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USUAL NUTRIENT INTAKE

from Food and Beverages, by Gender and Age

What We Eat in America, NHANES 2015-2018

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

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

Table A 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	1426 (29)	960 (25)	1045 (25)	1210 (26)	1401 (28)	1618 (34)	1836 (42)	1976 (47)
4-8.....	720	1829 (28)	1269 (27)	1375 (27)	1570 (27)	1804 (28)	2062 (32)	2316 (40)	2477 (44)
9-13.....	740	2072 (46)	1352 (43)	1489 (41)	1740 (43)	2040 (45)	2363 (51)	2695 (66)	2906 (74)
14-18.....	715	2260 (48)	1501 (44)	1646 (42)	1906 (42)	2224 (46)	2574 (58)	2916 (72)	3135 (83)
19-30.....	919	2453 (33)	1467 (38)	1654 (37)	1991 (33)	2407 (33)	2862 (38)	3314 (45)	3596 (53)
31-50.....	1469	2557 (45)	1554 (47)	1744 (46)	2086 (45)	2507 (45)	2980 (50)	3434 (61)	3722 (69)
19-50.....	2388	2515 (31)	1514 (38)	1704 (36)	2044 (33)	2466 (32)	2933 (36)	3387 (47)	3675 (56)
51-70.....	1700	2456 (33)	1469 (35)	1651 (35)	1998 (32)	2408 (33)	2867 (39)	3315 (49)	3609 (58)
71+.....	762	2200 (35)	1275 (42)	1447 (39)	1769 (36)	2154 (35)	2585 (39)	3006 (47)	3263 (53)
51+.....	2462	2390 (26)	1404 (32)	1588 (31)	1932 (27)	2342 (25)	2800 (32)	3245 (42)	3540 (52)
19+.....	4850	2460 (18)	1462 (32)	1651 (29)	1994 (23)	2412 (18)	2876 (24)	3332 (37)	3619 (46)
Females:									
1-3.....	488	1323 (23)	873 (16)	961 (16)	1115 (18)	1302 (22)	1508 (29)	1713 (39)	1848 (45)
4-8.....	731	1618 (18)	1109 (21)	1204 (20)	1379 (18)	1595 (18)	1829 (22)	2063 (28)	2215 (34)
9-13.....	770	1934 (33)	1252 (37)	1378 (36)	1613 (31)	1899 (33)	2217 (41)	2532 (53)	2737 (60)
14-18.....	706	1767 (47)	1128 (45)	1246 (45)	1466 (45)	1734 (47)	2034 (52)	2327 (62)	2516 (68)
19-30.....	904	1887 (22)	1147 (28)	1288 (26)	1544 (22)	1856 (22)	2194 (28)	2526 (41)	2734 (48)
31-50.....	1564	1880 (21)	1140 (30)	1278 (27)	1539 (23)	1848 (21)	2188 (25)	2517 (34)	2730 (42)
19-50.....	2468	1883 (17)	1143 (27)	1281 (24)	1541 (19)	1851 (17)	2191 (22)	2521 (33)	2731 (41)
51-70.....	1745	1800 (27)	1081 (23)	1218 (21)	1466 (22)	1766 (26)	2099 (37)	2427 (48)	2632 (57)
71+.....	750	1674 (32)	986 (29)	1117 (28)	1352 (29)	1641 (32)	1960 (38)	2270 (49)	2467 (55)
51+.....	2495	1764 (25)	1048 (22)	1185 (21)	1431 (20)	1731 (23)	2062 (34)	2384 (45)	2595 (54)
19+.....	4963	1825 (16)	1092 (22)	1230 (19)	1484 (15)	1792 (15)	2129 (24)	2460 (35)	2671 (43)
All:									
1+.....	15210	2065 (11)	1167 (14)	1318 (11)	1606 (10)	1985 (12)	2440 (18)	2923 (24)	3239 (32)

Table A 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	51.6 (1.0)	34.3 (1.0)	37.5 (1.0)	43.6 (1.0)	50.7 (1.0)	58.8 (1.1)	66.8 (1.3)	72.0 (1.4)
4-8.....	720	63.2 (1.0)	43.2 (1.0)	47.0 (0.9)	53.9 (0.9)	62.3 (1.0)	71.5 (1.1)	80.6 (1.3)	86.3 (1.5)
9-13.....	740	72.3 (2.2)	44.3 (2.7)	49.4 (2.6)	59.1 (2.4)	70.8 (2.3)	83.6 (2.2)	96.8 (2.9)	105.3 (3.4)
14-18.....	715	85.7 (1.5)	54.4 (1.7)	60.3 (1.6)	70.9 (1.4)	84.1 (1.5)	98.6 (2.0)	113.0 (2.7)	122.2 (3.4)
19-30.....	919	98.0 (2.4)	58.3 (2.2)	65.7 (2.2)	79.2 (2.2)	96.0 (2.4)	114.5 (3.0)	132.9 (3.5)	144.4 (4.0)
31-50.....	1469	99.0 (2.6)	59.3 (2.0)	66.7 (2.1)	80.1 (2.3)	96.8 (2.6)	115.7 (3.0)	133.9 (3.6)	145.5 (4.1)
19-50.....	2388	98.6 (1.6)	58.8 (1.7)	66.3 (1.6)	79.7 (1.4)	96.5 (1.5)	115.2 (2.0)	133.5 (2.7)	145.1 (3.1)
51-70.....	1700	95.7 (1.7)	56.6 (1.7)	63.7 (1.7)	77.4 (1.7)	93.7 (1.6)	112.1 (2.1)	130.1 (2.8)	142.0 (3.3)
71+.....	762	82.0 (1.6)	46.4 (1.9)	52.9 (1.8)	65.2 (1.7)	80.1 (1.6)	96.9 (1.8)	113.4 (2.3)	123.5 (2.6)
51+.....	2462	92.2 (1.3)	52.8 (1.4)	60.1 (1.4)	73.7 (1.3)	90.1 (1.3)	108.6 (1.7)	126.6 (2.5)	138.7 (3.1)
19+.....	4850	95.8 (1.2)	55.8 (1.3)	63.3 (1.2)	77.0 (1.0)	93.7 (1.2)	112.4 (1.7)	130.8 (2.4)	142.5 (2.9)
Females:									
1-3.....	488	47.9 (0.8)	31.1 (0.8)	34.4 (0.8)	40.2 (0.8)	47.1 (0.8)	54.8 (0.9)	62.4 (1.0)	67.4 (1.2)
4-8.....	731	55.6 (0.7)	37.4 (0.9)	40.8 (0.9)	47.1 (0.8)	54.8 (0.7)	63.2 (0.8)	71.5 (0.9)	76.9 (1.1)
9-13.....	770	66.8 (2.1)	40.5 (2.0)	45.2 (2.0)	54.2 (2.0)	65.3 (2.1)	77.8 (2.2)	90.3 (2.6)	98.5 (3.0)
14-18.....	706	62.2 (2.2)	37.2 (2.0)	41.7 (1.9)	50.2 (2.0)	60.7 (2.2)	72.7 (2.6)	84.4 (3.2)	92.1 (3.7)
19-30.....	904	70.7 (1.0)	43.2 (1.1)	48.5 (1.1)	58.0 (1.0)	69.5 (1.0)	82.1 (1.2)	94.3 (1.5)	102.0 (1.7)
31-50.....	1564	71.5 (1.0)	43.8 (1.1)	49.0 (1.1)	58.8 (1.0)	70.4 (1.0)	83.1 (1.2)	95.3 (1.4)	103.2 (1.6)
19-50.....	2468	71.2 (0.8)	43.6 (1.0)	48.8 (0.9)	58.5 (0.8)	70.0 (0.8)	82.7 (0.9)	95.0 (1.2)	102.8 (1.5)
51-70.....	1745	69.2 (1.2)	42.1 (1.0)	47.3 (0.9)	56.6 (1.0)	67.9 (1.1)	80.4 (1.4)	92.7 (1.8)	100.3 (2.0)
71+.....	750	62.9 (1.4)	37.4 (1.2)	42.3 (1.2)	51.0 (1.3)	61.8 (1.4)	73.6 (1.6)	85.1 (1.9)	92.4 (2.0)
51+.....	2495	67.4 (1.0)	40.4 (0.9)	45.6 (0.9)	54.9 (0.9)	66.2 (1.0)	78.6 (1.3)	90.7 (1.6)	98.6 (1.9)
19+.....	4963	69.3 (0.8)	41.9 (0.8)	47.1 (0.8)	56.6 (0.7)	68.2 (0.8)	80.8 (1.0)	93.1 (1.3)	100.9 (1.5)
All:									
1+.....	15210	78.2 (0.6)	42.8 (0.4)	48.4 (0.5)	59.5 (0.5)	74.5 (0.6)	93.1 (0.8)	113.3 (1.2)	126.6 (1.7)

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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	527	4.25 (0.08)	2.84 (0.09)	3.11 (0.08)	3.61 (0.08)	4.19 (0.08)	4.83 (0.09)	5.48 (0.11)	5.89 (0.12)	0.87	<3
4-8.....	716	2.70 (0.05)	1.64 (0.06)	1.84 (0.06)	2.20 (0.05)	2.65 (0.05)	3.14 (0.05)	3.64 (0.05)	3.96 (0.06)	0.76	<3
9-13.....	735	1.75 (0.06)	0.91 (0.07)	1.06 (0.07)	1.35 (0.07)	1.70 (0.06)	2.08 (0.06)	2.49 (0.07)	2.74 (0.08)	0.76	<3
14-18.....	713	1.34 (0.03)	0.64 (0.04)	0.76 (0.04)	0.99 (0.03)	1.29 (0.03)	1.63 (0.04)	1.98 (0.05)	2.20 (0.07)	0.73	9 (1.7)
19-30.....	912	1.32 (0.04)	0.69 (0.04)	0.81 (0.04)	1.02 (0.04)	1.29 (0.04)	1.58 (0.04)	1.87 (0.05)	2.06 (0.05)	0.66	4 (1.1)
31-50.....	1460	1.30 (0.02)	0.68 (0.03)	0.80 (0.03)	1.00 (0.03)	1.26 (0.02)	1.56 (0.02)	1.85 (0.03)	2.03 (0.04)	0.66	4 (1.0)
19-50.....	2372	1.31 (0.02)	0.69 (0.03)	0.80 (0.03)	1.01 (0.03)	1.27 (0.02)	1.57 (0.02)	1.86 (0.03)	2.04 (0.03)	0.66	4 (0.9)
51-70.....	1680	1.27 (0.02)	0.66 (0.03)	0.77 (0.03)	0.98 (0.02)	1.24 (0.02)	1.53 (0.02)	1.82 (0.03)	2.01 (0.04)	0.66	5 (1.0)
71+.....	742	1.10 (0.02)	0.54 (0.03)	0.64 (0.03)	0.83 (0.02)	1.07 (0.02)	1.34 (0.03)	1.60 (0.04)	1.77 (0.05)	0.66	12 (1.7)
51+.....	2422	1.23 (0.02)	0.62 (0.03)	0.73 (0.02)	0.94 (0.02)	1.19 (0.02)	1.49 (0.02)	1.77 (0.03)	1.96 (0.04)	0.66	7 (1.0)
19+.....	4794	1.27 (0.01)	0.65 (0.03)	0.77 (0.03)	0.98 (0.02)	1.24 (0.02)	1.53 (0.02)	1.82 (0.02)	2.01 (0.03)	0.66	5 (0.9)
Females:											
1-3.....	488	3.94 (0.06)	2.57 (0.07)	2.85 (0.07)	3.32 (0.07)	3.89 (0.06)	4.50 (0.07)	5.11 (0.08)	5.51 (0.09)	0.87	<3
4-8.....	728	2.51 (0.04)	1.50 (0.05)	1.69 (0.04)	2.03 (0.04)	2.45 (0.04)	2.92 (0.05)	3.40 (0.06)	3.71 (0.07)	0.76	<3
9-13.....	765	1.60 (0.04)	0.82 (0.05)	0.95 (0.05)	1.22 (0.04)	1.55 (0.04)	1.93 (0.05)	2.31 (0.07)	2.56 (0.08)	0.76	4 (1.0)
14-18.....	697	1.08 (0.04)	0.47 (0.04)	0.57 (0.04)	0.77 (0.04)	1.03 (0.04)	1.33 (0.04)	1.64 (0.06)	1.85 (0.07)	0.71	20 (3.0)
19-30.....	893	1.14 (0.02)	0.63 (0.02)	0.73 (0.02)	0.90 (0.02)	1.12 (0.02)	1.36 (0.02)	1.59 (0.03)	1.73 (0.03)	0.66	6 (0.9)
31-50.....	1551	1.12 (0.01)	0.61 (0.02)	0.71 (0.02)	0.89 (0.02)	1.10 (0.01)	1.34 (0.02)	1.56 (0.02)	1.71 (0.03)	0.66	7 (1.1)
19-50.....	2444	1.13 (0.01)	0.62 (0.02)	0.71 (0.02)	0.89 (0.01)	1.11 (0.01)	1.34 (0.01)	1.57 (0.02)	1.72 (0.03)	0.66	7 (1.0)
51-70.....	1734	1.11 (0.02)	0.60 (0.02)	0.70 (0.02)	0.87 (0.02)	1.08 (0.02)	1.31 (0.03)	1.55 (0.04)	1.69 (0.04)	0.66	8 (1.0)
71+.....	735	1.03 (0.02)	0.55 (0.02)	0.64 (0.02)	0.81 (0.02)	1.01 (0.02)	1.24 (0.03)	1.46 (0.03)	1.60 (0.04)	0.66	11 (1.7)
51+.....	2469	1.09 (0.02)	0.59 (0.02)	0.68 (0.02)	0.85 (0.02)	1.06 (0.02)	1.29 (0.02)	1.52 (0.03)	1.67 (0.04)	0.66	9 (1.1)
19+.....	4913	1.11 (0.01)	0.60 (0.02)	0.70 (0.02)	0.87 (0.01)	1.08 (0.01)	1.32 (0.02)	1.55 (0.03)	1.70 (0.03)	0.66	8 (0.9)
All:											
1+.....	15076	1.42 (0.01)	0.64 (0.01)	0.75 (0.01)	0.96 (0.01)	1.23 (0.01)	1.61 (0.01)	2.24 (0.02)	3.05 (0.03)		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, 2015-2018

	N	Mean (SE)	Percentiles						EAR	<EAR % (SE)	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)			95th (SE)
Males:											
1-3.....	527	186 (4)	122 (4)	134 (4)	156 (4)	182 (4)	212 (5)	242 (6)	262 (7)	100	<3
4-8.....	720	240 (5)	163 (4)	178 (4)	204 (4)	236 (4)	272 (5)	307 (7)	329 (8)	100	<3
9-13.....	740	269 (5)	172 (6)	190 (5)	224 (5)	265 (5)	309 (6)	353 (8)	382 (9)	100	<3
14-18.....	715	281 (7)	181 (5)	200 (5)	235 (6)	276 (6)	322 (8)	367 (10)	395 (11)	100	<3
19-30.....	919	281 (4)	150 (4)	174 (4)	217 (4)	273 (4)	335 (5)	398 (7)	438 (8)	100	<3
31-50.....	1469	293 (6)	160 (6)	184 (6)	228 (6)	284 (6)	349 (6)	412 (8)	453 (9)	100	<3
19-50.....	2388	288 (4)	155 (4)	179 (4)	223 (4)	279 (4)	343 (4)	407 (6)	448 (7)	100	<3
51-70.....	1700	277 (4)	148 (4)	171 (4)	215 (4)	269 (4)	331 (5)	394 (7)	435 (8)	100	<3
71+.....	762	255 (4)	132 (5)	154 (5)	196 (4)	247 (4)	306 (5)	365 (7)	402 (8)	100	<3
51+.....	2462	272 (3)	143 (4)	166 (4)	210 (3)	263 (3)	325 (4)	387 (6)	428 (8)	100	<3
19+.....	4850	281 (2)	149 (4)	173 (3)	217 (3)	273 (2)	335 (3)	399 (5)	439 (7)	100	<3
Females:											
1-3.....	488	174 (4)	112 (2)	124 (2)	145 (3)	171 (3)	199 (5)	228 (6)	247 (7)	100	<3
4-8.....	731	215 (3)	145 (3)	158 (3)	182 (3)	212 (2)	245 (3)	277 (4)	298 (5)	100	<3
9-13.....	770	253 (4)	160 (4)	178 (4)	210 (4)	249 (4)	292 (5)	335 (6)	363 (8)	100	<3
14-18.....	706	224 (5)	138 (5)	154 (5)	184 (5)	220 (5)	260 (5)	299 (6)	325 (7)	100	<3
19-30.....	904	222 (3)	123 (4)	141 (4)	175 (3)	217 (3)	264 (4)	311 (6)	342 (7)	100	<3
31-50.....	1564	222 (4)	122 (4)	140 (4)	175 (3)	216 (4)	264 (4)	311 (6)	342 (7)	100	<3
19-50.....	2468	222 (3)	122 (4)	140 (3)	175 (3)	217 (3)	264 (4)	311 (5)	342 (6)	100	<3
51-70.....	1745	209 (4)	113 (3)	131 (3)	163 (3)	203 (4)	249 (6)	295 (7)	325 (9)	100	<3
71+.....	750	202 (4)	109 (3)	125 (3)	157 (3)	196 (4)	241 (5)	285 (7)	314 (8)	100	3 (0.7)
51+.....	2495	207 (4)	112 (3)	129 (3)	161 (3)	201 (4)	247 (5)	292 (7)	322 (8)	100	<3
19+.....	4963	215 (3)	117 (3)	134 (3)	167 (2)	209 (2)	256 (4)	303 (5)	333 (6)	100	<3
All:											
1+.....	15210	245 (1)	131 (2)	150 (2)	187 (1)	235 (2)	292 (2)	352 (4)	392 (5)	100	<3

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	92 (3)	56 (2)	62 (2)	75 (2)	90 (2)	107 (3)	125 (4)	137 (5)
4-8.....	720	109 (3)	68 (2)	75 (2)	89 (2)	107 (3)	127 (3)	146 (4)	159 (5)
9-13.....	740	121 (4)	66 (4)	76 (4)	95 (4)	118 (4)	143 (4)	170 (5)	187 (6)
14-18.....	715	121 (3)	67 (3)	77 (3)	95 (3)	118 (3)	144 (4)	170 (5)	187 (6)
19-30.....	919	112 (4)	41 (4)	52 (4)	73 (4)	104 (4)	141 (5)	183 (7)	211 (9)
31-50.....	1469	125 (4)	48 (4)	60 (5)	83 (5)	116 (5)	157 (5)	201 (7)	231 (8)
19-50.....	2388	120 (4)	45 (4)	56 (4)	79 (4)	111 (4)	151 (4)	194 (5)	224 (7)
51-70.....	1700	120 (4)	45 (2)	56 (3)	79 (3)	111 (3)	151 (4)	194 (6)	224 (8)
71+.....	762	114 (5)	42 (3)	53 (3)	75 (4)	105 (5)	144 (6)	185 (7)	212 (8)
51+.....	2462	118 (3)	44 (2)	55 (3)	78 (3)	109 (3)	149 (4)	191 (5)	221 (7)
19+.....	4850	119 (2)	45 (3)	56 (3)	79 (3)	110 (3)	150 (3)	193 (5)	223 (6)
Females:									
1-3.....	488	88 (3)	52 (2)	59 (2)	71 (2)	86 (2)	103 (3)	120 (5)	132 (5)
4-8.....	731	99 (1)	61 (2)	68 (2)	81 (2)	97 (1)	115 (2)	134 (3)	146 (4)
9-13.....	770	115 (3)	63 (3)	72 (3)	89 (3)	111 (3)	137 (3)	162 (4)	179 (5)
14-18.....	706	98 (3)	51 (2)	60 (3)	75 (3)	95 (3)	118 (4)	141 (5)	156 (5)
19-30.....	904	96 (3)	39 (2)	47 (2)	65 (2)	90 (3)	120 (3)	152 (5)	173 (5)
31-50.....	1564	97 (2)	39 (2)	48 (2)	66 (2)	91 (2)	121 (3)	154 (3)	176 (4)
19-50.....	2468	97 (2)	39 (2)	48 (1)	66 (1)	91 (1)	121 (2)	153 (3)	175 (4)
51-70.....	1745	94 (3)	38 (2)	46 (2)	64 (2)	88 (3)	117 (3)	150 (4)	171 (5)
71+.....	750	93 (2)	37 (2)	46 (2)	63 (2)	87 (2)	116 (3)	147 (4)	168 (5)
51+.....	2495	94 (2)	38 (2)	46 (2)	64 (2)	87 (2)	117 (3)	149 (4)	170 (4)
19+.....	4963	95 (1)	38 (1)	47 (1)	65 (1)	89 (1)	119 (2)	151 (3)	173 (3)
All:									
1+.....	15210	107 (1)	44 (1)	54 (1)	74 (1)	100 (1)	132 (1)	168 (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, 2015-2018

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	10.8 (0.3)	5.9 (0.3)	6.8 (0.3)	8.4 (0.3)	10.5 (0.3)	12.8 (0.4)	15.3 (0.5)	16.9 (0.6)	19	<3	
4-8.....	720	13.8 (0.4)	8.0 (0.4)	9.0 (0.4)	11.0 (0.4)	13.5 (0.4)	16.2 (0.5)	19.0 (0.6)	20.8 (0.6)	25	<3	
9-13.....	740	15.6 (0.5)	8.6 (0.4)	9.8 (0.4)	12.2 (0.4)	15.1 (0.5)	18.4 (0.6)	21.8 (0.7)	24.1 (0.8)	31	<3	
14-18.....	715	15.7 (0.4)	8.7 (0.3)	10.0 (0.3)	12.3 (0.3)	15.2 (0.4)	18.6 (0.5)	22.0 (0.6)	24.2 (0.7)	38	<3	
19-30.....	919	17.4 (0.4)	7.5 (0.2)	9.1 (0.3)	12.2 (0.3)	16.5 (0.4)	21.6 (0.6)	26.9 (0.8)	30.4 (1.0)	38	<3	
31-50.....	1469	19.1 (0.5)	8.5 (0.4)	10.2 (0.4)	13.6 (0.4)	18.1 (0.5)	23.5 (0.6)	29.1 (0.8)	32.8 (0.9)	38	<3	
19-50.....	2388	18.4 (0.4)	8.0 (0.3)	9.7 (0.3)	13.0 (0.3)	17.4 (0.3)	22.8 (0.5)	28.3 (0.7)	31.9 (0.9)	38	<3	
51-70.....	1700	19.1 (0.4)	8.5 (0.3)	10.2 (0.3)	13.7 (0.3)	18.2 (0.4)	23.6 (0.5)	29.2 (0.7)	33.0 (0.9)	30	9 (1.1)	
71+.....	762	18.5 (0.5)	8.1 (0.4)	9.8 (0.4)	13.2 (0.4)	17.6 (0.4)	22.9 (0.6)	28.4 (0.8)	31.8 (0.9)	30	7 (1.2)	
51+.....	2462	19.0 (0.3)	8.4 (0.3)	10.1 (0.3)	13.6 (0.3)	18.0 (0.3)	23.4 (0.5)	29.0 (0.7)	32.7 (0.9)	30	8 (1.1)	
19+.....	4850	18.6 (0.3)	8.2 (0.2)	9.9 (0.2)	13.2 (0.2)	17.7 (0.2)	23.1 (0.4)	28.6 (0.6)	32.3 (0.8)		4 (0.6)	
Females:												
1-3.....	488	10.7 (0.3)	5.8 (0.3)	6.7 (0.3)	8.3 (0.2)	10.4 (0.3)	12.7 (0.3)	15.1 (0.4)	16.7 (0.5)	19	<3	
4-8.....	731	12.7 (0.3)	7.2 (0.3)	8.2 (0.3)	10.0 (0.3)	12.4 (0.3)	15.0 (0.4)	17.6 (0.5)	19.3 (0.5)	25	<3	
9-13.....	770	15.3 (0.4)	8.4 (0.4)	9.6 (0.3)	11.9 (0.3)	14.8 (0.3)	18.1 (0.4)	21.5 (0.6)	23.7 (0.7)	26	<3	
14-18.....	706	13.5 (0.3)	7.3 (0.3)	8.4 (0.3)	10.4 (0.3)	13.1 (0.3)	16.2 (0.4)	19.2 (0.5)	21.3 (0.6)	26	<3	
19-30.....	904	14.8 (0.4)	6.8 (0.2)	8.1 (0.3)	10.7 (0.3)	14.1 (0.3)	18.1 (0.4)	22.3 (0.6)	25.1 (0.7)	25	5 (0.8)	
31-50.....	1564	15.8 (0.4)	7.4 (0.3)	8.8 (0.3)	11.6 (0.3)	15.1 (0.4)	19.3 (0.5)	23.7 (0.6)	26.6 (0.7)	25	7 (1.2)	
19-50.....	2468	15.4 (0.3)	7.2 (0.2)	8.5 (0.2)	11.2 (0.3)	14.7 (0.3)	18.9 (0.4)	23.2 (0.6)	26.1 (0.7)	25	6 (1.0)	
51-70.....	1745	15.8 (0.4)	7.5 (0.3)	8.9 (0.3)	11.6 (0.3)	15.1 (0.4)	19.3 (0.5)	23.7 (0.7)	26.6 (0.8)	21	18 (2.1)	
71+.....	750	15.4 (0.4)	7.3 (0.4)	8.6 (0.4)	11.2 (0.4)	14.7 (0.4)	18.8 (0.5)	23.1 (0.6)	25.9 (0.6)	21	16 (1.8)	
51+.....	2495	15.7 (0.4)	7.4 (0.3)	8.8 (0.3)	11.5 (0.3)	15.0 (0.3)	19.1 (0.4)	23.5 (0.5)	26.4 (0.7)	21	17 (1.7)	
19+.....	4963	15.6 (0.3)	7.3 (0.2)	8.7 (0.2)	11.3 (0.2)	14.8 (0.3)	19.0 (0.4)	23.3 (0.5)	26.2 (0.6)		12 (1.2)	
All:												
1+.....	15210	16.3 (0.2)	7.5 (0.1)	8.9 (0.1)	11.6 (0.2)	15.3 (0.2)	19.9 (0.3)	25.0 (0.4)	28.5 (0.5)		6 (0.6)	

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	55.3 (1.3)	34.6 (1.1)	38.3 (1.0)	45.5 (1.1)	54.1 (1.2)	63.9 (1.6)	73.8 (2.1)	80.2 (2.4)
4-8.....	720	71.0 (1.2)	46.2 (1.3)	50.8 (1.2)	59.3 (1.2)	69.8 (1.2)	81.3 (1.5)	92.8 (2.0)	100.1 (2.3)
9-13.....	740	81.6 (1.7)	50.2 (1.7)	56.0 (1.6)	66.9 (1.6)	80.0 (1.6)	94.3 (2.1)	109.1 (2.8)	118.6 (3.3)
14-18.....	715	88.9 (2.0)	55.8 (1.8)	62.1 (1.7)	73.3 (1.7)	87.2 (2.0)	102.7 (2.5)	117.9 (3.2)	127.7 (3.9)
19-30.....	919	96.1 (2.2)	52.1 (2.1)	60.1 (2.1)	74.8 (2.1)	93.5 (2.2)	114.4 (2.5)	135.5 (2.9)	148.8 (3.2)
31-50.....	1469	101.3 (2.2)	56.1 (2.1)	64.4 (2.1)	79.5 (2.1)	98.5 (2.2)	120.4 (2.6)	141.7 (3.3)	155.4 (3.9)
19-50.....	2388	99.2 (1.7)	54.2 (1.8)	62.5 (1.7)	77.5 (1.7)	96.5 (1.7)	118.1 (2.0)	139.3 (2.6)	153.0 (3.1)
51-70.....	1700	100.0 (1.7)	54.9 (1.7)	63.0 (1.7)	78.5 (1.6)	97.4 (1.7)	118.9 (2.1)	140.2 (2.9)	154.3 (3.5)
71+.....	762	92.5 (2.3)	49.5 (2.4)	57.2 (2.3)	72.0 (2.3)	90.0 (2.3)	110.5 (2.6)	130.8 (3.0)	143.3 (3.4)
51+.....	2462	98.1 (1.3)	53.2 (1.5)	61.2 (1.5)	76.7 (1.3)	95.4 (1.3)	116.7 (1.5)	137.9 (2.2)	151.9 (2.8)
19+.....	4850	98.7 (1.1)	53.8 (1.5)	61.9 (1.4)	77.1 (1.2)	96.0 (1.1)	117.5 (1.5)	138.7 (2.1)	152.5 (2.6)
Females:									
1-3.....	488	50.9 (1.0)	31.0 (0.8)	34.8 (0.8)	41.5 (0.8)	49.8 (0.9)	59.1 (1.3)	68.5 (1.8)	74.6 (2.1)
4-8.....	731	61.8 (0.9)	39.5 (1.2)	43.6 (1.1)	51.2 (1.0)	60.7 (0.9)	71.1 (1.1)	81.6 (1.5)	88.5 (1.9)
9-13.....	770	76.0 (2.0)	46.2 (1.9)	51.6 (1.8)	61.8 (1.8)	74.3 (1.9)	88.3 (2.6)	102.4 (3.2)	111.6 (3.6)
14-18.....	706	71.2 (2.3)	42.8 (2.5)	48.0 (2.4)	57.7 (2.4)	69.6 (2.4)	83.1 (2.6)	96.4 (3.2)	105.0 (3.6)
19-30.....	904	76.6 (1.2)	41.5 (1.1)	47.8 (1.1)	59.7 (1.1)	74.5 (1.2)	91.2 (1.5)	108.0 (2.0)	118.7 (2.3)
31-50.....	1564	76.1 (1.1)	41.0 (1.2)	47.2 (1.2)	59.2 (1.1)	74.0 (1.1)	90.7 (1.3)	107.3 (1.6)	118.2 (2.0)
19-50.....	2468	76.2 (0.9)	41.2 (1.1)	47.4 (1.0)	59.4 (1.0)	74.2 (1.0)	90.9 (1.1)	107.5 (1.5)	118.4 (1.9)
51-70.....	1745	74.4 (1.5)	40.0 (1.1)	46.2 (1.1)	57.8 (1.2)	72.2 (1.5)	88.7 (1.9)	105.4 (2.4)	116.0 (2.8)
71+.....	750	68.9 (1.4)	36.2 (1.1)	42.1 (1.1)	53.0 (1.2)	66.8 (1.4)	82.5 (1.8)	98.2 (2.2)	108.3 (2.5)
51+.....	2495	72.8 (1.3)	38.7 (0.9)	44.9 (0.9)	56.3 (1.0)	70.7 (1.2)	87.0 (1.7)	103.4 (2.1)	114.2 (2.6)
19+.....	4963	74.6 (0.9)	39.9 (0.9)	46.1 (0.8)	57.8 (0.7)	72.5 (0.8)	89.0 (1.2)	105.7 (1.6)	116.4 (2.0)
All:									
1+.....	15210	83.0 (0.7)	43.0 (0.5)	49.6 (0.5)	62.3 (0.5)	79.3 (0.7)	99.6 (0.9)	121.3 (1.3)	135.5 (1.7)

Table A 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	20.2 (0.6)	12.4 (0.4)	13.8 (0.4)	16.5 (0.5)	19.7 (0.5)	23.4 (0.7)	27.2 (1.0)	29.6 (1.1)
4-8.....	720	25.2 (0.5)	16.1 (0.5)	17.8 (0.5)	20.9 (0.4)	24.7 (0.5)	29.0 (0.6)	33.3 (0.8)	36.0 (1.0)
9-13.....	740	28.4 (0.7)	16.4 (0.7)	18.5 (0.7)	22.6 (0.7)	27.6 (0.7)	33.2 (0.8)	39.1 (1.1)	43.0 (1.4)
14-18.....	715	30.9 (0.8)	18.2 (0.7)	20.5 (0.7)	24.7 (0.7)	30.1 (0.8)	36.1 (1.0)	42.2 (1.3)	46.2 (1.5)
19-30.....	919	31.8 (0.7)	16.5 (0.7)	19.2 (0.7)	24.3 (0.7)	30.8 (0.7)	38.2 (0.9)	45.7 (1.1)	50.5 (1.3)
31-50.....	1469	33.1 (0.6)	17.5 (0.6)	20.3 (0.6)	25.4 (0.6)	32.0 (0.6)	39.7 (0.8)	47.3 (1.0)	52.2 (1.2)
19-50.....	2388	32.6 (0.5)	17.1 (0.5)	19.8 (0.5)	24.9 (0.5)	31.5 (0.5)	39.1 (0.6)	46.7 (0.8)	51.6 (1.0)
51-70.....	1700	32.5 (0.6)	17.0 (0.6)	19.7 (0.6)	25.0 (0.6)	31.5 (0.6)	39.0 (0.8)	46.5 (1.0)	51.6 (1.2)
71+.....	762	30.8 (0.8)	15.8 (0.7)	18.4 (0.7)	23.5 (0.7)	29.8 (0.8)	37.0 (0.9)	44.3 (1.1)	48.8 (1.2)
51+.....	2462	32.1 (0.5)	16.7 (0.5)	19.3 (0.5)	24.6 (0.4)	31.0 (0.5)	38.5 (0.6)	46.0 (0.9)	51.0 (1.1)
19+.....	4850	32.4 (0.4)	16.9 (0.5)	19.6 (0.5)	24.8 (0.4)	31.3 (0.4)	38.8 (0.5)	46.4 (0.8)	51.3 (1.0)
Females:									
1-3.....	488	18.5 (0.5)	11.1 (0.4)	12.5 (0.4)	15.0 (0.4)	18.1 (0.5)	21.5 (0.6)	25.1 (0.7)	27.4 (0.9)
4-8.....	731	21.8 (0.3)	13.6 (0.4)	15.1 (0.4)	17.9 (0.4)	21.4 (0.3)	25.2 (0.4)	29.1 (0.6)	31.7 (0.8)
9-13.....	770	26.5 (0.7)	15.1 (0.6)	17.1 (0.6)	20.9 (0.6)	25.7 (0.6)	31.2 (0.9)	36.8 (1.2)	40.5 (1.3)
14-18.....	706	23.8 (0.8)	13.3 (0.7)	15.1 (0.7)	18.6 (0.7)	23.1 (0.8)	28.2 (1.0)	33.3 (1.3)	36.7 (1.5)
19-30.....	904	24.9 (0.5)	12.6 (0.4)	14.8 (0.4)	18.8 (0.4)	24.0 (0.5)	30.0 (0.7)	36.1 (0.9)	40.0 (1.1)
31-50.....	1564	24.6 (0.5)	12.4 (0.5)	14.5 (0.5)	18.6 (0.5)	23.7 (0.5)	29.7 (0.6)	35.7 (0.7)	39.7 (0.8)
19-50.....	2468	24.7 (0.4)	12.5 (0.4)	14.6 (0.4)	18.7 (0.4)	23.8 (0.4)	29.8 (0.5)	35.8 (0.7)	39.8 (0.8)
51-70.....	1745	24.1 (0.5)	12.2 (0.4)	14.2 (0.4)	18.2 (0.4)	23.2 (0.4)	29.1 (0.6)	35.2 (0.9)	39.1 (1.0)
71+.....	750	22.8 (0.6)	11.4 (0.5)	13.3 (0.5)	17.1 (0.6)	22.0 (0.7)	27.6 (0.7)	33.4 (0.9)	37.1 (1.1)
51+.....	2495	23.8 (0.4)	11.9 (0.4)	14.0 (0.4)	17.9 (0.4)	22.9 (0.4)	28.7 (0.6)	34.7 (0.8)	38.6 (1.0)
19+.....	4963	24.2 (0.3)	12.2 (0.3)	14.3 (0.3)	18.3 (0.3)	23.4 (0.3)	29.3 (0.4)	35.3 (0.6)	39.3 (0.8)
All:									
1+.....	15210	27.5 (0.2)	13.7 (0.2)	16.0 (0.2)	20.3 (0.1)	26.2 (0.2)	33.2 (0.3)	40.8 (0.5)	45.7 (0.7)

Table A 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	18.0 (0.5)	11.0 (0.4)	12.3 (0.4)	14.7 (0.4)	17.6 (0.5)	20.9 (0.6)	24.2 (0.7)	26.4 (0.8)
4-8.....	720	23.5 (0.4)	15.1 (0.4)	16.7 (0.4)	19.6 (0.4)	23.1 (0.4)	27.1 (0.5)	31.0 (0.6)	33.5 (0.7)
9-13.....	740	27.3 (0.6)	16.4 (0.6)	18.4 (0.6)	22.1 (0.6)	26.7 (0.6)	31.6 (0.7)	36.8 (0.9)	40.1 (1.1)
14-18.....	715	29.7 (0.8)	18.3 (0.6)	20.4 (0.6)	24.2 (0.7)	29.0 (0.8)	34.4 (1.0)	39.7 (1.2)	43.1 (1.4)
19-30.....	919	32.9 (0.7)	17.4 (0.6)	20.2 (0.6)	25.3 (0.7)	31.9 (0.7)	39.4 (0.9)	47.1 (1.1)	51.9 (1.3)
31-50.....	1469	35.3 (0.7)	19.1 (0.6)	22.0 (0.6)	27.4 (0.7)	34.2 (0.7)	42.1 (0.9)	50.0 (1.2)	55.0 (1.4)
19-50.....	2388	34.3 (0.6)	18.3 (0.6)	21.2 (0.5)	26.5 (0.5)	33.3 (0.6)	41.1 (0.7)	48.9 (1.0)	53.9 (1.2)
51-70.....	1700	35.2 (0.6)	19.0 (0.7)	21.8 (0.6)	27.4 (0.6)	34.2 (0.6)	42.0 (0.7)	49.9 (0.9)	55.2 (1.1)
71+.....	762	32.4 (0.8)	17.0 (0.8)	19.7 (0.8)	24.9 (0.8)	31.4 (0.8)	38.8 (0.9)	46.2 (1.1)	50.8 (1.2)
51+.....	2462	34.5 (0.5)	18.4 (0.6)	21.2 (0.6)	26.7 (0.5)	33.4 (0.5)	41.2 (0.5)	49.0 (0.8)	54.2 (1.0)
19+.....	4850	34.4 (0.4)	18.3 (0.5)	21.2 (0.5)	26.6 (0.4)	33.4 (0.4)	41.1 (0.6)	48.9 (0.8)	54.0 (1.0)
Females:									
1-3.....	488	16.8 (0.3)	10.1 (0.3)	11.4 (0.2)	13.6 (0.3)	16.5 (0.3)	19.6 (0.4)	22.8 (0.6)	24.9 (0.7)
4-8.....	731	20.5 (0.3)	12.9 (0.4)	14.3 (0.4)	16.9 (0.3)	20.1 (0.3)	23.7 (0.4)	27.3 (0.6)	29.6 (0.7)
9-13.....	770	25.2 (0.7)	15.0 (0.5)	16.8 (0.5)	20.3 (0.5)	24.6 (0.7)	29.4 (0.9)	34.3 (1.0)	37.5 (1.2)
14-18.....	706	23.7 (0.8)	14.0 (0.7)	15.7 (0.7)	19.0 (0.7)	23.1 (0.8)	27.8 (0.9)	32.4 (1.1)	35.4 (1.2)
19-30.....	904	26.2 (0.5)	13.8 (0.4)	16.0 (0.4)	20.1 (0.4)	25.4 (0.5)	31.4 (0.6)	37.5 (0.8)	41.4 (1.0)
31-50.....	1564	26.2 (0.5)	13.8 (0.5)	15.9 (0.5)	20.1 (0.5)	25.4 (0.5)	31.4 (0.5)	37.4 (0.7)	41.5 (0.9)
19-50.....	2468	26.2 (0.4)	13.8 (0.4)	15.9 (0.4)	20.1 (0.4)	25.4 (0.4)	31.4 (0.5)	37.5 (0.7)	41.4 (0.9)
51-70.....	1745	25.8 (0.7)	13.6 (0.4)	15.7 (0.4)	19.8 (0.5)	25.0 (0.6)	30.9 (0.8)	37.1 (1.0)	41.0 (1.2)
71+.....	750	23.5 (0.5)	12.1 (0.5)	14.1 (0.5)	17.9 (0.5)	22.7 (0.5)	28.3 (0.6)	34.0 (0.8)	37.7 (0.9)
51+.....	2495	25.2 (0.6)	13.1 (0.3)	15.2 (0.4)	19.2 (0.4)	24.3 (0.5)	30.3 (0.7)	36.2 (0.9)	40.2 (1.1)
19+.....	4963	25.7 (0.4)	13.4 (0.3)	15.6 (0.3)	19.7 (0.3)	24.9 (0.3)	30.8 (0.5)	36.9 (0.7)	40.9 (0.9)
All:									
1+.....	15210	28.5 (0.2)	14.3 (0.2)	16.6 (0.2)	21.0 (0.2)	27.1 (0.3)	34.5 (0.4)	42.4 (0.5)	47.7 (0.7)

Table A 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	11.6 (0.3)	6.3 (0.3)	7.1 (0.3)	8.9 (0.3)	11.1 (0.3)	13.8 (0.4)	16.6 (0.5)	18.5 (0.6)
4-8.....	720	15.6 (0.5)	8.9 (0.4)	10.0 (0.4)	12.2 (0.4)	15.1 (0.4)	18.4 (0.5)	21.8 (0.7)	24.1 (0.8)
9-13.....	740	18.3 (0.5)	11.0 (0.4)	12.3 (0.4)	14.8 (0.4)	17.9 (0.5)	21.3 (0.6)	24.9 (0.9)	27.3 (1.0)
14-18.....	715	19.4 (0.6)	11.8 (0.5)	13.2 (0.5)	15.7 (0.5)	18.9 (0.6)	22.6 (0.7)	26.3 (0.8)	28.7 (0.9)
19-30.....	919	21.8 (0.5)	11.2 (0.5)	13.0 (0.5)	16.4 (0.4)	21.0 (0.5)	26.2 (0.7)	31.7 (0.9)	35.2 (1.1)
31-50.....	1469	23.0 (0.6)	12.0 (0.6)	13.9 (0.5)	17.5 (0.5)	22.1 (0.6)	27.6 (0.8)	33.2 (1.1)	36.9 (1.4)
19-50.....	2388	22.5 (0.5)	11.6 (0.5)	13.5 (0.5)	17.0 (0.4)	21.6 (0.4)	27.1 (0.6)	32.6 (1.0)	36.3 (1.2)
51-70.....	1700	23.2 (0.6)	12.1 (0.5)	13.9 (0.4)	17.7 (0.4)	22.3 (0.5)	27.8 (0.7)	33.5 (1.0)	37.3 (1.3)
71+.....	762	21.3 (0.5)	10.9 (0.6)	12.6 (0.6)	16.1 (0.6)	20.5 (0.5)	25.7 (0.7)	31.0 (0.9)	34.3 (1.1)
51+.....	2462	22.7 (0.4)	11.7 (0.5)	13.5 (0.4)	17.2 (0.4)	21.8 (0.4)	27.3 (0.6)	32.9 (0.9)	36.6 (1.1)
19+.....	4850	22.6 (0.4)	11.7 (0.5)	13.5 (0.4)	17.1 (0.3)	21.7 (0.4)	27.2 (0.6)	32.7 (0.9)	36.4 (1.1)
Females:									
1-3.....	488	10.5 (0.3)	5.5 (0.2)	6.4 (0.2)	8.0 (0.2)	10.1 (0.3)	12.5 (0.4)	15.1 (0.6)	16.9 (0.7)
4-8.....	731	13.5 (0.4)	7.5 (0.4)	8.5 (0.4)	10.5 (0.3)	13.0 (0.4)	16.0 (0.4)	19.1 (0.5)	21.2 (0.6)
9-13.....	770	17.4 (0.5)	10.4 (0.4)	11.6 (0.4)	13.9 (0.4)	16.9 (0.5)	20.3 (0.7)	23.7 (0.9)	26.0 (1.1)
14-18.....	706	17.0 (0.6)	10.1 (0.6)	11.3 (0.6)	13.6 (0.6)	16.5 (0.6)	19.9 (0.7)	23.2 (0.8)	25.4 (0.9)
19-30.....	904	18.2 (0.4)	9.6 (0.3)	11.1 (0.3)	13.9 (0.3)	17.5 (0.4)	21.7 (0.4)	26.0 (0.6)	28.9 (0.7)
31-50.....	1564	18.2 (0.4)	9.6 (0.3)	11.1 (0.3)	13.9 (0.3)	17.5 (0.4)	21.7 (0.4)	26.0 (0.6)	28.9 (0.7)
19-50.....	2468	18.2 (0.3)	9.6 (0.3)	11.1 (0.3)	13.9 (0.3)	17.5 (0.3)	21.7 (0.4)	26.0 (0.5)	28.9 (0.6)
51-70.....	1745	17.4 (0.4)	9.2 (0.3)	10.6 (0.3)	13.3 (0.3)	16.8 (0.4)	20.9 (0.5)	25.1 (0.6)	27.9 (0.7)
71+.....	750	16.4 (0.4)	8.5 (0.3)	9.9 (0.3)	12.4 (0.3)	15.7 (0.4)	19.6 (0.5)	23.6 (0.6)	26.3 (0.7)
51+.....	2495	17.1 (0.3)	9.0 (0.3)	10.4 (0.3)	13.0 (0.3)	16.5 (0.3)	20.5 (0.4)	24.7 (0.5)	27.5 (0.6)
19+.....	4963	17.7 (0.3)	9.3 (0.3)	10.7 (0.2)	13.5 (0.2)	17.0 (0.3)	21.2 (0.3)	25.4 (0.5)	28.3 (0.6)
All:									
1+.....	15210	19.1 (0.2)	9.4 (0.1)	11.0 (0.1)	14.1 (0.2)	18.2 (0.2)	23.1 (0.3)	28.5 (0.4)	32.1 (0.6)

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, 2015-2018

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	10.4 (0.3)	5.5 (0.2)	6.3 (0.2)	8.0 (0.2)	10.0 (0.3)	12.4 (0.3)	14.9 (0.5)	16.6 (0.5)	7	85	(1.9)
4-8.....	720	14.1 (0.3)	7.9 (0.3)	9.0 (0.3)	11.0 (0.3)	13.6 (0.3)	16.6 (0.4)	19.7 (0.5)	21.8 (0.6)	10	83	(2.1)
9-13.....	740	16.5 (0.5)	9.8 (0.4)	11.0 (0.4)	13.3 (0.4)	16.1 (0.4)	19.2 (0.6)	22.5 (0.8)	24.7 (1.0)	12	84	(2.5)
14-18.....	715	17.4 (0.5)	10.5 (0.5)	11.7 (0.5)	14.0 (0.5)	16.9 (0.5)	20.3 (0.7)	23.6 (0.8)	25.8 (0.9)	16	58	(4.7)
19-30.....	919	19.4 (0.6)	9.9 (0.6)	11.5 (0.6)	14.6 (0.6)	18.6 (0.6)	23.3 (0.7)	28.2 (0.8)	31.3 (1.0)	17	60	(3.7)
31-50.....	1469	20.4 (0.6)	10.6 (0.5)	12.3 (0.5)	15.4 (0.5)	19.6 (0.6)	24.5 (0.7)	29.5 (1.0)	32.7 (1.2)	17	66	(3.2)
19-50.....	2388	20.0 (0.5)	10.3 (0.5)	11.9 (0.4)	15.1 (0.4)	19.2 (0.5)	24.0 (0.6)	29.0 (0.9)	32.2 (1.1)	17	64	(2.8)
51-70.....	1700	20.5 (0.4)	10.7 (0.4)	12.3 (0.4)	15.6 (0.3)	19.8 (0.4)	24.7 (0.6)	29.7 (0.8)	33.1 (1.1)	14	83	(1.6)
71+.....	762	18.8 (0.5)	9.5 (0.5)	11.1 (0.5)	14.2 (0.5)	18.1 (0.5)	22.7 (0.6)	27.4 (0.8)	30.4 (0.9)	14	76	(2.8)
51+.....	2462	20.1 (0.4)	10.3 (0.4)	12.0 (0.4)	15.2 (0.3)	19.3 (0.3)	24.2 (0.5)	29.1 (0.7)	32.5 (0.9)	14	81	(1.6)
19+.....	4850	20.0 (0.4)	10.3 (0.4)	11.9 (0.4)	15.1 (0.3)	19.2 (0.3)	24.1 (0.5)	29.0 (0.7)	32.3 (1.0)		71	(1.9)
Females:												
1-3.....	488	9.4 (0.3)	4.8 (0.2)	5.6 (0.2)	7.1 (0.2)	9.0 (0.3)	11.3 (0.4)	13.6 (0.5)	15.2 (0.6)	7	76	(2.9)
4-8.....	731	12.1 (0.3)	6.7 (0.3)	7.6 (0.3)	9.4 (0.3)	11.7 (0.3)	14.4 (0.4)	17.2 (0.5)	19.1 (0.6)	10	68	(3.5)
9-13.....	770	15.6 (0.5)	9.2 (0.4)	10.3 (0.4)	12.5 (0.4)	15.2 (0.5)	18.2 (0.6)	21.4 (0.8)	23.5 (0.9)	10	92	(1.9)
14-18.....	706	15.2 (0.5)	9.0 (0.5)	10.1 (0.5)	12.2 (0.5)	14.8 (0.5)	17.8 (0.6)	20.9 (0.7)	22.9 (0.8)	11	84	(3.4)
19-30.....	904	16.1 (0.3)	8.5 (0.3)	9.8 (0.3)	12.3 (0.3)	15.5 (0.3)	19.3 (0.4)	23.2 (0.5)	25.7 (0.6)	12	77	(2.0)
31-50.....	1564	16.1 (0.3)	8.5 (0.3)	9.7 (0.3)	12.3 (0.3)	15.5 (0.3)	19.3 (0.4)	23.2 (0.5)	25.8 (0.6)	12	77	(2.0)
19-50.....	2468	16.1 (0.3)	8.5 (0.3)	9.8 (0.2)	12.3 (0.2)	15.5 (0.3)	19.3 (0.3)	23.2 (0.4)	25.8 (0.5)	12	77	(1.6)
51-70.....	1745	15.4 (0.4)	8.0 (0.3)	9.3 (0.3)	11.7 (0.3)	14.8 (0.3)	18.4 (0.4)	22.3 (0.6)	24.7 (0.6)	11	80	(1.9)
71+.....	750	14.3 (0.3)	7.4 (0.2)	8.6 (0.2)	10.8 (0.3)	13.8 (0.3)	17.3 (0.4)	20.8 (0.5)	23.2 (0.6)	11	74	(2.3)
51+.....	2495	15.1 (0.3)	7.8 (0.2)	9.0 (0.2)	11.4 (0.2)	14.5 (0.3)	18.1 (0.4)	21.9 (0.5)	24.4 (0.6)	11	78	(1.7)
19+.....	4963	15.6 (0.2)	8.1 (0.2)	9.4 (0.2)	11.8 (0.2)	15.0 (0.2)	18.7 (0.3)	22.6 (0.4)	25.1 (0.5)		78	(1.4)
All:												
1+.....	15210	17.0 (0.2)	8.3 (0.1)	9.7 (0.1)	12.5 (0.1)	16.1 (0.2)	20.5 (0.2)	25.3 (0.3)	28.5 (0.5)		76	(0.9)

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	1.03 (0.04)	0.57 (0.03)	0.65 (0.03)	0.80 (0.03)	0.99 (0.04)	1.22 (0.04)	1.47 (0.06)	1.64 (0.07)	0.7	85	(3.1)
4-8.....	720	1.29 (0.04)	0.73 (0.04)	0.82 (0.04)	1.00 (0.04)	1.24 (0.04)	1.52 (0.04)	1.82 (0.05)	2.02 (0.06)	0.9	84	(3.0)
9-13.....	740	1.51 (0.05)	0.93 (0.04)	1.03 (0.04)	1.23 (0.04)	1.47 (0.04)	1.74 (0.06)	2.03 (0.09)	2.21 (0.11)	1.2	78	(3.3)
14-18.....	715	1.67 (0.07)	1.05 (0.07)	1.16 (0.07)	1.37 (0.07)	1.63 (0.07)	1.93 (0.07)	2.24 (0.07)	2.44 (0.08)	1.6	53	(6.5)
19-30.....	919	1.94 (0.05)	0.94 (0.05)	1.10 (0.05)	1.42 (0.05)	1.84 (0.05)	2.35 (0.07)	2.90 (0.11)	3.26 (0.14)	1.6	64	(2.8)
31-50.....	1469	2.14 (0.07)	1.06 (0.06)	1.24 (0.06)	1.58 (0.06)	2.03 (0.07)	2.59 (0.09)	3.17 (0.13)	3.56 (0.16)	1.6	74	(3.1)
19-50.....	2388	2.06 (0.06)	1.00 (0.05)	1.18 (0.05)	1.51 (0.05)	1.95 (0.05)	2.50 (0.07)	3.07 (0.11)	3.45 (0.14)	1.6	70	(2.6)
51-70.....	1700	2.16 (0.06)	1.07 (0.04)	1.25 (0.04)	1.60 (0.04)	2.06 (0.05)	2.62 (0.08)	3.20 (0.13)	3.61 (0.16)	1.6	75	(2.1)
71+.....	762	2.03 (0.05)	0.99 (0.06)	1.16 (0.05)	1.50 (0.05)	1.93 (0.05)	2.46 (0.07)	3.01 (0.10)	3.37 (0.13)	1.6	69	(2.7)
51+.....	2462	2.13 (0.04)	1.05 (0.04)	1.22 (0.04)	1.57 (0.04)	2.02 (0.04)	2.57 (0.07)	3.16 (0.11)	3.56 (0.14)	1.6	74	(1.9)
19+.....	4850	2.09 (0.04)	1.02 (0.04)	1.19 (0.04)	1.53 (0.03)	1.98 (0.04)	2.53 (0.06)	3.11 (0.10)	3.50 (0.13)	1.6	71	(1.8)
Females:												
1-3.....	488	0.92 (0.03)	0.50 (0.03)	0.57 (0.03)	0.71 (0.03)	0.88 (0.03)	1.09 (0.04)	1.32 (0.05)	1.48 (0.07)	0.7	76	(3.6)
4-8.....	731	1.16 (0.03)	0.65 (0.03)	0.73 (0.03)	0.90 (0.03)	1.11 (0.03)	1.37 (0.04)	1.64 (0.06)	1.83 (0.07)	0.9	75	(3.0)
9-13.....	770	1.50 (0.05)	0.93 (0.05)	1.03 (0.04)	1.22 (0.04)	1.46 (0.05)	1.74 (0.07)	2.02 (0.09)	2.21 (0.11)	1	92	(2.3)
14-18.....	706	1.48 (0.07)	0.92 (0.06)	1.02 (0.06)	1.21 (0.06)	1.44 (0.07)	1.72 (0.08)	1.99 (0.09)	2.17 (0.10)	1.1	84	(4.7)
19-30.....	904	1.69 (0.05)	0.85 (0.04)	0.99 (0.04)	1.25 (0.04)	1.61 (0.05)	2.03 (0.05)	2.49 (0.07)	2.79 (0.08)	1.1	84	(2.3)
31-50.....	1564	1.72 (0.05)	0.87 (0.05)	1.00 (0.05)	1.28 (0.05)	1.64 (0.05)	2.07 (0.05)	2.53 (0.07)	2.85 (0.08)	1.1	86	(2.6)
19-50.....	2468	1.71 (0.04)	0.86 (0.04)	1.00 (0.04)	1.27 (0.04)	1.63 (0.04)	2.06 (0.04)	2.52 (0.06)	2.83 (0.07)	1.1	85	(2.1)
51-70.....	1745	1.68 (0.04)	0.85 (0.04)	0.98 (0.04)	1.25 (0.04)	1.60 (0.04)	2.02 (0.06)	2.48 (0.08)	2.79 (0.10)	1.1	84	(2.1)
71+.....	750	1.66 (0.05)	0.84 (0.04)	0.97 (0.04)	1.23 (0.04)	1.58 (0.05)	2.00 (0.06)	2.44 (0.09)	2.74 (0.11)	1.1	83	(2.4)
51+.....	2495	1.67 (0.04)	0.85 (0.03)	0.98 (0.03)	1.24 (0.03)	1.59 (0.04)	2.02 (0.05)	2.47 (0.08)	2.78 (0.10)	1.1	84	(1.9)
19+.....	4963	1.69 (0.03)	0.85 (0.04)	0.99 (0.04)	1.26 (0.03)	1.61 (0.03)	2.04 (0.04)	2.49 (0.06)	2.80 (0.08)	1.1	85	(1.9)
All:												
1+.....	15210	1.76 (0.02)	0.84 (0.01)	0.98 (0.02)	1.26 (0.02)	1.65 (0.02)	2.14 (0.03)	2.69 (0.06)	3.07 (0.08)		78	(1.0)

NOTES: AI=Adequate Intake

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

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, 2015-2018

	N	Mean (SE)	Percentiles							
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Males:										
1-3.....	527	0.01 (#)	#	#	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)
4-8.....	720	0.01 (0.001)	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)
9-13.....	740	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)	0.02 (0.001)	0.02 (0.002)
14-18.....	715	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)
19-30.....	919	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.002)	0.04 (0.003)
31-50.....	1469	0.02 (0.002)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.003)
19-50.....	2388	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.002)	0.04 (0.003)
51-70.....	1700	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.03 (0.002)	0.04 (0.003)
71+.....	762	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.03 (0.004)
51+.....	2462	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)
19+.....	4850	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 (0.001)	0.03 (0.002)	0.04 (0.003)
Females:										
1-3.....	488	0.01 (0.001)	#	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)
4-8.....	731	0.01 (#)	#	#	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)
9-13.....	770	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)	0.02 (0.001)	0.02 (0.002)
14-18.....	706	0.01 (0.001)	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)
19-30.....	904	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.003)
31-50.....	1564	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.03 (0.003)
19-50.....	2468	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)
51-70.....	1745	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
71+.....	750	0.02 (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)	0.03 (0.002)	0.03 (0.003)
51+.....	2495	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)
19+.....	4963	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)
All:										
1+.....	15210	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)

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, 2015-2018

	N	Mean (SE)	Percentiles							
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Males:										
1-3.....	527	0.02 (0.002)	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.004)	0.04 (0.005)
4-8.....	720	0.02 (0.002)	#	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.05 (0.004)
9-13.....	740	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.006)
14-18.....	715	0.03 (0.003)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.02 (0.003)	0.04 (0.004)	0.05 (0.005)	0.06 (0.007)
19-30.....	919	0.06 (0.006)	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.008)	0.11 (0.014)	0.15 (0.020)	
31-50.....	1469	0.06 (0.005)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.07 (0.006)	0.12 (0.009)	0.16 (0.013)	
19-50.....	2388	0.06 (0.004)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.005)	0.12 (0.010)	0.15 (0.014)	
51-70.....	1700	0.07 (0.006)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.005)	0.08 (0.008)	0.14 (0.012)	0.18 (0.017)	
71+.....	762	0.07 (0.008)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.09 (0.010)	0.14 (0.017)	0.18 (0.023)	
51+.....	2462	0.07 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.08 (0.005)	0.14 (0.010)	0.18 (0.014)	
19+.....	4850	0.06 (0.003)	0.01 (0.001)	0.02 (0.002)	0.03 (0.002)	0.05 (0.003)	0.08 (0.004)	0.13 (0.007)	0.17 (0.011)	
Females:										
1-3.....	488	0.02 (0.002)	#	#	0.01 (0.001)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.005)	
4-8.....	731	0.02 (0.002)	#	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.004)	
9-13.....	770	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 (0.004)	
14-18.....	706	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 (0.004)	
19-30.....	904	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.04 (0.004)	0.07 (0.005)	0.11 (0.008)	0.15 (0.012)	
31-50.....	1564	0.05 (0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.003)	0.07 (0.005)	0.11 (0.007)	0.14 (0.011)	
19-50.....	2468	0.06 (0.003)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04 (0.003)	0.07 (0.004)	0.11 (0.006)	0.14 (0.010)	
51-70.....	1745	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.07 (0.005)	0.12 (0.008)	0.15 (0.012)	
71+.....	750	0.06 (0.005)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.07 (0.006)	0.12 (0.010)	0.15 (0.015)	
51+.....	2495	0.06 (0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.004)	0.12 (0.007)	0.15 (0.011)	
19+.....	4963	0.06 (0.003)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.07 (0.003)	0.11 (0.006)	0.15 (0.009)	
All:										
1+.....	15210	0.05 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.04 (0.002)	0.06 (0.003)	0.11 (0.004)	0.14 (0.007)	

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

Table A 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	182 (6)	85 (5)	99 (5)	130 (6)	170 (6)	222 (7)	280 (11)	320 (13)
4-8.....	720	208 (6)	98 (4)	115 (4)	149 (4)	196 (6)	254 (8)	317 (12)	362 (16)
9-13.....	740	240 (11)	114 (11)	135 (11)	175 (12)	229 (11)	292 (12)	361 (13)	407 (16)
14-18.....	715	279 (8)	138 (10)	161 (10)	206 (9)	266 (9)	337 (10)	412 (14)	463 (17)
19-30.....	919	348 (12)	154 (9)	185 (9)	246 (10)	329 (12)	428 (14)	535 (18)	605 (23)
31-50.....	1469	359 (7)	162 (9)	194 (9)	255 (9)	339 (8)	442 (8)	549 (11)	621 (14)
19-50.....	2388	354 (7)	158 (7)	190 (7)	251 (7)	335 (7)	437 (8)	544 (11)	615 (14)
51-70.....	1700	356 (11)	159 (11)	190 (11)	253 (11)	336 (11)	438 (14)	545 (18)	620 (21)
71+.....	762	331 (11)	144 (9)	174 (9)	234 (9)	312 (11)	408 (13)	510 (17)	575 (22)
51+.....	2462	349 (9)	155 (8)	185 (9)	248 (9)	330 (9)	430 (11)	536 (15)	609 (19)
19+.....	4850	352 (7)	157 (7)	188 (7)	250 (7)	333 (7)	434 (8)	541 (11)	613 (14)
Females:									
1-3.....	488	168 (8)	76 (6)	90 (7)	118 (7)	157 (8)	205 (9)	259 (11)	297 (12)
4-8.....	731	189 (7)	89 (6)	104 (6)	135 (6)	178 (7)	231 (8)	290 (11)	331 (13)
9-13.....	770	226 (8)	106 (8)	125 (8)	163 (8)	214 (8)	275 (9)	341 (12)	386 (15)
14-18.....	706	208 (10)	96 (7)	114 (7)	149 (8)	197 (10)	255 (12)	316 (16)	358 (20)
19-30.....	904	263 (7)	123 (7)	146 (7)	191 (6)	251 (7)	322 (8)	397 (12)	447 (15)
31-50.....	1564	261 (6)	122 (7)	144 (7)	189 (6)	248 (6)	320 (8)	394 (12)	445 (15)
19-50.....	2468	262 (5)	122 (7)	145 (7)	190 (6)	249 (5)	321 (7)	395 (11)	446 (14)
51-70.....	1745	255 (6)	118 (6)	140 (5)	184 (5)	242 (5)	312 (8)	386 (13)	436 (16)
71+.....	750	250 (7)	116 (8)	138 (7)	180 (7)	237 (7)	306 (8)	377 (11)	426 (14)
51+.....	2495	253 (5)	118 (6)	140 (6)	183 (5)	240 (4)	310 (7)	384 (11)	433 (15)
19+.....	4963	258 (4)	120 (6)	142 (6)	186 (5)	245 (4)	315 (6)	390 (10)	440 (14)
All:									
1+.....	15210	284 (3)	118 (3)	142 (3)	191 (3)	262 (3)	352 (5)	454 (7)	525 (9)

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, 2015-2018

	N	Mean (SE)	Percentiles						EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	% (SE)
Males:											
1-3.....	527	549 (20)	298 (19)	340 (19)	426 (19)	530 (19)	654 (23)	783 (27)	868 (31)	210	<3
4-8.....	720	622 (34)	346 (24)	394 (26)	486 (28)	603 (33)	738 (39)	876 (45)	967 (49)	275	<3
9-13.....	740	671 (31)	289 (22)	348 (22)	470 (25)	632 (30)	826 (38)	1044 (50)	1191 (61)	445	21 (3.6)
14-18.....	715	607 (23)	255 (21)	309 (21)	418 (21)	568 (22)	753 (29)	952 (38)	1088 (47)	630	60 (3.7)
19-30.....	919	601 (75)	288 (43)	339 (48)	437 (57)	570 (70)	730 (94)	902 (120)	1016 (136)	625	60 (12.5)
31-50.....	1469	665 (58)	329 (37)	383 (39)	489 (44)	632 (54)	807 (72)	989 (90)	1111 (104)	625	49 (9.6)
19-50.....	2388	639 (54)	309 (35)	362 (36)	466 (39)	606 (50)	777 (67)	957 (85)	1076 (98)	625	53 (9.1)
51-70.....	1700	710 (114)	353 (73)	410 (80)	527 (95)	676 (111)	858 (132)	1049 (152)	1182 (169)	625	42* (18.9)
71+.....	762	805 (104)	412 (77)	477 (81)	606 (92)	770 (104)	968 (117)	1175 (127)	1307 (136)	625	28* (15.3)
51+.....	2462	734 (102)	364 (72)	425 (79)	544 (90)	699 (103)	888 (115)	1089 (127)	1220 (139)	625	38* (16.6)
19+.....	4850	681 (66)	329 (43)	385 (47)	496 (55)	646 (65)	828 (76)	1019 (93)	1150 (107)	625	47 (10.9)
Females:											
1-3.....	488	543 (17)	289 (16)	335 (15)	418 (16)	525 (18)	647 (20)	773 (28)	859 (33)	210	<3
4-8.....	731	556 (18)	303 (18)	346 (18)	429 (18)	537 (18)	661 (23)	790 (31)	875 (36)	275	<3
9-13.....	770	624 (19)	264 (18)	319 (17)	431 (16)	584 (18)	773 (26)	978 (40)	1120 (49)	420	23 (2.4)
14-18.....	706	512 (20)	205 (17)	251 (17)	346 (18)	476 (19)	641 (24)	818 (33)	940 (40)	485	52 (3.7)
19-30.....	904	572 (19)	237 (16)	286 (17)	388 (17)	531 (18)	710 (25)	911 (37)	1049 (46)	500	45 (3.0)
31-50.....	1564	611 (22)	256 (19)	308 (20)	417 (21)	567 (22)	758 (27)	967 (37)	1115 (47)	500	39 (3.7)
19-50.....	2468	596 (18)	248 (16)	299 (17)	405 (17)	553 (18)	740 (21)	947 (33)	1092 (43)	500	41 (2.9)
51-70.....	1745	598 (26)	251 (20)	302 (21)	408 (23)	554 (25)	741 (31)	950 (40)	1094 (49)	500	41 (4.4)
71+.....	750	703 (29)	307 (28)	367 (28)	488 (30)	656 (30)	867 (32)	1097 (39)	1256 (46)	500	27 (4.3)
51+.....	2495	628 (17)	263 (19)	317 (19)	428 (19)	581 (19)	779 (20)	999 (27)	1150 (34)	500	37 (3.2)
19+.....	4963	612 (14)	255 (17)	307 (16)	416 (15)	567 (14)	759 (17)	973 (26)	1122 (34)	500	39 (2.5)
All:											
1+.....	15210	633 (18)	279 (16)	336 (17)	446 (17)	594 (19)	777 (25)	976 (38)	1115 (50)		38 (3.0)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018
 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, 2015-2018

	N	Mean (SE)	Percentiles							UL	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	447 (17)	247 (14)	282 (14)	351 (14)	433 (16)	530 (20)	630 (25)	695 (29)	600	14 (3.1)	
4-8.....	720	504 (19)	286 (21)	325 (20)	399 (19)	491 (20)	596 (22)	702 (25)	770 (27)	900	<3	
9-13.....	740	554 (25)	219 (17)	271 (17)	376 (19)	518 (24)	689 (31)	881 (43)	1011 (54)	1700	<3	
14-18.....	715	501 (22)	193 (20)	240 (20)	334 (20)	466 (21)	629 (29)	806 (39)	926 (49)	2800	<3	
19-30.....	919	453 (19)	154 (13)	196 (14)	284 (16)	413 (18)	577 (23)	763 (30)	889 (35)	3000	<3	
31-50.....	1469	450 (16)	154 (11)	196 (12)	282 (13)	408 (15)	575 (21)	757 (28)	883 (35)	3000	<3	
19-50.....	2388	451 (13)	154 (10)	196 (10)	283 (11)	410 (12)	576 (16)	759 (23)	885 (29)	3000	<3	
51-70.....	1700	457 (16)	156 (14)	197 (15)	288 (16)	416 (17)	582 (19)	768 (25)	900 (31)	3000	<3	
71+.....	762	554 (20)	203 (15)	254 (15)	362 (16)	510 (19)	700 (25)	907 (34)	1043 (40)	3000	<3	
51+.....	2462	482 (14)	164 (14)	209 (15)	304 (15)	439 (15)	614 (16)	811 (23)	945 (29)	3000	<3	
19+.....	4850	465 (11)	158 (11)	201 (11)	292 (11)	423 (10)	593 (13)	782 (20)	914 (26)	3000	<3	
Females:												
1-3.....	488	424 (15)	227 (15)	264 (15)	329 (15)	411 (15)	505 (17)	601 (21)	664 (25)	600	10 (2.2)	
4-8.....	731	438 (11)	241 (13)	275 (12)	341 (11)	425 (11)	520 (14)	617 (21)	681 (25)	900	<3	
9-13.....	770	503 (21)	194 (17)	240 (17)	335 (16)	467 (20)	632 (27)	811 (40)	935 (50)	1700	<3	
14-18.....	706	389 (19)	137 (15)	173 (15)	249 (15)	357 (18)	495 (24)	644 (33)	748 (39)	2800	<3	
19-30.....	904	386 (10)	146 (8)	180 (8)	252 (8)	355 (9)	485 (13)	630 (20)	731 (25)	3000	<3	
31-50.....	1564	395 (14)	150 (11)	185 (11)	259 (12)	363 (14)	496 (17)	643 (23)	747 (28)	3000	<3	
19-50.....	2468	391 (10)	148 (9)	183 (9)	257 (9)	360 (10)	492 (13)	639 (19)	741 (24)	3000	<3	
51-70.....	1745	372 (11)	140 (9)	173 (9)	242 (9)	341 (11)	468 (15)	611 (21)	710 (27)	3000	<3	
71+.....	750	436 (19)	172 (15)	212 (16)	291 (18)	403 (20)	546 (23)	702 (27)	810 (31)	3000	<3	
51+.....	2495	390 (11)	147 (9)	182 (9)	255 (9)	358 (10)	492 (13)	641 (19)	744 (23)	3000	<3	
19+.....	4963	391 (8)	147 (8)	182 (8)	256 (8)	359 (8)	492 (10)	640 (15)	743 (20)	3000	<3	
All:												
1+.....	15210	438 (5)	160 (6)	200 (6)	285 (5)	403 (5)	551 (7)	718 (13)	839 (18)		<3	

NOTES: UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	527	1.16 (0.03)	0.74 (0.03)	0.82 (0.03)	0.96 (0.03)	1.14 (0.03)	1.33 (0.03)	1.54 (0.04)	1.67 (0.04)	0.4	<3
4-8.....	720	1.51 (0.02)	1.00 (0.04)	1.09 (0.03)	1.27 (0.03)	1.49 (0.02)	1.72 (0.02)	1.96 (0.03)	2.12 (0.03)	0.5	<3
9-13.....	740	1.73 (0.04)	1.03 (0.04)	1.16 (0.04)	1.40 (0.04)	1.69 (0.04)	2.02 (0.05)	2.36 (0.06)	2.59 (0.07)	0.7	<3
14-18.....	715	1.84 (0.05)	1.11 (0.05)	1.24 (0.05)	1.49 (0.04)	1.80 (0.05)	2.15 (0.06)	2.50 (0.07)	2.72 (0.08)	1	<3
19-30.....	919	1.86 (0.04)	1.05 (0.04)	1.19 (0.04)	1.46 (0.04)	1.80 (0.04)	2.20 (0.04)	2.62 (0.05)	2.88 (0.05)	1	4 (0.9)
31-50.....	1469	1.86 (0.04)	1.05 (0.03)	1.19 (0.03)	1.46 (0.04)	1.80 (0.04)	2.21 (0.04)	2.61 (0.06)	2.88 (0.07)	1	4 (0.8)
19-50.....	2388	1.86 (0.03)	1.05 (0.03)	1.19 (0.03)	1.46 (0.03)	1.80 (0.03)	2.20 (0.03)	2.62 (0.04)	2.88 (0.05)	1	4 (0.8)
51-70.....	1700	1.84 (0.03)	1.03 (0.03)	1.17 (0.03)	1.44 (0.03)	1.78 (0.03)	2.18 (0.03)	2.59 (0.04)	2.87 (0.04)	1	4 (0.8)
71+.....	762	1.77 (0.04)	0.98 (0.04)	1.12 (0.04)	1.38 (0.04)	1.71 (0.04)	2.10 (0.05)	2.49 (0.05)	2.74 (0.06)	1	5 (1.3)
51+.....	2462	1.82 (0.03)	1.02 (0.03)	1.15 (0.03)	1.43 (0.03)	1.76 (0.03)	2.16 (0.03)	2.56 (0.03)	2.84 (0.04)	1	5 (0.9)
19+.....	4850	1.85 (0.02)	1.03 (0.03)	1.18 (0.03)	1.44 (0.03)	1.79 (0.02)	2.19 (0.02)	2.59 (0.03)	2.86 (0.03)	1	4 (0.8)
Females:											
1-3.....	488	1.06 (0.03)	0.66 (0.03)	0.74 (0.03)	0.87 (0.03)	1.04 (0.03)	1.23 (0.04)	1.41 (0.04)	1.54 (0.05)	0.4	<3
4-8.....	731	1.34 (0.03)	0.88 (0.04)	0.96 (0.04)	1.12 (0.03)	1.32 (0.03)	1.53 (0.04)	1.76 (0.04)	1.90 (0.05)	0.5	<3
9-13.....	770	1.58 (0.03)	0.93 (0.04)	1.04 (0.04)	1.26 (0.03)	1.54 (0.03)	1.86 (0.04)	2.18 (0.06)	2.39 (0.07)	0.7	<3
14-18.....	706	1.38 (0.04)	0.79 (0.04)	0.89 (0.04)	1.09 (0.04)	1.34 (0.04)	1.62 (0.05)	1.91 (0.06)	2.10 (0.06)	0.9	11 (2.4)
19-30.....	904	1.38 (0.02)	0.78 (0.02)	0.89 (0.02)	1.09 (0.02)	1.34 (0.02)	1.63 (0.03)	1.93 (0.04)	2.12 (0.06)	0.9	11 (1.4)
31-50.....	1564	1.40 (0.03)	0.79 (0.03)	0.90 (0.03)	1.10 (0.03)	1.36 (0.03)	1.65 (0.03)	1.95 (0.04)	2.15 (0.05)	0.9	10 (1.7)
19-50.....	2468	1.39 (0.02)	0.79 (0.03)	0.89 (0.02)	1.10 (0.02)	1.35 (0.02)	1.64 (0.03)	1.94 (0.04)	2.14 (0.05)	0.9	10 (1.4)
51-70.....	1745	1.34 (0.03)	0.76 (0.02)	0.86 (0.02)	1.05 (0.02)	1.30 (0.02)	1.59 (0.03)	1.88 (0.05)	2.07 (0.06)	0.9	12 (1.5)
71+.....	750	1.30 (0.03)	0.73 (0.03)	0.83 (0.03)	1.02 (0.03)	1.26 (0.03)	1.54 (0.04)	1.82 (0.05)	2.00 (0.06)	0.9	15 (2.2)
51+.....	2495	1.33 (0.02)	0.75 (0.02)	0.85 (0.02)	1.04 (0.02)	1.29 (0.02)	1.57 (0.03)	1.86 (0.04)	2.06 (0.05)	0.9	13 (1.5)
19+.....	4963	1.36 (0.02)	0.77 (0.02)	0.87 (0.02)	1.07 (0.02)	1.32 (0.02)	1.61 (0.02)	1.91 (0.04)	2.10 (0.05)	0.9	12 (1.3)
All:											
1+.....	15210	1.58 (0.01)	0.84 (0.01)	0.96 (0.01)	1.19 (0.01)	1.50 (0.01)	1.88 (0.02)	2.29 (0.02)	2.56 (0.03)		7 (0.6)

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	1.62 (0.03)	1.05 (0.03)	1.16 (0.03)	1.36 (0.03)	1.59 (0.03)	1.85 (0.03)	2.12 (0.04)	2.29 (0.05)	0.4	<3	
4-8.....	720	1.87 (0.03)	1.24 (0.03)	1.36 (0.03)	1.58 (0.03)	1.84 (0.03)	2.13 (0.03)	2.41 (0.04)	2.60 (0.04)	0.5	<3	
9-13.....	740	2.05 (0.06)	1.11 (0.05)	1.28 (0.05)	1.59 (0.05)	1.98 (0.06)	2.44 (0.07)	2.92 (0.08)	3.24 (0.10)	0.8	<3	
14-18.....	715	2.18 (0.07)	1.20 (0.07)	1.37 (0.07)	1.69 (0.07)	2.10 (0.07)	2.58 (0.09)	3.08 (0.10)	3.40 (0.12)	1.1	3 (1.2)	
19-30.....	919	2.37 (0.06)	1.05 (0.05)	1.26 (0.05)	1.66 (0.05)	2.22 (0.05)	2.91 (0.08)	3.67 (0.11)	4.18 (0.14)	1.1	6 (1.0)	
31-50.....	1469	2.56 (0.07)	1.17 (0.04)	1.38 (0.04)	1.81 (0.05)	2.40 (0.07)	3.15 (0.10)	3.93 (0.15)	4.47 (0.18)	1.1	4 (0.7)	
19-50.....	2388	2.48 (0.05)	1.11 (0.04)	1.33 (0.04)	1.75 (0.03)	2.33 (0.04)	3.05 (0.07)	3.83 (0.12)	4.36 (0.16)	1.1	5 (0.7)	
51-70.....	1700	2.52 (0.04)	1.13 (0.04)	1.35 (0.04)	1.78 (0.04)	2.36 (0.04)	3.09 (0.06)	3.87 (0.10)	4.43 (0.14)	1.1	4 (0.8)	
71+.....	762	2.36 (0.05)	1.05 (0.06)	1.25 (0.05)	1.67 (0.05)	2.22 (0.05)	2.90 (0.06)	3.65 (0.09)	4.13 (0.12)	1.1	6 (1.2)	
51+.....	2462	2.48 (0.03)	1.11 (0.05)	1.32 (0.04)	1.75 (0.04)	2.32 (0.03)	3.04 (0.05)	3.81 (0.09)	4.36 (0.12)	1.1	5 (0.8)	
19+.....	4850	2.48 (0.03)	1.11 (0.04)	1.32 (0.03)	1.75 (0.02)	2.33 (0.02)	3.05 (0.06)	3.82 (0.10)	4.36 (0.14)	1.1	5 (0.7)	
Females:												
1-3.....	488	1.51 (0.03)	0.96 (0.03)	1.07 (0.03)	1.26 (0.03)	1.48 (0.03)	1.74 (0.04)	1.99 (0.04)	2.15 (0.05)	0.4	<3	
4-8.....	731	1.67 (0.03)	1.10 (0.03)	1.20 (0.03)	1.40 (0.03)	1.65 (0.03)	1.91 (0.03)	2.18 (0.03)	2.35 (0.04)	0.5	<3	
9-13.....	770	1.90 (0.04)	1.02 (0.05)	1.16 (0.04)	1.45 (0.04)	1.82 (0.04)	2.26 (0.05)	2.72 (0.06)	3.02 (0.08)	0.8	<3	
14-18.....	706	1.61 (0.06)	0.83 (0.05)	0.96 (0.05)	1.22 (0.05)	1.54 (0.06)	1.93 (0.07)	2.33 (0.08)	2.60 (0.09)	0.9	7 (2.0)	
19-30.....	904	1.75 (0.03)	0.92 (0.03)	1.06 (0.03)	1.33 (0.03)	1.69 (0.03)	2.10 (0.04)	2.53 (0.06)	2.81 (0.07)	0.9	5 (0.7)	
31-50.....	1564	1.88 (0.04)	0.99 (0.03)	1.14 (0.03)	1.44 (0.03)	1.81 (0.03)	2.24 (0.05)	2.69 (0.07)	2.99 (0.08)	0.9	<3	
19-50.....	2468	1.83 (0.03)	0.96 (0.03)	1.11 (0.03)	1.39 (0.03)	1.76 (0.03)	2.19 (0.04)	2.63 (0.06)	2.93 (0.07)	0.9	4 (0.5)	
51-70.....	1745	1.85 (0.04)	0.98 (0.03)	1.13 (0.02)	1.41 (0.03)	1.78 (0.04)	2.21 (0.06)	2.66 (0.07)	2.95 (0.09)	0.9	3 (0.5)	
71+.....	750	1.75 (0.06)	0.92 (0.05)	1.06 (0.05)	1.33 (0.05)	1.68 (0.06)	2.09 (0.06)	2.52 (0.08)	2.80 (0.08)	0.9	5 (1.3)	
51+.....	2495	1.82 (0.04)	0.96 (0.03)	1.11 (0.03)	1.39 (0.03)	1.75 (0.03)	2.18 (0.05)	2.62 (0.06)	2.91 (0.08)	0.9	4 (0.6)	
19+.....	4963	1.83 (0.03)	0.96 (0.03)	1.11 (0.02)	1.39 (0.02)	1.76 (0.03)	2.19 (0.04)	2.63 (0.05)	2.92 (0.07)	0.9	4 (0.5)	
All:												
1+.....	15210	2.07 (0.02)	1.02 (0.02)	1.18 (0.02)	1.49 (0.01)	1.92 (0.02)	2.47 (0.02)	3.16 (0.04)	3.67 (0.08)		4 (0.3)	

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	14.4 (0.4)	8.6 (0.4)	9.7 (0.3)	11.7 (0.4)	14.1 (0.4)	16.8 (0.4)	19.7 (0.5)	21.5 (0.6)	5	<3	
4-8.....	720	20.1 (0.4)	12.8 (0.4)	14.1 (0.4)	16.6 (0.4)	19.7 (0.4)	23.1 (0.4)	26.5 (0.5)	28.7 (0.6)	6	<3	
9-13.....	740	23.8 (0.7)	13.8 (0.8)	15.6 (0.8)	19.0 (0.7)	23.1 (0.7)	27.8 (0.8)	32.8 (1.1)	36.0 (1.2)	9	<3	
14-18.....	715	28.5 (0.9)	17.2 (0.9)	19.3 (0.8)	23.0 (0.8)	27.8 (0.9)	33.2 (1.0)	38.7 (1.2)	42.2 (1.5)	12	<3	
19-30.....	919	32.9 (0.7)	17.2 (0.7)	19.9 (0.7)	24.9 (0.7)	31.6 (0.7)	39.4 (0.9)	47.8 (1.3)	53.2 (1.6)	12	<3	
31-50.....	1469	33.2 (0.9)	17.5 (0.6)	20.1 (0.7)	25.1 (0.7)	31.7 (0.8)	39.8 (1.2)	48.0 (1.7)	53.5 (2.1)	12	<3	
19-50.....	2388	33.1 (0.6)	17.3 (0.6)	20.0 (0.5)	25.0 (0.5)	31.7 (0.5)	39.6 (0.9)	47.9 (1.3)	53.4 (1.7)	12	<3	
51-70.....	1700	30.3 (0.5)	15.6 (0.6)	18.0 (0.6)	22.8 (0.5)	29.0 (0.5)	36.4 (0.7)	44.2 (1.1)	49.6 (1.4)	12	<3	
71+.....	762	25.8 (0.6)	12.8 (0.7)	14.9 (0.7)	19.2 (0.6)	24.6 (0.6)	31.2 (0.6)	38.1 (0.9)	42.6 (1.1)	12	4 (1.1)	
51+.....	2462	29.2 (0.4)	14.6 (0.6)	17.0 (0.6)	21.7 (0.4)	27.8 (0.4)	35.2 (0.6)	42.9 (1.0)	48.2 (1.3)	12	<3	
19+.....	4850	31.4 (0.4)	15.9 (0.6)	18.5 (0.5)	23.4 (0.4)	30.0 (0.4)	37.8 (0.7)	46.0 (1.2)	51.4 (1.5)	12	<3	
Females:												
1-3.....	488	13.1 (0.3)	7.6 (0.2)	8.6 (0.2)	10.5 (0.2)	12.8 (0.3)	15.4 (0.4)	18.0 (0.5)	19.8 (0.5)	5	<3	
4-8.....	731	17.8 (0.4)	11.1 (0.4)	12.3 (0.4)	14.6 (0.4)	17.4 (0.4)	20.5 (0.4)	23.7 (0.4)	25.7 (0.5)	6	<3	
9-13.....	770	21.9 (0.7)	12.6 (0.7)	14.2 (0.7)	17.3 (0.7)	21.2 (0.7)	25.7 (0.8)	30.3 (1.1)	33.4 (1.2)	9	<3	
14-18.....	706	20.5 (0.6)	11.7 (0.6)	13.2 (0.6)	16.2 (0.6)	19.9 (0.6)	24.2 (0.7)	28.6 (0.9)	31.5 (1.1)	11	3 (1.2)	
19-30.....	904	22.4 (0.5)	12.9 (0.5)	14.6 (0.5)	17.8 (0.5)	21.8 (0.5)	26.4 (0.6)	31.0 (0.8)	33.9 (0.9)	11	<3	
31-50.....	1564	22.3 (0.4)	12.8 (0.4)	14.5 (0.4)	17.7 (0.4)	21.7 (0.4)	26.2 (0.5)	30.8 (0.6)	33.8 (0.8)	11	<3	
19-50.....	2468	22.3 (0.4)	12.8 (0.4)	14.5 (0.3)	17.7 (0.3)	21.7 (0.4)	26.3 (0.5)	30.9 (0.6)	33.9 (0.8)	11	<3	
51-70.....	1745	20.6 (0.5)	11.7 (0.4)	13.3 (0.4)	16.3 (0.3)	20.0 (0.4)	24.4 (0.6)	28.8 (0.8)	31.6 (1.0)	11	4 (0.6)	
71+.....	750	19.1 (0.6)	10.6 (0.5)	12.2 (0.5)	14.9 (0.5)	18.5 (0.6)	22.6 (0.7)	26.7 (0.9)	29.4 (1.0)	11	6 (1.3)	
51+.....	2495	20.2 (0.4)	11.3 (0.4)	12.9 (0.4)	15.9 (0.3)	19.6 (0.4)	23.9 (0.6)	28.2 (0.7)	31.1 (0.9)	11	4 (0.7)	
19+.....	4963	21.3 (0.3)	12.0 (0.3)	13.6 (0.3)	16.7 (0.3)	20.7 (0.3)	25.2 (0.4)	29.7 (0.6)	32.7 (0.7)	11	3 (0.5)	
All:												
1+.....	15210	25.0 (0.2)	12.3 (0.2)	14.2 (0.2)	17.9 (0.2)	23.1 (0.2)	30.0 (0.3)	38.2 (0.6)	44.0 (1.0)		<3	

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	1.34 (0.03)	0.86 (0.04)	0.95 (0.03)	1.12 (0.03)	1.32 (0.03)	1.55 (0.04)	1.78 (0.05)	1.93 (0.06)	0.4	<3	30	<3	
4-8.....	720	1.62 (0.04)	1.06 (0.04)	1.17 (0.04)	1.36 (0.04)	1.60 (0.04)	1.86 (0.05)	2.12 (0.07)	2.28 (0.08)	0.5	<3	40	<3	
9-13.....	740	1.88 (0.07)	0.95 (0.06)	1.10 (0.06)	1.40 (0.06)	1.79 (0.07)	2.25 (0.08)	2.77 (0.11)	3.12 (0.13)	0.8	<3	60	<3	
14-18.....	715	2.12 (0.08)	1.10 (0.07)	1.27 (0.07)	1.59 (0.07)	2.02 (0.07)	2.55 (0.10)	3.10 (0.13)	3.48 (0.15)	1.1	5 (1.6)	80	<3	
19-30.....	919	2.61 (0.08)	1.12 (0.08)	1.34 (0.08)	1.79 (0.07)	2.42 (0.07)	3.23 (0.11)	4.13 (0.17)	4.75 (0.22)	1.1	5 (1.4)	100	<3	
31-50.....	1469	2.67 (0.11)	1.15 (0.07)	1.38 (0.07)	1.83 (0.08)	2.47 (0.10)	3.30 (0.16)	4.21 (0.23)	4.84 (0.29)	1.1	4 (1.1)	100	<3	
19-50.....	2388	2.65 (0.07)	1.14 (0.07)	1.36 (0.06)	1.81 (0.06)	2.45 (0.06)	3.27 (0.11)	4.18 (0.18)	4.80 (0.23)	1.1	4 (1.1)	100	<3	
51-70.....	1700	2.47 (0.07)	1.04 (0.07)	1.25 (0.07)	1.69 (0.06)	2.29 (0.06)	3.06 (0.09)	3.92 (0.14)	4.54 (0.20)	1.4	14 (2.2)	100	<3	
71+.....	762	2.25 (0.06)	0.94 (0.07)	1.13 (0.07)	1.53 (0.07)	2.08 (0.07)	2.80 (0.07)	3.59 (0.11)	4.12 (0.15)	1.4	20 (2.9)	100	<3	
51+.....	2462	2.42 (0.05)	1.01 (0.07)	1.21 (0.07)	1.64 (0.06)	2.23 (0.05)	2.99 (0.07)	3.84 (0.13)	4.45 (0.18)	1.4	16 (2.2)	100	<3	
19+.....	4850	2.55 (0.05)	1.07 (0.07)	1.29 (0.06)	1.74 (0.05)	2.36 (0.04)	3.15 (0.08)	4.04 (0.15)	4.66 (0.21)		9 (1.5)	100	<3	
Females:														
1-3.....	488	1.24 (0.03)	0.77 (0.04)	0.86 (0.04)	1.02 (0.03)	1.21 (0.03)	1.43 (0.04)	1.64 (0.05)	1.79 (0.06)	0.4	<3	30	<3	
4-8.....	731	1.46 (0.04)	0.95 (0.04)	1.04 (0.04)	1.22 (0.04)	1.44 (0.04)	1.68 (0.04)	1.92 (0.05)	2.08 (0.06)	0.5	<3	40	<3	
9-13.....	770	1.78 (0.06)	0.90 (0.05)	1.04 (0.05)	1.32 (0.05)	1.69 (0.06)	2.15 (0.08)	2.64 (0.11)	2.98 (0.14)	0.8	<3	60	<3	
14-18.....	706	1.58 (0.05)	0.78 (0.05)	0.91 (0.05)	1.16 (0.04)	1.49 (0.05)	1.91 (0.06)	2.35 (0.09)	2.65 (0.11)	1	15 (2.6)	80	<3	
19-30.....	904	1.83 (0.04)	0.95 (0.04)	1.09 (0.04)	1.38 (0.04)	1.75 (0.04)	2.19 (0.04)	2.66 (0.06)	2.97 (0.07)	1.1	10 (1.8)	100	<3	
31-50.....	1564	1.82 (0.05)	0.94 (0.05)	1.09 (0.05)	1.37 (0.05)	1.74 (0.05)	2.19 (0.05)	2.65 (0.07)	2.97 (0.08)	1.1	11 (2.0)	100	<3	
19-50.....	2468	1.82 (0.04)	0.94 (0.05)	1.09 (0.04)	1.37 (0.04)	1.75 (0.04)	2.19 (0.04)	2.65 (0.06)	2.97 (0.07)	1.1	10 (1.9)	100	<3	
51-70.....	1745	1.70 (0.05)	0.87 (0.04)	1.01 (0.04)	1.27 (0.04)	1.62 (0.05)	2.04 (0.06)	2.49 (0.08)	2.79 (0.09)	1.3	27 (3.0)	100	<3	
71+.....	750	1.64 (0.04)	0.84 (0.04)	0.97 (0.04)	1.22 (0.04)	1.56 (0.04)	1.97 (0.05)	2.40 (0.07)	2.69 (0.09)	1.3	31 (3.0)	100	<3	
51+.....	2495	1.68 (0.04)	0.86 (0.04)	1.00 (0.04)	1.26 (0.04)	1.60 (0.04)	2.02 (0.05)	2.46 (0.07)	2.76 (0.09)	1.3	28 (2.6)	100	<3	
19+.....	4963	1.75 (0.03)	0.90 (0.04)	1.04 (0.04)	1.31 (0.03)	1.68 (0.03)	2.11 (0.04)	2.57 (0.06)	2.88 (0.07)		19 (2.0)	100	<3	
All:														
1+.....	15210	2.03 (0.02)	0.94 (0.02)	1.09 (0.02)	1.39 (0.02)	1.83 (0.02)	2.44 (0.03)	3.24 (0.07)	3.84 (0.12)		12 (0.9)		<3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)	% (SE)
Males:											
1-3.....	527	358 (9)	200 (10)	226 (10)	278 (10)	343 (9)	422 (12)	508 (15)	565 (18)	120	<3
4-8.....	720	492 (12)	284 (13)	319 (13)	387 (12)	474 (12)	578 (14)	687 (19)	759 (23)	160	<3
9-13.....	740	562 (21)	306 (12)	349 (13)	432 (16)	540 (20)	665 (25)	803 (33)	896 (38)	250	<3
14-18.....	715	587 (19)	323 (19)	367 (19)	452 (20)	563 (20)	696 (21)	836 (23)	931 (27)	330	6 (1.7)
19-30.....	919	601 (14)	292 (8)	342 (8)	439 (9)	570 (12)	729 (19)	901 (28)	1016 (35)	320	8 (0.8)
31-50.....	1469	589 (16)	287 (14)	335 (15)	429 (15)	557 (16)	716 (19)	883 (25)	997 (30)	320	8 (1.7)
19-50.....	2388	594 (11)	289 (11)	338 (11)	433 (10)	562 (10)	722 (14)	891 (22)	1004 (28)	320	8 (1.2)
51-70.....	1700	572 (10)	275 (11)	322 (11)	417 (10)	541 (10)	695 (13)	860 (19)	976 (25)	320	10 (1.3)
71+.....	762	554 (14)	265 (10)	310 (10)	403 (10)	524 (13)	673 (19)	833 (28)	936 (34)	320	11 (1.4)
51+.....	2462	567 (8)	272 (10)	318 (9)	413 (8)	536 (8)	689 (11)	853 (19)	966 (25)	320	10 (1.1)
19+.....	4850	582 (8)	281 (10)	329 (9)	424 (7)	551 (7)	707 (11)	875 (19)	989 (25)	320	9 (1.0)
Females:											
1-3.....	488	328 (11)	179 (9)	205 (10)	253 (10)	315 (11)	389 (13)	468 (15)	522 (16)	120	<3
4-8.....	731	449 (13)	258 (13)	290 (12)	351 (12)	432 (13)	527 (15)	628 (19)	697 (23)	160	<3
9-13.....	770	534 (17)	291 (15)	330 (15)	409 (15)	512 (16)	635 (18)	766 (23)	857 (28)	250	<3
14-18.....	706	451 (16)	241 (13)	275 (14)	342 (15)	431 (16)	539 (18)	652 (20)	729 (22)	330	22 (3.9)
19-30.....	904	455 (12)	230 (11)	267 (11)	338 (10)	433 (12)	548 (15)	671 (20)	753 (24)	320	21 (2.4)
31-50.....	1564	466 (12)	236 (11)	273 (11)	347 (10)	444 (11)	561 (15)	685 (21)	771 (26)	320	19 (2.3)
19-50.....	2468	462 (8)	234 (10)	270 (10)	343 (9)	439 (8)	556 (10)	680 (16)	764 (20)	320	20 (2.0)
51-70.....	1745	426 (11)	214 (10)	248 (9)	315 (9)	404 (10)	513 (14)	632 (19)	711 (24)	320	26 (2.4)
71+.....	750	418 (13)	210 (10)	244 (10)	309 (11)	397 (12)	504 (16)	618 (21)	695 (26)	320	28 (3.1)
51+.....	2495	424 (9)	212 (9)	247 (9)	313 (8)	402 (9)	511 (12)	628 (17)	707 (22)	320	27 (2.2)
19+.....	4963	443 (8)	222 (9)	258 (8)	328 (7)	421 (7)	534 (10)	656 (16)	739 (20)	320	23 (1.8)
All:											
1+.....	15210	506 (5)	243 (6)	283 (5)	363 (5)	474 (5)	613 (7)	769 (12)	876 (17)	13	(0.9)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						UL	>UL % (SE)	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)			95th (SE)
Males:											
1-3.....	527	146 (6)	61 (5)	74 (5)	100 (5)	136 (5)	180 (8)	230 (12)	264 (15)	300	<3
4-8.....	720	206 (6)	95 (8)	112 (8)	148 (7)	195 (6)	253 (7)	315 (9)	356 (11)	400	<3
9-13.....	740	237 (8)	106 (7)	127 (7)	168 (7)	224 (7)	290 (10)	364 (14)	414 (17)	600	<3
14-18.....	715	240 (10)	108 (9)	129 (9)	170 (9)	226 (10)	294 (12)	367 (16)	417 (19)	800	<3
19-30.....	919	228 (10)	78 (6)	99 (7)	143 (8)	207 (10)	289 (13)	383 (17)	447 (21)	1000	<3
31-50.....	1469	201 (8)	66 (5)	85 (5)	124 (6)	181 (7)	258 (10)	343 (14)	402 (18)	1000	<3
19-50.....	2388	212 (6)	70 (4)	90 (5)	131 (5)	192 (6)	271 (8)	360 (13)	422 (17)	1000	<3
51-70.....	1700	191 (6)	61 (5)	78 (5)	117 (6)	172 (6)	245 (8)	328 (11)	388 (13)	1000	<3
71+.....	762	196 (9)	63 (4)	81 (5)	121 (6)	177 (8)	251 (12)	335 (17)	390 (22)	1000	<3
51+.....	2462	192 (5)	61 (4)	79 (4)	118 (5)	173 (5)	247 (7)	330 (10)	388 (13)	1000	<3
19+.....	4850	203 (5)	66 (4)	85 (4)	125 (4)	183 (4)	261 (6)	348 (11)	408 (14)	1000	<3
Females:											
1-3.....	488	126 (7)	49 (7)	61 (7)	85 (8)	117 (8)	157 (8)	201 (9)	232 (10)	300	<3
4-8.....	731	190 (7)	86 (8)	102 (8)	134 (8)	179 (8)	233 (9)	291 (13)	331 (17)	400	<3
9-13.....	770	222 (8)	98 (7)	117 (7)	156 (7)	208 (8)	273 (10)	343 (15)	391 (18)	600	<3
14-18.....	706	178 (6)	75 (6)	90 (6)	122 (6)	166 (6)	221 (8)	281 (12)	321 (14)	800	<3
19-30.....	904	159 (5)	51 (4)	66 (4)	97 (4)	143 (5)	203 (7)	271 (11)	319 (14)	1000	<3
31-50.....	1564	156 (5)	50 (4)	64 (4)	95 (4)	140 (5)	200 (7)	267 (11)	315 (15)	1000	<3
19-50.....	2468	157 (4)	50 (3)	64 (3)	96 (3)	141 (3)	201 (5)	269 (9)	317 (13)	1000	<3
51-70.....	1745	135 (5)	41 (4)	53 (4)	80 (4)	120 (4)	173 (6)	235 (9)	278 (12)	1000	<3
71+.....	750	142 (8)	44 (4)	57 (5)	85 (6)	127 (7)	182 (10)	245 (13)	289 (16)	1000	<3
51+.....	2495	137 (4)	42 (4)	54 (4)	81 (4)	122 (4)	176 (5)	238 (9)	281 (12)	1000	<3
19+.....	4963	147 (3)	45 (3)	59 (4)	88 (3)	132 (3)	189 (4)	255 (8)	301 (12)	1000	<3
All:											
1+.....	15210	181 (2)	56 (3)	73 (2)	110 (2)	163 (2)	232 (4)	311 (7)	366 (10)		<3

NOTES: UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	114 (3)	64 (2)	73 (2)	89 (2)	110 (3)	134 (4)	160 (5)	177 (7)
4-8.....	720	143 (4)	84 (4)	94 (4)	114 (4)	139 (4)	168 (5)	198 (7)	218 (8)
9-13.....	740	165 (6)	94 (5)	106 (5)	129 (5)	159 (6)	193 (7)	230 (9)	255 (11)
14-18.....	715	176 (6)	102 (4)	115 (4)	139 (5)	170 (6)	207 (7)	245 (9)	271 (11)
19-30.....	919	222 (6)	106 (4)	125 (4)	162 (4)	212 (5)	270 (7)	333 (9)	375 (11)
31-50.....	1469	248 (5)	123 (5)	144 (5)	183 (5)	236 (5)	301 (6)	368 (7)	412 (8)
19-50.....	2388	238 (4)	115 (4)	135 (4)	174 (4)	226 (4)	289 (5)	355 (7)	399 (8)
51-70.....	1700	254 (5)	126 (5)	147 (5)	189 (5)	243 (5)	308 (6)	376 (8)	423 (10)
71+.....	762	225 (5)	108 (5)	127 (5)	165 (5)	214 (5)	274 (6)	336 (8)	376 (9)
51+.....	2462	247 (4)	120 (4)	141 (4)	182 (4)	235 (4)	299 (5)	366 (7)	413 (9)
19+.....	4850	242 (3)	117 (4)	137 (4)	177 (3)	230 (3)	294 (4)	360 (6)	405 (7)
Females:									
1-3.....	488	114 (3)	64 (3)	73 (3)	89 (3)	110 (3)	135 (3)	160 (5)	177 (6)
4-8.....	731	130 (3)	75 (3)	85 (3)	103 (3)	126 (3)	153 (4)	181 (5)	200 (7)
9-13.....	770	160 (4)	92 (5)	103 (5)	126 (5)	154 (4)	189 (5)	225 (7)	249 (8)
14-18.....	706	149 (6)	85 (5)	96 (5)	116 (5)	143 (6)	176 (7)	209 (9)	231 (11)
19-30.....	904	185 (5)	92 (3)	107 (3)	137 (3)	176 (4)	224 (6)	275 (8)	309 (10)
31-50.....	1564	199 (5)	100 (3)	116 (3)	148 (4)	190 (4)	240 (6)	293 (8)	330 (9)
19-50.....	2468	194 (4)	97 (3)	112 (3)	144 (3)	185 (4)	234 (5)	287 (8)	323 (9)
51-70.....	1745	199 (5)	101 (4)	117 (4)	148 (4)	189 (5)	240 (6)	294 (8)	330 (10)
71+.....	750	183 (4)	92 (3)	107 (3)	135 (4)	174 (4)	221 (5)	271 (6)	305 (8)
51+.....	2495	195 (4)	98 (3)	113 (3)	144 (3)	185 (4)	235 (5)	288 (7)	324 (9)
19+.....	4963	194 (4)	97 (3)	113 (3)	144 (3)	185 (3)	234 (5)	287 (7)	324 (8)
All:									
1+.....	15210	201 (2)	94 (2)	109 (2)	141 (2)	187 (3)	246 (3)	312 (4)	356 (5)

Table A 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							AI	>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	215 (5)	129 (5)	144 (5)	173 (5)	208 (5)	250 (5)	295 (6)	324 (7)	200	56 (3.4)	1000	<3	
4-8.....	720	234 (5)	141 (5)	157 (5)	188 (5)	227 (5)	272 (6)	319 (8)	349 (9)	250	36 (3.2)	1000	<3	
9-13.....	740	268 (10)	150 (8)	171 (8)	210 (9)	259 (10)	316 (11)	376 (13)	417 (15)	375	10 (2.2)	2000	<3	
14-18.....	715	300 (7)	172 (9)	194 (8)	236 (8)	290 (7)	353 (9)	418 (12)	461 (14)	550	<3	3000	<3	
19-30.....	919	374 (9)	194 (8)	226 (8)	285 (8)	361 (8)	449 (11)	540 (15)	598 (18)	550	9 (1.6)	3500	<3	
31-50.....	1469	393 (7)	208 (8)	240 (8)	300 (7)	379 (7)	471 (9)	563 (13)	623 (16)	550	11 (1.5)	3500	<3	
19-50.....	2388	385 (6)	202 (7)	234 (7)	294 (6)	372 (5)	462 (8)	554 (12)	613 (15)	550	10 (1.3)	3500	<3	
51-70.....	1700	405 (8)	215 (8)	248 (8)	312 (7)	391 (8)	484 (10)	579 (15)	642 (18)	550	13 (1.9)	3500	<3	
71+.....	762	368 (8)	190 (9)	221 (9)	281 (8)	355 (8)	442 (9)	530 (13)	586 (15)	550	8 (1.3)	3500	<3	
51+.....	2462	396 (6)	207 (8)	240 (7)	303 (6)	382 (6)	474 (9)	567 (13)	630 (16)	550	12 (1.6)	3500	<3	
19+.....	4850	390 (4)	204 (7)	236 (6)	298 (5)	376 (4)	468 (7)	560 (11)	621 (14)	550	11 (1.3)	3500	<3	
Females:														
1-3.....	488	203 (6)	120 (5)	135 (5)	162 (5)	197 (6)	237 (6)	279 (7)	307 (8)	200	48 (4.2)	1000	<3	
4-8.....	731	216 (5)	130 (5)	145 (5)	173 (4)	209 (5)	251 (6)	295 (7)	324 (9)	250	25 (2.6)	1000	<3	
9-13.....	770	247 (7)	137 (5)	155 (5)	191 (6)	238 (7)	292 (8)	349 (11)	387 (14)	375	6 (1.5)	2000	<3	
14-18.....	706	226 (8)	124 (7)	141 (7)	175 (7)	218 (8)	269 (9)	321 (11)	357 (12)	400	<3	3000	<3	
19-30.....	904	280 (7)	156 (5)	178 (6)	220 (6)	272 (7)	331 (8)	391 (10)	430 (11)	425	6 (1.2)	3500	<3	
31-50.....	1564	287 (6)	161 (4)	183 (5)	226 (5)	279 (6)	339 (7)	400 (9)	441 (11)	425	7 (1.2)	3500	<3	
19-50.....	2468	284 (5)	159 (4)	181 (4)	223 (5)	276 (5)	336 (7)	397 (9)	437 (10)	425	6 (1.1)	3500	<3	
51-70.....	1745	287 (6)	161 (4)	184 (4)	225 (5)	278 (6)	339 (8)	400 (10)	440 (12)	425	7 (1.3)	3500	<3	
71+.....	750	274 (6)	153 (6)	175 (6)	215 (6)	266 (6)	325 (6)	384 (8)	422 (9)	425	5 (0.7)	3500	<3	
51+.....	2495	283 (5)	159 (4)	181 (4)	222 (4)	275 (5)	335 (6)	395 (9)	436 (10)	425	6 (1.1)	3500	<3	
19+.....	4963	284 (5)	159 (4)	181 (4)	223 (4)	275 (4)	336 (6)	396 (8)	436 (10)	425	6 (1.0)	3500	<3	
All:														
1+.....	15210	314 (2)	157 (3)	180 (3)	228 (3)	294 (3)	378 (4)	474 (6)	539 (9)		11 (0.7)		<3	

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

Table A 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	527	3.96 (0.10)	2.31 (0.15)	2.59 (0.14)	3.16 (0.12)	3.84 (0.11)	4.64 (0.11)	5.47 (0.16)	6.01 (0.20)	0.7	<3
4-8.....	720	4.41 (0.12)	2.61 (0.16)	2.93 (0.15)	3.53 (0.13)	4.29 (0.12)	5.16 (0.13)	6.03 (0.18)	6.60 (0.22)	1	<3
9-13.....	740	5.16 (0.21)	2.18 (0.15)	2.64 (0.15)	3.57 (0.17)	4.83 (0.20)	6.36 (0.25)	8.10 (0.35)	9.29 (0.43)	1.5	<3
14-18.....	715	5.81 (0.19)	2.55 (0.18)	3.06 (0.18)	4.06 (0.18)	5.45 (0.19)	7.16 (0.24)	9.01 (0.34)	10.28 (0.42)	2	<3
19-30.....	919	5.84 (0.17)	2.11 (0.17)	2.63 (0.17)	3.72 (0.16)	5.31 (0.15)	7.37 (0.23)	9.72 (0.38)	11.35 (0.51)	2	4 (1.1)
31-50.....	1469	6.14 (0.28)	2.27 (0.19)	2.82 (0.19)	3.95 (0.19)	5.59 (0.24)	7.76 (0.38)	10.16 (0.57)	11.85 (0.72)	2	3 (0.9)
19-50.....	2388	6.02 (0.20)	2.20 (0.17)	2.74 (0.16)	3.85 (0.14)	5.47 (0.16)	7.60 (0.28)	9.98 (0.46)	11.65 (0.61)	2	4 (0.9)
51-70.....	1700	5.70 (0.17)	2.04 (0.15)	2.54 (0.15)	3.64 (0.14)	5.17 (0.15)	7.20 (0.24)	9.50 (0.40)	11.17 (0.53)	2	5 (1.1)
71+.....	762	5.45 (0.22)	1.93 (0.18)	2.42 (0.19)	3.47 (0.19)	4.95 (0.21)	6.90 (0.28)	9.10 (0.41)	10.58 (0.51)	2	6 (1.6)
51+.....	2462	5.63 (0.13)	2.01 (0.15)	2.50 (0.15)	3.59 (0.13)	5.11 (0.11)	7.12 (0.19)	9.39 (0.35)	11.03 (0.49)	2	5 (1.2)
19+.....	4850	5.85 (0.15)	2.11 (0.15)	2.63 (0.14)	3.73 (0.12)	5.32 (0.12)	7.39 (0.22)	9.74 (0.39)	11.39 (0.53)	2	4 (1.0)
Females:											
1-3.....	488	3.70 (0.12)	2.10 (0.15)	2.40 (0.14)	2.93 (0.13)	3.60 (0.12)	4.36 (0.13)	5.14 (0.17)	5.67 (0.21)	0.7	<3
4-8.....	731	3.91 (0.08)	2.27 (0.13)	2.56 (0.12)	3.10 (0.10)	3.80 (0.09)	4.59 (0.11)	5.40 (0.16)	5.93 (0.21)	1	<3
9-13.....	770	4.52 (0.18)	1.86 (0.13)	2.25 (0.13)	3.07 (0.14)	4.20 (0.18)	5.62 (0.23)	7.19 (0.32)	8.29 (0.39)	1.5	<3
14-18.....	706	3.66 (0.15)	1.43 (0.12)	1.75 (0.12)	2.43 (0.13)	3.37 (0.15)	4.59 (0.18)	5.92 (0.25)	6.85 (0.30)	2	15 (2.7)
19-30.....	904	4.10 (0.10)	1.76 (0.10)	2.11 (0.10)	2.82 (0.09)	3.81 (0.09)	5.06 (0.13)	6.46 (0.19)	7.43 (0.26)	2	8 (1.5)
31-50.....	1564	4.11 (0.14)	1.76 (0.13)	2.10 (0.14)	2.82 (0.14)	3.81 (0.14)	5.07 (0.16)	6.46 (0.20)	7.45 (0.25)	2	8 (2.0)
19-50.....	2468	4.10 (0.10)	1.76 (0.11)	2.10 (0.11)	2.82 (0.11)	3.81 (0.11)	5.07 (0.13)	6.46 (0.18)	7.44 (0.23)	2	8 (1.8)
51-70.....	1745	4.04 (0.14)	1.74 (0.13)	2.08 (0.13)	2.78 (0.14)	3.75 (0.14)	4.99 (0.16)	6.39 (0.20)	7.35 (0.25)	2	9 (2.0)
71+.....	750	3.95 (0.21)	1.69 (0.17)	2.03 (0.18)	2.71 (0.20)	3.66 (0.22)	4.88 (0.24)	6.21 (0.28)	7.15 (0.30)	2	9 (3.4)
51+.....	2495	4.02 (0.13)	1.72 (0.13)	2.07 (0.13)	2.76 (0.14)	3.72 (0.14)	4.96 (0.15)	6.34 (0.18)	7.30 (0.23)	2	9 (2.2)
19+.....	4963	4.06 (0.10)	1.74 (0.12)	2.08 (0.12)	2.79 (0.12)	3.77 (0.11)	5.02 (0.11)	6.40 (0.13)	7.37 (0.18)	2	9 (1.8)
All:											
1+.....	15210	4.83 (0.07)	1.90 (0.06)	2.31 (0.06)	3.14 (0.06)	4.32 (0.05)	5.94 (0.10)	7.99 (0.19)	9.52 (0.29)		6 (0.7)

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, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	67.5 (3.1)	23.3 (1.9)	29.3 (1.9)	42.6 (2.0)	61.1 (2.7)	85.6 (4.2)	113.8 (6.1)	133.8 (8.1)	13	<3	400	<3	
4-8.....	720	73.5 (4.4)	25.9 (2.7)	32.5 (2.9)	46.7 (3.4)	67.0 (4.0)	93.3 (5.8)	123.0 (8.1)	143.7 (9.6)	22	<3	650	<3	
9-13.....	740	74.6 (6.4)	24.9 (3.5)	31.6 (3.9)	46.2 (4.9)	67.2 (6.3)	94.4 (8.0)	126.9 (9.7)	149.9 (10.7)	39	17 (4.2)	1200	<3	
14-18.....	715	64.9 (4.3)	20.9 (2.5)	26.8 (2.8)	39.2 (3.0)	57.9 (4.0)	82.8 (5.5)	111.6 (7.7)	132.2 (9.3)	63	56 (5.0)	1800	<3	
19-30.....	919	76.1 (3.4)	18.3 (1.5)	24.9 (1.8)	40.0 (2.2)	64.5 (3.0)	99.1 (4.5)	141.9 (6.8)	172.9 (8.5)	75	59 (2.7)	2000	<3	
31-50.....	1469	84.6 (3.5)	21.5 (2.0)	28.9 (2.4)	45.5 (2.9)	72.1 (3.5)	110.5 (4.3)	156.0 (5.9)	189.5 (7.3)	75	52 (2.9)	2000	<3	
19-50.....	2388	81.2 (2.7)	20.0 (1.7)	27.1 (1.9)	43.1 (2.4)	68.9 (2.9)	105.9 (3.4)	150.4 (4.9)	183.3 (6.6)	75	55 (2.3)	2000	<3	
51-70.....	1700	84.8 (3.0)	21.3 (1.5)	28.6 (1.7)	45.8 (2.1)	72.3 (2.7)	110.4 (3.8)	156.3 (5.8)	191.2 (7.5)	75	52 (2.4)	2000	<3	
71+.....	762	91.3 (4.8)	23.7 (1.8)	31.7 (2.1)	50.2 (3.0)	78.6 (4.2)	118.8 (6.2)	166.7 (9.2)	200.2 (11.4)	75	47 (3.4)	2000	<3	
51+.....	2462	86.5 (2.7)	21.8 (1.4)	29.4 (1.5)	46.8 (1.8)	74.1 (2.4)	112.5 (3.5)	159.2 (5.9)	193.7 (7.9)	75	51 (2.1)	2000	<3	
19+.....	4850	83.5 (1.9)	20.8 (1.5)	28.0 (1.6)	44.7 (1.9)	71.1 (2.0)	108.9 (2.5)	154.2 (4.5)	188.0 (6.1)	75	53 (1.7)	2000	<3	
Females:														
1-3.....	488	71.4 (4.0)	24.5 (3.0)	31.3 (3.1)	45.1 (3.2)	65.0 (3.8)	90.6 (4.9)	119.5 (6.7)	140.3 (8.2)	13	<3	400	<3	
4-8.....	731	71.4 (3.7)	25.2 (3.6)	31.6 (3.9)	45.1 (4.0)	65.0 (4.1)	90.4 (4.3)	119.4 (5.1)	140.0 (6.2)	22	3 (1.6)	650	<3	
9-13.....	770	77.1 (4.7)	26.2 (3.2)	33.0 (3.5)	47.7 (4.0)	69.3 (4.7)	97.8 (5.6)	130.8 (7.3)	154.6 (9.2)	39	15 (4.0)	1200	<3	
14-18.....	706	60.2 (4.4)	19.1 (2.7)	24.4 (3.0)	36.1 (3.7)	53.6 (4.5)	77.2 (5.2)	104.3 (6.2)	123.8 (6.9)	56	53 (6.0)	1800	<3	
19-30.....	904	67.2 (2.1)	19.9 (1.6)	25.9 (1.6)	39.2 (1.9)	59.4 (2.1)	86.5 (2.8)	118.3 (4.4)	141.1 (5.5)	60	51 (2.4)	2000	<3	
31-50.....	1564	74.9 (3.1)	22.9 (2.3)	29.6 (2.5)	44.5 (2.9)	66.5 (3.2)	96.2 (3.7)	130.3 (4.8)	155.3 (6.0)	60	43 (3.5)	2000	<3	
19-50.....	2468	72.0 (2.3)	21.6 (1.9)	28.0 (2.1)	42.3 (2.3)	63.7 (2.5)	92.6 (2.8)	126.1 (4.2)	150.5 (5.4)	60	46 (2.8)	2000	<3	
51-70.....	1745	70.8 (3.2)	21.5 (2.0)	27.8 (2.2)	41.7 (2.7)	62.6 (3.2)	91.0 (4.0)	124.4 (5.0)	148.1 (6.0)	60	47 (3.5)	2000	<3	
71+.....	750	80.4 (3.1)	25.6 (2.1)	32.9 (2.2)	48.4 (2.6)	71.7 (3.0)	102.9 (4.0)	138.6 (5.7)	164.1 (6.9)	60	38 (3.0)	2000	<3	
51+.....	2495	73.6 (2.6)	22.4 (1.9)	29.1 (2.0)	43.5 (2.3)	65.0 (2.7)	94.5 (3.2)	128.8 (4.3)	153.4 (5.4)	60	44 (2.9)	2000	<3	
19+.....	4963	72.7 (2.1)	22.0 (1.8)	28.5 (2.0)	42.9 (2.2)	64.4 (2.3)	93.5 (2.5)	127.5 (3.8)	151.7 (4.8)	60	45 (2.6)	2000	<3	
All:														
1+.....	15210	76.1 (1.7)	21.9 (0.8)	28.6 (0.9)	43.5 (1.0)	66.2 (1.4)	97.5 (2.2)	135.6 (3.5)	163.9 (4.7)	43	(1.3)		<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, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018
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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	197	56.8 (3.7)	12.7* (1.3)	17.4* (1.7)	28.8 (2.3)	47.3 (3.3)	75.2 (4.7)	107.2* (6.7)	131.9* (8.2)	110	91* (1.7)	2000	<3	
31-50.....	403	64.0 (3.3)	15.0 (1.6)	20.4 (1.9)	33.1 (2.4)	53.7 (3.1)	83.4 (4.2)	120.7 (5.7)	148.4 (7.2)	110	87 (1.7)	2000	<3	
19-50.....	600	61.2 (2.9)	14.0 (1.3)	19.1 (1.6)	31.3 (2.1)	51.1 (2.8)	80.3 (3.6)	116.1 (5.2)	142.8 (6.4)	110	88 (1.5)	2000	<3	
51-70.....	398	63.7 (3.6)	15.2* (1.5)	20.5 (1.8)	33.4 (2.3)	53.4 (3.2)	83.7 (4.8)	119.8 (6.8)	146.2* (8.0)	110	87 (2.0)	2000	<3	
71+.....	77	65.9 (4.0)	16.1* (1.5)	21.6* (1.9)	34.8* (2.6)	56.3 (3.5)	85.6* (5.2)	122.5* (7.5)	147.7* (8.7)	110	86* (2.5)	2000	<3	
51+.....	475	64.0 (3.5)	15.4 (1.4)	20.7 (1.7)	33.6 (2.3)	53.8 (3.2)	83.9 (4.6)	120.1 (6.7)	146.3 (7.8)	110	87 (2.0)	2000	<3	
19+.....	1075	62.3 (2.8)	14.5 (1.3)	19.7 (1.5)	32.2 (1.9)	52.2 (2.6)	81.7 (3.6)	117.8 (5.2)	144.4 (6.5)	110	88 (1.5)	2000	<3	
Females:														
19-30.....	136	45.4 (2.7)	12.4* (1.7)	16.5* (2.0)	25.8 (2.4)	39.8 (2.7)	58.9 (3.2)	81.2* (4.2)	97.7* (4.9)	95	94* (1.1)	2000	<3	
31-50.....	285	50.4 (3.4)	14.6* (2.0)	19.0 (2.2)	28.8 (2.5)	44.1 (3.3)	65.1 (4.3)	89.2 (5.5)	106.3* (6.5)	95	92 (1.8)	2000	<3	
19-50.....	421	48.6 (2.9)	13.7 (1.8)	18.1 (2.0)	27.7 (2.4)	42.5 (2.8)	63.1 (3.7)	86.5 (4.8)	103.3 (5.5)	95	93 (1.5)	2000	<3	
51-70.....	275	47.3 (2.7)	13.4* (1.6)	17.7 (1.8)	26.9 (2.1)	41.2 (2.7)	60.9 (3.1)	85.1 (4.0)	102.9* (4.9)	95	93* (1.3)	2000	<3	
71+.....	44	51.0* (3.9)	14.7* (1.9)	19.3* (2.3)	28.8* (3.1)	44.3* (4.2)	65.9* (5.0)	91.1* (5.9)	109.5* (7.5)	95	92* (2.2)	2000	<3	
51+.....	319	47.7 (2.6)	13.5* (1.6)	17.9 (1.8)	27.2 (2.1)	41.6 (2.7)	61.5 (3.1)	85.8 (4.0)	103.9* (4.9)	95	93 (1.2)	2000	<3	
19+.....	740	48.3 (2.6)	13.6 (1.7)	18.0 (1.9)	27.5 (2.2)	42.1 (2.6)	62.4 (3.2)	86.2 (4.3)	103.6 (4.9)	95	93 (1.2)	2000	<3	

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

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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	722	81.8 (4.1)	21.2 (1.7)	28.4 (2.1)	44.8 (2.8)	70.4 (3.9)	106.2 (5.3)	150.1 (7.2)	182.8 (9.2)	75	54 (3.4)	2000	<3	
31-50.....	1065	91.1 (3.3)	24.3 (1.8)	32.3 (2.1)	50.8 (2.6)	78.5 (3.1)	117.9 (4.2)	165.4 (5.8)	199.6 (6.8)	75	47 (2.5)	2000	<3	
19-50.....	1787	87.5 (2.5)	22.9 (1.5)	30.6 (1.7)	48.2 (2.1)	75.2 (2.4)	113.4 (3.2)	159.7 (4.9)	193.4 (6.1)	75	50 (2.0)	2000	<3	
51-70.....	1301	89.2 (3.1)	24.0 (1.4)	31.9 (1.6)	49.1 (2.0)	77.1 (2.8)	115.8 (4.1)	162.2 (6.2)	196.1 (7.8)	75	48 (2.3)	2000	<3	
71+.....	682	93.3 (4.1)	25.3 (1.7)	33.6 (2.0)	52.1 (2.6)	80.9 (3.6)	120.4 (5.4)	168.4 (7.7)	203.7 (9.2)	75	45 (2.7)	2000	<3	
51+.....	1983	90.4 (2.8)	24.4 (1.3)	32.3 (1.4)	49.9 (1.7)	78.2 (2.4)	117.3 (3.7)	164.1 (5.8)	198.2 (7.4)	75	47 (1.9)	2000	<3	
19+.....	3770	88.8 (1.9)	23.6 (1.3)	31.3 (1.4)	49.0 (1.6)	76.5 (1.7)	115.2 (2.6)	161.5 (4.4)	195.7 (5.8)	75	49 (1.4)	2000	<3	
Females:														
19-30.....	767	72.6 (2.4)	23.9 (1.9)	30.3 (2.0)	44.2 (2.2)	65.0 (2.5)	92.4 (3.1)	125.4 (4.4)	147.8 (5.8)	60	44 (2.8)	2000	<3	
31-50.....	1278	79.9 (2.8)	26.8 (2.4)	34.0 (2.6)	49.2 (2.8)	72.0 (3.1)	102.0 (3.5)	136.2 (4.3)	160.3 (5.4)	60	37 (3.3)	2000	<3	
19-50.....	2045	77.3 (2.3)	25.6 (2.0)	32.5 (2.2)	47.3 (2.4)	69.3 (2.5)	98.4 (2.9)	132.6 (4.0)	156.4 (4.9)	60	40 (2.8)	2000	<3	
51-70.....	1469	75.6 (3.7)	24.8 (2.1)	31.7 (2.3)	46.4 (2.9)	67.9 (3.6)	96.2 (4.5)	128.9 (5.6)	152.5 (6.2)	60	41 (4.0)	2000	<3	
71+.....	705	81.2 (3.3)	27.4 (2.2)	34.6 (2.4)	50.2 (2.7)	73.1 (3.2)	103.4 (3.9)	138.2 (5.7)	162.6 (6.9)	60	36 (3.3)	2000	<3	
51+.....	2174	77.4 (3.0)	25.6 (2.0)	32.6 (2.1)	47.5 (2.5)	69.5 (3.0)	98.4 (3.7)	132.1 (4.4)	155.8 (5.2)	60	40 (3.3)	2000	<3	
19+.....	4219	77.3 (2.1)	25.6 (1.9)	32.6 (2.1)	47.4 (2.2)	69.4 (2.3)	98.4 (2.7)	132.3 (3.8)	156.1 (4.6)	60	40 (2.6)	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, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018
 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
19-30.....	919	76.4 (3.7)	18.1 (1.5)	24.9 (1.8)	40.2 (2.5)	65.3 (3.5)	99.7 (4.8)	142.3 (6.8)	174.0 (8.4)	110/75	62 (2.9)	2000	<3	
31-50.....	1468	85.1 (3.0)	21.1 (1.7)	28.3 (1.9)	45.6 (2.4)	72.6 (2.9)	110.9 (3.8)	157.4 (5.3)	191.1 (6.5)	110/75	56 (2.3)	2000	<3	
19-50.....	2387	81.7 (2.3)	19.8 (1.4)	26.9 (1.6)	43.4 (2.0)	69.6 (2.4)	106.6 (3.0)	151.9 (4.4)	184.7 (5.7)	110/75	58 (1.9)	2000	<3	
51-70.....	1699	84.0 (3.1)	21.2 (1.5)	28.5 (1.7)	45.1 (2.1)	72.1 (2.8)	109.8 (4.0)	154.7 (5.8)	188.3 (7.4)	110/75	56 (2.3)	2000	<3	
71+.....	759	91.0 (4.1)	24.0 (1.6)	31.9 (1.9)	50.2 (2.6)	78.6 (3.6)	117.9 (5.4)	165.2 (7.7)	200.3 (9.2)	110/75	49 (2.9)	2000	<3	
51+.....	2458	85.8 (2.6)	21.8 (1.3)	29.3 (1.5)	46.3 (1.8)	73.7 (2.3)	111.9 (3.5)	157.5 (5.5)	191.5 (7.0)	110/75	54 (1.9)	2000	<3	
19+.....	4845	83.6 (1.7)	20.6 (1.3)	27.9 (1.4)	44.7 (1.6)	71.4 (1.7)	109.0 (2.3)	154.6 (4.0)	188.0 (5.4)	110/75	56 (1.4)	2000	<3	
Females:														
19-30.....	903	67.8 (2.2)	19.9 (2.0)	26.2 (2.1)	39.7 (2.2)	60.2 (2.3)	87.1 (2.8)	119.6 (4.1)	142.5 (5.3)	95/60	53 (2.6)	2000	<3	
31-50.....	1563	74.5 (3.1)	22.1 (2.4)	29.2 (2.6)	44.0 (2.9)	66.4 (3.2)	96.1 (3.8)	130.2 (4.4)	154.8 (5.3)	95/60	47 (3.5)	2000	<3	
19-50.....	2466	72.1 (2.4)	21.3 (2.1)	28.0 (2.2)	42.3 (2.5)	64.1 (2.6)	93.0 (2.8)	126.6 (3.9)	150.7 (4.8)	95/60	49 (2.8)	2000	<3	
51-70.....	1744	70.9 (3.6)	21.0 (2.1)	27.5 (2.3)	41.7 (2.8)	63.0 (3.6)	91.3 (4.5)	123.6 (5.6)	147.6 (6.2)	95/60	50 (3.8)	2000	<3	
71+.....	749	79.6 (3.2)	25.9 (2.1)	33.2 (2.4)	48.5 (2.7)	71.5 (3.1)	101.8 (3.8)	136.6 (5.6)	160.9 (6.8)	95/60	39 (3.2)	2000	<3	
51+.....	2493	73.4 (3.0)	22.1 (2.0)	28.8 (2.2)	43.5 (2.5)	65.4 (3.0)	94.2 (3.6)	127.7 (4.5)	151.6 (5.2)	95/60	47 (3.1)	2000	<3	
19+.....	4959	72.7 (2.1)	21.7 (2.0)	28.4 (2.1)	42.9 (2.3)	64.7 (2.4)	93.6 (2.5)	127.1 (3.6)	151.2 (4.5)	95/60	48 (2.7)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018
 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)	>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			UL	% (SE)
Males:													
1-3.....	527	6.2 (0.2)	2.8 (0.2)	3.4 (0.2)	4.5 (0.2)	6.0 (0.2)	7.7 (0.2)	9.4 (0.3)	10.6 (0.3)	10	93 (1.2)	63	<3
4-8.....	720	5.5 (0.2)	2.3 (0.2)	2.9 (0.2)	3.9 (0.2)	5.2 (0.2)	6.8 (0.2)	8.5 (0.3)	9.5 (0.3)	10	96 (0.9)	75	<3
9-13.....	740	5.7 (0.2)	1.7 (0.1)	2.3 (0.1)	3.4 (0.1)	5.1 (0.1)	7.3 (0.2)	9.8 (0.4)	11.6 (0.5)	10	91 (1.4)	100	<3
14-18.....	715	5.1 (0.3)	1.5 (0.2)	2.0 (0.2)	3.0 (0.3)	4.5 (0.3)	6.6 (0.4)	8.9 (0.5)	10.6 (0.5)	10	94 (1.4)	100	<3
19-30.....	919	4.6 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	4.0 (0.2)	5.9 (0.2)	8.2 (0.3)	9.9 (0.4)	10	95 (0.8)	100	<3
31-50.....	1469	4.6 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	4.0 (0.1)	5.9 (0.2)	8.2 (0.3)	9.9 (0.4)	10	95 (0.7)	100	<3
19-50.....	2388	4.6 (0.1)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	4.0 (0.1)	5.9 (0.1)	8.2 (0.2)	9.9 (0.3)	10	95 (0.6)	100	<3
51-70.....	1700	5.1 (0.2)	1.5 (0.1)	1.9 (0.1)	2.9 (0.2)	4.4 (0.2)	6.5 (0.3)	9.0 (0.4)	10.9 (0.5)	10	93 (1.1)	100	<3
71+.....	762	6.0 (0.3)	1.8 (0.2)	2.4 (0.2)	3.5 (0.2)	5.3 (0.3)	7.6 (0.4)	10.4 (0.6)	12.4 (0.7)	10	89 (2.2)	100	<3
51+.....	2462	5.3 (0.2)	1.6 (0.1)	2.0 (0.1)	3.1 (0.1)	4.6 (0.2)	6.8 (0.2)	9.4 (0.3)	11.3 (0.4)	10	92 (1.0)	100	<3
19+.....	4850	4.9 (0.1)	1.4 (0.1)	1.8 (0.1)	2.8 (0.1)	4.2 (0.1)	6.3 (0.2)	8.8 (0.2)	10.6 (0.3)	10	94 (0.7)	100	<3
Females:													
1-3.....	488	5.9 (0.2)	2.6 (0.2)	3.2 (0.2)	4.3 (0.2)	5.7 (0.2)	7.3 (0.2)	9.0 (0.3)	10.1 (0.3)	10	94 (1.0)	63	<3
4-8.....	731	5.0 (0.2)	2.0 (0.2)	2.5 (0.2)	3.5 (0.2)	4.7 (0.2)	6.2 (0.2)	7.8 (0.2)	8.8 (0.3)	10	>97	75	<3
9-13.....	770	5.0 (0.3)	1.5 (0.1)	1.9 (0.1)	2.9 (0.2)	4.4 (0.2)	6.5 (0.3)	8.8 (0.5)	10.5 (0.6)	10	94 (1.5)	100	<3
14-18.....	706	3.6 (0.2)	0.9 (0.1)	1.3 (0.1)	2.0 (0.1)	3.2 (0.2)	4.7 (0.2)	6.6 (0.4)	7.9 (0.4)	10	>97	100	<3
19-30.....	904	3.9 (0.1)	1.2 (0.1)	1.5 (0.1)	2.3 (0.1)	3.4 (0.1)	4.9 (0.2)	6.8 (0.3)	8.1 (0.3)	10	>97	100	<3
31-50.....	1564	4.0 (0.2)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.5 (0.2)	5.2 (0.2)	7.0 (0.3)	8.4 (0.3)	10	>97	100	<3
19-50.....	2468	4.0 (0.1)	1.2 (0.1)	1.6 (0.1)	2.3 (0.1)	3.5 (0.1)	5.1 (0.2)	6.9 (0.2)	8.3 (0.3)	10	>97	100	<3
51-70.....	1745	4.0 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.1)	3.5 (0.1)	5.1 (0.2)	7.1 (0.3)	8.4 (0.3)	10	>97	100	<3
71+.....	750	4.3 (0.2)	1.4 (0.1)	1.8 (0.1)	2.6 (0.2)	3.8 (0.2)	5.5 (0.2)	7.5 (0.3)	8.9 (0.4)	10	97 (0.6)	100	<3
51+.....	2495	4.1 (0.1)	1.3 (0.1)	1.6 (0.1)	2.4 (0.1)	3.6 (0.1)	5.3 (0.2)	7.2 (0.2)	8.6 (0.3)	10	>97	100	<3
19+.....	4963	4.0 (0.1)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.6 (0.1)	5.2 (0.1)	7.1 (0.2)	8.4 (0.3)	10	>97	100	<3
All:													
1+.....	15210	4.6 (0.1)	1.4 (0.1)	1.8 (0.1)	2.7 (0.1)	4.1 (0.1)	6.0 (0.1)	8.1 (0.1)	9.7 (0.2)	10	96 (0.4)		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	5.3 (0.2)	2.9 (0.1)	3.3 (0.1)	4.1 (0.1)	5.1 (0.2)	6.3 (0.2)	7.6 (0.2)	8.4 (0.3)	5	48	(4.1)
4-8.....	720	7.1 (0.2)	4.1 (0.2)	4.6 (0.2)	5.6 (0.2)	6.9 (0.2)	8.4 (0.3)	9.9 (0.3)	11.0 (0.4)	6	33	(4.3)
9-13.....	740	8.5 (0.4)	4.4 (0.2)	5.1 (0.2)	6.4 (0.3)	8.1 (0.4)	10.1 (0.5)	12.5 (0.8)	14.0 (0.9)	9	62	(5.5)
14-18.....	715	8.4 (0.3)	4.4 (0.3)	5.0 (0.3)	6.3 (0.3)	8.0 (0.3)	10.0 (0.3)	12.3 (0.5)	13.8 (0.6)	12	89	(2.3)
19-30.....	919	9.8 (0.6)	4.1 (0.4)	5.0 (0.4)	6.7 (0.5)	9.1 (0.5)	12.1 (0.7)	15.4 (0.8)	17.6 (0.9)	12	74	(4.5)
31-50.....	1469	10.6 (0.5)	4.6 (0.4)	5.5 (0.4)	7.3 (0.4)	9.9 (0.5)	13.1 (0.5)	16.5 (0.7)	18.9 (0.8)	12	68	(3.8)
19-50.....	2388	10.3 (0.4)	4.4 (0.3)	5.3 (0.3)	7.1 (0.3)	9.6 (0.4)	12.7 (0.5)	16.1 (0.6)	18.4 (0.7)	12	71	(3.0)
51-70.....	1700	10.5 (0.4)	4.5 (0.2)	5.4 (0.2)	7.3 (0.2)	9.8 (0.3)	13.0 (0.6)	16.4 (0.8)	18.9 (1.0)	12	68	(3.6)
71+.....	762	8.7 (0.7)	3.6 (0.5)	4.4 (0.5)	5.9 (0.6)	8.1 (0.7)	10.8 (0.8)	13.8 (1.0)	15.8 (1.1)	12	82	(5.1)
51+.....	2462	10.0 (0.3)	4.2 (0.3)	5.1 (0.2)	6.9 (0.2)	9.3 (0.3)	12.5 (0.4)	15.8 (0.6)	18.3 (0.8)	12	72	(2.6)
19+.....	4850	10.2 (0.3)	4.3 (0.3)	5.2 (0.3)	7.0 (0.3)	9.5 (0.3)	12.6 (0.4)	16.0 (0.5)	18.4 (0.7)	12	71	(2.3)
Females:												
1-3.....	488	5.3 (0.3)	2.9 (0.2)	3.3 (0.2)	4.1 (0.2)	5.1 (0.3)	6.3 (0.3)	7.5 (0.4)	8.4 (0.5)	5	48	(6.7)
4-8.....	731	6.1 (0.2)	3.4 (0.2)	3.9 (0.2)	4.7 (0.2)	5.9 (0.2)	7.2 (0.2)	8.6 (0.2)	9.5 (0.3)	6	53	(3.5)
9-13.....	770	8.0 (0.2)	4.1 (0.2)	4.7 (0.2)	5.9 (0.2)	7.6 (0.2)	9.6 (0.3)	11.8 (0.4)	13.3 (0.5)	9	69	(3.2)
14-18.....	706	7.4 (0.3)	3.8 (0.2)	4.3 (0.2)	5.5 (0.2)	7.0 (0.3)	8.8 (0.3)	10.9 (0.5)	12.2 (0.6)	12	94	(1.7)
19-30.....	904	8.6 (0.3)	4.0 (0.2)	4.7 (0.2)	6.1 (0.2)	8.1 (0.3)	10.5 (0.4)	13.2 (0.6)	15.1 (0.7)	12	85	(2.7)
31-50.....	1564	8.8 (0.3)	4.1 (0.2)	4.8 (0.2)	6.3 (0.2)	8.3 (0.2)	10.8 (0.4)	13.6 (0.6)	15.5 (0.7)	12	83	(2.6)
19-50.....	2468	8.8 (0.2)	4.0 (0.2)	4.7 (0.2)	6.2 (0.2)	8.2 (0.2)	10.7 (0.3)	13.5 (0.5)	15.4 (0.7)	12	83	(2.2)
51-70.....	1745	8.4 (0.4)	3.9 (0.2)	4.6 (0.2)	6.0 (0.3)	7.9 (0.3)	10.3 (0.4)	13.0 (0.6)	14.8 (0.7)	12	86	(2.6)
71+.....	750	8.0 (0.2)	3.6 (0.2)	4.3 (0.2)	5.6 (0.2)	7.5 (0.2)	9.8 (0.3)	12.3 (0.4)	14.0 (0.5)	12	89	(1.6)
51+.....	2495	8.3 (0.3)	3.8 (0.2)	4.5 (0.2)	5.9 (0.2)	7.8 (0.3)	10.2 (0.3)	12.8 (0.5)	14.6 (0.6)	12	87	(2.1)
19+.....	4963	8.5 (0.2)	3.9 (0.2)	4.6 (0.2)	6.0 (0.2)	8.0 (0.2)	10.4 (0.3)	13.1 (0.4)	15.0 (0.6)	12	85	(1.9)
All:												
1+.....	15210	8.8 (0.2)	3.9 (0.1)	4.6 (0.1)	6.1 (0.1)	8.1 (0.1)	10.8 (0.2)	14.0 (0.3)	16.2 (0.4)		75	(1.5)

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	46.4 (1.9)	22.2 (1.3)	25.7 (1.4)	33.2 (1.6)	43.1 (1.8)	56.2 (2.4)	71.1 (3.2)	81.8 (4.0)	30	82 (3.1)	
4-8.....	720	58.8 (1.9)	28.5 (1.8)	33.0 (1.8)	42.2 (1.8)	55.0 (1.9)	71.2 (2.2)	89.5 (3.1)	102.4 (4.0)	55	50 (3.5)	
9-13.....	740	71.8 (3.7)	36.5 (2.7)	42.0 (2.8)	53.0 (3.1)	67.8 (3.6)	85.8 (4.4)	106.3 (6.0)	120.6 (7.4)	60	63 (5.4)	
14-18.....	715	75.3 (4.2)	38.6 (3.6)	44.4 (3.8)	55.6 (4.0)	71.0 (4.3)	90.2 (4.7)	111.2 (5.5)	125.9 (6.2)	75	44 (6.4)	
19-30.....	919	102.4 (5.0)	36.8 (2.2)	45.4 (2.4)	63.6 (2.9)	91.3 (4.3)	128.5 (6.5)	173.2 (9.8)	205.4 (12.0)	120	29 (3.4)	
31-50.....	1469	123.2 (5.7)	45.9 (3.4)	56.2 (3.8)	77.8 (4.5)	110.1 (5.4)	154.7 (7.0)	206.1 (9.8)	243.7 (12.0)	120	43 (3.7)	
19-50.....	2388	114.7 (4.1)	41.2 (2.3)	50.9 (2.6)	71.3 (3.0)	102.0 (3.8)	144.4 (5.2)	194.1 (8.0)	230.1 (10.2)	120	38 (2.6)	
51-70.....	1700	129.8 (6.1)	48.4 (4.0)	59.0 (4.2)	82.6 (5.1)	116.4 (5.9)	162.6 (7.4)	216.7 (10.0)	257.5 (12.5)	120	48 (4.1)	
71+.....	762	122.5 (5.6)	45.3 (3.1)	55.6 (3.4)	77.8 (4.0)	109.9 (5.1)	153.6 (7.1)	204.7 (9.8)	240.2 (11.8)	120	43 (3.5)	
51+.....	2462	127.9 (5.0)	47.6 (3.4)	58.0 (3.6)	81.3 (4.1)	114.7 (4.7)	160.2 (6.3)	213.5 (8.9)	253.3 (11.4)	120	46 (3.3)	
19+.....	4850	120.5 (3.5)	43.6 (2.4)	53.6 (2.4)	75.3 (2.7)	107.5 (3.0)	151.5 (4.6)	202.9 (6.9)	241.3 (9.1)	120	41 (2.2)	
Females:												
1-3.....	488	45.2 (2.2)	21.2 (1.5)	24.9 (1.6)	32.1 (1.8)	42.1 (2.1)	54.8 (2.7)	69.3 (3.7)	79.7 (4.5)	30	80 (4.0)	
4-8.....	731	53.9 (1.9)	26.1 (1.6)	30.2 (1.7)	38.5 (1.7)	50.4 (1.9)	65.2 (2.2)	82.1 (3.0)	94.2 (3.7)	55	41 (3.5)	
9-13.....	770	74.2 (4.0)	38.1 (3.2)	43.6 (3.3)	54.8 (3.5)	70.0 (3.9)	88.9 (4.8)	110.0 (6.3)	124.8 (7.5)	60	66 (6.1)	
14-18.....	706	74.1 (4.8)	38.1 (4.0)	43.7 (4.1)	54.8 (4.5)	69.9 (4.9)	88.9 (5.4)	109.5 (6.2)	123.9 (6.8)	75	42 (7.6)	
19-30.....	904	111.7 (4.9)	39.2 (2.4)	48.3 (2.6)	68.0 (3.2)	98.3 (4.3)	140.1 (6.2)	191.3 (9.4)	229.4 (11.8)	90	57 (3.1)	
31-50.....	1564	124.6 (5.8)	44.1 (3.1)	54.1 (3.4)	76.5 (4.2)	109.8 (5.2)	156.3 (7.2)	212.5 (10.1)	255.4 (13.0)	90	65 (3.6)	
19-50.....	2468	119.8 (4.3)	42.0 (2.5)	51.6 (2.7)	73.0 (3.0)	105.3 (3.8)	150.3 (5.5)	204.9 (8.2)	246.5 (10.8)	90	62 (2.7)	
51-70.....	1745	118.8 (6.0)	42.1 (2.5)	51.8 (2.9)	72.7 (3.7)	104.4 (5.2)	148.8 (7.6)	203.6 (11.2)	244.1 (13.9)	90	61 (3.8)	
71+.....	750	122.7 (7.0)	43.9 (3.7)	53.9 (4.2)	75.3 (5.2)	108.2 (6.6)	153.8 (8.6)	208.8 (11.4)	249.9 (14.0)	90	63 (4.6)	
51+.....	2495	119.9 (4.8)	42.6 (2.4)	52.4 (2.7)	73.4 (3.2)	105.5 (4.2)	150.3 (6.2)	205.2 (9.2)	245.8 (11.9)	90	62 (3.0)	
19+.....	4963	119.8 (4.1)	42.3 (2.4)	52.0 (2.5)	73.2 (2.8)	105.4 (3.6)	150.3 (5.2)	205.1 (7.9)	246.1 (10.4)	90	62 (2.6)	
All:												
1+.....	15210	107.0 (2.7)	36.3 (1.3)	44.5 (1.5)	62.5 (2.0)	91.9 (2.8)	135.2 (3.6)	188.8 (5.5)	228.2 (7.3)		53 (2.2)	

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	954 (25)	586 (23)	652 (22)	781 (22)	932 (24)	1106 (29)	1283 (35)	1397 (43)	500	<3	2500	<3	
4-8.....	720	1027 (26)	638 (28)	710 (27)	843 (26)	1007 (26)	1190 (29)	1373 (37)	1490 (40)	800	20 (3.1)	2500	<3	
9-13.....	740	1052 (38)	567 (53)	652 (52)	815 (48)	1019 (42)	1249 (34)	1494 (45)	1655 (55)	1100	60 (4.8)	3000	<3	
14-18.....	715	1091 (35)	595 (29)	683 (27)	846 (29)	1055 (33)	1296 (44)	1542 (66)	1703 (79)	1100	55 (4.1)	3000	<3	
19-30.....	919	1118 (25)	558 (22)	652 (23)	833 (23)	1071 (25)	1351 (30)	1645 (39)	1836 (44)	800	22 (2.1)	2500	<3	
31-50.....	1469	1105 (22)	553 (20)	645 (19)	822 (19)	1056 (22)	1339 (28)	1626 (38)	1817 (46)	800	23 (1.9)	2500	<3	
19-50.....	2388	1110 (15)	555 (18)	648 (17)	826 (15)	1063 (15)	1344 (20)	1634 (30)	1824 (38)	800	22 (1.5)	2500	<3	
51-70.....	1700	1046 (23)	512 (17)	600 (18)	775 (19)	1000 (22)	1269 (30)	1549 (41)	1741 (49)	800	28 (2.1)	2000	<3	
71+.....	762	969 (19)	465 (21)	548 (20)	713 (19)	925 (20)	1179 (22)	1443 (29)	1611 (34)	1000	58 (2.2)	2000	<3	
51+.....	2462	1026 (17)	498 (16)	584 (16)	758 (15)	980 (17)	1246 (23)	1522 (34)	1712 (42)	1000	36 (1.6)	2000	<3	
19+.....	4850	1074 (12)	526 (15)	618 (14)	795 (12)	1026 (11)	1301 (17)	1590 (27)	1780 (36)	1000	28 (1.1)	2000	<3	
Females:														
1-3.....	488	914 (23)	550 (26)	620 (24)	743 (21)	894 (23)	1063 (27)	1233 (33)	1346 (39)	500	<3	2500	<3	
4-8.....	731	889 (22)	539 (26)	603 (25)	720 (24)	869 (22)	1035 (26)	1202 (33)	1312 (38)	800	38 (3.9)	2500	<3	
9-13.....	770	983 (24)	525 (27)	602 (25)	754 (19)	949 (21)	1174 (34)	1407 (50)	1563 (64)	1100	68 (3.2)	3000	<3	
14-18.....	706	838 (40)	431 (37)	499 (37)	633 (39)	805 (42)	1008 (43)	1216 (52)	1353 (56)	1100	83 (3.4)	3000	<3	
19-30.....	904	875 (20)	470 (17)	539 (17)	672 (18)	844 (20)	1043 (23)	1249 (28)	1385 (33)	800	44 (2.9)	2500	<3	
31-50.....	1564	892 (19)	480 (19)	550 (19)	687 (19)	860 (19)	1063 (22)	1271 (26)	1411 (29)	800	41 (2.8)	2500	<3	
19-50.....	2468	885 (15)	475 (16)	545 (16)	681 (15)	854 (15)	1055 (17)	1263 (22)	1401 (26)	800	42 (2.2)	2500	<3	
51-70.....	1745	838 (15)	447 (14)	514 (13)	642 (13)	806 (14)	1000 (20)	1203 (26)	1336 (31)	1000	75 (2.0)	2000	<3	
71+.....	750	779 (22)	410 (18)	473 (18)	592 (20)	749 (22)	933 (25)	1122 (31)	1247 (36)	1000	82 (2.4)	2000	<3	
51+.....	2495	821 (15)	435 (13)	501 (13)	627 (13)	790 (14)	982 (19)	1181 (25)	1315 (30)	1000	77 (1.9)	2000	<3	
19+.....	4963	854 (12)	453 (13)	522 (13)	653 (12)	822 (12)	1020 (15)	1226 (21)	1363 (25)	1000	59 (1.6)	2000	<3	
All:														
1+.....	15210	965 (9)	491 (14)	569 (13)	721 (11)	919 (9)	1157 (11)	1418 (17)	1596 (23)	1000	44 (1.1)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	1069 (21)	713 (21)	779 (21)	906 (21)	1052 (22)	1216 (23)	1379 (29)	1483 (33)	380	<3	3000	<3	
4-8.....	720	1248 (22)	852 (24)	928 (22)	1066 (21)	1232 (22)	1413 (25)	1589 (31)	1700 (34)	405	<3	3000	<3	
9-13.....	740	1343 (44)	803 (41)	902 (42)	1088 (43)	1314 (45)	1562 (47)	1819 (53)	1984 (58)	1055	22 (3.8)	4000	<3	
14-18.....	715	1482 (47)	908 (36)	1015 (37)	1209 (41)	1450 (47)	1720 (54)	1987 (64)	2158 (69)	1055	12 (2.7)	4000	<3	
19-30.....	919	1613 (35)	920 (38)	1049 (38)	1283 (36)	1577 (35)	1901 (38)	2225 (43)	2429 (47)	580	<3	4000	<3	
31-50.....	1469	1644 (29)	947 (31)	1076 (30)	1312 (29)	1605 (29)	1938 (33)	2260 (42)	2467 (48)	580	<3	4000	<3	
19-50.....	2388	1631 (21)	935 (30)	1064 (28)	1300 (24)	1593 (22)	1924 (24)	2247 (31)	2451 (38)	580	<3	4000	<3	
51-70.....	1700	1592 (25)	903 (27)	1028 (26)	1268 (24)	1554 (24)	1879 (31)	2198 (40)	2409 (48)	580	<3	4000	<3	
71+.....	762	1435 (28)	788 (33)	906 (31)	1129 (29)	1399 (28)	1705 (30)	2006 (38)	2190 (42)	580	<3	3000	<3	
51+.....	2462	1551 (19)	866 (25)	991 (23)	1228 (20)	1514 (19)	1837 (25)	2154 (35)	2364 (44)	580	<3		<3	
19+.....	4850	1596 (15)	902 (26)	1031 (24)	1267 (19)	1559 (16)	1886 (19)	2209 (29)	2417 (36)	580	<3		<3	
Females:														
1-3.....	488	994 (15)	648 (17)	717 (16)	836 (15)	980 (15)	1136 (18)	1291 (23)	1392 (27)	380	<3	3000	<3	
4-8.....	731	1089 (17)	729 (21)	797 (20)	921 (19)	1073 (17)	1238 (19)	1401 (22)	1506 (24)	405	<3	3000	<3	
9-13.....	770	1256 (26)	744 (29)	836 (27)	1010 (24)	1226 (26)	1469 (33)	1714 (47)	1875 (56)	1055	30 (2.6)	4000	<3	
14-18.....	706	1108 (36)	639 (35)	722 (35)	881 (35)	1079 (37)	1304 (38)	1528 (42)	1674 (47)	1055	47 (4.8)	4000	<3	
19-30.....	904	1210 (20)	725 (20)	817 (19)	985 (18)	1189 (19)	1411 (24)	1629 (32)	1766 (38)	580	<3	4000	<3	
31-50.....	1564	1232 (20)	741 (20)	833 (19)	1005 (19)	1210 (20)	1436 (24)	1654 (31)	1795 (36)	580	<3	4000	<3	
19-50.....	2468	1223 (17)	734 (18)	826 (17)	997 (15)	1202 (17)	1426 (22)	1645 (29)	1785 (34)	580	<3	4000	<3	
51-70.....	1745	1189 (20)	710 (18)	801 (16)	966 (16)	1166 (19)	1388 (26)	1606 (33)	1743 (38)	580	<3	4000	<3	
71+.....	750	1104 (27)	647 (24)	733 (24)	889 (25)	1082 (27)	1295 (30)	1501 (36)	1632 (39)	580	<3	3000	<3	
51+.....	2495	1165 (18)	688 (17)	779 (16)	943 (15)	1142 (18)	1363 (24)	1578 (30)	1718 (36)	580	<3		<3	
19+.....	4963	1195 (15)	710 (16)	801 (14)	969 (13)	1173 (14)	1396 (20)	1615 (27)	1754 (33)	580	<3		<3	
All:														
1+.....	15210	1352 (11)	758 (10)	857 (10)	1046 (9)	1292 (11)	1595 (14)	1929 (19)	2150 (24)		4 (0.3)		<3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						EAR	<EAR % (SE)	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)			95th (SE)
Males:											
1-3.....	527	194 (4)	127 (4)	139 (3)	163 (3)	190 (4)	221 (4)	252 (5)	272 (6)	65	<3
4-8.....	720	225 (3)	151 (4)	165 (4)	191 (3)	222 (3)	256 (4)	290 (5)	312 (6)	110	<3
9-13.....	740	249 (7)	148 (7)	166 (7)	200 (7)	242 (7)	290 (8)	340 (11)	373 (13)	200	25 (3.8)
14-18.....	715	271 (7)	164 (7)	183 (6)	219 (6)	264 (7)	315 (8)	367 (12)	401 (14)	340	84 (2.9)
19-30.....	919	330 (6)	171 (8)	198 (8)	250 (7)	317 (7)	396 (8)	479 (10)	533 (13)	330	55 (2.3)
31-50.....	1469	351 (8)	185 (10)	214 (9)	267 (9)	337 (8)	420 (8)	505 (11)	561 (13)	350	55 (2.5)
19-50.....	2388	342 (6)	179 (9)	207 (8)	259 (7)	329 (6)	411 (6)	495 (9)	550 (11)		55 (2.0)
51-70.....	1700	353 (10)	185 (9)	214 (9)	269 (9)	339 (10)	422 (12)	508 (15)	566 (18)	350	54 (3.5)
71+.....	762	318 (9)	163 (9)	189 (9)	240 (9)	305 (10)	382 (10)	461 (14)	511 (16)	350	66 (3.1)
51+.....	2462	344 (8)	178 (8)	206 (8)	261 (7)	330 (7)	412 (10)	497 (13)	554 (16)	350	57 (2.6)
19+.....	4850	343 (4)	179 (8)	207 (8)	260 (6)	330 (5)	412 (6)	496 (8)	552 (11)		56 (1.5)
Females:											
1-3.....	488	184 (3)	118 (3)	131 (3)	153 (3)	180 (3)	210 (3)	240 (5)	260 (5)	65	<3
4-8.....	731	204 (3)	135 (4)	148 (3)	171 (3)	201 (3)	232 (4)	264 (5)	285 (6)	110	<3
9-13.....	770	241 (7)	143 (5)	160 (5)	193 (5)	234 (6)	281 (9)	329 (12)	362 (14)	200	29 (3.1)
14-18.....	706	223 (7)	131 (7)	147 (7)	178 (7)	217 (7)	261 (8)	307 (10)	336 (11)	300	88 (2.4)
19-30.....	904	260 (6)	144 (4)	164 (4)	202 (5)	251 (5)	308 (7)	367 (9)	405 (10)	255	52 (2.8)
31-50.....	1564	283 (4)	159 (4)	180 (4)	222 (4)	274 (4)	334 (5)	396 (7)	438 (8)	265	46 (2.1)
19-50.....	2468	274 (4)	153 (3)	173 (3)	214 (4)	265 (4)	325 (5)	386 (6)	427 (8)		48 (1.9)
51-70.....	1745	277 (6)	156 (5)	177 (5)	216 (6)	267 (6)	327 (7)	389 (9)	429 (10)	265	49 (3.1)
71+.....	750	250 (5)	139 (5)	158 (5)	194 (5)	242 (5)	297 (6)	353 (7)	391 (7)	265	61 (2.7)
51+.....	2495	269 (5)	150 (4)	170 (4)	210 (5)	260 (5)	319 (6)	379 (7)	421 (8)	265	53 (2.5)
19+.....	4963	272 (4)	151 (3)	172 (3)	212 (4)	262 (4)	322 (5)	383 (6)	424 (7)		50 (1.9)
All:											
1+.....	15210	288 (3)	152 (2)	172 (2)	213 (2)	271 (3)	345 (4)	428 (5)	484 (7)		48 (1.1)

NOTES: EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	9.8 (0.3)	5.8 (0.2)	6.5 (0.2)	7.8 (0.2)	9.5 (0.3)	11.4 (0.3)	13.5 (0.4)	14.9 (0.5)	3	<3	40	<3	
4-8.....	720	13.3 (0.2)	8.2 (0.3)	9.1 (0.3)	10.8 (0.2)	12.9 (0.2)	15.4 (0.3)	18.0 (0.4)	19.7 (0.5)	4.1	<3	40	<3	
9-13.....	740	15.5 (0.5)	8.7 (0.4)	9.8 (0.4)	12.1 (0.5)	15.0 (0.5)	18.3 (0.6)	21.9 (0.7)	24.3 (0.7)	5.9	<3	40	<3	
14-18.....	715	16.4 (0.4)	9.2 (0.4)	10.5 (0.4)	12.8 (0.4)	15.8 (0.4)	19.4 (0.5)	23.1 (0.6)	25.5 (0.7)	7.7	<3	45	<3	
19-30.....	919	16.0 (0.3)	8.4 (0.2)	9.7 (0.2)	12.2 (0.2)	15.4 (0.3)	19.2 (0.4)	23.1 (0.5)	25.7 (0.6)	6	<3	45	<3	
31-50.....	1469	16.3 (0.4)	8.7 (0.3)	10.0 (0.4)	12.4 (0.4)	15.7 (0.4)	19.5 (0.4)	23.5 (0.5)	26.1 (0.6)	6	<3	45	<3	
19-50.....	2388	16.2 (0.2)	8.6 (0.2)	9.9 (0.2)	12.3 (0.2)	15.6 (0.2)	19.4 (0.3)	23.3 (0.4)	25.9 (0.5)	6	<3	45	<3	
51-70.....	1700	16.2 (0.3)	8.5 (0.3)	9.8 (0.3)	12.3 (0.3)	15.5 (0.3)	19.3 (0.3)	23.3 (0.4)	26.0 (0.5)	6	<3	45	<3	
71+.....	762	16.1 (0.4)	8.5 (0.3)	9.8 (0.3)	12.3 (0.3)	15.5 (0.4)	19.3 (0.5)	23.2 (0.6)	25.7 (0.7)	6	<3	45	<3	
51+.....	2462	16.1 (0.2)	8.5 (0.2)	9.8 (0.2)	12.3 (0.2)	15.5 (0.2)	19.3 (0.2)	23.3 (0.3)	25.9 (0.4)	6	<3	45	<3	
19+.....	4850	16.2 (0.2)	8.5 (0.2)	9.8 (0.2)	12.3 (0.2)	15.5 (0.2)	19.4 (0.2)	23.3 (0.3)	25.9 (0.4)	6	<3	45	<3	
Females:														
1-3.....	488	9.1 (0.3)	5.3 (0.2)	6.0 (0.2)	7.2 (0.2)	8.8 (0.3)	10.6 (0.3)	12.5 (0.4)	13.8 (0.5)	3	<3	40	<3	
4-8.....	731	12.1 (0.3)	7.4 (0.3)	8.2 (0.3)	9.7 (0.3)	11.7 (0.3)	14.0 (0.4)	16.4 (0.5)	18.0 (0.6)	4.1	<3	40	<3	
9-13.....	770	14.6 (0.3)	8.1 (0.3)	9.2 (0.3)	11.3 (0.3)	14.1 (0.3)	17.3 (0.4)	20.8 (0.5)	23.1 (0.7)	5.7	<3	40	<3	
14-18.....	706	12.3 (0.4)	6.7 (0.3)	7.6 (0.3)	9.4 (0.3)	11.8 (0.4)	14.6 (0.4)	17.6 (0.5)	19.6 (0.5)	7.9	17 (2.1)	45	<3	
19-30.....	904	12.1 (0.2)	6.6 (0.2)	7.6 (0.2)	9.4 (0.2)	11.7 (0.2)	14.4 (0.3)	17.2 (0.4)	19.1 (0.6)	8.1	21 (1.2)	45	<3	
31-50.....	1564	12.7 (0.3)	7.0 (0.3)	7.9 (0.3)	9.8 (0.2)	12.2 (0.3)	15.0 (0.4)	17.9 (0.5)	19.8 (0.6)	8.1	19 (1.3)	45	<3	
19-50.....	2468	12.5 (0.2)	6.8 (0.2)	7.8 (0.2)	9.7 (0.2)	12.0 (0.2)	14.8 (0.3)	17.7 (0.5)	19.6 (0.6)	8.1	19 (1.1)	45	<3	
51-70.....	1745	12.2 (0.3)	6.7 (0.2)	7.6 (0.2)	9.4 (0.2)	11.7 (0.3)	14.4 (0.4)	17.3 (0.5)	19.1 (0.6)	5	<3	45	<3	
71+.....	750	11.8 (0.4)	6.5 (0.4)	7.4 (0.4)	9.1 (0.5)	11.4 (0.5)	14.1 (0.5)	16.8 (0.6)	18.6 (0.6)	5	<3	45	<3	
51+.....	2495	12.1 (0.3)	6.6 (0.3)	7.5 (0.3)	9.3 (0.3)	11.6 (0.2)	14.3 (0.3)	17.1 (0.4)	19.0 (0.5)	5	<3	45	<3	
19+.....	4963	12.3 (0.2)	6.7 (0.3)	7.7 (0.2)	9.5 (0.2)	11.8 (0.2)	14.6 (0.3)	17.4 (0.4)	19.3 (0.5)	11	(0.8)	45	<3	
All:														
1+.....	15210	14.0 (0.1)	7.2 (0.2)	8.3 (0.1)	10.4 (0.1)	13.3 (0.1)	16.8 (0.2)	20.6 (0.2)	23.2 (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, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018
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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	7.4 (0.2)	4.8 (0.2)	5.2 (0.2)	6.1 (0.2)	7.2 (0.2)	8.5 (0.2)	9.8 (0.2)	10.6 (0.3)	2.5	<3	7	56 (3.8)	
4-8.....	720	9.4 (0.2)	6.2 (0.2)	6.8 (0.2)	7.9 (0.2)	9.2 (0.2)	10.7 (0.2)	12.2 (0.2)	13.2 (0.3)	4	<3	12	12 (1.5)	
9-13.....	740	10.8 (0.4)	5.9 (0.3)	6.8 (0.3)	8.4 (0.3)	10.4 (0.4)	12.8 (0.4)	15.4 (0.6)	17.1 (0.7)	7	12 (2.2)	23	<3	
14-18.....	715	12.2 (0.3)	6.8 (0.3)	7.7 (0.3)	9.5 (0.3)	11.8 (0.3)	14.4 (0.4)	17.2 (0.5)	19.0 (0.6)	8.5	16 (2.4)	34	<3	
19-30.....	919	13.0 (0.3)	7.2 (0.3)	8.2 (0.3)	10.1 (0.3)	12.6 (0.3)	15.4 (0.4)	18.4 (0.4)	20.4 (0.5)	9.4	19 (2.4)	40	<3	
31-50.....	1469	13.4 (0.3)	7.5 (0.3)	8.5 (0.3)	10.4 (0.3)	12.9 (0.3)	15.9 (0.3)	18.9 (0.5)	20.9 (0.5)	9.4	16 (2.4)	40	<3	
19-50.....	2388	13.2 (0.2)	7.3 (0.3)	8.4 (0.2)	10.3 (0.2)	12.8 (0.2)	15.7 (0.2)	18.7 (0.3)	20.7 (0.4)	9.4	17 (1.8)	40	<3	
51-70.....	1700	13.2 (0.2)	7.2 (0.3)	8.3 (0.3)	10.2 (0.2)	12.7 (0.2)	15.6 (0.3)	18.6 (0.4)	20.6 (0.5)	9.4	18 (1.9)	40	<3	
71+.....	762	11.9 (0.3)	6.5 (0.3)	7.4 (0.3)	9.2 (0.3)	11.5 (0.3)	14.2 (0.3)	17.0 (0.4)	18.8 (0.5)	9.4	27 (2.5)	40	<3	
51+.....	2462	12.8 (0.2)	7.0 (0.2)	8.0 (0.2)	9.9 (0.2)	12.4 (0.2)	15.3 (0.2)	18.2 (0.4)	20.2 (0.5)	9.4	20 (1.7)	40	<3	
19+.....	4850	13.1 (0.2)	7.2 (0.2)	8.2 (0.2)	10.1 (0.2)	12.6 (0.2)	15.5 (0.2)	18.5 (0.3)	20.5 (0.4)	9.4	19 (1.6)	40	<3	
Females:														
1-3.....	488	7.1 (0.1)	4.5 (0.1)	5.0 (0.1)	5.9 (0.1)	7.0 (0.1)	8.2 (0.2)	9.4 (0.3)	10.3 (0.3)	2.5	<3	7	49 (3.3)	
4-8.....	731	8.3 (0.1)	5.4 (0.2)	5.9 (0.2)	6.9 (0.1)	8.1 (0.1)	9.4 (0.1)	10.8 (0.2)	11.7 (0.3)	4	<3	12	4 (0.9)	
9-13.....	770	9.9 (0.3)	5.4 (0.2)	6.1 (0.2)	7.6 (0.2)	9.6 (0.3)	11.8 (0.4)	14.2 (0.5)	15.9 (0.6)	7	18 (2.6)	23	<3	
14-18.....	706	8.6 (0.3)	4.6 (0.2)	5.2 (0.3)	6.5 (0.3)	8.3 (0.3)	10.3 (0.3)	12.5 (0.4)	13.9 (0.5)	7.3	36 (3.8)	34	<3	
19-30.....	904	9.4 (0.2)	5.3 (0.2)	6.0 (0.1)	7.4 (0.1)	9.1 (0.2)	11.1 (0.2)	13.1 (0.3)	14.4 (0.4)	6.8	18 (1.7)	40	<3	
31-50.....	1564	9.6 (0.2)	5.5 (0.2)	6.2 (0.2)	7.6 (0.2)	9.3 (0.2)	11.3 (0.2)	13.4 (0.3)	14.7 (0.4)	6.8	16 (1.7)	40	<3	
19-50.....	2468	9.5 (0.1)	5.4 (0.2)	6.1 (0.1)	7.5 (0.1)	9.3 (0.1)	11.3 (0.2)	13.3 (0.3)	14.6 (0.4)	6.8	16 (1.4)	40	<3	
51-70.....	1745	9.4 (0.2)	5.3 (0.2)	6.1 (0.2)	7.4 (0.2)	9.1 (0.2)	11.1 (0.2)	13.2 (0.3)	14.5 (0.4)	6.8	17 (2.0)	40	<3	
71+.....	750	8.6 (0.2)	4.8 (0.2)	5.5 (0.2)	6.7 (0.2)	8.3 (0.2)	10.2 (0.3)	12.0 (0.3)	13.3 (0.4)	6.8	26 (3.1)	40	<3	
51+.....	2495	9.2 (0.2)	5.1 (0.2)	5.9 (0.2)	7.2 (0.2)	8.9 (0.2)	10.9 (0.2)	12.9 (0.3)	14.2 (0.3)	6.8	20 (2.0)	40	<3	
19+.....	4963	9.4 (0.1)	5.3 (0.2)	6.0 (0.1)	7.3 (0.1)	9.1 (0.1)	11.1 (0.2)	13.1 (0.3)	14.4 (0.3)	6.8	18 (1.4)	40	<3	
All:														
1+.....	15210	10.8 (0.1)	5.6 (0.1)	6.4 (0.1)	8.0 (0.1)	10.2 (0.1)	12.9 (0.1)	16.0 (0.2)	18.1 (0.3)	17	(0.8)		<3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Males:														
1-3.....	527	0.7 (0.02)	0.4 (0.02)	0.5 (0.02)	0.5 (0.02)	0.7 (0.02)	0.8 (0.01)	0.9 (0.02)	1.0 (0.02)	0.26	<3	1	6 (0.7)	
4-8.....	720	0.9 (0.03)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.2 (0.04)	1.3 (0.05)	0.34	<3	3	3	
9-13.....	740	1.0 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.1 (0.04)	1.4 (0.05)	1.5 (0.06)	0.54	<3	5	3	
14-18.....	715	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.4 (0.05)	1.6 (0.06)	0.685	8 (1.4)	8	3	
19-30.....	919	1.3 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.2 (0.03)	1.5 (0.04)	1.9 (0.05)	2.1 (0.06)	0.7	8 (1.0)	10	3	
31-50.....	1469	1.4 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.7 (0.04)	2.0 (0.05)	2.3 (0.07)	0.7	5 (0.8)	10	3	
19-50.....	2388	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	2.0 (0.04)	2.2 (0.06)	0.7	6 (0.8)	10	3	
51-70.....	1700	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 (0.04)	2.3 (0.05)	0.7	5 (0.7)	10	3	
71+.....	762	1.3 (0.04)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.2 (0.04)	1.5 (0.04)	1.9 (0.05)	2.1 (0.06)	0.7	8 (1.5)	10	3	
51+.....	2462	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.02)	2.0 (0.04)	2.3 (0.05)	0.7	6 (0.8)	10	3	
19+.....	4850	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.02)	2.0 (0.04)	2.2 (0.05)	0.7	6 (0.7)	10	3	
Females:														
1-3.....	488	0.6 (0.02)	0.4 (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.02)	0.8 (0.02)	0.9 (0.03)	1.0 (0.04)	0.26	<3	1	4 (1.4)	
4-8.....	731	0.8 (0.02)	0.5 (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.03)	1.2 (0.04)	0.34	<3	3	3	
9-13.....	770	0.9 (0.02)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.03)	1.3 (0.03)	1.4 (0.04)	0.54	4 (0.8)	5	3	
14-18.....	706	0.9 (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.3 (0.03)	1.4 (0.04)	0.685	19 (2.5)	8	3	
19-30.....	904	1.1 (0.02)	0.6 (0.01)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	14 (1.5)	10	3	
31-50.....	1564	1.2 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	10 (0.9)	10	3	
19-50.....	2468	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.02)	1.3 (0.02)	1.6 (0.04)	1.9 (0.04)	0.7	12 (1.0)	10	3	
51-70.....	1745	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	10 (1.4)	10	3	
71+.....	750	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.5 (0.04)	1.8 (0.04)	0.7	14 (2.0)	10	3	
51+.....	2495	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.3 (0.02)	1.6 (0.03)	1.9 (0.04)	0.7	11 (1.3)	10	3	
19+.....	4963	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 (0.03)	0.7	11 (0.9)	10	3	
All:														
1+.....	15210	1.2 (0.01)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.1 (0.01)	1.4 (0.01)	1.7 (0.02)	2.0 (0.03)		8 (0.5)		3	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							EAR	<EAR % (SE)	UL	>UL % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)				
Males:													
1-3.....	527	69 (2)	43 (1)	48 (1)	56 (1)	67 (2)	80 (2)	93 (3)	101 (3)	17	<3	90	12 (2.2)
4-8.....	720	90 (1)	58 (1)	63 (1)	74 (1)	88 (1)	104 (2)	120 (2)	130 (3)	23	<3	150	<3
9-13.....	740	102 (3)	62 (4)	69 (4)	83 (4)	100 (3)	118 (3)	138 (3)	150 (3)	35	<3	280	<3
14-18.....	715	124 (3)	78 (3)	87 (3)	102 (3)	121 (3)	143 (4)	165 (5)	178 (6)	45	<3	400	<3
19-30.....	919	141 (4)	82 (3)	92 (3)	112 (3)	137 (4)	165 (5)	193 (6)	211 (7)	45	<3	400	<3
31-50.....	1469	138 (3)	80 (3)	90 (3)	110 (3)	134 (3)	162 (3)	190 (4)	207 (5)	45	<3	400	<3
19-50.....	2388	139 (3)	81 (2)	91 (2)	111 (2)	135 (2)	163 (3)	191 (4)	209 (5)	45	<3	400	<3
51-70.....	1700	135 (2)	77 (3)	88 (2)	107 (2)	131 (2)	159 (3)	186 (4)	204 (4)	45	<3	400	<3
71+.....	762	118 (3)	65 (2)	75 (2)	93 (2)	115 (3)	140 (4)	165 (4)	180 (5)	45	<3	400	<3
51+.....	2462	130 (2)	73 (2)	83 (2)	103 (2)	127 (2)	154 (2)	181 (3)	200 (4)	45	<3	400	<3
19+.....	4850	135 (2)	77 (2)	88 (2)	107 (2)	132 (2)	159 (2)	187 (3)	205 (4)	45	<3	400	<3
Females:													
1-3.....	488	63 (1)	39 (1)	43 (1)	51 (1)	61 (1)	73 (1)	85 (2)	93 (2)	17	<3	90	7 (1.1)
4-8.....	731	79 (2)	50 (1)	55 (1)	65 (1)	77 (1)	91 (2)	106 (2)	115 (3)	23	<3	150	<3
9-13.....	770	95 (3)	57 (3)	64 (3)	76 (3)	92 (3)	110 (3)	129 (4)	141 (4)	35	<3	280	<3
14-18.....	706	90 (3)	54 (3)	60 (3)	72 (3)	88 (3)	105 (3)	123 (3)	134 (4)	45	<3	400	<3
19-30.....	904	100 (2)	60 (2)	68 (2)	81 (1)	98 (2)	116 (2)	135 (3)	146 (3)	45	<3	400	<3
31-50.....	1564	99 (2)	60 (2)	67 (2)	81 (2)	97 (2)	116 (2)	134 (2)	146 (3)	45	<3	400	<3
19-50.....	2468	100 (1)	60 (2)	67 (1)	81 (1)	98 (1)	116 (2)	134 (2)	146 (3)	45	<3	400	<3
51-70.....	1745	95 (2)	56 (2)	63 (1)	76 (1)	92 (2)	110 (2)	128 (3)	140 (3)	45	<3	400	<3
71+.....	750	89 (2)	52 (2)	59 (2)	71 (2)	87 (2)	104 (2)	121 (2)	132 (2)	45	<3	400	<3
51+.....	2495	93 (1)	55 (2)	62 (1)	75 (1)	91 (1)	109 (2)	126 (2)	138 (3)	45	<3	400	<3
19+.....	4963	96 (1)	57 (1)	64 (1)	78 (1)	94 (1)	113 (1)	131 (2)	142 (2)	45	<3	400	<3
All:													
1+.....	15210	110 (1)	58 (1)	66 (1)	82 (1)	104 (1)	131 (2)	161 (2)	181 (3)		<3		<3

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Males:													
1-3.....	527	2005 (53)	1227 (44)	1362 (45)	1629 (48)	1949 (51)	2326 (60)	2717 (74)	2974 (83)	800	>97	1200	96 (1.1)
4-8.....	720	2798 (48)	1782 (38)	1965 (36)	2308 (39)	2736 (46)	3221 (60)	3714 (80)	4034 (94)	1000	>97	1500	>97
9-13.....	740	3320 (75)	2106 (70)	2330 (69)	2747 (69)	3254 (74)	3811 (87)	4391 (113)	4765 (133)	1200	>97	1800	>97
14-18.....	715	3787 (74)	2456 (64)	2704 (60)	3154 (61)	3713 (70)	4337 (97)	4959 (127)	5360 (151)	1500	>97	2300	>97
19-30.....	919	4166 (104)	2533 (88)	2835 (89)	3386 (91)	4077 (103)	4843 (124)	5615 (144)	6103 (163)	1500	>97	2300	>97
31-50.....	1469	4275 (71)	2624 (93)	2929 (89)	3485 (80)	4178 (73)	4972 (77)	5743 (91)	6240 (101)	1500	>97	2300	>97
19-50.....	2388	4231 (64)	2583 (82)	2889 (77)	3442 (70)	4136 (65)	4920 (65)	5691 (82)	6186 (94)	1500	>97	2300	>97
51-70.....	1700	4060 (65)	2453 (62)	2744 (62)	3299 (61)	3967 (63)	4728 (82)	5483 (103)	5984 (121)	1500	>97	2300	97 (0.6)
71+.....	762	3561 (61)	2090 (81)	2357 (78)	2862 (68)	3474 (61)	4172 (68)	4865 (91)	5293 (102)	1500	>97	2300	91 (1.6)
51+.....	2462	3931 (51)	2325 (61)	2619 (56)	3171 (49)	3837 (50)	4598 (67)	5348 (93)	5852 (113)	1500	>97	2300	95 (0.8)
19+.....	4850	4100 (39)	2452 (68)	2760 (63)	3316 (52)	4007 (42)	4783 (50)	5561 (71)	6054 (88)	1500	>97	2300	97 (0.6)
Females:													
1-3.....	488	1848 (41)	1105 (33)	1242 (33)	1489 (35)	1798 (39)	2152 (49)	2516 (65)	2762 (77)	800	>97	1200	92 (1.4)
4-8.....	731	2448 (37)	1540 (46)	1701 (45)	2004 (41)	2390 (38)	2824 (40)	3270 (47)	3566 (56)	1000	>97	1500	96 (1.0)
9-13.....	770	3040 (80)	1912 (68)	2114 (68)	2497 (69)	2972 (79)	3508 (97)	4050 (120)	4407 (137)	1200	>97	1800	97 (0.9)
14-18.....	706	2858 (89)	1784 (74)	1977 (74)	2342 (78)	2793 (88)	3308 (106)	3819 (128)	4152 (145)	1500	>97	2300	77 (3.6)
19-30.....	904	3135 (47)	1875 (37)	2107 (36)	2536 (38)	3068 (46)	3659 (59)	4250 (78)	4628 (88)	1500	>97	2300	84 (1.3)
31-50.....	1564	3124 (48)	1863 (52)	2092 (51)	2527 (49)	3055 (49)	3649 (53)	4235 (62)	4620 (72)	1500	>97	2300	84 (1.7)
19-50.....	2468	3128 (38)	1869 (41)	2097 (40)	2530 (38)	3060 (38)	3653 (45)	4242 (58)	4623 (69)	1500	>97	2300	84 (1.3)
51-70.....	1745	2916 (47)	1718 (41)	1937 (39)	2343 (41)	2845 (46)	3414 (58)	3988 (73)	4353 (84)	1500	>97	2300	77 (1.8)
71+.....	750	2702 (60)	1567 (56)	1775 (56)	2155 (57)	2634 (61)	3175 (65)	3711 (75)	4058 (80)	1500	96 (0.9)	2300	68 (3.0)
51+.....	2495	2855 (41)	1666 (41)	1884 (39)	2286 (38)	2784 (40)	3351 (51)	3913 (64)	4286 (76)	1500	>97	2300	74 (1.8)
19+.....	4963	2995 (31)	1755 (36)	1981 (35)	2400 (31)	2924 (31)	3512 (39)	4098 (53)	4480 (64)	1500	>97	2300	79 (1.3)
All:													
1+.....	15210	3380 (24)	1795 (24)	2061 (25)	2577 (25)	3249 (28)	4047 (33)	4878 (47)	5416 (60)		>97		89 (0.7)

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							AI	>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	527	1893 (42)	1223 (50)	1345 (47)	1582 (44)	1857 (43)	2170 (47)	2484 (54)	2686 (58)	2000	37	(3.6)
4-8.....	720	2084 (51)	1365 (42)	1500 (43)	1749 (47)	2051 (51)	2384 (57)	2713 (68)	2923 (77)	2300	31	(3.7)
9-13.....	740	2228 (71)	1361 (68)	1521 (69)	1820 (69)	2183 (72)	2579 (77)	2989 (94)	3251 (105)	2500	29	(4.4)
14-18.....	715	2398 (80)	1492 (68)	1662 (70)	1969 (72)	2350 (80)	2774 (93)	3193 (119)	3463 (141)	3000	16	(3.7)
19-30.....	919	2720 (57)	1456 (54)	1687 (55)	2113 (55)	2650 (58)	3247 (64)	3846 (75)	4223 (85)	3400	20	(1.9)
31-50.....	1469	2987 (53)	1660 (60)	1905 (59)	2352 (56)	2911 (53)	3549 (63)	4165 (73)	4559 (82)	3400	30	(2.1)
19-50.....	2388	2878 (35)	1562 (45)	1802 (44)	2248 (36)	2803 (35)	3433 (43)	4048 (55)	4439 (65)	3400	26	(1.4)
51-70.....	1700	3086 (57)	1723 (51)	1971 (53)	2445 (55)	3013 (57)	3654 (66)	4284 (81)	4700 (95)	3400	34	(2.4)
71+.....	762	2930 (71)	1609 (66)	1852 (63)	2309 (65)	2860 (70)	3481 (83)	4091 (101)	4463 (108)	3400	28	(2.9)
51+.....	2462	3046 (46)	1692 (43)	1935 (43)	2408 (43)	2973 (46)	3610 (54)	4235 (72)	4646 (86)	3400	32	(1.9)
19+.....	4850	2951 (27)	1612 (41)	1857 (36)	2314 (30)	2877 (27)	3514 (36)	4134 (52)	4540 (65)	3400	29	(1.2)
Females:												
1-3.....	488	1827 (38)	1159 (40)	1290 (38)	1519 (38)	1795 (37)	2101 (43)	2404 (56)	2604 (64)	2000	32	(3.1)
4-8.....	731	1885 (30)	1217 (37)	1341 (36)	1569 (34)	1852 (29)	2162 (37)	2471 (45)	2672 (54)	2300	17	(2.0)
9-13.....	770	2136 (42)	1299 (61)	1450 (57)	1736 (50)	2088 (45)	2483 (51)	2879 (74)	3138 (96)	2300	36	(2.9)
14-18.....	706	1910 (79)	1137 (104)	1277 (100)	1540 (93)	1865 (85)	2234 (77)	2599 (89)	2835 (102)	2300	22	(4.0)
19-30.....	904	2180 (41)	1249 (31)	1422 (32)	1741 (35)	2134 (41)	2567 (48)	2996 (60)	3267 (67)	2600	24	(2.2)
31-50.....	1564	2343 (38)	1370 (33)	1549 (33)	1889 (34)	2296 (37)	2748 (44)	3189 (53)	3476 (60)	2600	32	(2.2)
19-50.....	2468	2281 (35)	1317 (29)	1495 (29)	1829 (30)	2235 (34)	2683 (42)	3123 (52)	3407 (58)	2600	29	(2.0)
51-70.....	1745	2403 (51)	1420 (44)	1605 (44)	1943 (47)	2353 (50)	2812 (57)	3266 (64)	3551 (71)	2600	36	(2.9)
71+.....	750	2280 (52)	1331 (45)	1510 (46)	1832 (48)	2233 (52)	2676 (58)	3108 (67)	3384 (72)	2600	29	(2.9)
51+.....	2495	2368 (44)	1392 (39)	1575 (39)	1910 (41)	2319 (44)	2775 (50)	3221 (58)	3510 (64)	2600	34	(2.5)
19+.....	4963	2324 (34)	1351 (30)	1532 (30)	1867 (31)	2276 (34)	2729 (41)	3173 (50)	3460 (57)	2600	31	(2.0)
All:												
1+.....	15210	2499 (24)	1374 (25)	1560 (22)	1912 (20)	2384 (23)	2963 (29)	3597 (37)	4018 (46)		29	(1.3)

NOTES: AI=Adequate Intake

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Males:									
1-3.....	527	5.4 (1.1)	0.5 (0.2)	0.8 (0.2)	1.6 (0.4)	3.4 (0.7)	6.6 (1.3)	11.9 (2.3)	16.7 (3.4)
4-8.....	720	9.1 (1.3)	1.2 (0.3)	1.8 (0.4)	3.3 (0.5)	6.2 (0.9)	11.4 (1.6)	19.5 (2.9)	26.9 (4.1)
9-13.....	740	27.5 (2.8)	2.8 (0.6)	4.3 (0.9)	8.6 (1.4)	17.4 (2.2)	34.0 (3.6)	60.9 (5.9)	85.4 (8.6)
14-18.....	715	43.1 (3.9)	4.3 (1.0)	6.7 (1.3)	13.3 (2.0)	27.1 (3.2)	53.0 (5.0)	95.3 (8.3)	132.8 (12.9)
19-30.....	919	109.2 (6.3)	5.9 (1.1)	12.4 (1.7)	34.0 (3.2)	78.4 (5.4)	151.2 (9.0)	246.5 (13.3)	315.0 (16.9)
31-50.....	1469	190.8 (8.4)	25.1 (2.9)	41.7 (3.6)	82.6 (5.3)	153.9 (7.5)	259.6 (11.1)	386.7 (15.5)	478.9 (18.7)
19-50.....	2388	157.4 (5.8)	11.9 (1.5)	23.5 (2.1)	57.0 (3.3)	120.0 (5.0)	217.8 (8.1)	340.1 (12.4)	429.1 (15.7)
51-70.....	1700	240.4 (7.1)	40.7 (3.7)	62.3 (4.2)	115.5 (5.4)	200.1 (6.7)	322.7 (9.2)	468.7 (12.4)	576.0 (15.4)
71+.....	762	180.3 (6.3)	25.6 (1.9)	40.4 (2.5)	79.2 (3.6)	146.6 (5.5)	244.3 (8.7)	362.4 (12.9)	448.8 (15.8)
51+.....	2462	224.9 (5.7)	34.9 (2.6)	54.9 (3.2)	104.4 (4.1)	185.0 (5.3)	302.9 (7.7)	445.3 (11.0)	548.9 (14.0)
19+.....	4850	186.9 (4.5)	17.9 (1.8)	32.8 (2.2)	73.9 (3.0)	147.5 (3.9)	257.2 (6.1)	391.4 (9.8)	489.5 (12.7)
Females:									
1-3.....	488	4.5 (0.8)	0.4 (0.1)	0.7 (0.2)	1.3 (0.3)	2.8 (0.5)	5.5 (0.9)	10.0 (1.7)	14.2 (2.4)
4-8.....	731	9.1 (1.1)	1.2 (0.2)	1.8 (0.3)	3.3 (0.4)	6.2 (0.7)	11.4 (1.3)	19.3 (2.5)	26.9 (3.7)
9-13.....	770	21.0 (1.9)	2.0 (0.5)	3.2 (0.7)	6.3 (1.1)	13.0 (1.6)	25.8 (2.5)	46.5 (4.1)	66.2 (6.2)
14-18.....	706	41.0 (3.9)	4.3 (1.0)	6.6 (1.3)	12.9 (2.1)	26.2 (3.1)	51.0 (4.7)	90.3 (9.1)	126.9 (14.2)
19-30.....	904	96.4 (5.2)	4.5 (1.8)	9.9 (2.3)	28.2 (3.1)	68.3 (4.3)	133.3 (7.0)	218.5 (11.6)	285.5 (15.2)
31-50.....	1564	149.5 (8.7)	15.1 (2.4)	26.7 (3.1)	59.3 (4.7)	117.2 (7.5)	205.0 (11.9)	312.9 (17.1)	393.3 (21.4)
19-50.....	2468	129.5 (6.7)	8.6 (1.9)	17.6 (2.2)	44.4 (3.2)	97.4 (5.3)	179.1 (9.4)	283.2 (14.5)	360.4 (18.7)
51-70.....	1745	172.6 (7.7)	21.2 (3.8)	36.1 (4.6)	73.2 (5.9)	137.9 (7.6)	234.6 (9.7)	353.3 (12.4)	440.6 (14.5)
71+.....	750	137.2 (7.6)	14.4 (2.3)	25.0 (3.1)	53.9 (4.5)	107.2 (6.6)	187.3 (10.2)	286.8 (14.9)	362.4 (18.7)
51+.....	2495	162.5 (6.1)	18.7 (3.0)	32.2 (3.7)	66.7 (4.7)	128.5 (5.9)	221.3 (8.0)	336.5 (10.9)	422.1 (13.1)
19+.....	4963	145.6 (4.2)	12.2 (2.0)	23.3 (2.4)	54.5 (2.9)	112.3 (3.7)	200.4 (5.8)	310.2 (9.3)	392.9 (12.3)
All:									
1+.....	15210	131.7 (2.3)	3.2 (0.3)	6.5 (0.5)	25.8 (1.3)	89.0 (2.1)	190.6 (3.8)	316.3 (6.4)	409.4 (8.3)

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, 2015-2018

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	527	14.7 (0.2)	11.8 (0.2)	12.4 (0.2)	13.5 (0.2)	14.6 (0.2)	15.9 (0.2)	17.2 (0.3)	17.9 (0.3)	5-20%	>97
4-8.....	720	14.1 (0.2)	11.2 (0.2)	11.8 (0.2)	12.8 (0.2)	14.0 (0.2)	15.2 (0.2)	16.4 (0.3)	17.2 (0.3)	10-30%	>97
9-13.....	740	14.2 (0.2)	10.9 (0.3)	11.6 (0.3)	12.8 (0.3)	14.2 (0.2)	15.6 (0.2)	17.0 (0.2)	17.9 (0.3)	10-30%	>97
14-18.....	715	15.5 (0.2)	12.0 (0.3)	12.7 (0.3)	14.0 (0.3)	15.4 (0.2)	17.0 (0.2)	18.4 (0.2)	19.4 (0.3)	10-30%	>97
19-30.....	919	16.4 (0.3)	11.8 (0.3)	12.7 (0.3)	14.3 (0.3)	16.2 (0.3)	18.3 (0.3)	20.3 (0.4)	21.5 (0.4)	10-35%	>97
31-50.....	1469	16.0 (0.2)	11.5 (0.2)	12.4 (0.2)	13.9 (0.2)	15.8 (0.2)	17.9 (0.3)	19.8 (0.3)	21.1 (0.4)	10-35%	>97
19-50.....	2388	16.1 (0.2)	11.6 (0.2)	12.5 (0.2)	14.1 (0.2)	16.0 (0.2)	18.0 (0.2)	20.0 (0.3)	21.3 (0.3)	10-35%	>97
51-70.....	1700	16.0 (0.3)	11.5 (0.2)	12.4 (0.2)	14.0 (0.2)	15.8 (0.3)	17.9 (0.3)	19.9 (0.4)	21.2 (0.5)	10-35%	>97
71+.....	762	15.3 (0.2)	10.9 (0.3)	11.8 (0.3)	13.3 (0.3)	15.1 (0.2)	17.1 (0.3)	19.0 (0.3)	20.2 (0.4)	10-35%	>97
51+.....	2462	15.8 (0.2)	11.3 (0.2)	12.2 (0.2)	13.8 (0.2)	15.7 (0.2)	17.7 (0.3)	19.7 (0.3)	21.0 (0.4)	10-35%	>97
19+.....	4850	16.0 (0.2)	11.5 (0.2)	12.4 (0.2)	13.9 (0.1)	15.8 (0.2)	17.9 (0.2)	19.9 (0.3)	21.1 (0.3)	10-35%	>97
Females:											
1-3.....	488	14.8 (0.2)	11.8 (0.2)	12.4 (0.2)	13.5 (0.2)	14.7 (0.2)	16.0 (0.2)	17.2 (0.3)	18.0 (0.3)	5-20%	>97
4-8.....	731	14.0 (0.1)	11.2 (0.2)	11.8 (0.2)	12.7 (0.1)	13.9 (0.1)	15.1 (0.1)	16.3 (0.2)	17.1 (0.2)	10-30%	>97
9-13.....	770	14.1 (0.2)	10.8 (0.3)	11.4 (0.3)	12.6 (0.3)	14.0 (0.2)	15.4 (0.2)	16.8 (0.3)	17.7 (0.3)	10-30%	>97
14-18.....	705	14.3 (0.4)	11.0 (0.5)	11.6 (0.4)	12.8 (0.4)	14.2 (0.4)	15.7 (0.3)	17.0 (0.3)	17.9 (0.4)	10-30%	>97
19-30.....	904	15.4 (0.2)	11.1 (0.3)	12.0 (0.2)	13.5 (0.2)	15.3 (0.2)	17.2 (0.2)	19.1 (0.3)	20.3 (0.3)	10-35%	>97
31-50.....	1563	15.7 (0.2)	11.3 (0.2)	12.2 (0.2)	13.7 (0.2)	15.5 (0.2)	17.5 (0.2)	19.4 (0.3)	20.6 (0.4)	10-35%	>97
19-50.....	2467	15.6 (0.1)	11.2 (0.2)	12.1 (0.2)	13.6 (0.1)	15.4 (0.1)	17.4 (0.2)	19.3 (0.3)	20.5 (0.3)	10-35%	>97
51-70.....	1745	15.9 (0.2)	11.5 (0.2)	12.3 (0.2)	13.9 (0.2)	15.7 (0.2)	17.7 (0.3)	19.6 (0.4)	20.8 (0.4)	10-35%	>97
71+.....	750	15.4 (0.2)	11.2 (0.2)	12.0 (0.2)	13.5 (0.2)	15.2 (0.2)	17.2 (0.2)	19.1 (0.3)	20.3 (0.4)	10-35%	>97
51+.....	2495	15.7 (0.2)	11.4 (0.2)	12.2 (0.2)	13.7 (0.1)	15.6 (0.2)	17.5 (0.2)	19.5 (0.3)	20.7 (0.4)	10-35%	>97
19+.....	4962	15.7 (0.1)	11.3 (0.2)	12.2 (0.2)	13.7 (0.1)	15.5 (0.1)	17.5 (0.2)	19.4 (0.3)	20.6 (0.4)	10-35%	>97
All:											
1+.....	15208	15.5 (0.1)	11.3 (0.1)	12.1 (0.1)	13.5 (0.1)	15.3 (0.1)	17.2 (0.1)	19.2 (0.2)	20.5 (0.3)		>97

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles							AMDR	Within AMDR
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)
Males:											
1-3.....	527	52.3 (0.5)	45.5 (0.6)	47.0 (0.6)	49.6 (0.5)	52.3 (0.5)	55.0 (0.5)	57.5 (0.6)	59.0 (0.7)	45-65%	96 (1.3)
4-8.....	720	52.7 (0.3)	46.0 (0.6)	47.5 (0.5)	50.0 (0.4)	52.8 (0.3)	55.5 (0.4)	58.0 (0.4)	59.4 (0.5)	45-65%	97 (1.2)
9-13.....	740	52.5 (0.4)	44.7 (0.7)	46.4 (0.6)	49.4 (0.5)	52.5 (0.4)	55.5 (0.5)	58.4 (0.5)	60.1 (0.6)	45-65%	94 (1.7)
14-18.....	715	50.4 (0.5)	42.7 (0.5)	44.4 (0.5)	47.2 (0.5)	50.4 (0.5)	53.5 (0.6)	56.3 (0.7)	58.0 (0.7)	45-65%	88 (2.0)
19-30.....	919	46.2 (0.5)	34.2 (0.7)	36.8 (0.7)	41.2 (0.5)	46.2 (0.5)	51.2 (0.4)	55.7 (0.5)	58.4 (0.5)	45-65%	56 (2.5)
31-50.....	1469	46.2 (0.3)	34.3 (0.6)	36.8 (0.5)	41.2 (0.4)	46.1 (0.3)	51.1 (0.4)	55.6 (0.5)	58.4 (0.6)	45-65%	55 (1.8)
19-50.....	2388	46.2 (0.3)	34.2 (0.6)	36.8 (0.5)	41.2 (0.4)	46.1 (0.3)	51.1 (0.3)	55.7 (0.4)	58.4 (0.5)	45-65%	55 (1.5)
51-70.....	1700	45.5 (0.5)	33.5 (0.7)	36.1 (0.6)	40.5 (0.5)	45.4 (0.5)	50.4 (0.5)	55.0 (0.5)	57.8 (0.6)	45-65%	52 (2.6)
71+.....	762	46.5 (0.5)	34.5 (0.7)	37.1 (0.6)	41.6 (0.5)	46.5 (0.5)	51.4 (0.6)	56.0 (0.7)	58.6 (0.7)	45-65%	57 (2.8)
51+.....	2462	45.8 (0.4)	33.8 (0.6)	36.3 (0.6)	40.8 (0.5)	45.7 (0.4)	50.7 (0.4)	55.3 (0.5)	58.0 (0.5)	45-65%	53 (2.1)
19+.....	4850	46.0 (0.2)	34.0 (0.6)	36.6 (0.5)	41.0 (0.3)	45.9 (0.2)	50.9 (0.2)	55.5 (0.4)	58.2 (0.4)	45-65%	54 (1.3)
Females:											
1-3.....	488	52.7 (0.4)	45.9 (0.7)	47.5 (0.6)	50.0 (0.5)	52.8 (0.5)	55.5 (0.4)	57.9 (0.5)	59.4 (0.6)	45-65%	97* (1.4)
4-8.....	731	53.5 (0.4)	46.8 (0.6)	48.3 (0.6)	50.7 (0.5)	53.5 (0.4)	56.2 (0.4)	58.7 (0.5)	60.2 (0.5)	45-65%	>97
9-13.....	770	52.8 (0.4)	45.1 (0.5)	46.8 (0.5)	49.7 (0.4)	52.8 (0.4)	55.9 (0.5)	58.7 (0.7)	60.5 (0.8)	45-65%	95 (1.2)
14-18.....	705	51.4 (0.4)	43.7 (0.7)	45.4 (0.6)	48.2 (0.5)	51.4 (0.4)	54.5 (0.5)	57.3 (0.5)	59.0 (0.6)	45-65%	91 (2.1)
19-30.....	904	47.5 (0.5)	35.7 (0.7)	38.3 (0.6)	42.6 (0.6)	47.5 (0.5)	52.3 (0.5)	56.6 (0.5)	59.2 (0.5)	45-65%	63 (2.7)
31-50.....	1563	47.6 (0.4)	35.9 (0.5)	38.4 (0.5)	42.8 (0.4)	47.6 (0.4)	52.5 (0.4)	56.8 (0.5)	59.5 (0.5)	45-65%	64 (1.9)
19-50.....	2467	47.6 (0.3)	35.8 (0.5)	38.4 (0.4)	42.7 (0.4)	47.5 (0.3)	52.4 (0.4)	56.7 (0.4)	59.4 (0.5)	45-65%	63 (1.7)
51-70.....	1745	46.8 (0.6)	35.2 (0.7)	37.7 (0.7)	42.0 (0.6)	46.8 (0.6)	51.6 (0.6)	56.0 (0.6)	58.7 (0.6)	45-65%	59 (3.2)
71+.....	750	48.4 (0.4)	36.7 (0.6)	39.3 (0.5)	43.6 (0.5)	48.4 (0.4)	53.2 (0.4)	57.5 (0.4)	60.1 (0.5)	45-65%	67 (2.2)
51+.....	2495	47.3 (0.5)	35.6 (0.6)	38.1 (0.6)	42.5 (0.5)	47.2 (0.5)	52.1 (0.5)	56.5 (0.5)	59.1 (0.5)	45-65%	62 (2.6)
19+.....	4962	47.4 (0.3)	35.7 (0.5)	38.2 (0.5)	42.6 (0.4)	47.4 (0.3)	52.2 (0.3)	56.6 (0.4)	59.3 (0.4)	45-65%	62 (1.9)
All:											
1+.....	15208	48.0 (0.2)	35.7 (0.4)	38.5 (0.3)	43.3 (0.2)	48.4 (0.2)	53.1 (0.2)	56.8 (0.2)	59.1 (0.2)	45-65%	67 (0.9)

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

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, 2015-2018

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
Males:												
1-3.....	527	34.3 (0.3)	28.6 (0.6)	29.9 (0.5)	32.1 (0.4)	34.3 (0.3)	36.7 (0.3)	38.8 (0.4)	40.1 (0.4)	30-40%	84 (2.9)	
4-8.....	720	34.5 (0.3)	28.8 (0.5)	30.1 (0.4)	32.2 (0.4)	34.6 (0.3)	36.9 (0.3)	39.0 (0.4)	40.3 (0.5)	25-35%	55 (3.6)	
9-13.....	740	34.7 (0.4)	28.7 (0.6)	30.0 (0.5)	32.3 (0.5)	34.7 (0.4)	37.1 (0.5)	39.3 (0.6)	40.6 (0.6)	25-35%	52 (4.5)	
14-18.....	715	34.8 (0.4)	28.8 (0.6)	30.1 (0.5)	32.4 (0.5)	34.8 (0.4)	37.2 (0.4)	39.3 (0.5)	40.6 (0.5)	25-35%	52 (4.2)	
19-30.....	919	34.6 (0.3)	25.8 (0.6)	27.8 (0.5)	31.1 (0.4)	34.7 (0.3)	38.2 (0.4)	41.3 (0.5)	43.2 (0.6)	20-35%	52 (2.5)	
31-50.....	1469	35.2 (0.3)	26.5 (0.6)	28.5 (0.5)	31.7 (0.4)	35.2 (0.3)	38.8 (0.4)	41.9 (0.6)	43.7 (0.6)	20-35%	48 (2.6)	
19-50.....	2388	35.0 (0.3)	26.2 (0.5)	28.2 (0.4)	31.4 (0.3)	35.0 (0.3)	38.5 (0.3)	41.7 (0.5)	43.5 (0.6)	20-35%	50 (2.1)	
51-70.....	1700	36.1 (0.4)	27.4 (0.5)	29.3 (0.5)	32.7 (0.4)	36.2 (0.4)	39.7 (0.5)	42.8 (0.6)	44.7 (0.7)	20-35%	41 (2.9)	
71+.....	762	37.2 (0.5)	28.5 (0.8)	30.5 (0.7)	33.8 (0.6)	37.3 (0.5)	40.7 (0.5)	43.8 (0.6)	45.5 (0.6)	20-35%	33 (3.8)	
51+.....	2462	36.4 (0.3)	27.7 (0.5)	29.6 (0.4)	32.9 (0.3)	36.5 (0.3)	40.0 (0.4)	43.1 (0.5)	44.9 (0.6)	20-35%	39 (2.1)	
19+.....	4850	35.6 (0.2)	26.8 (0.5)	28.7 (0.4)	32.1 (0.3)	35.6 (0.2)	39.2 (0.3)	42.3 (0.5)	44.2 (0.6)	20-35%	45 (1.6)	
Females:												
1-3.....	488	34.2 (0.3)	28.4 (0.4)	29.7 (0.4)	31.9 (0.3)	34.2 (0.3)	36.5 (0.3)	38.6 (0.4)	39.9 (0.5)	30-40%	84 (2.7)	
4-8.....	731	33.9 (0.3)	28.2 (0.5)	29.4 (0.4)	31.5 (0.4)	33.9 (0.3)	36.2 (0.3)	38.3 (0.4)	39.6 (0.5)	25-35%	62 (3.4)	
9-13.....	770	34.5 (0.4)	28.5 (0.6)	29.9 (0.6)	32.1 (0.5)	34.5 (0.4)	37.0 (0.4)	39.1 (0.4)	40.4 (0.5)	25-35%	55 (4.1)	
14-18.....	705	35.4 (0.5)	29.5 (0.7)	30.8 (0.6)	33.0 (0.5)	35.4 (0.5)	37.9 (0.4)	40.0 (0.5)	41.2 (0.5)	25-35%	45 (5.0)	
19-30.....	904	35.9 (0.4)	27.1 (0.5)	29.1 (0.5)	32.4 (0.4)	36.0 (0.4)	39.5 (0.4)	42.8 (0.5)	44.7 (0.5)	20-35%	43 (2.8)	
31-50.....	1563	35.8 (0.4)	27.0 (0.5)	28.9 (0.5)	32.2 (0.4)	35.8 (0.3)	39.4 (0.3)	42.6 (0.4)	44.6 (0.4)	20-35%	44 (2.6)	
19-50.....	2467	35.9 (0.3)	27.0 (0.5)	29.0 (0.4)	32.3 (0.3)	35.9 (0.3)	39.5 (0.3)	42.7 (0.3)	44.6 (0.4)	20-35%	43 (2.0)	
51-70.....	1745	36.6 (0.5)	27.8 (0.6)	29.7 (0.6)	33.0 (0.5)	36.5 (0.5)	40.1 (0.5)	43.4 (0.5)	45.3 (0.6)	20-35%	38 (3.5)	
71+.....	750	36.2 (0.4)	27.5 (0.5)	29.4 (0.5)	32.7 (0.4)	36.2 (0.4)	39.8 (0.5)	43.0 (0.5)	44.9 (0.6)	20-35%	41 (3.1)	
51+.....	2495	36.5 (0.4)	27.7 (0.5)	29.6 (0.5)	32.9 (0.4)	36.5 (0.4)	40.1 (0.4)	43.3 (0.5)	45.2 (0.5)	20-35%	39 (2.9)	
19+.....	4962	36.2 (0.3)	27.3 (0.5)	29.3 (0.4)	32.6 (0.3)	36.2 (0.3)	39.8 (0.3)	43.0 (0.4)	44.9 (0.4)	20-35%	41 (2.1)	
All:												
1+.....	15208	35.6 (0.2)	27.5 (0.3)	29.3 (0.2)	32.3 (0.2)	35.5 (0.1)	38.8 (0.2)	42.0 (0.3)	44.0 (0.4)		47 (1.1)	

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 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, 2015-2018

	N	Mean (SE)	Percentiles						<10%† % (SE)	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)		95th (SE)
Males:										
1-3.....	527	12.6 (0.2)	9.5 (0.3)	10.2 (0.3)	11.3 (0.2)	12.5 (0.2)	13.8 (0.2)	15.1 (0.3)	15.9 (0.3)	9 (2.6)
4-8.....	720	12.3 (0.1)	9.2 (0.2)	9.9 (0.2)	11.0 (0.1)	12.2 (0.1)	13.5 (0.2)	14.8 (0.3)	15.5 (0.3)	11 (1.8)
9-13.....	740	12.0 (0.2)	9.2 (0.3)	9.8 (0.3)	10.8 (0.2)	12.0 (0.2)	13.1 (0.2)	14.2 (0.2)	14.9 (0.2)	12 (3.2)
14-18.....	715	12.1 (0.2)	9.3 (0.3)	9.9 (0.3)	10.9 (0.2)	12.0 (0.2)	13.2 (0.2)	14.3 (0.2)	15.0 (0.2)	12 (3.0)
19-30.....	919	11.4 (0.2)	8.1 (0.2)	8.8 (0.2)	10.0 (0.2)	11.4 (0.2)	12.8 (0.2)	14.1 (0.2)	14.9 (0.3)	25 (2.5)
31-50.....	1469	11.5 (0.1)	8.2 (0.2)	8.9 (0.2)	10.1 (0.1)	11.4 (0.1)	12.9 (0.2)	14.2 (0.2)	15.0 (0.3)	24 (2.3)
19-50.....	2388	11.5 (0.1)	8.1 (0.2)	8.8 (0.1)	10.0 (0.1)	11.4 (0.1)	12.8 (0.1)	14.2 (0.2)	14.9 (0.2)	24 (1.7)
51-70.....	1700	11.7 (0.2)	8.3 (0.2)	9.0 (0.2)	10.3 (0.2)	11.6 (0.2)	13.1 (0.2)	14.4 (0.2)	15.2 (0.3)	21 (2.2)
71+.....	762	12.3 (0.2)	8.9 (0.3)	9.6 (0.2)	10.9 (0.2)	12.3 (0.2)	13.7 (0.2)	15.0 (0.2)	15.8 (0.2)	14 (2.3)
51+.....	2462	11.8 (0.1)	8.4 (0.2)	9.2 (0.2)	10.4 (0.1)	11.8 (0.1)	13.2 (0.2)	14.6 (0.2)	15.4 (0.3)	19 (1.9)
19+.....	4850	11.6 (0.1)	8.3 (0.2)	9.0 (0.1)	10.2 (0.1)	11.6 (0.1)	13.0 (0.1)	14.3 (0.2)	15.2 (0.2)	22 (1.5)
Females:										
1-3.....	488	12.5 (0.2)	9.4 (0.3)	10.0 (0.3)	11.2 (0.3)	12.4 (0.2)	13.7 (0.2)	15.0 (0.2)	15.7 (0.2)	10 (3.0)
4-8.....	731	12.0 (0.1)	9.0 (0.2)	9.6 (0.2)	10.7 (0.2)	11.9 (0.1)	13.2 (0.2)	14.4 (0.2)	15.2 (0.3)	15 (2.3)
9-13.....	770	12.0 (0.2)	9.2 (0.2)	9.8 (0.2)	10.8 (0.2)	11.9 (0.2)	13.1 (0.2)	14.2 (0.2)	14.9 (0.2)	13 (2.6)
14-18.....	705	11.7 (0.2)	9.0 (0.3)	9.5 (0.3)	10.5 (0.2)	11.7 (0.2)	12.9 (0.2)	13.9 (0.3)	14.6 (0.3)	16 (3.6)
19-30.....	904	11.6 (0.1)	8.2 (0.2)	8.9 (0.2)	10.1 (0.1)	11.5 (0.1)	13.0 (0.2)	14.4 (0.3)	15.3 (0.3)	23 (2.1)
31-50.....	1563	11.6 (0.2)	8.1 (0.2)	8.8 (0.2)	10.1 (0.2)	11.5 (0.2)	13.0 (0.2)	14.4 (0.2)	15.2 (0.3)	24 (2.7)
19-50.....	2467	11.6 (0.1)	8.2 (0.2)	8.9 (0.2)	10.1 (0.1)	11.5 (0.1)	13.0 (0.2)	14.4 (0.2)	15.3 (0.3)	24 (2.1)
51-70.....	1745	11.8 (0.1)	8.4 (0.2)	9.1 (0.2)	10.3 (0.1)	11.8 (0.1)	13.3 (0.2)	14.7 (0.2)	15.6 (0.3)	20 (2.1)
71+.....	750	12.0 (0.2)	8.6 (0.2)	9.3 (0.2)	10.5 (0.2)	11.9 (0.2)	13.4 (0.2)	14.8 (0.3)	15.7 (0.4)	18 (2.0)
51+.....	2495	11.9 (0.1)	8.5 (0.2)	9.2 (0.1)	10.4 (0.1)	11.8 (0.1)	13.3 (0.2)	14.7 (0.2)	15.6 (0.3)	19 (1.7)
19+.....	4962	11.7 (0.1)	8.3 (0.2)	9.0 (0.1)	10.2 (0.1)	11.6 (0.1)	13.2 (0.1)	14.6 (0.2)	15.4 (0.3)	22 (1.6)
All:										
1+.....	15208	11.8 (0.1)	8.5 (0.1)	9.2 (0.1)	10.4 (0.1)	11.7 (0.1)	13.1 (0.1)	14.5 (0.1)	15.3 (0.2)	20 (0.9)

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, 2015-2018

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
Males:												
1-3.....	527	6.4 (0.1)	4.5 (0.2)	4.8 (0.1)	5.5 (0.1)	6.3 (0.1)	7.2 (0.2)	8.0 (0.2)	8.6 (0.3)	05-10%	87 (2.6)	
4-8.....	720	6.8 (0.1)	4.8 (0.2)	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%	92 (2.1)	
9-13.....	740	7.1 (0.2)	5.2 (0.2)	5.6 (0.1)	6.2 (0.2)	7.0 (0.2)	7.9 (0.2)	8.7 (0.2)	9.2 (0.2)	05-10%	95 (1.3)	
14-18.....	715	6.8 (0.2)	5.0 (0.2)	5.3 (0.2)	6.0 (0.2)	6.7 (0.2)	7.6 (0.1)	8.3 (0.1)	8.8 (0.2)	05-10%	94 (2.5)	
19-30.....	919	7.0 (0.2)	4.7 (0.2)	5.1 (0.2)	5.9 (0.2)	6.9 (0.2)	8.0 (0.2)	9.0 (0.3)	9.7 (0.3)	05-10%	88 (2.8)	
31-50.....	1469	7.1 (0.1)	4.8 (0.2)	5.2 (0.1)	6.0 (0.1)	7.0 (0.1)	8.1 (0.2)	9.1 (0.3)	9.8 (0.3)	05-10%	89 (2.6)	
19-50.....	2388	7.1 (0.1)	4.7 (0.2)	5.2 (0.1)	6.0 (0.1)	7.0 (0.1)	8.0 (0.2)	9.1 (0.3)	9.7 (0.3)	05-10%	89 (2.6)	
51-70.....	1700	7.4 (0.1)	5.0 (0.2)	5.5 (0.1)	6.3 (0.1)	7.3 (0.1)	8.4 (0.2)	9.5 (0.3)	10.2 (0.4)	05-10%	89 (2.9)	
71+.....	762	7.6 (0.2)	5.1 (0.2)	5.6 (0.2)	6.5 (0.2)	7.5 (0.2)	8.6 (0.2)	9.7 (0.3)	10.3 (0.3)	05-10%	89 (2.9)	
51+.....	2462	7.5 (0.1)	5.0 (0.2)	5.5 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.2)	9.6 (0.3)	10.2 (0.3)	05-10%	89 (2.9)	
19+.....	4850	7.2 (0.1)	4.8 (0.2)	5.3 (0.1)	6.1 (0.1)	7.1 (0.1)	8.2 (0.2)	9.3 (0.3)	10.0 (0.3)	05-10%	89 (2.7)	
Females:												
1-3.....	488	6.2 (0.2)	4.3 (0.2)	4.7 (0.2)	5.4 (0.2)	6.2 (0.2)	7.0 (0.2)	7.8 (0.2)	8.4 (0.3)	05-10%	84 (3.9)	
4-8.....	731	6.6 (0.1)	4.7 (0.2)	5.0 (0.2)	5.7 (0.1)	6.5 (0.1)	7.4 (0.2)	8.3 (0.2)	8.8 (0.2)	05-10%	90 (2.7)	
9-13.....	770	7.1 (0.1)	5.2 (0.1)	5.6 (0.1)	6.3 (0.1)	7.1 (0.1)	7.9 (0.2)	8.7 (0.2)	9.3 (0.2)	05-10%	95 (1.1)	
14-18.....	705	7.6 (0.1)	5.6 (0.2)	6.0 (0.2)	6.7 (0.1)	7.6 (0.1)	8.5 (0.1)	9.3 (0.1)	9.8 (0.1)	05-10%	95 (1.1)	
19-30.....	904	7.6 (0.1)	5.2 (0.2)	5.6 (0.1)	6.5 (0.1)	7.5 (0.1)	8.6 (0.2)	9.7 (0.2)	10.4 (0.2)	05-10%	89 (2.0)	
31-50.....	1563	7.6 (0.1)	5.2 (0.1)	5.6 (0.1)	6.5 (0.1)	7.5 (0.1)	8.6 (0.2)	9.7 (0.2)	10.4 (0.2)	05-10%	89 (2.1)	
19-50.....	2467	7.6 (0.1)	5.2 (0.1)	5.6 (0.1)	6.5 (0.1)	7.5 (0.1)	8.6 (0.1)	9.7 (0.2)	10.4 (0.2)	05-10%	89 (2.0)	
51-70.....	1745	7.5 (0.1)	5.1 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.6 (0.2)	9.6 (0.2)	10.3 (0.3)	05-10%	89 (2.0)	
71+.....	750	7.6 (0.1)	5.1 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.6 (0.1)	9.6 (0.2)	10.3 (0.2)	05-10%	89 (1.9)	
51+.....	2495	7.5 (0.1)	5.1 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.6 (0.1)	9.6 (0.2)	10.3 (0.2)	05-10%	89 (2.0)	
19+.....	4962	7.6 (0.1)	5.1 (0.1)	5.6 (0.1)	6.5 (0.1)	7.5 (0.1)	8.6 (0.1)	9.7 (0.2)	10.4 (0.2)	05-10%	89 (2.0)	
All:												
1+.....	15208	7.3 (0.1)	5.0 (0.1)	5.4 (0.1)	6.2 (#)	7.2 (#)	8.3 (0.1)	9.3 (0.1)	10.0 (0.2)	05-10%	90 (1.7)	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018
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, 2015-2018

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
Males:												
1-3.....	527	0.64 (0.02)	0.45 (0.01)	0.48 (0.01)	0.55 (0.01)	0.63 (0.02)	0.72 (0.02)	0.81 (0.02)	0.87 (0.03)	0.6-1.2%	59 (4.8)	
4-8.....	720	0.63 (0.01)	0.44 (0.02)	0.47 (0.02)	0.54 (0.01)	0.62 (0.01)	0.71 (0.01)	0.80 (0.02)	0.86 (0.02)	0.6-1.2%	55 (4.2)	
9-13.....	740	0.64 (0.01)	0.47 (0.02)	0.50 (0.02)	0.56 (0.01)	0.63 (0.01)	0.71 (0.02)	0.78 (0.02)	0.83 (0.03)	0.6-1.2%	62 (4.3)	
14-18.....	715	0.65 (0.02)	0.48 (0.02)	0.51 (0.02)	0.57 (0.02)	0.64 (0.02)	0.72 (0.02)	0.79 (0.03)	0.84 (0.03)	0.6-1.2%	65 (5.7)	
19-30.....	919	0.70 (0.02)	0.43 (0.03)	0.48 (0.02)	0.57 (0.02)	0.68 (0.02)	0.81 (0.02)	0.95 (0.03)	1.04 (0.04)	0.6-1.2%	67 (4.5)	
31-50.....	1469	0.74 (0.02)	0.46 (0.02)	0.51 (0.02)	0.60 (0.01)	0.72 (0.02)	0.86 (0.03)	1.00 (0.04)	1.09 (0.05)	0.6-1.2%	73 (3.3)	
19-50.....	2388	0.73 (0.01)	0.45 (0.02)	0.50 (0.02)	0.59 (0.01)	0.70 (0.01)	0.84 (0.02)	0.98 (0.03)	1.07 (0.04)	0.6-1.2%	71 (3.3)	
51-70.....	1700	0.78 (0.02)	0.49 (0.02)	0.54 (0.02)	0.64 (0.02)	0.76 (0.02)	0.91 (0.03)	1.05 (0.04)	1.15 (0.06)	0.6-1.2%	78 (3.1)	
71+.....	762	0.82 (0.02)	0.51 (0.03)	0.56 (0.03)	0.67 (0.02)	0.80 (0.02)	0.94 (0.02)	1.09 (0.03)	1.19 (0.04)	0.6-1.2%	81 (4.4)	
51+.....	2462	0.79 (0.02)	0.49 (0.02)	0.54 (0.02)	0.65 (0.02)	0.77 (0.02)	0.92 (0.03)	1.06 (0.04)	1.16 (0.05)	0.6-1.2%	79 (3.3)	
19+.....	4850	0.75 (0.01)	0.46 (0.02)	0.51 (0.02)	0.61 (0.01)	0.73 (0.01)	0.88 (0.02)	1.02 (0.04)	1.12 (0.05)	0.6-1.2%	74 (3.3)	
Females:												
1-3.....	488	0.61 (0.02)	0.42 (0.03)	0.46 (0.02)	0.52 (0.02)	0.60 (0.02)	0.69 (0.02)	0.78 (0.03)	0.84 (0.03)	0.6-1.2%	51 (7.5)	
4-8.....	731	0.63 (0.02)	0.44 (0.02)	0.48 (0.02)	0.54 (0.02)	0.62 (0.02)	0.71 (0.02)	0.80 (0.02)	0.86 (0.02)	0.6-1.2%	56 (5.7)	
9-13.....	770	0.68 (0.02)	0.51 (0.02)	0.54 (0.02)	0.60 (0.01)	0.67 (0.02)	0.75 (0.02)	0.83 (0.03)	0.89 (0.04)	0.6-1.2%	75 (4.1)	
14-18.....	705	0.74 (0.02)	0.55 (0.04)	0.59 (0.03)	0.65 (0.03)	0.73 (0.02)	0.81 (0.02)	0.90 (0.03)	0.95 (0.04)	0.6-1.2%	87 (5.9)	
19-30.....	904	0.80 (0.03)	0.52 (0.03)	0.57 (0.03)	0.66 (0.03)	0.78 (0.03)	0.91 (0.03)	1.05 (0.03)	1.13 (0.04)	0.6-1.2%	83 (4.3)	
31-50.....	1563	0.81 (0.02)	0.53 (0.02)	0.58 (0.02)	0.68 (0.02)	0.79 (0.02)	0.93 (0.02)	1.07 (0.03)	1.16 (0.04)	0.6-1.2%	84 (3.5)	
19-50.....	2467	0.81 (0.01)	0.53 (0.02)	0.58 (0.02)	0.67 (0.02)	0.79 (0.02)	0.92 (0.02)	1.06 (0.03)	1.15 (0.03)	0.6-1.2%	83 (3.4)	
51-70.....	1745	0.83 (0.02)	0.54 (0.02)	0.59 (0.02)	0.69 (0.02)	0.81 (0.02)	0.95 (0.03)	1.09 (0.04)	1.18 (0.04)	0.6-1.2%	85 (3.2)	
71+.....	750	0.88 (0.02)	0.58 (0.02)	0.63 (0.02)	0.73 (0.02)	0.86 (0.02)	1.00 (0.03)	1.15 (0.04)	1.24 (0.05)	0.6-1.2%	87 (3.1)	
51+.....	2495	0.84 (0.02)	0.55 (0.02)	0.60 (0.02)	0.70 (0.02)	0.82 (0.02)	0.96 (0.02)	1.11 (0.04)	1.20 (0.04)	0.6-1.2%	85 (3.2)	
19+.....	4962	0.82 (0.01)	0.54 (0.02)	0.59 (0.02)	0.68 (0.02)	0.80 (0.01)	0.94 (0.02)	1.08 (0.03)	1.18 (0.04)	0.6-1.2%	84 (3.3)	
All:												
1+.....	15208	0.76 (0.01)	0.48 (0.01)	0.53 (0.01)	0.62 (0.01)	0.73 (0.01)	0.87 (0.01)	1.02 (0.03)	1.12 (0.04)	0.6-1.2%	76 (2.1)	

NOTES: AMDR=Acceptable Macronutrient Distribution Range

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

TABLE NOTES

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2015-2018. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2015-2016 and 2017-2018.

The table includes data from 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 2.52.

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

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

Indicates a non-zero value too small to report.

CITATION

USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2015-2018 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>