



United States
Department of
Agriculture

Agricultural
Research
Service

August 2023



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

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

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, 2017-March 2020 Prepandemic

	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.....	39	1377* (54)	--	--	--	--	--	--	--
4-8.....	90	1677 (47)	--	--	--	--	--	--	--
Males:									
9-13.....	41	2001* (60)	--	--	--	--	--	--	--
14-18.....	62	2235* (48)	--	--	--	--	--	--	--
19-50.....	238	2243 (46)	1319* (42)	1485 (40)	1804 (46)	2186 (47)	2626 (53)	3066 (56)	3348* (62)
51+.....	164	2163 (61)	1256* (52)	1418* (54)	1733 (58)	2115 (59)	2551 (68)	2955* (76)	3235* (80)
19+.....	402	2218 (47)	1295* (44)	1464 (43)	1782 (46)	2166 (48)	2603 (53)	3033 (57)	3320* (64)
Females:									
9-13.....	41	1957* (74)	--	--	--	--	--	--	--
14-18.....	52	1704* (64)	--	--	--	--	--	--	--
19-50.....	238	1790 (32)	1065* (27)	1209 (25)	1464 (28)	1755 (32)	2082 (41)	2419 (52)	2626* (54)
51+.....	199	1707 (37)	1006* (23)	1134* (26)	1377 (28)	1667 (36)	2000 (45)	2325* (56)	2519* (66)
19+.....	437	1754 (31)	1038* (22)	1173 (22)	1426 (24)	1720 (31)	2050 (39)	2377 (52)	2587* (55)
All:									
1+.....	1164	1945 (26)	1112 (18)	1256 (19)	1530 (22)	1878 (26)	2290 (34)	2722 (44)	3002 (50)

NOTES: * Estimate may be less reliable due to small sample size and/or large relative standard error
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Table D 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	39	50.8* (2.3)	--	--	--	--	--	--	--
4-8.....	90	59.3 (2.3)	--	--	--	--	--	--	--
Males:									
9-13.....	41	71.3* (4.1)	--	--	--	--	--	--	--
14-18.....	62	88.3* (3.6)	--	--	--	--	--	--	--
19-50.....	238	93.1 (2.2)	55.3* (2.5)	62.2 (2.4)	75.5 (2.3)	91.0 (2.3)	108.7 (2.4)	126.6 (2.6)	138.4* (3.0)
51+.....	164	88.9 (2.6)	51.7* (2.7)	58.4* (2.6)	71.2 (2.5)	86.9 (2.6)	104.7 (3.0)	121.2* (3.5)	132.7* (4.0)
19+.....	402	91.8 (2.0)	54.1* (2.4)	60.8 (2.3)	74.1 (2.1)	89.7 (2.0)	107.5 (2.2)	125.1 (2.5)	136.7* (2.8)
Females:									
9-13.....	41	69.4* (3.4)	--	--	--	--	--	--	--
14-18.....	52	60.1* (3.2)	--	--	--	--	--	--	--
19-50.....	238	70.4 (2.1)	42.7* (1.6)	48.2 (1.6)	57.9 (1.8)	69.1 (2.1)	81.5 (2.5)	94.5 (3.2)	102.3* (3.3)
51+.....	199	68.3 (1.8)	41.1* (1.4)	46.1* (1.5)	55.5 (1.6)	66.8 (1.8)	79.6 (2.1)	92.2* (2.6)	99.6* (2.9)
19+.....	437	69.5 (1.9)	42.0* (1.4)	47.1 (1.4)	56.9 (1.6)	68.2 (1.9)	80.8 (2.3)	93.3 (2.9)	101.3* (3.1)
All:									
1+.....	1164	77.5 (1.7)	42.9 (1.1)	48.7 (1.2)	59.8 (1.5)	74.4 (1.8)	91.9 (2.0)	110.5 (2.1)	122.5 (2.3)

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	4.34* (0.13)	--	--	--	--	--	--	--	--	0.87	--
4-8.....	90	2.68 (0.08)	--	--	--	--	--	--	--	--	0.76	--
Males:												
9-13.....	41	1.84* (0.07)	--	--	--	--	--	--	--	--	0.76	--
14-18.....	62	1.48* (0.05)	--	--	--	--	--	--	--	--	0.73	--
19-50.....	237	1.31 (0.03)	0.72* (0.03)	0.82 (0.03)	1.03 (0.03)	1.28 (0.02)	1.56 (0.03)	1.84 (0.04)	2.02* (0.04)		0.66	3* (0.7)
51+.....	163	1.25 (0.04)	0.66* (0.03)	0.77* (0.03)	0.97 (0.03)	1.22 (0.04)	1.50 (0.04)	1.76* (0.05)	1.94* (0.06)		0.66	5* (1.2)
19+.....	400	1.29 (0.02)	0.70* (0.03)	0.81 (0.03)	1.01 (0.02)	1.26 (0.02)	1.54 (0.03)	1.81 (0.04)	1.99* (0.04)		0.66	4* (0.8)
Females:												
9-13.....	41	1.77* (0.07)	--	--	--	--	--	--	--	--	0.76	--
14-18.....	52	1.13* (0.06)	--	--	--	--	--	--	--	--	0.71	--
19-50.....	238	1.24 (0.04)	0.70* (0.03)	0.80 (0.03)	1.00 (0.03)	1.22 (0.04)	1.47 (0.05)	1.72 (0.06)	1.87* (0.06)		0.66	4* (0.8)
51+.....	197	1.22 (0.04)	0.68* (0.02)	0.78* (0.03)	0.97 (0.03)	1.19 (0.04)	1.45 (0.05)	1.70* (0.06)	1.84* (0.06)		0.66	4* (0.8)
19+.....	435	1.23 (0.04)	0.69* (0.03)	0.79 (0.03)	0.99 (0.03)	1.21 (0.04)	1.46 (0.05)	1.71 (0.06)	1.86* (0.06)		0.66	4* (0.8)
All:												
1+.....	1160	1.44 (0.03)	0.70 (0.02)	0.82 (0.02)	1.03 (0.02)	1.29 (0.03)	1.63 (0.03)	2.12 (0.04)	2.77 (0.08)			4 (0.6)

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.
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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	39	181* (9)	--	--	--	--	--	--	--	100	--
4-8.....	90	221 (8)	--	--	--	--	--	--	--	100	--
Males:											
9-13.....	41	266* (9)	--	--	--	--	--	--	--	100	--
14-18.....	62	278* (6)	--	--	--	--	--	--	--	100	--
19-50.....	238	277 (9)	146* (6)	168 (6)	214 (7)	268 (9)	331 (11)	395 (12)	438* (14)	100	<3
51+.....	164	268 (10)	139* (7)	161* (8)	206 (9)	261 (10)	324 (12)	383* (13)	424* (15)	100	<3
19+.....	402	274 (9)	143* (6)	166 (6)	211 (8)	266 (9)	329 (11)	392 (12)	434* (13)	100	<3
Females:											
9-13.....	41	260* (12)	--	--	--	--	--	--	--	100	--
14-18.....	52	222* (8)	--	--	--	--	--	--	--	100	--
19-50.....	238	228 (5)	125* (4)	145 (4)	180 (4)	222 (5)	269 (6)	319 (8)	350* (8)	100	<3
51+.....	199	216 (5)	118* (3)	135* (4)	168 (4)	209 (5)	257 (7)	304* (9)	333* (10)	100	<3
19+.....	437	223 (5)	121* (4)	140 (4)	175 (4)	217 (5)	264 (6)	313 (8)	344* (9)	100	<3
All:											
1+.....	1164	245 (5)	131 (3)	151 (3)	188 (3)	235 (4)	291 (6)	352 (9)	391 (11)	100	<3

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

	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.....	39	77* (6)	--	--	--	--	--	--	--
4-8.....	90	86 (5)	--	--	--	--	--	--	--
Males:									
9-13.....	41	102* (6)	--	--	--	--	--	--	--
14-18.....	62	101* (5)	--	--	--	--	--	--	--
19-50.....	238	96 (5)	31* (2)	40 (2)	60 (3)	87 (5)	123 (6)	163 (8)	191* (9)
51+.....	164	95 (5)	31* (3)	40* (3)	60 (4)	87 (5)	123 (6)	160* (8)	186* (9)
19+.....	402	96 (5)	31* (2)	40 (2)	60 (3)	87 (4)	123 (6)	162 (8)	189* (9)
Females:									
9-13.....	41	100* (6)	--	--	--	--	--	--	--
14-18.....	52	82* (4)	--	--	--	--	--	--	--
19-50.....	238	85 (2)	33* (2)	41 (2)	58 (2)	79 (2)	105 (2)	136 (4)	155* (4)
51+.....	199	82 (2)	32* (1)	40* (1)	55 (2)	76 (2)	103 (3)	132* (4)	151* (5)
19+.....	437	83 (2)	32* (1)	40 (1)	57 (1)	78 (2)	104 (2)	134 (4)	154* (4)
All:									
1+.....	1164	90 (3)	34 (2)	43 (2)	60 (2)	83 (2)	112 (3)	144 (5)	167 (6)

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	12.5* (1.2)	--	--	--	--	--	--	--	--	19	--
4-8.....	90	14.5 (1.1)	--	--	--	--	--	--	--	--	25	--
Males:												
9-13.....	41	17.2* (1.2)	--	--	--	--	--	--	--	--	31	--
14-18.....	62	17.6* (1.3)	--	--	--	--	--	--	--	--	38	--
19-50.....	238	20.6 (1.1)	9.9* (0.8)	11.7 (0.8)	15.3 (1.0)	19.7 (1.1)	25.1 (1.4)	30.7 (1.6)	34.4* (1.8)	38	<3	
51+.....	164	22.4 (1.3)	11.1* (0.9)	13.0* (0.9)	16.8 (1.1)	21.6 (1.3)	27.2 (1.6)	32.8* (1.9)	36.3* (2.0)	30	16 (4.8)	
19+.....	402	21.2 (1.2)	10.2* (0.8)	12.0 (0.8)	15.7 (1.0)	20.3 (1.1)	25.8 (1.4)	31.4 (1.7)	35.1* (1.9)		7 (2.2)	
Females:												
9-13.....	41	17.7* (1.7)	--	--	--	--	--	--	--	26	--	
14-18.....	52	15.2* (1.1)	--	--	--	--	--	--	--	26	--	
19-50.....	238	18.3 (0.8)	9.0* (0.5)	10.6 (0.6)	13.7 (0.7)	17.5 (0.8)	22.0 (1.0)	27.0 (1.2)	30.2* (1.3)	25	15 (2.9)	
51+.....	199	19.2 (0.9)	9.7* (0.6)	11.2* (0.7)	14.4 (0.7)	18.4 (0.9)	23.3 (1.0)	28.2* (1.2)	31.4* (1.4)	21	35 (4.9)	
19+.....	437	18.7 (0.8)	9.2* (0.5)	10.9 (0.6)	14.0 (0.7)	17.9 (0.8)	22.5 (1.0)	27.6 (1.2)	30.7* (1.3)		24 (3.6)	
All:												
1+.....	1164	19.1 (0.8)	9.2 (0.5)	10.8 (0.5)	13.9 (0.6)	18.1 (0.8)	23.2 (1.0)	28.7 (1.3)	32.2 (1.5)		13 (2.3)	

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, 2017-March 2020 Prepandemic

	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.....	39	51.9* (2.8)	--	--	--	--	--	--	--
4-8.....	90	63.4 (2.5)	--	--	--	--	--	--	--
Males:									
9-13.....	41	75.4* (2.8)	--	--	--	--	--	--	--
14-18.....	62	85.8* (2.9)	--	--	--	--	--	--	--
19-50.....	238	82.3 (1.9)	42.6* (2.3)	49.6 (2.1)	62.9 (2.3)	79.4 (2.0)	98.7 (2.2)	118.2 (2.3)	131.2* (2.6)
51+.....	164	80.3 (2.6)	41.3* (2.3)	48.0* (2.3)	61.2 (2.5)	77.9 (2.6)	96.9 (3.0)	114.9* (3.5)	127.4* (3.8)
19+.....	402	81.6 (2.0)	42.3* (2.2)	49.0 (2.1)	62.4 (2.2)	79.0 (2.0)	98.2 (2.2)	117.3 (2.4)	129.9* (2.8)
Females:									
9-13.....	41	74.3* (2.7)	--	--	--	--	--	--	--
14-18.....	52	65.9* (3.2)	--	--	--	--	--	--	--
19-50.....	238	66.3 (1.4)	34.6* (1.1)	40.6 (1.0)	51.4 (1.2)	64.3 (1.4)	79.2 (1.8)	94.9 (2.1)	104.7* (2.4)
51+.....	199	63.7 (1.6)	33.0* (1.0)	38.3* (1.1)	48.7 (1.2)	61.5 (1.5)	76.6 (1.9)	91.8* (2.5)	101.1* (3.0)
19+.....	437	65.2 (1.2)	33.8* (0.9)	39.4 (0.9)	50.3 (0.9)	63.1 (1.2)	78.2 (1.6)	93.5 (2.1)	103.4* (2.3)
All:									
1+.....	1164	72.3 (2.2)	37.0 (2.1)	43.0 (2.2)	54.5 (2.4)	69.3 (2.4)	86.9 (2.4)	105.6 (2.2)	117.7 (2.4)

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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, 2017-March 2020 Prepandemic

	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.....	39	19.2* (1.1)	--	--	--	--	--	--	--
4-8.....	90	23.2 (1.3)	--	--	--	--	--	--	--
Males:									
9-13.....	41	26.0* (1.1)	--	--	--	--	--	--	--
14-18.....	62	29.3* (1.1)	--	--	--	--	--	--	--
19-50.....	238	25.0 (0.7)	11.9* (0.6)	14.1 (0.5)	18.4 (0.6)	23.9 (0.7)	30.5 (0.8)	37.3 (1.0)	41.8* (1.3)
51+.....	164	24.0 (0.9)	11.2* (0.6)	13.3* (0.7)	17.5 (0.8)	23.0 (0.9)	29.5 (1.1)	35.6* (1.3)	40.0* (1.6)
19+.....	402	24.7 (0.7)	11.6* (0.6)	13.8 (0.6)	18.1 (0.6)	23.6 (0.7)	30.2 (0.8)	36.8 (1.1)	41.3* (1.3)
Females:									
9-13.....	41	26.1* (1.1)	--	--	--	--	--	--	--
14-18.....	52	22.2* (1.3)	--	--	--	--	--	--	--
19-50.....	238	20.5 (0.6)	10.6* (0.5)	12.4 (0.5)	15.7 (0.5)	19.8 (0.6)	24.6 (0.8)	29.6 (0.9)	32.9* (1.0)
51+.....	199	19.7 (0.6)	10.1* (0.4)	11.7* (0.4)	14.9 (0.4)	18.9 (0.5)	23.8 (0.7)	28.6* (1.0)	31.6* (1.1)
19+.....	437	20.2 (0.5)	10.4* (0.4)	12.1 (0.4)	15.4 (0.4)	19.4 (0.5)	24.2 (0.6)	29.2 (0.8)	32.4* (0.9)
All:									
1+.....	1164	22.7 (0.3)	11.2 (0.3)	13.1 (0.3)	16.8 (0.3)	21.7 (0.3)	27.4 (0.4)	33.6 (0.6)	37.8 (0.8)

NOTES: * Estimate may be less reliable due to small sample size and/or large relative standard error
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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, 2017-March 2020 Prepandemic

	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.....	39	16.4* (0.7)	--	--	--	--	--	--	--
4-8.....	90	20.3 (0.7)	--	--	--	--	--	--	--
Males:									
9-13.....	41	24.6* (1.0)	--	--	--	--	--	--	--
14-18.....	62	28.0* (1.1)	--	--	--	--	--	--	--
19-50.....	238	29.1 (0.9)	14.9* (0.9)	17.4 (0.9)	22.1 (0.9)	28.0 (0.9)	34.9 (1.0)	42.0 (1.1)	46.7* (1.2)
51+.....	164	28.5 (1.0)	14.7* (0.9)	17.0* (0.9)	21.7 (1.0)	27.6 (1.0)	34.5 (1.2)	41.0* (1.3)	45.5* (1.5)
19+.....	402	28.9 (0.8)	14.8* (0.9)	17.3 (0.9)	22.0 (0.9)	27.9 (0.9)	34.8 (0.9)	41.7 (1.0)	46.3* (1.2)
Females:									
9-13.....	41	23.8* (1.1)	--	--	--	--	--	--	--
14-18.....	52	21.3* (1.0)	--	--	--	--	--	--	--
19-50.....	238	23.0 (0.5)	11.6* (0.3)	13.7 (0.4)	17.6 (0.4)	22.2 (0.5)	27.6 (0.6)	33.6 (0.8)	37.3* (0.8)
51+.....	199	22.3 (0.5)	11.2* (0.4)	13.1* (0.4)	16.7 (0.4)	21.4 (0.5)	27.0 (0.6)	32.7* (0.7)	36.2* (0.9)
19+.....	437	22.7 (0.4)	11.4* (0.3)	13.4 (0.3)	17.2 (0.3)	21.9 (0.4)	27.4 (0.5)	33.2 (0.7)	36.9* (0.8)
All:									
1+.....	1164	25.0 (0.5)	12.4 (0.3)	14.5 (0.3)	18.6 (0.4)	23.9 (0.5)	30.3 (0.6)	37.1 (0.7)	41.5 (0.8)

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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, 2017-March 2020 Prepandemic

	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.....	39	10.3* (0.5)	--	--	--	--	--	--	--
4-8.....	90	13.1 (0.4)	--	--	--	--	--	--	--
Males:									
9-13.....	41	17.5* (0.8)	--	--	--	--	--	--	--
14-18.....	62	19.4* (0.6)	--	--	--	--	--	--	--
19-50.....	238	20.0 (0.8)	10.2* (0.7)	11.9 (0.7)	15.1 (0.8)	19.1 (0.8)	24.0 (0.9)	29.1 (1.1)	32.6* (1.3)
51+.....	164	20.3 (1.0)	10.4* (0.7)	12.0* (0.8)	15.3 (0.8)	19.5 (0.9)	24.5 (1.2)	29.3* (1.6)	32.8* (1.9)
19+.....	402	20.1 (0.8)	10.3* (0.7)	11.9 (0.7)	15.2 (0.8)	19.3 (0.8)	24.2 (0.9)	29.2 (1.2)	32.6* (1.4)
Females:									
9-13.....	41	17.4* (1.0)	--	--	--	--	--	--	--
14-18.....	52	16.0* (0.8)	--	--	--	--	--	--	--
19-50.....	238	16.4 (0.5)	8.0* (0.4)	9.5 (0.4)	12.2 (0.5)	15.7 (0.5)	19.7 (0.6)	24.2 (0.6)	27.1* (0.7)
51+.....	199	15.7 (0.4)	7.7* (0.3)	9.0* (0.3)	11.6 (0.4)	14.9 (0.4)	19.0 (0.5)	23.3* (0.6)	26.0* (0.7)
19+.....	437	16.1 (0.4)	7.9* (0.3)	9.2 (0.3)	12.0 (0.4)	15.3 (0.4)	19.5 (0.5)	23.8 (0.6)	26.7* (0.6)
All:									
1+.....	1164	17.5 (0.4)	8.3 (0.2)	9.8 (0.2)	12.7 (0.3)	16.6 (0.4)	21.3 (0.5)	26.3 (0.6)	29.5 (0.8)

NOTES: * Estimate may be less reliable due to small sample size and/or large relative standard error
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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	9.2* (0.5)	--	--	--	--	--	--	--	--	7	--
4-8.....	90	11.7 (0.4)	--	--	--	--	--	--	--	--	10	--
Males:												
9-13.....	41	15.7* (0.7)	--	--	--	--	--	--	--	--	12	--
14-18.....	62	17.3* (0.8)	--	--	--	--	--	--	--	--	16	--
19-50.....	238	17.6 (0.7)	9.0* (0.7)	10.4 (0.7)	13.3 (0.7)	16.8 (0.7)	21.1 (0.7)	25.6 (0.9)	28.7* (1.1)	17	49 (4.6)	
51+.....	164	17.8 (0.9)	9.1* (0.7)	10.5* (0.7)	13.4 (0.7)	17.1 (0.8)	21.5 (1.1)	25.7* (1.4)	28.8* (1.6)	14	71 (4.8)	
19+.....	402	17.6 (0.7)	9.0* (0.7)	10.5 (0.7)	13.3 (0.7)	16.9 (0.7)	21.2 (0.8)	25.6 (1.0)	28.7* (1.2)		56 (4.5)	
Females:												
9-13.....	41	15.5* (0.8)	--	--	--	--	--	--	--	10	--	
14-18.....	52	14.3* (0.8)	--	--	--	--	--	--	--	11	--	
19-50.....	238	14.3 (0.4)	6.9* (0.3)	8.2 (0.4)	10.7 (0.4)	13.7 (0.4)	17.4 (0.5)	21.4 (0.6)	24.0* (0.6)	12	64 (3.7)	
51+.....	199	13.6 (0.4)	6.5* (0.3)	7.7* (0.3)	10.0 (0.3)	13.0 (0.4)	16.6 (0.5)	20.4* (0.6)	22.8* (0.7)	11	67 (3.0)	
19+.....	437	14.0 (0.4)	6.7* (0.3)	7.9 (0.3)	10.4 (0.3)	13.4 (0.4)	17.1 (0.4)	20.9 (0.5)	23.5* (0.6)		65 (2.9)	
All:												
1+.....	1164	15.4 (0.4)	7.3 (0.2)	8.6 (0.3)	11.2 (0.3)	14.6 (0.4)	18.7 (0.5)	23.1 (0.6)	26.0 (0.7)		63 (2.7)	

NOTES: AI=Adequate Intake
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	0.97* (0.07)	--	--	--	--	--	--	--	--	0.7	--
4-8.....	90	1.20 (0.06)	--	--	--	--	--	--	--	--	0.9	--
Males:												
9-13.....	41	1.52* (0.06)	--	--	--	--	--	--	--	--	1.2	--
14-18.....	62	1.79* (0.07)	--	--	--	--	--	--	--	--	1.6	--
19-50.....	238	1.88 (0.11)	0.90* (0.06)	1.05 (0.06)	1.37 (0.08)	1.78 (0.09)	2.29 (0.14)	2.84 (0.19)	3.22* (0.23)	1.6	61 (5.3)	
51+.....	164	1.98 (0.15)	0.96* (0.06)	1.12* (0.07)	1.45 (0.09)	1.89 (0.13)	2.42 (0.20)	2.94* (0.26)	3.32* (0.32)	1.6	66 (6.0)	
19+.....	402	1.91 (0.11)	0.92* (0.06)	1.07 (0.06)	1.39 (0.08)	1.81 (0.10)	2.33 (0.15)	2.87 (0.21)	3.26* (0.26)	1.6	63 (5.1)	
Females:												
9-13.....	41	1.61* (0.07)	--	--	--	--	--	--	--	1	--	
14-18.....	52	1.53* (0.08)	--	--	--	--	--	--	--	1.1	--	
19-50.....	238	1.63 (0.07)	0.80* (0.05)	0.94 (0.05)	1.21 (0.06)	1.55 (0.06)	1.96 (0.08)	2.43 (0.10)	2.74* (0.12)	1.1	82 (3.3)	
51+.....	199	1.62 (0.06)	0.80* (0.05)	0.93* (0.05)	1.19 (0.05)	1.54 (0.05)	1.96 (0.07)	2.42* (0.10)	2.72* (0.12)	1.1	81 (2.9)	
19+.....	437	1.63 (0.06)	0.80* (0.05)	0.94 (0.05)	1.20 (0.05)	1.54 (0.06)	1.96 (0.07)	2.43 (0.10)	2.73* (0.11)	1.1	81 (3.0)	
All:												
1+.....	1164	1.70 (0.06)	0.80 (0.02)	0.94 (0.03)	1.22 (0.04)	1.60 (0.05)	2.07 (0.08)	2.59 (0.11)	2.93 (0.14)	73 (2.9)		

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.

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

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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, 2017-March 2020 Prepandemic

	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.....	39	0.01* (0.002)	--	--	--	--	--	--	--	--
4-8.....	90	0.01 (0.002)	--	--	--	--	--	--	--	--
Males:										
9-13.....	41	0.01* (0.003)	--	--	--	--	--	--	--	--
14-18.....	62	0.02* (0.004)	--	--	--	--	--	--	--	--
19-50.....	238	0.03 (0.004)	0.01* (0.002)	0.01 (0.003)	0.02 (0.003)	0.02 (0.004)	0.03 (0.005)	0.04 (0.007)	0.05* (0.008)	
51+.....	164	0.03 (0.005)	0.01* (0.003)	0.01* (0.003)	0.02 (0.004)	0.02 (0.004)	0.03 (0.006)	0.04* (0.007)	0.05* (0.009)	
19+.....	402	0.03 (0.004)	0.01* (0.003)	0.01 (0.003)	0.02 (0.003)	0.02 (0.004)	0.03 (0.005)	0.04 (0.007)	0.05* (0.008)	
Females:										
9-13.....	41	0.02* (0.003)	--	--	--	--	--	--	--	--
14-18.....	52	0.01* (0.002)	--	--	--	--	--	--	--	--
19-50.....	238	0.02 (0.003)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.007)	0.04* (0.009)	
51+.....	199	0.02 (0.003)	0.01* (0.001)	0.01* (0.001)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.007)	0.05* (0.009)	
19+.....	437	0.02 (0.003)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.006)	0.04* (0.008)	
All:										
1+.....	1164	0.02 (0.003)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05 (0.006)	

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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, 2017-March 2020 Prepandemic

	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.....	39	0.02* (0.007)	--	--	--	--	--	--	--	--
4-8.....	90	0.02 (0.007)	--	--	--	--	--	--	--	--
Males:										
9-13.....	41	0.03* (0.009)	--	--	--	--	--	--	--	--
14-18.....	62	0.04* (0.008)	--	--	--	--	--	--	--	--
19-50.....	238	0.08 (0.014)	0.01* (0.004)	0.02 (0.005)	0.03 (0.007)	0.06 (0.010)	0.10 (0.017)	0.17 (0.028)	0.23* (0.040)	
51+.....	164	0.11 (0.019)	0.02* (0.005)	0.03* (0.006)	0.04 (0.010)	0.08 (0.015)	0.14 (0.024)	0.22* (0.037)	0.30* (0.051)	
19+.....	402	0.09 (0.015)	0.02* (0.004)	0.02 (0.005)	0.04 (0.007)	0.06 (0.011)	0.11 (0.018)	0.19 (0.030)	0.26* (0.042)	
Females:										
9-13.....	41	0.03* (0.007)	--	--	--	--	--	--	--	--
14-18.....	52	0.03* (0.005)	--	--	--	--	--	--	--	--
19-50.....	238	0.07 (0.014)	0.01* (0.003)	0.02 (0.004)	0.03 (0.006)	0.05 (0.010)	0.09 (0.017)	0.15 (0.028)	0.21* (0.038)	
51+.....	199	0.08 (0.014)	0.01* (0.003)	0.02* (0.004)	0.03 (0.006)	0.06 (0.011)	0.10 (0.017)	0.17* (0.028)	0.24* (0.039)	
19+.....	437	0.08 (0.014)	0.01* (0.003)	0.02 (0.004)	0.03 (0.006)	0.05 (0.010)	0.10 (0.017)	0.16 (0.027)	0.23* (0.037)	
All:										
1+.....	1164	0.07 (0.011)	0.01 (0.002)	0.01 (0.003)	0.03 (0.005)	0.05 (0.009)	0.09 (0.014)	0.16 (0.022)	0.22 (0.029)	

NOTES: * Estimate may be less reliable due to small sample size and/or large relative standard error
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Table D 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	39	187* (20)	--	--	--	--	--	--	--
4-8.....	90	208 (19)	--	--	--	--	--	--	--
Males:									
9-13.....	41	244* (13)	--	--	--	--	--	--	--
14-18.....	62	305* (13)	--	--	--	--	--	--	--
19-50.....	238	302 (20)	124* (12)	151 (13)	208 (16)	283 (18)	376 (25)	478 (32)	549* (37)
51+.....	164	296 (22)	119* (11)	146* (13)	202 (17)	277 (22)	371 (27)	466* (34)	533* (38)
19+.....	402	300 (20)	123* (11)	149 (13)	206 (15)	281 (19)	374 (25)	475 (32)	544* (36)
Females:									
9-13.....	41	250* (13)	--	--	--	--	--	--	--
14-18.....	52	216* (12)	--	--	--	--	--	--	--
19-50.....	238	238 (14)	99* (8)	122 (9)	166 (11)	224 (13)	294 (19)	376 (27)	429* (29)
51+.....	199	236 (15)	99* (9)	120* (10)	163 (12)	221 (15)	294 (19)	372* (25)	423* (29)
19+.....	437	237 (14)	99* (8)	121 (9)	165 (11)	222 (14)	294 (18)	374 (25)	427* (29)
All:									
1+.....	1164	261 (15)	104 (9)	128 (9)	175 (10)	241 (13)	325 (18)	419 (26)	483 (32)

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	471* (35)	--	--	--	--	--	--	--	--	210	--
4-8.....	90	475 (35)	--	--	--	--	--	--	--	--	275	--
Males:												
9-13.....	41	630* (41)	--	--	--	--	--	--	--	--	445	--
14-18.....	62	581* (34)	--	--	--	--	--	--	--	--	630	--
19-50.....	238	593 (34)	226* (30)	279 (30)	391 (35)	544 (34)	744 (45)	967 (56)	1128* (65)	625	62 (4.8)	
51+.....	164	642 (41)	246* (31)	305* (31)	426 (33)	593 (41)	811 (51)	1041* (66)	1188* (75)	625	54 (5.6)	
19+.....	402	608 (35)	232* (30)	285 (31)	401 (35)	560 (34)	765 (45)	991 (57)	1150* (67)	625	59 (4.9)	
Females:												
9-13.....	41	617* (56)	--	--	--	--	--	--	--	420	--	
14-18.....	52	484* (21)	--	--	--	--	--	--	--	485	--	
19-50.....	238	570 (37)	239* (22)	290 (25)	394 (28)	532 (34)	702 (45)	905 (61)	1041* (73)	500	45 (6.0)	
51+.....	199	606 (28)	257* (22)	308* (23)	416 (24)	564 (26)	753 (36)	957* (51)	1102* (62)	500	39 (4.1)	
19+.....	437	586 (31)	247* (20)	297 (22)	404 (24)	544 (30)	723 (40)	929 (52)	1065* (65)	500	42 (4.8)	
All:												
1+.....	1164	583 (36)	236 (21)	286 (24)	393 (29)	537 (37)	724 (44)	937 (61)	1086 (78)	47	5.6	

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

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

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	39	354* (27)	--	--	--	--	--	--	--	600	--	
4-8.....	90	366 (34)	--	--	--	--	--	--	--	900	--	
Males:												
9-13.....	41	476* (28)	--	--	--	--	--	--	--	1700	--	
14-18.....	62	425* (32)	--	--	--	--	--	--	--	2800	--	
19-50.....	238	333 (22)	107* (11)	136 (11)	204 (14)	299 (19)	426 (31)	572 (43)	679* (55)	3000	<3	
51+.....	164	354 (20)	112* (13)	146* (14)	217 (15)	319 (20)	457 (27)	607* (39)	704* (44)	3000	<3	
19+.....	402	339 (21)	109* (11)	139 (12)	208 (13)	305 (18)	436 (29)	583 (41)	689* (50)	3000	<3	
Females:												
9-13.....	41	446* (42)	--	--	--	--	--	--	--	1700	--	
14-18.....	52	327* (36)	--	--	--	--	--	--	--	2800	--	
19-50.....	238	285 (16)	109* (12)	136 (13)	191 (15)	263 (16)	356 (20)	465 (25)	537* (29)	3000	<3	
51+.....	199	282 (18)	107* (13)	131* (14)	185 (15)	259 (17)	355 (22)	460* (26)	534* (31)	3000	<3	
19+.....	437	284 (17)	108* (12)	134 (13)	188 (15)	262 (16)	356 (20)	462 (25)	535* (30)	3000	<3	
All:												
1+.....	1164	325 (15)	113 (9)	142 (11)	205 (13)	294 (15)	411 (17)	547 (23)	647 (29)	<3		

NOTES: UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table D 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	1.20* (0.03)	--	--	--	--	--	--	--	--	0.4	--
4-8.....	90	1.49 (0.04)	--	--	--	--	--	--	--	--	0.5	--
Males:												
9-13.....	41	1.78* (0.08)	--	--	--	--	--	--	--	--	0.7	--
14-18.....	62	1.88* (0.08)	--	--	--	--	--	--	--	--	1	--
19-50.....	238	1.87 (0.07)	1.08* (0.06)	1.21 (0.06)	1.48 (0.06)	1.81 (0.07)	2.19 (0.08)	2.60 (0.10)	2.87* (0.11)		1	3* (1.3)
51+.....	164	1.88 (0.07)	1.07* (0.07)	1.21* (0.07)	1.48 (0.07)	1.82 (0.07)	2.22 (0.09)	2.60* (0.11)	2.87* (0.12)		1	3* (1.5)
19+.....	402	1.87 (0.07)	1.07* (0.07)	1.21 (0.06)	1.48 (0.06)	1.81 (0.07)	2.20 (0.08)	2.60 (0.10)	2.87* (0.11)		1	3* (1.3)
Females:												
9-13.....	41	1.69* (0.06)	--	--	--	--	--	--	--	--	0.7	--
14-18.....	52	1.36* (0.07)	--	--	--	--	--	--	--	--	0.9	--
19-50.....	238	1.49 (0.04)	0.86* (0.03)	0.97 (0.03)	1.19 (0.03)	1.44 (0.04)	1.74 (0.05)	2.06 (0.07)	2.27* (0.08)		0.9	7* (1.1)
51+.....	199	1.46 (0.05)	0.84* (0.03)	0.95* (0.03)	1.15 (0.03)	1.41 (0.04)	1.72 (0.06)	2.03* (0.08)	2.22* (0.09)		0.9	7* (1.6)
19+.....	437	1.47 (0.04)	0.85* (0.03)	0.96 (0.03)	1.17 (0.03)	1.43 (0.04)	1.73 (0.05)	2.05 (0.07)	2.25* (0.08)		0.9	7 (1.2)
All:												
1+.....	1164	1.64 (0.03)	0.91 (0.03)	1.03 (0.03)	1.27 (0.03)	1.57 (0.04)	1.95 (0.05)	2.35 (0.06)	2.61 (0.06)			5 (0.9)

NOTES: EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	1.46* (0.05)	--	--	--	--	--	--	--	--	0.4	--
4-8.....	90	1.63 (0.05)	--	--	--	--	--	--	--	--	0.5	--
Males:												
9-13.....	41	1.82* (0.08)	--	--	--	--	--	--	--	--	0.8	--
14-18.....	62	1.96* (0.07)	--	--	--	--	--	--	--	--	1.1	--
19-50.....	238	2.01 (0.06)	0.88* (0.06)	1.05 (0.06)	1.40 (0.06)	1.87 (0.06)	2.47 (0.08)	3.13 (0.11)	3.61* (0.15)		1.1	12 (2.1)
51+.....	164	1.95 (0.06)	0.86* (0.07)	1.02* (0.07)	1.36 (0.07)	1.83 (0.06)	2.41 (0.08)	3.01* (0.11)	3.44* (0.13)		1.1	13* (2.7)
19+.....	402	1.99 (0.05)	0.88* (0.06)	1.04 (0.06)	1.39 (0.06)	1.86 (0.05)	2.45 (0.07)	3.10 (0.10)	3.55* (0.14)		1.1	12 (2.2)
Females:												
9-13.....	41	1.77* (0.08)	--	--	--	--	--	--	--	--	0.8	--
14-18.....	52	1.42* (0.06)	--	--	--	--	--	--	--	--	0.9	--
19-50.....	238	1.59 (0.03)	0.86* (0.02)	0.98 (0.02)	1.23 (0.03)	1.54 (0.03)	1.89 (0.04)	2.28 (0.06)	2.53* (0.07)		0.9	7* (0.9)
51+.....	199	1.61 (0.04)	0.87* (0.02)	0.99* (0.03)	1.23 (0.03)	1.54 (0.03)	1.92 (0.05)	2.30* (0.06)	2.54* (0.08)		0.9	6* (0.8)
19+.....	437	1.60 (0.03)	0.86* (0.02)	0.99 (0.02)	1.23 (0.02)	1.54 (0.03)	1.90 (0.04)	2.29 (0.06)	2.54* (0.07)		0.9	6 (0.8)
All:												
1+.....	1164	1.76 (0.02)	0.88 (0.02)	1.02 (0.02)	1.29 (0.02)	1.65 (0.02)	2.11 (0.03)	2.65 (0.05)	3.05 (0.08)			8 (0.9)

NOTES: EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table D 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	13.4* (0.5)	--	--	--	--	--	--	--	--	5	--
4-8.....	90	17.6 (0.5)	--	--	--	--	--	--	--	--	6	--
Males:												
9-13.....	41	21.5* (1.1)	--	--	--	--	--	--	--	--	9	--
14-18.....	62	26.4* (0.8)	--	--	--	--	--	--	--	--	12	--
19-50.....	238	29.8 (0.8)	15.2* (0.9)	17.5 (0.9)	22.3 (0.8)	28.4 (0.8)	35.8 (1.1)	43.8 (1.6)	49.4* (2.0)	12	<3	
51+.....	164	26.2 (0.9)	12.9* (0.9)	15.0* (0.9)	19.3 (0.8)	25.0 (0.9)	31.9 (1.2)	38.9* (1.6)	44.0* (1.9)	12	4* (1.2)	
19+.....	402	28.7 (0.7)	14.2* (0.8)	16.6 (0.8)	21.2 (0.7)	27.3 (0.7)	34.7 (1.0)	42.5 (1.5)	48.1* (1.9)	12	<3	
Females:												
9-13.....	41	20.7* (0.6)	--	--	--	--	--	--	--	9	--	
14-18.....	52	18.1* (1.0)	--	--	--	--	--	--	--	11	--	
19-50.....	238	20.8 (0.7)	12.0* (0.5)	13.7 (0.5)	16.7 (0.5)	20.2 (0.6)	24.4 (0.9)	28.7 (1.2)	31.4* (1.3)	11	<3	
51+.....	199	19.3 (0.8)	11.1* (0.5)	12.5* (0.6)	15.3 (0.6)	18.7 (0.8)	22.8 (1.0)	26.8* (1.3)	29.3* (1.5)	11	5* (1.3)	
19+.....	437	20.1 (0.7)	11.6* (0.5)	13.1 (0.5)	16.0 (0.5)	19.6 (0.7)	23.7 (0.9)	27.9 (1.2)	30.6* (1.3)	11	4* (0.9)	
All:												
1+.....	1164	23.4 (0.5)	11.7 (0.4)	13.5 (0.4)	16.9 (0.5)	21.6 (0.6)	27.9 (0.7)	35.5 (1.0)	41.0 (1.4)		<3	

NOTES: EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	1.33* (0.06)	--	--	--	--	--	--	--	0.4	--	30	--	
4-8.....	90	1.50 (0.05)	--	--	--	--	--	--	--	0.5	--	40	--	
Males:														
9-13.....	41	1.73* (0.11)	--	--	--	--	--	--	--	0.8	--	60	--	
14-18.....	62	2.05* (0.12)	--	--	--	--	--	--	--	1.1	--	80	--	
19-50.....	238	2.53 (0.12)	1.06* (0.10)	1.27 (0.10)	1.72 (0.10)	2.32 (0.10)	3.12 (0.16)	4.04 (0.23)	4.71* (0.28)	1.1	6* (2.2)	100	<3	
51+.....	164	2.34 (0.14)	0.96* (0.12)	1.16* (0.12)	1.57 (0.13)	2.16 (0.15)	2.92 (0.19)	3.73* (0.29)	4.34* (0.34)	1.4	18 (4.6)	100	<3	
19+.....	402	2.47 (0.11)	1.03* (0.10)	1.23 (0.10)	1.67 (0.11)	2.27 (0.12)	3.06 (0.15)	3.95 (0.23)	4.60* (0.29)		10 (2.5)	100	<3	
Females:														
9-13.....	41	1.77* (0.14)	--	--	--	--	--	--	--	0.8	--	60	--	
14-18.....	52	1.46* (0.07)	--	--	--	--	--	--	--	1	--	80	--	
19-50.....	238	1.79 (0.06)	0.94* (0.05)	1.08 (0.05)	1.37 (0.05)	1.72 (0.06)	2.14 (0.08)	2.60 (0.11)	2.90* (0.12)	1.1	11 (2.1)	100	<3	
51+.....	199	1.75 (0.07)	0.92* (0.04)	1.05* (0.05)	1.32 (0.05)	1.67 (0.06)	2.10 (0.08)	2.54* (0.11)	2.83* (0.13)	1.3	24 (3.0)	100	<3	
19+.....	437	1.77 (0.06)	0.93* (0.04)	1.07 (0.04)	1.35 (0.04)	1.70 (0.05)	2.12 (0.07)	2.58 (0.11)	2.88* (0.12)		16 (2.1)	100	<3	
All:														
1+.....	1164	2.02 (0.05)	0.93 (0.03)	1.09 (0.03)	1.39 (0.03)	1.82 (0.05)	2.42 (0.06)	3.19 (0.10)	3.78 (0.15)		12 (1.3)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	39	360* (20)	--	--	--	--	--	--	--	120	--
4-8.....	90	486 (22)	--	--	--	--	--	--	--	160	--
Males:											
9-13.....	41	600* (46)	--	--	--	--	--	--	--	250	--
14-18.....	62	627* (46)	--	--	--	--	--	--	--	330	--
19-50.....	238	620 (30)	326* (24)	372 (25)	471 (27)	594 (31)	741 (35)	900 (42)	1007* (46)	320	4* (2.2)
51+.....	164	602 (34)	312* (24)	359* (26)	453 (29)	577 (33)	724 (40)	870* (47)	975* (52)	320	6* (2.6)
19+.....	402	614 (31)	322* (24)	368 (24)	465 (26)	589 (31)	735 (36)	892 (43)	998* (47)	320	5* (2.2)
Females:											
9-13.....	41	581* (49)	--	--	--	--	--	--	--	250	--
14-18.....	52	468* (32)	--	--	--	--	--	--	--	330	--
19-50.....	238	510 (18)	275* (14)	316 (14)	394 (15)	491 (17)	605 (22)	733 (28)	814* (32)	320	11 (2.3)
51+.....	199	478 (18)	256* (13)	293* (14)	365 (16)	457 (17)	571 (22)	689* (28)	766* (33)	320	15 (3.0)
19+.....	437	496 (17)	266* (13)	305 (13)	381 (15)	477 (16)	591 (21)	713 (27)	796* (32)	320	12 (2.5)
All:											
1+.....	1164	546 (21)	278 (14)	321 (15)	405 (17)	517 (20)	655 (26)	808 (32)	910 (39)		8 (2.0)

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

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	39	134* (10)	--	--	--	--	--	--	--	--	300	--
4-8.....	90	195 (15)	--	--	--	--	--	--	--	--	400	--
Males:												
9-13.....	41	230* (23)	--	--	--	--	--	--	--	--	600	--
14-18.....	62	232* (24)	--	--	--	--	--	--	--	--	800	--
19-50.....	238	208 (15)	74* (9)	92 (10)	134 (12)	190 (15)	262 (19)	345 (25)	405* (29)	1000	<3	
51+.....	164	188 (17)	64* (9)	81* (11)	119 (13)	172 (15)	241 (22)	312* (28)	365* (32)	1000	<3	
19+.....	402	202 (15)	71* (9)	88 (10)	129 (12)	184 (15)	256 (19)	336 (24)	392* (30)	1000	<3	
Females:												
9-13.....	41	218* (26)	--	--	--	--	--	--	--	600	--	
14-18.....	52	166* (19)	--	--	--	--	--	--	--	800	--	
19-50.....	238	153 (9)	53* (5)	68 (6)	99 (7)	140 (8)	194 (12)	255 (15)	298* (19)	1000	<3	
51+.....	199	133 (10)	45* (5)	57* (6)	83 (7)	121 (10)	171 (13)	226* (17)	265* (20)	1000	<3	
19+.....	437	145 (9)	49* (5)	63 (6)	91 (7)	132 (9)	185 (12)	243 (16)	284* (19)	1000	<3	
All:												
1+.....	1164	177 (11)	59 (6)	75 (7)	110 (8)	160 (10)	224 (13)	299 (18)	352 (21)		<3	

NOTES: UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	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.....	39	127* (14)	--	--	--	--	--	--	--
4-8.....	90	147 (13)	--	--	--	--	--	--	--
Males:									
9-13.....	41	200* (16)	--	--	--	--	--	--	--
14-18.....	62	215* (16)	--	--	--	--	--	--	--
19-50.....	238	255 (15)	129* (11)	150 (11)	191 (13)	243 (15)	306 (18)	373 (20)	418* (23)
51+.....	164	273 (18)	141* (13)	163* (14)	206 (15)	262 (18)	329 (21)	393* (25)	439* (26)
19+.....	402	260 (16)	133* (11)	154 (12)	196 (14)	249 (16)	313 (18)	380 (22)	425* (24)
Females:									
9-13.....	41	200* (21)	--	--	--	--	--	--	--
14-18.....	52	177* (13)	--	--	--	--	--	--	--
19-50.....	238	242 (11)	122* (6)	142 (7)	181 (9)	230 (10)	289 (13)	356 (17)	400* (20)
51+.....	199	251 (13)	128* (8)	148* (8)	187 (10)	239 (12)	302 (15)	369* (19)	411* (22)
19+.....	437	246 (11)	124* (6)	145 (7)	184 (9)	234 (10)	295 (13)	362 (17)	405* (20)
All:									
1+.....	1164	237 (12)	113 (6)	133 (7)	172 (9)	225 (11)	289 (15)	358 (18)	403 (20)

NOTES: * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	39	232* (11)	--	--	--	--	--	--	--	200	--	1000	--
4-8.....	90	239 (11)	--	--	--	--	--	--	--	250	--	1000	--
Males:													
9-13.....	41	282* (11)	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	62	335* (11)	--	--	--	--	--	--	--	550	--	3000	--
19-50.....	238	359 (18)	182* (16)	212 (17)	271 (18)	345 (18)	432 (20)	523 (23)	584* (24)	550	7* (1.7)	3500	<3
51+.....	164	372 (19)	190* (15)	221* (15)	282 (18)	359 (19)	450 (21)	536* (24)	595* (27)	550	9* (2.3)	3500	<3
19+.....	402	363 (18)	185* (16)	215 (16)	275 (17)	349 (18)	438 (19)	528 (23)	587* (24)	550	8 (1.9)	3500	<3
Females:													
9-13.....	41	276* (14)	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	52	234* (11)	--	--	--	--	--	--	--	400	--	3000	--
19-50.....	238	292 (10)	162* (6)	186 (7)	230 (8)	283 (10)	344 (13)	411 (17)	452* (18)	425	8* (2.3)	3500	<3
51+.....	199	299 (10)	168* (7)	191* (7)	235 (8)	290 (9)	355 (12)	420* (16)	461* (18)	425	9* (2.5)	3500	<3
19+.....	437	295 (10)	164* (6)	188 (7)	232 (7)	285 (10)	348 (12)	416 (16)	456* (18)	425	9 (2.3)	3500	<3
All:													
1+.....	1164	315 (8)	161 (6)	187 (7)	235 (7)	300 (8)	379 (10)	464 (13)	522 (16)		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
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	3.58* (0.25)	--	--	--	--	--	--	--	--	0.7	--
4-8.....	90	3.78 (0.18)	--	--	--	--	--	--	--	--	1	--
Males:												
9-13.....	41	4.49* (0.47)	--	--	--	--	--	--	--	--	1.5	--
14-18.....	62	5.16* (0.40)	--	--	--	--	--	--	--	--	2	--
19-50.....	238	4.67 (0.24)	1.56* (0.16)	1.96 (0.17)	2.87 (0.18)	4.17 (0.21)	5.94 (0.33)	8.00 (0.52)	9.52* (0.69)	2	11 (2.3)	
51+.....	164	4.23 (0.23)	1.36* (0.16)	1.73* (0.17)	2.56 (0.19)	3.79 (0.24)	5.44 (0.29)	7.22* (0.38)	8.57* (0.50)	2	14 (3.0)	
19+.....	402	4.54 (0.22)	1.48* (0.15)	1.88 (0.16)	2.76 (0.17)	4.05 (0.20)	5.79 (0.30)	7.78 (0.48)	9.26* (0.65)	2	12 (2.3)	
Females:												
9-13.....	41	4.06* (0.31)	--	--	--	--	--	--	--	1.5	--	
14-18.....	52	3.11* (0.19)	--	--	--	--	--	--	--	2	--	
19-50.....	238	3.41 (0.12)	1.45* (0.11)	1.76 (0.12)	2.37 (0.12)	3.17 (0.12)	4.19 (0.15)	5.39 (0.19)	6.19* (0.22)	2	15 (2.6)	
51+.....	199	3.38 (0.18)	1.45* (0.12)	1.74* (0.14)	2.33 (0.16)	3.14 (0.18)	4.19 (0.20)	5.35* (0.23)	6.13* (0.28)	2	16 (3.6)	
19+.....	437	3.40 (0.13)	1.45* (0.12)	1.75 (0.12)	2.35 (0.13)	3.16 (0.13)	4.19 (0.15)	5.37 (0.18)	6.16* (0.21)	2	16 (2.8)	
All:												
1+.....	1164	3.95 (0.14)	1.50 (0.08)	1.84 (0.09)	2.55 (0.10)	3.55 (0.13)	4.88 (0.18)	6.54 (0.29)	7.80 (0.40)	12	1.5	

NOTES: EAR=Estimated Average Requirement
 It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	66.4* (15.6)	--	--	--	--	--	--	--	--	13	--	400	--
4-8.....	90	65.4 (13.0)	--	--	--	--	--	--	--	--	22	--	650	--
Males:														
9-13.....	41	78.9* (8.5)	--	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	62	67.7* (7.2)	--	--	--	--	--	--	--	--	63	--	1800	--
19-50.....	238	92.6 (5.8)	24.3* (3.3)	32.2 (3.8)	51.0 (5.0)	79.2 (5.5)	119.9 (7.1)	169.1 (9.8)	206.4* (11.1)	75	46 (4.5)	2000	<3	
51+.....	164	107.7 (6.9)	29.6* (3.6)	39.2* (4.1)	60.9 (5.5)	94.1 (6.8)	140.1 (8.4)	193.5* (11.7)	230.4* (13.8)	75	36 (4.6)	2000	<3	
19+.....	402	97.3 (5.8)	25.4* (3.4)	33.9 (3.8)	53.8 (4.9)	83.7 (5.7)	126.6 (7.2)	177.6 (9.6)	214.6* (11.7)	75	43 (4.4)	2000	<3	
Females:														
9-13.....	41	87.9* (12.8)	--	--	--	--	--	--	--	39	--	1200	--	
14-18.....	52	61.2* (6.1)	--	--	--	--	--	--	--	56	--	1800	--	
19-50.....	238	94.1 (7.3)	30.0* (3.4)	38.6 (3.9)	57.7 (5.1)	84.3 (6.8)	119.3 (9.0)	162.9 (12.3)	193.2* (13.1)	60	27 (5.1)	2000	<3	
51+.....	199	104.2 (6.9)	34.6* (3.1)	43.6* (3.9)	63.9 (4.7)	93.1 (6.6)	133.4 (8.6)	178.1* (11.9)	210.8* (12.9)	60	22 (3.5)	2000	<3	
19+.....	437	98.5 (6.6)	31.7* (3.2)	40.6 (3.7)	60.1 (4.6)	87.9 (6.3)	125.1 (8.5)	170.5 (10.9)	200.4* (12.1)	60	25 (4.1)	2000	<3	
All:														
1+.....	1164	92.4 (4.5)	26.4 (2.2)	34.5 (2.5)	52.9 (3.3)	80.5 (4.5)	118.8 (5.8)	165.6 (7.1)	198.9 (8.2)	32 (3.1)	--	--	<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
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males:														
19-50.....	34	77.3* (7.3)	--	--	--	--	--	--	--	110	--	2000	--	
51+.....	14	90.2* (10.8)	--	--	--	--	--	--	--	110	--	2000	--	
19+.....	48	79.8* (7.8)	20.1* (3.2)	27.3* (4.1)	44.2* (5.8)	69.5* (7.4)	104.4* (9.9)	144.5* (12.6)	170.8* (15.1)	110	78* (4.7)	2000	<3	
Females:														
19-50.....	6	61.0* (5.9)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	3	72.3* (5.1)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	9	66.3* (4.6)	16.7* (2.5)	24.8* (2.6)	39.1* (3.6)	60.1* (4.7)	84.5* (5.6)	119.9* (9.4)	143.4* (10.2)	95	82* (2.9)	2000	<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males:														
19-50.....	204	93.8 (6.1)	24.8* (3.5)	33.1* (4.0)	51.9 (5.1)	80.7 (5.8)	122.1 (7.7)	170.0* (10.6)	203.9* (12.1)	75	45 (5.0)	2000	<3	
51+.....	150	111.3 (8.6)	31.9* (4.0)	41.8* (4.8)	64.1 (6.2)	97.7 (8.3)	143.8 (11.1)	197.6* (14.8)	233.6* (17.1)	75	33 (5.6)	2000	<3	
19+.....	354	99.5 (6.6)	26.6* (3.6)	35.3 (4.0)	55.1 (5.4)	86.0 (6.5)	129.6 (8.5)	179.8 (11.7)	215.4* (13.1)	75	41 (5.1)	2000	<3	
Females:														
19-50.....	232	94.9 (7.1)	31.8* (3.3)	40.3 (3.9)	58.8 (5.1)	84.9 (6.7)	120.5 (8.7)	163.2 (11.6)	192.2* (13.2)	60	26 (5.1)	2000	<3	
51+.....	196	102.8 (6.6)	35.3* (3.2)	44.5* (3.8)	64.6 (4.6)	92.9 (6.4)	130.2 (8.3)	173.4* (10.5)	204.6* (12.1)	60	22 (3.5)	2000	<3	
19+.....	428	98.3 (6.5)	33.2* (3.1)	42.2 (3.7)	61.0 (4.7)	88.4 (6.2)	124.9 (8.1)	167.7 (10.4)	196.9* (11.9)	60	24 (4.1)	2000	<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males:														
19-50.....	238	91.8 (6.0)	24.2* (3.3)	32.3 (3.9)	50.7 (5.1)	79.0 (5.9)	119.5 (7.5)	166.4 (9.9)	199.6* (11.6)	110/75	49 (4.9)	2000	<3	
51+.....	164	109.9 (8.7)	30.8* (4.1)	40.9* (4.8)	63.0 (6.2)	96.5 (8.5)	142.0 (11.3)	195.5* (14.9)	231.6* (17.0)	110/75	36 (5.9)	2000	<3	
19+.....	402	97.4 (6.5)	25.6* (3.3)	34.2 (3.9)	53.7 (5.2)	84.3 (6.4)	127.0 (8.4)	176.4 (11.4)	211.8* (12.8)	110/75	45 (5.0)	2000	<3	
Females:														
19-50.....	238	94.5 (7.1)	31.3* (3.3)	39.9 (3.8)	58.4 (5.0)	84.4 (6.6)	119.9 (8.6)	162.6 (11.5)	191.3* (13.2)	95/60	27 (5.1)	2000	<3	
51+.....	199	102.3 (6.7)	34.9* (3.2)	44.0* (3.9)	64.0 (4.8)	92.4 (6.5)	129.8 (8.4)	172.7* (10.6)	204.1* (12.3)	95/60	22 (3.8)	2000	<3	
19+.....	437	97.8 (6.5)	32.8* (3.1)	41.7 (3.7)	60.5 (4.7)	87.9 (6.2)	124.4 (8.1)	167.1 (10.4)	196.6* (11.8)	95/60	25 (4.2)	2000	<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	6.2* (0.4)	--	--	--	--	--	--	--	10	--	63	--	
4-8.....	90	5.4 (0.3)	--	--	--	--	--	--	--	10	--	75	--	
Males:														
9-13.....	41	5.8* (0.5)	--	--	--	--	--	--	--	10	--	100	--	
14-18.....	62	5.0* (0.5)	--	--	--	--	--	--	--	10	--	100	--	
19-50.....	238	4.8 (0.4)	1.4* (0.2)	1.8 (0.2)	2.8 (0.3)	4.2 (0.4)	6.2 (0.6)	8.5 (0.7)	10.3* (0.9)	10	94* (1.9)	100	<3	
51+.....	164	5.6 (0.4)	1.7* (0.2)	2.2* (0.2)	3.3 (0.3)	5.0 (0.4)	7.3 (0.5)	9.9* (0.7)	11.6* (0.9)	10	91* (2.5)	100	<3	
19+.....	402	5.1 (0.4)	1.5* (0.2)	1.9 (0.2)	3.0 (0.3)	4.4 (0.4)	6.5 (0.5)	9.0 (0.7)	10.8* (0.8)	10	93 (2.0)	100	<3	
Females:														
9-13.....	41	5.1* (0.4)	--	--	--	--	--	--	--	10	--	100	--	
14-18.....	52	3.4* (0.2)	--	--	--	--	--	--	--	10	--	100	--	
19-50.....	238	3.9 (0.3)	1.3* (0.2)	1.6 (0.2)	2.4 (0.3)	3.5 (0.3)	5.0 (0.4)	6.8 (0.5)	8.2* (0.6)	10	>97	100	<3	
51+.....	199	4.3 (0.3)	1.4* (0.2)	1.8* (0.2)	2.6 (0.3)	3.8 (0.3)	5.5 (0.4)	7.4* (0.5)	8.8* (0.6)	10	>97	100	<3	
19+.....	437	4.1 (0.3)	1.3* (0.2)	1.7 (0.2)	2.5 (0.3)	3.6 (0.3)	5.2 (0.4)	7.1 (0.4)	8.4* (0.5)	10	>97	100	<3	
All:														
1+.....	1164	4.7 (0.3)	1.4 (0.1)	1.8 (0.2)	2.7 (0.2)	4.1 (0.2)	6.0 (0.3)	8.2 (0.4)	9.7 (0.5)	10	96 (1.1)		<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
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	4.9* (0.3)	--	--	--	--	--	--	--	--	5	--
4-8.....	90	5.9 (0.3)	--	--	--	--	--	--	--	--	6	--
Males:												
9-13.....	41	8.6* (0.6)	--	--	--	--	--	--	--	--	9	--
14-18.....	62	9.0* (0.4)	--	--	--	--	--	--	--	--	12	--
19-50.....	238	9.6 (0.4)	4.4* (0.3)	5.2 (0.3)	6.8 (0.3)	9.0 (0.4)	11.7 (0.4)	14.7 (0.5)	16.8* (0.6)	12	77 (2.9)	
51+.....	164	9.6 (0.4)	4.4* (0.3)	5.2* (0.3)	6.9 (0.4)	9.1 (0.4)	11.9 (0.5)	14.6* (0.6)	16.6* (0.7)	12	76 (3.5)	
19+.....	402	9.6 (0.4)	4.4* (0.3)	5.2 (0.3)	6.8 (0.3)	9.0 (0.4)	11.7 (0.4)	14.7 (0.5)	16.7* (0.6)	12	77 (2.9)	
Females:												
9-13.....	41	8.7* (0.6)	--	--	--	--	--	--	--	9	--	
14-18.....	52	7.4* (0.4)	--	--	--	--	--	--	--	12	--	
19-50.....	238	8.3 (0.3)	3.7* (0.2)	4.4 (0.2)	5.9 (0.2)	7.8 (0.3)	10.1 (0.4)	12.9 (0.5)	14.7* (0.6)	12	87 (2.1)	
51+.....	199	8.0 (0.2)	3.6* (0.2)	4.2* (0.2)	5.6 (0.2)	7.5 (0.2)	9.9 (0.3)	12.5* (0.4)	14.2* (0.5)	12	88 (1.8)	
19+.....	437	8.2 (0.2)	3.6* (0.2)	4.3 (0.2)	5.8 (0.2)	7.6 (0.2)	10.0 (0.3)	12.7 (0.4)	14.5* (0.5)	12	87 (1.7)	
All:												
1+.....	1164	8.5 (0.2)	3.8 (0.1)	4.5 (0.1)	5.9 (0.2)	7.9 (0.2)	10.5 (0.3)	13.4 (0.4)	15.3 (0.4)		80 (1.9)	

NOTES: EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	47.4* (3.0)	--	--	--	--	--	--	--	--	30	--
4-8.....	90	56.0 (3.4)	--	--	--	--	--	--	--	--	55	--
Males:												
9-13.....	41	80.0* (8.8)	--	--	--	--	--	--	--	--	60	--
14-18.....	62	95.9* (12.3)	--	--	--	--	--	--	--	--	75	--
19-50.....	238	133.8 (16.7)	49.9* (7.5)	61.2 (8.9)	85.0 (11.9)	120.0 (15.6)	167.2 (21.2)	223.2 (27.4)	265.0* (33.6)	120	50 (9.8)	
51+.....	164	149.1 (13.3)	57.9* (7.2)	70.2* (8.1)	97.0 (9.7)	135.6 (12.5)	187.1 (16.1)	242.6* (21.8)	284.8* (26.3)	120	60 (7.0)	
19+.....	402	138.5 (15.5)	52.2* (7.1)	63.6 (8.6)	88.3 (11.2)	124.7 (14.4)	173.2 (19.2)	229.9 (24.8)	271.8* (29.9)	120	53 (8.8)	
Females:												
9-13.....	41	93.8* (12.4)	--	--	--	--	--	--	--	60	--	
14-18.....	52	86.5* (8.7)	--	--	--	--	--	--	--	75	--	
19-50.....	238	148.3 (10.9)	50.3* (5.9)	62.5 (6.7)	89.9 (8.2)	129.7 (10.3)	184.6 (13.0)	258.1 (17.6)	311.5* (21.4)	90	75 (5.1)	
51+.....	199	155.4 (9.4)	53.4* (4.8)	65.8* (5.4)	93.4 (6.7)	135.3 (8.7)	195.7 (11.8)	269.8* (16.5)	324.0* (20.1)	90	77 (3.7)	
19+.....	437	151.4 (9.6)	51.3* (5.2)	63.7 (5.9)	91.3 (7.2)	132.0 (9.1)	189.2 (11.7)	263.7 (15.7)	316.8* (19.3)	90	76 (4.3)	
All:												
1+.....	1164	131.5 (8.9)	41.4 (2.6)	51.9 (3.7)	76.3 (5.9)	114.2 (8.7)	167.1 (11.9)	232.2 (15.1)	281.6 (17.6)	64	5.0	

NOTES: AI=Adequate Intake
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	884* (54)	--	--	--	--	--	--	--	500	--	2500	--	
4-8.....	90	899 (43)	--	--	--	--	--	--	--	800	--	2500	--	
Males:														
9-13.....	41	953* (90)	--	--	--	--	--	--	--	1100	--	3000	--	
14-18.....	62	1001* (80)	--	--	--	--	--	--	--	1100	--	3000	--	
19-50.....	238	883 (46)	430* (42)	500 (44)	653 (45)	841 (48)	1072 (51)	1316 (54)	1487* (61)	800	45 (6.3)	2500	<3	
51+.....	164	830 (38)	391* (36)	461* (38)	604 (39)	792 (38)	1017 (44)	1240* (52)	1400* (62)	1000	86 (2.9)	2000	<3	
19+.....	402	867 (42)	416* (39)	489 (40)	637 (42)	826 (44)	1056 (47)	1295 (52)	1460* (59)	800	48 (5.6)	2500	<3	
Females:														
9-13.....	41	910* (80)	--	--	--	--	--	--	--	1100	--	3000	--	
14-18.....	52	747* (89)	--	--	--	--	--	--	--	1100	--	3000	--	
19-50.....	238	783 (22)	428* (17)	491 (18)	611 (19)	756 (21)	924 (26)	1111 (34)	1230* (40)	800	57 (3.6)	2500	<3	
51+.....	199	740 (27)	401* (18)	458* (19)	570 (22)	711 (26)	881 (32)	1058* (40)	1166* (45)	1000	86 (2.9)	2000	<3	
19+.....	437	764 (23)	415* (16)	476 (17)	593 (19)	737 (22)	908 (27)	1087 (34)	1206* (39)	800	70 (3.0)	2500	<3	
All:														
1+.....	1164	829 (32)	426 (19)	492 (20)	624 (24)	792 (30)	994 (38)	1211 (48)	1356 (55)	800	59 (4.1)	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
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table D 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	1073* (33)	--	--	--	--	--	--	--	380	--	3000	--	
4-8.....	90	1181 (37)	--	--	--	--	--	--	--	405	--	3000	--	
Males:														
9-13.....	41	1312* (52)	--	--	--	--	--	--	--	1055	--	4000	--	
14-18.....	62	1488* (42)	--	--	--	--	--	--	--	1055	--	4000	--	
19-50.....	238	1458 (47)	810* (49)	925 (49)	1149 (50)	1416 (48)	1727 (50)	2039 (50)	2249* (52)	580	<3	4000	<3	
51+.....	164	1424 (52)	782* (44)	895* (45)	1115 (46)	1389 (51)	1698 (63)	1990* (76)	2192* (84)	580	<3		<3	
19+.....	402	1448 (45)	800* (46)	915 (46)	1138 (46)	1407 (44)	1718 (47)	2025 (50)	2231* (55)	580	<3		<3	
Females:														
9-13.....	41	1276* (63)	--	--	--	--	--	--	--	1055	--	4000	--	
14-18.....	52	1051* (41)	--	--	--	--	--	--	--	1055	--	4000	--	
19-50.....	238	1163 (31)	695* (25)	787 (25)	952 (27)	1142 (31)	1352 (36)	1574 (45)	1706* (49)	580	<3	4000	<3	
51+.....	199	1136 (28)	675* (24)	760* (24)	919 (23)	1110 (28)	1328 (35)	1543* (44)	1670* (50)	580	<3		<3	
19+.....	437	1151 (28)	686* (22)	774 (22)	938 (23)	1128 (28)	1343 (34)	1557 (43)	1692* (47)	580	<3		<3	
All:														
1+.....	1164	1280 (26)	719 (14)	817 (18)	999 (22)	1230 (27)	1508 (35)	1810 (39)	2011 (41)		5 (0.9)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
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 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table D 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	39	207* (12)	--	--	--	--	--	--	--	65	--
4-8.....	90	225 (10)	--	--	--	--	--	--	--	110	--
Males:											
9-13.....	41	268* (12)	--	--	--	--	--	--	--	200	--
14-18.....	62	299* (14)	--	--	--	--	--	--	--	340	--
19-50.....	238	348 (12)	187* (10)	214 (10)	267 (11)	335 (12)	414 (13)	497 (14)	552* (16)	350	53 (4.4)
51+.....	164	364 (15)	198* (12)	226* (12)	282 (13)	352 (14)	435 (17)	513* (19)	569* (20)	350	49 (5.2)
19+.....	402	353 (12)	190* (11)	218 (10)	272 (12)	340 (12)	421 (14)	502 (16)	558* (17)	350	52 (4.4)
Females:											
9-13.....	41	268* (17)	--	--	--	--	--	--	--	200	--
14-18.....	52	237* (10)	--	--	--	--	--	--	--	300	--
19-50.....	238	290 (8)	162* (6)	184 (6)	228 (7)	280 (8)	341 (10)	408 (13)	450* (15)	265	41 (3.8)
51+.....	199	295 (8)	166* (8)	188* (8)	230 (8)	284 (8)	348 (10)	415* (12)	455* (14)	265	41 (3.9)
19+.....	437	292 (8)	163* (6)	186 (6)	229 (6)	282 (7)	344 (9)	411 (12)	452* (14)	265	41 (3.4)
All:											
1+.....	1164	307 (7)	164 (5)	187 (5)	231 (6)	292 (7)	367 (9)	448 (11)	500 (13)	265	43 (2.7)

NOTES: EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	9.3* (0.7)	--	--	--	--	--	--	--	3	--	40	--	
4-8.....	90	12.2 (0.8)	--	--	--	--	--	--	--	4.1	--	40	--	
Males:														
9-13.....	41	15.6* (0.8)	--	--	--	--	--	--	--	5.9	--	40	--	
14-18.....	62	16.8* (0.8)	--	--	--	--	--	--	--	7.7	--	45	--	
19-50.....	238	15.7 (0.7)	8.6* (0.6)	9.7 (0.6)	12.2 (0.6)	15.1 (0.7)	18.7 (0.8)	22.4 (1.0)	25.0* (1.1)	6	<3	45	<3	
51+.....	164	15.9 (0.7)	8.6* (0.5)	9.8* (0.6)	12.2 (0.6)	15.3 (0.7)	19.0 (0.9)	22.6* (1.0)	25.0* (1.1)	6	<3	45	<3	
19+.....	402	15.8 (0.7)	8.6* (0.6)	9.8 (0.6)	12.2 (0.6)	15.2 (0.7)	18.8 (0.8)	22.5 (1.0)	25.0* (1.1)	6	<3	45	<3	
Females:														
9-13.....	41	15.2* (1.0)	--	--	--	--	--	--	--	5.7	--	40	--	
14-18.....	52	12.2* (0.7)	--	--	--	--	--	--	--	7.9	--	45	--	
19-50.....	238	12.5 (0.4)	7.1* (0.3)	8.0 (0.3)	9.9 (0.3)	12.1 (0.4)	14.6 (0.5)	17.5 (0.6)	19.2* (0.8)	8.1	19 (1.7)	45	<3	
51+.....	199	12.4 (0.4)	7.1* (0.3)	8.0* (0.3)	9.7 (0.3)	11.9 (0.4)	14.6 (0.5)	17.3* (0.7)	19.0* (0.8)	5	<3	45	<3	
19+.....	437	12.4 (0.4)	7.1* (0.3)	8.0 (0.3)	9.8 (0.3)	12.0 (0.3)	14.6 (0.5)	17.4 (0.6)	19.2* (0.8)	11 (1.1)		45	<3	
All:														
1+.....	1164	13.9 (0.4)	7.4 (0.2)	8.5 (0.3)	10.5 (0.3)	13.2 (0.3)	16.6 (0.5)	20.3 (0.6)	22.8 (0.7)	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
 -- Estimate not displayed due to small sample size and for consistency of presentation

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	7.0* (0.3)	--	--	--	--	--	--	--	2.5	--	7	--	
4-8.....	90	8.3 (0.3)	--	--	--	--	--	--	--	4	--	12	--	
Males:														
9-13.....	41	10.3* (0.5)	--	--	--	--	--	--	--	7	--	23	--	
14-18.....	62	12.3* (0.4)	--	--	--	--	--	--	--	8.5	--	34	--	
19-50.....	238	11.8 (0.4)	6.6* (0.4)	7.5 (0.3)	9.2 (0.4)	11.4 (0.4)	13.9 (0.4)	16.6 (0.5)	18.4* (0.6)	9.4	27 (4.1)	40	<3	
51+.....	164	11.4 (0.4)	6.3* (0.4)	7.1* (0.4)	8.8 (0.4)	11.0 (0.4)	13.5 (0.5)	16.0* (0.6)	17.7* (0.7)	9.4	32 (4.1)	40	<3	
19+.....	402	11.7 (0.3)	6.5* (0.4)	7.4 (0.3)	9.1 (0.3)	11.2 (0.3)	13.8 (0.4)	16.4 (0.5)	18.2* (0.6)	9.4	28 (3.9)	40	<3	
Females:														
9-13.....	41	9.9* (0.5)	--	--	--	--	--	--	--	7	--	23	--	
14-18.....	52	8.0* (0.2)	--	--	--	--	--	--	--	7.3	--	34	--	
19-50.....	238	8.9 (0.3)	5.2* (0.2)	5.9 (0.2)	7.2 (0.2)	8.7 (0.3)	10.5 (0.3)	12.4 (0.5)	13.6* (0.6)	6.8	20 (2.6)	40	<3	
51+.....	199	8.8 (0.2)	5.0* (0.2)	5.7* (0.2)	6.9 (0.2)	8.5 (0.2)	10.3 (0.3)	12.2* (0.4)	13.3* (0.4)	6.8	23 (2.5)	40	<3	
19+.....	437	8.9 (0.2)	5.1* (0.1)	5.8 (0.1)	7.1 (0.2)	8.6 (0.2)	10.4 (0.3)	12.3 (0.4)	13.5* (0.5)	6.8	21 (2.1)	40	<3	
All:														
1+.....	1164	10.0 (0.3)	5.4 (0.1)	6.1 (0.1)	7.6 (0.2)	9.5 (0.3)	11.9 (0.3)	14.6 (0.4)	16.3 (0.5)		23 (2.5)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
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Table D 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	0.7* (0.05)	--	--	--	--	--	--	--	0.26	--	1	--	
4-8.....	90	0.9 (0.06)	--	--	--	--	--	--	--	0.34	--	3	--	
Males:														
9-13.....	41	1.2* (0.08)	--	--	--	--	--	--	--	0.54	--	5	--	
14-18.....	62	1.3* (0.08)	--	--	--	--	--	--	--	0.685	--	8	--	
19-50.....	238	1.5 (0.06)	0.8* (0.05)	0.9 (0.05)	1.1 (0.05)	1.4 (0.06)	1.7 (0.07)	2.1 (0.08)	2.4* (0.09)	0.7	<3	10	<3	
51+.....	164	1.5 (0.07)	0.8* (0.05)	0.9* (0.06)	1.2 (0.06)	1.5 (0.07)	1.8 (0.08)	2.2* (0.10)	2.5* (0.11)	0.7	<3	10	<3	
19+.....	402	1.5 (0.06)	0.8* (0.05)	0.9 (0.05)	1.1 (0.05)	1.4 (0.06)	1.8 (0.07)	2.2 (0.08)	2.4* (0.09)	0.7	<3	10	<3	
Females:														
9-13.....	41	1.2* (0.10)	--	--	--	--	--	--	--	0.54	--	5	--	
14-18.....	52	1.1* (0.08)	--	--	--	--	--	--	--	0.685	--	8	--	
19-50.....	238	1.2 (0.04)	0.7* (0.02)	0.8 (0.02)	0.9 (0.03)	1.2 (0.03)	1.5 (0.04)	1.8 (0.06)	2.0* (0.07)	0.7	7* (1.2)	10	<3	
51+.....	199	1.3 (0.04)	0.7* (0.02)	0.8* (0.03)	1.0 (0.03)	1.2 (0.03)	1.5 (0.04)	1.9* (0.06)	2.1* (0.07)	0.7	5* (1.0)	10	<3	
19+.....	437	1.3 (0.03)	0.7* (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.5 (0.04)	1.8 (0.05)	2.1* (0.06)	0.7	6 (1.0)	10	<3	
All:														
1+.....	1164	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 (0.06)	2.2 (0.07)		4 (0.7)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
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 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table D 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	65* (5)	--	--	--	--	--	--	--	17	--	90	--	
4-8.....	90	82 (6)	--	--	--	--	--	--	--	23	--	150	--	
Males:														
9-13.....	41	104* (4)	--	--	--	--	--	--	--	35	--	280	--	
14-18.....	62	131* (6)	--	--	--	--	--	--	--	45	--	400	--	
19-50.....	238	133 (3)	80* (3)	89 (3)	108 (3)	130 (3)	155 (4)	180 (4)	196* (5)	45	<3	400	<3	
51+.....	164	129 (4)	77* (4)	86* (3)	104 (4)	127 (4)	152 (4)	176* (5)	192* (5)	45	<3	400	<3	
19+.....	402	132 (3)	79* (3)	88 (3)	107 (2)	129 (2)	154 (3)	179 (4)	195* (5)	45	<3	400	<3	
Females:														
9-13.....	41	102* (7)	--	--	--	--	--	--	--	35	--	280	--	
14-18.....	52	90* (5)	--	--	--	--	--	--	--	45	--	400	--	
19-50.....	238	99 (4)	59* (3)	67 (3)	81 (3)	97 (4)	115 (5)	134 (6)	146* (6)	45	<3	400	<3	
51+.....	199	96 (4)	56* (3)	64* (3)	77 (3)	93 (4)	112 (4)	130* (5)	141* (6)	45	<3	400	<3	
19+.....	437	98 (4)	58* (3)	65 (3)	79 (3)	95 (4)	114 (5)	132 (6)	144* (6)	45	<3	400	<3	
All:														
1+.....	1164	110 (2)	59 (2)	68 (2)	84 (2)	106 (3)	132 (3)	158 (5)	175 (5)		<3		<3	

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Table D 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>CDRR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	39	1875* (107)	--	--	--	--	--	--	--	--	800	--	1200	--
4-8.....	90	2502 (106)	--	--	--	--	--	--	--	--	1000	--	1500	--
Males:														
9-13.....	41	3167* (131)	--	--	--	--	--	--	--	--	1200	--	1800	--
14-18.....	62	3794* (142)	--	--	--	--	--	--	--	--	1500	--	2300	--
19-50.....	238	3969 (108)	2481* (106)	2750 (102)	3272 (108)	3882 (108)	4585 (121)	5290 (134)	5767* (145)	1500	>97	2300	>97	
51+.....	164	3684 (142)	2255* (116)	2508* (119)	3001 (127)	3609 (141)	4297 (177)	4939* (209)	5389* (229)	1500	>97	2300	94* (2.1)	
19+.....	402	3881 (106)	2389* (97)	2661 (98)	3177 (100)	3799 (106)	4502 (122)	5199 (135)	5669* (158)	1500	>97	2300	96* (1.2)	
Females:														
9-13.....	41	3072* (165)	--	--	--	--	--	--	--	--	1200	--	1800	--
14-18.....	52	2714* (147)	--	--	--	--	--	--	--	--	1500	--	2300	--
19-50.....	238	3204 (90)	1978* (81)	2215 (80)	2646 (78)	3141 (90)	3702 (110)	4275 (138)	4633* (146)	1500	>97	2300	88 (2.5)	
51+.....	199	2984 (92)	1822* (71)	2034* (74)	2433 (74)	2913 (90)	3468 (110)	4020* (141)	4348* (160)	1500	>97	2300	81 (3.0)	
19+.....	437	3109 (82)	1904* (69)	2128 (69)	2548 (71)	3046 (81)	3606 (102)	4164 (132)	4527* (143)	1500	>97	2300	85 (2.4)	
All:														
1+.....	1164	3354 (74)	1870 (57)	2140 (67)	2636 (79)	3261 (79)	3968 (94)	4693 (116)	5155 (139)	--	>97	--	90 (1.6)	

NOTES: AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake
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 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table D 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	1992* (84)	--	--	--	--	--	--	--	--	2000	--
4-8.....	90	2044 (63)	--	--	--	--	--	--	--	--	2300	--
Males:												
9-13.....	41	2249* (109)	--	--	--	--	--	--	--	--	2500	--
14-18.....	62	2503* (96)	--	--	--	--	--	--	--	--	3000	--
19-50.....	238	2826 (110)	1524* (115)	1759 (109)	2198 (113)	2745 (114)	3365 (118)	3991 (118)	4406* (123)	3400	24 (3.5)	
51+.....	164	3042 (117)	1705* (108)	1948* (105)	2410 (112)	2974 (116)	3612 (130)	4208* (145)	4595* (161)	3400	32 (4.6)	
19+.....	402	2893 (108)	1574* (106)	1810 (105)	2258 (111)	2815 (109)	3442 (115)	4064 (124)	4474* (130)	3400	26 (3.6)	
Females:												
9-13.....	41	2247* (134)	--	--	--	--	--	--	--	--	2300	--
14-18.....	52	1910* (66)	--	--	--	--	--	--	--	--	2300	--
19-50.....	238	2447 (80)	1443* (55)	1630 (63)	1983 (70)	2395 (79)	2850 (93)	3335 (106)	3634* (121)	2600	38 (4.8)	
51+.....	199	2604 (85)	1568* (63)	1758* (67)	2114 (71)	2547 (82)	3041 (98)	3520* (114)	3814* (124)	2600	47 (4.8)	
19+.....	437	2515 (81)	1488* (54)	1684 (61)	2037 (68)	2461 (80)	2935 (96)	3430 (109)	3726* (118)	2600	42 (4.7)	
All:												
1+.....	1164	2590 (61)	1444 (47)	1643 (48)	2016 (49)	2494 (59)	3067 (78)	3667 (96)	4047 (107)		33 (2.8)	

NOTES: AI=Adequate Intake
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Table D 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	39	3.5* (1.1)	--	--	--	--	--	--	--
4-8.....	90	5.8 (1.3)	--	--	--	--	--	--	--
Males:									
9-13.....	41	16.6* (3.8)	--	--	--	--	--	--	--
14-18.....	62	32.5* (6.8)	--	--	--	--	--	--	--
19-50.....	238	110.1 (12.3)	6.3* (1.7)	12.7 (3.3)	33.7 (6.6)	78.7 (11.4)	152.0 (16.5)	246.7 (21.8)	320.8* (26.5)
51+.....	164	136.3 (11.5)	16.6* (3.3)	26.6* (4.6)	55.3 (7.5)	107.1 (11.1)	187.4 (14.7)	280.4* (19.2)	352.0* (22.8)
19+.....	402	118.2 (10.6)	8.1* (1.9)	15.8 (3.2)	39.2 (5.7)	87.7 (9.7)	163.5 (14.6)	260.1 (18.2)	332.2* (23.0)
Females:									
9-13.....	41	13.8* (3.3)	--	--	--	--	--	--	--
14-18.....	52	24.5* (4.2)	--	--	--	--	--	--	--
19-50.....	238	90.9 (5.1)	5.6* (1.2)	11.0 (1.7)	28.7 (2.4)	66.0 (4.1)	124.7 (7.3)	205.0 (12.3)	264.8* (15.9)
51+.....	199	112.6 (7.8)	10.6* (1.8)	18.9* (2.7)	42.2 (4.5)	85.7 (7.3)	155.8 (10.8)	241.6* (14.8)	305.8* (19.9)
19+.....	437	100.2 (5.2)	7.2* (1.3)	13.6 (1.8)	33.9 (2.8)	74.5 (4.2)	137.5 (7.1)	222.6 (12.1)	282.4* (15.0)
All:									
1+.....	1164	91.0 (4.4)	2.5 (0.4)	5.1 (0.7)	18.8 (2.0)	59.6 (3.8)	129.7 (6.3)	221.1 (11.3)	287.4 (14.7)

NOTES: * Estimate may be less reliable due to small sample size and/or large relative standard error
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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	15.0* (0.5)	--	--	--	--	--	--	--	--	5-20%	--
4-8.....	90	14.4 (0.5)	--	--	--	--	--	--	--	--	10-30%	--
Males:												
9-13.....	41	14.5* (0.6)	--	--	--	--	--	--	--	--	10-30%	--
14-18.....	62	16.2* (0.5)	--	--	--	--	--	--	--	--	10-30%	--
19-50.....	238	17.1 (0.5)	12.2* (0.5)	13.2 (0.4)	14.9 (0.4)	16.9 (0.5)	19.1 (0.5)	21.2 (0.6)	22.6* (0.7)		10-35%	>97
51+.....	164	16.8 (0.5)	12.0* (0.5)	12.9* (0.5)	14.6 (0.5)	16.6 (0.6)	18.8 (0.6)	20.8* (0.7)	22.1* (0.7)		10-35%	>97
19+.....	402	17.0 (0.5)	12.2* (0.5)	13.1 (0.5)	14.8 (0.5)	16.8 (0.5)	19.0 (0.5)	21.1 (0.6)	22.5* (0.7)		10-35%	>97
Females:												
9-13.....	41	14.5* (0.4)	--	--	--	--	--	--	--	--	10-30%	--
14-18.....	52	14.2* (0.5)	--	--	--	--	--	--	--	--	10-30%	--
19-50.....	238	16.2 (0.2)	11.6* (0.3)	12.5 (0.2)	14.2 (0.2)	16.0 (0.2)	18.0 (0.3)	20.1 (0.4)	21.3* (0.4)		10-35%	>97
51+.....	199	16.4 (0.2)	11.8* (0.3)	12.7* (0.3)	14.3 (0.2)	16.2 (0.2)	18.3 (0.3)	20.3* (0.4)	21.5* (0.5)		10-35%	>97
19+.....	437	16.3 (0.2)	11.7* (0.3)	12.6 (0.2)	14.2 (0.2)	16.1 (0.2)	18.1 (0.3)	20.2 (0.4)	21.4* (0.4)		10-35%	>97
All:												
1+.....	1164	16.2 (0.3)	11.8 (0.2)	12.6 (0.2)	14.1 (0.2)	16.0 (0.3)	18.1 (0.4)	20.2 (0.6)	21.6 (0.6)			>97

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	39	52.7* (1.1)	--	--	--	--	--	--	--	45-65%	--
4-8.....	90	52.9 (1.2)	--	--	--	--	--	--	--	45-65%	--
Males:											
9-13.....	41	53.8* (0.9)	--	--	--	--	--	--	--	45-65%	--
14-18.....	62	50.8* (0.8)	--	--	--	--	--	--	--	45-65%	--
19-50.....	238	49.7 (0.8)	36.9* (0.8)	39.6 (0.8)	44.5 (0.7)	49.6 (0.8)	54.9 (0.9)	59.8 (1.0)	62.7* (1.1)	45-65%	70 (2.8)
51+.....	164	49.9 (1.1)	37.0* (1.1)	39.8* (1.1)	44.6 (1.1)	49.9 (1.1)	55.3 (1.2)	60.0* (1.2)	62.7* (1.3)	45-65%	71 (3.7)
19+.....	402	49.7 (0.9)	36.9* (0.8)	39.6 (0.8)	44.5 (0.8)	49.7 (0.9)	55.0 (1.0)	59.8 (1.1)	62.7* (1.1)	45-65%	71 (3.0)
Females:											
9-13.....	41	53.6* (0.9)	--	--	--	--	--	--	--	45-65%	--
14-18.....	52	52.9* (1.2)	--	--	--	--	--	--	--	45-65%	--
19-50.....	238	51.3 (0.7)	38.8* (0.6)	41.6 (0.6)	46.4 (0.6)	51.3 (0.7)	56.3 (0.9)	61.2 (1.2)	64.0* (1.2)	45-65%	77 (1.6)
51+.....	199	51.1 (0.6)	38.6* (0.6)	41.2* (0.5)	45.9 (0.5)	51.0 (0.6)	56.3 (0.7)	60.9* (0.9)	63.8* (0.9)	45-65%	75 (1.8)
19+.....	437	51.2 (0.7)	38.7* (0.6)	41.4 (0.6)	46.2 (0.5)	51.2 (0.7)	56.3 (0.8)	61.1 (1.0)	63.9* (1.0)	45-65%	76 (1.5)
All:											
1+.....	1164	50.9 (0.6)	38.5 (0.9)	41.4 (0.8)	46.3 (0.7)	51.1 (0.6)	55.8 (0.6)	60.1 (0.6)	62.8 (0.7)	45-65%	77 (2.4)

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	39	33.5* (0.9)	--	--	--	--	--	--	--	30-40%	--
4-8.....	90	33.7 (0.6)	--	--	--	--	--	--	--	25-35%	--
Males:											
9-13.....	41	32.9* (0.8)	--	--	--	--	--	--	--	25-35%	--
14-18.....	62	33.6* (0.7)	--	--	--	--	--	--	--	25-35%	--
19-50.....	238	32.1 (0.6)	22.7* (0.9)	24.8 (0.8)	28.4 (0.6)	32.2 (0.6)	35.9 (0.7)	39.3 (0.8)	41.4* (0.9)	20-35%	67 (3.9)
51+.....	164	32.6 (0.6)	23.1* (0.8)	25.2* (0.7)	28.8 (0.6)	32.7 (0.6)	36.5 (0.7)	39.7* (0.8)	41.6* (1.0)	20-35%	64 (4.1)
19+.....	402	32.3 (0.6)	22.8* (0.9)	24.9 (0.7)	28.6 (0.6)	32.3 (0.5)	36.1 (0.6)	39.4 (0.8)	41.5* (0.9)	20-35%	66 (3.8)
Females:											
9-13.....	41	33.2* (0.8)	--	--	--	--	--	--	--	25-35%	--
14-18.....	52	33.9* (0.8)	--	--	--	--	--	--	--	25-35%	--
19-50.....	238	32.8 (0.7)	23.9* (1.0)	26.0 (1.0)	29.3 (0.8)	32.8 (0.7)	36.3 (0.7)	39.6 (0.6)	41.5* (0.7)	20-35%	66 (4.3)
51+.....	199	33.0 (0.8)	24.3* (1.1)	26.2* (1.1)	29.5 (1.0)	33.0 (0.8)	36.6 (0.7)	39.8* (0.7)	41.7* (0.7)	20-35%	64 (5.2)
19+.....	437	32.9 (0.7)	24.1* (1.1)	26.1 (1.0)	29.4 (0.9)	32.9 (0.7)	36.4 (0.6)	39.7 (0.6)	41.5* (0.6)	20-35%	65 (4.5)
All:											
1+.....	1164	32.8 (0.4)	24.0 (0.6)	26.1 (0.5)	29.5 (0.4)	32.9 (0.4)	36.2 (0.4)	39.2 (0.5)	41.2 (0.6)		66 (2.6)

NOTES: AMDR=Acceptable Macronutrient Distribution Range
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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, 2017-March 2020 Prepandemic

	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.....	39	12.5* (0.3)	--	--	--	--	--	--	--	--
4-8.....	90	12.3 (0.3)	--	--	--	--	--	--	--	--
Males:										
9-13.....	41	11.4* (0.4)	--	--	--	--	--	--	--	--
14-18.....	62	11.5* (0.4)	--	--	--	--	--	--	--	--
19-50.....	238	9.7 (0.3)	6.5* (0.3)	7.1 (0.3)	8.3 (0.3)	9.7 (0.3)	11.1 (0.4)	12.5 (0.4)	13.3* (0.4)	56 (6.5)
51+.....	164	9.6 (0.4)	6.3* (0.3)	6.9* (0.3)	8.2 (0.4)	9.6 (0.4)	11.0 (0.4)	12.3* (0.5)	13.0* (0.5)	59 (7.2)
19+.....	402	9.7 (0.3)	6.4* (0.3)	7.0 (0.3)	8.3 (0.3)	9.6 (0.3)	11.1 (0.4)	12.4 (0.4)	13.2* (0.4)	57 (6.6)
Females:										
9-13.....	41	11.7* (0.4)	--	--	--	--	--	--	--	--
14-18.....	52	11.3* (0.4)	--	--	--	--	--	--	--	--
19-50.....	238	10.1 (0.3)	7.2* (0.4)	7.8 (0.3)	8.9 (0.3)	10.0 (0.3)	11.3 (0.3)	12.5 (0.3)	13.2* (0.4)	50 (6.1)
51+.....	199	10.2 (0.3)	7.3* (0.3)	7.9* (0.3)	8.9 (0.3)	10.1 (0.3)	11.4 (0.3)	12.6* (0.4)	13.3* (0.4)	48 (6.6)
19+.....	437	10.1 (0.3)	7.2* (0.3)	7.8 (0.3)	8.9 (0.3)	10.0 (0.3)	11.3 (0.3)	12.5 (0.3)	13.3* (0.4)	49 (6.0)
All:										
1+.....	1164	10.3 (0.2)	6.9 (0.2)	7.7 (0.2)	8.9 (0.2)	10.2 (0.2)	11.7 (0.2)	13.0 (0.2)	13.8 (0.3)	46 (3.9)

NOTES: † 2020-2025 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<https://www.dietaryguidelines.gov/current-dietary-guidelines>)
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	5.9* (0.2)	--	--	--	--	--	--	--	--	05-10%	--
4-8.....	90	6.1 (0.1)	--	--	--	--	--	--	--	--	05-10%	--
Males:												
9-13.....	41	6.9* (0.3)	--	--	--	--	--	--	--	--	05-10%	--
14-18.....	62	6.8* (0.3)	--	--	--	--	--	--	--	--	05-10%	--
19-50.....	238	6.9 (0.2)	4.6* (0.2)	5.0 (0.2)	5.8 (0.2)	6.8 (0.2)	7.9 (0.3)	9.0 (0.5)	9.7* (0.6)		05-10%	86 (4.4)
51+.....	164	7.2 (0.3)	4.8* (0.2)	5.3* (0.2)	6.1 (0.2)	7.2 (0.2)	8.3 (0.4)	9.3* (0.5)	10.0* (0.6)		05-10%	88* (4.7)
19+.....	402	7.0 (0.2)	4.6* (0.2)	5.1 (0.2)	5.9 (0.2)	6.9 (0.2)	8.0 (0.3)	9.1 (0.5)	9.8* (0.6)		05-10%	87 (4.4)
Females:												
9-13.....	41	6.9* (0.2)	--	--	--	--	--	--	--	--	05-10%	--
14-18.....	52	7.3* (0.3)	--	--	--	--	--	--	--	--	05-10%	--
19-50.....	238	7.1 (0.2)	4.6* (0.3)	5.1 (0.3)	6.0 (0.2)	6.9 (0.2)	8.0 (0.2)	9.2 (0.2)	9.8* (0.2)		05-10%	87 (3.4)
51+.....	199	7.0 (0.1)	4.6* (0.3)	5.1* (0.2)	5.9 (0.2)	6.9 (0.2)	8.0 (0.2)	9.1* (0.2)	9.8* (0.3)		05-10%	87 (3.2)
19+.....	437	7.0 (0.1)	4.6* (0.3)	5.1 (0.2)	5.9 (0.2)	6.9 (0.2)	8.0 (0.1)	9.1 (0.2)	9.8* (0.2)		05-10%	87 (3.3)
All:												
1+.....	1164	6.9 (0.2)	4.6 (0.2)	5.1 (0.2)	5.9 (0.2)	6.8 (0.2)	7.9 (0.2)	9.0 (0.3)	9.6 (0.3)		05-10%	88 (2.5)

NOTES: AMDR=Acceptable Macronutrient Distribution Range
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	39	0.61* (0.04)	--	--	--	--	--	--	--	--	0.6-1.2%	--
4-8.....	90	0.63 (0.04)	--	--	--	--	--	--	--	--	0.6-1.2%	--
Males:												
9-13.....	41	0.68* (0.04)	--	--	--	--	--	--	--	--	0.6-1.2%	--
14-18.....	62	0.71* (0.03)	--	--	--	--	--	--	--	--	0.6-1.2%	--
19-50.....	238	0.74 (0.04)	0.44* (0.03)	0.49 (0.03)	0.60 (0.02)	0.72 (0.03)	0.87 (0.06)	1.02 (0.09)	1.13* (0.11)	0.6-1.2%	72 (4.6)	
51+.....	164	0.81 (0.05)	0.49* (0.03)	0.54* (0.02)	0.65 (0.03)	0.79 (0.05)	0.95 (0.08)	1.11* (0.11)	1.21* (0.14)	0.6-1.2%	77 (5.2)	
19+.....	402	0.77 (0.04)	0.45* (0.03)	0.51 (0.03)	0.61 (0.02)	0.74 (0.04)	0.90 (0.07)	1.05 (0.10)	1.15* (0.12)	0.6-1.2%	73 (4.4)	
Females:												
9-13.....	41	0.74* (0.04)	--	--	--	--	--	--	--	--	0.6-1.2%	--
14-18.....	52	0.80* (0.05)	--	--	--	--	--	--	--	--	0.6-1.2%	--
19-50.....	238	0.81 (0.03)	0.50* (0.04)	0.56 (0.04)	0.66 (0.03)	0.79 (0.03)	0.93 (0.04)	1.09 (0.05)	1.18* (0.06)	0.6-1.2%	81 (5.2)	
51+.....	199	0.84 (0.03)	0.53* (0.03)	0.58* (0.03)	0.69 (0.03)	0.82 (0.03)	0.98 (0.04)	1.13* (0.05)	1.24* (0.07)	0.6-1.2%	82 (4.5)	
19+.....	437	0.82 (0.03)	0.51* (0.04)	0.57 (0.03)	0.67 (0.03)	0.80 (0.03)	0.95 (0.04)	1.11 (0.05)	1.21* (0.06)	0.6-1.2%	81 (4.9)	
All:												
1+.....	1164	0.77 (0.03)	0.47 (0.03)	0.53 (0.03)	0.63 (0.02)	0.75 (0.03)	0.90 (0.04)	1.06 (0.06)	1.16 (0.08)	0.6-1.2%	76 (4.1)	

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

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

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

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

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

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

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

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

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