



United States  
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Research  
Service

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# USUAL NUTRIENT INTAKE

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

What We Eat in America, NHANES 2015-2018

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 as alpha-tocopherol (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
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

**Table I 1. Energy (kcal):** Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018

	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	1874	1892 (29)	1188 (43)	1324 (40)	1570 (34)	1865 (29)	2184 (32)	2493 (43)	2688 (52)
Pregnant	111	2025 (94)	1290* (90)	1435* (92)	1693 (92)	1996 (96)	2327 (99)	2659* (110)	2852* (116)
Lactating	78	2120 (79)	1377* (95)	1517* (90)	1784* (84)	2098 (78)	2434* (77)	2741* (84)	2945* (83)

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

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**Table I 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	71.8	(1.0)	44.5 (1.9)	49.7 (1.8)	59.2 (1.4)	70.7 (1.0)	83.1 (1.1)	95.2 (1.5)	102.9 (1.9)
Pregnant	111	73.3	(2.9)	45.5* (2.4)	50.9* (2.5)	60.6 (2.6)	72.1 (2.9)	84.8 (3.3)	97.4* (4.0)	104.9* (4.4)
Lactating	78	88.2	(2.7)	58.1* (3.3)	63.7* (3.1)	74.5* (2.9)	87.2 (2.7)	100.9* (2.7)	113.7* (3.0)	121.9* (3.3)

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

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**Table I 3. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	221 (4)	129 (5)	146 (4)	178 (4)	217 (4)	260 (5)	302 (6)	329 (7)	100	<3	
Pregnant	111	251 (11)	151* (10)	170* (10)	204 (10)	246 (11)	292 (11)	338* (13)	366* (14)	135	<3	
Lactating	78	254 (12)	155* (13)	173* (13)	208* (12)	250 (12)	297* (13)	339* (13)	368* (13)	160	6* (3.2)	

NOTES: EAR=Estimated Average Requirement  
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**Table I 4. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	96 (2)	41 (2)	49 (2)	67 (2)	90 (2)	119 (3)	149 (4)	169 (5)
Pregnant	111	108 (7)	47* (4)	57* (5)	77 (6)	102 (7)	133 (9)	167* (11)	188* (13)
Lactating	78	104 (7)	46* (6)	55* (6)	74* (7)	99 (7)	129* (8)	159* (9)	180* (9)

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

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**Table I 5. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, 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)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	1874	15.5 (0.4)	7.2 (0.4)	8.6 (0.4)	11.3 (0.4)	14.8 (0.4)	18.9 (0.5)	23.3 (0.7)	26.2 (0.8)	25	7 (1.2)
Pregnant	111	17.6 (1.0)	8.5* (0.8)	10.0* (0.8)	13.0 (0.9)	16.9 (1.0)	21.3 (1.2)	26.0* (1.4)	29.3* (1.6)	28	7* (2.2)
Lactating	78	19.4 (1.3)	9.8* (1.0)	11.4* (1.0)	14.5* (1.1)	18.6 (1.3)	23.5* (1.5)	28.5* (1.8)	31.5* (2.0)	29	9* (3.1)

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

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**Table I 6. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	77.0	(1.2)	43.0 (1.6)	49.2 (1.5)	60.7 (1.3)	75.1 (1.2)	91.2 (1.4)	107.2 (1.9)	117.5 (2.3)
Pregnant	111	82.5	(4.8)	46.7* (3.8)	53.4* (4.0)	65.6 (4.3)	80.4 (4.8)	97.2 (5.3)	114.4* (6.3)	124.8* (6.8)
Lactating	78	84.4	(3.2)	48.6* (3.4)	55.0* (3.4)	67.5* (3.1)	82.8 (3.2)	99.7* (3.4)	115.5* (3.8)	126.2* (3.8)

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

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**Table I 7. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	24.8 (0.4)	12.9 (0.5)	15.0 (0.4)	18.9 (0.4)	24.0 (0.4)	29.8 (0.5)	35.8 (0.8)	39.6 (1.0)
Pregnant	111	27.3 (1.7)	14.4* (1.4)	16.7* (1.4)	21.0 (1.6)	26.4 (1.8)	32.5 (1.9)	39.0* (2.2)	43.0* (2.3)
Lactating	78	27.3 (1.2)	14.6* (1.1)	16.8* (1.1)	21.1* (1.2)	26.6 (1.2)	32.7* (1.4)	38.6* (1.6)	42.7* (1.6)

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

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**Table I 8. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	26.5 (0.5)	14.7 (0.5)	16.8 (0.5)	20.8 (0.4)	25.8 (0.5)	31.4 (0.7)	37.0 (0.9)	40.6 (1.1)
Pregnant	111	27.5 (1.8)	15.3* (1.7)	17.6* (1.8)	21.7 (1.8)	26.8 (1.8)	32.5 (2.0)	38.5* (2.3)	42.1* (2.4)
Lactating	78	29.2 (1.4)	16.7* (1.1)	18.9* (1.2)	23.2* (1.2)	28.6 (1.4)	34.5* (1.7)	40.0* (2.0)	43.8* (2.2)

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

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**Table I 9. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	18.4 (0.5)	10.3 (0.6)	11.8 (0.6)	14.5 (0.5)	17.9 (0.4)	21.8 (0.5)	25.7 (0.8)	28.3 (1.0)
Pregnant	111	19.8 (1.7)	11.3* (1.4)	12.8* (1.5)	15.7 (1.6)	19.3 (1.6)	23.3 (1.8)	27.7* (2.0)	30.3* (2.1)
Lactating	78	20.2 (1.6)	11.7* (1.6)	13.1* (1.6)	16.1* (1.6)	19.7 (1.6)	23.8* (1.6)	27.8* (1.7)	30.5* (1.7)

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

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**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, 2015-2018**

	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	1874	16.3 (0.4)	9.1 (0.5)	10.4 (0.5)	12.8 (0.4)	15.9 (0.4)	19.4 (0.5)	22.9 (0.6)	25.2 (0.8)	12	81 (3.0)
Pregnant	111	17.7 (1.5)	10.0* (1.2)	11.4* (1.3)	13.9 (1.4)	17.1 (1.5)	20.8 (1.6)	24.7* (1.8)	27.0* (1.8)	13	81 (7.7)
Lactating	78	17.8 (1.1)	10.2* (1.1)	11.5* (1.1)	14.1* (1.1)	17.3 (1.1)	21.0* (1.1)	24.6* (1.1)	27.0* (1.2)	13	82* (6.3)

NOTES: AI=Adequate Intake

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

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**Table 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, 2015-2018**

	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	1874	1.71 (0.05)	0.90 (0.06)	1.04 (0.05)	1.30 (0.05)	1.64 (0.05)	2.04 (0.06)	2.47 (0.09)	2.75 (0.12)	1.1	87 (2.5)
Pregnant	111	1.89 (0.13)	1.01* (0.12)	1.16* (0.13)	1.45 (0.13)	1.82 (0.14)	2.25 (0.15)	2.71* (0.17)	3.01* (0.18)	1.4	77 (7.1)
Lactating	78	1.89 (0.09)	1.03* (0.09)	1.17* (0.09)	1.45* (0.09)	1.83 (0.09)	2.26* (0.10)	2.71* (0.12)	3.00* (0.14)	1.3	84* (4.5)

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.

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**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, 2015-2018**

	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	1874	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)
Pregnant	111	0.02	(0.003)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03* (0.004)	0.04* (0.005)
Lactating	78	0.02	(0.005)	0.01* (0.002)	0.01* (0.002)	0.01* (0.003)	0.02 (0.005)	0.03* (0.006)	0.04* (0.009)	0.05* (0.011)

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

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**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, 2015-2018**

	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	1874	0.05	(0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.06 (0.006)	0.10 (0.008)	0.14 (0.012)
Pregnant	111	0.03	(0.006)	0.01* (0.002)	0.01* (0.003)	0.01 (0.004)	0.02 (0.005)	0.04 (0.008)	0.07* (0.012)	0.09* (0.016)
Lactating	78	0.08	(0.021)	0.02* (0.009)	0.02* (0.010)	0.04* (0.014)	0.06 (0.020)	0.10* (0.027)	0.16* (0.038)	0.21* (0.047)

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

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**Table I 14. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	270 (7)	115 (10)	139 (10)	188 (9)	254 (8)	334 (9)	421 (13)	480 (17)
Pregnant	111	252 (14)	104* (13)	127* (14)	173 (15)	235 (15)	313 (18)	399* (23)	454* (27)
Lactating	78	333 (32)	151* (23)	180* (26)	239* (27)	316 (32)	410* (38)	502* (46)	571* (48)

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

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**Table I 15. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	589 (20)	228 (21)	280 (21)	389 (20)	543 (20)	737 (25)	954 (37)	1105 (48)	500	43	(3.1)
Pregnant	111	681 (59)	272* (33)	333* (38)	458 (46)	633 (60)	846 (70)	1089* (90)	1258* (112)	550	38	(8.4)
Lactating	78	783 (46)	332* (41)	401* (40)	538* (43)	732 (47)	972* (56)	1232* (64)	1406* (82)	900	68	(5.1)

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

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**Table I 16. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	374 (12)	146 (12)	180 (12)	250 (12)	348 (12)	469 (14)	601 (20)	692 (24)	3000	<3	
Pregnant	111	464 (42)	193* (26)	235* (29)	320 (34)	434 (43)	575 (49)	733* (59)	833* (69)	3000	<3	
Lactating	78	542 (46)	243* (31)	287* (35)	384* (41)	513 (46)	670* (54)	828* (61)	941* (62)	3000	<3	

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

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**Table I 17. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, 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)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	1874	1.39 (0.02)	0.83 (0.04)	0.93 (0.04)	1.12 (0.03)	1.36 (0.02)	1.63 (0.03)	1.90 (0.06)	2.08 (0.07)	0.9	8 (2.1)
Pregnant	111	1.59 (0.10)	0.96* (0.11)	1.07* (0.11)	1.28 (0.11)	1.55 (0.11)	1.85 (0.11)	2.15* (0.11)	2.34* (0.12)	1.2	19 (7.8)
Lactating	78	1.71 (0.11)	1.06* (0.11)	1.17* (0.11)	1.39* (0.11)	1.67 (0.11)	1.98* (0.11)	2.28* (0.12)	2.48* (0.12)	1.2	11* (6.5)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	1.86 (0.04)	0.97 (0.04)	1.12 (0.03)	1.41 (0.03)	1.79 (0.04)	2.23 (0.05)	2.68 (0.07)	2.98 (0.08)	0.9	3 (0.8)
Pregnant	111	1.93 (0.12)	1.01* (0.08)	1.17* (0.09)	1.47 (0.10)	1.86 (0.12)	2.31 (0.13)	2.78* (0.16)	3.10* (0.18)	1.2	11* (3.9)
Lactating	78	2.23 (0.11)	1.22* (0.08)	1.40* (0.09)	1.73* (0.10)	2.16 (0.11)	2.65* (0.13)	3.17* (0.17)	3.48* (0.19)	1.3	7* (2.6)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	22.9 (0.3)	13.6 (0.6)	15.3 (0.6)	18.4 (0.4)	22.3 (0.3)	26.8 (0.4)	31.2 (0.6)	34.1 (0.8)	11	<3
Pregnant	111	23.9 (1.1)	14.2* (1.1)	16.0* (1.1)	19.3 (1.1)	23.3 (1.2)	27.8 (1.2)	32.6* (1.4)	35.4* (1.6)	14	5* (2.4)
Lactating	78	29.2 (1.8)	18.3* (1.8)	20.2* (1.7)	24.0* (1.7)	28.6 (1.8)	33.8* (1.9)	38.7* (2.0)	41.9* (2.1)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	1.91 (0.04)	0.96 (0.06)	1.11 (0.06)	1.42 (0.05)	1.82 (0.04)	2.31 (0.06)	2.83 (0.09)	3.18 (0.11)	1.1	10 (2.2)	100	<3	
Pregnant	111	1.93 (0.11)	0.96* (0.09)	1.12* (0.09)	1.43 (0.10)	1.84 (0.11)	2.33 (0.12)	2.88* (0.16)	3.22* (0.19)	1.6	35 (6.5)	100	<3	
Lactating	78	2.40 (0.15)	1.27* (0.11)	1.44* (0.11)	1.82* (0.13)	2.31 (0.14)	2.89* (0.18)	3.47* (0.21)	3.87* (0.25)	1.7	19* (6.1)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table I 21. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	461 (8)	225 (15)	262 (13)	336 (10)	436 (7)	558 (14)	690 (27)	781 (37)	320	21 (2.4)	
Pregnant	111	535 (45)	267* (40)	310* (42)	395 (43)	507 (47)	645 (48)	798* (54)	896* (60)	520	52 (9.8)	
Lactating	78	606 (58)	314* (43)	358* (46)	454* (50)	578 (57)	730* (69)	884* (75)	993* (84)	450	24* (9.4)	

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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	154 (6)	46 (5)	60 (5)	91 (4)	137 (4)	199 (9)	270 (17)	320 (23)	1000	<3	
Pregnant	111	202 (21)	66* (19)	85* (20)	124 (22)	181 (23)	257 (24)	345* (26)	404* (28)	1000	<3	
Lactating	78	210 (21)	71* (13)	90* (14)	131* (17)	191 (21)	270* (28)	352* (36)	414* (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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	197 (6)	95 (3)	112 (4)	144 (4)	187 (5)	239 (7)	295 (10)	334 (11)
Pregnant	111	201 (13)	97* (8)	113* (9)	147 (11)	191 (12)	243 (15)	301* (18)	340* (20)
Lactating	78	217 (10)	107* (7)	125* (8)	160* (9)	207 (10)	263* (12)	323* (14)	361* (15)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	291 (5)	158 (7)	181 (6)	226 (6)	282 (5)	347 (7)	413 (9)	456 (11)	425	8 (1.2)	3500	<3	
Pregnant	111	278 (16)	148* (11)	171* (12)	214 (14)	268 (16)	332 (19)	397* (23)	438* (25)	450	4* (2.1)	3500	<3	
Lactating	78	345 (17)	197* (14)	222* (15)	273* (17)	336 (17)	408* (18)	477* (21)	523* (23)	550	3* (1.3)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018  
 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, 2015-2018**

	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	1874	4.04 (0.10)	1.67 (0.11)	2.02 (0.11)	2.74 (0.10)	3.75 (0.09)	5.02 (0.13)	6.43 (0.21)	7.41 (0.28)	2	10 (1.8)
Pregnant	111	4.36 (0.34)	1.82* (0.21)	2.20* (0.24)	2.99 (0.27)	4.04 (0.34)	5.40 (0.41)	6.94* (0.51)	7.94* (0.62)	2.2	10* (3.6)
Lactating	78	5.63 (0.39)	2.52* (0.30)	3.00* (0.31)	3.98* (0.36)	5.31 (0.39)	6.94* (0.46)	8.62* (0.54)	9.88* (0.65)	2.4	4* (2.2)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	72.7 (2.5)	21.8 (2.0)	28.2 (2.1)	42.4 (2.2)	63.9 (2.2)	93.3 (3.3)	128.1 (5.2)	153.5 (7.0)	60	46 (2.4)	2000	<3	
Pregnant	111	81.4 (8.6)	25.0* (4.8)	32.1* (5.2)	48.1 (6.8)	72.2 (8.3)	103.9 (10.8)	142.3* (14.6)	169.7* (16.7)	70	48 (7.6)	2000	<3	
Lactating	78	74.1 (7.0)	22.6* (4.0)	29.1* (4.5)	43.3* (5.7)	65.5 (6.8)	95.3* (8.7)	130.5* (10.0)	155.0* (12.0)	100	77* (5.4)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	3.9 (0.2)	1.1 (0.1)	1.5 (0.1)	2.2 (0.2)	3.4 (0.2)	5.0 (0.3)	6.9 (0.3)	8.4 (0.4)	10	>97	100	<3	
Pregnant	111	5.0 (0.5)	1.6* (0.3)	2.0* (0.3)	3.0 (0.4)	4.4 (0.5)	6.4 (0.6)	8.9* (0.7)	10.5* (0.9)	10	94* (2.2)	100	<3	
Lactating	78	6.0 (0.7)	2.0* (0.4)	2.5* (0.5)	3.7* (0.6)	5.4 (0.7)	7.7* (0.9)	10.3* (1.0)	12.2* (1.2)	10	89* (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

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**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, 2015-2018**

	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	1874	8.8 (0.3)	4.2 (0.3)	4.9 (0.3)	6.3 (0.2)	8.3 (0.3)	10.7 (0.4)	13.3 (0.6)	15.1 (0.7)	12	84 (2.8)
Pregnant	111	8.8 (0.7)	4.2* (0.5)	4.9* (0.5)	6.4 (0.6)	8.3 (0.7)	10.7 (0.8)	13.4* (0.9)	15.1* (1.1)	12	84* (5.1)
Lactating	78	10.4 (1.1)	5.2* (0.8)	6.0* (0.8)	7.7* (0.9)	9.9 (1.1)	12.6* (1.3)	15.4* (1.6)	17.5* (1.7)	16	91* (4.6)

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

**Table I 29. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, 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)
<b>Females 20 to 44 years:</b>											
Not pregnant or lactating	1874	126.5 (7.0)	43.7 (5.2)	53.7 (5.5)	75.9 (6.1)	110.2 (6.8)	158.5 (8.7)	218.8 (12.9)	264.8 (17.3)	90	64 (4.8)
Pregnant	111	127.2 (12.4)	43.5* (8.2)	53.6* (9.0)	76.2 (10.6)	111.0 (12.1)	158.5 (14.9)	220.1* (20.1)	268.4* (24.4)	90	65 (8.2)
Lactating	78	127.3 (10.8)	44.4* (5.8)	54.5* (6.7)	76.4* (8.0)	111.0 (9.7)	160.8* (13.7)	221.7* (18.4)	264.4* (22.8)	90	65 (6.4)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	876 (15)	482 (22)	551 (21)	682 (18)	848 (16)	1040 (17)	1236 (24)	1364 (30)	800	43 (2.5)	2500	<3	
Pregnant	111	1039 (63)	590* (53)	671* (57)	821 (60)	1010 (64)	1224 (69)	1443* (78)	1588* (84)	800	23 (6.3)	2500	<3	
Lactating	78	1053 (57)	608* (47)	685* (50)	835* (53)	1025 (57)	1241* (64)	1457* (76)	1596* (90)	800	20* (6.0)	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

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**Table I 31. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Pregnancy/Lactation Status, in the United States, 2015-2018**

	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	1874	1228 (20)	759 (31)	848 (28)	1012 (24)	1208 (20)	1423 (21)	1631 (28)	1762 (33)	580	<3		4000	<3
Pregnant	111	1297 (50)	808* (43)	904* (45)	1074 (47)	1278 (50)	1498 (55)	1713* (68)	1850* (77)	580	<3		3500	<3
Lactating	78	1490 (47)	975* (49)	1072* (46)	1255* (46)	1472 (47)	1708* (53)	1930* (63)	2070* (71)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	276 (5)	156 (5)	177 (5)	217 (5)	267 (5)	326 (7)	386 (9)	425 (10)		46 (2.5)
Pregnant	111	287 (12)	163* (10)	184* (10)	227 (11)	279 (12)	338 (14)	401* (17)	443* (19)		57 (5.8)
Lactating	78	324 (18)	190* (14)	214* (14)	258* (16)	315 (17)	382* (20)	448* (23)	488* (25)		25 (7.0)

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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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, 2015-2018**

	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	1874	12.3 (0.2)	7.1 (0.3)	8.0 (0.3)	9.7 (0.2)	11.9 (0.2)	14.5 (0.3)	17.1 (0.4)	18.8 (0.6)	45	<3	
Pregnant	111	14.1 (0.8)	8.2* (0.8)	9.3* (0.8)	11.2 (0.8)	13.7 (0.8)	16.5 (0.9)	19.4* (1.0)	21.3* (1.1)	45	<3	
Lactating	78	16.2 (1.2)	9.8* (0.9)	10.9* (1.0)	13.1* (1.0)	15.8 (1.2)	18.8* (1.3)	22.0* (1.5)	23.9* (1.7)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	9.6 (0.2)	5.7 (0.2)	6.4 (0.2)	7.7 (0.1)	9.3 (0.1)	11.2 (0.2)	13.0 (0.4)	14.2 (0.5)	6.8	14 (1.9)	40	<3	
Pregnant	111	10.3 (0.6)	6.2* (0.5)	7.0* (0.6)	8.3 (0.6)	10.0 (0.6)	12.0 (0.7)	13.9* (0.9)	15.1* (1.0)	9.5	42 (9.5)	40	<3	
Lactating	78	11.8 (0.7)	7.4* (0.7)	8.2* (0.7)	9.7* (0.7)	11.6 (0.8)	13.7* (0.8)	15.7* (1.0)	17.0* (1.1)	10.4	34 (9.7)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.3 (0.03)	1.6 (0.05)	1.8 (0.06)	0.7	11 (1.4)	10	<3	
Pregnant	111	1.2 (0.06)	0.6* (0.04)	0.7* (0.05)	0.9 (0.05)	1.1 (0.06)	1.4 (0.07)	1.7* (0.08)	1.9* (0.10)	0.8	16* (4.5)	10	<3	
Lactating	78	1.4 (0.10)	0.8* (0.07)	0.9* (0.08)	1.0* (0.09)	1.3 (0.10)	1.6* (0.11)	1.9* (0.14)	2.1* (0.16)	1	20* (7.4)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	100 (1)	62 (3)	69 (3)	82 (2)	99 (1)	117 (2)	134 (3)	146 (4)	45	<3		400	<3
Pregnant	111	104 (5)	64* (4)	72* (4)	86 (4)	102 (5)	121 (6)	139* (7)	151* (8)	49	<3		400	<3
Lactating	78	127 (4)	82* (5)	90* (5)	106* (4)	125 (4)	145* (5)	164* (5)	177* (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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	N	Mean (SE)	Percentiles							AI	>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)	CDRR	%
<b>Females 20 to 44 years:</b>														
Not pregnant or lactating	1874	3185 (45)	1919 (81)	2152 (75)	2585 (64)	3118 (47)	3712 (51)	4303 (69)	4684 (85)	1500	>97		2300	86 (2.3)
Pregnant	111	3290 (173)	1988* (155)	2230* (161)	2677 (165)	3218 (176)	3824 (183)	4451* (198)	4827* (217)	1500	>97		2300	88* (4.7)
Lactating	78	3614 (197)	2260* (187)	2495* (185)	2973* (189)	3550 (194)	4188* (210)	4792* (226)	5197* (234)	1500	>97		2300	94* (3.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1874	2308 (49)	1402 (45)	1572 (44)	1886 (43)	2266 (48)	2685 (59)	3097 (72)	3357 (82)	2600	29 (3.0)
Pregnant	111	2353 (113)	1430* (86)	1602* (90)	1929 (102)	2313 (113)	2727 (129)	3151* (151)	3428* (163)	2900	18 (5.2)
Lactating	78	2514 (99)	1567* (90)	1751* (92)	2073* (95)	2470 (97)	2920* (112)	3348* (127)	3598* (138)	2800	31 (5.7)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018  
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, 2015-2018**

	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	1874	130.4 (5.6)	14.5 (2.1)	24.2 (2.5)	50.7 (3.3)	100.2 (4.5)	176.4 (7.6)	275.7 (13.5)	349.5 (19.1)
Pregnant	111	64.6 (10.1)	2.8* (1.0)	5.4* (1.9)	16.1 (4.2)	41.4 (8.0)	85.8 (14.0)	157.0* (22.2)	206.2* (28.4)
Lactating	78	77.6 (14.9)	4.9* (2.8)	8.6* (4.3)	22.6* (8.4)	52.6 (13.5)	104.7* (20.6)	174.8* (29.1)	232.4* (35.0)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1873	15.7 (0.2)	11.0 (0.5)	11.8 (0.4)	13.5 (0.3)	15.5 (0.2)	17.7 (0.2)	19.8 (0.4)	21.2 (0.5)	10-35%	>97
Pregnant	111	14.8 (0.3)	10.2* (0.5)	11.1* (0.4)	12.7 (0.4)	14.6 (0.3)	16.7 (0.5)	18.9* (0.6)	20.2* (0.7)	10-35%	96* (1.6)
Lactating	78	17.4 (0.5)	12.3* (0.5)	13.2* (0.5)	15.0* (0.4)	17.2 (0.5)	19.5* (0.6)	21.7* (0.9)	23.2* (1.1)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1873	47.0 (0.4)	35.8 (0.6)	38.2 (0.5)	42.3 (0.4)	46.9 (0.4)	51.5 (0.5)	55.8 (0.7)	58.3 (0.8)	45-65%	61 (2.2)
Pregnant	111	50.7 (1.3)	39.4* (1.2)	41.9* (1.2)	46.1 (1.3)	50.7 (1.3)	55.3 (1.4)	59.8* (1.4)	62.3* (1.5)	45-65%	77 (4.4)
Lactating	78	48.1 (0.8)	37.1* (1.1)	39.3* (1.0)	43.4* (0.9)	48.0 (0.8)	52.7* (0.8)	56.7* (0.9)	59.3* (1.0)	45-65%	66 (4.6)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018  
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, 2015-2018**

	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	1873	36.1 (0.4)	28.0 (0.7)	29.8 (0.6)	32.8 (0.5)	36.1 (0.3)	39.4 (0.4)	42.3 (0.5)	44.1 (0.6)	20-35%	41 (3.0)
Pregnant	111	35.8 (1.0)	27.7* (1.3)	29.5* (1.2)	32.6 (1.1)	35.9 (1.0)	39.1 (1.0)	42.2* (1.0)	43.9* (1.1)	20-35%	43 (8.3)
Lactating	78	35.3 (0.7)	27.2* (0.9)	28.9* (0.8)	32.0* (0.7)	35.3 (0.7)	38.6* (0.8)	41.4* (1.0)	43.2* (1.1)	20-35%	48 (5.7)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	N	Mean	(SE)	Percentiles						<10%†	
				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	1873	11.6	(0.2)	8.4 (0.2)	9.1 (0.2)	10.2 (0.2)	11.5 (0.2)	12.9 (0.2)	14.2 (0.2)	15.0 (0.3)	22 (2.8)
Pregnant	111	11.7	(0.4)	8.5* (0.6)	9.2* (0.5)	10.3 (0.5)	11.6 (0.4)	13.0 (0.4)	14.4* (0.4)	15.2* (0.4)	20 (7.1)
Lactating	78	11.3	(0.5)	8.2* (0.5)	8.8* (0.5)	10.0* (0.5)	11.3 (0.5)	12.6* (0.5)	13.8* (0.5)	14.6* (0.5)	25 (8.8)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1873	7.7 (0.1)	5.5 (0.3)	5.9 (0.2)	6.7 (0.2)	7.6 (0.1)	8.6 (0.2)	9.5 (0.3)	10.1 (0.4)	05-10%	92 (3.4)
Pregnant	111	7.7 (0.5)	5.5* (0.5)	6.0* (0.5)	6.7 (0.5)	7.7 (0.5)	8.6 (0.5)	9.6* (0.5)	10.2* (0.5)	05-10%	91* (3.2)
Lactating	78	7.5 (0.4)	5.3* (0.4)	5.7* (0.4)	6.5* (0.4)	7.4 (0.4)	8.4* (0.4)	9.3* (0.5)	9.8* (0.6)	05-10%	93* (3.1)

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, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 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, 2015-2018**

	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	1873	0.80 (0.02)	0.53 (0.03)	0.58 (0.03)	0.67 (0.02)	0.79 (0.02)	0.91 (0.02)	1.04 (0.03)	1.13 (0.05)	0.6-1.2%	85 (5.0)
Pregnant	111	0.83 (0.04)	0.55* (0.04)	0.60* (0.04)	0.70 (0.04)	0.82 (0.04)	0.95 (0.04)	1.08* (0.06)	1.17* (0.07)	0.6-1.2%	86* (5.0)
Lactating	78	0.79 (0.03)	0.53* (0.05)	0.58* (0.04)	0.67* (0.04)	0.78 (0.03)	0.91* (0.04)	1.03* (0.05)	1.11* (0.07)	0.6-1.2%	85* (6.4)

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, by Pregnancy/Lactation Status, 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 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 2.52.

**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, 2021. Usual Nutrient Intake from Food and Beverages, by Pregnancy/Lactation Status, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>