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

What We Eat in America, NHANES 2013-2016

Table C

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

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

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	1377 (29)	940* (30)	1025 (29)	1173 (28)	1354 (29)	1556 (33)	1759 (40)	1887* (45)
4-8.....	418	1725 (35)	1203 (35)	1305 (34)	1482 (34)	1701 (35)	1940 (40)	2181 (47)	2336 (55)
Males:									
9-13.....	208	2044 (50)	1338* (41)	1465 (41)	1709 (44)	2009 (51)	2336 (57)	2668 (68)	2877* (76)
14-18.....	190	2243 (52)	1490* (44)	1630 (44)	1890 (47)	2211 (51)	2557 (60)	2900 (71)	3126* (83)
19-50.....	525	2433 (54)	1498 (41)	1666 (42)	1991 (47)	2387 (53)	2825 (65)	3256 (74)	3519 (83)
51+.....	496	2224 (55)	1316 (46)	1488 (47)	1796 (50)	2176 (55)	2602 (64)	3017 (74)	3286 (80)
19+.....	1021	2356 (52)	1418 (42)	1594 (43)	1913 (46)	2308 (52)	2749 (61)	3180 (71)	3449 (80)
Females:									
9-13.....	183	1816 (47)	1151* (43)	1277 (42)	1503 (44)	1781 (47)	2090 (52)	2393 (59)	2597* (66)
14-18.....	182	1675 (49)	1048* (40)	1162 (41)	1382 (43)	1644 (49)	1938 (58)	2225 (64)	2408* (71)
19-50.....	589	1862 (25)	1146 (28)	1287 (27)	1534 (26)	1827 (25)	2158 (28)	2476 (34)	2688 (38)
51+.....	479	1717 (29)	1035 (29)	1162 (29)	1395 (28)	1687 (29)	2001 (32)	2314 (36)	2506 (42)
19+.....	1068	1805 (25)	1094 (26)	1230 (26)	1476 (25)	1772 (25)	2099 (27)	2417 (33)	2624 (38)
All:									
1+.....	3524	1986 (22)	1154 (18)	1298 (18)	1564 (17)	1912 (20)	2332 (28)	2779 (43)	3068 (54)

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	49.0 (0.9)	32.4* (1.1)	35.6 (0.9)	41.2 (0.8)	48.1 (0.8)	55.8 (1.1)	63.6 (1.5)	68.4* (1.9)
4-8.....	418	58.6 (1.2)	39.2 (1.3)	43.0 (1.3)	49.5 (1.2)	57.6 (1.2)	66.5 (1.4)	75.5 (1.8)	81.3 (2.2)
Males:									
9-13.....	208	70.8 (1.9)	42.1* (1.8)	47.0 (1.6)	56.6 (1.5)	68.9 (1.9)	82.7 (2.6)	97.1 (3.9)	106.5* (4.8)
14-18.....	190	83.2 (1.9)	50.9* (2.2)	56.6 (2.0)	67.4 (1.7)	81.3 (1.8)	96.7 (2.7)	112.4 (3.9)	122.9* (5.0)
19-50.....	525	93.8 (2.3)	56.0 (1.9)	62.8 (1.9)	75.6 (2.1)	91.7 (2.3)	109.8 (2.8)	127.5 (3.2)	139.0 (3.7)
51+.....	496	86.2 (1.8)	49.2 (1.7)	56.0 (1.7)	68.5 (1.7)	83.9 (1.8)	101.5 (2.1)	118.9 (2.4)	130.2 (2.8)
19+.....	1021	91.0 (2.1)	53.0 (1.8)	60.0 (1.8)	72.8 (1.9)	88.8 (2.0)	106.9 (2.4)	124.8 (2.9)	136.1 (3.3)
Females:									
9-13.....	183	61.6 (1.8)	35.2* (1.7)	40.0 (1.6)	48.7 (1.5)	59.7 (1.7)	72.5 (2.4)	85.4 (3.5)	94.3* (4.3)
14-18.....	182	57.4 (1.8)	32.5* (2.1)	36.8 (2.0)	45.2 (1.8)	55.7 (1.8)	67.9 (2.3)	80.1 (2.9)	88.1* (3.5)
19-50.....	589	68.0 (1.1)	41.2 (1.0)	46.4 (1.0)	55.6 (1.0)	66.6 (1.0)	79.1 (1.2)	91.1 (1.5)	99.2 (1.7)
51+.....	479	63.7 (0.9)	37.8 (0.9)	42.6 (0.9)	51.5 (0.8)	62.5 (0.8)	74.5 (1.0)	86.5 (1.3)	93.9 (1.6)
19+.....	1068	66.3 (0.9)	39.6 (0.9)	44.7 (0.9)	53.9 (0.9)	65.0 (0.9)	77.3 (1.1)	89.4 (1.4)	97.3 (1.6)
All:									
1+.....	3524	73.5 (0.9)	40.2 (0.7)	45.6 (0.6)	55.8 (0.6)	69.7 (0.7)	87.4 (1.2)	106.8 (1.9)	119.3 (2.4)

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	4.02 (0.06)	2.58* (0.06)	2.86 (0.05)	3.35 (0.05)	3.95 (0.06)	4.61 (0.08)	5.26 (0.12)	5.66* (0.14)	0.87	<3
4-8.....	417	2.51 (0.06)	1.45 (0.05)	1.64 (0.05)	2.00 (0.05)	2.45 (0.06)	2.95 (0.07)	3.46 (0.09)	3.79 (0.10)	0.76	<3
Males:											
9-13.....	207	1.66 (0.07)	0.86* (0.07)	1.00 (0.06)	1.26 (0.06)	1.61 (0.07)	2.00 (0.08)	2.40 (0.09)	2.66* (0.11)	0.76	<3
14-18.....	190	1.23 (0.03)	0.57* (0.04)	0.68 (0.03)	0.90 (0.03)	1.18 (0.03)	1.51 (0.05)	1.86 (0.07)	2.09* (0.09)	0.73	13 (2.2)
19-50.....	523	1.26 (0.03)	0.65 (0.03)	0.76 (0.03)	0.96 (0.03)	1.22 (0.03)	1.51 (0.04)	1.80 (0.05)	1.99 (0.06)	0.66	5 (1.2)
51+.....	486	1.17 (0.03)	0.58 (0.02)	0.68 (0.02)	0.88 (0.02)	1.13 (0.03)	1.41 (0.03)	1.69 (0.04)	1.87 (0.05)	0.66	9 (1.3)
19+.....	1009	1.22 (0.03)	0.62 (0.03)	0.73 (0.03)	0.93 (0.03)	1.19 (0.03)	1.48 (0.04)	1.77 (0.05)	1.95 (0.05)	0.66	7 (1.2)
Females:											
9-13.....	181	1.44 (0.05)	0.70* (0.05)	0.83 (0.05)	1.07 (0.04)	1.38 (0.04)	1.75 (0.06)	2.12 (0.08)	2.37* (0.09)	0.76	7* (1.7)
14-18.....	179	0.95 (0.04)	0.39* (0.04)	0.48 (0.04)	0.66 (0.04)	0.90 (0.04)	1.18 (0.04)	1.48 (0.05)	1.67* (0.06)	0.71	30 (4.1)
19-50.....	581	1.05 (0.01)	0.57 (0.02)	0.66 (0.02)	0.82 (0.02)	1.02 (0.01)	1.25 (0.02)	1.46 (0.02)	1.61 (0.02)	0.66	10 (1.2)
51+.....	475	1.00 (0.01)	0.53 (0.02)	0.62 (0.02)	0.78 (0.02)	0.98 (0.01)	1.19 (0.01)	1.41 (0.02)	1.55 (0.02)	0.66	13 (1.4)
19+.....	1056	1.03 (0.01)	0.55 (0.02)	0.64 (0.02)	0.80 (0.01)	1.00 (0.01)	1.23 (0.01)	1.44 (0.02)	1.59 (0.02)	0.66	11 (1.2)
All:											
1+.....	3493	1.38 (0.02)	0.59 (0.01)	0.69 (0.01)	0.89 (0.01)	1.17 (0.01)	1.56 (0.02)	2.31 (0.04)	3.12 (0.07)		9 (0.7)

NOTES: EAR=Estimated Average Requirement
 Excluded individuals 4 and over without height and weight data.
 For individuals 4-19, body weights outside of normal range set to their normal boundary; for individuals 19 and over, to Body Mass Index cutoffs. For children 1-3, assumed reference weights.
 * Estimate may be less reliable due to small sample size and/or large relative standard error

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	183 (4)	121* (4)	133 (4)	154 (4)	180 (4)	208 (5)	236 (6)	255* (6)	100	<3
4-8.....	418	231 (5)	159 (5)	173 (5)	198 (5)	228 (5)	261 (5)	295 (6)	317 (7)	100	<3
Males:											
9-13.....	208	269 (7)	174* (8)	191 (8)	224 (7)	265 (8)	308 (8)	353 (9)	381* (10)	100	<3
14-18.....	190	284 (7)	185* (8)	204 (7)	238 (7)	280 (8)	325 (8)	370 (10)	400* (11)	100	<3
19-50.....	525	281 (6)	155 (5)	177 (5)	219 (5)	273 (6)	334 (7)	395 (9)	433 (10)	100	<3
51+.....	496	256 (7)	137 (6)	158 (6)	197 (6)	247 (7)	306 (8)	364 (9)	402 (10)	100	<3
19+.....	1021	272 (6)	147 (5)	169 (5)	210 (5)	263 (6)	324 (7)	385 (8)	424 (9)	100	<3
Females:											
9-13.....	183	239 (6)	150* (7)	167 (7)	197 (7)	235 (6)	276 (7)	317 (7)	344* (8)	100	<3
14-18.....	182	218 (6)	134* (6)	149 (6)	179 (5)	214 (6)	253 (7)	292 (8)	316* (9)	100	<3
19-50.....	589	228 (4)	129 (4)	148 (4)	182 (4)	222 (4)	269 (4)	315 (5)	346 (5)	100	<3
51+.....	479	208 (4)	115 (4)	132 (4)	163 (4)	203 (4)	247 (4)	292 (4)	320 (5)	100	<3
19+.....	1068	220 (3)	123 (4)	141 (4)	174 (4)	215 (3)	261 (4)	306 (4)	336 (5)	100	<3
All:											
1+.....	3524	242 (3)	135 (2)	154 (2)	189 (2)	233 (2)	286 (3)	341 (4)	379 (5)	100	<3

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	90 (2)	54* (2)	60 (2)	72 (2)	87 (2)	105 (2)	123 (3)	134* (3)
4-8.....	418	103 (2)	63 (2)	71 (2)	84 (2)	101 (2)	120 (3)	139 (3)	153 (4)
Males:									
9-13.....	208	121 (4)	71* (4)	79 (4)	96 (4)	118 (4)	142 (4)	168 (4)	184* (4)
14-18.....	190	128 (3)	75* (4)	84 (4)	102 (4)	125 (4)	150 (4)	175 (4)	192* (5)
19-50.....	525	122 (4)	48 (2)	59 (2)	82 (3)	114 (3)	152 (4)	194 (6)	221 (7)
51+.....	496	110 (4)	42 (2)	52 (3)	73 (3)	102 (3)	138 (5)	178 (6)	204 (6)
19+.....	1021	117 (3)	46 (2)	56 (2)	78 (3)	109 (3)	148 (4)	188 (6)	216 (7)
Females:									
9-13.....	183	107 (3)	60* (4)	68 (4)	84 (4)	104 (3)	127 (3)	150 (4)	165* (4)
14-18.....	182	96 (2)	53* (3)	60 (3)	75 (3)	94 (3)	115 (3)	136 (3)	150* (4)
19-50.....	589	104 (3)	46 (2)	56 (2)	75 (2)	99 (3)	129 (4)	159 (5)	181 (6)
51+.....	479	98 (3)	43 (2)	51 (3)	69 (3)	93 (3)	121 (4)	151 (5)	171 (5)
19+.....	1068	102 (3)	45 (2)	54 (2)	72 (2)	96 (3)	126 (3)	156 (5)	177 (5)
All:									
1+.....	3524	108 (2)	48 (1)	58 (1)	78 (1)	102 (2)	132 (2)	165 (3)	189 (4)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	9.7 (0.3)	5.2* (0.3)	6.0 (0.3)	7.5 (0.3)	9.4 (0.3)	11.6 (0.3)	13.9 (0.4)	15.3* (0.5)	19	<3
4-8.....	418	12.6 (0.4)	7.2 (0.3)	8.2 (0.3)	10.0 (0.4)	12.2 (0.4)	14.8 (0.5)	17.5 (0.6)	19.2 (0.7)	25	<3
Males:											
9-13.....	208	14.4 (0.5)	7.9* (0.4)	9.0 (0.4)	11.1 (0.5)	13.9 (0.6)	17.0 (0.7)	20.4 (0.8)	22.6* (0.9)	31	<3
14-18.....	190	14.4 (0.5)	7.9* (0.4)	9.0 (0.4)	11.1 (0.4)	14.0 (0.5)	17.2 (0.6)	20.5 (0.8)	22.8* (1.0)	38	<3
19-50.....	525	15.3 (0.4)	6.5 (0.3)	7.9 (0.3)	10.7 (0.3)	14.4 (0.4)	19.0 (0.5)	23.7 (0.7)	26.7 (0.8)	38	<3
51+.....	496	15.9 (0.4)	7.0 (0.4)	8.4 (0.4)	11.2 (0.4)	15.0 (0.4)	19.6 (0.5)	24.5 (0.7)	27.8 (0.8)	30	<3
19+.....	1021	15.5 (0.4)	6.6 (0.3)	8.0 (0.3)	10.9 (0.3)	14.6 (0.3)	19.2 (0.5)	24.0 (0.6)	27.1 (0.7)		<3
Females:											
9-13.....	183	13.2 (0.5)	7.0* (0.4)	8.1 (0.4)	10.1 (0.4)	12.7 (0.4)	15.8 (0.6)	18.9 (0.7)	21.1* (0.9)	26	<3
14-18.....	182	11.8 (0.4)	6.2* (0.4)	7.1 (0.4)	9.0 (0.4)	11.4 (0.4)	14.2 (0.5)	17.1 (0.6)	19.0* (0.7)	26	<3
19-50.....	589	13.0 (0.3)	5.7 (0.2)	7.0 (0.3)	9.3 (0.3)	12.4 (0.3)	16.1 (0.4)	19.9 (0.5)	22.6 (0.6)	25	<3
51+.....	479	13.3 (0.3)	6.0 (0.3)	7.2 (0.3)	9.5 (0.3)	12.7 (0.3)	16.4 (0.4)	20.3 (0.4)	22.8 (0.5)	21	8 (1.1)
19+.....	1068	13.1 (0.3)	5.8 (0.2)	7.1 (0.2)	9.4 (0.3)	12.5 (0.3)	16.2 (0.3)	20.1 (0.4)	22.7 (0.5)		5 (0.6)
All:											
1+.....	3524	13.8 (0.2)	6.3 (0.2)	7.5 (0.2)	9.8 (0.2)	13.0 (0.2)	16.8 (0.2)	21.1 (0.3)	24.0 (0.4)		<3

NOTES: AI=Adequate Intake
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Table C 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Black Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	51.6 (1.3)	32.4* (1.3)	35.9 (1.3)	42.4 (1.2)	50.4 (1.3)	59.5 (1.5)	68.9 (2.0)	74.7* (2.3)
4-8.....	418	64.6 (1.4)	41.6 (1.6)	45.9 (1.5)	53.6 (1.5)	63.3 (1.4)	74.1 (1.6)	85.2 (1.9)	92.6 (2.3)
Males:									
9-13.....	208	79.0 (2.3)	47.7* (2.0)	53.2 (2.0)	63.8 (2.0)	77.1 (2.3)	91.9 (2.8)	107.1 (3.8)	116.9* (4.4)
14-18.....	190	86.7 (2.5)	53.3* (2.1)	59.3 (2.1)	70.7 (2.2)	85.0 (2.4)	100.7 (3.1)	116.5 (4.0)	127.0* (4.9)
19-50.....	525	93.6 (2.5)	53.6 (2.1)	60.6 (2.1)	74.2 (2.3)	91.3 (2.5)	110.3 (2.9)	129.4 (3.2)	141.0 (3.7)
51+.....	496	88.1 (2.5)	49.1 (2.1)	56.3 (2.2)	69.3 (2.3)	85.7 (2.5)	104.5 (2.9)	123.0 (3.4)	135.0 (3.7)
19+.....	1021	91.6 (2.4)	51.7 (2.0)	59.0 (2.1)	72.4 (2.2)	89.2 (2.4)	108.3 (2.8)	127.3 (3.2)	139.1 (3.5)
Females:									
9-13.....	183	71.4 (2.4)	41.8* (2.2)	47.2 (2.2)	57.1 (2.1)	69.6 (2.4)	83.7 (2.9)	97.7 (3.6)	107.3* (4.3)
14-18.....	182	65.6 (2.5)	37.7* (2.5)	42.6 (2.5)	52.2 (2.5)	63.9 (2.6)	77.3 (2.9)	90.5 (3.2)	99.1* (3.7)
19-50.....	589	72.9 (1.2)	39.7 (1.1)	45.9 (1.1)	57.1 (1.1)	70.8 (1.1)	86.7 (1.4)	102.4 (1.7)	113.1 (1.9)
51+.....	479	69.3 (1.6)	37.3 (1.2)	42.9 (1.2)	53.5 (1.4)	67.4 (1.6)	82.7 (1.9)	98.4 (2.3)	108.2 (2.7)
19+.....	1068	71.5 (1.2)	38.7 (1.0)	44.6 (1.1)	55.7 (1.1)	69.5 (1.2)	85.1 (1.5)	100.9 (1.8)	111.3 (2.1)
All:									
1+.....	3524	77.5 (1.1)	41.2 (0.8)	47.4 (0.8)	58.9 (0.9)	74.3 (1.1)	92.7 (1.4)	111.9 (2.0)	124.4 (2.3)

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	18.3 (0.5)	10.9* (0.5)	12.2 (0.5)	14.6 (0.5)	17.7 (0.5)	21.3 (0.5)	25.0 (0.7)	27.4* (0.8)
4-8.....	418	21.8 (0.5)	13.3 (0.6)	14.8 (0.5)	17.6 (0.5)	21.2 (0.5)	25.4 (0.5)	29.7 (0.6)	32.6 (0.8)
Males:									
9-13.....	208	26.8 (0.9)	15.4* (0.8)	17.4 (0.8)	21.2 (0.8)	26.0 (0.9)	31.4 (1.0)	37.1 (1.3)	40.8* (1.5)
14-18.....	190	28.6 (0.8)	16.7* (0.7)	18.8 (0.7)	22.7 (0.7)	27.9 (0.8)	33.6 (1.0)	39.4 (1.2)	43.3* (1.5)
19-50.....	525	29.5 (0.8)	16.3 (0.7)	18.6 (0.7)	23.0 (0.7)	28.6 (0.8)	35.1 (1.0)	41.5 (1.1)	45.6 (1.3)
51+.....	496	27.3 (0.8)	14.7 (0.7)	16.9 (0.7)	21.1 (0.7)	26.4 (0.8)	32.6 (0.9)	38.8 (1.1)	42.8 (1.2)
19+.....	1021	28.7 (0.8)	15.6 (0.7)	17.9 (0.7)	22.3 (0.7)	27.8 (0.8)	34.2 (0.9)	40.6 (1.0)	44.7 (1.2)
Females:									
9-13.....	183	23.6 (0.9)	13.1* (0.8)	15.0 (0.8)	18.4 (0.8)	22.9 (0.9)	28.0 (1.0)	33.1 (1.2)	36.7* (1.4)
14-18.....	182	20.9 (0.9)	11.3* (0.9)	13.0 (0.9)	16.2 (0.9)	20.3 (0.9)	25.0 (1.0)	29.7 (1.1)	32.8* (1.2)
19-50.....	589	22.9 (0.5)	11.6 (0.4)	13.6 (0.4)	17.3 (0.4)	22.0 (0.5)	27.6 (0.5)	33.2 (0.6)	37.1 (0.7)
51+.....	479	21.6 (0.6)	10.7 (0.4)	12.6 (0.4)	16.1 (0.5)	20.8 (0.6)	26.1 (0.7)	31.6 (0.9)	35.3 (1.0)
19+.....	1068	22.4 (0.5)	11.2 (0.4)	13.1 (0.4)	16.8 (0.4)	21.5 (0.5)	27.0 (0.6)	32.6 (0.7)	36.4 (0.8)
All:									
1+.....	3524	24.7 (0.4)	12.5 (0.3)	14.6 (0.3)	18.5 (0.4)	23.6 (0.4)	29.8 (0.5)	36.2 (0.6)	40.4 (0.7)

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	17.4 (0.5)	10.7* (0.5)	11.9 (0.5)	14.1 (0.4)	16.9 (0.4)	20.1 (0.5)	23.4 (0.7)	25.4* (0.8)
4-8.....	418	22.0 (0.5)	13.9 (0.6)	15.4 (0.5)	18.1 (0.5)	21.5 (0.5)	25.3 (0.6)	29.1 (0.7)	31.7 (0.9)
Males:									
9-13.....	208	27.0 (0.9)	15.9* (0.7)	17.8 (0.7)	21.5 (0.7)	26.3 (0.8)	31.6 (1.1)	37.1 (1.5)	40.7* (1.8)
14-18.....	190	29.9 (1.0)	17.9* (0.8)	20.0 (0.7)	24.0 (0.8)	29.2 (0.9)	34.9 (1.2)	40.7 (1.7)	44.6* (2.0)
19-50.....	525	33.2 (0.9)	18.4 (0.7)	20.9 (0.7)	26.0 (0.8)	32.3 (0.9)	39.5 (1.1)	46.6 (1.2)	51.1 (1.4)
51+.....	496	31.9 (1.0)	17.3 (0.7)	19.9 (0.8)	24.7 (0.9)	30.8 (1.0)	38.0 (1.1)	45.0 (1.3)	49.6 (1.5)
19+.....	1021	32.7 (0.9)	18.0 (0.7)	20.6 (0.7)	25.5 (0.8)	31.7 (0.9)	38.9 (1.1)	46.1 (1.2)	50.6 (1.4)
Females:									
9-13.....	183	24.3 (0.9)	13.8* (0.8)	15.7 (0.8)	19.2 (0.8)	23.6 (0.8)	28.7 (1.0)	33.8 (1.3)	37.3* (1.6)
14-18.....	182	22.2 (0.9)	12.4* (0.9)	14.1 (0.9)	17.4 (0.9)	21.6 (0.9)	26.3 (1.1)	31.1 (1.3)	34.2* (1.5)
19-50.....	589	25.3 (0.4)	13.5 (0.4)	15.6 (0.4)	19.6 (0.4)	24.5 (0.4)	30.3 (0.5)	36.1 (0.6)	40.0 (0.7)
51+.....	479	24.4 (0.6)	12.8 (0.4)	14.8 (0.5)	18.7 (0.5)	23.7 (0.6)	29.3 (0.8)	35.1 (1.0)	38.8 (1.1)
19+.....	1068	25.0 (0.5)	13.2 (0.4)	15.3 (0.4)	19.2 (0.4)	24.2 (0.5)	29.9 (0.6)	35.7 (0.7)	39.5 (0.8)
All:									
1+.....	3524	27.1 (0.4)	13.9 (0.3)	16.1 (0.3)	20.2 (0.3)	25.8 (0.4)	32.7 (0.6)	40.0 (0.8)	44.7 (0.9)

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	11.1 (0.3)	6.5* (0.3)	7.3 (0.3)	8.8 (0.3)	10.8 (0.3)	13.1 (0.4)	15.5 (0.5)	17.0* (0.6)
4-8.....	418	14.9 (0.4)	9.0 (0.4)	10.1 (0.4)	12.0 (0.4)	14.5 (0.4)	17.3 (0.5)	20.2 (0.6)	22.2 (0.8)
Males:									
9-13.....	208	18.0 (0.6)	10.3* (0.5)	11.6 (0.5)	14.1 (0.5)	17.4 (0.6)	21.1 (0.8)	25.1 (1.1)	27.7* (1.4)
14-18.....	190	19.7 (0.7)	11.5* (0.5)	12.9 (0.5)	15.6 (0.6)	19.2 (0.7)	23.2 (1.0)	27.3 (1.3)	30.1* (1.7)
19-50.....	525	21.8 (0.7)	11.9 (0.5)	13.5 (0.5)	16.8 (0.5)	21.0 (0.6)	25.9 (0.8)	30.9 (1.0)	34.0 (1.2)
51+.....	496	21.0 (0.7)	11.3 (0.5)	13.0 (0.5)	16.2 (0.5)	20.3 (0.6)	25.1 (0.8)	30.0 (1.0)	33.2 (1.2)
19+.....	1021	21.5 (0.6)	11.7 (0.5)	13.3 (0.5)	16.6 (0.5)	20.7 (0.6)	25.6 (0.8)	30.6 (1.0)	33.8 (1.2)
Females:									
9-13.....	183	17.2 (0.7)	9.7* (0.5)	11.0 (0.5)	13.5 (0.5)	16.6 (0.6)	20.3 (0.9)	24.1 (1.2)	26.7* (1.5)
14-18.....	182	16.1 (0.6)	9.0* (0.6)	10.2 (0.6)	12.6 (0.6)	15.6 (0.6)	19.1 (0.8)	22.7 (1.0)	25.1* (1.2)
19-50.....	589	17.7 (0.3)	9.4 (0.3)	10.9 (0.3)	13.6 (0.3)	17.0 (0.3)	21.1 (0.4)	25.2 (0.5)	28.1 (0.6)
51+.....	479	16.8 (0.3)	8.8 (0.3)	10.2 (0.3)	12.8 (0.3)	16.2 (0.3)	20.2 (0.4)	24.3 (0.5)	26.9 (0.7)
19+.....	1068	17.3 (0.3)	9.2 (0.2)	10.6 (0.2)	13.3 (0.2)	16.7 (0.3)	20.7 (0.3)	24.8 (0.5)	27.6 (0.6)
All:									
1+.....	3524	18.3 (0.3)	9.4 (0.2)	10.8 (0.2)	13.7 (0.2)	17.5 (0.3)	22.1 (0.4)	26.9 (0.5)	30.2 (0.6)

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

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	9.9 (0.3)	5.7* (0.3)	6.4 (0.3)	7.8 (0.3)	9.6 (0.3)	11.7 (0.4)	13.8 (0.5)	15.2* (0.6)	7	84 (3.0)
4-8.....	418	13.4 (0.4)	8.0 (0.3)	9.0 (0.3)	10.8 (0.3)	13.0 (0.3)	15.6 (0.4)	18.3 (0.6)	20.1 (0.7)	10	82 (2.9)
Males:											
9-13.....	208	16.1 (0.5)	9.2* (0.5)	10.4 (0.4)	12.7 (0.4)	15.6 (0.5)	19.0 (0.7)	22.6 (1.0)	24.9* (1.3)	12	80 (3.1)
14-18.....	190	17.6 (0.7)	10.2* (0.5)	11.5 (0.5)	13.9 (0.5)	17.1 (0.6)	20.7 (0.9)	24.5 (1.2)	27.0* (1.5)	16	59 (4.5)
19-50.....	525	19.3 (0.6)	10.5 (0.4)	11.9 (0.4)	14.8 (0.5)	18.6 (0.6)	23.0 (0.7)	27.4 (0.9)	30.2 (1.0)	17	61 (3.6)
51+.....	496	18.5 (0.6)	9.9 (0.4)	11.4 (0.5)	14.2 (0.5)	17.8 (0.6)	22.1 (0.7)	26.5 (0.9)	29.4 (1.1)	14	76 (3.1)
19+.....	1021	19.0 (0.6)	10.2 (0.4)	11.7 (0.4)	14.6 (0.5)	18.3 (0.5)	22.7 (0.7)	27.1 (0.9)	30.0 (1.0)		67 (3.2)
Females:											
9-13.....	183	15.5 (0.6)	8.7* (0.5)	9.9 (0.5)	12.1 (0.5)	14.9 (0.6)	18.3 (0.8)	21.7 (1.1)	24.0* (1.3)	10	89 (2.6)
14-18.....	182	14.5 (0.6)	8.0* (0.6)	9.1 (0.5)	11.3 (0.5)	14.0 (0.6)	17.2 (0.7)	20.4 (0.9)	22.5* (1.1)	11	77 (4.2)
19-50.....	589	15.6 (0.3)	8.2 (0.2)	9.5 (0.2)	12.0 (0.2)	15.1 (0.3)	18.7 (0.3)	22.4 (0.5)	25.0 (0.6)	12	75 (1.8)
51+.....	479	14.8 (0.3)	7.6 (0.2)	8.8 (0.2)	11.2 (0.3)	14.2 (0.3)	17.7 (0.4)	21.4 (0.5)	23.8 (0.6)	11	76 (1.9)
19+.....	1068	15.3 (0.2)	8.0 (0.2)	9.2 (0.2)	11.6 (0.2)	14.7 (0.2)	18.3 (0.3)	22.0 (0.4)	24.6 (0.5)		75 (1.6)
All:											
1+.....	3524	16.2 (0.2)	8.2 (0.2)	9.6 (0.2)	12.1 (0.2)	15.5 (0.2)	19.6 (0.3)	23.9 (0.5)	26.8 (0.6)		73 (1.4)

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

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

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

	N	Mean (SE)	Percentiles						>AI		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	0.99 (0.04)	0.57* (0.04)	0.64 (0.04)	0.77 (0.04)	0.95 (0.04)	1.16 (0.04)	1.38 (0.05)	1.53* (0.06)	0.7	84 (3.9)
4-8.....	418	1.22 (0.04)	0.71 (0.04)	0.80 (0.04)	0.96 (0.04)	1.17 (0.04)	1.42 (0.05)	1.68 (0.05)	1.87 (0.06)	0.9	82 (4.1)
Males:											
9-13.....	208	1.50 (0.05)	0.85* (0.05)	0.95 (0.05)	1.16 (0.04)	1.44 (0.05)	1.77 (0.07)	2.12 (0.11)	2.35* (0.15)	1.2	72 (3.5)
14-18.....	190	1.64 (0.06)	0.93* (0.06)	1.05 (0.05)	1.28 (0.05)	1.58 (0.06)	1.93 (0.09)	2.30 (0.13)	2.55* (0.17)	1.6	48 (5.0)
19-50.....	525	1.92 (0.06)	1.03 (0.05)	1.18 (0.05)	1.47 (0.05)	1.85 (0.06)	2.30 (0.08)	2.77 (0.12)	3.07 (0.14)	1.6	66 (3.5)
51+.....	496	1.91 (0.06)	1.03 (0.05)	1.18 (0.05)	1.46 (0.05)	1.83 (0.06)	2.28 (0.08)	2.75 (0.12)	3.07 (0.14)	1.6	66 (3.6)
19+.....	1021	1.92 (0.06)	1.03 (0.05)	1.18 (0.05)	1.46 (0.05)	1.84 (0.06)	2.29 (0.08)	2.76 (0.11)	3.07 (0.14)	1.6	66 (3.3)
Females:											
9-13.....	183	1.45 (0.06)	0.80* (0.05)	0.91 (0.05)	1.12 (0.05)	1.39 (0.06)	1.71 (0.09)	2.05 (0.12)	2.28* (0.16)	1	85 (3.3)
14-18.....	182	1.34 (0.06)	0.74* (0.06)	0.84 (0.05)	1.04 (0.05)	1.29 (0.06)	1.59 (0.08)	1.91 (0.11)	2.12* (0.14)	1.1	69 (4.9)
19-50.....	589	1.61 (0.03)	0.81 (0.04)	0.95 (0.04)	1.20 (0.03)	1.53 (0.03)	1.94 (0.04)	2.37 (0.06)	2.68 (0.08)	1.1	82 (2.3)
51+.....	479	1.60 (0.04)	0.81 (0.03)	0.94 (0.03)	1.18 (0.03)	1.52 (0.03)	1.92 (0.05)	2.36 (0.07)	2.65 (0.09)	1.1	81 (1.9)
19+.....	1068	1.60 (0.03)	0.81 (0.03)	0.94 (0.03)	1.19 (0.03)	1.53 (0.03)	1.93 (0.04)	2.37 (0.06)	2.67 (0.08)	1.1	81 (2.0)
All:											
1+.....	3524	1.63 (0.03)	0.81 (0.02)	0.93 (0.02)	1.19 (0.02)	1.54 (0.03)	1.98 (0.04)	2.45 (0.06)	2.77 (0.08)		74 (1.6)

NOTES: AI=Adequate Intake

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

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	0.01 (#)	#	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)
4-8.....	418	0.01 (0.001)	#	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
Males:									
9-13.....	208	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02* (0.002)
14-18.....	190	0.02 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02* (0.002)
19-50.....	525	0.03 (0.002)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.005)
51+.....	496	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04 (0.005)
19+.....	1021	0.03 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.005)
Females:									
9-13.....	183	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)
14-18.....	182	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)
19-50.....	589	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.001)	0.03 (0.002)	0.04 (0.003)
51+.....	479	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
19+.....	1068	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.001)	0.03 (0.002)	0.04 (0.003)
All:									
1+.....	3524	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.02 (0.001)	0.03 (0.001)	0.03 (0.002)	0.04 (0.003)

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.004)
4-8.....	418	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
Males:									
9-13.....	208	0.03 (0.002)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.06* (0.006)
14-18.....	190	0.03 (0.004)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.005)	0.06 (0.007)	0.07* (0.009)
19-50.....	525	0.08 (0.006)	0.02 (0.003)	0.03 (0.003)	0.04 (0.004)	0.06 (0.005)	0.10 (0.008)	0.15 (0.013)	0.19 (0.018)
51+.....	496	0.09 (0.008)	0.02 (0.003)	0.03 (0.003)	0.05 (0.004)	0.07 (0.006)	0.11 (0.010)	0.17 (0.016)	0.22 (0.022)
19+.....	1021	0.08 (0.006)	0.02 (0.003)	0.03 (0.003)	0.04 (0.004)	0.07 (0.005)	0.11 (0.008)	0.16 (0.013)	0.20 (0.019)
Females:									
9-13.....	183	0.02 (0.003)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.005)	0.05* (0.007)
14-18.....	182	0.02 (0.003)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.006)	0.05* (0.007)
19-50.....	589	0.06 (0.004)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.003)	0.08 (0.005)	0.11 (0.008)	0.15 (0.012)
51+.....	479	0.07 (0.005)	0.02 (0.003)	0.02 (0.003)	0.04 (0.004)	0.06 (0.005)	0.09 (0.006)	0.13 (0.011)	0.17 (0.015)
19+.....	1068	0.06 (0.004)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.05 (0.004)	0.08 (0.005)	0.12 (0.009)	0.15 (0.013)
All:									
1+.....	3524	0.06 (0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.04 (0.003)	0.08 (0.004)	0.12 (0.007)	0.16 (0.011)

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	169 (5)	96* (6)	108 (6)	132 (5)	163 (4)	199 (6)	238 (11)	263* (14)
4-8.....	418	189 (6)	108 (7)	122 (7)	148 (6)	182 (6)	222 (7)	264 (11)	294 (14)
Males:									
9-13.....	208	240 (8)	118* (7)	136 (7)	175 (7)	228 (8)	291 (11)	361 (17)	408* (21)
14-18.....	190	280 (9)	141* (8)	163 (8)	207 (8)	267 (9)	338 (13)	414 (18)	468* (24)
19-50.....	525	364 (12)	176 (10)	205 (11)	266 (11)	346 (12)	443 (15)	545 (18)	610 (21)
51+.....	496	347 (12)	166 (10)	195 (10)	252 (11)	329 (12)	424 (14)	523 (18)	589 (21)
19+.....	1021	358 (12)	172 (10)	202 (10)	261 (11)	340 (11)	436 (14)	538 (17)	603 (21)
Females:									
9-13.....	183	211 (8)	99* (7)	117 (7)	152 (7)	199 (8)	258 (11)	320 (16)	365* (21)
14-18.....	182	188 (8)	86* (7)	102 (7)	134 (7)	177 (8)	231 (10)	288 (13)	326* (15)
19-50.....	589	259 (6)	127 (5)	149 (6)	192 (6)	247 (6)	313 (7)	383 (10)	431 (12)
51+.....	479	254 (6)	125 (5)	146 (5)	187 (5)	243 (6)	308 (8)	377 (11)	423 (14)
19+.....	1068	257 (6)	126 (5)	148 (5)	190 (5)	245 (5)	311 (7)	380 (10)	428 (12)
All:									
1+.....	3524	277 (5)	122 (2)	143 (2)	188 (3)	254 (4)	342 (7)	441 (11)	509 (14)

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

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	470 (14)	263* (13)	298 (13)	367 (13)	455 (14)	557 (16)	661 (20)	725* (23)	210	<3
4-8.....	418	504 (15)	282 (14)	323 (13)	396 (14)	489 (15)	595 (18)	705 (22)	778 (27)	275	4 (1.2)
Males:											
9-13.....	208	570 (27)	257* (22)	304 (22)	404 (22)	539 (27)	700 (35)	876 (49)	993* (60)	445	32 (4.3)
14-18.....	190	535 (25)	235* (20)	281 (20)	376 (20)	506 (23)	661 (33)	827 (47)	943* (58)	630	71 (4.3)
19-50.....	525	511 (13)	200 (12)	243 (12)	337 (13)	471 (13)	641 (16)	830 (21)	955 (27)	625	73 (1.8)
51+.....	496	530 (14)	207 (13)	255 (13)	351 (14)	487 (14)	664 (18)	860 (23)	993 (29)	625	71 (2.0)
19+.....	1021	518 (11)	202 (12)	247 (12)	343 (12)	477 (12)	650 (14)	840 (20)	971 (25)	625	72 (1.6)
Females:											
9-13.....	183	490 (23)	206* (19)	251 (19)	339 (19)	460 (22)	607 (30)	764 (44)	876* (54)	420	42 (4.5)
14-18.....	182	413 (22)	165* (19)	202 (19)	280 (20)	386 (22)	518 (28)	658 (37)	752* (47)	485	70 (4.3)
19-50.....	589	466 (17)	192 (11)	233 (12)	316 (13)	431 (16)	580 (21)	742 (31)	863 (39)	500	63 (3.2)
51+.....	479	504 (15)	212 (13)	256 (13)	342 (13)	469 (15)	625 (19)	802 (26)	923 (33)	500	56 (2.9)
19+.....	1068	481 (15)	199 (11)	242 (11)	325 (12)	445 (14)	598 (19)	768 (27)	888 (34)	500	60 (2.8)
All:											
1+.....	3524	498 (10)	207 (8)	252 (8)	342 (8)	464 (9)	615 (12)	785 (16)	907 (19)		56 (1.7)

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

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

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

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	389 (12)	212* (15)	243 (15)	303 (14)	378 (13)	463 (13)	550 (14)	603* (16)	600	5* (1.1)
4-8.....	418	410 (11)	224 (14)	258 (13)	320 (12)	399 (11)	487 (13)	577 (16)	637 (19)	900	<3
Males:											
9-13.....	208	455 (22)	181* (15)	221 (15)	307 (17)	426 (21)	569 (28)	727 (38)	833* (46)	1700	<3
14-18.....	190	440 (22)	171* (13)	212 (14)	295 (16)	412 (21)	553 (29)	705 (41)	811* (50)	2800	<3
19-50.....	525	363 (11)	123 (9)	156 (10)	226 (10)	329 (11)	464 (13)	612 (18)	717 (25)	3000	<3
51+.....	496	356 (12)	120 (9)	153 (10)	221 (10)	322 (12)	456 (15)	605 (20)	708 (24)	3000	<3
19+.....	1021	361 (10)	122 (9)	155 (9)	224 (9)	327 (10)	461 (13)	609 (18)	714 (24)	3000	<3
Females:											
9-13.....	183	390 (23)	142* (16)	180 (18)	255 (20)	361 (23)	493 (28)	634 (35)	736* (41)	1700	<3
14-18.....	182	313 (18)	104* (12)	133 (13)	197 (15)	287 (18)	401 (23)	525 (30)	609* (37)	2800	<3
19-50.....	589	312 (10)	120 (6)	149 (6)	207 (7)	287 (9)	391 (13)	505 (20)	587 (24)	3000	<3
51+.....	479	317 (9)	123 (6)	152 (6)	209 (7)	293 (8)	397 (12)	515 (16)	595 (21)	3000	<3
19+.....	1068	314 (8)	122 (5)	150 (5)	208 (6)	289 (8)	393 (11)	509 (17)	591 (21)	3000	<3
All:											
1+.....	3524	354 (7)	129 (5)	162 (5)	230 (5)	327 (7)	447 (9)	578 (12)	669 (16)		<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	1.12 (0.02)	0.70* (0.03)	0.78 (0.02)	0.92 (0.02)	1.09 (0.02)	1.29 (0.03)	1.49 (0.03)	1.61* (0.04)	0.4	<3
4-8.....	418	1.42 (0.03)	0.92 (0.03)	1.01 (0.03)	1.18 (0.03)	1.39 (0.03)	1.63 (0.04)	1.87 (0.04)	2.02 (0.05)	0.5	<3
Males:											
9-13.....	208	1.65 (0.06)	0.95* (0.06)	1.07 (0.05)	1.30 (0.05)	1.60 (0.06)	1.95 (0.07)	2.30 (0.10)	2.54* (0.13)	0.7	<3
14-18.....	190	1.81 (0.07)	1.06* (0.06)	1.19 (0.06)	1.44 (0.06)	1.76 (0.06)	2.13 (0.08)	2.50 (0.12)	2.76* (0.14)	1	3* (1.4)
19-50.....	525	1.67 (0.03)	0.93 (0.03)	1.05 (0.03)	1.30 (0.03)	1.61 (0.03)	1.99 (0.04)	2.37 (0.05)	2.61 (0.06)	1	8 (1.1)
51+.....	496	1.59 (0.04)	0.87 (0.03)	0.99 (0.03)	1.23 (0.03)	1.53 (0.04)	1.89 (0.04)	2.26 (0.05)	2.51 (0.05)	1	10 (1.6)
19+.....	1021	1.64 (0.03)	0.90 (0.03)	1.03 (0.03)	1.27 (0.03)	1.58 (0.03)	1.95 (0.04)	2.33 (0.04)	2.58 (0.05)	1	9 (1.2)
Females:											
9-13.....	183	1.44 (0.06)	0.79* (0.05)	0.91 (0.05)	1.12 (0.05)	1.39 (0.05)	1.71 (0.07)	2.03 (0.10)	2.25* (0.12)	0.7	<3
14-18.....	182	1.31 (0.05)	0.71* (0.05)	0.81 (0.05)	1.01 (0.05)	1.27 (0.05)	1.56 (0.06)	1.86 (0.08)	2.06* (0.10)	0.9	16 (3.7)
19-50.....	589	1.29 (0.03)	0.73 (0.03)	0.83 (0.03)	1.02 (0.03)	1.25 (0.03)	1.53 (0.03)	1.80 (0.04)	1.99 (0.05)	0.9	14 (2.1)
51+.....	479	1.21 (0.02)	0.68 (0.02)	0.77 (0.02)	0.95 (0.02)	1.18 (0.02)	1.44 (0.03)	1.70 (0.03)	1.88 (0.04)	0.9	20 (2.1)
19+.....	1068	1.26 (0.02)	0.71 (0.03)	0.81 (0.02)	0.99 (0.02)	1.22 (0.02)	1.49 (0.02)	1.76 (0.03)	1.95 (0.04)	0.9	17 (1.9)
All:											
1+.....	3524	1.44 (0.02)	0.78 (0.02)	0.89 (0.02)	1.10 (0.02)	1.38 (0.02)	1.71 (0.02)	2.08 (0.03)	2.33 (0.04)		10 (1.0)

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

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	1.56 (0.03)	0.96* (0.04)	1.07 (0.03)	1.27 (0.03)	1.52 (0.03)	1.80 (0.03)	2.09 (0.04)	2.26* (0.04)	0.4	<3
4-8.....	418	1.68 (0.04)	1.05 (0.04)	1.17 (0.03)	1.38 (0.04)	1.65 (0.04)	1.95 (0.04)	2.25 (0.04)	2.45 (0.05)	0.5	<3
Males:											
9-13.....	208	1.89 (0.07)	0.99* (0.06)	1.13 (0.06)	1.42 (0.05)	1.81 (0.07)	2.26 (0.09)	2.75 (0.13)	3.08* (0.17)	0.8	<3
14-18.....	190	2.07 (0.08)	1.10* (0.06)	1.26 (0.06)	1.57 (0.06)	1.99 (0.07)	2.47 (0.11)	2.98 (0.15)	3.33* (0.19)	1.1	5* (1.6)
19-50.....	525	1.98 (0.04)	0.94 (0.03)	1.09 (0.04)	1.43 (0.04)	1.87 (0.04)	2.41 (0.06)	2.99 (0.07)	3.36 (0.09)	1.1	10 (1.3)
51+.....	496	1.92 (0.04)	0.90 (0.03)	1.06 (0.03)	1.38 (0.03)	1.82 (0.04)	2.35 (0.05)	2.92 (0.07)	3.30 (0.08)	1.1	11 (1.2)
19+.....	1021	1.96 (0.04)	0.92 (0.03)	1.08 (0.03)	1.41 (0.03)	1.85 (0.04)	2.39 (0.05)	2.96 (0.07)	3.34 (0.08)	1.1	11 (1.2)
Females:											
9-13.....	183	1.64 (0.07)	0.82* (0.06)	0.96 (0.06)	1.22 (0.06)	1.56 (0.06)	1.98 (0.09)	2.41 (0.13)	2.72* (0.16)	0.8	4* (1.6)
14-18.....	182	1.44 (0.06)	0.70* (0.06)	0.82 (0.06)	1.06 (0.06)	1.37 (0.06)	1.75 (0.08)	2.14 (0.11)	2.41* (0.13)	0.9	14 (3.3)
19-50.....	589	1.51 (0.03)	0.79 (0.03)	0.92 (0.03)	1.15 (0.03)	1.46 (0.03)	1.81 (0.04)	2.18 (0.05)	2.43 (0.06)	0.9	9 (1.3)
51+.....	479	1.49 (0.03)	0.78 (0.02)	0.90 (0.02)	1.13 (0.02)	1.43 (0.03)	1.78 (0.04)	2.15 (0.05)	2.38 (0.06)	0.9	10 (1.0)
19+.....	1068	1.50 (0.03)	0.78 (0.02)	0.91 (0.02)	1.14 (0.02)	1.45 (0.03)	1.80 (0.03)	2.16 (0.05)	2.41 (0.05)	0.9	10 (1.1)
All:											
1+.....	3524	1.71 (0.02)	0.85 (0.02)	0.99 (0.02)	1.26 (0.02)	1.61 (0.02)	2.05 (0.03)	2.55 (0.04)	2.91 (0.05)		8 (0.6)

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

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	14.6 (0.3)	8.8* (0.4)	9.9 (0.4)	11.8 (0.4)	14.2 (0.3)	17.0 (0.4)	19.8 (0.5)	21.5* (0.6)	5	<3
4-8.....	418	19.8 (0.5)	12.6 (0.6)	14.0 (0.5)	16.4 (0.5)	19.4 (0.5)	22.8 (0.6)	26.2 (0.7)	28.5 (0.8)	6	<3
Males:											
9-13.....	208	23.8 (0.7)	13.8* (0.7)	15.5 (0.7)	18.8 (0.6)	23.1 (0.7)	28.0 (1.0)	33.1 (1.4)	36.5* (1.8)	9	<3
14-18.....	190	28.9 (0.9)	17.2* (0.8)	19.2 (0.7)	23.1 (0.7)	28.1 (0.8)	33.7 (1.3)	39.5 (1.9)	43.4* (2.4)	12	<3
19-50.....	525	30.6 (0.6)	17.0 (0.6)	19.2 (0.6)	23.7 (0.6)	29.5 (0.6)	36.3 (0.7)	43.2 (0.9)	47.7 (1.1)	12	<3
51+.....	496	27.0 (0.5)	14.3 (0.6)	16.5 (0.5)	20.6 (0.5)	25.9 (0.5)	32.2 (0.6)	38.6 (0.8)	43.0 (1.0)	12	<3
19+.....	1021	29.2 (0.5)	15.7 (0.5)	18.1 (0.5)	22.4 (0.5)	28.2 (0.5)	34.9 (0.6)	41.8 (0.8)	46.2 (1.0)	12	<3
Females:											
9-13.....	183	20.6 (0.7)	11.5* (0.6)	13.1 (0.5)	16.1 (0.5)	19.9 (0.6)	24.4 (0.9)	29.0 (1.4)	32.2* (1.8)	9	<3
14-18.....	182	19.7 (0.6)	11.0* (0.7)	12.4 (0.6)	15.4 (0.6)	19.1 (0.6)	23.4 (0.9)	27.8 (1.2)	30.7* (1.5)	11	5* (1.7)
19-50.....	589	21.6 (0.4)	12.6 (0.3)	14.3 (0.3)	17.3 (0.3)	21.0 (0.3)	25.4 (0.4)	29.7 (0.5)	32.7 (0.6)	11	<3
51+.....	479	19.5 (0.3)	11.0 (0.3)	12.5 (0.3)	15.3 (0.3)	18.9 (0.3)	23.0 (0.4)	27.1 (0.4)	29.8 (0.5)	11	5 (0.7)
19+.....	1068	20.8 (0.3)	11.8 (0.3)	13.5 (0.3)	16.4 (0.3)	20.2 (0.3)	24.5 (0.4)	28.8 (0.5)	31.7 (0.6)	11	3 (0.5)
All:											
1+.....	3524	23.7 (0.2)	12.2 (0.2)	14.1 (0.2)	17.5 (0.2)	22.2 (0.2)	28.3 (0.3)	35.2 (0.5)	39.9 (0.7)		<3

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

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

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

	N	Mean (SE)	Percentiles						<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	1.28 (0.03)	0.82* (0.04)	0.90 (0.04)	1.06 (0.03)	1.25 (0.03)	1.47 (0.03)	1.69 (0.04)	1.84* (0.05)	0.4	<3	30	<3
4-8.....	418	1.52 (0.03)	0.99 (0.04)	1.09 (0.04)	1.27 (0.04)	1.49 (0.04)	1.74 (0.04)	1.99 (0.05)	2.16 (0.06)	0.5	<3	40	<3
Males:													
9-13.....	208	1.82 (0.07)	0.92* (0.07)	1.06 (0.06)	1.34 (0.06)	1.72 (0.07)	2.18 (0.10)	2.69 (0.14)	3.04* (0.18)	0.8	<3	60	<3
14-18.....	190	2.11 (0.08)	1.09* (0.07)	1.25 (0.06)	1.57 (0.06)	2.01 (0.07)	2.53 (0.11)	3.09 (0.17)	3.49* (0.23)	1.1	5* (1.6)	80	<3
19-50.....	525	2.36 (0.05)	1.12 (0.03)	1.31 (0.04)	1.69 (0.04)	2.22 (0.05)	2.87 (0.07)	3.58 (0.10)	4.05 (0.13)	1.1	5 (0.7)	100	<3
51+.....	496	2.16 (0.04)	1.01 (0.04)	1.18 (0.04)	1.53 (0.04)	2.02 (0.04)	2.63 (0.05)	3.30 (0.08)	3.76 (0.10)	1.4	19 (2.0)	100	<3
19+.....	1021	2.28 (0.04)	1.07 (0.04)	1.26 (0.04)	1.63 (0.03)	2.14 (0.04)	2.79 (0.06)	3.49 (0.09)	3.96 (0.11)		10 (1.1)	100	<3
Females:													
9-13.....	183	1.54 (0.06)	0.75* (0.06)	0.88 (0.06)	1.12 (0.05)	1.46 (0.06)	1.87 (0.08)	2.31 (0.13)	2.63* (0.16)	0.8	6* (2.0)	60	<3
14-18.....	182	1.46 (0.05)	0.71* (0.06)	0.83 (0.06)	1.07 (0.05)	1.38 (0.05)	1.77 (0.07)	2.19 (0.10)	2.48* (0.12)	1	20 (3.8)	80	<3
19-50.....	589	1.68 (0.04)	0.90 (0.03)	1.03 (0.03)	1.28 (0.04)	1.61 (0.04)	2.00 (0.05)	2.41 (0.06)	2.70 (0.07)	1.1	13 (1.8)	100	<3
51+.....	479	1.56 (0.03)	0.82 (0.03)	0.94 (0.03)	1.18 (0.03)	1.49 (0.03)	1.86 (0.04)	2.26 (0.05)	2.52 (0.06)	1.3	35 (2.5)	100	<3
19+.....	1068	1.63 (0.04)	0.86 (0.03)	0.99 (0.03)	1.24 (0.03)	1.56 (0.03)	1.95 (0.04)	2.35 (0.06)	2.63 (0.07)		22 (1.9)	100	<3
All:													
1+.....	3524	1.84 (0.02)	0.90 (0.02)	1.04 (0.02)	1.31 (0.02)	1.69 (0.02)	2.20 (0.03)	2.84 (0.04)	3.31 (0.06)		13 (1.0)		<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	355 (11)	197* (11)	223 (10)	273 (10)	339 (11)	419 (12)	506 (16)	563* (19)	120	<3
4-8.....	418	460 (14)	262 (12)	295 (13)	358 (13)	442 (14)	541 (17)	649 (21)	724 (25)	160	<3
Males:											
9-13.....	208	547 (25)	294* (21)	333 (20)	414 (20)	523 (24)	651 (34)	793 (50)	888* (62)	250	<3
14-18.....	190	574 (26)	309* (22)	352 (22)	436 (21)	550 (25)	684 (34)	828 (50)	928* (64)	330	7* (2.4)
19-50.....	525	527 (12)	250 (8)	292 (9)	379 (10)	497 (12)	642 (16)	800 (22)	903 (27)	320	14 (1.5)
51+.....	496	499 (14)	236 (11)	276 (12)	358 (13)	469 (14)	609 (17)	760 (23)	865 (27)	320	17 (2.3)
19+.....	1021	517 (12)	244 (9)	286 (9)	371 (10)	486 (11)	631 (15)	786 (21)	891 (25)	320	15 (1.7)
Females:											
9-13.....	183	488 (24)	254* (19)	293 (18)	366 (19)	465 (22)	584 (31)	710 (47)	801* (59)	250	4* (1.8)
14-18.....	182	434 (17)	224* (19)	257 (19)	325 (17)	414 (17)	522 (23)	637 (32)	714* (42)	330	27 (4.7)
19-50.....	589	411 (9)	208 (10)	242 (10)	306 (9)	391 (9)	495 (11)	603 (15)	680 (18)	320	29 (2.7)
51+.....	479	381 (8)	191 (9)	222 (9)	281 (8)	363 (8)	460 (9)	564 (13)	635 (16)	320	37 (2.4)
19+.....	1068	399 (7)	200 (9)	233 (9)	296 (8)	380 (7)	481 (9)	588 (13)	663 (16)	320	32 (2.3)
All:											
1+.....	3524	459 (7)	222 (6)	258 (6)	330 (5)	430 (6)	556 (10)	697 (14)	796 (19)		19 (1.2)

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

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

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

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	147 (6)	60* (6)	74 (6)	100 (6)	137 (6)	182 (7)	232 (10)	265* (13)	300	<3
4-8.....	418	200 (7)	90 (7)	108 (7)	142 (7)	188 (7)	244 (9)	306 (13)	348 (16)	400	<3
Males:											
9-13.....	208	234 (13)	109* (9)	127 (9)	167 (10)	221 (12)	286 (17)	359 (24)	408* (29)	600	<3
14-18.....	190	240 (15)	111* (10)	131 (10)	171 (11)	227 (14)	294 (19)	367 (26)	418* (32)	800	<3
19-50.....	525	196 (6)	62 (4)	79 (5)	118 (5)	176 (6)	253 (7)	338 (11)	400 (15)	1000	<3
51+.....	496	177 (8)	54 (5)	70 (6)	105 (7)	157 (8)	228 (10)	309 (12)	366 (15)	1000	<3
19+.....	1021	189 (6)	58 (5)	76 (5)	113 (5)	169 (6)	244 (8)	329 (11)	389 (14)	1000	<3
Females:											
9-13.....	183	206 (13)	91* (9)	109 (9)	144 (10)	193 (12)	253 (16)	318 (23)	365* (28)	600	<3
14-18.....	182	179 (9)	77* (7)	92 (7)	124 (8)	167 (9)	222 (12)	280 (17)	320* (21)	800	<3
19-50.....	589	155 (5)	50 (4)	65 (4)	95 (4)	140 (4)	199 (6)	263 (9)	311 (12)	1000	<3
51+.....	479	135 (4)	41 (3)	54 (4)	81 (4)	122 (4)	174 (5)	235 (8)	277 (10)	1000	<3
19+.....	1068	147 (4)	46 (3)	60 (3)	89 (3)	132 (3)	189 (5)	253 (8)	299 (10)	1000	<3
All:											
1+.....	3524	176 (3)	56 (3)	73 (3)	108 (2)	160 (3)	226 (4)	300 (7)	353 (10)		<3

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	110 (4)	63* (3)	71 (3)	87 (3)	106 (4)	130 (5)	155 (7)	170* (8)
4-8.....	418	130 (5)	76 (4)	85 (4)	103 (4)	126 (5)	153 (6)	181 (8)	200 (9)
Males:									
9-13.....	208	157 (6)	83* (5)	95 (5)	119 (5)	150 (6)	187 (8)	227 (11)	253* (13)
14-18.....	190	169 (5)	91* (4)	103 (4)	129 (4)	162 (5)	201 (7)	243 (10)	271* (13)
19-50.....	525	208 (6)	102 (3)	118 (3)	153 (4)	198 (6)	252 (8)	309 (10)	346 (12)
51+.....	496	209 (6)	102 (4)	120 (4)	154 (4)	198 (5)	253 (7)	310 (9)	348 (11)
19+.....	1021	208 (5)	102 (3)	119 (3)	153 (4)	198 (5)	253 (7)	310 (9)	347 (11)
Females:									
9-13.....	183	145 (6)	75* (4)	87 (4)	109 (4)	138 (5)	173 (7)	210 (10)	236* (13)
14-18.....	182	132 (5)	68* (5)	78 (5)	99 (5)	126 (5)	159 (6)	194 (8)	217* (10)
19-50.....	589	163 (4)	80 (3)	93 (3)	120 (3)	155 (4)	198 (5)	243 (6)	274 (8)
51+.....	479	164 (4)	81 (3)	94 (3)	120 (3)	157 (4)	199 (5)	245 (7)	275 (8)
19+.....	1068	164 (4)	80 (3)	94 (3)	120 (3)	155 (3)	198 (4)	244 (6)	275 (7)
All:									
1+.....	3524	171 (3)	81 (2)	95 (2)	121 (2)	160 (3)	209 (3)	264 (5)	302 (6)

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

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

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

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	198 (3)	129* (5)	142 (4)	165 (4)	193 (3)	226 (5)	259 (7)	280* (9)	200	44 (3.0)	1000	<3
4-8.....	418	212 (5)	139 (6)	152 (6)	177 (5)	208 (5)	242 (5)	278 (7)	302 (9)	250	21 (2.9)	1000	<3
Males:													
9-13.....	208	256 (8)	138* (6)	156 (6)	195 (6)	245 (8)	305 (11)	369 (17)	411* (21)	375	9 (2.4)	2000	<3
14-18.....	190	293 (9)	161* (8)	183 (7)	226 (7)	282 (8)	348 (12)	417 (17)	465* (22)	550	<3	3000	<3
19-50.....	525	377 (11)	206 (9)	235 (9)	292 (10)	365 (11)	449 (14)	535 (17)	589 (20)	550	8 (1.8)	3500	<3
51+.....	496	377 (10)	205 (8)	235 (8)	291 (8)	363 (9)	449 (12)	536 (16)	592 (19)	550	9 (1.6)	3500	<3
19+.....	1021	377 (10)	206 (8)	235 (8)	292 (9)	364 (10)	449 (13)	535 (16)	590 (19)	550	8 (1.7)	3500	<3
Females:													
9-13.....	183	225 (8)	117* (7)	135 (7)	169 (7)	215 (7)	269 (10)	327 (14)	367* (18)	375	4* (1.6)	2000	<3
14-18.....	182	203 (8)	104* (8)	119 (8)	152 (8)	194 (8)	244 (9)	297 (12)	332* (15)	400	<3	3000	<3
19-50.....	589	268 (5)	152 (5)	173 (5)	211 (5)	259 (5)	316 (6)	372 (8)	411 (9)	425	4 (0.7)	3500	<3
51+.....	479	269 (4)	154 (4)	174 (3)	212 (3)	261 (4)	317 (5)	374 (7)	410 (9)	425	4 (0.7)	3500	<3
19+.....	1068	268 (4)	153 (4)	173 (4)	211 (4)	260 (4)	316 (5)	373 (7)	411 (8)	425	4 (0.7)	3500	<3
All:													
1+.....	3524	293 (4)	148 (3)	169 (3)	211 (3)	273 (4)	354 (6)	445 (9)	507 (13)		8 (0.7)		<3

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

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

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

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	3.52 (0.09)	1.91* (0.12)	2.19 (0.12)	2.72 (0.11)	3.40 (0.10)	4.19 (0.10)	5.00 (0.13)	5.51* (0.16)	0.7	<3
4-8.....	418	3.79 (0.10)	2.08 (0.13)	2.39 (0.12)	2.95 (0.11)	3.67 (0.10)	4.49 (0.12)	5.34 (0.15)	5.92 (0.19)	1	<3
Males:											
9-13.....	208	4.60 (0.19)	2.02* (0.17)	2.40 (0.17)	3.20 (0.17)	4.31 (0.19)	5.66 (0.24)	7.16 (0.34)	8.18* (0.42)	1.5	<3
14-18.....	190	5.43 (0.21)	2.48* (0.13)	2.94 (0.13)	3.86 (0.12)	5.14 (0.19)	6.66 (0.31)	8.31 (0.47)	9.47* (0.57)	2	<3
19-50.....	525	5.18 (0.19)	2.15 (0.14)	2.59 (0.14)	3.49 (0.15)	4.79 (0.18)	6.44 (0.24)	8.26 (0.33)	9.53 (0.42)	2	4 (1.0)
51+.....	496	4.67 (0.15)	1.91 (0.11)	2.30 (0.12)	3.13 (0.13)	4.29 (0.14)	5.82 (0.19)	7.52 (0.28)	8.72 (0.35)	2	6 (1.4)
19+.....	1021	4.99 (0.16)	2.04 (0.12)	2.47 (0.13)	3.35 (0.13)	4.60 (0.16)	6.21 (0.21)	8.02 (0.31)	9.26 (0.39)	2	5 (1.1)
Females:											
9-13.....	183	3.83 (0.17)	1.57* (0.14)	1.92 (0.14)	2.60 (0.15)	3.57 (0.16)	4.77 (0.22)	6.07 (0.32)	7.02* (0.40)	1.5	4* (1.6)
14-18.....	182	3.33 (0.12)	1.32* (0.12)	1.61 (0.12)	2.24 (0.12)	3.10 (0.12)	4.18 (0.16)	5.36 (0.24)	6.17* (0.31)	2	19 (2.9)
19-50.....	589	3.69 (0.10)	1.59 (0.06)	1.91 (0.07)	2.55 (0.07)	3.42 (0.09)	4.55 (0.13)	5.78 (0.21)	6.68 (0.27)	2	12 (1.3)
51+.....	479	3.58 (0.09)	1.55 (0.07)	1.85 (0.06)	2.46 (0.07)	3.33 (0.08)	4.42 (0.13)	5.65 (0.19)	6.50 (0.25)	2	13 (1.5)
19+.....	1068	3.65 (0.08)	1.57 (0.06)	1.89 (0.06)	2.51 (0.06)	3.39 (0.07)	4.50 (0.12)	5.73 (0.19)	6.61 (0.25)	2	12 (1.3)
All:											
1+.....	3524	4.21 (0.07)	1.74 (0.04)	2.10 (0.04)	2.82 (0.05)	3.84 (0.06)	5.17 (0.10)	6.77 (0.16)	7.94 (0.21)		7 (0.6)

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	87.1 (3.5)	35.7* (2.3)	43.6 (2.4)	59.3 (2.7)	81.0 (3.3)	108.1 (4.3)	138.3 (6.1)	158.3* (7.3)	13	<3	400	<3
4-8.....	418	82.2 (3.7)	33.7 (2.4)	40.9 (2.7)	55.8 (3.0)	76.3 (3.5)	102.1 (4.6)	130.6 (5.9)	150.5 (7.0)	22	<3	650	<3
Males:													
9-13.....	208	92.4 (5.2)	33.9* (3.4)	41.6 (3.7)	58.7 (4.3)	83.8 (5.2)	116.1 (6.5)	154.2 (8.3)	181.0* (9.8)	39	8* (2.4)	1200	<3
14-18.....	190	81.5 (4.3)	28.7* (2.3)	35.7 (2.5)	50.9 (2.9)	73.7 (3.9)	103.2 (5.6)	137.4 (8.0)	162.6* (10.1)	63	38 (3.6)	1800	<3
19-50.....	525	76.9 (3.2)	19.3 (1.6)	25.7 (1.9)	41.2 (2.3)	65.6 (2.9)	100.3 (4.2)	142.3 (5.8)	171.8 (7.2)	75	58 (2.7)	2000	<3
51+.....	496	84.6 (3.9)	22.0 (2.2)	29.4 (2.5)	46.0 (3.1)	72.2 (3.7)	110.0 (4.8)	155.3 (6.3)	188.3 (7.4)	75	52 (3.1)	2000	<3
19+.....	1021	79.8 (3.1)	20.2 (1.7)	26.9 (2.0)	42.8 (2.4)	68.0 (2.9)	103.9 (3.9)	147.0 (5.5)	178.1 (6.7)	75	56 (2.5)	2000	<3
Females:													
9-13.....	183	80.1 (4.3)	27.6* (3.1)	34.8 (3.4)	49.8 (3.8)	72.0 (4.3)	101.4 (5.3)	134.9 (6.5)	160.1* (8.0)	39	14 (3.3)	1200	<3
14-18.....	182	73.0 (4.1)	24.7* (2.9)	31.1 (3.2)	45.2 (3.7)	65.6 (4.2)	93.0 (5.0)	124.0 (5.9)	146.1* (7.2)	56	38 (4.9)	1800	<3
19-50.....	589	68.9 (2.6)	20.0 (1.7)	26.5 (1.9)	40.2 (2.2)	60.7 (2.5)	89.0 (3.2)	121.3 (4.4)	146.0 (5.4)	60	49 (2.8)	2000	<3
51+.....	479	75.0 (2.6)	22.6 (1.9)	29.5 (2.0)	43.9 (2.3)	66.7 (2.6)	96.5 (3.2)	131.6 (4.5)	156.6 (5.8)	60	43 (2.7)	2000	<3
19+.....	1068	71.3 (2.4)	21.0 (1.7)	27.6 (1.9)	41.5 (2.1)	62.9 (2.5)	91.9 (3.0)	125.8 (4.1)	150.5 (5.3)	60	47 (2.6)	2000	<3
All:													
1+.....	3524	77.3 (1.9)	22.6 (1.2)	29.8 (1.3)	45.2 (1.5)	68.3 (1.9)	99.3 (2.4)	135.8 (3.2)	162.5 (4.0)	41	(1.6)		<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males:														
19-50.....	167	60.4 (2.7)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	140	64.6 (3.2)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	307	62.0 (2.6)	14.9* (1.3)	20.3 (1.5)	32.2 (1.9)	52.7 (2.4)	81.2 (3.4)	115.2 (4.8)	141.7* (6.3)	110	88 (1.5)	2000	<3	
Females:														
19-50.....	120	47.5 (2.9)	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	97	50.1 (2.4)	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	217	48.6 (2.6)	13.3* (1.4)	17.8 (1.7)	27.3 (2.0)	42.4 (2.5)	62.9 (3.3)	87.2 (4.2)	104.5* (5.2)	95	93* (1.4)	2000	<3	

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males:													
19-50.....	358	86.5 (3.7)	24.0 (2.0)	31.4 (2.3)	48.3 (2.8)	75.1 (3.5)	112.4 (4.7)	155.5 (6.4)	187.3 (8.3)	75	50 (3.0)	2000	<3
51+.....	352	93.7 (4.3)	26.4* (2.5)	34.7 (3.0)	53.1 (3.5)	81.3 (4.3)	121.0 (5.4)	168.3 (6.8)	202.0* (8.3)	75	45 (3.6)	2000	<3
19+.....	710	89.2 (3.6)	24.8 (2.1)	32.5 (2.4)	49.9 (2.8)	77.3 (3.5)	115.5 (4.5)	160.1 (6.2)	193.0 (7.5)	75	48 (3.0)	2000	<3
Females:													
19-50.....	469	75.2 (3.1)	24.1 (1.9)	30.9 (2.2)	45.8 (2.5)	67.7 (3.0)	96.0 (3.8)	128.7 (5.2)	152.9 (6.5)	60	41 (3.1)	2000	<3
51+.....	382	80.2 (2.9)	26.7 (2.2)	33.9 (2.4)	49.4 (2.7)	72.1 (3.0)	102.2 (3.4)	136.7 (4.6)	162.1 (5.7)	60	37 (3.2)	2000	<3
19+.....	851	77.2 (2.8)	25.1 (2.0)	32.0 (2.2)	47.1 (2.5)	69.3 (2.8)	98.3 (3.4)	132.2 (4.7)	156.7 (5.9)	60	39 (3.0)	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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males:													
19-50.....	525	78.2 (3.3)	19.3 (1.7)	26.2 (1.9)	41.5 (2.4)	66.6 (3.1)	102.4 (4.3)	144.4 (6.0)	174.9 (7.6)	110/75	62 (2.8)	2000	<3
51+.....	492	84.5 (3.8)	21.4 (2.1)	28.6 (2.3)	45.4 (2.9)	72.6 (3.7)	109.9 (4.8)	155.8 (6.4)	188.5 (7.7)	110/75	58 (3.0)	2000	<3
19+.....	1017	80.5 (3.1)	20.0 (1.7)	27.0 (1.9)	42.9 (2.4)	68.8 (3.0)	104.9 (4.0)	148.5 (5.5)	180.5 (6.9)	110/75	61 (2.5)	2000	<3
Females:													
19-50.....	589	69.6 (2.8)	19.7 (1.7)	26.1 (1.9)	40.3 (2.2)	62.1 (2.7)	90.0 (3.5)	122.6 (4.8)	146.5 (6.1)	95/60	52 (2.5)	2000	<3
51+.....	479	73.6 (2.6)	21.3 (1.8)	28.1 (2.0)	42.9 (2.3)	65.0 (2.6)	95.0 (3.1)	129.5 (4.3)	154.3 (5.3)	95/60	49 (2.6)	2000	<3
19+.....	1068	71.2 (2.5)	20.3 (1.7)	26.9 (1.9)	41.3 (2.1)	63.2 (2.5)	91.9 (3.1)	125.4 (4.3)	149.5 (5.6)	95/60	51 (2.3)	2000	<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	5.7 (0.2)	2.2* (0.2)	2.8 (0.2)	3.9 (0.2)	5.4 (0.2)	7.2 (0.2)	9.1 (0.2)	10.3* (0.3)	10	94* (0.9)	63	<3
4-8.....	418	4.7 (0.2)	1.6 (0.1)	2.1 (0.1)	3.0 (0.2)	4.3 (0.2)	5.9 (0.2)	7.6 (0.3)	8.8 (0.3)	10	>97	75	<3
Males:													
9-13.....	208	4.6 (0.2)	1.5* (0.1)	1.9 (0.1)	2.8 (0.1)	4.2 (0.2)	5.9 (0.3)	7.9 (0.4)	9.3* (0.5)	10	97* (1.1)	100	<3
14-18.....	190	4.5 (0.3)	1.4* (0.2)	1.8 (0.2)	2.7 (0.2)	4.0 (0.3)	5.8 (0.3)	7.7 (0.5)	9.1* (0.5)	10	97* (1.1)	100	<3
19-50.....	525	4.0 (0.1)	1.1 (0.1)	1.4 (0.1)	2.2 (0.1)	3.4 (0.1)	5.2 (0.2)	7.3 (0.3)	8.8 (0.4)	10	97* (0.6)	100	<3
51+.....	496	4.3 (0.1)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.7 (0.1)	5.6 (0.2)	7.9 (0.3)	9.5 (0.3)	10	96 (0.6)	100	<3
19+.....	1021	4.1 (0.1)	1.1 (0.1)	1.5 (0.1)	2.3 (0.1)	3.5 (0.1)	5.3 (0.1)	7.5 (0.2)	9.1 (0.3)	10	96 (0.5)	100	<3
Females:													
9-13.....	183	3.9 (0.2)	1.2* (0.1)	1.5 (0.1)	2.3 (0.2)	3.5 (0.2)	5.1 (0.3)	6.9 (0.4)	8.2* (0.5)	10	>97	100	<3
14-18.....	182	3.0 (0.2)	0.8* (0.1)	1.1 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.2)	5.4 (0.3)	6.4* (0.4)	10	>97	100	<3
19-50.....	589	3.3 (0.1)	1.1 (0.1)	1.4 (0.1)	2.0 (0.1)	3.0 (0.1)	4.3 (0.2)	5.8 (0.2)	7.0 (0.3)	10	>97	100	<3
51+.....	479	3.6 (0.1)	1.2 (0.1)	1.5 (0.1)	2.2 (0.1)	3.2 (0.1)	4.6 (0.1)	6.3 (0.2)	7.5 (0.3)	10	>97	100	<3
19+.....	1068	3.5 (0.1)	1.1 (0.1)	1.4 (0.1)	2.1 (0.1)	3.1 (0.1)	4.4 (0.1)	6.0 (0.2)	7.2 (0.3)	10	>97	100	<3
All:													
1+.....	3524	4.0 (0.1)	1.2 (#)	1.5 (0.1)	2.3 (0.1)	3.5 (0.1)	5.1 (0.1)	7.0 (0.1)	8.4 (0.2)	10	>97		<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
 # Indicates a non-zero value too small to report

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	5.3 (0.2)	2.9* (0.2)	3.3 (0.2)	4.1 (0.2)	5.1 (0.2)	6.2 (0.2)	7.5 (0.3)	8.3* (0.4)	5	49 (4.5)
4-8.....	418	6.6 (0.2)	3.8 (0.2)	4.3 (0.2)	5.2 (0.2)	6.4 (0.2)	7.8 (0.3)	9.3 (0.3)	10.4 (0.4)	6	42 (4.4)
Males:											
9-13.....	208	8.1 (0.4)	4.1* (0.2)	4.6 (0.2)	5.9 (0.2)	7.6 (0.3)	9.7 (0.5)	12.1 (0.8)	13.7* (1.0)	9	68 (5.2)
14-18.....	190	8.2 (0.4)	4.1* (0.2)	4.8 (0.2)	6.0 (0.3)	7.8 (0.4)	9.9 (0.6)	12.3 (0.9)	14.0* (1.2)	12	89 (3.9)
19-50.....	525	9.3 (0.3)	4.1 (0.2)	4.9 (0.2)	6.5 (0.2)	8.6 (0.3)	11.4 (0.4)	14.4 (0.5)	16.3 (0.6)	12	79 (2.6)
51+.....	496	8.9 (0.3)	4.0 (0.2)	4.7 (0.2)	6.2 (0.2)	8.3 (0.3)	11.0 (0.4)	13.9 (0.5)	15.9 (0.6)	12	82 (2.3)
19+.....	1021	9.1 (0.3)	4.1 (0.2)	4.8 (0.2)	6.4 (0.2)	8.5 (0.3)	11.2 (0.4)	14.2 (0.5)	16.2 (0.6)	12	80 (2.4)
Females:											
9-13.....	183	7.4 (0.3)	3.6* (0.2)	4.2 (0.2)	5.4 (0.2)	7.0 (0.3)	8.9 (0.4)	11.1 (0.7)	12.7* (0.9)	9	76 (4.5)
14-18.....	182	6.8 (0.3)	3.3* (0.3)	3.9 (0.3)	5.0 (0.3)	6.4 (0.3)	8.3 (0.4)	10.3 (0.6)	11.7* (0.8)	12	96* (1.8)
19-50.....	589	7.7 (0.2)	3.4 (0.1)	4.1 (0.1)	5.4 (0.1)	7.2 (0.2)	9.5 (0.2)	12.0 (0.4)	13.8 (0.5)	12	90 (1.4)
51+.....	479	7.4 (0.2)	3.3 (0.1)	3.9 (0.1)	5.2 (0.2)	6.9 (0.2)	9.1 (0.3)	11.6 (0.4)	13.2 (0.5)	12	91 (1.5)
19+.....	1068	7.6 (0.2)	3.4 (0.1)	4.0 (0.1)	5.3 (0.1)	7.1 (0.2)	9.4 (0.2)	11.8 (0.4)	13.6 (0.5)	12	91 (1.4)
All:											
1+.....	3524	7.9 (0.2)	3.6 (0.1)	4.2 (0.1)	5.5 (0.1)	7.3 (0.1)	9.7 (0.2)	12.4 (0.3)	14.4 (0.4)		80 (1.5)

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

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	45.1 (2.2)	20.7* (1.7)	24.0 (1.7)	31.3 (1.8)	41.5 (2.0)	55.0 (2.7)	70.9 (4.2)	81.5* (5.4)	30	78 (3.9)
4-8.....	418	58.5 (3.0)	27.1 (2.4)	31.6 (2.6)	40.9 (2.7)	54.0 (2.9)	70.9 (3.7)	90.7 (5.3)	105.4 (6.9)	55	48 (5.2)
Males:											
9-13.....	208	78.1 (5.0)	33.6* (2.7)	39.5 (2.8)	52.3 (3.1)	71.2 (4.3)	95.8 (6.7)	125.4 (10.2)	146.7* (13.2)	60	65 (5.0)
14-18.....	190	73.6 (4.4)	31.3* (2.7)	37.0 (2.7)	49.1 (3.0)	67.2 (3.7)	90.5 (5.8)	118.1 (9.2)	138.8* (12.3)	75	40 (5.0)
19-50.....	525	100.2 (5.2)	40.8 (2.6)	48.7 (2.8)	66.0 (3.4)	90.9 (4.6)	124.1 (6.6)	163.1 (9.7)	189.9 (12.1)	120	27 (3.9)
51+.....	496	108.8 (5.6)	45.8 (3.2)	54.5 (3.5)	72.7 (4.1)	98.9 (5.1)	134.4 (7.1)	175.2 (9.7)	205.2 (11.9)	120	34 (4.2)
19+.....	1021	103.4 (5.1)	42.4 (2.6)	50.6 (2.9)	68.3 (3.4)	93.9 (4.5)	128.0 (6.6)	167.8 (9.3)	195.8 (11.6)	120	30 (3.8)
Females:											
9-13.....	183	73.0 (5.2)	30.7* (3.3)	36.6 (3.5)	48.7 (3.8)	66.4 (4.8)	89.8 (6.6)	117.0 (9.4)	137.9* (12.4)	60	59 (6.3)
14-18.....	182	68.1 (4.9)	28.7* (3.3)	34.0 (3.5)	45.6 (3.9)	62.1 (4.6)	84.1 (6.2)	109.5 (8.7)	127.8* (11.3)	75	33 (6.0)
19-50.....	589	106.1 (3.8)	36.0 (2.1)	44.9 (2.3)	63.6 (2.8)	92.2 (3.4)	133.4 (4.7)	183.1 (7.0)	223.2 (9.5)	90	52 (2.6)
51+.....	479	109.0 (4.4)	37.8 (2.2)	46.5 (2.5)	65.4 (3.0)	95.5 (3.9)	136.7 (5.6)	188.5 (8.1)	227.0 (10.7)	90	54 (2.9)
19+.....	1068	107.2 (3.7)	36.7 (2.0)	45.5 (2.3)	64.3 (2.6)	93.5 (3.3)	134.8 (4.7)	185.5 (7.0)	224.6 (9.4)	90	53 (2.5)
All:											
1+.....	3524	93.9 (2.4)	32.8 (1.3)	40.1 (1.4)	56.3 (1.6)	81.9 (2.1)	117.9 (2.9)	162.4 (4.5)	195.5 (6.0)		45 (2.2)

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	812 (18)	480* (21)	541 (20)	652 (19)	791 (19)	948 (21)	1112 (26)	1213* (30)	500	6* (1.6)	2500	<3
4-8.....	418	837 (20)	494 (19)	557 (19)	671 (18)	815 (19)	979 (24)	1147 (30)	1260 (36)	800	47 (3.2)	2500	<3
Males:													
9-13.....	208	934 (33)	466* (24)	541 (24)	692 (27)	893 (33)	1128 (40)	1382 (51)	1549* (60)	1100	73 (3.4)	3000	<3
14-18.....	190	982 (30)	494* (22)	574 (21)	731 (24)	942 (29)	1185 (38)	1442 (51)	1618* (59)	1100	67 (3.3)	3000	<3
19-50.....	525	914 (22)	446 (16)	521 (18)	670 (19)	870 (22)	1110 (27)	1360 (33)	1531 (38)	800	41 (2.7)	2500	<3
51+.....	496	805 (21)	382 (15)	449 (16)	583 (18)	762 (20)	982 (25)	1214 (30)	1369 (33)		59 (2.7)	2000	<3
19+.....	1021	873 (20)	416 (15)	491 (16)	635 (18)	829 (20)	1065 (24)	1315 (29)	1477 (33)		48 (2.5)		<3
Females:													
9-13.....	183	811 (29)	383* (22)	455 (23)	590 (25)	771 (29)	988 (36)	1214 (46)	1374* (52)	1100	84 (2.7)	3000	<3
14-18.....	182	706 (31)	322* (22)	383 (23)	507 (26)	670 (31)	867 (39)	1073 (49)	1211* (58)	1100	91* (2.0)	3000	<3
19-50.....	589	736 (16)	387 (15)	448 (15)	560 (15)	706 (16)	880 (18)	1060 (23)	1185 (27)	800	65 (2.5)	2500	<3
51+.....	479	684 (17)	356 (13)	410 (14)	515 (15)	657 (16)	821 (20)	995 (26)	1109 (32)	1000	90 (1.5)	2000	<3
19+.....	1068	715 (15)	373 (13)	431 (14)	542 (14)	686 (14)	858 (17)	1035 (22)	1157 (27)		75 (1.9)		<3
All:													
1+.....	3524	805 (13)	398 (11)	465 (11)	593 (12)	763 (13)	970 (15)	1196 (18)	1352 (21)		61 (1.5)		<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	942 (16)	621* (21)	682 (19)	791 (17)	925 (16)	1073 (18)	1224 (24)	1317* (29)	380	<3	3000	<3
4-8.....	418	1080 (17)	715 (23)	787 (21)	908 (19)	1062 (18)	1230 (20)	1402 (26)	1511 (32)	405	<3	3000	<3
Males:													
9-13.....	208	1237 (36)	712* (33)	802 (31)	979 (29)	1203 (35)	1455 (47)	1717 (66)	1886* (81)	1055	33 (3.4)	4000	<3
14-18.....	190	1384 (32)	815* (35)	916 (31)	1107 (28)	1352 (31)	1622 (44)	1896 (64)	2080* (80)	1055	20 (2.5)	4000	<3
19-50.....	525	1461 (33)	838 (26)	948 (27)	1158 (29)	1424 (33)	1723 (39)	2021 (46)	2211 (53)	580	<3	4000	<3
51+.....	496	1338 (28)	741 (21)	848 (23)	1048 (24)	1299 (27)	1587 (34)	1874 (43)	2061 (48)	580	<3		<3
19+.....	1021	1416 (30)	795 (24)	908 (24)	1115 (25)	1377 (29)	1677 (36)	1974 (44)	2163 (49)	580	<3		<3
Females:													
9-13.....	183	1096 (32)	605* (30)	693 (28)	855 (27)	1062 (31)	1299 (43)	1537 (61)	1702* (75)	1055	49 (3.9)	4000	<3
14-18.....	182	985 (35)	531* (37)	609 (35)	763 (34)	954 (35)	1176 (43)	1398 (54)	1543* (66)	1055	63 (4.5)	4000	<3
19-50.....	589	1101 (16)	657 (17)	743 (17)	895 (16)	1078 (16)	1285 (18)	1486 (23)	1620 (27)	580	<3	4000	<3
51+.....	479	1036 (15)	607 (17)	685 (16)	832 (15)	1015 (15)	1214 (17)	1413 (21)	1537 (26)	580	4 (0.7)		<3
19+.....	1068	1075 (14)	635 (15)	719 (15)	869 (14)	1054 (14)	1258 (16)	1459 (21)	1591 (25)	580	<3		<3
All:													
1+.....	3524	1199 (13)	670 (13)	761 (12)	928 (11)	1146 (11)	1415 (16)	1713 (25)	1914 (32)		8 (0.6)		<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	177 (4)	116* (4)	128 (4)	148 (4)	174 (4)	202 (5)	232 (6)	250* (7)	65	<3
4-8.....	418	205 (5)	136 (4)	149 (4)	173 (4)	202 (5)	234 (5)	267 (7)	288 (8)	110	<3
Males:											
9-13.....	208	232 (7)	135* (7)	151 (7)	183 (6)	225 (7)	272 (9)	322 (13)	355* (16)	200	35 (4.1)
14-18.....	190	254 (7)	150* (7)	168 (7)	202 (6)	247 (7)	297 (10)	350 (14)	386* (18)	340	88 (2.8)
19-50.....	525	294 (8)	151 (5)	174 (5)	221 (6)	282 (7)	354 (9)	428 (11)	475 (12)		71 (2.6)
51+.....	496	292 (7)	149 (5)	173 (5)	219 (6)	279 (7)	352 (9)	426 (12)	476 (14)	350	75 (2.5)
19+.....	1021	293 (6)	150 (4)	174 (5)	220 (5)	281 (6)	353 (8)	427 (10)	475 (12)		73 (2.2)
Females:											
9-13.....	183	210 (6)	119* (7)	135 (6)	165 (6)	203 (6)	248 (8)	294 (11)	326* (14)	200	48 (3.9)
14-18.....	182	196 (6)	111* (7)	125 (7)	154 (6)	190 (6)	232 (7)	275 (10)	304* (13)	300	95* (1.8)
19-50.....	589	235 (5)	129 (4)	148 (4)	183 (5)	227 (5)	279 (6)	331 (7)	368 (8)		68 (2.5)
51+.....	479	231 (5)	128 (4)	145 (4)	179 (4)	224 (5)	274 (5)	327 (7)	361 (8)	265	71 (2.3)
19+.....	1068	233 (5)	128 (4)	147 (4)	181 (4)	225 (4)	277 (5)	330 (6)	365 (8)		69 (2.2)
All:											
1+.....	3524	247 (4)	132 (3)	150 (3)	185 (3)	233 (4)	294 (4)	363 (6)	412 (7)		62 (1.3)

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	10.0 (0.2)	5.9* (0.2)	6.6 (0.2)	8.0 (0.2)	9.7 (0.2)	11.7 (0.3)	13.9 (0.3)	15.3* (0.4)	3	<3	40	<3
4-8.....	418	13.2 (0.3)	7.9 (0.3)	8.9 (0.3)	10.6 (0.3)	12.8 (0.3)	15.3 (0.3)	18.0 (0.4)	19.9 (0.5)	4.1	<3	40	<3
Males:													
9-13.....	208	15.4 (0.6)	8.6* (0.5)	9.7 (0.4)	11.9 (0.5)	14.8 (0.6)	18.2 (0.7)	21.9 (1.0)	24.3* (1.2)	5.9	<3	40	<3
14-18.....	190	16.4 (0.6)	9.2* (0.5)	10.4 (0.5)	12.7 (0.5)	15.8 (0.6)	19.3 (0.8)	23.1 (1.0)	25.7* (1.3)	7.7	<3	45	<3
19-50.....	525	14.7 (0.3)	7.7 (0.2)	8.8 (0.2)	11.1 (0.2)	14.1 (0.3)	17.6 (0.4)	21.4 (0.5)	23.8 (0.7)	6	<3	45	<3
51+.....	496	14.3 (0.3)	7.5 (0.4)	8.6 (0.4)	10.8 (0.4)	13.7 (0.4)	17.2 (0.4)	20.8 (0.5)	23.3 (0.5)	6	<3	45	<3
19+.....	1021	14.6 (0.3)	7.6 (0.3)	8.7 (0.3)	11.0 (0.3)	13.9 (0.3)	17.5 (0.4)	21.2 (0.5)	23.6 (0.6)	6	<3	45	<3
Females:													
9-13.....	183	13.6 (0.6)	7.4* (0.4)	8.4 (0.4)	10.4 (0.5)	13.0 (0.5)	16.1 (0.7)	19.4 (0.9)	21.7* (1.1)	5.7	<3	40	<3
14-18.....	182	11.9 (0.4)	6.3* (0.4)	7.2 (0.4)	9.0 (0.4)	11.4 (0.4)	14.2 (0.6)	17.1 (0.7)	19.1* (0.9)	7.9	20 (2.5)	45	<3
19-50.....	589	11.7 (0.2)	6.2 (0.2)	7.2 (0.2)	9.0 (0.2)	11.2 (0.2)	14.0 (0.3)	16.8 (0.4)	18.8 (0.4)	8.1	24 (1.4)	45	<3
51+.....	479	11.3 (0.2)	6.0 (0.2)	6.9 (0.2)	8.6 (0.2)	10.9 (0.2)	13.5 (0.3)	16.3 (0.3)	18.2 (0.4)	5	4* (0.6)	45	<3
19+.....	1068	11.5 (0.2)	6.1 (0.2)	7.0 (0.2)	8.8 (0.2)	11.1 (0.2)	13.8 (0.2)	16.6 (0.3)	18.5 (0.4)		16 (1.0)	45	<3
All:													
1+.....	3524	13.1 (0.2)	6.7 (0.1)	7.8 (0.1)	9.7 (0.1)	12.4 (0.2)	15.7 (0.2)	19.2 (0.3)	21.6 (0.4)		8 (0.5)		<3

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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	7.1 (0.2)	4.6* (0.2)	5.0 (0.2)	5.9 (0.2)	6.9 (0.2)	8.2 (0.2)	9.5 (0.3)	10.2* (0.3)	2.5	<3	7	49 (3.9)
4-8.....	418	8.5 (0.2)	5.5 (0.2)	6.1 (0.2)	7.0 (0.2)	8.3 (0.2)	9.8 (0.2)	11.3 (0.3)	12.3 (0.3)	4	<3	12	6 (1.3)
Males:													
9-13.....	208	10.5 (0.4)	5.7* (0.3)	6.5 (0.3)	8.0 (0.3)	10.1 (0.3)	12.5 (0.5)	15.1 (0.7)	16.9* (0.9)	7	14 (2.7)	23	<3
14-18.....	190	11.6 (0.4)	6.4* (0.3)	7.3 (0.3)	8.9 (0.3)	11.2 (0.3)	13.8 (0.5)	16.6 (0.8)	18.5* (1.1)	8.5	21 (2.7)	34	<3
19-50.....	525	11.6 (0.3)	6.4 (0.2)	7.3 (0.2)	9.0 (0.2)	11.2 (0.3)	13.8 (0.3)	16.5 (0.4)	18.2 (0.5)	9.4	29 (2.6)	40	<3
51+.....	496	10.9 (0.2)	5.9 (0.2)	6.8 (0.2)	8.4 (0.2)	10.5 (0.2)	13.0 (0.3)	15.6 (0.4)	17.3 (0.5)	9.4	36 (2.9)	40	<3
19+.....	1021	11.4 (0.3)	6.2 (0.2)	7.1 (0.2)	8.8 (0.2)	11.0 (0.3)	13.5 (0.3)	16.2 (0.4)	17.9 (0.5)	9.4	32 (2.6)	40	<3
Females:													
9-13.....	183	8.9 (0.3)	4.7* (0.3)	5.4 (0.3)	6.7 (0.3)	8.5 (0.3)	10.6 (0.4)	12.9 (0.6)	14.5* (0.8)	7	29 (3.8)	23	<3
14-18.....	182	7.9 (0.3)	4.1* (0.3)	4.7 (0.3)	6.0 (0.3)	7.6 (0.3)	9.5 (0.4)	11.6 (0.5)	13.0* (0.7)	7.3	46 (4.1)	34	<3
19-50.....	589	8.6 (0.2)	4.8 (0.2)	5.5 (0.2)	6.8 (0.2)	8.3 (0.2)	10.2 (0.2)	12.1 (0.3)	13.4 (0.3)	6.8	26 (2.7)	40	<3
51+.....	479	8.2 (0.2)	4.6 (0.2)	5.2 (0.2)	6.4 (0.2)	8.0 (0.2)	9.8 (0.2)	11.7 (0.3)	12.9 (0.3)	6.8	31 (2.8)	40	<3
19+.....	1068	8.5 (0.2)	4.7 (0.2)	5.4 (0.2)	6.6 (0.2)	8.2 (0.2)	10.0 (0.2)	11.9 (0.3)	13.2 (0.3)	6.8	28 (2.5)	40	<3
All:													
1+.....	3524	9.6 (0.1)	5.1 (0.1)	5.8 (0.1)	7.2 (0.1)	9.1 (0.1)	11.4 (0.2)	14.1 (0.3)	15.9 (0.3)		26 (1.5)		<3

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	0.6 (0.01)	0.4* (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	0.9* (0.03)	0.26	<3	1	<3
4-8.....	418	0.8 (0.02)	0.5 (0.02)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.03)	1.0 (0.03)	1.1 (0.04)	0.34	<3	3	<3
Males:													
9-13.....	208	0.9 (0.03)	0.5* (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.04)	1.3 (0.05)	1.4* (0.06)	0.54	5* (1.8)	5	<3
14-18.....	190	1.0 (0.03)	0.6* (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.04)	1.4 (0.05)	1.5* (0.06)	0.685	13 (2.5)	8	<3
19-50.....	525	1.2 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	11 (1.3)	10	<3
51+.....	496	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	11 (1.1)	10	<3
19+.....	1021	1.2 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	11 (1.1)	10	<3
Females:													
9-13.....	183	0.8 (0.03)	0.5* (0.02)	0.5 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.05)	1.3* (0.06)	0.54	10 (2.0)	5	<3
14-18.....	182	0.8 (0.02)	0.5* (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.03)	1.1 (0.04)	1.2* (0.05)	0.685	36 (3.5)	8	<3
19-50.....	589	1.0 (0.02)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.04)	1.6 (0.04)	0.7	22 (2.1)	10	<3
51+.....	479	1.0 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.03)	1.6 (0.04)	0.7	22 (2.3)	10	<3
19+.....	1068	1.0 (0.02)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.6 (0.04)	0.7	22 (1.9)	10	<3
All:													
1+.....	3524	1.0 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.02)	1.5 (0.02)	1.7 (0.03)		15 (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

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	68 (1)	45* (2)	49 (2)	57 (1)	66 (1)	78 (2)	89 (3)	96* (3)	17	<3	90	9 (2.2)
4-8.....	418	85 (2)	57 (2)	62 (2)	71 (2)	83 (2)	97 (2)	111 (3)	120 (4)	23	<3	150	<3
Males:													
9-13.....	208	103 (3)	63* (3)	70 (3)	84 (2)	101 (3)	120 (4)	140 (5)	153* (6)	35	<3	280	<3
14-18.....	190	120 (3)	75* (3)	83 (3)	98 (2)	118 (3)	139 (4)	161 (5)	175* (7)	45	<3	400	<3
19-50.....	525	135 (3)	80 (3)	89 (3)	108 (3)	131 (3)	158 (4)	184 (5)	201 (6)	45	<3	400	<3
51+.....	496	123 (3)	70 (3)	80 (3)	97 (3)	120 (3)	145 (3)	170 (4)	187 (4)	45	<3	400	<3
19+.....	1021	130 (3)	75 (3)	86 (3)	104 (3)	127 (3)	153 (3)	180 (4)	197 (5)	45	<3	400	<3
Females:													
9-13.....	183	90 (3)	52* (2)	59 (2)	71 (2)	87 (3)	105 (4)	123 (5)	135* (6)	35	<3	280	<3
14-18.....	182	85 (3)	49* (3)	56 (3)	68 (2)	83 (3)	100 (3)	118 (4)	129* (5)	45	<3	400	<3
19-50.....	589	98 (2)	58 (1)	66 (2)	79 (2)	96 (2)	114 (2)	133 (3)	145 (4)	45	<3	400	<3
51+.....	479	92 (1)	54 (1)	61 (1)	73 (1)	90 (1)	107 (2)	126 (2)	137 (3)	45	<3	400	<3
19+.....	1068	95 (2)	56 (1)	63 (1)	77 (1)	93 (2)	112 (2)	130 (3)	142 (3)	45	<3	400	<3
All:													
1+.....	3524	106 (1)	57 (1)	65 (1)	80 (1)	100 (1)	126 (2)	154 (3)	172 (3)		<3		<3

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

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

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

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	254	2018 (50)	1256* (48)	1398 (47)	1652 (46)	1970 (49)	2332 (58)	2699 (75)	2938* (87)	800	>97	1200	97* (1.2)
4-8.....	418	2739 (69)	1777 (59)	1960 (58)	2281 (61)	2686 (67)	3134 (83)	3591 (102)	3895 (120)	1000	>97	1500	>97
Males:													
9-13.....	208	3303 (75)	2085* (65)	2296 (62)	2707 (62)	3227 (75)	3807 (95)	4410 (131)	4799* (158)	1200	>97	1800	>97
14-18.....	190	3726 (89)	2388* (87)	2627 (84)	3079 (85)	3651 (86)	4284 (106)	4925 (138)	5354* (172)	1500	>97	2300	96* (1.2)
19-50.....	525	4013 (92)	2464 (68)	2742 (70)	3274 (78)	3931 (91)	4662 (112)	5383 (131)	5830 (151)	1500	>97	2300	97* (0.6)
51+.....	496	3631 (78)	2146 (65)	2424 (66)	2924 (71)	3544 (77)	4248 (93)	4939 (114)	5388 (126)	1500	>97	2300	93 (1.3)
19+.....	1021	3872 (84)	2322 (64)	2609 (65)	3133 (71)	3788 (83)	4520 (102)	5246 (123)	5701 (138)	1500	>97	2300	95 (0.8)
Females:													
9-13.....	183	2902 (80)	1777* (63)	1983 (63)	2356 (64)	2827 (77)	3365 (100)	3905 (130)	4277* (158)	1200	>97	1800	95* (1.2)
14-18.....	182	2750 (95)	1677* (78)	1865 (79)	2233 (82)	2683 (93)	3200 (117)	3717 (136)	4052* (154)	1500	>97	2300	71 (4.5)
19-50.....	589	3015 (46)	1796 (34)	2027 (36)	2440 (39)	2944 (44)	3522 (57)	4092 (74)	4472 (84)	1500	>97	2300	81 (1.4)
51+.....	479	2745 (43)	1595 (33)	1801 (32)	2187 (34)	2680 (41)	3223 (54)	3774 (68)	4118 (82)	1500	97* (0.5)	2300	70 (1.7)
19+.....	1068	2908 (42)	1701 (29)	1925 (30)	2334 (32)	2839 (39)	3409 (53)	3976 (69)	4350 (82)	1500	>97	2300	76 (1.4)
All:													
1+.....	3524	3221 (42)	1767 (26)	2016 (28)	2486 (32)	3097 (40)	3830 (53)	4598 (75)	5091 (92)		>97		87 (0.8)

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

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

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	1820 (35)	1179* (42)	1302 (40)	1518 (37)	1786 (36)	2084 (36)	2385 (44)	2574* (49)	2000	31 (2.7)
4-8.....	418	1963 (44)	1278 (40)	1408 (41)	1640 (42)	1928 (44)	2246 (51)	2568 (61)	2777 (71)	2300	21 (3.2)
Males:											
9-13.....	208	2145 (62)	1285* (54)	1433 (52)	1724 (52)	2091 (61)	2502 (79)	2928 (106)	3201* (125)	2500	25 (3.7)
14-18.....	190	2320 (71)	1408* (71)	1570 (69)	1877 (68)	2269 (69)	2701 (83)	3139 (105)	3432* (127)	3000	14 (3.0)
19-50.....	525	2553 (53)	1399 (37)	1603 (38)	1999 (42)	2487 (52)	3039 (66)	3582 (80)	3913 (92)	3400	14 (1.8)
51+.....	496	2645 (48)	1468 (38)	1684 (37)	2081 (40)	2575 (46)	3138 (61)	3691 (80)	4042 (91)	3400	17 (1.8)
19+.....	1021	2587 (47)	1422 (34)	1630 (35)	2029 (38)	2520 (46)	3075 (61)	3622 (76)	3964 (87)	3400	15 (1.8)
Females:											
9-13.....	183	1896 (57)	1094* (58)	1240 (56)	1506 (54)	1843 (56)	2227 (69)	2614 (89)	2879* (107)	2300	21 (3.4)
14-18.....	182	1742 (57)	991* (63)	1121 (61)	1378 (59)	1695 (59)	2058 (66)	2422 (77)	2658* (91)	2300	14 (2.7)
19-50.....	589	2014 (39)	1127 (35)	1298 (35)	1598 (36)	1967 (38)	2383 (43)	2789 (51)	3064 (58)	2600	16 (1.7)
51+.....	479	2087 (37)	1196 (39)	1359 (39)	1660 (38)	2044 (37)	2459 (39)	2874 (44)	3135 (50)	2600	19 (1.6)
19+.....	1068	2043 (34)	1153 (33)	1321 (34)	1622 (33)	1996 (34)	2414 (38)	2824 (44)	3094 (49)	2600	17 (1.5)
All:											
1+.....	3524	2205 (26)	1219 (27)	1389 (26)	1702 (27)	2115 (46)	2608 (27)	3146 (96)	3504 (151)		17 (1.7)

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

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	254	3.1 (0.3)	0.3* (0.1)	0.5 (0.1)	0.9 (0.2)	2.0 (0.3)	3.9 (0.4)	6.8 (0.7)	9.5* (1.0)
4-8.....	418	7.3 (0.6)	1.1 (0.2)	1.6 (0.3)	2.8 (0.4)	5.2 (0.5)	9.3 (0.8)	15.3 (1.4)	20.4 (1.9)
Males:									
9-13.....	208	14.1 (1.5)	1.1* (0.3)	1.7 (0.3)	3.6 (0.6)	7.9 (1.1)	16.8 (1.9)	32.2 (3.3)	47.0* (5.0)
14-18.....	190	30.5 (2.8)	2.6* (0.5)	4.1 (0.6)	8.4 (1.1)	18.3 (1.8)	37.4 (3.4)	67.9 (6.4)	99.1* (10.6)
19-50.....	525	68.2 (33.0)	1.6 (2.6)	3.9 (5.5)	13.8 (14.0)	41.7 (28.1)	93.7 (46.6)	166.7 (67.6)	225.4 (81.4)
51+.....	496	100.8 (42.1)	6.8 (7.9)	13.0 (12.7)	32.6 (23.6)	72.2 (39.2)	138.8 (56.9)	226.5 (74.6)	292.7 (86.9)
19+.....	1021	80.3 (37.4)	2.4 (4.0)	5.8 (7.8)	19.2 (17.8)	52.2 (33.2)	110.9 (52.3)	191.5 (72.5)	254.2 (84.7)
Females:									
9-13.....	183	12.5 (1.2)	1.0* (0.2)	1.5 (0.3)	3.2 (0.4)	7.1 (0.8)	15.0 (1.5)	28.7 (2.9)	41.2* (4.3)
14-18.....	182	25.4 (3.8)	2.2* (0.5)	3.4 (0.7)	7.1 (1.2)	15.1 (2.2)	31.4 (4.5)	58.2 (8.8)	81.6* (13.5)
19-50.....	589	65.8 (3.3)	1.8 (0.5)	4.2 (0.8)	14.6 (1.7)	41.2 (3.0)	90.1 (5.0)	159.6 (7.5)	214.5 (9.4)
51+.....	479	88.8 (4.5)	5.0 (1.0)	10.1 (1.5)	26.8 (2.6)	62.9 (4.1)	122.1 (6.3)	201.1 (9.2)	260.5 (11.4)
19+.....	1068	74.9 (2.7)	2.5 (0.6)	5.7 (0.9)	18.7 (1.6)	49.4 (2.5)	103.7 (4.1)	177.3 (6.3)	235.6 (8.2)
All:									
1+.....	3524	59.6 (3.1)	1.3 (0.1)	2.6 (0.2)	8.1 (0.5)	29.9 (1.8)	81.5 (4.7)	156.6 (8.7)	216.1 (11.6)

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	14.5 (0.2)	11.4* (0.3)	12.0 (0.3)	13.1 (0.2)	14.3 (0.2)	15.7 (0.2)	17.1 (0.3)	17.9* (0.4)	5-20%	>97
4-8.....	418	13.7 (0.2)	10.8 (0.2)	11.3 (0.2)	12.4 (0.2)	13.6 (0.2)	14.9 (0.2)	16.2 (0.3)	17.1 (0.4)	10-30%	>97
Males:											
9-13.....	208	14.1 (0.2)	10.2* (0.4)	10.9 (0.4)	12.3 (0.2)	13.9 (0.2)	15.7 (0.4)	17.5 (0.7)	18.6* (0.8)	10-30%	96* (1.9)
14-18.....	190	15.2 (0.3)	11.1* (0.5)	11.8 (0.4)	13.3 (0.3)	15.0 (0.2)	16.9 (0.4)	18.7 (0.7)	19.9* (0.9)	10-30%	>97
19-50.....	525	15.9 (0.2)	11.4 (0.2)	12.2 (0.2)	13.8 (0.2)	15.7 (0.2)	17.8 (0.3)	19.8 (0.4)	21.0 (0.4)	10-35%	>97
51+.....	496	15.9 (0.2)	11.4 (0.2)	12.3 (0.2)	13.9 (0.2)	15.8 (0.2)	17.8 (0.3)	19.8 (0.4)	21.1 (0.4)	10-35%	>97
19+.....	1021	15.9 (0.2)	11.4 (0.2)	12.2 (0.2)	13.8 (0.2)	15.7 (0.2)	17.8 (0.3)	19.8 (0.3)	21.1 (0.4)	10-35%	>97
Females:											
9-13.....	183	13.8 (0.2)	9.9* (0.5)	10.7 (0.4)	12.0 (0.3)	13.7 (0.2)	15.4 (0.4)	17.1 (0.6)	18.3* (0.8)	10-30%	95* (2.4)
14-18.....	181	13.9 (0.2)	10.0* (0.6)	10.8 (0.5)	12.1 (0.4)	13.8 (0.3)	15.5 (0.2)	17.2 (0.4)	18.3* (0.6)	10-30%	95* (2.9)
19-50.....	589	14.9 (0.2)	10.8 (0.2)	11.6 (0.2)	13.0 (0.2)	14.7 (0.2)	16.6 (0.2)	18.5 (0.3)	19.7 (0.3)	10-35%	>97
51+.....	479	15.2 (0.2)	11.1 (0.2)	11.9 (0.2)	13.3 (0.2)	15.1 (0.2)	17.0 (0.2)	18.9 (0.3)	20.1 (0.4)	10-35%	>97
19+.....	1068	15.0 (0.1)	10.9 (0.2)	11.7 (0.2)	13.1 (0.1)	14.9 (0.1)	16.8 (0.2)	18.6 (0.3)	19.9 (0.3)	10-35%	>97
All:											
1+.....	3523	15.1 (0.1)	10.9 (0.1)	11.7 (0.1)	13.1 (0.1)	14.8 (0.1)	16.8 (0.1)	18.8 (0.2)	20.1 (0.3)		>97

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	53.4 (0.5)	46.1* (0.7)	47.8 (0.6)	50.5 (0.5)	53.4 (0.5)	56.3 (0.5)	59.0 (0.7)	60.6* (0.8)	45-65%	97* (1.2)
4-8.....	418	54.1 (0.3)	46.9 (0.6)	48.5 (0.5)	51.2 (0.4)	54.1 (0.3)	57.0 (0.4)	59.6 (0.5)	61.3 (0.6)	45-65%	>97
Males:											
9-13.....	208	53.0 (0.6)	45.8* (0.6)	47.3 (0.6)	50.0 (0.6)	53.0 (0.6)	56.0 (0.7)	58.8 (0.8)	60.4* (0.8)	45-65%	96* (0.9)
14-18.....	190	51.3 (0.5)	44.0* (0.6)	45.6 (0.5)	48.3 (0.5)	51.3 (0.5)	54.3 (0.5)	57.0 (0.6)	58.7* (0.7)	45-65%	92* (1.9)
19-50.....	525	46.7 (0.5)	35.4 (1.0)	37.8 (0.9)	42.0 (0.7)	46.7 (0.5)	51.4 (0.4)	55.6 (0.4)	58.0 (0.5)	45-65%	59 (3.3)
51+.....	496	46.3 (0.5)	35.0 (0.9)	37.5 (0.8)	41.7 (0.7)	46.3 (0.5)	51.0 (0.5)	55.2 (0.5)	57.8 (0.6)	45-65%	57 (3.3)
19+.....	1021	46.6 (0.5)	35.3 (0.9)	37.7 (0.8)	41.9 (0.7)	46.5 (0.5)	51.2 (0.4)	55.4 (0.4)	57.9 (0.5)	45-65%	59 (3.1)
Females:											
9-13.....	183	53.0 (0.6)	45.6* (0.7)	47.3 (0.6)	49.9 (0.6)	52.9 (0.6)	55.9 (0.6)	58.7 (0.7)	60.4* (0.7)	45-65%	96* (1.3)
14-18.....	181	52.6 (0.6)	45.3* (0.6)	46.9 (0.6)	49.6 (0.6)	52.6 (0.6)	55.6 (0.7)	58.3 (0.7)	59.9* (0.8)	45-65%	95* (1.2)
19-50.....	589	49.4 (0.4)	38.6 (0.5)	41.0 (0.5)	45.1 (0.4)	49.4 (0.4)	53.9 (0.4)	57.8 (0.5)	60.3 (0.5)	45-65%	74 (1.9)
51+.....	479	48.9 (0.4)	38.1 (0.7)	40.5 (0.6)	44.4 (0.5)	49.0 (0.5)	53.4 (0.4)	57.4 (0.4)	59.9 (0.4)	45-65%	71 (2.6)
19+.....	1068	49.2 (0.3)	38.3 (0.5)	40.8 (0.5)	44.8 (0.4)	49.2 (0.4)	53.7 (0.3)	57.7 (0.4)	60.1 (0.4)	45-65%	73 (1.9)
All:											
1+.....	3523	49.4 (0.3)	37.8 (0.6)	40.5 (0.5)	45.1 (0.3)	49.8 (0.2)	54.1 (0.2)	57.7 (0.3)	59.8 (0.3)	45-65%	75 (1.5)

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	33.3 (0.3)	27.5* (0.7)	28.7 (0.6)	30.9 (0.4)	33.3 (0.4)	35.7 (0.4)	37.9 (0.5)	39.1* (0.5)	30-40%	79 (3.8)
4-8.....	418	33.3 (0.3)	27.5 (0.6)	28.8 (0.5)	30.9 (0.4)	33.3 (0.3)	35.6 (0.3)	37.8 (0.4)	39.1 (0.5)	25-35%	68 (3.0)
Males:											
9-13.....	208	34.1 (0.6)	28.5* (0.9)	29.7 (0.8)	31.8 (0.7)	34.1 (0.6)	36.4 (0.6)	38.5 (0.8)	39.8* (0.8)	25-35%	59 (6.9)
14-18.....	190	34.2 (0.5)	28.5* (0.8)	29.8 (0.7)	31.9 (0.6)	34.2 (0.5)	36.5 (0.5)	38.6 (0.7)	39.9* (0.8)	25-35%	59 (5.6)
19-50.....	525	34.1 (0.4)	26.7 (0.5)	28.3 (0.4)	31.1 (0.4)	34.1 (0.4)	37.2 (0.5)	39.9 (0.7)	41.4 (0.8)	20-35%	57 (3.8)
51+.....	496	35.0 (0.4)	27.6 (0.6)	29.3 (0.5)	32.0 (0.4)	35.0 (0.4)	38.1 (0.5)	40.8 (0.7)	42.4 (0.7)	20-35%	50 (3.7)
19+.....	1021	34.4 (0.4)	27.0 (0.5)	28.6 (0.4)	31.4 (0.4)	34.5 (0.4)	37.5 (0.5)	40.2 (0.6)	41.8 (0.7)	20-35%	55 (3.5)
Females:											
9-13.....	183	34.6 (0.6)	28.9* (0.9)	30.2 (0.8)	32.3 (0.6)	34.6 (0.6)	37.0 (0.6)	39.0 (0.8)	40.3* (0.9)	25-35%	54 (6.7)
14-18.....	181	34.4 (0.6)	28.7* (1.0)	29.9 (0.9)	32.1 (0.7)	34.4 (0.6)	36.7 (0.5)	38.8 (0.6)	40.0* (0.7)	25-35%	56 (6.1)
19-50.....	589	34.6 (0.4)	26.6 (0.5)	28.4 (0.4)	31.4 (0.4)	34.6 (0.4)	37.9 (0.4)	40.8 (0.5)	42.6 (0.5)	20-35%	53 (3.0)
51+.....	479	35.5 (0.4)	27.6 (0.5)	29.3 (0.4)	32.2 (0.4)	35.6 (0.4)	38.8 (0.5)	41.8 (0.6)	43.6 (0.6)	20-35%	46 (3.4)
19+.....	1068	35.0 (0.4)	26.9 (0.5)	28.7 (0.4)	31.7 (0.4)	35.0 (0.4)	38.3 (0.4)	41.2 (0.5)	43.0 (0.6)	20-35%	50 (2.9)
All:											
1+.....	3523	34.5 (0.3)	27.3 (0.4)	28.9 (0.3)	31.5 (0.3)	34.4 (0.3)	37.4 (0.3)	40.1 (0.4)	41.9 (0.5)		56 (2.5)

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

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

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

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Non-Hispanic Black										
Males and females:										
1-3.....	254	11.8 (0.2)	8.7* (0.4)	9.3 (0.3)	10.4 (0.3)	11.7 (0.2)	13.1 (0.2)	14.4 (0.2)	15.2* (0.3)	18 (3.9)
4-8.....	418	11.2 (0.2)	8.1 (0.3)	8.7 (0.2)	9.8 (0.2)	11.1 (0.2)	12.4 (0.2)	13.7 (0.3)	14.5 (0.3)	28 (3.5)
Males:										
9-13.....	208	11.5 (0.3)	8.8* (0.3)	9.4 (0.3)	10.3 (0.3)	11.4 (0.3)	12.5 (0.3)	13.6 (0.4)	14.2* (0.4)	19 (4.9)
14-18.....	190	11.2 (0.2)	8.6* (0.3)	9.1 (0.2)	10.1 (0.2)	11.2 (0.2)	12.3 (0.2)	13.3 (0.3)	14.0* (0.4)	23 (3.9)
19-50.....	525	10.7 (0.2)	8.0 (0.2)	8.6 (0.2)	9.5 (0.2)	10.7 (0.2)	11.8 (0.2)	12.9 (0.3)	13.6 (0.3)	34 (4.6)
51+.....	496	10.8 (0.2)	8.1 (0.2)	8.7 (0.2)	9.6 (0.2)	10.8 (0.2)	11.9 (0.2)	13.0 (0.3)	13.7 (0.3)	32 (4.5)
19+.....	1021	10.7 (0.2)	8.0 (0.2)	8.6 (0.2)	9.6 (0.2)	10.7 (0.2)	11.9 (0.2)	12.9 (0.3)	13.6 (0.3)	34 (4.3)
Females:										
9-13.....	183	11.4 (0.2)	8.7* (0.3)	9.3 (0.3)	10.2 (0.3)	11.3 (0.3)	12.4 (0.3)	13.5 (0.3)	14.1* (0.4)	21 (4.8)
14-18.....	181	10.8 (0.3)	8.2* (0.4)	8.8 (0.4)	9.7 (0.3)	10.8 (0.3)	11.9 (0.2)	12.9 (0.3)	13.5* (0.3)	31 (6.4)
19-50.....	589	10.8 (0.2)	7.6 (0.2)	8.3 (0.2)	9.4 (0.2)	10.7 (0.2)	12.1 (0.2)	13.3 (0.2)	14.2 (0.2)	36 (3.6)
51+.....	479	11.0 (0.2)	7.9 (0.2)	8.5 (0.2)	9.6 (0.2)	10.9 (0.2)	12.3 (0.2)	13.6 (0.2)	14.4 (0.3)	32 (3.5)
19+.....	1068	10.9 (0.2)	7.7 (0.2)	8.4 (0.2)	9.5 (0.2)	10.8 (0.2)	12.2 (0.2)	13.5 (0.2)	14.3 (0.2)	34 (3.3)
All:										
1+.....	3523	10.9 (0.1)	8.0 (0.2)	8.6 (0.1)	9.7 (0.1)	10.9 (0.1)	12.2 (0.1)	13.3 (0.1)	14.1 (0.2)	31 (2.7)

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	6.3 (0.1)	4.6* (0.1)	4.9 (0.1)	5.5 (0.1)	6.2 (0.1)	7.0 (0.1)	7.7 (0.2)	8.2* (0.2)	05-10%	89 (2.5)
4-8.....	418	6.9 (0.1)	5.1 (0.1)	5.5 (0.1)	6.1 (0.1)	6.8 (0.1)	7.6 (0.1)	8.4 (0.2)	8.9 (0.2)	05-10%	96 (1.2)
Males:											
9-13.....	208	7.1 (0.2)	5.1* (0.2)	5.5 (0.2)	6.2 (0.2)	7.0 (0.2)	7.9 (0.2)	8.9 (0.3)	9.4* (0.4)	05-10%	94* (2.8)
14-18.....	190	7.1 (0.2)	5.0* (0.2)	5.4 (0.2)	6.1 (0.2)	7.0 (0.2)	7.9 (0.2)	8.8 (0.3)	9.4* (0.4)	05-10%	93* (2.9)
19-50.....	525	7.0 (0.1)	5.0 (0.2)	5.4 (0.1)	6.1 (0.1)	7.0 (0.1)	7.9 (0.1)	8.8 (0.2)	9.3 (0.2)	05-10%	93 (1.9)
51+.....	496	7.3 (0.1)	5.3 (0.2)	5.7 (0.2)	6.4 (0.1)	7.3 (0.1)	8.2 (0.1)	9.1 (0.2)	9.7 (0.2)	05-10%	94 (1.6)
19+.....	1021	7.2 (0.1)	5.1 (0.2)	5.5 (0.1)	6.2 (0.1)	7.1 (0.1)	8.0 (0.1)	8.9 (0.2)	9.5 (0.2)	05-10%	93 (1.8)
Females:											
9-13.....	183	7.6 (0.2)	5.5* (0.2)	5.9 (0.2)	6.6 (0.2)	7.5 (0.2)	8.5 (0.3)	9.4 (0.4)	10.0* (0.4)	05-10%	93* (3.1)
14-18.....	181	7.6 (0.2)	5.5* (0.3)	5.9 (0.2)	6.7 (0.2)	7.6 (0.2)	8.5 (0.2)	9.4 (0.3)	10.0* (0.3)	05-10%	93* (3.0)
19-50.....	589	7.5 (0.1)	5.1 (0.1)	5.6 (0.1)	6.4 (0.1)	7.3 (0.1)	8.4 (0.2)	9.4 (0.2)	10.1 (0.2)	05-10%	90 (1.5)
51+.....	479	7.6 (0.1)	5.2 (0.1)	5.7 (0.1)	6.5 (0.1)	7.5 (0.1)	8.5 (0.2)	9.6 (0.2)	10.2 (0.2)	05-10%	90 (1.7)
19+.....	1068	7.5 (0.1)	5.2 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.1)	9.5 (0.2)	10.2 (0.2)	05-10%	90 (1.5)
All:											
1+.....	3523	7.3 (0.1)	5.1 (0.1)	5.5 (0.1)	6.3 (0.1)	7.2 (0.1)	8.2 (0.1)	9.1 (0.1)	9.8 (0.2)	05-10%	92 (1.0)

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

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	254	0.64 (0.02)	0.46* (0.02)	0.49 (0.02)	0.55 (0.02)	0.63 (0.02)	0.71 (0.02)	0.80 (0.02)	0.85* (0.03)	0.6-1.2%	60 (6.1)
4-8.....	418	0.63 (0.01)	0.45 (0.02)	0.48 (0.02)	0.54 (0.02)	0.62 (0.01)	0.70 (0.02)	0.79 (0.02)	0.84 (0.02)	0.6-1.2%	57 (5.1)
Males:											
9-13.....	208	0.65 (0.01)	0.47* (0.03)	0.50 (0.03)	0.57 (0.02)	0.64 (0.01)	0.73 (0.03)	0.82 (0.05)	0.87* (0.06)	0.6-1.2%	65 (4.5)
14-18.....	190	0.65 (0.02)	0.47* (0.03)	0.50 (0.03)	0.56 (0.02)	0.64 (0.02)	0.73 (0.03)	0.81 (0.05)	0.87* (0.06)	0.6-1.2%	64 (5.1)
19-50.....	525	0.71 (0.02)	0.48 (0.02)	0.52 (0.02)	0.60 (0.02)	0.70 (0.01)	0.80 (0.02)	0.91 (0.03)	0.98 (0.04)	0.6-1.2%	75 (3.9)
51+.....	496	0.77 (0.02)	0.52 (0.03)	0.57 (0.02)	0.65 (0.02)	0.75 (0.02)	0.87 (0.02)	0.98 (0.03)	1.05 (0.04)	0.6-1.2%	84 (4.2)
19+.....	1021	0.73 (0.01)	0.49 (0.02)	0.54 (0.02)	0.62 (0.02)	0.72 (0.01)	0.83 (0.02)	0.94 (0.03)	1.01 (0.04)	0.6-1.2%	78 (3.8)
Females:											
9-13.....	183	0.71 (0.02)	0.51* (0.03)	0.55 (0.03)	0.62 (0.02)	0.70 (0.02)	0.79 (0.04)	0.88 (0.06)	0.94* (0.07)	0.6-1.2%	79 (5.5)
14-18.....	181	0.70 (0.02)	0.51* (0.04)	0.54 (0.03)	0.61 (0.02)	0.69 (0.02)	0.78 (0.03)	0.87 (0.05)	0.93* (0.06)	0.6-1.2%	77 (6.1)
19-50.....	589	0.77 (0.01)	0.51 (0.02)	0.55 (0.02)	0.64 (0.02)	0.75 (0.01)	0.87 (0.02)	1.00 (0.03)	1.09 (0.04)	0.6-1.2%	81 (3.5)
51+.....	479	0.82 (0.02)	0.55 (0.02)	0.60 (0.02)	0.69 (0.01)	0.80 (0.01)	0.94 (0.02)	1.07 (0.03)	1.16 (0.04)	0.6-1.2%	86 (3.2)
19+.....	1068	0.79 (0.01)	0.52 (0.02)	0.57 (0.02)	0.66 (0.01)	0.77 (0.01)	0.90 (0.02)	1.03 (0.03)	1.12 (0.04)	0.6-1.2%	83 (3.3)
All:											
1+.....	3523	0.73 (0.01)	0.49 (0.01)	0.53 (0.01)	0.61 (0.01)	0.71 (0.01)	0.83 (0.01)	0.96 (0.02)	1.04 (0.03)	0.6-1.2%	76 (2.2)

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

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TABLE NOTES

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

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

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

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

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

Indicates a non-zero value too small to report.

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

CITATION

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