



United States  
Department of  
Agriculture

Agricultural  
Research  
Service

May 2019



# USUAL NUTRIENT INTAKE

## from Food and Beverages, by Gender and Age

What We Eat in America, NHANES 2013-2016

**Table A**

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 <i>18:2</i> (g) <i>AI</i>	11	Magnesium (mg) <i>EAR</i>	36
Linolenic acid <i>18:3</i> (g) <i>AI</i>	12	Iron (mg) <i>EAR, UL</i>	37
Eicosapentaenoic acid <i>20:5</i> (g)	13	Zinc (mg) <i>EAR, UL</i>	38
Docosahexaenoic acid <i>22:6</i> (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 <i>18:2</i> (as % of energy) <i>AMDR</i>	48
Food folate (µg)	24	Linolenic acid <i>18:3</i> (as % of energy) <i>AMDR</i>	49
Choline (mg) <i>AI, UL</i>	25	<b>TABLE NOTES</b>	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 A 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	1401 (22)	964 (25)	1045 (24)	1195 (22)	1381 (23)	1582 (27)	1780 (34)	1913 (40)
4-8.....	867	1790 (28)	1266 (33)	1364 (32)	1549 (28)	1769 (28)	2006 (32)	2241 (41)	2388 (47)
9-13.....	843	2120 (39)	1394 (36)	1532 (35)	1782 (36)	2088 (39)	2421 (44)	2756 (55)	2966 (63)
14-18.....	790	2324 (45)	1552 (43)	1698 (43)	1968 (43)	2290 (45)	2644 (51)	2993 (60)	3209 (68)
19-30.....	1029	2546 (39)	1569 (33)	1752 (32)	2094 (33)	2503 (38)	2952 (47)	3393 (59)	3668 (70)
31-50.....	1622	2553 (34)	1573 (34)	1756 (34)	2096 (31)	2506 (34)	2961 (41)	3407 (52)	3690 (61)
19-50.....	2651	2550 (25)	1571 (28)	1754 (26)	2095 (23)	2505 (25)	2957 (33)	3400 (46)	3682 (56)
51-70.....	1606	2413 (27)	1464 (30)	1647 (28)	1972 (25)	2367 (26)	2805 (34)	3232 (45)	3504 (53)
71+.....	698	2097 (32)	1230 (36)	1389 (34)	1682 (33)	2056 (33)	2456 (36)	2860 (43)	3122 (50)
51+.....	2304	2336 (21)	1385 (29)	1564 (26)	1891 (21)	2290 (20)	2733 (28)	3161 (40)	3439 (49)
19+.....	4955	2459 (18)	1477 (27)	1663 (23)	2002 (18)	2413 (17)	2867 (26)	3312 (40)	3592 (49)
<b>Females:</b>									
1-3.....	544	1311 (25)	895 (24)	973 (23)	1117 (22)	1291 (24)	1483 (29)	1675 (38)	1797 (45)
4-8.....	818	1626 (21)	1139 (25)	1231 (23)	1399 (20)	1604 (20)	1829 (26)	2046 (37)	2190 (45)
9-13.....	815	1881 (28)	1202 (34)	1329 (33)	1565 (30)	1849 (28)	2163 (31)	2469 (37)	2667 (43)
14-18.....	813	1740 (33)	1089 (31)	1215 (31)	1437 (31)	1710 (33)	2011 (39)	2306 (47)	2493 (54)
19-30.....	977	1895 (27)	1170 (27)	1308 (27)	1561 (26)	1865 (27)	2197 (31)	2515 (38)	2720 (42)
31-50.....	1748	1874 (21)	1160 (27)	1295 (25)	1541 (23)	1842 (22)	2171 (21)	2495 (25)	2703 (29)
19-50.....	2725	1882 (16)	1164 (24)	1300 (22)	1548 (19)	1850 (17)	2181 (18)	2501 (23)	2708 (27)
51-70.....	1708	1765 (17)	1072 (22)	1202 (20)	1442 (18)	1733 (17)	2051 (19)	2371 (24)	2570 (30)
71+.....	724	1642 (34)	982 (31)	1104 (32)	1331 (33)	1608 (34)	1917 (37)	2229 (42)	2419 (44)
51+.....	2432	1731 (15)	1042 (21)	1172 (20)	1409 (17)	1699 (16)	2018 (17)	2335 (23)	2533 (27)
19+.....	5157	1810 (10)	1097 (19)	1231 (18)	1477 (14)	1777 (11)	2108 (12)	2430 (18)	2635 (23)
<b>All:</b>									
1+.....	16176	2058 (10)	1169 (14)	1316 (12)	1599 (9)	1977 (8)	2434 (12)	2915 (22)	3224 (32)

**Table A 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	51.0 (1.1)	34.1 (1.2)	37.2 (1.2)	43.0 (1.1)	50.2 (1.1)	58.1 (1.3)	65.8 (1.7)	71.1 (2.0)
4-8.....	867	63.0 (1.3)	43.3 (1.5)	46.9 (1.5)	53.9 (1.3)	62.2 (1.3)	71.2 (1.6)	80.1 (2.0)	85.7 (2.3)
9-13.....	843	77.2 (1.5)	46.4 (2.1)	51.9 (1.9)	62.3 (1.6)	75.3 (1.5)	90.0 (2.1)	105.2 (3.2)	114.9 (4.1)
14-18.....	790	90.3 (1.9)	55.8 (2.7)	62.0 (2.5)	73.8 (2.1)	88.3 (1.9)	104.7 (2.3)	121.3 (3.4)	131.7 (4.2)
19-30.....	1029	102.3 (2.2)	61.9 (1.4)	69.3 (1.5)	83.3 (1.7)	100.3 (2.2)	119.1 (2.8)	137.8 (3.4)	149.6 (4.0)
31-50.....	1622	99.8 (1.4)	60.0 (1.4)	67.2 (1.4)	80.9 (1.3)	97.7 (1.4)	116.4 (1.8)	135.0 (2.3)	147.0 (2.7)
19-50.....	2651	100.8 (1.5)	60.7 (1.2)	68.0 (1.2)	81.8 (1.1)	98.8 (1.4)	117.6 (1.9)	136.2 (2.5)	148.1 (3.0)
51-70.....	1606	96.0 (1.0)	57.1 (1.2)	64.5 (1.1)	77.7 (1.0)	93.9 (1.0)	112.2 (1.4)	130.1 (1.9)	141.7 (2.3)
71+.....	698	80.7 (1.4)	46.1 (1.3)	52.3 (1.2)	63.8 (1.2)	78.8 (1.4)	95.0 (1.6)	111.6 (2.1)	122.5 (2.5)
51+.....	2304	92.3 (0.9)	53.1 (1.1)	60.3 (1.0)	73.7 (0.8)	90.2 (0.8)	108.7 (1.2)	126.7 (1.8)	138.6 (2.2)
19+.....	4955	97.2 (1.0)	56.9 (1.1)	64.3 (0.9)	78.1 (0.8)	95.1 (1.0)	114.0 (1.5)	132.7 (2.1)	144.6 (2.5)
<b>Females:</b>									
1-3.....	544	48.4 (0.9)	32.0 (1.0)	35.1 (1.0)	40.7 (0.8)	47.6 (0.8)	55.2 (1.1)	62.8 (1.5)	67.6 (1.9)
4-8.....	818	56.3 (0.7)	38.1 (1.2)	41.5 (1.0)	47.7 (0.8)	55.4 (0.7)	63.9 (0.9)	72.1 (1.4)	77.5 (1.8)
9-13.....	815	67.3 (1.3)	39.1 (1.9)	44.1 (1.7)	53.6 (1.4)	65.5 (1.2)	79.1 (1.7)	92.7 (2.8)	101.6 (3.5)
14-18.....	813	62.8 (1.4)	35.7 (2.3)	40.7 (2.2)	49.7 (1.9)	61.0 (1.5)	74.0 (1.6)	87.2 (2.1)	95.7 (2.7)
19-30.....	977	70.9 (1.0)	43.3 (1.1)	48.5 (1.0)	58.1 (1.0)	69.7 (1.0)	82.4 (1.2)	94.6 (1.5)	102.5 (1.6)
31-50.....	1748	72.7 (1.0)	44.9 (1.0)	50.2 (1.0)	59.7 (0.9)	71.4 (1.0)	84.3 (1.1)	96.9 (1.4)	105.1 (1.6)
19-50.....	2725	72.0 (0.7)	44.3 (0.9)	49.5 (0.8)	59.1 (0.7)	70.8 (0.7)	83.6 (0.9)	96.1 (1.2)	104.2 (1.4)
51-70.....	1708	68.8 (0.7)	41.8 (0.8)	46.9 (0.7)	56.2 (0.7)	67.6 (0.7)	80.0 (0.9)	92.5 (1.2)	100.4 (1.5)
71+.....	724	61.9 (1.4)	36.7 (1.3)	41.3 (1.3)	50.0 (1.4)	60.5 (1.4)	72.4 (1.6)	84.4 (1.8)	91.8 (1.9)
51+.....	2432	67.0 (0.7)	40.0 (0.9)	45.0 (0.8)	54.3 (0.7)	65.6 (0.7)	78.2 (0.8)	90.6 (1.2)	98.4 (1.4)
19+.....	5157	69.6 (0.5)	42.0 (0.8)	47.2 (0.7)	56.7 (0.6)	68.3 (0.5)	81.1 (0.7)	93.7 (1.0)	101.7 (1.3)
<b>All:</b>									
1+.....	16176	79.2 (0.6)	42.9 (0.6)	48.5 (0.5)	59.8 (0.5)	75.3 (0.5)	94.8 (0.7)	115.5 (1.3)	128.8 (1.8)

**Table A 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	4.22 (0.09)	2.75 (0.08)	3.02 (0.08)	3.53 (0.08)	4.16 (0.09)	4.83 (0.11)	5.49 (0.13)	5.92 (0.16)	0.87	<3
4-8.....	860	2.67 (0.07)	1.56 (0.08)	1.76 (0.08)	2.15 (0.08)	2.62 (0.07)	3.13 (0.08)	3.65 (0.08)	3.97 (0.09)	0.76	<3
9-13.....	839	1.86 (0.06)	0.99 (0.07)	1.14 (0.07)	1.43 (0.06)	1.80 (0.06)	2.22 (0.06)	2.65 (0.07)	2.92 (0.09)	0.76	<3
14-18.....	788	1.40 (0.03)	0.67 (0.04)	0.79 (0.04)	1.04 (0.04)	1.34 (0.03)	1.70 (0.04)	2.07 (0.06)	2.30 (0.07)	0.73	7 (1.7)
19-30.....	1023	1.38 (0.03)	0.73 (0.03)	0.85 (0.03)	1.07 (0.03)	1.35 (0.03)	1.65 (0.04)	1.95 (0.05)	2.13 (0.05)	0.66	<3
31-50.....	1616	1.32 (0.02)	0.69 (0.03)	0.80 (0.03)	1.02 (0.02)	1.28 (0.02)	1.58 (0.02)	1.88 (0.03)	2.07 (0.04)	0.66	4 (0.8)
19-50.....	2639	1.34 (0.02)	0.71 (0.03)	0.82 (0.03)	1.04 (0.02)	1.31 (0.02)	1.61 (0.02)	1.91 (0.03)	2.10 (0.04)	0.66	4 (0.8)
51-70.....	1587	1.28 (0.01)	0.66 (0.03)	0.77 (0.02)	0.98 (0.02)	1.24 (0.01)	1.53 (0.02)	1.82 (0.03)	2.01 (0.04)	0.66	5 (0.9)
71+.....	683	1.08 (0.02)	0.53 (0.02)	0.62 (0.02)	0.81 (0.01)	1.05 (0.02)	1.32 (0.03)	1.59 (0.04)	1.77 (0.05)	0.66	12 (1.0)
51+.....	2270	1.23 (0.01)	0.61 (0.02)	0.73 (0.02)	0.93 (0.01)	1.19 (0.01)	1.49 (0.02)	1.78 (0.03)	1.96 (0.04)	0.66	7 (0.8)
19+.....	4909	1.29 (0.01)	0.66 (0.02)	0.78 (0.02)	0.99 (0.02)	1.26 (0.01)	1.56 (0.02)	1.86 (0.03)	2.05 (0.04)	0.66	5 (0.8)
<b>Females:</b>											
1-3.....	544	4.00 (0.07)	2.57 (0.09)	2.84 (0.09)	3.34 (0.08)	3.94 (0.07)	4.59 (0.07)	5.23 (0.09)	5.64 (0.10)	0.87	<3
4-8.....	814	2.53 (0.04)	1.45 (0.04)	1.65 (0.04)	2.01 (0.03)	2.47 (0.04)	2.98 (0.05)	3.47 (0.08)	3.80 (0.09)	0.76	<3
9-13.....	810	1.61 (0.03)	0.81 (0.05)	0.95 (0.05)	1.22 (0.04)	1.56 (0.03)	1.95 (0.04)	2.34 (0.06)	2.59 (0.07)	0.76	4 (1.2)
14-18.....	801	1.08 (0.03)	0.46 (0.04)	0.57 (0.04)	0.77 (0.04)	1.03 (0.03)	1.34 (0.03)	1.67 (0.03)	1.87 (0.04)	0.71	20 (3.2)
19-30.....	967	1.14 (0.02)	0.63 (0.02)	0.73 (0.02)	0.91 (0.02)	1.12 (0.02)	1.36 (0.02)	1.59 (0.02)	1.74 (0.03)	0.66	6 (0.9)
31-50.....	1735	1.14 (0.01)	0.63 (0.02)	0.73 (0.02)	0.90 (0.02)	1.12 (0.02)	1.35 (0.02)	1.59 (0.02)	1.74 (0.02)	0.66	6 (1.0)
19-50.....	2702	1.14 (0.01)	0.63 (0.02)	0.73 (0.02)	0.90 (0.01)	1.12 (0.01)	1.36 (0.01)	1.59 (0.02)	1.74 (0.02)	0.66	6 (0.8)
51-70.....	1695	1.10 (0.01)	0.60 (0.02)	0.69 (0.01)	0.86 (0.01)	1.07 (0.01)	1.30 (0.01)	1.54 (0.02)	1.68 (0.02)	0.66	8 (0.8)
71+.....	714	1.03 (0.03)	0.55 (0.03)	0.64 (0.03)	0.80 (0.03)	1.00 (0.03)	1.23 (0.03)	1.46 (0.03)	1.60 (0.03)	0.66	12 (2.0)
51+.....	2409	1.08 (0.01)	0.58 (0.02)	0.67 (0.02)	0.84 (0.01)	1.05 (0.01)	1.28 (0.01)	1.52 (0.02)	1.66 (0.02)	0.66	9 (1.0)
19+.....	5111	1.11 (0.01)	0.61 (0.02)	0.70 (0.01)	0.87 (0.01)	1.09 (0.01)	1.32 (0.01)	1.56 (0.02)	1.70 (0.02)	0.66	8 (0.9)
<b>All:</b>											
1+.....	16050	1.44 (0.01)	0.64 (0.01)	0.75 (0.01)	0.97 (0.01)	1.25 (0.01)	1.64 (0.01)	2.29 (0.03)	3.10 (0.05)		6 (0.5)

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.

**Table A 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	186 (3)	125 (3)	136 (3)	157 (3)	184 (3)	212 (4)	240 (5)	258 (6)	100	<3
4-8.....	867	238 (4)	165 (4)	179 (4)	205 (4)	235 (4)	268 (5)	301 (6)	322 (7)	100	<3
9-13.....	843	277 (6)	180 (7)	198 (6)	232 (6)	273 (6)	317 (6)	362 (8)	390 (9)	100	<3
14-18.....	790	292 (7)	191 (7)	210 (7)	246 (7)	288 (7)	334 (8)	379 (10)	408 (11)	100	<3
19-30.....	1029	295 (5)	164 (5)	187 (5)	232 (5)	287 (5)	349 (6)	412 (7)	451 (9)	100	<3
31-50.....	1622	296 (4)	164 (4)	188 (4)	232 (4)	288 (4)	351 (6)	414 (7)	455 (9)	100	<3
19-50.....	2651	295 (3)	164 (4)	187 (4)	232 (3)	287 (3)	350 (4)	413 (6)	454 (8)	100	<3
51-70.....	1606	275 (4)	149 (5)	172 (5)	214 (4)	267 (4)	326 (4)	386 (5)	425 (6)	100	<3
71+.....	698	247 (5)	130 (5)	151 (5)	189 (5)	239 (5)	295 (5)	352 (6)	390 (8)	100	<3
51+.....	2304	268 (3)	143 (5)	166 (4)	207 (4)	260 (3)	319 (3)	379 (4)	418 (6)	100	<3
19+.....	4955	284 (2)	154 (4)	177 (4)	221 (3)	275 (2)	338 (3)	400 (5)	441 (6)	100	<3
<b>Females:</b>											
1-3.....	544	172 (3)	114 (3)	125 (3)	145 (3)	169 (3)	196 (4)	223 (5)	240 (6)	100	<3
4-8.....	818	218 (3)	150 (4)	163 (3)	186 (3)	215 (3)	247 (4)	277 (5)	297 (6)	100	<3
9-13.....	815	246 (4)	155 (6)	172 (5)	203 (5)	241 (4)	283 (4)	324 (6)	351 (7)	100	<3
14-18.....	813	224 (4)	138 (4)	155 (4)	184 (3)	220 (4)	260 (5)	300 (7)	325 (8)	100	<3
19-30.....	977	230 (4)	130 (3)	149 (3)	183 (4)	225 (4)	272 (5)	317 (6)	347 (6)	100	<3
31-50.....	1748	225 (3)	127 (4)	145 (3)	178 (3)	219 (3)	265 (3)	311 (4)	341 (4)	100	<3
19-50.....	2725	227 (2)	128 (3)	146 (3)	180 (3)	221 (3)	268 (3)	314 (3)	343 (4)	100	<3
51-70.....	1708	206 (3)	113 (3)	130 (3)	162 (3)	201 (4)	245 (4)	290 (4)	318 (5)	100	<3
71+.....	724	201 (5)	110 (4)	126 (4)	157 (4)	195 (5)	239 (5)	284 (6)	311 (6)	100	3 (0.6)
51+.....	2432	205 (3)	112 (3)	129 (3)	160 (3)	199 (3)	243 (3)	288 (4)	316 (4)	100	<3
19+.....	5157	216 (2)	119 (3)	137 (3)	170 (2)	211 (2)	257 (2)	303 (3)	332 (3)	100	<3
<b>All:</b>											
1+.....	16176	247 (1)	133 (2)	153 (2)	189 (2)	237 (1)	294 (2)	354 (2)	394 (4)	100	<3

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	95 (2)	57 (2)	64 (2)	76 (2)	92 (2)	110 (2)	128 (3)	141 (3)
4-8.....	867	110 (2)	68 (2)	76 (2)	90 (2)	108 (2)	128 (2)	148 (3)	160 (4)
9-13.....	843	126 (3)	73 (4)	83 (4)	101 (4)	123 (3)	148 (3)	174 (4)	191 (5)
14-18.....	790	133 (3)	78 (4)	88 (4)	107 (4)	130 (3)	156 (4)	182 (5)	199 (5)
19-30.....	1029	125 (3)	49 (3)	60 (3)	85 (3)	117 (3)	157 (4)	199 (5)	227 (6)
31-50.....	1622	127 (3)	50 (2)	62 (2)	86 (2)	119 (2)	159 (4)	203 (5)	232 (6)
19-50.....	2651	126 (2)	50 (2)	61 (2)	85 (2)	118 (2)	158 (3)	201 (4)	230 (6)
51-70.....	1606	117 (2)	44 (2)	56 (2)	78 (2)	109 (2)	147 (3)	188 (4)	216 (5)
71+.....	698	109 (3)	40 (2)	50 (2)	71 (3)	101 (3)	137 (3)	177 (4)	204 (5)
51+.....	2304	115 (2)	43 (2)	54 (2)	76 (2)	107 (2)	145 (2)	186 (3)	213 (4)
19+.....	4955	121 (2)	46 (2)	58 (2)	81 (2)	113 (2)	153 (2)	195 (4)	224 (5)
<b>Females:</b>									
1-3.....	544	88 (2)	52 (2)	58 (2)	70 (2)	85 (2)	102 (2)	120 (3)	131 (3)
4-8.....	818	100 (2)	61 (2)	68 (2)	81 (2)	98 (2)	116 (2)	135 (3)	147 (3)
9-13.....	815	111 (2)	62 (4)	71 (3)	87 (3)	108 (3)	131 (3)	155 (3)	170 (4)
14-18.....	813	101 (2)	54 (3)	63 (3)	78 (2)	98 (2)	120 (2)	142 (3)	157 (4)
19-30.....	977	102 (3)	44 (2)	54 (2)	72 (2)	97 (3)	126 (4)	156 (5)	176 (6)
31-50.....	1748	97 (4)	42 (2)	51 (2)	68 (3)	91 (4)	120 (5)	149 (6)	170 (7)
19-50.....	2725	99 (3)	43 (2)	52 (2)	69 (2)	93 (3)	122 (4)	152 (5)	172 (6)
51-70.....	1708	92 (3)	39 (2)	47 (2)	64 (3)	86 (3)	114 (4)	143 (5)	162 (6)
71+.....	724	91 (3)	39 (2)	47 (2)	64 (3)	86 (3)	113 (4)	143 (5)	162 (5)
51+.....	2432	91 (3)	39 (2)	47 (2)	64 (2)	86 (3)	113 (4)	143 (5)	162 (5)
19+.....	5157	95 (3)	41 (2)	49 (2)	67 (2)	90 (2)	118 (3)	148 (5)	168 (6)
<b>All:</b>									
1+.....	16176	109 (1)	46 (1)	56 (1)	76 (1)	102 (1)	133 (2)	169 (2)	194 (3)

**Table A 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	10.4 (0.3)	5.7 (0.2)	6.5 (0.2)	8.0 (0.2)	10.1 (0.3)	12.3 (0.4)	14.6 (0.5)	16.2 (0.5)	19	<3	
4-8.....	867	13.9 (0.3)	8.1 (0.3)	9.1 (0.3)	11.1 (0.3)	13.5 (0.3)	16.2 (0.4)	19.0 (0.5)	20.7 (0.5)	25	<3	
9-13.....	843	16.0 (0.4)	8.9 (0.4)	10.1 (0.4)	12.5 (0.4)	15.5 (0.4)	19.0 (0.4)	22.6 (0.6)	24.9 (0.7)	31	<3	
14-18.....	790	16.1 (0.4)	8.9 (0.4)	10.2 (0.4)	12.5 (0.4)	15.5 (0.4)	19.0 (0.5)	22.6 (0.6)	24.9 (0.8)	38	<3	
19-30.....	1029	17.6 (0.5)	7.8 (0.3)	9.4 (0.3)	12.6 (0.4)	16.8 (0.5)	21.8 (0.6)	27.0 (0.8)	30.4 (1.0)	38	<3	
31-50.....	1622	19.4 (0.4)	8.9 (0.3)	10.6 (0.3)	14.0 (0.3)	18.5 (0.3)	23.9 (0.5)	29.5 (0.7)	33.1 (0.8)	38	<3	
19-50.....	2651	18.7 (0.3)	8.3 (0.3)	10.0 (0.3)	13.4 (0.3)	17.8 (0.3)	23.0 (0.5)	28.5 (0.7)	32.2 (0.8)	38	<3	
51-70.....	1606	19.4 (0.4)	8.8 (0.4)	10.6 (0.4)	14.0 (0.4)	18.5 (0.4)	23.8 (0.5)	29.3 (0.7)	32.9 (0.9)	30	9 (1.2)	
71+.....	698	18.6 (0.4)	8.4 (0.4)	10.0 (0.4)	13.3 (0.4)	17.7 (0.4)	22.8 (0.6)	28.3 (0.7)	31.9 (0.9)	30	7 (1.1)	
51+.....	2304	19.2 (0.4)	8.7 (0.3)	10.4 (0.3)	13.8 (0.3)	18.3 (0.4)	23.6 (0.5)	29.0 (0.7)	32.7 (0.8)	30	8 (1.1)	
19+.....	4955	18.9 (0.3)	8.5 (0.3)	10.2 (0.3)	13.6 (0.2)	18.0 (0.3)	23.3 (0.4)	28.7 (0.6)	32.4 (0.8)		4 (0.6)	
<b>Females:</b>												
1-3.....	544	10.1 (0.3)	5.5 (0.3)	6.3 (0.3)	7.9 (0.3)	9.8 (0.3)	12.1 (0.3)	14.4 (0.4)	15.9 (0.4)	19	<3	
4-8.....	818	12.6 (0.3)	7.3 (0.2)	8.2 (0.2)	10.0 (0.2)	12.3 (0.2)	14.9 (0.3)	17.5 (0.5)	19.2 (0.6)	25	<3	
9-13.....	815	14.8 (0.3)	8.0 (0.3)	9.2 (0.3)	11.4 (0.3)	14.3 (0.3)	17.6 (0.4)	20.9 (0.5)	23.2 (0.7)	26	<3	
14-18.....	813	13.2 (0.3)	6.9 (0.4)	8.0 (0.4)	10.1 (0.4)	12.7 (0.4)	15.8 (0.4)	19.0 (0.4)	21.1 (0.5)	26	<3	
19-30.....	977	14.7 (0.4)	6.6 (0.3)	8.0 (0.3)	10.6 (0.3)	14.0 (0.4)	18.1 (0.5)	22.1 (0.6)	24.9 (0.7)	25	5 (1.0)	
31-50.....	1748	16.0 (0.3)	7.6 (0.2)	9.0 (0.3)	11.7 (0.3)	15.4 (0.3)	19.6 (0.4)	24.0 (0.5)	27.0 (0.6)	25	8 (1.0)	
19-50.....	2725	15.5 (0.3)	7.2 (0.2)	8.6 (0.2)	11.3 (0.3)	14.9 (0.3)	19.0 (0.4)	23.4 (0.5)	26.3 (0.6)	25	7 (0.9)	
51-70.....	1708	15.7 (0.3)	7.3 (0.3)	8.7 (0.3)	11.5 (0.3)	15.0 (0.3)	19.2 (0.4)	23.7 (0.5)	26.5 (0.6)	21	18 (1.5)	
71+.....	724	15.2 (0.5)	7.0 (0.3)	8.4 (0.4)	11.0 (0.4)	14.5 (0.5)	18.6 (0.5)	23.0 (0.6)	25.8 (0.7)	21	15 (1.9)	
51+.....	2432	15.6 (0.2)	7.2 (0.2)	8.6 (0.2)	11.3 (0.2)	14.9 (0.2)	19.1 (0.3)	23.5 (0.4)	26.3 (0.5)	21	17 (1.2)	
19+.....	5157	15.6 (0.3)	7.2 (0.2)	8.6 (0.2)	11.3 (0.2)	14.9 (0.2)	19.0 (0.3)	23.4 (0.4)	26.3 (0.5)		12 (1.0)	
<b>All:</b>												
1+.....	16176	16.4 (0.2)	7.5 (0.1)	8.9 (0.1)	11.6 (0.1)	15.4 (0.2)	20.0 (0.2)	25.2 (0.4)	28.6 (0.5)		6 (0.5)	

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	52.0 (1.0)	32.8 (1.0)	36.2 (0.9)	42.6 (0.8)	50.9 (0.9)	60.0 (1.3)	69.2 (1.9)	75.4 (2.3)
4-8.....	867	67.4 (1.2)	43.9 (1.5)	48.1 (1.4)	56.3 (1.3)	66.2 (1.2)	77.0 (1.4)	88.0 (1.8)	95.0 (2.2)
9-13.....	843	81.2 (1.6)	49.2 (1.8)	55.1 (1.7)	65.9 (1.5)	79.4 (1.6)	94.5 (2.0)	109.8 (2.9)	119.5 (3.6)
14-18.....	790	89.1 (1.9)	55.0 (2.1)	61.2 (2.0)	73.0 (1.8)	87.2 (1.9)	103.2 (2.4)	119.2 (3.2)	129.2 (3.9)
19-30.....	1029	97.3 (1.9)	55.3 (1.4)	62.9 (1.5)	77.4 (1.6)	95.0 (1.9)	114.8 (2.4)	134.4 (3.0)	146.8 (3.5)
31-50.....	1622	98.0 (1.5)	55.8 (1.6)	63.4 (1.6)	77.9 (1.5)	95.6 (1.5)	115.7 (1.8)	135.6 (2.2)	148.4 (2.6)
19-50.....	2651	97.7 (1.3)	55.6 (1.3)	63.2 (1.2)	77.6 (1.2)	95.4 (1.3)	115.3 (1.7)	135.1 (2.2)	147.8 (2.6)
51-70.....	1606	95.6 (1.5)	54.0 (1.3)	61.8 (1.2)	75.8 (1.2)	93.2 (1.4)	112.9 (1.9)	132.2 (2.5)	144.7 (3.0)
71+.....	698	85.1 (1.8)	46.6 (1.8)	53.5 (1.7)	66.3 (1.8)	83.0 (1.9)	101.1 (1.9)	119.6 (2.3)	131.8 (2.6)
51+.....	2304	93.1 (1.2)	51.7 (1.3)	59.3 (1.2)	73.2 (1.1)	90.7 (1.1)	110.3 (1.6)	129.7 (2.3)	142.3 (2.8)
19+.....	4955	95.7 (1.0)	53.7 (1.2)	61.4 (1.1)	75.7 (1.0)	93.4 (1.0)	113.2 (1.4)	132.9 (2.0)	145.6 (2.5)
<b>Females:</b>									
1-3.....	544	50.1 (1.1)	31.4 (1.0)	34.8 (1.0)	41.1 (0.9)	49.0 (1.0)	57.9 (1.4)	67.0 (2.0)	72.8 (2.4)
4-8.....	818	61.1 (1.0)	39.4 (1.1)	43.3 (1.0)	50.7 (0.8)	59.8 (0.9)	70.1 (1.4)	80.3 (2.0)	87.1 (2.5)
9-13.....	815	73.2 (1.3)	43.1 (1.8)	48.5 (1.7)	58.8 (1.4)	71.5 (1.3)	85.8 (1.7)	99.9 (2.4)	109.1 (3.0)
14-18.....	813	67.5 (1.9)	38.7 (2.3)	44.1 (2.2)	53.7 (2.1)	65.8 (1.9)	79.5 (2.0)	93.1 (2.3)	101.8 (2.7)
19-30.....	977	74.2 (1.2)	40.4 (1.3)	46.4 (1.3)	57.9 (1.3)	72.2 (1.2)	88.3 (1.3)	104.1 (1.5)	114.6 (1.7)
31-50.....	1748	73.5 (1.1)	40.2 (1.1)	46.1 (1.1)	57.3 (1.1)	71.4 (1.1)	87.4 (1.2)	103.5 (1.4)	114.1 (1.7)
19-50.....	2725	73.7 (0.8)	40.3 (1.0)	46.3 (1.0)	57.5 (0.9)	71.7 (0.8)	87.7 (0.9)	103.8 (1.1)	114.3 (1.3)
51-70.....	1708	72.1 (1.2)	39.0 (1.0)	44.9 (0.9)	56.0 (1.0)	70.0 (1.1)	85.8 (1.4)	102.0 (1.8)	112.3 (2.1)
71+.....	724	66.2 (1.4)	35.1 (1.2)	40.6 (1.2)	51.0 (1.3)	64.1 (1.4)	79.2 (1.6)	94.9 (1.9)	104.7 (2.1)
51+.....	2432	70.5 (0.9)	37.7 (0.8)	43.6 (0.8)	54.5 (0.8)	68.4 (0.9)	84.2 (1.2)	100.2 (1.6)	110.4 (1.9)
19+.....	5157	72.2 (0.6)	38.9 (0.8)	44.9 (0.8)	56.0 (0.7)	70.1 (0.6)	86.1 (0.8)	102.2 (1.1)	112.6 (1.4)
<b>All:</b>									
1+.....	16176	80.5 (0.6)	41.9 (0.5)	48.2 (0.5)	60.5 (0.5)	77.1 (0.5)	96.9 (0.7)	117.3 (1.2)	130.6 (1.6)



**Table A 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	19.7 (0.4)	11.9 (0.4)	13.2 (0.4)	15.8 (0.4)	19.1 (0.4)	22.9 (0.6)	26.8 (0.8)	29.4 (0.9)
4-8.....	867	24.2 (0.5)	15.0 (0.5)	16.6 (0.5)	19.8 (0.5)	23.7 (0.5)	28.0 (0.6)	32.5 (0.8)	35.4 (0.9)
9-13.....	843	28.8 (0.6)	16.7 (0.6)	18.9 (0.5)	23.0 (0.5)	28.1 (0.6)	33.8 (0.8)	39.8 (1.2)	43.6 (1.4)
14-18.....	790	30.7 (0.7)	18.1 (0.7)	20.3 (0.6)	24.6 (0.6)	29.9 (0.7)	36.0 (0.9)	42.1 (1.3)	46.0 (1.5)
19-30.....	1029	32.4 (0.7)	17.8 (0.5)	20.4 (0.5)	25.4 (0.6)	31.6 (0.7)	38.5 (0.8)	45.6 (1.1)	50.1 (1.2)
31-50.....	1622	31.9 (0.6)	17.4 (0.6)	19.9 (0.6)	24.8 (0.5)	30.9 (0.6)	37.9 (0.7)	44.9 (0.8)	49.5 (1.0)
19-50.....	2651	32.1 (0.5)	17.6 (0.5)	20.1 (0.5)	25.1 (0.4)	31.2 (0.5)	38.2 (0.6)	45.2 (0.8)	49.7 (1.0)
51-70.....	1606	31.0 (0.6)	16.8 (0.5)	19.4 (0.5)	24.1 (0.5)	30.1 (0.5)	36.9 (0.7)	43.7 (0.9)	48.2 (1.1)
71+.....	698	28.2 (0.7)	14.9 (0.7)	17.2 (0.7)	21.6 (0.7)	27.3 (0.7)	33.7 (0.7)	40.3 (0.8)	44.6 (0.9)
51+.....	2304	30.3 (0.5)	16.2 (0.5)	18.7 (0.5)	23.4 (0.4)	29.4 (0.4)	36.2 (0.6)	43.0 (0.8)	47.4 (1.0)
19+.....	4955	31.3 (0.4)	16.9 (0.5)	19.5 (0.4)	24.3 (0.4)	30.4 (0.4)	37.3 (0.5)	44.3 (0.7)	48.8 (0.9)
<b>Females:</b>									
1-3.....	544	18.8 (0.5)	11.3 (0.5)	12.6 (0.5)	15.1 (0.5)	18.3 (0.5)	21.9 (0.6)	25.7 (0.8)	28.2 (1.0)
4-8.....	818	21.8 (0.4)	13.3 (0.4)	14.8 (0.4)	17.6 (0.4)	21.2 (0.4)	25.3 (0.5)	29.4 (0.8)	32.2 (1.0)
9-13.....	815	25.4 (0.5)	14.2 (0.6)	16.2 (0.6)	19.9 (0.5)	24.6 (0.5)	30.0 (0.6)	35.4 (0.9)	39.0 (1.1)
14-18.....	813	22.7 (0.7)	12.3 (0.8)	14.2 (0.8)	17.6 (0.8)	22.0 (0.8)	27.0 (0.8)	32.1 (1.0)	35.4 (1.1)
19-30.....	977	24.2 (0.5)	12.2 (0.4)	14.3 (0.4)	18.2 (0.4)	23.3 (0.5)	29.2 (0.5)	35.0 (0.6)	38.9 (0.7)
31-50.....	1748	23.6 (0.4)	11.9 (0.4)	13.9 (0.4)	17.7 (0.4)	22.7 (0.4)	28.5 (0.4)	34.4 (0.5)	38.3 (0.6)
19-50.....	2725	23.8 (0.3)	12.0 (0.4)	14.0 (0.4)	17.9 (0.3)	22.9 (0.3)	28.7 (0.3)	34.6 (0.4)	38.5 (0.5)
51-70.....	1708	23.0 (0.3)	11.5 (0.3)	13.4 (0.3)	17.2 (0.3)	22.1 (0.3)	27.8 (0.4)	33.7 (0.6)	37.5 (0.7)
71+.....	724	22.1 (0.6)	11.0 (0.4)	12.8 (0.5)	16.5 (0.5)	21.2 (0.6)	26.7 (0.7)	32.6 (0.8)	36.3 (0.9)
51+.....	2432	22.7 (0.3)	11.3 (0.3)	13.3 (0.3)	17.0 (0.3)	21.9 (0.3)	27.5 (0.4)	33.4 (0.5)	37.2 (0.7)
19+.....	5157	23.3 (0.2)	11.7 (0.3)	13.7 (0.3)	17.5 (0.2)	22.4 (0.2)	28.2 (0.3)	34.1 (0.4)	37.9 (0.5)
<b>All:</b>									
1+.....	16176	26.6 (0.2)	13.3 (0.2)	15.5 (0.2)	19.7 (0.2)	25.4 (0.2)	32.3 (0.3)	39.4 (0.5)	44.0 (0.6)

**Table A 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	17.1 (0.4)	10.5 (0.4)	11.6 (0.4)	13.8 (0.3)	16.7 (0.4)	19.8 (0.5)	22.9 (0.7)	25.1 (0.8)
4-8.....	867	22.4 (0.4)	14.3 (0.5)	15.8 (0.5)	18.6 (0.4)	22.0 (0.4)	25.7 (0.5)	29.5 (0.7)	31.9 (0.8)
9-13.....	843	27.4 (0.6)	16.1 (0.7)	18.2 (0.6)	21.9 (0.5)	26.7 (0.6)	32.1 (0.8)	37.6 (1.2)	41.2 (1.5)
14-18.....	790	30.3 (0.7)	18.2 (0.8)	20.4 (0.7)	24.5 (0.6)	29.6 (0.7)	35.4 (1.0)	41.2 (1.4)	44.9 (1.7)
19-30.....	1029	33.7 (0.7)	18.5 (0.5)	21.2 (0.6)	26.4 (0.6)	32.8 (0.7)	40.0 (0.9)	47.3 (1.1)	52.0 (1.3)
31-50.....	1622	34.5 (0.5)	19.0 (0.6)	21.8 (0.6)	27.0 (0.5)	33.5 (0.5)	40.9 (0.7)	48.4 (0.8)	53.2 (1.0)
19-50.....	2651	34.1 (0.5)	18.8 (0.5)	21.5 (0.4)	26.7 (0.4)	33.2 (0.5)	40.5 (0.6)	48.0 (0.8)	52.7 (0.9)
51-70.....	1606	34.0 (0.5)	18.6 (0.4)	21.5 (0.4)	26.6 (0.4)	33.0 (0.5)	40.3 (0.7)	47.6 (0.9)	52.3 (1.1)
71+.....	698	30.1 (0.7)	16.0 (0.6)	18.4 (0.6)	23.1 (0.7)	29.2 (0.7)	35.9 (0.8)	42.8 (1.0)	47.4 (1.1)
51+.....	2304	33.0 (0.4)	17.8 (0.4)	20.5 (0.4)	25.6 (0.4)	32.1 (0.4)	39.3 (0.6)	46.6 (0.8)	51.4 (1.0)
19+.....	4955	33.7 (0.4)	18.3 (0.4)	21.1 (0.4)	26.2 (0.3)	32.7 (0.3)	40.0 (0.5)	47.4 (0.7)	52.2 (0.9)
<b>Females:</b>									
1-3.....	544	16.5 (0.3)	10.1 (0.3)	11.2 (0.3)	13.4 (0.3)	16.1 (0.3)	19.2 (0.5)	22.3 (0.7)	24.3 (0.8)
4-8.....	818	20.4 (0.3)	12.9 (0.4)	14.2 (0.3)	16.8 (0.3)	19.9 (0.3)	23.5 (0.5)	27.0 (0.7)	29.4 (0.9)
9-13.....	815	24.6 (0.5)	14.1 (0.7)	15.9 (0.7)	19.5 (0.6)	24.0 (0.5)	29.0 (0.7)	34.1 (1.0)	37.5 (1.2)
14-18.....	813	22.6 (0.7)	12.5 (0.8)	14.4 (0.8)	17.7 (0.8)	21.9 (0.7)	26.7 (0.7)	31.6 (0.9)	34.7 (1.1)
19-30.....	977	25.6 (0.4)	13.6 (0.5)	15.7 (0.5)	19.7 (0.5)	24.8 (0.4)	30.6 (0.5)	36.4 (0.6)	40.2 (0.7)
31-50.....	1748	25.5 (0.4)	13.6 (0.4)	15.7 (0.4)	19.6 (0.4)	24.6 (0.4)	30.4 (0.5)	36.3 (0.6)	40.2 (0.7)
19-50.....	2725	25.5 (0.3)	13.6 (0.4)	15.7 (0.4)	19.6 (0.3)	24.7 (0.3)	30.5 (0.4)	36.3 (0.5)	40.2 (0.6)
51-70.....	1708	25.3 (0.6)	13.4 (0.4)	15.5 (0.4)	19.5 (0.4)	24.5 (0.6)	30.2 (0.7)	36.2 (1.0)	40.0 (1.1)
71+.....	724	22.8 (0.5)	11.8 (0.4)	13.7 (0.5)	17.3 (0.5)	22.0 (0.5)	27.4 (0.5)	33.1 (0.7)	36.7 (0.7)
51+.....	2432	24.6 (0.5)	12.9 (0.3)	14.9 (0.3)	18.8 (0.3)	23.8 (0.4)	29.5 (0.6)	35.4 (0.8)	39.2 (1.0)
19+.....	5157	25.1 (0.3)	13.2 (0.3)	15.3 (0.3)	19.2 (0.2)	24.3 (0.3)	30.0 (0.4)	35.9 (0.6)	39.8 (0.7)
<b>All:</b>									
1+.....	16176	27.9 (0.2)	14.0 (0.2)	16.2 (0.2)	20.6 (0.2)	26.5 (0.2)	33.8 (0.3)	41.4 (0.4)	46.4 (0.6)

**Table A 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	10.4 (0.2)	6.0 (0.3)	6.7 (0.3)	8.2 (0.3)	10.1 (0.3)	12.3 (0.3)	14.5 (0.4)	16.1 (0.4)
4-8.....	867	14.6 (0.3)	8.8 (0.3)	9.8 (0.3)	11.8 (0.3)	14.2 (0.3)	17.0 (0.4)	19.8 (0.6)	21.6 (0.7)
9-13.....	843	17.6 (0.4)	10.0 (0.5)	11.3 (0.5)	13.8 (0.4)	17.0 (0.4)	20.7 (0.5)	24.5 (0.8)	27.0 (1.1)
14-18.....	790	19.3 (0.6)	11.1 (0.6)	12.6 (0.5)	15.3 (0.5)	18.7 (0.6)	22.6 (0.8)	26.7 (1.1)	29.3 (1.3)
19-30.....	1029	21.5 (0.5)	11.6 (0.4)	13.3 (0.4)	16.6 (0.4)	20.8 (0.5)	25.6 (0.6)	30.5 (0.9)	33.7 (1.1)
31-50.....	1622	22.4 (0.4)	12.2 (0.4)	14.0 (0.4)	17.4 (0.3)	21.7 (0.3)	26.7 (0.5)	31.8 (0.7)	35.2 (0.9)
19-50.....	2651	22.0 (0.3)	11.9 (0.3)	13.7 (0.3)	17.0 (0.3)	21.3 (0.3)	26.2 (0.4)	31.3 (0.7)	34.6 (0.8)
51-70.....	1606	22.0 (0.4)	12.0 (0.3)	13.7 (0.3)	17.1 (0.3)	21.3 (0.3)	26.2 (0.5)	31.2 (0.8)	34.5 (1.0)
71+.....	698	19.4 (0.4)	10.3 (0.4)	11.8 (0.4)	14.8 (0.4)	18.7 (0.5)	23.2 (0.5)	27.9 (0.7)	31.0 (0.8)
51+.....	2304	21.4 (0.3)	11.4 (0.3)	13.2 (0.3)	16.4 (0.3)	20.7 (0.3)	25.5 (0.5)	30.5 (0.7)	33.8 (0.9)
19+.....	4955	21.8 (0.3)	11.7 (0.3)	13.4 (0.3)	16.8 (0.2)	21.0 (0.2)	25.9 (0.4)	31.0 (0.7)	34.3 (0.8)
<b>Females:</b>									
1-3.....	544	10.2 (0.3)	5.8 (0.2)	6.5 (0.2)	8.0 (0.2)	9.8 (0.3)	12.0 (0.4)	14.2 (0.5)	15.6 (0.6)
4-8.....	818	13.3 (0.3)	7.9 (0.3)	8.9 (0.3)	10.6 (0.3)	12.9 (0.3)	15.5 (0.3)	18.2 (0.5)	19.9 (0.6)
9-13.....	815	16.8 (0.4)	9.4 (0.5)	10.7 (0.5)	13.1 (0.4)	16.2 (0.4)	19.8 (0.6)	23.5 (0.9)	25.9 (1.1)
14-18.....	813	15.7 (0.5)	8.6 (0.6)	9.9 (0.6)	12.2 (0.5)	15.2 (0.5)	18.7 (0.5)	22.2 (0.7)	24.5 (0.9)
19-30.....	977	17.5 (0.3)	9.3 (0.4)	10.7 (0.3)	13.4 (0.3)	16.9 (0.3)	20.9 (0.4)	25.0 (0.4)	27.7 (0.5)
31-50.....	1748	17.7 (0.4)	9.5 (0.3)	10.9 (0.3)	13.6 (0.3)	17.1 (0.4)	21.1 (0.4)	25.3 (0.6)	28.2 (0.7)
19-50.....	2725	17.6 (0.3)	9.4 (0.3)	10.8 (0.3)	13.5 (0.3)	17.0 (0.3)	21.1 (0.3)	25.2 (0.4)	28.0 (0.5)
51-70.....	1708	17.3 (0.3)	9.1 (0.3)	10.5 (0.3)	13.2 (0.3)	16.6 (0.3)	20.6 (0.4)	24.8 (0.5)	27.6 (0.6)
71+.....	724	15.6 (0.3)	8.1 (0.3)	9.3 (0.3)	11.8 (0.3)	14.9 (0.3)	18.7 (0.4)	22.7 (0.5)	25.2 (0.5)
51+.....	2432	16.8 (0.2)	8.8 (0.2)	10.1 (0.2)	12.8 (0.2)	16.2 (0.2)	20.1 (0.3)	24.3 (0.4)	27.0 (0.5)
19+.....	5157	17.2 (0.2)	9.1 (0.2)	10.5 (0.2)	13.1 (0.2)	16.6 (0.2)	20.6 (0.3)	24.8 (0.4)	27.5 (0.5)
<b>All:</b>									
1+.....	16176	18.5 (0.2)	9.1 (0.1)	10.6 (0.1)	13.6 (0.1)	17.6 (0.1)	22.4 (0.2)	27.4 (0.4)	30.7 (0.5)

**Table A 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	9.2 (0.2)	5.2 (0.3)	5.9 (0.3)	7.2 (0.2)	8.9 (0.2)	10.9 (0.2)	12.9 (0.3)	14.3 (0.4)	7	77	(3.2)
4-8.....	867	13.1 (0.3)	7.8 (0.3)	8.7 (0.3)	10.5 (0.3)	12.7 (0.3)	15.2 (0.4)	17.8 (0.5)	19.5 (0.6)	10	80	(2.4)
9-13.....	843	15.7 (0.3)	8.9 (0.5)	10.1 (0.4)	12.3 (0.3)	15.2 (0.3)	18.5 (0.5)	22.0 (0.7)	24.3 (1.0)	12	78	(2.7)
14-18.....	790	17.2 (0.5)	9.9 (0.5)	11.1 (0.5)	13.6 (0.4)	16.7 (0.5)	20.2 (0.7)	23.8 (1.0)	26.2 (1.2)	16	56	(4.0)
19-30.....	1029	19.0 (0.5)	10.2 (0.4)	11.7 (0.4)	14.6 (0.4)	18.4 (0.4)	22.7 (0.6)	27.1 (0.8)	30.0 (0.9)	17	59	(2.8)
31-50.....	1622	19.8 (0.3)	10.7 (0.3)	12.3 (0.3)	15.3 (0.3)	19.2 (0.3)	23.6 (0.4)	28.3 (0.6)	31.3 (0.8)	17	64	(1.9)
19-50.....	2651	19.5 (0.3)	10.5 (0.3)	12.0 (0.3)	15.0 (0.3)	18.8 (0.3)	23.2 (0.4)	27.8 (0.6)	30.8 (0.7)	17	62	(1.6)
51-70.....	1606	19.5 (0.3)	10.5 (0.3)	12.1 (0.3)	15.0 (0.2)	18.8 (0.3)	23.2 (0.5)	27.7 (0.7)	30.6 (0.9)	14	81	(1.4)
71+.....	698	17.0 (0.4)	8.9 (0.4)	10.3 (0.4)	12.9 (0.4)	16.4 (0.4)	20.4 (0.5)	24.6 (0.6)	27.4 (0.7)	14	67	(2.7)
51+.....	2304	18.9 (0.3)	10.0 (0.3)	11.5 (0.3)	14.4 (0.2)	18.2 (0.3)	22.6 (0.4)	27.0 (0.6)	30.0 (0.8)	14	78	(1.4)
19+.....	4955	19.2 (0.2)	10.3 (0.3)	11.8 (0.3)	14.8 (0.2)	18.6 (0.2)	23.0 (0.4)	27.5 (0.6)	30.5 (0.7)		69	(1.3)
<b>Females:</b>												
1-3.....	544	9.0 (0.3)	5.0 (0.2)	5.7 (0.2)	7.0 (0.2)	8.7 (0.2)	10.6 (0.3)	12.7 (0.5)	14.0 (0.6)	7	75	(2.8)
4-8.....	818	11.9 (0.2)	7.0 (0.3)	7.8 (0.3)	9.5 (0.2)	11.5 (0.2)	13.9 (0.3)	16.3 (0.5)	18.0 (0.6)	10	69	(2.9)
9-13.....	815	15.0 (0.4)	8.4 (0.4)	9.5 (0.4)	11.7 (0.3)	14.5 (0.3)	17.8 (0.5)	21.1 (0.8)	23.3 (1.0)	10	87	(2.3)
14-18.....	813	14.1 (0.4)	7.7 (0.5)	8.8 (0.5)	10.9 (0.5)	13.6 (0.4)	16.7 (0.5)	19.9 (0.7)	22.0 (0.8)	11	74	(4.2)
19-30.....	977	15.5 (0.3)	8.1 (0.3)	9.4 (0.3)	11.8 (0.3)	14.9 (0.3)	18.6 (0.3)	22.2 (0.4)	24.7 (0.5)	12	73	(2.3)
31-50.....	1748	15.7 (0.3)	8.3 (0.3)	9.5 (0.3)	11.9 (0.3)	15.1 (0.3)	18.7 (0.4)	22.5 (0.5)	25.1 (0.6)	12	75	(2.0)
19-50.....	2725	15.6 (0.2)	8.2 (0.2)	9.5 (0.2)	11.9 (0.2)	15.0 (0.2)	18.7 (0.3)	22.4 (0.4)	24.9 (0.5)	12	74	(1.6)
51-70.....	1708	15.2 (0.3)	7.9 (0.3)	9.1 (0.3)	11.5 (0.3)	14.6 (0.3)	18.2 (0.4)	21.9 (0.5)	24.4 (0.6)	11	79	(1.8)
71+.....	724	13.6 (0.3)	7.0 (0.2)	8.1 (0.2)	10.2 (0.3)	13.0 (0.3)	16.4 (0.3)	19.9 (0.4)	22.2 (0.5)	11	68	(2.2)
51+.....	2432	14.7 (0.2)	7.6 (0.2)	8.8 (0.2)	11.1 (0.2)	14.2 (0.2)	17.7 (0.3)	21.4 (0.4)	23.9 (0.5)	11	76	(1.5)
19+.....	5157	15.2 (0.2)	7.9 (0.2)	9.1 (0.2)	11.5 (0.2)	14.6 (0.2)	18.2 (0.2)	22.0 (0.3)	24.4 (0.4)		75	(1.3)
<b>All:</b>												
1+.....	16176	16.3 (0.1)	8.0 (0.1)	9.4 (0.1)	12.0 (0.1)	15.6 (0.1)	19.8 (0.2)	24.3 (0.3)	27.3 (0.4)		72	(0.9)

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	1.00 (0.03)	0.58 (0.02)	0.64 (0.02)	0.78 (0.02)	0.96 (0.03)	1.17 (0.03)	1.39 (0.05)	1.55 (0.06)	0.7	85	(2.4)
4-8.....	867	1.25 (0.03)	0.73 (0.03)	0.82 (0.03)	0.99 (0.03)	1.21 (0.03)	1.46 (0.03)	1.72 (0.05)	1.90 (0.05)	0.9	84	(2.7)
9-13.....	843	1.51 (0.03)	0.85 (0.06)	0.97 (0.05)	1.18 (0.04)	1.46 (0.03)	1.79 (0.05)	2.14 (0.09)	2.37 (0.12)	1.2	73	(3.1)
14-18.....	790	1.65 (0.06)	0.94 (0.07)	1.06 (0.06)	1.30 (0.05)	1.60 (0.05)	1.95 (0.07)	2.32 (0.11)	2.56 (0.14)	1.6	50	(4.6)
19-30.....	1029	1.94 (0.05)	1.04 (0.04)	1.19 (0.04)	1.49 (0.04)	1.87 (0.05)	2.32 (0.07)	2.79 (0.11)	3.10 (0.14)	1.6	68	(2.5)
31-50.....	1622	2.04 (0.04)	1.10 (0.05)	1.25 (0.04)	1.56 (0.04)	1.96 (0.03)	2.43 (0.05)	2.92 (0.09)	3.25 (0.11)	1.6	73	(2.2)
19-50.....	2651	2.00 (0.04)	1.07 (0.04)	1.23 (0.04)	1.53 (0.03)	1.92 (0.03)	2.38 (0.05)	2.87 (0.09)	3.19 (0.11)	1.6	71	(1.8)
51-70.....	1606	2.03 (0.05)	1.09 (0.04)	1.26 (0.04)	1.56 (0.03)	1.95 (0.04)	2.42 (0.07)	2.90 (0.10)	3.23 (0.13)	1.6	72	(2.0)
71+.....	698	1.89 (0.05)	1.01 (0.05)	1.16 (0.05)	1.44 (0.05)	1.82 (0.05)	2.26 (0.07)	2.72 (0.10)	3.04 (0.13)	1.6	65	(3.1)
51+.....	2304	2.00 (0.04)	1.07 (0.04)	1.23 (0.04)	1.53 (0.03)	1.92 (0.04)	2.38 (0.06)	2.86 (0.10)	3.19 (0.13)	1.6	71	(1.8)
19+.....	4955	2.00 (0.03)	1.07 (0.04)	1.23 (0.03)	1.53 (0.02)	1.92 (0.03)	2.38 (0.05)	2.86 (0.09)	3.19 (0.12)	1.6	71	(1.5)
<b>Females:</b>												
1-3.....	544	0.94 (0.03)	0.54 (0.03)	0.61 (0.03)	0.74 (0.03)	0.91 (0.03)	1.11 (0.03)	1.32 (0.04)	1.47 (0.05)	0.7	80	(3.5)
4-8.....	818	1.16 (0.03)	0.68 (0.03)	0.76 (0.03)	0.92 (0.03)	1.12 (0.03)	1.36 (0.03)	1.61 (0.04)	1.78 (0.05)	0.9	77	(3.0)
9-13.....	815	1.46 (0.04)	0.81 (0.05)	0.92 (0.05)	1.14 (0.04)	1.41 (0.04)	1.73 (0.06)	2.06 (0.10)	2.29 (0.13)	1	85	(2.8)
14-18.....	813	1.35 (0.05)	0.74 (0.06)	0.85 (0.06)	1.05 (0.05)	1.30 (0.05)	1.61 (0.06)	1.93 (0.09)	2.13 (0.12)	1.1	70	(4.9)
19-30.....	977	1.64 (0.03)	0.83 (0.04)	0.96 (0.04)	1.22 (0.03)	1.56 (0.03)	1.97 (0.04)	2.40 (0.06)	2.70 (0.07)	1.1	83	(2.1)
31-50.....	1748	1.68 (0.04)	0.86 (0.04)	0.99 (0.04)	1.25 (0.04)	1.60 (0.04)	2.02 (0.05)	2.47 (0.07)	2.78 (0.09)	1.1	84	(2.2)
19-50.....	2725	1.66 (0.03)	0.85 (0.04)	0.98 (0.04)	1.24 (0.03)	1.58 (0.03)	2.00 (0.04)	2.44 (0.06)	2.75 (0.08)	1.1	84	(2.0)
51-70.....	1708	1.67 (0.04)	0.85 (0.04)	0.98 (0.03)	1.24 (0.03)	1.59 (0.03)	2.01 (0.05)	2.47 (0.07)	2.77 (0.09)	1.1	84	(1.8)
71+.....	724	1.58 (0.04)	0.80 (0.03)	0.92 (0.03)	1.17 (0.03)	1.50 (0.04)	1.90 (0.05)	2.34 (0.08)	2.63 (0.10)	1.1	80	(2.2)
51+.....	2432	1.65 (0.03)	0.83 (0.03)	0.97 (0.03)	1.22 (0.03)	1.57 (0.03)	1.98 (0.04)	2.43 (0.07)	2.73 (0.09)	1.1	83	(1.6)
19+.....	5157	1.65 (0.02)	0.84 (0.03)	0.97 (0.03)	1.23 (0.03)	1.58 (0.02)	1.99 (0.03)	2.44 (0.06)	2.74 (0.08)	1.1	83	(1.7)
<b>All:</b>												
1+.....	16176	1.71 (0.02)	0.83 (0.02)	0.96 (0.02)	1.24 (0.02)	1.62 (0.02)	2.08 (0.03)	2.57 (0.05)	2.89 (0.07)		76	(1.0)

NOTES: AI=Adequate Intake

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

**Table A 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean	(SE)	Percentiles											
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)					
<b>Males:</b>															
1-3.....	574	0.01	(#)	#	#	#	0.01	(#)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	
4-8.....	867	0.01	(0.001)	#	0.01	(#)	0.01	(#)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	
9-13.....	843	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	(0.002)
14-18.....	790	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)
19-30.....	1029	0.02	(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)
31-50.....	1622	0.02	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.001)	0.03	(0.002)	0.04	(0.003)
19-50.....	2651	0.02	(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)
51-70.....	1606	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.03	(0.003)
71+.....	698	0.02	(0.002)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.02	(0.002)	0.03	(0.003)
51+.....	2304	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.03	(0.003)
19+.....	4955	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.03	(0.003)
<b>Females:</b>															
1-3.....	544	0.01	(#)	#	#	#	#	#	0.01	(#)	0.01	(0.001)	0.01	(0.001)	
4-8.....	818	0.01	(#)	#	#	0.01	(#)	0.01	(#)	0.01	(#)	0.01	(0.001)	0.01	(0.001)
9-13.....	815	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
14-18.....	813	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
19-30.....	977	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)
31-50.....	1748	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	(0.003)
19-50.....	2725	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)
51-70.....	1708	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)	0.03	(0.003)
71+.....	724	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)
51+.....	2432	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.002)
19+.....	5157	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)
<b>All:</b>															
1+.....	16176	0.02	(0.001)	0.01	(#)	0.01	(#)	0.01	(#)	0.02	(0.001)	0.02	(0.001)	0.03	(0.002)

NOTES: # Indicates a non-zero value too small to report

**Table A 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean	(SE)	Percentiles						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>										
1-3.....	574	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
4-8.....	867	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.04 (0.003)	0.04 (0.005)
9-13.....	843	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.05 (0.005)
14-18.....	790	0.03	(0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.04 (0.003)	0.05 (0.005)	0.07 (0.007)
19-30.....	1029	0.06	(0.005)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.004)	0.07 (0.006)	0.11 (0.011)	0.14 (0.016)
31-50.....	1622	0.07	(0.006)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.05 (0.005)	0.09 (0.007)	0.13 (0.011)	0.17 (0.016)
19-50.....	2651	0.06	(0.004)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.08 (0.006)	0.12 (0.010)	0.16 (0.014)
51-70.....	1606	0.07	(0.006)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.08 (0.007)	0.13 (0.013)	0.17 (0.018)
71+.....	698	0.07	(0.006)	0.02 (0.002)	0.02 (0.003)	0.04 (0.003)	0.06 (0.005)	0.09 (0.007)	0.14 (0.013)	0.18 (0.017)
51+.....	2304	0.07	(0.005)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.09 (0.006)	0.13 (0.011)	0.17 (0.016)
19+.....	4955	0.07	(0.004)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.08 (0.005)	0.13 (0.010)	0.16 (0.014)
<b>Females:</b>										
1-3.....	544	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
4-8.....	818	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)	0.04 (0.004)
9-13.....	815	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)	0.05 (0.005)
14-18.....	813	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.006)
19-30.....	977	0.05	(0.003)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.04 (0.002)	0.06 (0.004)	0.10 (0.007)	0.13 (0.011)
31-50.....	1748	0.05	(0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.004)	0.10 (0.007)	0.13 (0.010)
19-50.....	2725	0.05	(0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.002)	0.07 (0.003)	0.10 (0.006)	0.13 (0.010)
51-70.....	1708	0.06	(0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.07 (0.005)	0.11 (0.008)	0.15 (0.012)
71+.....	724	0.05	(0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.002)	0.07 (0.004)	0.10 (0.007)	0.13 (0.011)
51+.....	2432	0.06	(0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.004)	0.11 (0.007)	0.14 (0.011)
19+.....	5157	0.05	(0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.002)	0.07 (0.003)	0.11 (0.006)	0.14 (0.010)
<b>All:</b>										
1+.....	16176	0.05	(0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.04 (0.002)	0.07 (0.003)	0.10 (0.005)	0.14 (0.008)

**Table A 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	172 (6)	96 (6)	109 (6)	133 (6)	166 (6)	203 (8)	243 (12)	271 (16)
4-8.....	867	199 (6)	113 (8)	127 (7)	156 (6)	192 (5)	234 (7)	279 (11)	308 (15)
9-13.....	843	252 (6)	124 (7)	145 (7)	185 (6)	240 (5)	306 (8)	377 (14)	425 (18)
14-18.....	790	293 (9)	148 (9)	172 (9)	219 (8)	280 (8)	353 (12)	432 (18)	484 (22)
19-30.....	1029	354 (10)	168 (8)	198 (8)	258 (8)	337 (9)	432 (12)	532 (16)	598 (20)
31-50.....	1622	356 (8)	169 (8)	199 (8)	259 (7)	338 (8)	434 (10)	536 (14)	604 (17)
19-50.....	2651	355 (7)	168 (7)	198 (7)	258 (6)	338 (6)	433 (9)	534 (13)	602 (16)
51-70.....	1606	342 (9)	160 (8)	190 (8)	248 (8)	325 (9)	417 (12)	515 (17)	580 (20)
71+.....	698	313 (9)	144 (10)	170 (10)	223 (10)	297 (10)	382 (10)	476 (12)	540 (14)
51+.....	2304	335 (7)	156 (7)	184 (7)	241 (7)	318 (7)	409 (9)	506 (14)	572 (17)
19+.....	4955	347 (6)	162 (7)	192 (7)	251 (6)	329 (6)	423 (8)	523 (12)	590 (16)
<b>Females:</b>									
1-3.....	544	166 (6)	92 (6)	105 (6)	129 (5)	160 (6)	196 (8)	235 (12)	261 (15)
4-8.....	818	181 (5)	102 (6)	115 (5)	141 (4)	174 (4)	213 (7)	254 (11)	282 (15)
9-13.....	815	222 (6)	105 (6)	124 (6)	161 (5)	210 (5)	270 (8)	334 (13)	378 (17)
14-18.....	813	197 (8)	90 (8)	108 (8)	141 (8)	186 (8)	242 (10)	301 (13)	341 (16)
19-30.....	977	253 (4)	123 (6)	145 (6)	187 (5)	242 (5)	308 (5)	375 (7)	421 (9)
31-50.....	1748	253 (4)	124 (5)	145 (5)	186 (5)	241 (4)	306 (4)	375 (7)	422 (9)
19-50.....	2725	253 (3)	124 (5)	145 (5)	186 (4)	241 (3)	307 (3)	375 (6)	422 (8)
51-70.....	1708	248 (5)	120 (5)	141 (5)	182 (5)	236 (5)	300 (6)	370 (8)	415 (11)
71+.....	724	239 (6)	115 (6)	135 (6)	175 (6)	227 (6)	290 (7)	358 (9)	402 (10)
51+.....	2432	245 (4)	119 (5)	139 (5)	180 (4)	233 (4)	298 (5)	367 (7)	412 (9)
19+.....	5157	249 (3)	121 (5)	142 (5)	183 (4)	237 (3)	302 (3)	371 (6)	417 (8)
<b>All:</b>									
1+.....	16176	278 (3)	122 (3)	144 (3)	189 (3)	256 (3)	343 (4)	440 (8)	507 (10)



**Table A 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	553 (17)	314 (15)	355 (15)	435 (15)	538 (16)	652 (20)	768 (25)	847 (30)	210	<3
4-8.....	867	627 (16)	366 (14)	412 (14)	502 (13)	612 (15)	735 (19)	860 (26)	940 (30)	275	<3
9-13.....	843	687 (23)	320 (26)	380 (25)	497 (24)	654 (23)	839 (28)	1038 (39)	1169 (50)	445	18 (3.3)
14-18.....	790	647 (29)	295 (26)	352 (26)	465 (26)	614 (29)	793 (36)	984 (47)	1107 (56)	630	53 (4.6)
19-30.....	1029	647 (22)	259 (13)	317 (13)	437 (16)	602 (20)	808 (29)	1035 (41)	1189 (49)	625	53 (3.0)
31-50.....	1622	658 (12)	265 (13)	322 (13)	443 (12)	610 (12)	821 (15)	1054 (23)	1213 (30)	625	52 (1.7)
19-50.....	2651	653 (11)	262 (11)	320 (11)	440 (10)	606 (11)	815 (16)	1046 (26)	1204 (33)	625	53 (1.5)
51-70.....	1606	680 (18)	276 (12)	338 (13)	461 (14)	632 (16)	847 (23)	1081 (34)	1242 (42)	625	49 (2.3)
71+.....	698	784 (20)	332 (16)	400 (16)	537 (17)	734 (19)	969 (25)	1231 (34)	1413 (42)	625	36 (2.3)
51+.....	2304	705 (16)	286 (12)	351 (13)	478 (13)	655 (15)	878 (21)	1123 (31)	1291 (39)	625	46 (2.0)
19+.....	4955	676 (11)	271 (11)	331 (10)	455 (9)	627 (9)	843 (15)	1079 (25)	1243 (34)	625	50 (1.3)
<b>Females:</b>											
1-3.....	544	557 (16)	316 (15)	359 (15)	440 (15)	541 (16)	656 (20)	774 (25)	850 (29)	210	<3
4-8.....	818	560 (17)	319 (14)	362 (14)	442 (14)	545 (16)	661 (21)	776 (28)	854 (33)	275	<3
9-13.....	815	591 (21)	260 (22)	313 (22)	419 (20)	560 (20)	729 (26)	907 (37)	1028 (45)	420	25 (3.3)
14-18.....	813	506 (27)	210 (24)	257 (25)	350 (25)	477 (27)	630 (32)	794 (42)	903 (50)	485	52 (5.1)
19-30.....	977	545 (17)	227 (12)	274 (12)	371 (12)	507 (15)	677 (22)	863 (33)	994 (42)	500	49 (2.7)
31-50.....	1748	586 (16)	250 (13)	300 (13)	401 (14)	544 (15)	724 (21)	924 (31)	1066 (40)	500	42 (2.5)
19-50.....	2725	571 (14)	240 (11)	289 (12)	389 (12)	530 (13)	707 (19)	902 (29)	1041 (38)	500	45 (2.2)
51-70.....	1708	613 (13)	263 (13)	315 (13)	422 (12)	571 (12)	756 (17)	967 (26)	1111 (35)	500	38 (2.1)
71+.....	724	675 (27)	297 (19)	354 (20)	469 (22)	629 (26)	831 (33)	1060 (44)	1213 (52)	500	30 (3.6)
51+.....	2432	630 (12)	270 (13)	323 (13)	433 (12)	586 (11)	777 (16)	994 (26)	1141 (35)	500	36 (1.9)
19+.....	5157	599 (11)	253 (12)	304 (11)	409 (10)	556 (10)	741 (15)	948 (25)	1094 (34)	500	41 (1.7)
<b>All:</b>											
1+.....	16176	627 (7)	266 (8)	322 (7)	432 (7)	583 (7)	771 (8)	986 (14)	1138 (20)		39 (1.1)

NOTES: RAE=Retinol Activity Equivalents; EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	451 (13)	253 (17)	288 (16)	355 (15)	440 (14)	533 (15)	626 (17)	688 (20)	600	13 (2.2)
4-8.....	867	497 (12)	287 (13)	324 (13)	398 (11)	487 (12)	584 (15)	682 (21)	743 (25)	900	<3
9-13.....	843	550 (19)	230 (16)	281 (16)	382 (17)	519 (19)	683 (24)	861 (32)	978 (40)	1700	<3
14-18.....	790	532 (21)	219 (15)	268 (16)	368 (17)	501 (20)	663 (27)	835 (37)	947 (45)	2800	<3
19-30.....	1029	487 (17)	173 (12)	217 (12)	313 (14)	448 (16)	618 (22)	808 (30)	936 (37)	3000	<3
31-50.....	1622	457 (10)	158 (10)	199 (10)	289 (11)	417 (11)	582 (13)	765 (18)	893 (23)	3000	<3
19-50.....	2651	470 (9)	163 (10)	206 (10)	298 (9)	429 (9)	598 (12)	783 (19)	912 (25)	3000	<3
51-70.....	1606	468 (13)	163 (10)	207 (11)	298 (11)	428 (12)	594 (16)	778 (24)	905 (30)	3000	<3
71+.....	698	555 (16)	206 (14)	257 (15)	361 (16)	513 (17)	698 (20)	906 (25)	1051 (31)	3000	<3
51+.....	2304	489 (11)	170 (10)	217 (11)	311 (11)	447 (11)	621 (15)	815 (21)	947 (27)	3000	<3
19+.....	4955	478 (8)	166 (9)	211 (9)	304 (9)	437 (8)	607 (11)	796 (18)	927 (25)	3000	<3
<b>Females:</b>											
1-3.....	544	440 (18)	245 (17)	280 (17)	347 (17)	429 (18)	521 (21)	614 (26)	673 (29)	600	12 (3.2)
4-8.....	818	441 (10)	246 (13)	281 (12)	347 (10)	430 (10)	523 (13)	614 (18)	674 (22)	900	<3
9-13.....	815	472 (11)	183 (13)	227 (14)	319 (12)	442 (11)	592 (14)	751 (22)	859 (28)	1700	<3
14-18.....	813	387 (16)	136 (13)	174 (14)	251 (15)	359 (16)	492 (20)	635 (26)	731 (32)	2800	<3
19-30.....	977	375 (11)	147 (8)	181 (8)	251 (9)	348 (10)	470 (14)	602 (20)	696 (25)	3000	<3
31-50.....	1748	377 (10)	149 (7)	183 (8)	251 (8)	348 (10)	471 (13)	607 (18)	702 (23)	3000	<3
19-50.....	2725	376 (8)	148 (7)	182 (7)	251 (7)	348 (7)	471 (10)	605 (16)	700 (21)	3000	<3
51-70.....	1708	384 (9)	152 (7)	186 (7)	256 (7)	355 (8)	479 (11)	619 (16)	714 (21)	3000	<3
71+.....	724	433 (20)	179 (14)	216 (16)	294 (18)	402 (20)	539 (24)	692 (28)	795 (31)	3000	<3
51+.....	2432	397 (9)	158 (8)	193 (8)	265 (8)	367 (9)	495 (11)	640 (15)	738 (20)	3000	<3
19+.....	5157	386 (6)	153 (6)	187 (6)	258 (6)	357 (6)	482 (8)	622 (13)	719 (18)	3000	<3
<b>All:</b>											
1+.....	16176	442 (5)	165 (6)	207 (6)	291 (5)	408 (4)	553 (6)	717 (10)	835 (14)		<3

NOTES: UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	1.16 (0.02)	0.74 (0.02)	0.82 (0.02)	0.96 (0.02)	1.14 (0.02)	1.34 (0.03)	1.54 (0.04)	1.67 (0.05)	0.4	<3
4-8.....	867	1.51 (0.03)	0.99 (0.03)	1.09 (0.03)	1.26 (0.03)	1.48 (0.03)	1.72 (0.03)	1.96 (0.04)	2.11 (0.04)	0.5	<3
9-13.....	843	1.77 (0.04)	1.03 (0.05)	1.16 (0.05)	1.41 (0.04)	1.72 (0.04)	2.08 (0.06)	2.45 (0.10)	2.69 (0.12)	0.7	<3
14-18.....	790	1.94 (0.06)	1.14 (0.06)	1.28 (0.06)	1.55 (0.05)	1.89 (0.06)	2.27 (0.08)	2.66 (0.11)	2.91 (0.14)	1	<3
19-30.....	1029	1.89 (0.03)	1.06 (0.02)	1.20 (0.02)	1.48 (0.03)	1.83 (0.03)	2.24 (0.04)	2.65 (0.06)	2.92 (0.07)	1	4 (0.6)
31-50.....	1622	1.89 (0.02)	1.06 (0.02)	1.20 (0.02)	1.47 (0.02)	1.83 (0.02)	2.23 (0.03)	2.66 (0.04)	2.93 (0.05)	1	4 (0.6)
19-50.....	2651	1.89 (0.02)	1.06 (0.02)	1.20 (0.02)	1.48 (0.02)	1.83 (0.02)	2.24 (0.03)	2.65 (0.04)	2.93 (0.05)	1	4 (0.5)
51-70.....	1606	1.84 (0.03)	1.02 (0.03)	1.16 (0.03)	1.43 (0.03)	1.77 (0.03)	2.17 (0.03)	2.58 (0.04)	2.85 (0.05)	1	4 (0.8)
71+.....	698	1.75 (0.04)	0.96 (0.03)	1.10 (0.03)	1.35 (0.03)	1.69 (0.04)	2.07 (0.05)	2.47 (0.06)	2.74 (0.07)	1	6 (1.0)
51+.....	2304	1.81 (0.03)	1.01 (0.03)	1.15 (0.03)	1.41 (0.03)	1.75 (0.03)	2.15 (0.03)	2.55 (0.04)	2.82 (0.05)	1	5 (0.7)
19+.....	4955	1.86 (0.02)	1.03 (0.02)	1.18 (0.02)	1.45 (0.02)	1.80 (0.02)	2.20 (0.02)	2.61 (0.03)	2.89 (0.04)	1	4 (0.5)
<b>Females:</b>											
1-3.....	544	1.08 (0.03)	0.68 (0.03)	0.75 (0.03)	0.89 (0.03)	1.05 (0.03)	1.24 (0.03)	1.43 (0.04)	1.56 (0.04)	0.4	<3
4-8.....	818	1.36 (0.03)	0.88 (0.03)	0.97 (0.03)	1.13 (0.03)	1.33 (0.03)	1.55 (0.03)	1.77 (0.04)	1.92 (0.05)	0.5	<3
9-13.....	815	1.54 (0.03)	0.86 (0.05)	0.98 (0.04)	1.21 (0.03)	1.49 (0.02)	1.82 (0.05)	2.16 (0.08)	2.38 (0.10)	0.7	<3
14-18.....	813	1.41 (0.03)	0.77 (0.05)	0.88 (0.05)	1.09 (0.04)	1.36 (0.03)	1.67 (0.04)	1.99 (0.07)	2.20 (0.09)	0.9	11 (2.6)
19-30.....	977	1.40 (0.02)	0.80 (0.03)	0.90 (0.03)	1.11 (0.02)	1.36 (0.02)	1.65 (0.03)	1.93 (0.04)	2.12 (0.05)	0.9	10 (1.5)
31-50.....	1748	1.42 (0.02)	0.82 (0.03)	0.92 (0.03)	1.12 (0.03)	1.38 (0.03)	1.67 (0.03)	1.96 (0.04)	2.16 (0.04)	0.9	9 (1.4)
19-50.....	2725	1.41 (0.02)	0.81 (0.03)	0.92 (0.02)	1.12 (0.02)	1.37 (0.02)	1.66 (0.02)	1.95 (0.03)	2.15 (0.04)	0.9	9 (1.3)
51-70.....	1708	1.34 (0.02)	0.76 (0.02)	0.86 (0.02)	1.05 (0.02)	1.30 (0.02)	1.58 (0.03)	1.87 (0.04)	2.05 (0.05)	0.9	12 (1.3)
71+.....	724	1.29 (0.03)	0.73 (0.03)	0.83 (0.03)	1.01 (0.03)	1.25 (0.03)	1.53 (0.03)	1.81 (0.04)	1.99 (0.05)	0.9	15 (2.4)
51+.....	2432	1.33 (0.02)	0.75 (0.02)	0.85 (0.02)	1.04 (0.02)	1.29 (0.02)	1.56 (0.02)	1.85 (0.04)	2.04 (0.04)	0.9	13 (1.3)
19+.....	5157	1.37 (0.01)	0.78 (0.02)	0.88 (0.02)	1.08 (0.02)	1.33 (0.01)	1.62 (0.02)	1.91 (0.03)	2.10 (0.04)	0.9	11 (1.1)
<b>All:</b>											
1+.....	16176	1.59 (0.01)	0.85 (0.01)	0.97 (0.01)	1.20 (0.01)	1.51 (0.01)	1.89 (0.01)	2.31 (0.02)	2.59 (0.03)		6 (0.5)

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	1.74 (0.04)	1.09 (0.04)	1.21 (0.04)	1.43 (0.04)	1.71 (0.04)	2.01 (0.04)	2.31 (0.05)	2.51 (0.05)	0.4	<3
4-8.....	867	1.93 (0.03)	1.24 (0.04)	1.37 (0.04)	1.61 (0.03)	1.90 (0.03)	2.22 (0.03)	2.54 (0.04)	2.74 (0.05)	0.5	<3
9-13.....	843	2.20 (0.06)	1.17 (0.07)	1.34 (0.06)	1.68 (0.06)	2.11 (0.05)	2.62 (0.07)	3.17 (0.11)	3.53 (0.15)	0.8	<3
14-18.....	790	2.39 (0.06)	1.29 (0.07)	1.48 (0.07)	1.84 (0.06)	2.30 (0.06)	2.85 (0.09)	3.42 (0.13)	3.79 (0.16)	1.1	<3
19-30.....	1029	2.49 (0.06)	1.20 (0.05)	1.41 (0.05)	1.83 (0.05)	2.38 (0.06)	3.03 (0.07)	3.73 (0.10)	4.19 (0.11)	1.1	3 (0.7)
31-50.....	1622	2.55 (0.04)	1.23 (0.03)	1.44 (0.03)	1.86 (0.03)	2.42 (0.03)	3.10 (0.05)	3.82 (0.07)	4.30 (0.09)	1.1	<3
19-50.....	2651	2.53 (0.03)	1.22 (0.03)	1.42 (0.03)	1.85 (0.03)	2.40 (0.03)	3.07 (0.05)	3.78 (0.07)	4.26 (0.09)	1.1	3 (0.4)
51-70.....	1606	2.56 (0.04)	1.23 (0.03)	1.45 (0.03)	1.88 (0.03)	2.43 (0.03)	3.11 (0.05)	3.81 (0.08)	4.29 (0.10)	1.1	<3
71+.....	698	2.38 (0.04)	1.13 (0.04)	1.33 (0.04)	1.72 (0.04)	2.27 (0.04)	2.90 (0.05)	3.58 (0.07)	4.05 (0.09)	1.1	4 (0.7)
51+.....	2304	2.52 (0.03)	1.21 (0.03)	1.42 (0.03)	1.84 (0.03)	2.39 (0.03)	3.06 (0.04)	3.76 (0.07)	4.24 (0.09)	1.1	3 (0.4)
19+.....	4955	2.52 (0.03)	1.21 (0.03)	1.42 (0.03)	1.84 (0.02)	2.40 (0.02)	3.07 (0.04)	3.77 (0.06)	4.25 (0.08)	1.1	3 (0.4)
<b>Females:</b>											
1-3.....	544	1.65 (0.05)	1.03 (0.04)	1.14 (0.05)	1.35 (0.05)	1.62 (0.05)	1.91 (0.05)	2.20 (0.06)	2.39 (0.06)	0.4	<3
4-8.....	818	1.74 (0.03)	1.09 (0.03)	1.21 (0.03)	1.43 (0.03)	1.70 (0.03)	2.00 (0.03)	2.30 (0.04)	2.49 (0.04)	0.5	<3
9-13.....	815	1.90 (0.04)	0.97 (0.06)	1.13 (0.05)	1.43 (0.04)	1.82 (0.04)	2.29 (0.05)	2.78 (0.09)	3.10 (0.12)	0.8	<3
14-18.....	813	1.69 (0.04)	0.83 (0.06)	0.98 (0.06)	1.25 (0.05)	1.62 (0.05)	2.05 (0.05)	2.50 (0.08)	2.80 (0.10)	0.9	7 (2.2)
19-30.....	977	1.77 (0.04)	0.93 (0.04)	1.08 (0.04)	1.36 (0.04)	1.71 (0.04)	2.12 (0.04)	2.53 (0.06)	2.80 (0.07)	0.9	4 (0.9)
31-50.....	1748	1.89 (0.03)	1.02 (0.04)	1.17 (0.04)	1.46 (0.04)	1.83 (0.04)	2.25 (0.04)	2.69 (0.05)	2.98 (0.06)	0.9	<3
19-50.....	2725	1.84 (0.03)	0.98 (0.03)	1.13 (0.03)	1.42 (0.03)	1.78 (0.03)	2.20 (0.03)	2.63 (0.04)	2.92 (0.05)	0.9	3 (0.6)
51-70.....	1708	1.88 (0.03)	1.01 (0.02)	1.16 (0.02)	1.45 (0.03)	1.82 (0.03)	2.24 (0.04)	2.68 (0.06)	2.97 (0.08)	0.9	<3
71+.....	724	1.75 (0.07)	0.93 (0.05)	1.07 (0.06)	1.34 (0.06)	1.68 (0.07)	2.09 (0.07)	2.52 (0.09)	2.79 (0.09)	0.9	4 (1.2)
51+.....	2432	1.84 (0.03)	0.98 (0.03)	1.13 (0.02)	1.41 (0.02)	1.78 (0.02)	2.20 (0.03)	2.64 (0.05)	2.92 (0.06)	0.9	3 (0.5)
19+.....	5157	1.84 (0.02)	0.98 (0.03)	1.13 (0.03)	1.42 (0.02)	1.78 (0.02)	2.20 (0.03)	2.64 (0.04)	2.92 (0.05)	0.9	3 (0.5)
<b>All:</b>											
1+.....	16176	2.12 (0.02)	1.06 (0.02)	1.22 (0.02)	1.54 (0.02)	1.98 (0.02)	2.54 (0.02)	3.20 (0.03)	3.67 (0.05)		<3

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Males:</b>											
1-3.....	574	14.0 (0.3)	8.4 (0.4)	9.4 (0.3)	11.2 (0.3)	13.6 (0.3)	16.3 (0.4)	19.0 (0.5)	20.8 (0.6)	5	<3
4-8.....	867	19.4 (0.4)	12.4 (0.4)	13.6 (0.4)	16.1 (0.4)	19.1 (0.4)	22.4 (0.5)	25.7 (0.7)	27.7 (0.8)	6	<3
9-13.....	843	24.8 (0.6)	14.4 (0.8)	16.2 (0.7)	19.7 (0.6)	24.0 (0.6)	29.1 (0.8)	34.3 (1.2)	37.7 (1.6)	9	<3
14-18.....	790	30.0 (0.7)	18.0 (0.9)	20.1 (0.8)	24.1 (0.6)	29.2 (0.7)	34.9 (1.1)	40.9 (1.6)	44.6 (2.0)	12	<3
19-30.....	1029	33.5 (0.7)	18.8 (0.6)	21.3 (0.6)	26.3 (0.6)	32.5 (0.7)	39.6 (0.9)	47.0 (1.2)	51.7 (1.5)	12	<3
31-50.....	1622	32.9 (0.6)	18.3 (0.6)	20.8 (0.6)	25.6 (0.6)	31.8 (0.6)	38.9 (0.8)	46.3 (1.1)	51.1 (1.3)	12	<3
19-50.....	2651	33.1 (0.5)	18.5 (0.5)	21.0 (0.5)	25.9 (0.5)	32.1 (0.5)	39.2 (0.7)	46.5 (1.0)	51.3 (1.2)	12	<3
51-70.....	1606	30.4 (0.4)	16.7 (0.5)	19.1 (0.4)	23.6 (0.4)	29.4 (0.4)	36.1 (0.6)	42.9 (0.9)	47.5 (1.1)	12	<3
71+.....	698	26.0 (0.5)	13.8 (0.5)	15.9 (0.5)	19.8 (0.4)	25.0 (0.5)	31.0 (0.6)	37.3 (0.9)	41.5 (1.0)	12	<3
51+.....	2304	29.3 (0.3)	15.7 (0.4)	18.1 (0.4)	22.5 (0.3)	28.3 (0.3)	35.0 (0.5)	41.8 (0.8)	46.4 (1.0)	12	<3
19+.....	4955	31.5 (0.4)	17.0 (0.4)	19.5 (0.4)	24.3 (0.3)	30.4 (0.4)	37.5 (0.5)	44.8 (0.9)	49.6 (1.1)	12	<3
<b>Females:</b>											
1-3.....	544	13.2 (0.4)	7.8 (0.4)	8.8 (0.3)	10.6 (0.3)	12.8 (0.3)	15.4 (0.4)	18.0 (0.5)	19.7 (0.6)	5	<3
4-8.....	818	17.8 (0.4)	11.2 (0.4)	12.4 (0.4)	14.7 (0.3)	17.5 (0.3)	20.6 (0.4)	23.7 (0.6)	25.8 (0.7)	6	<3
9-13.....	815	21.4 (0.5)	12.1 (0.6)	13.7 (0.5)	16.8 (0.4)	20.7 (0.4)	25.3 (0.7)	30.0 (1.2)	33.1 (1.5)	9	<3
14-18.....	813	20.5 (0.5)	11.4 (0.7)	13.0 (0.7)	16.0 (0.6)	19.9 (0.5)	24.3 (0.7)	28.9 (1.0)	31.9 (1.3)	11	4 (1.6)
19-30.....	977	22.6 (0.4)	13.2 (0.3)	14.9 (0.3)	18.1 (0.4)	22.0 (0.4)	26.5 (0.4)	30.9 (0.5)	33.8 (0.5)	11	<3
31-50.....	1748	22.4 (0.3)	13.2 (0.3)	14.8 (0.3)	17.9 (0.3)	21.9 (0.3)	26.3 (0.4)	30.8 (0.4)	33.8 (0.5)	11	<3
19-50.....	2725	22.5 (0.3)	13.2 (0.3)	14.9 (0.3)	18.0 (0.3)	21.9 (0.3)	26.4 (0.3)	30.8 (0.3)	33.8 (0.4)	11	<3
51-70.....	1708	20.7 (0.3)	11.9 (0.3)	13.5 (0.3)	16.4 (0.3)	20.1 (0.3)	24.3 (0.3)	28.7 (0.4)	31.4 (0.4)	11	3 (0.5)
71+.....	724	18.7 (0.5)	10.6 (0.4)	12.0 (0.5)	14.7 (0.5)	18.1 (0.5)	22.0 (0.5)	26.2 (0.6)	28.8 (0.6)	11	6 (1.5)
51+.....	2432	20.1 (0.3)	11.4 (0.3)	13.0 (0.3)	15.9 (0.3)	19.6 (0.3)	23.8 (0.3)	28.1 (0.3)	30.8 (0.4)	11	4 (0.7)
19+.....	5157	21.4 (0.2)	12.2 (0.3)	13.8 (0.3)	16.9 (0.2)	20.8 (0.2)	25.2 (0.2)	29.6 (0.3)	32.6 (0.3)	11	<3
<b>All:</b>											
1+.....	16176	25.1 (0.2)	12.4 (0.2)	14.3 (0.2)	18.1 (0.2)	23.5 (0.2)	30.4 (0.3)	38.1 (0.5)	43.3 (0.7)		<3

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	1.31 (0.03)	0.85 (0.03)	0.93 (0.03)	1.09 (0.03)	1.28 (0.03)	1.50 (0.03)	1.73 (0.05)	1.88 (0.06)	0.4	<3	30	<3	
4-8.....	867	1.58 (0.03)	1.04 (0.05)	1.14 (0.04)	1.33 (0.04)	1.55 (0.03)	1.81 (0.04)	2.06 (0.05)	2.22 (0.06)	0.5	<3	40	<3	
9-13.....	843	2.01 (0.06)	1.03 (0.07)	1.19 (0.07)	1.50 (0.06)	1.91 (0.06)	2.41 (0.08)	2.96 (0.13)	3.33 (0.17)	0.8	<3	60	<3	
14-18.....	790	2.32 (0.07)	1.22 (0.07)	1.40 (0.07)	1.75 (0.06)	2.22 (0.06)	2.78 (0.10)	3.39 (0.16)	3.79 (0.21)	1.1	<3	80	<3	
19-30.....	1029	2.64 (0.08)	1.27 (0.05)	1.48 (0.05)	1.92 (0.06)	2.50 (0.07)	3.21 (0.10)	3.99 (0.14)	4.51 (0.17)	1.1	<3	100	<3	
31-50.....	1622	2.67 (0.07)	1.28 (0.04)	1.50 (0.04)	1.93 (0.05)	2.52 (0.06)	3.24 (0.09)	4.03 (0.12)	4.57 (0.15)	1.1	<3	100	<3	
19-50.....	2651	2.66 (0.05)	1.28 (0.04)	1.49 (0.03)	1.93 (0.04)	2.51 (0.05)	3.23 (0.07)	4.01 (0.11)	4.55 (0.14)	1.1	<3	100	<3	
51-70.....	1606	2.49 (0.04)	1.18 (0.04)	1.39 (0.04)	1.80 (0.04)	2.35 (0.04)	3.03 (0.06)	3.77 (0.09)	4.27 (0.11)	1.4	10 (1.1)	100	<3	
71+.....	698	2.29 (0.05)	1.07 (0.04)	1.26 (0.04)	1.63 (0.04)	2.16 (0.05)	2.79 (0.06)	3.49 (0.09)	3.98 (0.11)	1.4	15 (1.6)	100	<3	
51+.....	2304	2.44 (0.03)	1.15 (0.04)	1.35 (0.04)	1.75 (0.03)	2.30 (0.03)	2.97 (0.05)	3.71 (0.08)	4.21 (0.10)	1.4	11 (1.1)	100	<3	
19+.....	4955	2.57 (0.04)	1.22 (0.03)	1.43 (0.03)	1.85 (0.03)	2.42 (0.03)	3.12 (0.06)	3.89 (0.10)	4.42 (0.12)	6	(0.7)	100	<3	
<b>Females:</b>														
1-3.....	544	1.22 (0.03)	0.78 (0.04)	0.86 (0.04)	1.01 (0.04)	1.19 (0.03)	1.40 (0.04)	1.61 (0.05)	1.75 (0.05)	0.4	<3	30	<3	
4-8.....	818	1.44 (0.03)	0.94 (0.04)	1.03 (0.04)	1.20 (0.03)	1.41 (0.03)	1.65 (0.04)	1.88 (0.06)	2.04 (0.07)	0.5	<3	40	<3	
9-13.....	815	1.70 (0.04)	0.85 (0.06)	0.98 (0.06)	1.25 (0.05)	1.62 (0.04)	2.06 (0.06)	2.53 (0.10)	2.86 (0.14)	0.8	4 (1.5)	60	<3	
14-18.....	813	1.62 (0.05)	0.79 (0.07)	0.93 (0.07)	1.18 (0.06)	1.53 (0.05)	1.96 (0.06)	2.42 (0.09)	2.73 (0.12)	1	14 (3.4)	80	<3	
19-30.....	977	1.83 (0.04)	0.98 (0.04)	1.12 (0.04)	1.40 (0.04)	1.75 (0.04)	2.18 (0.05)	2.61 (0.06)	2.91 (0.07)	1.1	9 (1.5)	100	<3	
31-50.....	1748	1.84 (0.04)	1.00 (0.03)	1.14 (0.03)	1.41 (0.03)	1.76 (0.04)	2.19 (0.04)	2.63 (0.05)	2.94 (0.07)	1.1	9 (1.2)	100	<3	
19-50.....	2725	1.83 (0.03)	0.99 (0.03)	1.13 (0.03)	1.40 (0.03)	1.76 (0.03)	2.18 (0.03)	2.63 (0.05)	2.93 (0.06)	1.1	9 (1.1)	100	<3	
51-70.....	1708	1.73 (0.03)	0.93 (0.03)	1.06 (0.03)	1.32 (0.03)	1.66 (0.03)	2.06 (0.04)	2.49 (0.05)	2.78 (0.06)	1.3	24 (1.9)	100	<3	
71+.....	724	1.61 (0.04)	0.86 (0.04)	0.98 (0.04)	1.22 (0.04)	1.54 (0.04)	1.92 (0.05)	2.34 (0.05)	2.61 (0.06)	1.3	31 (3.1)	100	<3	
51+.....	2432	1.70 (0.02)	0.90 (0.03)	1.03 (0.03)	1.29 (0.02)	1.62 (0.02)	2.03 (0.03)	2.45 (0.04)	2.74 (0.05)	1.3	26 (1.8)	100	<3	
19+.....	5157	1.77 (0.02)	0.94 (0.03)	1.08 (0.03)	1.35 (0.02)	1.69 (0.02)	2.11 (0.03)	2.55 (0.04)	2.84 (0.05)	17	(1.3)	100	<3	
<b>All:</b>														
1+.....	16176	2.05 (0.02)	0.98 (0.02)	1.13 (0.02)	1.43 (0.02)	1.87 (0.02)	2.48 (0.02)	3.22 (0.05)	3.74 (0.08)	10	(0.7)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	374 (11)	209 (9)	236 (9)	288 (10)	359 (11)	443 (14)	531 (18)	594 (22)	120	<3	
4-8.....	867	498 (11)	285 (12)	320 (12)	390 (11)	480 (11)	585 (12)	697 (17)	771 (20)	160	<3	
9-13.....	843	584 (19)	315 (22)	359 (21)	445 (18)	559 (18)	694 (26)	841 (42)	939 (54)	250	<3	
14-18.....	790	612 (23)	332 (25)	377 (23)	468 (21)	586 (22)	727 (30)	878 (45)	977 (57)	330	5	(2.1)
19-30.....	1029	607 (12)	292 (9)	342 (9)	442 (9)	575 (11)	738 (15)	913 (22)	1030 (27)	320	8	(1.0)
31-50.....	1622	609 (13)	293 (10)	342 (10)	442 (10)	576 (12)	740 (16)	917 (22)	1038 (27)	320	8	(1.0)
19-50.....	2651	608 (10)	292 (9)	342 (9)	442 (8)	575 (9)	739 (13)	915 (20)	1035 (25)	320	8	(0.9)
51-70.....	1606	584 (11)	278 (11)	327 (11)	423 (11)	551 (11)	710 (12)	879 (17)	995 (20)	320	9	(1.3)
71+.....	698	575 (17)	274 (12)	321 (12)	414 (13)	544 (16)	698 (21)	869 (27)	986 (32)	320	10	(1.6)
51+.....	2304	582 (9)	277 (10)	326 (10)	421 (10)	550 (10)	707 (11)	876 (16)	993 (21)	320	9	(1.2)
19+.....	4955	597 (8)	285 (9)	335 (8)	432 (8)	564 (7)	725 (10)	899 (16)	1017 (21)	320	8	(0.9)
<b>Females:</b>												
1-3.....	544	357 (13)	198 (12)	224 (13)	275 (13)	342 (13)	422 (14)	509 (15)	567 (17)	120	<3	
4-8.....	818	456 (14)	260 (11)	292 (11)	355 (12)	438 (13)	538 (17)	641 (22)	713 (27)	160	<3	
9-13.....	815	520 (15)	274 (18)	314 (17)	394 (14)	498 (13)	622 (22)	754 (36)	844 (48)	250	<3	
14-18.....	813	463 (14)	238 (21)	276 (20)	347 (18)	442 (15)	556 (16)	678 (26)	759 (35)	330	21	(4.3)
19-30.....	977	467 (11)	239 (9)	277 (9)	350 (9)	447 (10)	562 (13)	682 (19)	764 (23)	320	18	(2.0)
31-50.....	1748	472 (10)	244 (10)	281 (9)	353 (9)	450 (9)	566 (12)	689 (17)	774 (21)	320	17	(2.0)
19-50.....	2725	470 (8)	242 (9)	279 (8)	352 (8)	449 (8)	565 (10)	687 (16)	770 (20)	320	18	(1.7)
51-70.....	1708	441 (10)	224 (9)	259 (9)	329 (9)	421 (10)	530 (13)	650 (18)	729 (23)	320	23	(2.2)
71+.....	724	421 (11)	213 (9)	247 (10)	313 (10)	400 (10)	507 (13)	624 (17)	700 (21)	320	27	(2.7)
51+.....	2432	436 (8)	221 (8)	256 (8)	324 (7)	415 (7)	525 (10)	643 (16)	721 (20)	320	24	(1.8)
19+.....	5157	454 (6)	231 (8)	267 (7)	338 (6)	433 (6)	546 (9)	667 (14)	748 (18)	320	21	(1.5)
<b>All:</b>												
1+.....	16176	518 (5)	250 (6)	291 (5)	372 (5)	485 (5)	627 (8)	787 (12)	899 (17)		12	(0.9)

NOTES: DFE=dietary folate equivalents; EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	150 (6)	63 (6)	76 (6)	102 (6)	140 (6)	186 (8)	236 (12)	271 (15)	300	<3
4-8.....	867	207 (6)	95 (8)	112 (8)	149 (7)	197 (6)	254 (7)	315 (10)	356 (13)	400	<3
9-13.....	843	241 (10)	112 (8)	132 (8)	173 (8)	228 (9)	294 (13)	368 (20)	417 (25)	600	<3
14-18.....	790	247 (13)	115 (9)	136 (9)	178 (10)	233 (12)	301 (17)	375 (24)	424 (29)	800	<3
19-30.....	1029	224 (7)	73 (5)	94 (5)	139 (5)	203 (6)	286 (9)	380 (14)	444 (17)	1000	<3
31-50.....	1622	206 (6)	65 (4)	84 (4)	125 (5)	185 (6)	265 (8)	355 (12)	418 (16)	1000	<3
19-50.....	2651	213 (5)	68 (4)	88 (4)	130 (4)	193 (5)	274 (7)	365 (12)	430 (15)	1000	<3
51-70.....	1606	196 (6)	61 (5)	79 (5)	118 (6)	176 (6)	251 (7)	337 (10)	397 (13)	1000	<3
71+.....	698	200 (9)	63 (5)	81 (6)	120 (7)	180 (9)	256 (12)	344 (16)	407 (20)	1000	<3
51+.....	2304	197 (5)	61 (5)	80 (5)	119 (5)	177 (5)	253 (7)	339 (10)	400 (13)	1000	<3
19+.....	4955	206 (4)	65 (4)	84 (4)	125 (4)	186 (4)	265 (6)	355 (10)	418 (14)	1000	<3
<b>Females:</b>											
1-3.....	544	140 (8)	57 (8)	69 (8)	95 (8)	130 (8)	174 (8)	222 (9)	255 (10)	300	<3
4-8.....	818	191 (8)	85 (7)	102 (7)	135 (7)	180 (7)	235 (9)	292 (14)	332 (17)	400	<3
9-13.....	815	211 (8)	94 (7)	112 (7)	149 (7)	199 (7)	260 (11)	326 (17)	371 (21)	600	<3
14-18.....	813	184 (6)	78 (7)	95 (7)	127 (7)	172 (6)	228 (8)	288 (13)	328 (18)	800	<3
19-30.....	977	167 (5)	55 (4)	70 (4)	104 (4)	152 (5)	214 (7)	281 (11)	329 (13)	1000	<3
31-50.....	1748	158 (4)	52 (3)	66 (3)	97 (4)	143 (4)	202 (6)	269 (9)	317 (12)	1000	<3
19-50.....	2725	161 (3)	53 (3)	68 (3)	100 (3)	146 (3)	207 (5)	274 (8)	321 (11)	1000	<3
51-70.....	1708	140 (5)	43 (4)	56 (4)	84 (4)	126 (5)	180 (7)	243 (9)	286 (12)	1000	<3
71+.....	724	143 (6)	45 (4)	58 (4)	86 (4)	128 (5)	183 (8)	248 (11)	292 (13)	1000	<3
51+.....	2432	141 (4)	44 (3)	56 (4)	85 (4)	126 (4)	181 (5)	244 (8)	288 (11)	1000	<3
19+.....	5157	152 (3)	48 (3)	62 (3)	92 (3)	137 (2)	195 (4)	261 (7)	307 (10)	1000	<3
<b>All:</b>											
1+.....	16176	184 (3)	58 (3)	76 (2)	113 (2)	167 (3)	236 (4)	315 (7)	371 (9)		<3

NOTES: UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table A 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	120 (4)	69 (3)	78 (3)	95 (3)	117 (3)	142 (5)	168 (6)	186 (8)
4-8.....	867	147 (5)	87 (4)	97 (4)	117 (4)	143 (5)	172 (5)	202 (6)	222 (7)
9-13.....	843	175 (5)	94 (5)	108 (5)	134 (4)	168 (4)	208 (6)	252 (9)	280 (11)
14-18.....	790	188 (4)	102 (5)	116 (5)	145 (4)	181 (4)	224 (6)	269 (9)	298 (11)
19-30.....	1029	236 (5)	118 (3)	137 (3)	176 (4)	226 (5)	286 (7)	348 (10)	389 (12)
31-50.....	1622	258 (4)	131 (4)	152 (4)	194 (3)	247 (4)	311 (5)	379 (7)	423 (8)
19-50.....	2651	249 (3)	125 (2)	145 (2)	186 (2)	238 (3)	301 (4)	367 (6)	411 (8)
51-70.....	1606	254 (4)	128 (4)	149 (4)	190 (4)	243 (4)	305 (5)	371 (6)	414 (7)
71+.....	698	231 (5)	115 (4)	134 (4)	171 (4)	221 (5)	280 (6)	342 (8)	384 (9)
51+.....	2304	248 (4)	124 (4)	145 (4)	185 (3)	237 (4)	300 (4)	365 (6)	408 (7)
19+.....	4955	249 (2)	125 (3)	145 (3)	185 (2)	238 (2)	300 (3)	366 (5)	410 (7)
<b>Females:</b>									
1-3.....	544	118 (3)	67 (3)	76 (3)	92 (3)	114 (3)	138 (3)	164 (5)	181 (6)
4-8.....	818	134 (2)	78 (3)	88 (2)	106 (2)	130 (2)	157 (3)	185 (5)	205 (6)
9-13.....	815	162 (4)	85 (4)	98 (4)	123 (3)	155 (4)	194 (5)	234 (9)	261 (11)
14-18.....	813	148 (4)	76 (5)	88 (5)	111 (5)	142 (4)	178 (5)	216 (6)	241 (8)
19-30.....	977	188 (4)	93 (3)	108 (3)	139 (3)	179 (4)	227 (5)	278 (7)	313 (9)
31-50.....	1748	205 (4)	104 (3)	120 (3)	152 (4)	196 (4)	247 (5)	302 (7)	340 (9)
19-50.....	2725	199 (4)	99 (3)	115 (3)	147 (3)	189 (4)	240 (5)	294 (7)	331 (8)
51-70.....	1708	203 (5)	102 (3)	118 (4)	151 (4)	194 (5)	245 (6)	300 (8)	337 (10)
71+.....	724	185 (4)	92 (4)	107 (4)	136 (4)	176 (4)	224 (5)	277 (6)	311 (7)
51+.....	2432	198 (4)	99 (3)	115 (3)	146 (3)	189 (4)	239 (5)	294 (7)	330 (8)
19+.....	5157	198 (3)	99 (3)	115 (3)	147 (3)	189 (3)	240 (4)	294 (6)	331 (8)
<b>All:</b>									
1+.....	16176	206 (2)	95 (1)	112 (1)	145 (1)	193 (2)	253 (3)	319 (4)	363 (5)

**Table A 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	211 (5)	138 (6)	151 (6)	176 (5)	207 (5)	241 (6)	276 (8)	300 (10)	200	55 (4.3)	1000	<3	
4-8.....	867	234 (5)	155 (7)	169 (7)	196 (6)	229 (5)	267 (5)	305 (7)	329 (8)	250	35 (3.4)	1000	<3	
9-13.....	843	283 (6)	153 (7)	175 (7)	217 (6)	272 (6)	336 (9)	405 (14)	450 (18)	375	15 (2.4)	2000	<3	
14-18.....	790	322 (8)	179 (10)	203 (9)	251 (8)	311 (8)	382 (10)	457 (14)	505 (18)	550	<3	3000	<3	
19-30.....	1029	388 (8)	213 (7)	243 (7)	302 (7)	376 (8)	462 (10)	549 (14)	605 (17)	550	10 (1.6)	3500	<3	
31-50.....	1622	405 (6)	224 (7)	255 (6)	316 (6)	392 (6)	481 (9)	571 (12)	631 (15)	550	13 (1.6)	3500	<3	
19-50.....	2651	398 (5)	219 (6)	250 (6)	310 (5)	385 (5)	473 (8)	562 (11)	621 (14)	550	12 (1.4)	3500	<3	
51-70.....	1606	407 (7)	224 (7)	257 (6)	317 (6)	394 (7)	482 (10)	571 (14)	630 (17)	550	13 (1.8)	3500	<3	
71+.....	698	364 (6)	197 (8)	225 (8)	280 (7)	352 (6)	433 (6)	518 (8)	575 (11)	550	7 (0.8)	3500	<3	
51+.....	2304	396 (6)	216 (7)	248 (6)	307 (5)	383 (5)	471 (8)	560 (12)	619 (15)	550	11 (1.5)	3500	<3	
19+.....	4955	397 (4)	217 (6)	249 (5)	309 (4)	385 (4)	472 (7)	561 (11)	620 (14)	550	11 (1.3)	3500	<3	
<b>Females:</b>														
1-3.....	544	202 (5)	131 (5)	144 (5)	168 (4)	197 (5)	231 (7)	265 (9)	287 (11)	200	48 (4.4)	1000	<3	
4-8.....	818	211 (4)	138 (5)	151 (5)	175 (4)	206 (4)	241 (5)	275 (7)	299 (9)	250	20 (2.8)	1000	<3	
9-13.....	815	249 (6)	131 (7)	150 (7)	189 (6)	239 (6)	298 (7)	359 (11)	401 (14)	375	8 (1.5)	2000	<3	
14-18.....	813	224 (7)	115 (8)	134 (8)	169 (8)	215 (7)	270 (7)	327 (10)	366 (12)	400	<3	3000	<3	
19-30.....	977	276 (5)	157 (5)	178 (5)	218 (5)	268 (5)	325 (6)	382 (7)	420 (8)	425	5 (0.7)	3500	<3	
31-50.....	1748	288 (4)	167 (4)	188 (4)	229 (4)	280 (4)	339 (5)	399 (6)	438 (8)	425	6 (0.8)	3500	<3	
19-50.....	2725	284 (3)	163 (4)	184 (4)	225 (3)	276 (3)	334 (4)	393 (6)	432 (7)	425	6 (0.7)	3500	<3	
51-70.....	1708	286 (5)	165 (4)	186 (4)	227 (4)	278 (4)	336 (6)	397 (8)	436 (9)	425	6 (1.0)	3500	<3	
71+.....	724	271 (6)	155 (6)	175 (6)	214 (6)	262 (6)	319 (7)	378 (9)	415 (10)	425	4 (0.8)	3500	<3	
51+.....	2432	282 (4)	162 (3)	183 (3)	223 (3)	274 (4)	332 (5)	392 (7)	430 (8)	425	6 (0.8)	3500	<3	
19+.....	5157	283 (2)	162 (3)	184 (3)	224 (2)	275 (2)	333 (3)	392 (5)	431 (7)	425	6 (0.7)	3500	<3	
<b>All:</b>														
1+.....	16176	317 (2)	161 (2)	184 (2)	230 (2)	297 (2)	384 (3)	479 (6)	542 (9)		11 (0.7)		<3	

NOTES: AI=Adequate Intake; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Males:</b>											
1-3.....	574	3.93 (0.12)	2.18 (0.15)	2.48 (0.15)	3.06 (0.13)	3.82 (0.12)	4.66 (0.12)	5.52 (0.14)	6.11 (0.17)	0.7	<3
4-8.....	867	4.40 (0.10)	2.50 (0.13)	2.83 (0.12)	3.48 (0.11)	4.28 (0.10)	5.18 (0.12)	6.10 (0.17)	6.69 (0.21)	1	<3
9-13.....	843	5.36 (0.17)	2.42 (0.19)	2.89 (0.18)	3.81 (0.17)	5.06 (0.17)	6.58 (0.21)	8.25 (0.30)	9.36 (0.39)	1.5	<3
14-18.....	790	6.28 (0.24)	2.95 (0.16)	3.48 (0.16)	4.55 (0.16)	5.96 (0.21)	7.67 (0.33)	9.50 (0.49)	10.70 (0.61)	2	<3
19-30.....	1029	6.24 (0.19)	2.63 (0.15)	3.16 (0.16)	4.27 (0.16)	5.80 (0.18)	7.73 (0.25)	9.86 (0.36)	11.32 (0.46)	2	<3
31-50.....	1622	6.01 (0.16)	2.51 (0.13)	3.02 (0.13)	4.08 (0.13)	5.56 (0.15)	7.45 (0.21)	9.55 (0.32)	11.00 (0.42)	2	<3
19-50.....	2651	6.10 (0.13)	2.55 (0.13)	3.07 (0.12)	4.16 (0.11)	5.66 (0.12)	7.57 (0.18)	9.67 (0.29)	11.14 (0.39)	2	<3
51-70.....	1606	5.69 (0.13)	2.34 (0.12)	2.85 (0.11)	3.85 (0.11)	5.26 (0.11)	7.06 (0.18)	9.04 (0.30)	10.42 (0.38)	2	<3
71+.....	698	5.57 (0.18)	2.29 (0.14)	2.77 (0.14)	3.74 (0.15)	5.16 (0.18)	6.91 (0.23)	8.89 (0.34)	10.29 (0.42)	2	<3
51+.....	2304	5.66 (0.11)	2.33 (0.11)	2.83 (0.11)	3.83 (0.10)	5.24 (0.10)	7.02 (0.16)	9.00 (0.27)	10.40 (0.36)	2	<3
19+.....	4955	5.91 (0.10)	2.45 (0.12)	2.96 (0.11)	4.01 (0.10)	5.47 (0.09)	7.34 (0.15)	9.41 (0.27)	10.85 (0.37)	2	<3
<b>Females:</b>											
1-3.....	544	3.83 (0.12)	2.11 (0.12)	2.41 (0.12)	2.98 (0.11)	3.71 (0.12)	4.54 (0.15)	5.40 (0.20)	5.95 (0.23)	0.7	<3
4-8.....	818	3.97 (0.09)	2.21 (0.12)	2.52 (0.11)	3.10 (0.10)	3.85 (0.09)	4.71 (0.11)	5.56 (0.16)	6.14 (0.20)	1	<3
9-13.....	815	4.48 (0.13)	1.91 (0.14)	2.30 (0.14)	3.11 (0.13)	4.21 (0.13)	5.56 (0.18)	7.00 (0.29)	8.00 (0.38)	1.5	<3
14-18.....	813	3.93 (0.11)	1.59 (0.14)	1.96 (0.14)	2.68 (0.13)	3.67 (0.11)	4.91 (0.13)	6.25 (0.21)	7.16 (0.29)	2	11 (2.4)
19-30.....	977	4.19 (0.11)	1.84 (0.08)	2.19 (0.08)	2.91 (0.09)	3.91 (0.11)	5.17 (0.15)	6.52 (0.22)	7.48 (0.27)	2	7 (1.2)
31-50.....	1748	4.08 (0.10)	1.80 (0.09)	2.14 (0.09)	2.83 (0.09)	3.80 (0.10)	5.02 (0.12)	6.38 (0.18)	7.35 (0.23)	2	8 (1.4)
19-50.....	2725	4.12 (0.09)	1.81 (0.08)	2.16 (0.08)	2.86 (0.08)	3.84 (0.09)	5.08 (0.11)	6.43 (0.17)	7.39 (0.23)	2	8 (1.2)
51-70.....	1708	4.09 (0.09)	1.79 (0.08)	2.13 (0.08)	2.83 (0.08)	3.81 (0.08)	5.03 (0.12)	6.42 (0.18)	7.36 (0.23)	2	8 (1.2)
71+.....	724	3.94 (0.19)	1.72 (0.14)	2.05 (0.15)	2.72 (0.17)	3.65 (0.19)	4.85 (0.22)	6.21 (0.26)	7.12 (0.29)	2	9 (2.5)
51+.....	2432	4.05 (0.09)	1.77 (0.09)	2.11 (0.09)	2.80 (0.09)	3.76 (0.09)	4.98 (0.11)	6.36 (0.16)	7.30 (0.20)	2	8 (1.4)
19+.....	5157	4.09 (0.07)	1.79 (0.08)	2.13 (0.08)	2.83 (0.07)	3.81 (0.07)	5.03 (0.09)	6.40 (0.14)	7.35 (0.20)	2	8 (1.2)
<b>All:</b>											
1+.....	16176	4.90 (0.05)	2.02 (0.05)	2.43 (0.05)	3.26 (0.05)	4.45 (0.05)	6.04 (0.07)	7.94 (0.13)	9.31 (0.20)	4	(0.5)

NOTES: EAR=Estimated Average Requirement  
It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016  
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	77.7 (2.8)	30.0 (2.4)	36.8 (2.5)	51.2 (2.5)	71.9 (2.9)	97.5 (3.4)	125.7 (4.3)	146.2 (5.4)	13	<3	400	<3	
4-8.....	867	70.7 (3.4)	26.4 (2.2)	32.7 (2.4)	46.3 (2.6)	65.2 (3.2)	88.8 (4.2)	115.3 (5.6)	133.4 (6.6)	22	<3	650	<3	
9-13.....	843	82.0 (3.5)	28.3 (2.6)	35.5 (2.8)	51.0 (3.0)	73.9 (3.5)	103.9 (4.4)	139.3 (6.2)	164.1 (7.9)	39	13 (2.4)	1200	<3	
14-18.....	790	72.1 (3.8)	23.8 (2.0)	30.1 (2.1)	44.1 (2.5)	64.4 (3.4)	91.7 (5.0)	123.7 (7.2)	145.9 (9.0)	63	48 (3.9)	1800	<3	
19-30.....	1029	78.4 (3.5)	19.5 (1.5)	26.3 (1.7)	42.2 (2.2)	67.1 (3.1)	102.2 (4.6)	144.7 (6.7)	175.4 (8.4)	75	57 (2.9)	2000	<3	
31-50.....	1622	83.4 (2.6)	21.2 (1.4)	28.4 (1.6)	45.1 (1.9)	71.4 (2.4)	108.5 (3.4)	153.5 (5.0)	186.4 (6.7)	75	53 (2.0)	2000	<3	
19-50.....	2651	81.3 (2.1)	20.4 (1.3)	27.4 (1.4)	43.8 (1.5)	69.6 (1.9)	105.9 (2.9)	149.8 (4.6)	181.9 (6.2)	75	55 (1.7)	2000	<3	
51-70.....	1606	85.8 (2.6)	22.0 (1.5)	29.7 (1.8)	46.9 (2.1)	73.7 (2.5)	111.4 (3.4)	156.5 (5.0)	189.6 (6.3)	75	51 (2.1)	2000	<3	
71+.....	698	99.5 (4.1)	27.2 (2.1)	35.9 (2.4)	55.3 (3.0)	86.7 (3.9)	128.5 (5.3)	179.5 (7.3)	217.2 (9.2)	75	41 (2.8)	2000	<3	
51+.....	2304	89.1 (2.4)	23.0 (1.6)	31.0 (1.8)	48.7 (2.0)	76.6 (2.4)	115.6 (3.2)	162.7 (4.8)	197.0 (6.2)	75	49 (1.9)	2000	<3	
19+.....	4955	84.7 (1.7)	21.4 (1.2)	28.8 (1.3)	45.8 (1.4)	72.5 (1.5)	110.1 (2.3)	155.4 (3.9)	188.7 (5.5)	75	52 (1.3)	2000	<3	
<b>Females:</b>														
1-3.....	544	69.6 (3.5)	25.9 (2.5)	32.2 (2.7)	45.4 (3.0)	64.0 (3.4)	87.6 (4.2)	114.2 (5.6)	132.4 (6.7)	13	<3	400	<3	
4-8.....	818	69.7 (3.6)	26.1 (2.6)	32.3 (2.9)	45.4 (3.2)	64.1 (3.6)	87.9 (4.3)	113.9 (5.5)	132.5 (6.4)	22	<3	650	<3	
9-13.....	815	71.0 (2.3)	23.1 (2.2)	29.4 (2.4)	43.2 (2.5)	63.5 (2.5)	90.6 (2.8)	121.7 (4.0)	144.3 (5.2)	39	20 (2.8)	1200	<3	
14-18.....	813	64.0 (3.7)	19.9 (2.5)	25.8 (2.8)	38.2 (3.3)	56.9 (3.7)	82.0 (4.4)	111.2 (5.5)	131.9 (6.4)	56	49 (4.8)	1800	<3	
19-30.....	977	68.7 (2.6)	19.6 (1.4)	25.8 (1.6)	39.7 (1.9)	60.7 (2.4)	89.0 (3.4)	121.4 (5.0)	145.1 (6.3)	60	49 (2.6)	2000	<3	
31-50.....	1748	74.5 (2.5)	22.2 (1.8)	28.9 (1.9)	43.5 (2.2)	65.9 (2.5)	95.9 (3.1)	131.0 (4.2)	156.6 (5.3)	60	44 (2.6)	2000	<3	
19-50.....	2725	72.4 (2.1)	21.2 (1.5)	27.7 (1.6)	42.1 (1.8)	63.9 (2.0)	93.4 (2.6)	127.5 (3.9)	152.7 (5.1)	60	46 (2.2)	2000	<3	
51-70.....	1708	74.2 (2.0)	22.0 (1.6)	28.6 (1.7)	43.3 (1.9)	65.7 (2.0)	95.5 (2.5)	131.1 (3.9)	156.2 (5.1)	60	44 (2.2)	2000	<3	
71+.....	724	84.4 (3.5)	26.4 (2.1)	33.9 (2.3)	50.4 (2.7)	75.0 (3.4)	108.2 (4.5)	147.6 (6.3)	174.7 (7.6)	60	35 (3.0)	2000	<3	
51+.....	2432	77.0 (1.8)	22.9 (1.6)	29.7 (1.7)	45.0 (1.7)	68.1 (1.8)	98.9 (2.3)	135.8 (3.8)	161.7 (5.1)	60	42 (1.9)	2000	<3	
19+.....	5157	74.6 (1.8)	21.9 (1.5)	28.7 (1.6)	43.4 (1.7)	65.9 (1.8)	96.0 (2.3)	131.7 (3.5)	157.2 (4.8)	60	44 (1.9)	2000	<3	
<b>All:</b>														
1+.....	16176	77.7 (1.2)	22.4 (0.9)	29.3 (1.0)	44.6 (1.0)	67.8 (1.2)	99.6 (1.5)	138.0 (2.3)	166.6 (3.0)		41 (1.1)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
EAR used is for non-smokers regardless of smoking status

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016  
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	252	58.1 (3.4)	13.7* (1.2)	18.8 (1.4)	30.5 (2.0)	48.9 (3.0)	76.1 (4.5)	108.7 (6.7)	132.5* (8.2)	110	90 (1.9)	2000	<3	
31-50.....	427	61.8 (2.5)	14.9 (1.1)	20.3 (1.2)	32.4 (1.5)	52.2 (2.2)	80.5 (3.4)	115.3 (5.2)	141.0 (6.7)	110	88 (1.5)	2000	<3	
19-50.....	679	60.2 (2.3)	14.4 (1.0)	19.6 (1.1)	31.5 (1.4)	50.8 (2.0)	78.7 (3.2)	112.6 (5.0)	137.4 (6.3)	110	89 (1.4)	2000	<3	
51-70.....	366	63.2 (2.8)	15.4 (1.2)	20.9 (1.4)	33.5 (1.7)	53.9 (2.5)	82.8 (3.7)	117.6 (5.6)	144.0 (7.2)	110	88 (1.6)	2000	<3	
71+.....	64	71.7* (3.9)	18.7* (1.7)	24.8* (1.9)	38.6* (2.6)	60.7 (3.4)	93.5* (4.9)	130.2* (7.9)	157.6* (10.2)	110	83* (3.0)	2000	<3	
51+.....	430	64.2 (2.7)	15.7 (1.2)	21.2 (1.4)	34.0 (1.7)	54.7 (2.4)	84.2 (3.6)	119.3 (5.6)	145.7 (7.2)	110	87 (1.7)	2000	<3	
19+.....	1109	61.6 (2.2)	14.7 (1.0)	20.2 (1.1)	32.3 (1.3)	52.0 (1.9)	80.4 (2.9)	115.0 (4.8)	140.4 (6.2)	110	89 (1.4)	2000	<3	
<b>Females:</b>														
19-30.....	181	45.7 (2.2)	12.4* (1.2)	16.3 (1.3)	25.4 (1.6)	39.9 (2.1)	59.3 (3.0)	81.9 (3.8)	99.4* (4.6)	95	94* (1.0)	2000	<3	
31-50.....	335	50.8 (2.8)	14.1* (1.5)	18.7 (1.7)	28.6 (2.1)	44.2 (2.7)	66.0 (3.5)	91.4 (4.6)	109.9* (5.6)	95	91 (1.5)	2000	<3	
19-50.....	516	48.8 (2.4)	13.4 (1.3)	17.6 (1.5)	27.3 (1.8)	42.5 (2.3)	63.3 (3.1)	87.8 (3.9)	106.1 (5.1)	95	92 (1.2)	2000	<3	
51-70.....	316	50.3 (1.9)	13.9* (1.3)	18.4 (1.5)	28.5 (1.7)	43.8 (2.0)	65.2 (2.4)	90.3 (3.2)	108.7* (4.1)	95	92 (1.0)	2000	<3	
71+.....	32	52.6* (2.9)	14.8* (1.4)	19.5* (2.0)	29.6* (2.3)	45.7* (2.5)	68.3* (3.6)	94.3* (5.4)	112.4* (8.0)	95	90* (2.1)	2000	<3	
51+.....	348	50.5 (1.9)	14.0* (1.3)	18.4 (1.5)	28.6 (1.7)	43.9 (1.9)	65.4 (2.3)	90.6 (3.2)	109.0* (4.0)	95	91 (1.0)	2000	<3	
19+.....	864	49.5 (2.1)	13.6 (1.3)	17.9 (1.4)	27.8 (1.7)	43.1 (2.0)	64.3 (2.6)	89.0 (3.4)	107.3 (4.5)	95	92 (1.1)	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

**Table A 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	777	85.0 (3.7)	22.6 (1.7)	30.2 (1.9)	47.5 (2.4)	73.7 (3.4)	110.2 (5.0)	153.8 (7.1)	186.8 (9.0)	75	51 (3.0)	2000	<3	
31-50.....	1194	89.7 (3.0)	24.5 (1.7)	32.5 (1.9)	50.4 (2.2)	77.9 (2.8)	115.7 (3.9)	161.8 (5.7)	195.0 (7.3)	75	48 (2.3)	2000	<3	
19-50.....	1971	87.8 (2.4)	23.6 (1.5)	31.5 (1.6)	49.1 (1.8)	76.1 (2.2)	113.4 (3.3)	158.9 (5.1)	191.7 (6.8)	75	49 (1.9)	2000	<3	
51-70.....	1239	90.8 (2.8)	25.0 (1.9)	33.0 (2.1)	50.9 (2.3)	78.9 (2.7)	117.4 (3.5)	163.3 (5.2)	196.1 (6.7)	75	47 (2.3)	2000	<3	
71+.....	630	101.6 (4.3)	29.5 (2.3)	38.3 (2.7)	58.1 (3.3)	88.9 (4.1)	130.8 (5.5)	181.1 (7.6)	218.4 (9.5)	75	39 (3.1)	2000	<3	
51+.....	1869	93.7 (2.6)	26.0 (1.8)	34.3 (2.0)	52.7 (2.3)	81.4 (2.6)	121.0 (3.3)	168.0 (5.0)	202.2 (6.8)	75	45 (2.1)	2000	<3	
19+.....	3840	90.4 (2.0)	24.7 (1.5)	32.6 (1.6)	50.7 (1.7)	78.5 (1.9)	116.8 (2.7)	163.1 (4.4)	196.5 (6.1)	75	47 (1.6)	2000	<3	
<b>Females:</b>														
19-30.....	795	74.3 (2.8)	24.0 (1.6)	30.8 (1.8)	45.2 (2.0)	66.4 (2.5)	94.8 (3.6)	127.7 (5.4)	150.8 (6.7)	60	43 (2.8)	2000	<3	
31-50.....	1412	80.2 (2.5)	26.4 (2.0)	33.5 (2.1)	49.1 (2.3)	72.0 (2.5)	102.6 (3.1)	137.3 (4.4)	162.2 (5.5)	60	37 (2.6)	2000	<3	
19-50.....	2207	78.1 (2.2)	25.5 (1.7)	32.5 (1.8)	47.6 (1.9)	69.9 (2.1)	99.7 (2.7)	134.0 (4.1)	158.2 (5.3)	60	39 (2.2)	2000	<3	
51-70.....	1391	80.2 (2.2)	26.7 (1.9)	33.7 (1.9)	49.2 (2.1)	72.2 (2.2)	102.0 (2.7)	137.0 (3.9)	161.6 (5.1)	60	37 (2.4)	2000	<3	
71+.....	690	84.8 (3.2)	28.6 (2.1)	36.1 (2.3)	52.4 (2.6)	76.3 (3.1)	107.9 (4.1)	144.4 (5.5)	170.1 (6.8)	60	33 (2.9)	2000	<3	
51+.....	2081	81.6 (1.8)	27.2 (1.8)	34.4 (1.8)	50.2 (1.9)	73.4 (1.9)	103.9 (2.3)	139.4 (3.6)	164.2 (4.8)	60	36 (2.1)	2000	<3	
19+.....	4288	79.8 (1.8)	26.3 (1.7)	33.4 (1.7)	48.8 (1.8)	71.6 (1.8)	101.8 (2.2)	136.6 (3.6)	161.3 (4.8)	60	38 (2.0)	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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
19-30.....	1029	78.4 (3.4)	19.2 (1.4)	25.9 (1.6)	41.8 (2.1)	67.2 (3.0)	102.4 (4.6)	144.7 (6.6)	177.0 (8.3)	110/75	61 (2.5)	2000	<3	
31-50.....	1621	83.4 (2.7)	21.0 (1.4)	28.3 (1.5)	45.0 (1.9)	71.6 (2.4)	108.4 (3.5)	153.7 (5.4)	186.2 (6.8)	110/75	57 (2.0)	2000	<3	
19-50.....	2650	81.3 (2.1)	20.2 (1.2)	27.3 (1.3)	43.7 (1.5)	69.7 (1.9)	106.0 (2.9)	150.1 (4.7)	182.4 (6.2)	110/75	58 (1.7)	2000	<3	
51-70.....	1605	85.7 (2.6)	22.1 (1.6)	29.6 (1.8)	46.7 (2.1)	73.8 (2.5)	111.5 (3.2)	156.5 (4.9)	189.1 (6.4)	110/75	54 (2.0)	2000	<3	
71+.....	694	99.2 (4.2)	27.9 (2.2)	36.3 (2.5)	56.0 (3.1)	86.6 (4.0)	128.2 (5.4)	178.1 (7.4)	215.2 (9.5)	110/75	42 (3.0)	2000	<3	
51+.....	2299	89.0 (2.4)	23.1 (1.6)	31.0 (1.7)	48.7 (2.0)	76.7 (2.4)	115.6 (3.1)	161.9 (4.8)	195.9 (6.5)	110/75	51 (1.9)	2000	<3	
19+.....	4949	84.6 (1.7)	21.3 (1.2)	28.8 (1.3)	45.8 (1.4)	72.6 (1.6)	110.1 (2.4)	155.4 (4.0)	188.6 (5.6)	110/75	55 (1.3)	2000	<3	
<b>Females:</b>														
19-30.....	976	68.3 (2.6)	19.2 (1.4)	25.5 (1.6)	39.6 (1.9)	60.3 (2.4)	88.3 (3.3)	121.4 (5.1)	144.1 (6.4)	95/60	54 (2.5)	2000	<3	
31-50.....	1747	74.5 (2.4)	21.8 (1.7)	28.7 (1.9)	43.4 (2.2)	66.4 (2.5)	96.3 (3.0)	131.0 (4.2)	155.7 (5.3)	95/60	47 (2.4)	2000	<3	
19-50.....	2723	72.3 (2.0)	20.8 (1.5)	27.4 (1.6)	41.9 (1.8)	64.1 (2.0)	93.4 (2.6)	127.6 (3.9)	151.9 (5.1)	95/60	50 (2.0)	2000	<3	
51-70.....	1707	74.4 (2.0)	21.9 (1.7)	28.8 (1.7)	43.6 (1.9)	66.2 (2.1)	96.0 (2.5)	130.5 (3.7)	155.3 (4.9)	95/60	47 (2.2)	2000	<3	
71+.....	722	83.4 (3.2)	27.1 (2.0)	34.6 (2.2)	51.0 (2.5)	74.9 (3.0)	106.4 (4.1)	142.8 (5.5)	168.4 (6.8)	95/60	36 (2.8)	2000	<3	
51+.....	2429	76.8 (1.7)	23.1 (1.6)	30.1 (1.7)	45.4 (1.7)	68.6 (1.8)	98.9 (2.2)	134.2 (3.4)	159.0 (4.6)	95/60	44 (1.9)	2000	<3	
19+.....	5152	74.4 (1.7)	21.8 (1.5)	28.7 (1.6)	43.6 (1.7)	66.2 (1.8)	96.1 (2.2)	130.8 (3.4)	155.4 (4.6)	95/60	47 (1.9)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	6.9 (0.3)	2.9 (0.3)	3.5 (0.3)	4.8 (0.3)	6.6 (0.3)	8.6 (0.4)	10.7 (0.4)	12.1 (0.4)	10	86 (2.4)	63	<3	
4-8.....	867	6.0 (0.2)	2.3 (0.2)	2.9 (0.2)	4.1 (0.2)	5.6 (0.2)	7.5 (0.2)	9.4 (0.3)	10.7 (0.4)	10	93 (1.2)	75	<3	
9-13.....	843	5.9 (0.2)	2.1 (0.2)	2.6 (0.2)	3.8 (0.2)	5.4 (0.2)	7.5 (0.3)	9.9 (0.4)	11.5 (0.6)	10	90 (1.7)	100	<3	
14-18.....	790	5.7 (0.3)	2.0 (0.2)	2.5 (0.2)	3.6 (0.3)	5.2 (0.3)	7.3 (0.4)	9.6 (0.5)	11.2 (0.6)	10	92 (2.1)	100	<3	
19-30.....	1029	4.9 (0.2)	1.4 (0.1)	1.8 (0.1)	2.8 (0.1)	4.3 (0.2)	6.4 (0.2)	8.9 (0.4)	10.7 (0.4)	10	93 (1.0)	100	<3	
31-50.....	1622	5.1 (0.2)	1.5 (0.1)	1.9 (0.1)	2.9 (0.1)	4.4 (0.1)	6.5 (0.2)	9.1 (0.4)	11.0 (0.5)	10	93 (1.0)	100	<3	
19-50.....	2651	5.0 (0.1)	1.4 (0.1)	1.9 (0.1)	2.8 (0.1)	4.3 (0.1)	6.5 (0.2)	9.0 (0.3)	10.9 (0.4)	10	93 (0.9)	100	<3	
51-70.....	1606	5.3 (0.2)	1.6 (0.1)	2.0 (0.1)	3.1 (0.2)	4.6 (0.2)	6.8 (0.2)	9.5 (0.4)	11.4 (0.4)	10	92 (1.1)	100	<3	
71+.....	698	6.4 (0.2)	2.0 (0.1)	2.5 (0.1)	3.7 (0.2)	5.6 (0.2)	8.2 (0.3)	11.3 (0.4)	13.6 (0.5)	10	85 (1.6)	100	<3	
51+.....	2304	5.6 (0.2)	1.6 (0.1)	2.1 (0.1)	3.2 (0.1)	4.9 (0.2)	7.2 (0.2)	10.0 (0.3)	12.0 (0.4)	10	90 (1.0)	100	<3	
19+.....	4955	5.3 (0.1)	1.5 (0.1)	2.0 (0.1)	3.0 (0.1)	4.6 (0.1)	6.8 (0.2)	9.4 (0.3)	11.4 (0.4)	10	92 (0.8)	100	<3	
<b>Females:</b>														
1-3.....	544	6.5 (0.3)	2.6 (0.2)	3.2 (0.2)	4.5 (0.2)	6.1 (0.2)	8.1 (0.3)	10.1 (0.4)	11.4 (0.4)	10	90 (2.0)	63	<3	
4-8.....	818	5.2 (0.2)	1.9 (0.2)	2.4 (0.2)	3.4 (0.2)	4.8 (0.2)	6.5 (0.2)	8.3 (0.2)	9.5 (0.3)	10	96 (0.7)	75	<3	
9-13.....	815	5.1 (0.2)	1.6 (0.1)	2.1 (0.1)	3.1 (0.1)	4.6 (0.2)	6.5 (0.2)	8.6 (0.4)	10.1 (0.5)	10	95 (1.2)	100	<3	
14-18.....	813	3.9 (0.2)	1.1 (0.1)	1.5 (0.1)	2.3 (0.1)	3.5 (0.2)	5.1 (0.2)	6.9 (0.3)	8.2 (0.4)	10	>97	100	<3	
19-30.....	977	3.9 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.1)	3.5 (0.1)	5.0 (0.2)	6.8 (0.3)	8.0 (0.3)	10	>97	100	<3	
31-50.....	1748	4.0 (0.1)	1.3 (0.1)	1.7 (0.1)	2.4 (0.1)	3.5 (0.1)	5.1 (0.2)	6.8 (0.2)	8.1 (0.3)	10	>97	100	<3	
19-50.....	2725	4.0 (0.1)	1.3 (0.1)	1.7 (0.1)	2.4 (0.1)	3.5 (0.1)	5.0 (0.1)	6.8 (0.2)	8.1 (0.2)	10	>97	100	<3	
51-70.....	1708	4.2 (0.1)	1.4 (0.1)	1.8 (0.1)	2.6 (0.1)	3.8 (0.1)	5.4 (0.1)	7.3 (0.2)	8.6 (0.3)	10	>97	100	<3	
71+.....	724	4.5 (0.2)	1.5 (0.1)	1.9 (0.1)	2.8 (0.1)	4.0 (0.2)	5.7 (0.2)	7.7 (0.3)	9.1 (0.4)	10	97 (0.7)	100	<3	
51+.....	2432	4.3 (0.1)	1.5 (0.1)	1.8 (0.1)	2.6 (0.1)	3.9 (0.1)	5.5 (0.1)	7.4 (0.2)	8.8 (0.3)	10	>97	100	<3	
19+.....	5157	4.1 (0.1)	1.4 (0.1)	1.7 (0.1)	2.5 (0.1)	3.7 (0.1)	5.3 (0.1)	7.1 (0.2)	8.4 (0.2)	10	>97	100	<3	
<b>All:</b>														
1+.....	16176	4.9 (0.1)	1.5 (0.1)	1.9 (0.1)	2.9 (0.1)	4.3 (0.1)	6.3 (0.1)	8.6 (0.1)	10.3 (0.2)	10	94 (0.4)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table A 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	5.1 (0.1)	2.8 (0.1)	3.2 (0.1)	3.9 (0.1)	4.9 (0.1)	6.1 (0.2)	7.3 (0.3)	8.1 (0.3)	5	52	(3.5)
4-8.....	867	6.7 (0.2)	3.8 (0.2)	4.3 (0.2)	5.3 (0.2)	6.5 (0.2)	7.9 (0.2)	9.4 (0.2)	10.4 (0.3)	6	39	(3.4)
9-13.....	843	8.2 (0.3)	4.1 (0.2)	4.8 (0.2)	6.0 (0.2)	7.8 (0.2)	9.9 (0.4)	12.2 (0.7)	13.9 (0.9)	9	66	(3.4)
14-18.....	790	8.4 (0.3)	4.2 (0.3)	4.9 (0.2)	6.2 (0.2)	7.9 (0.3)	10.1 (0.5)	12.5 (0.8)	14.1 (1.0)	12	88	(3.5)
19-30.....	1029	9.8 (0.3)	4.4 (0.2)	5.2 (0.2)	6.9 (0.2)	9.2 (0.3)	12.0 (0.4)	15.2 (0.5)	17.3 (0.6)	12	75	(2.7)
31-50.....	1622	10.5 (0.2)	4.7 (0.2)	5.6 (0.2)	7.4 (0.2)	9.8 (0.2)	12.9 (0.3)	16.2 (0.4)	18.6 (0.5)	12	69	(1.9)
19-50.....	2651	10.2 (0.2)	4.6 (0.1)	5.4 (0.1)	7.2 (0.2)	9.6 (0.2)	12.5 (0.2)	15.8 (0.4)	18.1 (0.5)	12	71	(1.7)
51-70.....	1606	10.2 (0.2)	4.6 (0.2)	5.5 (0.2)	7.2 (0.2)	9.5 (0.2)	12.5 (0.3)	15.7 (0.4)	18.0 (0.5)	12	71	(1.8)
71+.....	698	9.5 (0.2)	4.2 (0.2)	5.0 (0.2)	6.6 (0.2)	8.9 (0.2)	11.6 (0.3)	14.7 (0.3)	16.9 (0.4)	12	78	(1.8)
51+.....	2304	10.0 (0.2)	4.5 (0.2)	5.3 (0.2)	7.0 (0.1)	9.4 (0.2)	12.3 (0.2)	15.5 (0.3)	17.7 (0.4)	12	73	(1.4)
19+.....	4955	10.1 (0.1)	4.5 (0.1)	5.4 (0.1)	7.1 (0.1)	9.5 (0.1)	12.4 (0.2)	15.7 (0.3)	17.9 (0.4)	12	72	(1.3)
<b>Females:</b>												
1-3.....	544	5.1 (0.2)	2.8 (0.1)	3.2 (0.1)	3.9 (0.1)	4.9 (0.1)	6.0 (0.2)	7.3 (0.3)	8.1 (0.4)	5	53	(3.9)
4-8.....	818	6.2 (0.1)	3.5 (0.1)	4.0 (0.1)	4.9 (0.1)	6.0 (0.1)	7.4 (0.2)	8.8 (0.3)	9.7 (0.4)	6	50	(2.3)
9-13.....	815	7.5 (0.2)	3.7 (0.2)	4.3 (0.2)	5.5 (0.2)	7.1 (0.1)	9.1 (0.3)	11.2 (0.5)	12.7 (0.7)	9	74	(2.8)
14-18.....	813	6.9 (0.2)	3.4 (0.3)	3.9 (0.3)	5.0 (0.2)	6.5 (0.2)	8.4 (0.3)	10.5 (0.5)	11.9 (0.6)	12	95	(1.5)
19-30.....	977	8.2 (0.2)	3.7 (0.1)	4.4 (0.2)	5.8 (0.2)	7.7 (0.2)	10.1 (0.3)	12.7 (0.4)	14.5 (0.5)	12	87	(1.8)
31-50.....	1748	8.8 (0.2)	4.0 (0.1)	4.7 (0.1)	6.2 (0.1)	8.2 (0.2)	10.7 (0.3)	13.5 (0.4)	15.5 (0.6)	12	83	(1.9)
19-50.....	2725	8.6 (0.2)	3.9 (0.1)	4.6 (0.1)	6.0 (0.1)	8.0 (0.2)	10.5 (0.2)	13.2 (0.4)	15.2 (0.5)	12	85	(1.7)
51-70.....	1708	8.5 (0.3)	3.8 (0.1)	4.6 (0.1)	6.0 (0.2)	8.0 (0.3)	10.4 (0.4)	13.2 (0.6)	15.1 (0.7)	12	85	(2.4)
71+.....	724	7.7 (0.2)	3.4 (0.2)	4.1 (0.2)	5.4 (0.2)	7.2 (0.2)	9.5 (0.2)	12.1 (0.3)	13.8 (0.4)	12	90	(1.2)
51+.....	2432	8.3 (0.2)	3.7 (0.1)	4.4 (0.1)	5.8 (0.1)	7.8 (0.2)	10.2 (0.3)	12.9 (0.5)	14.8 (0.6)	12	86	(1.9)
19+.....	5157	8.4 (0.2)	3.8 (0.1)	4.5 (0.1)	5.9 (0.1)	7.9 (0.1)	10.4 (0.2)	13.1 (0.4)	15.0 (0.5)	12	85	(1.7)
<b>All:</b>												
1+.....	16176	8.7 (0.1)	3.8 (0.1)	4.5 (0.1)	6.0 (0.1)	8.0 (0.1)	10.7 (0.2)	13.8 (0.2)	15.9 (0.3)		76	(1.0)

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	43.9 (2.1)	20.0 (1.5)	23.3 (1.6)	30.3 (1.6)	40.5 (1.9)	53.5 (2.6)	68.5 (4.1)	79.9 (5.6)	30	76 (3.9)	
4-8.....	867	60.8 (1.9)	28.1 (2.2)	32.7 (2.2)	42.6 (2.0)	56.3 (1.9)	73.9 (2.5)	94.3 (4.1)	108.6 (5.7)	55	52 (3.3)	
9-13.....	843	80.5 (3.7)	34.3 (2.2)	40.8 (2.1)	54.1 (2.1)	73.5 (2.9)	98.9 (5.2)	129.2 (8.8)	150.8 (12.0)	60	67 (2.8)	
14-18.....	790	76.0 (3.1)	32.2 (2.4)	38.2 (2.3)	51.0 (2.3)	69.3 (2.6)	93.6 (4.2)	122.1 (7.3)	142.2 (9.9)	75	43 (3.4)	
19-30.....	1029	101.9 (4.2)	41.5 (2.7)	49.7 (2.9)	67.4 (3.3)	92.8 (3.9)	126.3 (5.3)	165.5 (7.5)	193.3 (9.5)	120	29 (3.2)	
31-50.....	1622	121.6 (3.1)	50.3 (2.4)	60.1 (2.4)	80.8 (2.5)	110.6 (2.8)	150.3 (4.3)	196.5 (6.8)	229.8 (9.1)	120	43 (2.2)	
19-50.....	2651	113.5 (2.8)	45.8 (2.4)	55.0 (2.4)	74.5 (2.4)	102.9 (2.6)	140.7 (3.7)	184.9 (6.1)	217.0 (8.3)	120	37 (2.0)	
51-70.....	1606	125.4 (3.9)	52.0 (3.4)	62.5 (3.5)	83.7 (3.7)	114.3 (3.9)	154.8 (4.7)	201.5 (6.4)	235.2 (8.4)	120	46 (2.9)	
71+.....	698	121.1 (4.2)	50.2 (3.3)	59.9 (3.5)	80.1 (3.7)	110.6 (4.2)	149.3 (5.2)	195.3 (7.2)	229.0 (9.3)	120	43 (3.2)	
51+.....	2304	124.3 (3.5)	51.6 (3.2)	61.8 (3.3)	82.8 (3.4)	113.4 (3.5)	153.6 (4.2)	200.0 (6.0)	233.7 (8.0)	120	45 (2.6)	
19+.....	4955	118.1 (2.5)	47.9 (2.6)	57.6 (2.5)	77.8 (2.5)	107.3 (2.5)	146.3 (3.3)	191.6 (5.4)	224.7 (7.4)	120	40 (1.8)	
<b>Females:</b>												
1-3.....	544	45.9 (2.0)	20.9 (1.8)	24.5 (1.8)	31.9 (1.8)	42.4 (1.9)	56.0 (2.5)	71.9 (3.8)	83.2 (5.0)	30	79 (3.9)	
4-8.....	818	56.6 (1.7)	26.1 (2.1)	30.5 (2.1)	39.4 (1.9)	52.3 (1.7)	69.0 (2.0)	87.8 (3.3)	101.8 (4.7)	55	45 (3.1)	
9-13.....	815	75.1 (3.1)	31.5 (2.7)	37.5 (2.7)	50.3 (2.7)	68.5 (2.8)	92.6 (4.0)	120.4 (6.6)	140.8 (8.9)	60	61 (3.8)	
14-18.....	813	70.1 (3.5)	29.0 (2.9)	34.8 (3.0)	46.7 (3.1)	63.9 (3.4)	86.6 (4.3)	113.0 (6.5)	131.9 (8.6)	75	36 (4.2)	
19-30.....	977	107.1 (4.5)	35.8 (1.9)	44.5 (2.2)	63.7 (2.8)	93.3 (3.8)	135.1 (5.8)	185.7 (8.8)	224.7 (11.3)	90	53 (3.0)	
31-50.....	1748	124.2 (4.5)	42.5 (2.4)	52.5 (2.7)	74.2 (3.2)	108.2 (4.1)	155.9 (5.7)	215.2 (8.4)	260.9 (11.2)	90	63 (2.7)	
19-50.....	2725	118.0 (3.8)	39.6 (1.9)	49.1 (2.1)	70.0 (2.5)	102.6 (3.3)	148.3 (4.8)	204.9 (7.5)	249.1 (10.2)	90	59 (2.3)	
51-70.....	1708	123.6 (5.1)	42.1 (2.5)	51.9 (2.7)	73.8 (3.3)	107.7 (4.4)	155.0 (6.4)	215.2 (9.9)	259.9 (13.0)	90	63 (2.9)	
71+.....	724	115.1 (3.9)	39.2 (2.2)	48.3 (2.5)	68.6 (2.9)	99.8 (3.6)	144.5 (4.9)	201.6 (7.5)	243.3 (9.7)	90	58 (2.7)	
51+.....	2432	121.3 (4.0)	41.2 (2.1)	50.9 (2.3)	72.3 (2.6)	105.4 (3.4)	152.3 (5.2)	211.7 (8.2)	255.2 (10.9)	90	61 (2.3)	
19+.....	5157	119.6 (3.5)	40.3 (1.9)	50.0 (2.1)	71.1 (2.3)	103.9 (3.0)	150.2 (4.5)	208.1 (7.3)	252.1 (10.0)	90	60 (2.1)	
<b>All:</b>												
1+.....	16176	106.1 (2.0)	35.1 (0.8)	43.4 (0.8)	62.4 (1.1)	92.4 (1.6)	134.3 (2.6)	185.0 (4.5)	223.3 (6.5)		52 (1.3)	

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	978 (26)	591 (24)	659 (24)	790 (24)	956 (26)	1139 (30)	1323 (36)	1448 (42)	500	<3	2500	<3	
4-8.....	867	1047 (20)	640 (22)	712 (21)	853 (19)	1024 (19)	1214 (23)	1407 (30)	1529 (36)	800	18 (2.3)	2500	<3	
9-13.....	843	1116 (30)	572 (25)	664 (25)	841 (26)	1072 (30)	1341 (37)	1627 (49)	1814 (59)	1100	53 (3.1)	3000	<3	
14-18.....	790	1167 (35)	604 (26)	699 (27)	885 (29)	1122 (34)	1401 (43)	1692 (57)	1880 (66)	1100	48 (3.6)	3000	<3	
19-30.....	1029	1161 (26)	583 (19)	679 (20)	868 (22)	1113 (25)	1402 (31)	1705 (38)	1903 (43)	800	19 (1.7)	2500	<3	
31-50.....	1622	1092 (16)	540 (17)	630 (17)	809 (17)	1043 (17)	1322 (18)	1616 (23)	1812 (27)	800	24 (1.6)	2500	<3	
19-50.....	2651	1121 (15)	555 (15)	648 (15)	831 (14)	1071 (15)	1356 (17)	1654 (23)	1853 (29)	800	22 (1.3)	2500	<3	
51-70.....	1606	1029 (23)	501 (18)	590 (19)	759 (20)	981 (22)	1248 (27)	1526 (33)	1713 (36)	800	29 (2.2)	2000	<3	
71+.....	698	957 (19)	459 (17)	539 (17)	696 (19)	913 (20)	1162 (21)	1432 (23)	1615 (27)	1000	60 (2.2)	2000	<3	
51+.....	2304	1011 (18)	490 (16)	575 (16)	742 (17)	964 (18)	1228 (21)	1506 (27)	1692 (31)		37 (1.9)	2000	<3	
19+.....	4955	1074 (12)	523 (14)	614 (14)	790 (13)	1024 (12)	1303 (14)	1597 (20)	1793 (24)		28 (1.3)		<3	
<b>Females:</b>														
1-3.....	544	930 (26)	556 (27)	624 (27)	750 (26)	908 (26)	1085 (28)	1266 (33)	1382 (37)	500	<3	2500	<3	
4-8.....	818	920 (18)	550 (21)	617 (20)	741 (18)	898 (18)	1075 (21)	1250 (28)	1368 (33)	800	34 (2.8)	2500	<3	
9-13.....	815	970 (19)	475 (20)	557 (20)	719 (18)	928 (18)	1176 (23)	1432 (33)	1605 (41)	1100	68 (2.0)	3000	<3	
14-18.....	813	854 (27)	400 (22)	477 (23)	622 (24)	815 (27)	1043 (33)	1282 (43)	1440 (51)	1100	80 (2.6)	3000	<3	
19-30.....	977	869 (16)	462 (16)	531 (16)	665 (15)	837 (16)	1038 (19)	1244 (24)	1384 (29)	800	45 (2.2)	2500	<3	
31-50.....	1748	880 (15)	472 (15)	541 (15)	673 (15)	846 (15)	1049 (18)	1262 (24)	1405 (29)	800	43 (2.2)	2500	<3	
19-50.....	2725	876 (12)	469 (14)	537 (14)	669 (13)	843 (12)	1045 (14)	1256 (20)	1397 (25)	800	44 (1.8)	2500	<3	
51-70.....	1708	839 (13)	445 (11)	511 (11)	639 (10)	806 (12)	1002 (17)	1211 (24)	1348 (31)	1000	75 (1.8)	2000	<3	
71+.....	724	790 (21)	415 (14)	477 (15)	598 (17)	756 (20)	945 (26)	1148 (33)	1279 (38)	1000	80 (2.4)	2000	<3	
51+.....	2432	825 (13)	435 (11)	501 (11)	627 (11)	792 (12)	988 (17)	1195 (25)	1330 (31)	1000	76 (1.8)	2000	<3	
19+.....	5157	852 (10)	451 (11)	518 (11)	648 (9)	818 (9)	1018 (13)	1228 (19)	1366 (25)		59 (1.2)		<3	
<b>All:</b>														
1+.....	16176	972 (8)	486 (10)	565 (9)	718 (9)	922 (8)	1170 (9)	1440 (11)	1628 (14)		44 (1.0)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	1041 (20)	696 (24)	759 (23)	878 (21)	1025 (20)	1185 (23)	1342 (27)	1448 (33)	380	<3	3000	<3	
4-8.....	867	1241 (23)	849 (29)	921 (27)	1060 (24)	1224 (23)	1402 (25)	1579 (31)	1690 (37)	405	<3	3000	<3	
9-13.....	843	1399 (30)	820 (39)	925 (36)	1120 (31)	1364 (30)	1639 (38)	1921 (55)	2100 (69)	1055	19 (2.7)	4000	<3	
14-18.....	790	1555 (32)	933 (44)	1045 (40)	1259 (34)	1520 (32)	1814 (40)	2111 (56)	2297 (69)	1055	11 (2.2)	4000	<3	
19-30.....	1029	1682 (28)	984 (26)	1111 (25)	1352 (26)	1645 (28)	1972 (34)	2298 (41)	2504 (48)	580	<3	4000	<3	
31-50.....	1622	1651 (22)	961 (23)	1086 (24)	1322 (21)	1612 (22)	1939 (26)	2265 (34)	2474 (40)	580	<3	4000	<3	
19-50.....	2651	1664 (19)	970 (22)	1095 (21)	1334 (18)	1625 (19)	1954 (23)	2279 (31)	2486 (38)	580	<3	4000	<3	
51-70.....	1606	1580 (17)	907 (19)	1033 (18)	1260 (16)	1541 (17)	1858 (23)	2172 (32)	2374 (37)	580	<3	4000	<3	
71+.....	698	1394 (20)	777 (22)	887 (21)	1092 (20)	1360 (21)	1650 (23)	1948 (29)	2143 (35)	580	<3	3000	<3	
51+.....	2304	1535 (15)	866 (19)	989 (17)	1214 (15)	1496 (14)	1814 (20)	2127 (30)	2333 (36)	580	<3		<3	
19+.....	4955	1609 (14)	918 (19)	1045 (17)	1279 (15)	1570 (14)	1896 (19)	2221 (28)	2429 (34)	580	<3		<3	
<b>Females:</b>														
1-3.....	544	994 (19)	659 (22)	721 (20)	837 (19)	977 (19)	1132 (22)	1287 (29)	1385 (35)	380	<3	3000	<3	
4-8.....	818	1092 (16)	735 (23)	802 (21)	925 (17)	1075 (16)	1241 (19)	1402 (26)	1508 (32)	405	<3	3000	<3	
9-13.....	815	1241 (20)	702 (32)	797 (29)	980 (22)	1207 (19)	1465 (28)	1722 (45)	1891 (59)	1055	33 (2.2)	4000	<3	
14-18.....	813	1122 (28)	614 (39)	707 (38)	876 (33)	1090 (29)	1333 (30)	1578 (40)	1735 (50)	1055	46 (3.5)	4000	<3	
19-30.....	977	1200 (18)	727 (19)	816 (18)	980 (17)	1179 (17)	1397 (20)	1606 (25)	1742 (29)	580	<3	4000	<3	
31-50.....	1748	1237 (17)	759 (19)	849 (18)	1013 (17)	1214 (17)	1435 (19)	1653 (23)	1794 (28)	580	<3	4000	<3	
19-50.....	2725	1223 (14)	747 (16)	836 (16)	1000 (14)	1201 (14)	1421 (16)	1636 (21)	1776 (25)	580	<3	4000	<3	
51-70.....	1708	1179 (13)	713 (15)	800 (14)	961 (12)	1157 (12)	1372 (16)	1588 (21)	1723 (25)	580	<3	4000	<3	
71+.....	724	1081 (25)	641 (22)	722 (23)	873 (24)	1058 (25)	1264 (28)	1474 (32)	1602 (35)	580	<3	3000	<3	
51+.....	2432	1152 (13)	688 (16)	775 (15)	934 (13)	1130 (13)	1346 (16)	1560 (21)	1695 (24)	580	<3		<3	
19+.....	5157	1190 (10)	716 (14)	805 (13)	967 (11)	1167 (10)	1387 (12)	1603 (18)	1740 (22)	580	<3		<3	
<b>All:</b>														
1+.....	16176	1358 (10)	760 (13)	859 (12)	1046 (10)	1295 (10)	1606 (11)	1946 (17)	2171 (23)		4 (0.4)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	% (SE)
<b>Males:</b>											
1-3.....	574	188 (4)	125 (4)	136 (4)	158 (3)	185 (4)	215 (4)	244 (5)	264 (6)	65	<3
4-8.....	867	226 (4)	153 (5)	166 (5)	191 (4)	222 (4)	256 (4)	289 (5)	310 (6)	110	<3
9-13.....	843	259 (6)	152 (7)	171 (7)	206 (6)	251 (6)	303 (8)	357 (12)	392 (16)	200	22 (2.9)
14-18.....	790	282 (6)	168 (8)	188 (7)	226 (6)	274 (6)	330 (9)	387 (13)	423 (16)	340	78 (2.9)
19-30.....	1029	340 (13)	174 (7)	202 (7)	257 (8)	327 (11)	409 (17)	495 (25)	551 (30)	330	51 (4.3)
31-50.....	1622	354 (10)	183 (11)	211 (10)	267 (9)	339 (9)	425 (12)	514 (18)	573 (22)	350	54 (3.3)
19-50.....	2651	348 (8)	179 (8)	207 (7)	263 (6)	334 (7)	418 (12)	506 (18)	564 (23)		53 (2.7)
51-70.....	1606	353 (10)	182 (10)	212 (9)	267 (9)	339 (10)	423 (14)	511 (20)	569 (24)	350	54 (3.5)
71+.....	698	290 (29)	143 (26)	167 (27)	214 (29)	277 (30)	350 (31)	429 (31)	482 (32)	350	75 (9.0)
51+.....	2304	337 (10)	168 (16)	197 (15)	251 (13)	323 (11)	408 (11)	495 (15)	555 (20)	350	59 (3.5)
19+.....	4955	344 (6)	174 (11)	203 (10)	258 (8)	330 (6)	414 (9)	502 (15)	560 (20)		55 (2.2)
<b>Females:</b>											
1-3.....	544	180 (3)	119 (4)	130 (4)	151 (3)	177 (3)	206 (4)	235 (5)	253 (5)	65	<3
4-8.....	818	202 (3)	135 (3)	148 (3)	171 (3)	199 (2)	230 (3)	261 (5)	282 (6)	110	<3
9-13.....	815	235 (4)	135 (7)	152 (6)	185 (5)	227 (4)	276 (6)	325 (10)	359 (13)	200	33 (2.5)
14-18.....	813	219 (4)	124 (7)	141 (7)	172 (5)	212 (4)	259 (5)	306 (8)	338 (10)	300	89 (1.6)
19-30.....	977	256 (5)	143 (4)	162 (4)	200 (4)	248 (4)	304 (6)	359 (7)	396 (8)	255	54 (2.3)
31-50.....	1748	282 (4)	161 (4)	182 (4)	222 (4)	273 (4)	332 (5)	393 (6)	433 (7)	265	46 (1.9)
19-50.....	2725	272 (3)	153 (3)	174 (3)	213 (3)	264 (3)	322 (4)	382 (6)	422 (7)		49 (1.7)
51-70.....	1708	274 (5)	155 (4)	175 (4)	215 (4)	265 (5)	323 (6)	383 (7)	422 (8)	265	50 (2.3)
71+.....	724	248 (5)	138 (4)	157 (4)	193 (4)	239 (5)	293 (5)	351 (6)	387 (7)	265	63 (2.3)
51+.....	2432	267 (4)	149 (3)	170 (3)	208 (3)	258 (4)	315 (5)	375 (6)	414 (7)	265	53 (1.9)
19+.....	5157	270 (3)	151 (3)	172 (3)	211 (3)	261 (3)	319 (4)	379 (5)	418 (6)		51 (1.4)
<b>All:</b>											
1+.....	16176	288 (3)	150 (3)	170 (3)	211 (3)	270 (3)	345 (4)	429 (7)	487 (12)		48 (1.1)

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	9.9 (0.2)	5.8 (0.2)	6.5 (0.2)	7.8 (0.2)	9.5 (0.2)	11.5 (0.3)	13.6 (0.4)	15.1 (0.4)	3	<3	40	<3	
4-8.....	867	13.5 (0.2)	8.2 (0.2)	9.1 (0.2)	10.9 (0.2)	13.1 (0.2)	15.6 (0.3)	18.3 (0.4)	20.0 (0.4)	4.1	<3	40	<3	
9-13.....	843	16.2 (0.4)	9.1 (0.4)	10.3 (0.4)	12.6 (0.4)	15.6 (0.4)	19.1 (0.5)	22.9 (0.7)	25.3 (0.9)	5.9	<3	40	<3	
14-18.....	790	17.2 (0.5)	9.7 (0.5)	11.0 (0.5)	13.5 (0.5)	16.6 (0.5)	20.3 (0.6)	24.1 (0.9)	26.6 (1.1)	7.7	<3	45	<3	
19-30.....	1029	16.6 (0.3)	8.8 (0.3)	10.1 (0.3)	12.6 (0.3)	15.9 (0.3)	19.8 (0.4)	23.9 (0.5)	26.5 (0.7)	6	<3	45	<3	
31-50.....	1622	16.6 (0.3)	8.8 (0.2)	10.1 (0.2)	12.7 (0.2)	16.0 (0.3)	19.9 (0.4)	24.0 (0.6)	26.8 (0.7)	6	<3	45	<3	
19-50.....	2651	16.6 (0.2)	8.8 (0.2)	10.1 (0.2)	12.6 (0.2)	16.0 (0.2)	19.9 (0.3)	24.0 (0.5)	26.7 (0.6)	6	<3	45	<3	
51-70.....	1606	16.3 (0.3)	8.6 (0.4)	9.9 (0.4)	12.4 (0.3)	15.6 (0.3)	19.5 (0.3)	23.5 (0.3)	26.1 (0.4)	6	<3	45	<3	
71+.....	698	16.3 (0.4)	8.6 (0.4)	9.9 (0.4)	12.4 (0.4)	15.7 (0.4)	19.5 (0.5)	23.6 (0.7)	26.3 (0.8)	6	<3	45	<3	
51+.....	2304	16.3 (0.2)	8.6 (0.3)	9.9 (0.3)	12.4 (0.3)	15.6 (0.3)	19.5 (0.2)	23.5 (0.3)	26.2 (0.4)	6	<3	45	<3	
19+.....	4955	16.5 (0.2)	8.7 (0.3)	10.0 (0.2)	12.5 (0.2)	15.8 (0.2)	19.7 (0.2)	23.8 (0.4)	26.5 (0.5)	6	<3	45	<3	
<b>Females:</b>														
1-3.....	544	9.7 (0.3)	5.7 (0.2)	6.3 (0.3)	7.7 (0.3)	9.4 (0.3)	11.3 (0.4)	13.4 (0.4)	14.8 (0.5)	3	<3	40	<3	
4-8.....	818	12.4 (0.3)	7.5 (0.3)	8.3 (0.3)	9.9 (0.3)	12.0 (0.3)	14.4 (0.4)	16.9 (0.5)	18.6 (0.6)	4.1	<3	40	<3	
9-13.....	815	14.2 (0.3)	7.8 (0.4)	8.9 (0.4)	11.0 (0.3)	13.7 (0.3)	16.9 (0.4)	20.2 (0.6)	22.5 (0.8)	5.7	<3	40	<3	
14-18.....	813	12.5 (0.3)	6.6 (0.3)	7.6 (0.3)	9.5 (0.3)	12.0 (0.3)	14.9 (0.3)	17.9 (0.5)	20.0 (0.7)	7.9	17 (1.7)	45	<3	
19-30.....	977	12.4 (0.2)	6.6 (0.2)	7.6 (0.2)	9.5 (0.2)	11.9 (0.2)	14.8 (0.3)	17.7 (0.4)	19.7 (0.4)	8.1	20 (1.1)	45	<3	
31-50.....	1748	12.8 (0.2)	6.9 (0.2)	7.9 (0.2)	9.8 (0.2)	12.3 (0.2)	15.2 (0.2)	18.2 (0.3)	20.3 (0.4)	8.1	19 (1.1)	45	<3	
19-50.....	2725	12.6 (0.2)	6.8 (0.2)	7.8 (0.2)	9.7 (0.2)	12.1 (0.2)	15.0 (0.2)	18.0 (0.3)	20.1 (0.4)	8.1	19 (1.0)	45	<3	
51-70.....	1708	12.3 (0.2)	6.6 (0.2)	7.5 (0.2)	9.4 (0.2)	11.8 (0.2)	14.6 (0.3)	17.6 (0.4)	19.6 (0.4)	5	<3	45	<3	
71+.....	724	11.8 (0.3)	6.3 (0.2)	7.2 (0.3)	9.0 (0.3)	11.3 (0.3)	14.0 (0.4)	17.0 (0.4)	18.9 (0.5)	5	<3	45	<3	
51+.....	2432	12.1 (0.2)	6.5 (0.2)	7.4 (0.2)	9.3 (0.2)	11.6 (0.2)	14.5 (0.2)	17.5 (0.3)	19.4 (0.4)	5	<3	45	<3	
19+.....	5157	12.4 (0.1)	6.6 (0.2)	7.6 (0.2)	9.5 (0.1)	11.9 (0.1)	14.8 (0.1)	17.8 (0.2)	19.8 (0.3)	11	(0.6)	45	<3	
<b>All:</b>														
1+.....	16176	14.2 (0.1)	7.2 (0.1)	8.3 (0.1)	10.5 (0.1)	13.5 (0.1)	17.1 (0.1)	21.1 (0.2)	23.8 (0.3)	6	(0.3)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
EAR percentages determined by probability method for groups

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016  
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	7.5 (0.2)	4.8 (0.2)	5.3 (0.2)	6.2 (0.2)	7.3 (0.2)	8.6 (0.2)	9.8 (0.2)	10.7 (0.3)	2.5	<3	7	56 (4.1)	
4-8.....	867	9.5 (0.2)	6.2 (0.2)	6.8 (0.2)	7.9 (0.2)	9.3 (0.2)	10.8 (0.2)	12.4 (0.2)	13.4 (0.3)	4	<3	12	13 (1.8)	
9-13.....	843	11.7 (0.3)	6.4 (0.4)	7.3 (0.3)	9.0 (0.3)	11.3 (0.3)	13.9 (0.4)	16.8 (0.6)	18.7 (0.8)	7	8 (2.0)	23	<3	
14-18.....	790	13.0 (0.4)	7.2 (0.4)	8.2 (0.4)	10.1 (0.3)	12.5 (0.4)	15.3 (0.5)	18.4 (0.8)	20.4 (1.0)	8.5	12 (2.5)	34	<3	
19-30.....	1029	13.6 (0.2)	7.6 (0.2)	8.6 (0.2)	10.6 (0.2)	13.2 (0.2)	16.1 (0.3)	19.1 (0.4)	21.0 (0.5)	9.4	15 (1.6)	40	<3	
31-50.....	1622	13.4 (0.2)	7.5 (0.2)	8.5 (0.2)	10.4 (0.2)	12.9 (0.2)	15.9 (0.3)	18.9 (0.4)	20.8 (0.5)	9.4	16 (1.5)	40	<3	
19-50.....	2651	13.5 (0.2)	7.5 (0.2)	8.5 (0.2)	10.5 (0.2)	13.0 (0.1)	16.0 (0.2)	18.9 (0.3)	20.9 (0.4)	9.4	16 (1.2)	40	<3	
51-70.....	1606	13.1 (0.2)	7.2 (0.2)	8.3 (0.2)	10.2 (0.2)	12.6 (0.2)	15.5 (0.2)	18.4 (0.3)	20.3 (0.4)	9.4	18 (1.7)	40	<3	
71+.....	698	12.0 (0.2)	6.6 (0.2)	7.5 (0.2)	9.2 (0.2)	11.6 (0.2)	14.2 (0.3)	17.0 (0.4)	18.9 (0.4)	9.4	27 (2.2)	40	<3	
51+.....	2304	12.8 (0.1)	7.0 (0.2)	8.0 (0.2)	9.9 (0.2)	12.4 (0.1)	15.2 (0.2)	18.1 (0.3)	20.0 (0.4)	9.4	20 (1.5)	40	<3	
19+.....	4955	13.2 (0.1)	7.3 (0.2)	8.3 (0.2)	10.3 (0.1)	12.7 (0.1)	15.6 (0.2)	18.6 (0.3)	20.6 (0.4)	9.4	18 (1.2)	40	<3	
<b>Females:</b>														
1-3.....	544	7.5 (0.2)	4.8 (0.2)	5.3 (0.2)	6.2 (0.2)	7.3 (0.2)	8.5 (0.2)	9.8 (0.3)	10.7 (0.3)	2.5	<3	7	57 (3.7)	
4-8.....	818	8.4 (0.1)	5.5 (0.2)	6.0 (0.2)	7.0 (0.2)	8.2 (0.1)	9.6 (0.2)	11.0 (0.2)	12.0 (0.3)	4	<3	12	5 (1.2)	
9-13.....	815	9.9 (0.2)	5.3 (0.3)	6.0 (0.3)	7.5 (0.3)	9.5 (0.2)	11.9 (0.3)	14.3 (0.5)	16.0 (0.7)	7	19 (2.8)	23	<3	
14-18.....	813	8.9 (0.2)	4.6 (0.3)	5.3 (0.3)	6.7 (0.3)	8.5 (0.2)	10.7 (0.3)	13.0 (0.5)	14.5 (0.6)	7.3	33 (3.5)	34	<3	
19-30.....	977	9.4 (0.2)	5.3 (0.2)	6.1 (0.2)	7.4 (0.2)	9.2 (0.2)	11.1 (0.2)	13.2 (0.3)	14.5 (0.3)	6.8	17 (1.8)	40	<3	
31-50.....	1748	9.7 (0.2)	5.6 (0.2)	6.3 (0.1)	7.6 (0.1)	9.4 (0.2)	11.4 (0.2)	13.5 (0.3)	14.9 (0.4)	6.8	15 (1.5)	40	<3	
19-50.....	2725	9.6 (0.1)	5.5 (0.1)	6.2 (0.1)	7.6 (0.1)	9.3 (0.1)	11.3 (0.2)	13.4 (0.3)	14.8 (0.3)	6.8	16 (1.4)	40	<3	
51-70.....	1708	9.4 (0.1)	5.3 (0.1)	6.0 (0.1)	7.4 (0.1)	9.1 (0.1)	11.1 (0.2)	13.2 (0.3)	14.5 (0.3)	6.8	18 (1.5)	40	<3	
71+.....	724	8.6 (0.2)	4.8 (0.2)	5.4 (0.2)	6.7 (0.2)	8.3 (0.2)	10.1 (0.3)	12.1 (0.3)	13.4 (0.4)	6.8	27 (3.2)	40	<3	
51+.....	2432	9.2 (0.1)	5.2 (0.1)	5.9 (0.1)	7.2 (0.1)	8.9 (0.1)	10.9 (0.2)	12.9 (0.2)	14.3 (0.3)	6.8	20 (1.6)	40	<3	
19+.....	5157	9.4 (0.1)	5.3 (0.1)	6.0 (0.1)	7.4 (0.1)	9.1 (0.1)	11.1 (0.1)	13.2 (0.2)	14.6 (0.3)	6.8	18 (1.2)	40	<3	
<b>All:</b>														
1+.....	16176	10.9 (0.1)	5.7 (0.1)	6.5 (0.1)	8.1 (0.1)	10.3 (0.1)	13.1 (0.1)	16.2 (0.2)	18.3 (0.3)		16 (0.9)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	0.7 (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	0.9 (0.02)	1.0 (0.03)	0.26	<3	1	6 (1.3)	
4-8.....	867	0.9 (0.02)	0.6 (0.02)	0.6 (0.02)	0.7 (0.01)	0.9 (0.02)	1.0 (0.02)	1.2 (0.03)	1.3 (0.03)	0.34	<3	3	<3	
9-13.....	843	1.0 (0.03)	0.6 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.2 (0.03)	1.4 (0.05)	1.6 (0.06)	0.54	<3	5	<3	
14-18.....	790	1.1 (0.03)	0.7 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.3 (0.04)	1.5 (0.05)	1.7 (0.06)	0.685	7 (1.9)	8	<3	
19-30.....	1029	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.03)	1.9 (0.04)	2.2 (0.05)	0.7	6 (0.9)	10	<3	
31-50.....	1622	1.4 (0.02)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.3 (0.02)	1.7 (0.03)	2.1 (0.04)	2.3 (0.05)	0.7	4 (0.5)	10	<3	
19-50.....	2651	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.01)	1.3 (0.02)	1.6 (0.02)	2.0 (0.04)	2.2 (0.05)	0.7	5 (0.6)	10	<3	
51-70.....	1606	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.7 (0.03)	2.0 (0.05)	2.3 (0.06)	0.7	4 (0.6)	10	<3	
71+.....	698	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	0.9 (0.02)	1.2 (0.03)	1.5 (0.03)	1.9 (0.04)	2.1 (0.05)	0.7	7 (1.2)	10	<3	
51+.....	2304	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.01)	1.3 (0.02)	1.6 (0.03)	2.0 (0.04)	2.2 (0.05)	0.7	5 (0.6)	10	<3	
19+.....	4955	1.4 (0.01)	0.7 (0.01)	0.8 (0.01)	1.0 (0.01)	1.3 (0.01)	1.6 (0.02)	2.0 (0.03)	2.2 (0.05)	0.7	5 (0.5)	10	<3	
<b>Females:</b>														
1-3.....	544	0.7 (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	0.9 (0.03)	1.0 (0.03)	0.26	<3	1	4 (1.3)	
4-8.....	818	0.8 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	0.9 (0.02)	1.1 (0.02)	1.2 (0.03)	0.34	<3	3	<3	
9-13.....	815	0.9 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.3 (0.04)	1.4 (0.05)	0.54	5 (1.2)	5	<3	
14-18.....	813	0.9 (0.01)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.0 (0.02)	1.2 (0.03)	1.4 (0.04)	0.685	24 (2.6)	8	<3	
19-30.....	977	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	14 (1.3)	10	<3	
31-50.....	1748	1.2 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	9 (0.8)	10	<3	
19-50.....	2725	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.02)	1.3 (0.02)	1.7 (0.04)	1.9 (0.04)	0.7	11 (0.8)	10	<3	
51-70.....	1708	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.1 (0.02)	1.4 (0.02)	1.7 (0.03)	1.9 (0.04)	0.7	10 (1.1)	10	<3	
71+.....	724	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	14 (1.8)	10	<3	
51+.....	2432	1.1 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.3 (0.02)	1.6 (0.03)	1.9 (0.04)	0.7	11 (1.0)	10	<3	
19+.....	5157	1.1 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.3 (0.02)	1.7 (0.03)	1.9 (0.04)	0.7	11 (0.7)	10	<3	
<b>All:</b>														
1+.....	16176	1.2 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.4 (0.01)	1.8 (0.02)	2.0 (0.03)		7 (0.4)		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table A 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
<b>Males:</b>														
1-3.....	574	71 (2)	47 (2)	51 (2)	59 (2)	69 (2)	81 (2)	92 (3)	100 (4)	17	<3	90	12 (2.9)	
4-8.....	867	90 (2)	61 (2)	66 (2)	76 (2)	89 (2)	102 (2)	116 (3)	125 (4)	23	<3	150	<3	
9-13.....	843	110 (2)	67 (3)	75 (3)	89 (2)	107 (2)	127 (3)	148 (4)	161 (5)	35	<3	280	<3	
14-18.....	790	127 (3)	80 (4)	88 (4)	105 (3)	125 (3)	147 (3)	169 (5)	184 (6)	45	<3	400	<3	
19-30.....	1029	144 (3)	86 (2)	97 (2)	117 (3)	141 (3)	169 (4)	196 (5)	213 (6)	45	<3	400	<3	
31-50.....	1622	140 (2)	83 (2)	93 (2)	113 (2)	137 (2)	164 (3)	191 (4)	208 (4)	45	<3	400	<3	
19-50.....	2651	142 (2)	84 (2)	95 (2)	114 (2)	139 (2)	166 (3)	193 (4)	210 (5)	45	<3	400	<3	
51-70.....	1606	133 (2)	78 (3)	88 (2)	107 (2)	130 (2)	156 (2)	182 (3)	199 (4)	45	<3	400	<3	
71+.....	698	116 (3)	66 (2)	75 (2)	92 (2)	113 (3)	137 (3)	161 (4)	177 (5)	45	<3	400	<3	
51+.....	2304	129 (2)	74 (2)	84 (2)	103 (2)	126 (2)	152 (2)	178 (3)	195 (4)	45	<3	400	<3	
19+.....	4955	136 (2)	79 (2)	90 (2)	109 (2)	133 (2)	160 (2)	187 (3)	205 (4)	45	<3	400	<3	
<b>Females:</b>														
1-3.....	544	66 (1)	43 (2)	47 (2)	55 (1)	64 (1)	75 (2)	86 (3)	93 (3)	17	<3	90	7 (2.0)	
4-8.....	818	82 (1)	55 (2)	60 (2)	69 (2)	80 (1)	93 (2)	105 (3)	114 (3)	23	<3	150	<3	
9-13.....	815	95 (2)	56 (2)	63 (2)	76 (2)	93 (2)	111 (3)	130 (4)	142 (5)	35	<3	280	<3	
14-18.....	813	90 (2)	52 (3)	59 (3)	72 (2)	88 (2)	106 (2)	124 (3)	136 (4)	45	<3	400	<3	
19-30.....	977	101 (2)	61 (1)	68 (1)	82 (1)	99 (1)	118 (2)	137 (3)	149 (3)	45	<3	400	<3	
31-50.....	1748	101 (1)	61 (1)	68 (1)	82 (1)	99 (1)	118 (2)	137 (2)	149 (3)	45	<3	400	<3	
19-50.....	2725	101 (1)	61 (1)	68 (1)	82 (1)	99 (1)	118 (1)	137 (2)	149 (2)	45	<3	400	<3	
51-70.....	1708	96 (1)	57 (1)	64 (1)	77 (1)	93 (1)	112 (1)	131 (2)	142 (2)	45	<3	400	<3	
71+.....	724	88 (2)	51 (2)	58 (2)	70 (2)	86 (2)	103 (2)	121 (2)	133 (2)	45	<3	400	<3	
51+.....	2432	94 (1)	55 (1)	62 (1)	75 (1)	91 (1)	110 (1)	128 (2)	140 (2)	45	<3	400	<3	
19+.....	5157	97 (1)	57 (1)	65 (1)	78 (1)	95 (1)	114 (1)	133 (1)	145 (2)	45	<3	400	<3	
<b>All:</b>														
1+.....	16176	111 (1)	59 (1)	68 (1)	84 (1)	106 (1)	133 (1)	163 (2)	182 (3)		<3		<3	

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Males:</b>													
1-3.....	574	2015 (46)	1262 (47)	1395 (46)	1649 (44)	1972 (46)	2328 (53)	2685 (67)	2929 (80)	800	>97	1200	97 (1.0)
4-8.....	867	2784 (57)	1825 (61)	1998 (59)	2333 (55)	2736 (57)	3179 (66)	3625 (83)	3907 (96)	1000	>97	1500	>97
9-13.....	843	3451 (62)	2185 (71)	2415 (68)	2843 (61)	3377 (62)	3975 (75)	4590 (106)	4982 (129)	1200	>97	1800	>97
14-18.....	790	3888 (78)	2503 (99)	2755 (94)	3230 (86)	3808 (80)	4462 (85)	5121 (104)	5536 (124)	1500	>97	2300	>97
19-30.....	1029	4274 (81)	2642 (54)	2945 (58)	3513 (66)	4197 (79)	4952 (101)	5699 (125)	6167 (145)	1500	>97	2300	>97
31-50.....	1622	4264 (58)	2633 (57)	2934 (56)	3497 (52)	4181 (58)	4943 (72)	5696 (93)	6176 (107)	1500	>97	2300	>97
19-50.....	2651	4268 (54)	2637 (47)	2938 (45)	3503 (44)	4188 (52)	4947 (72)	5697 (94)	6172 (112)	1500	>97	2300	>97
51-70.....	1606	3995 (53)	2427 (53)	2726 (50)	3260 (48)	3913 (52)	4643 (66)	5358 (88)	5817 (103)	1500	>97	2300	97 (0.6)
71+.....	698	3504 (56)	2070 (54)	2330 (51)	2812 (51)	3431 (57)	4097 (66)	4775 (84)	5215 (101)	1500	>97	2300	91 (1.2)
51+.....	2304	3875 (44)	2309 (47)	2601 (43)	3135 (40)	3794 (43)	4528 (58)	5246 (82)	5713 (99)	1500	>97	2300	95 (0.6)
19+.....	4955	4100 (42)	2467 (43)	2773 (39)	3333 (34)	4018 (39)	4780 (58)	5530 (84)	6008 (101)	1500	>97	2300	97 (0.4)
<b>Females:</b>													
1-3.....	544	1866 (47)	1154 (51)	1282 (50)	1523 (48)	1823 (47)	2160 (51)	2505 (61)	2726 (71)	800	>97	1200	93 (1.9)
4-8.....	818	2528 (35)	1638 (46)	1801 (42)	2104 (36)	2479 (35)	2900 (44)	3313 (64)	3588 (80)	1000	>97	1500	>97
9-13.....	815	3030 (44)	1869 (57)	2077 (52)	2473 (43)	2960 (42)	3512 (60)	4063 (88)	4426 (111)	1200	>97	1800	96 (0.9)
14-18.....	813	2875 (62)	1749 (71)	1959 (69)	2335 (63)	2807 (62)	3342 (73)	3879 (92)	4224 (111)	1500	>97	2300	77 (3.0)
19-30.....	977	3142 (41)	1880 (41)	2112 (40)	2545 (39)	3076 (41)	3669 (48)	4248 (61)	4628 (69)	1500	>97	2300	84 (1.3)
31-50.....	1748	3140 (41)	1889 (41)	2118 (41)	2539 (40)	3069 (42)	3661 (46)	4253 (57)	4641 (67)	1500	>97	2300	84 (1.4)
19-50.....	2725	3141 (29)	1885 (35)	2116 (33)	2542 (30)	3072 (30)	3664 (34)	4251 (47)	4636 (56)	1500	>97	2300	84 (1.1)
51-70.....	1708	2916 (31)	1720 (28)	1936 (28)	2342 (27)	2848 (31)	3410 (39)	3988 (53)	4354 (63)	1500	>97	2300	77 (1.1)
71+.....	724	2660 (63)	1542 (55)	1742 (58)	2119 (60)	2589 (62)	3126 (68)	3680 (76)	4025 (80)	1500	96 (0.9)	2300	66 (3.2)
51+.....	2432	2846 (28)	1657 (33)	1875 (32)	2274 (28)	2776 (28)	3340 (34)	3912 (46)	4276 (56)	1500	>97	2300	74 (1.3)
19+.....	5157	3001 (22)	1759 (30)	1984 (28)	2405 (24)	2929 (22)	3519 (28)	4106 (41)	4487 (50)	1500	>97	2300	79 (1.0)
<b>All:</b>													
1+.....	16176	3393 (21)	1808 (18)	2073 (17)	2588 (16)	3265 (19)	4069 (28)	4890 (48)	5411 (66)		>97		90 (0.5)

NOTES: AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
<b>Males:</b>												
1-3.....	574	1902 (36)	1243 (42)	1363 (41)	1589 (38)	1871 (38)	2177 (39)	2479 (44)	2682 (51)	2000	38	(3.1)
4-8.....	867	2112 (44)	1402 (45)	1532 (45)	1782 (42)	2080 (44)	2405 (49)	2728 (59)	2931 (67)	2300	32	(3.5)
9-13.....	843	2360 (55)	1431 (54)	1600 (51)	1914 (47)	2307 (54)	2746 (71)	3196 (101)	3482 (123)	2500	38	(3.6)
14-18.....	790	2546 (56)	1564 (70)	1742 (67)	2079 (60)	2490 (57)	2953 (67)	3419 (88)	3712 (107)	3000	23	(2.8)
19-30.....	1029	2816 (54)	1577 (42)	1805 (43)	2234 (46)	2755 (54)	3333 (65)	3905 (77)	4263 (91)	3400	23	(2.2)
31-50.....	1622	3028 (47)	1734 (53)	1972 (53)	2418 (48)	2962 (47)	3568 (51)	4166 (60)	4546 (69)	3400	31	(1.9)
19-50.....	2651	2940 (35)	1659 (38)	1895 (36)	2335 (34)	2875 (35)	3473 (41)	4066 (51)	4444 (59)	3400	28	(1.5)
51-70.....	1606	3105 (37)	1790 (40)	2041 (38)	2491 (36)	3039 (37)	3650 (45)	4245 (56)	4626 (63)	3400	34	(1.6)
71+.....	698	2888 (54)	1634 (51)	1863 (51)	2287 (52)	2829 (55)	3408 (59)	3993 (66)	4372 (75)	3400	25	(2.1)
51+.....	2304	3052 (30)	1746 (41)	1990 (36)	2437 (31)	2987 (30)	3595 (36)	4192 (48)	4574 (57)	3400	32	(1.2)
19+.....	4955	2988 (26)	1695 (36)	1933 (34)	2377 (27)	2923 (27)	3528 (31)	4120 (43)	4502 (53)	3400	30	(1.1)
<b>Females:</b>												
1-3.....	544	1793 (38)	1159 (42)	1277 (40)	1495 (38)	1761 (38)	2055 (41)	2350 (49)	2538 (56)	2000	29	(2.9)
4-8.....	818	1892 (31)	1236 (36)	1357 (34)	1582 (31)	1859 (30)	2166 (36)	2464 (47)	2662 (55)	2300	17	(2.1)
9-13.....	815	2091 (44)	1227 (57)	1382 (54)	1676 (47)	2039 (44)	2450 (54)	2859 (75)	3127 (94)	2300	33	(2.8)
14-18.....	813	1925 (39)	1103 (58)	1255 (56)	1530 (48)	1875 (41)	2267 (43)	2660 (59)	2912 (76)	2300	23	(2.2)
19-30.....	977	2167 (41)	1237 (30)	1410 (31)	1732 (34)	2123 (40)	2555 (49)	2972 (62)	3244 (69)	2600	23	(2.3)
31-50.....	1748	2359 (36)	1391 (30)	1572 (31)	1902 (32)	2312 (36)	2763 (42)	3208 (54)	3495 (62)	2600	33	(2.1)
19-50.....	2725	2289 (33)	1325 (26)	1504 (27)	1835 (28)	2242 (33)	2690 (40)	3129 (52)	3418 (60)	2600	29	(1.9)
51-70.....	1708	2392 (35)	1411 (33)	1594 (32)	1932 (32)	2346 (34)	2798 (41)	3254 (51)	3538 (58)	2600	35	(2.1)
71+.....	724	2275 (51)	1328 (47)	1502 (48)	1827 (49)	2225 (52)	2670 (56)	3119 (63)	3395 (66)	2600	28	(2.7)
51+.....	2432	2360 (30)	1385 (31)	1567 (31)	1901 (29)	2312 (30)	2767 (36)	3219 (45)	3501 (51)	2600	33	(1.8)
19+.....	5157	2323 (27)	1352 (24)	1533 (24)	1865 (24)	2275 (27)	2726 (33)	3173 (44)	3460 (52)	2600	31	(1.6)
<b>All:</b>												
1+.....	16176	2521 (19)	1387 (20)	1575 (19)	1933 (23)	2414 (57)	2997 (20)	3615 (114)	4017 (184)		30	(3.1)

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Males:</b>									
1-3.....	574	3.6 (0.4)	0.4 (0.1)	0.6 (0.1)	1.2 (0.2)	2.4 (0.3)	4.5 (0.5)	8.0 (0.9)	10.9 (1.2)
4-8.....	867	9.1 (0.7)	1.5 (0.2)	2.1 (0.3)	3.7 (0.4)	6.6 (0.6)	11.5 (0.9)	18.8 (1.6)	25.0 (2.4)
9-13.....	843	24.6 (2.1)	2.3 (0.5)	3.6 (0.6)	7.2 (1.0)	15.0 (1.7)	29.9 (2.7)	55.1 (4.7)	78.6 (6.9)
14-18.....	790	52.5 (4.7)	5.6 (0.9)	8.5 (1.3)	16.5 (2.0)	33.2 (3.3)	64.8 (5.8)	116.1 (10.6)	162.2 (15.9)
19-30.....	1029	115.4 (6.6)	9.5 (4.3)	17.0 (5.2)	39.2 (6.0)	83.6 (6.2)	156.6 (9.5)	254.6 (15.6)	328.3 (19.9)
31-50.....	1622	193.3 (6.9)	27.4 (5.2)	42.6 (5.4)	83.4 (5.8)	154.2 (6.5)	260.7 (9.8)	393.0 (14.4)	491.3 (18.6)
19-50.....	2651	161.2 (5.6)	15.7 (4.9)	27.3 (5.4)	60.1 (5.4)	121.9 (5.3)	219.9 (8.3)	345.8 (13.3)	438.9 (17.2)
51-70.....	1606	234.3 (7.3)	39.2 (5.4)	59.6 (5.9)	109.5 (6.3)	193.4 (6.8)	314.5 (9.5)	459.2 (14.4)	567.3 (18.4)
71+.....	698	169.3 (6.9)	22.4 (2.9)	35.5 (3.2)	70.4 (4.4)	133.8 (6.2)	227.7 (9.3)	348.7 (13.7)	438.7 (18.6)
51+.....	2304	218.5 (6.2)	33.1 (4.3)	51.2 (5.0)	97.9 (5.4)	177.3 (5.8)	294.6 (8.2)	436.3 (12.8)	543.4 (16.9)
19+.....	4955	185.6 (4.6)	20.5 (4.8)	34.8 (5.1)	73.4 (4.6)	144.6 (4.5)	252.9 (6.5)	388.8 (10.9)	489.4 (14.5)
<b>Females:</b>									
1-3.....	544	4.0 (0.4)	0.4 (0.1)	0.7 (0.1)	1.3 (0.2)	2.7 (0.3)	5.1 (0.5)	8.8 (1.0)	12.2 (1.6)
4-8.....	818	8.1 (0.7)	1.3 (0.2)	1.8 (0.2)	3.2 (0.3)	5.8 (0.4)	10.2 (0.8)	16.7 (1.6)	22.4 (2.6)
9-13.....	815	21.6 (1.7)	2.0 (0.3)	3.1 (0.5)	6.2 (0.8)	12.9 (1.2)	26.4 (2.1)	48.6 (3.9)	69.0 (5.9)
14-18.....	813	44.4 (5.1)	4.5 (0.8)	6.9 (1.1)	13.6 (1.8)	27.8 (3.2)	54.9 (6.2)	99.0 (11.9)	138.4 (17.3)
19-30.....	977	89.9 (4.6)	4.1 (1.0)	8.7 (1.6)	25.5 (2.6)	62.4 (4.2)	124.2 (6.4)	205.8 (9.7)	270.9 (12.1)
31-50.....	1748	139.8 (6.2)	12.9 (2.0)	23.4 (2.7)	52.6 (4.1)	107.5 (5.9)	191.1 (8.2)	296.8 (11.4)	378.9 (14.5)
19-50.....	2725	121.6 (4.6)	7.7 (1.3)	15.6 (1.9)	40.1 (2.9)	89.6 (4.3)	167.5 (6.4)	269.1 (9.3)	345.6 (12.1)
51-70.....	1708	168.7 (5.3)	19.9 (2.6)	33.6 (3.4)	69.9 (4.3)	134.2 (5.4)	229.0 (6.4)	348.8 (8.8)	436.2 (10.9)
71+.....	724	132.0 (7.4)	12.5 (2.3)	22.3 (3.0)	49.7 (4.8)	100.7 (7.0)	179.9 (9.9)	283.8 (13.6)	358.6 (15.7)
51+.....	2432	158.7 (4.4)	17.3 (2.3)	29.8 (3.0)	63.3 (4.0)	124.3 (4.7)	216.1 (5.4)	332.2 (7.0)	418.2 (9.1)
19+.....	5157	138.1 (3.2)	10.7 (1.6)	20.4 (2.1)	49.1 (2.9)	104.3 (3.6)	189.8 (4.3)	299.1 (5.8)	382.9 (7.6)
<b>All:</b>									
1+.....	16176	128.7 (2.5)	3.1 (0.2)	6.3 (0.4)	25.2 (1.6)	85.5 (3.1)	184.6 (3.8)	310.5 (5.6)	404.5 (7.7)

**Table A 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	14.8 (0.2)	11.6 (0.3)	12.2 (0.3)	13.3 (0.2)	14.7 (0.2)	16.1 (0.2)	17.4 (0.2)	18.3 (0.3)	5-20%	>97
4-8.....	867	14.3 (0.2)	11.2 (0.2)	11.8 (0.2)	12.9 (0.2)	14.2 (0.2)	15.6 (0.3)	16.9 (0.4)	17.7 (0.5)	10-30%	>97
9-13.....	843	14.8 (0.1)	10.7 (0.5)	11.5 (0.4)	13.0 (0.3)	14.7 (0.1)	16.5 (0.3)	18.4 (0.5)	19.5 (0.7)	10-30%	>97
14-18.....	790	15.9 (0.2)	11.6 (0.6)	12.4 (0.5)	14.0 (0.3)	15.8 (0.2)	17.7 (0.3)	19.6 (0.6)	20.8 (0.8)	10-30%	>97
19-30.....	1029	16.5 (0.3)	11.8 (0.3)	12.7 (0.3)	14.3 (0.3)	16.3 (0.3)	18.4 (0.4)	20.5 (0.5)	21.7 (0.5)	10-35%	>97
31-50.....	1622	16.2 (0.2)	11.5 (0.2)	12.4 (0.2)	14.1 (0.2)	16.0 (0.2)	18.1 (0.3)	20.2 (0.3)	21.5 (0.4)	10-35%	>97
19-50.....	2651	16.3 (0.2)	11.6 (0.2)	12.5 (0.2)	14.2 (0.2)	16.1 (0.2)	18.3 (0.3)	20.3 (0.4)	21.6 (0.4)	10-35%	>97
51-70.....	1606	16.4 (0.2)	11.7 (0.2)	12.7 (0.2)	14.3 (0.2)	16.2 (0.2)	18.4 (0.3)	20.4 (0.4)	21.7 (0.5)	10-35%	>97
71+.....	698	15.8 (0.2)	11.3 (0.2)	12.1 (0.2)	13.7 (0.2)	15.7 (0.2)	17.7 (0.3)	19.8 (0.4)	21.0 (0.4)	10-35%	>97
51+.....	2304	16.3 (0.2)	11.6 (0.2)	12.5 (0.2)	14.1 (0.2)	16.1 (0.2)	18.2 (0.3)	20.3 (0.4)	21.5 (0.4)	10-35%	>97
19+.....	4955	16.3 (0.2)	11.6 (0.2)	12.5 (0.1)	14.2 (0.1)	16.1 (0.2)	18.2 (0.3)	20.3 (0.3)	21.6 (0.4)	10-35%	>97
<b>Females:</b>											
1-3.....	544	15.0 (0.2)	11.8 (0.2)	12.4 (0.2)	13.6 (0.2)	14.9 (0.2)	16.4 (0.2)	17.7 (0.3)	18.6 (0.4)	5-20%	>97
4-8.....	818	14.1 (0.2)	11.0 (0.2)	11.6 (0.2)	12.7 (0.2)	14.0 (0.2)	15.3 (0.2)	16.6 (0.3)	17.5 (0.4)	10-30%	>97
9-13.....	815	14.5 (0.2)	10.5 (0.5)	11.3 (0.5)	12.7 (0.3)	14.4 (0.2)	16.2 (0.3)	18.0 (0.6)	19.2 (0.7)	10-30%	>97
14-18.....	812	14.6 (0.3)	10.5 (0.7)	11.3 (0.6)	12.7 (0.5)	14.4 (0.3)	16.3 (0.2)	18.1 (0.3)	19.2 (0.5)	10-30%	97 (2.5)
19-30.....	977	15.4 (0.2)	11.1 (0.3)	11.9 (0.3)	13.4 (0.2)	15.2 (0.2)	17.2 (0.3)	19.1 (0.3)	20.3 (0.3)	10-35%	>97
31-50.....	1748	16.0 (0.2)	11.6 (0.2)	12.5 (0.2)	14.0 (0.1)	15.8 (0.2)	17.8 (0.2)	19.8 (0.3)	21.1 (0.3)	10-35%	>97
19-50.....	2725	15.8 (0.1)	11.4 (0.2)	12.3 (0.2)	13.8 (0.1)	15.6 (0.1)	17.6 (0.2)	19.5 (0.2)	20.8 (0.3)	10-35%	>97
51-70.....	1708	16.1 (0.2)	11.7 (0.2)	12.5 (0.2)	14.1 (0.2)	15.9 (0.2)	17.9 (0.3)	20.0 (0.4)	21.2 (0.4)	10-35%	>97
71+.....	724	15.5 (0.2)	11.3 (0.2)	12.1 (0.2)	13.5 (0.2)	15.3 (0.2)	17.3 (0.2)	19.3 (0.3)	20.5 (0.3)	10-35%	>97
51+.....	2432	16.0 (0.2)	11.6 (0.2)	12.4 (0.2)	13.9 (0.1)	15.8 (0.2)	17.8 (0.2)	19.8 (0.3)	21.0 (0.4)	10-35%	>97
19+.....	5157	15.9 (0.1)	11.5 (0.2)	12.3 (0.1)	13.8 (0.1)	15.7 (0.1)	17.7 (0.2)	19.7 (0.3)	20.9 (0.3)	10-35%	>97
<b>All:</b>											
1+.....	16175	15.8 (0.1)	11.4 (0.2)	12.2 (0.1)	13.7 (0.1)	15.5 (0.1)	17.6 (0.1)	19.6 (0.2)	20.9 (0.3)		>97

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
<b>Males:</b>												
1-3.....	574	53.5 (0.4)	46.3 (0.7)	47.8 (0.6)	50.5 (0.5)	53.5 (0.4)	56.4 (0.5)	59.0 (0.6)	60.7 (0.7)	45-65%	97 (1.2)	
4-8.....	867	53.6 (0.4)	46.4 (0.7)	47.9 (0.7)	50.7 (0.5)	53.6 (0.4)	56.5 (0.4)	59.1 (0.5)	60.6 (0.6)	45-65%	>97	
9-13.....	843	52.7 (0.4)	45.5 (0.5)	47.1 (0.4)	49.8 (0.4)	52.7 (0.4)	55.7 (0.5)	58.4 (0.6)	60.1 (0.6)	45-65%	96 (1.0)	
14-18.....	790	51.0 (0.5)	43.8 (0.6)	45.3 (0.5)	48.0 (0.5)	51.0 (0.5)	54.0 (0.5)	56.7 (0.5)	58.3 (0.6)	45-65%	91 (2.0)	
19-30.....	1029	46.7 (0.5)	35.1 (0.9)	37.6 (0.7)	42.0 (0.6)	46.7 (0.4)	51.4 (0.4)	55.6 (0.5)	58.1 (0.5)	45-65%	59 (2.7)	
31-50.....	1622	46.7 (0.4)	35.1 (0.8)	37.6 (0.7)	41.9 (0.5)	46.7 (0.4)	51.4 (0.3)	55.7 (0.4)	58.3 (0.5)	45-65%	59 (2.2)	
19-50.....	2651	46.7 (0.3)	35.1 (0.8)	37.6 (0.6)	42.0 (0.5)	46.7 (0.3)	51.4 (0.2)	55.7 (0.4)	58.2 (0.5)	45-65%	59 (1.9)	
51-70.....	1606	45.7 (0.4)	34.1 (0.8)	36.7 (0.7)	41.0 (0.5)	45.7 (0.4)	50.4 (0.4)	54.6 (0.5)	57.2 (0.6)	45-65%	54 (2.4)	
71+.....	698	47.1 (0.6)	35.6 (0.8)	38.1 (0.7)	42.4 (0.6)	47.2 (0.6)	51.8 (0.7)	56.1 (0.8)	58.7 (0.9)	45-65%	62 (3.0)	
51+.....	2304	46.0 (0.4)	34.4 (0.7)	37.0 (0.6)	41.3 (0.5)	46.0 (0.4)	50.8 (0.4)	55.0 (0.5)	57.6 (0.6)	45-65%	56 (2.1)	
19+.....	4955	46.4 (0.3)	34.8 (0.7)	37.4 (0.6)	41.7 (0.4)	46.4 (0.3)	51.1 (0.2)	55.4 (0.4)	57.9 (0.5)	45-65%	58 (1.7)	
<b>Females:</b>												
1-3.....	544	52.6 (0.3)	45.4 (0.7)	47.0 (0.6)	49.7 (0.4)	52.7 (0.3)	55.6 (0.4)	58.2 (0.5)	59.8 (0.5)	45-65%	96 (1.6)	
4-8.....	818	54.1 (0.4)	46.9 (0.7)	48.5 (0.6)	51.2 (0.5)	54.1 (0.4)	57.0 (0.4)	59.6 (0.5)	61.2 (0.6)	45-65%	>97	
9-13.....	815	52.6 (0.3)	45.3 (0.6)	46.9 (0.5)	49.6 (0.4)	52.6 (0.3)	55.6 (0.3)	58.3 (0.4)	59.9 (0.4)	45-65%	96 (1.3)	
14-18.....	812	52.2 (0.5)	44.9 (0.6)	46.5 (0.5)	49.2 (0.5)	52.3 (0.5)	55.3 (0.5)	57.9 (0.6)	59.5 (0.6)	45-65%	94 (1.4)	
19-30.....	977	49.0 (0.4)	37.9 (0.4)	40.4 (0.4)	44.5 (0.4)	49.1 (0.4)	53.6 (0.4)	57.6 (0.5)	60.0 (0.6)	45-65%	72 (1.7)	
31-50.....	1748	48.4 (0.4)	37.4 (0.4)	39.8 (0.4)	43.8 (0.4)	48.4 (0.3)	52.9 (0.4)	57.0 (0.5)	59.4 (0.5)	45-65%	69 (1.8)	
19-50.....	2725	48.6 (0.3)	37.6 (0.4)	40.0 (0.3)	44.1 (0.3)	48.6 (0.3)	53.2 (0.3)	57.2 (0.4)	59.6 (0.5)	45-65%	70 (1.3)	
51-70.....	1708	47.1 (0.6)	36.1 (0.7)	38.5 (0.7)	42.6 (0.7)	47.1 (0.6)	51.6 (0.6)	55.8 (0.6)	58.2 (0.7)	45-65%	62 (3.5)	
71+.....	724	49.1 (0.4)	38.1 (0.6)	40.5 (0.5)	44.6 (0.4)	49.1 (0.4)	53.6 (0.3)	57.8 (0.4)	60.2 (0.4)	45-65%	72 (2.1)	
51+.....	2432	47.7 (0.5)	36.5 (0.7)	39.0 (0.6)	43.1 (0.5)	47.7 (0.5)	52.2 (0.5)	56.4 (0.5)	58.9 (0.5)	45-65%	65 (2.8)	
19+.....	5157	48.2 (0.3)	37.0 (0.5)	39.5 (0.4)	43.6 (0.4)	48.2 (0.3)	52.7 (0.3)	56.8 (0.4)	59.3 (0.4)	45-65%	67 (1.8)	
<b>All:</b>												
1+.....	16175	48.6 (0.2)	36.8 (0.5)	39.5 (0.4)	44.1 (0.2)	49.0 (0.2)	53.4 (0.2)	57.1 (0.2)	59.2 (0.2)	45-65%	70 (1.0)	

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	% (SE)
<b>Males:</b>											
1-3.....	574	32.9 (0.3)	27.1 (0.6)	28.3 (0.5)	30.5 (0.4)	32.9 (0.3)	35.3 (0.4)	37.5 (0.5)	38.8 (0.6)	30-40%	77 (3.3)
4-8.....	867	33.4 (0.3)	27.5 (0.5)	28.8 (0.4)	31.0 (0.3)	33.4 (0.3)	35.8 (0.4)	37.9 (0.5)	39.2 (0.6)	25-35%	67 (3.5)
9-13.....	843	33.8 (0.4)	28.1 (0.8)	29.4 (0.7)	31.5 (0.5)	33.8 (0.3)	36.1 (0.4)	38.2 (0.5)	39.5 (0.6)	25-35%	63 (3.9)
14-18.....	790	33.9 (0.3)	28.1 (0.7)	29.4 (0.6)	31.6 (0.4)	33.9 (0.3)	36.2 (0.3)	38.3 (0.5)	39.5 (0.6)	25-35%	62 (3.2)
19-30.....	1029	33.8 (0.2)	26.1 (0.5)	27.8 (0.4)	30.7 (0.3)	33.8 (0.2)	36.9 (0.4)	39.7 (0.5)	41.3 (0.6)	20-35%	60 (2.4)
31-50.....	1622	34.3 (0.3)	26.6 (0.5)	28.3 (0.4)	31.2 (0.3)	34.3 (0.3)	37.4 (0.4)	40.2 (0.5)	41.8 (0.6)	20-35%	56 (2.5)
19-50.....	2651	34.1 (0.2)	26.4 (0.5)	28.1 (0.4)	31.0 (0.2)	34.1 (0.2)	37.2 (0.3)	40.0 (0.5)	41.6 (0.6)	20-35%	58 (2.0)
51-70.....	1606	35.2 (0.3)	27.5 (0.5)	29.3 (0.4)	32.1 (0.3)	35.2 (0.3)	38.3 (0.4)	41.0 (0.5)	42.6 (0.6)	20-35%	48 (2.2)
71+.....	698	35.9 (0.5)	28.4 (0.8)	30.0 (0.7)	32.8 (0.6)	36.0 (0.5)	39.0 (0.5)	41.8 (0.6)	43.5 (0.7)	20-35%	41 (4.2)
51+.....	2304	35.4 (0.2)	27.7 (0.5)	29.4 (0.4)	32.3 (0.3)	35.4 (0.2)	38.5 (0.3)	41.2 (0.5)	42.9 (0.6)	20-35%	47 (1.8)
19+.....	4955	34.6 (0.2)	26.9 (0.5)	28.6 (0.4)	31.5 (0.2)	34.7 (0.2)	37.8 (0.3)	40.5 (0.5)	42.2 (0.6)	20-35%	53 (1.5)
<b>Females:</b>											
1-3.....	544	33.8 (0.3)	27.9 (0.5)	29.2 (0.4)	31.4 (0.3)	33.8 (0.3)	36.2 (0.4)	38.4 (0.5)	39.6 (0.6)	30-40%	82 (3.1)
4-8.....	818	33.3 (0.3)	27.5 (0.6)	28.7 (0.5)	30.9 (0.3)	33.3 (0.3)	35.7 (0.4)	37.8 (0.5)	39.1 (0.6)	25-35%	67 (3.5)
9-13.....	815	34.3 (0.3)	28.5 (0.7)	29.8 (0.6)	32.0 (0.4)	34.3 (0.3)	36.6 (0.4)	38.7 (0.5)	39.9 (0.7)	25-35%	58 (3.5)
14-18.....	812	34.1 (0.5)	28.2 (1.0)	29.6 (0.8)	31.7 (0.6)	34.1 (0.5)	36.4 (0.4)	38.5 (0.4)	39.7 (0.5)	25-35%	60 (4.5)
19-30.....	977	34.6 (0.3)	26.4 (0.5)	28.2 (0.5)	31.2 (0.4)	34.6 (0.3)	38.0 (0.3)	40.9 (0.3)	42.7 (0.3)	20-35%	53 (2.0)
31-50.....	1748	34.6 (0.3)	26.4 (0.5)	28.2 (0.4)	31.2 (0.4)	34.6 (0.3)	37.9 (0.3)	40.9 (0.4)	42.8 (0.4)	20-35%	53 (2.5)
19-50.....	2725	34.6 (0.2)	26.4 (0.5)	28.2 (0.4)	31.2 (0.3)	34.6 (0.2)	37.9 (0.2)	40.9 (0.3)	42.8 (0.4)	20-35%	53 (1.8)
51-70.....	1708	35.9 (0.4)	27.7 (0.5)	29.5 (0.5)	32.6 (0.4)	35.9 (0.4)	39.2 (0.4)	42.3 (0.5)	44.1 (0.5)	20-35%	43 (3.2)
71+.....	724	35.4 (0.3)	27.3 (0.4)	29.0 (0.3)	32.0 (0.3)	35.4 (0.3)	38.7 (0.3)	41.9 (0.4)	43.6 (0.5)	20-35%	47 (2.3)
51+.....	2432	35.8 (0.3)	27.6 (0.4)	29.4 (0.4)	32.4 (0.3)	35.8 (0.3)	39.1 (0.4)	42.2 (0.4)	44.0 (0.5)	20-35%	44 (2.6)
19+.....	5157	35.1 (0.2)	26.9 (0.4)	28.7 (0.4)	31.8 (0.3)	35.1 (0.2)	38.5 (0.3)	41.6 (0.4)	43.4 (0.4)	20-35%	49 (1.9)
<b>All:</b>											
1+.....	16175	34.6 (0.1)	27.1 (0.3)	28.8 (0.2)	31.5 (0.2)	34.5 (0.1)	37.6 (0.2)	40.5 (0.3)	42.3 (0.3)		54 (1.0)

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>Males:</b>										
1-3.....	574	12.5 (0.2)	9.2 (0.3)	9.8 (0.3)	11.0 (0.3)	12.4 (0.2)	13.8 (0.2)	15.1 (0.2)	16.0 (0.3)	12 (3.1)
4-8.....	867	12.0 (0.2)	8.8 (0.2)	9.4 (0.2)	10.6 (0.1)	11.9 (0.1)	13.3 (0.2)	14.6 (0.3)	15.4 (0.3)	16 (2.0)
9-13.....	843	12.0 (0.2)	9.2 (0.3)	9.8 (0.2)	10.8 (0.2)	11.9 (0.2)	13.1 (0.2)	14.2 (0.3)	14.8 (0.3)	12 (2.8)
14-18.....	790	11.7 (0.2)	9.0 (0.3)	9.6 (0.2)	10.6 (0.2)	11.7 (0.2)	12.8 (0.2)	13.9 (0.3)	14.5 (0.3)	15 (3.2)
19-30.....	1029	11.3 (0.1)	8.3 (0.2)	9.0 (0.1)	10.0 (0.1)	11.2 (0.1)	12.5 (0.2)	13.6 (0.2)	14.3 (0.2)	24 (2.2)
31-50.....	1622	11.1 (0.1)	8.1 (0.2)	8.8 (0.1)	9.8 (0.1)	11.0 (0.1)	12.3 (0.2)	13.4 (0.2)	14.1 (0.2)	28 (2.3)
19-50.....	2651	11.1 (0.1)	8.2 (0.1)	8.8 (0.1)	9.9 (0.1)	11.1 (0.1)	12.4 (0.1)	13.5 (0.2)	14.2 (0.2)	27 (1.5)
51-70.....	1606	11.4 (0.1)	8.4 (0.1)	9.0 (0.1)	10.1 (0.1)	11.3 (0.1)	12.6 (0.2)	13.7 (0.2)	14.4 (0.2)	23 (1.8)
71+.....	698	11.9 (0.2)	8.9 (0.2)	9.5 (0.2)	10.6 (0.2)	11.8 (0.2)	13.1 (0.2)	14.2 (0.2)	14.9 (0.2)	16 (3.1)
51+.....	2304	11.5 (0.1)	8.5 (0.1)	9.2 (0.1)	10.2 (0.1)	11.4 (0.1)	12.7 (0.2)	13.8 (0.2)	14.5 (0.2)	21 (1.9)
19+.....	4955	11.3 (0.1)	8.3 (0.1)	9.0 (0.1)	10.0 (0.1)	11.3 (0.1)	12.5 (0.1)	13.6 (0.2)	14.3 (0.2)	24 (1.4)
<b>Females:</b>										
1-3.....	544	12.7 (0.2)	9.4 (0.3)	10.1 (0.3)	11.3 (0.3)	12.6 (0.2)	14.1 (0.2)	15.4 (0.3)	16.2 (0.3)	9 (2.7)
4-8.....	818	11.9 (0.2)	8.7 (0.3)	9.3 (0.3)	10.5 (0.2)	11.8 (0.2)	13.2 (0.2)	14.5 (0.2)	15.3 (0.3)	18 (3.1)
9-13.....	815	11.8 (0.1)	9.1 (0.3)	9.6 (0.2)	10.7 (0.2)	11.8 (0.1)	12.9 (0.2)	14.0 (0.3)	14.6 (0.3)	14 (3.1)
14-18.....	812	11.3 (0.2)	8.6 (0.4)	9.2 (0.4)	10.2 (0.3)	11.3 (0.2)	12.5 (0.2)	13.5 (0.2)	14.1 (0.3)	22 (5.7)
19-30.....	977	11.2 (0.2)	7.9 (0.2)	8.6 (0.2)	9.8 (0.2)	11.1 (0.2)	12.6 (0.2)	13.9 (0.2)	14.7 (0.2)	29 (2.7)
31-50.....	1748	11.0 (0.1)	7.8 (0.2)	8.4 (0.2)	9.6 (0.2)	11.0 (0.1)	12.4 (0.1)	13.7 (0.2)	14.6 (0.2)	32 (2.8)
19-50.....	2725	11.1 (0.1)	7.8 (0.2)	8.5 (0.2)	9.7 (0.1)	11.0 (0.1)	12.5 (0.1)	13.8 (0.2)	14.6 (0.2)	31 (2.4)
51-70.....	1708	11.4 (0.1)	8.1 (0.2)	8.8 (0.2)	9.9 (0.1)	11.3 (0.1)	12.8 (0.1)	14.2 (0.1)	15.0 (0.2)	26 (2.3)
71+.....	724	11.8 (0.2)	8.5 (0.2)	9.1 (0.1)	10.3 (0.1)	11.7 (0.2)	13.2 (0.2)	14.6 (0.3)	15.5 (0.3)	20 (2.0)
51+.....	2432	11.5 (0.1)	8.2 (0.2)	8.8 (0.2)	10.0 (0.1)	11.4 (0.1)	12.9 (0.1)	14.3 (0.2)	15.1 (0.2)	24 (1.9)
19+.....	5157	11.3 (0.1)	8.0 (0.2)	8.6 (0.2)	9.8 (0.1)	11.2 (0.1)	12.7 (0.1)	14.1 (0.1)	14.9 (0.2)	28 (1.9)
<b>All:</b>										
1+.....	16175	11.4 (0.1)	8.3 (0.1)	9.0 (0.1)	10.1 (0.1)	11.4 (0.1)	12.7 (0.1)	14.0 (0.1)	14.8 (0.1)	23 (1.2)

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>)



**Table A 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		AMDR	% (SE)
<b>Males:</b>												
1-3.....	574	5.8 (0.1)	4.2 (0.2)	4.5 (0.1)	5.0 (0.1)	5.7 (0.1)	6.4 (0.1)	7.1 (0.1)	7.6 (0.1)	05-10%	76 (4.1)	
4-8.....	867	6.5 (0.1)	4.8 (0.1)	5.1 (0.1)	5.7 (0.1)	6.5 (0.1)	7.2 (0.1)	8.0 (0.1)	8.4 (0.2)	05-10%	92 (2.0)	
9-13.....	843	6.6 (0.1)	4.6 (0.2)	5.0 (0.2)	5.7 (0.1)	6.6 (0.1)	7.4 (0.1)	8.3 (0.2)	8.9 (0.3)	05-10%	90 (3.3)	
14-18.....	790	6.6 (0.1)	4.6 (0.2)	5.0 (0.2)	5.7 (0.1)	6.5 (0.1)	7.4 (0.2)	8.3 (0.3)	8.8 (0.3)	05-10%	89 (3.0)	
19-30.....	1029	6.6 (0.1)	4.7 (0.1)	5.0 (0.1)	5.7 (0.1)	6.6 (0.1)	7.4 (0.1)	8.3 (0.2)	8.8 (0.2)	05-10%	90 (2.3)	
31-50.....	1622	7.0 (0.1)	4.9 (0.1)	5.3 (0.1)	6.0 (0.1)	6.9 (0.1)	7.8 (0.1)	8.7 (0.2)	9.2 (0.2)	05-10%	93 (1.7)	
19-50.....	2651	6.8 (0.1)	4.8 (0.1)	5.2 (0.1)	5.9 (0.1)	6.8 (0.1)	7.7 (0.1)	8.5 (0.2)	9.1 (0.2)	05-10%	91 (1.8)	
51-70.....	1606	7.2 (0.1)	5.1 (0.1)	5.5 (0.1)	6.2 (0.1)	7.1 (0.1)	8.0 (0.1)	8.9 (0.2)	9.4 (0.2)	05-10%	93 (1.7)	
71+.....	698	7.2 (0.1)	5.1 (0.2)	5.5 (0.2)	6.2 (0.1)	7.1 (0.1)	8.0 (0.1)	8.9 (0.2)	9.5 (0.2)	05-10%	94 (1.8)	
51+.....	2304	7.2 (0.1)	5.1 (0.1)	5.5 (0.1)	6.2 (0.1)	7.1 (0.1)	8.0 (0.1)	8.9 (0.2)	9.5 (0.2)	05-10%	93 (1.7)	
19+.....	4955	7.0 (0.1)	4.9 (0.1)	5.3 (0.1)	6.0 (0.1)	6.9 (#)	7.8 (0.1)	8.7 (0.1)	9.3 (0.2)	05-10%	92 (1.8)	
<b>Females:</b>												
1-3.....	544	6.0 (0.1)	4.4 (0.1)	4.7 (0.1)	5.3 (0.1)	6.0 (0.1)	6.7 (0.1)	7.4 (0.2)	7.8 (0.2)	05-10%	83 (3.4)	
4-8.....	818	6.5 (0.1)	4.7 (0.1)	5.1 (0.1)	5.7 (0.1)	6.4 (0.1)	7.2 (0.1)	7.9 (0.1)	8.4 (0.2)	05-10%	91 (2.1)	
9-13.....	815	7.1 (0.1)	5.0 (0.2)	5.4 (0.2)	6.2 (0.1)	7.0 (0.1)	8.0 (0.2)	8.8 (0.3)	9.4 (0.3)	05-10%	93 (2.9)	
14-18.....	812	7.1 (0.2)	5.0 (0.3)	5.4 (0.2)	6.2 (0.2)	7.1 (0.2)	8.0 (0.2)	8.9 (0.2)	9.5 (0.3)	05-10%	93 (3.0)	
19-30.....	977	7.2 (0.1)	4.9 (0.1)	5.4 (0.1)	6.2 (0.1)	7.2 (0.1)	8.2 (0.1)	9.2 (0.1)	9.9 (0.1)	05-10%	90 (1.5)	
31-50.....	1748	7.4 (0.1)	5.1 (0.1)	5.5 (0.1)	6.3 (0.1)	7.3 (0.1)	8.4 (0.1)	9.4 (0.2)	10.1 (0.2)	05-10%	90 (1.5)	
19-50.....	2725	7.3 (0.1)	5.0 (0.1)	5.5 (0.1)	6.3 (0.1)	7.2 (0.1)	8.3 (0.1)	9.3 (0.1)	10.0 (0.2)	05-10%	90 (1.5)	
51-70.....	1708	7.6 (0.1)	5.2 (0.1)	5.6 (0.1)	6.5 (0.1)	7.5 (0.1)	8.5 (0.2)	9.6 (0.2)	10.3 (0.2)	05-10%	90 (1.6)	
71+.....	724	7.3 (0.1)	5.0 (0.1)	5.4 (0.1)	6.2 (0.1)	7.2 (0.1)	8.2 (0.1)	9.3 (0.1)	9.9 (0.2)	05-10%	90 (1.6)	
51+.....	2432	7.5 (0.1)	5.1 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.1)	9.5 (0.2)	10.2 (0.2)	05-10%	90 (1.6)	
19+.....	5157	7.4 (0.1)	5.1 (0.1)	5.5 (0.1)	6.3 (0.1)	7.3 (0.1)	8.4 (0.1)	9.4 (0.1)	10.1 (0.2)	05-10%	90 (1.6)	
<b>All:</b>												
1+.....	16175	7.0 (#)	4.9 (0.1)	5.3 (0.1)	6.0 (#)	6.9 (#)	7.9 (0.1)	8.9 (0.1)	9.6 (0.1)	05-10%	91 (1.1)	

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
# Indicates a non-zero value too small to report

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table A 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
<b>Males:</b>											
1-3.....	574	0.63 (0.01)	0.45 (0.01)	0.48 (0.01)	0.55 (0.01)	0.62 (0.01)	0.71 (0.01)	0.79 (0.02)	0.85 (0.02)	0.6-1.2%	58 (3.8)
4-8.....	867	0.62 (0.01)	0.44 (0.01)	0.47 (0.01)	0.54 (0.01)	0.61 (0.01)	0.70 (0.01)	0.78 (0.02)	0.83 (0.02)	0.6-1.2%	55 (3.3)
9-13.....	843	0.63 (0.01)	0.45 (0.03)	0.49 (0.03)	0.55 (0.02)	0.62 (0.01)	0.71 (0.02)	0.79 (0.04)	0.85 (0.05)	0.6-1.2%	59 (4.0)
14-18.....	790	0.63 (0.02)	0.45 (0.03)	0.49 (0.03)	0.55 (0.02)	0.62 (0.01)	0.71 (0.03)	0.79 (0.04)	0.84 (0.06)	0.6-1.2%	58 (5.1)
19-30.....	1029	0.68 (0.01)	0.46 (0.02)	0.50 (0.02)	0.58 (0.01)	0.67 (0.01)	0.77 (0.02)	0.88 (0.03)	0.94 (0.04)	0.6-1.2%	69 (3.3)
31-50.....	1622	0.72 (0.01)	0.49 (0.02)	0.53 (0.02)	0.61 (0.01)	0.70 (0.01)	0.81 (0.02)	0.92 (0.03)	0.99 (0.04)	0.6-1.2%	76 (3.2)
19-50.....	2651	0.70 (0.01)	0.47 (0.02)	0.52 (0.02)	0.59 (0.01)	0.69 (0.01)	0.80 (0.02)	0.90 (0.03)	0.97 (0.04)	0.6-1.2%	73 (2.8)
51-70.....	1606	0.75 (0.01)	0.51 (0.02)	0.56 (0.02)	0.64 (0.01)	0.74 (0.01)	0.85 (0.02)	0.96 (0.03)	1.03 (0.04)	0.6-1.2%	82 (3.4)
71+.....	698	0.80 (0.02)	0.55 (0.03)	0.60 (0.03)	0.68 (0.02)	0.79 (0.02)	0.91 (0.03)	1.02 (0.04)	1.10 (0.05)	0.6-1.2%	88 (4.0)
51+.....	2304	0.76 (0.01)	0.52 (0.02)	0.57 (0.02)	0.65 (0.01)	0.75 (0.01)	0.86 (0.02)	0.98 (0.03)	1.05 (0.04)	0.6-1.2%	84 (3.4)
19+.....	4955	0.73 (0.01)	0.49 (0.02)	0.53 (0.02)	0.62 (0.01)	0.71 (0.01)	0.83 (0.02)	0.94 (0.03)	1.01 (0.04)	0.6-1.2%	78 (2.9)
<b>Females:</b>											
1-3.....	544	0.64 (0.01)	0.45 (0.02)	0.49 (0.02)	0.55 (0.02)	0.63 (0.01)	0.71 (0.01)	0.80 (0.02)	0.85 (0.02)	0.6-1.2%	60 (5.0)
4-8.....	818	0.64 (0.01)	0.45 (0.01)	0.49 (0.01)	0.55 (0.01)	0.63 (0.01)	0.71 (0.01)	0.80 (0.01)	0.85 (0.02)	0.6-1.2%	59 (2.8)
9-13.....	815	0.69 (0.02)	0.49 (0.03)	0.53 (0.03)	0.60 (0.02)	0.68 (0.02)	0.77 (0.03)	0.86 (0.05)	0.92 (0.06)	0.6-1.2%	74 (5.5)
14-18.....	812	0.68 (0.02)	0.48 (0.04)	0.52 (0.03)	0.59 (0.03)	0.67 (0.02)	0.76 (0.03)	0.85 (0.04)	0.90 (0.06)	0.6-1.2%	72 (7.5)
19-30.....	977	0.77 (0.01)	0.51 (0.02)	0.55 (0.02)	0.64 (0.01)	0.75 (0.01)	0.88 (0.02)	1.00 (0.03)	1.08 (0.03)	0.6-1.2%	81 (3.3)
31-50.....	1748	0.79 (0.01)	0.53 (0.02)	0.57 (0.02)	0.66 (0.02)	0.77 (0.01)	0.90 (0.02)	1.03 (0.03)	1.12 (0.04)	0.6-1.2%	84 (3.4)
19-50.....	2725	0.78 (0.01)	0.52 (0.02)	0.57 (0.02)	0.65 (0.01)	0.77 (0.01)	0.89 (0.01)	1.02 (0.02)	1.11 (0.03)	0.6-1.2%	83 (3.3)
51-70.....	1708	0.84 (0.02)	0.56 (0.02)	0.61 (0.02)	0.70 (0.02)	0.82 (0.02)	0.95 (0.02)	1.09 (0.03)	1.18 (0.04)	0.6-1.2%	87 (3.2)
71+.....	724	0.85 (0.02)	0.57 (0.02)	0.62 (0.02)	0.71 (0.02)	0.83 (0.02)	0.96 (0.02)	1.11 (0.03)	1.20 (0.04)	0.6-1.2%	87 (3.3)
51+.....	2432	0.84 (0.01)	0.56 (0.02)	0.61 (0.02)	0.70 (0.02)	0.82 (0.01)	0.96 (0.02)	1.10 (0.03)	1.19 (0.04)	0.6-1.2%	87 (3.2)
19+.....	5157	0.81 (0.01)	0.53 (0.02)	0.58 (0.02)	0.68 (0.01)	0.79 (0.01)	0.92 (0.02)	1.06 (0.03)	1.15 (0.04)	0.6-1.2%	85 (3.2)
<b>All:</b>											
1+.....	16175	0.74 (0.01)	0.49 (0.01)	0.53 (0.01)	0.61 (0.01)	0.72 (0.01)	0.84 (0.01)	0.97 (0.02)	1.06 (0.03)	0.6-1.2%	77 (1.7)

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**TABLE NOTES**

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

The table includes data from 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.

**Usual Nutrient Intakes**

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

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

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

**DRI Definitions**

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

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

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

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

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

**Symbol Legend**

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

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

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

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

# Indicates a non-zero value too small to report.

**CITATION**

USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>