



United States
Department of
Agriculture

Agricultural
Research
Service

January 2021



USUAL NUTRIENT INTAKE from Food and Beverages, among Hispanic Individuals

What We Eat in America, NHANES 2015-2018

Table E

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

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

Table E 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	260	1350 (31)	895* (26)	982 (27)	1136 (30)	1326 (31)	1536 (35)	1752 (39)	1890* (43)
4-8.....	424	1686 (31)	1139 (33)	1241 (33)	1426 (31)	1660 (31)	1915 (33)	2168 (36)	2327 (40)
Males:									
9-13.....	225	1981 (34)	1280* (38)	1419 (36)	1657 (34)	1947 (34)	2263 (41)	2584 (51)	2787* (62)
14-18.....	189	2158 (44)	1426* (34)	1560* (33)	1826 (37)	2127 (42)	2457 (56)	2785* (70)	2990* (81)
19-50.....	643	2491 (49)	1506 (50)	1694 (50)	2030 (49)	2445 (50)	2901 (54)	3343 (60)	3633 (67)
51+.....	598	2359 (51)	1403 (48)	1579 (48)	1906 (49)	2311 (51)	2754 (58)	3204 (66)	3491 (73)
19+.....	1241	2455 (46)	1475 (47)	1661 (46)	1995 (46)	2407 (46)	2863 (52)	3310 (58)	3596 (65)
Females:									
9-13.....	246	1835 (35)	1184* (36)	1303 (36)	1525 (34)	1798 (34)	2108 (39)	2409 (54)	2590* (62)
14-18.....	217	1675 (41)	1065* (42)	1178 (42)	1387 (41)	1644 (42)	1929 (45)	2213 (52)	2388* (60)
19-50.....	692	1842 (24)	1112 (26)	1248 (24)	1504 (23)	1813 (23)	2145 (31)	2468 (43)	2674 (50)
51+.....	692	1724 (34)	1019 (25)	1152 (25)	1395 (27)	1693 (32)	2015 (43)	2336 (54)	2542 (65)
19+.....	1384	1802 (25)	1077 (23)	1211 (22)	1464 (21)	1772 (24)	2105 (32)	2432 (44)	2636 (52)
All:									
1+.....	4186	2008 (22)	1134 (17)	1277 (17)	1556 (17)	1925 (20)	2374 (28)	2854 (41)	3167 (49)

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

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

Table E 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	51.0	(1.1)	33.6*	(1.3)	37.0	(1.3)	42.9	(1.2)	50.1	(1.1)	58.1	(1.2)	66.2	(1.4)	71.4*	(1.4)
4-8.....	424	60.5	(1.1)	40.5	(1.3)	44.2	(1.3)	51.0	(1.1)	59.6	(1.1)	68.9	(1.2)	78.2	(1.4)	84.0	(1.6)
Males:																	
9-13.....	225	71.1	(1.7)	43.2*	(1.9)	48.6	(1.9)	58.0	(1.9)	69.6	(1.8)	82.4	(2.0)	95.5	(2.1)	103.9*	(2.6)
14-18.....	189	84.2	(2.1)	53.3*	(1.8)	58.9*	(1.7)	70.1	(1.9)	82.8	(2.1)	96.9	(2.5)	111.0*	(3.1)	119.8*	(3.7)
19-50.....	643	100.9	(2.4)	61.0	(2.6)	68.5	(2.6)	82.1	(2.5)	98.9	(2.4)	117.6	(2.8)	135.8	(3.3)	147.6	(3.6)
51+.....	598	95.0	(2.4)	56.0	(2.4)	63.0	(2.4)	76.3	(2.4)	92.9	(2.5)	111.1	(2.8)	129.7	(3.3)	141.6	(3.7)
19+.....	1241	99.3	(2.2)	59.3	(2.4)	67.0	(2.3)	80.4	(2.2)	97.3	(2.2)	115.9	(2.7)	134.3	(3.1)	146.0	(3.5)
Females:																	
9-13.....	246	65.3	(2.1)	39.5*	(1.8)	44.1	(1.9)	52.8	(1.9)	63.7	(2.1)	76.2	(2.3)	88.4	(2.8)	95.8*	(3.1)
14-18.....	217	60.7	(1.6)	36.3*	(1.9)	40.7	(1.8)	49.0	(1.7)	59.3	(1.6)	70.9	(1.8)	82.6	(2.1)	89.9*	(2.4)
19-50.....	692	71.7	(1.0)	44.0	(1.1)	49.2	(1.0)	59.0	(1.0)	70.7	(1.1)	83.2	(1.2)	95.5	(1.6)	103.0	(1.7)
51+.....	692	68.2	(1.6)	41.2	(1.2)	46.3	(1.2)	55.7	(1.3)	67.1	(1.5)	79.5	(1.9)	91.6	(2.2)	99.4	(2.6)
19+.....	1384	70.6	(1.1)	43.0	(1.0)	48.1	(1.0)	57.8	(1.0)	69.4	(1.1)	82.1	(1.4)	94.3	(1.7)	102.0	(1.9)
All:																	
1+.....	4186	78.3	(1.1)	42.7	(0.7)	48.1	(0.7)	59.0	(0.7)	74.2	(1.0)	93.4	(1.5)	114.4	(2.7)	127.8	(3.5)

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

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

Table E 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Hispanic																			
Males and females:																			
1-3.....	260	4.18	(0.07)	2.77*	(0.08)	3.05	(0.08)	3.53	(0.07)	4.12	(0.07)	4.76	(0.08)	5.40	(0.09)	5.81*	(0.10)	0.87	<3
4-8.....	421	2.66	(0.05)	1.61	(0.06)	1.80	(0.06)	2.15	(0.06)	2.60	(0.06)	3.09	(0.06)	3.59	(0.07)	3.90	(0.08)	0.76	<3
Males:																			
9-13.....	225	1.72	(0.04)	0.90*	(0.06)	1.05	(0.05)	1.33	(0.05)	1.68	(0.05)	2.06	(0.05)	2.46	(0.06)	2.71*	(0.07)	0.76	<3
14-18.....	189	1.32	(0.03)	0.63*	(0.03)	0.74*	(0.03)	0.99	(0.03)	1.28	(0.03)	1.61	(0.05)	1.94*	(0.06)	2.16*	(0.07)	0.73	9* (1.4)
19-50.....	640	1.41	(0.03)	0.77	(0.03)	0.88	(0.03)	1.10	(0.03)	1.37	(0.03)	1.67	(0.03)	1.97	(0.04)	2.16	(0.05)	0.66	<3
51+.....	590	1.34	(0.03)	0.71	(0.03)	0.82	(0.03)	1.04	(0.03)	1.31	(0.03)	1.60	(0.03)	1.90	(0.05)	2.09	(0.05)	0.66	3* (0.7)
19+.....	1230	1.39	(0.03)	0.75	(0.03)	0.87	(0.03)	1.08	(0.03)	1.35	(0.03)	1.65	(0.03)	1.95	(0.04)	2.14	(0.05)	0.66	<3
Females:																			
9-13.....	246	1.57	(0.05)	0.80*	(0.05)	0.94	(0.05)	1.19	(0.05)	1.52	(0.05)	1.89	(0.06)	2.26	(0.07)	2.49*	(0.09)	0.76	4* (1.1)
14-18.....	213	1.05	(0.03)	0.46*	(0.03)	0.56	(0.03)	0.75	(0.03)	1.01	(0.03)	1.30	(0.04)	1.61	(0.05)	1.80*	(0.06)	0.71	21 (2.8)
19-50.....	683	1.17	(0.02)	0.66	(0.02)	0.75	(0.02)	0.93	(0.02)	1.15	(0.02)	1.38	(0.02)	1.61	(0.03)	1.76	(0.04)	0.66	5 (0.9)
51+.....	684	1.13	(0.02)	0.63	(0.02)	0.72	(0.02)	0.90	(0.02)	1.11	(0.02)	1.34	(0.03)	1.57	(0.04)	1.72	(0.04)	0.66	6 (1.0)
19+.....	1367	1.16	(0.02)	0.65	(0.02)	0.74	(0.02)	0.92	(0.02)	1.14	(0.02)	1.37	(0.02)	1.60	(0.03)	1.75	(0.04)	0.66	6 (0.8)
All:																			
1+.....	4151	1.58	(0.01)	0.69	(0.01)	0.81	(0.01)	1.04	(0.01)	1.34	(0.01)	1.78	(0.02)	2.65	(0.05)	3.55	(0.07)		4 (0.4)

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

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

Table E 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	260	178 (4)	115* (3)	127 (3)	148 (3)	175 (4)	204 (4)	233 (6)	252* (7)	100	<3
4-8.....	424	224 (4)	149 (4)	163 (4)	189 (4)	220 (4)	255 (5)	290 (7)	312 (8)	100	<3
Males:											
9-13.....	225	260 (4)	164* (6)	183 (5)	216 (5)	255 (4)	299 (5)	342 (6)	370* (7)	100	<3
14-18.....	189	271 (7)	174* (6)	191* (6)	227 (6)	267 (7)	310 (8)	354* (10)	381* (11)	100	<3
19-50.....	643	296 (6)	161 (6)	186 (6)	231 (6)	288 (6)	352 (6)	416 (7)	457 (8)	100	<3
51+.....	598	280 (7)	151 (6)	174 (6)	217 (6)	272 (7)	334 (8)	397 (9)	440 (10)	100	<3
19+.....	1241	291 (5)	158 (6)	182 (6)	227 (6)	283 (5)	347 (6)	411 (7)	453 (8)	100	<3
Females:											
9-13.....	246	243 (4)	153* (5)	169 (5)	200 (5)	238 (4)	281 (5)	322 (7)	346* (8)	100	<3
14-18.....	217	215 (6)	132* (6)	147 (6)	176 (6)	210 (6)	249 (6)	287 (7)	311* (8)	100	<3
19-50.....	692	226 (4)	125 (4)	144 (4)	178 (3)	221 (4)	268 (5)	316 (7)	346 (8)	100	<3
51+.....	692	212 (5)	116 (4)	133 (4)	166 (4)	207 (5)	252 (6)	298 (8)	329 (9)	100	<3
19+.....	1384	222 (4)	122 (4)	139 (4)	173 (3)	216 (4)	263 (5)	311 (7)	341 (8)	100	<3
All:											
1+.....	4186	248 (4)	135 (4)	154 (4)	190 (3)	238 (4)	294 (4)	354 (5)	396 (6)	100	<3

NOTES: EAR=Estimated Average Requirement

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

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

Table E 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	260	88 (2)	53* (2)	59 (2)	71 (2)	86 (2)	103 (3)	120 (4)	132* (5)
4-8.....	424	102 (2)	62 (2)	69 (2)	82 (2)	99 (2)	118 (3)	137 (4)	149 (5)
Males:									
9-13.....	225	113 (5)	62* (4)	71 (4)	88 (5)	110 (5)	134 (6)	160 (7)	176* (8)
14-18.....	189	113 (4)	62* (3)	71* (3)	89 (3)	110 (4)	134 (5)	159* (6)	174* (7)
19-50.....	643	119 (6)	45 (5)	57 (5)	79 (6)	111 (6)	150 (7)	193 (7)	222 (7)
51+.....	598	117 (6)	45 (4)	55 (5)	78 (5)	108 (6)	147 (7)	189 (8)	219 (9)
19+.....	1241	119 (6)	45 (5)	56 (5)	79 (6)	110 (6)	149 (6)	192 (6)	222 (7)
Females:									
9-13.....	246	107 (4)	58* (4)	66 (4)	83 (4)	103 (4)	127 (4)	151 (6)	166* (7)
14-18.....	217	91 (4)	48* (3)	55 (3)	70 (3)	88 (4)	109 (4)	131 (5)	145* (7)
19-50.....	692	96 (2)	38 (2)	47 (2)	65 (2)	90 (2)	119 (3)	151 (4)	172 (5)
51+.....	692	92 (3)	37 (2)	45 (2)	63 (2)	86 (3)	115 (4)	147 (5)	168 (6)
19+.....	1384	94 (2)	38 (2)	46 (1)	64 (1)	89 (2)	118 (2)	150 (3)	171 (4)
All:									
1+.....	4186	105 (2)	45 (2)	55 (2)	74 (2)	98 (2)	128 (2)	163 (3)	188 (4)

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

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

Table E 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						AI	>AI	
				5th	10th	25th	50th	75th	90th	95th		%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	11.1	(0.3)	6.1*	7.0	8.6	10.7	13.1	15.5	17.2*	19	<3
4-8.....	424	13.5	(0.3)	7.8	8.8	10.7	13.2	15.9	18.7	20.5	25	<3
Males:												
9-13.....	225	16.2	(0.4)	9.1*	10.4	12.8	15.8	19.1	22.6	24.9*	31	<3
14-18.....	189	16.3	(0.5)	9.2*	10.5*	13.0	15.9	19.3	22.7*	24.8*	38	<3
19-50.....	643	20.2	(0.4)	9.4	11.2	14.7	19.3	24.8	30.3	34.2	38	<3
51+.....	598	21.0	(0.5)	10.0	11.8	15.4	20.1	25.6	31.4	35.4	30	13 (1.4)
19+.....	1241	20.4	(0.3)	9.5	11.4	14.9	19.5	25.0	30.7	34.5		5 (0.6)
Females:												
9-13.....	246	15.8	(0.4)	8.9*	10.1	12.4	15.3	18.7	22.1	24.2*	26	<3
14-18.....	217	14.0	(0.4)	7.7*	8.8	10.9	13.6	16.7	19.8	21.8*	26	<3
19-50.....	692	16.9	(0.4)	8.2	9.7	12.5	16.2	20.5	24.9	27.8	25	10 (1.6)
51+.....	692	17.4	(0.6)	8.7	10.1	13.0	16.7	21.0	25.5	28.5	21	25 (3.2)
19+.....	1384	17.1	(0.4)	8.4	9.8	12.7	16.4	20.7	25.1	28.1		15 (2.0)
All:												
1+.....	4186	17.3	(0.3)	8.3	9.7	12.4	16.3	21.0	26.3	29.9		7 (0.8)

NOTES: AI=Adequate Intake

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

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

Table E 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	50.7	(1.2)	31.0*	(1.0)	34.7	(1.1)	41.3	(1.0)	49.5	(1.2)	58.7	(1.6)	68.2	(2.0)	74.3*	(2.4)
4-8.....	424	63.2	(1.3)	39.7	(1.5)	44.0	(1.5)	51.9	(1.3)	61.9	(1.4)	73.0	(1.5)	84.0	(1.9)	91.0	(2.3)
Males:																	
9-13.....	225	76.1	(1.8)	46.2*	(1.7)	52.0	(1.6)	62.1	(1.6)	74.5	(1.7)	88.1	(2.3)	102.1	(3.0)	111.0*	(3.6)
14-18.....	189	82.8	(2.4)	51.6*	(1.7)	57.3*	(1.7)	68.5	(1.8)	81.4	(2.3)	95.6	(3.1)	109.9*	(3.9)	118.9*	(4.5)
19-50.....	643	93.9	(2.2)	51.3	(2.3)	59.2	(2.2)	73.4	(2.1)	91.4	(2.2)	111.7	(2.6)	131.8	(3.0)	145.0	(3.4)
51+.....	598	91.4	(2.9)	49.7	(2.3)	57.1	(2.5)	71.2	(2.6)	88.8	(2.9)	108.6	(3.5)	129.0	(4.3)	142.5	(4.8)
19+.....	1241	93.2	(2.1)	50.9	(2.1)	58.6	(2.1)	72.8	(2.0)	90.7	(2.1)	110.9	(2.4)	131.0	(2.8)	144.3	(3.2)
Females:																	
9-13.....	246	70.2	(1.8)	42.5*	(1.8)	47.4	(1.8)	56.8	(1.7)	68.5	(1.8)	81.8	(2.1)	94.9	(2.9)	102.9*	(3.3)
14-18.....	217	65.8	(2.2)	39.3*	(2.0)	44.1	(2.1)	53.1	(2.1)	64.3	(2.2)	76.8	(2.5)	89.4	(3.1)	97.2*	(3.5)
19-50.....	692	71.4	(1.2)	38.1	(1.3)	43.9	(1.3)	55.3	(1.3)	69.5	(1.2)	85.2	(1.4)	100.9	(1.8)	111.1	(2.1)
51+.....	692	67.4	(1.5)	35.2	(1.2)	41.0	(1.2)	51.8	(1.3)	65.4	(1.5)	80.7	(1.8)	96.3	(2.3)	106.5	(2.7)
19+.....	1384	70.0	(1.1)	37.1	(1.2)	42.8	(1.2)	54.0	(1.1)	68.0	(1.1)	83.8	(1.3)	99.6	(1.7)	109.7	(2.0)
All:																	
1+.....	4186	76.9	(1.7)	39.9	(1.1)	45.9	(1.1)	57.6	(1.2)	73.3	(1.6)	92.3	(2.2)	112.6	(2.9)	126.0	(3.3)

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

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

Table E 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	18.6	(0.6)	11.3*	(0.5)	12.6	(0.5)	15.1	(0.5)	18.2	(0.6)	21.6	(0.7)	25.2	(0.8)	27.6*	(0.9)
4-8.....	424	22.6	(0.5)	13.9	(0.5)	15.5	(0.5)	18.4	(0.5)	22.1	(0.5)	26.2	(0.6)	30.3	(0.8)	32.9	(0.9)
Males:																	
9-13.....	225	26.3	(1.0)	15.1*	(0.8)	17.2	(0.9)	20.9	(1.0)	25.6	(1.0)	30.9	(1.2)	36.4	(1.3)	39.9*	(1.6)
14-18.....	189	28.6	(1.0)	16.8*	(0.8)	18.9*	(0.8)	23.1	(0.9)	28.0	(1.0)	33.5	(1.3)	39.1*	(1.6)	42.7*	(1.9)
19-50.....	643	30.8	(0.8)	16.3	(0.8)	18.9	(0.8)	23.7	(0.8)	29.8	(0.9)	36.8	(1.0)	43.8	(1.2)	48.4	(1.3)
51+.....	598	29.5	(1.1)	15.5	(0.9)	17.9	(1.0)	22.6	(1.0)	28.5	(1.1)	35.3	(1.2)	42.3	(1.4)	47.1	(1.5)
19+.....	1241	30.4	(0.8)	16.0	(0.8)	18.6	(0.8)	23.4	(0.8)	29.4	(0.8)	36.4	(1.0)	43.5	(1.1)	48.1	(1.3)
Females:																	
9-13.....	246	24.4	(0.9)	13.9*	(0.7)	15.7	(0.7)	19.2	(0.8)	23.6	(0.9)	28.8	(1.0)	33.9	(1.4)	37.1*	(1.5)
14-18.....	217	21.9	(1.0)	12.2*	(0.8)	13.9	(0.9)	17.1	(0.9)	21.2	(1.0)	25.9	(1.1)	30.7	(1.4)	33.7*	(1.6)
19-50.....	692	22.8	(0.5)	11.5	(0.5)	13.4	(0.5)	17.2	(0.5)	22.0	(0.5)	27.5	(0.6)	33.1	(0.8)	36.8	(0.9)
51+.....	692	21.5	(0.6)	10.7	(0.4)	12.5	(0.4)	16.1	(0.5)	20.7	(0.5)	26.0	(0.7)	31.5	(0.9)	35.2	(1.1)
19+.....	1384	22.4	(0.5)	11.2	(0.4)	13.1	(0.4)	16.8	(0.4)	21.6	(0.5)	27.0	(0.6)	32.7	(0.7)	36.3	(0.9)
All:																	
1+.....	4186	25.4	(0.4)	12.8	(0.4)	14.9	(0.4)	18.9	(0.4)	24.2	(0.4)	30.7	(0.5)	37.6	(0.7)	42.3	(0.9)

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

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

Table E 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	16.4	(0.6)	9.9*	(0.4)	11.1	(0.4)	13.3	(0.5)	16.0	(0.5)	19.1	(0.7)	22.2	(0.8)	24.3*	(0.9)
4-8.....	424	20.7	(0.5)	12.9	(0.5)	14.3	(0.5)	16.9	(0.5)	20.3	(0.5)	24.0	(0.6)	27.8	(0.8)	30.1	(0.9)
Males:																	
9-13.....	225	25.2	(0.8)	15.0*	(0.8)	16.9	(0.9)	20.3	(0.9)	24.6	(0.9)	29.3	(1.0)	34.1	(1.2)	37.2*	(1.4)
14-18.....	189	27.3	(1.1)	16.7*	(0.8)	18.6*	(0.9)	22.4	(0.9)	26.8	(1.1)	31.7	(1.3)	36.6*	(1.7)	39.8*	(2.0)
19-50.....	643	32.4	(0.8)	17.2	(0.8)	19.9	(0.8)	24.9	(0.8)	31.4	(0.8)	38.7	(0.9)	46.0	(1.1)	50.9	(1.3)
51+.....	598	32.1	(0.8)	17.0	(0.8)	19.6	(0.9)	24.7	(0.9)	31.0	(0.9)	38.3	(0.9)	45.8	(1.1)	50.8	(1.3)
19+.....	1241	32.3	(0.8)	17.1	(0.8)	19.8	(0.8)	24.9	(0.8)	31.3	(0.8)	38.6	(0.9)	46.0	(1.1)	50.9	(1.3)
Females:																	
9-13.....	246	23.0	(0.8)	13.6*	(0.9)	15.3	(0.9)	18.4	(0.9)	22.4	(0.9)	27.0	(0.9)	31.5	(1.2)	34.2*	(1.3)
14-18.....	217	21.7	(0.8)	12.7*	(0.9)	14.3	(0.8)	17.3	(0.8)	21.1	(0.9)	25.4	(1.0)	29.7	(1.2)	32.4*	(1.4)
19-50.....	692	24.6	(0.5)	12.8	(0.5)	14.8	(0.5)	18.8	(0.5)	23.8	(0.5)	29.5	(0.5)	35.3	(0.6)	39.0	(0.7)
51+.....	692	23.5	(0.6)	12.0	(0.4)	14.0	(0.5)	17.8	(0.5)	22.7	(0.6)	28.2	(0.7)	34.0	(1.0)	37.8	(1.2)
19+.....	1384	24.2	(0.4)	12.5	(0.4)	14.5	(0.4)	18.4	(0.5)	23.4	(0.5)	29.1	(0.5)	34.9	(0.7)	38.6	(0.8)
All:																	
1+.....	4186	26.2	(0.4)	13.2	(0.3)	15.2	(0.4)	19.3	(0.4)	24.8	(0.4)	31.7	(0.5)	39.1	(0.7)	44.1	(0.9)

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

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

Table E 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Hispanic										
Males and females:										
1-3.....	260	10.4	(0.3)	5.5*	6.4	7.9	10.0	12.5	15.1	16.9*
4-8.....	424	13.7	(0.5)	7.6	8.6	10.6	13.2	16.3	19.5	21.6
				(0.2)	(0.2)	(0.3)	(0.3)	(0.4)	(0.6)	(0.7)
				(0.4)	(0.4)	(0.4)	(0.5)	(0.5)	(0.6)	(0.7)
Males:										
9-13.....	225	17.3	(0.5)	10.2*	11.6	13.9	16.8	20.2	23.6	25.9*
14-18.....	189	18.3	(0.6)	11.0*	12.3*	14.8	17.8	21.2	24.7*	27.0*
				(0.4)	(0.4)	(0.5)	(0.5)	(0.6)	(0.8)	(0.9)
				(0.6)	(0.6)	(0.6)	(0.6)	(0.7)	(0.9)	(1.0)
19-50.....	643	21.2	(0.7)	10.9	12.6	16.0	20.4	25.5	30.7	34.3
51+.....	598	21.1	(0.6)	10.9	12.6	15.9	20.3	25.3	30.8	34.4
19+.....	1241	21.2	(0.6)	10.9	12.6	16.0	20.3	25.5	30.7	34.3
				(0.6)	(0.6)	(0.6)	(0.6)	(0.7)	(0.8)	(1.0)
Females:										
9-13.....	246	16.2	(0.4)	9.6*	10.8	13.0	15.7	19.0	22.3	24.3*
14-18.....	217	15.9	(0.6)	9.4*	10.6	12.7	15.5	18.6	21.8	23.8*
				(0.5)	(0.4)	(0.4)	(0.4)	(0.4)	(0.6)	(0.7)
				(0.6)	(0.6)	(0.6)	(0.6)	(0.7)	(0.8)	(0.9)
19-50.....	692	17.0	(0.3)	8.9	10.3	12.9	16.4	20.3	24.4	27.1
51+.....	692	15.9	(0.4)	8.2	9.5	12.0	15.3	19.1	23.0	25.7
19+.....	1384	16.6	(0.3)	8.6	10.0	12.6	16.0	19.9	24.0	26.6
				(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)	(0.6)
All:										
1+.....	4186	17.6	(0.3)	8.6	10.0	12.9	16.7	21.3	26.3	29.7
				(0.2)	(0.2)	(0.2)	(0.3)	(0.4)	(0.6)	(0.8)

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

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

Table E 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles							>AI	
				5th	10th	25th	50th	75th	90th	95th	AI	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	9.3	(0.3)	4.8*	5.6	7.0	8.9	11.1	13.5	15.1*	7	75
4-8.....	424	12.3	(0.3)	6.7	7.6	9.4	11.9	14.6	17.5	19.4	10	69
Males:												
9-13.....	225	15.5	(0.4)	9.1*	10.3	12.4	15.1	18.1	21.3	23.3*	12	79
14-18.....	189	16.3	(0.5)	9.7*	10.9*	13.2	15.9	19.0	22.2*	24.2*	16	49
19-50.....	643	18.7	(0.5)	9.6	11.1	14.1	18.0	22.6	27.2	30.4	17	57
51+.....	598	18.6	(0.5)	9.5	11.0	14.0	17.9	22.4	27.1	30.4	14	75
19+.....	1241	18.7	(0.5)	9.6	11.1	14.1	18.0	22.5	27.2	30.4		62
Females:												
9-13.....	246	14.6	(0.3)	8.6*	9.6	11.6	14.1	17.1	20.0	21.9*	10	88
14-18.....	217	14.2	(0.5)	8.3*	9.4	11.3	13.8	16.6	19.6	21.4*	11	78
19-50.....	692	15.0	(0.3)	7.8	9.0	11.4	14.5	18.0	21.6	24.0	12	70
51+.....	692	13.9	(0.3)	7.1	8.2	10.5	13.4	16.7	20.3	22.6	11	71
19+.....	1384	14.6	(0.2)	7.5	8.7	11.0	14.1	17.6	21.2	23.6		70
All:												
1+.....	4186	15.6	(0.2)	7.5	8.8	11.4	14.8	18.9	23.3	26.3		68

NOTES: AI=Adequate Intake

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

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

Table E 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Hispanic																				
Males and females:																				
1-3.....	260	0.96	(0.04)	0.52*	(0.03)	0.60	(0.03)	0.74	(0.03)	0.92	(0.04)	1.14	(0.06)	1.39	(0.08)	1.55*	(0.09)	0.7	79	(3.4)
4-8.....	424	1.20	(0.04)	0.67	(0.03)	0.76	(0.03)	0.92	(0.04)	1.15	(0.04)	1.42	(0.05)	1.71	(0.07)	1.90	(0.08)	0.9	77	(3.4)
Males:																				
9-13.....	225	1.42	(0.04)	0.87*	(0.05)	0.97	(0.05)	1.15	(0.04)	1.38	(0.04)	1.65	(0.05)	1.92	(0.07)	2.10*	(0.09)	1.2	71	(4.1)
14-18.....	189	1.58	(0.07)	0.98*	(0.08)	1.09*	(0.07)	1.29	(0.07)	1.54	(0.07)	1.82	(0.07)	2.11*	(0.08)	2.29*	(0.09)	1.6	44	(6.9)
19-50.....	643	1.99	(0.06)	0.97	(0.06)	1.14	(0.06)	1.46	(0.06)	1.89	(0.06)	2.42	(0.08)	2.97	(0.10)	3.35	(0.13)	1.6	67	(3.6)
51+.....	598	2.05	(0.07)	1.01	(0.06)	1.18	(0.06)	1.51	(0.06)	1.94	(0.07)	2.47	(0.09)	3.05	(0.13)	3.44	(0.16)	1.6	70	(3.5)
19+.....	1241	2.01	(0.06)	0.98	(0.06)	1.15	(0.06)	1.47	(0.06)	1.91	(0.06)	2.43	(0.08)	2.99	(0.10)	3.38	(0.13)	1.6	68	(3.4)
Females:																				
9-13.....	246	1.41	(0.04)	0.87*	(0.05)	0.96	(0.05)	1.14	(0.04)	1.37	(0.04)	1.63	(0.05)	1.90	(0.07)	2.07*	(0.08)	1	88	(3.5)
14-18.....	217	1.39	(0.06)	0.86*	(0.07)	0.95	(0.06)	1.13	(0.06)	1.35	(0.06)	1.61	(0.07)	1.87	(0.08)	2.04*	(0.10)	1.1	78	(6.0)
19-50.....	692	1.64	(0.04)	0.82	(0.03)	0.95	(0.03)	1.21	(0.04)	1.56	(0.04)	1.98	(0.05)	2.42	(0.06)	2.71	(0.08)	1.1	82	(2.3)
51+.....	692	1.60	(0.04)	0.80	(0.03)	0.93	(0.03)	1.18	(0.03)	1.52	(0.04)	1.92	(0.05)	2.36	(0.07)	2.65	(0.09)	1.1	80	(1.7)
19+.....	1384	1.62	(0.03)	0.82	(0.03)	0.94	(0.03)	1.20	(0.03)	1.55	(0.03)	1.96	(0.04)	2.40	(0.06)	2.69	(0.07)	1.1	82	(1.9)
All:																				
1+.....	4186	1.65	(0.03)	0.78	(0.02)	0.91	(0.02)	1.18	(0.02)	1.53	(0.02)	1.99	(0.04)	2.53	(0.06)	2.90	(0.08)		74	(1.6)

NOTES: AI=Adequate Intake

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

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

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

Table E 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles							
				5th	10th	25th	50th	75th	90th	95th	
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	
Hispanic											
Males and females:											
1-3.....	260	0.01	(#)	#	#	#	0.01	(#)	0.01	(0.001)	
4-8.....	424	0.01	(0.001)	#	#	0.01	(#)	0.01	(0.001)	0.01	(0.001)
Males:											
9-13.....	225	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
14-18.....	189	0.02	(0.001)	0.01*	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.02	(0.001)
19-50.....	643	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.002)
51+.....	598	0.02	(0.002)	0.01	(0.001)	0.01	(0.002)	0.02	(0.002)	0.03	(0.002)
19+.....	1241	0.02	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.002)
Females:											
9-13.....	246	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
14-18.....	217	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
19-50.....	692	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
51+.....	692	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
19+.....	1384	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)
All:											
1+.....	4186	0.02	(0.001)	0.01	(#)	0.01	(#)	0.01	(#)	0.01	(0.001)

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

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

Table E 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	0.02	(0.003)	#		0.01	(0.002)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)	0.04	(0.005)	0.05*	(0.006)
4-8.....	424	0.02	(0.002)	#		0.01	(0.002)	0.01	(0.002)	0.02	(0.003)	0.03	(0.003)	0.04	(0.004)	0.05	(0.006)
Males:																	
9-13.....	225	0.02	(0.003)	0.01*	(0.002)	0.01	(0.002)	0.01	(0.002)	0.02	(0.003)	0.03	(0.004)	0.04	(0.005)	0.05*	(0.006)
14-18.....	189	0.03	(0.004)	0.01*	(0.002)	0.01*	(0.003)	0.02	(0.003)	0.02	(0.004)	0.04	(0.005)	0.05*	(0.006)	0.06*	(0.007)
19-50.....	643	0.07	(0.005)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)	0.05	(0.004)	0.09	(0.007)	0.14	(0.011)	0.18	(0.016)
51+.....	598	0.08	(0.009)	0.02	(0.003)	0.02	(0.004)	0.04	(0.005)	0.06	(0.007)	0.10	(0.011)	0.17	(0.020)	0.22	(0.029)
19+.....	1241	0.07	(0.006)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)	0.05	(0.005)	0.09	(0.007)	0.14	(0.012)	0.19	(0.019)
Females:																	
9-13.....	246	0.02	(0.003)	0.01*	(0.002)	0.01	(0.002)	0.01	(0.002)	0.02	(0.003)	0.03	(0.003)	0.04	(0.003)	0.04*	(0.004)
14-18.....	217	0.02	(0.003)	0.01*	(0.002)	0.01	(0.002)	0.01	(0.002)	0.02	(0.003)	0.03	(0.003)	0.04	(0.004)	0.05*	(0.005)
19-50.....	692	0.06	(0.005)	0.01	(0.002)	0.02	(0.003)	0.03	(0.003)	0.05	(0.005)	0.08	(0.006)	0.12	(0.011)	0.15	(0.016)
51+.....	692	0.07	(0.007)	0.01	(0.002)	0.02	(0.003)	0.03	(0.004)	0.05	(0.005)	0.08	(0.009)	0.13	(0.014)	0.17	(0.020)
19+.....	1384	0.06	(0.006)	0.01	(0.002)	0.02	(0.003)	0.03	(0.004)	0.05	(0.005)	0.08	(0.007)	0.12	(0.011)	0.16	(0.017)
All:																	
1+.....	4186	0.05	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.04	(0.002)	0.07	(0.004)	0.11	(0.006)	0.15	(0.009)

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

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

Table E 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	191	(11)	90*	(8)	106	(8)	137	(10)	180	(11)	233	(13)	291	(15)	334*	(17)
4-8.....	424	216	(8)	103	(7)	121	(7)	155	(8)	204	(8)	263	(10)	328	(13)	373	(15)
Males:																	
9-13.....	225	240	(11)	113*	(11)	134	(11)	174	(11)	228	(11)	292	(12)	361	(15)	408*	(18)
14-18.....	189	277	(10)	136*	(10)	158*	(10)	206	(10)	265	(11)	335	(13)	409*	(15)	458*	(17)
19-50.....	643	385	(13)	178	(15)	211	(15)	277	(15)	366	(14)	472	(14)	583	(15)	659	(17)
51+.....	598	382	(15)	177	(14)	209	(15)	275	(16)	362	(16)	467	(16)	580	(18)	658	(20)
19+.....	1241	384	(12)	177	(14)	211	(14)	276	(14)	365	(13)	471	(13)	582	(15)	659	(17)
Females:																	
9-13.....	246	223	(10)	105*	(8)	123	(8)	160	(9)	211	(9)	273	(11)	338	(16)	379*	(20)
14-18.....	217	206	(9)	95*	(7)	113	(7)	147	(7)	195	(9)	252	(11)	313	(15)	353*	(18)
19-50.....	692	276	(8)	131	(8)	154	(8)	201	(7)	263	(8)	336	(9)	412	(13)	464	(16)
51+.....	692	268	(7)	127	(7)	149	(7)	195	(6)	255	(7)	326	(9)	403	(13)	453	(17)
19+.....	1384	273	(7)	129	(7)	152	(7)	199	(7)	260	(7)	333	(9)	410	(12)	460	(15)
All:																	
1+.....	4186	294	(8)	122	(6)	146	(5)	197	(5)	270	(8)	365	(10)	474	(17)	550	(23)

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

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

Table E 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Hispanic																			
Males and females:																			
1-3.....	260	547	(21)	303*	(20)	344	(19)	426	(19)	528	(20)	647	(26)	771	(35)	854*	(40)	210	<3
4-8.....	424	587	(22)	326	(19)	371	(19)	457	(21)	570	(22)	697	(24)	828	(30)	913	(34)	275	<3
Males:																			
9-13.....	225	659	(30)	282*	(22)	344	(22)	461	(26)	619	(30)	810	(38)	1022	(47)	1164*	(60)	445	23 (3.5)
14-18.....	189	594	(21)	251*	(24)	302*	(24)	415	(21)	559	(20)	735	(27)	926*	(38)	1054*	(49)	630	61 (3.4)
19-50.....	643	580	(51)	264	(72)	314	(69)	412	(64)	547	(50)	713	(68)	888	(97)	1009	(120)	625	63 (7.9)
51+.....	598	615	(54)	283	(75)	335	(76)	439	(73)	580	(63)	751	(54)	940	(99)	1071	(139)	625	58 (8.6)
19+.....	1241	590	(45)	269	(69)	319	(68)	419	(63)	556	(52)	724	(58)	902	(88)	1028	(118)	625	62 (7.0)
Females:																			
9-13.....	246	606	(27)	259*	(25)	312	(24)	419	(24)	566	(25)	752	(34)	948	(49)	1074*	(59)	420	25 (3.8)
14-18.....	217	498	(23)	202*	(21)	246	(20)	337	(19)	464	(22)	621	(29)	793	(41)	907*	(50)	485	54 (4.3)
19-50.....	692	562	(20)	234	(15)	282	(16)	382	(16)	522	(19)	696	(26)	890	(38)	1021	(47)	500	46 (3.1)
51+.....	692	572	(21)	239	(19)	288	(19)	389	(20)	531	(21)	709	(26)	909	(37)	1047	(46)	500	45 (3.6)
19+.....	1384	565	(18)	236	(16)	284	(16)	384	(16)	525	(17)	701	(23)	897	(35)	1030	(44)	500	46 (2.9)
All:																			
1+.....	4186	579	(21)	256	(26)	307	(26)	409	(24)	545	(23)	710	(28)	892	(41)	1018	(52)		44 (3.9)

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

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

Table E 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						>UL		
				5th	10th	25th	50th	75th	90th	95th	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	447	(15)	251*	286	352	435	528	624	690*	600	13
4-8.....	424	481	(18)	270	308	377	468	569	672	739	900	<3
(17)												
(23)												
(22)												
(21)												
(19)												
(17)												
(21)												
(26)												
(21)												
(2.5)												
Males:												
9-13.....	225	548	(22)	217*	270	372	512	683	871	998*	1700	<3
14-18.....	189	495	(21)	192*	236*	335	463	620	792*	906*	2800	<3
(16)												
(16)												
(18)												
(21)												
(29)												
(42)												
(51)												
(48)												
(39)												
(39)												
(32)												
(32)												
(35)												
(42)												
(42)												
(39)												
(39)												
(32)												
(32)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(39)												
(												

NOTES: UL=Tolerable Upper Intake Level

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

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

Table E 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Hispanic																			
Males and females:																			
1-3.....	260	1.15	(0.03)	0.73*	(0.02)	0.81	(0.02)	0.95	(0.03)	1.12	(0.03)	1.32	(0.04)	1.53	(0.04)	1.66*	(0.05)	0.4	<3
4-8.....	424	1.46	(0.04)	0.95	(0.03)	1.05	(0.03)	1.22	(0.03)	1.44	(0.03)	1.68	(0.04)	1.92	(0.05)	2.07	(0.06)	0.5	<3
Males:																			
9-13.....	225	1.70	(0.04)	1.00*	(0.04)	1.13	(0.04)	1.37	(0.04)	1.66	(0.04)	1.99	(0.05)	2.33	(0.06)	2.54*	(0.07)	0.7	<3
14-18.....	189	1.81	(0.05)	1.08*	(0.05)	1.21*	(0.05)	1.47	(0.05)	1.77	(0.05)	2.10	(0.06)	2.44*	(0.08)	2.66*	(0.09)	1	<3
19-50.....	643	1.86	(0.04)	1.06	(0.04)	1.20	(0.04)	1.46	(0.04)	1.80	(0.04)	2.20	(0.05)	2.60	(0.06)	2.87	(0.07)	1	4 (0.8)
51+.....	598	1.81	(0.04)	1.03	(0.04)	1.16	(0.04)	1.42	(0.04)	1.75	(0.04)	2.13	(0.05)	2.54	(0.06)	2.81	(0.07)	1	4 (1.1)
19+.....	1241	1.85	(0.04)	1.05	(0.03)	1.19	(0.04)	1.45	(0.04)	1.79	(0.04)	2.18	(0.04)	2.58	(0.05)	2.85	(0.06)	1	4 (0.8)
Females:																			
9-13.....	246	1.54	(0.05)	0.90*	(0.04)	1.01	(0.04)	1.23	(0.04)	1.50	(0.05)	1.81	(0.06)	2.13	(0.07)	2.32*	(0.08)	0.7	<3
14-18.....	217	1.34	(0.05)	0.76*	(0.04)	0.87	(0.04)	1.06	(0.05)	1.30	(0.05)	1.58	(0.06)	1.87	(0.07)	2.05*	(0.07)	0.9	12 (3.0)
19-50.....	692	1.37	(0.02)	0.78	(0.02)	0.88	(0.02)	1.08	(0.02)	1.34	(0.02)	1.62	(0.03)	1.91	(0.05)	2.10	(0.06)	0.9	11 (1.1)
51+.....	692	1.31	(0.03)	0.74	(0.02)	0.84	(0.02)	1.03	(0.02)	1.27	(0.03)	1.54	(0.04)	1.83	(0.06)	2.02	(0.07)	0.9	14 (1.7)
19+.....	1384	1.35	(0.02)	0.77	(0.02)	0.87	(0.02)	1.06	(0.02)	1.31	(0.02)	1.60	(0.03)	1.88	(0.05)	2.07	(0.06)	0.9	12 (1.1)
All:																			
1+.....	4186	1.56	(0.02)	0.85	(0.01)	0.97	(0.01)	1.19	(0.02)	1.49	(0.02)	1.86	(0.03)	2.25	(0.04)	2.52	(0.04)		6 (0.6)

NOTES: EAR=Estimated Average Requirement

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

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

Table E 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles							<EAR								
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Hispanic																			
Males and females:																			
1-3.....	260	1.61	(0.03)	1.04*	(0.03)	1.15	(0.03)	1.34	(0.03)	1.58	(0.04)	1.84	(0.04)	2.11	(0.05)	2.28*	(0.05)	0.4	<3
4-8.....	424	1.81	(0.04)	1.19	(0.04)	1.30	(0.03)	1.52	(0.03)	1.78	(0.04)	2.07	(0.04)	2.36	(0.04)	2.54	(0.05)	0.5	<3
Males:																			
9-13.....	225	2.02	(0.05)	1.09*	(0.05)	1.26	(0.04)	1.56	(0.05)	1.95	(0.05)	2.40	(0.06)	2.87	(0.08)	3.18*	(0.09)	0.8	<3
14-18.....	189	2.14	(0.06)	1.18*	(0.05)	1.34*	(0.05)	1.67	(0.05)	2.07	(0.06)	2.53	(0.07)	3.01*	(0.09)	3.32*	(0.11)	1.1	3* (1.0)
19-50.....	643	2.34	(0.08)	1.08	(0.05)	1.28	(0.05)	1.67	(0.06)	2.21	(0.07)	2.87	(0.10)	3.58	(0.13)	4.08	(0.17)	1.1	5 (1.1)
51+.....	598	2.28	(0.07)	1.05	(0.06)	1.24	(0.06)	1.62	(0.06)	2.14	(0.07)	2.78	(0.09)	3.49	(0.13)	4.00	(0.16)	1.1	6 (1.4)
19+.....	1241	2.33	(0.07)	1.07	(0.05)	1.27	(0.05)	1.66	(0.06)	2.19	(0.07)	2.84	(0.09)	3.55	(0.13)	4.05	(0.16)	1.1	6 (1.2)
Females:																			
9-13.....	246	1.85	(0.05)	0.99*	(0.04)	1.14	(0.04)	1.42	(0.04)	1.78	(0.04)	2.21	(0.06)	2.65	(0.08)	2.92*	(0.10)	0.8	<3
14-18.....	217	1.57	(0.04)	0.82*	(0.05)	0.94	(0.05)	1.19	(0.04)	1.51	(0.04)	1.88	(0.05)	2.27	(0.06)	2.53*	(0.08)	0.9	8* (1.8)
19-50.....	692	1.71	(0.03)	0.91	(0.03)	1.04	(0.03)	1.31	(0.03)	1.65	(0.03)	2.04	(0.04)	2.44	(0.05)	2.70	(0.06)	0.9	5 (0.8)
51+.....	692	1.66	(0.04)	0.89	(0.03)	1.02	(0.03)	1.27	(0.03)	1.61	(0.04)	1.99	(0.05)	2.38	(0.07)	2.65	(0.09)	0.9	5 (0.8)
19+.....	1384	1.69	(0.03)	0.90	(0.03)	1.04	(0.03)	1.30	(0.03)	1.63	(0.03)	2.02	(0.04)	2.42	(0.05)	2.69	(0.06)	0.9	5 (0.8)
All:																			
1+.....	4186	1.95	(0.02)	0.98	(0.02)	1.14	(0.02)	1.43	(0.02)	1.82	(0.02)	2.31	(0.03)	2.92	(0.06)	3.37	(0.09)		4 (0.4)

NOTES: EAR=Estimated Average Requirement

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

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

Table E 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	13.8	(0.3)	8.1*	9.2	11.1	13.5	16.2	19.0	20.8*	5	<3
4-8.....	424	18.9	(0.4)	11.7	13.0	15.5	18.5	21.8	25.2	27.3	6	<3
Males:												
9-13.....	225	22.9	(0.6)	13.2*	15.0	18.2	22.3	26.9	31.7	34.8*	9	<3
14-18.....	189	27.5	(0.8)	16.5*	18.4*	22.3	26.8	32.0	37.3*	40.6*	12	<3
19-50.....	643	32.5	(0.7)	17.2	19.7	24.6	31.2	38.9	46.9	52.3	12	<3
51+.....	598	28.5	(0.7)	14.5	16.8	21.3	27.2	34.3	41.9	47.1	12	<3
19+.....	1241	31.4	(0.7)	16.2	18.8	23.6	30.1	37.7	45.7	51.1	12	<3
Females:												
9-13.....	246	20.9	(0.6)	11.9*	13.5	16.4	20.2	24.6	29.1	31.8*	9	<3
14-18.....	217	19.6	(0.6)	11.1*	12.6	15.4	19.0	23.1	27.4	30.1*	11	5* (1.6)
19-50.....	692	21.7	(0.4)	12.4	14.0	17.2	21.1	25.5	30.0	32.9	11	<3
51+.....	692	19.5	(0.6)	10.9	12.4	15.3	19.0	23.1	27.4	30.2	11	5 (1.2)
19+.....	1384	21.0	(0.4)	11.8	13.4	16.5	20.4	24.8	29.3	32.1	11	3 (0.7)
All:												
1+.....	4186	24.2	(0.3)	11.9	13.7	17.4	22.4	29.2	37.2	42.9		<3

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

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

Table E 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles							<EAR			>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	260	1.35 (0.03)	0.86* (0.04)	0.95 (0.04)	1.12 (0.04)	1.32 (0.03)	1.55 (0.04)	1.79 (0.05)	1.94* (0.06)	0.4	<3	30	<3	
4-8.....	424	1.61 (0.04)	1.04 (0.06)	1.15 (0.06)	1.34 (0.05)	1.58 (0.04)	1.84 (0.05)	2.10 (0.05)	2.27 (0.06)	0.5	<3	40	<3	
Males:														
9-13.....	225	1.86 (0.06)	0.93* (0.06)	1.09 (0.06)	1.38 (0.06)	1.77 (0.06)	2.23 (0.08)	2.74 (0.10)	3.09* (0.13)	0.8	<3	60	<3	
14-18.....	189	2.09 (0.06)	1.08* (0.06)	1.24* (0.06)	1.58 (0.06)	2.00 (0.06)	2.51 (0.08)	3.05* (0.11)	3.41* (0.14)	1.1	5* (1.6)	80	<3	
19-50.....	643	2.65 (0.08)	1.15 (0.07)	1.37 (0.07)	1.82 (0.07)	2.46 (0.07)	3.27 (0.11)	4.16 (0.17)	4.79 (0.22)	1.1	4 (1.1)	100	<3	
51+.....	598	2.40 (0.07)	1.02 (0.07)	1.22 (0.07)	1.64 (0.07)	2.22 (0.07)	2.96 (0.09)	3.81 (0.15)	4.43 (0.19)	1.4	16 (2.5)	100	<3	
19+.....	1241	2.58 (0.07)	1.10 (0.07)	1.33 (0.07)	1.77 (0.06)	2.39 (0.06)	3.18 (0.10)	4.07 (0.16)	4.69 (0.21)		7 (1.4)	100	<3	
Females:														
9-13.....	246	1.74 (0.06)	0.88* (0.05)	1.01 (0.05)	1.28 (0.05)	1.65 (0.06)	2.10 (0.08)	2.58 (0.12)	2.89* (0.14)	0.8	3* (1.0)	60	<3	
14-18.....	217	1.54 (0.05)	0.76* (0.04)	0.89 (0.04)	1.13 (0.04)	1.46 (0.04)	1.87 (0.06)	2.30 (0.09)	2.59* (0.11)	1	16 (2.7)	80	<3	
19-50.....	692	1.82 (0.04)	0.94 (0.04)	1.09 (0.04)	1.37 (0.04)	1.74 (0.04)	2.18 (0.05)	2.64 (0.07)	2.95 (0.09)	1.1	11 (1.7)	100	<3	
51+.....	692	1.67 (0.06)	0.86 (0.04)	0.99 (0.04)	1.25 (0.04)	1.60 (0.05)	2.01 (0.07)	2.45 (0.09)	2.75 (0.12)	1.3	28 (3.2)	100	<3	
19+.....	1384	1.77 (0.04)	0.91 (0.04)	1.05 (0.04)	1.33 (0.04)	1.69 (0.04)	2.13 (0.05)	2.59 (0.08)	2.89 (0.09)		17 (2.0)	100	<3	
All:														
1+.....	4186	2.01 (0.03)	0.95 (0.01)	1.10 (0.01)	1.39 (0.02)	1.81 (0.02)	2.41 (0.04)	3.18 (0.07)	3.78 (0.11)		9 (0.8)		<3	

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

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

Table E 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles							<EAR	
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	361	(14)	202*	229	279	346	425	512	570*	120	<3
4-8.....	424	491	(16)	283	318	385	474	577	687	758	160	<3
Males:												
9-13.....	225	566	(21)	306*	351	434	542	670	809	902*	250	<3
14-18.....	189	589	(19)	324*	367*	457	567	698	837*	929*	330	6* (2.1)
19-50.....	643	600	(14)	295	344	439	569	727	895	1009	320	7 (1.6)
51+.....	598	570	(13)	278	324	416	538	689	854	970	320	9 (1.8)
19+.....	1241	592	(13)	290	339	433	561	717	884	1000	320	8 (1.6)
Females:												
9-13.....	246	533	(20)	291*	330	407	510	635	765	848*	250	<3
14-18.....	217	450	(20)	241*	275	342	431	537	651	725*	330	22 (4.6)
19-50.....	692	459	(10)	234	270	343	438	552	673	753	320	20 (2.5)
51+.....	692	420	(13)	213	245	311	400	505	619	697	320	27 (3.8)
19+.....	1384	446	(9)	226	261	331	425	537	656	737	320	22 (2.9)
All:												
1+.....	4186	511	(6)	249	290	370	480	618	770	877		12 (1.2)

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

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

Table E 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						>UL		
				5th	10th	25th	50th	75th	90th	95th	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	140	(7)	57*	70	95	130	173	223	256*	300	<3
4-8.....	424	202	(10)	92	110	144	191	248	308	349	400	<3
(11)												
(10)												
(10)												
(7)												
(7)												
(9)												
(9)												
(11)												
(11)												
(15)												
(15)												
(19)												
(19)												
(22)												
(22)												
Males:												
9-13.....	225	233	(9)	103*	124	165	220	286	359	409*	600	<3
14-18.....	189	235	(13)	105*	125*	168	222	288	360*	407*	800	<3
(12)												
(12)												
(11)												
(11)												
(15)												
(15)												
(19)												
(19)												
(20)												
(20)												
19-50.....	643	212	(7)	70	90	131	192	271	360	422	1000	<3
51+.....	598	189	(9)	61	78	115	170	242	325	386	1000	<3
19+.....	1241	206	(7)	67	86	126	186	264	352	414	1000	<3
(7)												
(7)												
(8)												
(8)												
(13)												
(13)												
Females:												
9-13.....	246	216	(11)	95*	113	151	202	267	335	378*	600	<3
14-18.....	217	173	(8)	72*	87	119	162	215	274	312*	800	<3
(9)												
(9)												
(11)												
(11)												
(16)												
(16)												
(18)												
(18)												
(13)												
(13)												
19-50.....												
692												
154												
(5)												
(5)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												
(4)												

NOTES: UL=Tolerable Upper Intake Level

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

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

Table E 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	260	120 (4)	69* (4)	78 (4)	95 (4)	116 (4)	141 (4)	167 (4)	185* (5)
4-8.....	424	143 (4)	84 (4)	94 (4)	114 (4)	139 (4)	168 (5)	198 (6)	218 (7)
Males:									
9-13.....	225	170 (6)	97* (5)	110 (5)	133 (6)	164 (6)	199 (7)	236 (9)	261* (11)
14-18.....	189	181 (6)	106* (4)	118* (4)	144 (5)	175 (6)	212 (8)	251* (10)	276* (12)
19-50.....	643	248 (7)	124 (6)	144 (6)	185 (6)	237 (7)	300 (8)	366 (10)	410 (11)
51+.....	598	260 (7)	132 (6)	153 (7)	194 (7)	249 (7)	313 (8)	382 (9)	429 (10)
19+.....	1241	251 (6)	126 (6)	146 (6)	187 (6)	240 (7)	304 (7)	370 (9)	416 (10)
Females:									
9-13.....	246	164 (5)	95* (4)	107 (4)	129 (4)	158 (5)	193 (6)	229 (9)	252* (11)
14-18.....	217	152 (5)	88* (5)	99 (5)	120 (6)	147 (6)	179 (6)	213 (8)	235* (10)
19-50.....	692	199 (4)	102 (3)	117 (3)	149 (3)	191 (4)	240 (5)	292 (7)	326 (9)
51+.....	692	201 (5)	104 (5)	120 (5)	151 (5)	192 (5)	242 (6)	294 (8)	331 (10)
19+.....	1384	200 (4)	102 (4)	118 (4)	149 (4)	191 (4)	240 (5)	293 (7)	328 (8)
All:									
1+.....	4186	202 (3)	96 (2)	111 (2)	142 (2)	187 (3)	246 (5)	313 (6)	357 (7)

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

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

Table E 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						>AI		>UL										
				5th	10th	25th	50th	75th	90th	95th	AI	%	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Hispanic																						
Males and females:																						
1-3.....	260	224	(6)	136*	(6)	151	(7)	180	(7)	217	(7)	260	(7)	304	(7)	334*	(8)	200	62	(4.5)	1000	<3
4-8.....	424	239	(8)	145	(7)	162	(7)	192	(7)	232	(8)	278	(9)	325	(11)	356	(12)	250	39	(4.6)	1000	<3
Males:																						
9-13.....	225	268	(7)	150*	(6)	171	(6)	209	(6)	259	(7)	316	(9)	376	(11)	416*	(14)	375	10	(2.1)	2000	<3
14-18.....	189	299	(7)	172*	(6)	193*	(6)	238	(6)	290	(7)	352	(9)	415*	(12)	457*	(14)	550	<3		3000	<3
19-50.....	643	401	(12)	213	(13)	246	(13)	308	(13)	388	(12)	479	(13)	571	(15)	633	(17)	550	13	(1.8)	3500	<3
51+.....	598	413	(11)	222	(12)	255	(12)	318	(12)	399	(11)	491	(12)	588	(15)	653	(17)	550	15	(2.0)	3500	<3
19+.....	1241	404	(10)	216	(12)	249	(12)	311	(11)	391	(11)	483	(12)	576	(14)	639	(16)	550	13	(1.7)	3500	<3
Females:																						
9-13.....	246	244	(7)	136*	(6)	154	(6)	189	(6)	235	(7)	290	(9)	345	(12)	380*	(14)	375	6*	(1.6)	2000	<3
14-18.....	217	224	(7)	124*	(6)	141	(6)	174	(6)	216	(6)	266	(7)	318	(9)	352*	(11)	400	<3		3000	<3
19-50.....	692	292	(6)	165	(5)	187	(5)	230	(5)	284	(6)	345	(7)	406	(9)	445	(11)	425	7	(1.2)	3500	<3
51+.....	692	292	(7)	166	(5)	188	(5)	230	(6)	284	(7)	344	(8)	406	(10)	447	(12)	425	7	(1.4)	3500	<3
19+.....	1384	292	(6)	165	(5)	187	(5)	230	(5)	284	(6)	345	(7)	406	(9)	446	(11)	425	7	(1.2)	3500	<3
All:																						
1+.....	4186	315	(5)	159	(4)	182	(4)	228	(4)	294	(5)	380	(6)	478	(9)	544	(11)		15	(1.0)		<3

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

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

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

Table E 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR										
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	EAR	%	(SE)
Hispanic																				
Males and females:																				
1-3.....	260	4.16	(0.11)	2.48*	(0.18)	2.78	(0.17)	3.35	(0.15)	4.05	(0.11)	4.86	(0.12)	5.68	(0.18)	6.22*	(0.22)	0.7	<3	
4-8.....	424	4.49	(0.13)	2.69	(0.19)	3.01	(0.18)	3.61	(0.15)	4.38	(0.13)	5.25	(0.14)	6.13	(0.21)	6.70	(0.25)	1	<3	
Males:																				
9-13.....	225	5.32	(0.25)	2.24*	(0.18)	2.74	(0.19)	3.68	(0.21)	4.97	(0.24)	6.55	(0.31)	8.33	(0.39)	9.54*	(0.48)	1.5	<3	
14-18.....	189	5.96	(0.27)	2.63*	(0.20)	3.13*	(0.21)	4.23	(0.21)	5.62	(0.25)	7.33	(0.34)	9.20*	(0.44)	10.45*	(0.53)	2	<3	
19-50.....	643	5.83	(0.21)	2.15	(0.19)	2.67	(0.19)	3.75	(0.19)	5.31	(0.21)	7.36	(0.28)	9.63	(0.42)	11.26	(0.56)	2	4	(1.3)
51+.....	598	5.33	(0.17)	1.93	(0.18)	2.39	(0.18)	3.39	(0.17)	4.83	(0.17)	6.71	(0.22)	8.90	(0.35)	10.50	(0.48)	2	6	(1.7)
19+.....	1241	5.69	(0.19)	2.08	(0.18)	2.59	(0.19)	3.65	(0.18)	5.18	(0.19)	7.18	(0.25)	9.46	(0.40)	11.07	(0.53)	2	4	(1.4)
Females:																				
9-13.....	246	4.62	(0.23)	1.92*	(0.14)	2.32	(0.15)	3.13	(0.18)	4.28	(0.22)	5.75	(0.28)	7.33	(0.41)	8.35*	(0.48)	1.5	<3	
14-18.....	217	3.75	(0.15)	1.48*	(0.13)	1.81	(0.14)	2.50	(0.14)	3.46	(0.15)	4.68	(0.18)	6.05	(0.25)	6.96*	(0.31)	2	14	(2.7)
19-50.....	692	3.94	(0.10)	1.69	(0.11)	2.02	(0.11)	2.71	(0.10)	3.67	(0.10)	4.86	(0.14)	6.18	(0.20)	7.10	(0.27)	2	10	(1.8)
51+.....	692	3.79	(0.14)	1.63	(0.14)	1.94	(0.14)	2.60	(0.14)	3.52	(0.14)	4.67	(0.18)	5.97	(0.24)	6.89	(0.30)	2	11	(2.6)
19+.....	1384	3.89	(0.11)	1.67	(0.12)	1.99	(0.12)	2.67	(0.11)	3.61	(0.10)	4.80	(0.14)	6.12	(0.20)	7.03	(0.26)	2	10	(2.0)
All:																				
1+.....	4186	4.76	(0.10)	1.89	(0.07)	2.31	(0.07)	3.15	(0.07)	4.31	(0.09)	5.83	(0.14)	7.73	(0.22)	9.20	(0.30)		6	(0.8)

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

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

Table E 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles								<EAR		>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Hispanic														
Males and females:														
1-3.....	260	80.2 (3.7)	30.3* (2.7)	37.4 (2.8)	52.6 (3.1)	73.8 (3.7)	100.7 (4.7)	130.7 (6.1)	152.3* (7.8)	13	<3	400	<3	
4-8.....	424	83.3 (4.3)	32.0 (3.9)	39.5 (4.2)	54.7 (4.5)	77.0 (4.5)	104.5 (4.8)	135.6 (5.9)	156.8 (7.1)	22	<3	650	<3	
Males:														
9-13.....	225	83.8 (5.9)	29.0* (4.4)	37.0 (4.7)	52.8 (5.3)	75.8 (6.1)	105.5 (7.3)	140.3 (9.0)	164.7* (11.1)	39	12 (3.6)	1200	<3	
14-18.....	189	72.3 (5.5)	24.5* (3.3)	30.8* (3.7)	45.4 (4.5)	65.5 (5.2)	91.7 (6.7)	122.1* (8.9)	143.2* (10.9)	63	47 (6.1)	1800	<3	
19-50.....	643	89.1 (3.8)	23.0 (2.0)	30.9 (2.3)	48.5 (2.9)	76.5 (3.5)	115.8 (4.8)	162.7 (6.6)	198.2 (8.2)	75	49 (2.9)	2000	<3	
51+.....	598	95.5 (3.6)	25.7 (2.0)	33.9 (2.3)	52.8 (2.8)	82.0 (3.5)	123.4 (4.5)	173.8 (6.3)	211.9 (8.0)	75	44 (2.8)	2000	<3	
19+.....	1241	90.9 (3.4)	23.7 (1.9)	31.7 (2.1)	49.6 (2.6)	78.1 (3.1)	118.0 (4.3)	165.8 (5.9)	202.2 (7.5)	75	47 (2.6)	2000	<3	
Females:														
9-13.....	246	85.4 (4.7)	30.6* (4.0)	38.0 (4.2)	53.9 (4.2)	77.1 (4.7)	108.2 (5.5)	142.8 (7.2)	165.8* (8.6)	39	11 (3.1)	1200	<3	
14-18.....	217	66.9 (4.6)	22.5* (3.3)	28.4 (3.7)	41.2 (4.2)	60.2 (4.7)	85.3 (5.3)	114.3 (6.8)	134.1* (8.2)	56	45 (6.0)	1800	<3	
19-50.....	692	81.0 (2.5)	25.9 (1.8)	33.2 (1.9)	49.1 (2.1)	72.9 (2.5)	103.7 (3.2)	139.2 (4.4)	164.1 (5.4)	60	37 (2.4)	2000	<3	
51+.....	692	84.2 (3.7)	27.7 (2.3)	35.0 (2.5)	51.3 (3.0)	75.7 (3.5)	107.3 (4.6)	144.5 (6.0)	170.5 (7.2)	60	34 (3.3)	2000	<3	
19+.....	1384	82.1 (2.7)	26.5 (1.8)	33.8 (2.0)	49.8 (2.2)	73.8 (2.6)	104.8 (3.4)	141.0 (4.5)	166.2 (5.5)	60	36 (2.5)	2000	<3	
All:														
1+.....	4186	84.1 (2.4)	26.0 (1.1)	33.5 (1.3)	49.9 (1.5)	74.4 (2.2)	106.9 (3.2)	145.8 (4.5)	174.9 (5.4)		33 (1.6)		<3	

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

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

Table E 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Hispanic														
Males:														
19-50.....	132	69.0	(4.3)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	83	72.9	(5.0)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	215	69.7	(4.3)	17.0*	22.7	37.0	59.4	91.1	129.5	157.2*	110	84	2000	<3
				(2.0)	(2.4)	(3.2)	(4.4)	(5.2)	(6.7)	(7.9)		(2.1)		
Females:														
19-50.....	80	55.4	(3.9)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	53	55.6*	(3.9)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	133	55.5	(3.7)	16.4*	22.0*	32.8	49.1	71.1	97.9*	116.3*	95	89*	2000	<3
				(2.2)	(2.6)	(2.9)	(3.7)	(4.5)	(5.8)	(6.7)		(2.4)		

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.

EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level

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

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

Table E 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles								<EAR			>UL
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Hispanic														
Males:														
19-50.....	511	95.0 (3.7)	26.0 (2.3)	34.2 (2.5)	53.2 (3.1)	81.7 (3.7)	122.9 (4.7)	171.8 (5.9)	207.8 (6.3)	75	44 (3.1)	2000	<3	
51+.....	514	100.2 (3.5)	28.4 (2.2)	37.1 (2.4)	57.0 (2.8)	87.4 (3.4)	129.6 (4.3)	179.6 (5.8)	215.5 (6.9)	75	40 (2.5)	2000	<3	
19+.....	1025	96.6 (3.0)	26.8 (2.1)	35.0 (2.3)	54.3 (2.8)	83.4 (3.1)	125.2 (3.7)	174.2 (4.9)	210.2 (5.6)	75	43 (2.6)	2000	<3	
Females:														
19-50.....	610	84.6 (2.3)	29.7 (2.2)	37.2 (2.3)	53.2 (2.4)	76.6 (2.4)	107.3 (2.7)	142.4 (4.1)	167.7 (5.9)	60	32 (2.5)	2000	<3	
51+.....	638	86.5 (3.0)	30.5 (2.3)	38.2 (2.5)	54.6 (2.8)	78.2 (3.0)	109.1 (3.5)	145.3 (5.6)	170.4 (7.1)	60	31 (3.0)	2000	<3	
19+.....	1248	85.3 (2.1)	30.0 (2.0)	37.5 (2.2)	53.7 (2.1)	77.2 (2.2)	108.0 (2.5)	143.6 (4.3)	168.7 (6.0)	60	32 (2.4)	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, among Hispanic Individuals, What We Eat in America, NHANES 2015-2018
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table E 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		>UL										
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Hispanic																						
Males:																						
19-50.....	643	89.6	(3.9)	22.9	(2.2)	30.9	(2.6)	48.6	(3.3)	76.8	(3.9)	116.5	(4.8)	164.1	(6.0)	199.3	(6.4)	110/75	53	(3.3)	2000	<3
51+.....	597	96.8	(3.6)	26.3	(2.2)	34.6	(2.4)	54.2	(2.8)	84.0	(3.5)	125.5	(4.5)	175.3	(5.9)	210.4	(7.0)	110/75	45	(2.7)	2000	<3
19+.....	1240	91.6	(3.2)	23.9	(2.1)	31.8	(2.4)	50.1	(2.9)	78.8	(3.3)	119.1	(3.8)	167.2	(4.8)	202.8	(5.5)	110/75	51	(2.7)	2000	<3
Females:																						
19-50.....	690	81.2	(2.2)	26.8	(2.1)	34.2	(2.2)	49.9	(2.3)	73.0	(2.3)	103.8	(2.6)	138.8	(3.9)	163.8	(5.4)	95/60	39	(2.5)	2000	<3
51+.....	691	83.9	(3.0)	28.0	(2.0)	35.5	(2.1)	51.9	(2.6)	75.8	(2.9)	106.5	(3.6)	142.5	(5.4)	168.0	(7.0)	95/60	36	(2.8)	2000	<3
19+.....	1381	82.1	(1.9)	27.2	(1.8)	34.7	(2.0)	50.6	(2.0)	74.0	(2.0)	104.7	(2.4)	139.9	(3.9)	165.1	(5.6)	95/60	38	(2.1)	2000	<3

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

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

Table E 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		UL	>UL									
				5th	10th	25th	50th	75th	90th	95th	EAR	%	(SE)		%	(SE)						
Hispanic																						
Males and females:																						
1-3.....	260	6.5	(0.2)	3.0*	(0.2)	3.6	(0.2)	4.8	(0.2)	6.2	(0.2)	7.9	(0.3)	9.6	(0.3)	10.8*	(0.4)	10	92	(1.5)	63	<3
4-8.....	424	5.6	(0.2)	2.4	(0.2)	2.9	(0.2)	4.0	(0.2)	5.3	(0.2)	6.9	(0.3)	8.5	(0.3)	9.6	(0.4)	10	96*	(1.1)	75	<3
Males:																						
9-13.....	225	6.0	(0.3)	1.9*	(0.2)	2.4	(0.2)	3.6	(0.3)	5.4	(0.3)	7.6	(0.4)	10.2	(0.4)	12.1*	(0.5)	10	89	(1.7)	100	<3
14-18.....	189	5.3	(0.3)	1.6*	(0.2)	2.1*	(0.2)	3.2	(0.2)	4.8	(0.3)	6.9	(0.3)	9.2*	(0.4)	10.9*	(0.5)	10	93*	(1.3)	100	<3
19-50.....	643	4.7	(0.2)	1.4	(0.1)	1.8	(0.1)	2.7	(0.2)	4.1	(0.2)	6.0	(0.3)	8.3	(0.4)	10.1	(0.4)	10	95	(0.9)	100	<3
51+.....	598	5.3	(0.3)	1.6	(0.2)	2.0	(0.2)	3.0	(0.2)	4.6	(0.3)	6.7	(0.4)	9.4	(0.5)	11.3	(0.6)	10	92	(1.5)	100	<3
19+.....	1241	4.8	(0.2)	1.4	(0.1)	1.8	(0.1)	2.8	(0.2)	4.2	(0.2)	6.2	(0.3)	8.6	(0.4)	10.4	(0.5)	10	94	(1.0)	100	<3
Females:																						
9-13.....	246	5.2	(0.4)	1.6*	(0.2)	2.0	(0.2)	3.1	(0.2)	4.6	(0.3)	6.7	(0.4)	9.1	(0.6)	10.6*	(0.7)	10	93*	(2.1)	100	<3
14-18.....	217	3.8	(0.2)	1.0*	(0.1)	1.4	(0.1)	2.1	(0.1)	3.3	(0.2)	4.9	(0.2)	6.8	(0.3)	8.1*	(0.4)	10	>97		100	<3
19-50.....	692	4.1	(0.2)	1.3	(0.1)	1.6	(0.1)	2.4	(0.1)	3.6	(0.1)	5.2	(0.2)	7.1	(0.3)	8.4	(0.3)	10	>97		100	<3
51+.....	692	4.2	(0.2)	1.3	(0.1)	1.7	(0.1)	2.5	(0.1)	3.7	(0.2)	5.3	(0.2)	7.2	(0.3)	8.6	(0.4)	10	>97		100	<3
19+.....	1384	4.1	(0.2)	1.3	(0.1)	1.6	(0.1)	2.4	(0.1)	3.6	(0.1)	5.2	(0.2)	7.1	(0.3)	8.5	(0.3)	10	>97		100	<3
All:																						
1+.....	4186	4.8	(0.1)	1.4	(0.1)	1.9	(0.1)	2.8	(0.1)	4.3	(0.1)	6.2	(0.1)	8.4	(0.2)	9.9	(0.2)	10	95	(0.4)		<3

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

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

Table E 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	260	5.0	(0.2)	2.7*	3.1	3.8	4.8	5.9	7.1	7.9*	5	56
4-8.....	424	6.2	(0.2)	3.4	3.9	4.8	5.9	7.3	8.7	9.7	6	51
				(0.2)	(0.2)	(0.2)	(0.2)	(0.3)	(0.3)	(0.4)		(4.2)
Males:												
9-13.....	225	7.8	(0.4)	4.0*	4.6	5.8	7.4	9.3	11.5	12.9*	9	71
14-18.....	189	7.7	(0.3)	4.0*	4.5*	5.8	7.3	9.2	11.2*	12.6*	12	93*
				(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)	(0.6)		(1.7)
19-50.....	643	9.5	(0.4)	4.1	4.9	6.5	8.8	11.7	14.9	17.1	12	77
51+.....	598	9.0	(0.4)	3.8	4.6	6.1	8.3	11.1	14.2	16.4	12	81
19+.....	1241	9.3	(0.4)	4.0	4.8	6.4	8.7	11.6	14.7	16.9	12	78
				(0.2)	(0.3)	(0.3)	(0.4)	(0.5)	(0.6)	(0.7)		(3.0)
Females:												
9-13.....	246	7.3	(0.3)	3.8*	4.3	5.4	6.9	8.7	10.7	12.0*	9	78
14-18.....	217	6.7	(0.3)	3.4*	4.0	5.0	6.3	8.0	9.9	11.1*	12	>97
				(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)		
19-50.....	692	8.2	(0.3)	3.7	4.4	5.8	7.7	10.1	12.6	14.4	12	87
51+.....	692	7.7	(0.3)	3.5	4.1	5.4	7.2	9.4	11.9	13.6	12	90
19+.....	1384	8.1	(0.3)	3.7	4.3	5.7	7.5	9.9	12.4	14.2	12	88
				(0.2)	(0.2)	(0.2)	(0.3)	(0.3)	(0.4)	(0.5)		(1.8)
All:												
1+.....	4186	8.0	(0.2)	3.6	4.2	5.5	7.4	9.8	12.7	14.7		79
				(0.1)	(0.1)	(0.1)	(0.2)	(0.2)	(0.4)	(0.5)		(1.4)

NOTES: EAR=Estimated Average Requirement

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

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

Table E 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Hispanic																				
Males and females:																				
1-3.....	260	42.7	(2.2)	20.4*	(1.4)	23.6	(1.5)	30.4	(1.7)	39.7	(2.0)	51.7	(2.8)	65.3	(4.1)	75.2*	(5.0)	30	76	(4.3)
4-8.....	424	52.2	(1.9)	25.1	(1.6)	29.2	(1.7)	37.2	(1.8)	48.8	(1.8)	63.2	(2.4)	79.6	(3.6)	91.2	(4.4)	55	38	(3.4)
Males:																				
9-13.....	225	65.2	(3.4)	33.1*	(3.2)	38.3	(3.1)	48.2	(3.0)	61.6	(3.3)	78.0	(4.1)	96.6	(5.8)	109.5*	(7.3)	60	53	(6.1)
14-18.....	189	68.0	(4.0)	35.0*	(3.5)	40.0*	(3.6)	50.8	(3.7)	64.5	(4.0)	81.4	(4.7)	100.2*	(6.0)	112.9*	(7.2)	75	33	(5.8)
19-50.....	643	101.3	(4.8)	36.5	(3.4)	44.8	(3.6)	63.0	(3.9)	90.3	(4.3)	127.4	(6.0)	170.9	(8.4)	204.0	(11.2)	120	29	(3.1)
51+.....	598	112.2	(7.2)	42.0	(5.2)	51.1	(5.8)	71.0	(6.6)	100.2	(7.7)	139.9	(8.5)	187.8	(11.1)	224.1	(13.0)	120	36	(5.3)
19+.....	1241	104.3	(4.8)	37.9	(3.7)	46.3	(4.0)	65.0	(4.5)	93.0	(5.0)	130.9	(6.0)	175.7	(8.1)	210.2	(10.5)	120	31	(3.2)
Females:																				
9-13.....	246	66.7	(3.9)	34.4*	(3.7)	39.3	(3.8)	49.2	(3.7)	62.8	(3.6)	80.1	(4.8)	98.7	(6.7)	110.9*	(8.0)	60	55	(6.7)
14-18.....	217	66.5	(3.8)	34.4*	(4.0)	39.4	(4.0)	49.3	(4.0)	62.9	(4.0)	79.7	(4.2)	98.3	(5.4)	110.7*	(6.7)	75	31	(5.5)
19-50.....	692	106.6	(4.7)	37.4	(2.7)	46.0	(2.9)	65.1	(3.4)	94.3	(4.3)	134.0	(5.9)	182.3	(8.3)	217.8	(10.3)	90	53	(3.4)
51+.....	692	106.0	(4.7)	38.0	(2.8)	46.2	(3.2)	65.1	(3.8)	93.5	(4.6)	132.6	(5.9)	181.4	(8.7)	216.8	(12.0)	90	53	(3.7)
19+.....	1384	106.4	(4.2)	37.6	(2.6)	46.1	(2.9)	65.1	(3.4)	94.1	(3.9)	133.6	(5.3)	182.0	(7.7)	217.7	(9.8)	90	53	(3.1)
All:																				
1+.....	4186	90.1	(2.5)	31.5	(1.3)	38.2	(1.6)	52.8	(2.0)	76.7	(2.6)	112.9	(3.7)	158.9	(5.1)	193.7	(6.5)		44	(2.2)

NOTES: AI=Adequate Intake

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

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

Table E 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Hispanic														
Males and females:														
1-3.....	260	963	(27)	602*	669	792	943	1111	1282	1398*	500	<3	2500	<3
4-8.....	424	984	(21)	606	674	801	963	1143	1323	1437	800	25 (3.6)	2500	<3
Males:														
9-13.....	225	1061	(34)	575*	665	824	1027	1257	1500	1657*	1100	59 (4.2)	3000	<3
14-18.....	189	1099	(36)	607*	691*	864	1068	1301	1542*	1696*	1100	54 (4.3)	3000	<3
19-50.....	643	1113	(30)	572	664	837	1068	1338	1617	1804	800	21 (2.5)	2500	<3
51+.....	598	1009	(32)	506	588	752	965	1217	1487	1672		35 (3.3)	2000	<3
19+.....	1241	1084	(27)	548	641	812	1040	1309	1586	1773		25 (2.4)		<3
Females:														
9-13.....	246	985	(31)	534*	610	759	950	1176	1403	1543*	1100	68 (3.6)	3000	<3
14-18.....	217	841	(36)	440*	508	640	811	1009	1214	1344*	1100	83 (3.4)	3000	<3
19-50.....	692	897	(15)	490	559	696	868	1065	1270	1401	800	40 (2.3)	2500	<3
51+.....	692	826	(23)	445	510	635	797	984	1180	1311	1000	77 (3.0)	2000	<3
19+.....	1384	873	(16)	473	540	673	844	1040	1243	1376		52 (2.1)		<3
All:														
1+.....	4186	982	(11)	515	594	745	941	1171	1419	1590		40 (1.4)		<3

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

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

Table E 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Hispanic														
Males and females:														
1-3.....	260	1049	(23)	696*	764	885	1032	1193	1356	1459*	380	<3	3000	<3
4-8.....	424	1181	(22)	786	861	996	1164	1346	1527	1637	405	<3	3000	<3
Males:														
9-13.....	225	1324	(28)	787*	891	1071	1294	1541	1795	1957*	1055	23 (2.9)	4000	<3
14-18.....	189	1460	(28)	894*	996*	1199	1432	1692	1952*	2116*	1055	13 (1.5)	4000	<3
19-50.....	643	1658	(35)	968	1096	1331	1622	1947	2263	2470	580	<3	4000	<3
51+.....	598	1570	(37)	899	1022	1249	1534	1847	2169	2377	580	<3		<3
19+.....	1241	1634	(33)	945	1076	1307	1598	1920	2239	2445	580	<3		<3
Females:														
9-13.....	246	1230	(28)	730*	819	987	1198	1441	1679	1824*	1055	32 (2.8)	4000	<3
14-18.....	217	1085	(29)	627*	709	864	1058	1276	1497	1635*	1055	50 (4.0)	4000	<3
19-50.....	692	1225	(18)	739	830	1001	1206	1426	1642	1776	580	<3	4000	<3
51+.....	692	1164	(30)	692	781	944	1143	1358	1573	1710	580	<3		<3
19+.....	1384	1204	(20)	723	812	981	1184	1405	1620	1757	580	<3		<3
All:														
1+.....	4186	1352	(16)	765	863	1048	1291	1594	1925	2145		6 (0.5)		<3

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

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

Table E 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Hispanic																				
Males and females:																				
1-3.....	260	192	(4)	125*	(4)	138	(4)	161	(4)	188	(4)	219	(4)	250	(5)	270*	(5)	65	<3	
4-8.....	424	217	(4)	144	(4)	157	(4)	182	(4)	214	(4)	248	(4)	282	(5)	303	(6)	110	<3	
Males:																				
9-13.....	225	247	(6)	147*	(7)	165	(7)	198	(7)	240	(7)	287	(8)	336	(9)	368*	(11)	200	26	(3.7)
14-18.....	189	268	(7)	163*	(7)	181*	(6)	218	(6)	262	(7)	311	(9)	362*	(12)	394*	(13)	340	85	(2.8)
19-50.....	643	347	(8)	185	(8)	213	(8)	266	(8)	335	(8)	415	(10)	497	(13)	553	(15)		52	(2.9)
51+.....	598	349	(11)	186	(8)	214	(8)	267	(9)	336	(11)	416	(14)	501	(17)	559	(20)	350	55	(4.0)
19+.....	1241	348	(8)	185	(8)	213	(8)	266	(8)	335	(8)	415	(10)	498	(13)	555	(15)		53	(2.8)
Females:																				
9-13.....	246	237	(6)	142*	(6)	158	(6)	190	(6)	230	(6)	277	(7)	323	(10)	352*	(12)	200	31	(3.3)
14-18.....	217	219	(6)	130*	(7)	146	(7)	175	(7)	213	(6)	257	(6)	301	(7)	329*	(9)	300	90	(1.7)
19-50.....	692	278	(5)	156	(4)	177	(4)	217	(5)	269	(5)	328	(6)	389	(8)	429	(9)		46	(2.5)
51+.....	692	274	(8)	154	(6)	175	(6)	214	(7)	265	(8)	323	(9)	384	(10)	424	(12)	265	50	(3.8)
19+.....	1384	276	(6)	155	(4)	176	(5)	216	(5)	268	(5)	326	(6)	387	(8)	427	(9)		47	(2.7)
All:																				
1+.....	4186	284	(4)	151	(3)	171	(3)	210	(3)	267	(4)	339	(5)	422	(8)	478	(10)		45	(1.5)

NOTES: EAR=Estimated Average Requirement

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

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

Table E 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		UL	>UL									
				5th	10th	25th	50th	75th	90th	95th	EAR	%		%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Hispanic																						
Males and females:																						
1-3.....	260	9.8	(0.4)	5.8*	(0.3)	6.5	(0.3)	7.8	(0.3)	9.5	(0.4)	11.4	(0.5)	13.5	(0.5)	14.9*	(0.6)	3	<3	40	<3	
4-8.....	424	13.1	(0.4)	8.0	(0.4)	8.9	(0.4)	10.5	(0.4)	12.7	(0.4)	15.2	(0.5)	17.8	(0.5)	19.5	(0.6)	4.1	<3	40	<3	
Males:																						
9-13.....	225	15.6	(0.4)	8.7*	(0.5)	9.9	(0.5)	12.1	(0.5)	15.0	(0.4)	18.4	(0.5)	22.1	(0.6)	24.5*	(0.7)	5.9	<3	40	<3	
14-18.....	189	16.5	(0.5)	9.3*	(0.5)	10.5*	(0.5)	12.9	(0.5)	15.9	(0.4)	19.4	(0.6)	23.1*	(0.7)	25.5*	(0.9)	7.7	<3	45	<3	
19-50.....	643	16.5	(0.3)	8.9	(0.3)	10.2	(0.3)	12.7	(0.4)	15.9	(0.4)	19.7	(0.4)	23.7	(0.4)	26.3	(0.5)	6	<3	45	<3	
51+.....	598	16.3	(0.4)	8.8	(0.4)	10.0	(0.4)	12.5	(0.4)	15.7	(0.4)	19.5	(0.4)	23.5	(0.5)	26.2	(0.5)	6	<3	45	<3	
19+.....	1241	16.5	(0.3)	8.8	(0.3)	10.1	(0.3)	12.6	(0.3)	15.8	(0.3)	19.7	(0.4)	23.6	(0.4)	26.3	(0.5)	6	<3	45	<3	
Females:																						
9-13.....	246	14.6	(0.5)	8.1*	(0.4)	9.2	(0.4)	11.3	(0.4)	14.0	(0.4)	17.4	(0.5)	20.8	(0.7)	22.9*	(0.8)	5.7	<3	40	<3	
14-18.....	217	12.3	(0.4)	6.7*	(0.4)	7.6	(0.4)	9.4	(0.4)	11.8	(0.4)	14.6	(0.4)	17.6	(0.5)	19.6*	(0.5)	7.9	17	(2.5)	45	<3
19-50.....	692	12.4	(0.3)	6.8	(0.3)	7.8	(0.2)	9.6	(0.2)	12.0	(0.2)	14.8	(0.3)	17.6	(0.5)	19.4	(0.6)	8.1	19	(1.2)	45	<3
51+.....	692	12.0	(0.3)	6.6	(0.3)	7.5	(0.2)	9.3	(0.3)	11.6	(0.3)	14.2	(0.4)	17.0	(0.6)	18.9	(0.7)	5	<3	45	<3	
19+.....	1384	12.3	(0.3)	6.8	(0.2)	7.7	(0.2)	9.5	(0.2)	11.9	(0.2)	14.6	(0.3)	17.4	(0.5)	19.3	(0.7)		14	(0.9)	45	<3
All:																						
1+.....	4186	14.1	(0.2)	7.3	(0.2)	8.4	(0.2)	10.5	(0.2)	13.4	(0.2)	16.9	(0.2)	20.7	(0.3)	23.4	(0.3)		6	(0.4)		<3

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

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

Table E 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		>UL											
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%									
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)									
Hispanic																							
Males and females:																							
1-3.....	260	7.5	(0.2)	4.8*	(0.2)	5.3	(0.2)	6.2	(0.2)	7.3	(0.2)	8.6	(0.2)	9.8	(0.3)	10.7*	(0.3)	2.5	<3	7	57	(4.1)	
4-8.....	424	9.0	(0.2)	5.9	(0.2)	6.4	(0.2)	7.5	(0.2)	8.8	(0.2)	10.4	(0.3)	11.9	(0.3)	12.9	(0.4)	4	<3	12	9	(2.0)	
Males:																							
9-13.....	225	10.7	(0.4)	5.8*	(0.3)	6.7	(0.3)	8.2	(0.3)	10.3	(0.4)	12.6	(0.5)	15.2	(0.5)	16.9*	(0.6)	7	13	(2.7)	23	<3	
14-18.....	189	12.0	(0.3)	6.7*	(0.3)	7.6*	(0.3)	9.4	(0.3)	11.6	(0.3)	14.1	(0.4)	16.8*	(0.5)	18.6*	(0.6)	8.5	17	(2.5)	34	<3	
19-50.....	643	13.3	(0.3)	7.5	(0.3)	8.5	(0.3)	10.4	(0.3)	12.9	(0.3)	15.7	(0.4)	18.7	(0.4)	20.6	(0.5)	9.4	17	(2.4)	40	<3	
51+.....	598	12.8	(0.3)	7.1	(0.3)	8.1	(0.3)	10.0	(0.3)	12.4	(0.3)	15.1	(0.4)	18.1	(0.5)	20.1	(0.5)	9.4	20	(2.7)	40	<3	
19+.....	1241	13.2	(0.3)	7.4	(0.3)	8.4	(0.3)	10.3	(0.3)	12.7	(0.3)	15.6	(0.3)	18.5	(0.4)	20.5	(0.5)	9.4	17	(2.4)	40	<3	
Females:																							
9-13.....	246	9.7	(0.4)	5.3*	(0.3)	6.0	(0.3)	7.4	(0.3)	9.3	(0.3)	11.6	(0.4)	13.9	(0.6)	15.4*	(0.7)	7	20	(3.5)	23	<3	
14-18.....	217	8.4	(0.3)	4.5*	(0.3)	5.1	(0.3)	6.4	(0.3)	8.1	(0.3)	10.1	(0.3)	12.2	(0.4)	13.5*	(0.4)	7.3	38	(4.0)	34	<3	
19-50.....	692	9.4	(0.2)	5.4	(0.2)	6.1	(0.2)	7.4	(0.2)	9.2	(0.2)	11.1	(0.2)	13.1	(0.3)	14.4	(0.4)	6.8	17	(2.0)	40	<3	
51+.....	692	9.0	(0.3)	5.1	(0.2)	5.8	(0.2)	7.1	(0.2)	8.8	(0.2)	10.7	(0.3)	12.6	(0.4)	13.9	(0.4)	6.8	21	(3.0)	40	<3	
19+.....	1384	9.3	(0.2)	5.3	(0.2)	6.0	(0.2)	7.3	(0.2)	9.0	(0.2)	11.0	(0.2)	12.9	(0.3)	14.2	(0.4)	6.8	18	(2.1)	40	<3	
All:																							
1+.....	4186	10.6	(0.1)	5.6	(0.1)	6.4	(0.1)	7.9	(0.1)	10.0	(0.1)	12.7	(0.2)	15.8	(0.3)	17.8	(0.3)		16	(1.1)		4	(0.4)

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

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

Table E 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		UL	>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%		%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Hispanic														
Males and females:														
1-3.....	260	0.7	(0.02)	0.4*	0.4	0.5	0.6	0.8	0.9	1.0*	0.26	<3	1	4*
4-8.....	424	0.8	(0.02)	0.5	0.6	0.7	0.8	0.9	1.1	1.2	0.34	<3	3	<3
Males:														
9-13.....	225	1.0	(0.04)	0.6*	0.6	0.8	0.9	1.1	1.3	1.4*	0.54	3*	5	<3
14-18.....	189	1.0	(0.03)	0.6*	0.7*	0.8	1.0	1.2	1.4*	1.5*	0.685	10*	8	<3
19-50.....	643	1.3	(0.03)	0.7	0.8	1.0	1.3	1.6	1.9	2.2	0.7	6	10	<3
51+.....	598	1.3	(0.03)	0.7	0.8	1.0	1.3	1.6	2.0	2.2	0.7	5	10	<3
19+.....	1241	1.3	(0.03)	0.7	0.8	1.0	1.3	1.6	2.0	2.2	0.7	6	10	<3
Females:														
9-13.....	246	0.9	(0.02)	0.5*	0.6	0.7	0.9	1.1	1.2	1.4*	0.54	4*	5	<3
14-18.....	217	0.9	(0.02)	0.5*	0.6	0.7	0.8	1.0	1.2	1.3*	0.685	22	8	<3
19-50.....	692	1.1	(0.02)	0.6	0.7	0.8	1.0	1.3	1.6	1.8	0.7	12	10	<3
51+.....	692	1.1	(0.03)	0.6	0.7	0.8	1.0	1.3	1.6	1.8	0.7	12	10	<3
19+.....	1384	1.1	(0.02)	0.6	0.7	0.8	1.0	1.3	1.6	1.8	0.7	12	10	<3
All:														
1+.....	4186	1.1	(0.01)	0.6	0.6	0.8	1.0	1.3	1.7	1.9		8		<3

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

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

Table E 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<EAR		>UL		
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Hispanic														
Males and females:														
1-3.....	260	67	(2)	41*	46	54	65	77	90	98*	17	<3	90	10
4-8.....	424	85	(2)	53	59	69	83	98	114	125	23	<3	150	<3
Males:														
9-13.....	225	100	(2)	60*	67	81	97	116	135	147*	35	<3	280	<3
14-18.....	189	121	(3)	76*	84*	100	119	140	160*	174*	45	<3	400	<3
19-50.....	643	142	(3)	83	94	114	139	167	194	212	45	<3	400	<3
51+.....	598	134	(4)	77	87	106	131	158	186	204	45	<3	400	<3
19+.....	1241	140	(3)	81	92	112	136	164	192	211	45	<3	400	<3
Females:														
9-13.....	246	92	(3)	55*	61	74	89	107	125	136*	35	<3	280	<3
14-18.....	217	87	(3)	52*	58	70	85	102	119	130*	45	<3	400	<3
19-50.....	692	100	(2)	60	68	82	98	117	135	146	45	<3	400	<3
51+.....	692	94	(2)	56	63	76	92	110	128	139	45	<3	400	<3
19+.....	1384	98	(2)	59	66	79	96	115	133	144	45	<3	400	<3
All:														
1+.....	4186	110	(2)	57	65	82	104	132	162	183		<3		<3

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

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

Table E 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles								>AI			>CDRR
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)	
Hispanic														
Males and females:														
1-3.....	260	1875 (44)	1131* (36)	1265 (37)	1510 (38)	1821 (44)	2178 (53)	2555 (68)	2804* (76)	800	>97	1200	93* (1.4)	
4-8.....	424	2542 (45)	1579 (49)	1749 (48)	2068 (44)	2480 (45)	2944 (53)	3422 (71)	3730 (82)	1000	>97	1500	97* (0.8)	
Males:														
9-13.....	225	3175 (81)	1994* (94)	2222 (88)	2617 (85)	3106 (85)	3650 (97)	4211 (136)	4571* (167)	1200	>97	1800	>97	
14-18.....	189	3616 (96)	2333* (83)	2563* (79)	3023 (78)	3551 (94)	4141 (123)	4736* (150)	5112* (174)	1500	>97	2300	96* (1.3)	
19-50.....	643	4143 (82)	2535 (92)	2833 (92)	3375 (86)	4052 (86)	4815 (90)	5562 (104)	6053 (121)	1500	>97	2300	>97	
51+.....	598	3844 (91)	2301 (87)	2576 (88)	3097 (87)	3753 (91)	4483 (106)	5233 (126)	5721 (141)	1500	>97	2300	95 (1.3)	
19+.....	1241	4060 (76)	2459 (87)	2757 (85)	3292 (81)	3971 (78)	4728 (84)	5485 (102)	5974 (116)	1500	>97	2300	97 (0.8)	
Females:														
9-13.....	246	2882 (98)	1806* (93)	1998 (96)	2358 (93)	2811 (96)	3334 (117)	3850 (154)	4165* (170)	1200	>97	1800	95* (1.7)	
14-18.....	217	2709 (101)	1685* (139)	1870 (131)	2215 (122)	2648 (104)	3135 (111)	3629 (120)	3938* (136)	1500	>97	2300	71 (6.3)	
19-50.....	692	3006 (45)	1784 (39)	2002 (38)	2423 (39)	2943 (45)	3513 (56)	4081 (75)	4448 (88)	1500	>97	2300	80 (1.5)	
51+.....	692	2740 (53)	1587 (44)	1797 (42)	2187 (44)	2675 (50)	3215 (65)	3767 (84)	4127 (99)	1500	96 (0.7)	2300	69 (2.3)	
19+.....	1384	2916 (44)	1705 (37)	1920 (38)	2334 (36)	2849 (43)	3422 (56)	3996 (75)	4360 (88)	1500	>97	2300	76 (1.6)	
All:														
1+.....	4186	3247 (38)	1691 (24)	1946 (26)	2451 (30)	3111 (39)	3904 (53)	4726 (73)	5260 (87)		>97		88 (0.7)	

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

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

Table E 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Hispanic																				
Males and females:																				
1-3.....	260	1946	(34)	1267*	(45)	1393	(43)	1628	(38)	1911	(35)	2226	(36)	2539	(43)	2750*	(52)	2000	42	(3.0)
4-8.....	424	2066	(36)	1344	(43)	1477	(41)	1723	(38)	2032	(37)	2367	(41)	2700	(51)	2912	(61)	2300	29	(2.7)
Males:																				
9-13.....	225	2226	(62)	1353*	(70)	1523	(66)	1816	(65)	2178	(65)	2578	(70)	2988	(81)	3249*	(97)	2500	29	(3.9)
14-18.....	189	2392	(46)	1487*	(62)	1650*	(60)	1976	(51)	2349	(46)	2763	(55)	3178*	(72)	3438*	(88)	3000	15	(2.1)
19-50.....	643	2883	(55)	1595	(61)	1828	(60)	2268	(58)	2814	(56)	3425	(61)	4024	(68)	4416	(75)	3400	26	(2.0)
51+.....	598	3035	(65)	1720	(63)	1957	(65)	2409	(65)	2962	(67)	3579	(69)	4205	(76)	4615	(84)	3400	31	(2.6)
19+.....	1241	2925	(52)	1623	(62)	1858	(59)	2305	(56)	2855	(53)	3469	(56)	4074	(61)	4481	(69)	3400	27	(1.9)
Females:																				
9-13.....	246	2120	(55)	1292*	(65)	1441	(63)	1721	(59)	2069	(56)	2468	(59)	2858	(75)	3094*	(87)	2300	35	(3.7)
14-18.....	217	1896	(52)	1131*	(67)	1270	(66)	1529	(61)	1853	(54)	2215	(53)	2579	(60)	2806*	(69)	2300	21	(2.6)
19-50.....	692	2281	(38)	1326	(32)	1503	(33)	1833	(34)	2240	(37)	2678	(44)	3111	(57)	3385	(63)	2600	29	(2.2)
51+.....	692	2367	(56)	1405	(49)	1582	(49)	1915	(52)	2323	(56)	2767	(62)	3208	(68)	3493	(78)	2600	33	(3.2)
19+.....	1384	2310	(39)	1350	(35)	1528	(35)	1860	(36)	2266	(39)	2708	(45)	3145	(55)	3423	(62)	2600	30	(2.3)
All:																				
1+.....	4186	2448	(29)	1374	(27)	1552	(27)	1890	(26)	2337	(30)	2887	(37)	3494	(47)	3904	(54)		29	(1.4)

NOTES: AI=Adequate Intake

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

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

Table E 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Hispanic																	
Males and females:																	
1-3.....	260	4.8	(0.7)	0.5*	(0.2)	0.7	(0.2)	1.5	(0.3)	3.0	(0.5)	6.0	(0.9)	10.7	(1.5)	15.1*	(2.2)
4-8.....	424	8.9	(1.3)	1.2	(0.4)	1.8	(0.5)	3.2	(0.7)	6.0	(1.0)	11.1	(1.6)	18.8	(2.7)	25.9	(3.9)
Males:																	
9-13.....	225	27.1	(3.5)	2.9*	(0.7)	4.4	(1.0)	8.4	(1.6)	17.1	(2.5)	33.6	(4.3)	59.4	(7.5)	83.3*	(10.3)
14-18.....	189	41.4	(6.5)	4.3*	(1.1)	6.6*	(1.5)	13.0	(2.6)	26.9	(4.6)	51.7	(8.1)	91.2*	(14.1)	125.8*	(20.2)
19-50.....	643	123.1	(6.8)	9.1	(1.5)	17.7	(2.2)	43.0	(3.9)	92.3	(6.0)	168.9	(9.4)	267.1	(13.8)	342.8	(16.7)
51+.....	598	175.1	(9.2)	26.5	(3.0)	41.1	(4.0)	78.8	(5.6)	142.5	(8.3)	234.7	(12.1)	351.8	(16.7)	440.6	(20.6)
19+.....	1241	137.4	(6.8)	11.4	(1.7)	21.7	(2.5)	50.7	(4.1)	105.3	(6.1)	188.3	(9.1)	292.6	(13.5)	375.4	(16.9)
Females:																	
9-13.....	246	20.1	(3.2)	2.0*	(0.5)	3.1	(0.7)	6.2	(1.2)	12.5	(2.2)	24.9	(3.9)	44.6	(6.8)	61.8*	(9.6)
14-18.....	217	39.1	(5.4)	4.2*	(1.1)	6.4	(1.6)	12.7	(2.5)	25.7	(4.2)	49.2	(7.1)	86.3	(11.6)	119.2*	(15.8)
19-50.....	692	94.0	(4.3)	5.4	(1.1)	11.1	(1.6)	30.0	(2.6)	68.7	(4.0)	130.1	(5.9)	209.6	(9.2)	269.2	(12.4)
51+.....	692	115.4	(6.2)	11.2	(2.2)	20.1	(2.9)	43.8	(4.3)	88.6	(6.0)	158.0	(8.3)	244.5	(11.3)	310.9	(14.2)
19+.....	1384	101.2	(4.0)	6.7	(1.3)	13.4	(1.8)	34.2	(2.8)	75.2	(4.0)	139.5	(5.4)	221.9	(8.2)	285.2	(10.9)
All:																	
1+.....	4186	87.2	(3.3)	2.3	(0.3)	4.3	(0.4)	14.0	(1.2)	50.8	(2.9)	123.9	(5.1)	219.3	(7.7)	291.8	(10.0)

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

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

Table E 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						Within AMDR									
				5th	10th	25th	50th	75th	90th	95th	AMDR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Hispanic																			
Males and females:																			
1-3.....	260	15.3	(0.2)	12.4*	(0.3)	13.0	(0.2)	14.1	(0.2)	15.2	(0.2)	16.5	(0.2)	17.8	(0.3)	18.5*	(0.3)	5-20%	>97
4-8.....	424	14.6	(0.2)	11.8	(0.3)	12.4	(0.3)	13.3	(0.2)	14.5	(0.2)	15.8	(0.2)	16.9	(0.3)	17.7	(0.3)	10-30%	>97
Males:																			
9-13.....	225	14.7	(0.3)	11.3*	(0.4)	12.1	(0.4)	13.3	(0.3)	14.6	(0.3)	16.1	(0.2)	17.5	(0.2)	18.4*	(0.3)	10-30%	>97
14-18.....	189	16.0	(0.3)	12.5*	(0.4)	13.2*	(0.4)	14.5	(0.3)	15.9	(0.3)	17.5	(0.3)	18.9*	(0.3)	19.8*	(0.4)	10-30%	>97
19-50.....	643	16.8	(0.2)	12.2	(0.4)	13.1	(0.3)	14.7	(0.3)	16.6	(0.3)	18.7	(0.2)	20.7	(0.3)	22.0	(0.3)	10-35%	>97
51+.....	598	16.6	(0.3)	12.0	(0.4)	12.9	(0.4)	14.5	(0.3)	16.4	(0.3)	18.4	(0.4)	20.5	(0.5)	21.8	(0.5)	10-35%	>97
19+.....	1241	16.7	(0.2)	12.1	(0.4)	13.0	(0.3)	14.6	(0.3)	16.5	(0.3)	18.6	(0.2)	20.6	(0.3)	21.9	(0.3)	10-35%	>97
Females:																			
9-13.....	246	14.5	(0.2)	11.2*	(0.4)	11.9	(0.3)	13.0	(0.3)	14.4	(0.2)	15.9	(0.2)	17.3	(0.3)	18.1*	(0.4)	10-30%	>97
14-18.....	217	14.7	(0.3)	11.4*	(0.5)	12.1	(0.4)	13.2	(0.4)	14.6	(0.3)	16.1	(0.3)	17.5	(0.3)	18.3*	(0.3)	10-30%	>97
19-50.....	691	16.0	(0.2)	11.6	(0.3)	12.5	(0.3)	14.0	(0.2)	15.9	(0.2)	17.9	(0.3)	19.8	(0.4)	21.0	(0.5)	10-35%	>97
51+.....	692	16.3	(0.3)	11.9	(0.3)	12.7	(0.3)	14.2	(0.3)	16.1	(0.3)	18.1	(0.4)	20.0	(0.4)	21.3	(0.5)	10-35%	>97
19+.....	1383	16.1	(0.2)	11.7	(0.3)	12.6	(0.3)	14.1	(0.2)	16.0	(0.2)	17.9	(0.3)	19.9	(0.4)	21.1	(0.4)	10-35%	>97
All:																			
1+.....	4185	15.9	(0.1)	11.8	(0.1)	12.6	(0.1)	14.0	(0.1)	15.7	(0.1)	17.6	(0.2)	19.6	(0.3)	20.9	(0.3)		>97

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

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

Table E 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles								Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Hispanic												
Males and females:												
1-3.....	260	52.9 (0.5)	46.2* (0.5)	47.7 (0.5)	50.2 (0.5)	52.9 (0.5)	55.6 (0.6)	58.1 (0.7)	59.6* (0.7)	45-65%	>97	
4-8.....	424	53.5 (0.4)	46.8 (0.5)	48.3 (0.4)	50.8 (0.4)	53.5 (0.4)	56.2 (0.5)	58.6 (0.5)	60.1 (0.6)	45-65%	>97	
Males:												
9-13.....	225	53.0 (0.5)	45.2* (0.8)	47.0 (0.7)	49.9 (0.6)	53.1 (0.5)	56.2 (0.4)	59.0 (0.5)	60.7* (0.5)	45-65%	95* (1.7)	
14-18.....	189	50.9 (0.7)	43.2* (0.9)	44.9* (0.8)	47.9 (0.7)	51.0 (0.7)	54.1 (0.7)	56.8* (0.7)	58.5* (0.8)	45-65%	90* (2.7)	
19-50.....	643	48.1 (0.5)	36.3 (0.7)	38.8 (0.6)	43.1 (0.5)	48.0 (0.5)	52.9 (0.5)	57.4 (0.6)	60.1 (0.7)	45-65%	65 (2.4)	
51+.....	598	47.9 (0.6)	36.2 (0.8)	38.7 (0.8)	43.0 (0.7)	47.8 (0.6)	52.7 (0.7)	57.3 (0.7)	60.1 (0.8)	45-65%	64 (3.2)	
19+.....	1241	48.0 (0.5)	36.2 (0.7)	38.8 (0.6)	43.1 (0.5)	47.9 (0.5)	52.9 (0.5)	57.4 (0.6)	60.1 (0.7)	45-65%	65 (2.5)	
Females:												
9-13.....	246	53.3 (0.5)	45.6* (0.7)	47.3 (0.6)	50.1 (0.5)	53.3 (0.5)	56.4 (0.5)	59.2 (0.6)	60.8* (0.7)	45-65%	96* (1.3)	
14-18.....	217	51.8 (0.6)	44.2* (0.8)	45.9 (0.7)	48.7 (0.6)	51.9 (0.6)	55.0 (0.6)	57.8 (0.6)	59.4* (0.7)	45-65%	93* (2.2)	
19-50.....	691	49.7 (0.5)	38.2 (0.6)	40.7 (0.6)	45.0 (0.5)	49.8 (0.5)	54.4 (0.5)	58.7 (0.6)	61.2 (0.6)	45-65%	74 (2.1)	
51+.....	692	49.8 (0.5)	38.3 (0.6)	40.8 (0.6)	45.0 (0.5)	49.8 (0.5)	54.5 (0.5)	58.8 (0.5)	61.4 (0.5)	45-65%	73 (2.1)	
19+.....	1383	49.8 (0.4)	38.3 (0.6)	40.7 (0.5)	45.0 (0.5)	49.8 (0.4)	54.4 (0.5)	58.7 (0.5)	61.3 (0.5)	45-65%	74 (2.0)	
All:												
1+.....	4185	50.1 (0.3)	38.5 (0.5)	41.3 (0.4)	45.9 (0.3)	50.6 (0.3)	54.7 (0.3)	58.2 (0.3)	60.4 (0.3)	45-65%	78 (1.3)	

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

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

Table E 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						Within AMDR										
				5th	10th	25th	50th	75th	90th	95th	AMDR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Hispanic																				
Males and females:																				
1-3.....	260	33.2	(0.4)	27.7*	(0.6)	28.9	(0.5)	31.0	(0.4)	33.2	(0.4)	35.5	(0.5)	37.5	(0.7)	38.8*	(0.8)	30-40%	80	(3.7)
4-8.....	424	33.1	(0.4)	27.5	(0.6)	28.8	(0.5)	30.8	(0.4)	33.1	(0.4)	35.4	(0.5)	37.5	(0.6)	38.7	(0.7)	25-35%	70	(4.9)
Males:																				
9-13.....	225	33.7	(0.5)	27.8*	(0.7)	29.2	(0.6)	31.4	(0.5)	33.8	(0.5)	36.1	(0.6)	38.3	(0.7)	39.5*	(0.8)	25-35%	63	(6.3)
14-18.....	189	33.8	(0.6)	27.9*	(0.7)	29.1*	(0.7)	31.5	(0.6)	33.8	(0.6)	36.1	(0.7)	38.2*	(0.8)	39.4*	(0.8)	25-35%	63	(6.8)
19-50.....	643	33.1	(0.5)	24.5	(0.7)	26.5	(0.6)	29.7	(0.5)	33.2	(0.5)	36.6	(0.4)	39.7	(0.5)	41.5	(0.5)	20-35%	63	(3.1)
51+.....	598	34.0	(0.5)	25.5	(0.8)	27.4	(0.7)	30.6	(0.6)	34.0	(0.5)	37.5	(0.6)	40.6	(0.6)	42.5	(0.7)	20-35%	57	(3.9)
19+.....	1241	33.4	(0.4)	24.8	(0.7)	26.7	(0.6)	29.9	(0.5)	33.4	(0.4)	36.9	(0.4)	39.9	(0.5)	41.8	(0.5)	20-35%	61	(2.9)
Females:																				
9-13.....	246	33.5	(0.4)	27.6*	(0.6)	28.9	(0.5)	31.1	(0.5)	33.5	(0.5)	35.9	(0.5)	38.0	(0.6)	39.2*	(0.7)	25-35%	65	(5.0)
14-18.....	217	34.4	(0.6)	28.6*	(0.7)	29.9	(0.6)	32.1	(0.6)	34.4	(0.7)	36.8	(0.7)	38.9	(0.8)	40.1*	(0.8)	25-35%	56	(7.4)
19-50.....	691	34.0	(0.4)	25.4	(0.5)	27.3	(0.5)	30.5	(0.4)	34.0	(0.4)	37.4	(0.4)	40.5	(0.5)	42.4	(0.5)	20-35%	57	(3.1)
51+.....	692	34.2	(0.4)	25.7	(0.5)	27.5	(0.5)	30.7	(0.5)	34.2	(0.4)	37.6	(0.4)	40.8	(0.5)	42.7	(0.5)	20-35%	56	(3.3)
19+.....	1383	34.0	(0.3)	25.5	(0.5)	27.4	(0.5)	30.6	(0.4)	34.1	(0.4)	37.5	(0.3)	40.6	(0.4)	42.5	(0.4)	20-35%	57	(2.6)
All:																				
1+.....	4185	33.7	(0.3)	25.9	(0.5)	27.7	(0.4)	30.6	(0.3)	33.7	(0.3)	36.7	(0.3)	39.5	(0.3)	41.4	(0.3)		62	(2.1)

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

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

Table E 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

	N	Mean	(SE)	Percentiles						<10%†									
				5th	10th	25th	50th	75th	90th	95th	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)								
Hispanic																			
Males and females:																			
1-3.....	260	12.2	(0.2)	9.3*	(0.3)	9.9	(0.3)	11.0	(0.3)	12.2	(0.2)	13.5	(0.2)	14.6	(0.2)	15.4*	(0.2)	11	(3.4)
4-8.....	424	11.8	(0.1)	8.9	(0.2)	9.5	(0.2)	10.5	(0.2)	11.8	(0.1)	13.0	(0.2)	14.2	(0.2)	14.9	(0.3)	16	(2.7)
Males:																			
9-13.....	225	11.6	(0.2)	8.9*	(0.3)	9.5	(0.3)	10.5	(0.2)	11.6	(0.2)	12.7	(0.2)	13.8	(0.2)	14.4*	(0.3)	17	(3.9)
14-18.....	189	11.7	(0.3)	9.0*	(0.4)	9.5*	(0.4)	10.5	(0.3)	11.6	(0.4)	12.8	(0.4)	13.8*	(0.4)	14.4*	(0.4)	16	(5.5)
19-50.....	643	10.8	(0.1)	7.7	(0.2)	8.3	(0.2)	9.5	(0.2)	10.8	(0.1)	12.1	(0.1)	13.3	(0.2)	14.1	(0.2)	35	(3.2)
51+.....	598	10.9	(0.2)	7.8	(0.3)	8.4	(0.2)	9.5	(0.2)	10.8	(0.2)	12.2	(0.2)	13.4	(0.2)	14.2	(0.2)	33	(3.8)
19+.....	1241	10.8	(0.1)	7.7	(0.2)	8.4	(0.2)	9.5	(0.2)	10.8	(0.1)	12.1	(0.1)	13.3	(0.2)	14.1	(0.2)	34	(3.1)
Females:																			
9-13.....	246	11.5	(0.2)	8.9*	(0.3)	9.4	(0.3)	10.4	(0.2)	11.5	(0.2)	12.7	(0.2)	13.7	(0.3)	14.3*	(0.3)	18	(4.0)
14-18.....	217	11.3	(0.3)	8.7*	(0.3)	9.2	(0.3)	10.2	(0.3)	11.3	(0.3)	12.4	(0.3)	13.5	(0.3)	14.1*	(0.3)	22	(5.1)
19-50.....	691	10.8	(0.2)	7.7	(0.3)	8.3	(0.3)	9.5	(0.2)	10.8	(0.2)	12.1	(0.2)	13.4	(0.2)	14.2	(0.2)	35	(4.1)
51+.....	692	10.9	(0.2)	7.8	(0.2)	8.4	(0.2)	9.5	(0.2)	10.8	(0.2)	12.2	(0.2)	13.5	(0.3)	14.3	(0.3)	34	(4.0)
19+.....	1383	10.9	(0.2)	7.7	(0.3)	8.4	(0.2)	9.5	(0.2)	10.8	(0.2)	12.1	(0.2)	13.4	(0.2)	14.2	(0.2)	34	(3.6)
All:																			
1+.....	4185	11.1	(0.1)	8.0	(0.2)	8.7	(0.1)	9.8	(0.1)	11.1	(0.1)	12.4	(0.1)	13.6	(0.1)	14.4	(0.1)	28	(2.4)

NOTES: † 2015-2020 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<http://health.gov/dietaryguidelines/2015/guidelines>)

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

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

Table E 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles							Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	260	6.1 (0.1)	4.2* (0.2)	4.6 (0.2)	5.2 (0.2)	6.0 (0.1)	6.8 (0.1)	7.6 (0.2)	8.1* (0.2)	05-10%	81 (4.0)
4-8.....	424	6.4 (0.1)	4.5 (0.2)	4.9 (0.2)	5.6 (0.1)	6.4 (0.1)	7.2 (0.1)	8.0 (0.2)	8.5 (0.2)	05-10%	88 (3.0)
Males:											
9-13.....	225	7.0 (0.2)	5.1* (0.2)	5.5 (0.2)	6.1 (0.2)	6.9 (0.2)	7.7 (0.2)	8.5 (0.2)	9.0* (0.2)	05-10%	95* (1.7)
14-18.....	189	6.7 (0.2)	4.9* (0.2)	5.2* (0.2)	5.9 (0.2)	6.6 (0.2)	7.4 (0.2)	8.1* (0.2)	8.6* (0.2)	05-10%	93* (2.6)
19-50.....	643	6.6 (0.2)	4.4 (0.2)	4.8 (0.2)	5.6 (0.2)	6.5 (0.2)	7.6 (0.2)	8.6 (0.3)	9.2 (0.3)	05-10%	85 (3.5)
51+.....	598	6.9 (0.2)	4.7 (0.2)	5.1 (0.2)	5.9 (0.2)	6.8 (0.2)	7.9 (0.2)	8.9 (0.3)	9.6 (0.3)	05-10%	88 (2.9)
19+.....	1241	6.7 (0.2)	4.5 (0.2)	4.9 (0.2)	5.7 (0.2)	6.6 (0.2)	7.6 (0.2)	8.7 (0.3)	9.3 (0.3)	05-10%	86 (3.3)
Females:											
9-13.....	246	7.0 (0.2)	5.1* (0.2)	5.5 (0.2)	6.1 (0.2)	6.9 (0.2)	7.7 (0.2)	8.5 (0.2)	9.0* (0.2)	05-10%	95* (1.5)
14-18.....	217	7.5 (0.2)	5.6* (0.2)	5.9 (0.2)	6.6 (0.2)	7.4 (0.2)	8.3 (0.2)	9.1 (0.2)	9.6* (0.2)	05-10%	96* (1.3)
19-50.....	691	7.2 (0.1)	4.8 (0.1)	5.3 (0.1)	6.1 (0.1)	7.1 (0.1)	8.1 (0.2)	9.1 (0.2)	9.8 (0.2)	05-10%	89 (2.1)
51+.....	692	7.1 (0.1)	4.8 (0.1)	5.2 (0.1)	6.0 (0.1)	7.0 (0.1)	8.0 (0.2)	9.0 (0.2)	9.7 (0.2)	05-10%	89 (2.1)
19+.....	1383	7.1 (0.1)	4.8 (0.1)	5.2 (0.1)	6.1 (0.1)	7.0 (0.1)	8.1 (0.1)	9.1 (0.2)	9.7 (0.2)	05-10%	89 (2.1)
All:											
1+.....	4185	6.8 (0.1)	4.7 (0.1)	5.1 (0.1)	5.8 (0.1)	6.8 (0.1)	7.8 (0.1)	8.7 (0.1)	9.4 (0.1)	05-10%	89 (1.5)

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

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

Table E 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Hispanic Individuals, in the United States, 2015-2018

			Percentiles								Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Hispanic												
Males and females:												
1-3.....	260	0.63 (0.01)	0.44* (0.01)	0.47 (0.01)	0.54 (0.01)	0.62 (0.01)	0.71 (0.02)	0.80 (0.02)	0.86* (0.03)	0.6-1.2%	55 (3.9)	
4-8.....	424	0.63 (0.01)	0.44 (0.01)	0.47 (0.01)	0.54 (0.01)	0.62 (0.01)	0.71 (0.01)	0.80 (0.02)	0.86 (0.02)	0.6-1.2%	56 (4.3)	
Males:												
9-13.....	225	0.63 (0.01)	0.47* (0.02)	0.50 (0.02)	0.56 (0.02)	0.62 (0.01)	0.70 (0.02)	0.77 (0.03)	0.82* (0.03)	0.6-1.2%	59 (5.1)	
14-18.....	189	0.64 (0.02)	0.47* (0.02)	0.50* (0.02)	0.56 (0.02)	0.63 (0.02)	0.71 (0.02)	0.78* (0.03)	0.83* (0.03)	0.6-1.2%	62 (6.7)	
19-50.....	643	0.71 (0.02)	0.43 (0.03)	0.48 (0.03)	0.57 (0.02)	0.69 (0.02)	0.82 (0.03)	0.96 (0.04)	1.05 (0.05)	0.6-1.2%	68 (4.8)	
51+.....	598	0.77 (0.03)	0.48 (0.03)	0.53 (0.03)	0.62 (0.03)	0.74 (0.03)	0.89 (0.03)	1.03 (0.05)	1.13 (0.06)	0.6-1.2%	76 (4.5)	
19+.....	1241	0.72 (0.02)	0.44 (0.03)	0.49 (0.03)	0.59 (0.02)	0.70 (0.02)	0.84 (0.03)	0.98 (0.04)	1.08 (0.05)	0.6-1.2%	70 (4.6)	
Females:												
9-13.....	246	0.67 (0.02)	0.50* (0.02)	0.53 (0.02)	0.59 (0.02)	0.66 (0.02)	0.74 (0.03)	0.82 (0.03)	0.87* (0.04)	0.6-1.2%	72 (5.2)	
14-18.....	217	0.72 (0.03)	0.54* (0.04)	0.58 (0.03)	0.64 (0.03)	0.72 (0.03)	0.80 (0.03)	0.88 (0.03)	0.93* (0.04)	0.6-1.2%	85 (6.7)	
19-50.....	691	0.79 (0.02)	0.51 (0.02)	0.56 (0.02)	0.65 (0.02)	0.77 (0.01)	0.90 (0.02)	1.03 (0.03)	1.12 (0.04)	0.6-1.2%	82 (3.4)	
51+.....	692	0.82 (0.02)	0.53 (0.02)	0.58 (0.01)	0.68 (0.01)	0.80 (0.02)	0.93 (0.02)	1.07 (0.04)	1.16 (0.04)	0.6-1.2%	84 (2.9)	
19+.....	1383	0.80 (0.01)	0.52 (0.02)	0.57 (0.02)	0.66 (0.02)	0.78 (0.01)	0.91 (0.02)	1.05 (0.03)	1.14 (0.04)	0.6-1.2%	83 (3.1)	
All:												
1+.....	4185	0.72 (0.01)	0.47 (0.02)	0.51 (0.02)	0.59 (0.01)	0.70 (0.01)	0.83 (0.02)	0.97 (0.02)	1.06 (0.03)	0.6-1.2%	72 (3.1)	

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

CITATION: USDA, Agricultural Research Service, 2021. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, 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 male/female/age/lifestyle group.

When applicable, the estimated usual nutrient intakes are compared to age/male/female 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/male/female/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 male/female group. The EAR is used to estimate the prevalence of inadequate intakes in a population group.

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

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

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

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

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.52.

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

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

Indicates a non-zero value too small to report.

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

CITATION

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