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# TOTAL USUAL NUTRIENT INTAKE

## from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals

*What We Eat in America, NHANES 2013-2016*

**Table TB**

Thiamin (mg) <i>EAR</i>	page 1	Vitamin D (µg) <i>EAR, UL</i>	page 13
Riboflavin (mg) <i>EAR</i>	2	Vitamin K (µg) <i>AI</i>	14
Niacin (mg) <i>EAR</i>	3	Calcium (mg) <i>EAR, UL</i>	15
Vitamin B6 (mg) <i>EAR, UL</i>	4	Phosphorus (mg) <i>EAR, UL</i>	16
Folate (µg DFE) <i>EAR</i>	5	Magnesium (mg) <i>EAR</i>	17
Folic acid (µg) <i>UL</i>	6	Iron (mg) <i>EAR, UL</i>	18
Choline (mg) <i>AI, UL</i>	7	Zinc (mg) <i>EAR, UL</i>	19
Vitamin B12 (µg) <i>EAR</i>	8	Copper (mg) <i>EAR, UL</i>	20
Vitamin C (mg) <i>EAR, UL</i>	9	Selenium (µg) <i>EAR, UL</i>	21
Vitamin C <i>Adult Smokers</i> (mg) <i>EAR, UL</i>	10	Sodium (mg) <i>AI, CDRR</i>	22
Vitamin C <i>Adult Non-Smokers</i> (mg) <i>EAR, UL</i>	11	Potassium (mg) <i>AI</i>	23
Vitamin C <i>Adult Smokers and Non-Smokers</i> (mg) <i>EAR, UL</i>	12	<b>SAMPLE SIZE</b>	24
		<b>TABLE NOTES</b>	25

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

**Table TB 1. Thiamin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	13 (2.2)	1.19 (0.03)	0.71 (0.03)	0.79 (0.03)	0.94 (0.03)	1.13 (0.03)	1.36 (0.04)	1.63 (0.06)	1.88 (0.09)	0.4	<3
4-8.....	10 (1.8)	1.61 (0.10)	0.94 (0.03)	1.04 (0.03)	1.22 (0.03)	1.45 (0.03)	1.73 (0.04)	2.10 (0.09)	2.54 (0.18)	0.5	<3
<b>Males:</b>											
9-13.....	6* (1.9)	2.11 (0.18)	1.04* (0.06)	1.18 (0.06)	1.43 (0.05)	1.75 (0.06)	2.14 (0.08)	2.59 (0.13)	2.95* (0.22)	0.7	<3
14-18.....	12 (2.6)	3.15 (0.46)	1.18* (0.07)	1.32 (0.07)	1.61 (0.07)	1.97 (0.08)	2.46 (0.12)	3.33 (0.34)	6.39* (5.19)	1	<3
19-50.....	26 (2.1)	4.56 (0.42)	1.14 (0.02)	1.30 (0.02)	1.61 (0.03)	2.06 (0.04)	2.77 (0.08)	4.18 (0.56)	18.40 (8.23)	1	<3
51+.....	42 (2.4)	9.02 (2.70)	1.10 (0.03)	1.28 (0.03)	1.63 (0.04)	2.26 (0.07)	3.29 (0.09)	4.76 (0.53)	14.87 (6.68)	1	<3
19+.....	33 (1.6)	6.73 (1.31)	1.12 (0.03)	1.29 (0.03)	1.62 (0.03)	2.14 (0.03)	3.04 (0.06)	4.50 (0.44)	16.44 (5.65)	1	<3
<b>Females:</b>											
9-13.....	11 (2.0)	1.69 (0.04)	0.90* (0.05)	1.03 (0.04)	1.27 (0.04)	1.57 (0.04)	1.97 (0.05)	2.50 (0.12)	3.00* (0.18)	0.7	<3
14-18.....	10 (2.3)	1.76 (0.17)	0.80* (0.05)	0.91 (0.05)	1.12 (0.04)	1.42 (0.05)	1.79 (0.07)	2.30 (0.16)	2.87* (0.37)	0.9	9 (2.7)
19-50.....	27 (1.9)	4.60 (0.67)	0.86 (0.03)	0.98 (0.03)	1.21 (0.03)	1.55 (0.04)	2.19 (0.10)	3.70 (0.42)	10.72 (7.18)	0.9	6 (1.1)
51+.....	39 (1.9)	8.32 (1.70)	0.82 (0.02)	0.94 (0.02)	1.19 (0.02)	1.62 (0.05)	2.73 (0.07)	5.91 (0.77)	27.49 (7.92)	0.9	8 (0.8)
19+.....	33 (1.3)	6.63 (1.03)	0.84 (0.02)	0.95 (0.02)	1.20 (0.02)	1.58 (0.03)	2.52 (0.08)	4.62 (0.56)	22.56 (5.67)	0.9	7 (0.8)
<b>All:</b>											
1+.....	29 (1.0)	5.70 (0.72)	0.90 (0.01)	1.04 (0.01)	1.32 (0.01)	1.77 (0.02)	2.60 (0.04)	3.92 (0.13)	10.69 (3.25)	4	(0.4)

NOTES: <sup>†</sup> Percent reporting supplement containing thiamin. Sample size presented on page 24.  
 EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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

**Table TB 2. Riboflavin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	13 (2.1)	1.82 (0.03)	1.11 (0.04)	1.23 (0.03)	1.47 (0.03)	1.76 (0.03)	2.11 (0.04)	2.48 (0.05)	2.76 (0.08)	0.4	<3
4-8.....	10 (1.8)	2.12 (0.14)	1.22 (0.03)	1.35 (0.03)	1.60 (0.03)	1.92 (0.03)	2.29 (0.05)	2.76 (0.09)	3.20 (0.16)	0.5	<3
<b>Males:</b>											
9-13.....	6* (1.9)	2.61 (0.18)	1.23* (0.09)	1.42 (0.09)	1.77 (0.08)	2.21 (0.08)	2.76 (0.09)	3.41 (0.15)	3.93* (0.24)	0.8	<3
14-18.....	12 (2.6)	3.67 (0.51)	1.39* (0.08)	1.59 (0.08)	1.97 (0.08)	2.49 (0.09)	3.19 (0.13)	4.31 (0.41)	5.97* (6.73)	1.1	<3
19-50.....	25 (2.1)	4.47 (0.35)	1.41 (0.04)	1.65 (0.04)	2.13 (0.04)	2.83 (0.05)	3.86 (0.09)	5.57 (0.37)	15.15 (7.23)	1.1	<3
51+.....	42 (2.1)	6.55 (1.39)	1.41 (0.04)	1.67 (0.04)	2.23 (0.05)	3.18 (0.07)	4.45 (0.09)	6.31 (0.31)	15.17 (4.06)	1.1	<3
19+.....	33 (1.4)	5.48 (0.69)	1.41 (0.03)	1.66 (0.03)	2.17 (0.03)	2.97 (0.04)	4.16 (0.07)	5.98 (0.23)	15.16 (4.40)	1.1	<3
<b>Females:</b>											
9-13.....	11 (2.0)	2.14 (0.05)	1.07* (0.07)	1.24 (0.07)	1.57 (0.06)	2.00 (0.06)	2.56 (0.06)	3.24 (0.11)	3.77* (0.14)	0.8	<3
14-18.....	11 (2.4)	2.32 (0.25)	0.92* (0.07)	1.06 (0.07)	1.34 (0.06)	1.74 (0.06)	2.28 (0.09)	3.03 (0.23)	3.88* (0.57)	0.9	5* (1.7)
19-50.....	27 (1.9)	3.63 (0.26)	1.13 (0.04)	1.30 (0.04)	1.63 (0.04)	2.11 (0.05)	2.94 (0.11)	4.48 (0.33)	9.13 (4.72)	0.9	<3
51+.....	39 (1.9)	4.67 (0.34)	1.13 (0.03)	1.30 (0.03)	1.67 (0.03)	2.30 (0.07)	3.55 (0.11)	6.35 (0.80)	22.23 (1.57)	0.9	<3
19+.....	34 (1.4)	4.20 (0.21)	1.13 (0.03)	1.30 (0.03)	1.65 (0.03)	2.20 (0.04)	3.29 (0.09)	5.33 (0.37)	19.94 (4.23)	0.9	<3
<b>All:</b>											
1+.....	29 (0.9)	4.35 (0.32)	1.19 (0.02)	1.39 (0.02)	1.77 (0.02)	2.40 (0.03)	3.50 (0.05)	5.19 (0.12)	10.55 (2.61)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing riboflavin. Sample size presented on page 24.  
 EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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

**Table TB 3. Niacin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	14 (2.7)	14.2 (0.3)	8.2 (0.3)	9.2 (0.3)	11.1 (0.3)	13.6 (0.3)	16.6 (0.4)	20.0 (0.7)	22.6 (0.9)	5	<3
4-8.....	10 (1.8)	19.7 (0.6)	11.9 (0.5)	13.2 (0.4)	15.6 (0.4)	18.7 (0.5)	22.4 (0.7)	26.9 (1.1)	30.7 (1.5)	6	<3
<b>Males:</b>											
9-13.....	7* (2.1)	25.9 (1.0)	14.4* (0.9)	16.4 (0.8)	19.9 (0.8)	24.4 (0.8)	29.8 (1.2)	36.0 (1.8)	40.6* (2.7)	9	<3
14-18.....	16 (2.7)	33.4 (1.3)	18.4* (0.9)	20.6 (0.9)	24.9 (0.8)	30.6 (1.0)	38.1 (1.6)	48.8 (3.3)	59.5* (5.0)	12	<3
19-50.....	27 (1.9)	40.2 (0.9)	19.8 (0.6)	22.5 (0.6)	28.0 (0.6)	35.6 (0.8)	45.8 (1.0)	58.3 (1.6)	67.9 (2.0)	12	<3
51+.....	44 (2.7)	51.3 (4.0)	17.4 (0.5)	20.4 (0.5)	26.4 (0.5)	36.4 (0.9)	48.8 (1.0)	62.9 (1.9)	80.5 (6.6)	12	<3
19+.....	35 (1.7)	45.6 (2.1)	18.5 (0.5)	21.4 (0.5)	27.3 (0.5)	35.9 (0.6)	47.3 (0.7)	60.4 (1.3)	72.5 (2.4)	12	<3
<b>Females:</b>											
9-13.....	12 (2.1)	23.0 (0.7)	12.5* (0.6)	14.2 (0.6)	17.5 (0.5)	21.8 (0.6)	27.2 (0.9)	33.6 (1.4)	38.3* (1.5)	9	<3
14-18.....	15 (3.1)	22.7 (0.8)	11.9* (0.8)	13.4 (0.8)	16.6 (0.7)	20.9 (0.7)	26.6 (1.0)	34.0 (2.0)	40.5* (3.8)	11	3* (1.4)
19-50.....	31 (1.9)	30.4 (1.4)	14.0 (0.4)	15.9 (0.4)	19.5 (0.4)	24.7 (0.5)	32.5 (0.7)	43.3 (1.0)	53.2 (2.9)	11	<3
51+.....	43 (2.0)	35.3 (1.2)	12.5 (0.3)	14.4 (0.3)	18.3 (0.4)	24.9 (0.7)	36.9 (1.0)	47.5 (1.3)	62.4 (4.3)	11	<3
19+.....	37 (1.5)	33.1 (0.9)	13.1 (0.3)	15.0 (0.3)	18.9 (0.3)	24.8 (0.4)	34.8 (0.7)	45.8 (0.9)	58.4 (2.8)	11	<3
<b>All:</b>											
1+.....	31 (1.1)	35.9 (1.0)	13.2 (0.2)	15.5 (0.2)	20.2 (0.2)	27.8 (0.4)	39.1 (0.5)	52.2 (0.7)	63.9 (1.2)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing niacin. Sample size presented on page 24.  
 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 TB 4. Vitamin B6 (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles								<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males and females:</b>														
1-3.....	42 (3.3)	1.53 (0.03)	0.85 (0.03)	0.94 (0.03)	1.13 (0.02)	1.39 (0.03)	1.78 (0.04)	2.30 (0.10)	2.85 (0.18)	0.4	<3	30	<3	
4-8.....	45 (3.4)	2.04 (0.14)	1.04 (0.04)	1.16 (0.04)	1.39 (0.04)	1.74 (0.05)	2.31 (0.09)	3.03 (0.14)	3.45 (0.12)	0.5	<3	40	<3	
<b>Males:</b>														
9-13.....	27 (3.4)	2.79 (0.30)	1.08* (0.08)	1.26 (0.08)	1.60 (0.08)	2.12 (0.08)	2.84 (0.11)	3.77 (0.28)	4.79* (3.30)	0.8	<3	60	<3	
14-18.....	22 (3.2)	3.78 (0.41)	1.27* (0.08)	1.47 (0.08)	1.86 (0.08)	2.43 (0.10)	3.28 (0.18)	5.23 (0.62)	8.01* (4.43)	1.1	<3	80	<3	
19-50.....	28 (2.0)	4.90 (0.51)	1.38 (0.04)	1.62 (0.04)	2.13 (0.05)	2.94 (0.07)	4.35 (0.16)	6.81 (0.64)	12.82 (7.00)	1.1	<3	100	<3	
51+.....	45 (2.4)	6.24 (0.51)	1.29 (0.05)	1.55 (0.05)	2.12 (0.06)	3.29 (0.17)	5.44 (0.20)	8.28 (0.42)	14.19 (2.76)	1.4	7 (0.9)	100	<3	
19+.....	36 (1.7)	5.55 (0.34)	1.33 (0.04)	1.59 (0.04)	2.12 (0.04)	3.07 (0.08)	4.92 (0.16)	7.69 (0.43)	13.82 (3.48)	4	(0.6)	100	<3	
<b>Females:</b>														
9-13.....	38 (3.8)	2.32 (0.10)	0.93* (0.06)	1.09 (0.06)	1.44 (0.06)	1.98 (0.08)	2.84 (0.15)	3.81 (0.17)	4.38* (0.21)	0.8	<3	60	<3	
14-18.....	24 (3.7)	2.98 (0.43)	0.85* (0.07)	0.98 (0.07)	1.28 (0.07)	1.72 (0.06)	2.51 (0.15)	4.50 (0.97)	7.89* (3.16)	1	11 (3.1)	80	<3	
19-50.....	35 (1.9)	4.08 (0.34)	1.06 (0.03)	1.22 (0.03)	1.55 (0.04)	2.10 (0.06)	3.31 (0.13)	5.34 (0.39)	8.31 (1.05)	1.1	6 (0.8)	100	<3	
51+.....	44 (2.0)	6.16 (0.66)	0.98 (0.03)	1.14 (0.03)	1.50 (0.04)	2.26 (0.11)	4.51 (0.18)	8.09 (0.95)	24.34 (3.53)	1.3	16 (1.5)	100	<3	
19+.....	40 (1.4)	5.21 (0.39)	1.02 (0.03)	1.18 (0.03)	1.52 (0.03)	2.17 (0.07)	3.94 (0.14)	6.95 (0.26)	18.00 (4.62)	12	(1.1)	100	<3	
<b>All:</b>														
1+.....	37 (1.1)	4.80 (0.26)	1.06 (0.02)	1.24 (0.02)	1.65 (0.03)	2.41 (0.05)	4.00 (0.09)	6.68 (0.21)	11.42 (1.91)	7	(0.6)		<3	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin B6. Sample size presented on page 24.  
 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 TB 5. Folate (µg DFE): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	40 (3.4)	432 (13)	219 (11)	250 (11)	315 (10)	404 (12)	514 (15)	639 (24)	739 (41)	120	<3
4-8.....	45 (3.4)	579 (19)	296 (14)	338 (13)	424 (14)	545 (17)	697 (24)	865 (36)	985 (44)	160	<3
<b>Males:</b>											
9-13.....	25 (3.4)	633 (22)	318* (24)	367 (24)	459 (24)	592 (24)	761 (25)	958 (31)	1101* (42)	250	<3
14-18.....	23 (3.1)	694 (26)	337* (23)	388 (24)	486 (24)	626 (25)	828 (34)	1119 (59)	1297* (58)	330	4* (1.6)
19-50.....	28 (1.7)	761 (19)	315 (10)	370 (11)	485 (12)	659 (16)	933 (24)	1263 (32)	1481 (48)	320	5 (0.8)
51+.....	43 (2.5)	892 (29)	308 (11)	368 (12)	500 (15)	757 (35)	1184 (28)	1482 (35)	1726 (65)	320	6 (0.8)
19+.....	36 (1.5)	825 (21)	312 (10)	369 (10)	491 (12)	695 (17)	1065 (25)	1390 (28)	1619 (52)	320	6 (0.8)
<b>Females:</b>											
9-13.....	38 (3.9)	630 (19)	291* (18)	337 (18)	433 (17)	580 (19)	782 (26)	997 (31)	1134* (39)	250	<3
14-18.....	21 (3.6)	547 (25)	246* (20)	282 (19)	359 (21)	472 (21)	646 (33)	952 (77)	1138* (75)	330	19 (4.2)
19-50.....	35 (1.8)	692 (22)	261 (9)	304 (9)	394 (10)	539 (16)	868 (42)	1232 (40)	1552 (126)	320	12 (1.3)
51+.....	42 (2.0)	749 (21)	242 (8)	285 (8)	379 (11)	565 (27)	1063 (21)	1345 (39)	1678 (52)	320	15 (1.4)
19+.....	39 (1.3)	723 (16)	250 (8)	293 (7)	386 (8)	551 (16)	999 (22)	1299 (30)	1643 (65)	320	14 (1.1)
<b>All:</b>											
1+.....	36 (1.0)	735 (13)	271 (6)	320 (6)	423 (8)	599 (11)	955 (18)	1288 (19)	1534 (38)		9 (0.7)

NOTES: <sup>†</sup> Percent reporting supplement containing folate. Sample size presented on page 24.  
 DFE=dietary folate 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 TB 6. Folic acid (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	40 (3.4)	185 (6)	69 (6)	85 (6)	119 (5)	169 (5)	230 (7)	300 (12)	356 (21)	300	10 (1.6)
4-8.....	45 (3.4)	260 (9)	105 (8)	127 (8)	173 (7)	240 (8)	325 (12)	418 (19)	488 (23)	400	12 (2.1)
<b>Males:</b>											
9-13.....	25 (3.4)	272 (13)	116* (9)	139 (10)	184 (11)	249 (13)	335 (17)	438 (22)	514* (27)	600	<3
14-18.....	23 (3.1)	297 (16)	120* (10)	143 (10)	189 (12)	257 (14)	359 (22)	525 (41)	625* (36)	800	<3
19-50.....	28 (1.7)	302 (10)	80 (5)	102 (5)	154 (6)	239 (8)	386 (15)	574 (17)	684 (26)	1000	<3
51+.....	43 (2.5)	378 (15)	76 (5)	100 (5)	159 (6)	289 (16)	542 (13)	692 (18)	830 (44)	1000	<3
19+.....	36 (1.5)	339 (11)	78 (5)	102 (5)	156 (5)	257 (8)	474 (15)	642 (15)	763 (30)	1000	<3
<b>Females:</b>											
9-13.....	38 (3.9)	277 (10)	105* (8)	126 (8)	173 (9)	247 (11)	353 (15)	469 (18)	545* (19)	600	<3
14-18.....	21 (3.6)	235 (12)	84* (7)	100 (7)	136 (8)	191 (10)	280 (18)	455 (48)	566* (39)	800	<3
19-50.....	35 (1.8)	290 (12)	62 (4)	80 (4)	123 (4)	199 (8)	385 (25)	585 (21)	770 (91)	1000	<3
51+.....	42 (2.0)	324 (12)	53 (4)	70 (5)	113 (6)	210 (16)	501 (10)	650 (22)	867 (30)	1000	<3
19+.....	39 (1.3)	309 (9)	57 (4)	75 (4)	118 (4)	204 (9)	469 (11)	622 (15)	847 (47)	1000	<3
<b>All:</b>											
1+.....	36 (1.0)	309 (7)	69 (3)	91 (3)	140 (4)	230 (6)	429 (12)	604 (10)	733 (22)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing folic acid. Sample size presented on page 24.  
 UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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

**Table TB 7. Choline (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	22 (2.3)	202 (5)	132 (5)	144 (5)	168 (5)	197 (5)	231 (6)	264 (7)	286 (9)	200	48 (4.0)	1000	<3
4-8.....	24 (2.2)	220 (5)	143 (7)	157 (6)	183 (6)	215 (5)	252 (5)	288 (6)	312 (8)	250	26 (3.0)	1000	<3
<b>Males:</b>													
9-13.....	17 (2.9)	282 (7)	152* (8)	175 (7)	216 (7)	270 (7)	335 (9)	403 (12)	449* (14)	375	15 (2.2)	2000	<3
14-18.....	12 (2.3)	323 (9)	180* (10)	205 (10)	251 (10)	312 (9)	383 (11)	456 (13)	505* (15)	550	<3	3000	<3
19-50.....	7 (1.2)	402 (6)	222 (9)	253 (8)	313 (7)	389 (6)	477 (8)	568 (11)	627 (15)	550	12 (1.4)	3500	<3
51+.....	5 (1.1)	399 (6)	218 (8)	250 (7)	310 (6)	387 (6)	474 (9)	565 (14)	625 (18)	550	12 (1.7)	3500	<3
19+.....	6 (0.9)	401 (5)	220 (8)	251 (7)	311 (6)	388 (5)	476 (7)	566 (12)	626 (15)	550	12 (1.4)	3500	<3
<b>Females:</b>													
9-13.....	22 (3.6)	252 (6)	133* (7)	153 (7)	192 (7)	242 (7)	302 (7)	363 (10)	404* (12)	375	8* (1.4)	2000	<3
14-18.....	10 (2.9)	224 (7)	118* (9)	135 (9)	169 (9)	215 (8)	268 (7)	327 (7)	364* (8)	400	<3	3000	<3
19-50.....	9 (0.8)	289 (5)	163 (4)	184 (4)	224 (5)	275 (5)	334 (6)	395 (7)	437 (8)	425	6 (0.8)	3500	<3
51+.....	8 (1.3)	285 (5)	163 (4)	184 (4)	224 (4)	275 (5)	335 (6)	397 (8)	439 (10)	425	6 (1.0)	3500	<3
19+.....	9 (0.8)	286 (4)	163 (4)	184 (4)	224 (4)	275 (4)	335 (5)	396 (7)	438 (8)	425	6 (0.8)	3500	<3
<b>All:</b>													
1+.....	10 (0.7)	324 (3)	163 (3)	186 (3)	233 (3)	302 (3)	392 (4)	488 (7)	553 (10)		11 (0.8)		<3

NOTES: <sup>†</sup>Percent reporting supplement containing choline. Sample size presented on page 24.  
 AI=Adequate Intake; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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



**Table TB 8. Vitamin B12 (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>												
<b>Males and females:</b>												
1-3.....	41 (3.3)	5.16 (0.28)		2.37 (0.09)	2.73 (0.08)	3.45 (0.07)	4.47 (0.07)	5.83 (0.11)	7.57 (0.27)	9.01 (0.34)	0.7	<3
4-8.....	45 (3.4)	6.06 (0.38)		2.62 (0.11)	3.02 (0.10)	3.85 (0.10)	5.10 (0.15)	6.99 (0.27)	9.11 (0.30)	10.24 (0.28)	1	<3
<b>Males:</b>												
9-13.....	25 (3.4)	8.43 (2.02)		2.57* (0.22)	3.11 (0.22)	4.13 (0.22)	5.70 (0.23)	7.83 (0.31)	10.45 (0.60)	12.91* (1.29)	1.5	<3
14-18.....	22 (3.1)	15.43 (3.60)		3.17* (0.19)	3.77 (0.20)	4.95 (0.23)	6.68 (0.35)	9.42 (0.71)	15.91 (2.23)	26.69* (16.99)	2	<3
19-50.....	29 (2.0)	32.86 (6.49)		2.95 (0.12)	3.56 (0.12)	4.89 (0.13)	7.09 (0.20)	11.66 (0.74)	25.49 (2.29)	42.86 (7.24)	2	<3
51+.....	47 (2.2)	115.10 (18.02)		2.80 (0.11)	3.47 (0.11)	5.02 (0.14)	8.83 (0.55)	29.58 (1.01)	105.82 (2.74)	840.42 (293.23)	2	<3
19+.....	38 (1.5)	72.93 (9.60)		2.87 (0.11)	3.52 (0.11)	4.95 (0.12)	7.65 (0.21)	19.69 (1.98)	47.57 (8.42)	131.43 (52.09)	2	<3
<b>Females:</b>												
9-13.....	37 (3.9)	6.88 (0.72)		2.19* (0.18)	2.66 (0.18)	3.71 (0.20)	5.43 (0.28)	8.24 (0.49)	11.18 (0.63)	13.11* (1.36)	1.5	<3
14-18.....	21 (3.6)	8.63 (0.85)		1.76* (0.17)	2.12 (0.16)	2.93 (0.17)	4.16 (0.18)	6.25 (0.44)	11.77 (2.18)	16.82* (3.62)	2	8* (2.4)
19-50.....	36 (1.7)	55.85 (11.59)		2.10 (0.10)	2.53 (0.11)	3.48 (0.11)	5.17 (0.16)	9.08 (0.41)	21.65 (6.22)	128.70 (109.69)	2	4 (0.9)
51+.....	50 (2.4)	185.84 (33.14)		2.13 (0.11)	2.60 (0.11)	3.75 (0.14)	7.14 (0.79)	29.13 (1.07)	422.75 (195.06)	1010.33 (24.24)	2	4 (0.8)
19+.....	44 (1.7)	126.95 (20.77)		2.12 (0.10)	2.56 (0.10)	3.61 (0.10)	5.83 (0.24)	15.38 (2.15)	104.64 (63.51)	1002.02 (372.15)	2	4 (0.8)
<b>All:</b>												
1+.....	39 (1.1)	81.21 (9.85)		2.36 (0.06)	2.89 (0.06)	4.06 (0.07)	6.30 (0.13)	12.36 (0.63)	42.97 (8.22)	251.37 (98.09)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin B12. Sample size presented on page 24.

EAR=Estimated Average Requirement

It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements

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

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2013-2016

Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TB 9. Vitamin C (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	44 (3.2)	80.2 (5.7)	27.5 (2.5)	34.2 (2.7)	48.1 (3.1)	68.2 (3.5)	94.7 (4.2)	124.9 (5.7)	149.3 (8.6)	13	<3	400	<3
4-8.....	49 (3.6)	95.9 (16.9)	26.8 (2.4)	33.4 (2.7)	47.8 (2.9)	68.8 (3.5)	96.0 (4.8)	127.9 (8.3)	159.5 (17.9)	22	<3	650	<3
<b>Males:</b>													
9-13.....	29 (3.8)	108.2 (16.1)	26.1* (2.4)	33.5 (2.8)	48.5 (3.3)	73.2 (4.7)	108.8 (8.3)	163.6 (27.1)	339.8* (217.6)	39	15 (2.9)	1200	<3
14-18.....	25 (3.0)	112.3 (16.9)	21.9* (1.9)	28.2 (2.2)	41.9 (2.9)	64.4 (4.4)	100.0 (8.6)	183.0 (48.2)	423.1* (191.8)	63	49 (4.4)	1800	<3
19-50.....	32 (1.9)	149.7 (13.5)	21.4 (1.4)	29.2 (1.6)	48.2 (2.2)	83.3 (3.3)	142.6 (5.4)	253.9 (23.2)	439.0 (75.0)	75	45 (2.0)	2000	<3
51+.....	50 (2.7)	224.0 (15.4)	27.4 (2.1)	38.3 (2.6)	66.7 (4.0)	119.9 (5.6)	210.9 (11.2)	592.4 (83.8)	938.5 (172.4)	75	29 (2.2)	2000	<3
19+.....	41 (1.6)	185.9 (11.3)	23.7 (1.5)	32.7 (1.7)	55.5 (2.5)	98.8 (3.5)	174.4 (6.0)	366.2 (48.9)	671.2 (54.3)	75	37 (1.8)	2000	<3
<b>Females:</b>													
9-13.....	41 (3.7)	117.1 (33.7)	22.6* (2.0)	29.1 (2.2)	44.3 (2.7)	67.9 (3.5)	100.8 (5.0)	142.2 (9.8)	180.8* (97.8)	39	19 (2.6)	1200	<3
14-18.....	26 (3.5)	139.3 (33.6)	19.1* (2.5)	24.2 (2.9)	36.9 (3.7)	58.4 (5.1)	94.7 (8.9)	168.0 (40.6)	635.7* (625.0)	56	48 (5.2)	1800	<3
19-50.....	37 (1.9)	136.1 (10.1)	21.6 (1.5)	28.8 (1.6)	45.5 (2.0)	75.9 (3.0)	127.2 (5.9)	236.8 (33.4)	542.8 (83.3)	60	38 (2.0)	2000	<3
51+.....	50 (1.9)	228.0 (15.6)	25.3 (1.5)	34.2 (1.7)	56.8 (2.0)	105.0 (4.4)	203.4 (12.1)	627.2 (47.1)	1019.5 (77.0)	60	27 (1.4)	2000	<3
19+.....	44 (1.3)	186.4 (10.0)	23.4 (1.4)	31.3 (1.6)	50.7 (1.8)	89.1 (2.8)	163.1 (6.5)	449.4 (79.6)	769.0 (75.8)	60	32 (1.4)	2000	<3
<b>All:</b>													
1+.....	41 (0.9)	170.0 (6.8)	23.6 (0.9)	31.5 (1.0)	50.6 (1.3)	85.8 (1.9)	150.8 (3.3)	323.4 (23.2)	655.7 (32.5)	32	(1.1)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR used is for non-smokers regardless of smoking status  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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

**Table TB 10. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
<b>Non-Hispanic White</b>														
<b>Males:</b>														
19-50.....	27 (3.6)	--	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	32 (6.1)	--	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	29 (3.1)	122.8 (16.4)	14.9 (1.2)	20.6 (1.4)	35.1 (2.1)	61.6 (3.5)	109.2 (8.1)	212.0 (49.0)	436.1 (130.4)	110	75 (2.7)	2000	<3	
<b>Females:</b>														
19-50.....	30 (2.8)	--	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	32 (3.6)	--	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	31 (2.6)	140.2 (26.0)	14.4 (1.3)	19.5 (1.4)	31.0 (1.7)	52.4 (2.3)	96.8 (5.0)	178.7 (51.2)	628.4 (289.5)	95	74 (1.9)	2000	<3	

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
 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 not displayed due to small sample size and for consistency of presentation

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

**Table TB 11. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males:</b>													
19-50.....	34 (2.0)	162.1 (14.5)	25.2 (1.6)	33.6 (1.8)	54.1 (2.4)	91.3 (3.4)	153.6 (5.6)	267.4 (20.6)	442.3 (75.4)	75	40 (2.0)	2000	<3
51+.....	53 (2.5)	235.3 (14.4)	31.6 (2.3)	43.5 (2.7)	74.4 (4.0)	128.7 (5.5)	222.7 (12.0)	614.7 (50.4)	1017.6 (161.8)	75	25 (2.0)	2000	<3
19+.....	44 (1.6)	199.7 (10.8)	27.7 (1.7)	37.8 (1.9)	62.5 (2.7)	108.7 (3.7)	187.3 (6.3)	401.1 (62.4)	706.9 (66.7)	75	32 (1.8)	2000	<3
<b>Females:</b>													
19-50.....	39 (2.6)	145.9 (11.2)	26.3 (1.6)	34.5 (1.9)	53.0 (2.3)	85.0 (3.8)	136.7 (7.6)	262.6 (40.2)	553.3 (71.6)	60	31 (2.3)	2000	<3
51+.....	53 (2.0)	234.8 (17.5)	30.6 (1.7)	40.4 (1.8)	64.9 (2.4)	115.6 (5.2)	219.6 (14.9)	647.9 (55.3)	1016.4 (75.4)	60	22 (1.3)	2000	<3
19+.....	47 (1.6)	197.0 (11.0)	28.5 (1.6)	37.4 (1.7)	58.8 (2.2)	99.7 (3.6)	177.9 (8.3)	530.5 (69.7)	788.0 (93.8)	60	26 (1.6)	2000	<3

NOTES: <sup>†</sup>Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
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

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

**Table TB 12. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males:</b>													
19-50.....	32 (1.9)	149.3 (12.6)	21.2 (1.4)	29.1 (1.6)	48.3 (2.1)	83.1 (3.0)	141.7 (4.9)	255.3 (21.2)	432.1 (74.8)	110/75	49 (1.9)	2000	<3
51+.....	50 (2.7)	224.3 (14.4)	27.0 (1.9)	38.1 (2.3)	66.8 (3.9)	120.5 (5.6)	210.9 (10.5)	594.4 (70.8)	942.3 (166.3)	110/75	31 (2.2)	2000	<3
19+.....	41 (1.6)	185.8 (10.5)	23.6 (1.4)	32.6 (1.7)	55.3 (2.3)	98.8 (3.5)	174.3 (5.8)	365.5 (42.9)	674.7 (47.2)	110/75	40 (1.7)	2000	<3
<b>Females:</b>													
19-50.....	37 (1.9)	135.6 (10.0)	20.8 (1.5)	28.1 (1.6)	45.4 (2.0)	76.0 (2.9)	126.5 (5.9)	234.5 (35.6)	543.2 (84.0)	95/60	43 (2.0)	2000	<3
51+.....	50 (1.9)	227.8 (15.8)	25.6 (1.7)	34.4 (1.8)	57.4 (2.3)	105.4 (4.4)	202.0 (12.6)	629.2 (46.2)	1022.5 (74.4)	95/60	29 (1.6)	2000	<3
19+.....	44 (1.3)	186.0 (10.0)	23.0 (1.6)	31.1 (1.7)	51.0 (2.0)	89.7 (2.9)	161.7 (6.2)	447.7 (83.2)	764.8 (73.2)	95/60	35 (1.6)	2000	<3

NOTES: <sup>†</sup>Percent reporting supplement containing vitamin C. Sample size presented on page 24.  
Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level

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

**Table TB 13. Vitamin D (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	43 (3.3)	9.3 (0.2)	3.3 (0.2)	4.1 (0.2)	5.7 (0.2)	8.3 (0.2)	11.8 (0.4)	15.9 (0.6)	18.8 (0.8)	10	64 (1.9)	63	<3
4-8.....	46 (3.6)	9.3 (0.4)	2.6 (0.2)	3.3 (0.2)	4.9 (0.2)	7.6 (0.4)	12.4 (0.7)	17.5 (0.9)	20.5 (0.9)	10	64 (2.8)	75	<3
<b>Males:</b>													
9-13.....	26 (3.4)	8.3 (0.5)	2.2* (0.2)	2.8 (0.2)	4.1 (0.3)	6.3 (0.4)	10.1 (0.7)	16.0 (1.6)	21.7* (2.1)	10	75 (2.8)	100	<3
14-18.....	23 (3.2)	9.4 (1.3)	2.1* (0.2)	2.7 (0.3)	4.0 (0.3)	6.0 (0.4)	9.3 (0.7)	16.4 (2.9)	25.1* (6.2)	10	78 (3.1)	100	<3
19-50.....	28 (1.7)	11.9 (0.8)	1.7 (0.1)	2.2 (0.1)	3.5 (0.2)	5.8 (0.3)	11.7 (0.8)	24.1 (1.5)	41.7 (8.2)	10	71 (1.8)	100	<3
51+.....	53 (2.2)	24.2 (1.6)	2.1 (0.2)	2.9 (0.2)	4.9 (0.3)	12.4 (1.3)	27.6 (1.5)	55.7 (2.7)	78.2 (20.5)	10	46 (2.2)	100	4 (1.0)
19+.....	40 (1.7)	17.9 (0.9)	1.9 (0.1)	2.5 (0.1)	4.0 (0.2)	7.4 (0.4)	19.3 (1.0)	40.9 (3.8)	63.2 (4.4)	10	59 (1.6)	100	<3
<b>Females:</b>													
9-13.....	38 (3.9)	10.8 (2.0)	1.9* (0.2)	2.5 (0.2)	3.9 (0.2)	6.5 (0.4)	12.2 (0.9)	18.5 (1.5)	23.0* (3.3)	10	68 (3.0)	100	<3
14-18.....	25 (3.5)	14.1 (3.0)	1.3* (0.1)	1.7 (0.2)	2.6 (0.2)	4.2 (0.3)	8.0 (1.2)	22.5 (5.7)	63.8* (33.1)	10	79 (3.2)	100	3* (1.6)
19-50.....	38 (2.0)	17.9 (1.8)	1.5 (0.1)	1.9 (0.1)	3.0 (0.1)	5.2 (0.2)	15.0 (1.4)	35.3 (3.6)	65.4 (14.6)	10	68 (1.8)	100	3 (1.0)
51+.....	63 (1.8)	34.5 (2.0)	1.9 (0.1)	2.5 (0.1)	4.4 (0.2)	18.1 (2.8)	46.8 (3.4)	75.2 (6.4)	127.9 (15.1)	10	40 (1.9)	100	7 (1.1)
19+.....	52 (1.4)	27.0 (1.6)	1.7 (0.1)	2.2 (0.1)	3.5 (0.1)	8.3 (0.7)	30.4 (1.1)	62.1 (4.6)	103.2 (13.8)	10	53 (1.4)	100	5 (0.9)
<b>All:</b>													
1+.....	44 (1.2)	19.9 (0.8)	1.8 (0.1)	2.4 (0.1)	3.8 (0.1)	7.3 (0.2)	20.3 (0.8)	49.5 (3.2)	70.1 (4.7)	10	59 (0.9)		3 (0.5)

NOTES: <sup>†</sup> Percent reporting supplement containing vitamin D. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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

**Table TB 14. Vitamin K (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males:</b>											
19-50.....	20 (1.6)	122.6 (3.5)	49.6 (3.1)	59.6 (3.0)	80.4 (3.1)	111.2 (3.3)	152.2 (4.5)	199.8 (7.1)	234.3 (9.1)	120	44 (2.5)
51+.....	36 (2.6)	138.1 (4.1)	56.5 (4.0)	68.1 (4.1)	92.0 (4.2)	126.7 (4.4)	171.0 (5.0)	221.7 (6.8)	258.4 (9.0)	120	55 (3.0)
19+.....	27 (1.5)	130.1 (3.2)	52.5 (3.2)	63.2 (3.3)	85.7 (3.3)	118.5 (3.2)	161.9 (4.1)	211.6 (6.2)	246.7 (8.3)	120	49 (2.3)
<b>Females:</b>											
19-50.....	18 (1.7)	125.9 (4.8)	42.7 (2.6)	52.7 (2.9)	74.9 (3.4)	109.3 (4.4)	158.2 (6.2)	217.5 (8.6)	261.3 (11.1)	90	63 (2.9)
51+.....	33 (1.8)	133.9 (4.6)	44.8 (2.6)	55.6 (2.8)	80.1 (3.2)	117.1 (4.0)	168.4 (5.5)	230.4 (8.1)	276.4 (10.4)	90	68 (2.4)
19+.....	26 (1.2)	130.3 (4.4)	43.9 (2.5)	54.3 (2.7)	77.6 (3.1)	113.5 (3.9)	163.8 (5.3)	224.5 (7.9)	270.2 (10.2)	90	66 (2.4)

NOTES: <sup>†</sup>Percent reporting supplement containing vitamin K. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing vitamin K  
 AI=Adequate Intake

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

**Table TB 15. Calcium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	11 (2.4)	1001 (16)	615 (21)	683 (20)	815 (18)	978 (17)	1162 (19)	1344 (24)	1464 (29)	500	<3	2500	<3
4-8.....	13 (2.3)	1044 (21)	639 (21)	712 (21)	850 (20)	1022 (21)	1213 (26)	1405 (34)	1526 (40)	800	19 (2.4)	2500	<3
<b>Males:</b>													
9-13.....	10 (2.5)	1160 (40)	600* (38)	701 (37)	881 (39)	1110 (41)	1386 (47)	1683 (58)	1878* (61)	1100	49 (4.4)	3000	<3
14-18.....	21 (3.7)	1256 (49)	651* (39)	754 (40)	947 (42)	1194 (47)	1502 (58)	1837 (74)	2063* (93)	1100	41 (4.7)	3000	<3
19-50.....	38 (1.9)	1254 (19)	633 (18)	732 (18)	931 (17)	1192 (17)	1500 (21)	1841 (31)	2078 (41)	800	14 (1.2)	2500	<3
51+.....	55 (2.3)	1195 (23)	570 (21)	673 (21)	868 (21)	1132 (22)	1454 (26)	1802 (33)	2038 (40)		24 (1.7)	2000	6 (0.6)
19+.....	46 (1.5)	1225 (15)	599 (18)	703 (17)	899 (16)	1163 (15)	1479 (17)	1823 (22)	2058 (28)		19 (1.3)		4 (0.3)
<b>Females:</b>													
9-13.....	16 (2.9)	1035 (31)	521* (27)	608 (28)	776 (30)	991 (32)	1248 (37)	1513 (47)	1697* (52)	1100	62 (3.4)	3000	<3
14-18.....	21 (3.6)	925 (34)	446* (27)	517 (29)	670 (30)	876 (34)	1131 (42)	1395 (50)	1574* (59)	1100	73 (3.3)	3000	<3
19-50.....	40 (2.1)	1033 (21)	525 (16)	601 (16)	754 (16)	959 (19)	1225 (25)	1529 (36)	1760 (52)	800	31 (2.0)	2500	<3
51+.....	61 (2.3)	1188 (20)	510 (13)	595 (13)	774 (15)	1070 (21)	1501 (34)	1976 (39)	2259 (39)	1000	45 (1.6)	2000	9 (0.8)
19+.....	51 (1.2)	1118 (12)	517 (13)	598 (12)	764 (11)	1009 (11)	1359 (20)	1794 (33)	2102 (39)		38 (1.1)		6 (0.5)
<b>All:</b>													
1+.....	42 (0.9)	1150 (10)	551 (11)	643 (10)	822 (10)	1072 (10)	1389 (13)	1757 (19)	2019 (24)		31 (1.0)		4 (0.2)

NOTES: <sup>†</sup> Percent reporting supplement containing calcium. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2013-2016  
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**Table TB 16. Phosphorus (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males:</b>													
19-50.....	10 (1.3)	1714 (20)	1020 (24)	1149 (22)	1385 (20)	1675 (20)	2002 (25)	2329 (34)	2544 (41)	580	<3	4000	<3
51+.....	26 (2.1)	1570 (16)	898 (20)	1021 (18)	1248 (16)	1532 (16)	1851 (21)	2166 (29)	2365 (35)	580	<3		<3
19+.....	18 (1.0)	1644 (15)	953 (20)	1080 (18)	1314 (15)	1605 (15)	1934 (20)	2256 (28)	2465 (36)	580	<3		<3
<b>Females:</b>													
19-50.....	8 (1.1)	1252 (18)	775 (17)	864 (16)	1030 (16)	1228 (18)	1452 (21)	1667 (26)	1805 (30)	580	<3	4000	<3
51+.....	24 (1.5)	1182 (14)	712 (18)	799 (16)	958 (14)	1158 (14)	1377 (16)	1596 (22)	1741 (27)	580	<3		<3
19+.....	17 (0.8)	1214 (12)	737 (15)	825 (14)	989 (12)	1189 (12)	1413 (14)	1632 (20)	1772 (24)	580	<3		<3

NOTES: <sup>†</sup> Percent reporting supplement containing phosphorus. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing phosphorus  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

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

**Table TB 17. Magnesium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Non-Hispanic White</b>											
<b>Males and females:</b>											
1-3.....	8 (2.2)	186 (3)	123 (4)	134 (4)	156 (3)	183 (3)	213 (4)	243 (5)	262 (7)	65	<3
4-8.....	9 (2.6)	219 (4)	145 (4)	159 (4)	184 (4)	215 (4)	249 (5)	284 (7)	307 (9)	110	<3
<b>Males:</b>											
9-13.....	5* (1.5)	262 (8)	154* (8)	174 (7)	209 (7)	253 (8)	305 (10)	361 (15)	399* (19)	200	21 (3.5)
14-18.....	12 (2.6)	293 (7)	173* (6)	193 (6)	232 (6)	282 (7)	342 (10)	408 (15)	453* (18)	340	74 (3.1)
19-50.....	28 (1.9)	376 (6)	195 (5)	224 (5)	280 (5)	356 (6)	447 (8)	547 (12)	621 (17)		45 (1.7)
51+.....	44 (2.1)	394 (8)	194 (6)	226 (6)	286 (6)	368 (7)	468 (9)	581 (14)	673 (22)	350	45 (1.9)
19+.....	35 (1.6)	385 (6)	195 (6)	225 (5)	283 (5)	362 (5)	457 (7)	564 (12)	647 (17)		45 (1.6)
<b>Females:</b>											
9-13.....	13 (2.7)	241 (5)	140* (7)	157 (7)	192 (6)	234 (6)	283 (7)	333 (9)	367* (12)	200	30 (3.2)
14-18.....	12 (2.7)	233 (7)	130* (7)	146 (7)	177 (6)	220 (6)	272 (8)	334 (15)	381* (25)	300	83 (2.6)
19-50.....	22 (1.7)	295 (6)	160 (4)	182 (4)	223 (4)	276 (5)	342 (6)	417 (9)	479 (16)		43 (2.1)
51+.....	42 (1.9)	326 (6)	159 (4)	181 (4)	226 (4)	288 (5)	369 (8)	492 (19)	662 (42)	265	41 (2.0)
19+.....	33 (1.2)	312 (5)	160 (3)	181 (3)	225 (3)	283 (4)	356 (5)	453 (11)	563 (27)		42 (1.6)
<b>All:</b>											
1+.....	29 (1.0)	326 (4)	158 (2)	181 (2)	227 (2)	295 (3)	387 (5)	499 (8)	589 (13)		41 (1.1)

NOTES: <sup>†</sup> Percent reporting supplement containing magnesium. Sample size presented on page 24.  
 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 TB 18. Iron (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	9 (1.8)	10.0 (0.3)	5.5* (0.2)	6.2 (0.2)	7.5 (0.2)	9.3 (0.2)	11.4 (0.3)	14.1 (0.6)	16.8* (1.6)	3	<3	40	<3
4-8.....	7 (1.0)	13.3 (0.2)	7.7 (0.2)	8.6 (0.2)	10.2 (0.2)	12.4 (0.2)	15.1 (0.3)	18.4 (0.5)	21.6 (1.1)	4.1	<3	40	<3
<b>Males:</b>													
9-13.....	<3	16.0 (0.9)	8.8* (0.6)	10.0 (0.6)	12.2 (0.7)	15.1 (0.8)	18.8 (0.9)	22.8 (1.3)	26.2* (1.8)	5.9	<3	40	<3
14-18.....	<3	17.0 (0.6)	9.5* (0.6)	10.7 (0.6)	13.1 (0.6)	16.3 (0.6)	20.0 (0.5)	24.0 (0.6)	27.0* (0.8)	7.7	<3	45	<3
19-50.....	9 (1.8)	17.6 (0.5)	9.0 (0.3)	10.3 (0.3)	12.9 (0.4)	16.4 (0.4)	20.7 (0.5)	26.1 (0.8)	30.9 (1.3)	6	<3	45	<3
51+.....	11 (1.4)	19.0 (0.7)	8.9 (0.3)	10.2 (0.3)	12.9 (0.3)	16.4 (0.3)	21.0 (0.5)	28.2 (1.4)	35.2 (1.8)	6	<3	45	<3
19+.....	10 (1.1)	18.3 (0.4)	8.9 (0.3)	10.3 (0.3)	12.9 (0.3)	16.4 (0.3)	20.8 (0.4)	27.0 (0.8)	33.0 (1.0)	6	<3	45	<3
<b>Females:</b>													
9-13.....	4* (1.1)	15.3 (0.4)	8.3* (0.4)	9.5 (0.4)	11.6 (0.4)	14.5 (0.4)	18.0 (0.4)	22.0 (0.8)	25.3* (1.9)	5.7	<3	40	<3
14-18.....	10* (2.5)	14.6 (0.9)	6.9* (0.3)	7.9 (0.4)	9.9 (0.4)	12.5 (0.5)	15.9 (0.7)	20.7 (1.5)	26.8* (4.9)	7.9	15 (2.2)	45	<3
19-50.....	19 (2.0)	16.3 (0.7)	7.2 (0.3)	8.2 (0.3)	10.2 (0.3)	13.1 (0.4)	17.5 (0.7)	27.9 (1.9)	35.1 (3.3)	8.1	16 (1.5)	45	<3
51+.....	22 (1.6)	16.5 (0.6)	6.9 (0.2)	7.9 (0.2)	10.0 (0.2)	12.9 (0.3)	17.4 (0.7)	28.5 (1.1)	34.2 (1.3)	5	<3	45	<3
19+.....	21 (1.0)	16.4 (0.4)	7.0 (0.3)	8.1 (0.3)	10.1 (0.2)	13.0 (0.2)	17.5 (0.5)	28.2 (1.1)	34.5 (1.3)	8 (0.9)		45	<3
<b>All:</b>													
1+.....	14 (0.6)	16.7 (0.2)	7.5 (0.2)	8.7 (0.1)	11.0 (0.1)	14.3 (0.2)	18.9 (0.3)	26.1 (0.5)	32.2 (0.5)	4 (0.3)			<3

NOTES: <sup>†</sup> Percent reporting supplement containing iron. Sample size presented on page 24.  
 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

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**Table TB 19. Zinc (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	38 (3.4)	8.3 (0.1)	5.1 (0.2)	5.6 (0.1)	6.6 (0.1)	7.9 (0.1)	9.4 (0.2)	11.1 (0.3)	12.7 (0.6)	2.5	<3	7	67 (2.4)
4-8.....	44 (3.5)	10.2 (0.3)	6.2 (0.2)	6.8 (0.2)	8.1 (0.2)	9.7 (0.2)	11.6 (0.3)	13.9 (0.5)	16.4 (1.0)	4	<3	12	21 (2.8)
<b>Males:</b>													
9-13.....	24 (3.5)	12.5 (0.4)	6.7* (0.5)	7.7 (0.5)	9.5 (0.4)	11.9 (0.4)	14.9 (0.4)	18.2 (0.7)	20.6* (1.0)	7	6* (2.1)	23	<3
14-18.....	18 (2.8)	14.6 (0.6)	7.5* (0.5)	8.6 (0.5)	10.6 (0.5)	13.3 (0.5)	17.0 (0.8)	21.9 (1.5)	26.3* (2.3)	8.5	10 (2.7)	34	<3
19-50.....	26 (1.7)	16.5 (0.3)	8.2 (0.2)	9.4 (0.1)	11.6 (0.1)	14.7 (0.2)	19.5 (0.4)	26.1 (0.7)	30.4 (1.1)	9.4	10 (0.8)	40	<3
51+.....	43 (2.5)	20.0 (0.6)	7.9 (0.2)	9.1 (0.2)	11.7 (0.2)	16.3 (0.5)	24.5 (0.6)	31.9 (1.0)	40.0 (2.4)	9.4	11 (1.0)	40	5 (0.9)
19+.....	34 (1.5)	18.2 (0.3)	8.1 (0.2)	9.3 (0.1)	11.6 (0.1)	15.3 (0.2)	21.9 (0.4)	29.1 (0.6)	34.7 (1.3)	9.4	11 (0.7)	40	3 (0.5)
<b>Females:</b>													
9-13.....	35 (4.1)	11.5 (0.3)	5.8* (0.4)	6.6 (0.4)	8.3 (0.3)	10.7 (0.3)	13.7 (0.3)	17.1 (0.5)	20.0* (0.8)	7	13 (3.0)	23	<3
14-18.....	17 (2.8)	10.4 (0.6)	4.9* (0.4)	5.6 (0.4)	7.1 (0.4)	9.1 (0.3)	11.8 (0.5)	15.5 (1.1)	19.4* (2.7)	7.3	27 (4.3)	34	<3
19-50.....	29 (2.1)	12.6 (0.4)	5.8 (0.1)	6.6 (0.2)	8.2 (0.2)	10.5 (0.2)	14.5 (0.6)	22.3 (0.8)	26.4 (0.8)	6.8	11 (1.2)	40	<3
51+.....	41 (2.1)	16.0 (0.4)	5.6 (0.2)	6.4 (0.2)	8.2 (0.2)	11.3 (0.4)	20.7 (0.6)	28.3 (0.8)	36.5 (2.3)	6.8	13 (1.2)	40	4 (0.6)
19+.....	35 (1.3)	14.4 (0.2)	5.7 (0.1)	6.5 (0.1)	8.2 (0.1)	10.8 (0.2)	17.8 (0.6)	25.7 (0.4)	31.9 (0.9)	6.8	12 (1.0)	40	<3
<b>All:</b>													
1+.....	34 (1.0)	15.3 (0.2)	6.1 (0.1)	7.1 (0.1)	9.0 (0.1)	12.3 (0.1)	18.5 (0.3)	26.2 (0.3)	31.7 (0.6)	11 (0.7)			6 (0.3)

NOTES: <sup>†</sup> Percent reporting supplement containing zinc. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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

**Table TB 20. Copper (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	7 (1.7)	0.8 (0.02)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.8 (0.02)	1.0 (0.04)	1.2 (0.11)	0.26	<3	1	11 (1.8)
4-8.....	9 (1.8)	1.0 (0.03)	0.6 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.0 (0.03)	1.3 (0.06)	1.9 (0.35)	0.34	<3	3	<3
<b>Males:</b>													
9-13.....	5* (1.6)	1.1 (0.04)	0.6* (0.04)	0.7 (0.04)	0.8 (0.04)	1.0 (0.04)	1.2 (0.05)	1.5 (0.07)	1.7* (0.11)	0.54	<3	5	<3
14-18.....	11 (3.0)	1.3 (0.08)	0.7* (0.04)	0.8 (0.04)	0.9 (0.04)	1.1 (0.04)	1.4 (0.06)	1.8 (0.21)	2.7* (0.61)	0.685	6* (2.2)	8	<3
19-50.....	21 (1.9)	1.6 (0.04)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.9 (0.05)	2.7 (0.13)	3.3 (0.11)	0.7	3 (0.5)	10	<3
51+.....	40 (2.6)	1.8 (0.04)	0.8 (0.02)	0.9 (0.02)	1.2 (0.02)	1.5 (0.03)	2.1 (0.06)	3.1 (0.10)	3.6 (0.08)	0.7	3 (0.5)	10	<3
19+.....	30 (1.5)	1.7 (0.03)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.5 (0.02)	2.0 (0.04)	2.9 (0.10)	3.5 (0.08)	0.7	3 (0.4)	10	<3
<b>Females:</b>													
9-13.....	7* (1.4)	1.0 (0.02)	0.6* (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.02)	1.2 (0.03)	1.4 (0.05)	1.8* (0.25)	0.54	4* (1.1)	5	<3
14-18.....	6* (1.6)	1.0 (0.04)	0.5* (0.03)	0.6 (0.03)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.3 (0.06)	1.7* (0.36)	0.685	22 (3.2)	8	<3
19-50.....	20 (1.7)	1.4 (0.04)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.2 (0.03)	1.6 (0.06)	2.5 (0.15)	3.1 (0.08)	0.7	8 (0.9)	10	<3
51+.....	38 (2.1)	1.6 (0.04)	0.7 (0.01)	0.7 (0.01)	0.9 (0.02)	1.3 (0.03)	1.9 (0.06)	2.9 (0.07)	3.4 (0.05)	0.7	7 (0.8)	10	<3
19+.....	30 (1.3)	1.5 (0.03)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.02)	1.7 (0.04)	2.8 (0.07)	3.3 (0.04)	0.7	8 (0.7)	10	<3
<b>All:</b>													
1+.....	25 (1.1)	1.5 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.01)	1.8 (0.03)	2.7 (0.07)	3.3 (0.04)		5 (0.3)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing copper. Sample size presented on page 24.  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2013-2016  
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**Table TB 21. Selenium (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Non-Hispanic White</b>													
<b>Males:</b>													
19-50.....	21 (1.8)	157 (3)	87 (2)	98 (2)	120 (3)	148 (3)	184 (4)	228 (5)	259 (7)	45	<3	400	<3
51+.....	40 (2.3)	155 (3)	79 (2)	91 (2)	113 (2)	144 (2)	185 (4)	235 (5)	267 (7)	45	<3	400	<3
19+.....	31 (1.5)	156 (2)	83 (2)	95 (2)	117 (2)	146 (2)	185 (3)	231 (5)	263 (6)	45	<3	400	<3
<b>Females:</b>													
19-50.....	20 (2.0)	109 (2)	61 (1)	69 (1)	84 (1)	102 (2)	126 (2)	153 (4)	175 (5)	45	<3	400	<3
51+.....	36 (1.9)	110 (2)	58 (2)	65 (1)	81 (1)	102 (2)	130 (2)	162 (3)	185 (4)	45	<3	400	<3
19+.....	29 (1.4)	110 (1)	59 (1)	67 (1)	82 (1)	102 (1)	128 (2)	158 (2)	181 (3)	45	<3	400	<3

NOTES: <sup>†</sup> Percent reporting supplement containing selenium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing selenium  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2013-2016  
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**Table TB 22. Sodium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Non-Hispanic White</b>													
<b>Males and females:</b>													
1-3.....	11 (2.5)	1929 (49)	1192 (56)	1324 (55)	1574 (52)	1884 (50)	2236 (52)	2589 (58)	2820 (63)	800	>97	1200	95 (1.8)
4-8.....	12 (2.3)	2664 (48)	1720 (54)	1893 (52)	2216 (48)	2614 (49)	3055 (55)	3498 (71)	3777 (82)	1000	>97	1500	>97
<b>Males:</b>													
9-13.....	6* (2.1)	3463 (77)	2184* (88)	2432 (86)	2858 (79)	3388 (78)	3990 (86)	4591 (104)	4994* (121)	1200	>97	1800	>97
14-18.....	10 (2.8)	3920 (78)	2538* (103)	2785 (100)	3259 (90)	3837 (81)	4504 (76)	5156 (87)	5566* (95)	1500	>97	2300	>97
19-50.....	11 (1.0)	4353 (62)	2726 (49)	3029 (47)	3587 (48)	4271 (60)	5030 (80)	5784 (107)	6270 (128)	1500	>97	2300	>97
51+.....	13 (2.0)	3914 (51)	2353 (46)	2648 (44)	3181 (42)	3837 (50)	4559 (67)	5282 (91)	5745 (109)	1500	>97	2300	96 (0.6)
19+.....	12 (1.1)	4139 (51)	2509 (44)	2816 (41)	3372 (40)	4057 (48)	4818 (69)	5565 (95)	6044 (116)	1500	>97	2300	>97
<b>Females:</b>													
9-13.....	11 (2.2)	3075 (56)	1915* (60)	2121 (58)	2524 (53)	3005 (55)	3561 (70)	4107 (95)	4464* (116)	1200	>97	1800	97* (0.8)
14-18.....	8* (2.6)	2904 (65)	1795* (70)	1992 (68)	2359 (65)	2828 (66)	3364 (76)	3919 (97)	4257* (107)	1500	>97	2300	78 (3.0)
19-50.....	9 (1.6)	3146 (39)	1892 (38)	2119 (36)	2549 (37)	3071 (40)	3671 (47)	4260 (58)	4638 (64)	1500	>97	2300	85 (1.3)
51+.....	14 (1.3)	2851 (29)	1666 (36)	1882 (33)	2280 (31)	2781 (29)	3344 (35)	3913 (48)	4285 (59)	1500	>97	2300	74 (1.4)
19+.....	12 (0.9)	2985 (27)	1748 (33)	1972 (31)	2391 (28)	2909 (26)	3499 (34)	4088 (46)	4476 (57)	1500	>97	2300	79 (1.2)
<b>All:</b>													
1+.....	11 (0.6)	3435 (26)	1824 (20)	2093 (19)	2617 (19)	3305 (22)	4125 (36)	4953 (60)	5476 (81)	>97			89 (0.5)

NOTES: <sup>†</sup> Percent reporting supplement containing sodium. Sample size presented on page 24.  
 AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2013-2016  
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**Table TB 23. Potassium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic White Individuals, in the United States, 2013-2016**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Non-Hispanic White</b>											
<b>Males:</b>											
19-50.....	15 (1.3)	3040 (38)	1760 (41)	1999 (40)	2431 (37)	2974 (38)	3574 (44)	4167 (55)	4548 (64)	3400	31 (1.6)
51+.....	31 (2.5)	3136 (30)	1826 (42)	2067 (39)	2517 (35)	3070 (32)	3686 (34)	4287 (43)	4666 (50)	3400	36 (1.3)
19+.....	23 (1.3)	3087 (27)	1790 (38)	2030 (36)	2471 (32)	3019 (28)	3628 (32)	4226 (44)	4609 (51)	3400	33 (1.2)
<b>Females:</b>											
19-50.....	9 (1.1)	2328 (43)	1373 (29)	1549 (31)	1878 (36)	2280 (42)	2730 (52)	3167 (63)	3445 (69)	2600	31 (2.5)
51+.....	25 (1.4)	2412 (34)	1434 (34)	1613 (32)	1950 (32)	2362 (34)	2820 (38)	3277 (48)	3574 (56)	2600	36 (2.0)
19+.....	18 (0.8)	2374 (34)	1404 (27)	1582 (28)	1916 (29)	2325 (34)	2780 (41)	3226 (50)	3520 (57)	2600	34 (2.0)

NOTES: <sup>†</sup> Percent reporting supplement containing potassium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing potassium  
 AI=Adequate Intake

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## SAMPLE SIZE

	Sample Size	Sample Size by Adult Smoking Status †		
		Smokers <i>Table TB 10</i>	Non-Smokers <i>Table TB 11</i>	Smokers/Non-Smokers <i>Table TB 12</i>
<b>Non-Hispanic White</b>				
<b>Males and females:</b>				
1-3.....	358			
4-8.....	460			
<b>Males:</b>				
9-13.....	236			
14-18.....	223			
19-50.....	955	277	677	954
51+.....	973	151	822	973
19+.....	1928	428	1499	1927
<b>Females:</b>				
9-13.....	206			
14-18.....	213			
19-50.....	902	266	636	902
51+.....	1031	169	860	1029
19+.....	1933	435	1496	1931
<b>All:</b>				
1+.....	5557			

†Excludes individuals without smoking status data.

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## TABLE NOTES

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2013-2016 and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from individuals 1 year and over, excluding breast-fed children and pregnant or lactating females. Breast-fed children are excluded because human milk is not quantified in dietary recall interviews. The sample of pregnant and lactating females is not large enough to allow for reliable estimates. Individuals with missing or incomplete 30-day dietary supplement data are also excluded.

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, beverages (including water) and, dietary supplements. They do not contain intakes from 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 from food and beverages. Daily intake from dietary supplements derived from the 30-day questionnaire and the NCHS Dietary Supplement Database was added to the estimates of usual intake from food and beverages to produce the distributions of total usual nutrient intake presented in this table set. 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 total 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.

## 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.

**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.

**Symbol Legend**

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

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

**Percentiles:** Estimated 50<sup>th</sup> 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 25<sup>th</sup> and 75<sup>th</sup> percentile, 0.10 at the 10<sup>th</sup> and 90<sup>th</sup> percentile, and 0.05 at the 5<sup>th</sup> and 95<sup>th</sup> 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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