



United States
Department of
Agriculture

Agricultural
Research
Service

January 2021



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

What We Eat in America, NHANES 2015-2018

Table B

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

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

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

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 1381 (29) | 913* (24) | 1003 (24) | 1162 (26) | 1357 (29) | 1573 (34) | 1791 (45) | 1923* (50) |
| 4-8..... | 465 | 1744 (30) | 1185 (30) | 1292 (30) | 1481 (30) | 1717 (30) | 1977 (32) | 2231 (39) | 2400 (44) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 2123 (49) | 1407* (43) | 1538 (43) | 1789 (45) | 2090 (49) | 2414 (57) | 2754 (74) | 2953* (80) |
| 14-18..... | 219 | 2315 (60) | 1558* (46) | 1706 (46) | 1957 (50) | 2280 (58) | 2626 (73) | 2971 (89) | 3189* (101) |
| 19-50..... | 750 | 2584 (35) | 1579 (38) | 1772 (37) | 2112 (35) | 2534 (36) | 3005 (40) | 3455 (49) | 3741 (58) |
| 51+..... | 994 | 2424 (25) | 1438 (31) | 1622 (29) | 1969 (26) | 2375 (26) | 2834 (32) | 3275 (43) | 3571 (52) |
| 19+..... | 1744 | 2504 (22) | 1501 (31) | 1691 (29) | 2037 (24) | 2456 (22) | 2920 (28) | 3376 (39) | 3664 (47) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 1983 (40) | 1298* (37) | 1422 (37) | 1662 (35) | 1951 (39) | 2267 (49) | 2580 (60) | 2785* (70) |
| 14-18..... | 202 | 1816 (48) | 1179* (42) | 1297 (42) | 1515 (44) | 1781 (49) | 2086 (55) | 2379 (65) | 2567* (71) |
| 19-50..... | 741 | 1912 (25) | 1167 (32) | 1307 (30) | 1570 (27) | 1880 (26) | 2222 (30) | 2553 (39) | 2768 (46) |
| 51+..... | 930 | 1777 (27) | 1059 (24) | 1195 (23) | 1443 (22) | 1742 (26) | 2076 (36) | 2396 (47) | 2610 (56) |
| 19+..... | 1671 | 1837 (22) | 1101 (24) | 1240 (23) | 1494 (20) | 1804 (21) | 2143 (29) | 2473 (40) | 2687 (47) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 2105 (15) | 1186 (15) | 1341 (14) | 1636 (14) | 2025 (17) | 2490 (21) | 2981 (28) | 3300 (34) |

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

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

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

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-------------|-------------|------------|------------|------------|-------------|-------------|--------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 49.3 (1.0) | 32.2* (1.0) | 35.5 (1.0) | 41.3 (1.0) | 48.5 (1.0) | 56.4 (1.0) | 64.4 (1.3) | 69.2* (1.5) |
| 4-8..... | 465 | 59.5 (1.0) | 39.7 (1.0) | 43.4 (1.0) | 50.2 (0.9) | 58.5 (1.0) | 67.7 (1.2) | 76.7 (1.5) | 82.6 (1.7) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 73.4 (2.7) | 45.6* (2.2) | 50.5 (2.3) | 60.2 (2.4) | 71.9 (2.6) | 84.7 (3.0) | 98.3 (3.8) | 106.3* (4.0) |
| 14-18..... | 219 | 87.1 (3.8) | 55.9* (2.9) | 61.9 (3.1) | 72.2 (3.3) | 85.5 (3.8) | 99.9 (4.4) | 114.4 (5.0) | 123.6* (5.3) |
| 19-50..... | 750 | 100.2 (2.2) | 60.5 (2.5) | 68.0 (2.3) | 81.4 (2.1) | 98.1 (2.1) | 116.9 (2.8) | 135.0 (3.5) | 146.5 (4.0) |
| 51+..... | 994 | 93.0 (1.7) | 53.6 (1.9) | 61.0 (1.7) | 74.6 (1.5) | 91.0 (1.6) | 109.3 (2.3) | 127.3 (3.2) | 139.4 (3.9) |
| 19+..... | 1744 | 96.6 (1.8) | 56.5 (2.1) | 64.1 (2.0) | 77.9 (1.6) | 94.6 (1.7) | 113.2 (2.4) | 131.6 (3.2) | 143.3 (3.7) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 67.9 (2.8) | 41.5* (1.9) | 46.2 (2.1) | 55.3 (2.3) | 66.5 (2.8) | 78.9 (3.4) | 91.4 (3.9) | 99.6* (4.4) |
| 14-18..... | 202 | 63.3 (3.1) | 38.4* (2.3) | 42.9 (2.4) | 51.3 (2.7) | 61.8 (3.1) | 73.9 (3.5) | 85.6 (4.1) | 93.3* (4.3) |
| 19-50..... | 741 | 71.8 (1.2) | 44.1 (1.3) | 49.4 (1.2) | 59.1 (1.2) | 70.6 (1.2) | 83.2 (1.3) | 95.5 (1.5) | 103.4 (1.7) |
| 51+..... | 930 | 67.5 (1.3) | 40.6 (1.1) | 45.7 (1.1) | 55.0 (1.1) | 66.3 (1.3) | 78.8 (1.6) | 90.8 (1.8) | 98.7 (2.1) |
| 19+..... | 1671 | 69.5 (1.1) | 42.0 (1.0) | 47.2 (1.0) | 56.7 (1.0) | 68.3 (1.1) | 80.9 (1.3) | 93.1 (1.5) | 100.9 (1.7) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 79.3 (0.9) | 43.3 (0.8) | 49.1 (0.8) | 60.4 (0.9) | 75.6 (1.1) | 94.5 (1.2) | 114.8 (1.6) | 128.1 (2.2) |

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

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Table B 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 4.09 (0.07) | 2.69* (0.08) | 2.96 (0.08) | 3.45 (0.07) | 4.03 (0.07) | 4.67 (0.08) | 5.31 (0.09) | 5.69* (0.10) | 0.87 | <3 |
| 4-8..... | 463 | 2.62 (0.04) | 1.58 (0.05) | 1.77 (0.05) | 2.12 (0.05) | 2.56 (0.04) | 3.05 (0.05) | 3.53 (0.06) | 3.85 (0.07) | 0.76 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 223 | 1.78 (0.06) | 0.95* (0.06) | 1.10 (0.06) | 1.38 (0.06) | 1.73 (0.06) | 2.12 (0.07) | 2.53 (0.08) | 2.77* (0.09) | 0.76 | <3 |
| 14-18..... | 218 | 1.37 (0.05) | 0.67* (0.04) | 0.80 (0.04) | 1.02 (0.05) | 1.33 (0.05) | 1.66 (0.06) | 2.01 (0.08) | 2.23* (0.09) | 0.73 | 7* (1.7) |
| 19-50..... | 742 | 1.30 (0.03) | 0.69 (0.04) | 0.80 (0.03) | 1.01 (0.03) | 1.27 (0.03) | 1.56 (0.03) | 1.84 (0.03) | 2.02 (0.04) | 0.66 | 4 (1.0) |
| 51+..... | 977 | 1.22 (0.02) | 0.62 (0.03) | 0.73 (0.02) | 0.94 (0.02) | 1.19 (0.02) | 1.48 (0.02) | 1.76 (0.03) | 1.95 (0.04) | 0.66 | 7 (1.1) |
| 19+..... | 1719 | 1.26 (0.02) | 0.65 (0.03) | 0.76 (0.03) | 0.97 (0.02) | 1.23 (0.02) | 1.52 (0.02) | 1.80 (0.03) | 1.99 (0.03) | 0.66 | 5 (1.0) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 1.64 (0.04) | 0.85* (0.04) | 0.99 (0.04) | 1.25 (0.04) | 1.59 (0.04) | 1.96 (0.05) | 2.34 (0.07) | 2.59* (0.09) | 0.76 | 3* (0.8) |
| 14-18..... | 201 | 1.11 (0.04) | 0.50* (0.04) | 0.60 (0.04) | 0.80 (0.04) | 1.06 (0.04) | 1.37 (0.05) | 1.67 (0.06) | 1.87* (0.07) | 0.71 | 18 (2.8) |
| 19-50..... | 735 | 1.12 (0.02) | 0.62 (0.02) | 0.71 (0.02) | 0.89 (0.02) | 1.10 (0.02) | 1.33 (0.02) | 1.56 (0.03) | 1.71 (0.03) | 0.66 | 7 (1.1) |
| 51+..... | 920 | 1.08 (0.02) | 0.59 (0.02) | 0.68 (0.02) | 0.85 (0.02) | 1.05 (0.02) | 1.29 (0.03) | 1.51 (0.03) | 1.65 (0.04) | 0.66 | 9 (1.1) |
| 19+..... | 1655 | 1.10 (0.02) | 0.60 (0.02) | 0.69 (0.02) | 0.87 (0.02) | 1.08 (0.02) | 1.31 (0.02) | 1.53 (0.03) | 1.68 (0.03) | 0.66 | 8 (1.0) |
| All: | | | | | | | | | | | |
| 1+..... | 5069 | 1.38 (0.01) | 0.64 (0.01) | 0.74 (0.01) | 0.95 (0.01) | 1.21 (0.01) | 1.57 (0.02) | 2.12 (0.03) | 2.86 (0.05) | | 6 (0.6) |

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

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Table B 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 180 (3) | 117* (3) | 129 (3) | 151 (3) | 177 (3) | 207 (4) | 237 (6) | 255* (7) | 100 | <3 |
| 4-8..... | 465 | 230 (4) | 154 (3) | 168 (3) | 194 (3) | 226 (4) | 261 (5) | 296 (6) | 319 (7) | 100 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 275 (7) | 178* (7) | 196 (7) | 230 (7) | 271 (7) | 315 (8) | 360 (9) | 387* (10) | 100 | <3 |
| 14-18..... | 219 | 287 (9) | 188* (7) | 207 (7) | 240 (7) | 283 (8) | 328 (10) | 373 (12) | 402* (13) | 100 | <3 |
| 19-50..... | 750 | 290 (5) | 157 (5) | 181 (5) | 225 (5) | 281 (5) | 345 (6) | 408 (8) | 449 (9) | 100 | <3 |
| 51+..... | 994 | 272 (4) | 144 (4) | 167 (4) | 211 (4) | 264 (4) | 326 (4) | 387 (6) | 428 (7) | 100 | <3 |
| 19+..... | 1744 | 281 (3) | 150 (4) | 174 (4) | 218 (3) | 273 (3) | 336 (4) | 399 (6) | 439 (7) | 100 | <3 |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 259 (6) | 166* (6) | 183 (6) | 215 (5) | 255 (6) | 298 (6) | 340 (8) | 368* (9) | 100 | <3 |
| 14-18..... | 202 | 230 (6) | 144* (6) | 160 (6) | 189 (6) | 225 (6) | 266 (7) | 305 (8) | 331* (9) | 100 | <3 |
| 19-50..... | 741 | 220 (4) | 121 (4) | 139 (4) | 173 (4) | 215 (4) | 262 (5) | 308 (6) | 339 (7) | 100 | <3 |
| 51+..... | 930 | 205 (5) | 111 (4) | 128 (4) | 160 (4) | 199 (5) | 245 (6) | 290 (7) | 320 (9) | 100 | <3 |
| 19+..... | 1671 | 212 (3) | 115 (4) | 132 (4) | 165 (3) | 206 (3) | 252 (5) | 299 (6) | 329 (7) | 100 | <3 |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 245 (2) | 129 (3) | 149 (2) | 187 (2) | 235 (2) | 292 (3) | 354 (4) | 394 (5) | 100 | <3 |

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

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Table B 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 92 (2) | 55* (2) | 62 (2) | 75 (2) | 90 (2) | 108 (2) | 126 (4) | 137* (5) |
| 4-8..... | 465 | 107 (2) | 66 (3) | 74 (2) | 87 (2) | 105 (2) | 125 (2) | 144 (4) | 157 (5) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 126 (5) | 72* (5) | 82 (5) | 100 (5) | 123 (5) | 149 (5) | 176 (6) | 192* (6) |
| 14-18..... | 219 | 127 (4) | 73* (4) | 83 (4) | 100 (4) | 124 (4) | 149 (5) | 176 (6) | 193* (7) |
| 19-50..... | 750 | 123 (5) | 47 (2) | 59 (3) | 82 (3) | 114 (4) | 155 (6) | 199 (8) | 228 (10) |
| 51+..... | 994 | 120 (4) | 46 (3) | 57 (3) | 80 (3) | 111 (4) | 151 (5) | 193 (8) | 223 (10) |
| 19+..... | 1744 | 122 (3) | 47 (2) | 58 (2) | 81 (2) | 113 (3) | 153 (4) | 196 (7) | 225 (8) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 120 (4) | 68* (5) | 77 (4) | 95 (4) | 117 (4) | 142 (4) | 168 (6) | 185* (6) |
| 14-18..... | 202 | 104 (5) | 57* (5) | 65 (5) | 80 (5) | 100 (5) | 124 (6) | 147 (6) | 162* (6) |
| 19-50..... | 741 | 98 (2) | 40 (2) | 49 (2) | 67 (2) | 92 (2) | 122 (3) | 154 (3) | 176 (4) |
| 51+..... | 930 | 94 (3) | 38 (2) | 47 (2) | 64 (2) | 88 (3) | 118 (4) | 149 (5) | 171 (6) |
| 19+..... | 1671 | 96 (2) | 39 (2) | 47 (2) | 65 (2) | 90 (2) | 119 (3) | 151 (4) | 173 (5) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 109 (1) | 44 (1) | 55 (1) | 75 (1) | 102 (1) | 135 (2) | 172 (3) | 198 (5) |

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

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Table B 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-----|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 10.7 (0.3) | 5.8* (0.2) | 6.7 (0.2) | 8.3 (0.2) | 10.4 (0.3) | 12.7 (0.4) | 15.1 (0.5) | 16.7* (0.5) | 19 | <3 |
| 4-8..... | 465 | 13.3 (0.3) | 7.6 (0.2) | 8.7 (0.2) | 10.5 (0.2) | 13.0 (0.3) | 15.6 (0.4) | 18.4 (0.5) | 20.2 (0.5) | 25 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 15.7 (0.5) | 8.8* (0.4) | 10.0 (0.4) | 12.3 (0.5) | 15.2 (0.5) | 18.4 (0.7) | 21.9 (0.8) | 24.0* (0.9) | 31 | <3 |
| 14-18..... | 219 | 15.8 (0.5) | 9.0* (0.3) | 10.2 (0.4) | 12.4 (0.4) | 15.4 (0.5) | 18.7 (0.6) | 22.0 (0.8) | 24.2* (0.9) | 38 | <3 |
| 19-50..... | 750 | 18.2 (0.5) | 8.1 (0.3) | 9.8 (0.3) | 13.0 (0.4) | 17.3 (0.5) | 22.5 (0.6) | 27.8 (0.8) | 31.3 (1.0) | 38 | <3 |
| 51+..... | 994 | 19.0 (0.4) | 8.6 (0.3) | 10.3 (0.3) | 13.7 (0.3) | 18.1 (0.4) | 23.3 (0.5) | 28.7 (0.7) | 32.3 (0.9) | 30 | 8 (1.2) |
| 19+..... | 1744 | 18.6 (0.4) | 8.4 (0.3) | 10.0 (0.3) | 13.4 (0.3) | 17.7 (0.3) | 22.9 (0.5) | 28.2 (0.7) | 31.8 (0.9) | | 5 (0.7) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 15.4 (0.4) | 8.6* (0.4) | 9.8 (0.4) | 12.1 (0.4) | 15.0 (0.4) | 18.2 (0.5) | 21.5 (0.7) | 23.7* (0.8) | 26 | <3 |
| 14-18..... | 202 | 13.7 (0.4) | 7.5* (0.4) | 8.6 (0.4) | 10.6 (0.4) | 13.2 (0.4) | 16.3 (0.5) | 19.3 (0.6) | 21.3* (0.7) | 26 | <3 |
| 19-50..... | 741 | 15.2 (0.5) | 7.2 (0.3) | 8.5 (0.3) | 11.1 (0.4) | 14.5 (0.4) | 18.5 (0.6) | 22.7 (0.7) | 25.5 (0.9) | 25 | 6 (1.2) |
| 51+..... | 930 | 15.6 (0.4) | 7.5 (0.3) | 8.8 (0.3) | 11.4 (0.3) | 14.8 (0.4) | 18.9 (0.5) | 23.1 (0.6) | 26.0 (0.7) | 21 | 16 (1.8) |
| 19+..... | 1671 | 15.4 (0.4) | 7.3 (0.3) | 8.7 (0.3) | 11.3 (0.3) | 14.7 (0.4) | 18.8 (0.5) | 22.9 (0.6) | 25.8 (0.7) | | 12 (1.4) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 16.4 (0.3) | 7.6 (0.2) | 9.0 (0.2) | 11.8 (0.2) | 15.4 (0.3) | 19.9 (0.4) | 24.9 (0.5) | 28.3 (0.6) | | 7 (0.7) |

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

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

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

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-------------|-------------|------------|------------|-------------|-------------|-------------|--------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 54.0 (1.2) | 33.2* (1.2) | 37.1 (1.1) | 44.1 (1.1) | 52.8 (1.2) | 62.5 (1.5) | 72.4 (2.1) | 78.5* (2.5) |
| 4-8..... | 465 | 67.9 (1.5) | 43.4 (1.5) | 47.9 (1.4) | 56.2 (1.3) | 66.7 (1.5) | 78.2 (1.9) | 89.6 (2.4) | 97.2 (2.6) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 84.3 (2.3) | 53.1* (2.1) | 58.7 (2.0) | 69.6 (2.1) | 82.8 (2.3) | 97.1 (2.8) | 112.2 (3.8) | 121.0* (4.1) |
| 14-18..... | 219 | 91.9 (3.0) | 58.9* (2.1) | 65.3 (2.1) | 76.1 (2.3) | 90.2 (2.9) | 105.5 (3.7) | 120.7 (4.6) | 130.4* (5.2) |
| 19-50..... | 750 | 104.4 (2.2) | 59.0 (2.1) | 67.4 (2.1) | 82.6 (2.1) | 101.7 (2.3) | 123.5 (2.6) | 144.6 (3.1) | 158.1 (3.7) |
| 51+..... | 994 | 100.9 (1.8) | 56.1 (1.7) | 64.1 (1.6) | 79.7 (1.6) | 98.3 (1.7) | 119.6 (2.5) | 140.4 (3.3) | 154.3 (4.0) |
| 19+..... | 1744 | 102.6 (1.6) | 57.4 (1.7) | 65.7 (1.5) | 81.2 (1.4) | 100.0 (1.5) | 121.5 (2.0) | 142.7 (2.6) | 156.3 (3.2) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 78.6 (2.1) | 48.8* (1.9) | 54.1 (1.9) | 64.4 (1.9) | 77.1 (2.1) | 91.0 (2.6) | 104.9 (3.2) | 114.0* (3.7) |
| 14-18..... | 202 | 73.9 (2.5) | 45.6* (2.2) | 50.8 (2.2) | 60.4 (2.3) | 72.3 (2.6) | 85.9 (2.9) | 99.1 (3.5) | 107.7* (4.0) |
| 19-50..... | 741 | 79.3 (1.4) | 43.8 (1.5) | 50.1 (1.5) | 62.4 (1.4) | 77.2 (1.5) | 94.1 (1.6) | 110.8 (2.0) | 121.9 (2.3) |
| 51+..... | 930 | 74.4 (1.5) | 40.1 (1.2) | 46.3 (1.2) | 57.8 (1.2) | 72.2 (1.4) | 88.6 (1.9) | 104.9 (2.4) | 115.8 (2.8) |
| 19+..... | 1671 | 76.6 (1.2) | 41.5 (1.2) | 47.9 (1.1) | 59.7 (1.1) | 74.5 (1.2) | 91.1 (1.5) | 107.8 (1.9) | 118.6 (2.2) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 86.2 (1.0) | 45.0 (0.7) | 51.9 (0.7) | 65.1 (0.9) | 82.6 (1.0) | 103.5 (1.4) | 125.8 (1.9) | 140.0 (2.2) |

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

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

Table B 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 19.7 (0.5) | 12.0* (0.5) | 13.4 (0.4) | 16.0 (0.4) | 19.3 (0.4) | 22.9 (0.5) | 26.6 (0.7) | 28.9* (0.9) |
| 4-8..... | 465 | 24.2 (0.6) | 15.1 (0.6) | 16.8 (0.5) | 19.8 (0.5) | 23.7 (0.5) | 27.9 (0.7) | 32.2 (0.9) | 35.0 (1.0) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 29.6 (1.1) | 17.6* (1.0) | 19.7 (1.1) | 23.8 (1.1) | 28.9 (1.1) | 34.5 (1.3) | 40.5 (1.7) | 44.0* (1.8) |
| 14-18..... | 219 | 32.2 (1.4) | 19.5* (1.0) | 21.9 (1.0) | 26.0 (1.1) | 31.4 (1.3) | 37.4 (1.7) | 43.5 (2.0) | 47.4* (2.3) |
| 19-50..... | 750 | 34.9 (0.7) | 19.2 (0.7) | 22.0 (0.7) | 27.2 (0.7) | 33.9 (0.8) | 41.5 (0.9) | 48.9 (1.2) | 53.7 (1.3) |
| 51+..... | 994 | 33.3 (0.6) | 18.0 (0.7) | 20.7 (0.6) | 26.0 (0.6) | 32.4 (0.6) | 39.7 (0.8) | 47.1 (1.1) | 52.0 (1.3) |
| 19+..... | 1744 | 34.1 (0.6) | 18.6 (0.7) | 21.4 (0.6) | 26.6 (0.5) | 33.1 (0.6) | 40.6 (0.8) | 48.1 (1.1) | 52.9 (1.3) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 27.6 (0.9) | 16.2* (0.8) | 18.2 (0.8) | 22.1 (0.8) | 27.0 (0.9) | 32.4 (1.2) | 37.9 (1.5) | 41.6* (1.7) |
| 14-18..... | 202 | 25.0 (1.0) | 14.5* (1.0) | 16.3 (1.0) | 19.8 (1.0) | 24.2 (1.1) | 29.4 (1.2) | 34.5 (1.5) | 37.9* (1.7) |
| 19-50..... | 741 | 26.2 (0.5) | 13.8 (0.5) | 15.9 (0.5) | 20.2 (0.5) | 25.4 (0.5) | 31.4 (0.6) | 37.5 (0.8) | 41.6 (0.9) |
| 51+..... | 930 | 24.6 (0.5) | 12.7 (0.4) | 14.8 (0.4) | 18.7 (0.4) | 23.8 (0.5) | 29.6 (0.6) | 35.5 (0.9) | 39.5 (1.0) |
| 19+..... | 1671 | 25.4 (0.4) | 13.1 (0.4) | 15.3 (0.4) | 19.3 (0.4) | 24.5 (0.4) | 30.4 (0.5) | 36.5 (0.7) | 40.5 (0.9) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 28.9 (0.3) | 14.7 (0.3) | 17.0 (0.2) | 21.6 (0.2) | 27.6 (0.3) | 34.9 (0.5) | 42.6 (0.7) | 47.5 (0.9) |

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

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

Table B 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 17.7 (0.4) | 10.8* (0.4) | 12.0 (0.3) | 14.4 (0.3) | 17.3 (0.4) | 20.5 (0.5) | 23.9 (0.6) | 25.9* (0.7) |
| 4-8..... | 465 | 22.5 (0.4) | 14.2 (0.5) | 15.7 (0.4) | 18.5 (0.4) | 22.1 (0.4) | 26.0 (0.5) | 29.8 (0.6) | 32.5 (0.7) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 28.2 (1.1) | 17.5* (1.0) | 19.4 (1.1) | 23.1 (1.1) | 27.6 (1.1) | 32.6 (1.1) | 37.9 (1.3) | 41.0* (1.4) |
| 14-18..... | 219 | 30.7 (0.8) | 19.3* (0.8) | 21.5 (0.8) | 25.2 (0.8) | 30.1 (0.8) | 35.4 (0.9) | 40.7 (1.2) | 44.1* (1.4) |
| 19-50..... | 750 | 36.0 (0.7) | 19.7 (0.8) | 22.7 (0.8) | 28.1 (0.7) | 34.9 (0.7) | 42.8 (0.8) | 50.6 (1.1) | 55.6 (1.3) |
| 51+..... | 994 | 35.4 (0.5) | 19.2 (0.7) | 22.0 (0.7) | 27.6 (0.6) | 34.3 (0.5) | 42.1 (0.6) | 49.8 (0.8) | 55.0 (1.0) |
| 19+..... | 1744 | 35.7 (0.5) | 19.4 (0.8) | 22.4 (0.7) | 27.8 (0.6) | 34.6 (0.5) | 42.5 (0.6) | 50.2 (0.9) | 55.3 (1.1) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 26.1 (1.0) | 15.9* (0.9) | 17.7 (0.9) | 21.2 (0.9) | 25.5 (1.0) | 30.3 (1.2) | 35.2 (1.3) | 38.3* (1.4) |
| 14-18..... | 202 | 24.7 (1.1) | 14.9* (1.0) | 16.7 (1.0) | 20.0 (1.0) | 24.1 (1.1) | 28.8 (1.1) | 33.4 (1.3) | 36.3* (1.4) |
| 19-50..... | 741 | 27.1 (0.6) | 14.5 (0.6) | 16.7 (0.6) | 21.0 (0.6) | 26.3 (0.6) | 32.4 (0.7) | 38.5 (0.9) | 42.6 (1.1) |
| 51+..... | 930 | 25.6 (0.7) | 13.4 (0.4) | 15.6 (0.5) | 19.6 (0.5) | 24.8 (0.6) | 30.7 (0.8) | 36.7 (1.1) | 40.7 (1.2) |
| 19+..... | 1671 | 26.3 (0.6) | 13.9 (0.4) | 16.0 (0.4) | 20.2 (0.5) | 25.5 (0.6) | 31.5 (0.7) | 37.5 (0.9) | 41.6 (1.1) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 29.6 (0.4) | 14.9 (0.2) | 17.3 (0.2) | 21.9 (0.3) | 28.2 (0.4) | 35.8 (0.5) | 44.0 (0.6) | 49.3 (0.8) |

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

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

Table B 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 11.2 (0.4) | 6.0* (0.3) | 6.9 (0.3) | 8.6 (0.3) | 10.8 (0.4) | 13.4 (0.5) | 16.2 (0.6) | 18.0* (0.7) |
| 4-8..... | 465 | 14.9 (0.4) | 8.4 (0.4) | 9.5 (0.4) | 11.6 (0.4) | 14.4 (0.4) | 17.7 (0.5) | 21.0 (0.7) | 23.3 (0.8) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 18.8 (0.7) | 11.4* (0.5) | 12.7 (0.5) | 15.2 (0.5) | 18.3 (0.7) | 21.7 (0.9) | 25.5 (1.2) | 27.7* (1.3) |
| 14-18..... | 219 | 19.8 (0.8) | 12.2* (0.6) | 13.6 (0.6) | 16.1 (0.6) | 19.4 (0.7) | 23.0 (0.9) | 26.7 (1.1) | 29.1* (1.2) |
| 19-50..... | 750 | 23.4 (0.7) | 12.3 (0.6) | 14.3 (0.6) | 17.9 (0.6) | 22.6 (0.7) | 28.1 (0.8) | 33.7 (1.1) | 37.4 (1.4) |
| 51+..... | 994 | 23.2 (0.5) | 12.1 (0.5) | 14.0 (0.4) | 17.7 (0.4) | 22.3 (0.5) | 27.8 (0.7) | 33.4 (1.0) | 37.1 (1.2) |
| 19+..... | 1744 | 23.3 (0.5) | 12.2 (0.5) | 14.1 (0.5) | 17.8 (0.5) | 22.4 (0.5) | 27.9 (0.7) | 33.5 (1.0) | 37.3 (1.2) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 17.7 (0.7) | 10.7* (0.5) | 11.9 (0.5) | 14.3 (0.5) | 17.3 (0.6) | 20.7 (0.8) | 24.1 (1.0) | 26.4* (1.1) |
| 14-18..... | 202 | 17.4 (0.7) | 10.5* (0.6) | 11.8 (0.6) | 14.0 (0.6) | 16.9 (0.7) | 20.3 (0.8) | 23.7 (1.1) | 25.9* (1.2) |
| 19-50..... | 741 | 18.6 (0.4) | 10.0 (0.4) | 11.5 (0.3) | 14.3 (0.4) | 18.0 (0.4) | 22.2 (0.5) | 26.5 (0.6) | 29.4 (0.7) |
| 51+..... | 930 | 17.3 (0.4) | 9.1 (0.3) | 10.5 (0.3) | 13.2 (0.3) | 16.7 (0.3) | 20.7 (0.5) | 24.9 (0.6) | 27.7 (0.7) |
| 19+..... | 1671 | 17.9 (0.3) | 9.5 (0.3) | 10.9 (0.3) | 13.7 (0.3) | 17.2 (0.3) | 21.4 (0.4) | 25.7 (0.5) | 28.5 (0.6) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 19.7 (0.3) | 9.7 (0.2) | 11.4 (0.2) | 14.6 (0.2) | 18.7 (0.3) | 23.8 (0.4) | 29.3 (0.6) | 33.0 (0.7) |

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

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

Table B 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-----|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 10.1 (0.3) | 5.3* (0.2) | 6.1 (0.3) | 7.7 (0.3) | 9.7 (0.3) | 12.1 (0.4) | 14.6 (0.5) | 16.2* (0.6) | 7 | 82 (2.8) |
| 4-8..... | 465 | 13.5 (0.4) | 7.5 (0.3) | 8.5 (0.3) | 10.4 (0.3) | 13.0 (0.4) | 16.0 (0.5) | 19.0 (0.6) | 21.1 (0.7) | 10 | 79 (2.7) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 16.9 (0.5) | 10.2* (0.4) | 11.4 (0.4) | 13.7 (0.4) | 16.5 (0.5) | 19.6 (0.7) | 23.0 (1.0) | 25.1* (1.1) | 12 | 87 (2.3) |
| 14-18..... | 219 | 17.8 (0.7) | 10.9* (0.5) | 12.2 (0.6) | 14.4 (0.6) | 17.3 (0.7) | 20.6 (0.9) | 24.0 (1.1) | 26.2* (1.2) | 16 | 62 (5.5) |
| 19-50..... | 750 | 20.8 (0.5) | 11.0 (0.5) | 12.7 (0.4) | 15.9 (0.4) | 20.0 (0.5) | 25.0 (0.6) | 30.0 (0.9) | 33.2 (1.1) | 17 | 68 (2.4) |
| 51+..... | 994 | 20.5 (0.4) | 10.7 (0.4) | 12.3 (0.3) | 15.7 (0.3) | 19.8 (0.3) | 24.6 (0.5) | 29.6 (0.8) | 33.0 (1.0) | 14 | 83 (1.4) |
| 19+..... | 1744 | 20.7 (0.4) | 10.8 (0.4) | 12.5 (0.4) | 15.8 (0.3) | 19.9 (0.3) | 24.8 (0.5) | 29.8 (0.8) | 33.1 (1.0) | | 76 (1.7) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 16.0 (0.5) | 9.6* (0.4) | 10.7 (0.4) | 12.8 (0.4) | 15.6 (0.5) | 18.6 (0.7) | 21.8 (0.8) | 23.9* (1.0) | 10 | 93* (1.7) |
| 14-18..... | 202 | 15.6 (0.6) | 9.4* (0.4) | 10.5 (0.4) | 12.6 (0.5) | 15.2 (0.6) | 18.3 (0.7) | 21.3 (0.9) | 23.3* (1.0) | 11 | 87 (3.0) |
| 19-50..... | 741 | 16.6 (0.4) | 8.8 (0.3) | 10.1 (0.3) | 12.7 (0.3) | 16.0 (0.4) | 19.8 (0.4) | 23.7 (0.5) | 26.3 (0.6) | 12 | 80 (2.0) |
| 51+..... | 930 | 15.3 (0.3) | 8.0 (0.2) | 9.2 (0.2) | 11.6 (0.3) | 14.7 (0.3) | 18.3 (0.4) | 22.0 (0.5) | 24.6 (0.6) | 11 | 79 (1.8) |
| 19+..... | 1671 | 15.8 (0.3) | 8.3 (0.2) | 9.6 (0.2) | 12.1 (0.3) | 15.3 (0.3) | 19.0 (0.4) | 22.8 (0.5) | 25.4 (0.6) | | 79 (1.7) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 17.5 (0.2) | 8.6 (0.1) | 10.1 (0.2) | 12.9 (0.2) | 16.6 (0.2) | 21.2 (0.3) | 26.1 (0.5) | 29.4 (0.6) | | 78 (1.1) |

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

Table B 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|-----|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 0.97 (0.03) | 0.53* (0.03) | 0.60 (0.03) | 0.74 (0.03) | 0.93 (0.03) | 1.16 (0.03) | 1.41 (0.05) | 1.56* (0.06) | 0.7 | 80 (3.6) |
| 4-8..... | 465 | 1.23 (0.03) | 0.69 (0.03) | 0.78 (0.03) | 0.95 (0.03) | 1.18 (0.03) | 1.45 (0.04) | 1.74 (0.05) | 1.94 (0.06) | 0.9 | 80 (3.0) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 1.54 (0.06) | 0.96* (0.06) | 1.06 (0.05) | 1.26 (0.05) | 1.50 (0.06) | 1.77 (0.07) | 2.07 (0.10) | 2.25* (0.12) | 1.2 | 80 (4.6) |
| 14-18..... | 219 | 1.71 (0.07) | 1.08* (0.08) | 1.20 (0.08) | 1.40 (0.08) | 1.66 (0.07) | 1.96 (0.08) | 2.27 (0.10) | 2.47* (0.11) | 1.6 | 56 (7.0) |
| 19-50..... | 750 | 2.13 (0.06) | 1.05 (0.05) | 1.23 (0.05) | 1.57 (0.05) | 2.02 (0.06) | 2.58 (0.08) | 3.16 (0.12) | 3.55 (0.15) | 1.6 | 73 (2.5) |
| 51+..... | 994 | 2.17 (0.06) | 1.08 (0.04) | 1.25 (0.04) | 1.61 (0.03) | 2.07 (0.05) | 2.62 (0.09) | 3.21 (0.13) | 3.61 (0.17) | 1.6 | 76 (1.8) |
| 19+..... | 1744 | 2.15 (0.05) | 1.07 (0.04) | 1.24 (0.04) | 1.59 (0.03) | 2.05 (0.04) | 2.60 (0.07) | 3.18 (0.11) | 3.58 (0.15) | 1.6 | 74 (1.7) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 1.53 (0.06) | 0.96* (0.06) | 1.06 (0.06) | 1.25 (0.05) | 1.49 (0.06) | 1.77 (0.07) | 2.05 (0.09) | 2.25* (0.11) | 1 | 93* (2.9) |
| 14-18..... | 202 | 1.51 (0.08) | 0.95* (0.07) | 1.05 (0.07) | 1.24 (0.07) | 1.47 (0.08) | 1.75 (0.08) | 2.03 (0.10) | 2.21* (0.11) | 1.1 | 87 (4.8) |
| 19-50..... | 741 | 1.74 (0.06) | 0.88 (0.04) | 1.02 (0.05) | 1.30 (0.05) | 1.66 (0.06) | 2.09 (0.07) | 2.55 (0.09) | 2.87 (0.10) | 1.1 | 86 (2.4) |
| 51+..... | 930 | 1.69 (0.05) | 0.86 (0.03) | 0.99 (0.03) | 1.26 (0.04) | 1.61 (0.05) | 2.04 (0.07) | 2.49 (0.09) | 2.80 (0.10) | 1.1 | 85 (1.9) |
| 19+..... | 1671 | 1.71 (0.05) | 0.87 (0.03) | 1.00 (0.03) | 1.28 (0.04) | 1.63 (0.05) | 2.06 (0.06) | 2.52 (0.09) | 2.83 (0.10) | 1.1 | 85 (1.9) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 1.82 (0.03) | 0.86 (0.02) | 1.01 (0.02) | 1.31 (0.02) | 1.70 (0.03) | 2.21 (0.04) | 2.78 (0.07) | 3.17 (0.10) | | 80 (1.3) |

NOTES: AI=Adequate Intake

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

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

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

Table B 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|---------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 0.01 (#) | # | # | # | 0.01 (#) | 0.01 (0.001) | 0.01 (0.001) | 0.01* (0.001) |
| 4-8..... | 465 | 0.01 (0.001) | # | # | 0.01 (#) | 0.01 (#) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.002) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 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) |
| 14-18..... | 219 | 0.01 (0.001) | 0.01* (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.02 (0.002) | 0.02* (0.002) |
| 19-50..... | 750 | 0.02 (0.002) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.03 (0.002) | 0.03 (0.003) | 0.04 (0.003) |
| 51+..... | 994 | 0.02 (0.002) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.002) | 0.02 (0.002) | 0.03 (0.002) | 0.04 (0.003) |
| 19+..... | 1744 | 0.02 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.03 (0.002) | 0.03 (0.002) | 0.04 (0.003) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 0.01 (0.001) | 0.01* (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.02* (0.002) |
| 14-18..... | 202 | 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) |
| 19-50..... | 741 | 0.02 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.02 (0.002) | 0.03 (0.002) | 0.03 (0.003) |
| 51+..... | 930 | 0.02 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.02 (0.002) | 0.03 (0.002) | 0.03 (0.003) |
| 19+..... | 1671 | 0.02 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.02 (0.001) | 0.03 (0.002) | 0.03 (0.003) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 0.02 (0.001) | 0.01 (#) | 0.01 (#) | 0.01 (0.001) | 0.02 (0.001) | 0.02 (0.001) | 0.03 (0.002) | 0.03 (0.003) |

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

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

Table B 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|---------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 0.02 (0.002) | # | # | 0.01 (0.001) | 0.01 (0.002) | 0.02 (0.002) | 0.03 (0.004) | 0.04* (0.005) |
| 4-8..... | 465 | 0.02 (0.001) | # | 0.01 (0.001) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.002) | 0.03 (0.003) | 0.04 (0.004) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 0.02 (0.002) | 0.01* (0.002) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.002) | 0.03 (0.003) | 0.04 (0.005) | 0.04* (0.006) |
| 14-18..... | 219 | 0.02 (0.003) | 0.01* (0.002) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.003) | 0.03 (0.004) | 0.04 (0.006) | 0.05* (0.007) |
| 19-50..... | 750 | 0.05 (0.005) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.003) | 0.04 (0.004) | 0.06 (0.006) | 0.10 (0.011) | 0.13 (0.016) |
| 51+..... | 994 | 0.06 (0.004) | 0.01 (0.002) | 0.02 (0.002) | 0.03 (0.003) | 0.05 (0.004) | 0.08 (0.006) | 0.12 (0.010) | 0.16 (0.015) |
| 19+..... | 1744 | 0.06 (0.004) | 0.01 (0.002) | 0.02 (0.002) | 0.02 (0.002) | 0.04 (0.003) | 0.07 (0.005) | 0.11 (0.010) | 0.15 (0.014) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 0.02 (0.002) | 0.01* (0.002) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.002) | 0.02 (0.002) | 0.03 (0.003) | 0.04* (0.003) |
| 14-18..... | 202 | 0.02 (0.003) | 0.01* (0.002) | 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..... | 741 | 0.05 (0.004) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.003) | 0.04 (0.004) | 0.06 (0.005) | 0.09 (0.008) | 0.12 (0.011) |
| 51+..... | 930 | 0.05 (0.004) | 0.01 (0.002) | 0.02 (0.002) | 0.02 (0.003) | 0.04 (0.004) | 0.07 (0.005) | 0.10 (0.008) | 0.13 (0.012) |
| 19+..... | 1671 | 0.05 (0.004) | 0.01 (0.002) | 0.01 (0.002) | 0.02 (0.003) | 0.04 (0.003) | 0.06 (0.004) | 0.10 (0.007) | 0.13 (0.010) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 0.05 (0.002) | 0.01 (0.001) | 0.01 (0.001) | 0.02 (0.001) | 0.03 (0.002) | 0.06 (0.003) | 0.10 (0.006) | 0.13 (0.008) |

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

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

Table B 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 166 (6) | 75* (5) | 89 (5) | 117 (5) | 155 (6) | 202 (7) | 257 (10) | 293* (12) |
| 4-8..... | 465 | 190 (6) | 90 (6) | 105 (6) | 136 (6) | 179 (6) | 232 (8) | 291 (12) | 332 (15) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 239 (15) | 114* (12) | 134 (13) | 174 (13) | 227 (15) | 289 (18) | 360 (21) | 403* (24) |
| 14-18..... | 219 | 277 (16) | 138* (11) | 161 (12) | 204 (13) | 264 (15) | 334 (20) | 409 (24) | 459* (27) |
| 19-50..... | 750 | 353 (10) | 158 (12) | 190 (12) | 251 (11) | 334 (10) | 435 (11) | 541 (16) | 610 (20) |
| 51+..... | 994 | 349 (10) | 155 (10) | 185 (10) | 248 (9) | 330 (10) | 429 (13) | 534 (18) | 606 (24) |
| 19+..... | 1744 | 351 (9) | 157 (11) | 187 (11) | 250 (10) | 332 (9) | 432 (11) | 537 (17) | 609 (22) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 224 (10) | 106* (8) | 124 (8) | 162 (8) | 213 (10) | 273 (13) | 338 (17) | 383* (21) |
| 14-18..... | 202 | 207 (14) | 97* (9) | 114 (9) | 149 (11) | 196 (14) | 254 (18) | 314 (22) | 356* (25) |
| 19-50..... | 741 | 260 (6) | 122 (7) | 144 (7) | 189 (6) | 248 (6) | 318 (8) | 392 (12) | 443 (16) |
| 51+..... | 930 | 252 (5) | 117 (6) | 139 (6) | 182 (5) | 239 (5) | 309 (8) | 381 (12) | 431 (16) |
| 19+..... | 1671 | 256 (5) | 119 (6) | 141 (6) | 185 (5) | 243 (5) | 313 (7) | 386 (12) | 436 (15) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 284 (6) | 118 (4) | 142 (5) | 192 (6) | 263 (6) | 353 (8) | 456 (12) | 526 (14) |

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

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

Table B 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|------------|------------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 567 (20) | 313* (17) | 359 (18) | 443 (18) | 549 (19) | 672 (22) | 800 (27) | 882* (32) | 210 | <3 |
| 4-8..... | 465 | 617 (22) | 347 (20) | 394 (19) | 483 (20) | 599 (23) | 730 (26) | 865 (32) | 955 (38) | 275 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 698 (34) | 312* (25) | 371 (25) | 495 (28) | 659 (32) | 855 (43) | 1078 (61) | 1217* (74) | 445 | 18 (3.3) |
| 14-18..... | 219 | 635 (32) | 278* (27) | 335 (27) | 442 (27) | 596 (31) | 781 (39) | 983 (51) | 1119* (62) | 630 | 55 (4.8) |
| 19-50..... | 750 | 684 (39) | 324 (81) | 383 (79) | 495 (70) | 648 (51) | 836 (48) | 1032 (89) | 1163 (122) | 625 | 46 (7.7) |
| 51+..... | 994 | 738 (34) | 351 (76) | 414 (75) | 537 (66) | 701 (47) | 899 (48) | 1112 (106) | 1250 (154) | 625 | 38 (7.8) |
| 19+..... | 1744 | 711 (26) | 337 (75) | 396 (71) | 515 (57) | 674 (38) | 868 (45) | 1072 (87) | 1210 (122) | 625 | 42 (6.3) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 650 (24) | 285* (24) | 340 (24) | 456 (24) | 613 (25) | 802 (32) | 1007 (50) | 1149* (58) | 420 | 20 (3.5) |
| 14-18..... | 202 | 537 (26) | 226* (20) | 273 (20) | 369 (21) | 501 (25) | 670 (35) | 848 (48) | 970* (58) | 485 | 47 (4.6) |
| 19-50..... | 741 | 633 (23) | 272 (20) | 326 (20) | 438 (21) | 591 (23) | 782 (28) | 993 (40) | 1143 (51) | 500 | 35 (3.6) |
| 51+..... | 930 | 654 (21) | 281 (22) | 338 (22) | 452 (22) | 608 (21) | 809 (25) | 1030 (35) | 1181 (45) | 500 | 33 (3.6) |
| 19+..... | 1671 | 645 (19) | 277 (20) | 332 (20) | 445 (20) | 600 (19) | 797 (24) | 1013 (35) | 1165 (45) | 500 | 34 (3.3) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 665 (20) | 299 (25) | 357 (25) | 471 (23) | 625 (20) | 815 (27) | 1023 (55) | 1167 (80) | | 34 (2.9) |

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

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

Table B 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|------------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 449 (14) | 248* (17) | 286 (16) | 352 (15) | 436 (14) | 531 (17) | 629 (21) | 691* (25) | 600 | 13 (2.7) |
| 4-8..... | 465 | 490 (15) | 277 (20) | 315 (19) | 386 (18) | 478 (16) | 579 (16) | 682 (20) | 751 (23) | 900 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 577 (28) | 239* (18) | 289 (19) | 397 (21) | 542 (26) | 714 (36) | 912 (51) | 1035* (62) | 1700 | <3 |
| 14-18..... | 219 | 525 (32) | 212* (20) | 261 (21) | 354 (24) | 490 (30) | 655 (41) | 834 (53) | 955* (63) | 2800 | <3 |
| 19-50..... | 750 | 497 (16) | 183 (13) | 229 (14) | 323 (14) | 457 (16) | 630 (19) | 817 (26) | 945 (32) | 3000 | <3 |
| 51+..... | 994 | 514 (17) | 187 (12) | 235 (14) | 334 (15) | 473 (17) | 650 (21) | 848 (30) | 979 (37) | 3000 | <3 |
| 19+..... | 1744 | 506 (14) | 185 (12) | 232 (13) | 328 (13) | 465 (14) | 639 (17) | 832 (25) | 963 (33) | 3000 | <3 |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 526 (25) | 211* (17) | 257 (17) | 357 (18) | 493 (23) | 658 (33) | 837 (47) | 962* (55) | 1700 | <3 |
| 14-18..... | 202 | 410 (21) | 152* (14) | 190 (14) | 267 (16) | 377 (20) | 519 (27) | 671 (38) | 775* (47) | 2800 | <3 |
| 19-50..... | 741 | 434 (17) | 177 (15) | 215 (16) | 294 (17) | 403 (18) | 540 (19) | 690 (24) | 796 (28) | 3000 | <3 |
| 51+..... | 930 | 419 (16) | 168 (13) | 206 (13) | 281 (14) | 387 (15) | 523 (20) | 672 (27) | 774 (32) | 3000 | <3 |
| 19+..... | 1671 | 425 (13) | 172 (13) | 209 (13) | 287 (13) | 394 (13) | 530 (15) | 680 (19) | 784 (22) | 3000 | <3 |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 471 (8) | 183 (10) | 226 (10) | 314 (9) | 435 (8) | 587 (9) | 759 (16) | 882 (23) | | <3 |

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

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

Table B 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 1.09 (0.02) | 0.68* (0.02) | 0.76 (0.02) | 0.89 (0.02) | 1.06 (0.02) | 1.26 (0.02) | 1.45 (0.02) | 1.58* (0.03) | 0.4 | <3 |
| 4-8..... | 465 | 1.41 (0.02) | 0.92 (0.03) | 1.01 (0.03) | 1.17 (0.02) | 1.38 (0.02) | 1.62 (0.02) | 1.85 (0.03) | 2.01 (0.03) | 0.5 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 1.77 (0.05) | 1.07* (0.05) | 1.19 (0.05) | 1.43 (0.05) | 1.73 (0.05) | 2.06 (0.06) | 2.41 (0.09) | 2.62* (0.09) | 0.7 | <3 |
| 14-18..... | 219 | 1.88 (0.08) | 1.15* (0.06) | 1.29 (0.06) | 1.52 (0.07) | 1.84 (0.08) | 2.19 (0.09) | 2.54 (0.11) | 2.77* (0.12) | 1 | <3 |
| 19-50..... | 750 | 1.91 (0.03) | 1.09 (0.04) | 1.24 (0.04) | 1.50 (0.03) | 1.85 (0.03) | 2.26 (0.04) | 2.67 (0.05) | 2.94 (0.06) | 1 | <3 |
| 51+..... | 994 | 1.86 (0.03) | 1.05 (0.04) | 1.19 (0.04) | 1.46 (0.03) | 1.80 (0.03) | 2.19 (0.03) | 2.59 (0.04) | 2.87 (0.05) | 1 | 4 (0.8) |
| 19+..... | 1744 | 1.88 (0.03) | 1.07 (0.03) | 1.21 (0.03) | 1.48 (0.03) | 1.82 (0.03) | 2.22 (0.03) | 2.63 (0.04) | 2.90 (0.05) | 1 | 3 (0.7) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 1.62 (0.05) | 0.96* (0.04) | 1.07 (0.04) | 1.30 (0.04) | 1.58 (0.05) | 1.89 (0.06) | 2.21 (0.07) | 2.43* (0.08) | 0.7 | <3 |
| 14-18..... | 202 | 1.41 (0.05) | 0.82* (0.04) | 0.92 (0.04) | 1.12 (0.05) | 1.37 (0.05) | 1.66 (0.06) | 1.95 (0.07) | 2.14* (0.08) | 0.9 | 9* (2.6) |
| 19-50..... | 741 | 1.42 (0.03) | 0.81 (0.03) | 0.92 (0.03) | 1.12 (0.03) | 1.38 (0.03) | 1.67 (0.03) | 1.97 (0.04) | 2.17 (0.05) | 0.9 | 9 (1.6) |
| 51+..... | 930 | 1.34 (0.02) | 0.76 (0.02) | 0.87 (0.02) | 1.06 (0.02) | 1.30 (0.02) | 1.59 (0.03) | 1.87 (0.04) | 2.07 (0.05) | 0.9 | 12 (1.5) |
| 19+..... | 1671 | 1.38 (0.02) | 0.78 (0.02) | 0.89 (0.02) | 1.09 (0.02) | 1.34 (0.02) | 1.63 (0.03) | 1.92 (0.04) | 2.12 (0.05) | 0.9 | 11 (1.4) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 1.60 (0.02) | 0.86 (0.02) | 0.98 (0.02) | 1.21 (0.02) | 1.53 (0.02) | 1.91 (0.02) | 2.33 (0.03) | 2.60 (0.03) | | 6 (0.7) |

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

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

Table B 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | <EAR | | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|-----|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 1.57 (0.02) | 1.01* (0.02) | 1.12 (0.02) | 1.31 (0.02) | 1.55 (0.02) | 1.80 (0.03) | 2.07 (0.04) | 2.23* (0.04) | 0.4 | <3 |
| 4-8..... | 465 | 1.79 (0.03) | 1.18 (0.03) | 1.29 (0.03) | 1.50 (0.03) | 1.77 (0.03) | 2.05 (0.03) | 2.33 (0.04) | 2.52 (0.04) | 0.5 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 2.14 (0.08) | 1.19* (0.06) | 1.35 (0.07) | 1.67 (0.07) | 2.07 (0.08) | 2.52 (0.09) | 3.03 (0.11) | 3.33* (0.12) | 0.8 | <3 |
| 14-18..... | 219 | 2.27 (0.10) | 1.28* (0.08) | 1.46 (0.08) | 1.77 (0.09) | 2.20 (0.10) | 2.68 (0.11) | 3.18 (0.14) | 3.51* (0.15) | 1.1 | <3 |
| 19-50..... | 750 | 2.69 (0.06) | 1.28 (0.04) | 1.50 (0.04) | 1.94 (0.04) | 2.54 (0.05) | 3.28 (0.08) | 4.07 (0.13) | 4.60 (0.17) | 1.1 | <3 |
| 51+..... | 994 | 2.60 (0.04) | 1.22 (0.05) | 1.43 (0.05) | 1.88 (0.04) | 2.45 (0.04) | 3.17 (0.06) | 3.93 (0.10) | 4.47 (0.13) | 1.1 | 3 (0.7) |
| 19+..... | 1744 | 2.64 (0.04) | 1.25 (0.04) | 1.47 (0.04) | 1.91 (0.03) | 2.49 (0.04) | 3.22 (0.06) | 4.00 (0.11) | 4.54 (0.14) | 1.1 | <3 |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 1.98 (0.06) | 1.08* (0.05) | 1.23 (0.06) | 1.53 (0.06) | 1.91 (0.06) | 2.35 (0.07) | 2.81 (0.09) | 3.11* (0.11) | 0.8 | <3 |
| 14-18..... | 202 | 1.69 (0.06) | 0.90* (0.06) | 1.03 (0.06) | 1.29 (0.06) | 1.62 (0.07) | 2.02 (0.07) | 2.42 (0.09) | 2.69* (0.10) | 0.9 | 5* (1.7) |
| 19-50..... | 741 | 1.98 (0.04) | 1.09 (0.04) | 1.24 (0.03) | 1.54 (0.04) | 1.91 (0.04) | 2.35 (0.05) | 2.79 (0.06) | 3.08 (0.08) | 0.9 | <3 |
| 51+..... | 930 | 1.91 (0.04) | 1.05 (0.03) | 1.20 (0.03) | 1.48 (0.03) | 1.84 (0.04) | 2.27 (0.05) | 2.70 (0.07) | 2.99 (0.08) | 0.9 | <3 |
| 19+..... | 1671 | 1.94 (0.03) | 1.06 (0.03) | 1.22 (0.03) | 1.51 (0.03) | 1.87 (0.03) | 2.30 (0.05) | 2.74 (0.06) | 3.03 (0.08) | 0.9 | <3 |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 2.21 (0.02) | 1.12 (0.02) | 1.28 (0.02) | 1.60 (0.02) | 2.04 (0.02) | 2.63 (0.03) | 3.35 (0.05) | 3.87 (0.09) | | <3 |

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

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

Table B 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|------|---------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 13.6 (0.3) | 7.9* (0.3) | 8.9 (0.3) | 10.9 (0.3) | 13.2 (0.3) | 15.9 (0.4) | 18.7 (0.5) | 20.4* (0.5) | 5 | <3 |
| 4-8..... | 465 | 18.8 (0.4) | 11.7 (0.5) | 13.0 (0.4) | 15.4 (0.4) | 18.4 (0.4) | 21.8 (0.4) | 25.1 (0.5) | 27.3 (0.5) | 6 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 24.5 (0.8) | 14.5* (0.8) | 16.2 (0.8) | 19.6 (0.8) | 23.9 (0.8) | 28.6 (0.9) | 33.7 (1.2) | 36.8* (1.3) | 9 | <3 |
| 14-18..... | 219 | 29.4 (1.2) | 17.9* (0.9) | 20.1 (0.9) | 23.7 (1.0) | 28.6 (1.1) | 34.1 (1.4) | 39.6 (1.8) | 43.2* (2.1) | 12 | <3 |
| 19-50..... | 750 | 34.2 (0.8) | 18.3 (0.7) | 21.0 (0.6) | 26.1 (0.6) | 32.8 (0.7) | 41.0 (1.0) | 49.2 (1.5) | 54.8 (1.9) | 12 | <3 |
| 51+..... | 994 | 29.7 (0.5) | 15.0 (0.6) | 17.5 (0.6) | 22.3 (0.5) | 28.4 (0.5) | 35.8 (0.7) | 43.5 (1.0) | 48.9 (1.4) | 12 | <3 |
| 19+..... | 1744 | 32.0 (0.6) | 16.3 (0.6) | 18.9 (0.5) | 24.0 (0.5) | 30.6 (0.5) | 38.5 (0.8) | 46.8 (1.3) | 52.2 (1.7) | 12 | <3 |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 22.5 (0.8) | 13.1* (0.7) | 14.7 (0.8) | 17.9 (0.8) | 21.9 (0.8) | 26.4 (1.0) | 31.1 (1.3) | 34.2* (1.5) | 9 | <3 |
| 14-18..... | 202 | 21.2 (0.9) | 12.3* (0.7) | 13.8 (0.7) | 16.8 (0.8) | 20.5 (0.9) | 25.0 (1.1) | 29.4 (1.3) | 32.3* (1.5) | 11 | <3 |
| 19-50..... | 741 | 22.7 (0.4) | 13.1 (0.4) | 14.8 (0.4) | 18.1 (0.4) | 22.1 (0.4) | 26.7 (0.5) | 31.3 (0.6) | 34.4 (0.8) | 11 | <3 |
| 51+..... | 930 | 20.4 (0.4) | 11.4 (0.4) | 13.0 (0.4) | 16.0 (0.4) | 19.7 (0.4) | 24.1 (0.5) | 28.4 (0.7) | 31.3 (0.8) | 11 | 4 (0.9) |
| 19+..... | 1671 | 21.4 (0.4) | 12.1 (0.4) | 13.7 (0.4) | 16.9 (0.3) | 20.8 (0.4) | 25.3 (0.4) | 29.9 (0.6) | 32.9 (0.7) | 11 | <3 |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 25.5 (0.3) | 12.5 (0.2) | 14.4 (0.2) | 18.3 (0.2) | 23.6 (0.3) | 30.7 (0.4) | 39.2 (0.8) | 45.1 (1.1) | | <3 |

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

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

Table B 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|------|----------|-----|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 1.26 (0.03) | 0.79* (0.03) | 0.88 (0.03) | 1.04 (0.03) | 1.24 (0.03) | 1.46 (0.04) | 1.69 (0.06) | 1.82* (0.07) | 0.4 | <3 | 30 | <3 |
| 4-8..... | 465 | 1.52 (0.04) | 0.98 (0.04) | 1.08 (0.04) | 1.27 (0.04) | 1.50 (0.04) | 1.75 (0.05) | 2.00 (0.06) | 2.17 (0.07) | 0.5 | <3 | 40 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 1.94 (0.08) | 0.99* (0.07) | 1.14 (0.07) | 1.45 (0.07) | 1.84 (0.08) | 2.32 (0.09) | 2.85 (0.12) | 3.19* (0.14) | 0.8 | <3 | 60 | <3 |
| 14-18..... | 219 | 2.19 (0.10) | 1.15* (0.08) | 1.33 (0.08) | 1.64 (0.09) | 2.09 (0.09) | 2.62 (0.12) | 3.18 (0.16) | 3.56* (0.18) | 1.1 | 4* (1.5) | 80 | <3 |
| 19-50..... | 750 | 2.73 (0.08) | 1.19 (0.06) | 1.42 (0.06) | 1.88 (0.06) | 2.53 (0.07) | 3.37 (0.12) | 4.28 (0.19) | 4.91 (0.25) | 1.1 | 4 (0.9) | 100 | <3 |
| 51+..... | 994 | 2.46 (0.06) | 1.04 (0.06) | 1.25 (0.06) | 1.68 (0.05) | 2.28 (0.05) | 3.04 (0.09) | 3.89 (0.15) | 4.50 (0.19) | 1.4 | 15 (1.9) | 100 | <3 |
| 19+..... | 1744 | 2.59 (0.06) | 1.11 (0.06) | 1.33 (0.06) | 1.78 (0.05) | 2.40 (0.05) | 3.20 (0.09) | 4.10 (0.16) | 4.72 (0.22) | | 9 (1.3) | 100 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 1.84 (0.08) | 0.93* (0.06) | 1.07 (0.06) | 1.36 (0.07) | 1.75 (0.07) | 2.21 (0.10) | 2.70 (0.13) | 3.05* (0.16) | 0.8 | <3 | 60 | <3 |
| 14-18..... | 202 | 1.63 (0.08) | 0.82* (0.05) | 0.95 (0.06) | 1.20 (0.06) | 1.54 (0.07) | 1.97 (0.10) | 2.42 (0.12) | 2.72* (0.15) | 1 | 12 (3.1) | 80 | <3 |
| 19-50..... | 741 | 1.85 (0.05) | 0.96 (0.05) | 1.11 (0.05) | 1.40 (0.05) | 1.77 (0.05) | 2.22 (0.05) | 2.68 (0.07) | 3.01 (0.08) | 1.1 | 10 (2.0) | 100 | <3 |
| 51+..... | 930 | 1.69 (0.04) | 0.87 (0.04) | 1.01 (0.04) | 1.27 (0.04) | 1.62 (0.04) | 2.04 (0.05) | 2.48 (0.07) | 2.78 (0.09) | 1.3 | 27 (2.5) | 100 | <3 |
| 19+..... | 1671 | 1.76 (0.04) | 0.91 (0.04) | 1.05 (0.04) | 1.32 (0.04) | 1.69 (0.04) | 2.12 (0.05) | 2.58 (0.06) | 2.89 (0.08) | | 19 (2.0) | 100 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 2.08 (0.03) | 0.95 (0.02) | 1.11 (0.02) | 1.41 (0.02) | 1.87 (0.03) | 2.50 (0.04) | 3.32 (0.08) | 3.93 (0.13) | | 12 (1.0) | | <3 |

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

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

Table B 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 336 (7) | 185* (7) | 210 (7) | 259 (7) | 322 (7) | 397 (9) | 480 (13) | 533* (16) | 120 | <3 |
| 4-8..... | 465 | 465 (11) | 267 (11) | 300 (11) | 364 (11) | 448 (11) | 546 (13) | 651 (16) | 722 (19) | 160 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 567 (25) | 312* (24) | 353 (23) | 437 (25) | 544 (25) | 670 (30) | 811 (38) | 899* (43) | 250 | <3 |
| 14-18..... | 219 | 594 (26) | 330* (23) | 375 (22) | 456 (23) | 570 (25) | 702 (32) | 842 (38) | 937* (42) | 330 | 5* (1.8) |
| 19-50..... | 750 | 604 (15) | 298 (13) | 347 (13) | 443 (13) | 572 (15) | 733 (19) | 902 (27) | 1014 (34) | 320 | 7 (1.3) |
| 51+..... | 994 | 574 (10) | 279 (10) | 325 (10) | 421 (9) | 544 (10) | 697 (14) | 859 (21) | 972 (27) | 320 | 9 (1.2) |
| 19+..... | 1744 | 589 (11) | 287 (11) | 336 (10) | 431 (10) | 558 (10) | 714 (15) | 882 (23) | 995 (29) | 320 | 8 (1.2) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 540 (24) | 295* (21) | 334 (21) | 414 (21) | 518 (24) | 641 (28) | 771 (33) | 862* (40) | 250 | <3 |
| 14-18..... | 202 | 456 (18) | 246* (18) | 281 (19) | 347 (18) | 436 (19) | 545 (20) | 658 (23) | 735* (26) | 330 | 21 (4.5) |
| 19-50..... | 741 | 469 (13) | 241 (14) | 277 (14) | 351 (12) | 447 (13) | 563 (16) | 687 (22) | 772 (27) | 320 | 18 (2.7) |
| 51+..... | 930 | 427 (14) | 216 (15) | 251 (15) | 318 (14) | 406 (13) | 515 (18) | 630 (24) | 709 (29) | 320 | 26 (3.7) |
| 19+..... | 1671 | 446 (12) | 226 (14) | 262 (14) | 331 (13) | 424 (12) | 537 (16) | 657 (21) | 740 (27) | 320 | 22 (3.1) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 510 (7) | 246 (8) | 286 (7) | 367 (7) | 479 (7) | 618 (9) | 776 (15) | 884 (20) | 13 | (1.2) |

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

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

Table B 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 134 (5) | 53* (8) | 66 (8) | 90 (7) | 125 (6) | 167 (6) | 215 (11) | 246* (13) | 300 | <3 |
| 4-8..... | 465 | 197 (8) | 90 (11) | 107 (11) | 141 (10) | 187 (8) | 243 (11) | 302 (16) | 343 (20) | 400 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 242 (9) | 110* (12) | 130 (12) | 173 (12) | 229 (11) | 295 (11) | 372 (16) | 419* (19) | 600 | <3 |
| 14-18..... | 219 | 245 (13) | 113* (13) | 134 (14) | 174 (14) | 232 (13) | 300 (14) | 374 (17) | 424* (18) | 800 | <3 |
| 19-50..... | 750 | 216 (10) | 72 (7) | 92 (7) | 134 (8) | 195 (9) | 276 (13) | 366 (19) | 428 (25) | 1000 | <3 |
| 51+..... | 994 | 196 (6) | 63 (6) | 81 (5) | 120 (5) | 176 (6) | 251 (8) | 334 (14) | 393 (17) | 1000 | <3 |
| 19+..... | 1744 | 206 (7) | 67 (5) | 86 (5) | 127 (5) | 185 (6) | 264 (10) | 352 (16) | 412 (20) | 1000 | <3 |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 226 (10) | 101* (11) | 120 (11) | 160 (10) | 214 (10) | 278 (12) | 348 (16) | 397* (19) | 600 | <3 |
| 14-18..... | 202 | 182 (9) | 78* (9) | 94 (9) | 126 (10) | 170 (10) | 227 (11) | 286 (12) | 327* (14) | 800 | <3 |
| 19-50..... | 741 | 159 (5) | 51 (3) | 66 (3) | 98 (3) | 143 (4) | 204 (7) | 271 (11) | 320 (15) | 1000 | <3 |
| 51+..... | 930 | 138 (4) | 42 (4) | 55 (4) | 82 (4) | 123 (4) | 177 (6) | 239 (9) | 283 (12) | 1000 | <3 |
| 19+..... | 1671 | 147 (4) | 46 (3) | 59 (3) | 88 (3) | 132 (3) | 189 (5) | 255 (9) | 301 (13) | 1000 | <3 |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 181 (5) | 56 (3) | 73 (3) | 109 (3) | 163 (4) | 233 (7) | 313 (11) | 369 (15) | | <3 |

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

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

Table B 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 111 (3) | 63* (3) | 71 (3) | 87 (3) | 108 (3) | 131 (4) | 157 (5) | 173* (6) |
| 4-8..... | 465 | 135 (4) | 78 (3) | 88 (3) | 106 (3) | 131 (4) | 158 (5) | 187 (7) | 206 (8) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 163 (8) | 95* (5) | 106 (6) | 129 (6) | 158 (7) | 191 (9) | 228 (11) | 251* (12) |
| 14-18..... | 219 | 175 (6) | 103* (5) | 115 (5) | 138 (5) | 169 (6) | 205 (8) | 243 (10) | 268* (11) |
| 19-50..... | 750 | 240 (6) | 119 (5) | 139 (5) | 178 (5) | 229 (6) | 291 (7) | 355 (9) | 397 (11) |
| 51+..... | 994 | 248 (5) | 123 (5) | 144 (5) | 185 (5) | 237 (5) | 300 (6) | 365 (8) | 411 (10) |
| 19+..... | 1744 | 244 (5) | 121 (5) | 141 (5) | 181 (4) | 233 (5) | 296 (6) | 361 (7) | 405 (9) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 159 (6) | 92* (5) | 103 (5) | 125 (5) | 154 (5) | 187 (6) | 222 (8) | 246* (10) |
| 14-18..... | 202 | 148 (7) | 86* (6) | 96 (6) | 116 (7) | 142 (7) | 174 (8) | 207 (9) | 229* (10) |
| 19-50..... | 741 | 195 (5) | 99 (4) | 115 (4) | 146 (4) | 186 (5) | 234 (6) | 285 (9) | 321 (10) |
| 51+..... | 930 | 194 (5) | 99 (4) | 115 (4) | 145 (4) | 185 (5) | 234 (6) | 285 (7) | 321 (9) |
| 19+..... | 1671 | 195 (4) | 99 (4) | 115 (4) | 145 (4) | 185 (4) | 234 (5) | 285 (7) | 321 (9) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 204 (3) | 96 (2) | 112 (2) | 144 (3) | 191 (3) | 250 (4) | 315 (6) | 358 (7) |

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

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

Table B 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|-----|----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 203 (4) | 121* (5) | 136 (5) | 163 (5) | 197 (4) | 237 (5) | 279 (7) | 306* (8) | 200 | 48 (3.4) | 1000 | <3 |
| 4-8..... | 465 | 220 (5) | 133 (4) | 148 (4) | 176 (4) | 214 (5) | 256 (6) | 300 (8) | 330 (10) | 250 | 28 (3.0) | 1000 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 270 (11) | 154* (7) | 173 (8) | 212 (9) | 261 (11) | 318 (13) | 380 (17) | 418* (19) | 375 | 11 (2.9) | 2000 | <3 |
| 14-18..... | 219 | 303 (13) | 176* (9) | 199 (9) | 239 (11) | 294 (13) | 356 (16) | 420 (20) | 463* (22) | 550 | <3 | 3000 | <3 |
| 19-50..... | 750 | 391 (7) | 207 (7) | 239 (7) | 299 (6) | 377 (6) | 468 (9) | 559 (14) | 619 (17) | 550 | 11 (1.7) | 3500 | <3 |
| 51+..... | 994 | 399 (9) | 211 (8) | 243 (8) | 307 (7) | 386 (9) | 478 (11) | 570 (17) | 633 (20) | 550 | 12 (2.0) | 3500 | <3 |
| 19+..... | 1744 | 395 (7) | 209 (7) | 241 (6) | 303 (5) | 381 (6) | 473 (10) | 565 (15) | 626 (18) | 550 | 12 (1.8) | 3500 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 249 (9) | 140* (6) | 158 (6) | 194 (7) | 240 (9) | 294 (12) | 350 (15) | 388* (18) | 375 | 6* (1.9) | 2000 | <3 |
| 14-18..... | 202 | 229 (11) | 128* (7) | 145 (8) | 177 (9) | 220 (11) | 271 (13) | 324 (16) | 358* (18) | 400 | <3 | 3000 | <3 |
| 19-50..... | 741 | 285 (7) | 160 (5) | 182 (5) | 225 (6) | 277 (7) | 337 (9) | 397 (11) | 438 (12) | 425 | 6 (1.3) | 3500 | <3 |
| 51+..... | 930 | 283 (5) | 159 (4) | 181 (4) | 223 (4) | 275 (5) | 335 (7) | 395 (9) | 435 (11) | 425 | 6 (1.1) | 3500 | <3 |
| 19+..... | 1671 | 284 (6) | 160 (4) | 182 (4) | 224 (5) | 276 (6) | 336 (7) | 396 (10) | 436 (11) | 425 | 6 (1.2) | 3500 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 319 (5) | 159 (3) | 183 (3) | 231 (3) | 299 (5) | 386 (6) | 483 (9) | 548 (13) | | 11 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|--------------|---------------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 3.77 (0.12) | 2.18* (0.18) | 2.47 (0.17) | 3.00 (0.15) | 3.66 (0.13) | 4.42 (0.11) | 5.21 (0.16) | 5.70* (0.20) | 0.7 | <3 |
| 4-8..... | 465 | 4.13 (0.10) | 2.44 (0.16) | 2.74 (0.15) | 3.30 (0.12) | 4.03 (0.11) | 4.84 (0.12) | 5.67 (0.18) | 6.22 (0.24) | 1 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 5.23 (0.24) | 2.26* (0.18) | 2.70 (0.18) | 3.63 (0.20) | 4.89 (0.24) | 6.43 (0.29) | 8.22 (0.40) | 9.34* (0.49) | 1.5 | <3 |
| 14-18..... | 219 | 5.91 (0.28) | 2.64* (0.22) | 3.16 (0.23) | 4.13 (0.24) | 5.54 (0.27) | 7.25 (0.34) | 9.11 (0.44) | 10.39* (0.54) | 2 | <3 |
| 19-50..... | 750 | 6.39 (0.23) | 2.41 (0.16) | 2.99 (0.15) | 4.16 (0.14) | 5.84 (0.19) | 8.05 (0.34) | 10.48 (0.56) | 12.16 (0.73) | 2 | <3 |
| 51+..... | 994 | 5.85 (0.18) | 2.15 (0.15) | 2.65 (0.14) | 3.78 (0.13) | 5.33 (0.14) | 7.37 (0.26) | 9.65 (0.46) | 11.30 (0.61) | 2 | 4 (1.0) |
| 19+..... | 1744 | 6.12 (0.19) | 2.27 (0.14) | 2.82 (0.14) | 3.96 (0.12) | 5.58 (0.15) | 7.70 (0.29) | 10.10 (0.50) | 11.75 (0.67) | 2 | 3 (0.8) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 4.59 (0.22) | 1.92* (0.15) | 2.30 (0.16) | 3.13 (0.18) | 4.28 (0.21) | 5.70 (0.28) | 7.27 (0.40) | 8.37* (0.48) | 1.5 | <3 |
| 14-18..... | 202 | 3.73 (0.21) | 1.49* (0.15) | 1.82 (0.15) | 2.49 (0.17) | 3.44 (0.21) | 4.68 (0.25) | 6.01 (0.34) | 6.94* (0.40) | 2 | 13 (3.2) |
| 19-50..... | 741 | 4.34 (0.15) | 1.90 (0.14) | 2.26 (0.14) | 3.02 (0.15) | 4.05 (0.16) | 5.34 (0.18) | 6.78 (0.25) | 7.80 (0.31) | 2 | 6 (1.8) |
| 51+..... | 930 | 4.16 (0.13) | 1.81 (0.17) | 2.16 (0.17) | 2.88 (0.16) | 3.86 (0.15) | 5.12 (0.14) | 6.51 (0.18) | 7.49 (0.24) | 2 | 7 (2.2) |
| 19+..... | 1671 | 4.24 (0.12) | 1.85 (0.15) | 2.21 (0.15) | 2.94 (0.14) | 3.94 (0.13) | 5.22 (0.14) | 6.63 (0.19) | 7.63 (0.25) | 2 | 7 (1.9) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 5.03 (0.09) | 2.01 (0.08) | 2.43 (0.08) | 3.27 (0.08) | 4.49 (0.08) | 6.18 (0.13) | 8.34 (0.22) | 9.90 (0.32) | | 5 (0.8) |

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

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

Table B 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|------------|-------------|------------|------------|------------|-------------|--------------|---------------|------|----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 61.6 (4.4) | 21.2* (2.1) | 26.8 (2.2) | 38.9 (2.8) | 55.9 (3.9) | 78.1 (5.7) | 103.7 (8.0) | 121.8* (9.7) | 13 | <3 | 400 | <3 |
| 4-8..... | 465 | 64.8 (4.6) | 23.1 (2.9) | 28.9 (3.1) | 41.2 (3.7) | 59.1 (4.4) | 82.3 (5.7) | 108.2 (7.2) | 126.4 (8.5) | 22 | 4* (1.9) | 650 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 68.0 (5.0) | 22.9* (2.9) | 28.8 (3.2) | 42.0 (3.8) | 61.2 (4.8) | 86.0 (6.1) | 116.4 (8.7) | 136.3* (10.1) | 39 | 21 (4.3) | 1200 | <3 |
| 14-18..... | 219 | 58.9 (4.6) | 19.1* (2.6) | 24.5 (2.9) | 35.3 (3.3) | 52.5 (4.4) | 74.9 (5.8) | 101.3 (8.2) | 120.0* (10.1) | 63 | 63 (5.8) | 1800 | <3 |
| 19-50..... | 750 | 78.3 (2.7) | 19.2 (1.4) | 26.1 (1.6) | 41.5 (2.0) | 66.3 (2.6) | 102.4 (3.5) | 145.3 (4.9) | 176.9 (6.4) | 75 | 57 (2.2) | 2000 | <3 |
| 51+..... | 994 | 85.2 (3.1) | 21.7 (1.3) | 29.1 (1.5) | 46.3 (2.0) | 73.1 (2.8) | 110.8 (4.1) | 156.6 (6.4) | 190.4 (8.0) | 75 | 52 (2.4) | 2000 | <3 |
| 19+..... | 1744 | 81.8 (2.5) | 20.4 (1.3) | 27.4 (1.4) | 43.8 (1.8) | 69.6 (2.2) | 106.8 (3.2) | 151.0 (4.9) | 183.7 (6.5) | 75 | 55 (1.9) | 2000 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 70.4 (6.2) | 24.0* (3.3) | 30.0 (3.6) | 43.6 (4.5) | 63.5 (5.7) | 89.5 (7.6) | 119.5 (10.3) | 141.3* (13.0) | 39 | 20 (5.5) | 1200 | <3 |
| 14-18..... | 202 | 54.8 (5.4) | 17.6* (2.5) | 22.4 (3.0) | 32.8 (3.9) | 48.6 (5.1) | 70.3 (6.7) | 95.0 (8.6) | 112.7* (10.0) | 56 | 61 (7.0) | 1800 | <3 |
| 19-50..... | 741 | 66.7 (2.8) | 20.2 (1.7) | 26.0 (1.9) | 39.4 (2.2) | 59.1 (2.7) | 85.7 (3.4) | 116.5 (4.9) | 139.4 (6.2) | 60 | 51 (3.1) | 2000 | <3 |
| 51+..... | 930 | 70.2 (2.8) | 21.6 (1.6) | 28.0 (1.8) | 41.8 (2.1) | 62.2 (2.6) | 90.2 (3.7) | 122.6 (5.4) | 145.7 (6.7) | 60 | 48 (2.9) | 2000 | <3 |
| 19+..... | 1671 | 68.6 (2.6) | 20.9 (1.6) | 27.0 (1.8) | 40.7 (2.1) | 60.7 (2.4) | 88.1 (3.4) | 119.9 (5.0) | 143.0 (6.2) | 60 | 49 (2.8) | 2000 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 72.7 (1.8) | 20.8 (0.9) | 27.1 (1.0) | 41.3 (1.2) | 62.8 (1.6) | 93.0 (2.3) | 130.2 (3.4) | 158.0 (4.4) | | 46 (1.6) | | <3 |

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

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

Table B 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | | |
|---------------------------|-----|------------|-------------|------------|------------|------------|------------|-------------|--------------|------|----------|------|--------|----|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) | |
| Non-Hispanic White | | | | | | | | | | | | | | |
| Males: | | | | | | | | | | | | | | |
| 19-50..... | 215 | 58.5 (3.2) | -- | -- | -- | -- | -- | -- | -- | -- | 110 | -- | 2000 | -- |
| 51+..... | 164 | 62.6 (3.9) | -- | -- | -- | -- | -- | -- | -- | -- | 110 | -- | 2000 | -- |
| 19+..... | 379 | 60.3 (3.1) | 13.9* (1.3) | 19.1 (1.6) | 31.2 (2.1) | 50.3 (2.8) | 79.3 (3.9) | 114.0 (5.7) | 140.1* (7.2) | 110 | 89 (1.6) | 2000 | <3 | |
| Females: | | | | | | | | | | | | | | |
| 19-50..... | 198 | 46.5 (2.8) | -- | -- | -- | -- | -- | -- | -- | -- | 95 | -- | 2000 | -- |
| 51+..... | 142 | 46.5 (2.8) | -- | -- | -- | -- | -- | -- | -- | -- | 95 | -- | 2000 | -- |
| 19+..... | 340 | 46.5 (2.6) | 13.3* (1.7) | 17.4 (1.9) | 26.5 (2.3) | 40.6 (2.6) | 60.2 (3.1) | 82.8 (4.3) | 99.3* (5.0) | 95 | 94 (1.2) | 2000 | <3 | |

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

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

Table B 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|------------|-------------|------------|------------|------------|-------------|-------------|-------------|------|----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males: | | | | | | | | | | | | | |
| 19-50..... | 534 | 84.1 (3.0) | 21.9 (1.6) | 29.3 (1.9) | 46.3 (2.4) | 72.5 (3.0) | 108.9 (3.9) | 153.8 (5.5) | 185.9 (6.9) | 75 | 52 (2.6) | 2000 | <3 |
| 51+..... | 830 | 88.3 (3.5) | 23.9 (1.4) | 31.6 (1.7) | 48.7 (2.2) | 76.3 (3.0) | 114.7 (4.6) | 160.3 (7.1) | 193.6 (8.9) | 75 | 49 (2.5) | 2000 | <3 |
| 19+..... | 1364 | 86.3 (2.7) | 22.9 (1.4) | 30.5 (1.6) | 47.6 (2.0) | 74.4 (2.4) | 111.8 (3.5) | 157.0 (5.5) | 190.1 (7.2) | 75 | 50 (2.1) | 2000 | <3 |
| Females: | | | | | | | | | | | | | |
| 19-50..... | 543 | 72.0 (3.8) | 23.6 (2.3) | 30.1 (2.6) | 43.9 (3.1) | 64.5 (3.8) | 91.9 (4.9) | 124.0 (6.6) | 146.2 (8.1) | 60 | 45 (4.2) | 2000 | <3 |
| 51+..... | 787 | 74.1 (4.2) | 24.6 (2.1) | 31.5 (2.3) | 45.6 (2.8) | 66.7 (3.8) | 94.2 (5.5) | 126.5 (7.3) | 148.9 (8.7) | 60 | 42 (3.9) | 2000 | <3 |
| 19+..... | 1330 | 73.2 (3.9) | 24.2 (2.1) | 30.9 (2.3) | 44.8 (2.7) | 65.8 (3.5) | 93.3 (5.0) | 125.5 (6.9) | 147.7 (8.2) | 60 | 43 (3.7) | 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

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

Table B 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|------------|-------------|------------|------------|------------|-------------|-------------|-------------|--------|----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males: | | | | | | | | | | | | | |
| 19-50..... | 749 | 78.8 (3.0) | 18.9 (1.6) | 25.9 (1.9) | 41.9 (2.4) | 67.2 (3.0) | 102.7 (3.7) | 146.7 (5.3) | 178.2 (6.7) | 110/75 | 60 (2.5) | 2000 | <3 |
| 51+..... | 994 | 84.3 (3.3) | 21.6 (1.5) | 29.0 (1.7) | 45.5 (2.1) | 72.4 (2.9) | 109.9 (4.4) | 154.4 (6.7) | 187.7 (8.3) | 110/75 | 55 (2.3) | 2000 | <3 |
| 19+..... | 1743 | 81.6 (2.6) | 20.2 (1.5) | 27.4 (1.7) | 43.7 (2.0) | 69.8 (2.4) | 106.3 (3.3) | 150.7 (5.3) | 183.3 (6.9) | 110/75 | 57 (2.0) | 2000 | <3 |
| Females: | | | | | | | | | | | | | |
| 19-50..... | 741 | 66.5 (3.3) | 19.4 (2.2) | 25.6 (2.5) | 38.8 (2.9) | 59.0 (3.4) | 85.8 (4.3) | 117.4 (5.9) | 140.0 (7.3) | 95/60 | 55 (4.0) | 2000 | <3 |
| 51+..... | 929 | 70.3 (3.7) | 21.4 (2.1) | 27.7 (2.4) | 41.8 (2.8) | 62.6 (3.5) | 90.3 (4.9) | 122.1 (6.9) | 144.8 (8.3) | 95/60 | 49 (3.8) | 2000 | <3 |
| 19+..... | 1670 | 68.6 (3.3) | 20.4 (2.2) | 26.8 (2.4) | 40.4 (2.7) | 61.0 (3.1) | 88.3 (4.5) | 120.0 (6.3) | 142.8 (7.7) | 95/60 | 52 (3.6) | 2000 | <3 |

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

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

Table B 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-------------|------|-----------|-----|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 6.1 (0.1) | 2.7* (0.2) | 3.3 (0.2) | 4.4 (0.1) | 5.8 (0.1) | 7.5 (0.2) | 9.2 (0.2) | 10.3* (0.3) | 10 | 94 (1.1) | 63 | <3 |
| 4-8..... | 465 | 5.3 (0.2) | 2.3 (0.2) | 2.7 (0.1) | 3.7 (0.1) | 5.0 (0.2) | 6.6 (0.2) | 8.1 (0.3) | 9.2 (0.3) | 10 | >97 | 75 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 5.7 (0.4) | 1.8* (0.2) | 2.3 (0.3) | 3.5 (0.3) | 5.2 (0.4) | 7.3 (0.5) | 9.9 (0.6) | 11.6* (0.7) | 10 | 90 (2.4) | 100 | <3 |
| 14-18..... | 219 | 5.2 (0.4) | 1.6* (0.2) | 2.1 (0.3) | 3.1 (0.3) | 4.6 (0.4) | 6.6 (0.6) | 9.0 (0.7) | 10.6* (0.8) | 10 | 93* (2.1) | 100 | <3 |
| 19-50..... | 750 | 4.7 (0.2) | 1.4 (0.1) | 1.8 (0.1) | 2.7 (0.1) | 4.1 (0.1) | 6.0 (0.2) | 8.4 (0.3) | 10.1 (0.4) | 10 | 95 (0.8) | 100 | <3 |
| 51+..... | 994 | 5.4 (0.2) | 1.6 (0.1) | 2.1 (0.1) | 3.2 (0.2) | 4.8 (0.2) | 7.0 (0.2) | 9.6 (0.4) | 11.5 (0.5) | 10 | 91 (1.2) | 100 | <3 |
| 19+..... | 1744 | 5.1 (0.2) | 1.5 (0.1) | 1.9 (0.1) | 2.9 (0.1) | 4.4 (0.1) | 6.5 (0.2) | 9.0 (0.3) | 10.9 (0.4) | 10 | 93 (1.0) | 100 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 5.1 (0.3) | 1.5* (0.2) | 2.0 (0.2) | 3.0 (0.2) | 4.5 (0.3) | 6.5 (0.4) | 8.8 (0.6) | 10.5* (0.6) | 10 | 94* (1.6) | 100 | <3 |
| 14-18..... | 202 | 3.7 (0.3) | 1.0* (0.1) | 1.3 (0.1) | 2.1 (0.2) | 3.2 (0.3) | 4.8 (0.4) | 6.6 (0.5) | 8.0* (0.6) | 10 | >97 | 100 | <3 |
| 19-50..... | 741 | 4.1 (0.2) | 1.3 (0.1) | 1.6 (0.1) | 2.4 (0.1) | 3.6 (0.2) | 5.2 (0.2) | 7.1 (0.3) | 8.5 (0.3) | 10 | >97 | 100 | <3 |
| 51+..... | 930 | 4.2 (0.2) | 1.3 (0.1) | 1.7 (0.1) | 2.5 (0.1) | 3.7 (0.2) | 5.4 (0.2) | 7.3 (0.3) | 8.7 (0.3) | 10 | >97 | 100 | <3 |
| 19+..... | 1671 | 4.1 (0.1) | 1.3 (0.1) | 1.7 (0.1) | 2.5 (0.1) | 3.7 (0.1) | 5.3 (0.2) | 7.2 (0.2) | 8.6 (0.3) | 10 | >97 | 100 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 4.7 (0.1) | 1.4 (0.1) | 1.8 (0.1) | 2.8 (0.1) | 4.2 (0.1) | 6.1 (0.1) | 8.3 (0.2) | 9.9 (0.2) | 10 | 95 (0.5) | | <3 |

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

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

Table B 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|------------|-------------|-----------|-----------|------------|------------|------------|-------------|------|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 5.5 (0.2) | 3.0* (0.1) | 3.4 (0.1) | 4.2 (0.1) | 5.3 (0.2) | 6.5 (0.2) | 7.8 (0.3) | 8.6* (0.4) | 5 | 44 (3.9) |
| 4-8..... | 465 | 6.9 (0.2) | 3.9 (0.2) | 4.4 (0.2) | 5.3 (0.2) | 6.6 (0.2) | 8.1 (0.3) | 9.6 (0.4) | 10.7 (0.4) | 6 | 38 (4.0) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 8.9 (0.7) | 4.7* (0.3) | 5.4 (0.4) | 6.7 (0.5) | 8.5 (0.6) | 10.6 (0.8) | 13.0 (1.1) | 14.5* (1.2) | 9 | 57 (8.2) |
| 14-18..... | 219 | 8.8 (0.4) | 4.7* (0.3) | 5.3 (0.3) | 6.6 (0.3) | 8.4 (0.4) | 10.5 (0.6) | 12.8 (0.8) | 14.3* (0.9) | 12 | 86 (4.1) |
| 19-50..... | 750 | 11.0 (0.4) | 4.9 (0.2) | 5.8 (0.3) | 7.7 (0.3) | 10.3 (0.4) | 13.6 (0.5) | 17.1 (0.7) | 19.5 (0.9) | 12 | 64 (3.4) |
| 51+..... | 994 | 10.3 (0.5) | 4.5 (0.1) | 5.4 (0.2) | 7.2 (0.3) | 9.7 (0.4) | 12.8 (0.6) | 16.1 (0.9) | 18.5 (1.1) | 12 | 70 (3.9) |
| 19+..... | 1744 | 10.7 (0.4) | 4.7 (0.2) | 5.6 (0.2) | 7.5 (0.2) | 10.0 (0.3) | 13.2 (0.5) | 16.6 (0.7) | 19.0 (0.9) | 12 | 67 (3.1) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 8.4 (0.3) | 4.4* (0.3) | 5.0 (0.2) | 6.3 (0.3) | 8.0 (0.3) | 10.0 (0.4) | 12.2 (0.6) | 13.7* (0.8) | 9 | 64 (4.2) |
| 14-18..... | 202 | 7.7 (0.3) | 4.1* (0.3) | 4.6 (0.3) | 5.8 (0.3) | 7.3 (0.3) | 9.3 (0.4) | 11.3 (0.6) | 12.7* (0.7) | 12 | 93* (2.4) |
| 19-50..... | 741 | 9.1 (0.3) | 4.2 (0.2) | 5.0 (0.2) | 6.5 (0.2) | 8.6 (0.2) | 11.1 (0.3) | 13.9 (0.5) | 15.9 (0.6) | 12 | 81 (2.3) |
| 51+..... | 930 | 8.5 (0.3) | 3.9 (0.2) | 4.6 (0.2) | 6.0 (0.2) | 7.9 (0.3) | 10.4 (0.3) | 13.0 (0.5) | 14.9 (0.6) | 12 | 86 (2.2) |
| 19+..... | 1671 | 8.8 (0.2) | 4.0 (0.2) | 4.8 (0.2) | 6.2 (0.2) | 8.2 (0.2) | 10.7 (0.3) | 13.4 (0.4) | 15.3 (0.6) | 12 | 84 (2.1) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 9.3 (0.2) | 4.1 (0.1) | 4.9 (0.1) | 6.4 (0.1) | 8.5 (0.2) | 11.4 (0.3) | 14.6 (0.5) | 16.9 (0.6) | | 72 (1.8) |

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

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

Table B 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | |
|---------------------------|------|-------------|-------------|------------|------------|-------------|-------------|--------------|---------------|-----|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 46.2 (2.8) | 21.9* (1.9) | 25.7 (1.9) | 33.0 (2.2) | 43.0 (2.6) | 56.0 (3.5) | 70.8 (4.4) | 81.0* (5.2) | 30 | 82 (4.3) |
| 4-8..... | 465 | 57.2 (2.3) | 27.9 (1.8) | 32.2 (1.8) | 41.0 (2.0) | 53.5 (2.2) | 69.2 (2.8) | 86.8 (3.8) | 99.6 (4.7) | 55 | 47 (4.3) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 73.2 (4.9) | 38.2* (4.4) | 43.5 (4.4) | 54.5 (4.5) | 69.4 (4.6) | 87.3 (5.8) | 108.3 (8.0) | 121.6* (9.3) | 60 | 66 (7.7) |
| 14-18..... | 219 | 76.8 (6.0) | 40.3* (4.4) | 46.2 (4.4) | 57.0 (4.8) | 72.6 (5.6) | 91.5 (7.4) | 112.6 (9.6) | 127.1* (11.3) | 75 | 46 (8.6) |
| 19-50..... | 750 | 118.9 (5.9) | 43.7 (2.9) | 53.9 (3.3) | 74.7 (4.0) | 106.1 (5.0) | 149.5 (8.0) | 199.5 (13.0) | 235.2 (16.8) | 120 | 40 (3.8) |
| 51+..... | 994 | 130.3 (5.4) | 49.4 (3.5) | 59.9 (3.7) | 83.7 (4.3) | 117.3 (5.1) | 162.9 (6.9) | 215.9 (10.2) | 255.7 (13.4) | 120 | 48 (3.5) |
| 19+..... | 1744 | 124.6 (4.6) | 46.2 (2.8) | 56.7 (3.0) | 78.9 (3.3) | 111.6 (3.9) | 156.4 (6.3) | 207.9 (10.6) | 246.1 (14.2) | 120 | 44 (2.9) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 75.6 (4.6) | 39.5* (4.3) | 44.9 (4.3) | 56.3 (4.3) | 71.6 (4.4) | 90.4 (5.6) | 111.1 (7.3) | 125.8* (8.8) | 60 | 69 (7.1) |
| 14-18..... | 202 | 75.5 (5.5) | 39.8* (5.4) | 45.3 (5.5) | 56.4 (5.6) | 71.4 (5.8) | 90.5 (6.3) | 110.9 (7.9) | 125.1* (9.2) | 75 | 44 (9.5) |
| 19-50..... | 741 | 120.4 (6.2) | 43.0 (3.0) | 52.7 (3.2) | 74.3 (4.1) | 106.3 (5.4) | 150.7 (7.8) | 204.4 (11.3) | 245.8 (14.5) | 90 | 62 (4.0) |
| 51+..... | 930 | 119.5 (5.8) | 43.0 (2.9) | 52.9 (3.3) | 73.8 (3.9) | 105.5 (5.3) | 149.5 (7.3) | 203.2 (10.3) | 242.8 (12.7) | 90 | 62 (3.9) |
| 19+..... | 1671 | 119.9 (5.8) | 43.0 (2.9) | 52.8 (3.2) | 74.0 (3.9) | 105.9 (5.2) | 150.1 (7.2) | 203.7 (10.4) | 244.1 (13.1) | 90 | 62 (3.8) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 110.9 (3.2) | 38.2 (1.7) | 46.8 (2.2) | 65.8 (2.9) | 96.2 (3.6) | 140.3 (4.2) | 193.5 (6.0) | 232.6 (7.9) | | 54 (2.7) |

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

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

Table B 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|------------|------|----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 958 (17) | 592* (25) | 662 (21) | 786 (19) | 937 (17) | 1107 (20) | 1280 (32) | 1388* (40) | 500 | <3 | 2500 | <3 |
| 4-8..... | 465 | 993 (23) | 613 (27) | 683 (27) | 811 (23) | 973 (22) | 1151 (30) | 1329 (42) | 1450 (51) | 800 | 24 (3.2) | 2500 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 1085 (45) | 603* (40) | 684 (41) | 847 (42) | 1052 (45) | 1281 (49) | 1531 (58) | 1682* (63) | 1100 | 56 (5.5) | 3000 | <3 |
| 14-18..... | 219 | 1129 (42) | 634* (34) | 724 (34) | 881 (37) | 1094 (41) | 1333 (49) | 1579 (59) | 1739* (67) | 1100 | 51 (4.8) | 3000 | <3 |
| 19-50..... | 750 | 1178 (25) | 615 (23) | 710 (23) | 893 (21) | 1132 (24) | 1417 (32) | 1706 (46) | 1894 (57) | 800 | 16 (1.8) | 2500 | <3 |
| 51+..... | 994 | 1066 (25) | 536 (23) | 624 (24) | 800 (22) | 1022 (25) | 1286 (31) | 1558 (39) | 1745 (47) | | 32 (2.2) | 2000 | <3 |
| 19+..... | 1744 | 1122 (21) | 569 (22) | 663 (22) | 844 (20) | 1076 (20) | 1352 (27) | 1641 (37) | 1828 (47) | | 24 (1.8) | | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 1017 (36) | 556* (33) | 633 (33) | 788 (34) | 985 (37) | 1209 (42) | 1439 (50) | 1594* (56) | 1100 | 64 (4.2) | 3000 | <3 |
| 14-18..... | 202 | 870 (42) | 463* (34) | 533 (36) | 666 (38) | 838 (43) | 1044 (47) | 1250 (55) | 1386* (61) | 1100 | 80 (4.2) | 3000 | <3 |
| 19-50..... | 741 | 926 (21) | 510 (22) | 582 (21) | 720 (20) | 895 (21) | 1098 (23) | 1306 (26) | 1446 (30) | 800 | 36 (3.1) | 2500 | <3 |
| 51+..... | 930 | 845 (19) | 456 (17) | 523 (17) | 650 (18) | 814 (19) | 1006 (24) | 1203 (31) | 1338 (36) | 1000 | 74 (2.5) | 2000 | <3 |
| 19+..... | 1671 | 881 (16) | 477 (17) | 547 (17) | 679 (16) | 850 (16) | 1049 (19) | 1254 (22) | 1391 (28) | | 57 (2.0) | | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 1001 (12) | 519 (13) | 598 (13) | 753 (13) | 954 (13) | 1196 (16) | 1463 (21) | 1644 (27) | | 41 (1.5) | | <3 |

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

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

Table B 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|------------|------|----------|------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 1040 (14) | 685* (18) | 755 (16) | 877 (13) | 1025 (14) | 1186 (17) | 1349 (23) | 1447* (27) | 380 | <3 | 3000 | <3 |
| 4-8..... | 465 | 1189 (20) | 793 (25) | 869 (25) | 1005 (22) | 1171 (20) | 1353 (21) | 1531 (27) | 1646 (32) | 405 | <3 | 3000 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 1376 (45) | 838* (38) | 934 (40) | 1120 (41) | 1347 (46) | 1595 (51) | 1858 (62) | 2014* (67) | 1055 | 19 (3.4) | 4000 | <3 |
| 14-18..... | 219 | 1520 (50) | 947* (40) | 1056 (41) | 1244 (44) | 1489 (49) | 1756 (59) | 2025 (68) | 2197* (76) | 1055 | 10 (2.2) | 4000 | <3 |
| 19-50..... | 750 | 1684 (26) | 987 (31) | 1118 (29) | 1354 (26) | 1647 (26) | 1977 (30) | 2296 (38) | 2497 (45) | 580 | <3 | 4000 | <3 |
| 51+..... | 994 | 1582 (23) | 899 (25) | 1024 (24) | 1262 (23) | 1545 (23) | 1866 (28) | 2178 (39) | 2388 (46) | 580 | <3 | | <3 |
| 19+..... | 1744 | 1633 (19) | 938 (25) | 1068 (24) | 1306 (20) | 1596 (19) | 1922 (25) | 2244 (34) | 2447 (41) | 580 | <3 | | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 1289 (37) | 774* (29) | 864 (29) | 1042 (31) | 1261 (37) | 1503 (45) | 1747 (55) | 1908* (64) | 1055 | 27 (3.5) | 4000 | <3 |
| 14-18..... | 202 | 1140 (41) | 671* (36) | 756 (37) | 913 (38) | 1110 (43) | 1339 (46) | 1563 (53) | 1708* (57) | 1055 | 43 (5.3) | 4000 | <3 |
| 19-50..... | 741 | 1258 (24) | 767 (23) | 859 (22) | 1032 (23) | 1237 (24) | 1461 (26) | 1680 (30) | 1822 (34) | 580 | <3 | 4000 | <3 |
| 51+..... | 930 | 1184 (28) | 707 (20) | 798 (20) | 962 (23) | 1161 (27) | 1383 (34) | 1595 (40) | 1737 (46) | 580 | <3 | | <3 |
| 19+..... | 1671 | 1217 (22) | 731 (19) | 823 (18) | 991 (20) | 1195 (22) | 1419 (26) | 1637 (31) | 1777 (36) | 580 | <3 | | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 1386 (20) | 783 (16) | 883 (16) | 1075 (17) | 1327 (18) | 1635 (22) | 1973 (47) | 2194 (72) | | 3 (0.5) | | <3 |

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

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

Table B 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 189 (3) | 123* (3) | 135 (3) | 158 (3) | 185 (3) | 216 (4) | 247 (5) | 266* (6) | 65 | <3 |
| 4-8..... | 465 | 217 (3) | 143 (3) | 157 (3) | 182 (3) | 213 (3) | 247 (4) | 281 (5) | 303 (6) | 110 | <3 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 255 (8) | 155* (7) | 172 (7) | 206 (7) | 249 (8) | 296 (10) | 347 (13) | 378* (14) | 200 | 22 (3.5) |
| 14-18..... | 219 | 278 (9) | 171* (6) | 191 (7) | 225 (7) | 271 (9) | 322 (11) | 374 (15) | 408* (17) | 340 | 81 (4.0) |
| 19-50..... | 750 | 351 (9) | 187 (9) | 216 (10) | 269 (10) | 338 (10) | 420 (10) | 503 (14) | 557 (16) | | 51 (3.4) |
| 51+..... | 994 | 349 (9) | 184 (8) | 212 (7) | 267 (7) | 336 (8) | 417 (11) | 500 (14) | 558 (17) | 350 | 55 (3.0) |
| 19+..... | 1744 | 350 (7) | 186 (8) | 214 (8) | 268 (7) | 337 (7) | 419 (8) | 501 (12) | 557 (14) | | 53 (2.5) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 247 (7) | 149* (5) | 165 (5) | 199 (5) | 240 (6) | 287 (9) | 335 (11) | 367* (14) | 200 | 26 (2.9) |
| 14-18..... | 202 | 229 (7) | 138* (7) | 154 (7) | 184 (7) | 222 (8) | 268 (8) | 313 (10) | 342* (12) | 300 | 87 (2.7) |
| 19-50..... | 741 | 280 (5) | 158 (4) | 179 (4) | 220 (4) | 271 (5) | 330 (6) | 391 (8) | 432 (9) | | 45 (2.5) |
| 51+..... | 930 | 272 (5) | 153 (4) | 173 (5) | 212 (5) | 262 (5) | 321 (6) | 381 (7) | 422 (8) | 265 | 51 (2.7) |
| 19+..... | 1671 | 275 (5) | 155 (4) | 176 (4) | 215 (4) | 266 (5) | 325 (6) | 386 (7) | 427 (8) | | 49 (2.3) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 296 (4) | 157 (3) | 178 (3) | 220 (3) | 279 (4) | 354 (5) | 437 (7) | 493 (9) | | 47 (1.5) |

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

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

Table B 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|------|----------|-----|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 9.3 (0.2) | 5.4* (0.2) | 6.1 (0.2) | 7.4 (0.2) | 9.0 (0.2) | 10.8 (0.3) | 12.8 (0.4) | 14.1* (0.5) | 3 | <3 | 40 | <3 |
| 4-8..... | 465 | 12.6 (0.2) | 7.7 (0.3) | 8.5 (0.3) | 10.1 (0.3) | 12.2 (0.3) | 14.6 (0.3) | 17.1 (0.3) | 18.8 (0.3) | 4.1 | <3 | 40 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 15.7 (0.6) | 8.8* (0.5) | 10.0 (0.5) | 12.2 (0.5) | 15.1 (0.6) | 18.5 (0.7) | 22.2 (0.9) | 24.5* (1.0) | 5.9 | <3 | 40 | <3 |
| 14-18..... | 219 | 16.6 (0.6) | 9.4* (0.5) | 10.7 (0.5) | 12.9 (0.5) | 16.0 (0.5) | 19.5 (0.7) | 23.3 (0.9) | 25.8* (1.1) | 7.7 | <3 | 45 | <3 |
| 19-50..... | 750 | 16.5 (0.3) | 8.9 (0.3) | 10.2 (0.3) | 12.6 (0.3) | 15.9 (0.3) | 19.8 (0.4) | 23.7 (0.5) | 26.3 (0.6) | 6 | <3 | 45 | <3 |
| 51+..... | 994 | 16.4 (0.2) | 8.8 (0.2) | 10.0 (0.2) | 12.6 (0.2) | 15.8 (0.2) | 19.6 (0.3) | 23.5 (0.4) | 26.1 (0.5) | 6 | <3 | 45 | <3 |
| 19+..... | 1744 | 16.5 (0.2) | 8.8 (0.2) | 10.1 (0.2) | 12.6 (0.2) | 15.8 (0.2) | 19.7 (0.3) | 23.6 (0.4) | 26.2 (0.5) | 6 | <3 | 45 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 14.8 (0.5) | 8.3* (0.4) | 9.3 (0.4) | 11.5 (0.4) | 14.3 (0.5) | 17.5 (0.7) | 20.9 (0.9) | 23.3* (1.1) | 5.7 | <3 | 40 | <3 |
| 14-18..... | 202 | 12.5 (0.4) | 6.9* (0.4) | 7.8 (0.4) | 9.6 (0.4) | 12.0 (0.4) | 14.8 (0.5) | 17.8 (0.6) | 19.8* (0.7) | 7.9 | 16 (2.2) | 45 | <3 |
| 19-50..... | 741 | 12.7 (0.3) | 7.0 (0.3) | 8.0 (0.3) | 9.9 (0.3) | 12.3 (0.3) | 15.1 (0.3) | 17.9 (0.5) | 19.9 (0.6) | 8.1 | 18 (1.4) | 45 | <3 |
| 51+..... | 930 | 12.2 (0.2) | 6.7 (0.2) | 7.7 (0.2) | 9.5 (0.2) | 11.7 (0.2) | 14.5 (0.3) | 17.3 (0.5) | 19.1 (0.6) | 5 | <3 | 45 | <3 |
| 19+..... | 1671 | 12.4 (0.2) | 6.8 (0.3) | 7.8 (0.2) | 9.6 (0.2) | 12.0 (0.2) | 14.7 (0.3) | 17.6 (0.4) | 19.5 (0.6) | 9 | (0.9) | 45 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 14.2 (0.2) | 7.3 (0.2) | 8.4 (0.2) | 10.6 (0.1) | 13.5 (0.2) | 17.0 (0.2) | 21.0 (0.3) | 23.6 (0.4) | 5 | (0.4) | | <3 |

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

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

Table B 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|------------|-------------|-----------|------------|------------|------------|------------|-------------|------|----------|-----|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 7.3 (0.1) | 4.6* (0.2) | 5.1 (0.2) | 6.0 (0.1) | 7.1 (0.1) | 8.3 (0.1) | 9.6 (0.2) | 10.4* (0.2) | 2.5 | <3 | 7 | 52 (3.2) |
| 4-8..... | 465 | 8.9 (0.2) | 5.8 (0.2) | 6.3 (0.2) | 7.4 (0.2) | 8.7 (0.2) | 10.2 (0.2) | 11.7 (0.2) | 12.7 (0.3) | 4 | <3 | 12 | 8 (1.3) |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 11.1 (0.4) | 6.2* (0.3) | 7.0 (0.3) | 8.6 (0.4) | 10.7 (0.4) | 13.1 (0.5) | 15.8 (0.7) | 17.4* (0.7) | 7 | 10 (2.4) | 23 | <3 |
| 14-18..... | 219 | 12.5 (0.5) | 7.1* (0.4) | 8.1 (0.4) | 9.8 (0.4) | 12.1 (0.5) | 14.7 (0.6) | 17.5 (0.7) | 19.4* (0.8) | 8.5 | 13 (2.8) | 34 | <3 |
| 19-50..... | 750 | 13.8 (0.2) | 7.8 (0.3) | 8.8 (0.2) | 10.8 (0.2) | 13.3 (0.2) | 16.3 (0.3) | 19.3 (0.4) | 21.2 (0.5) | 9.4 | 14 (1.6) | 40 | <3 |
| 51+..... | 994 | 13.2 (0.2) | 7.3 (0.2) | 8.3 (0.2) | 10.3 (0.2) | 12.7 (0.2) | 15.6 (0.3) | 18.5 (0.4) | 20.5 (0.5) | 9.4 | 18 (1.6) | 40 | <3 |
| 19+..... | 1744 | 13.5 (0.2) | 7.5 (0.2) | 8.5 (0.2) | 10.5 (0.2) | 13.0 (0.2) | 15.9 (0.2) | 18.9 (0.4) | 20.9 (0.5) | 9.4 | 16 (1.5) | 40 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 10.2 (0.4) | 5.6* (0.2) | 6.3 (0.3) | 7.9 (0.3) | 9.8 (0.3) | 12.1 (0.5) | 14.5 (0.6) | 16.2* (0.7) | 7 | 16 (2.7) | 23 | <3 |
| 14-18..... | 202 | 8.9 (0.4) | 4.8* (0.3) | 5.5 (0.3) | 6.8 (0.3) | 8.5 (0.4) | 10.6 (0.4) | 12.8 (0.5) | 14.2* (0.6) | 7.3 | 33 (4.9) | 34 | <3 |
| 19-50..... | 741 | 9.9 (0.2) | 5.7 (0.2) | 6.4 (0.2) | 7.9 (0.2) | 9.6 (0.2) | 11.6 (0.3) | 13.7 (0.4) | 15.0 (0.5) | 6.8 | 13 (1.9) | 40 | <3 |
| 51+..... | 930 | 9.4 (0.2) | 5.3 (0.2) | 6.0 (0.2) | 7.4 (0.2) | 9.1 (0.2) | 11.1 (0.3) | 13.1 (0.3) | 14.4 (0.4) | 6.8 | 18 (2.4) | 40 | <3 |
| 19+..... | 1671 | 9.6 (0.2) | 5.5 (0.2) | 6.2 (0.2) | 7.6 (0.2) | 9.3 (0.2) | 11.3 (0.2) | 13.4 (0.3) | 14.7 (0.4) | 6.8 | 16 (2.0) | 40 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 11.1 (0.1) | 5.8 (0.1) | 6.6 (0.1) | 8.3 (0.1) | 10.5 (0.1) | 13.3 (0.2) | 16.5 (0.3) | 18.5 (0.3) | 15 | (0.9) | | <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

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

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

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-------|----------|-----|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 0.7 (0.01) | 0.4* (0.01) | 0.5 (0.01) | 0.5 (0.01) | 0.7 (0.01) | 0.8 (0.02) | 0.9 (0.03) | 1.0* (0.03) | 0.26 | <3 | 1 | 5* (1.3) |
| 4-8..... | 465 | 0.8 (0.02) | 0.5 (0.01) | 0.6 (0.01) | 0.7 (0.01) | 0.8 (0.02) | 1.0 (0.02) | 1.2 (0.03) | 1.3 (0.04) | 0.34 | <3 | 3 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 1.0 (0.04) | 0.6* (0.03) | 0.7 (0.03) | 0.8 (0.04) | 1.0 (0.04) | 1.2 (0.05) | 1.4 (0.07) | 1.5* (0.08) | 0.54 | <3 | 5 | <3 |
| 14-18..... | 219 | 1.1 (0.04) | 0.7* (0.03) | 0.7 (0.03) | 0.9 (0.03) | 1.1 (0.04) | 1.3 (0.06) | 1.5 (0.07) | 1.6* (0.08) | 0.685 | 6* (1.5) | 8 | <3 |
| 19-50..... | 750 | 1.4 (0.03) | 0.7 (0.02) | 0.8 (0.02) | 1.0 (0.02) | 1.3 (0.03) | 1.7 (0.04) | 2.0 (0.06) | 2.3 (0.07) | 0.7 | 5 (0.7) | 10 | <3 |
| 51+..... | 994 | 1.4 (0.03) | 0.7 (0.02) | 0.8 (0.02) | 1.0 (0.02) | 1.3 (0.02) | 1.7 (0.03) | 2.0 (0.05) | 2.3 (0.06) | 0.7 | 5 (0.7) | 10 | <3 |
| 19+..... | 1744 | 1.4 (0.03) | 0.7 (0.02) | 0.8 (0.02) | 1.0 (0.02) | 1.3 (0.02) | 1.7 (0.03) | 2.0 (0.05) | 2.3 (0.06) | 0.7 | 5 (0.6) | 10 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 1.0 (0.03) | 0.6* (0.02) | 0.7 (0.02) | 0.8 (0.02) | 0.9 (0.02) | 1.1 (0.03) | 1.3 (0.05) | 1.5* (0.06) | 0.54 | <3 | 5 | <3 |
| 14-18..... | 202 | 0.9 (0.03) | 0.6* (0.02) | 0.6 (0.02) | 0.8 (0.03) | 0.9 (0.03) | 1.1 (0.04) | 1.3 (0.05) | 1.4* (0.06) | 0.685 | 15 (3.1) | 8 | <3 |
| 19-50..... | 741 | 1.1 (0.03) | 0.6 (0.02) | 0.7 (0.02) | 0.9 (0.02) | 1.1 (0.02) | 1.4 (0.03) | 1.7 (0.04) | 1.9 (0.06) | 0.7 | 10 (1.2) | 10 | <3 |
| 51+..... | 930 | 1.1 (0.02) | 0.6 (0.02) | 0.7 (0.02) | 0.9 (0.02) | 1.1 (0.02) | 1.3 (0.03) | 1.6 (0.03) | 1.9 (0.04) | 0.7 | 10 (1.4) | 10 | <3 |
| 19+..... | 1671 | 1.1 (0.02) | 0.6 (0.01) | 0.7 (0.01) | 0.9 (0.02) | 1.1 (0.02) | 1.4 (0.02) | 1.7 (0.03) | 1.9 (0.04) | 0.7 | 10 (1.1) | 10 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 1.2 (0.02) | 0.6 (0.01) | 0.7 (0.01) | 0.9 (0.01) | 1.1 (0.01) | 1.4 (0.02) | 1.8 (0.03) | 2.0 (0.04) | | 7 (0.6) | | <3 |

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

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

Table B 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <EAR | | >UL | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|------|--------|-----|---------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | EAR | % (SE) | UL | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 65 (1) | 40* (1) | 45 (1) | 53 (1) | 63 (1) | 75 (2) | 88 (2) | 96* (3) | 17 | <3 | 90 | 9 (1.6) |
| 4-8..... | 465 | 85 (2) | 53 (2) | 59 (2) | 69 (2) | 82 (2) | 98 (2) | 113 (3) | 124 (3) | 23 | <3 | 150 | <3 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 103 (4) | 63* (3) | 70 (3) | 84 (3) | 101 (4) | 119 (4) | 139 (5) | 151* (6) | 35 | <3 | 280 | <3 |
| 14-18..... | 219 | 125 (5) | 80* (4) | 88 (4) | 103 (5) | 123 (5) | 144 (6) | 165 (7) | 179* (8) | 45 | <3 | 400 | <3 |
| 19-50..... | 750 | 140 (3) | 82 (3) | 93 (3) | 112 (3) | 137 (3) | 165 (4) | 192 (5) | 210 (5) | 45 | <3 | 400 | <3 |
| 51+..... | 994 | 131 (2) | 74 (2) | 84 (2) | 104 (2) | 127 (2) | 155 (3) | 181 (3) | 200 (4) | 45 | <3 | 400 | <3 |
| 19+..... | 1744 | 135 (2) | 77 (2) | 88 (2) | 108 (2) | 132 (2) | 160 (3) | 187 (4) | 205 (4) | 45 | <3 | 400 | <3 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 95 (3) | 58* (3) | 64 (3) | 77 (3) | 93 (3) | 111 (4) | 129 (5) | 141* (6) | 35 | <3 | 280 | <3 |
| 14-18..... | 202 | 91 (3) | 55* (3) | 61 (3) | 73 (3) | 89 (3) | 106 (4) | 124 (5) | 135* (5) | 45 | <3 | 400 | <3 |
| 19-50..... | 741 | 99 (2) | 60 (2) | 67 (2) | 80 (2) | 97 (2) | 115 (2) | 133 (3) | 145 (3) | 45 | <3 | 400 | <3 |
| 51+..... | 930 | 92 (1) | 54 (2) | 61 (2) | 74 (1) | 90 (1) | 108 (2) | 125 (2) | 137 (3) | 45 | <3 | 400 | <3 |
| 19+..... | 1671 | 95 (1) | 56 (2) | 64 (1) | 77 (1) | 93 (1) | 111 (2) | 129 (2) | 141 (3) | 45 | <3 | 400 | <3 |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 110 (1) | 58 (1) | 67 (1) | 83 (1) | 105 (1) | 132 (2) | 162 (3) | 182 (4) | | <3 | | <3 |

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

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

Table B 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | | >CDRR | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|------|--------|-------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) | CDRR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| 1-3..... | 368 | 1928 (49) | 1161* (41) | 1299 (42) | 1554 (44) | 1875 (48) | 2242 (56) | 2631 (70) | 2874* (79) | 800 | >97 | 1200 | 94 (1.4) |
| 4-8..... | 465 | 2648 (42) | 1655 (44) | 1834 (41) | 2161 (38) | 2585 (41) | 3060 (53) | 3542 (72) | 3870 (86) | 1000 | >97 | 1500 | >97 |
| Males: | | | | | | | | | | | | | |
| 9-13..... | 225 | 3395 (152) | 2184* (127) | 2400 (134) | 2818 (139) | 3329 (151) | 3888 (165) | 4485 (194) | 4839* (220) | 1200 | >97 | 1800 | >97 |
| 14-18..... | 219 | 3872 (124) | 2541* (103) | 2795 (96) | 3229 (100) | 3798 (120) | 4419 (150) | 5046 (190) | 5448* (226) | 1500 | >97 | 2300 | >97 |
| 19-50..... | 750 | 4345 (77) | 2684 (87) | 2996 (84) | 3554 (80) | 4249 (78) | 5041 (80) | 5812 (96) | 6300 (111) | 1500 | >97 | 2300 | >97 |
| 51+..... | 994 | 3987 (61) | 2374 (77) | 2671 (72) | 3227 (66) | 3896 (62) | 4657 (70) | 5405 (91) | 5915 (111) | 1500 | >97 | 2300 | 96 (1.0) |
| 19+..... | 1744 | 4166 (50) | 2503 (74) | 2815 (67) | 3380 (58) | 4074 (50) | 4852 (60) | 5637 (79) | 6131 (94) | 1500 | >97 | 2300 | >97 |
| Females: | | | | | | | | | | | | | |
| 9-13..... | 222 | 3110 (140) | 1974* (112) | 2174 (120) | 2565 (126) | 3047 (140) | 3582 (167) | 4122 (186) | 4480* (209) | 1200 | >97 | 1800 | >97 |
| 14-18..... | 202 | 2930 (118) | 1856* (122) | 2050 (113) | 2411 (106) | 2862 (121) | 3385 (127) | 3896 (157) | 4230* (169) | 1500 | >97 | 2300 | 80 (4.8) |
| 19-50..... | 741 | 3164 (54) | 1900 (56) | 2129 (55) | 2568 (53) | 3096 (55) | 3691 (62) | 4279 (76) | 4667 (88) | 1500 | >97 | 2300 | 85 (1.7) |
| 51+..... | 930 | 2865 (48) | 1676 (47) | 1893 (46) | 2296 (46) | 2793 (47) | 3359 (58) | 3917 (72) | 4294 (86) | 1500 | >97 | 2300 | 75 (2.1) |
| 19+..... | 1671 | 2999 (44) | 1758 (46) | 1986 (45) | 2406 (43) | 2927 (44) | 3515 (53) | 4101 (67) | 4485 (79) | 1500 | >97 | 2300 | 79 (1.7) |
| All: | | | | | | | | | | | | | |
| 1+..... | 5116 | 3441 (40) | 1826 (35) | 2098 (38) | 2621 (41) | 3309 (44) | 4122 (47) | 4968 (56) | 5514 (69) | | >97 | | 89 (1.0) |

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

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

Table B 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | >AI | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|------------|------------|-------------|------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AI | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 1816 (31) | 1155* (35) | 1284 (32) | 1509 (30) | 1782 (30) | 2085 (37) | 2392 (51) | 2584* (62) | 2000 | 31 (2.7) |
| 4-8..... | 465 | 1954 (32) | 1259 (34) | 1389 (31) | 1624 (28) | 1922 (32) | 2244 (42) | 2562 (56) | 2771 (68) | 2300 | 22 (2.5) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 2254 (75) | 1395* (62) | 1548 (64) | 1846 (66) | 2209 (74) | 2604 (87) | 3023 (111) | 3271* (125) | 2500 | 31 (4.9) |
| 14-18..... | 219 | 2430 (86) | 1529* (72) | 1701 (73) | 1996 (76) | 2382 (84) | 2802 (103) | 3223 (125) | 3492* (139) | 3000 | 17 (4.2) |
| 19-50..... | 750 | 2969 (48) | 1652 (42) | 1897 (41) | 2342 (41) | 2894 (48) | 3524 (58) | 4132 (74) | 4512 (86) | 3400 | 29 (2.0) |
| 51+..... | 994 | 3104 (47) | 1758 (44) | 2000 (43) | 2473 (43) | 3034 (45) | 3664 (57) | 4281 (76) | 4688 (88) | 3400 | 34 (2.0) |
| 19+..... | 1744 | 3036 (36) | 1700 (39) | 1947 (36) | 2405 (32) | 2963 (35) | 3598 (47) | 4209 (64) | 4609 (78) | 3400 | 32 (1.6) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 2163 (60) | 1326* (57) | 1474 (55) | 1764 (52) | 2119 (59) | 2510 (74) | 2903 (93) | 3162* (110) | 2300 | 37 (4.2) |
| 14-18..... | 202 | 1937 (74) | 1170* (65) | 1309 (66) | 1568 (69) | 1890 (75) | 2263 (83) | 2626 (99) | 2861* (112) | 2300 | 23 (4.5) |
| 19-50..... | 741 | 2332 (52) | 1370 (42) | 1548 (43) | 1884 (45) | 2286 (52) | 2730 (60) | 3167 (71) | 3455 (77) | 2600 | 32 (3.0) |
| 51+..... | 930 | 2396 (52) | 1423 (46) | 1607 (46) | 1941 (49) | 2347 (53) | 2801 (59) | 3241 (66) | 3530 (71) | 2600 | 35 (3.0) |
| 19+..... | 1671 | 2367 (47) | 1399 (39) | 1579 (39) | 1915 (42) | 2319 (47) | 2770 (55) | 3209 (63) | 3496 (70) | 2600 | 33 (2.8) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 2570 (37) | 1416 (29) | 1604 (30) | 1970 (33) | 2457 (36) | 3051 (43) | 3694 (52) | 4114 (64) | | 31 (1.8) |

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

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

Table B 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | |
|---------------------------|------|-------------|-------------|------------|-------------|-------------|--------------|--------------|---------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) |
| Non-Hispanic White | | | | | | | | | |
| Males and females: | | | | | | | | | |
| 1-3..... | 368 | 5.4 (1.0) | 0.5* (0.2) | 0.8 (0.2) | 1.7 (0.3) | 3.4 (0.6) | 6.7 (1.1) | 12.0 (2.2) | 17.1* (3.4) |
| 4-8..... | 465 | 9.9 (1.5) | 1.4 (0.4) | 2.0 (0.4) | 3.6 (0.7) | 6.8 (0.9) | 12.3 (1.8) | 20.8 (3.3) | 28.7 (4.9) |
| Males: | | | | | | | | | |
| 9-13..... | 225 | 32.7 (4.0) | 3.9* (0.9) | 5.8 (1.1) | 11.0 (1.7) | 21.5 (2.8) | 40.7 (4.8) | 71.4 (8.8) | 98.7* (12.2) |
| 14-18..... | 219 | 51.6 (6.9) | 6.2* (1.3) | 9.3 (1.8) | 17.5 (2.8) | 34.0 (4.6) | 63.6 (8.6) | 111.8 (15.2) | 153.2* (22.7) |
| 19-50..... | 750 | 196.4 (8.1) | 26.3 (3.4) | 43.5 (4.2) | 87.0 (5.7) | 160.4 (7.7) | 268.2 (10.6) | 396.5 (15.3) | 485.5 (19.0) |
| 51+..... | 994 | 250.7 (7.2) | 48.7 (3.8) | 71.9 (4.5) | 127.2 (5.5) | 212.8 (7.1) | 334.5 (9.6) | 476.3 (12.5) | 581.4 (15.7) |
| 19+..... | 1744 | 223.5 (6.4) | 34.7 (3.3) | 55.1 (4.0) | 104.5 (4.8) | 186.0 (6.1) | 302.2 (8.2) | 439.3 (11.5) | 538.4 (14.5) |
| Females: | | | | | | | | | |
| 9-13..... | 222 | 25.2 (2.8) | 2.9* (0.6) | 4.3 (0.9) | 8.2 (1.4) | 16.4 (2.1) | 31.2 (3.6) | 55.0 (6.4) | 77.4* (9.5) |
| 14-18..... | 202 | 49.3 (4.7) | 6.1* (1.2) | 9.2 (1.6) | 16.9 (2.3) | 32.5 (3.4) | 61.5 (5.6) | 106.0 (10.5) | 147.8* (16.7) |
| 19-50..... | 741 | 163.4 (7.8) | 20.2 (2.7) | 34.0 (3.3) | 70.3 (4.7) | 132.6 (6.8) | 222.6 (10.7) | 332.8 (15.6) | 411.6 (19.8) |
| 51+..... | 930 | 184.4 (6.0) | 29.0 (3.8) | 45.6 (4.4) | 85.6 (5.4) | 152.0 (6.2) | 248.7 (7.8) | 364.3 (10.6) | 449.1 (12.7) |
| 19+..... | 1671 | 175.0 (5.3) | 24.5 (2.9) | 39.8 (3.4) | 78.4 (4.3) | 143.5 (5.3) | 236.9 (7.1) | 350.0 (10.5) | 433.1 (13.4) |
| All: | | | | | | | | | |
| 1+..... | 5116 | 164.1 (3.5) | 4.8 (0.5) | 10.8 (1.0) | 46.2 (2.8) | 126.6 (4.2) | 236.5 (5.3) | 366.9 (7.1) | 460.5 (8.7) |

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

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

Table B 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | Within AMDR | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-------------|--------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AMDR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 14.6 (0.2) | 11.7* (0.2) | 12.3 (0.2) | 13.3 (0.2) | 14.5 (0.2) | 15.7 (0.2) | 16.9 (0.3) | 17.7* (0.4) | 5-20% | >97 |
| 4-8..... | 465 | 13.9 (0.2) | 11.2 (0.2) | 11.7 (0.2) | 12.7 (0.2) | 13.8 (0.2) | 15.0 (0.2) | 16.1 (0.3) | 16.9 (0.3) | 10-30% | >97 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 14.1 (0.3) | 10.9* (0.4) | 11.5 (0.4) | 12.7 (0.4) | 14.0 (0.3) | 15.4 (0.2) | 16.8 (0.3) | 17.6* (0.3) | 10-30% | >97 |
| 14-18..... | 219 | 15.4 (0.3) | 12.0* (0.4) | 12.7 (0.4) | 13.8 (0.3) | 15.3 (0.3) | 16.8 (0.3) | 18.2 (0.3) | 19.1* (0.4) | 10-30% | >97 |
| 19-50..... | 750 | 16.0 (0.2) | 11.5 (0.2) | 12.4 (0.2) | 13.9 (0.2) | 15.8 (0.2) | 17.8 (0.3) | 19.8 (0.3) | 21.0 (0.4) | 10-35% | >97 |
| 51+..... | 994 | 15.8 (0.3) | 11.3 (0.3) | 12.2 (0.2) | 13.7 (0.2) | 15.6 (0.3) | 17.6 (0.3) | 19.5 (0.4) | 20.8 (0.5) | 10-35% | >97 |
| 19+..... | 1744 | 15.9 (0.2) | 11.4 (0.2) | 12.3 (0.2) | 13.8 (0.2) | 15.7 (0.2) | 17.7 (0.3) | 19.7 (0.3) | 20.9 (0.4) | 10-35% | >97 |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 13.9 (0.3) | 10.7* (0.4) | 11.3 (0.4) | 12.5 (0.4) | 13.8 (0.3) | 15.2 (0.3) | 16.6 (0.4) | 17.5* (0.4) | 10-30% | >97 |
| 14-18..... | 202 | 14.1 (0.5) | 11.0* (0.6) | 11.6 (0.6) | 12.7 (0.5) | 14.0 (0.5) | 15.5 (0.4) | 16.8 (0.4) | 17.7* (0.4) | 10-30% | >97 |
| 19-50..... | 741 | 15.5 (0.2) | 11.2 (0.3) | 12.1 (0.3) | 13.6 (0.2) | 15.4 (0.2) | 17.3 (0.2) | 19.2 (0.3) | 20.4 (0.4) | 10-35% | >97 |
| 51+..... | 930 | 15.7 (0.2) | 11.4 (0.3) | 12.2 (0.3) | 13.7 (0.2) | 15.5 (0.2) | 17.5 (0.2) | 19.4 (0.3) | 20.6 (0.4) | 10-35% | >97 |
| 19+..... | 1671 | 15.6 (0.2) | 11.3 (0.3) | 12.1 (0.3) | 13.7 (0.2) | 15.4 (0.2) | 17.4 (0.2) | 19.3 (0.3) | 20.5 (0.3) | 10-35% | >97 |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 15.4 (0.1) | 11.3 (0.2) | 12.1 (0.1) | 13.5 (0.1) | 15.2 (0.1) | 17.2 (0.2) | 19.1 (0.3) | 20.4 (0.3) | | >97 |

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

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

Table B 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | Within AMDR | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-------------|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AMDR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 52.3 (0.5) | 45.6* (0.7) | 47.1 (0.6) | 49.6 (0.5) | 52.4 (0.5) | 55.1 (0.5) | 57.6 (0.5) | 59.1* (0.5) | 45-65% | 96* (1.5) |
| 4-8..... | 465 | 52.9 (0.5) | 46.3 (0.7) | 47.7 (0.7) | 50.2 (0.6) | 53.0 (0.5) | 55.6 (0.5) | 58.1 (0.5) | 59.6 (0.5) | 45-65% | >97 |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 52.3 (0.7) | 44.7* (0.8) | 46.3 (0.7) | 49.2 (0.7) | 52.3 (0.7) | 55.4 (0.7) | 58.3 (0.8) | 59.9* (0.8) | 45-65% | 94* (2.1) |
| 14-18..... | 219 | 50.2 (0.6) | 42.6* (0.6) | 44.4 (0.6) | 47.1 (0.6) | 50.3 (0.6) | 53.3 (0.7) | 56.1 (0.8) | 57.8* (0.9) | 45-65% | 87 (2.9) |
| 19-50..... | 750 | 45.0 (0.4) | 33.3 (0.6) | 35.9 (0.5) | 40.1 (0.4) | 44.9 (0.4) | 49.9 (0.4) | 54.3 (0.5) | 57.0 (0.6) | 45-65% | 49 (2.0) |
| 51+..... | 994 | 45.1 (0.4) | 33.3 (0.6) | 35.9 (0.6) | 40.3 (0.5) | 45.1 (0.4) | 50.0 (0.4) | 54.5 (0.5) | 57.1 (0.6) | 45-65% | 50 (2.3) |
| 19+..... | 1744 | 45.1 (0.3) | 33.3 (0.6) | 35.9 (0.5) | 40.2 (0.4) | 45.0 (0.3) | 49.9 (0.4) | 54.4 (0.5) | 57.1 (0.5) | 45-65% | 50 (1.7) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 52.7 (0.7) | 45.0* (0.7) | 46.7 (0.7) | 49.5 (0.7) | 52.7 (0.7) | 55.8 (0.7) | 58.6 (0.9) | 60.3* (0.9) | 45-65% | 95* (1.6) |
| 14-18..... | 202 | 51.2 (0.7) | 43.7* (0.7) | 45.4 (0.7) | 48.1 (0.7) | 51.2 (0.7) | 54.4 (0.7) | 57.1 (0.8) | 58.8* (0.9) | 45-65% | 91* (2.5) |
| 19-50..... | 741 | 46.2 (0.4) | 34.8 (0.5) | 37.3 (0.5) | 41.6 (0.4) | 46.2 (0.4) | 50.9 (0.4) | 55.1 (0.5) | 57.7 (0.5) | 45-65% | 57 (2.3) |
| 51+..... | 930 | 46.5 (0.5) | 35.0 (0.7) | 37.6 (0.6) | 41.8 (0.6) | 46.4 (0.5) | 51.2 (0.5) | 55.5 (0.5) | 58.0 (0.6) | 45-65% | 58 (3.0) |
| 19+..... | 1671 | 46.4 (0.4) | 34.9 (0.6) | 37.4 (0.5) | 41.7 (0.5) | 46.3 (0.5) | 51.1 (0.5) | 55.3 (0.5) | 57.9 (0.5) | 45-65% | 57 (2.5) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 47.0 (0.2) | 34.8 (0.4) | 37.6 (0.4) | 42.2 (0.3) | 47.3 (0.2) | 52.1 (0.2) | 56.0 (0.2) | 58.2 (0.2) | 45-65% | 62 (1.3) |

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

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

Table B 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | Within AMDR | |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-------------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AMDR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 34.7 (0.4) | 29.0* (0.6) | 30.3 (0.6) | 32.4 (0.5) | 34.7 (0.4) | 36.9 (0.5) | 39.0 (0.5) | 40.2* (0.7) | 30-40% | 86 (3.6) |
| 4-8..... | 465 | 34.7 (0.5) | 29.1 (0.6) | 30.3 (0.5) | 32.4 (0.5) | 34.7 (0.5) | 37.0 (0.5) | 39.0 (0.6) | 40.2 (0.6) | 25-35% | 54 (5.4) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 35.1 (0.6) | 29.3* (0.9) | 30.5 (0.8) | 32.7 (0.7) | 35.1 (0.6) | 37.4 (0.5) | 39.6 (0.6) | 40.7* (0.7) | 25-35% | 48 (6.6) |
| 14-18..... | 219 | 35.1 (0.6) | 29.4* (0.9) | 30.7 (0.8) | 32.7 (0.7) | 35.1 (0.6) | 37.4 (0.6) | 39.5 (0.6) | 40.8* (0.6) | 25-35% | 48 (7.4) |
| 19-50..... | 750 | 36.0 (0.4) | 27.5 (0.6) | 29.5 (0.5) | 32.6 (0.4) | 36.0 (0.4) | 39.5 (0.5) | 42.5 (0.6) | 44.2 (0.6) | 20-35% | 42 (3.2) |
| 51+..... | 994 | 37.0 (0.3) | 28.6 (0.6) | 30.5 (0.5) | 33.7 (0.4) | 37.1 (0.3) | 40.5 (0.4) | 43.5 (0.5) | 45.3 (0.6) | 20-35% | 34 (2.5) |
| 19+..... | 1744 | 36.5 (0.3) | 28.0 (0.6) | 29.9 (0.5) | 33.1 (0.4) | 36.6 (0.3) | 40.0 (0.4) | 43.0 (0.5) | 44.8 (0.6) | 20-35% | 38 (2.4) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 34.9 (0.6) | 29.1* (0.9) | 30.3 (0.8) | 32.6 (0.7) | 34.9 (0.6) | 37.2 (0.5) | 39.3 (0.5) | 40.6* (0.5) | 25-35% | 51 (6.9) |
| 14-18..... | 202 | 35.8 (0.6) | 30.1* (0.9) | 31.4 (0.8) | 33.5 (0.7) | 35.8 (0.6) | 38.2 (0.6) | 40.2 (0.7) | 41.5* (0.7) | 25-35% | 40 (7.2) |
| 19-50..... | 741 | 36.9 (0.4) | 28.4 (0.5) | 30.2 (0.5) | 33.5 (0.4) | 36.9 (0.4) | 40.4 (0.4) | 43.5 (0.5) | 45.4 (0.5) | 20-35% | 35 (2.9) |
| 51+..... | 930 | 37.1 (0.5) | 28.5 (0.6) | 30.5 (0.5) | 33.6 (0.5) | 37.1 (0.5) | 40.6 (0.4) | 43.7 (0.5) | 45.6 (0.5) | 20-35% | 34 (3.4) |
| 19+..... | 1671 | 37.0 (0.4) | 28.5 (0.5) | 30.4 (0.5) | 33.5 (0.4) | 37.0 (0.4) | 40.5 (0.4) | 43.6 (0.4) | 45.5 (0.5) | 20-35% | 35 (2.9) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 36.4 (0.2) | 28.5 (0.4) | 30.2 (0.3) | 33.1 (0.2) | 36.3 (0.2) | 39.6 (0.2) | 42.7 (0.3) | 44.6 (0.4) | | 40 (1.7) |

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

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

Table B 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | <10%† % (SE) |
|---------------------------|------|------------|-------------|------------|------------|------------|------------|------------|-------------|-----------------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | |
| Non-Hispanic White | | | | | | | | | | |
| Males and females: | | | | | | | | | | |
| 1-3..... | 368 | 12.7 (0.2) | 9.7* (0.4) | 10.3 (0.3) | 11.4 (0.3) | 12.7 (0.2) | 14.0 (0.2) | 15.2 (0.3) | 15.9* (0.3) | 7 (2.5) |
| 4-8..... | 465 | 12.4 (0.2) | 9.4 (0.3) | 10.0 (0.2) | 11.1 (0.2) | 12.3 (0.2) | 13.6 (0.3) | 14.8 (0.3) | 15.5 (0.3) | 10 (2.3) |
| Males: | | | | | | | | | | |
| 9-13..... | 225 | 12.2 (0.3) | 9.5* (0.3) | 10.1 (0.3) | 11.1 (0.3) | 12.2 (0.3) | 13.3 (0.2) | 14.5 (0.3) | 15.1* (0.3) | 9 (3.8) |
| 14-18..... | 219 | 12.3 (0.2) | 9.6* (0.3) | 10.2 (0.3) | 11.1 (0.3) | 12.3 (0.2) | 13.4 (0.3) | 14.5 (0.3) | 15.1* (0.3) | 8* (3.0) |
| 19-50..... | 750 | 12.0 (0.2) | 8.8 (0.2) | 9.5 (0.2) | 10.7 (0.1) | 12.0 (0.2) | 13.4 (0.2) | 14.6 (0.2) | 15.4 (0.3) | 15 (1.9) |
| 51+..... | 994 | 12.2 (0.2) | 9.0 (0.2) | 9.7 (0.2) | 10.9 (0.2) | 12.2 (0.2) | 13.5 (0.2) | 14.8 (0.2) | 15.6 (0.3) | 13 (2.0) |
| 19+..... | 1744 | 12.1 (0.1) | 8.9 (0.2) | 9.6 (0.2) | 10.8 (0.1) | 12.1 (0.1) | 13.5 (0.2) | 14.7 (0.2) | 15.5 (0.3) | 14 (1.8) |
| Females: | | | | | | | | | | |
| 9-13..... | 222 | 12.2 (0.2) | 9.5* (0.3) | 10.1 (0.3) | 11.1 (0.3) | 12.2 (0.3) | 13.3 (0.3) | 14.4 (0.3) | 15.1* (0.3) | 9 (2.9) |
| 14-18..... | 202 | 12.0 (0.3) | 9.3* (0.4) | 9.9 (0.4) | 10.8 (0.3) | 11.9 (0.3) | 13.1 (0.3) | 14.2 (0.3) | 14.8* (0.4) | 11 (4.9) |
| 19-50..... | 741 | 12.2 (0.2) | 8.9 (0.3) | 9.6 (0.2) | 10.8 (0.2) | 12.1 (0.2) | 13.6 (0.2) | 14.9 (0.2) | 15.8 (0.3) | 14 (2.5) |
| 51+..... | 930 | 12.3 (0.2) | 9.0 (0.2) | 9.7 (0.2) | 10.9 (0.2) | 12.2 (0.2) | 13.6 (0.2) | 15.0 (0.3) | 15.8 (0.3) | 13 (2.0) |
| 19+..... | 1671 | 12.3 (0.2) | 9.0 (0.2) | 9.6 (0.2) | 10.8 (0.2) | 12.2 (0.2) | 13.6 (0.2) | 15.0 (0.2) | 15.8 (0.3) | 14 (1.9) |
| All: | | | | | | | | | | |
| 1+..... | 5116 | 12.2 (0.1) | 9.0 (0.1) | 9.7 (0.1) | 10.9 (0.1) | 12.2 (0.1) | 13.5 (0.1) | 14.8 (0.1) | 15.6 (0.2) | 13 (1.1) |

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

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

Table B 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | Within AMDR | |
|---------------------------|------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|------------|-------------|-----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AMDR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 6.4 (0.2) | 4.5* (0.2) | 4.9 (0.2) | 5.6 (0.2) | 6.4 (0.2) | 7.2 (0.2) | 8.0 (0.2) | 8.6* (0.2) | 05-10% | 88 (3.5) |
| 4-8..... | 465 | 6.9 (0.1) | 4.9 (0.2) | 5.3 (0.2) | 6.0 (0.2) | 6.8 (0.1) | 7.7 (0.2) | 8.5 (0.2) | 9.0 (0.3) | 05-10% | 93 (2.2) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 7.1 (0.2) | 5.2* (0.2) | 5.6 (0.2) | 6.3 (0.2) | 7.0 (0.2) | 7.8 (0.2) | 8.7 (0.2) | 9.2* (0.3) | 05-10% | 96* (1.7) |
| 14-18..... | 219 | 6.8 (0.1) | 5.0* (0.2) | 5.4 (0.2) | 6.0 (0.2) | 6.7 (0.2) | 7.5 (0.2) | 8.3 (0.2) | 8.8* (0.2) | 05-10% | 94* (1.8) |
| 19-50..... | 750 | 7.2 (0.1) | 4.8 (0.2) | 5.3 (0.2) | 6.1 (0.1) | 7.1 (0.1) | 8.2 (0.2) | 9.2 (0.3) | 9.9 (0.3) | 05-10% | 89 (2.5) |
| 51+..... | 994 | 7.6 (0.2) | 5.1 (0.2) | 5.6 (0.1) | 6.4 (0.1) | 7.5 (0.2) | 8.6 (0.2) | 9.6 (0.3) | 10.3 (0.3) | 05-10% | 89 (2.9) |
| 19+..... | 1744 | 7.4 (0.1) | 5.0 (0.2) | 5.4 (0.1) | 6.3 (0.1) | 7.3 (0.1) | 8.4 (0.2) | 9.4 (0.3) | 10.1 (0.3) | 05-10% | 89 (2.7) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 7.1 (0.2) | 5.3* (0.2) | 5.6 (0.2) | 6.3 (0.2) | 7.1 (0.2) | 7.9 (0.2) | 8.7 (0.2) | 9.2* (0.3) | 05-10% | 96* (1.3) |
| 14-18..... | 202 | 7.6 (0.2) | 5.7* (0.2) | 6.1 (0.2) | 6.8 (0.2) | 7.6 (0.2) | 8.4 (0.2) | 9.3 (0.2) | 9.8* (0.2) | 05-10% | 95* (1.2) |
| 19-50..... | 741 | 7.7 (0.1) | 5.3 (0.2) | 5.8 (0.1) | 6.6 (0.1) | 7.6 (0.1) | 8.7 (0.2) | 9.8 (0.2) | 10.5 (0.3) | 05-10% | 89 (2.4) |
| 51+..... | 930 | 7.6 (0.1) | 5.2 (0.1) | 5.7 (0.1) | 6.5 (0.1) | 7.5 (0.1) | 8.6 (0.2) | 9.7 (0.2) | 10.3 (0.3) | 05-10% | 89 (2.2) |
| 19+..... | 1671 | 7.7 (0.1) | 5.2 (0.1) | 5.7 (0.1) | 6.6 (0.1) | 7.6 (0.1) | 8.7 (0.2) | 9.7 (0.2) | 10.4 (0.3) | 05-10% | 89 (2.3) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 7.4 (0.1) | 5.1 (0.1) | 5.5 (0.1) | 6.3 (0.1) | 7.3 (0.1) | 8.4 (0.1) | 9.4 (0.2) | 10.1 (0.2) | 05-10% | 90 (1.7) |

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

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

Table B 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2015-2018

| | N | Mean (SE) | Percentiles | | | | | | | Within AMDR | |
|---------------------------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|-------------|----------|
| | | | 5th (SE) | 10th (SE) | 25th (SE) | 50th (SE) | 75th (SE) | 90th (SE) | 95th (SE) | AMDR | % (SE) |
| Non-Hispanic White | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| 1-3..... | 368 | 0.62 (0.02) | 0.43* (0.02) | 0.46 (0.02) | 0.53 (0.02) | 0.61 (0.02) | 0.70 (0.02) | 0.79 (0.03) | 0.85* (0.03) | 0.6-1.2% | 53 (5.3) |
| 4-8..... | 465 | 0.62 (0.01) | 0.44 (0.02) | 0.47 (0.02) | 0.53 (0.02) | 0.61 (0.01) | 0.70 (0.02) | 0.79 (0.02) | 0.85 (0.02) | 0.6-1.2% | 54 (4.8) |
| Males: | | | | | | | | | | | |
| 9-13..... | 225 | 0.64 (0.01) | 0.47* (0.02) | 0.50 (0.02) | 0.56 (0.02) | 0.63 (0.02) | 0.70 (0.02) | 0.78 (0.03) | 0.83* (0.03) | 0.6-1.2% | 61 (5.9) |
| 14-18..... | 219 | 0.65 (0.02) | 0.48* (0.02) | 0.51 (0.02) | 0.57 (0.02) | 0.64 (0.02) | 0.71 (0.03) | 0.79 (0.03) | 0.84* (0.04) | 0.6-1.2% | 64 (6.7) |
| 19-50..... | 750 | 0.73 (0.02) | 0.45 (0.02) | 0.50 (0.02) | 0.59 (0.02) | 0.71 (0.01) | 0.85 (0.02) | 0.99 (0.04) | 1.08 (0.05) | 0.6-1.2% | 72 (3.4) |
| 51+..... | 994 | 0.80 (0.02) | 0.50 (0.02) | 0.55 (0.02) | 0.65 (0.02) | 0.78 (0.02) | 0.92 (0.03) | 1.07 (0.04) | 1.17 (0.06) | 0.6-1.2% | 79 (3.6) |
| 19+..... | 1744 | 0.77 (0.02) | 0.47 (0.02) | 0.52 (0.02) | 0.62 (0.01) | 0.74 (0.01) | 0.89 (0.02) | 1.03 (0.04) | 1.13 (0.05) | 0.6-1.2% | 76 (3.3) |
| Females: | | | | | | | | | | | |
| 9-13..... | 222 | 0.68 (0.02) | 0.51* (0.02) | 0.54 (0.02) | 0.60 (0.02) | 0.67 (0.02) | 0.75 (0.02) | 0.83 (0.03) | 0.88* (0.04) | 0.6-1.2% | 74 (5.7) |
| 14-18..... | 202 | 0.73 (0.03) | 0.55* (0.04) | 0.59 (0.04) | 0.65 (0.03) | 0.72 (0.03) | 0.81 (0.03) | 0.89 (0.03) | 0.95* (0.04) | 0.6-1.2% | 87 (6.7) |
| 19-50..... | 741 | 0.81 (0.02) | 0.53 (0.03) | 0.58 (0.02) | 0.67 (0.02) | 0.79 (0.02) | 0.93 (0.02) | 1.06 (0.03) | 1.15 (0.04) | 0.6-1.2% | 84 (3.6) |
| 51+..... | 930 | 0.85 (0.02) | 0.55 (0.02) | 0.61 (0.02) | 0.70 (0.02) | 0.83 (0.02) | 0.97 (0.03) | 1.11 (0.04) | 1.20 (0.04) | 0.6-1.2% | 86 (3.2) |
| 19+..... | 1671 | 0.83 (0.02) | 0.54 (0.02) | 0.59 (0.02) | 0.69 (0.02) | 0.81 (0.02) | 0.95 (0.02) | 1.09 (0.03) | 1.18 (0.04) | 0.6-1.2% | 85 (3.4) |
| All: | | | | | | | | | | | |
| 1+..... | 5116 | 0.77 (0.01) | 0.49 (0.01) | 0.54 (0.01) | 0.63 (0.01) | 0.74 (0.01) | 0.89 (0.02) | 1.03 (0.03) | 1.13 (0.04) | 0.6-1.2% | 77 (2.4) |

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

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

TABLE NOTES

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2015-2018. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2015-2016 and 2017-2018.

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

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

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

Usual Nutrient Intakes

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

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

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

DRI Definitions

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

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

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

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

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

Symbol Legend

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

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

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

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

Indicates a non-zero value too small to report.

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

CITATION

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