



United States
Department of
Agriculture

Agricultural
Research
Service

January 2020



TOTAL USUAL NUTRIENT INTAKE

from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status

What We Eat in America, NHANES 2013-2016

Table TI

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

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 TI 1. Thiamin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		EAR	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	23 (1.5)	3.01 (0.23)	0.85 (0.03)	0.96 (0.03)	1.18 (0.02)	1.48 (0.03)	1.98 (0.06)	3.15 (0.13)	6.19 (0.97)	0.9	7 (1.3)	
Pregnant	57 (5.4)	2.57 (0.15)	1.02* (0.09)	1.17* (0.09)	1.51 (0.13)	2.63 (0.31)	3.31 (0.12)	3.78* (0.16)	4.34* (0.53)	1.2	11* (3.9)	
Lactating	62 (4.8)	2.77 (0.16)	1.22* (0.09)	1.40* (0.10)	1.81 (0.14)	2.73 (0.21)	3.55 (0.17)	4.27* (0.26)	4.64* (0.30)	1.2	4* (2.2)	

NOTES: [†] Percent reporting supplement containing thiamin. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 2. Riboflavin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
Females 20 to 44 years:												
Not pregnant or lactating	23 (1.6)	3.13 (0.15)	1.00 (0.04)	1.16 (0.04)	1.48 (0.03)	1.93 (0.04)	2.65 (0.08)	3.91 (0.15)	6.16 (0.72)	0.9	<3	
Pregnant	57 (5.4)	3.10 (0.20)	1.14* (0.10)	1.36* (0.12)	1.85 (0.19)	3.04 (0.27)	3.99 (0.21)	4.92* (0.30)	5.67* (0.40)	1.2	6* (2.4)	
Lactating	62 (4.8)	4.26 (0.71)	1.52* (0.09)	1.80* (0.10)	2.41 (0.16)	3.51 (0.18)	4.55 (0.22)	5.97* (5.35)	16.70* (10.55)	1.3	<3	

NOTES: [†] Percent reporting supplement containing riboflavin. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 3. Niacin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Females 20 to 44 years:											
Not pregnant or lactating	26 (1.5)	28.2 (0.6)	13.4 (0.5)	15.4 (0.5)	19.1 (0.4)	24.4 (0.4)	31.8 (0.6)	42.1 (0.9)	49.9 (1.3)	11	<3
Pregnant	64 (5.3)	35.8 (1.8)	15.6* (1.2)	18.4* (1.5)	24.8 (2.5)	37.2 (2.0)	44.9 (1.5)	51.3* (1.7)	56.0* (2.1)	14	<3
Lactating	66 (5.0)	38.4 (2.2)	19.0* (1.7)	22.1* (1.9)	28.8 (2.7)	38.5 (2.4)	47.1 (2.1)	54.5* (2.5)	59.2* (2.8)	13	<3

NOTES: [†] Percent reporting supplement containing niacin. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 4. Vitamin B6 (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	29 (1.6)	3.72 (0.24)	1.03 (0.04)	1.19 (0.04)	1.53 (0.04)	2.05 (0.05)	3.08 (0.11)	4.71 (0.20)	7.07 (0.54)	1.1	7 (1.1)	100	<3	
Pregnant	67 (5.1)	14.48* (8.26)	1.16* (0.11)	1.40* (0.14)	2.07 (0.33)	4.03 (0.25)	5.30 (0.96)	12.10* (2.15)	27.18* (157.18)	1.6	15 (3.8)	100	4* (2.9)	
Lactating	66 (5.0)	4.87 (0.49)	1.48* (0.13)	1.76* (0.16)	2.47 (0.31)	4.20 (0.31)	5.69 (0.56)	11.42* (3.93)	12.59* (1.79)	1.7	9* (3.1)	100	<3	

NOTES: [†] Percent reporting supplement containing vitamin B6. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 5. Folate (µg DFE): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	29 (1.6)	640 (15)	(15)	251 (11)	293 (10)	377 (8)	506 (11)	756 (31)	1160 (33)	1431 (60)	320	14 (1.6)
Pregnant	66 (5.2)	1373 (97)	(97)	317* (41)	381* (47)	561 (99)	1589 (180)	1946 (67)	2195* (75)	2365* (90)	520	22 (5.1)
Lactating	66 (5.0)	1408 (86)	(86)	419* (43)	496* (49)	704 (76)	1407 (176)	1999 (96)	2360* (129)	2586* (143)	450	7* (2.8)

NOTES: [†] Percent reporting supplement containing folate. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 6. Folic acid (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		UL	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	29 (1.6)	261 (8)	61 (4)	79 (4)	117 (3)	182 (5)	318 (18)	542 (17)	690 (36)	1000	<3	
Pregnant	66 (5.2)	691 (53)	99* (18)	131* (22)	229 (53)	811 (113)	1012 (38)	1159* (43)	1252* (50)	1000	27 (5.4)	
Lactating	66 (5.0)	660 (51)	121* (24)	158* (29)	261 (44)	647 (103)	994 (53)	1190* (83)	1333* (94)	1000	24 (6.2)	

NOTES: [†] Percent reporting supplement containing folic acid. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).

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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016

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

Table TI 7. Choline (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Females 20 to 44 years:													
Not pregnant or lactating	9 (0.7)	293 (4)	164 (6)	185 (6)	227 (5)	281 (4)	342 (6)	406 (8)	449 (10)	425	7 (1.0)	3500	<3
Pregnant	12* (3.6)	287 (13)	163* (10)	185* (10)	225 (11)	278 (13)	339 (16)	401* (18)	441* (22)	450	4* (1.8)	3500	<3
Lactating	11* (6.9)	370 (18)	217* (15)	245* (16)	294 (17)	359 (19)	433 (21)	513* (22)	559* (25)	550	6* (2.2)	3500	<3

NOTES: [†] Percent reporting supplement containing choline. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 8. Vitamin B12 (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	31 (1.4)	55.57 (13.93)		1.99 (0.11)	2.41 (0.11)	3.28 (0.10)	4.72 (0.11)	7.89 (0.34)	15.69 (1.99)	72.90 (30.41)	2	5 (1.1)
Pregnant	66 (5.2)	25.92* (15.36)		2.62* (0.31)	3.26* (0.37)	5.06 (0.84)	10.29 (0.74)	13.02 (0.69)	16.13* (0.98)	18.35* (1.71)	2.2	<3
Lactating	65 (5.3)	13.49 (4.00)		3.31* (0.42)	4.09* (0.52)	5.97 (0.73)	9.37 (0.96)	13.44 (1.02)	17.63* (32.24)	78.44* (57.91)	2.4	<3

NOTES: [†] Percent reporting supplement containing vitamin B12. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).

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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016

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

Table TI 9. Vitamin C (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	32 (1.6)	122.3 (6.9)	22.1 (1.7)	29.5 (1.9)	46.9 (2.0)	76.8 (2.6)	126.8 (5.1)	213.7 (13.7)	357.8 (46.2)	60	37 (1.9)	2000	<3	
Pregnant	67 (5.1)	158.1 (14.5)	35.5* (4.9)	49.0* (6.6)	84.8 (10.8)	144.1 (12.7)	196.2 (11.0)	248.1* (14.9)	291.5* (27.1)	70	19 (3.9)	2000	<3	
Lactating	66 (4.9)	155.5 (12.6)	32.3* (5.0)	44.5* (6.2)	77.7 (10.1)	142.8 (11.6)	204.6 (13.7)	281.5* (51.6)	356.8* (52.9)	100	34 (4.5)	2000	<3	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 10. Vitamin D (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	32 (1.6)	13.2 (1.3)	1.5 (0.1)	1.9 (0.2)	2.8 (0.2)	4.5 (0.2)	11.3 (1.1)	28.3 (1.1)	40.0 (3.0)	10	73 (1.4)	100	<3	
Pregnant	66 (5.2)	15.1 (1.4)	2.3* (0.4)	3.0* (0.4)	5.2 (1.2)	13.4 (0.9)	18.0 (1.9)	28.5* (2.6)	32.5* (2.5)	10	38 (5.5)	100	<3	
Lactating	66 (5.0)	23.4* (9.0)	3.0* (0.5)	3.8* (0.7)	6.4 (1.1)	13.5 (1.5)	19.2 (4.7)	41.4* (79.6)	153.6* (113.4)	10	38 (6.2)	100	7* (6.3)	

NOTES: [†] Percent reporting supplement containing vitamin D. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 11. Vitamin K (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						>AI		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	15 (1.3)	122.4 (4.7)	(4.7)	41.3 (3.7)	51.2 (4.0)	72.6 (4.3)	106.1 (4.7)	153.6 (5.8)	212.9 (8.8)	257.4 (12.4)	90	62 (3.4)
Pregnant	15 (4.7)	131.4 (15.6)	(15.6)	43.4* (7.6)	53.8* (8.6)	75.7 (10.6)	111.9 (14.0)	167.8 (19.9)	233.6* (27.0)	280.0* (30.3)	90	64 (8.2)
Lactating	16* (7.8)	210.3 (34.5)	(34.5)	62.7* (11.5)	76.7* (13.4)	108.4 (18.7)	158.5 (26.0)	235.0 (35.9)	365.1* (204.6)	704.7* (282.5)	90	84* (7.1)

NOTES: [†] Percent reporting supplement containing vitamin K. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).

Estimates for children unavailable due to very low reporting of supplements containing vitamin K

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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016

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

Table TI 12. Calcium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	33 (1.7)	948 (13)	486 (20)	560 (18)	701 (15)	890 (13)	1130 (18)	1400 (26)	1591 (32)	800	38 (1.8)	2500	<3	
Pregnant	57 (6.1)	1205 (75)	615* (50)	706* (55)	888 (64)	1125 (69)	1404 (76)	1698* (94)	1946* (191)	800	17 (4.9)	2500	<3	
Lactating	66 (4.3)	1361 (84)	736* (54)	845* (58)	1045 (66)	1302 (77)	1601 (101)	1963* (142)	2213* (168)	800	8* (2.8)	2500	<3	

NOTES: [†] Percent reporting supplement containing calcium. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 13. Phosphorus (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	7 (0.7)	1225 (17)	742 (26)	833 (24)	1000 (21)	1202 (18)	1424 (19)	1644 (25)	1785 (30)	580	<3		4000	<3
Pregnant	<3	1309 (60)	813* (53)	909* (54)	1077 (56)	1289 (59)	1514 (66)	1734* (73)	1887* (79)	580	<3		3500	<3
Lactating	<3	1584 (58)	1028* (51)	1136* (53)	1325 (53)	1559 (58)	1807 (67)	2068* (69)	2228* (73)	580	<3		4000	<3

NOTES: [†] Percent reporting supplement containing phosphorus. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 Estimates for children unavailable due to very low reporting of supplements containing phosphorus
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 14. Magnesium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	18 (1.4)	284 (5)	(5)	154 (5)	175 (4)	216 (4)	268 (4)	332 (6)	403 (9)	457 (12)		46 (2.1)
Pregnant	25 (4.7)	308 (14)	(14)	170* (11)	192* (11)	235 (11)	291 (12)	360 (14)	433* (19)	483* (29)		51 (5.2)
Lactating	26 (7.7)	378 (18)	(18)	219* (11)	244* (12)	297 (14)	362 (18)	442 (23)	531* (27)	585* (29)		13* (3.0)

NOTES: [†] Percent reporting supplement containing magnesium. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 15. Iron (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		UL	% (SE)
Females 20 to 44 years:												
Not pregnant or lactating	20 (1.3)	16.2 (0.5)	7.2 (0.2)	8.2 (0.2)	10.1 (0.2)	12.8 (0.2)	16.9 (0.4)	27.9 (1.2)	34.5 (1.2)	45	<3	
Pregnant	59 (5.4)	30.7 (2.4)	9.4* (0.9)	10.9* (1.0)	14.4 (1.5)	31.0 (6.0)	41.7 (1.5)	46.8* (1.6)	56.2* (15.7)	45	14* (3.5)	
Lactating	65 (4.6)	35.9 (2.5)	11.6* (0.9)	13.5* (1.1)	18.2 (1.8)	36.7 (3.9)	46.2 (1.7)	60.5* (10.8)	80.4* (14.9)	45	29 (5.3)	

NOTES: [†] Percent reporting supplement containing iron. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 16. Zinc (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	26 (1.6)	12.0 (0.3)	5.8 (0.3)	6.6 (0.3)	8.0 (0.2)	10.1 (0.2)	13.3 (0.4)	21.0 (0.9)	25.8 (0.8)	6.8	12 (2.1)	40	<3	
Pregnant	65 (5.2)	20.9 (1.7)	7.1* (0.6)	8.2* (0.7)	10.9 (1.0)	18.7 (2.9)	30.7 (3.9)	36.6* (1.4)	38.9* (1.4)	9.5	17 (4.4)	40	3* (1.4)	
Lactating	65 (5.1)	24.5 (1.8)	8.7* (0.8)	10.0* (0.9)	13.0 (1.3)	22.7 (2.6)	35.5 (1.9)	40.4* (2.5)	44.8* (6.7)	10.4	12* (5.1)	40	11* (4.5)	

NOTES: [†] Percent reporting supplement containing zinc. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 17. Copper (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	17 (1.3)	1.3 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.01)	1.1 (0.02)	1.5 (0.04)	2.2 (0.10)	2.9 (0.10)	0.7	10 (1.0)	10	<3	
Pregnant	27 (4.9)	1.7 (0.12)	0.7* (0.05)	0.8* (0.05)	1.0 (0.05)	1.3 (0.08)	2.2 (0.50)	3.4* (0.14)	3.7* (0.17)	0.8	11* (3.2)	10	<3	
Lactating	30 (8.1)	1.9 (0.18)	0.9* (0.06)	1.0* (0.07)	1.2 (0.09)	1.6 (0.15)	2.3 (0.35)	3.3* (0.35)	3.8* (0.26)	1	11* (3.3)	10	<3	

NOTES: [†] Percent reporting supplement containing copper. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 18. Selenium (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Females 20 to 44 years:														
Not pregnant or lactating	16 (1.3)	108 (2)	62 (2)	70 (2)	84 (2)	103 (2)	125 (2)	150 (3)	171 (4)	45	<3		400	<3
Pregnant	11* (4.3)	111 (6)	65* (4)	73* (4)	87 (4)	106 (5)	129 (7)	156* (11)	179* (16)	49	<3		400	<3
Lactating	18* (7.4)	138 (6)	84* (4)	93* (4)	110 (4)	131 (5)	157 (7)	193* (19)	224* (27)	59	<3		400	<3

NOTES: [†] Percent reporting supplement containing selenium. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 Estimates for children unavailable due to very low reporting of supplements containing selenium
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TI 19. Sodium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Females 20 to 44 years:													
Not pregnant or lactating	8 (1.2)	3180 (42)	1890 (61)	2125 (57)	2569 (48)	3110 (42)	3716 (48)	4322 (66)	4714 (80)	1500	>97	2300	85 (1.7)
Pregnant	11* (3.1)	3261 (122)	1959* (117)	2204* (119)	2636 (121)	3192 (121)	3793 (130)	4409* (138)	4813* (148)	1500	>97	2300	87* (3.9)
Lactating	8* (5.5)	3881 (170)	2412* (154)	2694* (163)	3187 (158)	3803 (171)	4471 (183)	5174* (191)	5636* (196)	1500	>97	2300	97* (2.0)

NOTES: [†] Percent reporting supplement containing sodium. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).

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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016

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

Table TI 20. Potassium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							AI	>AI % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Females 20 to 44 years:											
Not pregnant or lactating	8 (0.7)	2271 (43)	1334 (38)	1509 (36)	1829 (34)	2224 (41)	2659 (57)	3095 (79)	3375 (94)	2600	28 (2.7)
Pregnant	5* (1.6)	2448 (105)	1476* (97)	1662* (97)	1984 (98)	2397 (103)	2857 (115)	3299* (129)	3595* (147)	2900	23 (4.9)
Lactating	6* (5.2)	2769 (138)	1724* (115)	1917* (114)	2273 (124)	2717 (141)	3195 (155)	3679* (174)	4003* (182)	2800	46 (8.1)

NOTES: [†] Percent reporting supplement containing potassium. Sample size: Not pregnant or lactating (n=2019), Pregnant (n=119), Lactating (n=77).
 Estimates for children unavailable due to very low reporting of supplements containing potassium
 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. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, 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 and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from females 20 to 44 years old. Individuals with missing or incomplete 30-day dietary supplement data are excluded.

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

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

Usual Nutrient Intakes

Usual intakes (expressed on a per day basis) are an estimate of the usual or habitual intake over the long term, as opposed to what was reported on the days surveyed. The National Cancer Institute (NCI) Method <https://epi.grants.cancer.gov/diet/usualintakes/method.html> was used to produce group usual intake distributions from food and beverages. Daily intake from dietary supplements derived from the 30-day questionnaire and the NCHS Dietary Supplement Database was added to the estimates of usual intake from food and beverages to produce the distributions of total usual nutrient intake presented in this table set. Information on this distribution is presented as mean and percentiles of usual nutrient intake with standard errors for a specific gender/age/lifestyle group.

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

DRI Definitions

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

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

Tolerable Upper Intake Level (UL): The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase.

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

Symbol Legend

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

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

Percentiles: Estimated 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.

CITATION

USDA, Agricultural Research Service, 2020. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2013-2016

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