



United States  
Department of  
Agriculture

Agricultural  
Research  
Service

January 2020 <sup>△</sup>



# USUAL NUTRIENT INTAKE

## from Food and Beverages, by Pregnancy/Lactation Status

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

**Table I**

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

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

<sup>△</sup> Updated April 2020 to reflect the corrected % >AI for potassium

**CITATION:** USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**Table I 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	1897 (24)	1162 (33)	1301 (30)	1556 (26)	1864 (24)	2201 (29)	2537 (42)	2751 (51)
Pregnant	125	2062 (85)	1282* (75)	1432* (79)	1700 (80)	2032 (86)	2387 (92)	2732* (104)	2952* (106)
Lactating	78	2261 (77)	1453* (73)	1591* (74)	1889 (75)	2225 (78)	2597 (83)	2955* (91)	3202* (94)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 2. Protein (g):** Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>										
Not pregnant or lactating	2060	72.6	(1.0)	43.7 (1.7)	49.1 (1.5)	59.0 (1.3)	71.2 (1.0)	84.5 (1.2)	97.8 (1.8)	106.5 (2.2)
Pregnant	125	75.0	(2.9)	45.3* (2.4)	51.0* (2.4)	61.0 (2.5)	73.5 (2.8)	87.4 (3.4)	100.9* (4.1)	109.3* (4.6)
Lactating	78	92.5	(3.3)	59.0* (3.1)	65.1* (3.2)	77.3 (3.2)	90.9 (3.4)	106.3 (3.8)	121.5* (4.1)	131.3* (4.4)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 3. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	226 (4)	130 (4)	148 (4)	181 (4)	221 (4)	266 (4)	312 (6)	341 (7)	100	<3
Pregnant	125	266 (11)	158* (10)	178* (10)	215 (10)	261 (11)	310 (11)	359* (13)	390* (13)	135	<3
Lactating	78	268 (9)	162* (9)	180* (9)	218 (9)	262 (9)	313 (9)	360* (9)	394* (10)	160	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 4. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	100 (2)	43 (2)	52 (2)	70 (2)	95 (2)	124 (3)	156 (4)	177 (5)
Pregnant	125	125 (6)	57* (4)	68* (5)	90 (5)	119 (6)	153 (7)	189* (9)	213* (10)
Lactating	78	108 (8)	48* (6)	57* (6)	77 (7)	102 (8)	134 (9)	167* (11)	191* (11)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 5. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	15.4 (0.4)	7.1 (0.3)	8.5 (0.3)	11.2 (0.3)	14.7 (0.4)	18.8 (0.5)	23.2 (0.6)	26.1 (0.8)	25	7 (1.2)
Pregnant	125	18.1 (0.9)	8.8* (0.7)	10.4* (0.7)	13.4 (0.8)	17.3 (0.9)	22.1 (1.0)	26.9* (1.2)	30.0* (1.3)	28	11* (2.6)
Lactating	78	21.2 (1.0)	10.9* (0.7)	12.6* (0.7)	16.1 (0.8)	20.3 (1.0)	25.5 (1.2)	30.8* (1.3)	34.2* (1.6)	29	20* (4.2)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016  
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 6. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean	(SE)	Percentiles						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>										
Not pregnant or lactating	2060	74.5	(0.9)	40.1 (1.4)	46.2 (1.3)	57.9 (1.1)	72.4 (1.0)	88.8 (1.1)	105.6 (1.7)	116.5 (2.1)
Pregnant	125	80.6	(4.5)	44.0* (3.3)	50.7* (3.6)	63.0 (3.9)	78.6 (4.5)	95.9 (5.0)	113.2* (5.9)	124.5* (6.1)
Lactating	78	92.7	(3.5)	53.4* (2.9)	59.8* (3.1)	74.0 (3.2)	90.4 (3.5)	109.1 (3.9)	127.5* (4.4)	140.5* (4.8)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 7. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	24.0 (0.3)	12.1 (0.5)	14.2 (0.4)	18.1 (0.4)	23.2 (0.3)	29.0 (0.4)	35.0 (0.6)	39.0 (0.8)
Pregnant	125	26.7 (1.6)	13.8* (1.2)	16.1* (1.3)	20.4 (1.4)	25.9 (1.6)	32.1 (1.8)	38.5* (2.1)	42.6* (2.2)
Lactating	78	29.3 (1.8)	15.8* (1.4)	18.0* (1.5)	22.7 (1.6)	28.4 (1.8)	35.0 (2.0)	41.6* (2.2)	46.3* (2.3)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table I 8. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	25.9 (0.4)	13.6 (0.5)	15.8 (0.5)	19.9 (0.4)	25.0 (0.4)	30.9 (0.4)	37.0 (0.7)	41.0 (0.9)
Pregnant	125	27.5 (1.6)	14.6* (1.1)	16.9* (1.3)	21.2 (1.4)	26.7 (1.6)	32.9 (1.8)	39.1* (2.2)	43.1* (2.3)
Lactating	78	32.7 (1.5)	18.5* (1.1)	20.8* (1.2)	25.9 (1.3)	31.8 (1.5)	38.6 (1.8)	45.4* (2.1)	50.2* (2.3)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 9. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	17.8 (0.3)	9.3 (0.4)	10.7 (0.4)	13.5 (0.3)	17.1 (0.3)	21.3 (0.4)	25.6 (0.7)	28.5 (0.8)
Pregnant	125	19.1 (1.2)	10.1* (0.9)	11.7* (1.0)	14.6 (1.1)	18.4 (1.2)	22.9 (1.4)	27.3* (1.6)	30.3* (1.7)
Lactating	78	22.7 (0.9)	12.6* (0.6)	14.2* (0.7)	17.8 (0.8)	22.0 (0.9)	26.9 (1.1)	31.9* (1.5)	35.2* (1.7)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 10. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	15.7 (0.3)	8.1 (0.3)	9.4 (0.3)	11.9 (0.3)	15.1 (0.3)	18.9 (0.4)	22.8 (0.6)	25.3 (0.7)	12	74 (2.0)
Pregnant	125	17.0 (1.1)	8.9* (0.8)	10.3* (0.9)	12.9 (1.0)	16.4 (1.1)	20.3 (1.3)	24.4* (1.5)	27.0* (1.6)	13	78 (6.4)
Lactating	78	20.2 (0.9)	11.2* (0.6)	12.6* (0.6)	15.8 (0.7)	19.5 (0.8)	24.0 (1.0)	28.5* (1.3)	31.5* (1.5)	13	90* (2.6)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 11. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	1.66 (0.04)	0.86 (0.04)	0.99 (0.04)	1.25 (0.03)	1.59 (0.04)	2.00 (0.05)	2.43 (0.08)	2.72 (0.10)	1.1	84 (2.1)
Pregnant	125	1.78 (0.12)	0.92* (0.09)	1.07* (0.10)	1.34 (0.10)	1.70 (0.12)	2.14 (0.13)	2.59* (0.16)	2.89* (0.17)	1.4	80 (6.3)
Lactating	78	2.03 (0.10)	1.09* (0.08)	1.24* (0.08)	1.56 (0.09)	1.95 (0.10)	2.43 (0.11)	2.93* (0.13)	3.27* (0.15)	1.3	91* (3.2)

NOTES: AI=Adequate Intake

The AI is specifically for the  $\alpha$ -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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 12. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean	(SE)	Percentiles						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>										
Not pregnant or lactating	2060	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)	0.04 (0.002)
Pregnant	125	0.02	(0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.003)	0.03* (0.003)	0.04* (0.004)
Lactating	78	0.02	(0.005)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.004)	0.03 (0.006)	0.04* (0.008)	0.05* (0.010)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 13. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean	(SE)	Percentiles						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>										
Not pregnant or lactating	2060	0.05	(0.004)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.04 (0.003)	0.07 (0.005)	0.10 (0.008)	0.13 (0.012)
Pregnant	125	0.04	(0.006)	0.01* (0.002)	0.01* (0.002)	0.02 (0.003)	0.03 (0.005)	0.05 (0.007)	0.07* (0.011)	0.09* (0.014)
Lactating	78	0.07	(0.017)	0.02* (0.005)	0.02* (0.006)	0.03 (0.009)	0.05 (0.014)	0.09 (0.021)	0.14* (0.032)	0.18* (0.042)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 14. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	262 (4)	119 (7)	142 (7)	187 (6)	248 (5)	321 (6)	400 (10)	454 (13)
Pregnant	125	257 (14)	115* (11)	137* (11)	182 (12)	243 (14)	316 (17)	394* (21)	446* (23)
Lactating	78	329 (17)	160* (13)	185* (14)	242 (16)	314 (17)	400 (19)	491* (23)	555* (24)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 15. Vitamin A ( $\mu\text{g}$  RAE): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Females 20 to 44 years:</b>												
Not pregnant or lactating	2060	559 (15)	232 (14)	281 (14)	381 (13)	520 (13)	693 (21)	887 (35)	1022 (47)	500	46 (2.3)	
Pregnant	125	685 (53)	298* (35)	356* (37)	474 (43)	640 (50)	847 (63)	1072* (80)	1219* (92)	550	32 (6.9)	
Lactating	78	845 (52)	386* (36)	455* (38)	606 (44)	795 (52)	1033 (62)	1297* (77)	1475* (93)	900	40 (8.0)	

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table I 16. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Females 20 to 44 years:</b>												
Not pregnant or lactating	2060	365 (7)	157 (11)	189 (11)	254 (9)	343 (7)	451 (9)	569 (15)	649 (21)	3000	<3	
Pregnant	125	473 (36)	217* (29)	259* (30)	339 (33)	449 (36)	580 (41)	718* (48)	810* (53)	3000	<3	
Lactating	78	545 (35)	264* (30)	306* (32)	401 (34)	521 (36)	664 (39)	815* (43)	918* (46)	3000	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 17. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	1.41 (0.02)	0.83 (0.03)	0.93 (0.03)	1.13 (0.03)	1.37 (0.02)	1.64 (0.03)	1.93 (0.04)	2.11 (0.05)	0.9	8 (1.6)
Pregnant	125	1.56 (0.09)	0.93* (0.08)	1.05* (0.08)	1.26 (0.08)	1.52 (0.09)	1.82 (0.09)	2.12* (0.10)	2.31* (0.10)	1.2	11* (4.3)
Lactating	78	1.80 (0.10)	1.11* (0.09)	1.23* (0.09)	1.47 (0.10)	1.76 (0.10)	2.08 (0.11)	2.41* (0.13)	2.62* (0.13)	1.2	5* (2.4)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 18. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	1.85 (0.03)	0.98 (0.04)	1.13 (0.03)	1.42 (0.03)	1.79 (0.03)	2.21 (0.04)	2.66 (0.06)	2.96 (0.08)	0.9	3 (0.7)
Pregnant	125	1.96 (0.10)	1.04* (0.08)	1.20* (0.08)	1.50 (0.09)	1.89 (0.10)	2.35 (0.11)	2.82* (0.13)	3.10* (0.14)	1.2	6* (1.9)
Lactating	78	2.47 (0.12)	1.40* (0.10)	1.58* (0.11)	1.95 (0.11)	2.39 (0.12)	2.92 (0.13)	3.46* (0.14)	3.81* (0.16)	1.3	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 19. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	22.9 (0.3)	13.0 (0.5)	14.7 (0.4)	18.1 (0.4)	22.3 (0.3)	27.0 (0.4)	31.9 (0.5)	35.1 (0.7)	11	<3
Pregnant	125	23.9 (1.1)	13.6* (0.9)	15.4* (1.0)	18.9 (1.0)	23.3 (1.1)	28.2 (1.3)	33.2* (1.5)	36.4* (1.6)	14	3* (1.4)
Lactating	78	28.3 (1.7)	16.9* (1.3)	18.8* (1.4)	22.8 (1.6)	27.7 (1.7)	33.2 (2.0)	38.6* (2.1)	42.3* (2.4)	13	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 20. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	1.89 (0.04)	0.99 (0.04)	1.14 (0.03)	1.43 (0.03)	1.81 (0.04)	2.26 (0.05)	2.76 (0.07)	3.10 (0.09)	1.1	8 (1.3)	100	<3	
Pregnant	125	1.95 (0.11)	1.02* (0.07)	1.17* (0.08)	1.46 (0.09)	1.86 (0.11)	2.34 (0.13)	2.84* (0.16)	3.19* (0.18)	1.6	19 (4.4)	100	<3	
Lactating	78	2.43 (0.14)	1.32* (0.10)	1.48* (0.10)	1.86 (0.12)	2.32 (0.14)	2.89 (0.17)	3.49* (0.19)	3.91* (0.22)	1.7	10* (3.9)	100	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 21. Folate ( $\mu\text{g DFE}$ ): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Females 20 to 44 years:</b>												
Not pregnant or lactating	2060	466 (8)	242 (11)	279 (10)	351 (8)	445 (7)	558 (13)	680 (23)	763 (31)	320	18 (1.9)	
Pregnant	125	527 (38)	277* (31)	319* (33)	398 (35)	504 (38)	631 (42)	763* (48)	851* (52)	520	31 (7.4)	
Lactating	78	665 (61)	367* (42)	413* (45)	515 (53)	640 (60)	789 (70)	949* (83)	1055* (92)	450	9* (4.4)	

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 22. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	%
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	158 (4)	53 (5)	68 (4)	99 (3)	144 (3)	201 (6)	267 (12)	313 (17)	1000	<3
Pregnant	125	193 (16)	69* (12)	87* (13)	124 (15)	177 (17)	245 (19)	319* (22)	370* (23)	1000	<3
Lactating	78	224 (27)	86* (15)	105* (18)	148 (22)	206 (26)	282 (32)	363* (39)	425* (44)	1000	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 23. Food folate ( $\mu\text{g}$ ): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	199 (5)	97 (4)	114 (4)	146 (4)	189 (4)	241 (6)	297 (8)	335 (10)
Pregnant	125	210 (11)	103* (8)	120* (9)	154 (10)	199 (11)	254 (13)	313* (15)	350* (17)
Lactating	78	267 (11)	139* (8)	159* (9)	202 (10)	255 (11)	320 (12)	390* (15)	435* (16)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table I 24. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	290 (4)	164 (6)	186 (5)	228 (5)	282 (4)	342 (5)	405 (8)	447 (10)	425	7 (1.1)	3500	<3	
Pregnant	125	289 (12)	162* (9)	184* (9)	226 (10)	280 (11)	342 (14)	405* (17)	445* (19)	450	6* (1.7)	3500	<3	
Lactating	78	366 (21)	216* (15)	242* (17)	295 (19)	356 (21)	427 (24)	501* (26)	549* (28)	550	14* (5.1)	3500	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 25. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Females 20 to 44 years:</b>												
Not pregnant or lactating	2060	4.15 (0.09)	1.83 (0.10)	2.18 (0.10)	2.90 (0.09)	3.88 (0.08)	5.10 (0.12)	6.45 (0.19)	7.38 (0.26)	2	7	(1.5)
Pregnant	125	4.57 (0.33)	2.04* (0.21)	2.43* (0.23)	3.21 (0.26)	4.30 (0.32)	5.62 (0.39)	7.06* (0.49)	8.04* (0.55)	2.2	6*	(2.5)
Lactating	78	5.63 (0.49)	2.68* (0.34)	3.09* (0.36)	4.06 (0.42)	5.32 (0.48)	6.86 (0.57)	8.51* (0.65)	9.71* (0.74)	2.4	<3	

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 26. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	72.5 (2.5)	20.4 (1.7)	26.8 (1.8)	41.3 (2.0)	63.4 (2.3)	93.5 (3.2)	129.6 (4.9)	156.1 (6.6)	60	46 (2.5)	2000	<3	
Pregnant	125	93.6 (5.5)	28.5* (2.8)	37.1* (3.2)	55.1 (4.0)	83.0 (5.1)	120.4 (6.6)	163.7* (9.1)	193.6* (11.3)	70	34 (3.9)	2000	<3	
Lactating	78	86.8 (7.6)	26.1* (4.0)	33.4* (4.7)	51.5 (5.8)	76.5 (7.4)	111.5 (9.5)	152.8* (12.0)	182.9* (14.0)	100	53 (6.8)	2000	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 27. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	4.0 (0.1)	1.4 (0.1)	1.8 (0.1)	2.5 (0.2)	3.6 (0.2)	5.0 (0.2)	6.7 (0.2)	7.9 (0.3)	10	>97	100	<3	
Pregnant	125	5.0 (0.5)	1.9* (0.3)	2.3* (0.3)	3.2 (0.4)	4.6 (0.5)	6.3 (0.6)	8.3* (0.7)	9.7* (0.8)	10	96* (1.8)	100	<3	
Lactating	78	6.3 (0.8)	2.5* (0.5)	3.0* (0.5)	4.2 (0.7)	5.8 (0.8)	7.9 (1.0)	10.3* (1.2)	12.0* (1.4)	10	89* (5.5)	100	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 28. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	8.6 (0.2)	4.0 (0.2)	4.7 (0.2)	6.1 (0.2)	8.1 (0.2)	10.5 (0.3)	13.2 (0.5)	15.1 (0.7)	12	85 (2.1)
Pregnant	125	9.0 (0.6)	4.1* (0.5)	4.9* (0.5)	6.4 (0.5)	8.4 (0.6)	11.0 (0.7)	13.8* (0.9)	15.6* (1.0)	12	82 (4.7)
Lactating	78	11.9 (1.0)	5.8* (0.6)	6.8* (0.7)	8.8 (0.8)	11.3 (1.0)	14.4 (1.2)	17.9* (1.4)	20.3* (1.7)	16	71 (7.9)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 29. Vitamin K ( $\mu\text{g}$ ): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	118.2 (5.4)	40.5 (4.0)	49.9 (4.2)	70.8 (4.6)	103.0 (5.1)	147.9 (6.9)	205.3 (11.1)	248.6 (15.4)	90	60 (3.7)
Pregnant	125	123.6 (11.8)	42.1* (6.6)	51.9* (7.5)	73.2 (9.0)	106.9 (11.0)	155.4 (14.5)	214.6* (18.6)	259.4* (23.0)	90	63 (7.5)
Lactating	78	172.0 (29.4)	61.2* (10.7)	73.9* (13.2)	104.6 (18.4)	149.7 (25.5)	214.5 (36.5)	295.9* (53.8)	354.9* (65.4)	90	83* (7.3)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 30. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	869 (11)	477 (21)	544 (19)	674 (15)	840 (12)	1032 (15)	1233 (26)	1365 (34)	800	44 (1.8)	2500	<3	
Pregnant	125	1018 (60)	572* (46)	652* (49)	796 (53)	987 (59)	1204 (69)	1425* (82)	1567* (89)	800	25 (6.5)	2500	<3	
Lactating	78	1163 (72)	677* (55)	756* (59)	928 (61)	1130 (70)	1366 (84)	1610* (95)	1769* (104)	800	13* (4.6)	2500	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 31. Phosphorus (mg):** Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	1228 (19)	747 (25)	837 (24)	1004 (21)	1206 (19)	1426 (21)	1646 (27)	1788 (33)	580	<3		4000	<3
Pregnant	125	1322 (59)	817* (50)	911* (51)	1084 (53)	1298 (58)	1532 (67)	1761* (74)	1901* (80)	580	<3		3500	<3
Lactating	78	1586 (58)	1025* (54)	1129* (55)	1334 (55)	1562 (58)	1816 (63)	2069* (66)	2227* (69)	580	<3		4000	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table I 32. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	270 (4)	153 (5)	173 (4)	212 (4)	262 (4)	319 (6)	379 (8)	418 (10)		49 (2.2)
Pregnant	125	291 (11)	166* (9)	188* (9)	229 (10)	282 (11)	344 (13)	406* (15)	446* (17)		47 (5.5)
Lactating	78	363 (14)	218* (11)	241* (11)	292 (12)	352 (14)	423 (17)	497* (19)	543* (21)		14* (3.2)

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 33. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Females 20 to 44 years:</b>												
Not pregnant or lactating	2060	12.4 (0.2)	7.1 (0.2)	8.0 (0.2)	9.7 (0.2)	12.0 (0.2)	14.5 (0.2)	17.2 (0.3)	19.0 (0.4)	45	<3	
Pregnant	125	14.5 (0.9)	8.5* (0.7)	9.5* (0.7)	11.5 (0.8)	14.1 (0.8)	17.0 (0.9)	20.0* (1.0)	21.9* (1.1)	45	<3	
Lactating	78	17.0 (1.2)	10.2* (0.9)	11.4* (0.9)	13.8 (1.0)	16.6 (1.2)	19.8 (1.3)	23.2* (1.5)	25.4* (1.6)	45	<3	

NOTES: UL=Tolerable Upper Intake Level; EAR comparisons by probability method not available  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 34. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	9.6 (0.1)	5.7 (0.2)	6.4 (0.2)	7.7 (0.1)	9.4 (0.1)	11.2 (0.2)	13.1 (0.4)	14.4 (0.5)	6.8	14 (1.9)	40	<3	
Pregnant	125	10.7 (0.6)	6.4* (0.5)	7.2* (0.5)	8.6 (0.5)	10.4 (0.6)	12.4 (0.7)	14.5* (0.9)	15.8* (1.0)	9.5	21 (5.5)	40	<3	
Lactating	78	12.8 (0.9)	7.9* (0.7)	8.8* (0.7)	10.5 (0.8)	12.5 (0.9)	14.7 (1.1)	17.1* (1.2)	18.6* (1.4)	10.4	13* (6.0)	40	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 35. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	1.1 (0.02)	0.6 (0.02)	0.7 (0.01)	0.8 (0.01)	1.1 (0.02)	1.3 (0.03)	1.6 (0.05)	1.8 (0.06)	0.7	11 (1.1)	10	<3	
Pregnant	125	1.2 (0.05)	0.7* (0.04)	0.8* (0.04)	0.9 (0.05)	1.2 (0.05)	1.5 (0.06)	1.8* (0.08)	2.0* (0.09)	0.8	9* (2.8)	10	<3	
Lactating	78	1.5 (0.09)	0.9* (0.06)	1.0* (0.06)	1.2 (0.07)	1.5 (0.08)	1.8 (0.10)	2.2* (0.12)	2.5* (0.13)	1	7* (2.9)	10	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 36. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	102 (1)	62 (2)	69 (2)	83 (2)	100 (1)	119 (2)	138 (2)	150 (3)	45	<3		400	<3
Pregnant	125	107 (5)	65* (4)	73* (4)	87 (4)	105 (5)	125 (5)	144* (6)	156* (7)	49	<3		400	<3
Lactating	78	130 (5)	83* (4)	91* (4)	108 (4)	128 (5)	150 (5)	172* (5)	186* (6)	59	<3		400	<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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 37. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	CDRR	% (SE)	
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	2060	3191 (41)	1902 (64)	2137 (59)	2579 (51)	3121 (43)	3724 (46)	4335 (63)	4727 (78)	1500	>97		2300	85 (1.8)
Pregnant	125	3305 (134)	1971* (122)	2223* (125)	2667 (127)	3233 (136)	3858 (148)	4475* (160)	4864* (170)	1500	>97		2300	88* (3.7)
Lactating	78	3880 (167)	2423* (155)	2671* (164)	3203 (165)	3808 (170)	4488 (177)	5171* (182)	5605* (186)	1500	>97		2300	97* (2.1)

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 38. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	2277 (42)	1334 (36)	1509 (34)	1834 (33)	2231 (40)	2666 (56)	3106 (76)	3385 (92)	2600	28 (2.6)
Pregnant	125	2457 (99)	1463* (84)	1648* (87)	1983 (89)	2403 (98)	2872 (113)	3324* (126)	3611* (140)	2900	24 (5.1)
Lactating	78	2773 (135)	1722* (112)	1907* (123)	2282 (129)	2717 (133)	3208 (149)	3696* (158)	3992* (168)	2800	46 (8.0)

<sup>Δ</sup> Updated April 2020 to reflect the corrected % >AI for potassium

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 39. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Females 20 to 44 years:</b>									
Not pregnant or lactating	2060	118.3 (4.7)	12.2 (1.5)	20.9 (2.0)	45.2 (2.9)	90.5 (4.1)	160.2 (6.3)	252.1 (10.2)	320.0 (13.6)
Pregnant	125	72.8 (9.9)	4.2* (1.5)	8.0* (2.3)	20.4 (4.6)	49.2 (8.7)	100.8 (13.9)	167.3* (19.7)	220.1* (24.2)
Lactating	78	103.3 (34.6)	7.3* (7.0)	14.6* (11.1)	34.9 (20.5)	77.3 (32.9)	141.2 (46.9)	230.8* (60.0)	295.5* (67.5)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table I 40. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	15.8 (0.2)	11.2 (0.3)	12.1 (0.3)	13.7 (0.2)	15.6 (0.2)	17.7 (0.2)	19.9 (0.3)	21.2 (0.4)	10-35%	>97
Pregnant	125	15.0 (0.4)	10.5* (0.4)	11.3* (0.4)	12.8 (0.4)	14.7 (0.4)	16.8 (0.4)	18.9* (0.5)	20.1* (0.6)	10-35%	>97
Lactating	78	17.1 (0.6)	12.1* (0.6)	13.0* (0.6)	14.8 (0.6)	16.8 (0.6)	19.1 (0.6)	21.3* (0.7)	22.8* (0.7)	10-35%	>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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 41. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	48.0 (0.4)	37.2 (0.5)	39.6 (0.4)	43.6 (0.4)	48.0 (0.4)	52.5 (0.5)	56.6 (0.6)	59.0 (0.7)	45-65%	67 (2.0)
Pregnant	125	52.5 (0.9)	41.4* (1.1)	43.9* (1.0)	47.9 (0.9)	52.5 (0.9)	57.0 (1.0)	61.1* (1.0)	63.5* (1.1)	45-65%	83 (2.4)
Lactating	78	47.4 (1.3)	36.7* (1.5)	38.9* (1.4)	43.0 (1.3)	47.3 (1.2)	51.9 (1.3)	55.9* (1.3)	58.6* (1.4)	45-65%	64 (7.2)

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016  
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 42. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	34.8 (0.2)	26.7 (0.4)	28.5 (0.4)	31.5 (0.3)	34.8 (0.2)	38.1 (0.2)	41.1 (0.3)	42.9 (0.4)	20-35%	52 (1.7)
Pregnant	125	34.4 (0.7)	26.3* (0.8)	28.1* (0.8)	31.1 (0.7)	34.5 (0.7)	37.8 (0.6)	40.7* (0.6)	42.5* (0.6)	20-35%	55 (5.4)
Lactating	78	36.4 (1.1)	28.5* (1.1)	30.1* (1.1)	33.2 (1.1)	36.4 (1.1)	39.7 (1.1)	42.7* (1.1)	44.6* (1.2)	20-35%	38 (8.9)

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 43. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<10% <sup>†</sup> % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>Females 20 to 44 years:</b>										
Not pregnant or lactating	2060	11.1 (0.1)	8.0 (0.2)	8.7 (0.1)	9.8 (0.1)	11.1 (0.1)	12.4 (0.1)	13.7 (0.2)	14.5 (0.2)	28 (2.3)
Pregnant	125	11.4 (0.3)	8.2* (0.3)	8.9* (0.3)	10.0 (0.3)	11.3 (0.3)	12.7 (0.3)	13.9* (0.4)	14.7* (0.4)	25 (5.2)
Lactating	78	11.5 (0.5)	8.4* (0.5)	9.0* (0.5)	10.1 (0.5)	11.4 (0.5)	12.8 (0.6)	14.0* (0.6)	14.9* (0.6)	23 (7.5)

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 44. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	7.4 (0.1)	5.0 (0.2)	5.5 (0.1)	6.3 (0.1)	7.3 (0.1)	8.3 (0.1)	9.4 (0.2)	10.1 (0.3)	05-10%	90 (2.7)
Pregnant	125	7.3 (0.3)	4.9* (0.3)	5.4* (0.3)	6.2 (0.3)	7.2 (0.3)	8.2 (0.3)	9.3* (0.3)	9.9* (0.3)	05-10%	90* (2.7)
Lactating	78	8.0 (0.3)	5.6* (0.3)	6.0* (0.3)	6.9 (0.3)	7.9 (0.3)	9.0 (0.3)	10.2* (0.4)	10.9* (0.4)	05-10%	87* (3.3)

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, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 45. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	2060	0.78 (0.01)	0.52 (0.02)	0.57 (0.01)	0.66 (0.01)	0.77 (0.01)	0.89 (0.02)	1.01 (0.03)	1.09 (0.03)	0.6-1.2%	84 (2.3)
Pregnant	125	0.78 (0.03)	0.52* (0.03)	0.57* (0.03)	0.65 (0.03)	0.76 (0.03)	0.88 (0.03)	1.01* (0.03)	1.08* (0.04)	0.6-1.2%	83 (4.1)
Lactating	78	0.81 (0.05)	0.54* (0.04)	0.59* (0.04)	0.68 (0.04)	0.79 (0.05)	0.91 (0.05)	1.04* (0.06)	1.13* (0.07)	0.6-1.2%	86* (4.5)

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

CITATION: USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 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) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from females 20 to 44 years old.

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

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

**Usual Nutrient Intakes**

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

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

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

**DRI Definitions**

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

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

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

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

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

**Symbol Legend**

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

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

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

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

**CITATION**

USDA, Agricultural Research Service, 2020. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>