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USUAL NUTRIENT INTAKE from Food and Beverages, among Non-Hispanic Asian Individuals

What We Eat in America, NHANES 2015-2018

Table D

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

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

Table D 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	1325* (53)	--	--	--	--	--	--	--
4-8.....	107	1673 (53)	--	--	--	--	--	--	--
Males:									
9-13.....	73	2020* (61)	--	--	--	--	--	--	--
14-18.....	83	2224 (67)	--	--	--	--	--	--	--
19-50.....	350	2230 (40)	1321* (43)	1495 (42)	1799 (40)	2181 (42)	2605 (44)	3032 (48)	3296* (54)
51+.....	222	2105 (55)	1208* (47)	1369 (48)	1681 (50)	2061 (54)	2481 (62)	2900 (77)	3157* (84)
19+.....	572	2190 (42)	1276 (43)	1450 (43)	1760 (41)	2144 (42)	2569 (47)	2993 (53)	3258 (59)
Females:									
9-13.....	64	1898* (57)	--	--	--	--	--	--	--
14-18.....	69	1731* (55)	--	--	--	--	--	--	--
19-50.....	329	1794 (26)	1073* (29)	1212 (27)	1459 (25)	1757 (26)	2097 (32)	2422 (40)	2617* (50)
51+.....	247	1682 (36)	993* (30)	1124 (29)	1358 (31)	1646 (35)	1971 (45)	2290 (58)	2491* (63)
19+.....	576	1748 (27)	1037 (27)	1171 (25)	1415 (25)	1712 (27)	2046 (33)	2376 (43)	2572 (50)
All:									
1+.....	1603	1930 (19)	1108 (19)	1250 (18)	1523 (19)	1868 (20)	2273 (25)	2688 (33)	2963 (40)

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

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

Table D 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	49.6* (2.3)	--	--	--	--	--	--	--
4-8.....	107	59.6 (1.9)	--	--	--	--	--	--	--
Males:									
9-13.....	73	76.5* (3.4)	--	--	--	--	--	--	--
14-18.....	83	91.3 (3.6)	--	--	--	--	--	--	--
19-50.....	350	95.0 (2.2)	57.0* (2.3)	64.3 (2.3)	77.0 (2.1)	93.0 (2.2)	110.8 (2.8)	128.6 (3.2)	139.5* (3.8)
51+.....	222	89.3 (3.0)	51.5* (2.8)	58.3 (2.8)	71.2 (2.8)	87.4 (3.0)	105.1 (3.3)	122.8 (3.8)	133.6* (4.1)
19+.....	572	93.2 (2.3)	54.9 (2.4)	62.1 (2.3)	75.1 (2.2)	91.2 (2.2)	109.1 (2.6)	126.9 (3.2)	137.9 (3.8)
Females:									
9-13.....	64	71.5* (3.3)	--	--	--	--	--	--	--
14-18.....	69	66.5* (2.9)	--	--	--	--	--	--	--
19-50.....	329	72.3 (1.5)	44.5* (1.4)	49.8 (1.4)	59.5 (1.3)	70.9 (1.5)	84.0 (1.7)	96.4 (2.0)	103.9* (2.3)
51+.....	247	69.0 (1.9)	41.9* (1.4)	47.2 (1.4)	56.3 (1.6)	67.6 (1.8)	80.3 (2.2)	92.6 (2.7)	100.1* (2.9)
19+.....	576	70.9 (1.5)	43.4 (1.3)	48.6 (1.3)	58.1 (1.3)	69.6 (1.4)	82.5 (1.8)	95.1 (2.1)	102.6 (2.3)
All:									
1+.....	1603	79.1 (1.6)	44.5 (1.0)	50.3 (1.0)	61.4 (1.2)	76.0 (1.6)	93.6 (2.1)	112.0 (2.5)	124.3 (2.9)

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

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Table D 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	4.22* (0.14)	--	--	--	--	--	--	--	0.87	--
4-8.....	107	2.72 (0.09)	--	--	--	--	--	--	--	0.76	--
Males:											
9-13.....	71	1.86* (0.12)	--	--	--	--	--	--	--	0.76	--
14-18.....	83	1.46 (0.09)	--	--	--	--	--	--	--	0.73	--
19-50.....	348	1.34 (0.03)	0.72* (0.04)	0.84 (0.04)	1.05 (0.03)	1.31 (0.03)	1.60 (0.03)	1.89 (0.03)	2.07* (0.04)	0.66	3* (0.9)
51+.....	221	1.28 (0.03)	0.67* (0.03)	0.77 (0.03)	0.99 (0.03)	1.25 (0.03)	1.54 (0.03)	1.83 (0.04)	2.01* (0.05)	0.66	5* (1.0)
19+.....	569	1.32 (0.02)	0.70 (0.03)	0.82 (0.03)	1.03 (0.03)	1.29 (0.02)	1.58 (0.03)	1.87 (0.03)	2.05 (0.04)	0.66	4 (0.9)
Females:											
9-13.....	63	1.73* (0.09)	--	--	--	--	--	--	--	0.76	--
14-18.....	68	1.17* (0.09)	--	--	--	--	--	--	--	0.71	--
19-50.....	329	1.27 (0.03)	0.73* (0.03)	0.84 (0.03)	1.02 (0.02)	1.25 (0.03)	1.50 (0.03)	1.74 (0.04)	1.88* (0.04)	0.66	<3
51+.....	244	1.24 (0.03)	0.71* (0.03)	0.81 (0.03)	0.99 (0.03)	1.21 (0.03)	1.46 (0.04)	1.70 (0.05)	1.85* (0.05)	0.66	3* (0.8)
19+.....	573	1.26 (0.03)	0.72 (0.03)	0.83 (0.03)	1.01 (0.02)	1.23 (0.03)	1.48 (0.03)	1.72 (0.04)	1.87 (0.05)	0.66	3* (0.7)
All:											
1+.....	1593	1.46 (0.02)	0.72 (0.02)	0.84 (0.02)	1.05 (0.02)	1.31 (0.02)	1.65 (0.02)	2.12 (0.04)	2.73 (0.07)		3 (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 D 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	175* (6)	--	--	--	--	--	--	--	100	--
4-8.....	107	223 (7)	--	--	--	--	--	--	--	100	--
Males:											
9-13.....	73	266* (10)	--	--	--	--	--	--	--	100	--
14-18.....	83	280 (9)	--	--	--	--	--	--	--	100	--
19-50.....	350	276 (6)	149* (5)	172 (5)	214 (5)	268 (6)	328 (7)	391 (8)	430* (9)	100	<3
51+.....	222	261 (8)	137* (6)	159 (6)	201 (7)	253 (8)	313 (9)	373 (12)	412* (13)	100	<3
19+.....	572	271 (6)	144 (5)	167 (6)	210 (5)	263 (6)	324 (7)	386 (8)	425 (9)	100	<3
Females:											
9-13.....	64	252* (9)	--	--	--	--	--	--	--	100	--
14-18.....	69	222* (8)	--	--	--	--	--	--	--	100	--
19-50.....	329	229 (5)	127* (4)	146 (4)	180 (4)	223 (5)	272 (6)	320 (7)	350* (9)	100	<3
51+.....	247	215 (6)	119* (4)	136 (4)	169 (4)	209 (5)	256 (7)	304 (9)	333* (10)	100	<3
19+.....	576	223 (5)	123 (4)	142 (4)	175 (4)	217 (5)	265 (6)	314 (8)	344 (9)	100	<3
All:											
1+.....	1603	244 (3)	133 (3)	152 (3)	189 (3)	235 (3)	290 (4)	347 (5)	386 (6)	100	<3

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

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Table D 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	77* (4)	--	--	--	--	--	--	--
4-8.....	107	91 (4)	--	--	--	--	--	--	--
Males:									
9-13.....	73	100* (7)	--	--	--	--	--	--	--
14-18.....	83	102 (7)	--	--	--	--	--	--	--
19-50.....	350	92 (6)	32* (2)	41 (3)	58 (4)	84 (5)	117 (8)	153 (11)	178* (12)
51+.....	222	89 (6)	31* (3)	39 (3)	57 (4)	82 (5)	114 (7)	150 (10)	174* (12)
19+.....	572	91 (5)	31 (2)	40 (3)	58 (3)	83 (5)	116 (7)	152 (10)	177 (12)
Females:									
9-13.....	64	96* (6)	--	--	--	--	--	--	--
14-18.....	69	81* (5)	--	--	--	--	--	--	--
19-50.....	329	85 (3)	33* (2)	40 (2)	57 (2)	78 (3)	107 (3)	137 (4)	156* (5)
51+.....	247	82 (3)	32* (2)	39 (2)	55 (2)	76 (3)	103 (4)	133 (5)	153* (6)
19+.....	576	84 (3)	32 (2)	40 (2)	56 (2)	78 (3)	105 (3)	135 (4)	155 (5)
All:									
1+.....	1603	88 (2)	34 (1)	42 (1)	59 (1)	82 (2)	110 (3)	140 (4)	162 (5)

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

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Table D 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	11.2* (0.7)	--	--	--	--	--	--	--	19	--
4-8.....	107	13.9 (0.7)	--	--	--	--	--	--	--	25	--
Males:											
9-13.....	73	16.6* (0.8)	--	--	--	--	--	--	--	31	--
14-18.....	83	16.9 (0.9)	--	--	--	--	--	--	--	38	--
19-50.....	350	21.0 (0.8)	9.9* (0.5)	11.9 (0.5)	15.3 (0.6)	20.0 (0.8)	25.6 (1.0)	31.3 (1.2)	35.1* (1.4)	38	<3
51+.....	222	21.8 (1.0)	10.5* (0.6)	12.3 (0.7)	16.1 (0.8)	20.8 (0.9)	26.6 (1.2)	32.4 (1.5)	36.2* (1.7)	30	15 (3.2)
19+.....	572	21.2 (0.8)	10.1 (0.5)	12.0 (0.5)	15.6 (0.6)	20.3 (0.8)	25.9 (1.0)	31.7 (1.2)	35.4 (1.5)		7 (1.6)
Females:											
9-13.....	64	16.4* (0.8)	--	--	--	--	--	--	--	26	--
14-18.....	69	14.6* (0.7)	--	--	--	--	--	--	--	26	--
19-50.....	329	18.0 (0.6)	9.0* (0.4)	10.5 (0.4)	13.5 (0.5)	17.3 (0.5)	21.8 (0.6)	26.5 (0.8)	29.4* (0.9)	25	14 (2.1)
51+.....	247	18.6 (0.6)	9.5* (0.5)	11.0 (0.5)	14.0 (0.6)	17.8 (0.6)	22.4 (0.7)	27.2 (0.9)	30.3* (1.0)	21	31 (3.4)
19+.....	576	18.2 (0.5)	9.1 (0.4)	10.7 (0.4)	13.7 (0.5)	17.5 (0.5)	22.1 (0.6)	26.8 (0.8)	29.8 (0.9)		21 (2.5)
All:											
1+.....	1603	18.8 (0.6)	9.0 (0.3)	10.6 (0.4)	13.6 (0.4)	17.7 (0.6)	22.8 (0.7)	28.3 (0.9)	32.0 (1.1)		12 (1.5)

NOTES: AI=Adequate Intake
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Table D 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	49.2* (2.2)	--	--	--	--	--	--	--
4-8.....	107	62.2 (2.2)	--	--	--	--	--	--	--
Males:									
9-13.....	73	74.4* (2.6)	--	--	--	--	--	--	--
14-18.....	83	82.0 (3.2)	--	--	--	--	--	--	--
19-50.....	350	80.0 (2.3)	42.0* (2.6)	49.0 (2.5)	61.4 (2.5)	77.4 (2.5)	95.7 (2.4)	114.5 (2.7)	126.4* (2.9)
51+.....	222	77.7 (3.0)	39.8* (2.6)	46.5 (2.6)	59.3 (2.9)	75.3 (2.9)	93.7 (3.3)	112.1 (4.1)	123.6* (4.3)
19+.....	572	79.3 (2.5)	41.3 (2.5)	48.1 (2.5)	60.7 (2.5)	76.7 (2.6)	95.1 (2.6)	113.8 (3.0)	125.7 (3.3)
Females:									
9-13.....	64	69.6* (2.5)	--	--	--	--	--	--	--
14-18.....	69	65.1* (2.7)	--	--	--	--	--	--	--
19-50.....	329	65.6 (1.2)	34.1* (1.1)	39.7 (1.1)	50.2 (1.2)	63.4 (1.2)	79.0 (1.4)	94.3 (1.8)	103.7* (2.3)
51+.....	247	62.1 (1.8)	31.9* (1.3)	37.2 (1.3)	47.1 (1.5)	59.9 (1.7)	74.8 (2.2)	89.9 (2.8)	99.5* (3.0)
19+.....	576	64.2 (1.2)	33.1 (1.1)	38.6 (1.1)	48.9 (1.2)	62.0 (1.2)	77.3 (1.5)	92.7 (2.0)	102.2 (2.3)
All:									
1+.....	1603	70.5 (1.2)	36.3 (0.9)	42.1 (0.9)	53.3 (1.0)	67.8 (1.2)	84.8 (1.6)	102.4 (1.9)	114.3 (2.3)

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

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Table D 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	18.8* (0.9)	--	--	--	--	--	--	--
4-8.....	107	23.0 (1.0)	--	--	--	--	--	--	--
Males:									
9-13.....	73	25.4* (1.1)	--	--	--	--	--	--	--
14-18.....	83	28.0 (1.4)	--	--	--	--	--	--	--
19-50.....	350	24.4 (0.7)	12.2* (0.7)	14.3 (0.7)	18.3 (0.7)	23.5 (0.8)	29.6 (0.8)	35.8 (1.0)	39.8* (1.2)
51+.....	222	23.4 (1.0)	11.3* (0.8)	13.4 (0.8)	17.4 (0.9)	22.5 (1.0)	28.5 (1.2)	34.6 (1.4)	38.5* (1.6)
19+.....	572	24.1 (0.8)	11.9 (0.7)	14.0 (0.7)	18.0 (0.7)	23.2 (0.8)	29.2 (0.9)	35.5 (1.1)	39.5 (1.3)
Females:									
9-13.....	64	23.9* (1.2)	--	--	--	--	--	--	--
14-18.....	69	21.4* (1.1)	--	--	--	--	--	--	--
19-50.....	329	20.1 (0.4)	9.7* (0.4)	11.4 (0.4)	14.8 (0.4)	19.2 (0.4)	24.5 (0.5)	29.8 (0.6)	33.1* (0.8)
51+.....	247	18.9 (0.5)	9.1* (0.4)	10.7 (0.4)	13.9 (0.4)	18.1 (0.4)	23.1 (0.6)	28.3 (0.8)	31.7* (0.9)
19+.....	576	19.6 (0.3)	9.4 (0.4)	11.1 (0.4)	14.5 (0.4)	18.7 (0.3)	23.9 (0.4)	29.2 (0.6)	32.5 (0.7)
All:									
1+.....	1603	22.1 (0.3)	10.7 (0.3)	12.6 (0.3)	16.3 (0.3)	21.1 (0.3)	26.8 (0.3)	32.7 (0.5)	36.6 (0.6)

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

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

Table D 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	15.7* (0.5)	--	--	--	--	--	--	--
4-8.....	107	20.1 (0.5)	--	--	--	--	--	--	--
Males:									
9-13.....	73	25.0* (1.1)	--	--	--	--	--	--	--
14-18.....	83	27.5 (1.5)	--	--	--	--	--	--	--
19-50.....	350	28.4 (0.8)	14.6* (0.8)	17.1 (0.8)	21.5 (0.8)	27.4 (0.8)	34.1 (0.9)	41.1 (1.0)	45.5* (1.2)
51+.....	222	28.1 (1.1)	14.3* (0.9)	16.7 (0.9)	21.3 (1.0)	27.1 (1.1)	33.9 (1.2)	40.8 (1.5)	45.1* (1.6)
19+.....	572	28.3 (0.9)	14.5 (0.9)	17.0 (0.9)	21.5 (0.9)	27.3 (0.9)	34.0 (0.9)	41.0 (1.1)	45.4 (1.2)
Females:									
9-13.....	64	23.2* (1.1)	--	--	--	--	--	--	--
14-18.....	69	21.8* (1.0)	--	--	--	--	--	--	--
19-50.....	329	23.1 (0.5)	11.8* (0.4)	13.8 (0.4)	17.5 (0.5)	22.3 (0.5)	27.9 (0.6)	33.6 (0.8)	37.1* (1.0)
51+.....	247	22.1 (0.7)	11.2* (0.5)	13.1 (0.4)	16.6 (0.5)	21.3 (0.6)	26.7 (0.8)	32.3 (1.1)	35.9* (1.2)
19+.....	576	22.7 (0.5)	11.5 (0.4)	13.5 (0.4)	17.2 (0.4)	21.8 (0.5)	27.5 (0.7)	33.2 (0.9)	36.6 (1.0)
All:									
1+.....	1603	24.8 (0.4)	12.5 (0.3)	14.5 (0.3)	18.4 (0.4)	23.6 (0.4)	29.9 (0.6)	36.5 (0.7)	41.0 (0.8)

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

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

Table D 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	9.5* (0.5)	--	--	--	--	--	--	--
4-8.....	107	12.8 (0.5)	--	--	--	--	--	--	--
Males:									
9-13.....	73	17.0* (0.7)	--	--	--	--	--	--	--
14-18.....	83	18.2 (0.8)	--	--	--	--	--	--	--
19-50.....	350	19.3 (1.0)	9.8* (0.8)	11.5 (0.8)	14.5 (0.9)	18.5 (1.1)	23.3 (1.2)	28.3 (1.3)	31.6* (1.5)
51+.....	222	19.3 (1.0)	9.7* (0.8)	11.3 (0.8)	14.4 (0.9)	18.5 (1.0)	23.4 (1.1)	28.3 (1.3)	31.6* (1.5)
19+.....	572	19.3 (1.0)	9.8 (0.7)	11.4 (0.8)	14.5 (0.9)	18.5 (1.0)	23.3 (1.1)	28.3 (1.3)	31.6 (1.5)
Females:									
9-13.....	64	16.2* (0.7)	--	--	--	--	--	--	--
14-18.....	69	15.8* (0.7)	--	--	--	--	--	--	--
19-50.....	329	16.4 (0.4)	8.5* (0.3)	9.9 (0.3)	12.4 (0.4)	15.7 (0.4)	19.7 (0.5)	23.8 (0.6)	26.3* (0.7)
51+.....	247	15.4 (0.4)	7.9* (0.3)	9.2 (0.4)	11.6 (0.4)	14.7 (0.4)	18.5 (0.5)	22.4 (0.7)	25.0* (0.7)
19+.....	576	16.0 (0.4)	8.3 (0.3)	9.6 (0.3)	12.1 (0.4)	15.3 (0.4)	19.2 (0.4)	23.3 (0.6)	25.8 (0.6)
All:									
1+.....	1603	17.1 (0.4)	8.4 (0.2)	9.8 (0.3)	12.6 (0.3)	16.3 (0.4)	20.6 (0.5)	25.3 (0.7)	28.5 (0.9)

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

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

Table D 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	8.4* (0.4)	--	--	--	--	--	--	--	7	--
4-8.....	107	11.4 (0.5)	--	--	--	--	--	--	--	10	--
Males:											
9-13.....	73	15.1* (0.5)	--	--	--	--	--	--	--	12	--
14-18.....	83	16.1 (0.7)	--	--	--	--	--	--	--	16	--
19-50.....	350	17.0 (0.6)	8.6* (0.5)	10.0 (0.5)	12.7 (0.5)	16.2 (0.6)	20.4 (0.7)	24.9 (0.8)	27.8* (0.9)	17	45 (3.9)
51+.....	222	16.9 (0.7)	8.4* (0.6)	9.8 (0.5)	12.6 (0.6)	16.2 (0.6)	20.4 (0.8)	24.9 (1.0)	27.7* (1.1)	14	65 (4.2)
19+.....	572	16.9 (0.6)	8.5 (0.5)	9.9 (0.5)	12.6 (0.5)	16.2 (0.6)	20.4 (0.7)	24.9 (0.8)	27.7 (0.9)		51 (3.9)
Females:											
9-13.....	64	14.4* (0.5)	--	--	--	--	--	--	--	10	--
14-18.....	69	14.0* (0.6)	--	--	--	--	--	--	--	11	--
19-50.....	329	14.3 (0.3)	7.4* (0.3)	8.6 (0.3)	10.8 (0.3)	13.7 (0.3)	17.3 (0.4)	20.9 (0.5)	23.2* (0.6)	12	65 (2.9)
51+.....	247	13.3 (0.4)	6.8* (0.3)	7.9 (0.3)	10.0 (0.3)	12.8 (0.4)	16.1 (0.5)	19.6 (0.6)	21.8* (0.7)	11	66 (3.3)
19+.....	576	13.9 (0.3)	7.1 (0.3)	8.3 (0.3)	10.5 (0.3)	13.3 (0.3)	16.8 (0.4)	20.4 (0.5)	22.7 (0.6)		66 (2.9)
All:											
1+.....	1603	14.9 (0.3)	7.3 (0.2)	8.5 (0.2)	11.0 (0.3)	14.2 (0.3)	18.1 (0.4)	22.2 (0.5)	25.0 (0.5)		60 (2.3)

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

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

Table D 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	59	0.98* (0.07)	--	--	--	--	--	--	--	--	0.7	--
4-8.....	107	1.24 (0.05)	--	--	--	--	--	--	--	--	0.9	--
Males:												
9-13.....	73	1.52* (0.07)	--	--	--	--	--	--	--	--	1.2	--
14-18.....	83	1.71 (0.10)	--	--	--	--	--	--	--	--	1.6	--
19-50.....	350	1.85 (0.10)	0.90* (0.06)	1.06 (0.06)	1.35 (0.07)	1.75 (0.09)	2.24 (0.12)	2.77 (0.15)	3.13* (0.18)	1.6	60 (5.1)	
51+.....	222	1.90 (0.10)	0.92* (0.06)	1.08 (0.06)	1.39 (0.07)	1.80 (0.09)	2.31 (0.13)	2.84 (0.17)	3.20* (0.21)	1.6	62 (5.0)	
19+.....	572	1.87 (0.10)	0.91 (0.06)	1.06 (0.06)	1.36 (0.07)	1.77 (0.09)	2.26 (0.12)	2.80 (0.16)	3.15 (0.19)	1.6	60 (4.9)	
Females:												
9-13.....	64	1.53* (0.07)	--	--	--	--	--	--	--	1	--	
14-18.....	69	1.51* (0.08)	--	--	--	--	--	--	--	1.1	--	
19-50.....	329	1.62 (0.07)	0.81* (0.04)	0.95 (0.05)	1.20 (0.06)	1.54 (0.07)	1.96 (0.08)	2.41 (0.10)	2.70* (0.11)	1.1	82 (3.6)	
51+.....	247	1.59 (0.06)	0.80* (0.04)	0.93 (0.04)	1.18 (0.05)	1.51 (0.06)	1.91 (0.08)	2.36 (0.11)	2.65* (0.13)	1.1	80 (3.3)	
19+.....	576	1.61 (0.06)	0.81 (0.04)	0.94 (0.05)	1.19 (0.05)	1.53 (0.06)	1.95 (0.07)	2.39 (0.10)	2.68 (0.11)	1.1	81 (3.3)	
All:												
1+.....	1603	1.67 (0.05)	0.82 (0.02)	0.95 (0.03)	1.22 (0.03)	1.57 (0.04)	2.02 (0.06)	2.51 (0.09)	2.85 (0.11)	73	2.4	

NOTES: AI=Adequate Intake

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

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

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

Table D 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	0.01* (0.002)	--	--	--	--	--	--	--
4-8.....	107	0.01 (0.002)	--	--	--	--	--	--	--
Males:									
9-13.....	73	0.02* (0.002)	--	--	--	--	--	--	--
14-18.....	83	0.02 (0.003)	--	--	--	--	--	--	--
19-50.....	350	0.03 (0.003)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05* (0.006)
51+.....	222	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05* (0.006)
19+.....	572	0.03 (0.003)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05 (0.006)
Females:									
9-13.....	64	0.02* (0.002)	--	--	--	--	--	--	--
14-18.....	69	0.01* (0.002)	--	--	--	--	--	--	--
19-50.....	329	0.02 (0.003)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.006)	0.05* (0.007)
51+.....	247	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05* (0.006)
19+.....	576	0.02 (0.003)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05 (0.006)
All:									
1+.....	1603	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.005)

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

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

Table D 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Non-Hispanic Asian										
Males and females:										
1-3.....	59	0.03* (0.007)	--	--	--	--	--	--	--	--
4-8.....	107	0.03 (0.007)	--	--	--	--	--	--	--	--
Males:										
9-13.....	73	0.05* (0.008)	--	--	--	--	--	--	--	--
14-18.....	83	0.06 (0.009)	--	--	--	--	--	--	--	--
19-50.....	350	0.09 (0.013)	0.02* (0.004)	0.03 (0.005)	0.04 (0.007)	0.07 (0.011)	0.11 (0.016)	0.18 (0.024)	0.24* (0.031)	
51+.....	222	0.11 (0.013)	0.02* (0.005)	0.03 (0.006)	0.05 (0.009)	0.08 (0.011)	0.14 (0.017)	0.23 (0.026)	0.29* (0.034)	
19+.....	572	0.10 (0.012)	0.02 (0.005)	0.03 (0.005)	0.04 (0.008)	0.07 (0.011)	0.12 (0.015)	0.20 (0.023)	0.26 (0.032)	
Females:										
9-13.....	64	0.04* (0.008)	--	--	--	--	--	--	--	--
14-18.....	69	0.05* (0.006)	--	--	--	--	--	--	--	--
19-50.....	329	0.09 (0.013)	0.02* (0.004)	0.03 (0.005)	0.04 (0.008)	0.07 (0.012)	0.12 (0.018)	0.19 (0.026)	0.24* (0.033)	
51+.....	247	0.10 (0.015)	0.02* (0.005)	0.03 (0.007)	0.05 (0.009)	0.08 (0.013)	0.13 (0.020)	0.20 (0.027)	0.27* (0.034)	
19+.....	576	0.10 (0.014)	0.02 (0.005)	0.03 (0.006)	0.04 (0.008)	0.07 (0.012)	0.12 (0.018)	0.19 (0.025)	0.25 (0.033)	
All:										
1+.....	1603	0.09 (0.007)	0.02 (0.002)	0.02 (0.003)	0.04 (0.004)	0.06 (0.006)	0.11 (0.009)	0.18 (0.015)	0.24 (0.020)	

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

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

Table D 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	182* (17)	--	--	--	--	--	--	--
4-8.....	107	210 (17)	--	--	--	--	--	--	--
Males:									
9-13.....	73	259* (11)	--	--	--	--	--	--	--
14-18.....	83	303 (17)	--	--	--	--	--	--	--
19-50.....	350	301 (13)	130* (9)	158 (9)	210 (10)	283 (12)	372 (16)	468 (21)	531* (23)
51+.....	222	299 (10)	128* (10)	154 (10)	208 (10)	281 (10)	371 (11)	466 (15)	530* (18)
19+.....	572	300 (11)	130 (9)	157 (9)	210 (9)	282 (10)	372 (14)	468 (18)	531 (21)
Females:									
9-13.....	64	246* (11)	--	--	--	--	--	--	--
14-18.....	69	227* (16)	--	--	--	--	--	--	--
19-50.....	329	239 (9)	109* (8)	130 (8)	171 (8)	225 (9)	294 (11)	365 (15)	410* (18)
51+.....	247	233 (11)	107* (8)	127 (8)	167 (9)	220 (10)	285 (13)	357 (19)	403* (22)
19+.....	576	236 (9)	108 (8)	128 (8)	169 (8)	223 (9)	291 (12)	362 (16)	407 (19)
All:									
1+.....	1603	261 (9)	113 (7)	135 (7)	181 (8)	243 (9)	322 (11)	409 (12)	470 (16)

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

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

Table D 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	476* (39)	--	--	--	--	--	--	--	210	--
4-8.....	107	524 (46)	--	--	--	--	--	--	--	275	--
Males:											
9-13.....	73	652* (40)	--	--	--	--	--	--	--	445	--
14-18.....	83	601 (43)	--	--	--	--	--	--	--	630	--
19-50.....	350	630 (105)	296* (99)	351 (103)	454 (105)	595 (105)	768 (116)	956 (130)	1079* (137)	625	55* (17.0)
51+.....	222	669 (106)	313* (104)	370 (106)	482 (107)	634 (109)	817 (117)	1013 (160)	1143* (199)	625	48* (17.2)
19+.....	572	643 (100)	301 (101)	357 (104)	463 (106)	608 (102)	784 (110)	976 (119)	1101 (151)	625	53* (16.3)
Females:											
9-13.....	64	614* (44)	--	--	--	--	--	--	--	420	--
14-18.....	69	504* (29)	--	--	--	--	--	--	--	485	--
19-50.....	329	624 (30)	266* (17)	320 (19)	429 (22)	578 (27)	774 (38)	985 (54)	1126* (67)	500	37 (4.2)
51+.....	247	640 (27)	277* (20)	331 (21)	440 (22)	593 (26)	789 (33)	1011 (47)	1164* (58)	500	35 (3.7)
19+.....	576	630 (25)	271 (17)	324 (18)	434 (20)	584 (24)	780 (32)	995 (47)	1141 (59)	500	36 (3.5)
All:											
1+.....	1603	621 (45)	276 (43)	330 (43)	436 (45)	581 (47)	763 (50)	966 (53)	1102 (60)	41	(6.8)

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

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

Table D 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	372* (26)	--	--	--	--	--	--	--	600	--
4-8.....	107	409 (28)	--	--	--	--	--	--	--	900	--
Males:											
9-13.....	73	489* (29)	--	--	--	--	--	--	--	1700	--
14-18.....	83	450 (30)	--	--	--	--	--	--	--	2800	--
19-50.....	350	331 (19)	106* (11)	138 (13)	202 (16)	298 (19)	424 (23)	571 (31)	666* (37)	3000	<3
51+.....	222	336 (23)	105* (12)	136 (14)	203 (17)	302 (21)	432 (29)	579 (39)	682* (48)	3000	<3
19+.....	572	333 (19)	106 (11)	137 (13)	202 (16)	299 (19)	427 (24)	573 (33)	672 (40)	3000	<3
Females:											
9-13.....	64	450* (30)	--	--	--	--	--	--	--	1700	--
14-18.....	69	344* (22)	--	--	--	--	--	--	--	2800	--
19-50.....	329	297 (17)	108* (10)	135 (12)	191 (14)	270 (17)	376 (21)	493 (29)	571* (37)	3000	<3
51+.....	247	284 (18)	103* (9)	128 (10)	181 (12)	257 (16)	358 (22)	475 (31)	555* (38)	3000	<3
19+.....	576	292 (15)	106 (9)	132 (10)	187 (12)	265 (14)	369 (17)	485 (26)	565 (31)	3000	<3
All:											
1+.....	1603	331 (14)	111 (10)	142 (10)	206 (12)	300 (14)	422 (18)	559 (23)	657 (28)		<3

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

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

Table D 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	1.15* (0.04)	--	--	--	--	--	--	--	0.4	--
4-8.....	107	1.48 (0.04)	--	--	--	--	--	--	--	0.5	--
Males:											
9-13.....	73	1.77* (0.07)	--	--	--	--	--	--	--	0.7	--
14-18.....	83	1.90 (0.07)	--	--	--	--	--	--	--	1	--
19-50.....	350	1.88 (0.04)	1.08* (0.04)	1.22 (0.04)	1.48 (0.04)	1.82 (0.04)	2.21 (0.05)	2.63 (0.05)	2.88* (0.06)	1	3* (0.8)
51+.....	222	1.83 (0.06)	1.04* (0.05)	1.17 (0.05)	1.44 (0.05)	1.77 (0.06)	2.16 (0.06)	2.56 (0.07)	2.83* (0.08)	1	4* (1.2)
19+.....	572	1.86 (0.04)	1.06 (0.04)	1.21 (0.04)	1.47 (0.04)	1.80 (0.04)	2.20 (0.05)	2.60 (0.06)	2.86 (0.06)	1	3* (0.9)
Females:											
9-13.....	64	1.64* (0.06)	--	--	--	--	--	--	--	0.7	--
14-18.....	69	1.42* (0.06)	--	--	--	--	--	--	--	0.9	--
19-50.....	329	1.51 (0.03)	0.88* (0.03)	0.99 (0.02)	1.20 (0.02)	1.47 (0.03)	1.78 (0.04)	2.10 (0.05)	2.29* (0.06)	0.9	6* (1.0)
51+.....	247	1.45 (0.04)	0.84* (0.03)	0.95 (0.03)	1.15 (0.03)	1.40 (0.03)	1.70 (0.05)	2.01 (0.06)	2.21* (0.07)	0.9	8* (1.2)
19+.....	576	1.49 (0.03)	0.86 (0.02)	0.97 (0.02)	1.18 (0.02)	1.44 (0.02)	1.75 (0.04)	2.07 (0.05)	2.26 (0.06)	0.9	7 (0.9)
All:											
1+.....	1603	1.65 (0.02)	0.92 (0.02)	1.04 (0.02)	1.27 (0.02)	1.58 (0.02)	1.95 (0.03)	2.34 (0.04)	2.60 (0.05)		4 (0.6)

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

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

Table D 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	59	1.54* (0.07)	--	--	--	--	--	--	--	--	0.4	--
4-8.....	107	1.76 (0.07)	--	--	--	--	--	--	--	--	0.5	--
Males:												
9-13.....	73	1.95* (0.09)	--	--	--	--	--	--	--	--	0.8	--
14-18.....	83	2.09 (0.09)	--	--	--	--	--	--	--	--	1.1	--
19-50.....	350	2.05 (0.05)	0.93* (0.05)	1.11 (0.05)	1.45 (0.05)	1.92 (0.05)	2.51 (0.06)	3.17 (0.09)	3.61* (0.12)		1.1	10 (1.5)
51+.....	222	1.99 (0.05)	0.89* (0.05)	1.06 (0.05)	1.40 (0.05)	1.87 (0.06)	2.45 (0.06)	3.08 (0.09)	3.52* (0.11)		1.1	12 (2.0)
19+.....	572	2.03 (0.05)	0.91 (0.05)	1.09 (0.05)	1.43 (0.05)	1.90 (0.05)	2.49 (0.06)	3.14 (0.08)	3.58 (0.11)		1.1	10 (1.6)
Females:												
9-13.....	64	1.81* (0.08)	--	--	--	--	--	--	--	--	0.8	--
14-18.....	69	1.53* (0.07)	--	--	--	--	--	--	--	--	0.9	--
19-50.....	329	1.68 (0.04)	0.89* (0.03)	1.03 (0.03)	1.28 (0.03)	1.61 (0.04)	2.01 (0.04)	2.41 (0.06)	2.66* (0.07)		0.9	5* (0.9)
51+.....	247	1.64 (0.05)	0.88* (0.03)	1.01 (0.03)	1.25 (0.04)	1.57 (0.05)	1.96 (0.06)	2.36 (0.08)	2.62* (0.09)		0.9	6* (1.0)
19+.....	576	1.66 (0.04)	0.88 (0.03)	1.02 (0.03)	1.27 (0.03)	1.60 (0.04)	1.99 (0.05)	2.39 (0.06)	2.65 (0.07)		0.9	5 (0.9)
All:												
1+.....	1603	1.83 (0.03)	0.91 (0.02)	1.06 (0.02)	1.34 (0.03)	1.72 (0.03)	2.18 (0.04)	2.72 (0.05)	3.12 (0.07)			7 (0.8)

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

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

Table D 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	12.6* (0.6)	--	--	--	--	--	--	--	5	--
4-8.....	107	17.6 (0.6)	--	--	--	--	--	--	--	6	--
Males:											
9-13.....	73	23.2* (1.0)	--	--	--	--	--	--	--	9	--
14-18.....	83	28.1 (0.8)	--	--	--	--	--	--	--	12	--
19-50.....	350	30.0 (0.7)	15.7* (0.6)	18.2 (0.6)	22.7 (0.6)	28.7 (0.6)	35.9 (0.9)	43.6 (1.3)	48.4* (1.6)	12	<3
51+.....	222	26.3 (0.7)	13.1* (0.7)	15.2 (0.6)	19.5 (0.6)	25.1 (0.7)	31.8 (0.8)	38.8 (1.2)	43.5* (1.5)	12	3* (0.9)
19+.....	572	28.8 (0.6)	14.6 (0.6)	17.0 (0.6)	21.5 (0.6)	27.5 (0.6)	34.7 (0.8)	42.3 (1.2)	47.2 (1.5)	12	<3
Females:											
9-13.....	64	21.5* (0.7)	--	--	--	--	--	--	--	9	--
14-18.....	69	20.1* (0.9)	--	--	--	--	--	--	--	11	--
19-50.....	329	21.5 (0.4)	12.3* (0.4)	13.9 (0.3)	17.0 (0.3)	20.8 (0.4)	25.4 (0.6)	29.9 (0.8)	32.6* (0.9)	11	<3
51+.....	247	19.4 (0.7)	10.9* (0.5)	12.4 (0.5)	15.2 (0.6)	18.8 (0.6)	23.0 (0.8)	27.3 (1.0)	30.0* (1.1)	11	5* (1.2)
19+.....	576	20.6 (0.5)	11.6 (0.4)	13.2 (0.4)	16.2 (0.4)	20.0 (0.5)	24.4 (0.6)	29.0 (0.8)	31.8 (0.9)	11	4 (0.8)
All:											
1+.....	1603	23.7 (0.4)	11.9 (0.3)	13.7 (0.3)	17.3 (0.3)	22.2 (0.4)	28.5 (0.5)	35.7 (0.7)	40.9 (1.0)		<3

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

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

Table D 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	1.26* (0.07)	--	--	--	--	--	--	--	0.4	--	30	--
4-8.....	107	1.52 (0.07)	--	--	--	--	--	--	--	0.5	--	40	--
Males:													
9-13.....	73	1.91* (0.09)	--	--	--	--	--	--	--	0.8	--	60	--
14-18.....	83	2.19 (0.08)	--	--	--	--	--	--	--	1.1	--	80	--
19-50.....	350	2.49 (0.08)	1.08* (0.07)	1.29 (0.07)	1.71 (0.07)	2.31 (0.07)	3.06 (0.10)	3.92 (0.16)	4.49* (0.21)	1.1	5* (1.4)	100	<3
51+.....	222	2.26 (0.08)	0.95* (0.07)	1.14 (0.08)	1.53 (0.08)	2.09 (0.08)	2.80 (0.10)	3.59 (0.16)	4.15* (0.20)	1.4	19 (3.0)	100	<3
19+.....	572	2.41 (0.07)	1.03 (0.07)	1.23 (0.07)	1.65 (0.07)	2.23 (0.07)	2.98 (0.10)	3.83 (0.15)	4.40 (0.20)		10 (1.8)	100	<3
Females:													
9-13.....	64	1.83* (0.07)	--	--	--	--	--	--	--	0.8	--	60	--
14-18.....	69	1.62* (0.06)	--	--	--	--	--	--	--	1	--	80	--
19-50.....	329	1.87 (0.05)	0.97* (0.04)	1.12 (0.04)	1.41 (0.04)	1.78 (0.05)	2.25 (0.06)	2.72 (0.08)	3.03* (0.10)	1.1	9 (1.6)	100	<3
51+.....	247	1.73 (0.06)	0.90* (0.04)	1.03 (0.04)	1.30 (0.04)	1.65 (0.05)	2.07 (0.07)	2.53 (0.10)	2.83* (0.11)	1.3	25 (2.8)	100	<3
19+.....	576	1.81 (0.04)	0.94 (0.04)	1.08 (0.04)	1.36 (0.04)	1.73 (0.04)	2.18 (0.06)	2.65 (0.08)	2.96 (0.10)		16 (1.8)	100	<3
All:													
1+.....	1603	2.02 (0.04)	0.95 (0.02)	1.10 (0.02)	1.41 (0.03)	1.85 (0.04)	2.44 (0.05)	3.16 (0.08)	3.71 (0.12)		11 (1.0)		<3

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

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

Table D 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	364* (19)	--	--	--	--	--	--	--	120	--
4-8.....	107	502 (24)	--	--	--	--	--	--	--	160	--
Males:											
9-13.....	73	591* (36)	--	--	--	--	--	--	--	250	--
14-18.....	83	626 (37)	--	--	--	--	--	--	--	330	--
19-50.....	350	638 (20)	320* (18)	373 (17)	472 (18)	606 (20)	769 (24)	947 (30)	1059* (35)	320	5* (1.3)
51+.....	222	608 (21)	300* (16)	348 (17)	447 (18)	576 (20)	737 (24)	906 (32)	1022* (39)	320	7* (1.7)
19+.....	572	628 (19)	313 (17)	365 (16)	464 (17)	597 (19)	759 (23)	935 (30)	1048 (35)	320	6 (1.4)
Females:											
9-13.....	64	568* (35)	--	--	--	--	--	--	--	250	--
14-18.....	69	480* (31)	--	--	--	--	--	--	--	330	--
19-50.....	329	522 (19)	273* (15)	314 (15)	394 (15)	497 (18)	627 (23)	762 (31)	849* (36)	320	11 (2.3)
51+.....	247	481 (20)	251* (16)	288 (17)	361 (17)	457 (18)	576 (24)	705 (33)	790* (38)	320	16 (3.3)
19+.....	576	505 (18)	262 (16)	302 (16)	378 (16)	481 (17)	607 (22)	741 (31)	828 (35)	320	13 (2.7)
All:											
1+.....	1603	556 (14)	277 (11)	320 (11)	407 (12)	524 (13)	671 (17)	831 (23)	945 (28)		8 (1.3)

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

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

Table D 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	140* (12)	--	--	--	--	--	--	--	300	--
4-8.....	107	206 (14)	--	--	--	--	--	--	--	400	--
Males:											
9-13.....	73	237* (16)	--	--	--	--	--	--	--	600	--
14-18.....	83	243 (17)	--	--	--	--	--	--	--	800	--
19-50.....	350	215 (10)	72* (8)	93 (8)	135 (9)	195 (10)	274 (13)	365 (20)	424* (26)	1000	<3
51+.....	222	194 (11)	63* (9)	80 (9)	119 (10)	174 (11)	248 (13)	331 (20)	391* (25)	1000	<3
19+.....	572	208 (9)	69 (8)	88 (9)	129 (9)	188 (9)	266 (13)	355 (20)	414 (24)	1000	<3
Females:											
9-13.....	64	224* (15)	--	--	--	--	--	--	--	600	--
14-18.....	69	180* (15)	--	--	--	--	--	--	--	800	--
19-50.....	329	162 (6)	52* (4)	67 (4)	99 (5)	146 (5)	208 (7)	278 (12)	324* (15)	1000	<3
51+.....	247	141 (5)	44* (4)	57 (5)	85 (5)	125 (5)	181 (7)	245 (10)	290* (12)	1000	<3
19+.....	576	153 (5)	48 (4)	63 (4)	93 (4)	137 (5)	197 (7)	266 (10)	312 (14)	1000	<3
All:											
1+.....	1603	185 (6)	59 (4)	76 (4)	112 (4)	167 (5)	237 (7)	316 (12)	373 (15)		<3

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

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

Table D 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	124* (8)	--	--	--	--	--	--	--
4-8.....	107	151 (9)	--	--	--	--	--	--	--
Males:									
9-13.....	73	187* (12)	--	--	--	--	--	--	--
14-18.....	83	203 (12)	--	--	--	--	--	--	--
19-50.....	350	263 (13)	134* (9)	157 (10)	197 (11)	252 (13)	316 (15)	385 (16)	431* (18)
51+.....	222	275 (14)	141* (10)	163 (10)	207 (12)	264 (14)	331 (16)	402 (20)	447* (22)
19+.....	572	267 (13)	136 (9)	159 (10)	200 (11)	255 (13)	321 (15)	390 (17)	436 (19)
Females:									
9-13.....	64	184* (11)	--	--	--	--	--	--	--
14-18.....	69	171* (11)	--	--	--	--	--	--	--
19-50.....	329	239 (10)	126* (6)	145 (7)	181 (8)	228 (10)	286 (12)	347 (15)	385* (16)
51+.....	247	242 (11)	129* (8)	148 (8)	184 (10)	231 (11)	289 (13)	350 (16)	390* (18)
19+.....	576	240 (10)	127 (7)	146 (7)	182 (8)	229 (10)	287 (12)	348 (15)	387 (16)
All:									
1+.....	1603	237 (8)	115 (5)	134 (5)	172 (7)	224 (8)	289 (10)	356 (12)	401 (13)

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

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

Table D 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	224* (12)	--	--	--	--	--	--	--	200	--	1000	--
4-8.....	107	243 (11)	--	--	--	--	--	--	--	250	--	1000	--
Males:													
9-13.....	73	300* (10)	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	83	339 (12)	--	--	--	--	--	--	--	550	--	3000	--
19-50.....	350	361 (10)	189* (10)	220 (9)	275 (9)	348 (10)	432 (11)	520 (14)	577* (17)	550	7 (1.3)	3500	<3
51+.....	222	372 (10)	194* (11)	224 (11)	284 (11)	359 (10)	447 (11)	537 (15)	593* (18)	550	8* (1.6)	3500	<3
19+.....	572	364 (8)	190 (10)	221 (10)	278 (8)	351 (8)	437 (9)	526 (13)	582 (16)	550	7 (1.3)	3500	<3
Females:													
9-13.....	64	280* (11)	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	69	257* (11)	--	--	--	--	--	--	--	400	--	3000	--
19-50.....	329	295 (7)	167* (5)	190 (6)	233 (6)	286 (7)	349 (8)	411 (10)	450* (12)	425	8 (1.5)	3500	<3
51+.....	247	296 (8)	169* (6)	192 (6)	234 (7)	287 (7)	348 (9)	412 (12)	453* (13)	425	8* (1.7)	3500	<3
19+.....	576	295 (7)	168 (5)	191 (5)	233 (6)	286 (7)	349 (8)	412 (10)	451 (12)	425	8 (1.5)	3500	<3
All:													
1+.....	1603	317 (4)	168 (4)	193 (4)	240 (4)	302 (5)	379 (6)	462 (8)	519 (10)		11 (1.4)		<3

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

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

Table D 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	59	3.67* (0.25)	--	--	--	--	--	--	--	--	0.7	--
4-8.....	107	4.03 (0.24)	--	--	--	--	--	--	--	--	1	--
Males:												
9-13.....	73	5.08* (0.29)	--	--	--	--	--	--	--	--	1.5	--
14-18.....	83	5.82 (0.34)	--	--	--	--	--	--	--	--	2	--
19-50.....	350	4.82 (0.16)	1.71* (0.15)	2.16 (0.15)	3.04 (0.15)	4.36 (0.15)	6.09 (0.21)	8.11 (0.35)	9.48* (0.47)	2	8 (1.8)	
51+.....	222	4.41 (0.13)	1.50* (0.15)	1.88 (0.15)	2.73 (0.15)	3.96 (0.14)	5.61 (0.15)	7.48 (0.28)	8.81* (0.39)	2	12 (2.3)	
19+.....	572	4.69 (0.14)	1.63 (0.15)	2.06 (0.15)	2.94 (0.14)	4.23 (0.14)	5.95 (0.18)	7.93 (0.31)	9.28 (0.42)	2	9 (1.9)	
Females:												
9-13.....	64	4.51* (0.32)	--	--	--	--	--	--	--	--	1.5	--
14-18.....	69	3.65* (0.22)	--	--	--	--	--	--	--	--	2	--
19-50.....	329	3.72 (0.09)	1.58* (0.10)	1.90 (0.10)	2.54 (0.10)	3.44 (0.09)	4.62 (0.12)	5.91 (0.19)	6.77* (0.28)	2	12 (2.0)	
51+.....	247	3.60 (0.16)	1.54* (0.13)	1.84 (0.13)	2.46 (0.14)	3.32 (0.16)	4.44 (0.18)	5.72 (0.25)	6.59* (0.29)	2	13 (2.8)	
19+.....	576	3.67 (0.11)	1.56 (0.11)	1.87 (0.10)	2.51 (0.11)	3.39 (0.11)	4.55 (0.13)	5.84 (0.19)	6.69 (0.24)	2	13 (2.2)	
All:												
1+.....	1603	4.20 (0.10)	1.64 (0.07)	2.00 (0.07)	2.75 (0.07)	3.80 (0.09)	5.20 (0.13)	6.90 (0.20)	8.15 (0.27)		10 (1.1)	

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

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

Table D 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	63.0* (10.8)	--	--	--	--	--	--	--	13	--	400	--
4-8.....	107	68.0 (12.0)	--	--	--	--	--	--	--	22	--	650	--
Males:													
9-13.....	73	81.0* (8.3)	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	83	71.7 (7.4)	--	--	--	--	--	--	--	63	--	1800	--
19-50.....	350	98.4 (5.3)	27.0* (2.4)	36.0 (2.9)	54.9 (3.8)	85.1 (5.1)	127.0 (6.6)	178.5 (8.6)	215.3* (10.1)	75	42 (3.7)	2000	<3
51+.....	222	105.7 (6.9)	29.5* (2.9)	38.4 (3.5)	59.7 (4.6)	91.7 (6.2)	136.6 (8.7)	190.1 (11.6)	229.2* (14.0)	75	37 (4.2)	2000	<3
19+.....	572	100.7 (5.4)	27.8 (2.4)	36.8 (2.9)	56.2 (3.8)	87.1 (5.1)	130.3 (6.8)	182.2 (9.0)	219.3 (10.7)	75	40 (3.6)	2000	<3
Females:													
9-13.....	64	84.9* (9.4)	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	69	66.4* (7.8)	--	--	--	--	--	--	--	56	--	1800	--
19-50.....	329	95.8 (4.8)	32.7* (2.8)	41.3 (3.1)	59.6 (3.8)	86.1 (4.7)	122.2 (5.9)	163.2 (7.6)	190.3* (8.7)	60	25 (3.8)	2000	<3
51+.....	247	100.3 (5.2)	35.2* (3.0)	44.1 (3.3)	62.9 (3.9)	90.4 (4.8)	126.8 (6.3)	169.4 (8.7)	199.3* (10.5)	60	22 (3.4)	2000	<3
19+.....	576	97.7 (4.7)	33.5 (2.7)	42.3 (3.1)	61.0 (3.7)	87.8 (4.6)	124.3 (5.7)	165.6 (7.6)	193.9 (9.0)	60	24 (3.5)	2000	<3
All:													
1+.....	1603	94.0 (3.7)	28.7 (1.9)	37.2 (2.2)	55.2 (3.0)	82.4 (3.7)	120.2 (4.6)	165.5 (6.0)	198.3 (7.2)		30 (2.7)		<3

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

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

Table D 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males:														
19-50.....	55	74.7* (5.9)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	25	80.3* (7.9)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	80	76.1 (6.1)	19.3* (2.4)	25.7* (3.2)	41.2* (4.1)	64.8 (5.7)	99.4* (7.6)	140.7* (10.0)	171.6* (12.6)	110	80* (3.7)	2000	<3	
Females:														
19-50.....	10	62.4* (7.2)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	3	67.1* (8.5)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	13	63.4* (7.3)	21.6* (3.5)	26.4* (3.9)	38.8* (5.8)	56.8* (6.3)	79.0* (9.0)	110.0* (12.0)	130.1* (12.6)	95	85* (4.4)	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

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

Table D 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males:													
19-50.....	295	103.3 (5.1)	28.8* (2.4)	38.3 (2.8)	58.4 (3.9)	89.7 (4.7)	133.5 (6.3)	184.9 (8.5)	223.5* (10.6)	75	38 (3.6)	2000	<3
51+.....	197	108.8 (6.7)	31.2* (3.0)	41.4* (3.4)	62.9 (4.6)	95.8 (6.1)	141.0 (8.7)	194.8* (11.6)	230.3* (13.8)	75	35 (4.1)	2000	<3
19+.....	492	105.2 (5.2)	29.4 (2.5)	39.2 (2.8)	59.8 (3.8)	91.6 (4.8)	135.8 (6.6)	188.5 (9.2)	226.0 (11.5)	75	37 (3.5)	2000	<3
Females:													
19-50.....	319	96.9 (6.6)	35.3* (4.0)	43.6 (4.4)	61.7 (5.2)	88.3 (6.6)	122.7 (8.1)	160.7 (9.3)	188.1* (10.7)	60	23 (5.1)	2000	<3
51+.....	244	98.9 (6.1)	36.1* (3.3)	45.2 (3.7)	63.5 (4.6)	90.0 (5.6)	124.4 (7.9)	163.9 (10.7)	191.4* (12.5)	60	22 (4.3)	2000	<3
19+.....	563	97.7 (6.2)	35.6 (3.7)	44.2 (4.0)	62.5 (4.9)	89.0 (6.1)	123.3 (7.6)	162.0 (9.3)	189.6 (11.1)	60	23 (4.7)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males:														
19-50.....	350	98.9 (5.3)	26.3* (2.5)	35.2 (3.0)	54.8 (4.0)	85.3 (5.0)	128.2 (6.4)	179.0 (8.8)	216.4* (10.5)	110/75	45 (3.8)	2000	<3	
51+.....	222	105.8 (7.0)	29.3* (3.1)	39.3 (3.7)	60.1 (4.9)	92.4 (6.5)	137.1 (9.1)	190.9 (11.8)	226.1* (13.9)	110/75	39 (5.0)	2000	<3	
19+.....	572	101.2 (5.4)	27.2 (2.6)	36.5 (3.0)	56.5 (4.0)	87.7 (5.1)	131.2 (6.8)	183.5 (9.0)	220.2 (11.2)	110/75	43 (3.9)	2000	<3	
Females:														
19-50.....	329	95.7 (6.5)	34.0* (3.6)	42.4 (4.2)	60.5 (5.1)	87.1 (6.4)	121.5 (7.9)	159.5 (9.1)	186.9* (10.6)	95/60	26 (4.8)	2000	<3	
51+.....	247	98.4 (6.0)	35.7* (3.3)	44.8 (3.7)	63.0 (4.6)	89.6 (5.6)	124.0 (7.7)	163.5 (10.5)	191.0* (12.4)	95/60	23 (4.3)	2000	<3	
19+.....	576	96.8 (6.1)	34.8 (3.5)	43.3 (3.9)	61.6 (4.8)	88.1 (6.0)	122.5 (7.5)	161.2 (9.4)	188.6 (11.0)	95/60	24 (4.5)	2000	<3	

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
 EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error

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

Table D 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	6.7* (0.4)	--	--	--	--	--	--	--	10	--	63	--
4-8.....	107	5.9 (0.3)	--	--	--	--	--	--	--	10	--	75	--
Males:													
9-13.....	73	6.2* (0.5)	--	--	--	--	--	--	--	10	--	100	--
14-18.....	83	5.8 (0.5)	--	--	--	--	--	--	--	10	--	100	--
19-50.....	350	4.7 (0.3)	1.4* (0.1)	1.8 (0.2)	2.7 (0.2)	4.1 (0.3)	6.0 (0.4)	8.4 (0.4)	10.0* (0.5)	10	95* (1.2)	100	<3
51+.....	222	5.4 (0.3)	1.6* (0.2)	2.1 (0.2)	3.1 (0.2)	4.7 (0.3)	6.9 (0.4)	9.4 (0.5)	11.3* (0.6)	10	92* (1.6)	100	<3
19+.....	572	4.9 (0.3)	1.5 (0.1)	1.9 (0.2)	2.8 (0.2)	4.3 (0.3)	6.3 (0.4)	8.8 (0.4)	10.5 (0.5)	10	94 (1.3)	100	<3
Females:													
9-13.....	64	5.6* (0.5)	--	--	--	--	--	--	--	10	--	100	--
14-18.....	69	4.1* (0.4)	--	--	--	--	--	--	--	10	--	100	--
19-50.....	329	4.4 (0.2)	1.4* (0.1)	1.8 (0.2)	2.6 (0.2)	3.9 (0.2)	5.6 (0.2)	7.6 (0.3)	9.0* (0.4)	10	97* (0.6)	100	<3
51+.....	247	4.5 (0.2)	1.5* (0.1)	1.9 (0.2)	2.7 (0.2)	4.0 (0.2)	5.8 (0.2)	7.8 (0.3)	9.4* (0.3)	10	96* (0.6)	100	<3
19+.....	576	4.4 (0.2)	1.4 (0.1)	1.8 (0.2)	2.7 (0.2)	3.9 (0.2)	5.7 (0.2)	7.7 (0.3)	9.2 (0.3)	10	97* (0.6)	100	<3
All:													
1+.....	1603	4.9 (0.2)	1.5 (0.1)	1.9 (0.1)	2.9 (0.1)	4.3 (0.1)	6.2 (0.2)	8.5 (0.3)	10.1 (0.3)	10	95 (0.7)		<3

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

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

Table D 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	4.7* (0.3)	--	--	--	--	--	--	--	5	--
4-8.....	107	6.0 (0.3)	--	--	--	--	--	--	--	6	--
Males:											
9-13.....	73	8.3* (0.5)	--	--	--	--	--	--	--	9	--
14-18.....	83	8.3 (0.5)	--	--	--	--	--	--	--	12	--
19-50.....	350	9.8 (0.5)	4.3* (0.3)	5.1 (0.4)	6.8 (0.4)	9.1 (0.5)	12.0 (0.5)	15.3 (0.6)	17.5* (0.7)	12	75 (3.7)
51+.....	222	9.3 (0.5)	3.9* (0.2)	4.7 (0.3)	6.4 (0.3)	8.6 (0.5)	11.5 (0.6)	14.6 (0.8)	16.7* (0.9)	12	79 (3.9)
19+.....	572	9.6 (0.4)	4.2 (0.3)	5.0 (0.3)	6.7 (0.3)	9.0 (0.4)	11.9 (0.5)	15.1 (0.6)	17.3 (0.8)	12	76 (3.5)
Females:											
9-13.....	64	7.9* (0.4)	--	--	--	--	--	--	--	9	--
14-18.....	69	7.3* (0.5)	--	--	--	--	--	--	--	12	--
19-50.....	329	8.4 (0.3)	3.9* (0.2)	4.6 (0.2)	6.0 (0.2)	7.9 (0.3)	10.3 (0.4)	13.0 (0.6)	14.7* (0.7)	12	86 (2.7)
51+.....	247	7.9 (0.3)	3.7* (0.2)	4.3 (0.2)	5.6 (0.2)	7.4 (0.3)	9.7 (0.4)	12.3 (0.5)	14.1* (0.7)	12	89 (2.1)
19+.....	576	8.2 (0.3)	3.8 (0.1)	4.5 (0.2)	5.8 (0.2)	7.7 (0.3)	10.1 (0.4)	12.8 (0.6)	14.5 (0.7)	12	87 (2.3)
All:											
1+.....	1603	8.5 (0.3)	3.8 (0.2)	4.4 (0.2)	5.9 (0.2)	7.9 (0.3)	10.5 (0.3)	13.5 (0.4)	15.5 (0.5)	80	(2.1)

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

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

Table D 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	59	46.8* (4.3)	--	--	--	--	--	--	--	--	30	--
4-8.....	107	58.6 (4.5)	--	--	--	--	--	--	--	--	55	--
Males:												
9-13.....	73	86.0* (7.0)	--	--	--	--	--	--	--	--	60	--
14-18.....	83	91.2 (7.6)	--	--	--	--	--	--	--	--	75	--
19-50.....	350	141.6 (11.7)	54.5* (4.3)	66.8 (5.3)	90.8 (7.3)	127.6 (10.3)	176.8 (15.0)	234.8 (20.8)	277.0* (24.7)	120	55 (6.7)	
51+.....	222	156.1 (10.5)	61.2* (5.8)	73.8 (6.4)	101.4 (7.8)	141.0 (9.8)	194.8 (13.1)	256.7 (18.0)	301.7* (21.2)	120	63 (5.8)	
19+.....	572	146.3 (10.7)	56.5 (4.5)	68.6 (5.0)	93.8 (6.7)	131.6 (9.4)	182.8 (13.5)	242.5 (18.6)	285.3 (21.9)	120	58 (5.9)	
Females:												
9-13.....	64	89.7* (8.4)	--	--	--	--	--	--	--	60	--	
14-18.....	69	89.3* (7.1)	--	--	--	--	--	--	--	75	--	
19-50.....	329	159.8 (13.1)	58.7* (5.5)	71.7 (6.7)	99.6 (8.7)	141.2 (12.0)	200.4 (16.3)	271.3 (22.0)	320.9* (26.7)	90	81 (5.1)	
51+.....	247	159.8 (14.0)	59.9* (5.5)	72.7 (6.2)	100.3 (8.1)	141.5 (12.1)	199.2 (17.3)	269.8 (26.7)	322.1* (31.3)	90	81 (4.3)	
19+.....	576	159.8 (12.5)	59.1 (5.4)	72.1 (6.5)	99.8 (8.3)	141.3 (11.3)	199.9 (15.9)	270.6 (22.7)	321.2 (27.9)	90	81 (4.7)	
All:												
1+.....	1603	138.7 (7.9)	45.7 (2.9)	57.2 (3.7)	82.2 (5.3)	121.0 (7.8)	176.1 (10.7)	242.6 (14.5)	290.0 (18.2)	69 (4.3)		

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

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

Table D 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	884* (40)	--	--	--	--	--	--	--	500	--	2500	--
4-8.....	107	918 (43)	--	--	--	--	--	--	--	800	--	2500	--
Males:													
9-13.....	73	964* (49)	--	--	--	--	--	--	--	1100	--	3000	--
14-18.....	83	1015 (50)	--	--	--	--	--	--	--	1100	--	3000	--
19-50.....	350	908 (30)	446* (20)	526 (21)	671 (24)	866 (29)	1100 (37)	1349 (50)	1502* (60)	800	41 (3.6)	2500	<3
51+.....	222	821 (35)	388* (21)	458 (23)	598 (26)	781 (33)	1004 (42)	1236 (57)	1389* (67)	1000	56 (4.5)	2000	<3
19+.....	572	880 (30)	423 (20)	499 (21)	646 (23)	839 (29)	1070 (36)	1317 (47)	1474 (58)	800	46 (3.7)	2500	<3
Females:													
9-13.....	64	910* (47)	--	--	--	--	--	--	--	1100	--	3000	--
14-18.....	69	772* (42)	--	--	--	--	--	--	--	1100	--	3000	--
19-50.....	329	802 (26)	429* (18)	493 (19)	615 (22)	769 (25)	958 (31)	1150 (38)	1271* (45)	800	55 (4.0)	2500	<3
51+.....	247	739 (27)	391* (16)	450 (17)	562 (21)	709 (25)	884 (32)	1068 (39)	1188* (44)	1000	86 (2.5)	2000	<3
19+.....	576	776 (24)	411 (16)	473 (16)	591 (20)	745 (23)	929 (29)	1121 (36)	1241 (41)	800	67 (3.1)	2500	<3
All:													
1+.....	1603	841 (20)	425 (12)	495 (13)	629 (16)	805 (20)	1012 (26)	1233 (33)	1382 (40)	800	57 (2.4)	2500	<3

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

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

Table D 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	1031* (35)	--	--	--	--	--	--	--	380	--	3000	--
4-8.....	107	1174 (40)	--	--	--	--	--	--	--	405	--	3000	--
Males:													
9-13.....	73	1340* (45)	--	--	--	--	--	--	--	1055	--	4000	--
14-18.....	83	1495 (43)	--	--	--	--	--	--	--	1055	--	4000	--
19-50.....	350	1482 (33)	845* (36)	965 (36)	1177 (35)	1446 (35)	1747 (37)	2050 (41)	2237* (48)	580	<3	4000	<3
51+.....	222	1401 (42)	773* (37)	884 (36)	1101 (38)	1367 (41)	1665 (48)	1962 (57)	2148* (62)	580	<3		<3
19+.....	572	1456 (34)	817 (35)	937 (34)	1152 (34)	1421 (34)	1722 (38)	2025 (43)	2214 (50)	580	<3		<3
Females:													
9-13.....	64	1265* (44)	--	--	--	--	--	--	--	1055	--	4000	--
14-18.....	69	1115* (40)	--	--	--	--	--	--	--	1055	--	4000	--
19-50.....	329	1186 (26)	711* (23)	801 (23)	965 (24)	1161 (26)	1386 (29)	1601 (33)	1730* (38)	580	<3	4000	<3
51+.....	247	1128 (30)	669* (23)	757 (23)	912 (25)	1104 (29)	1321 (35)	1534 (42)	1664* (45)	580	<3		<3
19+.....	576	1162 (24)	692 (22)	781 (21)	942 (21)	1138 (23)	1360 (27)	1578 (33)	1707 (36)	580	<3		<3
All:													
1+.....	1603	1289 (19)	734 (17)	830 (17)	1012 (17)	1242 (18)	1518 (21)	1810 (34)	2007 (49)		4 (0.6)		<3

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

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

Table D 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	194* (9)	--	--	--	--	--	--	--	65	--
4-8.....	107	223 (10)	--	--	--	--	--	--	--	110	--
Males:											
9-13.....	73	267* (10)	--	--	--	--	--	--	--	200	--
14-18.....	83	293 (11)	--	--	--	--	--	--	--	340	--
19-50.....	350	353 (14)	191* (10)	220 (10)	272 (12)	340 (13)	420 (16)	505 (19)	560* (22)		50 (5.0)
51+.....	222	355 (15)	190* (12)	217 (12)	272 (12)	342 (14)	424 (17)	509 (21)	563* (25)	350	53 (5.1)
19+.....	572	354 (14)	190 (10)	219 (10)	272 (11)	341 (13)	422 (16)	506 (20)	561 (23)		51 (4.9)
Females:											
9-13.....	64	260* (9)	--	--	--	--	--	--	--	200	--
14-18.....	69	241* (8)	--	--	--	--	--	--	--	300	--
19-50.....	329	296 (6)	169* (4)	191 (4)	233 (5)	286 (6)	349 (7)	414 (9)	455* (10)		38 (2.6)
51+.....	247	292 (7)	167* (5)	190 (5)	230 (6)	282 (6)	344 (8)	408 (10)	449* (10)	265	42 (3.1)
19+.....	576	294 (6)	168 (4)	190 (4)	231 (5)	284 (5)	347 (7)	412 (9)	452 (10)		40 (2.5)
All:											
1+.....	1603	308 (6)	166 (4)	189 (4)	233 (5)	293 (6)	368 (7)	448 (9)	503 (11)		43 (2.3)

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

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

Table D 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	9.0* (0.5)	--	--	--	--	--	--	--	3	--	40	--
4-8.....	107	12.3 (0.7)	--	--	--	--	--	--	--	4.1	--	40	--
Males:													
9-13.....	73	15.5* (0.7)	--	--	--	--	--	--	--	5.9	--	40	--
14-18.....	83	16.6 (0.7)	--	--	--	--	--	--	--	7.7	--	45	--
19-50.....	350	15.9 (0.4)	8.5* (0.3)	9.8 (0.3)	12.2 (0.3)	15.3 (0.4)	19.0 (0.5)	22.8 (0.6)	25.3* (0.6)	6	<3	45	<3
51+.....	222	15.7 (0.5)	8.4* (0.4)	9.6 (0.4)	12.0 (0.4)	15.1 (0.5)	18.8 (0.5)	22.7 (0.7)	25.2* (0.8)	6	<3	45	<3
19+.....	572	15.9 (0.4)	8.5 (0.3)	9.7 (0.3)	12.1 (0.3)	15.2 (0.4)	18.9 (0.5)	22.8 (0.6)	25.3 (0.6)	6	<3	45	<3
Females:													
9-13.....	64	14.8* (0.6)	--	--	--	--	--	--	--	5.7	--	40	--
14-18.....	69	12.4* (0.6)	--	--	--	--	--	--	--	7.9	--	45	--
19-50.....	329	12.8 (0.3)	7.1* (0.2)	8.1 (0.2)	9.9 (0.2)	12.3 (0.3)	15.2 (0.4)	18.1 (0.6)	20.0* (0.7)	8.1	18 (1.1)	45	<3
51+.....	247	12.4 (0.3)	6.9* (0.2)	7.8 (0.2)	9.6 (0.2)	11.9 (0.3)	14.7 (0.5)	17.6 (0.7)	19.5* (0.8)	5	<3	45	<3
19+.....	576	12.6 (0.3)	7.0 (0.2)	8.0 (0.2)	9.8 (0.2)	12.2 (0.3)	15.0 (0.4)	17.9 (0.6)	19.8 (0.7)	11	(0.8)	45	<3
All:													
1+.....	1603	14.0 (0.3)	7.4 (0.2)	8.4 (0.2)	10.5 (0.2)	13.3 (0.3)	16.8 (0.3)	20.5 (0.5)	23.0 (0.5)	6	(0.5)		<3

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

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

Table D 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	6.9* (0.3)	--	--	--	--	--	--	--	2.5	--	7	--
4-8.....	107	8.5 (0.3)	--	--	--	--	--	--	--	4	--	12	--
Males:													
9-13.....	73	11.1* (0.5)	--	--	--	--	--	--	--	7	--	23	--
14-18.....	83	12.7 (0.4)	--	--	--	--	--	--	--	8.5	--	34	--
19-50.....	350	12.1 (0.3)	6.8* (0.3)	7.7 (0.3)	9.4 (0.3)	11.7 (0.3)	14.4 (0.3)	17.2 (0.4)	18.9* (0.5)	9.4	25 (2.6)	40	<3
51+.....	222	11.7 (0.3)	6.4* (0.3)	7.3 (0.3)	9.0 (0.3)	11.3 (0.3)	13.9 (0.4)	16.7 (0.5)	18.4* (0.6)	9.4	29 (3.2)	40	<3
19+.....	572	12.0 (0.3)	6.6 (0.3)	7.6 (0.3)	9.3 (0.3)	11.6 (0.3)	14.2 (0.3)	17.0 (0.4)	18.8 (0.5)	9.4	26 (2.7)	40	<3
Females:													
9-13.....	64	10.3* (0.4)	--	--	--	--	--	--	--	7	--	23	--
14-18.....	69	8.9* (0.3)	--	--	--	--	--	--	--	7.3	--	34	--
19-50.....	329	9.3 (0.2)	5.3* (0.2)	6.0 (0.2)	7.4 (0.2)	9.0 (0.2)	11.0 (0.3)	13.0 (0.4)	14.2* (0.5)	6.8	18 (2.0)	40	<3
51+.....	247	9.0 (0.2)	5.1* (0.2)	5.8 (0.2)	7.0 (0.2)	8.7 (0.2)	10.6 (0.3)	12.6 (0.4)	13.8* (0.4)	6.8	22 (2.8)	40	<3
19+.....	576	9.2 (0.2)	5.2 (0.2)	5.9 (0.2)	7.2 (0.1)	8.9 (0.2)	10.8 (0.2)	12.9 (0.3)	14.1 (0.4)	6.8	19 (1.8)	40	<3
All:													
1+.....	1603	10.4 (0.1)	5.5 (0.1)	6.3 (0.1)	7.8 (0.1)	9.8 (0.1)	12.4 (0.2)	15.1 (0.3)	17.0 (0.3)		20 (1.4)		<3

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

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

Table D 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	0.7* (0.04)	--	--	--	--	--	--	--	0.26	--	1	--
4-8.....	107	0.9 (0.05)	--	--	--	--	--	--	--	0.34	--	3	--
Males:													
9-13.....	73	1.1* (0.05)	--	--	--	--	--	--	--	0.54	--	5	--
14-18.....	83	1.2 (0.05)	--	--	--	--	--	--	--	0.685	--	8	--
19-50.....	350	1.5 (0.05)	0.8* (0.03)	0.9 (0.04)	1.1 (0.04)	1.4 (0.05)	1.8 (0.06)	2.2 (0.07)	2.4* (0.08)	0.7	<3	10	<3
51+.....	222	1.5 (0.06)	0.8* (0.04)	0.9 (0.04)	1.1 (0.05)	1.4 (0.06)	1.8 (0.07)	2.2 (0.08)	2.5* (0.10)	0.7	<3	10	<3
19+.....	572	1.5 (0.05)	0.8 (0.04)	0.9 (0.04)	1.1 (0.04)	1.4 (0.05)	1.8 (0.06)	2.2 (0.07)	2.4 (0.08)	0.7	<3	10	<3
Females:													
9-13.....	64	1.1* (0.04)	--	--	--	--	--	--	--	0.54	--	5	--
14-18.....	69	1.1* (0.04)	--	--	--	--	--	--	--	0.685	--	8	--
19-50.....	329	1.3 (0.04)	0.7* (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.6 (0.05)	1.9 (0.07)	2.1* (0.08)	0.7	5* (0.8)	10	<3
51+.....	247	1.3 (0.04)	0.7* (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.6 (0.04)	1.9 (0.06)	2.2* (0.06)	0.7	4* (0.8)	10	<3
19+.....	576	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	4 (0.7)	10	<3
All:													
1+.....	1603	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.6 (0.04)	2.0 (0.05)	2.2 (0.06)		3 (0.5)		<3

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

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

Table D 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	59	67* (4)	--	--	--	--	--	--	--	17	--	90	--
4-8.....	107	86 (4)	--	--	--	--	--	--	--	23	--	150	--
Males:													
9-13.....	73	113* (5)	--	--	--	--	--	--	--	35	--	280	--
14-18.....	83	138 (5)	--	--	--	--	--	--	--	45	--	400	--
19-50.....	350	139 (3)	82* (3)	93 (3)	112 (3)	136 (3)	163 (3)	191 (4)	208* (4)	45	<3	400	<3
51+.....	222	132 (3)	75* (3)	85 (3)	104 (3)	128 (3)	155 (3)	182 (4)	200* (5)	45	<3	400	<3
19+.....	572	137 (3)	79 (3)	90 (3)	109 (3)	133 (3)	161 (3)	188 (3)	205 (4)	45	<3	400	<3
Females:													
9-13.....	64	106* (5)	--	--	--	--	--	--	--	35	--	280	--
14-18.....	69	101* (4)	--	--	--	--	--	--	--	45	--	400	--
19-50.....	329	106 (3)	64* (2)	72 (2)	86 (3)	103 (3)	123 (4)	142 (5)	153* (5)	45	<3	400	<3
51+.....	247	100 (3)	60* (2)	68 (3)	81 (3)	97 (3)	116 (4)	135 (5)	146* (6)	45	<3	400	<3
19+.....	576	103 (3)	63 (2)	70 (2)	84 (2)	101 (3)	120 (4)	139 (4)	151 (5)	45	<3	400	<3
All:													
1+.....	1603	116 (2)	63 (2)	72 (2)	89 (2)	111 (3)	138 (3)	166 (3)	184 (3)	<3			<3

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

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

Table D 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>CDRR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	59	1799* (68)	--	--	--	--	--	--	--	--	800	--	1200	--
4-8.....	107	2477 (86)	--	--	--	--	--	--	--	--	1000	--	1500	--
Males:														
9-13.....	73	3362* (136)	--	--	--	--	--	--	--	--	1200	--	1800	--
14-18.....	83	3866 (136)	--	--	--	--	--	--	--	--	1500	--	2300	--
19-50.....	350	4195 (128)	2595* (104)	2901 (106)	3429 (110)	4102 (126)	4858 (148)	5622 (172)	6097* (191)	1500	>97	2300	>97	
51+.....	222	3894 (150)	2331* (105)	2605 (109)	3144 (120)	3807 (145)	4550 (174)	5292 (214)	5754* (233)	1500	>97	2300	95* (1.4)	
19+.....	572	4099 (126)	2491 (97)	2791 (100)	3335 (105)	4010 (123)	4768 (146)	5531 (175)	6005 (192)	1500	>97	2300	>97	
Females:														
9-13.....	64	3102* (131)	--	--	--	--	--	--	--	--	1200	--	1800	--
14-18.....	69	2913* (113)	--	--	--	--	--	--	--	--	1500	--	2300	--
19-50.....	329	3327 (84)	2018* (70)	2263 (73)	2707 (72)	3250 (83)	3880 (100)	4491 (116)	4865* (124)	1500	>97	2300	89 (2.0)	
51+.....	247	3053 (90)	1826* (70)	2052 (70)	2463 (75)	2977 (90)	3568 (105)	4158 (129)	4533* (138)	1500	>97	2300	82 (2.8)	
19+.....	576	3215 (82)	1925 (65)	2163 (69)	2595 (69)	3137 (81)	3755 (95)	4374 (114)	4752 (123)	1500	>97	2300	86 (2.2)	
All:														
1+.....	1603	3497 (72)	1897 (50)	2187 (57)	2721 (63)	3389 (74)	4165 (89)	4942 (116)	5453 (140)	--	>97	--	92 (1.4)	

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

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

Table D 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	59	1921* (72)	--	--	--	--	--	--	--	--	2000	--
4-8.....	107	2068 (62)	--	--	--	--	--	--	--	--	2300	--
Males:												
9-13.....	73	2364* (93)	--	--	--	--	--	--	--	--	2500	--
14-18.....	83	2567 (89)	--	--	--	--	--	--	--	--	3000	--
19-50.....	350	2835 (80)	1569* (70)	1812 (70)	2227 (73)	2764 (81)	3362 (91)	3962 (97)	4350* (111)	3400	24 (2.9)	
51+.....	222	2983 (98)	1677* (79)	1916 (80)	2363 (88)	2915 (96)	3531 (111)	4137 (132)	4524* (143)	3400	30 (3.9)	
19+.....	572	2882 (83)	1603 (71)	1840 (70)	2266 (74)	2809 (82)	3421 (94)	4024 (106)	4404 (119)	3400	26 (3.1)	
Females:												
9-13.....	64	2287* (87)	--	--	--	--	--	--	--	--	2300	--
14-18.....	69	2047* (72)	--	--	--	--	--	--	--	--	2300	--
19-50.....	329	2445 (56)	1455* (44)	1640 (46)	1980 (52)	2393 (56)	2862 (62)	3319 (73)	3594* (78)	2600	38 (3.2)	
51+.....	247	2540 (68)	1544* (57)	1733 (61)	2072 (63)	2486 (68)	2954 (75)	3418 (86)	3708* (88)	2600	43 (4.1)	
19+.....	576	2484 (58)	1484 (46)	1675 (49)	2018 (53)	2431 (58)	2903 (64)	3356 (75)	3642 (80)	2600	40 (3.3)	
All:												
1+.....	1603	2584 (44)	1471 (25)	1667 (27)	2029 (32)	2493 (40)	3045 (55)	3616 (74)	3999 (91)		33 (2.1)	

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

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

Table D 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	59	3.7* (0.8)	--	--	--	--	--	--	--
4-8.....	107	7.1 (1.2)	--	--	--	--	--	--	--
Males:									
9-13.....	73	17.8* (2.4)	--	--	--	--	--	--	--
14-18.....	83	28.6 (4.0)	--	--	--	--	--	--	--
19-50.....	350	99.7 (6.5)	6.0* (1.2)	12.6 (2.1)	32.3 (3.9)	72.1 (6.2)	136.9 (8.7)	222.7 (11.5)	288.6* (14.6)
51+.....	222	143.3 (8.1)	18.1* (2.5)	29.7 (3.3)	59.8 (5.3)	113.3 (7.6)	195.3 (10.8)	296.7 (14.5)	369.1* (18.0)
19+.....	572	113.6 (6.2)	8.1 (1.4)	16.0 (2.3)	39.1 (3.9)	84.1 (5.9)	156.7 (8.5)	249.4 (11.6)	320.0 (14.1)
Females:									
9-13.....	64	13.8* (2.4)	--	--	--	--	--	--	--
14-18.....	69	26.9* (4.4)	--	--	--	--	--	--	--
19-50.....	329	82.7 (5.1)	4.1* (0.8)	8.8 (1.3)	24.3 (2.4)	57.7 (4.1)	113.8 (7.2)	190.1 (11.0)	246.2* (14.5)
51+.....	247	101.8 (5.8)	8.5* (1.7)	16.0 (2.4)	36.1 (3.9)	75.6 (5.5)	139.9 (7.9)	220.3 (10.9)	284.4* (13.6)
19+.....	576	90.5 (4.5)	5.4 (1.0)	11.1 (1.5)	28.7 (2.7)	64.8 (4.0)	124.7 (6.2)	203.3 (9.4)	263.1 (12.0)
All:									
1+.....	1603	85.4 (3.5)	2.5 (0.3)	5.1 (0.5)	17.7 (1.6)	55.0 (3.3)	120.5 (5.2)	206.6 (7.5)	272.4 (9.2)

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

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

Table D 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	15.2* (0.4)	12.2* (0.4)	12.8* (0.4)	13.9* (0.4)	15.1* (0.4)	16.3* (0.4)	17.5* (0.5)	18.2* (0.5)	5-20%	>97
4-8.....	107	14.5 (0.4)	11.7* (0.4)	12.3* (0.4)	13.3 (0.4)	14.5 (0.4)	15.7 (0.5)	16.9* (0.5)	17.6* (0.5)	10-30%	>97
Males:											
9-13.....	73	15.5* (0.7)	12.0* (0.8)	12.7* (0.7)	14.0* (0.7)	15.4* (0.7)	16.9* (0.6)	18.3* (0.6)	19.4* (0.6)	10-30%	>97
14-18.....	83	16.9 (0.6)	13.2* (0.7)	14.0* (0.8)	15.3 (0.7)	16.8 (0.7)	18.4 (0.6)	20.0* (0.7)	21.0* (0.8)	10-30%	>97
19-50.....	350	17.5 (0.3)	12.8* (0.4)	13.7 (0.4)	15.3 (0.4)	17.3 (0.4)	19.4 (0.4)	21.5 (0.4)	22.7* (0.4)	10-35%	>97
51+.....	222	17.3 (0.4)	12.6* (0.4)	13.5 (0.4)	15.1 (0.4)	17.1 (0.4)	19.2 (0.4)	21.3 (0.4)	22.6* (0.5)	10-35%	>97
19+.....	572	17.4 (0.3)	12.7 (0.4)	13.6 (0.4)	15.3 (0.3)	17.2 (0.3)	19.3 (0.3)	21.4 (0.4)	22.7 (0.4)	10-35%	>97
Females:											
9-13.....	64	15.4* (0.5)	11.9* (0.6)	12.6* (0.6)	13.8* (0.6)	15.3* (0.5)	16.8* (0.5)	18.2* (0.6)	19.2* (0.6)	10-30%	>97
14-18.....	69	15.6* (0.5)	12.0* (0.6)	12.7* (0.6)	14.0* (0.6)	15.5* (0.5)	17.0* (0.5)	18.5* (0.4)	19.4* (0.5)	10-30%	>97
19-50.....	329	16.5 (0.3)	12.1* (0.4)	12.9 (0.3)	14.5 (0.3)	16.3 (0.3)	18.4 (0.3)	20.4 (0.4)	21.6* (0.5)	10-35%	>97
51+.....	247	16.8 (0.3)	12.3* (0.3)	13.2 (0.3)	14.7 (0.3)	16.6 (0.3)	18.6 (0.3)	20.7 (0.4)	22.0* (0.5)	10-35%	>97
19+.....	576	16.6 (0.3)	12.2 (0.4)	13.0 (0.3)	14.6 (0.3)	16.4 (0.3)	18.5 (0.3)	20.5 (0.4)	21.7 (0.4)	10-35%	>97
All:											
1+.....	1603	16.7 (0.2)	12.3 (0.2)	13.1 (0.2)	14.6 (0.2)	16.5 (0.2)	18.5 (0.2)	20.6 (0.3)	21.9 (0.4)		>97

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

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

Table D 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	52.8* (0.9)	--	--	--	--	--	--	--	45-65%	--
4-8.....	107	53.7 (0.7)	--	--	--	--	--	--	--	45-65%	--
Males:											
9-13.....	73	53.0* (0.9)	--	--	--	--	--	--	--	45-65%	--
14-18.....	83	51.2 (0.7)	--	--	--	--	--	--	--	45-65%	--
19-50.....	350	50.1 (0.6)	38.4* (0.7)	41.0 (0.6)	45.2 (0.6)	50.0 (0.6)	54.9 (0.6)	59.4 (0.7)	62.0* (0.8)	45-65%	74 (2.3)
51+.....	222	50.0 (0.6)	38.2* (0.7)	40.7 (0.7)	45.1 (0.6)	49.9 (0.6)	54.9 (0.6)	59.4 (0.7)	62.1* (0.8)	45-65%	73 (2.5)
19+.....	572	50.1 (0.5)	38.3 (0.7)	40.9 (0.6)	45.2 (0.5)	50.0 (0.5)	54.9 (0.6)	59.4 (0.7)	62.0 (0.8)	45-65%	74 (2.2)
Females:											
9-13.....	64	53.6* (0.7)	--	--	--	--	--	--	--	45-65%	--
14-18.....	69	52.1* (0.7)	--	--	--	--	--	--	--	45-65%	--
19-50.....	329	51.5 (0.5)	40.1* (0.5)	42.6 (0.5)	46.8 (0.4)	51.4 (0.5)	56.3 (0.5)	60.6 (0.6)	63.1* (0.6)	45-65%	80 (1.4)
51+.....	247	51.7 (0.4)	40.3* (0.5)	42.8 (0.5)	47.0 (0.4)	51.7 (0.4)	56.4 (0.5)	60.8 (0.5)	63.4* (0.6)	45-65%	80 (1.4)
19+.....	576	51.6 (0.4)	40.2 (0.4)	42.7 (0.4)	46.9 (0.4)	51.5 (0.4)	56.4 (0.5)	60.7 (0.5)	63.2 (0.6)	45-65%	80 (1.3)
All:											
1+.....	1603	51.2 (0.3)	39.9 (0.3)	42.5 (0.3)	46.8 (0.3)	51.3 (0.3)	55.7 (0.3)	59.8 (0.4)	62.2 (0.4)	45-65%	80 (0.9)

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

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

Table D 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	32.9* (0.5)	--	--	--	--	--	--	--	30-40%	--
4-8.....	107	33.0 (0.5)	--	--	--	--	--	--	--	25-35%	--
Males:											
9-13.....	73	32.2* (0.7)	--	--	--	--	--	--	--	25-35%	--
14-18.....	83	32.3 (0.6)	--	--	--	--	--	--	--	25-35%	--
19-50.....	350	31.4 (0.5)	22.8* (0.7)	24.8 (0.6)	27.9 (0.5)	31.4 (0.5)	34.8 (0.6)	37.9 (0.7)	39.7* (0.8)	20-35%	75 (3.6)
51+.....	222	32.3 (0.6)	23.7* (0.9)	25.6 (0.8)	28.9 (0.7)	32.4 (0.6)	35.8 (0.6)	38.9 (0.7)	40.7* (0.8)	20-35%	69 (4.0)
19+.....	572	31.7 (0.5)	23.0 (0.7)	25.0 (0.6)	28.2 (0.5)	31.7 (0.5)	35.2 (0.6)	38.3 (0.7)	40.0 (0.8)	20-35%	73 (3.6)
Females:											
9-13.....	64	32.1* (0.6)	--	--	--	--	--	--	--	25-35%	--
14-18.....	69	33.0* (0.6)	--	--	--	--	--	--	--	25-35%	--
19-50.....	329	32.1 (0.4)	23.6* (0.6)	25.5 (0.5)	28.6 (0.5)	32.1 (0.4)	35.7 (0.4)	38.8 (0.5)	40.6* (0.5)	20-35%	70 (2.9)
51+.....	247	32.4 (0.6)	24.0* (0.6)	25.9 (0.6)	29.0 (0.6)	32.4 (0.6)	35.9 (0.6)	39.1 (0.6)	41.0* (0.7)	20-35%	68 (3.8)
19+.....	576	32.2 (0.5)	23.8 (0.5)	25.6 (0.5)	28.8 (0.5)	32.2 (0.4)	35.8 (0.5)	38.9 (0.5)	40.8 (0.6)	20-35%	69 (3.0)
All:											
1+.....	1603	32.1 (0.5)	23.9 (0.7)	25.8 (0.7)	28.9 (0.6)	32.2 (0.5)	35.4 (0.5)	38.3 (0.5)	40.1 (0.6)		71 (3.2)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<10%† % (SE)	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Non-Hispanic Asian											
Males and females:											
1-3.....	59	12.6* (0.3)	--	--	--	--	--	--	--	--	--
4-8.....	107	12.3 (0.3)	--	--	--	--	--	--	--	--	--
Males:											
9-13.....	73	10.9* (0.3)	--	--	--	--	--	--	--	--	--
14-18.....	83	11.0 (0.3)	--	--	--	--	--	--	--	--	--
19-50.....	350	9.6 (0.2)	6.6* (0.2)	7.2 (0.2)	8.3 (0.2)	9.5 (0.2)	10.8 (0.2)	12.0 (0.2)	12.7* (0.2)	60 (3.5)	
51+.....	222	9.7 (0.2)	6.6* (0.2)	7.3 (0.2)	8.4 (0.2)	9.6 (0.2)	10.9 (0.2)	12.1 (0.2)	12.8* (0.2)	58 (4.0)	
19+.....	572	9.6 (0.2)	6.6 (0.2)	7.2 (0.2)	8.3 (0.2)	9.5 (0.2)	10.8 (0.2)	12.0 (0.2)	12.7 (0.2)	60 (3.4)	
Females:											
9-13.....	64	10.9* (0.3)	--	--	--	--	--	--	--	--	--
14-18.....	69	10.7* (0.3)	--	--	--	--	--	--	--	--	--
19-50.....	329	9.7 (0.2)	6.8* (0.2)	7.4 (0.2)	8.4 (0.2)	9.7 (0.2)	11.0 (0.3)	12.2 (0.3)	13.0* (0.3)	57 (4.6)	
51+.....	247	9.8 (0.3)	6.9* (0.2)	7.5 (0.2)	8.5 (0.2)	9.8 (0.3)	11.1 (0.3)	12.3 (0.3)	13.1* (0.4)	55 (5.6)	
19+.....	576	9.8 (0.2)	6.8 (0.2)	7.4 (0.2)	8.5 (0.2)	9.7 (0.2)	11.0 (0.3)	12.3 (0.3)	13.0 (0.4)	56 (4.8)	
All:											
1+.....	1603	10.0 (0.1)	6.9 (0.2)	7.5 (0.1)	8.6 (0.1)	9.9 (0.1)	11.3 (0.2)	12.7 (0.2)	13.5 (0.2)	51 (2.8)	

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

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

Table D 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	59	5.6* (0.2)	--	--	--	--	--	--	--	05-10%	--
4-8.....	107	6.0 (0.2)	--	--	--	--	--	--	--	05-10%	--
Males:											
9-13.....	73	6.6* (0.2)	--	--	--	--	--	--	--	05-10%	--
14-18.....	83	6.3 (0.3)	--	--	--	--	--	--	--	05-10%	--
19-50.....	350	6.7 (0.2)	4.5* (0.2)	4.9 (0.2)	5.7 (0.2)	6.6 (0.2)	7.6 (0.3)	8.6 (0.3)	9.2* (0.4)	05-10%	87 (2.9)
51+.....	222	7.0 (0.2)	4.7* (0.2)	5.1 (0.2)	5.9 (0.2)	6.9 (0.2)	8.0 (0.3)	9.0 (0.3)	9.6* (0.4)	05-10%	88 (2.9)
19+.....	572	6.8 (0.2)	4.5 (0.2)	5.0 (0.2)	5.7 (0.2)	6.7 (0.2)	7.7 (0.3)	8.7 (0.3)	9.4 (0.4)	05-10%	87 (2.8)
Females:											
9-13.....	64	6.7* (0.2)	--	--	--	--	--	--	--	05-10%	--
14-18.....	69	7.1* (0.2)	--	--	--	--	--	--	--	05-10%	--
19-50.....	329	7.0 (0.1)	4.7* (0.2)	5.2 (0.2)	6.0 (0.2)	6.9 (0.1)	8.0 (0.1)	9.0 (0.2)	9.6* (0.2)	05-10%	89 (2.5)
51+.....	247	6.9 (0.2)	4.7* (0.2)	5.1 (0.2)	5.9 (0.2)	6.8 (0.2)	7.9 (0.2)	8.9 (0.2)	9.6* (0.3)	05-10%	89 (2.4)
19+.....	576	7.0 (0.1)	4.7 (0.2)	5.2 (0.2)	6.0 (0.1)	6.9 (0.1)	8.0 (0.1)	9.0 (0.2)	9.6 (0.2)	05-10%	89 (2.5)
All:											
1+.....	1603	6.8 (0.1)	4.6 (0.1)	5.0 (0.1)	5.8 (0.1)	6.7 (0.1)	7.7 (0.1)	8.7 (0.2)	9.4 (0.2)	05-10%	88 (1.6)

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

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

Table D 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	59	0.65* (0.03)	--	--	--	--	--	--	--	--	0.6-1.2%	--
4-8.....	107	0.66 (0.03)	--	--	--	--	--	--	--	--	0.6-1.2%	--
Males:												
9-13.....	73	0.66* (0.03)	--	--	--	--	--	--	--	--	0.6-1.2%	--
14-18.....	83	0.68 (0.02)	--	--	--	--	--	--	--	--	0.6-1.2%	--
19-50.....	350	0.73 (0.03)	0.45* (0.03)	0.50 (0.03)	0.59 (0.03)	0.71 (0.03)	0.84 (0.03)	0.99 (0.05)	1.08* (0.06)		0.6-1.2%	72 (5.2)
51+.....	222	0.79 (0.03)	0.49* (0.03)	0.54 (0.03)	0.64 (0.03)	0.77 (0.03)	0.91 (0.04)	1.06 (0.05)	1.16* (0.06)		0.6-1.2%	79 (4.2)
19+.....	572	0.75 (0.03)	0.46 (0.03)	0.51 (0.03)	0.61 (0.02)	0.73 (0.03)	0.87 (0.03)	1.01 (0.05)	1.11 (0.06)		0.6-1.2%	74 (4.7)
Females:												
9-13.....	64	0.71* (0.03)	--	--	--	--	--	--	--	--	0.6-1.2%	--
14-18.....	69	0.76* (0.03)	--	--	--	--	--	--	--	--	0.6-1.2%	--
19-50.....	329	0.80 (0.03)	0.52* (0.03)	0.57 (0.03)	0.67 (0.03)	0.78 (0.03)	0.92 (0.03)	1.05 (0.04)	1.14* (0.05)		0.6-1.2%	83 (4.3)
51+.....	247	0.83 (0.03)	0.55* (0.03)	0.60 (0.03)	0.69 (0.02)	0.81 (0.03)	0.95 (0.03)	1.10 (0.05)	1.19* (0.05)		0.6-1.2%	85 (3.3)
19+.....	576	0.81 (0.03)	0.53 (0.03)	0.58 (0.03)	0.68 (0.03)	0.79 (0.02)	0.93 (0.03)	1.07 (0.04)	1.16 (0.05)		0.6-1.2%	84 (3.8)
All:												
1+.....	1603	0.76 (0.02)	0.49 (0.02)	0.54 (0.02)	0.63 (0.01)	0.74 (0.02)	0.88 (0.02)	1.02 (0.03)	1.11 (0.04)		0.6-1.2%	78 (2.9)

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

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

TABLE NOTES

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

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

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

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

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

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

CITATION

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