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Service

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

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

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

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

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

Available www.ars.usda.gov/nea/bhnrc/fsrg

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

	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.....	227	1351 (27)	880* (24)	967 (22)	1123 (21)	1322 (25)	1547 (36)	1773 (53)	1917* (63)
4-8.....	290	1681 (32)	1116* (29)	1222 (27)	1413 (25)	1652 (31)	1914 (44)	2173 (62)	2341* (74)
Males:									
9-13.....	153	2001 (49)	1259* (49)	1394* (42)	1648 (38)	1963 (47)	2312 (71)	2662* (99)	2864* (118)
14-18.....	138	2223 (52)	1423* (65)	1580* (58)	1850 (52)	2181 (52)	2553 (64)	2917* (91)	3166* (110)
19-50.....	459	2355 (38)	1400 (41)	1578 (41)	1901 (40)	2302 (38)	2754 (40)	3200 (44)	3482 (47)
51+.....	540	2291 (47)	1349 (47)	1521 (48)	1843 (48)	2242 (48)	2679 (48)	3115 (50)	3403 (52)
19+.....	999	2328 (36)	1379 (41)	1553 (41)	1876 (39)	2278 (36)	2721 (36)	3169 (37)	3450 (39)
Females:									
9-13.....	176	1951 (65)	1230* (46)	1362* (44)	1606 (45)	1910 (62)	2257 (87)	2577* (114)	2803* (132)
14-18.....	138	1703 (67)	1037* (71)	1152* (69)	1385 (67)	1666 (68)	1980 (77)	2283* (94)	2495* (107)
19-50.....	526	1881 (37)	1147 (35)	1282 (32)	1538 (35)	1844 (37)	2191 (44)	2520 (51)	2736 (59)
51+.....	550	1781 (42)	1064 (33)	1198 (34)	1446 (36)	1748 (41)	2077 (50)	2410 (60)	2616 (64)
19+.....	1076	1837 (37)	1108 (32)	1240 (31)	1497 (34)	1802 (37)	2143 (44)	2476 (52)	2686 (58)
All:									
1+.....	3197	1993 (23)	1137 (20)	1285 (20)	1565 (22)	1924 (24)	2349 (28)	2788 (32)	3082 (34)

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

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

	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.....	227	45.9 (1.1)	28.6* (1.2)	31.8 (1.2)	37.4 (1.1)	44.7 (1.1)	53.1 (1.4)	61.6 (1.8)	67.1* (2.1)
4-8.....	290	55.0 (1.5)	34.9* (1.4)	38.5 (1.4)	45.3 (1.4)	53.7 (1.5)	63.3 (1.8)	72.8 (2.4)	79.0* (2.7)
Males:									
9-13.....	153	67.8 (2.8)	40.6* (3.0)	45.5* (2.9)	54.6 (2.8)	66.2 (2.7)	79.2 (3.0)	92.4* (3.2)	100.0* (3.6)
14-18.....	138	83.8 (3.2)	52.2* (2.7)	58.3* (2.7)	68.9 (2.8)	82.0 (3.1)	96.8 (3.8)	111.4* (4.6)	121.4* (5.5)
19-50.....	459	86.4 (2.4)	50.3 (2.6)	56.9 (2.6)	69.1 (2.5)	84.3 (2.4)	101.3 (2.5)	118.6 (2.6)	129.4 (3.1)
51+.....	540	82.8 (2.5)	47.3 (2.7)	53.8 (2.6)	65.8 (2.6)	80.9 (2.5)	97.5 (2.6)	114.2 (3.0)	125.1 (3.2)
19+.....	999	84.9 (2.1)	48.9 (2.4)	55.6 (2.4)	67.7 (2.3)	82.9 (2.2)	99.7 (2.2)	116.8 (2.4)	127.5 (2.7)
Females:									
9-13.....	176	65.7 (3.0)	39.4* (2.4)	44.1* (2.3)	52.9 (2.5)	64.1 (2.9)	76.9 (3.5)	88.9* (4.3)	97.5* (4.5)
14-18.....	138	56.9 (3.1)	32.8* (3.6)	36.9* (3.5)	45.2 (3.4)	55.4 (3.3)	66.9 (3.2)	78.2* (3.5)	86.1* (3.8)
19-50.....	526	68.0 (1.6)	41.2 (1.7)	46.1 (1.6)	55.4 (1.7)	66.6 (1.6)	79.3 (1.8)	91.3 (2.0)	99.1 (2.3)
51+.....	550	65.3 (1.6)	38.8 (1.7)	43.8 (1.6)	52.9 (1.6)	64.0 (1.6)	76.2 (1.7)	88.5 (1.9)	96.2 (2.0)
19+.....	1076	66.8 (1.6)	40.1 (1.6)	45.0 (1.6)	54.3 (1.6)	65.4 (1.6)	78.0 (1.7)	90.2 (1.9)	97.9 (2.2)
All:									
1+.....	3197	71.5 (1.3)	39.0 (0.9)	44.4 (0.9)	55.0 (1.1)	68.8 (1.3)	85.1 (1.6)	102.1 (1.9)	113.3 (2.1)

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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	3.76 (0.08)	2.35* (0.09)	2.61 (0.09)	3.08 (0.09)	3.67 (0.08)	4.35 (0.10)	5.02 (0.13)	5.44* (0.16)	0.87	<3
4-8.....	290	2.32 (0.07)	1.32* (0.07)	1.51 (0.07)	1.84 (0.07)	2.26 (0.08)	2.73 (0.09)	3.21 (0.11)	3.51* (0.13)	0.76	<3
Males:											
9-13.....	150	1.53 (0.05)	0.80* (0.06)	0.93* (0.06)	1.17 (0.06)	1.49 (0.05)	1.84 (0.05)	2.20* (0.06)	2.41* (0.07)	0.76	4* (1.3)
14-18.....	137	1.20 (0.03)	0.57* (0.04)	0.68* (0.04)	0.89 (0.03)	1.15 (0.03)	1.46 (0.04)	1.77* (0.06)	1.99* (0.07)	0.73	13* (2.2)
19-50.....	452	1.14 (0.03)	0.59 (0.03)	0.69 (0.03)	0.87 (0.03)	1.10 (0.03)	1.36 (0.03)	1.63 (0.03)	1.79 (0.04)	0.66	8 (1.6)
51+.....	529	1.09 (0.03)	0.55 (0.03)	0.64 (0.03)	0.83 (0.03)	1.06 (0.03)	1.31 (0.04)	1.56 (0.04)	1.73 (0.05)	0.66	11 (1.9)
19+.....	981	1.12 (0.03)	0.57 (0.03)	0.67 (0.03)	0.85 (0.03)	1.08 (0.03)	1.34 (0.03)	1.60 (0.03)	1.77 (0.04)	0.66	9 (1.6)
Females:											
9-13.....	172	1.46 (0.05)	0.76* (0.05)	0.88* (0.05)	1.11 (0.05)	1.41 (0.05)	1.76 (0.05)	2.09* (0.06)	2.32* (0.07)	0.76	5* (1.6)
14-18.....	136	0.90 (0.05)	0.38* (0.04)	0.46* (0.05)	0.64 (0.05)	0.86 (0.05)	1.12 (0.06)	1.39* (0.06)	1.58* (0.08)	0.71	32 (5.1)
19-50.....	522	1.04 (0.02)	0.55 (0.02)	0.64 (0.02)	0.81 (0.02)	1.01 (0.02)	1.25 (0.02)	1.47 (0.03)	1.62 (0.03)	0.66	11 (1.7)
51+.....	540	1.01 (0.02)	0.52 (0.02)	0.61 (0.02)	0.78 (0.02)	0.99 (0.02)	1.21 (0.03)	1.44 (0.03)	1.58 (0.04)	0.66	13 (1.8)
19+.....	1062	1.03 (0.02)	0.54 (0.02)	0.63 (0.02)	0.80 (0.02)	1.00 (0.02)	1.23 (0.02)	1.46 (0.03)	1.61 (0.03)	0.66	12 (1.6)
All:											
1+.....	3155	1.30 (0.01)	0.56 (0.01)	0.67 (0.01)	0.86 (0.01)	1.12 (0.01)	1.46 (0.02)	2.05 (0.03)	2.85 (0.07)		10 (0.9)

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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	179 (5)	115* (5)	127 (5)	148 (5)	175 (5)	205 (6)	235 (7)	254* (8)	100	<3
4-8.....	290	222 (5)	147* (6)	161 (6)	187 (5)	219 (5)	253 (6)	288 (7)	310* (9)	100	<3
Males:											
9-13.....	153	253 (8)	154* (6)	172* (6)	206 (6)	248 (8)	294 (11)	341* (14)	368* (16)	100	<3
14-18.....	138	263 (7)	162* (9)	181* (8)	215 (8)	258 (7)	305 (8)	352* (11)	384* (12)	100	<3
19-50.....	459	264 (5)	137 (5)	159 (5)	202 (5)	256 (5)	317 (6)	380 (7)	419 (9)	100	<3
51+.....	540	259 (5)	133 (5)	155 (5)	197 (5)	251 (5)	311 (6)	372 (7)	413 (8)	100	<3
19+.....	999	262 (5)	135 (5)	157 (5)	200 (5)	254 (5)	315 (5)	377 (6)	416 (7)	100	<3
Females:											
9-13.....	176	246 (9)	150* (5)	168* (5)	200 (6)	241 (8)	287 (11)	330* (15)	360* (17)	100	<3
14-18.....	138	210 (7)	123* (8)	138* (8)	168 (7)	205 (7)	246 (9)	286* (10)	314* (12)	100	<3
19-50.....	526	218 (4)	119 (4)	137 (4)	170 (4)	212 (4)	260 (5)	306 (6)	337 (7)	100	<3
51+.....	550	204 (5)	109 (3)	126 (4)	159 (4)	199 (5)	244 (6)	291 (8)	320 (8)	100	3* (0.6)
19+.....	1076	212 (4)	114 (4)	132 (3)	165 (4)	206 (4)	253 (5)	300 (6)	329 (8)	100	<3
All:											
1+.....	3197	233 (3)	124 (3)	143 (3)	179 (3)	224 (3)	277 (3)	334 (5)	372 (6)	100	<3

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

	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.....	227	87 (3)	51* (3)	57 (3)	69 (3)	85 (3)	103 (4)	121 (5)	132* (6)
4-8.....	290	100 (4)	59* (3)	66 (3)	80 (3)	97 (3)	117 (4)	136 (5)	149* (6)
Males:									
9-13.....	153	111 (4)	59* (4)	68* (3)	85 (3)	107 (4)	132 (6)	158* (7)	174* (8)
14-18.....	138	109 (5)	58* (4)	67* (4)	84 (4)	106 (5)	131 (6)	156* (8)	173* (9)
19-50.....	459	116 (3)	41 (2)	52 (2)	75 (2)	107 (2)	147 (4)	191 (5)	221 (6)
51+.....	540	117 (4)	42 (3)	53 (3)	76 (3)	109 (4)	148 (4)	192 (5)	222 (6)
19+.....	999	116 (3)	42 (2)	52 (2)	75 (2)	107 (2)	148 (3)	191 (4)	222 (5)
Females:									
9-13.....	176	109 (5)	58* (3)	67* (3)	84 (3)	105 (5)	130 (6)	154* (9)	171* (10)
14-18.....	138	90 (4)	45* (3)	52* (3)	67 (3)	86 (4)	109 (5)	130* (6)	146* (7)
19-50.....	526	97 (2)	41 (2)	49 (2)	67 (2)	91 (2)	121 (2)	152 (3)	174 (4)
51+.....	550	94 (2)	38 (2)	47 (2)	64 (2)	88 (2)	117 (3)	148 (4)	169 (5)
19+.....	1076	96 (2)	40 (2)	48 (2)	66 (2)	90 (2)	119 (2)	151 (3)	171 (4)
All:									
1+.....	3197	104 (2)	43 (2)	53 (2)	72 (2)	97 (2)	128 (3)	163 (3)	189 (4)

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

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Table C 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Black Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	10.2 (0.4)	5.2* (0.3)	6.1 (0.3)	7.7 (0.3)	9.8 (0.4)	12.2 (0.5)	14.8 (0.6)	16.5* (0.7)	19	<3
4-8.....	290	12.0 (0.5)	6.4* (0.4)	7.4 (0.5)	9.3 (0.5)	11.6 (0.5)	14.3 (0.5)	17.1 (0.7)	18.9* (0.7)	25	<3
Males:											
9-13.....	153	12.9 (0.7)	6.6* (0.4)	7.6* (0.4)	9.7 (0.5)	12.4 (0.6)	15.5 (0.9)	18.8* (1.1)	20.8* (1.3)	31	<3
14-18.....	138	13.1 (0.4)	6.7* (0.4)	7.8* (0.4)	9.9 (0.3)	12.5 (0.3)	15.7 (0.5)	19.0* (0.7)	21.3* (0.9)	38	<3
19-50.....	459	14.0 (0.5)	5.9 (0.3)	7.2 (0.3)	9.7 (0.4)	13.2 (0.4)	17.4 (0.6)	21.9 (0.7)	24.8 (0.8)	38	<3
51+.....	540	15.6 (0.4)	6.9 (0.4)	8.3 (0.4)	11.1 (0.4)	14.9 (0.4)	19.2 (0.5)	23.9 (0.6)	27.0 (0.8)	30	<3
19+.....	999	14.7 (0.4)	6.2 (0.3)	7.6 (0.3)	10.3 (0.3)	13.9 (0.4)	18.2 (0.5)	22.8 (0.6)	25.8 (0.7)		<3
Females:											
9-13.....	176	13.3 (0.7)	6.9* (0.5)	8.0* (0.5)	10.0 (0.5)	12.7 (0.6)	16.0 (0.8)	19.1* (1.1)	21.4* (1.2)	26	<3
14-18.....	138	11.2 (0.6)	5.5* (0.5)	6.4* (0.5)	8.3 (0.5)	10.7 (0.6)	13.6 (0.7)	16.5* (0.8)	18.6* (1.0)	26	<3
19-50.....	526	12.9 (0.4)	5.8 (0.2)	6.8 (0.2)	9.2 (0.3)	12.2 (0.3)	15.9 (0.4)	19.8 (0.6)	22.4 (0.7)	25	<3
51+.....	550	13.5 (0.3)	6.1 (0.3)	7.3 (0.3)	9.7 (0.3)	12.8 (0.3)	16.6 (0.4)	20.7 (0.5)	23.3 (0.6)	21	9 (1.1)
19+.....	1076	13.2 (0.3)	5.9 (0.2)	7.0 (0.2)	9.4 (0.2)	12.5 (0.2)	16.2 (0.3)	20.2 (0.5)	22.8 (0.5)		5 (0.7)
All:											
1+.....	3197	13.4 (0.2)	6.0 (0.2)	7.2 (0.2)	9.5 (0.2)	12.6 (0.2)	16.4 (0.3)	20.6 (0.4)	23.4 (0.5)		<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, 2017-March 2020 Prepandemic

	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.....	227	52.3 (1.5)	30.6* (1.1)	34.6 (1.1)	41.6 (1.1)	50.8 (1.4)	61.3 (2.0)	72.0 (2.8)	78.7* (3.3)
4-8.....	290	65.3 (1.6)	39.6* (1.4)	44.3 (1.3)	53.0 (1.2)	63.8 (1.6)	75.9 (2.1)	88.0 (2.9)	95.8* (3.5)
Males:									
9-13.....	153	82.0 (2.0)	48.5* (2.4)	54.5* (2.2)	65.9 (2.1)	80.1 (2.0)	96.0 (2.6)	112.0* (3.5)	121.3* (4.3)
14-18.....	138	92.4 (3.0)	56.1* (3.2)	63.1* (3.2)	75.3 (3.1)	90.4 (3.1)	107.5 (3.7)	124.2* (4.5)	135.6* (5.1)
19-50.....	459	95.6 (1.9)	52.1 (2.4)	59.8 (2.4)	74.5 (2.2)	92.8 (2.0)	113.8 (2.0)	134.7 (2.4)	148.1 (2.6)
51+.....	540	94.3 (1.7)	51.4 (2.0)	58.9 (1.9)	73.5 (1.8)	91.9 (1.7)	112.3 (1.9)	132.7 (2.3)	146.2 (2.7)
19+.....	999	95.0 (1.5)	51.7 (2.1)	59.4 (2.0)	74.1 (1.8)	92.4 (1.6)	113.1 (1.5)	133.9 (1.9)	147.3 (2.3)
Females:									
9-13.....	176	80.6 (2.6)	47.8* (2.9)	53.7* (2.9)	64.7 (2.7)	78.6 (2.6)	94.5 (3.0)	109.2* (3.8)	119.6* (4.3)
14-18.....	138	72.0 (3.3)	41.2* (3.3)	46.4* (3.3)	57.1 (3.4)	70.2 (3.4)	84.8 (3.8)	99.0* (4.2)	108.9* (4.8)
19-50.....	526	79.2 (2.0)	44.2 (1.6)	50.5 (1.6)	62.4 (1.8)	77.1 (2.0)	94.0 (2.4)	110.5 (2.9)	121.4 (3.4)
51+.....	550	75.7 (2.0)	41.4 (1.5)	47.6 (1.6)	59.2 (1.7)	73.6 (2.0)	89.8 (2.3)	106.4 (2.8)	116.9 (3.1)
19+.....	1076	77.6 (1.9)	43.0 (1.5)	49.1 (1.5)	61.0 (1.6)	75.5 (1.8)	92.3 (2.2)	108.9 (2.7)	119.5 (3.2)
All:									
1+.....	3197	82.3 (1.2)	43.2 (0.9)	49.8 (1.0)	62.6 (1.1)	79.2 (1.3)	98.7 (1.5)	118.6 (1.7)	131.9 (1.9)

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

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

	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.....	227	17.3 (0.6)	9.6* (0.4)	11.0 (0.4)	13.5 (0.5)	16.8 (0.6)	20.6 (0.8)	24.5 (1.1)	27.0* (1.3)
4-8.....	290	21.5 (0.6)	12.3* (0.5)	13.9 (0.5)	17.0 (0.5)	20.9 (0.6)	25.4 (0.9)	29.9 (1.3)	32.8* (1.5)
Males:									
9-13.....	153	27.1 (0.8)	15.5* (0.9)	17.5* (0.8)	21.4 (0.7)	26.4 (0.7)	32.1 (1.1)	37.8* (1.7)	41.2* (2.0)
14-18.....	138	30.4 (1.1)	17.7* (1.1)	20.1* (1.1)	24.3 (1.0)	29.6 (1.1)	35.6 (1.3)	41.6* (1.7)	45.7* (2.0)
19-50.....	459	30.2 (0.7)	15.3 (0.7)	17.9 (0.7)	22.8 (0.7)	29.1 (0.7)	36.5 (0.7)	43.9 (0.9)	48.7 (1.1)
51+.....	540	29.4 (0.7)	14.8 (0.7)	17.3 (0.7)	22.1 (0.7)	28.4 (0.7)	35.5 (0.8)	42.7 (1.0)	47.5 (1.1)
19+.....	999	29.9 (0.5)	15.1 (0.7)	17.6 (0.7)	22.5 (0.6)	28.8 (0.6)	36.0 (0.6)	43.5 (0.8)	48.2 (1.0)
Females:									
9-13.....	176	27.1 (0.9)	15.6* (1.0)	17.6* (1.0)	21.5 (0.9)	26.4 (0.9)	32.0 (1.2)	37.4* (1.6)	41.2* (1.9)
14-18.....	138	23.2 (1.3)	12.7* (1.2)	14.4* (1.2)	18.0 (1.3)	22.5 (1.3)	27.6 (1.5)	32.5* (1.8)	36.1* (2.1)
19-50.....	526	24.3 (0.7)	13.2 (0.6)	15.1 (0.5)	18.9 (0.6)	23.5 (0.7)	28.9 (0.9)	34.2 (1.1)	37.8 (1.4)
51+.....	550	23.2 (0.8)	12.4 (0.4)	14.3 (0.5)	17.9 (0.6)	22.4 (0.8)	27.6 (1.0)	32.9 (1.3)	36.3 (1.4)
19+.....	1076	23.8 (0.7)	12.9 (0.4)	14.7 (0.5)	18.4 (0.5)	23.0 (0.6)	28.3 (0.9)	33.7 (1.1)	37.2 (1.3)
All:									
1+.....	3197	25.9 (0.4)	13.1 (0.3)	15.3 (0.3)	19.4 (0.3)	24.7 (0.4)	31.2 (0.5)	38.0 (0.6)	42.7 (0.7)

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

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

	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.....	227	17.3 (0.4)	10.2* (0.3)	11.5 (0.3)	13.9 (0.3)	16.9 (0.4)	20.3 (0.6)	23.8 (0.8)	26.0* (1.0)
4-8.....	290	21.9 (0.5)	13.3* (0.4)	14.9 (0.4)	17.8 (0.3)	21.4 (0.5)	25.4 (0.7)	29.4 (0.9)	32.0* (1.1)
Males:									
9-13.....	153	27.2 (0.8)	16.2* (0.9)	18.2* (0.8)	22.0 (0.9)	26.6 (0.9)	31.9 (1.0)	37.1* (1.3)	40.2* (1.5)
14-18.....	138	30.7 (1.0)	18.7* (0.9)	21.1* (0.9)	25.1 (0.9)	30.0 (1.0)	35.7 (1.2)	41.2* (1.4)	44.9* (1.7)
19-50.....	459	33.3 (0.8)	17.9 (0.9)	20.5 (0.9)	25.7 (0.9)	32.2 (0.9)	39.7 (1.0)	47.3 (1.2)	52.2 (1.4)
51+.....	540	33.1 (0.7)	17.9 (0.8)	20.5 (0.8)	25.7 (0.8)	32.2 (0.7)	39.4 (0.8)	46.8 (1.0)	51.7 (1.2)
19+.....	999	33.2 (0.7)	17.9 (0.8)	20.5 (0.8)	25.7 (0.7)	32.2 (0.7)	39.6 (0.8)	47.1 (1.0)	52.0 (1.1)
Females:									
9-13.....	176	26.3 (1.0)	15.7* (1.0)	17.6* (1.0)	21.2 (1.0)	25.7 (1.0)	30.8 (1.1)	35.6* (1.4)	39.0* (1.6)
14-18.....	138	23.8 (1.3)	13.7* (1.3)	15.4* (1.3)	18.9 (1.3)	23.2 (1.3)	28.0 (1.4)	32.6* (1.7)	35.9* (1.8)
19-50.....	526	27.0 (0.6)	14.5 (0.4)	16.6 (0.4)	20.9 (0.5)	26.1 (0.6)	32.4 (0.8)	38.5 (1.0)	42.6 (1.1)
51+.....	550	26.0 (0.7)	13.6 (0.5)	15.8 (0.5)	19.9 (0.6)	25.1 (0.7)	31.1 (0.8)	37.3 (1.0)	41.3 (1.1)
19+.....	1076	26.6 (0.6)	14.1 (0.4)	16.2 (0.4)	20.4 (0.5)	25.7 (0.6)	31.8 (0.7)	38.0 (0.9)	42.0 (1.0)
All:									
1+.....	3197	28.2 (0.4)	14.4 (0.2)	16.6 (0.3)	21.1 (0.3)	27.0 (0.4)	34.0 (0.5)	41.3 (0.6)	46.2 (0.7)

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

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

	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.....	227	11.8 (0.3)	6.3* (0.2)	7.2 (0.2)	8.9 (0.2)	11.3 (0.3)	14.0 (0.4)	17.0 (0.6)	18.9* (0.7)
4-8.....	290	15.2 (0.4)	8.5* (0.3)	9.7 (0.3)	11.9 (0.4)	14.7 (0.4)	18.0 (0.5)	21.4 (0.6)	23.6* (0.7)
Males:									
9-13.....	153	19.7 (0.7)	11.2* (0.8)	12.7* (0.7)	15.4 (0.7)	19.0 (0.7)	23.2 (1.0)	27.5* (1.4)	30.1* (1.7)
14-18.....	138	21.6 (0.8)	12.5* (1.0)	14.1* (1.0)	17.1 (0.9)	20.9 (0.8)	25.3 (0.9)	29.9* (1.2)	33.0* (1.6)
19-50.....	459	22.2 (0.6)	11.7 (0.7)	13.5 (0.7)	16.9 (0.7)	21.4 (0.6)	26.6 (0.7)	32.0 (0.9)	35.5 (1.1)
51+.....	540	22.8 (0.6)	12.0 (0.5)	13.8 (0.5)	17.4 (0.5)	22.0 (0.6)	27.2 (0.8)	32.6 (1.1)	36.3 (1.4)
19+.....	999	22.4 (0.5)	11.8 (0.6)	13.6 (0.6)	17.1 (0.5)	21.6 (0.5)	26.9 (0.6)	32.3 (0.9)	35.9 (1.1)
Females:									
9-13.....	176	19.5 (1.0)	11.2* (0.6)	12.6* (0.6)	15.3 (0.7)	18.8 (0.9)	23.0 (1.3)	27.0* (1.7)	29.9* (2.0)
14-18.....	138	18.0 (0.9)	10.1* (1.0)	11.4* (1.0)	14.1 (0.9)	17.4 (0.9)	21.3 (1.0)	25.2* (1.2)	28.0* (1.5)
19-50.....	526	20.0 (0.6)	10.4 (0.5)	12.0 (0.5)	15.2 (0.5)	19.2 (0.6)	24.0 (0.6)	28.9 (0.7)	32.2 (0.8)
51+.....	550	19.0 (0.5)	9.8 (0.4)	11.3 (0.4)	14.4 (0.5)	18.3 (0.5)	22.8 (0.6)	27.7 (0.7)	30.8 (0.8)
19+.....	1076	19.6 (0.5)	10.1 (0.4)	11.7 (0.4)	14.8 (0.5)	18.8 (0.5)	23.5 (0.6)	28.4 (0.6)	31.6 (0.7)
All:									
1+.....	3197	19.9 (0.3)	9.9 (0.2)	11.5 (0.2)	14.8 (0.3)	19.1 (0.3)	24.1 (0.3)	29.3 (0.4)	32.9 (0.6)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	10.6 (0.3)	5.7* (0.2)	6.5 (0.2)	8.1 (0.2)	10.2 (0.3)	12.7 (0.4)	15.3 (0.5)	17.1* (0.7)	7	86 (1.8)
4-8.....	290	13.8 (0.4)	7.7* (0.3)	8.8 (0.3)	10.8 (0.3)	13.3 (0.4)	16.3 (0.5)	19.3 (0.6)	21.3* (0.6)	10	81 (2.5)
Males:											
9-13.....	153	17.8 (0.7)	10.1* (0.6)	11.4* (0.6)	13.9 (0.6)	17.2 (0.7)	21.0 (0.9)	25.0* (1.3)	27.3* (1.6)	12	87* (3.2)
14-18.....	138	19.4 (0.7)	11.1* (0.9)	12.6* (0.9)	15.3 (0.8)	18.7 (0.8)	22.8 (0.8)	26.9* (1.1)	29.8* (1.4)	16	70 (5.5)
19-50.....	459	19.7 (0.6)	10.4 (0.6)	12.0 (0.6)	15.1 (0.6)	19.0 (0.6)	23.6 (0.6)	28.4 (0.8)	31.5 (0.9)	17	63 (3.7)
51+.....	540	20.1 (0.5)	10.6 (0.5)	12.2 (0.5)	15.4 (0.4)	19.4 (0.5)	24.0 (0.7)	28.8 (1.0)	32.1 (1.2)	14	82 (2.3)
19+.....	999	19.9 (0.5)	10.5 (0.6)	12.1 (0.5)	15.2 (0.5)	19.2 (0.5)	23.8 (0.5)	28.6 (0.7)	31.8 (0.9)		71 (2.8)
Females:											
9-13.....	176	17.5 (0.9)	10.0* (0.5)	11.3* (0.5)	13.7 (0.6)	16.9 (0.8)	20.7 (1.2)	24.4* (1.5)	27.0* (1.9)	10	95* (1.3)
14-18.....	138	16.2 (0.8)	9.0* (0.8)	10.2* (0.8)	12.6 (0.8)	15.6 (0.8)	19.1 (0.9)	22.7* (1.1)	25.2* (1.4)	11	86* (4.5)
19-50.....	526	17.7 (0.5)	9.2 (0.4)	10.6 (0.4)	13.4 (0.5)	17.0 (0.5)	21.4 (0.5)	25.8 (0.6)	28.7 (0.6)	12	83 (2.6)
51+.....	550	16.8 (0.5)	8.5 (0.4)	9.9 (0.4)	12.6 (0.4)	16.1 (0.5)	20.2 (0.5)	24.5 (0.7)	27.4 (0.7)	11	85 (2.3)
19+.....	1076	17.3 (0.4)	8.9 (0.4)	10.2 (0.4)	13.0 (0.4)	16.6 (0.4)	20.9 (0.5)	25.3 (0.5)	28.2 (0.6)		84 (2.3)
All:											
1+.....	3197	17.7 (0.3)	8.8 (0.2)	10.2 (0.2)	13.2 (0.3)	17.0 (0.3)	21.5 (0.4)	26.1 (0.5)	29.2 (0.6)		80 (1.6)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	0.97 (0.03)	0.49* (0.02)	0.57 (0.02)	0.71 (0.02)	0.91 (0.03)	1.16 (0.04)	1.44 (0.06)	1.62* (0.07)	0.7	77 (2.7)
4-8.....	290	1.23 (0.05)	0.65* (0.03)	0.74 (0.03)	0.93 (0.04)	1.17 (0.04)	1.47 (0.06)	1.79 (0.08)	2.01* (0.09)	0.9	78 (3.2)
Males:											
9-13.....	153	1.54 (0.06)	0.88* (0.06)	0.99* (0.06)	1.21 (0.05)	1.49 (0.06)	1.81 (0.08)	2.16* (0.11)	2.36* (0.13)	1.2	76 (4.5)
14-18.....	138	1.79 (0.09)	1.05* (0.10)	1.18* (0.09)	1.42 (0.09)	1.73 (0.09)	2.10 (0.10)	2.47* (0.13)	2.74* (0.15)	1.6	61 (7.0)
19-50.....	459	1.94 (0.07)	0.93 (0.07)	1.09 (0.06)	1.41 (0.06)	1.83 (0.07)	2.35 (0.08)	2.91 (0.12)	3.28 (0.15)	1.6	64 (3.4)
51+.....	540	2.06 (0.08)	1.01 (0.06)	1.18 (0.05)	1.52 (0.05)	1.96 (0.07)	2.49 (0.12)	3.06 (0.18)	3.46 (0.22)	1.6	70 (2.8)
19+.....	999	1.99 (0.06)	0.96 (0.06)	1.12 (0.06)	1.45 (0.05)	1.89 (0.06)	2.42 (0.08)	2.98 (0.14)	3.36 (0.18)	1.6	67 (2.8)
Females:											
9-13.....	176	1.62 (0.07)	0.95* (0.06)	1.06* (0.06)	1.28 (0.06)	1.57 (0.06)	1.91 (0.10)	2.24* (0.13)	2.48* (0.16)	1	93* (2.4)
14-18.....	138	1.54 (0.09)	0.89* (0.10)	0.99* (0.10)	1.21 (0.09)	1.49 (0.10)	1.82 (0.10)	2.14* (0.11)	2.38* (0.13)	1.1	84 (6.7)
19-50.....	526	1.81 (0.05)	0.92 (0.05)	1.06 (0.05)	1.34 (0.05)	1.72 (0.05)	2.18 (0.06)	2.67 (0.08)	3.00 (0.10)	1.1	88 (2.3)
51+.....	550	1.79 (0.04)	0.90 (0.04)	1.04 (0.04)	1.33 (0.04)	1.70 (0.04)	2.15 (0.05)	2.65 (0.08)	2.97 (0.10)	1.1	88 (2.1)
19+.....	1076	1.80 (0.04)	0.91 (0.04)	1.05 (0.04)	1.34 (0.04)	1.71 (0.04)	2.17 (0.05)	2.66 (0.07)	2.99 (0.09)	1.1	88 (2.1)
All:											
1+.....	3197	1.76 (0.03)	0.82 (0.02)	0.97 (0.02)	1.27 (0.02)	1.67 (0.03)	2.15 (0.04)	2.68 (0.07)	3.04 (0.09)		78 (1.4)

NOTES: AI=Adequate Intake

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

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

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

	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.....	227	0.01 (0.001)	#	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02* (0.002)
4-8.....	290	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)
Males:									
9-13.....	153	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)	0.03* (0.003)
14-18.....	138	0.02 (0.003)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03* (0.005)	0.04* (0.006)
19-50.....	459	0.03 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.005)
51+.....	540	0.03 (0.003)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	0.05 (0.006)
19+.....	999	0.03 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.006)
Females:									
9-13.....	176	0.02 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03* (0.003)	0.03* (0.004)
14-18.....	138	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02* (0.003)	0.02* (0.004)
19-50.....	526	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04 (0.006)
51+.....	550	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.004)	0.05 (0.006)
19+.....	1076	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 (0.004)	0.04 (0.006)
All:									
1+.....	3197	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.001)	0.04 (0.002)	0.04 (0.002)

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

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

	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.....	227	0.02 (0.002)	#	#	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.005)
4-8.....	290	0.02 (0.003)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.004)	0.03 (0.006)	0.04* (0.007)
Males:									
9-13.....	153	0.02 (0.005)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.004)	0.03 (0.006)	0.04* (0.009)	0.05* (0.012)
14-18.....	138	0.03 (0.006)	0.01* (0.002)	0.01* (0.003)	0.01 (0.003)	0.02 (0.005)	0.03 (0.007)	0.05* (0.010)	0.06* (0.014)
19-50.....	459	0.05 (0.005)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.11 (0.011)	0.14 (0.017)
51+.....	540	0.07 (0.007)	0.01 (0.003)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.09 (0.008)	0.14 (0.014)	0.19 (0.021)
19+.....	999	0.06 (0.005)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.08 (0.006)	0.12 (0.011)	0.17 (0.017)
Females:									
9-13.....	176	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.004)	0.03 (0.005)	0.04* (0.007)	0.05* (0.009)
14-18.....	138	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.007)	0.05* (0.009)
19-50.....	526	0.05 (0.006)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.005)	0.06 (0.007)	0.11 (0.011)	0.15 (0.014)
51+.....	550	0.06 (0.006)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.007)	0.12 (0.013)	0.16 (0.019)
19+.....	1076	0.05 (0.005)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.006)	0.11 (0.010)	0.15 (0.013)
All:									
1+.....	3197	0.05 (0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.06 (0.004)	0.10 (0.007)	0.14 (0.011)

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

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

	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.....	227	168 (8)	66* (6)	80 (6)	109 (7)	152 (7)	210 (10)	277 (16)	324* (20)
4-8.....	290	193 (12)	77* (6)	93 (7)	127 (8)	176 (11)	240 (16)	313 (24)	365* (31)
Males:									
9-13.....	153	237 (14)	109* (13)	128* (13)	169 (13)	224 (14)	290 (16)	363* (20)	407* (24)
14-18.....	138	294 (16)	142* (12)	167* (12)	215 (13)	279 (15)	357 (19)	439* (27)	498* (33)
19-50.....	459	357 (10)	155 (9)	187 (10)	251 (10)	337 (10)	442 (12)	555 (17)	630 (20)
51+.....	540	354 (14)	153 (11)	184 (12)	249 (13)	335 (14)	438 (16)	548 (20)	624 (23)
19+.....	999	356 (10)	154 (10)	186 (10)	250 (10)	336 (10)	440 (12)	552 (15)	628 (18)
Females:									
9-13.....	176	241 (16)	112* (11)	132* (12)	172 (13)	227 (15)	295 (20)	363* (27)	414* (31)
14-18.....	138	209 (14)	93* (12)	110* (13)	147 (13)	196 (15)	257 (16)	320* (21)	367* (24)
19-50.....	526	282 (10)	125 (10)	149 (10)	199 (10)	265 (10)	348 (13)	434 (17)	493 (20)
51+.....	550	276 (13)	121 (13)	146 (13)	195 (14)	260 (14)	340 (14)	428 (18)	486 (20)
19+.....	1076	279 (10)	124 (11)	148 (11)	197 (11)	263 (10)	345 (12)	432 (15)	490 (19)
All:									
1+.....	3197	290 (8)	112 (6)	139 (7)	192 (8)	268 (9)	364 (10)	468 (12)	541 (14)

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

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	421 (21)	192* (20)	228 (20)	299 (21)	398 (22)	516 (24)	644 (27)	731* (33)	210	7* (2.6)
4-8.....	290	431 (20)	196* (20)	235 (20)	310 (20)	408 (21)	529 (21)	656 (26)	742* (28)	275	17 (3.9)
Males:											
9-13.....	153	517 (30)	207* (21)	252* (22)	347 (25)	481 (30)	648 (38)	833* (48)	948* (58)	445	43 (5.8)
14-18.....	138	470 (18)	181* (17)	226* (17)	312 (17)	434 (18)	589 (22)	759* (33)	884* (41)	630	80 (2.6)
19-50.....	459	515 (18)	188 (18)	234 (18)	331 (16)	470 (16)	650 (24)	854 (34)	992 (41)	625	72 (2.6)
51+.....	540	571 (31)	213 (20)	264 (21)	372 (21)	527 (29)	715 (39)	935 (52)	1085 (62)	625	64 (4.4)
19+.....	999	539 (22)	197 (17)	245 (17)	347 (15)	493 (20)	679 (30)	890 (40)	1036 (51)	625	69 (3.2)
Females:											
9-13.....	176	502 (25)	202* (17)	246* (18)	336 (20)	465 (24)	630 (31)	798* (40)	926* (46)	420	41 (4.4)
14-18.....	138	391 (20)	143* (15)	176* (15)	252 (17)	358 (19)	494 (25)	640* (34)	749* (44)	485	74 (3.7)
19-50.....	526	489 (22)	200 (15)	240 (15)	329 (17)	452 (21)	611 (28)	783 (38)	903 (48)	500	59 (4.0)
51+.....	550	519 (23)	211 (16)	257 (17)	350 (18)	480 (22)	646 (29)	834 (39)	959 (47)	500	54 (3.9)
19+.....	1076	502 (18)	204 (14)	248 (14)	338 (15)	464 (16)	626 (23)	806 (32)	930 (43)	500	56 (3.0)
All:											
1+.....	3197	502 (15)	196 (11)	240 (10)	331 (10)	460 (13)	627 (22)	815 (35)	949 (40)		57 (2.8)

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

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Table C 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Black Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Non-Hispanic Black												
Males and females:												
1-3.....	227	331 (20)	144* (12)	174 (13)	232 (14)	313 (19)	409 (27)	512 (36)	579* (42)	600	4*	(1.8)
4-8.....	290	352 (16)	155* (18)	187 (17)	251 (16)	334 (16)	435 (19)	539 (25)	608* (28)	900	<3	
Males:												
9-13.....	153	440 (33)	161* (17)	201* (19)	285 (24)	405 (32)	557 (42)	727* (56)	833* (67)	1700	<3	
14-18.....	138	387 (24)	134* (13)	172* (14)	246 (18)	353 (22)	492 (30)	645* (43)	758* (54)	2800	<3	
19-50.....	459	359 (14)	118 (10)	151 (10)	221 (9)	324 (12)	458 (19)	613 (29)	720 (37)	3000	<3	
51+.....	540	389 (19)	130 (13)	165 (14)	241 (13)	354 (17)	494 (25)	658 (35)	772 (43)	3000	<3	
19+.....	999	372 (14)	123 (11)	157 (11)	229 (10)	336 (12)	474 (19)	633 (29)	741 (38)	3000	<3	
Females:												
9-13.....	176	408 (25)	148* (13)	185* (14)	262 (16)	374 (23)	520 (33)	670* (45)	784* (52)	1700	<3	
14-18.....	138	299 (15)	94* (10)	120* (10)	181 (11)	269 (14)	384 (21)	510* (31)	605* (43)	2800	<3	
19-50.....	526	313 (18)	125 (10)	152 (10)	210 (12)	289 (16)	392 (24)	502 (33)	578 (42)	3000	<3	
51+.....	550	307 (14)	119 (10)	147 (10)	205 (11)	284 (13)	385 (19)	500 (27)	575 (33)	3000	<3	
19+.....	1076	310 (15)	122 (9)	150 (10)	207 (11)	287 (13)	389 (21)	501 (30)	577 (37)	3000	<3	
All:												
1+.....	3197	346 (9)	125 (7)	156 (7)	222 (7)	314 (9)	435 (12)	574 (18)	673 (23)		<3	

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	1.04 (0.03)	0.64* (0.03)	0.71 (0.03)	0.84 (0.03)	1.01 (0.03)	1.20 (0.03)	1.40 (0.04)	1.53* (0.04)	0.4	<3
4-8.....	290	1.32 (0.03)	0.83* (0.03)	0.92 (0.03)	1.09 (0.03)	1.29 (0.03)	1.53 (0.03)	1.76 (0.05)	1.91* (0.05)	0.5	<3
Males:											
9-13.....	153	1.56 (0.04)	0.86* (0.05)	0.98* (0.04)	1.21 (0.04)	1.51 (0.04)	1.86 (0.06)	2.22* (0.08)	2.44* (0.10)	0.7	<3
14-18.....	138	1.64 (0.05)	0.90* (0.06)	1.04* (0.06)	1.27 (0.05)	1.58 (0.05)	1.94 (0.06)	2.31* (0.08)	2.57* (0.09)	1	8* (2.5)
19-50.....	459	1.58 (0.04)	0.88 (0.05)	1.00 (0.05)	1.23 (0.04)	1.53 (0.04)	1.87 (0.04)	2.23 (0.06)	2.47 (0.07)	1	10 (2.3)
51+.....	540	1.60 (0.03)	0.90 (0.04)	1.01 (0.04)	1.25 (0.04)	1.55 (0.03)	1.89 (0.04)	2.25 (0.06)	2.49 (0.07)	1	9 (2.1)
19+.....	999	1.59 (0.03)	0.89 (0.04)	1.01 (0.04)	1.24 (0.04)	1.54 (0.03)	1.88 (0.04)	2.24 (0.05)	2.48 (0.07)	1	10 (2.1)
Females:											
9-13.....	176	1.47 (0.04)	0.80* (0.04)	0.92* (0.04)	1.13 (0.03)	1.41 (0.04)	1.75 (0.05)	2.08* (0.08)	2.32* (0.09)	0.7	<3
14-18.....	138	1.18 (0.05)	0.61* (0.05)	0.70* (0.05)	0.89 (0.05)	1.13 (0.05)	1.42 (0.06)	1.71* (0.08)	1.91* (0.10)	0.9	26 (4.3)
19-50.....	526	1.27 (0.03)	0.71 (0.03)	0.81 (0.03)	0.99 (0.03)	1.22 (0.03)	1.50 (0.04)	1.77 (0.05)	1.96 (0.06)	0.9	17 (2.4)
51+.....	550	1.23 (0.04)	0.69 (0.03)	0.78 (0.03)	0.96 (0.03)	1.19 (0.04)	1.45 (0.05)	1.73 (0.06)	1.91 (0.07)	0.9	19 (2.8)
19+.....	1076	1.25 (0.03)	0.70 (0.03)	0.80 (0.03)	0.98 (0.03)	1.21 (0.03)	1.48 (0.04)	1.76 (0.05)	1.94 (0.06)	0.9	18 (2.5)
All:											
1+.....	3197	1.39 (0.02)	0.75 (0.02)	0.85 (0.02)	1.06 (0.02)	1.33 (0.02)	1.66 (0.02)	2.01 (0.03)	2.25 (0.04)		12 (1.4)

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	1.28 (0.04)	0.79* (0.03)	0.88 (0.03)	1.04 (0.03)	1.25 (0.04)	1.48 (0.05)	1.73 (0.06)	1.88* (0.07)	0.4	<3
4-8.....	290	1.46 (0.04)	0.91* (0.03)	1.01 (0.03)	1.19 (0.03)	1.43 (0.03)	1.69 (0.05)	1.95 (0.06)	2.12* (0.08)	0.5	<3
Males:											
9-13.....	153	1.65 (0.05)	0.87* (0.05)	1.00* (0.05)	1.25 (0.04)	1.59 (0.05)	1.98 (0.07)	2.40* (0.10)	2.65* (0.12)	0.8	3* (1.1)
14-18.....	138	1.77 (0.06)	0.94* (0.06)	1.09* (0.06)	1.35 (0.06)	1.70 (0.06)	2.11 (0.07)	2.54* (0.09)	2.84* (0.11)	1.1	11* (2.9)
19-50.....	459	1.88 (0.06)	0.82 (0.05)	0.98 (0.05)	1.30 (0.04)	1.75 (0.05)	2.32 (0.08)	2.96 (0.13)	3.39 (0.17)	1.1	15 (2.0)
51+.....	540	1.86 (0.05)	0.82 (0.06)	0.97 (0.05)	1.29 (0.05)	1.74 (0.05)	2.28 (0.06)	2.89 (0.09)	3.31 (0.12)	1.1	15 (2.3)
19+.....	999	1.87 (0.05)	0.82 (0.05)	0.97 (0.05)	1.30 (0.04)	1.75 (0.04)	2.31 (0.06)	2.93 (0.11)	3.36 (0.14)	1.1	15 (2.0)
Females:											
9-13.....	176	1.60 (0.06)	0.85* (0.04)	0.97* (0.04)	1.21 (0.04)	1.54 (0.05)	1.93 (0.08)	2.30* (0.11)	2.58* (0.13)	0.8	4* (1.2)
14-18.....	138	1.28 (0.05)	0.64* (0.05)	0.74* (0.05)	0.95 (0.05)	1.22 (0.05)	1.55 (0.06)	1.88* (0.08)	2.12* (0.10)	0.9	21 (4.0)
19-50.....	526	1.45 (0.04)	0.77 (0.03)	0.88 (0.03)	1.10 (0.03)	1.39 (0.04)	1.73 (0.04)	2.08 (0.06)	2.31 (0.07)	0.9	11 (1.6)
51+.....	550	1.44 (0.03)	0.76 (0.02)	0.88 (0.02)	1.10 (0.03)	1.39 (0.03)	1.72 (0.04)	2.08 (0.06)	2.32 (0.07)	0.9	11 (1.3)
19+.....	1076	1.45 (0.03)	0.77 (0.03)	0.88 (0.02)	1.10 (0.03)	1.39 (0.03)	1.73 (0.04)	2.08 (0.06)	2.32 (0.07)	0.9	11 (1.4)
All:											
1+.....	3197	1.60 (0.02)	0.79 (0.02)	0.92 (0.02)	1.16 (0.02)	1.49 (0.02)	1.92 (0.03)	2.42 (0.05)	2.80 (0.08)		11 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	14.2 (0.4)	8.5* (0.3)	9.5 (0.3)	11.4 (0.4)	13.8 (0.4)	16.6 (0.5)	19.4 (0.6)	21.3* (0.7)	5	<3
4-8.....	290	19.1 (0.5)	11.9* (0.4)	13.2 (0.4)	15.6 (0.4)	18.6 (0.5)	22.0 (0.5)	25.3 (0.6)	27.6* (0.7)	6	<3
Males:											
9-13.....	153	22.2 (0.7)	12.4* (0.7)	14.1* (0.7)	17.4 (0.7)	21.6 (0.7)	26.4 (0.9)	31.4* (1.2)	34.3* (1.4)	9	<3
14-18.....	138	27.1 (0.7)	15.7* (0.7)	17.8* (0.7)	21.6 (0.6)	26.3 (0.7)	31.8 (0.9)	37.4* (1.3)	41.3* (1.5)	12	<3
19-50.....	459	28.6 (0.8)	14.5 (0.8)	16.8 (0.8)	21.3 (0.7)	27.3 (0.8)	34.5 (1.1)	42.3 (1.5)	47.5 (1.9)	12	<3
51+.....	540	25.4 (0.7)	12.4 (0.8)	14.5 (0.8)	18.5 (0.7)	24.1 (0.7)	30.7 (0.9)	37.8 (1.3)	42.8 (1.7)	12	4 (1.2)
19+.....	999	27.3 (0.7)	13.4 (0.8)	15.7 (0.8)	20.0 (0.7)	25.9 (0.7)	32.9 (0.9)	40.6 (1.4)	45.7 (1.7)	12	<3
Females:											
9-13.....	176	21.4 (0.8)	11.9* (0.6)	13.6* (0.6)	16.6 (0.7)	20.6 (0.7)	25.3 (1.0)	29.9* (1.2)	33.1* (1.4)	9	<3
14-18.....	138	18.8 (1.0)	10.1* (0.9)	11.5* (0.9)	14.5 (0.9)	18.1 (1.0)	22.4 (1.1)	26.7* (1.3)	29.7* (1.5)	11	8* (3.0)
19-50.....	526	21.6 (0.6)	12.7 (0.7)	14.3 (0.6)	17.3 (0.6)	21.0 (0.6)	25.4 (0.7)	29.6 (0.8)	32.5 (1.0)	11	<3
51+.....	550	19.9 (0.6)	11.5 (0.6)	13.0 (0.6)	15.9 (0.6)	19.4 (0.6)	23.4 (0.7)	27.6 (0.8)	30.2 (0.9)	11	4* (1.4)
19+.....	1076	20.9 (0.6)	12.1 (0.6)	13.7 (0.6)	16.6 (0.6)	20.3 (0.6)	24.5 (0.6)	28.8 (0.8)	31.5 (0.9)	11	<3
All:											
1+.....	3197	22.9 (0.3)	11.8 (0.3)	13.6 (0.3)	17.0 (0.3)	21.5 (0.3)	27.2 (0.4)	33.8 (0.7)	38.8 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	227	1.25 (0.03)	0.77* (0.04)	0.86 (0.04)	1.01 (0.04)	1.22 (0.04)	1.45 (0.04)	1.69 (0.05)	1.85* (0.06)	0.4	<3	30	<3
4-8.....	290	1.44 (0.04)	0.90* (0.04)	1.00 (0.04)	1.18 (0.04)	1.41 (0.04)	1.67 (0.05)	1.93 (0.06)	2.09* (0.08)	0.5	<3	40	<3
Males:													
9-13.....	153	1.58 (0.08)	0.77* (0.07)	0.89* (0.07)	1.14 (0.07)	1.49 (0.08)	1.91 (0.11)	2.38* (0.15)	2.67* (0.19)	0.8	6* (2.8)	60	<3
14-18.....	138	1.85 (0.08)	0.92* (0.07)	1.08* (0.08)	1.36 (0.07)	1.75 (0.09)	2.24 (0.09)	2.75* (0.12)	3.13* (0.15)	1.1	11* (3.5)	80	<3
19-50.....	459	2.19 (0.10)	0.90 (0.09)	1.08 (0.10)	1.46 (0.10)	2.01 (0.10)	2.72 (0.13)	3.54 (0.19)	4.11 (0.24)	1.1	11 (3.3)	100	<3
51+.....	540	2.06 (0.09)	0.83 (0.09)	1.00 (0.09)	1.37 (0.09)	1.89 (0.09)	2.55 (0.11)	3.31 (0.16)	3.87 (0.21)	1.4	27 (4.4)	100	<3
19+.....	999	2.13 (0.09)	0.87 (0.09)	1.05 (0.09)	1.42 (0.09)	1.96 (0.09)	2.64 (0.12)	3.45 (0.17)	4.01 (0.21)		17 (3.6)	100	<3
Females:													
9-13.....	176	1.60 (0.07)	0.79* (0.06)	0.92* (0.06)	1.17 (0.06)	1.51 (0.07)	1.95 (0.09)	2.39* (0.12)	2.72* (0.15)	0.8	5* (2.2)	60	<3
14-18.....	138	1.33 (0.08)	0.63* (0.05)	0.73* (0.06)	0.95 (0.06)	1.25 (0.07)	1.61 (0.10)	2.00* (0.13)	2.29* (0.17)	1	29 (4.6)	80	<3
19-50.....	526	1.65 (0.05)	0.86 (0.05)	0.99 (0.05)	1.24 (0.05)	1.57 (0.05)	1.98 (0.06)	2.40 (0.07)	2.70 (0.09)	1.1	16 (3.2)	100	<3
51+.....	550	1.60 (0.04)	0.82 (0.04)	0.95 (0.04)	1.20 (0.04)	1.52 (0.04)	1.91 (0.05)	2.34 (0.07)	2.62 (0.09)	1.3	32 (3.4)	100	<3
19+.....	1076	1.63 (0.04)	0.84 (0.05)	0.97 (0.05)	1.22 (0.05)	1.55 (0.04)	1.95 (0.05)	2.38 (0.07)	2.66 (0.08)		23 (3.1)	100	<3
All:													
1+.....	3197	1.77 (0.03)	0.83 (0.02)	0.96 (0.02)	1.23 (0.02)	1.61 (0.02)	2.12 (0.03)	2.75 (0.06)	3.24 (0.09)		17 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	290 (11)	157* (10)	179 (10)	221 (11)	278 (11)	345 (13)	417 (16)	464* (19)	120	<3
4-8.....	290	404 (11)	227* (12)	257 (11)	315 (11)	389 (11)	478 (13)	568 (16)	628* (20)	160	<3
Males:											
9-13.....	153	483 (18)	235* (18)	273* (18)	351 (17)	457 (19)	586 (23)	729* (32)	817* (42)	250	7* (2.5)
14-18.....	138	501 (25)	244* (23)	287* (23)	366 (24)	473 (26)	607 (28)	749* (35)	854* (43)	330	17 (5.2)
19-50.....	459	483 (16)	244 (16)	283 (16)	359 (16)	459 (16)	582 (20)	714 (25)	801 (30)	320	17 (3.1)
51+.....	540	471 (17)	235 (13)	273 (13)	348 (15)	449 (16)	568 (22)	696 (28)	785 (35)	320	19 (3.1)
19+.....	999	478 (16)	240 (14)	279 (14)	354 (14)	455 (15)	576 (20)	706 (26)	794 (31)	320	18 (2.9)
Females:											
9-13.....	176	464 (20)	227* (16)	264* (15)	337 (15)	438 (18)	564 (25)	692* (35)	789* (42)	250	8* (2.3)
14-18.....	138	372 (21)	173* (18)	202* (18)	265 (18)	349 (20)	454 (28)	565* (38)	647* (47)	330	44 (5.6)
19-50.....	526	396 (11)	207 (9)	237 (9)	298 (10)	378 (10)	476 (14)	577 (20)	646 (24)	320	31 (3.0)
51+.....	550	367 (10)	188 (8)	217 (8)	275 (8)	350 (9)	441 (13)	540 (18)	605 (22)	320	40 (2.9)
19+.....	1076	383 (9)	197 (8)	227 (7)	288 (8)	366 (9)	461 (13)	561 (18)	628 (22)	320	35 (2.6)
All:											
1+.....	3197	424 (8)	206 (7)	240 (7)	308 (8)	399 (8)	513 (11)	638 (17)	725 (21)		23 (1.9)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Non-Hispanic Black												
Males and females:												
1-3.....	227	114 (6)	47* (6)	57 (6)	78 (5)	107 (6)	142 (6)	181 (9)	207* (12)	300	<3	
4-8.....	290	173 (7)	80* (7)	95 (7)	125 (7)	164 (7)	212 (8)	262 (11)	296* (15)	400	<3	
Males:												
9-13.....	153	204 (10)	79* (8)	97* (9)	135 (10)	189 (10)	256 (11)	331* (15)	377* (18)	600	<3	
14-18.....	138	203 (14)	78* (10)	98* (11)	135 (13)	188 (15)	255 (17)	328* (20)	382* (22)	800	<3	
19-50.....	459	178 (10)	60 (7)	77 (7)	111 (8)	161 (9)	227 (13)	301 (19)	352 (24)	1000	<3	
51+.....	540	161 (9)	52 (5)	67 (5)	99 (6)	146 (8)	206 (12)	274 (18)	322 (23)	1000	<3	
19+.....	999	171 (8)	56 (5)	72 (6)	106 (6)	155 (7)	218 (11)	291 (17)	341 (21)	1000	<3	
Females:												
9-13.....	176	191 (11)	74* (8)	91* (9)	126 (10)	176 (11)	241 (13)	308* (15)	359* (17)	600	<3	
14-18.....	138	146 (9)	50* (4)	63* (4)	92 (5)	133 (8)	185 (13)	242* (18)	285* (23)	800	<3	
19-50.....	526	138 (6)	47 (4)	60 (4)	87 (5)	125 (6)	176 (8)	231 (11)	273 (14)	1000	<3	
51+.....	550	119 (4)	38 (3)	49 (3)	73 (3)	107 (4)	152 (6)	205 (9)	240 (12)	1000	<3	
19+.....	1076	130 (5)	42 (3)	54 (3)	80 (4)	117 (5)	166 (6)	221 (10)	259 (13)	1000	<3	
All:												
1+.....	3197	154 (4)	50 (3)	64 (4)	94 (4)	139 (4)	197 (5)	264 (7)	311 (10)		<3	

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

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

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Black									
Males and females:									
1-3.....	227	100 (5)	54* (4)	61 (4)	76 (4)	96 (5)	119 (6)	144 (8)	161* (9)
4-8.....	290	118 (6)	65* (4)	74 (4)	92 (5)	114 (6)	140 (6)	168 (8)	186* (9)
Males:									
9-13.....	153	147 (8)	83* (6)	94* (6)	114 (7)	141 (8)	173 (11)	208* (13)	228* (15)
14-18.....	138	157 (7)	90* (5)	102* (5)	123 (6)	151 (7)	185 (9)	220* (13)	246* (15)
19-50.....	459	189 (5)	90 (4)	105 (4)	137 (4)	179 (5)	231 (6)	285 (8)	321 (9)
51+.....	540	206 (6)	101 (5)	118 (5)	152 (5)	197 (6)	250 (7)	306 (9)	345 (11)
19+.....	999	196 (4)	94 (4)	110 (4)	143 (4)	187 (4)	239 (6)	294 (8)	332 (9)
Females:									
9-13.....	176	146 (8)	84* (6)	94* (6)	114 (7)	141 (8)	173 (10)	204* (13)	228* (16)
14-18.....	138	128 (9)	72* (7)	81* (7)	99 (7)	123 (9)	152 (11)	181* (14)	202* (17)
19-50.....	526	168 (4)	80 (3)	93 (3)	121 (4)	159 (4)	205 (5)	255 (7)	287 (9)
51+.....	550	173 (4)	82 (4)	97 (4)	125 (4)	164 (4)	210 (5)	262 (7)	296 (8)
19+.....	1076	170 (4)	81 (3)	94 (4)	123 (3)	161 (4)	207 (4)	258 (6)	292 (7)
All:									
1+.....	3197	169 (3)	78 (2)	91 (2)	119 (2)	158 (3)	207 (3)	261 (5)	298 (6)

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

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

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	227	192 (7)	106* (5)	120 (5)	147 (6)	184 (6)	228 (8)	277 (11)	310* (13)	200	39 (4.2)	1000	<3
4-8.....	290	203 (9)	111* (5)	126 (6)	155 (7)	193 (8)	240 (10)	290 (14)	324* (17)	250	21 (3.9)	1000	<3
Males:													
9-13.....	153	243 (9)	134* (10)	153* (9)	188 (9)	234 (9)	289 (11)	346* (13)	380* (15)	375	6* (1.8)	2000	<3
14-18.....	138	289 (13)	164* (11)	186* (11)	227 (11)	279 (13)	340 (15)	404* (20)	448* (24)	550	<3	3000	<3
19-50.....	459	346 (8)	173 (12)	203 (12)	259 (11)	333 (9)	418 (10)	506 (12)	563 (15)	550	6 (1.0)	3500	<3
51+.....	540	363 (15)	185 (11)	215 (11)	274 (13)	350 (14)	436 (17)	525 (21)	584 (25)	550	8 (1.9)	3500	<3
19+.....	999	353 (10)	178 (11)	208 (11)	265 (10)	340 (10)	426 (12)	515 (15)	574 (18)	550	7 (1.3)	3500	<3
Females:													
9-13.....	176	237 (13)	131* (8)	149* (9)	183 (10)	228 (12)	281 (16)	334* (21)	372* (23)	375	5* (1.9)	2000	<3
14-18.....	138	200 (11)	107* (11)	122* (11)	153 (11)	192 (11)	239 (12)	286* (14)	321* (16)	400	<3	3000	<3
19-50.....	526	273 (11)	151 (8)	172 (9)	213 (10)	264 (10)	325 (12)	386 (14)	426 (15)	425	5 (1.2)	3500	<3
51+.....	550	279 (7)	154 (7)	176 (7)	217 (7)	269 (7)	330 (8)	393 (10)	434 (10)	425	6 (1.0)	3500	<3
19+.....	1076	276 (9)	152 (7)	173 (7)	215 (8)	267 (9)	327 (10)	389 (11)	430 (11)	425	5 (1.0)	3500	<3
All:													
1+.....	3197	289 (9)	140 (7)	163 (8)	209 (10)	272 (11)	350 (11)	435 (12)	494 (16)		8 (1.1)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	3.16 (0.14)	1.64* (0.11)	1.90 (0.11)	2.38 (0.12)	3.03 (0.14)	3.80 (0.19)	4.59 (0.26)	5.11* (0.30)	0.7	<3
4-8.....	290	3.41 (0.15)	1.78* (0.09)	2.06 (0.09)	2.59 (0.10)	3.29 (0.14)	4.09 (0.21)	4.92 (0.28)	5.48* (0.33)	1	<3
Males:											
9-13.....	153	4.22 (0.24)	1.72* (0.16)	2.08* (0.17)	2.84 (0.19)	3.91 (0.23)	5.27 (0.30)	6.79* (0.39)	7.75* (0.47)	1.5	<3
14-18.....	138	4.81 (0.23)	2.02* (0.16)	2.45* (0.16)	3.29 (0.18)	4.47 (0.23)	5.97 (0.30)	7.60* (0.42)	8.82* (0.51)	2	5* (1.4)
19-50.....	459	5.04 (0.17)	1.71 (0.16)	2.16 (0.15)	3.11 (0.14)	4.52 (0.13)	6.40 (0.25)	8.58 (0.44)	10.09 (0.61)	2	8 (1.8)
51+.....	540	4.65 (0.14)	1.55 (0.16)	1.95 (0.16)	2.86 (0.15)	4.18 (0.14)	5.90 (0.19)	7.92 (0.33)	9.37 (0.46)	2	11 (2.2)
19+.....	999	4.87 (0.13)	1.64 (0.16)	2.07 (0.15)	3.00 (0.13)	4.38 (0.11)	6.18 (0.20)	8.32 (0.38)	9.82 (0.54)	2	9 (1.9)
Females:											
9-13.....	176	3.79 (0.18)	1.52* (0.12)	1.85* (0.13)	2.52 (0.14)	3.48 (0.17)	4.74 (0.23)	6.05* (0.34)	7.05* (0.41)	1.5	5* (1.6)
14-18.....	138	2.92 (0.15)	1.08* (0.10)	1.32* (0.11)	1.87 (0.12)	2.66 (0.14)	3.67 (0.18)	4.78* (0.26)	5.62* (0.35)	2	29 (4.1)
19-50.....	526	3.56 (0.15)	1.54 (0.08)	1.84 (0.08)	2.46 (0.09)	3.30 (0.13)	4.40 (0.21)	5.57 (0.32)	6.40 (0.42)	2	13 (1.8)
51+.....	550	3.50 (0.16)	1.51 (0.11)	1.81 (0.12)	2.42 (0.13)	3.25 (0.16)	4.31 (0.21)	5.52 (0.30)	6.33 (0.36)	2	14 (3.1)
19+.....	1076	3.53 (0.15)	1.53 (0.08)	1.82 (0.08)	2.44 (0.09)	3.28 (0.13)	4.37 (0.21)	5.55 (0.31)	6.37 (0.39)	2	14 (2.0)
All:											
1+.....	3197	4.02 (0.10)	1.56 (0.06)	1.90 (0.06)	2.59 (0.06)	3.59 (0.08)	4.95 (0.12)	6.66 (0.23)	7.98 (0.35)		10 (1.1)

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males and females:														
1-3.....	227	87.4 (5.4)	29.5* (2.8)	37.4 (3.2)	54.4 (3.9)	79.1 (4.9)	111.5 (7.0)	148.1 (10.2)	174.4* (12.3)	13	<3	400	<3	
4-8.....	290	86.2 (6.1)	28.7* (3.4)	36.7 (3.8)	54.4 (4.5)	78.6 (5.8)	109.7 (7.4)	145.2 (10.4)	170.7* (12.9)	22	<3	650	<3	
Males:														
9-13.....	153	77.1 (7.6)	26.2* (4.2)	32.8* (4.7)	47.4 (5.6)	69.2 (7.3)	98.1 (9.8)	132.1* (12.4)	154.0* (14.9)	39	16 (6.2)	1200	<3	
14-18.....	138	65.2 (5.8)	21.0* (2.6)	27.0* (3.1)	39.3 (3.8)	57.8 (5.0)	83.1 (7.6)	112.3* (11.2)	134.9* (14.1)	63	56 (6.5)	1800	<3	
19-50.....	459	70.7 (3.7)	16.6 (2.1)	22.7 (2.4)	36.8 (3.0)	59.6 (3.6)	92.4 (4.8)	132.9 (6.4)	162.2 (8.1)	75	64 (3.2)	2000	<3	
51+.....	540	85.2 (4.8)	21.5 (2.7)	29.0 (3.1)	46.1 (3.7)	73.3 (4.8)	110.1 (6.0)	156.3 (7.9)	190.0 (9.9)	75	51 (3.8)	2000	<3	
19+.....	999	76.8 (4.0)	18.3 (2.2)	24.9 (2.6)	40.2 (3.1)	65.1 (3.8)	100.3 (5.1)	143.2 (6.8)	175.2 (8.7)	75	58 (3.2)	2000	<3	
Females:														
9-13.....	176	85.1 (6.6)	30.2* (2.3)	37.5* (2.6)	53.2 (3.3)	76.6 (5.4)	108.2 (8.9)	142.0* (13.6)	168.5* (17.7)	39	11* (1.9)	1200	<3	
14-18.....	138	59.7 (7.1)	18.8* (3.1)	23.7* (3.5)	35.4 (4.4)	52.8 (6.2)	76.2 (9.2)	102.8* (13.2)	123.6* (16.5)	56	54 (8.3)	1800	<3	
19-50.....	526	70.3 (3.2)	20.6 (1.9)	26.5 (2.1)	40.5 (2.5)	61.6 (3.1)	91.0 (3.9)	124.7 (5.1)	149.1 (5.8)	60	48 (3.5)	2000	<3	
51+.....	550	77.7 (3.1)	23.2 (1.7)	30.2 (2.0)	45.6 (2.4)	68.6 (3.0)	100.0 (3.8)	137.3 (5.2)	163.3 (6.0)	60	41 (3.0)	2000	<3	
19+.....	1076	73.6 (2.4)	21.5 (1.6)	28.0 (1.8)	42.6 (2.1)	64.7 (2.4)	94.9 (2.9)	130.3 (3.7)	155.9 (4.5)	60	45 (2.6)	2000	<3	
All:														
1+.....	3197	75.8 (2.6)	21.0 (1.4)	27.8 (1.6)	42.9 (2.0)	66.1 (2.5)	97.9 (3.4)	135.7 (4.4)	163.3 (5.3)		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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males:														
19-50.....	125	60.3 (4.7)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	170	70.9 (6.4)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	295	65.1 (5.2)	14.6* (2.2)	20.2 (2.7)	33.0 (3.6)	54.4 (4.8)	85.0 (6.7)	123.4 (9.1)	152.7* (11.0)	110	86 (2.7)	2000	<3	
Females:														
19-50.....	99	49.7 (3.8)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	87	55.1 (3.6)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	186	52.2 (3.2)	14.0* (1.6)	18.7* (2.0)	29.1 (2.5)	45.5 (3.2)	68.4 (4.0)	94.3* (5.1)	112.8* (5.9)	95	90* (2.0)	2000	<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males:														
19-50.....	334	74.5 (4.2)	18.2* (2.4)	24.8 (2.8)	39.5 (3.4)	63.2 (4.1)	96.9 (5.4)	137.7 (7.3)	167.9* (9.7)	75	60 (3.5)	2000	<3	
51+.....	369	89.7 (5.5)	23.4* (2.7)	31.4 (3.1)	49.0 (3.9)	76.9 (5.1)	116.8 (6.9)	164.8 (10.0)	198.3* (12.2)	75	49 (4.1)	2000	<3	
19+.....	703	80.7 (4.6)	19.8 (2.3)	27.0 (2.7)	42.8 (3.3)	68.7 (4.3)	104.9 (5.9)	149.9 (8.5)	182.8 (10.7)	75	55 (3.6)	2000	<3	
Females:														
19-50.....	427	74.9 (3.1)	23.4* (1.8)	30.0 (2.0)	44.7 (2.6)	66.5 (3.2)	96.1 (3.9)	130.2 (4.9)	154.4* (5.6)	60	43 (3.5)	2000	<3	
51+.....	462	83.0 (3.4)	26.8 (1.9)	34.0 (2.2)	50.3 (2.6)	73.7 (3.3)	106.4 (4.3)	143.5 (5.7)	168.8 (6.4)	60	36 (3.1)	2000	<3	
19+.....	889	78.5 (2.7)	24.6 (1.7)	31.6 (1.9)	47.0 (2.3)	69.6 (2.7)	100.7 (3.2)	136.5 (4.4)	161.4 (5.0)	60	40 (2.9)	2000	<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males:														
19-50.....	459	70.8 (4.0)	16.4 (2.2)	22.5 (2.6)	36.8 (3.2)	59.7 (3.9)	92.6 (5.1)	132.2 (7.1)	161.4 (8.9)	110/75	68 (2.9)	2000	<3	
51+.....	539	84.1 (5.6)	21.1 (2.6)	28.2 (3.2)	44.7 (4.1)	71.4 (5.2)	109.4 (7.1)	156.6 (9.8)	190.4 (12.0)	110/75	59 (4.2)	2000	<3	
19+.....	998	76.4 (4.5)	18.0 (2.2)	24.7 (2.6)	39.8 (3.3)	64.5 (4.2)	99.7 (5.6)	143.6 (8.3)	175.8 (10.3)	110/75	64 (3.3)	2000	<3	
Females:														
19-50.....	526	70.5 (3.2)	20.2 (1.9)	26.4 (2.1)	40.6 (2.5)	62.2 (3.0)	91.1 (3.9)	124.9 (5.1)	148.9 (5.6)	95/60	51 (3.4)	2000	<3	
51+.....	549	77.7 (3.0)	22.9 (1.6)	29.9 (1.9)	45.2 (2.4)	68.6 (2.9)	100.5 (3.8)	137.5 (5.2)	162.5 (5.8)	95/60	46 (2.7)	2000	<3	
19+.....	1075	73.7 (2.4)	21.3 (1.7)	27.9 (1.8)	42.6 (2.1)	64.9 (2.4)	95.3 (2.9)	130.7 (3.9)	155.8 (4.7)	95/60	49 (2.4)	2000	<3	

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

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

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	227	4.6 (0.2)	1.9* (0.2)	2.3 (0.2)	3.2 (0.2)	4.4 (0.2)	5.8 (0.3)	7.2 (0.4)	8.2* (0.4)	10	>97	63	<3
4-8.....	290	4.0 (0.2)	1.5* (0.1)	1.8 (0.1)	2.6 (0.1)	3.7 (0.2)	5.0 (0.3)	6.4 (0.3)	7.3* (0.4)	10	>97	75	<3
Males:													
9-13.....	153	4.8 (0.2)	1.4* (0.1)	1.8* (0.1)	2.8 (0.2)	4.3 (0.2)	6.2 (0.3)	8.6* (0.4)	10.1* (0.5)	10	95* (1.3)	100	<3
14-18.....	138	4.1 (0.3)	1.1* (0.1)	1.5* (0.2)	2.3 (0.2)	3.6 (0.2)	5.3 (0.3)	7.4* (0.4)	8.9* (0.5)	10	>97	100	<3
19-50.....	459	3.9 (0.2)	1.1 (0.1)	1.4 (0.1)	2.2 (0.1)	3.4 (0.1)	5.0 (0.2)	7.1 (0.3)	8.5 (0.4)	10	>97	100	<3
51+.....	540	4.7 (0.3)	1.4 (0.2)	1.8 (0.2)	2.7 (0.2)	4.1 (0.3)	6.0 (0.3)	8.4 (0.5)	10.0 (0.6)	10	95 (1.2)	100	<3
19+.....	999	4.3 (0.2)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.7 (0.2)	5.5 (0.3)	7.6 (0.4)	9.3 (0.5)	10	96 (0.8)	100	<3
Females:													
9-13.....	176	4.2 (0.2)	1.2* (0.1)	1.6* (0.1)	2.4 (0.2)	3.7 (0.2)	5.5 (0.3)	7.4* (0.5)	9.0* (0.5)	10	97* (0.9)	100	<3
14-18.....	138	2.8 (0.1)	0.7* (0.1)	0.9* (0.1)	1.5 (0.1)	2.4 (0.1)	3.7 (0.2)	5.2* (0.3)	6.4* (0.4)	10	>97	100	<3
19-50.....	526	3.3 (0.2)	1.0 (0.1)	1.3 (0.1)	1.9 (0.2)	2.9 (0.2)	4.2 (0.2)	5.8 (0.2)	6.9 (0.3)	10	>97	100	<3
51+.....	550	3.5 (0.2)	1.1 (0.1)	1.4 (0.2)	2.1 (0.2)	3.1 (0.2)	4.5 (0.2)	6.2 (0.2)	7.4 (0.3)	10	>97	100	<3
19+.....	1076	3.4 (0.1)	1.0 (0.1)	1.3 (0.1)	2.0 (0.2)	3.0 (0.2)	4.4 (0.2)	6.0 (0.2)	7.1 (0.3)	10	>97	100	<3
All:													
1+.....	3197	3.9 (0.1)	1.1 (0.1)	1.5 (0.1)	2.2 (0.1)	3.4 (0.1)	5.0 (0.2)	6.9 (0.3)	8.2 (0.3)	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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	5.3 (0.2)	3.0* (0.2)	3.4 (0.1)	4.1 (0.1)	5.1 (0.2)	6.3 (0.2)	7.6 (0.3)	8.4* (0.4)	5	47 (3.7)
4-8.....	290	6.5 (0.2)	3.6* (0.2)	4.1 (0.2)	5.0 (0.2)	6.2 (0.2)	7.6 (0.3)	9.1 (0.4)	10.1* (0.4)	6	45 (4.9)
Males:											
9-13.....	153	8.1 (0.5)	4.1* (0.2)	4.7* (0.2)	5.9 (0.3)	7.7 (0.4)	9.8 (0.7)	12.2* (0.9)	13.6* (1.1)	9	67 (6.4)
14-18.....	138	8.5 (0.3)	4.3* (0.3)	4.9* (0.3)	6.2 (0.2)	8.0 (0.2)	10.2 (0.3)	12.6* (0.5)	14.4* (0.7)	12	87* (2.5)
19-50.....	459	9.1 (0.3)	4.1 (0.3)	4.9 (0.3)	6.4 (0.3)	8.5 (0.3)	11.1 (0.4)	14.0 (0.5)	15.9 (0.6)	12	81 (2.5)
51+.....	540	9.3 (0.2)	4.2 (0.2)	5.0 (0.2)	6.6 (0.2)	8.8 (0.2)	11.3 (0.2)	14.2 (0.3)	16.1 (0.4)	12	80 (1.6)
19+.....	999	9.2 (0.2)	4.2 (0.2)	4.9 (0.2)	6.5 (0.2)	8.6 (0.2)	11.2 (0.3)	14.0 (0.4)	16.0 (0.4)	12	80 (1.7)
Females:											
9-13.....	176	8.2 (0.4)	4.1* (0.3)	4.8* (0.4)	6.0 (0.4)	7.7 (0.4)	9.9 (0.5)	12.1* (0.6)	13.7* (0.7)	9	66 (5.4)
14-18.....	138	7.0 (0.4)	3.4* (0.3)	3.9* (0.3)	5.1 (0.3)	6.6 (0.3)	8.4 (0.5)	10.4* (0.6)	11.9* (0.8)	12	95* (1.7)
19-50.....	526	8.5 (0.3)	3.9 (0.2)	4.6 (0.2)	6.0 (0.2)	8.0 (0.2)	10.5 (0.3)	13.1 (0.5)	15.0 (0.6)	12	85 (2.1)
51+.....	550	8.2 (0.2)	3.6 (0.2)	4.3 (0.2)	5.7 (0.2)	7.6 (0.3)	10.0 (0.3)	12.7 (0.4)	14.4 (0.4)	12	87 (1.6)
19+.....	1076	8.4 (0.2)	3.8 (0.2)	4.4 (0.2)	5.9 (0.2)	7.8 (0.2)	10.3 (0.3)	13.0 (0.4)	14.8 (0.5)	12	86 (1.7)
All:											
1+.....	3197	8.3 (0.1)	3.8 (0.1)	4.4 (0.1)	5.8 (0.1)	7.7 (0.1)	10.2 (0.2)	12.9 (0.3)	14.8 (0.3)		79 (1.4)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	46.0 (3.1)	21.9* (1.5)	25.4 (1.7)	32.5 (2.2)	42.6 (2.8)	55.8 (3.8)	71.0 (5.0)	81.9* (6.0)	30	80 (4.3)
4-8.....	290	55.1 (3.3)	26.2* (1.8)	30.4 (2.1)	39.3 (2.6)	51.3 (3.2)	66.5 (3.9)	84.3 (5.5)	97.3* (6.6)	55	43 (6.3)
Males:											
9-13.....	153	68.4 (7.7)	31.3* (5.4)	36.6* (5.6)	47.6 (6.0)	63.4 (7.6)	83.6 (9.4)	106.9* (11.7)	121.9* (14.4)	60	56 (12.0)
14-18.....	138	81.3 (9.7)	37.6* (7.3)	44.3* (7.6)	57.2 (8.2)	75.4 (9.2)	99.0 (11.7)	125.5* (14.4)	145.6* (16.8)	75	51 (12.0)
19-50.....	459	101.1 (5.7)	36.1 (3.3)	44.4 (3.6)	62.8 (4.2)	90.1 (5.3)	127.1 (7.3)	171.2 (11.4)	203.3 (14.8)	120	29 (3.8)
51+.....	540	115.5 (5.2)	43.4 (4.7)	52.9 (4.8)	73.8 (4.8)	104.4 (5.1)	144.3 (6.5)	191.5 (8.7)	226.4 (11.3)	120	39 (3.7)
19+.....	999	107.2 (4.1)	38.6 (3.2)	47.6 (3.4)	66.9 (3.5)	95.8 (4.0)	134.7 (5.3)	180.5 (8.2)	214.3 (11.3)	120	33 (2.8)
Females:											
9-13.....	176	79.7 (8.0)	37.3* (6.6)	43.5* (6.8)	56.0 (7.4)	73.9 (8.0)	97.4 (9.1)	122.1* (11.8)	141.3* (14.2)	60	70 (10.1)
14-18.....	138	74.0 (8.4)	34.0* (6.4)	39.5* (6.5)	51.7 (7.2)	68.5 (8.4)	90.1 (9.7)	113.8* (12.0)	132.0* (13.8)	75	41 (10.8)
19-50.....	526	123.0 (5.4)	41.4 (3.5)	50.7 (3.7)	72.9 (4.4)	106.7 (5.3)	155.5 (6.5)	214.3 (9.0)	259.0 (11.5)	90	62 (3.6)
51+.....	550	127.6 (5.0)	42.8 (2.6)	53.2 (2.8)	76.0 (3.2)	110.8 (4.2)	160.3 (6.5)	223.3 (10.6)	269.5 (14.1)	90	65 (2.7)
19+.....	1076	125.1 (4.1)	41.9 (2.9)	51.8 (3.0)	74.3 (3.4)	108.5 (4.0)	157.5 (5.2)	218.3 (8.0)	264.2 (11.2)	90	63 (2.7)
All:											
1+.....	3197	103.5 (3.7)	34.1 (1.7)	41.9 (2.1)	59.3 (2.9)	88.3 (3.8)	130.4 (4.9)	184.0 (6.5)	224.8 (7.9)		51 (3.1)

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males and females:														
1-3.....	227	743 (31)	415* (25)	473 (26)	581 (25)	721 (30)	880 (40)	1042 (52)	1147* (62)	500	13 (3.5)	2500	<3	
4-8.....	290	769 (21)	426* (26)	487 (26)	602 (23)	747 (22)	912 (28)	1077 (41)	1186* (47)	800	59 (3.4)	2500	<3	
Males:														
9-13.....	153	886 (40)	483* (34)	551* (36)	684 (37)	857 (40)	1055 (47)	1262* (53)	1384* (57)	1100	79 (4.3)	3000	<3	
14-18.....	138	925 (30)	507* (28)	583* (27)	719 (26)	893 (29)	1098 (35)	1305* (50)	1451* (61)	1100	75 (3.3)	3000	<3	
19-50.....	459	896 (27)	436 (25)	513 (25)	660 (24)	855 (27)	1087 (36)	1336 (50)	1499 (61)	800	43 (3.3)	2500	<3	
51+.....	540	850 (27)	406 (23)	477 (22)	620 (22)	811 (26)	1035 (38)	1270 (53)	1433 (66)		53 (3.4)	2000	<3	
19+.....	999	877 (25)	421 (23)	497 (22)	643 (22)	836 (24)	1063 (32)	1309 (47)	1469 (57)		47 (3.1)		<3	
Females:														
9-13.....	176	842 (25)	458* (23)	523* (22)	648 (21)	811 (24)	1005 (30)	1191* (40)	1325* (48)	1100	84 (2.8)	3000	<3	
14-18.....	138	690 (37)	355* (32)	408* (31)	520 (32)	663 (37)	830 (45)	998* (57)	1118* (66)	1100	94* (2.4)	3000	<3	
19-50.....	526	767 (16)	423 (16)	479 (16)	595 (16)	740 (16)	913 (19)	1087 (25)	1203 (31)	800	60 (2.6)	2500	<3	
51+.....	550	718 (18)	387 (15)	444 (15)	553 (15)	692 (18)	855 (22)	1027 (29)	1138 (34)	1000	88 (1.8)	2000	<3	
19+.....	1076	746 (15)	406 (15)	462 (14)	575 (14)	719 (15)	889 (18)	1063 (24)	1176 (29)		72 (1.9)		<3	
All:														
1+.....	3197	805 (13)	415 (12)	479 (11)	604 (10)	767 (12)	965 (17)	1176 (27)	1325 (34)		62 (1.8)		<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males and females:														
1-3.....	227	912 (23)	552* (21)	619 (21)	737 (20)	890 (22)	1062 (27)	1237 (39)	1347* (47)	380	<3	3000	<3	
4-8.....	290	1030 (24)	634* (20)	706 (20)	841 (20)	1008 (23)	1194 (32)	1378 (46)	1499* (54)	405	<3	3000	<3	
Males:														
9-13.....	153	1232 (40)	703* (41)	795* (38)	971 (36)	1197 (38)	1454 (53)	1719* (70)	1875* (82)	1055	34 (4.0)	4000	<3	
14-18.....	138	1392 (34)	812* (42)	921* (37)	1112 (33)	1353 (33)	1632 (46)	1911* (66)	2105* (83)	1055	20 (3.2)	4000	<3	
19-50.....	459	1383 (36)	757 (42)	869 (42)	1079 (41)	1344 (38)	1645 (36)	1950 (37)	2141 (42)	580	<3	4000	<3	
51+.....	540	1363 (41)	741 (38)	850 (37)	1061 (35)	1326 (39)	1622 (50)	1918 (65)	2116 (73)	580	<3		<3	
19+.....	999	1374 (28)	750 (33)	861 (32)	1071 (29)	1336 (29)	1634 (35)	1937 (45)	2129 (51)	580	<3		<3	
Females:														
9-13.....	176	1193 (46)	681* (28)	770* (27)	939 (30)	1156 (42)	1410 (63)	1651* (88)	1824* (104)	1055	38 (4.5)	4000	<3	
14-18.....	138	982 (45)	532* (59)	605* (58)	758 (54)	949 (49)	1169 (44)	1388* (49)	1544* (57)	1055	63 (5.5)	4000	<3	
19-50.....	526	1111 (23)	662 (30)	743 (27)	900 (27)	1087 (23)	1302 (25)	1506 (30)	1638 (34)	580	<3	4000	<3	
51+.....	550	1075 (24)	629 (27)	713 (26)	866 (24)	1053 (25)	1259 (26)	1467 (31)	1598 (35)	580	3* (0.8)		<3	
19+.....	1076	1095 (21)	648 (26)	729 (25)	884 (23)	1072 (22)	1284 (23)	1491 (28)	1622 (33)	580	<3		<3	
All:														
1+.....	3197	1194 (17)	658 (19)	749 (18)	922 (17)	1145 (16)	1414 (19)	1701 (28)	1899 (36)		7 (0.7)		<3	

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

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

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	173 (5)	109* (4)	120 (4)	142 (5)	169 (5)	200 (5)	231 (6)	251* (7)	65	<3
4-8.....	290	192 (6)	122* (4)	135 (5)	159 (5)	188 (6)	221 (7)	254 (8)	275* (9)	110	<3
Males:											
9-13.....	153	216 (9)	125* (9)	140* (9)	171 (8)	210 (9)	255 (11)	302* (14)	330* (16)	200	43 (5.9)
14-18.....	138	241 (8)	141* (7)	159* (7)	192 (6)	234 (7)	283 (10)	333* (14)	368* (18)	340	91* (2.6)
19-50.....	459	274 (6)	139 (5)	162 (6)	205 (6)	262 (6)	330 (8)	401 (10)	447 (12)		78 (2.2)
51+.....	540	291 (7)	152 (6)	175 (6)	220 (6)	280 (7)	349 (8)	420 (9)	469 (11)	350	75 (2.3)
19+.....	999	281 (6)	144 (5)	167 (5)	211 (5)	270 (5)	338 (7)	409 (8)	457 (10)		77 (1.9)
Females:											
9-13.....	176	215 (8)	125* (6)	140* (5)	170 (6)	208 (7)	253 (11)	297* (16)	328* (20)	200	44 (4.9)
14-18.....	138	190 (8)	107* (8)	121* (8)	148 (8)	184 (8)	224 (10)	265* (13)	295* (16)	300	96* (1.8)
19-50.....	526	238 (6)	129 (5)	147 (5)	183 (5)	230 (6)	285 (7)	341 (9)	377 (10)		65 (2.7)
51+.....	550	240 (6)	130 (6)	149 (6)	185 (6)	232 (6)	286 (6)	344 (8)	381 (8)	265	67 (2.7)
19+.....	1076	239 (5)	130 (5)	148 (5)	184 (5)	231 (5)	285 (6)	342 (7)	379 (8)		66 (2.3)
All:											
1+.....	3197	244 (3)	128 (2)	146 (2)	182 (2)	231 (3)	292 (4)	359 (5)	404 (6)		63 (1.4)

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males and females:														
1-3.....	227	8.8 (0.3)	5.3* (0.2)	5.9 (0.2)	7.0 (0.2)	8.5 (0.3)	10.3 (0.3)	12.2 (0.5)	13.4* (0.6)	3	<3	40	<3	
4-8.....	290	11.8 (0.3)	7.2* (0.3)	8.0 (0.3)	9.5 (0.3)	11.5 (0.3)	13.7 (0.4)	16.1 (0.5)	17.6* (0.5)	4.1	<3	40	<3	
Males:														
9-13.....	153	13.6 (0.5)	7.0* (0.5)	8.1* (0.5)	10.2 (0.5)	13.0 (0.5)	16.4 (0.5)	20.1* (0.7)	22.3* (0.9)	5.9	<3	40	<3	
14-18.....	138	14.6 (0.5)	7.6* (0.5)	8.8* (0.5)	11.0 (0.5)	13.9 (0.5)	17.5 (0.6)	21.3* (0.8)	24.0* (1.0)	7.7	7* (2.1)	45	<3	
19-50.....	459	13.7 (0.4)	7.2 (0.4)	8.3 (0.4)	10.4 (0.4)	13.1 (0.4)	16.4 (0.5)	19.8 (0.6)	22.0 (0.7)	6	<3	45	<3	
51+.....	540	14.0 (0.4)	7.4 (0.3)	8.5 (0.3)	10.7 (0.3)	13.5 (0.4)	16.7 (0.5)	20.1 (0.7)	22.4 (0.8)	6	<3	45	<3	
19+.....	999	13.8 (0.4)	7.3 (0.3)	8.4 (0.3)	10.5 (0.3)	13.3 (0.4)	16.5 (0.4)	19.9 (0.6)	22.2 (0.7)	6	<3	45	<3	
Females:														
9-13.....	176	13.2 (0.5)	6.8* (0.4)	7.8* (0.3)	9.8 (0.4)	12.5 (0.5)	15.8 (0.7)	19.2* (1.0)	21.6* (1.2)	5.7	<3	40	<3	
14-18.....	138	10.6 (0.4)	5.2* (0.4)	6.0* (0.4)	7.7 (0.4)	10.0 (0.4)	12.8 (0.5)	15.7* (0.7)	17.8* (0.9)	7.9	30 (3.1)	45	<3	
19-50.....	526	11.3 (0.3)	6.4 (0.4)	7.2 (0.3)	8.8 (0.4)	10.9 (0.3)	13.4 (0.3)	15.9 (0.4)	17.6 (0.5)	8.1	25 (2.4)	45	<3	
51+.....	550	11.2 (0.3)	6.2 (0.3)	7.1 (0.3)	8.7 (0.3)	10.8 (0.3)	13.2 (0.3)	15.7 (0.4)	17.4 (0.5)	5	<3	45	<3	
19+.....	1076	11.2 (0.3)	6.3 (0.4)	7.1 (0.3)	8.8 (0.3)	10.9 (0.3)	13.3 (0.3)	15.8 (0.4)	17.5 (0.5)	15	(1.7)	45	<3	
All:														
1+.....	3197	12.3 (0.2)	6.5 (0.2)	7.4 (0.2)	9.3 (0.2)	11.7 (0.2)	14.7 (0.3)	18.0 (0.4)	20.2 (0.4)	9	(0.7)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males and females:														
1-3.....	227	6.1 (0.2)	3.8* (0.1)	4.2 (0.1)	4.9 (0.1)	5.9 (0.1)	7.0 (0.2)	8.2 (0.3)	8.9* (0.3)	2.5	<3	7	25 (3.6)	
4-8.....	290	7.3 (0.1)	4.6* (0.2)	5.1 (0.2)	6.0 (0.1)	7.1 (0.1)	8.5 (0.2)	9.8 (0.3)	10.6* (0.3)	4	<3	12	<3	
Males:														
9-13.....	153	9.0 (0.3)	4.9* (0.3)	5.6* (0.3)	6.9 (0.3)	8.6 (0.3)	10.7 (0.4)	12.8* (0.6)	14.1* (0.7)	7	26 (3.6)	23	<3	
14-18.....	138	10.7 (0.3)	6.0* (0.3)	6.9* (0.2)	8.4 (0.2)	10.3 (0.3)	12.7 (0.4)	15.1* (0.6)	16.8* (0.8)	8.5	27 (2.6)	34	<3	
19-50.....	459	10.8 (0.3)	5.9 (0.4)	6.7 (0.4)	8.3 (0.3)	10.4 (0.3)	12.8 (0.3)	15.3 (0.4)	16.9 (0.5)	9.4	38 (4.1)	40	<3	
51+.....	540	10.5 (0.3)	5.7 (0.3)	6.5 (0.3)	8.1 (0.3)	10.1 (0.3)	12.4 (0.4)	14.8 (0.5)	16.5 (0.6)	9.4	41 (4.1)	40	<3	
19+.....	999	10.6 (0.3)	5.8 (0.3)	6.6 (0.3)	8.2 (0.3)	10.2 (0.3)	12.6 (0.3)	15.1 (0.4)	16.7 (0.4)	9.4	39 (3.7)	40	<3	
Females:														
9-13.....	176	8.6 (0.3)	4.7* (0.2)	5.3* (0.2)	6.6 (0.2)	8.2 (0.3)	10.2 (0.4)	12.2* (0.6)	13.6* (0.8)	7	31 (3.3)	23	<3	
14-18.....	138	6.9 (0.3)	3.6* (0.3)	4.1* (0.3)	5.2 (0.3)	6.6 (0.3)	8.2 (0.3)	9.9* (0.4)	11.1* (0.5)	7.3	62 (4.7)	34	<3	
19-50.....	526	8.3 (0.2)	4.8 (0.2)	5.3 (0.2)	6.5 (0.2)	8.0 (0.2)	9.8 (0.3)	11.5 (0.3)	12.7 (0.4)	6.8	29 (3.3)	40	<3	
51+.....	550	8.0 (0.3)	4.5 (0.2)	5.2 (0.2)	6.3 (0.2)	7.8 (0.3)	9.5 (0.3)	11.2 (0.4)	12.4 (0.4)	6.8	33 (4.2)	40	<3	
19+.....	1076	8.2 (0.2)	4.7 (0.2)	5.3 (0.2)	6.4 (0.2)	7.9 (0.2)	9.6 (0.3)	11.4 (0.3)	12.5 (0.4)	6.8	31 (3.5)	40	<3	
All:														
1+.....	3197	9.0 (0.1)	4.7 (0.1)	5.4 (0.1)	6.7 (0.1)	8.5 (0.1)	10.7 (0.2)	13.1 (0.3)	14.8 (0.3)	31	(1.9)		<3	

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

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

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Non-Hispanic Black														
Males and females:														
1-3.....	227	0.6 (0.03)	0.3* (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.03)	0.8 (0.03)	0.9* (0.04)	0.26	<3	1	<3	
4-8.....	290	0.7 (0.03)	0.4* (0.02)	0.5 (0.03)	0.6 (0.03)	0.7 (0.03)	0.8 (0.04)	1.0 (0.05)	1.1* (0.05)	0.34	<3	3	<3	
Males:														
9-13.....	153	0.8 (0.03)	0.5* (0.03)	0.5* (0.03)	0.6 (0.03)	0.8 (0.03)	1.0 (0.05)	1.2* (0.07)	1.3* (0.09)	0.54	10* (2.8)	5	<3	
14-18.....	138	0.9 (0.03)	0.5* (0.03)	0.6* (0.03)	0.7 (0.02)	0.9 (0.02)	1.1 (0.05)	1.3* (0.08)	1.4* (0.10)	0.685	21 (3.2)	8	<3	
19-50.....	459	1.1 (0.03)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.04)	1.6 (0.05)	1.8 (0.06)	0.7	16 (2.1)	10	<3	
51+.....	540	1.1 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.7 (0.05)	1.9 (0.06)	0.7	11 (1.9)	10	<3	
19+.....	999	1.1 (0.03)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.05)	1.8 (0.06)	0.7	14 (1.9)	10	<3	
Females:														
9-13.....	176	0.8 (0.05)	0.5* (0.02)	0.5* (0.03)	0.6 (0.03)	0.8 (0.04)	1.0 (0.06)	1.1* (0.08)	1.3* (0.10)	0.54	11* (2.6)	5	<3	
14-18.....	138	0.8 (0.04)	0.4* (0.03)	0.5* (0.03)	0.6 (0.03)	0.7 (0.04)	0.9 (0.05)	1.1* (0.07)	1.2* (0.09)	0.685	41 (6.9)	8	<3	
19-50.....	526	0.9 (0.02)	0.5 (0.02)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.04)	1.5 (0.04)	0.7	25 (2.2)	10	<3	
51+.....	550	1.0 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.04)	1.6 (0.04)	0.7	23 (2.2)	10	<3	
19+.....	1076	0.9 (0.02)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.6 (0.04)	0.7	24 (1.8)	10	<3	
All:														
1+.....	3197	0.9 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.4 (0.03)	1.6 (0.03)		18 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	227	60 (2)	35* (1)	39 (1)	47 (1)	58 (2)	71 (2)	84 (3)	93* (3)	17	<3	90	6* (1.5)
4-8.....	290	79 (3)	47* (2)	52 (2)	63 (2)	76 (3)	92 (3)	107 (4)	118* (4)	23	<3	150	<3
Males:													
9-13.....	153	98 (3)	60* (5)	67* (5)	80 (4)	96 (4)	114 (3)	133* (4)	144* (5)	35	<3	280	<3
14-18.....	138	124 (4)	78* (5)	87* (5)	102 (4)	121 (4)	142 (5)	164* (7)	179* (9)	45	<3	400	<3
19-50.....	459	121 (3)	72 (3)	81 (3)	98 (3)	118 (3)	142 (3)	166 (4)	181 (4)	45	<3	400	<3
51+.....	540	119 (3)	69 (3)	78 (4)	94 (3)	116 (3)	139 (4)	163 (4)	179 (4)	45	<3	400	<3
19+.....	999	120 (2)	70 (3)	79 (3)	96 (3)	117 (3)	141 (3)	165 (3)	180 (3)	45	<3	400	<3
Females:													
9-13.....	176	97 (6)	60* (4)	66* (4)	78 (4)	94 (5)	113 (7)	130* (9)	142* (10)	35	<3	280	<3
14-18.....	138	85 (5)	51* (6)	56* (6)	68 (6)	82 (6)	99 (6)	115* (6)	126* (7)	45	<3	400	<3
19-50.....	526	97 (3)	57 (2)	65 (2)	78 (2)	94 (3)	113 (3)	131 (4)	143 (5)	45	<3	400	<3
51+.....	550	92 (2)	54 (2)	61 (2)	74 (2)	90 (2)	108 (3)	126 (3)	137 (4)	45	<3	400	<3
19+.....	1076	95 (2)	56 (2)	63 (2)	76 (2)	93 (2)	111 (3)	129 (4)	140 (4)	45	<3	400	<3
All:													
1+.....	3197	102 (2)	54 (2)	62 (1)	78 (2)	98 (2)	121 (2)	145 (3)	161 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Black Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Non-Hispanic Black													
Males and females:													
1-3.....	227	1896 (58)	1134* (39)	1273 (44)	1518 (50)	1841 (56)	2213 (68)	2597 (88)	2843* (94)	800	>97	1200	93* (1.6)
4-8.....	290	2581 (57)	1603* (46)	1776 (48)	2107 (51)	2518 (58)	2987 (72)	3456 (97)	3764* (112)	1000	>97	1500	97* (0.8)
Males:													
9-13.....	153	3204 (96)	1985* (93)	2202* (85)	2613 (81)	3132 (91)	3715 (131)	4308* (180)	4656* (209)	1200	>97	1800	>97
14-18.....	138	3815 (124)	2425* (112)	2693* (107)	3157 (110)	3733 (120)	4391 (149)	5040* (180)	5489* (208)	1500	>97	2300	96* (1.1)
19-50.....	459	3727 (95)	2301 (115)	2563 (113)	3045 (106)	3645 (99)	4320 (107)	5002 (129)	5426 (152)	1500	>97	2300	95 (1.6)
51+.....	540	3475 (96)	2099 (79)	2348 (80)	2812 (85)	3398 (95)	4044 (111)	4692 (137)	5125 (146)	1500	>97	2300	91 (1.8)
19+.....	999	3621 (83)	2200 (86)	2463 (85)	2943 (80)	3542 (82)	4203 (93)	4885 (112)	5314 (132)	1500	>97	2300	93 (1.5)
Females:													
9-13.....	176	3099 (166)	1922* (107)	2133* (115)	2525 (134)	3023 (162)	3598 (198)	4138* (233)	4522* (257)	1200	>97	1800	>97
14-18.....	138	2746 (139)	1656* (114)	1841* (115)	2216 (121)	2677 (136)	3198 (161)	3709* (190)	4069* (214)	1500	>97	2300	71 (5.8)
19-50.....	526	3057 (71)	1882 (77)	2099 (73)	2502 (72)	2988 (70)	3550 (83)	4083 (95)	4449 (114)	1500	>97	2300	83 (2.8)
51+.....	550	2819 (60)	1700 (69)	1907 (63)	2289 (58)	2759 (60)	3279 (74)	3811 (94)	4148 (107)	1500	>97	2300	74 (2.7)
19+.....	1076	2951 (59)	1791 (65)	2002 (63)	2401 (59)	2888 (59)	3436 (68)	3979 (88)	4322 (102)	1500	>97	2300	79 (2.5)
All:													
1+.....	3197	3150 (51)	1752 (63)	2004 (61)	2477 (55)	3060 (56)	3730 (67)	4403 (83)	4850 (86)		>97		88 (1.7)

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

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

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	1772 (53)	1107* (41)	1226 (42)	1449 (46)	1732 (51)	2050 (63)	2375 (81)	2582* (90)	2000	28 (4.0)
4-8.....	290	1842 (60)	1146* (41)	1274 (45)	1511 (51)	1801 (59)	2132 (72)	2457 (88)	2668* (97)	2300	16 (3.5)
Males:											
9-13.....	153	1988 (93)	1179* (85)	1323* (80)	1595 (77)	1940 (90)	2327 (117)	2720* (140)	2950* (157)	2500	17 (4.8)
14-18.....	138	2209 (60)	1336* (86)	1503* (76)	1794 (65)	2157 (57)	2571 (77)	2981* (108)	3264* (134)	3000	10* (2.6)
19-50.....	459	2370 (56)	1208 (63)	1407 (63)	1800 (58)	2294 (58)	2857 (63)	3426 (72)	3793 (85)	3400	10 (1.3)
51+.....	540	2603 (71)	1394 (67)	1611 (65)	2023 (65)	2536 (71)	3100 (84)	3678 (99)	4053 (114)	3400	16 (2.3)
19+.....	999	2468 (54)	1271 (59)	1484 (56)	1886 (51)	2394 (54)	2967 (64)	3543 (78)	3922 (94)	3400	13 (1.5)
Females:											
9-13.....	176	1980 (87)	1182* (55)	1325* (54)	1591 (59)	1929 (81)	2318 (113)	2683* (150)	2943* (172)	2300	26 (6.2)
14-18.....	138	1676 (87)	957* (97)	1078* (93)	1324 (88)	1629 (87)	1974 (100)	2313* (121)	2551* (134)	2300	10* (3.5)
19-50.....	526	2018 (43)	1137 (43)	1287 (42)	1593 (41)	1966 (43)	2391 (48)	2806 (57)	3071 (63)	2600	16 (1.8)
51+.....	550	2141 (49)	1223 (51)	1391 (52)	1705 (51)	2090 (52)	2520 (52)	2962 (59)	3236 (61)	2600	22 (2.2)
19+.....	1076	2073 (36)	1166 (42)	1330 (42)	1638 (39)	2019 (37)	2450 (41)	2882 (50)	3157 (56)	2600	19 (1.6)
All:											
1+.....	3197	2162 (26)	1174 (36)	1341 (32)	1658 (26)	2073 (25)	2568 (39)	3098 (54)	3459 (70)		16 (1.5)

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

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

	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.....	227	3.5 (0.8)	0.2* (0.1)	0.3 (0.1)	0.8 (0.2)	2.0 (0.5)	4.3 (1.0)	8.2 (1.8)	11.9* (2.5)
4-8.....	290	6.6 (1.1)	0.6* (0.2)	1.0 (0.3)	2.1 (0.5)	4.5 (0.8)	8.5 (1.3)	14.5 (2.5)	19.8* (3.6)
Males:									
9-13.....	153	13.5 (2.1)	1.3* (0.4)	2.0* (0.6)	3.9 (0.9)	8.4 (1.5)	16.8 (2.6)	30.5* (4.5)	42.7* (6.2)
14-18.....	138	24.7 (2.7)	2.2* (0.5)	3.5* (0.8)	7.2 (1.2)	15.2 (1.9)	30.6 (3.3)	55.0* (6.0)	77.5* (9.4)
19-50.....	459	66.0 (8.0)	1.4 (0.4)	3.4 (0.8)	12.5 (2.6)	39.0 (6.4)	90.6 (11.6)	163.5 (17.0)	222.4 (21.3)
51+.....	540	91.7 (6.6)	5.7 (1.3)	11.3 (2.0)	28.8 (3.5)	65.9 (5.9)	127.2 (9.3)	203.5 (13.7)	263.5 (16.3)
19+.....	999	76.9 (6.9)	2.3 (0.5)	5.4 (1.1)	18.1 (2.9)	49.7 (6.0)	107.1 (9.8)	182.5 (14.2)	241.3 (17.3)
Females:									
9-13.....	176	10.7 (1.3)	1.0* (0.3)	1.6* (0.4)	3.2 (0.6)	6.7 (1.0)	13.4 (1.7)	23.7* (3.0)	34.0* (4.6)
14-18.....	138	19.2 (2.2)	1.6* (0.5)	2.6* (0.6)	5.3 (1.0)	11.8 (1.6)	23.9 (2.8)	43.5* (4.8)	61.5* (7.1)
19-50.....	526	59.9 (5.0)	1.7 (0.5)	4.0 (1.0)	13.2 (2.4)	37.4 (4.7)	82.9 (7.3)	145.9 (12.0)	195.0 (15.7)
51+.....	550	75.3 (3.4)	3.6 (0.8)	7.8 (1.3)	21.6 (2.2)	52.2 (3.4)	103.5 (4.4)	174.0 (8.4)	228.1 (10.7)
19+.....	1076	66.8 (3.3)	2.3 (0.6)	5.2 (1.1)	16.4 (2.1)	43.6 (3.5)	92.3 (4.7)	158.6 (8.4)	211.3 (11.4)
All:									
1+.....	3197	56.0 (2.7)	1.2 (0.2)	2.4 (0.3)	7.8 (0.8)	28.3 (2.1)	76.9 (3.9)	146.7 (7.8)	201.8 (10.5)

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

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

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	13.8 (0.3)	11.1* (0.4)	11.7 (0.4)	12.6 (0.4)	13.7 (0.3)	14.9 (0.3)	16.1 (0.3)	16.8* (0.3)	5-20%	>97
4-8.....	289	13.3 (0.3)	10.7* (0.4)	11.2 (0.4)	12.1 (0.3)	13.2 (0.3)	14.3 (0.3)	15.4 (0.2)	16.1* (0.3)	10-30%	>97
Males:											
9-13.....	153	13.9 (0.4)	10.6* (0.6)	11.2* (0.5)	12.4 (0.5)	13.8 (0.4)	15.2 (0.4)	16.6* (0.5)	17.4* (0.5)	10-30%	>97
14-18.....	138	15.5 (0.4)	12.0* (0.4)	12.7* (0.4)	13.9 (0.4)	15.4 (0.4)	16.9 (0.4)	18.4* (0.5)	19.4* (0.6)	10-30%	>97
19-50.....	458	15.0 (0.2)	10.6 (0.3)	11.5 (0.3)	13.0 (0.2)	14.8 (0.2)	16.8 (0.3)	18.8 (0.3)	20.0 (0.4)	10-35%	>97
51+.....	540	14.7 (0.2)	10.4 (0.3)	11.2 (0.3)	12.8 (0.2)	14.6 (0.2)	16.5 (0.3)	18.5 (0.4)	19.7 (0.5)	10-35%	97* (1.0)
19+.....	998	14.9 (0.2)	10.5 (0.3)	11.4 (0.3)	12.9 (0.2)	14.7 (0.2)	16.7 (0.2)	18.6 (0.3)	19.9 (0.4)	10-35%	97 (0.9)
Females:											
9-13.....	176	13.8 (0.4)	10.6* (0.4)	11.2* (0.4)	12.4 (0.3)	13.7 (0.3)	15.2 (0.4)	16.5* (0.5)	17.4* (0.6)	10-30%	>97
14-18.....	138	13.5 (0.4)	10.3* (0.6)	10.9* (0.6)	12.1 (0.5)	13.4 (0.4)	14.9 (0.4)	16.2* (0.4)	17.1* (0.4)	10-30%	97* (2.0)
19-50.....	526	14.8 (0.1)	10.6 (0.2)	11.4 (0.2)	12.8 (0.1)	14.6 (0.1)	16.5 (0.2)	18.4 (0.3)	19.6 (0.4)	10-35%	>97
51+.....	550	14.9 (0.2)	10.7 (0.2)	11.5 (0.2)	13.0 (0.2)	14.7 (0.2)	16.6 (0.2)	18.6 (0.4)	19.8 (0.4)	10-35%	>97
19+.....	1076	14.8 (0.1)	10.6 (0.2)	11.4 (0.2)	12.9 (0.1)	14.6 (0.1)	16.6 (0.2)	18.5 (0.3)	19.7 (0.4)	10-35%	>97
All:											
1+.....	3195	14.6 (0.1)	10.6 (0.1)	11.4 (0.1)	12.7 (0.1)	14.4 (0.1)	16.2 (0.1)	18.1 (0.2)	19.4 (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

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	53.0 (0.7)	45.8* (0.8)	47.3 (0.8)	50.0 (0.7)	53.0 (0.8)	55.9 (0.9)	58.6 (1.0)	60.2* (1.1)	45-65%	96* (1.5)
4-8.....	289	53.2 (0.6)	45.9* (0.7)	47.5 (0.6)	50.3 (0.6)	53.3 (0.6)	56.2 (0.7)	58.8 (0.7)	60.4* (0.8)	45-65%	96* (1.1)
Males:											
9-13.....	153	50.8 (0.8)	42.9* (1.2)	44.6* (1.1)	47.5 (0.9)	50.8 (0.8)	54.1 (0.8)	57.0* (0.7)	58.6* (0.8)	45-65%	88* (4.2)
14-18.....	138	47.8 (0.8)	39.8* (0.9)	41.6* (0.9)	44.6 (0.8)	47.8 (0.8)	51.0 (0.9)	53.9* (1.0)	55.8* (1.2)	45-65%	72 (5.2)
19-50.....	458	45.5 (0.5)	32.8 (0.8)	35.6 (0.7)	40.3 (0.6)	45.4 (0.5)	50.7 (0.5)	55.5 (0.6)	58.3 (0.6)	45-65%	51 (2.7)
51+.....	540	45.9 (0.7)	33.1 (0.9)	35.9 (0.9)	40.7 (0.8)	46.0 (0.7)	51.1 (0.7)	55.9 (0.7)	58.9 (0.8)	45-65%	54 (3.5)
19+.....	998	45.7 (0.6)	32.9 (0.8)	35.7 (0.7)	40.4 (0.6)	45.6 (0.5)	50.9 (0.5)	55.7 (0.6)	58.5 (0.6)	45-65%	52 (2.8)
Females:											
9-13.....	176	50.6 (0.6)	42.8* (0.8)	44.5* (0.7)	47.4 (0.6)	50.6 (0.6)	53.9 (0.7)	56.6* (0.9)	58.5* (1.0)	45-65%	88* (2.9)
14-18.....	138	50.0 (1.0)	42.0* (1.2)	43.7* (1.1)	46.7 (1.0)	50.0 (1.0)	53.2 (1.0)	56.0* (1.1)	57.9* (1.1)	45-65%	85* (5.8)
19-50.....	526	46.8 (0.4)	34.5 (0.6)	37.1 (0.6)	41.7 (0.4)	46.8 (0.4)	52.0 (0.5)	56.6 (0.6)	59.4 (0.7)	45-65%	59 (2.0)
51+.....	550	46.5 (0.4)	34.0 (0.7)	36.7 (0.6)	41.4 (0.5)	46.4 (0.4)	51.6 (0.4)	56.4 (0.5)	59.1 (0.6)	45-65%	57 (2.1)
19+.....	1076	46.7 (0.3)	34.3 (0.6)	36.9 (0.6)	41.6 (0.4)	46.6 (0.3)	51.8 (0.4)	56.5 (0.5)	59.3 (0.6)	45-65%	58 (1.9)
All:											
1+.....	3195	47.5 (0.3)	34.7 (0.6)	37.7 (0.5)	42.6 (0.4)	47.9 (0.3)	52.7 (0.3)	56.7 (0.3)	59.0 (0.4)	45-65%	64 (1.6)

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 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	34.3 (0.5)	28.4* (0.6)	29.7 (0.5)	31.9 (0.5)	34.3 (0.6)	36.7 (0.6)	38.8 (0.6)	40.1* (0.6)	30-40%	83 (2.2)
4-8.....	289	34.5 (0.4)	28.5* (0.5)	29.9 (0.5)	32.2 (0.4)	34.6 (0.4)	36.9 (0.5)	39.0 (0.6)	40.3* (0.6)	25-35%	55 (5.0)
Males:											
9-13.....	153	36.2 (0.5)	30.3* (0.7)	31.6* (0.6)	33.8 (0.5)	36.2 (0.6)	38.6 (0.7)	40.7* (0.9)	41.9* (1.0)	25-35%	36 (4.9)
14-18.....	138	36.8 (0.6)	31.0* (0.8)	32.4* (0.7)	34.5 (0.6)	36.9 (0.6)	39.2 (0.8)	41.3* (0.9)	42.6* (1.0)	25-35%	29 (5.0)
19-50.....	458	35.9 (0.4)	26.7 (0.8)	28.8 (0.7)	32.3 (0.5)	36.0 (0.4)	39.7 (0.5)	43.0 (0.7)	45.0 (0.8)	20-35%	43 (3.0)
51+.....	540	36.6 (0.4)	27.4 (0.7)	29.4 (0.6)	32.9 (0.4)	36.7 (0.4)	40.3 (0.5)	43.6 (0.7)	45.6 (0.9)	20-35%	38 (2.4)
19+.....	998	36.2 (0.4)	27.0 (0.8)	29.1 (0.6)	32.5 (0.4)	36.3 (0.4)	40.0 (0.5)	43.3 (0.7)	45.2 (0.8)	20-35%	41 (2.5)
Females:											
9-13.....	176	36.5 (0.6)	30.7* (1.0)	32.0* (0.9)	34.1 (0.7)	36.5 (0.6)	38.9 (0.7)	40.9* (0.8)	42.1* (0.9)	25-35%	33 (6.6)
14-18.....	138	37.2 (0.7)	31.4* (1.0)	32.6* (0.8)	34.9 (0.7)	37.3 (0.7)	39.6 (0.9)	41.6* (1.0)	42.9* (1.2)	25-35%	26 (5.8)
19-50.....	526	37.4 (0.4)	28.8 (0.5)	30.6 (0.5)	33.9 (0.4)	37.4 (0.4)	40.9 (0.5)	44.1 (0.6)	46.0 (0.6)	20-35%	32 (2.6)
51+.....	550	37.5 (0.4)	28.8 (0.6)	30.8 (0.5)	34.0 (0.5)	37.5 (0.4)	41.0 (0.5)	44.3 (0.5)	46.1 (0.5)	20-35%	31 (3.0)
19+.....	1076	37.4 (0.3)	28.8 (0.5)	30.7 (0.4)	33.9 (0.4)	37.4 (0.3)	41.0 (0.4)	44.1 (0.5)	46.0 (0.5)	20-35%	32 (2.3)
All:											
1+.....	3195	36.6 (0.3)	28.3 (0.5)	30.2 (0.4)	33.3 (0.4)	36.5 (0.3)	39.9 (0.3)	43.0 (0.4)	45.0 (0.5)		38 (2.3)

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

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Table 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Non-Hispanic Black										
Males and females:										
1-3.....	227	11.4 (0.3)	8.4* (0.2)	9.0 (0.2)	10.1 (0.2)	11.3 (0.3)	12.6 (0.3)	13.9 (0.4)	14.6* (0.4)	23 (3.7)
4-8.....	289	11.3 (0.2)	8.3* (0.2)	8.9 (0.2)	10.0 (0.2)	11.3 (0.2)	12.6 (0.3)	13.8 (0.3)	14.5* (0.3)	24 (3.7)
Males:										
9-13.....	153	11.9 (0.3)	9.2* (0.4)	9.8* (0.4)	10.8 (0.4)	11.9 (0.3)	13.1 (0.3)	14.1* (0.3)	14.7* (0.4)	12* (4.3)
14-18.....	138	12.0 (0.3)	9.3* (0.5)	9.9* (0.4)	10.9 (0.4)	12.0 (0.3)	13.2 (0.4)	14.2* (0.4)	14.9* (0.4)	11* (4.4)
19-50.....	458	11.3 (0.2)	7.8 (0.2)	8.6 (0.2)	9.8 (0.2)	11.2 (0.2)	12.7 (0.2)	14.1 (0.2)	14.9 (0.2)	28 (2.9)
51+.....	540	11.2 (0.2)	7.7 (0.2)	8.4 (0.2)	9.7 (0.2)	11.2 (0.2)	12.6 (0.2)	14.0 (0.3)	14.8 (0.3)	29 (3.3)
19+.....	998	11.2 (0.2)	7.8 (0.2)	8.5 (0.2)	9.8 (0.2)	11.2 (0.2)	12.6 (0.2)	14.0 (0.2)	14.9 (0.3)	29 (2.4)
Females:										
9-13.....	176	12.2 (0.2)	9.5* (0.4)	10.1* (0.4)	11.0 (0.3)	12.2 (0.2)	13.3 (0.2)	14.3* (0.3)	15.0* (0.3)	9* (3.7)
14-18.....	138	11.9 (0.3)	9.1* (0.4)	9.7* (0.4)	10.7 (0.4)	11.8 (0.3)	13.0 (0.3)	14.0* (0.3)	14.7* (0.4)	14* (4.7)
19-50.....	526	11.3 (0.2)	8.3 (0.3)	8.9 (0.3)	10.0 (0.2)	11.3 (0.2)	12.6 (0.2)	13.8 (0.3)	14.6 (0.3)	25 (4.1)
51+.....	550	11.4 (0.1)	8.4 (0.2)	9.0 (0.2)	10.1 (0.1)	11.3 (0.1)	12.7 (0.2)	13.9 (0.3)	14.7 (0.3)	24 (2.5)
19+.....	1076	11.4 (0.2)	8.3 (0.3)	8.9 (0.2)	10.0 (0.2)	11.3 (0.2)	12.6 (0.2)	13.9 (0.3)	14.7 (0.3)	24 (3.2)
All:										
1+.....	3195	11.4 (0.1)	8.2 (0.1)	8.9 (0.1)	10.1 (0.1)	11.4 (0.1)	12.7 (0.2)	14.0 (0.2)	14.7 (0.2)	24 (2.0)

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

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Table 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	6.9 (0.1)	5.0* (0.2)	5.4 (0.2)	6.0 (0.1)	6.8 (0.1)	7.7 (0.2)	8.5 (0.2)	9.0* (0.3)	05-10%	94* (2.2)
4-8.....	289	7.3 (0.2)	5.3* (0.2)	5.7 (0.2)	6.4 (0.2)	7.2 (0.2)	8.1 (0.2)	8.9 (0.3)	9.4* (0.3)	05-10%	95* (2.0)
Males:											
9-13.....	153	7.9 (0.2)	6.1* (0.2)	6.4* (0.2)	7.1 (0.2)	7.8 (0.2)	8.6 (0.3)	9.4* (0.4)	9.9* (0.4)	05-10%	96* (2.2)
14-18.....	138	7.7 (0.2)	5.9* (0.3)	6.3* (0.3)	6.9 (0.2)	7.7 (0.2)	8.5 (0.2)	9.2* (0.2)	9.7* (0.3)	05-10%	96* (1.6)
19-50.....	458	7.5 (0.3)	5.0 (0.4)	5.5 (0.3)	6.3 (0.3)	7.4 (0.3)	8.5 (0.3)	9.6 (0.4)	10.3 (0.5)	05-10%	88 (4.8)
51+.....	540	7.8 (0.2)	5.3 (0.3)	5.8 (0.3)	6.7 (0.2)	7.8 (0.2)	8.9 (0.3)	10.1 (0.4)	10.8 (0.6)	05-10%	86 (4.9)
19+.....	998	7.6 (0.2)	5.1 (0.3)	5.6 (0.3)	6.5 (0.3)	7.5 (0.2)	8.7 (0.3)	9.8 (0.4)	10.5 (0.5)	05-10%	87 (4.7)
Females:											
9-13.....	176	7.9 (0.3)	6.1* (0.3)	6.5* (0.3)	7.1 (0.3)	7.9 (0.3)	8.7 (0.3)	9.4* (0.3)	9.9* (0.4)	05-10%	95* (2.5)
14-18.....	138	8.4 (0.3)	6.5* (0.4)	6.8* (0.4)	7.5 (0.3)	8.3 (0.3)	9.2 (0.3)	9.9* (0.4)	10.5* (0.4)	05-10%	91* (4.2)
19-50.....	526	8.4 (0.1)	5.7 (0.2)	6.2 (0.2)	7.2 (0.2)	8.3 (0.1)	9.5 (0.2)	10.7 (0.2)	11.5 (0.3)	05-10%	81 (3.0)
51+.....	550	8.3 (0.2)	5.7 (0.2)	6.2 (0.2)	7.1 (0.1)	8.2 (0.2)	9.4 (0.2)	10.7 (0.3)	11.4 (0.4)	05-10%	81 (3.3)
19+.....	1076	8.4 (0.1)	5.7 (0.2)	6.2 (0.2)	7.2 (0.1)	8.3 (0.1)	9.5 (0.2)	10.7 (0.3)	11.4 (0.3)	05-10%	81 (3.0)
All:											
1+.....	3195	7.9 (0.1)	5.4 (0.2)	5.9 (0.2)	6.8 (0.1)	7.8 (0.1)	8.9 (0.1)	10.1 (0.2)	10.8 (0.2)	05-10%	87 (2.1)

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

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Table 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Non-Hispanic Black											
Males and females:											
1-3.....	227	0.63 (0.02)	0.43* (0.02)	0.46 (0.02)	0.53 (0.02)	0.61 (0.02)	0.71 (0.03)	0.81 (0.04)	0.87* (0.04)	0.6-1.2%	54 (6.4)
4-8.....	289	0.65 (0.02)	0.44* (0.02)	0.48 (0.02)	0.55 (0.02)	0.64 (0.02)	0.73 (0.03)	0.83 (0.04)	0.90* (0.04)	0.6-1.2%	61 (6.0)
Males:											
9-13.....	153	0.68 (0.02)	0.47* (0.03)	0.51* (0.03)	0.58 (0.03)	0.67 (0.03)	0.77 (0.03)	0.87* (0.04)	0.93* (0.05)	0.6-1.2%	69 (7.4)
14-18.....	138	0.71 (0.04)	0.49* (0.04)	0.54* (0.04)	0.61 (0.03)	0.70 (0.04)	0.81 (0.04)	0.91* (0.05)	0.98* (0.06)	0.6-1.2%	77 (7.8)
19-50.....	458	0.73 (0.03)	0.43 (0.03)	0.49 (0.03)	0.58 (0.02)	0.71 (0.02)	0.85 (0.04)	1.01 (0.06)	1.11 (0.08)	0.6-1.2%	69 (4.9)
51+.....	540	0.80 (0.03)	0.48 (0.03)	0.54 (0.02)	0.65 (0.02)	0.78 (0.03)	0.94 (0.05)	1.10 (0.08)	1.20 (0.10)	0.6-1.2%	77 (5.2)
19+.....	998	0.76 (0.03)	0.45 (0.03)	0.50 (0.03)	0.61 (0.02)	0.74 (0.02)	0.89 (0.04)	1.05 (0.07)	1.15 (0.09)	0.6-1.2%	73 (5.0)
Females:											
9-13.....	176	0.74 (0.03)	0.52* (0.03)	0.56* (0.03)	0.63 (0.02)	0.73 (0.03)	0.84 (0.04)	0.94* (0.05)	1.01* (0.06)	0.6-1.2%	82 (5.4)
14-18.....	138	0.80 (0.03)	0.56* (0.04)	0.60* (0.04)	0.69 (0.03)	0.79 (0.03)	0.90 (0.03)	1.02* (0.05)	1.10* (0.06)	0.6-1.2%	88* (5.3)
19-50.....	526	0.87 (0.03)	0.55 (0.03)	0.60 (0.03)	0.71 (0.03)	0.84 (0.02)	1.00 (0.03)	1.16 (0.05)	1.26 (0.06)	0.6-1.2%	83 (4.4)
51+.....	550	0.90 (0.02)	0.57 (0.03)	0.63 (0.02)	0.74 (0.02)	0.88 (0.02)	1.04 (0.04)	1.21 (0.06)	1.31 (0.07)	0.6-1.2%	82 (4.3)
19+.....	1076	0.88 (0.02)	0.56 (0.03)	0.61 (0.03)	0.72 (0.02)	0.86 (0.02)	1.02 (0.03)	1.18 (0.05)	1.29 (0.06)	0.6-1.2%	83 (4.4)
All:											
1+.....	3195	0.79 (0.01)	0.48 (0.02)	0.54 (0.01)	0.63 (0.01)	0.77 (0.01)	0.92 (0.02)	1.09 (0.04)	1.19 (0.05)	0.6-1.2%	76 (2.4)

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

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TABLE NOTES

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

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

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

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

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

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

Indicates a non-zero value too small to report.

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

CITATION

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