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USUAL NUTRIENT INTAKE from Food and Beverages, among Individuals Under 131% of Poverty Level

What We Eat in America, NHANES 2013-2016

Table F

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

Compared to Dietary Reference Intakes: **EAR**=Estimated Average Requirement; **AI**=Adequate Intake; **UL**=Tolerable Upper Intake Level;

CDRR=Chronic Disease Risk Reduction Intake; **AMDR**=Acceptable Macronutrient Distribution Range

^Δ Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

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Available www.ars.usda.gov/nea/bhnrc/fsrg

Table F 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages,
among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	482	1337	(23)	911	(24)	991	(22)	1136	(21)	1315	(22)	1514	(28)	1709	(36)	1839	(44)
4-8.....	739	1690	(22)	1173	(26)	1273	(23)	1449	(21)	1665	(22)	1903	(29)	2138	(39)	2287	(46)
Males:																	
9-13.....	333	2052	(35)	1340*	(33)	1478	(32)	1720	(32)	2021	(35)	2346	(43)	2672	(53)	2871*	(62)
14-18.....	305	2252	(46)	1497*	(42)	1643	(42)	1907	(42)	2220	(45)	2562	(53)	2903	(64)	3114*	(75)
19-50.....	786	2496	(37)	1536	(29)	1712	(27)	2046	(29)	2455	(36)	2896	(49)	3332	(62)	3616	(71)
51+.....	635	2302	(42)	1369	(32)	1545	(32)	1861	(36)	2259	(41)	2690	(53)	3116	(65)	3397	(76)
19+.....	1421	2426	(36)	1463	(28)	1645	(28)	1975	(28)	2383	(35)	2827	(46)	3267	(60)	3545	(69)
Females:																	
9-13.....	350	1825	(32)	1168*	(34)	1289	(35)	1515	(31)	1794	(32)	2099	(36)	2393	(44)	2585*	(50)
14-18.....	307	1679	(36)	1050*	(30)	1166	(31)	1381	(32)	1648	(36)	1945	(44)	2223	(54)	2417*	(61)
19-50.....	922	1804	(24)	1108	(26)	1240	(25)	1478	(24)	1772	(24)	2095	(27)	2407	(31)	2609	(35)
51+.....	718	1642	(22)	987	(24)	1109	(24)	1330	(23)	1608	(22)	1917	(24)	2222	(29)	2413	(32)
19+.....	1640	1742	(19)	1052	(22)	1180	(21)	1415	(20)	1708	(19)	2031	(23)	2346	(27)	2545	(31)
All:																	
1+.....	5577	1959	(14)	1116	(14)	1253	(13)	1516	(11)	1874	(12)	2313	(19)	2788	(33)	3095	(45)

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

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Table F 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Under 131% poverty																	
Males and females:																	
1-3.....	482	48.9	(0.9)	32.4	(1.0)	35.4	(0.9)	41.1	(0.8)	48.1	(0.9)	55.8	(1.2)	63.4	(1.6)	68.5	(2.0)
4-8.....	739	58.9	(0.8)	39.4	(1.0)	43.1	(0.9)	49.8	(0.8)	57.9	(0.8)	67.0	(1.1)	75.9	(1.6)	81.6	(2.0)
Males:																	
9-13.....	333	74.2	(1.4)	44.2*	(2.2)	49.7	(2.0)	59.6	(1.7)	72.4	(1.4)	86.6	(1.8)	101.2	(2.8)	110.4*	(3.7)
14-18.....	305	86.9	(2.0)	53.4*	(2.9)	59.6	(2.7)	71.0	(2.3)	85.0	(2.0)	100.7	(2.3)	116.8	(3.1)	127.0*	(4.0)
19-50.....	786	96.7	(1.6)	57.9	(1.1)	64.9	(1.1)	78.2	(1.1)	94.8	(1.6)	113.0	(2.2)	131.0	(2.9)	142.8	(3.4)
51+.....	635	88.6	(1.4)	50.9	(1.1)	57.8	(1.1)	70.6	(1.2)	86.6	(1.4)	104.3	(1.9)	121.9	(2.5)	133.7	(2.9)
19+.....	1421	93.8	(1.4)	54.9	(1.0)	62.1	(1.0)	75.3	(1.0)	91.7	(1.4)	110.0	(2.0)	128.2	(2.7)	140.0	(3.2)
Females:																	
9-13.....	350	64.8	(1.2)	37.8*	(2.0)	42.5	(1.9)	51.5	(1.5)	63.1	(1.2)	76.2	(1.5)	89.1	(2.4)	97.8*	(3.1)
14-18.....	307	60.0	(1.6)	34.2*	(2.4)	38.7	(2.4)	47.3	(2.1)	58.3	(1.7)	71.0	(1.6)	83.3	(2.1)	92.0*	(2.6)
19-50.....	922	67.5	(0.8)	41.3	(1.0)	46.1	(0.9)	55.1	(0.8)	66.3	(0.8)	78.4	(0.9)	90.4	(1.1)	98.1	(1.3)
51+.....	718	61.9	(0.9)	36.9	(1.0)	41.5	(1.0)	49.9	(0.9)	60.6	(0.9)	72.4	(1.0)	84.1	(1.3)	91.5	(1.4)
19+.....	1640	65.3	(0.7)	39.2	(0.8)	44.0	(0.8)	53.0	(0.7)	64.0	(0.7)	76.2	(0.8)	88.2	(1.0)	95.8	(1.2)
All:																	
1+.....	5577	73.5	(0.7)	40.0	(0.7)	45.1	(0.6)	55.2	(0.5)	69.4	(0.5)	87.7	(0.8)	108.0	(1.6)	121.2	(2.1)

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

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Table F 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, 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)
Under 131% poverty																				
Males and females:																				
1-3.....	482	4.06	(0.07)	2.61	(0.09)	2.88	(0.08)	3.38	(0.07)	4.00	(0.07)	4.66	(0.08)	5.31	(0.10)	5.74	(0.12)	0.87	<3	
4-8.....	734	2.57	(0.05)	1.47	(0.06)	1.67	(0.06)	2.04	(0.05)	2.51	(0.05)	3.02	(0.05)	3.53	(0.06)	3.86	(0.08)	0.76	<3	
Males:																				
9-13.....	332	1.81	(0.05)	0.95*	(0.06)	1.11	(0.06)	1.39	(0.06)	1.75	(0.06)	2.16	(0.06)	2.58	(0.07)	2.84*	(0.09)	0.76	<3	
14-18.....	305	1.35	(0.03)	0.64*	(0.04)	0.77	(0.04)	1.00	(0.04)	1.30	(0.03)	1.65	(0.04)	2.00	(0.06)	2.23*	(0.08)	0.73	8	(1.9)
19-50.....	784	1.34	(0.02)	0.70	(0.02)	0.82	(0.02)	1.03	(0.02)	1.31	(0.02)	1.61	(0.03)	1.90	(0.04)	2.10	(0.06)	0.66	4	(0.6)
51+.....	627	1.23	(0.02)	0.62	(0.02)	0.73	(0.02)	0.93	(0.01)	1.20	(0.02)	1.49	(0.03)	1.78	(0.04)	1.97	(0.05)	0.66	7	(0.8)
19+.....	1411	1.30	(0.02)	0.67	(0.02)	0.78	(0.02)	1.00	(0.02)	1.27	(0.02)	1.56	(0.03)	1.86	(0.04)	2.05	(0.05)	0.66	5	(0.7)
Females:																				
9-13.....	347	1.57	(0.03)	0.79*	(0.05)	0.93	(0.05)	1.19	(0.04)	1.52	(0.03)	1.90	(0.04)	2.28	(0.06)	2.53*	(0.08)	0.76	4*	(1.2)
14-18.....	304	1.04	(0.03)	0.44*	(0.04)	0.54	(0.04)	0.73	(0.04)	0.99	(0.03)	1.30	(0.03)	1.60	(0.04)	1.82*	(0.05)	0.71	23	(3.4)
19-50.....	914	1.09	(0.01)	0.60	(0.02)	0.69	(0.02)	0.85	(0.02)	1.06	(0.02)	1.30	(0.02)	1.52	(0.02)	1.67	(0.02)	0.66	8	(1.1)
51+.....	707	1.01	(0.02)	0.55	(0.02)	0.63	(0.02)	0.79	(0.02)	0.99	(0.02)	1.21	(0.02)	1.44	(0.02)	1.58	(0.02)	0.66	12	(1.6)
19+.....	1621	1.06	(0.01)	0.57	(0.02)	0.66	(0.02)	0.83	(0.02)	1.04	(0.01)	1.26	(0.01)	1.49	(0.02)	1.63	(0.02)	0.66	10	(1.2)
All:																				
1+.....	5536	1.50	(0.02)	0.63	(0.01)	0.74	(0.01)	0.95	(0.01)	1.25	(0.01)	1.71	(0.03)	2.63	(0.07)	3.48	(0.09)		7	(0.6)

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

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Table F 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	177	(3)	117	(3)	128	(3)	148	(3)	174	(3)	202	(4)	229	(5)	247	(5)	100	<3
4-8.....	739	226	(4)	154	(4)	168	(4)	192	(4)	223	(4)	256	(4)	288	(5)	309	(6)	100	<3
Males:																			
9-13.....	333	268	(5)	173*	(6)	191	(6)	224	(5)	264	(5)	307	(5)	351	(7)	377*	(8)	100	<3
14-18.....	305	283	(7)	185*	(7)	204	(7)	238	(7)	279	(7)	323	(8)	368	(10)	395*	(11)	100	<3
19-50.....	786	297	(6)	166	(5)	189	(5)	234	(5)	290	(6)	352	(7)	415	(9)	457	(11)	100	<3
51+.....	635	273	(6)	148	(5)	171	(5)	211	(6)	265	(6)	324	(7)	385	(8)	426	(10)	100	<3
19+.....	1421	289	(5)	158	(5)	182	(5)	225	(5)	281	(5)	343	(7)	406	(9)	446	(10)	100	<3
Females:																			
9-13.....	350	238	(4)	151*	(6)	167	(5)	197	(5)	234	(4)	275	(5)	314	(6)	340*	(7)	100	<3
14-18.....	307	217	(4)	133*	(4)	148	(4)	177	(4)	212	(4)	252	(6)	289	(8)	315*	(9)	100	<3
19-50.....	922	227	(4)	128	(4)	147	(4)	180	(4)	222	(4)	268	(4)	314	(5)	344	(5)	100	<3
51+.....	718	205	(4)	113	(4)	130	(4)	160	(4)	199	(4)	243	(4)	287	(4)	315	(5)	100	<3
19+.....	1640	218	(3)	121	(3)	139	(3)	171	(3)	213	(3)	259	(4)	305	(4)	335	(5)	100	<3
All:																			
1+.....	5577	244	(2)	134	(2)	153	(2)	188	(2)	234	(2)	289	(2)	348	(4)	388	(5)	100	<3

NOTES: EAR=Estimated Average Requirement

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

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Table F 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages,
among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles						
N	Mean	(SE)	5th	10th	25th	50th	75th	90th	95th
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Under 131% poverty									
Males and females:									
1-3.....	482	90	53	60	72	87	105	122	134
4-8.....	739	104	63	70	84	101	121	140	153
		(2)	(2)	(2)	(2)	(2)	(2)	(3)	(3)
		(2)	(2)	(2)	(2)	(2)	(3)	(3)	(3)
Males:									
9-13.....	333	120	69*	78	95	117	141	166	181*
14-18.....	305	126	74*	83	101	123	148	174	190*
		(3)	(4)	(4)	(4)	(4)	(4)	(5)	(6)
		(4)	(4)	(4)	(4)	(4)	(4)	(5)	(6)
19-50.....	786	130	52	64	88	122	162	206	235
51+.....	635	120	47	58	80	112	151	192	221
19+.....	1421	126	50	61	85	118	158	201	230
		(4)	(2)	(2)	(3)	(4)	(5)	(6)	(8)
		(4)	(2)	(2)	(3)	(3)	(4)	(6)	(7)
		(3)	(2)	(2)	(3)	(3)	(4)	(6)	(7)
Females:									
9-13.....	350	106	59*	67	83	103	125	148	162*
14-18.....	307	95	51*	59	74	92	114	135	149*
		(3)	(4)	(3)	(2)	(2)	(3)	(4)	(5)
		(2)	(3)	(3)	(2)	(2)	(3)	(4)	(4)
19-50.....	922	102	45	54	72	97	127	157	178
51+.....	718	96	41	50	67	90	118	149	168
19+.....	1640	100	44	52	70	94	124	154	175
		(3)	(2)	(2)	(2)	(2)	(3)	(4)	(5)
		(3)	(2)	(2)	(2)	(3)	(4)	(4)	(5)
		(3)	(2)	(2)	(2)	(2)	(3)	(4)	(5)
All:									
1+.....	5577	110	49	59	78	103	133	168	193
		(1)	(1)	(1)	(1)	(1)	(2)	(3)	(4)

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

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Table F 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI									
				5th	10th	25th	50th	75th	90th	95th	AI	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	9.9	(0.2)	5.3	(0.2)	6.1	(0.2)	7.6	(0.2)	9.5	(0.2)	11.7	(0.3)	14.0	(0.4)	15.5	(0.4)	19	<3
4-8.....	739	12.8	(0.3)	7.3	(0.3)	8.3	(0.2)	10.1	(0.2)	12.5	(0.2)	15.1	(0.3)	17.7	(0.4)	19.4	(0.5)	25	<3
Males:																			
9-13.....	333	15.4	(0.4)	8.5*	(0.5)	9.7	(0.4)	12.0	(0.4)	14.9	(0.4)	18.3	(0.4)	21.8	(0.5)	24.0*	(0.6)	31	<3
14-18.....	305	15.4	(0.5)	8.5*	(0.5)	9.7	(0.5)	12.0	(0.5)	14.9	(0.5)	18.3	(0.6)	21.8	(0.8)	24.0*	(0.9)	38	<3
19-50.....	786	17.0	(0.5)	7.5	(0.3)	9.0	(0.3)	12.1	(0.4)	16.2	(0.5)	21.0	(0.6)	26.1	(0.9)	29.6	(1.0)	38	<3
51+.....	635	17.5	(0.5)	7.8	(0.4)	9.4	(0.4)	12.4	(0.4)	16.6	(0.5)	21.5	(0.7)	26.6	(0.9)	30.1	(1.1)	30	5 (1.2)
19+.....	1421	17.2	(0.5)	7.6	(0.3)	9.2	(0.3)	12.2	(0.3)	16.4	(0.4)	21.2	(0.6)	26.3	(0.8)	29.8	(1.0)		<3
Females:																			
9-13.....	350	14.2	(0.4)	7.7*	(0.4)	8.8	(0.4)	11.0	(0.4)	13.8	(0.4)	17.0	(0.5)	20.2	(0.6)	22.3*	(0.7)	26	<3
14-18.....	307	12.6	(0.5)	6.6*	(0.5)	7.6	(0.5)	9.6	(0.5)	12.2	(0.5)	15.2	(0.6)	18.1	(0.6)	20.3*	(0.7)	26	<3
19-50.....	922	13.6	(0.4)	6.2	(0.2)	7.4	(0.2)	9.8	(0.3)	12.9	(0.3)	16.7	(0.4)	20.6	(0.5)	23.2	(0.6)	25	3 (0.6)
51+.....	718	13.4	(0.3)	6.1	(0.2)	7.3	(0.2)	9.6	(0.2)	12.8	(0.3)	16.4	(0.3)	20.4	(0.4)	22.9	(0.5)	21	8 (1.0)
19+.....	1640	13.5	(0.3)	6.1	(0.2)	7.4	(0.2)	9.7	(0.2)	12.9	(0.3)	16.6	(0.4)	20.5	(0.5)	23.1	(0.6)		5 (0.7)
All:																			
1+.....	5577	14.5	(0.3)	6.7	(0.2)	7.9	(0.2)	10.3	(0.2)	13.6	(0.2)	17.7	(0.3)	22.2	(0.4)	25.4	(0.6)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Under 131% poverty																	
Males and females:																	
1-3.....	482	50.1	(1.1)	31.4	(0.9)	34.8	(0.8)	41.1	(0.8)	48.9	(1.0)	57.8	(1.4)	66.9	(2.0)	72.9	(2.5)
4-8.....	739	63.2	(1.0)	40.5	(1.0)	44.7	(0.9)	52.3	(0.8)	61.9	(0.9)	72.6	(1.3)	83.5	(1.9)	90.5	(2.4)
Males:																	
9-13.....	333	78.1	(1.6)	46.8*	(2.0)	52.7	(1.9)	63.1	(1.7)	76.4	(1.6)	91.0	(2.0)	105.9	(2.6)	115.1*	(3.2)
14-18.....	305	85.8	(2.1)	52.6*	(2.4)	58.8	(2.2)	70.3	(2.1)	84.1	(2.1)	99.5	(2.5)	115.1	(3.2)	124.9*	(3.9)
19-50.....	786	93.5	(1.6)	52.8	(1.7)	60.0	(1.6)	74.0	(1.5)	91.4	(1.6)	110.5	(2.0)	129.7	(2.4)	142.3	(2.7)
51+.....	635	89.3	(1.8)	49.4	(1.7)	56.8	(1.7)	70.0	(1.7)	87.1	(1.7)	105.9	(2.1)	125.0	(2.7)	137.5	(3.0)
19+.....	1421	92.0	(1.5)	51.5	(1.7)	58.8	(1.6)	72.5	(1.5)	89.8	(1.5)	108.9	(1.8)	128.2	(2.3)	140.6	(2.7)
Females:																	
9-13.....	350	70.6	(1.7)	41.6*	(2.1)	46.7	(2.1)	56.6	(1.8)	69.0	(1.7)	82.8	(1.9)	96.3	(2.5)	105.3*	(3.0)
14-18.....	307	64.7	(2.1)	37.0*	(2.4)	41.9	(2.5)	51.2	(2.3)	63.0	(2.2)	76.5	(2.2)	89.2	(2.5)	98.2*	(2.8)
19-50.....	922	67.7	(1.2)	36.4	(1.1)	41.9	(1.1)	52.3	(1.2)	65.7	(1.2)	80.8	(1.4)	95.8	(1.6)	105.8	(1.7)
51+.....	718	63.6	(1.1)	33.7	(0.9)	39.0	(0.9)	48.7	(1.0)	61.5	(1.1)	76.2	(1.4)	91.1	(1.7)	100.7	(2.0)
19+.....	1640	66.1	(1.0)	35.3	(1.0)	40.7	(1.0)	50.9	(1.0)	64.1	(1.1)	79.1	(1.2)	94.2	(1.5)	103.9	(1.7)
All:																	
1+.....	5577	74.3	(0.7)	38.6	(0.6)	44.3	(0.6)	55.4	(0.6)	70.8	(0.7)	89.5	(1.0)	109.3	(1.4)	122.3	(1.7)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Under 131% poverty									
Males and females:									
1-3.....	482	18.7 (0.5)	11.2 (0.4)	12.5 (0.4)	15.0 (0.4)	18.2 (0.4)	21.8 (0.6)	25.5 (0.8)	28.1 (1.0)
4-8.....	739	22.5 (0.4)	13.7 (0.4)	15.2 (0.4)	18.1 (0.3)	21.8 (0.4)	26.1 (0.5)	30.5 (0.8)	33.3 (0.9)
Males:									
9-13.....	333	27.5 (0.6)	15.8* (0.7)	17.9 (0.7)	21.8 (0.6)	26.7 (0.6)	32.3 (0.7)	38.0 (0.9)	41.6* (1.2)
14-18.....	305	29.3 (0.8)	17.1* (0.8)	19.3 (0.8)	23.5 (0.7)	28.6 (0.8)	34.3 (0.9)	40.3 (1.2)	44.0* (1.4)
19-50.....	786	31.0 (0.6)	16.9 (0.6)	19.4 (0.6)	24.1 (0.6)	30.2 (0.6)	37.0 (0.7)	43.8 (0.9)	48.3 (1.0)
51+.....	635	29.4 (0.6)	15.7 (0.6)	18.2 (0.6)	22.6 (0.6)	28.5 (0.6)	35.1 (0.7)	41.8 (0.9)	46.3 (1.1)
19+.....	1421	30.5 (0.6)	16.4 (0.6)	18.9 (0.6)	23.6 (0.6)	29.6 (0.6)	36.3 (0.7)	43.2 (0.8)	47.7 (1.0)
Females:									
9-13.....	350	24.3 (0.6)	13.6* (0.7)	15.4 (0.7)	19.0 (0.7)	23.6 (0.7)	28.7 (0.7)	33.8 (0.9)	37.3* (1.0)
14-18.....	307	21.5 (0.9)	11.6* (0.8)	13.3 (0.9)	16.6 (0.9)	20.8 (0.9)	25.7 (0.9)	30.4 (1.1)	33.8* (1.2)
19-50.....	922	22.1 (0.4)	11.0 (0.4)	12.9 (0.4)	16.5 (0.4)	21.2 (0.4)	26.7 (0.5)	32.3 (0.6)	36.0 (0.7)
51+.....	718	20.8 (0.5)	10.2 (0.3)	12.0 (0.3)	15.4 (0.4)	19.9 (0.5)	25.2 (0.6)	30.7 (0.7)	34.3 (0.9)
19+.....	1640	21.6 (0.4)	10.7 (0.3)	12.5 (0.3)	16.0 (0.4)	20.7 (0.4)	26.1 (0.5)	31.7 (0.6)	35.4 (0.7)
All:									
1+.....	5577	24.9 (0.3)	12.3 (0.3)	14.4 (0.3)	18.3 (0.3)	23.7 (0.3)	30.2 (0.4)	37.1 (0.5)	41.6 (0.6)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	482	16.4	(0.4)	10.0	(0.3)	11.2	(0.3)	13.3	(0.3)	16.0	(0.3)	19.1	(0.5)	22.2	(0.7)	24.3	(0.9)
4-8.....	739	21.0	(0.3)	13.2	(0.4)	14.6	(0.3)	17.2	(0.3)	20.5	(0.3)	24.2	(0.5)	27.9	(0.7)	30.4	(0.9)
Males:																	
9-13.....	333	26.3	(0.6)	15.3*	(0.8)	17.3	(0.7)	21.0	(0.6)	25.7	(0.6)	30.9	(0.8)	36.3	(1.1)	39.6*	(1.3)
14-18.....	305	29.2	(0.8)	17.4*	(0.9)	19.5	(0.8)	23.6	(0.8)	28.5	(0.8)	34.0	(1.0)	39.7	(1.3)	43.3*	(1.6)
19-50.....	786	32.4	(0.6)	17.7	(0.6)	20.2	(0.5)	25.2	(0.5)	31.5	(0.6)	38.6	(0.7)	45.7	(0.8)	50.5	(1.0)
51+.....	635	31.5	(0.6)	16.9	(0.6)	19.5	(0.6)	24.3	(0.6)	30.6	(0.6)	37.5	(0.8)	44.7	(1.0)	49.4	(1.1)
19+.....	1421	32.1	(0.5)	17.4	(0.5)	20.0	(0.5)	24.9	(0.5)	31.2	(0.5)	38.2	(0.6)	45.4	(0.8)	50.1	(0.9)
Females:																	
9-13.....	350	23.7	(0.6)	13.6*	(0.8)	15.3	(0.8)	18.7	(0.7)	23.1	(0.6)	28.0	(0.7)	32.9	(0.9)	36.1*	(1.1)
14-18.....	307	21.6	(0.7)	12.0*	(0.9)	13.6	(0.9)	16.8	(0.8)	20.9	(0.8)	25.7	(0.8)	30.2	(0.9)	33.5*	(1.0)
19-50.....	922	23.1	(0.4)	12.1	(0.4)	14.0	(0.4)	17.6	(0.4)	22.3	(0.4)	27.7	(0.5)	33.1	(0.5)	36.7	(0.6)
51+.....	718	21.9	(0.4)	11.3	(0.3)	13.2	(0.3)	16.6	(0.4)	21.1	(0.4)	26.4	(0.5)	31.8	(0.7)	35.2	(0.8)
19+.....	1640	22.6	(0.4)	11.8	(0.4)	13.7	(0.4)	17.2	(0.4)	21.9	(0.4)	27.2	(0.4)	32.6	(0.5)	36.2	(0.6)
All:																	
1+.....	5577	25.5	(0.2)	12.7	(0.2)	14.7	(0.2)	18.6	(0.2)	24.0	(0.2)	30.8	(0.3)	38.2	(0.5)	43.0	(0.6)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	482	10.3	(0.3)	5.9	(0.3)	6.6	(0.3)	8.1	(0.3)	9.9	(0.3)	12.1	(0.3)	14.3	(0.5)	15.9	(0.6)
4-8.....	739	13.9	(0.3)	8.3	(0.3)	9.3	(0.3)	11.1	(0.2)	13.5	(0.2)	16.3	(0.4)	19.1	(0.5)	20.9	(0.6)
Males:																	
9-13.....	333	17.0	(0.4)	9.6*	(0.6)	10.9	(0.5)	13.3	(0.5)	16.5	(0.4)	20.0	(0.5)	23.8	(0.7)	26.2*	(1.0)
14-18.....	305	18.7	(0.6)	10.7*	(0.7)	12.2	(0.6)	14.8	(0.6)	18.1	(0.6)	21.9	(0.8)	25.9	(1.0)	28.4*	(1.3)
19-50.....	786	20.4	(0.5)	11.0	(0.4)	12.6	(0.4)	15.7	(0.4)	19.8	(0.4)	24.4	(0.6)	29.1	(0.7)	32.3	(0.9)
51+.....	635	19.9	(0.5)	10.6	(0.4)	12.2	(0.4)	15.2	(0.4)	19.2	(0.5)	23.8	(0.6)	28.5	(0.8)	31.7	(1.0)
19+.....	1421	20.2	(0.4)	10.8	(0.4)	12.5	(0.4)	15.5	(0.4)	19.6	(0.4)	24.1	(0.5)	28.9	(0.7)	32.1	(0.9)
Females:																	
9-13.....	350	16.3	(0.5)	9.1*	(0.6)	10.4	(0.6)	12.7	(0.5)	15.8	(0.5)	19.3	(0.6)	22.8	(0.9)	25.1*	(1.0)
14-18.....	307	15.2	(0.5)	8.4*	(0.7)	9.5	(0.7)	11.8	(0.6)	14.7	(0.5)	18.1	(0.5)	21.4	(0.7)	23.8*	(0.9)
19-50.....	922	15.9	(0.3)	8.4	(0.3)	9.7	(0.3)	12.1	(0.3)	15.3	(0.3)	19.0	(0.4)	22.9	(0.5)	25.4	(0.6)
51+.....	718	14.9	(0.3)	7.8	(0.2)	9.0	(0.2)	11.2	(0.3)	14.3	(0.3)	17.9	(0.4)	21.7	(0.5)	24.1	(0.6)
19+.....	1640	15.5	(0.3)	8.1	(0.3)	9.4	(0.2)	11.8	(0.3)	14.9	(0.3)	18.6	(0.4)	22.4	(0.5)	24.9	(0.6)
All:																	
1+.....	5577	16.7	(0.2)	8.3	(0.2)	9.7	(0.2)	12.3	(0.2)	15.9	(0.2)	20.2	(0.3)	24.8	(0.4)	28.0	(0.5)

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

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Table F 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	9.1	(0.3)	5.1	(0.3)	5.8	(0.2)	7.1	(0.2)	8.8	(0.3)	10.7	(0.3)	12.8	(0.4)	14.2	(0.5)	7	76	(3.2)
4-8.....	739	12.5	(0.2)	7.3	(0.3)	8.2	(0.2)	9.9	(0.2)	12.1	(0.2)	14.6	(0.3)	17.2	(0.5)	18.8	(0.6)	10	74	(2.3)
Males:																				
9-13.....	333	15.2	(0.4)	8.5*	(0.5)	9.7	(0.5)	11.9	(0.4)	14.7	(0.4)	17.9	(0.5)	21.3	(0.7)	23.4*	(0.9)	12	74	(3.6)
14-18.....	305	16.6	(0.6)	9.5*	(0.6)	10.8	(0.5)	13.2	(0.5)	16.2	(0.6)	19.6	(0.7)	23.1	(0.9)	25.4*	(1.2)	16	51	(4.8)
19-50.....	786	18.1	(0.4)	9.6	(0.4)	11.1	(0.4)	13.8	(0.4)	17.4	(0.4)	21.6	(0.5)	25.8	(0.7)	28.7	(0.8)	17	53	(2.8)
51+.....	635	17.5	(0.4)	9.2	(0.4)	10.7	(0.4)	13.3	(0.4)	16.9	(0.4)	21.0	(0.5)	25.2	(0.7)	28.1	(0.9)	14	71	(2.6)
19+.....	1421	17.9	(0.4)	9.5	(0.4)	10.9	(0.4)	13.7	(0.3)	17.2	(0.4)	21.3	(0.5)	25.6	(0.6)	28.5	(0.8)		59	(2.6)
Females:																				
9-13.....	350	14.6	(0.4)	8.1*	(0.5)	9.2	(0.5)	11.3	(0.5)	14.1	(0.4)	17.2	(0.6)	20.4	(0.8)	22.5*	(0.9)	10	85	(3.2)
14-18.....	307	13.6	(0.5)	7.4*	(0.6)	8.5	(0.6)	10.5	(0.5)	13.1	(0.5)	16.2	(0.5)	19.2	(0.6)	21.4*	(0.8)	11	70	(4.8)
19-50.....	922	14.1	(0.3)	7.3	(0.2)	8.5	(0.2)	10.7	(0.3)	13.5	(0.3)	16.9	(0.4)	20.3	(0.5)	22.7	(0.6)	12	63	(2.4)
51+.....	718	13.1	(0.3)	6.7	(0.2)	7.8	(0.2)	9.8	(0.2)	12.5	(0.3)	15.7	(0.3)	19.1	(0.4)	21.3	(0.5)	11	64	(2.2)
19+.....	1640	13.7	(0.3)	7.1	(0.2)	8.2	(0.2)	10.3	(0.2)	13.1	(0.3)	16.5	(0.3)	19.9	(0.4)	22.2	(0.5)		64	(2.1)
All:																				
1+.....	5577	14.8	(0.2)	7.3	(0.2)	8.5	(0.2)	10.9	(0.1)	14.1	(0.2)	18.0	(0.2)	22.1	(0.4)	24.8	(0.5)		65	(1.5)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
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Table F 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, 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)
Under 131% poverty																				
Males and females:																				
1-3.....	482	0.97	(0.03)	0.56	(0.03)	0.63	(0.02)	0.76	(0.02)	0.94	(0.03)	1.15	(0.03)	1.36	(0.04)	1.52	(0.05)	0.7	83	(2.8)
4-8.....	739	1.21	(0.03)	0.71	(0.03)	0.79	(0.03)	0.96	(0.03)	1.17	(0.03)	1.42	(0.04)	1.68	(0.05)	1.86	(0.06)	0.9	81	(2.8)
Males:																				
9-13.....	333	1.48	(0.04)	0.83*	(0.06)	0.94	(0.06)	1.15	(0.05)	1.43	(0.04)	1.75	(0.05)	2.09	(0.08)	2.30*	(0.11)	1.2	71	(4.0)
14-18.....	305	1.62	(0.06)	0.92*	(0.07)	1.04	(0.07)	1.27	(0.06)	1.56	(0.06)	1.90	(0.07)	2.26	(0.11)	2.50*	(0.14)	1.6	47	(5.0)
19-50.....	786	1.87	(0.05)	1.00	(0.05)	1.14	(0.04)	1.42	(0.04)	1.80	(0.04)	2.23	(0.07)	2.68	(0.10)	3.00	(0.12)	1.6	63	(2.8)
51+.....	635	1.87	(0.05)	1.00	(0.05)	1.15	(0.04)	1.42	(0.04)	1.79	(0.05)	2.23	(0.07)	2.69	(0.10)	3.00	(0.13)	1.6	63	(3.0)
19+.....	1421	1.87	(0.05)	1.00	(0.04)	1.15	(0.04)	1.42	(0.04)	1.80	(0.04)	2.23	(0.06)	2.68	(0.10)	3.00	(0.12)	1.6	63	(2.6)
Females:																				
9-13.....	350	1.43	(0.05)	0.80*	(0.06)	0.91	(0.06)	1.11	(0.05)	1.38	(0.05)	1.69	(0.06)	2.01	(0.10)	2.23*	(0.13)	1	84	(3.6)
14-18.....	307	1.32	(0.05)	0.72*	(0.07)	0.82	(0.06)	1.02	(0.06)	1.27	(0.06)	1.57	(0.06)	1.87	(0.09)	2.09*	(0.11)	1.1	67	(5.6)
19-50.....	922	1.49	(0.03)	0.76	(0.04)	0.87	(0.04)	1.10	(0.03)	1.41	(0.03)	1.79	(0.04)	2.19	(0.06)	2.47	(0.08)	1.1	75	(2.6)
51+.....	718	1.45	(0.04)	0.74	(0.03)	0.85	(0.03)	1.07	(0.03)	1.38	(0.03)	1.74	(0.05)	2.14	(0.07)	2.41	(0.08)	1.1	73	(2.5)
19+.....	1640	1.47	(0.03)	0.75	(0.03)	0.86	(0.03)	1.09	(0.03)	1.40	(0.03)	1.77	(0.04)	2.17	(0.06)	2.44	(0.08)	1.1	74	(2.4)
All:																				
1+.....	5577	1.54	(0.02)	0.76	(0.02)	0.88	(0.02)	1.12	(0.02)	1.45	(0.02)	1.87	(0.03)	2.31	(0.05)	2.62	(0.07)		71	(1.5)

NOTES: AI=Adequate Intake

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

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles							
				5th	10th	25th	50th	75th	90th	95th	
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	
Under 131% poverty											
Males and females:											
1-3.....	482	0.01	(#)	#	#	#	0.01	(#)	0.01	(#)	
4-8.....	739	0.01	(#)	#	0.01	(#)	0.01	(#)	0.01	(#)	
Males:											
9-13.....	333	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
14-18.....	305	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
19-50.....	786	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)
51+.....	635	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)
19+.....	1421	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.001)
Females:											
9-13.....	350	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
14-18.....	307	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
19-50.....	922	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.001)
51+.....	718	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
19+.....	1640	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
All:											
1+.....	5577	0.02	(0.001)	0.01	(#)	0.01	(#)	0.01	(#)	0.01	(0.001)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Under 131% poverty																	
Males and females:																	
1-3.....	482	0.02	(0.002)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.02	(0.002)	0.04	(0.003)	0.04	(0.004)
4-8.....	739	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.04	(0.003)	0.05	(0.004)
Males:																	
9-13.....	333	0.02	(0.002)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.002)	0.04	(0.003)	0.05*	(0.005)
14-18.....	305	0.03	(0.002)	0.01*	(0.001)	0.01	(0.001)	0.02	(0.002)	0.02	(0.002)	0.04	(0.003)	0.05	(0.005)	0.06*	(0.007)
19-50.....	786	0.07	(0.005)	0.02	(0.002)	0.02	(0.002)	0.03	(0.002)	0.05	(0.004)	0.08	(0.006)	0.13	(0.011)	0.16	(0.017)
51+.....	635	0.07	(0.006)	0.02	(0.002)	0.02	(0.002)	0.03	(0.003)	0.06	(0.005)	0.09	(0.008)	0.14	(0.015)	0.18	(0.021)
19+.....	1421	0.07	(0.005)	0.02	(0.002)	0.02	(0.002)	0.03	(0.002)	0.05	(0.004)	0.08	(0.006)	0.13	(0.012)	0.17	(0.017)
Females:																	
9-13.....	350	0.02	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.04	(0.003)	0.05*	(0.005)
14-18.....	307	0.02	(0.002)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.003)	0.04	(0.004)	0.05*	(0.005)
19-50.....	922	0.05	(0.003)	0.01	(0.002)	0.02	(0.002)	0.02	(0.002)	0.04	(0.003)	0.06	(0.004)	0.09	(0.006)	0.12	(0.010)
51+.....	718	0.05	(0.004)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)	0.04	(0.003)	0.07	(0.005)	0.10	(0.008)	0.13	(0.011)
19+.....	1640	0.05	(0.003)	0.01	(0.002)	0.02	(0.002)	0.02	(0.002)	0.04	(0.003)	0.06	(0.004)	0.10	(0.006)	0.13	(0.010)
All:																	
1+.....	5577	0.05	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.001)	0.06	(0.002)	0.10	(0.005)	0.13	(0.008)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	482	171	(6)	96	(7)	108	(6)	132	(6)	164	(6)	202	(9)	242	(12)	269	(16)
4-8.....	739	192	(5)	108	(7)	122	(6)	149	(5)	185	(5)	227	(7)	271	(12)	301	(15)
Males:																	
9-13.....	333	243	(6)	118*	(8)	138	(7)	177	(7)	231	(6)	294	(8)	363	(12)	408*	(16)
14-18.....	305	282	(10)	142*	(11)	165	(10)	211	(10)	270	(10)	340	(12)	416	(17)	466*	(21)
19-50.....	786	361	(9)	172	(9)	202	(8)	263	(8)	344	(8)	440	(11)	542	(14)	612	(18)
51+.....	635	344	(11)	161	(9)	191	(9)	248	(10)	326	(11)	419	(13)	519	(18)	586	(21)
19+.....	1421	355	(9)	168	(9)	198	(8)	257	(8)	338	(9)	433	(11)	534	(15)	602	(18)
Females:																	
9-13.....	350	214	(6)	102*	(7)	119	(7)	154	(7)	203	(6)	261	(8)	321	(12)	364*	(16)
14-18.....	307	189	(9)	86*	(8)	102	(9)	134	(9)	178	(10)	232	(11)	287	(14)	328*	(16)
19-50.....	922	244	(6)	119	(6)	139	(6)	179	(6)	233	(6)	296	(6)	363	(8)	409	(9)
51+.....	718	235	(7)	114	(6)	134	(6)	172	(7)	224	(7)	285	(8)	352	(9)	396	(11)
19+.....	1640	241	(6)	117	(6)	137	(6)	176	(6)	229	(6)	292	(6)	359	(8)	404	(9)
All:																	
1+.....	5577	265	(4)	116	(3)	137	(3)	179	(4)	241	(4)	327	(6)	426	(9)	496	(12)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 16. Vitamin A (μg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	522	(14)	297	(13)	336	(13)	412	(12)	507	(13)	616	(17)	726	(22)	800	(26)	210	<3	
4-8.....	739	560	(17)	319	(14)	362	(14)	442	(15)	544	(17)	660	(20)	777	(26)	853	(29)	275	<3	
Males:																				
9-13.....	333	628	(23)	287*	(24)	343	(23)	450	(23)	597	(23)	769	(27)	955	(38)	1075*	(49)	445	24	(3.7)
14-18.....	305	591	(24)	265*	(24)	318	(24)	423	(23)	561	(24)	725	(29)	903	(40)	1020*	(49)	630	62	(4.0)
19-50.....	786	580	(16)	228	(12)	279	(12)	386	(13)	538	(15)	725	(21)	935	(30)	1083	(38)	625	63	(2.3)
51+.....	635	616	(22)	245	(14)	302	(15)	412	(17)	571	(21)	768	(29)	992	(39)	1141	(46)	625	58	(3.2)
19+.....	1421	593	(17)	234	(12)	286	(12)	394	(13)	549	(16)	741	(22)	954	(31)	1106	(40)	625	61	(2.4)
Females:																				
9-13.....	350	542	(17)	238*	(20)	285	(20)	382	(18)	513	(17)	670	(22)	834	(33)	946*	(41)	420	32	(3.3)
14-18.....	307	459	(22)	188*	(21)	229	(23)	314	(23)	431	(23)	575	(25)	721	(32)	829*	(39)	485	61	(4.3)
19-50.....	922	497	(16)	208	(11)	251	(12)	337	(12)	461	(15)	617	(20)	789	(30)	913	(38)	500	57	(2.8)
51+.....	718	541	(18)	232	(14)	276	(14)	369	(15)	502	(17)	668	(23)	858	(32)	985	(40)	500	50	(3.2)
19+.....	1640	514	(15)	216	(12)	260	(12)	349	(12)	477	(14)	637	(20)	818	(29)	944	(37)	500	54	(2.7)
All:																				
1+.....	5577	550	(10)	233	(9)	282	(8)	380	(8)	514	(9)	676	(11)	859	(15)	990	(20)		47	(1.6)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>UL										
				5th	10th	25th	50th	75th	90th	95th	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	435	(12)	242	(14)	277	(13)	342	(12)	423	(12)	515	(14)	607	(18)	668	(22)	600	11	(2.1)
4-8.....	739	459	(11)	255	(12)	292	(11)	361	(10)	447	(11)	544	(14)	640	(20)	702	(24)	900	<3	
Males:																				
9-13.....	333	506	(20)	206*	(16)	254	(15)	348	(17)	477	(19)	632	(25)	799	(35)	907*	(43)	1700	<3	
14-18.....	305	491	(22)	198*	(15)	244	(16)	338	(17)	463	(21)	613	(28)	776	(39)	883*	(47)	2800	<3	
19-50.....	786	424	(14)	143	(11)	181	(11)	264	(12)	387	(14)	542	(19)	713	(25)	836	(31)	3000	<3	
51+.....	635	432	(18)	146	(11)	188	(12)	270	(14)	393	(17)	549	(23)	729	(31)	850	(36)	3000	<3	
19+.....	1421	427	(15)	144	(10)	184	(11)	267	(12)	389	(14)	545	(19)	719	(26)	841	(32)	3000	<3	
Females:																				
9-13.....	350	436	(14)	168*	(14)	208	(14)	292	(13)	408	(14)	549	(18)	696	(25)	798*	(31)	1700	<3	
14-18.....	307	354	(18)	122*	(12)	156	(14)	226	(15)	326	(18)	453	(22)	583	(29)	679*	(35)	2800	<3	
19-50.....	922	344	(9)	134	(6)	164	(7)	227	(7)	318	(9)	432	(12)	557	(17)	646	(21)	3000	<3	
51+.....	718	359	(12)	141	(8)	172	(8)	237	(10)	331	(11)	448	(15)	582	(19)	672	(23)	3000	<3	
19+.....	1640	350	(9)	136	(7)	167	(7)	231	(7)	323	(8)	438	(11)	567	(16)	657	(20)	3000	<3	
All:																				
1+.....	5577	405	(7)	149	(6)	187	(6)	266	(6)	376	(7)	509	(9)	654	(12)	759	(16)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	1.11	(0.02)	0.70	(0.02)	0.78	(0.02)	0.91	(0.02)	1.09	(0.02)	1.29	(0.02)	1.48	(0.03)	1.62	(0.04)	0.4	<3
4-8.....	739	1.43	(0.03)	0.92	(0.03)	1.02	(0.03)	1.19	(0.03)	1.40	(0.03)	1.64	(0.03)	1.88	(0.04)	2.03	(0.05)	0.5	<3
Males:																			
9-13.....	333	1.69	(0.04)	0.97*	(0.05)	1.10	(0.05)	1.34	(0.04)	1.64	(0.04)	1.99	(0.06)	2.34	(0.09)	2.57*	(0.11)	0.7	<3
14-18.....	305	1.85	(0.06)	1.09*	(0.07)	1.22	(0.06)	1.48	(0.06)	1.80	(0.06)	2.17	(0.08)	2.54	(0.11)	2.78*	(0.13)	1	<3
19-50.....	786	1.79	(0.03)	1.00	(0.02)	1.13	(0.02)	1.40	(0.02)	1.74	(0.03)	2.13	(0.04)	2.53	(0.05)	2.79	(0.06)	1	5 (0.7)
51+.....	635	1.72	(0.03)	0.95	(0.03)	1.08	(0.03)	1.33	(0.03)	1.66	(0.03)	2.03	(0.04)	2.43	(0.05)	2.69	(0.06)	1	7 (1.0)
19+.....	1421	1.77	(0.03)	0.98	(0.02)	1.11	(0.02)	1.37	(0.02)	1.71	(0.03)	2.09	(0.03)	2.49	(0.05)	2.76	(0.06)	1	6 (0.7)
Females:																			
9-13.....	350	1.47	(0.03)	0.83*	(0.05)	0.94	(0.04)	1.15	(0.03)	1.43	(0.03)	1.75	(0.04)	2.06	(0.07)	2.27*	(0.09)	0.7	<3
14-18.....	307	1.34	(0.04)	0.73*	(0.05)	0.83	(0.05)	1.03	(0.04)	1.29	(0.04)	1.59	(0.05)	1.89	(0.07)	2.10*	(0.09)	0.9	15 (3.4)
19-50.....	922	1.34	(0.02)	0.77	(0.03)	0.87	(0.03)	1.06	(0.03)	1.30	(0.02)	1.58	(0.03)	1.87	(0.03)	2.05	(0.04)	0.9	12 (1.8)
51+.....	718	1.25	(0.02)	0.71	(0.02)	0.80	(0.02)	0.98	(0.02)	1.21	(0.02)	1.48	(0.03)	1.75	(0.03)	1.93	(0.04)	0.9	17 (1.8)
19+.....	1640	1.31	(0.02)	0.74	(0.02)	0.84	(0.02)	1.03	(0.02)	1.27	(0.02)	1.54	(0.02)	1.82	(0.03)	2.01	(0.04)	0.9	14 (1.6)
All:																			
1+.....	5577	1.50	(0.01)	0.81	(0.02)	0.92	(0.02)	1.13	(0.01)	1.43	(0.01)	1.78	(0.02)	2.17	(0.02)	2.43	(0.03)		8 (0.8)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	1.66	(0.03)	1.03	(0.03)	1.14	(0.03)	1.36	(0.03)	1.62	(0.03)	1.91	(0.04)	2.21	(0.04)	2.40	(0.05)	0.4	<3
4-8.....	739	1.80	(0.03)	1.12	(0.03)	1.25	(0.03)	1.48	(0.03)	1.76	(0.03)	2.08	(0.04)	2.39	(0.05)	2.59	(0.06)	0.5	<3
Males:																			
9-13.....	333	2.04	(0.05)	1.07*	(0.07)	1.24	(0.07)	1.55	(0.06)	1.97	(0.05)	2.45	(0.06)	2.96	(0.10)	3.29*	(0.13)	0.8	<3
14-18.....	305	2.23	(0.07)	1.19*	(0.08)	1.37	(0.08)	1.71	(0.07)	2.15	(0.07)	2.66	(0.08)	3.20	(0.12)	3.55*	(0.15)	1.1	3* (1.4)
19-50.....	786	2.32	(0.05)	1.10	(0.03)	1.30	(0.03)	1.68	(0.03)	2.21	(0.04)	2.83	(0.06)	3.49	(0.09)	3.95	(0.11)	1.1	5 (0.7)
51+.....	635	2.31	(0.06)	1.10	(0.03)	1.29	(0.03)	1.67	(0.04)	2.19	(0.05)	2.81	(0.07)	3.47	(0.10)	3.93	(0.12)	1.1	5 (0.7)
19+.....	1421	2.32	(0.05)	1.10	(0.03)	1.29	(0.03)	1.68	(0.03)	2.20	(0.04)	2.82	(0.06)	3.48	(0.09)	3.94	(0.11)	1.1	5 (0.6)
Females:																			
9-13.....	350	1.78	(0.04)	0.91*	(0.06)	1.05	(0.06)	1.33	(0.05)	1.70	(0.04)	2.14	(0.05)	2.59	(0.08)	2.90*	(0.10)	0.8	<3
14-18.....	307	1.56	(0.06)	0.77*	(0.07)	0.90	(0.07)	1.15	(0.06)	1.49	(0.06)	1.90	(0.07)	2.31	(0.09)	2.61*	(0.11)	0.9	10 (3.4)
19-50.....	922	1.67	(0.03)	0.88	(0.03)	1.02	(0.03)	1.28	(0.03)	1.61	(0.03)	2.00	(0.03)	2.39	(0.04)	2.66	(0.05)	0.9	6 (1.0)
51+.....	718	1.66	(0.03)	0.88	(0.03)	1.02	(0.03)	1.27	(0.03)	1.60	(0.03)	1.98	(0.03)	2.38	(0.04)	2.64	(0.05)	0.9	6 (0.9)
19+.....	1640	1.66	(0.03)	0.88	(0.03)	1.02	(0.03)	1.27	(0.03)	1.61	(0.03)	1.99	(0.03)	2.39	(0.04)	2.65	(0.04)	0.9	6 (0.9)
All:																			
1+.....	5577	1.92	(0.02)	0.96	(0.02)	1.11	(0.02)	1.40	(0.01)	1.79	(0.01)	2.29	(0.02)	2.87	(0.04)	3.29	(0.06)		4 (0.4)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	13.7	(0.3)	8.2	(0.3)	9.1	(0.3)	11.0	(0.3)	13.3	(0.2)	16.0	(0.3)	18.7	(0.5)	20.5	(0.6)	5	<3
4-8.....	739	18.8	(0.3)	11.8	(0.4)	13.1	(0.3)	15.5	(0.3)	18.4	(0.3)	21.8	(0.4)	25.1	(0.6)	27.2	(0.7)	6	<3
Males:																			
9-13.....	333	23.6	(0.4)	13.6*	(0.8)	15.4	(0.7)	18.7	(0.6)	22.9	(0.4)	27.7	(0.6)	32.8	(1.0)	35.9*	(1.3)	9	<3
14-18.....	305	28.6	(0.6)	17.1*	(0.9)	19.2	(0.8)	23.1	(0.7)	27.9	(0.6)	33.4	(0.8)	39.0	(1.3)	42.7*	(1.7)	12	<3
19-50.....	786	31.3	(0.5)	17.4	(0.5)	19.7	(0.4)	24.4	(0.4)	30.4	(0.5)	37.2	(0.7)	44.2	(0.9)	48.8	(1.1)	12	<3
51+.....	635	27.7	(0.5)	14.8	(0.5)	17.0	(0.5)	21.2	(0.5)	26.8	(0.5)	33.1	(0.6)	39.7	(0.8)	44.2	(1.1)	12	<3
19+.....	1421	30.0	(0.4)	16.2	(0.5)	18.6	(0.4)	23.1	(0.4)	29.0	(0.4)	35.8	(0.6)	42.8	(0.9)	47.4	(1.1)	12	<3
Females:																			
9-13.....	350	20.5	(0.4)	11.6*	(0.6)	13.1	(0.6)	16.0	(0.5)	19.8	(0.4)	24.2	(0.6)	28.6	(1.0)	31.6*	(1.3)	9	<3
14-18.....	307	19.5	(0.5)	10.8*	(0.8)	12.3	(0.8)	15.1	(0.6)	18.8	(0.5)	23.2	(0.6)	27.4	(0.9)	30.4*	(1.1)	11	6* (2.1)
19-50.....	922	21.3	(0.3)	12.5	(0.3)	14.1	(0.3)	17.0	(0.3)	20.8	(0.3)	25.1	(0.4)	29.3	(0.4)	32.2	(0.5)	11	<3
51+.....	718	18.9	(0.4)	10.8	(0.4)	12.2	(0.3)	14.8	(0.4)	18.3	(0.4)	22.3	(0.4)	26.3	(0.4)	29.0	(0.5)	11	6 (1.0)
19+.....	1640	20.4	(0.3)	11.6	(0.3)	13.2	(0.3)	16.1	(0.3)	19.8	(0.3)	24.1	(0.3)	28.4	(0.4)	31.1	(0.4)	11	4 (0.6)
All:																			
1+.....	5577	23.3	(0.2)	11.7	(0.2)	13.4	(0.2)	16.9	(0.2)	21.7	(0.2)	28.0	(0.2)	35.2	(0.4)	40.2	(0.6)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL										
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	EAR	%	(SE)	UL	%	(SE)
Under 131% poverty																							
Males and females:																							
1-3.....	482	1.27	(0.02)	0.81	(0.03)	0.90	(0.03)	1.05	(0.02)	1.24	(0.02)	1.46	(0.03)	1.68	(0.05)	1.83	(0.06)	0.4	<3		30	<3	
4-8.....	739	1.52	(0.03)	0.99	(0.03)	1.09	(0.03)	1.27	(0.03)	1.49	(0.03)	1.75	(0.04)	2.00	(0.05)	2.17	(0.06)	0.5	<3		40	<3	
Males:																							
9-13.....	333	1.89	(0.05)	0.96*	(0.07)	1.12	(0.07)	1.41	(0.06)	1.80	(0.05)	2.28	(0.06)	2.80	(0.10)	3.14*	(0.13)	0.8	<3		60	<3	
14-18.....	305	2.20	(0.06)	1.14*	(0.08)	1.32	(0.07)	1.66	(0.06)	2.10	(0.06)	2.63	(0.08)	3.20	(0.13)	3.59*	(0.17)	1.1	4*	(1.6)	80	<3	
19-50.....	786	2.46	(0.06)	1.17	(0.04)	1.37	(0.04)	1.77	(0.04)	2.32	(0.05)	2.99	(0.08)	3.72	(0.11)	4.23	(0.13)	1.1	4	(0.7)	100	<3	
51+.....	635	2.25	(0.06)	1.06	(0.04)	1.25	(0.05)	1.60	(0.05)	2.12	(0.05)	2.74	(0.07)	3.43	(0.10)	3.91	(0.12)	1.4	15	(1.8)	100	<3	
19+.....	1421	2.38	(0.05)	1.12	(0.04)	1.32	(0.04)	1.71	(0.04)	2.25	(0.05)	2.90	(0.07)	3.63	(0.10)	4.12	(0.12)		8	(1.1)	100	<3	
Females:																							
9-13.....	350	1.61	(0.04)	0.80*	(0.06)	0.93	(0.06)	1.18	(0.05)	1.53	(0.04)	1.95	(0.05)	2.39	(0.08)	2.70*	(0.11)	0.8	5*	(1.9)	60	<3	
14-18.....	307	1.52	(0.06)	0.74*	(0.07)	0.86	(0.07)	1.11	(0.07)	1.44	(0.06)	1.85	(0.07)	2.27	(0.09)	2.58*	(0.11)	1	18	(4.4)	80	<3	
19-50.....	922	1.69	(0.03)	0.91	(0.03)	1.04	(0.03)	1.29	(0.03)	1.62	(0.03)	2.01	(0.04)	2.42	(0.05)	2.70	(0.05)	1.1	13	(1.6)	100	<3	
51+.....	718	1.54	(0.03)	0.83	(0.03)	0.94	(0.03)	1.17	(0.03)	1.47	(0.03)	1.84	(0.04)	2.22	(0.05)	2.48	(0.06)	1.3	36	(2.7)	100	<3	
19+.....	1640	1.63	(0.03)	0.87	(0.03)	1.00	(0.03)	1.24	(0.03)	1.56	(0.03)	1.95	(0.03)	2.35	(0.04)	2.62	(0.05)		22	(1.8)	100	<3	
All:																							
1+.....	5577	1.86	(0.02)	0.91	(0.02)	1.05	(0.02)	1.31	(0.02)	1.70	(0.02)	2.23	(0.03)	2.89	(0.05)	3.37	(0.06)		12	(1.0)		<3	

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
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Table F 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	364	(6)	203	(8)	229	(8)	280	(7)	349	(6)	430	(8)	518	(12)	579	(15)	120	<3
4-8.....	739	475	(13)	269	(11)	304	(10)	369	(11)	457	(13)	560	(16)	670	(22)	745	(27)	160	<3
Males:																			
9-13.....	333	562	(19)	301*	(26)	345	(25)	428	(23)	539	(20)	669	(21)	812	(29)	903*	(40)	250	<3
14-18.....	305	591	(25)	319*	(30)	365	(29)	453	(27)	566	(26)	702	(28)	848	(37)	944*	(46)	330	6 (2.8)
19-50.....	786	571	(12)	273	(9)	319	(9)	413	(9)	540	(11)	694	(16)	860	(22)	976	(28)	320	10 (1.1)
51+.....	635	542	(15)	258	(11)	303	(12)	390	(13)	511	(15)	659	(18)	819	(23)	932	(28)	320	12 (1.7)
19+.....	1421	560	(12)	266	(10)	313	(9)	404	(10)	530	(12)	682	(15)	848	(22)	961	(27)	320	11 (1.3)
Females:																			
9-13.....	350	503	(14)	266*	(22)	304	(22)	380	(19)	481	(15)	602	(17)	727	(26)	814*	(34)	250	3* (1.8)
14-18.....	307	445	(21)	230*	(25)	264	(26)	332	(25)	424	(23)	536	(22)	650	(26)	734*	(32)	330	25 (6.4)
19-50.....	922	439	(10)	225	(11)	260	(10)	327	(10)	419	(10)	528	(11)	643	(14)	722	(17)	320	23 (2.6)
51+.....	718	401	(9)	204	(9)	236	(9)	297	(9)	382	(9)	483	(10)	594	(13)	667	(16)	320	32 (2.6)
19+.....	1640	424	(8)	216	(9)	249	(9)	315	(9)	404	(8)	511	(9)	625	(12)	702	(15)	320	26 (2.3)
All:																			
1+.....	5577	484	(7)	236	(7)	273	(7)	349	(7)	454	(7)	586	(9)	733	(12)	837	(16)		15 (1.3)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>UL		
				5th	10th	25th	50th	75th	90th	95th	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Under 131% poverty												
Males and females:												
1-3.....	482	147	(4)	61	74	100	137	182	232	267	300	<3
4-8.....	739	202	(7)	91	108	143	191	248	309	350	400	<3
Males:												
9-13.....	333	234	(10)	108*	128	167	221	286	358	404*	600	<3
14-18.....	305	241	(13)	112*	133	174	228	294	367	414*	800	<3
19-50.....	786	210	(7)	67	85	127	189	269	358	424	1000	<3
51+.....	635	191	(7)	60	77	115	172	246	331	391	1000	<3
19+.....	1421	203	(6)	64	82	122	182	261	349	413	1000	<3
Females:												
9-13.....	350	206	(8)	93*	110	145	194	254	317	360*	600	<3
14-18.....	307	179	(9)	77*	92	123	167	222	279	321*	800	<3
19-50.....	922	162	(4)	53	68	100	147	207	274	322	1000	<3
51+.....	718	140	(5)	44	57	85	126	180	243	286	1000	<3
19+.....	1640	153	(3)	49	63	93	138	197	264	310	1000	<3
All:												
1+.....	5577	183	(4)	60	77	114	167	234	310	364		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
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Table F 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	482	115	(3)	66	(3)	75	(3)	91	(3)	111	(3)	136	(4)	161	(5)	179	(6)
4-8.....	739	137	(4)	80	(3)	89	(3)	108	(3)	132	(3)	161	(4)	189	(6)	209	(7)
Males:																	
9-13.....	333	167	(5)	89*	(6)	103	(5)	128	(5)	161	(5)	200	(5)	241	(7)	268*	(9)
14-18.....	305	180	(6)	97*	(7)	111	(6)	138	(6)	173	(6)	213	(6)	257	(8)	285*	(10)
19-50.....	786	228	(4)	113	(2)	132	(2)	169	(3)	218	(4)	275	(6)	336	(9)	377	(11)
51+.....	635	227	(5)	113	(4)	132	(4)	168	(4)	217	(5)	274	(7)	334	(9)	375	(10)
19+.....	1421	227	(4)	113	(3)	132	(3)	168	(3)	217	(4)	275	(6)	335	(8)	376	(10)
Females:																	
9-13.....	350	156	(4)	82*	(5)	94	(5)	118	(4)	149	(4)	186	(5)	224	(7)	250*	(9)
14-18.....	307	141	(6)	72*	(6)	83	(7)	105	(6)	134	(6)	169	(6)	205	(7)	230*	(8)
19-50.....	922	174	(4)	87	(3)	101	(3)	129	(3)	166	(4)	211	(6)	258	(7)	291	(9)
51+.....	718	171	(4)	86	(3)	99	(3)	126	(3)	163	(4)	207	(5)	254	(7)	286	(8)
19+.....	1640	173	(4)	86	(3)	100	(3)	128	(3)	165	(4)	209	(5)	257	(7)	289	(8)
All:																	
1+.....	5577	181	(2)	86	(2)	99	(2)	127	(2)	168	(2)	221	(3)	280	(4)	320	(6)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI		>UL										
				5th	10th	25th	50th	75th	90th	95th	AI	%	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Under 131% poverty																						
Males and females:																						
1-3.....	482	206	(5)	134	(5)	147	(5)	171	(4)	202	(5)	236	(7)	271	(9)	294	(11)	200	51	(4.2)	1000	<3
4-8.....	739	223	(4)	144	(5)	159	(5)	185	(4)	218	(4)	255	(5)	293	(8)	318	(9)	250	28	(3.0)	1000	<3
Males:																						
9-13.....	333	269	(6)	144*	(7)	166	(7)	205	(7)	258	(6)	320	(8)	386	(12)	427*	(16)	375	12	(2.0)	2000	<3
14-18.....	305	307	(8)	169*	(10)	193	(10)	239	(9)	296	(9)	364	(10)	435	(13)	482*	(17)	550	<3		3000	<3
19-50.....	786	384	(6)	209	(7)	240	(6)	298	(6)	372	(6)	457	(9)	544	(12)	602	(16)	550	9	(1.4)	3500	<3
51+.....	635	385	(10)	209	(8)	241	(8)	297	(8)	372	(10)	457	(12)	546	(16)	605	(19)	550	10	(1.7)	3500	<3
19+.....	1421	384	(7)	209	(7)	240	(6)	297	(6)	372	(7)	457	(9)	544	(13)	603	(16)	550	9	(1.5)	3500	<3
Females:																						
9-13.....	350	237	(6)	125*	(7)	144	(7)	180	(6)	228	(6)	284	(7)	342	(10)	382*	(13)	375	6	(1.3)	2000	<3
14-18.....	307	212	(8)	109*	(8)	126	(9)	159	(9)	203	(8)	256	(8)	309	(10)	348*	(12)	400	<3		3000	<3
19-50.....	922	266	(5)	152	(5)	172	(5)	210	(5)	258	(5)	313	(6)	369	(7)	407	(7)	425	3	(0.5)	3500	<3
51+.....	718	262	(5)	151	(5)	170	(5)	207	(5)	254	(5)	309	(6)	365	(7)	402	(8)	425	3	(0.5)	3500	<3
19+.....	1640	264	(4)	152	(5)	171	(5)	208	(4)	257	(5)	312	(5)	368	(6)	405	(7)	425	3	(0.5)	3500	<3
All:																						
1+.....	5577	292	(3)	150	(3)	171	(3)	211	(3)	271	(3)	352	(4)	445	(8)	507	(11)		10	(0.7)		<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

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Table F 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, 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)
Under 131% poverty																				
Males and females:																				
1-3.....	482	3.90	(0.08)	2.15	(0.12)	2.46	(0.11)	3.04	(0.09)	3.78	(0.08)	4.63	(0.10)	5.49	(0.14)	6.08	(0.17)	0.7	<3	
4-8.....	739	4.22	(0.10)	2.35	(0.12)	2.68	(0.11)	3.30	(0.10)	4.09	(0.10)	4.99	(0.12)	5.91	(0.17)	6.51	(0.21)	1	<3	
Males:																				
9-13.....	333	5.06	(0.15)	2.25*	(0.20)	2.70	(0.19)	3.57	(0.18)	4.78	(0.16)	6.22	(0.17)	7.82	(0.26)	8.85*	(0.35)	1.5	<3	
14-18.....	305	5.96	(0.22)	2.77*	(0.19)	3.29	(0.18)	4.31	(0.17)	5.66	(0.20)	7.27	(0.29)	9.03	(0.43)	10.19*	(0.54)	2	<3	
19-50.....	786	5.71	(0.17)	2.37	(0.13)	2.85	(0.14)	3.86	(0.14)	5.30	(0.16)	7.10	(0.23)	9.09	(0.33)	10.51	(0.41)	2	<3	
51+.....	635	5.25	(0.19)	2.15	(0.12)	2.61	(0.13)	3.52	(0.14)	4.85	(0.17)	6.52	(0.24)	8.40	(0.36)	9.76	(0.44)	2	4	(0.9)
19+.....	1421	5.55	(0.17)	2.28	(0.13)	2.75	(0.13)	3.74	(0.14)	5.13	(0.16)	6.88	(0.22)	8.86	(0.33)	10.26	(0.41)	2	<3	
Females:																				
9-13.....	350	4.25	(0.13)	1.80*	(0.16)	2.17	(0.16)	2.93	(0.15)	3.98	(0.13)	5.27	(0.16)	6.63	(0.25)	7.58*	(0.31)	1.5	<3	
14-18.....	307	3.70	(0.14)	1.49*	(0.15)	1.82	(0.16)	2.49	(0.16)	3.44	(0.15)	4.64	(0.17)	5.87	(0.23)	6.79*	(0.28)	2	14	(3.4)
19-50.....	922	3.87	(0.09)	1.69	(0.08)	2.01	(0.08)	2.67	(0.08)	3.60	(0.09)	4.78	(0.12)	6.06	(0.18)	6.98	(0.23)	2	10	(1.4)
51+.....	718	3.75	(0.10)	1.64	(0.09)	1.95	(0.09)	2.58	(0.09)	3.49	(0.10)	4.62	(0.13)	5.90	(0.18)	6.78	(0.23)	2	11	(1.8)
19+.....	1640	3.83	(0.08)	1.67	(0.07)	1.99	(0.07)	2.64	(0.07)	3.56	(0.08)	4.72	(0.11)	6.00	(0.16)	6.91	(0.21)	2	10	(1.4)
All:																				
1+.....	5577	4.55	(0.07)	1.89	(0.05)	2.28	(0.05)	3.06	(0.05)	4.15	(0.06)	5.58	(0.09)	7.31	(0.15)	8.57	(0.21)		6	(0.6)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL										
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Under 131% poverty																						
Males and females:																						
1-3.....	482	78.2	(3.3)	30.2	(2.5)	37.2	(2.6)	51.6	(2.8)	72.2	(3.3)	98.1	(4.1)	126.5	(5.2)	147.1	(6.4)	13	<3	400	<3	
4-8.....	739	74.7	(2.8)	28.7	(2.3)	35.2	(2.4)	49.2	(2.5)	69.0	(2.7)	93.9	(3.5)	121.2	(4.7)	140.4	(5.8)	22	<3	650	<3	
Males:																						
9-13.....	333	79.6	(3.7)	27.3*	(2.7)	34.5	(2.9)	49.4	(3.2)	71.8	(3.7)	101.0	(4.5)	135.2	(6.2)	158.5*	(7.9)	39	14	(2.8)	1200	<3
14-18.....	305	69.5	(4.6)	22.8*	(2.4)	29.1	(2.6)	42.6	(3.2)	62.3	(4.2)	88.3	(5.9)	119.1	(8.0)	140.6*	(9.9)	63	51	(5.2)	1800	<3
19-50.....	786	72.1	(2.9)	17.5	(1.4)	23.6	(1.6)	38.0	(2.0)	61.4	(2.7)	94.0	(3.7)	133.9	(5.4)	164.1	(6.8)	75	62	(2.4)	2000	<3
51+.....	635	77.8	(3.2)	19.4	(1.7)	26.5	(1.9)	41.6	(2.3)	66.3	(3.0)	101.1	(4.0)	143.9	(5.7)	174.6	(6.7)	75	58	(2.6)	2000	<3
19+.....	1421	74.2	(2.6)	18.2	(1.4)	24.6	(1.6)	39.2	(2.0)	63.2	(2.5)	96.5	(3.4)	137.2	(4.9)	168.0	(6.2)	75	61	(2.2)	2000	<3
Females:																						
9-13.....	350	69.2	(2.9)	22.9*	(2.4)	28.9	(2.6)	42.1	(2.8)	62.0	(3.1)	88.3	(3.5)	118.0	(4.3)	139.8*	(5.3)	39	21	(3.4)	1200	<3
14-18.....	307	61.5	(4.8)	19.3*	(2.8)	24.6	(3.3)	36.4	(4.0)	54.5	(4.8)	79.0	(5.9)	106.0	(7.3)	127.3*	(8.2)	56	52	(6.0)	1800	<3
19-50.....	922	62.9	(2.7)	18.0	(1.6)	23.6	(1.8)	36.0	(2.1)	55.3	(2.6)	81.4	(3.3)	111.9	(4.3)	134.2	(5.4)	60	55	(3.1)	2000	<3
51+.....	718	65.8	(3.0)	19.3	(1.7)	24.9	(1.9)	37.8	(2.3)	57.8	(2.9)	84.7	(3.7)	117.2	(5.0)	139.9	(6.2)	60	53	(3.4)	2000	<3
19+.....	1640	64.1	(2.7)	18.5	(1.6)	24.1	(1.8)	36.6	(2.1)	56.3	(2.6)	82.7	(3.3)	113.9	(4.4)	136.6	(5.5)	60	54	(3.1)	2000	<3
All:																						
1+.....	5577	69.9	(1.9)	19.9	(1.2)	26.3	(1.3)	40.2	(1.5)	61.5	(1.9)	90.0	(2.3)	123.5	(3.0)	148.5	(3.6)		45	(2.0)		<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

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Table F 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Under 131% poverty														
Males:														
19-50.....	279	56.9	(2.6)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	190	59.7	(3.1)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	469	57.9	(2.5)	13.6	18.5	30.3	48.8	75.5	108.3	132.3	110	91	2000	<3
				(1.1)	(1.3)	(1.6)	(2.3)	(3.4)	(4.9)	(6.3)		(1.4)		
Females:														
19-50.....	268	46.5	(2.4)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	154	46.5	(2.1)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	422	46.5	(2.2)	12.6	16.7	26.2	40.4	60.1	83.7	101.2	95	93	2000	<3
				(1.3)	(1.5)	(1.8)	(2.1)	(2.7)	(3.5)	(4.6)		(1.1)		

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles							<EAR			>UL
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males:													
19-50.....	507	80.6 (3.4)	21.3 (1.8)	28.2 (2.0)	44.6 (2.5)	70.1 (3.2)	104.0 (4.4)	145.6 (6.0)	176.4 (7.6)	75	54 (3.0)	2000	<3
51+.....	444	85.2 (3.6)	23.0 (2.1)	30.5 (2.3)	47.2 (2.8)	73.5 (3.4)	109.9 (4.6)	154.9 (6.4)	187.2 (7.5)	75	51 (3.0)	2000	<3
19+.....	951	82.2 (3.2)	21.9 (1.8)	29.1 (2.0)	45.6 (2.4)	71.4 (3.0)	106.3 (4.1)	149.2 (5.7)	180.3 (6.9)	75	53 (2.7)	2000	<3
Females:													
19-50.....	652	70.8 (3.1)	22.7 (2.0)	29.0 (2.2)	42.7 (2.6)	63.1 (3.1)	90.4 (3.9)	122.5 (5.1)	144.8 (6.0)	60	46 (3.5)	2000	<3
51+.....	564	74.3 (3.4)	23.9 (2.1)	30.7 (2.4)	45.3 (2.9)	66.7 (3.4)	94.9 (4.2)	127.8 (5.3)	150.8 (6.4)	60	43 (3.9)	2000	<3
19+.....	1216	72.2 (3.1)	23.1 (2.0)	29.7 (2.2)	43.8 (2.6)	64.6 (3.1)	92.3 (3.8)	124.7 (5.0)	147.4 (6.0)	60	45 (3.5)	2000	<3

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

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Table F 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles							<EAR			>UL
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males:													
19-50.....	786	72.7 (2.8)	17.4 (1.4)	23.7 (1.6)	38.4 (2.0)	62.2 (2.7)	94.6 (3.7)	134.8 (5.3)	163.8 (6.8)	110/75	67 (2.3)	2000	<3
51+.....	634	76.5 (3.2)	18.8 (1.6)	25.4 (1.8)	40.3 (2.3)	65.0 (3.0)	99.8 (4.2)	142.8 (5.8)	174.4 (7.0)	110/75	64 (2.6)	2000	<3
19+.....	1420	74.1 (2.7)	17.9 (1.4)	24.3 (1.6)	39.1 (2.0)	63.2 (2.5)	96.6 (3.5)	137.9 (5.0)	168.1 (6.3)	110/75	66 (2.2)	2000	<3
Females:													
19-50.....	920	62.6 (2.6)	17.1 (1.6)	22.9 (1.7)	35.5 (2.1)	54.9 (2.6)	81.2 (3.2)	112.5 (4.5)	134.3 (5.4)	95/60	62 (2.7)	2000	<3
51+.....	718	66.7 (3.2)	18.4 (1.7)	24.6 (2.0)	38.2 (2.5)	58.8 (3.2)	86.4 (4.1)	118.8 (5.3)	142.2 (6.2)	95/60	56 (3.7)	2000	<3
19+.....	1638	64.2 (2.7)	17.6 (1.6)	23.5 (1.8)	36.5 (2.1)	56.3 (2.6)	83.2 (3.4)	114.9 (4.5)	137.4 (5.4)	95/60	60 (2.9)	2000	<3

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

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Table F 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL									
				5th	10th	25th	50th	75th	90th	95th	EAR	%	(SE)	UL	%	(SE)						
Under 131% poverty																						
Males and females:																						
1-3.....	482	6.7	(0.2)	2.8	(0.2)	3.4	(0.2)	4.7	(0.2)	6.4	(0.2)	8.4	(0.2)	10.4	(0.3)	11.9	(0.3)	10	88	(1.6)	63	<3
4-8.....	739	5.6	(0.2)	2.1	(0.2)	2.6	(0.2)	3.7	(0.2)	5.3	(0.2)	7.1	(0.2)	9.0	(0.3)	10.3	(0.3)	10	94	(1.1)	75	<3
Males:																						
9-13.....	333	5.6	(0.2)	1.9*	(0.1)	2.5	(0.2)	3.5	(0.2)	5.1	(0.2)	7.2	(0.3)	9.5	(0.5)	11.0*	(0.6)	10	92	(1.7)	100	<3
14-18.....	305	5.5	(0.3)	1.9*	(0.2)	2.4	(0.2)	3.5	(0.2)	5.0	(0.3)	7.0	(0.3)	9.2	(0.4)	10.8*	(0.5)	10	93	(1.6)	100	<3
19-50.....	786	4.8	(0.2)	1.4	(0.1)	1.7	(0.1)	2.7	(0.1)	4.1	(0.2)	6.1	(0.2)	8.6	(0.3)	10.4	(0.4)	10	94	(0.9)	100	<3
51+.....	635	5.2	(0.2)	1.5	(0.1)	2.0	(0.1)	3.0	(0.2)	4.5	(0.2)	6.7	(0.3)	9.4	(0.4)	11.3	(0.5)	10	92	(1.3)	100	<3
19+.....	1421	4.9	(0.2)	1.4	(0.1)	1.8	(0.1)	2.8	(0.1)	4.3	(0.2)	6.3	(0.2)	8.9	(0.3)	10.8	(0.5)	10	93	(1.0)	100	<3
Females:																						
9-13.....	350	4.9	(0.2)	1.6*	(0.1)	2.0	(0.1)	3.0	(0.1)	4.4	(0.2)	6.2	(0.2)	8.3	(0.4)	9.7*	(0.5)	10	96*	(1.0)	100	<3
14-18.....	307	3.7	(0.2)	1.1*	(0.1)	1.4	(0.1)	2.2	(0.1)	3.3	(0.2)	4.9	(0.2)	6.5	(0.3)	7.8*	(0.4)	10	>97		100	<3
19-50.....	922	3.8	(0.1)	1.3	(0.1)	1.6	(0.1)	2.3	(0.1)	3.4	(0.1)	4.9	(0.2)	6.6	(0.2)	7.8	(0.3)	10	>97		100	<3
51+.....	718	4.1	(0.1)	1.4	(0.1)	1.7	(0.1)	2.5	(0.1)	3.7	(0.1)	5.2	(0.2)	7.1	(0.3)	8.4	(0.4)	10	>97		100	<3
19+.....	1640	3.9	(0.1)	1.3	(0.1)	1.6	(0.1)	2.4	(0.1)	3.5	(0.1)	5.0	(0.2)	6.8	(0.2)	8.0	(0.3)	10	>97		100	<3
All:																						
1+.....	5577	4.7	(0.1)	1.4	(0.1)	1.8	(0.1)	2.7	(0.1)	4.2	(0.1)	6.1	(0.1)	8.3	(0.1)	9.9	(0.2)	10	95	(0.4)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	4.9	(0.1)	2.7	(0.1)	3.1	(0.1)	3.8	(0.1)	4.7	(0.1)	5.8	(0.2)	7.0	(0.3)	7.9	(0.3)	5	57	(3.0)
4-8.....	739	6.3	(0.1)	3.5	(0.1)	4.0	(0.1)	4.9	(0.1)	6.0	(0.1)	7.4	(0.2)	8.8	(0.3)	9.8	(0.3)	6	49	(2.7)
Males:																				
9-13.....	333	7.6	(0.2)	3.8*	(0.3)	4.4	(0.3)	5.6	(0.3)	7.2	(0.2)	9.2	(0.3)	11.4	(0.5)	12.9*	(0.7)	9	73	(3.1)
14-18.....	305	7.8	(0.4)	3.9*	(0.3)	4.5	(0.3)	5.8	(0.3)	7.4	(0.4)	9.4	(0.5)	11.6	(0.7)	13.1*	(0.9)	12	92	(2.9)
19-50.....	786	8.8	(0.2)	3.9	(0.2)	4.6	(0.2)	6.1	(0.2)	8.2	(0.2)	10.8	(0.3)	13.6	(0.4)	15.6	(0.5)	12	83	(1.7)
51+.....	635	8.5	(0.2)	3.8	(0.2)	4.5	(0.2)	5.9	(0.2)	8.0	(0.2)	10.5	(0.3)	13.3	(0.4)	15.2	(0.4)	12	85	(1.5)
19+.....	1421	8.7	(0.2)	3.9	(0.1)	4.6	(0.1)	6.1	(0.2)	8.1	(0.2)	10.7	(0.2)	13.5	(0.3)	15.5	(0.4)	12	84	(1.6)
Females:																				
9-13.....	350	7.0	(0.2)	3.5*	(0.3)	4.0	(0.3)	5.1	(0.3)	6.6	(0.2)	8.5	(0.3)	10.5	(0.4)	11.9*	(0.6)	9	80	(2.7)
14-18.....	307	6.4	(0.3)	3.2*	(0.3)	3.7	(0.3)	4.7	(0.3)	6.1	(0.3)	7.8	(0.3)	9.6	(0.4)	11.0*	(0.5)	12	97*	(1.0)
19-50.....	922	7.1	(0.2)	3.2	(0.1)	3.8	(0.1)	5.0	(0.1)	6.7	(0.2)	8.8	(0.2)	11.0	(0.3)	12.6	(0.4)	12	93	(1.0)
51+.....	718	6.7	(0.2)	3.1	(0.1)	3.6	(0.1)	4.7	(0.1)	6.3	(0.1)	8.3	(0.2)	10.5	(0.3)	12.0	(0.4)	12	95	(1.0)
19+.....	1640	7.0	(0.1)	3.2	(0.1)	3.7	(0.1)	4.9	(0.1)	6.5	(0.1)	8.6	(0.2)	10.8	(0.3)	12.4	(0.4)	12	94	(0.9)
All:																				
1+.....	5577	7.4	(0.1)	3.3	(0.1)	3.9	(0.1)	5.1	(0.1)	6.8	(0.1)	9.0	(0.1)	11.5	(0.2)	13.3	(0.2)		83	(0.9)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						AI	>AI									
				5th	10th	25th	50th	75th	90th	95th		%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	42.3	(1.4)	19.4	(1.6)	22.6	(1.6)	29.4	(1.6)	39.0	(1.5)	51.5	(1.8)	66.0	(2.7)	76.8	(3.9)	30	73	(4.0)
4-8.....	739	55.2	(1.9)	25.6	(2.3)	29.9	(2.3)	38.6	(2.2)	51.1	(2.0)	67.2	(2.2)	85.6	(3.3)	99.1	(4.4)	55	43	(3.5)
Males:																				
9-13.....	333	73.4	(3.4)	31.2*	(2.6)	37.2	(2.7)	49.3	(2.8)	67.1	(3.1)	90.2	(4.4)	117.7	(7.2)	136.8*	(9.8)	60	60	(4.3)
14-18.....	305	69.2	(3.0)	29.3*	(2.6)	34.9	(2.6)	46.6	(2.6)	63.2	(2.8)	85.0	(3.9)	110.8	(6.3)	129.1*	(8.4)	75	35	(3.8)
19-50.....	786	93.2	(3.5)	38.3	(2.6)	45.8	(2.7)	61.7	(3.0)	85.0	(3.4)	115.2	(4.4)	150.8	(6.2)	176.6	(8.1)	120	22	(2.6)
51+.....	635	101.7	(4.1)	43.0	(3.2)	51.4	(3.3)	68.0	(3.7)	93.0	(4.1)	125.3	(5.0)	162.8	(6.6)	190.8	(7.9)	120	28	(3.1)
19+.....	1421	96.3	(3.4)	39.7	(2.6)	47.5	(2.7)	63.8	(3.0)	87.7	(3.3)	119.0	(4.2)	155.4	(5.8)	182.5	(7.5)	120	24	(2.5)
Females:																				
9-13.....	350	69.0	(2.8)	29.4*	(3.0)	34.7	(3.1)	46.2	(3.0)	63.1	(3.0)	85.0	(3.4)	110.0	(5.3)	128.5*	(7.3)	60	54	(4.4)
14-18.....	307	63.7	(3.9)	26.6*	(3.2)	31.6	(3.4)	42.3	(3.6)	58.0	(4.0)	78.9	(4.6)	102.0	(6.1)	120.3*	(8.0)	75	29	(4.7)
19-50.....	922	90.8	(3.4)	31.7	(1.7)	39.1	(1.9)	54.9	(2.3)	79.6	(3.0)	113.8	(4.4)	155.9	(6.4)	188.3	(8.7)	90	41	(2.8)
51+.....	718	90.6	(3.7)	32.3	(1.7)	39.5	(1.9)	55.1	(2.4)	79.4	(3.2)	113.3	(4.8)	156.0	(7.4)	187.4	(9.6)	90	41	(3.1)
19+.....	1640	90.7	(3.3)	32.0	(1.6)	39.3	(1.8)	55.0	(2.1)	79.5	(2.8)	113.6	(4.2)	155.9	(6.5)	187.9	(8.7)	90	41	(2.7)
All:																				
1+.....	5577	82.6	(1.6)	29.5	(0.9)	35.9	(0.9)	50.0	(0.9)	72.3	(1.3)	103.7	(2.1)	141.6	(3.4)	170.2	(4.8)		38	(1.4)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Under 131% poverty														
Males and females:														
1-3.....	482	912	(23)	545	611	734	889	1064	1241	1360	500	<3	2500	<3
4-8.....	739	943	(23)	559	629	756	919	1103	1288	1408	800	31 (3.3)	2500	<3
Males:														
9-13.....	333	1059	(27)	536*	626	794	1017	1275	1550	1723*	1100	59 (3.0)	3000	<3
14-18.....	305	1109	(33)	568*	661	840	1067	1332	1612	1793*	1100	54 (3.6)	3000	<3
19-50.....	786	1056	(23)	518	605	778	1009	1280	1562	1760	800	27 (1.8)	2500	<3
51+.....	635	945	(22)	454	534	687	899	1147	1414	1595		42 (2.5)	2000	<3
19+.....	1421	1016	(21)	490	576	744	967	1234	1516	1707		33 (1.8)		<3
Females:														
9-13.....	350	924	(22)	453*	529	682	884	1121	1363	1528*	1100	73 (2.3)	3000	<3
14-18.....	307	807	(34)	376*	445	583	768	989	1210	1371*	1100	84 (3.2)	3000	<3
19-50.....	922	822	(13)	439	503	626	790	982	1181	1316	800	51 (2.0)	2500	<3
51+.....	718	766	(14)	406	465	580	734	916	1109	1237	1000	83 (1.6)	2000	<3
19+.....	1640	800	(11)	424	486	607	768	957	1154	1287		64 (1.5)		<3
All:														
1+.....	5577	915	(10)	458	533	676	870	1102	1355	1531		49 (1.1)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
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Table F 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL										
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Under 131% poverty																						
Males and females:																						
1-3.....	482	988	(16)	655	(19)	717	(17)	831	(15)	971	(16)	1126	(20)	1280	(27)	1382	(33)	380	<3	3000	<3	
4-8.....	739	1137	(16)	754	(20)	828	(19)	957	(16)	1117	(16)	1295	(20)	1471	(28)	1582	(34)	405	<3	3000	<3	
Males:																						
9-13.....	333	1332	(27)	773*	(40)	876	(37)	1062	(33)	1300	(28)	1564	(32)	1835	(47)	2004*	(62)	1055	24	(3.1)	4000	<3
14-18.....	305	1486	(33)	884*	(47)	995	(44)	1201	(37)	1452	(34)	1733	(38)	2019	(51)	2200*	(65)	1055	14	(2.8)	4000	<3
19-50.....	786	1581	(26)	916	(21)	1033	(19)	1260	(19)	1546	(25)	1860	(34)	2173	(44)	2378	(52)	580	<3	4000	<3	
51+.....	635	1456	(26)	817	(16)	935	(17)	1146	(19)	1419	(24)	1720	(34)	2026	(46)	2228	(54)	580	<3		<3	
19+.....	1421	1536	(24)	872	(18)	994	(17)	1217	(18)	1498	(23)	1812	(32)	2127	(43)	2332	(51)	580	<3		<3	
Females:																						
9-13.....	350	1185	(22)	671*	(35)	761	(34)	934	(27)	1153	(22)	1401	(26)	1645	(41)	1807*	(51)	1055	39	(2.7)	4000	<3
14-18.....	307	1064	(35)	581*	(41)	665	(43)	826	(39)	1032	(36)	1269	(37)	1496	(46)	1658*	(54)	1055	53	(4.3)	4000	<3
19-50.....	922	1137	(15)	691	(18)	774	(17)	926	(16)	1117	(15)	1325	(16)	1528	(19)	1660	(22)	580	<3	4000	<3	
51+.....	718	1058	(14)	631	(16)	710	(16)	854	(14)	1036	(14)	1237	(16)	1438	(20)	1564	(22)	580	<3		<3	
19+.....	1640	1107	(11)	664	(15)	745	(14)	897	(13)	1085	(12)	1293	(13)	1496	(17)	1626	(20)	580	<3		<3	
All:																						
1+.....	5577	1261	(11)	707	(13)	798	(12)	970	(10)	1200	(10)	1487	(13)	1811	(23)	2029	(31)		7	(0.5)		<3

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	178	(4)	117	(4)	129	(3)	149	(3)	175	(4)	204	(4)	232	(5)	252	(6)	65	<3
4-8.....	739	208	(3)	138	(3)	151	(3)	174	(3)	204	(3)	237	(4)	270	(5)	291	(6)	110	<3
Males:																			
9-13.....	333	244	(5)	143*	(7)	161	(7)	194	(6)	236	(5)	285	(7)	336	(11)	369*	(14)	200	29 (3.2)
14-18.....	305	266	(7)	158*	(8)	177	(8)	213	(7)	258	(7)	310	(9)	364	(12)	399*	(16)	340	84 (2.9)
19-50.....	786	313	(7)	163	(5)	188	(5)	237	(6)	302	(7)	376	(8)	453	(10)	505	(12)		64 (2.4)
51+.....	635	310	(6)	160	(4)	186	(5)	234	(5)	299	(5)	372	(7)	450	(10)	503	(11)	350	68 (1.9)
19+.....	1421	312	(6)	162	(5)	187	(5)	236	(5)	300	(6)	375	(7)	452	(9)	504	(11)		66 (2.1)
Females:																			
9-13.....	350	222	(5)	128*	(7)	144	(7)	175	(6)	215	(5)	261	(6)	307	(9)	338*	(11)	200	40 (3.1)
14-18.....	307	205	(6)	116*	(7)	131	(8)	161	(7)	199	(6)	243	(6)	286	(9)	317*	(11)	300	93 (1.6)
19-50.....	922	244	(4)	137	(3)	156	(4)	191	(4)	236	(4)	288	(5)	342	(6)	377	(7)		63 (2.2)
51+.....	718	236	(4)	133	(3)	151	(3)	184	(3)	228	(4)	279	(5)	331	(6)	366	(8)	265	69 (1.9)
19+.....	1640	241	(3)	135	(3)	154	(3)	188	(3)	233	(3)	285	(4)	338	(6)	373	(7)		65 (1.8)
All:																			
1+.....	5577	255	(3)	137	(2)	155	(2)	190	(2)	239	(2)	303	(3)	376	(5)	426	(7)		55 (1.3)

NOTES: EAR=Estimated Average Requirement

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

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Table F 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles							<EAR			>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Under 131% poverty														
Males and females:														
1-3.....	482	10.0 (0.2)	5.9 (0.2)	6.6 (0.2)	7.9 (0.2)	9.7 (0.2)	11.7 (0.3)	13.9 (0.4)	15.3 (0.4)	3	<3	40	<3	
4-8.....	739	13.3 (0.3)	8.0 (0.3)	8.9 (0.3)	10.6 (0.3)	12.9 (0.3)	15.5 (0.4)	18.1 (0.5)	19.9 (0.5)	4.1	<3	40	<3	
Males:														
9-13.....	333	15.6 (0.4)	8.7* (0.4)	9.9 (0.4)	12.1 (0.4)	15.1 (0.4)	18.5 (0.5)	22.1 (0.7)	24.4* (0.9)	5.9	<3	40	<3	
14-18.....	305	16.6 (0.6)	9.4* (0.5)	10.6 (0.5)	13.0 (0.5)	16.0 (0.6)	19.6 (0.7)	23.3 (0.9)	25.8* (1.1)	7.7	<3	45	<3	
19-50.....	786	15.9 (0.3)	8.4 (0.2)	9.6 (0.2)	12.1 (0.2)	15.3 (0.3)	19.1 (0.4)	23.0 (0.6)	25.7 (0.7)	6	<3	45	<3	
51+.....	635	15.6 (0.4)	8.2 (0.3)	9.5 (0.3)	11.8 (0.4)	14.9 (0.4)	18.6 (0.4)	22.5 (0.5)	25.2 (0.6)	6	<3	45	<3	
19+.....	1421	15.8 (0.3)	8.3 (0.3)	9.6 (0.3)	12.0 (0.3)	15.2 (0.3)	18.9 (0.4)	22.9 (0.6)	25.5 (0.7)	6	<3	45	<3	
Females:														
9-13.....	350	13.8 (0.4)	7.6* (0.4)	8.6 (0.4)	10.6 (0.4)	13.3 (0.4)	16.4 (0.5)	19.5 (0.6)	21.7* (0.7)	5.7	<3	40	<3	
14-18.....	307	12.0 (0.4)	6.4* (0.4)	7.3 (0.4)	9.1 (0.4)	11.5 (0.4)	14.4 (0.4)	17.2 (0.6)	19.3* (0.7)	7.9	19 (2.4)	45	<3	
19-50.....	922	11.9 (0.2)	6.4 (0.2)	7.3 (0.2)	9.1 (0.2)	11.5 (0.2)	14.2 (0.3)	17.1 (0.3)	19.1 (0.4)	8.1	23 (1.3)	45	<3	
51+.....	718	11.4 (0.2)	6.1 (0.2)	7.0 (0.2)	8.6 (0.2)	10.9 (0.2)	13.6 (0.2)	16.4 (0.3)	18.3 (0.3)	5	3 (0.5)	45	<3	
19+.....	1640	11.7 (0.2)	6.2 (0.2)	7.2 (0.2)	8.9 (0.2)	11.3 (0.2)	14.0 (0.2)	16.9 (0.3)	18.8 (0.3)		15 (1.1)	45	<3	
All:														
1+.....	5577	13.5 (0.2)	6.9 (0.1)	7.9 (0.1)	10.0 (0.1)	12.8 (0.2)	16.2 (0.2)	20.0 (0.3)	22.5 (0.4)		7 (0.5)		<3	

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		UL	>UL										
				5th	10th	25th	50th	75th	90th	95th	EAR	%		%									
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)									
Under 131% poverty																							
Males and females:																							
1-3.....	482	7.4	(0.1)	4.8	(0.2)	5.2	(0.1)	6.1	(0.1)	7.2	(0.1)	8.5	(0.2)	9.8	(0.3)	10.7	(0.3)	2.5	<3	7	56	(2.8)	
4-8.....	739	8.9	(0.2)	5.7	(0.2)	6.3	(0.2)	7.4	(0.2)	8.7	(0.2)	10.2	(0.2)	11.8	(0.3)	12.8	(0.4)	4	<3	12	8	(1.7)	
Males:																							
9-13.....	333	11.2	(0.3)	6.1*	(0.4)	7.0	(0.4)	8.6	(0.3)	10.8	(0.3)	13.3	(0.3)	16.1	(0.6)	17.9*	(0.8)	7	10	(2.6)	23	<3	
14-18.....	305	12.5	(0.4)	6.9*	(0.4)	7.8	(0.4)	9.7	(0.4)	12.0	(0.4)	14.7	(0.5)	17.7	(0.7)	19.6*	(0.9)	8.5	15	(3.1)	34	<3	
19-50.....	786	12.6	(0.2)	7.0	(0.2)	7.9	(0.2)	9.8	(0.2)	12.2	(0.2)	15.0	(0.3)	17.8	(0.4)	19.7	(0.5)	9.4	21	(2.0)	40	<3	
51+.....	635	12.0	(0.2)	6.5	(0.2)	7.5	(0.2)	9.2	(0.2)	11.5	(0.2)	14.2	(0.3)	17.0	(0.4)	18.8	(0.5)	9.4	27	(2.3)	40	<3	
19+.....	1421	12.4	(0.2)	6.8	(0.2)	7.8	(0.2)	9.6	(0.2)	12.0	(0.2)	14.7	(0.3)	17.5	(0.4)	19.4	(0.4)	9.4	23	(2.0)	40	<3	
Females:																							
9-13.....	350	9.5	(0.2)	5.1*	(0.3)	5.8	(0.3)	7.2	(0.3)	9.1	(0.2)	11.4	(0.3)	13.7	(0.4)	15.3*	(0.6)	7	22	(3.5)	23	<3	
14-18.....	307	8.5	(0.3)	4.4*	(0.3)	5.1	(0.4)	6.4	(0.3)	8.1	(0.3)	10.3	(0.4)	12.4	(0.5)	14.0*	(0.6)	7.3	38	(4.5)	34	<3	
19-50.....	922	8.8	(0.1)	5.0	(0.2)	5.7	(0.2)	6.9	(0.1)	8.5	(0.1)	10.4	(0.2)	12.3	(0.2)	13.6	(0.3)	6.8	24	(2.1)	40	<3	
51+.....	718	8.3	(0.1)	4.7	(0.2)	5.3	(0.2)	6.5	(0.1)	8.0	(0.1)	9.8	(0.1)	11.7	(0.2)	13.0	(0.2)	6.8	30	(2.2)	40	<3	
19+.....	1640	8.6	(0.1)	4.9	(0.1)	5.5	(0.1)	6.7	(0.1)	8.3	(0.1)	10.2	(0.1)	12.1	(0.2)	13.4	(0.2)	6.8	26	(1.8)	40	<3	
All:																							
1+.....	5577	10.0	(0.1)	5.3	(0.1)	6.0	(0.1)	7.4	(0.1)	9.4	(0.1)	12.0	(0.2)	14.9	(0.2)	16.9	(0.3)		21	(1.4)		4	(0.4)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages,
among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		UL	>UL									
				5th	10th	25th	50th	75th	90th	95th	EAR	%		%								
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Under 131% poverty																						
Males and females:																						
1-3.....	482	0.7	(0.01)	0.4	(0.01)	0.5	(0.01)	0.5	(0.01)	0.6	(0.01)	0.8	(0.02)	0.9	(0.02)	1.0	(0.02)	0.26	<3	1	4*	(0.9)
4-8.....	739	0.8	(0.01)	0.5	(0.01)	0.6	(0.01)	0.7	(0.01)	0.8	(0.01)	0.9	(0.01)	1.1	(0.02)	1.2	(0.03)	0.34	<3	3	<3	
Males:																						
9-13.....	333	1.0	(0.03)	0.6*	(0.03)	0.6	(0.03)	0.8	(0.02)	0.9	(0.02)	1.1	(0.03)	1.3	(0.04)	1.5*	(0.05)	0.54	4*	(1.4)	5	<3
14-18.....	305	1.0	(0.03)	0.6*	(0.03)	0.7	(0.03)	0.8	(0.03)	1.0	(0.03)	1.2	(0.04)	1.4	(0.05)	1.6*	(0.06)	0.685	10	(2.5)	8	<3
19-50.....	786	1.2	(0.03)	0.6	(0.02)	0.7	(0.02)	0.9	(0.02)	1.2	(0.02)	1.5	(0.03)	1.8	(0.04)	2.0	(0.06)	0.7	8	(1.0)	10	<3
51+.....	635	1.2	(0.03)	0.6	(0.02)	0.7	(0.02)	0.9	(0.02)	1.2	(0.02)	1.5	(0.03)	1.8	(0.05)	2.0	(0.06)	0.7	8	(1.0)	10	<3
19+.....	1421	1.2	(0.02)	0.6	(0.02)	0.7	(0.02)	0.9	(0.02)	1.2	(0.02)	1.5	(0.03)	1.8	(0.04)	2.0	(0.05)	0.7	8	(0.9)	10	<3
Females:																						
9-13.....	350	0.9	(0.02)	0.5*	(0.02)	0.6	(0.02)	0.7	(0.02)	0.9	(0.02)	1.0	(0.02)	1.2	(0.03)	1.4*	(0.04)	0.54	7	(1.7)	5	<3
14-18.....	307	0.8	(0.02)	0.5*	(0.02)	0.5	(0.03)	0.6	(0.02)	0.8	(0.02)	1.0	(0.03)	1.2	(0.04)	1.3*	(0.04)	0.685	32	(3.7)	8	<3
19-50.....	922	1.0	(0.02)	0.5	(0.01)	0.6	(0.01)	0.7	(0.01)	0.9	(0.02)	1.2	(0.02)	1.4	(0.03)	1.6	(0.04)	0.7	19	(1.5)	10	<3
51+.....	718	1.0	(0.01)	0.5	(0.01)	0.6	(0.01)	0.7	(0.01)	0.9	(0.01)	1.1	(0.02)	1.4	(0.03)	1.6	(0.03)	0.7	21	(1.5)	10	<3
19+.....	1640	1.0	(0.01)	0.5	(0.01)	0.6	(0.01)	0.7	(0.01)	0.9	(0.01)	1.2	(0.02)	1.4	(0.03)	1.6	(0.03)	0.7	20	(1.2)	10	<3
All:																						
1+.....	5577	1.0	(0.01)	0.5	(0.01)	0.6	(0.01)	0.7	(0.01)	0.9	(0.01)	1.2	(0.01)	1.5	(0.02)	1.7	(0.03)		12	(0.7)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL										
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Under 131% poverty																						
Males and females:																						
1-3.....	482	67	(1)	44	(2)	48	(2)	56	(1)	66	(1)	77	(2)	88	(2)	95	(3)	17	<3	90	8	(2.0)
4-8.....	739	85	(1)	56	(2)	61	(2)	71	(2)	83	(1)	96	(2)	110	(3)	119	(3)	23	<3	150	<3	
Males:																						
9-13.....	333	106	(2)	64*	(3)	72	(3)	86	(2)	104	(2)	124	(3)	144	(4)	156*	(5)	35	<3	280	<3	
14-18.....	305	124	(3)	77*	(4)	86	(4)	102	(3)	121	(3)	143	(4)	165	(5)	179*	(6)	45	<3	400	<3	
19-50.....	786	137	(2)	81	(2)	91	(2)	110	(2)	135	(2)	161	(3)	187	(5)	205	(5)	45	<3	400	<3	
51+.....	635	125	(2)	72	(2)	82	(2)	99	(2)	122	(2)	147	(3)	173	(4)	190	(5)	45	<3	400	<3	
19+.....	1421	133	(2)	77	(2)	87	(2)	106	(2)	130	(2)	156	(3)	183	(4)	200	(5)	45	<3	400	<3	
Females:																						
9-13.....	350	93	(2)	55*	(3)	61	(2)	74	(2)	90	(2)	108	(2)	126	(4)	138*	(5)	35	<3	280	<3	
14-18.....	307	87	(2)	51*	(3)	57	(3)	69	(3)	85	(2)	103	(2)	120	(3)	132*	(4)	45	<3	400	<3	
19-50.....	922	96	(1)	57	(1)	64	(1)	77	(1)	94	(1)	112	(2)	130	(2)	142	(2)	45	<3	400	<3	
51+.....	718	88	(1)	51	(2)	58	(2)	70	(1)	86	(1)	103	(2)	121	(2)	132	(2)	45	<3	400	<3	
19+.....	1640	93	(1)	55	(1)	61	(1)	74	(1)	91	(1)	109	(1)	127	(2)	139	(2)	45	<3	400	<3	
All:																						
1+.....	5577	105	(1)	56	(1)	63	(1)	78	(1)	99	(1)	125	(1)	154	(2)	173	(3)		<3		<3	

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages,
among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI			>CDRR										
				5th	10th	25th	50th	75th	90th	95th	AI	%	(SE)	CDRR	%	(SE)							
Under 131% poverty																							
Males and females:																							
1-3.....	482	1922	(44)	1188	(54)	1321	(52)	1565	(48)	1876	(45)	2229	(48)	2580	(56)	2818	(69)	800	>97	1200	95	(1.7)	
4-8.....	739	2641	(38)	1701	(52)	1875	(49)	2191	(42)	2587	(39)	3031	(46)	3472	(62)	3761	(76)	1000	>97	1500	>97		
Males:																							
9-13.....	333	3368	(59)	2122*	(69)	2354	(65)	2769	(59)	3297	(58)	3882	(73)	4484	(101)	4858*	(126)	1200	>97	1800	>97		
14-18.....	305	3799	(80)	2438*	(99)	2692	(94)	3158	(86)	3725	(81)	4357	(87)	5003	(109)	5411*	(132)	1500	>97	2300	97*	(1.2)	
19-50.....	786	4130	(61)	2548	(51)	2835	(48)	3381	(47)	4056	(59)	4793	(80)	5519	(103)	5994	(119)	1500	>97	2300	>97		
51+.....	635	3756	(63)	2242	(56)	2523	(56)	3032	(57)	3678	(63)	4385	(77)	5089	(98)	5554	(116)	1500	>97	2300	94	(0.9)	
19+.....	1421	3996	(53)	2410	(47)	2707	(45)	3247	(42)	3915	(50)	4655	(71)	5389	(95)	5857	(113)	1500	>97	2300	96	(0.5)	
Females:																							
9-13.....	350	2965	(58)	1837*	(64)	2036	(63)	2417	(54)	2898	(57)	3437	(73)	3968	(101)	4322*	(122)	1200	>97	1800	96*	(1.1)	
14-18.....	307	2799	(73)	1707*	(73)	1901	(75)	2267	(71)	2731	(73)	3260	(85)	3769	(107)	4130*	(127)	1500	>97	2300	73	(3.7)	
19-50.....	922	2977	(41)	1777	(37)	1996	(37)	2399	(37)	2909	(40)	3479	(49)	4041	(61)	4413	(68)	1500	>97	2300	79	(1.5)	
51+.....	718	2667	(40)	1553	(37)	1755	(37)	2121	(37)	2596	(39)	3133	(47)	3676	(59)	4022	(69)	1500	96	(0.6)	2300	66	(2.0)
19+.....	1640	2857	(36)	1671	(32)	1883	(31)	2281	(31)	2787	(34)	3356	(44)	3923	(57)	4284	(66)	1500	>97	2300	74	(1.4)	
All:																							
1+.....	5577	3197	(24)	1701	(24)	1945	(23)	2423	(21)	3062	(23)	3833	(32)	4638	(52)	5150	(69)		>97		87	(0.7)	

^Δ Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	1831	(36)	1185	(41)	1304	(39)	1524	(37)	1798	(37)	2100	(41)	2398	(46)	2599	(53)	2000	32	(3.0)
4-8.....	739	1990	(36)	1290	(37)	1422	(36)	1659	(34)	1953	(35)	2280	(41)	2603	(52)	2810	(59)	2300	24	(2.6)
Males:																				
9-13.....	333	2272	(50)	1366*	(52)	1534	(49)	1837	(46)	2221	(48)	2647	(65)	3083	(95)	3353*	(116)	2500	33	(3.3)
14-18.....	305	2453	(59)	1498*	(73)	1676	(69)	2003	(62)	2401	(60)	2845	(68)	3298	(87)	3584*	(107)	3000	19	(2.6)
19-50.....	786	2717	(37)	1512	(34)	1729	(31)	2143	(31)	2657	(37)	3219	(46)	3780	(61)	4142	(72)	3400	19	(1.5)
51+.....	635	2829	(47)	1600	(38)	1831	(38)	2240	(41)	2766	(47)	3337	(57)	3914	(71)	4283	(81)	3400	23	(2.0)
19+.....	1421	2757	(37)	1539	(33)	1762	(31)	2177	(31)	2696	(36)	3265	(47)	3828	(61)	4203	(72)	3400	20	(1.6)
Females:																				
9-13.....	350	2018	(40)	1188*	(56)	1334	(53)	1614	(44)	1969	(40)	2366	(49)	2757	(69)	3016*	(85)	2300	29	(2.6)
14-18.....	307	1846	(52)	1057*	(63)	1196	(64)	1460	(58)	1796	(54)	2180	(57)	2548	(73)	2809*	(85)	2300	19	(2.8)
19-50.....	922	2085	(41)	1197	(31)	1363	(32)	1665	(35)	2041	(40)	2455	(48)	2865	(57)	3129	(66)	2600	18	(2.0)
51+.....	718	2132	(38)	1249	(32)	1413	(34)	1710	(36)	2087	(38)	2502	(45)	2920	(54)	3181	(60)	2600	21	(2.1)
19+.....	1640	2104	(37)	1217	(28)	1382	(29)	1682	(31)	2058	(36)	2474	(44)	2888	(54)	3149	(61)	2600	19	(1.9)
All:																				
1+.....	5577	2284	(22)	1274	(24)	1444	(23)	1761	(21)	2183	(22)	2698	(24)	3262	(33)	3642	(45)		22	(1.1)

^Δ Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

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, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	482	4.1	(0.5)	0.4	(0.1)	0.7	(0.1)	1.4	(0.2)	2.7	(0.3)	5.2	(0.6)	9.0	(1.1)	12.2	(1.7)
4-8.....	739	9.2	(0.9)	1.5	(0.2)	2.2	(0.3)	3.8	(0.4)	6.7	(0.6)	11.6	(1.0)	18.9	(2.0)	25.3	(3.0)
Males:																	
9-13.....	333	25.0	(2.8)	2.3*	(0.5)	3.6	(0.7)	7.3	(1.2)	15.2	(2.0)	30.5	(3.5)	56.6	(6.1)	80.6*	(8.8)
14-18.....	305	54.0	(6.6)	5.7*	(1.1)	8.7	(1.6)	16.9	(2.6)	34.1	(4.6)	66.9	(8.2)	118.3	(14.2)	166.7*	(21.8)
19-50.....	786	128.4	(13.5)	7.1	(2.7)	14.5	(4.2)	39.3	(7.5)	91.5	(12.2)	177.5	(18.5)	289.0	(26.1)	374.4	(30.2)
51+.....	635	187.1	(16.2)	22.6	(5.3)	37.4	(7.0)	77.6	(10.4)	148.6	(15.3)	253.9	(21.3)	385.2	(27.7)	488.3	(32.2)
19+.....	1421	149.5	(14.9)	10.0	(3.5)	19.7	(5.3)	50.1	(8.9)	110.6	(13.9)	206.1	(20.3)	328.5	(27.0)	423.9	(31.2)
Females:																	
9-13.....	350	21.9	(2.5)	2.0*	(0.4)	3.1	(0.6)	6.4	(1.0)	13.3	(1.7)	26.9	(3.1)	49.2	(5.6)	70.4*	(8.4)
14-18.....	307	45.5	(6.9)	4.4*	(1.0)	6.9	(1.4)	13.8	(2.3)	28.2	(4.3)	56.4	(8.6)	100.7	(15.4)	141.4*	(22.5)
19-50.....	922	101.6	(9.0)	4.8	(2.1)	10.5	(3.2)	29.7	(5.6)	70.7	(8.7)	140.5	(12.1)	232.5	(16.2)	304.1	(19.6)
51+.....	718	137.7	(9.3)	13.0	(3.3)	23.0	(4.4)	51.6	(6.4)	105.6	(9.1)	188.8	(11.8)	292.4	(15.8)	372.0	(18.0)
19+.....	1640	115.5	(8.8)	6.7	(2.5)	13.8	(3.6)	36.6	(5.9)	83.4	(8.8)	159.5	(11.6)	258.3	(15.3)	333.5	(17.8)
All:																	
1+.....	5577	96.1	(5.5)	2.3	(0.3)	4.3	(0.5)	13.9	(1.7)	53.8	(5.1)	136.2	(8.6)	245.6	(12.2)	330.5	(14.4)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						Within AMDR									
				5th	10th	25th	50th	75th	90th	95th	AMDR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	482	14.9	(0.2)	11.6	(0.3)	12.3	(0.2)	13.4	(0.2)	14.8	(0.2)	16.2	(0.2)	17.6	(0.3)	18.5	(0.3)	5-20%	>97
4-8.....	739	14.2	(0.2)	11.0	(0.2)	11.6	(0.2)	12.8	(0.2)	14.1	(0.2)	15.4	(0.2)	16.8	(0.3)	17.6	(0.4)	10-30%	>97
Males:																			
9-13.....	333	14.6	(0.2)	10.6*	(0.6)	11.4	(0.5)	12.7	(0.4)	14.5	(0.2)	16.3	(0.2)	18.1	(0.4)	19.2*	(0.6)	10-30%	>97
14-18.....	305	15.7	(0.3)	11.4*	(0.7)	12.3	(0.6)	13.8	(0.5)	15.5	(0.3)	17.4	(0.3)	19.3	(0.4)	20.5*	(0.6)	10-30%	>97
19-50.....	786	16.0	(0.3)	11.4	(0.2)	12.2	(0.2)	13.9	(0.2)	15.8	(0.3)	17.9	(0.4)	19.8	(0.4)	21.1	(0.5)	10-35%	>97
51+.....	635	15.9	(0.2)	11.3	(0.2)	12.2	(0.2)	13.8	(0.2)	15.7	(0.2)	17.7	(0.3)	19.7	(0.4)	21.0	(0.5)	10-35%	>97
19+.....	1421	15.9	(0.3)	11.4	(0.2)	12.2	(0.2)	13.8	(0.2)	15.8	(0.2)	17.8	(0.3)	19.8	(0.4)	21.1	(0.5)	10-35%	>97
Females:																			
9-13.....	350	14.4	(0.2)	10.4*	(0.6)	11.1	(0.5)	12.5	(0.4)	14.2	(0.2)	16.0	(0.2)	17.7	(0.4)	18.9*	(0.6)	10-30%	97* (2.4)
14-18.....	306	14.3	(0.4)	10.3*	(0.8)	11.1	(0.8)	12.5	(0.6)	14.2	(0.4)	16.0	(0.3)	17.8	(0.3)	18.9*	(0.3)	10-30%	96* (3.2)
19-50.....	922	15.4	(0.2)	11.1	(0.2)	12.0	(0.2)	13.4	(0.2)	15.2	(0.2)	17.2	(0.2)	19.1	(0.3)	20.4	(0.3)	10-35%	>97
51+.....	718	15.6	(0.2)	11.3	(0.2)	12.1	(0.2)	13.6	(0.2)	15.4	(0.2)	17.3	(0.3)	19.3	(0.4)	20.5	(0.4)	10-35%	>97
19+.....	1640	15.5	(0.2)	11.2	(0.2)	12.0	(0.2)	13.5	(0.1)	15.3	(0.2)	17.2	(0.2)	19.2	(0.3)	20.4	(0.3)	10-35%	>97
All:																			
1+.....	5576	15.3	(0.1)	11.1	(0.2)	11.9	(0.2)	13.4	(0.1)	15.1	(0.1)	17.1	(0.2)	19.0	(0.2)	20.3	(0.3)		>97

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

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Table F 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles							Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	482	53.2 (0.4)	46.0 (0.7)	47.5 (0.6)	50.2 (0.5)	53.2 (0.4)	56.1 (0.4)	58.7 (0.5)	60.4 (0.6)	45-65%	97* (1.4)
4-8.....	739	53.9 (0.4)	46.7 (0.8)	48.3 (0.7)	51.0 (0.5)	54.0 (0.4)	56.9 (0.3)	59.5 (0.4)	61.1 (0.5)	45-65%	>97
Males:											
9-13.....	333	52.9 (0.4)	45.6* (0.5)	47.2 (0.5)	49.9 (0.4)	52.9 (0.4)	55.8 (0.5)	58.5 (0.6)	60.1* (0.7)	45-65%	96* (1.0)
14-18.....	305	51.1 (0.5)	43.9* (0.6)	45.5 (0.6)	48.2 (0.6)	51.1 (0.5)	54.0 (0.6)	56.7 (0.6)	58.3* (0.7)	45-65%	92 (2.2)
19-50.....	786	48.2 (0.5)	36.7 (0.9)	39.2 (0.8)	43.5 (0.6)	48.2 (0.5)	52.9 (0.4)	57.1 (0.5)	59.6 (0.6)	45-65%	67 (3.1)
51+.....	635	47.7 (0.4)	36.3 (0.8)	38.9 (0.7)	43.0 (0.6)	47.7 (0.4)	52.4 (0.4)	56.6 (0.5)	59.1 (0.6)	45-65%	65 (2.8)
19+.....	1421	48.0 (0.4)	36.5 (0.8)	39.1 (0.7)	43.3 (0.6)	48.0 (0.4)	52.7 (0.4)	56.9 (0.5)	59.5 (0.6)	45-65%	66 (2.8)
Females:											
9-13.....	350	52.8 (0.5)	45.6* (0.6)	47.1 (0.6)	49.8 (0.5)	52.8 (0.5)	55.7 (0.5)	58.4 (0.6)	60.0* (0.6)	45-65%	96* (1.2)
14-18.....	306	52.3 (0.5)	45.0* (0.6)	46.6 (0.5)	49.3 (0.5)	52.3 (0.5)	55.3 (0.6)	57.9 (0.7)	59.6* (0.7)	45-65%	95* (1.3)
19-50.....	922	50.9 (0.5)	40.2 (0.5)	42.5 (0.5)	46.5 (0.4)	50.9 (0.5)	55.3 (0.5)	59.3 (0.6)	61.7 (0.6)	45-65%	80 (1.6)
51+.....	718	50.2 (0.5)	39.5 (0.6)	41.8 (0.6)	45.8 (0.6)	50.2 (0.5)	54.6 (0.5)	58.7 (0.6)	61.0 (0.6)	45-65%	77 (2.3)
19+.....	1640	50.7 (0.4)	39.9 (0.5)	42.2 (0.5)	46.2 (0.4)	50.7 (0.4)	55.1 (0.5)	59.1 (0.5)	61.4 (0.6)	45-65%	79 (1.7)
All:											
1+.....	5576	50.6 (0.3)	39.5 (0.5)	42.1 (0.4)	46.5 (0.3)	50.9 (0.3)	54.9 (0.2)	58.4 (0.3)	60.5 (0.3)	45-65%	80 (1.2)

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

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Table F 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						Within AMDR										
				5th	10th	25th	50th	75th	90th	95th	AMDR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	33.2	(0.3)	27.3	(0.5)	28.6	(0.4)	30.8	(0.3)	33.2	(0.3)	35.6	(0.4)	37.8	(0.6)	39.1	(0.7)	30-40%	78	(2.9)
4-8.....	739	33.2	(0.3)	27.4	(0.5)	28.6	(0.4)	30.8	(0.3)	33.2	(0.3)	35.5	(0.4)	37.7	(0.5)	39.0	(0.6)	25-35%	69	(3.8)
Males:																				
9-13.....	333	33.5	(0.4)	27.8*	(0.9)	29.1	(0.7)	31.2	(0.6)	33.6	(0.4)	35.9	(0.3)	38.0	(0.4)	39.2*	(0.5)	25-35%	65	(3.4)
14-18.....	305	33.7	(0.4)	27.9*	(0.9)	29.2	(0.7)	31.4	(0.5)	33.7	(0.3)	36.0	(0.3)	38.0	(0.4)	39.3*	(0.6)	25-35%	64	(3.4)
19-50.....	786	33.2	(0.4)	25.6	(0.5)	27.3	(0.4)	30.1	(0.4)	33.3	(0.4)	36.4	(0.5)	39.1	(0.7)	40.8	(0.8)	20-35%	64	(3.9)
51+.....	635	34.4	(0.4)	26.8	(0.5)	28.6	(0.4)	31.4	(0.4)	34.5	(0.4)	37.5	(0.5)	40.3	(0.7)	41.9	(0.7)	20-35%	55	(3.4)
19+.....	1421	33.7	(0.4)	26.0	(0.5)	27.7	(0.4)	30.6	(0.3)	33.7	(0.4)	36.8	(0.5)	39.6	(0.7)	41.3	(0.8)	20-35%	61	(3.6)
Females:																				
9-13.....	350	34.0	(0.4)	28.3*	(0.8)	29.6	(0.7)	31.7	(0.5)	34.1	(0.4)	36.4	(0.4)	38.4	(0.5)	39.6*	(0.6)	25-35%	60	(4.3)
14-18.....	306	33.8	(0.6)	28.0*	(1.1)	29.3	(1.0)	31.5	(0.8)	33.9	(0.6)	36.2	(0.4)	38.2	(0.4)	39.5*	(0.5)	25-35%	62	(4.9)
19-50.....	922	33.0	(0.4)	25.0	(0.6)	26.7	(0.5)	29.7	(0.4)	33.0	(0.4)	36.3	(0.3)	39.2	(0.3)	41.0	(0.4)	20-35%	66	(2.4)
51+.....	718	34.0	(0.4)	26.1	(0.6)	27.8	(0.5)	30.7	(0.4)	33.9	(0.4)	37.2	(0.4)	40.3	(0.4)	42.0	(0.5)	20-35%	58	(3.0)
19+.....	1640	33.4	(0.3)	25.3	(0.6)	27.1	(0.5)	30.0	(0.4)	33.4	(0.3)	36.7	(0.3)	39.6	(0.3)	41.5	(0.4)	20-35%	63	(2.4)
All:																				
1+.....	5576	33.5	(0.2)	26.2	(0.4)	27.9	(0.3)	30.6	(0.3)	33.5	(0.2)	36.4	(0.2)	39.1	(0.3)	40.7	(0.3)		64	(1.7)

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

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Table F 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles							<10%†
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	% (SE)
Under 131% poverty										
Males and females:										
1-3.....	482	12.4 (0.2)	9.2 (0.3)	9.8 (0.3)	11.0 (0.3)	12.3 (0.2)	13.7 (0.2)	15.1 (0.2)	15.9 (0.3)	12 (3.2)
4-8.....	739	11.8 (0.1)	8.6 (0.3)	9.2 (0.2)	10.4 (0.2)	11.7 (0.1)	13.1 (0.2)	14.4 (0.2)	15.2 (0.3)	19 (2.6)
Males:										
9-13.....	333	11.7 (0.2)	9.0* (0.3)	9.6 (0.3)	10.6 (0.2)	11.7 (0.2)	12.9 (0.2)	13.9 (0.2)	14.5* (0.3)	15 (3.8)
14-18.....	305	11.5 (0.2)	8.8* (0.4)	9.4 (0.3)	10.4 (0.2)	11.5 (0.2)	12.6 (0.2)	13.7 (0.2)	14.3* (0.3)	18 (4.3)
19-50.....	786	11.0 (0.2)	8.1 (0.2)	8.7 (0.2)	9.8 (0.2)	11.0 (0.2)	12.2 (0.2)	13.3 (0.2)	14.0 (0.3)	30 (3.0)
51+.....	635	11.3 (0.2)	8.3 (0.2)	9.0 (0.2)	10.0 (0.2)	11.2 (0.2)	12.5 (0.2)	13.6 (0.3)	14.3 (0.3)	24 (2.6)
19+.....	1421	11.1 (0.2)	8.2 (0.2)	8.8 (0.2)	9.8 (0.1)	11.1 (0.2)	12.3 (0.2)	13.4 (0.2)	14.1 (0.3)	28 (2.7)
Females:										
9-13.....	350	11.6 (0.2)	8.9* (0.4)	9.5 (0.3)	10.5 (0.3)	11.6 (0.2)	12.7 (0.2)	13.8 (0.3)	14.4* (0.3)	17 (4.5)
14-18.....	306	11.1 (0.3)	8.4* (0.5)	9.0 (0.5)	10.0 (0.4)	11.1 (0.3)	12.2 (0.3)	13.2 (0.3)	13.9* (0.3)	26 (7.9)
19-50.....	922	10.7 (0.2)	7.5 (0.2)	8.1 (0.2)	9.3 (0.2)	10.6 (0.2)	12.0 (0.2)	13.3 (0.2)	14.2 (0.3)	38 (3.1)
51+.....	718	11.1 (0.2)	7.8 (0.2)	8.5 (0.2)	9.6 (0.2)	11.0 (0.2)	12.4 (0.2)	13.8 (0.3)	14.6 (0.3)	32 (3.1)
19+.....	1640	10.8 (0.2)	7.6 (0.2)	8.3 (0.2)	9.4 (0.2)	10.8 (0.2)	12.2 (0.2)	13.5 (0.2)	14.3 (0.3)	36 (2.9)
All:										
1+.....	5576	11.2 (0.1)	8.1 (0.2)	8.7 (0.1)	9.9 (0.1)	11.2 (0.1)	12.5 (0.1)	13.7 (0.1)	14.5 (0.1)	27 (2.3)

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

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Table F 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						Within AMDR										
				5th	10th	25th	50th	75th	90th	95th	AMDR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	482	5.9	(0.1)	4.3	(0.2)	4.6	(0.1)	5.2	(0.1)	5.9	(0.1)	6.6	(0.1)	7.3	(0.2)	7.8	(0.2)	05-10%	81	(3.7)
4-8.....	739	6.5	(0.1)	4.8	(0.1)	5.1	(0.1)	5.8	(0.1)	6.5	(0.1)	7.3	(0.1)	8.0	(0.1)	8.5	(0.2)	05-10%	92	(2.0)
Males:																				
9-13.....	333	6.6	(0.1)	4.6*	(0.3)	5.0	(0.2)	5.7	(0.2)	6.5	(0.2)	7.4	(0.1)	8.3	(0.2)	8.8*	(0.2)	05-10%	89	(4.1)
14-18.....	305	6.6	(0.2)	4.6*	(0.3)	5.0	(0.2)	5.7	(0.2)	6.5	(0.2)	7.4	(0.2)	8.2	(0.2)	8.8*	(0.3)	05-10%	89	(3.9)
19-50.....	786	6.4	(0.1)	4.5	(0.1)	4.9	(0.1)	5.6	(0.1)	6.4	(0.1)	7.2	(0.2)	8.1	(0.2)	8.6	(0.2)	05-10%	88	(2.3)
51+.....	635	6.8	(0.1)	4.8	(0.1)	5.2	(0.1)	5.9	(0.1)	6.7	(0.1)	7.6	(0.1)	8.4	(0.2)	9.0	(0.2)	05-10%	92	(1.8)
19+.....	1421	6.6	(0.1)	4.6	(0.1)	5.0	(0.1)	5.7	(0.1)	6.5	(0.1)	7.4	(0.1)	8.2	(0.2)	8.8	(0.2)	05-10%	89	(2.1)
Females:																				
9-13.....	350	7.0	(0.2)	5.0*	(0.3)	5.4	(0.2)	6.1	(0.2)	7.0	(0.2)	7.9	(0.2)	8.8	(0.2)	9.3*	(0.3)	05-10%	93	(3.1)
14-18.....	306	7.1	(0.2)	5.0*	(0.3)	5.4	(0.3)	6.1	(0.2)	7.0	(0.2)	7.9	(0.2)	8.8	(0.2)	9.4*	(0.2)	05-10%	93	(3.3)
19-50.....	922	6.9	(0.1)	4.7	(0.1)	5.1	(0.1)	5.9	(0.1)	6.8	(0.1)	7.8	(0.1)	8.8	(0.2)	9.4	(0.2)	05-10%	89	(1.6)
51+.....	718	6.9	(0.1)	4.8	(0.1)	5.2	(0.1)	5.9	(0.1)	6.8	(0.1)	7.9	(0.1)	8.9	(0.2)	9.5	(0.2)	05-10%	90	(1.6)
19+.....	1640	6.9	(0.1)	4.7	(0.1)	5.1	(0.1)	5.9	(0.1)	6.8	(0.1)	7.8	(0.1)	8.8	(0.2)	9.4	(0.2)	05-10%	89	(1.5)
All:																				
1+.....	5576	6.7	(0.1)	4.7	(0.1)	5.1	(0.1)	5.8	(0.1)	6.6	(0.1)	7.5	(0.1)	8.5	(0.1)	9.0	(0.1)	05-10%	89	(1.3)

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

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Table F 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2013-2016

			Percentiles							Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	482	0.65 (0.01)	0.46 (0.02)	0.49 (0.02)	0.56 (0.02)	0.64 (0.01)	0.72 (0.01)	0.81 (0.02)	0.87 (0.02)	0.6-1.2%	62 (4.7)
4-8.....	739	0.64 (0.01)	0.45 (0.02)	0.49 (0.02)	0.55 (0.01)	0.63 (0.01)	0.72 (0.01)	0.80 (0.02)	0.86 (0.02)	0.6-1.2%	60 (4.3)
Males:											
9-13.....	333	0.63 (0.01)	0.45* (0.04)	0.49 (0.03)	0.55 (0.03)	0.63 (0.02)	0.71 (0.02)	0.79 (0.03)	0.85* (0.04)	0.6-1.2%	58 (6.7)
14-18.....	305	0.63 (0.02)	0.45* (0.04)	0.49 (0.03)	0.55 (0.03)	0.62 (0.02)	0.71 (0.02)	0.79 (0.04)	0.84* (0.05)	0.6-1.2%	58 (7.0)
19-50.....	786	0.67 (0.01)	0.45 (0.02)	0.49 (0.02)	0.57 (0.01)	0.66 (0.01)	0.76 (0.02)	0.86 (0.03)	0.93 (0.04)	0.6-1.2%	66 (3.4)
51+.....	635	0.73 (0.01)	0.49 (0.02)	0.54 (0.02)	0.62 (0.01)	0.71 (0.01)	0.82 (0.02)	0.93 (0.03)	1.00 (0.04)	0.6-1.2%	78 (3.5)
19+.....	1421	0.69 (0.01)	0.47 (0.02)	0.51 (0.02)	0.58 (0.01)	0.68 (0.01)	0.78 (0.02)	0.89 (0.03)	0.96 (0.04)	0.6-1.2%	70 (3.2)
Females:											
9-13.....	350	0.69 (0.02)	0.50* (0.04)	0.53 (0.03)	0.60 (0.02)	0.68 (0.02)	0.77 (0.03)	0.86 (0.04)	0.91* (0.06)	0.6-1.2%	75 (7.3)
14-18.....	306	0.68 (0.02)	0.49* (0.05)	0.52 (0.04)	0.59 (0.03)	0.67 (0.02)	0.76 (0.03)	0.84 (0.04)	0.90* (0.05)	0.6-1.2%	71 (9.6)
19-50.....	922	0.73 (0.01)	0.48 (0.02)	0.53 (0.02)	0.61 (0.01)	0.71 (0.01)	0.83 (0.02)	0.95 (0.03)	1.03 (0.03)	0.6-1.2%	76 (3.3)
51+.....	718	0.77 (0.02)	0.52 (0.02)	0.56 (0.02)	0.65 (0.02)	0.76 (0.02)	0.88 (0.02)	1.01 (0.03)	1.09 (0.04)	0.6-1.2%	83 (3.3)
19+.....	1640	0.75 (0.01)	0.50 (0.02)	0.54 (0.02)	0.62 (0.01)	0.73 (0.01)	0.85 (0.02)	0.97 (0.03)	1.05 (0.04)	0.6-1.2%	78 (3.3)
All:											
1+.....	5576	0.70 (0.01)	0.47 (0.01)	0.51 (0.01)	0.59 (0.01)	0.68 (0.01)	0.79 (0.01)	0.90 (0.02)	0.98 (0.02)	0.6-1.2%	71 (2.0)

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

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TABLE NOTES

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

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

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.

The Department of Health and Human Services' poverty guidelines <http://aspe.hhs.gov/poverty> were used as the poverty measure to calculate the ratio of family income to poverty expressed as a percentage.

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

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

Indicates a non-zero value too small to report.

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

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