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

What We Eat in America, NHANES 2015-2018

Table F

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

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

Table 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, 2015-2018

	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.....	397	1375 (31)	912* (24)	999 (25)	1162 (27)	1351 (30)	1562 (35)	1779 (44)	1916* (50)
4-8.....	557	1708 (30)	1153 (28)	1257 (29)	1446 (28)	1682 (30)	1937 (35)	2197 (43)	2365 (47)
Males:									
9-13.....	242	1965 (55)	1278* (43)	1415 (43)	1651 (46)	1933 (53)	2243 (65)	2549 (84)	2754* (97)
14-18.....	240	2155 (60)	1431* (40)	1562 (40)	1819 (46)	2120 (58)	2455 (76)	2785 (93)	2993* (107)
19-50.....	649	2416 (33)	1447 (37)	1626 (36)	1956 (33)	2368 (34)	2819 (39)	3273 (49)	3544 (55)
51+.....	591	2295 (65)	1335 (48)	1523 (52)	1849 (57)	2250 (64)	2697 (75)	3124 (88)	3410 (97)
19+.....	1240	2374 (40)	1407 (38)	1590 (38)	1918 (38)	2328 (40)	2777 (46)	3225 (57)	3502 (62)
Females:									
9-13.....	289	1832 (48)	1192* (38)	1314 (38)	1530 (39)	1800 (46)	2095 (61)	2397 (76)	2581* (87)
14-18.....	256	1672 (48)	1068* (36)	1174 (36)	1385 (39)	1642 (48)	1923 (59)	2204 (74)	2390* (81)
19-50.....	766	1803 (25)	1091 (26)	1221 (24)	1471 (23)	1770 (25)	2102 (32)	2421 (41)	2624 (49)
51+.....	651	1690 (35)	1008 (27)	1134 (26)	1365 (28)	1654 (34)	1976 (43)	2300 (53)	2504 (62)
19+.....	1417	1758 (26)	1051 (23)	1182 (22)	1425 (22)	1724 (25)	2054 (34)	2377 (43)	2580 (51)
All:									
1+.....	4638	1946 (21)	1115 (32)	1252 (29)	1518 (23)	1865 (20)	2291 (31)	2746 (42)	3056 (50)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	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.....	397	50.2 (1.1)	32.9* (1.0)	36.1 (1.0)	42.2 (1.0)	49.3 (1.0)	57.2 (1.2)	65.2 (1.4)	70.3* (1.5)
4-8.....	557	59.3 (0.9)	39.3 (1.0)	43.1 (1.0)	49.9 (0.9)	58.4 (0.9)	67.6 (1.1)	76.9 (1.3)	82.9 (1.4)
Males:									
9-13.....	242	68.5 (1.9)	41.6* (1.8)	46.8 (1.7)	56.0 (1.6)	67.1 (1.8)	79.4 (2.5)	91.8 (3.2)	100.1* (3.8)
14-18.....	240	81.8 (2.6)	51.7* (1.7)	57.0 (1.8)	67.6 (2.0)	80.2 (2.5)	94.2 (3.4)	108.2 (4.4)	117.1* (4.9)
19-50.....	649	93.7 (2.3)	55.8 (2.2)	62.7 (2.2)	75.6 (2.1)	91.6 (2.3)	109.4 (2.7)	127.3 (3.2)	138.1 (3.7)
51+.....	591	87.0 (2.4)	49.6 (2.2)	56.8 (2.3)	69.5 (2.3)	85.1 (2.4)	102.7 (2.8)	119.6 (3.4)	131.0 (3.8)
19+.....	1240	91.4 (2.3)	53.2 (2.1)	60.5 (2.1)	73.3 (2.1)	89.4 (2.3)	107.2 (2.6)	124.9 (3.3)	136.1 (3.7)
Females:									
9-13.....	289	63.3 (2.0)	38.4* (1.5)	43.0 (1.5)	51.4 (1.7)	61.9 (2.0)	73.6 (2.4)	85.7 (3.1)	93.2* (3.8)
14-18.....	256	58.8 (2.5)	35.0* (2.0)	39.1 (2.0)	47.3 (2.1)	57.5 (2.4)	68.8 (2.8)	80.2 (3.3)	87.8* (3.7)
19-50.....	766	66.8 (0.8)	40.6 (1.0)	45.5 (1.0)	54.6 (0.9)	65.6 (0.8)	77.7 (1.0)	89.4 (1.3)	96.7 (1.5)
51+.....	651	63.0 (1.1)	37.8 (1.1)	42.5 (1.0)	51.0 (1.0)	61.7 (1.1)	73.5 (1.4)	85.5 (1.7)	93.1 (2.0)
19+.....	1417	65.3 (0.8)	39.4 (0.9)	44.1 (0.9)	53.1 (0.8)	64.0 (0.8)	76.1 (1.1)	88.0 (1.4)	95.4 (1.6)
All:									
1+.....	4638	72.3 (1.0)	40.1 (0.6)	45.2 (0.5)	55.1 (0.6)	68.5 (0.9)	85.8 (1.4)	104.8 (2.3)	117.7 (3.0)

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, 2015-2018

	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.....	397	4.12 (0.08)	2.72* (0.09)	2.98 (0.09)	3.49 (0.08)	4.06 (0.08)	4.69 (0.09)	5.34 (0.11)	5.74* (0.12)	0.87	<3
4-8.....	553	2.60 (0.05)	1.56 (0.07)	1.74 (0.06)	2.10 (0.06)	2.54 (0.05)	3.03 (0.05)	3.53 (0.06)	3.86 (0.07)	0.76	<3
Males:											
9-13.....	242	1.67 (0.06)	0.86* (0.06)	1.01 (0.06)	1.29 (0.06)	1.62 (0.06)	2.00 (0.07)	2.38 (0.08)	2.63* (0.10)	0.76	<3
14-18.....	239	1.28 (0.04)	0.60* (0.03)	0.71 (0.03)	0.94 (0.03)	1.23 (0.04)	1.56 (0.06)	1.90 (0.08)	2.12* (0.09)	0.73	11 (1.6)
19-50.....	645	1.29 (0.03)	0.68 (0.03)	0.79 (0.03)	1.00 (0.03)	1.26 (0.03)	1.55 (0.03)	1.84 (0.04)	2.02 (0.05)	0.66	4 (1.0)
51+.....	582	1.21 (0.03)	0.60 (0.03)	0.72 (0.03)	0.92 (0.03)	1.17 (0.03)	1.46 (0.03)	1.74 (0.04)	1.93 (0.05)	0.66	7 (1.3)
19+.....	1227	1.26 (0.03)	0.65 (0.03)	0.76 (0.03)	0.97 (0.03)	1.23 (0.03)	1.52 (0.03)	1.81 (0.04)	1.99 (0.05)	0.66	5 (1.1)
Females:											
9-13.....	287	1.53 (0.05)	0.78* (0.04)	0.91 (0.04)	1.16 (0.04)	1.48 (0.05)	1.84 (0.06)	2.21 (0.08)	2.44* (0.09)	0.76	4* (1.2)
14-18.....	255	1.02 (0.04)	0.44* (0.03)	0.53 (0.03)	0.72 (0.03)	0.97 (0.04)	1.26 (0.05)	1.56 (0.07)	1.77* (0.08)	0.71	24 (2.9)
19-50.....	759	1.07 (0.01)	0.58 (0.02)	0.67 (0.02)	0.84 (0.02)	1.04 (0.02)	1.27 (0.02)	1.50 (0.02)	1.64 (0.03)	0.66	9 (1.3)
51+.....	639	1.02 (0.02)	0.55 (0.02)	0.64 (0.02)	0.80 (0.02)	1.00 (0.02)	1.22 (0.02)	1.45 (0.03)	1.59 (0.04)	0.66	12 (1.5)
19+.....	1398	1.05 (0.01)	0.57 (0.02)	0.65 (0.02)	0.82 (0.02)	1.02 (0.01)	1.25 (0.02)	1.48 (0.02)	1.62 (0.03)	0.66	10 (1.3)
All:											
1+.....	4598	1.48 (0.02)	0.61 (0.01)	0.72 (0.01)	0.93 (0.01)	1.23 (0.02)	1.67 (0.03)	2.62 (0.08)	3.53 (0.11)		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, 2015-2018

	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.....	397	179 (4)	116* (4)	128 (4)	150 (4)	175 (4)	204 (5)	234 (6)	253* (7)	100	<3
4-8.....	557	225 (5)	149 (5)	163 (5)	189 (5)	221 (5)	256 (5)	291 (6)	314 (7)	100	<3
Males:											
9-13.....	242	258 (6)	164* (5)	182 (5)	215 (5)	253 (6)	295 (7)	337 (8)	365* (9)	100	<3
14-18.....	240	270 (7)	174* (6)	191 (6)	225 (6)	265 (7)	309 (9)	353 (11)	380* (12)	100	<3
19-50.....	649	286 (5)	154 (5)	178 (5)	221 (5)	277 (5)	340 (6)	405 (8)	444 (9)	100	<3
51+.....	591	270 (7)	142 (5)	166 (5)	208 (6)	263 (7)	324 (8)	385 (10)	425 (11)	100	<3
19+.....	1240	280 (5)	150 (4)	174 (4)	217 (4)	272 (5)	335 (6)	398 (8)	438 (9)	100	<3
Females:											
9-13.....	289	242 (5)	154* (4)	171 (5)	200 (4)	237 (4)	278 (5)	319 (7)	344* (8)	100	<3
14-18.....	256	214 (5)	132* (5)	146 (5)	175 (5)	210 (5)	248 (6)	285 (7)	310* (8)	100	<3
19-50.....	766	220 (4)	122 (4)	139 (4)	173 (4)	214 (4)	261 (5)	308 (6)	337 (7)	100	<3
51+.....	651	206 (5)	113 (4)	129 (4)	160 (4)	200 (5)	245 (6)	292 (7)	322 (9)	100	<3
19+.....	1417	214 (4)	118 (4)	135 (4)	167 (4)	208 (4)	255 (5)	302 (6)	332 (7)	100	<3
All:											
1+.....	4638	239 (2)	130 (2)	149 (2)	184 (2)	229 (2)	283 (3)	341 (5)	381 (6)	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, 2015-2018

	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.....	397	88 (2)	53* (2)	59 (2)	71 (2)	86 (2)	102 (3)	120 (4)	131* (4)
4-8.....	557	101 (2)	62 (3)	68 (3)	82 (2)	99 (2)	118 (3)	137 (4)	150 (4)
Males:									
9-13.....	242	116 (4)	63* (4)	73 (4)	91 (4)	113 (4)	138 (4)	163 (5)	180* (6)
14-18.....	240	117 (4)	64* (4)	73 (4)	91 (4)	113 (4)	139 (5)	164 (6)	181* (7)
19-50.....	649	121 (4)	46 (4)	57 (4)	80 (4)	112 (4)	152 (5)	197 (7)	225 (8)
51+.....	591	121 (5)	46 (3)	58 (4)	81 (4)	113 (5)	152 (6)	195 (9)	225 (10)
19+.....	1240	121 (4)	46 (3)	57 (4)	80 (4)	112 (4)	152 (5)	196 (6)	225 (8)
Females:									
9-13.....	289	110 (3)	60* (3)	69 (3)	86 (3)	107 (3)	131 (4)	156 (4)	171* (5)
14-18.....	256	94 (3)	49* (2)	57 (2)	72 (3)	91 (3)	113 (4)	135 (5)	151* (6)
19-50.....	766	97 (2)	40 (2)	48 (2)	66 (2)	91 (2)	121 (3)	153 (4)	175 (5)
51+.....	651	95 (3)	39 (3)	48 (3)	65 (3)	89 (3)	118 (4)	151 (5)	173 (6)
19+.....	1417	96 (3)	39 (2)	48 (2)	66 (2)	90 (2)	120 (3)	152 (4)	174 (5)
All:									
1+.....	4638	106 (2)	45 (2)	56 (2)	75 (2)	99 (2)	129 (2)	165 (3)	190 (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, 2015-2018

	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.....	397	10.1 (0.3)	5.5* (0.2)	6.3 (0.2)	7.9 (0.2)	9.8 (0.2)	12.0 (0.3)	14.3 (0.4)	15.8* (0.4)	19	<3
4-8.....	557	12.5 (0.2)	7.1 (0.2)	8.0 (0.2)	9.8 (0.2)	12.1 (0.3)	14.7 (0.3)	17.4 (0.3)	19.1 (0.4)	25	<3
Males:											
9-13.....	242	14.4 (0.5)	7.9* (0.4)	9.1 (0.4)	11.3 (0.4)	13.9 (0.5)	17.0 (0.5)	20.1 (0.7)	22.2* (0.9)	31	<3
14-18.....	240	14.5 (0.5)	8.1* (0.3)	9.1 (0.3)	11.4 (0.4)	14.1 (0.4)	17.2 (0.6)	20.4 (0.9)	22.5* (1.0)	38	<3
19-50.....	649	16.6 (0.5)	7.1 (0.4)	8.6 (0.4)	11.6 (0.4)	15.7 (0.5)	20.6 (0.6)	25.8 (0.8)	29.1 (1.0)	38	<3
51+.....	591	17.0 (0.5)	7.4 (0.4)	8.9 (0.4)	12.0 (0.4)	16.2 (0.5)	21.1 (0.6)	26.2 (0.8)	29.7 (1.0)	30	5 (0.9)
19+.....	1240	16.8 (0.4)	7.2 (0.4)	8.7 (0.4)	11.8 (0.3)	15.9 (0.4)	20.8 (0.6)	26.0 (0.8)	29.3 (0.9)		<3
Females:											
9-13.....	289	14.1 (0.4)	7.8* (0.4)	8.9 (0.4)	11.0 (0.4)	13.7 (0.4)	16.7 (0.5)	19.8 (0.7)	21.8* (0.8)	26	<3
14-18.....	256	12.4 (0.4)	6.7* (0.4)	7.6 (0.4)	9.5 (0.4)	12.0 (0.4)	14.8 (0.5)	17.7 (0.7)	19.6* (0.8)	26	<3
19-50.....	766	13.7 (0.3)	6.3 (0.3)	7.5 (0.3)	9.9 (0.3)	13.1 (0.3)	16.8 (0.4)	20.7 (0.5)	23.3 (0.6)	25	3 (0.6)
51+.....	651	13.9 (0.4)	6.5 (0.3)	7.7 (0.3)	10.0 (0.4)	13.2 (0.4)	17.0 (0.4)	21.1 (0.5)	23.7 (0.6)	21	10 (1.3)
19+.....	1417	13.8 (0.3)	6.4 (0.3)	7.6 (0.3)	9.9 (0.3)	13.1 (0.3)	16.9 (0.4)	20.9 (0.5)	23.5 (0.6)		6 (0.8)
All:											
1+.....	4638	14.4 (0.2)	6.7 (0.2)	7.9 (0.2)	10.3 (0.2)	13.5 (0.2)	17.5 (0.3)	22.0 (0.4)	25.1 (0.5)		<3

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

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Table 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, 2015-2018

	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.....	397	53.2 (1.2)	32.7* (1.2)	36.4 (1.1)	43.6 (1.1)	52.0 (1.2)	61.5 (1.4)	71.3 (1.9)	77.6* (2.2)
4-8.....	557	65.8 (1.1)	41.3 (1.2)	45.8 (1.2)	54.1 (1.1)	64.5 (1.1)	75.8 (1.5)	87.6 (2.1)	95.1 (2.4)
Males:									
9-13.....	242	76.3 (2.3)	46.6* (1.7)	52.3 (1.6)	62.5 (1.8)	74.7 (2.2)	88.3 (2.9)	101.9 (3.8)	111.0* (4.5)
14-18.....	240	83.8 (2.6)	52.4* (1.7)	58.0 (1.9)	69.1 (2.0)	82.2 (2.5)	96.8 (3.4)	111.4 (4.2)	120.7* (4.9)
19-50.....	649	92.8 (2.3)	50.3 (2.2)	57.8 (2.2)	72.0 (2.1)	90.2 (2.3)	110.5 (2.6)	131.3 (3.1)	143.9 (3.4)
51+.....	591	91.4 (2.5)	48.8 (2.3)	56.8 (2.4)	70.9 (2.4)	88.9 (2.5)	109.3 (2.8)	129.3 (3.4)	142.5 (4.1)
19+.....	1240	92.3 (2.3)	49.8 (2.2)	57.5 (2.2)	71.7 (2.1)	89.7 (2.3)	110.0 (2.6)	130.6 (3.1)	143.4 (3.5)
Females:									
9-13.....	289	71.0 (2.2)	43.3* (1.6)	48.5 (1.5)	57.7 (1.6)	69.4 (2.1)	82.4 (2.8)	95.7 (3.7)	103.9* (4.3)
14-18.....	256	66.6 (2.1)	40.0* (2.0)	44.5 (1.9)	53.7 (2.0)	65.1 (2.2)	77.7 (2.6)	90.3 (3.5)	98.7* (3.7)
19-50.....	766	70.6 (1.3)	37.8 (1.2)	43.5 (1.2)	54.7 (1.2)	68.5 (1.3)	84.4 (1.6)	100.0 (2.0)	110.3 (2.4)
51+.....	651	67.1 (1.3)	35.7 (1.1)	41.2 (1.1)	51.5 (1.1)	65.0 (1.3)	80.4 (1.7)	96.3 (2.1)	106.7 (2.6)
19+.....	1417	69.2 (1.1)	36.9 (1.1)	42.5 (1.0)	53.4 (1.0)	67.1 (1.1)	82.8 (1.4)	98.7 (1.9)	108.8 (2.3)
All:									
1+.....	4638	75.9 (1.3)	39.9 (0.7)	45.8 (0.7)	57.3 (0.8)	72.4 (1.3)	90.9 (1.8)	110.7 (2.3)	124.2 (2.6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	19.3 (0.7)	11.6* (0.6)	13.0 (0.6)	15.7 (0.6)	18.8 (0.7)	22.3 (0.8)	26.1 (0.9)	28.4* (1.0)
4-8.....	557	23.2 (0.7)	14.2 (0.6)	15.8 (0.6)	18.8 (0.6)	22.6 (0.6)	26.8 (0.8)	31.2 (1.0)	34.0 (1.1)
Males:									
9-13.....	242	26.6 (0.8)	15.3* (0.7)	17.4 (0.6)	21.2 (0.7)	25.9 (0.8)	31.2 (1.0)	36.6 (1.4)	40.2* (1.7)
14-18.....	240	29.2 (1.2)	17.2* (0.7)	19.2 (0.7)	23.4 (0.8)	28.4 (1.1)	34.1 (1.5)	40.0 (2.0)	43.7* (2.2)
19-50.....	649	30.5 (0.8)	15.8 (0.8)	18.4 (0.8)	23.2 (0.8)	29.5 (0.9)	36.6 (0.9)	44.0 (1.0)	48.5 (1.1)
51+.....	591	29.8 (0.8)	15.2 (0.8)	17.8 (0.8)	22.7 (0.8)	28.8 (0.8)	35.9 (1.0)	43.0 (1.1)	47.7 (1.3)
19+.....	1240	30.2 (0.7)	15.6 (0.7)	18.2 (0.7)	23.0 (0.7)	29.2 (0.8)	36.4 (0.8)	43.7 (0.9)	48.3 (1.1)
Females:									
9-13.....	289	24.8 (0.8)	14.2* (0.6)	16.1 (0.6)	19.6 (0.7)	24.1 (0.8)	29.1 (1.1)	34.4 (1.5)	37.7* (1.8)
14-18.....	256	22.3 (1.1)	12.5* (0.6)	14.1 (0.6)	17.4 (0.8)	21.6 (1.1)	26.4 (1.4)	31.3 (1.9)	34.5* (2.1)
19-50.....	766	23.1 (0.5)	11.6 (0.4)	13.5 (0.4)	17.4 (0.4)	22.2 (0.5)	27.9 (0.6)	33.6 (0.8)	37.4 (1.0)
51+.....	651	22.2 (0.6)	11.2 (0.4)	13.0 (0.4)	16.5 (0.4)	21.3 (0.5)	26.8 (0.7)	32.7 (1.0)	36.4 (1.1)
19+.....	1417	22.7 (0.5)	11.4 (0.4)	13.3 (0.4)	17.0 (0.4)	21.8 (0.4)	27.5 (0.6)	33.3 (0.8)	37.0 (1.0)
All:									
1+.....	4638	25.4 (0.4)	12.8 (0.3)	14.9 (0.2)	18.9 (0.3)	24.2 (0.4)	30.6 (0.6)	37.5 (0.7)	42.2 (0.8)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	17.3 (0.4)	10.5* (0.3)	11.7 (0.3)	14.1 (0.4)	16.9 (0.4)	20.1 (0.5)	23.4 (0.7)	25.5* (0.8)
4-8.....	557	21.7 (0.4)	13.4 (0.3)	15.0 (0.3)	17.7 (0.3)	21.2 (0.3)	25.1 (0.5)	29.1 (0.7)	31.7 (0.8)
Males:									
9-13.....	242	25.4 (0.9)	15.2* (0.6)	17.1 (0.7)	20.6 (0.7)	24.8 (0.8)	29.5 (1.0)	34.2 (1.2)	37.3* (1.4)
14-18.....	240	27.8 (1.0)	17.1* (0.6)	19.0 (0.7)	22.7 (0.8)	27.2 (0.9)	32.3 (1.2)	37.3 (1.4)	40.6* (1.6)
19-50.....	649	32.0 (0.8)	16.9 (0.9)	19.5 (0.9)	24.5 (0.8)	30.9 (0.8)	38.2 (0.8)	45.8 (1.0)	50.5 (1.1)
51+.....	591	32.1 (0.9)	16.8 (0.9)	19.6 (0.9)	24.6 (0.9)	31.1 (0.9)	38.5 (1.0)	45.8 (1.1)	50.7 (1.4)
19+.....	1240	32.0 (0.8)	16.9 (0.9)	19.5 (0.9)	24.5 (0.8)	31.0 (0.8)	38.3 (0.8)	45.8 (1.0)	50.5 (1.1)
Females:									
9-13.....	289	23.4 (0.8)	14.0* (0.6)	15.7 (0.6)	18.9 (0.6)	22.8 (0.7)	27.3 (0.9)	31.9 (1.2)	34.7* (1.3)
14-18.....	256	22.1 (1.0)	13.0* (0.7)	14.5 (0.7)	17.6 (0.8)	21.5 (1.0)	25.8 (1.1)	30.2 (1.4)	33.1* (1.4)
19-50.....	766	23.9 (0.5)	12.5 (0.5)	14.4 (0.5)	18.3 (0.5)	23.1 (0.5)	28.8 (0.6)	34.4 (0.7)	38.1 (0.9)
51+.....	651	22.9 (0.5)	11.9 (0.4)	13.8 (0.4)	17.3 (0.4)	22.1 (0.5)	27.6 (0.7)	33.3 (0.9)	37.1 (1.0)
19+.....	1417	23.5 (0.5)	12.2 (0.4)	14.1 (0.4)	17.9 (0.4)	22.7 (0.5)	28.3 (0.6)	34.0 (0.7)	37.7 (0.9)
All:									
1+.....	4638	25.8 (0.3)	13.1 (0.2)	15.1 (0.2)	19.1 (0.2)	24.4 (0.3)	31.0 (0.5)	38.3 (0.6)	43.3 (0.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	11.2 (0.3)	6.0* (0.2)	6.8 (0.2)	8.6 (0.2)	10.8 (0.2)	13.3 (0.3)	16.1 (0.5)	17.9* (0.6)
4-8.....	557	14.6 (0.3)	8.0 (0.3)	9.1 (0.3)	11.3 (0.3)	14.1 (0.3)	17.3 (0.3)	20.7 (0.5)	23.0 (0.6)
Males:									
9-13.....	242	17.2 (0.6)	10.2* (0.5)	11.5 (0.5)	13.9 (0.5)	16.7 (0.6)	20.0 (0.7)	23.3 (0.9)	25.6* (1.1)
14-18.....	240	18.3 (0.8)	11.1* (0.7)	12.3 (0.8)	14.8 (0.8)	17.8 (0.8)	21.3 (0.9)	24.8 (1.0)	27.1* (1.2)
19-50.....	649	20.6 (0.8)	10.6 (1.0)	12.3 (1.0)	15.5 (0.9)	19.8 (0.9)	24.8 (0.8)	30.1 (0.9)	33.4 (1.0)
51+.....	591	20.7 (0.9)	10.5 (0.9)	12.3 (1.0)	15.6 (1.0)	19.9 (0.9)	25.0 (0.9)	30.1 (1.2)	33.6 (1.5)
19+.....	1240	20.7 (0.8)	10.6 (1.0)	12.3 (1.0)	15.6 (0.9)	19.8 (0.9)	24.9 (0.8)	30.1 (0.9)	33.4 (1.1)
Females:									
9-13.....	289	16.3 (0.4)	9.7* (0.5)	10.9 (0.5)	13.1 (0.4)	15.8 (0.4)	19.0 (0.5)	22.3 (0.7)	24.3* (0.9)
14-18.....	256	15.9 (0.6)	9.5* (0.6)	10.5 (0.6)	12.7 (0.6)	15.5 (0.7)	18.6 (0.7)	21.8 (0.9)	24.0* (1.0)
19-50.....	766	16.5 (0.4)	8.7 (0.5)	10.0 (0.5)	12.6 (0.4)	15.9 (0.4)	19.8 (0.5)	23.7 (0.5)	26.4 (0.7)
51+.....	651	15.5 (0.5)	8.1 (0.5)	9.3 (0.5)	11.7 (0.5)	14.8 (0.5)	18.5 (0.5)	22.5 (0.6)	25.1 (0.7)
19+.....	1417	16.1 (0.4)	8.4 (0.5)	9.7 (0.4)	12.2 (0.4)	15.5 (0.4)	19.3 (0.4)	23.3 (0.5)	25.9 (0.6)
All:									
1+.....	4638	17.2 (0.3)	8.6 (0.2)	10.0 (0.2)	12.7 (0.3)	16.4 (0.3)	20.7 (0.4)	25.5 (0.5)	28.8 (0.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	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.....	397	10.0 (0.3)	5.3* (0.2)	6.0 (0.2)	7.6 (0.2)	9.6 (0.2)	11.9 (0.3)	14.5 (0.4)	16.1* (0.5)	7	82 (2.0)
4-8.....	557	13.1 (0.2)	7.1 (0.3)	8.1 (0.3)	10.1 (0.2)	12.6 (0.2)	15.5 (0.3)	18.7 (0.4)	20.8 (0.5)	10	76 (2.2)
Males:											
9-13.....	242	15.5 (0.5)	9.1* (0.4)	10.3 (0.4)	12.4 (0.4)	15.1 (0.5)	18.0 (0.6)	21.1 (0.8)	23.2* (0.9)	12	79 (3.4)
14-18.....	240	16.4 (0.6)	9.8* (0.5)	10.9 (0.6)	13.2 (0.6)	15.9 (0.6)	19.1 (0.8)	22.3 (0.9)	24.4* (1.0)	16	50 (6.0)
19-50.....	649	18.3 (0.8)	9.4 (0.7)	10.9 (0.7)	13.8 (0.7)	17.6 (0.8)	22.0 (0.9)	26.7 (1.0)	29.6 (1.1)	17	54 (5.2)
51+.....	591	18.3 (0.8)	9.3 (0.6)	10.9 (0.7)	13.8 (0.7)	17.6 (0.8)	22.1 (0.9)	26.7 (1.2)	29.8 (1.4)	14	74 (4.4)
19+.....	1240	18.3 (0.8)	9.3 (0.6)	10.9 (0.7)	13.8 (0.7)	17.6 (0.8)	22.0 (0.8)	26.7 (1.0)	29.7 (1.1)		61 (4.6)
Females:											
9-13.....	289	14.6 (0.4)	8.7* (0.4)	9.8 (0.4)	11.7 (0.4)	14.2 (0.4)	17.1 (0.5)	20.1 (0.7)	22.0* (0.8)	10	88 (2.2)
14-18.....	256	14.3 (0.5)	8.4* (0.4)	9.4 (0.4)	11.4 (0.4)	13.9 (0.5)	16.7 (0.6)	19.6 (0.7)	21.6* (0.8)	11	78 (3.8)
19-50.....	766	14.6 (0.3)	7.7 (0.3)	8.8 (0.3)	11.1 (0.3)	14.1 (0.3)	17.6 (0.4)	21.1 (0.6)	23.5 (0.7)	12	68 (2.6)
51+.....	651	13.6 (0.4)	7.1 (0.3)	8.1 (0.3)	10.2 (0.3)	13.0 (0.4)	16.3 (0.5)	19.9 (0.5)	22.2 (0.7)	11	69 (2.9)
19+.....	1417	14.2 (0.3)	7.4 (0.3)	8.5 (0.3)	10.7 (0.3)	13.7 (0.3)	17.1 (0.4)	20.7 (0.5)	23.0 (0.6)		68 (2.4)
All:											
1+.....	4638	15.3 (0.3)	7.6 (0.2)	8.8 (0.2)	11.3 (0.2)	14.5 (0.2)	18.5 (0.3)	22.7 (0.5)	25.6 (0.6)		68 (1.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	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.....	397	1.00 (0.03)	0.55* (0.03)	0.62 (0.03)	0.77 (0.03)	0.96 (0.03)	1.18 (0.03)	1.43 (0.04)	1.60* (0.05)	0.7	82 (2.8)
4-8.....	557	1.24 (0.04)	0.69 (0.04)	0.78 (0.04)	0.95 (0.04)	1.19 (0.04)	1.46 (0.05)	1.76 (0.06)	1.96 (0.07)	0.9	80 (3.4)
Males:											
9-13.....	242	1.41 (0.04)	0.87* (0.04)	0.97 (0.04)	1.15 (0.04)	1.37 (0.04)	1.62 (0.06)	1.88 (0.08)	2.06* (0.10)	1.2	70 (4.1)
14-18.....	240	1.57 (0.06)	0.99* (0.07)	1.09 (0.07)	1.29 (0.07)	1.53 (0.07)	1.81 (0.07)	2.10 (0.08)	2.29* (0.09)	1.6	43 (6.3)
19-50.....	649	1.84 (0.06)	0.90 (0.05)	1.05 (0.05)	1.34 (0.05)	1.75 (0.06)	2.23 (0.08)	2.77 (0.10)	3.10 (0.12)	1.6	59 (3.7)
51+.....	591	1.90 (0.07)	0.93 (0.06)	1.09 (0.06)	1.40 (0.06)	1.81 (0.07)	2.31 (0.09)	2.83 (0.12)	3.19 (0.14)	1.6	63 (3.6)
19+.....	1240	1.86 (0.06)	0.91 (0.05)	1.06 (0.05)	1.36 (0.05)	1.77 (0.06)	2.26 (0.07)	2.79 (0.10)	3.13 (0.12)	1.6	60 (3.3)
Females:											
9-13.....	289	1.40 (0.04)	0.88* (0.05)	0.97 (0.05)	1.15 (0.04)	1.37 (0.04)	1.62 (0.05)	1.89 (0.07)	2.06* (0.09)	1	88 (3.3)
14-18.....	256	1.38 (0.06)	0.86* (0.06)	0.95 (0.06)	1.12 (0.06)	1.35 (0.06)	1.60 (0.06)	1.86 (0.08)	2.03* (0.09)	1.1	77 (5.5)
19-50.....	766	1.53 (0.04)	0.78 (0.04)	0.90 (0.04)	1.14 (0.04)	1.46 (0.04)	1.85 (0.04)	2.26 (0.05)	2.54 (0.06)	1.1	78 (2.7)
51+.....	651	1.50 (0.05)	0.77 (0.04)	0.88 (0.04)	1.11 (0.04)	1.42 (0.04)	1.80 (0.05)	2.22 (0.07)	2.50 (0.08)	1.1	76 (3.1)
19+.....	1417	1.52 (0.04)	0.77 (0.04)	0.89 (0.04)	1.13 (0.04)	1.44 (0.04)	1.83 (0.04)	2.25 (0.05)	2.52 (0.06)	1.1	77 (2.6)
All:											
1+.....	4638	1.56 (0.02)	0.77 (0.02)	0.89 (0.02)	1.13 (0.02)	1.46 (0.02)	1.87 (0.03)	2.35 (0.05)	2.69 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	0.01 (#)	#	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)
4-8.....	557	0.01 (#)	#	#	0.01 (#)	0.01 (#)	0.01 (#)	0.02 (0.001)	0.02 (0.001)
Males:									
9-13.....	242	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.002)
14-18.....	240	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03* (0.001)
19-50.....	649	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)
51+.....	591	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
19+.....	1240	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)
Females:									
9-13.....	289	0.01 (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.001)
14-18.....	256	0.01 (0.001)	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.001)
19-50.....	766	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
51+.....	651	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.03 (0.003)
19+.....	1417	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
All:									
1+.....	4638	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.002)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	0.02 (0.002)	#	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.05* (0.006)
4-8.....	557	0.02 (0.002)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.05 (0.005)
Males:									
9-13.....	242	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.005)
14-18.....	240	0.02 (0.003)	0.01* (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.004)	0.05* (0.005)
19-50.....	649	0.05 (0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.04 (0.004)	0.07 (0.005)	0.11 (0.009)	0.15 (0.013)
51+.....	591	0.06 (0.007)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.08 (0.009)	0.13 (0.014)	0.17 (0.019)
19+.....	1240	0.06 (0.005)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.006)	0.12 (0.010)	0.15 (0.014)
Females:									
9-13.....	289	0.02 (0.002)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.004)
14-18.....	256	0.02 (0.002)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04* (0.004)
19-50.....	766	0.05 (0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.003)	0.07 (0.005)	0.11 (0.009)	0.14 (0.013)
51+.....	651	0.06 (0.005)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.006)	0.11 (0.012)	0.15 (0.018)
19+.....	1417	0.05 (0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.005)	0.11 (0.010)	0.14 (0.015)
All:									
1+.....	4638	0.04 (0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.05 (0.003)	0.09 (0.006)	0.13 (0.009)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	183 (7)	85* (6)	99 (6)	130 (6)	171 (7)	222 (8)	280 (11)	321* (13)
4-8.....	557	206 (6)	97 (5)	113 (5)	146 (5)	193 (6)	251 (8)	316 (11)	362 (14)
Males:									
9-13.....	242	225 (9)	105* (8)	125 (8)	163 (8)	213 (9)	273 (11)	337 (15)	383* (18)
14-18.....	240	262 (12)	128* (11)	149 (11)	193 (11)	250 (12)	318 (15)	391 (19)	439* (22)
19-50.....	649	347 (11)	155 (11)	185 (12)	245 (12)	328 (12)	427 (13)	535 (18)	602 (22)
51+.....	591	341 (13)	149 (10)	181 (10)	241 (11)	322 (13)	421 (17)	524 (21)	595 (25)
19+.....	1240	345 (11)	153 (11)	183 (11)	244 (11)	326 (11)	425 (13)	531 (18)	600 (22)
Females:									
9-13.....	289	211 (10)	99* (8)	117 (8)	152 (9)	200 (10)	257 (12)	320 (16)	361* (19)
14-18.....	256	195 (9)	89* (8)	105 (8)	139 (8)	184 (10)	239 (12)	298 (16)	339* (19)
19-50.....	766	255 (7)	119 (8)	140 (8)	184 (8)	242 (8)	312 (9)	385 (11)	433 (14)
51+.....	651	247 (8)	116 (8)	136 (8)	178 (8)	234 (8)	302 (9)	377 (12)	425 (15)
19+.....	1417	252 (7)	118 (8)	139 (8)	181 (8)	239 (7)	308 (9)	381 (11)	430 (14)
All:									
1+.....	4638	267 (6)	112 (5)	134 (6)	180 (7)	245 (8)	330 (9)	428 (10)	498 (14)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	521 (14)	281* (17)	320 (16)	403 (15)	503 (14)	621 (15)	742 (17)	823* (21)	210	<3
4-8.....	557	559 (20)	302 (18)	345 (18)	429 (18)	540 (20)	666 (22)	800 (29)	888 (32)	275	3* (1.1)
Males:											
9-13.....	242	612 (26)	259* (19)	316 (21)	427 (24)	575 (26)	755 (29)	950 (38)	1090* (46)	445	28 (3.7)
14-18.....	240	556 (30)	231* (21)	278 (22)	382 (25)	519 (30)	691 (38)	878 (46)	1004* (49)	630	67 (4.7)
19-50.....	649	561 (19)	210 (15)	260 (16)	364 (16)	515 (19)	706 (24)	924 (33)	1066 (39)	625	66 (2.8)
51+.....	591	594 (28)	222 (18)	277 (19)	387 (22)	546 (27)	749 (35)	976 (46)	1131 (52)	625	61 (3.9)
19+.....	1240	572 (21)	214 (14)	265 (15)	371 (16)	525 (20)	721 (26)	943 (35)	1091 (41)	625	64 (2.9)
Females:											
9-13.....	289	568 (20)	241* (19)	292 (19)	392 (20)	531 (20)	702 (27)	893 (36)	1017* (44)	420	30 (3.5)
14-18.....	256	465 (21)	185* (14)	224 (14)	311 (17)	433 (21)	582 (26)	747 (33)	863* (38)	485	60 (4.2)
19-50.....	766	513 (19)	213 (13)	256 (13)	347 (14)	475 (17)	637 (25)	817 (37)	939 (47)	500	55 (3.1)
51+.....	651	534 (27)	223 (17)	267 (18)	360 (20)	492 (25)	662 (34)	858 (46)	988 (54)	500	51 (4.4)
19+.....	1417	521 (18)	217 (13)	260 (13)	352 (13)	482 (17)	647 (24)	832 (38)	961 (49)	500	53 (3.0)
All:											
1+.....	4638	545 (13)	224 (13)	272 (12)	371 (11)	507 (11)	674 (16)	865 (24)	997 (29)	48	2.1

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	432 (12)	236* (16)	269 (15)	337 (14)	419 (12)	513 (13)	609 (16)	674* (20)	600	11 (1.8)
4-8.....	557	463 (13)	252 (18)	288 (18)	359 (16)	449 (14)	550 (14)	657 (19)	727 (22)	900	<3
Males:											
9-13.....	242	518 (25)	201* (19)	252 (20)	351 (22)	483 (25)	647 (31)	824 (40)	950* (49)	1700	<3
14-18.....	240	472 (23)	179* (19)	221 (19)	313 (20)	437 (23)	593 (30)	764 (38)	878* (46)	2800	<3
19-50.....	649	408 (18)	135 (18)	173 (18)	252 (17)	369 (18)	521 (22)	695 (29)	808 (36)	3000	<3
51+.....	591	424 (19)	139 (20)	179 (22)	262 (21)	384 (20)	544 (23)	723 (30)	848 (35)	3000	<3
19+.....	1240	414 (17)	136 (19)	175 (19)	255 (19)	374 (18)	529 (21)	704 (27)	823 (31)	3000	<3
Females:											
9-13.....	289	470 (24)	181* (20)	225 (21)	312 (22)	436 (24)	588 (31)	760 (39)	871* (46)	1700	<3
14-18.....	256	362 (16)	126* (14)	157 (14)	230 (15)	332 (16)	461 (21)	604 (29)	706* (35)	2800	<3
19-50.....	766	348 (13)	130 (9)	161 (10)	226 (11)	319 (14)	438 (16)	571 (21)	662 (27)	3000	<3
51+.....	651	344 (15)	129 (8)	158 (8)	221 (11)	313 (14)	433 (19)	572 (27)	664 (32)	3000	<3
19+.....	1417	346 (11)	129 (8)	159 (8)	224 (8)	316 (10)	436 (14)	572 (21)	663 (26)	3000	<3
All:											
1+.....	4638	401 (10)	143 (9)	180 (10)	259 (10)	371 (9)	507 (10)	658 (14)	764 (18)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	1.14 (0.03)	0.73* (0.02)	0.80 (0.03)	0.95 (0.03)	1.12 (0.03)	1.31 (0.03)	1.52 (0.03)	1.65* (0.04)	0.4	<3
4-8.....	557	1.45 (0.03)	0.94 (0.04)	1.04 (0.04)	1.21 (0.04)	1.42 (0.04)	1.66 (0.04)	1.91 (0.04)	2.07 (0.04)	0.5	<3
Males:											
9-13.....	242	1.67 (0.05)	0.99* (0.04)	1.12 (0.04)	1.35 (0.04)	1.63 (0.05)	1.95 (0.06)	2.27 (0.08)	2.49* (0.09)	0.7	<3
14-18.....	240	1.78 (0.06)	1.07* (0.05)	1.20 (0.05)	1.44 (0.05)	1.74 (0.06)	2.08 (0.08)	2.42 (0.09)	2.64* (0.10)	1	3* (1.1)
19-50.....	649	1.78 (0.05)	1.00 (0.03)	1.13 (0.03)	1.39 (0.04)	1.72 (0.04)	2.10 (0.05)	2.50 (0.07)	2.75 (0.07)	1	5 (1.0)
51+.....	591	1.72 (0.05)	0.95 (0.04)	1.09 (0.04)	1.34 (0.05)	1.67 (0.05)	2.04 (0.05)	2.43 (0.06)	2.69 (0.07)	1	6 (1.4)
19+.....	1240	1.76 (0.04)	0.98 (0.03)	1.12 (0.03)	1.37 (0.04)	1.70 (0.04)	2.08 (0.05)	2.48 (0.06)	2.73 (0.07)	1	6 (1.0)
Females:											
9-13.....	289	1.53 (0.05)	0.90* (0.04)	1.01 (0.04)	1.22 (0.04)	1.48 (0.05)	1.78 (0.06)	2.10 (0.07)	2.29* (0.08)	0.7	<3
14-18.....	256	1.32 (0.04)	0.76* (0.03)	0.85 (0.03)	1.04 (0.04)	1.29 (0.04)	1.56 (0.05)	1.84 (0.07)	2.03* (0.07)	0.9	13 (2.3)
19-50.....	766	1.31 (0.02)	0.74 (0.03)	0.84 (0.03)	1.03 (0.02)	1.27 (0.02)	1.55 (0.03)	1.84 (0.04)	2.02 (0.05)	0.9	14 (1.8)
51+.....	651	1.25 (0.03)	0.71 (0.03)	0.80 (0.03)	0.98 (0.03)	1.21 (0.03)	1.48 (0.04)	1.77 (0.05)	1.95 (0.06)	0.9	18 (2.2)
19+.....	1417	1.29 (0.02)	0.73 (0.02)	0.82 (0.02)	1.01 (0.02)	1.25 (0.02)	1.53 (0.03)	1.81 (0.04)	2.00 (0.05)	0.9	15 (1.8)
All:											
1+.....	4638	1.49 (0.01)	0.81 (0.02)	0.92 (0.02)	1.14 (0.01)	1.42 (0.01)	1.77 (0.02)	2.15 (0.02)	2.41 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	1.57 (0.03)	1.01* (0.03)	1.11 (0.03)	1.31 (0.03)	1.55 (0.03)	1.80 (0.03)	2.07 (0.04)	2.23* (0.04)	0.4	<3
4-8.....	557	1.76 (0.03)	1.14 (0.04)	1.26 (0.03)	1.47 (0.03)	1.73 (0.03)	2.02 (0.03)	2.31 (0.04)	2.50 (0.04)	0.5	<3
Males:											
9-13.....	242	1.97 (0.05)	1.06* (0.05)	1.22 (0.05)	1.52 (0.05)	1.90 (0.05)	2.34 (0.06)	2.79 (0.08)	3.10* (0.10)	0.8	<3
14-18.....	240	2.09 (0.08)	1.15* (0.06)	1.30 (0.06)	1.62 (0.07)	2.02 (0.08)	2.49 (0.10)	2.97 (0.13)	3.28* (0.14)	1.1	4* (1.4)
19-50.....	649	2.25 (0.07)	1.00 (0.04)	1.19 (0.04)	1.57 (0.04)	2.10 (0.06)	2.76 (0.09)	3.49 (0.14)	3.96 (0.17)	1.1	7 (1.1)
51+.....	591	2.22 (0.07)	0.98 (0.05)	1.18 (0.05)	1.56 (0.06)	2.09 (0.07)	2.74 (0.10)	3.44 (0.13)	3.93 (0.16)	1.1	8 (1.4)
19+.....	1240	2.24 (0.07)	0.99 (0.04)	1.19 (0.04)	1.57 (0.04)	2.10 (0.06)	2.75 (0.09)	3.47 (0.13)	3.95 (0.16)	1.1	7 (1.1)
Females:											
9-13.....	289	1.81 (0.05)	0.97* (0.05)	1.12 (0.05)	1.39 (0.05)	1.74 (0.05)	2.16 (0.06)	2.60 (0.08)	2.88* (0.10)	0.8	<3
14-18.....	256	1.54 (0.06)	0.79* (0.05)	0.91 (0.05)	1.16 (0.05)	1.48 (0.06)	1.85 (0.07)	2.24 (0.08)	2.50* (0.09)	0.9	9 (2.2)
19-50.....	766	1.66 (0.03)	0.87 (0.03)	1.00 (0.03)	1.26 (0.03)	1.59 (0.03)	1.99 (0.04)	2.39 (0.05)	2.66 (0.06)	0.9	6 (1.0)
51+.....	651	1.65 (0.04)	0.87 (0.03)	1.00 (0.03)	1.25 (0.03)	1.58 (0.04)	1.97 (0.05)	2.39 (0.06)	2.66 (0.08)	0.9	6 (1.1)
19+.....	1417	1.65 (0.03)	0.87 (0.03)	1.00 (0.03)	1.25 (0.03)	1.59 (0.03)	1.98 (0.04)	2.39 (0.05)	2.66 (0.06)	0.9	6 (1.0)
All:											
1+.....	4638	1.87 (0.02)	0.94 (0.02)	1.09 (0.01)	1.37 (0.01)	1.75 (0.02)	2.22 (0.03)	2.80 (0.06)	3.24 (0.09)		5 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	14.3 (0.3)	8.5* (0.3)	9.5 (0.3)	11.6 (0.3)	13.9 (0.3)	16.7 (0.4)	19.5 (0.5)	21.3* (0.5)	5	<3
4-8.....	557	19.4 (0.3)	12.0 (0.4)	13.4 (0.4)	15.9 (0.4)	19.0 (0.4)	22.4 (0.3)	25.9 (0.4)	28.2 (0.4)	6	<3
Males:											
9-13.....	242	23.2 (0.6)	13.4* (0.6)	15.2 (0.6)	18.5 (0.6)	22.5 (0.6)	27.1 (0.7)	31.8 (0.9)	35.0* (1.1)	9	<3
14-18.....	240	27.9 (0.8)	16.8* (0.7)	18.7 (0.7)	22.5 (0.7)	27.1 (0.8)	32.5 (1.0)	37.9 (1.3)	41.3* (1.6)	12	<3
19-50.....	649	31.3 (0.7)	16.4 (0.7)	18.9 (0.7)	23.6 (0.6)	29.9 (0.7)	37.4 (0.9)	45.4 (1.4)	50.5 (1.7)	12	<3
51+.....	591	27.3 (0.8)	13.6 (0.7)	16.0 (0.7)	20.3 (0.7)	26.1 (0.8)	33.1 (1.0)	40.2 (1.4)	45.2 (1.7)	12	<3
19+.....	1240	29.9 (0.7)	15.2 (0.7)	17.7 (0.7)	22.3 (0.7)	28.6 (0.7)	36.0 (0.9)	43.9 (1.4)	49.0 (1.7)	12	<3
Females:											
9-13.....	289	21.2 (0.7)	12.3* (0.6)	13.9 (0.6)	16.8 (0.6)	20.6 (0.7)	24.9 (0.8)	29.5 (1.0)	32.3* (1.2)	9	<3
14-18.....	256	19.9 (0.7)	11.4* (0.6)	12.8 (0.6)	15.7 (0.6)	19.4 (0.7)	23.5 (0.9)	27.8 (1.1)	30.7* (1.3)	11	4* (1.2)
19-50.....	766	21.2 (0.4)	12.2 (0.4)	13.7 (0.4)	16.8 (0.4)	20.6 (0.4)	25.0 (0.4)	29.4 (0.6)	32.2 (0.7)	11	<3
51+.....	651	19.2 (0.5)	10.8 (0.5)	12.3 (0.5)	15.0 (0.5)	18.5 (0.5)	22.7 (0.6)	26.9 (0.7)	29.7 (0.9)	11	5 (1.3)
19+.....	1417	20.4 (0.4)	11.5 (0.4)	13.0 (0.4)	16.0 (0.4)	19.8 (0.4)	24.1 (0.5)	28.5 (0.6)	31.3 (0.7)	11	4 (0.9)
All:											
1+.....	4638	23.3 (0.3)	11.8 (0.2)	13.5 (0.2)	17.0 (0.2)	21.7 (0.3)	27.9 (0.5)	35.3 (0.7)	40.7 (1.0)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	1.32 (0.03)	0.83* (0.03)	0.92 (0.03)	1.10 (0.03)	1.29 (0.03)	1.52 (0.04)	1.75 (0.05)	1.90* (0.06)	0.4	<3	30	<3
4-8.....	557	1.57 (0.03)	1.01 (0.04)	1.11 (0.04)	1.30 (0.04)	1.54 (0.03)	1.80 (0.03)	2.06 (0.04)	2.24 (0.06)	0.5	<3	40	<3
Males:													
9-13.....	242	1.81 (0.06)	0.91* (0.06)	1.06 (0.06)	1.35 (0.06)	1.72 (0.06)	2.18 (0.08)	2.66 (0.11)	3.01* (0.13)	0.8	<3	60	<3
14-18.....	240	2.06 (0.08)	1.06* (0.07)	1.21 (0.07)	1.54 (0.07)	1.96 (0.08)	2.47 (0.10)	3.01 (0.14)	3.38* (0.16)	1.1	6* (1.8)	80	<3
19-50.....	649	2.47 (0.08)	1.06 (0.09)	1.27 (0.09)	1.69 (0.08)	2.29 (0.07)	3.05 (0.10)	3.92 (0.16)	4.49 (0.21)	1.1	6 (1.7)	100	<3
51+.....	591	2.23 (0.09)	0.92 (0.08)	1.12 (0.08)	1.51 (0.08)	2.06 (0.09)	2.77 (0.11)	3.55 (0.15)	4.11 (0.19)	1.4	20 (3.6)	100	<3
19+.....	1240	2.39 (0.07)	1.01 (0.08)	1.21 (0.08)	1.62 (0.08)	2.21 (0.07)	2.95 (0.09)	3.80 (0.15)	4.37 (0.20)		11 (2.3)	100	<3
Females:													
9-13.....	289	1.72 (0.08)	0.87* (0.05)	1.01 (0.05)	1.27 (0.06)	1.63 (0.07)	2.06 (0.10)	2.54 (0.13)	2.86* (0.15)	0.8	3* (1.0)	60	<3
14-18.....	256	1.52 (0.06)	0.75* (0.04)	0.87 (0.04)	1.11 (0.05)	1.44 (0.06)	1.84 (0.07)	2.27 (0.10)	2.57* (0.12)	1	17 (3.1)	80	<3
19-50.....	766	1.72 (0.03)	0.89 (0.04)	1.02 (0.04)	1.29 (0.04)	1.64 (0.03)	2.06 (0.04)	2.50 (0.06)	2.80 (0.08)	1.1	14 (2.0)	100	<3
51+.....	651	1.58 (0.05)	0.82 (0.04)	0.93 (0.04)	1.18 (0.04)	1.50 (0.05)	1.89 (0.06)	2.33 (0.08)	2.61 (0.10)	1.3	34 (3.2)	100	<3
19+.....	1417	1.66 (0.04)	0.85 (0.04)	0.98 (0.04)	1.24 (0.03)	1.58 (0.04)	2.00 (0.05)	2.44 (0.07)	2.73 (0.09)		22 (2.2)	100	<3
All:													
1+.....	4638	1.87 (0.04)	0.89 (0.02)	1.04 (0.02)	1.31 (0.02)	1.70 (0.03)	2.24 (0.05)	2.93 (0.09)	3.48 (0.12)		13 (1.2)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	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.....	397	356 (9)	198* (8)	224 (8)	277 (8)	342 (9)	419 (11)	505 (14)	562* (16)	120	<3
4-8.....	557	483 (13)	278 (11)	311 (12)	378 (12)	466 (13)	568 (15)	679 (19)	754 (23)	160	<3
Males:											
9-13.....	242	547 (20)	297* (21)	341 (22)	422 (21)	525 (21)	648 (20)	778 (23)	870* (31)	250	<3
14-18.....	240	574 (24)	316* (23)	357 (23)	442 (24)	551 (24)	681 (27)	819 (34)	910* (38)	330	6* (2.3)
19-50.....	649	551 (12)	266 (10)	312 (10)	400 (10)	521 (11)	669 (15)	830 (22)	934 (27)	320	11 (1.6)
51+.....	591	517 (12)	246 (11)	289 (11)	374 (11)	489 (11)	630 (14)	780 (20)	885 (27)	320	15 (1.7)
19+.....	1240	539 (11)	258 (10)	303 (10)	390 (9)	510 (10)	656 (13)	814 (21)	918 (25)	320	12 (1.5)
Females:											
9-13.....	289	519 (20)	285* (18)	324 (18)	398 (19)	498 (21)	615 (22)	743 (28)	826* (37)	250	<3
14-18.....	256	439 (18)	235* (16)	266 (15)	333 (16)	420 (18)	523 (21)	634 (26)	712* (30)	330	24 (4.4)
19-50.....	766	427 (10)	216 (11)	250 (10)	317 (10)	406 (10)	515 (12)	630 (17)	707 (21)	320	26 (2.7)
51+.....	651	391 (11)	198 (10)	228 (10)	288 (10)	370 (11)	472 (13)	584 (16)	658 (19)	320	34 (3.3)
19+.....	1417	413 (9)	208 (10)	240 (10)	305 (10)	392 (10)	498 (11)	613 (15)	690 (19)	320	29 (2.7)
All:											
1+.....	4638	473 (5)	229 (8)	267 (7)	342 (6)	445 (5)	574 (7)	715 (12)	813 (17)		16 (1.4)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	144 (5)	59* (6)	72 (6)	99 (5)	134 (5)	178 (6)	228 (11)	261* (15)	300	<3
4-8.....	557	206 (9)	95 (9)	112 (10)	147 (9)	195 (9)	253 (11)	316 (16)	359 (19)	400	<3
Males:											
9-13.....	242	236 (9)	105* (9)	127 (9)	168 (9)	222 (9)	288 (11)	359 (16)	410* (19)	600	<3
14-18.....	240	239 (13)	108* (11)	128 (11)	170 (11)	226 (12)	294 (15)	367 (19)	416* (21)	800	<3
19-50.....	649	205 (7)	67 (5)	86 (5)	126 (5)	185 (6)	262 (9)	350 (13)	409 (17)	1000	<3
51+.....	591	181 (5)	56 (6)	73 (6)	109 (6)	162 (5)	232 (5)	311 (8)	369 (12)	1000	<3
19+.....	1240	197 (6)	63 (5)	81 (5)	119 (5)	177 (5)	252 (7)	339 (11)	397 (15)	1000	<3
Females:											
9-13.....	289	220 (10)	98* (8)	118 (8)	155 (9)	207 (10)	269 (13)	339 (16)	384* (20)	600	<3
14-18.....	256	177 (9)	75* (7)	89 (7)	121 (8)	166 (8)	220 (11)	279 (14)	321* (16)	800	<3
19-50.....	766	151 (5)	48 (4)	62 (4)	92 (4)	136 (4)	194 (6)	259 (9)	304 (12)	1000	<3
51+.....	651	132 (5)	41 (4)	52 (4)	78 (5)	117 (5)	170 (7)	231 (9)	274 (12)	1000	<3
19+.....	1417	143 (4)	45 (4)	57 (4)	86 (4)	128 (4)	184 (6)	249 (9)	293 (11)	1000	<3
All:											
1+.....	4638	178 (3)	56 (3)	73 (3)	109 (3)	162 (3)	229 (5)	305 (7)	357 (10)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	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.....	397	111 (3)	63* (3)	71 (3)	87 (3)	107 (3)	131 (3)	155 (4)	172* (5)
4-8.....	557	133 (4)	77 (4)	86 (4)	104 (3)	128 (4)	156 (4)	185 (6)	205 (7)
Males:									
9-13.....	242	153 (5)	88* (5)	100 (5)	121 (5)	148 (5)	180 (6)	213 (8)	236* (10)
14-18.....	240	165 (7)	96* (5)	107 (5)	130 (6)	159 (7)	193 (8)	229 (9)	253* (11)
19-50.....	649	213 (6)	103 (5)	120 (5)	155 (5)	202 (6)	259 (7)	320 (8)	358 (9)
51+.....	591	221 (6)	106 (5)	125 (6)	162 (6)	210 (6)	269 (7)	329 (8)	370 (10)
19+.....	1240	215 (5)	104 (5)	122 (5)	157 (5)	205 (5)	262 (6)	323 (7)	362 (8)
Females:									
9-13.....	289	149 (4)	87* (3)	98 (3)	118 (3)	144 (4)	175 (5)	208 (7)	229* (9)
14-18.....	256	138 (6)	80* (6)	89 (6)	108 (6)	133 (7)	162 (7)	193 (7)	215* (8)
19-50.....	766	176 (4)	88 (3)	102 (3)	130 (4)	167 (4)	212 (6)	260 (8)	292 (10)
51+.....	651	176 (5)	90 (4)	103 (4)	130 (4)	167 (5)	212 (6)	262 (8)	295 (9)
19+.....	1417	176 (4)	89 (3)	102 (3)	130 (4)	167 (4)	212 (6)	261 (8)	293 (9)
All:									
1+.....	4638	176 (3)	85 (2)	98 (2)	125 (2)	163 (3)	214 (4)	272 (6)	311 (7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	213 (5)	127* (6)	142 (6)	171 (6)	206 (6)	247 (6)	291 (6)	320* (7)	200	55 (4.1)	1000	<3
4-8.....	557	227 (5)	136 (5)	151 (5)	181 (5)	220 (5)	264 (6)	312 (7)	343 (8)	250	32 (2.9)	1000	<3
Males:													
9-13.....	242	248 (7)	138* (5)	158 (5)	194 (5)	240 (6)	293 (8)	348 (12)	387* (15)	375	6* (1.6)	2000	<3
14-18.....	240	280 (10)	160* (7)	180 (8)	220 (9)	271 (10)	330 (13)	392 (17)	432* (19)	550	<3	3000	<3
19-50.....	649	362 (8)	188 (9)	218 (9)	275 (8)	349 (8)	435 (10)	525 (14)	580 (17)	550	7 (1.5)	3500	<3
51+.....	591	371 (11)	191 (11)	223 (10)	282 (10)	358 (11)	446 (14)	535 (18)	594 (22)	550	8 (1.9)	3500	<3
19+.....	1240	365 (8)	189 (9)	219 (8)	277 (8)	352 (8)	439 (10)	528 (15)	585 (17)	550	8 (1.5)	3500	<3
Females:													
9-13.....	289	229 (8)	127* (6)	145 (6)	177 (6)	220 (7)	270 (10)	324 (13)	358* (16)	375	3* (1.3)	2000	<3
14-18.....	256	209 (8)	115* (6)	130 (6)	161 (7)	202 (8)	249 (10)	298 (12)	332* (13)	400	<3	3000	<3
19-50.....	766	269 (5)	150 (6)	171 (6)	211 (6)	261 (5)	318 (5)	377 (6)	414 (7)	425	4 (0.5)	3500	<3
51+.....	651	268 (6)	152 (6)	171 (6)	209 (6)	259 (6)	316 (6)	377 (7)	416 (9)	425	4 (0.8)	3500	<3
19+.....	1417	268 (5)	150 (6)	171 (6)	210 (5)	260 (5)	318 (5)	377 (6)	414 (7)	425	4 (0.6)	3500	<3
All:													
1+.....	4638	286 (4)	146 (3)	167 (3)	209 (3)	267 (4)	344 (5)	431 (9)	493 (13)		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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	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.....	397	3.98 (0.11)	2.31* (0.18)	2.60 (0.17)	3.17 (0.15)	3.87 (0.12)	4.66 (0.09)	5.48 (0.13)	6.02* (0.16)	0.7	<3
4-8.....	557	4.27 (0.13)	2.49 (0.21)	2.80 (0.20)	3.39 (0.18)	4.16 (0.15)	5.02 (0.13)	5.91 (0.16)	6.51 (0.20)	1	<3
Males:											
9-13.....	242	5.17 (0.25)	2.18* (0.18)	2.66 (0.19)	3.59 (0.22)	4.84 (0.25)	6.38 (0.30)	8.07 (0.38)	9.28* (0.47)	1.5	<3
14-18.....	240	5.85 (0.22)	2.57* (0.20)	3.06 (0.20)	4.10 (0.20)	5.48 (0.21)	7.21 (0.29)	9.09 (0.38)	10.36* (0.46)	2	<3
19-50.....	649	5.51 (0.21)	1.99 (0.19)	2.47 (0.20)	3.49 (0.20)	5.00 (0.20)	6.95 (0.27)	9.24 (0.43)	10.72 (0.55)	2	5 (1.4)
51+.....	591	5.10 (0.30)	1.78 (0.21)	2.24 (0.22)	3.21 (0.24)	4.62 (0.29)	6.47 (0.37)	8.56 (0.48)	10.07 (0.56)	2	7 (2.3)
19+.....	1240	5.37 (0.22)	1.91 (0.19)	2.39 (0.20)	3.39 (0.20)	4.87 (0.21)	6.79 (0.27)	9.00 (0.42)	10.52 (0.54)	2	6 (1.6)
Females:											
9-13.....	289	4.53 (0.23)	1.90* (0.16)	2.30 (0.17)	3.09 (0.19)	4.22 (0.22)	5.61 (0.28)	7.19 (0.36)	8.24* (0.44)	1.5	<3
14-18.....	256	3.70 (0.15)	1.46* (0.13)	1.76 (0.13)	2.45 (0.14)	3.42 (0.16)	4.62 (0.18)	5.97 (0.25)	6.94* (0.30)	2	14 (2.7)
19-50.....	766	3.78 (0.12)	1.62 (0.10)	1.93 (0.10)	2.59 (0.11)	3.51 (0.12)	4.68 (0.15)	5.98 (0.18)	6.87 (0.24)	2	11 (2.0)
51+.....	651	3.70 (0.14)	1.60 (0.11)	1.90 (0.11)	2.52 (0.12)	3.41 (0.14)	4.56 (0.17)	5.89 (0.22)	6.79 (0.27)	2	12 (2.6)
19+.....	1417	3.75 (0.12)	1.61 (0.10)	1.92 (0.10)	2.56 (0.11)	3.47 (0.12)	4.63 (0.15)	5.94 (0.18)	6.84 (0.23)	2	12 (2.2)
All:											
1+.....	4638	4.49 (0.09)	1.79 (0.07)	2.18 (0.06)	2.97 (0.07)	4.06 (0.08)	5.50 (0.14)	7.31 (0.22)	8.69 (0.28)		7 (0.8)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	70.4 (3.1)	24.9* (2.6)	31.0 (2.8)	45.0 (2.9)	64.2 (3.1)	89.1 (3.8)	117.4 (5.1)	137.4* (6.1)	13	<3	400	<3
4-8.....	557	73.6 (3.6)	26.1 (2.9)	32.7 (3.0)	46.7 (3.4)	67.1 (3.6)	93.1 (4.3)	123.3 (5.7)	144.1 (6.9)	22	<3	650	<3
Males:													
9-13.....	242	72.1 (5.4)	24.0* (3.3)	30.8 (3.7)	44.8 (4.4)	64.9 (5.4)	91.2 (6.3)	121.4 (8.2)	144.0* (9.8)	39	18 (4.8)	1200	<3
14-18.....	240	62.4 (4.0)	20.2* (2.5)	25.5 (2.6)	37.8 (3.1)	55.7 (3.7)	79.6 (5.1)	107.5 (7.0)	127.2* (8.6)	63	59 (4.9)	1800	<3
19-50.....	649	68.4 (3.9)	16.3 (1.8)	22.1 (2.2)	35.5 (2.8)	57.6 (3.7)	89.1 (4.9)	128.9 (6.3)	156.6 (7.5)	75	65 (3.4)	2000	<3
51+.....	591	71.4 (3.2)	17.2 (1.8)	23.4 (2.0)	37.5 (2.5)	60.6 (3.1)	93.3 (4.1)	133.1 (5.8)	163.4 (7.2)	75	63 (2.8)	2000	<3
19+.....	1240	69.5 (3.4)	16.6 (1.7)	22.5 (2.0)	36.2 (2.6)	58.6 (3.3)	90.6 (4.2)	130.5 (5.4)	159.1 (6.7)	75	65 (3.0)	2000	<3
Females:													
9-13.....	289	74.0 (3.7)	25.7* (2.7)	32.4 (2.9)	46.2 (3.3)	66.8 (3.9)	93.6 (4.4)	125.3 (6.0)	146.8* (7.3)	39	16 (3.4)	1200	<3
14-18.....	256	57.4 (4.4)	18.3* (2.6)	23.1 (3.0)	34.3 (3.5)	51.2 (4.3)	73.3 (5.5)	99.4 (7.0)	118.6* (8.1)	56	56 (5.9)	1800	<3
19-50.....	766	64.4 (2.4)	19.3 (1.6)	24.9 (1.8)	37.7 (2.0)	56.9 (2.4)	83.0 (3.0)	113.3 (3.8)	134.8 (5.0)	60	54 (2.8)	2000	<3
51+.....	651	65.4 (2.7)	20.0 (1.6)	25.5 (1.8)	38.0 (2.0)	57.3 (2.6)	83.9 (3.3)	115.7 (5.0)	138.1 (6.4)	60	53 (2.9)	2000	<3
19+.....	1417	64.8 (2.2)	19.6 (1.5)	25.1 (1.7)	37.8 (1.8)	57.1 (2.2)	83.3 (2.9)	114.4 (3.9)	136.4 (4.8)	60	53 (2.5)	2000	<3
All:													
1+.....	4638	67.6 (1.8)	19.5 (1.1)	25.5 (1.2)	38.9 (1.5)	59.3 (1.7)	86.8 (2.1)	119.9 (2.8)	143.9 (3.4)	47	(1.9)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males:													
19-50.....	226	55.1 (3.0)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	191	56.7 (3.5)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	417	55.7 (2.8)	12.4 (1.3)	17.1 (1.5)	28.3 (1.9)	46.6 (2.6)	73.2 (3.6)	105.5 (4.8)	129.7 (5.7)	110	91 (1.2)	2000	<3
Females:													
19-50.....	206	47.5 (2.7)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	116	46.3 (2.6)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	322	47.1 (2.4)	13.2* (1.6)	17.5 (1.9)	26.7 (2.2)	41.1 (2.3)	61.1 (3.1)	84.3 (3.9)	100.5* (4.7)	95	94 (1.2)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males:													
19-50.....	423	76.2 (3.6)	19.7 (1.7)	26.1 (2.0)	41.4 (2.4)	65.0 (3.3)	98.8 (4.7)	139.9 (6.4)	170.7 (7.8)	75	59 (3.0)	2000	<3
51+.....	400	78.3 (3.8)	20.0* (1.8)	27.0 (2.1)	42.6 (2.6)	66.8 (3.6)	101.9 (4.7)	143.6 (6.5)	175.9* (8.0)	75	57 (3.3)	2000	<3
19+.....	823	77.0 (3.3)	19.8 (1.6)	26.4 (1.8)	41.8 (2.3)	65.7 (3.0)	100.0 (4.3)	141.4 (6.0)	172.7 (7.4)	75	58 (2.8)	2000	<3
Females:													
19-50.....	558	73.7 (3.9)	24.4 (2.8)	30.8 (3.0)	45.0 (3.5)	66.2 (4.0)	93.9 (4.6)	126.2 (5.1)	148.9 (5.9)	60	43 (4.4)	2000	<3
51+.....	535	73.3 (3.4)	23.8 (2.6)	30.2 (2.7)	44.4 (3.1)	65.3 (3.5)	93.3 (4.2)	126.4 (5.3)	150.3 (6.5)	60	44 (4.0)	2000	<3
19+.....	1093	73.5 (3.5)	24.2 (2.6)	30.6 (2.8)	44.7 (3.2)	65.8 (3.6)	93.7 (4.1)	126.3 (4.7)	149.5 (5.8)	60	43 (4.1)	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
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males:													
19-50.....	649	69.0 (3.1)	15.9 (1.5)	21.9 (1.7)	35.9 (2.3)	58.3 (3.0)	90.0 (4.0)	129.8 (5.4)	159.0 (6.8)	110/75	70 (2.4)	2000	<3
51+.....	591	70.4 (3.5)	16.3 (1.6)	22.4 (1.8)	36.4 (2.5)	59.6 (3.3)	92.1 (4.5)	131.8 (5.8)	163.0 (7.4)	110/75	69 (2.8)	2000	<3
19+.....	1240	69.5 (2.9)	16.1 (1.4)	22.1 (1.7)	36.0 (2.2)	58.8 (2.8)	90.7 (3.7)	130.5 (4.9)	160.5 (6.3)	110/75	70 (2.3)	2000	<3
Females:													
19-50.....	764	65.1 (3.4)	18.5 (2.2)	24.3 (2.5)	37.4 (2.9)	57.5 (3.5)	84.7 (4.3)	116.1 (5.0)	138.2 (6.0)	95/60	60 (3.8)	2000	<3
51+.....	651	66.7 (3.5)	19.1 (2.5)	25.1 (2.6)	38.4 (3.1)	58.5 (3.5)	86.1 (4.2)	118.4 (5.2)	142.3 (6.3)	95/60	56 (4.1)	2000	<3
19+.....	1415	65.8 (3.2)	18.7 (2.3)	24.6 (2.5)	37.8 (2.9)	57.9 (3.3)	85.3 (3.9)	117.1 (4.5)	139.9 (5.2)	95/60	58 (3.7)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	6.2 (0.2)	2.8* (0.2)	3.4 (0.2)	4.5 (0.2)	6.0 (0.2)	7.6 (0.2)	9.3 (0.3)	10.5* (0.3)	10	93 (1.3)	63	<3
4-8.....	557	5.3 (0.2)	2.2 (0.2)	2.7 (0.2)	3.7 (0.2)	5.1 (0.2)	6.6 (0.2)	8.3 (0.3)	9.4 (0.3)	10	97* (0.9)	75	<3
Males:													
9-13.....	242	5.7 (0.3)	1.7* (0.2)	2.3 (0.2)	3.4 (0.2)	5.1 (0.3)	7.2 (0.4)	9.7 (0.6)	11.6* (0.7)	10	91 (2.0)	100	<3
14-18.....	240	5.1 (0.3)	1.5* (0.2)	2.0 (0.3)	3.0 (0.3)	4.5 (0.3)	6.6 (0.4)	9.0 (0.5)	10.6* (0.5)	10	94* (1.3)	100	<3
19-50.....	649	4.3 (0.2)	1.2 (0.1)	1.6 (0.1)	2.4 (0.2)	3.8 (0.2)	5.6 (0.3)	7.8 (0.4)	9.4 (0.5)	10	96 (0.9)	100	<3
51+.....	591	4.9 (0.3)	1.4 (0.1)	1.9 (0.2)	2.8 (0.2)	4.3 (0.3)	6.4 (0.3)	8.8 (0.4)	10.6 (0.5)	10	94 (1.2)	100	<3
19+.....	1240	4.6 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.2)	3.9 (0.2)	5.9 (0.3)	8.2 (0.4)	9.9 (0.4)	10	95 (0.9)	100	<3
Females:													
9-13.....	289	5.0 (0.3)	1.5* (0.2)	2.0 (0.2)	2.9 (0.2)	4.4 (0.3)	6.4 (0.4)	8.8 (0.5)	10.3* (0.6)	10	94* (1.5)	100	<3
14-18.....	256	3.6 (0.3)	0.9* (0.1)	1.3 (0.2)	2.0 (0.2)	3.2 (0.3)	4.7 (0.3)	6.6 (0.4)	8.0* (0.4)	10	>97	100	<3
19-50.....	766	3.8 (0.2)	1.2 (0.1)	1.5 (0.1)	2.3 (0.1)	3.4 (0.2)	4.9 (0.2)	6.7 (0.3)	8.0 (0.3)	10	>97	100	<3
51+.....	651	4.0 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.2)	3.5 (0.2)	5.1 (0.3)	7.1 (0.4)	8.4 (0.4)	10	>97	100	<3
19+.....	1417	3.9 (0.2)	1.2 (0.1)	1.5 (0.1)	2.3 (0.1)	3.4 (0.2)	5.0 (0.2)	6.9 (0.3)	8.2 (0.4)	10	>97	100	<3
All:													
1+.....	4638	4.5 (0.1)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	4.0 (0.1)	5.9 (0.1)	8.0 (0.2)	9.4 (0.2)	10	96 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	5.1 (0.1)	2.8* (0.1)	3.2 (0.1)	3.9 (0.1)	4.9 (0.1)	6.0 (0.1)	7.2 (0.2)	8.0* (0.2)	5	53 (3.1)
4-8.....	557	6.3 (0.2)	3.5 (0.2)	3.9 (0.2)	4.9 (0.2)	6.1 (0.2)	7.5 (0.2)	9.0 (0.2)	10.0 (0.3)	6	49 (3.3)
Males:											
9-13.....	242	7.7 (0.4)	4.0* (0.3)	4.6 (0.3)	5.8 (0.3)	7.3 (0.4)	9.1 (0.5)	11.1 (0.7)	12.6* (0.8)	9	73 (5.4)
14-18.....	240	7.6 (0.3)	4.0* (0.4)	4.6 (0.4)	5.7 (0.3)	7.2 (0.3)	9.1 (0.3)	11.1 (0.4)	12.5* (0.5)	12	94* (1.5)
19-50.....	649	8.8 (0.6)	3.8 (0.2)	4.5 (0.3)	6.1 (0.4)	8.2 (0.5)	10.9 (0.8)	14.0 (1.0)	15.9 (1.2)	12	82 (4.4)
51+.....	591	8.7 (0.6)	3.7 (0.2)	4.4 (0.2)	6.0 (0.3)	8.1 (0.5)	10.7 (0.7)	13.6 (1.0)	15.7 (1.2)	12	83 (4.3)
19+.....	1240	8.8 (0.6)	3.8 (0.2)	4.5 (0.3)	6.0 (0.4)	8.2 (0.5)	10.8 (0.7)	13.8 (1.0)	15.8 (1.2)	12	82 (4.4)
Females:											
9-13.....	289	7.2 (0.3)	3.8* (0.3)	4.4 (0.3)	5.4 (0.2)	6.8 (0.3)	8.6 (0.3)	10.5 (0.4)	11.8* (0.5)	9	79 (3.1)
14-18.....	256	6.6 (0.3)	3.5* (0.2)	3.9 (0.2)	4.9 (0.3)	6.3 (0.3)	7.9 (0.4)	9.7 (0.5)	11.0* (0.6)	12	>97
19-50.....	766	7.5 (0.3)	3.5 (0.2)	4.1 (0.2)	5.3 (0.2)	7.0 (0.3)	9.1 (0.3)	11.4 (0.4)	13.0 (0.5)	12	92 (1.6)
51+.....	651	7.0 (0.2)	3.2 (0.2)	3.8 (0.2)	4.9 (0.2)	6.5 (0.2)	8.5 (0.3)	10.8 (0.4)	12.4 (0.5)	12	94 (1.3)
19+.....	1417	7.3 (0.2)	3.4 (0.2)	3.9 (0.2)	5.1 (0.2)	6.8 (0.2)	8.9 (0.3)	11.2 (0.4)	12.8 (0.5)	12	93 (1.4)
All:											
1+.....	4638	7.5 (0.1)	3.5 (0.1)	4.0 (0.1)	5.2 (0.1)	6.9 (0.1)	9.1 (0.2)	11.8 (0.3)	13.6 (0.4)		82 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	43.6 (2.3)	21.1* (1.3)	24.3 (1.5)	31.4 (1.7)	40.7 (2.1)	52.7 (2.9)	66.2 (4.2)	76.0* (5.1)	30	78 (4.1)
4-8.....	557	53.3 (1.9)	25.9 (1.7)	29.9 (1.7)	38.2 (1.8)	49.8 (1.9)	64.4 (2.3)	81.3 (3.6)	93.2 (4.5)	55	40 (3.7)
Males:											
9-13.....	242	64.4 (4.1)	33.3* (3.0)	38.4 (3.1)	48.1 (3.5)	60.9 (3.9)	76.7 (4.8)	94.1 (6.6)	106.7* (7.4)	60	52 (7.4)
14-18.....	240	67.7 (4.2)	35.4* (3.4)	40.2 (3.5)	50.6 (3.5)	64.1 (4.1)	80.9 (5.1)	99.5 (6.2)	112.2* (7.3)	75	33 (6.4)
19-50.....	649	90.2 (4.5)	33.1 (3.5)	40.4 (3.9)	56.3 (4.5)	80.3 (4.9)	113.1 (5.6)	153.0 (6.4)	180.0 (7.2)	120	22 (2.7)
51+.....	591	99.7 (7.7)	37.1 (5.2)	45.6 (5.9)	63.2 (6.7)	89.5 (8.0)	124.9 (9.0)	166.1 (10.2)	196.9 (11.7)	120	28 (5.1)
19+.....	1240	93.5 (5.0)	34.2 (3.9)	41.9 (4.2)	58.6 (4.8)	83.5 (5.5)	117.5 (6.1)	157.3 (6.8)	186.0 (7.5)	120	24 (3.0)
Females:											
9-13.....	289	66.5 (3.6)	35.1* (3.5)	40.1 (3.5)	49.7 (3.6)	63.0 (3.6)	79.2 (4.0)	97.6 (4.7)	109.8* (5.5)	60	56 (6.8)
14-18.....	256	66.1 (3.9)	34.7* (3.8)	39.3 (3.7)	49.2 (3.8)	62.7 (4.0)	78.9 (4.2)	97.0 (5.2)	109.8* (6.7)	75	30 (5.7)
19-50.....	766	98.2 (4.0)	35.8 (3.0)	43.6 (3.2)	60.9 (3.5)	86.9 (3.9)	122.9 (5.1)	166.4 (6.5)	198.2 (7.8)	90	47 (3.4)
51+.....	651	97.0 (5.8)	36.0 (2.6)	43.5 (3.0)	59.9 (3.8)	85.5 (5.2)	121.0 (7.2)	165.6 (9.5)	197.6 (12.3)	90	46 (4.6)
19+.....	1417	97.7 (4.5)	35.9 (2.7)	43.5 (2.8)	60.5 (3.1)	86.4 (4.1)	122.2 (5.6)	166.0 (7.4)	198.0 (9.3)	90	47 (3.5)
All:											
1+.....	4638	83.8 (3.0)	31.0 (1.4)	37.4 (1.6)	50.9 (2.1)	72.3 (2.8)	104.1 (3.9)	145.3 (5.5)	175.7 (7.5)	40	2.7

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	916 (21)	558* (27)	621 (26)	747 (24)	895 (21)	1062 (21)	1233 (31)	1346* (39)	500	<3	2500	<3
4-8.....	557	932 (26)	556 (27)	624 (27)	749 (26)	910 (26)	1087 (30)	1271 (38)	1390 (45)	800	33 (4.1)	2500	<3
Males:													
9-13.....	242	1004 (37)	535* (32)	621 (33)	776 (34)	970 (37)	1193 (43)	1423 (52)	1580* (61)	1100	66 (4.6)	3000	<3
14-18.....	240	1045 (43)	567* (36)	647 (37)	809 (38)	1010 (43)	1243 (51)	1483 (63)	1638* (73)	1100	61 (5.4)	3000	<3
19-50.....	649	1043 (30)	516 (22)	603 (23)	772 (25)	997 (30)	1262 (36)	1543 (45)	1719 (54)	800	28 (2.8)	2500	<3
51+.....	591	950 (27)	453 (20)	538 (21)	696 (23)	907 (26)	1158 (33)	1416 (42)	1593 (51)		42 (2.7)	2000	<3
19+.....	1240	1011 (27)	491 (21)	579 (21)	744 (23)	965 (26)	1227 (33)	1505 (42)	1682 (49)		33 (2.7)		<3
Females:													
9-13.....	289	936 (33)	500* (31)	577 (32)	718 (32)	903 (33)	1116 (39)	1342 (51)	1483* (59)	1100	73 (3.9)	3000	<3
14-18.....	256	796 (41)	407* (33)	469 (33)	599 (36)	766 (42)	959 (48)	1160 (59)	1297* (63)	1100	87 (3.4)	3000	<3
19-50.....	766	834 (16)	448 (19)	513 (19)	640 (18)	803 (17)	995 (18)	1192 (23)	1319 (27)	800	50 (2.6)	2500	<3
51+.....	651	773 (18)	413 (19)	473 (19)	588 (19)	742 (18)	923 (22)	1119 (28)	1247 (34)	1000	82 (2.0)	2000	<3
19+.....	1417	810 (14)	432 (18)	494 (18)	618 (16)	779 (15)	968 (17)	1164 (23)	1294 (27)		63 (1.9)		<3
All:													
1+.....	4638	911 (15)	467 (12)	541 (12)	684 (12)	871 (13)	1092 (18)	1332 (26)	1497 (33)		49 (1.6)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	1023 (21)	671* (23)	738 (22)	863 (21)	1007 (21)	1166 (23)	1328 (28)	1429* (31)	380	<3	3000	<3
4-8.....	557	1148 (23)	755 (25)	830 (25)	964 (24)	1131 (23)	1310 (25)	1492 (30)	1607 (32)	405	<3	3000	<3
Males:													
9-13.....	242	1268 (46)	750* (39)	850 (40)	1026 (43)	1239 (47)	1477 (51)	1716 (57)	1877* (63)	1055	28 (4.4)	4000	<3
14-18.....	240	1408 (48)	857* (31)	954 (34)	1147 (39)	1377 (48)	1636 (58)	1895 (68)	2059* (74)	1055	17 (3.0)	4000	<3
19-50.....	649	1556 (37)	887 (36)	1009 (36)	1235 (35)	1519 (37)	1834 (42)	2153 (49)	2344 (54)	580	<3	4000	<3
51+.....	591	1470 (41)	812 (36)	937 (37)	1159 (39)	1435 (41)	1746 (48)	2048 (55)	2247 (63)	580	<3		<3
19+.....	1240	1526 (37)	858 (34)	983 (35)	1207 (35)	1490 (36)	1804 (41)	2118 (50)	2316 (55)	580	<3		<3
Females:													
9-13.....	289	1185 (37)	702* (28)	791 (30)	952 (31)	1156 (36)	1384 (44)	1620 (56)	1766* (64)	1055	37 (4.1)	4000	<3
14-18.....	256	1043 (39)	598* (35)	674 (35)	826 (37)	1017 (41)	1229 (44)	1445 (53)	1589* (53)	1055	55 (5.5)	4000	<3
19-50.....	766	1142 (18)	681 (20)	767 (19)	927 (18)	1120 (18)	1334 (22)	1542 (28)	1671 (32)	580	<3	4000	<3
51+.....	651	1084 (22)	641 (21)	722 (19)	872 (19)	1060 (22)	1270 (27)	1481 (32)	1614 (37)	580	<3		<3
19+.....	1417	1119 (16)	664 (17)	747 (17)	904 (16)	1097 (17)	1310 (20)	1519 (27)	1652 (31)	580	<3		<3
All:													
1+.....	4638	1259 (22)	709 (11)	801 (10)	976 (12)	1202 (19)	1482 (30)	1792 (45)	2009 (54)		7 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	184 (4)	120* (4)	132 (4)	154 (4)	181 (4)	211 (4)	241 (5)	260* (6)	65	<3
4-8.....	557	209 (3)	137 (4)	150 (4)	175 (4)	205 (3)	238 (4)	272 (5)	294 (5)	110	<3
Males:											
9-13.....	242	230 (8)	137* (7)	154 (7)	185 (7)	224 (8)	268 (9)	313 (12)	344* (13)	200	34 (4.8)
14-18.....	240	252 (8)	152* (5)	169 (5)	203 (6)	245 (8)	293 (10)	342 (13)	373* (15)	340	90 (2.7)
19-50.....	649	309 (7)	161 (8)	186 (8)	233 (7)	297 (7)	371 (8)	450 (10)	499 (12)		66 (2.7)
51+.....	591	308 (11)	158 (11)	184 (11)	233 (12)	296 (12)	371 (13)	447 (14)	499 (15)	350	69 (3.8)
19+.....	1240	309 (8)	160 (9)	185 (9)	233 (9)	297 (9)	371 (9)	449 (10)	499 (12)		67 (3.0)
Females:											
9-13.....	289	222 (7)	133* (5)	149 (5)	178 (6)	216 (7)	259 (9)	304 (11)	332* (13)	200	39 (4.0)
14-18.....	256	205 (5)	121* (7)	135 (7)	164 (6)	200 (5)	240 (5)	282 (7)	311* (8)	300	93* (1.1)
19-50.....	766	249 (4)	139 (3)	158 (3)	194 (4)	240 (4)	295 (5)	350 (7)	387 (8)		60 (2.3)
51+.....	651	243 (5)	137 (4)	155 (4)	189 (5)	234 (5)	288 (6)	345 (7)	382 (9)	265	65 (2.7)
19+.....	1417	247 (4)	138 (3)	157 (3)	192 (4)	238 (4)	292 (5)	348 (7)	385 (8)		62 (2.2)
All:											
1+.....	4638	255 (4)	138 (2)	157 (2)	191 (2)	240 (3)	303 (5)	375 (8)	425 (10)		55 (1.5)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	9.8 (0.2)	5.8* (0.2)	6.5 (0.2)	7.9 (0.2)	9.5 (0.2)	11.5 (0.3)	13.5 (0.4)	14.9* (0.5)	3	<3	40	<3
4-8.....	557	13.1 (0.4)	8.0 (0.3)	8.9 (0.3)	10.5 (0.3)	12.7 (0.4)	15.2 (0.4)	17.8 (0.5)	19.6 (0.5)	4.1	<3	40	<3
Males:													
9-13.....	242	15.0 (0.5)	8.3* (0.5)	9.5 (0.5)	11.7 (0.5)	14.4 (0.5)	17.6 (0.6)	21.0 (0.7)	23.4* (0.7)	5.9	<3	40	<3
14-18.....	240	15.9 (0.5)	8.9* (0.4)	10.1 (0.4)	12.4 (0.5)	15.3 (0.5)	18.7 (0.6)	22.4 (0.7)	24.8* (0.8)	7.7	3* (0.8)	45	<3
19-50.....	649	15.2 (0.3)	8.0 (0.3)	9.2 (0.3)	11.5 (0.3)	14.6 (0.3)	18.2 (0.4)	22.0 (0.5)	24.4 (0.5)	6	<3	45	<3
51+.....	591	15.0 (0.3)	7.8 (0.3)	9.0 (0.3)	11.3 (0.3)	14.4 (0.3)	17.9 (0.4)	21.6 (0.5)	24.2 (0.6)	6	<3	45	<3
19+.....	1240	15.1 (0.3)	7.9 (0.3)	9.1 (0.3)	11.4 (0.3)	14.5 (0.3)	18.1 (0.3)	21.9 (0.4)	24.3 (0.5)	6	<3	45	<3
Females:													
9-13.....	289	14.1 (0.5)	7.9* (0.4)	9.0 (0.4)	10.9 (0.4)	13.6 (0.4)	16.6 (0.6)	20.0 (0.7)	22.1* (0.9)	5.7	<3	40	<3
14-18.....	256	11.9 (0.3)	6.5* (0.3)	7.3 (0.3)	9.1 (0.3)	11.4 (0.3)	14.1 (0.4)	17.0 (0.4)	19.0* (0.5)	7.9	20 (2.2)	45	<3
19-50.....	766	11.6 (0.3)	6.4 (0.3)	7.2 (0.2)	9.0 (0.2)	11.2 (0.3)	13.8 (0.3)	16.5 (0.4)	18.3 (0.5)	8.1	24 (1.6)	45	<3
51+.....	651	11.3 (0.3)	6.2 (0.2)	7.0 (0.2)	8.7 (0.3)	10.8 (0.3)	13.4 (0.4)	16.1 (0.6)	17.9 (0.7)	5	3* (0.7)	45	<3
19+.....	1417	11.5 (0.3)	6.3 (0.2)	7.2 (0.2)	8.8 (0.2)	11.0 (0.3)	13.6 (0.3)	16.4 (0.5)	18.1 (0.6)		15 (1.2)	45	<3
All:													
1+.....	4638	13.1 (0.2)	6.8 (0.1)	7.8 (0.1)	9.8 (0.1)	12.4 (0.1)	15.7 (0.2)	19.3 (0.3)	21.7 (0.4)		8 (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

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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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	7.3 (0.2)	4.7* (0.2)	5.1 (0.2)	6.0 (0.2)	7.1 (0.2)	8.3 (0.2)	9.6 (0.2)	10.5* (0.3)	2.5	<3	7	53 (4.0)
4-8.....	557	8.8 (0.2)	5.6 (0.2)	6.2 (0.2)	7.2 (0.2)	8.6 (0.2)	10.1 (0.2)	11.6 (0.2)	12.6 (0.2)	4	<3	12	8 (1.0)
Males:													
9-13.....	242	10.4 (0.4)	5.6* (0.3)	6.5 (0.3)	8.1 (0.3)	10.0 (0.4)	12.4 (0.5)	14.8 (0.7)	16.5* (0.8)	7	14 (2.8)	23	<3
14-18.....	240	11.8 (0.4)	6.6* (0.3)	7.4 (0.3)	9.2 (0.3)	11.4 (0.4)	14.0 (0.5)	16.7 (0.7)	18.4* (0.8)	8.5	18 (2.8)	34	<3
19-50.....	649	12.2 (0.3)	6.7 (0.3)	7.6 (0.3)	9.4 (0.3)	11.8 (0.3)	14.5 (0.3)	17.3 (0.4)	19.1 (0.5)	9.4	25 (2.9)	40	<3
51+.....	591	11.7 (0.3)	6.3 (0.3)	7.3 (0.3)	9.0 (0.3)	11.3 (0.3)	14.0 (0.4)	16.7 (0.5)	18.5 (0.6)	9.4	29 (3.4)	40	<3
19+.....	1240	12.0 (0.3)	6.6 (0.3)	7.5 (0.3)	9.3 (0.3)	11.6 (0.3)	14.3 (0.3)	17.1 (0.4)	18.9 (0.5)	9.4	26 (3.0)	40	<3
Females:													
9-13.....	289	9.6 (0.4)	5.2* (0.2)	5.9 (0.3)	7.3 (0.3)	9.2 (0.4)	11.4 (0.5)	13.7 (0.7)	15.2* (0.8)	7	21 (3.5)	23	<3
14-18.....	256	8.3 (0.3)	4.4* (0.2)	5.0 (0.2)	6.3 (0.2)	8.0 (0.3)	9.9 (0.4)	12.0 (0.5)	13.5* (0.5)	7.3	40 (3.8)	34	<3
19-50.....	766	8.7 (0.2)	4.9 (0.2)	5.6 (0.1)	6.9 (0.1)	8.5 (0.1)	10.3 (0.2)	12.2 (0.3)	13.4 (0.4)	6.8	24 (1.9)	40	<3
51+.....	651	8.4 (0.2)	4.7 (0.2)	5.3 (0.2)	6.5 (0.2)	8.1 (0.2)	9.9 (0.2)	11.8 (0.3)	13.1 (0.3)	6.8	29 (3.1)	40	<3
19+.....	1417	8.6 (0.2)	4.8 (0.2)	5.5 (0.2)	6.7 (0.1)	8.3 (0.1)	10.2 (0.2)	12.1 (0.3)	13.3 (0.3)	6.8	26 (2.1)	40	<3
All:													
1+.....	4638	9.8 (0.1)	5.2 (0.1)	5.9 (0.1)	7.3 (0.1)	9.3 (0.1)	11.7 (0.2)	14.5 (0.3)	16.4 (0.3)		22 (1.0)		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

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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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	0.6 (0.01)	0.4* (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.0* (0.02)	0.26	<3	1	4* (0.8)
4-8.....	557	0.8 (0.02)	0.5 (0.01)	0.5 (0.01)	0.6 (0.01)	0.8 (0.01)	0.9 (0.02)	1.1 (0.03)	1.2 (0.03)	0.34	<3	3	<3
Males:													
9-13.....	242	0.9 (0.03)	0.5* (0.02)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.0 (0.04)	1.2 (0.05)	1.4* (0.06)	0.54	5* (1.5)	5	<3
14-18.....	240	1.0 (0.02)	0.6* (0.02)	0.7 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.03)	1.3 (0.04)	1.5* (0.05)	0.685	13 (1.7)	8	<3
19-50.....	649	1.2 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.8 (0.05)	2.0 (0.06)	0.7	10 (1.8)	10	<3
51+.....	591	1.2 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.8 (0.05)	2.0 (0.06)	0.7	10 (1.7)	10	<3
19+.....	1240	1.2 (0.03)	0.6 (0.02)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.8 (0.05)	2.0 (0.06)	0.7	10 (1.7)	10	<3
Females:													
9-13.....	289	0.9 (0.02)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.3* (0.04)	0.54	6* (1.4)	5	<3
14-18.....	256	0.8 (0.02)	0.5* (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.1 (0.03)	1.3* (0.04)	0.685	28 (3.0)	8	<3
19-50.....	766	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	20 (1.5)	10	<3
51+.....	651	1.0 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.2 (0.03)	1.4 (0.03)	1.6 (0.04)	0.7	20 (2.2)	10	<3
19+.....	1417	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	20 (1.5)	10	<3
All:													
1+.....	4638	1.0 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.02)	1.5 (0.02)	1.7 (0.03)		13 (0.9)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	67 (1)	42* (1)	46 (1)	55 (1)	65 (1)	77 (2)	91 (2)	99* (3)	17	<3	90	11 (1.7)
4-8.....	557	85 (2)	53 (1)	59 (1)	69 (1)	83 (1)	98 (2)	115 (2)	126 (3)	23	<3	150	<3
Males:													
9-13.....	242	98 (2)	59* (3)	67 (3)	80 (3)	96 (2)	114 (3)	132 (3)	145* (4)	35	<3	280	<3
14-18.....	240	120 (3)	75* (3)	83 (3)	99 (3)	118 (3)	139 (4)	160 (5)	173* (6)	45	<3	400	<3
19-50.....	649	135 (3)	78 (3)	88 (3)	107 (3)	131 (3)	158 (4)	186 (4)	203 (5)	45	<3	400	<3
51+.....	591	126 (4)	70 (4)	81 (4)	99 (4)	122 (4)	149 (4)	174 (5)	192 (6)	45	<3	400	<3
19+.....	1240	132 (3)	75 (3)	85 (3)	104 (3)	128 (3)	155 (3)	182 (4)	199 (5)	45	<3	400	<3
Females:													
9-13.....	289	91 (3)	55* (3)	62 (3)	74 (3)	89 (3)	106 (3)	124 (3)	135* (4)	35	<3	280	<3
14-18.....	256	87 (3)	52* (3)	58 (3)	70 (3)	85 (3)	101 (4)	118 (5)	130* (6)	45	<3	400	<3
19-50.....	766	95 (1)	57 (2)	64 (2)	77 (1)	93 (1)	111 (2)	128 (2)	140 (3)	45	<3	400	<3
51+.....	651	89 (2)	53 (2)	59 (2)	71 (2)	86 (2)	104 (2)	121 (3)	132 (3)	45	<3	400	<3
19+.....	1417	93 (1)	55 (1)	62 (1)	75 (1)	90 (1)	108 (2)	126 (2)	137 (3)	45	<3	400	<3
All:													
1+.....	4638	104 (1)	55 (1)	63 (1)	78 (1)	98 (1)	123 (2)	152 (2)	171 (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, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Under 131% poverty													
Males and females:													
1-3.....	397	1974 (53)	1196* (48)	1333 (48)	1600 (49)	1920 (53)	2287 (60)	2679 (74)	2933* (87)	800	>97	1200	95 (1.5)
4-8.....	557	2657 (49)	1651 (58)	1830 (55)	2162 (49)	2591 (48)	3071 (59)	3577 (79)	3907 (93)	1000	>97	1500	>97
Males:													
9-13.....	242	3176 (97)	2006* (84)	2232 (85)	2629 (91)	3110 (97)	3647 (110)	4187 (132)	4554* (158)	1200	>97	1800	>97
14-18.....	240	3640 (93)	2358* (70)	2585 (70)	3034 (75)	3567 (88)	4171 (116)	4775 (150)	5159* (173)	1500	>97	2300	96* (1.0)
19-50.....	649	4006 (63)	2441 (88)	2722 (83)	3251 (69)	3916 (64)	4655 (73)	5414 (88)	5866 (110)	1500	>97	2300	97 (0.8)
51+.....	591	3703 (87)	2175 (86)	2466 (88)	2978 (85)	3619 (86)	4342 (105)	5044 (127)	5520 (144)	1500	>97	2300	93 (1.5)
19+.....	1240	3901 (64)	2332 (87)	2627 (79)	3150 (66)	3811 (67)	4553 (75)	5300 (94)	5769 (107)	1500	>97	2300	95 (1.0)
Females:													
9-13.....	289	2904 (102)	1835* (80)	2033 (81)	2389 (86)	2840 (98)	3343 (122)	3867 (148)	4190* (169)	1200	>97	1800	96* (1.3)
14-18.....	256	2730 (92)	1705* (75)	1879 (73)	2233 (78)	2671 (93)	3157 (107)	3651 (135)	3981* (144)	1500	>97	2300	72 (4.2)
19-50.....	766	2944 (42)	1755 (43)	1966 (43)	2376 (42)	2875 (43)	3443 (49)	4001 (59)	4363 (70)	1500	>97	2300	78 (1.7)
51+.....	651	2682 (50)	1572 (47)	1769 (46)	2138 (46)	2609 (50)	3147 (59)	3702 (70)	4057 (81)	1500	96 (0.7)	2300	67 (2.5)
19+.....	1417	2840 (38)	1665 (40)	1874 (40)	2271 (38)	2770 (39)	3331 (45)	3897 (56)	4254 (66)	1500	>97	2300	74 (1.7)
All:													
1+.....	4638	3146 (43)	1696 (50)	1931 (57)	2402 (56)	3014 (51)	3756 (52)	4528 (59)	5050 (76)		>97		87 (1.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	1862 (41)	1197* (46)	1318 (44)	1555 (42)	1829 (41)	2133 (44)	2440 (53)	2643* (60)	2000	35 (3.5)
4-8.....	557	1975 (36)	1269 (42)	1397 (41)	1640 (38)	1940 (36)	2267 (40)	2600 (49)	2816 (56)	2300	23 (2.4)
Males:											
9-13.....	242	2113 (70)	1280* (67)	1441 (66)	1725 (66)	2068 (69)	2450 (80)	2831 (101)	3089* (118)	2500	22 (4.0)
14-18.....	240	2285 (67)	1414* (57)	1569 (56)	1874 (59)	2237 (65)	2646 (84)	3053 (108)	3311* (123)	3000	11 (2.8)
19-50.....	649	2656 (58)	1429 (57)	1645 (58)	2060 (54)	2584 (59)	3172 (65)	3772 (75)	4127 (83)	3400	18 (2.0)
51+.....	591	2809 (85)	1529 (74)	1772 (74)	2203 (79)	2742 (85)	3343 (97)	3933 (109)	4319 (123)	3400	23 (3.1)
19+.....	1240	2709 (61)	1459 (58)	1683 (57)	2109 (57)	2638 (62)	3236 (70)	3827 (83)	4198 (92)	3400	20 (2.1)
Females:											
9-13.....	289	2024 (60)	1233* (52)	1381 (52)	1646 (52)	1980 (59)	2350 (75)	2733 (97)	2968* (115)	2300	28 (4.3)
14-18.....	256	1806 (57)	1071* (64)	1196 (62)	1450 (59)	1765 (59)	2113 (61)	2465 (75)	2698* (80)	2300	16 (2.9)
19-50.....	766	2115 (40)	1216 (35)	1380 (36)	1688 (36)	2069 (39)	2493 (46)	2902 (53)	3168 (58)	2600	20 (2.0)
51+.....	651	2196 (48)	1297 (45)	1458 (44)	1760 (45)	2145 (49)	2573 (54)	3011 (59)	3284 (65)	2600	24 (2.5)
19+.....	1417	2147 (40)	1243 (36)	1409 (36)	1718 (37)	2099 (40)	2525 (45)	2945 (52)	3217 (57)	2600	22 (2.0)
All:											
1+.....	4638	2271 (27)	1272 (23)	1441 (23)	1756 (22)	2168 (25)	2675 (34)	3239 (50)	3629 (66)		22 (1.2)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	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.....	397	5.4 (1.1)	0.5* (0.2)	0.8 (0.2)	1.6 (0.4)	3.3 (0.7)	6.6 (1.2)	11.9 (2.4)	16.9* (3.4)
4-8.....	557	10.0 (1.5)	1.3 (0.4)	2.0 (0.4)	3.5 (0.6)	6.7 (0.9)	12.5 (1.7)	21.4 (3.4)	29.7 (4.9)
Males:									
9-13.....	242	27.9 (3.3)	2.8* (0.8)	4.3 (1.0)	8.6 (1.7)	17.5 (2.7)	34.7 (4.4)	61.2 (7.0)	86.0* (10.5)
14-18.....	240	44.5 (7.3)	4.2* (1.4)	6.7 (1.9)	13.5 (3.0)	28.1 (5.0)	55.4 (8.9)	98.5 (16.4)	137.1* (24.3)
19-50.....	649	126.3 (19.4)	7.3 (4.0)	15.1 (6.8)	40.5 (12.9)	91.7 (19.5)	174.9 (26.6)	282.4 (31.4)	363.0 (34.4)
51+.....	591	194.3 (24.6)	26.2 (11.3)	43.6 (14.5)	85.9 (19.9)	157.7 (25.0)	262.8 (31.0)	389.5 (34.6)	488.2 (36.7)
19+.....	1240	149.8 (21.6)	10.3 (5.6)	20.9 (8.8)	52.1 (15.5)	112.7 (22.3)	207.3 (28.5)	327.1 (33.4)	413.8 (35.8)
Females:									
9-13.....	289	21.4 (2.5)	2.1* (0.7)	3.3 (0.9)	6.6 (1.5)	13.4 (2.2)	26.4 (3.2)	47.3 (5.0)	66.0* (7.3)
14-18.....	256	42.5 (5.9)	4.4* (1.5)	6.7 (2.1)	13.2 (3.2)	27.2 (5.1)	52.7 (7.6)	94.4 (12.6)	132.5* (17.3)
19-50.....	766	105.1 (5.9)	5.1 (1.5)	11.1 (2.2)	31.3 (3.3)	75.2 (5.0)	146.6 (8.0)	238.9 (12.2)	307.7 (15.4)
51+.....	651	137.4 (10.1)	12.9 (3.2)	23.7 (4.5)	51.4 (6.6)	105.3 (9.5)	189.0 (13.4)	294.8 (17.7)	375.1 (21.7)
19+.....	1417	117.9 (6.8)	7.1 (1.8)	14.4 (2.7)	38.5 (4.2)	86.5 (6.3)	163.4 (9.1)	260.8 (12.2)	337.3 (16.0)
All:									
1+.....	4638	96.9 (3.6)	2.4 (0.3)	4.5 (0.6)	14.6 (1.6)	55.1 (4.0)	138.1 (5.8)	247.0 (7.5)	330.6 (9.1)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	14.9 (0.2)	12.0* (0.2)	12.5 (0.2)	13.6 (0.2)	14.8 (0.2)	16.1 (0.3)	17.3 (0.3)	18.1* (0.3)	5-20%	>97
4-8.....	557	14.1 (0.2)	11.3 (0.2)	11.9 (0.2)	12.9 (0.2)	14.0 (0.2)	15.3 (0.2)	16.5 (0.3)	17.3 (0.3)	10-30%	>97
Males:											
9-13.....	242	14.2 (0.3)	10.9* (0.5)	11.6 (0.5)	12.8 (0.4)	14.1 (0.3)	15.6 (0.3)	16.9 (0.3)	17.9* (0.3)	10-30%	>97
14-18.....	240	15.5 (0.3)	12.0* (0.5)	12.7 (0.5)	13.9 (0.4)	15.4 (0.3)	16.9 (0.3)	18.4 (0.4)	19.3* (0.4)	10-30%	>97
19-50.....	649	15.9 (0.3)	11.5 (0.3)	12.3 (0.3)	13.9 (0.3)	15.7 (0.3)	17.8 (0.3)	19.7 (0.4)	20.9 (0.5)	10-35%	>97
51+.....	591	15.5 (0.3)	11.1 (0.3)	12.0 (0.3)	13.5 (0.3)	15.3 (0.3)	17.3 (0.3)	19.2 (0.4)	20.4 (0.4)	10-35%	>97
19+.....	1240	15.8 (0.2)	11.3 (0.3)	12.2 (0.2)	13.7 (0.2)	15.6 (0.2)	17.6 (0.3)	19.6 (0.4)	20.8 (0.4)	10-35%	>97
Females:											
9-13.....	289	14.1 (0.3)	10.8* (0.4)	11.5 (0.4)	12.6 (0.3)	14.0 (0.3)	15.4 (0.3)	16.8 (0.3)	17.6* (0.4)	10-30%	>97
14-18.....	255	14.3 (0.4)	11.0* (0.5)	11.6 (0.4)	12.8 (0.4)	14.2 (0.4)	15.6 (0.3)	17.0 (0.4)	17.9* (0.4)	10-30%	>97
19-50.....	765	15.2 (0.2)	11.0 (0.3)	11.8 (0.2)	13.3 (0.2)	15.0 (0.2)	17.0 (0.3)	18.8 (0.4)	20.0 (0.5)	10-35%	>97
51+.....	651	15.4 (0.3)	11.2 (0.3)	12.0 (0.3)	13.4 (0.2)	15.2 (0.2)	17.1 (0.3)	19.0 (0.4)	20.2 (0.5)	10-35%	>97
19+.....	1416	15.3 (0.2)	11.1 (0.3)	11.9 (0.2)	13.3 (0.2)	15.1 (0.2)	17.0 (0.3)	18.9 (0.4)	20.1 (0.5)	10-35%	>97
All:											
1+.....	4636	15.2 (0.1)	11.2 (0.2)	12.0 (0.2)	13.3 (0.1)	14.9 (0.1)	16.8 (0.2)	18.7 (0.2)	19.9 (0.3)		>97

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	52.2 (0.3)	45.5* (0.5)	47.0 (0.5)	49.6 (0.4)	52.3 (0.3)	55.0 (0.4)	57.4 (0.5)	58.8* (0.6)	45-65%	96* (1.0)
4-8.....	557	52.9 (0.3)	46.1 (0.5)	47.6 (0.5)	50.1 (0.4)	52.9 (0.3)	55.6 (0.3)	58.1 (0.4)	59.5 (0.5)	45-65%	>97
Males:											
9-13.....	242	52.8 (0.6)	45.1* (0.7)	46.9 (0.7)	49.8 (0.6)	52.9 (0.6)	55.9 (0.6)	58.7 (0.7)	60.4* (0.8)	45-65%	95* (1.5)
14-18.....	240	50.7 (0.7)	43.0* (0.8)	44.7 (0.7)	47.6 (0.7)	50.7 (0.7)	53.9 (0.8)	56.7 (0.9)	58.3* (1.0)	45-65%	89 (2.9)
19-50.....	649	47.8 (0.6)	36.1 (0.8)	38.6 (0.7)	42.9 (0.7)	47.8 (0.6)	52.6 (0.6)	57.2 (0.7)	59.7 (0.7)	45-65%	64 (3.2)
51+.....	591	47.5 (0.6)	35.7 (0.9)	38.3 (0.8)	42.6 (0.6)	47.4 (0.6)	52.3 (0.6)	56.8 (0.7)	59.5 (0.7)	45-65%	62 (3.1)
19+.....	1240	47.7 (0.6)	35.9 (0.8)	38.5 (0.7)	42.8 (0.6)	47.6 (0.6)	52.5 (0.6)	57.0 (0.6)	59.7 (0.7)	45-65%	63 (3.0)
Females:											
9-13.....	289	53.1 (0.7)	45.6* (0.7)	47.3 (0.7)	50.0 (0.6)	53.1 (0.7)	56.2 (0.7)	59.0 (0.9)	60.6* (0.9)	45-65%	96* (1.1)
14-18.....	255	51.7 (0.6)	44.1* (0.7)	45.6 (0.7)	48.5 (0.6)	51.7 (0.6)	54.8 (0.7)	57.6 (0.8)	59.3* (0.9)	45-65%	92* (2.2)
19-50.....	765	49.4 (0.5)	37.9 (0.6)	40.4 (0.6)	44.6 (0.5)	49.3 (0.5)	54.0 (0.6)	58.3 (0.6)	60.8 (0.7)	45-65%	72 (2.3)
51+.....	651	49.4 (0.5)	38.2 (0.6)	40.5 (0.6)	44.6 (0.6)	49.3 (0.6)	54.0 (0.6)	58.4 (0.6)	61.0 (0.6)	45-65%	72 (2.5)
19+.....	1416	49.4 (0.5)	38.0 (0.6)	40.4 (0.5)	44.6 (0.5)	49.3 (0.5)	54.0 (0.5)	58.4 (0.6)	60.9 (0.6)	45-65%	72 (2.2)
All:											
1+.....	4636	49.8 (0.3)	38.3 (0.5)	41.0 (0.4)	45.6 (0.3)	50.2 (0.3)	54.3 (0.3)	57.9 (0.3)	60.1 (0.4)	45-65%	77 (1.3)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	34.2 (0.3)	28.6* (0.6)	29.8 (0.5)	32.0 (0.4)	34.3 (0.3)	36.5 (0.4)	38.6 (0.5)	39.9* (0.5)	30-40%	84 (2.9)
4-8.....	557	34.1 (0.3)	28.4 (0.5)	29.7 (0.4)	31.8 (0.3)	34.1 (0.2)	36.4 (0.3)	38.6 (0.5)	39.9 (0.5)	25-35%	59 (3.0)
Males:											
9-13.....	242	34.1 (0.3)	28.0* (0.6)	29.5 (0.5)	31.7 (0.4)	34.1 (0.3)	36.5 (0.4)	38.6 (0.5)	39.9* (0.6)	25-35%	59 (4.0)
14-18.....	240	34.2 (0.5)	28.2* (0.8)	29.5 (0.7)	31.8 (0.5)	34.3 (0.5)	36.7 (0.5)	38.8 (0.6)	40.1* (0.7)	25-35%	58 (5.6)
19-50.....	649	34.1 (0.7)	25.4 (0.8)	27.4 (0.7)	30.6 (0.7)	34.2 (0.7)	37.7 (0.7)	40.8 (0.8)	42.6 (0.8)	20-35%	56 (4.8)
51+.....	591	35.4 (0.7)	26.7 (0.8)	28.7 (0.7)	31.9 (0.7)	35.5 (0.7)	39.0 (0.7)	42.1 (0.8)	43.9 (0.9)	20-35%	46 (5.0)
19+.....	1240	34.6 (0.6)	25.8 (0.8)	27.8 (0.7)	31.0 (0.6)	34.6 (0.6)	38.2 (0.7)	41.3 (0.8)	43.1 (0.8)	20-35%	52 (4.6)
Females:											
9-13.....	289	34.0 (0.4)	28.1* (0.8)	29.4 (0.7)	31.6 (0.5)	34.0 (0.4)	36.3 (0.4)	38.5 (0.5)	39.8* (0.6)	25-35%	60 (4.3)
14-18.....	255	34.9 (0.6)	29.0* (0.9)	30.3 (0.8)	32.5 (0.7)	35.0 (0.6)	37.3 (0.6)	39.5 (0.6)	40.8* (0.6)	25-35%	50 (6.8)
19-50.....	765	34.6 (0.5)	25.9 (0.6)	27.8 (0.6)	31.1 (0.5)	34.6 (0.5)	38.2 (0.5)	41.3 (0.5)	43.2 (0.6)	20-35%	53 (3.4)
51+.....	651	35.1 (0.4)	26.7 (0.6)	28.4 (0.6)	31.5 (0.5)	35.1 (0.4)	38.6 (0.4)	41.9 (0.5)	43.8 (0.6)	20-35%	49 (3.3)
19+.....	1416	34.8 (0.4)	26.2 (0.6)	28.1 (0.5)	31.2 (0.4)	34.8 (0.4)	38.3 (0.4)	41.6 (0.5)	43.5 (0.6)	20-35%	51 (3.1)
All:											
1+.....	4636	34.5 (0.4)	26.7 (0.6)	28.5 (0.5)	31.4 (0.4)	34.5 (0.3)	37.6 (0.3)	40.6 (0.4)	42.5 (0.5)		55 (2.6)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Under 131% poverty										
Males and females:										
1-3.....	397	12.4 (0.2)	9.4* (0.3)	10.0 (0.3)	11.2 (0.2)	12.4 (0.2)	13.7 (0.2)	14.9 (0.2)	15.6* (0.3)	10 (2.8)
4-8.....	557	12.0 (0.2)	9.0 (0.2)	9.6 (0.2)	10.7 (0.2)	12.0 (0.2)	13.2 (0.2)	14.5 (0.2)	15.2 (0.3)	15 (2.5)
Males:										
9-13.....	242	11.8 (0.2)	9.0* (0.3)	9.7 (0.3)	10.7 (0.3)	11.8 (0.2)	12.9 (0.2)	14.0 (0.2)	14.7* (0.3)	14 (3.8)
14-18.....	240	11.9 (0.2)	9.2* (0.3)	9.7 (0.3)	10.7 (0.2)	11.9 (0.2)	13.0 (0.3)	14.1 (0.3)	14.8* (0.3)	13 (2.9)
19-50.....	649	11.2 (0.2)	7.9 (0.2)	8.6 (0.2)	9.7 (0.2)	11.1 (0.2)	12.5 (0.2)	13.8 (0.2)	14.6 (0.2)	29 (3.1)
51+.....	591	11.4 (0.2)	8.1 (0.2)	8.8 (0.2)	10.0 (0.2)	11.4 (0.2)	12.8 (0.2)	14.1 (0.2)	15.0 (0.2)	25 (3.1)
19+.....	1240	11.3 (0.2)	7.9 (0.2)	8.6 (0.2)	9.8 (0.2)	11.2 (0.2)	12.6 (0.2)	13.9 (0.2)	14.7 (0.2)	28 (2.9)
Females:										
9-13.....	289	11.8 (0.2)	9.1* (0.3)	9.7 (0.3)	10.6 (0.3)	11.7 (0.3)	12.9 (0.2)	14.0 (0.3)	14.6* (0.3)	14 (3.6)
14-18.....	255	11.6 (0.3)	8.9* (0.3)	9.4 (0.3)	10.4 (0.3)	11.5 (0.3)	12.7 (0.3)	13.8 (0.4)	14.4* (0.4)	18 (4.5)
19-50.....	765	11.3 (0.2)	7.9 (0.3)	8.6 (0.2)	9.8 (0.2)	11.2 (0.2)	12.6 (0.2)	14.0 (0.3)	14.9 (0.3)	28 (3.3)
51+.....	651	11.6 (0.2)	8.3 (0.2)	8.9 (0.2)	10.1 (0.2)	11.5 (0.2)	12.9 (0.3)	14.4 (0.3)	15.2 (0.4)	24 (3.1)
19+.....	1416	11.4 (0.2)	8.1 (0.2)	8.7 (0.2)	9.9 (0.2)	11.3 (0.2)	12.8 (0.2)	14.2 (0.3)	15.0 (0.3)	27 (2.9)
All:										
1+.....	4636	11.5 (0.1)	8.3 (0.1)	9.0 (0.1)	10.1 (0.1)	11.5 (0.1)	12.9 (0.1)	14.2 (0.2)	14.9 (0.2)	23 (1.8)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	6.4 (0.1)	4.5* (0.2)	4.9 (0.1)	5.5 (0.1)	6.3 (0.1)	7.2 (0.1)	8.0 (0.2)	8.5* (0.2)	05-10%	87 (2.8)
4-8.....	557	6.8 (0.1)	4.8 (0.2)	5.2 (0.2)	5.9 (0.1)	6.7 (0.1)	7.6 (0.1)	8.5 (0.2)	9.0 (0.3)	05-10%	91 (2.4)
Males:											
9-13.....	242	7.0 (0.2)	5.1* (0.1)	5.5 (0.1)	6.1 (0.1)	6.9 (0.2)	7.7 (0.2)	8.5 (0.2)	9.1* (0.2)	05-10%	95* (1.2)
14-18.....	240	6.7 (0.2)	4.9* (0.2)	5.2 (0.2)	5.9 (0.2)	6.6 (0.2)	7.4 (0.2)	8.2 (0.2)	8.7* (0.2)	05-10%	93* (2.9)
19-50.....	649	6.8 (0.2)	4.5 (0.2)	4.9 (0.2)	5.7 (0.2)	6.7 (0.2)	7.7 (0.3)	8.7 (0.4)	9.3 (0.4)	05-10%	87 (3.3)
51+.....	591	7.1 (0.2)	4.8 (0.2)	5.2 (0.2)	6.0 (0.2)	7.0 (0.2)	8.1 (0.3)	9.1 (0.4)	9.8 (0.4)	05-10%	89 (2.7)
19+.....	1240	6.9 (0.2)	4.6 (0.2)	5.0 (0.2)	5.8 (0.2)	6.8 (0.2)	7.8 (0.3)	8.9 (0.4)	9.5 (0.4)	05-10%	88 (2.9)
Females:											
9-13.....	289	7.0 (0.2)	5.2* (0.2)	5.5 (0.2)	6.2 (0.2)	7.0 (0.2)	7.8 (0.2)	8.6 (0.2)	9.1* (0.2)	05-10%	95* (1.1)
14-18.....	255	7.5 (0.2)	5.6* (0.2)	5.9 (0.2)	6.6 (0.2)	7.4 (0.2)	8.3 (0.2)	9.2 (0.2)	9.7* (0.2)	05-10%	95* (1.2)
19-50.....	765	7.2 (0.1)	4.9 (0.2)	5.3 (0.2)	6.1 (0.1)	7.1 (0.1)	8.1 (0.1)	9.1 (0.2)	9.8 (0.2)	05-10%	90 (2.1)
51+.....	651	7.1 (0.1)	4.8 (0.2)	5.3 (0.2)	6.0 (0.1)	7.0 (0.1)	8.0 (0.2)	9.1 (0.2)	9.7 (0.2)	05-10%	90 (2.2)
19+.....	1416	7.1 (0.1)	4.9 (0.2)	5.3 (0.2)	6.1 (0.1)	7.0 (0.1)	8.1 (0.1)	9.1 (0.2)	9.8 (0.2)	05-10%	90 (2.2)
All:											
1+.....	4636	7.0 (0.1)	4.8 (0.1)	5.2 (0.1)	6.0 (0.1)	6.9 (0.1)	7.9 (0.1)	8.9 (0.1)	9.5 (0.2)	05-10%	90 (1.4)

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, 2015-2018

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Under 131% poverty											
Males and females:											
1-3.....	397	0.64 (0.01)	0.45* (0.02)	0.48 (0.02)	0.55 (0.02)	0.63 (0.02)	0.72 (0.02)	0.81 (0.02)	0.87* (0.03)	0.6-1.2%	60 (4.7)
4-8.....	557	0.64 (0.02)	0.45 (0.02)	0.48 (0.02)	0.55 (0.02)	0.63 (0.02)	0.72 (0.02)	0.82 (0.02)	0.88 (0.02)	0.6-1.2%	59 (5.6)
Males:											
9-13.....	242	0.63 (0.02)	0.46* (0.02)	0.50 (0.02)	0.55 (0.02)	0.62 (0.02)	0.69 (0.02)	0.77 (0.03)	0.82* (0.04)	0.6-1.2%	58 (6.7)
14-18.....	240	0.64 (0.02)	0.47* (0.03)	0.50 (0.02)	0.56 (0.02)	0.63 (0.02)	0.70 (0.03)	0.78 (0.03)	0.83* (0.04)	0.6-1.2%	61 (7.8)
19-50.....	649	0.68 (0.02)	0.42 (0.03)	0.46 (0.02)	0.55 (0.02)	0.66 (0.02)	0.78 (0.02)	0.92 (0.03)	1.00 (0.04)	0.6-1.2%	63 (4.6)
51+.....	591	0.73 (0.02)	0.46 (0.03)	0.51 (0.02)	0.60 (0.02)	0.72 (0.02)	0.85 (0.03)	0.99 (0.04)	1.08 (0.05)	0.6-1.2%	73 (4.4)
19+.....	1240	0.70 (0.02)	0.43 (0.03)	0.48 (0.02)	0.56 (0.02)	0.68 (0.02)	0.81 (0.02)	0.94 (0.03)	1.03 (0.04)	0.6-1.2%	66 (4.3)
Females:											
9-13.....	289	0.67 (0.02)	0.50* (0.02)	0.53 (0.02)	0.59 (0.02)	0.66 (0.02)	0.74 (0.03)	0.82 (0.04)	0.87* (0.05)	0.6-1.2%	72 (5.8)
14-18.....	255	0.72 (0.03)	0.54* (0.03)	0.57 (0.03)	0.64 (0.02)	0.71 (0.03)	0.80 (0.03)	0.88 (0.04)	0.94* (0.05)	0.6-1.2%	85 (5.0)
19-50.....	765	0.75 (0.02)	0.50 (0.03)	0.54 (0.03)	0.63 (0.02)	0.74 (0.02)	0.86 (0.02)	0.99 (0.03)	1.07 (0.03)	0.6-1.2%	79 (4.6)
51+.....	651	0.78 (0.02)	0.52 (0.03)	0.56 (0.03)	0.65 (0.02)	0.76 (0.02)	0.89 (0.03)	1.03 (0.04)	1.11 (0.04)	0.6-1.2%	82 (4.5)
19+.....	1416	0.77 (0.02)	0.50 (0.03)	0.55 (0.02)	0.64 (0.02)	0.75 (0.02)	0.87 (0.02)	1.00 (0.03)	1.09 (0.04)	0.6-1.2%	80 (4.5)
All:											
1+.....	4636	0.71 (0.01)	0.46 (0.01)	0.51 (0.01)	0.59 (0.01)	0.69 (0.01)	0.81 (0.02)	0.94 (0.02)	1.02 (0.03)	0.6-1.2%	71 (2.8)

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) 2015-2018. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2015-2016 and 2017-2018.

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

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

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

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 2.52.

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

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

Indicates a non-zero value too small to report.

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

CITATION

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