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

What We Eat in America, NHANES 2015-2018

Table C

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	225	1382 (40)	915* (28)	1002 (29)	1166 (34)	1358 (40)	1569 (47)	1788 (54)	1934* (62)
4-8.....	325	1731 (40)	1171* (32)	1281 (33)	1469 (34)	1704 (39)	1966 (47)	2220 (57)	2384* (62)
Males:									
9-13.....	159	2007 (51)	1315* (43)	1448* (41)	1689 (46)	1979 (51)	2289 (59)	2600* (70)	2809* (79)
14-18.....	162	2201 (61)	1468* (44)	1603* (44)	1862 (48)	2163 (59)	2505 (75)	2841* (94)	3052* (104)
19-50.....	510	2320 (42)	1383 (44)	1556 (43)	1877 (42)	2273 (42)	2711 (47)	3143 (54)	3421 (60)
51+.....	550	2196 (48)	1267 (45)	1447 (45)	1763 (46)	2154 (49)	2580 (54)	3006 (63)	3275 (71)
19+.....	1060	2274 (40)	1332 (42)	1513 (42)	1831 (40)	2230 (41)	2664 (45)	3096 (52)	3375 (59)
Females:									
9-13.....	184	1883 (49)	1218* (41)	1350* (41)	1573 (44)	1846 (48)	2157 (58)	2468* (70)	2668* (80)
14-18.....	165	1718 (49)	1095* (41)	1211* (42)	1424 (45)	1688 (50)	1982 (58)	2262* (70)	2446* (74)
19-50.....	583	1864 (26)	1131 (30)	1270 (29)	1521 (26)	1831 (26)	2170 (31)	2500 (40)	2718 (51)
51+.....	554	1749 (30)	1041 (26)	1174 (26)	1415 (26)	1714 (29)	2045 (38)	2371 (51)	2580 (60)
19+.....	1137	1816 (24)	1087 (25)	1226 (25)	1474 (23)	1782 (23)	2118 (31)	2450 (41)	2665 (52)
All:									
1+.....	3417	1974 (22)	1146 (16)	1292 (16)	1561 (18)	1910 (23)	2317 (30)	2740 (38)	3019 (44)

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

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	225	47.6 (1.3)	30.9* (1.1)	34.0 (1.1)	39.9 (1.2)	46.7 (1.3)	54.3 (1.5)	62.1 (1.7)	67.3* (1.9)
4-8.....	325	57.0 (1.5)	37.6* (1.2)	41.4 (1.3)	48.0 (1.3)	56.1 (1.5)	65.1 (1.8)	73.9 (2.1)	79.6* (2.2)
Males:									
9-13.....	159	67.5 (2.5)	41.1* (2.6)	46.1* (2.5)	55.1 (2.6)	66.2 (2.6)	78.2 (2.8)	90.5* (3.1)	98.8* (3.5)
14-18.....	162	80.8 (2.5)	51.1* (2.2)	56.5* (2.3)	66.9 (2.2)	79.1 (2.5)	93.2 (3.0)	107.1* (3.6)	115.9* (4.0)
19-50.....	510	87.6 (2.2)	51.2 (2.8)	57.9 (2.8)	70.2 (2.6)	85.7 (2.3)	102.8 (2.7)	119.9 (3.3)	131.0 (3.8)
51+.....	550	82.2 (2.0)	46.0 (2.5)	52.9 (2.4)	65.1 (2.1)	80.4 (2.1)	97.2 (2.4)	114.1 (3.2)	124.9 (3.8)
19+.....	1060	85.6 (2.0)	49.0 (2.7)	55.9 (2.6)	68.2 (2.3)	83.8 (2.1)	100.9 (2.5)	117.8 (3.1)	128.9 (3.6)
Females:									
9-13.....	184	62.8 (2.4)	37.6* (2.0)	42.4* (2.1)	50.8 (2.2)	61.1 (2.5)	73.1 (2.8)	85.3* (3.1)	93.2* (3.3)
14-18.....	165	58.2 (2.6)	34.4* (2.1)	38.7* (2.2)	46.7 (2.3)	56.9 (2.6)	68.3 (3.0)	79.4* (3.4)	86.8* (3.5)
19-50.....	583	67.8 (1.2)	41.0 (1.3)	46.1 (1.3)	55.3 (1.2)	66.5 (1.2)	78.9 (1.4)	91.0 (1.6)	98.8 (1.9)
51+.....	554	64.5 (1.3)	38.3 (1.1)	43.3 (1.1)	52.2 (1.1)	63.3 (1.3)	75.4 (1.5)	87.5 (1.9)	95.1 (2.1)
19+.....	1137	66.4 (1.2)	39.8 (1.1)	44.8 (1.1)	53.9 (1.1)	65.1 (1.2)	77.5 (1.3)	89.5 (1.6)	97.3 (1.9)
All:									
1+.....	3417	71.8 (1.1)	39.9 (0.6)	45.2 (0.6)	55.3 (0.8)	68.8 (1.0)	85.2 (1.4)	102.4 (1.9)	114.0 (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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	3.86 (0.07)	2.51* (0.08)	2.76 (0.07)	3.24 (0.07)	3.79 (0.08)	4.40 (0.08)	5.02 (0.10)	5.43* (0.11)	0.87	<3
4-8.....	324	2.42 (0.07)	1.43* (0.06)	1.60 (0.06)	1.94 (0.06)	2.36 (0.07)	2.83 (0.07)	3.31 (0.09)	3.61* (0.10)	0.76	<3
Males:											
9-13.....	158	1.55 (0.07)	0.79* (0.07)	0.93* (0.07)	1.19 (0.07)	1.51 (0.07)	1.86 (0.07)	2.23* (0.08)	2.47* (0.08)	0.76	4* (1.7)
14-18.....	161	1.19 (0.04)	0.55* (0.04)	0.65* (0.04)	0.87 (0.04)	1.14 (0.04)	1.45 (0.05)	1.78* (0.06)	1.99* (0.07)	0.73	15 (2.5)
19-50.....	507	1.16 (0.03)	0.59 (0.03)	0.69 (0.03)	0.88 (0.03)	1.13 (0.03)	1.40 (0.03)	1.67 (0.03)	1.85 (0.04)	0.66	8 (1.7)
51+.....	539	1.10 (0.02)	0.53 (0.03)	0.64 (0.03)	0.83 (0.02)	1.07 (0.02)	1.34 (0.03)	1.61 (0.03)	1.78 (0.04)	0.66	11 (1.6)
19+.....	1046	1.14 (0.02)	0.56 (0.03)	0.67 (0.03)	0.86 (0.03)	1.11 (0.02)	1.38 (0.02)	1.65 (0.03)	1.83 (0.04)	0.66	9 (1.6)
Females:											
9-13.....	180	1.43 (0.04)	0.71* (0.05)	0.84* (0.05)	1.08 (0.05)	1.38 (0.05)	1.73 (0.05)	2.09* (0.06)	2.33* (0.07)	0.76	7* (1.7)
14-18.....	162	0.94 (0.04)	0.39* (0.04)	0.48* (0.04)	0.66 (0.04)	0.90 (0.04)	1.18 (0.05)	1.46* (0.06)	1.65* (0.06)	0.71	30 (4.4)
19-50.....	575	1.04 (0.01)	0.56 (0.02)	0.65 (0.02)	0.81 (0.02)	1.02 (0.02)	1.24 (0.02)	1.46 (0.02)	1.61 (0.03)	0.66	11 (1.3)
51+.....	551	1.01 (0.02)	0.54 (0.02)	0.62 (0.02)	0.78 (0.02)	0.98 (0.02)	1.21 (0.02)	1.43 (0.03)	1.57 (0.04)	0.66	13 (1.4)
19+.....	1126	1.03 (0.01)	0.55 (0.02)	0.64 (0.02)	0.80 (0.02)	1.00 (0.01)	1.23 (0.02)	1.45 (0.02)	1.59 (0.03)	0.66	12 (1.3)
All:											
1+.....	3382	1.31 (0.01)	0.56 (0.01)	0.67 (0.01)	0.87 (0.01)	1.13 (0.01)	1.49 (0.02)	2.12 (0.03)	2.90 (0.06)		10 (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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	183 (4)	118* (4)	130 (4)	153 (4)	179 (4)	209 (5)	239 (6)	259* (7)	100	<3
4-8.....	325	231 (5)	154* (4)	169 (5)	195 (4)	227 (5)	263 (6)	298 (7)	321* (8)	100	<3
Males:											
9-13.....	159	259 (8)	165* (7)	183* (7)	216 (7)	255 (8)	297 (9)	339* (10)	367* (11)	100	<3
14-18.....	162	271 (9)	175* (7)	193* (7)	227 (8)	266 (9)	311 (11)	355* (13)	383* (15)	100	<3
19-50.....	510	265 (5)	140 (5)	162 (5)	204 (5)	256 (5)	317 (6)	377 (8)	417 (9)	100	<3
51+.....	550	250 (7)	129 (5)	151 (6)	192 (6)	243 (7)	301 (8)	360 (10)	399 (11)	100	<3
19+.....	1060	259 (5)	135 (5)	158 (5)	199 (5)	252 (5)	311 (6)	371 (8)	411 (9)	100	<3
Females:											
9-13.....	184	245 (7)	154* (6)	172* (6)	203 (6)	240 (7)	282 (8)	324* (9)	351* (10)	100	<3
14-18.....	165	216 (6)	133* (5)	148* (5)	177 (6)	212 (6)	251 (8)	289* (9)	313* (10)	100	<3
19-50.....	583	222 (5)	123 (4)	141 (4)	174 (5)	216 (5)	264 (6)	311 (7)	343 (9)	100	<3
51+.....	554	209 (5)	113 (4)	131 (4)	162 (4)	203 (5)	249 (6)	295 (8)	325 (9)	100	<3
19+.....	1137	217 (4)	118 (4)	136 (4)	169 (4)	210 (4)	258 (5)	305 (7)	336 (8)	100	<3
All:											
1+.....	3417	236 (3)	129 (2)	148 (2)	183 (3)	228 (3)	280 (4)	334 (6)	370 (7)	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, 2015-2018

	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.....	225	90 (2)	53* (2)	60 (2)	72 (2)	87 (2)	104 (3)	122 (4)	134* (5)
4-8.....	325	103 (2)	63* (3)	70 (2)	84 (2)	101 (2)	120 (3)	140 (4)	152* (5)
Males:									
9-13.....	159	115 (4)	64* (4)	73* (4)	90 (4)	112 (4)	136 (4)	160* (5)	177* (6)
14-18.....	162	116 (5)	65* (4)	73* (4)	91 (4)	112 (5)	137 (6)	162* (7)	178* (8)
19-50.....	510	114 (5)	43 (3)	53 (4)	75 (4)	105 (5)	143 (6)	185 (8)	214 (9)
51+.....	550	112 (6)	42 (4)	52 (5)	74 (5)	104 (6)	141 (7)	181 (9)	209 (10)
19+.....	1060	113 (4)	42 (4)	53 (4)	74 (4)	105 (4)	142 (5)	184 (7)	212 (8)
Females:									
9-13.....	184	110 (5)	60* (4)	69* (4)	86 (4)	106 (5)	130 (5)	155* (6)	171* (7)
14-18.....	165	94 (4)	49* (3)	57* (3)	72 (3)	91 (4)	113 (5)	134* (6)	149* (7)
19-50.....	583	100 (3)	41 (3)	50 (3)	69 (4)	94 (4)	125 (4)	158 (4)	182 (4)
51+.....	554	97 (3)	40 (3)	49 (3)	67 (3)	91 (3)	122 (3)	155 (4)	177 (5)
19+.....	1137	99 (3)	41 (3)	50 (3)	68 (3)	93 (3)	124 (3)	157 (3)	180 (3)
All:									
1+.....	3417	105 (3)	45 (2)	55 (2)	74 (2)	99 (2)	129 (3)	163 (4)	188 (5)

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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	10.1 (0.3)	5.4* (0.2)	6.2 (0.2)	7.8 (0.3)	9.8 (0.3)	12.0 (0.4)	14.3 (0.4)	16.0* (0.5)	19	<3
4-8.....	325	12.5 (0.4)	7.0* (0.3)	8.0 (0.4)	9.8 (0.4)	12.1 (0.4)	14.7 (0.5)	17.4 (0.6)	19.2* (0.6)	25	<3
Males:											
9-13.....	159	13.5 (0.6)	7.4* (0.5)	8.5* (0.5)	10.5 (0.5)	13.2 (0.6)	16.1 (0.6)	19.1* (0.7)	21.2* (0.8)	31	<3
14-18.....	162	13.8 (0.5)	7.5* (0.4)	8.6* (0.4)	10.7 (0.4)	13.3 (0.5)	16.4 (0.6)	19.5* (0.7)	21.5* (0.8)	38	<3
19-50.....	510	14.5 (0.4)	5.9 (0.3)	7.3 (0.3)	10.0 (0.3)	13.6 (0.3)	18.0 (0.5)	22.7 (0.6)	25.9 (0.8)	38	<3
51+.....	550	15.2 (0.4)	6.3 (0.3)	7.7 (0.3)	10.6 (0.3)	14.4 (0.4)	18.9 (0.5)	23.6 (0.6)	26.8 (0.7)	30	<3
19+.....	1060	14.7 (0.3)	6.1 (0.3)	7.4 (0.3)	10.2 (0.3)	13.9 (0.3)	18.3 (0.4)	23.1 (0.5)	26.3 (0.7)		<3
Females:											
9-13.....	184	13.4 (0.4)	7.2* (0.4)	8.4* (0.4)	10.4 (0.4)	12.9 (0.4)	16.0 (0.5)	19.1* (0.6)	21.1* (0.7)	26	<3
14-18.....	165	11.8 (0.4)	6.2* (0.4)	7.1* (0.4)	9.0 (0.4)	11.4 (0.4)	14.2 (0.5)	16.9* (0.5)	18.8* (0.6)	26	<3
19-50.....	583	13.1 (0.3)	6.0 (0.2)	7.1 (0.2)	9.4 (0.3)	12.5 (0.3)	16.2 (0.4)	20.0 (0.5)	22.7 (0.7)	25	<3
51+.....	554	13.6 (0.3)	6.3 (0.3)	7.5 (0.3)	9.8 (0.3)	12.9 (0.3)	16.7 (0.4)	20.7 (0.5)	23.3 (0.5)	21	9 (1.1)
19+.....	1137	13.3 (0.3)	6.1 (0.2)	7.3 (0.2)	9.6 (0.2)	12.7 (0.3)	16.4 (0.3)	20.3 (0.5)	22.9 (0.6)		5 (0.7)
All:											
1+.....	3417	13.6 (0.2)	6.2 (0.2)	7.4 (0.2)	9.7 (0.2)	12.8 (0.2)	16.6 (0.2)	20.7 (0.3)	23.6 (0.4)		<3

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

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Table C 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Black Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	225	53.3 (1.9)	32.8* (1.6)	36.5 (1.6)	43.7 (1.7)	52.1 (1.9)	61.6 (2.3)	71.4 (2.8)	78.0* (3.3)
4-8.....	325	66.6 (1.8)	42.1* (1.8)	46.8 (1.7)	55.0 (1.6)	65.3 (1.7)	76.9 (2.1)	88.2 (2.6)	95.5* (2.8)
Males:									
9-13.....	159	80.8 (1.9)	50.3* (1.7)	56.1* (1.6)	66.7 (1.6)	79.5 (1.8)	93.3 (2.3)	107.2* (3.1)	116.6* (3.5)
14-18.....	162	88.5 (2.6)	56.3* (1.9)	62.2* (1.9)	73.5 (2.0)	86.8 (2.5)	102.0 (3.3)	117.0* (4.3)	126.5* (4.8)
19-50.....	510	92.0 (2.5)	50.3 (2.4)	57.7 (2.4)	71.8 (2.4)	89.5 (2.5)	109.5 (3.0)	129.5 (3.4)	142.5 (3.7)
51+.....	550	89.7 (2.2)	48.1 (2.1)	55.7 (2.1)	69.8 (2.1)	87.4 (2.3)	106.9 (2.6)	126.8 (3.4)	139.6 (3.8)
19+.....	1060	91.1 (2.2)	49.4 (2.0)	56.9 (2.1)	71.0 (2.1)	88.7 (2.2)	108.5 (2.5)	128.5 (3.1)	141.5 (3.4)
Females:									
9-13.....	184	75.7 (2.1)	46.5* (1.9)	52.2* (1.9)	61.9 (1.9)	74.0 (2.1)	87.8 (2.5)	101.7* (3.1)	110.8* (3.7)
14-18.....	165	71.0 (2.3)	43.1* (2.0)	48.2* (2.0)	57.7 (2.1)	69.5 (2.3)	82.9 (2.7)	95.6* (3.4)	104.1* (3.7)
19-50.....	583	75.8 (1.4)	41.3 (1.2)	47.5 (1.2)	59.0 (1.2)	73.7 (1.3)	90.2 (1.7)	106.7 (2.3)	117.7 (2.9)
51+.....	554	71.8 (1.6)	38.5 (1.1)	44.5 (1.2)	55.5 (1.3)	69.7 (1.5)	85.8 (2.1)	102.1 (2.7)	112.8 (3.2)
19+.....	1137	74.1 (1.3)	40.0 (1.1)	46.1 (1.1)	57.5 (1.0)	72.0 (1.2)	88.3 (1.6)	104.9 (2.3)	115.7 (2.8)
All:									
1+.....	3417	79.5 (1.3)	42.5 (0.8)	48.9 (0.8)	60.8 (1.0)	76.4 (1.3)	94.9 (1.7)	114.2 (2.2)	126.7 (2.6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	18.3 (0.6)	10.9* (0.6)	12.3 (0.6)	14.8 (0.6)	17.8 (0.6)	21.2 (0.7)	24.8 (0.8)	27.2* (0.9)
4-8.....	325	22.3 (0.5)	13.7* (0.6)	15.3 (0.6)	18.1 (0.5)	21.8 (0.5)	25.9 (0.6)	29.9 (0.8)	32.6* (0.9)
Males:									
9-13.....	159	26.9 (0.9)	15.7* (1.0)	17.8* (0.9)	21.6 (0.9)	26.3 (0.9)	31.5 (1.1)	36.9* (1.4)	40.6* (1.6)
14-18.....	162	29.5 (1.0)	17.6* (0.9)	19.7* (0.9)	23.8 (0.8)	28.7 (1.0)	34.5 (1.3)	40.3* (1.8)	44.0* (2.1)
19-50.....	510	29.2 (0.8)	15.3 (0.8)	17.7 (0.8)	22.3 (0.7)	28.2 (0.8)	34.9 (0.9)	41.8 (1.2)	46.3 (1.3)
51+.....	550	28.0 (0.8)	14.3 (0.7)	16.7 (0.7)	21.3 (0.7)	27.1 (0.9)	33.7 (1.0)	40.4 (1.1)	44.8 (1.3)
19+.....	1060	28.7 (0.7)	14.9 (0.7)	17.3 (0.7)	21.9 (0.6)	27.8 (0.7)	34.5 (0.8)	41.3 (1.1)	45.8 (1.2)
Females:									
9-13.....	184	25.3 (1.0)	14.5* (0.8)	16.6* (0.8)	20.1 (0.9)	24.5 (1.0)	29.8 (1.2)	35.1* (1.5)	38.6* (1.7)
14-18.....	165	22.7 (1.0)	12.8* (0.9)	14.5* (0.9)	17.8 (1.0)	22.1 (1.0)	26.9 (1.1)	31.7* (1.4)	34.9* (1.6)
19-50.....	583	23.3 (0.5)	11.8 (0.4)	13.8 (0.4)	17.6 (0.4)	22.5 (0.5)	28.1 (0.6)	33.9 (0.8)	37.8 (1.0)
51+.....	554	22.0 (0.5)	11.0 (0.4)	12.9 (0.4)	16.5 (0.4)	21.2 (0.5)	26.7 (0.7)	32.4 (0.9)	36.1 (1.1)
19+.....	1137	22.8 (0.4)	11.5 (0.4)	13.4 (0.4)	17.1 (0.3)	21.9 (0.4)	27.5 (0.5)	33.3 (0.8)	37.1 (1.0)
All:									
1+.....	3417	25.2 (0.4)	12.8 (0.3)	14.9 (0.2)	18.8 (0.3)	24.1 (0.4)	30.3 (0.6)	36.9 (0.9)	41.2 (1.1)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	18.0 (0.6)	11.0* (0.5)	12.3 (0.4)	14.7 (0.5)	17.6 (0.6)	20.8 (0.7)	24.2 (0.8)	26.5* (0.9)
4-8.....	325	22.7 (0.6)	14.3* (0.6)	15.9 (0.6)	18.7 (0.5)	22.2 (0.6)	26.2 (0.7)	30.2 (0.8)	32.7* (0.9)
Males:									
9-13.....	159	27.4 (0.9)	16.8* (0.7)	18.8* (0.7)	22.4 (0.8)	26.9 (0.8)	31.7 (1.0)	36.6* (1.2)	39.9* (1.4)
14-18.....	162	29.9 (1.1)	18.7* (0.9)	20.8* (0.9)	24.7 (1.0)	29.3 (1.1)	34.6 (1.4)	39.8* (1.7)	43.2* (1.8)
19-50.....	510	32.2 (0.9)	17.2 (0.9)	19.8 (0.9)	24.8 (0.9)	31.2 (0.9)	38.5 (1.1)	45.9 (1.3)	50.8 (1.4)
51+.....	550	32.0 (0.9)	16.9 (0.9)	19.6 (0.9)	24.7 (0.9)	31.1 (0.9)	38.3 (1.0)	45.7 (1.2)	50.5 (1.3)
19+.....	1060	32.2 (0.9)	17.1 (0.9)	19.7 (0.9)	24.8 (0.8)	31.2 (0.9)	38.5 (1.0)	45.9 (1.2)	50.7 (1.3)
Females:									
9-13.....	184	25.5 (0.9)	15.4* (0.8)	17.3* (0.8)	20.7 (0.8)	24.8 (0.9)	29.6 (1.0)	34.5* (1.3)	37.6* (1.4)
14-18.....	165	24.0 (0.9)	14.3* (0.8)	16.1* (0.8)	19.3 (0.9)	23.4 (0.9)	28.1 (1.1)	32.6* (1.4)	35.5* (1.5)
19-50.....	583	26.0 (0.6)	13.8 (0.5)	15.9 (0.5)	20.0 (0.5)	25.2 (0.6)	31.1 (0.8)	37.2 (1.0)	41.3 (1.4)
51+.....	554	24.9 (0.7)	13.0 (0.4)	15.1 (0.5)	19.0 (0.5)	24.1 (0.7)	29.9 (0.9)	35.9 (1.1)	39.9 (1.4)
19+.....	1137	25.6 (0.6)	13.4 (0.4)	15.6 (0.4)	19.6 (0.4)	24.7 (0.5)	30.6 (0.8)	36.7 (1.0)	40.7 (1.3)
All:									
1+.....	3417	27.5 (0.5)	14.3 (0.3)	16.5 (0.3)	20.7 (0.4)	26.3 (0.5)	33.0 (0.7)	40.2 (0.9)	44.9 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	11.7 (0.5)	6.3* (0.3)	7.2 (0.3)	9.0 (0.4)	11.3 (0.4)	13.9 (0.6)	16.7 (0.7)	18.7* (0.8)
4-8.....	325	15.4 (0.5)	8.6* (0.4)	9.8 (0.4)	12.0 (0.4)	14.8 (0.5)	18.2 (0.6)	21.7 (0.8)	24.0* (0.9)
Males:									
9-13.....	159	19.0 (0.7)	11.6* (0.5)	12.9* (0.5)	15.5 (0.6)	18.6 (0.7)	22.0 (0.8)	25.6* (1.0)	28.0* (1.1)
14-18.....	162	20.2 (0.7)	12.5* (0.6)	13.8* (0.6)	16.5 (0.6)	19.7 (0.7)	23.4 (0.8)	27.2* (1.1)	29.6* (1.2)
19-50.....	510	21.4 (0.7)	11.1 (0.6)	12.8 (0.6)	16.2 (0.7)	20.6 (0.7)	25.7 (0.8)	31.0 (1.0)	34.6 (1.2)
51+.....	550	21.4 (0.6)	10.9 (0.5)	12.7 (0.5)	16.2 (0.5)	20.6 (0.6)	25.7 (0.8)	31.0 (1.1)	34.5 (1.3)
19+.....	1060	21.4 (0.6)	11.0 (0.5)	12.8 (0.5)	16.2 (0.6)	20.6 (0.6)	25.7 (0.8)	31.0 (1.0)	34.6 (1.1)
Females:									
9-13.....	184	18.1 (0.5)	10.9* (0.4)	12.3* (0.4)	14.6 (0.4)	17.6 (0.5)	21.1 (0.6)	24.7* (0.8)	27.0* (1.0)
14-18.....	165	17.7 (0.6)	10.7* (0.6)	11.9* (0.5)	14.3 (0.6)	17.3 (0.6)	20.7 (0.7)	24.1* (0.9)	26.3* (1.0)
19-50.....	583	19.2 (0.4)	10.4 (0.3)	11.9 (0.3)	14.8 (0.3)	18.5 (0.4)	22.8 (0.5)	27.3 (0.6)	30.3 (0.7)
51+.....	554	18.0 (0.4)	9.6 (0.3)	11.1 (0.3)	13.8 (0.3)	17.3 (0.3)	21.5 (0.4)	25.9 (0.6)	28.8 (0.7)
19+.....	1137	18.7 (0.3)	10.0 (0.3)	11.5 (0.3)	14.3 (0.3)	18.0 (0.3)	22.3 (0.4)	26.7 (0.6)	29.7 (0.7)
All:									
1+.....	3417	19.1 (0.3)	9.8 (0.2)	11.4 (0.2)	14.4 (0.3)	18.3 (0.3)	23.0 (0.4)	27.9 (0.5)	31.2 (0.6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	10.5 (0.4)	5.6* (0.3)	6.4 (0.3)	8.1 (0.3)	10.1 (0.4)	12.5 (0.5)	15.1 (0.7)	16.9* (0.8)	7	85 (2.7)
4-8.....	325	13.8 (0.5)	7.7* (0.3)	8.8 (0.4)	10.7 (0.4)	13.3 (0.5)	16.4 (0.6)	19.6 (0.8)	21.7* (0.8)	10	81 (2.9)
Males:											
9-13.....	159	17.1 (0.5)	10.4* (0.4)	11.6* (0.4)	13.9 (0.5)	16.8 (0.5)	19.9 (0.7)	23.1* (0.8)	25.4* (1.0)	12	88* (2.5)
14-18.....	162	18.1 (0.6)	11.1* (0.6)	12.3* (0.6)	14.7 (0.6)	17.6 (0.6)	21.0 (0.7)	24.5* (0.9)	26.7* (1.1)	16	64 (5.3)
19-50.....	510	19.0 (0.5)	9.8 (0.5)	11.3 (0.5)	14.3 (0.5)	18.2 (0.5)	22.8 (0.6)	27.6 (0.8)	30.7 (0.9)	17	58 (3.5)
51+.....	550	18.9 (0.5)	9.7 (0.5)	11.2 (0.5)	14.3 (0.5)	18.2 (0.5)	22.7 (0.6)	27.5 (0.7)	30.6 (0.9)	14	77 (2.7)
19+.....	1060	18.9 (0.5)	9.7 (0.5)	11.3 (0.5)	14.3 (0.5)	18.2 (0.5)	22.8 (0.6)	27.5 (0.7)	30.7 (0.8)		65 (2.9)
Females:											
9-13.....	184	16.3 (0.5)	9.8* (0.4)	11.0* (0.4)	13.1 (0.4)	15.8 (0.5)	19.0 (0.6)	22.3* (0.8)	24.4* (1.0)	10	94* (1.4)
14-18.....	165	15.9 (0.5)	9.5* (0.5)	10.6* (0.5)	12.8 (0.5)	15.5 (0.5)	18.6 (0.7)	21.7* (0.9)	23.7* (1.0)	11	88 (2.8)
19-50.....	583	17.0 (0.3)	9.1 (0.3)	10.5 (0.3)	13.0 (0.3)	16.4 (0.3)	20.3 (0.4)	24.3 (0.5)	27.0 (0.7)	12	82 (1.8)
51+.....	554	15.9 (0.3)	8.4 (0.2)	9.7 (0.3)	12.1 (0.3)	15.3 (0.3)	19.0 (0.4)	22.9 (0.5)	25.5 (0.7)	11	83 (1.7)
19+.....	1137	16.5 (0.3)	8.8 (0.2)	10.1 (0.2)	12.6 (0.2)	15.9 (0.3)	19.7 (0.4)	23.7 (0.5)	26.4 (0.6)		82 (1.5)
All:											
1+.....	3417	17.0 (0.3)	8.7 (0.2)	10.1 (0.2)	12.8 (0.2)	16.3 (0.2)	20.4 (0.3)	24.8 (0.4)	27.7 (0.5)		76 (1.3)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	0.99 (0.04)	0.54* (0.03)	0.61 (0.03)	0.76 (0.03)	0.95 (0.04)	1.18 (0.05)	1.43 (0.06)	1.60* (0.07)	0.7	82 (3.4)
4-8.....	325	1.24 (0.05)	0.69* (0.04)	0.78 (0.04)	0.96 (0.04)	1.19 (0.05)	1.47 (0.06)	1.77 (0.06)	1.97* (0.07)	0.9	81 (4.0)
Males:											
9-13.....	159	1.52 (0.05)	0.95* (0.06)	1.05* (0.05)	1.25 (0.05)	1.49 (0.05)	1.76 (0.07)	2.03* (0.10)	2.23* (0.12)	1.2	79 (4.4)
14-18.....	162	1.70 (0.08)	1.07* (0.08)	1.18* (0.08)	1.40 (0.08)	1.65 (0.08)	1.96 (0.09)	2.27* (0.12)	2.47* (0.14)	1.6	55 (7.8)
19-50.....	510	1.90 (0.06)	0.92 (0.06)	1.08 (0.06)	1.39 (0.05)	1.80 (0.06)	2.31 (0.08)	2.85 (0.10)	3.22 (0.12)	1.6	62 (3.6)
51+.....	550	1.96 (0.06)	0.95 (0.05)	1.12 (0.05)	1.44 (0.05)	1.87 (0.06)	2.37 (0.08)	2.92 (0.12)	3.30 (0.14)	1.6	66 (2.9)
19+.....	1060	1.92 (0.05)	0.93 (0.05)	1.09 (0.05)	1.41 (0.05)	1.83 (0.05)	2.33 (0.07)	2.87 (0.10)	3.25 (0.12)	1.6	64 (3.0)
Females:											
9-13.....	184	1.53 (0.05)	0.95* (0.05)	1.06* (0.05)	1.25 (0.05)	1.49 (0.05)	1.77 (0.07)	2.06* (0.09)	2.25* (0.11)	1	93* (2.2)
14-18.....	165	1.51 (0.07)	0.94* (0.06)	1.04* (0.06)	1.23 (0.06)	1.47 (0.07)	1.75 (0.08)	2.02* (0.09)	2.20* (0.11)	1.1	86 (4.4)
19-50.....	583	1.74 (0.06)	0.89 (0.04)	1.03 (0.04)	1.30 (0.05)	1.66 (0.05)	2.10 (0.07)	2.57 (0.10)	2.89 (0.13)	1.1	87 (2.0)
51+.....	554	1.71 (0.05)	0.87 (0.04)	1.01 (0.04)	1.27 (0.04)	1.62 (0.05)	2.05 (0.06)	2.52 (0.09)	2.83 (0.11)	1.1	85 (2.0)
19+.....	1137	1.73 (0.05)	0.88 (0.04)	1.02 (0.04)	1.28 (0.04)	1.64 (0.05)	2.08 (0.06)	2.55 (0.09)	2.87 (0.12)	1.1	86 (1.9)
All:											
1+.....	3417	1.71 (0.03)	0.83 (0.02)	0.97 (0.02)	1.24 (0.02)	1.61 (0.03)	2.06 (0.04)	2.57 (0.06)	2.92 (0.08)		76 (1.5)

NOTES: AI=Adequate Intake

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

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	0.01 (0.001)	#	#	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)
4-8.....	325	0.01 (0.001)	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)
Males:									
9-13.....	159	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02* (0.002)	0.02* (0.003)
14-18.....	162	0.02 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03* (0.002)	0.03* (0.003)
19-50.....	510	0.02 (0.002)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
51+.....	550	0.02 (0.002)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.03 (0.003)	0.04 (0.003)
19+.....	1060	0.02 (0.002)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.003)
Females:									
9-13.....	184	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.....	165	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)	0.02* (0.002)
19-50.....	583	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
51+.....	554	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
19+.....	1137	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
All:									
1+.....	3417	0.02 (0.001)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	0.02 (0.002)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.006)
4-8.....	325	0.02 (0.002)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.003)	0.02 (0.003)	0.03 (0.004)	0.04* (0.005)
Males:									
9-13.....	159	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.007)	0.05* (0.009)
14-18.....	162	0.03 (0.004)	0.01* (0.003)	0.01* (0.003)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05* (0.009)	0.07* (0.011)
19-50.....	510	0.06 (0.006)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.005)	0.08 (0.007)	0.12 (0.012)	0.16 (0.016)
51+.....	550	0.07 (0.009)	0.02 (0.003)	0.02 (0.004)	0.03 (0.005)	0.06 (0.006)	0.09 (0.011)	0.15 (0.018)	0.20 (0.025)
19+.....	1060	0.07 (0.006)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.005)	0.08 (0.007)	0.13 (0.013)	0.17 (0.018)
Females:									
9-13.....	184	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.003)	0.03 (0.004)	0.04* (0.006)	0.05* (0.007)
14-18.....	165	0.02 (0.003)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.006)	0.05* (0.008)
19-50.....	583	0.07 (0.006)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.005)	0.08 (0.008)	0.13 (0.012)	0.17 (0.018)
51+.....	554	0.07 (0.007)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.06 (0.005)	0.09 (0.009)	0.14 (0.016)	0.19 (0.024)
19+.....	1137	0.07 (0.006)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.005)	0.09 (0.008)	0.14 (0.014)	0.18 (0.019)
All:									
1+.....	3417	0.06 (0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.04 (0.003)	0.07 (0.004)	0.12 (0.006)	0.16 (0.009)

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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	168 (6)	77* (5)	90 (5)	119 (5)	157 (6)	205 (7)	259 (10)	300* (13)
4-8.....	325	191 (7)	90* (5)	105 (6)	136 (6)	179 (7)	233 (10)	293 (14)	336* (18)
Males:									
9-13.....	159	235 (12)	112* (11)	132* (11)	172 (12)	224 (13)	285 (14)	351* (15)	398* (17)
14-18.....	162	274 (13)	136* (12)	158* (12)	203 (13)	261 (14)	332 (14)	407* (17)	456* (21)
19-50.....	510	340 (10)	152 (12)	181 (12)	240 (12)	321 (11)	418 (12)	521 (17)	592 (21)
51+.....	550	337 (11)	149 (11)	179 (11)	239 (11)	320 (12)	415 (13)	519 (18)	589 (21)
19+.....	1060	339 (10)	150 (11)	180 (11)	240 (10)	320 (11)	417 (12)	520 (16)	591 (20)
Females:									
9-13.....	184	223 (9)	104* (9)	124* (9)	161 (9)	210 (10)	272 (11)	338* (14)	383* (18)
14-18.....	165	205 (12)	94* (9)	112* (9)	147 (11)	194 (12)	252 (15)	312* (19)	353* (20)
19-50.....	583	267 (8)	125 (8)	148 (8)	193 (8)	253 (8)	326 (10)	401 (14)	455 (17)
51+.....	554	260 (8)	122 (7)	145 (7)	188 (7)	246 (8)	318 (10)	394 (14)	444 (16)
19+.....	1137	264 (8)	124 (8)	147 (7)	191 (7)	250 (8)	322 (10)	398 (13)	450 (16)
All:									
1+.....	3417	276 (8)	116 (5)	139 (6)	187 (6)	256 (7)	343 (10)	440 (15)	505 (18)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	455 (22)	239* (19)	275 (19)	348 (20)	437 (22)	542 (24)	651 (30)	732* (34)	210	<3
4-8.....	325	492 (26)	262* (22)	300 (24)	377 (25)	474 (26)	589 (29)	708 (35)	787* (39)	275	6 (2.4)
Males:											
9-13.....	159	560 (30)	234* (19)	286* (19)	388 (24)	527 (29)	692 (36)	875* (53)	1006* (66)	445	36 (4.6)
14-18.....	162	510 (27)	209* (22)	253* (21)	348 (22)	474 (26)	635 (34)	811* (47)	929* (60)	630	74 (4.1)
19-50.....	510	489 (58)	214 (61)	256 (61)	341 (57)	458 (59)	603 (67)	761 (93)	870 (117)	625	78 (7.7)
51+.....	550	522 (68)	230 (63)	275 (63)	365 (63)	491 (70)	644 (76)	810 (112)	922 (153)	625	73 (9.4)
19+.....	1060	501 (61)	219 (61)	262 (61)	349 (56)	470 (62)	618 (70)	780 (86)	890 (122)	625	76 (8.2)
Females:											
9-13.....	184	525 (25)	215* (17)	265* (17)	359 (19)	488 (22)	653 (32)	835* (44)	961* (55)	420	37 (3.9)
14-18.....	165	427 (24)	164* (16)	203* (16)	283 (18)	396 (23)	539 (31)	690* (42)	797* (51)	485	67 (4.3)
19-50.....	583	495 (22)	201 (14)	244 (15)	332 (17)	456 (21)	616 (29)	795 (39)	922 (50)	500	58 (3.9)
51+.....	554	509 (19)	206 (16)	252 (16)	340 (17)	467 (19)	633 (24)	822 (33)	948 (40)	500	56 (3.4)
19+.....	1137	501 (20)	204 (14)	247 (15)	335 (16)	461 (19)	623 (25)	806 (35)	934 (44)	500	57 (3.4)
All:											
1+.....	3417	499 (24)	212 (22)	257 (22)	344 (20)	465 (22)	616 (29)	784 (41)	902 (50)		57 (4.1)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	367 (18)	194* (16)	223 (16)	283 (17)	355 (17)	437 (22)	524 (27)	585* (32)	600	4* (1.7)
4-8.....	325	399 (21)	213* (21)	246 (22)	307 (22)	386 (22)	478 (23)	571 (26)	632* (30)	900	<3
Males:											
9-13.....	159	470 (21)	180* (14)	225* (13)	315 (15)	439 (19)	588 (28)	753* (41)	871* (51)	1700	<3
14-18.....	162	429 (23)	160* (16)	199* (16)	282 (17)	395 (21)	541 (31)	700* (44)	807* (54)	2800	<3
19-50.....	510	358 (15)	117 (11)	150 (12)	220 (13)	324 (15)	458 (20)	610 (27)	719 (33)	3000	<3
51+.....	550	362 (21)	118 (12)	150 (14)	222 (16)	328 (20)	464 (26)	619 (37)	727 (45)	3000	<3
19+.....	1060	360 (16)	117 (11)	150 (12)	221 (14)	325 (16)	461 (21)	613 (30)	722 (36)	3000	<3
Females:											
9-13.....	184	431 (21)	159* (13)	202* (14)	283 (15)	397 (19)	544 (28)	706* (41)	818* (51)	1700	<3
14-18.....	165	329 (18)	110* (11)	140* (11)	205 (13)	301 (17)	423 (24)	553* (35)	646* (42)	2800	<3
19-50.....	583	313 (16)	116 (11)	144 (12)	203 (14)	286 (16)	395 (19)	516 (23)	603 (29)	3000	<3
51+.....	554	299 (13)	109 (9)	136 (10)	191 (11)	272 (13)	377 (16)	499 (22)	581 (28)	3000	<3
19+.....	1137	307 (12)	113 (9)	141 (10)	198 (10)	280 (12)	387 (14)	509 (20)	594 (25)	3000	<3
All:											
1+.....	3417	351 (12)	123 (8)	155 (9)	223 (10)	321 (12)	445 (14)	584 (20)	682 (27)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	1.09 (0.02)	0.69* (0.02)	0.76 (0.02)	0.90 (0.02)	1.07 (0.02)	1.26 (0.03)	1.46 (0.03)	1.59* (0.04)	0.4	<3
4-8.....	325	1.40 (0.03)	0.91* (0.03)	1.00 (0.03)	1.17 (0.03)	1.37 (0.03)	1.61 (0.04)	1.85 (0.04)	2.00* (0.05)	0.5	<3
Males:											
9-13.....	159	1.62 (0.07)	0.96* (0.06)	1.08* (0.06)	1.31 (0.06)	1.59 (0.07)	1.89 (0.07)	2.21* (0.08)	2.43* (0.09)	0.7	<3
14-18.....	162	1.74 (0.08)	1.04* (0.06)	1.17* (0.06)	1.40 (0.07)	1.69 (0.08)	2.03 (0.09)	2.36* (0.10)	2.58* (0.11)	1	4* (1.5)
19-50.....	510	1.61 (0.04)	0.89 (0.03)	1.01 (0.03)	1.25 (0.03)	1.56 (0.04)	1.91 (0.04)	2.28 (0.05)	2.52 (0.06)	1	9 (1.6)
51+.....	550	1.56 (0.04)	0.86 (0.04)	0.98 (0.04)	1.21 (0.04)	1.51 (0.04)	1.86 (0.05)	2.22 (0.05)	2.46 (0.06)	1	11 (1.9)
19+.....	1060	1.59 (0.04)	0.88 (0.03)	1.00 (0.03)	1.23 (0.03)	1.54 (0.04)	1.89 (0.04)	2.25 (0.05)	2.50 (0.06)	1	10 (1.6)
Females:											
9-13.....	184	1.49 (0.06)	0.86* (0.05)	0.98* (0.05)	1.19 (0.06)	1.45 (0.06)	1.75 (0.07)	2.06* (0.08)	2.27* (0.09)	0.7	<3
14-18.....	165	1.29 (0.06)	0.73* (0.05)	0.83* (0.05)	1.01 (0.05)	1.25 (0.06)	1.53 (0.07)	1.80* (0.08)	1.98* (0.09)	0.9	15 (3.9)
19-50.....	583	1.28 (0.03)	0.72 (0.03)	0.81 (0.03)	1.00 (0.03)	1.23 (0.03)	1.51 (0.03)	1.79 (0.04)	1.98 (0.05)	0.9	16 (2.3)
51+.....	554	1.22 (0.02)	0.68 (0.02)	0.77 (0.02)	0.95 (0.02)	1.17 (0.02)	1.44 (0.03)	1.72 (0.04)	1.90 (0.05)	0.9	20 (2.1)
19+.....	1137	1.25 (0.02)	0.70 (0.02)	0.80 (0.02)	0.97 (0.02)	1.21 (0.02)	1.48 (0.03)	1.76 (0.04)	1.95 (0.05)	0.9	18 (2.0)
All:											
1+.....	3417	1.42 (0.02)	0.77 (0.02)	0.88 (0.02)	1.09 (0.02)	1.36 (0.02)	1.69 (0.03)	2.04 (0.04)	2.27 (0.04)		11 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	1.44 (0.03)	0.91* (0.03)	1.01 (0.03)	1.19 (0.03)	1.41 (0.03)	1.65 (0.03)	1.90 (0.04)	2.06* (0.05)	0.4	<3
4-8.....	325	1.63 (0.04)	1.05* (0.04)	1.16 (0.04)	1.36 (0.04)	1.60 (0.04)	1.87 (0.04)	2.14 (0.04)	2.32* (0.05)	0.5	<3
Males:											
9-13.....	159	1.81 (0.06)	0.97* (0.05)	1.12* (0.05)	1.40 (0.05)	1.75 (0.06)	2.15 (0.08)	2.58* (0.10)	2.87* (0.12)	0.8	<3
14-18.....	162	1.94 (0.08)	1.06* (0.06)	1.21* (0.06)	1.50 (0.07)	1.87 (0.08)	2.31 (0.10)	2.76* (0.13)	3.06* (0.15)	1.1	6* (1.9)
19-50.....	510	1.93 (0.05)	0.85 (0.05)	1.02 (0.05)	1.35 (0.05)	1.80 (0.05)	2.37 (0.07)	2.99 (0.10)	3.42 (0.13)	1.1	13 (1.9)
51+.....	550	1.87 (0.05)	0.82 (0.05)	0.98 (0.05)	1.31 (0.05)	1.76 (0.05)	2.31 (0.06)	2.92 (0.09)	3.34 (0.11)	1.1	15 (2.1)
19+.....	1060	1.91 (0.05)	0.84 (0.05)	1.00 (0.05)	1.33 (0.04)	1.79 (0.04)	2.35 (0.06)	2.96 (0.09)	3.39 (0.12)	1.1	14 (1.9)
Females:											
9-13.....	184	1.68 (0.06)	0.89* (0.04)	1.03* (0.04)	1.28 (0.05)	1.61 (0.05)	2.01 (0.07)	2.43* (0.09)	2.71* (0.11)	0.8	3* (0.8)
14-18.....	165	1.42 (0.05)	0.72* (0.04)	0.84* (0.04)	1.06 (0.05)	1.36 (0.05)	1.72 (0.07)	2.07* (0.08)	2.32* (0.09)	0.9	14 (2.7)
19-50.....	583	1.49 (0.03)	0.77 (0.03)	0.89 (0.03)	1.12 (0.03)	1.43 (0.03)	1.79 (0.04)	2.16 (0.05)	2.41 (0.06)	0.9	10 (1.6)
51+.....	554	1.45 (0.03)	0.75 (0.02)	0.87 (0.03)	1.09 (0.03)	1.39 (0.03)	1.74 (0.04)	2.12 (0.05)	2.36 (0.07)	0.9	12 (1.4)
19+.....	1137	1.47 (0.03)	0.76 (0.03)	0.88 (0.03)	1.11 (0.03)	1.41 (0.03)	1.77 (0.04)	2.14 (0.05)	2.39 (0.06)	0.9	11 (1.4)
All:											
1+.....	3417	1.67 (0.03)	0.82 (0.02)	0.96 (0.02)	1.22 (0.02)	1.57 (0.02)	2.00 (0.03)	2.51 (0.05)	2.88 (0.07)		10 (0.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	14.7 (0.5)	8.7* (0.4)	9.8 (0.4)	11.9 (0.4)	14.3 (0.5)	17.1 (0.5)	20.0 (0.5)	22.0* (0.6)	5	<3
4-8.....	325	20.0 (0.6)	12.6* (0.5)	14.0 (0.6)	16.5 (0.6)	19.6 (0.6)	23.2 (0.7)	26.6 (0.8)	28.9* (0.8)	6	<3
Males:											
9-13.....	159	23.2 (0.9)	13.5* (0.8)	15.3* (0.8)	18.5 (0.8)	22.6 (0.9)	27.1 (1.1)	31.8* (1.3)	35.0* (1.5)	9	<3
14-18.....	162	28.0 (1.1)	17.0* (0.8)	18.9* (0.8)	22.7 (0.8)	27.2 (1.0)	32.6 (1.3)	38.0* (1.7)	41.4* (2.0)	12	<3
19-50.....	510	29.2 (0.8)	15.2 (0.7)	17.5 (0.7)	22.0 (0.7)	28.0 (0.8)	35.1 (1.0)	42.5 (1.4)	47.7 (1.7)	12	<3
51+.....	550	25.6 (0.6)	12.6 (0.7)	14.8 (0.7)	18.9 (0.6)	24.4 (0.6)	30.9 (0.7)	37.9 (1.0)	42.6 (1.3)	12	4 (1.1)
19+.....	1060	27.9 (0.7)	14.0 (0.7)	16.3 (0.7)	20.7 (0.6)	26.6 (0.7)	33.7 (0.9)	41.0 (1.2)	46.0 (1.5)	12	<3
Females:											
9-13.....	184	21.4 (0.9)	12.3* (0.6)	14.0* (0.6)	17.0 (0.7)	20.8 (0.8)	25.2 (1.0)	29.8* (1.3)	32.9* (1.5)	9	<3
14-18.....	165	20.1 (0.8)	11.4* (0.6)	12.9* (0.6)	15.8 (0.6)	19.5 (0.7)	23.8 (1.0)	28.0* (1.3)	30.8* (1.4)	11	4* (1.2)
19-50.....	583	21.8 (0.4)	12.5 (0.4)	14.2 (0.4)	17.3 (0.4)	21.2 (0.4)	25.7 (0.5)	30.2 (0.7)	33.3 (0.8)	11	<3
51+.....	554	19.7 (0.4)	11.1 (0.4)	12.6 (0.4)	15.4 (0.4)	19.1 (0.4)	23.4 (0.5)	27.7 (0.7)	30.6 (0.8)	11	5 (1.0)
19+.....	1137	20.9 (0.4)	11.8 (0.4)	13.4 (0.4)	16.4 (0.3)	20.3 (0.3)	24.8 (0.5)	29.3 (0.6)	32.3 (0.8)	11	3 (0.7)
All:											
1+.....	3417	23.4 (0.3)	12.1 (0.2)	13.9 (0.2)	17.4 (0.2)	22.0 (0.3)	27.9 (0.4)	34.6 (0.7)	39.4 (1.0)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	1.27 (0.03)	0.80* (0.04)	0.88 (0.04)	1.05 (0.04)	1.25 (0.03)	1.47 (0.03)	1.69 (0.04)	1.85* (0.06)	0.4	<3	30	<3
4-8.....	325	1.53 (0.03)	0.98* (0.05)	1.08 (0.05)	1.27 (0.04)	1.49 (0.04)	1.75 (0.04)	2.01 (0.05)	2.18* (0.06)	0.5	<3	40	<3
Males:													
9-13.....	159	1.74 (0.08)	0.87* (0.06)	1.02* (0.06)	1.29 (0.07)	1.66 (0.08)	2.09 (0.09)	2.55* (0.12)	2.89* (0.15)	0.8	3* (1.2)	60	<3
14-18.....	162	1.98 (0.09)	1.02* (0.07)	1.18* (0.07)	1.49 (0.07)	1.88 (0.08)	2.38 (0.11)	2.91* (0.15)	3.26* (0.17)	1.1	7* (2.2)	80	<3
19-50.....	510	2.26 (0.07)	0.95 (0.07)	1.14 (0.07)	1.53 (0.06)	2.09 (0.07)	2.80 (0.09)	3.59 (0.14)	4.15 (0.19)	1.1	9 (1.8)	100	<3
51+.....	550	2.05 (0.06)	0.84 (0.07)	1.01 (0.06)	1.38 (0.06)	1.89 (0.06)	2.54 (0.07)	3.28 (0.12)	3.81 (0.15)	1.4	26 (2.9)	100	<3
19+.....	1060	2.18 (0.06)	0.90 (0.06)	1.09 (0.06)	1.47 (0.06)	2.02 (0.06)	2.71 (0.08)	3.48 (0.13)	4.03 (0.17)		15 (2.1)	100	<3
Females:													
9-13.....	184	1.66 (0.07)	0.83* (0.05)	0.97* (0.05)	1.23 (0.05)	1.57 (0.06)	2.00 (0.09)	2.47* (0.13)	2.80* (0.16)	0.8	4* (1.1)	60	<3
14-18.....	165	1.47 (0.06)	0.72* (0.04)	0.84* (0.04)	1.07 (0.05)	1.39 (0.06)	1.78 (0.08)	2.19* (0.11)	2.48* (0.13)	1	20 (3.0)	80	<3
19-50.....	583	1.70 (0.04)	0.87 (0.04)	1.01 (0.04)	1.27 (0.04)	1.62 (0.04)	2.04 (0.05)	2.48 (0.06)	2.80 (0.08)	1.1	15 (2.4)	100	<3
51+.....	554	1.56 (0.05)	0.79 (0.04)	0.92 (0.04)	1.16 (0.04)	1.49 (0.04)	1.89 (0.06)	2.31 (0.08)	2.60 (0.09)	1.3	35 (3.1)	100	<3
19+.....	1137	1.64 (0.04)	0.83 (0.04)	0.97 (0.04)	1.22 (0.04)	1.56 (0.04)	1.98 (0.05)	2.42 (0.06)	2.72 (0.08)		23 (2.4)	100	<3
All:													
1+.....	3417	1.82 (0.02)	0.86 (0.02)	1.00 (0.02)	1.27 (0.02)	1.66 (0.02)	2.18 (0.03)	2.82 (0.06)	3.32 (0.09)		16 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	330 (11)	181* (9)	205 (9)	254 (10)	316 (11)	389 (13)	469 (16)	527* (19)	120	<3
4-8.....	325	453 (15)	258* (13)	290 (13)	354 (14)	435 (16)	533 (17)	637 (19)	708* (21)	160	<3
Males:											
9-13.....	159	519 (28)	282* (26)	322* (28)	399 (30)	499 (30)	615 (33)	740* (40)	829* (48)	250	<3
14-18.....	162	547 (30)	300* (26)	340* (28)	421 (28)	523 (29)	649 (35)	782* (42)	871* (46)	330	8* (3.3)
19-50.....	510	508 (15)	242 (10)	284 (10)	367 (11)	480 (14)	619 (19)	767 (27)	870 (33)	320	16 (1.9)
51+.....	550	482 (17)	227 (11)	266 (12)	347 (13)	456 (16)	587 (21)	731 (29)	830 (35)	320	19 (2.5)
19+.....	1060	499 (15)	236 (10)	278 (10)	359 (11)	472 (14)	607 (19)	754 (27)	857 (33)	320	17 (2.0)
Females:											
9-13.....	184	498 (27)	268* (25)	308* (26)	380 (26)	475 (26)	592 (32)	718* (38)	803* (42)	250	3* (1.5)
14-18.....	165	419 (24)	221* (22)	253* (22)	316 (23)	400 (24)	502 (27)	607* (35)	680* (37)	330	29 (6.6)
19-50.....	583	408 (14)	204 (11)	237 (10)	301 (11)	387 (13)	492 (17)	605 (23)	683 (28)	320	30 (3.3)
51+.....	554	373 (11)	185 (12)	216 (12)	274 (10)	353 (10)	452 (14)	559 (21)	630 (26)	320	39 (3.2)
19+.....	1137	394 (11)	195 (11)	227 (10)	289 (10)	373 (10)	476 (14)	586 (20)	662 (24)	320	34 (2.8)
All:											
1+.....	3417	448 (9)	215 (7)	251 (7)	323 (6)	421 (8)	544 (12)	679 (18)	771 (23)	21	1.5

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	134 (8)	53* (7)	65 (7)	91 (7)	125 (7)	166 (10)	214 (13)	249* (17)	300	<3
4-8.....	325	196 (11)	88* (11)	104 (10)	139 (9)	184 (10)	240 (13)	300 (17)	342* (19)	400	<3
Males:											
9-13.....	159	223 (16)	99* (14)	119* (15)	158 (16)	211 (17)	273 (19)	342* (27)	391* (32)	600	<3
14-18.....	162	228 (16)	102* (13)	122* (14)	162 (14)	214 (16)	280 (19)	351* (26)	398* (32)	800	<3
19-50.....	510	192 (9)	61 (6)	79 (6)	117 (7)	173 (9)	247 (13)	330 (20)	389 (24)	1000	<3
51+.....	550	171 (10)	53 (7)	68 (8)	103 (9)	154 (10)	220 (12)	297 (18)	352 (23)	1000	<3
19+.....	1060	185 (9)	58 (6)	75 (7)	111 (7)	166 (9)	237 (11)	319 (18)	376 (24)	1000	<3
Females:											
9-13.....	184	211 (14)	92* (13)	111* (13)	148 (14)	197 (14)	259 (17)	328* (24)	375* (29)	600	<3
14-18.....	165	168 (13)	69* (9)	84* (9)	115 (10)	157 (12)	210 (16)	266* (22)	306* (24)	800	<3
19-50.....	583	148 (6)	47 (3)	60 (3)	89 (3)	133 (5)	190 (8)	256 (13)	304 (17)	1000	<3
51+.....	554	128 (5)	38 (3)	50 (3)	75 (3)	114 (4)	166 (6)	226 (11)	268 (14)	1000	<3
19+.....	1137	140 (5)	42 (3)	55 (3)	83 (3)	125 (4)	180 (7)	244 (12)	290 (16)	1000	<3
All:											
1+.....	3417	170 (6)	53 (3)	68 (3)	103 (4)	153 (5)	219 (8)	292 (10)	343 (13)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	108 (4)	61* (3)	69 (3)	85 (4)	104 (4)	127 (5)	151 (6)	169* (8)
4-8.....	325	130 (6)	74* (4)	84 (4)	102 (5)	125 (6)	152 (7)	181 (9)	200* (10)
Males:									
9-13.....	159	150 (9)	86* (6)	97* (6)	118 (7)	145 (9)	176 (10)	209* (11)	232* (13)
14-18.....	162	162 (8)	94* (6)	105* (6)	128 (7)	156 (8)	190 (10)	226* (13)	250* (13)
19-50.....	510	190 (5)	89 (3)	105 (4)	137 (4)	180 (5)	232 (6)	287 (8)	325 (10)
51+.....	550	200 (6)	94 (4)	112 (5)	145 (5)	190 (6)	244 (7)	301 (10)	339 (12)
19+.....	1060	193 (5)	91 (4)	107 (4)	140 (4)	183 (4)	236 (6)	292 (8)	331 (10)
Females:									
9-13.....	184	148 (8)	84* (5)	96* (6)	116 (6)	142 (8)	173 (9)	207* (11)	230* (12)
14-18.....	165	137 (7)	77* (6)	87* (6)	106 (6)	132 (7)	161 (9)	192* (10)	213* (11)
19-50.....	583	165 (5)	82 (3)	95 (3)	121 (3)	156 (4)	199 (6)	245 (8)	277 (10)
51+.....	554	167 (4)	84 (3)	97 (3)	123 (4)	159 (4)	202 (6)	249 (7)	281 (9)
19+.....	1137	166 (4)	82 (3)	96 (3)	122 (3)	157 (4)	200 (5)	246 (8)	279 (9)
All:									
1+.....	3417	168 (3)	81 (2)	95 (2)	120 (2)	157 (3)	203 (3)	256 (5)	292 (6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	196 (5)	116* (5)	130 (5)	157 (5)	189 (5)	228 (5)	268 (6)	297* (8)	200	42 (3.5)	1000	<3
4-8.....	325	210 (6)	126* (5)	140 (5)	168 (5)	203 (5)	245 (7)	288 (9)	318* (11)	250	23 (3.3)	1000	<3
Males:													
9-13.....	159	245 (9)	137* (8)	156* (8)	192 (8)	237 (9)	289 (10)	344* (12)	382* (14)	375	6* (1.5)	2000	<3
14-18.....	162	277 (10)	158* (9)	178* (9)	218 (10)	267 (10)	327 (12)	388* (15)	428* (17)	550	<3	3000	<3
19-50.....	510	341 (9)	175 (9)	203 (9)	258 (9)	328 (9)	411 (11)	496 (13)	552 (16)	550	5 (1.1)	3500	<3
51+.....	550	352 (10)	180 (9)	210 (10)	267 (9)	340 (10)	424 (12)	511 (16)	568 (18)	550	6 (1.3)	3500	<3
19+.....	1060	345 (9)	177 (8)	205 (8)	261 (8)	333 (9)	416 (10)	502 (13)	558 (16)	550	6 (1.1)	3500	<3
Females:													
9-13.....	184	227 (8)	125* (7)	143* (7)	176 (7)	218 (8)	269 (9)	323* (11)	359* (13)	375	4* (1.1)	2000	<3
14-18.....	165	208 (9)	113* (7)	129* (8)	159 (8)	200 (9)	248 (10)	296* (12)	329* (13)	400	<3	3000	<3
19-50.....	583	268 (7)	148 (6)	169 (6)	209 (6)	259 (7)	317 (8)	376 (9)	416 (11)	425	4 (0.9)	3500	<3
51+.....	554	268 (6)	149 (5)	171 (5)	209 (5)	260 (6)	318 (7)	378 (9)	416 (10)	425	4 (0.9)	3500	<3
19+.....	1137	268 (6)	149 (5)	170 (5)	209 (5)	259 (6)	318 (7)	377 (8)	416 (10)	425	4 (0.9)	3500	<3
All:													
1+.....	3417	283 (5)	143 (4)	165 (4)	207 (5)	266 (5)	341 (6)	424 (9)	481 (11)		7 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	3.32 (0.16)	1.88* (0.15)	2.13 (0.15)	2.62 (0.15)	3.22 (0.16)	3.91 (0.17)	4.62 (0.21)	5.14* (0.27)	0.7	<3
4-8.....	325	3.63 (0.18)	2.08* (0.17)	2.35 (0.16)	2.86 (0.17)	3.52 (0.19)	4.28 (0.20)	5.06 (0.27)	5.56* (0.33)	1	<3
Males:											
9-13.....	159	4.54 (0.22)	1.88* (0.13)	2.29* (0.13)	3.11 (0.16)	4.25 (0.20)	5.61 (0.27)	7.15* (0.41)	8.25* (0.50)	1.5	<3
14-18.....	162	5.19 (0.21)	2.24* (0.14)	2.68* (0.14)	3.61 (0.15)	4.83 (0.19)	6.41 (0.29)	8.13* (0.45)	9.29* (0.55)	2	3* (0.9)
19-50.....	510	5.06 (0.18)	1.80 (0.16)	2.24 (0.17)	3.19 (0.16)	4.58 (0.16)	6.39 (0.25)	8.46 (0.42)	9.96 (0.55)	2	7 (1.6)
51+.....	550	4.62 (0.17)	1.59 (0.15)	2.00 (0.16)	2.89 (0.15)	4.19 (0.16)	5.86 (0.22)	7.81 (0.38)	9.19 (0.50)	2	10 (2.1)
19+.....	1060	4.90 (0.17)	1.70 (0.16)	2.15 (0.16)	3.07 (0.15)	4.43 (0.15)	6.20 (0.23)	8.23 (0.39)	9.69 (0.52)	2	8 (1.8)
Females:											
9-13.....	184	4.02 (0.21)	1.61* (0.11)	1.98* (0.12)	2.70 (0.14)	3.70 (0.18)	5.00 (0.28)	6.46* (0.38)	7.48* (0.49)	1.5	4* (0.9)
14-18.....	165	3.23 (0.14)	1.22* (0.10)	1.51* (0.10)	2.10 (0.11)	2.97 (0.13)	4.08 (0.18)	5.27* (0.27)	6.13* (0.33)	2	22 (3.0)
19-50.....	583	3.62 (0.11)	1.53 (0.09)	1.84 (0.09)	2.46 (0.09)	3.35 (0.10)	4.48 (0.15)	5.74 (0.23)	6.66 (0.31)	2	13 (1.9)
51+.....	554	3.49 (0.10)	1.47 (0.10)	1.78 (0.11)	2.37 (0.10)	3.22 (0.10)	4.32 (0.13)	5.58 (0.21)	6.44 (0.27)	2	15 (2.5)
19+.....	1137	3.57 (0.09)	1.51 (0.09)	1.81 (0.09)	2.42 (0.08)	3.29 (0.08)	4.41 (0.12)	5.67 (0.20)	6.55 (0.28)	2	14 (1.9)
All:											
1+.....	3417	4.13 (0.09)	1.62 (0.06)	1.97 (0.06)	2.69 (0.06)	3.70 (0.08)	5.09 (0.13)	6.81 (0.20)	8.10 (0.26)		9 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	81.7 (5.4)	30.9* (2.4)	38.1 (2.6)	53.7 (3.3)	75.0 (4.8)	102.3 (7.0)	132.6 (9.9)	155.7* (12.0)	13	<3	400	<3
4-8.....	325	84.8 (4.9)	32.6* (2.8)	39.9 (2.9)	55.8 (3.1)	77.8 (4.3)	106.2 (6.5)	137.8 (9.4)	160.4* (11.3)	22	<3	650	<3
Males:													
9-13.....	159	81.9 (6.9)	29.0* (4.1)	36.5* (4.7)	52.1 (5.7)	74.7 (7.0)	103.1 (8.2)	136.0* (10.0)	160.4* (12.0)	39	12* (4.7)	1200	<3
14-18.....	162	72.0 (5.9)	24.7* (3.9)	31.0* (4.0)	44.9 (4.7)	64.6 (5.8)	91.3 (7.2)	122.0* (9.8)	143.5* (11.4)	63	48 (7.0)	1800	<3
19-50.....	510	72.4 (4.0)	17.4 (1.6)	23.5 (1.9)	37.9 (2.7)	61.1 (3.7)	94.4 (5.2)	135.2 (6.9)	165.9 (8.6)	75	62 (3.3)	2000	<3
51+.....	550	78.2 (4.2)	19.4 (1.9)	26.1 (2.2)	41.8 (2.8)	67.0 (3.9)	101.9 (5.4)	144.6 (7.5)	177.1 (9.3)	75	57 (3.5)	2000	<3
19+.....	1060	74.6 (3.8)	18.1 (1.6)	24.4 (1.9)	39.3 (2.5)	63.2 (3.5)	97.1 (4.8)	138.9 (6.7)	170.1 (8.2)	75	60 (3.1)	2000	<3
Females:													
9-13.....	184	85.8 (6.6)	30.6* (4.0)	38.7* (4.5)	54.6 (5.2)	77.5 (6.3)	108.2 (7.9)	143.6* (10.9)	168.8* (13.2)	39	10* (3.9)	1200	<3
14-18.....	165	67.2 (6.6)	22.4* (3.7)	28.4* (4.1)	41.2 (5.2)	60.4 (6.6)	86.0 (8.1)	114.2* (10.4)	134.9* (11.9)	56	45 (7.9)	1800	<3
19-50.....	583	70.2 (3.2)	21.7 (1.8)	27.9 (2.0)	41.5 (2.5)	62.1 (3.0)	90.2 (4.0)	122.4 (5.4)	146.7 (6.6)	60	48 (3.5)	2000	<3
51+.....	554	73.7 (3.7)	23.0 (2.1)	29.8 (2.4)	43.8 (2.9)	65.2 (3.6)	94.3 (4.7)	128.9 (6.1)	152.4 (7.0)	60	44 (4.1)	2000	<3
19+.....	1137	71.7 (3.2)	22.2 (1.8)	28.6 (2.1)	42.5 (2.5)	63.4 (3.1)	92.0 (4.0)	125.2 (5.4)	149.2 (6.4)	60	46 (3.5)	2000	<3
All:													
1+.....	3417	74.8 (2.5)	21.6 (1.4)	28.5 (1.6)	43.4 (1.9)	65.9 (2.3)	96.2 (3.0)	131.8 (3.9)	157.9 (4.7)	43	(2.2)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males:														
19-50.....	157	57.5 (3.9)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	166	60.9 (4.4)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	323	58.8 (3.6)	13.5* (1.3)	18.5 (1.6)	29.9 (2.3)	49.4 (3.2)	77.0 (4.7)	112.2 (6.4)	138.2* (8.0)	110	89 (1.8)	2000	<3	
Females:														
19-50.....	101	50.0 (4.2)	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	101	49.9 (4.0)	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	202	49.9 (3.9)	14.8* (2.1)	19.3 (2.4)	29.2 (2.9)	43.7 (3.7)	64.5 (4.8)	88.0 (6.5)	105.0* (7.7)	95	92* (2.1)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males:													
19-50.....	353	80.4 (4.6)	20.8* (1.8)	27.9 (2.2)	44.1 (3.0)	68.7 (4.2)	104.0 (5.9)	147.3 (8.1)	178.5* (9.7)	75	56 (3.7)	2000	<3
51+.....	381	85.4 (4.5)	22.6* (1.7)	29.9 (2.0)	46.9 (2.7)	73.8 (3.9)	110.7 (5.9)	155.2 (8.3)	187.6* (10.4)	75	51 (3.4)	2000	<3
19+.....	734	82.2 (4.3)	21.5 (1.6)	28.6 (2.0)	45.0 (2.7)	70.5 (3.9)	106.5 (5.5)	150.4 (7.7)	181.6 (9.4)	75	54 (3.4)	2000	<3
Females:													
19-50.....	482	76.0 (5.2)	25.5 (3.0)	32.5 (3.4)	47.1 (4.3)	68.4 (5.0)	96.3 (6.3)	129.1 (7.8)	152.9 (8.5)	60	40 (5.6)	2000	<3
51+.....	453	77.7 (4.9)	26.6 (2.9)	33.2 (3.2)	48.1 (4.0)	69.9 (4.9)	99.2 (5.9)	131.4 (7.0)	154.7 (8.4)	60	39 (5.6)	2000	<3
19+.....	935	76.7 (4.7)	25.9 (2.8)	32.8 (3.2)	47.6 (3.9)	69.1 (4.6)	97.5 (5.6)	130.1 (6.9)	153.6 (7.7)	60	40 (5.0)	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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males:													
19-50.....	510	73.5 (4.3)	17.3 (1.5)	23.6 (1.9)	38.4 (2.7)	62.2 (4.0)	95.7 (5.5)	138.2 (7.6)	169.2 (9.1)	110/75	66 (3.3)	2000	<3
51+.....	547	77.6 (4.5)	18.6 (1.7)	25.2 (2.1)	40.8 (2.8)	66.0 (4.0)	101.5 (5.8)	144.5 (8.2)	176.0 (9.9)	110/75	63 (3.4)	2000	<3
19+.....	1057	75.1 (4.0)	17.8 (1.5)	24.1 (1.8)	39.4 (2.5)	63.5 (3.7)	98.1 (5.1)	140.5 (7.2)	171.6 (8.8)	110/75	65 (3.1)	2000	<3
Females:													
19-50.....	583	71.7 (4.5)	22.1 (2.5)	28.8 (2.8)	42.9 (3.5)	64.0 (4.4)	91.9 (5.6)	124.2 (7.2)	147.8 (8.2)	95/60	49 (4.7)	2000	<3
51+.....	554	72.3 (4.5)	22.1 (2.5)	28.9 (2.9)	42.7 (3.5)	64.5 (4.5)	93.2 (5.6)	125.7 (6.9)	148.4 (7.6)	95/60	49 (4.8)	2000	<3
19+.....	1137	71.9 (4.0)	22.1 (2.4)	28.8 (2.7)	42.8 (3.2)	64.2 (4.0)	92.4 (5.0)	124.9 (6.2)	148.0 (7.2)	95/60	49 (4.2)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018
 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	5.2 (0.2)	2.1* (0.2)	2.6 (0.2)	3.6 (0.2)	4.9 (0.2)	6.4 (0.2)	8.0 (0.2)	9.1* (0.3)	10	>97	63	<3
4-8.....	325	4.4 (0.2)	1.7* (0.2)	2.1 (0.2)	3.0 (0.2)	4.1 (0.2)	5.5 (0.3)	7.0 (0.3)	8.0* (0.4)	10	>97	75	<3
Males:													
9-13.....	159	4.8 (0.3)	1.4* (0.2)	1.9* (0.2)	2.8 (0.2)	4.3 (0.3)	6.2 (0.3)	8.4* (0.5)	10.0* (0.6)	10	95* (1.4)	100	<3
14-18.....	162	4.4 (0.3)	1.3* (0.1)	1.6* (0.2)	2.5 (0.2)	3.8 (0.3)	5.6 (0.4)	7.8* (0.5)	9.2* (0.6)	10	96* (1.0)	100	<3
19-50.....	510	3.8 (0.1)	1.0 (0.1)	1.4 (0.1)	2.1 (0.1)	3.2 (0.1)	4.9 (0.2)	6.8 (0.2)	8.4 (0.3)	10	>97	100	<3
51+.....	550	4.3 (0.2)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.7 (0.2)	5.5 (0.2)	7.7 (0.3)	9.4 (0.4)	10	96 (0.6)	100	<3
19+.....	1060	4.0 (0.1)	1.1 (0.1)	1.4 (0.1)	2.2 (0.1)	3.4 (0.1)	5.1 (0.2)	7.2 (0.2)	8.7 (0.3)	10	>97	100	<3
Females:													
9-13.....	184	4.3 (0.3)	1.2* (0.1)	1.6* (0.1)	2.5 (0.2)	3.8 (0.3)	5.5 (0.4)	7.7* (0.5)	9.2* (0.6)	10	97* (1.2)	100	<3
14-18.....	165	3.1 (0.2)	0.7* (0.1)	1.0* (0.1)	1.6 (0.1)	2.6 (0.2)	4.0 (0.3)	5.6* (0.4)	6.8* (0.5)	10	>97	100	<3
19-50.....	583	3.4 (0.1)	1.0 (0.1)	1.3 (0.1)	1.9 (0.1)	2.9 (0.1)	4.3 (0.2)	6.0 (0.2)	7.2 (0.3)	10	>97	100	<3
51+.....	554	3.5 (0.1)	1.0 (0.1)	1.4 (0.1)	2.0 (0.1)	3.0 (0.1)	4.4 (0.2)	6.2 (0.2)	7.4 (0.2)	10	>97	100	<3
19+.....	1137	3.4 (0.1)	1.0 (0.1)	1.3 (0.1)	2.0 (0.1)	3.0 (0.1)	4.4 (0.1)	6.0 (0.2)	7.3 (0.2)	10	>97	100	<3
All:													
1+.....	3417	3.9 (0.1)	1.1 (0.1)	1.4 (0.1)	2.2 (0.1)	3.4 (0.1)	5.0 (0.1)	6.9 (0.1)	8.2 (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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	5.4 (0.2)	3.0* (0.2)	3.4 (0.2)	4.2 (0.2)	5.2 (0.2)	6.4 (0.3)	7.7 (0.3)	8.6* (0.4)	5	44 (5.4)
4-8.....	325	6.7 (0.3)	3.8* (0.3)	4.3 (0.3)	5.2 (0.3)	6.5 (0.3)	8.0 (0.4)	9.5 (0.4)	10.5* (0.5)	6	40 (5.9)
Males:											
9-13.....	159	8.2 (0.5)	4.3* (0.3)	4.9* (0.3)	6.2 (0.4)	7.8 (0.5)	9.8 (0.6)	11.9* (0.8)	13.4* (1.0)	9	67 (7.1)
14-18.....	162	8.1 (0.4)	4.3* (0.4)	4.9* (0.4)	6.1 (0.4)	7.7 (0.4)	9.7 (0.5)	11.9* (0.7)	13.4* (0.8)	12	90* (2.9)
19-50.....	510	8.9 (0.3)	3.8 (0.2)	4.5 (0.2)	6.1 (0.3)	8.3 (0.3)	11.0 (0.4)	14.1 (0.5)	16.2 (0.7)	12	81 (2.5)
51+.....	550	8.4 (0.4)	3.5 (0.1)	4.2 (0.1)	5.8 (0.2)	7.9 (0.3)	10.5 (0.5)	13.4 (0.7)	15.4 (0.8)	12	84 (3.0)
19+.....	1060	8.7 (0.3)	3.7 (0.2)	4.4 (0.2)	6.0 (0.2)	8.1 (0.3)	10.8 (0.4)	13.8 (0.5)	15.9 (0.6)	12	82 (2.4)
Females:											
9-13.....	184	7.7 (0.3)	4.0* (0.3)	4.6* (0.3)	5.8 (0.3)	7.3 (0.3)	9.3 (0.3)	11.4* (0.5)	12.9* (0.7)	9	72 (3.4)
14-18.....	165	7.1 (0.4)	3.7* (0.3)	4.2* (0.3)	5.3 (0.3)	6.8 (0.3)	8.6 (0.5)	10.5* (0.6)	11.8* (0.7)	12	96* (2.1)
19-50.....	583	8.1 (0.3)	3.7 (0.2)	4.4 (0.2)	5.7 (0.2)	7.6 (0.2)	10.0 (0.3)	12.6 (0.5)	14.4 (0.6)	12	88 (1.9)
51+.....	554	7.7 (0.2)	3.5 (0.2)	4.1 (0.2)	5.4 (0.2)	7.2 (0.2)	9.4 (0.3)	11.9 (0.4)	13.6 (0.5)	12	90 (1.5)
19+.....	1137	8.0 (0.2)	3.6 (0.2)	4.3 (0.2)	5.6 (0.2)	7.4 (0.2)	9.7 (0.3)	12.3 (0.4)	14.1 (0.5)	12	89 (1.6)
All:											
1+.....	3417	8.0 (0.2)	3.6 (0.1)	4.3 (0.1)	5.6 (0.2)	7.4 (0.2)	9.8 (0.3)	12.5 (0.5)	14.4 (0.6)		80 (2.1)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	46.4 (3.6)	22.0* (1.8)	25.6 (2.0)	33.2 (2.6)	43.2 (3.4)	56.0 (4.5)	70.6 (5.8)	82.2* (6.8)	30	82 (4.3)
4-8.....	325	56.8 (4.1)	27.4* (2.2)	31.6 (2.6)	40.6 (3.0)	52.9 (3.9)	68.8 (5.0)	86.6 (6.7)	99.5* (8.1)	55	46 (7.3)
Males:											
9-13.....	159	71.3 (5.7)	37.0* (4.6)	42.5* (4.8)	53.2 (5.0)	67.7 (5.6)	85.1 (6.5)	104.5* (8.2)	118.6* (10.1)	60	63 (9.3)
14-18.....	162	75.2 (6.5)	39.3* (4.8)	44.8* (5.1)	56.2 (5.8)	71.0 (6.5)	89.9 (7.5)	110.7* (9.0)	124.9* (9.9)	75	44 (9.6)
19-50.....	510	98.6 (5.5)	35.4 (2.5)	43.6 (2.7)	61.2 (3.5)	87.6 (4.9)	123.8 (7.1)	167.3 (9.9)	199.5 (12.2)	120	27 (3.7)
51+.....	550	109.7 (6.6)	40.6 (3.9)	49.7 (4.3)	69.5 (4.5)	98.8 (6.1)	137.3 (8.4)	183.6 (11.6)	217.5 (14.6)	120	35 (4.6)
19+.....	1060	102.7 (4.9)	37.1 (2.8)	45.6 (2.9)	64.1 (3.1)	91.6 (4.2)	129.0 (6.5)	173.4 (9.4)	206.8 (12.2)	120	30 (3.5)
Females:											
9-13.....	184	74.3 (5.5)	38.5* (4.8)	44.4* (5.0)	55.3 (5.1)	70.0 (5.5)	88.8 (6.3)	109.7* (7.6)	124.3* (9.3)	60	67 (9.0)
14-18.....	165	74.0 (5.4)	38.5* (5.6)	44.0* (5.6)	55.0 (5.7)	70.1 (5.7)	88.9 (6.1)	108.7* (7.4)	122.8* (8.6)	75	42 (8.9)
19-50.....	583	118.6 (6.2)	42.4 (2.7)	51.9 (3.1)	72.6 (3.9)	104.2 (5.3)	148.6 (7.7)	202.1 (11.0)	244.1 (14.3)	90	61 (3.6)
51+.....	554	118.6 (6.2)	42.7 (2.8)	52.5 (3.1)	72.9 (3.7)	104.4 (5.3)	148.6 (7.9)	202.9 (11.7)	242.6 (15.5)	90	61 (3.4)
19+.....	1137	118.6 (5.7)	42.5 (2.6)	52.1 (2.9)	72.8 (3.7)	104.3 (5.0)	148.6 (7.2)	202.5 (10.2)	243.3 (13.7)	90	61 (3.4)
All:											
1+.....	3417	98.7 (3.2)	35.0 (1.9)	42.6 (2.2)	58.8 (2.7)	84.8 (3.1)	123.3 (4.0)	172.7 (6.0)	210.2 (8.2)		49 (2.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	784 (25)	468* (27)	524 (24)	634 (22)	765 (24)	912 (31)	1064 (37)	1171* (45)	500	8* (2.2)	2500	<3
4-8.....	325	807 (28)	475* (27)	537 (26)	647 (26)	786 (28)	946 (33)	1105 (41)	1208* (46)	800	52 (5.1)	2500	<3
Males:													
9-13.....	159	899 (32)	477* (30)	551* (29)	692 (31)	871 (32)	1072 (36)	1283* (42)	1428* (49)	1100	77 (3.1)	3000	<3
14-18.....	162	943 (33)	508* (25)	582* (25)	728 (27)	909 (32)	1125 (40)	1346* (53)	1490* (60)	1100	73 (3.8)	3000	<3
19-50.....	510	906 (22)	441 (20)	518 (19)	667 (20)	865 (22)	1100 (26)	1344 (35)	1511 (42)	800	41 (2.8)	2500	<3
51+.....	550	818 (22)	384 (21)	455 (21)	595 (20)	780 (21)	998 (27)	1230 (34)	1387 (41)		56 (2.9)	2000	<3
19+.....	1060	873 (18)	416 (19)	493 (19)	638 (17)	833 (18)	1064 (22)	1307 (30)	1469 (36)		47 (2.3)		<3
Females:													
9-13.....	184	847 (23)	441* (22)	514* (22)	645 (22)	813 (22)	1015 (28)	1225* (35)	1365* (42)	1100	82 (2.4)	3000	<3
14-18.....	165	716 (31)	358* (25)	418* (26)	534 (28)	688 (31)	868 (36)	1049* (44)	1172* (47)	1100	92* (1.9)	3000	<3
19-50.....	583	753 (20)	398 (17)	459 (18)	574 (19)	724 (20)	902 (23)	1085 (29)	1211 (34)	800	62 (3.2)	2500	<3
51+.....	554	693 (17)	360 (11)	416 (13)	522 (13)	664 (16)	832 (22)	1009 (30)	1128 (36)	1000	89 (1.8)	2000	<3
19+.....	1137	728 (17)	379 (13)	439 (14)	551 (15)	699 (16)	873 (21)	1056 (28)	1179 (34)		73 (2.3)		<3
All:													
1+.....	3417	806 (14)	405 (12)	472 (12)	599 (11)	768 (12)	970 (17)	1187 (24)	1336 (31)		61 (1.6)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	944 (22)	611* (19)	673 (19)	791 (19)	927 (22)	1077 (27)	1230 (33)	1332* (39)	380	<3	3000	<3
4-8.....	325	1074 (27)	700* (22)	774 (22)	900 (22)	1056 (26)	1230 (33)	1397 (40)	1505* (43)	405	<3	3000	<3
Males:													
9-13.....	159	1216 (38)	719* (37)	812* (36)	982 (38)	1191 (39)	1419 (41)	1651* (47)	1808* (53)	1055	34 (4.5)	4000	<3
14-18.....	162	1356 (34)	824* (32)	919* (31)	1104 (31)	1323 (34)	1577 (40)	1830* (50)	1990* (56)	1055	20 (2.7)	4000	<3
19-50.....	510	1401 (28)	780 (32)	892 (31)	1102 (29)	1366 (28)	1660 (31)	1954 (37)	2146 (44)	580	<3	4000	<3
51+.....	550	1323 (29)	712 (29)	825 (29)	1032 (28)	1291 (30)	1577 (32)	1866 (40)	2051 (45)	580	<3		<3
19+.....	1060	1372 (26)	750 (29)	866 (29)	1075 (27)	1338 (26)	1631 (29)	1922 (35)	2114 (41)	580	<3		<3
Females:													
9-13.....	184	1144 (30)	666* (26)	757* (26)	915 (27)	1112 (29)	1341 (35)	1574* (43)	1725* (51)	1055	43 (3.6)	4000	<3
14-18.....	165	1004 (36)	568* (33)	646* (34)	792 (35)	978 (37)	1189 (39)	1394* (45)	1531* (45)	1055	61 (4.7)	4000	<3
19-50.....	583	1110 (21)	653 (24)	739 (24)	896 (22)	1087 (22)	1301 (24)	1510 (26)	1645 (31)	580	<3	4000	<3
51+.....	554	1054 (23)	610 (19)	693 (19)	844 (20)	1031 (23)	1240 (28)	1447 (33)	1580 (39)	580	4 (0.7)		<3
19+.....	1137	1087 (18)	633 (19)	718 (19)	872 (18)	1064 (19)	1276 (20)	1484 (24)	1619 (29)	580	<3		<3
All:													
1+.....	3417	1194 (17)	669 (12)	760 (12)	928 (13)	1147 (15)	1410 (21)	1691 (41)	1881 (62)		8 (0.7)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	178 (4)	115* (4)	127 (4)	149 (4)	175 (4)	204 (5)	234 (6)	254* (7)	65	<3
4-8.....	325	203 (6)	133* (5)	146 (5)	170 (5)	200 (6)	233 (6)	266 (7)	287* (8)	110	<3
Males:											
9-13.....	159	221 (8)	131* (8)	147* (8)	177 (8)	215 (8)	258 (9)	301* (11)	332* (13)	200	40 (5.3)
14-18.....	162	243 (8)	146* (7)	163* (7)	196 (7)	236 (8)	283 (9)	331* (12)	362* (14)	340	92* (2.2)
19-50.....	510	280 (8)	142 (8)	165 (8)	209 (8)	268 (8)	337 (10)	409 (13)	458 (15)		76 (2.8)
51+.....	550	282 (8)	142 (8)	165 (8)	211 (7)	270 (8)	340 (10)	413 (12)	461 (15)	350	78 (2.5)
19+.....	1060	280 (7)	142 (7)	165 (8)	210 (7)	269 (7)	338 (10)	411 (12)	459 (15)		77 (2.6)
Females:											
9-13.....	184	215 (6)	126* (6)	143* (6)	172 (6)	208 (6)	251 (8)	296* (9)	326* (11)	200	44 (4.4)
14-18.....	165	199 (7)	115* (7)	130* (7)	157 (7)	193 (7)	234 (7)	274* (9)	301* (9)	300	95* (1.4)
19-50.....	583	238 (5)	131 (4)	149 (4)	184 (5)	229 (5)	283 (6)	338 (8)	376 (9)		66 (2.7)
51+.....	554	235 (5)	129 (4)	147 (5)	182 (5)	226 (5)	279 (6)	335 (7)	372 (8)	265	69 (2.4)
19+.....	1137	237 (5)	130 (4)	148 (4)	183 (4)	228 (5)	281 (5)	337 (7)	374 (8)		68 (2.3)
All:											
1+.....	3417	244 (5)	131 (3)	149 (4)	184 (4)	231 (5)	291 (6)	358 (9)	403 (10)		64 (1.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	9.4 (0.3)	5.5* (0.3)	6.1 (0.3)	7.5 (0.3)	9.0 (0.3)	10.9 (0.4)	12.9 (0.4)	14.3* (0.6)	3	<3	40	<3
4-8.....	325	12.6 (0.4)	7.6* (0.4)	8.5 (0.4)	10.1 (0.4)	12.2 (0.4)	14.6 (0.4)	17.2 (0.5)	18.9* (0.5)	4.1	<3	40	<3
Males:													
9-13.....	159	14.6 (0.6)	8.1* (0.5)	9.2* (0.5)	11.3 (0.6)	14.1 (0.6)	17.2 (0.7)	20.5* (0.8)	22.9* (1.0)	5.9	<3	40	<3
14-18.....	162	15.5 (0.7)	8.7* (0.5)	9.9* (0.5)	12.1 (0.6)	14.9 (0.6)	18.3 (0.8)	21.9* (1.0)	24.3* (1.1)	7.7	4* (1.1)	45	<3
19-50.....	510	14.0 (0.3)	7.3 (0.3)	8.4 (0.3)	10.6 (0.3)	13.5 (0.3)	16.8 (0.4)	20.4 (0.5)	22.8 (0.6)	6	<3	45	<3
51+.....	550	13.9 (0.4)	7.2 (0.3)	8.3 (0.3)	10.5 (0.3)	13.4 (0.4)	16.7 (0.4)	20.2 (0.6)	22.6 (0.6)	6	<3	45	<3
19+.....	1060	14.0 (0.3)	7.3 (0.3)	8.4 (0.3)	10.6 (0.3)	13.4 (0.3)	16.8 (0.4)	20.3 (0.5)	22.7 (0.6)	6	<3	45	<3
Females:													
9-13.....	184	13.9 (0.5)	7.6* (0.4)	8.7* (0.4)	10.7 (0.5)	13.3 (0.5)	16.4 (0.7)	19.8* (0.9)	22.0* (1.0)	5.7	<3	40	<3
14-18.....	165	11.6 (0.5)	6.3* (0.4)	7.1* (0.4)	8.9 (0.4)	11.1 (0.5)	13.9 (0.5)	16.7* (0.7)	18.6* (0.8)	7.9	21 (2.9)	45	<3
19-50.....	583	11.5 (0.2)	6.2 (0.3)	7.1 (0.2)	8.8 (0.2)	11.0 (0.2)	13.6 (0.3)	16.4 (0.5)	18.2 (0.6)	8.1	25 (1.6)	45	<3
51+.....	554	11.1 (0.2)	6.0 (0.2)	6.9 (0.2)	8.5 (0.2)	10.6 (0.2)	13.2 (0.3)	15.9 (0.5)	17.7 (0.6)	5	4* (0.6)	45	<3
19+.....	1137	11.3 (0.2)	6.1 (0.2)	7.0 (0.2)	8.7 (0.2)	10.9 (0.2)	13.5 (0.3)	16.2 (0.4)	18.0 (0.6)		16 (1.0)	45	<3
All:													
1+.....	3417	12.7 (0.2)	6.6 (0.1)	7.6 (0.1)	9.5 (0.1)	12.0 (0.2)	15.2 (0.3)	18.5 (0.4)	20.8 (0.5)		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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	6.7 (0.2)	4.3* (0.2)	4.7 (0.2)	5.5 (0.2)	6.6 (0.2)	7.7 (0.2)	8.9 (0.3)	9.8* (0.3)	2.5	<3	7	39 (4.6)
4-8.....	325	8.2 (0.2)	5.2* (0.2)	5.8 (0.2)	6.8 (0.2)	8.0 (0.3)	9.4 (0.3)	10.9 (0.3)	11.8* (0.4)	4	<3	12	4* (1.2)
Males:													
9-13.....	159	9.8 (0.3)	5.3* (0.3)	6.1* (0.3)	7.5 (0.3)	9.4 (0.3)	11.6 (0.4)	13.9* (0.5)	15.5* (0.6)	7	19 (3.1)	23	<3
14-18.....	162	11.1 (0.4)	6.2* (0.3)	7.0* (0.3)	8.6 (0.3)	10.7 (0.3)	13.2 (0.4)	15.7* (0.6)	17.4* (0.7)	8.5	23 (3.1)	34	<3
19-50.....	510	11.2 (0.3)	6.1 (0.3)	7.0 (0.3)	8.6 (0.3)	10.8 (0.3)	13.3 (0.3)	16.0 (0.4)	17.7 (0.5)	9.4	33 (3.2)	40	<3
51+.....	550	10.8 (0.3)	5.8 (0.3)	6.6 (0.3)	8.3 (0.3)	10.4 (0.3)	12.9 (0.3)	15.5 (0.4)	17.2 (0.5)	9.4	38 (3.3)	40	<3
19+.....	1060	11.1 (0.3)	6.0 (0.3)	6.8 (0.3)	8.5 (0.3)	10.7 (0.3)	13.2 (0.3)	15.8 (0.4)	17.5 (0.5)	9.4	35 (3.1)	40	<3
Females:													
9-13.....	184	9.0 (0.3)	4.8* (0.2)	5.6* (0.2)	6.9 (0.3)	8.6 (0.3)	10.8 (0.4)	13.0* (0.6)	14.5* (0.7)	7	26 (3.8)	23	<3
14-18.....	165	7.8 (0.3)	4.1* (0.2)	4.7* (0.2)	5.9 (0.3)	7.5 (0.3)	9.4 (0.3)	11.3* (0.4)	12.6* (0.5)	7.3	48 (4.2)	34	<3
19-50.....	583	8.4 (0.2)	4.7 (0.2)	5.3 (0.2)	6.5 (0.2)	8.1 (0.2)	9.9 (0.2)	11.8 (0.3)	13.0 (0.4)	6.8	29 (2.8)	40	<3
51+.....	554	8.0 (0.2)	4.4 (0.2)	5.1 (0.2)	6.2 (0.2)	7.8 (0.2)	9.5 (0.2)	11.4 (0.3)	12.6 (0.3)	6.8	34 (3.3)	40	<3
19+.....	1137	8.2 (0.2)	4.6 (0.2)	5.2 (0.2)	6.4 (0.2)	8.0 (0.2)	9.8 (0.2)	11.6 (0.2)	12.9 (0.3)	6.8	31 (2.8)	40	<3
All:													
1+.....	3417	9.3 (0.1)	4.9 (0.1)	5.6 (0.1)	7.0 (0.1)	8.8 (0.1)	11.2 (0.2)	13.8 (0.3)	15.5 (0.3)	29	(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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	0.6 (0.02)	0.4* (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.02)	0.7 (0.02)	0.8 (0.03)	0.9* (0.03)	0.26	<3	1	<3
4-8.....	325	0.8 (0.03)	0.5* (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.0 (0.04)	1.1* (0.04)	0.34	<3	3	<3
Males:													
9-13.....	159	0.9 (0.04)	0.5* (0.03)	0.6* (0.03)	0.7 (0.04)	0.8 (0.04)	1.0 (0.04)	1.2* (0.05)	1.3* (0.06)	0.54	7* (3.0)	5	<3
14-18.....	162	0.9 (0.03)	0.6* (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)	0.685	17 (3.6)	8	<3
19-50.....	510	1.1 (0.03)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	16 (1.7)	10	<3
51+.....	550	1.1 (0.03)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	14 (1.8)	10	<3
19+.....	1060	1.1 (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	15 (1.6)	10	<3
Females:													
9-13.....	184	0.8 (0.03)	0.5* (0.03)	0.6* (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.04)	1.1* (0.04)	1.3* (0.05)	0.54	8* (3.0)	5	<3
14-18.....	165	0.8 (0.03)	0.5* (0.03)	0.5* (0.03)	0.6 (0.03)	0.8 (0.03)	0.9 (0.03)	1.1* (0.04)	1.2* (0.05)	0.685	34 (5.3)	8	<3
19-50.....	583	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 (0.05)	0.7	22 (2.1)	10	<3
51+.....	554	1.0 (0.03)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.6 (0.05)	0.7	22 (2.8)	10	<3
19+.....	1137	1.0 (0.02)	0.5 (0.01)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.6 (0.04)	0.7	22 (2.1)	10	<3
All:													
1+.....	3417	1.0 (0.02)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.4 (0.02)	1.6 (0.03)		17 (1.2)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	64 (2)	39* (2)	44 (2)	52 (2)	62 (2)	74 (3)	86 (3)	95* (3)	17	<3	90	7* (1.7)
4-8.....	325	82 (3)	51* (2)	57 (2)	67 (2)	80 (2)	95 (3)	111 (4)	121* (4)	23	<3	150	<3
Males:													
9-13.....	159	98 (3)	59* (3)	66* (3)	79 (3)	96 (3)	113 (4)	131* (4)	144* (5)	35	<3	280	<3
14-18.....	162	120 (4)	75* (3)	83* (3)	99 (3)	117 (4)	138 (5)	159* (6)	173* (7)	45	<3	400	<3
19-50.....	510	125 (3)	71 (3)	81 (3)	99 (3)	122 (3)	148 (3)	174 (4)	190 (5)	45	<3	400	<3
51+.....	550	118 (2)	65 (3)	75 (3)	92 (2)	115 (3)	140 (3)	165 (3)	182 (4)	45	<3	400	<3
19+.....	1060	122 (2)	69 (3)	78 (2)	96 (2)	119 (2)	145 (3)	171 (3)	188 (4)	45	<3	400	<3
Females:													
9-13.....	184	91 (3)	54* (3)	61* (3)	74 (3)	89 (3)	106 (4)	124* (4)	136* (5)	35	<3	280	<3
14-18.....	165	87 (4)	51* (3)	58* (3)	69 (3)	84 (4)	101 (4)	118* (5)	129* (5)	45	<3	400	<3
19-50.....	583	98 (2)	59 (2)	66 (2)	80 (2)	96 (2)	115 (3)	133 (3)	145 (4)	45	<3	400	<3
51+.....	554	92 (2)	55 (2)	62 (2)	74 (2)	90 (2)	108 (2)	126 (3)	138 (4)	45	<3	400	<3
19+.....	1137	96 (2)	57 (2)	64 (2)	77 (2)	94 (2)	112 (2)	130 (3)	142 (3)	45	<3	400	<3
All:													
1+.....	3417	103 (2)	56 (1)	64 (1)	79 (1)	99 (2)	123 (2)	148 (3)	166 (3)		<3		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	225	1970 (67)	1190* (46)	1327 (48)	1593 (55)	1914 (65)	2282 (77)	2673 (92)	2941* (108)	800	>97	1200	95* (1.4)
4-8.....	325	2676 (77)	1667* (57)	1854 (59)	2184 (63)	2607 (75)	3098 (93)	3588 (114)	3911* (124)	1000	>97	1500	>97
Males:													
9-13.....	159	3229 (116)	2058* (97)	2278* (90)	2678 (98)	3171 (112)	3706 (134)	4253* (161)	4624* (193)	1200	>97	1800	>97
14-18.....	162	3704 (140)	2414* (109)	2646* (106)	3095 (124)	3626 (141)	4240 (175)	4852* (222)	5241* (251)	1500	>97	2300	97* (1.5)
19-50.....	510	3791 (86)	2286 (86)	2556 (85)	3064 (84)	3703 (87)	4415 (96)	5133 (113)	5605 (126)	1500	>97	2300	95 (1.2)
51+.....	550	3512 (89)	2042 (76)	2316 (76)	2809 (77)	3429 (89)	4118 (104)	4820 (127)	5269 (143)	1500	>97	2300	90 (1.7)
19+.....	1060	3687 (75)	2177 (76)	2460 (77)	2963 (73)	3603 (75)	4314 (90)	5027 (108)	5496 (123)	1500	>97	2300	93 (1.2)
Females:													
9-13.....	184	2973 (116)	1868* (93)	2080* (99)	2446 (107)	2900 (116)	3428 (129)	3964* (151)	4314* (180)	1200	>97	1800	96* (1.5)
14-18.....	165	2792 (114)	1741* (128)	1931* (125)	2285 (122)	2732 (116)	3237 (136)	3727* (167)	4053* (177)	1500	>97	2300	74 (6.2)
19-50.....	583	3056 (53)	1822 (45)	2048 (45)	2463 (46)	2986 (52)	3571 (65)	4153 (84)	4544 (103)	1500	>97	2300	82 (1.8)
51+.....	554	2793 (50)	1631 (44)	1841 (43)	2229 (42)	2722 (46)	3281 (64)	3843 (88)	4210 (105)	1500	97* (0.6)	2300	72 (2.0)
19+.....	1137	2947 (46)	1726 (42)	1951 (40)	2358 (39)	2873 (43)	3454 (59)	4038 (81)	4418 (98)	1500	>97	2300	78 (1.6)
All:													
1+.....	3417	3183 (45)	1762 (33)	2010 (32)	2479 (37)	3080 (46)	3775 (61)	4490 (79)	4953 (94)		>97		87 (0.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	1833 (35)	1171* (34)	1294 (32)	1526 (32)	1799 (35)	2098 (43)	2404 (54)	2620* (65)	2000	32 (3.2)
4-8.....	325	1955 (42)	1257* (32)	1388 (34)	1626 (34)	1919 (40)	2249 (53)	2574 (68)	2782* (77)	2300	22 (3.3)
Males:											
9-13.....	159	2060 (73)	1249* (69)	1401* (68)	1679 (70)	2021 (74)	2391 (81)	2768* (97)	3023* (112)	2500	20 (3.8)
14-18.....	162	2237 (74)	1383* (68)	1537* (67)	1834 (68)	2186 (74)	2592 (85)	2995* (104)	3251* (119)	3000	10* (2.5)
19-50.....	510	2403 (47)	1247 (42)	1452 (43)	1841 (43)	2333 (47)	2887 (57)	3442 (67)	3808 (77)	3400	11 (1.3)
51+.....	550	2548 (54)	1351 (50)	1568 (50)	1977 (49)	2485 (55)	3045 (63)	3609 (79)	3980 (89)	3400	14 (1.8)
19+.....	1060	2457 (43)	1282 (42)	1490 (41)	1891 (41)	2387 (43)	2949 (51)	3508 (63)	3876 (75)	3400	12 (1.3)
Females:											
9-13.....	184	1988 (64)	1193* (64)	1346* (63)	1610 (63)	1937 (65)	2315 (72)	2698* (85)	2946* (99)	2300	26 (3.7)
14-18.....	165	1771 (67)	1038* (65)	1171* (64)	1417 (66)	1729 (68)	2081 (74)	2421* (88)	2647* (94)	2300	15 (3.3)
19-50.....	583	2012 (44)	1133 (41)	1292 (42)	1592 (42)	1962 (44)	2381 (50)	2789 (56)	3064 (62)	2600	16 (1.9)
51+.....	554	2097 (49)	1203 (48)	1370 (49)	1669 (50)	2048 (50)	2472 (52)	2896 (53)	3166 (57)	2600	19 (2.0)
19+.....	1137	2047 (41)	1157 (41)	1323 (42)	1623 (42)	1999 (42)	2420 (45)	2838 (49)	3109 (53)	2600	17 (1.7)
All:											
1+.....	3417	2169 (32)	1201 (29)	1371 (30)	1682 (32)	2084 (32)	2562 (35)	3081 (44)	3426 (53)		16 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	3.7 (0.9)	0.3* (0.2)	0.5 (0.2)	1.0 (0.3)	2.2 (0.6)	4.5 (1.1)	8.3 (2.0)	12.1* (3.0)
4-8.....	325	7.4 (1.3)	0.9* (0.3)	1.3 (0.4)	2.5 (0.6)	4.8 (1.0)	9.1 (1.6)	16.0 (2.7)	22.2* (3.8)
Males:									
9-13.....	159	13.9 (1.5)	1.1* (0.3)	1.8* (0.4)	3.9 (0.6)	8.5 (1.1)	17.3 (1.8)	31.1* (3.3)	44.1* (4.7)
14-18.....	162	22.8 (2.9)	1.7* (0.5)	2.8* (0.7)	6.1 (1.2)	13.6 (2.1)	27.4 (3.5)	51.3* (6.7)	74.3* (10.2)
19-50.....	510	66.8 (4.9)	1.5 (0.4)	3.6 (0.6)	13.3 (1.7)	40.6 (3.8)	92.4 (6.9)	165.4 (11.3)	222.5 (14.5)
51+.....	550	108.1 (6.2)	8.0 (1.4)	15.1 (2.0)	37.2 (3.5)	80.5 (5.5)	148.9 (8.4)	237.6 (12.1)	302.8 (15.1)
19+.....	1060	82.1 (4.8)	2.3 (0.5)	5.6 (0.9)	19.4 (2.1)	53.9 (4.2)	114.8 (7.1)	196.0 (10.7)	258.0 (13.6)
Females:									
9-13.....	184	11.0 (1.5)	0.8* (0.3)	1.4* (0.4)	3.0 (0.7)	6.5 (1.1)	13.5 (1.8)	25.0* (3.1)	35.8* (4.7)
14-18.....	165	21.8 (3.5)	1.7* (0.6)	2.9* (0.9)	6.0 (1.6)	13.1 (2.8)	26.8 (4.6)	50.0* (7.5)	70.4* (10.8)
19-50.....	583	62.2 (3.5)	1.5 (0.3)	3.7 (0.7)	13.3 (1.6)	38.9 (3.0)	85.8 (5.1)	151.8 (8.4)	201.3 (11.2)
51+.....	554	80.9 (5.0)	4.0 (1.1)	8.7 (1.9)	23.7 (3.2)	56.6 (4.8)	111.9 (6.8)	185.5 (9.5)	241.9 (11.8)
19+.....	1137	70.0 (3.2)	2.1 (0.5)	5.1 (0.9)	17.0 (1.8)	45.7 (3.0)	96.7 (4.5)	166.8 (7.1)	221.6 (9.4)
All:									
1+.....	3417	58.7 (2.9)	1.3 (0.2)	2.5 (0.2)	7.9 (0.6)	29.3 (2.0)	80.7 (4.6)	155.1 (7.5)	213.3 (9.8)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	14.0 (0.2)	11.3* (0.2)	11.8 (0.2)	12.8 (0.2)	13.9 (0.2)	15.1 (0.3)	16.3 (0.4)	17.1* (0.4)	5-20%	>97
4-8.....	325	13.3 (0.2)	10.7* (0.2)	11.2 (0.2)	12.2 (0.2)	13.2 (0.2)	14.4 (0.3)	15.5 (0.3)	16.3* (0.4)	10-30%	>97
Males:											
9-13.....	159	13.7 (0.5)	10.5* (0.6)	11.2* (0.5)	12.3 (0.5)	13.6 (0.5)	15.0 (0.4)	16.3* (0.4)	17.2* (0.5)	10-30%	>97
14-18.....	162	15.0 (0.4)	11.7* (0.5)	12.3* (0.5)	13.5 (0.4)	14.9 (0.4)	16.4 (0.4)	17.8* (0.4)	18.7* (0.4)	10-30%	>97
19-50.....	510	15.4 (0.2)	11.1 (0.3)	11.9 (0.3)	13.4 (0.2)	15.3 (0.2)	17.2 (0.3)	19.1 (0.4)	20.3 (0.4)	10-35%	>97
51+.....	550	15.2 (0.3)	10.9 (0.3)	11.8 (0.3)	13.3 (0.3)	15.1 (0.3)	17.0 (0.4)	18.9 (0.4)	20.2 (0.5)	10-35%	>97
19+.....	1060	15.4 (0.2)	11.0 (0.2)	11.9 (0.2)	13.4 (0.2)	15.2 (0.2)	17.2 (0.3)	19.1 (0.3)	20.3 (0.4)	10-35%	>97
Females:											
9-13.....	184	13.6 (0.2)	10.4* (0.4)	11.1* (0.3)	12.2 (0.3)	13.5 (0.2)	14.9 (0.2)	16.2* (0.4)	17.1* (0.4)	10-30%	97* (1.2)
14-18.....	164	13.8 (0.3)	10.6* (0.5)	11.2* (0.4)	12.4 (0.4)	13.7 (0.3)	15.1 (0.3)	16.4* (0.4)	17.3* (0.4)	10-30%	>97
19-50.....	583	14.8 (0.2)	10.7 (0.3)	11.5 (0.2)	12.9 (0.2)	14.6 (0.2)	16.5 (0.2)	18.4 (0.3)	19.5 (0.4)	10-35%	>97
51+.....	554	15.0 (0.2)	10.9 (0.3)	11.7 (0.2)	13.1 (0.2)	14.8 (0.2)	16.8 (0.3)	18.6 (0.3)	19.8 (0.3)	10-35%	>97
19+.....	1137	14.9 (0.2)	10.7 (0.2)	11.5 (0.2)	13.0 (0.2)	14.7 (0.2)	16.6 (0.2)	18.5 (0.3)	19.7 (0.4)	10-35%	>97
All:											
1+.....	3416	14.8 (0.1)	10.8 (0.2)	11.6 (0.1)	12.9 (0.1)	14.5 (0.1)	16.4 (0.1)	18.3 (0.2)	19.5 (0.2)		>97

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	53.1 (0.5)	46.4* (0.8)	47.8 (0.7)	50.4 (0.6)	53.1 (0.5)	55.8 (0.5)	58.2 (0.5)	59.8* (0.5)	45-65%	>97
4-8.....	325	53.6 (0.4)	46.9* (0.6)	48.3 (0.6)	50.9 (0.5)	53.6 (0.5)	56.3 (0.4)	58.8 (0.5)	60.4* (0.5)	45-65%	>97
Males:											
9-13.....	159	51.8 (0.7)	44.1* (0.8)	45.9* (0.7)	48.7 (0.7)	51.8 (0.7)	54.9 (0.7)	57.6* (0.7)	59.3* (0.8)	45-65%	92* (2.1)
14-18.....	162	49.8 (0.6)	42.2* (0.7)	43.8* (0.7)	46.7 (0.6)	49.8 (0.6)	52.9 (0.7)	55.8* (0.8)	57.4* (0.8)	45-65%	85 (2.9)
19-50.....	510	46.4 (0.7)	34.7 (0.9)	37.2 (0.9)	41.5 (0.8)	46.4 (0.7)	51.2 (0.6)	55.7 (0.6)	58.4 (0.6)	45-65%	57 (3.7)
51+.....	550	46.3 (0.7)	34.5 (1.0)	37.1 (0.9)	41.4 (0.8)	46.3 (0.7)	51.2 (0.7)	55.6 (0.7)	58.3 (0.7)	45-65%	57 (3.9)
19+.....	1060	46.4 (0.7)	34.7 (0.9)	37.2 (0.9)	41.5 (0.8)	46.3 (0.7)	51.2 (0.6)	55.7 (0.6)	58.4 (0.6)	45-65%	57 (3.6)
Females:											
9-13.....	184	52.3 (0.5)	44.6* (0.6)	46.4* (0.6)	49.2 (0.5)	52.2 (0.5)	55.4 (0.6)	58.2* (0.7)	59.9* (0.8)	45-65%	94* (1.3)
14-18.....	164	50.8 (0.4)	43.1* (0.6)	44.8* (0.5)	47.7 (0.5)	50.8 (0.4)	54.0 (0.5)	56.7* (0.6)	58.4* (0.7)	45-65%	89* (2.3)
19-50.....	583	48.1 (0.4)	36.7 (0.5)	39.2 (0.5)	43.4 (0.4)	48.1 (0.4)	52.8 (0.4)	57.1 (0.4)	59.7 (0.5)	45-65%	66 (1.8)
51+.....	554	48.3 (0.4)	36.8 (0.5)	39.3 (0.5)	43.5 (0.4)	48.2 (0.4)	53.0 (0.4)	57.4 (0.4)	59.9 (0.5)	45-65%	67 (2.1)
19+.....	1137	48.2 (0.3)	36.7 (0.5)	39.2 (0.4)	43.4 (0.4)	48.1 (0.3)	52.9 (0.3)	57.2 (0.4)	59.8 (0.4)	45-65%	66 (1.7)
All:											
1+.....	3416	48.6 (0.3)	36.7 (0.5)	39.4 (0.5)	44.1 (0.3)	49.0 (0.2)	53.4 (0.2)	57.1 (0.2)	59.4 (0.3)	45-65%	70 (1.4)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	34.3 (0.4)	28.7* (0.6)	29.9 (0.5)	32.1 (0.4)	34.3 (0.4)	36.6 (0.6)	38.6 (0.7)	40.0* (0.7)	30-40%	85 (3.1)
4-8.....	325	34.2 (0.2)	28.6* (0.5)	29.8 (0.4)	32.0 (0.3)	34.2 (0.2)	36.5 (0.4)	38.6 (0.6)	39.9* (0.7)	25-35%	58 (3.6)
Males:											
9-13.....	159	35.6 (0.5)	29.8* (0.7)	31.2* (0.7)	33.3 (0.5)	35.7 (0.5)	37.9 (0.6)	40.0* (0.7)	41.3* (0.8)	25-35%	42 (5.5)
14-18.....	162	35.7 (0.6)	30.0* (0.7)	31.2* (0.6)	33.4 (0.5)	35.7 (0.6)	38.1 (0.6)	40.2* (0.7)	41.4* (0.8)	25-35%	41 (5.4)
19-50.....	510	35.1 (0.5)	26.7 (0.6)	28.6 (0.5)	31.7 (0.5)	35.2 (0.5)	38.6 (0.6)	41.6 (0.8)	43.5 (0.8)	20-35%	48 (4.0)
51+.....	550	36.1 (0.5)	27.6 (0.7)	29.5 (0.6)	32.7 (0.5)	36.2 (0.5)	39.5 (0.6)	42.5 (0.7)	44.4 (0.8)	20-35%	41 (4.0)
19+.....	1060	35.5 (0.5)	27.0 (0.6)	28.9 (0.5)	32.1 (0.4)	35.5 (0.5)	39.0 (0.6)	42.0 (0.7)	43.8 (0.8)	20-35%	46 (3.5)
Females:											
9-13.....	184	35.5 (0.5)	29.7* (0.8)	31.1* (0.7)	33.2 (0.6)	35.5 (0.5)	37.9 (0.5)	40.0* (0.6)	41.3* (0.7)	25-35%	44 (5.3)
14-18.....	164	36.4 (0.5)	30.7* (0.8)	31.9* (0.7)	34.1 (0.6)	36.5 (0.5)	38.8 (0.5)	40.8* (0.6)	42.1* (0.6)	25-35%	34 (6.0)
19-50.....	583	36.0 (0.4)	27.5 (0.5)	29.4 (0.4)	32.5 (0.4)	36.0 (0.4)	39.5 (0.4)	42.6 (0.5)	44.6 (0.5)	20-35%	42 (2.9)
51+.....	554	36.3 (0.5)	27.8 (0.6)	29.7 (0.5)	32.8 (0.5)	36.2 (0.5)	39.8 (0.5)	43.0 (0.5)	44.8 (0.6)	20-35%	40 (3.6)
19+.....	1137	36.1 (0.4)	27.6 (0.5)	29.5 (0.4)	32.6 (0.4)	36.1 (0.4)	39.6 (0.4)	42.8 (0.5)	44.7 (0.5)	20-35%	41 (2.9)
All:											
1+.....	3416	35.6 (0.3)	27.8 (0.4)	29.6 (0.4)	32.5 (0.3)	35.6 (0.3)	38.8 (0.3)	41.7 (0.4)	43.6 (0.4)		46 (2.4)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	225	11.8 (0.2)	8.8* (0.3)	9.5 (0.3)	10.6 (0.3)	11.7 (0.2)	13.0 (0.2)	14.2 (0.3)	15.0* (0.3)	16 (3.8)
4-8.....	325	11.4 (0.2)	8.5* (0.2)	9.1 (0.2)	10.1 (0.2)	11.3 (0.2)	12.6 (0.2)	13.8 (0.3)	14.5* (0.4)	22 (2.9)
Males:										
9-13.....	159	11.8 (0.2)	9.1* (0.3)	9.6* (0.3)	10.6 (0.3)	11.7 (0.2)	12.8 (0.2)	13.9* (0.3)	14.6* (0.3)	15 (3.9)
14-18.....	162	11.8 (0.2)	9.2* (0.3)	9.7* (0.3)	10.7 (0.3)	11.8 (0.2)	13.0 (0.3)	14.0* (0.3)	14.7* (0.3)	13 (3.8)
19-50.....	510	11.1 (0.2)	7.9 (0.2)	8.6 (0.2)	9.7 (0.2)	11.0 (0.2)	12.3 (0.3)	13.6 (0.3)	14.3 (0.3)	30 (3.9)
51+.....	550	11.2 (0.2)	8.0 (0.2)	8.7 (0.2)	9.8 (0.2)	11.1 (0.2)	12.5 (0.3)	13.7 (0.3)	14.4 (0.3)	28 (4.0)
19+.....	1060	11.1 (0.2)	8.0 (0.2)	8.6 (0.2)	9.7 (0.2)	11.1 (0.2)	12.4 (0.3)	13.6 (0.3)	14.4 (0.3)	29 (3.8)
Females:										
9-13.....	184	11.8 (0.2)	9.1* (0.3)	9.7* (0.2)	10.6 (0.2)	11.7 (0.2)	12.9 (0.2)	14.0* (0.3)	14.6* (0.3)	14 (3.3)
14-18.....	164	11.5 (0.3)	8.8* (0.3)	9.4* (0.3)	10.4 (0.3)	11.5 (0.3)	12.6 (0.3)	13.7* (0.3)	14.3* (0.3)	18 (4.7)
19-50.....	583	11.0 (0.2)	7.8 (0.3)	8.5 (0.3)	9.6 (0.2)	10.9 (0.2)	12.3 (0.2)	13.6 (0.2)	14.4 (0.2)	32 (4.3)
51+.....	554	11.1 (0.2)	7.9 (0.2)	8.6 (0.2)	9.7 (0.2)	11.0 (0.2)	12.4 (0.2)	13.7 (0.3)	14.5 (0.3)	31 (3.2)
19+.....	1137	11.0 (0.2)	7.9 (0.3)	8.5 (0.2)	9.6 (0.2)	10.9 (0.2)	12.3 (0.2)	13.6 (0.2)	14.4 (0.2)	32 (3.5)
All:										
1+.....	3416	11.2 (0.1)	8.1 (0.1)	8.8 (0.1)	9.9 (0.1)	11.2 (0.1)	12.5 (0.1)	13.7 (0.2)	14.5 (0.2)	27 (1.8)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	6.7 (0.2)	4.7* (0.1)	5.1 (0.1)	5.8 (0.1)	6.6 (0.1)	7.5 (0.2)	8.3 (0.2)	8.9* (0.3)	05-10%	91 (1.8)
4-8.....	325	7.1 (0.2)	5.1* (0.2)	5.5 (0.1)	6.2 (0.1)	7.0 (0.1)	7.9 (0.2)	8.8 (0.3)	9.3* (0.3)	05-10%	94* (1.5)
Males:											
9-13.....	159	7.6 (0.2)	5.7* (0.2)	6.1* (0.2)	6.8 (0.2)	7.6 (0.2)	8.4 (0.2)	9.3* (0.2)	9.8* (0.3)	05-10%	95* (1.4)
14-18.....	162	7.3 (0.2)	5.4* (0.2)	5.8* (0.2)	6.5 (0.2)	7.3 (0.2)	8.1 (0.2)	8.9* (0.3)	9.4* (0.3)	05-10%	96* (1.1)
19-50.....	510	7.3 (0.2)	4.9 (0.2)	5.4 (0.2)	6.2 (0.2)	7.2 (0.2)	8.3 (0.2)	9.3 (0.2)	10.0 (0.3)	05-10%	89 (2.6)
51+.....	550	7.6 (0.2)	5.2 (0.2)	5.7 (0.2)	6.5 (0.2)	7.5 (0.2)	8.6 (0.2)	9.7 (0.3)	10.4 (0.3)	05-10%	89 (2.5)
19+.....	1060	7.4 (0.2)	5.0 (0.2)	5.5 (0.2)	6.3 (0.2)	7.3 (0.2)	8.4 (0.2)	9.5 (0.2)	10.2 (0.3)	05-10%	89 (2.5)
Females:											
9-13.....	184	7.7 (0.2)	5.7* (0.2)	6.1* (0.2)	6.8 (0.2)	7.6 (0.2)	8.5 (0.3)	9.4* (0.3)	9.9* (0.3)	05-10%	95* (1.7)
14-18.....	164	8.2 (0.2)	6.2* (0.2)	6.6* (0.2)	7.3 (0.2)	8.2 (0.2)	9.1 (0.2)	9.9* (0.3)	10.5* (0.3)	05-10%	91* (3.1)
19-50.....	583	8.1 (0.1)	5.6 (0.1)	6.1 (0.1)	7.0 (0.1)	8.0 (0.1)	9.2 (0.2)	10.3 (0.2)	11.0 (0.3)	05-10%	86 (2.5)
51+.....	554	8.0 (0.1)	5.5 (0.2)	6.0 (0.1)	6.9 (0.1)	7.9 (0.1)	9.0 (0.2)	10.2 (0.2)	10.9 (0.3)	05-10%	86 (2.5)
19+.....	1137	8.1 (0.1)	5.6 (0.1)	6.1 (0.1)	6.9 (0.1)	8.0 (0.1)	9.1 (0.2)	10.2 (0.2)	10.9 (0.3)	05-10%	86 (2.4)
All:											
1+.....	3416	7.7 (0.1)	5.3 (0.1)	5.7 (0.1)	6.6 (0.1)	7.6 (0.1)	8.6 (0.1)	9.7 (0.1)	10.4 (0.2)	05-10%	89 (1.6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	225	0.64 (0.02)	0.44* (0.02)	0.48 (0.02)	0.54 (0.02)	0.62 (0.02)	0.71 (0.02)	0.81 (0.03)	0.88* (0.03)	0.6-1.2%	58 (6.1)
4-8.....	325	0.64 (0.02)	0.44* (0.02)	0.48 (0.02)	0.54 (0.02)	0.62 (0.02)	0.72 (0.02)	0.81 (0.02)	0.87* (0.03)	0.6-1.2%	58 (6.3)
Males:											
9-13.....	159	0.67 (0.02)	0.50* (0.02)	0.53* (0.02)	0.59 (0.02)	0.66 (0.02)	0.74 (0.03)	0.82* (0.03)	0.87* (0.04)	0.6-1.2%	72 (7.7)
14-18.....	162	0.68 (0.02)	0.51* (0.02)	0.54* (0.02)	0.60 (0.02)	0.67 (0.02)	0.75 (0.03)	0.83* (0.03)	0.88* (0.04)	0.6-1.2%	75 (5.8)
19-50.....	510	0.73 (0.02)	0.45 (0.03)	0.50 (0.03)	0.59 (0.02)	0.71 (0.02)	0.84 (0.02)	0.98 (0.04)	1.08 (0.05)	0.6-1.2%	71 (4.7)
51+.....	550	0.79 (0.02)	0.49 (0.03)	0.54 (0.02)	0.64 (0.02)	0.77 (0.02)	0.91 (0.03)	1.06 (0.04)	1.16 (0.05)	0.6-1.2%	79 (4.4)
19+.....	1060	0.75 (0.02)	0.46 (0.03)	0.51 (0.03)	0.61 (0.02)	0.73 (0.02)	0.87 (0.02)	1.02 (0.04)	1.11 (0.05)	0.6-1.2%	74 (4.5)
Females:											
9-13.....	184	0.72 (0.03)	0.53* (0.02)	0.57* (0.02)	0.63 (0.02)	0.71 (0.03)	0.79 (0.04)	0.88* (0.05)	0.93* (0.05)	0.6-1.2%	84 (5.8)
14-18.....	164	0.77 (0.04)	0.58* (0.04)	0.62* (0.03)	0.68 (0.03)	0.76 (0.04)	0.85 (0.04)	0.94* (0.05)	1.00* (0.05)	0.6-1.2%	92* (4.4)
19-50.....	583	0.83 (0.02)	0.55 (0.02)	0.60 (0.02)	0.69 (0.02)	0.81 (0.02)	0.95 (0.02)	1.09 (0.03)	1.19 (0.04)	0.6-1.2%	85 (3.3)
51+.....	554	0.87 (0.02)	0.57 (0.02)	0.62 (0.02)	0.72 (0.02)	0.85 (0.02)	0.99 (0.03)	1.14 (0.04)	1.24 (0.05)	0.6-1.2%	86 (3.4)
19+.....	1137	0.85 (0.02)	0.56 (0.02)	0.61 (0.02)	0.70 (0.02)	0.83 (0.02)	0.97 (0.02)	1.11 (0.03)	1.21 (0.04)	0.6-1.2%	85 (3.3)
All:											
1+.....	3416	0.77 (0.01)	0.49 (0.02)	0.54 (0.01)	0.63 (0.01)	0.75 (0.01)	0.88 (0.02)	1.03 (0.03)	1.13 (0.04)	0.6-1.2%	78 (2.7)

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) 2015-2018. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2015-2016 and 2017-2018.

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

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

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

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

Indicates a non-zero value too small to report.

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

CITATION

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