



United States
Department of
Agriculture

Agricultural
Research
Service

August 2023



USUAL NUTRIENT INTAKE from Food and Beverages, among Hispanic Individuals

What We Eat in America, NHANES 2017-March 2020 Prepandemic

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, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Hispanic										
Males and females:										
1-3.....	162	1405	(48)	923*	1011*	1172	1378	1606	1838*	1983*
4-8.....	233	1721	(52)	1138*	1251	1449	1691	1962	2230	2404*
				(27)	(28)	(34)	(45)	(63)	(80)	(92)
				(28)	(30)	(37)	(49)	(67)	(88)	(105)
Males:										
9-13.....	149	1954	(53)	1230*	1361*	1615	1920	2260	2584*	2802*
14-18.....	129	2180	(63)	1404*	1547*	1805	2139	2494	2880*	3144*
				(67)	(63)	(57)	(54)	(61)	(77)	(94)
				(81)	(80)	(73)	(63)	(69)	(81)	(100)
19-50.....	457	2481	(68)	1488	1671	2013	2425	2899	3360	3652
51+.....	370	2406	(66)	1426*	1618	1949	2361	2806	3260	3557*
19+.....	827	2461	(64)	1471	1655	1996	2409	2876	3334	3630
				(51)	(50)	(55)	(67)	(80)	(92)	(102)
				(50)	(53)	(57)	(65)	(77)	(87)	(94)
				(48)	(49)	(53)	(63)	(75)	(88)	(98)
Females:										
9-13.....	147	1897	(47)	1185*	1310*	1554	1859	2200	2529*	2751*
14-18.....	131	1664	(76)	1007*	1133*	1355	1629	1934	2245*	2450*
				(56)	(54)	(45)	(45)	(63)	(91)	(111)
				(84)	(79)	(80)	(79)	(78)	(83)	(93)
19-50.....	453	1832	(31)	1111	1245	1493	1799	2136	2466	2674
51+.....	403	1749	(38)	1035*	1169	1419	1711	2045	2378	2578*
19+.....	856	1803	(31)	1080	1217	1466	1768	2104	2437	2645
				(28)	(28)	(28)	(31)	(36)	(44)	(52)
				(29)	(29)	(31)	(37)	(45)	(54)	(63)
				(27)	(27)	(27)	(31)	(37)	(46)	(53)
All:										
1+.....	2634	2027	(35)	1138	1285	1566	1941	2400	2889	3214
				(25)	(26)	(28)	(30)	(41)	(65)	(79)

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

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Table E 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	51.6 (2.0)	32.6* (2.1)	36.1* (2.0)	42.3 (2.0)	50.5 (2.1)	59.4 (2.2)	68.9* (2.5)	74.6* (2.8)
4-8.....	233	60.8 (2.4)	38.7* (2.3)	42.8 (2.3)	50.3 (2.3)	59.5 (2.4)	69.9 (2.7)	80.3 (3.0)	87.1* (3.4)
Males:									
9-13.....	149	69.6 (3.2)	42.2* (3.4)	47.1* (3.5)	56.6 (3.4)	68.2 (3.3)	81.3 (3.4)	93.8* (3.9)	102.3* (4.4)
14-18.....	129	86.2 (2.9)	54.5* (2.5)	60.3* (2.7)	70.7 (2.4)	84.4 (2.8)	99.0 (3.6)	114.9* (4.8)	125.8* (5.9)
19-50.....	457	99.6 (3.0)	59.8 (2.8)	67.1 (2.7)	80.9 (2.7)	97.4 (3.0)	116.3 (3.4)	134.6 (3.8)	146.3 (4.4)
51+.....	370	95.5 (3.0)	56.2* (2.5)	63.8 (2.5)	77.1 (2.6)	93.6 (3.0)	111.5 (3.6)	129.7 (4.2)	141.6* (4.6)
19+.....	827	98.5 (2.8)	58.8 (2.6)	66.2 (2.6)	79.8 (2.5)	96.4 (2.7)	115.1 (3.2)	133.3 (3.7)	145.1 (4.2)
Females:									
9-13.....	147	67.2 (2.4)	40.3* (2.2)	45.0* (1.9)	54.1 (2.1)	65.6 (2.3)	78.7 (2.9)	91.4* (3.8)	100.0* (4.5)
14-18.....	131	58.6 (3.3)	34.0* (3.6)	38.6* (3.5)	46.9 (3.5)	57.2 (3.5)	68.8 (3.3)	80.8* (3.2)	88.7* (3.7)
19-50.....	453	71.2 (1.4)	43.8 (1.4)	48.9 (1.4)	58.3 (1.3)	70.0 (1.4)	82.8 (1.6)	95.3 (2.0)	103.1 (2.3)
51+.....	403	69.1 (1.4)	41.5* (1.4)	46.8 (1.3)	56.4 (1.3)	67.7 (1.5)	80.5 (1.6)	93.2 (1.8)	100.9* (2.0)
19+.....	856	70.5 (1.3)	42.9 (1.3)	48.2 (1.3)	57.6 (1.2)	69.2 (1.3)	81.9 (1.5)	94.6 (1.9)	102.4 (2.1)
All:									
1+.....	2634	78.5 (1.5)	42.1 (1.1)	47.9 (1.0)	59.1 (0.9)	74.6 (1.4)	93.9 (2.0)	114.7 (2.9)	128.1 (3.4)

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

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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, 2017-March 2020 Prepandemic

	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.....	162	4.20	(0.14)	2.68*	(0.16)	2.96*	(0.15)	3.47	(0.15)	4.13	(0.14)	4.83	(0.15)	5.56*	(0.16)	6.00*	(0.18)	0.87	<3
4-8.....	231	2.62	(0.09)	1.53*	(0.09)	1.73	(0.09)	2.10	(0.09)	2.56	(0.09)	3.07	(0.10)	3.60	(0.12)	3.92*	(0.14)	0.76	<3
Males:																			
9-13.....	149	1.67	(0.05)	0.90*	(0.05)	1.04*	(0.05)	1.31	(0.05)	1.63	(0.06)	2.00	(0.06)	2.35*	(0.07)	2.59*	(0.08)	0.76	<3
14-18.....	126	1.33	(0.03)	0.66*	(0.03)	0.78*	(0.03)	0.99	(0.03)	1.28	(0.03)	1.59	(0.05)	1.95*	(0.07)	2.19*	(0.09)	0.73	8* (1.5)
19-50.....	455	1.39	(0.03)	0.77	(0.03)	0.88	(0.03)	1.10	(0.03)	1.36	(0.03)	1.65	(0.04)	1.93	(0.05)	2.11	(0.06)	0.66	<3
51+.....	368	1.33	(0.03)	0.72*	(0.02)	0.84	(0.02)	1.04	(0.03)	1.30	(0.03)	1.58	(0.04)	1.86	(0.06)	2.04*	(0.07)	0.66	3* (0.6)
19+.....	823	1.37	(0.03)	0.76	(0.02)	0.87	(0.02)	1.08	(0.02)	1.34	(0.03)	1.63	(0.04)	1.92	(0.05)	2.10	(0.06)	0.66	<3
Females:																			
9-13.....	147	1.59	(0.06)	0.84*	(0.06)	0.97*	(0.06)	1.22	(0.05)	1.54	(0.06)	1.91	(0.06)	2.27*	(0.08)	2.51*	(0.09)	0.76	3* (1.2)
14-18.....	130	1.01	(0.06)	0.45*	(0.05)	0.55*	(0.05)	0.73	(0.05)	0.97	(0.06)	1.25	(0.07)	1.54*	(0.08)	1.73*	(0.09)	0.71	23 (4.5)
19-50.....	441	1.14	(0.02)	0.63*	(0.03)	0.72	(0.03)	0.90	(0.02)	1.12	(0.02)	1.36	(0.03)	1.59	(0.03)	1.74*	(0.04)	0.66	6 (1.2)
51+.....	395	1.12	(0.02)	0.60*	(0.03)	0.70	(0.02)	0.88	(0.02)	1.09	(0.02)	1.34	(0.03)	1.58	(0.03)	1.72*	(0.04)	0.66	8 (1.3)
19+.....	836	1.13	(0.02)	0.62	(0.02)	0.71	(0.02)	0.89	(0.02)	1.11	(0.02)	1.35	(0.02)	1.59	(0.03)	1.73	(0.03)	0.66	7 (1.2)
All:																			
1+.....	2604	1.55	(0.03)	0.68	(0.02)	0.80	(0.02)	1.02	(0.02)	1.32	(0.02)	1.74	(0.03)	2.54	(0.08)	3.49	(0.13)		5 (0.5)

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

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Table E 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	187 (7)	122* (4)	134* (4)	156 (5)	184 (6)	214 (8)	246* (10)	265* (12)	100	<3
4-8.....	233	230 (8)	151* (5)	167 (5)	193 (6)	226 (7)	262 (10)	298 (12)	321* (15)	100	<3
Males:											
9-13.....	149	254 (7)	156* (9)	174* (8)	208 (7)	250 (7)	296 (7)	340* (10)	369* (12)	100	<3
14-18.....	129	266 (10)	165* (12)	183* (12)	217 (11)	260 (10)	306 (10)	357* (10)	391* (11)	100	<3
19-50.....	457	289 (8)	153 (6)	177 (6)	224 (7)	280 (8)	346 (9)	411 (11)	453 (12)	100	<3
51+.....	370	282 (8)	148* (7)	174 (7)	218 (7)	275 (8)	337 (9)	402 (11)	444* (12)	100	<3
19+.....	827	287 (7)	152 (6)	176 (6)	222 (6)	279 (7)	344 (9)	409 (10)	451 (12)	100	<3
Females:											
9-13.....	147	246 (6)	150* (7)	167* (6)	200 (5)	241 (6)	287 (8)	332* (12)	362* (14)	100	<3
14-18.....	131	211 (8)	124* (10)	140* (9)	170 (9)	207 (9)	248 (9)	290* (9)	317* (10)	100	<3
19-50.....	453	219 (5)	121 (4)	138 (4)	172 (4)	214 (4)	261 (6)	308 (7)	339 (9)	100	<3
51+.....	403	208 (6)	111* (4)	129 (4)	162 (5)	202 (6)	248 (7)	295 (9)	324* (10)	100	<3
19+.....	856	215 (5)	117 (4)	135 (4)	168 (4)	209 (5)	256 (6)	304 (8)	334 (9)	100	<3
All:											
1+.....	2634	245 (4)	132 (3)	151 (4)	187 (4)	234 (4)	292 (5)	354 (7)	397 (9)	100	<3

NOTES: EAR=Estimated Average Requirement

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

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Table E 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	94 (5)	56* (2)	63* (2)	75 (3)	92 (4)	110 (6)	130* (8)	141* (9)
4-8.....	233	106 (5)	63* (2)	71 (3)	85 (3)	103 (5)	124 (6)	145 (8)	158* (10)
Males:									
9-13.....	149	111 (4)	60* (5)	68* (5)	86 (4)	108 (4)	133 (4)	157* (6)	174* (7)
14-18.....	129	110 (4)	59* (4)	68* (4)	84 (4)	106 (4)	130 (5)	158* (6)	176* (7)
19-50.....	457	117 (4)	41 (2)	52 (3)	75 (3)	107 (4)	149 (6)	194 (7)	225 (8)
51+.....	370	118 (4)	42* (3)	54 (3)	77 (4)	109 (4)	149 (5)	193 (6)	223* (7)
19+.....	827	117 (4)	41 (2)	53 (3)	76 (3)	108 (4)	149 (5)	194 (6)	224 (7)
Females:									
9-13.....	147	108 (4)	58* (4)	66* (4)	83 (4)	105 (4)	130 (5)	155* (7)	172* (9)
14-18.....	131	90 (3)	45* (4)	53* (4)	68 (4)	87 (4)	109 (4)	132* (4)	147* (6)
19-50.....	453	92 (2)	37 (2)	46 (2)	63 (2)	86 (2)	114 (3)	145 (4)	165 (5)
51+.....	403	89 (3)	36* (2)	44 (2)	61 (2)	83 (3)	112 (4)	142 (5)	162* (6)
19+.....	856	91 (2)	37 (2)	45 (2)	62 (2)	85 (2)	113 (3)	144 (4)	164 (5)
All:									
1+.....	2634	104 (2)	42 (1)	53 (1)	72 (2)	97 (2)	128 (3)	163 (4)	189 (5)

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

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Table E 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	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.....	162	11.6	(0.6)	6.1*	(0.5)	7.1*	(0.5)	8.8	(0.5)	11.1	(0.6)	13.8	(0.7)	16.6*	(0.8)	18.4*	(0.9)	19	4*	(1.5)
4-8.....	233	13.6	(0.6)	7.4*	(0.5)	8.5	(0.6)	10.6	(0.6)	13.1	(0.6)	16.1	(0.6)	19.2	(0.6)	21.1*	(0.6)	25	<3	
Males:																				
9-13.....	149	15.4	(0.7)	8.3*	(0.6)	9.5*	(0.6)	11.9	(0.6)	14.9	(0.7)	18.5	(0.8)	21.9*	(1.0)	24.3*	(1.3)	31	<3	
14-18.....	129	15.8	(0.8)	8.5*	(0.7)	9.8*	(0.7)	12.1	(0.7)	15.2	(0.8)	18.7	(0.9)	22.6*	(1.0)	25.3*	(1.2)	38	<3	
19-50.....	457	19.2	(0.4)	9.0	(0.4)	10.7	(0.3)	14.0	(0.3)	18.3	(0.4)	23.6	(0.5)	28.9	(0.7)	32.4	(0.8)	38	<3	
51+.....	370	21.1	(0.6)	10.2*	(0.5)	12.2	(0.5)	15.7	(0.5)	20.3	(0.5)	25.5	(0.7)	31.1	(0.9)	34.8*	(1.1)	30	12	(1.9)
19+.....	827	19.7	(0.4)	9.2	(0.3)	11.0	(0.3)	14.4	(0.3)	18.8	(0.4)	24.1	(0.5)	29.5	(0.7)	33.1	(0.8)		4	(0.7)
Females:																				
9-13.....	147	15.8	(0.7)	8.5*	(0.6)	9.7*	(0.6)	12.1	(0.6)	15.3	(0.7)	18.9	(0.9)	22.6*	(1.1)	25.1*	(1.3)	26	4*	(1.9)
14-18.....	131	13.6	(0.7)	7.0*	(0.7)	8.2*	(0.7)	10.3	(0.7)	13.1	(0.8)	16.3	(0.7)	19.7*	(0.8)	22.0*	(0.9)	26	<3	
19-50.....	453	16.1	(0.5)	7.7	(0.3)	9.1	(0.3)	11.8	(0.4)	15.4	(0.4)	19.6	(0.6)	24.2	(0.7)	27.1	(0.9)	25	8	(1.4)
51+.....	403	17.0	(0.7)	8.3*	(0.5)	9.7	(0.5)	12.6	(0.6)	16.3	(0.7)	20.7	(0.8)	25.4	(0.9)	28.4*	(1.0)	21	24	(3.1)
19+.....	856	16.5	(0.5)	7.9	(0.4)	9.3	(0.4)	12.1	(0.4)	15.7	(0.5)	20.0	(0.6)	24.6	(0.7)	27.6	(0.8)		14	(1.8)
All:																				
1+.....	2634	16.9	(0.3)	7.9	(0.3)	9.3	(0.3)	12.1	(0.3)	15.8	(0.3)	20.6	(0.4)	25.8	(0.5)	29.2	(0.6)		7	(0.7)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	52.0 (2.1)	30.4* (1.2)	34.3* (1.3)	41.4 (1.6)	50.7 (2.0)	60.9 (2.8)	71.6* (3.4)	78.2* (3.7)
4-8.....	233	64.0 (2.2)	38.3* (1.3)	43.2 (1.3)	51.9 (1.6)	62.6 (2.1)	74.7 (2.8)	86.8 (3.7)	94.7* (4.4)
Males:									
9-13.....	149	76.2 (3.1)	44.5* (2.9)	50.2* (2.8)	61.2 (2.8)	74.6 (3.1)	89.6 (3.7)	104.1* (4.4)	113.8* (5.0)
14-18.....	129	86.5 (3.6)	52.3* (3.3)	58.5* (3.5)	69.8 (3.6)	84.6 (3.6)	100.4 (4.3)	117.7* (5.1)	129.5* (5.7)
19-50.....	457	96.2 (2.9)	52.2 (2.2)	60.1 (2.1)	75.0 (2.3)	93.3 (2.8)	114.9 (3.6)	136.0 (4.3)	149.6 (5.0)
51+.....	370	94.6 (3.0)	51.1* (2.0)	59.4 (2.2)	73.9 (2.4)	92.3 (2.9)	112.4 (3.7)	133.2 (4.6)	146.8* (5.0)
19+.....	827	95.8 (2.7)	52.0 (2.0)	59.9 (2.0)	74.8 (2.2)	93.1 (2.7)	114.3 (3.4)	135.3 (4.2)	148.9 (4.9)
Females:									
9-13.....	147	74.5 (2.7)	43.2* (3.1)	48.6* (3.2)	59.3 (2.9)	72.7 (2.8)	87.9 (3.0)	102.6* (3.8)	112.6* (4.6)
14-18.....	131	66.8 (4.3)	37.4* (3.9)	42.9* (3.8)	52.8 (4.2)	65.1 (4.5)	78.9 (4.6)	93.1* (4.9)	102.4* (5.5)
19-50.....	453	73.0 (1.6)	39.9 (1.6)	45.7 (1.7)	56.9 (1.7)	71.1 (1.7)	87.0 (1.8)	103.0 (2.0)	113.3 (2.3)
51+.....	403	70.3 (2.1)	37.5* (1.7)	43.3 (1.8)	54.6 (1.8)	68.1 (2.1)	84.0 (2.3)	100.2 (2.7)	110.0* (3.1)
19+.....	856	72.1 (1.7)	38.9 (1.6)	44.9 (1.7)	56.1 (1.6)	70.0 (1.7)	86.0 (1.8)	102.1 (2.0)	112.2 (2.3)
All:									
1+.....	2634	79.4 (1.6)	40.6 (1.4)	46.9 (1.4)	59.2 (1.4)	75.7 (1.4)	95.6 (1.6)	116.8 (2.4)	131.0 (3.1)

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

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Table E 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	18.8 (0.7)	10.5* (0.5)	12.0* (0.5)	14.6 (0.6)	18.2 (0.7)	22.2 (0.9)	26.4* (1.3)	28.9* (1.4)
4-8.....	233	22.8 (0.9)	13.0* (0.6)	14.8 (0.6)	18.1 (0.7)	22.2 (0.8)	26.9 (1.2)	31.6 (1.6)	34.7* (2.0)
Males:									
9-13.....	149	26.0 (1.1)	14.7* (1.1)	16.7* (1.1)	20.6 (1.1)	25.3 (1.2)	30.7 (1.4)	36.0* (1.7)	39.6* (2.1)
14-18.....	129	29.2 (1.3)	17.1* (1.4)	19.2* (1.4)	23.2 (1.4)	28.5 (1.3)	34.1 (1.6)	40.4* (2.1)	44.8* (2.4)
19-50.....	457	31.2 (0.9)	15.9 (0.7)	18.5 (0.7)	23.6 (0.8)	30.1 (0.9)	37.7 (1.1)	45.3 (1.4)	50.2 (1.7)
51+.....	370	30.2 (1.0)	15.2* (0.7)	18.0 (0.8)	22.9 (0.8)	29.2 (1.0)	36.4 (1.3)	43.8 (1.6)	48.7* (1.8)
19+.....	827	31.0 (0.9)	15.7 (0.7)	18.4 (0.7)	23.5 (0.7)	29.9 (0.9)	37.4 (1.1)	44.9 (1.4)	49.9 (1.6)
Females:									
9-13.....	147	25.8 (1.1)	14.6* (1.2)	16.5* (1.3)	20.3 (1.2)	25.1 (1.1)	30.6 (1.3)	36.0* (1.7)	39.7* (2.0)
14-18.....	131	22.2 (1.4)	12.0* (1.3)	13.8* (1.2)	17.2 (1.3)	21.5 (1.4)	26.4 (1.5)	31.4* (1.7)	34.8* (2.1)
19-50.....	453	23.4 (0.6)	12.6 (0.6)	14.5 (0.6)	18.1 (0.6)	22.7 (0.6)	27.9 (0.6)	33.2 (0.8)	36.6 (0.9)
51+.....	403	22.5 (0.8)	12.0* (0.6)	13.8 (0.6)	17.4 (0.7)	21.7 (0.8)	26.9 (1.0)	32.2 (1.2)	35.5* (1.4)
19+.....	856	23.1 (0.6)	12.4 (0.6)	14.3 (0.6)	17.8 (0.6)	22.3 (0.6)	27.5 (0.7)	32.9 (0.8)	36.3 (0.9)
All:									
1+.....	2634	26.1 (0.5)	13.2 (0.4)	15.3 (0.4)	19.3 (0.4)	24.7 (0.5)	31.4 (0.6)	38.6 (0.8)	43.6 (1.1)

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

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Table E 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Hispanic																	
Males and females:																	
1-3.....	162	16.4	(0.6)	9.6*	(0.3)	10.8*	(0.4)	13.0	(0.4)	16.0	(0.6)	19.2	(0.8)	22.6*	(1.0)	24.7*	(1.1)
4-8.....	233	20.4	(0.7)	12.2*	(0.4)	13.7	(0.4)	16.5	(0.5)	20.0	(0.6)	23.9	(0.9)	27.7	(1.1)	30.3*	(1.4)
Males:																	
9-13.....	149	25.0	(1.0)	14.7*	(1.0)	16.5*	(1.0)	20.1	(1.0)	24.5	(1.0)	29.4	(1.1)	34.1*	(1.3)	37.3*	(1.4)
14-18.....	129	28.4	(1.2)	17.2*	(1.1)	19.3*	(1.1)	22.9	(1.2)	27.8	(1.1)	32.9	(1.4)	38.6*	(1.6)	42.5*	(1.8)
19-50.....	457	33.1	(1.0)	17.6	(0.9)	20.4	(0.8)	25.5	(0.9)	32.0	(1.0)	39.7	(1.2)	47.2	(1.5)	52.2	(1.8)
51+.....	370	32.8	(1.1)	17.5*	(0.9)	20.4	(0.9)	25.4	(0.9)	31.9	(1.1)	39.0	(1.4)	46.5	(1.6)	51.4*	(1.8)
19+.....	827	33.0	(0.9)	17.6	(0.9)	20.4	(0.8)	25.5	(0.8)	32.0	(0.9)	39.5	(1.1)	47.0	(1.4)	52.0	(1.6)
Females:																	
9-13.....	147	24.0	(1.0)	13.9*	(1.0)	15.7*	(1.1)	19.1	(1.0)	23.4	(1.0)	28.3	(1.1)	33.1*	(1.1)	36.3*	(1.4)
14-18.....	131	21.8	(1.4)	12.3*	(1.3)	14.1*	(1.3)	17.3	(1.4)	21.2	(1.5)	25.7	(1.5)	30.3*	(1.6)	33.4*	(1.8)
19-50.....	453	24.8	(0.6)	13.0	(0.5)	15.0	(0.6)	18.9	(0.6)	24.0	(0.6)	29.8	(0.7)	35.8	(0.8)	39.6	(0.9)
51+.....	403	24.1	(0.6)	12.3*	(0.5)	14.4	(0.5)	18.3	(0.6)	23.2	(0.6)	29.0	(0.7)	35.0	(0.7)	38.7*	(0.8)
19+.....	856	24.6	(0.6)	12.7	(0.5)	14.8	(0.5)	18.7	(0.5)	23.7	(0.6)	29.5	(0.6)	35.5	(0.7)	39.3	(0.8)
All:																	
1+.....	2634	26.8	(0.5)	13.2	(0.4)	15.3	(0.4)	19.5	(0.4)	25.4	(0.5)	32.6	(0.6)	40.3	(0.8)	45.4	(1.1)

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

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Table E 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Hispanic										
Males and females:										
1-3.....	162	10.8	(0.5)	5.7*	6.6*	8.2	10.4	13.0	15.7*	17.5*
4-8.....	233	13.9	(0.5)	7.6*	8.7	10.8	13.4	16.5	19.7	21.8*
				(0.2)	(0.2)	(0.3)	(0.4)	(0.6)	(0.8)	(0.9)
				(0.4)	(0.4)	(0.5)	(0.5)	(0.6)	(0.8)	(0.9)
Males:										
9-13.....	149	17.5	(0.8)	9.9*	11.2*	13.7	17.0	20.8	24.5*	27.1*
14-18.....	129	19.4	(0.9)	11.1*	12.5*	15.2	18.7	22.7	27.2*	30.4*
				(0.9)	(0.9)	(0.8)	(0.8)	(0.9)	(1.1)	(1.4)
				(1.2)	(1.2)	(1.1)	(1.0)	(1.0)	(1.1)	(1.4)
19-50.....	457	21.6	(0.9)	11.2	13.0	16.4	20.8	26.0	31.3	34.8
51+.....	370	22.1	(0.9)	11.5*	13.4	16.8	21.3	26.4	31.8	35.4*
19+.....	827	21.8	(0.8)	11.3	13.1	16.5	20.9	26.1	31.5	35.0
				(0.7)	(0.7)	(0.7)	(0.8)	(1.0)	(1.2)	(1.5)
Females:										
9-13.....	147	17.3	(0.6)	9.7*	10.9*	13.4	16.7	20.5	24.3*	27.0*
14-18.....	131	16.1	(1.0)	8.9*	10.1*	12.5	15.5	19.0	22.8*	25.3*
				(0.6)	(0.6)	(0.5)	(0.6)	(0.9)	(1.3)	(1.7)
				(1.1)	(1.1)	(1.1)	(1.1)	(1.1)	(1.2)	(1.4)
19-50.....	453	17.2	(0.5)	8.7	10.1	12.8	16.5	20.8	25.3	28.2
51+.....	403	16.5	(0.4)	8.2*	9.5	12.3	15.7	20.0	24.5	27.3*
19+.....	856	17.0	(0.4)	8.5	9.9	12.6	16.2	20.5	25.0	28.0
				(0.3)	(0.3)	(0.4)	(0.4)	(0.5)	(0.6)	(0.7)
All:										
1+.....	2634	18.2	(0.4)	8.6	10.1	13.2	17.2	22.2	27.4	30.9
				(0.2)	(0.2)	(0.3)	(0.4)	(0.5)	(0.7)	(0.9)

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

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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, 2017-March 2020 Prepandemic

			Percentiles							>AI	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Hispanic											
Males and females:											
1-3.....	162	9.7 (0.4)	5.1* (0.2)	5.9* (0.2)	7.3 (0.3)	9.3 (0.4)	11.6 (0.6)	14.1* (0.7)	15.7* (0.8)	7	79 (3.2)
4-8.....	233	12.5 (0.5)	6.8* (0.4)	7.8 (0.4)	9.6 (0.4)	12.0 (0.5)	14.8 (0.6)	17.7 (0.7)	19.5* (0.8)	10	72 (4.4)
Males:											
9-13.....	149	15.8 (0.7)	8.9* (0.8)	10.0* (0.7)	12.4 (0.7)	15.3 (0.7)	18.8 (0.8)	22.2* (1.0)	24.6* (1.2)	12	78 (4.9)
14-18.....	129	17.3 (1.0)	9.9* (1.1)	11.1* (1.1)	13.5 (1.1)	16.8 (1.0)	20.3 (1.0)	24.4* (1.0)	27.3* (1.2)	16	56 (8.3)
19-50.....	457	19.1 (0.8)	9.9 (0.7)	11.5 (0.7)	14.5 (0.7)	18.4 (0.8)	23.0 (1.0)	27.7 (1.2)	30.8 (1.4)	17	59 (4.6)
51+.....	370	19.4 (0.8)	10.1* (0.5)	11.8 (0.6)	14.8 (0.6)	18.8 (0.7)	23.2 (1.0)	28.0 (1.3)	31.2* (1.5)	14	80 (3.1)
19+.....	827	19.2 (0.7)	10.0 (0.6)	11.6 (0.6)	14.6 (0.6)	18.5 (0.7)	23.0 (0.9)	27.8 (1.1)	30.9 (1.3)		64 (4.1)
Females:											
9-13.....	147	15.5 (0.5)	8.6* (0.5)	9.7* (0.5)	12.0 (0.4)	15.0 (0.5)	18.4 (0.8)	21.9* (1.2)	24.4* (1.5)	10	89* (2.5)
14-18.....	131	14.4 (1.0)	7.8* (1.0)	9.0* (1.0)	11.1 (1.0)	13.9 (1.0)	17.1 (1.0)	20.5* (1.1)	22.8* (1.2)	11	76 (7.7)
19-50.....	453	15.2 (0.5)	7.5 (0.3)	8.8 (0.4)	11.3 (0.4)	14.5 (0.5)	18.4 (0.6)	22.4 (0.6)	25.1 (0.7)	12	70 (3.3)
51+.....	403	14.5 (0.4)	7.0* (0.3)	8.2 (0.3)	10.7 (0.3)	13.8 (0.4)	17.6 (0.5)	21.6 (0.6)	24.1* (0.7)	11	73 (2.6)
19+.....	856	14.9 (0.4)	7.3 (0.3)	8.6 (0.3)	11.1 (0.3)	14.3 (0.4)	18.1 (0.5)	22.2 (0.6)	24.8 (0.7)		71 (2.7)
All:											
1+.....	2634	16.1 (0.3)	7.6 (0.2)	9.0 (0.2)	11.6 (0.2)	15.3 (0.2)	19.7 (0.3)	24.3 (0.6)	27.4 (0.7)		70 (1.8)

NOTES: AI=Adequate Intake

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

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Table E 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	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.....	162	0.98	(0.05)	0.50*	(0.03)	0.58*	(0.03)	0.73	(0.03)	0.93	(0.04)	1.18	(0.06)	1.45*	(0.08)	1.63*	(0.10)	0.7	78	(4.0)
4-8.....	233	1.24	(0.05)	0.65*	(0.03)	0.74	(0.03)	0.93	(0.04)	1.18	(0.05)	1.48	(0.07)	1.80	(0.09)	2.02*	(0.10)	0.9	78	(3.8)
Males:																				
9-13.....	149	1.41	(0.06)	0.80*	(0.06)	0.90*	(0.06)	1.11	(0.06)	1.37	(0.06)	1.67	(0.08)	1.97*	(0.09)	2.18*	(0.11)	1.2	67	(5.6)
14-18.....	129	1.65	(0.11)	0.97*	(0.11)	1.08*	(0.12)	1.30	(0.12)	1.60	(0.11)	1.93	(0.11)	2.31*	(0.10)	2.58*	(0.12)	1.6	50	(9.6)
19-50.....	457	2.01	(0.08)	0.97	(0.09)	1.13	(0.08)	1.46	(0.08)	1.90	(0.08)	2.45	(0.09)	3.02	(0.11)	3.41	(0.14)	1.6	67	(4.8)
51+.....	370	2.12	(0.10)	1.04*	(0.08)	1.23	(0.08)	1.57	(0.08)	2.03	(0.09)	2.56	(0.13)	3.15	(0.18)	3.55*	(0.21)	1.6	73	(4.2)
19+.....	827	2.04	(0.07)	0.98	(0.09)	1.15	(0.08)	1.49	(0.08)	1.93	(0.08)	2.48	(0.08)	3.05	(0.12)	3.44	(0.15)	1.6	69	(4.4)
Females:																				
9-13.....	147	1.48	(0.05)	0.85*	(0.06)	0.95*	(0.05)	1.16	(0.05)	1.43	(0.05)	1.75	(0.07)	2.07*	(0.10)	2.30*	(0.13)	1	87*	(3.2)
14-18.....	131	1.42	(0.11)	0.80*	(0.11)	0.91*	(0.11)	1.11	(0.12)	1.37	(0.12)	1.67	(0.12)	1.99*	(0.11)	2.21*	(0.13)	1.1	76	(9.4)
19-50.....	453	1.64	(0.05)	0.82	(0.04)	0.95	(0.04)	1.21	(0.04)	1.56	(0.05)	1.99	(0.06)	2.45	(0.08)	2.76	(0.10)	1.1	82	(2.6)
51+.....	403	1.64	(0.04)	0.81*	(0.04)	0.94	(0.04)	1.21	(0.03)	1.56	(0.04)	1.98	(0.05)	2.45	(0.08)	2.76*	(0.09)	1.1	82	(2.0)
19+.....	856	1.64	(0.04)	0.82	(0.04)	0.95	(0.04)	1.21	(0.04)	1.56	(0.04)	1.99	(0.05)	2.45	(0.07)	2.76	(0.09)	1.1	82	(2.3)
All:																				
1+.....	2634	1.69	(0.04)	0.77	(0.02)	0.91	(0.02)	1.19	(0.03)	1.57	(0.03)	2.06	(0.05)	2.61	(0.06)	2.98	(0.08)		75	(2.1)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles						
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic										
Males and females:										
1-3.....	162	0.01	(0.001)	#	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)	0.01* (0.002)
4-8.....	233	0.01	(0.001)	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02* (0.001)
Males:										
9-13.....	149	0.01	(0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02* (0.003)	0.02* (0.003)
14-18.....	129	0.02	(0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03* (0.003)	0.03* (0.004)
19-50.....	457	0.02	(0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04 (0.005)
51+.....	370	0.02	(0.003)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.005)	0.05* (0.006)
19+.....	827	0.02	(0.002)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.04 (0.005)
Females:										
9-13.....	147	0.01	(0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02* (0.003)	0.03* (0.004)
14-18.....	131	0.01	(0.001)	#	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)	0.02* (0.002)
19-50.....	453	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.004)	0.03 (0.006)
51+.....	403	0.02	(0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04* (0.004)
19+.....	856	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.004)	0.04 (0.005)
All:										
1+.....	2634	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	0.02 (0.002)	#	#	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03* (0.005)	0.04* (0.007)
4-8.....	233	0.02 (0.002)	#	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.007)
Males:									
9-13.....	149	0.02 (0.004)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.005)	0.03* (0.008)	0.04* (0.009)
14-18.....	129	0.02 (0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.008)	0.05* (0.011)
19-50.....	457	0.05 (0.005)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.11 (0.012)	0.15 (0.018)
51+.....	370	0.07 (0.008)	0.01* (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.09 (0.010)	0.15 (0.017)	0.20* (0.025)
19+.....	827	0.06 (0.005)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.12 (0.012)	0.16 (0.019)
Females:									
9-13.....	147	0.02 (0.003)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.004)	0.04* (0.006)	0.04* (0.007)
14-18.....	131	0.02 (0.003)	#	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03* (0.006)	0.04* (0.008)
19-50.....	453	0.05 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.06 (0.007)	0.10 (0.012)	0.13 (0.016)
51+.....	403	0.05 (0.006)	0.01* (0.001)	0.01 (0.001)	0.02 (0.002)	0.04 (0.004)	0.06 (0.007)	0.11 (0.015)	0.15* (0.022)
19+.....	856	0.05 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.06 (0.006)	0.10 (0.012)	0.14 (0.017)
All:									
1+.....	2634	0.04 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.03 (0.002)	0.05 (0.003)	0.09 (0.005)	0.13 (0.008)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	208 (13)	85* (11)	102* (11)	137 (12)	190 (14)	258 (16)	340* (21)	395* (26)
4-8.....	233	235 (19)	96* (10)	115 (10)	157 (13)	215 (17)	291 (24)	379 (32)	441* (40)
Males:									
9-13.....	149	229 (12)	105* (12)	124* (13)	164 (13)	217 (13)	282 (15)	348* (17)	395* (20)
14-18.....	129	287 (11)	139* (10)	163* (10)	208 (9)	272 (10)	346 (15)	432* (22)	495* (28)
19-50.....	457	404 (17)	180 (13)	216 (13)	288 (15)	382 (17)	498 (21)	619 (25)	700 (29)
51+.....	370	399 (20)	177* (15)	215 (17)	285 (18)	378 (20)	489 (24)	610 (28)	691* (30)
19+.....	827	402 (17)	179 (13)	216 (14)	287 (15)	381 (17)	496 (21)	617 (24)	698 (28)
Females:									
9-13.....	147	232 (10)	106* (9)	125* (9)	165 (9)	219 (10)	285 (13)	354* (18)	404* (23)
14-18.....	131	203 (11)	89* (12)	108* (11)	143 (12)	191 (12)	249 (12)	314* (15)	359* (19)
19-50.....	453	287 (14)	129 (9)	153 (10)	203 (11)	271 (13)	354 (18)	442 (25)	501 (29)
51+.....	403	285 (10)	126* (8)	151 (8)	202 (8)	268 (9)	351 (12)	441 (18)	499* (21)
19+.....	856	286 (12)	127 (8)	153 (9)	203 (9)	270 (11)	353 (16)	442 (22)	500 (26)
All:									
1+.....	2634	310 (8)	120 (8)	146 (8)	202 (7)	283 (7)	389 (11)	509 (16)	591 (21)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	558	(33)	272*	320*	410	533	675	832*	932*	210	<3
4-8.....	233	567	(32)	275*	323	418	541	688	845	946*	275	5* (2.4)
Males:												
9-13.....	149	602	(44)	254*	306*	416	565	749	941*	1078*	445	30 (6.5)
14-18.....	129	553	(29)	228*	276*	372	514	682	884*	1034*	630	69 (4.7)
19-50.....	457	581	(33)	218	269	380	533	733	954	1105	625	63 (4.7)
51+.....	370	639	(46)	247*	306	425	591	801	1031	1197*	625	55 (6.1)
19+.....	827	596	(36)	224	278	390	547	752	977	1131	625	61 (5.0)
Females:												
9-13.....	147	581	(41)	242*	291*	395	542	726	920*	1060*	420	29 (5.0)
14-18.....	131	461	(27)	178*	221*	307	427	578	748*	868*	485	61 (5.2)
19-50.....	453	571	(27)	243	291	391	531	706	903	1036	500	45 (4.3)
51+.....	403	609	(25)	258*	312	419	566	753	966	1108*	500	39 (3.9)
19+.....	856	584	(22)	247	297	400	543	723	926	1060	500	43 (3.3)
All:												
1+.....	2634	579	(17)	236	288	393	537	720	923	1064		45 (2.7)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						UL	>UL	
				5th	10th	25th	50th	75th	90th	95th		%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	162	457	(34)	221*	260*	334	438	555	682*	761*	600	18
4-8.....	233	477	(25)	229*	271	352	456	579	708	791*	900	<3
				(19)	(20)	(25)	(32)	(42)	(53)	(60)		(5.4)
				(22)	(23)	(22)	(24)	(31)	(39)	(48)		
Males:												
9-13.....	149	504	(38)	196*	240*	337	469	635	808*	933*	1700	<3
14-18.....	129	449	(26)	168*	208*	290	413	561	741*	875*	2800	<3
				(17)	(18)	(20)	(24)	(34)	(46)	(54)		
19-50.....	457	395	(23)	133	169	247	358	505	668	782	3000	<3
51+.....	370	426	(36)	146*	187	270	388	541	711	834*	3000	<3
19+.....	827	403	(27)	136	174	253	366	515	681	796	3000	<3
				(15)	(17)	(17)	(24)	(34)	(48)	(58)		
Females:												
9-13.....	147	466	(35)	175*	216*	304	430	590	761*	885*	1700	<3
14-18.....	131	349	(27)	116*	150*	219	318	444	589*	692*	2800	<3
				(16)	(18)	(22)	(27)	(33)	(40)	(46)		
19-50.....	453	368	(17)	154	186	252	344	458	582	666	3000	<3
51+.....	403	365	(16)	150*	183	249	340	454	583	669*	3000	<3
19+.....	856	367	(16)	152	185	251	343	457	582	667	3000	<3
				(14)	(14)	(13)	(15)	(22)	(30)	(35)		
All:												
1+.....	2634	407	(13)	151	189	266	375	512	664	767		<3
				(8)	(9)	(10)	(13)	(18)	(22)	(27)		

NOTES: UL=Tolerable Upper Intake Level

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

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Table E 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	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.....	162	1.18	(0.05)	0.74*	(0.04)	0.82*	(0.04)	0.96	(0.04)	1.15	(0.05)	1.36	(0.06)	1.58*	(0.06)	1.71*	(0.07)	0.4	<3
4-8.....	233	1.47	(0.05)	0.93*	(0.04)	1.03	(0.04)	1.21	(0.05)	1.44	(0.05)	1.69	(0.06)	1.95	(0.08)	2.11*	(0.09)	0.5	<3
Males:																			
9-13.....	149	1.65	(0.06)	0.92*	(0.07)	1.05*	(0.06)	1.29	(0.06)	1.60	(0.06)	1.96	(0.07)	2.32*	(0.09)	2.57*	(0.11)	0.7	<3
14-18.....	129	1.74	(0.07)	0.98*	(0.08)	1.11*	(0.08)	1.35	(0.08)	1.68	(0.07)	2.04	(0.08)	2.46*	(0.09)	2.75*	(0.10)	1	5* (2.7)
19-50.....	457	1.83	(0.05)	1.04	(0.05)	1.18	(0.05)	1.44	(0.05)	1.77	(0.05)	2.16	(0.07)	2.55	(0.09)	2.81	(0.11)	1	4* (1.1)
51+.....	370	1.85	(0.06)	1.05*	(0.05)	1.20	(0.05)	1.46	(0.05)	1.79	(0.06)	2.17	(0.07)	2.57	(0.09)	2.84*	(0.10)	1	4* (1.1)
19+.....	827	1.83	(0.05)	1.04	(0.05)	1.18	(0.04)	1.44	(0.04)	1.78	(0.05)	2.16	(0.06)	2.56	(0.09)	2.82	(0.10)	1	4 (1.0)
Females:																			
9-13.....	147	1.55	(0.05)	0.85*	(0.06)	0.97*	(0.06)	1.19	(0.05)	1.49	(0.05)	1.85	(0.06)	2.20*	(0.08)	2.45*	(0.10)	0.7	<3
14-18.....	131	1.26	(0.06)	0.66*	(0.06)	0.77*	(0.06)	0.96	(0.07)	1.21	(0.07)	1.50	(0.07)	1.82*	(0.08)	2.03*	(0.09)	0.9	20 (5.1)
19-50.....	453	1.36	(0.03)	0.77	(0.03)	0.87	(0.03)	1.07	(0.02)	1.31	(0.03)	1.60	(0.04)	1.89	(0.05)	2.08	(0.07)	0.9	12 (1.6)
51+.....	403	1.33	(0.04)	0.75*	(0.03)	0.85	(0.03)	1.05	(0.03)	1.28	(0.03)	1.57	(0.05)	1.86	(0.06)	2.05*	(0.07)	0.9	13 (1.9)
19+.....	856	1.35	(0.03)	0.77	(0.03)	0.87	(0.03)	1.06	(0.02)	1.30	(0.03)	1.59	(0.04)	1.88	(0.05)	2.07	(0.06)	0.9	12 (1.6)
All:																			
1+.....	2634	1.55	(0.03)	0.83	(0.02)	0.95	(0.02)	1.18	(0.03)	1.48	(0.03)	1.85	(0.04)	2.25	(0.05)	2.52	(0.06)		7 (0.9)

NOTES: EAR=Estimated Average Requirement

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

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Table E 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

	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.....	162	1.59	(0.08)	1.01*	(0.05)	1.11*	(0.06)	1.30	(0.06)	1.55	(0.08)	1.83	(0.09)	2.11*	(0.11)	2.29*	(0.13)	0.4	<3
4-8.....	233	1.78	(0.08)	1.13*	(0.05)	1.25	(0.05)	1.47	(0.06)	1.74	(0.08)	2.05	(0.10)	2.35	(0.12)	2.55*	(0.14)	0.5	<3
Males:																			
9-13.....	149	1.85	(0.07)	1.00*	(0.07)	1.14*	(0.07)	1.43	(0.07)	1.79	(0.07)	2.21	(0.09)	2.63*	(0.12)	2.93*	(0.14)	0.8	<3
14-18.....	129	1.99	(0.07)	1.10*	(0.08)	1.25*	(0.08)	1.53	(0.07)	1.92	(0.07)	2.35	(0.08)	2.84*	(0.09)	3.20*	(0.11)	1.1	5* (2.0)
19-50.....	457	2.27	(0.08)	1.02	(0.05)	1.21	(0.05)	1.59	(0.05)	2.11	(0.07)	2.79	(0.11)	3.51	(0.17)	4.02	(0.22)	1.1	7 (1.4)
51+.....	370	2.22	(0.08)	1.00*	(0.07)	1.20	(0.07)	1.58	(0.07)	2.09	(0.08)	2.71	(0.11)	3.41	(0.15)	3.90*	(0.19)	1.1	7 (1.6)
19+.....	827	2.25	(0.08)	1.01	(0.06)	1.21	(0.05)	1.59	(0.05)	2.11	(0.07)	2.77	(0.11)	3.49	(0.16)	3.99	(0.21)	1.1	7 (1.4)
Females:																			
9-13.....	147	1.79	(0.07)	0.96*	(0.06)	1.09*	(0.06)	1.36	(0.06)	1.72	(0.07)	2.14	(0.09)	2.57*	(0.12)	2.87*	(0.15)	0.8	<3
14-18.....	131	1.45	(0.06)	0.74*	(0.07)	0.86*	(0.06)	1.09	(0.06)	1.39	(0.06)	1.74	(0.07)	2.12*	(0.08)	2.38*	(0.10)	0.9	12* (3.5)
19-50.....	453	1.65	(0.04)	0.90	(0.03)	1.03	(0.03)	1.27	(0.03)	1.59	(0.04)	1.96	(0.04)	2.35	(0.06)	2.61	(0.07)	0.9	5 (1.0)
51+.....	403	1.67	(0.04)	0.90*	(0.03)	1.03	(0.03)	1.29	(0.03)	1.60	(0.04)	1.98	(0.05)	2.38	(0.06)	2.63*	(0.08)	0.9	5* (0.9)
19+.....	856	1.66	(0.03)	0.90	(0.03)	1.03	(0.03)	1.28	(0.03)	1.60	(0.03)	1.97	(0.04)	2.36	(0.06)	2.62	(0.07)	0.9	5 (0.9)
All:																			
1+.....	2634	1.89	(0.03)	0.95	(0.02)	1.10	(0.02)	1.38	(0.02)	1.76	(0.03)	2.25	(0.04)	2.84	(0.07)	3.31	(0.12)		5 (0.7)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	14.0	(0.6)	8.4*	(0.3)	9.4*	(0.4)	11.2	(0.4)	13.7	(0.5)	16.4	(0.7)	19.2*	(0.8)	21.0*	(0.9)	5	<3
4-8.....	233	18.6	(0.6)	11.5*	(0.5)	12.8	(0.5)	15.2	(0.5)	18.2	(0.6)	21.5	(0.7)	24.9	(0.8)	27.1*	(0.9)	6	<3
Males:																			
9-13.....	149	22.1	(0.8)	12.4*	(0.8)	14.1*	(0.8)	17.3	(0.8)	21.4	(0.8)	26.2	(0.9)	30.8*	(1.1)	34.0*	(1.2)	9	<3
14-18.....	129	27.0	(0.6)	15.8*	(0.8)	17.8*	(0.8)	21.4	(0.7)	26.2	(0.6)	31.5	(0.8)	37.5*	(1.1)	41.6*	(1.3)	12	<3
19-50.....	457	32.5	(1.0)	16.7	(0.9)	19.3	(0.8)	24.4	(0.8)	31.0	(0.9)	39.1	(1.3)	47.6	(1.9)	53.3	(2.4)	12	<3
51+.....	370	28.8	(0.9)	14.3*	(0.8)	16.7	(0.8)	21.3	(0.7)	27.5	(0.8)	34.7	(1.2)	42.6	(1.7)	48.0*	(2.1)	12	<3
19+.....	827	31.5	(0.9)	16.0	(0.8)	18.5	(0.7)	23.5	(0.7)	30.1	(0.8)	38.1	(1.2)	46.5	(1.8)	52.2	(2.3)	12	<3
Females:																			
9-13.....	147	21.1	(0.7)	11.7*	(0.7)	13.2*	(0.7)	16.4	(0.7)	20.4	(0.7)	25.1	(0.8)	29.8*	(1.1)	33.0*	(1.3)	9	<3
14-18.....	131	18.7	(1.0)	10.1*	(0.9)	11.6*	(0.9)	14.4	(1.0)	18.0	(1.0)	22.2	(1.1)	26.7*	(1.2)	29.6*	(1.3)	11	8* (2.9)
19-50.....	453	21.3	(0.5)	12.5	(0.5)	14.1	(0.5)	17.1	(0.5)	20.8	(0.5)	25.0	(0.6)	29.3	(0.7)	32.1	(0.9)	11	<3
51+.....	403	19.8	(0.7)	11.4*	(0.6)	12.9	(0.6)	15.8	(0.7)	19.2	(0.7)	23.3	(0.9)	27.5	(1.1)	30.1*	(1.3)	11	4* (1.4)
19+.....	856	20.8	(0.6)	12.1	(0.5)	13.7	(0.5)	16.6	(0.5)	20.2	(0.6)	24.5	(0.6)	28.7	(0.8)	31.5	(1.0)	11	<3
All:																			
1+.....	2634	24.3	(0.4)	11.9	(0.3)	13.7	(0.3)	17.2	(0.3)	22.3	(0.3)	29.1	(0.5)	37.7	(1.0)	43.8	(1.5)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	162	1.38 (0.05)	0.86* (0.05)	0.95* (0.05)	1.13 (0.05)	1.35 (0.05)	1.60 (0.06)	1.86* (0.08)	2.02* (0.09)	0.4	<3	30	<3	
4-8.....	233	1.57 (0.05)	0.99* (0.05)	1.09 (0.05)	1.29 (0.05)	1.54 (0.05)	1.82 (0.06)	2.10 (0.08)	2.28* (0.10)	0.5	<3	40	<3	
Males:														
9-13.....	149	1.71 (0.11)	0.85* (0.08)	0.98* (0.09)	1.26 (0.10)	1.63 (0.11)	2.08 (0.14)	2.54* (0.18)	2.88* (0.22)	0.8	4* (2.3)	60	<3	
14-18.....	129	2.02 (0.07)	1.03* (0.07)	1.19* (0.06)	1.49 (0.07)	1.91 (0.07)	2.41 (0.09)	3.00* (0.12)	3.44* (0.16)	1.1	7* (2.4)	80	<3	
19-50.....	457	2.67 (0.11)	1.12 (0.08)	1.34 (0.07)	1.81 (0.07)	2.46 (0.09)	3.31 (0.16)	4.26 (0.24)	4.93 (0.32)	1.1	5* (1.5)	100	<3	
51+.....	370	2.50 (0.09)	1.03* (0.08)	1.26 (0.08)	1.69 (0.07)	2.30 (0.08)	3.08 (0.13)	3.99 (0.22)	4.63* (0.27)	1.4	14 (2.6)	100	<3	
19+.....	827	2.62 (0.10)	1.10 (0.08)	1.32 (0.07)	1.77 (0.07)	2.42 (0.08)	3.25 (0.14)	4.19 (0.22)	4.86 (0.29)		7 (1.6)	100	<3	
Females:														
9-13.....	147	1.73 (0.13)	0.86* (0.08)	0.99* (0.08)	1.26 (0.10)	1.64 (0.12)	2.10 (0.16)	2.59* (0.20)	2.94* (0.23)	0.8	4* (1.8)	60	<3	
14-18.....	131	1.45 (0.11)	0.69* (0.07)	0.82* (0.07)	1.05 (0.09)	1.37 (0.11)	1.76 (0.13)	2.19* (0.16)	2.49* (0.18)	1	22 (5.4)	80	<3	
19-50.....	453	1.80 (0.05)	0.95 (0.05)	1.09 (0.05)	1.37 (0.05)	1.73 (0.05)	2.16 (0.07)	2.61 (0.09)	2.92 (0.11)	1.1	10 (2.2)	100	<3	
51+.....	403	1.76 (0.07)	0.92* (0.05)	1.06 (0.05)	1.34 (0.06)	1.68 (0.07)	2.11 (0.09)	2.56 (0.11)	2.86* (0.13)	1.3	23 (3.5)	100	<3	
19+.....	856	1.79 (0.05)	0.94 (0.04)	1.08 (0.04)	1.36 (0.05)	1.71 (0.05)	2.14 (0.07)	2.60 (0.09)	2.89 (0.11)		15 (2.4)	100	<3	
All:														
1+.....	2634	2.03 (0.03)	0.94 (0.02)	1.09 (0.02)	1.38 (0.02)	1.81 (0.03)	2.42 (0.04)	3.25 (0.09)	3.90 (0.16)		9 (0.9)		<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	343	(21)	190*	216*	264	331	406	490*	541*	120	<3
4-8.....	233	469	(23)	268*	302	369	453	552	655	723*	160	<3
Males:												
9-13.....	149	526	(23)	261*	302*	388	500	637	779*	881*	250	4*
14-18.....	129	548	(27)	275*	318*	401	519	657	821*	941*	330	12*
				(19)	(17)	(19)	(22)	(31)	(44)	(58)		(1.5)
				(24)	(25)	(25)	(27)	(33)	(45)	(57)		(4.1)
19-50.....	457	579	(16)	299	345	434	552	696	846	945	320	7
51+.....	370	563	(18)	288*	336	423	539	675	823	924*	320	8
19+.....	827	575	(15)	296	343	431	549	690	841	940	320	7
				(16)	(16)	(15)	(14)	(19)	(27)	(35)		(1.6)
Females:												
9-13.....	147	503	(27)	247*	286*	366	476	611	753*	855*	250	5*
14-18.....	131	408	(20)	192*	227*	294	384	495	619*	706*	330	35
				(16)	(16)	(17)	(20)	(24)	(32)	(39)		(5.0)
19-50.....	453	431	(10)	228	262	326	413	516	625	697	320	23
51+.....	403	404	(12)	210*	242	305	385	484	590	659*	320	30
19+.....	856	421	(10)	221	254	318	403	505	613	685	320	26
				(8)	(8)	(8)	(9)	(13)	(19)	(24)		(2.0)
				(9)	(9)	(10)	(12)	(16)	(22)	(27)		(2.9)
				(8)	(8)	(8)	(9)	(13)	(19)	(24)		(2.1)
All:												
1+.....	2634	488	(9)	237	276	353	459	592	737	838		14
				(7)	(7)	(7)	(8)	(11)	(17)	(22)		(1.1)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						UL	>UL	
				5th	10th	25th	50th	75th	90th	95th		%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Hispanic												
Males and females:												
1-3.....	162	129	(11)	55*	67*	89	122	160	203*	230*	300	<3
4-8.....	233	191	(11)	90*	106	139	182	233	288	324*	400	<3
Males:												
9-13.....	149	214	(13)	85*	104*	144	199	269	341*	393*	600	<3
14-18.....	129	216	(17)	86*	105*	143	200	267	348*	409*	800	<3
19-50.....	457	202	(7)	70	89	128	184	257	338	394	1000	<3
51+.....	370	183	(13)	62*	80	116	167	233	308	360*	1000	<3
19+.....	827	197	(8)	68	86	124	180	251	330	386	1000	<3
Females:												
9-13.....	147	200	(12)	78*	95*	132	185	252	324*	376*	600	<3
14-18.....	131	154	(9)	54*	69*	99	141	195	257*	301*	800	<3
19-50.....	453	144	(6)	50	63	91	131	183	241	281	1000	<3
51+.....	403	125	(5)	41*	52	77	113	160	214	251*	1000	<3
19+.....	856	137	(5)	46	59	86	125	175	233	272	1000	<3
All:												
1+.....	2634	173	(6)	58	73	107	156	220	293	344		<3

NOTES: UL=Tolerable Upper Intake Level

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Hispanic										
Males and females:										
1-3.....	162	119	(6)	66*	75*	92	115	141	170*	188*
4-8.....	233	140	(6)	78*	89	109	135	165	197	217*
				(5)	(5)	(6)	(6)	(7)	(9)	(10)
				(4)	(5)	(5)	(6)	(7)	(9)	(11)
Males:										
9-13.....	149	164	(8)	95*	106*	129	159	193	228*	253*
14-18.....	129	176	(8)	103*	115*	138	170	206	247*	277*
				(7)	(7)	(7)	(8)	(10)	(13)	(17)
19-50.....	457	240	(7)	120	140	179	229	291	354	398
51+.....	370	259	(5)	132*	155	196	250	311	378	422*
19+.....	827	245	(6)	123	143	183	234	296	361	404
				(6)	(5)	(5)	(5)	(7)	(9)	(11)
Females:										
9-13.....	147	163	(8)	94*	105*	127	157	192	228*	253*
14-18.....	131	144	(8)	82*	92*	113	139	170	203*	226*
				(6)	(6)	(7)	(8)	(10)	(15)	(17)
19-50.....	453	188	(5)	91	107	137	178	229	284	320
51+.....	403	197	(6)	96*	112	144	186	238	295	332*
19+.....	856	191	(5)	92	108	140	181	232	288	325
				(4)	(4)	(4)	(5)	(5)	(7)	(8)
All:										
1+.....	2634	197	(4)	91	106	137	182	242	308	352
				(3)	(3)	(3)	(4)	(5)	(6)	(7)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	238	(12)	133*	150*	182	228	281	341*	379*	200	65	1000	<3
4-8.....	233	248	(12)	137*	155	191	237	293	354	395*	250	43	1000	<3
Males:														
9-13.....	149	257	(11)	144*	163*	201	249	305	361*	399*	375	8*	2000	<3
14-18.....	129	306	(11)	177*	199*	240	296	358	428*	479*	550	<3	3000	<3
19-50.....	457	409	(14)	214	247	312	394	490	588	650	550	15	3500	<3
51+.....	370	426	(16)	225*	262	328	412	507	606	671*	550	17	3500	<3
19+.....	827	413	(14)	217	251	317	399	495	593	656	550	15	3500	<3
Females:														
9-13.....	147	249	(9)	139*	157*	193	240	296	353*	392*	375	7*	2000	<3
14-18.....	131	213	(11)	115*	132*	164	205	253	305*	340*	400	<3	3000	<3
19-50.....	453	294	(8)	166	188	231	285	349	413	455	425	8	3500	<3
51+.....	403	303	(8)	170*	193	238	293	358	425	466*	425	10	3500	<3
19+.....	856	297	(7)	167	190	233	288	352	418	460	425	9	3500	<3
All:														
1+.....	2634	323	(4)	157	182	232	301	392	495	564		16		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	4.10	(0.27)	2.25*	(0.23)	2.57*	(0.24)	3.17	(0.25)	3.97	(0.28)	4.86	(0.30)	5.82*	(0.36)	6.42*	(0.40)	0.7	<3
4-8.....	233	4.35	(0.25)	2.36*	(0.16)	2.72	(0.18)	3.38	(0.21)	4.21	(0.25)	5.17	(0.30)	6.17	(0.37)	6.81*	(0.44)	1	<3
Males:																			
9-13.....	149	4.99	(0.44)	2.13*	(0.24)	2.55*	(0.26)	3.45	(0.33)	4.66	(0.42)	6.19	(0.54)	7.80*	(0.68)	8.96*	(0.82)	1.5	<3
14-18.....	129	5.70	(0.36)	2.52*	(0.21)	3.00*	(0.22)	3.94	(0.26)	5.32	(0.34)	6.96	(0.44)	8.94*	(0.60)	10.41*	(0.74)	2	<3
19-50.....	457	5.85	(0.25)	2.05	(0.20)	2.56	(0.20)	3.68	(0.19)	5.27	(0.22)	7.41	(0.35)	9.84	(0.56)	11.53	(0.75)	2	5* (1.4)
51+.....	370	5.38	(0.24)	1.84*	(0.20)	2.35	(0.20)	3.37	(0.20)	4.87	(0.24)	6.79	(0.30)	9.06	(0.46)	10.67*	(0.58)	2	6 (1.7)
19+.....	827	5.72	(0.22)	2.00	(0.19)	2.51	(0.19)	3.60	(0.18)	5.17	(0.20)	7.28	(0.32)	9.65	(0.52)	11.36	(0.71)	2	5 (1.4)
Females:																			
9-13.....	147	4.46	(0.31)	1.85*	(0.17)	2.22*	(0.19)	3.01	(0.22)	4.14	(0.28)	5.57	(0.39)	7.10*	(0.53)	8.23*	(0.62)	1.5	<3
14-18.....	131	3.50	(0.22)	1.36*	(0.15)	1.68*	(0.17)	2.32	(0.19)	3.22	(0.22)	4.37	(0.26)	5.69*	(0.35)	6.64*	(0.43)	2	17 (4.0)
19-50.....	453	3.82	(0.12)	1.69	(0.10)	2.01	(0.10)	2.65	(0.09)	3.57	(0.11)	4.71	(0.16)	5.96	(0.21)	6.82	(0.27)	2	10 (2.0)
51+.....	403	3.80	(0.20)	1.66*	(0.13)	1.98	(0.14)	2.65	(0.16)	3.54	(0.20)	4.68	(0.25)	5.95	(0.31)	6.81*	(0.36)	2	10 (2.5)
19+.....	856	3.81	(0.14)	1.68	(0.11)	2.00	(0.11)	2.65	(0.11)	3.56	(0.14)	4.70	(0.19)	5.96	(0.23)	6.82	(0.28)	2	10 (2.1)
All:																			
1+.....	2634	4.69	(0.10)	1.84	(0.06)	2.24	(0.06)	3.05	(0.06)	4.20	(0.07)	5.75	(0.12)	7.72	(0.23)	9.27	(0.36)		6 (0.7)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	87.5	(5.5)	29.3*	37.7*	54.4	79.4	111.4	148.3*	173.3*	13	<3	400	<3
4-8.....	233	86.8	(3.8)	28.9*	36.9	54.3	78.9	110.7	146.8	171.4*	22	<3	650	<3
Males:														
9-13.....	149	82.8	(8.4)	29.0*	36.1*	52.0	74.9	105.2	138.7*	163.6*	39	13*	1200	<3
14-18.....	129	70.9	(6.0)	23.8*	29.9*	42.8	63.1	89.0	122.3*	148.1*	63	50	1800	<3
19-50.....	457	83.4	(4.5)	20.6	27.8	44.7	70.9	109.0	154.6	187.7	75	54	2000	<3
51+.....	370	99.1	(5.0)	26.5*	35.6	55.4	86.1	128.1	178.5	216.7*	75	42	2000	<3
19+.....	827	87.5	(4.3)	21.7	29.4	47.1	74.5	114.2	161.7	196.1	75	50	2000	<3
Females:														
9-13.....	147	90.7	(7.1)	32.4*	39.9*	56.8	81.9	115.2	152.2*	180.0*	39	9*	1200	<3
14-18.....	131	64.5	(5.7)	20.8*	26.7*	39.1	57.5	82.1	111.5*	133.2*	56	48	1800	<3
19-50.....	453	79.9	(3.5)	24.4	31.4	47.0	70.6	102.4	140.3	166.9	60	39	2000	<3
51+.....	403	89.2	(4.9)	28.0*	36.0	53.4	79.3	114.1	155.4	184.3*	60	31	2000	<3
19+.....	856	83.1	(3.3)	25.4	32.8	49.2	73.7	106.6	145.9	173.5	60	36	2000	<3
All:														
1+.....	2634	84.0	(2.3)	24.4	31.9	48.5	73.7	108.2	149.1	178.7		36		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	97	70.1 (6.1)	--	--	--	--	--	--	--	110	--	2000	--	
51+.....	39	82.6* (8.6)	--	--	--	--	--	--	--	110	--	2000	--	
19+.....	136	72.0 (6.4)	16.9* (3.1)	23.3* (3.6)	38.1 (4.8)	61.8 (6.4)	94.9 (8.4)	132.7* (10.0)	162.3* (11.4)	110	82 (3.6)	2000	<3	
Females:														
19-50.....	50	53.9* (3.8)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	33	59.9* (4.5)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	83	55.7 (3.8)	15.6* (1.6)	20.7* (1.9)	31.9* (2.6)	49.0 (3.6)	72.1* (4.9)	98.6* (6.1)	119.6* (7.5)	95	89* (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 smokers; UL=Tolerable Upper Intake Level

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	359	86.2	(6.0)	22.1*	(3.6)	29.6	(4.2)	46.7	(5.2)	73.5	(6.1)	111.9	(7.4)	159.5	(8.9)	191.2*	(10.1)	75	51	(5.1)	2000	<3
51+.....	331	101.5	(7.8)	28.1*	(3.8)	37.3	(4.5)	57.7	(6.0)	88.2	(7.4)	130.4	(9.7)	181.8	(12.4)	219.6*	(14.2)	75	39	(5.9)	2000	<3
19+.....	690	90.6	(6.3)	23.4	(3.6)	31.4	(4.1)	49.5	(5.0)	77.6	(6.2)	117.5	(7.8)	166.3	(9.5)	200.4	(10.9)	75	48	(5.1)	2000	<3
Females:																						
19-50.....	403	82.5	(3.6)	27.0*	(1.8)	34.2	(2.1)	50.0	(2.6)	73.4	(3.3)	105.4	(4.6)	141.8	(6.3)	168.0*	(7.7)	60	36	(3.3)	2000	<3
51+.....	370	90.9	(4.8)	30.0*	(2.0)	38.3	(2.3)	56.1	(3.2)	82.1	(4.3)	115.5	(6.1)	155.0	(8.1)	182.9*	(9.8)	60	29	(3.1)	2000	<3
19+.....	773	85.5	(3.5)	27.9	(1.7)	35.5	(1.9)	52.0	(2.3)	76.4	(3.1)	109.1	(4.5)	146.8	(6.3)	173.8	(7.5)	60	33	(2.7)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	456	83.0	(6.0)	20.6	(3.4)	27.8	(3.8)	44.5	(4.8)	70.6	(6.0)	108.0	(7.5)	154.2	(9.1)	185.2	(10.1)	110/75	58	(4.9)	2000	<3
51+.....	370	99.6	(7.9)	27.1*	(3.8)	36.1	(4.5)	56.4	(5.9)	86.5	(7.5)	128.2	(9.8)	179.2	(12.6)	216.1*	(14.3)	110/75	43	(6.0)	2000	<3
19+.....	826	87.3	(6.2)	21.8	(3.4)	29.5	(3.9)	47.1	(4.9)	74.6	(6.2)	113.7	(7.7)	161.5	(9.7)	194.5	(11.1)	110/75	54	(5.0)	2000	<3
Females:																						
19-50.....	453	79.5	(3.5)	24.4	(1.9)	31.8	(2.1)	47.4	(2.6)	70.5	(3.3)	102.4	(4.4)	138.6	(6.0)	164.9	(7.3)	95/60	41	(3.3)	2000	<3
51+.....	403	88.3	(4.7)	27.8*	(2.2)	35.9	(2.5)	53.5	(3.2)	79.5	(4.3)	113.0	(5.9)	152.0	(8.0)	179.8*	(9.6)	95/60	33	(3.4)	2000	<3
19+.....	856	82.6	(3.4)	25.6	(1.7)	33.0	(1.9)	49.4	(2.4)	73.5	(3.0)	106.0	(4.2)	143.4	(6.1)	170.6	(7.2)	95/60	39	(2.8)	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
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	162	6.5 (0.4)	3.1* (0.3)	3.7* (0.3)	4.8 (0.4)	6.3 (0.5)	7.9 (0.5)	9.7* (0.6)	10.8* (0.7)	10	92* (3.4)	63	<3
4-8.....	233	5.6 (0.4)	2.4* (0.2)	3.0 (0.2)	4.0 (0.3)	5.4 (0.3)	7.0 (0.4)	8.6 (0.5)	9.7* (0.6)	10	96* (1.9)	75	<3
Males:													
9-13.....	149	5.6 (0.4)	1.8* (0.2)	2.2* (0.2)	3.4 (0.3)	5.0 (0.3)	7.2 (0.5)	9.6* (0.6)	11.4* (0.8)	10	91* (2.2)	100	<3
14-18.....	129	4.8 (0.4)	1.4* (0.2)	1.9* (0.2)	2.8 (0.3)	4.3 (0.4)	6.2 (0.5)	8.6* (0.6)	10.5* (0.7)	10	94* (1.5)	100	<3
19-50.....	457	4.6 (0.3)	1.4 (0.2)	1.8 (0.2)	2.7 (0.2)	4.0 (0.3)	6.0 (0.4)	8.3 (0.6)	9.9 (0.7)	10	95* (1.5)	100	<3
51+.....	370	5.5 (0.4)	1.7* (0.2)	2.2 (0.2)	3.3 (0.3)	4.9 (0.3)	7.0 (0.4)	9.6 (0.6)	11.5* (0.8)	10	91 (2.2)	100	<3
19+.....	827	4.9 (0.3)	1.4 (0.2)	1.8 (0.2)	2.8 (0.2)	4.2 (0.3)	6.3 (0.4)	8.7 (0.6)	10.4 (0.7)	10	94 (1.6)	100	<3
Females:													
9-13.....	147	4.9 (0.3)	1.4* (0.2)	1.9* (0.2)	2.8 (0.2)	4.3 (0.3)	6.3 (0.4)	8.6* (0.5)	10.3* (0.7)	10	94* (1.6)	100	<3
14-18.....	131	3.3 (0.3)	0.8* (0.1)	1.2* (0.1)	1.8 (0.2)	2.9 (0.2)	4.3 (0.3)	6.1* (0.4)	7.5* (0.5)	10	>97	100	<3
19-50.....	453	3.9 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.2)	3.5 (0.2)	5.0 (0.3)	6.8 (0.5)	8.1 (0.6)	10	>97	100	<3
51+.....	403	4.3 (0.2)	1.4* (0.2)	1.8 (0.2)	2.6 (0.2)	3.8 (0.2)	5.4 (0.3)	7.4 (0.5)	8.7* (0.6)	10	>97	100	<3
19+.....	856	4.0 (0.2)	1.3 (0.1)	1.7 (0.1)	2.4 (0.2)	3.6 (0.2)	5.1 (0.3)	7.0 (0.5)	8.3 (0.6)	10	>97	100	<3
All:													
1+.....	2634	4.7 (0.1)	1.4 (0.1)	1.8 (0.1)	2.7 (0.1)	4.2 (0.1)	6.1 (0.2)	8.2 (0.3)	9.7 (0.4)	10	96 (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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	5.1	(0.2)	2.8*	3.2*	3.9	4.9	6.0	7.3*	8.1*	5	52
4-8.....	233	6.1	(0.2)	3.4*	3.9	4.8	5.9	7.3	8.7	9.7*	6	52
				(0.1)	(0.2)	(0.2)	(0.2)	(0.3)	(0.4)	(0.4)		(5.0)
				(0.2)	(0.2)	(0.2)	(0.2)	(0.3)	(0.3)	(0.4)		(4.7)
Males:												
9-13.....	149	7.7	(0.4)	3.9*	4.5*	5.7	7.3	9.4	11.5*	13.0*	9	71
14-18.....	129	8.1	(0.4)	4.1*	4.7*	5.9	7.7	9.7	12.2*	14.0*	12	89*
				(0.2)	(0.2)	(0.2)	(0.3)	(0.5)	(0.8)	(0.9)		(5.1)
				(0.3)	(0.3)	(0.4)	(0.4)	(0.5)	(0.7)	(0.9)		(2.8)
19-50.....	457	9.7	(0.5)	4.4	5.2	6.9	9.1	11.9	14.9	17.0	12	76
51+.....	370	9.9	(0.4)	4.5*	5.4	7.1	9.3	12.0	15.0	17.1*	12	75
19+.....	827	9.7	(0.4)	4.4	5.3	6.9	9.1	11.9	14.9	17.0	12	76
				(0.2)	(0.2)	(0.3)	(0.4)	(0.5)	(0.7)	(0.8)		(3.8)
				(0.3)	(0.3)	(0.3)	(0.4)	(0.5)	(0.7)	(0.7)		(3.8)
Females:												
9-13.....	147	7.7	(0.4)	3.9*	4.4*	5.6	7.3	9.4	11.6*	13.2*	9	71
14-18.....	131	6.7	(0.4)	3.3*	3.8*	4.9	6.3	8.0	10.0*	11.4*	12	96*
				(0.3)	(0.4)	(0.3)	(0.4)	(0.5)	(0.6)	(0.7)		(4.6)
				(0.3)	(0.3)	(0.3)	(0.4)	(0.5)	(0.6)	(0.8)		(1.7)
19-50.....	453	8.4	(0.3)	3.8	4.5	5.9	7.9	10.4	13.0	14.9	12	85
51+.....	403	8.2	(0.3)	3.6*	4.3	5.7	7.6	10.1	12.7	14.5*	12	87
19+.....	856	8.3	(0.3)	3.7	4.4	5.9	7.8	10.3	12.9	14.7	12	86
				(0.2)	(0.2)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)		(2.2)
				(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)		(2.0)
				(0.2)	(0.2)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)		(1.9)
All:												
1+.....	2634	8.3	(0.2)	3.7	4.4	5.7	7.7	10.3	13.2	15.2		77
				(0.1)	(0.1)	(0.1)	(0.2)	(0.2)	(0.3)	(0.4)		(1.6)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	44.1	(2.8)	20.8*	(1.8)	24.3*	(1.9)	31.0	(2.2)	40.8	(2.8)	53.3	(3.3)	68.1*	(4.3)	78.2*	(4.8)	30	77	(5.5)
4-8.....	233	52.8	(2.9)	25.0*	(1.7)	29.0	(1.8)	37.4	(2.2)	49.0	(2.7)	63.9	(3.5)	81.1	(4.5)	93.1*	(5.6)	55	38	(5.3)
Males:																				
9-13.....	149	62.8	(5.2)	28.7*	(4.5)	33.6*	(4.5)	44.0	(4.8)	58.4	(4.7)	77.0	(6.9)	97.2*	(10.1)	112.3*	(12.5)	60	47	(8.0)
14-18.....	129	75.4	(7.6)	35.1*	(6.6)	40.9*	(7.0)	52.5	(7.7)	69.8	(8.0)	91.0	(9.0)	117.5*	(11.4)	137.9*	(13.0)	75	43	(10.6)
19-50.....	457	107.7	(6.0)	38.5	(3.1)	47.7	(3.2)	67.1	(4.1)	95.8	(5.4)	136.1	(7.8)	182.1	(11.8)	216.4	(15.4)	120	33	(4.0)
51+.....	370	122.0	(7.8)	45.6*	(5.3)	56.6	(5.7)	78.3	(6.4)	110.3	(7.7)	152.0	(9.3)	202.1	(11.9)	238.7*	(14.0)	120	43	(5.5)
19+.....	827	111.4	(5.7)	40.1	(3.2)	49.4	(3.5)	69.7	(4.4)	99.5	(5.7)	140.2	(7.1)	187.7	(9.7)	222.2	(12.6)	120	36	(3.9)
Females:																				
9-13.....	147	73.0	(5.8)	33.7*	(4.9)	39.1*	(5.1)	50.9	(5.2)	67.7	(5.5)	89.3	(7.4)	113.2*	(11.2)	131.1*	(13.9)	60	61	(7.8)
14-18.....	131	68.2	(6.5)	31.1*	(5.9)	36.7*	(5.9)	47.8	(6.4)	63.2	(6.7)	83.1	(7.6)	106.1*	(9.1)	122.8*	(10.7)	75	34	(8.9)
19-50.....	453	110.1	(4.7)	36.5	(2.5)	45.3	(2.8)	64.8	(3.2)	95.3	(4.2)	138.6	(6.0)	193.6	(9.0)	234.4	(12.0)	90	54	(3.2)
51+.....	403	116.1	(6.1)	38.5*	(2.4)	47.9	(2.6)	68.7	(3.6)	100.6	(4.8)	146.1	(8.1)	203.9	(13.1)	246.5*	(16.3)	90	58	(3.5)
19+.....	856	112.2	(4.5)	37.1	(2.3)	46.0	(2.5)	66.2	(3.0)	97.2	(3.9)	141.2	(5.8)	197.2	(9.6)	238.6	(12.6)	90	55	(2.9)
All:																				
1+.....	2634	95.9	(3.7)	31.4	(1.3)	38.4	(1.6)	54.3	(2.4)	81.2	(3.7)	121.6	(5.4)	172.4	(7.4)	210.1	(9.0)		47	(2.9)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	992	(66)	589*	664*	795	970	1157	1354*	1473*	500	<3	2500	<3
4-8.....	233	1011	(66)	589*	669	811	987	1186	1385	1514*	800	23 (6.7)	2500	<3
Males:														
9-13.....	149	1046	(44)	595*	672*	826	1017	1237	1453*	1600*	1100	61 (5.8)	3000	<3
14-18.....	129	1094	(48)	629*	710*	860	1061	1282	1529*	1702*	1100	55 (5.9)	3000	<3
19-50.....	457	1055	(32)	531	619	790	1010	1276	1547	1728	800	26 (3.7)	2500	<3
51+.....	370	1000	(41)	493*	582	745	959	1206	1473	1652*		36 (4.7)	2000	<3
19+.....	827	1041	(30)	521	609	778	997	1257	1528	1711		29 (3.6)		<3
Females:														
9-13.....	147	992	(38)	556*	628*	774	961	1177	1392*	1541*	1100	67 (4.4)	3000	<3
14-18.....	131	827	(47)	443*	512*	638	799	986	1182*	1314*	1100	85* (3.8)	3000	<3
19-50.....	453	891	(18)	506	571	699	863	1052	1248	1376	800	40 (2.6)	2500	<3
51+.....	403	845	(23)	469*	535	661	816	1001	1195	1315*	1000	75 (2.9)	2000	<3
19+.....	856	875	(17)	492	559	685	846	1036	1230	1356		52 (2.4)		<3
All:														
1+.....	2634	970	(17)	516	594	740	930	1158	1396	1560		42 (1.9)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	162	1090 (45)	682* (38)	757* (36)	891 (39)	1068 (44)	1258 (53)	1457* (64)	1576* (71)	380	<3	3000	<3	
4-8.....	233	1207 (44)	756* (29)	843 (30)	997 (36)	1184 (44)	1394 (53)	1602 (69)	1736* (81)	405	<3	3000	<3	
Males:														
9-13.....	149	1306 (45)	758* (49)	853* (48)	1042 (46)	1273 (45)	1538 (56)	1795* (72)	1970* (89)	1055	26 (4.5)	4000	<3	
14-18.....	129	1478 (39)	882* (49)	987* (48)	1182 (42)	1439 (39)	1719 (47)	2029* (70)	2245* (93)	1055	15* (3.4)	4000	<3	
19-50.....	457	1606 (46)	911 (46)	1036 (45)	1275 (43)	1564 (47)	1897 (51)	2227 (57)	2436 (69)	580	<3	4000	<3	
51+.....	370	1579 (61)	889* (43)	1022 (47)	1253 (51)	1544 (61)	1861 (72)	2188 (83)	2400* (94)	580	<3		<3	
19+.....	827	1599 (45)	905 (43)	1033 (41)	1269 (39)	1559 (45)	1889 (51)	2217 (60)	2428 (69)	580	<3		<3	
Females:														
9-13.....	147	1259 (43)	724* (33)	814* (32)	994 (29)	1223 (38)	1487 (60)	1747* (87)	1925* (108)	1055	31 (3.3)	4000	<3	
14-18.....	131	1048 (55)	575* (63)	661* (60)	817 (61)	1015 (59)	1242 (55)	1479* (53)	1638* (63)	1055	55 (6.9)	4000	<3	
19-50.....	453	1212 (24)	739 (27)	827 (27)	989 (24)	1190 (24)	1410 (27)	1627 (34)	1764 (39)	580	<3	4000	<3	
51+.....	403	1184 (32)	710* (31)	800 (31)	965 (30)	1160 (32)	1381 (38)	1601 (47)	1735* (54)	580	<3		<3	
19+.....	856	1202 (25)	727 (28)	818 (27)	981 (25)	1180 (25)	1400 (30)	1618 (37)	1754 (42)	580	<3		<3	
All:														
1+.....	2634	1348 (23)	753 (20)	853 (19)	1042 (18)	1288 (21)	1592 (30)	1923 (47)	2150 (63)		6 (0.7)		<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	202	(6)	130*	143*	167	198	232	267*	289*	65	<3
4-8.....	233	221	(7)	142*	157	184	217	254	291	314*	110	<3
Males:												
9-13.....	149	246	(10)	145*	163*	197	239	288	337*	370*	200	27 (5.6)
14-18.....	129	274	(10)	165*	184*	219	266	318	377*	418*	340	82 (3.6)
19-50.....	457	341	(8)	182	209	262	328	409	490	544	350	55 (3.0)
51+.....	370	360	(10)	195*	225	279	348	427	510	565*		51 (3.2)
19+.....	827	346	(8)	185	213	266	333	413	495	549		54 (2.8)
Females:												
9-13.....	147	243	(10)	143*	160*	193	236	286	335*	370*	200	29 (3.8)
14-18.....	131	217	(10)	125*	142*	172	211	255	302*	334*	300	90* (2.7)
19-50.....	453	274	(7)	153	174	214	265	325	388	428	265	48 (3.3)
51+.....	403	280	(9)	155*	177	219	270	332	396	436*		48 (4.3)
19+.....	856	276	(7)	153	175	216	267	327	391	432		48 (3.4)
All:												
1+.....	2634	287	(4)	152	172	213	270	343	425	479	45 (1.7)	

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	162	9.9 (0.5)	6.0* (0.4)	6.7* (0.4)	7.9 (0.4)	9.6 (0.5)	11.5 (0.6)	13.6* (0.8)	14.9* (0.9)	3	<3	40	<3
4-8.....	233	13.1 (0.7)	7.9* (0.5)	8.9 (0.5)	10.6 (0.6)	12.7 (0.7)	15.2 (0.8)	17.7 (0.9)	19.4* (1.1)	4.1	<3	40	<3
Males:													
9-13.....	149	14.9 (0.7)	7.8* (0.7)	8.9* (0.6)	11.2 (0.7)	14.2 (0.7)	17.8 (0.7)	21.5* (0.9)	24.1* (1.0)	5.9	<3	40	<3
14-18.....	129	16.0 (0.6)	8.5* (0.7)	9.7* (0.7)	12.0 (0.6)	15.3 (0.6)	19.0 (0.8)	23.3* (1.0)	26.5* (1.2)	7.7	4* (1.7)	45	<3
19-50.....	457	16.1 (0.5)	8.7 (0.3)	10.0 (0.4)	12.4 (0.4)	15.5 (0.5)	19.2 (0.6)	23.0 (0.8)	25.5 (1.0)	6	<3	45	<3
51+.....	370	16.4 (0.6)	8.9* (0.4)	10.2 (0.4)	12.7 (0.5)	15.8 (0.6)	19.4 (0.8)	23.3 (1.0)	25.8* (1.2)	6	<3	45	<3
19+.....	827	16.2 (0.5)	8.8 (0.4)	10.0 (0.4)	12.5 (0.4)	15.6 (0.5)	19.3 (0.7)	23.1 (0.9)	25.6 (1.0)	6	<3	45	<3
Females:													
9-13.....	147	14.3 (0.6)	7.4* (0.5)	8.5* (0.4)	10.7 (0.5)	13.6 (0.5)	17.2 (0.8)	20.9* (1.1)	23.5* (1.3)	5.7	<3	40	<3
14-18.....	131	11.6 (0.5)	5.8* (0.5)	6.8* (0.5)	8.6 (0.5)	11.1 (0.5)	14.0 (0.6)	17.2* (0.7)	19.5* (0.8)	7.9	23 (3.3)	45	<3
19-50.....	453	12.2 (0.3)	7.0 (0.3)	7.9 (0.3)	9.6 (0.3)	11.8 (0.3)	14.4 (0.5)	17.1 (0.6)	18.8 (0.7)	8.1	20 (1.5)	45	<3
51+.....	403	12.1 (0.5)	6.9* (0.3)	7.8 (0.3)	9.5 (0.4)	11.7 (0.4)	14.3 (0.6)	17.0 (0.7)	18.8* (0.9)	5	<3	45	<3
19+.....	856	12.2 (0.4)	7.0 (0.3)	7.8 (0.3)	9.6 (0.3)	11.8 (0.4)	14.4 (0.5)	17.0 (0.6)	18.8 (0.7)		13 (1.1)	45	<3
All:													
1+.....	2634	13.9 (0.3)	7.3 (0.2)	8.3 (0.2)	10.4 (0.2)	13.1 (0.3)	16.6 (0.4)	20.4 (0.5)	23.0 (0.6)		6 (0.5)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	162	7.2 (0.3)	4.6* (0.2)	5.0* (0.2)	5.9 (0.3)	7.0 (0.3)	8.3 (0.4)	9.6* (0.5)	10.5* (0.5)	2.5	<3	7	51 (7.1)
4-8.....	233	8.6 (0.3)	5.5* (0.2)	6.0 (0.2)	7.1 (0.2)	8.4 (0.3)	9.9 (0.4)	11.4 (0.5)	12.4* (0.6)	4	<3	12	7* (2.4)
Males:													
9-13.....	149	10.0 (0.5)	5.6* (0.4)	6.4* (0.4)	7.8 (0.4)	9.7 (0.5)	11.9 (0.5)	14.1* (0.7)	15.7* (0.8)	7	16 (4.2)	23	<3
14-18.....	129	12.0 (0.3)	6.9* (0.3)	7.8* (0.3)	9.4 (0.3)	11.6 (0.3)	14.0 (0.4)	16.8* (0.7)	18.8* (0.9)	8.5	16* (2.5)	34	<3
19-50.....	457	13.2 (0.3)	7.5 (0.4)	8.4 (0.3)	10.3 (0.3)	12.7 (0.3)	15.6 (0.4)	18.4 (0.5)	20.3 (0.6)	9.4	17 (2.5)	40	<3
51+.....	370	12.8 (0.4)	7.2* (0.3)	8.2 (0.3)	10.0 (0.3)	12.4 (0.4)	15.1 (0.5)	17.9 (0.7)	19.7* (0.8)	9.4	19 (3.0)	40	<3
19+.....	827	13.1 (0.3)	7.4 (0.3)	8.4 (0.3)	10.3 (0.3)	12.6 (0.3)	15.4 (0.4)	18.3 (0.5)	20.2 (0.6)	9.4	17 (2.5)	40	<3
Females:													
9-13.....	147	9.6 (0.4)	5.3* (0.3)	6.0* (0.3)	7.4 (0.4)	9.2 (0.4)	11.4 (0.6)	13.6* (0.8)	15.1* (0.9)	7	20 (4.1)	23	<3
14-18.....	131	7.8 (0.3)	4.1* (0.4)	4.8* (0.4)	5.9 (0.4)	7.4 (0.4)	9.2 (0.4)	11.2* (0.4)	12.5* (0.5)	7.3	48 (6.0)	34	<3
19-50.....	453	9.4 (0.2)	5.5 (0.2)	6.2 (0.2)	7.5 (0.2)	9.1 (0.2)	11.0 (0.2)	12.9 (0.3)	14.2 (0.4)	6.8	17 (1.9)	40	<3
51+.....	403	9.2 (0.3)	5.3* (0.2)	6.0 (0.2)	7.3 (0.2)	8.9 (0.3)	10.8 (0.3)	12.7 (0.3)	13.9* (0.4)	6.8	18 (2.8)	40	<3
19+.....	856	9.3 (0.2)	5.4 (0.2)	6.1 (0.2)	7.4 (0.2)	9.0 (0.2)	10.9 (0.2)	12.8 (0.3)	14.1 (0.3)	6.8	17 (2.1)	40	<3
All:													
1+.....	2634	10.5 (0.1)	5.5 (0.2)	6.3 (0.2)	7.8 (0.1)	9.9 (0.1)	12.7 (0.2)	15.6 (0.3)	17.7 (0.4)		16 (1.2)		3 (0.6)

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

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Table E 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Hispanic Individuals, in the United States, 2017-March 2020 Prepandemic

			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.....	162	0.7 (0.02)	0.4* (0.02)	0.4* (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.03)	0.9* (0.03)	1.0* (0.04)	0.26	<3	1	5* (1.3)
4-8.....	233	0.8 (0.03)	0.5* (0.02)	0.5 (0.02)	0.6 (0.03)	0.8 (0.03)	0.9 (0.04)	1.1 (0.04)	1.2* (0.05)	0.34	<3	3	<3
Males:													
9-13.....	149	0.9 (0.04)	0.6* (0.04)	0.6* (0.04)	0.7 (0.04)	0.9 (0.04)	1.1 (0.05)	1.3* (0.06)	1.5* (0.08)	0.54	4* (2.1)	5	<3
14-18.....	129	1.0 (0.04)	0.6* (0.05)	0.7* (0.05)	0.8 (0.04)	1.0 (0.04)	1.2 (0.05)	1.5* (0.09)	1.7* (0.13)	0.685	10* (3.7)	8	<3
19-50.....	457	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.6 (0.04)	1.9 (0.06)	2.1 (0.07)	0.7	6 (1.0)	10	<3
51+.....	370	1.4 (0.04)	0.7* (0.03)	0.9 (0.03)	1.1 (0.04)	1.3 (0.04)	1.7 (0.05)	2.0 (0.06)	2.3* (0.08)	0.7	4* (0.9)	10	<3
19+.....	827	1.3 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.9 (0.06)	2.2 (0.07)	0.7	5 (1.0)	10	<3
Females:													
9-13.....	147	0.9 (0.04)	0.5* (0.04)	0.6* (0.03)	0.7 (0.03)	0.9 (0.04)	1.1 (0.06)	1.3* (0.08)	1.5* (0.11)	0.54	5* (1.8)	5	<3
14-18.....	131	0.9 (0.04)	0.5* (0.04)	0.6* (0.04)	0.7 (0.04)	0.8 (0.04)	1.0 (0.04)	1.2* (0.07)	1.4* (0.09)	0.685	25 (5.6)	8	<3
19-50.....	453	1.1 (0.02)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	15 (1.9)	10	<3
51+.....	403	1.1 (0.03)	0.6* (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.3 (0.04)	1.6 (0.05)	1.8* (0.06)	0.7	12 (1.9)	10	<3
19+.....	856	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	14 (1.8)	10	<3
All:													
1+.....	2634	1.1 (0.02)	0.5 (0.01)	0.6 (0.01)	0.8 (0.01)	1.0 (0.02)	1.3 (0.02)	1.7 (0.03)	1.9 (0.04)		9 (0.9)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	66	(2)	39*	43*	52	64	77	91*	100*	17	<3	90	11* (2.3)
4-8.....	233	84	(3)	50*	56	67	82	98	115	126*	23	<3	150	<3
Males:														
9-13.....	149	96	(5)	59*	65*	78	93	111	129*	140*	35	<3	280	<3
14-18.....	129	121	(5)	77*	85*	99	118	139	161*	177*	45	<3	400	<3
19-50.....	457	140	(4)	85	95	114	137	164	189	206	45	<3	400	<3
51+.....	370	137	(4)	82*	92	111	134	160	186	203*	45	<3	400	<3
19+.....	827	140	(4)	84	95	113	137	163	189	205	45	<3	400	<3
Females:														
9-13.....	147	94	(4)	57*	63*	76	91	109	127*	139*	35	<3	280	<3
14-18.....	131	82	(5)	49*	55*	66	80	96	113*	124*	45	3* (2.0)	400	<3
19-50.....	453	98	(2)	59	66	80	96	115	133	145	45	<3	400	<3
51+.....	403	95	(2)	56*	63	77	93	111	130	141*	45	<3	400	<3
19+.....	856	97	(2)	58	65	79	95	114	132	144	45	<3	400	<3
All:														
1+.....	2634	109	(3)	56	65	81	104	132	162	181		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

			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.....	162	1868 (66)	1117* (50)	1250* (52)	1490 (58)	1818 (64)	2176 (75)	2564* (87)	2799* (96)	800	>97	1200	92* (2.2)
4-8.....	233	2512 (68)	1540* (63)	1718 (61)	2047 (66)	2449 (69)	2914 (74)	3384 (88)	3688* (108)	1000	>97	1500	96* (1.2)
Males:													
9-13.....	149	3074 (99)	1901* (97)	2108* (90)	2514 (91)	3009 (99)	3570 (120)	4112* (143)	4480* (160)	1200	>97	1800	97* (1.3)
14-18.....	129	3682 (120)	2348* (127)	2589* (125)	3027 (120)	3602 (118)	4220 (138)	4900* (158)	5371* (185)	1500	>97	2300	96* (1.5)
19-50.....	457	4076 (130)	2547 (101)	2827 (99)	3353 (103)	3988 (127)	4715 (161)	5430 (199)	5883 (223)	1500	>97	2300	>97
51+.....	370	3798 (125)	2316* (72)	2601 (76)	3103 (92)	3723 (119)	4397 (157)	5095 (194)	5552* (215)	1500	>97	2300	95* (0.8)
19+.....	827	4003 (115)	2482 (86)	2762 (87)	3284 (93)	3919 (111)	4645 (143)	5353 (181)	5818 (210)	1500	>97	2300	>97
Females:													
9-13.....	147	2960 (105)	1815* (87)	2010* (88)	2398 (79)	2888 (99)	3446 (136)	3992* (186)	4365* (223)	1200	>97	1800	95* (1.3)
14-18.....	131	2634 (130)	1576* (117)	1773* (119)	2127 (125)	2568 (136)	3069 (145)	3586* (156)	3931* (175)	1500	96* (1.7)	2300	65 (7.1)
19-50.....	453	2947 (59)	1803 (53)	2012 (50)	2405 (46)	2886 (56)	3427 (77)	3963 (103)	4303 (126)	1500	>97	2300	80 (2.1)
51+.....	403	2737 (77)	1635* (57)	1839 (58)	2219 (61)	2671 (75)	3194 (98)	3723 (123)	4047* (144)	1500	>97	2300	71 (3.4)
19+.....	856	2874 (59)	1733 (52)	1949 (48)	2332 (48)	2810 (56)	3348 (75)	3884 (100)	4221 (121)	1500	>97	2300	77 (2.2)
All:													
1+.....	2634	3224 (61)	1692 (38)	1951 (40)	2446 (46)	3099 (65)	3876 (85)	4672 (98)	5187 (130)		>97		88 (1.1)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	2012	(58)	1277*	(56)	1417*	(52)	1656	(54)	1974	(59)	2314	(65)	2672*	(77)	2888*	(81)	2000	48	(4.7)
4-8.....	233	2073	(58)	1308*	(47)	1448	(47)	1711	(51)	2031	(56)	2390	(69)	2751	(81)	2979*	(95)	2300	30	(4.1)
Males:																				
9-13.....	149	2160	(109)	1310*	(108)	1461*	(111)	1756	(112)	2114	(110)	2519	(118)	2907*	(144)	3169*	(175)	2500	26	(6.0)
14-18.....	129	2402	(84)	1492*	(97)	1656*	(98)	1956	(95)	2349	(84)	2770	(90)	3232*	(104)	3551*	(132)	3000	16*	(3.0)
19-50.....	457	2826	(63)	1518	(69)	1757	(63)	2197	(61)	2744	(62)	3381	(72)	3995	(89)	4399	(104)	3400	24	(2.4)
51+.....	370	3070	(70)	1721*	(57)	1983	(59)	2440	(59)	2999	(66)	3616	(88)	4251	(117)	4657*	(133)	3400	33	(3.1)
19+.....	827	2889	(59)	1562	(60)	1801	(56)	2254	(53)	2809	(58)	3445	(71)	4069	(89)	4472	(103)	3400	27	(2.4)
Females:																				
9-13.....	147	2142	(75)	1295*	(72)	1441*	(65)	1729	(60)	2092	(72)	2503	(96)	2901*	(142)	3173*	(170)	2300	36	(4.9)
14-18.....	131	1833	(110)	1067*	(118)	1210*	(113)	1468	(117)	1787	(116)	2148	(110)	2520*	(107)	2766*	(118)	2300	18	(5.0)
19-50.....	453	2255	(42)	1308	(44)	1480	(44)	1802	(42)	2201	(44)	2650	(48)	3101	(59)	3387	(64)	2600	27	(2.4)
51+.....	403	2409	(67)	1418*	(61)	1598	(60)	1945	(64)	2352	(66)	2823	(73)	3294	(79)	3577*	(89)	2600	36	(3.6)
19+.....	856	2309	(44)	1338	(48)	1518	(46)	1849	(44)	2256	(45)	2711	(49)	3174	(58)	3464	(63)	2600	30	(2.4)
All:																				
1+.....	2634	2445	(34)	1351	(47)	1532	(42)	1877	(36)	2330	(37)	2894	(48)	3512	(59)	3927	(70)		29	(1.7)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Hispanic									
Males and females:									
1-3.....	162	5.1 (1.5)	0.4* (0.3)	0.7* (0.4)	1.6 (0.5)	3.4 (1.0)	6.5 (1.8)	11.2* (3.0)	15.9* (4.4)
4-8.....	233	8.6 (1.8)	1.2* (0.4)	1.7 (0.5)	3.3 (0.8)	6.1 (1.2)	10.9 (2.1)	18.1 (3.8)	23.9* (5.7)
Males:									
9-13.....	149	20.5 (3.2)	2.3* (0.6)	3.5* (0.9)	6.8 (1.4)	13.4 (2.4)	25.5 (4.2)	45.3* (6.8)	62.4* (9.3)
14-18.....	129	40.0 (3.8)	4.6* (0.9)	6.8* (1.2)	12.9 (1.7)	25.6 (2.6)	49.4 (4.5)	87.1* (8.4)	121.7* (12.7)
19-50.....	457	134.6 (9.9)	10.0 (1.5)	19.2 (2.6)	46.6 (5.2)	100.8 (9.0)	186.7 (13.9)	294.1 (19.0)	375.8 (22.3)
51+.....	370	167.5 (10.8)	22.8* (3.0)	38.0 (4.5)	75.0 (6.6)	136.2 (10.4)	225.0 (14.6)	336.6 (18.5)	420.0* (23.4)
19+.....	827	143.1 (8.4)	12.0 (1.7)	22.5 (3.1)	52.7 (5.4)	110.4 (8.2)	198.1 (11.6)	307.3 (15.1)	387.5 (17.1)
Females:									
9-13.....	147	16.8 (3.1)	1.8* (0.5)	2.7* (0.7)	5.3 (1.2)	10.7 (2.2)	20.9 (4.0)	37.9* (7.1)	52.3* (9.6)
14-18.....	131	30.2 (4.4)	3.2* (0.8)	5.0* (1.1)	9.7 (1.8)	19.8 (3.1)	38.1 (5.7)	66.2* (9.6)	92.3* (13.4)
19-50.....	453	92.9 (4.8)	6.1 (1.4)	11.9 (2.1)	29.8 (3.5)	67.5 (4.9)	127.8 (6.5)	207.7 (8.9)	265.8 (12.2)
51+.....	403	114.9 (9.5)	10.6* (2.7)	19.2 (4.0)	43.9 (6.3)	88.1 (9.2)	156.7 (12.4)	245.9 (16.2)	311.0* (18.6)
19+.....	856	100.6 (6.1)	7.3 (1.7)	13.7 (2.5)	34.0 (4.1)	74.5 (6.1)	138.7 (8.5)	221.8 (10.9)	283.8 (13.3)
All:									
1+.....	2634	89.8 (2.8)	2.4 (0.4)	4.5 (0.6)	13.9 (1.4)	52.0 (2.8)	128.4 (4.2)	227.7 (7.3)	303.3 (9.9)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. 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, 2017-March 2020 Prepandemic

	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.....	162	14.9	(0.3)	12.1*	(0.5)	12.7*	(0.4)	13.6	(0.4)	14.8	(0.3)	16.1	(0.3)	17.3*	(0.4)	18.0*	(0.4)	5-20%	>97
4-8.....	233	14.4	(0.3)	11.6*	(0.4)	12.1	(0.4)	13.1	(0.3)	14.3	(0.3)	15.5	(0.3)	16.7	(0.3)	17.4*	(0.3)	10-30%	>97
Males:																			
9-13.....	149	14.6	(0.3)	11.2*	(0.5)	11.9*	(0.4)	13.1	(0.4)	14.5	(0.3)	16.0	(0.3)	17.3*	(0.4)	18.2*	(0.4)	10-30%	>97
14-18.....	129	16.2	(0.4)	12.7*	(0.3)	13.4*	(0.3)	14.6	(0.3)	16.1	(0.4)	17.7	(0.5)	19.3*	(0.7)	20.4*	(0.9)	10-30%	>97
19-50.....	457	16.7	(0.3)	11.9	(0.4)	12.8	(0.4)	14.5	(0.3)	16.5	(0.3)	18.7	(0.3)	20.8	(0.4)	22.2	(0.5)	10-35%	>97
51+.....	370	16.4	(0.3)	11.7*	(0.4)	12.7	(0.4)	14.3	(0.3)	16.2	(0.3)	18.3	(0.3)	20.4	(0.4)	21.8*	(0.5)	10-35%	>97
19+.....	827	16.6	(0.3)	11.9	(0.4)	12.8	(0.4)	14.4	(0.3)	16.4	(0.3)	18.6	(0.3)	20.7	(0.4)	22.1	(0.5)	10-35%	>97
Females:																			
9-13.....	147	14.5	(0.4)	11.1*	(0.4)	11.8*	(0.3)	13.0	(0.3)	14.4	(0.4)	15.9	(0.4)	17.3*	(0.6)	18.2*	(0.7)	10-30%	>97
14-18.....	131	14.2	(0.3)	10.9*	(0.6)	11.6*	(0.5)	12.8	(0.4)	14.1	(0.3)	15.6	(0.3)	17.0*	(0.4)	17.9*	(0.4)	10-30%	>97
19-50.....	452	16.0	(0.3)	11.6	(0.3)	12.4	(0.2)	13.9	(0.2)	15.8	(0.3)	17.8	(0.3)	19.8	(0.5)	21.1	(0.5)	10-35%	>97
51+.....	403	16.2	(0.3)	11.7*	(0.3)	12.6	(0.2)	14.2	(0.2)	16.0	(0.3)	18.1	(0.4)	20.1	(0.5)	21.4*	(0.5)	10-35%	>97
19+.....	855	16.1	(0.3)	11.6	(0.3)	12.5	(0.2)	14.0	(0.2)	15.9	(0.3)	17.9	(0.3)	19.9	(0.5)	21.2	(0.5)	10-35%	>97
All:																			
1+.....	2633	15.8	(0.2)	11.6	(0.2)	12.4	(0.2)	13.8	(0.2)	15.6	(0.2)	17.6	(0.2)	19.7	(0.3)	21.0	(0.3)		>97

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

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Table 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, 2017-March 2020 Prepandemic

	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.....	162	53.5	(0.5)	46.2*	(0.7)	47.9*	(0.6)	50.5	(0.5)	53.6	(0.5)	56.5	(0.6)	59.2*	(0.7)	60.8*	(0.9)	45-65%	97*	(0.8)
4-8.....	233	53.8	(0.5)	46.5*	(0.6)	48.1	(0.5)	50.9	(0.5)	53.8	(0.5)	56.8	(0.5)	59.4	(0.6)	61.0*	(0.7)	45-65%	97*	(0.9)
Males:																				
9-13.....	149	52.5	(0.6)	44.6*	(0.9)	46.3*	(0.8)	49.3	(0.6)	52.5	(0.6)	55.7	(0.6)	58.5*	(0.8)	60.3*	(0.8)	45-65%	94*	(2.5)
14-18.....	129	49.5	(1.0)	41.7*	(0.9)	43.4*	(0.9)	46.2	(0.9)	49.5	(1.0)	52.7	(1.2)	55.8*	(1.3)	57.8*	(1.4)	45-65%	82	(4.7)
19-50.....	457	47.0	(0.7)	34.2	(0.9)	37.0	(0.9)	41.7	(0.8)	47.0	(0.7)	52.3	(0.7)	57.1	(0.7)	60.0	(0.8)	45-65%	59	(3.7)
51+.....	370	47.4	(0.7)	34.5*	(0.9)	37.5	(0.8)	42.2	(0.8)	47.5	(0.7)	52.6	(0.7)	57.4	(0.7)	60.4*	(0.7)	45-65%	61	(3.6)
19+.....	827	47.1	(0.7)	34.3	(0.9)	37.1	(0.9)	41.8	(0.8)	47.1	(0.7)	52.4	(0.7)	57.2	(0.7)	60.1	(0.7)	45-65%	59	(3.5)
Females:																				
9-13.....	147	52.2	(0.6)	44.3*	(0.6)	46.0*	(0.6)	48.9	(0.6)	52.2	(0.6)	55.5	(0.8)	58.4*	(0.9)	60.2*	(1.1)	45-65%	93*	(1.6)
14-18.....	131	51.7	(0.7)	43.7*	(0.8)	45.5*	(0.8)	48.5	(0.7)	51.7	(0.7)	54.9	(0.9)	57.8*	(1.0)	59.6*	(1.1)	45-65%	92*	(2.6)
19-50.....	452	48.5	(0.7)	36.1	(0.9)	38.8	(0.8)	43.4	(0.8)	48.5	(0.7)	53.6	(0.8)	58.3	(0.9)	61.0	(0.9)	45-65%	66	(3.3)
51+.....	403	48.3	(0.7)	35.8*	(1.0)	38.6	(0.9)	43.2	(0.7)	48.3	(0.7)	53.4	(0.6)	58.2	(0.7)	61.0*	(0.8)	45-65%	65	(3.2)
19+.....	855	48.4	(0.7)	36.0	(0.9)	38.7	(0.8)	43.3	(0.7)	48.4	(0.7)	53.5	(0.7)	58.3	(0.8)	61.0	(0.9)	45-65%	66	(3.1)
All:																				
1+.....	2633	49.2	(0.4)	36.5	(0.8)	39.5	(0.7)	44.6	(0.6)	49.7	(0.4)	54.3	(0.3)	58.1	(0.4)	60.5	(0.4)	45-65%	72	(2.2)

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

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Table 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, 2017-March 2020 Prepandemic

	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.....	162	32.7	(0.4)	26.7*	28.1*	30.3	32.7	35.1	37.3*	38.5*	30-40%	75
4-8.....	233	32.9	(0.3)	26.9*	28.3	30.5	32.9	35.3	37.5	38.7*	25-35%	70
Males:												
9-13.....	149	34.1	(0.7)	28.2*	29.5*	31.8	34.2	36.5	38.6*	39.8*	25-35%	59
14-18.....	129	34.8	(0.8)	29.0*	30.3*	32.4	34.9	37.2	39.4*	40.8*	25-35%	51
19-50.....	457	34.1	(0.5)	24.7	26.8	30.4	34.2	38.0	41.3	43.3	20-35%	55
51+.....	370	34.7	(0.6)	25.3*	27.5	31.1	34.8	38.5	41.8	43.8*	20-35%	51
19+.....	827	34.3	(0.5)	24.8	27.0	30.6	34.3	38.1	41.4	43.4	20-35%	54
Females:												
9-13.....	147	34.3	(0.5)	28.4*	29.7*	31.9	34.4	36.8	38.9*	40.2*	25-35%	56
14-18.....	131	35.2	(0.7)	29.3*	30.7*	32.9	35.2	37.6	39.7*	41.0*	25-35%	47
19-50.....	452	35.1	(0.5)	26.4	28.3	31.5	35.1	38.6	41.8	43.7	20-35%	49
51+.....	403	35.3	(0.5)	26.6*	28.5	31.8	35.3	38.9	42.2	44.0*	20-35%	47
19+.....	855	35.2	(0.4)	26.5	28.4	31.6	35.2	38.7	41.9	43.8	20-35%	48
All:												
1+.....	2633	34.4	(0.3)	26.3	28.2	31.2	34.4	37.7	40.8	42.7		54

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

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Table 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, 2017-March 2020 Prepandemic

	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.....	162	11.8	(0.3)	8.7*	(0.3)	9.4*	(0.2)	10.5	(0.2)	11.8	(0.3)	13.1	(0.3)	14.3*	(0.4)	15.0*	(0.4)	17	(3.7)
4-8.....	233	11.7	(0.3)	8.6*	(0.3)	9.3	(0.3)	10.4	(0.3)	11.7	(0.3)	13.0	(0.3)	14.2	(0.3)	14.9*	(0.3)	19	(4.2)
Males:																			
9-13.....	149	11.6	(0.4)	9.0*	(0.5)	9.5*	(0.5)	10.5	(0.4)	11.6	(0.4)	12.8	(0.4)	13.8*	(0.4)	14.4*	(0.4)	16	(6.3)
14-18.....	129	11.8	(0.5)	9.1*	(0.5)	9.7*	(0.5)	10.6	(0.5)	11.8	(0.5)	12.9	(0.5)	14.0*	(0.5)	14.7*	(0.6)	14*	(6.7)
19-50.....	457	11.0	(0.2)	7.6	(0.3)	8.3	(0.2)	9.5	(0.2)	11.0	(0.2)	12.5	(0.2)	13.8	(0.2)	14.7	(0.2)	33	(3.5)
51+.....	370	10.9	(0.3)	7.5*	(0.3)	8.2	(0.3)	9.5	(0.3)	10.9	(0.3)	12.3	(0.3)	13.7	(0.3)	14.5*	(0.3)	34	(4.9)
19+.....	827	11.0	(0.2)	7.5	(0.3)	8.3	(0.3)	9.5	(0.2)	11.0	(0.2)	12.4	(0.2)	13.8	(0.2)	14.6	(0.2)	33	(3.6)
Females:																			
9-13.....	147	11.9	(0.4)	9.2*	(0.5)	9.7*	(0.4)	10.7	(0.4)	11.9	(0.4)	13.0	(0.3)	14.1*	(0.4)	14.7*	(0.4)	13*	(6.1)
14-18.....	131	11.6	(0.3)	8.9*	(0.5)	9.5*	(0.4)	10.5	(0.4)	11.6	(0.3)	12.7	(0.3)	13.8*	(0.4)	14.4*	(0.4)	17	(6.2)
19-50.....	452	11.2	(0.2)	8.2	(0.3)	8.8	(0.3)	9.8	(0.2)	11.1	(0.2)	12.4	(0.2)	13.7	(0.2)	14.4	(0.2)	28	(3.8)
51+.....	403	11.3	(0.2)	8.2*	(0.3)	8.9	(0.2)	10.0	(0.2)	11.2	(0.2)	12.5	(0.2)	13.8	(0.3)	14.6*	(0.3)	26	(3.3)
19+.....	855	11.2	(0.1)	8.2	(0.3)	8.8	(0.2)	9.9	(0.2)	11.1	(0.1)	12.5	(0.1)	13.7	(0.2)	14.5	(0.2)	27	(3.3)
All:																			
1+.....	2633	11.3	(0.1)	8.1	(0.2)	8.8	(0.2)	10.0	(0.1)	11.3	(0.2)	12.6	(0.2)	13.9	(0.2)	14.6	(0.2)	26	(2.4)

NOTES: † 2020-2025 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<https://www.dietaryguidelines.gov/current-dietary-guidelines>)
 * Estimate may be less reliable due to small sample size and/or large relative standard error

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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, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Hispanic											
Males and females:											
1-3.....	162	6.1 (0.2)	4.3* (0.2)	4.7* (0.2)	5.3 (0.2)	6.0 (0.2)	6.8 (0.2)	7.6* (0.3)	8.0* (0.3)	05-10%	82 (4.5)
4-8.....	233	6.4 (0.2)	4.6* (0.2)	4.9 (0.2)	5.6 (0.2)	6.3 (0.2)	7.1 (0.2)	7.9 (0.3)	8.4* (0.3)	05-10%	89 (3.4)
Males:											
9-13.....	149	7.1 (0.3)	5.4* (0.2)	5.7* (0.2)	6.4 (0.2)	7.1 (0.3)	7.8 (0.3)	8.5* (0.4)	9.0* (0.5)	05-10%	>97
14-18.....	129	7.0 (0.2)	5.3* (0.3)	5.6* (0.3)	6.2 (0.3)	6.9 (0.2)	7.6 (0.3)	8.4* (0.3)	8.9* (0.4)	05-10%	97* (1.6)
19-50.....	457	6.8 (0.2)	4.4 (0.4)	4.9 (0.3)	5.7 (0.3)	6.7 (0.2)	7.8 (0.2)	8.8 (0.3)	9.5 (0.4)	05-10%	85 (5.4)
51+.....	370	7.1 (0.2)	4.7* (0.3)	5.2 (0.3)	6.0 (0.2)	7.0 (0.2)	8.1 (0.3)	9.2 (0.4)	9.9* (0.5)	05-10%	87 (4.7)
19+.....	827	6.9 (0.2)	4.5 (0.4)	4.9 (0.3)	5.8 (0.3)	6.8 (0.2)	7.9 (0.2)	8.9 (0.3)	9.6 (0.4)	05-10%	86 (5.2)
Females:											
9-13.....	147	7.1 (0.2)	5.4* (0.2)	5.7* (0.2)	6.3 (0.2)	7.1 (0.2)	7.8 (0.2)	8.6* (0.3)	9.0* (0.3)	05-10%	>97
14-18.....	131	7.6 (0.3)	5.8* (0.4)	6.2* (0.3)	6.8 (0.3)	7.5 (0.3)	8.3 (0.4)	9.1* (0.4)	9.6* (0.5)	05-10%	>97
19-50.....	452	7.3 (0.2)	4.8 (0.2)	5.3 (0.2)	6.1 (0.2)	7.2 (0.2)	8.3 (0.2)	9.4 (0.3)	10.1 (0.3)	05-10%	88 (3.1)
51+.....	403	7.3 (0.1)	4.8* (0.2)	5.3 (0.2)	6.1 (0.1)	7.1 (0.1)	8.3 (0.2)	9.4 (0.3)	10.1* (0.3)	05-10%	88 (3.0)
19+.....	855	7.3 (0.1)	4.8 (0.2)	5.3 (0.2)	6.1 (0.2)	7.2 (0.1)	8.3 (0.2)	9.4 (0.2)	10.1 (0.3)	05-10%	88 (3.0)
All:											
1+.....	2633	7.0 (0.1)	4.7 (0.2)	5.1 (0.2)	5.9 (0.1)	6.9 (0.1)	7.9 (0.1)	9.0 (0.2)	9.6 (0.2)	05-10%	89 (2.3)

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

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Table 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, 2017-March 2020 Prepandemic

			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.....	162	0.61 (0.02)	0.41* (0.02)	0.45* (0.01)	0.51 (0.01)	0.60 (0.02)	0.69 (0.02)	0.79* (0.03)	0.85* (0.04)	0.6-1.2%	50 (4.6)
4-8.....	233	0.63 (0.01)	0.43* (0.02)	0.47 (0.02)	0.53 (0.01)	0.62 (0.01)	0.71 (0.02)	0.81 (0.03)	0.87* (0.03)	0.6-1.2%	55 (4.1)
Males:											
9-13.....	149	0.63 (0.02)	0.44* (0.03)	0.47* (0.03)	0.54 (0.02)	0.62 (0.02)	0.72 (0.03)	0.81* (0.04)	0.87* (0.05)	0.6-1.2%	57 (6.3)
14-18.....	129	0.67 (0.02)	0.46* (0.04)	0.50* (0.04)	0.56 (0.03)	0.65 (0.02)	0.75 (0.03)	0.85* (0.03)	0.93* (0.04)	0.6-1.2%	65 (8.7)
19-50.....	457	0.71 (0.03)	0.42 (0.04)	0.47 (0.04)	0.57 (0.03)	0.69 (0.03)	0.84 (0.04)	0.99 (0.06)	1.08 (0.08)	0.6-1.2%	67 (6.4)
51+.....	370	0.78 (0.04)	0.47* (0.04)	0.53 (0.04)	0.63 (0.03)	0.76 (0.04)	0.91 (0.05)	1.07 (0.08)	1.18* (0.10)	0.6-1.2%	76 (6.5)
19+.....	827	0.73 (0.03)	0.43 (0.04)	0.48 (0.04)	0.58 (0.03)	0.71 (0.03)	0.86 (0.04)	1.01 (0.06)	1.11 (0.08)	0.6-1.2%	69 (6.3)
Females:											
9-13.....	147	0.69 (0.02)	0.47* (0.03)	0.51* (0.03)	0.58 (0.02)	0.67 (0.02)	0.78 (0.03)	0.88* (0.04)	0.94* (0.06)	0.6-1.2%	71 (5.4)
14-18.....	131	0.75 (0.03)	0.52* (0.04)	0.56* (0.04)	0.64 (0.03)	0.74 (0.03)	0.84 (0.03)	0.95* (0.04)	1.03* (0.05)	0.6-1.2%	83 (7.2)
19-50.....	452	0.80 (0.02)	0.50 (0.03)	0.55 (0.03)	0.65 (0.03)	0.78 (0.02)	0.92 (0.03)	1.07 (0.04)	1.17 (0.05)	0.6-1.2%	80 (4.8)
51+.....	403	0.83 (0.02)	0.52* (0.02)	0.58 (0.02)	0.68 (0.02)	0.81 (0.02)	0.96 (0.03)	1.12 (0.05)	1.22* (0.06)	0.6-1.2%	82 (3.9)
19+.....	855	0.81 (0.02)	0.51 (0.03)	0.56 (0.03)	0.66 (0.02)	0.79 (0.02)	0.94 (0.03)	1.09 (0.04)	1.19 (0.05)	0.6-1.2%	80 (4.5)
All:											
1+.....	2633	0.74 (0.02)	0.45 (0.02)	0.50 (0.02)	0.59 (0.01)	0.71 (0.01)	0.85 (0.02)	1.00 (0.03)	1.11 (0.05)	0.6-1.2%	71 (3.0)

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

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TABLE NOTES

The 2017–March 2020 files represent a unique public-use data release from NHANES. The coronavirus disease 2019 (COVID-19) pandemic required suspension of data collection in March 2020. As a result, the partially completed NHANES 2019–2020 cycle was not nationally representative. Therefore, the 2019–March 2020 data were combined with the data from the 2017–2018 cycle to create the nationally representative 2017–March 2020 prepandemic data files.

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) 2017-March 2020 Prepandemic. 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 2017–2018 and 2019–2020 as applicable <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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 2.76.

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, 2023. Usual Nutrient Intake from Food and Beverages, among Hispanic Individuals, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>