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USUAL NUTRIENT INTAKE from Food and Beverages, among Non-Hispanic Asian Individuals

What We Eat in America, NHANES 2013-2016

Table D

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

^Δ Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

Table D 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages,
among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	64	1341* (39)	--	--	--	--	--	--	--
4-8.....	116	1694 (46)	--	--	--	--	--	--	--
Males:									
9-13.....	69	2091 (75)	--	--	--	--	--	--	--
14-18.....	82	2302 (89)	--	--	--	--	--	--	--
19-50.....	340	2251 (38)	1346* (43)	1514 (42)	1824 (39)	2209 (38)	2627 (41)	3037 (49)	3308* (58)
51+.....	186	2043 (42)	1181* (44)	1336 (44)	1629 (44)	2000 (45)	2402 (46)	2810 (53)	3061* (56)
19+.....	526	2183 (37)	1279 (42)	1442 (42)	1753 (38)	2142 (38)	2561 (39)	2973 (46)	3238 (52)
Females:									
9-13.....	72	1866 (62)	--	--	--	--	--	--	--
14-18.....	84	1715 (56)	--	--	--	--	--	--	--
19-50.....	316	1799 (32)	1102* (32)	1228 (32)	1469 (32)	1764 (32)	2093 (34)	2408 (38)	2600* (41)
51+.....	201	1646 (29)	981* (29)	1107 (28)	1331 (28)	1612 (29)	1925 (32)	2231 (36)	2421* (39)
19+.....	517	1739 (28)	1046 (29)	1173 (29)	1410 (28)	1704 (28)	2034 (30)	2349 (35)	2545 (37)
All:									
1+.....	1530	1928 (20)	1120 (22)	1257 (22)	1521 (21)	1867 (21)	2268 (24)	2682 (31)	2950 (37)

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

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Table D 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Non-Hispanic Asian																	
Males and females:																	
1-3.....	64	53.0*	(1.9)	--	--	--	--	--	--	--							
4-8.....	116	63.6	(2.3)	--	--	--	--	--	--	--							
Males:																	
9-13.....	69	82.7	(3.2)	--	--	--	--	--	--	--							
14-18.....	82	96.9	(3.9)	--	--	--	--	--	--	--							
19-50.....	340	97.4	(2.1)	58.0*	(1.9)	65.4	(1.9)	78.6	(2.0)	95.5	(2.1)	113.8	(2.5)	131.9	(3.1)	143.8*	(3.6)
51+.....	186	89.2	(1.9)	51.4*	(1.8)	57.8	(1.9)	70.9	(1.8)	87.1	(2.0)	104.9	(2.2)	123.0	(2.6)	134.3*	(2.9)
19+.....	526	94.7	(2.0)	55.4	(1.8)	62.5	(1.9)	75.8	(1.8)	92.8	(2.0)	111.0	(2.3)	129.3	(2.8)	141.2	(3.3)
Females:																	
9-13.....	72	72.8	(2.7)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
14-18.....	84	67.7	(2.3)	--	--	--	--	--	--	--	--	--	--	--	--	--	--
19-50.....	316	73.8	(1.4)	45.8*	(1.3)	50.8	(1.3)	60.5	(1.3)	72.4	(1.4)	85.6	(1.6)	98.1	(1.9)	105.9*	(2.1)
51+.....	201	68.8	(1.3)	41.6*	(1.3)	46.8	(1.3)	56.0	(1.2)	67.5	(1.3)	80.3	(1.5)	92.7	(1.8)	100.4*	(2.0)
19+.....	517	71.8	(1.3)	44.0	(1.2)	49.1	(1.2)	58.6	(1.2)	70.5	(1.3)	83.7	(1.5)	96.1	(1.8)	103.9	(2.0)
All:																	
1+.....	1530	80.7	(1.0)	45.7	(0.9)	51.3	(0.9)	62.3	(0.9)	77.3	(0.9)	95.4	(1.3)	114.6	(2.0)	127.2	(2.6)

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

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Table D 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles							<EAR	
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	4.47*	(0.16)	--	--	--	--	--	--	--	0.87	--
4-8.....	115	2.88	(0.12)	--	--	--	--	--	--	--	0.76	--
Males:												
9-13.....	67	1.94	(0.13)	--	--	--	--	--	--	--	0.76	--
14-18.....	81	1.48	(0.09)	--	--	--	--	--	--	--	0.73	--
19-50.....	339	1.42	(0.03)	0.76*	0.88	1.10	1.39	1.69	1.99	2.19*	0.66	<3
51+.....	184	1.32	(0.03)	0.69*	0.80	1.01	1.28	1.58	1.88	2.07*	0.66	4* (0.8)
19+.....	523	1.38	(0.03)	0.73	0.85	1.07	1.35	1.66	1.96	2.16	0.66	<3
Females:												
9-13.....	71	1.70	(0.09)	--	--	--	--	--	--	--	0.76	--
14-18.....	81	1.15	(0.08)	--	--	--	--	--	--	--	0.71	--
19-50.....	315	1.29	(0.03)	0.76*	0.85	1.04	1.27	1.52	1.76	1.91*	0.66	<3
51+.....	199	1.23	(0.03)	0.71*	0.81	0.99	1.21	1.46	1.70	1.84*	0.66	3* (0.8)
19+.....	514	1.27	(0.03)	0.74	0.84	1.02	1.25	1.50	1.74	1.88	0.66	<3
All:												
1+.....	1516	1.52	(0.03)	0.74	0.86	1.07	1.36	1.71	2.25	2.97		<3

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 D 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	178*	(5)	--	--	--	--	--	--	--	100	--
4-8.....	116	227	(6)	--	--	--	--	--	--	--	100	--
Males:												
9-13.....	69	274	(10)	--	--	--	--	--	--	--	100	--
14-18.....	82	290	(12)	--	--	--	--	--	--	--	100	--
19-50.....	340	279	(6)	152*	174	217	271	331	392	432*	100	<3
51+.....	186	253	(7)	135*	156	194	246	303	361	399*	100	<3
19+.....	526	270	(6)	145	167	209	263	323	383	422	100	<3
Females:												
9-13.....	72	245	(8)	--	--	--	--	--	--	--	100	--
14-18.....	84	222	(7)	--	--	--	--	--	--	--	100	--
19-50.....	316	229	(4)	130*	147	181	223	270	317	345*	100	<3
51+.....	201	208	(3)	115*	132	163	202	247	291	320*	100	<3
19+.....	517	221	(3)	123	140	173	215	262	308	337	100	<3
All:												
1+.....	1530	243	(3)	134	152	188	235	289	345	382	100	<3

NOTES: EAR=Estimated Average Requirement

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Table D 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	64	82* (2)	--	--	--	--	--	--	--
4-8.....	116	96 (3)	--	--	--	--	--	--	--
Males:									
9-13.....	69	106 (5)	--	--	--	--	--	--	--
14-18.....	82	113 (5)	--	--	--	--	--	--	--
19-50.....	340	91 (3)	31* (2)	40 (2)	58 (2)	84 (3)	116 (4)	151 (5)	175* (5)
51+.....	186	82 (3)	27* (2)	35 (2)	51 (3)	75 (4)	105 (4)	138 (5)	161* (6)
19+.....	526	88 (3)	30 (2)	38 (2)	55 (3)	81 (3)	112 (4)	147 (5)	171 (5)
Females:									
9-13.....	72	93 (4)	--	--	--	--	--	--	--
14-18.....	84	83 (3)	--	--	--	--	--	--	--
19-50.....	316	85 (5)	35* (3)	42 (3)	58 (4)	79 (5)	106 (6)	133 (7)	151* (8)
51+.....	201	78 (5)	31* (3)	39 (3)	53 (4)	73 (5)	98 (6)	125 (7)	142* (8)
19+.....	517	82 (5)	33 (3)	41 (3)	56 (4)	77 (4)	103 (5)	130 (7)	148 (8)
All:									
1+.....	1530	87 (2)	34 (2)	42 (2)	59 (2)	82 (2)	109 (3)	138 (3)	157 (4)

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

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Table D 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI		
				5th	10th	25th	50th	75th	90th	95th	AI	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	10.2*	(0.5)	--	--	--	--	--	--	--	19	--
4-8.....	116	13.2	(0.6)	--	--	--	--	--	--	--	25	--
Males:												
9-13.....	69	16.7	(1.1)	--	--	--	--	--	--	--	31	--
14-18.....	82	16.8	(1.1)	--	--	--	--	--	--	--	38	--
19-50.....	340	20.8	(0.7)	9.8*	11.6	15.2	20.0	25.4	31.1	34.8*	38	<3
51+.....	186	21.6	(0.8)	10.5*	12.3	15.9	20.8	26.3	32.1	35.9*	30	14
19+.....	526	21.1	(0.7)	10.0	11.9	15.4	20.2	25.7	31.4	35.2		6
Females:												
9-13.....	72	15.5	(0.9)	--	--	--	--	--	--	--	26	--
14-18.....	84	13.8	(0.8)	--	--	--	--	--	--	--	26	--
19-50.....	316	17.3	(0.5)	8.5*	9.9	12.9	16.6	21.1	25.7	28.6*	25	11
51+.....	201	17.6	(0.4)	8.7*	10.2	13.1	16.9	21.3	25.9	28.9*	21	26
19+.....	517	17.4	(0.4)	8.5	10.0	12.9	16.7	21.2	25.8	28.7		17
All:												
1+.....	1530	18.2	(0.5)	8.5	10.1	13.0	17.2	22.2	27.6	31.3		10

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 D 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles													
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Non-Hispanic Asian																	
Males and females:																	
1-3.....	64	48.2*	(1.7)	--		--		--		--		--		--		--	
4-8.....	116	61.1	(2.0)	--		--		--		--		--		--		--	
Males:																	
9-13.....	69	75.0	(3.3)	--		--		--		--		--		--		--	
14-18.....	82	83.0	(4.0)	--		--		--		--		--		--		--	
19-50.....	340	78.8	(1.6)	42.5*	(1.5)	49.0	(1.6)	61.2	(1.5)	76.7	(1.6)	94.0	(1.8)	111.2	(2.2)	122.7*	(2.7)
51+.....	186	73.8	(1.6)	38.9*	(1.5)	45.1	(1.5)	56.6	(1.6)	71.8	(1.7)	88.3	(1.9)	105.5	(2.4)	116.5*	(2.6)
19+.....	526	77.2	(1.5)	41.2	(1.5)	47.5	(1.5)	59.5	(1.4)	75.1	(1.5)	92.2	(1.7)	109.5	(2.1)	120.8	(2.5)
Females:																	
9-13.....	72	68.0	(2.9)	--		--		--		--		--		--		--	
14-18.....	84	62.0	(2.9)	--		--		--		--		--		--		--	
19-50.....	316	64.8	(1.5)	34.3*	(1.4)	39.5	(1.5)	49.7	(1.5)	62.7	(1.6)	77.7	(1.6)	92.7	(1.8)	102.0*	(2.0)
51+.....	201	61.0	(1.6)	31.6*	(1.3)	36.7	(1.3)	46.3	(1.4)	58.9	(1.6)	73.4	(1.9)	88.0	(2.1)	97.3*	(2.3)
19+.....	517	63.3	(1.5)	33.1	(1.3)	38.4	(1.3)	48.4	(1.4)	61.3	(1.5)	76.2	(1.6)	90.9	(1.8)	100.3	(1.9)
All:																	
1+.....	1530	69.2	(0.9)	36.2	(0.8)	41.7	(0.8)	52.5	(0.9)	66.6	(0.9)	83.2	(1.1)	100.0	(1.4)	111.1	(1.8)

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

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Table D 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Non-Hispanic Asian										
Males and females:										
1-3.....	64	18.6*	(0.7)	--	--	--	--	--	--	--
4-8.....	116	22.4	(0.8)	--	--	--	--	--	--	--
Males:										
9-13.....	69	25.9	(1.2)	--	--	--	--	--	--	--
14-18.....	82	27.8	(1.4)	--	--	--	--	--	--	--
19-50.....	340	23.6	(0.6)	12.1*	14.1	17.9	22.9	28.4	34.1	37.9*
51+.....	186	21.7	(0.6)	(0.6)	(0.6)	(0.6)	(0.7)	(0.7)	(0.8)	(0.9)
19+.....	526	23.0	(0.6)	11.6	13.6	17.3	22.2	27.8	33.4	37.2
				(0.6)	(0.6)	(0.5)	(0.6)	(0.6)	(0.7)	(0.8)
Females:										
9-13.....	72	22.9	(1.0)	--	--	--	--	--	--	--
14-18.....	84	20.1	(1.0)	--	--	--	--	--	--	--
19-50.....	316	19.5	(0.5)	9.4*	11.0	14.3	18.7	23.8	29.0	32.3*
51+.....	201	18.2	(0.4)	(0.3)	(0.3)	(0.4)	(0.4)	(0.5)	(0.7)	(0.8)
19+.....	517	19.0	(0.4)	9.0	10.7	13.9	18.2	23.2	28.4	31.7
				(0.4)	(0.4)	(0.4)	(0.4)	(0.5)	(0.6)	(0.6)
All:										
1+.....	1530	21.4	(0.3)	10.4	12.2	15.8	20.5	26.0	31.6	35.3
				(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(0.6)

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

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Table D 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Non-Hispanic Asian										
Males and females:										
1-3.....	64	15.7*	(0.7)	--	--	--	--	--	--	--
4-8.....	116	20.2	(0.8)	--	--	--	--	--	--	--
Males:										
9-13.....	69	25.5	(1.2)	--	--	--	--	--	--	--
14-18.....	82	28.4	(1.5)	--	--	--	--	--	--	--
19-50.....	340	28.5	(0.6)	14.9*	17.3	21.8	27.6	34.1	40.7	45.1*
51+.....	186	27.2	(0.6)	(0.5)	(0.5)	(0.5)	(0.6)	(0.8)	(0.9)	(1.0)
19+.....	526	28.1	(0.6)	14.6	16.9	21.4	27.2	33.7	40.2	44.6
				(0.5)	(0.5)	(0.5)	(0.6)	(0.7)	(0.8)	(1.0)
Females:										
9-13.....	72	23.0	(1.1)	--	--	--	--	--	--	--
14-18.....	84	20.9	(1.0)	--	--	--	--	--	--	--
19-50.....	316	23.0	(0.6)	12.0*	13.8	17.5	22.2	27.7	33.2	36.7*
51+.....	201	22.0	(0.6)	(0.5)	(0.4)	(0.5)	(0.6)	(0.7)	(0.9)	(1.0)
19+.....	517	22.6	(0.5)	11.7	13.5	17.1	21.8	27.3	32.8	36.2
				(0.4)	(0.4)	(0.5)	(0.5)	(0.6)	(0.7)	(0.8)
All:										
1+.....	1530	24.6	(0.3)	12.5	14.5	18.3	23.5	29.8	36.2	40.4
				(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)	(0.7)

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

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

Table D 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Non-Hispanic Asian										
Males and females:										
1-3.....	64	9.3*	(0.4)	--	--	--	--	--	--	--
4-8.....	116	12.8	(0.5)	--	--	--	--	--	--	--
Males:										
9-13.....	69	16.7	(0.9)	--	--	--	--	--	--	--
14-18.....	82	18.4	(1.0)	--	--	--	--	--	--	--
19-50.....	340	19.2	(0.5)	10.1*	11.6	14.6	18.5	23.0	27.5	30.7*
51+.....	186	18.5	(0.5)	(0.4)	(0.4)	(0.4)	(0.5)	(0.7)	(0.8)	(1.0)
19+.....	526	19.0	(0.5)	9.6*	11.1	14.0	17.8	22.2	26.8	29.8*
				(0.4)	(0.4)	(0.4)	(0.5)	(0.6)	(0.8)	(1.0)
19+.....	526	19.0	(0.5)	9.9	11.5	14.4	18.3	22.7	27.3	30.3
				(0.4)	(0.4)	(0.4)	(0.5)	(0.6)	(0.8)	(1.0)
Females:										
9-13.....	72	16.0	(0.8)	--	--	--	--	--	--	--
14-18.....	84	14.9	(0.9)	--	--	--	--	--	--	--
19-50.....	316	16.5	(0.4)	8.7*	10.0	12.5	15.8	19.8	23.8	26.3*
51+.....	201	15.6	(0.5)	(0.4)	(0.4)	(0.5)	(0.5)	(0.6)	(0.6)	(0.7)
19+.....	517	16.1	(0.4)	8.0*	9.3	11.7	14.9	18.7	22.6	25.2*
				(0.4)	(0.4)	(0.4)	(0.5)	(0.5)	(0.5)	(0.6)
19+.....	517	16.1	(0.4)	8.4	9.7	12.2	15.5	19.4	23.3	25.9
				(0.4)	(0.4)	(0.4)	(0.4)	(0.5)	(0.5)	(0.6)
All:										
1+.....	1530	16.9	(0.3)	8.5	9.9	12.5	16.2	20.5	24.9	27.8
				(0.2)	(0.3)	(0.3)	(0.3)	(0.4)	(0.5)	(0.6)

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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
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Table D 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						AI	>AI	
				5th	10th	25th	50th	75th	90th	95th		%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	8.1*	(0.3)	--	--	--	--	--	--	--	7	--
4-8.....	116	11.2	(0.5)	--	--	--	--	--	--	--	10	--
Males:												
9-13.....	69	14.8	(0.8)	--	--	--	--	--	--	--	12	--
14-18.....	82	16.3	(0.9)	--	--	--	--	--	--	--	16	--
19-50.....	340	16.8	(0.5)	8.8*	10.1	12.7	16.2	20.2	24.2	27.0*	17	44 (3.3)
51+.....	186	16.1	(0.4)	8.3*	9.6	12.1	15.5	19.3	23.4	26.1*	14	61 (2.9)
19+.....	526	16.6	(0.4)	8.6	9.9	12.5	16.0	19.9	24.0	26.7		50 (3.0)
Females:												
9-13.....	72	14.2	(0.7)	--	--	--	--	--	--	--	10	--
14-18.....	84	13.2	(0.8)	--	--	--	--	--	--	--	11	--
19-50.....	316	14.4	(0.4)	7.5*	8.6	10.9	13.8	17.3	20.9	23.1*	12	66 (3.0)
51+.....	201	13.5	(0.4)	6.8*	7.9	10.1	12.9	16.2	19.7	22.0*	11	66 (3.6)
19+.....	517	14.0	(0.4)	7.2	8.3	10.5	13.5	16.9	20.4	22.7		66 (3.1)
All:												
1+.....	1530	14.8	(0.3)	7.3	8.5	10.9	14.1	17.9	21.8	24.4		60 (2.2)

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 D 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	1.03*	(0.04)	--	--	--	--	--	--	--	0.7	--								
4-8.....	116	1.28	(0.05)	--	--	--	--	--	--	--	0.9	--								
Males:																				
9-13.....	69	1.55	(0.09)	--	--	--	--	--	--	--	1.2	--								
14-18.....	82	1.70	(0.11)	--	--	--	--	--	--	--	1.6	--								
19-50.....	340	1.82	(0.07)	0.97*	(0.05)	1.11	(0.05)	1.38	(0.06)	1.75	(0.07)	2.18	(0.09)	2.63	(0.13)	2.94*	(0.15)	1.6	60	(4.1)
51+.....	186	1.82	(0.07)	0.97*	(0.04)	1.10	(0.05)	1.37	(0.05)	1.75	(0.06)	2.17	(0.09)	2.62	(0.12)	2.92*	(0.15)	1.6	60	(3.7)
19+.....	526	1.82	(0.07)	0.97	(0.05)	1.11	(0.05)	1.38	(0.05)	1.75	(0.06)	2.18	(0.09)	2.63	(0.12)	2.94	(0.15)	1.6	60	(3.9)
Females:																				
9-13.....	72	1.50	(0.08)	--	--	--	--	--	--	--	1	--								
14-18.....	84	1.38	(0.09)	--	--	--	--	--	--	--	1.1	--								
19-50.....	316	1.63	(0.06)	0.83*	(0.05)	0.96	(0.05)	1.21	(0.06)	1.55	(0.06)	1.97	(0.07)	2.41	(0.08)	2.70*	(0.09)	1.1	82	(3.4)
51+.....	201	1.61	(0.06)	0.81*	(0.05)	0.94	(0.05)	1.19	(0.06)	1.53	(0.06)	1.94	(0.08)	2.38	(0.09)	2.67*	(0.11)	1.1	81	(3.4)
19+.....	517	1.62	(0.06)	0.82	(0.05)	0.95	(0.05)	1.20	(0.05)	1.54	(0.06)	1.96	(0.07)	2.40	(0.08)	2.69	(0.10)	1.1	82	(3.3)
All:																				
1+.....	1530	1.65	(0.04)	0.84	(0.03)	0.97	(0.03)	1.22	(0.03)	1.57	(0.04)	2.00	(0.05)	2.44	(0.08)	2.74	(0.10)		73	(2.4)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
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Table D 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles							
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Non-Hispanic Asian										
Males and females:										
1-3.....	64	0.01* (0.001)	--	--	--	--	--	--	--	
4-8.....	116	0.01 (0.002)	--	--	--	--	--	--	--	
Males:										
9-13.....	69	0.02 (0.002)	--	--	--	--	--	--	--	
14-18.....	82	0.02 (0.002)	--	--	--	--	--	--	--	
19-50.....	340	0.03 (0.002)	0.01* (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.05 (0.004)	0.06* (0.005)	
51+.....	186	0.03 (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05* (0.005)	
19+.....	526	0.03 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.05 (0.004)	0.05 (0.005)	
Females:										
9-13.....	72	0.01 (0.002)	--	--	--	--	--	--	--	
14-18.....	84	0.01 (0.002)	--	--	--	--	--	--	--	
19-50.....	316	0.03 (0.003)	0.01* (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.007)	0.06* (0.008)	
51+.....	201	0.03 (0.003)	0.01* (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.006)	0.05* (0.008)	
19+.....	517	0.03 (0.003)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.03 (0.004)	0.05 (0.006)	0.06 (0.008)	
All:										
1+.....	1530	0.03 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.05 (0.004)	

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

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

Table D 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles							
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Non-Hispanic Asian										
Males and females:										
1-3.....	64	0.03* (0.006)	--	--	--	--	--	--	--	
4-8.....	116	0.03 (0.007)	--	--	--	--	--	--	--	
Males:										
9-13.....	69	0.04 (0.007)	--	--	--	--	--	--	--	
14-18.....	82	0.05 (0.009)	--	--	--	--	--	--	--	
19-50.....	340	0.11 (0.010)	0.03* (0.004)	0.03 (0.005)	0.05 (0.006)	0.09 (0.008)	0.14 (0.012)	0.21 (0.019)	0.27* (0.026)	
51+.....	186	0.13 (0.013)	0.03* (0.005)	0.04 (0.006)	0.06 (0.008)	0.10 (0.011)	0.16 (0.016)	0.24 (0.025)	0.31* (0.034)	
19+.....	526	0.11 (0.010)	0.03 (0.004)	0.04 (0.005)	0.06 (0.006)	0.09 (0.008)	0.15 (0.013)	0.22 (0.020)	0.28 (0.027)	
Females:										
9-13.....	72	0.04 (0.007)	--	--	--	--	--	--	--	
14-18.....	84	0.04 (0.007)	--	--	--	--	--	--	--	
19-50.....	316	0.10 (0.010)	0.03* (0.004)	0.03 (0.004)	0.05 (0.005)	0.08 (0.008)	0.13 (0.013)	0.19 (0.021)	0.25* (0.029)	
51+.....	201	0.12 (0.012)	0.03* (0.004)	0.04 (0.005)	0.06 (0.006)	0.09 (0.009)	0.15 (0.014)	0.22 (0.024)	0.28* (0.035)	
19+.....	517	0.11 (0.010)	0.03 (0.004)	0.03 (0.004)	0.05 (0.006)	0.09 (0.008)	0.14 (0.013)	0.20 (0.022)	0.26 (0.031)	
All:										
1+.....	1530	0.10 (0.005)	0.02 (0.002)	0.02 (0.003)	0.04 (0.003)	0.07 (0.004)	0.12 (0.006)	0.19 (0.011)	0.25 (0.017)	

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

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Table D 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	64	195* (13)	--	--	--	--	--	--	--
4-8.....	116	219 (13)	--	--	--	--	--	--	--
Males:									
9-13.....	69	261 (15)	--	--	--	--	--	--	--
14-18.....	82	306 (19)	--	--	--	--	--	--	--
19-50.....	340	303 (10)	138* (8)	164 (9)	216 (9)	287 (10)	371 (12)	461 (15)	524* (19)
51+.....	186	289 (9)	131* (8)	155 (9)	204 (9)	274 (9)	354 (11)	443 (15)	501* (18)
19+.....	526	298 (9)	135 (8)	161 (8)	212 (9)	283 (9)	366 (11)	455 (14)	517 (18)
Females:									
9-13.....	72	231 (14)	--	--	--	--	--	--	--
14-18.....	84	205 (13)	--	--	--	--	--	--	--
19-50.....	316	236 (7)	114* (6)	133 (7)	172 (7)	225 (7)	288 (9)	354 (11)	396* (13)
51+.....	201	230 (7)	110* (5)	130 (6)	168 (6)	219 (6)	281 (8)	346 (11)	390* (13)
19+.....	517	234 (7)	113 (6)	132 (6)	170 (6)	222 (7)	285 (8)	351 (11)	393 (12)
All:									
1+.....	1530	259 (4)	120 (4)	141 (4)	183 (4)	242 (4)	316 (5)	398 (8)	456 (10)

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

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Table D 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles							<EAR	
N	Mean	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Non-Hispanic Asian											
Males and females:											
1-3.....	64	578* (23)	--	--	--	--	--	--	--	210	--
4-8.....	116	624 (25)	--	--	--	--	--	--	--	275	--
Males:											
9-13.....	69	693 (41)	--	--	--	--	--	--	--	445	--
14-18.....	82	659 (40)	--	--	--	--	--	--	--	630	--
19-50.....	340	611 (25)	247* (18)	301 (20)	412 (22)	569 (24)	762 (28)	974 (38)	1123* (46)	625	58 (3.6)
51+.....	186	643 (31)	266* (22)	320 (23)	433 (26)	599 (31)	798 (38)	1025 (46)	1179* (49)	625	54 (4.7)
19+.....	526	622 (26)	253 (19)	307 (20)	419 (22)	578 (26)	775 (31)	990 (39)	1142 (46)	625	57 (3.8)
Females:											
9-13.....	72	605 (37)	--	--	--	--	--	--	--	420	--
14-18.....	84	512 (39)	--	--	--	--	--	--	--	485	--
19-50.....	316	632 (21)	277* (16)	330 (17)	438 (18)	589 (20)	780 (26)	987 (36)	1126* (46)	500	35 (3.0)
51+.....	201	678 (24)	301* (19)	360 (20)	472 (22)	633 (24)	834 (28)	1051 (35)	1203* (42)	500	29 (3.5)
19+.....	517	650 (21)	287 (17)	341 (17)	451 (18)	606 (20)	801 (25)	1015 (34)	1161 (42)	500	33 (3.0)
All:											
1+.....	1530	632 (17)	274 (14)	329 (14)	440 (15)	592 (16)	777 (19)	982 (23)	1125 (27)		40 (2.5)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>UL		
				5th	10th	25th	50th	75th	90th	95th	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	438*	(16)	--	--	--	--	--	--	--	600	--
4-8.....	116	465	(15)	--	--	--	--	--	--	--	900	--
Males:												
9-13.....	69	497	(35)	--	--	--	--	--	--	--	1700	--
14-18.....	82	486	(34)	--	--	--	--	--	--	--	2800	--
19-50.....	340	315	(17)	99*	128	190	285	405	540	639*	3000	<3
51+.....	186	316	(19)	101*	129	190	285	405	545	643*	3000	<3
19+.....	526	315	(17)	99	128	190	285	405	542	640	3000	<3
Females:												
9-13.....	72	431	(31)	--	--	--	--	--	--	--	1700	--
14-18.....	84	345	(30)	--	--	--	--	--	--	--	2800	--
19-50.....	316	289	(13)	110*	134	188	265	363	472	546*	3000	<3
51+.....	201	292	(13)	110*	137	190	268	368	478	556*	3000	<3
19+.....	517	290	(12)	110	135	189	266	365	475	549	3000	<3
All:												
1+.....	1530	332	(10)	112	141	205	302	427	559	654		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	1.15*	(0.04)	--	--	--	--	--	--	--	0.4	--								
4-8.....	116	1.48	(0.05)	--	--	--	--	--	--	--	0.5	--								
Males:																				
9-13.....	69	1.81	(0.07)	--	--	--	--	--	--	--	0.7	--								
14-18.....	82	1.99	(0.09)	--	--	--	--	--	--	--	1	--								
19-50.....	340	1.92	(0.03)	1.08*	(0.03)	1.23	(0.03)	1.50	(0.03)	1.86	(0.03)	2.27	(0.03)	2.69	(0.05)	2.97*	(0.06)	1	3*	(0.6)
51+.....	186	1.84	(0.04)	1.03*	(0.04)	1.17	(0.04)	1.43	(0.04)	1.78	(0.04)	2.17	(0.05)	2.58	(0.05)	2.85*	(0.06)	1	4*	(1.0)
19+.....	526	1.89	(0.03)	1.06	(0.03)	1.21	(0.03)	1.48	(0.03)	1.84	(0.03)	2.24	(0.03)	2.65	(0.04)	2.93	(0.05)	1	3	(0.7)
Females:																				
9-13.....	72	1.59	(0.06)	--	--	--	--	--	--	--	0.7	--								
14-18.....	84	1.44	(0.06)	--	--	--	--	--	--	--	0.9	--								
19-50.....	316	1.51	(0.03)	0.88*	(0.03)	0.99	(0.03)	1.20	(0.03)	1.47	(0.03)	1.77	(0.04)	2.08	(0.05)	2.27*	(0.05)	0.9	6	(1.2)
51+.....	201	1.41	(0.03)	0.82*	(0.02)	0.92	(0.02)	1.12	(0.02)	1.37	(0.03)	1.66	(0.04)	1.96	(0.05)	2.15*	(0.06)	0.9	9*	(1.2)
19+.....	517	1.47	(0.03)	0.85	(0.03)	0.96	(0.02)	1.17	(0.02)	1.43	(0.02)	1.73	(0.03)	2.03	(0.04)	2.22	(0.05)	0.9	7	(1.1)
All:																				
1+.....	1530	1.65	(0.02)	0.91	(0.02)	1.03	(0.02)	1.27	(0.02)	1.58	(0.02)	1.96	(0.02)	2.37	(0.03)	2.65	(0.04)		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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	1.76*	(0.05)	--	--	--	--	--	--	--	0.4	--
4-8.....	116	1.91	(0.06)	--	--	--	--	--	--	--	0.5	--
Males:												
9-13.....	69	2.12	(0.09)	--	--	--	--	--	--	--	0.8	--
14-18.....	82	2.33	(0.10)	--	--	--	--	--	--	--	1.1	--
19-50.....	340	2.10	(0.06)	1.00*	1.18	1.53	2.00	2.56	3.15	3.56*	1.1	8
51+.....	186	2.05	(0.05)	0.98*	1.15	1.48	1.95	2.49	3.08	3.48*	1.1	8*
19+.....	526	2.08	(0.05)	0.99	1.16	1.51	1.98	2.54	3.13	3.54	1.1	8
Females:												
9-13.....	72	1.86	(0.08)	--	--	--	--	--	--	--	0.8	--
14-18.....	84	1.63	(0.08)	--	--	--	--	--	--	--	0.9	--
19-50.....	316	1.71	(0.04)	0.92*	1.05	1.31	1.65	2.04	2.43	2.69*	0.9	5*
51+.....	201	1.66	(0.04)	0.89*	1.03	1.28	1.61	1.99	2.38	2.63*	0.9	5*
19+.....	517	1.69	(0.04)	0.91	1.04	1.30	1.63	2.02	2.41	2.66	0.9	5
All:												
1+.....	1530	1.89	(0.04)	0.96	1.11	1.40	1.79	2.27	2.79	3.16		5

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

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

Table D 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Non-Hispanic Asian																			
Males and females:																			
1-3.....	64	13.1*	(0.7)	--	--	--	--	--	--	--	5	--							
4-8.....	116	18.1	(0.7)	--	--	--	--	--	--	--	6	--							
Males:																			
9-13.....	69	24.6	(1.1)	--	--	--	--	--	--	--	9	--							
14-18.....	82	30.0	(1.3)	--	--	--	--	--	--	--	12	--							
19-50.....	340	31.0	(0.6)	17.1*	(0.6)	19.5	(0.6)	24.0	(0.6)	30.0	(0.6)	36.8	(0.7)	43.7	(1.0)	48.4*	(1.2)	12	<3
51+.....	186	27.3	(0.6)	14.5*	(0.6)	16.6	(0.6)	20.8	(0.6)	26.3	(0.6)	32.5	(0.6)	39.2	(0.8)	43.4*	(1.0)	12	<3
19+.....	526	29.8	(0.5)	16.0	(0.6)	18.3	(0.6)	22.8	(0.5)	28.8	(0.5)	35.5	(0.6)	42.4	(0.9)	47.1	(1.1)	12	<3
Females:																			
9-13.....	72	21.5	(1.0)	--	--	--	--	--	--	--	--	9	--						
14-18.....	84	20.4	(1.0)	--	--	--	--	--	--	--	--	11	--						
19-50.....	316	22.1	(0.4)	13.0*	(0.4)	14.6	(0.4)	17.6	(0.4)	21.5	(0.4)	26.0	(0.4)	30.4	(0.5)	33.2*	(0.6)	11	<3
51+.....	201	19.8	(0.5)	11.3*	(0.4)	12.8	(0.4)	15.6	(0.4)	19.2	(0.5)	23.3	(0.5)	27.6	(0.6)	30.2*	(0.7)	11	4* (0.8)
19+.....	517	21.2	(0.4)	12.2	(0.3)	13.8	(0.4)	16.7	(0.4)	20.6	(0.4)	25.1	(0.4)	29.5	(0.5)	32.3	(0.6)	11	<3
All:																			
1+.....	1530	24.5	(0.3)	12.4	(0.3)	14.3	(0.3)	18.0	(0.3)	23.0	(0.3)	29.5	(0.4)	36.6	(0.6)	41.4	(0.8)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL		
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	1.31*	(0.06)	--	--	--	--	--	--	--	0.4	--	30	--
4-8.....	116	1.57	(0.07)	--	--	--	--	--	--	--	0.5	--	40	--
Males:														
9-13.....	69	2.04	(0.09)	--	--	--	--	--	--	--	0.8	--	60	--
14-18.....	82	2.38	(0.11)	--	--	--	--	--	--	--	1.1	--	80	--
19-50.....	340	2.56	(0.07)	1.22*	1.43	1.84	2.41	3.10	3.86	4.38*	1.1	3*	100	<3
51+.....	186	2.34	(0.07)	1.11*	1.30	1.67	2.21	2.85	3.56	4.04*	1.4	14	100	<3
19+.....	526	2.49	(0.07)	1.18	1.38	1.78	2.35	3.02	3.77	4.28		7	100	<3
Females:														
9-13.....	72	1.75	(0.08)	--	--	--	--	--	--	--	0.8	--	60	--
14-18.....	84	1.65	(0.08)	--	--	--	--	--	--	--	1	--	80	--
19-50.....	316	1.88	(0.04)	1.03*	1.17	1.44	1.81	2.25	2.70	2.99*	1.1	8	100	<3
51+.....	201	1.74	(0.04)	0.94*	1.07	1.32	1.67	2.08	2.51	2.79*	1.3	23	100	<3
19+.....	517	1.83	(0.04)	0.99	1.13	1.39	1.75	2.18	2.63	2.92		14	100	<3
All:														
1+.....	1530	2.07	(0.04)	1.02	1.17	1.47	1.91	2.49	3.18	3.66		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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	397*	(16)	--	--	--	--	--	--	--	120	--
4-8.....	116	518	(20)	--	--	--	--	--	--	--	160	--
Males:												
9-13.....	69	621	(29)	--	--	--	--	--	--	--	250	--
14-18.....	82	655	(38)	--	--	--	--	--	--	--	330	--
19-50.....	340	653	(19)	319*	372	477	620	791	974	1102*	320	5*
51+.....	186	624	(20)	(16)	(17)	(17)	(18)	(21)	(27)	(31)	(1.2)	
19+.....	526	643	(18)	305*	355	452	592	757	933	1056*	320	6*
				(18)	(18)	(19)	(21)	(22)	(25)	(29)	(1.6)	
				314	366	468	611	779	961	1088	320	5
				(17)	(17)	(17)	(18)	(20)	(25)	(28)	(1.3)	
Females:												
9-13.....	72	558	(29)	--	--	--	--	--	--	--	250	--
14-18.....	84	495	(23)	--	--	--	--	--	--	--	330	--
19-50.....	316	526	(14)	279*	319	398	503	630	762	847*	320	10
51+.....	201	487	(13)	(11)	(12)	(12)	(14)	(15)	(23)	(28)	(1.9)	
19+.....	517	511	(12)	255*	294	366	466	585	710	792*	320	15
				(10)	(10)	(10)	(12)	(15)	(22)	(26)	(2.0)	
				269	308	385	489	614	742	828	320	12
				(10)	(10)	(10)	(12)	(15)	(22)	(26)	(1.8)	
All:												
1+.....	1530	568	(11)	284	327	414	535	685	850	965		8
				(10)	(10)	(10)	(11)	(14)	(18)	(22)	(1.2)	

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

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

Table D 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>UL		
				5th	10th	25th	50th	75th	90th	95th	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	155*	(9)	--	--	--	--	--	--	--	300	--
4-8.....	116	212	(10)	--	--	--	--	--	--	--	400	--
Males:												
9-13.....	69	249	(13)	--	--	--	--	--	--	--	600	--
14-18.....	82	257	(19)	--	--	--	--	--	--	--	800	--
19-50.....	340	217	(7)	69*	90	132	196	278	370	437*	1000	<3
51+.....	186	199	(9)	63*	81	119	179	256	342	405*	1000	<3
19+.....	526	211	(7)	67	86	128	191	271	362	427	1000	<3
Females:												
9-13.....	72	220	(14)	--	--	--	--	--	--	--	600	--
14-18.....	84	190	(11)	--	--	--	--	--	--	--	800	--
19-50.....	316	169	(6)	56*	71	104	153	216	286	332*	1000	<3
51+.....	201	147	(5)	46*	60	89	132	188	253	296*	1000	<3
19+.....	517	160	(5)	52	66	98	145	206	275	321	1000	<3
All:												
1+.....	1530	191	(4)	61	79	117	173	245	325	381		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Non-Hispanic Asian									
Males and females:									
1-3.....	64	130* (7)	--	--	--	--	--	--	--
4-8.....	116	154 (8)	--	--	--	--	--	--	--
Males:									
9-13.....	69	193 (12)	--	--	--	--	--	--	--
14-18.....	82	209 (12)	--	--	--	--	--	--	--
19-50.....	340	275 (10)	143* (7)	164 (8)	207 (8)	264 (9)	330 (11)	398 (13)	444* (15)
51+.....	186	276 (9)	144* (8)	166 (8)	208 (8)	265 (9)	330 (10)	399 (12)	444* (13)
19+.....	526	275 (9)	143 (7)	165 (8)	207 (8)	265 (9)	330 (10)	398 (12)	444 (14)
Females:									
9-13.....	72	180 (10)	--	--	--	--	--	--	--
14-18.....	84	165 (9)	--	--	--	--	--	--	--
19-50.....	316	238 (7)	125* (5)	144 (5)	180 (6)	228 (6)	286 (8)	346 (10)	385* (12)
51+.....	201	239 (7)	126* (5)	145 (5)	180 (5)	228 (6)	286 (8)	346 (10)	385* (11)
19+.....	517	238 (6)	126 (5)	144 (5)	180 (5)	228 (6)	286 (8)	346 (10)	385 (11)
All:									
1+.....	1530	239 (6)	115 (4)	134 (4)	172 (5)	226 (6)	291 (7)	359 (8)	404 (10)

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

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

Table D 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

N	Mean	(SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	64	237* (11)	--	--	--	--	--	--	--	200	--	1000	--
4-8.....	116	255 (12)	--	--	--	--	--	--	--	250	--	1000	--
Males:													
9-13.....	69	310 (13)	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	82	355 (15)	--	--	--	--	--	--	--	550	--	3000	--
19-50.....	340	376 (8)	204* (8)	233 (8)	290 (8)	364 (8)	448 (10)	533 (13)	591* (16)	550	8 (1.4)	3500	<3
51+.....	186	375 (8)	203* (9)	233 (8)	289 (8)	363 (8)	446 (10)	534 (14)	590* (16)	550	8* (1.4)	3500	<3
19+.....	526	376 (8)	204 (8)	233 (8)	290 (7)	364 (8)	448 (9)	533 (13)	591 (16)	550	8 (1.3)	3500	<3
Females:													
9-13.....	72	275 (12)	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	84	248 (11)	--	--	--	--	--	--	--	400	--	3000	--
19-50.....	316	301 (6)	175* (6)	197 (6)	239 (6)	292 (6)	354 (7)	415 (8)	454* (9)	425	9 (1.2)	3500	<3
51+.....	201	300 (6)	175* (5)	198 (5)	239 (5)	292 (6)	353 (7)	414 (8)	454* (9)	425	8* (1.2)	3500	<3
19+.....	517	301 (5)	175 (5)	197 (5)	239 (5)	292 (5)	353 (6)	415 (8)	454 (9)	425	8 (1.1)	3500	<3
All:													
1+.....	1530	325 (4)	177 (4)	201 (3)	246 (3)	309 (3)	387 (4)	470 (8)	526 (10)		13 (1.1)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	4.25*	(0.20)	--	--	--	--	--	--	--	0.7	--								
4-8.....	116	4.60	(0.22)	--	--	--	--	--	--	--	1	--								
Males:																				
9-13.....	69	5.03	(0.26)	--	--	--	--	--	--	--	1.5	--								
14-18.....	82	5.98	(0.34)	--	--	--	--	--	--	--	2	--								
19-50.....	340	4.84	(0.15)	1.94*	(0.14)	2.37	(0.15)	3.22	(0.15)	4.47	(0.15)	6.02	(0.19)	7.75	(0.27)	9.00*	(0.34)	2	6	(1.4)
51+.....	186	4.39	(0.12)	1.76*	(0.12)	2.13	(0.12)	2.89	(0.12)	4.06	(0.12)	5.48	(0.15)	7.11	(0.22)	8.25*	(0.29)	2	8*	(1.8)
19+.....	526	4.69	(0.14)	1.87	(0.13)	2.28	(0.13)	3.11	(0.13)	4.33	(0.14)	5.85	(0.17)	7.55	(0.24)	8.77	(0.31)	2	6	(1.5)
Females:																				
9-13.....	72	4.24	(0.24)	--	--	--	--	--	--	--	--	1.5	--							
14-18.....	84	3.68	(0.23)	--	--	--	--	--	--	--	--	2	--							
19-50.....	316	3.92	(0.16)	1.73*	(0.11)	2.04	(0.12)	2.71	(0.13)	3.65	(0.15)	4.85	(0.19)	6.15	(0.25)	7.03*	(0.31)	2	9	(2.1)
51+.....	201	3.79	(0.15)	1.65*	(0.11)	1.97	(0.12)	2.60	(0.13)	3.51	(0.14)	4.67	(0.17)	5.95	(0.22)	6.84*	(0.27)	2	11	(2.3)
19+.....	517	3.87	(0.14)	1.70	(0.11)	2.01	(0.11)	2.66	(0.12)	3.60	(0.14)	4.78	(0.17)	6.08	(0.23)	6.95	(0.27)	2	10	(2.1)
All:																				
1+.....	1530	4.34	(0.08)	1.81	(0.07)	2.18	(0.07)	2.94	(0.08)	4.02	(0.08)	5.37	(0.10)	6.89	(0.13)	8.00	(0.17)		7	(1.0)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL		
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	68.0*	(6.2)	--	--	--	--	--	--	--	13	--	400	--
4-8.....	116	64.5	(4.9)	--	--	--	--	--	--	--	22	--	650	--
Males:														
9-13.....	69	88.7	(9.2)	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	82	79.2	(8.5)	--	--	--	--	--	--	--	63	--	1800	--
19-50.....	340	97.7	(4.8)	26.3*	34.9	54.3	84.8	126.6	175.9	213.2*	75	42	2000	<3
51+.....	186	109.0	(5.3)	31.1*	40.2	61.2	95.3	140.3	195.4	235.0*	75	35	2000	<3
19+.....	526	101.4	(4.6)	27.7	36.5	56.5	88.1	131.2	182.7	220.7	75	40	2000	<3
Females:														
9-13.....	72	77.2	(6.9)	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	84	69.8	(7.9)	--	--	--	--	--	--	--	56	--	1800	--
19-50.....	316	93.9	(3.2)	30.5*	38.9	57.2	84.3	120.4	161.1	189.2*	60	28	2000	<3
51+.....	201	101.3	(3.2)	33.6*	43.0	62.0	91.0	129.1	172.2	202.9*	60	23	2000	<3
19+.....	517	96.8	(3.1)	31.9	40.4	59.0	86.8	123.8	165.8	195.4	60	26	2000	<3
All:														
1+.....	1530	93.7	(2.9)	28.7	36.7	54.7	82.1	120.1	164.9	198.1		30		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males:														
19-50.....	47	70.3*	(4.2)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	20	76.7*	(5.2)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	67	72.1	(4.1)	17.9*	24.2*	38.8*	61.3	92.4*	134.7*	165.9*	110	83*	2000	<3
				(1.7)	(1.9)	(2.5)	(3.7)	(5.4)	(7.6)	(9.7)		(2.2)		
Females:														
19-50.....	18	61.2*	(3.4)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	5	64.0*	(3.4)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	23	61.7*	(3.3)	17.9*	22.8*	35.0*	54.2*	79.3*	110.2*	133.6*	95	83*	2000	<3
				(1.9)	(2.0)	(2.6)	(3.1)	(4.2)	(5.7)	(8.2)		(2.4)		

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

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

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

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

Table D 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles							<EAR			>UL
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males:													
19-50.....	293	101.3 (5.1)	28.7* (2.2)	37.8 (2.6)	57.7 (3.3)	89.3 (4.6)	130.7 (6.5)	180.4 (9.4)	215.2* (11.7)	75	39 (3.1)	2000	<3
51+.....	166	110.4 (5.1)	32.8* (2.8)	42.1* (3.1)	63.5 (3.7)	97.1 (4.7)	142.5 (6.5)	194.6* (8.6)	233.0* (10.6)	75	33 (3.3)	2000	<3
19+.....	459	104.4 (4.8)	29.9 (2.3)	39.0 (2.6)	59.5 (3.2)	91.8 (4.3)	134.7 (6.1)	185.6 (8.8)	222.6 (11.0)	75	37 (3.0)	2000	<3
Females:													
19-50.....	298	95.4 (3.2)	33.3* (2.1)	42.0 (2.3)	60.2 (2.5)	86.3 (3.0)	121.1 (4.1)	159.6 (5.7)	187.2* (7.5)	60	25 (2.4)	2000	<3
51+.....	196	102.0 (3.2)	37.0* (2.5)	46.5 (2.6)	65.3 (2.8)	93.3 (3.1)	128.4 (4.0)	169.4 (5.7)	196.9* (7.1)	60	20 (2.4)	2000	<3
19+.....	494	98.0 (3.0)	34.6 (2.2)	43.8 (2.3)	62.1 (2.5)	89.0 (2.9)	124.0 (3.8)	164.1 (5.4)	191.7 (6.9)	60	23 (2.3)	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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles							<EAR			>UL
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males:													
19-50.....	340	97.0 (4.7)	26.1* (1.8)	34.8 (2.2)	53.9 (2.9)	85.0 (4.1)	125.8 (6.0)	174.8 (9.0)	210.6* (11.2)	110/75	45 (2.8)	2000	<3
51+.....	186	106.8 (5.4)	29.9* (2.7)	39.2 (3.1)	60.4 (3.8)	93.0 (5.1)	138.6 (6.9)	191.0 (9.0)	229.9* (10.9)	110/75	38 (3.8)	2000	<3
19+.....	526	100.2 (4.6)	27.2 (2.0)	36.3 (2.3)	55.9 (3.0)	87.6 (4.2)	130.0 (5.9)	180.9 (8.5)	217.1 (10.9)	110/75	43 (2.9)	2000	<3
Females:													
19-50.....	316	92.8 (3.2)	30.9* (1.9)	39.0 (2.1)	57.4 (2.5)	83.8 (3.0)	118.4 (4.1)	156.9 (5.8)	184.6* (7.4)	95/60	29 (2.4)	2000	<3
51+.....	201	101.0 (3.2)	35.9* (2.6)	45.2 (2.7)	64.4 (2.8)	92.3 (3.1)	127.5 (4.0)	168.5 (5.6)	195.8* (7.1)	95/60	22 (2.5)	2000	<3
19+.....	517	96.0 (3.0)	32.5 (2.0)	41.5 (2.2)	60.0 (2.5)	87.0 (2.9)	122.2 (3.8)	162.1 (5.5)	189.7 (7.1)	95/60	27 (2.3)	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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		UL	>UL			
				5th	10th	25th	50th	75th	90th	95th	EAR	%	(SE)		%	(SE)
Non-Hispanic Asian																
Males and females:																
1-3.....	64	8.1*	(0.4)	--	--	--	--	--	--	--	10	--		63	--	
4-8.....	116	6.8	(0.4)	--	--	--	--	--	--	--	10	--		75	--	
Males:																
9-13.....	69	6.5	(0.5)	--	--	--	--	--	--	--	10	--		100	--	
14-18.....	82	6.4	(0.5)	--	--	--	--	--	--	--	10	--		100	--	
19-50.....	340	4.8	(0.2)	1.4*	1.8	2.7	4.1	6.1	8.5	10.4*	10	94	(1.1)	100	<3	
51+.....	186	5.3	(0.2)	1.6*	2.0	3.0	4.6	6.7	9.4	11.4*	10	92*	(1.4)	100	<3	
19+.....	526	4.9	(0.2)	1.4	1.8	2.8	4.3	6.3	8.8	10.7	10	93	(1.1)	100	<3	
Females:																
9-13.....	72	5.6	(0.4)	--	--	--	--	--	--	--	10	--		100	--	
14-18.....	84	4.4	(0.4)	--	--	--	--	--	--	--	10	--		100	--	
19-50.....	316	4.3	(0.2)	1.5*	1.8	2.6	3.8	5.5	7.3	8.6*	10	>97		100	<3	
51+.....	201	4.6	(0.2)	1.6*	2.0	2.9	4.2	5.9	7.9	9.3*	10	96*	(0.7)	100	<3	
19+.....	517	4.4	(0.2)	1.5	1.9	2.7	4.0	5.6	7.6	8.9	10	>97		100	<3	
All:																
1+.....	1530	5.0	(0.1)	1.5	2.0	2.9	4.4	6.5	8.8	10.5	10	94	(0.6)		<3	

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

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

Table D 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	4.9*	(0.2)	--	--	--	--	--	--	--	5	--								
4-8.....	116	6.3	(0.3)	--	--	--	--	--	--	--	6	--								
Males:																				
9-13.....	69	8.1	(0.5)	--	--	--	--	--	--	--	9	--								
14-18.....	82	8.4	(0.7)	--	--	--	--	--	--	--	12	--								
19-50.....	340	9.5	(0.3)	4.2*	(0.2)	5.0	(0.2)	6.6	(0.3)	8.9	(0.3)	11.6	(0.4)	14.6	(0.5)	16.8*	(0.6)	12	77	(2.5)
51+.....	186	9.1	(0.3)	4.1*	(0.2)	4.8	(0.2)	6.3	(0.3)	8.5	(0.3)	11.2	(0.4)	14.2	(0.5)	16.2*	(0.6)	12	80	(2.4)
19+.....	526	9.3	(0.3)	4.2	(0.2)	4.9	(0.2)	6.5	(0.3)	8.8	(0.3)	11.5	(0.4)	14.5	(0.5)	16.6	(0.6)	12	78	(2.4)
Females:																				
9-13.....	72	7.5	(0.4)	--	--	--	--	--	--	--	9	--								
14-18.....	84	6.9	(0.5)	--	--	--	--	--	--	--	12	--								
19-50.....	316	8.5	(0.2)	3.9*	(0.2)	4.6	(0.2)	6.0	(0.2)	8.0	(0.2)	10.4	(0.3)	13.1	(0.4)	15.0*	(0.5)	12	85	(2.1)
51+.....	201	8.1	(0.2)	3.7*	(0.1)	4.3	(0.1)	5.7	(0.2)	7.6	(0.2)	9.9	(0.3)	12.6	(0.5)	14.3*	(0.6)	12	87	(2.1)
19+.....	517	8.3	(0.2)	3.8	(0.1)	4.5	(0.1)	5.9	(0.1)	7.8	(0.2)	10.3	(0.3)	12.9	(0.4)	14.7	(0.5)	12	86	(2.0)
All:																				
1+.....	1530	8.5	(0.2)	3.8	(0.1)	4.5	(0.1)	5.8	(0.1)	7.8	(0.2)	10.4	(0.3)	13.2	(0.4)	15.2	(0.4)		80	(1.8)

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

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

Table D 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	53.0*	(2.8)	--	--	--	--	--	--	--	30	--								
4-8.....	116	69.6	(3.6)	--	--	--	--	--	--	--	55	--								
Males:																				
9-13.....	69	99.0	(11.6)	--	--	--	--	--	--	--	60	--								
14-18.....	82	94.4	(11.2)	--	--	--	--	--	--	--	75	--								
19-50.....	340	144.9	(7.0)	61.2*	(4.4)	72.6	(4.7)	97.0	(5.4)	132.7	(6.6)	179.1	(8.6)	231.7	(11.9)	269.9*	(14.5)	120	59	(4.2)
51+.....	186	157.2	(7.1)	68.4*	(5.2)	80.8	(5.4)	106.0	(6.1)	144.9	(7.1)	193.0	(8.4)	249.6	(11.0)	290.4*	(13.0)	120	66	(4.3)
19+.....	526	148.9	(6.7)	63.3	(4.5)	75.0	(4.8)	99.8	(5.4)	136.5	(6.5)	183.8	(8.2)	237.9	(11.1)	277.1	(13.5)	120	61	(4.1)
Females:																				
9-13.....	72	93.1	(9.7)	--	--	--	--	--	--	--	--	60	--							
14-18.....	84	86.5	(9.1)	--	--	--	--	--	--	--	--	75	--							
19-50.....	316	169.3	(8.5)	60.2*	(3.7)	73.6	(4.2)	103.3	(5.4)	148.7	(7.4)	212.8	(10.8)	290.2	(16.0)	347.8*	(19.2)	90	82	(2.5)
51+.....	201	172.3	(9.0)	62.0*	(3.9)	76.1	(4.4)	105.3	(5.6)	151.6	(7.8)	216.0	(11.4)	294.8	(16.7)	351.9*	(20.9)	90	83	(2.6)
19+.....	517	170.5	(8.4)	60.8	(3.6)	74.5	(4.1)	104.0	(5.3)	149.7	(7.3)	214.0	(10.6)	292.2	(15.8)	349.2	(19.2)	90	82	(2.4)
All:																				
1+.....	1530	144.1	(4.8)	47.7	(1.9)	59.3	(2.2)	85.3	(2.8)	126.4	(4.0)	182.2	(6.1)	250.3	(9.9)	300.7	(13.1)		72	(2.1)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

N	Mean	(SE)	Percentiles							<EAR			>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	64	955*	(28)	--	--	--	--	--	--	500	--	2500	--	
4-8.....	116	992	(34)	--	--	--	--	--	--	800	--	2500	--	
Males:														
9-13.....	69	1061	(57)	--	--	--	--	--	--	1100	--	3000	--	
14-18.....	82	1121	(55)	--	--	--	--	--	--	1100	--	3000	--	
19-50.....	340	901	(25)	432*	(20)	509 (21)	658 (22)	859 (25)	1096 (29)	1343 (36)	1514*	(43)	800 42 (3.0)	2500 <3
51+.....	186	796	(26)	375*	(20)	442 (21)	573 (23)	757 (26)	970 (30)	1200 (34)	1353*	(39)	1000 60 (3.6)	2000 <3
19+.....	526	866	(24)	409	(19)	482 (20)	627 (22)	824 (24)	1056 (27)	1303 (34)	1470 (39)		48 (3.0)	<3
Females:														
9-13.....	72	931	(44)	--	--	--	--	--	--	--	--	--	1100	-- 3000 --
14-18.....	84	810	(43)	--	--	--	--	--	--	--	--	--	1100	-- 3000 --
19-50.....	316	771	(23)	411*	(17)	469 (17)	586 (19)	740 (22)	923 (26)	1110 (33)	1230*	(39)	800 59 (3.3)	2500 <3
51+.....	201	713	(20)	374*	(13)	431 (14)	538 (16)	683 (19)	855 (24)	1035 (31)	1152*	(37)	1000 88 (2.1)	2000 <3
19+.....	517	748	(20)	395	(14)	453 (15)	566 (16)	718 (19)	898 (24)	1082 (31)	1203 (36)		70 (2.7)	<3
All:														
1+.....	1530	841	(19)	413	(13)	480 (14)	615 (16)	800 (19)	1019 (22)	1253 (28)	1414 (34)		57 (2.3)	<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	1031*	(26)	--	--	--	--	--	--	--	380	--	3000	--
4-8.....	116	1188	(31)	--	--	--	--	--	--	--	405	--	3000	--
Males:														
9-13.....	69	1398	(52)	--	--	--	--	--	--	--	1055	--	4000	--
14-18.....	82	1564	(58)	--	--	--	--	--	--	--	1055	--	4000	--
19-50.....	340	1500	(32)	857*	974	1191	1465	1767	2068	2267*	580	<3	4000	<3
51+.....	186	1373	(32)	763*	871	1075	1338	1626	1921	2108*	580	<3		<3
19+.....	526	1458	(31)	819	934	1148	1424	1723	2025	2222	580	<3		<3
Females:														
9-13.....	72	1250	(41)	--	--	--	--	--	--	--	1055	--	4000	--
14-18.....	84	1122	(40)	--	--	--	--	--	--	--	1055	--	4000	--
19-50.....	316	1178	(22)	718*	802	960	1155	1372	1581	1709*	580	<3	4000	<3
51+.....	201	1103	(20)	658*	742	891	1081	1289	1495	1624*	580	<3		<3
19+.....	517	1149	(19)	692	776	931	1126	1343	1549	1678	580	<3		<3
All:														
1+.....	1530	1289	(17)	736	828	1007	1240	1519	1818	2015		4		<3
				(17)	(16)	(16)	(17)	(20)	(27)	(34)		(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

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

Table D 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Non-Hispanic Asian												
Males and females:												
1-3.....	64	191*	(6)	--	--	--	--	--	--	--	65	--
4-8.....	116	222	(7)	--	--	--	--	--	--	--	110	--
Males:												
9-13.....	69	282	(13)	--	--	--	--	--	--	--	200	--
14-18.....	82	309	(14)	--	--	--	--	--	--	--	340	--
19-50.....	340	357	(11)	190*	219	273	344	426	509	566*		49
51+.....	186	353	(13)	(8)	(8)	(9)	(10)	(12)	(15)	(17)	350	(3.7)
19+.....	526	356	(11)	188*	216	270	341	422	507	563*	53	(4.6)
				(10)	(10)	(11)	(13)	(15)	(17)	(19)		(50)
				190	218	272	343	425	509	565		(3.7)
				(8)	(8)	(9)	(10)	(12)	(15)	(16)		
Females:												
9-13.....	72	258	(10)	--	--	--	--	--	--	--	200	--
14-18.....	84	240	(9)	--	--	--	--	--	--	--	300	--
19-50.....	316	293	(5)	169*	190	231	284	346	407	448*		38
51+.....	201	287	(5)	(4)	(4)	(4)	(5)	(6)	(8)	(9)	265	(2.2)
19+.....	517	291	(5)	165*	187	226	278	338	399	439*	43	(2.3)
				(4)	(4)	(4)	(5)	(6)	(8)	(9)		(2.0)
				167	189	229	282	343	404	444		
				(3)	(3)	(4)	(4)	(6)	(8)	(9)		
All:												
1+.....	1530	307	(5)	165	187	231	292	367	446	501		42
				(4)	(4)	(4)	(5)	(7)	(9)	(11)		(2.2)

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL		
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	9.9*	(0.4)	--	--	--	--	--	--	--	3	--	40	--
4-8.....	116	13.1	(0.4)	--	--	--	--	--	--	--	4.1	--	40	--
Males:														
9-13.....	69	16.0	(0.7)	--	--	--	--	--	--	--	5.9	--	40	--
14-18.....	82	17.1	(1.0)	--	--	--	--	--	--	--	7.7	--	45	--
19-50.....	340	16.2	(0.4)	8.5*	9.8	12.3	15.6	19.4	23.4	26.1*	6	<3	45	<3
51+.....	186	15.9	(0.5)	8.4*	9.7	12.0	15.3	19.0	22.9	25.6*	6	<3	45	<3
19+.....	526	16.1	(0.4)	8.5	9.8	12.2	15.5	19.3	23.2	25.9	6	<3	45	<3
Females:														
9-13.....	72	14.2	(0.6)	--	--	--	--	--	--	--	5.7	--	40	--
14-18.....	84	12.3	(0.6)	--	--	--	--	--	--	--	7.9	--	45	--
19-50.....	316	13.2	(0.3)	7.2*	8.1	10.1	12.7	15.7	18.8	20.7*	8.1	17	45	<3
51+.....	201	12.6	(0.3)	6.8*	7.8	9.7	12.1	15.1	18.1	20.0*	5	<3	45	<3
19+.....	517	12.9	(0.3)	7.0	8.0	9.9	12.5	15.4	18.5	20.5	11	(0.9)	45	<3
All:														
1+.....	1530	14.3	(0.2)	7.5	8.6	10.7	13.6	17.2	21.0	23.6	6	(0.6)		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	7.9*	(0.3)	--	--	--	--	--	--	--	2.5	--	7	--
4-8.....	116	9.5	(0.4)	--	--	--	--	--	--	--	4	--	12	--
Males:														
9-13.....	69	11.8	(0.4)	--	--	--	--	--	--	--	7	--	23	--
14-18.....	82	13.1	(0.6)	--	--	--	--	--	--	--	8.5	--	34	--
19-50.....	340	12.4	(0.3)	6.9*	7.8	9.6	12.0	14.7	17.5	19.4*	9.4	23	40	<3
51+.....	186	11.7	(0.3)	6.4*	7.3	9.0	11.3	13.9	16.6	18.3*	9.4	29	40	<3
19+.....	526	12.2	(0.3)	6.7	7.6	9.4	11.8	14.4	17.2	19.1	9.4	25	40	<3
Females:														
9-13.....	72	10.1	(0.4)	--	--	--	--	--	--	--	7	--	23	--
14-18.....	84	9.0	(0.3)	--	--	--	--	--	--	--	7.3	--	34	--
19-50.....	316	9.6	(0.2)	5.5*	6.2	7.5	9.3	11.3	13.4	14.7*	6.8	16	40	<3
51+.....	201	9.1	(0.2)	5.2*	5.9	7.1	8.8	10.8	12.8	14.1*	6.8	21	40	<3
19+.....	517	9.4	(0.2)	5.4	6.0	7.4	9.1	11.1	13.2	14.5	6.8	18	40	<3
All:														
1+.....	1530	10.6	(0.1)	5.7	6.5	8.0	10.1	12.7	15.4	17.3		19		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR			>UL	
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	0.8*	(0.03)	--	--	--	--	--	--	--	0.26	--	1	--
4-8.....	116	1.0	(0.03)	--	--	--	--	--	--	--	0.34	--	3	--
Males:														
9-13.....	69	1.2	(0.06)	--	--	--	--	--	--	--	0.54	--	5	--
14-18.....	82	1.3	(0.07)	--	--	--	--	--	--	--	0.685	--	8	--
19-50.....	340	1.5	(0.05)	0.8*	0.9	1.2	1.5	1.8	2.2	2.5*	0.7	<3	10	<3
51+.....	186	1.5	(0.05)	0.8*	0.9	1.2	1.5	1.8	2.2	2.5*	0.7	<3	10	<3
19+.....	526	1.5	(0.05)	0.8	0.9	1.2	1.5	1.8	2.2	2.5	0.7	<3	10	<3
Females:														
9-13.....	72	1.1	(0.05)	--	--	--	--	--	--	--	0.54	--	5	--
14-18.....	84	1.0	(0.04)	--	--	--	--	--	--	--	0.685	--	8	--
19-50.....	316	1.3	(0.04)	0.7*	0.8	1.0	1.3	1.6	1.9	2.2*	0.7	4*	10	<3
51+.....	201	1.3	(0.03)	0.7*	0.8	1.0	1.3	1.6	1.9	2.2*	0.7	4*	10	<3
19+.....	517	1.3	(0.03)	0.7	0.8	1.0	1.3	1.6	1.9	2.2	0.7	4	10	<3
All:														
1+.....	1530	1.4	(0.03)	0.7	0.8	1.0	1.3	1.6	2.0	2.3		<3		<3

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

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

Table D 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						<EAR		>UL		
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Non-Hispanic Asian														
Males and females:														
1-3.....	64	75*	(3)	--	--	--	--	--	--	--	17	--	90	--
4-8.....	116	94	(4)	--	--	--	--	--	--	--	23	--	150	--
Males:														
9-13.....	69	123	(6)	--	--	--	--	--	--	--	35	--	280	--
14-18.....	82	143	(7)	--	--	--	--	--	--	--	45	--	400	--
19-50.....	340	144	(3)	86*	96	116	141	168	195	213*	45	<3	400	<3
51+.....	186	132	(3)	76*	86	105	129	155	181	198*	45	<3	400	<3
19+.....	526	140	(3)	82	92	112	137	164	191	209	45	<3	400	<3
Females:														
9-13.....	72	108	(5)	--	--	--	--	--	--	--	35	--	280	--
14-18.....	84	103	(5)	--	--	--	--	--	--	--	45	--	400	--
19-50.....	316	108	(2)	66*	73	88	105	125	145	157*	45	<3	400	<3
51+.....	201	100	(2)	60*	68	81	98	117	136	148*	45	<3	400	<3
19+.....	517	105	(2)	63	71	85	103	123	142	154	45	<3	400	<3
All:														
1+.....	1530	119	(2)	66	75	91	114	141	170	188		<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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles							>AI		>CDRR									
				5th	10th	25th	50th	75th	90th	95th	AI	%	CDRR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Non-Hispanic Asian																						
Males and females:																						
1-3.....	64	1940*	(62)	--	--	--	--	--	--	--	800	--	1200	--								
4-8.....	116	2660	(77)	--	--	--	--	--	--	--	1000	--	1500	--								
Males:																						
9-13.....	69	3610	(163)	--	--	--	--	--	--	--	1200	--	1800	--								
14-18.....	82	4078	(183)	--	--	--	--	--	--	--	1500	--	2300	--								
19-50.....	340	4355	(112)	2703*	(104)	3008	(105)	3576	(103)	4278	(111)	5041	(123)	5792	(146)	6283*	(162)	1500	>97	2300	>97	
51+.....	186	3942	(119)	2380*	(103)	2658	(107)	3191	(112)	3866	(121)	4590	(132)	5331	(151)	5787*	(156)	1500	>97	2300	96*	(1.1)
19+.....	526	4220	(112)	2568	(102)	2868	(105)	3438	(103)	4144	(112)	4910	(122)	5663	(140)	6147	(157)	1500	>97	2300	>97	
Females:																						
9-13.....	72	3195	(135)	--	--	--	--	--	--	--	1200	--	1800	--								
14-18.....	84	3017	(116)	--	--	--	--	--	--	--	1500	--	2300	--								
19-50.....	316	3463	(77)	2134*	(64)	2368	(67)	2825	(68)	3388	(77)	4023	(86)	4644	(103)	5030*	(105)	1500	>97	2300	92	(1.5)
51+.....	201	3146	(73)	1887*	(58)	2121	(60)	2539	(64)	3074	(72)	3671	(83)	4269	(101)	4644*	(111)	1500	>97	2300	84	(2.2)
19+.....	517	3340	(72)	2020	(60)	2256	(61)	2701	(64)	3263	(71)	3905	(83)	4516	(98)	4904	(103)	1500	>97	2300	89	(1.7)
All:																						
1+.....	1530	3620	(58)	2003	(40)	2287	(41)	2820	(47)	3514	(57)	4305	(74)	5093	(95)	5595	(113)		>97		94	(0.8)

^Δ Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	1928*	(66)	--	--	--	--	--	--	--	2000	--								
4-8.....	116	2092	(73)	--	--	--	--	--	--	--	2300	--								
Males:																				
9-13.....	69	2519	(93)	--	--	--	--	--	--	--	2500	--								
14-18.....	82	2725	(105)	--	--	--	--	--	--	--	3000	--								
19-50.....	340	2897	(72)	1644*	(67)	1871	(68)	2300	(68)	2838	(73)	3422	(77)	3993	(90)	4364*	(99)	3400	26	(2.8)
51+.....	186	2993	(70)	1729*	(64)	1959	(63)	2385	(66)	2934	(72)	3521	(77)	4106	(89)	4474*	(99)	3400	29	(2.9)
19+.....	526	2928	(68)	1668	(65)	1900	(65)	2326	(64)	2868	(68)	3456	(72)	4033	(84)	4407	(94)	3400	27	(2.7)
Females:																				
9-13.....	72	2251	(74)	--	--	--	--	--	--	--	--	2300	--							
14-18.....	84	2068	(78)	--	--	--	--	--	--	--	--	2300	--							
19-50.....	316	2396	(45)	1417*	(40)	1598	(40)	1933	(42)	2348	(44)	2809	(49)	3254	(58)	3533*	(64)	2600	36	(2.6)
51+.....	201	2462	(44)	1479*	(45)	1666	(45)	1998	(44)	2417	(45)	2877	(48)	3328	(55)	3608*	(60)	2600	39	(2.6)
19+.....	517	2422	(41)	1437	(39)	1621	(39)	1958	(40)	2374	(41)	2835	(45)	3284	(54)	3568	(60)	2600	37	(2.4)
All:																				
1+.....	1530	2580	(36)	1472	(30)	1663	(29)	2020	(37)	2492	(48)	3048	(52)	3614	(134)	3986	(182)		33	(3.5)

^Δ Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

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, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Non-Hispanic Asian										
Males and females:										
1-3.....	64	2.6*	(0.5)	--	--	--	--	--	--	--
4-8.....	116	6.2	(1.0)	--	--	--	--	--	--	--
Males:										
9-13.....	69	14.4	(1.8)	--	--	--	--	--	--	--
14-18.....	82	32.8	(4.3)	--	--	--	--	--	--	--
19-50.....	340	106.9	(19.8)	6.5*	13.2	33.7	76.8	146.6	238.5	310.6*
51+.....	186	142.2	(28.1)	15.6*	26.3	55.9	110.8	192.8	299.6	379.5*
19+.....	526	118.5	(24.2)	8.5	16.2	39.5	86.9	162.4	259.7	336.5
Females:										
9-13.....	72	13.0	(1.7)	--	--	--	--	--	--	--
14-18.....	84	26.6	(4.7)	--	--	--	--	--	--	--
19-50.....	316	79.8	(5.9)	3.3*	7.1	21.2	54.2	111.5	188.3	243.8*
51+.....	201	102.7	(5.9)	7.5*	14.4	34.5	75.8	141.2	227.2	287.2*
19+.....	517	88.7	(5.3)	4.3	9.1	25.6	62.0	123.2	203.9	263.3
All:										
1+.....	1530	84.9	(5.3)	2.1	4.3	15.3	52.3	120.2	209.6	277.7

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

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

Table D 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						Within AMDR										
				5th	10th	25th	50th	75th	90th	95th	AMDR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	16.0*	(0.3)	12.7*	(0.4)	13.4*	(0.4)	14.5*	(0.3)	15.9*	(0.3)	17.4*	(0.4)	18.8*	(0.4)	19.7*	(0.5)	5-20%	96*	(1.8)
4-8.....	116	15.3	(0.4)	12.1*	(0.4)	12.8*	(0.4)	13.9	(0.4)	15.2	(0.4)	16.6	(0.4)	18.0*	(0.5)	18.9*	(0.6)	10-30%	>97	
Males:																				
9-13.....	69	16.2	(0.3)	11.9*	(0.5)	12.8*	(0.4)	14.4*	(0.3)	16.1	(0.3)	18.0*	(0.5)	19.9*	(0.7)	21.0*	(0.9)	10-30%	>97	
14-18.....	82	17.4	(0.4)	12.8*	(0.6)	13.6*	(0.6)	15.3	(0.5)	17.3	(0.4)	19.4	(0.6)	21.4*	(0.8)	22.6*	(1.0)	10-30%	>97	
19-50.....	340	17.8	(0.3)	12.8*	(0.2)	13.8	(0.2)	15.6	(0.2)	17.6	(0.3)	19.9	(0.4)	22.0	(0.5)	23.4*	(0.5)	10-35%	>97	
51+.....	186	17.9	(0.3)	13.0*	(0.3)	13.9	(0.3)	15.6	(0.3)	17.8	(0.3)	19.9	(0.4)	22.1	(0.5)	23.4*	(0.6)	10-35%	>97	
19+.....	526	17.8	(0.3)	12.9	(0.2)	13.9	(0.2)	15.6	(0.2)	17.7	(0.3)	19.9	(0.4)	22.0	(0.5)	23.4	(0.5)	10-35%	>97	
Females:																				
9-13.....	72	16.0	(0.4)	11.8*	(0.5)	12.6*	(0.5)	14.1	(0.3)	15.8	(0.3)	17.7	(0.5)	19.5*	(0.8)	20.5*	(0.9)	10-30%	>97	
14-18.....	84	16.0	(0.4)	11.9*	(0.7)	12.6*	(0.7)	14.1	(0.5)	15.8	(0.4)	17.8	(0.4)	19.7*	(0.5)	20.8*	(0.7)	10-30%	>97	
19-50.....	316	16.8	(0.2)	12.3*	(0.3)	13.2	(0.3)	14.7	(0.3)	16.6	(0.2)	18.7	(0.3)	20.8	(0.3)	22.1*	(0.3)	10-35%	>97	
51+.....	201	17.1	(0.2)	12.6*	(0.3)	13.5	(0.3)	15.0	(0.2)	16.9	(0.2)	19.1	(0.3)	21.1	(0.3)	22.4*	(0.4)	10-35%	>97	
19+.....	517	17.0	(0.2)	12.4	(0.3)	13.3	(0.3)	14.8	(0.2)	16.7	(0.2)	18.9	(0.2)	20.9	(0.3)	22.2	(0.4)	10-35%	>97	
All:																				
1+.....	1530	17.1	(0.2)	12.5	(0.2)	13.4	(0.2)	14.9	(0.2)	16.9	(0.2)	19.1	(0.2)	21.2	(0.3)	22.5	(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 D 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						Within AMDR										
				5th	10th	25th	50th	75th	90th	95th	AMDR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Non-Hispanic Asian																				
Males and females:																				
1-3.....	64	53.0*	(0.5)	--	--	--	--	--	--	--	45-65%	--								
4-8.....	116	53.7	(0.6)	--	--	--	--	--	--	--	45-65%	--								
Males:																				
9-13.....	69	53.0	(0.8)	--	--	--	--	--	--	--	45-65%	--								
14-18.....	82	51.3	(0.7)	--	--	--	--	--	--	--	45-65%	--								
19-50.....	340	50.2	(0.5)	38.8*	(0.7)	41.3	(0.6)	45.6	(0.5)	50.3	(0.5)	54.9	(0.6)	59.1	(0.7)	61.7*	(0.8)	45-65%	76	(2.2)
51+.....	186	50.1	(0.6)	38.9*	(0.7)	41.2	(0.7)	45.4	(0.6)	50.2	(0.6)	54.8	(0.7)	59.1	(0.8)	61.5*	(0.9)	45-65%	75	(2.7)
19+.....	526	50.2	(0.5)	38.8	(0.7)	41.3	(0.6)	45.5	(0.5)	50.2	(0.5)	54.9	(0.6)	59.1	(0.7)	61.6	(0.8)	45-65%	75	(2.2)
Females:																				
9-13.....	72	53.0	(0.7)	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45-65%	--	--
14-18.....	84	52.5	(0.8)	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45-65%	--	--
19-50.....	316	51.6	(0.4)	40.8*	(0.4)	43.1	(0.4)	47.1	(0.4)	51.5	(0.4)	56.1	(0.5)	60.0	(0.6)	62.3*	(0.6)	45-65%	82	(1.2)
51+.....	201	51.0	(0.4)	40.1*	(0.5)	42.5	(0.5)	46.5	(0.4)	51.0	(0.4)	55.6	(0.4)	59.6	(0.5)	62.1*	(0.5)	45-65%	80	(1.7)
19+.....	517	51.4	(0.4)	40.5	(0.4)	42.8	(0.4)	46.8	(0.3)	51.3	(0.4)	55.9	(0.4)	59.9	(0.5)	62.2	(0.6)	45-65%	81	(1.2)
All:																				
1+.....	1530	51.2	(0.3)	40.4	(0.4)	42.9	(0.3)	47.0	(0.3)	51.4	(0.3)	55.6	(0.3)	59.3	(0.4)	61.5	(0.5)	45-65%	82	(1.1)

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 D 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

		Mean	(SE)	Percentiles						Within AMDR			
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Non-Hispanic Asian													
Males and females:													
1-3.....	64	31.9*	(0.5)	--	--	--	--	--	--	30-40%	--		
4-8.....	116	32.0	(0.5)	--	--	--	--	--	--	25-35%	--		
Males:													
9-13.....	69	31.7	(0.6)	--	--	--	--	--	--	25-35%	--		
14-18.....	82	31.8	(0.6)	--	--	--	--	--	--	25-35%	--		
19-50.....	340	30.8	(0.4)	23.2*	(0.6)	24.9 (0.5)	27.8 (0.4)	30.9 (0.4)	33.9 (0.5)	36.7 (0.6)	38.3* (0.7)	20-35%	81 (3.3)
51+.....	186	31.9	(0.4)	24.4*	(0.7)	26.0 (0.6)	28.8 (0.4)	31.9 (0.4)	34.9 (0.5)	37.7 (0.6)	39.3* (0.7)	20-35%	75 (3.2)
19+.....	526	31.2	(0.4)	23.6	(0.6)	25.3 (0.5)	28.1 (0.4)	31.2 (0.4)	34.3 (0.4)	37.0 (0.6)	38.7 (0.7)	20-35%	79 (3.2)
Females:													
9-13.....	72	32.3	(0.5)	--	--	--	--	--	--	--	--	25-35%	--
14-18.....	84	31.9	(0.7)	--	--	--	--	--	--	--	--	25-35%	--
19-50.....	316	31.6	(0.4)	23.6*	(0.6)	25.3 (0.5)	28.3 (0.4)	31.6 (0.4)	34.9 (0.3)	37.8 (0.4)	39.6* (0.4)	20-35%	75 (2.1)
51+.....	201	32.4	(0.4)	24.5*	(0.6)	26.2 (0.5)	29.1 (0.5)	32.4 (0.4)	35.7 (0.5)	38.7 (0.5)	40.4* (0.5)	20-35%	70 (3.2)
19+.....	517	31.9	(0.4)	23.9	(0.5)	25.6 (0.5)	28.6 (0.4)	31.9 (0.4)	35.2 (0.4)	38.2 (0.4)	39.9 (0.5)	20-35%	73 (2.3)
All:													
1+.....	1530	31.6	(0.2)	24.1 (0.4)	25.8 (0.3)	28.6 (0.2)	31.7 (0.2)	34.7 (0.2)	37.4 (0.3)	39.0 (0.4)		76 (1.8)	

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

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Table D 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles							<10%†
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	% (SE)
Non-Hispanic Asian										
Males and females:										
1-3.....	64	12.4* (0.3)	--	--	--	--	--	--	--	--
4-8.....	116	11.8 (0.3)	--	--	--	--	--	--	--	--
Males:										
9-13.....	69	10.9 (0.3)	--	--	--	--	--	--	--	--
14-18.....	82	10.7 (0.3)	--	--	--	--	--	--	--	--
19-50.....	340	9.1 (0.2)	6.5* (0.2)	7.0 (0.2)	8.0 (0.2)	9.1 (0.2)	10.2 (0.2)	11.3 (0.2)	11.9* (0.2)	71 (3.4)
51+.....	186	9.3 (0.2)	6.7* (0.2)	7.2 (0.2)	8.1 (0.2)	9.3 (0.2)	10.4 (0.2)	11.4 (0.2)	12.1* (0.2)	67 (3.9)
19+.....	526	9.2 (0.2)	6.5 (0.2)	7.1 (0.2)	8.0 (0.2)	9.2 (0.2)	10.3 (0.2)	11.3 (0.2)	12.0 (0.2)	69 (3.3)
Females:										
9-13.....	72	10.8 (0.3)	--	--	--	--	--	--	--	--
14-18.....	84	10.3 (0.3)	--	--	--	--	--	--	--	--
19-50.....	316	9.4 (0.1)	6.5* (0.2)	7.0 (0.2)	8.1 (0.2)	9.3 (0.1)	10.7 (0.1)	11.9 (0.2)	12.6* (0.2)	63 (2.6)
51+.....	201	9.6 (0.1)	6.6* (0.2)	7.2 (0.2)	8.3 (0.1)	9.5 (0.1)	10.9 (0.2)	12.1 (0.2)	12.9* (0.2)	59 (2.7)
19+.....	517	9.5 (0.1)	6.5 (0.2)	7.1 (0.2)	8.2 (0.1)	9.4 (0.1)	10.7 (0.1)	12.0 (0.2)	12.7 (0.2)	62 (2.3)
All:										
1+.....	1530	9.7 (0.1)	6.7 (0.1)	7.3 (0.1)	8.4 (0.1)	9.6 (0.1)	11.0 (0.1)	12.3 (0.1)	13.1 (0.1)	57 (1.6)

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

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

Table D 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	N	Mean	(SE)	Percentiles						Within AMDR			
				5th	10th	25th	50th	75th	90th	95th	AMDR	%	(SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	64	5.3*	(0.2)	--	--	--	--	--	--	--	05-10%	--	
4-8.....	116	5.8	(0.2)	--	--	--	--	--	--	--	05-10%	--	
Males:													
9-13.....	69	6.2	(0.2)	--	--	--	--	--	--	--	05-10%	--	
14-18.....	82	6.2	(0.2)	--	--	--	--	--	--	--	05-10%	--	
19-50.....	340	6.6	(0.2)	4.6*	5.0	5.7	6.5	7.4	8.3	8.8*	05-10%	89	(2.3)
51+.....	186	6.9	(0.2)	4.9*	5.3	6.0	6.8	7.7	8.6	9.1*	05-10%	93*	(1.8)
19+.....	526	6.7	(0.2)	4.7	5.1	5.8	6.6	7.5	8.4	8.9	05-10%	90	(2.1)
Females:													
9-13.....	72	6.7	(0.2)	--	--	--	--	--	--	--	05-10%	--	
14-18.....	84	6.7	(0.3)	--	--	--	--	--	--	--	05-10%	--	
19-50.....	316	7.1	(0.1)	4.8*	5.2	6.0	7.0	8.0	9.0	9.6*	05-10%	90	(1.7)
51+.....	201	7.1	(0.2)	4.9*	5.3	6.1	7.0	8.1	9.1	9.7*	05-10%	90	(1.6)
19+.....	517	7.1	(0.1)	4.8	5.3	6.0	7.0	8.0	9.0	9.7	05-10%	90	(1.6)
All:													
1+.....	1530	6.7	(0.1)	4.6	5.0	5.7	6.6	7.6	8.6	9.2	05-10%	88	(1.3)

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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 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table D 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

			Percentiles								Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	64	0.68* (0.02)	--	--	--	--	--	--	--	0.6-1.2%	--	
4-8.....	116	0.67 (0.02)	--	--	--	--	--	--	--	0.6-1.2%	--	
Males:												
9-13.....	69	0.65 (0.02)	--	--	--	--	--	--	--	0.6-1.2%	--	
14-18.....	82	0.65 (0.03)	--	--	--	--	--	--	--	0.6-1.2%	--	
19-50.....	340	0.72 (0.03)	0.49* (0.02)	0.53 (0.02)	0.61 (0.02)	0.71 (0.03)	0.82 (0.04)	0.93 (0.05)	1.00* (0.06)	0.6-1.2%	77 (4.5)	
51+.....	186	0.79 (0.03)	0.54* (0.02)	0.58 (0.02)	0.67 (0.02)	0.77 (0.02)	0.89 (0.03)	1.00 (0.05)	1.08* (0.06)	0.6-1.2%	86 (3.4)	
19+.....	526	0.74 (0.03)	0.50 (0.02)	0.55 (0.02)	0.63 (0.02)	0.73 (0.03)	0.84 (0.03)	0.96 (0.05)	1.03 (0.06)	0.6-1.2%	80 (4.0)	
Females:												
9-13.....	72	0.71 (0.03)	--	--	--	--	--	--	--	0.6-1.2%	--	
14-18.....	84	0.70 (0.03)	--	--	--	--	--	--	--	0.6-1.2%	--	
19-50.....	316	0.80 (0.02)	0.53* (0.03)	0.58 (0.03)	0.67 (0.02)	0.79 (0.02)	0.92 (0.02)	1.05 (0.03)	1.13* (0.04)	0.6-1.2%	84 (4.0)	
51+.....	201	0.86 (0.03)	0.57* (0.03)	0.62 (0.03)	0.72 (0.03)	0.84 (0.03)	0.98 (0.03)	1.12 (0.04)	1.21* (0.05)	0.6-1.2%	87 (3.3)	
19+.....	517	0.82 (0.02)	0.55 (0.03)	0.59 (0.03)	0.69 (0.02)	0.81 (0.02)	0.94 (0.03)	1.08 (0.03)	1.17 (0.04)	0.6-1.2%	85 (3.7)	
All:												
1+.....	1530	0.76 (0.02)	0.51 (0.01)	0.55 (0.01)	0.64 (0.01)	0.74 (0.02)	0.87 (0.02)	1.00 (0.03)	1.09 (0.03)	0.6-1.2%	81 (2.4)	

NOTES: AMDR=Acceptable Macronutrient Distribution Range
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TABLE NOTES

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

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

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

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

Usual Nutrient Intakes

Usual intakes (expressed on a per day basis) are an estimate of the usual or habitual intake over the long term, as opposed to what was reported on the days surveyed. The National Cancer Institute (NCI) Method <https://epi.grants.cancer.gov/diet/usualintakes/method.html> was used to produce group usual intake distributions. Information on this distribution is presented as mean and percentiles of usual nutrient intake with standard errors for a specific 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 2.21.

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.

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

CITATION

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