446 (46)	3099 (65)	3876 (85)	4672 (98)	5187 (130)		>97		88 (1.1)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	162	2012 (58)	1277* (56)	1417* (52)	1656 (54)	1974 (59)	2314 (65)	2672* (77)	2888* (81)	2000	48 (4.7)
4-8.....	233	2073 (58)	1308* (47)	1448 (47)	1711 (51)	2031 (56)	2390 (69)	2751 (81)	2979* (95)	2300	30 (4.1)
Males:											
9-13.....	149	2160 (109)	1310* (108)	1461* (111)	1756 (112)	2114 (110)	2519 (118)	2907* (144)	3169* (175)	2500	26 (6.0)
14-18.....	129	2402 (84)	1492* (97)	1656* (98)	1956 (95)	2349 (84)	2770 (90)	3232* (104)	3551* (132)	3000	16* (3.0)
19-50.....	457	2826 (63)	1518 (69)	1757 (63)	2197 (61)	2744 (62)	3381 (72)	3995 (89)	4399 (104)	3400	24 (2.4)
51+.....	370	3070 (70)	1721* (57)	1983 (59)	2440 (59)	2999 (66)	3616 (88)	4251 (117)	4657* (133)	3400	33 (3.1)
19+.....	827	2889 (59)	1562 (60)	1801 (56)	2254 (53)	2809 (58)	3445 (71)	4069 (89)	4472 (103)	3400	27 (2.4)
Females:											
9-13.....	147	2142 (75)	1295* (72)	1441* (65)	1729 (60)	2092 (72)	2503 (96)	2901* (142)	3173* (170)	2300	36 (4.9)
14-18.....	131	1833 (110)	1067* (118)	1210* (113)	1468 (117)	1787 (116)	2148 (110)	2520* (107)	2766* (118)	2300	18 (5.0)
19-50.....	453	2255 (42)	1308 (44)	1480 (44)	1802 (42)	2201 (44)	2650 (48)	3101 (59)	3387 (64)	2600	27 (2.4)
51+.....	403	2409 (67)	1418* (61)	1598 (60)	1945 (64)	2352 (66)	2823 (73)	3294 (79)	3577* (89)	2600	36 (3.6)
19+.....	856	2309 (44)	1338 (48)	1518 (46)	1849 (44)	2256 (45)	2711 (49)	3174 (58)	3464 (63)	2600	30 (2.4)
All:											
1+.....	2634	2445 (34)	1351 (47)	1532 (42)	1877 (36)	2330 (37)	2894 (48)	3512 (59)	3927 (70)		29 (1.7)

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	5.1 (1.5)	0.4* (0.3)	0.7* (0.4)	1.6 (0.5)	3.4 (1.0)	6.5 (1.8)	11.2* (3.0)	15.9* (4.4)
4-8.....	233	8.6 (1.8)	1.2* (0.4)	1.7 (0.5)	3.3 (0.8)	6.1 (1.2)	10.9 (2.1)	18.1 (3.8)	23.9* (5.7)
Males:									
9-13.....	149	20.5 (3.2)	2.3* (0.6)	3.5* (0.9)	6.8 (1.4)	13.4 (2.4)	25.5 (4.2)	45.3* (6.8)	62.4* (9.3)
14-18.....	129	40.0 (3.8)	4.6* (0.9)	6.8* (1.2)	12.9 (1.7)	25.6 (2.6)	49.4 (4.5)	87.1* (8.4)	121.7* (12.7)
19-50.....	457	134.6 (9.9)	10.0 (1.5)	19.2 (2.6)	46.6 (5.2)	100.8 (9.0)	186.7 (13.9)	294.1 (19.0)	375.8 (22.3)
51+.....	370	167.5 (10.8)	22.8* (3.0)	38.0 (4.5)	75.0 (6.6)	136.2 (10.4)	225.0 (14.6)	336.6 (18.5)	420.0* (23.4)
19+.....	827	143.1 (8.4)	12.0 (1.7)	22.5 (3.1)	52.7 (5.4)	110.4 (8.2)	198.1 (11.6)	307.3 (15.1)	387.5 (17.1)
Females:									
9-13.....	147	16.8 (3.1)	1.8* (0.5)	2.7* (0.7)	5.3 (1.2)	10.7 (2.2)	20.9 (4.0)	37.9* (7.1)	52.3* (9.6)
14-18.....	131	30.2 (4.4)	3.2* (0.8)	5.0* (1.1)	9.7 (1.8)	19.8 (3.1)	38.1 (5.7)	66.2* (9.6)	92.3* (13.4)
19-50.....	453	92.9 (4.8)	6.1 (1.4)	11.9 (2.1)	29.8 (3.5)	67.5 (4.9)	127.8 (6.5)	207.7 (8.9)	265.8 (12.2)
51+.....	403	114.9 (9.5)	10.6* (2.7)	19.2 (4.0)	43.9 (6.3)	88.1 (9.2)	156.7 (12.4)	245.9 (16.2)	311.0* (18.6)
19+.....	856	100.6 (6.1)	7.3 (1.7)	13.7 (2.5)	34.0 (4.1)	74.5 (6.1)	138.7 (8.5)	221.8 (10.9)	283.8 (13.3)
All:									
1+.....	2634	89.8 (2.8)	2.4 (0.4)	4.5 (0.6)	13.9 (1.4)	52.0 (2.8)	128.4 (4.2)	227.7 (7.3)	303.3 (9.9)

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

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	14.9 (0.3)	12.1* (0.5)	12.7* (0.4)	13.6 (0.4)	14.8 (0.3)	16.1 (0.3)	17.3* (0.4)	18.0* (0.4)	5-20%	>97
4-8.....	233	14.4 (0.3)	11.6* (0.4)	12.1 (0.4)	13.1 (0.3)	14.3 (0.3)	15.5 (0.3)	16.7 (0.3)	17.4* (0.3)	10-30%	>97
Males:											
9-13.....	149	14.6 (0.3)	11.2* (0.5)	11.9* (0.4)	13.1 (0.4)	14.5 (0.3)	16.0 (0.3)	17.3* (0.4)	18.2* (0.4)	10-30%	>97
14-18.....	129	16.2 (0.4)	12.7* (0.3)	13.4* (0.3)	14.6 (0.3)	16.1 (0.4)	17.7 (0.5)	19.3* (0.7)	20.4* (0.9)	10-30%	>97
19-50.....	457	16.7 (0.3)	11.9 (0.4)	12.8 (0.4)	14.5 (0.3)	16.5 (0.3)	18.7 (0.3)	20.8 (0.4)	22.2 (0.5)	10-35%	>97
51+.....	370	16.4 (0.3)	11.7* (0.4)	12.7 (0.4)	14.3 (0.3)	16.2 (0.3)	18.3 (0.3)	20.4 (0.4)	21.8* (0.5)	10-35%	>97
19+.....	827	16.6 (0.3)	11.9 (0.4)	12.8 (0.4)	14.4 (0.3)	16.4 (0.3)	18.6 (0.3)	20.7 (0.4)	22.1 (0.5)	10-35%	>97
Females:											
9-13.....	147	14.5 (0.4)	11.1* (0.4)	11.8* (0.3)	13.0 (0.3)	14.4 (0.4)	15.9 (0.4)	17.3* (0.6)	18.2* (0.7)	10-30%	>97
14-18.....	131	14.2 (0.3)	10.9* (0.6)	11.6* (0.5)	12.8 (0.4)	14.1 (0.3)	15.6 (0.3)	17.0* (0.4)	17.9* (0.4)	10-30%	>97
19-50.....	452	16.0 (0.3)	11.6 (0.3)	12.4 (0.2)	13.9 (0.2)	15.8 (0.3)	17.8 (0.3)	19.8 (0.5)	21.1 (0.5)	10-35%	>97
51+.....	403	16.2 (0.3)	11.7* (0.3)	12.6 (0.2)	14.2 (0.2)	16.0 (0.3)	18.1 (0.4)	20.1 (0.5)	21.4* (0.5)	10-35%	>97
19+.....	855	16.1 (0.3)	11.6 (0.3)	12.5 (0.2)	14.0 (0.2)	15.9 (0.3)	17.9 (0.3)	19.9 (0.5)	21.2 (0.5)	10-35%	>97
All:											
1+.....	2633	15.8 (0.2)	11.6 (0.2)	12.4 (0.2)	13.8 (0.2)	15.6 (0.2)	17.6 (0.2)	19.7 (0.3)	21.0 (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

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	53.5 (0.5)	46.2* (0.7)	47.9* (0.6)	50.5 (0.5)	53.6 (0.5)	56.5 (0.6)	59.2* (0.7)	60.8* (0.9)	45-65%	97* (0.8)
4-8.....	233	53.8 (0.5)	46.5* (0.6)	48.1 (0.5)	50.9 (0.5)	53.8 (0.5)	56.8 (0.5)	59.4 (0.6)	61.0* (0.7)	45-65%	97* (0.9)
Males:											
9-13.....	149	52.5 (0.6)	44.6* (0.9)	46.3* (0.8)	49.3 (0.6)	52.5 (0.6)	55.7 (0.6)	58.5* (0.8)	60.3* (0.8)	45-65%	94* (2.5)
14-18.....	129	49.5 (1.0)	41.7* (0.9)	43.4* (0.9)	46.2 (0.9)	49.5 (1.0)	52.7 (1.2)	55.8* (1.3)	57.8* (1.4)	45-65%	82 (4.7)
19-50.....	457	47.0 (0.7)	34.2 (0.9)	37.0 (0.9)	41.7 (0.8)	47.0 (0.7)	52.3 (0.7)	57.1 (0.7)	60.0 (0.8)	45-65%	59 (3.7)
51+.....	370	47.4 (0.7)	34.5* (0.9)	37.5 (0.8)	42.2 (0.8)	47.5 (0.7)	52.6 (0.7)	57.4 (0.7)	60.4* (0.7)	45-65%	61 (3.6)
19+.....	827	47.1 (0.7)	34.3 (0.9)	37.1 (0.9)	41.8 (0.8)	47.1 (0.7)	52.4 (0.7)	57.2 (0.7)	60.1 (0.7)	45-65%	59 (3.5)
Females:											
9-13.....	147	52.2 (0.6)	44.3* (0.6)	46.0* (0.6)	48.9 (0.6)	52.2 (0.6)	55.5 (0.8)	58.4* (0.9)	60.2* (1.1)	45-65%	93* (1.6)
14-18.....	131	51.7 (0.7)	43.7* (0.8)	45.5* (0.8)	48.5 (0.7)	51.7 (0.7)	54.9 (0.9)	57.8* (1.0)	59.6* (1.1)	45-65%	92* (2.6)
19-50.....	452	48.5 (0.7)	36.1 (0.9)	38.8 (0.8)	43.4 (0.8)	48.5 (0.7)	53.6 (0.8)	58.3 (0.9)	61.0 (0.9)	45-65%	66 (3.3)
51+.....	403	48.3 (0.7)	35.8* (1.0)	38.6 (0.9)	43.2 (0.7)	48.3 (0.7)	53.4 (0.6)	58.2 (0.7)	61.0* (0.8)	45-65%	65 (3.2)
19+.....	855	48.4 (0.7)	36.0 (0.9)	38.7 (0.8)	43.3 (0.7)	48.4 (0.7)	53.5 (0.7)	58.3 (0.8)	61.0 (0.9)	45-65%	66 (3.1)
All:											
1+.....	2633	49.2 (0.4)	36.5 (0.8)	39.5 (0.7)	44.6 (0.6)	49.7 (0.4)	54.3 (0.3)	58.1 (0.4)	60.5 (0.4)	45-65%	72 (2.2)

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	32.7 (0.4)	26.7* (0.5)	28.1* (0.4)	30.3 (0.4)	32.7 (0.4)	35.1 (0.5)	37.3* (0.6)	38.5* (0.6)	30-40%	75 (3.3)
4-8.....	233	32.9 (0.3)	26.9* (0.4)	28.3 (0.3)	30.5 (0.3)	32.9 (0.3)	35.3 (0.4)	37.5 (0.5)	38.7* (0.5)	25-35%	70 (3.5)
Males:											
9-13.....	149	34.1 (0.7)	28.2* (0.7)	29.5* (0.6)	31.8 (0.6)	34.2 (0.7)	36.5 (0.8)	38.6* (0.9)	39.8* (1.0)	25-35%	59 (7.6)
14-18.....	129	34.8 (0.8)	29.0* (1.0)	30.3* (0.8)	32.4 (0.7)	34.9 (0.8)	37.2 (1.0)	39.4* (1.1)	40.8* (1.2)	25-35%	51 (8.8)
19-50.....	457	34.1 (0.5)	24.7 (0.9)	26.8 (0.8)	30.4 (0.6)	34.2 (0.5)	38.0 (0.6)	41.3 (0.8)	43.3 (0.9)	20-35%	55 (3.7)
51+.....	370	34.7 (0.6)	25.3* (1.0)	27.5 (0.9)	31.1 (0.7)	34.8 (0.6)	38.5 (0.7)	41.8 (0.8)	43.8* (0.9)	20-35%	51 (4.4)
19+.....	827	34.3 (0.5)	24.8 (0.9)	27.0 (0.8)	30.6 (0.6)	34.3 (0.5)	38.1 (0.6)	41.4 (0.8)	43.4 (0.9)	20-35%	54 (3.8)
Females:											
9-13.....	147	34.3 (0.5)	28.4* (0.8)	29.7* (0.7)	31.9 (0.5)	34.4 (0.5)	36.8 (0.7)	38.9* (0.8)	40.2* (0.9)	25-35%	56 (5.7)
14-18.....	131	35.2 (0.7)	29.3* (0.6)	30.7* (0.6)	32.9 (0.6)	35.2 (0.7)	37.6 (0.8)	39.7* (1.0)	41.0* (1.1)	25-35%	47 (6.7)
19-50.....	452	35.1 (0.5)	26.4 (0.6)	28.3 (0.6)	31.5 (0.5)	35.1 (0.5)	38.6 (0.5)	41.8 (0.5)	43.7 (0.6)	20-35%	49 (3.5)
51+.....	403	35.3 (0.5)	26.6* (0.7)	28.5 (0.6)	31.8 (0.6)	35.3 (0.5)	38.9 (0.5)	42.2 (0.5)	44.0* (0.6)	20-35%	47 (3.9)
19+.....	855	35.2 (0.4)	26.5 (0.6)	28.4 (0.6)	31.6 (0.5)	35.2 (0.4)	38.7 (0.4)	41.9 (0.5)	43.8 (0.5)	20-35%	48 (3.1)
All:											
1+.....	2633	34.4 (0.3)	26.3 (0.6)	28.2 (0.5)	31.2 (0.4)	34.4 (0.3)	37.7 (0.3)	40.8 (0.4)	42.7 (0.5)		54 (2.4)

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 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, 2017-March 2020 Prepandemic

	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.....	162	11.8 (0.3)	8.7* (0.3)	9.4* (0.2)	10.5 (0.2)	11.8 (0.3)	13.1 (0.3)	14.3* (0.4)	15.0* (0.4)	17 (3.7)
4-8.....	233	11.7 (0.3)	8.6* (0.3)	9.3 (0.3)	10.4 (0.3)	11.7 (0.3)	13.0 (0.3)	14.2 (0.3)	14.9* (0.3)	19 (4.2)
Males:										
9-13.....	149	11.6 (0.4)	9.0* (0.5)	9.5* (0.5)	10.5 (0.4)	11.6 (0.4)	12.8 (0.4)	13.8* (0.4)	14.4* (0.4)	16 (6.3)
14-18.....	129	11.8 (0.5)	9.1* (0.5)	9.7* (0.5)	10.6 (0.5)	11.8 (0.5)	12.9 (0.5)	14.0* (0.5)	14.7* (0.6)	14* (6.7)
19-50.....	457	11.0 (0.2)	7.6 (0.3)	8.3 (0.2)	9.5 (0.2)	11.0 (0.2)	12.5 (0.2)	13.8 (0.2)	14.7 (0.2)	33 (3.5)
51+.....	370	10.9 (0.3)	7.5* (0.3)	8.2 (0.3)	9.5 (0.3)	10.9 (0.3)	12.3 (0.3)	13.7 (0.3)	14.5* (0.3)	34 (4.9)
19+.....	827	11.0 (0.2)	7.5 (0.3)	8.3 (0.3)	9.5 (0.2)	11.0 (0.2)	12.4 (0.2)	13.8 (0.2)	14.6 (0.2)	33 (3.6)
Females:										
9-13.....	147	11.9 (0.4)	9.2* (0.5)	9.7* (0.4)	10.7 (0.4)	11.9 (0.4)	13.0 (0.3)	14.1* (0.4)	14.7* (0.4)	13* (6.1)
14-18.....	131	11.6 (0.3)	8.9* (0.5)	9.5* (0.4)	10.5 (0.4)	11.6 (0.3)	12.7 (0.3)	13.8* (0.4)	14.4* (0.4)	17 (6.2)
19-50.....	452	11.2 (0.2)	8.2 (0.3)	8.8 (0.3)	9.8 (0.2)	11.1 (0.2)	12.4 (0.2)	13.7 (0.2)	14.4 (0.2)	28 (3.8)
51+.....	403	11.3 (0.2)	8.2* (0.3)	8.9 (0.2)	10.0 (0.2)	11.2 (0.2)	12.5 (0.2)	13.8 (0.3)	14.6* (0.3)	26 (3.3)
19+.....	855	11.2 (0.1)	8.2 (0.3)	8.8 (0.2)	9.9 (0.2)	11.1 (0.1)	12.5 (0.1)	13.7 (0.2)	14.5 (0.2)	27 (3.3)
All:										
1+.....	2633	11.3 (0.1)	8.1 (0.2)	8.8 (0.2)	10.0 (0.1)	11.3 (0.2)	12.6 (0.2)	13.9 (0.2)	14.6 (0.2)	26 (2.4)

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

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Table 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	6.1 (0.2)	4.3* (0.2)	4.7* (0.2)	5.3 (0.2)	6.0 (0.2)	6.8 (0.2)	7.6* (0.3)	8.0* (0.3)	05-10%	82 (4.5)
4-8.....	233	6.4 (0.2)	4.6* (0.2)	4.9 (0.2)	5.6 (0.2)	6.3 (0.2)	7.1 (0.2)	7.9 (0.3)	8.4* (0.3)	05-10%	89 (3.4)
Males:											
9-13.....	149	7.1 (0.3)	5.4* (0.2)	5.7* (0.2)	6.4 (0.2)	7.1 (0.3)	7.8 (0.3)	8.5* (0.4)	9.0* (0.5)	05-10%	>97
14-18.....	129	7.0 (0.2)	5.3* (0.3)	5.6* (0.3)	6.2 (0.3)	6.9 (0.2)	7.6 (0.3)	8.4* (0.3)	8.9* (0.4)	05-10%	97* (1.6)
19-50.....	457	6.8 (0.2)	4.4 (0.4)	4.9 (0.3)	5.7 (0.3)	6.7 (0.2)	7.8 (0.2)	8.8 (0.3)	9.5 (0.4)	05-10%	85 (5.4)
51+.....	370	7.1 (0.2)	4.7* (0.3)	5.2 (0.3)	6.0 (0.2)	7.0 (0.2)	8.1 (0.3)	9.2 (0.4)	9.9* (0.5)	05-10%	87 (4.7)
19+.....	827	6.9 (0.2)	4.5 (0.4)	4.9 (0.3)	5.8 (0.3)	6.8 (0.2)	7.9 (0.2)	8.9 (0.3)	9.6 (0.4)	05-10%	86 (5.2)
Females:											
9-13.....	147	7.1 (0.2)	5.4* (0.2)	5.7* (0.2)	6.3 (0.2)	7.1 (0.2)	7.8 (0.2)	8.6* (0.3)	9.0* (0.3)	05-10%	>97
14-18.....	131	7.6 (0.3)	5.8* (0.4)	6.2* (0.3)	6.8 (0.3)	7.5 (0.3)	8.3 (0.4)	9.1* (0.4)	9.6* (0.5)	05-10%	>97
19-50.....	452	7.3 (0.2)	4.8 (0.2)	5.3 (0.2)	6.1 (0.2)	7.2 (0.2)	8.3 (0.2)	9.4 (0.3)	10.1 (0.3)	05-10%	88 (3.1)
51+.....	403	7.3 (0.1)	4.8* (0.2)	5.3 (0.2)	6.1 (0.1)	7.1 (0.1)	8.3 (0.2)	9.4 (0.3)	10.1* (0.3)	05-10%	88 (3.0)
19+.....	855	7.3 (0.1)	4.8 (0.2)	5.3 (0.2)	6.1 (0.2)	7.2 (0.1)	8.3 (0.2)	9.4 (0.2)	10.1 (0.3)	05-10%	88 (3.0)
All:											
1+.....	2633	7.0 (0.1)	4.7 (0.2)	5.1 (0.2)	5.9 (0.1)	6.9 (0.1)	7.9 (0.1)	9.0 (0.2)	9.6 (0.2)	05-10%	89 (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 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	0.61 (0.02)	0.41* (0.02)	0.45* (0.01)	0.51 (0.01)	0.60 (0.02)	0.69 (0.02)	0.79* (0.03)	0.85* (0.04)	0.6-1.2%	50 (4.6)
4-8.....	233	0.63 (0.01)	0.43* (0.02)	0.47 (0.02)	0.53 (0.01)	0.62 (0.01)	0.71 (0.02)	0.81 (0.03)	0.87* (0.03)	0.6-1.2%	55 (4.1)
Males:											
9-13.....	149	0.63 (0.02)	0.44* (0.03)	0.47* (0.03)	0.54 (0.02)	0.62 (0.02)	0.72 (0.03)	0.81* (0.04)	0.87* (0.05)	0.6-1.2%	57 (6.3)
14-18.....	129	0.67 (0.02)	0.46* (0.04)	0.50* (0.04)	0.56 (0.03)	0.65 (0.02)	0.75 (0.03)	0.85* (0.03)	0.93* (0.04)	0.6-1.2%	65 (8.7)
19-50.....	457	0.71 (0.03)	0.42 (0.04)	0.47 (0.04)	0.57 (0.03)	0.69 (0.03)	0.84 (0.04)	0.99 (0.06)	1.08 (0.08)	0.6-1.2%	67 (6.4)
51+.....	370	0.78 (0.04)	0.47* (0.04)	0.53 (0.04)	0.63 (0.03)	0.76 (0.04)	0.91 (0.05)	1.07 (0.08)	1.18* (0.10)	0.6-1.2%	76 (6.5)
19+.....	827	0.73 (0.03)	0.43 (0.04)	0.48 (0.04)	0.58 (0.03)	0.71 (0.03)	0.86 (0.04)	1.01 (0.06)	1.11 (0.08)	0.6-1.2%	69 (6.3)
Females:											
9-13.....	147	0.69 (0.02)	0.47* (0.03)	0.51* (0.03)	0.58 (0.02)	0.67 (0.02)	0.78 (0.03)	0.88* (0.04)	0.94* (0.06)	0.6-1.2%	71 (5.4)
14-18.....	131	0.75 (0.03)	0.52* (0.04)	0.56* (0.04)	0.64 (0.03)	0.74 (0.03)	0.84 (0.03)	0.95* (0.04)	1.03* (0.05)	0.6-1.2%	83 (7.2)
19-50.....	452	0.80 (0.02)	0.50 (0.03)	0.55 (0.03)	0.65 (0.03)	0.78 (0.02)	0.92 (0.03)	1.07 (0.04)	1.17 (0.05)	0.6-1.2%	80 (4.8)
51+.....	403	0.83 (0.02)	0.52* (0.02)	0.58 (0.02)	0.68 (0.02)	0.81 (0.02)	0.96 (0.03)	1.12 (0.05)	1.22* (0.06)	0.6-1.2%	82 (3.9)
19+.....	855	0.81 (0.02)	0.51 (0.03)	0.56 (0.03)	0.66 (0.02)	0.79 (0.02)	0.94 (0.03)	1.09 (0.04)	1.19 (0.05)	0.6-1.2%	80 (4.5)
All:											
1+.....	2633	0.74 (0.02)	0.45 (0.02)	0.50 (0.02)	0.59 (0.01)	0.71 (0.01)	0.85 (0.02)	1.00 (0.03)	1.11 (0.05)	0.6-1.2%	71 (3.0)

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

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2017-March 2020 Prepandemic. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2017-2018 and 2019-2020 as applicable <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.76.

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

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

Indicates a non-zero value too small to report.

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

CITATION

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